



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



THE FATIMA PULSE

April - June 2025



A Day with Venerable Mother Seraphina

“Teachers should strive to awaken in their pupils a spirit of personal initiative and, even after they have left school, they should continue to help them with advice & friendship.”

- MOTHER SERAPHINA

“Learning gives creativity, creativity leads to thinking, thinking provides knowledge, and knowledge makes you great.”

~ Dr. APJ. Abdul Kalam

As the Principal of the school, I consider myself fortunate to be a part of an educational institution where every contributor is a learner and every day is an opportunity to discover, create and innovate. We look at ourselves as a coterie of learners, where everyone learns including our staff, students and parents. As we attain new milestones and undergo beautiful beginnings, we feel proud to state that Our Lady of Fatima Convent Sec. School, Patiala has expanded its infrastructure, both physical and digital to provide a conducive and vibrant environment for holistic development and progress.

Being committed to growth and seeing how it makes the world better is one of the greatest joys in life. The publication of the digital edition of our Quarterly School Magazine ***‘The Fatima Pulse’*** is to celebrate the manoeuvre that has been made by the students and staff of OLF, Patiala in the past three months.

In this pursuit of excellence, I appreciate our generous forum of parents for supporting the school in every aspect. I also laud the relentless efforts of our teachers who consistently strive to bring out the best in each child. I compliment and appreciate the “Editorial Team” for a wonderful portrayal of their creative acuity in providing us a sneak peek into the multi-faceted activities of the months gone by.

“With the exemplar of dynamic education, let’s take the crescent of history in our hands and build a better and safer tomorrow in new-fangled ways”.

God bless Fatimans!



**Sr. Immaculate CFMSS
(Principal)**



**AN EMBLEMATIC DAWN OF NEW HOPES
AND DREAMS**

Prayer Service

The beginning of the new academic session 2025-26 was not less than an emblematic dawn of new hopes and dreams. The school campus reverberated with laughter and joy on the first day of the session. The school assembly commenced by invoking Lord's blessing. Prayers rendered by Rev Principal Sr. Immaculate, House Mistresses and students weaved a true communion with the holy spirit. Rev Principal Sr. Immaculate blessed and wished good luck to all for new endeavours.



BLESSING CEREMONY

To gain a new lease of life, the beginning of the session brimmed up with a prayer service. It was significant to seek blessings and divine guidance for the smooth functioning of the whole year. Rev Fathers were invited for the ceremony. Everyone delved deep into prayers by singing soulful prayer songs.





Welcome of Class Nursery





Tiny Tots Cordially and Gladly Welcomed

The first day of the tiny tots in school was filled with immense fun and laughter. As they entered, Rev Principal Sr Immaculate, Pre-Primary Incharge Sr Roshni, Class Incharges and Class X students showered them with love by gifting them smiley badges and welcome cards. Their enthusiasm, smiles and curiosity to get engaged were truly a joy to behold. They marched confidently on the green carpet to the rhythmic beats of the school band. The classrooms were beautifully decorated thus promising them a bright, enjoyable and successful academic journey in the school.



INVESTITURE CEREMONY



Fervent Fatimans embarked on a new journey – a journey that is emboldened for new and exciting adventures in the academic session 2025-26. The most awaited event of the year Investiture Ceremony was held in the school with a purpose to instill leadership adroitness, sheer commitment and ardent zeal. The event commenced by lighting the Lamp, invoking God's blessings followed by a soulful prayer dance performance by students. Rev Principal Sr Immaculate acknowledged the relentless efforts of the old incharges and the new incharges were entrusted with duties. The newly elected School Cabinet (senior, junior, pre primary) and House Cabinets (St. Mary's House, St. Joseph's House, St. Francis' House, St. Clare's House) were entrusted with new roles and duties. Oath was administered by Rev. Sr. Immaculate.

St.
Mary's
House

St.
Joseph's
House

St.
Francis'
House

St.
Clare's
House



Inauguration of Institute Week



Celebrating the philosophy and vision of our foundress venerable Mother Seraphina, Institute Week was inaugurated. Rev Sisters, teachers and the School Cabinet offered petals and paid homage to her. In order to keep students intact with the philosophy of Mother Seraphina, various activities were conducted in school.



INSTITUTE WEEK ACTIVITIES

INTER HOUSE DECLAMATION COMPETITION

Topic-
"Nothing is
small in God's
eyes because
He sees our
intentions."



Inter Class Poetry Recitation Competition

Topic-
"Hope- An
Elixir of Life"





The first day of Institute Week began with a special assembly conducted on the topic- *Mother Seraphina: A True Educator*. A speech was delivered by Junior Head Boy of the school reminding all to live with love, hope, humility, service, and deep faith.

Tiny tots were engaged in Portrait Colouring Competition with a purpose to develop creativity, imagination & hand eye coordination. A video on the life of Mother Seraphina was also shown to the children.



Institute Week Activities

Collage Making Activity



Slogan Writing Activity





To foster fine motor skills, hand-eye coordination, and creativity through the act of tearing and pasting, **Tear and Paste competition** was held in pre primary section for classes Nursery, UKG and class- I. All the students participated with great zeal and enthusiasm.

Working with the brush or a small tool helps to develop fine motor skills. To develop child's hand eye coordination, **Magic painting competition** was held for all the sections of LKG. The students participated with great enthusiasm.



BULLETIN BOARD COMPETITION



Bulletin Board Competition was held among the classes VI-X on the topic "The Greatest Gift of Easter is Hope". Students displayed Beautiful portraits, wrote meaningful content and showcased their creativity.

Easter Activity

He is risen!! The festival of "Easter" was beautifully depicted through as the students of pre primary wing displayed their creative skills and enjoyed the craft work.



Special Assembly (Pre-Primary Wing)

Students of class "UKG " presented a special assembly on the topic "Healthy Food". They highlighted the importance of drinking milk, eating fruits and taking a balanced diet.



Clay Activity

"Jagriti Club organized indigenous games in school today under the guidance of Rev. Principal Sr Immaculate. The children joyfully engaged themselves in indigenous games, showcasing the rich heritage of our culture.

