



NORBI'S TIMES

March -2024 Vol.3

St.Norbert P U College
[FOR PRIVATE CIRCULATION ONLY]

The great aim of education is
not knowledge but action.

MESSAGE FROM MANAGER'S DESK



On the eve of the academic year 2023-2024 at St. Norbert PU College, T. Narasipura, we stand together, proud of the achievements of our students. With distinctions and first-class results, it's a testament to the dedication and hard work exhibited by both students and parents.

To the parents, your unwavering support and encouragement have been instrumental in your child's success. Your confidence in our institution and partnership in their education journey are truly appreciated.

Students, you've established exceptional commitment and confidence in your abilities. Your achievements reflect not only your academic ability but also your fortitude to excel.

To the teaching and non-teaching staff, your relentless efforts and collaborative spirit have paved the way for this remarkable outcome. Your dedication to nurturing and guiding our students is commendable. Every teacher expects his/ her students to score full marks in all subjects, but it's not possible. Here, I must appreciate Lecturers Jyothi N and Nandakumara K S for Kannada and Mathematics, where a few students achieved a perfect score (100%). Hearty congratulations from the Management to both the lecturers and the students.

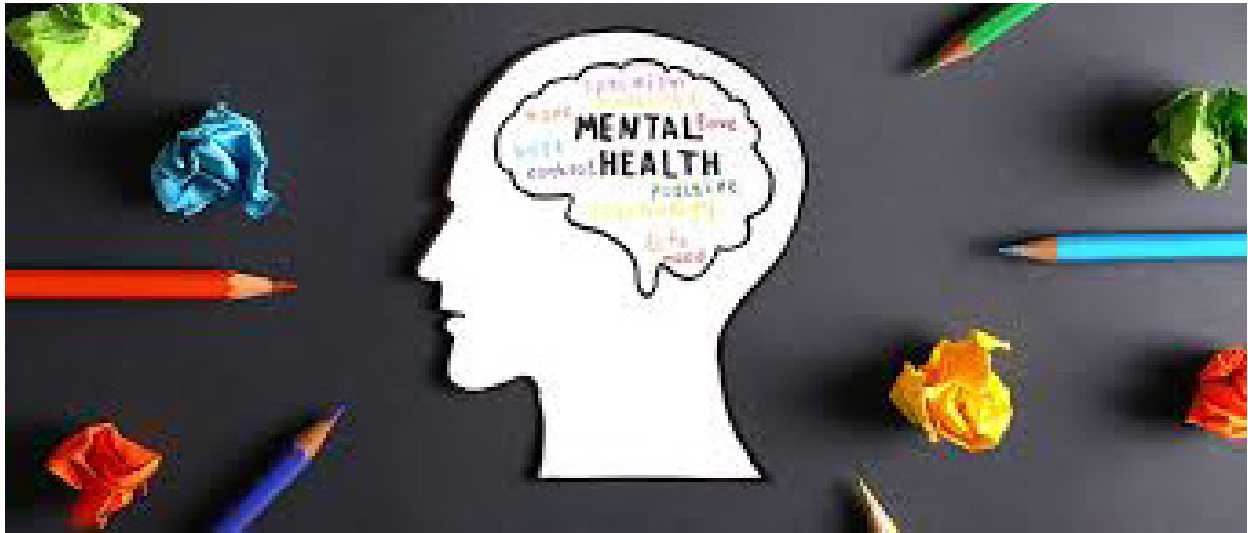
As we embark on a new academic year, let us reaffirm our commitment to excellence. Let us trust in the guidance of our educators, who serve as mentors and guardians. Remember, true learning transcends mere exam preparation; it is a lifelong journey enriched by curiosity, perseverance, and hard work.

Avoid the fascination of shortcuts and tuition centres promising quick fixes. Instead, embrace the journey of learning for its intrinsic value. Your education is a treasure that will accompany you throughout your life, shaping your intellect and character.

In the days ahead, let us prioritize learning, diligence, and discipline. Make studying, reading, and homework a daily routine with the help of a good daily schedule. Start each day with prayer and embrace the discipline of getting-up early. These habits form the foundation of a productive and fulfilling life.

