



# REFLECTION

The Sacred Heart CMI Public School News Letter- Published by the Principal - Sl No : 9/ March -2023

Editorial Board : Annie Isaac, Gibi Gangadharan, Mini N.P, Megha P. Joseph

## VICENNIAL SPECIAL



### THEN AND NOW



## From the Principal's Desk

**“Strength and growth come only through continuous effort and struggle”**

**Napolean Hill**

The effort and commitment of innumerable people has scripted the success story of this institution. The founders and my predecessors had a vision and those who walked in their footprints and took up the helm of affairs later have been able to fulfil that vision into a reality. The vision too has been moulded and modified to cater to the need of the era. Today the flag of this institution soars high to testify that we have earned a place of high repute. The locale, the ambience, the facilities, the quality of faculty intake and of course the dedication of all stake holders are some of the crucial reasons which paved the way for the success.

Today as the school completes twenty years of functioning, I feel overwhelmed with gratitude to the almighty for making me an instrument in the growth of this institution. The frequent visits by the alumni, productive feedback from parents and the board results prove that we are in the right direction. As dreams and visions turn into reality, more dreams and visions are created for there can be no compromise as HEARTIAN today has become a brand name. What we are striving for can be best described in the quote by Zig Zagler

“Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be. If we do our best, we are a success.”



# REMINISCENCE

Being from the very first batch, I consider it a privilege to call myself a Heartian and I am grateful for all the learning and exposure that I received during my time at the institution. To be part of a growing institution is always a moment to cherish – while the nervousness of being the first batch (or rather the experimental batch as we were often called) is inevitable. I am certain that the wide array of unique opportunities that we got, be it organizing the first Annual Day, the first Sports Day or representing the school for the first time for various inter school competitions, played a pivotal role in our holistic growth and in preparing us to be ready for the real world outside.



From our humble beginnings of commencing classes in a renovated hostel building back in 2003 with very limited infrastructure, the school has traversed a long way today to become one of the premier institutes that is well recognized for its prowess both in academic, sports and cultural space. This success would not have been possible if not for the relentless efforts and dedication of the management, teachers and of course, the students!!

I can with a deep sense of confidence and pride vouch that our school inspires every Heartian to dream big and extends a nurturing environment where students are taught how to pursue and achieve those dreams. The school will always have a special place in my heart and as a proud alumnus, I am looking forward to seeing the school scale more incredible heights in the years to come!!

**Jos Antony Koppanalil (2011 Batch -I)**



As a young kid, I remember walking to the Principal's office with my parents for my admission and being greeted by a priest with a smile. Little did I know that I had found

## FLASHBACK

my forever home and would proudly call myself a Heartian 12 years after completing my studies. It's funny how all we wanted was to grow up and head to college and into the big world as people called it, but



little did I know that it was SH that shaped me into the person I am today and helped me in facing all that was out there. From developing leadership skills, making new friends to participating in extracurricular activities and forming relationships with teachers and other staff members. Over time, the school grew and changed. Walking down the halls of the school a decade later, it fills me with immense pride to see how we've gone from a hall separated by boards to form classrooms to fully equipped AC classrooms with upgraded technology and new programs.

This growth is a testament to the hardwork of each and every one who's been a part of the school community. While I write this article I have nothing but immense gratitude to all my principals, teachers and staff for giving me the most wonderful experiences and molding me into the person I am today. As we celebrate 20 years, I wish everyone the best and hope that we keep the spirit of Sacred Heart alive and it becomes a place that raises adults to be examples for others.

**Feby S John (2013 Batch - 3)**



# SAYONARA



## ADIEU ELEVES 2022-'23

Sayonara, the Farewell Party of the outgoing Std XII students was celebrated after three years, the first party in the Post-Corona Era. It was held on Saturday, 4<sup>th</sup> February, 2023. The celebrations started with the release of hydrogen balloons to commemorate the day. The programmes started with the music group; despite the short practice, they had put up a melodious show. There were some heart touching melodies in the air. It was followed by dance events from various streams of grade 12. Dancers rocked the floor with their enthusiastic, vibrant performance.

In between, we had 'Teachers' Awards' for our wonderful teachers, an event which we will cherish forever. The class representatives from each of the four division of class 12 walked down the memory lane. It was a nostalgic moment, where good memories reflected in the twinkling eyes. The most expected event of the day was the selection of 'King and Queen of SH' contest, which was won by Vivek and Natasha. We didn't give much importance to the title which they had won for we all felt that each one of us deserved the title. We had 'Parent representatives' from all four classes who shared with us their experience: how they enjoyed with pride seeing their kids grow up in Sacred Heart CMI Public School. Parents were happy to see confident, young students ready to face the world.

There was an electrifying DJ, by Eldo Sir, which was appreciated and applauded by all. The students joined in and danced head on heels. We dined together with our Principal, Vice Principal, teachers, parents and friends. It was indeed a wonderful evening with evergreen memories. I express my sincere gratitude to the management and teachers for organising this event.





## MÉLANGE - A DAY TO CHERISH

“All of us do not have equal talent. But all of us have an equal opportunity to develop our talents.”

On February 17th, 2023 the Performance Day of classes 6 to 9 was held at the Lake View Ground of Sacred Heart CMI Public School from 5.30 p.m. The students were filled with enthusiasm and waited for the day with bated breath. The programme was honoured with the presence of the Manager Rev. Fr. Poulose Kidangen CMI, Principal Rev. Fr. Antony Madavanakad, Vice-Principal Ms. Vinitha Mendez and Kindergarten Headmistress Ms. Sajini Paul. The event began with the Manager Rev. Fr. Poulose Kidangen CMI sharing his thoughts with the audience.

First on stage was the western music band of class VII with the song Unstoppable which made the audience tap to the tunes. After their euphonic performance that set the ball rolling, the class VI students captured the hearts of the audience with a malayalam skit on **AMMA**. The event took a turn from a sentimental skit to a fusion of music and dance, **GUSTO**, represented by the students of class VIII. The actors and actresses of class VII showcased their skills through a musical performance, on a highly debated social issue around the globe, Women Empowerment which was followed by **ANBU**, Tamil melody by class VII.

Class IX students took the show to a different level by introducing the audience to the world of Arabic tales through the portrayal of **ALI BABA AND THE FORTY THIEVES**. The play concluded with the song Open Sesame by the Western music band of class IX. On the whole, all students got an opportunity to develop their talents and realise their potential.





## TRAVELOGUE - KODAIKANAL

School trips leave a great impact in the mind of the student, where he goes without his family, which allow him to rely on himself and take responsibility and enjoy the activities of the trip. This was a big surprise for us as the trip was arranged for std XI, approximately after 7 years. I enjoyed this experience so much, and for sure I want to repeat this experience in my next year too. The trip to Kodaikanal was for the class XI students from 16<sup>th</sup> to 18<sup>th</sup> of February 2023. There were 46 students accompanied by 3 teachers-Sobin Sir, Jovita Ma'am and Mariamma Ma'am. We reached Kodaikanal by 5:00 p.m and visited magnificent Silver Cascade waterfalls which was just after the entrance.

The next day we started to explore Kodaikanal. The first point was Moir point from where we had a beautiful view of the Palani hills, followed by pine forest. The area surrounding it was a reserve forest under Palani hills wildlife sanctuary and national park. Pillar rocks were our next destination which was a combination of 3 rocks with an average height of 122m. Everyone was so excited to visit Guna caves which was previously called 'Devils Kitchen'. It looked like a haunted place which was deeply infested by bats. They are chambers between the Pillar rocks. The deep narrow ravines of the caves are now closed to public due to the deaths. These dangerous caves are highly protected now and tourists can see sections of the cave system from afar.



Suicide point or Green valley view is a place where we can have a panoramic view and is situated at a height of 1500 metres above sea level. We could see the Vaigai Dam and the plains. The way to the point is commercialised with shops and looked like a market.

Kodaikanal lake is a roughly star-shaped lake, where we created a lot of memories. Some went for boating and some had taken bicycles or tricycles. Others had a stroll around the lake or went to an arcade. We didn't want to leave that place. When we came back after a tiresome day, we had huge surprise arranged by the DJ. This year after corona era, we experienced the true meaning of togetherness. So we enjoyed ourselves to the maximum and it was the best day of our school trip. All good things must come to an end. On 18<sup>th</sup> February we started our return journey. The bus reached school by 9:15 pm and we headed back to our homes with a handful of memories.

## JAUNT TO WONDERLA



We, the students of Class X were taken on a one-day trip to Wonderla on the 25<sup>th</sup> of January 2023. It was a day of utmost joy, fun and frolic. We started our trip from school by 9 a.m. and reached our destination by 10:30 a.m., where our guide gave us instructions regarding the locker rooms, costumes and the food coupons. In the forenoon session, we covered all the land rides while in the afternoon session we enjoyed the

water rides. Before boarding our respective buses by 5:30 p.m, we took a lot of pictures and bought snacks too. We reached school by 7 p.m. It is really important to mention how thankful we students are towards our teachers and support staff who made sure that we reached home safely. The trip has truly engraved a life time memory in the minds of all the students of class X.