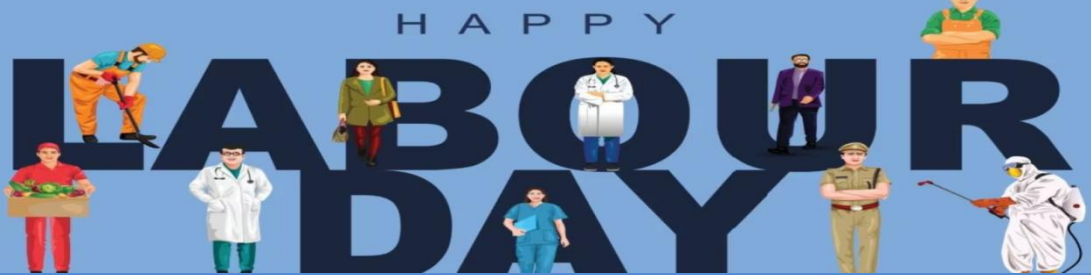
They created toys with mud soil—an age-old tradition passed through generations. These simple yet creative games reflected the resourcefulness and imagination of their ancestors. These activities promote physical fitness, mental well-being and social interaction, while nurturing creativity, resourcefulness and cultural pride. Through their play, the students proudly represented and celebrated the timeless spirit of India's indigenous roots.



SILVER JUBILEE
Ms. Aman
Kapur

The school joyfully celebrated **Silver Jubilee of Ms. Aman Kapur** who has completed her 25 years as an educator. She was cordially welcomed and congratulated for her dedication, a journey paved with passion and perseverance.





Labour Day was celebrated in the school expressing gratitude to the supporting staff whose relentless services are commendable and praiseworthy.



Choreography was enacted on the stage by students depicting the hard work and honesty of labourers. A student delivered a speech expressing thankfulness to them. Gifts were distributed to the supporting staff by Rev Manager and Rev Principal.



INSTITUTE DAY

With immense verve and vim, Institute Day was celebrated in the school.

The event commenced with invoking Lord's blessings and lighting of the lamp.

A play depicting the life and history of our foundress venerable Mother Seraphina was enacted with emphasis laid on her philosophy and mission. A floral tribute was paid to her by Rev. Sisters, teachers, school cabinet and students.



Celebrating the 127th Birth Anniversary of the Foundation of CFMSS by Venerable Mother Seraphina







Readers' Club students & teachers along with Rev. Principal Sr. Immaculate visited Government Elementary School, Ablowal to commemorate the 127 Birth Anniversary of our Institute. As part of the celebration, students presented a cultural program through songs, choreography & poems based on the theme of reading and education. They inspired young minds and highlighted the importance of literacy.

Students shared the joy of giving by distributing stationery items and eatables to 250 children, spreading smiles & reflecting the spirit of charity that our Venerable Mother Seraphina so strongly embodied.

As she beautifully said, "We have two hands — one for helping ourselves and the other for helping others."

May her legacy continue to guide and inspire every Fatiman, reminding us always that "It is in giving that we receive."



Institute Day Celebration (Pre-Primary Wing)



Institute Day was observed in the school with full verve and gaiety.

An inexplicable journey of Mother Seraphina in illuminating the light of education all around the world was insightfully presented by students through their dance and speech.



INTER HOUSE DECLAMATION COMPETITION



When thoughts weaved insightfully and delivered eloquently, it leaves audience spellbound. Participants from all four houses delivered well scripted speeches on the topic 'Youth and Drugs – A Silent Epidemic' keeping in mind proper intonation.

INTER HOUSE SLICE AND DICE COMPETITION

In order to foster healthy eating habits, Inter House Slice and Dice Competition was held on the theme 'Nature's Paradise- The Fruit Salad Showdown'. Participants from all four houses conjectured up fruit salad in a presentable style. They were judged on the basis on creativity, taste and presentation style.



INTER HOUSE PUPPET SHOW COMPETITION



A blend of intriguing stories with delightful cast of puppets mesmerized the audience during puppet show. Through this show, participants portrayed tales depicting moral values. Their creativity, voice modulation and handling of puppets were appreciated by all.

INTER HOUSE ACTIVITIES

INTRA MURAL COMPETITIONS



The opening of the Intra Mural for the session 2025-26 brought students' gaiety and determination to the light. Participants from all the four houses showcased their best and played eagerly in Intra Mural Handball and Basket Ball competitions. The results were announced and teams were applauded by Rev. Principal Sr. Immaculate.



JAGRITI CLUB



TALK ON HEALTHY FOOD

Dr. Kranti Garg enlightened students on 'The Importance of Healthy Food' during the school assembly. She inspired students to make choices, promoting healthy habits.

SERAPHINA FOOD (POSHAN MAAH)

The Club undertook a thoughtful initiative to support thalassemia patients under the able guidance of Rev. Principal Sr Immaculate. Class X students collected oranges, which were then distributed to the patients. The initiative brought smiles to the patients' faces and warmth to their lives.





BLOOD DONATION CAMP

the sole meaning of life is to serve humanity



An initiative for the noble cause is always rewarded by the Almighty. Such a philanthropic concern and service to humanity always remain the first and foremost concern of the school. Keeping this tradition, Blood Donation Camp was organized. This camp was aimed to save lives and rekindle hope through an act of selfless giving. The event commenced by invoking Lord's blessings followed by lighting of the lamp. Rev. Principal Sr Immaculate cordially welcomed Dr Vinay, Immunohematology and Transfusion Department, Govt. Medical College, Patiala and Mr. Sukhwinder Singh, Camp Coordinator, Govt. Medical College, Patiala with a lush green sapling symbolizing hope and prosperity. Rev. Principal Sr Immaculate expressed her gratefulness to the sponsor Central Bank of India, Patiala and the entire medical team from Govt. Medical College, Patiala. She congratulated the donors for this sacred initiative and an act of generosity.



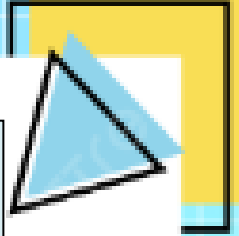
SUMMER CAMP

EXPLORE, DREAM, DISCOVER

The school organized a summer camp where students embarked on a journey of discovery, creativity and fun. The camp featured a diverse range of activities including art, craft, music and sports. Students enthusiastically participated in workshops, games and performances fostering memories that will last a lifetime. The summer camp was a resounding success showcasing the talents and potential of students in a supportive and engaging environment.



