



SCHOLLA



A COMMITMENT TO EXCELLENCE



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SCHOLA 2025-'26

IN LOVING MEMORY OF



Rev. Fr. John Pynadath CMI

(17-01-1942 to 21-11-2025)

Rev. Fr. John Pynadath CMI, a member of SH Provincial House, Rajagiri, Kalamassery, belonging to the Sacred Heart Province, Kochi, will forever be remembered as the Founder Director and the mastermind who dreamt and turned the dream into reality which is today known as Sacred Heart CMI Public School. His commitment to excellence, integrity and compassion will forever remain as the foundation of this institution. We are deeply grateful for the legacy he has left behind which continues to inspire and uplift the S H community. May his soul rest in peace and his contributions be remembered for generations to come.

PRINCIPAL'S REFLECTIONS


It gives me immense joy in presenting SCHOLA 2026, the Annual School Magazine. This year, we witnessed a plethora of events – ranging from academics to non-academics, sports to cultural and competitive to creative. SCHOLA serves as a platform for expression, creativity and intellectual exchange, showcasing the diverse talents and perspectives within our students.

Education becomes a meaningful tool only when it nurtures both mind and heart. Here at Sacred Heart, we equip our children with socio-emotional skills and make them sensitive to the society. The ability to analyse situations effectively without emotionally getting affected, bringing alternative ideas to solve the issues and coming up with ideas to decide a way out is important. Hence, importance is given to Academics, Behaviour and Character (also known as ABC of Success). Academic excellence, guided by good behaviour and moral character helps to develop a strong society.

As you turn the pages, you will see a glimpse of the limitless potential within our students, a testament to what can be achieved with passion and perseverance. I extend my heartfelt congratulations to all our students and the Editorial Board for their hard work in showcasing the true spirit and talent of our students.

May you continue to shine with knowledge, wisdom and humility. With good wishes,

Principal
Dr. Varghese Kachappilly CMI



Steering
the Helm of
Knowledge

Through a Student's Lens

As we turn the pages of this year's school magazine, we also reflect on a year that has been both enriching and memorable. It has been a year of learning, growth and adapting to challenges, celebrating achievements and strengthening the bonds that make our school a close knit community. Each event, classroom discussion, competition and creative endeavour has contributed to the experiences that define this academic year.

This magazine captures those moments and emotions. It brings together diverse voices, ideas and talents, showcasing the enthusiasm and creativity of our students. From thoughtful articles to expressive artwork, every contribution reflects the spirit of curiosity and resilience that has guided us throughout the year.

Serving as the student editor of the school magazine has been a privilege and a source of immense pleasure for me. It has allowed me to collaborate with passionate peers, learn the value of teamwork and witness firsthand the dedication that goes into every piece of work. I am deeply grateful to the contributors, the editorial team and our teachers for their constant guidance and support.

I hope this edition not only preserves our memories but also inspires readers to continue expressing themselves with confidence and creativity.

Govind A. Dev
Student Editor



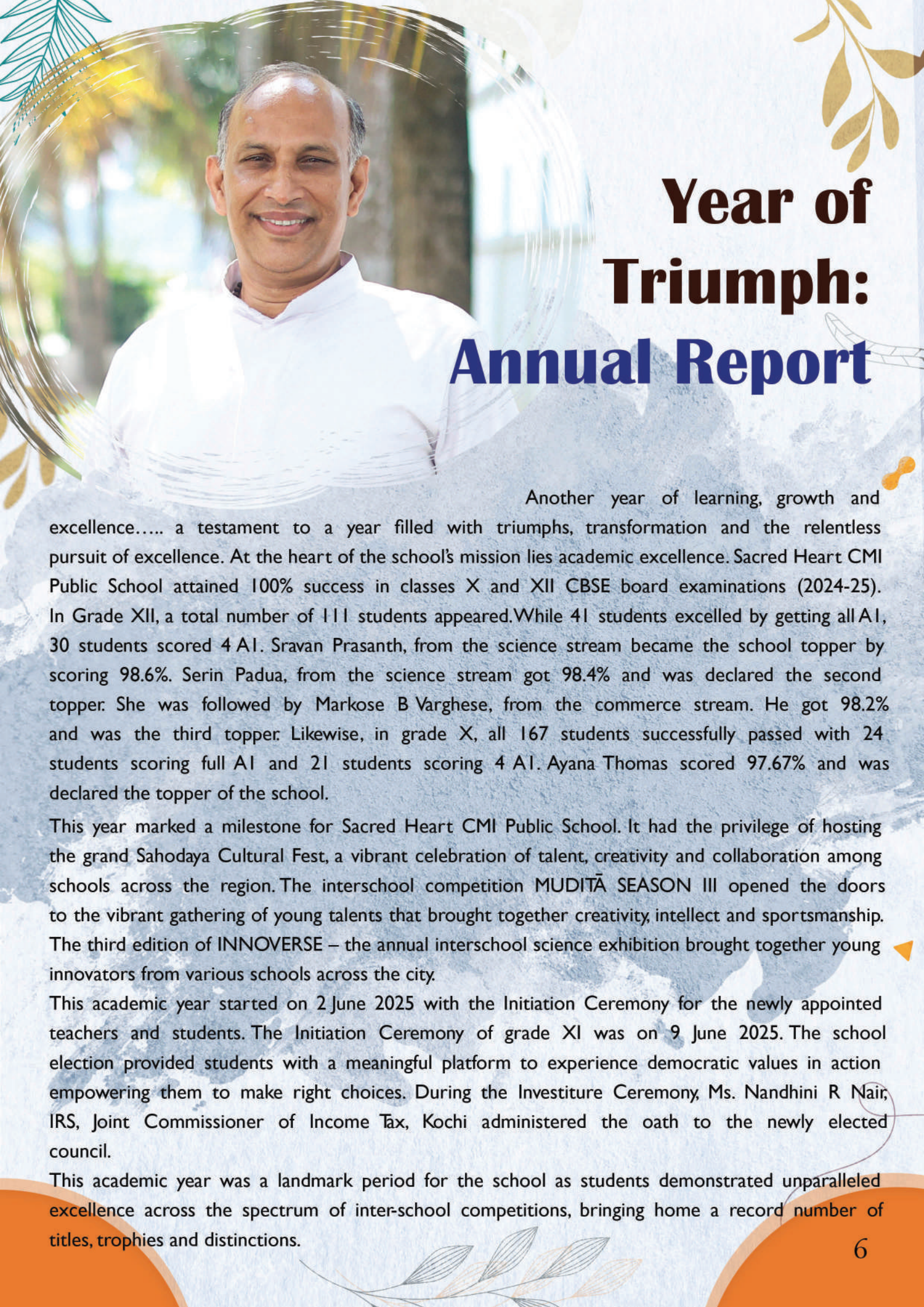
Every article is a mirror –
reflecting ideas, thoughts and dreams.



Dream, believe and achieve – that is the true spirit of schooling.

Education is not merely about academics but also about nurturing values, confidence and character. It gives us immense pleasure to present the school magazine SCHOLA – a mirror that reflects the imagination and achievements of our young Heartians. It is not just a collection of articles, poems and reports – it is a celebration of ideas, a platform to bring out the hidden talents and to show the progress of the school. The pages of the school magazine reflect the voice, vision, vibrance and creativity of the students. It shows how learning goes beyond classrooms.

Dear readers, this magazine inspires us and reminds us that every child holds within them a world of creativity – waiting to be explored.



Year of Triumph: Annual Report

Another year of learning, growth and excellence..... a testament to a year filled with triumphs, transformation and the relentless pursuit of excellence. At the heart of the school's mission lies academic excellence. Sacred Heart CMI Public School attained 100% success in classes X and XII CBSE board examinations (2024-25). In Grade XII, a total number of 111 students appeared. While 41 students excelled by getting all AI, 30 students scored 4 AI. Sravan Prasanth, from the science stream became the school topper by scoring 98.6%. Serin Padua, from the science stream got 98.4% and was declared the second topper. She was followed by Markose B Varghese, from the commerce stream. He got 98.2% and was the third topper. Likewise, in grade X, all 167 students successfully passed with 24 students scoring full AI and 21 students scoring 4 AI. Ayana Thomas scored 97.67% and was declared the topper of the school.

This year marked a milestone for Sacred Heart CMI Public School. It had the privilege of hosting the grand Sahodaya Cultural Fest, a vibrant celebration of talent, creativity and collaboration among schools across the region. The interschool competition MUDITĀ SEASON III opened the doors to the vibrant gathering of young talents that brought together creativity, intellect and sportsmanship. The third edition of INNOVERSE – the annual interschool science exhibition brought together young innovators from various schools across the city.

This academic year started on 2 June 2025 with the Initiation Ceremony for the newly appointed teachers and students. The Initiation Ceremony of grade XI was on 9 June 2025. The school election provided students with a meaningful platform to experience democratic values in action empowering them to make right choices. During the Investiture Ceremony, Ms. Nandhini R Nair, IRS, Joint Commissioner of Income Tax, Kochi administered the oath to the newly elected council.

This academic year was a landmark period for the school as students demonstrated unparalleled excellence across the spectrum of inter-school competitions, bringing home a record number of titles, trophies and distinctions.

The Heartians won the overall championship at the prestigious inter school competition VISTA, hosted by Rajagiri Public School, Kalamassery for the third consecutive year and the 1st runner-up trophy for FRESCO, hosted by Christu Jayanthi Public School, Kakkanad. The students showed exceptional talent in various other interschool events such as KAIROS by Assisi Vidyaniketan, FELACIA 2025 conducted by St John's Visitation Public School, DAWN QUIZDOM, an interschool quiz competition hosted by Dawn Public School, INFINITUM 2025 conducted by NIT Calicut, ORANZA, a business pitching contest held at Sacred Heart College, CATHARSIS, hosted by Rajagiri Christu Jayanthi Public School, Kakkanad and ALORA, an all Kerala Interschool Quiz Competition hosted by St. Teresa's College Ernakulam.

They also proved their academic brilliance by securing prizes for LEXUS – a Spelling Bee Competition, ODYSSEY and SPERANZA – a literary and cultural fest hosted by Rajagiri College of Management and Applied Sciences and SPLENDORE, a speaking challenge event organized by Rajagiri college of Social Sciences, Kalamassery.

The students also participated and won medals and cash prizes in GRAFFITI held at St Paul's International School, Kalamessery and in Kochi Metro Sahodaya Innovation Festival. The students participated at the cluster level pitch deck competition, Pitch 4 Play organized by Sports Village and emerged winners. They also participated in Kochi City Police- World Mental Health Day – poster design competition 2025 and won prizes. The young Heartians also excelled in various scholastic exams like Olympiad, PCM Scholarship, Kochi Metro Sahodaya Talent Exam, Maampoov and Prathibha Hindi Scholarship Examination.

Krishnaveni B. Nair won 1st prize in violin in All Kerala Atham Competition, 2nd prize in Kochi Metro Sahodaya Competition and 4th position with A grade in the state CBSE fest. The school is proud that Principal Rev. Dr. Varghese Kachappilly CMI received the Eldrok K 12 Award for excellence in tech enabled infrastructure. Vice Principal Ms Vinitha Mendez received the Academic Excellence Award at the Business Summit 2025. Ms. Annie Isaac won the prestigious K M S Guruvandanam 2025 award organized by Kochi Metro Sahodaya. Ms Dhanya Jose, won the Guru Shrestha Award 2025, at Sri Sarada Vidyalaya, Kalady. Ms. Dhanya Ramachandran, the dance teacher won the South India Women Achievers' Award for Art and Culture. Ms. Latha Krishnakumar, the swimming instructor, won Gold medals at the State Masters' Swimming Championship.

The students showcased their talent in various interschool sports meets and tournaments. Suryagayathry C R represented Ernakulam District in Air Pistol Women's Competition and secured the gold medal. She participated in the 15th South Zone Shooting Championship. Naithan Joseph won the District Road Cycling Championship. Izabella Linolf secured bronze medal in the CBSE South Zonal Judo Championship held in Maharashtra.

Sacred Heart CMI Public School won the All Kerala Sanskara Interschool Cricket Tournament hosted by Sanskara School, Kakkanad. Jobin Johnson Parapillil secured bronze medal in U-15 Boys' Doubles in Christ All Kerala Ranking Table Tennis Tournament 2025, for the third time in a row. He won the silver medal in the Doubles U-15 Category in the Kerala State Table Tennis Ranking Tournament. He secured the bronze medal in the All Kerala Open Ranking U-15 Table Tennis Tournament held in Indian Sports Centre. Clara Rose, Ozay Don and Fabian Norman Nigli secured prizes in Ernakulam District Taekwondo Championship. Clara Rose was selected to participate in the All Kerala State Championship.

Emmanuel Riju won the first position in the Ernakulam District U -17 Open Chess Championship and has been selected to participate in the Kerala State Chess Championship. The school chess team emerged as overall champions in the Chess Championship organized by YMCA, Kadavanthara. In cricket, Agathiyah Ahilan and Edwin George were selected to play district matches in the year 2025-26.

The school boys' basketball team won the 12th Fr. George Koyikkara Endowment Interschool Basketball Trophy. They also emerged winners in Little Flower Seminary Interschool Basketball tournament, All Kerala Clusters XI basketball tournament, First Kochi Metro Sahodaya Interschool Basketball tournament, 20th Cagers Cup Basketball Tournament, Ernakulam District Kids Basketball Championship 2025 and a basketball tournament conducted by Bhavan's Girinagar. The girls basketball team won Fr. Varghese Payyappilly Basketball Trophy and Kendriya Vidyalaya Basketball Trophy. They also emerged winners in VISIO – Chavara Basketball Competition. Bhagyalakshmi B, Rithvik Rajesh and Jordan Xavier are selected to the sub-junior U -13 District Basketball team. They will play in the 50th All Kerala State Basketball Championship. The young athletes participated in Dr. K M Munshi Memorial Interschool Athletic Meet 2025 and won prizes in long jump and in athletic events. The young swimmers also participated in All Kerala Don Bosco Interschool Aquatic Championship-2025, Kochi Metro Sahodaya Interschool Swimming Championship, 2025, Ernakulam District Junior and Senior Aquatic Championship, Kerala State Junior Aquatic Championship, 2025, Don Bosco Aquatic Championship, All Kerala Marian Aquatic Competition 2025 (Boys And Girls) and won many medals and trophies. Students won medals at Kochi Metro Sahodaya Skating Competition too.

The school celebrated a series of important days and competitions that enriched the students' understanding, strengthened values and nurtured a sense of unity and national pride. To start with, Tarang Art and Cultural Fest was one of the most vibrant and eagerly awaited events. Programmes organized on the occasions of World Environment Day, Freshers' Day, Reading Day, Hindi Diwas, Pythagorean Day, AI Appreciation Day, Independence Day, Music and Yoga Day, Anti Drugs Day, Onam, Kerala Piravi, Children's Day, Sports' Day, Clean the Campus Day, Founder's Day and Aurelia-the Farewell amongst many more, provided opportunities for awareness, reflection and practical engagement.

The 23rd Annual Day – Avant Garde was celebrated with glitter and glamour. Sparkling Stars, Fast Forward and class assemblies, centred on the themes of SDGs, interwove a sense of non-competitive spirit and civic awareness ensuring a multi-dimensional approach and transcending mere celebration into educational moments. The academic departments transcended the regular classroom structure by hosting Department Days giving hands on experience on various topics. The school's learning environment extended beyond the paraphernalia of conventional classrooms, finding dynamic expression on thematic bulletin boards. Students brought innovation to life by organizing a Robotic Exhibition. The robust club system provided students with structured avenues to pursue specialized interests, develop leadership and collaborate on sustained, long-term projects throughout the year. The SH Model United Nations (MUN) Club fostered global citizenship and leadership by providing students with a platform to engage with international issues and hone skills in diplomacy. In collaboration with the World Veterinary Service, an awareness session on the prevention and management of Rabies was conducted for all students. Various grades enjoyed meticulously organized picnics to locations providing a blend of natural beauty and recreational activities. Students participated in an educational field trip to the Naval Base which offered a first-hand look at the national defence infrastructure, naval technology and the rigorous discipline of the armed forces. The parent orientation programmes provided parents with a detailed overview of the academic curriculum and insights into ideas of parenting and schooling. The faculty regularly participated in a series of professional development programmes throughout the academic year. The students also got a chance to meet and interact with the famous author and columnist Ms. Khyrunnisa A. The school proudly participated in the CMI Convention, an event that brought together schools managed by the Carmelites of Mary Immaculate (CMI) congregation commemorating the Year of Education.

In line with the school's ethos, the Annual Retreat and the monthly Holy Mass brought together the entire community-students, staff and faculty, for prayer and communal reflection. JOY OF GIVING, a meaningful charity initiative undertaken by the school, in the true spirit of Christmas, aimed at serving the community and provided the children a profound experience of empathy, gratitude and social responsibility. Specialized extra coaching is facilitated for various co-curricular activities (like drama, debating and art) and competitive sports (including football, basketball and athletics) after regular school hours to hone specific talents and to nurture a culture of sustained excellence and physical fitness. In conclusion, this academic year has been a journey of growth, resilience and remarkable achievements. With renewed commitment and optimism, the school steps into another year filled with promise and possibilities.

Rev. Dr. Varghese Kachappilly CMI
Principal

LAUREATES' DAY

EXCELLENCE ACHIEVED,
DREAMS FULFILLED.

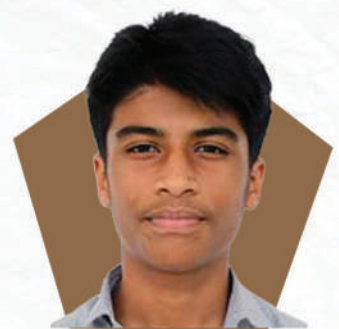
SCHOOL TOPPERS XII



Sravan Prasanth
Science Stream- 98.6 %



Serin Padua
Science Stream - 98.4 %



Markose B Varghese
Commerce Stream - 98.2 %

A1 IN ALL SUBJECTS XII



Sravan Prasanth



Serin Padua



**Markose B
Varghese**



**Ann Mariam
Varghese**



**Sam George
Jomi**



**Allen George
Kappen**



Abdulla Ayham A



Elza Boby



Liyano Daniel



Fiona Sarah



Karthik Kiran



**Aaron Roopen
Vinoth**



**Ann Neha
Mathew**



**Aditya M
Mallia**



**Rebecca Tresa
Tensy**



**Mohammed
Fardheen C F**



**Heera Maria
Jose**



Jennifer Abraham



**Elvis D
Aruja**



Jayalakshmi S



Abhirami K B



Adith Abhilash



Ivin George



**Ben George
Simon**



Joyann Joseph



Nadan Namith



Sairah Jenish



Shone Biju



Yohannan Jacob



Aparna Santhosh



Helna Honey



Maria Pauly



**Lia Anna
Tony**



Catherine Lijo



Sancia C S



Aleena Francis



**Kuriype S
Thomas**

Laureates



**Addlin B
Mattathil**



Johaан J Job



**Diwon David
Alex**



Nidhi Sandeep

SCHOOL TOPPERS X



Ayana Thomas
97.67%



Niranjen M Menon
97.33%



Ann Teresa George
97.17%

A1 IN ALL SUBJECTS X



Ayana Thomas



Niranjen M Menon



**Ann Teresa
George**



**Ouseph S
Thomas**



Lakshmi Priya



**Advika R
Panicker**



Nihal Muhammed



**Mariya Sarah
Siji**

Laureates



**Aadikesav S
Pillai**



Joan Jigo



Liviya Geejan



Riya Michael



**Mariah Seann
Sumeer**



**Shyam S
Prasad**



**Niha Mariam
John**



**Joe Immanuel
Yohannan**



Eileen Edison



Seira Jane



Rennie Antony



**Jeffin Kurian
Jose**



**Joanna J
Choolackal**



Annmary Arun



Neha Doms



**Irene Sarah
Shemil**



Congratulations!

Soaring Moments



Principal Rev. Dr. Varghese Kachappilly CMI received the Eldrok India K-12 Award bestowed on Sacred Heart CMI Public School, Thevara for excellence in Tech Enabled Education Infrastructure at a function held in Bengaluru.



Vice Principal Ms Vinitha Mendez received the Kerala Excellence in Student Leadership and Governance Award conferred on Sacred Heart CMI Public School by Chempaka Research and Training Centre, Trivandrum at a National Conference held at Taj Vivanta, Kochi.

**STD
III**

GENERAL PROFICIENCY



**Rachael John
III D**

ACADEMIC PROFICIENCY AWARD



**Joe Alex
III A**



**Muhammad Rafan
Rafeek, III A**



**Abel Antony Praveen
III C**



**Sanliya Vipin
III B**



**Jahnvi R Nair
III C**



**Mia Elnora Riju
III C**



**Leona Susan Liju
III D**



**Andrea Jacob
III D**



**Ann Mary Bijwish
III E**



**Rachael John
III D**

GENERAL PROFICIENCY

STD
IV



Harsha Harish
IV E

ACADEMIC PROFICIENCY AWARD



**Aabdar Anoop
Mohammed, IV A**



Hephzibah George
IV A



**Immanuel Antony
Jaison, IV A**



Luca Aju
IV A



Aaradhya Amrith
IV B



Amala Maria Anoop
IV B



Jordan Daniel Allan
IV B



Neyha V Nambiar
IV B



Irene Jojo
IV C



Rachel Mariya Stanly
IV C



Saadia Rishad
IV D



Saigovind Manoj
IV D



Satvik Syamkumar
IV D



Niranjana Sujith George
IV D



Hannah Joseph
IV E



Jewel Maria Lijo
IV E



Niya Theresa Baiju
IV E



Riyaan John Sujin
IV E



Ferris Tom Charles
IV D



Johan Thomas
IV D

GENERAL PROFICIENCY

STD
V



Eevah Naigil
V C

ACADEMIC PROFICIENCY AWARD



Chris George Justine
V A



Milon Mathew Bijo
V A



Rena Jane Mariam
V A



Shaik Sohan
V A



**Rachel Mariam
Yesudas, V C**



Nitika Joseph
V F

STD
VI

GENERAL PROFICIENCY

ACADEMIC PROFICIENCY AWARD



Kshitij Rajiv Rabindran
VI E



Dev Nand
VI C



Sreeraag Rajesh
VI C



Anamika Austin
VI E

STD VI- ACADEMIC PROFICIENCY AWARD



Kashinath A.S
VI E



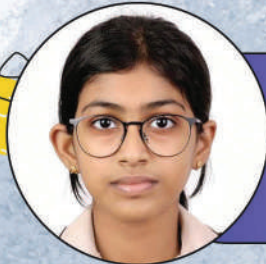
Angel Maria C J
VI C

STD VII- GENERAL PROFICIENCY



Lis Maria Shyju
VII B

ACADEMIC PROFICIENCY AWARD



Alicia Elsa Joshy
VII A



Eva Maria Sanju
VII B



Maria Reetha Jaison
VII C



Dani Priyan Thomas
VII D

STD VIII - ACADEMIC PROFICIENCY AWARD

GENERAL PROFICIENCY



Alwin Victor P V
VIII E



Anjana Sreekumar
VIII A

**STD IX - ACADEMIC
PROFICIENCY AWARD**

**GENERAL
PROFICIENCY**



**Saisree Manoj
IX C**



**Krishna Happy
Kadathanad, IX B**

**STD XI - ACADEMIC
PROFICIENCY**

**GENERAL
PROFICIENCY**



**Evana Terese
Kalapurackal, XI C**



**Elijah Yohann George
XI A**

MAMPOOV PRIZE WINNERS



**Abraham Audho
Anthony, 1D**



**Aryan Arun
I D**



**Muhammad Rafan
Rafeek, IV E**



**Saadia Rishad
V D**



**Lis Maria Shyju
VIII E**



**Jenia Rose
X E**

PRATHIBHA HINDI SCHOLARSHIP EXAMINATION - 2025

Students with distinction and gold medal



David Tony, Saathvik Sarath, Ziva M B, Ann Mary Sam, Ivan Joseph, Saahil Rajiv Rabindran, Ozay Don, Anjana E R, Daveed Elias Mathew, Aadita Devi P A, Jahnvi R Nair, Aditi M Mallia, Satvik Syamkumar, Neyha V Nambiar, Saadia Rishad, Theerth P Rahul, Saanvi K, Kshitij Rajiv Rabindran, Clara Rose Kuncheria, Ethan Rebello, Lis Maria Shyju, Navendhu M Menon, Bhavee Parakh, Sidharth Rajesh, Colette Benet N.