## THERE IS NO LEGACY AS RICH AS HONESTY

There is no legacy  
As rich as honesty  
No jewel shines brighter  
No asset worth more.

It may be small,  
But the power it wields  
Is greater than that of a sword.  
Good qualities passed through  
Hold more value  
than untold fortunes.

Time again proves  
Gems hold less worth  
Than a simple yet thoughtful word.  
Never forget, no legacy is as rich  
As honesty,  
Truth alone shall prevail  
In this world of treachery and misery.

Hayah Shoaib IX,C



## TIME WE HAD

Those who die never truly leave us;  
They live on in our hearts,  
In our memories.  
They may be gone,  
But the love and happiness they spread  
Is still around us.

Their essence, smiles, fragrance  
And even their very being surround us.  
They can never be replaced.

Losing someone is hard, yes,  
But regret of not knowing them is far worse.  
The loss is truly a great one.

For in the end, we do not worry about lost  
degrees, failed tests,  
But rather about things we didn't do,  
Hoping to do those things later on,  
Taking the time we had for granted.

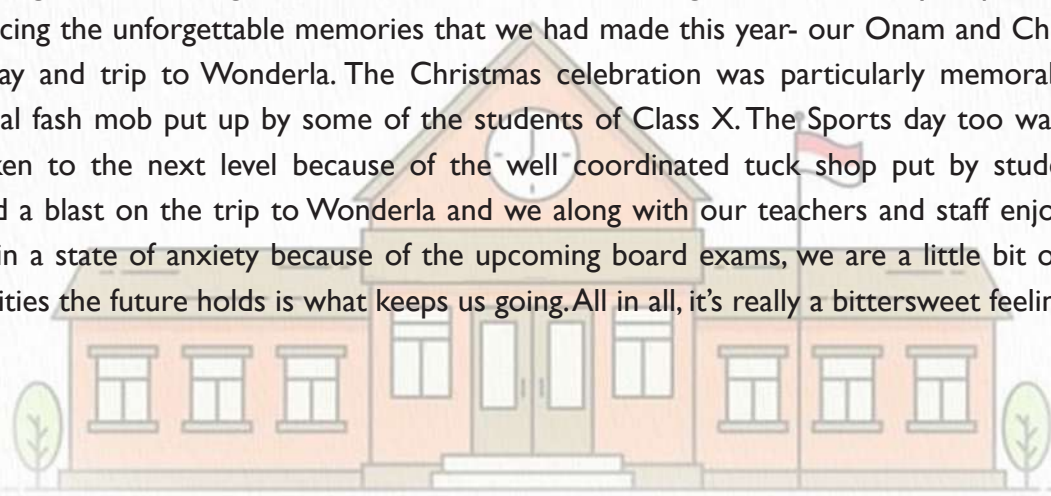
Sancia C.S  
X B



## LAST DAY OF SCHOOL

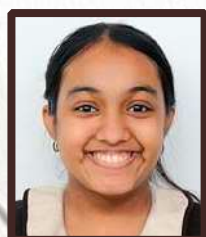
On the last day of school, while my classmates were caught in a frenzy of goodbyes, I was filled with a pang of sadness and little nostalgia as I took in the ambience of my classroom for the last time. When I joined Sacred Heart CMI Public School amidst the pandemic, during online classes, I never expected that my class would become my second home. On the last day we were busy offering our heartfelt gratitude to our teachers who had guided us on every step of the way. I spent my day reminiscing the unforgettable memories that we had made this year- our Onam and Christmas celebrations, Sports day and trip to Wonderla. The Christmas celebration was particularly memorable because of the sensational fash mob put up by some of the students of Class X. The Sports day too was spectacular which was taken to the next level because of the well coordinated tuck shop put by students of Class XI. All of us had a blast on the trip to Wonderla and we along with our teachers and staff enjoyed the trip thoroughly. Although our class is in a state of anxiety because of the upcoming board exams, we are a little bit of sad to leave our class. The exciting opportunities the future holds is what keeps us going. All in all, it's really a bittersweet feeling.

Serine Padua  
X D



## APJ ABDUL KALAM - AN INSPIRING HUMAN BEING

As a person interested in science and who wishes to be a scientist and a good human being, my role model is the former President of India, Late Dr. APJ Abdul Kalam. His unique hairstyle and innocent smile reveals his genuine personality. He became the eleventh President of India in his seventies. He was a person with great knowledge in science and a President who could understand the concerns of his people. He was a powerful speaker too, with the power to move people with his words. As an Indian, I feel proud that we had an amazing asset in two different fields, that is, a strong President and an intelligent scientist. He was a human with true humanity, compassion and could empathize with his people. He was a President and above all a true Indian who loved everyone and was loved by everyone.



Evana Terese Kalapurackal, IX C



## MY SCHOOL DAYS

I started my scholastic learning 12 years ago! Time flew by in an instant, and it made me reflect on my school days. My tenth grade was without doubt the most precious and priceless of my school years. After two years of lockdown, I was nervous when school reopened, but the overwhelming welcome given by my dearest teachers and the school staff made me feel at ease, and I quickly adapted. My school life in 10<sup>th</sup> was full of enriching and delightful experiences, both academically and personally.



My teachers have been the greatest blessings in my life; they have guided and encouraged me throughout my school days, inspiring me to keep pushing myself to do better and achieve more, to reach for the stars, and to never give up. They are the ones who have helped me in my successes and failures alike, motivating me to be the best version of myself.

My friends have been another of the greatest blessings of my school life. They were the ones who made this journey unforgettable and comfortable. The conversations we had after class, sharing of food, wearing the same colour code for every celebration and class excursion were all moments that brought us closer. They were the ones I could share my secrets with and always rely on for help and advice. During the stressful days of exams, they always had my back and cheered me up with their funny jokes and support.

I enjoyed every moment of my school days, and it just breaks my heart to think that after a few days, our tenure in class X will come to an end, but I am sure the memories it created will remain with me forever.

Meenakshi.K  
X B

## THERE IS NO REVENGE AS COMPLETE FORGIVENESS

We humans are silly beings.  
We like to wage war  
and spill blood over petty things-  
Be it the Trojan war  
or any other tale known in human history.

Some wisemen once taught us  
not to go to bed angry,  
But what people do is stay awake  
Just to plot revenge  
Just to avenge and conquer more power  
to destroy and to gain more than what is ours.

But let me tell you life is short  
There is no time to waste waging wars  
Forget what others have done to wrong you,  
For forgiveness is the  
best thing you can do.  
There ain't any revenge as  
complete forgiveness.

Misria Mohammed Saji Sithara  
IX E



## LIFE WITHOUT MODERN TECHNOLOGY

“Dreams about the future are always filled with gadgets.”

These words by Neil deGrasse Tyson are undoubtedly true. Whenever the future is depicted in movies, novels or even a child's mind, advanced technology is an indispensable part of it. 'Evolved Technology' is referred to by the term 'futuristic'. But before we make predictions about the future, how about we focus on the present?