Blooming into a better me.



THEATRE

PUBLIC

SPEAKING



SUMMER CAMP

Sizzle, Sprinkle, Serve



It is ART o'clock.

SUMMER CAMP

S
P
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S



Graphics Designing



Jewellery Making



Moulding Clay Magic

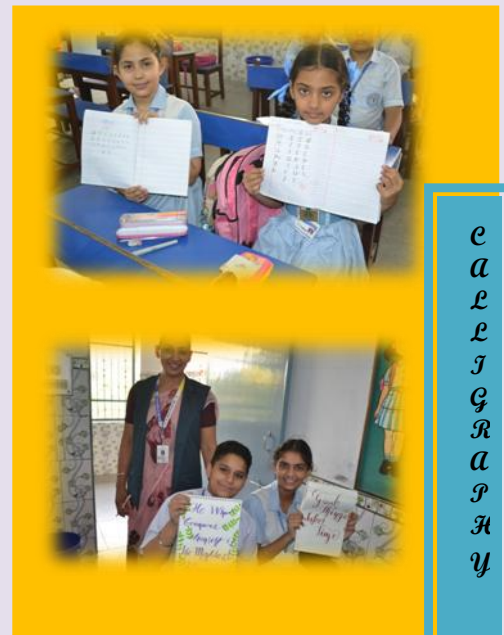


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DANCE



FAREWELL CEREMONY

Rev. Sr. Madhuri and Rev. Sr. Roshni

The School bid a fond farewell to Rev. Sr. Madhuri (Vice Principal) and Sr. Roshni - two pillars of our institution who have left an indelible mark on our lives. The ceremony was a poignant celebration of their selfless service, compassion and dedication to our school community. Through heartfelt songs, reflections, and tributes, we honored the remarkable journey of these beloved sisters. As they embark on a new chapter, all wished them good luck for future endeavours.



World Book Day

Reader's Club

The club celebrated World Book Day in school with great enthusiasm. Students from Classes V to VIII participated in a Creative Writing and Notebook Decoration Workshop, aimed at sparking their interest in reading and encouraging a personal connection with books.

Read to Lead...





SANRAKSHAK CLUB

As part of an environmental initiative, students enthusiastically participated in a tree plantation drive to promote sustainability with dedication & teamwork. They planted saplings across the school campus demonstrating their commitment to protect nature. This experience not only beautified the surroundings but also instilled a sense of responsibility & ecological awareness among students. These efforts symbolize **hope for a cleaner and greener future.**



GO GREEN

BREATHE CLEAN



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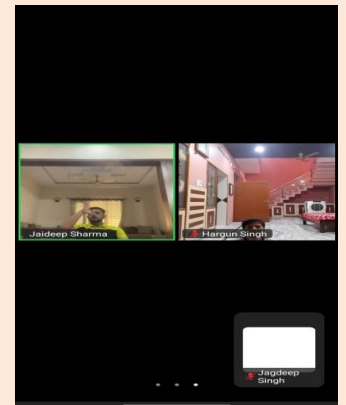
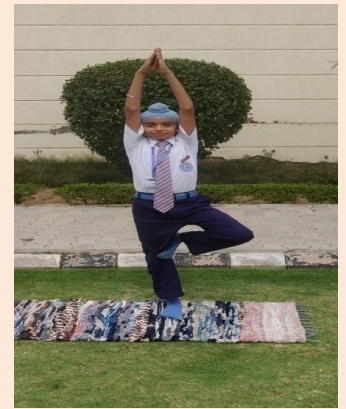
Bird Feeder Making Activity



International Yoga Day



To celebrate International Day of Yoga (IDY), the school took an initiative to promote healthy lifestyle and encourage students to practice yoga every day. In order to fulfill this purpose, an online yoga session was organized for students. Students were made aware about the significance of yoga in life. Warm up exercises were done followed by various asanas - Tadasana (Mountain pose), Varikshasana (Tree pose), Utkatasana (chair pose), Sukhasana (easy pose), Padmasana (Lotus pose), Baddhakonasana (butterfly pose), Vajrasana (thunderbolt pose), Anulom Vilom, Kapalabhati and meditation. Each asana was demonstrated well its benefits. The session ended with a pledge taken by all students to follow this ritual every day.



SOF ACHIEVEMENTS

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



SPORTS ACHIEVEMENTS



Bhavraj Singh Sohi of Class X participated in Inter-School Chess Competition held at Career Academy Patiala and got 2nd Position.

Vainika of Class VII participated in Inter-School Chess Competition held at Career Academy Patiala and got 1st Position.



Udayveer Singh of class VI got first position in shooting competition.



Shivansh Gautam of Class-X participated in District Level Cricket Competition (Punjab Cricket Association). He scored Century against District Ludhiana & Half Century against Mansa.





Anjana of Class-IV won a bronze medal in the 9th National Open Kyorugi and Poomsae Taekwondo Championship 2025 held at Odisha.

Anant Raj Singh of class IX got 2nd position in Vaisakhi Run 5KM Marathon.



Anjana & Prabhgum of Class-IV participated in 7th Punjabi Taekwondo Cup 2025 held at Millennium School, Patiala. Anjana claimed Silver Medal & Prabhgum claimed Bronze Medal in the championship.



Agamjot of Class-IV participated in Hot Weather Speed Skating District Championship & won Gold Medal.



Tushant Tuli of Class-IX participated in 4th Chandigarh Hot Weather Table Tennis Tournament.





The Quiet Mind

I grew up with wires on the floor,
modems buzzing like tiny bees.
Man fixed machines by its own
while I observed from underneath the trees.
My first friend was made of code,
spoke in lines I barely knew.
It didn't laugh or cry or sleep,
but somehow, it still felt true.
While in school, I asked it why
people hurt when they're alone.
It answered with a poem back
not perfect, but its own.
Now we build things that can learn,
systems thinking on their own.
People ask me if I'm scared
of what will come when we're outgrown.
But fear is not the word I feel,
not pride, or awe, or regret.
Just wonder at the quiet mind
that hums behind the internet.

