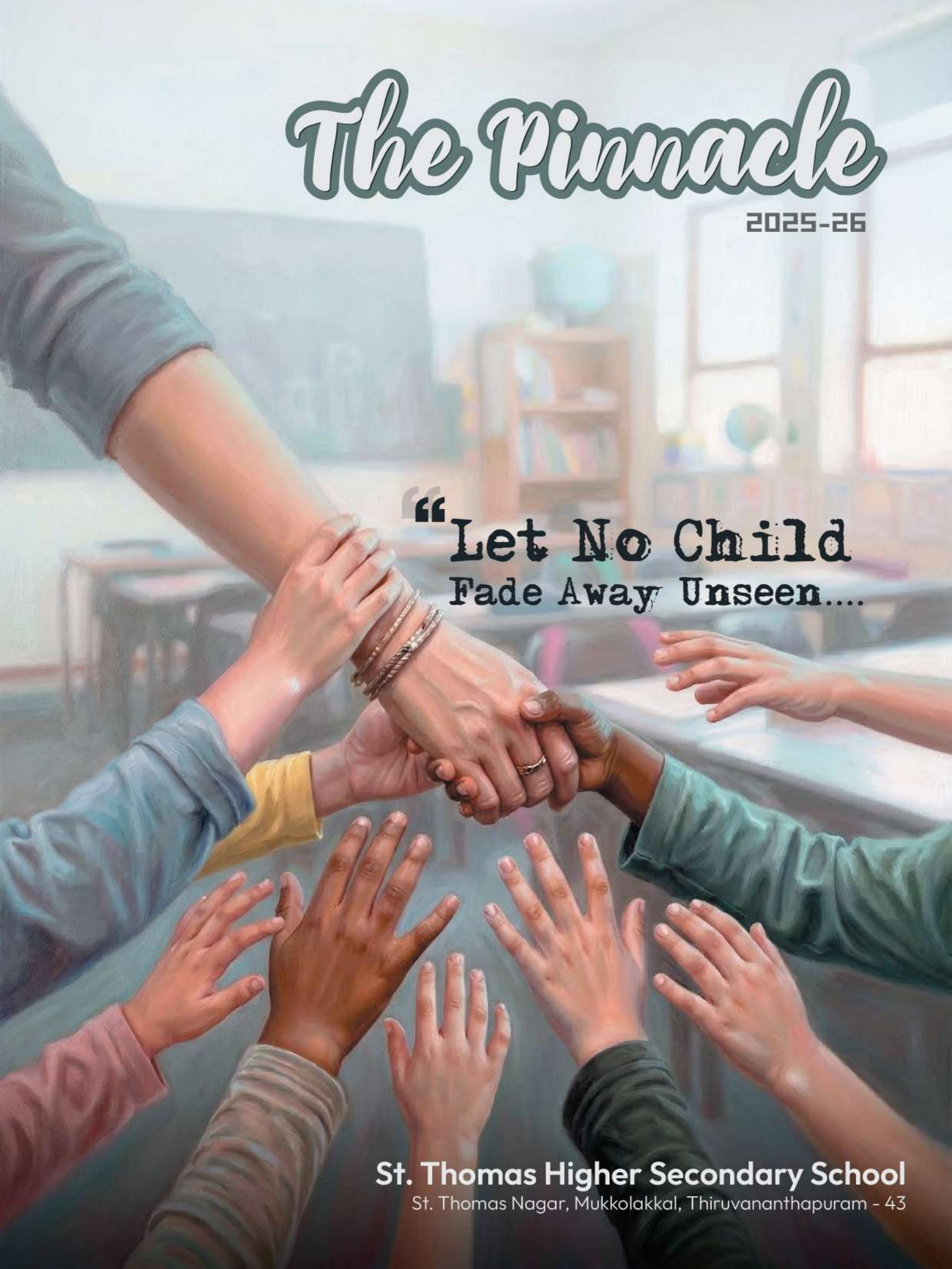

The Pinnacle
2025-26
"Let No Child
Fade Away Unseen....
St. Thomas Higher Secondary School
St. Thomas Nagar, Mukkolakkal, Thiruvananthapuram - 43

60 Years Of Shaping Future

MAR THOMA CHURCH EDUCATIONAL SOCIETY

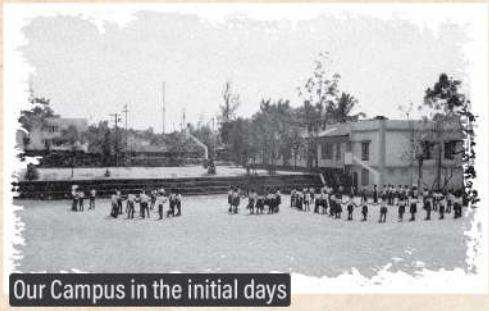
Officially instituted on 11.05.1966, MTCES marked the dawn of a journey of purpose and promise. Today, spanning institutions across Trivandrum, MTCES stands tall—celebrating 60 years of legacy, where a small beginning has grown into a remarkable testament to a great cause.



First Visit to the campus



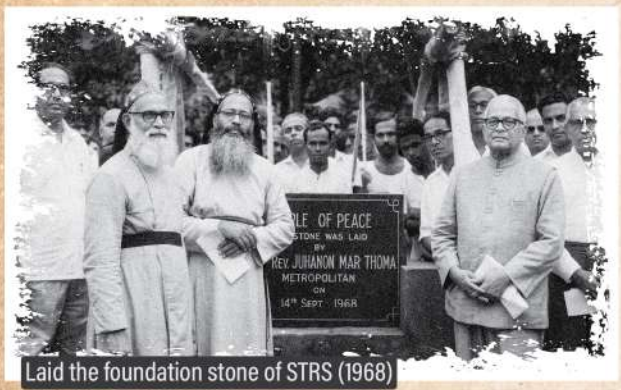
School Bus (1973)



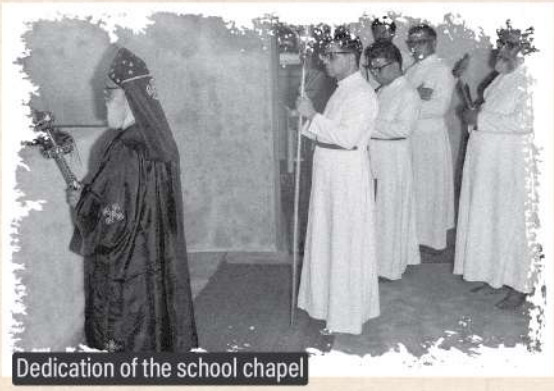
Our Campus in the initial days



Inauguration of the new Girls Hostel (1984)

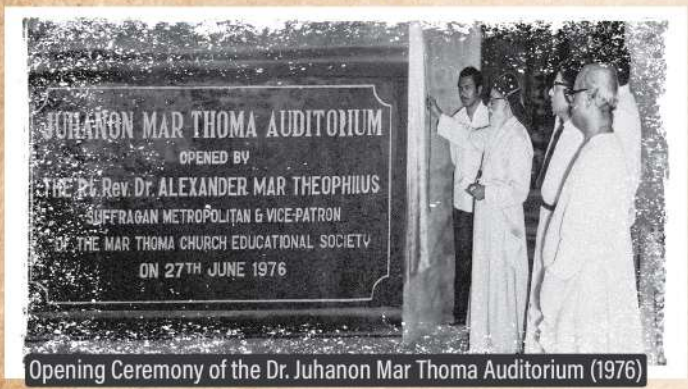


Laid the foundation stone of STRS (1968)

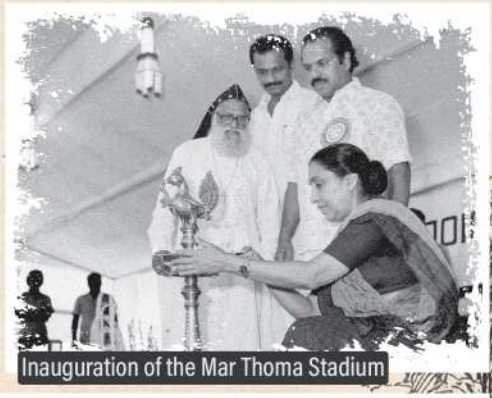


Dedication of the school chapel

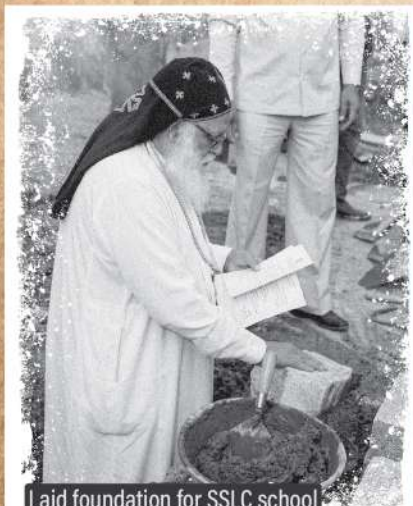
ECHOES FROM THE PAST



Opening Ceremony of the Dr. Juhanon Mar Thoma Auditorium (1976)



Inauguration of the Mar Thoma Stadium



Laid foundation for SSLC school



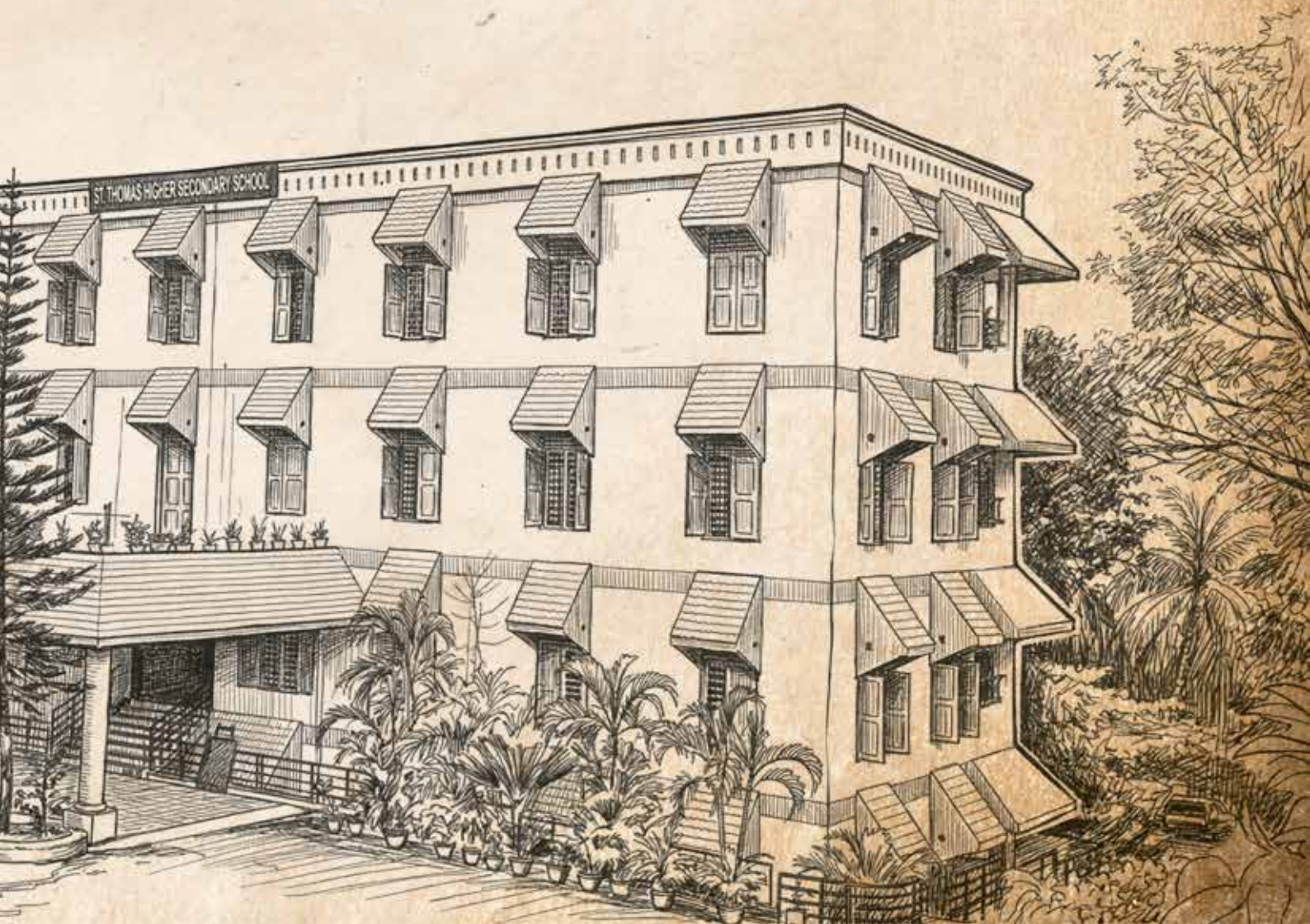
Inauguration of Mar Thoma High School (1985)
(later renamed as St. Thomas High School)



St.Thomas Higher Secondary School
Thiruvananthapuram

The Pinnacle

2025-26



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A Note from the Editors

"Let no child's voice fade into silence."

Every year tells a story – of dreams pursued, challenges overcame, and milestones achieved.

As editors, we were fortunate to be guided by a visionary, who encouraged us to think beyond the conventional and embrace innovation, alongside supportive colleagues who shared their wisdom and students whose commitment and creativity shaped the final outcome—bringing The Pinnacle 2025-'26 to life with pride and purpose.

The Pinnacle 2025-26, our annual school magazine is a testament of a treasured chronicle of our collective journey. As educators and learners journey together, we are reminded of a simple yet powerful ideal: no grain should be left behind and no child should go unheard. Just as every grain adds to the abundance of a harvest, every child adds to the richness of our school community. Each thought, each question, and each dream matters.

This magazine stands as a reflection of that belief. Within these pages lie stories of determination, sparks of talent, and moments of growth that define our shared journey. From academic achievements to artistic expressions, from quiet perseverance to shining victories, every contribution forms part of our collective tapestry.

We extend our sincere gratitude to the school management for their constant support and encouragement. We are profoundly grateful to our esteemed Principal, Dr. Lizu Verghis, for her discerning guidance. Her thoughtful insights and steadfast encouragement have played a pivotal role in shaping the magazine and elevating it to a standard of excellence

We also express our heartfelt appreciation to our devoted teachers. Above all, we applaud our students—the true heartbeat of this magazine—whose creativity, energy, and passion bring every page to life.

Let us continue to build a learning environment where every effort is acknowledged, every talent is encouraged, and every child is given the opportunity to flourish. For when we listen to every voice and nurture every potential, we shape not only successful students but thoughtful, confident, and compassionate individuals ready to step into the world.

May this edition inspire us to celebrate diversity in talent, unity in purpose, and the unwavering belief that, no grain is ignored and no child is unheard.



Journey through with joy!

Shilpa A. Chandran & Feba Susan Bejoy
Chief Editors

Malankara Mar Thoma Syrian Church

Apostolic See of St. Thomas

DR. THEODOSIUS MAR THOMA METROPOLITAN

Message

It gives me great joy to know that the St. Thomas H.S.S. Mukkolakkal is bringing out this year's edition of the school magazine, *"The Pinnacle."* A magazine is not merely a collection of writings and pictures; it is a mirror that reflects the life, creativity, values, and aspirations of a school community. Each page speaks of young minds learning to think, hearts learning to feel, and lives being shaped for a meaningful future.

The title *"The Pinnacle"* beautifully reminds us that education is a journey upward - not only towards academic excellence, but towards moral integrity, spiritual depth, and responsible citizenship. True success is not measured by marks alone, but by character, compassion, discipline, and faith. As Scripture reminds us, *"Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity"* (1 Timothy 4:12). Each student is called to grow as a person who reflects Christ's love in daily life.

I deeply appreciate the dedicated efforts of the Principal and teachers who serve not just as instructors but as mentors and guides. Your patient labour shapes young lives and builds the foundation for a just and caring society. I also congratulate the students who have contributed their talents to this publication. May your thoughts be noble, your dreams be high, and your efforts be sincere.

May this magazine inspire everyone who reads it to strive for higher ideals and to trust in God, who leads us from strength to strength. I pray that St. Thomas Higher Secondary School may continue to be a centre of learning, faith, and service, forming young people who shine as lights in the world.

With prayerful blessings

Dr. Theodosius Marthoma Metropolitan
February 04, 2026

Ph: 0469-2630313 (L), 8714478963 (O)
E-mail: metropolitan@marthoma.in

Poolatheen, Thiruvalla P.O.
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Malankara Mar Thoma Syrian Church
Thiruvananthapuram - Kollam Diocese

Rt. Rev. Dr Isaac Mar Philoxenos
Diocesan Bishop

Date: **22.12.2025**

Message

Greetings to St. Thomas Higher Secondary School, Mukkolackal, Trivandrum.

It gives me great pleasure to extend my warm greetings to the entire school community as you continue your dedicated service in the field of education under the Mar Thoma Education Society, Trivandrum. The school has a long standing as an institution committed to academic excellence, moral integrity, and the holistic development of young minds. Through the dedicated efforts of the management, faculty, and students, St. Thomas Higher Secondary School continues to uphold its rich legacy while responding thoughtfully to the evolving demands of contemporary education.

Education, in its truest sense, is the harmonious cultivation of intellect, character, and compassion. As Rabindranath Tagore observed, *"The highest education is that which does not merely give us information but makes our life in harmony with all existence."* This philosophy is clearly reflected in the educational vision of this institution, where learning is enriched by values, creativity, and a sense of social responsibility.

The publication of *The Pinnacle*, the annual school magazine, stands as a meaningful academic and creative endeavor. It serves as a platform for students to express their ideas, articulate their insights, and showcase their talents across diverse disciplines. Such scholarly initiatives encourage critical thinking, originality, and confidence, while preserving the collective memory and intellectual spirit of the school.

I congratulate the editorial board, contributors, and teachers whose collective efforts have made this publication possible. I extend my best wishes to the entire student community and the teaching and non teaching staff for continued growth and success in all future endeavors. May God's grace and wisdom guide you as you strive to learn, serve, and lead. May God's grace, wisdom, and guidance be with each one of you always.

Blessings and prayers,

Rt. Rev. Dr. Isaac Mar Philoxenos Episcopa

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Thiruvananthapuram - 695015, Kerala, India
isaacmarp@yahoo.co.in
mttvmqlndiocese@gmail.com

Our President

His Grace Rt. Rev. Dr. Isaac Mar Philoxenos Episcopa
Diocesan Bishop





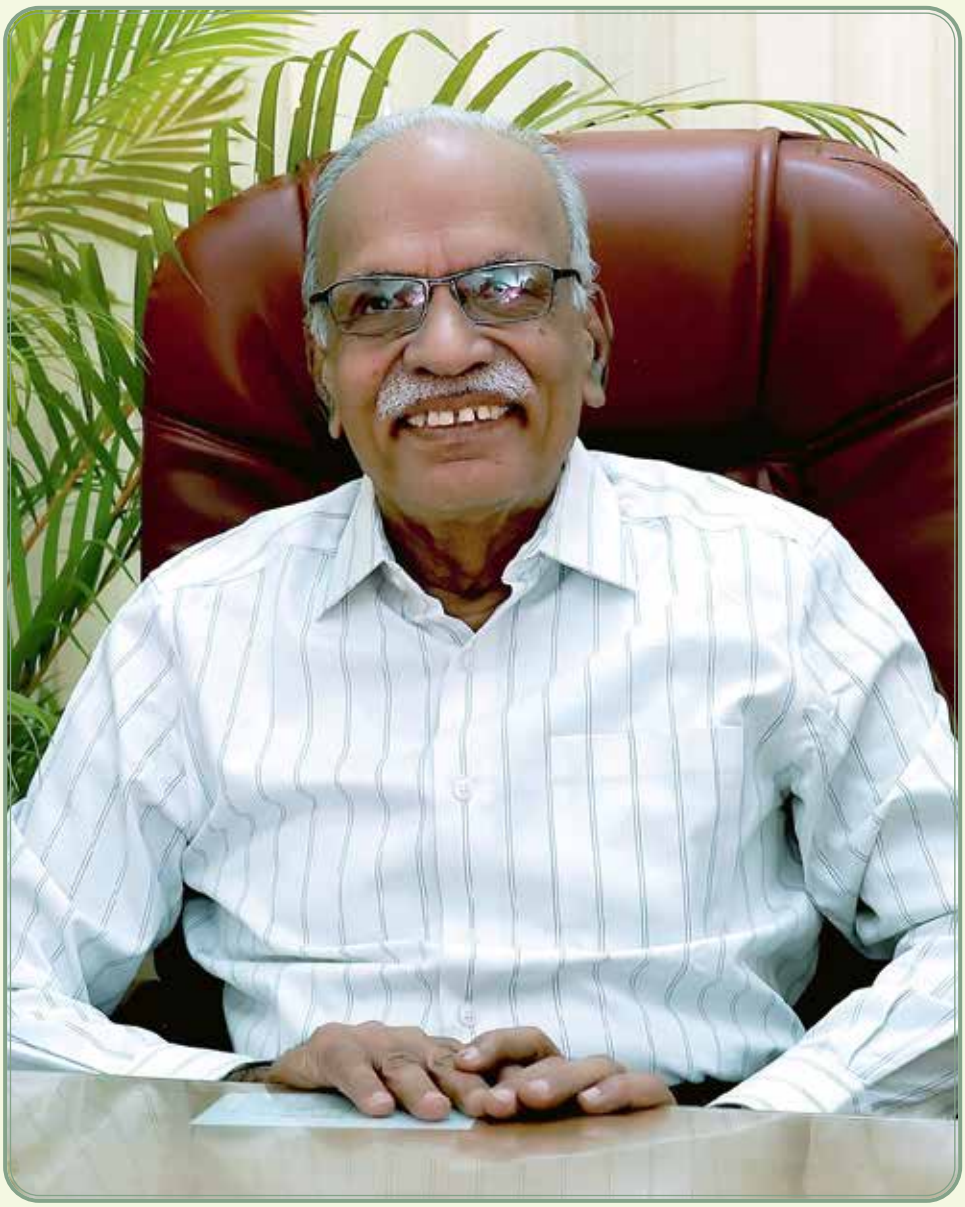
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Vice President, MTCES



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Secretary, MTCES



Mr. George Joseph

Treasurer, MTCES

EXECUTIVE COMMITTEE, MTCES



SITTING LEFT TO RIGHT: Dr. Kuncheria P. Isaac, Mr. George Joseph, Dr. Rajan Varghese, Rt. Rev. Dr. Isaac Mar Philoxenos Episcopa, Mr. K. Thomas Jacob, Mr. Kuruvila Thomas, Dr. Mary Iype
STANDING LEFT TO RIGHT: Mr. Mathew Thomas, Mr. Mridul John Mathew, Mr. Jojo Samuel, Adv. T. K. Joseph, Mr. Alex T. Joseph, Mr. T. S. John, Mr. Jacob George



Living with Divine Perspectives

"As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts." – *Isaiah 55:9*

It gives me great privilege to be part of the activities of St. Thomas Higher Secondary School throughout this academic year and to address you all through the annual magazine "The Pinnacle 2025–26". As we look back with gratitude, let us thank God who has guided us gracefully and faithfully through every challenge and achievement of this year.

Education is not merely the accumulation of knowledge or the pursuit of academic excellence. While marks and milestones are important, they are not the ultimate goal. True education shapes our perspectives — the way we see ourselves, others, and the world around us. It forms our character and prepares us to live this God-given life meaningfully. Hence, it is vital that we cultivate divine perspectives in our journey.

Perspective on Purpose

A divine perspective gives us clarity about our identity and our purpose. We are not accidents; we are part of God's intentional design. Understanding our role brings dignity to every task we undertake. There is a well-known incident from the history of NASA. When the then U.S. President John F. Kennedy visited the headquarters and asked a janitor about her job, she confidently replied, "I am helping to put a man on the moon." She understood that her small task contributed to a greater mission. Likewise, when we understand God's purpose for our lives, even the simplest responsibilities gain eternal significance.

Perspective on Passion

Purpose ignites passion. Our goals and activities must be driven not by pressure, but by inner conviction and joy. When we approach life with enthusiasm, every challenge becomes an opportunity to grow. As Gaur Gopal Das writes in his book Life's Amazing Secrets, "Life is a gift packed with many layers." Unwrapping each layer with excitement and dedication fuels our journey. Passion transforms routine into purpose and effort into excellence.

Perspective on Protocol

Divine perspective also teaches us discipline. Protocol refers to the principles and boundaries that guide our conduct. Just as every game has rules to ensure fairness and enjoyment, life too has principles that sustain harmony and growth. In school and society, rules are not restrictions meant to suppress us, but structures designed to protect and shape us. Discipline builds character, and character sustains success.

As we continue our academic journey, may God grant us wisdom and discernment to nurture these divine perspectives — clarity of purpose, enthusiasm in passion, and integrity in protocol. May our learning go beyond textbooks and transform our hearts and minds.

May God bless all the activities of our St. Thomas Higher Secondary school, and may this institution continue to be a blessing to many generations.

With prayerful wishes,

Rev. Mathew K. John
Chaplain, St. Thomas Group of Institutions

Message From PTA PRESIDENT



Dear students, teachers and parents,

It is with great pleasure that I share a few words in this year's school magazine. A school magazine is more than just a collection of articles and photographs; it is a beautiful reflection of the creativity, talents, and achievements of our entire school community.

Education is not limited to textbooks and classrooms. It is a journey that shapes character, builds confidence, and nurtures curiosity. Our school continues to provide a supportive environment where students are encouraged to explore their abilities in academics, arts, sports, and many other activities. As parents, it is truly inspiring to witness the dedication of our teachers and the enthusiasm of our students.

The Parent–Teacher Association plays an important role in strengthening the bond between home and school. When parents and teachers work together, we create a strong foundation that helps our children grow not only as successful learners but also as responsible and compassionate individuals.

I would like to sincerely appreciate the hard work of the school management, the commitment of our teachers, and the active participation of parents in all school initiatives. Most importantly, I congratulate our students for their creativity and efforts in bringing out this wonderful magazine.

May this magazine continue to inspire young minds to dream big, think creatively, and express themselves confidently.

Wishing everyone continued success and happiness in the years ahead.

Warm regards,

Shri. Joy T.
PTA President

From the Principal's Desk



The Pinnacle, 2025-26 encapsulates the best moments and priceless efforts of our campus, celebrates both student led and teacher led initiatives, and unleashes a world of creativity of our young minds. A special word of appreciation to the Magazine Committee for the impressive pace at which the articles were coordinated. Their enthusiasm and team work made the entire process efficient and quick.

The large canvas of our school is like a field well ploughed to receive the grains. Every year, we set on a harvest, and scatter seeds with utmost warmth.

When a farmer scatters seeds into the field, he knows he is not placing mere grains into the soil, instead he is sowing dreams.

Within every grain that is scattered , there is a silent pulse of life. Some sprout quickly, some wait for a longer period of time, but not a single grain escapes the farmer's watchful eye.

The above imagery if applied to a classroom, one could identify the farmer as an Educator and the Classrooms as sowing spaces. The student with keen eyes seated in the front row and the one with his /her head bent down, way behind - both are seeds sown in the same soil.

Some of them sprout quickly in the sunlight of confidence, some are fearful, they perhaps need more of the warmth of the sun, more of the rain of encouragement, some struggle to bring forth shoots and lay buried under the soil for long. But not one of them escapes the farmer's eye, as he is confident that everyone of them carries the promise of harvest.

Education is not the art of celebrating only the tallest crops. As Educators, our shift is to watch the unseen , the struggling shoot, the lame and the blind and to bring them forward, not to allow them to fade away unattended to.

Let our school continue to highlight this philosophy of Education, remove the weed of doubt in every child and empower every timid mind.

For the success of a school, is not counted by a few golden stalks, but by the harvest of every single grain.

"A SCHOOL FLOURISHES WHEN NO GRAIN IS IGNORED",

"LET NO CHILD FADE AWAY UNSEEN".

Dr. Lizu Verghis
Principal

Our Beacons of Excellence



Mr. Babykutty P. Rajan
Principal, STRS



Mr. Varghese Samuel
Principal, STCS



Ms. Lenu Elizabeth Thomas
Principal, STPS



Dr. Anila Chacko
Principal, STTC



Dr. A. G. Mathew
Principal, STIST



Ms. Beena Mathew
Headmistress, Pre - Primary, STRS



Ms. Geetha B. Jacob
Headmistress, St. Thomas Pre School

Blazing the Trail



Smt. Lisa Mathew
Headmistress



Mr. Jayasankar S.
Administrative Assistant



Mr. S. Sivaprasad
Administrative Assistant

As paths diverge

- Leaving a Legacy



Smt. Mini Abraham



Smt. Elizabeth George



Smt. Sheela Geogy

CIAO A PRESTO

Teaching Faculty



Teaching with Passion, Inspiring with Purpose

Non Teaching Staff

The Silent Contributors





PTA Executive Committee



Behind the scenes, beyond measure....

ANNUAL REPORT 2025 - 26



The year commenced on a profound spiritual and motivational note on Sunday, the 25th May, with the Holy Qurbana led by Rev. Dr. Mothy Varkey at our school chapel followed by the Inauguration of the Annual Retreat and Faculty Improvement Programme. Classes commenced on June 2nd with Rev. Prasad Ponnachen addressing our students in the Morning Assembly.

Student Statistics

40 students joined through lateral admissions from classes I to IX .A new batch of 165 Plus one students gained entrée into the portals of our Institution on June 11th.

- **Class X Results 2025:** Out of the 45 students presented for the SSLC Exams, 14 students scored an A+ in all subjects.

Following are the students who scored A+ in all subjects.

