



# CHINMAYA DHWANI



ANNUAL OF CHINMAYA VIDYALAYA  
THRISSUR

2019 - 2020



## CHINMAYA VIDYALAYA

SCHOOL WITH A DIFFERENCE

ISO 9001 : 2008

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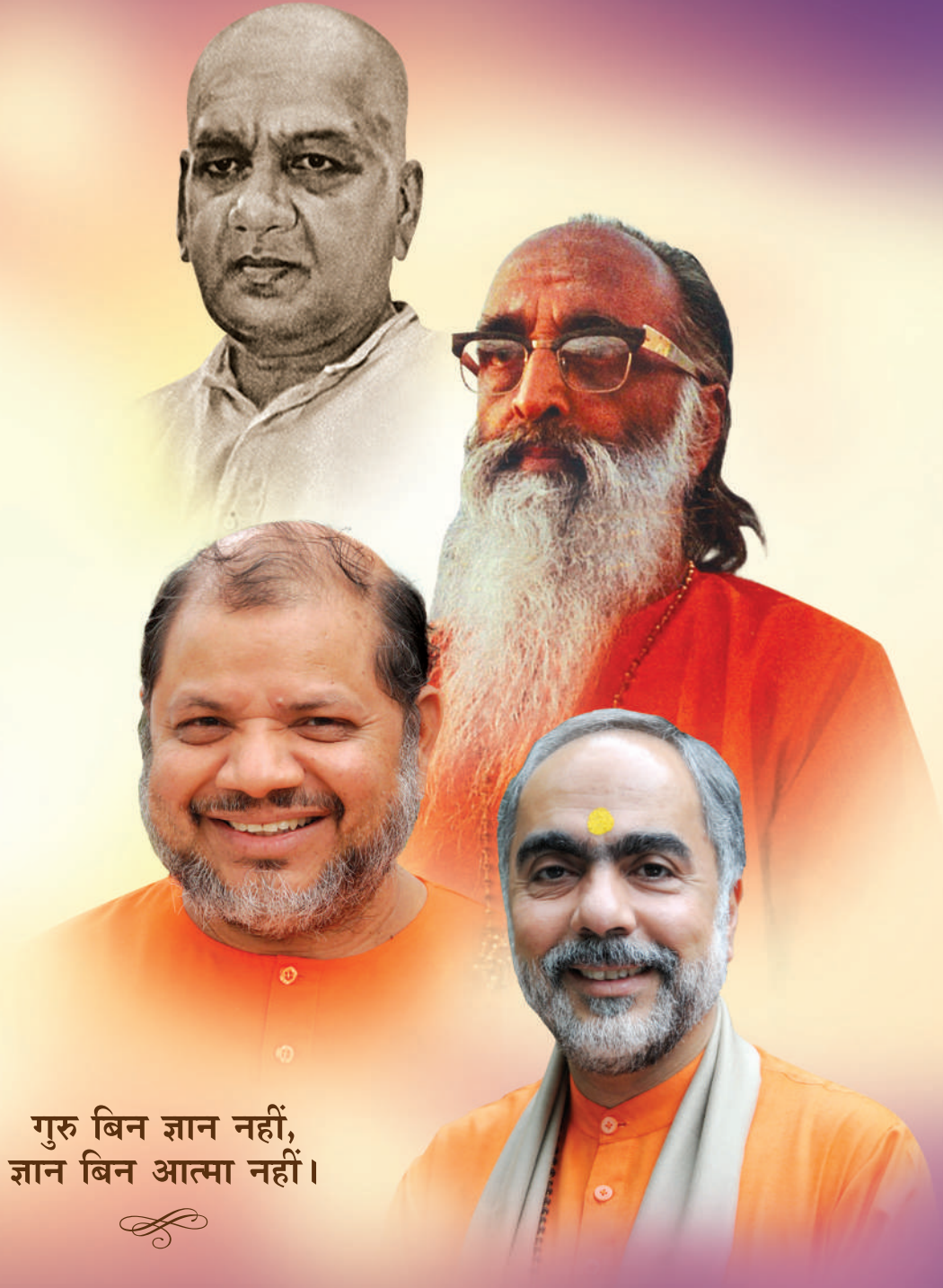
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# गुरुपरम्परा



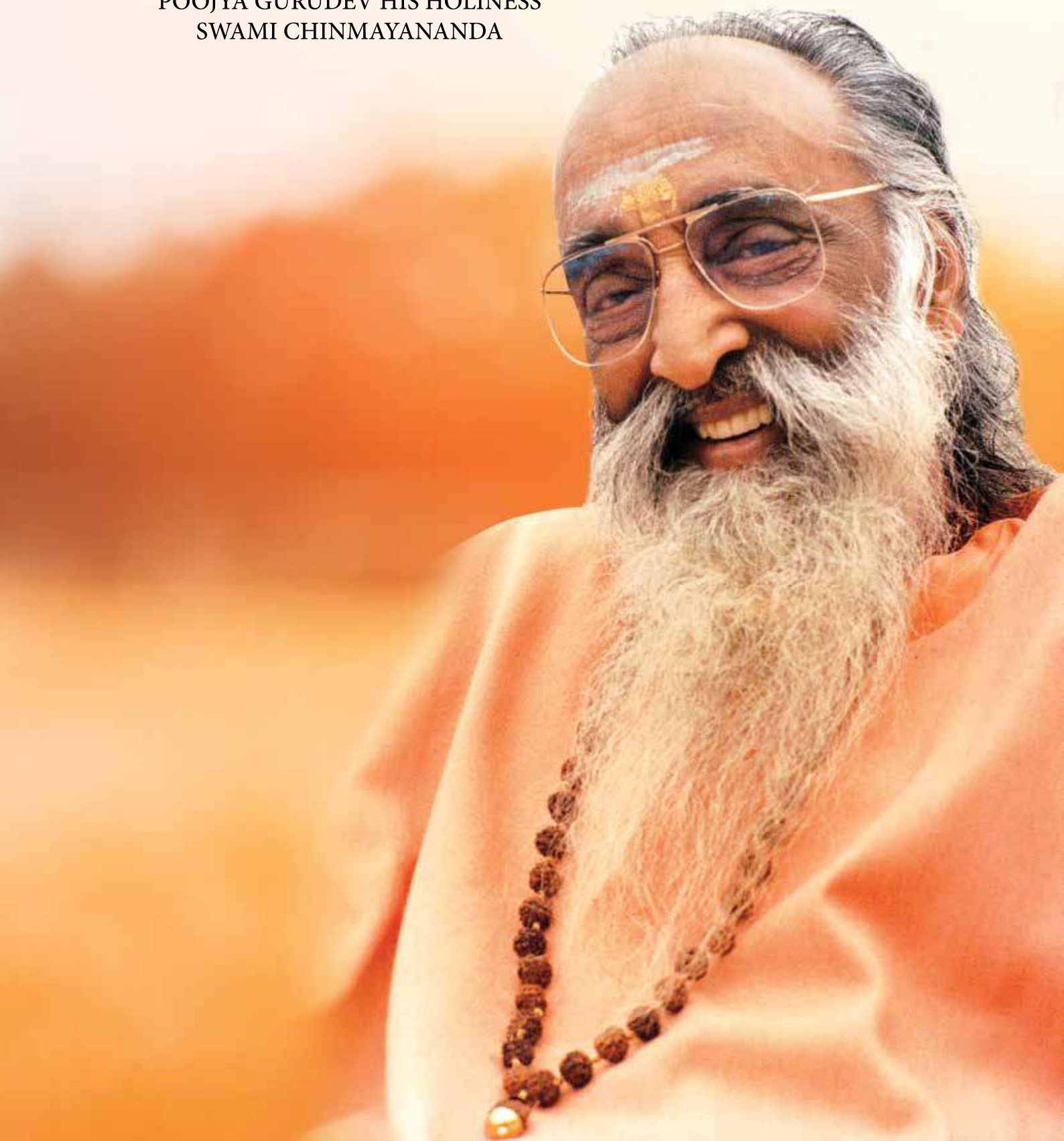
गुरु बिन ज्ञान नहीं,  
ज्ञान बिन आत्मा नहीं।





*“Brood less, smile  
more and serve all.”*

POOJYA GURUDEV HIS HOLINESS  
SWAMI CHINMAYANANDA





**ARIF MOHAMMED KHAN**  
Government of Kerala



Raj Bhavan  
Thiruvananthapuram - 695 099



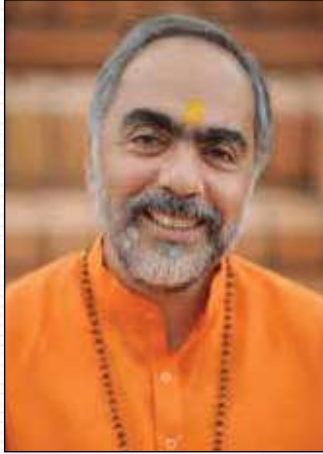
I am very happy to know that Chinmaya Vidyalaya, Thrissur intends to bring out its school magazine Chinmaya Dhvani during the academic year 2019-2020.

I do hope that the magazine will highlight the creative and artistic talents of the students.

I wish the publication all success.

**Sri. Arif Mohammed Khan**  
Honourable Governor of Kerala





**H.H. Swami Swaroopananda**  
Global Head,  
Chinmaya Mission

Dear students, teachers, parents and members of the management,

Echo is a truthful servant to its master, its own source. Whatever the source projects, the echo honestly reflects. The flute honestly resounds the tunes that its master intends. It has truly surrendered its own will to its master. With a master like Krishna, the dhvani of the flute has to be divine.

The world is an echo of man's inner state. The catastrophe that today's world is going through is the reflection of the breakdown in man's inner moral compass. The golden era of man's civilisation can be brought about when his inner configuration is tuned to the highest wisdom of love and peace, born from the advaitic vision of oneness.

This science of inner integration is the subject of our Hindu scriptures. Gurudev Swami Chinmayanandaji created the Chinmaya Vidyalayas to be 'Schools With a Difference', that taught this technique of transformation as an essential part of our education. "Through individual transformation can world transformation be achieved", were the words that echoed through Gurudev from platforms across the world.

I wish Chinmaya Vidyalaya family at Thrissur the highest fulfilment of Gurudev's vision. May every member of Chinmaya Vidyalaya Thrissur rise up and become the most wonderful dhvani of our great institution.



**H.H. Swami Gabheerananda**  
Acharya

For an individual to lead a noble life one has to become an educand first. Education refines, polishes and aids one to lead a righteous life. As one lives a righteous life one accumulates all that go one with good character. Learning the lives of great people makes one imbibe and emulate and evolve to be a person with a glorious living. May one and all from Chinmaya Vidyalaya shine out with crystal clear human traits and trends.





**പ്രൊ. സി. രവീന്ദ്രനാഥ്**  
പൊതുവിദ്യാഭ്യാസ വകുപ്പ് മന്ത്രി  
കേരള സർക്കാർ



കോലഴി ചിന്തയവിദ്യാലയം 41-ാം വാർഷികാഘോഷങ്ങളുടെ ഭാഗമായി ഒരു സുവർണ്ണ പ്രസിദ്ധീകരിക്കുന്നു എന്നറിയിക്കുന്നതിൽ സന്തോഷമുണ്ട്.

മുൻകാലങ്ങളിൽ വിദ്യാലയം ആർജ്ജിച്ചിട്ടുള്ള നേട്ടങ്ങളും നടത്തിയിട്ടുള്ള ക്രിയാത്മക ഇടപെടലുകളും രേഖപ്പെടുത്തുകയും വിദ്യാർത്ഥികളുടെയും അദ്ധ്യാപകരുടെയും സർഗ്ഗാത്മക കഴിവുകളെ പ്രോത്സാഹിപ്പിക്കുകയും ചെയ്യുന്ന ഒരു പ്രസിദ്ധീകരണമായി സുവർണ്ണ മാറുമെന്ന് പ്രതീക്ഷിക്കുന്നു.

ഈ ഉദ്യമത്തിന് എല്ലാ ഭാവുകങ്ങളും നേരുന്നു.

സി. രവീന്ദ്രനാഥ്



**Dr. G. Mukundan**  
Chairman Academic Council

CHINMAYA DHWANI 2020 is an offering to the lotus feet of our Pujya Gurudev who has inspired and bestowed our children with the zest and zeal to bring out their creativity galore. Hearty Congratulations to our Principal, staff & students for the optimistic spirit and devotion for their abundant contributions. It is praise worthy. Let us forge ahead with Gurudev's eternal blessings "To do your job even if circumstances are not conducive, is our gift to HIM- who is the sole Lord of all circumstances" said our Gurudev. May we continue to receive his blessings.



**CA (Dr) V. Venugopal**  
Director of Education

Our Vidyalaya has completed 41 years of glorious years with the blessings of our Pujya Gurudev H.H. Swami Chinmayananda. Our Vidyalaya continued to achieve excellent academic result in Board exams. It is worth mentioning that our football team has become runners up in all India level. We have strengthened sports activities by providing more infrastructure facilities and by appointing more teachers.

'Chinmaya Dhvani' is brought out every year to reflect the creativity and talent of our children. More colour pages are added and the achievement of our children is highlighted. The editorial board and teachers have done a good job in bringing out this beautiful publication. Let me make this opportunity to thank our dedicated teachers, staff, students and parents for their continued support.

Our Pujya Gurudev has said:

“Never give up  
Never despair  
Strive On! On and On!!”

May the blessings of Pujya Gurudev and Almighty continue to shower on all of us.



**Smt. Shobhana Devadas**  
Deputy Director of Education

As another very fruitful year passes by, the Vidyalaya stands out in glory with all the encomiums and accolades received. I wish to congratulate the editorial team for all the efforts taken in bringing out the annual school magazine 'ChinmayaDhwani'. The articles and the creative inputs of the children are praise worthy and commendable. “See yourself as a winner if you want to perform as a winner” is what I would like to remind all my children of this Vidyalaya. To reach the path of success you have to learn to believe in yourself. Teachers and parents should help children understand their individual potentials, help them nurture their capabilities and instill in them the courage to face the challenges of life which is the need of the hour. Together let us help our children have a wonderful childhood journey of life, blossom to a confident teenager and a balanced adult. Wishing the vidyalaya all success to greater heights in the years to come. With prayer and blessings.





**Smt. Shoba Menon**  
Principal

Be thankful for what you have; because happiness isn't getting what you want all the time, but it is about loving what you have and being grateful for it. The power of gratitude shields us from negativity, boosts self-confidence, improves relationships, surges our self-esteem and this in turn improves our performance. Through our unconditional performance we reach, the pinnacle of success.

I hope my children understand the sheer magnitude of being grateful and the trajectory of positivity it brings in an individual.

"Be Thankful! Be Grateful! Be Positive!" and change the world through your actions.

Wishing the very best to Chinmaya Vidyalaya Family and to the team "Chinmaya Dhwani".

Prayers and Support.



**Smt. Usha Prem**  
Vice Principal

A quote from John Maxwell reads: "Talent is a gift, but character is a choice". While talent is critical for success, character is vital for a happy life. The world has become much more complex and competitive than it was couple of decades back. Today's youth have plethora of information. It is upto you to screen the useful information, avoid the wrong traps and follow the path of righteousness. At every step in your life you might be lured to fall into wrong doings, you might be exposed to addictions and you might be tempted to join wrong company. Refrain yourself from all the wrong doing. Anytime when you are faced with a temptation, step back and think about the impact it will have on your life a decade from now. The actions that you take today will have positive or negative implications after many years. Beware of your surroundings and do not fall prey to wrong doings. Study well, play well, be happy and enjoy the school days. When you grow up your school days should always bring memories of happiness and calmness like dew drops on grass.



**Smt. Anitha V N**  
Senior Head Mistress

Hari Om

Salutations

We are a school with a difference. Here in Chinmaya Vidyalaya, education is a shared commitment among enthusiastic children, dedicated teachers and parents with high expectations

The world today is changing at a fast pace and we have witnessed many transformations in the present times. Let us stand together and bring positive reforms in the world. This magazine provides an excellent window for the budding writers and reflects the aspirations and dreams which the Vidyalaya has to realise in the coming years.



**Smt. Sabeena Madhavan**  
Headmistress

This year 2019-2020 has occupied a unique place in the annals of history. Our achievements in all areas of scholastic and co-scholastic have been stupendous. I am cheered and enthused to reflect on the fact that our management, staff and students have all done our best to follow religiously the guidelines laid down by the great visionary, our Poojya Gurudev. When we succeed in instilling the very essence of our rich indian culture among our children we can be sure of churning out individuals with the noblest character who will work out strategic plans that will help them to fight against all odds, including the pandemic COVID.

Our Pujya Gurudev always wanted to give our children the very best. We experience an inner peace when we realize that we have set for our children the right example. We earnestly hope that our children would explore and expand their horizon, scale newer heights and mould themselves as dream children.

I take this opportunity to thank all those are involved in the noble task of shaping a bright future for all our children. Because we all firmly believe that teachers handle **lives** and not **files**.



## Management Committee - Our Pillars of Support



**Sitting from left:** Radhakrishnan T (Chief Executive), Adv. Dr. C.P. Sreeprasad ( Member), (CA) Dr. V. Venugopal (DE), Swami Gabeerananda, Dr. G. Mukundan (Chairman Academic Council), Smt. Shoba Menon (Principal), Dr. V. Ramankutty ( Trustee), Venugopal C. (Secretary), Smt. Shobhana Devadas (DDE)  
**Standing from left:** Krishna kumar P (Educationist), Sri. Jayaram P. R. (Parent Member), Satish Kumar (Member), Santhosh Chalakkal George (Member), K. Jayalakshmi (Teacher Member), Smt. Usha Prem (Vice Principal), Bindu K. (Teacher Member), Vani Anilkumar (Parent Member), Dr. Smitha P. V. (Educationist), Sunitha A. (Member)

## Our Strength and Resource - Teaching Staff



## Our Tireless Striving heroes- Non Teaching Staff





# From the Editor's Desk



Smt. Latha Narayanan



Sri. Madhavadasan K.



Smt. Nina Manoranjith

*"Alone we can do so little; together we can do so much" - Helen Keller.*

*"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work" - Vince Lombardi.*

*It is with immense pride and exuberance that we are penning this manuscript written and enriched by the combined efforts of our dear students and teachers.*

*"Chinmaya Dhvani" has once again come out with flying colours through our proud achievers in writers, artists and sports persons, who have adorned us with another feather to its cap. The magazine is a platform to paint the experiences and events of all students and teachers of the year 2019-20, with all impunity and honour.*

*As APJ Abdul Kalam said "All of us do not have equal talents. But, all of us have equal opportunity to develop our talents." Our children have made the best use of the opportunities that have come their way and this magazine is indeed a pious attempt to give carve out to their creativity. In this era of crass competition, the inner feelings and novel ideas should find a place to get depicted and printed for sharing with all. This makes them realize that life is more than just academic brilliance. During this entire process they have learnt to orchestrate their future with a view to imbibe the welfare of the entire humanity.. "Loka Samastha Sukhino Bhavanthu."*

*We are sure that the enthusiastic write ups and pictorial depiction of talents of young minds will hold attention and admiration of our readers. The herculean task of editing this magazine would have been impossible if not with the sincere support of the editorial board, our colleagues and timely help from the office staff. We are extremely thankful to our Chairman Dr. G. Mukundan, Director Dr. V. Venugopal, Deputy Director Smt. Shobhana Devadas, Principal Smt. Shoba Menon, Vice Principal Smt. Usha Prem, Senior Headmistress Smt. Anitha V. N. and Headmistress Smt. Sabeena Madhavan for entrusting us this responsibility and for all encouragement. As the saying goes, mind is like a parachute which works best when opened. We hope this magazine will be a launch pad for more creative minds to blossom and become fruitful.*

*The entire "Chinmaya Dhvani" team longs all its readers a happy reading.*



*Sitting from left Smt. Anitha V.N., Smt. Usha Prem, Smt. Shoba Menon (Chief Editor), Smt. Sabeena Madhavan, Smt. Latha N. (Staff Editor), Sri. Madhavadasan K., Standing from left Kumari Lakshmi P. Lal (Student Editor), Smt. Vima Viswambharan, Smt. Bharathi A., Smt. Sumi Vinayakumar, Smt. Lakshmi C., Smt. Sreekala C. K., Smt. Sudha Jayachandran, Smt. Sheela Sagar C. Smt. Nina Manoranjith (Staff Editor), Abhiram (Student Editor) Sri. Sanjay Dorai, Sri. Subhash K.*



# CHINMAYA VIDYALAYA THRISSUR ANNUAL REPORT 2019-2020



Hari Om,

A warm greeting to all.

Pranams to the supreme Lord and humble salutations to Pujya Gurudev H.H. Swami Chinmayanandaji. years back, Poojya Gurudev had a vision where children were the focal point. This vision is now fructified as we find our children scripting history at the National level. Chinmaya Vidyalaya Thrissur is gaining National & International recognition and progressing by leaps and bounds. First came the class X CBSE 2019 results where 2 of our children Bhamasree S & Anaiika Afsal who created history by securing 99 percentage aggregate and standing 5<sup>th</sup> in Ranking at National level. Prayers, hopes- excitement, dreams and blessings enabled our young heroes who donned the jersey of Chinmaya Vidyalaya Kerala to become runners of the CBSE National Level in the U- 19 Football Tournament thus scripting history. Then came the silver lining of being one among 2000. Devi Nanda of Class IX had the life time opportunity of being selected as one 2000 children of India to personally interact with Honorable Prime Minister Narendra Modi for a special programme referred as "PareekshaPeCharcha"

I am extremely happy to present before you the annual report for the Academic Year 2019 20.

## Major Achievements of the Vidyalaya

RESULTS – AISSCE XII / AISSE X – 2019

AISSCE XII

- In CBSE Class XII Examination held in the month of March 2019. In the science subject combination out of 129 students 103 got distinction 44 achieved an aggregate of 90 % in all subjects and. 11 students received A1 in all subjects.

- The school toppers in this category are ELSA ROSE with 96.4 % who stands first, SRUTHI VENUGOPAL with 95.2 % is second and DIYA S & SYAM P SURESH with 95 % stands 3rd.
- In commerce subject combination 42 students appeared of which 31 have been placed in distinction and 11 students get above 90 % aggregate. The school toppers are GADHA S UDAYAN with 95.8 percentage, NANDANA A & MEENAKSHI V R securing 94 % stands second and ANJANA M N 93% percentage stands third.

AISSE X

- In Class X Examination held in the month of March 2019. Out of 151 students 99 got distinction, 55 achieved an aggregate of 90% in all subjects and. 13 students received A1 in all subjects.
- The school toppers are BHAMASREE B & ANAIKA AFSAL with 99 percentage who stands first and secured 5th position in National Level, Both of them secured 100 % in Social Science and Mathematics ABHIJITH KRISHNANUNNI with 97.8 percentage stands 2nd AJUL R KRISHNAN & AMRITHA O with 97.6 percentage stands 3rd.

**Kishore Vaigyanic Protsahan Yoganam:-** It is a scholarship programme founded by department of Science and Technology of Government of India. Abhijith Hari Menon of Std XII (2018-19) qualified KVPY after a screening test and an interview.

**International Letter Writing Competition:-** Devananda S Jain of Std 8 was gifted with a cash award of 25,000/- by the postal department for winning the Letter writing competition.

**Food & Safety Poster Competition:-** In connection with Food safety day, a painting competition was organized by the Food safety department at Town hall. Lakshmi K of std XII won the first prize.

**Infinitum Quiz:-** NIT Calicut conducted a district level of Quiz Infinitum 2019 on Mathematical and Logical Reasoning at BVB Poochatty. Devaduth Mullappally and Anirudh S Menon of Std 12 bagged the 1<sup>st</sup> prize from 33 teams and a cash award of rs 25,000.

**JCI Prathibha Puraskar:-** Junior Chamber International Prathibha Puraskar was distributed in a function organized in the school. JCI Prathibha Puraskar for best student in Higher Secondary was awarded to Devduth Mullappally (12 A) and Shraddha K (X A) in secondary level.



**Ramayana Competition Conducted by CMECT:-**In connection with Ramayana month celebration Chinmaya mission conducted different competitions at Neeranjali.

**YMCA Patriotic Song Competition:-**In the YMCA Patriotic song competition our Vidyalaya received First prize, a trophy and cash prize worth Rs 5000/-

**Shresta Bharatham - Conducted by Amritha Channel:-**Amritha Channel has organized "Shresta Bharatham" competition at Chithranjali Studio Trivandrum. Our school has secured the 3<sup>rd</sup> position.

**Malayala Manorama Vijnan Vijayapadham:-** Malayala Manorama in unison with Vignan university has conducted inter school competition in three areas 1. Quiz 2. Elocution 3. Skit and our school sent a team and won a cash award of Rs 3000.

**Food & Nutrition Quiz & Poster Design:-**Association of Food Scientist & Technologist, India conducted a quiz and a poster designing competition at Veterinary College Mannuthy in connection with the observation of World Food Day & our team won the first prize.

**UjjwalPrathiba Award:-**Lynn Mary Jose and AnirudhSasikumar Menon qualified smoothly to the final round of UjjwalPrathiba Award Competition The final round was held at Nirmala Matha Central School, Thrissur.

**LINGUA FANTA – District Level Winners:-**It was held at CMI Public School, Patturaikkal. 24 schools participated in the competition. Our Vidyalaya has emerged victorious winning overall third position.

**LINGUA FANTA – Finals:-**The State Level English Language Fest was organized at Bench Mark International School. Our Vidyalaya team secured the 3<sup>rd</sup> prize in Category 4 debate competition.

**Sahodaya Thrissur English Language Proficiency Exam Finals:-**The Second round of ELPSE 2019-20 (listening & writing) was held in the Vidyalaya. Around 53 schools. ChinmayaVidyalaya. Kolazhy secured 10 prizes out of the 24 finalist appeared.

**Sahodaya Thrissur – Maths Talent Search Examination:-**SSCT has conducted Maths Talent Scholarship Exam and our Vidyalaya won the exam .

**GITA Chanting Competition:-**District level Gita Chanting Competition conducted at Neeranjali.Group C – Parvathy S Varrier (3<sup>rd</sup> Prize), Group A – TrshaSajan (3<sup>rd</sup> Prize)

**CBSEScienceExhibition:-**Held inSaraswathiVidyanikethan Public School Elamakkara, Kochi. Two students from class XI –Team Aqua Redeemers and Two students from class IX Team Tec H2O participated.

**VidyarthiVigyanManthan - 2019:-** India's largest Science Talent Search Online Examination, organized

by VijnanaBharathi in association with VigyanPrasar and NCERT.Adithyan K of STD 8 won first prize in the state level competition held in SaraswathiVidyanikethanErnakulam.

**VandheBharath Patriotic Song Competition:-**Nirmala Matha Central School had conducted an Inter School District Level Patriotic Song Competition 'VandheBharath' in connection with the Republic Day, the Vidyalaya choir group secured second position.

**Maths Abacus National Level Competition:-**In 15<sup>th</sup> National competition on Abacus & Mental Arithmetic, 2 students secured second, one student third, 4 students fourth and three students secured 5<sup>th</sup> place.

**Participation in Quiz Programmes:-**1. As part of the World Environment Day celebrations a Quiz was held in the Vidyalaya Auditorium for the students of classes 5 and 6. The team represented by Nanditha S and Saketh P Nambiar bagged the first place. The winners were awarded with certificate of Merit. Shri Madhavadasan K who was the quiz master.

2. St Pauls HSS Kuriachira Conducted a General knowledge Quiz. Lynn Mary Jose (X A ) and Sidharth V Jain (8 A ) won third prize with a cash award of Rs 1000/-

3. Govt Engineering College, Thrissur has conducted a motor quiz. Vishnu Sai Vinod (12 C), Harikrishnan S and Amaljeet S (12 D) secured 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> positions respectively.

4. Prof MD Paul memorial prize intercollegiate / interschool Maths quiz held in St Thomas College Thrissur. Hari Ramakrishna Sudhakar of XI C and Agney P of XI B secured 3<sup>rd</sup> prize. Our students also participated in various competitions like Agriculture quiz conducted by KolazhyKrishiBhavan, GK Quiz Dhurutara by BVB Irinjalakuda and GK Quiz' Canara Champ' conducted by Canara Bank.

5. WWF India conducted a Quiz competition namely Wild Wisdom Quiz. Shri Vishnu (7A) GopikaJayachandrakumar (6D) represented our Vidyalaya Middle School team and JwaliyaVidyadharan and Navaneeth Krishna (4A) represented as the junior team for the city/ state level of this quiz competition held at YMCA Auditorium, Trivandrum.

6. In connection with Gandhi Jayanthi Celebration an interschool quiz competition organized by BVB Thrissur Kendra. Four students from the Vidyalaya participated in the competition.

**Sahodaya District Kalotsav:-**Vidyalaya secured sixth position in the District Kalotsav with 27 prizes. Vidyalaya also secured various prizes in the state level competition

**Sahodaya Kids Fest:-**Sahodaya Complex Thrissur conducted kids fest at Vijayagiri Public School. 46 children participated in the kids fest. Overall 7<sup>th</sup> position was bagged by our vidyalaya.



## Activities

School reopened on 6<sup>th</sup> June 2019. A grand welcome was extended by the Majestic tusker, "Durgadasan".

**World Environment Day:-**World Environment Day was observed. Saplings of indoor oxygen generating plants like Aloe vera and Ramcham were distributed to birthday students.

**Class XI Reopening:-**The academic year for class XI began on 10<sup>th</sup> June 2019. There was an orientation session for the students and parents.

**Merit Day:-** Dr R Ratheesh Scientist and Director of CMET Hyderabad was the Chief Guest. Vidyalaya magazine "ChinmayaDhwani" was released in the function. The editors of the Magazine, Smt Saritha Mohan and Sri Madhavadasan were honoured.

**International Yoga Day:-** Smt Lathika Menon, Yoga Trainer and Psychologist was the esteemed guest. This was followed by a spectacular display of yoga dance, Suryanamaskar and Yoga exercise.

**Reading Day:-**Best readers were honoured. The students honoured their teacher with a bookmark. Reading pledge was rendered in the assembly.

**Investiture Ceremony:-** The investiture ceremony for the academic year 2019-20 was organized in the Vidyalaya auditorium. Commodore Ramesh M S Menon, Superintendent, Naval Aircraft Yard inaugurated the function and officiated the swearing in ceremony. Our Principal Smt Shoba Menon delivered the welcome address. The head boy and the head girl took the Vidyalaya pledge.

**State Level Cycle Rally:-** State Level Cycle Rally (Trivandrum to Kasargode) by CHYK Kerala and Chinmaya Viswavidya Peeth, visited our Vidyalaya, propagating Environmental conservation and addressing the issues on drug abuse. H H Swami Gabheeranandaji, lighted the lamp.

**Observance of Guru Poornima:-** Gurupoornima was celebrated on 16<sup>th</sup> July 2019 with great reverence and devotion.

**Ramayana Month Celebration:-** Karkidakam Onnu observed with an introduction about the significance of the month. Dasapushpangal was displayed in the portico with all the vernacular and botanical names.

**Philately Club:-** The formal inauguration of the philately club of our Vidyalaya took place. Shri Sunil Supt. of postal department inaugurated the club and Shri Olvex Michal Noronha Secretary Philately in his address gave an insight into the significance of Philately club.

**Pi Day Celebration:-**Pi approximation day was celebrated. In connection with it, the concept of pi was explained.

Children presented pi and its value on a chart during the recitation.

**Arts Club Inauguration:-**Arts Club and Talent Time Inauguration was held. The Chief Guest Anoop Sankar, playback singer, inaugurated.

**Janmabhumi Paper Release:-**Janmabhumi paper release "Amrutham Malayalam" was held. Sri Sukumaran P Chief Editor Thrissur Bureau handed over the newspaper to the Vice Principal.

**Talent Time for Senior Students:-**Different competition in connection with talent time for the students of class V to XII.

**Observance of Guru Samadhi Day:-**Guru Samadhi was observed. Students performed archana in their respective classes.

**Global Youth Tobacco Survey:-**Global Youth Tobacco Survey (GYTS -4) conducted by Central Ministry of Health and Family Welfare (MoHFW) with technical support of WHO and International Institute for Population Science was held in the Vidyalaya.

**Book Fair- Paperbay:-**Paperbay Thrissur had conducted a Book Fair in the Vidyalaya. There was a sale of around 40,000/-.

**Independence Day:-**The 73<sup>rd</sup> Independence Day celebration was celebrated with patriotic fervour. Our Principal Smt. Shoba Menon hoisted the flag.

**Nature Day for Classes 1 and 2:-** Nature day was celebrated. The dress code was green.

**Fit India Movement:-**Fit India Movement was launched by Honourable Prime Minister at Delhi. The fitness pledge which was administered by Sri Narendra Modi was telecasted and fitness pledge was also taken.

**Swachhatha Pakhwada:-**Recognising the Vital Role of the school in spreading the awareness about swachhathapakhwada. Pledge, awareness talk, hand wash activity and personal hygiene, community mission, letter writing were the various activities conducted.

**Khadi Fest:-**A Khadi exhibition cum sale was arranged in the Vidyalaya auditorium by Kerala Khadi Gramodyoga Bhavan, Thrissur.

**Teachers Day:-**Teachers day was celebrated on 5<sup>th</sup> September. Office bearers greeted all the teachers with the "Best Teacher Ever" badge. Three teachers who have completed 25 years of service - Smt Jayalakshmi, Smt Geetha M P and Smt Bindu K were honoured with an "Om" lamp and a Ponnada. A skit exhibiting the greatness of teachers, a musical chair and an anthakshari competition was held.

**Onam Celebration was for Class KG and Primary:-**Children wore traditional costumes. They laid the floral



carpets, sang songs and danced to the tune of pulikalimelam, Vanchipattu&Chendamelam. Malayali Manka&Sreeman contests were held.

**Club FM Programme:-**Club FM came to the school to honour the winners of All Kerala Inter School Patriotic Song Competition

**Teachers Kalothsav:-**SSCT conducted Teachers Kalothsav at CSM Central School Edassery. Smt. Neethu, Music Teacher secured 3<sup>rd</sup> place for light music.

**Certificate of Rashtriya Ayurveda Vidyapeeth Exam:-**Rashtriya Ayurveda Vidyapeeth had conducted the entrance exam 'CRAV' in our Vidyalaya. 262 candidates wrote the exam.

**Hindi Day:-** A speech was given by VyshnavMurali of VIII D, giving the importance of Hindi language and Hindi Divas. Music and dance were the attractions of the day.

**ChinmayaVidyalaya Model United Nation (CVMUN):-**ChinmayaVidyalaya Model United Nations was organized. There were 4 committees of United Nations: - DISEC, UNHRC, UNEP and UNSC. It was inaugurated by the General Secretary -Thomas Babychan of class XII D. The City Police Commissioner of Thrissur- Sri. Yathish Chandra GH IPS, was the Chief Guest.

**Gandhi Jayanthi Celebrations:-**Gandhi Jayanthi was celebrated. A pledge 'ThoovalaViplavam (Handkerchief Revolution)' was taken by the whole school bringing awareness on tuberculosis & TB centre. Swachatha Drive was arranged. A 'Sramadhan' was done by scouts and Guides of the Vidyalaya cleaning the premises close to the school

**Navarathri Celebrations:-**Navarathri Celebration at Neeranjali organized.

Bhajans, Dance items depicting various forms of Devi, a Dandiya and a Speech on the importance of the nine days made the day very special.

**Mathrupooja:-**Mathrupooja as part of the Navarathri Festival was held. H. H. Swami Gabheeranandaji initiated the auspicious function. Teachers rendered the slokas with the significance of Mathrupanchakshari.

**Honouring Ceremony of State Champions under 19 Football:** Our school football team had won under 19 State CBSE Football Tournament 2019-20. They honored the State Champions. The Chief Guest for the day was Sri Anil Akkara M L A. Sri Kiran G Krishnan the coach was specially applauded for his excellent coaching and services.

**Interhouse Debate Competition:-**The school organized an interhouse debate competition for class XII students at ChinmayaBalkrishna Auditorium. Topic was "Can Science and Religion Co-Exit"

**Interclass and Gita Chanting Competition:-**Chinmaya

Mission Bhagavad Gita Preliminary round 2019-2020 wherein 120 children participated in the competition and 21 children were selected for District Level Chanting.

**Green Olympiad Teri Exam:-**The Energy and Resources Institution conducted Green Olympiad for the students. 98 students participated.

**Painting Competition:-** Postal department in association with Kochu TV conducted a painting Contest. The theme of the same was Save Every Drop of Water.

**Kerala Piravi Day Celebration:-** A talk about the formation of Kerala, "AksharaSlokam", Imitate Character, Group Dance, Group Song were conducted. SmtMridula, Principal of Cooperative Public school was invited for a Seminar on the topic "Influence of Language in Daily Life" for the students of class VIII.

**Honouring Non Teaching Staff:-**This year SmtNalini P S and Sri Pradeep Varma were honoured with an "Om" lamp and a Ponnada.

**Annual Athletic Meet:-**41<sup>st</sup> Annual Athletic Meet was conducted, Sri SP Radhakrishnan Chief Executive Chinmaya Mission Educational & Cultural Trust, was the chief guest.

**International Science Day:-**Students from class 6, 7 and 8 dressed as eminent International and National scientists paraded in front of the morning assembly.

**Nabidinam:-**In connection with Nabidinam, a mehendi competition was conducted

**Children's Day Celebration:-**The assembly was conducted by teachers. A skit, scripted by our Principal Smt. Shoba Menon was presented by the teachers. A group song and a group dance by the teachers also was presented.

**Reception of U-19 Football Team at Railway Station:-**Our school football team won the second place in the national u19 tournament held at Haryana. The team was accomplished by Kiran G Krishnan coach and Niji N Raju team manager.

**Grand Function Organised for Honouring the U-19 Football National Runners:-**ChinmayaVidyalayaKolazhy hosted a grand celebration to honour the runners up of CBSE Football tournament 2019-20 U -19 boys held at Fathehabad, Haryana. Sri Victor Manjila Former Indian International Football Goalkeeper and coach, Thrissur was the Chief Guest.

**Academic and Vision Assessment:-**Smt. Gowri Lakshmi and Shri. JayanKambrat, Principals of ChinmayaVidyalaya, Anna Nagar, Chennai and Pallavur, Palakkad district were appointed by the CCMT Education Cell to carry out the Academic and Vision Assessment of the Vidyalaya.

**World Computer Literacy Day:-**In connection with world



computer Literacy Day which is celebrated. A special session was conducted for students from STD XI & VI.

**Mayookhasree English Extempore Competition:-** Mayookhasree English Extempore Competition was hosted. The chief guest for the inaugural function was E K Bharat Bhushan, IAS, Administrative Member of Central Administrative Tribunal.

**Science Exhibition:-** CBSE Science Exhibition/Fair 2019-20 was held in Saraswathi Vidyaniketan Public School, Elamakkara, Kochi

**English Language Proficiency Scholarship Exam:-** The second round of ELSPE 2019-20 (listening and writing) was held in Vidyalaya. We secured 10 prizes out of the 24 finalists appeared.

**Christmas Celebration:-** Christmas celebration of KG and Std I & II was held. The students wore red/ white combination colour dress. An entertainment program was arranged.

**Christmas Celebration for Teachers:-** The Christmas celebration for teachers was celebrated. The teachers exchanged the gifts with their Christmas friends.

**New Year Celebration:-** X'mas and New Year was celebrated. The assembly witnessed songs, carols, dance etc to usher the New Year. Students were permitted to wear colour dress.

**SPICMACAY Programme:-** A lecture demonstration of Manipuri Dance was organized under the aegis of SPICMACAY by Shri Sinam Basu Singh and Team

### New Infrastructure

**Auditorium:** Our Auditorium has been renovated with state of the art facilities and good acoustics.

**BADMINTON COURT:** 2 Indoor badminton roof top court was inaugurated by Sri Yogendra Krishnan International Badminton Player and Mauritius Coach.

**HONESTY SHOP:** Honesty shop in the Vidyalaya campus was inaugurated by Shri Anil Akkara MLA. Swami Gabheeranandaji and members from the management graced the occasion.

### UNIQUE FEATURES

**H. H. SWAMI SWAROOPANANDAJI 'S VISIT TO CHINMAYA VIDYALAYA:** Global head of Chinmaya Mission visited Chinmaya Vidyalaya. Swamiji was received with the Poorna Kumba and a welcome song.

**SEED LOVE PLASTIC PROGRAMME:** The representatives from Mathrubhoomi Thrissur collected plastics from the Vidyalaya for recycling.

**AADHAR – POSTAL DEPARTMENT:** Postal Division, Thrissur had provided services. Aadhaar enrolment and updates with respect to the Aadhar was conducted.

**CHOCOLATE SEED PROJECTS :** As part of SEED Project, students wrapped vegetable seeds in the waste papers collected from the classrooms. This activity was aimed to reduce the use of plastic and air pollution by not burning paper.

**Fit India Certificate:** Vidyalaya received Fit India Certificate issued by Government of India (Ministry of Youth Affairs & Sports). Vidyalaya has also applied for 3 Star rating and 5 star rating for the School in Fitness.

**Participation in "Pareeksha Pe Charcha":-** 'Pareeksha Pe Charcha 2020 " Devinanda Muraleedharan Nair of Class IX participated in the programme. Devi Nanda's essay "Balance is Beneficial "and her 2 questions to the Honourable Prime Minister were selected by the panel of the judges for direct interactions.

**Climate Resilience Programme:-** Academy of climate change Education and Research, as a part of 'Students for Climate Resilience' organised at 'climate circle' at Swaraj round, Thrissur.

### Field Trip

**World Nature Conservation Day:** - July 28<sup>th</sup> is observed as 'World Nature Conservation Day'. Classes XI A & B went to Poomala Dam.

**Industrial Visit - Elite:-** Class XII commerce students went to Elite Industrial unit, Athani Thrissur. They are mainly dealing with the making of Bread and Rusk. Control Manager explained about the process.

**Visit to Vaidyarathnam Oushadasala:-** Ollur Vaidyarathnam Ayurveda Group was a centre for field trip. Mr Anilkumar introduced many medicinal herbs.

**Post Office Visit:-** The students of class VI visited the Ayyanthole Post Office.

**VijnanSagar:-** Dr Dayas special officer addressed the children on India's achievements in the area of space research which is well established by the ISRO pavilion there.

**VAIGA Exhibition:-** The students of STD VII were taken for a workshop cum exhibition 'VAIGA' organized by the Department of Agriculture at Thekkinkadu Maidan.

### Study Tour

For Students of LKG & UKG tour was planned. They have gone to Vadanapally Beach. STD 1 – 2 visited Flora Fantasy (13-12-20), Std 3-4,5,6 visited Silver Strom ( For STD 3 & 4 10,1-2020 For STD 5 & 6 4-1-2020), STD 7-8 – visited Ernakulam Hill Palace, Mattanchery

### Seminars & Talks

**Abhiman 2019-2020:-** The Thrissur city police conducted the seminar on the topic Curiosity training solutions. Shri



M K Pushkaran Rest IPS Officer Sri Sivan Nenmanikkara (Motivational Speaker and Sri Sreejith (SI VIyyur addressed the students.

**Narcotic Drugs Seminar:-**A seminar on the topic 'Drug Awareness' was organized in the Vidyalaya in connection with "Motor Show 2019"

**Akash-ANTHE:-**Officials from Akash group conducted an orientation class for 10<sup>th</sup> and 12<sup>th</sup> for the scholarship exam ANTHE which will be held.

**Career Guidance Class:-**MrBineshEnamakal, Director & Academic coordinator of BC Academy college of Cost and Management Studies, Thrissur addressed our class 12<sup>th</sup> Commerce students on the topic - Career guidance.

**Adolescence Education:-**A talk on adolescent education/sex education for standard 11<sup>th</sup> girls and boys was organisedseparately.Dr Vinita (Consultant Gynecologist) District Hospital Thrissur and Dr Ramesh Kumar (Consultant District Hospital Thrissur) addressed the students

**Motivational Talk:-**A seminar was organised by the Vidyalaya. SwaminiSamhithandna addressed the students of class ninth & eleventh.

**Seminar to Commerce Students:-** CA ShilpaRamdas, Chair Person, Thrissur Branch of SIRC of ICAI, and PreethiShenoy, Faculty, Thrissur Branch of SIRC of ICAI and PreetiShenoy Faculty Thrissur Branch of SIRC of ICAI had addressed our commerce students at Seminar Hall.

## Sports & Games

**Thrissur District Athletic Meet:-** Vidyalaya students participated in the Thrissur District Athletic Meet conducted at Thope Stadium. 37 students from our Vidyalaya participated in different categories

**Sahodaya Basketball Tournament:-**Sahodaya Basketball tournament was held at Holy cross Senior Secondary School ArthatKunnamkulam. Vidyalaya team secured second runner up trophy.Cluster basketball tournament was held in Mary Giri public school Kannur.

### CBSE CLUSTER X Football Tournament

Cluster X Football Tournament 2019-20 was held at CMI Public School Chalakudy

**National CBSE Football Championship** held at VishwasNavSharada Public School, Fatehabad, Haryana. Our Vidyalaya secured the first runners-up Trophy

**Kids Athletics:-**Thrisur kids Athletic competitions conducted at Govt Engineering College Ground. 37 students participated in under - 8, under - 10 and under - 12 in both boys and girls categories. We got second prize in under - 8 boys 7 under 10 girls, third in under 12 girls 7 also got first runners up position.

## Health

**I Vision Eye Camp:-**I vision has conducted an eye checkup camp for Std 1 to 10 in the school auditorium. Students checkup details were noted down in their health card and further observation were referred to the needy.

**Annual Health Checkup:-**Annual health checkup for LKG to Class XII was organized in the auditorium. A team of doctors under the leadership of Senior Resident Doctor from the community medicine Department, Medical College Thrissur conducted the medical camp.

**ThoovalaViplavam:-** Thoovala Viplavam (Handkerchief Revolution) was taken by the whole school bringing awareness on tuberculosis & TB centre.

**Salad Day:-**In connection with World food day Salad making and salad dressing activity was organized for students of class 6 & 7.

**Food Fest:-**A Food Fest 'Arogyanidhi' - NandanruchiMela, was organized in the Vidyalaya

**Water Bell Initiative:-**Our school has launched 'Water Bell Initiative, which aims at encouraging students to drink a lot of water during the day to stay hydrated and fit.

**Corona Precautions:-**Awareness about Corona Virus & Precautions to be taken was communicated to both children & Staff.

## Charity

**OruPidi Ari:-**As part of the OruPidi Ari Project to collect a fistful of rice from each child. The students of the school jointly collected 140 kg of rice which was handed over to Asha Bhavan.

**Mid Day Meal:-**Mid Day Meal was given to the patients and by standers of Medical College Thrissur on account of Guru Poornima which was contributed by class XI and XII students. Six students were accompanied by two teachers and office staff members to do this noble gesture.

**Flood Relief:-** Children from classes 1 to 12 were asked bring different necessary items of household like (Cleaning items, Toiletries, Provision, New Dress etc) Support from the children was enormous. Collected items were handed over to the flood affected people of KolazhyGramapanchayath. Sri UnnikrishnanPanchayath President, Principal Smt Shoba Menon and Vice Principal Smt Usha Prem, teachers and students handed over the items.

**Pain & Palliative Care Society:-**An amount of Rs 10,478 was collected from the Pain & Palliative care society donation box and was given to Smt Indira Gopinath and Sri Somasundaram

**SOS Village Visit:-**In connection with Kerala Piravi, 15 students and three teachers from the Malayalam department



visited SOS village at Mulayam, Thrissur.

**Saree Distribution to the Inmates of Pudukkad:-**Saree Distribution to the potter family of Padukkad was initiated by teachers.

**Examination Report:-**The Examination committee of the academic year 2019-20 has fifteen members along with Principal, Vice-Principal, Senior Headmistress and Headmistress. Under the guidance of Principal and other senior members of the staff, all examinations

## ADIEU

**Farewell:-**Send off Farewell was given to our former HOD of Social Science Department Smt Latha N S and to one of our non-teaching staff members Smt Nalini P S who has retired after completing a tenure of 22 years of unconditional service.

**Farewell by Non-Teaching Staff:-**Asendoff function was organized for Nalini P S by the Non-teaching staff. Swami Samhithanandaji, Chairman Dr G Mukundan, Director Dr V Venugopal, Trustee C Venugopal, Deputy Director, Principal, Senior, Head Mistress & Head Mistress graced the occasion.

**Conclusion:-**This temple of learning is still in the process of growth, what is already done is the result of sweat & co-operation of many. My sincere gratitude to all the members of the Management for being our pillars of strength & support. To my teachers, office staff and sub staff for their undying sincerity and cooperation. Huge appreciation to P Radhakrishnan Sir, Smt Bhavani Rajshekharan, Smt. Geetha Marar & Nalini Chechi. I am indebted to you all. To my dear students whose diligence & hard work have fetched deserving rewards, I record my appreciation. I conclude by bowing my head to the Supreme for His

constant guidance & to Pujya Gurudev for his invisible presence & blessings.

Thank you all for having the patience to listen to this report. Thank you.

Hari Om!!

## TRAINING PROGRAMMES FOR TEACHERS

### TRAINING PROGRAMMES BY CBSE

Orientation Programme for Principals & Vice Principals, PRP training programme, K.G. teachers training programme, Capacity Building program on gender sensitivity, Training on remodelled structure of assessment for secondary schools, Capacity Building program in V.Ed., Social Science, Physics, BS & Inclusive Education. National Fitness Assessment Program, PRP Training (Business Studies), Capacity Building in Python Language (IP), PRP Training in Health & Physical Education, Economics & Hindi.

### TRAINING PROGRAMMES BY SAHODAYA SCHOOL COMPLEX

K.G. Teachers training, Capacity Building program (Hindi), Secondary Teachers training, PRP Training program, Capacity Building program & Workshop for Senior Secondary Teachers.

### OTHER TRAINING PROGRAMMES

Junior NBA program (Physical Education), Python Training program (NIIT, Thrissur), Next Education Training Program on Computational thinking, Cyber Safety Training Program, Workshop 'Atta Katha' (Malayalam), Training program in Robotics, GST, Training program on CE & QIP (IIT), Conclave for Principals on academics & administration.



# Welcome Address

## Annual Day 2019-20



**Smt. Usha Prem** (Vice Principal)

Hari Om,

Respected Chief Guest of the day, Hon'ble Justice A Hari Prasad, Judge High Court of Kerala, His Holiness Swami Gabheeranandaji, Smt. Prabha Hari Prasad and other distinguished members, parents, teachers, alumni and dear children,

Annual day, is one of the most important event, of the school. This is an opportunity, to provide, a glimpse, into the key achievements of this academic year. We are honoured to have with us our Hon'ble Justice A Hari Prasad, Judge High Court of Kerala as our Chief Guest.

Having practiced for 13 years in various courts in Malappuram, Sir was recruited as District and Sessions Judge. Sir has held the coveted position of Director, Kerala Judicial Academy, High Court of Kerala. Sir was sworn-in as Additional Judge of the High Court of Kerala in Jan 2013 and later appointed as permanent judge from June 2014. On behalf of the entire gathering, I extend a warm welcome to you sir.

We are blessed to have Swami Gabheeranandaji as our Acharya, Thrissur Kendra, whose blessings have driven the institution to the path of growth of the Vidyalaya. I would like to welcome Swamiji to this function.

Our chairman, Academic Council, Dr. G. Mukundan, has motivated us to take new challenges and our Director of Education, Dr. V. Venugopal is a person with multifarious skills who has exemplary oratory skills. Welcome Sir to this day of joy and achievements.

Our Deputy Director of Education, Smt. Sobhana Devadas has always supported us in our endeavours. Her leadership styles and administrative skills have taken the Vidyalaya to flying colours. Hearty welcome to you madam.

Our principal, Smt. Shoba Menon is an ardent

administrator with superior linguistic capabilities and passion for teaching. She is perfect when it comes to juggling between different roles with utmost level of perfection. It is my pleasure to welcome you madam.

The Trustees and Management Committee members have guided us through their years of experience.

Our headmistress Smt. Anita V N and Smt. Sabeena Madhavan have extended all their support for the smooth functioning of the Vidyalaya. I take this opportunity to welcome both of you.

I would like to mention 4 staff members who are retiring from the school this year. Shri Radhakrishnan, Smt. Bhavani, Smt. Geetha K M and Smt. Nalini, whose contributions have been praise worthy. While we would be missing each one of you, we wish you a happy and healthy retired life.

Each parent feels joy and pride to see their children contributing to the growth of the school. We strive our best to reach up to your expectation of delivering quality and wholesome education to your children. It is an honour to welcome each one of you to this wonderful gathering.

I welcome our Head boy and Head girl and thank them for discharging their duties to their best ability. You have delivered your responsibilities with passion and integrity. Your capability of balancing between your studies and duties will shape you to become a true professional.

All my teachers have toiled hard to keep the academics at the forefront and worked passionately with the children.

The Alumni of the school are our brand ambassadors to spread the message across about the quality of holistic education that we provide.

Our Volunteers need special mention who have ensured perfection of all the activities of the Vidyalaya.

I extend my sincere gratitude to the students who have made us proud with their achievements. Keep up your good work and continue to excel in every endeavour. I welcome you I wish you all the success

Last but not the least, I welcome the non-teaching staff who have been the backbone to support us in every event and ensuring it's success.

The Event Management Team and Sounds and Acoustics Team need special mention, without whom the jazz and fun on the annual day would have been incomplete. I welcome them too to this pleasant evening.

Thank you



# Reminiscences

## Headboy

2019-20

### Devadath Mullappally (XII A)

#### Hari Om

I've heard many people saying that people go to heaven when they die. But I have been there for the past fourteen years. "Chinmaya Vidyalaya", a heaven for me, a home away from home.

Pranams at the noble feet of our Poojya Gurudev Swami Chinmayananda. Respected Chief Guest Honourable Kerala High court Justice Sri. A. Hariprasad dignitaries on and off the dais, parents, teachers and my dear friends. This evening, I would like to take a quick glimpse at my journey with this Vidyalaya.

The best decision my parents took for me was taking an admission for me in this Vidyalaya. My first year in this school, LKG-B was one of the loveliest experiences I ever had. All these years taught me social values, how to get rid of stage fear, how to balance academics and co-curricular and all of these were supported with cute little prizes and titles like 'All Rounder', 'Kalaprathibha' etc. After my tenth standard, my parents thought of changing my school which would have been the most disastrous decisions ever taken in my life, but luckily I ended up where I wanted to be. In eleventh standard, I saw my transformation from a naïve and shy boy to a responsible leader. I was selected as the Junior Head Boy and there has been no looking back. May I take this opportunity to thank the school management for providing me such a platform to improve and upgrade myself.

Any school is incomplete without lovely teachers. A huge respect to each and every teacher in this Vidyalaya, especially to my class teachers throughout these years. Usha Teacher in LKG, Thara Teacher in UKG, Malini Teacher in first standard, Rekha Teacher in second and third, Babitha Teacher in fourth, Sabeena Teacher in fifth, Uma Narayanan Teacher in eighth, Renjini Teacher in ninth and tenth and last two years with my

Meera Teacher. Everyone was so supporting and caring. Lots of love to you teachers.

My sincere thanks to Shobhana Ma'am, Shobha Ma'am and Usha Ma'am. I extend my gratitude to all the chechis and to the other office staff who were very supportive.


A lovely thanks to Anju, who was there with me through the peaks and valleys and also to my office bearers for the constant support they supplied.

I sincerely want to mention one of my favourite teachers, Smt. Suma Teacher of Sanskrit department. She is just like my mother, so loving and caring. She was the force that enabled me to secure centum in Sanskrit examination in my tenth standard. The stories she told and Bhagavat Gita she taught will always be there with me. Very importantly, I prostrate myself before my father and mother who are my everything. Thank you so much.

My sister has been very supportive and she has kept me motivated. A special thanks to her. And the most important person, I solemnly place all my achievements and awards to this particular person. 'Shobha' my grandmother. She was the one who looked after me and my sister when our parents were working away neglecting all her health issues. She starts her work very early in the morning, doing all the household works. Once she joked that, we never regarded her for her work. I feel this is the best way to show case my gratitude towards her. That's why she is here in front of me sitting very proudly and joyful. Thank you so much Muthassi. If I've missed anyone, please do forgive me and that's totally not by intention. Once again thank you to everyone for making me what I am.

Thank you.  
Hari OM





## Headgirl 2019-20

Anju K.N. (XII B)

How lucky I am to be in a place where saying goodbyes is so hard!

Hariom, Pranams at the Lotus felt of our Poojya Gurudev Swami Chinmayanandaji; Esteemed guest for the day Honoble Justice. A Hariprasad, dignitaries on and off the dais, techers, parents and my dear chinmayites. 14 years is a very long time but here in chinmaya it slipped away like minutes. Turning the time wheel, I still remember my first day when I entered my class only after shobana Maam offered me a chocolate . Words fail when talking about Shobhana Mam. She is the one who taught us that children are not remembered by the marks scored but by the person they are within.

Dr. Venugopal sir, our Director of Education and or G. Mukundan sir have always been the pillars of our school. I'm indeed grateful for their support in all my endeavors. Bold and beautiful, a passionate Biology teacher and an articulate speaker describe our Principal Smt. Shobha Menon. It is a mystery as to how Maam manages her administrative duties and teaching with perfection. A strong motivator who transforms the toughest concept of Physics into cakewalks. Our Vice Principal Smt. Usha Prem is a teacher who gives us a lot of liberty. I'm not sure if she remembers that she gave me the first opportunity to perform on stage in LKG. I owe my gratitude to Anitha T V and... For unraveling the gateway of learning. I thank Madhavdas sir who introduced me to the world of quizzing. This speech would be incomplete without mentioning the English Department. I am indetted to them for sharpening me in my extempory and debating skills. That is the season I stand here fearless. On stage before you. I would say the golden year of my school life was my

8<sup>th</sup> std. I thank Bindhu Tr our 8D class tr for making those days inforgettable for each one of us. Then came the 10 board exams. We were the first batch to write the whole Positions for the Board examination after the elimination of CCE system. I sincerely thank Jayanthi teacher add all our teachers for making us understand that It was just a phase of life.

The past two years in Chinmaya was a period of realizations, emotional breakdowns and bonding for many of us. Teachers turned out to be not only our mentors but great friends too. Suma Tr; Renjini Tr; Balitha Tr; Sudha Tr; Ambika Tr and Niji Tr were a few of them with whom we could talk about anything under the sun. They were never reluctant to laugh for our silly jokes and mischief's. The most treasured gifts that Chinmaya Vidyalaya gave me are my friends with whom I didn't have to choose my words. Thankyou to all my batchmates especially Arya, Aditya and swetha (whose names I'm forced to mention) for making school life nothing less than heaven. I thank my parents of my sister for trusting me and supporting me especially at time when I lacked confidence. I thank all our chechis and chettans, the backlones of our school for loving and caring us. Last but not the least I thank all the captains, Vice Captains and Perfects whose role in organizing the Vidyalaya events is worth mentioning.

A special mention to the Head Boy, Devadath, for being my comrade for the past two years. Leaving this Vidyalaya with a myriad of dreams and memories, although inevitable is immeasurably painful but at this juncture Gratitude is all I feel and thankyou is all I have to say once again Thank you all.



# INDEX

*Find Me Here.....*



• Showers of blessings from our global head – The enlightening benediction.....	22
• In the limelight.....	23
• Individual Achievements.....	27
• Merit day.....	33
• Welcome to the portals of Chinmaya Vidyalaya.....	43
• Investiture ceremony.....	44
• Interviews.....	47
• Seminars & Workshops.....	53
• Tours / visits, Social service Activities.....	55
• Health & fitness Activities.....	56
• Observing Important Days.....	57
• Kintergarten Activities.....	59
• Competitions & Prizes.....	61
• Celebrations.....	63
• Spicmacay.....	65
• Sports Day.....	66
• Spiritual Satsang.....	67
• Art Corner.....	68
• Environment under focus.....	70
• Sports Activities.....	72
• Sanskrit Articles.....	74
• Hindi Articles.....	85
• Malayalam Articles.....	105
• Annual Day Celebrations.....	131
• English Articles.....	135
• Kids Fest & Kids Sports.....	179
• Crowning Glories.....	181
• Newspaper Clippings.....	182
• Farewell to Staff and Students.....	185
• Committee Reports.....	191
• Club Activities.....	202
• Other Activities.....	208
• Alumni - Our pride.....	209
• Report of Co-curricular Activities.....	215





# CHINMAYA VIDYALAYA

## THRISSUR – 10



### School Vision

To offer children a value based and holistic education which paves the way for the integrated development of the physical, mental, intellectual and spiritual aspects of the personality enriched by the knowledge of Indian Culture to adopt Universal Outlook.

To mould children into young men and women of moral strength who can face the challenges of modern life with a smile and make a difference in the world by their positive contributions.

To give a practical and judicious combination of academic excellence, extracurricular pursuits, character building and personality development.

### School Mission

The school strives to ensure by 2022, maximum health among all the students with emphasis on physical and mental aspects. Physical regime to be achieved through Yoga and daily physical exercise. Creating awareness and sensitizing our students about their food habits and promoting nutritious food intake over unhealthy and junk food. Mental health to be achieved through pranayama and Yoga. Giving youngsters the traditional values of our Dharma to mould them into a productive force in society.



# *The Enlightening Benediction*

## *Mukhya Swamiji's Visit*





In the Limelight... Focus of Attention

# CBSE NATIONAL FOOTBALL CHAMPIONSHIP - RUNNERS UP



**Sachi**  
Attacking Midfielder



**Yadhu**  
Right Wing Back



**Vishnu**  
Forward



**Aadith**  
Forward



**Sanjay**  
Stopper Back



**Arjun (C)**  
Left wing forward



**Abhinav**  
Stopper Back



**Abin**  
Goalkeeper



**Sidesh**  
Attacking Midfielder



**Aadhidev**  
Holding Midfielder



**Rithul**  
Stopper Back



**Amal (C)**  
Left Wing Back



**Aravind**  
Right Wing Forward



**Murukesh**  
Attacking Midfielder



**Deepak**  
Forward







**Cricketing Prodigy**  
**Akarsh A Krishnamoorthy**



**Gouri Lakshmi N (9 C)**  
Best Entry in International Children's online  
Painting Competition - Kerala Tourism



**KVPY Scholarship**  
**Abhijith Hari Menon**



**Teacher's Kalotsav**  
**Smt. Neethu K V**  
3<sup>rd</sup> prize, Light music



**Postal Department Award -**  
**Devananda S Jain**



**Infinitum Quiz Toppers**  
**Anirudh S Menon & Devadath Mullppally**



**Pariksha Pe Charcha**  
**Devinanda M Nair (9 B)**  
with Hon'ble Prime Minister



**Ujwal Prathibha Award**  
**Anirudh S Menon & Lynn Mary Jose**







**Prathibha Puraskar**  
Shraddha K & Devadath Mullappally

**Kerala FC Team**



*Selected*

**Under 15**  
Sachidananth C S  
X A

**Under 15**  
Adhith N Vinod  
X B



**Under 13**  
Adhith N Ashok  
VIII B

**Under 13**  
Sanskar V V  
VIII A



**Teacher Excellence Award**  
Smt. Niji N Raju



**Vidyarthi Vigyan Manthan Rank Holder**  
Adithyan K



**Best School Magazine**



**Abacus National Champion 2018-19**  
Amay Vasanth



**Felicitating the Magazine Editors 2018-19**  
Sri. Madhavadasan K & Smt. Saritha Mohan







Smt. Geeta K V Sanskrit Teacher  
Kalladathur, being honoured



Best Player AIFF Baby Football League  
Adwaith Krishna T. S.



Badminton Court Inauguration



Newly Renovated Auditorium



Introducing Pre K.G.





# Individual Achievements of the Year 2019-2020

## **C.M. Sreepadma (I B)**

### **Kids Fest**

- English Recitation - 1<sup>st</sup>
- English Story Telling- 1<sup>st</sup>
- Hindi Recitation-1<sup>st</sup>
- Show & Tell - 1<sup>st</sup>
- Malayalam Story Telling - 3<sup>rd</sup>
- Awarded 'Chinmaya Jyothis' for the Kaladarshika (Kids Fest) 2019 – 2020.
- Hindi Diwas Recitation Competition - 2<sup>nd</sup> Prize
- ELPSE School Level, 2<sup>nd</sup> Position.
- Interclass Gita Chanting Competition 3<sup>rd</sup> Prize.
- Kids Fest (District Level) - 'A' Grade
- Awarded Minnu Memorial Award for the Best Student in Academics and Fine Arts in Std 1, 2019 - 2020.



