

# REFLECTION

Sacred Heart CMI Public School News Letter - Published by the Principal - SI No : I/August -2025 Editorial Board : Uma S, Dhanya Jose, Irene Sara Zachariah, Princy Peter, Raji Anilkumar, Sindhu K.P, Sharlet Samuel



## Principal's Desk

Another academic year is well on its way, reinforcing our commitment to education and the consequent excellence that our school has achieved in various ways. The greatest strength of the school is the CMI banner under which it functions, providing it with a background of two centuries of tradition and expertise in the field of education.

The CMI congregation, founded by St. Kuriakose Elias Chavara, has made profound contributions to society, particularly in the field of education, in line with the founder's vision of providing quality education to all, regardless of caste or creed. St. Chavara realized that education is a powerful tool that can shape society in a positive way, acting as a transformative catalyst towards social, cultural and spiritual upliftment. The advantage that our state enjoys in the field of education and literacy is, to a great extent, due to this great visionary. We are blessed to be a part of his great legacy, from which we have derived our commitment to reach towards the best, always.

The CMI congregation marks its bicentenary in 2030 with celebrations spanning over a decade from 2021-2031. The year 2025 has been declared the CMI Year of Education, aiming to reaffirm the commitment to the holistic development of students and inculcate core values in them.

Our school continues this sincere pursuit of excellence in all aspects of student life. The brilliant results we achieved in the CBSE Board examination and the various academic awards our students have been conferred with are testaments of this dedication. Our students also lifted the Runner-up Trophy at Fresco and the Champions Trophy at Vista, the two prestigious interschool fests in Kochi. Our school is gearing up to conduct the third edition of our own interschool event, Mudita, on 27 September. Our parent community is assisting us in various ways in organizing this mega fest; the synergy produced by this association is our greatest asset. I request your presence and collaboration in the successful conduct of Mudita and express my heartfelt gratitude for the wonderful support you have provided for all school activities.

My prayers are with you and your families; God bless us all.

Dr. Varghese Kachappilly CMI

## Sacred Heart Feast Day





SACRED HEART FEAST DAY WAS CELEBRATED ON 27 JUNE 2025.





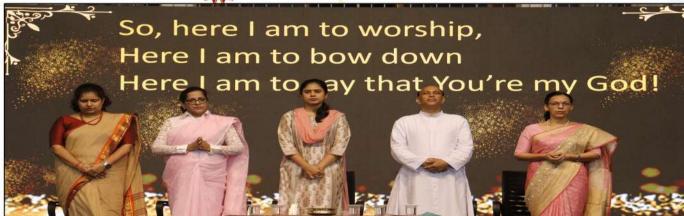
# Laureage Day

#### Honouring the achievers of classes 10 & 12 CBSE Board Exam

Laureates' Day was celebrated on 17 June 2025, in recognition of academic excellence and student achievements.

Ms. K. Meera IAS, Sub Collector of Kochi, was the Chief Guest. The event included a formal prize distribution ceremony followed by a musical symphony.













































# Initiation Ceremony

The Initiation Ceremony, welcoming the newly admitted students and faculty members, was held on 2 June 2025. Rev. Fr. Johnson Vazhappilly CMI, Executive Director and CEO of Rajagiri Hospital, graced the occasion as the Chief Guest. The school magazine, Schola 2025 was unveiled during this occasion.



## School Election 2025



Adhem Ahmed (12 A) Head Boy



Feba Bobby George (12 A) Head Girl



Elijah Yohann George (12 A) Sports Captain



(12 E) Student Editor



Niya Mathews (12 B) Cultural Secretary



Rayan Chacko Thundathil (8 E) Junior Head Boy



Caralin V. Kattukaran (8 D) Junior Head Girl



Althea Marilyn Vivian
(8 A)
Junior Cultural Secretary



Bhagyalakshmi B. (8 A) Junior Sports Captain



Maria Reetha Jaison (8 E) Junior Student Editor

Students from classes IX to XII actively participated in the Student

Council Election held on 13 June 2025.

#### **HOUSE OF HOPE**



Nihal Muhammed (11 B)



Shreya Sanu N. (IIC)

## **HOUSE OF COURAGE**

**HOUSE OF WISDOM** 



Arman Sujith (11 C)



Angelina Joseph (IIB)

### **HOUSE OF JOY**



Ouseph S. Thomas
(II A)



Irene Sarah Shemil

Ayaan Anas (II C)



Liviya Geejan (11 B)

# Investiture Ceremony

The Investiture Ceremony was held on 26 June 2025. The student council members were formally entrusted with their roles. Ms. Nandini R. Nair IRS, Joint Commissioner of Income Tax, Kochi, was the Chief Guest.