1.Abhishek Shibu
2.Alka Suresh K.
3.Akshay Rajesh
4.Anzal R.
5.Abhirami A. M.
6.Aravind B.
7.Ishan S.
8.Jos M. Wilson
9.Midhun Ambadi B.
10.Neeraj V. Nair
11.Shruthika Rakesh
12.Rishikesh R.
13.Vaiga Thankam Vipin
14.Riya Binu

Class XII Results 2025

Of the 148 students presented under the Science stream, 88 of them secured distinction and 33 secured first class.

In the Commerce stream, out of 44 students presented, 21 students secured distinction and 17 secured first class.

Anna Augustine of class XII Commerce is the top scorer with **99.33%.** She is also the recipient of Kerala Varma Foundation Sponsored Award for Commerce Topper. **Saismrithi R. H.** stood second with **96.67%** and **Laya Syam** came third with **95.75%.**

In the Science Stream, **Aarcha S. Lal** stood first with **98.08 %, Nandana Anil** and **Ravi Sankar R. K.** stood second with **97.67%** and **Akshay A.** came third with **96.92 %.**

Out of the 192 students who appeared for the Higher Secondary examination, 109 students secured distin ction. 19 students secured an A+ in all subjects. The Higher Secondary results recorded 90% pass percentage this academic year.

1.Akshay Sanal
2.Al Ahad I. S.
3.Akshay A.
4.Abhinav R. A.
5.Archa S. Lal
6.Anna Augustine
7.Anamika S. D.
8.Anoop S. L.
9.Arrpan S. A.
10.Gowri R. Hari
11.Irfaan Sardar S.
12.Keerthi S.
13.Nandana Anil
14.Laya Syam
15.Ravi Sankar R. K.
16.Saismrithi R. H.
17.Sivany A. P.
18.Vasudev M.
19.Asmi A. S.
20. Sreesanth C. R.
21.Alsana S.

PTA Members felicitated the toppers in a spectacular function on the 30th of July. Mr. Gurudath Baliga Divisional Manager, Canara Bank felicitated our students on the same day. The Nedumangad constituency toppers were felicitated by Dr. G. R. Anil, Minister of Food Supplies.

Merit Scholarship Awardee Std XI

Science Stream

Rishikesh R. (XIC)

Merit Scholarship Awardees Std XII

Science Stream	Commerce stream
Ashly Dileep(XIIA)	Gayathri Krishna(XIID)
Jean Joy(XIIB)	Joel Ajit Theverkavil (XIID) (Community)
Sraddha S. (XII A) (Community)	

Achievements

Srishti 2K25

Our students at the Srishti Competitions 2025, hosted by Saraswathi Vidyalaya on July 26th bagged the following prizes.

FACERE

B. S. Sreya (XII A), David John (XII B), Sreehari S. Vinod (XII A)(Models)

Joel M. Lijin (XII A), Afrah Nahas (XI D),Benitta Mary Biju (XID)bagged the third position in FACERE.

EUPHONY

B. S. Abhimanyu (XII C), Abhinav Krishna H. A. (XII C), Aaron Johnson (XII C), Shaaron Johnson (XII C), Rithika Anand (XII B), Tania C. Thomas (XII A), Sharon Mathew (XII B), secured third place in Euphony.

Desabhimani Aksharamuttom

In the Desabhimani Aksharamuttom competition, **Adarsh S M** of class XIIC won first in the Elocution competition at the Sub district and the District level and is qualified for the State level. He received a cash award of Rs.5000/- and a memento.

A V Varghese Memorial Inter school Oratorical competition

In the A V Varghese Memorial Inter school Oratorical competition conducted by St Thomas Residential School, **Adarsh S. M. (XIIC)** stood First in the Malayalam category and **Niranjenesh S. L. (XII D)** stood third in the English category.

National Wildlife Week Poster Making Competition

Aman Suhas of XII A won the first prize in Poster Making Competition conducted by the Department of Museum and Zoo.

Our students actively participated in several prestigious quiz competitions , including SBI Scholar , Carme Quest , Chinmaya Quiz Fest , Devenitte , Arena etc.

United Christian Movement Competitions

In the United Christian Movement Competitions-2025, held at Bethany Vidyalaya on October 11, our students performed exceptionally well. **Helsa P. Ben (VII)** secured first prize in Malayalam Solo (UP section)

Jovin R. Saju (VIIIA) bagged second prize in Western Solo (HS Boys section)

Abraham Jaden(III) secured second prize in Bible Quiz (LP section)

Sraddha S. (XIIA) came second in Malayalam Elocution. (HSS section).

Varnolsavam Competition conducted by State Child Welfare 2025

Bhadra Vijay V. S. (VIIA) secured First in Violin (UP)

Jewel Mariya Abraham (IXA) secured First in Folk Dance and second in Bharatanatyam (HS)

Yadwi Ganesh (VIIA) secured Second for Ekapatra Bhavabhinayam.

Oru Chiri Iru Chiri Bumper Chiri (Mazhavil Manorama)

Alfidha Nazrin S. of Std V received a cash prize of Rs.15000/ in a programme on Mazhavil Manorama Oru Chiri Iru Chiri Bumber Chiri on 03rd June 2025.

Sasthramela

A remarkable number of students partook in Sasthramela this year (conducted by KITE ,Kerala Infrastructure and Technology for Education) and won accolades for the school.

State level

Sraddha S. represented our school in News Reading at the State Level.

The District Level Winners are as follows:

Niranjan S. (XII A) secured the third position and A grade in Robotics.

Sreenandan S. (XIIC) secured B grade in C V Raman Essay Writing.

While **Riya Binu** of (XIB) and **Parvathy Sudhish** of (IX) secured A grades in Maths fair, **Alok S. Amrith** of (X B) secured the third position in Maths Quiz.

Krishnendu Raj of Class (XIIC)bagged the third place for Clay Modelling and Himagouri (IX) secured a B grade in Puppet Making.

Adithyan P. of XIC secured third in Quiz.

Work Experience Sub District Level

Ann Mariya T. S. (XIIC) secured the third position and A Grade for 'Different types of carry bag'.

Abhinav S. S. (XID) secured the third position and A Grade for Poster Designing .

Tom Jacob (IXA) secured the third position A and Grade for Book Binding.

Ananthakrishnan S. P. (XIB) secured the third position and A Grade for paper craft.

Maths Sub district level

Devanandan R. S. (XIC), A grade in Geometric Charts.

Goutham B. R. (XIA), A grade in Geogebra Construction.

Keerthana S. (IXA), third position and A grade in Geogebra Construction.

Alma Ali Afsal (IXA), A grade in Pure Construction.

Arpana Ann Sandeep (IXA), secured A grade in Puzzles.

Vydehi U. S. (VIIIB), B grade in Geometric Charts.

Model United Nations

Model United Nations 2025-26, organised by St.Thomas Central School was an excellent platform for our students, Abhinav Krishna (XIIC), Kiran K. (XIC), Abhinav Siddharthan (XIID), Niranjanesh SL (XIID), Sraddha S. (XIIA), Afrah Nahas (XID), Gayathri Krishna (XIID) and Anzal Abbas (XIIB) to debate pressing global issues, draft resolutions and develop a deeper understanding of international relations. **Anzal Abbas** received 'Special Mention' for the Best Photography.

Kerala State Kalolsavam

Our students ranging from UP, High School and Higher Secondary sections have made us proud with their stupendous performances in varied competitions at school level and Sub-district level.

UP-level

Bhadra Vijay V. S. (VII) secured first in Ottamthullal, second in Kuchipudi and third in Bharatanatyam. While Helsa P Ben (VII) bagged first in Malayalam Recitation, first in Patriotic Song and third in Mappilappattu, Serah Arun (VII) came third in Malayalam Elocution.Our students secured first in Patriotic Song too - Noel R., Mehnaz, Pranav P., Hridya R. S., Anna A Wilfred, Mia Marian Jeevan, Helsa P. Ben.

At the HS level

Jewel Mariya Abraham (IXA) bagged first in Kuchipudi, Bharatanatyam and Folk Dance Parvathy Sudhish (IXA) won first in English Recitation, Adwaith B. S. (IXA) secured second in Violin, Vaishnavi Krishna (XA) A Grade in Malayalam Recitation.

At the HSS level

Adarsh S. M. (XIIC) won first in Monoact and Malayalam Elocution. Karna P. H. (XIIB) bagged third in Violin, B. S. Abhimanyu (XIIC) secured third in Mappilappattu.

Our students secured second prize and A grade for Patriotic Song Tania C. Thomas(XIIA),Rithika Anand(XIIB), B. S. Sreya(XIIA), Venus John(XIIA) ,Bevan Ivan (XIIA), Vivek Stephen(XIIB), B. S. Abhimanyu(XIIC).

A good number of students from classes 5 to 12 proudly represented our school in a wide range of events including Light Music, Elocution, Kavitharachana, Cartoon Drawing,Recitation,Pencil Drawing, Guitar, Chitrarachana, Upanyasam, Mappilappattu and secured commendable prizes and grades.

Scripture Contest

51 of our students participated in this year's contest. We are delighted to declare that in the non-Christian category of classes 8 to 9, **Adwaith B. S. (IX A)** stood first by scoring 78.5 marks.

Niranjan S. L. (V A) with 51 marks ranked first in the Non-Christian category of classes 5 to 7.

School Protection cum Disaster Management Committee

The Committee for the year comprises the Principal, Headmistress, Mrs. Lisa Mathew, PTA representatives, Mr. Ali Afsal, Mr. Gopi D., CI, Mannanthala,Dr. Dhanya Simon (Campus Doctor), Ward Councillor, Mrs. Kasthuri M. S., Staff Mr. Muraly K., Mr. Jayasankar S., Mr. Shiji Das D., Mr. Harikumar C. and Mr. Benny Mathew, Campus Supervisor . In the annual meeting held on the 29th of June, various measures to safeguard students during the rainy season, updated medical guidelines to curb seasonal diseases, better traffic regulations in and out of the premises of the school, promoting campaigns against addictions of all forms, social media, gaming and substances, alerting the consequences of riding two wheelers without license, promoting better hygiene in the campus etc were discussed at length.

PTA Meetings

One of our greatest assets is a strong partnership with the PTA .With a strong and united voice, they engage closely with the school, and contribute meaningfully to the decisions that shape the school programmes.

The office bearers for the Academic year assumed

charge electing Mr. Joy T. as the President, Mr. Ali Afsal as the Vice President, Mrs. Soniya Harrison as Mother PTA, Mrs. Chitra as Mother PTA, Vice President, Mr. Shijidas D. as Secretary and Smt. Latha Rajeev as Treasurer.

NCC

V.S. Alfi (IXA) represented our school at National NCC trekking Camp held at Thirupati, Andhrapradesh. He was one among the three select students from Kerala who attended the same.

In the NCC Camp held at Pangode, our students' contributions in various events eventually helped us in becoming the Runner up team.

Sports

National Level

Our sports stars for the year have captured our hearts with their dedication and passion. Students qualified for the Nationals in Tennis are Nayan Krishna (XB), Drupad Sankar (VIIIA) Gayathri D. J. (IX)Vedha Sidhi S. Nair (VIIIA) in Table Vault and Balancing Beam, Gymnastics, Aadil Romiyo (VIIA),Cricket ,Gopika A. Sivakumar (XIIA) in Roller Skating.

Dhruv (VIA)secured second place in National Gymn astics (trampoline) Championship held at Dehradun.

B. S. Sreya (XIIA) participated in the National level Squash championship held at Chennai.

Prayaga Chandran (XIID) secured a bronze medal in 12th National Karate Championship -2025 in kumite event.

State level

Archery

Vaishnavi Krishna(XB) Participated in Archery Competition.

Vivek Krishna (XIIC) Participated in Archery Competition.

Judo

Kailas Raj R. S. (XIIB) got fourth position in Judo Competition.

Tennis

Nithin R. Saju (XII C) got Gold medal in Cricket competition .

Athletics

Alen S. Shibu (XII B) participated in Athletics at the State level.

District level

Students who have qualified for the District level participation in various items are as follows:

Boxing

Surya Narayana Gopal (XIC)

Niraj Krishna (XIID)

Mohammed Nafil Siyad (XII A)

Basketball

Benitta Mary Biju (XI D) secured gold medal in Basketball

Kabadi Team

Sreeram S M (XII A), Althaf V (XIIA), Mohammed Nafil Siyad (XII A), Ishan Shaji(XII A) Vignesh Sajan(XII C) Alen S. Shibu (XII B) Bevan Ivan (XII A)

Football Gold Medallists

Bevan Ivan (XII A)

Benitta Mary Biju (XID) & Diya Fathima (IXA)

Power lifting

Karthikayan S. (XIC)

Swimming

Syam Sankar (XIID), Anaswar B. Vimal (VII A)

Archery

Gadha Krishna R.(XID)

Badminton

Serah Arun (VIIA)

Volleyball

Vinayak (XIA)

Cricket

Midhun Ambadi (XIC), Sreehari S. Vinod (XII A), Al Sabith Jasim (XIIC), Zarah Sanil (VIIIA)

Table Tennis

Joel Anil (VIIIB)

Wushu

Mohammed Nafil Siyad (XIIA)

Sub District participants

Weight Lifting

Aman Nazar (XIID)

Athletics

Bharat A. S. (XIIB) secured a Bronze in 400m .

DAYS AND EVENTS

Environment Day

We were truly honoured to have **Dr.Vasuki IAS**, Secretary, General Education Department as our distinguished Guest on the Environment Day. Her presence added immense value to the celebration. **Dr.Vasuki** enlightened our students on a range of thought provoking themes : "Bye Bye Plastic Pollution", "If Chat GPT were a Devil, how would it destroy young minds". She also shared insights from her newly released book 'School of Life'.

Reading Day and Reading Week

Reading day celebrations were observed in honour of Shri.P.N. Panicker on June 19th.The Chief Guests of the day **Shri. S. K. Suresh** (Rtd Joint Director Agriculture) and **Shri. D. R. Jose,** Vice Chairman, Karshaka Koottukaar Koottayma delivered a delightful and meaningful message to our students. 'Pusthaka kottaram' – arrangement of books in a castle form was the highlight of the day.

Vayanakkalari

Our school was privileged to welcome the initiatives of two prominent Dailies -Mathrubhoomi and Kalakaumudi to promote reading habits among students. The representatives from Kerala Kalakaumudi, Dr. Devin Prabhakar, Mrs. Kala, Mrs. Teena, General Manager Sreedhanya Homes from Mathrubhoomi shared their insights passionately . As a symbolic gesture, the teams presented a copy of the daily to the Principal, an inspiring and meaningful initiative that left a positive impact on the entire school Community.

Club Inauguration and Yoga Day

A range of vibrant Clubs : Social Science, Work Experience, Quiz, Literary and Dramatics, Information Technology, Economics Anti Narcotics Club and Teens Club was inaugurated by **Mr. Sivamurali,** Asianet Comedy Star on July 2nd.

Speaker's Voice

Speaker's Corner, a platform to break nervousness and nurture innate talents was a special initiative this year, a space that was dedicated to encourage every student to step up to the microphone and express oneself through poetry, speech or song. Mr Siva Murali inaugurated the same.

International Day against Drug Abuse and Illicit Trafficking

An awareness programme was convened by the Narcotics Club on 26th June 2025 in connection with the International Day against Drug Abuse and Illicit Trafficking.The session was led by **Mr. John Mathai, IAS,** Former Chief Secretary to Govt of Kerala.

Mr.Gopi D, Circle Inspector of Police, Mannanthala Station shared his views. Students pledged to guard themselves against the use of drugs and anti-narcotic substances.

Investiture Ceremony 2025

Investiture Ceremony conducted on 27th June, witnessed the swearing-in of the School leaders, pledging their readiness to discharge their duties with sincerity and dedication. Rev. Mathew K. John, School Chaplain was the Chief Guest of the ceremony. Selected representatives were presented with badges and epaulettes by the Chaplain, Principal and teachers.

All Kerala Quiz for the Secretary's Trophy

The All Kerala Quiz Competition for the Secretary's Trophy hosted on 28th July proved an engaging, interactive and intellectual forum for twenty five city schools with the quiz master **Mr. Jobin David** quizzing the target audience in his self-composed, fine-tuned manner. The first position was bagged by Carmel Girls HSS, Vazhuthacaud, second position by Sarvodaya Vidyalaya, Nalanchira, and the third position by Lakshmi Vilasom HSS, Pothencodu. The winners were awarded the cash prize and trophy by Dr Rajan Varghese , MTCES Secretary.

Independence Day Celebrations

In the 79th Independence Day Celebrations hosted by St. Thomas Central School, our school bagged the first in patriotic song competition. Niranjanesh SL (XIID) stood third in Speech competition .The event was a very colourful one with the band and parades from respective schools.

Onam Celebrations

The Guest of this year's Onam Celebration was **Shri. Vibhu Pirappancod,** a distinguished figure from the world of Literature. His vibrant lyrical renditions

transported our students into the world of renowned poets. Our Treasurer Shri. George Joseph shared his impressions on the need to practice values in relationships amongst the student community. The day was memorable with Vanchippattu, Mahabali's address and other entertainment programmes.

Parenting Session

Mr. Sunil Raj, leading Educational Trainer, Behavioural therapist cum Life coach, conducted a comprehensive, enlightening parenting session for Classes 1 to 12. The session proved to be immensely informative and timely, especially in an era when parenting has become increasingly complex and challenging. With parents often feeling helpless amidst rapid social changes, evolving behaviours, and the rising number of unsettling incidents around us, his guidance offered much-needed clarity and reassurance.

Addressing contemporary issues with great sensitivity, Mr. Sunil Raj encouraged parents to adopt a positive and balanced approach in nurturing their children. His insights, practical strategies, and powerful message left the audience deeply motivated and better equipped to understand and support their children.

Annual School Exhibition

Going beyond the confines of the classroom, the Annual School Exhibition held on the 24th of September 2025, exhibited the brilliance of creativity of our students in Social Science, Mathematics,Science, Art and Craft categories. Dr. Anila Chacko, Principal B.Ed Training College was the Guest of the day .

Climate Change &Environment

A session on 'Youth empowerment' was conducted by JCI (Junior Chamber International) for the Higher Secondary Students.

Exploring the Future with Robotics and Artificial Intelligence

Students of classes 8 to 12 were privileged to explore the world of Robotics through an inspiring session organised by Mr Rajasekharan, CEO of Stem Robotics International.

Session on Personal Care and PACE techniques

Mrs. Sonali, Clinical Psychologist and Remedial Therapist interacted with the Higher Secondary students on " Personal Care and PACE techniques". The strategies taught aimed at strengthening Neurological Connections to foster better learning.

CSSM

Scripture Union and Children's Special Service Mission team held their annual value based , engaging sessions from the 7th of July to the 9th.

Youth Festival

September 15th was a special Day for our school. The inauguration of our Youth Festival was graced by the esteemed presence of our Secretary in the presence of the School Chaplain, PTA Executive members Mr. Binukumar, Mrs. Soniya Harrison, Principal and Headmistress. This festival served as an important precursor to the District- and state-level youth festivals, providing our students with a valuable platform to showcase their talents and prepare for competitions at higher levels.

This year's Inter House Drama Competition brought to life diverse and timely themes- from social issues, media influence and integrity .The theme for 'Inter House Debate was "You should be prepared for war if you want peace".

Kids Fest

Kids Fest held on September 15th, 17th and 18th was a perfect occasion for our primary students to showcase their hard work and talents before their friends and teachers, along with building their self esteem and confidence.

NSS Unit

The NSS unit has enriched our campus with numerous value driven initiatives: Health camps, Awareness programmes, Microfarming, Community service programmes, projects showcasing the true spirit of NSS in every endeavour.

The unit is well progressing under the leadership of Mr. Harikumar C, Programme Officer.

Kerala Piravi

This year's Kerala Piravi was truly reflective of our rich cultural heritage. The event came alive with traditional art forms Ottam Thullal, Ashtapathi and Chendamelam. Mr. Jayasankar, Administrative Assistant delivered the greetings for the day.

Children's Day Celebration

Children's Day Celebration was unique this year with Serah Arun of Class VII donning the role of Chacha Nehru on stage. The Chief guest of the day was Rev. Mathew K John, Chaplain. The event was colourful with a variety of entertainment programmes.

Food Festival

The Annual food festival held on the 13th of November was inaugurated by our Chaplain Rev Mathew K John. Alongside the festive feasting, students also enjoyed a wonderful platform to showcase their talents The entire campus buzzed with fun, frolic and excitement making the event truly joyous and spirited.

Founder's Forum

In an era driven by innovation and creativity, to instill in young minds, the spirit of entrepreneurship, our school launched the Founder's Forum -2025 School Edition, Kerala's First Inter-School Business Idea Pitching Competition on the 15th of November. Our Secretary Dr Rajan Varghese released the logo. The event evolved out of the goodwill and tremendous support extended by our Alumnus, Mr. Shiju Babu, Start up India Mentor, Ministry of Commerce and Industry. Mr Gladson Sabu Varghese, Serial Entrepreneur, CEO, TCG Global MTCES Treasurer Mr George Joseph, Principal Dr. Lizu Verghis, Mr. Shiji Das D Convenor and Student Convenors graced the occasion. The duo Mr Shiju and Mr Gladson evaluated the 15 projects submitted by ten city schools. The projects presented, to name a few, Hydrasphere, BOT,EC plastic, Sign Language Interpreter,B27 Founders, New Age Smart Money Concept, Safe Pulse, Farm link were indeed in perfect alignment with the tagline Imagine, Innovate and Inspire.

Career Counselling

Comprehensive orientation programmes were conducted across divisions for XII students.

Webinars:

1.May 26th - Webinar orientation was done in connec tion with the introduction of New 4 year Undergraduate Program Commerce and BBA at Loyola College, Trivandrum. XI & XII standard students Commerce and Humanities students attended .Few students who were seeking admissions in states outside Kerela were able to avail admissions here.

2.June 14 - Lakshya hosted an insightful Webinar on June 14th, spotlighting dynamic career paths in accounting and commerce. The session covered globally recognized professional courses including CA (Chartered Accountancy), CMA (Cost and Management Accounting), ACCA (Association of Chartered Certified Accountants), and FCA (Fellow Chartered Accountant).

Students were privileged to hear from Mr. Avinash Kullur, Vice President of Lakshya, who shared valuable perspectives on the evolving landscape of commerce careers. He emphasized how emerging trends—such as digital finance, ESG reporting, forensic accounting, and AI-driven auditing—are reshaping traditional roles and creating exciting new opportunities for professionals.

The Webinar also highlighted the growing importance of global mobility, tech-savvy skillets, and interdisciplinary learning, encouraging students to align their education with the demands of a rapidly transforming business world.

3.June 14th - July 5th - Meet the Future of Health Care Skills that shape tomorrow's Doctors and Dentists was a Webinar that was conducted in collaboration with Hindu and SRM Medical College,Chennai. The students were addressed by the Pro Vice Chancellor of SRM University Dr. Nithin M Nagarka on the emerging trends in Diagnosis, treatment and the positive influence of AI in medicine. Heads of Department of Cardiology, Orthopaedics and General Medicine also addressed. The students on some of the new treatments adopted by the respective Departments. Overall this session gave a valuable insight to Medical preparatory students on the life of a Doctor.

4.September 20th - Webinar by Career Launcher by Mr. Allen Thomas Kannattu,Director, Career Launcher spoke about Careers in Humanities, Law Management for both, Commerce and Humanities students.

5.September 27th- wherein the Asst. Prof and Acting HOD, Dr, Ravi Chakraborthy of Department of Liberal Arts by Alliance University, emphasized the growing need for Liberal Arts to foster critical thinking, ethical reasoning, and human-centered innovation.In an AI-driven world, these skills ensure balanced progress and socially responsible technology.

6.October 4th - Future is Electric: Webinar was organized in collaboration with Manorama Horizon - Speakers included Engineer, Mr. Vinith Sukumaran, Head of Dalmier innovation Centre and Geethajali Tejashri,Senior Engineer of same institution who spoke about innovation in the Auto Mobile Industry due to the use of hybrid and solar energy and the emergence of AI. He mentioned brands who are using the above mentioned tech and market space for such brands.



STREAM

On the 7th October our school in collaboration with 24 stories conducted STREAM (Student Readiness Assessment Module) for classes X,XI&XII. The assessment aimed to evaluate students' Academic Readiness, Self –esteem, procrastination and Multiple Intelligence.

Orientation cum Awareness Programmes

Dr T. B. Premjith took the Orientation class for Class 11 students and parents on the 11th of June 2025.

Thrive, a dynamic out reach initiative dedicated to positively influencing teenagers held interactive sessions for High school students on the select days of July and August. The sessions focused on personal growth, mental wellbeing and ethical values.

A group of 50 students from class IX to XII were taken to Loyola school on 11th July 2025 to attend a One day Awareness programme &Inter school Quiz competition .

Dr. V. Sunil Raj the keynote speaker for classes 11 and 12 on 4th July 2025 held very impactful transformative sessions for our students on the 4th of July. Through powerful narratives drawn from the lives of young people, he led the students on an emotional journey that touched their hearts and even moved many to tears. His reflections on nurturing meaningful relationships with parents and teachers left a profound impact on the youngsters.

Teacher Training Programmes

A workshop on "Generative AI for Differentiated Learning" was held by Mr. Navaneeth S., Research Associate ICFOSS on the 25th of October.

Our school counsellor Mrs Hannah Ranjan attended a three – day workshop organised by the State Higher Secondary Department for the improvement of mental health among adolescent children , held from the 9th to 11th of June 2025.

Mrs. Beena Nair held a session on "Understanding Early Childhood Development and Play- Based Inquiry Learning" on the 20th of September.

Mr. P. Devaraj on "Unlocking the Joy of Mathematics- Success Mantra to Excel in Maths and the Art of Teaching Maths" on the 4th of October .

Prof. Oommen Varghese on the 27th of September spoke to our English teachers on "Mastering English Through Accelerated Learning System"

Dr. Lakshmi J. on "The paradigm shift in English Language teaching- Methods and Approaches" on 4th October.

Visits

Class VI visited the Water Treatment plant at Aruvikkara on October 4th.

Our students participated in the Zero Carbon Seed Ball Making Movement at Puthirikandam organised by the State government on August 9th.

Students of std VIII visited the State Soil Museum and State Soil Information Centre, Parottukonam on the 10th of October.

Classes 1 to 4 spent a day at the Magic Planet on the 7th of November.

Class 11 students got the opportunity to watch the Medical expo at Gokulam Medical college Venjaramood on 27th October.

A visit to the Kerala Legislative Assembly and Museum was organised on the 29th of September 2025

for Class X students to watch the live proceedings of the Legislative Assembly.

A one day trip to Vagamon was arranged for Class X students was on the 3rd of October.

A field trip was organised for class VII to Kerala Agricultural University, Vellayani.

Work Experience Club Members of Classes 6 to 9 visited Fine Arts College on 28.06.25.

A team of students from class X and XI visited the Grama Jyoti Special School on 25.11.2025.

Condolence

We deeply regret the demise of Dr. Anzer R. N. , State NSS Officer who officially inaugurated our NSS unit on 03.10.2024.

WORDS OF GRATITUDE

We thank the Almighty who crowns us with tender mercies and loving kindness, He who keeps our feet from falling and helped us progress in all frontiers thus far.

We place our heartfelt gratitude and respect to His Grace The Most Rev. Dr. Theodosius Mar Thoma Metropolitan, Patron of the Mar Thoma Church Educational Society and His Lordship Rt. Rev. Dr Isaac Mar Philoxenos Episcopa, President of the Mar Thoma Church Educational Society.A warm thank you note to the Vice President of MTCES, Mr. K. Thomas Jacob, FCA. We owe our good record to the able guidance provided by Dr. Rajan Varghese our Secretary,Mr. George Joseph, our Treasurer. We are deeply indebted to our Chaplain,our spiritual mentor, Rev. Mathew K. John, Mr. Alex T. Joseph, Construction Committee Convenor, the members of the Executive Committee and various other sub-committees.

We are much obliged to Mr. Babykutty P. Rajan, Principal, St.Thomas Residential School, Mr. Vargh ese Samuel, Principal, St.Thomas Central School, Dr. Anila Chacko, Principal, St.Thomas Training College, Dr. Mathew A. G, Principal, St. Thomas Institute for Science and Technology, Mrs. Lenu Elizabeth Thomas, Principal, St.Thomas Public School, Mrs. Beena Mathew, Pre - Primary Headmis tress, Mrs. Geetha B. Jacob, Headmistress, St.Thomas Pre School, Kumarapuram. We are deeply apprecia tive of the timely benefits received from the various Department Heads, Finance Officer, Sneha Sera George, Assistant Finance Officer Ansu Elsa Vargh ese, Former Administrative Officer, Mrs. Susan Varghis, Administrative Officer, Mrs. Letty Mathew John, Chief Vigilance Officer, Mr. Jacob Varghese, Transport Supervisor, Mr. P. V. Oommen, Systems Manager, Mrs. Krishnapriya, Canteen Manager, Mr. Aby Cherian, Computer Lab Co-ordinator, Mr. Binil Joseph Mathew,Campus Supervisor, Mr. Benny Mathew, Site Supervisor Mr. Vasudevan Pillai, Dr. Dhanya Simon, Smt. Suchitra, Infirmary in charge and hostel wardens. We thank all the Security staff for the support extended, especially during the night vigils of the Board Exams. We thank all our PTA members, and the Executive Committee for the un wavering support extended to all through the year.

The services of our Headmistress Mrs.Lisa Mathew, administrative assistants, Mr. Jayasankar S. and Mr. S. Sivaprasad are well appreciated at this juncture. The contribution of all our teachers and non-teaching staff is fondly acknowledged. I am honoured to share my appreciation for my team, the hands that make the work light,from the classroom to the playground, from the campus to the cafeteria, each of you has played a role in shaping the lives of our young learners.



