Sacred Heart CMI Public School
(Affiliated to CBSE, Affiliation No. 930616)
IN PURSUIT OF EXCELLENCE
Thevara P.O, Kochi - 682013, Kerala
PHONE: 0484 - 2979801 , 2979802
EMAIL: office@shpublicschool.com
WEBSITE: www.shpublicschool.com

The SH Chronicle

REFLECTION

VOLUME: 2 / 2026 - 27

AUG - SEPT 2026

FROM THE DIRECTOR'S DESK

Dear Heartians,

August and September were vibrant months at Sacred Heart CMI Public School, filled with celebrations, learning, competitions and reflection. From Onam and Independence Day to Laureates' Day, Innoverse, Odyssey, Mudita, SHMUN and Sports Day, each event offered our students opportunities to learn, grow and discover their talents.

The Annual Retreat reminded us of the importance of self-reflection and responsibility, while our teachers' continued learning; reflected their commitment to meaningful and progressive education.

As you turn these pages, may you see not just events and achievements but also the dedication, teamwork and shared spirit that make Sacred Heart a special family.

My heartfelt thanks to our students, teachers, parents and everyone who contributes to the life of our school.

May God continue to bless and guide our Sacred Heart family.



-Fr. Varghese Puthusserry CMI,
Director and Manager

FROM THE PRINCIPAL'S DESK

Dear Students, Parents and Well-Wishers,

The past two months at Sacred Heart have been filled with learning, celebration and achievement. From Onam and Independence Day to Innoverse, Odyssey, Mudita, SHMUN and Sports Day, every event offered our students opportunities to explore their talents, build confidence and learn beyond the classroom.

The Annual Retreat encouraged reflection, while our teachers' professional development in Computational Thinking and Artificial Intelligence reflected our commitment in keeping education relevant and meaningful.

As we celebrate the achievements featured in this edition of Reflection, let us remember the hard work, perseverance and teamwork behind every success. Each experience, whether a victory or a challenge, contributes to the growth of our students.

My sincere thanks to our teachers for their dedication, our parents for their continued support and our students for their enthusiasm.

Let us move forward together with confidence, humility and a spirit of excellence.

With warm regards,



-Mr. Abhijith N.A.,
Principal

MUDITA

TALENT SHINES, CREATIVITY THRIVES AND JOY TAKES CENTRE STAGE

Some events go beyond competition to become unforgettable celebrations of talent, creativity and togetherness. Mudita, one of the most exciting events celebrated in our school, was a vibrant spectacle filled with enthusiasm, energy and joy. The occasion brought together students from different schools, providing them with a wonderful platform to showcase their talents, explore their potential and create cherished memories.



The school campus came alive with the spirit of participation as students eagerly stepped forward to be part of the various competitions. The atmosphere was filled with excitement, with cheerful faces, enthusiastic participants and an audience that wholeheartedly supported every performer. Each participant brought something unique to the event, making the competition a delightful blend of creativity, confidence and youthful exuberance.



Mudita was not merely about winning prizes or earning recognition; it was also about discovering hidden talents, overcoming hesitation and embracing the joy of participation. For many students, it was an opportunity to step out of their comfort zones, challenge themselves and experience the thrill of performing before an audience. The event encouraged healthy competition, nurtured self-confidence and reminded that every effort deserves appreciation.



The wholehearted involvement of students made Mudita truly special. Their unwavering determination and sporting spirit reflected the dynamic ethos of education where every student is encouraged to learn, grow and excel. The cheers of appreciation, moments of anticipation and bursts of applause added to the festive atmosphere turning the event into a memorable experience for participants and spectators alike. The success of Mudita was a testament to the zeal of the students and the collective efforts of everyone involved in organising the event. It was a celebration that brought the school community closer, strengthened bonds among students and created memories that will be treasured for years to come.



As the excitement settled and the event drew to a close, one message stood out clearly: the true spirit of competition lies not just in winning but in participating wholeheartedly, giving one's best and celebrating the achievements of others. Mudita was indeed a joyous occasion that showcased the talent, energy and unity of the school community leaving everyone with smiles, pride and memories worth cherishing.



