



*St Joseph's Convent School, Bathinda*  
VOLUME 401

# THE DANDELIONS

# FATHER FOUNDER *and* THE PIONEER SISTERS

*The Bethany Congregation: Rooted by Vision, Thriving in Mission*



Servant of God,  
Father RFC Mascarenhas



Sr Martha BS



Sr Clare BS



Sr Lourdes BS



Sr Gertrude BS

# CORE VALUES

## *Our Values, Our Strength*

**1. God experience:** To help students to realise the presence of God within oneself and in others and teach them to pray and live in accordance with the dictates of God.

**2. Compassionate love for all, especially the poor and the marginalized:** To motivate our staff and students to love compassionately the poor and the marginalized especially the rural poor and the girls.

**3. Communion, Collaboration and Team Spirit:** To inculcate the spirit of team work and foster communion and collaboration in our institutions.

**4. Excellence in terms of developing each one's unique potentialities to build a just and humane community:** To facilitate the staff and students to develop their multiple intelligences and also to enhance their positive self-image and self-esteem. To guide the pupils to seek knowledge which leads to truth and to make learning a joyful experience of discovery and creative thinking.

**5. Truth, Love, Justice and Peace:** To respect and uphold the rights and dignity of every human being to be loving, transparent, accountable and just in one's personal and institutional life and work diligently for peace.

**6. Simplicity of life style and dignity of labour:** To instil in the staff and students values of dignity of labour, simplicity of life and community service.

**7. Respect for life, nature, culture, religions and love for the nation:** To promote love and profound respect for all forms of life, culture, religion and nature.

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# FROM THE PRINCIPAL'S DESK



Dear Parents, Students and Alumni

Education often reveals its true value not within the walls of the classroom, but years later in the choices we make, the values we uphold, and the lives we lead. In this edition of Dandelions, our alumni generously share how their years in this school continue to shape their journey even today.

Their reflections remind us that a school is more than a place of academic learning. It is a space where young minds discover confidence, where friendships nurture empathy, where discipline shapes character, and where values quietly take root. What begins here as lessons, activities, guidance, and encouragement gradually becomes the inner compass that guides life beyond school.

For our students, these voices from former students are a gentle reminder that every experience in school, every class, every opportunity, every challenge plays a part in shaping the future. For parents, they affirm that education grounded in strong values leaves a lasting imprint on the lives of children.

Like dandelion seeds that travel far yet remain connected to their origin, our alumni continue to carry with them the spirit and values of this institution wherever they go. May this magazine inspire our present students to grow with purpose and remind all of us that the true success of a school is reflected in the lives its students lead long after they leave its gates.

A special word of appreciation to Mrs Meesha Gupta for the sincere effort and dedication she has invested in bringing together the reflections of our alumni. Gathering their writings, thoughtfully organising them, and presenting them in such a meticulous and creative manner has made this edition of Dandelions truly meaningful and inspiring. Her commitment and attention to detail have helped transform these memories and experiences into a beautiful narrative of the lasting impact of our school.

Sr Ophilia Lobo  
Principal

# EDITOR'S MESSAGE



Dear Readers

It gives me immense pleasure to present the third edition of our annual alumni newsletter, 'The Dandelions', which proudly showcases the journeys, achievements, and inspiring stories of our school alumni. Each edition of this newsletter is a celebration of the strong roots and soaring dreams that define the spirit of St Joseph's Convent School, Bathinda.

Our alumni, who are now excelling in diverse fields across the world, truly reflect the values and vision of the institution. Their journeys are not just stories of success but powerful examples of dedication, perseverance, and purpose. Through this edition, we hope that students and readers find inspiration in these experiences and discover the courage to follow their own unique paths. Every story featured here carries a message that dreams nurtured in the classrooms of St Joseph's can grow into remarkable achievements.

The Dandelions is more than just a newsletter; it is a bridge that connects the past with the present and inspires the future. It reminds us that the values, discipline, and confidence instilled during school years continue to guide our alumni in their professional and personal lives.

I extend my heartfelt gratitude to our esteemed Principal, Sr Ophelia Lobo, for her constant encouragement and for providing me with the opportunity to curate this meaningful publication. My sincere thanks also go to all those who contributed their time, effort, and support in bringing together these inspiring stories and making this edition possible.

I hope you enjoy reading this newsletter and feel inspired by the journeys of our alumni, who continue to make St Joseph's proud.

Meesha Gupta  
Editor and Designer

# SCHOOL ROOTS, CIVIC HEIGHTS

It is with immense pride that I share my journey with my alma mater, St Joseph's Convent School, Bathinda. Being elected as the first Mayor of Bathinda Municipal Corporation was a defining milestone in my life, and I attribute much of this achievement to the values and education instilled in me during my formative years at St Joseph's.

My career in public service has been deeply shaped by the principles of integrity and discipline that I first learned within the walls of my school. Over the years, I had the privilege of serving Bathinda not only as its first Mayor but also in leadership roles within the Shiromani Akali Dal, where I was recently appointed Vice President of the party. I have been fortunate to work closely with stalwarts like the late Chief Minister Parkash Singh Badal, whose guidance and trust have been a source of inspiration. Through these roles, I have sought to uphold a clean image and a commitment to serving the people of Bathinda with sincerity and dedication.

Looking back, I fondly recall the moral science classes at St Joseph's, which taught us compassion and responsibility. These values continue to guide me in public life. The co-curricular



Baljit Singh Bir Behman  
First Mayor  
Bathinda Municipal Corporation

activities, from debates to cultural programmes, nurtured confidence and leadership skills that proved invaluable in my civic journey.