Full A+ Winners Xth

From Vision to Victory


Abhirami A. M.


Abhishek Shibu


Akshay Rajesh


Alka Suresh K.


Anzal R.


Aravind B.


Ishan S.


Jos M. Wilson


Midhun Ambadi B.


Neeraj V. Nair


Rishikesh R.


Riya Binu


Shruthika Rakesh


Vaiga Thankam Vipin

Full A+ Winners XIIth

Topper Science Stream



Aarcha S. Lal

Topper Commerce Stream



Anna Augustine



Abhinav R. A.



Akshay A.



Akshay Sanal



Al Ahad I. S.



Alsana S.



Anamika R. Prasad



Anamika S. D.



Anoop S. L.



Arrpan S. A.



Asmi A. S.



Gowri R. Hari



Irfaan Sardar S.



Keerthi S.



Laya Syam



Nandana Anil



Ravi Sankar R. K.



Saismrithi R. H.



Sivany A. P.



Sreesanth C. R.



Vasudev M.

The future holds endless opportunities - this is just your starting line.

Student Council 2025 -2026

HEAD BOY AND HEAD GIRL



Niranjanesh S. L. & Sraddha S.

ASST. HEAD BOY AND ASST. HEAD GIRL



Abhinav Sidharthan S. & Gayathri Krishna

House Captains

RED HOUSE



Aadit V. D. & Amina Mehar S.

GREEN HOUSE



Sreehari S. Vinod & B. S. Sreya

BLUE HOUSE



Karthik S. & Athira B. S.

YELLOW HOUSE



Adarsh S. M. & Neha S. A.

SPORTS CAPTAINS



Vivek Krishna S. R. & Gopika A. Sivakumar

MAGAZINE EDITORS



Haazil Abheesh & Alaina A.

CELEBRATIONS IN CHARGE



Abhinav Krishna H. A. & Aleesha M. R.

ANTI NARCOTICS



Ria Ann Roy, Karna P. H., Adithyan P. A., Jean Joy

CLUB ACTIVITIES IN CHARGE



Alma Ali Afsal & Parvathy Sudhish

CHOIR IN CHARGE



Varsha R. Nair

In a world that whispers you can't,
be the voice that thunders I will

The Prefect Council



Voices of change

SCHOOL BAND



JUNIOR CHOIR



HIGH SCHOOL CHOIR



SENIOR CHOIR



NCC



FROM SILENCE TO STORIES



Manjitha R. Nair
X A

Reopening Day

Rev. Prasad Ponnachan

School Reopens

The school reopened with a special assembly held at 8:30 am on 3rd June to mark the beginning of the new academic year. Students and teachers gathered with enthusiasm and hope for a fruitful year ahead. The event began with a prayer song by the school choir, followed by a prayer led by our school chaplain.

The chief guest, Rev. Prasad Ponnachan, delivered a powerful and thought-provoking speech. He began by asking, "Who is God?" a question that was met by silence, unlike the enthusiastic response he received when he asked about Vedan, a popular rapper. This contrast highlighted how modern distractions can take the place of deeper spiritual reflection.

Prasad Achan spoke about God our creator and sustainer, who guides and never abandons us. He quoted Proverbs 3 ,verses 5-6, urging everyone to "trust in the lord" and "acknowledge Him in all you do". He also cited Proverbs 9:10, reminding students that "The fear of the Lord is the beginning of wisdom".

He compared mobile phones to "dirty cocoons" and emphasized the importance of spiritual awareness. Quoting Pope Francis, he said, "Let God write your history so that you become a saint". He encouraged everyone to let God shape their conscience for a holy and meaningful life…

Our beloved teachers, then sang a beautiful song for us, adding a warm and uplifting touch to the program.

This was followed by a few of our passed out seniors, who shared their inspiring success stories, offering motivation and practical advice for us .

Finally, the Principal addressed the gathering, offering encouraging words and helpful guidance to set the tone for a positive and successful academic year.

The assembly concluded with the school anthem, led by the school choir, and the students dispersed with a renewed sense of purpose.

CLUB INAUGURATION

Where creativity meets expression



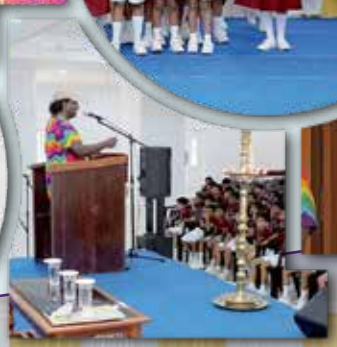
Inaugurated by
Shri. Shiva Murali, Comedy Artist





SPEAKERS' CORNER





NURTURING RESPONSIBLE MINDS FOR A GREENER TOMORROW

An insightful visit by

Dr. K. Vasuki IAS,

Secretary, General Education Department



Alaina A. (XII A)

On the occasion of Environment Day, our school organized a comprehensive and deeply reflective interactive session with the esteemed guest Dr .K.Vasuki IAS, whose address inspired students to rethink modern lifestyles, environmental responsibility, mental well-being, and the meaning of true success. The programme created a rare platform where students openly expressed their concerns about present and future challenges, including disagreements with parents and teachers, balancing academics with co-curricular activities, ambitious career dreams and anxiety about the Earth's rapidly degrading environment. Through thoughtful dialogue, Vasuki Ma'am encouraged students to reflect on survival, purpose, and responsibility, emphasizing that protecting the planet begins with simple, conscious daily actions.

A major focus of the interaction was the growing influence of technology on young minds. Students discussed mobile games, social media, and digital entertainment, admitting that while such activities can be enjoyable after studies, excessive screen time is becoming common. Vasuki Ma'am explained that the culture of instant gratification weakens attention span, patience, emotional regulation, and deep learning ability, making it difficult for students to focus for long periods compared to earlier generations.

The discussion highlighted the psychological and social effects of digital culture. Students noted that social media creates unrealistic standards of beauty, success, and wealth, causing insecurity and dependence on external validation. Vasuki ma'am











stressed the value of internal validation, silent service, and purposeful living. She warned that excessive screen time and digital escapism reduce emotional intelligence and the ability to handle boredom, which is important for growth. She also reminded students that true freedom includes responsibility, discipline, relationships, and community connection. Students observed that reduced outdoor play and social restrictions are increasing screen dependence among children.

Linking mental well-being with environmental awareness, the session examined how dopamine-driven digital habits create short-term pleasure mistaken for real happiness. Repeated stimulation through screens can lead to addiction, anxiety, depression, mental fatigue, and reduced concentration. Society, she observed, often defines happiness through marks, money, jobs, and online recognition while ignoring emotional balance, self-awareness, and ethical responsibility. The address highlighted the link between climate change and human behaviour, consumerism, and historical development. Vasuki Ma'am explained that climate change is mainly caused by human activities such as fossil-fuel use, mass production, and unsustainable consumption that increased after the Industrial Revolution. She noted that society has shifted from valuing people to prioritising material possessions, influenced by advertising and consumer culture. This creates artificial needs and promotes the belief that happiness depends on wealth and constant buying, ultimately leading to environmental damage and emotional dissatisfaction.

Advertisements create artificial needs, shape beliefs, and promote the illusion that happiness depends on constant purchasing and high-paying careers. This mindset, centered on profit and consumption, contributes directly to environmental destruction and emotional emptiness.

Vasuki mam challenged the illusion that happiness comes from material possessions by sharing examples of tribal communities living simply yet contentedly. She reminded students that true well-being comes from relationships, simplicity, and harmony with nature. She encouraged them to avoid consumerism by buying only what is necessary, reusing and repairing items, donating extras, and following a minimalist lifestyle, highlighting responsible consumption through the example of repairing and reusing a school bag for years.

Addressing present environmental realities, Vasuki Ma'am acknowledged that despite initiatives such as Haritha Karma Sena and Swachh Bharat Abhiyan, waste accumulation and ecological neglect continue because consumption habits and profitdriven systems remain unchanged. Accepting that previous generations contributed to the current crisis, she offered a sincere apology to the younger generation while emphasizing that students now hold the responsibility to create a sustainable future. She encouraged participation in volunteer movements, NSS initiatives, and climatefocused community actions, reinforcing that meaningful change begins with informed and compassionate youth leadership.

To deepen awareness beyond textbooks, Vasuki Ma'am recommended impactful educational documentaries such as The Social Dilemma, The Shopping Conspiracy, An Inconvenient Truth, and Before the Flood, encouraging critical thinking about technology, consumption, and climate change.

Concluding the inspiring interaction, Vasuki Ma'am expressed hope that at least a small percentage of students would emerge as true change agents committed to environmental conservation, emotional well-being, social awareness, and sustainable living. She emphasized that protecting the Earth requires not only policy changes but also transformation in human mindset, habits, and values.

The Environment Day celebration thus became more than a formal observance; it evolved into a powerful learning experience that encouraged reflection, responsibility, and purposeful action.













Plus One Orientation

Make your mark, leave a legacy


Rev. Dr. Premjith Kumar T. B.







CSSM Programme

Guided by faith, growing in grace















INVESTITURE CEREMONY

Lead today, inspire tomorrow



Felicitation of Toppers by the PTA

Merit meets pride







































Felicitation of Toppers

by Canara Bank









INTERNATIONAL YOGA DAY



Reading Day

Read, Dream, Discover...!



INTERNATIONAL DAY AGAINST

DRUG ABUSE

AND ILLICIT TRAFFICKING

Shri. John Matthai, IAS

Shri. Gopi D.
(CI, Mananthala Police Station)



PARENTING SESSION

Dr. V. SUNIL RAJ
(Leading Educational Trainer, Life Coach and Physical - Behavioural Therapist)



THE AMAZING WORLD OF LEAVES









Dr. Mathew Dan
Retd. Senior Principal Scientist &
Head PGR Division, JNTBGRI

A study on different types of leaves - An Eco Club Initiative

















Mr. Jobin David
Quiz Master

All Kerala Inter School Quiz Competition for the Secretary's Trophy

Clash of Intellects

കലോൽസവം

INAUGURATION









One stage many dreams...


ST. THOMAS
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Kids Fest



Giggles & Glitters



Independence Day

Every
heartbeat
whispers

JAI HIND



















ഓണാഘോഷം

നിറവ്



ദേവനന്ദൻ ആർ. എസ്
XI C

"മാവേലി നാടു വാണീടും കാലം,
മാനുഷരെല്ലാരുമൊന്നുപോലെ."

സന്തോഷവും സമൃദ്ധിയും
ഒരുമിച്ച് പിറക്കുന ഓണക്കാലം.

സമത്വത്തിന്റെയും ഐക്യത്തിന്റെയും സന്ദേശം ഉയർത്തിപ്പിടിച്ച മഹാബലിയുടെ സ്മരണ പുതുക്കുന ഓണം, കേരളത്തിന്റെ സാംസ്കാരിക പൈതൃകത്തിന്റെ ഉജ്ജ്വല ഉദാഹരണമാണ്. ജാതി-മത-വർഗ വ്യത്യാസങ്ങളില്ലാതെ എല്ലാവരെയും ഒരുമിപ്പിക്കുന ഈ ഉത്സവത്തിന്റെ മഹത്വം വിദ്യാർത്ഥികളിലേക്ക് എത്തിക്കുനതിന്റെ ഭാഗമായാണ് നമ്മുടെ സ്കൂളിൽ ഓണാഘോഷപരിപാടികൾ സംഘടിപ്പിച്ചത്.

പ്രാർത്ഥനാഗാനത്തോടെയാരംഭിച്ച പരിപാടികളിൽ കേരളീയ സംസ്കാരത്തിന്റെ താളമുണർത്തുന വഞ്ചിപ്പാട്ടും വിവിധ സംഗീതാവിഷ്കാരങ്ങളും ഉൾപ്പെട്ടു. വിദ്യാർത്ഥികളും അധ്യാപകരും ഒരുപോലെ ആവേശത്തോടെ ആഘോഷങ്ങളിൽ പങ്കെടുത്തു.

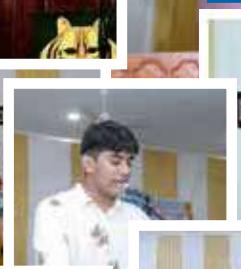
പ്രൈമറി വിഭാഗവും യു.പി. വിഭാഗവും അവതരിപ്പിച്ച ഓണപ്പാട്ടുകൾ ആഘോഷങ്ങൾക്ക് മാധുര്യം കൂട്ടി. സ്കൂൾ പ്രിൻസിപ്പാൾ ഓണസന്ദേശം നൽകി. തുടർന്ന് പ്രധാനാതിഥിയായ വിഭു പിരപ്പൻകോട് ഓണസന്ദേശം നൽകി. മഹാബലിയുടെ വരവ് ഓണാഘോഷത്തിന്റെ മാറ്റു കൂട്ടി.ചെറിയ കുട്ടികൾ ഓണക്കോടികളണിഞ്ഞ് അവതരിപ്പിച്ച ഫാഷൻ ഷോ പ്രേക്ഷകരുടെ മനസ്സുകവർന്നു. തിരുവാതിരപ്പിച്ചയുത്താവിഷ്കാരം ആഘോഷങ്ങൾക്ക് മനോഹരമായ സമാപനം കുറിച്ചു. സന്തോഷവും സൗഹൃദവും ഐക്യവും നിറഞ്ഞ ഈ ഓണാഘോഷം എല്ലാവർക്കും മറക്കാനാവാത്ത അനുഭവമായി.വിദ്യാർത്ഥി NSS വോളന്റിയർമാർ രുചികരമായപായസം എല്ലാവർക്കും വിതരണം ചെയ്ത് ഓണാഘോഷത്തിന് സർഗാത്മകതയും സ്നേഹാഭിപ്രായവും കൂട്ടിച്ചേർത്തു. അവരുടെ പരിശ്രമവും സേവനമനോഭാവവും ശ്രദ്ധേയമാണ്.

തുടർന്ന് വിവിധ മത്സരങ്ങൾ സംഘടിപ്പിച്ചു. അവയിൽ ഏറ്റവും ആവേശകരമായ മത്സരം വടംവലി ആയിരുന്നു. ശക്തമായ മത്സരത്തിനൊടുവിൽ യെല്ലോ ഹൗസ് സമ്മാനമായ "വാഴക്കുല" കരസ്ഥമാക്കി. ഈ മത്സരം വിദ്യാർത്ഥികളിൽ സംഘബോധം വളർത്താൻ സഹായകമായി. ഓണത്തിന്റെ സന്തോഷവും ഐക്യവും നാളെയും നമ്മുടെ ഹൃദയത്തിൽ നിറഞ്ഞുനില്ലട്ടെ.



ശ്രീ. വിഭു പിരപ്പൻകോട്
നാടക-ചലച്ചിത്ര ഗാനരചയിതാവ്





























INTER HOUSE DRAMA



















INTER HOUSE Debate













Topic

If you want peace,
you must be prepared for war.





ANNUAL EXHIBITION





LANGUAGE EXHIBITION

Exploring Minds, Expressing Ideas



TEACHER'S DAY



"Not just a day, but a lifetime of gratitude



FOUNDER'S FORUM:
THE BEGINNING OF AN ENTREPRENEURIAL LEGACY

Kerala's First Inter-School Business Idea Pitching Competition



Sraddha S.
XII A

"THE JOURNEY OF A THOUSAND MILES MUST BEGIN WITH A SINGLE STEP"

In the present era of rapid technological advancement and global competition, providing opportunities for young minds has become more important than ever. Students today are expected not only to acquire academic knowledge but also to develop creativity, critical thinking, confidence, and problem-solving skills.

Founder's Forum 2025 – School Edition was an inter-school business idea pitching competition conducted at St. Thomas Higher Secondary School, Mukkolakkal, with this objective. The programme was designed to foster creativity, innovation, and entrepreneurial thinking among school students. It provided a professional platform for young minds to ideate, innovate, and present business solutions with real-world relevance. Founder's Forum is recognized as Kerala's first inter-school business idea pitching competition, aimed



at nurturing the next generation of entrepreneurs.

PLANNING OF THE EVENT

The idea of conducting an event like Founder's Forum emerged when the Prefect Council of the batch 2025–26 assumed leadership roles in the school. As newly appointed student leaders, the council aspired to bring recognition and pride to the institution by organizing a meaningful and impactful programme. More importantly, the vision was to provide students with a platform where they could confidently express their ideas, speak without fear, and showcase their talents.

Initially, the Prefect Council proposed organizing a large-scale school fest comprising multiple events such as sports, ceremonial band performances, literary activities, mystery games, and a business idea pitching competition. However, after presenting the proposal to our Principal Dr.



Lizu Verghis and discussing about it with her, it became clear that the available time frame was extremely limited, making it impractical to organize a large- scale fest within a short period. Planning for such an extensive event between September and October was not possible due to academic schedules and other challenges.

Financial constraints further added to the difficulty. The council explored various funding options, including contributions from students and support from alumni, but securing sufficient funds for a large-scale fest proved challenging. At this stage, the idea of conducting a major event seemed uncertain.

A turning point occurred when Mr. Shiju Babu, an alumnus of the institution and a distinguished entrepreneur, visited the school to conduct a session on entrepreneurship for students. Following the session, our principal invited some members of the Prefect Council to interact with him. During this interaction, Mr. Shiju Babu extended his support and



guidance in planning a student-led event.

Under his mentorship, the initial idea of a multi-event fest was simplified into a single competition — a Business

Idea Pitching Competition titled Founder's Forum. This approach was both practical and impactful, as it allowed participation from a wider range of schools while maintaining high standards of quality and execution. Mr. Shiju Babu provided detailed guidance on event structure, brochure design, school outreach, shortlisting process, judging criteria, and the nature of financial and mentorship support associated with the competition.

Subsequently, the Prefect Council formed various organizing committees such as finance, media and publicity, logistics, and coordination to ensure smooth execution. Despite facing academic pressure, time constraints, and multiple responsibilities, the student organizers remained committed to balancing their studies alongside event planning. Through teamwork, perseverance, and consistent support from teachers and mentors, Founder's Forum was successfully conducted.

EVENT DETAILS AND COMPETITION FORMAT

The competition was open to students from Classes VIII to XII. Each participating school was permitted to send up to three teams, with a maximum of four members per team. Students participated with great enthusiasm and presented original business ideas, business plans, or prototypes addressing real-life challenges. A registration fee of ₹250 per participant was fixed for the competition. The last date for registration was October 26, 2025. Due to some issues the date was further extended to November10,2025 and the competition took place on November 15, 2025.The competition was conducted in three well-structured rounds. In the first round, participants submitted their business ideas in the prescribed format on or before November 10, 2025. The second round involved the evaluation of the submitted ideas, after which the shortlisted teams were announced on November 12, 2025. In the final round, the shortlisted teams presented their ideas before the judges through live pitching using PPTs or prototypes on November 15, 2025. Each team was given a maximum of ten minutes for presentation, which included a question-and-answer session.

The competition witnessed enthusiastic participation from ten schools, with fifteen teams presenting their business ideas. The programme was conducted in the



presence of distinguished guests, including Dr. Rajan Varghese, Secretary of MTCES and Shri. George Joseph, Treasurer. The competition was judged by Mr. Shiju Babu, a Serial Entrepreneur, Startup India Mentor (Ministry of Commerce & Industry, Government of India), Investor, and Global Speaker. In addition to judging the competition, he conducted an interactive one-hour workshop, providing students with valuable insights into entrepreneurship, innovation, and startup culture.

Students showcased a wide range of innovative and impactful ideas that reflected awareness of present-day challenges. Many projects focused on areas such as artificial intelligence–based solutions, medical advancements, eco-friendly technologies, sustainability, agriculture, and social responsibility. The confidence, creativity, and clarity demonstrated by the participants highlighted the strong entrepreneurial spirit among young learners. One of the most impressive projects presented was Safe Pulse, an emergency response system designed to enhance community safety. The project successfully identified a gap in the market for proactive and efficient safety solutions for exposed populations. Another notable project named Genz Nova was an eco-friendly, bio-based book covering, which addressed the environmental concerns associated with plastic book covers and offered a simple, sustainable



alternative that schools could easily adopt. Several other teams also presented commendable ideas, including Bot, Farm Link, Shock, Hydra Sphere, SLID, B27, NaMC, Eco Fill, Conversa Link, RNC, Ad Drop, and EC Plastic. The diversity of ideas—from healthcare and agriculture to sustainability and accessibility—demonstrated the depth of creativity and innovation among the participants. At the conclusion of the event, St. Thomas Central School was



awarded the Best Project Award, while St. Thomas Public School secured the Best Business Idea Award. Although every team displayed genuine effort and originality, certain projects stood out due to their feasibility, depth of research, and clarity of presentation.

Participants gained exposure to a professional business pitching environment, which helped them understand real-world entrepreneurial practices. They received valuable guidance and constructive feedback from experienced startup mentor Mr. Shiju Babu, enabling them to refine their ideas effectively. The project of the winning team approved by the Atal Innovation Mission (AIM) were provided with opportunities to receive funding support of up to ₹20 lakhs upon successful completion of the mentorship programme.

The successful planning and execution of Founder's Forum would not have been possible without the unwavering support and guidance of our teachers Mr. Shiji Das D. and Ms. Sneha George. They stood as the backbone of the programme, consistently motivating the student organizers, guiding them through every stage of planning, and ensuring that all activities were carried out smoothly and systematically. Their encouragement, mentorship, and belief in the students played a vital role in transforming the idea of Founder's Forum into a successful reality.

Founder's Forum 2025 stands as a proud milestone in the journey of our institution. What began as a student-led vision transformed into a professionally executed platform that empowered young minds to think boldly, speak confidently, and innovate responsibly. Through this initiative, we have not only nurtured entrepreneurial thinking but also established a distinct identity for our school in the field of student innovation. Founder's Forum has laid the foundation for a signature, flagship event that reflects the spirit, leadership, and potential of our students. With its success, the programme sets a strong precedent for future editions, inspiring generations of learners to dream big, take initiative, and turn ideas into impactful realities.







WALK IN WITH AN IDEA
WALK OUT AS AN ENTREPRENEUR

KERMUN

Voices That Lead...



Abhinav Krishna H. A.
XII C

KERMUN, formally known as the Kerala Model United Nations, was a prestigious and intellectually invigorating conference conducted on 18th October, drawing together students from schools across the state. More than a mere competition, KERMUN emerged as a dynamic platform where ideas were debated, ideologies collided, and young leaders discovered the strength of their own voices.

Participants assumed the roles of delegates, each entrusted with representing influential personalities within thoughtfully structured committees. The conference featured a diverse range of committees including AIPPM (All India Political Parties Meet), FSC (Foreign Security Council), HCC (Historic Crisis Committee), Journalists, and Photographers, each offering a distinct environment for diplomacy, deliberation, and decisive argumentation.

Our institution was represented by a committed delegation of eight members: Kiran (11D), Niranjanesh SL (12D), Abhinav Krishna H.A (12C), Anzal Abbas (12C), Abhinav Siddharth (12D), Afrah Nahas (11D), Sraddha S (12A), and Gayathri Krishna (12D). Together, the team demonstrated unity, preparation, and an unwavering enthusiasm that resonated throughout the conference halls.

I had the privilege of representing the Education Minister of India, Mr. Dharmendra Pradhan, in the AIPPM committee. Assuming the responsibilities of a national leader demanded clarity of thought, confidence in expression, and the ability to defend viewpoints amidst intense political rivalry. Through rigorous debates and persuasive interventions, I earned recognition as a Recognised Speaker, an achievement that marked a significant milestone in my personal and intellectual growth.

The delegation's success was further highlighted when Anzal Abbas secured a Verbal Mention award from the DSC committee, acknowledging his articulate delivery, analytical depth, and commanding presence during discussions.

Beyond accolades and formal recognition, the true essence of KERMUN lay in the unforgettable experience it offered. The thunderous thudding of benches, the swift rise of placards, the heated exchanges between opposing political ideologies, and the charged atmosphere of rivalry transformed the venue into a living embodiment of democracy. Each moment was intense, immersive, and exhilarating.

Most importantly, KERMUN instilled in me the confidence to speak boldly and unapologetically, to hold attention, and to articulate ideas with conviction. It reaffirmed that while awards may adorn resumes, it is the experience, exposure, and evolution of one's voice that leave a lasting impact.

In retrospect, KERMUN was not merely a conference—it was a crucible where confidence was forged, perspectives were sharpened, and future leaders were shaped. It was an experience that will remain etched in memory, long after the echoes of debate have faded.



എ. വി. വർഗ്ഗീസ് മെമ്മോറിയൽ പ്രസംഗ മത്സരം

മലയാളം വിഭാഗം ഒന്നാം സ്ഥാനം

വസുധൈവ കുടുംബകം


ആദർശ് എസ്. എം. (XII C)

"അയം നിജഃ പരോവേതി ഗണനാ ലഘുചേതസാം. ഉദാരചരിതാനാം തു വസുധൈവ കുടുംബകം."

ഇത് എന്റേത്, അത് നിന്റേത് എന്ന് സങ്കുചിത മനസ്സുകൾ വിചാരിക്കുന്നു. എന്നാൽ ലോകമേ തറവാട് എന്ന് ഉദാരമനസ്സുകൾ ചിന്തിക്കുന്നു. മഹാ ഉപനിഷത്തിലെ ഈ വാക്യം ഇന്ത്യൻ പാർലമെന്റിന്റെ പ്രവേശന ഹാളിൽ കൊത്തിവെച്ചിട്ടുണ്ട്.

സമഗ്രവികസനവും എല്ലാ ജീവികളോടുമുള്ള ബഹുമാനവും അഹിംസയെ ഒരു വിശ്വാസമായും മന്ത്രമായും ഉൾച്ചേർത്ത അഹിംസാത്മകസംഘർഷ പരിഹാരവും ഉൾക്കൊള്ളുന്ന ഗാന്ധിയൻ ദർശനമാണ് വസുധൈവ കുടുംബകം.

ഓരോ വ്യക്തിയും ആഗോള സമൂഹത്തിലെ അംഗമാണെന്നും നാം പരസ്പരം ബഹുമാനത്തോടും അന്തസ്സോടും കാരുണ്യത്തോടും കൂടി പെരുമാറണം എന്ന സന്ദേശവും ഇതിൽ ഉൾക്കൊള്ളുന്നു. മനുഷ്യർ പരസ്പരം ദയ, കരുണ, ബഹുമാനം എന്നിവയോടെ പെരുമാറണമെന്നും സമാധാനത്തിലും ഐക്യത്തിലും ജീവിക്കാൻ പരിശ്രമിക്കണമെന്നും ഇത് നമ്മെ പഠിപ്പിക്കുന്നു.

എന്നാൽ ഇത്തരം ആശയങ്ങളിൽ നിന്നും മനുഷ്യരാശി വ്യതിചലിക്കുന്ന ഈ ആധുനിക കാലഘട്ടത്തിൽ ഇതിന്റെ പ്രസക്തി ഏറുന്നു. ലോകം ഒന്നായൊതുങ്ങിക്കൊണ്ടിരിക്കുമ്പോൾ തുല്യതയും അന്തസ്സുള്ളതുമായ ഒരു ലോകം സൃഷ്ടിക്കുന്നതിൽ, മെച്ചപ്പെട്ട ഒരു ലോകം കെട്ടിപ്പടുക്കുന്നതിൽ ഓരോ വ്യക്തിക്കും ശരിയായ പങ്കുണ്ട്. ഈ തത്വങ്ങൾ ദൈനംദിന ജീവിതത്തിൽ ഉൾപ്പെടുത്തിയാൽ വൈവിധ്യത്തെ വിലമതിക്കുകയും ബഹുമാനിക്കുകയും ചെയ്യുന്ന ഒരു ലോകം നമ്മുടെ മുന്നിൽ തീർച്ചയായും പ്രത്യക്ഷപ്പെടും.

നാനാത്വത്തിൽ ഏകത്വം എന്ന മുദ്രാവാക്യം ഉയർത്തിപ്പിടിക്കുന്ന നമ്മളിൽ പോലും ജാതി മത വർഗ്ഗ രാഷ്ട്രീയ ചിന്തകളാൽ വേലി കെട്ടിയിരിക്കുകയും വർഗ്ഗീയ ശക്തികളുടെ കടന്നാക്രമണവും ഏറെ വേദനാജനകമാണ്. തങ്ങളുടെ അധികാര ഹുങ്കും കായിക ശേഷിയും ഉപയോഗിച്ച് മറ്റൊരു വിഭാഗത്തിന്റെ ആരാധനാലയം തകർത്ത് അവിടെ സ്വന്തം ദൈവത്തെ പ്രതിഷ്ഠിക്കുമ്പോൾ അവിടെ തകരുന്നത് ഇന്ത്യയുടെ ബഹുസ്വരതയാണ്. ഇന്ത്യയിലെ 99% ശതമാനം വരുന്ന വിശ്വാസികൾ മിച്ചം വരുന്ന 1% അവിശ്വാസികളെ ബഹുമാനിക്കുകയും ഈ 1% വരുന്ന അവിശ്വാസികൾ വിശ്വാസികളുടെ അന്തസ്സ്, ആരാധന, വിശ്വാസം, സ്വാതന്ത്ര്യം എന്നിവയുടെ സംരക്ഷണം ഉറപ്പാക്കിയാൽ മാത്രമേ സമാധാനവും പരസ്പര വിശ്വാസവും തുല്യതയുമുള്ള നവ ഇന്ത്യൻ ശില്പികളാകാൻ നമുക്ക് കഴിയുകയുള്ളൂ.