LAUREATES' DAY - A Celebration of Achievements



Laureates' Day was celebrated with great pride and enthusiasm, honouring the exceptional academic achievements and outstanding accomplishments of our students. The event was graced by the esteemed chief guest, Dr. T. Tiju, IRS, whose presence added significance to the occasion. The programme served as a tribute to the hard work, dedication, discipline and perseverance demonstrated by our young achievers throughout their academic journey. The outstanding performers were recognised and felicitated for their excellence in various subjects and their commitment to achieving their goals. Their accomplishments reflected not only their academic abilities but also their determination, consistency and eagerness to learn. The recognition of their efforts made the occasion a memorable celebration of success and inspired fellow students to strive for excellence in their own pursuits.



The celebration highlighted the importance of setting goals, embracing challenges and remaining steadfast in the pursuit of knowledge. It also acknowledged the valuable guidance and encouragement provided by teachers and the unwavering support of parents whose contributions play a significant role in shaping students' achievements.

Laureates' Day was more than a celebration of success; it was a reminder that every achievement is the result of sincere effort, dedication and a willingness to persevere. We proudly salute our laureates whose accomplishments bring honour to the school and inspire the entire school community. May their success motivate them to reach greater heights and continue to shine in every endeavour they undertake.

ONAM CELEBRATIONS

A Blend of Culture and Joy

The spirit of Kerala came alive on our school campus as Onam was celebrated with great enthusiasm, vibrant colours and cultural splendour. The celebration beautifully reflected the rich heritage of Kerala, bringing together students from all classes in a joyous expression of tradition, unity and togetherness.



The campus wore a festive look as students arrived in traditional attire, adding a touch of elegance and colour to the occasion. The rhythmic beats of Onam songs, the beauty of traditional customs and the infectious enthusiasm of the students created an atmosphere filled with warmth and festive cheer. The celebration offered a wonderful opportunity for students to appreciate Kerala's cultural legacy while embracing the values of sharing, harmony and inclusiveness that Onam represents.



Our school celebrated Onam with vibrant festivities, embracing Kerala's rich cultural heritage and fostering unity and togetherness. The celebration beautifully reflected the spirit of *Onam Oru Onnanu* - bringing everyone together as one.

INNOVERSE - where Ideas Ignite, Innovation Inspires and Imagination Takes Flight



Innoverse, the Interschool Science Exhibition, brought together young innovators from 34 schools, creating an exciting platform for students to showcase their creativity, scientific curiosity and innovative ideas. The event was inaugurated by the Chief Guest, Dr. Franklin John, Principal-in-Charge of Sacred Heart College, Thevara. The exhibition provided students with an opportunity to explore scientific concepts, present their projects and demonstrate how science and technology can address real-world challenges.



Through a diverse range of working models, experiments and innovative exhibits, the participants displayed their knowledge, critical-thinking abilities and problem-solving skills. Innoverse encouraged healthy competition, collaboration and the exchange of ideas among students from different schools. The event transformed learning into an engaging experience, inspiring students to question, experiment, explore and discover new possibilities. Innoverse was a celebration of young talent and imagination, reaffirming the belief that today's curious learners are tomorrow's innovators. It served as a reminder that every great discovery begins with a question and every innovation with an idea.

ODYSSEY - Opening Young Minds and Orchestrating the Future



The Intra-School Science Exhibition was inaugurated by the Director and Manager, Fr. Varghese Puthusserry, CMI. The exhibition provided a dynamic platform for students to explore scientific concepts, experiment with new ideas and present innovative projects that reflected the power of science and technology. The exhibition witnessed enthusiastic participation from students who showcased their creativity, scientific knowledge and problem-solving abilities through a variety of working models, experiments and informative displays. Each exhibit demonstrated their curiosity and understanding of scientific principles, transforming classroom learning into practical experiences. The students presented their projects with explaining the concepts behind their creations and highlighting their real-world applications.



The event encouraged a spirit of inquiry, critical thinking and hands - on learning, allowing students to move beyond textbooks and discover the practical relevance of science in everyday life. The exhibition was a celebration of young minds, inspiring students to question, investigate and seek creative solutions to challenges. It reaffirmed the importance of experiential learning in nurturing future scientists, researchers and innovators.