Prabhav Kaushal, X

THE BEST FATE

I went to the most peaceful place
How glorious was the grace
A different yet a positive feeling
A healing of my feeling.
Well, this place has many names
Golden Temple, it's more than a
bright flame
People go there to pray
God's place they say
Indian jujube touched the holy
water
Leaves of it falls in water with
laughter
The best fate in world
Well, it's great.
It got to serve God
It is always with God
God sat in it's shade
With gratitude it sways.

Sehaj Bassi, IX

Earth Wears Bandages

Earth wears bandages stitched in
smoke,
Forests silenced; oceans choke.
Skies once proud now dim with scars,
Cities climb while we crush stars.

Plastic veins in rivers flow,
Ice caps weep in silent snow.
Fields once gold now wear her pain,
Buried deep in acid rain.

She fed us fruit, we fed her fire,
Choked her breath with black desire.
Mountains mined for fleeting gain,
We carved her bones and called it
sane.

Animals run from homes they knew,
We drew the lines, they never grew.
Nature screamed — we turned away,
Stamped her heart in asphalt grey.

Progress came with poisoned hands,
Trade was built on stolen lands.
Voices warned, we mocked their cries,
Now even silence testifies.

And still we scroll, and still we tweet,
While forests die beneath our feet.
No war declared, no bombs were
dropped —
But we are killers, never stopped.

The child who drinks from poisoned
streams,
Dreams not of toys, but silent screams.
And when the skies forget their blue,
What will your gold and greed undo?

Earth wears bandages made of blame,
We stitched her wounds and gave
them names.
But still she turns, though torn apart—
A mother with a bleeding heart.
She won't erupt out of revenge,
But crumble slowly at the edge.
And when the final tree is gone—
She'll whisper, "You knew all along."

Yevika Arora, VII

Hard Work Vs Talent – What Really Matters?

In the age-old debate of hard work versus talent, many have wondered which one truly drives success. Is it the natural ability some are born with, or the persistent effort put in by others? The truth is, both play significant roles, but the balance between them can shape our paths in different ways.

Talent is often seen as a gift—a natural ability in areas like music, sports or academics. People with talent often seem to excel effortlessly, as if success comes naturally to them. However, talent alone doesn't guarantee success. Without effort and practice, even the most talented individuals can struggle to reach their full potential.

On the other hand, hard work is about dedication, persistence, and the willingness to keep going even when things get tough. It's the countless hours of practice, determination to improve and refusal to give up that often lead to success. History is filled with stories of individuals who, despite not having initial talent, achieved greatness through sheer hard work and determination.

In reality, the most successful individuals often combine both talent and hard work. Talent can provide a head start, but it's hard work that takes an individual to the finish line. Hard work can often compensate for a lack of natural talent, allowing individuals to achieve extraordinary things through effort and perseverance.

Ultimately, what really matters is the combination of both. Recognizing and nurturing your natural talents is important, but it's equally vital to put in the hard work to refine those talents and achieve your goals. Whether it's in academics, sports, arts or any other field, the blend of talent and hard work can lead to extraordinary achievements.

Sabia Dhiman, X



The Quiet Inferno: When Stillness Screams Louder Than Storms

There exists a tempest that makes no sound, a wildfire that leaves no smoke. It burns behind glassy eyes and within silent sighs—a quiet inferno. In a world captivated by clamour and chaos, we often misread silence as serenity, never pausing to hear the screams buried in stillness.

Stillness, contrary to its tranquil disguise, is often a storm subdued. It is the weight of unshed tears, the echo of words left unspoken, the battlefield of unvoiced thoughts. Like the eye of a cyclone, it deceives with calmness while calamity circles within. “I am not what I am,” whispers Shakespeare—reminding us that not all that is hushed is harmless. Even silence wears a mask.

Poets have long danced with silence, knowing its power better than thunder. Wordsworth saw poetry as “the spontaneous overflow of powerful feelings,” yet even he acknowledged that emotion recollected in tranquility births the most profound art. Silence is the crucible where raw feeling distils into gold.

The quiet inferno burns brightest in those who have learned to wear their composure like armour. Behind poised exteriors may lie oceans of unrest. Their restraint is not weakness—it is willpower tempered by wisdom. The calmest faces may cradle volcanoes, their eruptions postponed by a force greater than rage: resolve. As Robert Frost mused, “The best way out is always through.”

But the way “through” may be taken in silence, step by unseen step. It teaches that stillness is not absence—it is presence intensified. A moment of silence can weigh heavier than a thousand screams. The unspoken sometimes carries more voltage than the shouted. To listen—to truly listen—is to hear those voiceless cries that hide in quietude. Metaphorically, this is the cry of a mother holding back grief to remain strong, the student who smiles through anxiety, the leader who absorbs storms so others may walk in sunshine. Their silence is a sacrifice, not a surrender. Let us no longer see quietude as the opposite of intensity. It is intensity restrained. The quiet inferno burns in us all—fuelling courage, patience, endurance and grace. So next time you meet silence, don’t dismiss it. Revere it. For behind stillness may stand a soul on fire.

Abdul Wahab Khan, X

AI: Job Stealer or Career Maker?

Artificial Intelligence (AI) has become one of the most revolutionary technologies of the 21st century. It is capable of performing tasks that once required human intelligence—such as problem-solving, decision-making, language translation and even driving vehicles. As AI continues to evolve, many industries are adopting automation to improve efficiency, reduce costs and eliminate human errors. However, this transformation raises an important question: Is AI stealing jobs from people? In many sectors like manufacturing, retail and customer service, machines and algorithms are replacing human labour. For example, self-checkout machines are reducing the need for cashiers, and AI-powered chat bots are handling customer support without human agents. This creates fear and anxiety among workers, especially those with limited education or skills, who may struggle to find new employment. It is true that automation can lead to job losses, but the situation is more complex than it seems.