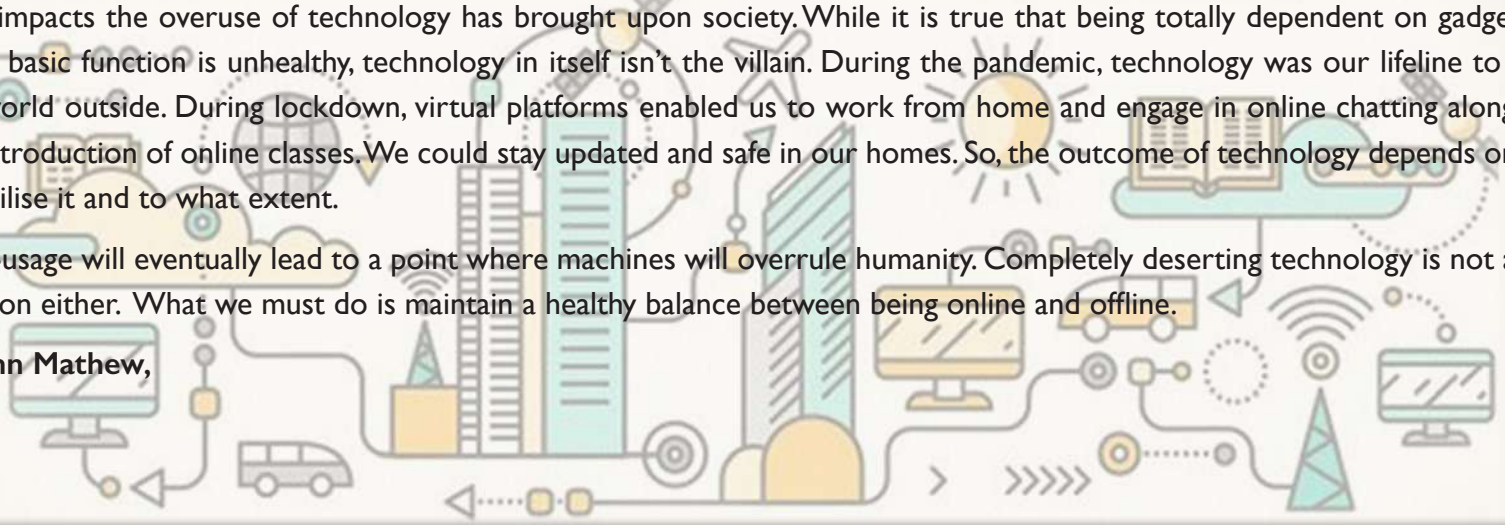


What would life be today without modern technology? In a world where modern technology doesn't exist, life would be more simple and traditional, but without gadgets, long-distance communication would be far more difficult. Machines play a crucial role in production and without them, the process would become more time consuming. The IT sector, the country's most flourishing and job-producing sector, would not be as developed as it is today. Social media would cease to exist. The need for physical exertion to perform activities would increase.

The extinction of modern technology has an equal amount of advantages and disadvantages. Modern criticism highlights the negative impacts the overuse of technology has brought upon society. While it is true that being totally dependent on gadgets for every basic function is unhealthy, technology in itself isn't the villain. During the pandemic, technology was our lifeline to reach the world outside. During lockdown, virtual platforms enabled us to work from home and engage in online chatting along with the introduction of online classes. We could stay updated and safe in our homes. So, the outcome of technology depends on how we utilise it and to what extent.

Over-usage will eventually lead to a point where machines will overrule humanity. Completely deserting technology is not a wise decision either. What we must do is maintain a healthy balance between being online and offline.

Jia Ann Mathew,  
IX B





# FROM HEROES TO ZEROS

How have we come to this?  
From kingdoms and castles  
To buildings in shatters  
From nature and green  
To money and greed  
Oh ! How we have fallen  
Fallen into the depth  
From peace and tranquillity  
Our faces will turn  
For money and power is what we yearn  
Oh! How have we fallen  
The world our ancestors  
Built up with blood, sweat and tears  
All of its gone  
Gone with the years



George Varkey Kovoor  
XI A

# ABYSS OR BLISS

Love isn't entirely sunshine and rainbows  
It can make you float or drown  
you in waters deep  
To become bitter and harsh or  
soft and sweet when it grows  
It makes you climb mountains  
steep and forces you to have faith and leap

Love isn't entirely sunshine and rainbows  
It needs time and it takes patience  
It is full of doubt filled shadows  
Yet still, you need it in immense

Love isn't entirely sunshine and rainbows  
Sometimes it is hardship and  
sometimes it is a miry abyss  
Nobody knows if it lasts or if it goes  
And if it is nurtured it is unending bliss

Natania Sarah Eappen  
XI A



# HOW TO OVERCOME PROCRASTINATION

Are you a student who wastes hours browsing social media before you finally manage to get started on a homework? Or are you someone who falls asleep during classes because you wrote records till 4am? What about watching Netflix, thinking about the project due tomorrow?



If you answered yes to any of these questions, you have been a victim of procrastination.

Understanding why students procrastinate is important whether you are a student trying to overcome your own procrastination, or someone such as a parent or teacher who is looking to help a student stop procrastinating.

Everyone at one time or another has been a victim of procrastination. Students who procrastinate experience higher levels of frustration, guilt, stress, and anxiety, and in some cases leading to serious issues like low self-esteem and depression.

Lack of motivation and self confidence is among the greatest causes of procrastination. Concentrating on solving these problems can be the first step in curing procrastination.

The following are key anti-procrastination techniques you can use

- \* Break tasks into manageable steps (e.g., into sub-tasks that you can easily complete).
- \* Commit to a tiny first step (e.g., to working for just 2 minutes).
- \* Give yourself permission to make mistakes (e.g., by accepting that your work won't be perfect).
- \* Make it easier to do things (e.g., by preparing everything you need in advance).
- \* Make tasks more enjoyable (e.g., by listening to music while you do them).
- \* Make it harder to procrastinate (e.g., by removing potential distractions).
- \* Delay before indulging the impulse to procrastinate (e.g., by counting to 10 first).
- \* Set deadlines (e.g., by deciding that you'll complete a certain task by noon tomorrow).

Noora H, XII B

# MOTHER'S LOVE



Once upon a time, there lived a widow in a small house. She had a son named Ram. The son was totally unaware of his mother's daily struggles. Twenty years later, her son got a job in a huge multinational company and he became very rich. One day, his mother had a heart attack and her neighbours took her to the hospital. When Ram came to know about this, he was attending a meeting and he told the doctor that he would send some money. After a few months, his mother came back to her normal life. One day, Ram had severe stomach ache and vomiting. He went to the hospital and doctor suggested liver transplant. He waited for a donor for three months. Then his mother told him that she would give even her life just to see her son leading a peaceful life. He finally understood his mother's love.



Mary Gianna Saju & Gia Anna Chacko, V D



## CHATGPT? WHAT IS IT AND HOW DOES IT WORK?

Man has long feared the rise of the machine – his own creation becoming smarter and more intelligent than he. But while artificial intelligence and machine learning are rapidly changing our world and powering the Fourth Industrial Revolution, humanity does not need to be afraid of chances. You've read a lot about AI in recent years, particularly how it's going to save the world and/or end civilization as we know it. It's certainly true that AI attracts a lot of hype and, shall we say, colourful predictions. Now AI has developed to a remarkable level. The concept of deep learning, big data, and data science are now trending like a boom. Nowadays companies like Google, Facebook, IBM, and Amazon are working with AI and creating amazing devices. The future of Artificial Intelligence is inspiring and will come with high intelligence.



I will introduce you to one such AI tool-ChatGPT- an artificial intelligence chatbot developed by Open AI. It is a powerful AI bot that is capable of understanding human speech and producing in-depth writing, that is easily understood by humans. The dialogue format makes it possible for ChatGPT to answer followup questions, admit its mistakes, challenge incorrect premises, and reject inappropriate requests.

This AI is a well of knowledge, but its ability to communicate is what sets it apart from other technology. ChatGPT can answer every question that is part of its pre-trained knowledge. This will include world knowledge and general facts. The program can also answer questions in the format that you like. So based on your preference, you can command ChatGPT to answer in bullet points, a list or short answers.

**Niranjan M Theroth XII D**

## SCHOOL DAYS – MORE THAN WORDS

School is one phase of our lives where we learn new things and make lifelong friends and unforgettable memories. Those are the days when there is no work pressure and no tension about earning money. I've spent the last 14 years studying here at my institution. Like me, the majority of my classmates are from the same kindergarten class. We've all known each other since we were young. I have witnessed the mental and physical development of my friends throughout the years. I thought to pen some moments to refresh those memories. I treasure each of these memories. The most cherished cultural festival that



we miss now is our inter-house competitions.

TARANG, the most anticipated Saturdays of that week. Our teachers held our hands as we toasted our spirits on the stage. It was all fun. Every team that took the stage had something new to present. Our athletic events resembled cricket games from the World Cup. They showed us how to have fun while roasting other houses. Libraries are homes to information and wisdom, and their book racks serve as those homes.

The memories connected to the literature are unique. Without reading the books, borrowing them from the library, and never returning them on time when Jancy Ma'am requests them. Our Librarian was the best to all the students. The Teachers Day celebration was always better than the Children's Day celebration. The speeches and the assemblies were definitely the nicest recollections, and I genuinely miss those gatherings. We used to get in trouble for not doing our school work and not bringing books and the teacher immediately asking us whether we had forgotten our lunch.

The reading of other's diary or private books when they were not in the class and the crushes of childhood days are the secretly cherished memories. Sacred Heart's ongoing construction and shifting infrastructure reminds me as if a magic wand has been waved over it. Every year it's different.

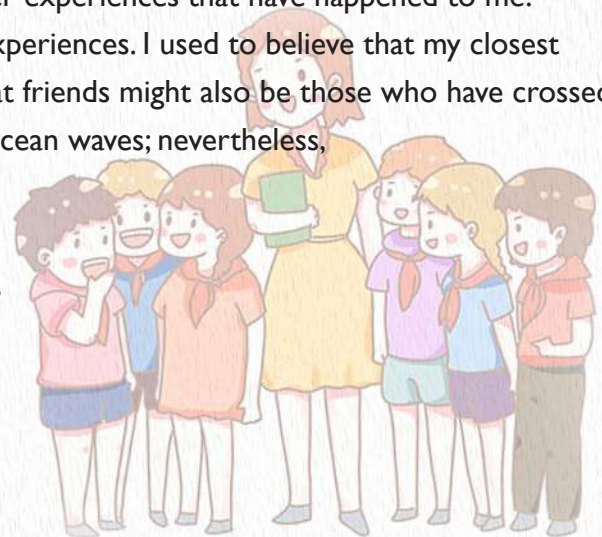
I haven't done anything naughty in years, and I don't feel bad about the bitter experiences that have happened to me.