As we set forth on this academic voyage, let our mantra be one of hard work and dedication. Together, let us strive for success, not just in exams, but in life. We are not satisfied with the minimum but the fullest.

Fr. Benny Thomas O. Praem
Manager



Mental health in student is important for their successful and healthy life. Those students have good mental health they have better understanding of their emotions and feelings.



What is mental health?

It includes one's emotional, psychological and social well being. It affects how we think, feel and act. It helps to determine how we handle stress, relate to others and make healthy choices. Mental health is important at every stage of life from childhood to old age.



Advantages of Mental Health

Human beings have mind- body connection. This means one's mental, physical and social health affects the others. For students, mental health is important because it impacts how they learn and participate in school or college. Following are the positive aspects of mental health in students,

- Ability to learn in school
- Academic Achievement
- Ability to build positive relationship
- Physical health
- Stress management and problem solving.

How to Improve Mental Health

- Give students the confidence to speak up
- Promote positive self -esteem
- Encourage students to practice mindfulness
- Teach the importance of good nutrition
- Encourage students to exercise daily
- Teach students how to set realistic goals.



Tips to care for your MENTAL HEALTH



Talk to
someone
you trust



Take care of
your physical
health



Focus on your
surroundings
for two
minutes



Do activities
you enjoy



Tell yourself
that everything
will be fine

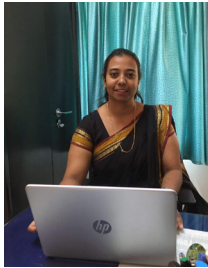


Don't be
afraid to say
"No"

Fr. Renin Sebastian O. Praem
Treasurer

The Power of kindness in Building a strong community.

Dear Students, Parents and Faculty,



As we embark on another academic year, i want to highlight a powerful yet another overlooked value that can tranform our college community: Kindness. In a world that can sometimes feel divided and stressful, acts of kindness have the power to create a positive and supportive environment for everyone.

kindness is not just a simple act of being nice, it is a fundamental aspect of our human connections. it can have a profound impact on our mental health, our relationship and our overall well being. Here's how we can all contribute to a culture of kindness within our college.

- **Lead by Exampale** - As educators and parents, our actions speak louder than words. By demonstrating kindness in our interactions with students and each other, we set a powerful example for young minds. Whether it's a smile, a kind word or a helping hand, these small gestures can make a big difference.
- **Promote inclusivity** - Encouraging inclusivity and acceptance is a key part of fostering kindness. We should celebrate our diffrences and make sure that everyone feels valued and included. This means reaching out to those who may feel isolated or different and inviting them to join in activities and converstion.
- **Teach Empathy** - Emphthay is the ability to understand and share the feelings another. By teaching empathy, we help students to see the world from others' perspectives and to act with compassion. This can be done through discussions, literature and real - life examples that highlight diverse experiences and viewpoints.
- **Encourage acts of kindness** - Acts of kindness, no matter how small, should be encouraged and celebrated. This could be as simple as holding the door open for someone, helping a classmate with their work or writing a thank you note to a teacher. We can create oppurtunities for students to practise kindness through community service projects and college initiatives.
- **Create a supportive environment** - A kind environment is a supportive one. let's make sure that our college is a place where everyone feels safe, respected and encouraged to their best selves. This involves listening to each other, offering support in times of need, and standing up against bullying and negativity.

Research shows that kindness not only improves happiness but also spreads to those around us, creating a ripple effect that can enhance the entire community. by prioritising kindness, we can build a college community where everyone thrives.

As we move on through this academic year, i encourage each of you to look for ways to incorporotate kindness into your daily lives. together, we can make our college a place where compassion and positivity flourish.

Thank you for your continued support and dedication to making our college a wounderful place to learn and grow.

Lisha Farzana
Principal

JANUARY

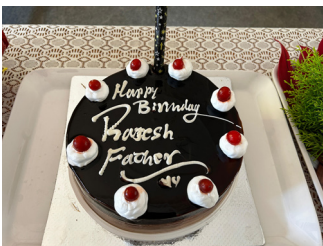
Republic Day



Republic day is a significant national festival celebrated to commemorate the day when the country adopted its constitution or became a republic and constitution of India came into effect in 1950, replacing the Government of India Act [1935] as the governing document of India.