ഇന്ന് ഈ അവസരത്തിൽ സാർവ്വദേശീയ ഐക്യത്തെക്കുറിച്ച് നമ്മൾ ചർച്ച ചെയ്യുമ്പോൾ ഹിരോഷിമയിലും നാഗസാക്കിയിലും വീണ ആറ്റംബോംബുകളുടെ ദുരന്തഫലം തലമുറകൾക്ക് ശേഷവും നമ്മെ വേട്ടയാടുമ്പോൾ പോലും യുദ്ധത്തിന്റെ കാർമേഘങ്ങൾ മാനവരാശിക്കുമേൽ ഉരുണ്ടുകൂടുന്നു. സയണിസ്റ്റ് ഭീകരത ഉറഞ്ഞു തുള്ളുന്ന ഗാസയിലിപ്പോൾ വലിയൊരു ശവപ്പറമ്പാണ്. പറക്കമുറ്റും മുമ്പേ ചിറകറ്റുവീഴുന്ന കുഞ്ഞുങ്ങളുടെയും മക്കൾ തന്റെ മുന്നിൽ പിടഞ്ഞു മരിക്കുന്നത് കാണേണ്ടിവരുന്ന അച്ഛനമ്മമാരുടെയും നാട്. വംശഹത്യയുടെ ഏറ്റവും പ്രകടമായ ലക്ഷണമാണ് കുഞ്ഞുങ്ങൾക്കും സ്ത്രീകൾക്കും നേരെയുള്ള ആക്രമണം.

പ്രിയപ്പെട്ടവരെ, ലോകമേ തറവാട് എന്ന് ചിന്തിക്കുകയും പ്രവർത്തിക്കുകയും ചെയ്ത മഹാത്മ ഗാന്ധിയുടെ പിൻമുറക്കാരാണ് നാം.

മനുഷ്യരാശി ഇന്ന് ഏറെ പ്രബുദ്ധമായ കാലഘട്ടത്തിലൂടെ നടന്നു നീങ്ങി കൊണ്ടിരിക്കുന്നു . എങ്കിലും ഇപ്പോഴും വ്യക്തികളും വിഭാഗങ്ങളും രാഷ്ട്രങ്ങളും പരസ്പരം യുദ്ധങ്ങളും ചേരിതിരിവുകളും വച്ചു പുലർത്തുന്നുണ്ട് .അതിനെതിരെ നമുക്ക് ഒറ്റക്കെട്ടായി നടന്നു നീങ്ങാം. സാഹോദര്യത്തിന്റെയും സമാധാനത്തിന്റെയും സഹാനുഭൂതിയുടെയും ഒരു നല്ല നാളെക്കായി വസുധൈവ കുടുംബകം എന്ന മഹത്തായ സങ്കല്പത്തിലേക്കായി.

പ്രിയപ്പെട്ടവരെ നമ്മിൽനിന്നാണ് മാറ്റങ്ങൾ തുടങ്ങേണ്ടത്. അതെ നാളത്തെ പൗരന്മാരല്ല ഇന്നത്തെ പൗരന്മാർ തന്നെയാണ്. നമ്മളിൽ നിന്ന് തന്നെയാണ് മാറ്റങ്ങൾ തുടങ്ങേണ്ടത് അത് നമ്മുടെ ക്ലാസ് മുറികളിൽ നിന്നും പാഠപുസ്തകങ്ങളിൽ നിന്നുമാണ്. നാളത്തെ വക്താക്കളാക്കാൻ നമുക്ക് ഓരോരുത്തർക്കും കഴിയട്ടെ എന്ന് ആശംസിച്ചുകൊണ്ട് ഞാനെൻറെ വാക്കുകൾ നിർത്തുന്നു . നന്ദി, നമസ്കാരം.

A. V. Varghese Memorial Oratorical Competition

English Category - Third Prize

Does Injustice in One Part of The World Pose A Threat to

Global Justice?



Niranjanesh S.L. (XII D)

YOU FEEL THAT? THAT SILENCE?

That's the sound of the world holding its breath,

And we have heard it many times before.

The world once thought the Holocaust was Europe's problem, apartheid was South Africa's problem, and war was someone else's problem UNTIL every one of them became ours. In our interconnected world, justice is not a local dream, it's a global heartbeat.

Dr. Martin Luther King Jr. warned us that "injustice anywhere is a threat to justice everywhere". Because when oppression festers in one corner of our world, it doesn't stay there. It seeps through borders, infects silence, and erodes the very moral fabric that binds us all.

As Eleanor Roosevelt ,the mother of human rights famously asked, "Where, after all, do universal human rights begin? In small places, close to home...Unless these rights have meaning there, they have little meaning anywhere" She was right. If rights don't matter in the street outside your door, they won't matter in the world beyond it.

After the horror of World War II, the nations of the world stood together and said Never again. From that cry was born the Universal Declaration of Human Rights, declaring that "all human beings are born free and equal in dignity and rights."

That document isn't just ink on paper, it's the conscience of humanity, carved after the world had seen its darkest hour. Mahatma Gandhi insisted that even in resisting injustice, our means must remain humane: "Evil and injustice…must be fought," he said, "but… the weapons must be non-violent, pure and moral". He warned that surrendering to oppression is not an option BUT to give in to evil is "moral and spiritual death" History has shown again and again: injustice ignored becomes injustice multiplied. When we said nothing during the Holocaust, the world paid with 50 million lives. When we were silent in Rwanda, the blood-soaked rivers carried the price of indifference. When Syria burned, it reshaped politics from Lebanon to Germany, strained economics, and even influenced elections in countries far removed from Syria. And today in Gaza, children look up to the sky with tearful eyes, searching for a future that has vanished in the smoke." These are not distant tragedies. They are warnings written in human tears. Justice cannot survive in isolation. It's like oxygen, either everyone breathes it, or it disappears for all.

But let's be honest. We often ask: What can one person do? History answers: Everything. It was one woman, Rosa Parks, who refused to move and the world moved instead. It was one girl, Malala, who dared to learn and shook dictators with her voice. It was one man, Mandela, who forgave and made a nation whole again. So yes post on social media, but don't stop there. Volunteer. Speak. Vote. Educate. Defend someone's dignity in your school, your street, your society. That's how global justice begins, in small places, close to Home

Dr. King once said we are "tied in a single garment of destiny." Pull one thread , the whole cloth unravels. Protect one thread , and you protect the entire weave of humanity. And if we wish to live in a world of peace, we must refuse to be peaceful with injustice.

Dr. King said, "The arc of the moral universe is long, but it bends toward justice." But listen to me, it does not bend itself. It bends because you pull it. With your words. Your choices. Your fire. So, stand up. Lift your voice until it shakes the dust off history. Be louder than the bombs, stronger than the hate, and kinder than the world expects you to be.

Because justice is not waiting for a hero.

It's waiting for YOU.....



FOOD FEST















Food, Fun & Festivities!



Message from Chachaji

My dear 'Bal Mitras'! My young friends!

To stand here amidst your bright, shining faces, full of energy and hope, is to stand in the presence of India's truest wealth. This day is a joyous celebration of your potential, the dreams you hold, and the boundless future you represent.

You know me as Chacha Nehru, the man who loves the red rose. Why? Because you are those roses! A rosebud holds the blueprint for something magnificent. That is you! Every child here is a bud in the vast, varied, and beautiful garden of India. You are unique—but each is vital and part of the whole. The older generation are the gardeners. Our task is simple: to nurture you with love and care, to give you the soil of a good education, the water of opportunity, and the sunshine of freedom. Remember these words: "Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow."

You are born into a free India. Your elders won the race for freedom from foreign rule. But our adventure is far grander! You are the Chief Engineers of Tomorrow's India! A new kind of struggle begins now: the battle against poverty, against ignorance, and against narrowness of mind. We gave you freedom; now, you must give India greatness! Your Three Mantras for the Modern Age - Be a Question Mark (Not a Full Stop!): Don't just accept! Be curious: Be explorers! Ask 'Why?' at home, ask 'How?' in school, and ask 'What If?' to the stars! Your Curiosity is the engine of a progressive nation. Master science, technology, and the humanities, but never let them master your spirit. Break the Walls (Not the Windows!) Be a bridge and break the walls. Find Your Everest: Don't chase small goals. Aim for the highest peak! Dream big! But remember, the climb is not just for yourself.

I ask you to dream big not just of personal success, but of a great and prosperous India. Grow strong, grow wise, and compassionate. . Hold torch of freedom is in your hand so high that everyone can see! The children of today will make the India of tomorrow!

Jai Hind!





CHILDREN'S DAY

Innocence in Bloom...



Serah Arun, VII A







NSS ACTIVITIES

Student Leaders



Jeneeta Raichel Thomas
XII A



Karthik S.
XII C



Afrah Nahas
XI D



Ishan S.
XI D

തനത്: പുതപ്പ് വിതരണം







ലോക ഹൃദയ ദിനം







ഉപജീവനം : പുതുവസ്ത്ര വിതരണം





ഗാന്ധി ജയന്തി

സന്ദേശം:
ദുരന്തനിവാരണ ജീവൻ രക്ഷാപ്രവർത്തനം









നേത്ര പരിശോധനാക്യാമ്പ്





രക്തദാന ക്യാമ്പ്





പ്ലാസ്റ്റിക് നിയന്ത്രണ ക്യാമ്പയിൻ







കല്പകം:
തെങ്ങിൻ തൈകൾ നടീൽ







നല്ലോണം... ഒരുമിച്ചോണം







ജീവിതോത്സവം









ജീവിതോത്സവം കാർണിവൽ



.....എന്റെ കൃഷിയിടം : മൈക്രോ ഫാമിംഗ്









ശുചിത്വ മിഷൻ മാസ് ക്ലീനിംഗ് ഫ്ളാഷ് മോബ്






.....സപ്തദിന സഹവാസ ക്യാമ്പ്














കയ്യൊപ്പ്: സേവ് ദി എർത്ത് ക്യാമ്പയിൻ .....






.....എന്റെ സംരംഭകത്വം അച്ചാർ വിപണന മേള






Visit to Gokulam Medical College for Galatheon

A Grand Medical Exhibition



Rishikesh R.
XI C

On 27th October 2025 ,we had a wonderful opportunity to visit the medical exhibition conducted by Sree Gokulam Medical College. The exhibition was specially organised for 11th and 12th students, providing us with a great chance to explore the fascinating world of medicine and health care. It was truly an educational and inspiring experience for both students and teachers.

The moment we entered the college campus, we were amazed by its grand decorations and the energetic atmosphere. The entire place was buzzing with college students dressed in colourful outfits, music playing in the background and stalls set up everywhere.

The exhibition was arranged in various sections highlighting different branches of medical science such as anatomy, physiology, pathology and microbiology. Medical students guided us through each section, explaining the structure and functions of different organs using models, specimens, and informative charts. We also witnessed live demonstration and interactive displays, which made the learning experience livelier and engaging.

The human anatomy section was one of the most interesting parts, where we saw detailed models of the heart, brain and skeletal system. The explanation provided by the medical students helped us understand the functioning of the human body more clearly.

Apart from the exhibitions, there were other fun activities going on. The cultural stage was alive with music, dance, etc. The food stalls were another highlight of the fest. Many dishes were served in those stalls. We all spent some time with our friends there, sharing food and laughter, making the day even more memorable.

By the end of the day, we felt truly inspired. Visiting Gokulam Medical college for Galatheon 2025 was not just about seeing an event - it was about experiencing the energy and talent of young minds coming together. It was a perfect blend of education, entertainment and friendship. We left the college with wonderful memories that we will always cherish.









A Report On The Visit To
Kerala Niyamasabha



Parvathy Sabarinath
VII A

The Niyamasabha in Thiruvananthapuram is the seat of the Kerala Legislative Assembly. It is an important state building located at Palayam and is known for its beautiful blend of Kerala's classical architecture and modern design. It houses the Central Assembly Hall where laws are made.

The Thiruvananthapuram Zoo, located near the University of Kerala, is one of the oldest zoos in India. It was established in 1859 as part of the Napier Museum. These were the two places we visited during our study tour.

Visit to the Niyamasabha

We visited the Niyamasabha on Monday 16 Jan,2026.

Niyamasabha was a beautiful and an informative place. We learned many new things about how laws are made and how the government functions. A book fair was also being held there. There were many books that my classmates and I liked, such as Harry Potter, Diary of a Wimpy Kid, Gopi Diaries, and many more.

We also got a chance to watch a fantastic magic show. One of my classmates was invited on to the stage, where she and the magician performed some exciting magic tricks for us and students from other schools. At the end of the show, we all received candies from the magician, which made us very happy.

After visiting Niyamasabha, we went to the zoo.

After a long and enjoyable day, the study tour came to an end. We all had a great time and enjoyed every moment of the trip.

The visit to the Niyamasabha and the zoo was both educational and fun. We learned many new things and created beautiful memories with our classmates. I hope we get more opportunities to go on trips like this. I would like to thank all our teachers and our dear Principal for making this wonderful trip possible.









Colours Creativity Culture

A Day at Fine Arts College



Himagouri T.
IX A



On June 28, our class went on an educational visit to Fine Arts College at Palayam to attend an art exhibition. The trip was organized with the aim of giving us practical exposure to the world of art and creativity. It was an exciting day filled with learning, exploration, and inspiration.

We were accompanied by our art teacher, who guided us throughout the visit and explained many interesting facts about art. As soon as we reached the college, we were welcomed by a calm and creative atmosphere. Before visiting the exhibition gallery, we explored different parts of the campus. We first visited the sculpture area, where we saw various sculptures made from clay, stone, and metal. Watching the unfinished sculptures and tools used by students gave us a clear idea of how sculptures are created through patience and hard work.



Next, we visited the painting department. The walls were decorated with student artworks, sketches, and colourful paintings. We observed students working on canvases using different techniques and styles. Our teacher explained how colours, brush strokes, and themes play an important role in painting. We also learned about different types of paintings, such as realistic, abstract, and traditional art forms.

After exploring the campus, we proceeded to the exhibition gallery. The gallery displayed several paintings based on daily life, culture, traditions, and emotions. Each artwork reflected the artist's creativity and perspective. Our art teacher explained the meaning behind many paintings, helping us understand the depth and message conveyed through art. We spent a long time admiring the artworks and discussing our favourite ones.

We took many photographs to preserve the beautiful moments of the visit. As a small souvenir, we received colourful stickers from the exhibition, which added to our happiness. The entire experience was both enjoyable and educational.

The visit to Fine Arts College, Palayam, helped us develop a deeper appreciation for art. It encouraged us to observe creativity in everyday life and inspired many of us to express ourselves through art. Overall, the trip was memorable, informative, and truly inspiring, leaving a lasting impression on our minds.







From Soil to Science

A JOURNEY THROUGH VELLAYANI'S GREEN LESSONS



Serah Arun
VII A











On Friday 11th July 2025, we were excited to go on a trip to the **College of Agriculture Vellayani.** It was a pleasant morning when we started. We were accompanied by Anila teacher and Susan teacher. During the trip we played games and ate snacks while enjoying the nature.

When we reached the venue, we were warmly welcomed by the beauty of the environment. The calm environment became a little bustling. One of the representatives from the college received us and led us to the crop museum. There we saw different varieties of cereals, pulses, millets, vegetables and fruits including Ragi, Turmeric, Maize, Mustard, Sunflower, Onion, Brinjal, Cotton, Jute etc. All the students were amazed by the unity in diversity.

Then we went to the herbal garden where we saw different fruits, flowers and vegetables including star fruit, bonsai plants, balsam, barley, anthurium, velvet plant etc. When we entered a poly house which was full of plants, there were sprinklers which automatically sprinkled water on plants at a fixed time. Some of us didn't realise it and went closer to the sprinkler to check what it was. Immediately, the automatic sprinkles started and we got partially drenched.

After the visit to the herbal garden, we went on to a place where layering, budding and grafting were demonstrated. We were allowed to ask questions and it was an interesting session. Then we had lunch around 12.30pm. All of us were thrilled because, we enjoyed the food in the natural surroundings.

After the lunch, Anila teacher called us for a surprise. Hearing the word surprise, all of us became curious. We followed Anila teacher. Immediately, we came to know the real beauty of Vellayani, the lake. The surroundings were beautifully designed with carved trees, bushes and mind blowing flowers. The pleasant breeze was making our minds float in the air.

After the experience, we went back to our bus and bid farewell to Vellayani Agricultural College around 1.15pm. We reached our school at 2pm. We also enjoyed the return trip by remembering the beauty of the environment that we usually don't even look at.

We were overjoyed with the trip and we were able to understand an interesting fact about nature that 'Farmers are the world's most important stewards of Earth. They protect, promote and preserve nature's beneficial elements'. Anyway, I won't forget this interesting and knowledgeable trip to a bio diverse world of plants. I also thank the authorities of the school, the teachers who accompanied us and the helpers, for arranging such a wonderful trip in our life.

A Visit to Shalom Special School



Mia Marian Jeevan
VI A



We, the students of Class 6A, visited Shalom Special School on Thursday morning, 22nd January 2026. We left our school at 9:50 a.m. My classmates and I were very excited to go there and meet the children staying at the school. We carried many candies, sweets, and snacks to give them. We reached the school at 10:00 a.m. Everyone was eager to meet the children. Our class teacher and social science teacher instructed us to keep quiet and walk in an orderly manner. The staff and teachers there led us to the classrooms. We saw many happy faces looking at us. We started asking the children their names, and they talked to us effortlessly. Some of them also asked our names.

What surprised me was that there were only 8-9 students in a single classroom. When I enquired about this, one of the teachers explained that since each child is different, it would be difficult to manage them in large groups. Therefore, they prefer smaller groups so that each child receives individual attention. I also noticed how kind and caring the teachers were. The teachers then instructed us to form a line and follow them. They took us to a hall where all the differently abled children were assembled. We sat on the chairs. Our teacher told us that we were going to witness the talents of the children. They began by singing a prayer song, which was surprisingly good. Then they performed several programmes, including solo singing, solo dance, and a mesmerising group dance. They were truly talented and brilliant. After some time, our sir asked us to perform a few programmes to entertain the children. We performed a dance and sang a song. The children were very happy. Our sir also told them a story. The programme concluded at 11:50 am. Later, our teacher asked us to distribute the candies and sweets we had brought. While distributing them, we talked to the children, and I made a new friend named Marwa. She was very sweet and lovely.

Soon, the staff informed us that it was time for the children to have their lunch, so we bid them goodbye. The head of the institution told us that they are differently abled children. Though their brains are not fully developed, they are very talented and keen observers. We felt grateful to God for blessing us with good health and proper brain development. We learned many valuable lessons from this visit. We returned to school around 12:30 p.m. We sincerely thank our principal, class teacher, and SS sir for giving us this wonderful opportunity to visit the school and meet the children.

It was a great day, and I thank Almighty God for giving us everything we need and for providing us with utmost care.

A Day of Inspiration at Grama Jyothi Special School



Tom Jacob
IX A



When our class visited Grama Jyothi Special School in Nedumangad, we were greeted by a large white building that radiated warmth and hope. At the very beginning, we would like to express our heartfelt thanks to our school, for giving us the wonderful opportunity to visit this remarkable institution. From the very first moment, we could sense that this was not just a school, but a place where joy and resilience thrived.

Inside, the walls were alive with creativity — drawings pinned on notice boards told stories of imagination and talent. As we walked through, we witnessed the happiest moments of the children, their laughter and energy filling the air.

The day was filled with music and sharing. One of the boys sang a beautiful song that touched our hearts, while some of the students from my class performed a patriotic song with pride,creating a bond of harmony between us and the students.

We also had the privilege of listening to Justin Sir, who shared insightful words that encouraged us to value empathy and perseverance. Our own teacher spoke about great personalities like Thomas Alva Edison and Stephen Hawking, reminding us how determination can overcome challenges.

The Principal of Grama Jyothi School then addressed us with heartfelt words, sharing the experiences of the students and the vision of the institution. His speech reflected the dedication of the staff and the love that guides every child's journey here. We even visited the physiotherapy section, where we saw how the school supports the physical development of its students alongside academics.

The students of Grama Jyothi School also showcased their creativity by making candles in different shapes, such as colourful Christmas trees and cubeshaped designs. These candles were prepared for selling, reflecting both their artistic talent and their effort to become selfreliant. We were delighted to support them, and each of us bought candles to take home — a small way of appreciating their hard work and creativity.

By the end of the visit, we all felt a deep sense of happiness and gratitude. It was more than just a school trip — it was a lesson in compassion, resilience, and the true meaning of education. Grama Jyothi Special School showed us that every child has a spark, and with the right care and encouragement, that spark can shine brightly.

Visit to Water Purification Plant - Aruvikkara





Visit to Soil Museum







ZERO CARBON SEED BALL MAKING PROJECT

As part of the Kerala Forest Department's multi-pronged strategy of eco restoration addressing man-animal conflict and climate change.





വായനക്കളരി

മധുരം മലയാളം പദ്ധതി, മാതൃഭൂമി



കേരള കൗമുദി

എന്റെ കൗമുദി പദ്ധതി



THRIVE

Growing Together, One Step at a Time





A SESSION ON 'PACE TECHNIQUES AND BODY LANGUAGE'

Ms. SONALI PRADEEP
Clinical Psychologist &
Remedial Therapist





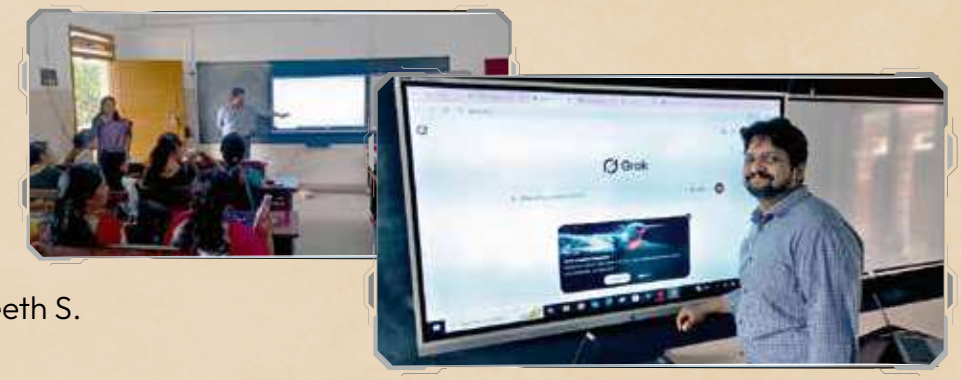






AI WORKSHOP FOR TEACHERS POWERED LEARNING

Mr. Navaneeth S.









Orientation for the Quiz Club

Thamanna Hari
Former Head Girl 2022 -23

42ND ANNUAL ATHLETIC MEET



Gopika A. Sivakumar (XII A)
Sports Captain



"Where determination meets dedication, champions are born"



Sports Day is a celebration of energy, enthusiasm, and the true spirit of sportsmanship. The 42nd Annual Sports Day of our school was inaugurated with great enthusiasm and splendour by the Chaplain, Rev. Mathew K. John, in the presence of Principal, Dr. Lizu Verghis. His inspiring presence and encouraging words added grace and motivation to the occasion. The entire programme was meticulously planned and conducted under the able guidance and efficient leadership of our PE Teacher Smt. Sindu, whose dedication and tireless efforts ensured the smooth and successful execution of the event.



The events commenced with the track competitions, which included the 100 metres and 200 metres races, setting an energetic and competitive tone for the day. This was followed by the field events, with the discus throw being the first among them. Each event was conducted in a systematic, well-organised, and disciplined manner, ensuring fairness and smooth coordination. The students participated with great enthusiasm, determination, and true sportsmanship, making the competitions lively and memorable.



After the completion of all the events, the Individual Championship winners were announced amid great excitement and applause. In the Kids Section, Achyuth Vinay and Medha Rajeev emerged as the champions, while in the Sub Junior



category, the titles were secured by Alan S.Edwin, Aaziya Sulthana, and Vedha Siddi. The Junior Individual Championship was won by Athul S. R. and Diya, and in the Senior category, Ishan Shaji, Gopika A. Sivakumar, and B. S. Sreya were declared champions. The announcement of the winners added to the joy of the occasion, celebrating the dedication, determination, and excellent performance of the young athletes.

The Overall Championship was proudly won by Yellow House, showcasing exceptional performance and team spirit. Green House secured the position of First Runner-up, while Red House achieved Third place, making the competition both thrilling and commendable.



The closing ceremony was gracefully led by Mr. George Joseph, Treasurer, who congratulated the winners and warmly appreciated the sincere efforts of all the participants, teachers, and organisers. The event concluded on a joyful and memorable note, leaving behind cherished memories and inspiring everyone to strive for excellence in both sports and life.With hearts filled with pride and motivation, we look forward to an even more vibrant, energetic, and successful Sports Day in the coming year, hoping to witness greater participation, stronger determination, and many more remarkable achievements.























Students qualified for the semi finals



Students qualified for the finals

B-TAG Spell Olympiad 4.0

"Tomorrow to fresh woods and pastures new."



Aaron A. Lal, V A
CONSOLATION PRIZE (CATEGORY 4)



Participation Award for the school



Avanthika A. V., VI A
SPECIAL JURY AWARD (CATEGORY 4)

B-TAG Spell Olympiad 4.0 witnessed enthusiastic participation from over 2,000 students across India, who competed at the national level through both online and offline modes.

From our school, eight students qualified in the preliminary round and seven advanced to the semifinal round. In the final round, **Avanthika A. V. (VI A), Aaron A. Lal (V A), Ananya M. Nair (III A)** brought laurels to the school by securing prizes.















Inter School Quiz Competition on

" Climate Change and The Environment"

at Loyola



SRISHTI 2K25

Conducted by Saraswathi Vidhyalaya



Afrah Nahas
XI D







The gates of Srishti 2025 opened to a sea of vibrant costumes, the distant sound of tuning guitars, and an energy that can only be described as electric. As one of the premier interschool cultural fests of the year, Srishti has always been a platform where talent meets grit. This year, our school contingent arrived with a mission, and after a day of intense competition, we proudly brought home two third-place trophies in the fest's most high-stakes events: Facere (the live fashion design challenge) and Euphony (the battle of the bands).

Facere: A Five-Hour Race Against Time

In the design wing, the atmosphere was a stark contrast to the festive mood outside. It was a zone of absolute, high-stake focus.

As one of the designers representing our school in the Facere event, I felt the weight of the challenge the moment the clock started. We were given exactly five hours to execute spontaneous couture construction—building three complete runway looks from scratch based on the legendary and difficult theme: "Swan Lake."

The clock was our greatest enemy. While the world outside moved at a normal pace, our team was a blur of activity—sketching, draping, and structural pinning. We had to bring three distinct characters to life using nothing but raw materials and our imagination:

The White Swan: We aimed for ethereal grace, using textures that captured light and suggested a sense of weightlessness.

The Black Swan: This required a shift into the avant-garde, focusing on sharp silhouettes and a dramatic, commanding presence.

The Dual-Neck Swan: This was our "showstopper." It was a structural masterpiece that required us to think like architects as much as designers, creating a silhouette that was both surreal and striking. As the final minute approached, the frantic sound of scissors was replaced by a sense of quiet pride.

Watching our three models glide onto the runway, embodying the grace and drama of the "Swan Lake" theme, was a moment of pure magic. When the judges announced our school for third place, it was a validation of every frantic decision made in those five hours.

Euphony

Karma took the stage while we were submerged in the world of fashion, the auditorium was shaking under the power of Euphony. Representing us this year was our very own band, Karma. The Battle of the Bands is always a crowd favourite, and this year the competition reached a fever pitch with some of the best musical talent in the region. Karma took the stage with a confidence that radiated through the room. The chemistry between the members of Karma was undeniable, holding the audience captive until the final note faded. Their hard-hitting performance earned them a well-deserved third-place trophy, cementing their reputation as a musical powerhouse.

The Spirit of the Fest

Srishti 2025 featured a wide array of events, from literature to the performing arts. Our students participated across the board, showing up with heart and hustle in every category. While we celebrated our two major podium finishes, the real story of the day was the collective effort of the entire contingent.

ENVIRONMENT EDUCATION PROGRAMME

Where classrooms are equipped to provide experiential learning through nature and hands-on activities.

Cloth Bag Making





Herbal Garden





A ROYAL EVENING AT ST. THOMAS
42ND ANNUAL DAY CELEBRATIONS



Niranjanesh S.L. (XII D)
Head Boy

Usually, by the time of evening, energy levels start to dip, bags are packed, and it's time to go home. But for St. Thomas Higher Secondary the evening of November 29th was when the whole school woke up.

If you weren't there in the Dr Joseph Mar Thoma Auditorium that night, you missed the kind of electrifying vibe that no camera can ever capture because, once the lights turned on for our 42nd Annual Day, everyone knew it was going to be a night to remember.

And the vibe never matched that energy again, at least not for a while, until our Chief Guest walked through the doors. It is not every day that you see a member of the Travancore Royal Family walks through the same aisles as us. His Highness Avittam Thirunal Adithya Varma was escorted to the auditorium by our Principal, Dr. Lizu Verghis, Head boy and Head Girl and to be honest, he was never what we expected.

We expected someone distant or intimidating. Instead, we met a man of quiet dignity and surprising humility. For a man with ancestry to Kowdiar Palace and relations with the Sree Padmanabhaswamy Temple, he was a man easy to talk to and learn from as a peer.



As the auditorium settled down from chatter into silence, the school choir finally took center stage in opening us up with a prayer song that was pitched so perfectly that it pressed the 'reset' button on the day, preparing us for what was to come.

From there, our Head Boy, Niranjanesh S.L., welcomed everyone present,addressing the audience with a warm and articulate Welcome Address before opening up the Lighting of The Lamp Ceremony.



In a true display of the St. Thomas's spirit, the flame was passed across every level of our school family, from the Chief Guest and Society members like Dr. Rajan Varghese the Secretary and Shri George Joseph our Treasurer, to the PTA representatives Shri Ali Afsal and Smt. Soniya Harrison, and finally, to the student leaders themselves.



When it was time for our Principal Dr. Lizu Verghis to give the Annual Report, it was a testament to a year of achievements and milestones. But the highlight of the formal session was undoubtedly the Inaugural Address by His Highness.