- Second Prize in English Recitation - Talent Time
- District Sahodaya Festival - Third Prize in English Elocution
- Kalathilakam, 2<sup>nd</sup> prize in Folk Dance
- First Prize in 4X100 m Relay - Annual Sports
- Second Prize in 50 m Race - Annual Sports
- Third Prize in 100m Race - Annual Sports
- District Sahodaya Festival - 'A' Grade in Hindi Recitation

## **Athira R. Kammath (Std. V A)**

- 2<sup>nd</sup> Prize in Hindi Elocution in Connection with Talent Time
- 2<sup>nd</sup> Prize In Interclass Gita Chanting
- 1<sup>st</sup> Rank in School Level International Mathematics Olympiad
- 2<sup>nd</sup> Rank in School Level International English Olympiad
- 3<sup>rd</sup> Rank in School Level National Cyber Olympiad
- 8<sup>th</sup> Rank in School Level National Science Olympiad
- 1<sup>st</sup> Rank in School Level of English Language Proficiency Scholarship Examination and Selected for the Final Round
- 1<sup>st</sup> Rank in School Level of Mathematics Talent Search Examination and Selected for the Final Round
- 3<sup>rd</sup> Prize in Final Round of English Language Proficiency Scholarship Examination
- Selected for the 2<sup>nd</sup> Round of MTSE Ganitha Sasthra Parishad – School Level Topper
- Selected for the 2<sup>nd</sup> Round of Ujjwal Prathibha Awards – School Topper
- Merit Certificate in Green Olympiad



## **Theertha Girish (III - B)**

### **Talent Time**

- Colouring - 1<sup>st</sup> Prize
- Bharatanatyam - 2<sup>nd</sup> Prize
- Recitation (Hindi) - 2<sup>nd</sup> Prize
- MTSE School Level - 2<sup>nd</sup> Prize
- ELPSE School Level - 1<sup>st</sup> Prize
- Interclass Gita Chanting Competition - 3<sup>rd</sup> Prize
- MTSE District Level - 3<sup>rd</sup> Prize
- ELPSE District Level - 1<sup>st</sup> pPrize



## **Jnana Vidyadharan (IV – A)**

- District Level 2<sup>nd</sup> Prize in Lingua Fanta (CBSE English Fest) Handwriting Competition, 1<sup>st</sup> Prize in Pencil Drawing
- 3<sup>rd</sup> Prize in Throw Ball in Annual Athletic Meet
- 3<sup>rd</sup> Prize in 4X100m Relay in Annual Athletic Meet
- 3<sup>rd</sup> Prize in MTSE in School Level
- 3<sup>rd</sup> Prize in Interclass Gita Chanting Competition
- Kunjnni Mash Smrithi Education Award Winner
- LIC Painting Competition Consolation Prize Winner
- Selected for District Level Pencil Drawing Competition
- Selected for State Level Lingua Fanta Handwriting Competition



## **Aysha Ziya P. M. (Std. VI C)**

- Arabic Recitation - 1<sup>st</sup>
- Hindi Recitation - 2<sup>nd</sup>
- Gita Chanting Competition Interclass - 3<sup>rd</sup>
- Story Writing, Library Level - 1<sup>st</sup> (Malayalam)
- Story Writing, Taluk Level - 2<sup>nd</sup> (Malayalam)
- Quiz Environment Related - 1<sup>st</sup>
- English quest - Selected for State Stage of English Quest
- Got Selection for Participating in State Quiz
- Got Selection for Participating in the Drawing Competition held by Paper Bay



## **Dakshina P.S. (IV. C.)**

- First Prize in English Elocution - Talent Time
- First Prize in Hindi Recitation - Talent Time
- First Prize in Bharatanatyam - Talent Time



## **Sreelakshmi M.S. (VI D)**

- Paper Bay book fairs conducted a drawing competition 1<sup>st</sup> prize
- Talent Time: Painting water colour - 1<sup>st</sup> Prize
- Talent Time: Classical Music - 1<sup>st</sup> Prize





- Talent Time: Versification English - 2<sup>nd</sup> Prize
- Talent Time: Pencil Drawing - 1<sup>st</sup> Prize
- Qualified for ELPSE and Selected for the Top Ten Students
- Gita Chanting Competition (Interclass) - 1<sup>st</sup> Prize
- LIC Drawing Competition - Consolation Prize

#### **Anna Chalakkal Santhosh (VI B)**

- Bharathanatyam: 1<sup>st</sup> Prize
- Mohiniyatam: 1<sup>st</sup> Prize
- Mono Act: 1<sup>st</sup> Prize
- Folk Dance: 1<sup>st</sup> Prize
- English Recitation: 3<sup>rd</sup> Prize
- All India International Bharatnatyam Competition: 1<sup>st</sup> Prize
- (Sahodaya) Mohiniyattom: 3<sup>rd</sup> Prize



#### **Talent Time**

- Bharathanatyam - 1<sup>st</sup> Prize
- Mohiniyatam - 1<sup>st</sup> Prize
- Folk Dance - 1<sup>st</sup> Prize
- Mono Act - 1<sup>st</sup> Prize
- English Recitation - 3<sup>rd</sup> Prize
- Sahodaya
- Bharathanatyam - 1<sup>st</sup> Prize
- Mohiniyatam - 3<sup>rd</sup> Prize
- Group Dance Girls - 2<sup>nd</sup> Prize

#### **Sports**

- Relay - 3<sup>rd</sup>
- All India International Bharathanatyam Competition - 1<sup>st</sup> Prize Sub Junior
- Kalathilakam

#### **Adhya Asish (VI D)**

- Quiz Competition Conducted in Connection with Environment Day - 3<sup>rd</sup> Prize
- National Science Olympiad 1<sup>st</sup> Level - 1<sup>st</sup> Prize and Gold Medal at School Level and Qualified for 2<sup>nd</sup> Level
- International Maths Olympiad 1<sup>st</sup> Level - 2<sup>nd</sup> Prize and Silver Medal at School Level and Qualified for 2<sup>nd</sup> Level
- Qualified for the Final Round of MTSE
- MTSE Ganitha Sasthra Parishad - 1<sup>st</sup> Prize at School Level
- Silver medal in Green Olympiad
- General Proficiency (Class V)
- Qualified for the Final Round of ELPSE and selected under the Top 10 Speeches.



#### **Archana R. (VII A)**

##### **Academics**

- ELPSE (School Level) - Rank 1
- ELPSE (District Level) Rank 2
- MTSSE (School Level) Rank 2
- NSO - School Rank 1 - Qualified for 2<sup>nd</sup> Level
- IEO - School Rank 2
- IMO - School Rank 2
- MTSE (Ganitha Sasthra Parishad) - Selected for Finals
- Smart Brain Quiz – Top Scorer in School Level
- BRICS - Certificate of Achievement
- Sunil Kumar Memorial Award for the Best Student in Middle



#### **School**

- Green Olympiad - Certificate of Merit (Silver Medal)

#### **Talent Time - School Level**

- Hindi Essay Writing - 2<sup>nd</sup>
- Sanskrit Essay Writing - 2<sup>nd</sup>
- Malayalam Essay Writing - 3<sup>rd</sup>

#### **Achievement - 2019-20**

#### **C M Hrishikesh (VII D)**

##### **Talent Time**

- English Recitation – 1<sup>st</sup> Position
- English Elocution – 1<sup>st</sup> Position
- Hindi Recitation – 1<sup>st</sup> Position
- Hindi Elocution – 3<sup>rd</sup> Position
- Hindi Story Writing - 2<sup>nd</sup> Position
- Awarded 'Kalaprathiba' 2019-20 in Category - 2



#### **ELPSE 2019-20**

- Preliminary Level - 3<sup>rd</sup> Position
- Final Level (District) - 3<sup>rd</sup> Position
- IEO 2019-20 - School Level - School Rank - 3<sup>rd</sup>
- Secured 'A' Grade in Kalotsav for English Recitation

#### **Parvathy S. Varier (VII D)**

##### **Talent Time**

- Malayalam Essay Writing - 1<sup>st</sup>
- Malayalam Recitation - 1<sup>st</sup>
- Sanskrit Recitation - 1<sup>st</sup>



#### **District Sahodaya 2019-20**

- Sanskrit Recitation - 1<sup>st</sup>

#### **State Sahodaya 2019-20**

- Sanskrit Recitation - 2<sup>nd</sup>
- Tata Building Conducted Malayalam Essay Writing Competition on Account of Gandhiji's 150<sup>th</sup> Birthday - 1<sup>st</sup> Prize
- District Level Gita Chanting Competition - 3<sup>rd</sup> Prize
- Best Student in Gita Chanting 2019-20 (Annual Day)

#### **Devananda S. Jain (VIII A)**

- English Quest (2018-19) District Level - 1<sup>st</sup>
- English Quest (2018-19) Qualified for State Level
- English Quest (2018-19) State Level - 1<sup>st</sup> - 5,000/- Cash Prize
- Sathya Sai Seva Essay Writing Competition (2019-20) - 2<sup>nd</sup> Position
- Dhai Akshar Letter Writing Competition (2018-19) State Level - 1<sup>st</sup>, National Level - 1<sup>st</sup> Rs. 25,000/- Cash Prize
- National Science Olympiad (NSO) Second in School - Silver Medal
- Qualified for 2<sup>nd</sup> Level of NSO
- International English Olympiad (IEO) School Topper - Silver Medal
- Qualified for 2<sup>nd</sup> Level of IEO
- Talent Time Essay Writing - 1<sup>st</sup>
- Talent Time Versification - 1<sup>st</sup>
- Talent Time Story Writing - 1<sup>st</sup>
- CBSE District Kalotsav - Story Writing - 1<sup>st</sup>
- CBSE District Kalotsav - Versification A Grade,





11<sup>th</sup> Position

- Time Talent Search Exam - Class Topper
- ELPSE School Level - 1<sup>st</sup>
- ELPSE Inter School (district) Level - 2<sup>nd</sup>
- BYJU'S Discovery Super League Quiz - Class Topper qualified for round II
- National Cyber Olympiad (NCO) - 3<sup>rd</sup> in School, Bronze Medal
- Letter Writing Competition held in the Vidyalaya in Connection with Swachhata (Letter to President) - 1<sup>st</sup> in Class
- Green Olympiad (60-70%) - Silver Rank

#### **Sidharth V Jain (VIII A)**

- English Quest School Level - Qualified for District Level
- English Quest District Level - Qualified for State Level
- English Quest State Level - 3<sup>rd</sup> Prize, Cash Prize Rs. 1000/-
- NSO First in School, Gold Medal
- Qualified for 2<sup>nd</sup> Level of NSO
- IEO Second in School, Silver Medal
- Qualified for 2<sup>nd</sup> Level of IEO
- IMO 3<sup>rd</sup> in School, Gold Medal for Performance Excellence
- NCO First in School, Gold Medal
- ELPSE 3<sup>rd</sup> in School
- ELPSE 1<sup>st</sup> in District Level
- Ujjwal Prathibha 3<sup>rd</sup> in School Level
- Ujjwal Prathibha Qualified for District Level
- Green Olympiad Certificate of Distinction (75% and above)
- Smart Brain Quiz School Level - 1<sup>st</sup>
- Smart Brain qualified for 2<sup>nd</sup> Level



#### **Navneet Sathosh (VIII A)**

##### **Talent Time**

- Tabala - 1<sup>st</sup> Prize
- Keyboard - 3<sup>rd</sup> Prize

##### **Sports**

- 400m - 1<sup>st</sup> Prize
- Long Jump - 1<sup>st</sup> Prize
- Shot put - 1<sup>st</sup> Prize
- 100m - 2<sup>nd</sup> Prize
- 200m - 2<sup>nd</sup> Prize
- 800m - 2<sup>nd</sup> Prize



#### **Shreya V. (VIII A)**

##### **Talent Time**

- Bharathanatyam - 2<sup>nd</sup> Prize
- Folk Dance - 2<sup>nd</sup> Prize
- Mono Act - 2<sup>nd</sup> Prize

##### **Sports**

- 100m Race - 1<sup>st</sup> Place
- Shot put - 1<sup>st</sup> Place
- Long Jump - 1<sup>st</sup> Place
- Discus Throw - 3<sup>rd</sup> Place
- CBSE Cluster, International School Sports & Games Competition 2019-20 Recognized by the Ministry of youth



Affairs & Sports, Govt. of India 3<sup>rd</sup> place in Shot put under 14 girls. Held at Ernakulam, hosted by Pragati Academy.

- Inter-class Gita chanting competition - 1<sup>st</sup> Prize

#### **Achievement 2019-20**

##### **Adithyan K. (VIII B)**

- Vidhyarthi Vigyan Manther (VVM) School level - 1<sup>st</sup> Prize  
District level - 1<sup>st</sup> Prize Certificate & State Level Selection  
State level - 1<sup>st</sup> Prize Certificate + Memento + Rs. 5000/- Cash Prize National Level Selection



- MTSE (Sahodaya) School level - 1<sup>st</sup> Prize  
District level - 2<sup>nd</sup> Prize Certificate + Memento + Rs. 750/- Cash Prize
- Ujwal Pradhibha (Sahodaya) School level - 2<sup>nd</sup> Prize  
District level - 2<sup>nd</sup> Prize Certificate + Memento + Rs. 1000/- Cash Prize

##### **IMO**

- First Level -  
Second Level - State Rank I + Certificate of Zonal Excellence  
Zonal Gold Medal + Cash Prize Rs. 5000/-  
International Rank - 87

##### **NSO**

- First Level -  
Second Level - State Rank - 15  
Certificate of Zonal Excellence,  
International Rank - 729

##### **NSTSE**

- Second Level - State Rank - 2  
Certificate + Medal + Gift Coupon

##### **MTSE (Ganitha Sastra)**

- State level - Rank 4  
Certificate + Cash Prize Rs. 700/-

##### **NCO**

- School level - 2<sup>nd</sup> Rank

##### **Aryabhatta Ganith Challenge**

- School Level - 2<sup>nd</sup> Rank  
District Level - 2<sup>nd</sup> Level Selection

##### **KAMP**

- State Level Topper + Critical Thinker Award + Sponsored Visit to National Laboratories of CSIR, ISRO.

#### **Pavithra P. Das (VIII D)**

##### **Talent Time**

- Mono Act - 3<sup>rd</sup>
- Digital Painting - 2<sup>nd</sup>
- Fusion Song - 3<sup>rd</sup>
- Group Dance - 1<sup>st</sup> Prize

##### **Thrissur Pooram Exhibition**

- English Recitation - 1<sup>st</sup>
- Hindi Recitation - 3<sup>rd</sup>





- Sanskrit Recitation - 3<sup>rd</sup>

### Annual Sports

- 800 m Race - 1<sup>st</sup>
- 400 m Race - 1<sup>st</sup>
- 200 m Race - 1<sup>st</sup>
- Relay Race - 3<sup>rd</sup>
- Selected for Athletic Meet held in Thope Stadium
- Selected for Sahodaya Khokho Tournament

### 2019-20

#### Vyshnav J (IX A)

- Classical Music - 1<sup>st</sup> - Talent Time
- Light Music - 1<sup>st</sup> - Talent Time
- Mridangam - 1<sup>st</sup> - Talent Time
- Malayalam Recitation - 2<sup>nd</sup> - Talent Time
- Kalaprathibha - Talent Time
- Triple Jump - 3<sup>rd</sup> - Annual Sports Day
- Classical Music - 1<sup>st</sup> - CBSE District Kalotsav
- Mridangam - 1<sup>st</sup> - CBSE District Kalotsav
- Light Music - 3<sup>rd</sup> - CBSE State Kalotsav
- Classical Music - 2<sup>nd</sup> - CBSE State Kalotsav
- Krishna Bhajan - Solo - 1<sup>st</sup> - Hare Krishna
- Inter-Class Gita Chanting - 1<sup>st</sup>



#### Gourilakshmi N. (IX C)

##### for 2019-20

- She is one of the winners in Clint International Children's Online Painting Competition. A Cash Prize of Rs. 10,000 received from Tourism Minister Mr. Kadakampally Surendran.
- Secured Kalathilakam for Talent time in High School Section.
- First Prize for Pencil Drawing in Talent Time.
- First Prize for Oil Painting in Talent Time.
- First Prize for Cartoon in Talent Time.
- First Prize for Water Colour in Talent Time.
- Second Prize for Guitar in Talent Time.
- First Prize for Drawing Competition conducted by Hare Krishna Foundation, Thrissur with a Cash Prize Rs. 1500/-
- First Prize in Cartoon Competition conducted by Thaluk Library Council.
- Participated in National Level Learn to Live Together Camp organized by Indian Council for Child Welfare, representing Thrissur District.



#### Gayathri Anil Menon (X A)

##### Talent Time

- English Recitation - 2<sup>nd</sup>
- Sanskrit Elocution - 2<sup>nd</sup>
- Sanskrit Recitation - 2<sup>nd</sup>
- Hindi Recitation - 3<sup>rd</sup>
- Triple Jump - 1<sup>st</sup>
- Javelin Throw - 3<sup>rd</sup>
- Interclass Gita Chanting - 2<sup>nd</sup>
- Balagokulan Gita Chanting - 2<sup>nd</sup>
- Bhagavatotsavam - Speech - 2<sup>nd</sup> Prize and Rs 750/-



#### Lynn Mary Jose (X A)

- Ujjwal Prathiba - District level - 1<sup>st</sup> Prize



- MTSE Ganitha Sastra - Qualified for - 2<sup>nd</sup> Level
- IMO School Rank -1
- NSO School Rank - 1, Zonal Rank - 28, Qualified for - 2<sup>nd</sup> round

### Talent Time

- Essay Writing Malayalam - 1<sup>st</sup> Prize
- Essay Writing Sankrit - 1<sup>st</sup> Prize
- Sanskrit Elocution - 3<sup>rd</sup> Prize
- Collage - 3<sup>rd</sup> Prize

### Annual Sports

- 200 mtr - 3<sup>rd</sup> Prize
- 3<sup>rd</sup> Prize in Quiz Conducted by St. Paul Public School.
- 1<sup>st</sup> Prize in Food and Nutrition Quiz Conducted by KVASU, Mannuthy
- 1<sup>st</sup> Prize in Quiz Conducted by Malayalam Mercury Newspaper.
- Participated in Lingua Fanta English Fest - Secured A Grade
- Participated in District Level Sahodaya Kalotsav - Secured A Grade in Malayalam Essay Writing

### Achievements

#### Shraddha K. (X A)

##### School Level

- Sanskrit Recitation - 1<sup>st</sup>
- Hindi Recitation - 1<sup>st</sup>
- Light Music - 1<sup>st</sup>
- Classical Music - 2<sup>nd</sup>
- Malayalam Recitation - 3<sup>rd</sup>



### District kalotsav

- Hindi Recitation - 3<sup>rd</sup>
- Sanskrit Recitation - A Grade and Light Music
- Ramayana Parayana Conducted by Chinmaya Mission - 2<sup>nd</sup>
- Chinmaya International Foundation Sanskrit Recitation - 2<sup>nd</sup>
- Sreemad Bhagavatha Tatva Sameeksha Satra Samiti - 3<sup>rd</sup>
- Interclass Gita Chanting - 1<sup>st</sup>
- Prathibha Puraskar by JCI
- Narayaneeya Dashakapadham Competition - 1<sup>st</sup>
- Narayaneeya Aksharaslokal - 2<sup>nd</sup> Both conducted by Guruvayoor Devaswam

#### Lakshmi. K (XII C)

##### School level

- Adjudged as 'Miss Valuable' of Class XII batch.
- Adjudged as 'Honourable Mention' in CVMUN.

##### Talent time

- 1<sup>st</sup> prize in pencil drawing
- 1<sup>st</sup> prize in poster designing
- 1<sup>st</sup> prize in English extempore
- 3<sup>rd</sup> prize in English recitation
- 3<sup>rd</sup> prize in Malayalam recitation District level
- 1<sup>st</sup> prize in Poster Designing competition conducted by Food Safety, Dept of Kerala and National Health Mission.
- 1<sup>st</sup> prize in debate conducted by SSCT in Lingua Fanta 2019-20





- District level winner (group) in Vignan Vijayapatham conducted by Malayala Manorama.
- “A” grade and 5th position in pencil drawing and poster designing in Thrissur district Sahodaya Kalotsav. State level
- Adjudged “very good” in Mayookasree Extempore competition.
- 3<sup>rd</sup> position in Lingua Fanta Debate Finals.

#### **Trsha Sajan (1A)**

- Talent Time - English Recitation - 3<sup>rd</sup> Prize
- Talent Time - Clay Modeling - 1<sup>st</sup> Prize
- Gita Chanting - School Level - Selected to District Level
- English Language Proficiency Exam (ELPSE) - School Level - 1<sup>st</sup> Prize
- Maths Talent Search Exam (MTSE) - School Level - 1<sup>st</sup> Prize
- Gita Chanting - District Level - 3<sup>rd</sup> Prize Selected to State Level
- English Language Proficiency Exam (ELPSE) - District Level - 2<sup>nd</sup> Prize
- Maths Talent Search Exam (MTSE) - District Level - 3<sup>rd</sup> Prize
- Thrissur Sahodaya Fest - English Recitation - ‘A’ Grade

#### **Achievements LKG B**

##### **Arundhathi Menon**

(Top 5 in Kids Fest School Level)

- Action Song English
- Story Telling English
- Story Telling Malayalam
- Show and Tell



- Memory Retention
- Colouring
- Light Music - 1<sup>st</sup> Prize
- Lemon and Spoon - 1<sup>st</sup> Prize
- 50 mts Running - 3<sup>rd</sup> Prize
- Individual Sports Champion
- All Rounder of LKG ‘B’
- 4x25 mtr. Running - 2<sup>nd</sup> Prize

#### **Ann Christy Ajish (Top 5 in Kids Fest School Level)**

- Action Song Malayalam
- Story Song English
- Show and Tell
- Colouring
- Pencil Drawing
- Abstract Reasoning
- Clay Modeling
- Folk dance - 2<sup>nd</sup> Prize
- Light Music - 2<sup>nd</sup> Prize
- All Rounder LKG ‘B’
- Winner of ‘Chinmaya Jyothis’

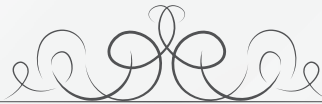


#### **Mahalakshmi M. Nair (UKG A)**

(Top 5 Kids fest School Level Competition)

##### **Achievements**

- All Rounder of UKG A
- Action Song Malayalam
- Story Telling Malayalam
- Memory Retention
- Show & Tell
- Clay Modeling
- Folk dance - 2<sup>nd</sup> Prize
- ‘Chinmaya Jyothis’
- Running Race 3<sup>rd</sup> Price (Annual Sports)



When the right type of student one who is fit  
for the knowledge meets a true teacher,  
the transformation that takes place in the  
student is almost miraculous and certain.

- H. H. Swami Chinmayananda





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# MERIT DAY

EXCELLENCE AND HARD WORK REWARDED



Merit Day Inauguration By Dr. Ratheesh (Scientist & Director CMET)

## SCHOOL TOPPERS

AISSCE 2019

### Science School Toppers



Elza Rose  
96.2% First  
English 97%  
Malayalam 99%



Sruthi Venugopal  
95.2% Second



Diya S  
95% Third  
Biology 99%



Shyam P. Suresh  
95% Third  
Mathematics 96%

### Commerce School Toppers



Gadha S Udayan  
95.8% First  
Informatics Practices 98%  
Business Studies 95%



Nandana A  
94% Second  
Accountancy 99%  
Business Studies 95%



Meenakshi V R  
94% Second  
Business Studies 95%



Anjana M N  
93% Third  
Business Studies 95%



# SUBJECT TOPPERS

## English



Elza Rose  
(97%)



Niyatha V S  
(97%)



Gayathri Menon  
(97%)



Shyam S Warriar  
(97%)



Adithya K  
(97%)



Ayush M Kalariel  
(97%)

## Mathematics



Pranav Sudeer  
(96%)



C Karthik  
(96%)



Shyam P Suresh  
(96%)

## Informatics Practices



Gadha S Udayan  
(98%)

## Biology



Krithika A Menon  
(99%)



Diya S  
(99%)



Edward Johann Luiz  
(99%)

## Computer Science



Gokul K Sunil  
(100%)



Akhil Gopikumar  
(100%)

## Chemistry



Vishal K S  
(99%)

## Physics



Abhijith Hari Menon  
(96%)

## Accountancy



Nandana A  
(99%)

## Sanskrit



Ananya Krishna  
(99%)



Vrinda S Menon  
(99%)

## Hindi



Sandra Balachandran  
(97%)

## Economics



Sriram Anil Menon  
(97%)



## Business Studies



Souparnika H  
(95%)



Neerada E Vasudev  
(95%)



Agnika S  
(95%)



Sriram Anil Menon  
(95%)



Anjana M N  
(95%)



Meenakshi V R  
(95%)



Nandana A  
(95%)



Gadha S Udayan  
(95%)

## Malayalam



Ebin Babu  
(99%)



Anand Babu M  
(99%)



Akhila T S  
(99%)



Lakshmi Sunil  
(99%)



Amritha A  
(99%)



Amal Sajeev  
(99%)



Sreenath E S  
(99%)



Anaina Sara  
Joseph  
(99%)



Elza Rose  
(99%)



A Raihana  
(99%)



Krishna Joshy  
(99%)

## Students Who Secured A1 in All Subjects AISSCE 2019



Shyam P Suresh



Elza Rose



Sruthi Venugopal



Diya S



Abhijith Hari Menon



Gadha S Udayan





Sandra Balachandran



Niharika Vinod



Kavya Dharsini R



Harinadh Ravi



Aiswarya Panampilly



Kavya Raghunathan

## AISSE CLASS X 2019

### SCHOOL TOPPERS

#### National Level 5<sup>th</sup> Position



Bhamasree B  
99% First  
Mathematics 100%  
Malayalam 99%  
Social Science 100%



Anaika Afsal  
99% First  
Mathematics 100%  
Social Science 100%



Abhijith Krishnanunni  
97.8% Second  
Sanskrit 100%  
Mathematics 100%



Amritha O.  
97.6% Third  
Sanskrit 100%  
Social Science 100%



Ajul R Krishnan  
97.6% Third  
Mathematics 100%

### SUBJECT TOPPERS

#### English



Megha Rajeev  
(99%)

#### Sanskrit



Abhijith Krishnanunni  
(100%)



Hari Ramakrishnan  
Sudhakar  
(100%)



Amritha O  
(100%)

#### Hindi



Shikha Mariam John  
(99%)



Aparna B  
(99%)

#### Mathematics



Abhijith Krishnanunni  
(100%)



Hari Ramakrishnan  
Sudhakar  
(100%)



Maanav Thalappilly  
(100%)



Ajul R Krishnan  
(100%)



Bhamasree B  
(100%)



Anaika Afsal  
(100%)



## Malayalam

## Science

## Social Science



Bhamasree B  
(99%)



Hari Ramakrishnan  
Sudhakar  
(100%)



A Niranjana Menon  
(100%)



Krishnendu Balagopal  
Menon  
(100%)



Arunima K R  
(100%)



Swetha S Nair  
(100%)

## Social Science



Anaika Afsal  
(100%)



Amritha O  
(100%)



Bhamasree B  
(100%)



Ritika Rajeev  
(100%)

## Students Who Secured A1 in All Subjects AISSE 2019



Krishnendu Balagopal  
Menon



Swetha S Nair



Amritha O



Niranjana Menon



Anamika P V



Navaneeth Kishore



Ajul R Krishnan



Anaika Afsal



Abhijith Krishnanunni



Bhamasree B



Smrithi Venugopal

## Teachers Instrumental in 0.1 National Merit AISSE CLASS X

### Mathematics

### Sanskrit



Radhakrishnan P



Priya Thambi



Vima V



Suma T



Remya Puthiyapurayil



## Science



Bindu K



Ranjini Venugopal



Saritha Mohan



Shaira K. N.



Nair Anitha V



Smitha Madhu

## Social Science

# AISSCE CLASS XII

## Accountancy



Savitha Sasikumar

## Chemistry



Suma T



Ranjini Venugopal

## Computer Science



Malini Suresh



Sheeja M

## Malayalam



Sreekala C K



Vrinda D

# All Rounders 2018-19 (Class 1 & 2)



Shruthika C Menon  
IA



Punya M Menon  
IB



Harris P Anil  
IC



Sreehitha  
IC



Abhinav Kammath  
II A



Theertha Girish  
II B



Nikhil Madambikattil  
II C



Prardana Prabod  
II C



# GENERAL PROFICIENCY



Jnana Vidyadharan  
III A



Sidharthhari P S  
III B



Thanmaya Kunal Nayar  
III C



Gopiga A  
IV A



Keertana Pisharody  
IV A



Abhinav Das P S  
IV B



Sanviya Sankar  
IV C



Krishna Bhadra Suresh  
V A



Anushraj K R  
V B



Adhya Asish  
V C



Archana R  
VIA



Janki Variath  
VI B



Melviya Joseph  
VI C



Krishna Chundiriyil  
VII A



Krishna T S  
VII B



Hridya P R  
VII B



Aswin K B  
VII C



Niranjana J Menon  
VII D



Lyss Mary Jose  
VIII A



Adwaith Sajith  
VIII B



Krishnanth M  
VIII C



Tanvi Sajan  
VIII D



Lynn Mary Jose  
IX A



Rahul R Menon  
IX B



Rithvik Padmaraj  
IX C



Sanvid Sankar  
IX D



Meghna K M  
IX D



Anirudh S Menon  
XI A



Rohit Viswanathan  
XI B



Sreeparvathy S  
XI C



Nivedita B  
XI D

## Individual Sports Champions 2019-20

### Kiddies



Adolf Wilson  
I B



Swasthi Sudeesh  
I C



Anamika Menon  
II C



Haris P Anil  
II C



Vijay Krishnan  
III A





Vyga Hari  
IV B



Advait Krishna  
IV B



Evilin Mariya  
V B



Amarnath Kadavil  
VI B



Nivedita M S  
VI D

## Sub Junior



Shreya V  
VIII A



A Navaneeth Santhosh  
VIII A



Goutham Krishna K. S.  
X A



Anusree K. R.  
X C

## Junior

## Seniors



Gokul S  
XI C



Varsha Pradeep  
XII C

# Thrissur District CBSE Kalotsav 2019-20 Winners



Parvathy S Warriar  
1<sup>st</sup> Prize Sanskrit  
Recitation in District  
Kalotsav & 2<sup>nd</sup> Prize in  
State Kalotsav



Anna Chalakkal Santhosh  
1<sup>st</sup> Prize Bharathanatyam  
in District Kalotsav



Devananda S Jain  
1<sup>st</sup> Prize English Story  
in District Kalotsav



Pallavi Nair  
1<sup>st</sup> Prize Malayalam  
Recitation in District  
Kalotsav



Meghna Bindhu  
1<sup>st</sup> Prize Guitar  
in District Kalotsav





**Sruthi M B**  
1<sup>st</sup> Prize Karnatic  
Music in District  
Kalotsav & 3<sup>rd</sup> Prize  
in State Kalotsav



**Vyshnav J**  
1<sup>st</sup> Prize Carnatic Music &  
Mridangam  
in District Kalotsav &  
2<sup>nd</sup> Prize in Carnatic  
Music in State Kalotsav



**Lavanya V S**  
1<sup>st</sup> Prize Folk Dance  
in District Kalotsav



**Sudakshina**  
1<sup>st</sup> Prize Hindi Story  
in District kalotsav



**Hari Ramakrishna Sudhakar**  
1<sup>st</sup> Prize Mridangam  
in District & State Kalotsav

## Kalathilakam & Kalaprabhitha

### Category 1

#### Kalathilakam



**Dakshina P S**  
(4 C)

#### Kalaprabhitha



**Nived Sunil**  
(4 B)

### Category 2

#### Kalaprabhitha



**C.M Hrishikesh**  
(7 D)

#### Kalathilakam



**Anna Chalakkal Santhosh**  
(6 B)

### Category 3

#### Kalaprabhitha



**Vyshnav J**  
(9A)

#### Kalathilakam



**Gourilakshmi N**  
(9 C)

### Category 4

#### Kalaprabhitha



**Rohit Vishwanathan**  
(12 B)

#### Kalathilakam



**Sudakshina Nair**  
(11 D)

## Champions in their own field



**Aman C H (4A)**  
Thrissur District Badminton  
Championship, U 11,  
Boys 2<sup>nd</sup> Prize



**Ameya C H (4A)**  
Thrissur District Badminton  
Championship, U 11 & U 13,  
Girls Doubles 3<sup>rd</sup> Prize



**Dhananjay V (8 A)**  
Karate Black Belt



**Adithya Krishna (7B)**  
1<sup>st</sup> Prize, "Lingua Fanta"  
Product Launch, District Level



# KINDERGARTEN

## Chinmaya Jyothis

## Sports Individual Champions LKG



Ann Christy Ajish  
LKG B



Mahalakshmi M Nair  
UKG A



Aditi Asish  
LKG B



Arundhathi Menon  
LKG B



Rithvin M Ravindran  
LKG A

## Sports Individual Champions UKG



Liya Rose Lijo  
UKG A



Dhyan Tejas S Balakrishnan  
UKG A



Vedik Nayanar  
UKG B

## All Rounders



Ziya Fathima V M  
LKG A



Ann Christy Ajish  
LKG B



Arundhathi Menon  
LKG B



Mahalakshmi M Nair  
UKG A



Vaidehi R Menon  
UKG A



Vedik Nayar  
UKG B



Sangeerthana Suresh  
UKG B



# Welcome to the portals of CV

*Starting Afresh*

## Welcoming KG Kids



## Welcoming Class XI (Fresher's Day)





Adorning our Leaders

# INVESTITURE CEREMONY



Chief Guest Commodore Ramesh M S Menon





# SCHOOL PARLIAMENT



HEAD BOY



Devadath Mullappally  
XII A

JUNIOR HEAD BOY



Abhiram M S  
XI D

HEAD GIRL



Anju K N  
XII B

JUNIOR HEAD GIRL



A Niranjana Menon  
XI B

## Godavari

HOUSE CAPTAINS



Viswanath Murali  
XII D



Lakshmy K  
XII C

VICE CAPTAINS



Ajul R Krishnan  
XI B



Shikha Mariam  
XI D

PREFECTS



Sourav R  
X A



Swathika Krishnan  
X D

## Ganga



Vishnu Sai Vinod  
XII C



Nivedita Balakrishnan  
XII D



Femi Francis  
XI B



Gokul S  
XI D



Ramnath C Nair  
X B



M Roshini Krishna  
X B



## Cauvery

### HOUSE CAPTAINS



Sharath M Nair  
XII C



Varsha Pradeep  
XII C



Gokul P Menon  
XI C



Arunima K R  
XI A



Goutham Krishna  
X A



Gayathry A Menon  
X A

### VICE CAPTAINS

### PREFECTS

## Yamuna



Rishi Prasad S Menon  
XII D



Sreelakshmi P  
XII D



Akshay Sunil  
XI C



Sudakshina Nair  
XI D



Balabhasker Aacharya  
X C



Utharadas T  
X D

## Fine Arts



Harikrishnan R  
XII A



Sandra S Nair  
XII A



Hrishikesh Pushparaj  
XI B



Ritika K Rajiv  
XI D



Dathan P V  
X B



Shraddha K  
X A

## Sports



Aravind Babu  
XII C



Anjana P S  
XII A



Vishnu J  
XI D



Subhaga N B  
XI B



Sachithanand C S  
X A



Anusree K R  
X D



# बातचीत



गपशप

## CHITRAN NAMBOODIRIPAD- A PERSONALITY WORTH EMULATING



A legendary centenarian, an educationist, who has extensively explored & conquered “the great Himalayas”, has shared his experiences with a tale that is unfolded with nostalgic memories. Abhiram S, Niranjana Menon & Lakshmi P Lal , Class 11 students of our Vidyalaya had the opportunity to have a ‘tete-tete’ with Sir on 10th of March 2020 at his residence.

Abhiram: Sir, could you throw some light on your early education ?

Sir: I was born into an aristocratic Namboothirippad family. My initial schooling was at home where we had to learn Vedic scriptures. I went to school only in 8<sup>th</sup> standard. Sanskrit was the predominant language during my childhood, hence I have read sacred Vedas & Puranas. I used to listen to numerous Sanskrit slokas & hear stories of the Himalayas which stirred an interest in me to visit the huge mountains one day.

Sir slowly relaxes in the armchair reminiscing the good old days.

Niranjana : When did you first visit the Himalayas & how was your experience?

Sir: smiles.... “ I first trekked the mountains in the year 1951 when I was 4 years old. I camped there with a group of friends. The cold frosty chilled weather froze me , but I did not give up. The path is long from Kashi, Rishikesh & Haradwar which are famous pilgrim centres. I have visited Kashi 10 times & I believe that Lord Krishna resides in the Himalayas. The river Ganga, is not just a river. It's a medicine & a synonym for water. It is the most sacred river according to me.

Lakshmi: What preparations did you take to begin your journey to the Himalayas?

Sir: Recalls his sweet memories....nearly hundred people went together & I was the oldest among all. ... laughs!! In my opinion, unity is strength. Any dream can be accomplished if there's a strong determination, to pursue it. Self inhibition, positive thoughts, keen interest & self motivation are the keys to success.

Niranjana: Have you faced any barriers or obstacles during the trek to the mountains?

Sir: I have faced multiple problems physically but I continued to strive through the journey of this wonderful life. In spite of the injuries I did not surrender. Where there is a will, there is a way.

Abhiram: Was education given importance during your



childhood days?

Sir : Education was given lot of importance. Besides, there were no other distractions. Commuting to school was not as easy as today. There were apparently no proper means of transport. I remember, I had to walk 8 miles to reach school ie. nearly 3 hours . I had to start from home early , walk through marshy fields and that too without a proper breakfast.

Lakshmi: How would you compare the education of yesterday & today?

Sir:

Today's news, March 10,2020, says Kerala education should be equal to the education in Finland. Changes can be brought in the curriculum with morning & noon shifts. The morning session in classroom & the second session with nature or interacting with fellow beings. This reduces stress amongst students & teachers. During my time, education was academically centered. We lived in hostels& there was no other diversion. There were no youth festivals. We had to learn English, Maths, Science , Sanskrit or Malayalam and history. There was Indian history & British history. But general knowledge then was less when compared to present generation.

Niranjana: Have you witnessed the freedom struggle during the pre-independence era?

Sir: Contemplative....in the year 1947, I completed my Post graduation,MA. At that time we had no televisions. I used to listen to the news on independence struggle on radio. I still recall Jawaharlal Nehru's words tingling in my ears..."at the stroke of midnight, when the whole world sleeps, India awakes to freedom'. We used to sit in groups and listen to news on radio. After Mahatma Gandhi's assassination, I recall the radio message..."Mahatma Gandhi's ashes should flow through all states of India"

Abhiram: When were you last honoured?

Sir: I was honoured in CNS school last week (ChitranNamboothiripad school) , the school named after me. And it was a nostalgic moment . I went and sat in my classroom and interacted with the students there.

Lakshmi: What is your fitness secret?

Sir: Yoga is for your mind & body. Spirituality & prayers are an exercise for the mind. I used to visit Guruvayur temple every month. Even recently I trekked the himalayas and I am hopeful to visit in future too.

Lakshmi: One last question... what is your message to the students of ChinmayaVidyalaya?

Sir : Children, you are the citizens of tomorrow. Never give up & never expect anything in return. "do your best & leave the rest".

## FACE TO FACE WITH AN UPCOMING SPORTS PRODIGY



Here is an interview with Akarsh A Krishnamurthy of class 10 by the sports Vice captains Vishnu J and Subhaga N B of class 11. This intimate chat motivated the students to join the cricket club and chase their passion.

Vishnu: When did this passion for cricket take roots inside you?

Akarsh : Since a child, I used to watch cricket matches like IPL and Indian test cricket series. M S Dhoni& Chris Gale have inspired me a lot. Their sportsman spirit, determination & popularity motivated me and lured me to this game of cricket.

Subhaga: Although we have so many sports events, what made you choose cricket?

Akarsh: I have experienced a lot of sportsman spirit in this particular game. That is what inspired me to choose cricket.

Vishnu: When did you actually begin your journey with cricket?

Akarsh : When I was just 5 years old, my father enrolled me in "Loom's cricket Academy" . I regularly attended their training classes . After 7 years of this training , I joined 'Athreya cricket Academy' in Mundur. When 9, I



was selected for the 'under 14 cricket team'.

Subhaga : During these busy training schedules, how do you balance between play & academics?

Akarsh: Talking about my schedule, till 9<sup>th</sup> standard, I had practise sessions from 4 to 7pm on a regular basis. I have completely sacrificed my studies of 10th standard dedicating my complete time for the training sessions.

Vishnu: Now that you are in your 10th standard, its hard to believe that you have not attended any classes.

Akarsh: Yes, that is the truth. I had my strength training from 6 to 9am & from 3 to 8pm. In between we had matches.

Sughaga: Now that your board exams are nearing, how are your preparations for the exam going?

Akarsh: At present, I have taken a break from my training and preparing for my exams. I have a tutor who helps me with my studies. My teachers and friends have also helped me a lot. On an average I spend around 8-9 hrs. with books.

Vishnu: Do you plan to make your passion, your profession?

Akarsh: Yes, of course. I see my future in cricket. I have experienced immense pleasure and satisfaction in this sport. I see myself representing my country in the near future. "Dream big and strive for it till you achieve it".

Vishnu: We wish you good luck and success in accomplishing your dreams and doing your parents , your Vidyalaya and your country proud.

## TALK WITH THE MAESTRO



The following is taken from the exclusive interview allowed by one of India's famous singers, Sri. Anoop Shanker. The interview was conducted by Hari Krishnan R of 12 A and Gowri R of 12 B who are the radio jockeys of the Chinmaya Radio.

Hari and Gowri : Hariom sir. Welcome to Chinmaya Vidyalaya and welcome to the interview.

AnoopShanker: Thank you so much. It's a great pleasure

Gowri: First of all sir, what impression did you have when you first stepped into our Vidyalaya?

AnoopShanker: The biggest thing I noticed were the smiles all around, something which I wish will be there with you throughout your life.

Hari: While many people go directly to the field of music you actually did your MTech and MCA first. Is there any particular reason for doing that?

AnoopShanker: I belong to a generation about two decades back where there was a lot of constraints from the family and society and they emphasised on having a backup plan so that if the industry doesn't support me I can always have a job security. This doesn't exist for the current generation. If you have the raw talent and passion to move ahead, it itself is an academic qualification.

Gowri: What encouraged you to do the Guinness World Record?

AnoopShanker: That is a very good question actually. After I completed my PG in 2002 we were a group of aspiring musicians who were on the lookout to make some mark in music. We had a music band called 'Sangamam' and we decided to do something unique on the musical perspective and the thought of the longest musical performance came in? The existing record back then was by 'We three screen' which was a 24 hour long program in the USA. AS genre was not a problem and only duration mattered, we gave a 40 hour long program. It was tough but it still remains as the longest musical performance.

Hari: "That is so great. Now suppose music wasn't your thing, which other profession would you have taken or pursued?"

AnoopShanker: "That is a very valid question actually. I will contradict that question. I have never thought of going into any other field. I never had the dilemma when I had to choose my career. Music was always the way



ahead. My passion and determination to take it up as my profession and the blessings of my Gurus have never let me down, career wise. There were ups and downs but as a whole it has been a smooth sail.

Gowri: "What is your way of approaching your passion?"

AnoopShanker : " Another wonderful question. The way you approach your passion should be with almost peace and love. Never approach anything you do with an insecurity. You should never have a question in mind like 'whether this will work?' It will work. You must have a good vibe with your passion or whatever you are going to do. It will give happiness back. There is nothing more to it. It is as simple as that.

Hari : "A great piece of advice sir. Now we have heard about your institution 'AUM' which is situated in Poonkunnam. Please do enlighten us with it's working and how well it is doing."

AnoopShanker: "There is a point in life when you reach some status and all, the joy doesn't end with earning. It becomes more beautiful when you give it to somebody else. More than money I process music. So there were two concepts in mind when I started the institution. One is sharing whatever I know or whatever I have learnt over the two decades of my music and which I wanted to share it with likeminded people. Also as of now music production is happening in a very big way. The amount of 'six song movies' have reduced and there is hardly more than two or three songs in any of the movies and even then only one minute or so is used in

the movie. So the parallel way of music, as in western region will come up. Many albums, private productions, contemporary music etc will come up more in the near future. When you take such a scenario, the presence of well qualified musicians matters a lot. So we were able to come up with this institution. And I am so happy to share this, ours is the only 'Apple authorized' institute in Kerala. Whoever passes from our academy is certified by apple. This is something I am really happy about and proud of.

Gowri: " If somebody would like to follow your footsteps, what advice would you like to give them?"

AnoopShanker : "You will never ask anyone to follow my footsteps. I believe everyone has got their own path. I can only provide a guideline. As I already mentioned, you must have unconditional love and confidence in yourself. Whether it is music, art or dance or anything that you like and when it is about money there is no point in comparing yourself with any software engineer. There will be struggles and a phase ahead you can be sure that you will be happier than them, as you are doing something that makes you happy and you are transmitting that happiness to others as well. You need money for survival but happiness is always ahead and if you ask me I am Happy."

Hari and Gowri: " Thank you so much for this wonderful conversation and your amazing words of wisdom."

AnoopShanker: " It has been a wonderful conversation. Keep spreading your smiles. I have enjoyed really well with the students of your Vidyalaya. Thank you so much

## CHAT WITH THE CHAMPIONS



1. You are the national runners up champions 2019-20. Did you ever think you would make it to this level?

**Vishnu** -After winning the state championship, we were confident and determined to win the nationals.

2. What was your motivation?

**Vishnu** -The constant effort put in by our coach, teachers, the boost by our parents, their positive approach increased our morale especially after winning the state championship.

3. What were the sacrifices that you had to make for achieving your goal?

**Abhinav** -We had to forego the leisure time that we usually spent after school with our friends, we hadtough & hectic training sessions even during Onam holidays. We missed many of our regular classes.During our entire trip to Haryana, and even before, we gradually reduced and finally stopped



mobile usage. During the trip we were contacting our parents only through our teachers.

4. What was the atmosphere after being crowned champions?

**Sanjay** -Although we were confident of winning, the actual result was indeed a wonderful experience. The welcome we received at the railway station, the applause and accolades at school in the presence of our parents was like a long cherished dream come true. It was all magical.

5. Can you relate the best experience in this entire journey?

**Abin**-During the quarter finals, our team was pitted against Ideal Indian school which is my alma mater. I was playing against my old school mates. I was able to take my team to victory through penalty shoot out. It was a moment of mixed emotions.

6. At this moment, after a great achievement, is there any regret?

**Vishnu** – Yes. After winning the National champion ships, we were unable to play for Sahodaya.

7. Can you narrate your individual experiences as captains& players at different field positions?

**Yadulal** – We had undergone numerous practise matches. So there was no tension during the finals. Each game was like a final match.

**Arjun** – We had a mixture of students from class x, xi & xii in our team. But there was no segregation as junior or senior. It was one team. If the juniors showed lack of interest at any time, it was our duty to line them up, talk to them & motivate them. There was no communication gap.

**Amal**- Being the captain I had to work by setting an example myself. Hard work was our motto. Our work outs were real tough & some players would compromise on it. I, on my part would do more workouts than necessary, thus conveying the message that there is no shortcut to success.

**Murukesh**– One particular incident motivated us to excel. On reaching Haryana, we were looked down by the other teams. It is under such situations when we are belittled, that we feel the urge to emerge better or the best. When we won our first match, things began changing. We noticed the changes in their attitude towards us. During the closing ceremony, the hosts, applauded our sense of discipline & acknowledged the quality of the Kerala team.

**Abin** – Some our matches in Haryana were held during the evenings. I usually do not wear my specs when playing. My teammates were a bit apprehensive that this would affect my vision during play. But our coach stood firm saying “the most powerful weapon of a goal keeper is his keen eyesight & quick reflexes. You have the fastest reflexes amongst all, so we trust you. Go ahead.” These words did wonders for me.

8. How did you manage to keep up the winning streak by not conceding a single goal during the state championships?

**Siddesh** - We had numerous practise matches before any major tournament. Our coach would make sure that we know how to handle any situation. So it was with a thorough knowledge that we entered the game

9. You must have felt low during certain times. How was it dealt?

**Ahidev** - It was the motivating presence of our coach who never allowed us to feel low. When our team went into penalties, it was a fearful moment. But sir would motivate by telling loud that if we turn back, we would never be able to enjoy the penalties of the match which we are going to win. Sir was always sure that we would win.

10. How did you adapt to the conditions in Haryana?

**Aravind** - The climate, the food and living conditions were entirely different from our home. But our coach & team manager were with us constantly, supporting us and telling us to change all negatives to positives. They arranged proteins if food was not available on time. All the time, they kept a keen check on our diet and health.

11. Why does your team believe that luck favours those who work hard?

**Rithul**- Our coach always said that luck & hardwork are 2 sides of same coin. During our semi finals, we conceded a goal. We did earn a penalty shoot out but we could not equalise. But our coach was confident saying that we have done hard work. In our next attack we equalised & went on to win the match. We proved that luck always takes a back seat when hard work is there.

12. Being the junior members of the team, how was the support from your senior team mates?

**Adith** – There was no senior - junior , only a player. There was full support & guidance from all team mates.

**Sachidanand** – We did feel nervous at times, but our



seniors lent full confidence & even tried out ways to make us comfortable.

**Sri Kiran G Krishnan (Trainer & Coach)**

13. How did you prepare your team for the national championship?

I got to know the capability of my team after the state championship. We started planning to be the champions. "We are going not just for participation but for winning" - I constantly injected this into my team & motivated them to dream. They imagined themselves to be heroes & I could see this on their face. Thus I mentally prepared them, the technique was to build strength & stamina. Basic skills were already instilled in them by Balakrishnan sir. My responsibility was to mould them into a professional level.

14. How did the school & management support your team?

The school atmosphere is highly positive. The management, DD mam, Principal, Vice Principal and teachers were fully supportive, Though not externally evident, I could feel it. Financial support was also there. All matters relating to competitions were done by the management with the help of physical education department. The students missed their special classes due to the practise sessions but the teachers took additional classes for them to cope up with others. This was a great relief for students & parents also. The ambience in the Vidyalaya helped me to put in my maximum as a coach.

15. You are coaching other schools & students. How is Chinmaya Vidyalaya different?

I am coaching FC Kerala & in a Children's Home. Here, it's a mutual attachment. I really miss them if there is a 2-3 days gap & in return also it's the same. I focussed on their character formation also. I got a management which extended their full support, flexible students who were willing to work hard, a supportive department - Balakrishnan sir, Niji teacher & Hari sir were all involved in our success story. It was a team effort. I was becoming a better coach each time, updating myself.

16. What is your message to the upcoming stars?

Hard work should be your motto. It is not just winning a tournament. Do not be short term champions. Be champions for life.

Smt. Niji N Raju (**Teacher & team manager**)

17. Can you explain your role as manager of the team?

My role as team manager was quite easy because of whole hearted support of school management, especially Principal. It was expensive to participate in such a tournament but still the management agreed to bear all the expenses. Teachers gave special care to the students after the match, regarding their academics. Since I know all the players right from their childhood, it was easy to manage them. They were self disciplined, cooperative & treated me like a mother. They made me proud when the other state players & officials appreciated their commitment & disciplined behaviour.





# SEMINARS & WORKSHOPS

*From the Scholar's Tongue*



"Abhiman" Seminar on drug Abuse



Talk on Adolescence Education



Awareness Talk on Adolescence & Drugs for Parents



Akash Anthe Seminar



Inauguration of CBSE Workshop for Senior Secondary Teachers



CBSE Workshop in Progress



Corona Pandemic Awareness to teachers by Health Department



Seminar on Drug Awareness by Excise Department





Arbodha Cancer Awareness class



English Seminar Quest



Helen O' Grady Speech & Drama Training Programme



Capacity Building programme for Teachers in Business Studies



Training Programme for Teachers - New Trends in CBSE



"Fun with Maths" - Workshop for Teachers



Awareness talk by SPG (School protection group) to parents



Talk on Kerala Piravi Day by Smt. Mrudhula, Principal, Co-operative Public School Padukad



# Tours & Visits



Class Picnic



Class Excursion



Visit to Agriculture Exhibition "Vaiga"



Visit to Vigyan Sagar



Visit to Vaidyaratnam  
Ayurveda Museum, Ollur



Visit to Kolazhy paddy field



Motor Show

# Social Service



Distributing Sarees to Padukad  
Potters Colony



Relief Kit for flood affected victims



Oru Pidi Ari to Asha Bhavan



Mid Day Meal to  
Medical college Patients



Study materials to SOS village



# Health & Fitness

*Sound Mind in a Sound Body*



Exercise



Waterbell



Morning Drill



Thoovala Viplavam



Karate Class



Experiential Learning



Yoga Display



Games



Vegetable Garden Harvest



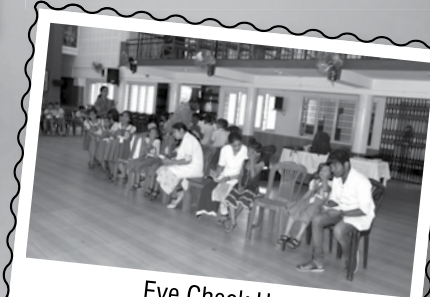
Hand Washing Demonstration



Food Fest



Health Check Up



Eye Check Up



# Observing Important Days



Childrens Day



Hindi Divas



National De Worming Day



Republic Day Programme



World AIDS Day



Gandhi Jayanthi



International Justice Day



Observing Gurupournima



Independence Day



Observing Mathrupuja



National Sports Day







International Science Day



Yoga Day



National Youth Day



Nature Conservation Day



Pi Approximation Day



Rally- Rashtriya Ekta Diwas



Reading Day Pledge



Planting sandal wood sapling  
by (CA) Dr. V. Venugopal



World Diabetes Day- Flash Mob



Salad preparation- World Food Day



Teacher's Day



Felicitating teachers on Teacher's Day



Sanskrit Day



Observing Vigilance Awareness Week





# Kindergarten - The 1<sup>st</sup> Step

## Activities



### Colours Day



Balvihar Class



Fruits Day



Gurupoornima



Independance Day



Kerala Piravi Celebrations





**Christmas Celebration**



**Onam Celebration**



**Picnic**



**Sreekrishna Jayanthi Celebration**



**Sports Day**





# Competitions & Prizes

*Feathers on our Caps*

**Talent Time Inauguration**  
by Sri. ANOOP SANKAR



**Talent Time Events**



## SAHODAYA COMPETITIONS



Winners of Patriotic Song



Winners of PPT Competition



Sahodaya Kalotsav Winners 2019





Food & Nutrition Quiz 1st Prize



Teri Green Olympiad Winner Sidharth V Jain



Deepika Colour India Painting Contest Winner  
Jwala Vidyadharan



Winners of 'Sreshtha Bharatham' Quiz Organized by Amritha Channel



Kids Fest Group Recitation Participants (Malayalam & English)



"Manorama Vigyan" Contest Winners



Anna Chalakkal Santhosh  
1st Prize Bharathanatyam  
organized by Naalathe Trust,  
Trichy



"Lingua Fanta" District Level 3rd Position



National Level Abacus Competition  
Winners



Natavara Krishna Bhajan Competition  
Prize Winners



All Kerala Declaration Contest held  
in Chinmaya Vidyalaya Kannur



Winners of Patriotic Song Competition  
Organised by YMCA



"Vande Bharath" Patriotic Song  
Competition Winners





# Celebrations

## Festive Fervour



Nabi Dinam



Janmastami Celebrations



Kerala Piravi



Navarathri Celebrations



Ramayana Month Celebrations







Onam Celebrations



X'mas Celebrations





# SPICMACAY

**Manipuri Dance & Demonstration by  
Sri. Sinam Basu Singh & Team**

**Padma Shri Prof. Dr. Kiran Seth  
(SPICMACAY Founder Chairperson) with  
Dr. G. Mukundan & Staff**



## Model United Nations

**Chief Guest, City Police Commissioner  
Sri. Yathish Chandra G H (IPS)**





# SPORTS

*Track and Field Triumph*



## ANNUAL SPORTS DAY



Welcoming the Chief Guest Sri. P Radhakrishnan



Handing over the torch



Lighting the torch



Flag Hoisting



Parade



100m Race



Prize Giving



# Spiritual Satsang & Talks

❧ Manifesting Divinity ❧



Satsang with Gururji H.H Swami Swaroopananda



Satsang with H.H Swami Vivikatananda



Satsang with Swamini Samhitananda



Satsang by Swami Sudheer Chaithanya



Talk on Chinmaya Vision Programme by Teachers



# Art Corner

## Palette Panorama



Leon Justin (V C)



Lakshmy V.B. (1 A)



Rithvik Padmaraj (X C)



Lyss Mary Jose (IX A)



Krishna T S (VIII B)



Ritika Rajeev (XI C)



Devananda T R (IX A)



Devadath Mullappally (XII A)



Diya Prashant (XII A)



Mitra V S (VI B)



Niveditha C (VI B)



Niveditha C (VI B)



Aparna Chundiriyil (IV A)



Mahima A R (IV A)



Jnana Vidyadharan (IV A)



Sruthika C Menon (II A)



Ritika Rajeev (XI C)



Gourilakshmi N (IX C)



Jwala Vidyadharan (IV A)



Sreelakshmi M S (VI B)



Krishna T S (VIII D)



Krishna T S (VIII B)



Sanviya Sankar (5 B)



Gourilakshmi N (IX C)



Gouri Haridas (V A)



Shivika Menon (V A)



Evanjali K S (IV B)



Adhaysree M (II A)



Balaram Krishna (VIII B)



Lynn Mary Jose (X A)



Neha S (VI B)



Niranjana Menon (XII B)



Lyss Mary Jose (IX A)



Krishna T S (VIII B)



Ritika Rajeev (XI C)



Sreeya Therambil (V C)



Amritha M B (VIII B)



Theertha Girish P (III B)



Drisya M S (IX D)



Sivani K (VII B)



Sreehari S (V D)



Anjali P Rajesh (VIII A)



Kiran R Ravi (XII A)



# Pencil Drawing



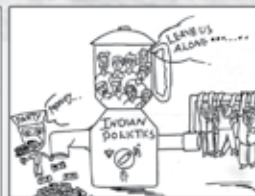
Aadhi Aumkarnath P S (V A)



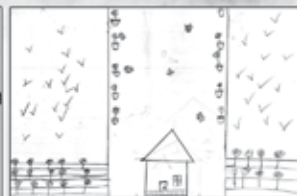
Lakshmisree K S (IV A)



Sidharth P (VII A)



Avinash M D (XII C)



Aadhithya Vikram E R (IV A)



Pranav Santhosh (VII B)



Gourilakshmi N (IX C)



Sreepriya G (IV A)



Balaram Krishna (VIIB)



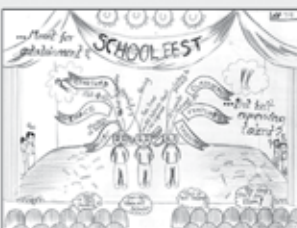
Divya Shaju (VIIC)



Amritha M B (VIII B)



Meenakshi C S (IV A)



Aparna Menon (XI A)



Rithvik Padmaraj (X)



Achyuth R Jyoshid (VC)



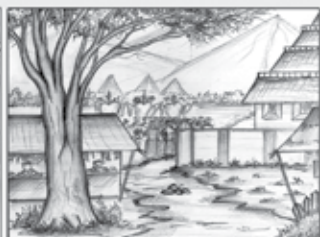
Lakshmi K (XII C)



Krishna T.S. (VIII B)



Ananya R (VI D)



Kiran R Ravi (XII A)



Ajay Raj (IV B)



Gopika Jayakumar (VI D)



Lyss Mary Jose (IX A)



Rohit K J (XII D)



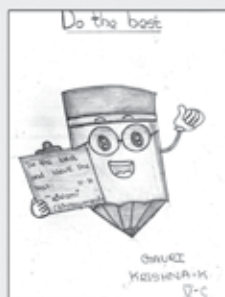
Ritika Rajeev (XI C)



Alby Jais (V C)



Krishna T S (VIII B)



Gourikrishna K (V C)



Lakshmy V B (IA)



Gourilakshmi N (IX C)



Devaprayag T S (I B)



Sreelakshmi M S (VI D)



# Environment Under Focus

## *Grooming Green Fingers*



Climate Resilience



Nature Day



Bird Shelter



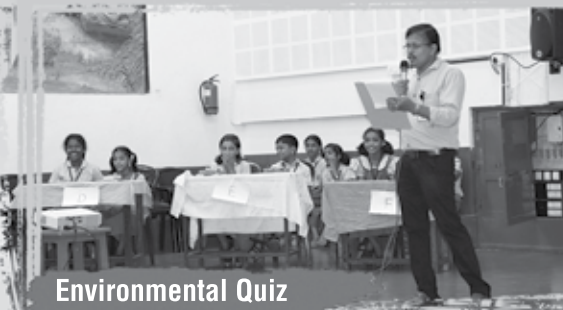
Baniyan Bag



Cycle Rally



Distributing Saplings, World Environment Day



Environmental Quiz



YES to paper straw



'Say NO To Plastics' Campaign





Preparing Seed Chocolate



Throwing the Seed Chocolate in the soil



Distributing Seed Chocolate to neighbours



Preparing Grow bags



Vegetable Garden



Swach Bharat activity



Street Play World Environment Day



World Environment Day, Posters



World Environment Day, Flash Mob



World Environment Day, Flash Mob



# Sports Events



Cluster X CBSE Basketball Tournament  
Runners up Girls Team



Sahodaya Kho Kho Boys Team



Kids District Athletics Team- Overall 2<sup>nd</sup> Position



Kids District Athletics Team



State & National Football Team



Sahodaya Kho Kho Girls Team



Cluster X, CBSE Athletics Team





Under 16 Boys, Medley Relay, 2<sup>nd</sup> Place.  
Thrissur District Athletic Meet



CBSE National Football Tournament, Runners up Team



**Athul R**  
Under 18 Boys  
Long Jump Third Prize,  
Thrissur District  
Athletic Meet



**Goutham Krishna K S**  
Under 16 boys 100m,  
2<sup>nd</sup>, Thrissur District  
Athletic Meet



**Hasith P Ramesh**  
Under 16 Boys, 800m, 3<sup>rd</sup> place,  
Thrissur District  
Athletic Meet



CBSE State Cluster X Athletic Meet Winners



District Kids Athletic Meet



Sreya, under 14 girls, short put, 3<sup>rd</sup>,  
CBSE state Cluster X Athletic Meet



Under 16 Boys 800m, 2<sup>nd</sup>,  
Thrissur District Athletic Meet



Kids Athletic Under 14 Girls Team



Under 8- Boys kids athletics 2<sup>nd</sup> place



Thrissur Sahodaya Football Tournament 2<sup>nd</sup> Runners up



Cluster X Football Tournament Winners





वैष्णवी  
7B

# अस्माकं पर्यावरणं

अस्माकं पर्यावरणे पशवः, पक्षिणः, वृक्षाः, नद्यः च सन्ति । वयं पर्यावरणस्य रक्षा करणीयम् । अस्माकं पर्यावरणस्य वायुः बहु पवित्रं अस्ति । पर्यावरणं अत्यन्तं सुन्दरं अस्ति । नद्यः जीवनस्य आधारं सन्ति । आधुनिक छात्राणां, पर्यावरण संरक्षार्थं विद्याभ्यसनस्य अवश्यकता अस्ति । एतानि सुभाषितानि पर्यावरणस्य प्राधान्यं उद्घोषयन्ति-

“पृथिव्यां त्रीणि रत्नानि जलमन्नं सुभाषितम् ।  
मूढैः पाषाणखण्डेषु रत्नसंज्ञा विधीयते ।”  
“छायामन्यस्य कुर्वन्ति तिष्ठन्ति स्वयमातपे ।  
फलान्यपि परार्थाय वृक्षाः सत्पुरुषाः इव ।।”  
“दाने तपसि शौर्ये च विज्ञाने विनये नये ।  
विस्मयो न हि कर्तव्यो बहुरत्ना वसुन्धरा ।”  
“काकः कृष्णः पिकः कृष्णः को भेदो पिककाकयोः ।  
वसन्तकाले संप्राप्ते काकः काकः पिकः पिकः ।”  
पर्यावरणस्य नशीकरणं मा कुरु । अस्य रक्षां कुरु ।

Prize Winning Essay (Talent Time Category II)



मीनाक्षी एल्  
12A

## मम दिनचर्या

प्रत्येक मानवस्य दिनचर्या पृथक् भवति । अहम् एका छात्रा अस्मि । अहं द्वादशकक्षायां पठामि । अहं प्रतिदिनम् प्रातः सार्धं पञ्चवादने उत्तिष्ठामि । एकं चषकं चायं पिवामि । मित्रैः सह भ्रमणाय गच्छामि । भ्रमणानन्तरम् अहं स्नानं करोमि । स्नात्वा अल्पाहारं करोमि । अष्टवादने विद्यालयं गच्छामि । विद्यालये प्रार्थना सभा भवति । सर्वे छात्रैः सह प्रार्थनां कृत्वा स्वकक्षायां प्रात्यागच्छामि, अध्ययनं करोमि च । विद्यालये एव मध्याह्ने मित्रैः सह भोजनं करोमि । सायं चतुर्वादने स्वगृहम् आगच्छामि विश्रमं कृत्वा पाठशालायाः गृहकार्यं करोमि । सायंकाले मित्रैः सह क्रीडामि तदनन्तरम् अहं अधीतपाठानां पुनः अभ्यासं करोमि । अहं भोजनं कृत्वा दूरदर्शनं पश्यामि । दशवादने निद्रां करोमि । एषा भवति ममदिनचर्या ।





