



**Our Lady of Fatima Convent
Sec. School, Patiala**



**THE
FATIMA
PULSE**

VOLUME- IV

**January-March
2026**





**A Day with
Venerable Mother Seraphina**

**“An educated child
retains her delicacy
even at play and
lets go of her
own wishes.”**

- MOTHER SERAPHINA

Prayer Service



*The Lord is my
Strength and my
Shield.*

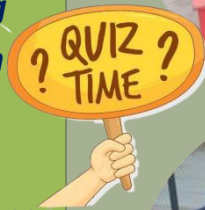
As the school reopened after winter vacation, a new lease of life with renewed spirit was felt among students. Prayer service, a cornerstone of holistic approach which helps students in building academic knowledge and spiritual wisdom, was conducted. Our Principal Rev. Sr. Immaculate, teachers and students prayed so that all grow in confidence and purpose.



tread on a journey guided by faith...

G.K QUIZ PRIMARY WING

GK Quiz for (Classes II-V) was organized to enhance students' awareness and encourage learning beyond textbooks. The quiz covered a wide range of topics and helped students to improve their critical thinking skill and teamwork. It was an engaging and enjoyable experience that boosted confidence and curiosity among participants.



The students happily distributed oranges and learned the value of sharing and caring, creating unforgettable memories for both themselves and the patients.

SERAPHINA FRUIT

Inspired by Mother Seraphina's compassion and kindness, Jagriti Club (students of Class VI) Visited Rajindra Hospital, Patiala and brought joy to the patients in the paediatric department. With love and care, students distributed oranges, bringing smiles on the faces of those who are in need.

"Charity is the best virtue" — a mantra that resonated deeply as our young learners embodied the true spirit of giving. This noble initiative not only brightened the patients' day but also instilled invaluable lessons of empathy, social responsibility and kindness in our students. Special thanks to our Principal Sr. Immaculate for her guidance, Sr. Nidhi, Supriya Ma'am, Luckwinder Ma'am, and Jagdeep Sir for accompanying students along with Class VI teachers who encouraged and guided them for this noble cause.





PAPER FLOWER BOUQUET COMPETITION

Students (classes II-V) participated in the Paper Flower Bouquet Competition. The event was a wonderful display of imagination, fine motor skills and artistic flair.

The participants transformed papers into stunning floral arrangements. The level of creativity was truly blooming!



SAFETY FIRST: A STEP TOWARDS A SAFER SCHOOL ENVIRONMENT

A safety awareness session was organized in the school campus to promote awareness about **Road and school safety**. The programme was attended by students of classes IX and X and drivers. The session was conducted by ASI Ram Saran (Traffic Education Cell, Patiala) and Sh. Kaka Ram Verma Ji (Red Cross Society, Patiala). The resource persons explained the importance of road safety and school safety rules, including obeying traffic signals, safe behavior near school premises and responsible driving. Special emphasis was laid on the role of drivers in ensuring the safety of school students. The session also covered basic first-aid and emergency safety measures. It was an informative and meaningful programme that encouraged everyone to follow safety rules and contribute to a secure school environment.



INTER HOUSE CHOREOGRAPHY COMPETITION

A glimpse of patriotism was depicted on the stage by participants of all four houses. Students showcased the inexplicable sacrifice of Indian soldiers through choreography. The dances, songs and dialogues added in the choreography made their presentation more remarkable and praiseworthy.



REPUBLIC DAY CELEBRATION

With immense pride and honour, the school celebrated 77th Republic Day. The Chief Guest, Principal Rev. Sr. Immaculate was cordially welcomed and escorted gracefully by the School Band.

The synchronized March Past by all the four houses and students of class V captured everyone's attention.

Patriotic song sung by students, choreography depicting lives of freedom fighters, poetry recitation and Teacher Talk made the event more spellbound.

Rev. Principal felicitated all and reminded students to stay intact with values and serve the nation with honesty and sincerity.





PRAAYER SERVICE *CLASS-X*

(Batch 2025-26)



THANKS GIVING (CLASS X)



ANNUAL PRIZE DISTRIBUTION

The Annual Prize Distribution for the academic session 2025-26 was held with full vim and vigour. Students were rewarded for their exemplary commitment, hard work, dedication and sincerity showcased throughout the year. Winners of the Diary Quiz, Bulletin Board Competitions (Classwise & Clubwise) and Wall Magazine were awarded. Good Conduct Certificates were distributed to students of Class X for their discipline, sincerity and hard work. Result of the Inter House Competitions was announced.

