



# REFLECTION

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CRESCENDO, a mega musical and dance event, unfolded at Sacred Heart School Ground on December 23, 2023 at 6.00 p.m. with a harmonious blend of melodies and graceful movements. The event, hosted by Sacred Heart CMI Public School in collaboration with Crossroads School of Music and Mudra Dance Studio, witnessed an impressive gathering of esteemed dignitaries, renowned artists, and a fervent audience.

The event was graced by the presence of esteemed dignitaries, including Provincial of Sacred Heart Province, Kalamasserry, Rev. Fr. Benny Nalkara CMI, Our Principal Rev. Dr. Varghese Kachappilly CMI, and Vice Principal Mrs. Vinitha Mendez adding a touch of honor and reverence to the occasion.

Adding to the allure were the appearances of the musical maestro Mr. Alphons Joseph, silver screen artists Ms. Vincy Aloysius and Ms. Anikha Surendran, further elevating the grandeur of the occasion.

The evening's pinnacle was the mesmerizing performance by the esteemed music director and playback singer, Mr. Alphons Joseph, captivating the audience with his enthralling tunes. Simultaneously, the students of Sacred Heart CMI Public School, nurtured by Crossroads School of Music and Mudra Dance Studio captivated everyone with their enchanting choreography and melodious performances. The event served as a platform to celebrate the beauty of artistic expression, fostering a sense of unity and appreciation for the performing arts.

In conclusion, CRESCENDO was not just an event; it was a symphony of talents, a celebration of culture, and an embodiment of the unifying power of music and dance.















# Sanctum - Our Spiritual Abode

The new chapel of our school, 'Sanctum' was officially blessed by our Vicar Provincial Rev. Fr. Mathew Koikara on 8<sup>th</sup> December, 2023.







## Joy of Giving

Every December, during the Christmas season, Sacred Heart CMI Public School upholds a tradition of nurturing the spirit of sharing by collecting essential items for the less fortunate individuals. This year, continuing the tradition, the collected items were distributed to several organizations and the classes that collected the most had the chance to visit these institutions and deliver the contributions. On 4<sup>th</sup> December, Class VIII E visited Nirmala Shishu Bhavan, while Class IX B went to St. Joseph's Old Age Home. Additionally, Class XI B chose Ashwasa Bhavan in Fort Kochi, Class IX D visited Vimala Bhavan in Mattancherry, and Class XI A journeyed to Kripa Bhavan in Aluva. These visits served as windows into a vibrant world that often goes unseen, proving to be enlightening experiences for our students. It was a journey that broadened horizons and deepened empathy, leaving the students with a profound sense of respect and understanding for the individuals they met.





# Annual Sports Day 2023-24

On 1<sup>st</sup> December, students from Grades VI to XII came together for Sports Day, a vibrant event honored by Captain Cyril Mathew, Officer-in-charge of School for Naval Airmen in Kochi. The day started with the March Past, showcasing the unity among the Red, Blue, Green and Yellow Houses. Captain Cyril Mathew emphasized the role of sports in shaping character and fostering good health. The atmosphere was charged with lively competitions all day, ending with an exhilarating cheering competition that united everyone in enthusiastic support.









# Provincial's visit

Rev. Fr. Benny Nalkara CMI, Provincial of the CMI Sacred Heart Province, visited the school on 28<sup>th</sup> November, 2023. He motivated the teachers, emphasizing their pivotal roles in shaping the future of the students. With a profound understanding of the importance of education, he stressed the need to create a lasting impact on students' lives. Rev. Fr. Benny urged everyone to unite in their efforts, aiming to leave an enduring impression through education that would resonate through the lives of the students.



## Class XI

During the sports day, Class XI students organised a tuck shop, selling juices and snacks. This initiative offered them practical lessons in business management, allowing them to apply their skills in a real-world setting. Notably, they dedicated the profits generated from this venture to charitable causes, demonstrating not just their business skills but also their generous and caring nature.







## Principal's Birthday

Our Principal's birthday was celebrated with immense joy. The entire school came together to celebrate this special day, showcasing their admiration and appreciation for the leader. The festivities were filled with heartfelt wishes, making it a memorable occasion.







## Christmas Celebration: Celebration of Joy and Creativity.

The spirit of Christmas filled our classrooms on 21<sup>st</sup> December as students across different classes came together to celebrate this joyous occasion. While Class I and II gathered in the auditorium for a special celebration, the higher classes embraced the festive cheer within their own classrooms. The classroom decoration competition for classes V - VIII and crib-making contests for classes IX and XI sparked creativity and enthusiasm among the children, fostering a sense of teamwork and festive spirit. The celebrations encapsulated the spirit of Christmas, bringing smiles to every face and creating cherished memories for all who participated.







## ECHOES OF LAUGHTER AND JOY: Sacred Heart School Celebrates the Essence of Childhood

Children's Day at Sacred Heart CMI Public School overflowed with joy, celebrating the essence of childhood. The day began with a lively assembly, followed by thrilling games for primary classes emphasizing teamwork and fun. Grades III - VIII enjoyed an extravagant celebration in the auditorium with skits and songs by teachers. All students relished sweet treats. The festivities highlighted the school's commitment to create a joyful learning environment, leaving cherished memories for the children.







## MERAKI – The Fairy World.

Grades III, IV, and V had a bookless day on November 15<sup>th</sup> filled with Disney-themed activities. The fancy dress competition for Grade III brought the Disney characters alive on stage. Grade V showcased Disney stories through tableaus, making the day fun-filled and creative. It was an exciting, joyful day fostering enthusiasm and creativity among the students.





## Farewell Fiesta

Au Revoir, Farewell Party for the outgoing Class XII students, was hosted by the school on 20<sup>th</sup> December, 2023. Class representatives from each division and parent representatives reminisced about their cherished memories at the school. The event was adorned with vibrant dance and musical performances, adding liveliness and entertainment to the gathering. The evening concluded on a delightful note with a sumptuous dinner for everyone present.





# JOURNEYING ACROSS DIVERSE DESTINATIONS

Students from Std I - XII travelled to various destinations in Kerala. Std I explored Lulu Mall's entertainment. Std II explored Chitillapilly Square. Std III visited Peechy Dam and Thrissur Zoo. Std IV uncovered marine wonders at Marine World. Std V enjoyed Silver Storm's thrills. Std VI, X, XII adventured in Vagamon. Std VII explored Munar's tea estates. Std VIII enjoyed at Wonder Valley. Class IX visited Hyderabad, the City of Pearls and class XI journeyed to Mysore and Bangalore. This comprehensive expedition exposed students across twelve grade levels to an array of destinations that offered memorable educational experiences





# Various programmes were held in school for enriching the students on various topics.

## KING'S University London

Ms. Rutchna Bawrie, the student officer of King's college, London conducted a seminar on Global Careers and higher education opportunities for students of Class XI on 9<sup>th</sup> November, 2023.