Kochi Metro Sahodaya Talent Search Examination Toppers



Immanuel Antony Jaison
Std V
Rank 1



Abraham Audho Anthony
Std I
Rank 2



Sreeraag Rajesh
Std VII
Rank 2



Muhammed Zain P A
Std VIII
Rank 2



Josiah Priyan Thomas
Std II
Rank 3



Muhammad Rafan Rafeek
Std IV
Rank 3



Irene Jojo
Std V
Rank 3

PCM SCHOLARSHIP WINNERS



Aaditri Sanal (I A), Abraham Audho Antony (I D), Claire Sarah George (I D), Naina Nobin (I F), Sarah Theresa Antony (I D), Vihaan C. Vishnu (I E), Aarushi Hari (II A), Ameya K.A. (II C), Ann Maria Aneesh (II B), Aryan Arun (II D), Zehaan Faidh (II A), Camia Raguel Correya (II D), Cyriac Xavier Paul (II C), Egann Deepu Francis (II F), Emma Mariam Kurisinkal (II B), Esbel Prakasia (II D), Gianna Maria Shinto (II B), Gouri Vishnu (II C), Hannah Maria Thomas (II D), Ishaan Balu (II A), Ishan B. (II F), Jagan Anulas (II D), Joana Maria (II A), Johannah George (II B), John J. Vazhayil (II E), John Paul Chacko (II D), Josiah Priyan Thomas (II E), Liam Lijo (II E), Michael Joe Allwyn (II A), Noah Jonathan Riju (II A), Norah Elsa Neeraj (II C), Ozay Don (II C), Saahil Rajiv Rabindran (II C), Sachin Xavier Sebastian (II C), Serah Teresa Lijo (II A), Shreyas Rajesh (II D), Suhana Ann Joy (II A), A. Maghathi (III A), Anagh Anoop (III B), Evelyn Ann Mathews (III C), Nandana M. Nair (III E), Nivedh S. Menon (III B), Niya Maria Antonio (III B), Sadhika S. (III B), Joe Alex (IV A), Muhammad Rafan Rafeek (IV E), Advaid A. (V B), Immanuel Antony Laison (V D), Jewel Maria Lijo (V E), Joel Ambrose Prabin (V A), Neyha Nambiar (V A), Saadia Rishad (V D), Satvik Syamkumar (V B).

BRIGHT MINDS, BIG WINS



Ozay Don
II C

Gold medal
in 46th national
level Abacus
competition



Anagha Deyanand
VII A

5th rank in
National level
Abacus Exam



**Muhammad Rafan
Rafeek, IV E**

One of the toppers
in National Science
Promotion
Orient under VSSF



Anjana E R
III A

2nd rank, medal
and cash prize
in Prathibha
Examination



Suhan Muhammed
V D

1st rank
in Unified
International
Maths Olympiad

SOF AWARDS 2024 - 25

SOF INTERNATIONAL MATHS OLYMPIAD



Josiah Priyan Thomas
I D

Zonal bronze medal,
cash prize and
Gold Medal of Distinction



Immanuel Antony Jaison
IV A

Gold Medal of Distinction



Pranav James Sareesh
V F

Gold Medal of Distinction

INTERNATIONAL ENGLISH OLYMPIAD



Siddharth A Nair
IV D

Gold Medal of
Distinction



Riyaan John Sujin
IV E

Gold Medal of
Distinction



Sreeraag Rajesh
VI C

Gold Medal of
Distinction



Dev Nand
VI C

Gold Medal of
Distinction



Neha R Nair
VIII D
Gold Medal of
Distinction



Saisree Manoj
IX C
Gold Medal of
Distinction



Sancia C S
XII B
Gold Medal of
Distinction

**INTERNATIONAL
GENERAL
KNOWLEDGE OLYMPIAD**

**NATIONAL
SCIENCE OLYMPIAD**



Sreeraag Rajesh
VI C
Gold Medal of Distinction



Aabdar Anoop Mohammed
IV B
Gold Medal of Distinction



Pranav James Sareesh
V F
Gold Medal of Distinction

INTERNATIONAL SOCIAL STUDIES OLYMPIAD



Muhammad Rafan Rafeek
III A
Gold Medal of Distinction



Aneya Anoop
IV B
Gold Medal of Distinction



Sreeraag Rajesh
VI C
Gold Medal of Distinction



Dani Priyan Thomas
VII D
Gold Medal of Distinction



Silvy P Santhosh
VIII C
Gold Medal of Distinction



Vaishnav Vinod
VII E
Gold Medal of Distinction

YOU WORKED HARD, SUCCESS FOLLOWED.



Ethan Philip George, X B

U-17 National Cadet, represented Kerala in 48 kg Boys' Free Style Wrestling.



Agathiyan Ahilan, IX D

Selected to U-14 Kerala Cricket Academy Group Match.



Jobin Johnson Parapillil, VIII C

Silver medal in CBSE Cluster Table Tennis Championship, selected for the CBSE National Table Tennis Championship in Gujarat, bronze medal in the All Kerala Open Ranking U-15 Table Tennis Tournament held at Indian Sports Centre and U-15 Boys' Doubles in Christ All Kerala Ranking Table Tennis Tournament 2025, won the bronze medal in the Kerala State TT Ranking Tournament U-15 Boys' Doubles category at Alleppey.



Izabella Linolf, IV C

Bronze medal in CBSE South Zonal Judo Championship, Maharashtra. Silver medal in the National Combat Ju-jutsu Championship held in New Delhi. Selected to participate in the International Championship which will be held in Spain.



Arya Vineed, VII E

Gold medal in Sub-Junior category at the district level Fencing Championship; will represent Ernakulam district in both individual and team events at the upcoming State Championship.



Bhagyalakshmi B, VIII A

Selected to the Sub-junior District Basketball Team (U-13). Selected to the coaching camp of the Kerala State Basketball Team (Sub-junior). Participated in the 50th All Kerala State Basketball Championship.



Jordan Xavier, VII D

Selected to the Sub-junior District Basketball Team (U-13). Participated in the 50th All Kerala State Basketball Championship.



Suryagayathry C. R, X A

Represented Ernakulam district in the Air Pistol Women's competition 2025-26, secured gold medals in the 10m in the sub-youth and junior divisions & a bronze medal in the senior division, securing eligibility for the state level competition. Won bronze medals in the 10 m Air Pistol Women's category for Sub-Youth and Youth in the 57th Kerala State Shooting Championship 2025-26, qualified for the South Zone Shooting Championship.



Rithvik Rajesh, VIII E

Selected to the Sub-junior District Basketball Team (U-13). Participated in the 50th All Kerala State Basketball Championship.



Clara Rose Kuncheria, VIII D secured gold medal in Fighting (U-59 kg category) at the Kerala State One Step Taekwondo Championship.



Naithan Joseph, IX A

Selected for participating in the State Road Cycling Championship to be held at Kovalam.



Emmanuel Riju, VI C

Won the first position in the Ernakulam District U -17 Open Chess Championship 2025. Selected to participate in the Kerala State Chess Championship.



Abraham Mathew Alfred, VA

Represented Ernakulam district U-11 Kids Basketball Championship held at Alleppey



Aneena C Joby, V C



Ethan Prakasia, VI B



Govind A Dev, XII E



Edwin Raiden Rocha, XI C

Represented Ernakulam district in U-19 Junior Basketball Championship held at Pala.

Drawing Olympiad by Indian Talent Olympiad 2024-25.



Krishna Happy Kadathanad
IX B
State Topper



Evan Antonio Libyn
VII E
Excellence Award



Ms. Annie Isaac
won the prestigious K M S
Guruvandanam 2025
Award bestowed by Kochi
Metro Sahodaya.



Ms. Dhanya Jose
won the Guru Shrestha
Award 2025, at
Sree Sarada Vidyalaya,
Kalady.



Ms. Latha Krishnakumar
won gold medals at the
State Masters Swimming
Championship.

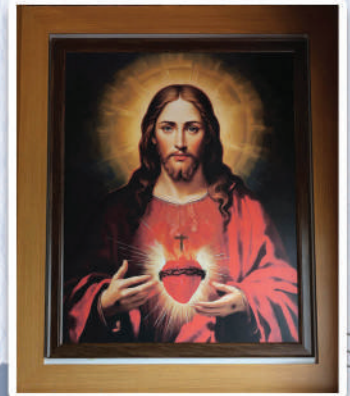
FACULTY **TRIUMPH**



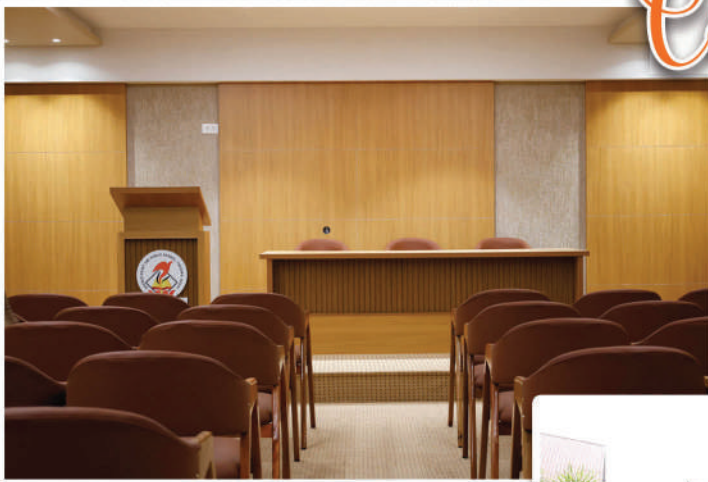
Ms. Dhanya Ramachandran
won the South India
Women Achievers'
Award for Art and Culture.

Investment in **infrastructure** is investment in the future.

Top Auditorium



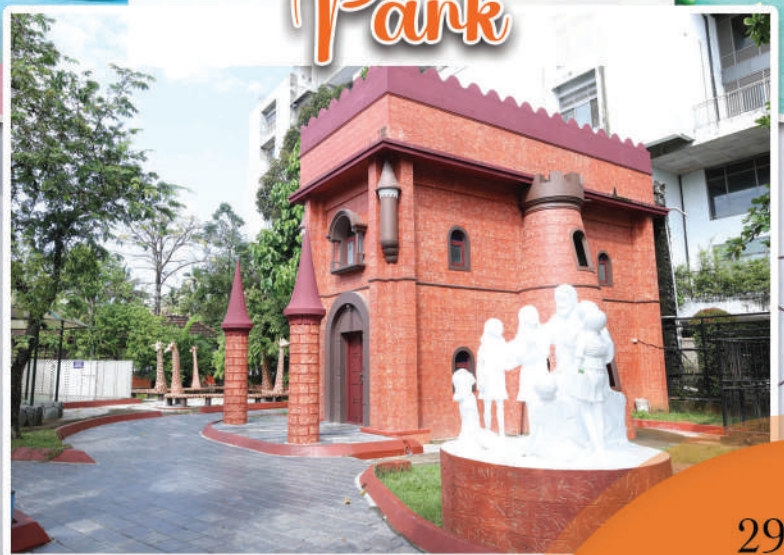
Conference Room



Canteen



Park



INITIATION CEREMONY

A Doorway to Transformation



Rev. Fr. Johnson Vazhappilly CMI, Executive Director and CEO of Rajagiri Hospital was the Chief Guest.

SACRED HEART CMI PUBLIC SCHOOL, THEVARA

INITIATION CEREMONY
2025-26



Rev. Fr. Thomson TV CMI, Principal of Sacred Heart Higher Secondary School, Thevara, lighting the lamp.





Initiation Ceremony



Your vote, Your Voice



LEAD WITH HEART



Adhem Ahmed
XII A
Head Boy



Feba Bobby George
XII A
Head Girl



Elijah Yohann George
XII A
Sports Captain



Niya Mathew
XII B
Cultural Secretary



Govind A Dev
XII E
Student Editor



Rayan Chacko Thundathil
VIII E
Junior Head Boy



Caralin V Kattukaran
VIII D
Junior Head Girl



Althea Marilyn Vivian
VIII A
Junior Cultural Secretary



Bhagyalakshmi B
VIII A
Junior Sports Captain



Maria Reetha Jaison
VIII E
Junior Student Editor



BADGES OF HONOUR, SYMBOLS OF SERVICE



Ms. Nandini R Nair IRS, Joint Commissioner of Income Tax, Kochi, graced the occasion.



WORDS BEYOND THE BOOK

Khyrunnisa A. is a prominent Indian author best known for her children's fiction, particularly the popular Butterfingers series published by Penguin. She is a writer and a columnist who has written multiple books featuring the character Amar, focusing on school life and humour. She is recognized for her engaging, humorous writing style. A panel of five students had a chance to interact with her. Here is an excerpt from the brief interview they had with her.

Caralin: What is the inspiration behind the Butterfingers series?

I originally wrote a story for a story writing competition and got 2nd place. The story caught the attention of Tinkle and they asked me if I could write more stories that attract children and I came up with Butterfingers.

Alwin: How do you develop your characters and have you found any of them particularly challenging to write?

I keep the qualities of my characters from my earlier works as it is. But that does not mean that they don't change. They can encounter new situations or learn something new, but their qualities remain the same. As for the challenging aspect, I haven't found anything particularly challenging to write. I keep thinking of them while I do my daily chores at home.

Hrishika: Why did you choose sports as the background of most of your Butterfinger series?

I wanted to be unique in my work. Moreover, I write for children and I thought most children would love sports as the theme.

Aaron: We realize the importance of reading habits in improving our skill in the language but we hardly get any time amidst our academic assignments and other commitments. Could you share some tips to improve our reading habit?

You must squeeze your time and make a little extra space to read books. Reading is important because it really improves your language. You just need to replace a lesser-priority activity with reading. For example, instead of spending 10 minutes on your phone and then planning to read just for 5 minutes, it is better to read for 15 minutes straight. Once we enter the digital world, we forget about time completely, we spend way more than we intend to without even realizing it. I try to read whenever possible.



Caralin: We would like to know about your writing process ?

I am not an organised or a planned writer. I just start writing whenever I get a concept in mind or when I am in a mood to write.

Alwin : What helps you to be focussed while writing ?

The deadline is what keeps me focussed. I get a contract with a deadline of around six months .The fact that I have to finish my work within that time frame is what keeps me on track.

Hrishika: Please tell us about your future project ?

It is a tricky question. I would like to add a new book to the series.

Richelle: What themes or messages do you hope the readers take away from your stories?

There is no outright moral in my work. I believe that there is no need for a specific moral or theme in every story.

All my stories revolve round small challenges that we face in our life.

Aaron: Could you please share your view on ethics in writing as many a time, we confront cases of plagiarism which question the moral aspect?



Interview

Ethics is very much important. Just because you want to write something, you cannot copy someone else's work. As writers, we do basic research on the topic that we are going to write. I do not want to give any false or misleading information, so I try to keep it as accurate as possible. With the advent of AI tools like ChatGPT, this phenomenon has only expanded. We also have tools to detect AI-generated text and there is even software to bypass that. There was once a time when teachers wanted perfect answers, but now when students bring in picture perfect answers, it raises suspicion in the teacher's mind.

Richelle : On behalf of all of us, it has been a pleasure to know more about you and your incredible dedication. It was truly inspiring. We are so grateful for the time you have shared with us today. Thank you ma'am.



In Nurturing Parents, We Nurture Generations



Dr. Vipin V Roldent, an acclaimed psychologist, addressed the students and parents of std IX, X & XII on modern parenting challenges and the importance of optimistic thinking.

Awareness sessions were organized for the parents across various classes.



Dr. P. J. Xavier, Senior Psychiatrist at Lakeshore Hospital addressed the parents of classes VII & VIII.



Ms. Annu M. Thomas, HR professional from Infogain India Pvt. Ltd interacted with the parents of classes III to VI.





Parents of Std VII & VIII attended an awareness programme on Harmful Effects of Drug and Alcohol Consumption.



A session on parenting by Dr. Mary Matilda, former Principal of Maharaja's College, Ernakulam for the parents of class II.



ENRICHMENT IN ACTION



Dr. Ram Mohan, professor at Cleveland University, Ohio, addressed students of grades XI and XII on 'Empowering Young Minds for a Greener Tomorrow'.



A training session on MUN by Ms Sudha Menon, Founder of MUNsters.



Dr. Shailesh Shivan Asst. professor, Dept. of Computer Science CUSAT, interacting with students of classes IX – XII on Digital Transformation Through Artificial Intelligence.



Teen Talk – A session by Keerthana Krishnan, Student Counsellor, for the students of classes VII & VIII.



Captain Manoj Kumar, addressing the students of classes IX & XI on Career Opportunities in Indian Navy.



Students of classes VII & VIII attending an awareness programme on Drug Abuse by Mr. Babu John, S I - Kerala Police, the coordinator of Project Udayam, Kochi.



An interactive session with the renowned author Ms. Khyrunnisa A.



A session on Space Science for the students of classes VII to IX.

Students attending a session on Mission Rabies Awareness Campaign organised by World Veterinary Service (WVS).



A show by renowned puppeteer, Sunil Pattimattom for students of class XI.



Session on Career Options in Psychology by Manju Ashok (Career Counsellor and Director of Operations) & Ms. Subbalakshmi (Manager of Education Services) at Study O Clock, attended by the students of classes XI & XII.



GUIDING HANDS, GLOWING MINDS



An interactive session on CMI Vision and Mission led by Rev. Fr. Benny Nalkara CMI, Provincial of CMI, Sacred Heart Province.



Dr. Vipin V Roldent, leading psychologist and corporate trainer addressing the teachers on 'Recharge, Re-ignite – Cultivating Teacher Well-being'.

A training session on Language Lab by Ms. Prithi George.



Capacity Building Programme on Stress Management led by Dr. Deepa Chandran and Ms. Suchithra Shyjinth.



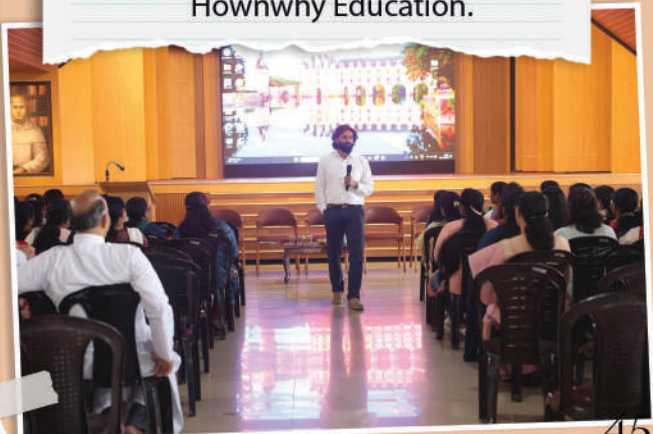
An orientation session titled 'Empowering Educators' led by Mrs. Sudha Menon.



Orientation session titled 'Life Skills – A New Approach' facilitated by Ms. Ajisha Sara Mohan.



Teachers being trained on AI Tools by Mr. Ajay Sagar, Founder of Hownwhy Education.





Applause is the Echo of Talent Reaching Hearts





Talent at its finest, creativity at its peak

Q VISTA

Heartians bagged the overall championship at the prestigious inter school competition VISTA, hosted by Rajagiri Public School, Kalamassery for the third consecutive year.



Q FRESCO

Heartians won the 1st runner-up trophy at FRESCO, hosted by Rajagiri Christu Jayanthi Public School, Kakkanad.



Q KAIROS, LEXUS...

The students showed exceptional talent in various other interschool events such as KAIROS, by Assisi Vidhyaniketan, Felacia 2025, conducted by St John's Visitation Public School, Dawn Quizdom, an interschool quiz competition hosted by Dawn Public School, INFINITUM 2025 conducted by NIT Calicut, ORANZA, a business pitching contest held at Sacred Heart College, CATHARSIS – hosted by Rajagiri Christu Jayanthi Public School, Kakkanad, All Kerala Interschool Quiz Competition ALORA, hosted by St Teresa's College Ernakulam.



Q GRAFFITI, DAWN QUIZDOM...

They also proved their academic brilliance by securing prizes for LEXUS – a Spelling Bee competition, Odyssey and SPERANZA – a literary and cultural fest hosted by Rajagiri College of Management and Applied Sciences and SPLENDORE, a speaking challenge event organized by Rajagiri College of Social Sciences, Kalamassery.



The students also participated and won medals and cash prizes in GRAFFITI held at St. Paul's International School, Kalamassery and in Kochi Metro Sahodaya Innovation Festival. The students participated at the cluster level pitch deck competition, Pitch 4 Play organized by Sports Village and emerged winners. They also participated in Kochi City Police- World Mental Health Day – poster design competition 2025 and won prizes.

Innoverse

Sparkling Ideas, Shaping
Innovators



The Chief Guest, Dr. K G Raghu, Former Chief Scientist at CSIR - NIIST inaugurating the function.



AVANT-GARDE



The event was graced with the presence of Hon. Justice N. Nagaresh, High Court of Kerala. Dr. Muthumani Somasundaran, cine artist was the Guest of Honour.



Highlights of the Year

Art of Kerala



h Court of Kerala



SHOWCASING CREATIVITY,
CELEBRATING EXCELLENCE



KOCHI METRO SAHODAYA KALOTSAV



A SPECTACLE OF SKILLS





Our school had the honour of hosting the Sahodaya Metro Fest, an interschool competition that brought together a multitude of schools under one vibrant roof. This four-day grand celebration of literary excellence and on-stage events was inaugurated by Honourable Mayor of Kochi, Adv. M Anil Kumar. Mr. Grandhe Saikrishna, IAS, the Sub Collector of Fort Kochi was the Guest of Honour.