All achievers were congratulated by Principal Rev. Sr. Immaculate.



OVERALL RESULT

FIRST POSITION – ST. CLARE'S HOUSE
SECOND POSITION – ST. JOSEPH'S HOUSE
THIRD POSITION – ST. MARY'S HOUSE



ANNUAL PRIZE DISTRIBUTION (Pre-Primary Wing)



Annual Prize Distribution in Pre Primary classes was conducted with great dignity and enthusiasm. Four prestigious titles were awarded in recognition of excellence in various spheres, along with the Honour of Best Boy and Best Girl for outstanding overall performance. The event celebrated dedication, leadership and holistic development.



ANNUAL PRIZE DISTRIBUTION (Primary Wing)



ANNUAL SPORTS DAY (PRE-PRIMARY & PRIMARY WING)



Annual Sports Day was organized with great zeal and sporting spirit. Students enthusiastically participated in various track and field events, showcasing teamwork, discipline and perseverance. The event highlighted the importance of physical fitness and healthy competition. Students participated in various track events such as 50-metre race, 100-metre race, sack race, two-legged race and relay race showcasing remarkable energy and determination. They also displayed excellent teamwork and sportsmanship in games like basketball, throwball and kho-kho.

The event concluded on a joyful note with the distribution of medals by our Principal Rev. Sr. Immaculate.



EUREKA CLUB 'S ENGAGING SCIENCE VISIT TO ARYA GIRLS SCHOOL



AWARENESS CAMPAIGN ON THE RIGHTS AND DUTIES OF INDIAN CITIZENS by ELECTORAL LITERACY CLUB



HEALTH AWARENESS RALLY BY LIFELINE CLUB



CYBER SECURITY AWARENESS DRIVE AT GOVT SCHOOL BY CYBER CLUB



FAREWELL PARTY

Ms. Anumita Goyal



A farewell ceremony honoring Ms. Anumita Goyal (English Dept.) for 15 years of her dedicated service was organized in the school. The event commenced with lighting of the lamp ceremony followed by a soulful dance performance invoking blessings from the Almighty. The event entailed dance performances and the songs sung by the School Choir resonated in every heart. A glimpse into her life including education, career, her cherished bond with family, students and colleagues was narrated by Ms. Geetika. Recognizing her dedication and hardwork, the School Management and Staff felicitated her with a robe of honour, sapling and gifts. Students from all classes expressed their gratitude to her through handmade cards and bouquets.





125 YEARS OF JOURNEY OF CFMSS IN INDIA



Clarist Franciscan Missionaries of the Most Blessed Sacrament
DALL 'EUCARISTIA AL MONDO 125 ANNI IN CAMMINO
Primo Invio Missionario 3 febbraio 1901 - 2026

*From the EUCHARIST
to the World
125 YEARS
of journeying...*

Sending of the first missionaries 1901-2026



Srs. Magdalene, Philomena,
Margret, Gertrude
First CFMSS Missionaries to India

यूखरिस्त से संसार तक
125 वर्षों की यात्रा

प्रथम मिशनरियों के प्रेषण
1901 - 2026

Mother Seraphina farolfi
Our Venerable Foundress



It is a moment of immense pride and joy that the school celebrated **125 years of interminable service of imparting education in India by CFMSS**. Students delivered speech on the contribution of four Sisters who came to India in 1901 and made relentless efforts in educating children. Rev. Principal Sr. Immaculate felicitated all teachers and students and promised to fulfil the mission of the venerable Mother Seraphina.

SOF ACHIEVEMENTS

Heartiest congratulations to all students for winning the prestigious SOF Medal of Excellence



IMO
NCO
IGKO
IEO
NSO
ISSO
IHO



Our little stars of the Pre-primary Wing have truly made us beam with pride! These young achievers were applauded and appreciated in the morning assembly for their amazing talent in various fields like - Art, Dance, Abacus, Taekwondo Skating, Olympiad etc. They were blessed by Reverend Sister for their hard work and dedication.



IMPACTFUL BOOKS PUBLISHED BY FATIMANS

BriBooks

Passionate writer gave voice to their thoughts by publishing impactful books online by **BriBooks** - the world's leading children's creative writing platform, enabling children of all ages to learn creative writing.



passionate to become exceptional storywriters...