## Financial Literacy Programme

On 23<sup>rd</sup> November 2023, students from classes VIII, IX and XI attended a financial literacy program as part of Mr. P. J. Vinod MLA's Young Commerce Brigade initiative. This enriching session aimed to cultivate financial independence among students by presenting various saving schemes and methods. With an emphasis on managing pocket money starting from their school days, the session received a positive reception from students. They expressed satisfaction in understanding the importance of savings and financial planning.

## EVERY CHILD IS A VIP

A significant initiative "Every Child is a VIP," by WOW Kochi and the Journalism Department of Sacred Heart College, took place at Sacred Heart CMI Public School on February 15<sup>th</sup>. Honourable Justice Devan Ramachandran inaugurated the event, emphasizing the crucial right of every child to choose. However, he stressed the equally vital responsibility to pursue excellence and make informed decisions. MP Hibi Eden, Reneesh P R, Rev. Fr. Varghese Kachappilly CMI, Rev. Dr. Jose John CMI, Sujith Narayanan, and Goodwill Ambassador Anikha Surendran also delivered inspiring speeches, enriching the event with diverse perspectives.





## Mushroom

A moon in my garden,  
In the middle of the grass,  
Round and white,  
Like an umbrella.  
My guest on cold days,  
A gift of rain,  
Cute tiny flowers,  
Wearing white silk.  
It's painful for me  
To pick you up.  
Suddenly, it started raining,  
I heard you say,  
'Dear friend, I am your umbrella.'

**Maaxben Martin K M**  
**II C**



## MY LITTLE SUGAR PLUM

My sister is good.  
I love her so much.  
My sister always peeks at me.  
She is my sugar plum.  
I love to squeeze the plum.  
We love to play together  
Forever and ever.

**Luke. J . John**  
**I. C**



## TRIP to Phuket

Summer vacation is my favourite time of the year, as it gives me a lot of time to travel and enjoy my hobbies. Last year we went to Phuket. It was an exciting trip and a great experience too. Phuket is a beautiful island in Thailand, truly called the Pearl of the Andaman Sea. We drove down to Patong Beach where we had booked a sea-facing hotel. We enjoyed a beautiful sunset with hot air balloons and paragliders in the sky and surfers in the seas. The ambience that evening promised me exciting days ahead.

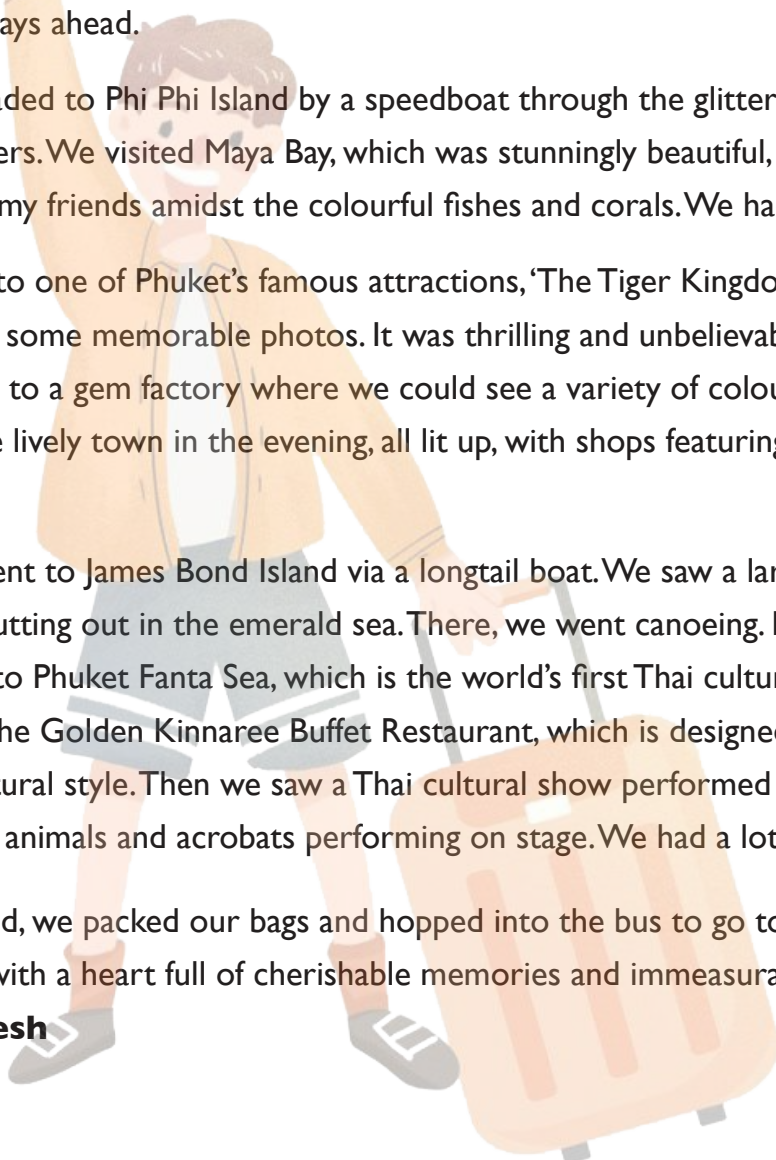
On the first day, we headed to Phi Phi Island by a speedboat through the glittering sea. We spent some time swimming in the crystal-clear waters. We visited Maya Bay, which was stunningly beautiful, with overhanging cliffs on the three sides. I snorkelled with my friends amidst the colourful fishes and corals. We had delicious Thai cuisine for lunch.

The next day, we went to one of Phuket's famous attractions, 'The Tiger Kingdom.' We had the opportunity to visit a tiger in its cage and got some memorable photos. It was thrilling and unbelievable, as we could play with real tiger cubs. In the evening, we went to a gem factory where we could see a variety of colourful gems and how they were processed. We also saw the lively town in the evening, all lit up, with shops featuring seafood like lobster, octopus, alligator, scorpion, etc.