# World Music Day and Yoga Day

Celebrate the Calendar

The highlight of the day was the musical performance by playback singers Ms. Meera Ranadive, Mr. Vishnu Achari, and Mr. Jins Gopinath. Faculty members of the Music Department, Mr. Elvis Dennis Lobo, Mr. Manoj Jayadevan and Ms. Sumina K. P. also enthralled the audience with their performances. Following that, the talented Heartians delivered soulful musical renditions, bringing the event to a close with a yoga session that emphasized the importance of mental and physical well-being.



## WORLD ENVIRONMENT DAY

World Environment Day was celebrated with a special assembly and several activities which served as a powerful reminder of our collective duty to protect and preserve Mother Nature for generations to come.





## NATIONAL READING DAY

National Reading Day was celebrated with activities to encourage reading among students. The class library was officially inaugurated to provide access to books during free periods.





Freshers' Day was held on 30 June 2025 at the Lake View Auditorium. Class XI students showcased their diverse talents through vibrant performances including music, dance, and mime, creating an exciting atmosphere that welcomed the newcomers to the school.



# ACCOLADES GALORE



Heartians lifted the Overall Trophy, the third consecutive year at Vista 2025, the prestigious annual interschool fest conducted by Rajagiri Public School, Kalamassery.



## Kairos 2025 held at Assisi Vidyaniketan



Layana Sandeep (2 E) First prize in 'Hue and You' (colouring).



Eevah Naigil (6 E) Third prize in 'Meraki' (dance).



Evan Antonio Libyn (8 B) Consolation prize in 'Artica'. (art event)

## Know Your Canal Campaign - Kochi Corporation



Dona Sunny (12 D) Second prize in English Essay Writing



Francis Mathew (10 D)

First prize in

Drawing Competition

## **Budding Stars**



Suhan Muhammad K N (5 D)
First rank in the
Unified International
Mathematics Olympiad



Jovan Joseph (6 C)
Second prize in
World Oceans Day
Drawing Competition



Evan Antonio Libyn (8 B)
First prize in the
Interschool Painting Competition
held at Sacred Heart College, Theyara

## **Sports Triumphs**



Under-19 Boys' Basketball Team achieved runners-up position in the Manorama Online 3×3 Interschool Tournament. Team members: Govind A. Dev, John Joseph, Edwin Raiden Rocha and Abhishek P.A.



Jobin Johnson Parapillil (8 C)
Silver medal at the CBSE Cluster
Table Tennis Championship; selected for the CBSE
National Championship



Arya Vineed Kunnamkumarath(7 E)
Gold Medal in the district level Fencing Championship
(sub-junior category) and will
represent Ernakulam at the State Championship

## Rajagiri Model United Nations



Shreenika Arun (10 D) Best Diplomacy Award



Joanne Mariyam Justin (8 D) Verbal Mention

## St.John's Felacia 2025



Nomi Eliza Nikhil (2 F) Third prize



Jude Rivan Fernandez (5 E)
First prize



Halina Mannath Somu (5D)

Third prize



Evan Antonio Libyn (8 B)
First prize

## Faculty Achievements



Ms. Neha Saji of the English Department secured First rank for B.Ed. in Mahatma Gandhi University.



RLV Dhanya Ramachandran received South India Women Achievers Award 2025 in the Art and Culture category for her outstanding contributions to Indian classical dance.

## Orientation Programmes for Parents



Dr. Vipin V. Roldant, the internationally acclaimed psychologist and CEO of Roldantz, conducted an engaging interactive session for the parents of students in classes IX, X and XII.



Talk on Effective Parenting by Dr. P. J. Xavier, Senior Psychiatrist at Lakeshore Hospital, offering guidance to parents of students in classes VII and VIII.



The parents of students in classes III to VI attended a session by Ms. Annu M. Thomas, HR professional from Infogain India Pvt. Ltd., on strategies for fostering emotional resilience and communication with children.

### English Articles

#### Nature's Gift

The birds fly high in the sky,
Flying to its house nearby.
With its feathers coloured so bright,
From below it looks like a kite.

When the rain comes pouring down, The birds play and sing along. As the Sun shines its light, The birds go for a morning flight.