This fest provided a platform that nurtured talent, confidence and collaboration among students. Each participant displayed great enthusiasm, creativity and sportsmanship, making the fest a true celebration of learning and expression. The presence of the popular film stars Mr. Sharaf U Dheen and Ms. Meenakshi Madhavi added glamour to the valedictory function.



MUDITĀ-Celebrating Togetherness'



The fest, inaugurated by Rev. Dr. Grimbald Lanthaparambil, saw over a thousand students from Ernakulam participate in music, dance, theatre, art, fashion and literary competitions.



The valedictory ceremony was graced by Malayalam film director Mr. Jose Thomas and playback singer Ms. Sreya Jayadeep, concluding with the prize distribution.

ANNUAL SPORTS MEET



CAPTAIN MANOJ KUMAR,

OFFICER INDIAN NAVY, DECLARED THE SPORTS MEET OPEN.



CHESS



The Heartian Chess Team emerged overall champions in the Chess Championship organized by YMCA, Kadavanthara.

FOOTBALL



The Heartian Football team who emerged champions at the XXVII Soccer Toc Tournament 2025

CRICKET



The winners of the All Kerala Sanskara Interschool Cricket Tournament hosted by Sanskara School, Kakkannad



VOLLEYBALL



Sacred Heart CMI Volleyball Academy emerged champions in the All Kerala Volleyfest 2026

BASKETBALL



Winners of the 12th Fr. George Koyikkara Endowment Interschool Basketball Tournament.



U-19 Boys' Basketball team emerged champions in All Kerala Inter-school Basketball Tournament held at Don Bosco Higher Secondary School, Vaduthala (for the second time consecutively), the first Kochi Metro Sahodaya Interschool Basketball Tournament held at Assisi Vidyaniketan Public School, Kakkanad and the Ernakulam District Junior Basketball U-19 Boys' Championship 2026.

BASKETBALL



Heartian U-13 Girls' team won the Chavara Basketball Competition (Visio) hosted by Chavara Public School, Koonammavu. Bhagyalakshmi (VIII A) was adjudged the best player. U-14 Girls' Basketball team won Fr. Varghese Payyappilly Basketball Trophy and Kendriya Vidyalaya Basketball Trophy.



Heartian U-12 Boys' and Girls' teams emerged champions in the Kiddies Basketball Championship held at Jyothi Public school, Aluva. Captains of both teams, Bhagyalakshmi B. and Rithvik Rajesh were adjudged the best players of the tournament.

SWIMMING



The winners of All Kerala Don Bosco Interschool Aquatic Championship-2025, Kochi Metro Sahodaya Interschool Swimming Championship, 2025 and All Kerala Marian Aquatic Competition 2025 (boys and girls). In Kochi Metro Sahodaya Interschool Swimming Championship 2025, Avantika Pradeep (X E) was adjudged the individual champion in Group 2 Girls' category.

DR. K M MUNSHI MEMORIAL INTERSCHOOL ATHLETIC MEET 2025.



Shivani K Biju, IX B (1st prize in U-17 Girls' 800 m),
Swathik Krishna M R, VIII A (1st Prize in U-14 Boys' Long Jump),
Steev Anto, IX E (2nd prize in 800 m & 1500 m).

THE KOCHI METRO SAHODAYA ATHLETIC MEET 2025



Shivani K Biju
IX B
U-17 Girls Individual
Champion
(Gold medal in
400m & 800 m)



Sreya Maria
Santhosh A,
VII A
(Silver medal in
U-14 Long Jump)



Arman Sujith
XI C
(Bronze medal in
U-17 Shot Put)



Eric Paul
XIA
(Bronze medal
in U-17 Boys'
200 m)



The U -17 Relay Team, secured bronze medal in 4X100 m relay. Mowshmi Isabel Thozhupadan, X C, Shivani K Biju, IX B, Juditta Antony, VIII D, Ayesha Dhaniya, X B

SKATING



Accolades Galore

KOCHI METRO SAHODAYA SKATING CHAMPIONSHIP 2025



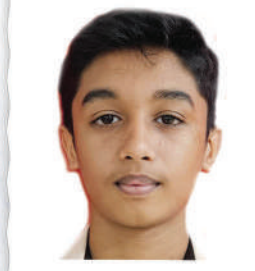
Michelle John
II E

3rd position In-line
speed-500m



Sephania Sebin
V C

3rd position
In-line speed-200m



Chris Lawrence
IX B

3rd position
Quad speed-200m

BOXING



Ryan Julian
IX C

Silver medal in the 8th Junior
Boys & Girls Kerala State
Boxing Championship.

MOMENTS OF GLORY



Jude Riván Fernandez
V E

1st prize in the painting
competition conducted by
Mercantile Marine
Department, Willingdon Island.



Nasreen C M
XI C

3rd prize in the painting
competition conducted
by Mercantile Marine
Department,
Willingdon Island.



Swathy Kishor
IX B

1st prize in circle level
Dhai Akhar letter writing
competition by the postal
department.



Vignesh Krishna N S
XII B

State Topper in National
Standard Examination
in Biology, 2025



SH MUN

The school marked a significant milestone with the inauguration of its very own Model United Nations - SH MUN, an initiative aimed at nurturing young minds to become thoughtful global citizens. The two-day event was inaugurated by the Principal, Rev. Dr. Varghese Kachappilly. It marked a new beginning in fostering diplomacy, leadership, self confidence, oratory skills and international understanding among students.



FROM CLASSROOMS TO CHARACTER CELEBRATING THE CMI SPIRIT



In connection with the bicentennial celebration of the CMI Congregation, the Heartians contributed to the celebration of CMI Year of Education in ways more than one. Sparkling Stars (for grades I to V) and Fast Forward (for grades VI to VIII) were initiatives this year focussing on inclusivity in education while laurels brought in by the students in the scholastic front and cultural as well as sports field ensured the school's commitment towards holistic development of the children. The awards won by the school assured the academic excellence of our students.



WORLD ENVIRONMENT DAY

SOW TODAY, SURVIVE TOMORROW



International Yoga Day- Stretch for strength, breathe for peace



National Reading Day- Where words create worlds



Freshers' Day- Where strangers turn into friends and moments into memories



World Music Day- Celebrating life with the rhythm of music



AI Day- Honouring our digital teammate in progress



Principal's Birthday- A light so bright- we celebrate your day with delight



International Day Against Drug Abuse- Breaking the chains: Prevention, Treatment and Recovery for All



Pythagorean Theorem Day- Triangles rule the day





Founder's Day- Rooted in vision, growing in excellence



World Mental Health Day - Step up, Cheer up, Walk for Mental Health

Children's Day- Little dreamers with big imagination



Joy of Giving - Compassion in action



Christmas- A December, worthy to remember

Fast Forward

Our Journey Towards Sustainability and a Greener Tomorrow.



Sparkling Stars







'JOY PACKED IN A BASKET'



AMMAPA
RESTAURANT
Breakfast - 7.30am
Lunch - 12pm
Snacks - 4pm
Dinner - 7pm
Mob. : 903



AURELIA

You may leave our sight but never our hearts.





SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2025-26 STD XII A



SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2025-26 STD XII B



SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2025-26 STD XII C



SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2025-26 STD XII D



SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2025-26 STD XII E

Congratulations

CELEBRATING THE HOLY MASS

Prayerful Moments



ROSARY MONTH

Each bead, a whisper of faith, each prayer, a bond of love.



THE ANNUAL RETREAT

Disconnect to reconnect.



SCIENCE ODYSSEY

The Science Quest



UNPLUG TO RECHARGE

Offline to Overcome



COURAGE TO LEAD

Leadership Camp at Shanthigiri Ashram, Aluva for classes XI & XII



INNO YOUNG' 26

A robotic exhibition by the students of IV to VII



FLIGHTS OF FANTASY

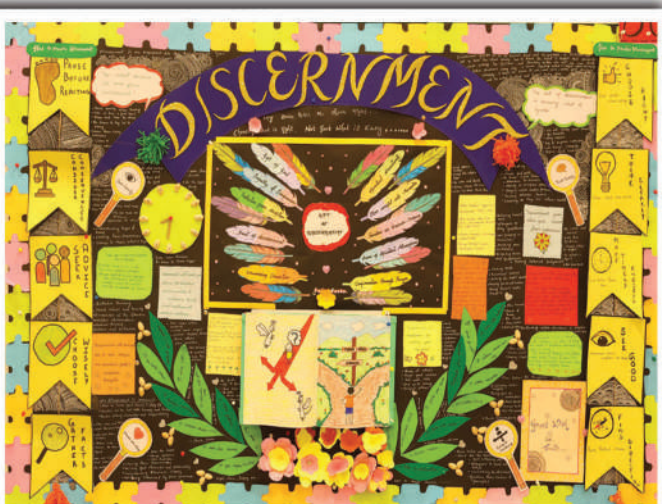
Turning blank spaces into masterpieces.



THE BEST CLASSROOMS HAVE NO WALLS



'Pinned thoughts,
lasting impressions'



പാലട പ്രഥമന്റെ മധുരവും
ഓണപ്പാട്ടിന്റെ ഈണവുമായി
ഓണനിലാവ് പെണ്ണിറങ്ങിയ

വിദ്യാലയ അങ്കണം

പൂവിളിയും പൂക്കടലുമായി നമ്മുടെ വിദ്യാലയത്തിൽ ആഗസ്റ്റ് 29നു ഓണം വളരെ വിപുലമായ പരിപാടികളോടെ ആഘോഷിച്ചു. പുഷ്പാലങ്കാരങ്ങൾ കൊണ്ട് അതി സുന്ദരമായിരുന്ന നമ്മുടെ വിദ്യാലയമുറ്റം പരമ്പരാഗത ഉത്സവഛായയെയാണ് ഓർമ്മിപ്പിച്ചത്. പ്രശസ്ത നൃത്താധ്യാപകൻ ശ്രീ ബിജു ധ്വനി തരംഗ് രാവിലെ 10.30നു ഭദ്രദീപം കൊളുത്തി പരിപാടികൾക്ക് തുടക്കം കുറിച്ചു. കലയും സംസ്കാരവും ഒരുമിക്കുന്ന ഈ ആഘോഷത്തിൽ പങ്കെടുക്കാൻ സാധിച്ചതിലുള്ള സന്തോഷം അദ്ദേഹം പങ്കുവെച്ചു. സ്കൂൾ പ്രിൻസിപ്പൽ ഡോക്ടർ വർഗീസ് കാച്ചപ്പിള്ളി സി . എം. ഐ കുട്ടികൾക്ക് ഓണ സന്ദേശം നൽകി. സമാധാനം, സഹജീവനം എന്നിവയാണ് ഓണം നമുക്ക് നൽകുന്ന യഥാർത്ഥ അർത്ഥമെന്ന് അദ്ദേഹം കുട്ടികൾക്കുള്ള സന്ദേശത്തിൽ പറഞ്ഞു. മാവേലിയോടൊപ്പം പാണനും ഈ പ്രാവശ്യം കുട്ടികളുടെ മുൻപിൽ എത്തിയപ്പോൾ അത് കുട്ടികൾക്ക് വേറിട്ടൊരു അനുഭവമായി. ഓണപ്പാട്ട്, തിരുവാതിര, നാടകം, നൃത്തം തുടങ്ങിയ കലാപരിപാടികൾ കുട്ടികളിൽ ആവേശം നിറച്ചു. പാലട പ്രഥമനും രുചിച്ച കുട്ടികൾ സംരൂപമായ മനസ്സോടെ പത്തു ദിവസത്തെ അവധിക്കാലം ആഘോഷിക്കാനായി വിദ്യാലയത്തിന്റെ പടിയിറങ്ങി.







കേരളീയ പൈതൃകത്തിന്റെ 'തിരനോട്ട'വുമായി കേരളപ്പിറവി ദിനാഘോഷം

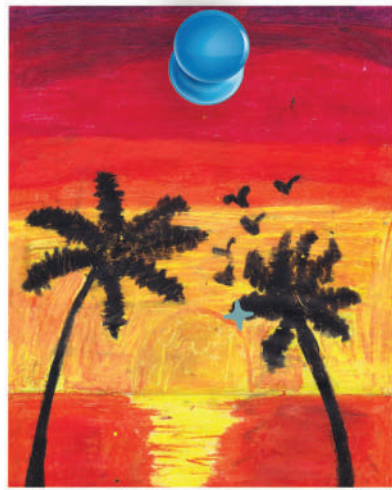
നവംബർ 1 കേരളപ്പിറവി ദിനത്തോടനുബന്ധിച്ച് നമ്മുടെ വിദ്യാലയത്തിൽ വൈവിധ്യമാർന്ന പരിപാടികൾ അരങ്ങേറി. മഹത്തായ പൈതൃകവും സാംസ്കാരിക തനിമയും പുതുതലമുറയ്ക്ക് പരിചയപ്പെടുത്തുന്നതിനായി മലയാള വിഭാഗം തയ്യാറാക്കിയ 'തിരനോട്ടം' എന്ന വീഡിയോ പരമ്പരയുടെ പ്രകാശനം ചടങ്ങിലെ പ്രധാന ആകർഷണമായിരുന്നു. പ്രിൻസിപ്പൽ റവ. ഡോ. വർഗീസ് കാച്ചപ്പിള്ളി തിരനോട്ടം വീഡിയോകളുടെ ഉദ്ഘാടനം നിർവഹിച്ചു. നമ്മുടെ വേരുകളെ തിരിച്ചറിയാനും മാതൃഭാഷയെയും സംസ്കാരത്തെയും ചേർത്തുപിടിക്കാനും വിദ്യാർത്ഥികൾക്ക് പ്രചോദനമേകുന്നതായിരുന്നു ഈ സംരംഭം. ഇതിനോടനുബന്ധിച്ച് വിവിധ ക്ലാസ്സുകളിലായി കേരളത്തിനുമുള്ള കലാപരിപാടികൾ അരങ്ങേറി.



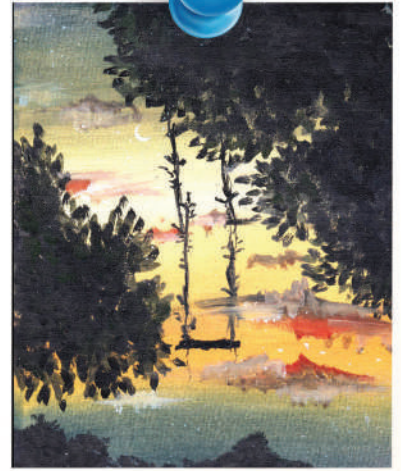
Amateurs' Galleria



Chris Lawrence, IX B



Preksha Anil, IX B



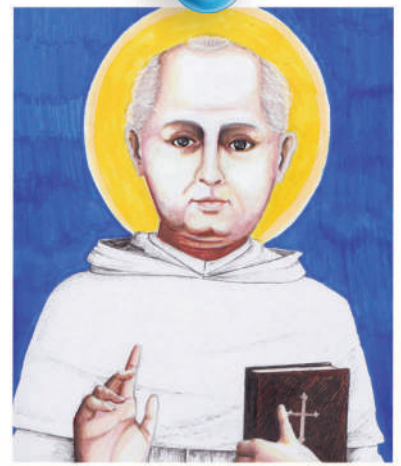
Hrishika V Bal, VII D



Eevah Naigil, VI E



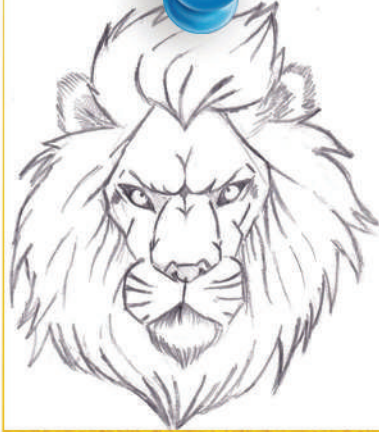
John Jenish, VII D



Evan Antonio Libyn, VIII B



Adinath R.S, IV D

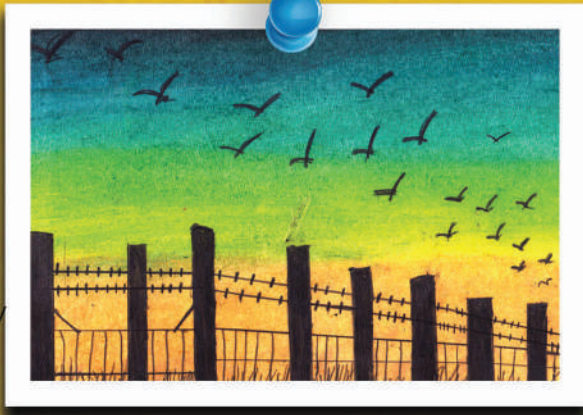


Rebecca Gladies, VI E



Jude Rivian Fernandez, V E

Amateurs' Galleria



Donna Siena, IX B



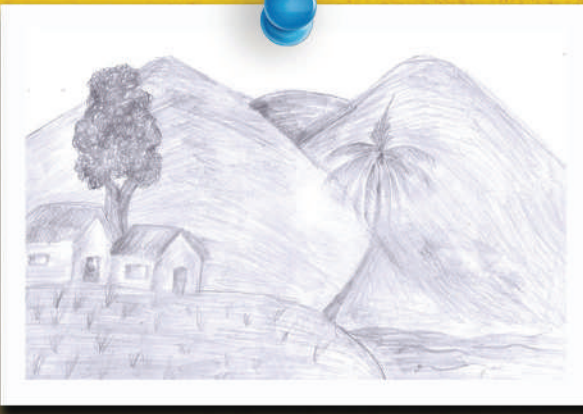
Azin Anwar, VIII D



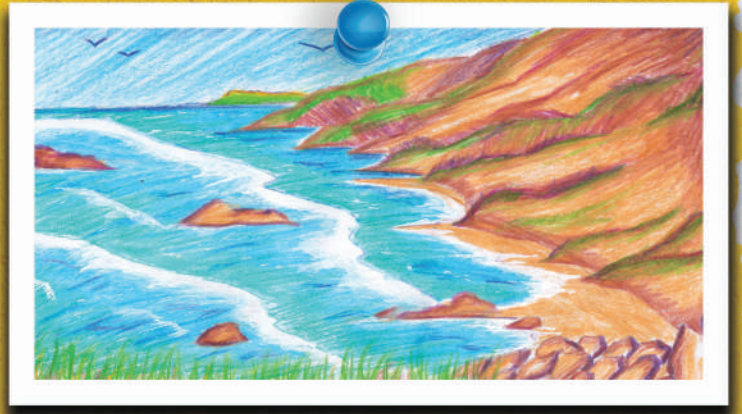
Alvina MariaTheresa, IVA



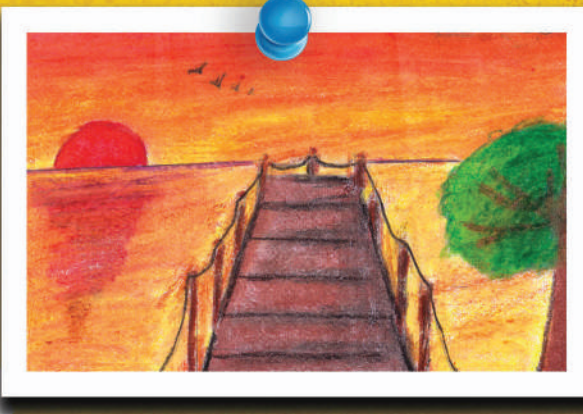
Hannah Naigil, II E



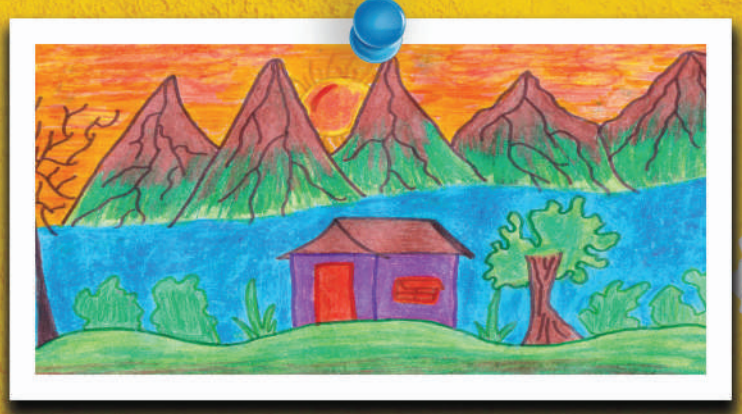
Steeve III B



Parvathi S, XIA



Sidharth Rajesh, IX B



Easa Elizabeth Jose , IXA

PUBLIC SCHOOL TEACHING STAFF



KINDERGARTEN TEACHING STAFF



OFFICE STAFF



PUBLIC SCHOOL MINISTERIAL STAFF



KINDERGARTEN MINISTERIAL STAFF



SCHOOL TRAVEL OPERATORS





English Section

*"Lock up your libraries if you like;
but there is no gate, no lock, no bolt that
you can set upon the freedom of my mind."*

—Virginia Woolf

The Third Guy

After my Dad and Grandad,

He is the guy that I'm in love with like mad.

Fair is his skin, white as snow.

Playing all day along, with me he grows.

I'm on twos and he is on fours.

Oh how I wish I could run around

with him on the sea shore.

He loves to eat and so do I.

He always deserves a cuddle, he is such a cute guy

Hope you enjoyed this mystery game...

Do you want to know his name?

He is my 2 year old pet dog

and we called him Mike, the hour he came.



Abigail Marlene Vivian

I F



A SMALL ACT, A BIG IMPACT

The toy plane flew through the air and landed on a tree. Simji a five-year-old boy, started crying and demanded his parents to buy him a new one. His parents said that he had enough toys. Hearing this, Simji got angry. He packed his bag and left his house without his parents noticing it. But his neighbour Mrs. Yami saw him leaving his house, so she followed him. Simji reached a park. Mrs. Yami called Simji from behind and asked why he had left his house. Simji narrated the whole story to her but she just smiled and took him to a street where he found many small children sitting on the footpaths, struggling and crying for food.

Seeing this, Simji burst into tears. He immediately took his lunch box and gave it to the poor children. The children's face lit up on seeing this and they thanked Simji. They immediately started eating as they were very hungry. With tears rolling down his face, he thanked Mrs. Yami for teaching him an important lesson. Then Mrs. Yami took Simji back to his house. When he reached home, Simji apologized to his parents and promised that he would never repeat this act again. He told them about the children he saw and how Mrs Yami made him understand an important value in life - Gratitude.



Meryl Edison, IX B

VALUE OF TIME

Value of time is the most precious thing.
Time is our best friend when we value it.
Spending time with our family is the most cherishing moment.
Time cannot be stopped; it does not listen to anyone.



Grayden Darius Meyn
V B

Time can be spent by studying, reading or playing.
It stacks up our childhood memories.
Time that passes by; never turns back.
Time is treasure; pure gold more than stories ever heard.



A Moonlit Night

Lonely birds shedding tears,
Lovely flowers longing for light.
The white and shiny moon sparkles bright;
Nobody sees its flaws in the light.

The slow breeze makes my mind so clear,
Creepy sounds fill my heart with fear.
Moonflowers bloom in quiet beauty,
And owls begin their nightly duty.