Gurbakshish Singh (VIII-B) & **Aarav Malhotra (IX-A)** participated in 69th SGFI State U-14 & U-17 Fencing championship respectively and got **Bronze & Gold** medals respectively.



Gurleen Kaur (VII-A) participated in Sahodya School Competition and got 3rd position in Archery held at Premier Public School, Samana.

Vainika (VII-A) participated in State Level Chess competition (U-19).



Khushanshi (VII-B) & Harmit Kaur (VI-A) participated in State Level Lawn Tennis competition (U-17).

Viaan Arora of Class III-B won the **Bronze medal** in 50 meter Breast Stroke in District Level Primary school game in Swimming competition held at MLKM, Patiala



Siaan Shekhar of Class IV-C won a **Gold medal** in **Badminton Academy Open tournament** held at Physical College, Patiala

Kulangad of Class IV-C participated in **Football Baby League 2025 U-11** and awarded as **'Man of the Match'**.



FAREWELL PARTY CLASS X (BATCH 2025-26)

memorable celebration marking the end of an academic journey...

Embracing the fondly cherished time spent by students of class X (batch 2025-26) in school, a farewell party **BON VOYAGE** was organized. The event commenced with the lighting of the Lamp invoking blessings for the future endeavours of the outgoing batch. Students of class IX organized various fun-filled activities ensuring a blend of mirth and nostalgia. Students were bestowed with many titles symbolizing their spectacular achievements and high calibre. It was a moment of immense pride and joy when the **title of Best Student was conferred to AKSHAJ SINGLA, Mr. FATIMA to AMITOJ SAGAR and Ms. FATIMA to SABIA DHIMAN.** The Principal Rev. Sr. Immaculate blessed them and urged them to work meticulously and pursue their goals.





LAUREA GRADUATION CEREMONY



The graduation ceremony for UKG students, titled 'Laurea,' was celebrated with great joy and enthusiasm.

The event commenced with a soulful prayer dance. Dr. Sumeet Singh Dang graced the occasion as the Chief Guest, while Dr. Himpreet Kaur was the Guest of Honour. The ceremony was beautifully organized under the leadership of the school Principal Rev. Sr. Immaculate, featuring an array of charming events and colorful presentations.



ART ARCADE



TANHOOR, VIII-C



SEEAL SHARMA, VI-B



ISHIKA, VIII-A



ANANDROOP, III-C



DHANYA, III-C



GURNAAZ KAUR, III-C



GURNOOR SINGH, III-C



HUMISHA GOYAL, IV-C



NAVROOP, III-C



SUKHRAJ, II-C



HARSEERAT KAUR, II-B



NAUNIDH SINGH, II-B

Jesus, Our Loving Friend

Jesus loves me, this I know,
His gentle love helps me grow.
He shows us how to be kind,
With a caring heart and peaceful mind.

He teaches us to love and share,
To help the poor and always care.
When I am sad or afraid,
I pray to Him, and I feel brave.

Thank you, Jesus, for your light,
Guiding us to do what is right.
I walk with love wherever I go,
Because Jesus loves me so.

Kanav Raj Goel (II A)

A World without Plastic

Plastic is everywhere in our daily lives. From water bottles and lunch boxes to toys and mobile covers, it has become an important part of modern living. In a world without plastic, our environment would look very different. There would be no plastic bags flying in the air or blocking drains. Many sea animals like turtles and fish would live safely without swallowing plastic. Beaches would be cleaner, and cities would have less pollution. Cloth bags would replace plastic bags. Glass and metal bottles would be used instead of plastic bottles. Toys would be made of wood, and food would be packed in paper or biodegradable materials. This would reduce waste and protect nature. However, living without plastic would also bring challenges. Plastic is lightweight, strong and cheap. Hospitals use plastic for syringes, gloves and medical equipment to keep things hygienic. Without plastic, we would need safe and affordable alternatives. Scientists and industries would have to work hard to find eco-friendly materials.

We would reuse, recycle and respect natural resources. Although it may not be possible to completely remove plastic from our lives, we can reduce its use and choose better options. We can move closer to that dream and protect our planet for the future.

Drishti Garg (III C)

BEAUTY OF NATURE

Nature wakes with golden light,
Painting skies so warm and bright.
Birds sing songs upon the trees,
Dancing gently with the breeze.

Flowers bloom in colour fair,
Spreading fragrance everywhere.
River flows with cheerful sound,
Peace and beauty all around.