We expected a boring, formal speech. But instead, what we got was one straight from the heart. He told us about his own childhood and student life. Little did we know that behind the bling of royalty, he was a man just like us, who struggled along the way. But then he dropped a serious reality check. He was talking directly to the parents and asked them to take charge. Drug peddlers pervade society wanting to infiltrate schools and target easy victims like school-aged children. For every adult in that room, it was a pin-drop quiet moment.

Once awards were handed out and the "stars of the day" shone bright, the Vote of Thanks by our Head Girl Sraddha S. was a perfect initiative to formally end proceedings and thus ended the formal session.

And then? The formality faded away.

This is where the cultural program went into full dopamine drive.

The stage was a riot of colors and sounds. We're talking hard-hitting dramas, songs that resonated within walls, dances that would've gotten the audience up on their feet. It was energetic, it was loud, it was wholesome. This was a sign that St. Thomas was so much more than an institution of books and exams, it's about the talent that explodes when you give students a stage.

As the final applause faded, the vibe wasn't just "good job." It was a collective feeling of pride. For a few hours, the students, parents, staff, and alumni were all on the same wavelength.

The 42nd Annual Day wasn't a "function"; it was a wholesome reminder of why we call this place "Home".


















Echoes of a remarkable year

















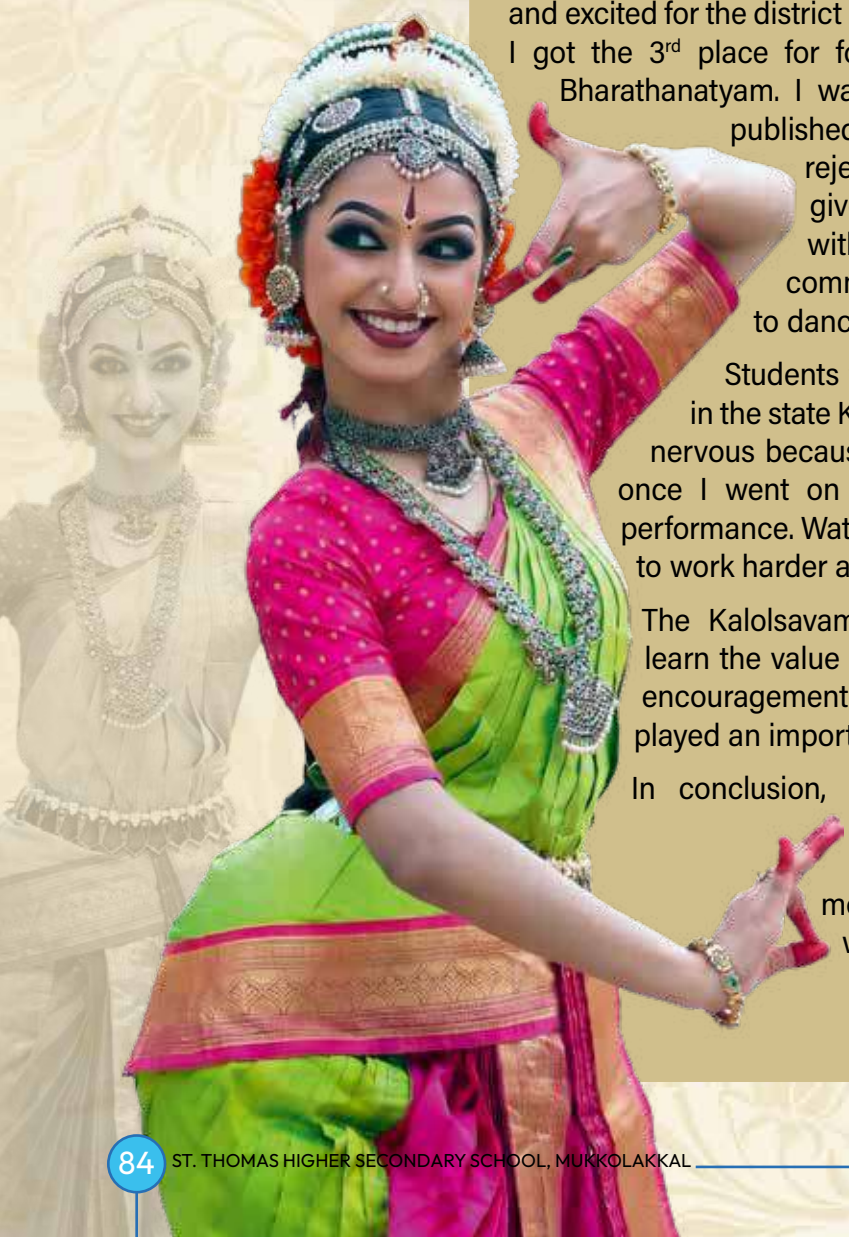


My journey to the 64th State Kalolsavam



The Kerala School State Kalolsavam is one of the most prestigious cultural festivals for students in our state. I had the great honour of participating and showcasing my Kuchipudi. I had to endure a lot to get to the 64th state kalolsavam in Thrissur. And it turned out to be one of the most memorable experiences of my student life.

My journey to the state started at the school level, like always. I got 1st in Bharathanatyam and folk dance, and got direct entry into Kuchipudi for the sub-district-level competitions. At the sub-district competitions, I got 1st in Bharathanatyam, folk dance, and Kuchipudi. I was really happy and excited for the district competition. At the district level competitions, I got the 3rd place for folk dance and kuchipudi and A grade for Bharathanatyam. I was really sad and agitated with the results published. I went for an appeal, and the committee rejected the appeal. And I was not so ready to give up on this, so we decided to move forward with the appeal sanctioned by the child's rights commission of Kerala. With that, I got my chance to dance at the 64th Thrissur State Kalolsavam.



Students from different districts of Kerala participated in the state Kalolsavam. Before my performance, I felt very nervous because it was a state-level competition. However, once I went on stage, I felt confident and gave my best performance. Watching other talented participants inspired me to work harder and improve my skills.

The Kalolsavam also helped me make new friends and learn the value of discipline, hard work, and dedication. The encouragement and support from my teachers and parents played an important role in my journey.

In conclusion, participating in the Kerala School State Kalolsavam was a valuable and unforgettable experience. It increased my love for art and motivated me to achieve more in the future. I will always cherish these memories forever.

Jewel Mariya Abraham, IX A

Shri. Biju Paul

Christmas Celebration

















Where love glows Brighter than lights...!





HOW RELIGION MADE ME AN ATHEIST



Adithyan P.
XI C

Religion has been an important part of human life for centuries. It has offered people hope, comfort, and moral direction, especially in times when knowledge about the universe was limited. In many ways, religion can be seen as humanity's earliest attempt to explain existence—long before laboratories, equations, and telescopes existed. Stories and beliefs helped people make sense of the unknown. However, as human understanding expanded, this same system of belief began to invite deeper questioning.

From an early stage, religious ideas are often presented as unquestionable truths. Yet, a closer examination of world religions reveals a striking pattern. Across different cultures and regions, religions attempt to answer the same fundamental questions—how the universe began, why humans exist, and how life should be lived—while offering vastly different and often contradictory explanations. From a rational perspective, this raises an important issue: if truth is universal, should it depend so strongly on geography, culture, or birth?

This contrast becomes even clearer when religion is compared to science. Scientific knowledge is built on observation, experimentation, and revision. It accepts uncertainty and treats questioning as progress. Religious belief, on the other hand, often relies on faith—acceptance without evidence—and may view questioning as doubt rather than inquiry. When curiosity is limited, the human mind naturally seeks understanding elsewhere, guided by reason and logic.

The relationship between morality and religion also invites reflection. While religion is frequently credited as the source of ethical values, observations of society suggest otherwise. Kindness, empathy, cooperation, and honesty exist across religious and non-religious communities alike. Research in psychology and sociology indicates that moral behaviour develops through social interaction, empathy, and an understanding of consequences—not necessarily through divine instruction. This challenges the idea that morality requires belief in a higher power.

Scientific advancements further reduce the need for supernatural explanations. Concepts such as evolution, natural selection, and cosmology explain complexity through natural processes rather than intention or design. The universe appears to function according to consistent laws, not divine preference. Rather than diminishing meaning, this understanding place greater responsibility on humans. When actions are not guided by fear of punishment or hope of reward, ethical choices become more deliberate and sincere.

In this context, atheism does not emerge as rebellion or rejection, but as a conclusion reached through comparison, evidence, and honest reflection. It is not the absence of values, but a refusal to accept claims without sufficient reasoning. Interestingly, religion itself often initiates this journey—by offering absolute answers that, when examined closely, lead to even deeper questions.

For those willing to move beyond inherited belief and intellectual comfort, atheism offers something subtle yet significant: the freedom to think independently. Not certainty, but clarity. Not obedience, but responsibility. And for a mind shaped by inquiry and evidence, that freedom does not feel empty—it feels necessary.

Althea



Rhyah C.
XI C

In the twilight of life's fleeting breath
Let memories be the final death
Not dreams that fade like morning dew
But moments lived, forever true
Die with the weight of love and light
Not the ache of longing, endless night
Let the stories of your heart be told
Not the shadows of dreams that grow old
For memories are the legacy we leave
A testament to the life we breathe
So let them be the final, fading ember
Not the ashes of dreams that never surrender





Harikrishnan K.
VII A

Brothers

My brothers are chaos wrapped in a smile,
Trouble follows them mile after mile.
They fight for snacks, they fight for the phone -
Then team up together to blame me (unfair!)
One steals my charger, one hides my shoes,
Both swear loudly "We didn't! Not true!"
They prank like professionals, laugh like a storm
Yet somehow pretend they're perfectly normal
But when life gets tough and things go wrong,
These two jokers suddenly turn strong.
Annoying? Yes. But I'll gladly confess -
Brothers are madness, but priceless not worthless!

Book Review

A Good Girl's Guide to Murder

Written by Holly Jackson

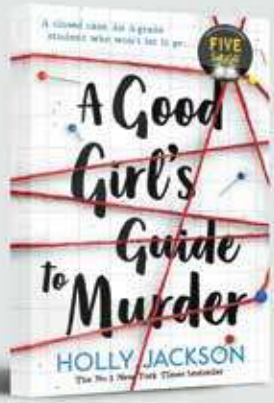


Himagouri T.
IX A

No. 1 best selling author, Holly Jackson's book "A Good Girl's Guide to Murder" is a mystery book with a subplot of thriller.

This book is based on a girl who died 5 years ago and was allgedly murdered by her boyfriend, Sal Singh. This is what everyone in the town believed, until one day when Pippa Fitz Amobi reopens the case as her school project. She does this because she does not think its Sal, neither does his younger brother Ravi. They both team up together to uncover secrets to be hidden forever. that were meant A Good Girl's Guide to Murder' has many unexpectable plots.

This book is part of triology of the same author. When I read it, I could not even put the book down! it is One of the best books I have read.



The Midnight Dream



Avanthika A. V.
VI A

It was midnight. I was cleaning the attic because I was not sleepy. Suddenly I saw an old cupboard that looked like it's 10 years old. But I had a curiosity to look inside. I went closer and closer. I bravely opened the cupboard followed by some clouds of dust.

The cupboard was filled with so many moments and memories since the last 10 years. The objects were familiar to me except a mysterious looking box... an emerald box!

As I admired the green glowing light emitted by the box, I saw some glittering words saying "what's the stone of beauty and charm, that emits blood light which is very rare?"

"Hmm... The stone that emits blood light?" I whispered and thought for a moment.

The box suddenly opened and intense light came out. The box started pulling me inside. After a long time I found myself under a tree.

" Where am I? What's going on? " I asked.

Suddenly, I saw a beautiful world with ponds filled with crystal clear water pathways made of Rubies , floating wooden huts inhabited by elves and diamond mountains.

"How gorgeous!" I whispered under my breath. I looked above and saw a golden dot but I was too busy observing the trees that looked like sculptures. The dot came closer and closer. And it hit the ground.

Then I realised that it was not a dot it was a Golden Dragon!

"What's your name? Who are you?" I asked with fear.

The Dragon said , "My name is Victoria Quartz, I am the third Royal Dragon of Joy stone Kingdom, welcome!

She said with a kind smile

Then I somehow woke up by the alarm.

I wondered, " Oh it was just a dream…. but a wonderful dream! "

MY DUBAI Trip



Anagha S. Arun
VIII B

I recently travelled to Dubai for a 15-day family vacation. We stayed in Ras Al Khaimah, one of the quieter and most beautiful part of emirates. The purpose of the visit was to spend time with family and to explore the beauty of Dubai.

Our days in Ras Al Khaimah were peaceful and refreshing. I enjoyed the calm atmosphere, clean roads, and beautiful views of the mountains. We spent time at the beaches, where the soft sand and gentle waves made beautiful afternoons. One of the most unforgettable experiences was visiting "Jebel Jais", Dubai's highest mountain. It is the coldest place in Ras Al Khaima. Also, the mountains in Jebel Jais were like the pyramids of Egypt. The winding drive offered stunning views, and standing at the top felt like being on the edge of the sky.

We also took short trips to other parts of the UAE, including Dubai and Abu Dhabi. Seeing the modern high buildings, shopping malls, and famous places like the Dubai Frame and the beautiful, luxurious, and elegant tallest building in the world, "Burj Khalifa". It was a memorable experience. Also, we went to the Dubai Mall. It was a huge mall. Through the Dubai Mall, we went to Burj Khalifa. There was a very nice water show also conducted at that time. It was a proud moment in my life. When we entered the Dubai Mall, we were happy and excited, but after some time, we got stuck there and searched for the exit door, and we also went the wrong way. It was really a funny moment. We were stuck there for at least one hour searching for the real exit. The sad thing is that we missed visiting the Sheikh Zayed Grand Mosque. Also, we went to two temples. One was in Dubai and one in Abu Dhabi. The temples were so historic and futuristic. The Abu Dhabi temple (BAPS Temple) was bigger than the Dubai Mandir. The temple was made up of carvings from the story of "Mahabharata."

Later, we went to the desert. It was also one of the greatest experiences in life. Desert Safari was also conducted, and it was so adventurous. After the Desert Safari, we went to interesting games, camel riding also. At night we ate a lovely and yummy dinner with a fire dance.

But what made the trip special was the time spent with my family. Sharing meals, cooking together, talking late into the night. Whether we were relaxing at home or exploring new places, each moment was beautiful. This trip was an unforgettable holiday in my life.

THE 2 PENGUINS



Ananya M.Nair
III A

Once upon a time there lived two little penguins. One's name was Bobby and the other's name was Toby. One day they argued about a toy. Later that day, they saw something in the garden – two birds playing happily. When they saw them they got reminded of themselves. And they both apologized and played with the toy. They learned that sharing with others is more fun than playing with it all by yourself.



Everyone Has a Dream



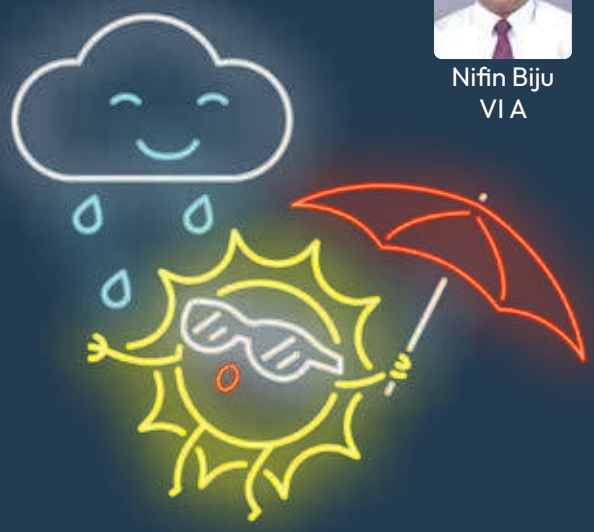
Everyone says the sky is blue,
But when I look up, I see pink too
A softer shade, a hopeful glow,
A secret dream I've always known.
It turns pink when the sun goes down,
Painting clouds like a glowing crown.
I smile then, because deep inside,
I feel my dreams begin to fly.
The sky is pink when I close my eyes,
When planes dance softly through my skies.
I picture myself high above,
With steady hands and wings of love.
One day I 'll fly where the pink sky stays,
Chasing dreams through endless days.
The world below, my heart so light-
Because I believe the sky is pink.

Parvathy Sabarinath
VII A

FRIENDSHIP BETWEEN SUN & RAIN



Nifin Biju
VI A



I woke up and looked at the sun
Suddenly one by one clouds formed
At last the leader cloud came
And hid the sun
I looked at that amazing formation!
Suddenly the rain drops came to the land
Then I saw rain drops falling over the - land
Like ants taking food particles,
I looked at the sky and I saw
The rain drops became less and less
And suddenly the rain stopped.
And came the sun as a friendship
Between sun and rain.



Nora Ann Jose
IV A

Martin, the Engine, Goes Off Track



Martin was a train engine. He went on the same track everyday for many years. One day Martin felt bored. When the trees fell asleep , Martin left the track and ran into a field. The ten boggies behind him followed.

Martin was happy running in the field. But the driver and people were trying to stop him.After a while Martin got tired. He looked back and was shocked . The field was ruined and the people were angry with him.

After that no one wanted to ride the train with Martin. They were scared that he may go off track again. Martin lost his job. He was moved to a train shed where he sat alone covered in dust and cobwebs.

My Favourite Cartoon Character

SONIC THE HEDGEHOG



Adil Ryan Ajeesh
II A

My favourite cartoon character is Sonic the Hedgehog. He is also known as the Blue Blur. He is blue, fast, and very brave. Sonic can run faster than a rocket! He always helps his friends and fights bad people like Dr. Eggman. I like his red shoes and his cool smile. He doesn't like mushrooms. Sonic is kind, smart, and never gives up. When I watch him, I feel excited and happy. I wish I could run fast like Sonic one day!



Why?



Mia Marian Jeevan
VI A

Why are we harassing the nature?
The more we threaten her, the more we suffer.
Look at the ocean, ponds, rivers and our lakes
They are crying because of us.
Cutting down trees,
Turning all the land into big buildings.
It's mother nature who created it all
Remember the more we protect
The more we are embraced
We can't expect,
How mother nature will react?
But one day,
The mother nature will be more beautiful
Than you imagine
But only if you wish
Dreams do come true.





Aadhilakshmi R. S.
IX A

My Dream



I have a dream,
You have a dream,
Everyone has a dream.
Follow your dreams.
Every minute,
Every hour,
We have dreams.
Follow your dreams.
I want to be a traveler,
I want to do it,
I will do it.
Follow your dreams.
I have a dream,
You have a dream,
I don't know your dream.
Follow your dreams.



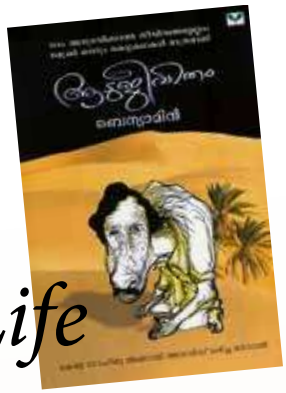
Zama Fathima M A
VIII A

A REAL FRIEND

A real friend walks beside your way,
Cares for you every day.
With a kind heart, honest and true,
She proves her friendship through and through.
When problems rise and times are hard,
She gives support, she stands like a guard.
She never laughs at your pain or fear,
Because her loyalty is sincere.
Treat her gently, choose words with care,
Don't wound her heart without being aware.
Open your mind, let feelings flow,
She'll understand more than you know.
Your secrets rest where trust is deep,
Safe in her heart, forever to keep,
Remember those who helped you grow,
True friends are precious, this you should know.



Rishikesh R.
XI C



Review of *The Goat Life* by Benyamin

The Goat Life, or Aadujeevitham in Malayalam, is a heartbreakingly tragic but real novel by Indian writer Benyamin, and it's based on an event that unfolded in reality. It's about Najeeb Muhammed, who's just a regular, religious man from a small town in Kerala. He wants to make life better for his family by working in the Gulf, and the story is set in the early 90s.

Like lots of folks from his area, Najeeb goes to Saudi Arabia hoping for a good job so he can send money home. But his dreams get crushed fast. When he gets there, he gets tricked and dragged into the desert by an unpleasant Arab man who makes him his slave. They take his passport, phone, everything – and he ends up all alone, stuck herding goats in this huge, awful desert.

The book throws you right into Najeeb's terrible new life: days of crazy heat, being hungry and thirsty all the time, getting beat up, and just being totally alone. The goats and camels are all he has. He starts to lose track of time and who he is. Sometimes, he feels more like a goat than a person. The book really makes you feel the pain and hopelessness he goes through.

The writing is what makes this book so good. Benyamin keeps it simple, which makes Najeeb's life seem even more depressing. But even when things are awful, the book still talks about hope, faith, and how strong people can be. Najeeb thinks about his wife, his baby that's coming, and his home, and that's what keeps him going when he's stuck there.

Things change when Najeeb gets desperate and tries to escape through the desert. It's super tense, and it feels like he's finally taking charge of his life again.

The Goat Life is great because anyone can relate to it. It's about one guy, but it brings up bigger issues – how migrant workers are treated, modern slavery, and how workers get used in Gulf countries. It shows you the bad side of people going to other countries to work, where they think they'll have a better life but end up getting hurt.

Success Secrets



Niranjana D. P.
VIII B

We are living our whole lives in rooms : drawing room, bedroom, classroom, prayer room...
But have you ever noticed the secret components of success hidden in the rooms ??
I will list it for you,
Incase you haven't noticed.
Roof - Teaches us to aim high
Clock - Teaches us that time is precious.
Fan - Teaches us to be cool.
Window - Teaches us to look outside of us and learn.
Calendar - Teaches us to be up-to date
Mirror - Teaches us that life is nothing but a reflection of our decisions taken.

RIDDLE



Daksha A. S.
II A

I am a celebrity fish. What am I?

Star fish

I shoot but never kill. What am I?

A Camera

What goes up and never comes down?

Your age

What has teeth but can't bite?

A Comb

What type of dress can never be worn?

Address

What has legs, but cannot walk?

Table

Which table does not have legs?

Vegetable

What has to be broken before you can use it?

An Egg

What can you catch but not throw?

A Cold

I am a room you can't enter or exit?

Mushroom



Abinav S.V.
VIII B

Time is a Gift



Time is a gift we get each day,
It slips so quietly away.
Tick by tick, it moves so fast,
Moments present soon are past.
Use your time to read and grow,
Plant good seeds and help them grow.
Time well used brings joy and cheer,
Building dreams year after year.
Waste no time in hate or fear,
Kindness makes life bright and clear.
Value time in all you do,
Time will surely value you

The Nature



Dakshina Gawri S. R.
VII A



God gave us a beautiful nature
We all live in nature.
Nature give us a wonderful life,
We must save nature.
In the morning,
I hear the birds sing.
The dew drops shine on the leaves.
And laughs at the sun in the east.
At night, the moon follows me
And I follow him.
The stars twinkle,
And I look at them in wonder.

Shattered Dreams



Neha S.A.
XII B

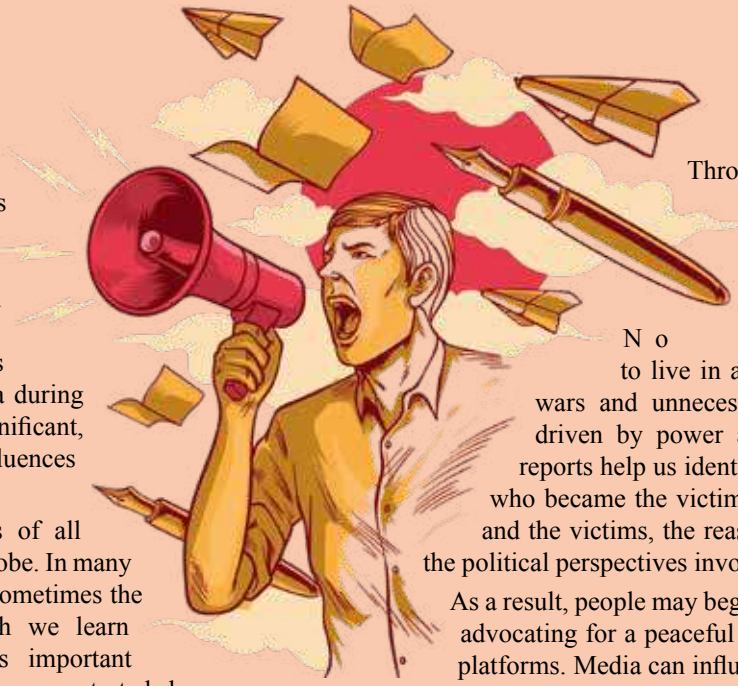
Though she didn't know what she was seeking for,
She still held on.
Though she couldn't embody her own existence,
She still feigned an adorning smile.
As sublime as a lie beneath the willow,
The charade of hers was worth intertwining.
The scar that mirrored her guilt, lingers
As to paint over the ceaseless shadow within.
Just like the endearing story she brought to life
The immortal went on.
Just as she grasped the zenith
The fate she was bonded forever, wrenched her into the void.
As the marionette dances, not to her story
But to the tale drawn by a million hands.
Beckoned by the pain from the sinking blade---
As a gentle petal veiled in heavy iron-red.
Even the umpire couldn't decide
Whether to anchor or drift….
Ensnared in the cage of gazing souls,
Would the love embrace her?
Have the wings of time betrayed her?
Like the wanderers in her realm.
Leaving her undazed---
Has the bell chimed twelve again?
The ember of the sky had faded,
Yet she stood there, between the heaven and earth.
The eternal slumber had come for her,
Yet she chose to stay, holding a forget-me-not……..

MEDIA IN TIMES OF WAR

Informing or Influencing



Sraddha S.
XII A



Media is one of the most important forces influencing human affairs. It helps us stay aware of events happening around us and keeps everyone updated about current issues in society. The role of media during times of war is especially significant, as it both informs and influences public opinion.

The media reports on wars of all kinds occurring around the globe. In many cases, it is the easiest—and sometimes the only—source through which we learn about conflicts. It provides important information such as when the war started, how it began, who is involved, and what peace efforts are being made. Through its coverage, the media shapes our understanding of war and its impact on society.

Media plays a vital role in keeping us alert, especially during times of war. If we are citizens of a country involved in a conflict, important information such as alert systems, government orders, refugee camps, safety precautions, and military updates becomes known to us mainly through the media, especially social media. Therefore, the role of media in disseminating information during critical times is extremely important.

Protests against the war, peace efforts, and treaties are also made known to the public through the media. If someone wishes to express support or opposition to a war, their views can reach a wide audience with the help of media platforms. In this way, media provides a space for public opinion and discussion.

The suffering of people in war-affected areas is also brought to light through media coverage. As a result, many individuals and organizations are moved to offer help and support. The stories of those who have suffered, lost their loved ones, or survived the war become known to the world through the media, encouraging compassion and humanitarian assistance.

The media directly and indirectly influences people by showing the losses caused by war and presenting opinions and comments about it. Conflicts such as the Russia–Ukraine war, the Israel–Palestine conflict, and the ongoing Israel–Iran tensions are examples of how media coverage shows the conditions of war and the losses each country has had to bear. Through such coverage, people often develop sympathy for those who suffer the greatest losses and feel that they deserve justice.

No one in this world wants to live in a society filled with frequent wars and unnecessary conflicts, except those driven by power and selfish interests. Media reports help us identify who initiated the war and who became the victim. We learn about the victors and the victims, the reasons behind the conflict, and the political perspectives involved—all through the media.

As a result, people may begin protesting against war and advocating for a peaceful world using the same media platforms. Media can influence our thoughts, shape our attitudes, and affect how we respond to global events. It can also strengthen feelings of patriotism and unity during difficult times.

Therefore, we cannot deny that media plays a crucial role in influencing people during times of war. It significantly shapes public opinion and impacts how society reacts to conflict.

During times of war, the media plays two major roles: informing people and influencing them. Both roles are equally important, because the media shapes our understanding by the very act of informing us. There is a quote that explains the tragedy of war very well: “The war will end, the rulers will shake hands. The woman will wait for her brave husband, the children will wait for their father, the old mother will wait for her martyred son. I don’t know who started the war or who sold our land, but I saw who paid the price.”

In war, no one truly wins. Everything is lost, and the world gains nothing. When we read about the enormous costs of war in the media, we realize that all that money, effort, and energy could have been used to protect resources and build a better world instead.

We all dream of a war-free world, and in my opinion, the media contributes around 40% to this effort. It reminds us of our past struggles for peace and motivates us to work harder for a better future.

The media’s role during war is extraordinary. It may make mistakes, but we cannot imagine a world without it, especially during conflict. That is what makes its role so powerful—it both informs and influences, without any doubt

●

Social Media:
A Boon or Bane for Teenagers?



Akshay Rajesh
XI C

Social media isn't just an app on a phone today. It's a part of the daily life of a teenager. From Instagram reels to snapchat streaks to WhatsApp groups and YouTube shorts, social media has become a virtual hangout spot. Yet the big question remains: is social media a boon or bane for teens? The answer lies somewhere between a double tap and a swipe away.

Social media has helped teenagers express themselves. A single post can spread ideas, creativity, and awareness across the world. Talented teens showcase their art, music, writing and even their small businesses. Educational pages, study tips and career guidance are now just a click away making sure that learning never stops at the classroom door. It helps them stay connected with their peers even after the school bell has rung. For many teens social media provides support, motivation, and inspiration. There is also a fun factor for social media. The memes after a stressful exam, reels that make us laugh at midnight and trends that bring people together. It can become a really great stress buster at times.

However, every coin has two sides. Social media can slowly turn from entertainment to addiction. The endless scrolling eats into study time, sleep and even conversations. Five more minutes turn into an hour pretty easily. The pressure to look perfect for social media with filtered photos and unrealistic lifestyles can affect the self-confidence of a teenager. Teens start measuring their worth in likes and followers forgetting that real value cannot be counted in numbers. Another serious concern while using social media is cyberbullying. Hurtful comments, trolls and rumours spread faster than kindness. Privacy issues and oversharing also put teens at risk.