Every year, being at the same school provided me with incredibly diverse experiences. I used to believe that my closest friends would always be the people who I had known since childhood. Great friends might also be those who have crossed your path in the middle and not from the beginning. Memories are like an ocean waves; nevertheless, they should be streamlined.

In the end, everything turned out well.

*We laughed, We cried, We learned, We explored, We adapted, We changed, but our friendship remains the same.*

**L. J Karol Devassy Xavier , XII B**





# THE CHALLENGES OF CYBERCRIME



Cybercriminals can be anyone, even your next-door neighbour or a high functional, advanced organization. Like any other form of criminal activity, cybercrime is committed to gain excess money and finish the lives of people without murder. Challenges of cyber crime can be mitigated with the twin approach of being alert and taking legal help. Following points can be considered as safety measures to reduce the risk of cybercrime:

## PREVENTION

- Take regular backup of important data.
- Use an antivirus software and keep it updated always.
- Avoid installing pirated software. Always download software from known and secure Hyper Text Transfer Protocol Secure (HTTPS) sites.
- Always update the system software which include the Internet browser and other application software.
- Do not visit or download anything from untrusted websites.
- Avoid visiting websites whose security certificate could not be verified.
- Use strong password for web login, and change it periodically. Do not use same password for all the websites. Use different combinations of alphanumeric characters including special characters.
- While using someone else's computer, don't allow browser to save password or auto fill data, and try to browse in your private browser window.
- For an unknown site, do not agree to use cookies when asked for through a Yes/No option.
- Perform online transaction like shopping, ticketing, and other such services only through well-known and secure sites.
- Always secure wireless network at home with strong password

NEIL GEORGE XI D

# "HARD, YES. IMPOSSIBLE ?, NO."

Humans and drugs have a long and complicated history. People have been using different sorts of drugs for centuries, be it for medical or recreational reasons, but only recently, the problem of drug addiction has reached epidemic levels across the globe. Humans have been ingesting drugs for thousands of years.

Most of the drug users are school and college students. Most of the times we blame the students or the youth for indulging in such activities and falling into such traps, but we often forget to ask the most paramount question "Who are the ferreters who set these traps at the first place or from where do these students get such barely perceptible drugs?" The drug peddlers within an institution are often in contact with the local dealers outside and through these college students, they expand their market and increase their earnings by envenoming the youth of India. Since there is no instant solution to this problem, we have to do it step by step. The government has set up middle market drug units in order to reduce the dealings of drugs at middle market level. Schemes and programmes must be set up in every local institution to make the students aware of the danger that awaits them, and informing them about the drug peddlers who are waiting in the shadows to pounce on their preys.



Whether a substance leaves you lethargic after oversleeping or keeps you up until dawn, you are extremely unlikely to be excited and enthusiastic about the challenges and opportunities that every day presents. But with sober living, proper nutrition, and healthy sleep patterns, you'll be amazed at the change in your attitude, and your enthusiasm for growth and pleasure that every day can yield.

As you put in the work to build a sober life by quitting drugs, you'll begin to take on responsibilities and to contribute positively to the lives of those around you. This will change the way you see yourself, and the way others see you as well. You'll start to love the person you are growing into.

I would like to conclude by saying that "If you find yourself in a hole, the first thing to do is to stop digging further and to take the hand that is extended to you by the society to pull yourself out" and "Drugs take you to hell, disguised as heaven".

JONATHAN V.P  
XI C





MY SUPERHERO

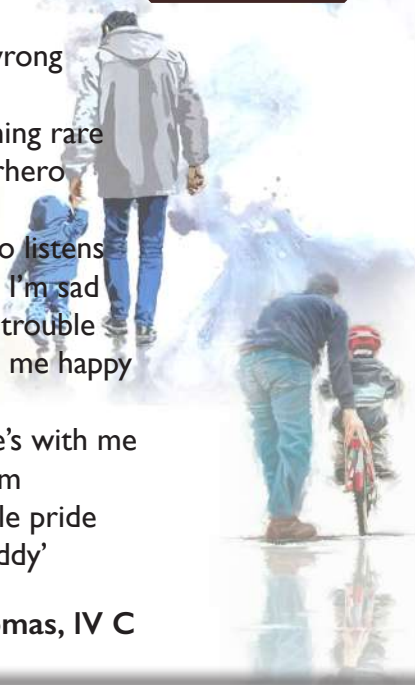
I have a best friend  
So kind and genuine  
Very strong and brave  
And my guiding light

When things go wrong  
He's always there  
His love is something rare  
And he's my superhero

He's someone who listens  
He hugs me when I'm sad  
Hold my hands in trouble  
And always makes me happy

I feel safe when he's with me  
I always look at him  
With immeasurable pride  
And I call him 'Daddy'

Anton Chris Thomas, IV C



TIME IS PRECIOUS

Oliver, a disobedient boy, was a student of St.Patrick School. One day there was a trip from the school. Oliver did not obey his teachers during the trip. He was always playing with his phone, wasting time. On the second day of the trip, the teacher told him "Oliver get ready fast, we are going to watch the sunset. Come fast otherwise we will miss it." Oliver said "Yes sir, I will be ready in a minute." Later, he got ready and went with them. He started playing with the phone again and he got slower and slower in walking. After sometime, he was lost from the group. He got scared and finally, somehow, he reached the top of the mountain. By that time, the sun had already set. He became very sad that he had missed the sunset. From this incident, he learned a lesson.

Moral : Time will not wait for us. We have to do our jobs on time. Otherwise we will miss many beautiful things in our life.

Milon Mathew Bijo  
III E

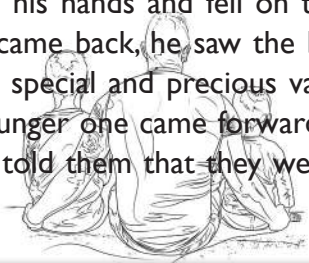


ALEX AND HIS VASE

Once upon a time, in a beautiful little town, there lived a man called Alex. He had a wife and three sons. One day, when Alex went to work at his office, his sons were playing outside. The youngest son Billy got exhausted and went inside the house to drink some water. After drinking water, he was about to go outside to play with his brothers John and Mike. He suddenly saw the expensive crystal flower vase that his father purchased when he went for his business trip to Italy. It was very beautiful and Billy was tempted to touch the crystal flower vase. As he was admiring the vase, it slipped from his hands and fell on the ground and broke. He felt really scared and he ran towards his room. When Alex came back, he saw the broken vase and he was furious. He scolded his sons and told them that it was a very special and precious vase that they destroyed. However, he stopped scolding them when he saw his sons crying. Billy the younger one came forward and told his dad that it was his fault and his brothers are innocent. Alex hugged his three sons and told them that they were more valuable to him than anything in this world.

Moral : Family comes first.

Mathew K Michael, V B



Mother

The joy you gave me when I saw your  
smile was immeasurable.

I just wanted your eyes to stay on me  
forever.

I see you when I close my eyes, and when I  
open them, all I want to do is to see you.

Every lovely music I hear, always makes me  
think of you.

When I was lonely, all I had to do was think  
of you, and my heart would grin.

Mother, When you're with me, everything  
works out perfectly.