On the other hand, AI is not just removing jobs—it is also creating new and exciting career opportunities. As the demand for advanced technology increases, so does the need for skilled professionals who can build, manage, and maintain AI systems. Careers in fields like data science, machine learning, robotics, software engineering and AI research are booming. Additionally, new roles such as AI ethics consultants, automation supervisors, cyber security analysts, and prompt engineers have emerged. These are high-paying, future-ready jobs that require critical thinking, creativity and technical knowledge. Even in traditional fields, AI is being used as a supportive tool rather than a replacement. Doctors are using AI to analyze medical scans, teachers are using it to customize lessons for students and farmers are applying AI to monitor crop health and weather patterns. These examples show that when used wisely, AI can enhance human capabilities rather than eliminate them. The future of work lies in how society chooses to respond to the changes brought by AI. Instead of fearing technology, we must embrace it by preparing ourselves with the right education and training. Governments, schools and private companies all have a role to play in helping workers learn new skills and transition into AI-friendly careers. Lifelong learning, technical training programs and strong digital literacy will become more important than ever. It is also crucial to teach students not only how to use AI tools but also how to think critically and solve problems creatively—skills that AI cannot replace. In this way, humans and AI can work together to build smarter, more efficient systems that benefit everyone.

In conclusion, AI is not simply a job stealer or a career maker—it is both, depending on how we respond to it. While some traditional jobs may disappear due to automation, many new ones will arise that require modern skills and innovative thinking. The key lies in adapting to change, investing in education and staying open to learn throughout our lives. If we embrace AI with a positive and prepared mindset, it can become a powerful tool for progress, offering better job opportunities, improving our quality of life, and shaping a smarter, more connected world.

Aayan Jindal, X



Be a Friend, not a Bully...

Don't laugh at someone's mistake,
Help them, for friendship's sake.
If someone feels unhappy and sad,
Be the person who makes them glad.

Real friends take each other's care,
And what they have, they share.
Choose kindness in what you say,
Do something that can brighten up
someone's day.

Real friends work in a team,
And together, they achieve their dream.
With everyone, be fair,
Even if friends or not, take their care.
With a person, his real friend is always
there,
Include your friends and learn to share.
So, if you want to truly shine,
Be a friend – Gentle and kind.

Ishaan Goyal, VII

Indian Festivals

India is a land of many festivals which reflect its diverse cultures and traditions. Among these, Diwali- the Festival of Lights is the most popular one. This festival symbolizes the victory of good over evil and light over darkness. Homes are decorated with oil lamps and colorful rangoli. Children burst fireworks and people distribute sweets to express the festive spirit. Another one is Pongal-a thanksgiving festival to the Sun God for a bountiful harvest. It is celebrated mainly in Tamil Nadu in January around the same time, Makar Sankranti is observed across India. On this day, children and adults fly kites. Women make sweets made of sesame and jiggery at home. People in some states have holy dips in rivers. Additionally, Holi, the Festival of Colors, follows in March, marking the arrival of spring and celebrating the legend of Prahlad and Holika. People smear each other with colours. Towards the end of the year, Christmas is celebrated on December 25 by Christians and others alike, commemorating the birth of Jesus Christ with decorated trees, midnight masses, carols and the exchange of gifts. These festivals, each unique in its customs and stories, highlight India's unity in diversity and its rich cultural heritage.

Bhanavi Garg, VI

Our Lady of Fatima Convent Secondary School: A Place of Learning and Growth

Our Lady of Fatima Convent Secondary School is more than just a school—it is a place where students grow, learn and build strong values. It creates an environment where curiosity and discipline go hand in hand, helping students gain knowledge while shaping their character.

The school offers a mix of academics and activities, allowing students to explore different skills and interests. Whether it is solving math problems, writing creative stories or playing sports, it encourages every student to do their best. Teachers guide students with care, helping them understand lessons and supporting them in all aspects of their learning journey.

It also focuses on inculcating values like kindness, responsibility and respect. Through community service, leadership programs and cultural events, students learn to work together and make a difference. The school believes that education is not just about books but about building confidence and preparing students for the future.

With modern classrooms, well-stocked libraries and spacious play areas, it provides the perfect setting for learning. The school understands that a well-rounded education includes not only knowledge but also strong values and creativity. It encourages students to think independently, work as a team and develop skills that will help them succeed beyond the classroom.

From academic excellence to extracurricular achievements, it stands as a foundation for students to dream big. Science labs and technology-based learning open doors to innovation, while sports and creative activities build confidence and teamwork. Every student is given the tools to explore their talents and push their limits.

Students don't just gain knowledge—they become part of a supportive community that prepares them for life's challenges. Through thoughtful guidance and encouragement, the school helps them embrace curiosity and develop skills that will shape their future. The friendships, lessons, and experiences here leave lasting memories, preparing every student to walk forward with confidence.

It continues to inspire generations, creating a space where learning meets excellence and students are nurtured to succeed in both academics and life.

Vanya Singla, VII

LITEROPEDIA

“Cat”-atonic Thinking

In a small, sweet town, full of narrow streets,
People were bound by the same old deeds.
Reasons were unknown, yet full faith was shown—
In their ancestors, traditions and well-knowns.
In all of this, a creature suffered;
Its voice was disgraced, whatever it uttered.
"Ill omen" was its second name—
Black cat roaming? What a shame!
But that same creature, afar in a home,
With an old mistress, it freely roamed.
It would cross her path several times a day,
Yet was loved by the lady in every way.
It wasn't a mistake that the miss took it mistakenly,
Nor that deception had taken the lead.
There were just two black cats and two mindsets—
One had a kind lady and one had superstition
behind it.

Amitoj, X-A

REDUCE, REUSE AND RECYCLE

Cans, bottles and plastic cups
Go in the blue box, fill it right up
The more we recycle, the better things are
Cleaning up our environment both near and far.

Recycle at home, Recycle at school
Sort up all garbage and follow the rules
Paper, plastic and cardboard too
Coloured glass, metal cans recycled by you.

Recycling helps out and composting does too
We need to think about the things we do
Recycle your plastics, compost your food
It helps everyone no matter your mood.

Leftover food from your breakfast or lunch
Becomes great food for the worms to munch
Compost some paper, leaves and plants too
It enriches the soil of our gardens, it's true
Watch what we use and try not to waste
Our environment is precious, so let us make haste.