Adwita Shijo
VII C

The ill Effects of Perfectionism

Thevara

20 February 2026



Dear Christiano,

How have you been doing? How's the science exhibit that you've been working on? Honestly, I really admire your creativity and wit bundled with your leadership and foresight. But I know you, somewhere you'd be stuck at a roadblock, unable to move forward because something doesn't go as you expect. Well, don't worry – perfectionism is something that everyone faces. I do appreciate your eye for intricate detail but it turns into an issue when it becomes too much. Yesterday, I found your unfinished article, which was intended to be forwarded to the magazine committee. I still remember how fussy you were about the words and sentence structures. It was like the search for the perfect word stopped you from writing the whole sentence and then the whole page never got written. The 'perfect' is the enemy of the 'done.' I did read the article and it did have a good start. I just don't know why you stopped writing it. And that's the reason why I am writing this letter. We both are on the same page and it is indeed our own responsibility to correct it.

I have come to realise that perfectionism is a shield – if something is perfect, nobody can criticize it. But by being bullet-proof, we are becoming paralysed inside. Not just that, perfectionists tend to use it as a cover for procrastination. The real thing is, as we tend to do things perfectly, we become more concerned about trivial issues like 'What will others think of me?', 'Will I be questioned if I am not perfect?', 'Will they make fun of me if I do it imperfectly?' and the list of doubts goes on. We must have the ability to differentiate between the positive and negative feedback we get. Too much self-criticism is not recommended. It is just our imagination that others are extremely focused on our imperfections – a phenomenon called the Spotlight Effect. But people today are more focused on their own issues and they don't have the time to notice all this. Being a perfectionist, in fact, drains our energy and in the long run, it endangers our confidence – something which I have experienced.

English Section

Doing things properly is actually different from being obsessed with perfectionism. When we are adamant to do things in a perfect manner, we tend to restart even for minor errors, leading to frustration and limited progress, which act as catalysts for procrastination. Imagine all the things you could do with the time and energy you currently spend on agonising over the tiny imperfections you might have.

The situation reminds me of the story of a carpenter, who was renowned all over the kingdom for his intricate work. He slowly became obsessed with making unique and perfect designs that he spent his entire life building a simple cot, which otherwise should have been completed in a few days' time. This is what happens when we prioritise perfectionism over practicality.

The so-called benefits of perfectionism come with even more cons like anxiety, stress,



feeling that you are incompetent, unable to cope with your teammates, missed deadlines and the worst, reduced confidence, creativity and enjoyment.

So, I'd rather see your completed work than hear about your 'perfect' unfinished ideas. Remember my dear, your 'perfect' work will be appreciated, for that matter, even accepted only if it is done within the time frame! A deadline is a gift that forces us to be brave. Just never mind about what others are going to think and complete your tasks within the given time by prioritising your activities. That's the hardest part – but the only solution too. That's how I was able to escape from that vicious cycle. So I do hope that the next time I hear from you, I can witness a new you who finishes the work within the given time and does not cry over imperfections (But don't forget, doing things properly and neatly does count!)

Best wishes!

Aaron

Aaron Dilip
XI A

5 January 2026
Thursday
11:45 p.m

Dear Diary,

Tonight was one of those nights I'll never forget in my life. I was alone at home and it was around 11 p.m. when I heard a strange noise coming from the living room. At first I thought it might be the wind but then I heard it again. My heart started racing as I realized there might be someone inside the house. I quietly got out of the bed and made my way to the living room and hid behind the curtains. As I approached, I saw a figure moving slowly. The moonlight streaming through the window helped me see the stranger's face. Yes! It was him... the person whom I'd noticed walking suspiciously around the streets for the past two weeks or so.

I didn't want to alert him so being cautious not to make any noise, I carefully went out of the house and locked the door from outside. After ensuring that all the doors were closed, I called the police and whispered the situation to them. Even before the thief knew that he had been locked inside, the police arrived and caught him. It was such a shocking incident for me. My presence of mind as well as the timely arrival of the police helped us to catch a thief red handed.

The police arrested him and I felt relieved that nothing worse happened. Even though I've heard about incidents like these, not even in my wildest dream I could imagine such an incident would happen to me. I thanked God for keeping me safe. That's all for today.

Good Night Diary
Shreya

SWATHY KISHOR
IX - B





Lessons of Life

Every student's journey is unique and I feel truly grateful to the Almighty for the opportunities that have shaped mine. As I reflect on my experiences - whether as a student striving for academic excellence, a basketball lover, a dancer, an artist or now as the Junior Head Girl - I realize that every step has taught me something valuable. These experiences have not only made me stronger but also taught me to be thankful for the people and moments that have guided me along the way.

On the basketball court, I learn the true meaning of rising after every fall. There are days when I can't make a single shot and my legs feel like they might give up. But my teammates cheer me on and my coach patiently corrects me. Basketball teaches me the importance of perseverance. There are times I get injured badly, leaving scars that remain with me forever. But every mistake becomes a lesson and every setback motivates me to keep pushing forward. The court teaches me resilience and teamwork.

Dance gives me confidence but not without its nervous moments. It opens up a whole new world for me. Standing backstage, I often wonder if I can go through with it. The stage lights, the music and the heartbeat that thumps louder with every step - dance teaches me how to embrace my fears. Even when I am scared and my hands shake before a performance, there comes a whisper from within, "Be confident." The stage teaches me expression and confidence.

Drawing becomes my quiet source of motivation. Every blank page is both a challenge and an opportunity. My sketchbook reminds me that creativity grows slowly, one line at a time. I'm thankful for those who appreciate my humble art and encourage me to explore new arenas of my imagination. The canvas teaches me patience and reflection. My parents remind me that academics is always important whatever my passion may be and I strive to excel in it. Balancing my studies with extracurricular activities teaches me discipline but I never walk that path alone. My parents, teachers and friends are always there, offering encouragement and support. My studies teach me dedication and appreciation.

Becoming the Junior Head Girl is a privilege I never expected. I am truly grateful to my school for believing in me. Leadership, I have learned, is about being responsible, kind and willing to stand for what is right, even when it's difficult. Leadership teaches me humility and purpose. Through all my experiences, I have come to understand something important: Your passion is your power. Whether it is sports, art, dance, music or academics - your interests are not mere hobbies; they are your wings. They will lift you, guide you and shape the person you become.

Trust in the God's plan and believe in yourself, for every effort, no matter how small, brings you closer to who you want to become.

Caralin V. Kattukaran
VIII D

Tennacotta



N S Katina
XI B

Endowed with a rustic beauty lays this mystery

Falling apart but filled with history

Running, walking, searching around

Playing with the mould, we find more about this craft,

Something to see, or rather something to imagine

Maybe to draw in more than what it seemed

Schimmel them together, to see what we get

While we worked under the heat and sweat

Surrounded by greens, towers touching the skies

Letting the smoke change the colour as it flies

In the land of fires, wet and cramp

We see the stresses of the past, filled with cries near the ramps

It moulds not that people are different

There's enough history to make them not indifferent

Let them see this hidden creature of the old

As it laid foundation to the only shade which was known.

THE COMING OF DECEMBER

The months have passed; they slipped away,
Nothing lingered, come what may.
Everything in its own time changed
The world reshaped, the seasons rearranged.

First came spring, then summer's glow,
Autumn followed with leaves laid low.
They fell like whispers, soft and bright,
Crunching beneath my steps in flight.

The wind grew sharp, a frosty sway,
While voices murmured, winter is on its way.
Weeks passed by and every home
Glistened with lights in red and chrome.

Stars in windows, faces bright,
Carols floating through the night.
The joyful songs, the festive cheer
All proclaim that season's near.

How sweet to see the children play,
Red hats dancing through the day.
As people ready, the celebrations ahead,
Their laughter tells me, December has spread.

RAYAN CHACKO THUNDATHIL
VIII E



MOTHER

A mother is a treasure,
She's our best well wisher
She nurtures us right from our birth,
Making us better.

She never shows her tears,
She removes our fears.
Many sacrifices she makes,
Forgiving all our mistakes.

Smiling, even when in pain,
A mother's love cannot be explained.
Every day she sends us to school with a smile,
She carries us on our journey to success, mile by mile.

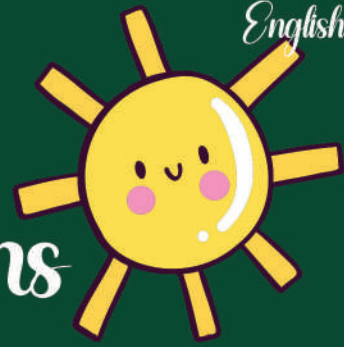
Why, she only wants us to be a good human being,
So that we are successful and can follow our dream.
Every mother's love is a priceless gem,
We must respect and take care of them.



SIDHARTH RAJESH
IX B



Babu Learns to Be Kind



Once upon a time, there was a boy named Babu. He was very arrogant and unkind to his friends, family members, teachers, and elders. His parents often tried to advise him to be kind and polite but Babu was too lazy to listen. He never wished his teachers and always spoke negatively about his family and friends. One day, while Babu was eating his lunch, his friend Jerry asked him, "Have you ever tried to be kind?" Babu replied, "Jerry, you know that I am arrogant. I have tried to be kind sometimes, but I couldn't continue. Will you help me become kind and not arrogant? After that, shall we go and hang out?"

Jerry laughed and said, "Sure!" He showed him how to talk politely with others. He told him to respect elders and not to be rude with his friends. He even introduced him to the world of good books. This worked wonders. Slowly, slowly, Babu changed his behaviour and mannerism. He developed patience and understood the value of relationship. He started greeting his teachers, speaking politely and helping his friends. Eventually, Babu learned the true value of kindness. He apologized to his teachers for not wishing them and to his friends and family for arguing over small matters. His parents were very happy to see the change in him and thanked Jerry for helping Babu understand the importance of being kind.

Sreenidhi K.S.
VII C

DIGITAL WRECK

In a world now filled with modern tech,
Wherever we go, it's a digital wreck.
Only screens are shown to every eye,
As the real world passes quickly by.

Even when we eat, it doesn't feel good,
We don't taste our food as we should.
With a glowing screen held in every hand,
Constant scrolling becomes a demand.

It helps us find a path or a location,
But in school, it steals our dedication.
If we let the screens play the part of a tool,
In the end, we are the ones who look like a fool.



Saaya R Raj
VIII C

Soulful Solitude

Wandering into the woods
All the way from home,
For the longest time I couldn't be
On my own.

As I walk these paths with no end
I begin to feel a sense of dread
But the wind that blows over me
Fills my heart with serenity.

I ponder on the question of
What might have been?
If I had chosen the life
That made me complacent.

Now all that is left for me to do
Is simply be tranquil through and through
Just as the birds find peace
When they fly overseas.



OLIVIA PADUA
IX C

The Day My Phone Went Missing

Imagine a day your phone went missing, not a trace to be seen anywhere. Will you find yourself frantic? Most of us definitely would. As your mom calls you for breakfast, the truth suddenly hits you - no more scrolling while eating. You feel strangely sad at first but something unexpected happens: you start talking to your parents, really talking, discovering stories from their childhood, funny incidents from their school days and memories that make everyone laugh. Breakfast feels warmer and happier.



You leave the house smiling and tell them bye properly, not with your eyes glued to a screen. At school, you rush to your friends to share how your phone “mysteriously disappeared” and the surprising discoveries you made at the dining table. They laugh, they listen and some even admit they rarely talk to their parents anymore. You laugh more, talk more, make more memories. But when the day ends and you reach home, a small sadness creeps in - no idea what your friends posted, no clue what your favourite YouTuber uploaded. Still, you accept it.

With hesitation, you step outside for some fresh air and sit watching the evening sky fade into orange. The world feels quiet - not empty, just peaceful - and you realise nothing important truly changed today. Your friends are still your friends, the online world will still be there tomorrow but you have changed just a little. When you finally find your phone at the bottom of your school bag, you can't help but smile, because losing it for a day helped you find the things that actually matter - people, moments and yourself.

Maria Reetha Jaison
VIII E





Sustainable Schools Initiative
MY PLANET, MY CLASSROOM!

BRING FROM HOME	LIGHTS & FANS OFF
WORN PAGE	SHARE TEXTBOOKS
USE LAST PAGE	DONATE UNIFORMS



SUSTAINABLE LIVING HABITS



Living sustainably may seem like a lot of work but trust me, it is something that we can all do in small ways every day. For students, it does not mean that you have to completely change your lifestyle, it means that you make small decisions that will add up over time. Bringing a water bottle from home instead of buying plastic ones, turning off fans and lights when you leave the classroom or even using notebooks until the last page is full are all small decisions that make a big difference. Some people may think that it is too complicated but honestly, it is more about awareness than it is about being perfect.



Instead of always riding the bus or getting a ride with your parents, walking or biking to school saves fuel and also keeps you healthier. Recycling bins in school are not just for show, they actually do help to decrease waste if we use them correctly. Sharing textbooks or donating old school uniforms is another way to decrease unnecessary consumption. It is not about being perfect, it is about trying and it will inspire others to do the same.

ANNMARY ARUN, XI B

The Cage That I Built

Her voice is mine, but colder and wrong,
She speaks through me, to poison my roots.
I try to hide, to run away, to dissolve from her sight,
But how could I ever run from my very own self?

She lives in my head rent free, to shatter me,
I don't give in to her commands, well most of the time.
But she somehow twists it like it's my very own idea,
And I end up making choices that wreck me again.

She sleeps when I sleep, or does she really?
She schemes like a maniac, in the dark of my mind.
How do I fight her when she is no stranger,
She knows every path like blood knows the veins.

The well is full of venom and I ask myself who poisoned it,
I send warning that it's poisoned now.
But then the realisation strikes me once more,
That I am the one who cursed the well.

I built the fire that ruthlessly burns me now,
I can't seem to extinguish it no matter how hard I try to.
I pray the fire consumes her and leaves me alive,
So that I for once live the way I wanted to.



Aiswarya Rau, XI B

World of Prism

The mist on her alabaster glass skin lay,
Her golden curls to her face fell,
Like the orchids of May,
As rang the church bell.

Now enters the true olive with her curls so ginger,
Stood straight in all her glory,
With grace and strength stood the fighter,
Destined by the stars each with its own story.

The ebony stared right ahead,
With none to desire her or so she thought,
As the shades got so into one's head,
The hypocrisy so caught.

The fall of all shades danced in the sunlight,
Unsure of what follows,
As is in the head so bright,
Forgotten never are the tomorrows.

Stood tall the rainbow of brethren,
All and everyone such kins and so dear,
As I now sit down with the pen,
So does the bar year by year.



Serene Elsa Shibu,
XII B

A Thousand Flying Dreams

Life is like a dandelion.
It grows among its loved ones,
Sharing joy and sorrow.

But as they mature,
They are bound to fly—
Like birds leaving the nest
To travel unknown places with the wind.
With hearts full of worry,
Yet a steady determination
To fulfill their dreams.

In time,
The dandelion seeds reach their destinations
With a sense of fulfillment.

All that remains
Is their journey with the wind,
Which tells the world
Of the dreams they carried
And fulfilled.



Anjana Sreekumar
IX C

The Digital Mirror - What Our Screens Say About Us

Social media is such a big part of our lives now. It's always there, connecting us, entertaining us and sometimes distracting us more than we'd like to admit. But if we look a little closer, it also says a lot about what we value.

What we like, share or spend time on might seem small but those choices add up. Over time, they show what we care about the most. What we follow can slowly shape what we believe.

That's why social media is more than just a tool. It quietly challenges our discipline, focus and honesty. It's easy to keep scrolling when we should be doing something else or to compare ourselves to others without realising it. But that's where our values matter most. They decide whether we're using social media or letting it use us.

Today, discipline isn't just about finishing homework. It's knowing when to take a break from our screens. Focus means staying clear-headed in a space built to distract us. Real connection isn't about messages and likes; it's about understanding people beyond the screen.

When we use social media thoughtfully, it can actually help us grow. It can teach empathy through stories, courage through experiences and curiosity through ideas. It reminds us that technology doesn't replace real connection; it just helps us build more of it.

Our online and offline lives reflect each other. Maybe that's what makes social media powerful. It doesn't just show the world who we are; it also shows us who we're becoming.



Saisree Manoj, X C

What Sports Has Taught Me

Sports has always been a big part of my life. Among all the games I played, table tennis is the one that has taught me the most. When I first started playing, I never thought it would become such an important part of my life. It began just as a fun hobby but slowly it turned into something much more meaningful. I have taken part in many table tennis tournaments and won several prizes. Every competition gave me new experiences and lessons. Some days I won, some days I lost but both were equally important.

Winning gave me confidence and happiness, while losing taught me patience, self-control and the value of hard work. I learned that losing is not a failure, it is just another step towards success. Playing table tennis has also taught me discipline.

To become better, I have to practice regularly, wake up early and stay focused even when I am tired. It showed me that improvement comes only with effort and consistency. Sports also taught me how to handle pressure, stay calm and respect my opponents. More than the medals and certificates, what I like the most are the small moments, the laughter with friends, the excitement before a match and the support from my teammates. Table tennis has taught me to enjoy the game and not just think about winning. Even when I lose, I tell myself that I will do better next time. Sports will always be close to my heart. Table tennis has made me stronger and more confident. It has taught me to keep trying, no matter what happens. I'm really thankful for all the fun and lessons I've got from playing this wonderful game. I hope one day I will also become a great table tennis player.



JOBIN JOHNSON
VIII C



O Perry, Young Perry

In the sorrow of Perry,
May I take up the ink,
to evoke an eternity
of love from him

Frost advises us about the paths in life,

for us to be prudent and be wise.

Young Perry, caged by force,
coerced to choose the path
that leads to the great beyond.

O Captain, my Captain,
yawps Anderson,
in hope and dismay
to picture Young Perry once again.



Irene J Panakal, IX D

"What is so great about a lighthouse, Amma?"

Althea : "Amma...Our new chapter is a poem on a lighthouse....what's so great about a lighthouse to have a poem on it?"

Amma : "A lighthouse may simply mean a tower containing a beacon light to warn or guide ships at sea."

Althea : "Yea....exactly...just one job...."

Amma : "Mmmm... BUT that ONE job symbolises a lot of other things Althea...."

Althea : "Really....how is that?"

Amma : "For example....a man must behave like a lighthouse. They must shine day and night for the goodness of every other man."

Althea : " Oh....like that...."

Amma : "Lighthouses don't go running around looking for boats to save. They just stand there shining. They are just glad to be of service. A lighthouse is not interested in who gets its light. It just gives it without thinking. Giving light is in its nature. You see, No prejudice. No judging. Lighthouses are one of the altruistic structures made by man. They are built only to serve..."

Althea : "Amma....in simple English please...."

Amma : "Sorry....got carried away....altruistic means selfless concern for the wellbeing of others...help is the only thing you know to do...."

Althea : "Ahh....'altruistic'....remind me to ask you how that's spelt...."

Amma : "Deal...."

A leader should be like a lighthouse. Unwavering....ok ok....I mean solid, assuring and most important of all... should bear the light to show the way whether it's rain or shine. All political and religious leaders or any leader for that matter should be fair and dependable."

Althea : "Mmmm..."

English Section

Amma : *“Our values are like lighthouses Althea....no matter how tempted we are to take the wrong turn, values signal us the right direction and purpose. They remind us why we should NOT take that turn.....provided.. you have any values....”*

Althea : *“ Why are you giving me that look? I am only 14....”*

Amma : *(chuckles)....”True.... To be a lighthouse you need to be strong enough to withstand the storm and the loneliness, with a powerful light within you. People may sneer and smirk at what's right trying to make you look like a sore loser but the powerful values within you should help you resist compromising yourself.... and if you decide to be a lighthouse, you cannot hide yourself. If you do hide....you are no longer a lighthouse....you cannot run away from your responsibility....*

Althea : *“Sounds tough Amma...”*

Amma: *“ It is....Our scars become lighthouses too....it serves as a warning for other people who are headed for the same rocks as we did....*

Our spiritual life too....it should create a deep impression in others. Like the lighthouses that blow no horns but just shine, we need not parade our faith. It should shine on its own in our attitude and character.

People think it's challenging to just dive into the ocean....but you know what Althea...it takes a lot of courage to just stand there at the shore waiting... committed to your service.”

Althea : *“Woohooo....That's a lot more stuff than what was in the poem! I never gave lighthouses so much thought.... So...there should be a lighthouse at some point in everybody's lives right? Like parents?”*

Amma : *“ Well....there should be....”*

Althea: *“Then who is the lighthouse in our lives?”*

Amma: *“The light of God is our lighthouse, beckoning us to the right place as we sail through the sea of life. We should all try to be a lighthouse to the people around us.”*

Althea: *“Yes Amma, Most of us like playing captain of ours or other people's boats. But no one plays the lighthouse. Let us be the lighthouse so that the lost boats will find their way easily.”*

Althea Marylin Vivian

VIII A



हिंदी विभाग

“मधुर, सरल और सुंदर भाषा,
हिंदी है दिल की परिभाषा।”

- हरिवंश राय बच्चन

हिंदी हमारी राजभाषा है और यह हमारे देश की संस्कृति, परंपरा और एकता का प्रतीक है। यह भाषा हमें अपनी जड़ों से जोड़ती है और हमारे विचारों को सरल और सुंदर ढंग से व्यक्त करने का माध्यम बनती है। हिंदी न केवल भारत में बल्कि पूरे विश्व में सम्मान के साथ बोली और समझी जाती है। हमें अपनी इस समृद्ध भाषा पर गर्व होना चाहिए और इसका अधिक से अधिक उपयोग करना चाहिए।

चिड़िया की कहानी

रवि आज बहुत खुश था। आज वह अपनी सभी दोस्तों के साथ स्कूल पिकनिक पर जा रहा था। उसने कल रात ही माँ से कह दिया था कि वह लंच में पास्ता ले जाएगा, पर माँ किसी ज़रूरी काम में व्यस्त हो गईं और पास्ता बनाने वाली बात भूल गईं। माँ ने रवि को लंच में रोटी-सब्ज़ी दे दी। स्कूल बस पिकनिक की जगह पर पहुँची। वह एक सुंदर बगीचा था, जहाँ रंग-बिरंगे फूल और हरे-भरे पेड़ थे। बच्चों ने टीचर्स के साथ मिलकर कई खेल खेले। थोड़ी ही देर में लंच का समय हो गया। सभी बच्चों ने अपने-अपने लंच बॉक्स खोले, जिनमें बर्गर, पिज़्ज़ा से लेकर चाट-पकौड़ी तक हर तरह की स्वादिष्ट चीज़ें मौजूद थीं।

रवि ने भी अपना लंच बॉक्स खोला, लेकिन रोटी-सब्ज़ी देखकर वह उदास हो गया। उसने सोचा, “मेरे दोस्त इतनी टेस्टी चीज़ें खा रहे हैं और मुझे रोटी-सब्ज़ी खानी पड़ेगी।” रवि उदास होकर टहल रहा था, तभी उसकी नज़र आम के पेड़ पर गई। पेड़ पर दो चिड़ियाँ बैठी थीं। एक चिड़िया बहुत जल्दी-जल्दी में फल खा रही थी और मीठे फल को खाकर खुश हो जाती, लेकिन खट्टे फल को देखकर परेशान हो जाती। दूसरी चिड़िया चुपचाप शांत बैठी थी।

रवि शांत बैठी चिड़िया के पास गया और बोला, “तुम फल क्यों नहीं खा रही हो?”