Father Rajesh - Birthday Celebration

Birthday celebration of a Priest is a special occasion to honor and appreciate for their commitment towards well being of others. Father Rajesh birthday was celebrated on January 13, 2024 in the college premises, the celebration involved prayer, presenting flowers, gifts, good wishes and expressing gratitude.



Farewell

FEBRUARY

On 1st of February 2024, our college bid farewell to our second year students. Juniors gave a grand treat to their seniors by presenting them with gifts. Entertaining them with a dance performance.

Students were given awards for their achievements in sports and academics.



MARCH

General Canonical Visitation

The Superior General Most Rev. Abbot Jos Wouters O Pream and Most Rev. Abbot Marcus Champia O Pream visited the N.F.C at T. Narasipura on 10th March 2024 as part of canonical visit.

St. Norbert PU College gave them a warm welcome smearing sandalwood paste on their forehead and presenting them shawl, bouquet and ethnic garlands. Rev. Fr. Benny Thomas extended a genial welcome to Abbots and briefed about their religious post and history.



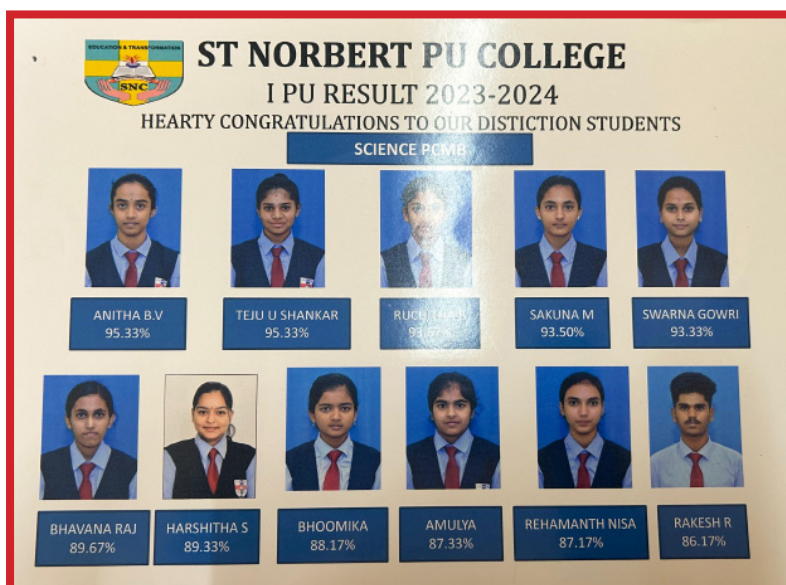
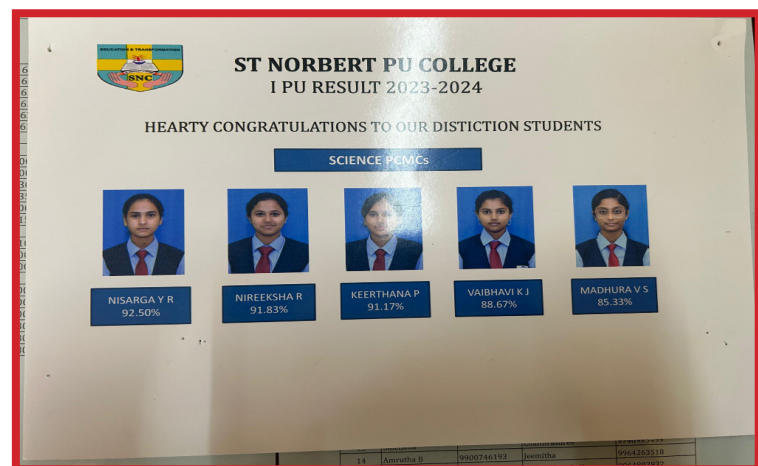
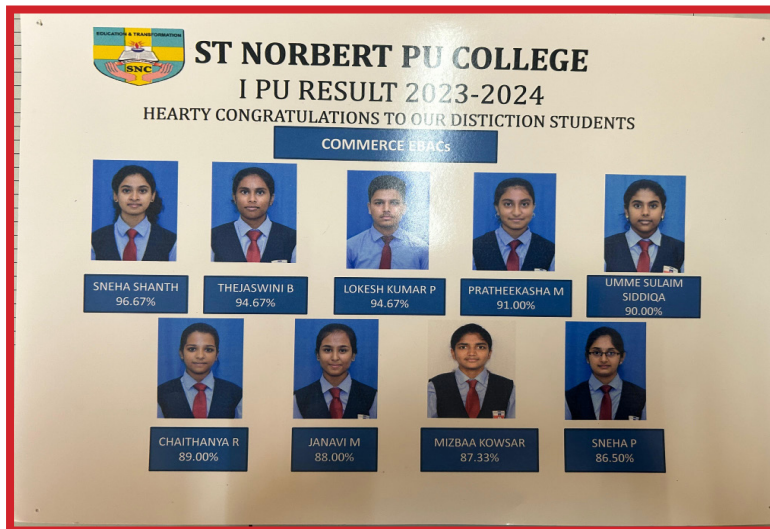
A beautiful model of Mysore Palace have been presented to the Abbots as a reminiscence of their apostle visit.