As the wind blows to the North, The birds fly, full of hope. The secret that nature holds, Is a mystery that no one knows.

The Nature is a gift of God, And it should be saved by all!

Charumithra Shinoj VII B



#### Who am I?

I searched and searched and found that,
I am the bud of a plant that gives hope
I am the bird that once was taught to fly
I am a living soul wanting things I imagine
I am a dabber with the edges kept sharp
Ask me who I am, and I will tell you;
I am an eagle with the power inside
For I am,
A dream come true for many

The colours of Mona Lisa
The pearl earrings of the Mona Lisa of the north
And I am,

The petals of a sunflower I am the power who is undefeatable!

Catherine Maria Justine VIII E



#### A Surprise Flight to Surat

One day, my Papa came and said, "I have a business meeting in Surat; would you like to join me? I will be traveling by train."

Without any confusion, we said, "Papa, we're coming."

On the day, while we were waiting to reach the station, our car stopped in front of Kochi airport. I really wondered and, excitedly asked Papa, "It is written 'airport'. Why are we here?" With a smile on his face, he replied, "Yes, my dear, it's a surprise. We are going by flight, and it's your first flight journey." We completed the security check-in and went inside the plane. While boarding, we received a warm welcome from the cabin crew. I was really scared when the plane took off.

After it started flying through the clouds, I was really thrilled. Finally, the plane landed at Surat airport.

I hugged my Papa and said,

"Thank you for this wonderful surprise!"

Sadhika S. III B



#### The Book that changed the Hearts of Millions

As J.K. Rowling once said, "Some stories stay with us forever". That's exactly how I feel about "THE KITE RUNNER" by Khaled Hosseini. I had seen the book lying in the cupboard for years -it was my brother's -but my mind didn't find that book appealing. It was my sister who insisted that I read that book, as she used to make fun of me, saying, " You only read stupid children's books". Because of my sister, I started to read that book and honestly, I found it very boring and long. After a few pages, I stopped reading and vowed I would never read that book again, or so I thought. But years later, I opened its pages once more- but this time, it was not boring, it hit differently. The story didn't just stay in my mind; it sank into my heart. It felt as if the book had been waiting for the right time for me to read it. As I continued reading, the emotions in the book now became my emotions. The pain, the regret, the longing for redemption- it all felt so real. It didn't feel like a storybook; it felt like life, the life of two boys, their friendship, the betrayal, and the regret.

Amir, a wealthy Afghan boy, and his friendship with Hassan, the son of his father's servant. The story unfolds against the backdrop of Afghanistan's turmoil, from the Soviet invasion to the rise of the Taliban, and explores themes of guilt, redemption, and the enduring impact of childhood experiences. Khalid Hosseini didn't just write stories; he touched the hearts of millions. What touched me the most was when Hassan told Amir a sentence that changed my life: "For you, a thousand times over". The book is mixed with Hassan's loyalty and Amir's regret. The regret that Amir kept in his life forever. It's not just Amir and Hassan, it's the life of millions of others like Amir and Hassan who have suffered, stayed silent or been forgotten. Even if I read many books after that, it will still and always remain my favourite book.

A.S. MARWA KHADEEJA IX A

#### गर्मी की छुट्टियाँ

हर साल की तरह इस साल भी मैं गर्मी की छुट्टियों में अपने नाना - नानी के पास गई । वे हर साल मेरे और भाई के आने का इंतज़ार करते हैं । मुझे भी उनके पास जाना बहुत अच्छा लगता है । वहाँ घर के चारों तरफ

इतनी जगह है कि हम खेल सकते हैं । एक बड़ा झूला है, जिसमें बैठ कर हम झूलते हैं । नाना जी हमारे साथ खेलते हैं और मैं बगीचे में उनकी मदद करती हूँ । नानी हमारे लिए स्वादिष्ट व्यंजन बनती हैं । हमें रात में कहानी सुनाती हैं । नानी जी ने मुझे कई खिलौने लेकर दिए हैं । उनके साथ मैं घूमने भी गई थी । समय कैसे बिता पता ही नहीं चला । वापस आने के बाद मुझे नाना – नानी की बहुत याद आती हैं । मैं हर रोज उनसे फोन पर बात करती हूँ । मैं अगली छुट्टियों का इंतज़ार कर रही हूँ तािक मैं उनसे मिलने जा सकूँ ।