On the third day, we went to James Bond Island via a longtail boat. We saw a large leaning rock with many limestones jutting out in the emerald sea. There, we went canoeing. It was terrific. That evening, we went to Phuket Fanta Sea, which is the world's first Thai cultural theme park. We had our dinner at the Golden Kinnaree Buffet Restaurant, which is designed in the Ayutthaya [Ayodhya] Era architectural style. Then we saw a Thai cultural show performed at the Palace of the Elephants, with real animals and acrobats performing on stage. We had a lot of fun.

Then the last day arrived, we packed our bags and hopped into the bus to go to the airport. It was sad to leave, but we had to return to India with a heart full of cherishable memories and immeasurable experiences.

**Sreeraag Rajesh**  
**V D**





## What if dinosaurs were still alive?

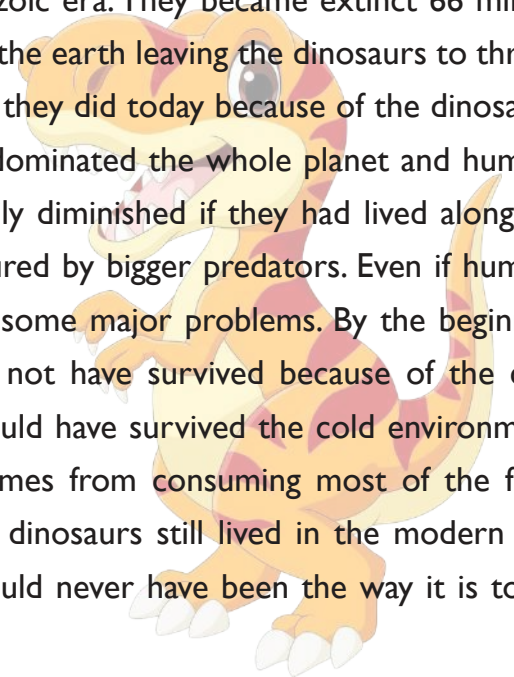
Dinosaurs!!!! One of the largest animals that ruled the earth in the Mesozoic era. They became extinct 66 million years ago by an asteroid that hit the earth. What if the asteroid had missed the earth leaving the dinosaurs to thrive?



Mammals might not have been able to evolve the way they did today because of the dinosaur's superior strength and power. Dinosaurs would have dominated the whole planet and humans would not have existed. Mammals would have steadily diminished if they had lived alongside dinosaurs because of food shortages and being devoured by bigger predators. Even if humans may have evolved in this situation, there may still be some major problems. By the beginning of the Ice Age, some of the dinosaur species could not have survived because of the cold conditions but some others with fur and feathers would have survived the cold environment.

The threat to other animal and mammal species comes from consuming most of the food supply. Mammals would not even stand a chance against the dinosaurs. If dinosaurs still lived in the modern age, their closest relatives might look very similar to them, and human life would never have been the way it is today.

**Om Sreekumar V A**



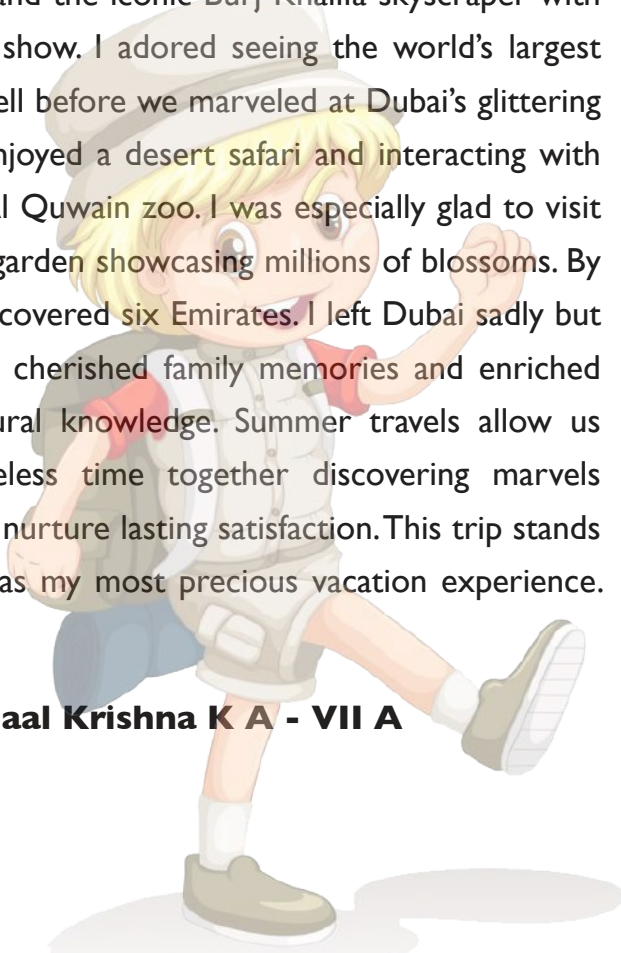
## MAKING MEMORIES IN THE MAGNIFICENT CITY OF DUBAI

Our family eagerly anticipates and plans summer vacations to take stress-free trips and spend quality time together that we are unable to during the other months. Last year, I visited Dubai where my father works, along with my sister and mother. It was a special trip I still cherish. My sister was delighted to visit since she was too young to remember living there before.

After arriving in Sharjah and meeting my father, we spent the next day in Abu Dhabi with friends followed by a mesmerizing Dubai Dolphinarium show. With my father busy, my mom, sister and I explored play areas at the local mall. We toured the colossal four-storeyed Dubai Mall and the iconic Burj Khalifa skyscraper with musical fountain light show. I adored seeing the world's largest indoor aquarium as well before we marveled at Dubai's glittering nightscape. We also enjoyed a desert safari and interacting with animals at the Umm Al Quwain zoo. I was especially glad to visit Dubai's iconic flower garden showcasing millions of blossoms. By the trip's end, we had covered six Emirates. I left Dubai sadly but with cherished family memories and enriched cultural knowledge. Summer travels allow us priceless time together discovering marvels that nurture lasting satisfaction. This trip stands out as my most precious vacation experience.