# दिल्ली

दिल्ली अथवा देहली भारतस्य राजधानी अस्ति। भारतदेशस्य राजधानी देहली विश्वस्य अति विशालासु नगरीषु अन्यतमा इति गण्यते। एषा भारतस्य तृतीया बृहती नगरी वर्तते। दिल्ली इत्यपि विश्रुता इयं नगरी प्राचीनकाले हस्तिनपुरम् इति ख्याता आसीत्। इन्द्रसभायामपि सभाजितानां भरतकुलोत्पन्नानां महीपालानां राजधानी अद्यतनीया देहली एव। मुगलवंशीयानां चक्रवर्तिनां तथा आङ्गलानामपि अधिकारिणां केन्द्रभूमिर्भूत्वा देहली अधुनापि भारतीय गणराज्यस्य राजधानीपदमलङ्करोति। भारतदेशस्य महानगरेषु देहलीनगरम् अन्यतमम् अस्ति। प्राचीन कालादपि देहली भारतस्य राजधानी अस्ति। अस्य नगरस्य सहस्रवर्षस्य इतिहासः अस्ति। अनेकसाम्राज्यानां राजवंशीयानां च राजधानी इति प्रसिद्धमेतत्। हिन्दु-मुसलमान्-मुगल् इत्यादि वंशीयाः अत्र प्रशासनं कृतवन्तः। आङ्गलाः अपि क्रिस्ताब्दे १९११ तमे वर्षे देहलीनगरं राजधानीं कृत्वा क्रिस्ताब्दस्य १९४७ पर्यन्तं प्रशासनं कृतवन्तः। स्वातन्त्र्यप्राप्तेः अनन्तरमपि देहली देशस्य राजधानी अस्ति। देहली गङ्गा समतल प्रदेशानां महाद्वारमिव अस्ति। राजकीयकेन्द्रं च एतत्। अत्र अनेकानि वास्तुशिल्पानि क्रिस्ताब्दे १९३० समये निर्मितानि सन्ति। सर् एड्विन् लुविन्स् भव्यशिल्पानां रचनाकारः आसीत्। भारतदेशस्य महानगरेषु देहलीनगरम् अन्यतमम्। प्राचीनकालादपि देहली भारतस्य राजधानी अस्ति। अस्य सहस्रवर्षाणाम् इतिहासः अस्ति। अनेकसाम्राज्यानां राजवंशीयानां च राजधानीति अपि आसीत्। हिन्दु मुसलमान् मुगलेत्यदयः वंशीयाः अत्र प्रशासनम् अकुर्वन्। आङ्गलाः अपि सा. श. १९११ तले काले देहलीनगरं राजधानीं कृत्वा सा. श. १९४७ पर्यन्तं प्रशासनम् अकुर्वन्। स्वातन्त्र्यप्राप्तेः अनन्तरकाले अद्यापि देहली देशस्य राजधानी अस्ति।

राजनीतिकेन्द्रं वाणिज्यकेन्द्रं प्रशासनिककेन्द्रं च। अत्र अनेक वास्तुशिल्पान्वित भवनानि सा. श. १९३० तमे समये निर्मितानि सन्ति।



श्वेता के  
12 B



शीतल  
11B

## अन्तर्जालम्

दूरसंचारक्षेत्रे संगणकानां प्रयोगेण महद् परिवर्तनं संलक्ष्यते। साम्प्रतं सर्वापि दूरवाणी विनिमय व्यवस्था संगणकानां माध्यमेनैव विधीयते। ईन्टरनेट, ई-मेल, प्रभृतयः संगणकस्य प्रयोगेण नूतनां क्रान्तिं विदधति। संगणक - संबद्धा इन्टरनेट- प्रणाली महासागरवद् वर्तते। सर्वस्मिन् जगति यत् किञ्चिद् ज्ञानं, विज्ञानं, शोध - संबद्धकार्यजातं च वर्तते, तत् सर्वम् एकत्रैव प्राप्तुं शक्यते। संसारे लघु- बृहद्- संगणकाणां कश्चन विशालजालबन्धः वर्तते। एषः, येन दूरभाष माध्यमेन एकः अपरेण सह सम्पर्कं करोति। जगति सम्पूर्ण जालबन्धाः अन्तरजालैः संयक्ताः वर्तन्ते। जगतः कोट्यधिकाः जनाः अन्तरजालस्य लाभान्विताः भवन्ति। अन्तरजाले मुख्यतः ई- मेल, वेल्ड्-वैड्-वेब, एफ टि पि। ई कार्मस् इत्यादयः सौविध्यमुपलभ्यन्ते।





# जलम्



वैष्णव मुरलि  
8D

जलं जीवने अस्माकम् अवश्यं भवति । जलं विना मत्स्याः न जीवन्ति । अस्माकं वस्त्र प्रक्षालनाय जलम् आवश्यकम् भवति । कृपकाः जलेन सिञ्चन्ति । ते नद्याः जलं कृषिभूमिं नीत्वा सेचनं कुर्वन्ति । आहारपदार्थानां पाकाय जलम् अवश्यं भवति । जलस्य उपयोगः ध्यानेन करणीयम् । वृष्ट्या शुद्धजलम् लभते । तत् जलम् भूमौ अवतीर्य सस्यानां बलं ददाति । जलेन वैद्युतोत्पादनम् जायते । जलात् ओक्सिजनं स्वीकृत्य सर्वे जलप्राणिनः जीवन्ति । वयम् शुद्धीकृतम् जलम् एव पिबामः । अशुद्धम् जलम् न पिबन्ति । आतपि जलम् अनिवार्यम् भवति । तृषायाम् सत्याम् जलेन एव निवारणम् भवति । पृथिव्याः जीवानां कृते अवश्यं तत्त्वम् अस्ति जलम् । अस्माकम् सौभाग्यम् अस्ति यत् पृथिवी जलीयः ग्रहः वर्तते इति । जलम् सौरमण्डले दुर्लभम् वर्तते । अन्यत्र कुत्रापि जलम् नास्ति । पृथिव्याम् जलम् पर्याप्तम् अस्ति । अतः पृथिवी नीलग्रहः इति उच्यते । जलम् निरन्तरम् स्वरूपम् परिवर्तते । सूर्यस्य तापेन बाष्पस्वरूपम् शीतले सति सङ्घनीकरणेन मेघस्वरूपम्, वर्षामाध्यमेन जलस्वरूपं धरति । जलम् महासागरेषु, वायुमण्डले, पृथिव्याम् च परिभ्रमति । जलस्य तत्परिभ्रमणम् जलचक्रम् इति कथ्यते । अस्माकम् पृथिवी स्थलशाला इव अस्ति । अलवणस्य जलस्य मुख्यम् स्रोतः नदी, तडागः, हिमनदी च वर्तते । महासागराणाम् समुद्राणाम् च जलम् लावण्यं वर्तते । तस्मिन् जले सोडियम् क्लोराइड, पाचकलवणम् च प्राप्यते । अतः जलस्य दुरुपयोगम् न करणीयम् । वयम् सदा जलसंरक्षणे प्रयतितव्यम् ।

# श्रीमद्भगवद्गीता



अदिति आर मेनोन  
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श्रीमद् भगवद्गीता समस्तसंसारे विख्याता । भगवद्गीता “गीता” इत्यपि उच्यते । संसारस्य अधिकांशभाषासु अस्या अनुवादाः सम्पन्नाः । सप्तशतश्लोकात्मके अस्मिन् लघुग्रन्थे सकलमानवतायै शान्तिसन्देशः प्रदत्ताः । गीतायां मानवताविकासार्थम् अनेके उत्तमविचाराः सन्ति ।

यदा अर्जुनः युद्धभूमौ मोहग्रस्तः अभवत् तदा श्रीकृष्णेन कृतः उपदेशः अस्ति गीतोपदेशः । अहं युद्धं न करोमि, राज्यं न इच्छामि, बन्धुजनान् हन्तुं न इच्छामि, तेषां हननं पापाय भवति । ततो  $f$  पि भिक्षाटनम् एव वरम् इत्युक्तः अर्जुनः रथे दुखेन उपविष्टवान् । तथा श्रीकृष्णः अर्जुनम् प्रति तत्त्वम् अवोधयत् ।

क्षत्रियेण युद्धम् अवश्यं कर्तव्यम् । सः धर्मयुद्धे प्रियते चेत् स्वर्गं प्राप्नोति । जयं प्राप्नोति चेत् तस्य भूम्याः आधिपत्यं भविष्यति ।

उभयमपि श्रेयः अस्ति । जातस्य मृत्युः ध्रुवः अस्ति । देहस्य एव नाशः भवति । आत्मा अविनाशी अस्ति । आत्मा केवलं जीर्णानि शरीराणि त्यक्त्वा नवानि शरीराणि गृह्णाति ।

विचारधारायाश्च प्रतीकं वक्तुं शक्यते । गीतायाः सन्देशाः विश्वबन्धुत्वस्य, विश्वशान्तेः सन्देशाः, आदर्शमानवस्य च सन्देशाः । गीतायाः ज्ञानेन किंकर्तव्यमूढो जनो मार्गं लभते मानसिक शान्तिः चाधिगच्छति । अत एव सर्वशास्त्राणां सारभूता गीता अमूल्यम् अप्रतिमं ग्रन्थरत्नं कथ्यते ।

गीतायाः सारः अस्मिन् श्लोके वर्तते -

“कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥”





# हिमालयः



गौरी गोकुलदास  
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पवित्रः हिमालयस्य प्रदेशः। हिमालयः पर्वतराजः अस्ति। हिमालयस्य शिखराणि अति उन्नतानि सन्ति। एतानि शिखराणि सर्वं वर्षं हिमेन आच्छादितानि भवन्ति। हिमालयः भारतस्य उत्तरदिशायां स्थितः अस्ति। हिमालयात् गंगा, यमुना, शतद्रुः, विपाशा, इरावती, चन्द्रभागा, वितस्ता च प्रसिद्धाः नद्यः उत्पन्नाः भवन्ति। हिमालयः मेघानां वर्षणे अपि भारतस्य सहायकः। एवं च एषः पर्वतः नदीभिः मेघैः च भारतभूमिं सिञ्चति। अतएव भारतभूमौ अन्नानि फलानि च पर्याप्तानि भवन्ति। हिमालयः भारतस्य रक्षकः। हिमालयस्य हिमेन आच्छादितानि उन्नतानि शिखराणि सदैव उत्तरदिशायां शत्रुभ्यः भारतं रक्षन्ति। हिमालये विविधाः ओषधयः वृक्षाः च भवन्ति। अद्यत्वे भारतशासनं, हिमालयस्य रक्षायै तत्परता प्रदर्शयते। वस्तुतः हिमालयस्य रक्षणं भारतस्य रक्षणं अस्ति। अतः वयमपि हिमालयस्य रक्षायै सदैव तत्पराः भवामः।



# मत्स्यावतारकथा

श्रीभगवान् विष्णुः दुष्टजनानां विनाशाय तथा उत्तमजनानां पालनाय च अवताररूपं स्वीकरोति। भगवतः विष्णोः प्रथमः अवतारः भवति मत्स्यावतारः। एकस्मिन् कल्पे वैवस्वतमनु लौकिक भोगानां तथा मोक्षप्राप्त्यर्थं च तपः करोति स्म। सः एकस्मिन् दिने कृतामाला नद्यां तर्पणं कुर्वन् आसीत्। तस्मिन् समये अञ्जलीयुक्तः तस्य करे एकं लघुमत्स्यम् आगतम्। तेन मत्स्येन उक्तं “मां कदापि अत्र न क्षिप” इति। एतत् वचनं श्रुत्वा सः मत्स्यम् एकस्मिन् कलशे अक्षिपत्। पुनः बृहत् अभवत् मत्स्यः इतोऽपि बृहत्स्थानम् आवश्यकं मम इति उक्तवान्। तत् श्रुत्वा सः तं मत्स्यं अन्यत्र अक्षिपत्। पुनः मत्स्यः बृहत् अभवत् मनुः तं सरोवरम् अक्षिपत्। पुनः समुद्रमक्षिपत्। क्षणनिमेषे सः मत्स्यः लक्षयोजना विस्तीर्णः अभवत्। तं मत्स्यं अद्भुतं दृष्ट्वा विस्मितः मनुः अब्रवीत्। भवान् कः अस्ति भवान् तु विष्णुः अस्ति। हे नारायणः! ते नमः अस्तु इति। हे जनार्दन! त्वं किमर्थं मां मायया मोहयसि। मनुना उक्तानि वाक्यानि श्रुत्वा मत्स्येन उक्तं यत्- “अस्य संसारस्य पालनाय दुष्टजनानां विनाशाय जगते कल्याणाय अवतारं स्वीकृतवान् इति। अथ सप्तमे दिने समुद्रं पृथ्वीं प्लावयिष्यति। भवान् तु एकस्यां नौकायां बीजादीन् स्वीकृत्या सप्तर्षिभिः सह तिष्ठ। तथा अहं आगच्छामि, तदानीं मम श्रृङ्गे नौकां बन्धयतु। एतावत् उक्त्वा मत्स्यभगवान् अन्तर्धानं करोति। मनुः समयस्य प्रतीक्षां कृत्वा तिष्ठति। प्रलयसमये मनुः एकस्यां नौकायाम् उपविश्य लक्षयोजना विस्तीर्णः सुवर्णमत्स्यरूपधारी श्री भगवतः श्रृङ्गे नौकायाः बन्धनं कृत्वा ऋषिभिः सह भगवतः स्तुतिं करोति। ऊं नमो नारायणाय।



रम्या पि  
(संस्कृतविभागाध्यापिका)





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# कन्याकुमारी

अहं विनोदयात्राय कन्याकुमारीं अगच्छम् ।

कन्याकुमारी भारतस्य दक्षिणभूशिरसि समुद्रतीरे स्थितं प्रसिद्धं यात्रीस्थलम् अस्ति । एतत् नगरं तमिलनाडुराज्ये अस्ति । प्रकृति-धर्म-संस्कृतिभिरपि एतत् प्रसिद्धम् । एतत् श्रद्धालूनां पुण्यक्षेत्रम्, प्रकृतिप्रियाणां रम्यस्थानम्, विहरिणां मनोहारि धाम, जीवसागरविज्ञानीनां प्रयोगालयः च अस्ति ।

भारतदेशः एषियाखण्डस्य कश्चन भागः पर्यायद्वीपः च अस्ति । एतत् क्षेत्रं बङ्गालोपसागर - हिन्दुमहार्णव - अरबिसमुद्राणां सङ्गमस्थानम् । कन्याकुमारी क्षेत्रं पश्चिमाद्रिभागस्य एलापर्वतस्य दक्षिणभागे वर्तते । जनैः अत्रैव स्थित्वा सूर्योदयस्य सूर्यास्तमयस्य च द्वयोः अपि रमणीयता द्रष्टुं शक्या । अत्रत्यसागरतटेषु सिकताराशयः मुक्तामणयः इव चकासन्ते । इह प्रकृतिमाता इव कन्याकुमारी सदा सुशोभिता अस्ति । अत्र कन्याकुमार्याः देव्याः सुन्दरं मन्दिरम् अपि अस्ति । प्रतिवर्षं कन्याकुमारीक्षेत्रं प्रति बहवः यात्रिकाः आगच्छन्ति ।

स्वामिविवेकानन्त रोक् मेमोरियल्

कन्याकुमारीक्षेत्रं दर्शनीयम् स्थानमेतत् । ६५६ पादपरिमितोन्नते शिलापर्वते सुन्दरः मण्डपः निर्मितः अस्ति । मण्डपे स्वामि विवेकानन्दस्य कांस्यविग्रहः स्थापितः अस्ति । मूर्तिः ८.५ पादपरिमितोन्नता अस्ति । ४.५ पादपरिमितोन्नतायां अस्ति । प्रधान गोपुरं ६० पादपरिमितोन्नतायां अस्ति । एतत् गोपुरं कोलकातानगरे स्थितं बेसूरुमठगोपुरमिवास्ति । मुख्यद्वारे अजन्ता एल्लोरासादृशानि शिल्पानि सन्ति । बहुसुन्दरतया एतत् स्मारकं निर्मितम् अस्ति । सन्यासिनः स्वामिविवेकानन्दस्य स्थितबङ्ग्यां विद्यमाना प्रतिमा भव्या सुन्दरी च अस्ति । स्वामी विवेकानन्दः हिमालयात् पादचारणेन भारतस्य तीर्थक्षेत्राणां दर्शनं कुर्वन् कन्याकुमारीक्षेत्रम् आगतवान् । सागरे तरणं कृत्वा सागरे विद्यमाने कस्मिंश्चित् प्रस्तरे ध्यानासक्तः आसीत् । तत्रैव तेन दिव्यज्ञानं प्राप्तम् आसीत् । इदानीम् एतत् ध्यानशिलामण्डपम् इति विख्यातम् अस्ति । प्रतिदिनं अत्र बहवः जनाः आगच्छन्ति । भूशिरसि अस्मिन् दिव्यं भव्यं च प्रकृतिवैभवं द्रष्टुं शक्यम् अस्ति ।

# सुभाषितानि

नरस्याभरणं रूपं रूपस्याभरणं गुणः ।

गुणस्याभरणं ज्ञानं ज्ञानस्याभरणं क्षमा ।।

अन्नदानं महादानं विद्यादानमतः परम् ।

अन्नेन क्षणिका तृप्तिः यावन्जीवन्दु विद्यया ।।

वचस्येकं मनस्येकं कर्मण्येकं महात्मानाम् ।

वचस्यन्यत् मनस्यन्यत् कर्मण्यन्यत् दुरात्मनाम् ।।

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य वर्धन्ते आयुर्विधायशो बलम् ।।

हस्तस्य भूषणं दानं सत्यं कण्ठस्य भूषणम् ।

श्रोत्रस्य भूषणं शास्त्रं भूषणैः किं प्रयोजनम् ।

कर्तव्यमेव कर्तव्यं प्राणैः कण्ठगतैरपि ।

अकर्तव्यं न कर्तव्यं प्राणैः कण्ठगतैरपि ।।



ए के मंजरी  
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## परोपकारः

परेषाम् उपकारः परोपकारः इति अभिधीयते। समाजे मानवः परस्य हितसाधनार्थम् यत् किञ्चित् वितरति, मनसा वाचा कर्मणा वा परार्थं सम्पादयति, परोषां हितं वा अनुतिष्ठति तत् सर्वं परोपकारो गणयते। संस्कृतसाहित्ये अनेकाः सूक्तयः वर्तन्ते।

“पिबन्ति नद्यः स्वयमेव नाम्भः  
स्वयं न खादन्ति फलानि वृक्षाः  
जादन्ति सस्यं खलु वारिवाहाः  
परोपकाराय सतां विभूतयः॥”

अस्मिन् संसारे परोपकारस्य अनुपमा महिमा अस्ति। अनेन गुणेन नरस्य प्रतिष्ठा वर्तते। सः नरः आत्म - सन्तोषं प्राप्नोति। शरीरस्य सीमा चन्दनलेपनेन न, अपितु परोपकारेण भवति।

“श्रोतं श्रुतेनैव कुण्डलेन  
दानेन पाणि नं तु कंकणेन।  
विभाति कायः खलु सज्जनानां  
परोपकारैर्न तु चन्दनेन”

वयं सर्वत्र पश्यामः यत् प्रकृतिः अपि अस्य परोपकारस्य एवं शिक्षां प्रददाति। फलभारेण समन्विताः वृक्षाः स्वार्थाय न फलन्ति, अपितु तेषां फलानि अन्येषां कृते एव जायन्ते।

“परोपकाराय फलन्ति वृक्षाः  
परोपकाराय वहन्ति नद्यः।  
परोपकाराय दुहन्ति गावः  
परोपकारार्थमिदं शरीरम्॥”

सज्जनाः वसुधैव कुटुम्बकम् इति मन्यन्ते। अत एव ते सर्वान् जीवान् समानदृष्ट्या पश्यन्ति। ते मनसा वाचा कर्मणा सर्वदा अन्येषां - सहाय्यं कुर्वन्ति। परोपकारेण एव तेषां अभ्युदयो भवति। शान्तिः सुखं च वर्धते। अतएव भगवता वेदव्यासेन महाभारते कथ्यते यत् -

“परोपकारः पुण्याय पापाय परपीडनम्”

## दूरवाण्याः सदुपयोगः दूरुपयोगः च।



आदित्या एस  
12 - D

आधुनिक जीवने मानवाः प्रतिनिमिषं दूरवाण्याः उपयोगं कुर्वन्ति। जीवनस्य सिंहभागः तस्याः उपयोगार्थं उपयुज्यते। दूरवाण्याः सदुपयोगः दूरुपयोगः च अस्ति। दूरवाण्या ज्ञानं, विज्ञानं, चलचित्रं इत्यादि विविध उपयोगः सन्ति। किन्तु सर्वे जनाः एतेषां उपयोगं सम्यक् रीत्या न कुर्वन्ति। अतः तेषां जनानां जीवने अत्यधिकं विनाशं भविष्यति। दूरवाण्याः सदुपयोगं कर्तुं जनानाम् अतीव ज्ञानं, श्रद्धा च आवश्यकं अस्ति, अथवा दुरुपयोगं कृत्वा तस्य विनाशं भवति। दूरवाण्याः सहायतया विद्वरस्थानां बन्धु - मित्रैः सह सल्लापं कर्तुं शक्यते।

बालाः पठनार्थं दूरवाण्याः उपयोगं अकृत्वा केवलं क्रीडार्थमेव उपयुज्यते। अतः ते तेषां समयस्य सदुपयोगः न कुर्वन्ति। पठनकार्ये समयं न भविष्यति। दूरवाण्याः उपयोगेन युवानः एतद्दृशरित्या निष्क्रियाः भवन्ति चेत् राष्ट्रस्य औन्नत्यं असाध्यं भवति।

अतः दूरवाण्याः सदुपयोगः करणीयम्। राष्ट्रस्य भाविः छात्राणां हस्ते अस्ति। विद्याधनं सर्वधनानां प्रधानं अतः विद्या आर्जने प्रयोगे च अस्याः उपयोगः करणीयम्। समयः अमूल्यः भवति।

जयतु भारतं, जयतु संस्कृतम्।



# सत्य बन्धुः



वैष्णव मुरलि  
8D

एतत् कार्यं पुरातने आरब्धम् । भारतस्य पश्चिमदिशि बजरंगपुरः नाम ग्राम आसीत् । (हनुमतः ग्रामः तस्मिन् ग्रामे एका एव प्रतिष्ठा आसीत् । सा प्रतिष्ठा हनुमतः एव । अतः तस्य ग्रामस्य नाम बजरंगपुरः इति । सः ग्रामः अतीव लघुः आसीत् । तस्मिन् ग्रामे द्वौ विद्यालयौ स्तः । तयोः एकस्य नाम “भाग्यदायिनी” इति । अपरस्य नाम “भाग्यलक्ष्मी” आसीत् । एतयोः अतीव प्रसिद्धमासीत् भाग्यलक्ष्मी । अस्य विद्यालयस्य प्रसिद्धेः कारणम् अस्ति । अस्मिन् विद्यालये सम्पत्तयः विद्यार्थिनः पठन्ति स्म । अतः अयम् विद्यालयम् अनेन कारणेन प्रसिद्धमासीत् । भाग्यलक्ष्मी इति नाम अस्य कारणेन संजातम् । तत्र कक्षासु अतीव प्रसिद्धम् अष्टमकक्षा आसीत् । तस्य कारणम् सर्वे बालाः विकृतयः अहङ्कारिणः च आसन् । अस्याम् कक्षायाम् सर्वेषाम् बालानाम् नेता आसीत् । तस्याम् कक्षयां अयम् एव अहङ्कारी आसीत् । अस्य नाम कुबेरः । अन्ये बाला अस्मात् भीताः । अयम् कोऽपि न गणयति । अयं सर्वेषाम् बालानाम् कृते परिहासं करोति । अयम् सर्वैः सह कलहम् कुर्वन् आसीत् । अयम् एकस्य धनिकस्य पुत्रः आसीत् । तस्मात् अयम् अहङ्कारी । तस्मात् कारणात् कोऽपि अस्मै न अरोचत । कालम् अनयत् । एकस्मिन् दिने विद्यालयात् गृहम् गच्छन्नवर्तत । सहसा गते मार्गे एकम् क्रीडाक्षेत्रम् अपश्यत् । तस्मिन् क्षेत्रे बहवः छात्राः क्रीडिताः आसन् । तदा सः क्रीडितुम् अचिन्तयत् । तदा क्रीडाक्षेत्रं प्राविशन् । तत्र बालान् आलोक्य सः स्तब्धः भवति । तत्र सर्वे ‘भाग्यदायिनी’ विद्यालयस्य छात्राः आसन् । सः अचिन्तयत् “एते ब्रह्मराणां बालाः खलु” । “अहम् कथम् एतैः सह क्रीडयम्” । दरिद्रेषु बालकेषु एकः छात्रः कृष्णः आसीत् । कृष्णः विनयसम्पन्नः आसीत् । कृष्णस्य शत्रुता न आसीत् । परम् मित्रत्वम् आसीत् । कृष्णः कुबेरं आह्वयति । अत्र आगच्छ । वयं क्रीडामः । तदा कुबेरः उच्चैः अवदत् । “त्वम् मौनम् भज । त्वम् कस्मै संभाषणम् करोति इति त्वम् न जानासि” । मम पिता अस्माकम् देशे धनिकेषु एकः । भवतः संभाषणम् कर्तुम् अधिकारम् अपि न अस्ति । एतत् श्रुत्वा कृष्णस्य मनसि दुःखम् अभवत् । ततः सः कृष्णः क्रीडाक्षेत्रात् निर्जगाम । तदनन्तरम् कुबेरः अपि अगच्छत् । सन्ध्यासमयानन्तरं रात्रिः आगता । सः गृहं प्राप्तं न शक्नोति । तस्य पिता अपरिभ्रमत् । तदा तस्य पिता कुबेरस्य भ्राता च । कुबेरम् अन्वेष्टुम् आगच्छताम् । तस्य भ्रातुः नाम श्रीभद्रः । कुबेरस्य मार्गम् अभ्रंशत् । इतस्ततः अचलत् । तस्य भ्राता अपि अन्वेष्टुम् अटति स्म । परन्तु कुत्रापि न अपश्यत् । ज्येष्ठाः अनुजः च इतस्ततः अचलताम् । परन्तु अन्वेषणस्य अवसानसमये द्वयोः अपि मेलनम् संजातम् । गमनसमये एकं श्वानम् अपश्यताम् । कुबेरः धावितुम् न शक्नोति । तदा एव गृहाय सामग्रीं क्रीत्वा कृष्णः तस्य पुरतः आविर्बुभूव । तत्क्षणमेव ‘कुबेर! माम् रक्ष’ इति कृष्णम् अवदत् । तदा कृष्णः स्यूतस्य पाशम् आदाय शुनकं बबन्ध । एकम् पाषाणम् आदाय शुनकस्य मस्तके क्षिपति स्म । कृष्णः हसित्वा अवदत् “यदि अवश्यकम् चेत् त्वम् मां वद । अहम् अत्र एव वर्तते ।” सहजीविस्नेहं अस्माकं धर्मः एव । तदा कुबेरस्य स्वकर्मणि लज्जा अभवत् । तदा कुबेरः क्षमाम् अवदत् । कृष्णः अवदत् “मा वद इति अवश्यम् न । एवम् उक्तं कृष्णं कुबेरः तस्य गृहम् अनयत् । तस्मिन् समये कुबेरः कृष्णम् अवदत् “यत् मित्रम् आपदि सुखे च समभावनया स्थास्यति स एव सत्य बन्धुः” । केवलम् धनेन न प्रयोजनम् । सत्यसन्धः बन्धु एव अवश्यम् ।



## ग्रन्थशालायाः प्राधान्यं



लिन मेरी जोस  
X - A



‘ग्रन्थशाला ग्रन्थानाम् शाला’। ग्रन्थशाला विद्यायाः संभरणशाला इति कथयति। ग्रन्थशाला अस्माकं विविध विषयान् प्रति ज्ञानं ददाति तथा इतिहासः, गणितं, विज्ञानं, विविधभाषा ग्रन्थानाम् च पठनं सरलं कर्तुं सहायं करोति। ग्रन्थशालायां वयं मासिकाः, वार्तापत्रिकाः, आत्मकथाः यात्राविवरणानि, कथाः च दृष्टुं शक्यते।

पुरा अवकाशे छात्राणाम् प्रिया विनोदः विविध वायनानुभवाः आसीत्। ते प्रायशः तेषां समययापनं ग्रन्थशालायां कुर्वन्ति स्म। तस्मिन् समये जंगम दूरवाण्याः अन्तर्जालस्य तथा यूट्यूप् सदृशाः नूतनमाध्यमानां च उपयोगः न आसन्।

परन्तु अद्य छात्राणाम् हस्ते पुस्तकात् जंगम दूरवाणी अधिकं आस्ति। नूतन माध्यमाः ग्रन्थशालायाः प्राधान्यं न्यूनीकुर्वन्ति। अद्य सर्वाणि पुस्तकानि कदापि अन्तर्जालात् लब्धुं शक्यते। ग्रन्थशालायां कदापि अन्तर्जालात् लब्धुं शक्यते। ग्रन्थशालायां ग्रन्थं आवश्यकं अपि नास्ति। ग्रन्थशाला जंगमदूरवाणी इति रूपेण स्थापयितुं शक्नोति। किन्तु तत् नेत्रस्य दोषाय भवति।

अपि च अद्यत्वे छात्राः साइकेतिक क्रीडायां भ्रमिताः सन्ति। भ्लू वेल, पप्जी इत्यादि साइकेतिक क्रीडाः क्रीडित्वा अनेक छात्राः आत्महत्यां अकुर्वन्। एवमेव साइकेतिक क्रीडायां अनेक दोषाः भवन्ति। परन्तु पुस्तकानि एतादृशाः दोषाः न कुर्वन्ति।

जून् १९ वाचन दिनं दिनं आचरति। अस्मिन् दिने ग्रन्थशालायाः पुस्तकानां च प्राधान्यं सर्वान् ज्ञापयितुं प्रयत्नं कुर्मः।

संस्कृतभाषायाः प्राधान्यं महत्त्वं च ग्रन्थशालायाः सहाय्येन एव वयं अवगच्छामः। नरस्य आभूषणं विद्या अस्ति। ‘विद्याविहीनः पशुः भवति’। अतः वयं पुस्तकानां ग्रन्थशालायां च मित्रता सुदृढं कृत्वा अग्रे चलनीयम्।

अस्माकं सर्वेषां जीवने ग्रन्थशालायाः महत्त्वं कीदृशः इति अस्माभिः ज्ञातव्यमस्ति। इदानींतनकाले पुस्तकपठनस्य न्यूनतया अस्माकं छात्राः विरुद्धमार्गेषु गच्छन्ति। तेषां पुनरानयनं कर्तुं पुस्तकपठनस्य महत्त्वं अधिकं वर्तते। अतः ग्रन्थशालाः अपि सामूहिकजीवनस्य भागः भवेत्।

## श्रीमति राधारणि

श्रीमति राधारणि कृष्णस्य ह्लादिनी शक्तेः उद्भूतवति अस्ति। सा कृष्णस्य प्रेमभाजनं अस्ति। तस्य पिता वृषभानु महाराजः माता कीर्तिता च अस्ति। सा तप्त काँचन वर्णांगी अस्ति। तस्याः अपरनामानि राधिका, गौरांगी लाली, कार्तिका, वृन्दावनेश्वरी, रसेश्वरी, वृजेश्वरी, सुरेश्वरी, श्यामा, वरसानेश्वरी, राजेश्वरी, श्यामपाली च सन्ति। सा वृन्दावनस्य महाराणी अस्ति। तस्याः जन्मस्थानं उत्तरप्रदेशस्य रावेल अस्ति। तस्याः पतिः अभिमन्यु अस्ति। तस्य अष्टसख्यः ललिता, विशाखा, चम्पकलता, इन्दुलेखा, सुदेवि, तुंगविद्या रंगदेवि, चित्रा च सन्ति। तस्याः दौ शुकौ शुका, सारि च अस्ति। तस्याः मुख्य सेविका श्री वृन्दादेवी अस्ति। तस्याः पादे नवदश लक्षणाः सन्ति। तस्याः प्रियवर्णः नीलः अस्ति।

॥ अनन्त गुण श्री राधिकारा

पञ्चिंश प्रधान येप्

गुणेर वश हया कृष्ण भगवान् ॥



नन्दिनी कृष्णा  
IX - A







गौरी नंदना  
VIII D

## बुद्धिर्यस्य बलं तस्य

एकस्मिन् ग्रामे भारती नाम एका बालिका प्रतिवसति स्म । तस्याः पिता ग्रामस्य प्रभुः आसीत् । ग्रामे अनेकाः जनाः दरिद्राः आसन् । तस्याः पितुः नाम राम इति आसीत् । सः अतीव लुब्धः आसीत् । सः परेषां दुःखं स्वीकीयं दुःखं इति न चिन्तयति । किन्तु तस्याः पुत्री तथा नासीत् । अत एव तेषां गृहे सर्वदा कलहः आसीत् ।

एकस्मिन् दिवसे प्रातः भारती विद्यालयं अगच्छत् । विद्यालयात् गृहं प्रात्यागमनसमये समीपस्थस्य ग्रामस्य प्रभुं दृष्टी । ततः सा गृहं न प्रत्यावर्तत । सन्ध्यासमये तस्याः आगमनं प्रतीक्ष्य तस्याः माता स्थिता आसीत् । परन्तु सा न आगता । माता व्याकुला अभवत् । सा रामम् अवदत्- “मम पुत्री एतावत् म आगता । अधुना सन्ध्यासमयः अभवत् । मम मनः व्याकुलः अस्ति ।”

एतत् श्रुत्वा रामः अपि चिन्तितः अभवत् । सः अतीव दुःखितः जातः । यदा सः विद्यालयं गत्वा सहपाठिनम् अपृच्छत् । तदा सा अन्यं ग्रामं प्रति गतवती इति ज्ञातवान् । सः भयभीतः अभवत् । अग्रिमे दिने

सर्वे जनाः अयं विषयः ज्ञातवन्तः । रामस्य गृहं आगत्य जनाः अवदन्- “वयं त्वया सह अन्यं ग्रामम् अगच्छामः । रामः सर्वैः सह अन्यं ग्रामम् अगच्छत् । तेन ग्रामेण सह युद्धं कृतवान् । भारत्या सह तस्य ग्रामं प्रत्यागमिष्यति । यदा ते सर्वे ग्रामम् प्रयागताः । तदा रामः सर्वान् धन्यवादः अवदत् । ततः आरभ्य सर्वे एकं कुटुम्बं एव जीवति स्म । दिनानि गतानि । भारती पितरम् अवदत्- “पिता क्षम्यताम् । तस्मिन् विषयस्य पृष्ठतः मम बुद्धिः आसीत् ।

पिता- “कस्मिन् विषये?”

भारती - “मम तिरोधानस्य विषये । अहम् स्वयमेव मम इच्छानुसारं अन्यं ग्रामम् अगच्छम् । अस्माकं ग्रामं सर्वदा ऐश्वर्येण स्थातुं, अहं एतादृशरीत्या आचरति स्म । “वसुधैव कुटुम्बकम्” इति खलु । त्वया सह मे बलं प्रयोक्तुं न शक्यते । अतः एव मम बुद्धिः प्रयुज्यते ।” एतत् श्रुत्वा पिता हसति सर्वं सुखेन प्रतिवसन्ति च ।

मूल्यं- ‘बुद्धिर्यस्य बलं तस्य ।’

## चिक्रोडस्य कथा



श्रुती टि.  
पूर्वविद्यार्थी

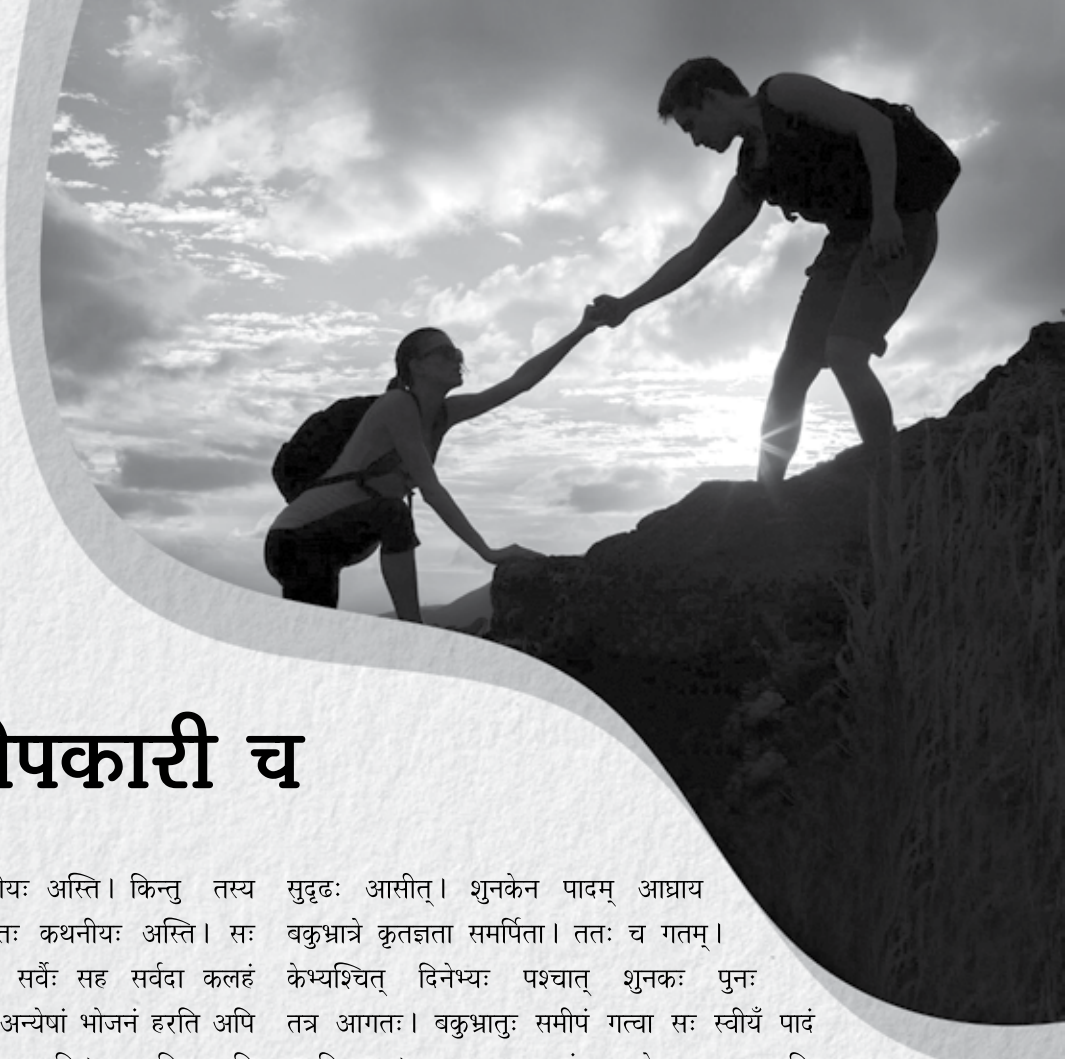


त्रेतायुगे भगवान् श्रीरामः सीतायाः रक्षार्थं वानरसहितः साहरसेतुं निर्मातुं प्रस्थितवान् । पाषाणैः सागरमार्गं पूरयितुं अत्यन्तं श्रमं कृतवान् । वानराणां समूहं दृष्ट्वा एकः लघुजीविः चिक्रोडः अपि चिन्तयति । मया अपि सहायं क्रियते । सः सागरसलिले निमज्जति तदनन्तरं सैकततीरमुपयाति । सैकते भूषितगात्रो यं सेतोः सिकताः स्थापयति । पुनरपि गच्छति तीरमयं भूयः जलधिम् अपि । एवं अस्य लघुजीवेः कर्म दृष्ट्वा सन्तुष्टः श्रीरामः तम् आहूय तस्य मृदुगात्रे प्रेम्णा दिव्यं हस्तं चालयति । एवमेव चिक्रोडस्य पृष्ठे लब्धं त्रयः श्वेताचिह्नः ।





आतिरा आर् कम्मत्  
5-A



## बकुभ्राता परोपकारी च

अद्य एकस्य जनस्य वृत्तान्तः कथनीयः अस्ति। किन्तु तस्य कथनात् पूर्वम् एकस्य शुनकस्य वृत्तान्तः कथनीयः अस्ति। सः शुनकः नासीत् उत्तमः अपि तु दुष्टः। सर्वैः सह सर्वदा कलहं करोति, अन्येषां वस्तूनि आच्छिनति च। अन्येषां भोजनं हरति अपि सः। स्वीयानि वस्तूनि कदापि अन्येभ्यः न ददति। कस्यापि कदापि सहाय्यं न करोति। कश्चित् कष्टे यदि भवति तर्हि तस्य मुखमपि न पश्यति। एकदा क्षुधया पीडितः सः शुनकः इतस्ततः अभ्रमत्। यत् लब्धम् तत् अवचित्य अवचित्य स्वोदरम् आपूरयत्। एकस्मिन् स्थाने सः विश्रमाय उपविष्टः। अत्रान्तरे एका द्विचक्रिका तस्य पादस्य उपरिष्टात् चलिता। तस्य एकस्मिन् पादे गंभीरः व्रणः अभवत्। स चित्कारम् अकरोत्:- “आउम्... आउम्...आउम्...” इति। किन्तु कः शृणुयात् तस्य क्रन्दनम्? सः तु चीत्काराम् कुर्वन् भित्तिम् आश्लिष्य उपविष्टवान्। तदा एकः महोदयः तत्र आगतः। तस्य नाम बकुभ्राता इति। सः वैद्यः। सः शुनकं दृष्टवान्। तस्य व्रणितम् पादं दृष्टवान्। तस्य च आर्द्रं नेत्रं अपश्यत्। बकुभ्रातोः हृदये दया समुत्पन्ना। शुनकः निरुपायदृष्ट्या बकुभ्रातरं पश्यन् आसीत्। बकुभ्राता समीपं गतवान्। तस्य पाश्वे उपविष्टवान्। तस्य पादं हस्तेन गृहीतः। शुनकः वेदनया चीत्कृतवान्। बकुभ्रातः तं लघुबालकं इव आबोधयत् - “किं महती पीडा भवति? चिन्तां मा कुरु। अहं त्वां स्वास्थं करिष्यामि। चल तव पादे पट्टं बध्नामि” इति। शुनकः बकुभ्रातुः भाषां न जानाति स्म। किन्तु प्रेम भाषां तु जानति स्म एव। तेन एतावत् ज्ञातं यत् एषः महोदयः उत्तमः अस्ति इति। पश्चात् बकुभ्राता अग्रे अचलत् एकं पादं लम्बमानं कृत्वा शुनकः तम् अनुसरति, अनतिदूरे एव बकुभ्रातुः गृहम् आसीत्। तत्र गत्वा बकुभ्राता लेपं विलिप्य, सुंदरं पट्टं बध्दवान्। पट्टः

सुदृढः आसीत्। शुनकेन पादम् आग्राय बकुभ्रात्रे कृतज्ञता समर्पिता। ततः च गतम्। केभ्यश्चित् दिनेभ्यः पश्चात् शुनकः पुनः तत्र आगतः। बकुभ्रातुः समीपं गत्वा सः स्वीयं पादं प्रसरितवान्। बकुभ्रात्रा आवगतं यद् एतेन अधुना पट्टनिष्कासनाय आगतम् इति। बकुभ्रात्रा पट्टः निष्कासितः। पादम् उपर्यधः कृत्वा दृष्टम्। पादः सुष्ठु जातः आसीत्। बकुभ्राता आनन्दितः अभवत्। शुनकः अपि आनन्दितः। तद्विनादारभ्य शुनकस्य हृदयं परिवृत्तम्। तेन चिन्तितम्। “अहं यदा कष्टे आसं तदा एतेन भ्रात्रा मम साहाय्यं कृतम्। अहो, कियत् उत्तमं कार्यं कृतम् तेन!! मया महति शान्तिं लब्धा। अतः एतेन महोदयेन इव मयापि इदानीं अन्यः यदि कष्टे भवेत् तर्हि तस्य सहाय्यं करणीयम्” इति। तद्विनात् आरभ्य तेन अन्यस्य साहाय्यं करणं प्रारब्धम्। आदिनं वीथीषु अटन् ये पशुपक्षिणः क्षुधिता भवन्ति तेभ्यः भोजनम् आनीयः ददति स्म सः। कश्चित् रुग्णः व्रणितः वा यदि भवेत् तर्हि तं बकुभ्रातुः गृहं नयति अथवा बकुभ्रातरं तत्र नयति। अन्यदा सः शुनकः मार्जारपोतं मुखे गृहीत्वा तत्र आगच्छत्। पोतस्य उदरे काचः प्रविष्टः आसीत्। तत् रक्तं प्रवहति स्म। एतद् आश्चर्यं दृष्ट्वा अभितः स्थिताः जनाः अपि संमिलिताः। यतः शुनकः मार्जारी जन्मजातवैरिणैः भवतः। सः शुनकः तस्य पुरतः के के पशुपक्षिणः यदि व्रणिताः भवेयुः तर्हि भेदभावं विना बकुभ्रातुः गृहं नयति। यावत् सः पशुः सुस्थः न भवति तावत् तस्य शुनकस्य शान्तिः न भवति। तदारभ्यः तं शुनकः जनाः ‘परोपकारी’ इति निर्दिष्टबन्धः। अन्यस्य सहाय्यं यः करोति सः परोपकारी भवति।

सुसन्देशः - अन्यस्य साहाय्यं कर्तुं सदा तत्पराः भवितव्यम्।



# उद्यमस्य महत्वं



नन्दना एस  
X-D

उद्यमम् अस्माकं जीवितस्य आधारं भवति । अतः विजयस्य अर्धभागं उद्यमस्य भवति । मम जीवने अपि उद्यमस्य महत्वं अस्ति । विजयम् उद्यमेन भाग्येन च लभते इति मम विश्वासः । परन्तु केवलं भाग्येन एव विजयं न भवति । केवलं भाग्येन एव लब्धस्य विजयस्य अल्पायुः अस्ति । अस्माकं लक्ष्यप्राप्त्यर्थम् एकैव मार्गः उद्यमम् अस्ति । उद्यमेन असंभवं कार्यमपि संभवं भवति । उद्यमस्य महत्सूचक श्लोकांशाः-

“परिश्रमं कुर्वाणं नरः कथापि दुःखं न प्राप्नोति ।”

“उद्यमेनैव सिध्यन्ति कार्याणि न मनोरथैः ।”

अर्थात् उद्यमेन विना, मनुष्याणां दुःखाः भवन्ति । उद्यमस्य समानार्थकपदं ‘परिश्रमं’ भवति । परिश्रमस्य प्रथमं स्थानं भवति । उद्यमम् एकं अमूल्यं जीवितमूल्यं अस्ति । एतत् मूल्यं अस्माकं जीवित लक्ष्यं साफल्यं करोति । उद्यमेन सर्वदा अस्माकं विजयं प्राप्नुवन्ति । मम जीवने उद्यमस्य महत्वं अति महत् अस्ति । मम विजयं उद्यमस्य सहायेन एव भवति । परन्तु उद्यमेन सह किञ्चित् भाग्यं च अस्ति । ईश्वरेण पितृभ्याम् अध्यापकेभ्यः च प्रदत्त अनुग्रहेणापि मम विजयं सुनिश्चितं भवति । उद्यमस्य अभावे आलस्यं मनुष्याणां जीवने आगच्छति । यदि परिश्रमं करोति तर्हि तस्य विजयं भवति एव । मम विश्वासः अस्ति प्रथमं उद्यमम् करोति तर्हि तस्य जीवनं सुखकरं भवति । एतदेव मम विजयस्य मूलकारणमिति अहं मन्ये । मृगाः अपि तेषां जीवनाय अथवा भोजनाय कठिन परिश्रमं कुर्वन्ति । अतः मृगाणां मनुष्याणां च जीवनस्य साफल्यं परिश्रमेणैव भवति । आलस्ययुक्तजनानां लक्ष्यप्राप्तिः सुखकरं न भवति । परिश्रमेण विना लब्धं विजयम् अस्माकं जीवने स्थिरतया न तिष्ठति । अतः सत्येन उद्यमेन च प्राप्तं विजयं अस्माकं सन्तोषस्य कारणं भवति । अत्र परिश्रमस्य अथवा उद्यमस्य महत्त्वं सूचयति अतः सर्वे प्रयत्नेन कार्यं कुर्वन्तु विजयं प्राप्नुवन्तु ।

# गीतामाहात्म्यम्



सुमा टि  
संस्कृत विभागं अध्यापिका



श्रीमद् भगवद्गीता नाम ग्रन्थः महाभारतस्य भीष्मपर्वणि उपलभ्यते । अस्मिन् ग्रन्थे अष्टादश अध्यायाः सप्तशतं श्लोकाः च सन्ति । अस्य उपदेशाः सार्वकालिकः सार्वभौमिकः च । संसारस्य प्रायः सर्वासु भाषासु अस्य अनुवादः रूपान्तराणि च लभ्यन्ते । यः प्रारब्धम् भूज्यमानः हि गीताभ्यासरतः सदा, सः मुक्तः सः सुखी लोकेकर्मणा न लिप्यते । यः श्रद्धया गीताध्यानं करोति सः महापापात् मुच्यते नलिनीदलमम्बुवत् । गीता पुस्तकं यत्र यत्र पठ्यते तत्र सर्वाणि तीर्थानि प्रयागादीनि तत्रैव ।

“सर्वभूताधिवासं यदभूतेषु च वसत्यापि इति श्रुतलक्षणं लक्षितं, तद्वासुदेवः सर्वज्ञः परमेशस्तस्य वासुदेवस्य महात्मनः महानुभावस्य पार्थस्य च इत्युक्तप्रकारकं संवादं प्रश्न प्रतिवचन रूपमिमं गीताग्रन्थं अद्भुतं अत्यन्तं विस्मयकरं च भवति । रोमहर्षण अश्रुतपूर्वत्वेन अपि गम्भीरत्वेन अमेय अर्थत्वेन च रोमाञ्चावहं तयोः संवादं अहं अश्रौषं श्रुतवान् अस्मि । एतदेवं मोक्षैकसाधनत्वपरं अत्यन्तं गूढं गोपनीय रहस्यं च भवति ।

“राजन् संस्मृत्य संस्मृत्य संवादमिममद्भुतम् ।

केशवार्जुनयोः पुण्यं हृष्यामि च मुहुर्मुहुः ॥” (अध्यायः २८ - श्लोकः ७६) ।

“यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः ।

सः यत् प्रमाणं कुरुते लोकः तत् अनुवर्तते” ॥ इति भगवता वचनं पूर्वं यत् उक्तं तन्मनसि निधाय उच्यते करिष्ये च वचनं तव इति ।





कुमारी बिन्दु

## एक थी राजकुमारी ऐसी

आँख खोलकर देखा उसने  
पाया सवेरा हुआ है  
नाम लिया भगवान का  
चल दिया रसोई की ओर  
कर रही थी रसोई उसका इंतज़ार  
किवाड़ खोल कूद लिया रसोई में  
भूल गया उसने सारा संसार  
शुरू किया बर्तनों से बातें  
डॉट लिया झाड़ू से ज़मीन को  
समय तो कम है पर काम है ज्यादा  
इसी लिए तो बन गई दुर्गा  
पर कौन ये जाने...  
रंगीले पंख पसारकर  
उडनी चाही सारी दिशाओं  
एक... सिर्फ एक बार देखो उसको...  
भीगी आँखें बताती है हमसे  
उनकी प्यारी प्यारी जज़्बों को।  
सबको मन में सहकर वो  
सब को अपना लेती है  
बच्चों को खाना देना

उनको ठीक से स्कूल भेजना  
लोरी सुनाकर रात में सुलाना  
पति जी की टिफिन बनाना  
साथ में कुछ तो प्यार भी देना  
ससुरजी को दवा पिलाना  
सासुमाँ की पैर दबाना  
हँसना तो वह भूल ही गई  
पर हँसाती हूँ सब को वह  
ज़रा देखो उसकी तरफ...  
सब कुछ नष्ट होकर  
रौने वाली इक राजकुमारी को  
तुम पा सकते हो  
जो अब आइने में देखकर  
बीती बातें याद कर रही है  
उनकी सारी इच्छाएँ अब  
धूल और मिट्टी में मिल गई है।  
अरे... बेटियों को भी उड़ने दो  
अपने अपने स्वप्न लोक में  
पंख पसार कर जीने दो...  
अपनी अपनी दुनिया में।



# आशियाना

खड़ा था कितने शान से,  
प्रकृति के नियमों को तोड़।  
पायी-पायी जोड़ कर  
बनाया था आशियाना जिसने भी,  
कितनों का खून पसीना बहा होगा।  
टूट गया सपना जैसे बीच में  
ये भी तोड़ दिया गया बस पल में।  
कल तक था वो अपना आशियाना,  
न जाने किस पल हुआ पराया।  
लेकर अपनों को और अपना सब  
सामान, निकले अपने आशियानों से  
आँसुओं की नदी बहाते।  
उफ़ वो पल,  
जब हुआ कितनों का आशियाना, मिट्टी का ढेर।  
एक-एक कर गिराया गया  
ज़मीन पर जैसे फुवारे हो।  
सिसकियाँ उठी होंगी कितनों के मन से,  
धड़कनें रुक गयी होगी,  
देखते रह गए सब निसहाय होकर  
पूछते रह गए सब  
किसकी है ये गलती?  
कौन है ज़िम्मेदार?  
मिला न कोई जवाब  
लेकिन गलती की सज़ा तो मिली  
पर किसको?  
आखिर किसकी थी गलती...  
क्यों नहीं समझते नियमों को तोड़ना  
अपराध है  
कितनों को सीख मिली,  
फिर भी उल्लंघन करते जाते।  
जिसने खोया है आशियाना  
उनकी क्या गलती?



शुभा नायर

## बेटी बचाओ बेटी पढ़ाओ

“यत्र नार्यस्तु पुजयन्ते रमन्ते तत्र देवता” अर्भानू जहाँ नारियों को सम्मान दिया जाता है वहाँ देवी निवास करते हैं। फिर भी यह सत्य है कि आज के ज़माने में भी लोग बेटियों को अपने बेटों से नीचे समझती है और ना ही उचित शिक्षा दी जा रही है। ज़रूरत है कि नारियों को भी उनका अधिकार मिलना चाहिए। हम विकसित देशों पर नज़र करते हैं तो समझ में आएगी वहाँ नारियों को पुरुष के सम्मान अधिकार दिया जाता है। शायद इसलिए हमारे माननीय प्रधान मंत्री श्री नरेंद्र मोदी जी ने बाईस जनवरी (दो हज़ार पच्चीस) को बेटी बचाओ, बेटी पढ़ाओ अभियान की शुरुआत की। ‘बेटी बचाओ बेटी पढ़ाओ’ योजना के अनुसार बेटियों की शिक्षा के लिए उचित व्यवस्था की गई है। और लोगों की सोच को बदलने में जगह-जगह इसका प्रचार किया जा रहा है। हम सब लड़कियों को किसमतवाली क्यों कि हमें हमारे माता पिता अच्छी तरह पालती हैं, शिक्षा देती है। मेरी सभी देस्तों से यह कहना चाहती हूँ कि हर को सम्मान करो आदर करो। एक महिला अपने जीवन में माता, पत्नी, बेटी, बहन, दादी की भूमिका निभानी है। इसलिए लड़कियों को लड़कों से नीचे नहीं उसके समान समझना चाहिए। और उन्हें सभी कार्यक्षेत्रों में समान अवसर प्रदान करने चाहिए, इस के लिए उसे अच्छी शिक्षा भी देना चाहिए। लड़कियों के साथ होनेवाली हर एक अनीति के विरुद्ध एक साथ सामना करना चाहिए।



निरंजना एस  
5 D



# समय का मूल्य

समय पृथ्वी पर सबसे कीमती वस्तु है, इसकी तुलना किसी से भी नहीं की जा सकती है। यदि एकबार यह चला जाए, तो कभी वापस नहीं आता। यह हमेशा आग की ओर सीधी दिशा में चलता है और न कि पीछे की ओर। इस संसार में सब कुछ समय पर निर्भर करता है, समय से पहले कुछ भी नहीं होता है। कुछ भी करने के लिए कुछ समय की आवश्यकता होता है।

यदि हमारे पास समय नहीं है, तो हमारे पास कुछ भी नहीं है। समय को नष्ट करना, इस पृथ्वी पर सबसे बुरी चीज़ मानी जाती है क्योंकि, समय की बर्बाद करती है। हम कभी भी बर्बाद किए हुए समय को फिर से प्राप्त नहीं कर सकते हैं। यदि हम अपना समय बर्बाद कर रहे हैं, तो हम सब कुछ नष्ट कर रहे हैं।

कुछ लोग समय से ज़्यादा अपने धन को महत्व देते हैं हालांकि, सत्य तो यही है कि समय से ज़्यादा कीमती कुछ भी नहीं है। यह समय ही है, जो हमें धन, समृद्धि और खुशी प्रदान करता है हालांकि, इस संसार में कुछ भी समय को नहीं दे सकता। समय का केवल उपयोग किया जा सकता है; कोई भी समय को खरीद या बेच नहीं सकता। बहुत से लोग अपना जीवन अर्थहीन ढंग से जी रहे हैं। वे समय का उपयोग केवल अपने दोस्तों के साथ खाने, खेलने या अन्य आलसी क्रियाओं को करने में करते हैं।

इस तरह से वे दिन और वर्षों का व्यतीत करते हैं। वे कभी भी नहीं सोचते कि, वे क्या कर रहे हैं, किस तरीके से कर रहे हैं, आदि। यहाँ तक कि, उन्हें गलत तरीके से समय को बर्बाद करने का भी पश्चाताप भी नहीं होता और कभी उसके लिए अफ़सोस महसूस नहीं करते हैं। अप्रत्यक्ष रूप से, वे अपना बहुत सा धन और उससे भी अधिक महत्वपूर्ण समय खो देते हैं, जिसे वे कभी भी वापस प्राप्त नहीं कर सकते हैं।

हमें दूसरों की गलतियों से सीखने के साथ ही दूसरों की सफलता से प्रेरित होना चाहिए। हमें अपने समय का उपयोग कुछ उपयोगी कामों के लिए व्यतीत करना चाहिए।



अर्जुन विजयन  
9B

# स्वास्थ्य ही धन हैं

हर व्यक्ति अपने पूरे जीवन स्वास्थ्य रहना चाहता है ताकि वह हर कार्य कर सके और उसे किसी भी कार्य के लिए दूसरों पर निर्भर न रहना पड़े। जीवन में स्वास्थ्य ही सबसे बड़ा धन होता है जो कि हमेशा हमारे साथ रहता है और हर मुश्किल में हमारी सहायता करता है। कहा भी जाता है कि अगर व्यक्ति



सुमिता स्वेइन  
7B

ने पैसा खोया तो कुछ भी नहीं खोया लेकिन यदि उसने स्वास्थ्य खो दिया तो सब कुछ ही खो दिया क्योंकि फिर व्यक्ति कितनी भी कोशिश क्यों न कर ले या फिर कितने भी पैसे क्यों न खर्च कर ले उसे पहले जैसा स्वास्थ्य नहीं मिल सकता है लेकिन यदि किसी भी व्यक्ति के पास अच्छा स्वास्थ्य है तो वह धन आसानी से कमा सकता है इसलिए स्वास्थ्य ही हमारा सर्व प्रिय धन है। अच्छे स्वास्थ्य की इच्छा हर कोई रखता है पर कोई भी उसकी तरफ ध्यान नहीं देता है। आज के व्यस्त दिनचर्या में लोगों के पास अपने स्वास्थ्य के लिए समय ही नहीं है वह उसका ख्याल नहीं रखता है और सिर्फ पैसे के पीछे दौड़ता है और भूल जाता है कि उसका असली धन तो उसका स्वास्थ्य ही है। जब कहीं भी कोई भी धन काम नहीं आता है तो तब स्वास्थ्य ही साथ निभाता है। क्योंकि अच्छे स्वास्थ्य में सभी मुश्किलों से लड़ने की क्षमता है। मनुष्य को अपने स्वास्थ्य को ध्यान रखना चाहिए। सुबह के समय व्यायाम करना चाहिए और शरीर को शुद्ध हवा देना चाहिए। हमें संतुलित आहार लेना चाहिए जिससे कि शरीर को आराम मिले। अगर हमारे स्वास्थ्य अच्छा है तो हम मानसिक रूप से भी स्वस्थ रहेंगे और खुश रहेंगे।

अच्छा स्वास्थ्य होने पर हमें कार्य करने की शक्ति मिलती है तो यह हमारी सफलता की भी पूँजी है। स्वास्थ्य हमारे लिए बहुत कीमती है तो इसे संभाल के रखिए। अपने व्यस्त जीवन में से थोड़ा सा समय अपने स्वास्थ्य की देख केलिए भी निकाले। हम सबको बच्चों को भी अच्छे स्वास्थ्य के लिए प्रेरित करना चाहिए और उन्हें समझाना चाहिए कि यह हमारी सबसे पहली प्राथमिकता है। जिस व्यक्ति का स्वास्थ्य अच्छा नहीं होता है वह जिंदगी को बहुत से रसों से वंचित रह जाता है। हम सबको स्वास्थ्य का महत्व समझना चाहिए।







शिवानी  
5D

## गाँव का जीवना

एक गाँव में एक गरीब किसान परिवार रहता था। किसान का नाम था बालाजी। बालाजी की बीबी का नाम था राधिका और रामु नाम का एक बेटा और रागी नाम का एक बेटी था। सभी दिन सुबह उठते ही बालाजी स्नान करके मंदिर में जाते थे। उनके साथ दोनों बच्चों को भी ले जाता था। तीनों मंदिर में जाकर भगवान में प्रार्थना करते थे। मंदिर के पुजारी हर दिन प्रसाद, खीर देते थे। एक दिन पुजारी ने प्रसाद नहीं दिया। यह उनको अच्छा नहीं लगा। अगले दिन से बच्चों मंदिर में जाने के लिए इनकार किया। पिताजी ने बच्चों को मज़बूरी से मंदिर में ले गया। उस दिन मंदिर में प्रसाद के तौर पर लड्डू दे रहा था। और बच्चों ने कहा- एक लड्डू हमारे माताजी को भी चाहिए। एक लड्डू माताजी को भी पूजारी ने दिया। अगले दिन से माताजी भी उनके साथ मंदिर गये। गाँव वालों सभी की मंदिर जाने का और प्रसाद वितरण के बारे में चर्चा हुई। सारे गाँव के लोग बच्चे बूढ़े सभी मंदिर जाने लगा। यह देखकर पड़ोसी गाँव में भी लोग सुबह जल्दी उठते मंदिर जाना शुरू किया। किसान परिवार में संदुष्ट हुई। गरीबी हट गई। हर परिवार गाँव में सुबह जल्दी उड़ना और अपना काम शुरू करना और नहाकर मंदिर जाना प्रार्थना करना और बच्चों पठायिकरना बहुत ज़रूरि है। ऐसा करने से अपना जीवन उन्नति बढ़ते रहेका।

## समय का महत्व



प्रसिद्ध कवि कबीरदास ने कहा है कि  
काल करै सो आज कर  
आज करै सो अब  
पल में परलय होयगी  
बहुरि करेगा कब  
हर कार्य हम समय पर करना चाहिए  
समय एक बार बीत जाने पर वापस नहीं आता।  
एक-एक पल बहुत महत्वपूर्ण कीमती हैं।  
समय कीमती चीज़ है।  
समय किसी के लिए रुकते नहीं।  
आज जो काम करना है वह आज ही करना चाहिए।  
होशियार लोग समय पर अपना  
काम करते हैं।  
समय का मूल्य समझनेवाले को  
बुद्धिमान कहलाते हैं।  
समय अमूल्य है।



मिश्रा वि एस  
4B





# शरीर का निर्जलीकरण



रामदेव पी  
9B

निर्जलीकरण, जिसे अंग्रेजी में डिहाइड्रेशन कहते हैं, शरीर में पानी की कमी का परिणाम होता है। यह स्थिति तब पैदा होती है, जब शरीर से निकलने वाले पानी (पसीने के रूप में) की मात्रा दिनभर में ले जाने वाले पानी की मात्रा से अधिक हो जाती है। व्यक्ति विशेष और शरीर में पानी की मौजूदगी के आधार पर यह समस्या हलकी, माध्यम और गंभीर हो सकती है। वहीं, पानी की आवश्यक मात्रा न मिलने की स्थिति में कभी-कभी निर्जलीकरण से मौत भी हो सकती है। साथ ही यह जानना भी ज़रूरी है कि व्यक्ति द्वारा लिए जाने वाले खाद्य पदार्थों में मौजूद पानी के अलावा भी हमें और पानी पीना चाहिए इसलिए सामान्य रूप से पुरुषों को दिन में करीब ३००० मिली और महिलाओं को करीब २२०० मिली पानी लेने की सलाह दी जाती है। पानी का शरीर में बहुत उपयोग है। तो हमें दिनभर पानी ज़रूर पीना चाहिए।

धन्यवाद

## कभी हार मत मानो!!!



हम में से कितने हैं जो पहले ही प्रयास में सफलता पाए हैं? ज्यादा नहीं। यह साबित होता है कि सफलता एक दिन में प्राप्त नहीं किया जा सकता। कुछ अपवाद भी हैं जहाँ सफलता आसानी से प्राप्त किया जा सकता है। लेकिन जब एक कठिन काम करने के लिए दिया है, तो कई बार प्रयास करनी पड़ती है सफलता पाने के लिए।

जीवन में जो मायने रखते हैं, वह हमारा दृष्टिकोण है। पहले ही बार हार मानने पर हम कभी सफलता नहीं पा सकते। एक पौधे को एक विशाल वृक्ष बनने के लिए कई साल लगते हैं। इसी तरह, सफलता पाने के लिए समय लगता है। सफलता का रास्ता बहुत कठिन होता है। अगर हम अपने आप पर विश्वास न रखकर आगे बढ़ें, तो सफलता मिलना और भी कठिन हो जाएगा।

हम अपने जीवन में जीतना है। जब तक हम सफलता न पाए, तब तक जीवन में रुकना नहीं चाहिए। सफलता पाने के लिए आत्मविश्वास बहुत अधिक ज़रूरी है। अगर हम विश्वास रखें कि हम दुनिया में चमत्कार कर सकते हैं, तो हम निश्चित रूप से कर सकते हैं। दूसरे लोग हमें विश्वास और सहयोग करने के पहले हमें अपने आप ही विश्वास रखना चाहिए। जब जीवन हमें मारकर गिराता है, तो यह नहीं है कि वह आपको कितने ज़ोरी से मारा है, मगर यह है कि आप कितने विश्वास रखकर फिर से उठते हैं। जब जीवन हमें छोड़ने के लिए १००० कारण देते हैं, तब हमें खूद को आगे बढ़ने के लिए एक कारण होना है। हमें यह याद रखना चाहिए कि कोशिश करने वालों की कभी हार नहीं होती। इसलिए, कभी हार मत मानना!!!