To the current students of St Joseph's, I would say: cherish your time here, for these years will shape your future in ways you may not yet realise. Work hard, stay true to your values, and remember that success is not measured only by personal achievements, but by the positive impact you create in society.

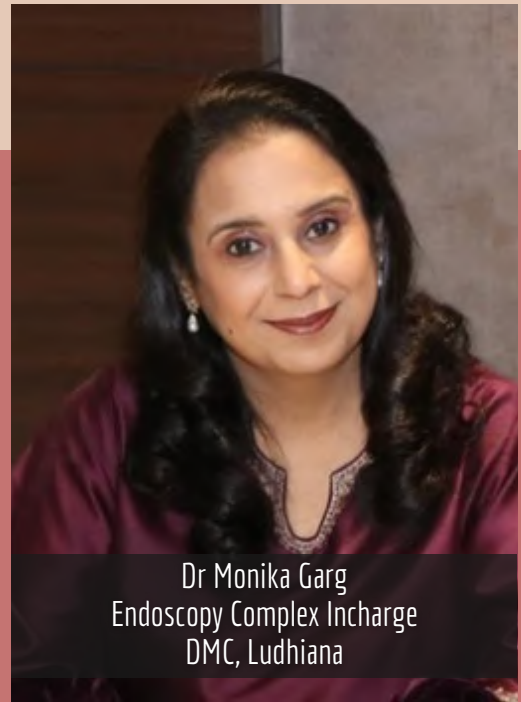
I remain grateful to St Joseph's Convent School for laying the foundation of my journey, and I am proud to be part of its illustrious alumni family.

# SCHOOL VALUES, LIFELONG IMPACT

I feel proud and grateful to share my journey as a former student of St Joseph's Convent School, Bathinda, from where I passed out in 1989. Even today, I carry with me the values and lessons that were taught within the walls of this institution. The discipline, sincerity, and sense of responsibility that the school instilled in me are deeply ingrained in my personality and continue to guide me in every step of my life. During my school days, I had the honour of serving as the House Captain, an experience that taught me leadership, teamwork, and confidence at a very young age.

After completing my schooling, I pursued my Class 12 in the medical stream and appeared for the Combined Entrance Test. With determination and the strong foundation laid by my school, I went on to graduate from Dayanand Medical College (DMC), Ludhiana. My academic journey continued with higher studies, and today I am a double postgraduate with a degree in Gynecology from CMC, Ludhiana and an MD in Gastro Physiology from DMC, Ludhiana. Presently, I am serving as the Endoscopy Complex Incharge at DMC Ludhiana, where I am actively involved in institutional work, guiding students, and contributing to medical research through numerous publications.

As I look back, I realise that my school played a vital role in shaping not only my career but also my character. The



Dr Monika Garg  
Endoscopy Complex Incharge  
DMC, Ludhiana

values of discipline, resilience, and hard work that I learned during my school days remain my strongest support system. I truly believe that whatever I have achieved today is because of the strong moral and academic foundation provided by my alma mater.

My connection with the institution and Bethany Educational Society goes far beyond my years as a student. Our family has been associated with the school since its formative days, when Mother Gemma came to Bathinda to establish it. My father served as the school's physician, my sister also studied here, and my daughters continued this legacy by being a student of Bethany School. Across generations, our family has remained closely connected to St Joseph's. We proudly consider ourselves as a part of its roots and journey.

# DEFYING ODDS, WINNING LIFE

I joined St Joseph's Convent Secondary School, Bathinda in 1966-67 and had the privilege of being admitted by the founder Principal, Mother Gemma BS. My childhood at the school was filled with joyful memories of school dramas, sports events, stalls, and the excitement of celebrating Mother Gemma's birthday. She had a generous heart and was deeply respected by all. The school left a lasting impression on me, especially the Moral Science lessons.

The school also nurtured my love for sports. I represented the athletics team at the North School Games held at the National Stadium in New Delhi, and our hockey team secured second position in the Zone and Higher Secondary School tournament. Inspired by my teachers and PT instructors, I continued athletics in college. I was twice declared Best Athlete of Panjab University Campus (1981-82 and 1982-83) and received University Colours. Later, while studying law at Punjabi University, Patiala, I once again became Best Athlete, winning nine positions in a single meet.

Life, however, tested my resilience. In 2000, shortly after my father's passing, I was diagnosed with a brain tumour and underwent a critical surgery in the United States. Recovery was slow and challenging, affecting my vision and memory. Years later, in 2013, I faced another life-threatening illness - brain meningitis, which led to coma and required a stent in my brain.



Opinder Sidhu Sekhon  
Master Athlete | National Medalist | Writer  
Chandigarh

Once again, with determination and family support, I began rebuilding my life step by step.

Just months after recovering, I participated in the Masters Athletics Competition and won two silver medals in discus throw and shot put. That moment rekindled my athletic spirit. Since then, I have continued competing, winning medals in national events and marathon runs. In 2022, I won a gold medal at the National Masters Athletics Championship, and in 2024 I completed multiple runs and won 22 medals in a year, proving that age and illness cannot defeat determination.

Through every victory and setback, my school has remained my strongest foundation. The values instilled there shaped my courage, resilience, and belief that nothing is impossible. My message to young Josephites is simple - listen to your teachers, believe in yourself, and never give up.

# JOSEPHITE VALUES, VETERAN SPIRIT

“Wherever you go and whatever you pursue, you must always honour the trust reposed in you by your nation, your parents, and your alma mater.”

It gives me immense pleasure to pen a few words for our school magazine. I joined St Joseph’s Convent in 1965 in Class IV and graduated in 1972. In those days, the school had a small student body, and most of us, along with the staff, knew one another closely, creating a strong sense of community.