**Nihaal Krishna K A - VII A**



## THE SEA

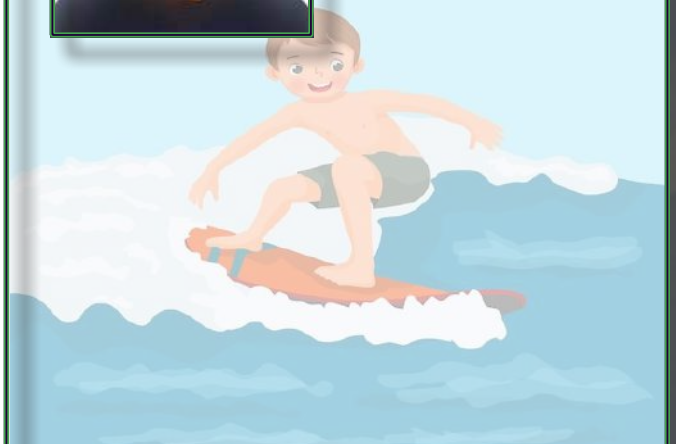
The sea sometimes angry,  
The sea sometimes calm,  
Plethora of miracles hiding inside the sea,  
I wonder! the beauty of the sea.

The waves are jumping up and down ...  
The waves are embracing the seashore ...  
Lot of species are living inside the sea,  
I wonder! the beauty of the sea.

I wish to swim like a fish...  
I wish to surf on the sea,  
I wish to collect pearls from the sea,  
I like to watch sinking of sun inside the sea...  
I wonder! the beauty of the sea.  
I like the blue sea..



**Moses Antony  
4 C**





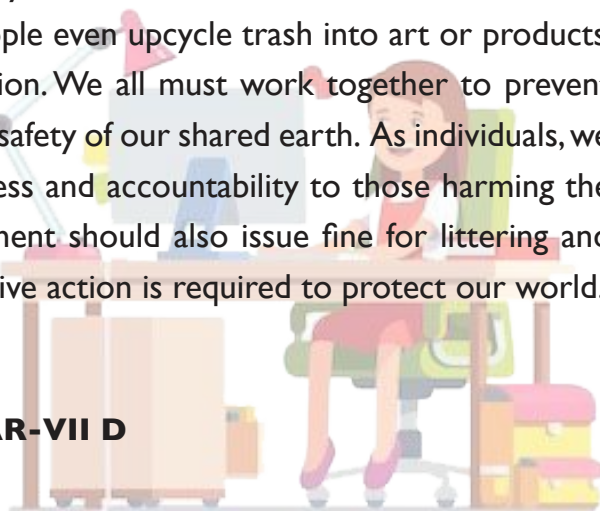
## How can we prevent climate change?

People do not realize how severely climate change affects our environment. It has become habitual to drive short distances when walking or cycling would get us exercise while reducing emissions. However, people think it is easier to drive. Preserving energy can



limit climate change too. We can switch off unused lights, unplug fully charged devices, and use efficient light bulbs. Installing solar panels or other renewable sources to power homes is another step. Additionally, reducing, reusing and recycling plastic wastes can help in limiting their entry into landfills and water bodies. Creative people even upcycle trash into art or products, resulting in less pollution. We all must work together to prevent climate change for the safety of our shared earth. As individuals, we should spread awareness and accountability to those harming the environment. Government should also issue fine for littering and contamination. Collective action is required to protect our world.

**LAKSHMI NAMBIAR-VII D**



## Ice - Cream

Ice cream in a cone,  
Ice cream in a bowl,  
It can be sweet,  
And it can be creamy.



It is very tasty.

Ice cream comes in different flavours,

And I like it—

It's my favourite."

**Hayan Krishna II C**



## My Cat, Leo

I have a cat,  
It's very fat!  
On the ground it hops,  
The fruits do pop.  
It likes to eat fish!  
Its only lifelong wish!  
As it drinks water,  
It's shiny eyes glitter.  
Such a thick and fluffy tail,  
When afraid, it turns pale.  
I took him to the river bank,  
And even to the huge water tank.  
Then poured the rain,  
Of course, it didn't use its brain.  
It was just worried yet,  
As I took him to the vet.  
Because he was my pet,  
Well, it was with a fever he met.



**RISHABH. S VIII C**

## The Birth of a new Day!

I stood atop my house,  
Wrapped around the eerie darkness  
The cool breeze caressed my cheeks,  
I wrapped the blanket more closely around myself  
Yet, it did not alleviate  
For it arose from the elation to witness,  
The Birth of a new Day.

Now blackened sky turned crimson,  
With eagles circling around  
Trees danced, the breeze sung  
And the bushes cheered to welcome,  
the new born.

Arose a bright face,  
Bringing along with it hope and new aspirations.  
Behold the birth of a new day!



**Katina T S, IX D**





### കാറ്റാടിമലയിലെ കാഴ്ചകൾ

കുളിരുള്ള പ്രഭാതം. ഞങ്ങൾ എഴുന്നേറ്റു. ഇപ്പോൾ ഞങ്ങളുള്ളത് തമിഴ്നാട്ടിലെ നാഗർകോവിലിന് അടുത്തുള്ള അരിവായ്മൊഴി എന്ന സ്ഥലത്താണ്. ഒരു ദിവസം അവിടം ചുറ്റിക്കറങ്ങുക തന്നെ! തണുപ്പുള്ള പ്രഭാതത്തിലെ അഴകാർന്ന കാഴ്ചകൾ കാണാൻ ഞങ്ങൾ കുളിച്ചൊരുങ്ങി. എന്റെ കുടുംബത്തോടൊപ്പം റിസോർട്ടിൽ നിന്ന് ഇറങ്ങി. കുറച്ചു ദൂരം നടന്ന് അവിടുത്തെ പള്ളിയിൽ കയറി. പിന്നീട് ഞങ്ങൾ അവിടം ചുറ്റിക്കറങ്ങു. അവിടെ നിന്ന് നടന്നു നീങ്ങിയപ്പോൾ അതാ അവിടെ വി. ദേവസഹായം മൗണ്ട്. കാറ്റ് ഞങ്ങളെ തഴുകി. മുകളിലേക്ക് നോക്കി യപ്പോൾ മഞ്ഞു കലർന്നു നിൽക്കുന്ന പർവ്വതനിര! എത്ര വർണ്ണാഭമായ കാഴ്ച. എത്ര കണ്ടാലും കൊതി തീരില്ല. പിന്നീടാണ് അവിടെയുള്ള മറ്റിടങ്ങളിലേക്കുള്ള യാത്ര. ഇതിനിടയിൽ വി. ദേവസഹായം പള്ളിയെ മാർത്താണ്ഡവർമ്മ തടവിലാക്കിയ സ്ഥലവും ഞങ്ങൾ സന്ദർശിച്ചു. കാറ്റാടിമലയുടെ ഒരു പ്രത്യേകതയാണ് കാറ്റാടികളുടെ പാടങ്ങൾ. ആ പാടങ്ങളിലൂടെ നടക്കുന്നത് ഒരു കൗതുകം തന്നെയാണ്. അവിടെ നിരയായി നിൽക്കുന്ന പാടങ്ങളിൽ ഏകാന്തത അനുഭവപ്പെടുന്നു. അവിടെ അനന്തതയിൽ ഒരേ താളത്തിൽ തിരിയുന്ന കാറ്റാടികളേയും കാണാം. എന്നിരുന്നാലും ഞങ്ങളുടെ ഉല്ലാസയാത്രയിൽ ഉള്ള കൗതുകമേറിയ കാഴ്ചകൾ ദാ. . . ഇനിയും ബാക്കി.



