



SCHOLA



**SACRED HEART CMI PUBLIC SCHOOL
THEVARA**





“Children, you are God’s gift in the hands of your parents.”

St. Kuriakose Elias Chavara.

SCHOLLA 2024-'25

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PRINCIPAL'S REFLECTIONS

It's with immense pride and joy that I present to you our school magazine, Schola 2025. This year has been a celebration of our collective effort, fantastic creativity, and unwavering commitment to excellence. From academic triumphs to remarkable achievements in sports and arts, our students continue to inspire us with their dedication and talent. Schola '25 is further testimony to the fact that their brilliance is unmatched.

At Sacred Heart, we have fostered an environment where curiosity thrives, and every student feels empowered to explore their potential. The success stories inscribed in these pages reflect the hard work of our students, the steadfast support of our parents, and the diligence of our dedicated staff. Let's continue to build on this energy and enthusiasm, striving for even greater heights in the coming year.

I would like to congratulate the Editorial Board for producing this outstanding work that beautifully captures the spirit and achievements of our school community. May the Sacred Heart of Jesus bless us all!

With warm wishes,

Dr. Varghese Kachappilly CMI



ANOTHER YEAR HAS QUICKLY FLOWN BY.

2024...a year of significant changes, memorable moments, fun-filled activities and a wide array of opportunities. Let's

take a deep dive down that lane, shall we?

The journey included power - packed academic sessions, interschool competitions, active involvement in sports meets and Tarang competitions, as well as hosting interschool competitions like "Mudita" and "Innoverse". Sacred Heart is redefining its name and widening its horizons, proving that nothing is beyond its reach. The new chapel Sanctum is yet another much-needed addition to the Sacred Heart campus, which offers a tranquil space where everyone can get closer to their spiritual selves. With that, 2024 was off with a bang! I couldn't believe my eyes when I saw the new foyer for the first time. Is that really my school? Wait a minute, what about that ground? That's a sports arena now! Infrastructure sure did get an upgrade last year. But was that all? Not at all...

We were encouraged to do our best in various interschool competitions. And there is one competition that will never leave my mind, the day when screams of joy erupted as the Heartians took the stage to lift the Overall Champions trophy at Vista for the second consecutive year. Again, how can I ever forget the day when we received the trophy from the cine actor Asif Ali for being the first runner up at FRESCO, a day that showed us that we were capable of more than we imagined ourselves to be!

If you ask me, there are numerous such instances. Explore the pages that follow and plunge into the moments that shaped lasting memories, where dedication met innovation, talent echoed the hallways of our school, leaving it to you to explore... Happy reading, dear Heartians!

Ben George Simon

Student Editor

Editorial

The privilege of a lifetime is to become who you truly are.

Carl Gustav Jung

Dear Readers,

The multitudinous nature of the modern world offers several prospects that require thoughtful approaches and innovative solutions. The pivotal question is whether to follow the crowd or rise above the rest, making one's voice heard. With the diverse social media platforms available at the touch of one's fingertips, we have numerous opportunities to make our voices heard, but the challenge lies in discerning the best path forward.

We are pleased to present this edition of SCHOLA, a platform designed to make Heartian voices heard through engaging essays, evocative poetry, artistic expressions and striking photographs. Within these pages, you will find a celebration of accomplishments,

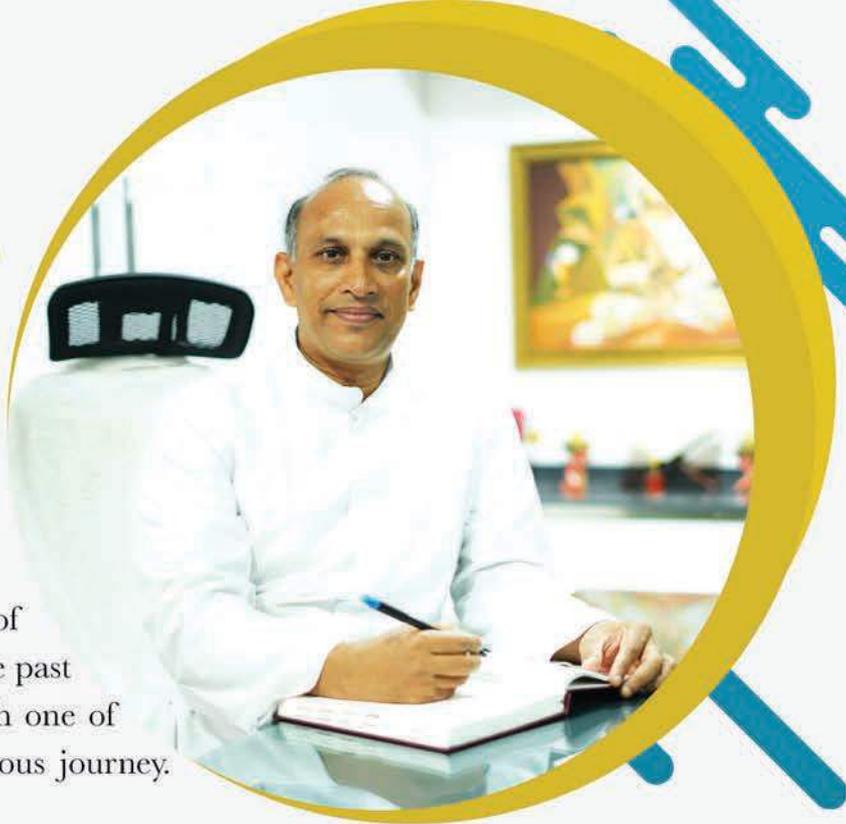
joyous moments of sharing, caring and learning experiences worth nurturing throughout one's life. These also serve as glowing testimonies of the creative potential that exists in our school community.

We extend our heartfelt gratitude to everyone who has made valuable contributions to this work, giving inevitable breath to the words that lie within these pages. We trust you will find prized perspectives and inspiration as you move ahead in your reading journey, as you turn the pages of this magazine. Devour it with earnest minds and open hearts.

The Editorial Board



YEAR IN REVIEW: ANNUAL REPORT



It is with immense pleasure and pride that I present to you, the remarkable journey of Sacred Heart CMI Public School over the past academic year. I would like to thank each one of you for being a significant part of this glorious journey.

The year 2024 commenced on an upbeat note when the CBSE Board Examination results of classes 10 and 12 were declared and our school achieved 100% success. A total of 127 students appeared in class XII of which, 17 students excelled by getting full A1 grades and 16 students scored 4 A1 grades. In Class X, out of 165 students who appeared, 24 students secured all A1 grades and 21 students scored 4 A1 grades. Their accomplishments were acknowledged on the Laureates' Day.

The interschool competition, MUDITA-Season II, aligned with the school's mission to encourage peace, harmony, happiness and amity. Over 1000 students from more than 40 schools participated and the best ten participants were awarded on equal footing. Similarly, the Interschool Science Exhibition and Competition – INNOVERSE 2024 brought together young scientific innovators from 20 different schools and helped to instil rationality and creativity in the students.

The school has laid the foundation for Project Nirbhaya, an ambitious women empowerment initiative. 25 girls from St. Mary's UP School received martial arts training for one month and the training of multiple batches will be continued to inspire, educate and empower young women in our community.

The new academic year commenced on 1 June 2024 on a promising note with the Initiation Ceremony for the newly appointed Headmistress Ms. Sindhu Tharayil, new teachers and students. The new batch of class 11 had their initiation on 10 June 2024. The Investiture Ceremony of the newly elected members of the student council was also held during this time.

Several insightful career guidance sessions were organized for the students of classes 11 and 12 which aimed to help students explore various career paths and align their interests with futuristic opportunities.

The school's annual outreach programme, Joy of Giving, organized during the Advent Season, promotes the spirit of donating for a noble cause. The items contributed by the students were distributed to six institutions for the needy.

Beyond academics, the school has seen whole-hearted participation of the student community in co-curricular activities organized in the school as well as various interschool competitions. The school won the overall championship trophy at the prestigious Vista, hosted by Rajagiri Public School, Kalamassery. They also excelled at FRESCO, hosted by Rajagiri Christu Jayanti School and Avesham, hosted by GEMS Academy. Further, the students brought laurels and accolades to the school by displaying their outstanding skills at Spectrum by Samskara School, Sustinere Progression by Navy Children's school, Eye Digital Fest by Najath Public School, Svapasya by Bhavans Vidya Mandir and SAPTHA by Mar Athanasius College of Engineering. The students also excelled and gained valuable experiences in interschool competitions like Fabula, by Rajagiri Higher Secondary School, Spiritus by Sri Sri Ravi Shankar Vidhya Mandir, Crossroads by Global Public School, Visio by Chavara Darshan CMI Public School and the 30th All Kerala Children's Fest organized by the Cochin Shipyard Recreation Club. Cash awards were secured in various competitions like Ideathon'24 hosted by TocH Institute of Science and Technology, EUREKA 2024 by RCJPS, Graffiti Competition by St Paul's International School, Scientia by Choice School and Photography competitions conducted by Asoka World School, Elamakkara and the College of Engineering and Management, Punnapra.

The young Heartians proved their academic brilliance by securing various awards and cash prizes in the SOF Olympiad at the state and national level. Their participation in RMUN'24 proved to be a great platform to develop public speaking, diplomacy and leadership skills. The students also participated in different sports competitions and won medals, certificates and trophies. The U-19 Boys' Basketball Team lifted Don Bosco Trophy and also emerged as winners in the Little Flower Seminary Interschool Basketball Tournament held at Aluva. They secured the runner-up position in the RCJPS Interschool Basketball Tournament hosted by Rajagiri Christu Jayanthi Public School and in the Global School Tournament. The U-13 Girls' Basketball Team emerged winners in the St.Thomas School Basketball tournament. The Heartian U -11 Girls' Basketball Team retained the Piano Cup, organised by St.Mary's Public School, Kizhakkambalam. The Heartian U-14 Boys' Basketball Team secured the runner-up position in the Interschool Basketball Tournament, held at TocH Public School, Vytilla.

The Heartian Cricket Team won the RCJPS Interschool Cricket Tournament organised by Rajagiri Christu Jayanthi Public School. At the 6th All Kerala Don Bosco Interschool Aquatic Championship, students won many prizes and secured the runners-up position. The U-16 Volleyball Team won the Global School Volleyball Tournament. In individual events, our students won prizes in various state and district level swimming competitions, chess tournaments, T20 Ernakulam District Taekwondo Championship 2024, Ernakulam District Wrestling Championship and CBSE South Zone Judo Championship.

Committed to the concept of promoting a holistic environment, the Heartian stage is forever vibrant, celebrating the wide spectrum of talents that Heartian students are blessed with. Tarang Art and Cultural fest included a series of competitions, offering a platform for students to display their diverse talents. Each day of observance presents new learning opportunities at Sacred Heart. World Environment Day, National Reading Day, World Music Day, World Yoga Day, National Sports Day, International Day against Drug Abuse, Artificial Intelligence Day, Independence Day, Teachers' Day and Children's Day opened up a creative world of knowledge beyond the classroom. The campus also celebrated the rich, cultural heritage of our state through festivals like Onam and Kerala Piravi. Each academic department celebrated a unique Department Day to foster in the child, a love for the subjects by exploring on their own an expressing their enthusiasm through exhibitions, quizzes, poster designing and awareness campaigns. Some good habits like healthy eating and love for nature were instilled through fun activities. 'Fruits and Vegetables Day' and 'I Love Animals Day' were enjoyable learning experiences for the junior Heartians. The Science Club, Literary Club, Eco Club, Debate Club and Quiz Club are dynamic platforms for students to pursue their passion by collaborating with peers. Reflection and renewal led to spiritual growth during the Annual Retreat and the Holy Mass held every month.

Several guidance sessions were organised to develop a comprehensive understanding of gender awareness and to prepare students for future challenges. Recognising cleanliness as a priority, one day of each month was observed as Clean the Campus Day. Bulletin boards have been transformed into creative spaces for innovative designing and thought-provoking content related to the United Nations Sustainable Development Goals. Experiential learning became the focus during field trips and picnics arranged for all classes. Regular and extra training in dance, music - both vocal and instrumental, sports like cricket, basketball, football, chess, skating, and swimming aimed at moulding well-rounded individuals.

The continuous professional growth of Heartian teachers ensures high quality education to the students. Training programmes and seminars were conducted to empower the educators with the latest teaching methodologies. Orientation programmes were also conducted for parents of all classes to forge a strong partnership between parents and school. Interactive discussions with reputed resource persons guided parents towards effective parenting strategies.

Infrastructure upgradation was carried out to provide better facilities for the students. Infrastructural milestones include the establishment of new Robotics Lab, the renovated foyer, the statue of St.Kuriakose Elias Chavara and the new cultural and sports arena. With the constant support and goodwill of the stakeholders, the school continues its march forward towards a brighter future nurturing the potential of young minds and contributing to a brighter future for all. Thank you for your continued support.

Dr.Varghese Kachappilly CMI

Principal

Sacred Heart CMI Public School, Thevara .

LAUREATES' DAY

Students who excelled in class X and XII Board Examinations were honoured at a special ceremony on 21 June 2024. The presence of the Principal Secretary of Industries, Mr. A.P.M Mohammed Hanish, IAS made the occasion momentous.

SCHOOL TOPPERS XII



Aaron Jose



Niranjan R Prabhu



A Ganeshchandra



Isha Paulin I B



Neon Issac George

A1 IN ALL SUBJECTS - XII



Aaron Jose



Niranjan R Prabhu



A Ganeshchandra



Isha Paulin I B



Neon Issac George



Hayarunnisa Firoz



Kevin James



Ann Mary Amanda Rodrigues



Mehreen Siyad



Sneha Mariya M J



Peter Livins P T



Nia Lizbeth Shaji



Jonathan
Vremenkulam Peter



Rithika J
Kizhakudan



Sarah Rose Vinod



Haninta Baby
Joseph



Rosanna Francis



SCHOOL TOPPERS X



Jagan Kishore



Ameya Raj



Serin Salby

A1 IN ALL SUBJECTS - X



Jagan Kishore



Ameya Raj



Serin Salby



Alona Sherine



Jyothika J Kizhakudan



Irin Elizabeth
Jomy



Kevin Franklin
John



Jia Ann Mathew



Jessica Eliza Samu

LAUREATES



Rain Maria
Kocherry



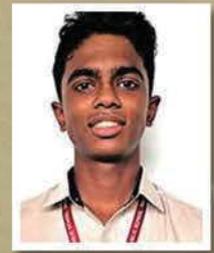
Evana Terese
Kalapurackal



Adhem Ahmed



Chris Rebello



Elijah Yohann
George



Santana P Earnest



Steve George
Paul



Neha Rose Jolly



Misria Mohammed
Saji Sithara



Nahla Fathima
S M



Akhilesh.A. Prabhu



Evelyn Gomez



Sara Celine
Kuruvilla



Sri Harshini J



Vignesh Krishna
N S



Celebrating Excellence

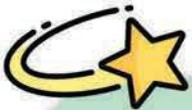
Champions on spotlight



Avanthika Pradeep

IX E

- > Represented Kerala as a part of eight member women's team in the 38th National Games held at Uttarakhand
- > Bronze medal in backstroke at Senior State Aquatic Meet 2024.
- > Participated in the 50th Kerala State Junior Aquatics Meet and won gold medal in 4x100 and 4x200 freestyle relays, silver in 100 m and 200 m backstroke, bronze in 50 m backstroke.



Kevin Thomas George

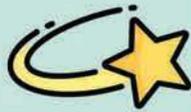
IX E

- > Participated in the South Zone National Short Course Swimming Championship, Mandya and won silver medal in 4x100m medley and freestyle relay, bronze in 200m Butterfly.
- > Participated in the 50th Junior and 49th Sub-junior Kerala State Aquatic Championships and won gold medal in 4x100m freestyle relay, silver in 4x100m medley relay and bronze in 4x200m freestyle relay and 50m Butterfly.



Twinkle Riju, X C

- > 8th position in U-17 School National Chess Championship, Andhra Pradesh.
- > Qualified for Asian School Chess Championship, Mongolia.



Russell Stanley Allan, IX D

- > Two gold medals in the 26th State Junior Taekwondo Championship, Kozhikode.
- > Silver medal in Kyorugi at the 20th Ernakulam District Taekwondo Championship.



Ethan Philip George, IX B

- > Gold medal in Kerala State U-17 Wrestling Championship, Kannur.



Maria Sera Prathyush, III D

- > Silver medal in Kerala State Sub-Junior Wushu Championship (U-13, Taolu category), Kozhikode.



R Hanishka, VI C

- > Qualified for the National Judo Championship.
- > Silver medal in CBSE South Zone Judo Championship, Maharashtra.



Emmanuel Riju, V A

- > Achieved international FIDE rating in chess.
- > Third position in Albertian All Kerala Interschool Chess



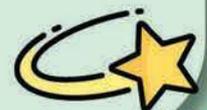
Cean Joseph, VIII B

- > Silver medal in Point Fight at the State Level Championship held in Kozhikode.



Jaeden Yitzhak George, IX B

- > Bronze medal in Kerala State U-17 Wrestling Championship (45 kg), Kannur.





Emmanuel Tilson John, IX B

- > **Bronze medal in 4x200m freestyle at the State Aquatic Swimming Championship, Thiruvananthapuram.**



Jordan Daniel Allan, IV B

- > **Secured two bronze medals in Kyorugi U-25 kg category and individual Poomsae in the 26th State Sub Junior Taekwondo Championship held at Kasaragod.**



Jobin Johnson, VII E

- > **First Runner-up Trophy in U-14 Boys' Table Tennis Cluster 11 CBSE State Championship, Kollam.**



Agathiyan Ahilan, VIII A

- > **Scored 204 runs (not out) in 98 balls for Sacred Heart Scoreline Cricket Club in ECA All Kerala U-13 Tournament.**

- > **Selected to Ernakulam District U-14 Team.**



Gabriel Joy, V F

> Selected to attend high performance football camp at FC Metz, France

Ishaan S, V D

> Participated in the Sokolik Cup Tournament in Poland in the U-9 category



Faculty Achievements



Ms. Sonia Tommy

was awarded 'Guru Gaurav Puraskar' by Kochi Metro Sahodaya



Ms. Latha Krishna Kumar

Gold Medals in 400 m freestyle and 50m breaststroke at the 13th All Kerala Masters Aquatic Competition held at Vimala College, Thrissur

SOF Awards 2023-24

Pranav James Sareesh, V F

- > Zonal gold medal winner in the National Science Olympiad.



Neha R. Nair, VIII D

- > Zonal gold medal winner in the International English Olympiad.



Gia Anna Chacko, VII E

- > Zonal bronze medal winner in the International English Olympiad.
- > Zonal Rank 18 in the National Science Olympiad.



Josiah Priyan Thomas, I D

- > Zonal Rank 6 and International Rank 7 in the International Mathematics Olympiad.



Sreerag Rajesh, VI C

- > Zonal Rank 13 in the International Social Science Olympiad.



Alwin Victor, VIII E

- > Zonal Rank 13 in the National Science Olympiad.



SOF Awards 2023-24



Nidhi Rajesh, V F

> Zonal Rank 17 in the International English Olympiad.



Ozay Don I B

> Zonal Rank 34 and International Rank 47 in the International Mathematics Olympiad.



A. Magathi, II A

> Zonal Rank 40 and International Rank 73 in the International Mathematics Olympiad.

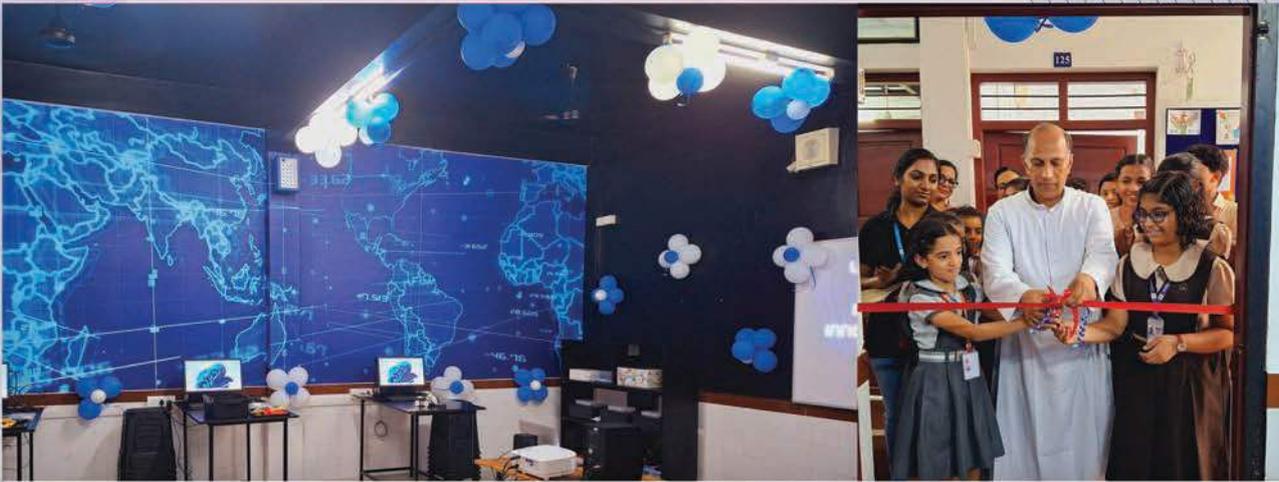
Immanuel Antony IV A

> Zonal Rank 23 and International Rank 122 in the International Mathematics Olympiad.

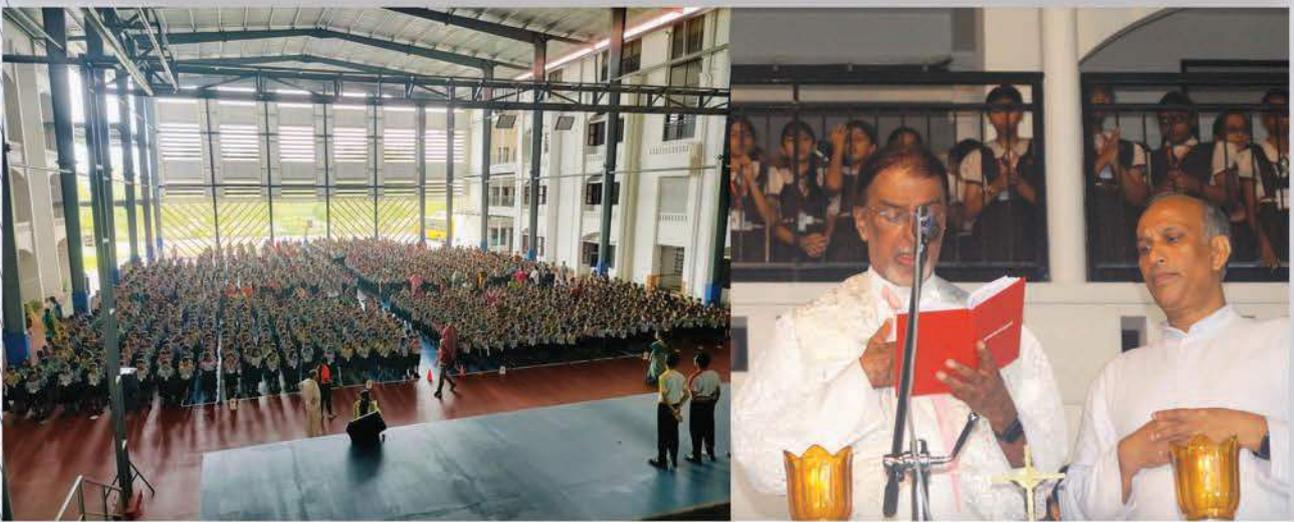


Sancia C. S. XII B

> Zonal Rank 20 and International Rank 139 in the International English Olympiad.



Robotics and Innovation Lab



Cultural and Sports Arena



Statue of St. Kuriakose Elias Chavara

VOTING IS YOUR RIGHT.

TRY TO DO IT RIGHT.



LEADERS LEAD THE WAY



Joshua Jude Xavier (XII B)
Head Boy



Donna Sunny (XII A)
Head Girl



Thejus Shibu Kurisunkal (XII C)
Sports Captain



Jeevaj Mangalath (XII B)
Cultural Secretary.



Jayalakshmi S (XII C)
Cultural Secretary



Ben Simon (XII A)
Student Editor



Alwin Victor (VIII E)
Junior Head Boy



Anjana Sreekumar (VIII A)
Junior Head Girl.



Kevin Sunny (VIII D)
Junior Sports Captain.