Mohammad Fardheen

XI D

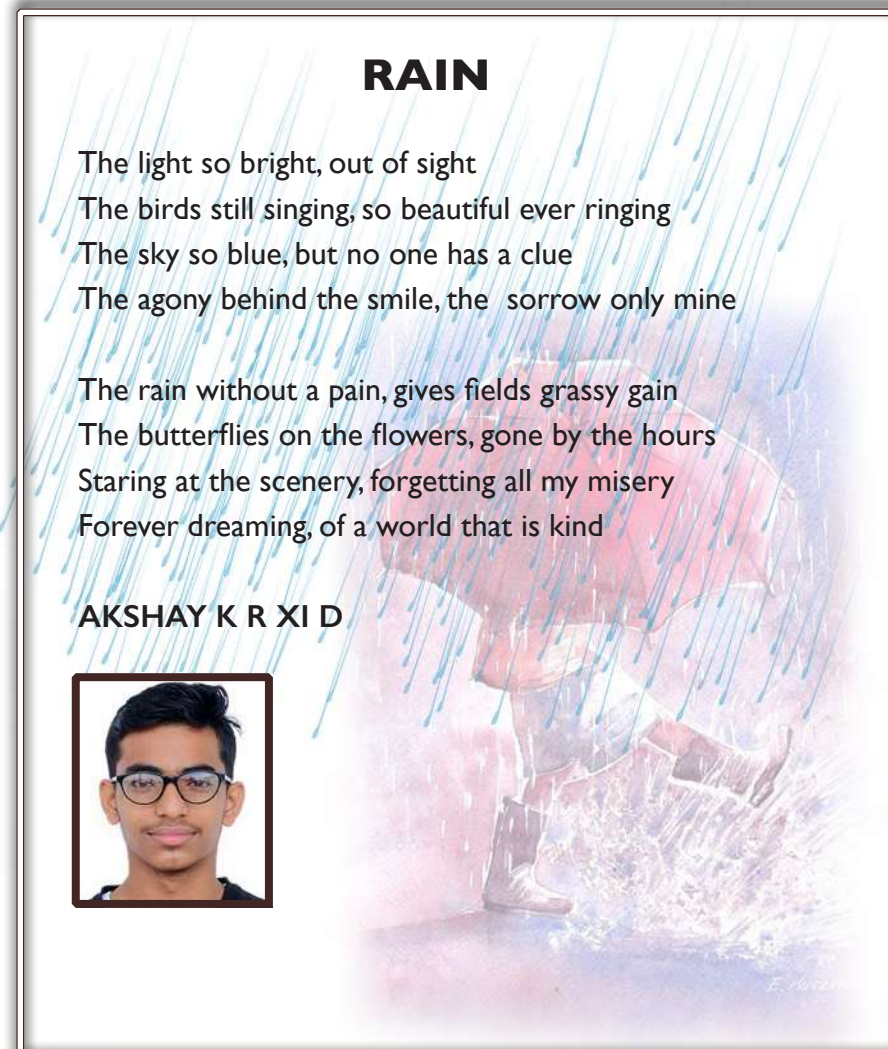


RAIN

The light so bright, out of sight  
The birds still singing, so beautiful ever ringing  
The sky so blue, but no one has a clue  
The agony behind the smile, the sorrow only mine

The rain without a pain, gives fields grassy gain  
The butterflies on the flowers, gone by the hours  
Staring at the scenery, forgetting all my misery  
Forever dreaming, of a world that is kind

AKSHAY K R XI D





# YOU ARE PERFECT MY DEAR

Oh! My dear friend,  
Wipe away your tears  
I will help you wipe them away  
They are meaningless

Look at the beautiful nature  
We are its lovely creature  
Look at the trees and flowers  
Look at the birds and animals

Look at the mountain and see  
They all are created different  
And they all are beautiful and perfect  
Look at the river  
That looks like a mirror  
My dear cutie  
Look at your beauty  
We all have different talents and roles

I can sing sweetly  
You can dance gracefully  
Know your ability  
To ignore your disability  
We all are made perfect  
Love yourself  
And remain confident  
You are my friend  
And I will always be yours too...

Emmanuel Williams  
V E



# PUPPY

One rainy day  
I met a puppy  
So wet and hurt  
So tiny and cute  
I felt sorry for him  
I brought it home  
I called him Brownny  
My sweet little Brownny  
It made my days  
Full of joy and bliss  
A true gift from God  
He plays with me  
Cuddles with me  
Thank you for being with me  
My true partner in crime  
I promise to keep you  
Always in my heart

Jazlyn Jackson  
V D



# DESTINY

I saw a little bird  
Sitting on a tree top  
It was singing a song  
Its favourite song.

Singing is her destiny  
I have a destiny  
You have a destiny  
Everyone has a destiny

The bird sang again  
It sang beautifully  
“Hold on to your dreams  
And fulfill your destiny”

Isha Maria  
IV E



# Addicted to Life

We know that an idle mind is devil's workshop. We must not waste our time sitting idle at home. Time has to be spent to nurture our hobbies and dreams. It is essential that we spare some time for visiting our relatives and friends too. We must be ready to help our friends and relatives whenever any difficulty arises. It's always good to share our thoughts and ideas with our dear friends and relatives. It does not matter if we are at home or at school, if our thoughts and actions are right, we can build a paradise wherever we are.

Evelyn Vinu Eravelil, V E

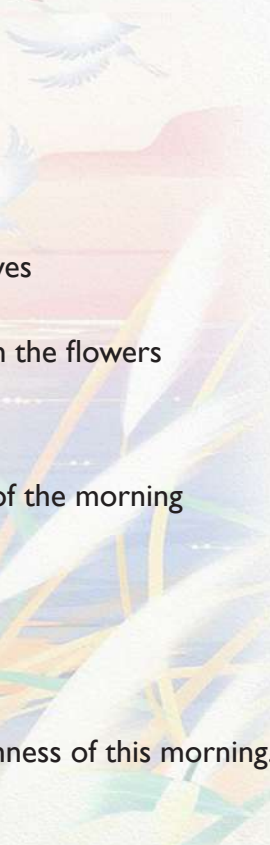


# THE BEAUTIFUL MORNING

Wake up, wake up, wake up, child  
Get up, get up, get up, child  
Hurry up or you will miss the school bus  
Brush your teeth and clean your face  
Go outside into the fresh air  
and enjoy the beauty of the morning

This beautiful morning  
The birds are singing in the trees  
The hen laid three eggs today  
The dewdrops are sparkling on the leaves  
The bees are buzzing  
The butterflies are drinking honey from the flowers  
It would be nice to walk, dance  
and sing in this lovely morning  
The sleepy heads can't see the beauty of the morning  
Water your plants in the morning  
as it is the right time  
Walk through the garden  
Get the fragrance of flowers  
Enjoy the fresh air in the morning  
Go to your lovely school with the freshness of this morning.

ANN MARIA JOSPEH  
V B



# Butterfly, Butterfly

Butterfly , butterfly don't flutter away  
I just came to see your beautiful wings  
Oh butterfly, I know you are in a hurry  
I will give you these beautiful flowers

Butterfly, butterfly, please don't go away  
I am in awe admiring your beauty  
Can't believe you are born from caterpillar  
Oh ! What a wonderful transformation

Oh dear, I apologize for wasting your time  
Will you forgive me by taking these flowers?  
You filled my day with bliss  
I wish I could give you a kiss.

Maria Reetha Jaison  
V C





### स्वार्थी राम

राम नाम का एक स्वार्थी लड़का एक गांव में रहता था। वह दूसरों के बारे में नहीं सोचता था। वह सिर्फ उनके बारे में ही सोचता था। वह दूसरों को तंग करते थे। एक दिन जब वह सड़क पार कर रहा था तो एक गाड़ी उस पर आकर टकराया। वह गाड़ी टकराने के बाद चला गया। उसके बाद उस गांव के लोग उसे लेकर अस्पताल में चले गए। अस्पताल में भर्ती होने के बाद उसे पता चला कि उसकी दोनों पैर में फ्रैक्चर हो गया है। डॉक्टर ने राम से कहा कि अब वह दो महीने के लिए ठीक से चल नहीं पाएगा और उनसे कहा कि उनकी सहायता के लिए कुछ लोगों को रखना चाहिए। पर राम ने कहा कि इस गांव में कोई सहायता करने वाला नहीं है। उसे अस्पताल पहुंचाने वाले लोग उसे देखकर दुखी होकर राम को सहायता करने के लिए तैयार हो गई। राम को यह सुनकर बहुत खुश हो गए। उसके बाद लोग राम की देखभाल करने लगे। राम को समझ में आ गया कि वह कितनी स्वार्थी था। उसके बाद उन्होंने निश्चय किया कि "वे अपने बारे में सोचने के बिना दूसरों की सहायता भी करेगा।"

आरोण साम जुगो

कक्षा 10 B



### मेरा दोस्त जोर्ज

कुछ साल पहले, मैं हमेशा की तरह स्कूल जाता था और यहां मेरी दोस्ती जोर्ज से है, जो पहली कक्षा से मेरे साथ पढ़ते आ रहे हैं। बहुत मुझसे छोटा और पतला है। उनके साथ मेरे कई झगड़े हुई हैं। लेकिन उस दिन अविस्मरणीय था। यह वह समय था जब फिल्म "तनीरमतान दिनांगल" हिट हुई थी। इसमें चाकू का खेल है लेकिन कॉपस के उपयोग करके हम यह इतना शौक से खेल रहे थे। बाद में हम सभी यह खेल पेन का उपयोग करके स्कूल ब्रेक के दौरान खेलते थे। जब मेरी बारी आई और जोर्ज ने खेलते समय अपना हाथ रखा तो उसने गलती से अपना हाथ अपनी उंगलियों पर घुमाया, जिसके परिणाम स्वरूप एक छोटा सा घाव हुई। अगले दिन उसकी माँ मेरे पास आई और मुझे डांड़ा। जोर्ज आकार में मुझसे छोटा है तो मैं ने अपनी अपराध मान ली। मैंने उन पर नाराज नहीं किया क्योंकि मुझे पता था कि ऐसी खेल नहीं खेलना चाहिए था।