ലിസ് മതീയ ഷൈജു  
VI B

### ഒരിക്കൽക്കൂടി .....

അമ്മയുടെ ഗർഭപാത്രത്തിൽ  
കടക്കാതെ ജനിച്ചു ഞാൻ  
ഭാര്യ തൻ ഗർഭപാത്രത്തിൽ  
കാവൽക്കാതെ മാറി ഞാൻ  
ജീവിതം മാറവേ  
കാഴ്ചകൾ മങ്ങവേ  
ഓർമ്മകളിൽ തെളിഞ്ഞു  
പറയാൻ മറന്നൊരു  
നഗ്ന സത്യം, മടങ്ങി പോകണം  
എനിക്ക് ഇനിയും ആർദ്രമാം  
ഉദരത്തിൻ തണുപ്പിലേക്ക്  
മതി വരുവോളം നുകരണം  
അമ്മതൻ മാറിലെ സ്നേഹം

ജോഷ്വ ജൂഡ് സേവ്യർ  
XI B



### വേനലവധിക്കാലം

വീണ്ടും വേനലവധിക്കാലമായി .  
അവധിക്കാലം മുത്തശ്ശനൊപ്പമാണ്.  
മുത്തശ്ശനൊപ്പം കഴിയാൻ എത്ര രസമാണെന്നോ !  
വലിയ മുറ്റത്ത് ഓടിച്ചാടിക്കളിക്കാം .  
നാട്ടുമാമ്പഴമധുരം ആവോളം നുകരാം.  
വരിക്കപ്പാവില്ലുത്താടാം.  
തളരുമ്പോൾ തേൻവരിക്ക വയറു നിറയെ തിന്നാം.  
കളത്തിൽ മീനുകൾക്കൊപ്പം നീന്തി രസിക്കാം.  
രാത്രി മുത്തശ്ശൻ പറയുന്ന കഥ കേട്ടുറങ്ങാം.  
കൊതിയാവുന്നവേനലവധി വേഗമെത്താൻ!  
ആൽബർട്ട് സാന എൻ

IVB

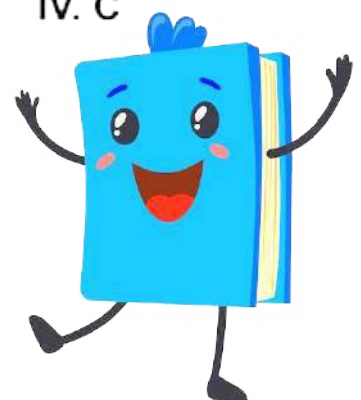


### പുസ്തകത്തിന്റെ കരച്ചിൽ

എന്റെ പേര് പുസ്തകം. പണ്ട് ഞാൻ ഏതോ മരമായിരുന്നു. എന്നെ അവർ യന്ത്രത്തിൽ ഇട്ട് കടലാസ്സാക്കി, പുസ്തകമാറ്റി എന്നെ അവർ കാശിന് വിൽക്കും. കുട്ടികൾ എന്നെ വലിച്ചു കീറി ഉപദ്രവിക്കും എനിക്ക് ഒരു സമാധാനവും ഇല്ല. ചിലർ എന്നെ വലിച്ചെറിയും വേദനിപ്പിക്കും.



എറിക് ബിബിൻ  
IV. C

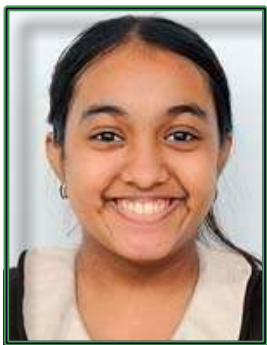




## ഒരു പുത്തകം വായിച്ചാലോ ?

പുസ്തകത്തെ പുത്തകം എന്നു വിളിക്കുന്നത് കണ്ടുണ്ണി മാഷിന് ഇഷ്ടമായിരുന്നു. കാരണം, പുത്തൻ കാര്യങ്ങൾ അകത്തുള്ളവയെയായിരുന്നു അദ്ദേഹം പുത്തകം എന്നു വിളിച്ചിരുന്നത്. കാലം മാറുന്നതിനനുസരിച്ച് വായനയുടെ രീതികൾ മാറിയേക്കാം. എന്നാൽ വായനയുടെ പ്രാധാന്യം ഒട്ടും കുറയുന്നതില്ല. തൊട്ടടുത്ത ലൈബ്രറികളായിരുന്ന പഴയ തലമുറയുടെ വായനാ വേദിയെങ്കിൽ പുതുതലമുറ വായനയിൽ അല്പം പിറകിലാണെന്ന് പൊതുവെ വിലയിരുത്തൽ ഉണ്ടെങ്കിലും ഡിജിറ്റൽ രൂപത്തിലുള്ള പുസ്തകങ്ങൾ ഭാവിയിലെ വായനാശീലത്തിന് പ്രതീക്ഷ നൽകുന്നതാണ്. താളിയോലകളിൽ തുടങ്ങി പേപ്പർ വഴി ഇന്ന് മോണിറ്ററുകളിൽ, വിരൽത്തുമ്പിൽ എത്തിനിൽക്കുന്ന വായന കൗതുകമുണർത്തുന്നതുതന്നെ. പേപ്പറിൽ അച്ചടിച്ചത് വായിക്കാൻ മടിയുള്ളവർ ഇ-ബുക്കുകൾ വായിക്കാൻ തയ്യാറാവുന്നത് ഒരു ആശ്വാസം തന്നെയാണ്. തങ്ങളുടെ മൊബൈലിന്റെ ലോകത്ത് ജീവിക്കുന്നവർ, അതിനു പുറത്ത് അക്ഷരങ്ങളുടെ സഹായത്തോടെ ഭാവനയിൽ യാത്ര ചെയ്യാൻ സാധിക്കുന്ന ഒരു ലോകമുണ്ടെന്ന് തിരിച്ചറിയണം. അപ്പോൾ, മാർഗ്ഗമേതുമാവട്ടെ , നമുക്കൊരു പുത്തകം വായിച്ചാലോ ?