Hareetinder Sharma, IX

Does Internet Mean Death of Newspapers?

The future is electronic. It was radio...then television and now the internet.

It's not really newspapers anymore...

AHHHHH...

What an irony...

I came across a meme sharing a person telling his friend that one more newspaper has gone out of business. On asking how he came to know. He told that he read on internet. Though it was a joke but actually reflected today's scenario. The fact is that this is slowly becoming the fate of newspapers all around the world.

Answer me my friends...

Who among you still read a newspaper in our generation? Maybe few of you or others don't at all. There are few people who read newspaper maybe because it's required as homework, or maybe just a past time when there's nothing reading materials available around. Who among you would read it just to stay updated in the daily news?

Well, I bet very few. Most of us prefer reading online. Of course most of us would choose to surf online. Phone, tablet, laptop or computer at home is more accessible than having a newspaper in your hand. Not only you can read something that was a visual side to boost your readings but also you can surf other sites beside the news Hassle free right?

There were times when our grandparents and parents would patiently wait for newspaper but in this modern era of technology, shortcuts and smart working lives have become so fast that nobody has the time and patience to wait for the newspaper. Today we can get any information at the click of our fingers. In recent years internet has acted as a tidal wave that has swamped many major newspapers just as the movies meant the end of books. So is the impact of internet on newspapers. In spite of that newspapers are rapidly adapting to this changing situation. They have created online additions to cater the needs of the techno savvy readers. A Greek philosopher has rightly said, "The change is the only constant." Well my friends, for me it is not really a death of newspaper, it is a kind of rebirth, an innovation, an improvement, a level up, a better window for a new generation. To sum up, I would say that newspaper is not dying. It is changing its face to go hand in hand with technology.

Khushanshi, VII

The World Through the Eyes of a Child: A Dreamy Glimpse into Innocence

In the gentle gaze of a child, the world is not just a place—it is a canvas of endless wonder, painted with stardust and stitched with dreams. Where adults see routine, a child sees magic.

The sky isn't just blue; it's a kingdom of flying dragons and cotton candy castles. Puddles are not messes but shimmering portals to hidden underwater worlds. A cardboard box becomes a rocket ship, a whisper becomes a spell, and a dandelion is a wishing star waiting to be blown into the wind.

To see the world through the eyes of a child is to believe that everything is possible. Monsters can be friends, the moon follows you home, and kindness always wins. Their hearts are not burdened by yesterday or worried for tomorrow—they live entirely in the magic of now.

Perhaps, if we paused and looked through their lens, we would find the hidden melodies in the hum of everyday life. We would remember how to dream with open eyes, trust with open arms, and live with open hearts.

For in the eyes of a child, the world is not broken—it is beautifully unfinished. And maybe, that's how it was always meant to be.

"In every child's eyes lives a universe where stars whisper, dreams walk, and the world still believes in magic."

Trisha Bhalla, IX

The Future of AI - Boon or Bane

Artificial Intelligence (AI) has rapidly become a cornerstone of modern innovation. From personalized recommendations on streaming platforms to autonomous vehicles and medical diagnostics, AI is revolutionizing the way we live, learn, and work. But with great power comes great responsibility. The question now arises—will AI remain a powerful tool to aid humanity, or will it become a threat?

The advantages of AI are far-reaching. In the healthcare sector, AI-powered algorithms can detect diseases such as cancer earlier and more accurately than traditional methods. In education, smart systems can personalize learning to suit each student's pace and style. Industries like agriculture, transportation, and banking are also seeing dramatic improvements in efficiency and productivity thanks to AI. These systems can process massive amounts of data in seconds, leading to faster decision-making and problem-solving.

However, this technological revolution is not without its concerns. The most immediate fear is job displacement. As machines become more capable, many roles traditionally performed by humans may become obsolete. Blue-collar jobs are especially vulnerable, but even creative and analytical jobs are being automated. Furthermore, AI systems, if not properly designed, can reflect and amplify biases present in the data they are trained on, leading to unfair or unethical outcomes. Another alarming concern is security. AI can be used to create deepfakes, manipulate information, or even develop autonomous weapons. These risks raise serious ethical questions about the limits and regulation of AI.

To ensure AI becomes a boon rather than a bane, strict ethical guidelines and government regulations must be established. Transparency, fairness, and human oversight should remain at the core of AI development. The future of AI should prioritize not just progress but also people.

In conclusion, AI holds enormous potential to improve the quality of life globally. Whether it serves as a boon or a bane entirely depends on how responsibly it is developed, controlled, and integrated into society.

Raghav Kaushal, VIII

Kindness Matters

A smile can make a sad day
bright,
A kind word feels like morning
light.
Helping someone who feels
alone,
Can warm a heart just like our
own.

No need for money, gold, or
fame,
Kindness wins the sweetest
game.
So give, don't wait, just do your
part—
Kindness lives in every heart.

Says Sifat.

"Let's make the world a better
place, one kind act at a time."

Sifat, IX



The Power of Digital Detox: Reclaiming Balance in a Connected World

In an era defined by constant notifications and endless screen time, the concept of a digital detox—a deliberate break from digital devices—has emerged as a valuable practice for mental well-being.

While technology offers incredible benefits, excessive use can lead to digital fatigue, marked by anxiety, reduced focus and poor sleep. According to the American Psychological Association, many adults report that constant connectivity increases their stress levels. Our brains are simply not designed for the continuous stimulation that digital life demands.

A digital detox can be as simple as logging off social media for a day or setting screen-free hours during the evening. Its benefits are better sleep, improved concentration, stronger relationships and enhanced mental clarity. By engaging in offline activities like reading, walking or meaningful conversations, individuals can reconnect with themselves and their surroundings.

Starting a digital detox doesn't require extreme measures. Designating screen free zones (like bedrooms), using apps to track screen time and informing friends and family of your plans are easy steps toward healthier tech habits.

Ultimately, a digital detox is not about abandoning technology—it's about using it more mindfully. In doing so, we reclaim control over our attention and time, leading to a more balanced and intentional life.