Culinary Championship - Flavours of Excellence



A dash of creativity, a sprinkle of imagination and a generous helping of enthusiasm!
The school campus turned into a vibrant culinary arena as students enthusiastically participated in the Cooking Competition, transforming simple ingredients into delightful and appetising creations. The event provided a wonderful platform for budding young chefs to showcase their culinary talents, creativity and presentation skills.



Armed with fresh ingredients, colourful fruits, crunchy vegetables and innovative ideas, the participants prepared an exciting variety of dishes including refreshing salads, delicious sandwiches, tempting desserts and nutritious snacks. Each creation reflected the students' originality, aesthetic sense and ability to turn everyday ingredients into extraordinary delicacies. Beyond the excitement of preparing food, the competition highlighted the importance of healthy eating, kitchen hygiene, teamwork and the nutritional value of natural ingredients. The students displayed remarkable enthusiasm and confidence as they presented their creations with attractive arrangements and imaginative names.

BUILDING BETTER EDUCATORS THROUGH CBP



A capacity building programme on Art Integration was organised for teachers to explore innovative and creative approaches to teaching and learning. The sessions were led by Dr. Susan George, Principal of St. John's Senior Secondary School, Thumpamon and Ms. Anitha Kuriappan, Principal of Assisi Vidyaniketan Public School. The programme highlighted the significance of integrating art into classroom instruction to make learning more engaging, meaningful and experiential. Through their insights and expertise, the resource persons introduced teachers to creative strategies that connect artistic expression with various subjects, encouraging students to understand concepts through visual arts, music, drama and other creative activities. The sessions emphasised the importance of moving beyond conventional teaching methods and creating inclusive, interactive learning environments that cater to diverse learning styles. Teachers gained valuable insights into incorporating art-based activities into their lessons to enhance students' creativity, critical thinking, imagination and conceptual understanding. The programme served as a valuable learning experience, empowering teachers with fresh perspectives and practical approaches to enrich classroom practices and foster joyful, holistic learning among students.

A CONFLUENCE OF MINDS: District-Level Deliberation at our School



The school hosted a district-level deliberation on Computational Thinking and Artificial Intelligence Across the Curriculum on 1 August 2026. The programme brought together educators to discuss emerging trends in education and explore innovative approaches to teaching and learning in an increasingly technology-driven world. The deliberation was led by Dr. Arya Krishnan, Assistant Professor, Department of Computer Science, Sacred Heart College; Dr. Shailesh Sivan, Assistant Professor, Department of Computer Science, CUSAT and Ms. Latha S., District Training Coordinator, Ernakulam. The resource persons shared their expertise and insights into the growing relevance of Computational Thinking and Artificial Intelligence in modern education. The sessions highlighted how computational thinking can help students develop logical reasoning, analytical abilities and systematic problem solving skills. It also explored the potential of Artificial Intelligence to enrich classroom experiences, support personalised learning and encourage creativity across different subjects. The deliberation provided educators with valuable perspectives on adapting teaching strategies to meet the changing needs of learners. The programme marked a significant step towards fostering technology-enabled, interdisciplinary learning and empowering educators to nurture critical thinking, innovation and digital awareness among students.

INDEPENDENCE DAY

CELEBRATION OF FREEDOM AND PRIDE



The spirit of patriotism soared high as our school celebrated Independence Day with great pomp, pride and enthusiasm. The celebration was a beautiful blend of patriotism, creativity and cultural expression. The campus resonated with patriotic fervour as young minds expressed their love for the motherland through meaningful presentations and colourful performances. Every activity served as a reminder of the values that



form the foundation of our nation - freedom, equality, unity and responsibility. A special highlight of the celebration was a captivating presentation on freedom fighters, which added a unique cultural dimension to the programme. Beyond the celebrations and performances, Independence Day offered students an opportunity to reflect on the true meaning of freedom. It reminded them that the responsibility of building a better India rests with every citizen and that discipline, compassion, integrity and commitment are essential in shaping the nation's future.