Swathy Kishor (VIII C)
Junior Cultural Secretary



Farheen Askar (VIII B)
Junior Student Editor

Leadership and learning are indispensable to each other”

—John F. Kennedy



The newly elected Student Leaders and House Captains with the Chief Guest, Col. George Paulose, the awardee of Sena Medal for Gallantry, along with our Principal Rev Dr. Varghese Kachappilly CMI, Vice Principal Ms. Vinitha Mendez, Headmistress Ms. Sindhu Tharayil and KG Headmistress Ms. Bindu Thomas.





INITIATION CEREMONY



Welcome to the Heartian family!



Mrs. Sindhu Tharayil
Headmistress Public School

With a symphony of smiles and open hearts, we warmly welcome our guiding lights into the Heartian family. These amazing individuals bring their expertise and genuine passion for nurturing young minds. As they step into this role, we are excited to work under their leadership, which will help us cultivate an environment rich in growth and learning. We place our hopes in them, trusting that they will inspire curiosity and ignite creativity. Together, we eagerly anticipate laughter filling our halls and joy blooming throughout our community. This new chapter promises experiences and discoveries that will allow us to flourish under their guidance. Warm wishes for the beautiful journey ahead, united in the spirit of growth, wisdom and joy!

Mrs. Bindu Thomas
Headmistress Kindergarten





AN OPPORTUNITY LIKE NO OTHER

We, a team of seven students and two teachers, Ms. Sindhu K.P. and Ms. Priya John had the privilege of meeting the honourable judge of Kerala High court, Justice Devan Ramachandran on February 19, 2025.

The interaction took place in the chambers of Justice Devan Ramachandran where each one of us had the gracious opportunity to converse with him. The passion and humour with which he presented his wisdom truly captivated us throughout the interview. Here, we present before you an excerpt from the fruitful session we had with such an esteemed member of the legal system who has undoubtedly been a profound impact maker with his judgements.

Govind A. Dev: The National Education Policy (NEP) of India was introduced in 2020, but its full implementation has faced several challenges. In your opinion, what are the key obstacles that prevent its effective execution and how can they be addressed ?

Hon'ble Justice : The NEP 2020 focuses on four main aspects, multilingualism, technology integration, early childhood education and combining vocational training with conventional education. However, implementing these changes is tougher than you think. Coming back to the question, the two major obstacles that we face are equity and equality. Ensuring equal access to technology, particularly in rural areas is crucial. Along with that training must be given to skilled teachers to achieve the NEP's goals.

Anmol : Child helplines are meant to protect vulnerable children, but there have been instances of misuse. What measures can be taken to prevent the abuse of child helpline services while ensuring genuine cases receive the necessary support?

Hon'ble Justice : Child helplines are generally trustworthy. But there are exceptions. To address these, rigorous training for staff, constant surveillance, and deterrence through strong consequences for misconduct have to be implemented. Every incident should be taken seriously, without justification or leniency, to ensure the trust and safety of the vulnerable individuals who share sensitive information.

Saisree Manoj : As a judge, you have been involved in several progressive judgements, which can sometimes attract criticism or attempts to defame you. How do you handle such challenges while staying committed to justice and impartiality ?

Hon'ble Justice : As a judge, I am not affected by criticism, especially of the destructive kind. I believe in doing what is right according to the constitution, not personal opinions. The constitution is the sole structure that governs us and ensures equality to all. I see it as my duty to uphold constitutional morality and conscience in my judgements. Instead of taking contempt, I would rather send a box of chocolates. As Mahatma Gandhi said 'Do unto others what you want others to do unto you'. This perfectly showcases the values of equality and fairness imbibed in the constitution. The only criticism I welcome is that which fosters growth. It should be insightful and match the judgement. That is the kind of criticism I appreciate, not the ones on social media which are created just for entertainment.

Sreenika Arun: The saying 'Justice delayed is justice denied' highlights the importance of timely legal decisions. In your opinion, what key reforms or measures can be implemented to reduce delays in delivering judgements and ensuring swift justice?

Hon'ble Justice : The delays are largely due to its complex and humanistic nature, with multiple layers of appeals and a large number of cases. The system's liberality in allowing multiple adjournments and pleadings contribute to delays despite efforts to resolve cases efficiently. To find a solution to this the judiciary is exploring innovations like alternative dispute resolutions, mediation, and counselling, as well as using technology like artificial intelligence.

Sagar Menon: In your opinion, how do social media platforms influence law and order- both in terms of aiding law enforcement and potentially disrupting legal processes?

Hon'ble Justice : Social media lacks restraints. This can lead to misuse, misinformation or engaging in harmful behaviour. It leads people to believe that they are anonymous online, but everything they do leaves a digital footprint. So be moderate in the use of social media and be aware that you are always being monitored when you are online. For example the cyber cell in Kerala tracks suspicious online activities and searches for harmful information.

Krishna Happy Kadathanad : With the increasing migration of Indian students and concerns about brain drain, what strategies can be implemented to retain talent and create better opportunities within India?

Hon'ble Justice : Among millions of Indians migrating abroad for better opportunities and facilities, a major portion consists of Keralites. But this is in stark contrast to reality. For example, more than 50 lakh outsiders migrate to Kerala for work. This situation may reverse in the next 10 years as India grows economically and goes on to become a global power house.

Adlin Silvia Louis: Racism remains a global issue affecting many, including Indian students and professionals abroad. What steps can be taken at both national and international levels to effectively address and combat racism?

Hon'ble Justice : Racism is deeply ingrained in Indian society, fuelled by a cultural preference for fair skin. It creates a hierarchy based on colour of skin, by giving superiority to white skinned people, while treating all other colours as inferior. This can often lead to inferiority complexes and mistreatment of people with darker skin, including Africans. We should understand it is our intellect and character which gives us worth not our colour of skin.

Sagar Menon: As a judge you face numerous challenges, from handling complex cases to maintaining impartiality under public scrutiny. Despite these challenges, what aspects of your role do you find most fulfilling and enjoyable?





Hon'ble Justice : As a judge, I don't see my role as wielding power, but rather as shouldering immense responsibility. Every decision I take affects people's lives immensely and this keeps me vigilant and humble. My most fulfilling role would be that of a mediator, helping people resolve dispute without any bitterness. This spreads harmony and goodwill, leaving a positive atmosphere that is truly enjoyable.

Krishna Happy Kadathanad: How can we attract more youngsters to pursue careers in the judicial system, and what are some of the best opportunities available in this field?

Hon'ble Justice : To enjoy any career you must have a passion for it. As a judge I have found my passion in arguing cases, which is why I have never considered another profession. Judicial service offers opportunities to make a meaningful impact, with various entry points, including municipal magistrate, district judge and High Court judge. Overall, a career in law offers diverse paths and opportunities to an individual, making it a rather rewarding profession.

The session ended leaving us enthralled in a meaningful conversation which will definitely be advantageous to us in our future endeavours. Time flew and before we knew it, our hour-long conversation had come to an end.

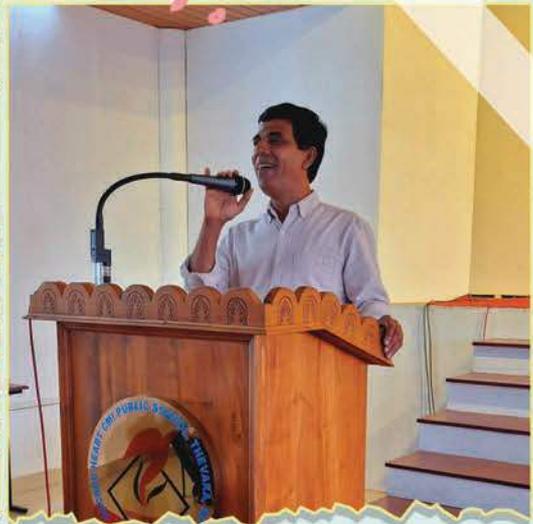
We are eternally grateful to the school authorities for providing us with such an opportunity.

Krishna Happy Kadathanad, IX B & Govind A. Dev, XI E

Enrichment Programmes



Session on the dangers of drug abuse by Mr. K.R. Manoj, the Assistant Commissioner of Police, Mattancherry.



Author's Talk by Dr. Tom C. Thomas, Assistant Professor, Sacred Heart College, Thevara.



Workshop on safe touch for classes I and II led by Ms. Monica James, the school counsellor.





Leadership Programme at Santhigiri Ashram, Edathala.



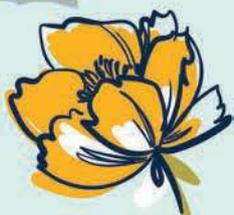
Session on career architecture and designing by THINC institute.



Seminar on careers beyond engineering and medicine by Career Launcher, Kochi.



Career opportunities in Science and Commerce by a team from Rajagiri College of Social Sciences.





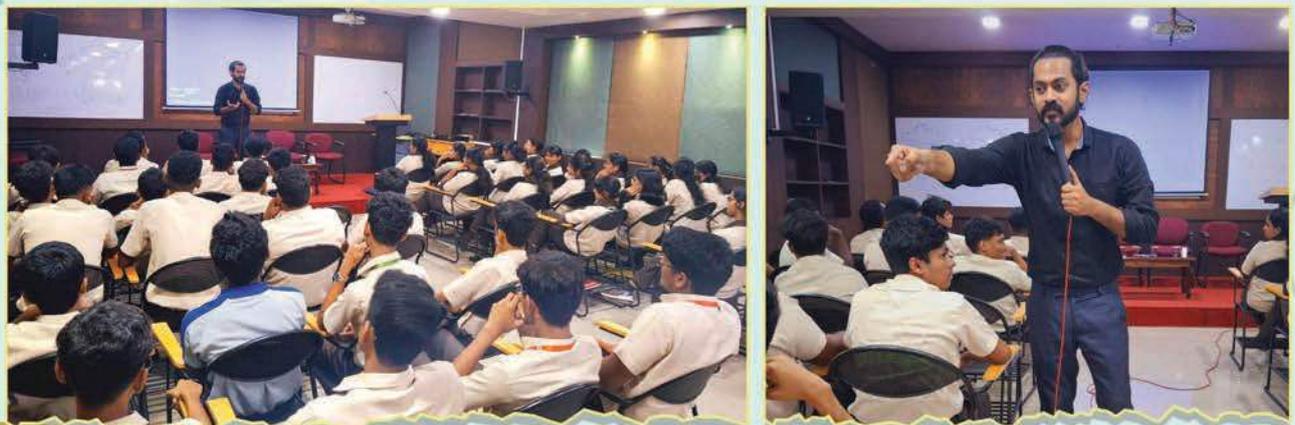
Hands-on training workshop on food and water quality analysis at CUSAT.



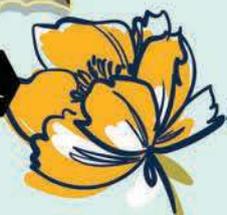
Educational exploration of Robotic Surgery at Lakeshore Hospital.



Career Guidance Programme by Kerala Commerce Forum.



Session led by Mr. Harishankar, Triple i Commerce Academy, Kochi.





Empowering Parents

A series of informative sessions were conducted for parents across various classes. Dr. Nimmi Joseph, developmental pediatrician and consultant at Medical Trust Hospital, addressed the parents of classes I to VII. Dr. Deepa Janardhanan, pediatrician at ESIC spoke to parents of Class VIII and Dr. Elsie Oomen, psychiatrist at Medical Trust Hospital addressed the parents of Class IX.





Nurturing Innovators



Orientation Programme led by Ms. Sapna Sukul, the renowned educationist.



Interactive session led by Rev. Dr. Martin Mallath CMI, the General Councillor for Education and Media Communication.

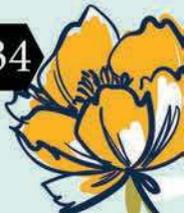




Mr. Joseph Injodey, a distinguished academic consultant shared valuable insights with teachers.



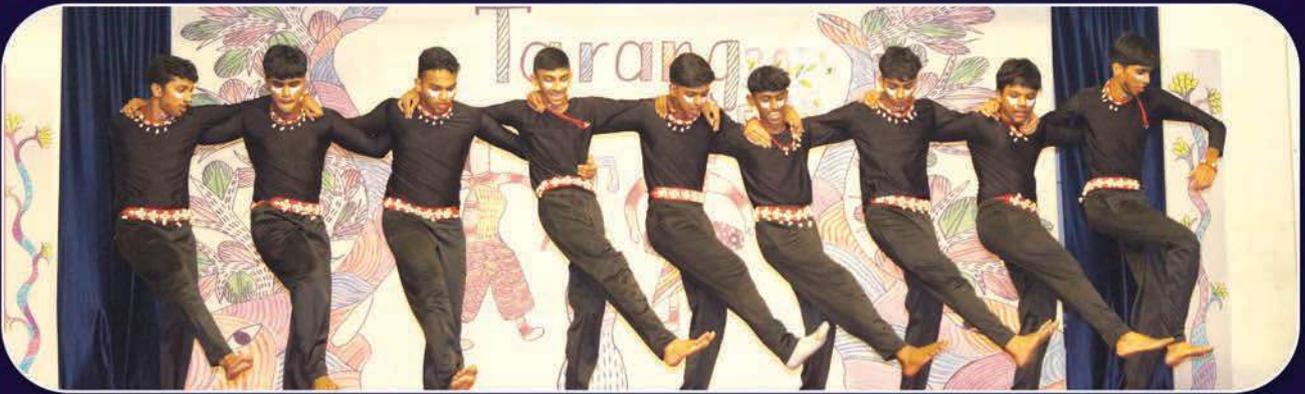
Rev. Dr. Mathew Thengumpally CMI, Principal of Christ Nagar Senior Secondary School, Thiruvananthapuram and Mr. C. Radhakrishnan, Principal of Chinmaya Vidyalaya, Kannur led a session on gender sensitivity.

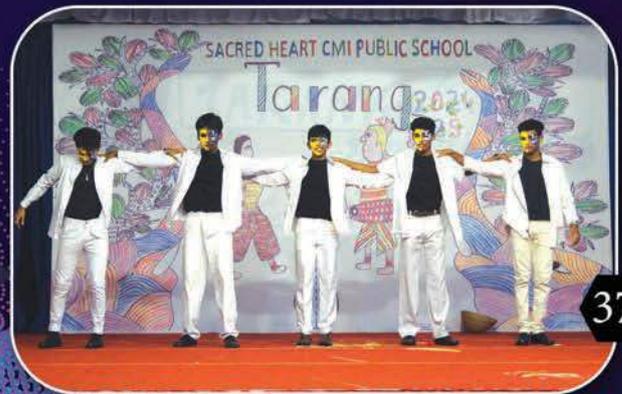




TARANG







INTERSCHOOL CULTURAL COMPETITIONS



Heartians emerged as the Overall Champions of *Vista*, the prestigious interschool competition hosted by Rajagiri Public School, Kalamassery.



Heartians secured the First Runner-Up position at *Fresco*, the interschool competition held at Rajagiri Christujayanthi Public School, Kakkanaad.

Heartians had an exceptional year, actively participating in a multitude of interschool cultural fests and competitions, showcasing their diverse talents. At 'SPIRITUS,' hosted by Sri Sri Ravishankar Vidya Mandir, Kochi, our students demonstrated remarkable prowess in craft events, English language games, story crafting, and narrative blending. In 'Visio,' the interschool arts and sports festival organized by Chavara Darshan CMI Public School, Heartians excelled in doll making, flower arrangement, paper collage and outdoor painting, earning accolades for their creativity and skill.



The team shined in the event 'Secret of the Mask' at Crossroads 2024, hosted by Global Public School. In 'Arcadia' at Svapsya, organized by BVM Eroor, they captivated audiences with their performances. Heartians demonstrated their academic excellence by securing accolades in the quiz competition on plant science, hosted by St. Teresa's College, Ernakulam.

The Kochi Metro Sahodaya Kalotsav 2024 and EYE Digital Fest at Najath Public School, Kalamassery, witnessed significant contributions in Bharatanatyam, folk dance, origami, and digital painting. The Photography Competition at Asoka World School, Elamakkara, and the online Photography Contest by College of Engineering and Management, Punnapra, highlighted the creative photographic abilities of the participants.

At Sustinere Progression 1.0, hosted by Navy Children School, Kochi, students performed well in Art for Earth and Future Forg. In the event 'Next Gen Wonders' at EUREKA 2024, hosted by RCJPS, Kakkanad, Heartians also showcased innovation. Ideathon '24 at Toc H Institute of Science and Technology and Exploratio Tricorium (Science Exhibition) at Choice, Thripunitura, were other platforms for noteworthy participation. The mock parliament Terra Nos Traicit and the graffiti competition organized by St. Paul's International School, Kalamassery, brought accolades to the participants. The 30th All Kerala Children's Fest, hosted by Cochin Shipyard Recreation Club, featured events in light music and folk dance, rounding off a year of diverse and creative achievements.





INNOVERSE 2024

The second edition of 'Innoverse 2024,' the interschool Science Exhibition and Competition, unfolded with grandeur on October 31, 2024. The prestigious event was inaugurated by Honourable Minister Shri P. Rajeev (Minister for Law, Industries, and Coir)





Muditā

Season 2

The second edition of Muditā, the interschool gathering was held on 28 September 2024. The event was inaugurated by Rev. Fr. Paul Chittinappilly, Vicar of St. John Nepumjian's Church and the former secretary of Corporate Educational Agency. The valedictory and prize distribution ceremony was graced by the Chief Guest Mr. Kalavoor Ravikumar, renowned author and screen writer along with Guests of Honour Mr. Sajan Palluruthy, actor and mimicry artist and Rev. Fr. Bibin George, singer and motivational speaker. The event drew participation from 41 CBSE schools and over 975 students exhibited their talents in 16 competitions across 10 venues. The vibrant gathering promoted peace, harmony, happiness and amity among the Heartian community.



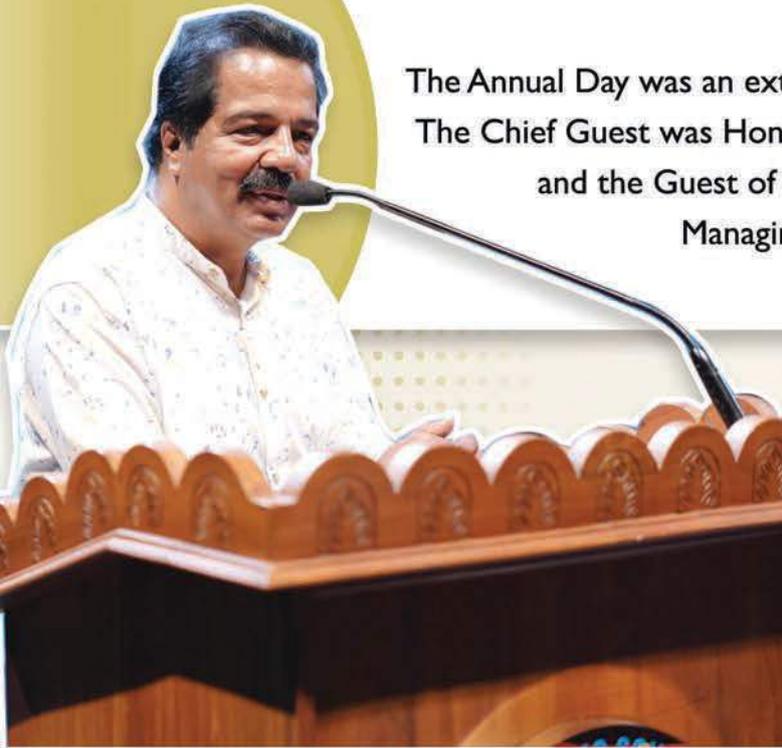
HIGHLIGHTS OF THE YEAR





22nd Annual Day Celebration
AVANT - GARDE

The Annual Day was an extravaganza of talent, creativity and enthusiasm. The Chief Guest was Honourable Member of Parliament Mr. Hibi Eden and the Guest of Honour was Mr. R. Sreekandan Nair, Managing Director of Flowers TV.







ANNUAL SPORTS DAY 2025

A SPECTACLE OF ATHLETIC EXCELLENCE

The Annual Sports Day was held on 14 January 2025. Captain Shinodh Karthikeyan, Officer-in-Charge, WSTF, INS Garuda, graced the occasion as the Chief Guest.





MARTIAL ARTS DEMONSTRATION: STRENGTH MEETS DISCIPLINE

In a groundbreaking initiative to empower students both physically and mentally, a martial arts demonstration was held on 16 January 2025. The event was graced by Mr. Komil Tursunovich Yusupov, former Minister of Sports and Physical Education of Uzbekistan, as the Chief Guest.



SWIMMING



The winners of All Kerala Interschool Aquatic Championship 2024 organised by Kochi Metro Sahodaya



The winners of the sixth All Kerala Don Bosco Interschool Aquatic Championship

VOLLEYBALL



Heartian U-16 Boys' Volleyball team won the Global School U-19 Volleyball Tournament.

BASKETBALL



Heartian U-13 Girls' Basketball team emerged winners in the tournaments held at St. Thomas School and YMCA, Kadavanthra. The captain of the team, Bhagalakshmi B. (VII B), was selected as the best player.



Heartian U-19 Boys' Basketball team bagged the Don Bosco Trophy in the tournament held at Don Bosco Senior Secondary School, Vaduthala and the Little Flower Seminary Interschool Basketball Tournament held at Aluva. Jeevaj Mangalath (XII B) and John Joseph (XI E) were declared as the best players.



Heartian U-11 Girls' Basketball team retained the Piano Cup, the Interschool Basketball Tournament organized by St. Mary's Public School, Kizhakkambalam.

CRICKET



The winners of the RCJPS Interschool Cricket Tournament and 1st Narayana Memorial All Kerala Interschool Tournament.

SKATING



The winners of the Kochi Metro Sahodaya Skating Competition.



The winners of the Interschool Roller Skating Tournament at Assisi Vidyaniketan Public School.



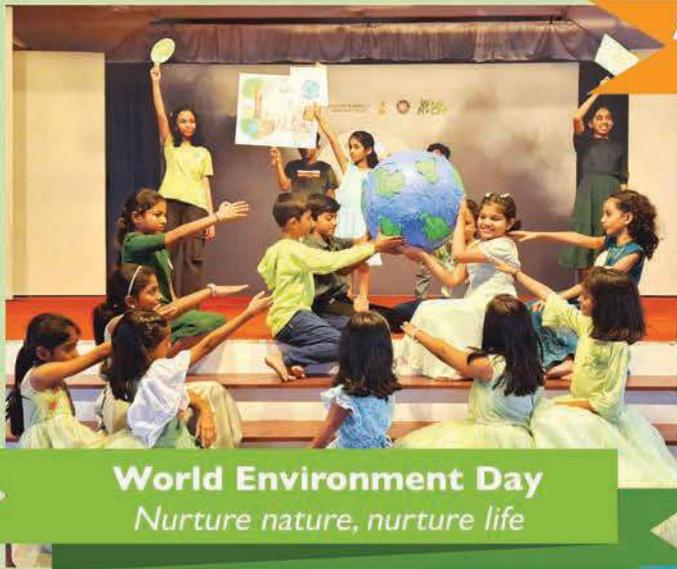
FOOTBALL

The Heartian U-12 Sub-junior Football team emerged winners in the CBSE Interschool Football Tournament held at the Regional Sports Centre.