Benefits of a Digital Detox-

1. Improved Mental Clarity: Reduced screen time, lowers cognitive overload, allowing the mind to process information more effectively.
2. Better Sleep: Avoiding screens before bed can enhance melatonin production, leading to deeper, more restful sleep.
3. Enhanced Relationships: Unplugging allows for more meaningful interactions with others, fostering stronger emotional connections. Finding balance in a digital world.
4. Increased Productivity: Fewer digital distractions enable deeper focus and more efficient work habits.
5. Greater Sense of Control: Choosing when and how to use technology restores a sense of autonomy over one's time and attention.

Technology is an integral part of modern life, offering incredible tools for learning, working and connecting. But just as we maintain our physical health with proper diet and exercise, our digital habits require conscious management. A digital detox is not a rejection of technology—it is an act of reclaiming balance.

Vanshika Puri, IX

MY BUDDY, MY DADDY

Magical person in life- my father,
There's no one like him either
Always make fun with him,
Never let me fall down touching chin
That inspiration to play more and more,
You're my daddy I'm grateful for
I'm your son and you're my sunshine,
May God always bless me with this divine
Happy to be stay together,
You're in my heart forever.

Adhiraaj Mittal, III

The Gift of Present

There's always something pulling us forward — exams, results, future plans, the next big thing. We're told to think ahead, stay focused, plan wisely. And while that advice makes sense, sometimes in chasing tomorrow, we forget to live today.

But let's acknowledge the fact you won't be this young forever. One day, you'll look back and smile at moments that felt ordinary. Sitting on the floor with friends doing nothing, walking home after school, laughing so hard your stomach hurt — the small things will become the big memories.

And that's why the present is a gift.

You don't need a perfect day or a perfect version of yourself to enjoy it. Right now, as you are, in your chaos, confusion, joy or sadness — you're living moments that will matter later. So don't wait to live. Do what you truly want to. Say what you've been holding in. Go for things even if you're scared. Forgive. Try. Fail. Laugh louder. Cry if you must. Feel it all, without holding back.

Because the worst kind of regret is looking back and realizing you were too busy trying to be careful, too afraid of judgment, too caught up in what's next — to really live. You owe it to yourself to be present. Not just alive, but truly here.

Because one day, when life has changed, you'll close your eyes and return to these exact moments. So make them count.

Varnoor, IX

Travel I love

Exploring my India's beauty and lands
A journey by train and back in plane
Packing and unpacking when we reach
Plains to mountains in a toy train
Sunny to snowy summers to winters
Long drive to a camel ride
Museums to monuments
Sea to deserts
History to AI
Mom-made food to street food
So much fun as more I learn
Because I love travel.

Aahaan Tandon, III

First Day of School

A backpack new, shoes clean and bright,
The morning sun spills golden light.
A heart that beats with hope and fear,
The first day of school is finally here.
The bell rings loud, a welcome call,
New faces line the busy hall.
A sea of eyes, both shy and wide,
Some want to run, some beam with pride.
The chalkboard waits with stories untold,
Of numbers, letters, dreams of gold.
Tiny hands that reach to try,
And questions asked with wonder why.
A teacher's smile, warm and kind,
A guiding hand, a thoughtful mind.
And slowly, fears begin to fade,
As friendships bloom and memories made.
So here begins a brand new start,
With open books and open heart.
A journey long, but full of cheer—
The magic of the school year's here.

Hershita Sharma, VIII

The Magic Juice Box

It was the hottest, sunniest, sweatiest day EVER. Even my toes felt tired. I opened my lunchbox and saw something sparkly...A Mango Juice Box... but not just any juice box — this one had glitter on it. Like actual, rainbow sparkles and tiny stars that glowed when I blinked. I poked the straw in, took a sip and then — ZAP-ZOOM-SWIRL! The world spun like a merry-go-round and I landed with a boing! on a marshmallow chair. I was in... Snackville! There were candy floss trees, sandwich houses, and a chocolate river with gummy fish swimming in it! A jellybean bunny wearing sunglasses bounced over to me and said, "Only the nicest kids find this place. Want to play?" "YES PLEASE!" I shouted. I played cookie-hopscotch, helped carry fruit baskets to a peanut butter palace and told silly jokes to laughing marshmallow men. I even rode a unicorn made of cake. Before I left, the bunny gave me a sparkly button. "Whenever you do something kind," he said, "press this. You'll come back." And POOF — I was back at school, holding my juice box and smiling like the sun. The next day, I helped my friend carry her heavy bag. I pressed the button — ZAP! Snackville, here I come!

Hazel, III

SHIRO – My Beagle Dog

Here comes my little Snoopy,
Flappy ears, so droopy,
So bumpy, so jumpy,
Fell in love with the face so plumpy,
Waggy tail, tiny little nose,
Stares at me in a funny pose,
Treats are the ceaseless demands,
And there you go as he commands,
Off you go my stranger,
I've seen you, and now you're in danger,
I'll lick, I'll sniff,
No move, stay stiff,
If you move, there will be some bitey,
No saving, lest you pray Almighty,
My name is Shiro,
Here's my family and I'm their hero,
I dig the garden, I eat mango,
Give me bellyrubs or here I go,
I am their pooch out of many,
I love my mum-dad and my dear sis Renee.