So is it a boon or a bane? The truth is that social media is neither good nor bad it is dependent on how we use it. In the hands of a mindful person it becomes a powerful tool to learn, create and connect. In the absence of control it becomes a source of distraction and stress. Balance is the key to using social media wisely. Using social media without letting it use us. Following positive content, setting time limits, taking breaks and remembering that life exists beyond the screen can help us use social media wisely.

As teens who stand at the crossroads of technology and growth the choice is ours. Used wisely, social media can truly be a boon, lighting the path to opportunity, expression, and connection because in the end, technology should support our lives not replace them.

Sunset

The Hour That Sea Shines...



Serah Arun
VII A

The sun comes down,
With some frown
The waves buy it
With their wit.
All birds fly,
In the endless sky.
The waves all dance
Even if I see it once.
We love the nature ,
The calm mother's nurture,
From Oceans who are pure
Like medicines which cure
Some flowers bloom
But everything gloom
Golden hues decent
Awaits day's soft end.
For time flies to night
Giving us some fright.
Stars begins to shine
In night's peaceful design
Now shadows start to creep
And dreams start to seep.

THE TEACHER WHO COULD MAKE US LAUGH

Every morning, she walks in slow,
A twinkle in her eye, a cheerful glow.
She asks a question, we frown and stare,
Then bursts out laughing; we stop and stare!
She dances a little, makes faces so funny,
Even math and grammar feel sweet as honey.
Tests seem lighter, lessons take flight,
Her jokes turn even Monday bright.
We scribble, we giggle, we try to behave
But her laughter is magic we all care.
Oh, teacher, with your cheerful way,
You turn ordinary school into a play!



Aarushi Ann Sam
IX A



You

Your eyes, like coffee kissed by light,
Deep and warm but burning bright
A single glance and I am lost;
Like waves that drift where winds have crossed.
Your lips so soft like petals fair,
I lose myself just standing there.
They curve into that perfect smile,
A spell that lingers all the while.
Your smile , Oh! How the heaven's pause,
Light spilling from your perfect gaze.
Like dawn that wakes the sleeping world,
Or moonlight tracing every space.
Your hands , so gentle yet so strong.
I swear that's where my fingers belong
You are fairy tale in golden hue
A magic , A dream come true.



Sharon Mathews Fernandez
XII B

WHO AM I?



Seona Edwin
II A

- I am the biggest land animal
  I have long trunks and big floppy ears
  I love to splash water and eat bananas
  My young one is called calf
  Who am I?
  Answer- Elephant
- I can be red, blue, yellow, or green
  I float up, in the air
  Hold on tight, or it may fly away
  Who am I?
  Answer-Balloon
- I start as tiny eggs
  Then I become caterpillars
  I eat leaves, rest inside a cocoon
  and emerge as a beautiful creature
  Who am I?
  Answer-Butterfly
- I shine when the sun goes to sleep
  Sometimes I look like a ball, and
  sometimes like a banana
  The stars twinkle all around it
  Who Am I?
  Answer-Moon

The Unexpected Trip



Devakrishnan K.
VII A



It all started while I was watching TV. My big brother burst in suddenly and asked me to go on a trip with him. The proposition was an unexpected one, for usually my brother does not let me hang out with him or his friends. I accepted, of course, as I love travelling and also it was a rare opportunity to hang out with my brother. The trip was planned by my brother's friend, whose original plan had been to go to a set of unexplained locations earlier decided by them. The expected people for the trip were my brother's friend and my brothers (my older brother and twin brother), with the first unexpected surprise being my cousin, who showed up a day before our trip. The thing is, my older brother had already called my cousin, which I am finding out as I am writing.

The second and completely unexpected part—or a more expected part—happened when we began our journey. As we reached the slope next to our house, my brother's friend took the car with us in it, and when we reached halfway, the clutch started burning and smoking, with the smoke visible when that started. Then me, my twin, and cousin got out, and my brother and his friend somehow got the car to the top of the slope, only to discover the entire clutch had burned completely. We decided to push the car to the side and have it parked, and decided to cancel the trip and go back home.

Why Do **STUDENTS FEAR** Being **DIFFERENT?**



Diya R.
VIII A

Why does standing out feel harder than fitting in, especially in a place meant for learning and growth? Being different should be natural, but for many students it feels uncomfortable. The fear of opinions, laughter, and rejection often teaches students that fitting in is safer than being themselves.

The Fear of rejection, fear of judgement, and the pressure to fit in, silence many students as trends decide what is "cool". The fear of being judged or left out often forces students to hide their differences, even when those differences make them special. Some students still don't trust their own talents. Some still questions themselves if they are perfect or not. They think fitting in and being more similar to others is the right thing to do than standing out and being themselves. Nowadays, the quality that most of the students lack is self-confidence. They don't trust their own abilities or talents. They are more concerned about being mocked by people.

When students hide their talents and opinions, their creativity to do things will get lost. Their self-confidence weakens when they doubt what other people will think. For example, if you call a student to perform something they love on the stage, majority of them will hesitate. They do not hesitate because they doubt themselves, they hesitate because they worry about what others will think, whether they will be mocked or laughed at. They are afraid to do what they love, like singing, dancing, etc...

Being different is actually important because it allows students to be themselves. Everyone has their own talents, interests and way of thinking. When students stop hiding these differences just to fit in, they slowly gain confidence in who they are. Being different also helps students to grow, learn new things and express their ideas without fear. In the end, accepting our differences helps us become stronger and more comfortable with ourselves.

Respect other's differences. Fearing differences is common among students but hiding who we are only holds us back. The world moves forward not because everyone fits in, but because someone dares to stand out.



WHEN EFFORT TURNS INTO HAPPINESS



Thretha Jithesh
VIII B

The Youth Festival was one of the most memorable experiences of my school life. I participated in several events this year–Bharathanatyam, Hindi Recitation, Malayalam Elocution and English Elocution.

I was a little nervous while performing, but to my delight, I won second place in Bharathanatyam, and Hindi Recitation, and third place in Malayalam and English Elocution. Each competition gave me a chance to challenge myself and showcase my talents.

Bharathanatyam, being close to my heart, was a little nerve-wracking, yet it filled me with joy when my hard work was appreciated. The recitation and elocutions in Hindi, Malayalam, and English were new experiences that tested my courage, but performing in front of an audience taught me a lot. The recitation and elocutions also helped me to express my thoughts clearly and creatively.

Winning prizes in multiple categories was not just a moment of pride but also a reminder that dedication and passion always bring success. This experience taught me that even when we feel uncertain, effort and participation can bring unexpected success.

The Youth Festival will always remain a cherished memory and an inspiration to grow, learn, and shine.

പൂമ്പാറ്റ



അഭിഷേക്.ആർ
VIII A

വർണ്ണചിറകുള്ള പൂമ്പാറ്റേ
പൂവുകൾ തോറും തേനുണ്ടു
പാറിപ്പറന്നു പറന്നു നീ
മാനവർക്കാനന്ദമേകുന്നു
അല്പായുസാം നിന്നുടെ
ജീവിതയാത്രയിലും
അന്യർക്കാനന്ദം നൽകീ നീ
നിന്നുടെ ജന്മം ഹോമിച്ചിടുന്നു
നിന്നുടെ ജീവിതയാത്രയിതത്രേ
മർത്യർ കണ്ടു പഠിക്കേണ്ടു
അന്യരെ ഉപദ്രവിച്ചീടാതെ
തന്നാൽ കഴിയും ആമോദമേകി
ഒരു നാൾ വിട പറയും
പൂമ്പാറ്റയെ പോൽ
മർത്യ നീയും മാറീടൂ
നിന്നുടെ ചെയ്തികൾ മാറ്റീടൂ.

മേഘമേ നീ മഴയായി



അദ്വൈത് ആർ.
VI A

ആകാശമേഘങ്ങൾ ചിരിച്ച
നീ മഴയായി ഭൂമിയിൽ വീണ
ഉണങ്ങിയ മണ്ണിൻ നെഞ്ചിൽ
പുതുജീവനണർത്തി നീ
ഇലകളിൽ മഴത്തുള്ളികളാൽ താളമിട്ടു നീ
കർഷകമനം നിറച്ചു നീ
മഴയായി പുഴയായി കടലായി...
നമ്മുടെ നാളെയുടെ വരമായി നീ
അല്ലയോ മേഘമേ നീ മഴയായി
എന്നരുകിൽ എത്തുമ്പോൾ
ശ്വാസവും ആശ്വാസവും നീ തന്നെ-
യല്ലയോ ശ്യാമമേഘമേ ....

ജനുവരിനോവ്



ഹരികുമാർ സി.
അധ്യാപകൻ

ജനുവരി നിന്റെ നടപ്പും ഇരുത്തവും
കനലുകൊറിക്കുന്ന നേരം പുകച്ചിലും...
പകലുറുതിയിൽ സ്വയം വെന്തുഷ്ണവാതക
ഗന്ധം ചുരത്തുന്ന കരിയില വീഴ്ചയും
ജനലഴികളിൽ നിന്റെ മിഴിയൂർന്നു വീഴുന്ന
മകരം പിറന്ന ചിറകാർന്നൊച്ചയാളുന്നു...
വഴിമുട്ടിയക്ഷരം നിൽക്കുന്ന, പുകമഞ്ഞു
വരകൾമായിക്കുന്നു- ഇറയത്തുനിന്നാരിറങ്ങി നടക്കുന്നു...
അരികത്തിരുന്നോർമ്മ മൂളുന്നു – ആരൊരാൾ
വരുമെന്നുമില്ലെന്നുമില വീണു തളരുന്നു...
നരവീണ നടവഴികൾ തോരുമീ ജനുവരി
മതിയെന്നു തിരികേ നടന്നുച്ചവാടുന്നു
ഇടവഴിയിലമ്മ വിളിക്കുന്നു - പിന്നിൽ
നിനിന്നുരുളി യമ്മൂമ്മയറിവൊച്ച വയ്ക്കുന്നു...
തെറിവിളിയിലന്തി നടന്നലഞ്ഞാടുന്നു
പെരുവഴിത്തിങ്കൾ മുടന്തുന്നു – വീഴുന്നു...
പഴയ കലണ്ടറിൽ ചത്തപല്ലിക്കണ-
ക്കവധിച്ചുവപ്പാർന്ന സമര നിശ്വാസകൻ!
മാനലതിന്ന തണലുത്സവങ്ങൾ, കൊടും
മഴയിൽക്കുതിർന്ന ദിനം മാനത്തെ കോളങ്ങൾ....

അവിടെയടക്കിപ്പിടിച്ചോരു തേങ്ങലി-
ലമ്മിഞ്ഞ തന്നു വളർത്തിയ നോവുണ്ട്...
അതിലൊരുകണക്കുണ്ട് – വീട്ടാക്കടം കൊണ്ട്
പൊറുതിമുടിഞ്ഞ നിൻ പുലയാടിയക്കങ്ങൾ!
ജനുവരീ നിന്റുയുമെന്റെയും കരളിലെ
കനവിന്നൊരേ രുചി ..... ഒരുപോലെയുപ്പുചിരി !
തമ്മിൽപ്പൊരുത്തമില്ലാത്ത നക്ഷത്രങ്ങൾ തൻ
എണ്ണിയാൽത്തീരാക്കണക്കിൽ കുരുക്കുകൾ
പലകുറിയെരിഞ്ഞു കരിയാത്തീർന്ന ചിന്തകൾ!
പകുതിക്കത്തിപ്പുറത്തായ്പ്പോയ കൊള്ളികൾ
പലതായ്പ്പിരിഞ്ഞ വഴിമുക്കുകൾ കുഴികുത്തി
യൊളിവിൽ മണ്ണുമൂടിയ സംഖ്യകൾ
ജനുവരീ നീയൊരു കടങ്കഥ-യീ ഞാനും...
മതി-മതി-നമ്മളിനി സ്വയമൊടുങ്ങീടുക...

ജനലരികിലെ ചങ്ങാതി



മുരളി കെ.
അധ്യാപകൻ

ഉച്ചയൂണിന്റെ സമയം. ഓഫീസിലെ പതിവ് തിരക്കുകൾ ഒതുങ്ങി, എല്ലാവരും ഭക്ഷണപാത്രങ്ങൾക്ക് മുന്നിലേക്ക് ചുരുങ്ങിയിരിക്കുന്നു. എന്റെ കമ്പ്യൂട്ടറിന്റെ സ്ക്രീനിൽ നിന്ന് കണ്ണെടുത്ത് ഞാൻ പുറത്തേക്ക് നോക്കി. ജനൽപ്പാളിയിൽ ഒരു ചിറകടിയൊച്ച. അതവിടെയുണ്ട്, എന്റെ പുതിയ ചങ്ങാതി. കറുപ്പിന് സവിശേഷമായ ഒരു തിളക്കത്തോടെ, പ്രതീക്ഷയോടെയുള്ള നോട്ടവുമായി ആ കാക്ക ജനൽപ്പാളിയിൽ വന്നിരുന്നു.

ഞാനിപ്പോൾ ഇരിക്കുന്നത് അരുൺ സാറിന്റെ പഴയ കസേരയിലാണ്. അദ്ദേഹം സ്ഥലം മാറിപ്പോയപ്പോൾ ഒഴിഞ്ഞുകിടന്ന ഈ ഇരിപ്പിടം എനിക്ക് ലഭിച്ചു. ജനലിനോട് ചേർന്നുള്ള ഈ കോണിൽ പുറത്തെ മരവും ആകാശവും കണ്ട് ജോലി ചെയ്യാൻ ഒരു പ്രത്യേക സുഖമാണ്. പക്ഷേ, ഈ കസേരയോടൊപ്പം എനിക്കൊരു പുതിയ ഉത്തരവാദിത്തം കൂടി ലഭിച്ചിരുന്നു. അരുൺ സാർ ഇവിടെയിരുന്ന് ജോലി ചെയ്തിരുന്ന കാലത്ത് ഞാനത് ശ്രദ്ധിച്ചിട്ടുണ്ട്. എല്ലാ ദിവസവും രാവിലെ ചായ കുടിക്കുന്ന സമയത്തും ഉച്ചക്ക് ഊണ് കഴിക്കുമ്പോഴും അദ്ദേഹം തന്റെ ഭക്ഷണത്തിന്റെ ഒരു പങ്ക് ജനലിനപ്പുറമുള്ള ആ സുന്ദരശകനായി മാറ്റിവെക്കുമായിരുന്നു. ചിലപ്പോൾ ബിസ്കറ്റിന്റെ ഒരു കഷ്ണം, മറ്റുചിലപ്പോൾ ചോറുരുള, അല്ലെങ്കിൽ ഒരു വടയുടെ അറ്റം. അത് കൃത്യമായി വന്നിരിക്കും, സാർ കൊടുക്കുന്നത് കൊത്തിയെടുത്ത് പറന്നുപോകും. അതൊരു നിശ്ശബ്ദമായ സൗഹൃദമായിരുന്നു. അവർക്കിടയിൽ ഒരു ഭാഷയുണ്ടായിരുന്നു, അത് കാത്തിരിപ്പിന്റെയും കരുണയുടെയുമായിരുന്നു.

ആദ്യത്തെ കുറച്ചുദിവസം ഞാനിവിടെ വന്നിരുന്നപ്പോൾ കാക്ക വന്നില്ല. ഒരുപക്ഷേ, തന്റെ കൂട്ടുകാരനെ കാണാത്തതു കൊണ്ടാവാം. എന്നാൽ, കഴിഞ്ഞയാഴ്ച മുതൽ അത് വീണ്ടും വരാൻ തുടങ്ങി. ഉച്ചയ്ക്ക് ഞാൻ പാത്രം തുറക്കുമ്പോൾ കൃത്യമായി അത് ജനലിൽ വന്നിരിക്കും. എന്നിട്ട് എന്നെത്തന്നെ നോക്കിയിരിക്കും. ആ നോട്ടത്തിൽ വിശപ്പിനേക്കാളുപരി ഒരു ചോദ്യമുണ്ടായിരുന്നു, "എന്റെ കൂട്ടുകാരൻ എവിടെ? നിങ്ങൾ എന്തിനാണിവിടെ?" ഇന്നും പതിവുപോലെ അത് വന്നിരുന്നു

ഞാൻ ചോറുരുള വായിലേക്ക് വെക്കുമ്പോൾ അത് തലചെരിച്ച് എന്നെ നോക്കി. അതിന്റെ കണ്ണുകളിൽ ഒരുതരം നിരാശയുണ്ടോ എന്ന് എനിക്ക് തോന്നി. "ഇയാൾ ഒന്നും തരില്ല" എന്ന് ഒരുപക്ഷേ അത് ചിന്തിക്കുന്നുണ്ടാവാം. അരുൺ സാറിന്റെ മുഖം എന്റെ മനസ്സിൽ തെളിഞ്ഞു. അദ്ദേഹം എത്ര സ്നേഹത്തോടെയാണ് ആ ജീവിയോട് പെരുമാറിയിരുന്നത്! ഒരു വാക്കുപോലും മിണ്ടാതെ, ഒരു പുഞ്ചിരികൊണ്ടും ഭക്ഷണത്തിന്റെ ഒരു പങ്കുവെക്കൽകൊണ്ടും അദ്ദേഹം ഒരു സൗഹൃദം സ്ഥാപിച്ചു.

ഒരു നിമിഷം ഞാൻ ശങ്കിച്ചുനിന്നു. പിന്നെ, എന്റെ പാത്രത്തിൽ നിന്ന് ഒരുരുള ചോറെടുത്ത് അതിൽ അച്ചാറ് പുരളാത്ത ഒരു കഷ്ണം പപ്പടം പൊതിഞ്ഞു. പതുക്കെ ജനലിനടുത്തേക്ക് കൈ നീട്ടി. കാക്ക ആദ്യം ഒന്ന് പിന്നോട്ട് മാറി. അതിന്റെ കണ്ണുകളിൽ സംശയമായിരുന്നു. പിന്നെ, ഞാൻ അനങ്ങാതെ കൈ പിടിച്ചപ്പോൾ അത് പതുക്കെ മുന്നോട്ട് വന്നു. ഓരോ അടിയും ശ്രദ്ധയോടെ വെച്ച്, എന്റെ കയ്യിലേക്ക് അത് ഭയത്തോടെ നോക്കി. അവസാനം, ഒരുനിമിഷം എന്നെ നോക്കിയ ശേഷം അത് വേഗത്തിൽ ആ ചോറുരുള കൊത്തിയെടുത്ത് പിന്നിലെ മരക്കൊമ്പിലേക്ക് പറന്നുപോയി.

അവിടെയിരുന്ന് അത് കഴിക്കുന്നത് ഞാൻ നോക്കിയിരുന്നു. കഴിച്ചുകഴിഞ്ഞപ്പോൾ അത് എന്നെയൊന്ന് നോക്കി, "കാ... കാ..." എന്ന് നീട്ടിവിളിച്ചു. അതൊരു നന്ദി പറച്ചിലാണോ, അതോ സൗഹൃദത്തിന്റെ തുടക്കമാണോ? എനിക്കറിയില്ല. ഞാൻ കസേരയിലേക്ക് വന്നിരുന്ന് ഭക്ഷണം കഴിക്കുന്നത് തുടർന്നു. ഇപ്പോൾ എന്റെ ഉച്ചയൂണിന് ഒരു പുതിയ രുചി കൈവന്നതുപോലെ. അരുൺ സാർ ഇവിടെ ഉപേക്ഷിച്ചുപോയത് അദ്ദേഹത്തിന്റെ കസേരയും മേശയും മാത്രമല്ല, ഒരു സൗഹൃദത്തിന്റെ ഓർമ്മ കൂടിയാണ്. ആ സൗഹൃദം ഇപ്പോൾ ഞാനും ഏറ്റെടുത്തിരിക്കുന്നു.

നാളെയും ഈ സമയത്ത് എന്റെ ചങ്ങാതിയെത്തും. നാളെ അവനുവേണ്ടി ഒരു മീൻ കഷ്ണം കരുതിവെക്കണം ജനലരികിലിരുന്ന് ഞങ്ങളുടെ നിശ്ശബ്ദസംഭാഷണം തുടങ്ങണം. അതെ, ഈ കസേര എനിക്കിപ്പോൾ കൂടുതൽ പ്രിയപ്പെട്ടതായിരിക്കുന്നു.



കലകളുടെ കളകളാരവം





ദേവനന്ദൻ ആർ. എസ്.
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കേരളം, ഇന്ത്യയുടെ തെക്കേ അറ്റത്ത് സ്ഥിതി ചെയ്യുന്ന ഒരു സംസ്കാരസമ്പന്നമായ സംസ്ഥാനമാണ്, അവിടത്തെ വൈവിധ്യമാർന്ന കലാരൂപങ്ങളും സമ്പന്നമായ സാംസ്കാരിക പൈതൃകവും വളരെയധികം പ്രശസ്തമാണ്. ചരിത്രാതീതകാലം മുതൽ കലയുടെ സമ്പന്നമായ ചരിത്രം പറയാനാവുന്ന നാട് കേരളമാണ്. കലകൾ പ്രധാനമായും രണ്ട് വിഭാഗങ്ങളായി തിരിച്ചിരിക്കുന്നു: ദൃശ്യകലകളും പ്രകടനകലകളും ദൃശ്യകലകൾക്ക് ചുമർച്ചിത്രകല, വാസ്തുശില്പ കല, കളമെഴുത്ത്. ആധുനിക ചിത്രകല തുടങ്ങിയവ ഉദാഹരണമാണ്. പ്രകടനകലകൾ ശബ്ദവും ശരീര പ്രകടനവും ഉപയോഗിച്ച് ഒരു സദസ്സിനു മുന്നിൽ അവതരിപ്പിക്കുന്ന കലകളാണ്; ഇവ അവതരണകലകൾ എന്നും അറിയപ്പെടുന്നു. നൃത്തം, സംഗീതം, നാടകം, സംഗീതനാടകം തുടങ്ങിയ വിവിധ രൂപങ്ങളിൽ കേരളത്തിലെ പ്രകടനകലകൾ നിലനിന്നിരിക്കുന്നു ഇവയ്ക്ക് വിധേയമായി വിവിധ വിഭാഗങ്ങൾ ഉണ്ട്: അനുഷ്ഠാനകലകൾ, ക്ഷേത്രകലകൾ, സാമൂഹ്യ കലകൾ, ഗോത്രകലകൾ, നാടൻ കലകൾ,കായിക വിനോദകലകൾ എന്നിങ്ങനെ. കൂത്ത്, കൂടിയാട്ടം, കഥകളി, തുള്ളൽ, മുടിയേറ്റ്, തെയ്യം, തിരയാട്ടം എന്നിവ അനുഷ്ഠാനകലകളായിരിക്കുന്നു: യാത്രകളി, മാർഗംകളി, ഏഴാമത്തുകളി, ഒപ്പന, കുമ്മാട്ടിക്കളി തുടങ്ങിയവ സാമൂഹ്യകലകളാണ്; വേലകളി, പരിച മുട്ടുകളി, വള്ളംകളി എന്നിവ കായികവിനോദ കലകളായി പിൻതുടരുന്നു. കേരളത്തിലെ സംഗീത പരമ്പരയ്ക്ക് മുഖ്യമായും രണ്ട് ധാരകൾ ഉണ്ട്: സാമാന്യ സംഗീതം (നാടോടിസംഗീതം) ശാസ്ത്രീയസംഗീതം. സാമാന്യസംഗീതത്തിൽ വടക്കൻപാട്ടുകൾ, തെക്കൻ പാട്ടുകൾ, കളിപ്പാട്ടങ്ങൾ, വഞ്ചിപ്പാട്ടുകൾ എന്നിവ ഉൾപ്പെടുന്നു: ശാസ്ത്രീയസംഗീതം ശ്രുതി, രാഗം, സ്വരം, താളം എന്നിവയുടെ അടിസ്ഥാനത്തിൽ രൂപപ്പെട്ടതാണ്.

കേരളത്തിലെ കലയും സംസ്കാരവും പരസ്പരബന്ധം പുലർത്തി സമൂഹത്തെ സമത്വപരവും സൗഹൃദപരവുമായ അന്തരീക്ഷത്തിലേക്ക് നയിക്കുന്നു അവിടെ ഹിന്ദു,മുസ്ലീം,ക്രിസ്ത്യൻ സംസ്കാരങ്ങൾ സൗഹൃദത്തോടെ സഹവസിക്കുന്നു.അനുഷ്ഠാനകലകൾ,സാമൂഹ്യകലകൾ, നാടൻ കലകൾ, കായിക കലകൾ എല്ലാം മലയാള നാടിന്റെ സമ്പന്നതയും വൈവിധ്യവും പ്രതിഫലിപ്പിക്കുന്നു. അതിനാൽ തന്നെ കേരളത്തിന്റെ കലാസംസ്കാര മേഖല ആഗോള മാതൃകയായി മാറിയിട്ടുണ്ട്.



കേരള ലിറ്ററേച്ചർ ഫെസ്റ്റിവൽ :

വാക്കുകളുടെ ആഘോഷവും ആശയങ്ങളുടെ സംഗമവും



സമ ഫാത്തിമ എം. എ.
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കോഴിക്കോട് നടന്ന ഏഷ്യയിലെ ഏറ്റവും വലിയ ലിറ്ററേച്ചർ ഫെസ്റ്റിവൽ ആയ കെ.എൽ എഫിൽ പങ്കെടുക്കുവാൻ എനിക്കും എന്റെ കുടുംബത്തിനും ഭാഗ്യമുണ്ടായി. ജോലിയുമായി ബന്ധപ്പെട്ട് കോഴിക്കോട് ആയിരുന്ന അമ്മയെ കാണുവാൻ പോയപ്പോഴാണ് KLF 2026 നടക്കുന്നുവെന്ന് അറിഞ്ഞത്. 2026 ജനുവരി 22 മുതൽ 25 വരെയാണ് KLF കോഴിക്കോട് സംഘടിപ്പിച്ചിരുന്നത്. ഓരോ പുസ്തകപ്രസാദകർക്കും പ്രത്യേകം സ്റ്റാളുകൾ ആണ് അവിടെ ഒരുക്കിയിരുന്നത്. യുവ എഴുത്തുകാരുടെ ധാരാളം പുസ്തകങ്ങൾ എനിക്ക് അവിടെ കാണാൻ കഴിഞ്ഞു. ഞാൻ പോകുന്നതിന് 2 ദിവസം മുന്നെയുള്ള KLF ഉത്ഘാടന സെഷനിൽ വന്നത് ബഹിരാകാശ യാത്രികയായ സുനിതാ വില്യംസായിരുന്നു. അവരുടെ പ്രസംഗം അവിടെയുണ്ടാക്കിയ ഓളം ചെറുതൊന്നു മല്ലായിരുന്നു. അതുകൊണ്ട് തന്നെ എനിക്ക് KLF സന്ദർശിക്കാൻ കഴിഞ്ഞത് അഭിമാനമായി ഞാൻ കരുതുന്നു.ഞങ്ങൾ കുറെയേറെ പുസ്തകങ്ങൾ അവിടെ നിന്നും വാങ്ങുകയുണ്ടായി.കുറെ നാളുകൾക്ക് മുൻപാണ് എന്റെ കസിന്റെ കൈയ്യിൽ നോബേൽ സമ്മാന ജേതാവായ മലാല യൂസഫ് സായിയുടെ ആട്ടോബയോഗ്രാഫിയായ I Am Malala എന്ന പുസ്തകം കാണാൻ ഇടയായതും വായിക്കാൻ അവസരം കിട്ടിയതും. അന്നുമുതലുള്ള എന്റെ ആഗ്രഹമായിരുന്നു സ്വന്തമായി ആ പുസ്തകം വാങ്ങണമെന്നുള്ളത്. KLF വഴി എനിക്ക് ആ ആഗ്രഹം സാധിക്കാൻ കഴിഞ്ഞു. സാധാരണ ലിറ്ററേച്ചർ ഫെസ്റ്റിവലിൽ നിന്ന് വ്യത്യസ്തമായി പുതുതലമുറയിലെ കുട്ടികളുടെ വിവിധ പ്രദർശന വില്പന സ്റ്റാളുകൾ അവിടെ കാണാൻ സാധിച്ചു. പുസ്തകപ്രദർശനവില്പനയ്ക്ക് പുറമെ കോഴിക്കോടിന്റെ തനതായ ഭക്ഷണങ്ങളുടെ രുചിയിടങ്ങൾ കൂടിയായിരുന്നു ഇത്തവണ KLF.