कृष्णदेव पी  
9B



# प्रकृति को बचाओ जीवन को बचाओ

प्रकृति ईश्वर की सबसे बड़ी रचना है। प्रकृति हमें सब कुछ होते है, जिसकी हमें आवश्यकता है। लेकिन हम इसके बदले में क्या दे रहे हैं? प्लास्टिक और अन्य चीजें। हमने अभी तक इसकी मदद करने के बारे में नहीं सोचा है। क्या हम ऐसा नहीं कर सकते? हम कर सकते हैं। यह करने के लिए हमें प्लास्टिक का उपयोग न करना चाहिए। अन्य उपशिष्टों को धरती पर नहीं डालना चाहिए। वृक्षों को मत काटना वृक्ष हमें जीवन देती है। चलो! हमारी माता धरती को बचाओ। हम एक साथ मिलकर बचाएँ।



हरिनंदना  
7B



सिदान मिक्दाद  
9B

## बवंडर

मैं अपने घर से कुछ सामान खरीदने के लिए बाहर निकला था। घर के पास कोई दुकान नहीं था। इसलिए, कुछ खरीदना हो तो शहर जाना पड़ता। मेरे गाँव से शहर तक थोड़ी ही दूरी है। जब मैं शहर के पास पहुँचने लगा, तो मैं ने याद करने की कोशिश की कि क्या-क्या खरीदना था, तब मुझे समझ आया कि मैं भूल गया क्या खरीदना था। दुकान के सामने पहुँचा तो देखा कि दुकान खुला नहीं था। सारे दुकाने बंद थे। चौकनेवाली बात यह थी कि शहर में मेरे अलावा कोई और नहीं था। कोई भी गाड़ी नहीं थी। और क्या, एक भी पशु-पक्षी नहीं थी। अचानक अँधेरा हो गया। हवा तेज़ होने लगी। बारिश होने लगी। बारिश की बूँदें बहुत ज़ोर से मेरी मूँह पर लग रही थी। फिर मैं ने देखा कि एक भयानक, काला बवंडर मेरी तरफ आ रही थी! ज्यादा नहीं सोचा, सीधे दौड़ने लगा। दौड़ते - दौड़ते मेरे पैर में दर्द हो रहा था। मैं कमज़ोर होने लगा। तभी मैंने दूर मेरी माँ को देखा। वह गुस्से में थी। क्या वह यह बवंडर को देख नहीं सकती? उसकी तरफ दौड़कर मुझे अच्छा लगने लगा। उसके पास पहुँचते ही उसने एक थप्पड़ मारा। उसकी ज़ोर से मैं बेहोश होकर गिर पड़ा।

फिर जब मैंने आँखें खोला, तब मैं अपने कमरे में साफ और सुरक्षित था। तब मुझे सारी बातें समझ में आईं। उस थप्पड़ के अलावा बाकी सब सपना था। माँ ने गुस्से से बोला कि मुझे जल्दी जाकर स्कूल के लिए तैयार होना चाहिए। और मैं चला हर दिन की तरह स्कूल के लिए तैयार होने। पर इस बार एक भयानक और मज़ेदार सपने के बाद।





# देश सेवा



विन्दुजा

9B

“हिन्दु मुसलमान से पहले मुझे इंसान बना दे,  
बहुत वालाकिया नहीं बस इंसानियत सिखा दे,  
किसी एक इंसान से मोहब्बत या प्यार नहीं,  
मरके भी जुदा न हो मुझसे  
ऐसा इश्क हिन्दुस्तान से लगा दे”

देश की सुरक्षा सिर्फ सैनिकों का कर्तव्य नहीं, सारे देशवासियों का कर्तव्य है। अगर हमारा हिन्दुस्तान सुरक्षित है तभी सारे देशवासी भी सुरक्षित रहेंगे। इसकेलिए बच्चे, बूढ़े, जवाब सभी को आगे आना होगा। हम बच्चे कोशिश करे कि देश के विरुद्ध कोई भी गलत काम न करे। अगर अपने बड़ी को करते हुए देखे तो उन्हें रोके।

पैसे केलिए ही हम गलत काम करते है। लेकिन पैसा ही सबकुछ नहीं होता। हमारा दुशमन देश हमें पैसों से खरीदकर, देश के विरुद्ध गलत काम करवाना चाहते है। इसकेलिए वे जीजान से परिश्रम कर रहे हैं। भारत की एकता और अखंडता को तोड़ना चाहते है। किन्तु हमें भी जीजान से परिश्रम करना होगा अपनी देश की सुरक्षा केलिए।

हमें अभिमान हैं हिन्दुस्तानी होने का और हम वचनबद्ध हैं भारत माँ की सुरक्षा केलिए। उन सैनिकों की मेरा सलाम जो जीजान लगाकर हमारी देश की सुरक्षा करते है और देश केलिए कुर्बान हो जाते हैं।

जय हिंद !

# गुलाब

गुलाबी पीला लाल  
बहुत सुन्दर फूल  
बहुत सारे कांटों साथ तना  
वह है हमारी गुलाब।  
एक दिन यह खिल गया  
लेकिन अगले दिन  
यह मुरझा गया  
और अगले दिन एक छोटी कली थी  
जो अन्य गुलाब की तुलना में  
अधिक सुन्दर हो गई।  
गुलाबी पीला लाल  
बहुत सारे कांटों साथ तना  
वह है हमारी गुलाब।



आदिलक्ष्मी के

5D



# धरती का रक्षक



रेवति एम जी  
5D

एक फूल ने कहा  
आओ मेरे पीछे, धरती  
की संरक्षण करना हमारा  
भी काम है।  
हज़ारों फूलों ने कहा  
हम भी तुम्हारे साथ  
हैं, हम भी तुम्हारे साथ हैं।  
फूलों ने भी शुरू किया  
हमारे धरती का संरक्षण  
करने तो क्यों हम  
बैठ रहे हैं उठो और  
जाओ हमारे धरती की  
संरक्षण करने



## ऑस्ट्रेलिया के जंगलों में लगी आग



गायत्री आर  
9B

प्राकृतिक आपदाएँ धरती पर मौजूद हर प्राणी के लिए पीड़ादायी होती है। इन दिनों ऑस्ट्रेलिया के जंगलों में फैला भीषण आग से सिर्फ इंसान ही नहीं, जानवरों की जिंदगी भी खतरे में पड़ गई है। आग फैलने का एक बड़ा कारण, मौसम। अब तक करोड़ों जानवरों की मौत हो चुकी है। बढ़ते तापमान के कारण आग लगने के मामले बढ़ गये। करीब ४०० सेल्सियस से ऊपर का तापमान बन गया था। इस आग का असर सबसे ज्यादा न्यूजीलैंड में पड़ा। यह आग बहुत तेजी से फैल रही थी। वो केरला के दो गुना ज्यादा जगह को घेर लिया था। वहाँ उत्पन्न हुए धुआ दीप के उत्तरी हिस्से तप पहुँच गया। कई लोग फिलहाल आग के खतरे का सामना कर रहे हैं और कई लोग इससे उमर चुके हैं।

सबसे अच्छी बात यह दिखी कि संकट की इस घड़ी में ऑस्ट्रेलियावासी एक साथ मिलकर एक दूसरे की मदद करके आगे आए हैं।



# बारिश



सिदान मिश्रा  
9B

देखो हमारा कौन आया  
सबसे प्यारा बारिश आया  
सबको पानी देनेवाला  
हम से कुछ न लेनेवाला।  
अगर काटती हम पेड़ों को तो  
क्रोध निकालेंगे वह हम पर  
क्रोधित हुआ तो नहीं मिलेगा  
एक भी बूँद पानी इस धरती पर।  
सुनती है वह सभी की कहानी  
और देते है वह बारिश सबको।  
पहले तो सभी इसे मनाते थे  
पर नहीं है समय अभी उसके लिए।  
बारिश न हो तो नहीं रहेगा मनुष्य जन्म  
पर मनुष्य न होतो ज़रूर रहेगा बारिश की प्रयत्न।  
मनुष्य है क्योंकि पानी है,  
पानी है क्योंकि बारिश है।  
नही बरसेगा बारिश अगर,  
वही खतम होगा मनुष्य फिर।  
करलो उससे जितना भी लड़ायी

पर ऐसा न करना हमारा बलायी।  
ढूँढे हम उसे कहाँ-कहाँ  
मिल नही पाएगा उसे यहाँ वहाँ।  
काले बादल ओ, पानी बरसाके जाओ  
ऐसे कहेंगे सभी लोग, जब नष्ट होता है बारिश को।  
मत दिला.... उसे गुस्सा  
फिर कभी होगा पचतावा।  
बना पाएँगे बारिश को  
जो पानी देता है सभी को।  
नही बना पाएँगे वह बारिश  
जो बनाता है हम सबको खुश।  
शिक्षा देते है वह सबको,  
साल में जानने की वह इच्छा  
कब आएगा वह अगली बार  
कह नही सकता हम इस बार।  
मना मत करो उसका प्रसाद  
मिल नही पाएगा उसके बाद।  
होते है अगर उसका याद  
तो अच्छा होगा हमारे साथ।

Prize Winning (Versification Talent Time Category III)



# किसान परिवार



शिवानी ए  
5D



एक गाँव में एक किसान परिवार रहते थे। वे केशव और उसकी पत्नी आशा थी। उनके दो लड़के थे। आकाश और सवकाश। थे दोनों लड़के स्कूल जाते थे और पढाई में समर्थ भी थे। एक दिन दोनों लड़के सिनेमा देखने के लिए पिताजी से पैसा पुछा मगर नहीं दिया। पिताजी ने बोला। “अपने आप कुछ काम करके पैसा कमाओ और उस पैसे से सिनेमा देखो” यह बात सुनकर दोनों को बहुत दुख हुआ। दोनों लड़के कुछ मुर्गियाँ पालने के लिए निश्चय किया। अपने गाँव के कृषि भवन में जाकर बताया और वहाँ से दस मुर्गियाँ मुफ्त में उनकी मिले। हर दिन सात-आठ अंडे मिलते रहा। पैसा आने लगा। कुछ दिन के बाद अपने पिताजी केशव और माताजी आशा के साथ सिनेमा देखने गए। अपने बच्चों का प्रयत्न देखकर केशव बहुत खुश हुआ। परिश्रम का फल सदा अच्छा ही होगा।



गोपिका ए  
5D

## जीवन में शिक्षा का महत्व

सबसे पहले, शिक्षा पढ़ने और लिखने की क्षमता सिखाती है। पढ़ना और लिखना शिक्षा का पहला कदम है। ज़्यादातर जानकारी लिखकर की जाती है। इसलिए, लेखन कौशल की कमी का अर्थ है कि बहुत सारी जानकारी गायब होना। नतीजतन, शिक्षा लोगों को साक्षर बनाती है। इन सबसे ऊपर, रोज़गार के लिए शिक्षा बेहद ज़रूरी है। यह निश्चित रूप से एक सभ्य जीवन बनाने का एक शानदार अवसर है। यह एक उच्च भुगतान वाली नौकरी के कौशल के कारण है जो शिक्षा प्रदान करती है। नौकरी की बात आने पर अशिक्षित लोगों को शायद बहुत बड़ा नुकसान होता है। ऐसा लगता है जैसे कई गरीब लोग शिक्षा की मदद से अपना जीवन बेहतर कर रहे हैं।







सुदक्षिणा  
II D

# जिंदगी का सफर

“तो चलिए हम ‘जिंदगी का सफर नामक गाना सुनते हैं...” रेडियो में से एक सुहाना गाना शुरू हुआ। नाना अपने कुर्सी पर बैठे झूमने लगे गुनगुनाने लगे। मैं आश्चर्य से नाना जी को ताकता रहा... आखिर ऐसा क्या है। उनके मन में जो अचानक इन्हें इतना खुश कर दिया। वे एक मुस्कुराहट के साथ गुनगुनाए जा रहे थे... “जिंदगी का सफर, फिर से न मिले...”

“नाना जी, ये जिंदगी का सफर का मतलब क्या है? और यह आपको इतना खुशी क्यों दे रहे हैं?” मैं ने आश्चर्यपूर्वक होके पूछा। नाना ने अपने आँखें खोलकर मुस्कुराते हुए देखा मुझे। लेकिन यह कोई सामान्य मुस्कुराहट नहीं थी। यह सिर्फ खुशी का ही नहीं बल्कि कुछ खट्टी यादों का भी एहसास सा था। “जिंदगी के सफर को आज तक कोई पूर्ण तरीके से विशेषित नहीं कर पाया है। जिंदगी के सफर में अनगिनत यादे जुड़े होते हैं जिसे शब्दों में क्या कहना मुश्किल ही नहीं नामुकिन है। “नाना ने अभिमान से कहा। “लेकिन नाना जी, आप ज़रा अपने शब्दों में क्यों नहीं बताते? बोलो न... मैं भी सुनना चाहता हूँ... आपके जिंदगी का सफर। नाना के चेहरे पर फिर वहीं मुस्कुराहट छा गई। मैं उठकर उनके पैर के पास बैठ उनका पैर दबाने लगा।

“मेरे जिंदगी में अभी तो कुछ दिन ही बाकी हैं। बुढ़ापा जो आ गया।” मैं ने यह सुन अपने चेहरे को मुझा दिया। “अरे, अरे। तुम क्यों नाराज़ हो रहे हो, जब की मैं भी खुश हूँ अपने बुढ़ापे में। मेरे प्यारे बेटे, एक इन्सान का खुशी उसके जिंदगी की लंबाई से नहीं, बल्कि उसके सफर, यानि यादों से तोला जाता है। नाना ने रुककर एक घूँट पानी पिया और बोलने लगे, “आज इस बुढ़ापे की कमज़ोरी से ज्यादा खुशी पुरानी यादों को सोचते हुए आती हैं...। मेरे सारे दुखों को एक क्षण में मिटाने वाला मेरी जिंदगी का सफर...”

“बचपन में मैं, मेरी बहन और मेरे माता-पिता एक घर में ही रहते थे। आज जब उन पलों को याद करता हूँ तो मन खुशी से झूम उठता है। मेरा सुनहरा बचपन जो मुझे कभी नहीं वापस मिलेगा। जो छोटी शरारतें हम बच्चों करते थे माता पिता के संग

बाहर घूमने जाना, गोल-गप्पें खाना, दोस्तों के संग खेलना... वाह। क्या मज़े के दिन थे। इसलिए कहता हूँ तुम्हें, पढाई के मामले में ज्यादा परेशान न होकर अपने बचपन के मज़े लो। मैं ने अपना सिर हिलाते हुए मुस्कुराया। लेकिन अब नाना जी के आँखों में खुशी नहीं कुछ दुख था।

“बचपन के गुज़र जाने का रफ़्तार कुछ ज्यादा ही था। पता ही नहीं चला कब एक पुरुष बन गया। जहाँ पहले सिर्फ़ खुशियाँ ही था। वहाँ आज परेशानियाँ, जिम्मेदारियाँ, आदि का भोज आ गया। इस बदलाव के मुश्किल दौर में मैंने अपने पिता को भी खो दिया... नाना जी के आँखों में मैं ने पहली बार आँसू देखें। मैं उठकर उनके आँसू पोंछा और वापस बैठ गया।

‘माँ को संभालने की ज़िम्मेदारी ने मुझे और कठोर परिश्रमी बना दिया। मैं अपने सारे खुशियों को त्याग, दिन-रात कमाने लगा। कुछ सालों के अंदर माँ भी बुढ़ापे के कारण गुज़र गई...। फिर लड़की पसंद करके शादी कर लिया। बच्चे हुए, अब तो बच्चों के बच्चे भी बड़े हो गये। नाना जी और मैं हँस पड़े। उनके चेहरे पर फिर खुशी छा उठी। उन्होंने मेरे आँखों में गौर से देखते हुए कहा, “बेटे, जिंदगी का सफर ठीक एक इन्सान को इन्सान बनाता है। जिंदगी का सफर वो है जो एक मनुष्य को ऐसे पाठ पढ़ाते हैं, जो कोई पुस्तक नहीं पढ़ा सकता। और हर मनुष्य का सफर अलग और आश्चर्यों से भरा होता है। जिंदगी के सफर की तैयारी हमें खुद करना होता है, कोई और तुम्हें नहीं सिखा सकता।

हाँ... इस दोपहर में मैं ने कुछ अधिक सीख लिया। आज मैं ने जिंदगी के सफर का एक झलक देखलिया। कुछ ही क्षणों में इस सफर ने नाना जी को हँसाया और रूलाया भी। “ये जिंदगी का सफर भी कितना मज़ेदार है। और मैं इस सफर में जाने की पूरी तैयारी में हूँ। आज मुझे पता चला कि आज के संघर्ष ही कल की कामयाबी है और आज के दुख और खुशी। कल की खट्टी-मीठी यादों में बदल जाएगी। धन्यवाद, नाना जी।” नाना जी ने मुस्कुराते हुए फिर अपने आँखें बंद कर पुराने यादों में खो गए।



# खोया हुआ सपना



बारिश के मौसम में कंपे में बैठ।  
पानी के बूंदों को टपकते देख,  
आँखों से टपके आँसू जब  
दिल का दर्द आखिर जाएगा कब!

नेनों को बंद कर जब लेट गई,  
दिल से वो दर्द जाता ही नहीं  
हे भगवान, किस गलती का देना पड़ा मुझे भरपाई,  
मेरी किस्मत मैं खुद लिखती नहीं।

बचपन से था जो मेरा रूढ़िवादि,   
अब कहीं बह गया, जैसे ये बारिश।  
एक समय था जब कोई सपना था,  
अब जो मेरे सपना नहीं रहा!

वह दिन... मेरे जीवन का आखरी दिन,  
खुशियों का आखरी दिन  
और दुखों का मेरा पहला दिन।

प्रतियोगिता के लिए भावुक हो,  
दौड़ते हुए माँ को गले लगाया जो,  
माँ ने गर्व से मुझे निहारा,  
और कहा कि मैं हूँ उनका नाचने वाला तारा!

यह सुन मैं खुशी से फिर से नाचने लगी,  
मन भी खुशी से भरने लगी।  
इतना परिश्रम तो मैं ने किया है।  
कि आज की प्रतियोगिता मुझे जीतना ही है।

नाचना मेरे मन की है खुशी,  
मेरे भाव भी सच्चे, मैं भी सच्ची।  
नाचती हूँ मैं दिल खोलके जब,  
सब खुशी से देखते हैं तब।  
प्रतियोगिता के लिए भावुक हो,

गाड़ी में सफर कर रही थी जो।  
ज़ोर से एक गाड़ी ने ठोकर, मारा,  
एक पल में, मेरा रुक गया दुनिया सारा।

फिर जब आँखें खोली,  
मेरे मन से निकल मैं पहले ही बोली  
माँ! प्रतियोगिता में जाकर नाचना है।  
मुझे ही तो जीतना है।

माँ के आँखों से आँसू बहने लगे,  
तेज़ी से दौड़ निकल गई कमरे से,  
मैं आश्चर्य से सबको निहारने लगी,  
सब के आँखों में आसूँ ही थे।

फिर पड़ा मेरा ध्यान मेरे पैरों पर,  
एक पल के लिए घूमने लगा मेरा सर।

कहाँ गया मेरा पैर? !  
वो कलाकार के जैसे नाचनेवाले मेरे पैर!

मेरे मन के दुख को समझ नहीं सकता कोई,  
फिर कितने महीनों तक मैं रोई।

न चल पाती हूँ  
न नाच पाती हूँ  
बस रोती ही रहती हूँ।

एक सपना था मेरा बड़ा,  
आज जो खो सा गया,  
एक समय था जब था मेरा दिल बड़ा,  
अब दिल भी टूट सा गया।

एक सपना या मेरा, कभी  
जो खो गया  
और वापस नहीं आएगा अभी...।।



सुदक्षिणा  
II D

Prize Winning Versification (Talent Time Category IV)





# जीवन में समय का महत्व



अदिति मेनन  
7A

‘समय’ इसका मतलब क्या किसी को पता है? चलिए मैं स्वयं बता देती हूँ, जीवन में आने वाला... कल, या फिर यूँ ही समझ लो कि जिस कल में हम बीत रहे हैं वही समय है। क्या हम समय का मतलब सिर्फ ऐसे ही निकाल सकते हैं? नहीं, हमें इसका महत्ता भी पता होना चाहिए, हमारे जीवन में समय का क्या कीमत है, पता है? जी हाँ, हमारे जीवन में सबसे कीमती चीज़ वक्त यानि कि समय है। हम अपने गुज़रे हुए कल को वापस नहीं ला सकते, पर हाँ हम ज़रूर आने वाले कल को बदल सकते हैं। अगर हमने गुज़रे हुए कल से कोई पाठ सीखा हो तो यह संभव है। वास्तव में यह कहा जाता है कि हमने एक दिन में अगर पाँच मिनट भी गँवाए तो हम पर बहुत नुक्सान आ सकता है। बस अगर हम ठंडे दीमाग से सोचे तो हमें पता लगते हैं कि हम उस पाँच मिनट में क्या क्या नहीं कर सकते थे। जीवन में सफल होने के लिए हमें पहले समय को अच्छे से इस्तेमाल करना चाहिए, और वह भी सिर्फ अच्छे कामों के लिए। एक छोटा सा उदाहरण लेते हैं, किसी को भी नहीं पता कि हमारी धरती अब कितनी साल और रहेंगी, पर जितना भी हो जब तक का हमें समय दिया हो जीने के लिए तब तक के लिए हमें धरती माँ के साथ वक्त बिताना चाहिए और एक कामयाब इंसान बनना चाहिए। समय जीवन का आधार है। अगर हमने पिछले हफ्ते में कोई गलती की है, तो फिर हम उस गलती को सुधार नहीं सकते पर हाँ हम फिर से वह गलती आने वाले समय में न दोहराए तो अच्छा होगा। आज डाक्टर अब्दुल कलाम या फिर अब्राहम लिंकन जाने जा रहे हैं तो सिर्फ इसी कारन कि उन्होंने दिये गए समय का अच्छे से इस्तेमाल किया है। हर कोई ऐसा बन सकता है अगर हम वक्त का सही मायने में इस्तेमाल करे तो। हर किसी को कोई - ना कोई विशेष क्षमता होगा, जिसको पूरा करने में हम समय का अच्छा इस्तेमाल करना है। चलिए इस बहाने आशा करती हूँ कि सब बच्चे अच्छे से समय का इस्तेमाल करे और बड़ा होकर कामयाब बने। ‘शुक्रिया’

Prize Winning Essay (Talent Time Category II)



# बरसात की रात



अर्जुन विजयन  
9B

देव स्कूल से घर वापस आ रहा था। वह कुछ दूरी चलने के बाद रुकते जा रहा था। रुकते समय वह ऊपर की ओर देखा, काला मेघ जमा हो गया था। इस वर्ष के यह पहली बारिश होगी। देव को यह सबसे प्रिय समय था। देव अपने को एक मोर की समान देखता था क्योंकि मोर भी बरसात आने के पहले खुश होता था। वे दोनों अपने दुखों दूर रखकर बरसात के साथ नाचते थे। देव घर के ओर चला। देव एक प्रकृति प्रेमी था। वह प्रकृति को सम्मान करता था। देव और उसका परिवार हर महीने में उनके घर के परिसर में एक पेड़ लगाती थी। यह देखकर पड़ोसी उनके मज़ाक उड़ाती थी। पर वे इन लोगों की बात नहीं सुनते थे और यह अच्छा काम बरकरार किया। देव अपने घर पहुँच गया। बरसात शुरू हुआ। देव का मन प्रसन्नता से भरा रहा था। वह बरसात में खेलने लगा। वह खूब खेला। उसका मन प्रसन्नता की सीमा पार कर चुकी थी। थोड़ी देर बाद उसकी माँ ने उसको वापस बुलाया। वह स्नान करने के बाद आकर देखा, तब भी बरसात नहीं रुके थे। दो घंटे हो गए, अब भी बरसात हो रही थी। वह कुछ देर और देखकर सो गया। वह अचानक उठ गया। घड़ी में दो दिखाई दे रहे थे। अब भी बरसात नहीं रुकी थी। उसका मन कुछ कहना चाहता था। कुछ चेतावनी के बात मन में आ रहा था। उसने माँ को बुलाया “माँ अभी तक बरसात क्यों नहीं रुका।” माँ ने पिता को बुलाया। जब पिता बाहर से आए तो पिता का मुँह कुछ डरी हुई थी। वह बोला “प्रकृति अपने को शाप दे रही है। भाड़ आ चुकी है।” जब पिता यह बोलकर रुका तो माँ घबरा गयी। वह ऊपर देखकर बोला “हे भगवान, तुम क्यों ऐसा हो। हमने क्या गलती की तुमसे। तब हमारा कौलिंग बेल बजा। जब देखो तो वह हमारी पड़ोसीयों में एक है। वह बोला “हमारे यहाँ पूरी जगह पानी ने घेर चुकी है। अब सिर्फ तुम्हारा घर बचा है।” यह बोलना के बाद वह रोने लगे। उसका सब कुछ पानी के नीचे चला गया था। पिताजी ने उसे गले लगाया और बोला कि हम सब तुम्हारे साथ हैं। उसके बात कौलिंग बेल बजा। एक के बाद एक हमारे घर में आने लगे। पिताजी ने खुशी से सबके गले लगाया। पूरा शहर पानी के नीचे था। देव के घर बनाया। हमने उन लोगों के लिए भोजन और पानी प्रदान की। तीन दिनों के बाद, सब वापस कि तरह हो। हमारे पड़ोसी हमसे इतने प्रसन्न हुए कि वह लोग हमें उपकार करने लगे। पर हमने यह स्वीकार नहीं किया। मेरे पिताजी सब लोगों का बुलाया और बोला “आज हम यह स्थिति में होने कारण किसी को पता है? क्योंकि प्रकृति देवी हमसे कोपित था। हमने उनका सम्मान नहीं किया। आज से मैं चाहता हूँ की यहाँ के लोग हर महीने एक पेड़ लगाये। इससे हमारे शहर, हमारे देश और हमारे दुनिया हरे भरे हो जाएँ।”

उसके बात वहाँ के लोग सारे महीने पेड़ लगाना शुरू किया। जो प्रकृति का सम्मान करता है, प्रकृति उसका साथ देती है।



Prize Winning Story (Talent Time Category III)





विन्दुजा  
9B

# उन्नति के पथ पर भारत

उन्नति का अर्थ है विकास। हम सब जीवन में उन्नति चाहते हैं, पर किसी ने भारत की उन्नति चाहती है? हाँ, हम सब भारत की उन्नति चाहते हैं। यहाँ तक कि छोटे-बच्चों से लेकर बूढ़े - बुजुर्गों तक भारत की उन्नति चाहते हैं। लेकिन चाहना ही काफी नहीं होता हमें उसके लिए प्रयत्न भी करना है। प्रयत्न के अंत में आखिर हमारे मन में यह सवाल उठता है, 'क्या भारत उन्नति की ओर बढ़ रहा है? जी हाँ दोस्तों हमारा भारत आगे बढ़ रहा है।

सब 1947 में जब अंग्रेज़ भारत छोड़कर चले गए थे तब वे यँही नहीं चले गए बल्कि भारत को विकसित करके ही वे चले थे। भारतवासियों ने अंग्रेज़ी भाषा सीखी, तौर-तरीकें सीखी और क्या कुछ नहीं सीखा। यह था हमारा पूर्व भारत लेकिन आज भारत को उन्नति प्राप्त करने से कोई नहीं रोक सकता।

आज हर क्षेत्र में भारत का नाम ऊपर होता है। राजनीति, आर्थिक व्यवस्था, खेल-कूद आदि में हमारा भारत सबसे ऊपर है। भारत की उन्नति में 'ऐ एस आर ओ' का बहुत बड़ा हाथ है। ऐ.एस. आर. ओ' ने हमारे भारत को आकाश की ऊँचाईयों तक ले जा रहे है। मेडिकल क्षेत्र में भी भारत पीछे नहीं है।

सालों पहल लड़कियाँ रात को घर के बाहर नहीं निकल पाते थे। अब लड़कियाँ बिना डरे कहीं भी जा सकती हैं। यह भी तो

एक विकास है। लड़कियाँ हर क्षेत्र में लड़कों के बराबर हो चुके हैं। लड़कियों के लिए यह एक बड़ा विकास है।

हमारे सरकार ने बहुत सी योजनाएँ बनाकर भारत को उन्नति के पथ पर ले गए जैसे स्वच्छ भारत अभियान जिसने पूरे भारत को साफ और विकसित की। बेंटी बचाओ बेंटी पढ़ाओ अभियान जिसने हमारी प्यारी बेटियों को शिक्षा प्रदान की। डिजिटल इन्डिया जिसने पूरे भारत को डिजिटल बना दिया। अब हर शहर में मेट्रो का संविधान है। हम सब हँसी मज़ाक में एक बात कहते हैं कि दुनिया के किसी कोने में भी एक भारतीय होता है लेकिन यह एक बहुत बड़ा सच है। आज हर क्षेत्र में भारतीय का नाम आता है। अंत में उन लोगों को कैसे भूल सकती हूँ मैं, जिन्होंने दिन-रात बिना नींद के भारत और भारतवासियों का संरक्षण किया। जी हाँ, हमारे वीर सैनिकों की बात कर रही हूँ। उनके बिना भारत उन्नति कैसे प्राप्त करती। सलाम उन वीर जवानों को।

अब एक पहलू आ गया जो भारत को उन्नति, पूरी तरह से प्राप्त करने में रोक रही है - 'भ्रष्टाचार'। अगर हम इसे भी खत्म कर दे तो हम पूरे गर्व से यह कह सकते हैं कि 'भारत उन्नति के पथ पर है'। इसके लिए हम सब को एक होकर इसे खत्म करना होगा। याद रखे कि भारत को उन्नति के पथ पर लाना हमारा एकमात्र कर्तव्य है और इसके लिए हमें जी-जान से मेहनत करनी होगी।

Prize Winning Essay Talent Time Category III



# जीवन का सपना

इस दुनिया में ऐसे कोय भी नहीं है, जिसका खुद का एक सपना न हो। हर कोई अपने अपने लक्ष्य तक पहुँचने के लिए क्या-क्या नहीं करते। चलिए इस विशय में एक अद्भुत कहानी सुनते हैं।

(कहानी)

पिचले साल, केरल के एक विध्यालय में एक बच्चा हुआ करता था, जो दूसरों के कहने पर सब कुछ करता था। एक दिन ऐसा आया जब उसके अध्यापिका ने सब बच्ची से पूँचा की अपने-अपने सपने के बारे में बताए तो यह लड़का जो दूसरों के कहने पर सब कुछ करता है, चल बैठा कुछ गंदे बच्चों के साथ, और उनसे सलाह ली। जैसे जैसे वह कहता रहा पूरे कक्ष के सामने, उनकी अध्यापिका ने उस लड़के को खूब डांटा। लड़का फिर भी अपनी बेवकूफी समझ न पाया। थोड़ी देर बाद लड़के ने जाकर उसकी अध्यापिका से उसे डांटने का वजाह पूँछा, तब अध्यापिका ने कहा “बेटा मैं ने तुम्हें इसलिए डांटा क्योंकि तुमने जिससे सलाह ली वह सब बहुत नटकट है। वह बच्चों को सिर्फ गलत रास्ते पर ले जाने की कोशिश कर रहे हैं” लड़का को कुछ समझ नहीं आया और एक उतरा हुआ मूँह से खड़ा रहा। अध्यापिका ने फिर बोला “बेटा खुद अपने जीवन के बारे में सपना देखो, एक ऐसी सपना जिससे हमें सफलता मिले, एक ऐसी सपना जिसकी सब में भला हो, कड़ी परिश्रम से कोझ अपने लक्ष्य तक नहीं पहुँच सकता, हमें परिश्रम से भी अधिक अपना एक सपना होना चाहिए। सारी परीक्षा में अच्छा होकर सफलता पाना, और वह भी कड़ी परिश्रम करके, वास्तव में हम उसे सफलता नहीं कहते। हमारा एक खुद का सपना चाहिए जिसे पूरा करने के लिए हमें परिश्रम करे, उसे सफलता कहते है। कुछ लोंग ऐसे भी होते है जो कड़ी परिश्रम करके फिर भी हार जाते है, इसकी वजाह यही है कि उनका खुद का कोई सपना नहीं है”। तब उस लड़के को सब समझ आया, और उसने एक खूद का सपना बनाया और आद वह एक कामयाबी इनसान है।

इस कथा से हमें यह समझना चाहिए की परिश्रम सपने के बिना अधूरा है। आशा करती हूँ की मैं ने इस कहानी से किसी एक को “जीवन के सपने” का महत्वता बतायी। “सपने से ही हर किसी को आगे बढ़ने की प्रेरणा मिलती है। स्नेह और एक अच्छे साथी के रूपी सब बच्चों को अपना-अपना सपना बनाने की सलाह होते हुए ‘अलविदा’।



अदिति मेनन  
7A

# मेरा सपना

मैं ने देखा एक सपना,  
जिसमें बनाया घर अपना  
घर में रहने आई परियाँ  
कहने लगे तेरे हम साथियाँ।  
और तुम हो सुंदर सयानी  
इसलिए तुम हो हमारी रानी  
उनमेंसे एक परी बोली,  
चलो खेले हम आँख मिचौनी।  
उडगये सारे आसमानमें  
और छिपगए वे सितारोंमें।  
कह गई मुझे उन्हें ढूँढने  
पर मैं नींदोसे लगी रोने।  
आँसू देखकर माँ घबराई,  
और पूछा नींदमे क्यूँ रोई  
मैं ने कहा मैं क्या करती  
पंख बिना उन्हें कैसे ढूँढती।



तन्मया के नायर  
IV A







रोहित वी

12 B

# समाज में बढ़ते भ्रष्टाचार और उसका समाधान

जीवन में ईश्वर अनेक परीक्षाएँ हमें देते हैं। अगर हम उन्हें पार किए तो हम आगे बढ़ सकते हैं। नहीं तो कष्ट सहने पड़ते हैं। इन सारे परीक्षाओं को पार करना सबके वश की बात नहीं। हम उन परीक्षाओं को अलग-अलग तरीके से पार कर सकते हैं। जो उन्हें अच्छी तरह से सामने करके अपनी बुद्धि और समय दोनों उन में लगाकर कठिनाईयों को पार करते हैं वह है सच्ची योद्धा। पर जो इन परीक्षाओं को चालाकी से पार करने की कोशिश करते हैं वे बहुत बार अपनी ही खोदी हुई गद्दे पर गिर जाते हैं।

आज धन है जीवन। समाज में तुम कितना धन कमाओगे उतना ऊँचा पहुँचोगे, उतना आदर पाओगे। धन तो सारे कमाते हैं, पर जो लोग अपनी परिश्रम से पसीना बहाकर, दिन और रात में फ़र्क न करके, मेहनत करके धन और संपत्ति कमाते हैं, वही असली है, वही खुशी देता है। पर आजकल लोग मेहनत करना बेकार समझते हैं, जबकि वे ऐसे अनेक तरीके ढूँढ़ चुके हैं जिससे न मेहनत से, न पसीना और वक्त बहाकर वे अपनी पूरी पौकेट भरा सकते हैं। इन अनेक चालाकी भरे विद्याओं को आज समाज ने एक नाम दिया है-भ्रष्टाचार।

भ्रष्टाचार आज भारत की कोने-कोने में है। सरकारी कर्मचारियों से लेकर चौकीदार तक के लोग आज 'भ्रष्टाचार गुरु' के शिष्य बने हुए हैं। इन लोगों के अलावा और बहुत सारे लोग हैं जो अपने स्वार्थता के लिए भ्रष्टाचार को आयुध बनाते हैं। इन सब के स्वार्थ सिद्धि के बीच में फँस जाते हैं भारत के आम लोग जो ज़बरदस्ती इसको सह लेते हैं, वह भी चुप होकर।

हमें अपने रोज़गार के जीवन के लिए अनेक उपलब्धियाँ चाहिए जिनका मिलन ऊपरी अधिकारियों पर निर्भर है। और इस स्थिति का वे लोग पूरा फायदा उठाते हैं। "अगर काम पूरा करना हो तो करीब दो साल लगेंगे। बस 100 की बात है। दो, और अगले दो निमिष में काम पूरा होता है। यह 100 धीरे-धीरे एक ऐसे संख्या पर आ जाता है कि हमें शून्य के अंक लेने में दिखत होगी। पर आम लोग और क्या कर सकते हैं। उनको और कोई चारा न ही। न वह उनको क्षोभित कर सकते हैं (पैसा नहीं देके) और नही वह अपने काम बिना पूरा किया छोड़ सकते हैं। इसलिए वह भी उन भ्रष्टाचारियों का सेवन करते हैं बिना किसी दूसरी चिंता के।

यह गैरकानूनी सिर्फ सरकारी दफ़तर में ही नहीं, समाज

के कोने-कोने में उपलब्ध। हेलमेट नहीं पहना, तो पुलिस को, बिजली बंध तो वहाँ के कर्मचारी को, नौकरी चाहिए, तो ऊपरी अधिकारियों को, और एक ऐसा लंबा लिस्ट, हम तैयार कर सकते हैं; शीर्षक - 'जीवन बिताने में भ्रष्टाचार की फ़्रीस'। बहुत सारे लोग इस विषय का गोरवता नहीं समझते हैं और आखिर जब चौर पकड़ में आ जाते हैं तो यह मासूम भी फंस जाते हैं।

सबसे ज़्यादा दःख देनेवाला बात है कि आज कल को डॉक्टर भी 'भ्रष्टाचार गैंग' में शामिल हो गए हैं। जो लोग जिन्हें हम ईश्वर के तुल्य समझते हैं, वे भी निकल पड़े हैं हमें लूटने। उनके दिए गए पैसों की आवश्य को जब हम पूरा नहीं कर पाते, तो पता ही है कि अवस्था कितना दारुण होगा। आज कल की डॉक्टर भी भ्रष्टाचार की शिकार बने हैं और उनको मानव सेवा से अच्छा अब 'अपने पौकेट सेवा' लगता है। अब इन 'ईश्वर समान लोगों का यकीन भी हम नहीं कर सकते तो अब किसका करे यकीन।

भ्रष्टाचार के माध्यम से पैसा लेना और देना, दोनों ही गौरकानूनी है। अगर इसका शिकार हुआ और पकड़े गए तो सज़ा इतना भारी है कि हम लोग सोच भी नहीं सकते। कोर्ट और पुलिस की सहायता से उन भ्रष्टाचारियों को सबक सिखा सकते हैं, पर बहुत बार ऐसा होता नहीं। एक कारण है कि लोग डरते हैं यह सब करने से, पुलिस और कोर्ट के सामने। कोर्ट में ऊपर-नीचे चलकर हालत खराब करने और वक्त गँवाने से अच्छा ही है कि उनकी माँग दे दूँ, छंद पैसों के तो ही बात है-ऐसा समझते हैं लोग। दूसरा कारण यह है कि भ्रष्टाचार के चक्कर में पुलिस और कोर्ट को भी भ्रष्टाचार देने की आवश्यकता उड़ता है; यह तो सही है, जो आदमी जल रहे है उसी के ऊपर तेल डालों। पर अगर हमने इन सब विषयों को गौरव से नहीं लिया तो बाद में समाज एक ऐसी स्थिति में पहुँच जाएगा कि कर्मचारी ही तो क्या अपना बेटा भी भ्रष्टाचार की शिकार बन जाएँगे। इसलिए भ्रष्टाचार का समाधान ढूँढ़ना और उनका इस्तेमाल करना, दोनों आज की दुनिया की आवश्यकता है।

सरकारी दफ़तरों में कैमरे लगाना चाहिए और तीन महीने में एक या दो बार अचानक रैड की संविधान होना चाहिए। आम लोग की डर है जो उन्हें ऐसे कैसा रिपार्ट करने से रोकते हैं। पुलिस को सौम्य व्यवहार अपनाना चाहिए ताकि आम लोग



पुलिस से न डरे और भ्रष्टाचार के कैसों को बेफ़िकर फैल कर सके। कोर्ट को और सौम्य होना चाहिए ताकि लोग कैसों की कार्य सब आसानी से खतम कर सके। लोगों के बीच 'अवाइरनस क्लास' रखना चाहिए। जिससे वे भ्रष्टाचार के बारे में और जान सके और उसका प्रतिरोध कर सके। और आखिर में हमें अपने

मानव शरीर को और ताकतवर बनाना चाहिए जिससे हम भ्रष्टाचार जैसे समाज के अनेक गैरकानूनी कार्यों को याद दिला सके। और एक वाक्य के बिना कैसे खतम कर सकते हैं; 'सही कहो, सही करो, सही चुनो और आगे बढ़ो'। जइ हिंद !

## विडियो गेम



ऋतिका राजेश

7 B

रविवार की शाम थी, और मैं अपनी ट्यूशन के बाद घर लौट रहा था। मैं थक गया था और जानता था कि घर पहुँचने पर सबसे पहली बात मैं बिस्तर पर लेटा रहूँगा और अपना पसंदीदा विडियो गेम खेलूँगा। सड़कों पर कोई नहीं था। (मैं हैरान नहीं था क्योंकि जहाँ मैं रहता था, वह बहुत लोकप्रिय नहीं था।) सड़क पर कोई गाड़ी नहीं थी; सिर्फ मैं और आकाश के गहरे भूरे बादल थे। मैं ने सोचा था कि बारिश होगी, लेकिन गरज के निशान नहीं थे। मैं कल के होमवर्क के बारे में सोचकर इतना विचलित था कि मुझे एहसास भी नहीं हुआ कि मैं सड़क के बीच पर चल रहा था। जैसा कि मैं ने चलना ज़रूरी रखा, मैं ने अपने पीछे कुछ अजीब शोर सुना। मुझे पता था कि यह आवाज़ इनसानों की नहीं थी क्योंकि यह आवाज़ बहुत अजीब सी थी। मुझे बहुत बहादूरी महसूस हुई जब मैं ने अपनी बोतल को हथियार के रूप में इस्तेमाल किया था जो मेरे पीछे था। लेकिन जब मैं ने पीछे मुड़ा, तो वहाँ सिर्फ एक खिच खड़ा था। जिज्ञासा ने मेरे होश संभाल लिए थे। मैं धीरे से खिच दबाने के लिए झुक गया और अचानक से पूरा आकाश मेरे विडियोगेम की तरह गहरा नीला होने लगा। मुझे कुछ नहीं समझ आ रहा था। मुझे अचानक महसूस हुआ कि मैं अपने विडियोगेम की दुनिया में था। मैं ने सभी प्राणियों को देखा जो मेरे विडियोगेम में थे। मुझे लगा जैसे एक सपना सच हो गया। मैं ने फिर इस नई दुनिया की खोज शुरू की... मैं ने तब एक पोर्टल देखा जो मुझे वापस लेजाएगा। मैं ने उसे नज़र अंदाज किया और आगे चलने लगा। मैं ने कई जादुई स्थानों को देखा, जिससे मेरी आँखें चमक उठीं। और तब कहीं से यह क्रूर राक्षस मेरी और दौड़ता हुआ आया। मैं बहुत डर गया और सीधे पोर्टल की ओर दौड़ा, लेकिन मुझे विश्वास नहीं हुआ कि जब मैं ने देखा कि वह चला गया था। मुझे यह सोचकर घबराहट होने



लगी कि राक्षस मुझे खा जाएगा। "माँ बहुत देर से मेरा इंतज़ार कर रही होगी, लेकिन मैं उसे अपने आखिरी शब्द नहीं बोल पाया..." मैं ने आँसुओं से भरते हुए कहा। राक्षस और करीब आने लगा। और जब राक्षस सिर्फ एक इंच दूर था, उसी वक्त मैं नींद से जाग गया। मैं बहुत उलझन में था। "क्या यह सब एक सपना था?" मैं ने मन में सोचा... मैं तुरंत अपनी माँ की आवाज़ पर उठ गया। "तुम पूरी रात विडियोगेम खेल रहे थे ना?" माँ ने बोला। मैं ने अपने दाहिने हाथ को देखा और उसमें एक कंट्रोलर था। "क्या तुम कुछ कहोगे भी, या सिर्फ यहाँ बैठेंगे?" कही माँ। "तो वह सब सिर्फ एक सपना था?" मैं ने पूछा। "क्या?" माँ ने असमंजस में कहा। इससे पहले कि वह कुछ और कह पाती, मैं ने जल्दी से जाकर उसे गले लगाया। "जाओ तैयार हो जाओ," माँ ने मुस्कुराते हुए कहा। मैं ने उस दिन से विडियोगेम खेलना बंद कर दिया है। वह एक ऐसा दिन था जिसे मैं कभी नहीं भूल पाई।





आतिरा आर कम्पत्  
5A

## सीता की तितली

सीता एक सुंदर लड़की थी जो सबको प्यार करती थी। सीता के तीन दोस्त थे। वे थे मीना, राजु और रामु। वे चार अच्छे दोस्त थे। मुसीबत का सामना वह एक साथ करते थे। एक दिन वह जंगल में चुपन-छुपायी खेल रहे थे। राजु गिनती गिन रहा था। सीता छिपने चली। तब सीता ने एक सुंदर तितली को देखा जो एक मकड़ी की जाल में फँसी थी। सीता उसकी बुरी हाल देखकर दुखी हो गयी। उसने तितली को बचाया। तब तक राजु ने सीता को ढूँढ़ लिया था। सब सीता से पूछने लगे - 'सीता, तुम क्यों नहीं छिपी?' सीता ने उत्तर दिया मैं जब छिपने के लिए आई तो इस तितली को वह मकड़ी की जाल में फँसे हुए देखा और इसे बचाने का मन हो गया और मैं ने बचाया। सब उससे कहा- 'सीता तुम कितना प्यारी हो। खेल छोड़कर तुम एक तितली को बचालिया।' 'तभी वह तितली बोलने लगी। प्यारी लड़की, धन्यवाद मुझे बचाने के लिए। मुझसे तुम्हारा सबसे बड़ा तमन्ना बताओ और मैं पूरी करूँगी।' सीता ने कहा 'समय आने पर मैं यह वरदान जरूर माँगूँगी। यह जंगल खतरों से खाली नहीं है। तुम मेरे घर आओ। वहाँ तुम सुरक्षित रहोगी। इससे पहले यह बताओ कि तुम कैसे बोल सकती हो। सच मुच क्या तुम बोल सकती हो।' 'तितली ने कहा - हाँ मैं बोल सकती हूँ। मैं तुमारे साथ आने के लिए तैयार हूँ।' सब घर चले गए। तितली सीता के घर में खुश थी। वह बहुत स्वतंत्र थी। सीता के तीन और दोस्त थे। डीनु, बीनु और राजुल। वे बहुत बुरे

थे। डीनु और बीनु राजुल के सहायक थे। यह तमन्ना पूरी करने वाले तितली की खबर डीनु और बीनु राजुल को बताया। वह तीनों उस तितली को पकड़ने की कोशिश करने लगे। सीता को यह देखकर उन तीनों से गुस्सा हो गयी। सीता ने उनसे तितली को छोड़ने को कहा। पर वह तीन सीता के मज़ा उड़ाया। तीनों ने कहा 'एक लड़की हमें रोकेगी?' सीता को ज़्यादा गुस्सा आ गया। वह उन तीनों को मार भगाया। तितली ने कहा 'आज तुमने मुझे दो खतरों से बचाया है। (तुम्हारी सबसे बड़ी तमन्ना तो तुम्हारी सुरक्षा है।) तुम्हें कोई खतरा नहीं आनी चाहिए।' यह कहते ही वह तितली एक परी बन गई। सब आश्चर्य हो गए। परी ने कहा मैं एक बुरे जादूगर के जादू में फँसी थी। जब कोई मेरे लिए कुछ पूछेगा तभी मैं जादू से मुक्त होगी। तब से अब तक मैं एक तितली के रूप में ज़िंदगी बिताया। लेकिन सीता के कारण मैं मेरे असली रूप में वापस आ गई। धन्यवाद प्यारी बेटे। अब मेरी जाने का वक्त है। मैं तुम सबको कभी नहीं भूलूँगी। अलविदा दोस्तों। मेरी कोई आवश्यकता हो तो तीन बार मुझे याद करना और मैं तुम्हारे सामने आकर मदद करूँगी। 'यह कहकर वह परी गायब हो गई। तब रामु ने कहा - 'आज से हम भी सीता की तरफ़ सबको प्यार और मदद करेंगे।

मूल्य - प्यार और मदद करना। इससे हमें खुशी मिलेगी। इससे किसे हम मदद करते हैं, वह भी खुश रहेगा।

## बिल्ली बच गई



निरंजन जे  
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हरि रामू दो भाई थे। दोनों खूब खेलते, पढ़ाई करते और कभी कभी खूब लड़ाई भी करते थे। एक दिन दोनों अपने घर के पीछे खेल रहे थे। वहाँ एक कमरे में बिल्ली के दो छोटे छोटे बच्चे थे। बिल्ली की माँ कहीं गई हुई थी। दोनों बच्चे अकेले थे। उन्हें भूख लगी हुई थी। इसलिए खूब रो रहे थे। हरि रामू ने दोनों बिल्लियों की आवाज़ सुनी और अपने दादा जी को बुला कर लाए। दादा जी ने देखा दोनों बिल्ली के बच्चे भूखे थे। दादा जी ने उन दोनों बिल्ली के बच्चों को खाना खिलाया और एक कटोरी दूध पिलाई। अब बिल्ली की भूख शांत हो गई। वह दोनों आपस में खेलने लगे। इसे देखकर दोनों बोले 'बिल्ली बच गई!' दादाजी ने हरि रामू को शाबाशी दी!

शिक्षा: दूसरों की भलाई करने में खुशी मिलती है।





# जल प्रलय का अनुभव



आशना जयन  
VII- B

दो साल पहले मेरा जो अनुभव जल प्रलय के साथ हुआ था उसका स्मरण आते ही रोगटे खड़े होने लगते हैं। उस सब को कंपकंपी छूट जाती है। बरसात का मौसम था। चारों ओर वर्षा होने का समाचार आ रहे थे। वर्षा अधिक होने के कारण पास के नाले भरने लग गए थे। श्याम होते ही नाले का पानी उनके किनारों से बाहर निकलने लगा। दो घंटों के बाद भी जब बारिश का जोर बढ़ता गया। हमारे आँगन के अंदर पानी आने लगा। हमें लगा था कि वर्षा का जोर थमते ही पानी अपने आप निकल जाएगा। हम लोग सो रहे थे उस समय आधी रात से अधिक समय हो चुका था। करीब रात के दो बजे बिजली चली गई मोम बत्ती जलाने पाँव धरती पर रखा तो कमरा पानी से भरा था। अगल बगल के लोग 'बाढ़ बाढ़' चिल्लाने लगे। सुबह होते ही पानी घुटनों तक पहुँच चुका था। दिन के उजाले में वह दृश्य और भी भयानक लग रहा था। कुछ घंटों बाद नावों में आए सहायता दल के साथ जाना उचित समझा। हमारी काफी चीजें बरबाद हो चुकी थी जिसकी आज तक हम जमा नहीं कर पाए। ऐसा होता है जल प्रलय।



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# വീഴ്ചയിൽ വിനീതരാകണം

രാത്രിയിൽ ഒരാൾ നക്ഷത്രങ്ങളെ നോക്കി നടക്കുകയായിരുന്നു. പെട്ടെന്ന് അദ്ദേഹം ഒരു ചെറിയ കിണറ്റിൽ വീണു. നടക്കുന്ന വഴിയിൽ ഈ കിണറുള്ള കാര്യം അദ്ദേഹം മറന്നു. നിലവിളി കേട്ട് അടുത്തുള്ള ഒരു സ്ത്രീ അദ്ദേഹത്തെ രക്ഷിച്ചു. കരയിൽ എത്തിയ അയാൾ സ്ത്രീയോടു പറഞ്ഞു. 'രാജാവ്' പോലും വരി നിന്നു കാണുന്ന പ്രശസ്ത പ്രഭാഷകനെയാണ് നിങ്ങൾ രക്ഷപ്പെടുത്തിയത്. അതുകൊണ്ട് നിങ്ങളുടെ ഭാവി വിജയത്തിലേക്കുള്ള വഴി ഞാൻ പറഞ്ഞു തരാം. അയാൾ പറഞ്ഞു. സ്ത്രീ മറുപടി നൽകി. രണ്ടടി മുൻപിലുള്ള കിണർ കാണാൻ കഴിയാത്ത താങ്കൾ എങ്ങനെയാണ് എനിക്കു ഭാവിയിലേക്കു വഴികാണിച്ചു തരുന്നത്.

ജീവിതത്തിൽ ദയനീയാവസ്ഥകളെ വല്ലപ്പോഴുമെങ്കിലും അഭിമുഖീകരിക്കുന്നതു നല്ലതാണ്. ഒരിക്കലെങ്കിലും കൂഴിയിൽ വീഴുകയോ കാൽച്ചുവട്ടിലെ മണ്ണ് ഒലിച്ചുപോകുകയോ ചെയ്താൽ സമാന അനുഭവങ്ങൾ ഉള്ളവരുടെ നിവൃത്തികേട് പെട്ടെന്നു തിരിച്ചറിയാനാകും. വീണുകിടക്കുമ്പോഴെങ്കിലും വിനീതരായാൽ കൈ പിടിച്ചുയർത്താൻ ആളുകൾ കാണും. അവിടെയും ആർക്കും മനസ്സിലാക്കാത്ത ഭാഷയും പ്രതികരണവും ആണെങ്കിൽ ആരും ശ്രദ്ധിക്കില്ല.

ചിലരുണ്ട്, കരയ്ക്കു കയറും വരെ നിലവിളിക്കുകയും കര പറ്റിയശേഷം വീണ്ടും അവഹേളിക്കുകയും ചെയ്യുന്നവർ. ഓരോ വീഴ്ചയിൽനിന്നും വളർച്ചയുടെ തിരിച്ചറിവുകൾ കൂടി രൂപപ്പെടുത്തണം. കരയ്ക്കടുപ്പിച്ചവരോടുള്ള കടപ്പാടാകണം, പിന്നീടുള്ള ജീവിതത്തിന്റെ തിരിവെളിച്ചം. ഈ കഥ എല്ലാവർക്കും ഒരു വെളിച്ചമാകട്ടെ.



നിരഞ്ജന  
VD

# ഇരുൾ പ്രഭാതങ്ങൾ

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അനന്തലക്ഷ്മി സി. പ്രസാദ്  
VII B



# പ്രകൃതിസംരക്ഷണവും വിദ്യാർത്ഥികളും



നിവേദിത  
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ദൈവത്തിന്റെ സ്വന്തം നാട് എന്ന് അറിയപ്പെടുന്ന കേരളഭൂമി പ്രകൃതി സൗന്ദര്യം കൊണ്ട് ലോകരാജ്യങ്ങളുടെ ഇടയിൽ മുൻപന്തിയിലാണ് പരിഗണിക്കപ്പെടുന്നത്. ഇന്ത്യയുടെ തെക്കുപടിഞ്ഞാറൻ ഭാഗത്തായി ഒരു സുന്ദരിയുടെ 'ബ്യൂട്ടിസ് പോട്ടു' പോലെ ശോഭിക്കുന്നു. പ്രകൃതിസൗന്ദര്യവും ഐശ്വര്യസമൃദ്ധിയും ഒരുമിച്ചുചേരുന്ന മലയാളക്കര വിനോദസഞ്ചാരികൾക്ക് ഒരു പര്യടീസയാണ്. അങ്ങനെയുള്ള കേരളത്തിൽ പ്രകൃതിവിരുദ്ധപ്രവർത്തനങ്ങൾ ഏറിവരികയാണ്. പലവിധത്തിലുള്ള മലിനീകരണങ്ങൾ, അനധികൃത നിർമ്മാണങ്ങൾ, വനനശീകരണം എന്നിവ പ്രകൃതിവിരുദ്ധപ്രവർത്തനങ്ങളാണ്.

ഭൗതിക പ്രപഞ്ചത്തെ മൊത്തത്തിൽ സൂചിപ്പിക്കുന്ന പദമാണ് പ്രകൃതി. പ്രകൃതിയിൽ മനുഷ്യനും ഉൾപ്പെടും. എന്നാൽ മനുഷ്യരും പ്രകൃതിയെ നശിപ്പിക്കുന്നുണ്ട്. അനധികൃത നിർമ്മാണങ്ങളും മലിനീകരണങ്ങളുമെല്ലാം പ്രകൃതിയെ വളരെ അധികം ദോഷം

ചെയ്യുന്നുണ്ട്. പുഴകൾ കയ്യേറുന്നതും പ്ലാസ്റ്റിക് മാലിന്യം ഉപേക്ഷിച്ച് മലിനീകരിക്കുന്നതും പ്രകൃതിവിരുദ്ധ പ്രവർത്തനങ്ങളിൽ ആദ്യം സൂചിപ്പിക്കാവുന്നവയാണ്.

പ്രകൃതിയെ സംരക്ഷിക്കാൻ വിദ്യാർത്ഥികൾ എന്ന നിലയ്ക്ക് നമുക്കു പലതും ചെയ്യാവുന്നതാണ്. പ്ലാസ്റ്റിക് പരമാവധി ഒഴിവാക്കുക, മാലിന്യങ്ങൾ കത്തിക്കാതിരിക്കുക, ബോധവൽക്കരണ ക്ലാസുകൾ സംഘടിപ്പിക്കുക, മരങ്ങൾ നട്ടുപിടിപ്പിക്കുക, തുണിസഞ്ചികളുടെ ഉപയോഗം വർദ്ധിപ്പിക്കുക എന്നിങ്ങനെ. സ്കൂളുകളിലെ ഓരോ വിദ്യാർത്ഥിയിലേക്കും ഈ സന്ദേശം എത്തിക്കാൻ കഴിഞ്ഞാൽ അവരുടെ വീടുകളിലും ഒരു മാറ്റം വരുത്താൻ കഴിയും. ഇങ്ങനെ ഒരു സമൂഹത്തെ തന്നെ മാറ്റാൻ കഴിയും.

പ്രകൃതിയെ സംരക്ഷിക്കേണ്ടത് നമ്മുടെ ഉത്തരവാദിത്തമാണ്. ഇതിനായി നമുക്ക് ഒന്നിച്ചു പ്രവർത്തിക്കാം.

## അലീനയുടെ ചെടി



മീനാക്ഷി സി. എസ്.  
IV A

ഒരു ദിവസം അലീന ഒരു വിത്ത് നട്ടു. എന്നും രാവിലെ അവൾ അതിന് നനയ്ക്കുമായിരുന്നു. വിത്ത് മുളച്ച് ഒരു കുഞ്ഞ് ചെടിയാണി മാറി. അതുകണ്ട് സന്തോഷത്തോടെ അവൾ അകത്ത് പോയി അച്ഛന്റെ അടുത്ത് കാര്യം പറഞ്ഞു. 'അച്ഛാ, ഞാൻ നട്ട വിത്ത് മുളച്ച് ഒരു കുഞ്ഞ് ചെടിയാണി മാറിയിരിക്കുന്നു.' വളരെ നല്ല കാര്യം, അത് ഒരു നല്ല മരമായി വരുമെന്ന് അച്ഛൻ പറഞ്ഞു. വർഷങ്ങൾ കഴിഞ്ഞപ്പോൾ ചെടി വളർന്ന് മരമായി മാറി. അതുകണ്ട് അലീനയും അച്ഛനും സന്തോഷിച്ചു. "ഇനിയും ചെടികൾ നട്ട് നമ്മളുടെ പ്രകൃതിയെ സംരക്ഷിക്കണം" അച്ഛൻ അലീനയോട് പറഞ്ഞു: "മരം ഒരു വരം."



# യോഗ



ശ്രീ രാമചന്ദ്രൻ  
(മാസ്റ്റർ ഓഫ് യോഗ)



പ്രിയ കുട്ടുകാരേ,

ഈശ്വര നാമത്തിൽ യോഗയെക്കുറിച്ച് കുറച്ച് കാര്യങ്ങൾ നിങ്ങളോട് പറയട്ടെ. മനുഷ്യരാശിക്ക് ദൈവാനുഗ്രഹത്താൽ കിട്ടിയ വരം നമ്മൾ മറക്കരുത്. നിരന്തരമായി രൂപി വൈവിധ്യമുള്ള ഭക്ഷണ പദാർത്ഥങ്ങളുടെ പുറകെ നമ്മൾ പായുന്നു. നല്ലതും ചീത്തയും തിരിച്ചറിയുവാനുള്ള കഴിവ് ഉണ്ടായിട്ടും കാലഘട്ടത്തിനനുസരിച്ച് മാറിമാറി വന്നുകൊണ്ടിരിക്കുന്ന മാർകമായ പകർച്ചവ്യാധികളിൽ കുടുങ്ങി ജീവൻ തന്നെ ഹനിക്കപ്പെടുന്നു. ഇതിനെല്ലാം കാരണം മനുഷ്യന്റെ മനസ്സും ചിന്തകളും ആണ്. മനുഷ്യനിൽ തന്നെയാണ് ദൈവം എന്നുള്ളത് എല്ലാവരും മറന്നുപോകുന്നു. സമൂഹത്തിൽ ഏതുവിഭാഗത്തിൽപ്പെടുന്ന മനുഷ്യരായാലും ഐശ്വര്യം, സമ്പത്ത് എന്നിവ യഥേഷ്ടം പെട്ടെന്ന് വന്നുചേരാനുള്ള വഴികൾ എവിടെയുണ്ടോ അവിടേക്ക് അവർ എത്തിപ്പെടുന്നു. എത്തിച്ചേർന്നാൽ അത് പരിപൂർണ്ണമായും അനുഭവിക്കാനുള്ള യോഗം കിട്ടി നില്ക്കൂ അതിനുമുമ്പേ മൺമറയുന്നു.

എല്ലാ മനുഷ്യരിലും മനസ്സ് എന്നു പറയപ്പെടുന്ന ഒന്നുണ്ട്. അതു വളരെയധികം ചൈതന്യമുള്ളതാണ്. ഒരു മനുഷ്യനെ പരിപൂർണ്ണനാക്കുന്നത് അവന്റെ മനസ്സാണ്. മനസ്സിനെ ആദ്യം ദൃഢപ്പെടുത്തണം. മനസ്സ് ദൃഢപ്പെടണമെങ്കിൽ അതിന് ഒരു പോംവഴിയെടുക്കൂ. അത് സാക്ഷാൽ പരമേശ്വരൻ നമുക്കു കാണിച്ചു തന്നിട്ടുള്ള യോഗ എന്ന പ്രശസ്തമായ കലയാണ്. ഒരു കുഞ്ഞ് ജനിച്ചുവളർന്ന് വലുതായി അവന്റെ ഉത്ത

രവാദിത്വങ്ങൾ മുഴുവനാകണമെങ്കിൽ യോഗ പഠിച്ചിരിക്കണം. പക്ഷേ നിർഭാഗ്യവശാൽ ഇന്നത്തെ മനുഷ്യന് ഇതുകാണുന്നില്ല. എല്ലാവർക്കും പെട്ടെന്നു കാര്യം നേടണം.

യോഗ പഠിക്കാനായി തുടങ്ങുമ്പോൾ കുറച്ചു കാര്യങ്ങളെക്കുറിച്ചും മനസ്സിലാക്കണം. മനോഹരമായ ഈ പ്രപഞ്ചം എന്താണെന്നു നിങ്ങൾക്കു മനസ്സിലാകണ്ട. യോഗയിൽ പറഞ്ഞിട്ടുള്ള മെഡിറ്റേഷൻ പ്രാണായാമം, യോഗാസനങ്ങൾ. ഇതെല്ലാം കുറച്ചുനാളത്തെ പരിശീലനംകൊണ്ട് നിങ്ങൾക്കു സ്വന്തമാക്കാം. നിങ്ങളുടെ ജീവിതംതന്നെ മാറ്റിമറിക്കപ്പെടും. വളർന്നു വരുന്ന ഇന്നത്തെ വിദ്യാർത്ഥികളാണ് നമ്മുടെ ഭൂമിയുടെ സമ്പത്ത്. നമ്മുടെ വിദ്യാർത്ഥിസമൂഹത്തിന് യോഗ എന്ന അതിവിശിഷ്ട കലയിൽ അഭിനിവേശം ഉണ്ടായാൽ ഈ ഭൂമിതന്നെ ഒരു സ്വർഗ്ഗമായിത്തീരും. സമൂഹത്തിൽ എല്ലാ മാതാപിതാക്കളും ചിന്തിക്കുന്നത് എത്രയും വേഗം എന്റെ മകളെ അല്ലെങ്കിൽ മകനെ ഒരു എഞ്ചിനീയർ, അല്ലെങ്കിൽ ഡോക്ടർ ആക്കണം എന്നുള്ളതാണ്. സമൂഹത്തിലെ ഈ ചിന്തകൾ മാറണം.

സുഹൃത്തുക്കളേ, നിങ്ങളുടെ കണ്ണുകൾ ഒന്നു തുറക്കുക. നിങ്ങളുടെ മുന്നിൽത്തന്നെ ജഗദീശ്വരൻ വെച്ചു തന്നിട്ടുള്ളത് കാണാതെ പോകരുത്. മുഖം തിരിക്കരുത്. അതീവ രഹസ്യസ്വഭാവമുള്ള ഈ ശക്തിയെ നിങ്ങൾ തിരിച്ചറിയുക. എന്നിട്ടു നിങ്ങൾ ഈ പ്രപഞ്ചത്തോടു വിട പറഞ്ഞോളൂ.