चिड़िया ने जवाब दिया, “अगर मुझे स्वादिष्ट फल मिले तो अच्छा है, लेकिन अगर न भी मिले तो भी मैं खुश रहती हूँ। मेरी खुशी में कोई कमी नहीं आती।”

चिड़िया की बात सुनकर रवि की सोच बदल गई। उसे अपनी गलती का एहसास हुआ। वह खुशी-खुशी वापस आया और माँ के हाथ की बनी रोटी-सब्ज़ी खाई। अब वह संतुष्ट और प्रसन्न था। उसने समझ लिया कि जो भी हमें मिले, उसमें खुश रहना चाहिए। यह कहानी हमें सिखाती है कि हमें संतुष्ट और खुश रहना चाहिए।

शारोन मार्शल

VII E



मेरी अपनी सातवीं कक्षा

रोज़ कक्षा में आना मुझे अच्छा लगता है,
 हर विषय की पढ़ाई मन को भाता है।
 सीखने में है आनंद और नया एहसास,
 हर पाठ मुझे लगता है खास।
 समय-तालिका मैंने खुद बनाई,
 जन्मदिन, हाउस-चिह्न संग सजाई।
 विभिन्न अवसर, तिथियाँ सारी,
 नोटिस बोर्ड से झलकी तैयारी।
 जब मिलता है काम स्वयं करने का मौका,
 समझकर करती हूँ हर छोटा-बड़ा काम।
 ऐसे पलों में मन खुश हो जाता है,
 मेरा आत्मविश्वास और बढ़ जाता है।



अद्विता शिजो
VII C

खुशी

खुशी कोई चीज़ नहीं जो खरीदी जाए,
 यह तो मन की धूप है, जो खुद से आए।
 कभी एक मुस्कान में छिपी रहती है,
 कभी किसी की याद में खिलती है।
 छोटी-छोटी बातों में मिलती है यह,
 कभी बरसात की बूँदों में झिलमिलाती है यह।
 जब दिल सच्चा हो और मन साफ़ रहे,
 हर दिन में एक नया एहसास रहे।
 खुशी बाँटने से बढ़ती जाती है,
 हर चेहरे पर चमक लाती है।
 तो मुस्कुराओ, जी लो हर पल यहाँ,
 क्योंकि खुशी छिपी है तुम्हारे जहाँ।



आइरीन मरिया
VII E

दोस्ती

दोस्ती हमारे जीवन में एक बहुत ही महत्वपूर्ण रिश्ता है। दोस्त हमारे जीवन में खुशियाँ लाते हैं। दोस्ती हमें अपने दोस्तों के लिए प्यार और त्याग करना सिखाती है। अच्छे दोस्त हमें अच्छे काम करने के लिए प्रेरित करते हैं। एक सच्चा दोस्त हमेशा आपको प्रेरित करेगा और आपका उत्साह बढ़ाएगा। दोस्ती का मतलब है एक-दूसरे पर भरोसा करना। दोस्ती में सम्मान और ज़िम्मेदारी होती है। अपने दोस्तों के साथ हर पल का आनंद लें।

मिन्नी सुसन शनिल V D



जंक फूड की दुनिया

लिल्ली नामक एक लड़की थी। जो हमेशा जंक फूड खाना पसंद करती थी। उसे स्वस्थ भोजन पसंद नहीं था। वह अपने माता-पिता की आज्ञा मानती नहीं थी। एक दिन लिल्ली बीमार पड़ गई।

वह अपने दोस्तों के साथ खेल नहीं पा रही थी। उसे समझ में आ गया कि यह सबका कारण जंक फूड है। उसके बात उसने जंक फूड खाना बंद कर दिया।

अंजना इ आर III A



भूखा शेर

शेर आया शेर आया,
भूखा होने के कारण,
हिरन और ज़ीब्रा खाया।
फिर जंगल के राजा,
शेर ने सब को डराया।

सेयफ़ान अबसार V-D



मैंगो मैडोज़

मेरे दोस्तों के साथ मांगो मैडोज़ की एक मजेदार यात्रा थी। हम अपने शिक्षकों और दोस्तों के साथ गाना गा रहे थे और नाच रहे थे। हम लगभग 2 बजे वहाँ पहुँच गए। मांगो मैडोज़ दुनिया का पहला और सबसे बड़ा मानव निर्मित कृषि थीम पार्क है। मेरे दोस्तों ने साइकलिंग, गो कार्टिंग, पैडल बोटिंग और ट्रामपॉलिन की। हमने वहाँ प्रकृति और कृषि के बारे में बहुत कुछ सीखा। उन्होंने हमें रस्सी और मिट्टी के बर्तन बनाना भी सिखाया। यह एक सुखद यात्रा थी और हम रात 8 बजे तक अपने स्कूल लौट आए। यह सिर्फ एक यात्रा नहीं था बल्कि प्रकृति के महत्व और उसकी सुंदरता को समझने का एक अवसर था।

एंजेलिना रोज़ पाडुवा IVE



SIR 2025 : राष्ट्र की हर आवाज़ का सम्मान

भारत का लोकतंत्र एक सरल लेकिन शक्तिशाली आधार पर टिका है—एक सशक्त मतदाता सूची। विशेष पुनरीक्षण (SIR) 2025 इस नींव को और मजबूत करने की दिशा में अगला बड़ा कदम है। यह एक राष्ट्रव्यापी अभ्यास है जो राज्यों और केंद्रशासित प्रदेशों में चलाया जा रहा है और 51 करोड़ से अधिक नागरिकों तक पहुँचता है। यह अभियान 4 नवंबर 2025 से प्रारंभ होकर 7 फरवरी 2026 को अंतिम मतदाता सूची के प्रकाशन तक जारी रहेगा, और जनवरी 2026 को योग्य तिथि माना जाएगा। चुनाव आयोग ने उन राज्यों और केंद्रशासित प्रदेशों का चयन किया है जो इस व्यापक कार्य के लिए तैयार हैं—ऐसे स्थान जहाँ बूथ-स्तर अधिकारियों (BLO) को प्रशिक्षित किया गया है, डेटा सुव्यवस्थित रूप से मैप किया गया है, और प्रशासनिक तत्परता सुनिश्चित है। स्थानीय चुनावी दायित्वों और चल रही अधिसूचनाओं के कारण महाराष्ट्र और केरल को छोड़कर अन्य राज्य घर-घर सत्यापन के साथ सावधानीपूर्वक आगे बढ़ रहे हैं। यह प्रक्रिया आश्चर्यजनक रूप से लोगों के अनुकूल है। इसे इस तरह डिज़ाइन किया गया है कि आज के मतदाता को 2002-2004 के SIR के दौरान बनाए गए डिजिटल रिकॉर्ड से सहजता से जोड़ा जा सके। भारत जैसे विशाल और विविध राष्ट्र में, SIR केवल एक तकनीकी प्रक्रिया नहीं है। यह एक शांत लेकिन महत्वपूर्ण प्रयास है—एक ऐसा अनुस्मारक कि हर चुनाव के पीछे हर नागरिक, हर आवाज़ और हर पसंद का सम्मान किया जाता है।

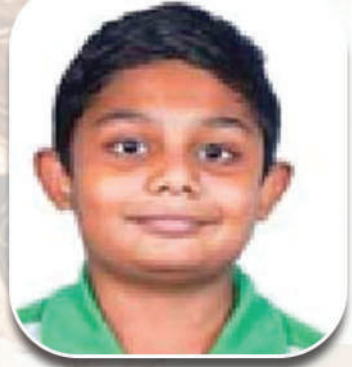
प्रज्ञा

IXE



माँ

माँ और माँ का प्यार निराला,
 उसी ने ही मुझे सँभाला।
 मेरी मम्मी बड़ी प्यारी,
 मेरी मम्मी बड़ी निराली।
 सुबह-सवेरे मुझे उठाती,
 "बाबू" कहकर मुझे जगाती।
 जल्दी-जल्दी तैयार कराती,
 उनके कारण स्कूल में जाता।
 स्कूल से जब घर आता हूँ,
 मम्मी का चेहरा देख खुश हो जाता हूँ।
 अच्छा खाना मुझे खिलाती,
 होमवर्क भी पूरा करवाती।
 माँ और माँ का प्यार निराला,
 पर मैं करता कभी गड़बड़-घोटाला।
 जब मैं करता कोई गलती,
 समझाने की करती पूरी कोशिश।
 डाँटती हैं, पर प्यार लुटाती,
 मुझसे ज़्यादा दुलार जताती।
 मुझ पर गुस्सा जब भी आता,
 दो मिनट में उड़ भी जाता।
 मेरी मम्मी मेरी जान,
 रखती हैं मेरा पूरा ध्यान।
 माँ और माँ का प्यार निराला,
 उसी ने ही मुझे सँभाला।



रीहान रीयाजअहमद बिरादार
VIB



दोस्त हमारी ज़िंदगी का एक महत्वपूर्ण हिस्सा होते हैं। अच्छे दोस्त हमारे जीवन को खुशहाल बनाते हैं। दोस्त लड़के भी हो सकते हैं और लड़कियाँ भी। दोस्त वह होता है, जो हमारे सुख और दुख के समय हमारे साथ रहता है। माता-पिता के बाद दोस्त ही हमारे सबसे भरोसेमंद इंसान होते हैं। एक सच्चा दोस्त दूसरों को अपना समझता है और उनकी भावनाओं को समझता है। हमें भी अपने दोस्तों को अच्छे से समझना चाहिए। दोस्ती का अर्थ केवल सामने दोस्त बनना नहीं है, बल्कि उसके पीछे उसकी बुराई न करना भी सच्ची दोस्ती है। अच्छे दोस्त एक-दूसरे की मदद करते हैं और हमेशा सच्चाई का साथ देते हैं। दोस्तों के साथ हम खेलते हैं, खाते हैं, बैठते हैं, बातें करते हैं और कई तरह की गतिविधियाँ करते हैं। एक अच्छा दोस्त हमें सही रास्ता दिखाता है और जीवन में आगे बढ़ने के लिए प्रेरित करता है। इसलिए हमें हमेशा अच्छे और सच्चे दोस्तों का चयन करना चाहिए।



शेख सोहन VID



मेरा घर



मेरा प्यार-प्यारा घर

सबसे न्यारा मेरा घर ।

धूप, ठंड और वर्षा से,

बचाता मुझको मेरा घर ।

इसमें रहता परिवार मेरा,

सबसे सुंदर मेरा घर ।



ज़िवा एम बी II C



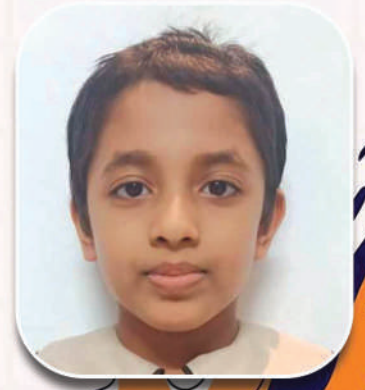
माता-पिता

माता पिता हमारे जीवन का एक महत्वपूर्ण अनमोल हिस्सा है। वे हम बच्चों से बहुत प्यार करते हैं। माँ की जगह कोई भी नहीं ले सकती है। घर में चाहे कितने ही लोग हो अगर माँ नहीं होती तो घर खाली - खाली लगता है। माँ की दुआ है, हमेशा हमें, मुसीबत से बचाती है। मत करो गुस्सा अपने माँ से। पिता रोटी है, कपड़ा है, मकान है। पिता की सलाह सदैव हमारी तरक्की कराती है। अच्छाई, बुराई सब हमें माता पिता मिलकर पढ़ाती है।

हमारा जीवन हमारे कामों और कर्मों का प्रतिबिंब है। हम दुनिया में जो अच्छाई करते हैं वो हमारे पास वापस आ जाती है। माता - पिता का इजत करो।



निया मरिया एंटोनियो III B



सितारे

ब्रह्मांड में दूर-दूर तक फैले तारे अपना प्रकाश हर जगह फैला रहे हैं।

उनकी सुंदरता अतुलनीय है वे आकाश में हीरे की तरह टिमटिमाते हैं।

हम उनकी रोशनी केवल रात में ही देख सकते हैं, लेकिन दिन में नहीं।

सितारों को देखकर हर कोई मुस्कुराता है और मुझे खुशी मिलती है।



रेचल मरिया स्टैनली
VE



मोबाइल फोन के फायदे और नुकसान

आजकल हममें से अधिकांश लोगों के पास मोबाइल फोन होता है। मोबाइल फोन के फायदे और नुकसान दोनों हैं। मोबाइल फोन की सहायता से हम किसी भी शंका का उत्तर गूगल पर तुरंत प्राप्त कर सकते हैं। यदि हमें कोई भाषण या जानकारी तैयार करनी हो, तो गूगल और चैटजीपीटी हमारी मदद करते हैं। मोबाइल फोन से हम आसानी से किसी को कॉल कर सकते हैं या संदेश भेज सकते हैं। मोबाइल फोन के कुछ नुकसान भी हैं। इसका अधिक समय तक उपयोग करने से आँखों पर बुरा प्रभाव पड़ सकता है। एक और समस्या नोमोफोबिया है, यानी मोबाइल फोन के बिना डर लगना। कई लोग जब उनका मोबाइल फोन दूर हो जाता है, बंद हो जाता है या उसकी बैटरी समाप्त हो जाती है, तो वे परेशान हो जाते हैं। मोबाइल फोन उपयोगी हैं, लेकिन हमें इनका उपयोग सावधानी से करना चाहिए। इसलिए मोबाइल फोन का सही और संतुलित उपयोग करना बहुत आवश्यक है।

• रेना जेन मरियम

VI B



मेरी प्यारी पालतू बिल्ली

मेरे पास एक प्यारी पालतू बिल्ली है, जिसका नाम किट्टी है। वह आठ साल की है और मैंने उसे ईस्टर की शाम एक दुकान से खरीदा था। किट्टी बहुत चंचल और थोड़ी शरारती है। जब मैं स्कूल से घर लौटती हूँ, तो वह खुशी से दौड़कर मेरे पास आ जाती है। उसका सफेद फर रुई की तरह मुलायम है। कभी-कभी मैं उसे अपने खिलौनों को कुतरते हुए देखती हूँ। जब भी मैं उदास होती हूँ, वह अपनी मासूम हरकतों से मुझे हँसा देती है। किट्टी सिर्फ मेरी पालतू नहीं, बल्कि मेरी सबसे अच्छी दोस्त है।

भद्रा जयराम VD



स्वस्थ आदतें

एरोन नाम का एक बच्चा था। उसे मिठाइयाँ बहुत पसंद थीं और वह बहुत अधिक मीठा खाता था। उसकी मम्मी उसे बार-बार मीठा कम खाने के लिए समझाती थीं, लेकिन वह उनकी बात नहीं मानता था।

एक दिन उसके दाँतों में तेज दर्द होने लगा। मम्मी उसे तुरंत डॉक्टर के पास लेकर गईं। डॉक्टर ने उसके दाँत देखकर समझ लिया कि ज्यादा मिठाई खाने की वजह से ही यह समस्या हुई है।

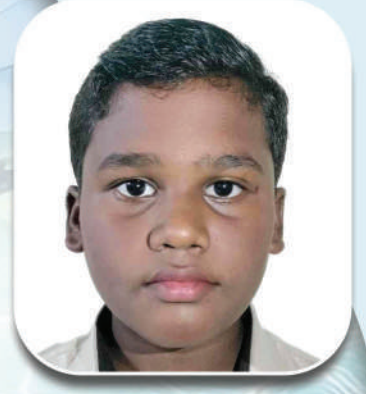
डॉक्टर ने एरोन से कहा, "तुम बहुत ज्यादा मीठा खाते हो, यह अच्छी आदत नहीं है। आज से मीठा कम खाओ और दिन में दो बार अपने दाँत साफ करो। अच्छे बच्चे हमेशा अपनी सेहत का ध्यान रखते हैं, तुम्हें भी ऐसा ही करना चाहिए।"

डॉक्टर की बात सुनकर एरोन को अपनी गलती का एहसास हुआ। इसके बाद वह अच्छे बच्चों की तरह अपनी मम्मी की बात मानने लगा और अपनी आदतें सुधार लीं।

ऐथन टी जे III E



जलवाहिनी



जाते-जाते मैं पहुँची,
रास्ते नए ढूँढ़कर देखा।

रुई, कंकड़, पत्थर—

अगाध जल के भीतर।

मैं रुक तो नहीं सकती।

देखती हूँ अपने चारों ओर—

मुझे देना है निर्मल पानी,

जनजीवन को खुशहाल बनाना है।

मुझ पर दायित्व दिया गया है—

अति उपजाऊ जलवाहिनी बनकर

जीव-जंतुओं का सहारा बनना है।

कलकल करती जाती हूँ,

बहती ही रहती हूँ।

जूड लियान

VII C

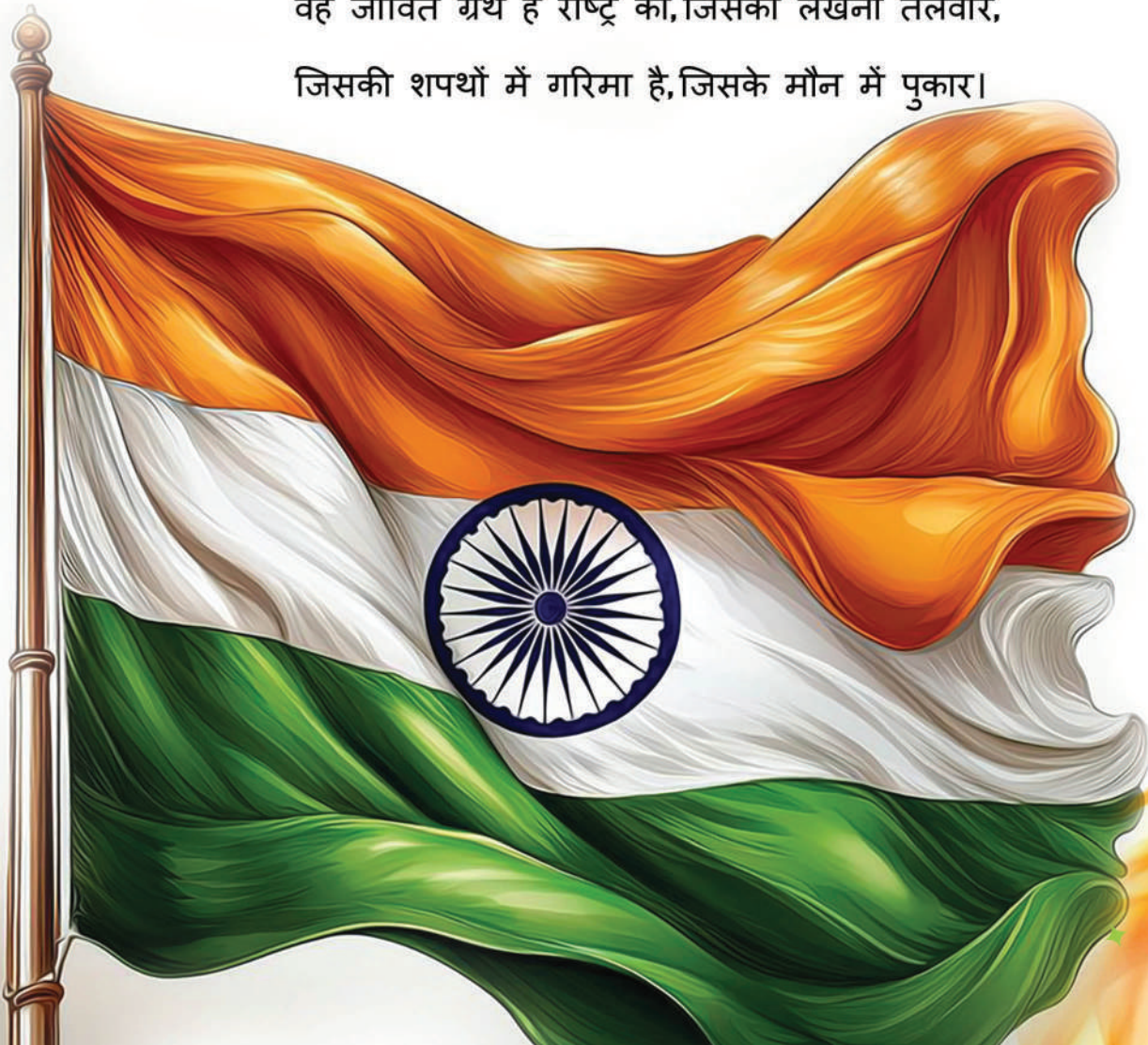


देशप्रेम

धरा की गोद में जब गूँज उठे रणभेरी का स्वर,
 वीर उठे व्रत सा दृढ़, शपथ बने उसका अंतर।
 अग्नि-सी तीक्ष्ण नयनों में हिम-सा शांति भाव,
 वह सिपाही नहीं, युगों का अमरित समान।
 रणनीति की निष्ठा में सब शत्रु सिहरती हैं,
 उसके पदचिहनों की आहट भी घटना बन सुलगती है।
 वह नभ के तारों से संवाद करे, पवन से प्रतिज्ञा बाँधे,
 धूल की झुक जाए उसके संकल्प के आगे।
 रक्त की हर बूँद में गाथा है त्याग की उपनिषद,
 जहाँ कर्म ही धर्म बने, वहीं उसका नक्शा निर्देश।
 वह जीवित ग्रंथ है राष्ट्र का, जिसकी लेखनी तलवार,
 जिसकी शपथों में गरिमा है, जिसके मौन में पुकार।



लिस मरिया शैजू
 VIII E



अनुशासन

अनुशासन नियमों का पालन करने और कठिन परिश्रम से कार्य करने की क्षमता है। यह आत्म-नियंत्रण, दृढ़ संकल्प, मेहनत और निरंतर प्रयास की आवश्यकता को दर्शाता है। अब आइए, हम स्वयं को अनुशासित बनाना कैसे सीख सकते हैं, इस पर विचार करें। हम अपने जीवन में अनुशासन कैसे लागू कर सकते हैं? इसके लिए हमें अपने दैनिक जीवन को अनुशासन के साथ जीना शुरू करना चाहिए। सबसे पहले, हमें यह समझना चाहिए कि हम क्या हासिल करना चाहते हैं। इसके लिए स्पष्ट और साध्य लक्ष्य निर्धारित करना आवश्यक है। हमें एक नियमित और सुसंगत दैनिक समय-सारिणी बनानी चाहिए। नींद, पोषण और व्यायाम को प्राथमिकता देना भी बहुत ज़रूरी है। छोटे और प्रबंधनीय परिवर्तनों से शुरुआत करनी चाहिए। धीरे-धीरे नई आदतें अपनानी चाहिए और पूर्णता के बजाय निरंतरता पर ध्यान देना चाहिए। हमें अपने आसपास से प्रलोभनों और विकर्षणों को दूर करना चाहिए। बड़े कार्यों और परियोजनाओं को छोटे और आसान चरणों में बाँटना चाहिए। अपनी प्रगति पर नज़र रखने के लिए ट्रैकर्स या नोट्स का उपयोग करना लाभदायक होता है। गलतियों से सीखना चाहिए और फिर से सही मार्ग पर लौटने का प्रयास करना चाहिए। यही सच्चा अनुशासन है।

जोआन जिबिन

VIB



मैं हूँ ए.आई.