जान्हवी आर नायर

IV D

#### पढ़ाई का महत्व

पढ़ाई मनुष्य के जीवन का एक अनमोल हिस्सा हैं। यह केवल किताबों का ज्ञान नहीं देती, बल्कि सोचने, समझने और निर्णय लेने की क्षमता भी बढ़ती हैं। पढ़ाई से व्यक्ति को अच्छा नागरिक बनने में मदद मिलती हैं। ज्ञान प्राप्त करने का सबसे अच्छा माध्यम पढ़ाई है। आज के समय में हर क्षेत्र में शिक्षा ज़रूरी हैं। चाहे डॉक्टर बनना हो, इंजीनियर या शिक्षक - हर किसी को पढ़ाई की ज़रूरत होती हैं। पढ़ाई ही वह सीढ़ी है, जिससे हम सफलता की ऊँचाइयों तक पहुँच सकते हैं। पढ़ाई के बिना जीवन अधूरा है, जैसे दीपक बिना तेल

एमी जॉर्ज vi c

के।



पापा हैं मेरे प्यारे, जो हैं सबके न्यारे।

दिल के अमीर आप, परवा करते हैं हमारा खास।
पापा मेहनत करते हैं, हमें स्कूल भेजने।
तो हमारा कर्तव्य है, अच्छे से पढ़ना।
खेल-खेल में, बात-बात में, आप दिखाते नई दिशा।
आप समझाते कई दशा।

मैं बन जाऊँ, अच्छा इंसान, आपका यही सम्मान।
हँस-हँस हमेशा, सुनते हमारी शिकायतें,
पर कभी नहीं दिखाते,
आपकी परेशानियाँ।
कहाँ छिपाते हैं वह आप? क्या उन मुस्कराहटों में?
मैं धन्यवाद देना चाहता हूँ पापा।
आप हो दुनिया के सबसे प्यारे।
आप खुश तो हम सब खुश, आप हैं सबसे दुलारे।

सिद्धार्थ राजेश IX B



#### ऑपरेशन सिंदूर

ऑपरेशन सिंदूर पहलगाम आतंकी हमले के प्रतिकार में 7 मई को भारतीय सुरक्षा बलों द्वारा चलाया गया एक सफल संयुक्त ऑपरेशन है। भारतीय सुरक्षा बलों ने जम्मू-कश्मीर के पहलगाम में छिपे आतंकियों के खिलाफ निर्णायक कार्रवाई की। इस मुठभेड़ में कई आतंकियों को मार गिराया गया। ऑपरेशन में भारतीय सेना, एनआईए और स्थानीय पुलिस की संयुक्त टीमों ने पाकिस्तान समर्थित नेटवर्क को ध्वस्त किया। ऑपरेशन के दौरान पहलगाम में आतंकियों के ठिकानों पर जोरदार हमला किया गया। भारत की ओर से सीमा पार के आतंकी ठिकानों और ठिकानों से मिले इनपुट के आधार पर ये ऑपरेशन चलाया गया। मीडिया रिपोर्ट के मुताबिक ऑपरेशन का नाम प्रधानमंत्री श्री नरेंद्र मोदीजी ने स्वयं दिया था।

माहिन मयूर रामचंद्रन VII B





## Malayalam Articles

#### ഏകാന്തമാകുന്ന ജീവിതങ്ങൾ

സന്തോഷങ്ങൾ ഓടിയൊളിക്കുന്നു നിശ്ശബ്ദത പരക്കം പായുന്നു ഏകാന്തത സൂര്യനെ മറയ്ക്കുന്ന രാത്രി പോലെ വ്യാപിക്കുന്നു അഗ്നി ജ്വാലയിൽ പെട്ട കുരുവിയെ പോലെ ഞാൻ എന്നും ജീവിതം ചേർത്തു പിടിക്കുന്നു തോരാത്ത മഴ പോലെ മനസ്തിൽ ഓർമ്മകൾ മിന്നി മായുന്നു ജീവിതം പാളം തെറ്റിയ തീവണ്ടി പോലെ പായുന്നു ഏകാന്തതയുടെ ഒഴുക്കിൽ അകപ്പെട്ട ഞാൻ എല്ലാ സൂരണകളും വലിച്ചുകീറുന്നു ജീവിതം ഭ്രാന്തിന്റെ വക്കിൽ എത്തുമ്പോൾ കുതറി മാറുന്നു നരച്ച ബാല്യ സൂരണയിൽ നിന്ന് ഞാൻ അതിനെ പിടിച്ചു നിർത്തുന്നു എത്രയോ കാലങ്ങൾ കഴിഞ്ഞാലും ചിതലരിച്ച ജീവിതം മായുകയില്ല ഓർമ്മകളെ തേച്ചു മിനുക്കുവാൻ ശ്രമിച്ചുകൊണ്ടേയിരിക്കുന്നു ഏകാന്തത നിറഞ്ഞ ജീവിതത്തിൽ നിന്ന് ഞാൻ ഓടിയൊളിക്കാൻ ശ്രമിക്കുന്നു