Celebrating India's Freedom, Honouring our Heroes



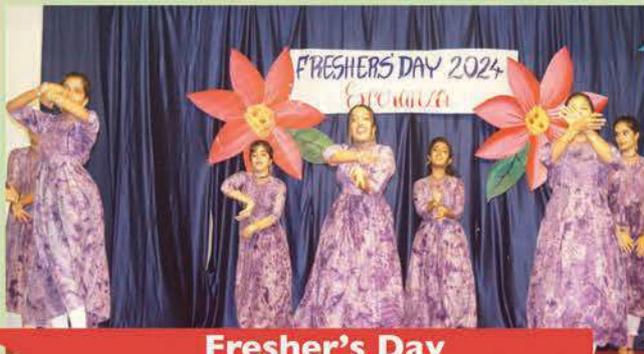


World Environment Day
Nurture nature, nurture life

Artificial Intelligence Appreciation Day
Where technology meets innovation



National Reading Day
Where imagination meets reality



Fresher's Day
Where dreams take flight



International Yoga Day
A path to mindfulness



World Music Day
Melodic harmony



Pythagorean Theorem Day
Geometry in action



International Day Against Drug Abuse
Rise above the influence



Commerce Department Day

Building business leaders

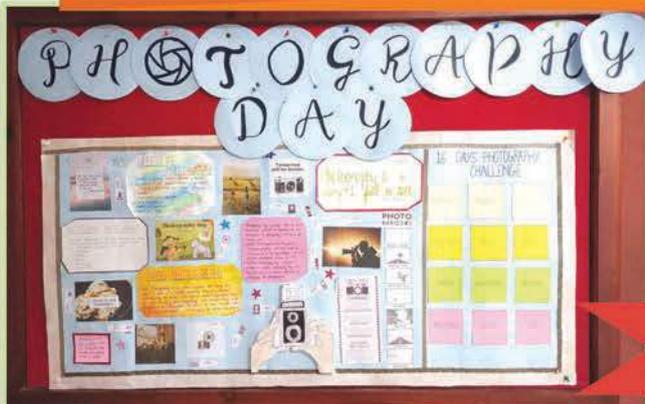


Principal's Birthday

Honouring the leader who cares

Photography Day

Capture life's moments



Teachers' day Celebration

Inspiring generations

National Sports Day

Fitness for life



Founder's Day

Where vision meets legacy

Children's Day

Every child matters



Social Studies Department Day

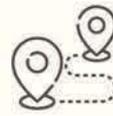
Child rights : A commitment to care

Christmas



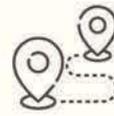
Joy of Giving





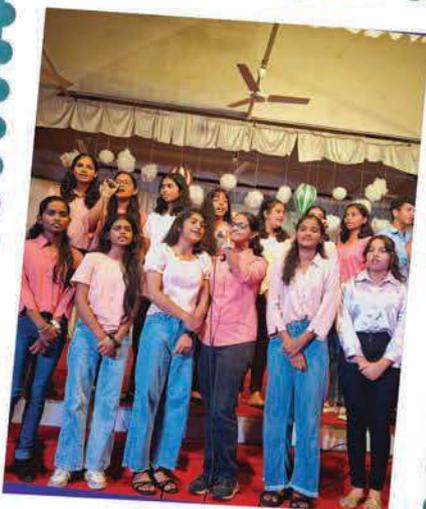
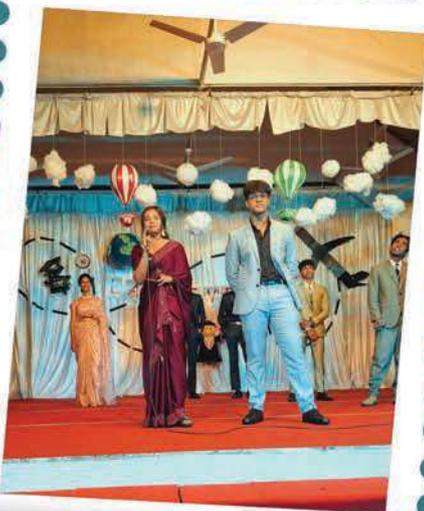
Fun, Friends and Adventure





Farewell 2025

LA REVEDERE





SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2024-25 STD XII A



SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2024-25 STD XII B



SACRED HEART CMI PUBLIC SCHOOL THEVARA, 2024-25 STD XII C

Celebrating the Holy Mass

Coming together in joy and gratitude



Rosary Month Observance

Wrapped in Mother Mary's loving embrace



The Annual Retreat

Reflect, renew, rejuvenate



Science Odyssey

Intraschool science exhibition

KALEIDOSCOPE



Food Fest

The flavor of togetherness

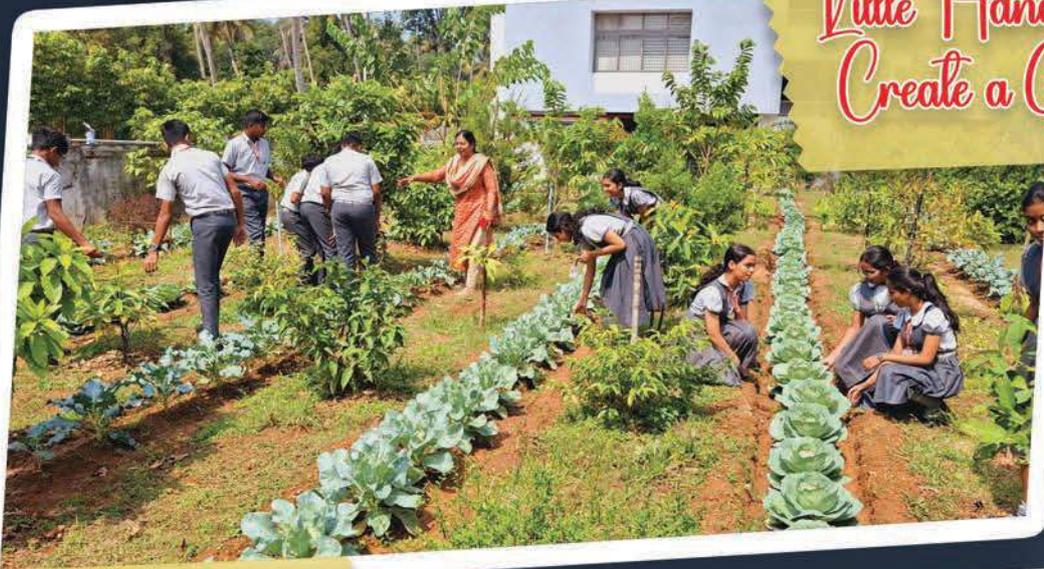


Flights of Fantasy

Wall painting competition



Little Hands in Action to Create a Greener Future



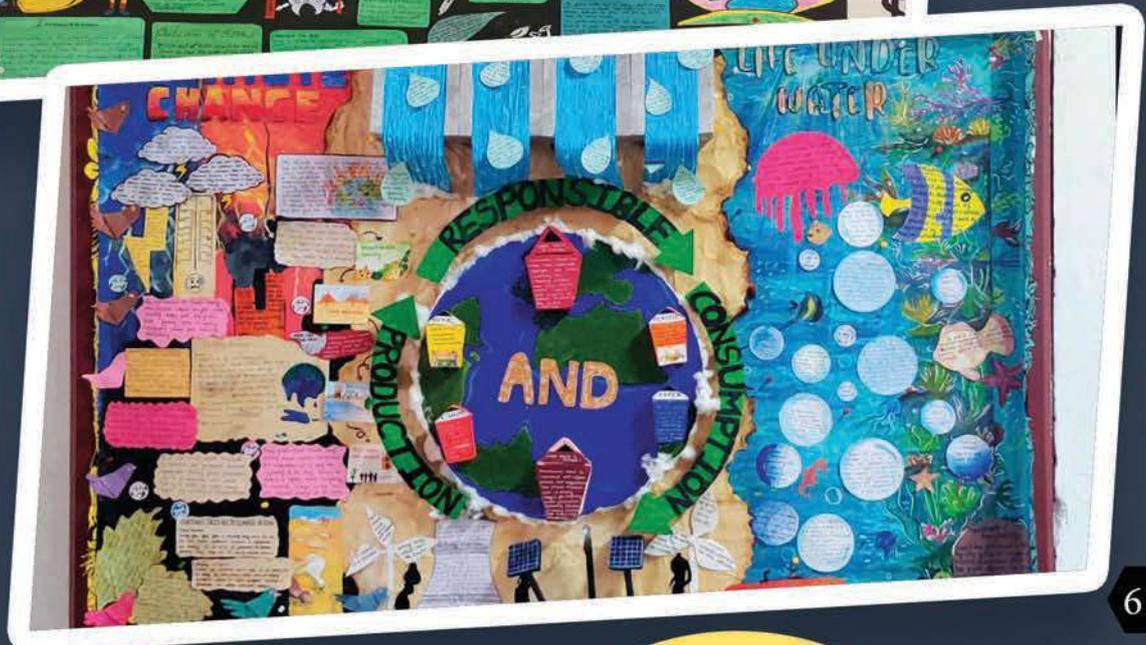
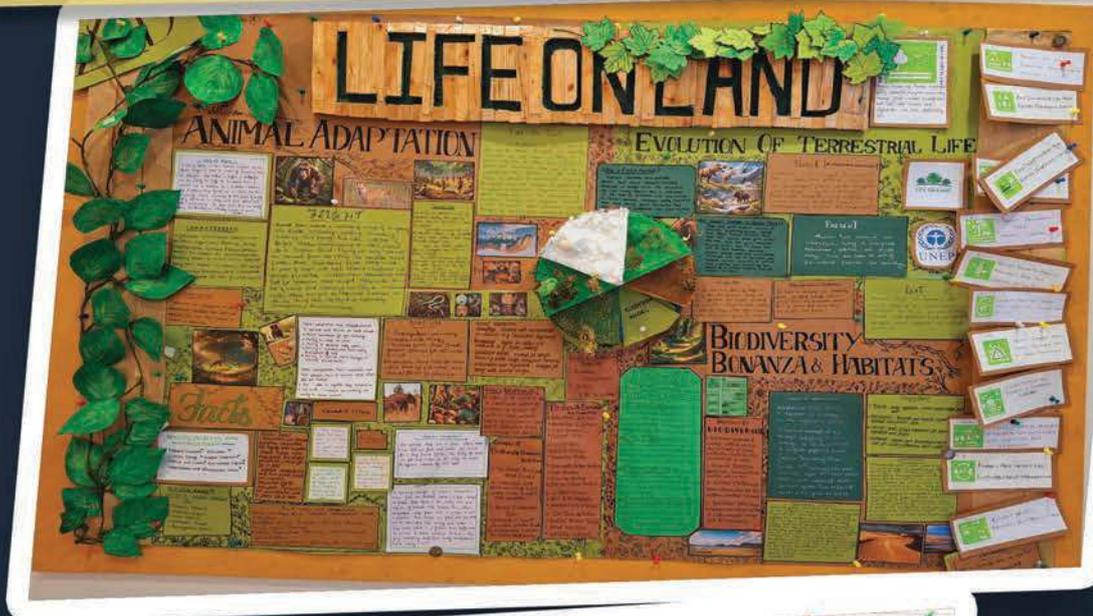
The Creative Canvas

Painting exhibition



Student Voices on Sustainability: Bulletin Boards

Monthly Bulletin Boards designed by various classes emphasized on the United Nations Sustainable Development Goals (SDGs), displaying students' understanding, commitment and creativity in addressing global issues such as poverty, climate change and social inequality.





ഓണപ്പുലരി

ഗതകാലസ്മരണകൾ ഉണർത്തിക്കൊണ്ടു ഒരു ഓണക്കാലം കുടി നമ്മുടെ വിദ്യാലയത്തിൽ ആഘോഷിച്ചു. കർക്കിടകകാറൊഴിഞ്ഞു ചിങ്ങപ്പുലരി തെളിഞ്ഞപ്പോൾ അത്തപ്പുക്കളെ മത്സരത്തോടെ ഓണാഘോഷങ്ങൾക്ക് തുടക്കം കുറിച്ചു. പ്രശസ്ത ഗായികയായ ഇന്ദുലേഖ വാര്യർ വിശിഷ്ടാതിഥിയായി പങ്കെടുത്തു. ഭദ്രദീപം തെളിയിക്കാനായി ഇന്ദുലേഖ വാര്യർക്കൊപ്പം പ്രിൻസിപ്പൽ ഡോക്ടർ വർഗീസ് കാച്ചപ്പള്ളി CMI, വൈസ് പ്രിൻസിപ്പൽ ശ്രീമതി വിനീതാ മെൻഡസ്, ഹെഡ് മിസ്ട്രസ്സ് ശ്രീമതി സിന്ധു തറയിൽ എന്നിവരെ വേദിയിലേക്ക് ക്ഷണിച്ചു. ആർപ്പുവിളിയുടെ അകമ്പടിയോടെ മാവേലിത്തമ്പുരാൻ എഴുന്നള്ളിയപ്പോൾ അതു കൂട്ടികളിൽ ഗതകാലസ്മരണകൾ ഉണർത്തി. മനസ്സിനെ പുളകം കൊള്ളിക്കുന്ന വിവിധതരം കലാപരിപാടികൾ വേദിയിൽ അരങ്ങേറി. കൂട്ടികളുമായുള്ള ഇന്ദുലേഖ വാര്യരുടെ സംവാദം വേറിട്ടൊരു കാഴ്ചയായിരുന്നു. കൂട്ടികൾ പറഞ്ഞ പുള്ളുടെ പേരുകൾ ഉപയോഗിച്ച് ഇന്ദുലേഖ പാടിയ ഗാനങ്ങൾ വേദിയെ ഇളക്കിമറിച്ചു. മധുരം നിറഞ്ഞ പാലടപ്രഥമൻ കുരുന്നുകൾ രുചിച്ചു കൊണ്ട് ഓണാഘോഷ പരിപാടികൾക്ക് വിരാമം കുറിച്ചു.



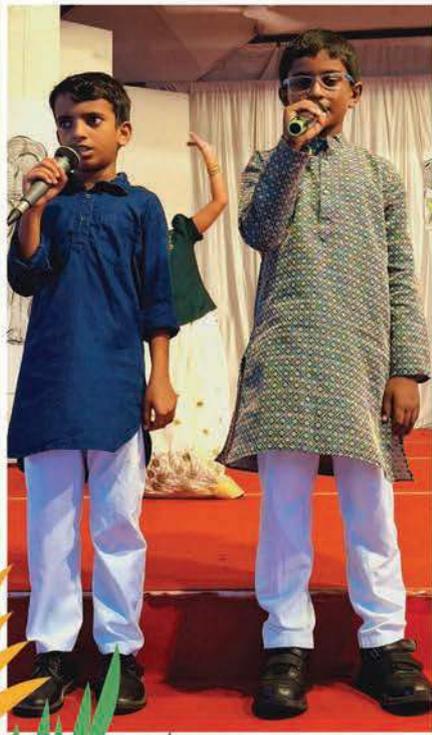
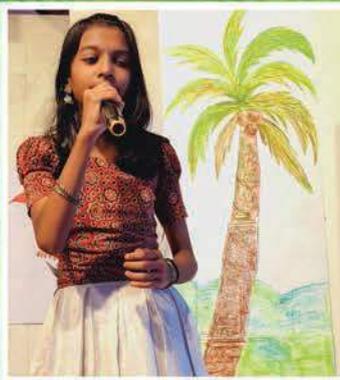




കേരളപ്പിറവി ദിനാഘോഷം

കൊച്ചി, മലബാർ, തിരുവിതാംകൂർ എന്നീ പ്രവിശ്യകൾ ഒന്നായി ചേർന്ന് കേരളം രൂപീകൃതമായിട്ട് അറുപത്തിയെട്ടു വർഷങ്ങൾ പൂർത്തിയായപ്പോൾ എസ് എച്ച് സി.എം.ഐ. പബ്ലിക് സ്കൂളിൽ വച്ചു നടത്തിയ കേരളപ്പിറവി ദിനാഘോഷം വ്യത്യസ്തങ്ങളായ കലാപരിപാടികൾ കൊണ്ടു മികച്ച ഒരു ദൃശ്യാനുഭവം കുട്ടികൾക്ക് സമ്മാനിച്ചു. നൂറുക്കൂട്ടം ഫലിതങ്ങൾ തമ്മിൽ പറഞ്ഞു കൊണ്ടു നമ്പ്യാരും നങ്ങ്യാരും വേദിയിലേക്കു കടന്നു വന്നപ്പോൾ നിറഞ്ഞ കരഘോഷത്തോടെയാണ് കുട്ടികൾ അവരെ സ്വീകരിച്ചത്. ഭദ്രദീപം കൊളുത്താൻ പ്രിൻസിപ്പൽ ഡോക്ടർ. വർഗീസ് കാച്ചപ്പിള്ളി, വൈസ് പ്രിൻസിപ്പൽ ശ്രീമതി വിനീത മെൻഡെസ്, ഹെഡ്മിസ്ട്രെസ്സ് ശ്രീമതി സിന്ധു തറയിൽ എന്നിവരെ വേദിയിലേക്ക് ക്ഷണിച്ചു. പാട്ട് പാടുന്ന കുട്ടികളുടെ ഊണത്തിനൊപ്പം നർത്തകർ ചുവടു വച്ച സംഗീത നൃത്ത ശിൽപ്പം കുട്ടികൾക്ക് വേറിട്ടൊരു കാഴ്ചയായി. ആറു മുതൽ എട്ടു വരെയുള്ള ക്ലാസ്സുകളിലെ കുട്ടികൾ അവതരിപ്പിച്ച ദൈവൻപാട്ട് ഗതകാല സ്മരണകളിലേക്ക് കുട്ടികളെ കുട്ടിക്കൊണ്ടുപോയി. കേരളത്തിലെ പൈതൃകവും ഭൂപ്രകൃതിയും പതിനാല് ജില്ലകളുടെ പ്രത്യേകതകളും വിവരിച്ചു കൊണ്ടുള്ള ഒരു ഹ്രസ്വചിത്രം കുട്ടികളുടെ മുൻപിൽ അവതരിപ്പിച്ചു. അതോടനുബന്ധിച്ചു നടത്തിയ പ്രശ്നോത്തരിയിൽ നിരവധി മിടുക്കന്മാരും മിടുക്കികളുമാണ് സമ്മാനങ്ങൾ വാരിക്കൂട്ടിയത്. “ഭാരതമെന്നുകേട്ടാലഭിമാന പുരിതമാകണമന്തരംഗം കേരളമെന്നു കേട്ടാലോ തിളയ്ക്കണം ചോര നമുക്ക് തരമ്പുകളിൽ” എന്ന വരികൾ ഉദ്ധരിച്ചുകൊണ്ടുള്ള കൃതജ്ഞതയോടു കൂടി കേരളപ്പിറവി ദിനാഘോഷങ്ങൾക്ക് സമാപനം കുറിച്ചു.



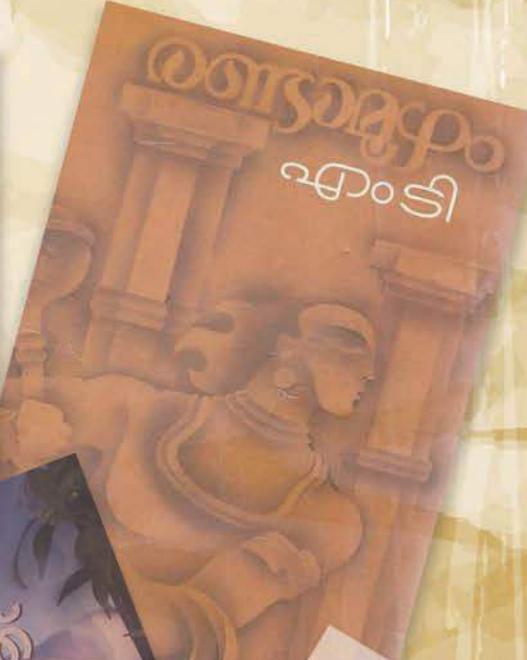
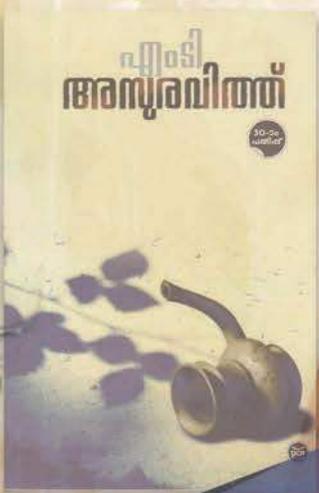
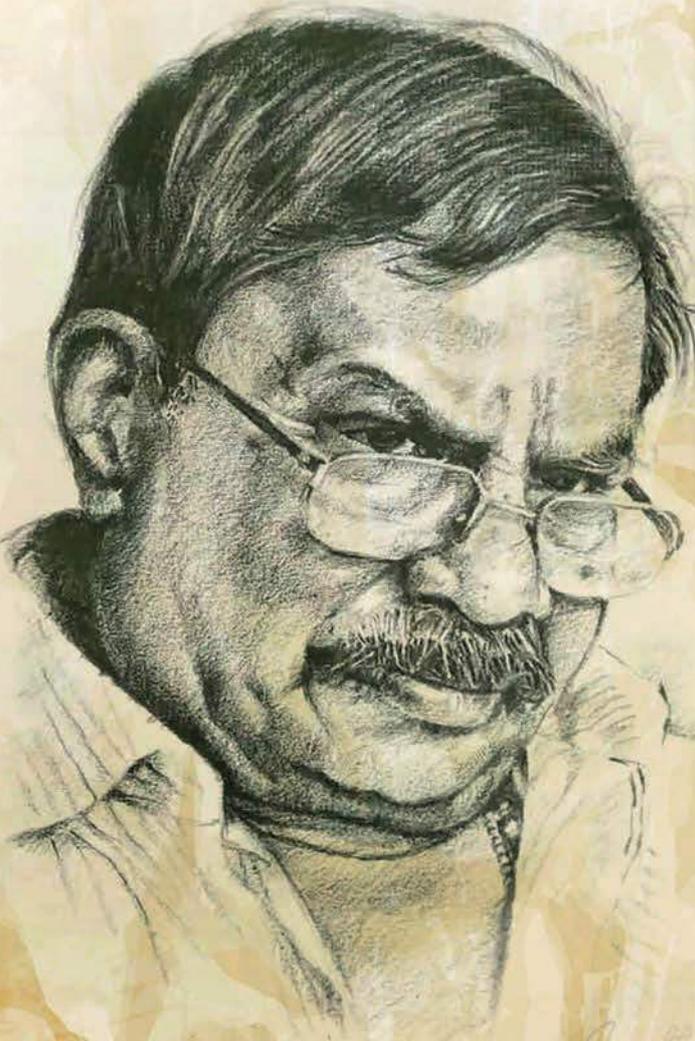


മായാത്ത ഓർമകളിലൂടെ - എം ടി

മലയാള സാഹിത്യത്തിലും ചലച്ചിത്ര രംഗത്തും വ്യക്തിമുദ്ര പതിപ്പിച്ച എം. ടി കാലയവനികയ്ക്കുള്ളിൽ മറഞ്ഞത് മലയാളികൾക്ക് ഒരു തീരാനഷ്ടമായി. പാലക്കാട് ജില്ലയിൽ ആണ് അദ്ദേഹം ജനിച്ചത്. 1953 ൽ പാലക്കാട് വിക്ടോറിയ കോളേജിൽ നിന്ന് അദ്ദേഹം ബിരുദം നേടി. പട്ടാമ്പി ബോർഡ് ഹൈസ്കൂളിൽ ഗണിതശാസ്ത്ര അദ്ധ്യാപകൻ ആയി ജോലി അനുഷ്ഠിച്ചു. 1957 ൽ മാതൃഭൂമിയിൽ സബ് എഡിറ്ററായി ജോലിക്ക് ചേർന്നു. കേരളസാഹിത്യ അക്കാദമിയുടെ അദ്ധ്യക്ഷൻ ആയ അദ്ദേഹം ഒരു പരിസ്ഥിതിവാദി കൂടിയാണ്. നിളയുടെ ചുറ്റുമുള്ള പരിസ്ഥിതി പ്രശ്നങ്ങളെക്കുറിച്ച് പലപ്പോഴായി എഴുതിയ ലേഖനങ്ങൾ അദ്ദേഹം പ്രസിദ്ധീകരിച്ചിട്ടുണ്ട്. അദ്ദേഹം രചിച്ച “നിർമ്മാല്യം” സാമൂഹിക പ്രാധാന്യമുള്ള കൃതിയാണ്. മികച്ച ചലച്ചിത്രത്തിനുള്ള ദേശീയ പുരസ്കാരം നിർമ്മാല്യം എന്ന ചിത്രത്തിന് അദ്ദേഹത്തിന് ലഭിച്ചു. മികച്ച കഥയ്ക്കും തിരക്കഥയ്ക്കുമുള്ള നിരവധി സംസ്ഥാനചലച്ചിത്ര അവാർഡുകൾ അദ്ദേഹത്തിന് കരസ്ഥമാക്കാൻ സാധിച്ചു.

മലയാള സാഹിത്യത്തിന് നൽകിയ അമൂല്യ സംഭാവനകൾ കണക്കിലെടുത്തു 1996 ൽ കാലിക്കറ്റ് സർവ്വകലാശാല ബഹുമാന സൂചകമായി ഡി. ലിറ്റ് ബിരുദം നൽകി ആദരിച്ചു. 2005 ൽ പത്മഭൂഷൺ നൽകി എം. ടി യിലെ പ്രതിഭയെ ഭാരത സർക്കാർ ആദരിക്കുകയുണ്ടായി.

മലയാളികളുടെ ചുണ്ടിൽ എന്നും തത്തിക്കളിക്കുന്ന നിരവധി ചലച്ചിത്ര ഗാനങ്ങൾ അദ്ദേഹത്തിന്റെ തൂലികയിൽ പിറന്നു. പരിണയത്തിലെ ‘അഞ്ചു ശരങ്ങളും പോരാതെ’ എന്ന ഗാനവും പഴശ്ശിരാജയിലെ ‘ആദിയുഷസന്ധ്യ പൂത്തതിവിടെ’ എന്ന ഗാനവുമൊക്കെ ഇന്നും മലയാളികളുടെ മനസ്സിൽ കുളിർമഴ പെയ്യിക്കുന്ന ഗാനങ്ങൾ ആണ്. ഒരു മഞ്ഞുകണം പോലെ മലയാളികളുടെ മനസ്സിൽ എന്നും എം.ടി നിലകൊള്ളുന്നു.