- ഇവാനാ തെരേസ് കളപ്പുരയ്ക്കൽ  
X C



## എന്റെ അമ്മ

അകലെയൊന്നെങ്കിലും  
അരികത്തുണ്ടെന്നിരിക്കെന്യമ്മ..  
ഒരു ചെറു തലോടലായി  
എന്നുമെൻ നിദ്രയിൽ  
വന്നെന്നെ തഴുകുന്നതും  
ഒരു നൽ സ്വപ്നമായി  
വന്നെന്നിൽ ലയിക്കുന്നതും  
എല്ലാമെന്നിരിക്കെന്റെ  
അമ്മയാണെന്നമ്മേ ...



എയ്മി ബെന്നി  
III. C



## ഭൂമിയാം അമ്മ

ഭൂമിയാം അമ്മയെ ഓർത്തിടുന്നു  
ഭൂമിതൻ നന്മ സ്മരിച്ചിടുന്നു.  
പച്ചയാം ഭൂമിതൻ മടിത്തട്ടിനുള്ളിൽ  
ജീവിക്കും നാമെത്ര ഭാഗ്യവാന്മാർ  
എന്നുമീ ഭൂമിയെ കാക്കുക നാം  
ജീവനായ് എന്നും പുണരുക നാം  
നല്ലയാം നാളേയ്ക്കായ് ജീവിച്ചിടാൻ  
പ്രകൃതിയാം അമ്മയെ പാലിച്ചിടാം.

ശ്രേയ ജിനു.  
IV.E





### मेरा स्कूल

कितना सुंदर मेरा स्कूल  
यहाँ हैं रंग बिरंगे फूल  
फूल सुहाने सबको भाते  
उन्हें देखकर सब ललचाते

टीचर हमको पाठ पढ़ाती  
नई नई बातें सिखलाती  
फूलों से गिनती करवाती  
टॉफी देकर हमें बहलाती

**RICHA SAJU**  
7-A



### मेरी पतंग

अहा ! एक अच्छी पतंग  
इंद्रधनुषी रंगोंवाली एक पतंग  
एक पतंग जो हवा में लहराती है  
एक पतंग जो तोतों के साथ चहचहाती है  
एक पतंग जो बादलों में छिपती है  
एक पतंग जो आसमान तक पहुँचती है  
वह पतंग जो मुझ पर हँसती है  
वह मेरी दोस्त है पतंग

**DEVIKA MOLAR**  
V-B



## प्लास्टिक की दुनिया

मनुष्य ने अनेक पदार्थ कृत्रिम तरीके से बनाया है । प्लास्टिक भी उनमें से एक है इसलिए यह पर्यावरण के लिए चिंता का कारण बन गया है । हमारे घर के फर्नीचर, गाड़ी ,खिलौने । आदि सब पर प्लास्टिक का साम्राज्य आ गया है । एक भी घर ऐसा नहीं मिलेगा जिसमें प्लास्टिक की रिंग-बिरंगी चीज़ों का उपयोग नहीं किया है ।

पहले हम यात्रा करते समय कपड़े या कागज की थैलियों में सामान ले जाया करते थे। लेकिन उन थैलियाँ आसानी से फट जाया करती थी । लेकिन आज प्लास्टिक के कारण हमारी यात्रा काफी सुखद हो गई है क्योंकि अब हम प्लास्टिक से बने बैगों में कुछ भी ले जा सकते हैं।

अब तक हमने प्लास्टिक के गुणों के बारे में कहा है परंतु उनके दोष भी उतना ही खतरनाक है । प्लास्टिक का कचरा बहुत मुश्किल से घुलता है । प्रायः प्लास्टिक घुलनशील ना होने के कारण प्रदूषण पैदा करते हैं। इन दोषों पर ध्यान रखकर इनसे बचने के उपाय ढूँढ लेंगे तो प्लास्टिक एक वरदान साबित हो सकता है।

**अश्विन के.बी**

9-B





## सब कुछ है पर कुछ भी नहीं

आज किसान है पर,  
उसकी जमीन नहीं।  
आज पूजा है पर,  
सच्चा पुजारी नहीं।  
आज धर्म है पर,  
सच्चा धर्मात्मा नहीं।

आज मैं हूँ पर,  
हम नहीं।

आज एक है पर,  
एकता नहीं।

आज मानव है पर,  
मानवता नहीं।

आज सब कुछ है पर,  
कुछ भी नहीं

अक्षत दस्सानी

4-B



## मैं कौन हूँ ?

मैं अपने रंग-बिरंगे पंख  
फड़फड़ाकर आता हूँ ।  
बच्चे रोते हुए मेरा पीछा करते हैं ।  
मैं कई रंग पहनता हूँ ।  
आओ कुछ अमृत लेने के लिए,  
मैं चीनी की तरह मीठा हूँ  
मैं प्रकृति की तरह सुंदर हूँ  
मेरा जन्म बहुत खास है और मैं भी  
मैं कौन हूँ ?