Our college takes pride in recognising the talents of students and awarding them with gifts. The academic toppers are rewarded with cash prizes for both combinations of science and commerce. Ms. Anitha B V, a science student and Ms. Sneha Shanth a commerce student.



Celebrating Student Academic Achievements

The end of the academic year is a time for reflection and celebration, as we recognise the hard work and dedication that our students have invested in their studies. this year, we are incredibly proud to announce the outstanding academic result achieved by our students. Their commitment to excellence has been truly inspiring, and their achievements deserve heartfelt recognition.



Cheers to the Boss: A Birthday Celebration



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On March 30th, 2024 we all gathered to celebrate our Manager Rev. Fr. Benny Thomas birthday. His leadership, dedication and unwavering support have always inspired us. We acknowledge his guidance and positive impact on us. Wishing him another year of success, growth and great memories to cherish.

APRIL

6th of April, 2024, the birthday of Rev. Fr. Renin Sebastian, the Treasurer was celebrated. He is a man of honor, a gentleman who treats everyone with kindness and respect. His distinguished career is a testament to his dedication and hard work. May God bless him with a fruitful year ahead.



Board Examination Results- 2nd PUC

During the academic year 2023- 24, PU Norbertine students exhibited commendable performance with a total of 73 students appearing for the II PU examination. Impressively 72 students passed, resulting in a notable pass percentage of 98.61 %. Pavanraj S becomes the college topper from Science stream securing 588 / 600 [98%] and Usha MR gets the position of Second topper from Commerce stream scoring 575/ 600 [95.8 %].

The management, Principal and staff wholeheartedly appreciated the students for their outstanding performance.



ST NORBERT PU COLLEGE

II PU RESULT 2023-2024


HEARTY CONGRATULATIONS TO OUR TOPPERS

SCIENCE - PCMB/Cs



COMMERCE - EBACs





ST. NORBERT PU COLLEGE

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E-mail : stnorbertpucollegenn353@gmail.com Website: www.stnorbertpucollegenn353.com

II PUC RESULTS 2023-24

HEARTY CONGRATULATIONS

SCIENCE

PAVANRAJ S	RACHANA R	SANIKAS P	SOWBHAGYA G	NITHINN S
588 / 600 (98.00%)	575 / 600 (95.83%)	575 / 600 (95.83%)	570 / 600 (95.00%)	540 / 600 (90.00%)

COMMERCE

USHAM R	JEEVAN B	MOHAMMED HAARIS	NANDINI	MUNAZZA TAHREEM
575 / 600 (95.83%)	540 / 600 (90.00%)	540 / 600 (90.00%)	540 / 600 (90.00%)	510 / 600 (85.00%)

FIRST CLASS IN SCIENCE

PAVANRAJ S	RACHANA R	SANIKAS P	SOWBHAGYA G	NITHINN S
588 / 600 (98.00%)	575 / 600 (95.83%)	575 / 600 (95.83%)	570 / 600 (95.00%)	540 / 600 (90.00%)