Our school days were filled with joy and pride. We wore our uniforms with dignity, and the sight of our revered Sisters in their black habit during winters and white during summers remains etched in memory. The institution placed great emphasis on academics, sports, moral values, and stage activities, ensuring our holistic development.

We were fortunate to be guided by an inspiring Principal, Mother Gemma, and dedicated teachers and Sisters, including Sr Lily, Sr Florence, Sr Nora, Sr Maria Theresa, Sr Sefa, and Sr Linus; Miss Sarita Sony (Mathematics), Shastri Ji (Hindi), Mr Ajit Salani (Music), and Mr Avtar Singh (PT & Sports). Their guidance shaped our character and instilled discipline and integrity.



Col Manjeet Singh Samra (Retired)  
Indian Army

I was commissioned as an officer in the Indian Army in 1976, served for 31 years, and retired with the rank of Colonel. The values and confidence instilled by our school not only helped me qualify for the Army entrance examination but also enabled me to lead troops in war-like operations both within the country and abroad.

To the young Josephites, I would like to convey a simple message: remain sincere and work diligently towards your ambitions. Academics and sports are equally important in shaping one’s life. Life is brief, live it with purpose and joy.

After retirement, I have settled in Mohali with my family and feel proud to see my fellow alumni excelling in their professional and social spheres.

# FOREVER A PROUD JOSEPHITE

I feel extremely privileged to be featured in the Alumni magazine. Nostalgia grips me as I pen down my journey from being a Josephite to a Doctor. Like every school plays a pivotal role in shaping the future of a child, the stimulating environment provided by the teachers instilled in me competitiveness which helped me clear the tough medical entrance exams securing 95 AIR in NEET and doing my graduation and post graduation from the prestigious Lady Hardinge Medical College, New Delhi. The school's emphasis on academic excellence coupled with extracurricular activities gave me an extra edge of being a good orator. I was the School Pupil Leader of the school cabinet of the 1996 batch, an honour bestowed upon by my loving teachers and Sisters. I have fond memories of the various activities held in school particularly the Orientation program by intellectuals from Mumbai under the able guidance of Sr Maria Leena, then Principal who has always been a guiding light.

My guiding principles have been humility, empathy and respect for fellow beings - virtues instilled during childhood which helped me become a good human besides being a doctor.



Dr Shivani Puri Bansal  
Pediatrician and Neonatologist  
Delhi Child Care and Dental Hospital, Bathinda

I established Delhi Child Care and Dental Hospital providing OPD and NICU services to newborns and children and have been serving the community for the past 17 years. Having saved lives of thousands of newborn and premature babies, it's a testament to my passion, hardwork and dedication.

As a service to society, I hold free medical camps every year. I share my expertise with general public through social media.

As I look back, St Joseph's has been more than an institution: it's been a nurturing ground for whatever I am today. My daughters go to the same school and in them, I see the future. Forever grateful to my Alma Mater for making me what I am today.

# COURAGE TO CREATE

Like many students graduating in 2007, I found myself at the familiar crossroads of choosing between engineering and medicine. While these were the conventional paths around me, I always felt drawn toward creating something of my own.

At the age of 20, I took a leap of faith and started my technology company as a one-person operation. What began as a small experiment driven by curiosity and determination slowly grew into something much larger. Today, our team has grown to more than 50 professionals, working together to build digital solutions for companies across the world.

Over the years, we've been privileged to work with global organisations and leading institutions in India such as Reliance Retail, the World Bank, and the Aditya Birla Group. What started as a solo journey has evolved into an organisation that supports more than 50 families through meaningful employment, while helping businesses scale and innovate.

However, when I started this journey, the goal was never just to build a career for myself. I believed through jobs, growth, and contribution. Even today, that purpose continues to guide everything we build. That entrepreneurship could be a way to create opportunities for others - to empower people.

A defining influence in my journey has



Geetanjali Gupta  
Founder  
Headspur Technologies, Pune

been the incredible women around me. I was raised by strong and powerful women at home, taught by intellectual and inspiring women during my school years, and today I am supported by remarkable women colleagues and leaders. Their strength, wisdom, and encouragement have shaped how I lead and how I see the world.

When I reflect on this journey, I realise how much my school played a role in building my confidence. It gave me the courage to think independently and to find my place at the table - even when that table is filled with influential voices. More importantly, it taught me to speak up, to represent, and to ensure that a strong woman's voice is heard.

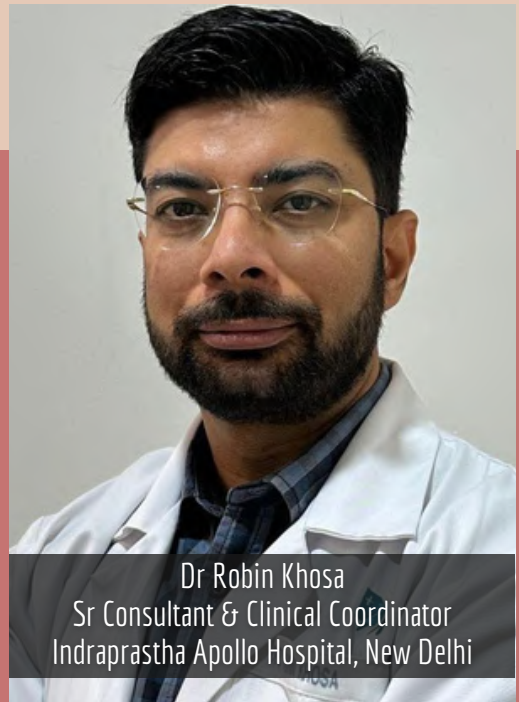
My journey continues, but the values I carry from those early years remain constant: curiosity, resilience, and the belief that success is most meaningful when it creates opportunities for others.