പാർവ്വതി എസ്. വാര്യർ  
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## ആധുനിക സമൂഹവും അഹിംസാ സിദ്ധാന്തവും

ആധുനിക സമൂഹത്തിൽ ഇന്ന് നടക്കുന്ന കൊലക്കുറ്റങ്ങളുടെയും പീഡനങ്ങളുടെയും എണ്ണം പറയാൻ സാധിക്കുന്നതല്ല. ഇന്ത്യയുടെ സ്വാതന്ത്ര്യത്തിന് ഉപയോഗിച്ച ആയുധമായിരുന്നു അഹിംസ. ഗാന്ധിജിയുടെ എക്കാലത്തെയും ഊർജ്ജസ്വലതയായിരുന്നു. സത്യവും, അഹിംസയും ഇന്നത്തെ സമൂഹത്തിന് ഇല്ലാത്തതെന്താണോ എന്നു ചോദിച്ചാൽ അതിൽ ആദ്യം വരുന്നത് അഹിംസയാണ്. എവിടെയാലും പീഡനങ്ങളും, ഭീഷണിയും, കൊലകളും ഒക്കെയാണ്. ഒരു ഉറുമ്പിനെപ്പോലും നോവിക്കാത്ത ഒരു പ്രവൃത്തിയാണ് അഹിംസ. എന്നാൽ ഇന്ന് അങ്ങനെ അല്ല, ഒരു ഉറുമ്പല്ല ആയിരം മനുഷ്യരെവരെ കൊല്ലാൻ ആളുകൾ മടിക്കില്ല. ഏതൊരു മനുഷ്യനിലും ഉണ്ടാക്കിയെടുക്കേണ്ട ഒരു ശീലമാണ് അഹിംസ. അഹിംസ വളർത്തിയെടുക്കാൻ പുരാതനഗ്രന്ഥങ്ങളായ ഭഗവദ്ഗീതയും, മഹാഭാരതവും, രാമായണവും വായിച്ചു അർത്ഥം മനസ്സിലാക്കുന്നത് നല്ലതാണ്. ഗാന്ധിജിയുടെ ആത്മകഥയായ “എന്റെ സത്യാന്വേഷണ പരീക്ഷണങ്ങൾ” എന്ന പുസ്തകത്തിലും അദ്ദേഹത്തിന്റെ അഹിംസയിലൂന്നിയ സമരപദ്ധതിയെക്കൊണ്ട് ബ്രിട്ടീഷുകാരെക്കൊണ്ട് അടിയറവു പറയിച്ചതും എഴുതിയിട്ടുണ്ട്. ഇതൊക്കെ വായിച്ചാൽ അഹിംസ എന്നതിന്റെ അർത്ഥവും, ഗുണങ്ങളും ഒക്കെ മനസ്സിലാക്കാം. ആധുനിക ലോകത്ത് അഹിംസക്ക് ഒട്ടും പ്രാധാന്യമില്ല. എന്നാൽ, അത് ഉണ്ടാക്കി എടുത്തില്ലെങ്കിൽ ഒരു സമൂഹമല്ല, ഒരു രാജ്യം തന്നെ നശിച്ചുപോകും. പക്ഷേ, അധികമായാൽ അമൃതവും വിഷമാണ് എന്നല്ലെ ചൊല്ലി, അതുപോലെ അഹിംസയെ ഓർത്ത് എപ്പോഴും ആവശ്യത്തിനും അനാവശ്യത്തിനും സമരം ചെയ്താൽ അതും രാജ്യത്തിനു തന്നെ അപകടമകും. ഒന്നാം ക്ലാസിൽ പഠിക്കുന്ന വിദ്യാർത്ഥികൾ തമ്മിലുള്ള ചെറിയ തർക്കം മതി വലിയ കൊലക്കുറ്റവും പീഡനവും ഒക്കെ ആവാൻ. അതിനു പകരം ആ പ്രശ്നം അപ്പോൾ തന്നെ ഒത്തു തീർപ്പാക്കിയാൽ ഇതിന്റെ ആവശ്യമൊന്നുമില്ല. ഇതൊക്കെ അഹിംസയെ അധിക്ഷേപിക്കുന്നതിന് സമമാണ്. അവിടെയും ഇവിടെയും വഴക്കും, അടിയും കൊലയും, ഭീഷണിയും ഒക്കെ ഉള്ള രാജ്യമല്ലല്ലോ നമുക്കിഷ്ടം, അതിനാൽ വളരെ അഹിംസയിലേറിയ ആധുനിക ലോകം ഉണ്ടാക്കാൻ വേണ്ടി നമുക്ക് ഒന്നിച്ചു കരുത്തോടെ പരിശ്രമിക്കാം.



മാധവ് മേനോൻ  
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## സത്യവും നന്മയും

സത്യവും നന്മയും ഒന്നായി ചേരുമ്പോൾ സൂര്യൻ ഉദിച്ചിടും ദൈവം എത്തീടും. ദൈവം എത്തീടുമ്പോൾ സത്യം ജയിച്ചിടും. സത്യം ജയിച്ചിടുമ്പോൾ ഇരുട്ടുകൾ മാഞ്ഞീടും.



# ഓർമ്മയിലൂടെ അല്പനേരം...



അഞ്ജു ഇ.  
സ്റ്റുഡന്റ് കൗൺസിലർ

ജീവിതാനുഭവങ്ങളാണോ, ജീവിതാഭിലാഷങ്ങളാണോ ഒരാളെ കഥയെഴുതാൻ പ്രേരിപ്പിക്കുന്നത്. അങ്ങനെയെങ്കിൽ മേൽപ്പറഞ്ഞ കാര്യങ്ങളിൽ ആദ്യത്തേത് കുറച്ചു മാത്രമേ എനിക്കു ബാധകമാകൂ. ജീവിതാഭിലാഷങ്ങളാണ്? മുൻപന്തിയിൽ. ഒരുപക്ഷേ ഏറെക്കുറെ എല്ലാവർക്കും ഇങ്ങനെയായിരിക്കാം, അറിയില്ല. കഥയെഴുതുവാൻ ഒരാൾക്കുവേണ്ട യോഗ്യതയെന്താണ്? എന്റെ അഭിപ്രായത്തിൽ വായനക്കാരന് അത് ആസ്വാദ്യയോഗ്യമായിരിക്കണം, അത്രമാത്രം. അങ്ങനെ നോക്കിയാൽ സൂര്യനുകീഴെ നടക്കുന്ന എന്തിനെയും ഒരു കഥയായി നമുക്ക് ചിത്രീകരിക്കാം. ഒരർത്ഥത്തിൽ നമ്മെ അനുകൂലിക്കുന്നവരും പ്രതികൂലിക്കുന്നവരും ഒരുപോലെയുണ്ടെങ്കിലേ മുന്നോട്ടുള്ള യാത്രയ്ക്കു കൂടുതൽ ഊർജ്ജം ഉണ്ടാകുകയുള്ളൂ എന്നതാണ് എന്റെ പക്ഷം.

നീണ്ട ഇടവേളയ്ക്കുശേഷം എം.ടിയിന്റെ 'കാലം' എന്ന നോവൽ കയ്യിലെത്തിയിരിക്കുകയാണ്. എന്നത്തെയുംപോലെ എന്റെ വായന അതിന്റെ ഒഴുക്കിലേക്കു വരാൻ സമയം അല്പം കൂടുതൽ തന്നെ വേണ്ടിവന്നേക്കും. ഒന്നോ രണ്ടോ പേജുകൾ മാത്രം മറിച്ചുനോക്കിയതേയുള്ളൂ. എന്തെങ്കിലും രണ്ടു വരികൾ കുത്തിക്കുറിക്കുവാൻ എന്തെന്നില്ലാത്ത ഒരാവേശം കൈവന്നിരിക്കുന്നു. നേരിയ ഒരു കുറ്റബോധവും ഇല്ലാതില്ല. കൈവിരൽത്തുമ്പിലൂടെ അക്ഷരങ്ങൾ ദിനംതോറും തള്ളിനീക്കുന്നതല്ലാതെ മനസ്സീരുത്തി എഴുതിയിട്ടോ വായിച്ചിട്ടോ ഒരു പാടായിരിക്കുന്നു. എന്തിനെക്കുറിച്ചെഴുതണം എന്നതായി അടുത്ത

**ചിന്ത.**

ചിന്തകൾ കാടുപിടിക്കുന്ന തലയ്ക്കുള്ളിൽനിന്ന് രണ്ടുവരികൾക്കാണ് പരതുന്നത്. ബാല്യത്തെ ഒരു പരിധിയിൽ കൂടുതൽ തന്നെ പ്രണയിച്ചതുകൊണ്ടായിരിക്കണം, വിഷയം ഒടുവിൽ അതിൽത്തന്നെ വന്നെത്തിയിരിക്കുന്നത്. കെട്ടുപാടുകളില്ലാത്ത, കണ



കുപറച്ചിലുകളില്ലാത്ത എന്റെ ബാല്യം ഇന്നെന്നെ വിട്ടുകനിമിക്കുന്നു. മനസ്സിൽ അച്ഛന്റെ മുഖം തെളിയുന്നുണ്ട്. ബന്ധനങ്ങളില്ലാത്ത എന്റെ ബാല്യം മഞ്ഞുതുളളികൾപോലെ ഓർക്കുമ്പോൾ സുഖകരവും കുളിരുപകരുന്നതുമാണ്. അഡിക്കാലത്തെ അമ്മവീടാണ് മനസ്സിൽ തെളിയുന്നത്. മക്കളും പേരക്കുട്ടികളും എല്ലാം ഒത്തുചേർന്ന് ഒരു ശബ്ദകോലാഹലം തന്നെയാണവിടെ. ഒത്തിരി തിരക്കുകൾക്കിടയിലും ചിലപ്പോഴെങ്കിലും ഇത്തരം ഓർമ്മകളിലേക്ക് അറിയാതെ മനസ്സ് വഴുതിവീഴുന്നു. തിരികെ കിട്ടില്ലെന്നുറപ്പാണെങ്കിലും അന്നത്തെ ഓർമ്മകൾ മാത്രം മതി ഇനിയുള്ള ജീവിതത്തിൽ കുറച്ചു തണൽ നൽകുവാൻ.

ഇന്നത്തെ തലമുറയ്ക്കു നഷ്ടപ്പെട്ടുകൊണ്ടിരിക്കുന്ന ഓരോ കാര്യങ്ങളെക്കുറിച്ചും ഞാൻ ചിന്തിക്കുകയാണ്. പച്ചവിരിച്ച പാടവരമ്പിലൂടെ കൂട്ടുകാർക്കൊത്തുള്ള നടപ്പും, ഊഞ്ഞാലിൽ ചാടിക്കയറിനിന്നുള്ള ആട്ടവും, കുനിക്കുരുവും മഞ്ചാടിയും നൂറാംകോലും കല്ലുകൊത്തിക്കളിയും അങ്ങനെയങ്ങനെ നീളുന്നു കാര്യങ്ങൾ. സ്വാർത്ഥതയോ പരിഭവങ്ങളോ ഒന്നും തന്നെ നമ്മളെ അലട്ടിയിരുന്നില്ല. സമയം അത് ആർക്കുവേണ്ടിയും കാത്തുനിൽക്കുക പതിവില്ലല്ലോ. കാലത്തിന്റെ ഒഴുക്കിൽ നമ്മളോരോരുത്തരും നീന്തി നീന്തി പൊയ്ക്കൊണ്ടിരിക്കുന്നു. അതിനെ തള്ളിനീക്കാനുള്ള പരക്കംപാച്ചിലിനിടയിൽ അടർന്നുവീഴുന്ന ഒരു കൂട്ടം ബന്ധുക്കളും സുഹൃത്തുക്കളും. സ്വന്തം ഇഷ്ടങ്ങളെ ഒരു പരിധിയിൽ കൂടുതൽ മുടിവയ്ക്കേണ്ടിവരുന്ന അവസ്ഥ. അത് എന്നെ സംബന്ധിച്ചിടത്തോളം അല്പം പ്രയാസമേറിയതാണ്. എല്ലാവരുടെയും ഉള്ളിന്റെ ഉള്ളിൽ ഒരു കുഞ്ഞുമനസ്സ് ഒളിഞ്ഞിരിപ്പുണ്ടെന്നതു

സത്യമല്ലേ? ചിലപ്പോൾ നമ്മളറിയാതെതന്നെ ആ കുഞ്ഞുമനസ്സ് നമ്മിൽ ഉണർന്നെന്നീക്കും.

ജീവിതാഭിലാഷങ്ങൾ ഒത്തിരിയുള്ളതിനാൽ കൊഴിഞ്ഞുവീണ ദിനങ്ങൾ ഒരുപക്ഷേ പെട്ടെന്നു മറന്നുകളയുവാൻ നമുക്കു കഴിഞ്ഞേക്കും. ആഗ്രഹങ്ങൾ ഒന്നൊന്നായ് കുമിഞ്ഞുകൂടുന്നതിനിടയിൽ കൈവിട്ട ആ നല്ല നാളുകളിലേക്ക് ചിലപ്പോഴെങ്കിലും ഒന്നു കടന്നുചെല്ലുവാൻ നമുക്കേവർക്കും കഴിയണം. മീൻപിടിക്കുവാൻ കുഞ്ഞിത്തോർത്തുമായി തോട്ടിലിറങ്ങിയതും, മാവിൽനിന്നും ഉതിർത്തുവീഴുന്ന മുവാണ്ടൻ മാമ്പഴത്തിനായുള്ള ഓട്ടപ്പാച്ചിലുകളും, പുതുമഴ നനഞ്ഞപ്പോൾ കിട്ടിയ അമ്മയുടെ ശകാരവും, അച്ഛൻ തന്ന ചോറുരുളകളും, അറിവിന്റെ വെളിച്ചം ആദ്യമായി പകർന്നു നൽകിയ ഗുരുക്കന്മാരും, ചേട്ടനു മൊത്തുള്ള കുഞ്ഞനിയത്തിയുടെ യാത്രകളും ആലോചിക്കുമ്പോഴും കണ്ണുകൾ ഹൃദയത്തിലായിത്തീരുന്നു. നഷ്ടങ്ങളെ ഓർത്തു കരയുന്നില്ല. ഓർക്കാൻ ഒത്തിരി ഓർമ്മകൾ ബാക്കിവെച്ചാണ് ബാല്യം എന്നെ വിട്ടുപിരിഞ്ഞത്.

നമ്മുടെ മക്കൾ വളരുകയാണ്. നിഷ്കളങ്കത കൈവിടും മുമ്പേ അവർ അറിയേണ്ട ചിലതുണ്ട്. പരസ്പരം സ്നേഹിച്ചും സ്വാർത്ഥത കൈവെടിഞ്ഞും അവർ വളരട്ടെ. ബാല്യത്തിന്റെ മധുരം നുണഞ്ഞ് അവർ രസിക്കട്ടെ. പാറിപ്പറക്കുന്ന ശലഭങ്ങളാണിന്നവർ. അവർ പറക്കട്ടെ. വിദ്യാലയം എന്ന പുതോട്ടത്തിൽനിന്നും അവർ പറന്നുയരട്ടെ. അവർക്കൊപ്പം അവരുടെ നന്മകളും.

ഒരിക്കലും മറക്കാനാവാത്ത ബാല്യം നമ്മുടെ മക്കളും സ്വായത്തമാക്കട്ടെ...

## മഴത്തുള്ളി

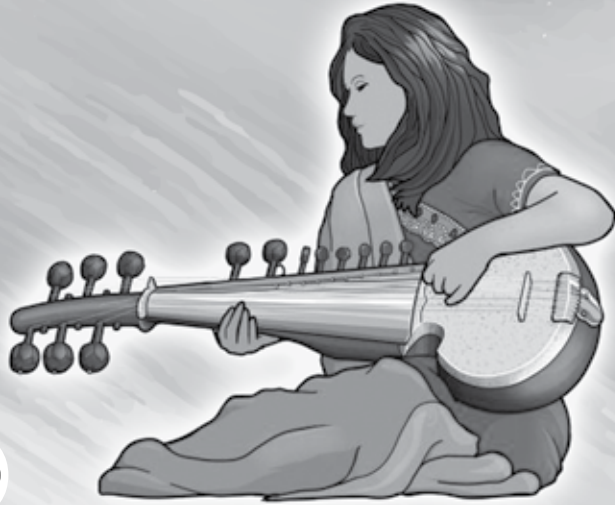


അമൃത എ.  
VD

ഒരു ദിവസം ഒരു കുട്ടി ഒരു മഴത്തുള്ളി പിടിച്ചു  
ഒഴുകി, ഒഴുകി അതു മണ്ണിൽ വീണു  
കുട്ടി തുള്ളിയെ മണ്ണിൽനിന്ന് എടുക്കാൻ ശ്രമിച്ചു  
എന്നാൽ അതു മണ്ണിൽ അലിഞ്ഞു  
കുട്ടി ഒരു നിമിഷം ആലോചിച്ചു  
ഉപകാരപ്പെടാത്ത മനുഷ്യർ  
വർഷങ്ങൾ ജീവിക്കുന്നു  
എന്നാൽ ഉപകാരപ്പെടുന്ന  
മഴത്തുള്ളിയുടെ ജീവിതമോ?  
എന്താ അങ്ങനെ?  
എന്താ അങ്ങനെ?







ബിന്ദു കെ.  
(ബയോളജി വിഭാഗം)

# കലയും വ്യക്തിത്വരൂപീകരണവും

സംസ്കാരത്തിന്റെയും പാരമ്പര്യത്തിന്റെയും പ്രതീകമാണ് കല. ജനങ്ങളുടെ സാമൂഹ്യ പരിഷ്കരണത്തിനും, അതുവഴി സാമൂഹ്യ പുരോഗതിക്കും വ്യക്തിത്വരൂപീകരണത്തിനും കലകൾ വഹിക്കുന്ന പങ്ക് നിസ്തൂലമാണ്. രാഷ്ട്രപുരോഗതിക്കും സാമൂഹ്യനന്മയ്ക്കും കുട്ടികളുടെ സർവ്വതോമുഖമായ വികാസത്തിനും കലാപഠനത്തിന് ഏറെ പ്രാധാന്യമുണ്ട്. വർത്തമാനകാല ജീവിതത്തിന്റെ കാലുഷ്യത്തെയും സാമൂഹ്യമായ ശൈഥില്യത്തെയും ധർമ്മികമായ അധഃപതനത്തെയും മറികടക്കാനുള്ള പ്രധാന ഉപാധി - അല്ലെങ്കിൽ ഏക ഉപാധി കലകളാണെന്നു കാണാം. പുതിയ തലമുറയിലെ കുട്ടികൾക്ക് ചെറുപ്രായത്തിൽത്തന്നെ കലകൾ പഠിക്കുവാനും ആസ്വദിക്കുവാനും പ്രകടിപ്പിക്കുവാനും അവസരം സൃഷ്ടിക്കുന്നതിലൂടെ അവരുടെ മനസ്സ് വിമലീകരിക്കപ്പെടുകയും വിശാലമാവുകയും ചെയ്യുമെന്ന് നിസ്തർക്കമായ കാര്യമാണ്. സംസ്കാരത്തെ തലമുറകളിലേക്കു പകർന്നു നൽകാനുള്ള ഉപാധിയാണ് കലകൾ. സാർത്ഥകമായ വ്യക്തിത്വവികാസത്തിനും കുട്ടികളെ മാനവികാവബോധമുള്ള സംസ്കാരസമ്പന്നരായ പൗരന്മാരായി സമൂഹത്തിൽ എത്തിക്കുന്നതിനും കലാവിദ്യാഭ്യാസം ഏറെ സഹായിക്കും. ഗീതം, വാദ്യം, നൃത്തം തുടങ്ങിയ സുകുമാരകലകളുടെ പഠനം, ജീവിതപ്രാരാബ്ധങ്ങളുടെ അഴുക്കുകൾ കഴുകിക്കളഞ്ഞ് ആത്മാവിനെ ശുദ്ധമാക്കുമെന്ന് നിസ്സംശയം പറയാം. വേദനയും വ്യഗ്രതയും അനിശ്ചിതത്വവും നിറഞ്ഞ ദൈനംദിനജീവിതത്തിന്റെ ഭാരങ്ങളെ ലഘൂകരിക്കുകയും, ഉന്മേഷവും സന്തോഷവും നൽകുകയും ചെയ്യുന്നതിൽ കലകൾക്കുള്ള സാധീനം ഏറെ വലുതാണ്.

## കലാപഠനം സ്കൂൾ വിദ്യാഭ്യാസത്തിൽ

ഭാവ-രാഗ-താള സമ്മേളനം എന്നും ഭാരതം എന്ന വാക്കിന് അർത്ഥം കല്പിക്കാം. ഭാരതത്തിൽ പല തരത്തിലുള്ള സംസ്കാരവും അതിന്റെ പാരമ്പര്യവും കലകളെ സമ്പുഷ്ടമാക്കിയിട്ടുണ്ട്. എല്ലാ ചിന്തകന്മാരും വിദ്യാഭ്യാസവിചക്ഷണന്മാരും വിദ്യാഭ്യാസത്തെക്കുറിച്ചുള്ള അവരുടെ അഭിപ്രായങ്ങളിൽ കലകളുടെ പ്രാധാന്യത്തെക്കുറിച്ച് പരാമർശിച്ചിട്ടുണ്ട്.

പരിശുദ്ധമായ ഒരു ഹൃദയം രൂപീകരിക്കുകയാണ് വിദ്യാഭ്യാസത്തിലൂടെ ലക്ഷ്യമിടേണ്ടതെന്ന് രാഷ്ട്രപിതാവ് മഹാത്മാഗാന്ധി പറഞ്ഞത് ഇതിനോട് ചേർത്തു വായിക്കാവുന്നതാണ്. ആത്മാവിന്റെ സാക്ഷ്യപ്പെടുത്തലായ 'കല' ഇതിന് ഏറ്റവും ഉചിതമായ മാധ്യമമാണ്. ജാതി-മത-വർഗ്ഗ-വർണ്ണ ഭേദങ്ങൾക്കതീതമാണ് കല. അതു മനുഷ്യമനസ്സുകളെ ആനന്ദിപ്പിക്കുകയും സംസ്കരിക്കുകയും ചെയ്യുന്നതോടൊപ്പം എല്ലാവരെയും ഒരുമിപ്പിക്കുകയും ചെയ്യുന്നു. സ്കൂൾ പഠനകാലത്തുതന്നെ കലാപഠനം നിർവ്വഹിക്കുന്നത് കുട്ടികളിൽ ഒരു ദിശാബോധം വളർത്തിയെടുക്കാൻ സഹായകമാകും.

വിദ്യാഭ്യാസംകൊണ്ട് അർത്ഥമാക്കുന്നത് വെറും അറിവുസമ്പാദനം മാത്രമല്ല, മറിച്ച് ഒരു സമ്പൂർണ്ണ വ്യക്തിത്വസൃഷ്ടിയാണ്. അതിനാൽ മാനവികതയ്ക്ക് അതിൽ ഏറെ പ്രാധാന്യമുണ്ട്. കലാപഠനം വ്യക്തികളുടെയും സമൂഹത്തിന്റെയും സാംസ്കാരിക നിലവാരം ഉയർത്തുകയും, കുട്ടികളെ ചെറുപ്പത്തിൽത്തന്നെ സ്വഭാവശുദ്ധിയുള്ളവരാക്കി മാറ്റുകയും ചെയ്യും. ഏതു പ്രതികൂല സാഹചര്യത്തെയും സമചിത്തതയോടെ അഭിമുഖീകരിക്കുവാനും വിജയകര



മായി അതിജീവിക്കുവാനും സ്കൂൾ പഠനകാലത്തെ കലാപഠനം സഹായിക്കും.

### സംഗീതകല

വിവേകാനന്ദസ്വാമികളുടെ വാക്കുകളിൽ ഏറ്റവും ഉദാത്തമായ കലയാണ് സംഗീതം. നാദഭാഷയായ സംഗീതം വികാരത്തിന്റെ പ്രതിഫലനമാണ്. ഭക്തി, സന്തോഷം, സന്താപം, ശൃംഗാരം തുടങ്ങി എല്ലാ വികാരങ്ങളും സുകുമാരകലകളിൽ ഏറ്റവും ശ്രേഷ്ഠമെന്നു കരുതുന്ന സംഗീതത്തിലൂടെ പ്രകടിപ്പിക്കാനാവും.

സംഗീതകല വിശേഷിച്ചും ഈശ്വരചൈതന്യത്തോട് മനുഷ്യരെ അടുപ്പിക്കുന്നു. ഏതു മതത്തിലും ഈശ്വരാരാധനയുടെ മുഖ്യമായ ഘടകങ്ങളിൽ ഏറ്റവും പ്രാധാന്യം സംഗീതത്തിനാണ്. മനുഷ്യർ ഏത് രാജ്യത്തുള്ളവരായാലും ശരി, ചരിത്രത്തിൽ ഏതു ദശയിൽ ജീവിച്ചിരുന്നവരായാലും ശരി, അവൻ ഒരു തരത്തിലല്ലെങ്കിൽ മറ്റൊരു തരത്തിലുള്ള സംഗീതം അനുപേക്ഷണീയമായിരുന്നിട്ടുണ്ട്. നാദത്തെ ബ്രഹ്മമായി കരുതുന്ന ഭാരതീയ പാരമ്പര്യത്തിൽ സംഗീതത്തിലൂടെ മോക്ഷപ്രാപ്തി ലഭിക്കുമെന്ന വിശ്വാസം കൂടിയുണ്ട്. സൂർദാസും ത്യാഗരാജസ്വാമിയും ദീക്ഷിതരും മീരയും കബീർദാസും എല്ലാം ഭക്തിയിലൂടെ ഈശ്വരസാക്ഷാത്കാരം നേടിയവരാണ്.

### കലകളും കലാപഠനവും വ്യക്തികളിൽ വരുത്തുന്ന മാറ്റങ്ങൾ

1. വ്യക്തികളുടെ സംവേദനക്ഷമത വർദ്ധിപ്പിക്കുന്നു.
2. ഓർമ്മശക്തി കൂട്ടുന്നു.

3. വൈകാരിക ക്ഷമത കൈവരിക്കാൻ സഹായിക്കുന്നു.
4. കൃത്യമായ ദിശാബോധം നൽകുന്നു.
5. ആത്മവിശ്വാസവും ആത്മാഭിമാനവും വർദ്ധിപ്പിക്കുന്നു.
6. ഈശ്വരഭക്തിയും ഗുരുഭക്തിയും കൂട്ടുന്നു.
7. ആത്മീയമായ വളർച്ച ഉളവാക്കുന്നു.
8. ഉത്കണ്ഠ, മാനസിക പിരിമുറുക്കം എന്നിവ കുറയ്ക്കുന്നു.
9. കൃത്യമായ ദിനചര്യ ശീലമാക്കാൻ സഹായിക്കുന്നു.
10. പ്രസാദാത്മകമായ വ്യക്തിത്വം രൂപീകരിക്കുവാൻ സഹായിക്കുന്നു.
11. അദ്വൈതബോധവും മറ്റുള്ളവരെ അംഗീകരിക്കാനുള്ള മനഃസ്ഥിതിയും ഉളവാക്കാൻ സഹായിക്കുന്നു.
12. ശ്രദ്ധ, ക്ഷമ എന്നിങ്ങനെയുള്ള നല്ല ശീലങ്ങൾ ഉണ്ടാവുന്നു.
13. ഏകാന്തതയെ ക്രിയാത്മകമായി ഉപയോഗിക്കാൻ പഠിക്കുകയും കർമ്മകുശലത വർദ്ധിപ്പിക്കുകയും ചെയ്യുന്നു.

ഇത്തരത്തിൽ നോക്കിയാൽ മനുഷ്യന്റെ സർവ്വതോന്മുഖമായ വളർച്ചയ്ക്കും വ്യക്തിത്വരൂപീകരണത്തിനും ഏറ്റവും അനുയോജ്യമായതാണ് കലയും കലാപഠനവുമെന്ന് നിസ്സംശയം പറയാം.



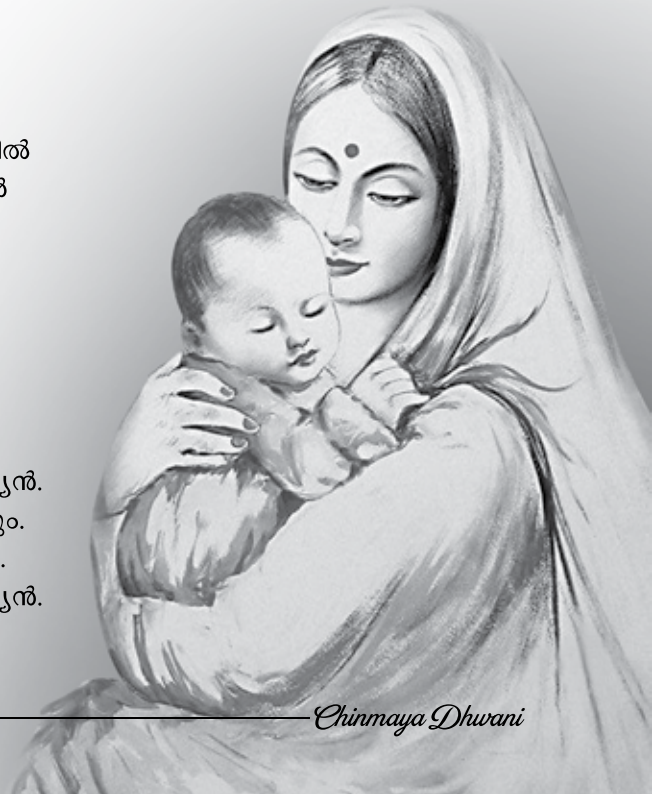
മാധവ് മോനോൻ യു  
V- B

## ജീവിതം

ജീവിതം ഒരു കഥപോലെ. ആ കഥയിൽ നായകൻ ഞാൻ. കഥ കഴിയുമ്പോൾ നക്ഷത്രങ്ങളെപ്പോലെ ആകാശത്ത് മിന്നും ഞാൻ.

## അമ്മ

അമ്മയാണു ദൈവം സത്യത്തിൽ സൂര്യൻ.  
നന്മ മാത്രം ചെയ്യും നമ്മളെ വളർത്തും.  
നമ്മളെ വളർത്തി വലുതാക്കി മാറ്റും.  
അമ്മയാണു ദൈവം സത്യത്തിൽ സൂര്യൻ.





# ജീവിതപാഠം



ആശാ പി.  
കൈമിസ്‌ട്രി വിഭാഗം

"As is a tale, so is life. Not how long it is, but how good it is, what matters" - Lucius Annaeus Seneca.

പത്ത് പന്ത്രണ്ട് ക്ലാസുകളിലെ പരീക്ഷാഫലം പുറത്തുവരുന്ന ഏപ്രിൽ-മേയ് മാസങ്ങളിൽ പലപ്പോഴും നമ്മൾ കുട്ടികളുടെ ആത്മഹത്യകളെക്കുറിച്ച് പത്രങ്ങളിൽ വായിക്കാറുണ്ട്. വായനക്കാരുടെ മനസ്സിൽ ഒരു നിമിഷത്തെ നൊമ്പരം മാത്രം ബാക്കിവെച്ചുകൊണ്ട് ജീവിതത്തിൽനിന്ന് വിടവാങ്ങുന്നവർ. എന്താണ് നമ്മുടെ കുട്ടികൾ ഇങ്ങനെ പെരുമാറാൻ കാരണം എന്നു ചിന്തിച്ചുനോക്കിയിട്ടുണ്ടോ?

പലപ്പോഴും കുട്ടികളുടെ മാർക്കും റാങ്കും ഉയർത്തിക്കാട്ടി സമൂഹത്തിൽ തങ്ങളുടെ നിലയും വിലയും ഉറപ്പിക്കാനുള്ള തന്ത്രപ്പാടിൽ നാം മാതാപിതാക്കൾ കുട്ടികളെ പഠിപ്പിക്കാൻ മറന്നുപോകുന്ന ഒരു സംഗതിയുണ്ട്-പരീക്ഷയിൽ ഉയർന്ന നിലയിൽ ജയിക്കാൻ മാത്രമല്ല തോൽക്കാനും പഠിക്കണമെന്ന സത്യം. ഈ ലളിതമായ പാഠം തീർച്ചയായും അവരുടെ ജീവിതത്തിന്റെ മുന്നോട്ടുള്ള പാതയിൽ വലിയൊരു മുതൽക്കൂട്ടാവുമെന്ന കാര്യത്തിൽ സംശയമില്ല.

പരീക്ഷയിൽ തോൽക്കുന്നതല്ല തെറ്റ്, ആ തോൽവിയിൽനിന്ന് പാഠം പഠിക്കാതിരിക്കലാണ്. വലിയ തെറ്റെന്ന ലളിതസുന്ദരപാഠം എന്നെ പഠിപ്പിച്ചത് എന്റെ അച്ഛനാണ്. പഴയ പത്താംക്ലാസ് വിദ്യാഭ്യാസം മാത്രം കൈമുതലായുണ്ടായിരുന്ന എന്റെ അച്ഛൻ കുട്ടികളെ വളർത്തുന്ന കാര്യത്തിൽ കർശനമായ നിലപാടുകളുള്ള വ്യക്തിയായിരുന്നു. വാത്സല്യത്തിന്റെ കാര്യത്തിൽ മലയാള സിനിമയിലെ നെടുമുടി വേണുവിനോട് ഉപമിക്കാമെങ്കിലും ചിലപ്പോഴെങ്കിലും സ്പെഷലിസത്തിലെ ചാക്കോ മാഷാകാൻ അച്ഛൻ മടിച്ചിരുന്നില്ല എന്നതാണ് സത്യം. അതുകൊണ്ട് ഞങ്ങൾ കുട്ടികൾ അച്ഛന്റെ മുമ്പിൽ ഏറെ ജാഗ്രതയോടെയാണ് പെരുമാറിയിരുന്നത്.

ഞാൻ ഏഴാംക്ലാസിൽ പഠിക്കുന്ന കാലം. എന്തെല്ലാമോ ചില കാരണങ്ങളാൽ അക്കാലത്തെ ഓണപ്പരീക്ഷയ്ക്ക് എനിക്ക് കണക്കിനും സയൻസിനും കൂടെ നൂറിൽ ആകെ ലഭിച്ച മാർക്ക് നാലായിരുന്നു. ഇതൊരു സാധാരണ സംഭവമായി പലർക്കും തോന്നാമെങ്കിലും വിജ്ഞാനം തെളിയിക്കുന്ന പല മത്സരപ്പരീക്ഷകളിലും മറ്റും പങ്കെടുത്ത് വിജയം നേടി അതുവഴി അദ്ധ്യാപകരുടെ കണ്ണിലുണ്ണിയും സർവ്വോപരി ക്ലാസിലെ പഠിക്കുന്ന കുട്ടികളുടെ എണ്ണമെടുത്താൽ ആദ്യഅഞ്ചിൽ

ഒരു സ്ഥാനം ഉറപ്പിച്ചിരുന്ന എനിക്ക് അതൊരു വലിയ ആഘാതമായിരുന്നു. മാത്രമല്ല ഈ രണ്ട് ഉത്തരക്കടലാസുകളുമായി അച്ഛനെ എങ്ങനെ നേരിടണമെന്ന് എനിക്ക് ഒരു നിശ്ചയവുമില്ലായിരുന്നു. ഒടുവിൽ എന്തും വരട്ടെയെന്നു കരുതി അച്ഛനു മുൻപിൽ ഭയഭക്തിബഹുമാനങ്ങളോടെ ഉത്തരക്കടലാസുകൾ സമർപ്പിച്ചു. എന്നെ അമ്പരപ്പിച്ചുകൊണ്ട് വളരെ ശാന്തനായി അച്ഛൻ ഈ വിഷയങ്ങളുടെ നോട്ടുപുസ്തകങ്ങളും ചോദ്യപ്പേപ്പറും എടുത്തുകൊണ്ടുവരാൻ ആവശ്യപ്പെട്ടു. ഇതെല്ലാം ഒത്തുനോക്കിയ അച്ഛൻ ഒരു കാര്യം എനിക്ക് മനസ്സിലാക്കിത്തന്നു. പരീക്ഷയ്ക്കു ചോദിച്ച ഒട്ടുമിക്ക ചോദ്യങ്ങളും അവയ്ക്കുള്ള ഉത്തരങ്ങളും ഞാൻ വളരെ വൃത്തിയായി നോട്ടുബുക്കിൽ എഴുതിവെച്ചിരുന്നു എന്ന കാര്യം. നീ ഒന്നും പഠിക്കാതെയാണ് പരീക്ഷയെഴുതിയത് എന്നു നേരിട്ടുപറയാതെതന്നെ ആ സന്ദേശം കൃത്യമായും എന്നിലേക്ക് എത്തിക്കാൻ അച്ഛന്റെ ഈ പ്രവൃത്തിക്കു കഴിഞ്ഞു. കണക്കു പറഞ്ഞുതരുമോ എന്നു ചോദിച്ച തീയ്യടിപ്പെൺകുട്ടിക്ക് മുമ്പിൽ ലജ്ജകൊണ്ട് ഇല്ലാതായ വി. ടി. ഭട്ടതിരിപ്പാടിന്റെ അവസ്ഥയിലായി ഞാൻ. കവിളിലൂടെ കിനിഞ്ഞിറങ്ങിയ കണ്ണുനീരിന്റെ പുളിപ്പ് എനിക്ക് അനുഭവപ്പെട്ടു. ഇനിമുതൽ ഒരു പരീക്ഷയ്ക്കും പഠിക്കാതെ പോകില്ല എന്നു ഞാൻ അന്നു ശപഥം ചെയ്തു. അച്ഛന്റെ പ്രതികരണം മറ്റൊരു വിധത്തിലായിരുന്നു എങ്കിൽ പരീക്ഷയോടുള്ള എന്റെ കാഴ്ചപ്പാടും മറ്റൊന്നാവുമായിരുന്നു.

ഇന്നത്തെ കുട്ടികളുടെ, പ്രത്യേകിച്ച് കൗമാരക്കാരുടെ പ്രശ്നങ്ങളിൽ മാതാപിതാക്കൾ ശാന്തചിന്തരായി പ്രതികരിക്കാത്തതുകൊണ്ടാണ് പലപ്പോഴും അവ സങ്കീർണ്ണമായിത്തീരുന്നത്.

സ്നേഹത്തോടെയുള്ള ഒരു തലോടൽ, ആലിംഗനം, മനസ്സുതുറന്ന് സംസാരിക്കാനുള്ള അവസരം ഇവയെല്ലാം ഏതു തോൽവിയിലും നാം മാതാപിതാക്കൾ കുട്ടികൾക്ക് ഒപ്പമുണ്ടെന്ന തോന്നൽ അവരിൽ ഉണ്ടാക്കാൻ സഹായിക്കും എന്നതിൽ സംശയമില്ല. പുഷ്പഗുരുദേവൻ സ്വാമി ചിന്തയാനന്ദജിയുടെ വാക്കുകൾ കടമെടുത്താൽ, നമ്മുടെ കുട്ടികൾ എന്തും കുത്തി നിറയ്ക്കേണ്ട പാത്രങ്ങളല്ല, മറിച്ച് പ്രകാശം ചൊരിയുന്നതായി കത്തിക്കേണ്ട വിളക്കുകളാണ്. അതിനാൽ അവർ പാതിവഴിയിൽ കത്തിത്തീരുന്ന കരിന്തിരികളാകാതെ എന്നും ജ്വലിക്കുന്ന നന്മയുടെ പ്രകാശഗോപുരങ്ങളായിത്തീരട്ടെ.





ലിൻ മേരി ജോസ്  
X A

# യുവതലമുറയും മാധ്യമങ്ങൾ



ഈ പുതുയുഗത്തിലെ മനുഷ്യരുടെ ജീവിതത്തിലെ ഏറ്റവും പ്രധാനപ്പെട്ട ഭാഗങ്ങളായി തീർന്നിരിക്കുകയാണ് ഇന്നത്തെ മാധ്യമങ്ങൾ. പണ്ട് മാധ്യമങ്ങൾക്ക് വലിയ പ്രസക്തി ഇല്ലായിരുന്നെങ്കിലും സാങ്കേതിക വിദ്യ വളർന്നുകൊണ്ടിരിക്കുന്ന ഈ കാലത്ത് മാധ്യമങ്ങളുടെ ഉപയോഗവും പ്രസക്തിയും വളർന്നു.

ഒരു നാണയത്തിനു രണ്ടു വശങ്ങൾ ഉണ്ടായിരിക്കുന്നതുപോലെ മാധ്യമങ്ങൾക്കും ഗുണവും ദോഷവും ഉണ്ട്. പണ്ടുകാലത്ത് പുറംലോകവുമായി ബന്ധപ്പെടുവാൻ കത്തുകളും പത്രങ്ങളും മാത്രമേ ഉണ്ടായിരുന്നുള്ളൂ. അത് വളരെയേറെ സമയം എടുക്കുമായിരുന്നു. എന്നാൽ ഇപ്പോഴോ?

മാധ്യമങ്ങൾ നമ്മെ സഹായിക്കുന്നത് വാർത്താവിനിമയത്തിനാണ്. എന്നാൽ ഈ കാലത്തെ മാധ്യമങ്ങൾ ലാഭം നോക്കിയാണ് വാർത്താവിനിമയം നടത്തുന്നത്. പണം സമ്പാദിക്കാൻ അത്യാഗ്രഹികളായ മനുഷ്യർ സത്യവും നീതിയും മറന്നുപോകുന്നു. അവർ മന്ത്രിമാരുടെയും മറ്റു നേതാക്കന്മാരുടെയും പ്രലോഭനങ്ങൾക്കനുസരിച്ച് വാർത്തകൾ വളച്ചൊടിച്ച് നൽകുന്നു.

യുവതലമുറക്കാർ മൊബൈലിലും മറ്റും കൂടുങ്ങിക്കിടക്കുന്നത് മൂലം ചുറ്റും സംഭവിക്കുന്ന കാര്യങ്ങളെക്കുറിച്ച് ഒരു ബോധവുമില്ല. യുവതലമുറകൾ മാധ്യമങ്ങളെ അവർക്ക് ഇഷ്ടമുള്ളതുപോലെ ഉപയോഗിക്കുന്നു. അവർ അതിനെ ദുരുപയോഗം ചെയ്യുന്നു. പുതുയുഗത്തിൽ പുതിയ തരത്തിലുള്ള മാധ്യമങ്ങളാണ് കൂട്ടിച്ചേരുന്നത്.

എന്നാൽ ചില സന്ദർഭങ്ങളിലെ പാവപ്പെട്ട രോഗികളുടെ ചികിത്സയ്ക്കാവശ്യമായ പണസമാഹരണത്തിലും ഈ മാധ്യമങ്ങളെ ഉപയോഗിക്കുന്നു. ഇങ്ങനെയുള്ള സർവ്വവൃത്തികളെയാണ് നാം പ്രോത്സാഹിപ്പിക്കേണ്ടത്.

ചില യുവാക്കൾ ഈ മാധ്യമങ്ങളിലൂടെ മന്ത്രിമാരുടെയും അധികൃതരുടെയും അനാസ്ഥകൾ മാധ്യമങ്ങളിലൂടെ പുറംലോകത്തെ അറിയിക്കാറുണ്ട്. സിറിയായിലും ഇസ്രായേലിലും യുദ്ധങ്ങൾ നടക്കുന്നു. അവിടുത്തെ ഈ ഭീകരമായ അവസ്ഥകൾ അറിയുന്നത് ഈ മാധ്യമങ്ങളിലൂടെ മാത്രമാണ്. പുറംലോകത്ത് നടക്കുന്ന കാര്യങ്ങൾ എന്താണ് എന്ന് അറിയാൻ മാധ്യമങ്ങൾ നമ്മളെ വളരെ അധികം സഹായിക്കുന്നു. അതിന് ഏറ്റവും നല്ല ഉദാഹരണം നമ്മുടെ പ്രളയകാലമായിരുന്നു. ജലത്തിന്റെ ഇടയിൽ ഒറ്റപ്പെട്ടുപോയ നമ്മൾക്ക് ചുറ്റുമുള്ള അവസ്ഥയും, എന്താണ് ചെയ്യേണ്ടത്, ഇതൊക്കെ നമ്മൾ അറിഞ്ഞത് മാധ്യമങ്ങളിലൂടെ ആയിരുന്നു. ഈ മാധ്യമങ്ങൾ ഉണ്ടായിരുന്നില്ലെങ്കിൽ കേരളത്തിൽ ഇങ്ങനെയൊരു പ്രളയം വന്നിരുന്നു എന്ന് ലോകം അറിയില്ലായിരുന്നു.

ഈ പുതുയുഗത്തിൽ മാധ്യമങ്ങളിൽ ജോലി അധിഷ്ഠിതമായ കുറെ അവസരങ്ങൾ കൂടുകയാണ്. ഈ കാലത്ത് ഏറ്റവും കൂടുതൽ പേർ പണം സമ്പാദിക്കുന്നതും മാധ്യമങ്ങളിലൂടെയാണ്.

മാധ്യമങ്ങൾക്ക് പൊതുസമൂഹത്തിൽ വളരെ പ്രാധാന്യമുണ്ട്. അതുകൊണ്ടാണ് ചാൾസ് ഫെൽക് പറഞ്ഞത് മാധ്യമങ്ങൾ നാലാമത്തെ എസ്റ്റേറ്റ് ആണ് എന്ന്. മാധ്യമങ്ങളിലൂടെ നമ്മുടെ പൊതുസമൂഹത്തെ പലകാര്യങ്ങളെക്കുറിച്ചും അവബോധനം നൽകാൻ സാധിക്കും. അത് നല്ലതോ ചീത്തയോ ആയ കാര്യങ്ങളെക്കുറിച്ചാവാം. എപ്പോഴും നന്മ സ്വീകരിക്കാൻ ശ്രദ്ധിക്കണം.

മാധ്യമത്തിന്റെ മഹത്വം ജനജീവിതത്തിൽനിന്ന് മനസ്സിലാക്കിക്കൊണ്ട് യുവതലമുറകൾ മാധ്യമങ്ങളുടെ സദുപയോഗം ചെയ്യാൻ ശ്രദ്ധിക്കണം. ഈ യുവതലമുറയാണ് നാളത്തെ പൗരന്മാർ. ഇനി വരാൻ പോകുന്ന തലമുറ നമ്മിൽ നിന്നാണ് പഠിക്കുന്നത് അതുകൊണ്ട് നല്ലത് ചെയ്യാൻ ശ്രദ്ധിക്കുക. പുറംലോകത്തെ നമ്മളും ആയി ബന്ധിപ്പിക്കുന്നതാണ് മാധ്യമങ്ങൾ. അതിനെ ദുരുപയോഗം ചെയ്യരുത്.



# വിശപ്പ്



malayathi s.  
8 ബി



ബാല്യകാലത്തിൽ പാഠപുസ്തകങ്ങളിൽനിന്ന് പല വാക്കുകളും അതിന്റെ അർത്ഥവും, ആ വാക്ക് മലയാളഭാഷയിൽ എങ്ങനെ ഉപയോഗിക്കണം എന്ന് കുട്ടികൾ പഠിക്കും. പക്ഷേ ഗൗരിയുടെ ജീവിതത്തിൽ അവൾ ഏറ്റവും കൂടുതൽ സംസാരത്തിലും ആലോചനയിലും ഉപയോഗിച്ചത് ഒരേയൊരു വാക്കായിരുന്നു-‘വിശപ്പ്’. തന്നെ നോക്കാനോ, ശുശ്രൂഷിക്കാനോ ആരുമില്ലാത്ത 10 വയസ്സുകാരിയായ ഗൗരിയുടെ ജീവിതത്തിലെ പ്രധാന പ്രശ്നമാണ് വിശപ്പ്. വിധി എത്ര ക്രൂരമാണ്, അല്ലേ?

“ദൈവമേ, ഇന്ന് എനിക്ക് വെറുംവയറ്റിൽ ഉറങ്ങേണ്ടിവന്നില്ല നന്ദി. നാളത്തെ ദിവസവും ഇങ്ങനെതന്നെ ആവണേ.” ഉറങ്ങുന്നതിനുമുമ്പ് എല്ലാ രാത്രിയും ഗൗരി ഇതു മനസ്സിൽ പ്രാർത്ഥിച്ചിരുന്നു. അവളുടെ ഗ്രാമത്തിലെ ഒരേയൊരു തട്ടുകടയിൽ, അവിടെ രാവിലെ എട്ടുമണിക്കെത്തിയാൽ വൈകുന്നേരം നാലുമണിവരെ പണിയുണ്ടാവും. കുലിക്ക് പകരം കുട്ടൻ മൂന്നുനേരം അവൾക്ക് അവൻ ഭക്ഷണം നൽകും. ‘ഭക്ഷണം’ എന്നു പറയാൻ ഒരുപാടൊന്നുമില്ല, ഗൗരിയുടെ കുഞ്ഞിക്കൈയിൽ ഒരുങ്ങാൻ പറ്റിയതു മാത്രം. ആദ്യമൊക്കെ അവൾ വഴക്കിട്ടു, ഏങ്ങിക്കരഞ്ഞു. പക്ഷേ പിന്നീട് അവളുടെ വാക്കുകളോ, കണ്ണീരോ കുട്ടൻ കാതോർക്കില്ല എന്ന സത്യം അവൾ തിരിച്ചറിഞ്ഞു. ഒരു പഴം ഊണിനു പകരം തന്നാൽ അവളുടെ വിശപ്പടങ്ങില്ല എന്ന് അവൾക്കറിയാം, പക്ഷേ ഭക്ഷണം ഇനി കിട്ടണമെങ്കിൽ അതു മതി. കുട്ടന്റെ ഈ ഭാഗം, ഈ രൂപം അവൾക്കു മാത്രമേ അറിയൂ. നാട്ടുകാരുടെ മുമ്പിൽ അവൻ ‘പാവം കുട്ടനാ’ണ്. ആരോരുമില്ലാത്ത ഒരു പെൺകുട്ടിക്ക് എല്ലാ നേരവും ആഹാരം കൊടുക്കുന്ന വലിയൊരു ഹൃദയത്തിന്റെ ഉടമ. തട്ടുകടയുടെ അങ്ങേ അറ്റത്തിരുന്ന് കഷ്ടപ്പെടുന്ന തന്നെ ആർക്കു കാണാനാവും? മറ്റു കുട്ടികൾ അച്ഛനമ്മമാരുടെ മടിയിൽ ഇരിക്കുന്നതു കാണുമ്പോഴും കുട്ടികൾ കൂട്ടംകൂടി കളിക്കുന്നതു കാണുമ്പോഴും അവളുടെ ഹൃദയം പിളരുന്നതുപോലെ അവൾക്കു തോന്നും.

ഒന്നാലോചിച്ച് ചിരിക്കാൻ ഒരോർമ്മപോലും എനിക്കില്ലല്ലോ എന്നാലോചിക്കുമ്പോൾ അവളുടെ കണ്ണുകൾ നിറയും. കുട്ടന്റെ ശാസനയാണ് അവളെ തിരിച്ച് ഈ ലോകത്തേക്കു കൊണ്ടുവരിക. അവളുടെ സങ്കടത്തെ മറക്കാൻ അവൾ ശ്രമിക്കും. പക്ഷേ അവൾ എപ്പോഴും പരാജയപ്പെടും. അങ്ങനെയൊരു ദിവസമായിരുന്നു അത്. വിശപ്പ്, ക്ഷീണം, ദുഃഖം - ഇനി എത്ര നാൾകൂടി അവൾക്കിതു താങ്ങാൻ കഴിയും എന്ന വശക്കറിയില്ല. അങ്ങനെ ആലോചിച്ചിരിക്കെ അവൾ അവളുടെ ചിന്തകളിൽ മുഴുകി. അവളുടെ വയറ് പുകയുകയായിരുന്നു. കുട്ടനോട് ചോദിച്ചാൽ ഒരു കിഴുക്കു



കിട്ടും എന്നല്ലാതെ മറ്റൊന്നും കിട്ടില്ല. ചോദിക്കാതെ എടുത്താൽ അതിനുള്ള ശിക്ഷകൂടി സഹിക്കാൻ അവൾക്കു വയ്യ. ഇങ്ങനെ വിശപ്പിന്റെ ചിന്തയിൽ മുഴുകിയ അവൾ കുട്ടന്റെ കാൽപെരുമാറ്റം കേട്ടത് വളരെ വൈകിയാണ്. അവൾ പെട്ടെന്നുതന്നെ അവളുടെ കണ്ണീർ തുടച്ച് ക്ഷമ യാചിക്കാൻ തുടങ്ങി, പക്ഷേ അവളുടെ കണ്ണീർ പോകുവാൻ തയ്യാറായില്ല. ഇത്രനേരം വിഷമവും വിശപ്പും കാരണം വന്ന കണ്ണീർ പേടി യുടേതായി. കുട്ടന് അവൾ കരയുന്നത് ഇഷ്ടമല്ല. അവ കണ്ടാൽ കോപം വർദ്ധിക്കുകയല്ലാതെ വേറെ ഒന്നും നടക്കില്ല. നിറഞ്ഞ കണ്ണുകൾ കാരണം കുട്ടന്റെ മുഖം അവൾക്കു വ്യക്തമായി കാണാൻ കഴിഞ്ഞില്ല. കുട്ടൻ അവളുടെ അടുത്തേക്കു വന്നു, അവളുടെ പേടി വർദ്ധിച്ചു. കുട്ടൻ ഒരു മുൻകോപിയാണ്, കരഞ്ഞിട്ടു കാര്യമില്ല. അവൾ തല താഴ്ത്തി അടി വീഴാൻ കാത്തിരുന്നു. മുദുലമായ കൈകൾ അവളുടെ കവിളുകളെ തടവി അവൾ പെട്ടെന്ന് തലപൊക്കി. തന്റെ മുഖിൽ നിൽക്കുന്നത് കുട്ടനായിരുന്നില്ല! “ഞാൻ കുട്ടനെ കാണാൻ വന്നതാ, മോളാരാ?” തന്നോട് ആദ്യമായാണ് ഒരപരിചിതൻ ഇത്ര സ്നേഹത്തോടെ സംസാരിക്കുന്നത്. തന്നെ ആദ്യമായി കാണുകയാണെങ്കിലും എത്ര സ്നേഹത്തോടെയാണ് സംസാരിക്കുന്നത്! “പേടിക്കേണ്ട, ഞാൻ കുട്ടന്റെ ഒരകന്ന ബന്ധുവാ, പേര് രാമൻ. മോൾടെ പേരെന്താ?” രാമൻ പുഞ്ചിരിച്ചു കൊണ്ടു തിരക്കി.

ആ കുട്ടിയെ കണ്ടതിനുശേഷം രാമൻ അവന്റെ ചിന്തകളിൽ മുഴുകി. തന്റെ കൊച്ചനുജത്തിയെ ഒരു ഉത്സവത്തിനു കാണാതെപോയതിനുശേഷം രാമന് എല്ലാ കുട്ടികളോടും വലിയ പ്രിയമായിരുന്നു. കുട്ടികൾക്ക് അവനെയും. ഇപ്പോൾ തന്റെ മുഖിൽ നിൽക്കുന്ന പെൺകുട്ടി ഏറെ ചെറുപ്പമായിരുന്നു. രാമൻ

അവളോടു സംസാരിക്കുമ്പോൾ ആദ്യം അവൾ ഒന്നു പരുങ്ങി. പിന്നെ അവൾ പറയുന്ന ഓരോ വാക്കിലൂടെ, അവളുടെ മനോഹരമായ വലിയ കണ്ണുകൾ പ്രകാശിച്ചു. അത്രയുംനേരം സംസാരിച്ചതിൽനിന്ന് അവളെപ്പറ്റി താൻ ഇത്രയും കാര്യങ്ങൾ കണ്ടുപിടിച്ചു: അവളുടെ പേര് ഗൗരി എന്നാണ്, അവളെ നോക്കാൻ ആരുമില്ല, അവൾ കുട്ടനുവേണ്ടി പണിയെടുക്കുകയാണ്, അവൾക്കവനെ പേടിയാണ്.

ഇതു കേട്ടപ്പോൾ രാമന്റെ കണ്ണുകൾ കോപം കൊണ്ടു ജ്വലിച്ചു. എന്റെ ഭാവമാറ്റം കണ്ടവൾ പേടിച്ചു. ഞാൻ എന്റെ കോപം തല്ക്കാലത്തേക്ക് ഒതുക്കി. അവൾക്ക് ആ ദുഷ്ടൻ കഴിക്കാൻ ഒന്നും കൊടുക്കുന്നുണ്ടാവില്ല. കുട്ടന് അല്പം പണം കൊടുത്ത് ഉടനെ ഗൗരിയെ രാമൻ വീട്ടിൽ എത്തിച്ചു. അവൾക്കു വയറു നിറയെ ആഹാരം കൊടുത്തു. ഇത്രയും ഭക്ഷണ പദാർത്ഥങ്ങൾ കണ്ട് അവളുടെ കണ്ണുകൾ അത്ഭുതം കുറി. “ഇനി കുട്ടന്റെ അടുത്ത് പോകേണ്ട, നിന്നെ ഞാൻ നോക്കാം, നീ ഇനി മുതൽ എന്റെ കുടുംബത്തിലെ അംഗമാണ്” രാമൻ അവളോട് പറഞ്ഞു. അപ്പോൾ അവളുടെ മുഖത്തുണ്ടായിരുന്ന പുഞ്ചിരി പറഞ്ഞറിയിക്കാൻ കഴിയില്ല. “പക്ഷേ നീ എപ്പോഴും...” - “പക്ഷേ?” അവളുടെ കണ്ണിലേക്ക് പേടി തിരിച്ചെത്തി. “പക്ഷേ നീ ദൈവത്തോട് എല്ലാ സന്തോഷത്തിനും സൗഭാഗ്യത്തിനും നന്ദി പറയണം. നീ ദൈവത്തോട് എന്താ പറയാ ഗൗരി?”

“എന്റെ മനസ്സിൽ ‘വിശപ്പ്’ എന്ന വാക്ക് മാത്രമേ ഉണ്ടായിരുന്നുള്ളൂ. ഈ സ്ഥിതി വേറാർക്കും ഉണ്ടാവരുത് എന്നു ഞാൻ പ്രാർത്ഥിക്കും” ഗൗരി എന്നോടു പറഞ്ഞു. ആ നിഷ്കളങ്കതയും നന്മയും എന്നും അവളുടെ ഹൃദയത്തിൽ ഉണ്ടാകണമെന്ന് ഞാനും പ്രാർത്ഥിച്ചു.

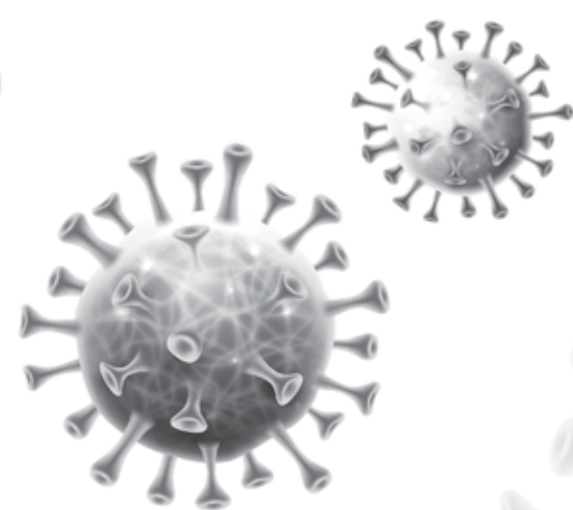
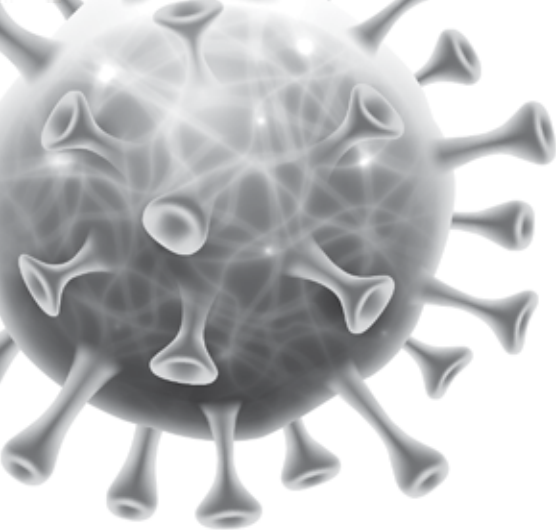
## സ്നേഹം



മാധവ് മോനോൻ യു  
V- B

സ്നേഹം എന്തെന്നറിയണം. സ്നേഹിക്കാൻ പഠിക്കണം. സ്നേഹം എന്നും ഈ ലോകത്തുണ്ടാവണം. ലോകം സ്നേഹിക്കാൻ പഠിക്കണം. സ്നേഹത്തിൻ അർത്ഥം മനസ്സിലാക്കണം. സ്നേഹം എന്ന വാക്ക് എന്റെ മനസ്സിൽ പതിഞ്ഞിടണം. സ്നേഹം എന്തെന്ന് ഞാൻ അറിയണം. സ്നേഹം എന്നും വിജയിച്ചിടണം ഈ ലോകം അന്ന് തിരിച്ചറിയണം സ്നേഹത്തിൻ ശക്തി എന്തെന്ന്.





ഹൃദയ പി. ആർ.  
8 ബി

# കൊറോണ വൈറസ്

മനുഷ്യർ, മൃഗങ്ങൾ, പക്ഷികൾ തുടങ്ങിയ സസ്തനികളിൽ രോഗകാരിയാകുന്ന ഒരു കൂട്ടം ആർ. എൻ.എ. വൈറസ് ആണ് കൊറോണ എന്ന് അറിയപ്പെടുന്നത്. ഗോളാകൃതിയിലുള്ള കൊറോണ വൈറസിന്റെ പേര് അതിന്റെ സൂര്യരശ്മികൾപോലെ തോന്നിപ്പിക്കുന്ന തരത്തിൽ സ്ഥിതിചെയ്യുന്ന കുർത്തമുനകൾ കാരണമാണ്. പ്രധാനമായും പക്ഷിമൃഗാദികളിൽ രോഗങ്ങളുണ്ടാക്കുന്ന കൊറോണ വൈറസ് ഇവയുമായി അടുത്ത സമ്പർക്കം പുലർത്തുന്ന മനുഷ്യരിലും രോഗകാരിയാകാറുണ്ട്. സാധാരണ ജലദോഷം മുതൽ വിനാശകരമായ ന്യൂമോണിയയും ശ്വാസതടസ്സവും വരെ കൊറോണ വൈറസ് മനുഷ്യരിൽ ഉണ്ടാക്കുന്നു. നവജാതശിശുക്കളിലും ഒരു വയസ്സിൽ താഴെയുള്ള കുഞ്ഞുങ്ങളിലും ഉദരസംബന്ധമായ അണുബാധയ്ക്കും മെനിഞ്ചൈറ്റിസിനും കാരണമാകുന്നു ഈ വൈറസ്. 2002-2003 കാലഘട്ടത്തിൽ ചൈനയിലും സമീപരാജ്യങ്ങളിലും പടർന്നുപിടിച്ച എസ്.എ.ആർ.എസ്. (സഡൻ അക്യൂട്ട് റെസ്പിറേറ്ററി സിൻഡ്രം) 8096 പേരെ ബാധിക്കുകയും 776 പേരുടെ മരണത്തിനു കാരണമാവുകയും ചെയ്തു. 2012 ൽ സൗദി അറേബ്യയിൽ എം.ഇ.ആർ.എസ്. (മിഡിൽ ഈസ്റ്റ് റെസ്പിറേറ്ററി സിൻഡ്രം) കൊന്നൊടുക്കിയത് 858 ജീവനുകളാണ്. ഇവയും സാംക്രമിക രോഗങ്ങൾ തന്നെയാണ്, കൊറോണ വൈറസുകൊണ്ട് ബാധിച്ചവ.

കൊറോണ വൈറസും മറ്റു വൈറസുകളെപ്പോലെതന്നെയാണ് പടരുന്നത്. രോഗബാധയുള്ള ആളുകളുടെ ചുമ, തുമ്മൽ എന്നിവയിലൂടെ. രോഗബാധിതനായ ഒരാളുടെ ശരീരത്തിൽ സ്പർശിക്കുന്നതിലൂടെയോ, അല്ലെങ്കിൽ രോഗബാധിതനായ ആളുടെ സ്പർശനമേറ്റ വസ്തുക്കളിൽനിന്നോ പകരാം. പനി, ജലദോഷം,

ചുമ, ശ്വാസംമുട്ട്, തൊണ്ടവേദന എന്നിവയാണ് പ്രാരംഭലക്ഷണങ്ങൾ. തുടർന്ന് ന്യൂമോണിയയും വൃക്കതകരാറും സംഭവിച്ച് ഗുരുതരാവസ്ഥയിൽ മരണത്തിനു കാരണമാകുന്നു. ചൈനയിൽനിന്നും പകർന്നു കൊണ്ടിരിക്കുന്ന ന്യൂമോണിയ പകർച്ചവ്യാധിക്ക് കാരണമായിട്ടുള്ളത് നോവൽ കൊറോണ വൈറസാണെന്ന് സ്ഥിരീകരിച്ചു. ഈ പുതിയ വൈറസ് അടക്കം ഏഴ് വൈറസുകളാണ് മനുഷ്യരിൽ രോഗം ഉണ്ടാക്കുന്നതായി കണ്ടെത്തിയിട്ടുള്ളത്. ചൈനയിൽനിന്ന് തിരിച്ചുവന്നവരിൽനിന്നാണ് കേരളത്തിൽ കൊറോണ വൈറസും മരണങ്ങളും റിപ്പോർട്ട് ചെയ്യപ്പെട്ടത്.