मैं हूँ ए.आई.,
 मैं पहचानती हूँ आवाज़,
 जो दे मुझे हुक्म।
 स्मार्ट फ़ोन से कही गई बात
 मैं कर्तव्य समझकर निभाती हूँ।
 प्रोग्राम, ई-मेल और कॉल,
 सब कुछ समझ पाती हूँ।
 हर काम को सही ढंग से करना
 यही मेरा काम है।
 मैं उन्नत तकनीक की पहचान हूँ,
 पर कभी-कभी बन जाती हूँ खतरा,
 जब मेरा उपयोग किया जाए
 गलत और बेकार कामों में।
 ए.आई. ने जीवन को बनाया आसान,
 पर खतरे भी बढ़ते जा रहे हैं।
 इसलिए ज़रूरी है समझदारी,
 तकनीक का सही उपयोग ही समाधान है।

अरुणिमा

VII C

शिक्षिका का और छात्रों का रिश्ता केवल किताबों और पाठों तक सीमित नहीं होता, बल्कि यह विश्वास, स्नेह और मार्गदर्शन की एक सुंदर डोर से जुड़ी होती है। एक शिक्षिका सिर्फ ज्ञान नहीं देती, बल्कि जीवन जीने की कला भी सिखाती है। वह हर छात्रों के भीतर छुपी प्रतिभाओं को पहचानकर उसे आगे बढ़ने की प्रेरणा देती है।

जब छात्र अपने शिक्षकों पर भरोसा करते हैं, तो वह निडर होकर सीखते हैं, सवाल पूछते हैं और अपने सपनों को साकार करने की दिशा में बढ़ते हैं। वहीं एक शिक्षिका अपने छात्रों को केवल अच्छे अंक ही नहीं, बल्कि अच्छे संस्कार और सही दिशा भी देती है। यह रिश्ता समय के साथ और भी गहरा होता जाता है। वर्षों बाद भी छात्र अपने शिक्षक की सीख और प्यार को याद करते हैं। वास्तव में, शिक्षिका और छात्रों का यह अनमोल रिश्ता जीवन भर साथ रहने वाली एक ऐसी पूँजी है, जो हर कठिनाई में मार्गदर्शन करती है।

गुरु है दीपक, ज्ञान की ज्योति,
अंधकार में दिखाए सही राह की रोशनी।
हर कदम पर देती स्नेह का साथ,
सपनों को देती ऊँची उड़ान का विश्वास।
छात्र है कली, गुरु है माली,
सींचे उसे प्रेम से हर डाली।
मिलकर दोनों रचते कहानी,
सफलता की एक नई निशानी।

- शॉरलेट शमुएल डेविड
(हिंदी अध्यापिका)



ചിന്തയുടെ ഭീപശിഖ

എം. കെ. സാനു



മലയാള സാഹിത്യ ലോകത്ത് വ്യക്തമായ ചിന്തകളും ധീരമായ നിലപാടുകളും കൊണ്ട് ശ്രദ്ധേയനായ പ്രമുഖ സാഹിത്യകാരനാണ് എം. കെ. സാനു. എഴുത്തുകാരൻ, നിരൂപകൻ, പ്രഭാഷകൻ, സാമൂഹിക പ്രവർത്തകൻ എന്നീ നിലകളിൽ അദ്ദേഹം മലയാള ഭാഷയ്ക്കും സാഹിത്യത്തിനും നൽകിയ സംഭാവനകൾ അനവധിയാണ്. ലളിതവും ശക്തവുമായ ഭാഷാശൈലി അദ്ദേഹത്തിന്റെ രചനകളുടെ മുഖമുദ്രയായിരുന്നു. നവോത്ഥാന ചിന്തകളെ സമൂഹത്തിലേക്ക് പകർന്നുകൊടുത്ത അദ്ദേഹം, അനീതികൾക്കെതിരെ ശക്തമായ ശബ്ദമായി നിലകൊണ്ടു. നിരവധി ജീവചരിത്രങ്ങൾ, നിരൂപണഗ്രന്ഥങ്ങൾ, ലേഖനങ്ങൾ എന്നിവയിലൂടെ അദ്ദേഹം മലയാള സാഹിത്യത്തെ സമ്പുഷ്ടമാക്കി. സാനുമാഷിന്റെ വിധോഗം മലയാള സാഹിത്യലോകത്തിന് വലിയ നഷ്ടമായി. അദ്ദേഹത്തിന്റെ അഭാവം വേദനാജനകമായാലും, അദ്ദേഹത്തിന്റെ ചിന്തകളും കൃതികളും എന്നും വഴികാട്ടിയായി നിലനിൽക്കും. സാഹിത്യത്തിനും സമൂഹത്തിനും സമർപ്പിതമായ അദ്ദേഹത്തിന്റെ ജീവിതം പുതുമുദയ്ക്ക് എന്നും പ്രചോദനമായിരിക്കും.

അപ്പൂക്കുട്ടന്റെ സ്വപ്നം

ഒരു ഗ്രാമത്തിൽ അപ്പൂക്കുട്ടനും ഉണ്ണി അമ്മമ്മയും ഉണ്ടായിരുന്നു. ഒരു രാത്രി അപ്പൂക്കുട്ടൻ ഉറക്കത്തിൽ ഒരു വിമാനം പറപ്പിക്കുന്ന സ്വപ്നം കണ്ടു. അവൻ വളരെ സന്തോഷത്തോടുകൂടി എഴുന്നേറ്റ് വരികയും തന്റെ സ്വപ്നം ഉണ്ണി അമ്മമ്മയോട് പറയുകയും ചെയ്തു. അങ്ങനെ അവൻ എല്ലാ ദിവസവും വിമാനം പറക്കുന്നത് നോക്കിയിരുന്നു. ഇത് കണ്ട ഉണ്ണി അമ്മമ്മ അവനോട് പറഞ്ഞു "മോനെ നിന്റെ സ്വപ്നം സഫലമാകണമെങ്കിൽ നീ നന്നായി പഠിക്കണം".

അങ്ങനെ അപ്പൂക്കുട്ടൻ നന്നായി പഠിക്കാൻ തുടങ്ങി. ഉറക്കത്തിൽ കണ്ട സ്വപ്നം അവനെ ഉറങ്ങാൻ അനുവദിക്കാതെ ആയി. അങ്ങനെ ഉയർന്ന മാർക്കോടെ അവൻ തന്റെ ഉന്നത വിദ്യാഭ്യാസം പൂർത്തിയാക്കി വിമാനത്തിൽ പൈലറ്റ് ആയി ജോലി നേടി. കഠിന പ്രയത്നത്തിലൂടെ അവൻ തന്റെ സ്വപ്നത്തെ

യാഥാർത്ഥ്യമാക്കി. നമ്മളും ഇങ്ങനെ തന്നെ ആവണം സ്വപ്നങ്ങളെ ലക്ഷ്യങ്ങളായി മാറ്റിയെടുക്കണം. "ഉറങ്ങുമ്പോൾ കാണുന്നവയല്ല നമ്മെ ഉറങ്ങാൻ അനുവദിക്കാത്തവയാണ് യഥാർത്ഥ സ്വപ്നങ്ങൾ!"

ഗെഹാൻ . സി . സിഷീർ

III C



സ്വപ്നവും സത്യവും

ഒരു നാട്ടുനൂറത്ത് സാധാരണക്കാരനായി ജീവിച്ചിരുന്ന അർജുനന് ഒരു വലിയ സ്വപ്നമുണ്ടായിരുന്നു - എങ്ങനെയെങ്കിലും അവൻ അമേരിക്കയിലേക്ക് പോകണം. കോളേജ് പഠനം അവിടെ പൂർത്തിയാക്കുകയും അവിടെത്തന്നെ സ്ഥിരതാമസം ആക്കുകയും ചെയ്യണമെന്നായിരുന്നു അവന്റെ ആഗ്രഹം. അതിനുവേണ്ടിയായിരുന്നു ഓരോ പരിശ്രമവും. പന്ത്രണ്ടാം ക്ലാസ് കഴിഞ്ഞപ്പോൾ, തന്റെ സ്വപ്നത്തിന്റെ സാഹചര്യത്തിലേക്കുള്ള ആദ്യ ചുവടുവെയ്പ്പ് നടന്നു. തുടർപഠനത്തിനായി അവൻ അമേരിക്കയിലേക്ക് പോയി. പുതിയ നാട്ടിലെത്തിയപ്പോൾ അവൻ അതിയായ സന്തോഷത്തിലായിരുന്നു. എന്നാൽ കുറച്ച് ദിവസങ്ങൾ കഴിഞ്ഞപ്പോൾ അവൻ മനസ്സിലാക്കി, താൻ വിചാരിച്ചതുപോലെല്ലാ കാര്യങ്ങൾ. അവിടെത്തെ ജീവിതരീതികളോട് അവൻ ഇണങ്ങാൻ സാധിച്ചില്ല. എല്ലായിടത്തും തിർക്കാണ്. മനുഷ്യർ യന്ത്രങ്ങളെപ്പോലെ ജീവിക്കുന്നു. അതിനിടെ അവൻ തന്റെ നാടിനെക്കുറിച്ച് ഓർത്തു. എത്ര ലളിതവും രസകരവുമായിരുന്നു അവിടെത്തെ ജീവിതം! കൂട്ടുകാരുടെ ബഹളവും ബന്ധുമിത്രാദികളുടെ സ്നേഹവും അച്ഛന്റെയും അമ്മയുടെയും ലാളനയും ഓർക്കുമ്പോൾ അവന്റെ മനസ്സ് ഉരുകിപ്പോയി.

പഠനം പൂർത്തിയാക്കി എങ്ങനെയെങ്കിലും നാട്ടിലേക്ക് മടങ്ങണമെന്ന ആഗ്രഹം അവന്റെ ഉള്ളിൽ വളർന്നു. ഒടുവിൽ പഠനം പൂർത്തിയാക്കിയശേഷം അവൻ നാട്ടിലെത്തി. സ്വന്തം നാട്ടിൽ കാലുവെച്ചപ്പോൾ അവൻ അനുഭവിച്ച സന്തോഷം അതുല്യമായിരുന്നു. അമേരിക്കയിലെ ജീവിതം വെറും പുറംമിനുക്കു മാത്രമാണെന്നും യഥാർത്ഥ സന്തോഷം സ്വന്തം നാട്ടിലാണെന്നും അവൻ തിരിച്ചറിഞ്ഞു. “എന്തിന് ഞാൻ ഈ നാടിനെ വിട്ട് അമേരിക്കയിലേക്ക് പോകാൻ ആഗ്രഹിച്ചു?” എന്ന ചോദ്യമാണ് അവന്റെ മനസ്സിൽ ആവർത്തിച്ചു മുഴങ്ങിയത്. അവസാനം, തന്റെ പ്രിയപ്പെട്ട മാതൃഭൂമിയെ ഹൃദയത്തോട് ചേർത്തുപിടിച്ച് ശേഷിക്കുന്ന ജീവിതകാലം അവിടെത്തന്നെ ചെലവഴിക്കാമെന്ന് അവൻ ദൃഢനിശ്ചയമെടുത്തു.

മിലിന്ത് സി മെൽവിൻ

VI C



എന്റെ സിനിമ മോഹങ്ങൾ



സിനിമ എന്നത് വെറും വിനോദം മാത്രമല്ല, അത് മനുഷ്യരുടെ മനസ്സിനെ സ്പർശിക്കുന്ന ഒരു ശക്തമായ കലാരൂപമാണ്. നല്ലൊരു കഥയും സന്ദേശവും ഉൾക്കൊള്ളുന്ന സിനിമകൾ നമ്മെ ചിന്തിപ്പിക്കുകയും പ്രചോദിപ്പിക്കുകയും ചെയ്യുന്നു. അതുകൊണ്ടുതന്നെ സിനിമ എന്ന ലോകം എനിക്ക് വളരെ പ്രിയപ്പെട്ടതാണ്. എനിക്ക് ഭാവിയിൽ ഒരു നല്ല സിനിമാ നടനാകണം എന്നതാണ് ഏറ്റവും വലിയ സ്വപ്നം. വ്യത്യസ്തമായ സിനിമകളിൽ അഭിനയിച്ച് സമൂഹത്തിന് ഒരു നല്ല സന്ദേശം നൽകാനാണ് എന്റെ ആഗ്രഹം. ആളുകളുടെ ജീവിതത്തിൽ മാറ്റം വരുത്താൻ കഴിയുന്ന സിനിമകൾ സൃഷ്ടിക്കണം എന്ന് ഞാൻ ആഗ്രഹിക്കുന്നു. അതിനായി ഞാൻ നല്ല സിനിമകൾ ശ്രദ്ധാപൂർവ്വം കാണുന്നു. നല്ല സിനിമകളിലെ അഭിനയം എങ്ങനെ ആണെന്ന് പഠിക്കാൻ ഞാൻ ശ്രമിക്കുന്നു. പരിശ്രമവും ആത്മവിശ്വാസവും ഉണ്ടെങ്കിൽ എന്റെ സ്വപ്നം ഒരുദിവസം സഫലമാകും എന്നുറപ്പുണ്ട്. സ്വപ്നങ്ങൾ ചെറുതോ വലുതോ ആയാലും അവയെ സാക്ഷാത്കരിക്കാൻ ശ്രമിക്കണം. ഞാൻ എന്റെ ലക്ഷ്യത്തിലേക്ക് മുന്നേറാൻ ആത്മാർത്ഥമായി പരിശ്രമിക്കും. സമൂഹത്തിന് കൂടുതൽ ഉപകാരപ്പെടുന്ന സിനിമകൾ ചെയ്യാൻ എനിക്ക് കഴിയണമെന്നാണ് എന്റെ പ്രാർത്ഥനയും ആഗ്രഹവും.

ആദർശ് രാജേഷ്
VIII C



കരടിക്കുട്ടൻ

തിരക്കേറിയ നഗരത്തിലെ ഒരു വലിയ കളിപ്പാട്ടുക്കുട്ടനായി ആരെയും ആകർഷിക്കുന്ന നിറയെ കളിപ്പാട്ടുങ്ങൾ ഉണ്ടായിരുന്നു. ഈ ചില്ലലമാരിയിൽ ആരെയും മോഹിപ്പിക്കുന്ന ഒരു കരടിക്കുട്ടൻ ഉണ്ടായിരുന്നു. കാലങ്ങൾ ഏറെ അവൻ ആ ചില്ലലമാരിയിൽത്തന്നെ കഴിഞ്ഞുകൂടി. ആ അലമാരിയിൽ നിന്ന് ഒന്നു പുറത്തുകടക്കാൻ അവനെ കഴിഞ്ഞതേയില്ല. തന്നെ ആർക്കും വേണ്ടേ എന്ന ചിന്ത അവനെ വല്ലാതെ വിഷമിപ്പിച്ചു.

അങ്ങനെയിരിക്കെ ഒരു രാത്രി അവന്റെ കൈകാലുകൾ അനങ്ങുവാൻ തുടങ്ങി. മെല്ലെ മെല്ലെ അവൻ ജീവൻ വെച്ചുതുടങ്ങി. കൈകാലുകൾ വിടർത്തി അവൻ അറിയാതെ ഒന്നനങ്ങി. ആരും കാണാതെ അവൻ അലമാരി വിട്ട് പതിയെ പുറത്തിറങ്ങി. വിശാലമായ ആ നഗരത്തിലൂടെ അവൻ നടക്കാൻ തുടങ്ങി.

എല്ലാവരും നല്ല തിരക്കിലാണ്. ആരും അവനെ ശ്രദ്ധിച്ചതേയില്ല. മനുഷ്യർ ആരും തമ്മിൽ ഒന്നു സംസാരിക്കുന്നില്ല... എന്തിന് ഏറെ, ആരും ഒന്നു നോക്കുക കൂടി ചെയ്യുന്നില്ല. അവൻ അത്ഭുതം തോന്നി. അവനെ അതിശയിപ്പിച്ചത് എല്ലാവരുടെയും കയ്യിലുള്ള ചതുരപ്പെട്ടിയാണ്. കണ്ണെടുക്കാതെ സൂക്ഷ്മമായി മനുഷ്യർ അതിലേക്ക് തുറിച്ചുനോക്കിക്കൊണ്ടേയിരിക്കുന്നു... അവൻ വല്ലാതെ വിഷമമായി.

പെട്ടെന്ന് അവൻ ഒരു കുട്ടിയെ കണ്ടു. കുട്ടിയെ കണ്ടപ്പോൾ കരടിക്കുട്ടൻ സന്തോഷമായിക്കിലും കുട്ടി അവനെ കണ്ട് പേടിച്ചു കരയാൻ തുടങ്ങി. കരടിപ്പാവ കുട്ടിയുടെ കരച്ചിൽ അടക്കി പറഞ്ഞു. "ഞാൻ കരടിപ്പാവയാണ്. കൂടെ കളിക്കാനും കൂട്ടുകൂടാനും നിനക്ക് എന്നെ ഒപ്പം കൂട്ടാം. നിന്റെ ചങ്ങാതിയാണ് ഞാൻ." പക്ഷേ കുട്ടിയുടെ മറുപടി അവനെ ഞെട്ടിച്ചു. "എനിക്ക് കരടിപ്പാവ എന്താണെന്ന് അറിയില്ല. ഞാൻ ഹോണിലെ ഗെയിമുകളും കാർട്ടൂണുകളും മാത്രമേ കണ്ടിട്ടുള്ളൂ. എനിക്ക് അതുമാത്രമേ അറിയൂ" കുട്ടിയുടെ മറുപടി കേട്ട് അവൻ വല്ലാതെ വേദനിച്ചു.

അപ്പോഴാണ് അവൻ മനസ്സിലാക്കുന്നത് ഈ മനുഷ്യരുടെ കയ്യിലുള്ള ചതുരപ്പെട്ടി സ്മാർട്ട്ഫോണുകൾ ആണെന്ന്. കുട്ടികളെല്ലാം ഇപ്പോൾ ഇന്റർനെറ്റിന്റെ ലോകത്താണ്. അതുകൊണ്ടാണ് നാളിത്രയായിട്ടും ആരും തന്നെ അന്വേഷിച്ച് ഒന്നു കടയിലേക്ക് വരിക പോലും ചെയ്യാതിരുന്നത്. എന്നെങ്കിലും കുട്ടികൾ തന്നെ അന്വേഷിച്ച് വരുമെന്ന പ്രതീക്ഷയിൽ അവൻ തിരികെ കടയിലെ ചില്ലലമാരിയെ ലക്ഷ്യം വെച്ച് നടന്നുനീങ്ങി.



ശിവനന്ദ ശ്യാം
IV C



കാട്



പച്ച മരങ്ങൾ നിറഞ്ഞൊരു കാട്
വന്യമൃഗങ്ങൾ പാർക്കും കാട്
പക്ഷികൾ പാറി നടക്കും കാട്
കളകളമൊഴുകും പുഴതൻ കാട്

കിളികൾ തൻ നാദം ഉയരും കാട്
നിശയും പകലും ഒരുപോൽ തൻ
ഇരുൾ പരക്കുന്നൊരു കാട്

കരുതി തന്നെ ചെല്ലേണം
കരുതൽ വിട്ടെങ്ങും പോവുകയരുതേ
ഒളിഞ്ഞിരിക്കും ഒരുപാടാളുകൾ
നിറഞ്ഞു നിൽക്കും കാടാണേ!

മുഹമ്മദ് റഫാൻ റഫീഖ്

IV. E

പ്രണയക്കുരുക്ക്



മിന്നിമയുന്ന മിന്നാമിനുങ്ങുകൾ പോലെ,
 പെയ്തുകൊണ്ടിരിക്കുന്ന നറുമഴ പോലെ,
 പുഞ്ചിരി തൂകുന്ന ചെറുമാരിവില്ലുപോലെ,
 വാനിൽ തിളങ്ങി നിൽക്കുന്ന നക്ഷത്രങ്ങൾ പോലെ —
 സ്നേഹിച്ചു വരുന്ന ജീവിതത്തിലേക്ക്
 തീപ്പെരിയുമായി കുതിച്ചു വീഴുന്ന പ്രണയം!
 സ്വപ്നങ്ങൾ നാല് ചുമരിനുള്ളിൽ ഒതുങ്ങി തീരുമ്പോൾ,
 സ്നേഹവും പരിപാലനവും തട്ടിയെറിയുമ്പോൾ,
 സ്നേഹിക്കുന്നവർക്കിടയിൽ നിൽക്കുമ്പോൾ,
 സ്വപ്നം കണ്ട് ഉണരുമ്പോൾ...

കഴുകൻ കണ്ണുകളാൽ വീക്ഷിക്കുന്ന പ്രണയികൾ
 മോഹിക്കുന്ന ജീവിതം;
 റാഞ്ചിയെടുത്ത് പറക്കുന്ന
 പ്രണയക്കഴുകന്മാർ.....

ഒരു നിമിഷം കണ്ടവർക്ക് പുറകെ പോകാതെ,
 ഒരായുസ്സ് മുഴുവൻ നമ്മളെ സ്നേഹിക്കുന്നവരെ ഓർക്കുക.
 ലോഹം പോലും സ്വർണ്ണത്തടിയായി മാറുമ്പോൾ
 എല്ലാവരും അതിനു പുറകെ പോകും;
 ഓർക്കുക.....

നഷ്ടപ്പെടാൻ ഒന്നുമില്ലാത്തവർ അല്ല,
 ലോകം നേടാൻ ഒത്തിരി ഉള്ളവർക്കാണ്
 ഈ പ്രപഞ്ചം.