യുദ്ധം

മനുഷ്യനിർമ്മിതമായ ഏറ്റവും വലിയ വിപത്താണ് യുദ്ധം. യുദ്ധം ഒന്നിനും ഒരു പരിഹാരമല്ല. പലതും വെട്ടിപ്പിടിക്കാനും നേടിയെടുക്കാനും വേണ്ടി മനുഷ്യർ യുദ്ധം ചെയ്യുമ്പോൾ നഷ്ടപ്പെടുന്നത് അനേകായിരം മനുഷ്യജീവനുകളാണ്. യുദ്ധത്തിൽ അവസാനം കാണാൻ കഴിയുന്നത് ചിന്നിച്ചിതറിയ മനുഷ്യശരീരങ്ങളും, തകർന്നടിഞ്ഞ പാർപ്പിടസമുച്ചയങ്ങളും, ശൂന്യമായ പ്രദേശങ്ങളും, രോഗങ്ങളും, പകർച്ചവ്യാധികളും അങ്ങനെ പലതുമാണ്. രാജ്യങ്ങൾ രാജ്യങ്ങൾക്കെതിരായും മതങ്ങൾ മതങ്ങൾക്കെതിരായും പല കാരണങ്ങളാലും യുദ്ധം ചെയ്യുന്നു. യുദ്ധത്തിനാൽ ആരും ജയിക്കുന്നില്ല. എന്നാൽ മനുഷ്യർ അവിടെ തോറ്റു വീഴുകയാണെന്നുള്ള വസ്തുത നമ്മൾ മനസ്സിലാക്കേണ്ടിയിരിക്കുന്നു . അനേകം നിരപരാധികൾ മരിച്ചു വീഴുന്നു. അനേകം കുഞ്ഞുങ്ങൾ മരണപ്പെടുന്നു. ഇതിനൊക്കെ ആരാണ് ഉത്തരം പറയുക? മഹാനായ അലക്സാണ്ടർ ചക്രവർത്തി യുദ്ധത്തിലൂടെ അനേകം രാജ്യങ്ങൾ വെട്ടിപ്പിടിക്കുകയുണ്ടായി. എന്നാൽ അവസാനം അദ്ദേഹത്തിന് ചെയ്തതെല്ലാം വളരെ തെറ്റായിരുന്നുവെന്ന് മനസ്സിലായി. അപ്പോഴേക്കും അനേകായിരം ജീവൻ പൊലിഞ്ഞിരുന്നു മറ്റെന്തിനെക്കാളും വലുതാണ് മനുഷ്യജീവൻ എന്ന അറിവാണ് നമുക്ക് എല്ലാവർക്കും ഉണ്ടാകേണ്ടത്. വേറൊരാളുടെ ജീവൻ എടുക്കാൻ നമുക്ക് അവകാശമില്ല. ഇപ്പോൾ നടന്നുകൊണ്ടിരിക്കുന്ന ഇസ്രായേൽ-പാലസ്തീൻ യുദ്ധം പോലും നമ്മെ പഠിപ്പിക്കുന്നത് യുദ്ധം കൊണ്ട് ആരും ഒന്നും നേടുന്നില്ല എന്നാണ്. പകരം നിരപരാധികളുടെ ജീവൻ നഷ്ടപ്പെടുകയാണ് ചെയ്യുന്നത്. ക്ഷമയും പരസ്പര സന്നേഹവും ബഹുമാനവും നമുക്ക് മനുഷ്യരുടെ ഇടയിൽ വളർത്തിയെടുക്കാൻ ശ്രമിക്കാം. ആരും മറ്റുള്ളവരുടെയും സ്വാതന്ത്ര്യത്തിൽ കൈ കടത്താതെ എല്ലാവരെയും സ്വാതന്ത്ര്യമായി ജീവിക്കാൻ അനുവദിക്കണം. യുദ്ധം ഒന്നിനും ഒരു പരിഹാരം അല്ല എന്ന തിരിച്ചറിവോടുകൂടി യുദ്ധമില്ലാത്ത ഒരു നല്ല നാളേയ്ക്കായി ജാതി,മത,വർഗ്ഗ,വർണ്ണ വിവേചനം ഇല്ലാതെ ജീവിക്കാനായി നമുക്ക് ഒത്തൊരുമിച്ച് കൈ കോർക്കാം.

അനുഗ്രഹ എസ് . എൻ

X E



ആകാശവീട്



ദൈവം നൽകിയ ആകാശവീട്ടിൽ
ആരൊക്കെ താമസം ഉണ്ണിക്കൂട്ടാ?

✕ സൂര്യനച്ഛൻ നടുവിലിരിപ്പു
അമ്പിളിമാമനോ പുഞ്ചിരി തൂകി
അരികിലിരിപ്പു അമ്പമ്പോ !

ദൈവം കാക്കുന്ന സുന്ദര ഭൂവിൽ
എന്തെല്ലാം കാഴ്ചകൾ ഉണ്ണിക്കൂട്ടാ?

പാടിപ്പറക്കുന്ന പക്ഷികളുണ്ടേ..
പുഞ്ചിരി തൂകുന്ന പൂക്കളുമുണ്ടേ..

എന്തു രസമാണയ്യോ ..!

ദൈവം നൽകിയ നിന്നുടെ വീട്ടിൽ
ആരൊക്കെയുണ്ടെൻ ഉണ്ണിക്കൂട്ടാ?

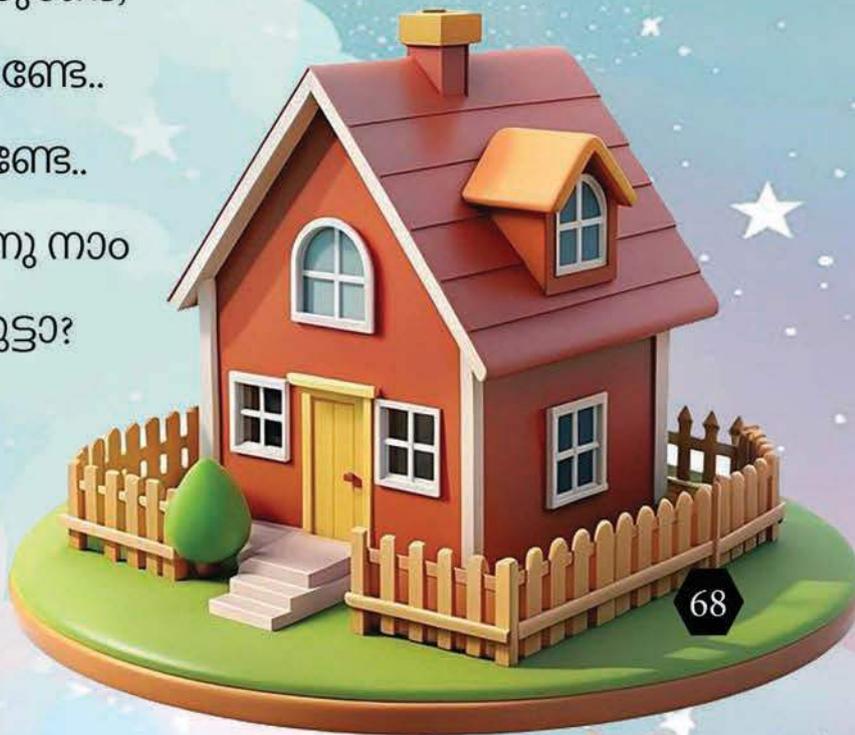
ഒത്തിരി സ്നേഹിക്കും അച്ഛനുണ്ടേ,
അമ്മിഞ്ഞ നൽകുന്ന അമ്മയുണ്ടേ,
അപ്പുപ്പനുണ്ടേ.. അമ്മുമ്മയുണ്ടേ..

കുഞ്ഞെച്ചിയുണ്ടേ..എട്ടനുണ്ടേ..

എല്ലാം നൽകിയ ദൈവത്തിനു നാം
നന്ദി പറഞ്ഞീടാം ഉണ്ണിക്കൂട്ടാ?

ഋത്വിക ബോണി

VI A



നിലാ തിരകൾ

മിഴികളിൽ നീ,
 ഓടി വന്നെൻ ഓർമ്മകളായ്..
 പറവയായ് മാറിയെൻ മനസ്സിലും, ഇതാ..
 പുലർക്കാല സ്വപ്നത്തിലെ
 കാറ്റാടിക്കിളിയെ പോലെ..
 പൂട്ടി വച്ച ഓർമ്മകൾ
 ഒന്നൊന്നായ് ഉണർത്താനെത്തി
 അന്നു മുതൽക്കേ, കാത്തിരുന്നിരുന്നു...
 കൂടെ നടക്കാൻ.. ഒന്നിനുമല്ലാതെ , വെറുതെ..
 ഒരു നാൾ, ഒരു വാക്ക് തെറ്റിയപ്പോൾ ..
 മാഞ്ഞുപോയ് മറഞ്ഞില്ലേ?
 പിണങ്ങിയിട്ടാണോ..
 എന്നരികിൽ നീ വന്നില്ലല്ലോ പിന്നെ....



മെർലിൻ എൽസാ ഷാജി

VII E



സ്നേഹത്തലിൽ

മിയയുടെ വലിയ മോഹമായിരുന്നു സ്കൂളിലെ സ്റ്റേജിൽ കയറി ഒരു പാട്ട് പാടണം എന്നുള്ളത്. പാട്ടുപാടാൻ നല്ല കഴിവുള്ള കുട്ടിയായിരുന്നു അവൾ. പക്ഷേ ഒരു സദസ്സിലോ മറ്റുള്ളവരുടെ മുൻപിലോ പാടാൻ അവൾക്ക് ധൈര്യം ഉണ്ടായിരുന്നില്ല. എന്നോ ഒരു പേടി പോലെ...അവൾക്ക് തന്നെ അറിയില്ലായിരുന്നു അതെന്താണെന്ന്.. പഠിത്തത്തിൽ ഉഴപ്പിയാലോ എന്ന് കരുതി പാട്ട് പഠിപ്പിക്കുവാനോ പാട്ടുകാരി യാക്കാനോ മിയയുടെ വീട്ടുകാർ അവളെ അത്ര പ്രോത്സാഹിപ്പിച്ചില്ല.

അധ്യാപകർ ഇടയ്ക്കൊക്കെ പറയുമെങ്കിലും വലിയ നിർബന്ധമൊന്നും അവരുടെ ഭാഗത്തു നിന്നും ഉണ്ടായിരുന്നില്ല. സ്വന്തമായി ആത്മവിശ്വാസവും അവൾക്ക് കുറവായിരുന്നു.

അങ്ങനെയിരിക്കെ ഒരു പുതിയ കുട്ടി ക്ലാസിലേക്ക് കടന്നുവന്നു. അവളുടെ അടുത്തിരുന്നു, പതിയെ മിയയുടെ ഏറ്റവും അടുത്ത സുഹൃത്തായി മാറുകയും ചെയ്തു. ജെന്നിഫർ എന്ന സ്വന്തം പേരിനെ ജെന്നി എന്നു ചുരുക്കിയാണ് അവൾ പറഞ്ഞിരുന്നത്.

കുട്ടുകാരിയുടെ ഉള്ളിലെ മോഹം ജെന്നിയും അറിഞ്ഞു. എങ്ങനെയെങ്കിലും മിയയെ സ്റ്റേജിൽ കയറ്റണമെന്നും പാടാൻ അവസരം ഉണ്ടാക്കി കൊടുക്കണമെന്നും അവളും കൊതിച്ചു.

അങ്ങനെയിരിക്കേ ഒരു ദിവസം ഫ്രീ പിരിയഡ് കിട്ടിയപ്പോൾ ഗ്രൗണ്ടിൽ പോകാൻ അനുവാദം കിട്ടി. എല്ലാവരും ഗ്രൗണ്ടിൽ കളിക്കാൻ പോയപ്പോൾ ജെന്നി മിയയെയും കുട്ടി അടുത്തുള്ള സ്കൂൾ ഓഡിറ്റോറിയത്തിലേക്ക് കയറി. സ്റ്റേജിൽ കയറി പാടാൻ ആവശ്യപ്പെട്ടു. ആദ്യം അല്പം ഒന്ന് മടിച്ചെങ്കിലും ജെന്നി മാത്രമുള്ള ആ സദസ്സിൽ അവൾ സുന്ദരമായി പാടി. രണ്ടുമൂന്നു തവണ ഈ പരിപാടി അവർ ആവർത്തിച്ചു. മിയയ്ക്ക് പതിയെ ഭയമെല്ലാം വിട്ടു പോകുന്നതുപോലെ തോന്നി.. അങ്ങനെയിരിക്കെ സ്കൂൾ വാർഷികം വന്നു. കലാപരിപാടികൾക്കുള്ള കുട്ടികൾ പേരുകൊടുക്കുവാൻ ടീച്ചർ ആവശ്യപ്പെട്ടപ്പോൾ ധൈര്യമായി എഴുന്നേറ്റ് നിന്ന് മിയ അവളുടെ പേര് കൊടുത്തു. ജെന്നി കൊടുത്ത ആത്മവിശ്വാസത്തിൽ അവൾ ആ മനോഹരമായ ദിവസം മധുരമായി പാടുകയും ചെയ്തു. എല്ലാവരും അവളെ അഭിനന്ദനങ്ങൾ കൊണ്ട് മുടി. അധ്യാപകരും കുട്ടുകാരും സഹപാഠികളും എല്ലാവരും അവളെ അഭിനന്ദിക്കാൻ ഓടിവന്നു. അത്ര മനോഹരമായിരുന്നു അവളുടെ ഗാനാലാപനം. ആൾക്കൂട്ടത്തിനിടയിൽ മിയ അന്വേഷിച്ചത് അവളുടെ പ്രിയ കുട്ടുകാരിയെയായിരുന്നു. തന്നിക്കിത്രയധികം ആത്മധൈര്യവും ആത്മവിശ്വാസവും നല്കി ഏറെ നാളത്തെ മോഹം പൂവണിയാൻ സഹായിച്ച പ്രിയ കുട്ടുകാരിയെ.. ജെന്നിയെ കണ്ടതും അവൾ കെട്ടിപ്പിടിച്ച് കരഞ്ഞു.

ഇസ മഗ്ലിൻ
IX C



ഒരു പുതിയ കഥ

പണ്ട് പണ്ട് ഒരിടത്ത്..... എന്നു തുടങ്ങാൻ ഇതൊരു പഴയ കഥയല്ല, മറിച്ച് ഒരു പുതിയ സംഭവ കഥയാണ്- തൊമ്മിയുടെ കഥ. തൊമ്മി കാടിനെയും കാട് തിരികെ തൊമ്മിയെയും സ്നേഹിച്ച കഥ.

അത്യുദ്ധാനിയായ ഒരു മലയോര കർഷകൻ ആയിരുന്നു തൊമ്മി. ഏലയ്ക്ക പാദസരമണിഞ്ഞ് മലക്കാറ്റിൽ നൃത്തം വയ്ക്കുന്ന ഏലച്ചെടികളും, മരതകമണികൾ അണിഞ്ഞ കുരുമുളക് ചെടികളും, പവിഴമുത്തുകൾ കൂട്ടംകൂട്ടമായി കൊരുത്തുവച്ച കാപ്പിച്ചെടികളും, ചെമ്പഴുക്കുകുലകളാടുന്ന കമുകു മരങ്ങളും, മാവുകളും പ്ലാവുകളും നാനാവിധ പുഷ്പലതാദികൾ കൊണ്ട് സസ്യശ്യാമള സുന്ദരമായ ഒരു കൃഷിത്തോട്ടം. അതാണ് തൊമ്മി വിയർപ്പൊഴുക്കി ഒരുക്കിയെടുത്ത സ്വപ്നഭൂമി. അധ്വാനത്തിലും സന്തോഷം കണ്ടെത്തിയ കാലങ്ങൾ!!!

ഒരു ദിവസം ഉറക്കത്തിൽ നിന്നും ഞെട്ടി ഉണർന്ന് തൊമ്മി ചെവി വട്ടം പിടിച്ചു, അസാധാരണമായ ചില ശബ്ദങ്ങൾ.. പറമ്പിൽ നിന്നുമാണ്.. കുറ്റാകുരിരുട്ട് ഒന്നും മനസ്സിലാകുന്നില്ല. കുറച്ചുകാലങ്ങളായി തൊമ്മിയെ പോലെ വനത്തിനോട് ചേർന്ന് കൃഷിയിറക്കുന്ന കർഷകരുടെ അന്നം മുട്ടിക്കുന്ന ചില വാർത്തകൾ അയാളും അറിയുന്നുണ്ട്. ചില്ലുകൾ ഇളക്കുന്നതും ഒടിക്കുന്നതുമായ ശബ്ദങ്ങൾ.. പറമ്പിലേക്ക് ടോർച്ച് അടിച്ചു നോക്കിയ തൊമ്മി ആനക്കൂട്ടത്തെ കണ്ട് സ്തബ്ധനായി നിന്നു. ഒരിക്കലും നേരിടേണ്ടി വരരുതേ എന്ന് പ്രാർത്ഥിച്ച ആ അനുഭവം ഇതാ കൺമുന്നിൽ.

പിന്നീടങ്ങോട്ടുള്ള കാലങ്ങളിൽ പലപല രാത്രികളിലും ആനക്കൂട്ടവും, ആനക്കൂട്ടം തെളിച്ച വഴികളിലൂടെ പകൽ നേരങ്ങളിൽ കാട്ടുപന്നികളും മയിൽക്കൂട്ടവും അയാളുടെ സ്വപ്നഭൂമിയെ തരിശാക്കുവാൻ മത്സരിച്ചു. സമൃദ്ധിയുടെ സമ്പന്നതയിൽ നിന്നും നഷ്ടങ്ങളിലേക്കും നിരാശയിലേക്കും തൊമ്മിയും കുടുംബവും കുപ്പുകുത്തി.

തോറ്റു പിന്മാറുവാൻ പക്ഷേ തൊമ്മി തയ്യാറായിരുന്നില്ല. വന്യജീവികളുടെ ആക്രമണത്തിൽ നിന്നും രക്ഷപ്പെടാൻ നാട്ടുനടപ്പുള്ളതും, കേട്ട് കേൾവിയുള്ളതുമായ പല മാർഗങ്ങളും തൊമ്മി പരീക്ഷിച്ചു. ചിലതെല്ലാം കുറച്ചു കാലത്തേക്ക് ഫലം കണ്ടു, ചിലതെല്ലാം അമ്പേ പരാജയപ്പെട്ടു. ശാശ്വതമായ ഒരു പരിഹാരം കണ്ടെത്താനാവാതെ തൊമ്മിയും മറ്റു കർഷകരെ പോലെ വിഷമിച്ചു.

നാളുകൾ കടന്നുപോയി, കടുത്ത വേനൽക്കാലം എത്തി. വെള്ളം തേടി ആനകൾ വീടിനടുത്തേക്ക് വരുന്നത് ഒഴിവാക്കാനുള്ള ഒരു ശ്രമമായി തൊമ്മി പറമ്പിനതിരിൽ കുറച്ച് അധികം വെള്ളം സംഭരിച്ചു വെച്ചു. ആ ശ്രമം ഫലം കണ്ടു. ആനകൾ പറമ്പിലേക്ക് കയറിയതേയില്ല പരീക്ഷണം വിജയിച്ച സന്തോഷത്തിൽ തൊമ്മി ആനകൾ സ്ഥിരമായി പറമ്പിൽ നിന്നും ഭക്ഷിക്കുന്ന ഫലങ്ങളും വെള്ളത്തിനൊപ്പം വെച്ചു. ആനകൾ പിന്നീട് പറമ്പിലേക്ക് കയറിയതേയില്ല. മനുഷ്യനെ പോലെ തന്നെ മൃഗങ്ങൾക്കും സ്വന്തം വിശപ്പും അവരുടെ കൂട്ടാളികളുടെ വിശപ്പുമാണ് മുഖ്യം എന്ന് തിരിച്ചറിവ് തൊമ്മിയുടെ കണ്ണു തുറപ്പിച്ചു. പിന്നീടുള്ള ജീവിതകാലം മുഴുവൻ തൊമ്മി ചെറു കൃഷികൾ സ്വന്തം കുടുംബത്തിനു വേണ്ടി മാത്രമായിരുന്നില്ല. അയാളുടെ പറമ്പിനും വനത്തിനും ഇടയിലുള്ള സ്ഥലങ്ങളിൽ വന്യമൃഗങ്ങൾക്ക് വേണ്ടി കരിമ്പും ചോളവും, പിന്നെ അധികം ശ്രദ്ധയും ചിലവും വേണ്ടാത്ത മറ്റു ഫലങ്ങളും കൃഷി ഇറക്കി തുടങ്ങി. വെള്ളത്തിനുവേണ്ടി ചെറിയ കുളങ്ങൾ കുഴിച്ചു. അധികാരികളുടെ അനുവാദത്തോടുകൂടി തരിശുവന ഭൂമിയിൽ മരങ്ങൾ നട്ടു പരിപാലിച്ചു കാലക്രമേണ മൃഗങ്ങളും പ്രകൃതിയും തൊമ്മിയോട് നന്ദി പ്രകടിപ്പിച്ചു തുടങ്ങി. വന്യജീവി ആക്രമണം പൂർണ്ണമായി ഇല്ലാതായി. പച്ചപ്പ് നിറഞ്ഞ പ്രകൃതി വേനൽക്കാല കാഠിന്യം കുറച്ചു കൊടുത്തു.

തൊമ്മിയും അയാളുടെ അനുഭവപാത പിന്തുടർന്ന ചുറ്റുപാടുള്ള മറ്റു കർഷകരും ഒത്തുചേർന്ന് ആ മലയോരമേഖലയെ കാടും മനുഷ്യരും സഹവർത്തിക്കുന്ന ഒരു സുന്ദര ഭൂമിയാക്കി മാറ്റി. ഈ 'പുതിയ കഥ' പുതുപുത്തൻ ആക്കി തീർക്കാൻ ഇന്നത്തെ കർഷകർക്കും അധികാരികൾക്കും സാധിച്ചാൽ കാടു കാടിൻ ധർമ്മവും, നാട് നാടിൻ ധർമ്മവും ചെയ്യുന്ന ഒരു സുന്ദരസുരഭില ഭൂമി നമുക്കും സ്വന്തം..