A Kaleidoscope of Activities






















ഓണം 2026
PUBLIC SCHOOL
Snapshots of School Life
HAPPY INDEPEN
JOY
WATER TANK
DRIP IRRIGATION & NATURAL FARMING

ANNUAL SPORTS DAY - A Symphony of Energy, Enthusiasm and Excellence



The Annual Sports Day unfolded in an atmosphere of spirited competition, camaraderie and true sportsmanship bringing together students to celebrate athletic talent, teamwork and perseverance. The event was formally inaugurated by the Chief Guest, Mr. Arun K. Pavithran, IPS, Deputy Commissioner of Police, Law and Order, Ernakulam City, whose presence added distinction to the occasion. The day began with great enthusiasm as students participated in a variety of track and field events demonstrating their physical fitness, determination and competitive spirit. The sporting events provided a platform for students to showcase their athletic abilities, challenge their limits and strive for excellence. Every race, jump and throw reflected their dedication, discipline and commitment to giving their best. Beyond the thrill of competition, the celebration emphasised the values of teamwork, mutual respect, fair play and resilience. Students cheered for their teammates, celebrated one another's achievements and displayed admirable team spirit reinforcing the importance of unity and healthy competition. The event also highlighted the role of sports in promoting physical well-being, mental strength, leadership and self-confidence. The Annual Sports Day was a memorable celebration of energy, vigour and sporting excellence. It reminded everyone that true victory lies not only in winning medals but also in participating wholeheartedly, overcoming challenges and learning to accept both success and setbacks with grace. The event concluded with a renewed spirit of determination, inspiring students to carry the values of sportsmanship and perseverance into every aspect of their lives.



Hindi Diwas - The Soul of Culture, The Voice of India!



Language is more than a means of communication; it is a bridge that connects people, preserves cultural heritage and gives expression to thoughts and emotions. Celebrating this beautiful spirit, our school observed Hindi Diwas with great enthusiasm, highlighting the richness, elegance and cultural significance of the Hindi language.

The celebration provided a meaningful platform for students to appreciate Hindi not merely as a subject of study but as a vibrant language that reflects the traditions, values and literary heritage of India. The programme brought together students and teachers in a spirit of learning and ethnic appreciation, reminding everyone of the important role that languages play in fostering unity amidst diversity. The event featured engaging presentations that showcased the beauty and versatility of Hindi. A melodious Hindi song filled the atmosphere with warmth and enthusiasm while an interesting conversation in Hindi demonstrated the relevance of language in everyday communication.

A special presentation on the legendary poetess Mirabai added a literary and cultural dimension to the celebration. Through her devotion, poetic expression and timeless compositions, Mirabai continues to inspire generations, making her an enduring figure in India's rich literary tradition. The programme encouraged students to explore Hindi beyond textbooks and examinations, helping them recognise its expressive power and historical significance. It also highlighted the importance of respecting every language and celebrating the diverse linguistic traditions that enrich our nation. The students' enthusiastic participation reflected their appreciation for Hindi and their willingness to embrace the legacy of traditions. Hindi Diwas served as a gentle reminder that language is a powerful instrument of connection, understanding and national integration. By celebrating Hindi Diwas, we also reaffirmed our commitment in nurturing linguistic awareness and fostering respect for India's multilingual identity. The celebration concluded on a note of pride and appreciation, leaving students with a renewed understanding of the beauty of Hindi and its enduring place in our cultural landscape. Indeed, Hindi Diwas was not merely an observance but a celebration of language, literature and the shared heritage that binds us together as one nation.



SHMUN- Nurturing Future Diplomats, shaping global leaders



"Great leaders are not just born; they are shaped by the courage to speak, the confidence to express and the wisdom to inspire."

With the aim of nurturing confident communicators and future leaders, a public speaking session was organised for the students of SHMUN. The activity provided a vibrant platform for young minds to express their thoughts, share their ideas and articulate their opinions with clarity and confidence.

The participants enthusiastically took the stage, demonstrating their speaking skills, creativity and ability to engage the audience. The activity encouraged them to overcome stage fear, develop effective communication skills and present their ideas in a structured and meaningful manner. It also emphasised the importance of active listening, clear articulation and respectful expression of opinions.

Beyond the spoken words, the activity fostered self-confidence, critical thinking and leadership qualities; essential skills for tomorrow's changemakers. Every participant gained a valuable opportunity to discover their potential and learn the art of communicating with purpose.