ഒലിവ് വിനോദ്

VIII B

ഞാനൊരു ഹാർട്ടിയൻ

ജീവിതത്തിന്റെ ആദ്യ പാഠങ്ങളും അതി ജീവനപാഠങ്ങളും എന്നെ പഠിപ്പിച്ച എന്റെ പ്രിയ വിദ്യാലയം. എന്റെ മാതാപിതാക്കളും കുടുംബാംഗങ്ങളും മാത്രമായിരുന്ന എന്റെ ലോകം ആദ്യമായി വിശാലതയുടെ കാഴ്ചയായി മാറിയത്, പപ്പയുടെ കൈ വിരൽ പിടിച്ചു എന്റെ പ്രിയ വിദ്യാലയത്തിന്റെ ഭാഗമായി മാറിയപ്പോഴാണ്. യൂണിഫോം അണിഞ്ഞ്, വർണ്ണ കുടയും പിടിച്ച് ഒരു മൂന്നു വയസ്സുകാരിയുടെ പേടിയും നാണവും ആശ്ചര്യവും സമ്മിശ്രമായ മനസ്സോടെ ഞാൻ എത്തിച്ചേർന്ന ദേവാലയത്തോട് ചേർന്ന എന്റെ വിദ്യാലയം. ചിരിച്ച മുഖത്തോടെ എന്നെ ചേർത്തുപിടിച്ച തങ്കമ്മ മാധത്തിന്റെ ആലിംഗനം ഇന്നും എന്റെ മനസ്സിലുണ്ട്. കെ.ജി മുതൽ പന്ത്രണ്ടാം ക്ലാസ്സ് വരെ ഞാനും സഹപാഠികളും, പ്രിയ അധ്യാപകരും, മാനേജർ അച്ചനും ഒക്കെ ചേർന്നൊരുക്കിയ ശ്രുതി മധുരമായ ഒരു സംഗീതവിരുന്ന് പോലെ ആയിരുന്നു എന്റെ സ്കൂൾ ജീവിതം .

മലയാളിയായ എന്റെ മനസ്സിൽ മലയാളത്തോടുള്ള പ്രണയം നിറച്ച എന്റെ പ്രിയ രാജി മിസ്സും, വിദ്യാലയത്തിലേക്ക് വരുന്ന ഞങ്ങൾ ഓരോരുത്തരെയും പുഞ്ചിരിയോടെ സ്വീകരിക്കുന്ന കരുതലിന്റെ പ്രതീകമായ ഞങ്ങളുടെ പ്രിൻസിപ്പൽ അച്ചനും എന്നും എന്റെ ഓർമ്മകളിൽ ഒരു കുളിർ തെന്നൽ ആണ്. "ഡെൽ അറ്റ് സ്കൂൾ" എന്റെ മനസ്സിലെ മറ്റൊരു മധുര ഓർമ്മയാണ്. അന്നാണ് ജീവിതത്തിൽ ആദ്യമായി എന്റെ വീട്ടിൽ നിന്നും മാറി നിന്ന ആദ്യ ദിനം. സഹപാഠികൾക്കും അധ്യാപകർക്കും ഒപ്പം രാത്രിയിൽ എന്റെ വിദ്യാലയത്തിൽ അന്തിയുറങ്ങിയ ദിനം. അപ്രതീക്ഷിതമായി വന്ന പ്രളയം, കൊറോണക്കാലം, സാമൂഹികാകലം പാലിക്കാൻ നിർബന്ധിതരായപ്പോഴും ഓൺലൈൻ ക്ലാസുകളിലൂടെ പഠിച്ചും പാട്ടുപാടിയും ഞങ്ങൾ വളർന്നു. പഠന പ്രവർത്തനങ്ങളോടൊപ്പം ഞങ്ങളുടെ വ്യക്തിത്വം വളർത്തുന്ന എത്രയോ ഇടങ്ങൾ ഇവിടെ ഉണ്ടായിരുന്നു. കലാ - കായിക മത്സരങ്ങൾ എന്നെ എത്രമാത്രം സ്വാധീനിച്ചു എന്നത് വാക്കുകളാൽ പറയുക അസാധ്യം. പോകുന്നിടത്തെല്ലാം ഒരു ഹാർട്ടിയൻ ആണ് എന്ന് പറയുന്നതിൽ അഭിമാനമാണോ അതോ അഹങ്കാരമാണോ എന്ന് വേർതിരിച്ചറിയാൻ കഴിയാത്ത നന്ദി നിറഞ്ഞ മനസ്സോടെ പ്രിയ വിദ്യാലയമേ ഞാൻ പടിയിറങ്ങുന്നു.

അലോണ ഷെറിൻ

XII C



പുമ്പാറ്റക്കുഞ്ഞ്



ഒരു പുമ്പാറ്റക്കുഞ്ഞ്
പാറിപ്പറന്ന് വന്ന്
എൻ കയ്യിൽ ഇരുന്നു.

ആഹാ! കാണാൻ എന്തൊരു ചന്തം,
ആഹാ! കാണാൻ എന്തൊരു ചേലാ!

മിന്നും കുഞ്ഞിക്കണ്ണുകൾ ചിമ്മി,
പൊന്നുപോലെ ചിറകുകൾ വീശി.

പുമ്പാറ്റക്കുഞ്ഞ് എൻ കയ്യിൽ തൊട്ടു,
മെല്ലെ മെല്ലെ...
എൻ കൈവിരലിൽ വന്ന് ഇരുന്നു.

എന്നുള്ളം നിറഞ്ഞു,
കണ്ണ് വിടർന്നു;
പുഞ്ചിരി മെല്ലെ ചൊരിഞ്ഞു.

മെല്ലെ ഞാൻ അവനെ
എൻ വീട്ടിൽ കൊണ്ടുപോയി—
“അമ്മേ, കണ്ടോ
പുമ്പാറ്റക്കുട്ടനെ?
കണ്ണുനിറയെ കണ്ടോളൂ...”

ഇവാൻ ശങ്കർ
II D



രൂചിക്കുപ്പുറം ആരോഗ്യം

ഒരു ഉച്ചഭക്ഷണ ഇടവേള. സ്കൂൾ മൈതാനത്തിലെ ഒരു കോണിൽ ഇരുന്ന് ഭക്ഷണം കഴിക്കുകയാണ് രാഹുലും അനുവും.

രാഹുൽ : ഹായ് അനു! എന്താണ് കഴിക്കുന്നത്? വീണ്ടും പിസ്തയാണോ?

അനു : അതെ രാഹുൽ. പിസ്ത എനിക്ക് വളരെ ഇഷ്ടമാണ്. ഈ രുചിക്ക് സമം ഒന്നുമില്ല!

രാഹുൽ : രുചി നല്ലതാണെങ്കിലും അത് അനാരോഗ്യകരമായ ഭക്ഷണമല്ലേ? ഇടയ്ക്കൊക്കെ കഴിക്കുന്നത് പ്രശ്നമില്ല. പക്ഷേ പതിവാക്കിയാൽ ആരോഗ്യത്തിന് ദോഷമാകും.

അനു : അത്രയും വലിയ പ്രശ്നമുണ്ടാകുമോ? പെട്ടെന്ന് ഒന്നും സംഭവിക്കില്ലല്ലോ!

രാഹുൽ : ശരിയാണ്, പെട്ടെന്ന് ഒന്നും തോന്നാതിരിക്കാം. പക്ഷേ ഇത്തരത്തിലുള്ള ഫാസ്റ്റ് ഫുഡുകൾ സ്ഥിരമായി കഴിച്ചാൽ ശരീരഭാരം കൂടുകയും വയറുവേദന പോലുള്ള പ്രശ്നങ്ങൾ ഉണ്ടാകുകയും ചെയ്യും. പഴങ്ങളും പച്ചക്കറികളും ധാന്യങ്ങളും പോലുള്ള ആരോഗ്യകരമായ ഭക്ഷണങ്ങൾ ശരീരത്തിന് ഊർജവും പ്രതിരോധശേഷിയും നൽകും.



മലയാളവിഭാഗം

അനു : ഹും... അതൊക്കെ ശരിയാണ്. എന്നാൽ ആരോഗ്യകരമായ ഭക്ഷണം രുചികരമല്ലെന്നാണ് എനിക്ക് തോന്നുന്നത്.

രാഹുൽ : അതെ ഒരു തെറ്റിദ്ധാരണയാണ് . വീട്ടിൽ തന്നെ ആരോഗ്യമുള്ള രുചികരമായ ഭക്ഷണങ്ങൾ തയ്യാറാക്കാം. അത് ശീലിക്കുന്നത് നമുക്ക് ഏറെ ഗുണകരമാകും.

അനു : എന്നാൽ ഞാൻ ഇനി മുതൽ പിസ്തയും മറ്റു ഫാസ്റ്റ് ഫുഡുകളും കഴിക്കുന്നത് ഒഴിവാക്കിക്കൊണ്ട് , ആരോഗ്യകരമായ ഭക്ഷണം കൂടുതലായി കഴിക്കാൻ ശ്രമിക്കാം.

രാഹുൽ : അതാണ് നല്ല തീരുമാനം! ആരോഗ്യമാണ് ഏറ്റവും വലിയ സമ്പത്ത്. നമുക്ക് നമ്മുടെ ശരീരത്തെ സംരക്ഷിക്കാം.

“ നല്ല ജീവിതത്തിന് അടിസ്ഥാനം ആരോഗ്യകരമായ ഭക്ഷണശീലങ്ങളാണ് ”

അവന്തിക നായർ
VIC



നിഴൽ വീണ പാത

നഗരത്തിലെ തിരക്കേറിയ സ്കൂൾ മൈതാനത്ത് പത്താം ക്ലാസ്സിലെ ഫൈനൽ പരീക്ഷയുടെ നിസർദ്ദ് കാത്തുനിൽക്കുകയായിരുന്നു ആദി. ഉറ്റ സുഹൃത്തായ വരുൺ പരീക്ഷയിൽ കോപ്പിയടിക്കുന്നത് കണ്ട ഏക സാക്ഷി ആദിയായിരുന്നു. സത്യം പറഞ്ഞാൽ വരുണിന് വലിയ ശിക്ഷ ലഭിക്കുമെന്നും അവന്റെ ഭാവി തകരുമെന്നും ആദിക്കറിയാമായിരുന്നു. എന്നാൽ, അധ്യാപകർ അന്വേഷിച്ചപ്പോൾ "ഞാൻ ഒന്നും കണ്ടില്ല" എന്ന് നൂണ പറഞ്ഞ് അവൻ തന്റെ സൗഹൃദം സംരക്ഷിച്ചു. വൈകുന്നേരം വീട്ടിലേക്ക് നടക്കുമ്പോൾ തന്റെ പോക്കറ്റിലിരുന്ന മെഡലിനേക്കാൾ വലിയ ഭാരം തന്റെ മനസ്സാക്ഷിക്കാണെന്ന് ആദി തിരിച്ചറിഞ്ഞു. വഴിവിളക്കുകൾ തെളിയുമ്പോൾ തന്റെ നിഴൽ പോലും തന്നെ പരിഹസിക്കുന്നത് പോലെ അവന് തോന്നി.



വർഷങ്ങൾക്ക് ശേഷം ഒരു വലിയ കമ്പനിയുടെ അഭിമുഖത്തിന് എത്തിയ ആദി, അവിടെ ഇന്റർവ്യൂ പാനലിൽ ഇരിക്കുന്നത് തന്റെ പഴയ സുഹൃത്ത് വരുണിനെയാണ് കണ്ടത്. വരുൺ അന്ന് അർഹതയില്ലാത്ത മാർക്ക് വാങ്ങി ഉയർന്ന നിലയിൽ എത്തിയെങ്കിലും, ജോലിയിൽ അവൻ കാണിച്ച സത്യസന്ധതയില്ലായ്മ കാരണം ആ കമ്പനി തകർച്ചയുടെ വക്കിലായിരുന്നു. "അന്ന് നീ സത്യം പറഞ്ഞിരുന്നെങ്കിൽ ഞാൻ ഒരുപക്ഷേ ജീവിതം ഗൗരവമായി കാണാൻ പഠിക്കുമായിരുന്നു" എന്ന് വരുൺ സ്വകാര്യമായി പറഞ്ഞപ്പോൾ ആദി സ്തംഭിച്ചുപോയി. ഒരു നിമിഷത്തെ മൗനം കൊണ്ട് താൻ വരുണിനെ സഹായിക്കുകയല്ല, മറിച്ച് അവന്റെ വീഴ്ചയ്ക്ക് കൂട്ടുനിൽക്കുകയായിരുന്നു എന്ന് ആദി വേദനയോടെ മനസ്സിലാക്കി.

തെറ്റായ കാര്യങ്ങളിൽ മൗനം പാലിക്കുന്നത് വലിയൊരു തെറ്റാണ്. സത്യം ചിലപ്പോൾ കയ്പുള്ളതാണെങ്കിലും, അത് നൽകുന്ന വ്യക്തതയോളം വരില്ല ഒരു കള്ളം നൽകുന്ന താൽക്കാലിക ആശ്വാസം.

അൽത്തീയ മാരിലിൻ വിവിയൻ



പുന്തോട്ടം

എനിക്കുമുണ്ടാരു പുന്തോട്ടം,
നിറയെ പൂക്കളുള്ളൊരു പുന്തോട്ടം.

പുത്തുമ്പികൾ പാറി നടന്നീടും,
സൂര്യൻ കാലത്തെത്തീടും.

പൂക്കളെ മെല്ലെ ഉണർത്തീടും,
കാറ്റ് മെല്ലെ വീശീട്ടങ്ങനെ
പൂക്കളെ മെല്ലെ തഴുകീടും.

എൻ കുട്ടരുമൊത്തു കളിച്ചീടാനായ്
സ്വർഗ്ഗം പോലൊരു പുന്തോട്ടം.



ഹെസ്തൽ മരിയ ജിജോ
II F

എന്റെ പ്രിയപ്പെട്ട മിലോ

ഒരു ദിവസം മിലോ എന്ന എന്റെ നായകുട്ടിയോടൊപ്പം ഞാൻ വീട്ടിലിരിക്കുമ്പോൾ ഒരു ഭിക്ഷക്കാരൻ പുറത്തുവന്നു. മിലോ വളരെ ചെറുതായിരുന്നെങ്കിലും ആ ഭിക്ഷക്കാരൻ എന്റെ അടുത്തേക്ക് വരുന്നത് അവൻ ശ്രദ്ധിച്ചു. മിലോ വേഗം എന്റെ അടുത്തേക്ക് ഓടി വന്നു. അയാളെ നോക്കി അവൻ കുറച്ചു. എന്നിട്ട് അവൻ എന്റെ കാലിനുകൾ നടന്നു. മിലോ, എല്ലായിപ്പോഴും ഞാൻ നടക്കുമ്പോൾ എന്റെ കാൽ നോക്കി എനിക്കൊപ്പം നടക്കാനുള്ളത് പതിവാണ്. മിലോയുടെ കുര കേട്ട് ഭിക്ഷക്കാരൻ അവിടെ നിന്ന് പോയത് പോലും ഞാൻ അറിഞ്ഞതേയില്ല. ഞാൻ സ്കൂൾ വിട്ട് വരുന്നത് കാത്ത് എന്നും അവൻ വീട്ടുമുറ്റത്ത് ഉണ്ടാവും. അവൻ ഇങ്ങനെയാണ്. അവന്റെ സ്നേഹവും കരുതലും ഇങ്ങനെയൊക്കെ ആണ് പ്രകടിപ്പിക്കുന്നത്. എന്റെ മിലോയ്ക്ക് ഒരുപാട് സ്നേഹം....



സ്റ്റീവ് ഹെസ്റ്റർ ജോജോ
I. F



KINDERGARTEN SECTION



EVERY GREAT JOURNEY HAS A BLESSED BEGINNING



On 31 May 2025, Sacred Heart CMI Kindergarten conducted its Initiation Ceremony. The Chief Guest was Dr. Mary Matilda, former Principal of Maharaja's College. Principal Rev. Dr. Varghese Kachappilly CMI led the prayer service along with Rev. Fr. Austin Mulerickal CMI, Rev. Dr. Cherian Kunianthodath CMI and Rev. Fr. Jithin Jose CMI. The Public School's Vice Principal, Ms. Vinitha Mendez and Headmistress, Ms. Sindhu Tharayil graced the occasion. The Kindergarten Headmistress Ms. Bindu Thomas welcomed the gathering and led the Teacher's Oath. The KG faculty presented soulful songs and a vibrant Ranga Pooja, setting a serene tone for the ceremony. KG Parent Anoop Cyril led the oath for parents.

The event welcomed new faculty and students, emphasizing holistic growth and values. The ceremony ended with the blessing of each kindergartener by the Reverend Fathers.





PRAVESHANOLSAVAM

"A little learner today, a world changer tomorrow."

The first day of school is often a mix of excitement and jitters for both students and their parents! To make this journey a happy experience SHKG organised "Praveshanolsavam", a festival celebrating school life, for our tiny tots. The teachers welcomed the UKG Seniors who in turn warmly welcomed their LKG juniors who then ushered in the PRE-KG tiny tots. Our tiny tots were carried away by the melodious music and foot tapping dance and could not resist joining in. The feeling of joy and anticipation was palpable in the students, parents and teachers alike. The three day "Praveshanolsavam" concluded with a renewed sense of purpose and enthusiasm marking a successful, smooth beginning for everyone involved.



BLESSINGS LIKE THESE ARE PURE JOY



'Play builds the kind of free-and-easy, try-it-out, do-it-yourself character that our future needs.'
James L Hymes Jr.

Play is often talked about as if it were a relief from serious learning. But for kindergarteners, play is serious learning. Play is really the work of childhood. Children are not just playing, they are learning, creating, sensing, believing, relaxing, exploring, observing, wondering, connecting, discovering, appreciating, understanding and experimenting. This year, in order to provide a richer experience, Sacred Heart CMI Kindergarten augmented its "play facilities" extensively.







Teachers' Orientation

"Every child deserves a champion—an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be." – Rita Pierson

They say winners are made, not born. But who makes them? The instructors, the trainers and the teachers—the ones who are there at the beginning, during failures and after successes. The reason champions don't give up is because their teachers didn't give up on them. Teachers too need to reorient and update themselves so that they can be the best mentors. At Sacred Heart CMI Kindergarten this commitment to excellence is maintained through regular staff training and development.





PARENTS' ORIENTATION

"Parents plant the seeds, teachers water the mind and together they watch the future bloom."

Two Orientation Programmes were conducted for the Kindergarten parents. The first session conducted on 24 May 2025, was an opportunity for the parents to know about the activities of the school and to create a bond with the teachers as the school is home away from home for their children. Dr. Elsie Oommen, Consultant Psychiatrist, Medical Trust Hospital conducted an informative session for parents. The session helped parents gain a better understanding of healthy parenting practices and developing school readiness in kindergarten students.

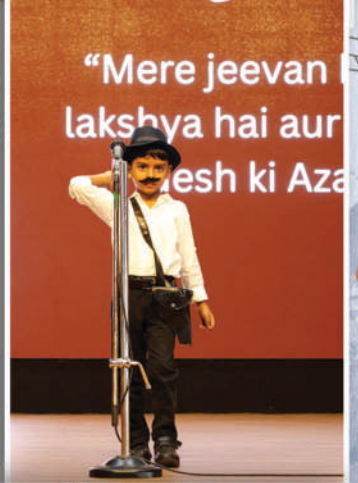
The second orientation programme conducted on 2 August 2025 by Adv. Prabha M. of Pragma Centre for Experiential Learning, focused on how parents could support children effectively for proper emotional well-being and personal growth beyond academics.



TIRANGA IN OUR HEARTS, PRIDE IN OUR VOICES.

The 79th Independence Day was celebrated at our kindergarten with great pride and joy on 14 August 2025. The celebration was graced with the presence of the Public School Vice Principal, Ms. Vinitha Mendez and Headmistress, Ms. Sindhu Tharayil. The spirited performances by our children were witnessed and appreciated by their parents and grandparents. The celebration instilled the value of patriotism in our children.





Celebrating unity, equality and nature's grace

Onapulari 2025 – A Blend of Tradition and Values



The Onam celebrations at Sacred Heart CMI Kindergarten, filled with joy, colour and festive spirit were spread over two days. The festivities began with a delightful Onam Sadya, lovingly served to the children by the Principal Dr. Varghese Kachappilly CMI, Headmistress Ms. Bindu Thomas and staff, creating a warm atmosphere of togetherness and gratitude.

The cultural programme, Onapulari, held on 27 August 2025, was graced by Guests of Honour, Cine Artist Ms. Anika Surendran and Playback Singer Ms. Sreya Jaydeep. Our little stars lit up the stage with enchanting dances, melodious songs and meaningful skits that celebrated unity, gender equality and love for nature. The eco-friendly décor with its emphasis on traditional roots added depth to the celebration, making it a tribute to Kerala's rich cultural heritage.



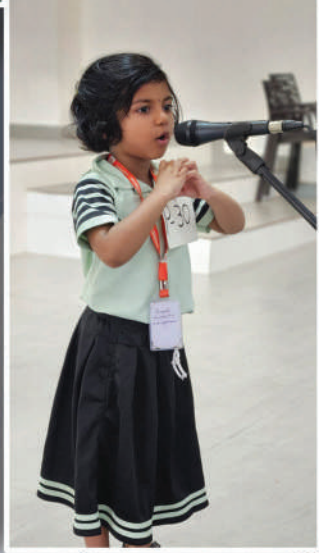
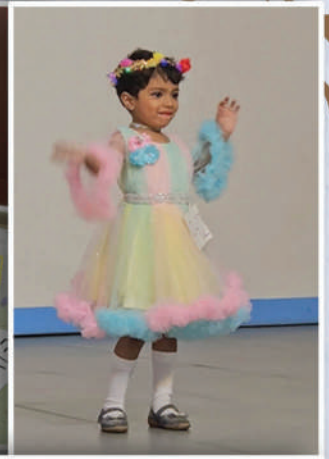




Life will take you to amazing places if you have the courage to try **Aakar Talent Search Competition**

Aakar was a celebration of budding talent and creativity. The competition provided a wonderful platform for children to express themselves and build confidence. Aakar sparkled with creativity, confidence and boundless energy. Our young stars lit up the stage with their remarkable performances, showcasing their fledgling talent with pride. Sarah Mariam John and Nathaniel Joseph were awarded the Balatharam Trophy for their exceptional performances.





Every champion was once a beginner

Annual Sports Meet



Kindergarten Sports Day is more than learning and teamwork — it's a warm day of smiles, laughter and shared joy.

Our young athletes set the tracks on fire during the Kindergarten Sports Day held on 11 February 2026. Our Principal, Rev. Dr. Varghese Kachappilly CMI flagged off the programme in the presence of the Headmistress. Our children participated with great enthusiasm and team spirit. The spirited march past and the energetic Zumba cum Yoga display were the highlights of the event. Certificates and medals were awarded to the budding athletes. Jennah Mariyam T A and Aari Aju were adjudged the Individual Champions of the Annual Sports Meet.





Kerala Piravi

“One's heritage and roots are something to be proud of and cherished.”

“Keraleeyam” a day for commemorating the formation of the state of Kerala was celebrated on 3 November 2025. This event was organized with an aim of instilling pride in Kerala's rich cultural heritage and to educate students about the history of Kerala. The “Super Moms” of our school took the initiative and conducted the programme with panache. The interactive and creative session on “Keralam” brought to life the state symbols in a memorable manner. The tableau on “Superheroes of Kerala” helped in providing our little ones role models to emulate. Song and dance performances helped in laying a foundation for developing an appreciation and interest in fine arts.







Noel

"Let this Christmas remind us of the beauty of giving and sharing"

Noel 2025 was held on 16 December 2025 in the Main Block Auditorium. Mr Kester, the highly popular and gifted Gospel singer was the Chief Guest. The LKG students proudly put up a magical and heart-warming production featuring shining costumes and festive décor. The North Pole dwellers led by Elf Twinkle Toes and team beautifully presented the Christmas Pageant. The soulful carols, charming nativity and peppy dances were appreciated by the captivated audience.