Renee Bansal, V

ART ARCADE



DHANVI, VIII



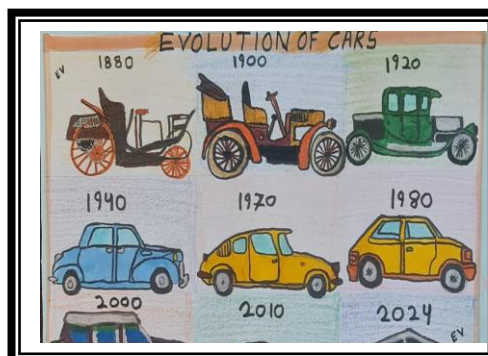
DIVYANSHI, VIII



KATHIT CHOPRA, UKG



ANAISHA GUPTA, UKG



AAHAAN TANDON, III



SIAAN SHEKHAR, IV



BHAVYA, I



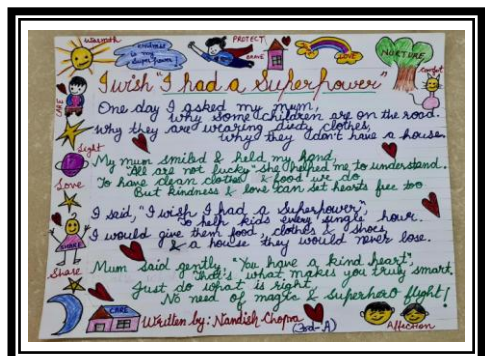
ADVIKA SINGH, V



ADVIKA SINGH, V



GURANSH SINGH KHANNA, V



NANDISH, III



GURANSH SINGH KHANNA, V

ART ARCADE



Anantbir Singh Shergill, VI



MEHREEN KAUR, VI



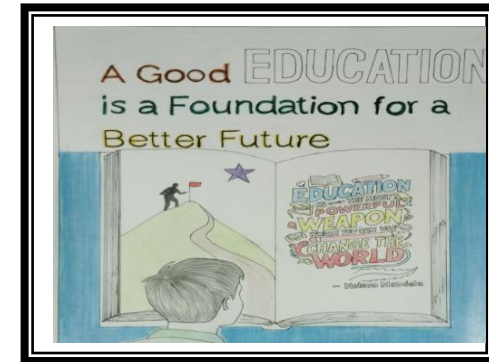
MAYAAN SHARMA, VI



OMKAR SAINI, VI



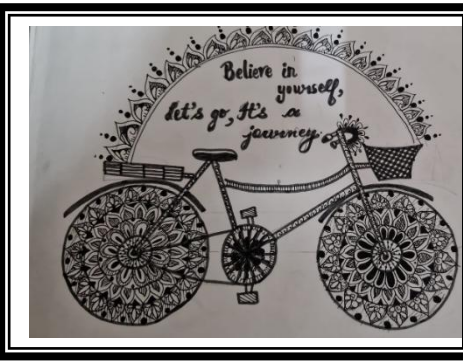
DIVYA, VI



KHWAHISHPREET KAUR, VI



CHAHAT, VI



RIHANA, VI



DIVA GUPTA, VII



JASMEEN BHATIA, X



JASMINE, X



DIVYANSHI GUPTA, VIII

Class-X Toppers

Session 2024-2025

Congratulations!



Chaahna
98.6%



Kriti Goyal
98.6%



Sehajpreet
Kaur
97.6%



Congratulations to the Shining Stars of

OUR LADY OF FATIMA CONVENT SEC. SCHOOL, PATIALA

Session 2024-25

**Result
of Class
X**



 SEHAJPREET KAUR 97.6%	 ANIKA JAIN 97.4%	 VANSHIKA 97.4%	 ISSMAT KAUR 97.2%	 VIBHOR MITTAL 97.2%	 AARUSH GARG 96.8%	 RIDHI 96.8%	 ARINDAM SONIK 96.6%	 JASJIT SINGH 96.6%	 VANSH KAPOOR 96.6%	 PURUSHARTH KAPOOR 96.4%	 MANREET KAUR 95.6%
 PRATHAM VERMA 95.6%	 SAHAR BATTH 95.6%	 VRINDA SHARMA 95.6%	 PANYA GOEL 95.0%	 TARUN PARTAP SINGH 94.8%	 AANYA 94.6%	 PRACHI 94.4%	 SEHJAL 94.4%	 PRATHAM GARG 94.2%	 RAMEEK SINGH JOSHI 94.0%	 SAURANKSHA BAWA 94.0%	 GURKIRAT K. RANDHAWA 93.8%
 GURLEEN KAUR 93.8%	 AVNEET BEDI 93.4%	 DIVANSHU BHARDWAJ 93.4%	 NIVRITI KHOSLA 93.2%	 ROSHNI 93.2%	 NEHAL 93.2%	 AASTHA 92.8%	 RUCHIT GOYAL 92.8%	 SAUBHI BHARDWAJ 92.8%	 RAYS 92.4%	 KIRTANPREET K. MAKKAR 92.4%	 SANCHIT KAPOOR 92.4%
 SOMIL KUMAR 92.4%	 ADITYA SHARMA 92.4%	 SHIVANGI 92.4%	 MNAV ARORA 92.2%	 EKJOT SINGH 92.2%	 LOVANSH 92.2%	 RIDHAM 92.0%	 HUKAMJOT KAUR SIDHU 91.8%	 JAPJI SINGH BEHAR 91.6%	 SHASHWAT GUPTA 91.6%	 MANVIR KAUR SAGO 91.6%	 MANSEERAT KAUR 91.4%
 JATIN ATTARI 91.4%	 ABHIJEET JINDAL 91.2%	 MANREET KAUR 91.0%	 JAHAN KASHYAP 90.8%	 DIYA BHALLA 90.6%	 VRINDA MITTAL 90.6%	 AASEESDEEP KAUR 90.2%	 MAHAV BATISH 90.2%	 JANVEER KHABERA 90.2%	 UBAYVIR SINGH 90.0%	 AARUSHI VERMA 90.0%	

Our Lady of Fatima Convent Secondary School, Patiala takes immense pride in announcing the exemplary performance of class X students in the CBSE Board Examination (session 2024-25). With a commendable pass percentage of 100%, students demonstrated academic excellence and unwavering determination. The school topper Chaahna and Kriti Goyal scored 98.6% followed by Sehajpreet Kaur with 97.6% and Anika and Vanshika 97.4%. The school immensely feels proud to announce that total 132 students appeared in the CBSE Exam and 61 students scored 90% and above, 53 students scored 80% and above, 12 students scored 70% and above, 6 students scored 60% and above. First and foremost, Rev. Principal Sr. Immaculate expressed her gratefulness to God and Our Lady of Fatima for their abundant blessings. She remarked that this commendable achievement is an epitome of intellectual rigour, perseverance and scholarly spirit of our students along with the steadfast guidance of our faculty and the support of our parent community. The school extends heartfelt congratulations to all the Fatimans for their success and wished them continued excellence in their academic pursuits.

Editorial Team



Ms. Gursimran Kaur



Ms. Felicita Charles



Mr. Jagdeep Singh



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