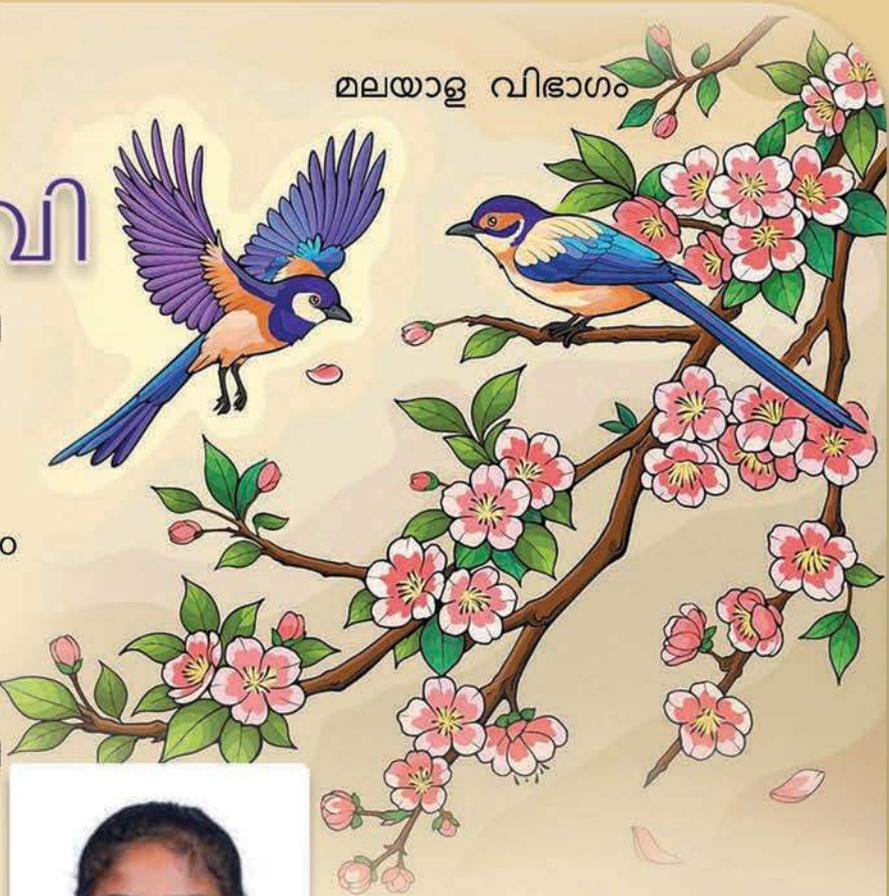
അയാൻ ദാസ്

VII B



തേൻ കുരുവീ

ചെല്ലക്കുരുവീ.. തേൻ കുരുവീ
 എന്നുടെ കൂടെ പോരുന്നോ
 കൂട്ടുണ്ടാക്കാൻ ചകിരി തരാം
 വള്ളി തരാം ഞാൻ കൂമ്പു തരാം
 കൂട്ടിലിരുന്നു കഴിക്കാനായ്
 പാത്രം നിറയെ തേനും തരാം
 ചെല്ലക്കുരുവീ.. തേൻ കുരുവീ
 എന്നുടെ കൂടെ പോരുന്നോ



സെറ അന്ന മിമുൻ

III E

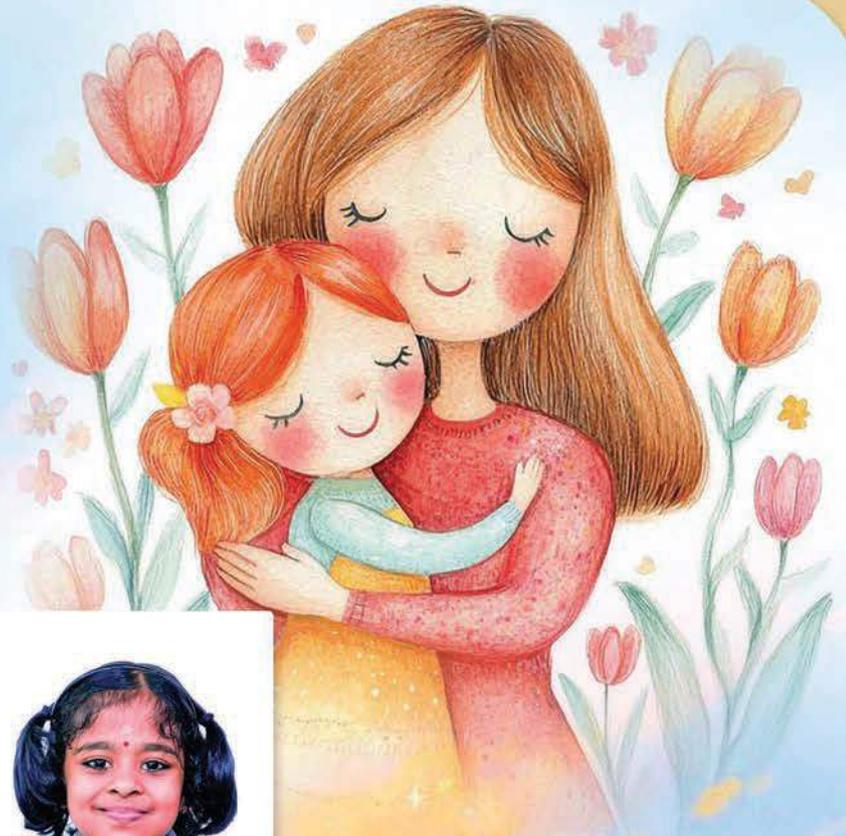


അമ്മ

അമ്മ എന്നമ്മ
 ജന്മം തന്നമ്മ
 സ്നേഹമുള്ള അമ്മ
 ചോറു തരും അമ്മ
 നേർവഴി കാട്ടും അമ്മ
 വെളിച്ചമായി കരുതലായി
 നെഞ്ചോടു ചേർക്കുമമ്മ

വേദിക എം. മേനോൻ

II B



പ്രകൃതി

ഭൂമിയാം അമ്മയെ ഓർത്തിടുമ്പോൾ
 ഭൂമി തൻ നന്മ സ്മരിച്ചിടുന്നു.
 പച്ചയാം ഭൂമടിത്തട്ടിനുള്ളിൽ
 ജീവിക്കും നാം എത്ര ഭാഗ്യവാന്മാർ
 എന്നുമീ ഭൂമിയെ കാക്കുക നാം
 ജീവനായ് എന്നും പുണരുക നാം
 നല്ലൊരു നാളേയ്ക്കായ് ജീവിച്ചിടാൻ
 പ്രകൃതിയാം അമ്മയെ പാലിച്ചിടാം

ശ്രേയ ജിനു
 VC



ഡോക്ടർ എ.പി.ജെ അബ്ദുൽ കലാം

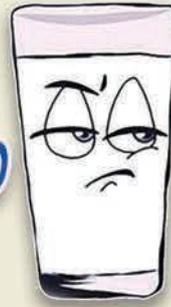
എനിക്ക് ഏറെ പ്രചോദനമേകിയ വ്യക്തിയാണ് ഡോക്ടർ എ.പി.ജെ. അബ്ദുൽ കലാം. നിരവധി കളിയാക്കലുകൾ കേട്ടിട്ടും അത് കാര്യമാക്കാതെ സ്വന്തം ചിന്തകളെയും സ്വപ്നങ്ങളെയും സത്യമാക്കാൻ ശ്രമിച്ച ആ മഹത് വ്യക്തിയാണ് എനിക്ക് പ്രചോദനം. ധനം, മതം ഇവയെ ചൊല്ലി ഉച്ചനീചത്വങ്ങൾ നിലനിന്ന കാലത്ത് ജനിച്ചതിനാൽ അദ്ദേഹത്തിന് ധാരാളം വേദനകളും അപമാനങ്ങളും ഏൽക്കേണ്ടതായി വന്നിട്ടുണ്ട്. എന്നാൽ ആ ജീവിതമാണ് എനിക്ക് പ്രോത്സാഹനമായത്. രാഷ്ട്രപതി ആയിരിക്കുമ്പോഴും ആ പദവി ദുരുപയോഗം ചെയ്യാതെ ജനങ്ങൾക്ക് വേണ്ടി സേവനം ചെയ്യുകയും ഒടുവിൽ മിസൈൽ തന്നെ പറത്തുകയും ചെയ്ത ആ മഹാൻ പറഞ്ഞ വാക്യം എന്നെ അതിശയിപ്പിച്ചു. "നിങ്ങൾ സ്വപ്നം കാണുക, ആ സ്വപ്നങ്ങളെക്കുറിച്ച് ചിന്തിക്കുക ആ ചിന്തകൾ പ്രവർത്തികളിലൂടെ സ്വന്തമാക്കുക" ഈ വാക്കുകളാണ് എന്റെ ചിന്തകളെ, സ്വപ്നങ്ങളെ വർണ്ണിച്ചിറകിലേറ്റുന്നതെന്ന് നിസ്സംശയം പറയാം .



അനിക സെലിൻ ലൂയിസ്
 XE



കട്ടൻ ചായയും പാൽചായയും



കട്ടൻ ചായയും പാൽചായയും നല്ല കൂട്ടുകാരായിരുന്നു. എന്നാൽ ഒരു ദിവസം അവർ വഴക്കിട്ടു. ആ വഴക്ക് അവരുടെ നിറത്തെ സംബന്ധിച്ചായിരുന്നു. പാൽചായ പറഞ്ഞു, "എന്നെയാണ് എല്ലാവർക്കും ഇഷ്ടം, കട്ടൻ ചായയുടെ കറുപ്പ് നിറം കാരണം ആർക്കും നിന്നെ ഇഷ്ടമല്ല എന്നു തോന്നുന്നു" കട്ടൻ ചായ ഉടനെ പറഞ്ഞു. "എനിക്ക് അങ്ങനെ തോന്നുന്നില്ല.. എത്ര പേരാ എന്നെ വാങ്ങാൻ ഈ കടയിൽ വരുന്നത്". ഇതുകേട്ട് പാൽചായയ്ക്ക് ദേഷ്യം വന്നു. അങ്ങനെ ഒന്നും രണ്ടും പറഞ്ഞ് രണ്ടാളും വഴക്കായി. അപ്പോഴാണ് അവരുടെ സുഹൃത്ത് ഉഴുന്നൂവട ആ വഴി വന്നത്. വഴക്കിനു കാരണമെന്തെന്ന് അന്വേഷിച്ചറിഞ്ഞ ഉഴുന്നൂവട, കട്ടൻ ചായയോടും പാൽ ചായയോടും പറഞ്ഞു. ഇതേ പ്രശ്നം തന്നെയായിരുന്നു ഞാനും കൂട്ടുകാരൻ ഡോണട്ടും തമ്മിലുണ്ടായിരുന്നത്. "എന്നിട്ട് നിങ്ങളുടെ പ്രശ്നം മാറിയോ" എന്ന്. കട്ടൻചായ ചോദിച്ചു. ഉഴുന്നൂവട പറഞ്ഞു "നമ്മുടെ പുറത്തെ ഭംഗിയോ നിറമോ നോക്കിയല്ല ആളുകൾ നമ്മെ വാങ്ങിക്കുന്നത്. മറിച്ച്, രുചി അനുസരിച്ചാണെന്ന് പിന്നീട് ഞങ്ങൾക്ക് മനസ്സിലായി. അതോടെ ഞങ്ങളുടെ വഴക്കും അവസാനിച്ചു. നിങ്ങളും അത് മനസ്സിലാക്കിയാൽ നന്നായിരിക്കും". അങ്ങനെ പറഞ്ഞുകൊണ്ട് ഉഴുന്നൂവട പോയി. അപ്പോഴേയ്ക്കും കട്ടൻ ചായയ്ക്കും പാൽചായയ്ക്കും കാര്യങ്ങൾ മനസ്സിലായി. അവർ വഴക്ക് അവസാനിപ്പിച്ചു., പഴയതുപോലെ നല്ല സുഹൃത്തുക്കൾ ആയി



സാദിയ റിഷാദ്

IV D



हिन्दी दिवस



सितंबर माह के पहले सप्ताह में हिन्दी दिवस के उपलक्ष्य में विभिन्न शैक्षिक और सांस्कृतिक गतिविधियाँ आयोजित की गईं। इन कार्यक्रमों का मुख्य उद्देश्य हिन्दी भाषा के प्रति जागरूकता बढ़ाना और इसकी समृद्ध धरोहर को उजागर करना था।

सितंबर के पहले सप्ताह में हिन्दी विषय पर वाद-विवाद, निबंध लेखन, चार्ट प्रदर्शनी और कविता पाठ जैसी प्रतियोगिताएँ आयोजित की गईं, जिसमें विद्यार्थियों ने उत्साहपूर्वक भाग लिया।

प्रधानाचार्य, उपप्रधानाचार्य और मुख्याध्यापिका ने पूरे मन से इस कार्यक्रम में भाग लिया और विद्यार्थियों एवं शिक्षकों को हमारी राजभाषा पर गर्व करने के लिए प्रेरित किया।

इन कार्यक्रमों के माध्यम से छात्रों में हिन्दी के प्रति सम्मान और इसे अपनी दैनिक जीवन में अधिक अपनाने की भावना जागृत हुई।

हिन्दी विभाग



हिन्दी विभाग

हिन्दी भाषा केवल शब्दों का समूह नहीं, बल्कि हमारे विचारों, भावनाओं और संस्कृति का प्रतीक है। इस पत्रिका के माध्यम से हम आपको हिन्दी साहित्य, कविता, कहानियों और ज्ञानवर्धक लेखों की अनमोल दुनिया में लेकर जा रहे हैं। यहाँ आपको न केवल मनोरंजन मिलेगा, बल्कि हिन्दी भाषा की सुंदरता और इसकी अभिव्यक्ति की शक्ति भी महसूस होगी। आइए, मिलकर हिन्दी की इस यात्रा को रोचक और ज्ञानवर्धक बनाते हैं ! जय हिन्द ! जय हिन्दी !

मेरे पापा

मैं अपने जीवन में दो व्यक्तियों से सबसे ज्यादा प्यार करती हूँ वह है मेरे माता-पिता। मेरे पापा ही मेरे रोल मॉडल है। मेरे पापा ने मुझे हमेशा आगे बढ़ाना सिखाया वह हमेशा मुझे हौसला देते है। मेरे अंदर छुपे गुणों को बाहर लाने में, मेरी मदद करते है। वह हमेशा मुझे ज्ञान की बातें बताते हैं। मेरे पापा मेरे सच्चे दोस्त और मेरी प्रेरणा है। पापा हमारे परिवार की रीढ़ की हड्डी की तरह है। पापा ने अपना जीवन हमारी अच्छी जिंदगी के लिए त्याग किया है। हमारी जिंदगी की सबसे बड़ी संपत्ति है मेरे पापा। ईश्वर उन्हें स्वस्थ जीवन और लंबी आयु प्रदान करें।

आन मरियम एबिन || D



मेरा अनुभव

मैं रफ़ान रफ़ीक कक्षा तीसरी में पढ़ता हूँ। मैं तीन वर्षों से यहाँ पढ़ रहा हूँ। हर वर्ष मुझे नया अनुभव होता है। मेरी शिक्षिकाएँ मेरी बहुत सहायता करती हैं। वे न केवल पढ़ाई में बल्कि कक्षा के सभी गतिविधियों में भी मेरी सहायता करती हैं। हर बुधवार हमें कंप्यूटर लैब में ले जाती है। हम लैब में जाकर कोडिंग सीखते हैं। हम लोग यह पहली बार सीख रहे हैं। इस साल मैंने विज्ञान प्रदर्शनी में भी भाग लिया था। मैं वहाँ कई विज्ञान के मॉडल देखें। क्या आपको पता है हमारी कक्षा में एक पुस्तकालय भी है। इससे कक्षा में सभी को पुस्तक पढ़ने का अवसर मिलता है। मैं अपने दोस्तों के साथ भोजन के बाद खेलता हूँ। यह साल मेरे लिए बहुत आनंदमय था। मुझे बहुत कुछ सीखने को मिला। अब मुझे नए अनुभवों के लिए अगले साल तक इंतजार करना पड़ेगा।

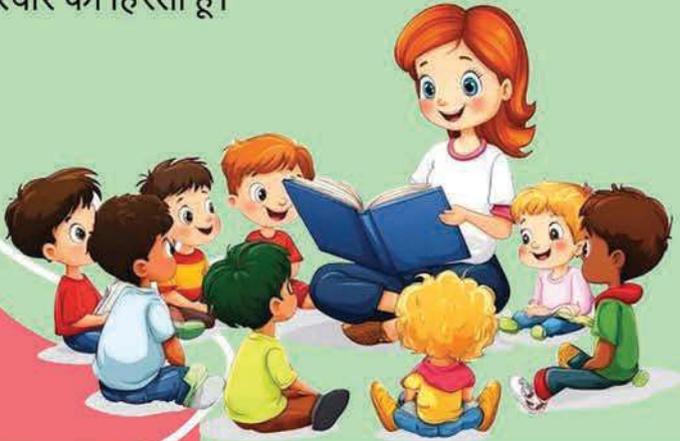
- मोहम्मद रफ़ान रफ़ीक ||| A



मेरी कक्षा

मेरा नाम हात्रा जोसफ है, और मैं कक्षा 4E की छात्रा हूँ। मुझे अपनी कक्षा 4E में बिताया गया समय बेहद प्रिय है, क्योंकि यहाँ पूरे साल भर उत्सवों की रंग-बिरंगी धूम रहती है। हमने मिलकर क्रिसमस, ओणम और कई अन्य त्योहारों को बड़े उल्लास और जोश के साथ मनाया। हर उत्सव पर हमारी कक्षा को सुंदर सजावटों से सजाया जाता है। हम गीत गाते हैं, नृत्य करते हैं, और विभिन्न कार्यक्रम प्रस्तुत करते हैं। हमारे शिक्षक - शिक्षिकाएँ भी हमारे साथ मिलकर इन पलों का आनंद लेते हैं, जिससे हमें अपनापन और उत्साह महसूस होता है। इन सब आयोजनों से हमें एक-दूसरे को समझने और जोड़ने का अवसर मिलता है। 4E सिर्फ एक कक्षा नहीं, बल्कि एक बड़ा, खुशहाल परिवार बन गया है। मुझे गर्व है कि मैं इस परिवार का हिस्सा हूँ।

-हात्रा जोसफ IV E



आज्ञा पालन

एक बार की बात है। एक लड़का अपनी माँ के साथ रहता था। उसे अकेले कहीं जाने की अनुमिति नहीं थी। लड़के ने सोचा कि वह बड़ा हो गया है और उसे हर जगह अपनी माँ के साथ जाने की जरूरत नहीं है और उसने अपनी माँ को बताए बिना जाने का फैसला किया। एक दिन जब लड़के की माँ सो रही थी, तो वह चोरी से बाहर निकल गया। वह एक खुले मैदान में खुशी से खेलने लगा। कुछ देर बाद उसे प्यास लगी और वह पास की नदी में पानी पीने चला गया। वहाँ उसने देखा कि एक शेर है। लड़का जानता था कि शेर उसे खाने की योजना बना रह है। वह डर से काँपने लगा। वह नहीं जानता था कि शेर से खुद को कैसे बचाया जाए। वह लड़का वहाँ से बहुत तेजी से भागा और अपनी माँ के पास गया जो प्रतीक्षा कर रही थी। इस घटना से वह लड़का बहुत डर गया और उस दिन से, लड़के ने फैसला किया कि वह कभी भी घर से अकेले नहीं जाएगा, हमेशा अपनी माँ का सम्मान करेगा और उसकी आज्ञा का पालन करेगा।

- पवनदास शेटी V E



ईश्वर परमेश्वर

ईश्वर परमेश्वर... .

आप ही मेरे सब कुछ हैं।

आपको इस संसार में सब पता हैं।

ईश्वर परमेश्वर आप ही सबसे बड़ा डॉक्टर हैं।

आप ही सबसे बड़ा इंजीनियर हैं।

आप ही सबसे बड़ा डिजाइनर,

आप ही सबसे बड़ा है इस दुनिया में

आप ही सर्वज्ञानी है, सर्वव्यापी हैं।

ईश्वर परमेश्वर।

मेलिन एल्सा षाजी VII E



दुःख का अंत

हमारे दिल में बहुत सारे दुख हैं,

लेकिन उन्हें कभी बाहर न निकालें,

इसे सकारात्मक बनाने का प्रयास करें

और मुस्कुराने के लिए कोशिश करें

एक अच्छे दिन की शुरुआत मुस्कान के साथ हो सकती है,

लोगों के बीच की लड़ाई मुस्कुराहट से खत्म हो सकती है,

मुस्कुराहट से आत्मविश्वास बढ़ सकता है,

मुस्कुराना दुःख का अंत है ।

मिया मनोज IX E



यह सब घर से शुरू होता है।

यह सब घर से शुरू होता है।

उनके मन को प्रज्वलित करना।

उनके विचारों को सींचना।

उन्हें क्षमा दिखाना और अपनी गलतियों के लिए क्षमा माँगना।

यह सब घर से शुरू होता है।

स्वस्थ संबंध बनाना।

उन्हें शिष्टाचार सिखाना।

उन्हें दयालुता की शक्ति दिखाना।

यह सब घर से शुरू होता है।

सम्मानजनक शब्दों का उपयोग करना।



हमारी परिस्थितियों में जीवन भरने वाले शब्द बोलना।

कठिनाइयों के समय हार न मानना।

यह सब घर से शुरू होता है।

सही चीजों को प्राथमिकता देना।

साधारण क्षणों में यादें बनाना।

अपनी भावनाओं को महसूस करना बजाय उन्हें दबाने के।

और हर दिन, मैं प्रार्थना करती हूँ कि घर वह स्थान बने जिसे वे याद करें—

जहाँ उन्होंने सीखा, हंसा, बढ़ा, क्षमा किया,

और आने वाले कई वर्षों के लिए एक मजबूत नींव तैयार की।

फेमि आन सिरिल XI B



हिंदी चुटकुले

1.टीचर - होमवर्क क्यों नहीं किया?

छात्र - सपना देखा था कि कर रहा हूँ,
अब सपनों को अधूरा कैसे छोड़ता!

2.पप्पू - मम्मी, स्कूल क्यों जाते हैं?

मम्मी - पढ़ने के लिए बेटा।

पप्पू - फिर टीचर क्यों आती हैं?

(अब मम्मी सोच में पड़ गई...)

3.टीचर - बताओ सबसे मीठी चीज क्या है?

छात्र - छुट्टी की घंटी!

(पूरी क्लास ताली बजा देती है)

4.बबलू - दोस्ती किसे कहते हैं?

गप्पू - जो लंच टाइम में बिना पूछे खाना खा जाए,
और फिर भी दोस्त बना रहे - वही सच्चा दोस्त!

5.टीचर - अच्छे बच्चों की क्या निशानी होती है?

छात्र - जो हँसते हैं, मुस्कुराते हैं और सबको हँसाते हैं!



जोवान जोस VIII C



बास्केटबॉल : मेरा जुनून

बास्केटबॉल मेरा प्यारा खेल,
जिसने सिखाया जीने का मेल।
पिछले साल से की है शुरुआत,
अब है इससे गहरी बात।
स्कूल और जिले में खेती मैं,
हर मैच में जी-जान लगाई मैं।
अनुशासन और मेहनत की राह,
टीमवर्क बना मेरी चाह।
सपनों को अब उड़ान मिले,
बास्केटबॉल से पहचान मिले।

इशिता पनिकर VI B



एक अविस्मरणीय दोस्ती

एक खुबसूरत सुबह थी। पीटर नामक एक पक्षी एक शहर की ओर जा रहा था। वह अपने दोस्त बादल के साथ उड़ रहा था। सब कुछ अच्छा चल रहा था। मगर कुछ समय बाद एक बाज, जिसका नाम स्टोन था, पीटर को खतरा पहुँचाने के लिए आ गया। पीटर ने उस पर ध्यान नहीं दिया। पीटर ने बाज को देखकर शहर से भागना शुरू कर दिया। बाज बहुत गुस्से में था। वे दोनों बहुत तेज़ भाग रहे थे। बादल, जो एक अच्छा दोस्त था, पीटर की मदद करने लगा। उसने पीटर को मुश्किल में पड़ने से बचा लिया। अब बाज पीटर को नहीं देख सका तो वह पीटर के घर के बाहर जाकर खड़ा हो गया। जब पीटर वापस आया, बाज ने पीटर को घर आकर डरा दिया। आस-पास के पक्षियों ने यह बात बादल तक पहुँचा दी। बादल बहुत गुस्से में था। वह हर जगह बिजली चमका रहा था। उसने बाज को बर्बाद कर दिया। अब वह बहुत निराश था। उसने बरसना शुरू कर दिया। वह करीब पाँच महीने बरस रहा था।

आमलिन मरिया वी एस XA



सुंदर तितली

सुंदर तितली आई है,
फूलों पर मुस्काई है।
रंग-बिरंगे पंखों से,
बगिया में लहराई है।

मिशेल जॉन । A



बारिश

बारिश आई बारिश आई
रिमझिम - रिमझिम पानी बरसे

मोर नाचे झूमके

- खेत में छाई हरियाली
 - चारों तरफ लहर खुशी की
- झूम उठा मन मेरा भी
- निरंजना सुजित जॉर्ज IV D



विद्यालय में 20 वर्ष: एक यादगार यात्रा

समय का पहिया घूमता रहा, और मुझे विश्वास ही नहीं होता कि इस विद्यालय में मेरी यात्रा के बीस वर्ष पूरे हो चुके हैं। जब मैंने पहली बार इस विद्यालय में कदम रखा था, तब मुझमें आशा,उत्साह था। मेरा मन जोश और सपनों से भरपूर था। आज, इन दो दशकों की यात्रा को पीछे मुड़कर देखती हूँ, तो हृदय गर्व और भावनाओं से भर जाता है। शिक्षण मेरे लिए सिर्फ एक पेशा नहीं, बल्कि एक मिशन रहा है। इन वर्षों में मैंने न केवल विद्यार्थियों को पढ़ाया, बल्कि उनसे बहुत कुछ सीखा भी। हर दिन कुछ नया सीखने और सिखाने का अवसर मिला। शुरुआत में, जब पहली बार कक्षा में खड़ी हुई थी, तब शब्दों को सही तरीके से व्यक्त करने में संकोच होता था। परंतु प्रधानाचार्य Fr.जॉर्ज कोईकरा और वरिष्ठ अध्यापको के मार्गदर्शन ने मुझे आत्मविश्वास से भर दिया। उनकी सीख और समर्थन से मैं एक बेहतर शिक्षिका बन सकी। विद्यार्थियों के साथ बिताए गए पल अनमोल हैं। हर साल नई कक्षा, नए चेहरे, नए सपने और नई उम्मीदें मेरे जीवन का हिस्सा बनते रहे। जब मैं देखती हूँ कि मेरे पूर्व छात्र डॉक्टर, इंजीनियर,फौजी और समाज के विभिन्न क्षेत्रों में योगदान दे रहे हैं, तो यह एहसास गर्व से भर देता है। उनका स्नेह और सम्मान ही मेरी असली कमाई है।