# ROOTS THAT SHAPED MY JOURNEY

Coming from a humble middle-class background, my parents' greatest dream was to see their children achieve what they themselves could not. They believed that the strongest foundation for any dream is good education, and they did everything possible to ensure we received the best schooling.

In the small city of Bathinda, St Joseph's Convent School, my alma mater, was the most sought-after institution when I joined in 1984—and it continues to hold that reputation even today. The moment one stepped onto its campus, it felt special. The vast grounds, lively playgrounds, bright classrooms, and most importantly, devoted and inspiring teachers made the school a place students truly loved coming to every day.

While academics were always given strong importance, the school also placed great emphasis on extracurricular activities, sports, and competitions. Annual sports days, inter-house competitions, debates, and cultural programmes were moments we eagerly waited for. These events brought excitement to school life and helped uncover the hidden talents of many students. I still remember my first annual function participation in Class 1, when I was a last-minute replacement and performed on the song 'Old McDonald Had a Farm'. Being the shortest in the group, I proudly stood in the first row as the pig!



Dr Robin Khosa  
Sr Consultant & Clinical Coordinator  
Indraprastha Apollo Hospital, New Delhi

Another remarkable aspect of the school was its focus on moral science. These lessons quietly shaped our character and values. The teachings I absorbed within those classrooms went far beyond textbooks. Despite being a Christian institution, the school beautifully respected and celebrated all religions. I still remember visiting the chapel - if not every morning, but certainly before every exam to offer a quiet prayer. It instilled in us a sense of faith, humility, and inner calm.

It has been exactly thirty years since I left the gates of St Joseph's to pursue my dreams built upon the strong foundations laid by my school. The zeal for excellence instilled in my early years continues to guide my work and commitment to the highest standards of cancer care.

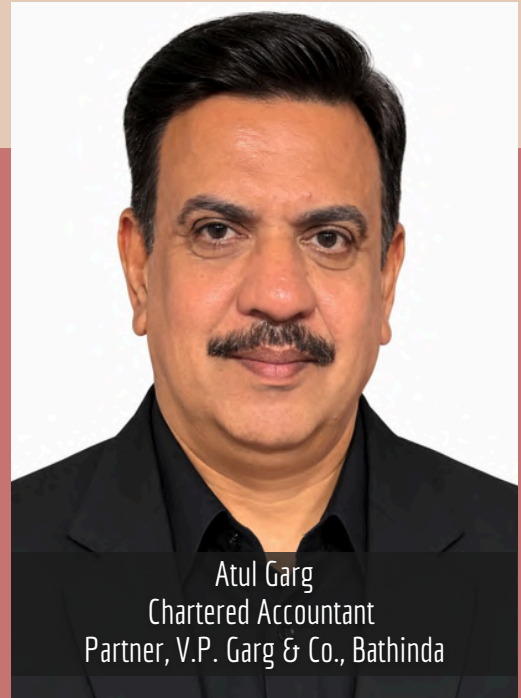
St Joseph's did not merely educate us; it shaped us to face the world with confidence.

# BALANCING NUMBERS WITH VALUES

St Joseph's Convent School has played a significant role in shaping my life. I feel proud to be an alumnus of this wonderful institution, which provided me not only with quality education but also with strong values that continue to guide me even today.

I am a Chartered Accountant by profession. Through my work, I strive to assist individuals and businesses in managing their financial affairs efficiently by offering guidance in areas such as accounting, taxation, and financial planning. The journey to becoming a Chartered Accountant requires dedication, discipline, and a constant commitment to learning. When I reflect on this journey, I realise that many of these qualities were nurtured during my formative years of schooling.

The strong academic foundation provided by the school helped me develop habits of hard work and curiosity for learning. What made the school truly special was its focus on academics and emphasis on character building. Our teachers constantly encouraged us to be honest, responsible, and confident in our abilities. Their guidance, patience, and encouragement played a crucial role in shaping my personality and preparing me to face challenges in life.



Atul Garg  
Chartered Accountant  
Partner, V.P. Garg & Co., Bathinda

I carry many fond memories from my school days, the morning assemblies that brought the whole school together, the inspiring words from our teachers, and the friendships that made every day memorable. The discipline, values, and confidence I gained during those years have remained with me throughout my professional journey.

To the students currently studying, I would like to share a simple piece of advice: make the most of the opportunities that your school provides. Work hard, stay curious, and never hesitate to ask questions. Success in any field comes from consistency, patience, and a willingness to keep learning.

I sincerely hope that the students continue to benefit from the same inspiring environment and carry forward the values and traditions that make our School so special.

# NURTURING SMILES

I still remember my journey at St Joseph's Convent School as a timid little girl walking through the hallways in kindergarten, gradually growing into the role of School Pupil Leader through my primary and secondary years. Those formative years were filled with cherished memories - from singing songs from the school songbook to conducting experiments in the science labs, from morning assemblies to the excitement of annual day practices.

I was also fortunate to receive numerous opportunities to compere school events, which significantly enhanced my public speaking skills and confidence. These experiences played an important role in shaping my communication abilities, which continue to be invaluable in my professional life today.

I am currently working as a dentist in Canberra, Australia, after successfully clearing the Australian Dental Council examinations in 2012. Since then, I have also completed a Graduate Diploma in Orthodontics, further advancing my professional journey.

St Joseph's played a pivotal role in shaping who I am today. The strong foundation it provided - especially in the English language made my transition into an English-speaking country



Balkiran Bhardwaj  
Senior Dentist  
Weston Dentistry - Canberra, Australia

seamless. Passing my English assessments here felt like a breeze, thanks to the solid grounding I received at school. Beyond academics, the school nurtured my overall development and instilled in me the confidence, discipline, and determination needed to pursue my goals and succeed in a competitive field.