ഒലിവ് വിനോദ് viii в



#### ഇലവീഴാ പൂഞ്ചിറ

യാത്രാനുഭവം

മുത്തശ്ശിയുടെ നാടായ മേലുകാവിലേയ്ക്കുള്ള യാത്രയ്ക്കിടയിലാണ് ഇലവീഴാ പൂഞ്ചിറ എന്നാദ്യം കേൾക്കുന്നത്. പേരുപോലെ തന്നെ ഒത്തിരിയേറെ കൗതുകം ഉണർത്തിയ ഒരു സ്ഥലം ആയിരുന്നു ഇലവീഴാ പൂഞ്ചിറ ഇലകൾ വീഴാതിരിക്കുമോ? എന്തു കൊണ്ടാണങ്ങനെ?ഒരു കൗതുകം തോന്നിയതു കൊണ്ടു ഞങ്ങൾ അവിടേയ്ക്കു യാത്ര തിരിച്ചു മേലുകാവിലെ വീട്ടിൽ നിന്നും പൂഞ്ചിറയിലേയ്ക്ക് ജീപ്പിലായിരുന്നു ഞങ്ങളുടെ യാത്ര. നല്ല കാലാവസ്ഥ ആയിരുന്നു ചെറിയ തണുപ്പും നല്ല കാറ്റും ഒക്കെ നിറഞ്ഞ അന്തരീക്ഷം ജീപ്പിൽ കയറി പതുക്കെ കുത്തനെയുള്ള റോഡിലൂടെ യാത്ര ചെയ്തു പ്രകൃതി രമണീയമായ ഒരു സ്ഥലം ആണ് ഇലവീഴാപൂഞ്ചിറ.ചെറിയ കുറ്റിച്ചെടികളും നിറയെ പുല്ലുകളും വലിയ പാറക്കെട്ടുകളും നിറഞ്ഞ മനോഹരമായ സ്ഥലം ഇളം കാറ്റ് വീശികൊണ്ടേയിരുന്നു കൗതുകത്തോടെ ഞാൻ മുത്തശ്ശിയോട് ചോദിച്ചു 'എങ്ങനെയാണ് ഈ സ്ഥലത്തിന് ഇലവീഴാപുഞ്ചിറ എന്ന പേര് വന്നത്" മുത്തശ്ശി മറുപടി പറഞ്ഞു "<mark>ഈ സ്ഥലത്ത്</mark> മരങ്ങൾ ഇല്ല കുഞ്ഞേ... മരങ്ങൾ ഇല്ലാതെ എങ്ങനെയാണ<mark>് ഇലകൾ</mark> വീഴുക<u>ു</u> ഉത്തരം ലഭിച്ചതോടെ തൃപ്തനായി ഞ<mark>ാൻ</mark> പ്രകൃ<mark>തി ഭംഗി</mark> ആസ്വദിച്ചുകൊണ്ട് അവിടെനിന്നു

അലക്സ് ഡേവിഡ്

VII. C



#### സൂര്യോദയം

അതിരാവിലെ മുറ്റത്തിറങ്ങുമ്പോൾ ശാന്തമായി തണുപ്പ് വീശുമ്പോൾ പൂക്കൾ വിരിഞ്ഞു തുടങ്ങുമ്പോൾ ശുദ്ധമാം വായു ശ്വസിക്കുമ്പോൾ അങ്ങു ദൂരെ അനന്തതയിൽ മേഘങ്ങൾക്കിടയിൽ ഒരു ശോഭ കാണാം മഞ്ഞു പുതപ്പു മാറ്റി വരുന്നു വീരൻ മേഘങ്ങൾ തള്ളി മാറ്റി വരുന്നു സൂര്യൻ കിളികളെല്ലാം ഭംഗി നുകരുന്നു പൂക്കൾ എല്ലാം കൂമ്പി നിൽക്കുന്നു പ്രക്യതി സന്തോഷത്തോടെ വരവേൽക്കുന്നു സൂര്യൻ പ്രശോഭയോടെ തിളങ്ങുന്നു അദ്വിത ഷിജോ