This interactive communication session was a meaningful step towards empowering young voices and preparing students to take on future responsibilities with confidence and conviction. Indeed, every confident voice today has the potential to become an inspiring leader tomorrow!



RETREAT - A JOURNEY WITHIN:

A DAY TO REFLECT, REJOICE AND RENEW

The Annual Retreat for classes III - VIII was a meaningful and spiritually enriching experience that offered students a precious opportunity to pause, reflect and reconnect with God. Away from the usual rhythm of academic activities, the day provided a peaceful space for prayer, introspection and personal growth.





Through inspiring talks, moments of prayer, reflective activities and purposeful interactions, students were encouraged to discover the importance of faith, gratitude, compassion and forgiveness in their daily lives. The sessions helped them reflect on their choices, strengthen their relationships with others and recognise the value of kindness, humility and mutual respect.

This retreat also reminded students that true growth goes beyond academic achievements; it lies in nurturing a good heart, making thoughtful choices and becoming responsible individuals. The atmosphere of togetherness and insightfull reflection made the experience both memorable and uplifting.



The retreat was indeed a beautiful journey of the heart and mind, leaving students with renewed hope, deeper faith and a stronger commitment to live by the values. It served as a gentle reminder that sometimes the most profound journey is the one that leads us closer to ourselves, to others and to God.



EDUCATIONAL VISIT TO CUSAT

- EXPLORING SCIENCE BEYOND THE CLASSROOM

Students of Classes XI B and XI C visited the Cochin University of Science and Technology (CUSAT) for ICTN 2026, gaining valuable exposure to the fascinating world of scientific research and medical technology. The visit provided an enriching learning experience, introducing students to advanced 3D CT/MRI imaging techniques and offering an opportunity to study the structure and complexity of the human brain.

Through these explorations, students gained insights into how modern imaging technologies help scientists and medical professionals understand the human body and identify various medical conditions. The exposure enabled them to connect theoretical concepts learned in the classroom with their practical applications in real-world scientific settings.



The visit also encouraged students to develop a deeper interest in neuroscience, medical imaging and technological innovation. It broadened their understanding of the significant role that science and technology play in advancing healthcare and medical research. Overall, the educational trip was an inspiring and enriching experience that nurtured exploratory interest, critical thinking and a spirit of inquiry among the students.



BOOK FAIR - READ, EXPLORE, DISCOVER

The Book Fair was organised to foster a love for reading and encourage students to explore the fascinating world of books. This event provided a vibrant platform for young readers to discover a wide variety of books, ranging from captivating stories and literary classics to science, history and knowledge - enhancing publications. The fair offered students an enriching opportunity to browse through different genres, discover new authors and develop an appreciation for the joy of reading. The colourful displays and diverse collection of books sparked curiosity and motivated students to explore beyond their textbooks. It also highlighted the importance of reading in expanding vocabulary, unleashing creativity and broadening one's understanding of the world.

The event emphasised that books are more than sources of information; they are companions that inspire imagination, nurture empathy and open doors to new perspectives. By bringing young readers closer to the world of literature, the Book Fair encouraged them to cultivate reading as a lifelong habit. The Book Fair was a celebration of creativity, knowledge and discovery, reminding students that every book holds the potential to inspire a new thought, unlock an idea and lead to endless possibilities.





ACCOLADES GALORE

Celebrating Milestones, Cherishing Success

SPECTRUM 2026



Anagha Deyanand
(VIII E)
Secured first prize in Malayalam Story Writing at Spectrum 2026, hosted by Sanskara School, Kakkanad.

AAVESHAM



Saanvika Shijo
(II E)
Event - KOOTH



Devjith M.M.
(VI A)
Event - VAITHALAM



Hannah Eliza Binoy
(IX E)
Event - GALLATTA

Our students secured second prize in Aavesham conducted by GEMS Modern Academy.

2026 - TCS INQUIZITIVE



Aaron Dilip
(XII A)



Anoushka Balagopal
(XI B)

The team secured fourth position in the TCS-InQuizitive 2026 - Quiz competition conducted by Tata Consultancy Services.

IMPULSE



The team secured second prize for JAZBA at Impulse conducted by Choice School.