Looking back, I truly value the lessons and values imparted during my school years. To the students of today, my advice would be to believe in yourselves, stay disciplined, and make the most of every opportunity your school offers. The habits and values you build now will guide you far beyond the classroom.

St Joseph's will always hold a special place in my heart as the foundation of my journey.

# SCHOOL THAT BUILDS TEACHERS

I feel truly honoured to look back at my journey as an alumna of this institution, which shaped my values and ignited my passion for learning. Today, I am serving as an Assistant Professor of Law at the University Institute of Legal Studies, Panjab University Regional Centre, Hoshiarpur.

My school years laid the foundation of discipline and curiosity that guided me through my academic path. I went on to pursue my Bachelor's and Master's degrees in Law from Panjab University, Chandigarh, and later completed my Ph.D. in 2024.

Beyond academics, my university life was enriched with experiences that shaped my personality. From winning positions in essay writing competitions at Youth and Heritage Festivals to participating in moot courts and adjudicating debates, each opportunity helped me grow in confidence and perspective.

My academic journey further led me to present research at national and international platforms on themes like judicial activism, gender equality, and AI ethics, along with publishing in reputed journals. I also had the privilege of being the author of the book



Dr Parneet Kaur  
Assistant Professor  
UILS, Panjab University SSG Regional Centre,  
Hoshiarpur

“Occult Crimes and Indian Jurisprudence: A Legal Analysis of Black Magic and Ritual Killings.”

Alongside my professional work, I continue to nurture my creative side through painting and sculpture.

As I reflect on my journey, I carry deep gratitude for my school, which instilled in me the confidence to dream and the courage to pursue those dreams. I hope my story encourages students to believe in themselves and keep striving for excellence.

# FOUNDATION FIRST, SUCCESS FOLLOWS

It gives me immense pleasure and pride in sharing my success story in The Dandelion. The Core value of our school- Compassionate love for all, especially the poor and marginalized inspired me to choose the most noble profession- Doctor.

After completing matriculation from school in 1999, I got an opportunity to study and work in India's top Medical Institute like AIIMS, New Delhi and KGMC, Lucknow; during my journey in becoming Urologist. Whether it was securing prize in World Science Congress or winning Maggi Quiz contest, our school ignited an academic zeal in me which motivated me to become Superspecialist in Genitourinary surgery. From singing "A happy band", our School Song to different songs from our Song Book, I imbibed many qualities in my impressionable age in our Alma Mater whether it was empathy, team work, sharing or perseverance. Our school infused self confidence in me that I am no less than any achiever in world. Fulfilling responsibilities in our "School Cabinet" nurtured leadership skills in me as I shoulder many responsible positions in society today. No doubt only a solid foundation can shoulder the weight of success.

I will always be indebted to this great institution and feel- it's time for me to give back. If my journey from



Kindergarten to achieving scholarship from Vatikutti Robotic Institute Detroit, USA can motivate even a single student, I would feel my target accomplished.

I bow my head in gratitude to all the worthy teachers of my beloved school for being the compasses that have guided me through uncharted waters. Undoubtedly the schooling in our Alma Mater has left an indelible mark in my life and this small write up has given me an opportunity to reminisce each moment.

My few cents to the young Josephites would be- "Have faith in your solid foundation laid in school as world full of possibilities is waiting ahead, provided we are true to our objective."

# A LEGACY THAT BUILT ME

Standing where I am today, having achieved success as a judicial officer, I often find my thoughts drifting back to the very place where it all began - my beloved alma mater.

This school is not just a building of classrooms and corridors; it is the foundation upon which my life has been built. What makes this school special is not just the education it provides, but the person it shapes you into. It was here that I learned the true meaning of discipline, respect, and perseverance. The Bethany Sisters and the faculty of St Joseph's did more than just teach lessons from books - they shaped my character, guided my decisions, and instilled in me values that continue to guide me even today. The emphasis on honesty, hard work, and responsibility became the pillars of my journey.

Looking back to the morning assemblies filled with hope, laughter shared with friends during breaks, the nervous excitement before exams, I realise that these moments may have seemed ordinary then, but today they are priceless memories that I carry with pride and gratitude. This place gives you some of the best friends you will ever have in your life.

To all the students studying here now, I want to say this: Dream big, stay



Geetanshu Goyal  
PCS (Judiciary)  
Civil Judge cum Judicial Magistrate

focused, and never underestimate the power of consistent effort. Respect your teachers, value your time here, and believe in yourself even when things seem difficult. Always remember, success is not only about intelligence; it is about character. And this is the place where your character is being built every single day. St Joseph's shapes you in ways you may not yet realise but one day, you too will look back and understand how important these years were. Make the most of your time here. Learn with curiosity, participate with enthusiasm, and never stop believing in your potential.

Thank you, St Joseph's, for a journey that has been both unforgettable and profoundly beautiful. With immense pride, I carry the tag of a Josephite and cherish being part of this legacy.

# MEMORIES, MENTORS, MILESTONES

I feel deeply honoured to reflect upon my journey as an alumnus of this esteemed institution, from where I graduated in 1978. The years spent within these walls were truly formative, shaping not only my academic path but also my personality and outlook towards life. I went on to clear my pre-medical studies and PMT in 1980, carrying with me the values and lessons imbibed during my school days.

School life was filled with vibrant memories that remain fresh even today. I was known for my lively and spirited nature, often bringing energy and enthusiasm to the classroom. My mentors like Mother Gemma, Sr Florence, Sr Rosalie, Sandhu Sir, Sikand Sir, Gupta Ma'am, Sodhi Ma'am, Midha Ma'am, Simon Sir, Walter Sir and K.C. Goyal Sir played a significant role in guiding and shaping me. Their constant supervision, discipline, and encouragement helped channel my energy in the right direction.