VIIC





പൂവുകൾ തോറും പാറിപ്പറക്കും പൂമ്പാറ്റയ്ക്കെന്തൊരു ചേലാണ്.. പൂന്തേൻ നുകർന്നു രസിച്ചീടാം.. പൂമരത്തണലിൽ ഉറങ്ങീടാം.. ആരിവർക്കേകി ഈ പൂവഴക്.. ആരിവർക്കേകി ഈ പൂഞ്ചിറക്.. വാനിൽ ചേലിൽ പറന്നുയരാൻ,

ഹർഷ ഹരീഷ്

VD



കിങ്ങിണി കെട്ടിയ കുഞ്ഞാട് പൊങ്ങി ചാടും കുഞ്ഞാട് കൊമ്പു മുളച്ചില്ലെന്നാലും വമ്പു നടിക്കും കുഞ്ഞാട് കുട്ടിക്കളികൾ കാട്ടീടും മൊട്ടത്തലയൻ കുഞ്ഞാട് മുട്ടിലിടിക്കാനെത്തുന്നേ കുട്ടികളെല്ലാം ഓടിക്കോ

അലൻ ജേക്കബ്









The vibrant cultural festival, Tarang was inaugurated by renowned art director, Mr. Santhosh Raman. This spectacular celebration truly unleashed the house spirit and reflected the ethos of Wisdom, Hope, Courage and Joy among the students.







Rev. Fr. Benny Nalkara CMI, Provincial of Sacred Heart Province & Manager of Rajagiri Institutions, led an informative session on CMI Mission and Vision providing deeper insights into the teachings of St. Kuriakose Elias Chavara.



Mr. George Scaria and Ms. Prithi George, Language Lab trainers, conducted a workshop to equip teachers with advanced skills to make language learning more effective and dynamic.



Orientation session on Life Skills led by resource person Ms. Ajisha Sara Mohan, Assistant Professor at Sacred Heart College, Thevara.



Dr. Vipin Roldant led a session emphasizing on the importance of collaboration and cooperation among the teaching community.



Capacity Building Programme on Stress Management was organized for teachers under the jurisdiction of the Centre of Excellence, Thiruvananthapuram. The training was led by resource persons Dr. Deepa Chandran, Principal of Sree Sarada Vidyalaya, Kalady and Mrs. Suchitra Shyjinth, Principal of Pragati Academy, Perumbavoor.



Ms. Sudha Menon, the founder of MUNsters Club conducted a Capacity Building Programme on Empowering Educators.

# Amateurs' Galleria



Aagnus Mariyam Vibin



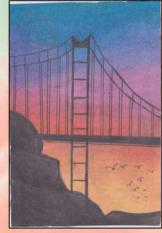
Agathiyan Ahilan



Amelia Michelle Rajoy V A



Ardra Jomy Azheekkal



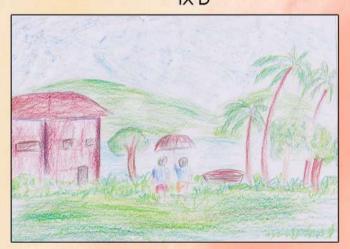
Donna Siena IX B



Parvathi S. XIA



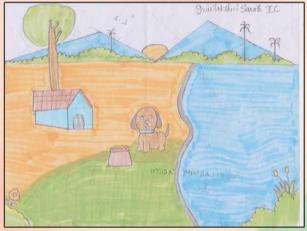
Ananya Mohan XI A



Evin Paul IV D



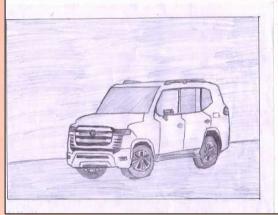
Irene Rose IV A



Gaurilakshmi Sarath II C



Madhav Krishna C. S. VIII D



Sidharth Rajesh IX B



Ann Jolene Earnest IX E



Sreehari R. Menon IX E



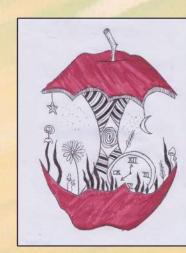
Zehra Harris Mather IV A



Emin K. Jojan IV A



Genelia Babu VIII A



Natasha Eliza Sijo X D