FIRST CLASS IN COMMERCE

USHAM R	JEEVAN B	MOHAMMED HAARIS	NANDINI	MUNAZZA TAHREEM
575 / 600 (95.83%)	540 / 600 (90.00%)	540 / 600 (90.00%)	540 / 600 (90.00%)	510 / 600 (85.00%)

Admission Open for

I PUC

2024 - 2025

NEET / JEE / CET COACHING AVAILABLE

Overall Percentage Science Results: 98% Overall College Result: 98.61% Commerce Results: 100%

From: The Management, Principal & Staff- Science:- Distinction: 16 First Class: 33 Commerce:- Distinction: 9 First Class: 13

STUDENTS ART



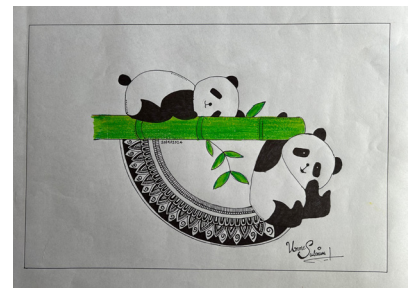
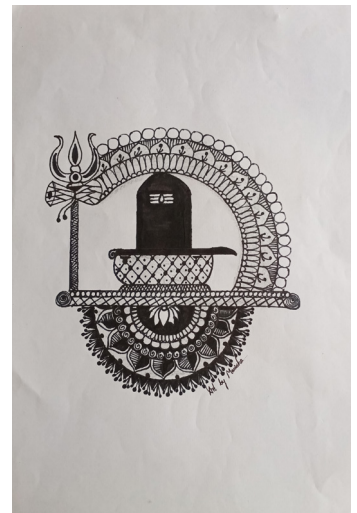
**RAKSHABHARADWAJ
II PU**



**SPANDANA
II PU**



**MANISHA
II PU**



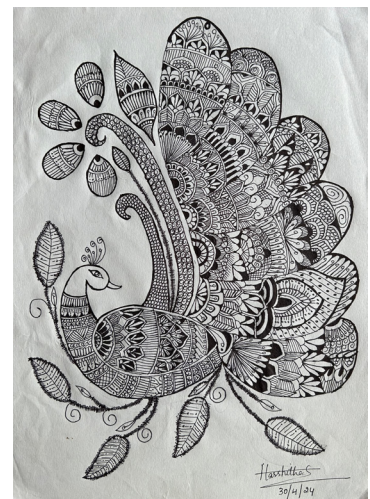
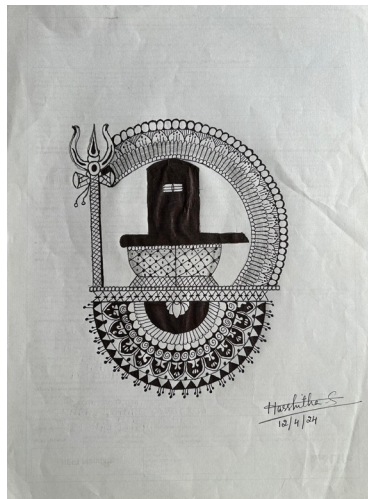
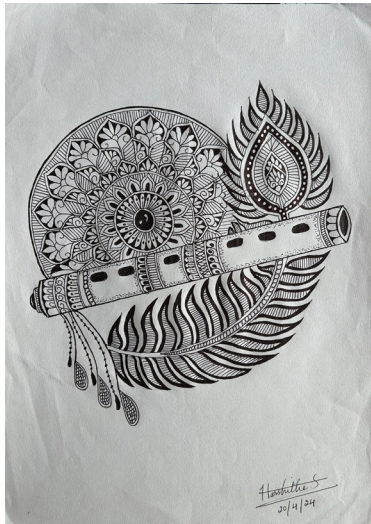
**UMME SULAIM SIDDIQUA
II PU**



NIRIKSHA
II PU



JANAVI M
II PU



HARSHITHA
II PU



BHAVANA RAJ
II PU



SNEHA SHANTH
II PU





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