Beyond academics, I actively participated in sports, particularly table tennis and badminton. I had the privilege of representing Punjabi University, Patiala, on several occasions and even served as the team captain. These experiences instilled in me teamwork, leadership, and perseverance.



Dr Rajiv Khaneja  
Consultant  
Government Hospital, Panchkula

As I progressed into Classes 11 and 12, I became more focused on my academic goals, eventually graduating from medical college in 1985. My professional journey led me to serve as the in-charge of a Government Hospital in Chandigarh in 2021, and I am currently working as a Consultant in the Government Hospital, Sector 6, Panchkula.

Looking back, I realise that my school laid the strongest foundation for all my achievements. The friendships formed then have stood the test of time, and the values instilled continue to guide me. I remain ever grateful to my alma mater.

# CREATIVE HANDS, BEAUTIFUL RESULTS

The roots of my journey trace back to the year 2000, when I became a Josephite, a tag that continues to hold a very special place in my heart. Being part of the first batch of Class XI and XII made the journey even more special. I still remember how happy I was to spend two extra years at St Joseph's.

Growing up, I was always inclined towards patterns, colours, creating and planning various themes. I strongly believe that self-discovery stems from a positive environment and encouragement. Our school never followed a one-dimensional approach; it was truly multifaceted. I felt appreciated for the efforts I put in, and the teachers had a remarkable ability to recognise each student's strengths and nurture them.

After school, I pursued my graduation from MCM Chandigarh and later moved to Australia for my MBA. This journey broadened my perspective in so many ways. Today, I have completed 5 years as a Professional Makeup Artist based in Bathinda & Melbourne. One of my biggest takeaways has been that you must always take that one step forward to truly discover where the path leads. We often tend to overthink, but small, gradual steps always lead to meaningful outcomes.

Makeup is something that came naturally to me, but excelling at



Shaireen Sidhu  
Makeup Artist, Bathinda

anything requires hardwork, zeal, and passion. Building a career or business involves understanding people, managing finances, and maintaining strong ethics. This is where I truly understood how education and environment shape you for the life ahead.

Looking back, I believe growth comes from taking risks and never becoming too comfortable. The moment we feel satisfied, we stop progressing. It is important to keep learning, evolving, and striving to improve each day. This mindset not only helps us achieve our goals but also keeps us grounded and humble.

My message to students is simple: trust yourself, embrace opportunities, and never be afraid to take risks. With dedication and the right mindset, everything you dream of is within reach.

# HEALING LIVES

For many of us, school is simply where formal education begins. But sometimes it quietly becomes the place that shapes our character and the way we approach life. For me, St Joseph's Convent School, Bathinda has always been that foundation.

The years spent at school were not only about academics but also about discipline, integrity, and responsibility. The emphasis on moral education and sincerity helped cultivate values that continue to guide me in my professional journey as a doctor.

After completing my schooling, I pursued medical education with a deep interest in orthopaedics. Over time, this interest developed into a focused commitment towards joint replacement surgery and advanced robotic techniques, areas that are transforming modern orthopaedic care.

Today, I work as an Orthopedic Surgeon specialising in robotic knee and hip replacement surgeries. Over the years, I have performed more than 2500 robotic knee replacement procedures, helping thousands of patients regain mobility and return to active, independent lives.

At Nagpal Robotics in Bathinda, we introduced advanced surgical systems such as CUVIS and CORI robotic technology, making our centre one of the few places in North India where two robotic joint replacement platforms function under one roof. Our hospital team has collectively performed over



Dr Parampreet Singh Nagpal  
Orthopedic Surgeon &  
Robotic Joint Replacement Specialist  
Nagpal Robotics, Bathinda

15,000 successful joint surgeries.

Progress in medicine requires not only skill but also foresight. From the beginning, our goal was to stay a step ahead of evolving technology while maintaining a balanced and patient-centred approach. Embracing new techniques often involves thoughtful risks, but with careful planning and conviction, those decisions helped establish our centre as one of the first and most successful joint replacement facilities in the region.

For contributions to robotic orthopaedic surgery, I have been honoured with recognitions such as the Bharat Ki Shaan Award, the Pride of Malwa Award, and the Best Joint Surgeon recognition by the Government of Punjab.

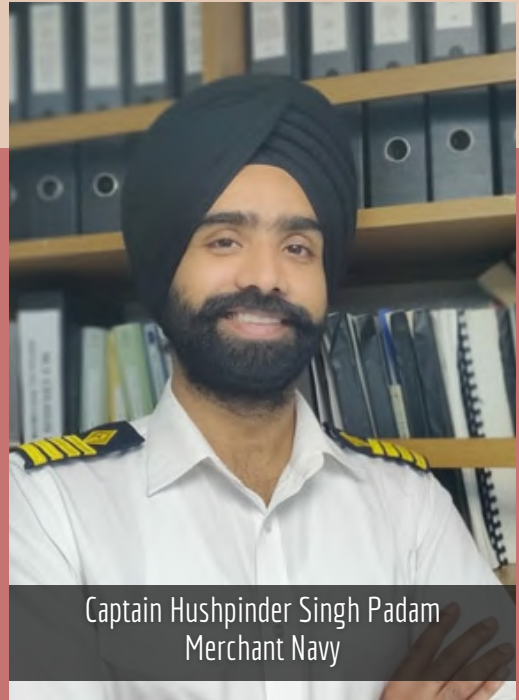
To the students studying at St Joseph's today, my advice would be simple: stay curious, stay disciplined, and never hesitate to pursue new ideas.