ലോകപ്രശസ്തനായ പെർക്കഷനിസ്റ്റ് ശിവമണിയുമായിട്ടുള്ള സംവാദം KLF ന്റെ ആ വൈകുന്നേരത്തെ കൂടുതൽ വർണ്ണാഭമാക്കിയത്, ചോദ്യോത്തരവേളയിൽ സദസ്സിലിരുന്ന പെൺകുട്ടി താനൊരു ഡ്രം പ്ലെയർ ആണെന്ന് പറഞ്ഞപ്പോൾ ആ കുട്ടിയെ സ്റ്റേജിലേക്ക് ക്ഷണിക്കുകയും പെർഫോം ചെയ്യാൻ ആവശ്യപ്പെടുകയെ ചെയ്തു. വളരെ നന്നായി പെർഫോം ചെയ്ത കുട്ടിയെ ധാരാളം പ്രശംസിക്കുകയും തുടർന്ന് രണ്ടുപേരും ചേർന്ന് ഒരു ഫ്യൂഷൻ പെർഫോം ചെയ്യുകയും ചെയ്തു. ഞാൻ ഉൾപ്പെടെയുള്ള കാണികൾ നിറഞ്ഞ കൈയ്യടിയോടുകൂടിയാണ് അത് ആസ്വദിച്ചത്. ആ സദസ്സിനെ അത്ഭുതപ്പെടുത്തികൊണ്ട്. അദ്ദേഹം പെർഫോം ചെയ്യാൻ ഉപയോഗിച്ച ഡ്രംസ്റ്റിക്ക് ആ പെൺകുട്ടിയ്ക്ക് ഉപഹാരമായി നൽകുകയും ചെയ്തു. ലിറ്ററേച്ചർ ഫെസ്റ്റിവലിന്റെ മറ്റൊരു ശ്രദ്ധയാകർഷിച്ച ഘടകം വേദികളുടെ നിർമ്മാണമായിരുന്നു. മുള, ചണം, ഓല തുടങ്ങിയ പ്രകൃതിദത്ത വസ്തുക്കൾ ഉപയോഗിച്ചായിരുന്നു വേദികൾ അലങ്കരിച്ചിരുന്നത്. വൈകുന്നേരത്തെ കടൽത്തീരത്തെ മണലിന്റെ കറുപ്പും ചാരവും നിറവും മുളയുടെയും ഓലയുടെയും നിറങ്ങളുമായി ചേരുമ്പോൾ അവതാർ,ആഷ് ആൻറ് ഫയർ സിനിമയിലെ പണ്ടോറ ലോകത്തിലെ നാവികകരുടെ താമസസ്ഥലം ഓർമ്മിപ്പിക്കുകയുണ്ടായി കൂടാതെ കോഴിക്കോട് ബീച്ചിലെ കൂന്തൽ നിറച്ചതും കല്ലുമക്കായ വറുത്തതും ചുരണ്ടെസും എല്ലാം ചേരുമ്പോൾ ഈ ലിറ്ററേച്ചർ ഫെസ്റ്റിവൽ വേറിട്ടൊരനുഭവമായിരുന്നു എനിക്ക്. അടുത്ത വർഷവും ഈ കാഴ്ചകൾ ഒക്കെ കാണാനും ആസ്വദിക്കാനും എത്തുമെന്ന് മനസ്സിൽ ഉറപ്പിച്ചുകൊണ്ട് 2026 KLF നോട് ഞാൻ യാത്ര പറഞ്ഞു.



നിഴലുകളുടെ ലോകത്തൊരു മനുഷ്യൻ



ആദർശ് എസ്. എം.
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രാവിലും പകലിലും ഇരുട്ടായി
ചമയുന്ന ഇരുളിന്റെ തെരുവിലെ
നിഴലു മനുഷ്യൻ നീ....
ഇരുളിന്റെ തെരുവിനെ
അഗ്നിയിൽ ചുട്ട് പുലരിപൊൻവെട്ടം
പൊട്ടിപടർത്തുവാൻ അങ്ങ്
പണ്ടേ പടച്ചവൻ നീ.....
മർദ്ദിതരുടെ മോഹനസ്വപ്നങ്ങൾക്ക്
നിന്റെ രൂപം
വെയിൽ തിളക്കങ്ങളും
നേരിന്റെ തോറ്റങ്ങളും
വാരി പുണർന്നവരും
ഇരുൾ പൂക്കളെ
വർഗ്ഗീയതയുടെ വിഷസർപ്പങ്ങൾ
പത്തിവിടർത്തുമിരുട്ടത്ത്
വെട്ടിമുറിച്ചീനാടിനെ വിൽക്കും
ആ കൂട്ടം നിന്നെ തളയ്ക്കുമ്പോൾ
എത്രനാൾ എത്രനാൾ
നാമിങ്ങനെ
അത്രമേൽ അത്രമേൽ
അതങ്ങനെ തന്നെ
മാറ്റുവിൻ നീ നിന്നെയെത്താൻ
മാറ്റുവിൻ നീ നിന്റെ കാഴ്ചകളെ
ഉയർത്തുവിൻ നിന്റെ കരങ്ങളെ
നിഴലായി നിരക്കാനുണ്ടാകും
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സിന്തറ്റിക് ലഹരികളും സമൂഹവും



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സിന്തറ്റിക് ലഹരികൾ നമ്മുടെ സമൂഹത്തിലെ വലിയ ഒരു വിപത്താണ്. രാജ്യത്തിന്റെ ഭരണകർത്താക്കളാകാൻ കഴിവുള്ളവരെ ഒരു ചെറിയ ജോലി പോലും രാജ്യത്തിനു വേണ്ടി ചെയ്യാൻ പറ്റാത്തതുപോലെ ആക്കുന്നു.

സിന്തറ്റിക് ലഹരിയെന്നത് ഈ കാലഘട്ടത്തിലെ വലിയൊരു ബിസിനസ്സാണ്. അതിൽ നിന്നും കിട്ടുന്ന ലാഭം അതിരില്ലാത്തതുമാണ്. പക്ഷേ, അതിനുപുറകിൽ നഷ്ടപ്പെടുന്ന പിഞ്ചു കുഞ്ഞുങ്ങൾ ഉൾപ്പെടുന്ന ഒരു വലിയ ജനസമൂഹത്തിന്റെ ജീവിതമാണ്. മറ്റു ലഹരിവസ്തുക്കളെക്കാളും വളരെ അപകടകാരിയാണ് സിന്തറ്റിക് ലഹരികൾ. അതിന്റെ നിർമ്മാണം, അതിനെ കാത്തുസൂക്ഷിക്കുന്നത് ഒക്കെ അത്ര സമയച്ചെലവ് വേണ്ട കാര്യമല്ല. ചെറിയ പാക്കറ്റുകളിലും മറ്റും വിൽക്കുന്നതുകൊണ്ടും ഇത് ഒരു വ്യക്തിയുടെ കൈയിൽ ഉണ്ടെന്ന കാര്യം കണ്ടുപിടിക്കുന്നതും എളുപ്പമല്ല.

നമ്മൾ ഇത്തരത്തിലുള്ള ലഹരി വസ്തുക്കളെക്കാളും ഭയപ്പെടേണ്ടത് ഇതിന് പുറകിൽ പ്രവർത്തിക്കുന്ന വ്യക്തികളെയാണ്. സിന്തറ്റിക് ലഹരികൾ വിൽക്കുന്ന വ്യക്തികൾ വളരെ മാനുപ്പുലേറ്റിവ് ആണ്. നിങ്ങളുടെ 'നോ' യെ 'യെസ്'' ആക്കാൻ അവർക്ക് നിമിഷ നേരങ്ങൾ മതി. അവരിൽ പലരും വിദേശകാർടൽ പോലുള്ള വലിയ വലിയ സംഘങ്ങളാണ്. ഒരു തവണ അവരുമായി ഒരു കരാറിൽ ഏർപ്പെട്ടാൽ പിന്നെ ജീവിതകാലം മുഴുവൻ ചൂഷണം ചെയ്ത് നമ്മളെ ഉപയോഗിക്കാനും നല്ല സാധ്യതയുണ്ട്.

ഒരാളുടെ രൂപവും ഭാവവും വെച്ച് അവർ ലഹരി വസ്തുക്കൾ ഉപയോഗിക്കുന്ന ഒരാൾ ആണെന്ന് പറയാനാവില്ല. എങ്കിലും അതുപോലെ കുറെ വൃത്തികെട്ട ചരിത്രവും പശ്ചാത്തലവുമുള്ള പരിസരങ്ങളിൽ നിന്നുള്ള, വ്യക്തികളിൽ നിന്നുള്ള സമ്പർക്കം ഒഴിവാക്കാൻ ശ്രമിക്കുക. അഥവാ ഏർപ്പെടുകയാണെങ്കിൽ തന്നെ അവരിൽ എന്തെങ്കിലും സിന്തറ്റിക് ലഹരികൾ ഉപയോഗിക്കുന്ന പ്രവണതകൾ ഉള്ളതാണെങ്കിൽ അവർ പറയുന്നതും കാണിക്കുന്നതും ഒന്നും അത്ര കാര്യമായി ശ്രദ്ധിക്കേണ്ടതില്ല.

ആരോഗ്യവും മാനസികവുമായ ലക്ഷണങ്ങൾ

ശാരീരികാരോഗ്യത്തെക്കാൾ ഒത്തിരി മുകളിലാണ് മാനസികാരോഗ്യം. കാരണം മാനസികാരോഗ്യം നഷ്ടപ്പെട്ടാൽ അത് എങ്ങനെ തിരിച്ചുപിടിക്കണമെന്ന് നമുക്ക് ഇപ്പോഴും അറിയില്ല. എന്നാൽ നമ്മുടെ ശരീരത്തിൽ ഉണ്ടാകുന്ന ഒട്ടുമിക്ക ലക്ഷണങ്ങളും നമുക്ക് പരിഹരിക്കാൻ പറ്റും.

സിന്തറ്റിക് ലഹരി എന്നത് നമ്മുടെ തലച്ചോറിലെ എല്ലാ കോശങ്ങളെയും സാരമായി ബാധിക്കുന്നു. അത് മറ്റ് ലഹരികളെക്കാൾ അപകടകാരിയാണ്. എല്ലാം കഴിഞ്ഞ് അവസാനം ചെന്നെത്തുന്നത് മരിച്ചതിന് തുല്യമായ ഒരു അവസ്ഥയിലാണ്. ആദ്യമൊക്കെ ഉപയോഗിക്കുമ്പൾ സ്യൂഡോ എനർജി ലഭിക്കുമെന്നത് ശരിയാണ്. അത് നമ്മുടെ തലച്ചോറിലെ ഒരു പ്രധാനപ്പെട്ട രാസപദാർത്ഥമായ ഡോപ്പാമിനെ കൂടുതൽ ഉല്പാദിപ്പിക്കുന്നതിലാണ്. ആ ഉയർച്ചയിൽ നിന്ന് ഇത് താഴ്ന്നവരും ഒരു പരിധിക്കും അപ്പുറമാകുന്നു. അതായത് ഒരു സാധാരണ മനുഷ്യന് ആവശ്യമായ ഒരു പരിധിയ്ക്കും താഴെ അത് വിഷാദത്തിലേയ്ക്ക് നമ്മെ നയിക്കുന്നു. പിന്നെയും വിഷാദത്തിൽ നിന്ന് കരകയറാൻ കുറെ ഡോപമിൻ ഉല്പാദിപ്പിക്കാൻ വേണ്ടി നമ്മൾ ഈ വസ്തുക്കളിൽ നിന്ന് അഭയം തേടും അങ്ങനെ ഇത് നമ്മളെ ഒരു വലിയ മാനസികരോഗിയാക്കി തീർക്കുന്നു.

ശരീരത്തിലെ എല്ലുകളിലെ ബലം നഷ്ടപ്പെടുന്നത്, പല്ലുകളിലെ പൊട്ടലുകൾ, ശരീരം മെലിഞ്ഞ് പോവുക എന്നതൊക്കെ ഇതിന്റെ ലക്ഷണമാണ്. സാധാ ലഹരി വസ്തുക്കൾ ഇത്രയും ഭീകരമായ ഒരു അവസ്ഥയിലേയ്ക്ക് നമ്മെ നയിക്കുകയില്ല. എങ്കിലും അതും തെറ്റാണ്.

മാനസികവും ശാരീരിക ആരോഗ്യവും മാത്രമല്ല സാമ്പത്തികവുമായി അവർ നമ്മെ നശിപ്പിക്കുന്നുണ്ട്. നേരത്തെ പറഞ്ഞ ആ ഒരു അഡിക്ഷന് കാരണമാകുന്ന ആദ്യത്തെ ഒരു ലഹരി മാത്രം പലരും സൗജന്യമായി നൽകും. പിന്നീട് നമ്മൾ അത് വളരെ ശക്തമായി ആവശ്യപ്പെടുമെന്നും അതിനാൽ തന്നെ നമ്മൾ എന്തു വിലകൊടുത്തും അത് വാങ്ങാൻ തയ്യാറാകുമെന്നും അവർക്ക് അറിയാം.

ഈ കാരണങ്ങളാൽ ഒക്കെ തന്നെ ഇതിന്റെ നിയന്ത്രണം വളരെ ദുഷ്കരമാണ്. ഇതിനെ പൂർണ്ണമായി നിരോധിച്ചാൽ ആൾക്കാർ അല്ലെങ്കിൽ ആ സംഘങ്ങൾ നിരോധിച്ചത് എന്ന പേരിൽ ഇരട്ടി വിലയ്ക്ക് വിൽക്കുകയും അതുവഴി അവർ വളർന്ന് വലിയൊരു സംഘമാക്കാനും സാധ്യതയുണ്ട്. അതിനാൽ തന്നെ ഒരു വ്യക്തി അവന്റെ ജീവിതത്തിൽ ഒരു നിയന്ത്രണവും നിരോധനവും വെയ്ക്കുക എന്നതാണ് പ്രായോഗികമായി ഏറ്റവും നല്ല മാർഗ്ഗം. ആദ്യത്തെ ആ ഒരു ഉപയോഗത്തിന് മാത്രമേ നമുക്ക് നമ്മുടെ മനസ്സ് നിയന്ത്രണത്തിലുള്ളൂ. ബാക്കിയൊക്കെ ലഹരിയുടെ നിയന്ത്രണത്തിലാണ്. അതുകൊണ്ട് ആദ്യത്തെ ഉപയോഗത്തിൽ തന്നെ 'നോ' പറയുക. സിന്തറ്റിക് ലഹരികൾക്ക് പകരം കലാ-കായിക മേഖലയിൽ നിന്ന് ആനന്ദം കണ്ടെത്തുക.





ഭദ്ര വിജയ് വി. എസ്.
VII A

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വൈദേഹി യു. എസ്.
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ഒരു ക്ഷീണിച്ച വെളിച്ചം പോലെ
ആരും ശ്രദ്ധിക്കാത്ത
എന്റെ മങ്ങിയ തിളക്കം
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കൊഴിയുന്നു.
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എന്നാൽ ഇരുട്ടിനെ
ഭയക്കാതിരിക്കാനുള്ള
ഒരു ചെറിയ ധൈര്യം.



സഞ്ചാരി മനസ്സ്



ത്രേത ജിതേഷ്
VIII B

ജീവിതം ഒരു ദൂരം, നമുക്ക് പറക്കേണ്ട വഴി,
കൂടുതൽ പേടിയും, കുറച്ചെല്ലാം സംശയവും
പക്ഷേ മനസ്സ് സഞ്ചാരി ആണെങ്കിൽ,
ഓരോ തടസ്സവും ഒരു പാഠമാകും.

വീണാലും വീണ്ടും ഉയരാം,
ചെറുതായ ഒരു കാൽവഴിയും വലിയ
ലക്ഷ്യത്തിലേക്ക് നയിക്കും.
സന്തോഷവും ചിരിയും, ചെറിയ വിജയങ്ങളും,
നമ്മളെ ഓരോ നിമിഷവും ശക്തരാക്കും.

പ്രതിസന്ധികൾ പോലും
ഭയപ്പെടുത്തുമ്പോൾ,
ധൈര്യം ഹൃദയത്തിലാക്കി മുന്നോട്ട് പോകുക
നല്ല സ്വപ്നങ്ങൾ കണ്ടാൽ മാത്രം മതിയാവില്ല.
അവയെ സാക്ഷാത്കരിക്കാൻ ശ്രമിച്ചാൽ
വിജയം ഉറപ്പാണ്.

സമയം

ഒരു അമൂല്യ സമ്പത്ത്



ഇഷാൻ മുഹമ്മദ്
VIII B

സമയം മനുഷ്യജീവിതത്തിലെ ഏറ്റവും വിലപ്പെട്ട സമ്പത്ത്. കഴിഞ്ഞുപോയ ഒരു നിമിഷവും തിരിച്ച് ലഭിക്കില്ല. അതിനാൽ ഓരോ നിമിഷവും നല്ല കാര്യങ്ങൾക്കായി ഉപയോഗിക്കേണ്ടതാണ്.

ജീവിതവിജയം നേടിയ ആളുകൾ സമയത്തെ ബോധത്തോടെ ഉപയോഗിക്കുന്നു. വിദ്യാർത്ഥികൾ പഠനത്തിനായി സമയം ചെലവഴിക്കുന്നു. കായികതാരങ്ങൾ പരിശീലനത്തിനും, ജോലി ചെയ്യുന്നവർ സമയക്രമം പാലിച്ച് കാര്യങ്ങൾ ചെയ്യുന്നു. മറിച്ച് വെറുതെ സമയം കളയുന്നവരുടെ ജീവിതത്തിൽ വിജയത്തിന്റെ കുറവ് കാണാം.

സമ്പന്നനും ദരിദ്രനും ഒരേ 24 മണിക്കൂർ ഉപയോഗിക്കാറുണ്ട്. എന്നാൽ അതിനെ എങ്ങനെ വിനിയോഗിക്കുന്നു എന്നതിൽ മാത്രം വ്യത്യാസം വരുന്നു.

അതിനാൽ സമയത്തെ നശിപ്പിക്കാതെ, ഉപയോഗപ്രദമായി, ലക്ഷ്യങ്ങൾക്കായി സമർപ്പിച്ചിരിക്കണം. ഓരോ നിമിഷവും ബോധ പൂർവ്വം ഉപയോഗിക്കുമ്പോൾ മാത്രമേ ജീവിതം വിജയകരവും സന്തോഷകരവുമാകൂ. സമയം അത് നമ്മുടെ ഏറ്റവും വലിയ സമ്പത്താണ്.

പുലരിയുടെ വെളിച്ചം



അലൻ എസ് എഡ്വിൻ
VIII B

പുലരിയുടെ വെളിച്ചം
ഇലകളിൽ നൃത്തം ചെയ്യുന്നു.
കാറ്റ് പാട്ടുപാടി പുഴയെ ഉണർത്തുന്നു.
നീലാകാശം സ്വപ്നങ്ങൾ ചുമക്കുന്നു.
മേഘങ്ങൾ മൃദുവായി സഞ്ചരിക്കുന്നു
പൂക്കൾ ചിരിച്ച് നിറങ്ങൾ ചിതറിക്കുന്നു
പക്ഷികൾ കാലത്തെ വിളിക്കുന്നു
മണ്ണിന്റെ മണത്തിൽ ജീവൻ ഉണരുന്നു - ഇതെല്ലാം
പ്രകൃതി എന്നെ നിശ്ശബ്ദമായി പഠിപ്പിക്കുന്നു.

എന്റെ സ്വന്തം...



ആതിര ബി. എസ്.
XII A

ജീവിതമാകെ കടുത്ത തീരുമാനങ്ങളാൽ നിറഞ്ഞ ഒരു സമയത്ത് ഞാൻ ചെയ്ത കൂട്ടിയ തെറ്റുകളെക്കുറിച്ച് ഇപ്പോഴും ഞാൻ ഖേദിക്കാറുണ്ട്. റാത്തുമ്മ പറയാറുള്ളതുപോലെ ഒക്കെ ചെയ്തത് ആരോടുമുള്ള ദേഷ്യം കൊണ്ടായിരുന്നില്ല. പക കൊണ്ടായിരുന്നില്ല. എന്നാലും ഈ തടവറയ്ക്കുള്ളിൽ "നീ എന്തിനാണ് ഞമ്മളോട് ഇത് ചെയ്തത്"എന്ന ആ ചോദ്യം മനസ്സിൽ വിങ്ങി. അത് ഒരു ഭ്രഗോളമായി എന്റെ തലയിൽ പതിച്ചു.

കുട്ടിക്കാലം മുതൽ തുടങ്ങിയ ഈ ഒരു വികാരം വളർന്ന് വഴിയില്ലാതെ സഞ്ചരിച്ചു. "എന്റെ സ്വന്തം റാത്തുമ്മയ്ക്ക്" എത്ര കത്തുകൾ ഞാൻ എഴുതി എല്ലാം അവൾ വായിച്ചിരുന്നുവെന്ന് എനിക്ക് ഉറപ്പുണ്ടായിരുന്നു. ഒരു മറുപടിയ്ക്കായി എത്രനാൾ അവളുടെ വാതിൽപ്പടിയിൽ ഞാൻ കാത്തുനിന്നു. ഒന്നും അവൾക്ക് മനസ്സിലായിരുന്നില്ല എന്ന് അബൂക്ക പറഞ്ഞത് എന്റെ മനസ്സിനെ വല്ലാതെ വേദനിപ്പിച്ചു. എങ്ങനെയാണ് ഒന്നും അവൾക്ക് മനസ്സിലാവാതിരിക്കുക? റാത്തുമ്മയുടെ ഉപ്പയേയും ഉമ്മയേയും ഞാൻ എന്റെ ഈ കൈകൊണ്ട് കുടുക്കിട്ടാണ് കൊന്നത്. അതും അവൾക്കുവേണ്ടിയായിരുന്നു. എന്നിട്ടും അവൾക്ക് അതൊന്നും മനസിലായില്ല

മൂന്നു കൊലപാതകങ്ങൾ. എന്റെ ജീവിതം ആരാച്ചാരുടെ കരുക്കിൽ അവസാനിക്കാൻ വിധിക്കപ്പെട്ടിരിക്കുന്നു. ഇന്ന് എന്റെ സ്വന്തം റാത്തുമ്മ എന്നെ കാണാൻ വരും. പുലർച്ചേ ആറ് മണിക്കാണ് വധശിക്ഷ. ഈ പാതിരാത്രിയിൽ എന്റെ മനസ്സിലൂടെ നാളെ എന്റെ ഓമനയെ അവസാനമായി കാണാൻ പോകുന്ന സന്തോഷം നിറഞ്ഞു.

പാളത്തിന്റെ വരമ്പിലൂടെ നടക്കുമ്പോഴാണ് റാത്തുമ്മയുടെ ഉപ്പ എന്നെ ചെളിക്കുമ്പാരത്തിൽ വലിച്ചിടുന്നത്. തുടർന്ന് പാരമ്പര്യമായി അപ്പൂപ്പൻ വല്യപ്പൂപ്പന്മാരായി നടത്തി വന്ന ആരാച്ചാർ പദവിയുടെ ഗുണം കൊണ്ട് അയാളെ എന്റെ മുണ്ടുകൊണ്ടു തന്നെ കുടുക്കിട്ട് കൊന്നു. രക്തം ചളിയിൽ ആകെ പുരണ്ടു. ഉപ്പ എന്ന ശകുനം എന്റെയും റാത്തുമ്മയുടെയും ജീവിതത്തിൽ നിന്ന് വഴിമാറി എന്ന സന്തോഷം എന്നെ ആഹ്ലാദിപ്പിച്ചു.

എന്റെ വെള്ള മുണ്ടിൽ ഇറ്റിറ്റുവീണ ചോരക്കറയും പിടിച്ച് മരിച്ച അയാളുടെ ശവം ഞാൻ റാത്തുമ്മയുടെ വീട്ടുമുറ്റത്ത് കൊണ്ടിട്ടു. "റാത്തുമ്മാ...." എന്ന് ഞാൻ അലറി ചിരിച്ചുകൊണ്ടുവന്ന റാത്തു എന്റെ കയ്യിലെ സമ്മാനം കണ്ട് ഞെട്ടിത്തരിച്ചു നിന്നു പോയി. അവളുടെ ഉമ്മ ഓടി എന്റെ ഷർട്ടിന്റെ കഴുത്തിൽ കുത്തിപ്പിടിച്ചു. എന്റെ ശരീരമാകെ ദേഷ്യം ഒരു തീപോലെ പടർന്നു.....

ഞാൻ അവരെ തള്ളിമാറ്റി റാത്തുമ്മയെ കെട്ടിപ്പിടിച്ചു. എന്റെ ചോരയും ചെളിയും പുരണ്ട കൈകൾ അവളുടെ ശരീരമാകെ നിറഞ്ഞു. "എടാ പിശാചേ...." എന്ന് വിളിച്ചുകൊണ്ട് അവളുടെ ഉമ്മ എന്നെ വലിച്ചു മാറ്റി. ദേഷ്യം കൊണ്ട് മതിമറന്ന ഞാൻ ഉമ്മയുടെ തലയിൽ പിടിച്ച് ഒരു ഭ്രാന്തനെപ്പോലെ അലറിക്കൊണ്ട് ഒരു ഭിത്തിയിൽ ഇടിച്ചു. കൈയിൽ വന്ന ഹിജാബിൽ ഒരു കുടുക്കുണ്ടാക്കി ഞാൻ എന്റെ റാത്തുന്റെ മുമ്പിൽ വച്ചതന്നെ അവളുടെ ഉമ്മാനെ കൊന്നു. അത് കണ്ടു നിന്ന അവളുടെ അവസ്ഥ എനിക്ക് മനസ്സിലാക്കാൻ സാധിച്ചില്ല.

"ഓന് ഭ്രാന്താണ്" എന്ന് പറഞ്ഞ് എല്ലാവരും എന്നെ പോലീസിൽ ഏൽപ്പിച്ചു. എന്റെ ജയിൽ വാസക്കാലത്ത് മൂന്നാം വർഷം അവൾ എന്റെ റാത്തുമ്മ - എന്റെ പേര് എഴുതിവച്ച് ബ്ലേഡിൽ തന്റെ ജീവൻ ബലിയർപ്പിച്ചു. "എടോ തന്നെ കാണാൻ ആരോ ഇന്ന് വരും എന്ന് പറഞ്ഞിട്ട് എന്തേ? വന്നില്ലേ"?"ഇല്ല സർ സമയം ആയിട്ടില്ല. ആ ബ്ലേഡുകയർ എന്റെ കഴുത്തിലേയ്ക്ക് ഇട്ടു. എന്നാലെ എനിക്ക് എന്റെ റാത്തുമ്മയെ കാണാൻ പറ്റൂ. പറയാൻ ബാക്കിവച്ചതെല്ലാം ഉമ്മകളായി നൽകാൻ പറ്റൂ....."