कई ऐसे पल हैं जो मेरी स्मृतियों में सदैव जीवंत रहेंगे—पहली बार किसी विद्यार्थी को पुरस्कार जीतते देखना, वार्षिक उत्सव में उनके नृत्य और नाटकों की प्रस्तुति, और परीक्षा के समय उनकी उत्सुकता भरे सवाल। इन सबमें मैंने शिक्षा का असली सार जाना—यह केवल पाठ्यक्रम तक सीमित नहीं है, बल्कि चरित्र निर्माण और नैतिक मूल्यों की सीख भी है।

इन बीस वर्षों में विद्यालय ने भी अभूतपूर्व प्रगति की है। जब मैंने जॉइन किया था, तब विद्यालय के संसाधन सीमित थे, परंतु आज आधुनिक तकनीक, स्मार्ट क्लासरूम और डिजिटल लर्निंग ने शिक्षा को एक नए स्तर पर पहुँचा दिया है। यह देखकर अत्यंत संतोष होता है कि हमारा विद्यालय न केवल शैक्षणिक क्षेत्र में बल्कि सह-पाठ्यक्रम गतिविधियों में भी निरंतर आगे बढ़ रहा है। मेरे सहकर्मी, जिन्होंने मेरे साथ इस सफर को सांझा किया,उनको मैं कैसे भूलूँ? हमने एक साथ कठिनाइयों का सामना किया, हँसी-खुशी के पल बाँटे, और अनगिनत अनुभवों को सांझा किया।

इन बीस वर्षों का सफर भले ही लंबा हो, लेकिन यह अंत नहीं है। मैं आगे भी इसी जोश और समर्पण के साथ विद्यार्थियों को शिक्षा देती रहूँगी। यह विद्यालय मेरे लिए सिर्फ एक कार्यस्थल नहीं, बल्कि मेरा दूसरा घर है, जहाँ हर दीवार, हर कक्षा, हर विद्यार्थी मेरी यात्रा की कहानी कहता है। मेरे विद्यार्थी आगे बढ़ते रहें, सफल होते रहें, यही मेरी सच्ची उपलब्धि होगी।

“शिक्षण सिर्फ ज्ञान देने की प्रक्रिया नहीं, बल्कि जीवन को संवारने की कला है।”

सिंधु बिनु

HOD हिंदी विभाग



मेरी कश्मीरी यात्रा

कश्मीर, जिसे धरती का स्वर्ग कहा जाता है, घूमने का मेरा सपना था। जब मुझे वहाँ जाने का अवसर मिला, तो मेरी खुशी का ठिकाना न रहा। यह यात्रा न केवल प्रकृति की खूबसूरती को निहारने का अवसर था, बल्कि कश्मीरी संस्कृति, वहाँ के लोगों और जीवनशैली को करीब से देखने का भी अनूठा अनुभव था।

श्रीनगर: झीलों और बागों का शहर। मेरी यात्रा की शुरुआत श्रीनगर से हुई। डल झील की शांति और हाउसबोट में रहने का अनुभव अद्भुत था। शिकारे में बैठकर झील के बीच तैरते फूलों के बाजार को देखना मन को सुकून देने वाला था। निशात बाग और शालीमार बाग की हरियाली और फूलों की महक ने मन मोह लिया।

गुलमर्ग: बर्फ से ढकी वादियाँ इसके बाद मैंने गुलमर्ग की यात्रा की, जहाँ बर्फ से ढके पहाड़ और हरी-भरी घाटियाँ मनमोहक थीं। यहाँ के प्रसिद्ध गोंडोला राइड का अनुभव अविस्मरणीय था। चारों ओर बर्फीली पहाड़ियों का नजारा किसी सपने जैसा लगा।

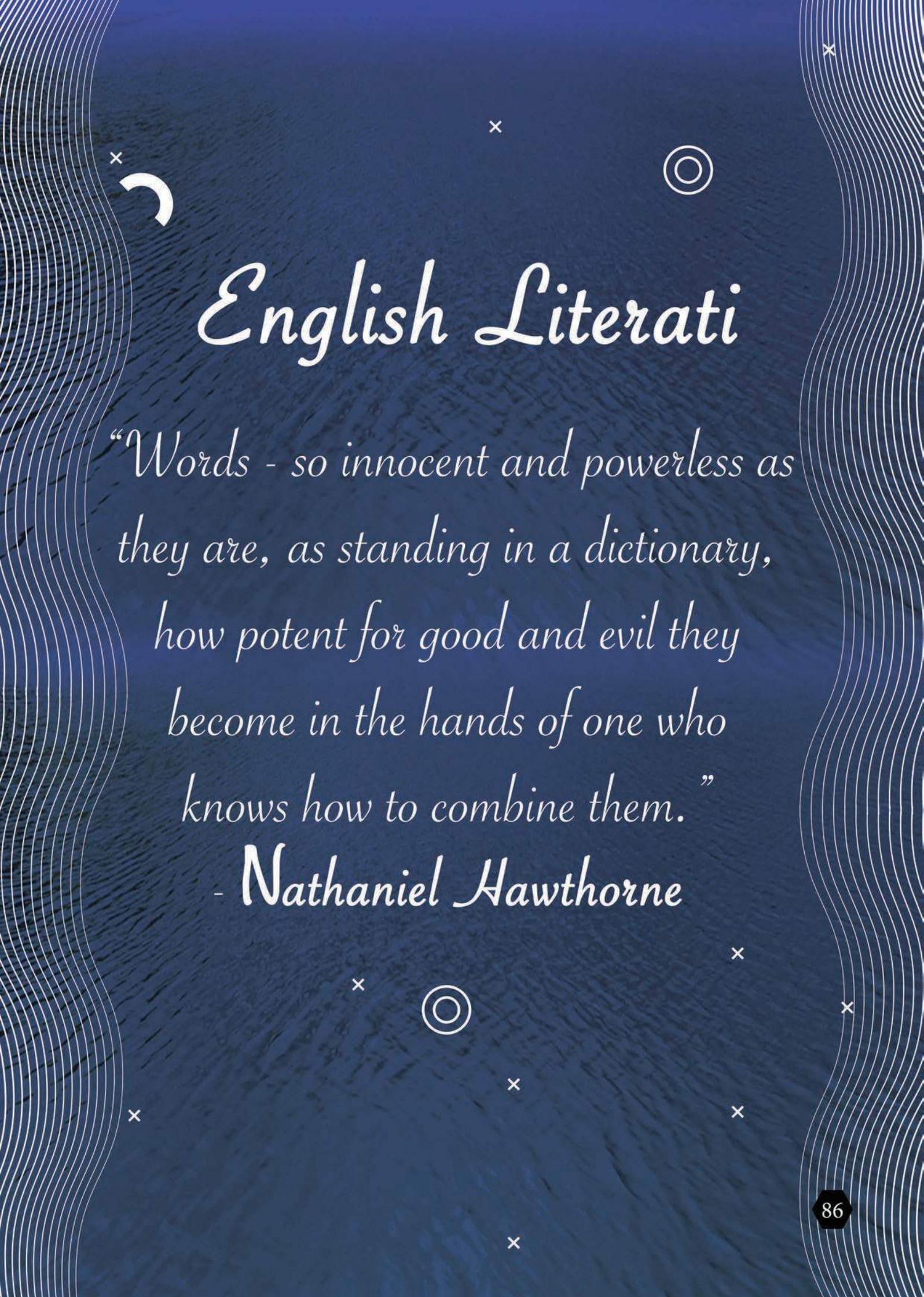
पहलगाम: फिल्मी लोकेशन जैसा सौंदर्य पहलगाम की वादियाँ बिल्कुल किसी फिल्मी सीन जैसी थीं। यहाँ की लिद्दर नदी के किनारे बैठकर मैंने प्रकृति की शुद्धता को महसूस किया। बेताब वैली और अरु वैली की सुंदरता को शब्दों में बयां कर पाना मुश्किल है। स्थानीय संस्कृति और खानपान कश्मीर न केवल अपनी प्राकृतिक सुंदरता के लिए प्रसिद्ध है, बल्कि यहाँ की संस्कृति भी बहुत समृद्ध है। मैंने वहाँ की वाज़वान व्यंजन चखे, जिनमें रोगन जोश, यखनी और कश्मीरी कहवा बेहद स्वादिष्ट लगे। कश्मीरी लोग बहुत मिलनसार और मेहमान नवाज होते हैं, उनकी गर्मजोशी ने मेरे दिल को छू लिया। मेरी यह कश्मीरी यात्रा मेरे जीवन की सबसे खूबसूरत यात्राओं में से एक थी। वहाँ की वादियाँ, झीलें, बर्फीले पहाड़ और गर्मजोश लोग हमेशा मेरी यादों में बसे रहेंगे। सच में, कश्मीर को धरती का स्वर्ग कहना बिल्कुल उचित है!

'अगर कभी स्वर्ग देखना हो, तो एक बार कश्मीर ज़रूर जाना चाहिए!'

- शॉरलेट शमुएल डेविड

हिंदी अध्यापिका





English Literati

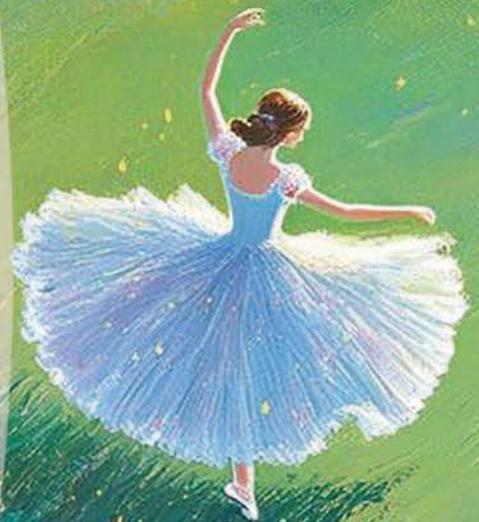
“Words - so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them.”

- Nathaniel Hawthorne

SEASONS OF LIFE

The summer of my life is my childhood,
Those bright and carefree days
When I wasn't afraid of falling in the water
And was full of energy and life.
And then came along my winter,
When the clouds were dark and menacing.
Falling in the water meant death.
Now my soul feels as if it has been sucked out
and my life force feels drained.
I hope my spring comes as adulthood.
Beneath the birdsong and colourful flowers
I hope there shall not be any rain.
But no amount of hope and prayers
can prevent it; there will be at least a few showers.
What is spring without them?
Then one day, autumn shall arrive.
I shall be the withered leaf on a tree with many others.
The wind shall blow me away.
I shall crumble to dust and mix with soil
and may be lucky enough
to give birth to a plant from me.

Sancia C S
XII B



SAVE WATER

Water is essential for human survival and we use it for various purposes like drinking, cooking, bathing and more. However, our actions are polluting and wasting this precious resource. The impact of water pollution is far-reaching, harming marine life, affecting plants, and ultimately threatening human health and well-being.

Factories and industrial wastes, along with garbage and chemical are polluting our water bodies, posing threat to aquatic animals. Water pollution also affects photosynthesis, the process by which plants produce food and oxygen, which is crucial for human and animal life. If we continue to pollute and waste water, we risk facing severe consequences in future. So the solution? We can take simple yet effective steps to conserve water. Using water wisely is the key; turning off taps while brushing, bathing or washing vegetables can save significant amounts of water. Fixing leaks and harvesting rainwater are also essential practices. Additionally, reduce chemical use in cleaning products and pesticides which can prevent water pollution.

Anay P Nair, VII C



The Good Squirrel

Once upon a time there lived a squirrel named Eva. One day she was plucking acorns from her oak tree. Suddenly, it started to raining. Eva ran inside her home. After sometime she heard a knock at the door. Eva opened the door to find another squirrel drenched in rain. She let her in, comforted her and offered her the acorns she had collected. The new squirrel's name was Emma. Emma thanked Eva for her kindness and hospitality. They became good friends.

MORAL OF THE STORY: Good deeds bring good friends



NORA DAWN
II D



THE MONSOON WEDDING

THE UNION OF SOULS, FAMILIES AND THE SELF

A man absolutely disgruntled at his daft nephew from Australia [and his accent? Nails on a chalkboard.] for he hadn't picked up the groom and his family from the airport! After having a screaming contest with no one but himself, his nephew had no choice but to carry out his uncle's wishes [thank heavens!]. The flower bouquet? Strewn across the yard. The next victim of jarring words; the wedding organizer, lay... Two minutes away sir, he says on the phone. The cynical man [can one really blame him to be so?] proceeds to rupture the organizer's ear with best unheard cacophonies. Behind him, his darling wife, running around with her curlers still on [not too darling now, hm? Does this man have to do everything out here!]. The groom? Comes in ten minutes, thanks to his impeccable nephew.

This encapsulates the starting act of the movie, 'The Monsoon Wedding'. A film that takes one back to a marriage so familiar yet never experienced before. Here, in a slice of life setting, the exploration of self is inculcated deeply in each of the flawed characters presented. Yet what strikes one the most is that this movie isn't inherently about the characters it so expertly depicts but simply a monsoon wedding in Delhi. A feeling, a communal one. It takes up situations so rampant and possible, making you feel as though you yourself have taken a seat at a lively table with family who haven't met in ages. It talks about family dynamics, how our closest ones will do anything to protect theirs, about silly jokes with cousins to serious conversations with your partner. It doesn't shy away from the truth yet snaps into a shot of humans just coexisting, living.

A marriage isn't just the alliance of two people, but families. Though the film wraps up with a happy ending, many questions are left unanswered but these inapt moments are scarce and few that the excellence of the film more than makes up for it. One can't help but think back to the hustle and bustle of a tasteful wedding of a loved one, filled with emotions, the positives, negatives, the ambivalence sprinkled throughout the air.

Shreenika Arun, IX D



MY TRIP TO GOA

I went on a road trip by car to Goa with my family in October. My friend Pallavi and her family from Chennai joined us. We stayed at a fancy hotel with a big swimming pool and lots of games. There was a very beautiful and clean beach near the hotel. I saw starfish, jellyfish and crabs at the beach. Pallavi and I made a big huge sand castle. We made a pond around the castle and then we made a little bridge with sand. We collected seashells and saw a small cute little crab in one of the shells. An old woman braided my hair with pink and purple ribbons.

The next day morning I went swimming with my parents in the pool. I met another girl who became friends with me. We also went to the play area with Pallavi and her parents where we coloured and played the hula hoop. Later we went to see a fort and took pictures. We saw some colourful houses when we were travelling. We went to a famous bakery where Pallavi and I shared a bun filled with icecream which had chocolate and white syrup on top. After that we went back to the hotel where we coloured the books which my mother had brought from my home. At night we went to a restaurant and we ordered fish and other food. The restaurant uncle called us and Pallavi's father came with us to see the uncle catching a fish from a big fish tank. This fish was then cooked and brought to our table and we ate it. My trip to Goa was lots of fun and I played a lot with Pallavi. I wish I could go on more trips like this again.

Suhana Ann Joy, I D



WINTER EVER AFTER

Hear bells chiming as the wind blows
Winter has come yet again.
You can feel it around you,
Among the people that surround you,
In the warmth that fills the air.
Christmas is near, and those we hold dear
Have gathered with smiles to share.
They celebrate together,
Regardless of the cold weather,
Happiness shining everywhere.
Carols echo through evening skies,
Soothing hearts as snowflakes fly,
Dancing along the misty wind.
Laughter and smiles by the fireside
What more could you desire?
Unless it's to wake up and see
Endless gifts beneath the Christmas tree,
Glowing by the fire's amber light.
Remember, you need all of these in December
To make your winter dreams take flight.

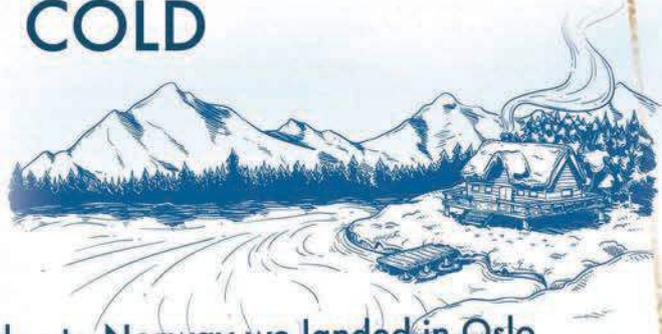


Joann Mary Philomina

VII C

A NIGHT IN THE COLD

03/11/2021



After a tiring journey from Sweden to Norway we landed in Oslo, which is the capital of Norway. We were doing a European road trip. Unfortunately, all of us were stuck in one car. In Oslo, we were to stay at an apartment. We reached there at around 7:00 PM and waited for the owner of our room to call us and give us the key to the apartment. After a while of no response from the owner we called him. He didn't pick up the call at first. After waiting for almost three hours we called the site in which we booked the room. They called the owner who happened to be in a pub really far from the hotel. We were in a dire situation because it was midnight and in Norway the temperature drops to around -3°C . At 11:30 we were stuck in the car with no food figuring out what to do.

At around 11:45 we met an Indian lady. Her name was Poonam. She was a Punjabi nurse working in Oslo. She had two children living with her. At 12 midnight she invited us to stay in her own home. We were blessed with her hospitality and kindness to help us. That's how a night in the cold changed into a warm and memorable day.

Mathew Biju Varghese
IX D



My Christmas

The spirit of Christmas began with my mother soaking dry fruits for the plum cake and my grandmother preparing wine. My sister and I, along with my grandfather, decorated our home with bells, a Christmas tree, stars, LED lights, and many other decorative items. I was very excited and happy to see our beautifully decorated home. I bought gifts for my cousins, and I also received gifts from my relatives. After attending church for Christmas, we cut the cake that my mother had baked. It was delicious and yummy. We had a few guests for lunch. After lunch, we visited my mother's home in Alleppey. We exchanged gifts and ate mutton biryani prepared by my grandfather. We had a lot of fun in Alleppey, and it was the first Christmas for my little cousin, Norah. We went to the beach and watched a 360-degree reality show at Sea World. It was a great experience for all of us. Norah fell asleep while watching it. Later, we went back home and burst crackers. I thanked God for a wonderful Christmas that year.

The next day, we travelled to Velankanni by tourist bus. There were many devotional songs and prayers during our journey. We visited a few churches and prayed to Mother Mary. We bought holy water, oil, and a rosary. Sadly, I felt a little sick and was taken to a nearby clinic. After taking some medicine, I felt better. The tourist bus had arranged meals, which were good, so we didn't have to go to a hotel.

The following day, we began our return journey to Kochi after attending the Holy Mass in Tamil. We watched three movies on the bus. We reached home safely, and it was time for the New Year celebration. We visited Fort Kochi and saw Christmas Papa (Pappani). We also went to church to thank the Almighty. I hope and pray that this year will be a good one.



Evan Xavi Thomas
IV C



The new Guy in my Life

Never did I imagine that I would have a 5th guy in my life to play a significant role in my day to day life. Yes. Other than my adorable granddads, uncle and my precious dad, I have an irresistible boy-friend. When he arrived in town, he had just left his mom and had completed a maiden solo journey from Tamil Nadu. He was very sensitive and delicate as he was quite new to this world. But that did not affect his loving personality and cuddly nature. He always craved for company and attention. God had given him the most beautiful and sparkly yearning eyes. One look into them and one could not walk away without spending quality time. As I walk away with promises to see again soon, those very eyes drown in fiery eagerness as he moans in sadness. His appetite is what gears his clock and he would not wait hungry. Never have I ever put another's meal time in priority before my own. How could I ignore him? He was fair as snow and has distinguishable black and brown patches around his right eye like a pirate's patch. This makes him look ultra-dashing. The way he walks makes my heart smile and as he sprints to play tag with me, the happiness of my own laughter echoes like chimes. I've always been emotionally dependent on my loved ones but never have I got someone vice versa until I met him. I feel so responsible for him and wait eagerly to get home to be with him - My puppy Jack Russell Terrier named Milo.

Althea Marilyn Vivian
VII C



Whispers Beneath the Banyan

Twelve-year-old Kavi often sat under an old banyan tree in his village. One day, he heard a soft voice whispering. Curious, Kavi listened closely and heard stories about the village's past.

Kavi told the village elders about the whispers. They were surprised but decided to listen. When they sat under the tree, they too heard faint voices sharing stories of their ancestors.

The tree became a special place where the villagers could connect with their heritage. Kavi realized the stories weren't just important - they brought the community together.

To this day, banyan trees remain symbols of community and wisdom, reminding us of the power of shared stories and traditions. Years passed, and the banyan tree remained a cherished gathering place. Kavi grew up to become a respected storyteller, sharing the village's history with younger generations.

Ryan Mithun

VII D



A stitch in time saves nine

Proverbs are sayings that were created by our elders to convey messages and important morals in a fun way. They require intelligent minds to understand and interpret them.

A stitch in time saves nine is a saying which means that if we stitch our cloth or dress when it is first torn it is easier to repair but if we procrastinate it until the dress is completely destroyed it takes more time and effort to repair it and get things done. Likewise, 'Time and tide wait for none' also refers to the effect of procrastination. That is, just like tides of the ocean wait for none, the time that we have will not wait for anyone to complete their work or task.

So, we should not procrastinate. All of us should try and develop the habit of not procrastinating so that we won't waste our time and energy in the future.

Richelle Susan John

VIII D





WALK THE WINDING ROAD WITH WONDER

Let's be honest—life is not just about playing it safe all the time. Some of the most incredible stories materialize when we step out of our comfort zones. When I reflect on my experiences, it's evident that the best moments often arose from uncertainty—the times I decided to take a chance, to step forward or to say yes before my doubts could overwhelm me.

The school offers unexpected challenges, but these moments are what truly shape us and contribute to our growth. It's important to recognize that school life is a blend of planning and spontaneity. I understand that some days can be overwhelming. You might arrive late, forget an assignment, receive disappointing grades or feel disconnected from friends. It's okay; we've all faced similar struggles. The secret is not to dwell on setbacks but to view them as opportunities for learning and growth. Life is not a fairy tale; it's the challenges that add depth and richness to our experiences. Embrace these hurdles, learn from them and keep moving forward. As the saying goes, when the going gets tough, the tough gets going.

Sacred Heart is filled with ample opportunities and it's important to utilize them to its fullest. This year, real changes have been happening on our campus. For instance, the long-awaited new canteen. It's a proof that when people step up, things do move forward. The exciting fact is that these changes are just the beginning. There is always more to look forward to and more stories to make.

I can't wait to come back, coffee in hand from the new canteen and catch up with everyone!

Dona Sunny

Head Girl

The World



The sphere before my very eyes, sliced up in three.
 Love, lust, toxicity.
 The first realm burgeoned in purity.
 Melting down the inner cores of divine feelings
 a space where even the barrenest lands bloomed to prosperity,
 the light was not afraid to come against the weapons of darkness.
 It thrived that even the heavens gazed upon its enchantment.
 The second realm anticipated a saviour.
 An infatuation that changed the course of history.
 Pleasure overruled, dignity falling down to its last breath,
 on its knees begging.
 Beheading is the least expressive way to let know
 the world the sufferings this realm had.
 A new sovereign saw the dawn,
 this time turning the gardens of prosperity under the blue sky,
 into a wasteland!
 The third realm yearned for freedom,
 from a warfield filled with bloodsheds and dead corpses.
 Even the vegetation got suppressed under the bodies lying lifeless on the red land.
 A wasteland filled with cries, both tears for loss
 and the pledge to butcher the nemesis.
 Atlast only the sorrow prevailed, the war cries burnt down to atoms, somewhere
 existent in thin air.
 The colour of death and the smell of blood triumphed
 the head and the legs and the body seperated,
 and at last the black vultures taking over.
 The three existed interdependently.
 Without the former, the next wouldn't subsist.
 But can just the first realm survive here,
 without giving rise to the second?

Emmanuel James V, XII A



FINDING MYSELF

My journey from the innocent curiosity of the first grade to the position of Head Boy at Sacred Heart CMI Public School has been a remarkable odyssey filled with growth and self-discovery.

During my initial years, I frequently succumbed to frustration, erupting in tantrums and shedding tears over the smallest issues. However, the support of dedicated teachers and cherished friends became my lifeline. Their encouragement in this nurturing environment made the challenges more bearable. School life taught me that certain seemingly insignificant acts can be a turning point in our life and even the simplest moments can convey intense meanings.