പുതിയ ഇനം വൈറസ് ആയതുകൊണ്ടു തന്നെ വാക്സിനോ ആന്റിവൈറൽ മരുന്നുകളോ കൊറോണയ്ക്ക് ലഭ്യമല്ല. രോഗം തിരിച്ചറിഞ്ഞാൽ രോഗിയെ മറ്റുള്ളവരിൽനിന്നു മാറ്റി ഐസൊലേറ്റ് ചെയ്താണ് ചികിത്സ നൽകേണ്ടത്. പകർച്ചപ്പനിക്ക് നൽകുന്നതുപോലെ ലക്ഷണങ്ങൾക്കനുസരിച്ചുള്ള ചികിത്സയാണ് നൽകുന്നത്. രോഗിക്കു വിശ്രമം അത്യാവശ്യമാണ്. ശരീരത്തിൽ ജലാംശം നിലനിർത്താനായി ധാരാളം വെള്ളം കുടിക്കണം. പരിസരശുചിത്വവും വ്യക്തിശുചിത്വവും പാലിക്കണം. കൈകൾ സോപ്പും വെള്ളവും ഉപയോഗിച്ച് വൃത്തിയാക്കുകയും കഴുകുകയും തുമ്മുമ്പോഴും ചുമയ്ക്കുമ്പോഴും മൂക്കും വായും തുവാല ഉപയോഗിച്ച് മൂടണം. പാതി വേവിച്ച ആഹാരങ്ങൾ കഴിക്കരുത്. രോഗലക്ഷണമുള്ളവരോട് അടുത്ത് ഇടപഴകരുത്. ഇതുപോലുള്ള ശക്തമായ മുൻകരുതലുകൾ എടുത്താൽ ഭാവിയിൽ ഈ കൊറോണ വൈറസുകൾക്ക് കേരളത്തിലെമ്പലം ഇന്ത്യാമഹാരാജ്യത്തിന്റെ അടുത്തുപോലും വരാൻ സാധിക്കില്ല.



‘എന്റെ മകനെ ഒരു ഡോക്ടറോ അല്ലെങ്കിൽ ഒരു എഞ്ചിനീയറോ ആക്കണം’ എന്നു പറയുന്ന അമ്മമാരാണ് ഇപ്പോൾ അധികം, അല്ലാതെ ‘അവനെ നമുക്കൊരു കൃഷിക്കാരനാക്കാമെന്നു പറയുന്നവർ വളരെ ചുരുക്കമാണ്. കേരളത്തിലെ ജനസംഖ്യ അനുദിനം വർദ്ധിക്കുകയാണ്. പക്ഷേ അതിനനുസരിച്ച് കൃഷിയിടങ്ങൾ വർദ്ധിക്കുന്നില്ല’ കർഷകരും. കേരളത്തിലെ ആളുകളുടെ പ്രധാന ഭക്ഷണം അരിയാണ്. പക്ഷേ കേരളത്തിൽ വർഷം തോറും കുറഞ്ഞുകൊണ്ടിരിക്കുന്നതും നെൽ കൃഷിയാണ്. നമ്മൾക്കാവശ്യമായ നെല്ലും പച്ചക്കറികളും പഴങ്ങളും എന്തിന് ഉപ്പും മുളകും വരെ തമിഴ്നാട്ടിൽനിന്നും ആന്ധ്രയിൽ നിന്നും എത്തിക്കുന്നതാണ്.

ഭൂമിയിൽ ജീവിക്കുന്ന മനുഷ്യന് അത്യാവശ്യം വേണ്ടുന്ന മൂന്നു കാര്യങ്ങളാണ് - വായു, വെള്ളം, ഭക്ഷണം. ഇതിലെ ഭക്ഷണമെന്ന ഘടകം ഒരു ചോദ്യ ചിഹ്നമായിക്കൊണ്ടിരിക്കുന്നു. കർഷകർ കൃഷി ചെയ്യാൻ മടിക്കുന്നു. അതിനു കാരണങ്ങൾ പലതാണ്. കൃഷിയിൽ വൻനഷ്ടങ്ങൾ സംഭവിക്കുന്നത് ഇപ്പോൾ ഒരു ശീലമായിരിക്കുന്നു. കൂടാതെ വിത്ത്, വളം എന്നിങ്ങനെയുള്ള വസ്തുക്കളുടെ വിലവർദ്ധനവും, പോരാതെ പണിക്കാരെ ലഭിക്കാത്തതും ഒരു പ്രശ്നമാണ്. കേരളത്തിലെ പണ്ടുള്ള കുടുംബങ്ങൾ കൃഷിയെ ആശ്രയിച്ചു കഴിഞ്ഞവരാണ്. കുടുംബമായി പാടത്തും തോപ്പിലുമിറങ്ങി കൃഷി ചെയ്യുന്ന കാലമായിരുന്നു അത്.

പുതിയ തലമുറയിലെ ആളുകൾ കൃഷി ചെയ്യാൻ താല്പര്യം കാണിക്കുന്നില്ല. എപ്പോഴും മൊബൈൽ ഫോണും ടി.വി.യും കാണുന്നതാണ് ഇവർക്കിഷ്ടം. യുവതലമുറയിൽ കൃഷിയുടെ പ്രാധാന്യം അറിയിക്കേണ്ടത് അദ്ധ്യാപകരുടെയും മാതാപിതാക്കളുടെയും കർത്തവ്യമാണ്. സ്കൂളിൽ കാർഷികവികസനത്തെക്കുറിച്ചുള്ള ബോധവൽക്കരണ ക്ലാസുകൾ എടുക്കണം. കാർഷിക വികസനത്തിനുവേണ്ടി യുവതലമുറ ഒന്നിച്ചു പരിശ്രമിക്കണം. എല്ലാ വീട്ടിലും ഒരു പച്ചക്കറിത്തോട്ടം ഉണ്ടായിരിക്കണം; വിഷരഹിതമായ പച്ചക്കറിത്തോട്ടം. കാരണം, ഇന്ന് കൃഷി, പണം സമ്പാദിക്കാനുള്ളൊരു മാർഗ്ഗമായി മാറിയിരിക്കുന്നു. കൂടുതൽ വിളവിനുവേണ്ടി അമിതമായി വിഷമടിക്കുന്നു. ഈ വിഷം കലർന്ന ഭക്ഷണസാധനങ്ങൾ മാരകമായ രോഗങ്ങൾക്ക് വഴിയൊരുക്കുന്നു. പണ്ടു കാലങ്ങളിലെ മനുഷ്യർ 70 മുതൽ 80 വയസ്സുവരെ ജീവിച്ചിരുന്നു. പക്ഷേ ഇന്നിത് നാല്പതും അമ്പതും ആകുന്നു. ഇതിനൊരു കാരണം വിഷമടിച്ച, ആരോഗ്യത്തിനു ഹാനികരമായ പച്ചക്കറികളാണ്.



## യുവതലമുറയും കേരളത്തിലെ കാർഷിക സംസ്കാരവും



കൃഷ്ണ ടി. എസ്.  
8 ബി



ഓരോ വർഷം കഴിയുന്തോറും കൃഷിഭൂമിയുടെ അളവ് കുറയുന്നു. ഇന്നത്തെ മനുഷ്യർ വയലുകൾ നികത്തി അവിടെ വലിയ ഫ്ളാറ്റുകളും മാളുകളും പണിയുന്നു. ആവശ്യത്തിനുള്ള മഴവെള്ളം ലഭിക്കാത്തതും കൃഷിയെ ബാധിക്കുന്നു. പഴയ കൃഷിരീതികളോടൊപ്പം പുതിയതും ശാസ്ത്രീയപരവുമായ കൃഷിരീതികൾ ഇണക്കിച്ചേർത്താൽ നല്ല ഫലം ലഭിക്കുമെന്നതിൽ സംശയമില്ല. കർഷകരുടെ വിഷമങ്ങളറിയാനും അവരെ കഴിയുന്നപോലെ സഹായിക്കാനും സർക്കാർ ശ്രമിക്കണം. അവർക്കു പ്രത്യേക തരം ലോണുകൾ നൽകണം. അവരെ ബോധവൽക്കരിക്കണം. നല്ല വിത്തുകൾ, മാരകമായ വിഷം കലരാത്ത തരത്തിലുള്ള കീടനാശിനികളും അവർക്കു നൽകണം. ജലത്തിന്റെ കുറവുമൂലം പല കൃഷികളും നഷ്ടത്തിലാകുന്നു. മഴ അധികം ലഭിക്കുന്നില്ല. ആയതിനാൽ കർഷകർക്ക് ജലലഭ്യതയുണ്ടെന്നും സർക്കാർ ഉറപ്പുവരുത്തണം. എങ്കിൽ മാത്രമേ കാർഷിക വിക

സനം നടത്താനാകൂ. അപ്പോൾ കർഷക ആത്മഹതകളും കുറയും. ചെറുപ്പക്കാരിൽ കൃഷി ചെയ്യാൻ മനസ്സുണ്ടാകും. വീടിനടുത്ത് വെറുതെ കിടക്കുന്ന സ്ഥലങ്ങളിൽ വാഴയും തെങ്ങും കവുങ്ങും മാവും പ്ലാവുമൊക്കെ വച്ചുപിടിപ്പിക്കണം. മേൽപറഞ്ഞ ചെടികളെല്ലാം എല്ലാ വീടുകളിലും വേണം.

വിഷരഹിതമായ ജൈവപച്ചക്കറികളും നല്ല കർഷകരും വരും തലമുറയ്ക്കാവശ്യമാണ്. ഡോക്ടർമാരും എഞ്ചിനീയർമാരും മാത്രമല്ല, നല്ല കർഷകരും നാടിന് ആവശ്യമാണ്. എങ്കിൽ മാത്രമേ നല്ലൊരു തലമുറയുണ്ടാവുകയുള്ളൂ.

‘സംരക്ഷിക്കപ്പെടേണം,  
വളരുന്ന ബാല്യവും  
തളിർക്കുന്ന ചെടിയും’

നമുക്ക് ഒരുമിച്ചു മുന്നേറാം, പുതിയൊരു കാർഷിക സംസ്കാരത്തിലേക്ക്...



## സാപർണികാമൃത വീചികൾപാടും...



നന്ദിത എസ്.  
5 ബി

രാവിലെ രണ്ടുമണിക്ക് അമ്മ എന്നെ ഉറക്കത്തിൽ നിന്ന് എഴുന്നേല്പിച്ചു. മുകാംബിക ക്ഷേത്രത്തിൽ പോകുവാൻ സമയമായി. മൂന്നുമണിക്കാണ് തീവണ്ടി എത്തുന്ന സമയം. ഞാനും അമ്മയും ചേച്ചിയും ഒരുങ്ങിവരാൻ സമയമാവും. അതുകൊണ്ടാണ് രാവിലെ രണ്ടുമണിക്ക് എഴുന്നേറ്റത്. റെയിൽവേ സ്റ്റേഷനിൽ എത്തുമ്പോൾ ഏകദേശം രണ്ടേമുക്കാൽ മണിയായി. അവിടെ എത്തിയപ്പോഴാണ് അറിയുന്നത്, ഞങ്ങളുടെ തീവണ്ടി ഏറെ സമയം കഴിഞ്ഞാലേ വരുമെന്ന്. അങ്ങനെ കാത്തിരുന്ന് എട്ടുമണിയായി. അപ്പോഴാണ് ഞങ്ങളുടെ തീവണ്ടി വന്നത്. ഒന്നും കഴിച്ചിട്ടുണ്ടായിരുന്നില്ല. തീവണ്ടിയിൽ കയറിയപ്പോൾ നല്ല തണുപ്പായിരുന്നു. വേനൽക്കാലത്ത് മാത്രം ഓടുന്ന തീവണ്ടിയും കൂടിയായിരുന്നു. അങ്ങനെ വൈകുന്നേരം ആറുമണി ആയപ്പോൾ മുകാംബികക്ഷേത്രത്തിന് അടുത്തുള്ള റെയിൽവേ സ്റ്റേഷനിൽ എത്തി. ടാക്സിയിൽ കയറി ഞങ്ങൾ താമസിക്കേണ്ട സ്ഥലത്തേയ്ക്കു തിരിച്ചു. ഞങ്ങൾ മുറിയിൽ വന്നു കുളിച്ച് അമ്പലത്തിൽ ദർശനത്തിനു പോയി. അടുത്തുള്ള സൗപർണിക നദിയും കണ്ടു. അവിടെ ഒരു ആനയുണ്ട്. നേർച്ച കൊടുത്താൽ തലയിൽ തുമ്പിക്കൈകൊണ്ട് തൊടും. ദർശനം ചെയ്തുകഴിഞ്ഞ് ഞങ്ങൾക്കു തിരികെ പോകാൻ സമയമായി. ഞങ്ങൾ തിരിച്ച് റെയിൽവേ സ്റ്റേഷനിൽ വന്ന് തീവണ്ടിയിൽ കയറി. തിരിച്ചുള്ള യാത്ര തുടങ്ങി. തീവണ്ടിക്ക് നല്ല കുലുക്കമുണ്ടായിരുന്നു. എന്നാലും ഞാൻ ഉറങ്ങി. തൃശ്ശൂരിൽ എത്തുമ്പോൾ രാത്രിയായി. എത്താറായപ്പോൾ അച്ഛൻ എന്നെ വിളിച്ചുണർത്തി. വീട്ടിൽ എത്തുമ്പോൾ രാത്രി പന്ത്രണ്ട് ആയിട്ടുണ്ടായിരുന്നു. എനിക്ക് ഇനിയും ആ പുണ്യസ്ഥലത്തെ ക്ഷേത്രത്തിലേക്കു പോകുവാൻ ആഗ്രഹം തോന്നുന്നു.





അമൃത പി.  
8 ബി



## മലയാളികളുടെ മാറ്റുന്ന ഭക്ഷണശീലം

കേരളീയർക്കു പ്രിയങ്കരമായിരുന്ന പൊടിയിരിക്കുന്നതും കടുമാങ്ങയും പപ്പവും ഇഡലിയും ദോശയും ചമ്മന്തിയും അപ്പവും കപ്പയും മീൻകറിയും അവിയലും സാമ്പാറും സംഭാരവും എന്നുവേണ്ട കേരള തനിമയാർന്ന പരമ്പരാഗത വിഭവങ്ങളൊക്കെ മറഞ്ഞുപൊയ്ക്കൊണ്ടിരിക്കുന്നു. പകരം ബിരിയാണി, ഫ്രൈഡ് റൈസ്, ജിഞ്ചർ ചിക്കൻ തുടങ്ങിയ നിരവധി വിഭവങ്ങൾ കേരളത്തിലെ കുഗ്രാമത്തിൽ വരെ സുലഭമായിക്കൊണ്ടിരിക്കുന്നു. കഴിഞ്ഞ തലമുറ പകലു മുഴുവൻ പറമ്പിലും പാടത്തും ചുട്ടുപൊള്ളുന്ന വെയിലത്തുനിന്ന് അധ്വാനിച്ചതിനുശേഷം വന്ന് ഒരു പാത്രം സംഭാരം കുടിച്ചു ദാഹം മാറ്റിയിരുന്നു. എന്നാൽ ഇന്നു സംഭാരത്തിനും സർബ്ബത്തിനും പകരം ചുവപ്പും മഞ്ഞയും നിറം കലർത്തിയ വെള്ളം കുടിച്ചാലേ ദാഹം മാറൂ എന്ന സ്ഥിതി ആയിട്ടുണ്ട്.

നമ്മുടെ ഉപഭോഗസംസ്കാരം മാറിവന്നപ്പോൾ ഭക്ഷണക്രമത്തിലും രുചിയിലും തന്നെ വളരെയേറെ മാറ്റങ്ങൾ സംഭവിച്ചു. വൈദ്യേതിക വിഭവങ്ങൾ ഉണ്ടാക്കുവാനറിയാത്തവർക്ക് അടുക്കളപ്പണിപോലും കിട്ടാത്ത അവസ്ഥയാണ് ഇന്നുള്ളത്. വിദേശീയർ സംസ്കാരം

മുൾക്കൊണ്ട് നമ്മുടെ ഭക്ഷണരീതിയോട് ആഭിമുഖ്യം കാണിക്കുമ്പോഴും നാം വിദേശീയരെയും അവർ അപകടകരമെന്നു മനസ്സിലാക്കി തിരസ്കരിച്ച വിഭവങ്ങളെയും അനുകരിക്കുവാൻ ശ്രമിക്കുന്നു. കേരളത്തിൽ വരുന്ന ടൂറിസ്റ്റുകൾ തട്ടുകടകളിൽനിന്നു പോലും അപ്പവും മീൻകറിയും പുട്ടും പഴവും ചോറിച്ചു വാങ്ങുമ്പോൾ മലയാളികളാകട്ടെ റസ്റ്റോറന്റുകളിൽ പോയി ചൈനീസ് വിഭവങ്ങളും സൂപ്പും തന്തുരിയുമൊക്കെ വാങ്ങി വയറു വീർപ്പിച്ചു കീഴ് കാലിയാക്കുന്നു.

വിദേശരാജ്യങ്ങളിൽ കേരളവിഭവം ഉണ്ടാക്കി വിൽക്കുന്ന ഹോട്ടലുകൾ വർദ്ധിക്കുന്നു. അവിടത്തെ ഉപഭോക്താക്കൾ മലയാളികളെക്കാൾ വിദേശീയരാണ്. കേരളവിഭവത്തിന്റെ സ്വാദറിഞ്ഞ അവർ മലയാളക്കരയിൽ എത്തുമ്പോൾ നാം വിദേശവിഭവങ്ങൾക്കായി ഹോട്ടലുകൾ കയറിയിറങ്ങുന്നു. ഇടയ്ക്കൊക്കെ കുടുംബവുമൊത്ത് റസ്റ്റോറന്റിൽ പോയി ഭക്ഷണം കഴിച്ചില്ലെങ്കിൽ അതു തന്റെ സ്റ്റാറ്റസിനെ ബാധിക്കുന്ന കാര്യമല്ലേ? എന്നാൽ പലപ്പോഴും എന്താണു കഴിച്ചതെന്നോ അതിന്റെ ഗുണമെന്താണെന്നോ



അറിയാതെയാണീ പരാക്രമങ്ങൾ. സ്വന്തം നിലത്തിൽ കൃഷിചെയ്ത് നല്ല കുത്തരി വീട്ടിൽ വച്ചുകൊണ്ടായിരിക്കും ഈ കഷ്ടപ്പാടുകൾ സഹിക്കുന്നത്. മാറി വരുന്ന ഈ ഭക്ഷണരീതി കൊച്ചുകുട്ടികളെ വല്ലാതെ സ്വാധീനിച്ചുകഴിഞ്ഞിരിക്കുന്നു. എന്റെ കൊച്ചിനു ന്യൂ ഡിൽസ് മാത്രം മതിയെന്നു പറയുന്ന അമ്മയുടെ ധാരണ ഞങ്ങൾ ഒരു പടികുടി ഉയർന്നു എന്നാണ്. ചോറും ചപ്പാത്തിയും സ്കൂളിൽ കൊണ്ടുപോകാൻ കുട്ടികൾക്ക് നാണക്കേടാണ്. അവർക്ക് സാൻഡ് വിച്ച് തന്നെ വേണം. ഇല്ലെങ്കിൽ തന്റെ സ്റ്റാറ്റസിന് കുറച്ചിലാണ്. ദിവസേനയെന്നോണം വിപണിയിലെത്തിക്കേണ്ടിരിക്കുന്ന പുതിയ വിഭവങ്ങൾ ആസ്വദിച്ചറിയാൻ ഈ തലമുറയ്ക്കുള്ള ആഗ്രഹവും ഭക്ഷണരീതി മാറി വരുവാൻ കാരണമാക്കിയിട്ടുണ്ട്. തിരക്കേറിയ ജീവിത യാത്രയിൽ ഭക്ഷണംപോലും പലപ്പോഴും ഹോട്ടലിൽ നിന്നും കഴിക്കേണ്ടിവരുന്നു. ഉദ്യോഗം കഴിഞ്ഞു വന്നു വീണ്ടും അടുക്കളയിൽ പണിയുവാൻ പല സ്ത്രീകളും മെന്നക്കൊരില്ല. അരക്കല്ലും ആട്ടുകല്ലുമൊക്കെ ഇന്നു വീടിന്റെ മൂലയിൽ മാത്രം ഒതുങ്ങിക്കൂടി കാഴ്ചവസ്തുക്കളായി മാറിക്കൊണ്ടിരിക്കുകയാണ്. ആർക്കാണ് ആട്ടുകല്ലിൽ അരയ്ക്കാനും ഉരലിൽ പൊടിക്കുവാനും ഇന്നു നേരം? അതു മാത്രമല്ല ആ അമ്മമാരെ രക്ഷിക്കുന്നതിനു

വേണ്ടി വളരെയേറെ വ്യവസായികളും മുൻപോട്ടു വന്നിട്ടുണ്ട്. ഏതു തരത്തിലുള്ള പൊടികളും ഇന്നു വിപണിയിൽ ലഭ്യമാണ്. മല്ലി,

മുളക്, മഞ്ഞൾ എന്നുവേണ്ട നാം ആഗ്രഹിക്കുന്ന തെന്തോ അതെല്ലാം ഒരു കയ്യെത്തുംദൂരത്ത് ഇന്നു

ലഭ്യമാണ്. അങ്ങനെ അരച്ചുണ്ടാക്കിയ ഇഡ്ഡലിയും ദോശയും ഒക്കെ മുത്തശ്ശിക്കഥകളായി മാറിക്കൊണ്ടിരിക്കുന്നു.

കേരളീയരുടെ ഭക്ഷണരീതി മാറ്റിമറിക്കുന്നതിൽ ദൃശ്യശ്രാവ്യമാധ്യമങ്ങൾ നല്ല പങ്കുവഹിച്ചിട്ടുണ്ട്. ഭക്ഷണത്തിന് കേരളത്തിലുള്ള വ്യവസായസാധ്യതകൾ കണ്ടറിഞ്ഞ് ആരംഭിച്ച ഫുഡ് ഇൻഡസ്ട്രീസ് അവരുടെ ഉല്പന്നങ്ങൾ പ്രചരിപ്പിക്കുവാൻ മാധ്യമങ്ങളെ ഉപയോഗിക്കുന്നു. റേഡിയോയിലൂടെയും ടിവിയിലൂടെയും എത്രമാത്രം പരസ്യങ്ങളാണ് നാം കാണുന്നത്. നഴ്സറിയിൽ പോകുന്ന കുട്ടിക്കു പോലും ടിവിയിൽ കണ്ട ന്യൂഡിൽസും ടൊമാറ്റോ സോസും തന്നെ വേണം. ടിവിയിൽ കണ്ട കുട്ടിയെ പോലെ താനും വളരണമെങ്കിൽ ന്യൂഡിൽസുതന്നെ കഴിക്കണമെന്ന് കുട്ടി ധരിക്കുന്നു. മനംമയക്കുന്ന പരസ്യങ്ങൾ അത്രകണ്ട് കുഞ്ഞുങ്ങളെ സ്വാധീനിക്കുന്നുണ്ട്. ഉപഭോഗസംസ്കാരത്തിൽ ഏറ്റവും മുൻപന്തിയിൽ നിൽക്കുന്ന കേരളജനതയെ ആകർഷിക്കുവാനും അതുവഴി വൻനേട്ടം കൊയ്യുവാനും സാധിക്കുമെന്ന് കുത്തക കമ്പനികൾക്കു നല്ല ബോധ്യമുണ്ട്. ത്വരിതഗതിയിൽ മാറിക്കൊണ്ടിരിക്കുന്ന നമ്മുടെ ഭക്ഷണരീതി ആരോഗ്യത്തിന് കനത്ത ആഘാതമാണ് സൃഷ്ടിക്കുന്നത്. നമ്മുടെ പാരമ്പര്യഭക്ഷണം പോഷണങ്ങളുടെ കലവറയാണ്. കേരളവിഭവം അപരിഷ്കൃതവും ഫാസ്റ്റ്ഫുഡ് പരിഷ്കൃതവുമാണെന്ന മിഥ്യാധാരണ മാറ്റി പോഷകങ്ങളടങ്ങിയ പാരമ്പര്യഭക്ഷണങ്ങളിലേക്കു നമുക്കു മടങ്ങിവരാം. അതുവഴി ആരോഗ്യവും ആയുസ്സും കൂട്ടുവാൻ നമുക്കു ശ്രമിക്കാം.

## എന്റെ കവിത

എന്റെ കവിത ഒരു മയിൽപ്പീലി സ്പർശമാകണം രാവിന്റെ ഏകാന്തയാമങ്ങളിൽ ഒരു തപ്തമാനസത്തിന് കുളിർകാറ്റാകണം അലാറമടിക്കുമ്പോൾ കനത്ത ഭാരത്തോടെ വലിച്ചു തുറക്കുന്ന കൺപോളുകളിൽ ആർദ്രചുംബനമാകണം അത്താഴത്തിനു ശേഷം വായനാമുറിയിലേക്ക് കടക്കാൻ കഴിയാത്ത താന്താപൂർവ്വത്തിന് സ്വയം തോന്നുന്ന അനുഭൂതിയാകണം. മനസ്സുകൊണ്ടു മാത്രം വിനോദയാത്ര നടത്തുന്ന ഒരേകാന്തപഥികയ്ക്ക് വഴിത്താരയൊരുക്കണം ചവിട്ടടികളിൽ

ശ്രീമതി ശ്രീകല സി. കെ.

മലയാള വിഭാഗം



പെട്ടുരഞ്ഞു തേയുന്ന വീണ പൂവിന് നളന്റെ കൈയിലെ വാടിയ പൂക്കണക്കെ പുതു പൂവിൻ സുഗന്ധമേകാൻ എന്റെ കവിതയ്ക്ക് കഴിയണം ഇരുകാലുകളും ബന്ധിക്കപ്പെട്ട, മേളഘോഷങ്ങൾക്കിടയിൽ പെട്ടവന്റെ കണ്ണീരൊപ്പണം വെന്തെരിയുന്ന കനലിന് അമൃതകലശമാകണം പാർശ്വവത്കരിക്കപ്പെട്ടവർക്കുള്ള വിജയഭേരിയാകണം പരാജിതർക്ക് എന്റെ കവിത മംഗളപത്രമാകണം എന്റെ കവിത സഹൃദയന് മാത്രമാകണം





# സ്കൂളിലെ ബാൻ്റ് മേളം



ആർദ്ര ജി. മേനോൻ  
9 എ

ഹരി ഓം

ആത്മവിശ്വാസവും അച്ചടക്കവും വ്യക്തിത്വ രൂപീകരണത്തിൽ വളരെ പ്രധാനമാണ്. എന്റെ ജീവിതത്തിൽ ഇത് എങ്ങനെയാണ് സാധിച്ചത് എന്നത് നിങ്ങളോടു പങ്കുവയ്ക്കാൻ ഏറെ സന്തോഷമുണ്ട്. പൂഞ്ചിരിയോടെ ജീവിക്കുക എന്ന തത്വം പിൻതുടരുന്ന നമ്മുടെ വിദ്യാലയം എന്നിൽ ആത്മവിശ്വാസം പകർന്ന അനുഭവമാണ് ഞാനിവിടെ വിവരിക്കുന്നത്. ഉത്സവങ്ങളും ഘോഷയാത്രകളും ഏവരെയുംപോലെ എനിക്കും ഏറെ ഇഷ്ടമാണ്. ഉത്സവപ്പരമ്പലിലെ വാദ്യഘോഷവും ഘോഷയാത്രകളിലെ ബാൻ്റ് മേളവും എന്നും എന്നെ ആകർഷിച്ചിരുന്നു. അതുകൊണ്ടുതന്നെ നമ്മുടെ സ്കൂൾ ബാൻ്റും എന്നും എനിക്ക് കൗതുകമായിരുന്നു.

2017 ൽ നിജി ടീച്ചറുമായി സംസാരിക്കുന്നതിനിടെ എന്റെ ഈ താത്പര്യങ്ങൾ ഞാൻ ടീച്ചറുമായി പങ്കുവെച്ചു. അത് എന്റെ ജീവിതത്തിലെ മറക്കാനാവാത്ത നിമിഷങ്ങളിലേക്കുള്ള യാത്രയ്ക്ക് തുടക്കം കുറിക്കുമെന്ന് അപ്പോൾ ഞാൻ അറിഞ്ഞിരുന്നില്ല.

ടീച്ചറുടെ അനുഗ്രഹാശംസകളോടെ ആ വർഷം ഞാൻ സ്കൂൾ ബാൻ്റ്റിൽ അംഗമായി. സ്നേയർ ഡ്രം ആയിരുന്നു ഞാൻ ഉപയോഗിച്ചിരുന്നത്. കലാവാസനയും അച്ചടക്കവും ശ്രദ്ധയും ഒരേ സമയം ആവശ്യപ്പെടുന്ന ബാൻ്റ്റിൽ എനിക്ക് ലഭിച്ച പരിശീലനം അദ്ധ്യാപകരുടെ കരുതലും പ്രത്യേകിച്ച് നിജി ടീച്ചറുടെ പിൻതുണയും എന്നിൽ ആത്മവിശ്വാസം ഉണർത്താൻ വളരെ സഹായകമായി. പരിശീലനത്തിലൂടെ കുറവുകൾ നികത്തുന്നതോടൊപ്പം വ്യക്തി എന്ന നില

യിലും കൂട്ടായ്മയിലെ അംഗം എന്ന നിലയിലും എന്റെ വ്യക്തിത്വവികാസത്തിനും ഏറെ സഹായകമായി. അദ്ധ്യാപകരുടെ അനുഗ്രഹംകൊണ്ട് ഈ വർഷം ബാൻ്റ് ലീഡറാകാനും എനിക്കു സാധിച്ചു.

അംഗം എന്നതിൽനിന്ന് ബാൻ്റ് ലീഡർ എന്ന സ്ഥാനത്തേക്കുള്ള മാറ്റം നേതൃഗുണം വികസിപ്പിക്കാനും ഉത്തരവാദിത്വങ്ങൾ നിറവേറ്റാനും എന്നെ പ്രാപ്തയാക്കി എന്നു ഞാൻ വിശ്വസിക്കുന്നു. ഡി. ഡി. മാം, പ്രിൻസിപ്പാൾ, വി.പി. ഉഷ ടീച്ചർ തുടങ്ങി എല്ലാ അദ്ധ്യാപകരും നൽകിയ, നൽകുന്ന പ്രോത്സാഹനം ഏതു കാര്യം ഏറ്റെടുക്കാനും നിർവ്വഹിക്കാനും എന്നെ ഏറെ സഹായിച്ചിട്ടുണ്ട്. നമ്മുടെ സ്കൂൾ ബാൻ്റ് കൂടുതൽ ഉയരങ്ങൾ കീഴടക്കുന്നതും ഒട്ടേറെ പുരസ്കാരങ്ങൾ നേടി നമ്മുടെ വിദ്യാലയത്തിന്റെ സുവർണ്ണ കിരീടത്തിലെ പൊൻതൂവൽ ആകുന്നതുമാണ് എന്റെ സ്വപ്നം. നമ്മുടെ സ്കൂൾ ബാൻ്റ്റിലെ ഓരോ അംഗവും കഴിവിലും ആത്മവിശ്വാസത്തിലും ഏറെ മികവു പുലർത്തുന്നവരാണ്. ചിട്ടയായ പരിശീലനവും അദ്ധ്യാപകരുടെയും സഹപാഠികളുടെയും വീട്ടുകാരുടെയും അകമഴിഞ്ഞ പിന്തുണയും പ്രാർത്ഥനയും നമ്മെ കൂടുതൽ ഉയരങ്ങളിൽ എത്തിക്കുമെന്ന് തീർച്ചയാണ്. സ്കൂൾ ബാൻ്റ്റിനെ തന്റെ കുഞ്ഞിനെപ്പോലെ കരുതുന്ന നിജി ടീച്ചറും മറ്റ് അദ്ധ്യാപകരും ഇനിയും ആത്മവിശ്വാസമുള്ള, കഴിവുള്ള കൂടുതൽ അംഗങ്ങളെ ഉൾപ്പെടുത്തി ഏറ്റവും മികച്ചതാക്കി നമ്മുടെ ബാൻ്റ്റിനെ മാറ്റുമെന്നും സർവ്വേശ്വരൻ എല്ലാ അനുഗ്രഹങ്ങളും ചൊരിയുമെന്നും പ്രാർത്ഥിക്കുന്നു. നമുക്ക് ഒരുങ്ങാം, കൂടുതൽ നല്ല നാളേക്കായി.





ഫെമി ഫ്രാൻസിസ്  
II B

# കായിക രംഗത്ത് ഇന്ത്യയുടെ കുതിപ്പും കിതപ്പും

ബുദ്ധിമുട്ടുകൊണ്ട് മാത്രം മനുഷ്യൻ വളരുന്നില്ല. മണ്ണിന്റെ വിയർപ്പും പൊടിയുംകൂടി അവൻ അറിയണം. വിദ്യാഭ്യാസരംഗത്ത് മാത്രം ഒരുവൻ വളർച്ച നേടിയാൽ പോരാ, കായികരംഗത്തും ഒന്ന് പരിശ്രമിക്കണം. നല്ലൊരു ശരീരം നല്ലൊരു കായികന്റെ പ്രതിഫലമാണ്.

ഇന്ത്യയുടെ കഴിഞ്ഞ വർഷങ്ങളിലെ സെൻസസ് റിപ്പോർട്ട് എടുത്തുനോക്കിയാൽ വിദ്യാഭ്യാസ രംഗത്ത് നമ്മൾ ഏറെ മുന്നിലാണ്. എന്നാൽ കായികമേഖല എടുത്തുനോക്കിയാൽ അതിന്റെ ഗ്രാഫ് വർഷംതോറും ഉയരുന്നുണ്ടെങ്കിലും വിദ്യാഭ്യാസരംഗത്തെ വച്ച് നോക്കുമ്പോൾ വളരെ ചെറിയതാണ്. എന്നിരുന്നാലും പല അവസരത്തിലായി പലപ്പോഴും ഇന്ത്യ കായികരംഗത്ത് തന്റെ തെളിവ് പ്രകടിപ്പിച്ചിട്ടുണ്ട്.

കഴിഞ്ഞ വർഷങ്ങളിലെ ദേശീയ കായികമത്സരങ്ങളുടെ ഫലം എടുത്തുനോക്കിയാൽ പല മേഖലകളിലും ഇന്ത്യ കുതിച്ചിട്ടുണ്ട്. നമുക്കറിയാം കഴിഞ്ഞ വർഷം നാം ഭാരതമക്കളെയെല്ലാം അഭിമാനംകൊണ്ട് പൊതിഞ്ഞ ഒരു വ്യക്തിയായിരുന്നു ഹിമ ദാസ് തന്റെ പ്രിയപ്പെട്ട മേഖലയായ ഓട്ടത്തിൽ ചരിത്രം സൃഷ്ടിച്ച് ഇന്ത്യയ്ക്ക് സ്വർണ്ണ സമ്മാനം നേടി തന്നു. ഈ പൊൻ പക്ഷിയായിരുന്നു അതുവരെ ദേശീയ കായികത്തിൽ സ്വർണ്ണം നേടി കൊടുത്ത മറ്റൊരാൾ ഓട്ടക്കാരികളെക്കാൾ വേഗതയുള്ള ചീറ്റപുലി. പി. ടി. ഉഷയും മറ്റൊരു അറിയപ്പെടുന്ന ഇന്ത്യയുടെ ചീറ്റപുലിയായിരുന്നു. ഇന്ത്യക്കാരുടെ അഭിമാനതാരങ്ങൾ ഇനിയും നീണ്ടു നിവർന്നു കിടക്കുന്നു.

ഈ ചീറ്റപുലികളായ ഹിമയ്ക്കും, ഉഷയ്ക്കുമൊപ്പം ഇന്ത്യയുടെ ശക്തിവനിതയായ കർണ്ണ മല്ലേശ്വരി, ബാറ്റുകൊണ്ട് വിസ്ഫോടനം ഒരുക്കുന്ന പി. വി. സിന്ധു. അങ്ങനെ പോകും ആ നിര. ക്രിക്കറ്റ്, ഫുട്ബോൾ

പോലുള്ള ടീം കായികങ്ങളും ഇന്ത്യ പലപ്പോഴും തന്റെ മികവ് തെളിയിച്ചിട്ടുണ്ട്. ഈ നേട്ടങ്ങൾക്കെല്ലാം പുറകിൽ എത്രയെത്ര കിതയ്ക്കുന്ന പരിശ്രമങ്ങളാണുള്ളത്. വിശ്രമില്ലാതെ പോരാടാൻ, നമ്മുടെ ഭാരതത്തിനു വേണ്ടി അവർ ശക്തമായി വിയർപ്പ് ഒഴുക്കി. ഓരോ മത്സരം കഴിയുമ്പോഴും കിതപ്പുകൊണ്ടും വേവലാതികൊണ്ടും ഓരോ പോരാളികൾ വരുന്നു. പിന്നീട് സ്വർണ്ണം, വെള്ളി, വെങ്കലം എന്നിവ നമ്മുടെ ഭാരതമാതാവിന് സമർപ്പിക്കുന്നു. അവർ എത്ര സുന്ദരിയായിട്ടാണ് അലങ്കരിക്കപ്പെട്ടു നിൽക്കുന്നത്!!

ഈ നേട്ടങ്ങൾ എല്ലാം ഉണ്ടാകുമ്പോൾ നമ്മൾ സന്തോഷിക്കുന്നു. എന്നാൽ നേട്ടങ്ങൾ ഉണ്ടാകുമ്പോൾ മാത്രമാണ് നമ്മൾ സന്തോഷിക്കുന്നത് എന്നതാണ് വാസ്തവം. ഇന്ത്യയിലെ ഭൂരിഭാഗം കുടുംബങ്ങളും കായികത്തെ അധികം പ്രോത്സാഹിപ്പിക്കുന്നവർ അല്ല. അതുകൊണ്ടാണ് കായികം വിദ്യാഭ്യാസത്തിന്റെ മുന്നിൽ തീരെ ചെറുതായി ഇന്ത്യയിൽ നിൽക്കുന്നതായി നമ്മൾ കാണുന്നത്.

സ്വന്തം മക്കളെ പഠിപ്പിച്ച് ഒരു ഡോക്ടറാക്കുന്നതുവഴിയോ അതോ മറ്റു വലിയ ഉദ്യോഗത്തിനായി അവരെ പഠിപ്പിക്കുന്നതുവഴിയോ നിങ്ങൾ മക്കളെ ഒരു ഉയർന്ന നിലയിലേക്ക് ആക്കുന്നു എന്നു മാത്രമേ പറയാൻ സാധിക്കൂ. എന്നാൽ അവരുടെ ഉള്ളിൽ ഒരു നല്ല കായിക പോരാളി ഉണ്ടെന്നു മനസ്സിലാക്കി അവരെ അവരുടെ താല്പര്യങ്ങളിലേക്ക് വർത്തമാനപ്പെടുത്തുക എന്നതാണ് ഒരു ശക്തമായ മത്സരാർത്ഥിയായി അറിയപ്പെടും. “ഓടാനും ചാടാനുമൊക്കെ പോയിട്ടെന്താണ് കാര്യം? ആ നേരം നാലക്ഷരം പഠിച്ചുടേ” എന്നു പറയുന്നവരാണ് മിക്ക മാതാപിതാക്കളും. എന്നാൽ ചിലപ്പോൾ അവ കാര്യമുണ്ടാകുമെന്ന് അവർ തിരിച്ചറിയുന്നില്ല.



നല്ല ഒരു ഗുസ്തിക്കാരിയായ ഒരു പെൺകുട്ടി ഇന്ത്യയ്ക്കുവേണ്ടി മത്സരിക്കണം എന്ന് ആഗ്രഹിച്ചു. എന്നാൽ അവളുടെ വീട്ടിൽനിന്ന് അവളെ അതിനു വിലക്കിയിരുന്നു. തന്റെ സ്വപ്നങ്ങളാണ് തനിക്ക് പ്രധാനമെന്നു പറഞ്ഞുപോയ അവൾ പിന്നെ നാടറിയുന്ന ലോകമറിയുന്ന ഗുസ്തിക്കാരിയായി മാറിയ നമ്മുടെ ഭാരതത്തിന്റെ മുത്തിനെ നമുക്ക് എല്ലാവർക്കും അറിയാം. ഇതുപോലെ തന്നെയാണ് ഒരു പക്ഷേ നാം ഓരോരുത്തരും ശക്തമായി ആഗ്രഹിക്കുന്നവരുടെ തീവ്രത കൂട്ടാനാണ് നാം സഹായിക്കേണ്ടത് അവരെ ഒരിക്കലും തളർത്താനാവരുത്.

ഇന്ത്യയെ കായികരംഗത്ത് മിന്നിപ്പിക്കാൻ സാധിക്കുന്ന ഒട്ടേറെ പോരാളികൾ ഒരുപക്ഷേ നമ്മുടെയിടയിൽ ഉണ്ടായിരിക്കാം. അവരെ തിരിച്ചറിഞ്ഞ് കായികരംഗത്ത് കൊടിക്കുത്തിയവരുടെ പേരുകളിൽ ചേർക്കാൻ നാം ശ്രമിക്കണം. ഉള്ളിൽ ഉറങ്ങിക്കിടക്കുന്ന കായികത്തെ ഉണർത്തി അതിനെ ജ്വലിപ്പിക്കണം! വിദ്യാഭ്യാസ രംഗത്തിനോടൊപ്പം തന്നെ കായികരംഗവും പിടിച്ചു നിൽക്കണം. “കിതയ്ക്കുന്ന പോരാളികൾ കായികരംഗത്തിൽ അങ്കമാടി ഇന്ത്യയെ കുതിപ്പിക്കട്ടെ!!

## പൂമ്പാറ്റ

ഒരിടത്തൊരിടത്ത് ഒരു ഗ്രാമത്തിൽ തന്റെ അമ്മായിയോടെപ്പോ ഐഷ എന്നൊരു പെൺകുട്ടി താമസിച്ചിരുന്നു. അവൾ വളരെ നല്ലവളായിരുന്നു. അവളുടെ അമ്മായിക്ക് അവളെ തീരെ ഇഷ്ടമല്ലായിരുന്നു. ഒരിക്കൽ പൂക്കൾ പഠിക്കുവാൻ കാട്ടിലേക്ക് പോകുമ്പോൾ വഴിക്കുവെച്ച് അവളൊരു പൂമ്പാറ്റയെ കണ്ടു. അതിന്റെ പേര്, ‘ജുഗുരു’ എന്നായിരുന്നു. അത് പൂക്കളിൽനിന്ന് തേൻ നുകരുകയായിരുന്നു. അവൾ വളരെ വേഗം കൂട്ടുകാരായി.

പക്ഷേ, ഐഷ അവളിൽ ശ്രദ്ധിച്ചുകാര്യം, എന്തെന്നാൽ അവൾ വളരെ തിരക്കിലായിരുന്നു അവൾ ആകാര്യം ജുഗുരുവിനോട് ചോദിച്ചപ്പോഴാണ് അവൾ പറഞ്ഞത്: “എനിക്ക് ..... ഒരു മുത്തശ്ശിയുണ്ട് മുത്തശ്ശി ഒറ്റയ്ക്കാ ഇപ്പോ ഉള്ളത്. എന്നാലും ഭയങ്കര ജാഡയാ ..... കാണാൻ എന്തു പറഞ്ഞാലും ദേശ്യപ്പെടും” അപ്പോൾ ഐഷ പറഞ്ഞു. അത് നീ തെറ്റു ചെയ്തിട്ടാകും എന്നു “ഐഷ എന്താ ഇങ്ങനെ പറയുന്നേ? എന്നു പറഞ്ഞ് പൂമ്പാറ്റ ദേഷ്യത്തോടെ പറന്നുപോയി. കുറച്ചു കാലങ്ങൾക്കുശേഷം ജുഗുരുവിന്റെ മുത്തശ്ശി മരണപ്പെട്ടു. പിന്നീടുള്ള കാലങ്ങളിൽ ജുഗുരുവിന്റെ കാര്യങ്ങൾ നോക്കാൻ ആരുമില്ലായിരുന്നു. അപ്പോഴാണ് ജുഗുരുവിന് ഐഷയുടെ വാക്കുകൾ ഓർമ്മ വന്നത്. നമ്മെ നോക്കുവാൻ ഒരാൾ ഉണ്ടാകുമ്പോൾ അതിന്റെ വില നാം പലപ്പോഴും മനസ്സിലാക്കാറില്ല.

സ്നേഹമുണ്ടെങ്കിലേ  
ദേഷ്യമുണ്ടാകൂ .....



ആഷ്വിൻ ശ്രീഗോവി. സി  
IV- B





ഗായത്രി ചിറയത്ത്

Prize Winning Story Talent Time Category III



‘ചരിത്ര താളുകൾ’ എന്ന് അധികം പറയുന്നത് കേൾക്കാറില്ല. ഒരു ചരിത്രമാവണമെന്ന് എല്ലാവർക്കും ആഗ്രഹമുണ്ടാവും പക്ഷേ ചില വ്യക്തികൾക്ക് മാത്രമേ അത് സാധിക്കാറുള്ളൂ. താളുകൾ, പഴയകാലങ്ങൾ അതുപോലെ പണ്ടുകാലത്ത് ഒരു ചരിത്രമാകണം എന്ന് ആഗ്രഹിക്കുന്ന ഒരു കുട്ടിയുണ്ടായിരുന്നു.

അമ്മുവിന് ചിന്തിക്കണമെങ്കിൽ അവൾ എപ്പോഴും അവളുടെ അമ്മ പണിയെടുക്കുന്ന പറമ്പിൽ പോയിരിക്കണം. എല്ലാവരും അവളോട് പറയും നിന്റെ അമ്മയ്ക്ക് വയ്യാതാകുമ്പോൾ അവൾ വേണം അമ്മയുടെ സ്ഥാനമെടുക്കാൻ. അതെ ശരിയാണ് കൊല്ലങ്ങളായി അവരുടെ കുടുംബമാണ് ഈ പറമ്പിൽ പണിയെടുക്കുന്നത് പക്ഷേ അവളും അതു ചെയ്യണമെന്ന് നിർബന്ധമുണ്ടോ? വേറെ എത്ര പേരുണ്ട്. അവളുടെ ഭാവിയിലെ ജോലി ചെയ്യാൻ. പക്ഷേ അവളുടെ ആശയങ്ങളും ചിന്തകളും ആരോടെങ്കിലും പറഞ്ഞാൽ അവർ അത് അവളുടെ അമ്മയോട് പറയും. മുമ്പത്തെ ആഴ്ചകൂടി അമ്മ ഇത് കേട്ട് അവളെ കത്തിവെച്ച് നുള്ളിയതാണ് ഇപ്പോഴും അതിന്റെ പാട് പോയിട്ടില്ല. കൂട്ടുകാരോട് പോലും പറയാൻ അവൾക്ക് പേടിയാണ്. ഇങ്ങനെ അവളുടെ ചിന്തയിൽ മുഴുകിയിരിക്കുമ്പോഴാണ് പിന്നിൽനിന്നൊരു ശബ്ദം കേട്ടത് “താൻ ഈ ലോകത്തിലെ അല്ല, അല്ലേ?” അമ്മു തിരിഞ്ഞു കുഞ്ഞുരാമനായിരുന്നു. അദ്ദേഹത്തിന് അത്ര പ്രായമൊന്നുമില്ല 24 വയസ്സിനു കൂടുതൽ ആവാൻ വഴിയില്ല രാമൻ മൂണ്ടും മടക്കി തന്റെ ജോലിക്കാർ പണി തീർത്തോ എന്ന് അന്വേഷിക്കാൻ വരുമ്പോൾ ആ വഴിയിലുള്ള എല്ലാ പെണ്ണുങ്ങളും ഒളിച്ചും പമ്മിയും രാമനെ നോക്കും. രാമനെ ഇഷ്ടമില്ലാത്തവർ ആരുമില്ല. ചിലർ

അങ്ങനെയൊരു അവരെ പരിചയപ്പെട്ടാൽ അവരെ ഇഷ്ടപ്പെടാതെ പറ്റില്ല. ബാക്കിയുള്ളവരെപ്പോലെ താഴ്ജാതിയോട് രാമന് വെറുപ്പില്ല. അമ്മു പെട്ടെന്ന് എഴുന്നേറ്റ് നിന്നു. ‘ഇരുന്നോളളു ഇവിടെ ആരുമില്ല’ രാമൻ പറഞ്ഞു. മനോഹരമായ ശബ്ദം കേട്ടാൽ നമുക്ക് അത് പറഞ്ഞ ആളെ നോക്കാതെ പറ്റില്ല. അമ്മു ഒന്നും മിണ്ടിയില്ല.” എന്താ ചിന്തിക്കുന്നേ? രാമൻ ചോദിച്ചു ‘ഒന്നുമില്ല’ അമ്മു പെട്ടെന്ന് പറഞ്ഞു അവൾ ഒരു താഴ്ജാതിയിലെ പെണ്ണാണ് രാമൻ മേൽജാതിയിലെയും. പക്ഷേ രാമനോട് അങ്ങനെ സംസാരിക്കാൻ കഴിയുമെന്ന് അവൾക്ക് തോന്നി. “എനിക്ക് വെലുതാകുമ്പോൾ ..... ഒരു ചരിത്രമുണ്ടാകണമെന്ന് ആഗ്രഹമുണ്ട്” അവൾ പതുക്കെ പറഞ്ഞു. “അതിന് എന്താ പ്രശ്നം? ആയിക്കൂടെ? കൂട്ടികളല്ലേ നാളത്തെ മനുഷ്യർ?” രാമൻ ചോദിച്ചു. അപ്പോൾ തന്നെ ഒരാൾ രാമനെ വിളിച്ചു “പോയിട്ടു വരാം” എന്ന് പറഞ്ഞ് രാമൻ ചിരിച്ചുകൊണ്ട് പോയി. അമ്മു അതും അറിഞ്ഞില്ല അവൾക്ക് ചിരിനിർത്താനായില്ല. അവളുടെ ഹൃദയത്തിൽനിന്ന് ഉണ്ടാകുന്ന ശബ്ദം പുറത്തേക്കു കേൾക്കുന്ന വിധത്തിൽ അത് ഇടിച്ചു. രാമൻ പറഞ്ഞത് ശരിയാണ് അവൾക്ക് എന്തുകൊണ്ട് ഒരു ചരിത്രമായികൂടാ? എല്ലാവരും ഇഷ്ടപ്പെടുന്ന, അനുസരിക്കുന്ന ഒരു ചരിത്രം. താഴ്ജാതിക്കാർക്ക് പ്രതീക്ഷയുടെ വിത്ത് മുളപ്പിക്കുന്ന ഒരു ചരിത്രം? അവൾക്ക് അതിനുള്ള കഴിവില്ലേ? ശക്തിയില്ലേ? പിന്നെ എന്താ പ്രശ്നം? അമ്മു വീട്ടിലേക്ക് നടന്നു. ഇനി ഒരിക്കലും പഴയതുപോലെ ആവില്ല എന്ന് പറഞ്ഞു. ഒരു പ്രശസ്തയായ സ്ത്രീയാവാൻ പ്രതീക്ഷയുടെ പ്രതീകമാവാൻ, ഒരു ചരിത്രമാവാൻ അവൾ അവളുടെ യാത്ര തുടങ്ങി.





മേഘ്ന വി. എസ്.  
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# എന്റെ ഓർമ്മച്ചെപ്പിലെ മുത്തുകൾ

ഞാൻ മേഘ്ന വി. എസ്. അഞ്ചാം ക്ലാസ് ബി ഡിവിഷനിൽ പഠിക്കുന്നു. എന്റെ അമ്മ ചിന്മയവിദ്യാലയത്തിൽ അദ്ധ്യാപികയാണ്. സ്വാഭാവികമായും അമ്മ ഇവിടെ പഠിപ്പിക്കുന്നതിനാൽ എനിக்கும் അനുജത്തിക്കും ഇവിടെ പഠിക്കാൻ ആഗ്രഹമുണ്ടായിരുന്നു. അങ്ങനെ ഞങ്ങളുടെ ആഗ്രഹവും ചിന്മയാനന്ദ സ്വാമിജിയുടെ അനുഗ്രഹവും കൂടി ഒത്തുചേർന്നപ്പോൾ ഞാൻ മൂന്നാം ക്ലാസിലായപ്പോൾ എനിக்கும் അനുജത്തിക്കും ഇവിടെ ചേർന്നു പഠിക്കാൻ സാധിച്ചു. മൂന്നാം ക്ലാസിൽ ദിവ്യ മോഹൻദാസ് ടീച്ചറായിരുന്നു എന്റെ ക്ലാസ് ടീച്ചർ. ഞാൻ മുൻപു പഠിച്ചിരുന്ന വിദ്യാലയം എനിക്ക് പ്രിയപ്പെട്ടതായി രുനെങ്കിലും ചിന്മയ വിദ്യാലയം മറ്റു വിദ്യാലയങ്ങളിൽനിന്ന് ഒരുപാട് വേറിട്ടുനിൽക്കുന്നുവെന്ന് എനിക്ക് മനസ്സിലായി. ഭഗവദ്ഗീതയുടെ സ്വാധീനവും മഹത്വവും എനിക്ക് ഇവിടെനിന്നാണ് അറിയാൻ കഴിഞ്ഞത്. അവസരം കിട്ടുമ്പോഴെല്ലാം ഗീത ചൊല്ലാൻ ഞാനും പങ്കുചേരാറുണ്ട്. ഒരുപാടു നല്ല കൂട്ടുകാരെയും എനിക്ക് ഇവിടെ കിട്ടി. ഒരു ദിവസം പരീക്ഷാപേപ്പർ നോക്കി തന്നപ്പോൾ ദിവ്യ ടീച്ചർ എനോട് ചോദിച്ചു:- മേഘ്ന തന്നെയാണോ പഠിക്കുന്നത് അതോ അമ്മ പഠിപ്പിച്ചു തരാറുണ്ടോ എന്ന്. ഞാൻ തന്നെയാണ് പഠിക്കുന്നതെന്നറിഞ്ഞപ്പോൾ ടീച്ചർക്ക് ഒരുപാടു സന്തോഷമായി. എന്നെ അഭിനന്ദിക്കുകയും ചെയ്തു. ആ സംഭവം പിന്നീടങ്ങോട്ട് തന്നെ പഠിക്കുവാനുള്ള ആത്മവിശ്വാസം കൂട്ടുകയായിരുന്നു. തികച്ചും വേറിട്ട അനുഭവങ്ങളാണ് ചിന്മയ വിദ്യാലയത്തിലെ അദ്ധ്യാപകർ എനിക്ക് സമ്മാനിച്ചിട്ടുള്ളത്. അതുപോലെ എന്റെ അനുജത്തിയുടെ ക്ലാസ് ടീച്ചർ ശ്രീകല ടീച്ചറാണ്. ടീച്ചർ ഒരു ദിവസം ഒരു മെഴുക്കു പുരട്ടി കൂട്ടി അനുജത്തി ചോദിക്കുന്നതു കണ്ടപ്പോൾ ചോദിച്ചു: “കൂട്ടീ വേറെ കറിയൊന്നുമില്ലേ? ഇത് മാത്രം കൂട്ടി എങ്ങനെയാ കഴിക്കുന്നത് എന്ന്.

അതിനുശേഷം തിരക്കുകൾക്കിടയിലും എന്റെ അമ്മ എനിക്ക് രണ്ട് കറിയെങ്കിലും ഉണ്ടാക്കിത്തരാറുണ്ട്. ഇത് എന്റെ അദ്ധ്യാപകർക്ക് കൂട്ടികളിലുള്ള ശ്രദ്ധ മനസ്സിലായ രണ്ട് ഉദാഹരണങ്ങൾ മാത്രം. ഞാനിവിടെ ചേർന്ന വർഷം തന്നെയാണ് മൂന്നാം ക്ലാസിലെ എന്റെ ഇംഗ്ലീഷ് അദ്ധ്യാപികയായ ലക്ഷ്മി ടീച്ചറും ഇവിടെ ചേർന്നതെന്ന് ഞാൻ ഓർക്കുന്നു. അതുപോലെ പ്രധാനാദ്ധ്യാപിക സബീന ടീച്ചറുടെ ഇംഗ്ലീഷ് ക്ലാസിലിരുന്ന് പഠിക്കാൻ തുടർച്ചയായ രണ്ടുവർഷവും എനിക്ക് അവസരം ലഭിച്ചുവെന്ന കാര്യവും ഞാൻ നന്ദിയോടെ സ്മരിക്കുന്നു. അതുപോലെ മായ ടീച്ചറുടെയും ഉഷ ടീച്ചറുടെയും സാഹിതി ടീച്ചറുടെയും കണക്ക് ക്ലാസ് ഞാൻ ആസ്വദിച്ചു പഠിച്ചിരുന്നു. പരീക്ഷണങ്ങളിലൂടെ ശാസ്ത്രത്തിന്റെ മാസ്മരികത ഞങ്ങൾക്കു മനസ്സിലാക്കി തന്ന മാധവ് സാറിനെ എപ്പോഴും ബഹുമാനത്തോടെ ഞാൻ ഓർക്കും. അതുപോലെ മാതൃഭാഷയായ മലയാളത്തിന്റെ ലാളിത്യം ഒട്ടും ചോരാതെത്തന്നെ പഠിക്കാൻ സുമംഗല ടീച്ചറുടെയും ശ്രീദേവി ടീച്ചറുടെയും ശ്രീകല ടീച്ചറുടെയും ക്ലാസ്സുകൾ എന്നെ സഹായിച്ചിട്ടുണ്ട്. മൂന്നിൽ രണ്ടു വർഷവും എന്നെ വീട്ടിൽ നിന്നല്ലാതെ വിദ്യാലയത്തിൽ നിന്നു തന്നെ ഹിന്ദി പഠിപ്പിച്ചു തരാൻ എന്റെ അമ്മ കുടിയായ സൗമ്യ ടീച്ചർ ശ്രദ്ധിച്ചിട്ടുണ്ട്. അടുത്തവർഷം ആറാം ക്ലാസിലേക്ക് ചേരുമ്പോൾ എന്റെ മനസ്സിൽ ചെറിയൊരു വിഷമം - എന്റെ അമ്മയുടെ ഉറ്റ സുഹൃത്തുകുടിയായ മാലിനി ടീച്ചറുടെ ക്ലാസ്സിൽ എനിക്ക് പഠിക്കാൻ കഴിഞ്ഞില്ലല്ലോ എന്ന്... എന്നാലും ഇവിടെയുള്ള ഓരോ അദ്ധ്യാപകരും കുട്ടികളെ സ്നേഹിക്കാനും അഭിനന്ദിക്കാനും തെറ്റ് കണ്ടാൽ ശകാരിക്കാനും കൂട്ടികളിലെ നല്ല മൂല്യങ്ങൾ വളർത്തിയെടുക്കാനും ഒരേപോലെ ശ്രമിക്കുന്നവരാണെന്ന കാര്യത്തിൽ ഞാൻ അഭിമാനംകൊള്ളുന്നു.





രേവതി എം. ജി.  
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## എന്റെ പ്രിയപ്പെട്ട ശിവക്ഷേത്രം

എനിക്ക് ഏറ്റവും കൂടുതൽ സമയം ചിലവഴിക്കാൻ ഇഷ്ടമുള്ളത് ഒരു ശിവക്ഷേത്രം ആണ്. വളരെ ശാന്തിയും സമാധാനവും നൽകുന്ന ഒരു വിശാലമായ സ്ഥലമാണ് ഇവിടം. അതേസമയം നമ്മുടെ മനസ്സിന് ഒരു കുളിർമ്മയേകുന്ന സ്ഥലമാണ്. സദാസമയം ശബ്ദകോലാഹലങ്ങളുള്ള വലിയ റോഡായ സ്വരാജ് റൗണ്ടിന്റെ ഒത്ത നടുവിലുള്ള വടക്കുംനാഥ ക്ഷേത്രത്തെപ്പറ്റിയാണ് ഞാൻ പറഞ്ഞു വരുന്നത്. ഇത്രയും ശുദ്ധവായുവും സമാധാനവും കിട്ടുന്ന ഒരു സ്ഥലത്തെപ്പറ്റി ഞാൻ ഇതുവരെ കേരളത്തിൽ കേട്ടിട്ടില്ല ഇതല്ലാതെ. ഇവിടെ എത്ര കഠിനമായ വെയിലത്തും നല്ല തണുത്ത കുളിർക്കാറ്റും തണലും തരുന്ന എത്രയോ മരങ്ങളുണ്ട്. ഒരുപക്ഷേ ഇതുകൊണ്ടായിരിക്കാം ഇവിടം നല്ല കുളിർമ്മയുള്ള സ്ഥലമായി തോന്നുന്നത്. ഇതുകൊണ്ട് തന്നെ ഇവിടെ എന്നും ഒട്ടനേകം പേർ വരുന്നുപോകുന്നുമുണ്ട്. ഇവിടെ പറഞ്ഞാലത്ര അവസാനിക്കാത്ത എത്രയോ പ്രത്യേകതകളുണ്ട്. അതിൽ ഒരു കാര്യമാണ് പണ്ട് വർഷങ്ങൾക്കുമുമ്പ് രാമവർമ്മ മഹാരാജാവ് തൃശ്ശൂർ ഭരിച്ചിരുന്ന സമയത്തുള്ള ചില കാര്യങ്ങളെക്കുറിച്ചുള്ള വിവരങ്ങൾ നമ്മൾക്ക് ഇവിടെനിന്ന് ലഭിച്ചിട്ടുണ്ട്. അതേ, ഇത് വർഷങ്ങൾക്കുമുമ്പ് രാമവർമ്മ മഹാരാജാവ് ഭരിച്ചിരുന്ന കാലത്തുവരെ ഉണ്ടായിരുന്ന ഒരു മഹാക്ഷേത്രമാണ്. ഈ ക്ഷേത്രത്തിന്റെ പൂർവകാലത്ത് ഇവിടെ ബുദ്ധസന്യാസിമാർ പാർത്തിരുന്നു. ഇപ്പോഴും ഈ ക്ഷേത്രത്തിന്റെ ഉള്ളിൽ അവർ താമസിച്ചിരുന്ന ഭാഗങ്ങൾ നമ്മൾക്ക് കാണാം. ഈ ക്ഷേത്രം ഇവിടെ ഉണ്ടായതിനു പിന്നിൽ ഒരു

ഐതീഹ്യമുണ്ട്. പരശുരാമൻ മഹാദേവനുവേണ്ടി 108 ശിവക്ഷേത്രങ്ങൾ ഉണ്ടാക്കിയിരുന്നു. അതിൽ ഏറ്റവും ഒന്നാമതായി കണക്കാക്കുന്നത് ഈ ക്ഷേത്രമാണ്. ഈ ക്ഷേത്രം ദക്ഷിണകൈലാസം എന്നും അറിയപ്പെടുന്നുണ്ട്. ഇവിടെ “ശ്രീ മൂലസ്ഥാനം” എന്ന സ്ഥലത്ത് ശിവൻ കുടികൊള്ളുന്നു എന്നാണ് വിശ്വാസം. മാത്രമല്ല ഈ ക്ഷേത്രത്തിന് പടിഞ്ഞാറേ നട, വടക്കേ നട, തെക്കേ നട തുടങ്ങിയ ഗോപുരനടകളുണ്ട്. ഇവിടത്തെ പ്രധാന ദൈവങ്ങൾ ശിവനും, പാർവ്വതിയും, ആദിശങ്കരനും ആണ്. മാത്രമല്ല ഇവിടത്തെ പ്രധാന ഉത്സവങ്ങൾ തൃശ്ശൂർപൂരവും ശിവരാത്രിയുമാണ്. ഇവിടത്തെ പ്രധാന ഉത്സവം ശിവരാത്രിയാണെങ്കിലും തൃശ്ശൂർ പൂരത്തിനാണ് പ്രശസ്തി എന്നതിന് ഒരു സംശയവുമില്ല. ഇങ്ങനെയുള്ള ദിവസങ്ങളിൽ മാത്രമല്ല സാധാരണ ദിനങ്ങളിലും ഇവിടെ വിദേശികൾ വരാറുണ്ട്. എന്നാൽ മലയാളികളോ വളരെ കുറഞ്ഞും വരുന്നുണ്ട്. ഇതിന്റെ പ്രധാന കാരണം ഇതാണ്:- നമ്മൾ അവധി ദിവസങ്ങളും മറ്റും ലഭിച്ചാൽ യാത്രകൾ തീരുമാനിക്കുന്നത് കൊടൈക്കനാൽ, ജമ്മുകാശ്മീർ, ഊട്ടി തുടങ്ങിയ സ്ഥലങ്ങളിലേക്കാണ്. ഒരിക്കലും നമ്മുടെ മലയാളി സംസ്കാരവും പൈതൃകവും കാണുന്നതിലും ഇഷ്ടം ഇപ്പോൾ ഇങ്ങനെയുള്ള സ്ഥലങ്ങളിൽ പോകാനാണ്. അതുകൊണ്ട് തന്നെ നമ്മൾ നമ്മുടെ പൈതൃകത്തെപ്പറ്റിയും മറ്റും അറിയാൻ പറ്റുന്ന ഇടങ്ങളിലേക്കും നമ്മുടെ അടുത്തുള്ള ക്ഷേത്രങ്ങളിലേക്കും മറ്റും യാത്ര ചെയ്യാൻ ശ്രദ്ധിക്കുക.