BRAIN HUNT QUIZ COMPETITION







The team comprising Saisree Manoj (XI A), Adlene Silviya Luiz (XI D) and Anoushka Balagopal (XI B) won the fourth place in Brain Hunt Quiz Competition organised by the Rotary Club of Cochin Queens in association with St. Teresa's College, Ernakulam.

SPORTS TRIUMPHS



The Under-19 Cricket team secured runner–up in the All Kerala Grand Sports Fiesta Under-19 Cricket Tournament, conducted by Sanskara School, Kakkanad.



Our school emerged champions at the All Kerala U-14 GPS Super Slam Cricket Tournament held at Global Public School, Thiruvaniyoor. Aaryan Sujith Menon (VII E) was honoured as the best bowler while Edwin George K. S. (VII E) was recognised as the best batter.



Emmanuel Riju
(VII D)
Secured third place in U-19 Ernakulam District Chess Championship 2026-27. He has been selected for the State Level Chess Championship.



Shivani K. Biju
(X B)
Silver medal in U-17 800 m & bronze medal in U-17 400 m at the CBSE Cluster XI Athletic Meet 2026-27. Gold medal in 1,000 m & silver medal in 600 m at the Ernakulam District Athletic Meet. She is qualified for the CBSE National Athletic Meet.



Jobin Johnson Parapillil
(IX B)
Secured the silver medal in the U-17 individual category at the CBSE Cluster XI Table Tennis Championship 2026-27. He is qualified for the CBSE National Championship.



Izabella Linolf
(V A)
Won two gold medals in Asian Combat Jujutsu Championship held in Seoul, South Korea.





Tasha Anna Anoop (IVD) secured silver medal in 50 m backstroke and bronze medal in 50 m freestyle.
Nathan Varghese (IV C) secured bronze medal in 50 m butterfly at VISIO, hosted by Chavara Darsan CMI Public School, Koonammavu.



U-14 Boys' Volleyball team won the bronze medal at the CBSE Cluster XI Volleyball Championship held at Assisi Vidyaniketan Public School, Kakkanad.



Naithan Joseph
(X A)
Achieved third position in the MTB District Cycling Championship held at Kakkanad.

Champion in the Ring



Arman Sujith
(XII C)
Bagged gold medal in the U-19 CBSE South Zone II Boxing Championship 2026–27. He is qualified for the CBSE National Boxing Championship.

A Golden click to National Glory



Russel Stanley Allan
(XI B)
Secured gold medal in Taekwondo at the CBSE South Zone II Championship 2026-27, held in Maharashtra. He is qualified for the CBSE National Taekwondo Championship.

RISING STARS OF BASKETBALL



Amaya Sijo (VII B) secured the gold medal and Jorden Xavier (VIII A) won the bronze medal at the 51st Sub-Junior State Basketball Championship. They are selected for the Ernakulam District Basketball Coaching Camp for the upcoming State Championship.



U-17 Boys' Basketball team secured the runner-up position at Viswajyothi CBSE Invitational Basketball Tournament. Abhinav Kamal (XA) was adjudged the most promising player.



Amaya Sijo
(VII B)



Aimee Sijo
(VII B)



Lena Thampi
(VII D)

The team won the Sub-Junior District Basketball Championship (U-13 Girls) at Regional Sports Centre, Kadavanthra.

FACULTY ACHIEVEMENT



Ms. Dhanya Jose,
Faculty member, English Department, received the Best Teacher Award at Guruvandanam 2026 organised by Kochi Metro Sahodaya at Guardian Angels Public School, Manjummel.



"For I know the plans I have for you."
- Jeremiah 29:11

You may sometimes wonder about your future or worry about whether you are doing well enough. Remember that God has a beautiful plan for your life. Your journey may not always be easy, but every experience can help you grow. Do your best, be kind, pray with faith and trust God's timing. Your future is in his loving hands.

FOR PRIVATE CIRCULATION ONLY.
Printed and Published by: Fr. Varghese Puthusserry CMI, on behalf of Sacred Heart CMI Public School
Chief Editor: Mr. Abhijith N. A., Principal, Sacred Heart CMI Public School.
www.shpublicschool.com