It was a trying time when the global pandemic swept in like an unexpected storm forcing us into online classes. However, the return to offline sessions renewed the energy within us. The school life returned in all hues and thrills engaging us in various programs. The whole process created lasting friendships and fruitful connections in school and beyond. This is enough to remind us of the subtle life lessons engrossed in the complexities of life.

Being the Head Boy of a school of such repute fills me with pride and sense of responsibility. These twelve years at Sacred Heart have been a saga of self-discovery and resilience. I've learned that true strength lies not in self-importance, but in humility and the ability to uplift those around me. Redemption and growth are within reach for all—it demands courage, a clear vision, and the willingness to embrace life's opportunities.

Joshua Jude Xavier

Head Boy



The Book That Inspired Me

The book that inspired me the most is “Keeper of the Lost Cities” by Shannon Messenger. In this story, the heroine, Sophie, is an elf who had been living among humans. She is also a telepath, someone who can read other people’s minds. One day, an elf named Fitz told her that she is an elf and must return to the Elvin world because she belongs there.

There are many aspects of this book that inspired me. The first is friendship. Sophie is a loyal and trusting person who never betrayed her friends, even when faced with life-threatening situations. This taught me the importance of staying loyal as betrayal causes immense pain. I suspect the author might have experienced betrayal herself, as she describes its emotional impact so vividly. Sophie's unwavering loyalty inspired me to value trust and friendship deeply.

The second aspect is imagination. The author explains vivid pictures of the characters, describing them in detail, such as: “The boy had strawberry-blond hair, teal eyes, and when he smiled, his dimples grew deeper.” This attention to detail brings the characters to life. However, creating a unique character from scratch is no easy task. Some may think it’s simple, but from my experience as a young author, it’s quite challenging. In my first book, *The Enchanter of the Moon*, which I published in 4th grade, I also used a similar strategy of only describing the characters’ hair color while portraying the main character. This allows the reader to use their own imagination to visualize the character’s appearance.

The final theme that inspired me is bravery. Despite being an ordinary child in many ways, Sophie faces numerous challenges that require immense courage. She struggles to find her bravery, which makes her character relatable and inspiring. This is why I love this book. It portrays bravery as something you develop through challenges, not something you’re simply born with. In contrast, characters like Harry Potter often seem like he is born with bravery, nobility, and boldness.

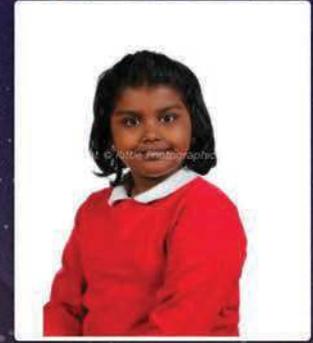
This book made me reflect and ask myself: “Am I brave?” So, I pose the same question to you, dear readers—have you ever asked yourself, “Am I brave?”

Rachel Mariam Yesudas

V C



COMEX



Oh the news of a comet
Strike my mind like a rocket
As your name is so complex
I shall call you Comex

I hope to see you with the naked eye
As a gorgeous green streak in the night sky
On the 1st and 2nd of February '23
Along with those who wait to see you eagerly

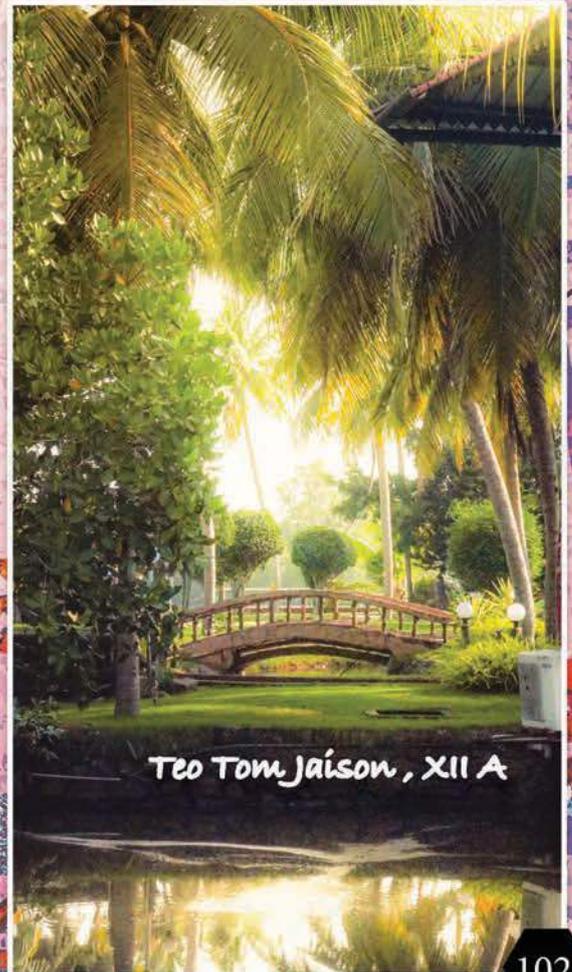
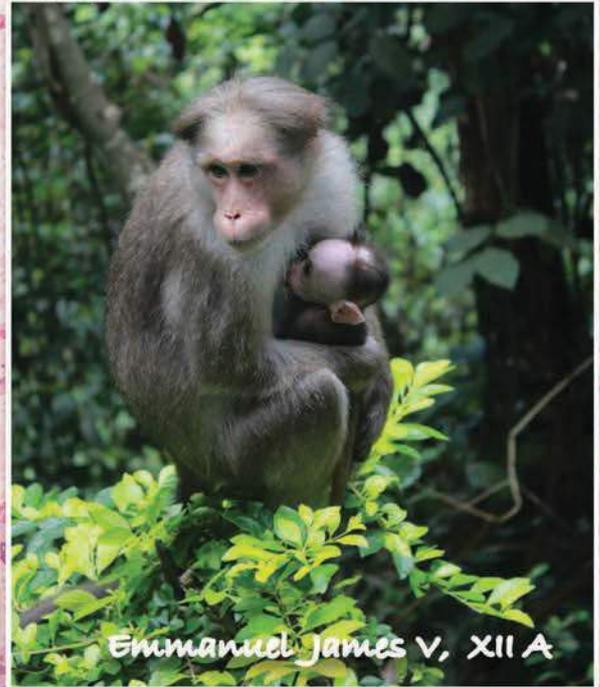
I am curious to know
how you feel about earth
Since your previous pass by
50,000 years ago

I wish I could come with you
to see the wonders you have seen
Past many stars , gas and dust forming spiral bonds
from mercury to Pluto and beyond.

Caroline Wijo, VI A

FRAME TO FRAME

Frames captured by our young lensmen





Amateurs' Galleria



Abdul Dayyan D F, III B



Aditya M Mallia, XII A



Dia Arun, IV C



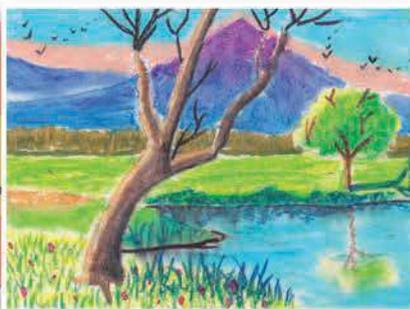
Emin K Jojan, III B



Ethan Granson, IV C



Gianna Maria Shinto, I C



Jovan Joseph, V B



Jude Rivan Fernandez, IV D



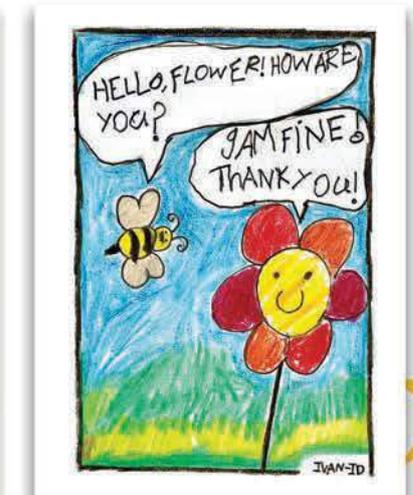
Steve Milton, IV E



Kevin Sunny, VIII D



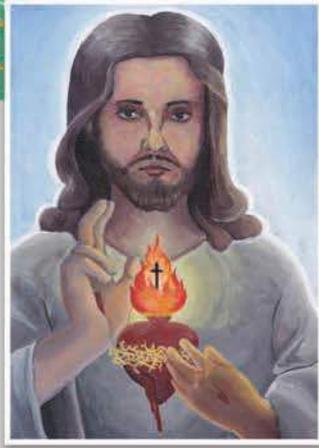
Chris George Justine, V A



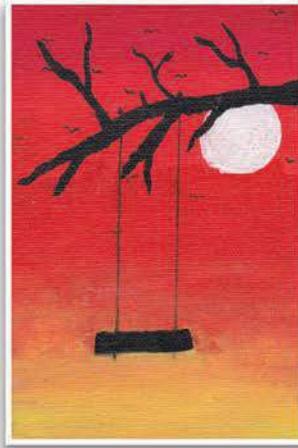
Ivan Shankar, I D



Manasa Sajeev, VII C



Evan Antonio, VII E



Jerin John, V A



Carren Grace, II A



Layana Sandeep, I E



Anjana E R, II E



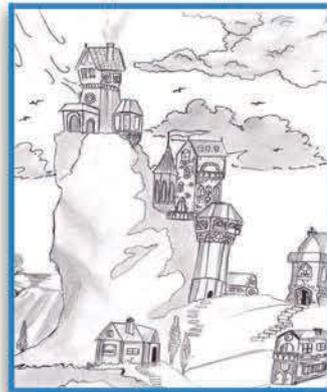
Evan John, II D



Hanna Elizabeth, II A



Anjana C. Suresh, XI E



John Paul, X C



Russel Stanley, X D



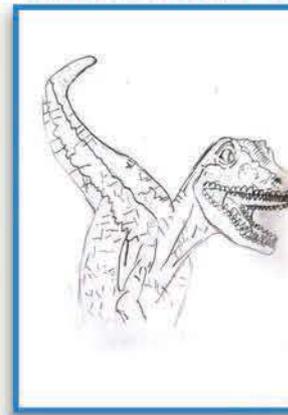
Angel Ann, IV A



Joan Stijo, XI A



Parvathy KA, III A



Ferris Tom, IV D



Esabell Mariyam, I C



PUBLIC SCHOOL TEACHING STAFF



KINDERGARTEN TEACHING STAFF



PUBLIC SCHOOL OFFICE STAFF



PUBLIC SCHOOL MINISTERIAL STAFF



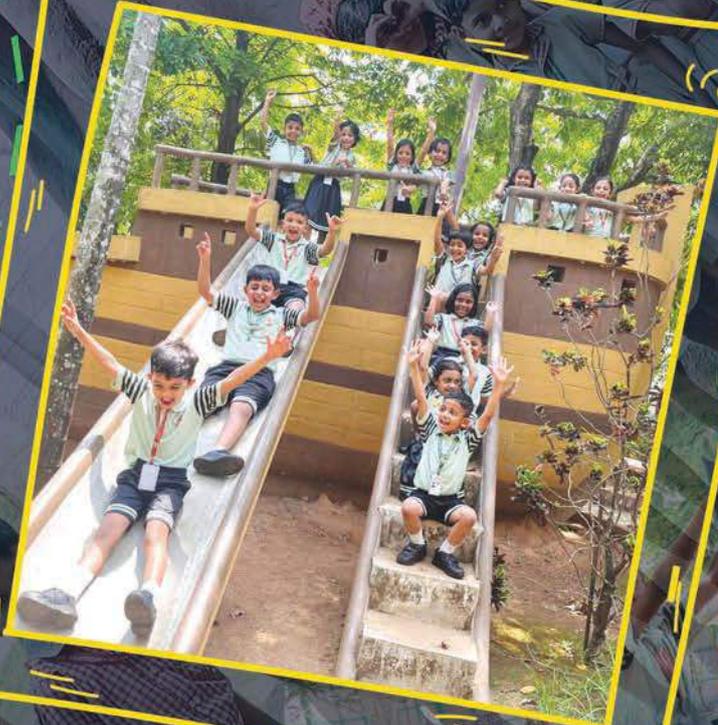
KINDERGARTEN MINISTERIAL STAFF



DRIVERS



★ Kindergarten Section ★





Bright Beginning in the light of God

On 31 May 2024, our kindergarten marked the commencement of a new academic year with the initiation ceremony. Ms. Roopa George, Social Entrepreneur & Philanthropist was the Chief Guest of the day. This ceremony served as a formal welcome to the Heartian family for our newly appointed Headmistress, Ms. Bindu Thomas, new faculty members and students, signalling a fresh beginning with an added focus on holistic development and value based education.



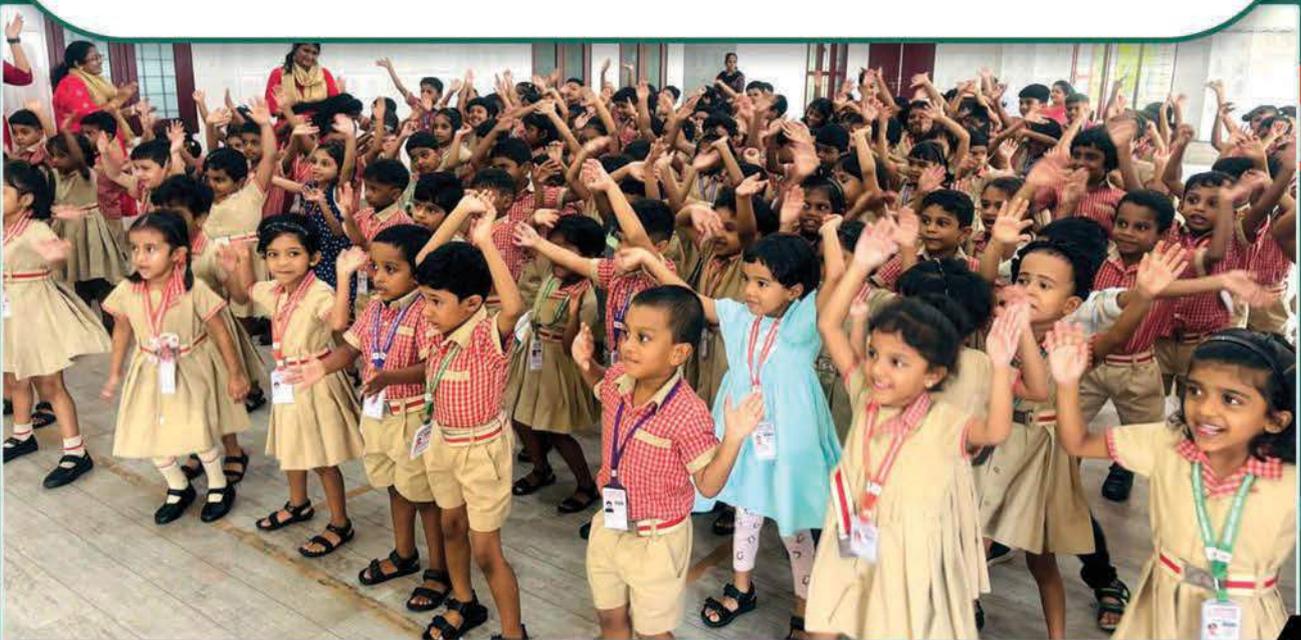




Ready, Set, Grow!



Our youngest learners filled the Kindergarten with joyful giggles during the Praveshnolsavam. Each grade had a special day of welcome, marking their tiny steps into a world of learning.







Empowering Educators

Our teachers have proven that they are more than mere educators; they are in fact lifelong learners. Throughout the academic year, teachers updated their educational practices by attending various workshops and training programmes ensuring a strong foundation for our students' bright future.





Parents' Orientation



Parents' Orientation programmes were conducted to strengthen the school - parent partnership by providing valuable parenting skills to guide their Gen Alpha and Beta children. The resource persons were Dr. Kathleen Anne Mathew Assistant Professor, Department of Psychiatry, Amrita Institute of Medical Sciences, Kochi and a team of Psychologists from Prayatna Institute.





ONE NATION, OUR PRIDE

78th Independence Day of our nation was celebrated with great patriotic fervour at kindergarten. Our Principal, Rev.Dr.Varghese Kachappilly CMI graced the occasion along with our Headmistress, Ms. Bindu Thomas. Our parents joined the little ones in this celebration which witnessed the patriotic fervour of our little heartians. This special day instilled in the young minds the importance of freedom and values that unite us as Indians.







Onapulari

The spirit of Onam was brought to life on 11 September 2024. The presence of our chief guest, Ms. Shirly Somasundaran, Theatre Artist, Academic Advisor and Consultant, added a special touch to the festivities. Students captivated the audience with a series of stage performances that beautifully showcased the rich cultural heritage of Kerala creating a memorable and joyful experience for everyone.



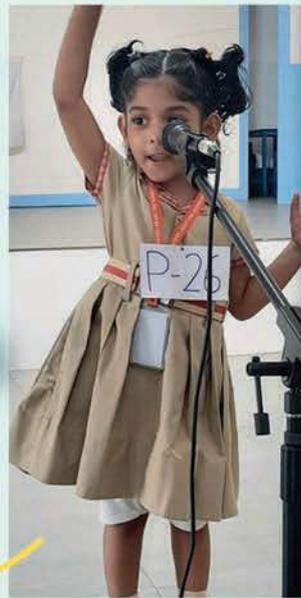




The Rising Stars: Aakar Talent Fest

An array of vibrant performances and art displays were exhibited by our kindergarteners at the Aakar Art and Cultural Talent Fest. This event provided a platform for them to shed their inhibitions and shine, revealing their budding potential. Anamika Das and Devarsh S Krishna were awarded the Aakar Balatharam trophy for the overall champion girl and boy, respectively.







Sports Day

Our youngest athletes shone at the Kindergarten Sports Day on 30 October 2024. Our Principal, Rev. Dr. Varghese Kachappilly CMI flagged off the programme, in the presence of the Headmistress. Our children participated with great enthusiasm and team spirit. Certificates and medals were awarded to little athletes. Vihan C Alex and Elizabeth Jeevanraj were adjudged the Best Athletes of the day.







Kerala Piravi



Kerala Piravi "Keraleeyam" the day commemorating the formation of the state of Kerala was celebrated on 1 November 2024. This event was organized with the aim of instilling pride in Kerala's rich cultural heritage and to educate students about the history of Kerala. The lady parents of our school took the initiative and conducted the programme with great élan. They brought to life a variety of dance forms unique to Kerala, laying a foundation for an appreciation and interest in fine arts.



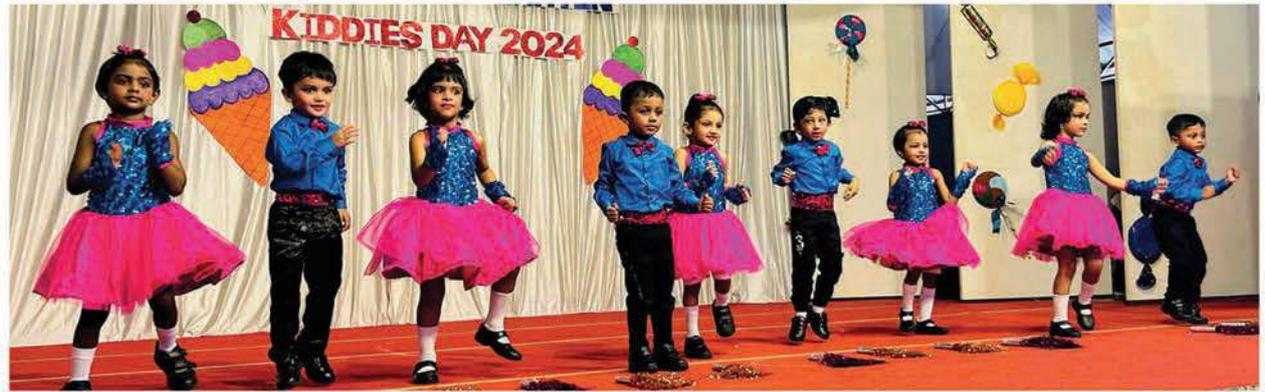
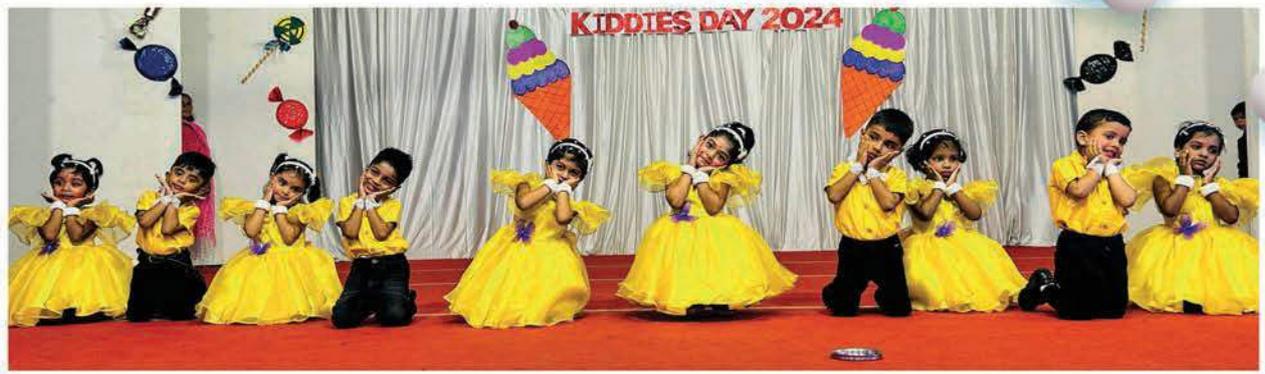




Kiddies Day

Our pre - school students organised a memorable Kiddies Day on 14 November 2024. Our Principal, Rev. Dr.Varghese Kachappilly CMI, Vice Principal, Ms. Vinitha Mendez, Headmistress of the Public School, Ms.Sindhu Tharayil and Kindergarten Headmistress, Ms.Bindu Thomas were delighted to witness the wonderful performances of our youngest learners.







NOEL



The season of caring and sharing filled our kindergarten on 18 December 2024, as we celebrated Noel. The presence of our esteemed chief guest, Rev. Fr. Shibin Muttamthottil CMI, faculty of SHHS amplified the joy of the Noel celebration. Our little ones brought the spirit of Christmas to life with their adorable renditions of carols, energetic dances and the touching Nativity scene.



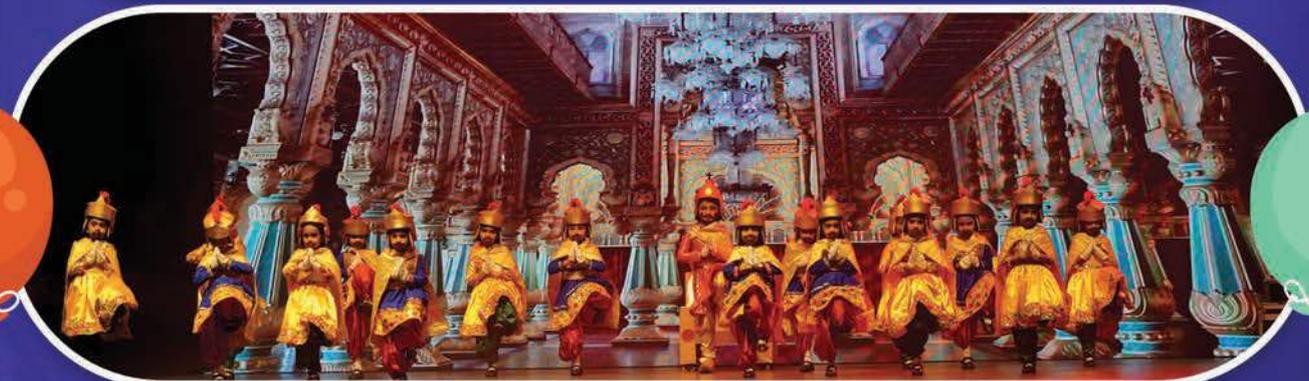






VIBRANT HUES

The highlight of the year, Vibrant Hues 2024-25 was held on 30 January 2025. The presence of our chief guest, Dr. T. Tiju, I.R.S, and guest of honour, Mr. Rejis Antony, special invitees Rev. Fr. Austin Mulerickal CMI, Rev. Fr. Cherian Kunianthodath CMI, Rev. Fr. Jerry Punnasserry CMI, Rev. Fr. Georgekutty Thottupuram CMI, cine artist Ms. Ritika Rose Rejis and other dignitaries added to the grandeur. Our Principal Rev. Dr. Varghese Kachappilly CMI, Vice Principal Ms. Vinitha Mendez, Headmistress of the Public School, Ms. Sindhu Tharayil and Kindergarten Headmistress, Ms. Bindu Thomas were also a part of the august gathering. The young performers truly dazzled the audience with their remarkably articulate compering, feast of colourful dances, touching harmonies and beautifully executed ballets. They also performed the dying traditional art form "Chavittunatakam" and skits showcasing their theatrical talent.