हेबल विनसेंट

कक्षा 10 B

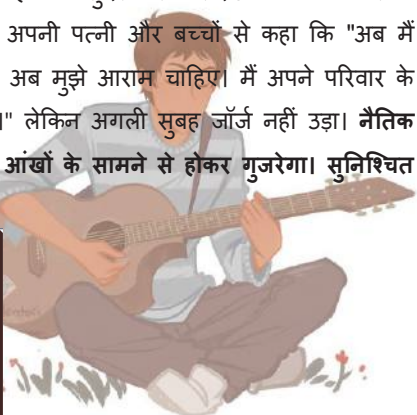


### एक ही जीवन है..जीने के लिए

जॉर्ज एक ड्राइवर था। उनके घर में पत्नी और तीन बच्चे थे। वह अपने काम में व्यस्त थे। उन्हें परिवार के साथ समय बिताने का समय नहीं मिलता था। वह हर दिन शाम को पढ़ने जाता था जिससे उन्हें बेहतर वेतन वाला काम मिले। इससे जॉर्ज के परिवार वाले कुछ थे, लेकिन उन्हें शिकायत भी थी कि जोर्ज उनके साथ समय नहीं बिता रहे हैं, लेकिन जोर्ज के लिए तो परिवार की खुशी ही सब कुछ है। उनके लिए ही वह इतना मेहनत करते आ रहे हैं। पढ़ाई के बाद उन्हें अच्छी नौकरी मिली जिससे परिवार के सभी को विदेश में भी छुट्टियां मनाने के लिए लेकर चल सकते थे। परिवार को रहने के लिए एक फ्लैट की जरूरत थी इसलिए वह मेहनत किया और उन्हें पदोन्नति मिल गई और वह एक सुंदर घर खरीदा। अपने नए घर में पहली बार रविवार शाम को जॉर्ज ने अपनी पत्नी और बच्चों से कहा कि "अब मैं कोई पढ़ाई नहीं करने जा रहा हूँ और अब मुझे आराम चाहिए। मैं अपने परिवार के साथ अधिक समय बिताना चाहता हूँ।" लेकिन अगली सुबह जॉर्ज नहीं उठा। **नैतिक मूल्य: एक दिन आपका जीवन आपकी आंखों के सामने से होकर गुजरेगा। सुनिश्चित करें कि यही देखने लायक है।**

स्नेहिल

कक्षा 10 B



### चालाक चित्रकार

एक बार एक राजा था जिनका एक ही आँख और एक ही पैर था। एक दिन उसने अपने दरबार के सभी चित्रकारों से अपने एक आदर्श चित्र बनाने को कहा। चित्रकार हैरान हो उठे। वे एक आँख और एक पैर होने के दोषों के साथ उनका एक आश्चर्यजनक चित्र कैसे बना सकते थे? राजा हालांकि ज़िद्दी था। कलाकारों में से एक, सहमत हो गया और उसने राजा की एक शानदार तस्वीर बनाया। यह एक ऐसी पेंटिंग थी जिसने सभी को हैरान कर दिया। उन्होंने बड़ी चतुराई से राजा की एक तस्वीर बनाई जिसमें उनका एक आँख बंद करके और एक पैर मुड़े हुए धनुष और तीर के साथ शिकार करने के रूपवाला एक तस्वीर था। इस प्रकार उनकी चालाकी से सभी चित्रकार बच गए।

एमिल मरिया

कक्षा 10 B



### पेड़ हमारा दोस्त

धरती के पुत्र  
जानवरों के मित्र  
मनुष्य के उत्पादक  
मत काटो इन्हें  
क्योंकि वे देते हैं जीवन  
पेड़ छाया देते हैं  
गर्मी से बचाते हैं  
फल फूल बनाते हैं वे  
ताकि मनुष्य जिए  
वे जानवरों के खाना बनाते हैं  
मनुष्य के लिए कागज पहलते हैं  
पक्षियों के लिए घर बनाते हैं  
सभी का साथी बनते हैं ये पेड़।  
हरि नारायण

कक्षा 9B



### बिल्ली

दीवार को किसने खंगाला ?  
खाना किसने गिराया ?  
मेरे कपड़ों में छेद किसने किया ?

जब तक मुझे पता चला कि यह एक बिल्ली थी । इसने सोफे को भी खरोंच दिया , मैं इस शोर के साथ सो नहीं सकी !

इसने घर को इतना गंदा कर दिया ! बिल्ली ने फोटो को आधा फाड़ दिया, मेरे सारे कपड़े मिट्टी में गिर गए जब बिल्ली ने रस्सी काट दी । मेरी किताबें फर्श पर और फर्श बहुत गंदा था । फर्श पर कूड़ा - करकट था। बहुत दुर्गंध आ रही थी । मैं बिल्ली को माफ कर देती हूँ , क्योंकि ऐसा कभी-कभी होता है और फिर मैंने बिल्ली को जाने दिया।

Ann Niya 4 B





## मादक पदार्थों का सेवन

आज के समय में मादक पदार्थों का सेवन एक बड़ी समस्या है। कॉलेज और विद्यालय के बच्चों इस मादक पदार्थों के शिकार है। इसके सेवन से कुछ समय के लिए शरीर में ताकत रहता है। आनंद पाने के लिए भी इसका प्रयोग किया जाता है। माता पिता पैसे कमाने में इतने व्यस्त हो गए हैं की वे अपने बच्चों को सही मार्गदर्शन नहीं दे पा रहे हैं। जिसकी वजह से बच्चों भटक जाते हैं। दोस्तों के साथ मिलकर इस पदार्थ का सेवन करना एक तरह से फैशन हो गया है।

हम इस नशीली चीज़ से छुटकारा कैसे पाएँ? स्कूल में इस पदार्थों के बारे में चेतावनी देना, माता पिता अपने बच्चों से बातचीत के लिए समय निकालना और नशीले पदार्थों के विरुद्ध सरकारी कार्यक्रम भी होना चाहिए। हर व्यक्ति और समाज की ज़िम्मेदारी है की हम इस नशीले पदार्थों का सेवन रोके।



MOHAMMED HISHAM V C

## मेरी जान और तेरी जान

छोटी-सी चीज़ में भी एक जान , मेरी भी एक जान , तेरी भी एक जान, सब की एक जान , पेड़ की भी एक जान, फिर क्यों नष्ट करना जान ? जीने दो हमें यार ! भूखे प्यासे बैठे हैं। अभी तो जीने दो, आज या कल होगा मेरा अंत । मुश्किल वक़्त है साथ दो । नहीं तो क्या साथ हो ? धर्म, कर्म से और एक जान । किस के लिए जी रही हूँ ? तुम ही मुझे बता दो अमीर लोगों करो ऐश, गरीब लोगों आप अपनी जान बचाओ अब क्योंकि आने वाले कल में भी आप रहोगे सभी के लिए आप बेकार ! पैसे के बिना यहाँ जीना हैं असंभव ।

Kaitlyn Rose 5 B



## पेड़

पेड़ हमारा साथी है ।

पेड़ हमको छाया देता है ।

पेड़ हमको फल देता है ।

पेड़ हमको फूल देता है ।

पेड़ हमको लकड़ी देता है ।

पेड़ हमको ऑक्सीजन देता है ।

पेड़ हमको तेल देता है।

पेड़ हमको दवा देता है ।

पेड़ हमको फाइबर देता है ।

पेड़ हमारा साथी है।

Milan Sanoj 5 B



## मेरा घर

सुंदर - सुंदर मेरा घर ।

सबसे प्यारा मेरा घर ।

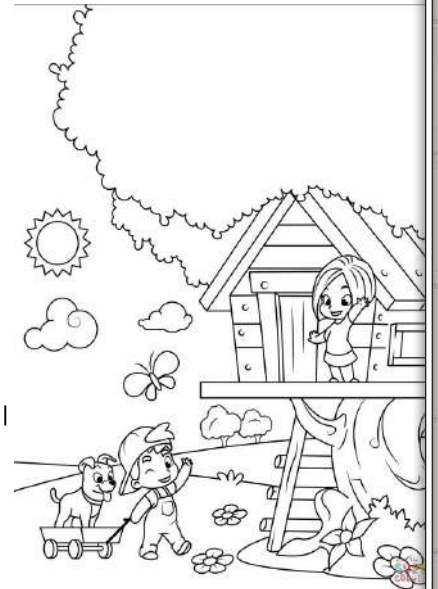
सुख और शांति मिलती है ।

मेरा घर मेरा प्यारा घर है ।

पापा ,मम्मी, भाई और मैं रहते हैं । मेरा घर मेरा प्यारा घर ।

सबसे सुंदर मेरा घर ।

Vaishnavi Praveen 5 B



## नदी

नदी निकलती है पर्वत से , मैदानों में बहती हैं और अंत में मिल सागर से , एक कहानी कहती है। बचपन में छोटी थी पर मैं , बड़े वेग से बहती थी । आंधी - तूफान, बढ़ - बवंडर सब कुछ हँसकर सहती थी । मैदानों में आकर मैंने सेवा का संकल्प लिया और बना जैसे भी मुझसे , मानव का उपकार किया । अंत समय में बचा शेष जो, जीवन को साकार किया। बच्चों शिक्षा लेकर मुझसे , मेरे जैसे हो जाओ। सेवा और समर्पण से तुम जीवन बगिया महकाओ ।