Mountains stand so strong and tall,
Teaching courage to us and all.
The shining sun, the silver moon,
Change the day to night too soon.

So let us promise from today,
To protect in every way.
For nature is a precious treasure,
Giving joy beyond all measures.

Harmit Kaur (VI A)

HOW PARENTS' BEHAVIOUR DECIDES A CHILD'S FUTURE

Children are like sponges; they model everything a parent does and incorporate what they see into their own lives. It is important that parents set the right examples for their children. Negative examples can be harmful to a child's development and can lead to bad behaviour.

A parent's reaction to stress affects the way a child reacts to stress. Negative reactions to stress, such as being angry and shouting, can scare a child. He/she may learn to shut himself down and even think that he is the cause of the stress.

If stress is handled positively, it helps children see that their parents' love for them never changes, even when they are stressed out.

Physical punishment does not teach a child how to change his behaviour; he may react aggressively to it instead. Alternate forms of punishment, such as time-outs, will surely modify the child's bad behaviour in a calm manner.

I am one of the lucky ones who have parents who love and motivate me and are always by my side.

Sakshi, II-C

FORESTS BREATH

Hear the music
Olaying in between the branches
The song of the leaves
Falling from the tops of the trees

Breath the life
Your are surrounded by
The life of thousands
Unnoticed and crowded

See how all of it
Brings it to life
One of them
Are you inside

We are one
Connected to it
Its spirit in us
Its life within

Seeal Sharma (VI B)

NEVER GIVE UP

When the road seems dark and long,
And nothing feels quite right,
When every step feels heavy,
And dreams slip out of sight —
Do not let your courage fade,
Do not let hope stop shining,
For even the tallest mountains
Start with simple climbing.
A fall is not the finish,
A mistake is not defeat,
Every failure teaches us
To rise back on our feet.
Storms may test your patience,
Tears may blur your view,
But strength is born in struggle —
And victory waits for you.
So hold your dreams tightly,
Stand firm and stay strong,
Keep moving forward bravely,
You've had the power all along.
Never give up, keep trying,
Let your determination grow,
For those who refuse to quit
Are the ones who truly glow.

Anika Gupta (VI B)

Five Golden Values

Golden values are good qualities that help us to become better human beings. These values guide us to live happily and peacefully with others. The five golden values are honesty, respect, responsibility, kindness and discipline.

Honesty means always telling the truth and not cheating anyone. An honest child admits mistakes and learns from them.

Respect means speaking politely and listening carefully to parents, teachers and elders. We should also respect our friends and classmates.

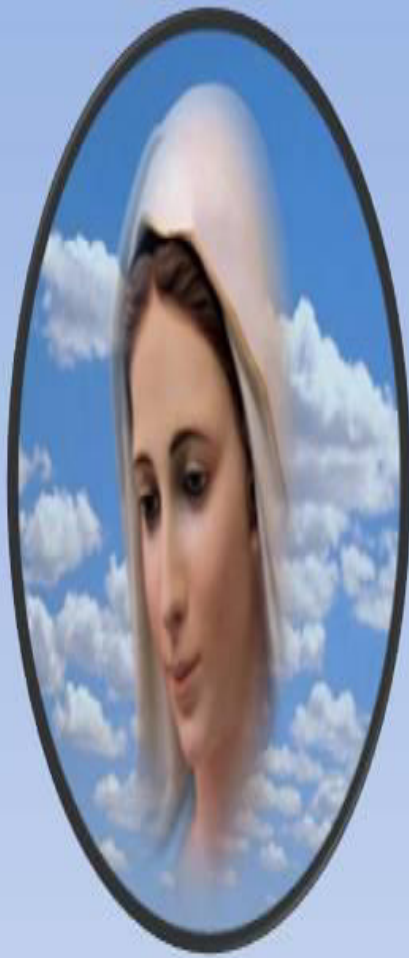
Responsibility means doing our work on time. We must complete our homework, keep our classroom clean and take care of our belongings. When we make a mistake, we should accept it and try to improve.

Kindness means helping others and being caring. We should share our things, help our friends and speak gentle words. A small act of kindness can make someone very happy.

Discipline means following rules at home and school. We should wake up on time, wear neat uniforms and behave properly in class. Discipline helps us succeed in life.

If we follow these five golden values every day, we will grow into good and responsible citizens. These values make our family, school and society a better place to live.

Japman Kaur (III B)



**Stay blessed,
Receive grace & Be filled with peace**