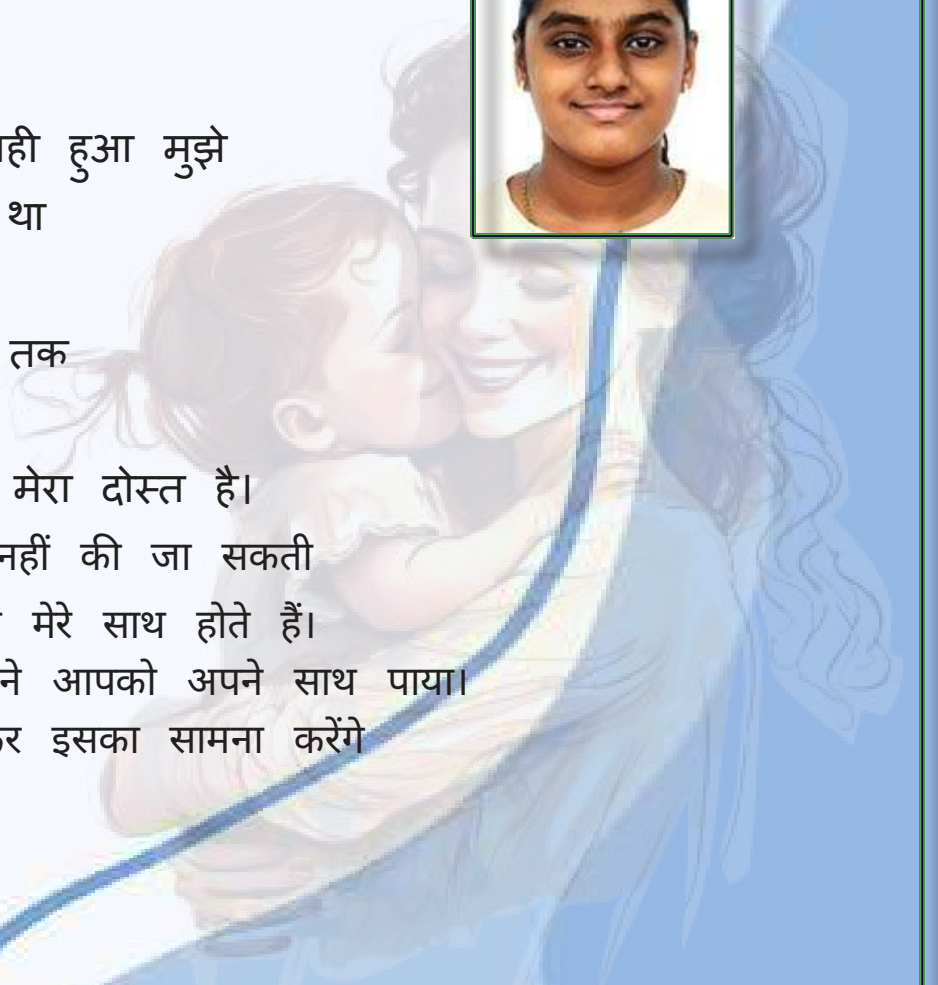
Sam Kuriakose Ambooran  
8-B



## माँ

नौ महीने तक आप मेरा घर थे ,और  
एक दिन के लिए भी अकेलापन महसूस नहीं हुआ मुझे  
आप मेरा हाथ पकड़ते थे ,जब मैं छोटा था  
और करते थे मेरा मार्गदर्शन  
ताकि मैं समझ सकूँ कि आप मुझे अंत तक  
बिना शर्त प्यार करेंगे  
आप मेरी माँ से कहीं अधिक हैं , आप मेरा दोस्त हैं।  
हमारे बीच के बंधन की तुलना किसीसे नहीं की जा सकती  
जब भी मुझे आपकी जरूरत होती है,आप मेरे साथ होते हैं।  
जब मैं रोती हूँ , मेरे घर आँसू के लिए मैंने आपको अपने साथ पाया।  
भविष्य चाहे जो भी हो , हम साथ मिलकर इसका सामना करेंगे

ALEENA BOBBY  
VIII-B





# ACCOLADES GALORE



Our Volleyball Team proudly represented the State of Kerala in the National CBSE Volleyball Championship held in Uttar Pradesh. They won in the second match against both Sharjah Indian School, Dubai, and Atma Malik International School, Maharashtra.

## Scientia 2023

**Abhirami K B** and **Heera Maria Jose**, students of Class XI A represented our school at the Science exhibition, Scientia 2023, hosted by The Choice School. Their exceptional presentation focused on Chemistry, specifically showcasing a model that illustrated the inhibitory effect of Naringin, a compound found in Citrus fruits, on the Corona Virus, complete with its chemical structure. Their remarkable work earned them **FIRST** place, along with a cash prize, certificates, and a memento, recognizing their outstanding achievement.



## Horizon De Math

The students of Class XI and IX achieved the **FIRST** Prize in the Maths Exhibition held by Nalanda Public School, Thammanam. The successful participants were **Teo Tom** from XI A, **Shayal Terens** from XI B, **Fiona Sara** from XI C, and **Kasfeena** from IX D.



**Avanthika Pradeep** from Std VIII D has brought immense pride to our school by achieving remarkable success at the CBSE Swimming Competition held at Rishikul Vidyapeet, Sonapat, Haryana. She secured a Silver Medal in the 50 meters backstroke and a Bronze Medal in the 100 meters backstroke. Avanthika's outstanding performance has rightfully earned her a place in the National Games in Agra, organized by the School Games Federation of India.







Kevin Neju Paul from Std XII C secured Silver Medal and Shrikar R Ramachandran from Std XII C secured Bronze Medal in the 500 metres race at the Kochi Sahodaya Athletic Meet held at Sreenarayana Vidyapeedam.



Nooha Faise of Std XII C has indeed brought immense pride to our school by securing a Bronze Medal in the 800 meters race at the Kochi Sahodaya Athletic Meet held at Sreenarayana Vidyapeedam. Her exceptional performance underscores her dedication and skill in athletics.



Our Senior Boys Heartian Football Team triumphed in the Soccer Toc Interschool Football Tournament, organized by Toc H Public School, Vyttila. Adding to the glory, Naban Kareem of Std XII D was recognized as the Best Player of the Tournament, further highlighting our team's exceptional performance.



Lilly Maria John, class VII E, won the Gold Medal in the 11-15 years, 54kg+ category at the State K-I Amateur & Pro-State Kickboxing Championship held in Thiruvananthapuram in October 2023. Earlier in May 2023, Lilly had also won Gold at the Ernakulam District Kickboxing Championship in the Junior, 47kg+ division.



Our Girls Sub Junior Team emerged as winners at the Ernakulam District Basketball Championship held at RSC Kadavantra.



In Ernakulam District Basketball Championship at RSC Kadavantra, our team secured the Runner Up position in the Girls Kiddies Category.



Our team secured Runner Up position in Boys Kiddies Category at the Ernakulam District Basketball Championship, organized by EDBA at RSC Kadavantra.



Our Basketball (Under-14) Team secured the Runner Up position in National School Basketball Championship held at Vengola. Mathew Paul of VIII D was selected as the Best Promising Player.





Heartians participated in the First South Indian Karate Championship held at Kochi and won several prizes.

1<sup>st</sup> prize - Individual Kata - Sruthy Kishore IV E, Athulya V, IV F, Therese Maria Biju, VIII A

2<sup>nd</sup> prize - Individual Kata - Ferris Tom Charles III D  
Donna Sienna VII B, Swathy Kishore VII D

3<sup>rd</sup> prize - Individual Kata - Ann Mariya Alex - VIII B  
Fiona Elizabeth Charles VII D

Our coach Mr Vinu Velayudhan bagged the Best Instructor Award at the South Indian Karate Tournament 2024.