# AN ANCHOR OF VALUES

Walking through the hallways of my memories, I am often transported back to the vibrant classrooms and a sun-drenched playground of St Joseph's where my life's journey truly began. I passed out from the school in the year 2002 and my time at school was crucible in which my character and professional aspirations were forged.

Today, I serve as a Captain on ocean-going ships, navigating vast international waters. While my daily office is now the bridge of a vessel in the middle of the Atlantic or Pacific, the seeds of this career were planted during those formative years in the classroom. The discipline required to command a ship and the technical precision needed for maritime navigation are skills that found their roots in the academic rigor of my school days.

One of my fondest memories remains our Moral Science classes. At that time, they felt like simple stories, but they provided the ethical compass I rely on today when making critical decisions at sea. Those lessons taught me that leadership is hollow without integrity. I also vividly recall the camaraderie of co-curricular experiences. They taught me the value of teamwork and the courage to remain calm under pressure. These traits are essential when managing a crew and a multi-ton vessel through a storm.



Captain Hushpinder Singh Padam  
Merchant Navy

St Joseph's provided more than just education; it provided a foundation of resilience. Whether I am navigating complex maritime laws or coordinating logistics across different continents, I draw on the "can-do" spirit that was nurtured within those school walls over two decades ago.

The horizon is much wider than it appears from your desk. Do not be afraid to pursue a path that is unconventional. Your school years are the time to build a strong internal anchor of values and knowledge. Stay curious, respect the journey of those around you, and remember that the world needs your skills, but it also needs your character.

Trust the foundation you are building at St Joseph's; it will steady you in ways you cannot yet imagine, no matter how far from shore your dreams may take you.

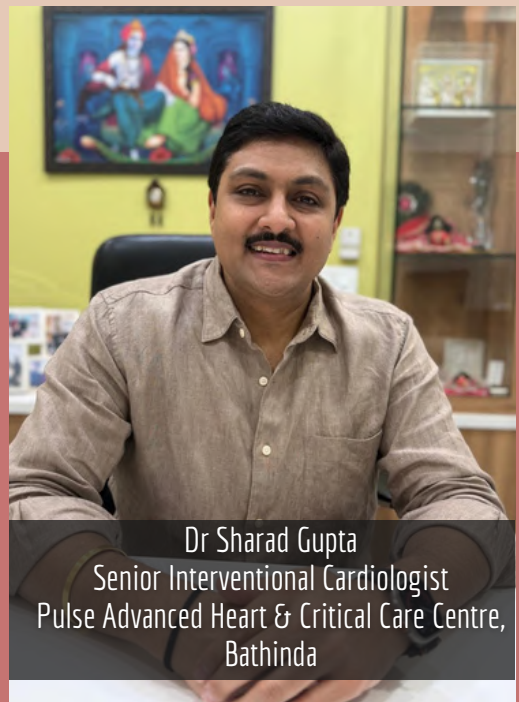
# SERVING WITH HEART

When I look back upon the journey that carried me from a young student in a classroom to a cardiologist entrusted with caring for human hearts, I realise that the true beginning of that journey lies not in a medical college, but in the quiet corridors of my school.

I completed my Class 10th in 1992, carrying forward far more than academic knowledge. My school instilled in us a spirit of discipline, curiosity, and quiet determination. It was here that dreams first began to take shape. Our teachers did not merely impart lessons from textbooks; they nurtured character, encouraged independent thinking, and inspired us to believe that perseverance could transform aspiration into achievement.

I remain deeply grateful to all my teachers, whose dedication shaped generations of students. Among them, Mrs Rita Sharma holds a special place in my memory for her encouragement during my formative years. I also recall with great respect the inspiring leadership of our esteemed Principal, Sr Miriam, whose vision fostered an environment where academic excellence was balanced with humility, discipline, and compassion.

Behind every achievement stands the silent strength of family. My parents—my father, Dr Vijay Gupta, and my mother, Mrs Mridula Gupta—were the earliest architects of my aspirations. They instilled in me the belief that education is not merely a path to personal success but a responsibility to serve society with sincerity and empathy.



Dr Sharad Gupta  
Senior Interventional Cardiologist  
Pulse Advanced Heart & Critical Care Centre,  
Bathinda

Building upon the strong foundation laid during my school years, I went on to pursue MBBS and MD in Medicine, followed by DM in Cardiology from the prestigious King George's Medical University (KGMU), Lucknow. The demanding years of medical training required resilience and discipline, yet the values nurtured during my early education remained my constant compass.

It brings me immense satisfaction that the bond with my alma mater continues into the next generation. My son, Harit Gupta, also studied at this very school and is currently pursuing MBBS at AIIMS Jodhpur, carrying forward the same spirit of learning. I also owe heartfelt gratitude to my wife, Dr Rupika Gupta, whose unwavering support sustains both our household and our hospital.

If my journey carries a message, it is this: great dreams often begin in ordinary classrooms, guided by extraordinary teachers.