Santa's visit to SHKG was "the icing on the cake" for our little ones. The ecstatic KG students were seen dancing with Jolly Old St. Nick and sharing warm hugs and greetings with each other.

Last but not the least, the KG team celebrated the festive season with a wonderful Christmas get together, taking a well-deserved break to enjoy holiday cheer, great food and lively company. It was fantastic to celebrate the year's achievements together and recognise the hard work that make SHKG successful.





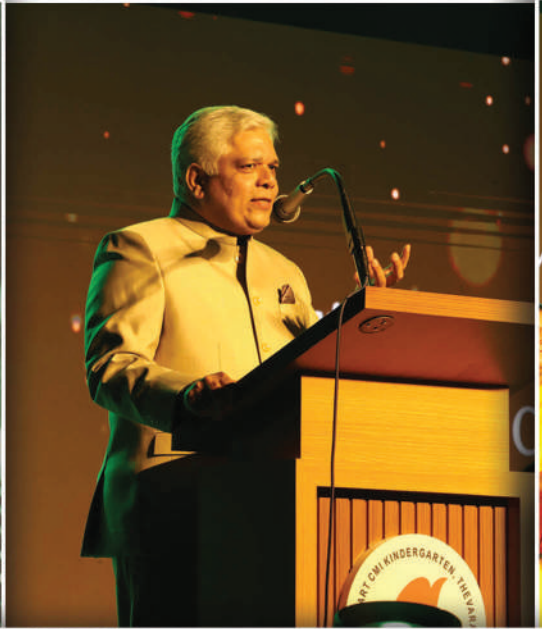


Vibrant Hues— One Earth, One Future

Together for a Greener, Sustainable and Healthier Tomorrow.

Sacred Heart CMI Kindergarten's Annual Day, Vibrant Hues, was held on 24 January 2026. The Chief Guest for the evening was Hon'ble Justice Devan Ramachandran, Judge of Kerala High Court. Ms. Elizabeth Idiculla, Municipal Councillor was the Guest of Honour and Ms. Subhadra Unnikrishnan, Flowers Top Singer Fame was a Special Invitee. In his address to the audience, the Hon'ble Justice emphasized the role of parents and the importance of being ideal role models for their children. He also appreciated the effort taken by the school and the teachers in moulding the tiny tots to become responsible citizens. The evening was power packed with exhilarating dance performances and skits that displayed the immense talent, confidence and creativity of the students. Each performance beautifully reflected the theme, 'One Earth One Future' celebrating our collective commitment for a better tomorrow, earning the wholehearted applause from the audience.





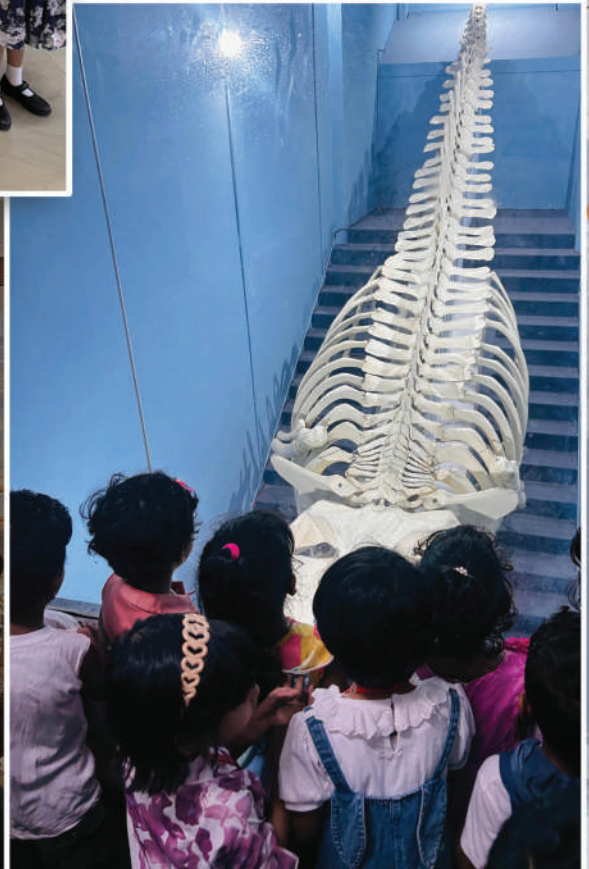




NURTURING THE FUTURE

As they rightly say, children are tiny seeds with giant possibilities. This Children's Day SHKG set out to provide a unique experience for its seedlings. The junior-most kindergarteners, i.e, the Pre-KGs led the Children's Day special assembly. SHKG visited Fr. Gabriel Zoology Museum at Sacred Heart College. This is the largest and the most spectacular among the museums maintained in the colleges of Kerala. About 3000 specimens are on display in the museum which include two rare exhibits, the full skeleton of a whale and an elephant. Children didn't just walk and look; they also got to be detectives! They used their eyes to look closely and ears to listen to their teachers and the research scholars talk about the exhibits.

Many of the students loved the whale skeleton and fossils the most, while others enjoyed seeing the Taxidermy animals like kangaroo, platypus and echidna. Children learned that a museum is like a time machine that helps us visit the past, takes care of important things so we can learn from them and is a perfect place for students to find answers to many questions. It was a fantastic day which sparked curiosity and a scientific temperament.



HOLISTIC DEVELOPMENT

“It is vital that when educating our children’s brains, we do not neglect to educate their hearts.” ~ Dalai Lama

In a world that's constantly changing, one thing remains timeless – the importance of character. At Sacred Heart CMI Kindergarten our educational approach goes beyond academic knowledge and focuses on nurturing the ethical, moral and emotional development of students. We believe that values are the foundation of a person's character and guide their behaviour and choices throughout life. Through the “We Care We Share” project, celebration of “Grandparents’ Day” and interactive value-based sessions, this “value foundation” is firmly set in our kindergarteners.



World Environment Day



SHKG commemorated World Environment Day by conducting a day long experiential learning session based on this year's theme "Ending Plastic Pollution". Through an interactive skit and action song the UKG students were made aware of the dangers of plastic pollution. The students also learnt how to make shopping bags from old newspapers thus providing an alternative to the ubiquitous plastic bag.

Reading Day



"A child who reads will be an adult who thinks."

"Our youth should also be educated with music and physical education." Aristotle

Music Day

**Music
Unlocks
Self-expression
Intelligence &
Creativity**



Yoga Day

*Building a healthy body,
calm mind and strong spirit
in our children.*



Teachers' Day

*Making our school campus a
reflection of Gandhiji's dream—
clean, green and beautiful.*



Gandhi Jayanti

LIFE SKILLS

"Tell me and I forget, teach me and I may remember, involve me and I learn"

Bringing real life, practical knowledge into class room experiences is a part and parcel of SHKG's curriculum. Our kindergarteners are fully involved in all such sessions and can be seen participating with great gusto.



Good Touch Bad Touch



Meet our Community Helpers



Post-a-Greeting



Dental Hygiene



Seed Germination



Vegetable Garden



Colour Days

JOYFUL LEARNING

"The best education does not happen at a desk, but rather engaged in everyday living – hands-on, exploring in active relationship with life." - Vince Gowman.

For a kindergartener there is no division between playing and learning; between the things he or she does 'just for fun' and things that are 'educational'. Children learn while living and any part of living that is enjoyable is also play. Keeping this philosophy in mind our students are constantly engaged in hands-on experiential learning.

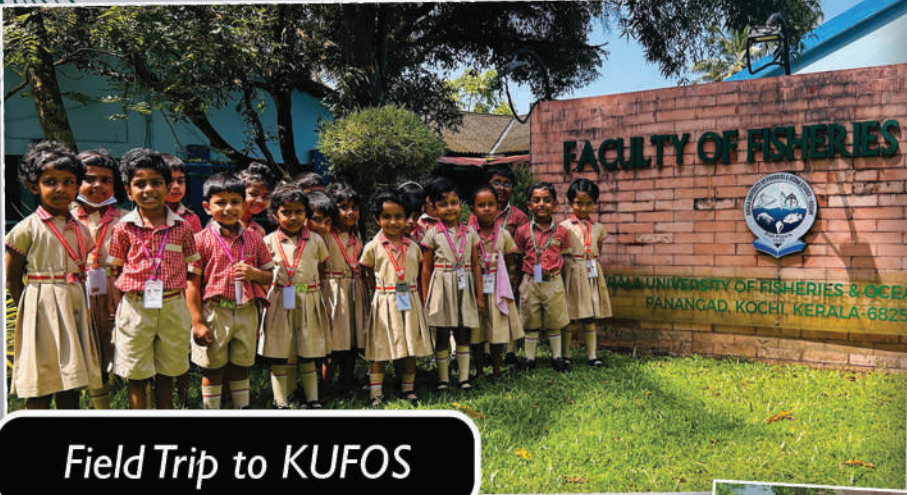


Shopping Trip



Visit to the Thevara Police Station





Field Trip to KUFOS



Visit to the Fire Station



Visit to Decathlon



Class Picnic





Fruit Party



Funday Friday

BUILDING WISDOM

"Without faith, nothing is possible. With it, nothing is impossible."
- Mary McLeod Bethune

Through value based interactive sessions, the Kindergarteners were encouraged to develop the value of faith, which is a vital foundation for holistic growth, offering emotional security, a moral compass and a sense of purpose.



Sacred Heart Feast Day



First Friday Observance





St. Thomas Day



Ash Wednesday



Annual Retreat

HAPPY BIRTHDAY TO OUR GUIDING LIGHTS!



"True leadership is not about authority, but about service," and no one embodies this more than our beloved Principal, Rev. Dr. Varghese Kachappilly CMI. On 4 December 2025, we celebrated his special day. It was a day filled with joy, laughter and heart-warming moments. The corridors were decorated with beautiful posters and the assembly was filled with cheers as the Kindergarten team put up a show that involved everyone. SHKG worked together in secret, to plan a surprise that would show just how much the Headmistress Ms. Bindu Thomas means to us all. Students from UKG performed a beautiful dance themed around inspiration and dedication. The highlight of the celebration was the cake-cutting ceremony, which brought a bright smile on madam's face.



Walking into the next chapter

A euphoric mood enveloped our kindergarten on 26 March 2026 as our UKG students donned graduation gowns for their passing out parade. The proud graduates were given a touching send-off by their juniors. The Chief Guest Rev. Fr. Jaison Parappilly CMI, our Principal, Rev. Dr. Varghese Kachappilly CMI, Vice Principal, Ms. Vinitha Mendez and the Public-School Headmistress Ms. Sindhu Tharayil awarded the convocation certificates and medals. The Kindergarten Headmistress, Ms. Bindu Thomas and teachers blessed each child. The Pre-KG put up a “farewell programme” for their seniors. The children proudly received their certificates & medals, making their parents beam with joy. It was a day filled with pride and happiness for everyone who witnessed these young learners embark on their next adventure. As a gesture of gratitude, the outgoing UKG parents presented a memento and play equipment to the kindergarten.





AWARDS GALORE



Our kindergarten students added glory to the school by emerging victorious and winning the Championship Ever Rolling Trophy at Amazo-26 organized by Campion School, Edappally



Our students brought laurels to the school by winning the Runners Up Trophy at Rajagiri Kids Fest conducted by Rajagiri Kindergarten, Kalamassery.



Our kindergarteners also secured the Second Runners-Up position at Angelic Voices 2025 conducted by Naipunya Kindergarten, Kakkanad.



ROTARY JUNIOR TALENT HUNT
2025 - 26



KAIROS
By Assisi Vidyaniketan Public School



FELACIA 2025
By St. John's Visitation Public School



CHAYAM 2025
By Chittilappilly Square



ALL KERALA CHILDREN'S FEST
By Cochin Shipyard



DROMOS KINDERFEST
By Marthoma Kindergarten



VARAYUM NIRAVUM
By Mathrubhumi



PALLETT PALS
By Don Bosco Youth Centre



SPECTRUM JUNIOR
By Sanskara School



WIZKIDS CARNIVAL
All India Kids Premier League



PCM Scholarship Examination

38 students were awarded scholarships for their outstanding performance. 15 LKG and 70 UKG students achieved academic excellence and were awarded gold medals & merit certificates.

KINDERGARTEN TAPESTRY

Learning Karate with a smile



I love Karate. It has kicks, punches, blocks, exercise. I am in yellow belt now. When I go to Karate class, I feel energetic. My sensei teaches me new moves each class. I have Karate class on Mondays and Thursdays. Karate makes me strong and brave. One day I will become a black belt.

By
Aari Aju
UKG A

My Doll



My doll's name is Bluey. I love her so much. She has two legs and two hands. She has two black eyes and one nose. I named her Bluey because she looks like Bluey in the cartoon. She was a gift from Santa. She sleeps with me every night.

Name: Eva Mariyam Bibin
Class: UKG F

GRACE'S BRAVE ZIP LINE RIDE



One day, I went to Thekkady with my whole family. I saw a zipline where many kids were playing. I felt curious but little scared. Sarakutty went first. Everyone clapped and she was very happy. My heart started beating fast.

Then it was my turn. Everyone cheered Grace, Grace and I went very fast. Appa was waiting at the other end.

Everyone hugged me, I am not scared anymore. I felt very happy and brave.

Moral: Try it, Even if you are scared. You can do it.

GRACE TOM PATTERY
LKG-D

My Earth

The Planet we live on

Earth is round, like a big ball. It spins and moves and gives us day and night.

Earth is covered with more water than land.

Earth is the only planet we know that has life.

We must save water and plant trees. Let's be kind to our planet.

Evelyn Mary Jobin
UKG-B

Once there lived a lion who was mighty and proud. He was rude to everyone. One day a mouse came to see him. He said "Your Majesty, may I be your friend? But the lion got angry and said, "Go away you silly mouse, I am the king of the jungle. How dare you ask me to be your friend? The mouse was sad and went away. One day the lion went for a walk. But he did not look where he was going and fell in a pit. He cried for help. The mouse heard his cries and

threw down a rope. The lion climbed up and said, "Thank you dear mouse for helping me even when I was rude to you. The mouse forgave him and they became best friends.

MORAL - Be humble and kind to everyone. Grace Sibin

My favourite story book
- My Grandad and Me

My favourite story book is, "My Grandad and Me." It is written by Igloo Books. The story is about a child and his loving grandad. Grandad tells stories and takes care of the child. The pictures in the book are colourful. I like this book because it makes me think of my own grandad. This book makes me feel happy when I read it.

Imaan Zaira
UKG F



My trip to the island in Bali was the happiest day ever. I got on a boat with my family. The sea was so big and blue. The boat went fast and the wind touched my face. I laughed and held tight to my hat. I saw dolphins jumping out of water. I also saw little starfishes and many tiny fishes. It felt like looking into big aquarium.

When we reached the Island, I saw big turtles, they were slow and cute, I touched one of them. I played in the sand everything smelled like sea and sunshine.

I didn't want the day to end. It truly felt like a magical day in the sea.

HAZAM DAUD
- UKG - C -



Seeds of Kindness

Every morning when I wake
Outside my window
Little pigeons flap and coo
A kind man comes early
to spread some food upon the ground
The birds fly in
happy pecks are all around
Feeding birds is to love and care



MY SCHOOL PICNIC

My friends and I went
for a picnic to a mall,
along with our teachers
and chechis, in our yellow
school bus. We rode a
horse, sat in a giant
wheel, train and flew
in an aeroplane. We had
biriyani for lunch. We had
so much fun. Thank you
teachers and chechis.

Juan Maverick Edson
Sacred Heart CMI School | Thevars | Kochi - 682011
LKG-E

orion's belt

When I look up in the sky,
I see three tiny stars shining in the sky.
Always smiling at me.
They are my favourite stars.
It is Orion's belt.

by
Nathanael

Fire Fighter

I want to be a fire fighter when I
grow up. Fire fighters are brave and
strong. They rush into danger, help
people, rescue animals but above all
put out fire. They wear helmet, boots
and shiny suits. They ride on a big
red truck that goes woo.. woo..
I want to help people, fight the
fire and save lives. So one day you
will see me there in my big red
truck racing through the town.

Jaden John Joman
LKG-D



My Baby Sister



When I went to see my
little sister I was very
excited. I reached the hospital
and quickly went to the
chapel to thank God. Then I
went to my Mumma and there
she was my little sister Claire.
She was sleeping. I sat beside
her. After five minutes she woke
up and I played with her.
Now she is six months old.



Katherine



THE GOLDEN FRUIT



Who am I? I am a fruit.
I look like a big smile.
You can see me in green and yellow.
You can see me long and short.
You can see me in smoothies and pancakes.
I am sweet and soft.
I am loved by all children.
I am good for your body.
You can eat me every day.
Can you guess who I am?
I am a banana.

by
Sarah Mariam John
UKG-A



Little Hands, Caring Hearts

Sharing is a beautiful way to show love and kindness. When we share our toys, snacks, and smiles, we make others happy. In our classroom, we learn that caring for our friends makes us better and brighter little stars. When we share, we grow together!

Neha Meryl
UKG-C



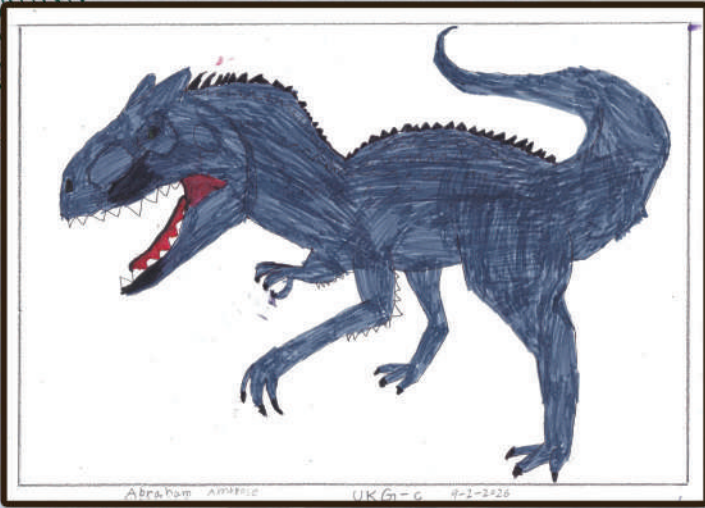
What I want to be!
I don't want to be a
doctor or teacher or pilot
or a dancer. I want to be the
happiest person in the world.
I will smile every day.
I will say thank you and sorry.
I will share my toys.
I will laugh and play.
I will make others happy and
that will make me happy too..

Theresa
UKG-E

Dear friends I am Siah Philip
of UKG-B. Today I am going to talk about
my favourite painting. I made the painting
on a canvas using oil pastels. The
blue colour is the sky with white
clouds in it. The green colour are
the trees. The pink and black is a
house. I love to do painting and
had fun making this.

Siah Philip
UKG-B





Abraham Ambrose (UKG C)



Blaze Ouzef (LKG B)



Abram Chris (UKG A)



Devansh Sujith (UKG E)



Druva Dineesh (UKG E)



Edriana Elaine Nigil (UKG A)



Elisha Eva Nimal (LKG C)



Evalia Bristo (UKG F)



Evanah Engracia Padua (UKG A)



Iza Mariam Gibu (LKG D)



Naina Navaneeth Shenoy (UKG C)



Jannah Mariyam T A (UKG F)



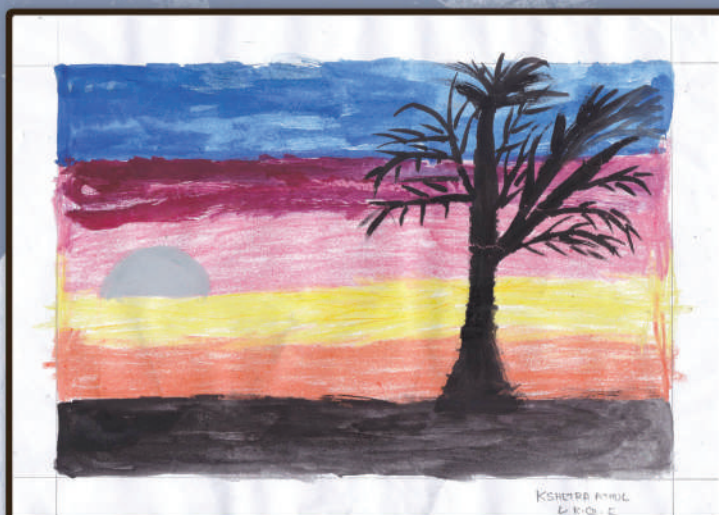
John Faby (LKG C)



Junia Jijo (LKG B)



Neorah Esther (LKG C)



Kshetra Athul (LKG E)



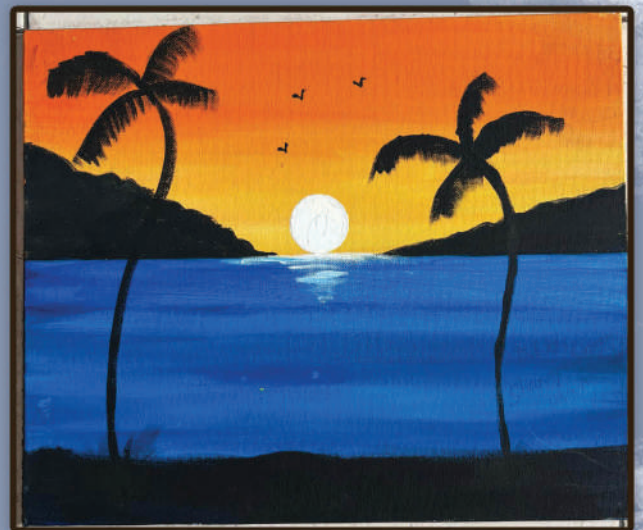
Niswarth N Pisharadi (LKG E)



Nylah Teresa Neeraj (LKG A)



Shanza Sinseer (UKG A)



Shanaya Sinseer (UKG A)



Rueanna Mariam Sibin (LKG A)



Saavanth Krishna (LKG B)

Onwards and Upwards



SACRED HEART CMI KINDERGARTEN, THEVARA.

UKG A 2025-26



SACRED HEART CMI KINDERGARTEN, THEVARA.

UKG B 2025-26



SACRED HEART CMI KINDERGARTEN, THEVARA.

UKG C 2025-26





SACRED HEART CMI KINDERGARTEN, THEVARA. UKG D 2025-26



SACRED HEART CMI KINDERGARTEN, THEVARA. UKG E 2025-26



SACRED HEART CMI KINDERGARTEN, THEVARA. UKG F 2025-26



SCHOOL ANTHEM

Hail oh, hail, thou peaceful dale,
Grace's grail, thou, wisdom's vale.
Nestling by thy sacred fount'
We praise thee seasons round.

>>>

Sailing seas of space unknown,
We seek the stars of distant dawn.
Anchored in thy bosom's might
We hanker for a future bright.

Information seeds we glean
With character formation clean.
Yearning for self-realization
Transform we this nation.

Joining mind with heart and hand,
And marching forward band by band,
"Sacred Heart" we now applaud
His righteous path to tread.





Sacred Heart CMI Public School, Thevara

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