അരുണിമ കെ. ആർ.  
II A

# ചാത്രമുഖം

Prize Winning Essay (Talent Time Category IV)

“എത്ര വേഗമാണല്ലോ അമ്മേ മൂന്നു വർഷങ്ങൾ പോയത്” ആ കൊച്ചു പെൺകുട്ടി ദുഃഖത്തിലായിരുന്നു. പ്രായത്തിൽ കവിഞ്ഞ പക്ഷതയും കാര്യ ബോധവും ഉള്ളതുകൊണ്ടായിരിക്കാം. അമ്മയെ മാസങ്ങളായി അലട്ടുന്ന ആ കാര്യം അവർക്കറിയാമായിരുന്നു. ദിവസങ്ങളോളം അവൾ ഒന്നും കഴിച്ചിട്ടില്ല ആരോടും ഒന്നും സംസാരിക്കാറുമില്ല. നീരാഹാരം പോലുള്ള മുഖം വാടിതളർന്നാണ്. ഏറെ രാത്രികളായി അമ്മ ഉറങ്ങിയിട്ട്. അതുകൊണ്ടു തന്നെ അവളും ഉറങ്ങാറുണ്ടായിരുന്നില്ല. തനിച്ചിരിക്കുമ്പോൾ നിശ്ശബ്ദമായി കണ്ണീരൊഴുക്കുന്ന അമ്മയെ അവൾ ശ്രദ്ധിച്ചിരുന്നു അവർക്കുവേണ്ടി അവൾ വ്യസനിച്ചിരുന്നു നാളെയാണ് ആ ദിവസം താൻ ഏറെ ഇഷ്ടപ്പെടുന്ന തന്റെ അച്ഛനെ നാളെ അവർ കൊല്ലും. എങ്ങനെയെന്നതിന്റെ ചിത്രം അവളുടെ മനസ്സിൽ വ്യക്തമായിരുന്നു. കാക്കിയണിഞ്ഞ കുറേ ആളുകൾ ചേർന്ന് തൂക്കിക്കൊല്ലുമായിരിക്കും. അച്ഛൻ എന്തു തെറ്റ് ചെയ്തുവെന്ന് അവൾ ഇതുവരെ അമ്മയോട് ചോദിച്ചിട്ടില്ല. അറിഞ്ഞതായും ഭാവിച്ചിട്ടില്ല. പക്ഷേ ഉള്ളിന്റെ ഉള്ളിൽ അവളാചിത്രം എന്നും അയവിറക്കിയിരുന്നു.

ഏറെ നാളുകൾക്കുമുമ്പാണ് അത് സംഭവിച്ചത് കനത്ത മഴയായതു കാരണം മെല്ലെയായിരുന്നു അവൾ പുറപ്പെട്ടത്. ഈർപ്പം നിറഞ്ഞ കൂടയിൽ സാറയോടൊപ്പം വരുന്നതായിരുന്നു അവൾക്കിഷ്ടം. പോകുന്നവഴി റോഡിൽ കെട്ടിക്കിടക്കുന്ന വെള്ളത്തിൽ അമർത്തിച്ചവിട്ടിക്കൊണ്ടും. പരസ്പരം കലഹിച്ചുകൊണ്ടും ആ രണ്ടു കുരുന്നുകൾ മന്ദം മന്ദം വരികയായിരുന്നു. “ചേച്ചി, ഞാൻ വന്നു” ഞാൻ കൊച്ചുസ്വരത്തിൽ ഉറക്കെവിളിച്ചു പറഞ്ഞ് അപ്പോദിച്ചുകൊണ്ട് അവൾ പടിവാതിലിലെത്തി. ആരെയും കണ്ടില്ല. മലർന്നുകിടക്കുന്ന വാതിലിലൂടെ അവൾ അകത്തേക്കു നോക്കി. നിശ്ശബ്ദത പുണ്ടു വിളയാടുന്ന അന്തരീക്ഷം. അവളുടെ ശ്രദ്ധതെറ്റിച്ച ആ കാഴ്ച അപ്പോഴവൾ കണ്ടു.

എന്നും സന്ധ്യക്ക് നാൻ കഴുകിയെടുക്കുന്ന ഓട്ടുവിളക്ക് കൈയ്യിൽ മുറുകെപിടിച്ച് ..... വിതുവുന്ന തന്റെ അച്ഛനെ. അയാളുടെ മിഴികൾ നിറഞ്ഞിരുന്നു, കോപത്തിന്റെ അഗ്നി അതിൽ ജ്വലിക്കുന്നു

ണ്ടായിരുന്നു. ആ ഓട്ടുവിളക്കിൽ രക്തമുണ്ടായിരുന്നു, തറയിലും രക്തത്തിൽ കുളിച്ചുകിടക്കുന്ന തനിക്ക് സുപരിചിതനായ ആ ചേട്ടൻ. പേടിച്ചുരണ്ട് കോണിൽ ഒതുങ്ങിനിൽക്കുന്ന തന്റെ ചേച്ചി. നിമിഷങ്ങൾ വേണ്ടിവന്നു അവൾക്ക് സംഭവിക്കാസങ്ങളെല്ലാം ഉൾക്കൊള്ളാൻ മനസ്സിൽ ഉറപ്പിക്കാൻ. എന്തു സംഭവിച്ചു എന്നത് അവൾക്ക് തികച്ചും വ്യക്തം. തന്റെ ചുണ്ടുകൾ കൂട്ടിയമർത്തി രണ്ടുകൈകൾകൊണ്ടു വായ്പൊത്തി അവൾ ഓടി.... ഉമ്മറത്തിണ്ണയിലേക്ക്.... പേടിച്ച രണ്ടു അവളെയും കണ്ട് അമ്മ ഏറെ ദുരന്താനിന്നും തികച്ചും അസ്വസ്ഥയായി വരുന്നുണ്ടായിരുന്നു. ആ സ്ത്രീ ഈ ചിത്രം കാണരുതേയെന്ന് അവൾ പ്രാർത്ഥിച്ചു. എന്നാൽ വിധിയെത്തടുക്കാൻ കഴിവുള്ള നരനുണ്ടോ?

പതിവുപോലെ ഇന്നും അമ്മ ഉറങ്ങിയിട്ടില്ല. മിഴികൾ നിറഞ്ഞും മങ്ങിയുമാണ്. ചേച്ചിയും അടുത്തിരിപ്പുണ്ട്. “മക്കൾ കഴിച്ചില്ലല്ലോ കഴിച്ചുകൊള്ളൂ.... അമ്മയ്ക്കുവേണ്ടാ” ഇത്രമാത്രം ഈ രണ്ടു വാക്കുകൾക്കുശേഷം അമ്മ സംസാരിച്ചതേയില്ല. ചേച്ചി തന്നെയും വിളിച്ചുകൊണ്ട് അടുക്കളയുടെ പിൻഭാഗത്തേക്കുപോയി. “നാളെ തീവണ്ടി ആപ്പീസിൽ പോകണം. മോൾ ഉറങ്ങിക്കൊള്ളൂ... ഇതുപറഞ്ഞ് കഴിഞ്ഞ് അവളും അകന്നു നീങ്ങി.

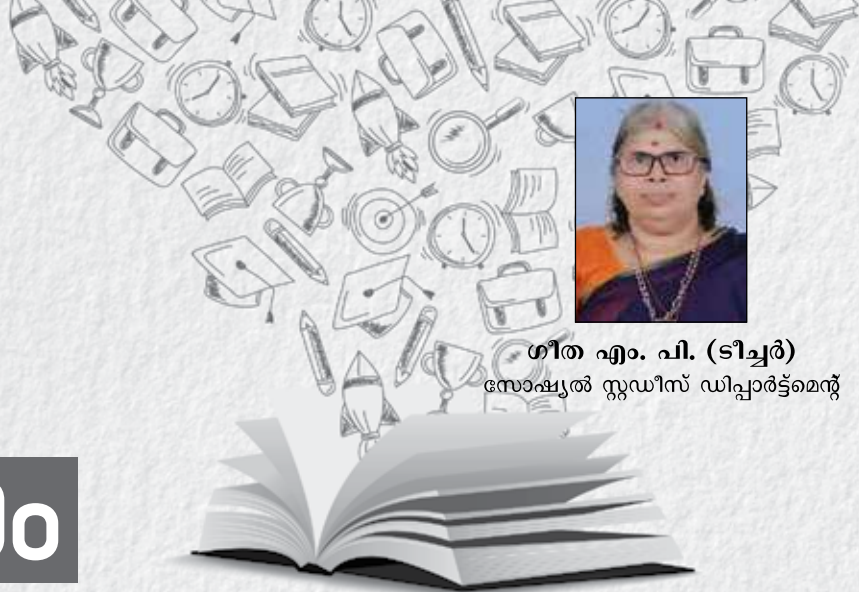
ആ രാത്രി അവൾ ഉറങ്ങിയതേയില്ല. അവളുടെ മിഴികളിൽനിന്ന് ചുടുകണ്ണീർ ഒഴുകുന്നുണ്ടായിരുന്നു. ഈ രാത്രി പുലരാതിരുന്നെങ്കിൽ എന്നവൾ ആഗ്രഹിച്ചു. തന്റെ അച്ഛൻ ഇന്ന് ഉറങ്ങില്ല. അപ്പോൾ താനും ഉറങ്ങണ്ട എന്നവൾ ഉറപ്പിച്ചു.

നേരം പുലർന്നു. തളർന്ന കണ്ണുകളോടെയും ജീവനറ്റ മുഖത്തോടെയും തന്റെ അമ്മ പോകാൻ തയ്യാറായി നിൽക്കുന്നു. താൻ പോകില്ല.... വയ്യാ.... അച്ഛനെ ഇഷ്ടമായിരുന്നു ഒരുപാട്. “മാളു വരണ്ട” അമ്മ പറഞ്ഞു. തന്റെ മനസ്സ് അമ്മ വായിച്ചെടുത്തപോലെ ... അവൾ പടിവാതിൽ വരെ ചെന്നു ... ഈ യാത്രയെപ്പറ്റി ആ കുരുന്നിന്റെ കണ്ണുകൾ നനയിച്ചിരുന്നു.. നടന്നു നീങ്ങുന്ന അമ്മയെയും നോക്കി അവൾ നിന്നു.....

എന്തെന്നറിയാതെ.....



# അറിവ് മഹത്തരം



ഗീത എം. പി. (ടീച്ചർ)  
സോഷ്യൽ സ്റ്റഡീസ് ഡിപ്പാർട്ട്മെന്റ്

ഇങ്ങനത്തെപ്പോലെ പരിശുദ്ധമായി ലോകത്തിൽ ഒന്നുമില്ല. ശ്രദ്ധയുള്ളവന് ജ്ഞാനം ലഭിക്കും എന്ന് ഭഗവാൻ കൃഷ്ണൻ ഭഗവദ്ഗീതയിലൂടെ നമുക്ക് വെളിപ്പെടുത്തി തരുന്നു. അറിവ് എപ്പോൾ, എങ്ങനെ, എവിടെനിന്ന് നമുക്ക് പ്രാപ്തമാകും?

ജീവിതത്തിൽ നമുക്ക് നേരിടേണ്ടിവരുന്ന വെല്ലുവിളികളുടെ പൊരുൾ കുഞ്ഞായിരിക്കുന്ന കാലത്ത് അത്രയ്ക്കും ഉൾക്കൊള്ളുവാൻ നമുക്ക് പറ്റുകയില്ല. എങ്കിലും മാതാപിതാക്കളുടെയും ഗുരുക്കന്മാരുടെയും കുടുംബത്തിലെ മറ്റു മുതിർന്നവരുടെയും വക തിരിവുള്ള പെരുമാറ്റങ്ങളിലൂടെ കുഞ്ഞുങ്ങളിലേക്ക് പടർന്നുകയറും. മാനസിക പക്ഷതയില്ലാത്ത അറിവുകളും ഈ പ്രായത്തിൽ അവരിൽ അന്തർലീനമാകാറുണ്ട്. മാതാപിതാക്കളുടെയും മറ്റു കുടുംബാംഗങ്ങളുടെയും ആലോചനാരഹിതമായ പ്രവൃത്തിയും ഇതിനു കാരണമാകുന്നു.

“ചെറുപ്പകാലങ്ങളിലുള്ള ശീലം  
മറക്കുമോ മാനുഷനുള്ള കാലം  
കാരസ്കരത്തിൻ കൂരു പാലിലിട്ടാൽ  
കാലാന്തരേ കയ്പു ശമിപ്പതുണ്ടോ?”

കവിവാക്യം എത്ര അമ്പർത്തമാണ് നമ്മുടെ ജീവിതത്തിൽ.

രാമായണം, മഹാഭാരതം തുടങ്ങിയ പ്രമാണഗ്രന്ഥങ്ങൾ നമുക്ക് മാർഗ്ഗ ദർശനങ്ങളാണ്. പിന്നീട് സന്തതസഹചാരിയായി വർത്തിക്കുന്ന സമപ്രായക്കാരായ ചങ്ങാതിമാരുടെ പ്രവൃത്തിയിലൂടെ കുഞ്ഞുങ്ങൾ കാര്യങ്ങൾ ഗ്രഹിക്കുന്നു. സ്വയം ചിന്തിക്കാനും പ്രവൃത്തിക്കാനും പിൽക്കാലത്ത് പുസ്തകങ്ങൾ നല്ലകൂട്ടുകാരാകുന്നു. തത്വബോധവും മൂല്യബോധവും അടിസ്ഥാനമാകുന്ന പുരാണേതിഹാസങ്ങൾ, ലേഖനങ്ങൾ, ആത്മകഥകൾ അവർക്ക് മൂല്യബോധത്തിന്റെ വാതിൽ തുറന്നു കൊടുക്കുന്നു. കുട്ടികളിൽ മൂല്യ

ബോധം വളർത്തുവാൻ ഭഗവദ്ഗീതയ്ക്കുള്ള പങ്ക് ഒന്നുവേറെ തന്നെയാണ്.

ഭഗവദ്ഗീതയുടെ വിഖ്യാതമായ വ്യാഖ്യാതാവ് ജഗദ്ഗുരു ശങ്കരാചാര്യർ കേരളത്തിന്റെ സംഭാവനയായിരുന്നു. കേരളത്തിൽനിന്നുതന്നെ ഒരു ലോകപ്രചാരകനെ, സ്വാമി ചിന്മയാനന്ദഗുരുവിനെ നമ്മൾക്കും പ്രാപ്തമായി. പിന്നീട് ഭഗവദ്ഗീതയെ നെഞ്ചിലേറ്റി ജീവിതവിജയം വരിച്ച ലോകാരാധ്യതായ മഹാത്മാ ഗാന്ധിയും സ്വാമി വിവേകാനന്ദനും കുഞ്ഞുങ്ങൾക്ക് മാതൃകയാണ്. ഗുരു ശിഷ്യ സംവാദമായ ഗീത, ആന്തരികമായി ഓരോ വ്യക്തിയിലുമുള്ള കാമ, ക്രോധ, മദ, മാൽസര്യം തുടങ്ങിയ ശത്രുക്കളെ കൊല്ലുവാൻ നമ്മളെ പ്രാപ്തരാക്കുന്നു. മനോനിയന്ത്രണവും സമർപ്പണവുമുണ്ടെങ്കിൽ ജ്ഞാനമാകുന്ന വാളിനാൽ സംശയങ്ങളെ ഇല്ലായ്മ ചെയ്യാം. അല്ലെങ്കിൽ സംശയങ്ങൾ വ്യക്തികളെ നശിപ്പിക്കും. മഹാഭാരതത്തിൽ യക്ഷന്റെ ചോദ്യത്തിന് യുധിഷ്ഠിരൻ പറയുന്ന മറുപടി പ്രസക്തമാണ്. “ചത്തതിനൊക്കുമേ ജീവിച്ചിരിക്കിലും” എന്നു പറയുന്നതിന്റെ പൊരുളെന്ത്? ഏതൊരുവനാണോ അവന്റെ സമ്പാദ്യത്തിൽനിന്ന് ഒരു ഓഹരി ഈശ്വരന്മാർക്കും അതിഥികൾക്കും ഭൃത്യർക്കും ജന്തുക്കൾക്കും പിതാമഹന്മാർക്കും നൽകാതിരിക്കുന്നത് അവൻ മരിച്ചതിനു സമാനനാണെന്നു നമ്മൾ തിരിച്ചറിയണം. ഗരുഡ പുരാണത്തിൽ വിനതാപുത്രനായ ഗരുഡനോട് മഹാവിഷ്ണു പറയുന്നതിങ്ങനെയാണ് : ആപത്തും ദുഃഖവും മർത്യജന്മത്തിൽ എപ്പോഴും ഉണ്ടായിക്കൊണ്ടിരിക്കും. അതിലൊന്നും വിചാരം പൂണ്ടിരിക്കാതെ, ധർമ്മമാർഗ്ഗത്തെ കൈവിടാതെ സൂക്ഷിക്കുക.

കോടി ശാസ്ത്രങ്ങൾ പഠിച്ചാലും കിട്ടാത്ത വിദ്യ സദ്ഗുരുവിന്റെ ഒറ്റവാക്കിൽനിന്നു ലഭിക്കും ശിവപ്രോക്തമായ അദൈതവിദ്യ അഭ്യസിക്കുക. സംസാരദുഃഖം അകന്നുകിട്ടാനുള്ള ഏകമാർഗ്ഗം ആത്മജ്ഞാനമാണ്. ജ്ഞാനമാർഗ്ഗം സ്വീകരിച്ചാൽ മരണഭീതിയിൽനിന്നും



മുക്തി ലഭിക്കും. പ്രണവഗായത്രിമന്ത്രജപം, ശ്വാസനിയന്ത്രണം എന്നിവ ചിത്തത്തെ ബ്രഹ്മത്തിൽ നിർത്തി, പരബ്രഹ്മം താൻ തന്നെയെന്ന ധാരണ നമ്മിൽ ഉളവാക്കും.

മനസ്സിന്റെ വിമലീകരണം, ശാക്തീകരണം, ഉദാത്തീകരണം എന്നിവ ധ്യാനയോഗത്തിലൂടെ സാധ്യമാകുന്നതാണ്. ഒപ്പം ശരീരത്തിനെ ആരോഗ്യപൂർണ്ണവും ആത്മാവിനെ ചൈതന്യപൂർണ്ണവും ആക്കി സമസ്തലോകത്തിനും സുഖം ലഭിക്കുമാറാക്കുന്നതും തന്നെപ്പോലെ സകല ജീവജാലങ്ങളെയും കാണണം. പഞ്ചഭൂതാത്മകമായ (ഭൂമി, ജലം, അഗ്നി, വായു, ആകാശം) എന്നിവയിലും ഭഗവാനാണ് നിറഞ്ഞു നിൽക്കുന്നതെന്ന അറിവോടെയും ആദര വോടെയും വേണം നമ്മൾ ജീവിക്കുവാൻ.

സമുദ്രജലംപോലെ മേഘമായി, മഴയായി, നീർച്ചാലുകളായി സമുദ്രത്തിൽ എത്തുന്ന പ്രക്രിയ തന്നെയാണ് സകലവും ഭഗവാനിൽനിന്ന് ഉണ്ടായി, ഭഗവാനിൽ

ലയിക്കുന്നത്. എല്ലാ ജീവനിലും ഈശ്വരനുണ്ടെന്ന തിരിച്ചറിവ് വന്നാൽ ഒന്നിനെയും നോവിക്കാനാവില്ല, സ്നേഹിക്കാനേ പറ്റൂ. ‘സ്നേഹമാണവിലസാരമുഴിയിൽ’ എന്ന ആപ്തവാക്യം മറക്കുവാനാകുന്നതല്ലല്ലോ?

വാക്കുകൊണ്ടും പ്രവൃത്തികൊണ്ടും നമ്മൾ മറ്റൊരാൾക്ക് വേദനയുണ്ടാക്കരുത്. സത്യനിഷ്ഠയോടെ സത് പ്രവൃത്തിയിൽ മുഴുകണം. പ്രതിസന്ധിയിൽ

തളരാതെ, ശാന്തിയിലേക്കുള്ള പാത, ഗീത നമുക്ക് തുറന്നു തരുന്നു. ഗീത, ഒരു വ്യക്തിത്വവികസന ഗ്രന്ഥമാണ്. ഭഗവാൻ പറയുന്ന അറിവ് ഇപ്രകാരമാണ്: പ്രസന്നനായിരിക്കൂ. പ്രശാന്ത നായി, സമത്വബുദ്ധിയോടെ ഇരിക്കൂ. ആഹാരത്തിലുൾപ്പെടെ മിതത്വവും ശുചിത്വവും പാലിക്കൂ. ജ്ഞാനിയായി, ദാനിയായി, സേവനനിരതനായി ഇരിക്കൂ.

അതേ, അറിവാകുന്ന, അതിർത്തികളില്ലാത്ത, സ്നേഹത്തിന്റെ, ലോകത്തിന്റെ ഭരണഘടന ഭഗവദ്ഗീത നമ്മളെ പ്രാപ്തരാക്കുന്നത് മമ ധർമ്മം എന്താണെന്നാണ്, ധ്രുവാ നീതിർ മതിർ മമ’ ബന്ധുവും ശത്രുവും നിന്നിൽ തന്നെയുണ്ട്. ബന്ധുവിനെ ഉണർത്തി ശക്തനാക്കുമ്പോൾ ശത്രു പിൻവാങ്ങുകയായി. പിന്നെ ശാന്തിയായി, സന്തോഷമായി. ബുദ്ധിയും വിവേകവും നമ്മിലുള്ളപ്പോൾ അവിടെ ജയം, ഭൂതി, നീതി വെളിപ്പെടുക തന്നെ ചെയ്യും.

“പരോപകാരമേ പുണ്യം  
പാപമേ പരപീഡനം”

നമ്മുടെ മക്കൾക്ക് വേണ്ടത്ര ആത്മീയ സംശുദ്ധി കൊടുക്കുവാൻ കഴിഞ്ഞാൽ ആരോഗ്യവും ബുദ്ധിയുമുള്ള ഒരു തലമുറ, കർമ്മനിരതയോടെ, പ്രതിബദ്ധതയോടെ, ജീവിത ആയോധനത്തിൽ വിജയശ്രീലാളിതരാവുമെന്നുള്ള തിരിച്ചറിവുണ്ടാകാൻ ഈശ്വരൻ ഇടവരുത്തട്ടെ.

ഹരി ഓം  
ഓം തത് സത്

## സൗപർണ്ണിക വന്ദനം



പരമേശ്വർ  
VIII- C

മനസ്സു കൂളിരും പുതുമഴ പെയ്തപ്പോൾ  
താളലയമായ് നീ ഒഴുകി  
കൊഞ്ചി കൊഞ്ചി കാൽത്തളക്കിലുക്കി  
മെല്ലെ മെല്ലെ നീ ഒഴുകി  
സഹ്യനിൽനിന്നും യാത്ര തുടങ്ങി  
നീളെ നീളെ പുണ്യം വിതറി  
ഔഷധ ഗുണമാർന്ന നിന്നെ തഴുകി  
മാരുതനെത്തി മന്ദമന്ദം  
ശ്രീ ശങ്കരന്റെ പാദസ്പർശത്തിൽ  
പുണ്യയാതൊരു സൗപർണ്ണികെ  
ആയിരം വന്ദനം നിനക്കായി നേരുന്നു  
സഹ്യന്റെ മകളെ സൗപർണ്ണികേ  
കൈകുപ്പി തൊഴുതു നില്ക്കും  
എന്നിൽ ചൊരിയു അനുഗ്രഹപൂക്കൾ  
സൗപർണ്ണികേ .... സൗപർണ്ണികേ!



# ANNUAL DAY

## Celebrations











Yoga Dance  
Health is Wealth

CHINMAYA VIDYALAYA

ANNUAL DAY CELEBRATION

ANNUAL DAY CELEBRATION

THE FATHER

ANNUAL DAY CELEBRATION

JANUARY 2020





പണ്ടിക്കാവ് റോഡിനു എതിർവശം

# Zapat

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Bridal collections  
Cosmetic pouch  
Money belt  
Passport holder

Ladies Fancy Items  
Cosmetics  
Sun glasses, Belts  
Rain Coats  
Umbrellas  
Footwear Accessories





Harikrishnan R  
XII-A

**"You only live once, but if you do it right,  
once is enough."**

Mae West

The world we live in is just a tiny spec in this massive universe, although whatever we see around us makes us feel just the opposite. From the moment we are born in this magnificent place we feel we are the centre of attraction. But as we grow up things start becoming clear, and also a little bit haunting. Not for everyone though. The ones that have a different perspective of life ends up living it to the fullest. Every single kid in this world has at one point or the other definitely heard how tough it was growing up back in the old days. Is it in anyway different right now? I don't think so. Almost all of us have similar problems or our problems end up being similar at one point of time. This diversity in problems has made us not perform to our potential.

The only difference I have felt that demarcates the current generation from the old one is we are easy going. To be frank that is exactly how everyone should be, isn't it? And look at what happens in the end.

The old method of showing kids how terrible life can be and almost orienting them to be money making or career centred "grown ups" has eventually led to a decrease in social happiness, both inside and outside one's own home.

Our education system really teaches us to build a career but never to live a full life. The entire society doesn't teach us how to live and thinks it's something that we should learn. Of course life is different for different people. But just like I mentioned earlier, all the problems eventually ends up being kind of the same for everyone.

No one teaches us to be confident, or disciplined or whatever good thing that should be there. This lack of special education might be the reason to how the generation gap has occurred. We all know value education classes (sometimes called moral education as well) exist as an integral part of our life. But has it made any difference? Why does only some people follow the rules and why only few are happy with it? This goes on to prove that there isn't any way for everyone to understand the same situation and the present situation and society pressure doesn't let children learn them properly or get taught about it properly either.

A huge amount of children have lost their creativity due to the fact that many believe it will never help them in the future. And many are depressed. Then the gasoline is poured into the fire and the so called "teenage hormone change cause mood swings" theories come up (actual scientific ones and made up ones too). It is this dangerous game that society is playing that has caused widespread decrease in happiness rate in our country and the youth have started turning into anything that gives them happiness, be it drugs or anything that they shouldn't do.

So I have given a long text on how boring life is. Maybe this essay itself have put a depression in all my dear readers. But fear not. Of all the roads that have been laid down for us we really do have the right to choose them. Sometimes we might just require that inner peace to do it. Just like Robert Frost said "and I took the road less traveled by". That road is laid by you. Not by our parents or teachers or friends but by us. The road less traveled by is the road we build. It's the road that we choose for our happiness. This maybe for a career, maybe a hobby. Whatever it maybe happiness for you brings happiness around others. If you want to make a change, the first step is always to speak up for yourself. Speak up so that others will listen to you. Speak up so the speechless can also connect with you. You don't need to do yoga for peace of mind (but it really helps though). You just need to be yourself.

We have one life to make ours and others happy.

We have one life to live to the fullest.

Don't waste it.

Use it for you, for me, for us, for this world, because we don't know if a great person lives in you unless you look into yourself. You will not speak to the best person in this world unless you speak to yourself.

The so called "millennial generation" now will turn this world to a better place. Give them the chance so that you can also live not in a better world, but the best one.

"In three words I can sum up everything I've learned about life: it goes on."

Robert Frost





# Pleasure of Travel



Shikha Mariam John  
XI-D

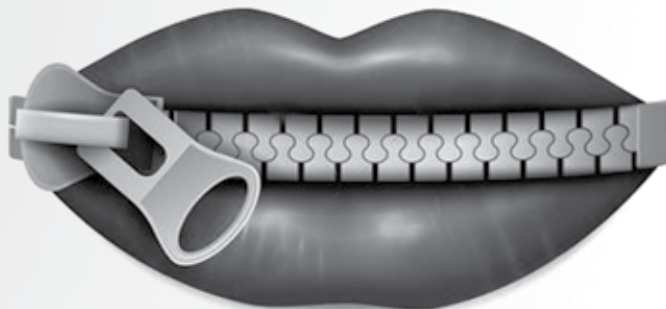
Travel is a means to free our preoccupied mind from its daily worries. It takes us away to a random place where we don't know anything or anyone, where we are free to explore our inner selves. There are many kinds of travellers. The ones that travel just to see or visit that place and the ones that travel to explore the place they visit. The ideal kind of travelling would be to go to a place, explore that place without any kind of maps, the only way to know your way around is to interact with the locals and of course with a camera in hand. This is my kind of ideal travel along with may be a book. Travel gives you inner pleasure and relaxation. A moment away from all the fuss of life. It helps you to meet new people, the ones you have never met but had known through facts. You get to know about their daily lives and live the kind of emotions they live. Sometimes there might be some problems arising. (But it is how you face those problems and don't let it ruin your travel that makes your experience better. As we always say, it is the experience that counts the most, and find travelling gives you the best experience. Of course, there might be some bad experiences, but everything has its ups and downs at times. A true traveller continues his travelling even if He had faced the worse. As they say, that's the spirit of travelling; Travelling is an inner pleasure and experience that you can never miss in your life. And if you have missed it, well, you have missed the best part of your life. (Because travelling is something that gives you one of the most beautiful and joyous memories in life. And as the quote goes, travelling is feeling home in a strange and unknown place."

Silence can be said all in one  
But can't be done  
It's a virtue of language  
An expression of courage  
Can't be taught  
Only be learned from the heart  
So smooth and light  
Pleasant and bright  
From heart, to hear  
Something pure and clear  
It cannot speak  
Through expression, we can seek  
It is invisible to trace  
But it is visible through its grace  
It's so peaceful to feel  
So wonderful to become real  
It's a beautiful reality  
Which makes the real you pretty.

# Silence



Sreya P.  
X-C





# Life



Anashwara Ramesh  
VI - C

Life, in my life is a game.  
With a lot's of trails....  
Life in you should be unique  
It's not to be life summary of others.. ..  
Try to be unique in life.  
Find the uniqueness in you.  
Live without a mask on your image.  
And focus on being just you.  
Life is not about making anyone wrong  
Life is about setting yourself right  
Life is not about competing against others  
Life is about competing against yourself.  
Life is bit about the miracles,  
that's going to happen.  
Life is about the miracles  
that you should make happen.  
Life is not about noticing the negatives  
Life is about creating huge positives  
Every one has a true potential  
which wakes up the dreams in your life.  
Aim upon it and just go behind it  
No matter, what life throws at you.  
Live every day like you are blessed.  
Be happy and find happiness in your life.



Sivani.K  
7B

It gives immense power,  
To everyone who listens  
It can start from mouth or throat,  
Through a person's ear it can float.  
It is the king of all arts.  
Can shake a person's heart.  
It is very nice as classic.  
It is none other than music.





# What it takes to be Free



Shruti Giri Kaithamana  
VIII-A

Are we free? is the question I daily ask myself since being caught up in my piano lessons, tuition, homework, school and home. I don't feel free at all. Everyone usually seems that my problems are nothing compared to them. Of course our country is free from the colonial rule, But I doubt that since the burden of accomplishing your dream and scoring excellent grades for the school year we rarely find free time for ourselves. For that we need our mind to be free in peace before our body to be in peace. After few days the class work piles up on our desk after either missing the classes due to practice of an event or being not present during the weekdays.

We can use some of our free time doing these tasks rather than browsing through the massive world of internet. You can write a short story or revise or spend time with your parents. Deserving the reward for studying for at least 1 hour continuously is worth and going back to schedule hasn't been much more tension free. Getting the mind agitated is the worst part that can occur in your daily routine. To prevent it just grab a handful of time after the tasks that had been scheduled our mind will finally relax and will be able to understand the topic you are going to study the next day.



Meenakshi. M. P.  
7 B

# Dad

My first super hero,  
Who made me realize I was not a zero.  
My bodyguard,  
Whose arms protected me from my mom.  
My inspiration,  
Who taught me to become an  
inspiration for others.  
My second teacher,  
Who taught me to become a good human being.  
My forever best friend,  
Who makes me cheerful.  
I'm his little princess,  
No matter what my age is.  
Love you dad....





# Life in a City



Varun Praveen Nair  
7A

Through the rush I walked,  
With a thought.  
"How will one live,  
In the rush of the city,  
Won't he feel sick?"  
In the train I searched for a seat,  
But instead got many beats.  
Stuck in the middle,  
I wished,  
I were a duck in a river.  
With webbed legs, they swam,  
In the quiet river.  
Waited for a taxi,  
But it will be costly.  
Climbed onto the bus,  
But it was a great fuss.  
People noted down the seats,  
And pushed others with their fists.  
They were waiting for seats as if,  
A tiger watching the movements,  
Of its prey.

I walked to my home,  
Just like a snail.  
It has a shell,  
And I have a bag.  
I climbed the steps,  
The house seemed far,  
But I started feeling starved.  
I opened the door,  
After a great tour.  
With a relief,  
I sat on the bed,  
But not for long,  
As my socks were smelly.  
I opened the window,  
and saw a beautiful tree,  
And a sudden wind blew,  
That flew me,  
In the world of happiness.  
I guess "Life in a city",  
Is not that bad.

Prize winning Versification (Talent Time category II)



# A CONSTANT LOVER



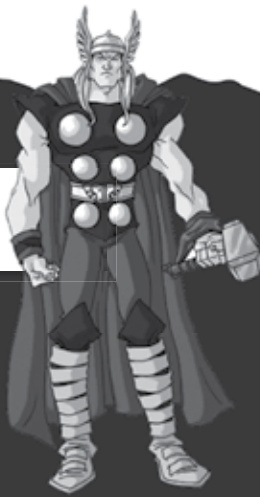
Meenakshi. M.P  
7-B



The hidden language of the soul,  
which surrounds the pole.  
With lots of expressions,  
It washes away all the depressions.  
It makes me delighted,  
When I'm exhausted.  
To my way of thinking,  
It was not a huge thing.  
But if you ask me now,  
It's an enormous thing.  
In my early years,  
Someone pulled me to it.  
But now,  
I love to be a constant lover of dance!



# My favourite Cartoon Character



Prayag M Menon  
V- D

*M*y favourite cartoon character is THOR, because he is the God of Thunder. He is in the group of avengers also. THOR has two weapons, hammer and storm breaker. THOR is very powerful and good. There are many avengers, but my favourite one is THOR.

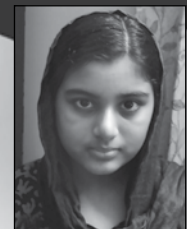
He acted in many films called Thor and Thor Ragnarok. His real name is Christopher Hemsworth. He is an Australian actor with long hair. He was in Avengers but after Avengers End Game he is now in Guardians of Galaxy.

He was very funny in Avenger's end game because he had a long hair, long beard and tight tummy. He was also keeping snakes in his tummy for eating. But he was about to be killed by Thanos but Captain America saved him by taking Thor hammer that was very hard to take by anyone. Thor's hammer was broken by Hela .He had many friends in his kingdom too.

He is one of the best characters I have seen in my life because he is the best in the world for me.

Prize winning essay (Talent Time category II)

## Learning from Nature



Suman Nazreen Serin  
Class VIB

**L**earning from nature is a really important value. Being like nature is a very important and rare quality. People who learn from nature and try to be like it become positive contributors to society. Like nature they'll be helpful and resourceful. Nature is an amazing place filled with countless wonders.

Nature always gives but never takes. It always gives us answers and in return, all we have to do is keep it intact. It gives us fruits and other forms of edible plants so that our hunger could be satisfied; rains to fill the rivers and quench our thirst.

But we keep knocking down trees and polluting our surroundings. Like nature we should always be resourceful and ready to assist. Nature doesn't ask for

anything in return for its loving gifts and caring manner.

Nature is full of many gifts; unlike other sources, nature's gifts never end. Like nature, we should always extend our affection to others. When we become like nature, we gain love and respect from our society. Like that, we should also respect nature and give it the care it deserves.

We should stop neglecting our duties to nature and keep it clean for ourselves as well as others. Just by keeping our surroundings clean, we can preserve its beauty and its gifts for our future generations. So, 'go green', plant saplings whenever possible and try to stop deforestation to preserve nature's beauty.





## Importance of being

# Patient



C. Hrishikesh  
V - D

As we all know, being patient always brings happiness and results. The importance of being patient could be explained by the following story

Once upon a time, there was a kingdom which was known for its famous and sweet mangoes. The kingdom had enough orchards and the people were very happy selling their wares. Every year he used to gift his neighbours with baskets full of sweet mangoes, which made them very envious of the king and his kingdom.

Then suddenly, one year, the number of mangoes were very few, which made the king to summon the gardener and ask the reason. The gardener said it was because of lot of monkeys, who took away all the ripe mangoes. The King ordered a fence to be put around the orchards.

Yet again, the following year also saw very low

number of mangoes, which made the king furious and seek explanation from the gardener. This time he said, it was because of squirrels and insects. This made the king angry and ordered the trees to be cut and the gardener to be put in jail, for failing his duty.

Hearing this, the gardener was very sad and requested the queen for relieving him from this ordeal, the queen on hearing his plight, assured him, that she shall talk to the king. The queen asked the king to relieve the gardener of his punishment, till the riping of the mangoes. To his surprise, that year the trees gave bumper crop making the king very happy and relieving the gardener of his problems.....

As you can understand from this story, being patient will always bring happiness and results, we all should be patient and hardworking till the desired results come.



## Everyone's Fear

We are scared at it but we don't know why ?

All the brave will be once scared of it but why?

when the electricity fails,  
we all see it

Now we know, what it is:  
The 'dark'

If anybody asks the colour, we can  
say 'black'

We are scared at it but we don't  
know why ?



Revathy M. G.  
V - D



# THE PROMISED NEVERLAND



Lavanya Thakur  
8 B

Hari welcomed the people to his house with a warm smile plastered on his face. The three children were excited thinking why their uncle had called them to his house.

Uncle Hari never let anyone into his house, as he was always working in secret but the rumor was it that there had been bursts of bright light seen from his windows late at night.

Uncle Hari was covered with soot and grime and his pristine lab coat had turned to ashy grey of the rainy sky.

Max, Mary and Meredith walked along his hallway silently as their uncle led the triplets to their birthday surprise.

The children had abruptly stopped in front of a triangular prism glowing with strange rainbow lights.

Max reached out and to his surprise, his fingers melted right into the other side of the 'thing.'

Uncle Hari stood smiling proudly and motioned them to go inside. The children reluctantly climbed in accompanied by uncle Hari and all three of them gasped in shock while Meredith's eyes watered with the intensity of the beauty that lay before them.

The sky was a midnight blue twinkling with pink and purple stars that glowed like the morning sun.

All around them were flowers, trees and babbling waterfalls. All along the flowers, on the petals, lay very tiny pixies, their silky gossamer wings glittering.

The waterfall seemed to hold onto the stars as a strange electric blue glow emitted from it.

The children walked along, giggling and laughing at the mischievous nymph wood animals and creatures and snickered when one of them threw a bunch of mud at uncle Hari's face. Uncle Hari just sighed as if he was used to it and chuckled at how happy the kids were.

Suddenly a flash of yellow light transported them back into uncle Hari's bedroom and the prisms glow dulled down.

The children grumbled in disappointment but cheered up when uncle Hari said that 'never-land' comes alive every day but uncle Hari hadn't established a stronger link between the two worlds.

"Is this what you were working on, uncle?" Asked Mary

"Of course", smiled uncle Hari, "only the best for my nephew and nieces."

"How on earth did you make such a thing?" asked the children.

"Magic", said uncle Hari ominously. He sent them to bed and that night the children went to sleep without a care in the world, dreaming of the ebony sky and the glittering stars.







Shri Vishnu  
VII A

# True Friendship

Ranjan and Hari were good friends. If they were not in controversy they were like Krishna and Kuchela because their friendship was that much strong. But if they were in argument, they were like Tom and Jerry but it would not last for more-than a day. Ranjan was born in a rich family. His father was the most famous business man in the city. His mother was a doctor, but the condition in Hari's house were the opposite of this. His father had died when he was three years old and his mother was a shopkeeper. They both studied in the same school. Their friendship made other students jealous of them. They shared their lunch, played together, studied together, helped each other and if one was in trouble the other would help. The school was closed for summer vacation and the two friends said a good bye and went home. They both did not like vacation because both were single child to their parents and did not have any other friends. They both couldn't contact over phone because Hari's mother did not have one. Days passed and school reopened. He was curious to see Ranjan. He waited and he saved a seat near him. He didn't come. The bell rang. The new class teacher came to class and took attendance. But she didn't call Ranjan's name. Hari asked, "Mam, Ranjan...". The teacher told with a bit of disappointment, "Ranjan took his TC." He was stuck for a minute. He thought, "Is it a dream?". In the break he went to meet the Principal to ask more about what had happened to Ranjan. She told that Ranjan's father got an opportunity to do business in Dubai and they got settled there. Hari went back to the class.

Ranjan has gone far... No, never. He is in Hari's mind. He is with him, forever because their friendship is true, pure.



# SMILE

Smile is a small curve,  
Which draws the circle of love.  
It's a colour of grace,  
Which we paint on our face.  
But all these paintings  
Comes to other's minds as blessings.  
These colours of love glow,  
And splits to form a rainbow.  
This curvature of the lip,  
Form the art of friendship.  
It's a cloth  
That we put on our mouth,  
Which stitches away  
All hatred and enemies in our way.  
A medicine to change our heart,  
From enemies to friends, to form an art,  
That we never forget.  
If we ever learn it  
It can never remove love, but  
It moves even the strongest heart.  
It's a fire that we light,  
That melts every heartless heart.



Sreya P.  
X C



# Ram and Sam



Athira R. Kammath  
5-A

Once upon a time, there lived two friends, Ram and Sam. Ram was very rich and lived in a bungalow with his wife and two children. He worked in a very high-class company which paid him thousands by which he could feed his family. On the other side, Sam worked as a mason which paid him hardly Rs. 100. Sam lived in a small hut with his family. Time went by. Ram slowly started to lose his sleep because of his money, thinking that his money would be stolen. He thought of giving a small amount of money to Sam. Next day he gave some money to Sam. Ram was so happy and said, "Thank you very much my dear friend." He went home, His family was also very happy. That night Sam lost his sleep. He thought about the money would be stolen. Next day, Sam went to Ram's house and gave the money back and said: "Dear friend, you were very kind to help me but I don't want this money because it makes me sleepless at night. I don't want it." Sam gave the money back. Before Ram could say anything, Sam went from there. From that day, Ram was awake at night thinking about his money and Sam slept soundly and happily.

Value: Happiness is more important than money.

# THE FOUR SEASONS



Spring is the season  
When pretty flowers bloom  
Spring is the season  
When lovely butterflies go!  
Slowly turns to summer  
The hottest season of seasons  
People wear their hats  
To not burn their heads  
Autumn there it comes  
The breezing wind it comes  
Leaves change their colours,  
Yellow, Orange, Red!  
Winter comes by  
Freezing to ice  
Children all cheer  
When Santa Claus appears!  
Oh! What four seasons  
That everybody likes  
Oh! what four seasons  
That happens every time!



Gouri Nandhana  
V-D



# Familia



Devika Madhusudhanan

Having a place to go - is a home, having someone to love - is a family and having both is a blessing. When I say family, let us take a break and ponder, why it is important, and what does it mean to you? For me, family is the support you will never have to pay for, come rain or shine they will be always there to cheer you up with every bit of love.

In fact they are the people in your life who want you in theirs; the ones who accept you for who you are, love you no matter what and would do anything to see you smile.

My family is just the right mix of chaos and love. This family that I have; we laugh and learn, pray and protect, apologize and appreciate, tease and trust, love and last forever.

Family is about relationship, and relationship is about love and affection. It's about giving and receiving moral support at times of challenges. It's about sharing a joy, a joy that has no meaning in solitude. But we actually seem to forget them in our busy days, the people who made it all happen. If you ask me about my strength and weaknesses, I would loudly and proudly say it's my F-A-M-I-L-Y Family!

In fact, I haven't seen anyone 'Richer' than my father. Because, at times, though his pockets were empty, he never refused to give me those pennies for my chocolates.

A family doesn't have to be perfect; it just needs to be united. Because when all the dust has settled and all the crowds have gone, the things that matter are FAMILY - FAITH and LOVE...

## *Nature is calling, Are you listening?*



Parvathy Suresh  
VII - D

The rattle of rains and thunder of clouds  
The dances of peacocks and the marching of ants,  
New sprouts that appear as a green blanket.  
Nature is calling, Are you listening?  
Rainbows that make the sky exuberant  
Grasshoppers hop for a green touch  
Buzzing of honey bees to find nectar  
Nature is calling, Are you listening?  
Sea waves that roar and scare us  
Winds that push us from behind  
Cool breeze that kiss our faces,  
Nature is calling, Are you listening?  
As man is going far away from nature,  
The sound of nature is unheard.  
The smell of the earth is not felt  
For, man is dying an untimely death.  
Nature is calling, Are you listening?



# A Boy with a Promise

Here starts a legend,  
of the ethereal spirits  
Their blessings mounted  
upon such a fortune  
All their doings created tranquility.  
But too many things happened to lead to misfit...  
The same divinity that trampled the hopes  
The same beings bringing misery to our lives...  
Where have we gone .....? We ponder everyday...

This misfortune continued till present, with weariness that grew.  
Waiting for that, where we will be free of misery.  
Until that one day in autumn of seventh year, a boy pledged;  
'Even if we are ceased from getting peace the future should thrive.'

He finally shone through his doings ascending peace gradually  
Like swift waves he evaded the spirits curse.  
That one day, in summer of 9th year, a boy pledged:  
'Even if we aren't deserving of peace, the next  
children must be born in peace'

Consistent to his words, the next children born in peace  
Spirits curse now wavering a little or not over them  
Rejoicement not spoken off; it was already felt.  
That one day, in spring of eleventh year, a boy pledged  
'Even if bliss can't be achieved, we must strive hard for it'

Unknown it went, the curses were burdened on one  
That one knew of this all along,  
Waiting patiently for doom to take his life.  
That one was the boy of seventh, ninth and eleventh seasons.  
The burden of criticism and was the curse  
No longer he could take, he collapsed, happily  
on eightieth of winter  
For he did his well.



T Aparna Menon  
XI A







# THE PRINCESS DALIYA



Revathy M. G.  
5-D

Once upon a time there lived..... no this story will not start like this in a Country named himapur there lived a king and a queen. Once the king was going for hunting. On the way he heard a noise from a bush, when he looked he saw a pretty girl. Her eyes were like twinkling stars, her nose was like a small flower and her mouth was bright as suns. The king hadn't seen a beautiful girl like her, He took her with him. He showed her to the queen and said that we can look after her, the queen also agreed. They named her Daliya. But later, after some years the queen died and the princess grew into a smart and a pretty girl. Once she was standing in the most upper balcony in the palace, the king entered there and told her that he was going to search a prince and the princess agreed. But she didn't like to marry anyone because

she wanted to be with her father and from different countries there came princess, So the king decided to have competition, but in all the competitions all the princess won the king decided to ask question only one smart could answer correctly. So he was the luckiest person who got chance to marry the princess. But in all that night she saw dream like she was going from the earth. When she told this to the king, He was shocked but he told that its nothing. The which the marriage day come, at the moment the marriage was over there started storms and earthquake, this time the prince dress was changed and it become like the same as god's all were surprised, and also the princess started to fly in the air, the princess and prince started to fly together when they started to fly the prince told "she is God's daughter, He sent me to bring her to Him." The prince continued "she was lost in the forest, you found her first" the king also allowed to take her with him saying 'bye' they went to the sky. The end.



## The Dripping Tap



Nanditha Sunil  
IX - B

As i sit in my room  
With a mind so doom,  
My eyes toured and stopped near a tap  
With an open cap.  
Why O Why! I didn't know  
It seemed to me like a living thing now.  
A soldier in his battle field,  
With blood oozing out.  
O! Why wouldn't anyone yield ?  
Except my heart which is pouring out.  
Now comes a lady with hair so fine,  
And squeezes the soldiers that are in line.  
The sound of the dripping water

Attacked me by his slaughter.  
It seemed like death's meadow  
With thousands of widows.  
At last when all the cries were silent,  
There was one soldier  
whose blood was violent.  
His silent cries,  
Brought tears to my eyes.  
There is still time  
To end this crime.  
He is still not ended  
Oh! when will he be mended?





Sudhir R Sudhakar  
VI - D

## *Into The Abyss: The Maldives Experience*

### OUR TRIP TO MALDIVES

It was an exciting day, May 10<sup>th</sup>, I was waiting to reach **Maldives**. I took the packed bags and headed to the airport along with my family. After an hour's drive, we reached the Kochi airport. As soon as the boarding began, we entered the plane. The plane took off. Initially, there wasn't much of a **scenery**, but as we reached the Maldivian border we could see many islands, probably 90 islands from the window seat of our plane. We landed in the Maldivian airport surrounded by the Indian Ocean. Soon, we caught a yacht and headed to our island named **Kurumba**. It was surrounded by the greenish blue ocean with waves gushing in. As we entered our island resort, we were greeted with a wet towel to wipe our face and we also got a cold "tenga" coconut ice cream. We quickly toured around the Island. Soon we settled down in our lodge which had an ocean facing swimming pool, though I felt the swimming pool was a waste as our room was facing the beach itself! (it was only ten metres away). As soon as we settled we went to the beach. So much fun we had, the first day.

### WE SNORKELED

On our second day, we had a snorkeling lesson. On our first lesson we were taught how to put our heads into the water and breathe with the snorkeling tube. Later, we started swimming with it for about an hour without putting our head up.

I put my snorkeling lesson to test on the shallow end of the ocean. **With Joju, our instructor, we decided to go to the ocean the next day and face the deep abyss!** Next day, we took our goggles and our snorkel tube and started swimming. In the beginning we could only see three or four fishes but soon we saw thousands. As we went further, it wasn't even lakhs it were **1,00,00,00,00,000 of fishes** and we saw **tons of sharks**. I got pretty scared! We also saw **Turtles and Octopuses and StingRay fishes** and even **Sea Urchins**. The ocean was so clear, that I could see thousands of kilometers of ocean depth. Soon, we returned. I played snookers with my brother and then went back into the beach where I saw crabs. I forgot to tell you that as I am a pure vegetarian I had some problems with the food, but luckily we found a North Indian Chef. He made us Pasta, Pizza, Noodles, Rice, Dal Makhani, Paneer Butter Masala, Chole and Chapati and for breakfast we could adjust with masala dosa, cornflakes and fresh baked bread, fresh fruits, assortment of desserts along with icecream, jam and butter with some hot badam milk.

### WE RETURNED TO THRISSUR

On the last day, I had some fun kayaking and my mom told it's time to go home. I felt sad leaving this Island but I knew I would come back to Maldives. My fun bank was not exhausted as I was waiting for school to reopen!!! And soon I was back **HOME AND BACK IN SCHOOL!!!!!!!!!!**





Sanviya Sankar  
V.B.



# Summer Vacation

*I*t is the month of February,  
Our exams are about to begin  
And there is one more thing  
Which is about to start  
Can you guess what it is?  
It is the summer vacation!

After School Days  
Children rush home  
But, now it is the time  
For a long leave.  
All the children are happy  
And excited. It is the summer vacation.

Some children play and enjoy  
Some will rest  
Some go on tours  
And some will study  
But one problem is,  
We will miss our friends & teachers  
But still it is enjoyable with  
Parents, relatives and  
with "Great God".



Aysha Ziya P.M.  
VI-C

# Women Safety in INDIA

*I* don't understand, why most of the pages in a newspaper deals with the cruelty towards women. Most of the cruelties begin with the quarrel of dowry. What is a 'dowry'. When we take a house for rent, a plot for rent, an auditorium for rent you sign the bond of agreement. The dowry is also like that. An object to take for loan? Some parents make their children get married at the age of 14 or 18. In the olden days most of the girls used to get married at the age of 14. Some parents don't love to get their children married, but their social atmosphere forces them to do so. There were so many rituals like 'Sathi'. As the girls get married at the age of 14 their groom will be very aged and when their husband dies they are also burnt with the body alive. Later, when India attained constitution, it said that the minimum eligibility for women to marry, is at the age of 18 while men at 21. And 'Sathi' was also legally abolished and rules against the cruelty towards women were also made but yet there are atrocities towards women. Let us stay together for the goodness of women.





Chinthu Prakasan  
VII B

## THE MAZE

This is an experience of mine which has taught me something. I am very fond of mazes. I like solving them when they come in newspapers and magazines. There are some real life mazes. Which visited in fairs and amusement parks. Well, even now there is one maze that scares me to my soul.

One day, like any other ordinary day, I was studying maths. Then, a call came from my cousin saying that we both have tickets to an amusement park. I jumped with excitement hoping that there would be a maze. And the next thing I knew, I was in the car with my cousin to the 'Crazy Fun' Amusement Park. We reached there and me and my cousin ran into the big platform. It looked a little bit odd that there was no crowd even though it was a Sunday. The first thing I spotted was the maze right in front of the entrance. Like it was kept there for me. We checked in our tickets and entered. I ran to the maze. "Hallucination, nice name for a maze", I thought. My cousin said "Let's go to the sides, then to the mazes." I insisted him that I would go to the maze and then go with him. He seemed OK. I went in and saw a sign saying 15 +. Well let's say I will turn 15 next month. I passed the height test and went in. Before that I saw a grin on the security's face. I didn't mind that and started. A voice saying, "Welcome, you may start and DON'T... BE... SCARED!". Well, that was strange.

Two minutes into the maze. I was confused. I don't know, I am the best at maze... AAAH! I screamed. It was a figure dressed in white with long hair more like a PSYCHO! Next moment it said, "CAREFUL ABOUT YOUR FUTURE!" I did not understand. Then it disappeared around the corner. I looked but saw nothing. I continued fearfully. Next thing, it continued with mirrors. I saw, myself in the mirrors and saw myself growing up, getting a job, a nice job indeed. And getting married, having kids. Then bad things started happening. I was involved in a breakout. I got shot in my leg. The doctors amputated my legs. Everything happened so fast. I screamed, "AAAH, Help me somebody!" Then the security came in, located me by the help of a map. Helped me out of there. I ran out of there and to my cousin and said let's get out of there. On our way home I told him everything. He laughed and said, "Whatever."

I feel very bad for spoiling his holiday. But I had to get out of there. When I reached home I tried to figure it out. The figure, The Voice, The Mirrors, how did I not solve the maze and my future shown in the mirrors? I am actually scared of my future and always tensed about it. I think, this is a lesson to not to be scared. But was it a hallucination? Is the maze haunted? I tried to put two loose ends together.





Vanshika Vinod  
X B

## *Broken Pieces of My Crystal Heart*

*M*y home was a mess  
Which showed my distress  
And lack of happiness  
My mind was a mess

With coffee in my hand  
And a cell on the other  
My life goes on and on  
Like any other's

Everyday, the same routine  
Eat, work, sleep and clean  
Not a change is seen  
Not a shoulder to lean

A day of my life  
Is a page of a book  
The only page  
Read again and again

Similar was a Sunday night  
Streets lit up with New York lights  
Few drunk irks having a fight  
Was all I could see with my blue sight

I never liked the crowds  
So I found myself a different way  
About a hundred meters away from home  
I felt a shadow follow me.

Little did I pay attention  
But the frightening sensation  
A heart full of silly frustration

Oh! It was a terrible situation

The flickering lights and stray barks  
Made this frustration unimaginable.  
My heart was on a race,  
A lace that never ends  
Never ends from the follower,  
Who was just behind me.  
Was it just a shadow? or a thief?  
Or a man with filthy thoughts...

The shadow was now smaller  
It meant the distance was longer  
It made me a bit stronger  
The dirty thoughts soon stopped to hover.

No courage was left in me  
Every path was whispering to me  
"A head of me was only grim"  
But still I dare not to look back.

Then my cell sang  
I picked up with hesitation  
It was my mom, tensed and asked  
"Honey, are you safe?"

What could I say to my mom  
Whose only hope was me?  
Should I say, I was being stalked  
Perhaps I should have...

A few more meters, then I was safe.  
But those few would count me my life  
A life, which was the only thing left with me  
Could have ended in a couple of minutes

I felt the numerous kisses  
My flawless house in the suburb  
My dad's accident and,  
My life in that messy home.



My mind was in the past  
And didn't notice the shadow  
Then all I could see  
Was a pool of blood under me.

All I could see was the tip of a knife  
Covered with my blood, sticking out of my body.  
And the shadow to be seen nowhere  
I felt a hit on my head and could  
see the street lying with me.

I always thought I would enjoy death  
But such a death was unexpected  
Still I felt the kisses  
Then what I heard, brought a smile on my face.

My roommate ran out of my house  
Shouting aloud a few words and then  
cried at my sight  
The first three almost clear  
'Happy Birthday Haxel'

It was my happy birthday, which was not so happy.

# Craft...



Smt. Shalini.E  
Dept. of Fine Arts

When you are immersed in creating craft, your mind is able to divert from pressure or distracting thoughts and focus on the task at hand. This creates a meditative state where concerns are momentarily forgotten, in doing so lowering stress level and creating mental clarity. Creative endeavours have the ability to instill a sense of achievement in the creator. Naturally this promotes happiness. The process of creating something colourful and attentive using your hands can help you talk about mindfulness bringing mental health into the conversation. Doing craft will help one to develop the imagination and encourages self expression. It makes us more creative and enhances the ability to innovate. It boosts self esteem and can instill a real sense of pride and achievement. It promotes feelings of relaxation and a sense of calm. Creativity is not about doing something better than others, It is about thinking, exploring, discovering, and imagining. Making craft is great and safe. Kids get to try new things and also develop their 'self – regulation skills.' This helps them to develop patience and keen observation.

Taking part in creative activities helps us to improve our overall well being. By creating and experiencing new craft items, our perspectives improve on confidence, patience, concentration, ability to think, develop innovative ideas, creativity, knowledge about culture and happiness through mental satisfaction which will lead to physical, mental, intellectual and spiritual development. Knowingly or unknowingly he or she can become more responsible, and a committed citizen of the world.

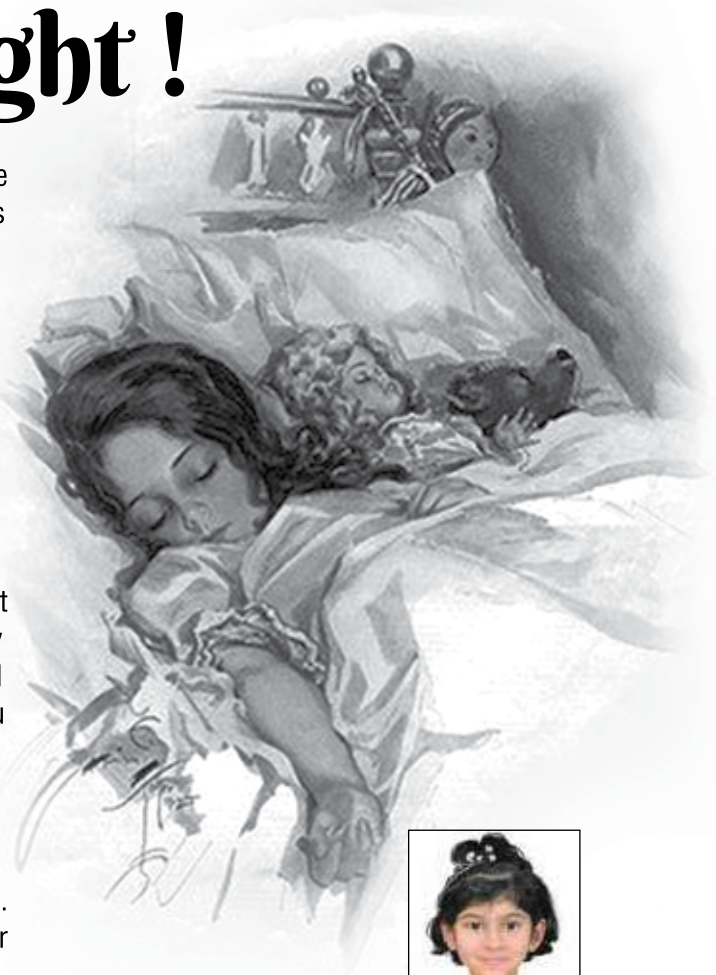


# The horrible night !

It was Christmas eve. And I was super excited about the chocolates, sweets and most importantly the gifts! I was looking forward to. But when I slept I heard the howl of a wolf awoo (howling) I felt something drip on my face ..... I woke up with a sudden shake. "Now where am I?" "You are in the middle of the forest" said a funny looking old man." Old man why did you bring me here?" "I am not an old man, I am a wizard." "Okay I agree, but why did you bring me to this forest?" "This is not a forest". "Then what?" "This is elder wood, my birth place". "This is your birth place not mine. SO WHY DID YOU BRING ME HERE?"

"Because you are my brother". "What? Brother? What do you mean? I don't have any brother". "Sorry". "But why are you saying sorry, wizard?" "Because I am going to kill you". "Oh please don't. I didn't do any harm to you". "Yes, you may not, but I can't disobey the kings order". "Please let me go I pleaded", but he did not allow. I turned back and ran away. Then I heard mummy calling me "Daniel. Daniel, wake up wake up its Christmas". "Hoo" I said. I felt a sigh of relief! "Oh honey" "what happened?" mummy asked. Nothing mum, I think I saw a bad dream. Now don't bother about it. It is the time to enjoy.

What a horrible night!



Theertha Girish  
III-B




Ansika S  
II-B

## *A Special day from my diary*

Today is my grandmother's 64<sup>th</sup> Birthday. We gave her a surprise. When she went for her morning walk, we woke up before she came. We took the cake and put it on the table. We arranged a birthday party in our home. When she came home we said "Happy Birthday" and gave our gift to her. She cut the cake. She was really surprised and so happy. This is the most memorable day in my life.





# ABILITY OF INDIAN WOMEN TO SHOULDER RESPONSIBILITIES



Devananda S Jain  
VIII-A

Prize Winning Essay Talent Time Category III

India is a land of varied cultures and diverse individuals. In this country we encounter several things including experiences, people and places. Years back, India was not what it is now. Although rich in heritage, its cramped streets and luscious land were riddled with evil castes and discrimination.

Although both have almost faded in today's world, there is still a general discriminatory air against certain types of people. Today, I intend to focus on just one-type-women. Even in this world, several people do not count women as those fully capable of doing the exact-same things their better halves do. Women are told to stay at home and do useful things and in some areas young girls are prevented from going to school. Our male dominated society does not seem to find reason in the fact that if one is not educated, she cannot find or make changes in the world. However even in the face of discrimination, several young women have made their way in the world, and they are willing to push the limits, break the barriers and all things are holding them back, determined to prove to the 'superior sex' that they are capable. But that is only the case of few. Others are held back by the fever 'what will others think of me?' That is an entirely wrong concept. Only you have the right to judge yourself; to show the world who you are.

In the past women were suppressed by men, their talents were forgotten, their capabilities omitted from memory, these people who discriminate don't understand what women do for them. Why is it that the women who cook, clean and make your life more comfortable deserve no gratitude and respect?

Just because they are women, that does not mean they aren't capable. They can do anything they

wish to and more. Achieve anything, women aren't meek and mild! They are strong, they can make an actual difference in the world, carry out all the responsibilities of the family, and still find extra time for themselves.

Nowadays women are everywhere, in hospitals, schools, police stations, working even as CEOs and managers in big companies!. They can shoulder anything and care it out with perfection, without a complaint not even a grumble. Women have the power to influence everyone and everything around. The world functions smoothly because of their hard work. If you upset the world's natural balance, by pressing her, then everything falls to chaos.

Remove a woman from his household and what happens, actually nothing happens.

Without women, nothing can happen, nothing functions properly. A woman is the glue that holds a family together, the pillar of support for the world to lean on to.

She carries out so many things, shoulders so many responsibilities and executes them with absolute case success and precision.

Women are capable, they can do anything, even in the face of discrimination, scorn, rebukes, rudeness and even physical abuse.

A few succumb with time, after all, they say a wife's duty is to obey her husband, but she must bow her head to no man. She should rise up from the ashes, fire and flame, comparable to a phoenix in its bright shining brilliance. Fresh and rejuvenated ready to do anything, accomplish any number, execute any responsibilities that falls on her. She is strong, stronger than steel, metal, diamond. They say



only diamond can cut diamond, but women don't.

We, the women can do anything, Cleopatra, the queen of Nile who governed Egypt with an able hand, knelt before no man. Kalpana Chawla, her family and village was initially against her but she kept going. She even had to give up her nationality but she remained steadfast to her dream. She truly earned her place among the stars, a martyr to space.

Who says women can't rule the world? We are capable, responsible citizens too. Why can't we all be equal? No man should violate women. Even in ancient Hindu mythology, women had a special place. Durga devi, even protected the Devas- the gods-once. And Saraswati, the symbol of knowledge.

Women are gaining importance in the world, but on the other side of the coin, we see more discrimination, struggles for equality. The women empowerment movement meets crisis at every step. The journalists and novelists who wrote their feelings are jeered at and even trolled. But we keep going. Why? Because we are women and we can rise up to any situation, protect our name, eager to win ourselves equality and shun the cruelty out to us from all sides.

If women get into high positions, it is luck. If men do, people say 'he worked hard for it'. Why this partiality? Is the vicious line of discrimination

never-ending? No. it should not be. It must not be. It is of essence that we prove our place in the society. To show everyone - WE CAN.

Of course, developments have been made in that direction, but as they say, there's always room for improvement. Together women can reach heights that mankind has never reached before. Female social workers, dream of a feminine society that can reach heights without being bullied, harassed, or laughed at....

And WE CAN

Rise up to face the discrimination, to show the male community that A GIRL CAN DO WHATEVER SHE WISHES TO DO. Anything is possible, where women are concerned, we can reach infinite destinations, do incredible things, make the lives of those hundreds of poor uneducated girls in our society whose uprising was hated by jealous, greedy or simply superstitious communities. We can do it. We can do anything and everything. Remember the great personalities before us. Malala, Kalpana, Arundhati, all those who were instrumental in the successes of the female community. It's time for the new generation of girls to follow their glorious footsteps.

Because women can do anything. Make any change.

## Bidding Adieu...

It's heartening & cheerful to look back at more than one & a half decade (since 2004) of my relationship & bond with my ever beloved Chinmaya Vidyalaya. I wonder how time has elapsed, gradually making the school campus my second home. The ever smiling tiny tots soon became my own 'and' my colleagues became my family members.

Parting with them, no doubt, makes me sad but the love, affection & respect I received from them will be always treasured as an eternal part of my life. I will really miss you all...

As the saying goes, " the most important time

in one's life is the time you make yourself worthy," being a science teacher and convener of a spiritual committee, I earnestly believe I could do my best to all my children and to the school. As a teacher I always received utmost support and cooperation from both the teaching & non-teaching staff as well as the school management. I take this opportunity to express my immense gratitude to each and every one.

My sincere best wishes to all and prayers for our school, to achieve newer heights of prosperity and fame in the years to come. Thank you once again.