Milen C.V. 5 E

चमकते तारे



## चमकते तारे



अपनी माँ के लाल दुलारे देखो कैसे आए तारे । चमके - धमके, धमके - चमके देखो कैसे आए तारे। यहाँ पर भागे वहाँ पर भागे , देखो कैसे आए तारे। टिम -टिम - टिम - टिम करते देखो कैसे आए तारे । नील गगन में फूल के जैसे देखो कैसे आए तारे। जंग की शान बढ़ाने देखो कैसे आए तारे ।

Manasa Sajeev 5 E



## मेरी दोस्त तितली



आओ मेरी तितली रंग - बिरंगी तितली छोटी नन्ही तितली सुंदर-सुंदर तितली मेरी प्यारी तितली वायु की रानी तितली अद्भुत प्राणी तितली पंख सजाती तितली रंग चुराती तितली बहुत पसंद तितली आओ मेरी तितली सुंदर - सुंदर तितली खुशी फैलती तितली शहर चुराती तितली मेरी प्यारी तितली

Caralin V Kattukaran 5 E





ബ്രഹ്മപുരം- കൊച്ചിയെ ഇനിയും ശ്വാസം മുട്ടിക്കരുത്

കൊച്ചിയിൽ നിന്ന് ഏകദേശം 22 കിലോമീറ്റർ അകലെ സ്ഥിതി ചെയ്യുന്ന ബ്രഹ്മപുരം മാലിന്യ പ്ലാന്റ് കൊച്ചി കോർപ്പറേഷൻറെ ഉടമസ്ഥതയിലുള്ളതും പ്രവർത്തിപ്പിക്കുന്നതും നിയന്ത്രിക്കുന്നതുമാണ്. മൂന്ന് പഞ്ചായത്തുകളിൽ നിന്നും (വടവോട്-പുത്തൻകുരിശ്, കിഴക്കമ്പലം, കുന്നത്തുനാട്) നാല് മുനിസിപ്പാലിറ്റികളിൽ നിന്നും (തൃക്കാക്കര, കളമശ്ശേരി, മരട്, തൃപ്പൂണിത്തുറ) കൊച്ചി മുനിസിപ്പൽ കോർപ്പറേഷനിൽ നിന്നുള്ള മാലിന്യങ്ങളാണ് ഇവിടെ സ്വീകരിക്കുന്നത്.

പത്രം വായിക്കാൻ തുടങ്ങിയ നാൾ മുതൽ ബ്രഹ്മപുരം മാലിന്യക്കുസ്ഥാരത്തിന് തീപിടിക്കുന്ന വാർത്തകൾ നിരന്തരം വന്നുകൊണ്ടിരിക്കുന്നു. അതിനാൽ, തീപിടിത്തത്തിൻറെ ഏറ്റവും പുതിയ വാർത്ത വന്നപ്പോൾ, ഇത് മറ്റൊരു പതിവ് സംഭവമാണെന്ന് കരുതി ഞാൻ ആദ്യം കാര്യമായി ശ്രദ്ധിച്ചില്ല. എന്നിരുന്നാലും, പിറ്റേന്ന് രാവിലെ, ഇടതൂർന്ന മൂടൽമഞ്ഞ് പോലെയുള്ള കനത്ത പുകമഞ്ഞ് ആ പ്രദേശത്ത് ചുറ്റും വ്യാപിക്കുന്ന കണ്ട് ഞാൻ ഞെട്ടിപ്പോയി, ഞാൻ ആദ്യം വിചാരിച്ചതിലും വളരെ ഗുരുതരമാണ് സ്ഥിതിയെന്ന് മനസ്സിലാക്കി.

എന്താണ് ബ്രഹ്മപുരം തീപിടുത്തത്തിലേക്ക് നയിക്കുന്നത്? നിരവധി ഘടകങ്ങൾ:

- താപനിലയിലെ വർദ്ധനവ് • കെടുകാര്യസ്ഥത • ഉദ്ദേശത്തോടെയുള്ള ജലനവും മറ്റു പലതും

എന്തു ചെയ്യാൻ കഴിയും?

- ബയോമെനിംഗ് • മാലിന്യം ശരിയായി കൈകാര്യം ചെയ്യുക • വികേന്ദ്രീകൃത മാലിന്യ സംസ്കരണം

ബ്രഹ്മപുരത്ത് നടന്നത് ഇന്ത്യൻ ഭരണഘടനയുടെ ആർട്ടിക്കിൾ 21-ൻറെ ലംഘനമാണ്, അന്തസ്സോടെ ജീവിക്കാനും ഗുണനിലവാരമുള്ള വായു ശ്വസിക്കാനും ശുദ്ധജലം കുടിക്കാനുമുള്ള പൗരൻറെ അവകാശമാണ്. ഭാവിയിൽ ബ്രഹ്മപുരത്ത് തീപിടിത്തം ഉണ്ടാകാതിരിക്കാൻ പ്രാദേശിക ഭരണകൂടം മുൻകൈയെടുക്കണം.

AIDAN EDWIN LUIZ – XI D



എന്റെ ഗുരുനാമൻ

എത്രയും സങ്കീർണ്ണമായൊരിലോകത്തിലിത്രയും കേവലമായൊരെന്നെ നേർവഴി കാട്ടുവാൻ പാടുപെടുന്നൊരു നേരുള്ള ഗുരുവിനെ വന്ദിക്കുന്നേൻ ആത്മാവിനാഹ്ലാദമേകുവാൻ ജീവിതം ആദ്യന്തമായവർ ആശംസിപ്പൂ കാലത്രയത്തിലും കാരുണ്യമേകുവാൻ കാതലായില്ലാറും ഗുരുനാമനേപ്പോൽ ആ ഗുരുനാമന്റെ പാദാരവിന്ദത്തിൽ ആത്മാർത്ഥമായിതാ കുമ്പിടുന്നേൻ ഈ പനിനീർ പുഷ്പമലകരിക്കാൻ ഗുരുപാദമല്ലാതെ കാൺമതില്ല



Adithya Menon, X D

കുന്തിക്കുടം

എന്റെ അനിയത്തിക്കുടക്ക് രണ്ടു വയസ്സായി. അവളൊരു കുന്തിക്കുടക്കാണ്. അവൾ കാട്ടിക്കൂട്ടുന്ന കുറുപ്പുകൾ കണ്ടാൽ ആരും ചിരിച്ചു പോകും. അമ്മ അവളെ ഞങ്ങളെ ഏല്പിച്ചിട്ടാണ് ജോലികൾ ചെയ്യുന്നത്. ഞാനോ ചേച്ചിയോ ഒരു നിമിഷം അത്രയും കാട്ടിയാൽ അവളിലെ വികൃതി ഉണരും. വാതിൽ തുറന്നു കിടന്നാൽ നേരെ ഓട്ടമാണ് മുന്നേക്കത്. ടോണി എന്ന പട്ടിക്കുട്ടിയെ കാണാനാണ് ഓട്ടം. വീടിനകത്തായാൽ ജനാലയിലും മേശപ്പുറത്തും എവിടെയും തപ്പിപ്പിടിച്ചു കയറും. അങ്ങനെ വികൃതി കാട്ടി അടുത്തിടെ അവൾ വീണ് കഞ്ഞിക്കെട ഒടിഞ്ഞു. ഞങ്ങളെല്ലാവരും വല്ലാതെ സങ്കടത്തിലായ ദിവസങ്ങളായിരുന്നു അത്. ഒത്തിരി വേദനിച്ചെങ്കിലും എല്ലാം മറന്ന് അവളിപ്പോഴും കുന്തികൾ തുടർന്നു കൊണ്ടേയിരിക്കുന്നു.