Ethan Thaddeus of Std VIII D secured two Silver Medals in the RFO Ernakulam District Roller Skating Championship held at Govt. Higher Secondary School, Kadayirippu in 500 mtr and 1000 mtr Ring Race in Under-14 Age Category.



## Cross-Country Race and Walkathon

Sacred Heart CMI Public School hosted a successful Cross - Country Race and Walkathon on Saturday, November 18<sup>th</sup>. The event commenced with the flag-off ceremony conducted by A. Akbar, IPS, Commissioner of Police, Kochi City & IGP. The motivating slogan for this event was **“Run for a Cleaner, Greener City.”**

A total of 86 students participated enthusiastically in the Cross-Country Race, showcasing their endurance and sportsmanship. Richard Alex from Class IX B emerged victorious in the boys’ section, demonstrating exceptional athletic prowess. In the girls’ section, Nooha Faise of Class XII C clinched the winning position. The Second Prize was secured by Saihan Saleem from XI C and Anna Saji from X B. The Third Prize was awarded to Ameen Anas from XI B and Donna Sunny from XI A. In addition to the race, a Walkathon was organized specifically for parents and teachers.



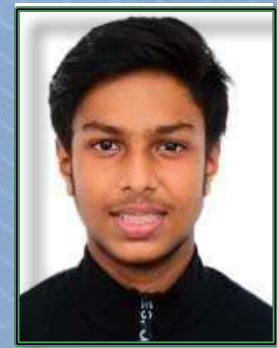




Jonah Thaddeus from class III B  
clinched First Prize in the  
500-meter Quad.



Ryan Leo of IX C - Achieved First Position in  
Under-15 Freestyle Wrestling (62kg) at Open  
Nationals Selection.



Richard Alex of class IX B  
secured First Prize in the  
Under-17 Category for  
500-meter Inline Skating.



Antony Leonardo K. P of class VIII D achieved  
First Prize in the Under-15  
Category for 300-meter Inline Skating.



Aaralyn Rosemaria George of class VI A, secured  
First Prize in Under-13 Category for 300 - meter  
Inline Skating.



Ethan Philip George of VIII B Secured First in  
Under-15 Freestyle Wrestling (48kg) at Open  
Nationals Selection.



Sharon Marshal of VI D secured Second Prize in  
300 meter Inline Skating Under-13 Category.



Jaeden Yitzhak George of VIII B - secured First  
Place in Under-15 Freestyle Wrestling (41kg)  
during Open Nationals Selection.



**Twinkle Riju of STD IX C secured 2<sup>nd</sup> Runner Up  
Position in the 12<sup>th</sup> National School Chess  
Championship for Under-17 Girls Category  
held at Bihar.**

**She got qualified for Asian Schools Chess  
Championship to be held  
at Thailand in December.**



# AMATEURS' GALLERIA



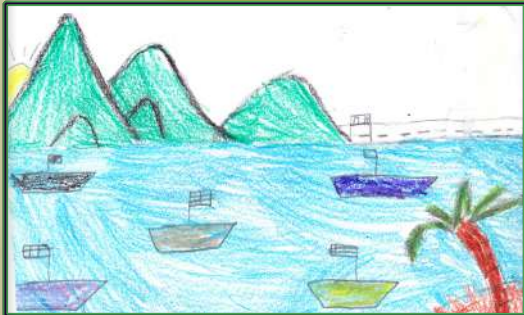
Aimee Sijo IV D



Ayaan Das VI D



Avantika Nair M IV C



Ethan Prakas I A



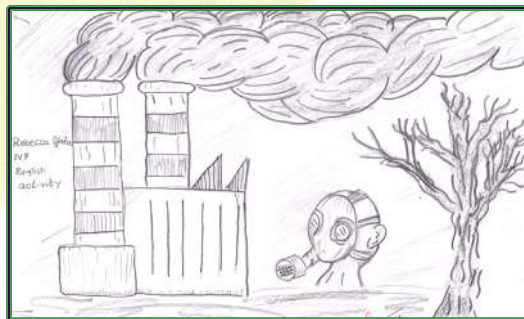
Pranav IV F



Nitika Joseph IV F



Maria Reetha VI D



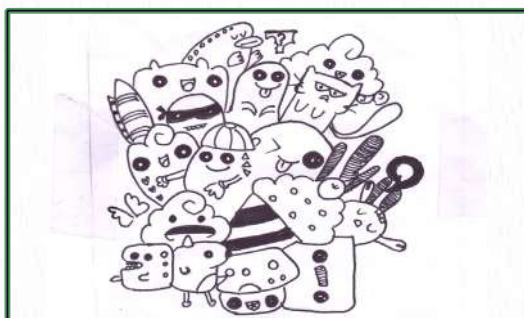
Rebecca Gladia IV F



Sam George Jomi XI C



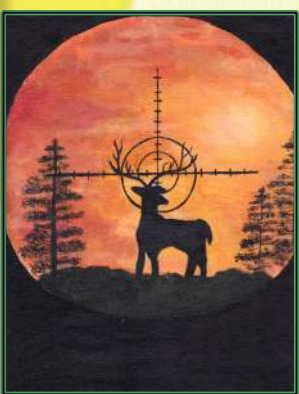
Joan Rose Durom XI C



Rebecca Tresa XI C



Johaann J Job XI B



Donna Sunny XI A



V. T Issac Paul XI A



Rovan Wilson XI A



Johan Jackson IV D



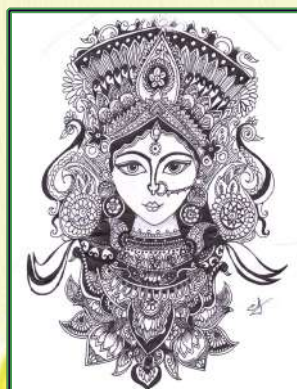
Evan Antonio Libyn  
VI E



Shayal Terns XI B



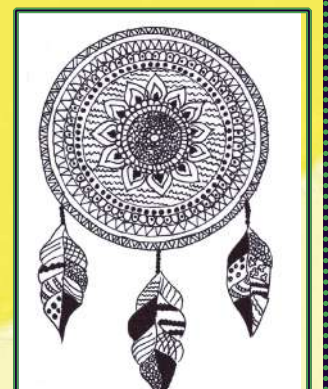
Ameen Anas XI B



Mohamed Fardheen  
XI C



Ashika V Nair II C



Drishya Sunil XI C