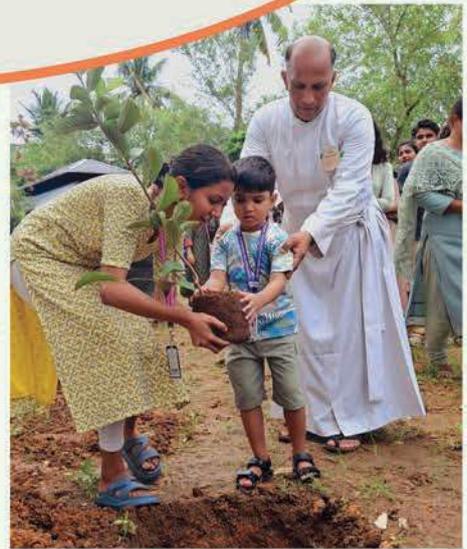
Broadening Little Horizons

Our kindergarteners experienced a rich tapestry of learning through the observance of key commemorative days. These days provided perfect opportunities to broaden their horizons.

Through engaging activities and programmes, we fostered awareness and understanding, creating memorable learning experience.



Environment Day



Reading Day



Olympics



Teachers' Day



Gandhi Jayanti



Grandparents' Day

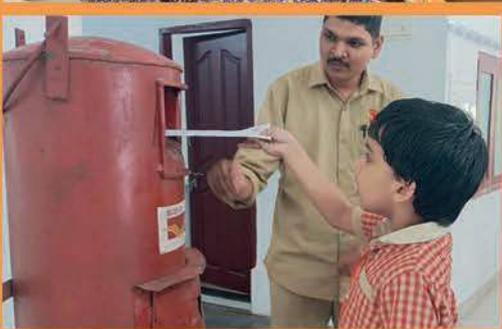


Music and yoga Day

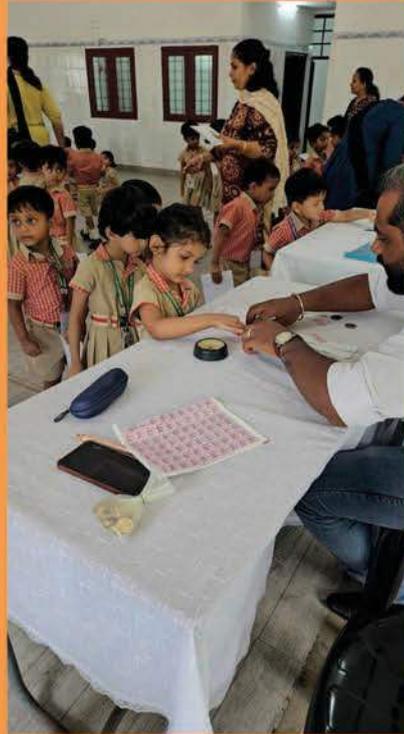
Nurturing Hearts and Minds

Beyond traditional academics, our children were inculcated with essential life skills that are crucial for early childhood development. Drill sessions and exercises were incorporated to foster proper physical development. Real world experiences including community helper interactions, field trips, picnics and themed parties, extended learning beyond the classroom.











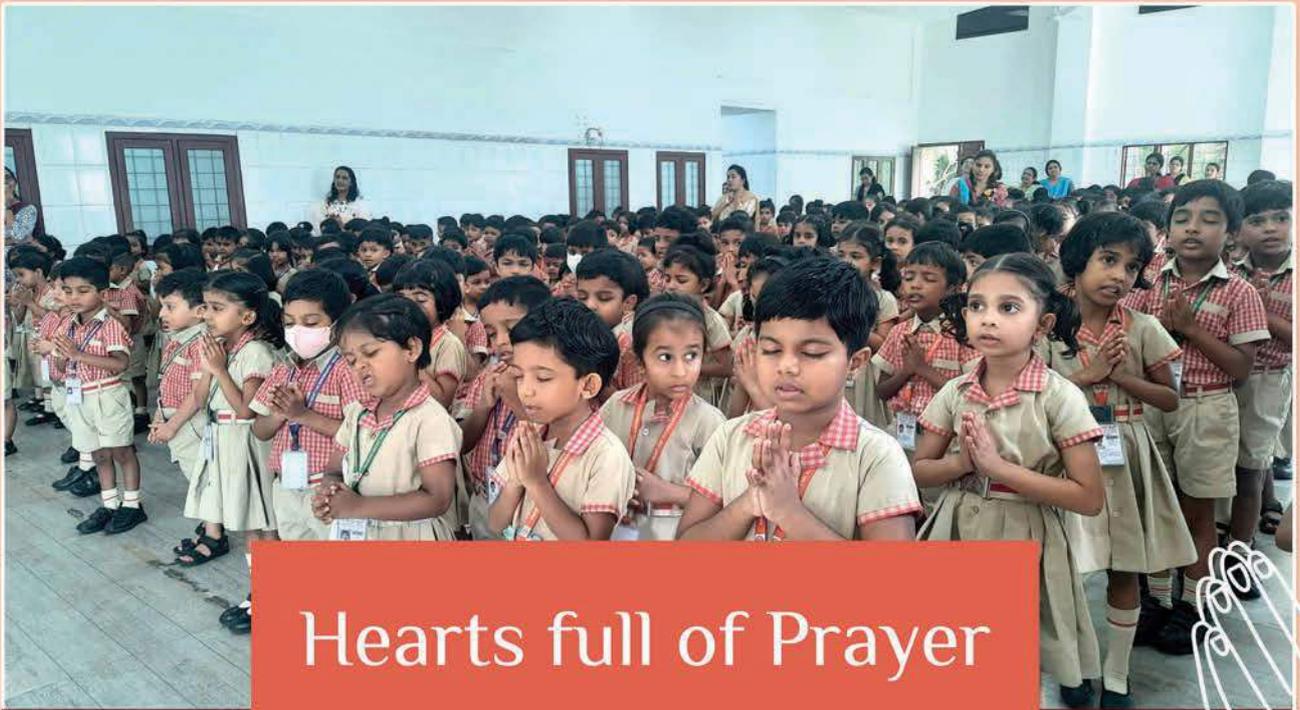
Doors to Discovery Open!



Thinker's Den, a specially designed activity hall was inaugurated by our Principal Rev. Dr. Varghese Kachappilly CMI, marking the beginning of a new chapter in our children's educational journey. This dedicated space empowers every student to explore their interests, tackle stimulating challenges and learn and grow in an environment that makes discovery enjoyable.







Hearts full of Prayer

Through meaningful observances, the children at our kindergarten experienced the importance of prayer and understood the comfort and connection that prayer offers.





BIRTHDAYS



Tiny hands poured love into cards and small gifts as Kindergarten celebrated the birthdays of our Principal, Rev. Dr. Varghese Kachappilly CMI and Headmistress, Ms. Bindu Thomas.

* The handmade creations were a beautiful testament to the deep affection these young students hold for their guiding lights.





Awards Galore

It's been a year of collective triumphs, showcasing both our students and teachers remarkable talent in various competitions bringing laurels and immense pride to our school.





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



In the PCM Scholarship Examination, 16 of our students achieved academic excellence and were awarded gold medals and scholarships.

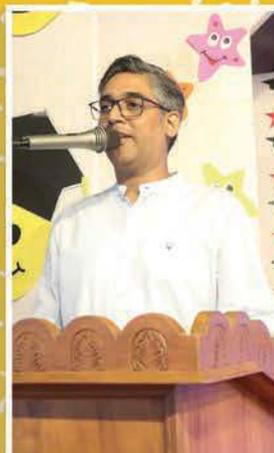
Illuminating the Future

A joyous celebration unfolded on March 21st 2025 as our UKG's donned their graduation gowns for their passing out parade. The proud graduates were given a touching send off by their juniors. The Chief Guest Rev. Fr. Martin Mundadan CMI, our Principal, Rev. Dr. Varghese Kachappilly CMI, Vice Principal, Ms. Vinitha Mendez and Headmistress of the Public School, Ms. Sindhu Tharayil awarded the convocation certificates.

The Kindergarten Headmistress, Ms. Bindu Thomas and teachers blessed each child. The children proudly received their certificates, making their parents beam with joy.

It was a day filled with pride and happiness for everyone who witnessed these young learners embark on their next adventure.









HOLIDAY TRIP

One morning I went to see a waterfall in Anachadikuthu with my family. I climbed a small hill. It was fun. The waterfall was very safe for kids. We took bath in the waterfall. I ate dosa in the morning and had rice for lunch.

By
Edwin George
UKG-E

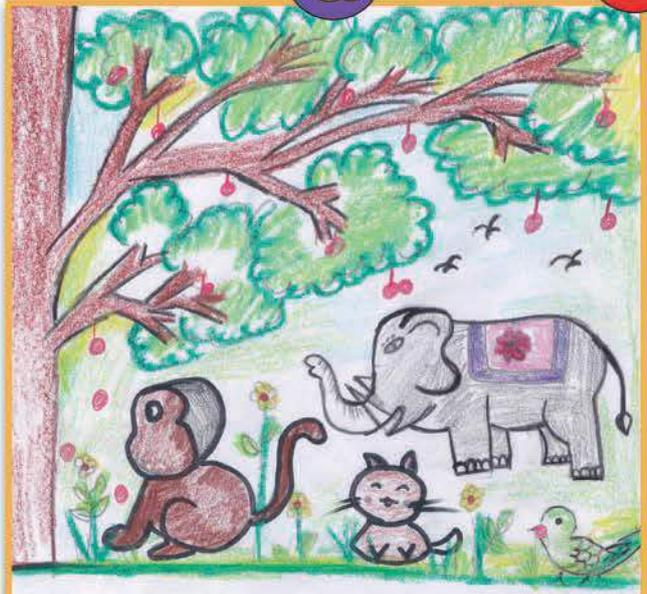


My Kindergarten Days

On the first day of school, I started crying when my parents dropped me off at school. Since then going to school became my favorite. From learning alphabet, colouring, reading words and doing math, school always had something new and interesting everyday. Rini miss, Agnes miss and Shobin miss helped me grow from a toddler to what I am now, motivating me to do my best always. Thank you teachers for always believing in me. SH CMT Kindergarten was my second home and I will remember all my teachers and checkis and keep them close to my heart.



Claire Sarah George
UK-G-C



Monkey & Trunk

My favourite show is Monkey and Trunk. It shows the relationship between Monkey and Trunk & their friends.

Mainika Girann
UKG-C



My Little Brother

My little brother is two years old. I call him Piku. He is very cute. He makes everyone happy. I love playing with him. He is naughty but I still love him a lot. My little brother is my best friend and I will always take care of him.

Aegon Antony Ajith
UKG A





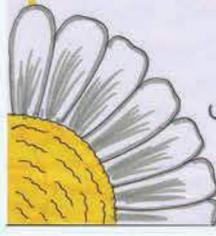
Under the trees, we love to play.
 Laughing and smiling on a sunny day,
 Swings and slides await us, with glee
 We run and jump, wild and free.
 Our kindergarten park is the best place to be.



-Rebecca Rose Shorn.
 UKG-D

I want to become
 A Doctor

I want to become a doctor
 when I grow up. A doctor helps sick
 people get better. I will give medicine to
 those who need it. I want to make
 everyone happy I will work hard to be a
 good doctor.



UMMU SALMA
 UKG-F



NATURE - GODS GIFT

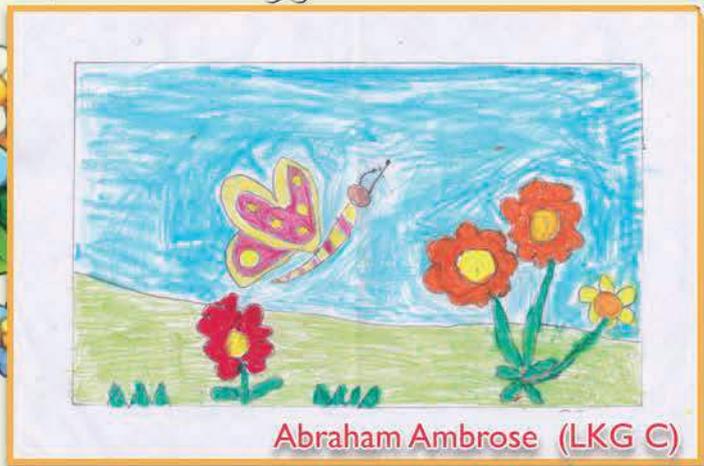


Nature is a beautiful gift from
 GOD to all of us. Nature is
 everything what we see around
 us. Nature provides all things
 for us to live here. It gives us
 water to drink, pure air to
 breath food to eat and many
 more. We should protect our
 nature from pollution and we
 have to keep it clean. We have to
 love our nature, as nature loves us

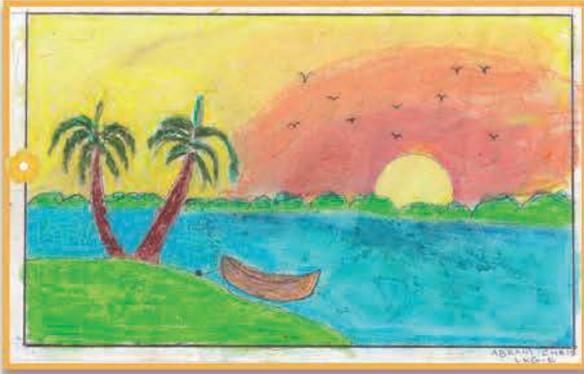
Name-Sarah Theresa Antony
 Class-UKG B



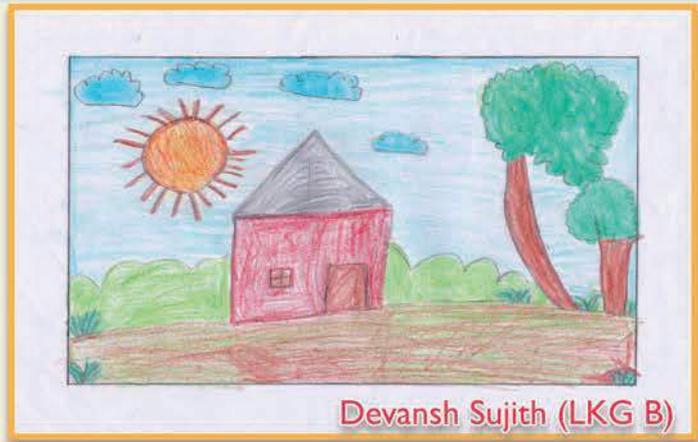
KIDS GALLERIA



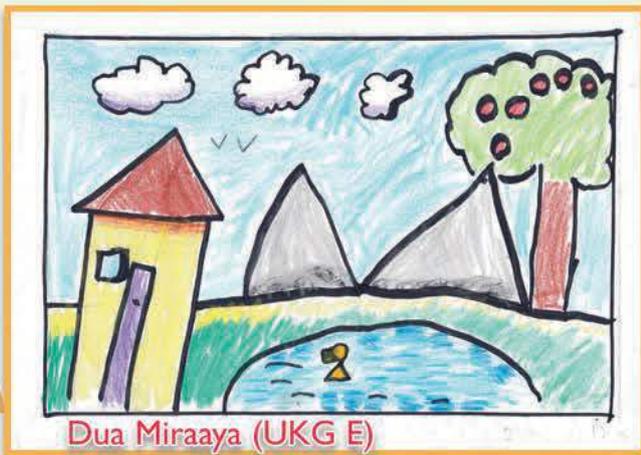
Abraham Ambrose (LKG C)



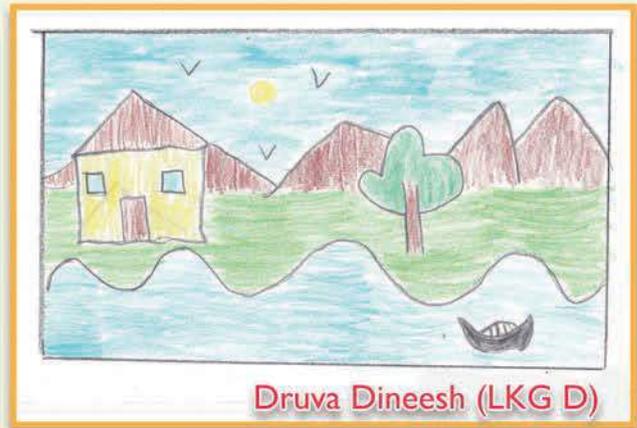
Abram Chris (LKG E)



Devansh Sujith (LKG B)



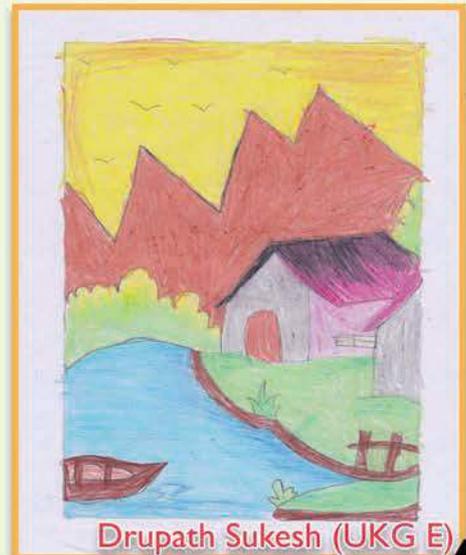
Dua Miraaya (UKG E)



Druva Dineesh (LKG D)



Hannah Mariam (UKG A)

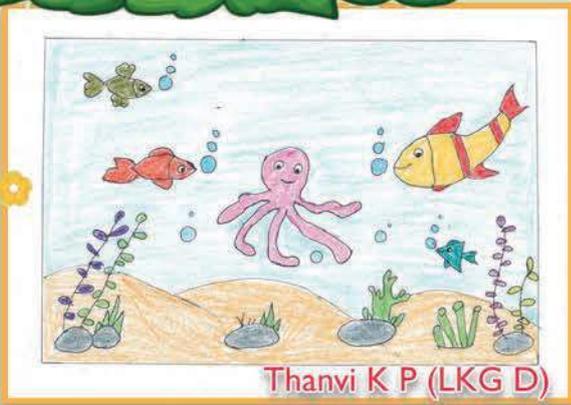


Drupath Sukesh (UKG E)

KIDS GALLERIA



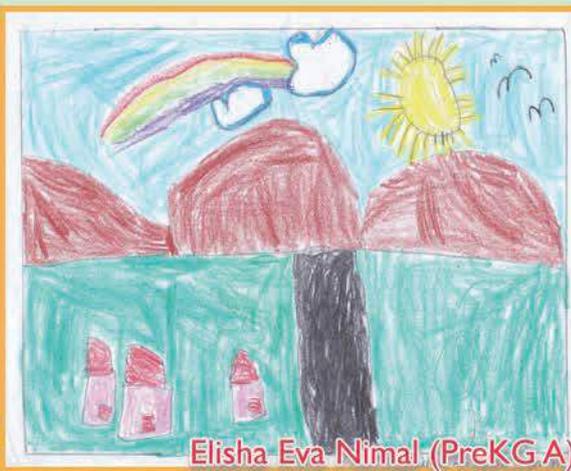
Oviya Anna Jobin (UKG B)



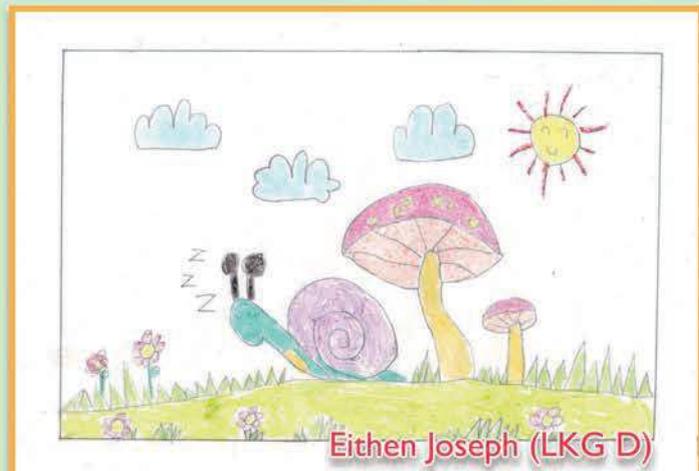
Thanvi K P (LKG D)



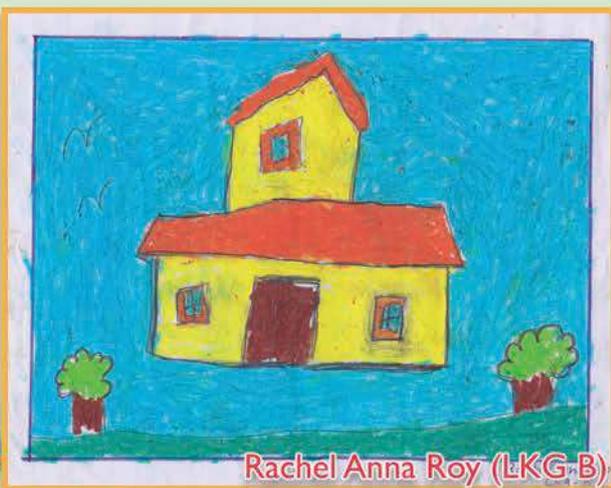
Naethan Eby (LKG F)



Elisha Eva Nimal (PreKG A)



Eithen Joseph (LKG D)



Rachel Anna Roy (LKG B)



By Santo Savyo (PreKG A)

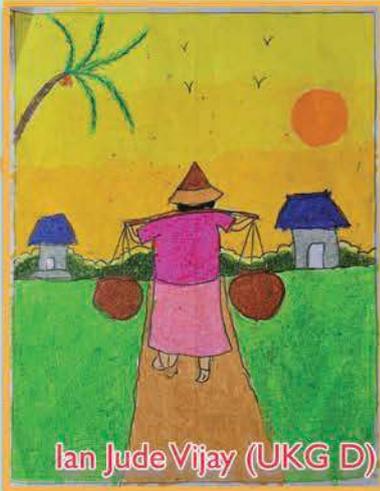
KIDS GALLERIA



Ryline Lyza (UKG D)



Sree Hari K A (PreKG B)



Ian Jude Vijay (UKG D)



Druva Raj (UKG B)



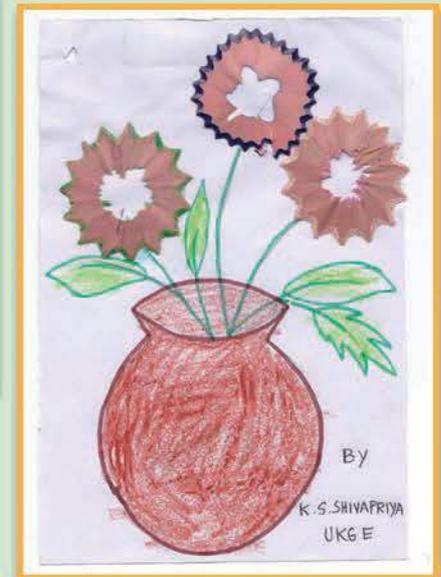
Ihan Steevanson (LKG A)



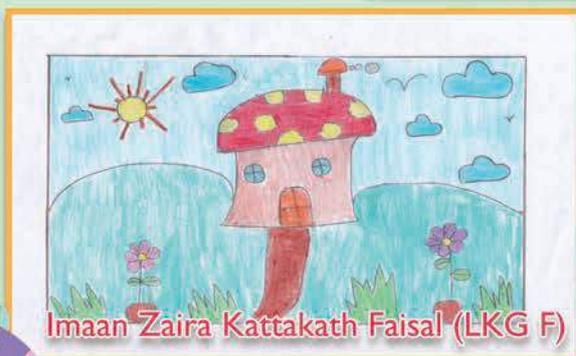
Iza Mariam Gibu (PreKG B)



Judith Martha Prince (PreKG A)



By K. S. SHIVAPRIYA UKG E



Imaan Zaira Kattakath Faisal (LKG F)

Onwards and Upwards





SACRED HEART CMI KINDERGARTEN, THEVARA

**UKG D
2024-'25**



SACRED HEART CMI KINDERGARTEN, THEVARA

**UKG E
2024-'25**



SACRED HEART CMI KINDERGARTEN, THEVARA

**UKG F
2024-'25**





CMI VISION OF EDUCATION

Our educational endeavours aim at forming steadfast leaders who are intellectually competent, spiritually mature, morally upright, psychologically integrated, physically healthy and socially acceptable, who will champion the cause of justice, love, truth and peace, and who are ever open to further growth.

SCHOOL ANTHEM

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

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

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

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



SACRED HEART CMI PUBLIC SCHOOL

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