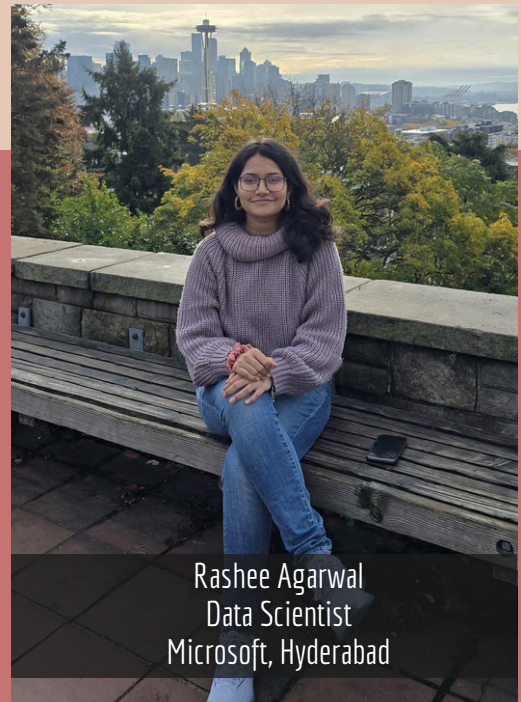
# FROM MATHEMATICS TO MICROSOFT

Looking back at my journey, I feel immensely grateful for the strong foundation laid during my years at St Joseph's Convent School, Bathinda. The values, discipline, and curiosity nurtured within the walls of the school played a defining role in shaping both my academic pursuits and professional aspirations.

After passing out in 2018, I went on to pursue my BTech at the Indian Institute of Technology, Delhi, where I majored in Electrical Engineering. I was also honoured to receive the KVPY fellowship, which recognises students for their scientific aptitude and research potential. My years at IIT allowed me to deepen my interest in technology, opening doors to opportunities that would eventually shape my professional career.

Today, I work as a Data Scientist at Microsoft, where I have had the opportunity to contribute to innovative technology products such as Bing and Azure. Being part of teams that build and deploy AI-driven solutions has been exciting, as I get to work at the intersection of cutting-edge technology and real-world impact.

However, this journey began, during my school days, where my love for mathematics first took shape, thanks to inspiring teachers who encouraged deep understanding of the subject.



Rashee Agarwal  
Data Scientist  
Microsoft, Hyderabad

Beyond academics, the school also played a vital role in shaping my confidence and personality, which are invaluable in my professional life, through various co-curricular activities and opportunities to anchor.

My advice to the students would be to explore as much as you can. Do not limit yourself only to textbooks, pursue hobbies, participate in co-curricular activities, and discover what truly excites you. These experiences build creativity and discipline, qualities that are essential in any field. We are also living in a remarkable era shaped by AI and rapid technological advancement. With the tools available today, almost anything can be built or learned if you are curious enough to try. Embrace these technologies, use them to expand your learning.

I will always remain grateful to my school.

# TURNING DREAMS INTO DESTINY

Reflecting on my journey as a Josephite graduate in the year 2013, my school years played a significant role in shaping my journey of becoming a doctor as they instilled in me discipline, curiosity, and a strong academic base in science.

Beyond academics, the school also taught me empathy and teamwork. The school also helped me discover my love for dance and grow with confidence. I fondly remember memories of dancing in school annual functions, doing Bharatanatyam, taekwondo classes, and the competitive yet healthy environment during inter-house competitions.

After graduating from school, I decided to pursue my career as a doctor. I completed my MBBS degree from Dehradun and my postgraduate degree in MD Radiology from Jawaharlal Nehru Medical College, Belagavi. The journey was long and demanding, but it is deeply rewarding.



I am truly grateful to my school teachers for the lessons they taught that went far beyond textbooks. I will always cherish their role in making me who I am today.

To the students of today, if you ever feel drawn toward becoming a doctor, hold on to that spark with patience and determination. You can one day become the reason someone smiles through their pain.

Lastly, stay curious and never hesitate to ask questions.

# SCHOOL BUILT MY SUCCESS

“Education is not merely the learning of facts, but the training of the mind and character for life.”

Looking back, my years at St Joseph’s Convent School, Bathinda were far more than a period of academic instruction. They laid the foundation upon which my values, confidence, and professional journey were built. The school nurtured not only intellectual growth but also integrity, discipline, and compassion. These qualities continue to guide me in every sphere of life.

The lessons imbibed during those formative years remain deeply rooted within me. Moral science classes instilled the importance of honesty, humility, and empathy, while morning assemblies and daily routines cultivated discipline and a strong sense of responsibility. The unwavering dedication of our teachers encouraged us to believe in ourselves and strive for excellence, constantly reminding us that true success lies as much in character as in achievement.

Active participation in co-curricular activities and school events helped me develop leadership skills, teamwork, and self-confidence. These attributes have significantly shaped my professional journey. Today, as the Director of Hotel Sunciti Classic, I often reflect on how the principles learned within the school premises continue to influence my work



Tarun Gupta  
Managing Director  
Hotel Sunciti Classic, Bathinda

ethic, decision-making, and leadership style.

Some of my fondest memories include vibrant school celebrations, shared laughter with classmates, and the patient guidance of teachers who shaped our personalities with care and dedication.

To the students who are currently part of this esteemed institution, I offer this heartfelt advice: cherish every moment of your school life. Success is built on discipline, perseverance, and strong values. These lessons will remain with you long after you leave the classroom.

I remain deeply grateful to my alma mater for nurturing my aspirations and laying the strong foundation that continues to guide my journey.

# STEERING THE JOURNEY



**Sr Grace Maria  
Manager**



**Sr Ophilia Lobo  
Principal**



**Sr Renuka  
Vice Principal**



**Sr Helima  
KG Headmistress**



**Sr Elsie Vas  
Primary Headmistress**



**Sr Preetiwanti Bodra  
Office Incharge**



*“Together, nurturing minds and hearts”*

*Every Josephite sings with pride...*

# THE SCHOOL SONG



*A happy band from far and near  
We meet to learn the right to dare*

*Beloved School St Joseph's hail  
Our love for thee shall never fail.*

*For God is all our strength  
in Him we do and dare*

*The hard right against the wrong  
We'll cherish and revere.*

*Then proudly let us stand  
United heart and hand*

*And pray that God may  
Bless and keep St Joseph's School.*