സാ മരിയ അവിൻ  
VA



വനിതാ സമത്വം

ആഗസ്റ്റ് 26 വനിതാ സമത്വ ദിനമായി ആചരിക്കപ്പെടുന്നു . എന്താണ് വനിതാ സമത്വം? വനിതാ സമത്വമെന്നത് സാമൂഹിക സാമ്പത്തിക പങ്കാളിത്തവും തീരുമാനം ടുക്കൽ ഉൾപ്പെടെയുള്ള എല്ലാ മേഖലകളിലും അവസരം നൽകലാണ്. ലിംഗ ഭേദമില്ലാതെ വ്യത്യസ്ത സ്വഭാവങ്ങളെയും ആവശ്യങ്ങളെയും അഭിലാഷങ്ങളെയും തുല്യമായി വിലമതിക്കുന്ന അവസ്ഥയാണ് . വനിതാ സമത്വം തുടങ്ങേണ്ടത് നമ്മുടെയെല്ലാം കുടുംബങ്ങളിൽ നിന്നാണ് . ഒരു പെൺ കുട്ടിയേയും പെൺകുട്ടിയായതുകൊണ്ട് മാത്രം പല പ്രവൃത്തികളിൽ നിന്നും വിലക്കാതിരിക്കാൻ മാതാപിതാക്കളും മുതിർന്നവരും ശ്രമിക്കേണ്ടതാണ് . ഇത്തരത്തിൽ സമഭാവനയിൽ വളരുന്ന കുട്ടികൾക്ക് ആത്മവിശ്വാസം വർദ്ധിക്കുകയും അവർ സമൂഹത്തിന് ഒരു മുതൽക്കൂട്ടാവുകയും ചെയ്യും . ഈ സമഭാവനയിൽ വളരുന്ന ആൺകുട്ടികൾ സ്ത്രീകളെ തുല്യരായി കാണുന്ന ഉത്തരവാദിത്തമുള്ള പൗരന്മാരായി തീരുകയും ചെയ്യുന്നു. ഇത് സമൂഹത്തിലെ സ്ത്രീയന പീഡനം , ആത്മഹത്യ എന്നീ പ്രവണതകളെ ഒരു പരിധിവരെ കുറയ്ക്കാൻ സഹായിക്കുന്നു. സ്ത്രീകൾക്ക് ലഭിക്കുന്ന സാമ്പത്തികസമത്വം കൂടുതൽ മെച്ചപ്പെട്ട ജീവിത നിലവാരം കൈവരിക്കാൻ കുടുംബങ്ങളെ സഹായിക്കുന്നു. ഭാരതം പല ശക്തരായ വനിതകളെയും വളർത്തിയ നാടാണ്. അവരുടെ ജീവിത പാത നമുക്കെല്ലാം ഒരു പ്രചോദനമായി തീരട്ടെ .

Aleena Francis, X A



നന്മ മരം

മുറ്റത്തുണ്ടൊരു ജാതിമരം  
തണലു തരുനൊരു ജാതിമരം.  
കായ്കൾ നിറഞ്ഞൊരു ജാതിമരം  
വലിയൊരു പച്ചക്കട പോലെ  
കാണാനെന്തൊരു ചേലാണ്!  
കയിലുകൾ പാടാൻ വന്നെത്തും  
കൂടാനു കൂട്ടാൻ കുരുവി വരും  
മുറ്റത്തുണ്ടൊരു ജാതിമരം  
തണലേകിട്ടും നന്മ മരം.



ആൽബർട്ട് സാനു .എൻ  
III F

ഒരുമ

ഇത്തിരി നേരം ഒത്തൊരുമിച്ച്  
ഒത്തിരിക്കാര്യം ചെയ്തെന്നാൽ  
ഒത്തിരി വിജയം ഒന്നായ് നേടാം  
പുത്തരിയല്ലിതു പഴമൊഴി താൻ.



ആയിഷ ലിവാ  
3 E

ഉണർവ്വുള്ള മനസ്സും ആരാഗ്യമുള്ള ശരീരവും

ആരാഗ്യമുള്ള ശരീരത്തിന് ആരാഗ്യമുള്ള മനസ്സും ആവശ്യമാണ്. ആരാഗ്യമുള്ള ശരീരമുള്ള ഒരാൾക്ക് ജീവിതത്തിലെ പ്രതിസന്ധികളെ നേടാനും ജീവിതത്തിൽ വിജയം നേടാനും കഴിയും. ഭാവിയിൽ ഞാൻ ഒരു കായിക താരമായി മാറണമെന്ന് ആഗ്രഹിക്കുന്നത് പ്രകടിപ്പിച്ചിട്ടുണ്ട്. എനിക്ക് അതാണ് ഇഷ്ടം. പഠനത്തോടൊപ്പം അത് ലഭിച്ച് കൊച്ചിങ്ങും ഞാൻ ചെയ്യണമെന്ന് എല്ലാ ദിവസവും സ്വപ്നം കഴിഞ്ഞ് ഞങ്ങളുടെ പരിശീലനം തുടങ്ങും. ശാരീരികമായ കരുത്ത് മാത്രമല്ല നമുക്ക് ഇതുവഴി ലഭിക്കുന്നത് നമുക്ക് നല്ല ഓർമ്മശക്തിയും ബുദ്ധിമുട്ടിലും ഉണ്ടാകും. ആത്മവിശ്വാസത്തോടെയും ധൈര്യത്തോടെയും എന്തും നേടാനുള്ള ശക്തി നമുക്ക് കായികപരിശീലനത്തിലൂടെ ലഭിക്കും. മാത്രമല്ല എവിടെയും ഊർജ്ജമേന്മയോടെ നിൽക്കാനുള്ള പ്രാപ്തി നമുക്കുണ്ടാകും. ഉദാഹരണത്തോടെ പാിക്കാനാവും. സുഖമായോണി ഉൾക്കൊള്ളാൻ രാവിലെ എഴുന്നേൽക്കാനും സാധിക്കും. ആരാഗ്യമുള്ള ശരീരവും മനസ്സും നിലനിർത്താൻ കായികപരിശീലനം നമ്മെ സഹായിക്കും.

അരാലിൻ റോസ് മരിയ ജോർജ്ജ്  
V D





# ACCOLADES GALORE

## THE ACHIEVERS AWARDED



Our academic calendar has been flipped through most of its pages and the Zero Hour generated on all Fridays, saw the students participating with enthusiasm in events like doodling, declamation, music and dance representing their respective houses in TARANG – the school cultural programme.

Apart from this, the skilled athletes proved themselves in events like football, basketball etc., as part of the Annual Sports Day.

The winners were acknowledged in a prize distribution ceremony held on 2<sup>nd</sup> March 2023 in the school premises. Yellow house emerged as the overall champions. The House Captains and Vice Captains received trophies from our Principal Rev. Fr. Antony Madavanakkad. All the winners were given medals, certificates and trophies for their hard work and dedication.



**Aryan T Robin** of standard 4 D secured gold topper position in the 9<sup>th</sup> International Abacus competition Brain O Brain fest 2023 held in January

**Aiza Anam Jaffar** of 2 A secured 2<sup>nd</sup> runner up position in abacus conducted by SIP Kochi on 12<sup>th</sup> February 2023



## SPORTS DAY



The Junior Sports Day of Sacred Heart CMI Public School was held on 23<sup>rd</sup> February 2023. The event took place in the spacious school ground and was inaugurated by the Principal Rev. Fr. Antony Madavanakad. The program started with a march past and Hayah Shoaib of Standard IX C welcomed the gathering and Augustine Daniel Dsilva of standard V E delivered the oath. After the dazzling display dance, the students of the



four different houses competed against each other in various sports events like running race, basketball shooting, passing the ball, standing jump etc. Vote of thanks was proposed by Jyothika Kizhakoodan IX D. Thus, a joyful day came to an end and everyone returned with a heart full of memories.





# Amateurs' Galleria



Abhinav Sunil V D



Krishan T.S XI D



Sana Amrin A V D



Juvana Jerin III C



Navendhu M Menon V A



Ann Neha Mathew IO B



Elsa Deeju II C



Abel George III D



Johan Antony C J III C



Jhannavi Mitra III D



Aron Jose XI D



Fidel IX C



Karthick S Menon XI B



Joseph Issac XII D



Nirmay Keloth Giri X B



Joan Mary Luke V A



Eric Vipin XII A



Nejin Sunny XII D



Evan Xavier Vinu III D



Sai Shankar XII D



Joviyon Jogi V D



Lakshmi B Kumar V D



Sharon Marshal V D



Achuth Jibin IV E



Shayel Terens X B



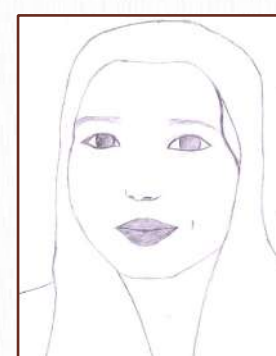
Niya Mathews IX C



Evana J IX C



Irise John V A



Mohammed Fardheen  
XII D



Irene John V A



# Education Beyond the Classroom