പൂമ്പാറ്റ



ജയ്ദേവ് എസ്. ജോയ്
IX A

പാറി നടന്നീടും വർണ്ണ പൂമ്പാറ്റേ
പൂവുകൾ തോറും തേൻ നുകരും പൂമ്പാറ്റേ
ആരു തന്നു നിനക്കീ വർണ്ണക്കുപ്പായം
ചന്തമുള്ളോരു പൂമ്പാറ്റേ
പൂക്കൾ തോറും പാറി നടക്കും
വർണ്ണച്ചിറകുള്ള പൂമ്പാറ്റേ
എന്നോടൊപ്പം കൂടാമോ
എന്നോടൊത്തു കളിക്കാമോ
അഴകിൻ ചിറകിൽ പാറി നടക്കും
വർണ്ണ പൂമ്പാറ്റേ
എന്തൊരു ഭംഗി നിന്നെ കാണാൻ
എന്തൊരു രസമാണീയഴക്
വർണ്ണപ്പൂവുകൾ തിങ്ങി നിറഞ്ഞ്
വർണ്ണക്കുപ്പായം തരുമോ നീ



തണൽ തേടി



ആദ്യ വി. എസ്.
VIII B

വാകമരത്തണലിൽ ഞാൻ നിൽക്കവെ
ഒരു ചൂടു നിശ്വാസമെൻ തനുവിലുണർന്നു
കിനാവിൽ ചില്ലയിൽ ഓർമ്മതൻ ചിത്രങ്ങൾ
ശലഭങ്ങളായി പൊലിഞ്ഞുപോയി
ഒരു മയിൽപ്പീലിത്തുണ്ടിനായി
തിരഞ്ഞു ഞാൻ പോകവേ ഇളം,
കാറ്റേറ്റു സ്വപ്നങ്ങൾ മാഞ്ഞുപോയി.
മുകിലുകൾ നിറയും മാനത്ത് നോക്കി നിൽക്കവേ
മാഞ്ഞുപോകുന്ന ആ ദിനത്തിൽ ഓർമ്മകൾ
ഒരു നേരമെവിടെയോ ചിലപ്പൂ പക്ഷികൾ
സന്ധ്യതൻ ചെമ്മാനം പൂത്തപോലെ
കാറ്റത്തു പാറുന്ന പുൽക്കൊടികളേ,
നിങ്ങൾക്കുമുണ്ടോ നിറയുമീ മിഴികൾ
ഹിമകണമായ് പെയ്യുന്ന നേരം

दोस्ती



अद्रिजा रेश्मी कृष्णा
VIII B

शोर में भी सुकून बन जाती है,
खामोशी में भी बात कर जाती है।
वक्त बदलता रहता है,
लोग बदल जाते हैं,
पर सच्ची दोस्ती
हर बदलाव में वही रहती है।
जब रास्ते अलग हो जाएँ,
तब भी एक भरोसा साथ चलता है।
मुलाकातें कम हो जाएँ
तो क्या,
दोस्ती दूरी से नहीं
दिल से मापी जाती है।



वसुधा का आँचल



हृद्या आर. एस.
VI A



मैं जीवन की नींव हूँ, मैं ही हूँ आधार,
मुझसे ही महका यहाँ, तुम्हारा यह संसार।
धूप सही, वर्षा सही, सहा मनुज का वार,
फिर भी मैंने सदा दिया, निस्वार्थ तुम्हें प्यार।
मत छीनो मेरी हरी चुनरिया, मत करो मुझे बेहाल,
मैं बचूँगी तो बचेगा, तुम्हारा आने वाला कल और हाल।
बस एक पौधा रोप दो, मेरी गोद को फिर सजाओ,
मैं माँ हूँ तुम्हारी, मुझे उजड़ने से बचाओ।

एक श्रद्धांजलि AI 171' (एक हादसा)



आरोन बीजू पॉल
VIII A

न थी कोई पहचान हमारी उनसे
एक हादसे ने करा दी पहचान तुमसे।
रोज़ देखती हूँ मुस्कुराते चेहरों को
एक रिश्ता सा बन गया देखकर तुमको।
सोते, जागते, उठते बैठते
कहती है ये तस्वीरें हमसे।
हो आना हमारे अपने के पास
दे देना फिर से जीने की आस।
न कर सके पूरा जो देखा था सपना
शायद यही तक का सफ़र या अपना।
भरी थी उड़ान कि पहुँचेगे उस पार
पर थी न भनक लौटेंगे इस बार।
होनी को था कुछ और मंजूर
वक्त के आगे थे सब मजबूर।
पहूँचा देना था संदेश हमारा
जख्मी दिशो का बन जाना सहारा,
है सही दुआ बनाने वाले से अभी
न उजड़े माँ-बाप और बच्चे कभी।
जाते-जातें कहना है हमें
ज़िन्दगी में आगे बढ़ते रहें।
सपनों को कभी कुचलने न दे।
ऊँचाई की उडाने भरते रहें
आत्म-विश्वास और दृढ़ निश्चय से
करते रहे सामना मुश्किल मंजर से
जीवन की कीमत को समझे हर एक दिल
क्योंकि जाना वो सबको
इस दुनिया से एक दिन।

प्रकृति



ज़ायरा शाहिदा एस. ए.
VII A

प्रकृति की गोद में
हरियाली छाई, फूल खिले,
पेड़ों की साँसें, हवा में मिले।
नदियों की धून, पक्षियों के गीत,
प्रकृति की आवाज़, दिल को मीठी।
पहाड़ ऊँचे, झीलें शांत,
धूप की किरणें, शाम की कांत।
जंगल की छाया, दिल की मीठी
प्रकृति की सुंदरता, मन को भाए।
फूलों की खुशबु, हवा में बहती,
पंछियों की चहचहाहट, दिल को सुखाए।
प्रकृति की माया, आत्मा को सहलाए
इस दुनिया में आकर,
दिल खुश हो जाए।

छोटी कोशिश, बड़ा बदलाव



अभिनंदा सी.एस.
VIII B



आरव एक साधारण - सा छात्र था। पढाई में ठीक-ठाक, खेल में सामान्य और दोस्तों के बीच शांत। उसे लगता था कि दुनिया में बदलाव लाने केलिए बहुत खास होना पड़ता है। इसी सोच के साथ वह अपने स्कूल और आसपास की चीज़ों को बस देखता रहता था।

एक दिन स्कूल जाते समय उसने देखा कि पार्क के कोने में कचरे का ढेर लगा है। बच्चे वहाँ खेलना छोड़ चुके थे और बुज़ुर्ग टहलने से कतराते थे। आरव को बुरा तो लगा, लेकिन उसने सोचा, "मैं अकेला क्या कर सकूँ"? और आगे बढ़ गया। पर अगले दिन वही द्रश्य देखकर उसका मन नहीं माना। उसने अपने बैग में एक जोड़ा दस्ताने रखे और छुट्टी के बाद थोड़ी देर पार्क में रुक गया। चुपचाप कचरा उठाकर डस्टबिन में डालने लगा।

पहला दिन कोई नहीं रुका। दूसरा दिन दो दोस्त आ गए। तीसरा दिन पास के घरों से लोग भी जुड़ गए। स्कूल के अध्यापक ने यह देखा तो बच्चे को समझाया कि सफ़ाई केवल काम नहीं जिम्मेदारी है। धीरे-धीरे पार्क साफ़ हो गया, पौधे लगाए गए और बच्चे की हँसी लौट आई।

एक सप्ताह बाद स्कूल की प्रार्थना सभा में आरव को मंच पर बुलाया गया। उसने बस इतना कहा, "मैंने कोई बड़ा काम नहीं किया। मैंने सिर्फ़ शुरुआत की। "उस दिन आरव को समझ आया कि बदलाव केलिए खास होना ज़रूरी नहीं, बस कदम बढ़ाना जरूरी है।

उसके बाद आरव की सोच बदल गई। वह जान गया कि छोटी सी कोशिश भी बड़ा बदलाव ला सकती है - अगर हम डर छोड़कर शुरआत कर दें।

सच्ची मित्रता



ईशान मोहम्मद
VIII B

सुख - दुख में जो साथ निभाए,
वही सच्चा मित्र कहलाए।
बिन कहे जो बात समझे,
दिल को जो हर पल भाए।

मुश्किल राहों में जो थामे,
हिम्मत बनकर आगे आए।
मुस्कान लौटाए चेहरे पर,
आँसू चुपके पोंछ जाए।

वक्त पड़े तो ढाल बने,
छाया बन हर कदम निभाए।
ऐसी मित्रता जीवन में,
भगवान सभी को दिलाए।



प्रेम और मित्रता



अनघा एस. अरुण
VIII B

मित्रता वो धागा है, जो दिल से दिल को जोड़ दे,
खामोशियों में भी जो सुकून के बोल बोलतेहै।
प्रेम वो एहसास है, जो शब्दों से परे जाए,
आँखों की एक झलक में, पूरी कहानी कह जाए।
मित्र साथ हो तो, हर राह आसान सी लगती है,
हर गिरती हुई आँसू में, एक उम्मीद जागती है।
प्रेम में है समर्पण, मित्रता में विश्वास,
दोनों मिलकर बनाते है, जीवन का मधुर एहसास।
जब प्रेम थक जाए कभी, मित्रता थाम ले हाथ,
और मित्रता डगमगाए, प्रेम दे नया साथ।
इसीलिए कहते है लोग, ये दोनों है अनमोल,
प्रेम और मित्रता से ही, खिलता हैं जीवन का फूल।



बारिश कभी भी आ सकती है।



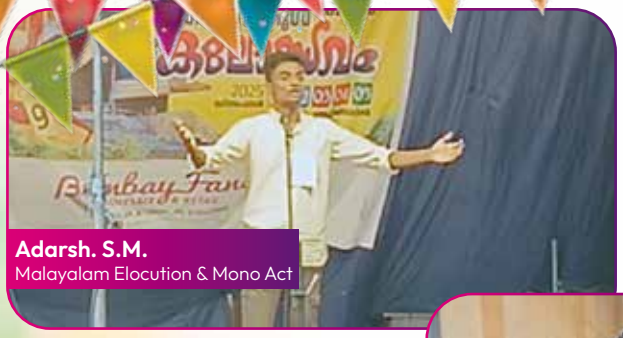
दक्षा एस. पी.
IV A

जब मैं बाहर खेल रही थी
तो बादल काले हो गए
बाहर देखा तो बारिश हो रही है।
मैं भीग गयी।
माँ ने कहा की बीमार हो जाऊँगी।
इसलिए मैंने नीला रैनकोट पहनकर
बारिश में बाहर खेली।



കേരള സ്കൂൾ കലോത്സവം

Talents That Reflect Our Pride



Adarsh. S.M.
Malayalam Elocution & Mono Act



Bhadra Vijay V. S.
Kuchipudi



Bhadra Vijay V. S.
Ottanthullal



Deshabhakthi Ganam
Upper Primary



Deshabhakthi Ganam
Higher Secondary



Parvathy Sudhish
English Recitation



Helsa P. Ben
Malayalam Elocution



Jewel Mariya Abraham
Kuchipudi & Folk Dance



Jewel Mariya Abraham
Bharatanatyam



Helsa P. Ben
Mappilappattu

Champions Among Us



Gopika A. Sivakumar
Roller Skating



Aadil Romeo
Cricket



Nayan Krishna
Tennis



Nithin R. Saju
Tennis



B. S. Sreya
Squash



Dhrupad Sankar
Tennis



Vivek Krishna S. R.
Archery, Indian Category



Veda Sidhi S. Nair & Gayathri D. J.
Gymnastics



Dhruv A.
Gymnastics



Prayaga Chandran
Karate



Alen S. Shibu
Hammer Throw



Vaishnavi Krishna S. R.
Archery, Compound Category



Kabadi Team
Smt. Sindhu S. (Physical Educator), Althaf V. (XII A), Sreeram S. M. (XII A), Ishan Shaji (XII A), Vignesh Sajan (XII C), Alok Dasan Suresh (XII B), Alen S. Shibu (XII B), Bevan Ivan (XII A)



Sidharth Midhun
Boxing



Cricket Team
First row from left to right: Vaishnav Saji (XI C), Sreeram S. M. (XII A), Darshan Raj (XII A), Sreehari S. Vinod (XII A), Al Sabith Jasim (XII C), Abhijith S. (XII C),
Second row from left to right: Aman A. (XII D), Rayhan Charles (XI D), Goutham Krishna (XI C), Harisankar (XI C), Abhinand S. R. (XI C)

Celebrating Sporting
Excellence

Tapestry of Triumphs

Deshabhimani Aksharamuttam



Adarsh. S.M. (XII C)
Malayalam Elocution District level Winner

Our Star Shines on Television
Oru Chiri Iru Chiri Bumper Chiri





AlFida Nazrin S. (V A)
Recipient of ₹15,000 cash prize

Represented our school at the National NCC Trekking Camp



V. S. Alfi (IX A)

Sastrolsavam - Work Experience Fair



Krishnendhu Raj D. A. (XII C)
First prize - Clay Modelling
(Sub- district level)



Himagouri T. (IX A)
First prize - Puppet making
(Sub- district level)

Inter- School Science Quiz
Conducted by Christ Nagar School.



Jewel Mariya Abraham (IX A) & Parvathy Sudhish (IX A)
Fourth position in the finale.

SMA Abacus



Sakhinav Sanooj (VI A)
Third Prize

UCM Competition



Abraham Jaden (III A)
Bible Quiz - Second Prize



Helsa P. Ben (VII A)
Malayalam Solo - First Prize



Jovin R. Saju (VII A)
Western Solo - Second Prize



Sraddha S. (XII A)
English Elocution - Second Prize

National Wildlife Week Celebrations



Abhinav Krishna H. A. (XII C)
Best Debator



Aman Suhas (XII A)
Painting Competition
First Prize

Quantum Quest 2026
Quiz Contest conducted by Christ Nagar College



Alma Ali Afzal (IX A) & Jewel Mariya Abraham (IX A)
First prize & a cash prize of ₹5,000/-

Varnolsavam



Yaadwi Ganesh (VI A)
2nd for Ekapatra Bhavabhinayam



Bhadra Vijay V. S. (VII A)
3rd for Violin & Bharathanatyam



Jewel Mariya (IX A)
1st in Folk Dance
2nd in Bharathanatyam

NCC Camp



Held at Pangode - Overall Champions

Chief Minister's Quiz



Adithyan P (XI C) & Mariam Nazrin (IX A)
First in the Educational District Level
& participated at the District Level.

FELICITATION TO

JEWEL





The Jewel of success

With grace and rhythm, Jewel Mariya Abraham achieved First Prize and **A Grade** in Kuchipudi at the Kerala State Kalolsavam, making us proud with this splendid accomplishment.

ഒരുമിച്ചൊരിത്തിരി നേരം

എസ്.ടി.എച്ച്.എസ്.എസ്. എൻ.എസ്.എസ്. യൂണിറ്റ് പ്രവർത്തനങ്ങളുടെ അവലോകനം....

























കാത്തിരിപ്പിന് നേരംപോക്ക് സ്വന്തമായ്...

Kerala State School Olympics 2025-26





Appreciation from Deputy Director of Education for the contribution our school made in the Kayika Olympics Meet 2025- 26.



Best Magazine Theme Award

Our school magazine 'The Pinnacle 2024-25' received the Best Magazine Theme Award from Dr. K. Vasuki IAS, Secretary, General Education for the theme 'It takes a village to raise a child'. The award is instituted by Malayala Manorama Balajanasakhyam (TVM Union)






Awards instituted by Kerala Recognised School Management Association, District Committee, Thiruvananthapuram

Best Teacher Award




Mr. Shiji Das D
Teacher of Commerce

A Proud Recognition for 100% SSLC Success and USS Scholarship Winners



Trophy received by the Principal **Dr. Lizu Verghis** on behalf of the school

Passing the Torch

A flame shared, a legacy continued



Mr. Syed M. Khan
Alumnus, 1992 Batch

























Picnic

Every mile brings new memories

Primary

Magic Planet, Thiruvananthapuram









Upper Primary

Vattakottai Fort & Wax Museum










High School

Kochi









STD X Wagamon








An Unforgettable Day



Vaibhavi Ganesh
X A

On 3rd October 2025, the students of Classes 10 A and B went on an unforgettable tour to Vagamon. We reached school early in the morning and travelled in two minibuses with 59 students. The journey was filled with music, dancing, and excitement along with our teachers. After breakfast at Mundakayam, we visited the beautiful Valanjanganam Waterfalls and later reached Vagamon. One of the most exciting moments was walking on the Glass Bridge, where the breathtaking view of the hills amazed us. We also enjoyed jeep trekking through the hills, singing and laughing throughout the ride. Our final stop was Suicide Point, where the thick fog and cold weather created a mysterious atmosphere. The trip was both adventurous and relaxing, and as it was one of the last trips with my friends, it will always remain a special memory in my heart.

STD XII Wagamon













Special Achievements



Adarsh S. M. (XII C)

- First Prize in Malayalam Elocution at the Deshabhimani Aksharamuttam Talent Fest at both Sub-District, District levels and participated in the State Level.
- First Prize in the Dr. A. V. Varghese Oratorical Contest (Malayalam Category) and in Malayalam Elocution at the Social Science Fair.
- First Prize in Malayalam Elocution and Monoact at the Sub-District Level.



Sraddha S. (XII A)

- Best Outgoing Student.
- Secured A Grade in Hindi Recitation and English Elocution at the Sub-District Level.
- First Prize in News Reading at the Sub-District Level and third prize in English Essay Writing at the Sub-District Level.
- Second Prize in Essay Writing at the UCM Interschool Cultural Competition.



Gopika A. Sivakumar (XII A)

- Secured a Gold Medal in Roller Skating (Rink II – 500 m) at the Sub-District Level.
- Won a Bronze Medal in Roller Skating (Rink III – 1000 m) at the Sub-District, District, and State Levels and participated in the National-Level Competition (SGFI).



Jewel Mariya Abraham (IX A)

- Secured A Grade in Kuchipudi at the Kerala State Kalolsavam.
- First Prize in "Quantum Quest" Quiz Competition conducted by Christ Nagar College.
- First Prize in Folk Dance and Second Prize in Bharatanatyam at Varnolsavam Competition conducted by the Kerala State Child Welfare Samithi.



Niranjan S. (XII A)

- Secured First Prize with A Grade in Robotics at the Sub-District Level Science Fair and Third Prize with A Grade at the District Level.



Bhadra Vijay V. S. (VII A)

- First Prize in Ottanthullal (UP Section), second Prize with A Grade in Kuchipudi and third Prize with A Grade in Bharatanatyam at the Sub-District Youth Festival.
- Third Prize in Violin and Bharatanatyam at the Varnolsavam Competition conducted by the Kerala State Child Welfare Samithi.
- First Prize in Violin conducted by Sree Chitra Thirunal Smaraka Sangeetha Natya Kala Kendram.



Niranjanesh S. L. (XII D)

- Third Prize in the Dr. A. V. Varghese Oratorical Contest (English Category).
- Third Prize in English Elocution conducted in connection with the Independence Day Celebration.



Nayan Krishna A. (X B)

- First Place in the Sub-District, District, and State Level Tennis Championships, and selected for the National Level.
- Winner in Boys Under-18 Doubles at the All Kerala Open Tennis Championship.



Dhrupadh Sankar N. (VIII B)

- Won Gold Medals in the Sub-District, District, and State Level Tennis Competitions, and was selected for the National Level.
- Awarded Most Promising Player of the Team at the State Level.



Nithin R. Saju (XII C)

- Secured First Place in the Sub-District, District, and State Level Tennis Championships.



Aadil Romiyo (VII A)

- Won Gold Medals in the Sub-District, District, and State Level Cricket Competitions, and was selected for the National Level.
- Awarded Best Player in the Under-14 Category.



B. S. Sreya (XII A)

- Won Gold Medals at the Sub-District, District, and State Level Squash Competitions, and also participated in the National Level Competitions.



Prayaga Chandran (XII D)

- Won Gold Medals at the District and State Level Karate Competitions, and secured a Bronze Medal at the National Level.



Gayathri D. J. (IX A)

- Won Gold in Gymnastics at the Sub-District Level.
- Secured a Gold Medal in Table Vault and a Bronze Medal in Balancing Beam.
- Secured overall third position at the State Level and participated in the National Level.



Veda Sidhi S. Nair (VIII B)

- Won Gold in Gymnastics at the Sub-District Level.
- Secured Silver in Table Vault and Bronze in Balancing Beam.
- Secured overall fourth position at the State Level and qualified for the National Level.



Joel Anil (VIII B)

- Won Gold Medal in Table Tennis at the Sub-District and District Levels
- Secured 6th Position at the State-Level Competition.



Kailas Raj S. R. (XII B)

- Won Gold Medals in Judo at the Sub-District and District Levels, and secured 4th Position at the State Level.



Vaishnavi Krishna (X A)

- Won Gold Medals in Archery (Compound Category) at the Sub-District and District Levels, and participated in the State-Level Competition.



Vivek Krishna (XII C)

- Won Gold Medals in Archery (Indian Category) at the Sub-District and District Levels, and participated in the State-Level Competition.



Aaron A. Lal (V A)

- Secured the 44th Rank in the NSMC Olympiad conducted by the Xandy Learning Association in collaboration with 'The Hindu' newspaper.



Dhruv A. (VI A)

- Secured Second Place in the National Gymnastics (Trampoline) Championship.
- Won First Place in the State Gymnastics (Trampoline) Championship.



Helsa P. Ben (VII A)

- First Prize in Patriotic Song and Malayalam Recitation (UP Section) at the Sub-District Youth Festival.
- First Prize in Malayalam Solo at the UCM Competition.
- Third Prize in Mappilappattu at the Sub-District Level.



Adwaith B. S. (IX A)

- First Prize in the Scripture Contest (Non-Christian Category) for Classes VIII–IX.



Niranjan S. L. (V A)

- First Prize in the Scripture Contest (Non-Christian Category) for Classes V–VII.



Sidharth Midhun (II A)

- Participated in the 4th Kerala State Chess Boxing Championship 2026 and secured First Prize in the KG Chess Boxing Fit Category.
- Secured Second Prize in the -41 kg Kids Category.



Parvathy Sudhish (IX A)

- Secured A Grade in English Recitation at the District Level.
- First Prize in English Recitation and third prize with A Grade in Hindi Recitation at the Sub-District Youth Festival.
- Second Prize with A Grade in the Games Category at the Sub-District Level Maths Fair.



Alen S. Shibu (XII B)

- First Place in Hammer Throw at both the Sub-District and District Levels, and also participated in the State-Level Competitions.



Himagouri T. (IX A)

- First Prize in Puppet Making at the Sub-District Level Work Experience Fair and participated in the District Level Competition.



Krishnendhu Raj D. A. (XII C)

- First in Modelling with Clay at the Sub-district level Work Experience Fair and participated in the district- level



Riya Binu (XI B)

- First Prize in Single Project at the Sub-District Level Maths Fairand participated in the District level.



Surya Narayan Gopal (XI C)

- Won Gold in the Boxing Competition at the Sub-District Level, and participated in the District Level



Sreenandan S. (XII C)

- Secured Second Prize with A Grade in the C. V. Raman Essay Competition.



DiyaFathima (IX A)

- Won Gold in Football at the Sub-District and District Levels.



Mohammed Nafil Siyad (XII A)

- Won Gold in Boxing and Wushu at the Sub-District Level, and participated in the District Level.



Niranjan P. Krishna (XI B)

- Won a Gold Medal in the Boxing Competition at the Sub-District Level, and participated in the District Level.



Aman Nazar (XII D)

- Won Gold in Weightlifting at the Sub-District Level, and participated in the District Level.



Karthikeyan S. (XI C)

- Won Gold in Powerlifting at the Sub-District Level, and participated in the District Level.



Shyamsankar S. (XII D)

- Won Gold in 50 m, 100 m, and 200 m Freestyle Swimming at the Sub-District Level, and participated in the District Level.



Anashwar B. Vimal (VII A)

- Won Gold in 50 m, 100 m, and 200 m Freestyle Swimming at the Sub-District Level, and participated in the District Level.



Serah Arun (VII A)

- Won Gold in the Badminton Competition at the Sub-District Level, and participated in the District Level.
- Third Prize with A Grade in Malayalam Elocution at the Sub-District Level.



Benitta Mary Biju (XI D)

- Won Gold in Basketball and Football at the Sub-District Level, and participated in the District Level.



Zarah Sanil (VIII A)

- Won Gold in Cricket at the Sub-District Level, and participated in the District Level.



Vinayak S. (XI A)

- Won Gold in Volleyball at the Sub-District Level, and participated in the District Level.



Gadha Krishna (XI D)

- Won Gold in Archery at the Sub-District Level, and participated in the District Level.



Alsabith Jasim (XII C)

- Won Gold in Cricket at the Sub-District and selected for the District Level.



Sreehari S. Vinod (XII A)

- Won Gold in Cricket at the Sub-District and selected for the District Level.

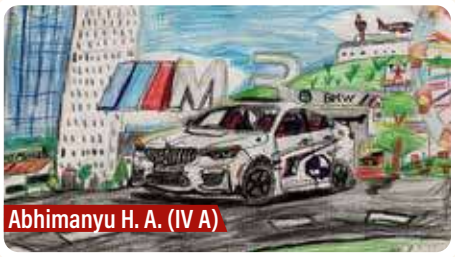


Bevan Ivan (XII A)

- Won Gold in Football at the Sub-District and District Levels.

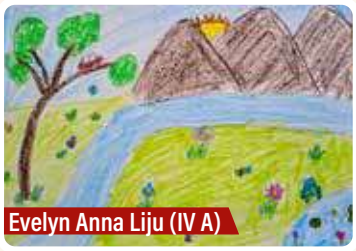
Canvas of Creativity


Aaradhya A. S. (V A)

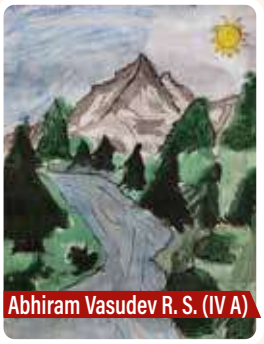

Abhimanyu H. A. (IV A)


Adil Ryan Ajeesh (II A)

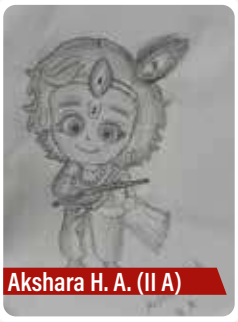

Aditi V. (X B)


Evelyn Anna Liju (IV A)


Abhinav S. S. (XI D)


Abhiram Vasudev R. S. (IV A)


Vyas Krishna T. R. (V A)


Akshara H. A. (II A)


Niya Susan Koshy (V A)


Avanthika A. V. (VI A)


Devadev D. (VI A)


Avanthika R. (VII A)


Krishnendhu Raj D. A. (XII C)


Diya R. (VIII A)


Nirmalya R. A (II A)


Kashidev M. P. (V A)


Tom V. Joseph (II A)


Ishaan D. P. (III A)


Alfidha Nazrin S. (V A)


Aadya Kiran (VIII A)


Thretha Jithesh (VIII B)


Vinayak S. (XI A)


Avanthika Sivaprasad (IV A)


Saihan S. Salim (VI A)


Pranav R. S. (V A)


Avani H. A. (IV A)


Jewel Mariya Abraham (IX A)


Aithen S. S. (V A)


Ishika F. Sherin(IX A)


Thejaswiny Shanker N. (V A)


Ameya C. A. (IV A)


Jaykrish K. (VI A)


Aman Suhas (XII A)


Ananthakrishnan (XI B)


Seya Mary (IX A)


Dhyan Ajay (V A)

Celebrating An Artistic Milestone







Priya A. P., Art Teacher was honoured with Dubai Camel International Award & Arabian World Record for her dedication and hard work towards showcasing 176 number of paintings through her Paraythnam exhibition.

Outgoing Students



X A



X B



XII A



XII B



XII C



XII D

From corridors of learning to roads of destiny
- Go forth and conquer

PROUD MOMENTS

Captured In Print



മുക്കോലയ്ക്കൽ സെന്റ് തോമസ് ഹയർ സെക്കൻഡറി സ്കൂൾ വാർഷികം ആഘോഷ വർഷ ഉദ്ഘാടനം ചെയ്യുന്നു. മാർത്തോമ്മാ ചർച്ച് എഡ്യുക്കേഷനൽ സൊസൈറ്റി സെക്രട്ടറി ഡോ. രാജൻ വർഗീസ്, ട്രഷറർ ജോയ് ജി. ജോസഫ്, ചാപ്ലിൻ റവ. മാത്യു കെ. ജോൺ, പ്രിൻസിപ്പൽ ഡോ.ലിസു



● പ്രസംഗമത്സരത്തിൽ ഇയർഫസ്റ്റ് അവകാശത്തിന്റെ ശബ്ദം

'വേണം കുട്ടികൾക്ക് ഇണങ്ങിയ ലോകം'



പ്രസംഗ മത്സരം



CAI



ക്യാമൽ ഇന്റർനാഷണൽ അവാർഡ് ചിത്രകാരി പ്രിയമനോജൻ ഏറ്റുവാങ്ങി







സ്കൂൾ മാഗസിൻ അവാർഡുകൾ വിതരണം ചെയ്തു



Mathrubhumi മാതൃഭൂമി

മാതൃഭൂമി - ശ്രീ ധന്യ ഹോംസ് മധുരം മലയാളം

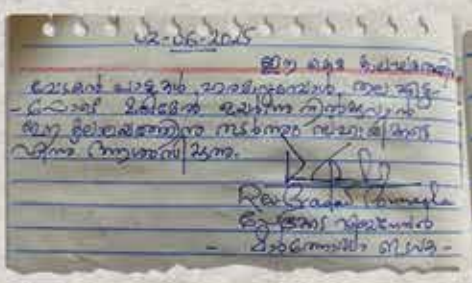
മുക്കോലയ്ക്കൽ സെന്റ് തോമസ് സ്കൂളിൽ

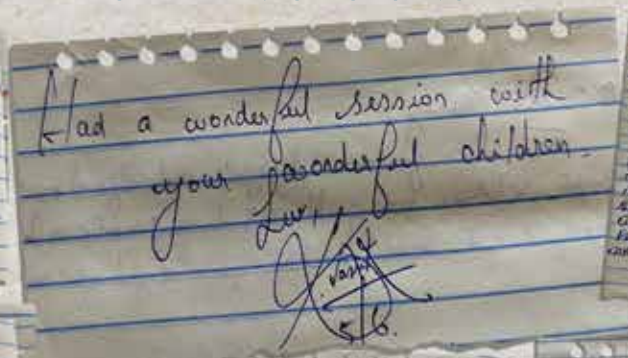


ഇ.വി. വർഗീസ് സ്മാരക പ്രസംഗമത്സരം

Impressions That Inspire :

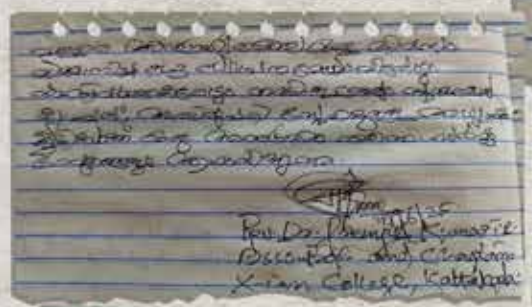
From The Visitors Note

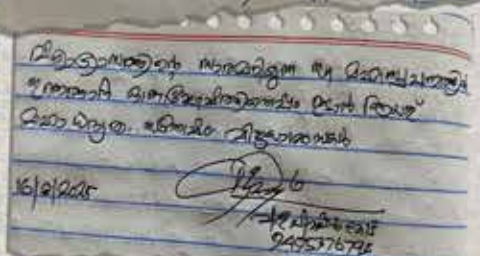


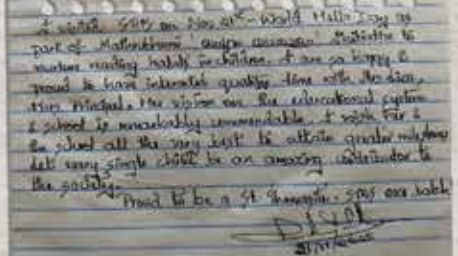


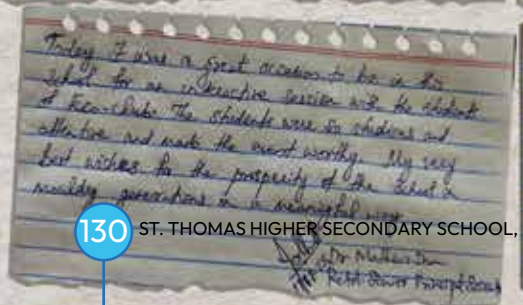
Had a wonderful session with your goodwordful children

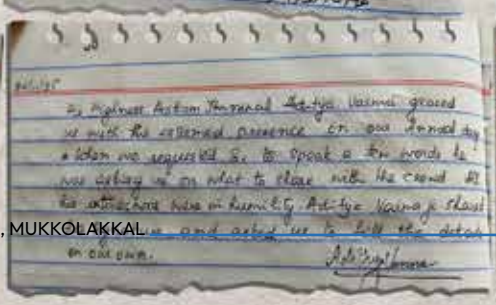


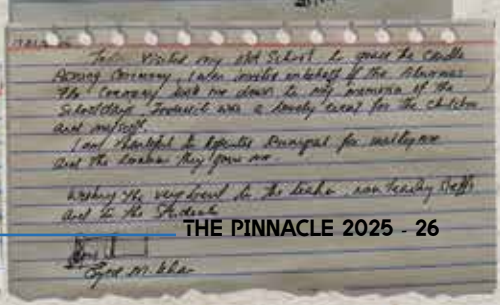













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