Smt. Bhavani R  
Dept. of Biology





Devananda S. Jain  
VIII-A

# A STORY OF A KIND

Prize Winning Story Talent Time Category III

A bouquet of flowers were kept on the doorstep. It had been like that for years. Every month, every week, day after day, on Mrs. Hubbard's white-washed doorstep, it appeared exactly at 5 am when the old woman woke.

Her house in itself was nothing to speak of. Intact such was the state that people only mentioned it when they happened to be on the topic of extreme poverty, 'The poor little shack!' they would exclaim. 'Its windows are broken and so is the door. The walls are whitewashed and the roof is falling apart. Such a dismal old place!' And so it was.

To speak about the house owner, their description are a little more colourful.

'A most disagreeable woman, her neighbours say,' the villagers would gossip. 'A widow, but a nasty one nonetheless. Nearly bit off my head when I popped in for some sugar! Been living in that old place for years, they say.

Even if their last dialogue was accurate, the others were far from it. True, Mrs Hubbard was a widow, but she certainly wasn't nasty; she was just shy, old and feeble and slightly on the grumpy side for she had no company for years.

Now, back to the story....

Poverty had weakened the old woman considerably, and she was on the verge of starvation when the bouquets started to arrive. One day it would be pansies, the next day roses and the next day marigolds, but each day, under the flowers, there would be small packets of food. Just a little, but enough for the little old lady.

The first time they appeared, Mrs. Hubbard was too hungry to be suspicious. She simply wolfed

down the whole thing. As days passed, her hunger no longer bothered her as much.

This particular time, she felt apprehensive as she opened her front door, for the last time when she'd replaced the empty basket with the note, and as usual by nightfall, the basket with the note was gone.

The note read: "Dear friend,

I do not know who you are but I do know that you helped a hungry old woman brighten her day. How can I ever repay you? My days are surely numbered, so why would you want to help me? I am confused.... but my son, bless you.... bless you.... bless you...."

It wasn't much, but Mrs. Hubbard wasn't one of a great literary talent. Mrs. Hubbard kicked up the little basket containing the flowers and took it indoors. She lifted the little bunch of flowers, half expecting another note, but she was in for a shock.

"Oh! she cried out. 'There's no note, but there's no food either! I wonder if my little note offended him?' Miserable, and on a thoroughly empty stomach, she went to work as usual. Although she worked as hard as her feeble body would allow her to, her pay was low and she could barely afford to buy herself clothes, forget her food.

When she reached back home, the sun was setting and the sky was a beautiful rosy hue.

Her cataract filled eyes made it difficult for her to see properly, but in the fading light, she could almost positively say that she could make out the figure of a fat man standing outside her door. With a small cry, Mrs. Hubbard pinched her glasses firmly onto her bony nose and quickened her footsteps.

As she got closer, the old woman started to see



more details of the broad shouldered man. 'Middle-aged? She noticed salt and pepper beard, small eyes, long nose.'

She hurried into her compound and proceeded diplomatically.

'Hello'

The man's crinkly blue eyes light up.

"To answer your note, sometimes a little kindness can change one's life."

He smiled again, nodded and started to leave, but not before placing another little basket on the ground.

'But, but... wait!' Mrs. Hubbard cried, struggling to find words.

The man turned politely 'Yes?'

'I... I wanted to thank you for everything,' she stammered, blushing furiously.

"Your welcome Mrs. Hubbard" he said and walked out of the gate. This time, Mrs. Hubbard didn't stop him.

Of course, she couldn't say she was certain, but unless her eyes were deceiving her, she positively thought the kind man had disappeared into thin air.

# Mother's Love



Devananda S. Jain  
VIII-A

Incomparable is mother's love,  
especially in the likes of now.  
Your love abolishes all enmity.  
You nurtured me when I was small,  
You were my protector, bold and tall.  
You praised me when I was good;  
Scolded me when I was not.  
You taught me what was good and bad,  
and looking back at what you said, I feel glad,  
that I followed your words and learnt them off by heart,  
for the world led me astray and I struggled to find my path.  
Your advice helped me move along,  
Your love kept in my heart, an everlasting song,  
of hope and joy and affection,  
and kept at bay all the useless tension.  
Mother's love made me realize who I am,  
that all love in the world need not be a sham  
for some kinds are wonderful and they fill you with bliss.  
Look around you and understand, mother's love is hard to miss.  
A mother's love is everywhere, both in body and in mind,  
because for a mother, her child is the best gift of any kind.  
Her child's laughter brings her boundless joy,  
his endless prattle she never ceases to enjoy.  
She lives for you in her every breath  
but beware, when she's gone there's nothing you'd have left,  
except cozy memories of those wonderful times  
and just enough strength from the ashes to arise,  
not as a small person - meek and mild,  
but as a bold phoenix to proudly proclaim - I am  
MY MOTHER'S CHILD

Prize Winning Versification Talent Time Category III



# The Man in Prison

The man in prison,  
You and me, God's all sons  
And appear everywhere wearing same masks  
Crazy with a competitive mind,  
For money, for power and for lives!!!  
Craziness is in his blood  
In his words, thoughts and actions.  
Deadly dying for a name, for nothing.  
Losing ancestral identity,  
Erasing his own personality,  
Hiding behind a new one,  
Imitating like a parrot.  
He wanders madly searching for  
His own self.  
Who knows...? On each step  
He is dropping his own image.  
His own parents, mother tongue,  
culture and nativity  
And in that inner vacuum  
Trying for creativity in vain.  
At last, stooping down, whining  
For health, his own lost soil  
Where he'd have ever been safe.  
Why do you run to and fro?  
Come back to your soil, your self  
Live a life of purity and safety  
And above all love, health and peace.



Ananthalakshmi C Prasad  
7 B



A. Niranjana Menon  
XI B

## Climate Circle

I am here to share my experience in taking part in climate circle on January 1st and also I would like to share the views of Ridhima Pandey that she had shared on that day.

We comprised a group of 27 children along with Madhavdas sir and Poornima teacher. When we reached there we were so surprised that there were so many students, About 6000 or more, had gathered there for the same. Then we were waiting for the chief guest. It was none other than Ridhima Pandey, who was one amongst the 16 children who filed a complaint to protest the lack of government action on the climate issues at the UN Climate Action Summit.

12 year old Ridhima Pandey says that it cannot be a happy new year unless people get together to protect the environment. We have a right to a healthy and clean environment, a healthy life and a safe future. "But are we getting it asks a 12 year old Ridhima Pandey, addressing an audience of close to 500 school and college students.

No!! comes the emphatic answer from the students who have gathered in Kerala's Thrissur district for the climate circle event hosted by students for climate Resilience of which we were also a part.

The initiative was organized by the students for climate resilience with the theme "Change the economy... not the climate. We formed the circle along 3 Km inner ring of Swaraj Round holding our placards. We were holding the banner of Chinmaya Vidyalaya, which was with biodegradable material and not plastic.

Also myself and Madhav of class 6 were interviewed by the Local channels and we were able to express our views on climate change. It was really a wonderful experience and we felt motivated for working for the same. The recently formed collective comprises students across Kerala, who have been holding awareness campaigns in schools and colleges about climate change.

Ridhima wants people to call 2020 a revolutionary new year and be conscious about their actions that deplete the earth's resources.





# June



Gourilakshmi N.  
IX C

Once upon a time, in The God's Land [a.k.a Heaven] lived a very grouchy God, among his wives, father and mother. He was Lord Rain [as he was the lord of rain], but he was never happy. His wives would always be gossiping about what happened in their time on earth but nothing ever good happened in his time. This made him very angry. He would go there with his best waters and fluffy, beautiful, perfect clouds but everybody would be like 'rain, rain go away', especially the kids and all the other seasons had their own months but he didn't. There was January, February, March, April, May, July, August, September, October, November and December. Poor Rain would always return sad and angry, causing floods and other stuff. One day, he stormed off his mansion straight down to earth. He brought storms all over and as he was walking down the road, he saw a girl standing there all alone, dripping wet. She seemed okay with the storm around her. Now, Rain was surprised and went near her, he asked in wonder "why aren't you inside", cursing the man "Who made it rain?" she said "Why would I?" still staring at the pouring sky. He said in utter confusion "uh because its sad and disappointing" Well, you lack to see the good side. Rain brings us our most vital element, 'water'. It gives everyone clean water, be he poor or rich, it gives life to the trees and makes the skies clear and it is not sad she says smiling at the doubtful gigantic man. Seeing his confusion, she points into the houses and says "Look at Mr. Jon, he never sleeps but look at him in his chair sleeping like a baby listening to the lullaby of the rain. That poor guy has been trying to grow those roses for his sick wife since summer, but due to the heat he couldn't, and now they're sprouting. The MacKenzies never have their dinner as a family

but look at them passing potatoes around the table and enjoying quality family time. And, Emma is crying but the rain washes away her tears, comforting her, caring for her and although nobody cares for her, she feels that the rain does. As for me, it's a fresh start to my lavenders" she smiles very wide and unknowingly he has been smilingly. Well he hadn't smiled since a long time and he knew she was his love [Well, true love was common then and so was love at first sight]. They walked and talked till dawn and he told her who he was and the girl wasn't even a bit disappointed but was exploding with happiness. He said that he would return for her next year and they bid adieu. His wives had seen all this from up above and came up with an evil plan. This year there were no floods or drastic storms and it had soon ended. Finally, time came for him to go back and when he did, he found out that she was gone. When asked others, they said that the summer dried up her field, spring wasn't great, autumn took her field and winter starvation killed her. She was a fellow farmer and had debts to pay but she couldn't, how she longed for a little rain. Suddenly all his happiness turned to ashes and he rushed back to his mansion and asked his wives what they did "we didn't do anything to her or her field, it was all the season" he left the mansion at once and decided to live on Earth for eternity, living different mortal lives. You may have seen him and talked to him but nobody knows. He named his own month, where he would return as a God every year, 'June' was her name. He would get out of his mortal form and search for her every year, in every corner of the world, in the same month, till his feet sores and bleeds and his tears are what we get as rain.



# It So Happened!



Sudakshina Nair  
XI D



Nisha had always dreamed of becoming a well-known singer. Not just because of her sweet and melodious voice but also because her mother Savitha once aspired to be a singer and due to her failure in achieving her dreams she now longs to see her daughter achieve it.

"So students, the Talent Hunt in our school is soon to be conducted. You all are supposed to fill the forms and submit it by tomorrow", the teacher informed the student. "Radhika, so are you planning to bag the first prize in singing competition just like every year?!", a student exclaimed and everyone looked at Radhika. Radhika, the extra-talented singer and perfectionist, as everyone referred, was also one of the most arrogant and over-confident girl ever. Hearing the student, she gave a smirk. "Radhu, I heard that the new girl Nisha is also a good singer and is planning to participate in the singing competition." "Oh... a new competitor. huhh... how can anyone be a competitor for Radhika!", she yelled a bit, so Nisha could hear it. Nisha did get a little nervous but she remained quiet by her seat.

In the evening, Nisha filled her form and went to her mother for the signature. "Mm.. good girl. Practise hard. You should be totally dedicated towards the singing practice. Give your best, Nishu. All the best and I know my daughter will not only give her best but also will win everyone's heart with her performance!" Savitha hugged her daughter tightly and kissed on her forehead. Nisha smiled and got motivated by her mother's confidence in her. "Maa... you know, I think this time it's not going to be that easy for me to win." "Why?", Savitha got a little tensed. "Nothing to be tensed Maa... There's this girl in my class, Radhika

and it seems as if she is very talented and also I came to know, she has been winning all the singing competitions held in this school." "Oh Nisha... when did you start getting bothered about your fellow competitors? I just have to say, be focused on your potential and give your best." "Yes Maa", Nisha's face glowed with confidence and she turned to leave the room. Suddenly Savitha tugged her hand and said, "Make it happen, Nisha." Nisha smiled and replied, "Yes, Maa. I'll make it happen!"

All the competitors were busy practising for their performances. All were putting their souls into their practise. One such evening Radhika saw Nisha practising her song and she was dumbstruck at the extravagant and melodious voice of Nisha. Not only her voice, but also her song was one of a kind.

Radhika returned home and instead of practising she was thinking about Nisha's song.

Nisha practised thoroughly everyday and was focused in giving her best each time she sang. She was never bothered about anything else as she had a very motivating mother by her side. "Nisha, we have to make it happen!" Savitha motivated her by saying this everyday.

The much awaited evening arrives at last. The competition was quite amazing. Now it was Radhika's turn. She entered the stage and everyone cheered. "3..2..1..Joy Be The...", she started singing confidently and melodiously. The judges were quite impressed by the song and her talent.

Nisha and her mother gasped. "Maa! This is my song! Maa, I'm going to lose for sure now. She copied my song Maa!" Nisha was in tears.



Savitha was also heartbroken from inside but she didn't show that sadness even a bit on her face. She pulled herself and said, Nisha, my brave girl. I believe in you and your talent. All you have to do is to get on that stage and give your best! Nisha... Make it happen." Radhika's performance got over and she gave Nisha a cunning smile while getting down the stage. Nisha looked at her mother and closed her eyes, took a deep breath and walked to the stage. She saw her mother smiling proudly at her. She closed her eyes for a few more seconds and smiled. "3..2..1.. Joy Be The...", Nisha started loud and confident. At first, the judges and the audience were shocked, but soon they started humming to her song, clapped and cheered. Nisha got so motivated that she gave her best! After the performance she got a standing ovation from the judges and the audience were applauding. Nisha returned to her mother. Savitha hugged her and gave her a kiss. She had tears in her eyes. The tears of

happiness. Everyone was waiting for the results to be announced. The judges were discussing seriously. At last, the main judge was on the stage with the result in her hand.

"So... here's the result of today's singing competition. All the competitors gave their best and were really good, but only one of them is to be given the title of 'Miss Nightingale'. So, third prize goes to... Niharika of class 12 A! The second prize goes to... Radhika of 11 D!!" Everyone applauded. But now the final moment, when the Miss Nightingale title will be announced.

"Lastly, the 'Miss Nightingale, of this year is... Nisha of 11 D!!" Nisha and her mother sprung to their feet. They both were in tears.

"Nisha... my lovely daughter. You made it happen! I am so proud of you!" "Yes, Maa... It So Happened...!!"

# ALIVE

Never did the war end,  
Never was a single weapon used  
Always continued in my mind  
Between darkness and light  
A never ending, ferocious fight between  
bravery and terrible fright. Throughout the  
day and throughout the night  
Never was the winner announced  
But, I guess I'm alive  
So the light must have won  
Bravery never brought back the fun  
Of life, I badly needed  
Not a single fraction of fun I needed  
To draw me from the sage of anger  
To the sea of happiness  
From the dark room to the bright world  
Still the frightened girl resides in my mind  
Always alone from the outer world  
Always aloof from happy moments  
And, always forbidden to enjoy life  
Still lives that girl in me  
Whose sorrows were others happiness  
Though away from the world  
She manages to survive  
Survives to destroy me.

Survives to destroy my life  
Survives to destroy my happiness  
The war was never won  
But still I live cause  
Surrendering is not always defeat  
It is sometimes the interval for preparation  
Preparation to fight back,  
Preparation to gain back my life,  
Preparation to gain back my happiness,  
Preparation to gain back me  
And here I stand  
Alive and healthy outside  
But here I stand  
Shattered and broken inside  
The war was never won  
But always a draw  
Like the Hazel, between two shades  
Like the soul, between two lives, Like the  
bridge, between two lands Like a twilight,  
between two days  
Between the land of the better me  
And the better she who still destroys me  
But here I stand alive outside  
And dead inside  
But I still never gave up  
Gave up to her  
Gave up to die  
Gave up to be destroyed  
Cause, I wanted to live  
I wanted to be alive.



Vanshika Vinod  
X-B



# The Unwavered Destiny

The blazing sun retired  
Behind the drapes of Time.  
Poured the last drops of his sparks  
Into the hands of the deserved.  
Inevitable it was, the return,  
But, with absolute glory, peace and hilarious.  
Of the deeds, which headed nobility.  
Till last, the breaths were stable and fragrant,  
Though tough to elicit the drops.

In the hardships of the fraught sail  
When the vision is a distant reality  
And existence is for that ethicality,  
The voyage turns to be an up hill battle.  
The huge tides at the black rocks  
During the early spring of Time  
The whirly turmoil blasts with rage  
Your notes were played rhythmically.  
For, the resolutions were the solutions  
For the appraisal of the downtrodden.

The footprints were stable and righteous  
The feeble waves couldn't wipe them out.  
The vigour accomplishes the endeavour  
With proper pace to the destinations.  
Hard nut to crack, untouched by the strokes,  
Amiable often, calm and composed.  
The mind and the soul being purified  
The serenity you wear for the selfless action  
Unto the last, unto only God,  
And breathed last.

Now,  
When the whirlwind twists and twirls  
When Time flavours the sour,  
And the last note plays at an inaccurate hour  
Why do we twirl along with that?  
The initial dumbness in an unexpected hurricane  
Was erased as the halo of the spirit embraced  
Believe it or not... I wavered not.  
For that spirit of faith poured, is in me  
The divine verses whisper in the heart throb  
The daring presence touched my soul  
Retrieved with triumph, to live boldly in his path.  
The apparition clutched my throat flashed in pain  
'cause, Who leaves life for that???



Smt. Sumangala Raj  
Dept. of English





# Different Not Less

Smt. Asha K Nair  
Special Educator  
Chinmaya Vidyalaya



I started my career as a Special Educator in the year 1996. Journey with children with special needs for the last 24 years have taught me many great lessons in life... Since they have impaired organ or deviated brain functioning, most of the people think that they are inferior to them in abilities and prefer to call them disabled. I would like to share one of my experience with a friend of mine, who was totally blind. It was during the beginning of my career. Together we went for a training programme at Kozhikode. She was also a Special Educator. I observed her with lots of doubts in my mind, like how she will carry out her responsibilities... how a person who is already struggling with her disabilities, be a support to another person with disability etc... When the first day's training was over we all went to our respective rooms... Luckily myself & my friend who was totally blind got accommodation in the same room... since it was a residential training programme, the sessions lasted till 6.30... 7.00 p.m. After that we rushed to our rooms to take rest. But suddenly the power went off. Cursing the KSEB, we few sighted friends sat together and discussed about the class, our family etc... 35 minutes, went by and the power came back... We jumped off our seat and we couldn't believe our eyes... Our friend who was not sighted, folded her saree, took bath, groomed herself, offered prayers, made her bed and was sitting ready to lie down... she greeted a warm good night to all of us and went to sleep...

That experience changed our perception towards life... we who thought ourselves to be complete and superior, realized that by possessing a body with fully functioning organs won't make a man complete. It's the attitude and determination which keeps us moving amidst the challenges of life... That day I learned, people are born different not less... we have to learn and teach to celebrate their differences... Each human being is complete in their own ways... and each one of us have got to perform a unique role in order to make this world complete and harmonious.

Each and every differently abled child whom I have taught have changed my perception towards

life. A child who was diagnosed with ADHD was once brought to me for Special Education. They were told by doctors that their son won't be able to achieve skills other than activities of daily living like toileting, bathing, grooming dressing etc... But the parents were not ready to believe this. They were ready to train the child...

Mother came to me every week and learned how to teach him reading skills, writing, arithmetic... etc. She taught him at home. Later, father too joined in teaching him slowly but steadily he learned reading, writing, arithmetic and became a grade level. He was their only child and he passed Xth Std with full A plus grade. It was really unbelievable for many who have seen only his social behavior... He cracked the entrance exam and is right now an engineering student with above average performance. Many times I have realized that mothers can identify and develop the hidden treasures of their children... As we all know, Thomas Alwa Edison became a great scientist only because of his mother. She accepted him and mastered the Scientist in him when the schools rejected him during his school days.

When we focus upon their abilities, then abilities will grow and human beings are capable of contributing to the development of their country. If children with marked differences could excel, then every child will be able to develop their innate potential. Only thing is that we should focus on finding the potentials of our children and help them overcome their weakness with the right use of their potentials. As parents and teachers let us work together to find out the unique strengths of our children and help them develop their strengths rather than busily engaging in finding even the minute faults in them... Once you focus on their strengths, naturally their weakness will become insignificant. Let's enjoy the differences of our children and guide them properly so that they could reach their unique destinations...

I feel so blessed and happy to be part of this Vidyalaya, where the whole school accepts each and every child and appreciates their differences.





# Reading

“Books are a mystery of human creativity”. Books play an important role as a teacher guide and as a friend in our lives. Books explore creativity and clarity in student’s minds. Reading makes our life happy and fresh each day. Reading takes us to the world of imagination, gives us new perspectives which the reader may not have even thought before. Reading explores our past, restores our present and brightens our future. It also improves our vocabulary, writing skills and our thinking. It lowers the stress levels and reduces tension. It helps to overcome depression too. A ‘library’ is a sea of knowledge for life time learners. The more knowledge you have, the better equipped you are to tackle any challenges. Books never die, they are an asset and a priceless possession for a voracious reader. Books will exist till the end of this world. Only books can feel our pain and happiness. June 19<sup>th</sup> is observed as ‘Reading Day’ where we follow the ‘DEAR’ campaign which is ‘drop everything and read’. Books bring the world close to us. A ‘bookmark’ has a significant role to mark the unread pages of a book. Books are a dreamer’s paradise, a researcher’s guide, a cook’s tastebud, a traveller’s companion, a child’s fantasy and the like. Reading enriches our communication and builds up confidence. They are precious gems which can be transferred to our future generations. Books teach us values and life skills. So never let your reading habit die!



Smt. Preethi  
Librarian

## The Invisible Enemy

The earth has healed  
as the dangerous creature  
of this bountiful planet \_man  
Was scared and scarred by  
A common enemy covid 19  
So scared was he  
He closeted himself  
Fearing the dangers  
Unleashed by the invader  
He sank to floor and wept  
Of the knowledge media served him  
Of dying neighbours, patients  
Of crashing stock markets  
and tumbling economy  
He pondered over his actions  
He thought of the ailing planet  
He repented his actions  
And reiterated to all  
About the harm he has done  
Nature is quietly in the cleaning process  
SHE has made a choice  
Of teaching us a lesson  
Now it is our turn to  
Make right choices  
To have positive visions  
To launder and trim  
Our living surroundings and our mind  
Hope man will not change back to that  
Untamed, uncivilised, feral creature  
Hope he will not forget the lessons he learnt  
As forgetting is a boon bestowed to mankind !!!  
The earth has healed, As man  
Waiting for his invisible enemy to depart  
Lives a cocooned existence  
Not plundering, ravaging and foraging  
The pristine nature  
The earth heaves a sigh of relief  
And heals tacitly and discreetly  
But a query, still exists, will man forget?????



Smt. Meera Remani  
English Dept.





Vaishnavi.R.K  
VII.B

## My Grandmother's Nostalgia



Hari Om!

As we belong to the Cochin Royal Family, The Cheruthuruthy Palace used to be our ancestral home. My grandmother Smt. Santha Thampuran used to narrate to me her nostalgia. So, I'm jotting down some of her memories. She used to tell me there were almost five

cows including breeds such as Jersi, Sindhi and ordinary. The boiler was busy all the twenty four hours with the milk boiling in it; not in small bowls but in huge cauldrons. She also told me that The Kerala Kalamandalam was near the palace which gave her the opportunity to be the host to many great artists dropping in at the Kalamandalam ... They also were the frequent visitors of the Kalamandalam enjoying all monthly programmes.

I can only but imagine how great would it be to have a field near our palace! My grandmother along with her brothers used to spend their time playing. She made our conversation more interesting by adding that the Bharatapuzha was close by and the river used to be her favourite playmate in the vacations. The orchard was filled with various fruit trees such as orange, papaya, guava, pomegranate and mango. The mangoes were the star among them being twenty different types such as malgotha, alphonso, moovandan, chandrakkaran etc. She told me that a malgotha mango at a time was equal to a whole course of meal and in the 'ootupura' heaps and heaps of jackfruits piled up was a very usual sight during the season. In 1998, my granny retired from her job which made them sell the palace and settle down here in Thrissur. She concluded our conversation by saying that it was an extremely wonderful time which would remain with her till her last breath.



Thailambal V.  
Aluminus 2015 Batch

## Anodyne to my soul

1. Verse upon verse does pour the mind upon the vessel of heart sublime and kind true meaning does escape from those lines  
As it flows down to the hand out of all confines
2. Nay, there was ever a moment of doubt nay, there's a moment of bereftness  
For once I truly am free  
To be whomever I choose to be
3. Words keep flowing beyond control rushing through the ink towards their goal all the while this mind says  
For once in your life, do not suppress
4. This is you, even you're in power butterfly that has shed its cover  
Find new adventures as you fly away choose your path & you'll find your way
5. This new me I cannot comprehend  
For all though words have been my friend  
That they form verses was a revelation was Cause of confusion mixed with elation
6. Yet now I find myself staring down on the pages that show a poem with that last line - glitter on the gown suddenly I feel right at home
7. For the first time I see who I am that I'd build around me a dam now I have let the river to flow with a delight, it makes me glow
8. I shall write thousands more for this new girl I really adore for she's an artist full of life  
Accepting her would for now suffice
9. Somewhere along I'd lost my way now she's returned and is here to stay be the one with whom you're at ease for there you'll find unlimited peace



# An Alumni Remembers



Vrinda S Menon  
Chinmaya Vishwavidyapeeth,  
Piravom

Everyone cherishes fond memories of school days, and I am no exception. Lord Krishna recollects the good old days at Sandipani's ashram when He meets His old friend and 'classmate' Sudhama (Kuchela) after several years. (Bhagavatam-Dasama Skandam)

I enrolled myself as an LKG student in 2005 in the school, and my younger brother was also with me at the Kindergarten as an 'informal' student. Aged 3 then, for him the textbooks were just gobbledygook, and would set out on exploring to behold the wonders in and around the campus. Such explorations would, at times, end in Principal's office. Shobana Madam would be busy with her work. A concerned chechi used to accompany him to take care of the situation. When I remember Madam now, I am reminded of King Dileepa as depicted in Raghuvamsam Mahakavyam, oxymoronically,

"Adhrushyaschaabhogamyascha....."

A magnanimous teacher would never turn us away. What I learnt from her is that for a person at the helm, crisis management is an administrative imperative, but equally important is: neither a

panjandrum nor a mannequin be.

When I sit alone, memories of those days rush into my solitude like a breeze. As a Malayalam poet described - 'Alakapuri' (treasureland) of reminiscences! But chewing the cud is not what expected of me.

Ours is a School With A Difference as it is motivated by the vision of Poojya Gurudev. We, as a people, have a rich heritage which upholds certain values that have universal relevance. Our old Gurukula system and, later Nalanda and Takshashila ensured holistic growth of individual. E. F. Schumacher shares the same view when he observes: "Education can help us only if it produces 'whole man'. (The Greatest Resource-Education) Those who regard education as a corridor to lucrative career would later lament,

"Where is the wisdom we have lost in knowledge Where is the knowledge we have lost in information...." (The Rock- T.S.Eliot)

It has been just one year since I left my beloved school. How nostalgic I am! My respectful Pranams to all my teachers.



# Angels sent by God



Meenakshi M. P.  
VII B



Adhilakshmi Koottala  
5D

'Good bye', 'See you',  
'Take care', 'Call me when you  
reach', 'Have a nice journey'. It was a  
farewell from Alice's family when she was  
going to another country for her job as a nurse. "Good bye all." By  
saying this and giving them a warm hug, she started her journey.  
As her family hoped, she had a safe journey. She reached there  
next morning, found a place to stay and started going for her job.  
She got her first salary, she kept in contact with her family and  
everything was going fine.

One day, in between her work she heard about a disease  
named CORONA/COVID 19 which was so dangerous. But she  
never thought that her country also will have patients of this  
disease. Suddenly one day, the roads became idle, shops became  
abandoned, markets became quiet. Hugs and kisses became  
weapons, staying away from our loved ones became an act of  
love, money and power became worthless and the world gave us a  
message that "the world doesn't need you, you need the world and  
you are not the world's master, the world is always your master."  
All the people became frightened. But there were some courageous  
minds. THE DOCTORS AND NURSES. The real super- heroes.

Alice continued to do her job. Her contact with her family  
became less when her work pressure increased. She looked after  
many corona victims and saved their lives but she never thought  
she would also be a victim. One day she had high fever, cough,  
cold and her blood sample was sent for test. And when the result  
came it was very sad to know that it was positive. No one to care  
her and look after her. All she and her family could do was hope for  
the best. Many days passed by and heartbreaking news reached  
her family that Alice left the world. They couldn't even see her for  
the last time. Pray for her soul was all they could do. More than a  
nurse, she was a mother, a daughter, a wife, a sister and above all  
she was an ANGEL who gave up her life and saved many others.  
A BIG SALUTE TO ALL "THE NURSES WHO ARE DOING  
SERVICE FOR THE WORLD. REALLY YOU ARE THE ANGELS  
SENT BY GOD."



## Nature

Nature, Nature, Nature  
Full of trees and breeze  
The sound of the buzzing bees,  
And the beautiful sight of the waterfall,  
There're here, answering my call  
Thank you, God! I know that's not all  
The smell of the flowers,  
The song of the birds that  
make me dance  
They bless my in showers  
How they prance,  
Oh! Look at the deer, jumping around  
Just like the frog in the pond  
Oh! Nature with you I love to bond  
Look at the peacock  
With colourful feathers,  
Just like the ice creams  
With a lot of flavor  
In their different flavours  
Thank you God, for this bounty  
We shall presence nature's beauty



# *Physical Education for Overall Development of Students*

Physical Education is an integral part of the total education system. Its aim is producing physically, mentally, emotionally and socially fit citizens through the medium of physical activities. These have been selected with a view of realizing these outcomes. Its value is determined by its contributions to the objectives of education in general. It is one part of total education process and therefore, must contribute to the achievement of the objectives of general education.

The objectives of general education are the following:

1. Self realization
2. Human relationship
3. Economic efficiency
4. Civic responsibility

The objectives of self realization are concerned with helping the individual become all that he is capable of. For example, education should help each boy and girl to speak, read and write effectively, to acquire fundamental knowledge and habits concerned with healthy living and to develop ability to use leisure time in a wholesome manner. Recent research indicates that physical education can be better to fulfill the objectives of self realization. An individual who feels satisfied with his body in terms of its ability to move, to express, to attract, to feel and to react is more apt to feel satisfied with his total adjustment to life. On the other hand, an unhappy student is frequently one who is dissatisfied with his own body image. Physical educators have vital responsibility for the development of healthy attitudes towards the body and should therefore provide the necessary experiences through well-planned and well executed programs.

Physical education program provides excellent opportunities for the development of these needed competencies. The feeling of importance derived from team, group, the feeling of expression in movement and pride in accomplishment when points are scored for a team are all competencies that are natural outcomes of physical education. More importantly the recognition of one self is defined by a body concept developed through participation in a well balanced physical education program.

“All work and no play makes Jack a dull boy.”



Smt. Poornima S.R.  
Dept. of PE



# The Apple Tree

Apple tree, apple tree,  
You are my best friend.  
You give apples to eat,  
When you are sad,  
I will come to you  
To be happy  
When I go to school.  
You wonder where I am  
And when I come back  
I tell you what happened  
In school, throughout the day  
You and I play a game,  
And that is a nice game,  
We are best friends.



Rithwika Rakesh  
II A



# DREAM

Dream, dream, dream  
What's a dream?  
Inside me there's a scream,  
To fulfil my dream.  
When I see the bright stars,  
I hear my inner voice  
Telling me to follow my dream.  
Slowly and steadily as a tortoise,  
Never mind, if the dream succeeds or fails,  
As your dreams slowly sails,  
Forward, have on your face a smile  
And rest for a while.



Parvathy P.  
Std. V C





# EARTH



Revathy M.G.  
V D

Oh! Our beautiful Earth  
It gives me great mirth.  
It is the best planet,  
That God has set.  
I love you dear Earth,  
Thanks for the great mirth.  
Thanks for all you've given,  
Everything they enliven.  
Thanks for the food and air,  
So fresh and fair.  
But I'm so sorry,  
We take away your glory,  
We humans are bad.  
Our actions make me sad,  
Let's stop destroying you.  
And plant trees, before saying adieu,  
To make you beautiful and new.

## REMA'S BAD FRIENDSHIP



Parvathy K.P.  
IV C

Rema was a girl in Varuna village. She was a good child, so everybody liked her very much. She was very hilarious. All the villagers would tell Rema to come to their houses, but they had a condition not to bring her friend Manwi, because they didn't like Manwi and she was very bad. All of them advised her not to make friendship with Manwi, but she didn't listen. She came to Rema's house everyday. Only Rema's mother and herself lived in her home. Manwi was an orphan, so there was nobody to correct her. It was pooram in their village, so there was no one at home. Manwi came to Rema's house and tried to take her ornaments. That time Rema came there. She asked, "Why are you here now?" "You came here to steal something?" She didn't say anything. From then onwards Rema didn't speak with Manwi. Thus, ended their friendship.



# Independence Day

## Message



Devadath Mullappily  
XII-A

India is a cradle of human race, the birth place of human speech, the mother of History, grandmother of 'Legends' and great grand mother of Tradition.

Today is the beginning of 73rd year of free India, Independent India. Freedom came to us as a gift from our ancestors. Lets respect and value this precious gift so that we may never lose it, losing it will only be in dreams because we have over 1.5 million soldiers protecting us. Once a reporter asked a very young Indian soldier; "How do you feel, when saving your country?" The soldier said, "I regret that I have only one life to give for my country". Such determined and dedicated people at the borders define that India is extremely secured.

Well, this is what I would like to ask the youth on this Independence Day. "What is patriotism?" If your answers are like standing up for the National Anthem, respecting Indian ideals, well you are not wrong. All those, form the base of patriotism. Any Indian's blood boils when he/she hears anyone insulting their country; this also indeed shows patriotism. 'Patriotism' is well explained that it is devotion for your country "throughout your life."

An average Indian shows respect towards the country at 4 particular instances.

- When there is a cricket Match
- When the country's army gets an attack
- Republic Day and
- Independence Day.

We see India in everybody's Whatsapp statuses & Instagram stories only on these 4 occasions.

What I would like to say is; don't be patriotic for one day, be patriotic from day one.

From today, let our actions be our country's actions, our words be the country's word. Let us visualize India through our deeds and actions. Never ask what the country has done for us, ask what we can do for our country.

Like our gurudev said; "Let's transform Indians to transform India". Let me end by a quote.

"India is not a nation nor a country. It is a subcontinent of many nationalities."







Devinanda  
IX-B



# Balance is Beneficial

**BRIEF POINTERS:-** A student's life is just not about books and studies. It is also about extra-curricular activities, hobbies, sports and more. What are these activities that you do apart from studies? How do you maintain a balance between all of these?

"All work and no play makes Jack a dull boy". Our student life should not be just about studies and examinations. It is necessary that extra-curricular activities, hobbies, sports etc. are incorporated in a child's life in order to motivate the child towards working harder and getting to the successful path in life. Each student should be given the right to play at least once everyday at school. Playing in between studies can help them rejuvenate and refresh their minds, which can help them get a better focus on their studies. It is important that we should all be studying painstakingly in order to get a good result. But studying continuously for hours without any sort of entertainment can influence us towards the negative side. It can create a lot of tension and pressure on us and can also get us to appear on the brink of suicide. An ideal student knows how to balance academics, entertainment, leisure and all other activities in their life. We should constantly try our best to inculcate all extra-curricular activities in our school life along with studies. Apart from studies, listening to music and playing games have been a part of this journey of academic life for me. Listening to music helps my mind to calm down after studying. A break after intense studying for listening to music is like eating a desert after a huge meal. It completes the meal and balances everything at the end. Playing games helps me get rid of all the tensions that I have about exams. It really helps me calm down. Hence, extra-curricular activities are compulsory along with studies in a student's life as it helps us to get over the stresses from exams and studies.

## QUESTIONS TO THE HONOURABLE PRIME MINISTER:-

1. You have mentioned in one of your interviews that you were brought up in a village where education was scanty. Now education is available to all children living in urban and rural areas. But there are still few children in India who don't have education. What are the measures taken by the Government to help such children get education?
2. There are many parents in India and in the world who force and pressurize their children to choose the subjects that are not of the child's liking. What message would you give to such parents?





**Smt. Sreedivya S**  
Teacher, Performing Arts

# Influence of Indian Classical Dance in Modern Education

Classical dance is a conventional dance revealing the emotions through dance drama. Some of the famous classical dance forms have originated in India over thousands of years ago. These dance forms exhibit mythological stories, Vedic literatures, expression of spiritual ideas and religious themes. Since olden times, the classical dances have been considered as a sacred art, one which was mostly performed in the temples. The root of these dance forms can be traced in Natyasastra and this text is attributed to the ancient scholar sage 'Bharata muni'. It explains the theory of raga (a piece of music based on a particular pattern), bhava (expressions), gestures acting techniques, basic steps & postures – all of which are part of Indian classical dances. It includes musical recitations graced with the Bhava, Mudras, traditional attires, different dance postures and traditional ornaments. The Indian classical dance is often regarded as the form of worship and to achieve inner peace. There are many prestigious Indian classical dancers who have uphold the graceful art to the world stage and made us proud of such divine tradition.

It is a fact that Indian classical form of dance is directly or indirectly playing an important role in the modern education. It helps a student in various angles. All the Indian classical dances are basically a prayer of the God or Goddess. The composition on which the dancer is dancing would be composed on Hindu mythology which has rich historic, enigmatic characters and resounding stories. The Indian

classical dance forms are so deeply ingrained with divine values and hence the children will not only attain knowledge on the essence of Hindu mythology but also will have strong faith in God. Faith in God is just as important as we breath the air. To learn classical dance, one must be hard working and should have enough patience and tolerance. This quality will definitely reflect on the children who are learning this divine art. Classical dance makes the children disciplined, hard working and honest. It also makes a student physically fit as classical dance needs total body movements and perfect postures. Through dance, dancers can express feelings and emotions, convey the message to the audience and so. If learnt the classical dance form at an early age, it helps the children express better, and thereby infuse self confidence. Classical dances are performed in groups or duets thus children would learn group works.

The teacher would teach the dance with complicated steps mixed with many Mudras and Bhavas. It will help the children to increase their memory power, stability and concentration. Considering the multiple benefit out of learning classical dance, the parents should take utmost care to send their children for learning any of Indian classical dance classes parallel to their academic studies which could minimize to certain level the excessive use of electronic devises by children which in fact, is an unhealthy habit.





Smt. Sudha Jayachandran  
Dept. of English

# The Oyster

There was once an oyster whose tale is worth the narration,  
Inside his cosy shell some sand gave him enough irritation  
Just one grain of sand, but he silently created such a fuss  
For oysters are full of feelings, though in appearance not so pompous  
Neither did he curse his miserable plight  
Not did he, from his deplorable state take a flight.  
Now, did he seek assistance from anywhere else?  
And cry out to the sea? "No" is what the story tells.  
He mused as he lay in his shell, so very thoughtful  
"Lo!" "I can't get rid of it, can I make it beautiful?"

Many many years rolled by, as years they normally do  
And that grain, the oyster began to sincerely woo  
That small grain of sand that had troubled him  
Became a beautiful pearl! Glowing to the brim  
The message of the tale is loud and clear  
When an oyster can do so much, can't we do more dear?  
We could all do wonders, if only we could begin  
With all those God-given talents under our skin.  
So let's wake up, shed our lethargy and self derision  
With God beside us. Let's accomplish our life's mission.



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# GRANDPA'S MUSEUM



Aarya Rajesh  
6 C

It was a Sunday my grandpas museum had closed. It was a relief to me as I could spend enough time with him. We went to wonder park in Detroit, had a wonderful time. After that it was quite late, we had dinner at MC DONALDS and went for a movie and reached back home. Oh! I forgot to introduce myself; Hi I'm Aarya Rajesh of class 6 and the museum I was talking about was under my house which had many antient toys books, weapon's etc.

That evening I heard the sound of something falling or a ball tripling on the floor. I was curious to know what the sound was & went down to check it out, noticed that the dummy of the clown from Egypt was missing. It had a very scary face and was dressed in a red top and yellow pants. It had a red nose too. It was frightening. I believed that it was a ghost or something with a soul in it. I went running into my room and checked the CCTV. While watching through the footage, saw that the clown was alive and walked out of the cage and also that when I was down it was in my room, I ran to my bed covered my ear with a pillow and slept off just like that. The next day I woke up in my room& was amazed to find myself

alive was worried what had happened over last night.

On my way to the basement my mind was running about questions like; Was it back in its cage? Will it be dead by now? Would everyone blame it on me? Would it have killed my family? I was covered in goosebumps. I could not find a single person in my house. 'Where were they?' I asked myself. When I reached downstairs my whole family was gathered there. The clown was missing, grandpa told me that the clown was a dummy to provide life after death for the kings and queens in Egypt. This one was having a bad soul and wanted to kill people. So when he went to Egypt, he got this statue for a very cheap price. Now I was so scared to tell them what had happened last night. The day moved on, night had fallen. I wondered where the clown went and what it would do to us. Thoughts remained incomplete. That night I stayed awake waiting for it but nothing happened. The next morning when me and grandpa was in the garage, we peeped into my dad's car and saw that the clown was in the backseat..we took the clown and placed it back in the box. Ever since that day the clown has not moved an inch.



# Healing with walks!



Anjali Jayakumar  
Alumnus 2009 Batch

It's been long seven years since walks have become a part and parcel of my life. Like most others, I started walking to get over a stressful period in my life. I was clueless then, as to how they would shape me as an individual.

My first few long walks were in this beautiful, mystic place called 'Nagothane', where I was posted as an engineer in Reliance Petrochemicals, in the year 2013. Being a petrochemical company, it was set up amidst the middle of nowhere, in a picturesque, scenic location in Maharashtra. Our township was lush green and had rolling hills bordering it. What started as a one-off walk to get out of a bad mood, soon enticed me to do it on a regular basis. I would wait for 'punching out' from office at 5 pm in the evening, get a quick chai and snack at the mess, change into tracks and get out by 5.30 pm.

I started 'gulping' delight at the greenery and quiet of the place. Birds, winds, sunshine and rain touched me like never before. I was investing in the little joys of life. I accompanied my soul and spoke to it like a long lost friend. I would ponder over the long journey that got me there. Tears would well-up from heart-wrenching and heart-warming memories. I would often let those tears merge with the pouring rain as these downpours are very common to Nagathane. It was ecstatic to let the cold drops of rain caress the hot, salty tears from my face! It was soulfulness and meditation! I embraced this lone time and hugged my soul in glee. These walks were healing and they strengthened me to love myself in a way I never knew before!

It's been seven years! I have been privileged to travel and live in different parts of the world. My walks have been a constant, they allow me to self-reflect, they give me the warmth and energy to move forward. In times of sickness, I would close my eyes and recollect all the magical scenes that I was lucky to capture. Blue skies, butterflies, cute squirrels trotting, the 'whooosh' of the winds, the breeze tickling my hair, the sunset blazing in my eyes, the stars blinking back, the rain kissing my forehead, the majestic mountains, the uncharted seas, the never-ending moors, the valleys of flowers, mystic alleys.....Even writing about them fills me with tranquillity and fills the reservoirs of my strength!!





Krishna Suresh  
Alumnus

# A Covid Nightmare

It was during the Christmas time, me and my friends were discussing about our coming semester exams and then we received a message from one of our Chinese friends regarding the news of a new virus which was found in some patients in Wuhan in China. At that time we just read the news and discussed about some viruses and left the topic there. Then all of us were quite busy with our studies and exams and we had the winter holidays after the exam. Some of our friends who took this chance to go back to their countries whereas some of us decided to stay there and prepare for the tests. It was in the second half of January that we noticed the news of the viral disease spreading in Wuhan. Still we were not so panicked as we were way far from Wuhan and we rarely go out as it was too cold outside.

But then we were again seeing the news of this virus and it was found to be the corona virus. Suddenly the number of people suffering from the disease started to increase. And from the reports the number was increasing in a rapid manner in the matter of two to three days. And people from other cities also started getting affected due to the travelling from Wuhan and other means of close contacts. Even though we were way far from those places due to the rate of spreading

and the sudden increase in the number of patients all of us who were back there started to take precautions as we all were having the sense of insecurity even when we were not going anywhere.

None of us had informed our parents back in our home country about this outbreak in the beginning just because that we didn't want them to get panicked thinking about our stay back in China. But within a few days the news of the corona virus hit the headlines around the globe. Initially we managed to tell our parents that we were way far from the hotspot regions of the disease and we were not going out unless it's necessary. During those days itself we managed to buy groceries in a bulk so that we need not worry about getting the necessities even if we face a worse situation.

But day by day the condition in those cities were getting worse and Wuhan was locked down due to the uncontrollable spread within a few days. We were safe in our hostel but our family and friends back in our country were so worried about our safety. I remember getting calls from all my relatives and friends asking if I'm safe everyday. Even some of classmates with whom I haven't had any recent contact also messaged



during those days due to their concern. Our holidays had turned into something where every sunrise and sunset was filled with anxiety and we were praying for the safety of all those people who are there fighting the virus. We started to use masks even when we were in our rooms so that we are completely protected throughout this difficult time.

Then the day came when the number of cases started increasing in double fold in a matter of just 24 hours and many of our parents started calling us back home before the situation gets worse in our place. Most of our parents lost their sleep and appetite they were worried about our safety and finally we all decided to come back. Even after knowing the risk of travelling during such an outbreak we chose to face the risk thinking about the anxiety that our families are facing when we are staying back. We sat together and found the best route for travel and we found the fastest route where we need not spend time for the next connection flight from each stop. Just in a matter of few hours all of us booked the tickets and I managed to get a flight four days from then. Those four days were the most anxious among the time that I spend in China. Till that time I was confident that I am staying safe in my hostel and unless we have some contact with the outside we won't be affected but now the situation changed I am gonna take a flight back to India and we have two stops before I reach Kochi and the total journey was for 7 and half hours to Kolkata and then to Kochi. During those days we saw that many cities were locked down and if we delay our flights even we'll be locked down if the situation gets worse. So we started to prepare for our flights. We got masks and gloves, but we couldn't find hand sanitizer. But luckily one of my friends who went back had a bottle left in the room so we managed to take it from there. And everything was finally set for our journey and we two of us were coming together as we couldn't get the same flights for all due to the last minute bookings.

Finally it was the day of our flights. Our flight was in the evening so we had our breakfast and lunch and took a taxi to the airport. We had our jackets along with cap, masks, gloves and shoes so that we were completely covered and are safe for the journey. We had also kept spare masks so that we can change them in every 3-4 hours. We also kept a bottle of sanitizer and made sure that whenever we had a contact with something we use

it and sanitize immediately. And we had decided not to eat or drink anything from the airport. As soon as we got out of the taxi we sanitized our hands and headed towards the entrance of airport and there we had a temperature check up and they made sure we had our masks and gloves for safety. In the airport even the new born babies had their masks and all had a minimum distance kept between each other. Even in the flight we maintained all the safety measures. We had our first stop in Guangzhou in China for 90 mins and then next stop was Kolkata. In each airport we had the safety medical check up and in Kolkata they even took our details if stay and travel in China along with the medical check up. After wearing masks for such a long time and without having any good or water we were very tired and then we had our first meal after such long time from the airport and still we continued to keep the masks as we know the importance of safety of others. From Kolkata we took our flight to Kochi and while landing in Kochi it was quite a different feeling than usual. We were finally relieved thinking that atleast we came back to our motherland.

After experiencing those days in China we know how important it was to stay away from others and keep ourselves under quarantine. As soon as came out of airports we went home and we also informed the health inspector of our particular cities that we have come from China. So they gave us further instructions regarding the home quarantine and we were instructed to have a 28 days home quarantine. Thinking of the time we spent there and the day we travelled it was full of anxiety and tension and finally during the quarantine I was feeling relieved that I finally came home. Even if I can't go out or meet any family members apart from my mom who came to give me food at the door I was having the feeling of safety. 28 days were too long but my sense of responsibility as a medical student and a citizen of this country made it easier for me to spend those days in that room. We need to be responsible for our own safety along with the safety of people around us, if we understand this fact we can surely overcome any such difficult situation. Now all I do is Pray for safety of all the people around the globe and may God bless us all and let this epidemic be under control as soon as possible...

-Krishna Suresh (2016, 12th batch)



# Kids Fest



Group Action Song Malayalam Third (Sahodaya)



Group Action Song English First (Sahodaya)



Winners LKG



Winners LKG



Winners UKG





# Sports Day Winners



LKG Boys



LKG Girls



UKG Girls



UKG Boys





# Crowning Glories

Class XII 2019-20

Titles	Name	Class
<i>Chinmaya Thilakam</i>	Devdath Mullappilly	12A
<i>Chinmaya Prathibha</i>	Anju	12B
<i>Mr. Diligent</i>	Harikrishnan	12A
<i>Jack of All Trades</i>	Devdutt Mullappilly	12A
<i>Nightingale of CVK</i>	Vishnupriya	12A
<i>Mr Quick Witted</i>	Dheeraj, Sourav Suresh	12A,12B
<i>Miss Ebullient</i>	Nandana Raj, Gouri	12A,12B
<i>Jill of all Trades</i>	Sandra, Anju	12A, 12B
<i>Miss Frisky</i>	Anjana	12A
<i>Miss Ethereal</i>	Abhirami	12A
<i>Mr Luminous</i>	Anirudh	12A
<i>Miss Resplendent</i>	Jesmin Reju, Niveditha	12B, 12D
<i>Miss Impeccable</i>	Jayadarshini, Aditya S	12B, 12D
<i>Mr Brilliant</i> <i>Miss Brilliant</i>	Rohit Viswanath, Bharat, Sreeparvathi	12B, 12C 12C
<i>Miss Harmonious</i>	Esha Fathima, Arya	12B,12C
<i>Miss Nimble Footed</i>	Sneha Suresh	12B
<i>Nightingale of CVK</i>	Kamala	12B
<i>Miss Bibliophile</i>	Megha Hari	12B
<i>Miss Voluble</i>	Lakshmi	12C
<i>Mr Gentle</i>	Niranjan Menon	12C
<i>Miss Virtuous</i>	Parvathy	12C
<i>Miss Righteous</i>	Varsha, Sreelakshmi M	12C, 12D
<i>Mr Prudent</i>	Rohith R	12C
<i>Miss Upright</i>	Kavitha	12D
<i>Miss Eloquent</i>	Sreelakshmi P	12D
<i>Mr Studious</i>	Anns Jobi	12D
<i>Miss Scholarly</i>	Athira	12D
<i>R K Laxman of CVK</i>	Rohit K J	12D
<i>Mr Versatile</i>	Ram Mohan	12D
<i>Miss Obliging</i>	Athidi	12D
<i>Master of Percussion Of CVK</i>	Rishiprasad	12D
<i>Mr Insightful</i>	Thomas	12D
<i>Trendsetter of CVK</i>	Devdutt Menon	12D
<i>Mr Polite</i>	Rohit Sasi	12D
<i>Miss Rhythmical</i>	Arathy	12D



# NEWSPAPER CLIPPINGS

Metro Manorama

(ചിന്ത വിദ്യാലയം, കോലാഴി)



സിബിഎസ്എസ് പാഠികളിൽ ഏറ്റവും വിജയത്തോടെ എ വൺ നേടിയവർ: 1. ബി.ജഗദീഷ്, 2. അനേക അഹ്സൻ, 3. അഭിജിത് കുമാർ, 4. അരുൺ, 5. അരുൺ, അരുൺ, 6. കുമാർ, 7. കൃഷ്ണൻ, 8. കൃഷ്ണൻ, 9. കൃഷ്ണൻ, 10. നവീൻ, 11. സർജി

Mathrubhumi - 2019 May - 10<sup>th</sup> Std & 12<sup>th</sup> Std



6. എസ്. വിജ, 7. അരുൺ, 8. അരുൺ, 9. അരുൺ, 10. അരുൺ, 11. അരുൺ, 12. അരുൺ, 13. അരുൺ, 14. അരുൺ, 15. അരുൺ, 16. അരുൺ

Manorama - 08-01-2020



Mathrubhumi - 09-02-2020



Manorama - 15-11-2019



Mathrubhumi - 18-01-2020



Manorama - 18-01-2020



Mathrubhumi - 21-11-2019



Manorama - 20-06-2019



Deshabhimani - 19-11-2019













# Farewell to Staff & Students

*Adieu... Alvida Na Kehna*



**Sri. Radhakrishnan P, Mathematics Dept.**



**Smt. Latha N S, Social Science Dept.**



**Smt. Geetha K M, Laboratory Assistant**



**Ms. Nalini P S, Non Teaching Staff**



**Dr. Pranav J, Aluminus, chief guest  
for the farewell function**



**Handing over the 'Lamp Of Chinmaya'  
to Class XI Pupil Leaders**



**Declaring Anju K N ( XII ) as  
Chinmaya Prathibha**



**Declaring Devadath Mullappally (XII)  
as Chinmaya Thilakam**



## CLASS X

CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (X - A)



CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (X - B)



CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (X - C)





CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (X - D)



## CLASS XII

CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (XII - A)



CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (XII - B)





CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (XII - C)



CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR. 2019-2020 (XII - D)







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വാഹന ഇൻഷുറൻസ് (NEW INDIA), ഹാസിൽ ലോൺ (LIC HFL)

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സമ്പാദ്യത്തോടൊപ്പം സംരക്ഷണവും സുരക്ഷിതമായ നിക്ഷേപം

**RAJAGOPAL K.J.**

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ഭരതനാട്യം, മോഹിനിയാട്ടം, കുച്ചിപ്പുടി, നാടോടി നൃത്തം  
എന്നിവ ശാസ്ത്രീയമായി പരിശീലിപ്പിക്കുന്നു.

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മികച്ച സേവന പാരമ്പര്യവുമായി**

**ഐക്യവിപ്ലവം**  
ഐക്യ ഹോസ്‌പിറ്റൽ

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**പ്രത്യക്ഷതകൾ**

നേതൃത്വമാണ് തീർച്ച. ശ്രേയസ്കൃതി, പ്രജാഹിതമാണ് നേതൃത്വം ചികിത്സ, ഗോപാലം ചികിത്സ, കുറ്റകളുടെ നേതൃത്വം വിജയം, കോപമുണ്ടാക്കു ചികിത്സ, ഹിതം കൃതിക, കോർത്തിയ കൃതിക കണ്ഠ ഭജനംകൊണ്ടുതന്നെ ലാഭം ചികിത്സ.



# Report of the Assembly Committee 2019-2020

The assembly is the perfect place which brings the students and teachers together at the start of the day. It is also witness to various celebrations, achievements and myriad activities of the school.

At the onset of the academic year, the teachers in charge of the assembly met the Principal and discussed the schedule of the assembly. It was decided to have a multilingual assembly which will be conducted by the students of Std VI to XII. Students march to the assembly ground on the accompaniment of school band. After the formal assembly students of the respective class perform the drill.

Monday and Tuesday : English

Wednesday : Hindi

Thursday : Malayalam

Friday : Sanskrit

Saturday : English

## **Agenda for assembly**

Monday to Friday

- a. Morning Prayer,
- b. National Pledge
- c. Special Prayer \*
- d. Birthday Song
- e. Thought
- f. News
- g. Talk by Students \*\*
- h. Mission Pledge
- i. Shanti Mantram
- j. National Anthem

Saturday

- a. Morning Prayer
- b. National Pledge
- c. Culture Talk by Teachers
- d. Vidyalaya Geeth
- e. Mission Pledge
- f. Shanti Mantram

## **\*Schedule of Special Prayer**

Slokas from Bhagavath Gita, Chinmayashatakam, Gurustotram, Gita Dhyana Slokam, Vande Mataram. On the starting day of each special prayer, the meaning was explained after the rendition.

**\*\*Talk by Students** as per the following schedule was conducted on the following topics.

Monday: Essence of Bhagavath Gita/Amazing



Facts/Motivational Talk

Tuesday: Know Your Gurudev

Wednesday: Meaning and Explanation of Couplets (Dohas of Kabirdas or Surdas)

Thursday: Book Review

Friday: Essence of Bhagavath Gita

Vidyalaya flag was hoisted on 1<sup>st</sup> and 15<sup>th</sup> of every month followed by Vidyalaya song.

Merit badges for Std XI and XII were distributed in the assembly after Mid Terminal and Terminal exams. Class leaders from Std VI to XII were given badges on the 15<sup>th</sup> of every month.

During Children's Day, Teachers' Day, Kerala Piravi etc, thought provoking songs appropriate to the situation were aired before the commencement of the assembly and assembly was conducted in a special manner through the inclusion of songs, dances and skits.

During the Ramayana month verses from the Ramayana were chanted every day. On the first day of the month of Karkidakam, importance of Dasapushpam (ten sacred flowers) was explained and song based on Dasapushpam was rendered.

One week before Gandhi Jayanthi, Independence Day, Republic Day etc, Raghupathy Raghav Rajaram and other patriotic songs were aired before the assembly began. During Navarathri days, Mahalakshmi Ashtakam was aired.

Pledges were taken in the assembly in connection with TB awareness, anti-corruption, reading day, POCSO, climate circle etc.



During the Sahodaya Kalotsav and Kids Fest all the participants were provided with an opportunity to present their performance in the assembly.

Teachers and students were honoured and prizes were awarded to them for their achievements in various fields.

There is a choir group which renders prayers in the assembly. This choir group includes Junior boys and

girls and Senior boys and girls.

All special days of importance as given in the school diary and as per CBSE orders were observed in the assembly.

Teachers in Charge

**Smt. Susmitha C., Smt. Preethi P.,**

**Smt. Smita Balakrishnan**

## Spiritual Committee Report 2019-20

The spiritual committee for the academic year 2019-20 was inaugurated By H H Swami Viviktanandaji, Kerala head Chinmaya Mission. A three day Spiritual Satsang was arranged along with the inauguration exclusively for teachers on 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> June in the school auditorium. Morning session handled by Swamiji with the topic Basics of Sanadhana Dharma. Swamiji endowed the teachers with the great moral values from Sanadhana Dharma and how it influenced them in the cross roads of life. And the role of teachers how they mould the youth of today? In the afternoon session named Gita Kalri, selected teachers took some slokas from Shri. Bhagavad Gita and expressed their thoughts about that, the influences of Bhagavat Gita on their professional and personal life etc. and decided to continue the Gita Kalari, giving chance to other teachers till the end of academic year.

The auspicious day of Gurupoornima to venerate our Guruparampara was served on 16<sup>th</sup> July '20. Archana and Bhajans were arranged by students. Archana performed by Std 12 and they took the blessings of their teachers. Rest of the school performed the archana in their respective classes.

Maha Gurusamadhi day of Poojya Gurudev H H Swami Chinmayananda is observed on 3<sup>rd</sup> August. Archana and Bhajans were arranged by students. Archana and Paduka Pooja performed by Std 10 in the auditorium. Rest of the school performed the archana in their respective classes.

In connection with Ramayana Month celebrations, Chinmaya Vidyalaya Kolazhy conducted many competitions on 4<sup>th</sup> August at Neeranjali. Fancy dress, Drawing, Ramayana Parayanam, Quiz and Extempore Speech are the different competitions for different age groups.

In connection with Navarathri Celebrations, on 2<sup>nd</sup> October; Students of CVK and Chinmaya Bala Nikethan arranged a musical fiesta at Neeranjali auditorium.



Mathrupooja is conducted in order to instil moral values in the minds of children and to foster love and respect towards the Mother who has endured great pain to bring the child into this world. Mathrupooja is observed in Auditorium on 5<sup>th</sup> October. A huge crowd of parents and students are part of it.

2019 was a blissful year for Chinmaya Mission Thrissur. H H Swami Swaroopanandaji, Global Head Chinmaya Mission conducted a Gita Jyanam from 17<sup>th</sup> October to 21<sup>st</sup> October 2019 at Thrissur based on 12<sup>th</sup> Chapter of Bhagavat Gita, The science of Love. Through the jyana, Guru given the secret key to eternal happiness- happiness which last forever. Shown the path of endless joy and happiness which will never be gone. The complete solution to end all suffering.

Swamiji had interactive session with the students of Chinmaya Vidyalaya and With Teachers on 20<sup>th</sup> October. That was a remarkable experience for all. In his session, Swamiji mentioned the importance of Joyfulness, Guru and Spirituality in everyone's life.

Chinmaya Vidyalaya conducted several Bala Vihar camps, CHYK camps, Residential Camps, Gita chanting competitions for different age groups during the academic sessions for the students without affecting their classes.

Spiritual Convenor  
Hareesh Kumar G



# Seminar Committee Report 2019-20



‘Learning from the learned’ is a widely accepted phenomenon to be adopted when we tread the path of progress. Keeping this in view every academic year, the Seminar Committee charts out a detailed plan to conduct talks, discussions, workshops and seminars that help our students and teachers to replenish their knowledge bank and gain an insight into the various concepts in different fields of study, become aware of the right and the wrong co-existing around us, draw inspiration from erudite speakers and scholars and also lay before the vistas of opportunity that beckons our students and teachers.

Learning is a continuous process especially for teachers. The more they learn, they equip themselves better to become good facilitators, better knowledge dispensers and the best caretakers of the future pillars of this world. Hence it is mandatory on the part of teachers to undergo regular training sessions. With this in view, a three day workshop was organized for all the teachers of our Vidyalaya on the 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> of May 2019.

‘Helen O’ Grady International Training Programme’ on ‘Speech and Drama’ gave an apt start to the training sessions for our teachers on 28<sup>th</sup> May 2019. Dr. Dinesh Babu, Principal, CMS School, Edassery and Secretary of Thrissur Sahodaya School Complex gave the teachers a clear picture of the New Trends adopted by CBSE for Pedagogical Principles on 29<sup>th</sup> May 2019. Fun with Maths by Shri. M. K. Chandran, Retd. Professor, Christ College, Irinjalakuda provided a delectable feast for Maths aspirants and lovers among teachers. This session conducted on 30<sup>th</sup> May 2019 inspired even teachers who had a poor inclination and fear for the subject.

We were fortunate to have our Regional Head, Chinmaya Mission, Kerala, H.H. Swami Viviktanada

visiting our Vidyalaya on 28<sup>th</sup> June 2019. In His address to our students of class 11, Swamiji recharged them with a lot of positivity repeatedly making them understand the importance of chanting ‘I can, I must, I will’. During Swamiji’s session with the teachers, He encouraged them to give their interpretation of a few chosen Slokas from the Bhagavat Gita.

A seminar on ‘Drug awareness’ organized by Govt. Engineering College, Thrissur, was headed by Sri. Joseph, Awareness Officer, Excise Dept., Thrissur. In his enlivening speech, Sir sensitized the students of IX and XI on the use and abuse of drugs. He was able to create an impact among the students with many heart rendering stories about MAD (Mind Altering Drugs).

H.H. Swami Swaroopanadaji, Global Head of Chinmaya Mission visited the Vidyalaya on 21<sup>st</sup> October. Swami was welcomed by a group of children with their paintings on ‘Keep Smiling’. Swamiji was received with a ‘Poornakumbham’ and welcome song. Our Principal welcomed and introduced Swamiji to the gathering which consisted of esteemed members from the Management Committee, teachers and students from Std X and XII. Swamiji shared his childhood experiences and advised them not to go to the peak for meditation but reach the peak in meditation. Holistic development of the child is equally important as academics.

Swamini Samhidananda addressed the students of XI, IX and VIII on three different occasions. Swamini reiterated to them the importance of handling situations and facing the challenges of life with a beaming smile through interesting stories, episodes and anecdotes.

A talk on Adolescent Education / Sex Education for students of XI boys and girls by Dr. Vineetha S., Consultant Gynaecologist, District Hospital, Thrissur and Dr. Ramesh Kumar, Consultant, District Hospital, Thrissur was a genuine attempt to clarify many doubts among the growing children of today. The session also enabled our children to get rid of certain growing apprehensions related to growth and physical development.

TIME had conducted a seminar on career guidance for class IX, wherein they were exposed to the myriad avenues that stretch their horizons to be explored after the students complete Std X.

Our former student Namitha V. S. who is a medico



at Medical College, Thrissur gave the teachers an awareness talk on Cancer on 30<sup>th</sup> January 2020 as part of their 'ARBODHA 3.0' project. She was accompanied by Jishnu Vijay, Gautham Krishna and Amrutha, also our own alumni members and medicos.

An awareness talk on adolescence and drugs was organized for the parents of students from Std 8 on 11<sup>th</sup> February 2020. Sri. Sunny P. L., Excise Preventive Officer, Thrissur enlightened the parents about the various types of dangerous drugs lurking amidst us that may bring a negative influence among gullible children.

Corona Pandemic Awareness was held on 14<sup>th</sup> of February 2020 by Dr. Reena K. J., District Medical

Officer, Thrissur to address the teachers of our Vidyalaya on the do's and don'ts about the precautions with regards to the epidemic disease spreading worldwide. The teachers were acquainted with the methods to rid ourselves of the fear and accept the afflicted individual as one among us.

We sincerely extend our heartfelt gratitude to all our colleagues for their unconditional support and co-operation in carrying out the activities of the seminar committee to the utmost satisfaction of all.

#### Convenors

Smt. Bindu R., Smt. Yamuna G., Smt. Ambily J.  
Smt. Smitha Madhu, Smt. Usha P. Nambiar

## Scouts and Guides Report



Scouts and Guides movement helps students to inculcate leadership traits, develop team spirit, thrill for adventure and compassion towards their fellow brethren. It aims at development of social and spiritual potentials to become responsible citizens and as members of local, National and International communities.

We give training according to the guidance laid down in APRO II and III. There are 108 children in the Scout and Guide Group. The class is conducted on all Mondays, Tuesdays, Wednesdays and Thursdays. The COH is conducted on the last Friday of every month. Children are divided into patrols and each patrol is under a patrol leader. Guide Captains explain the aim and history, Law, Promise, flag ceremony, prayer song, flag song etc. to the patrol leaders. The patrol leaders sensitize about all these and involve in various activities.

They are asked to do a 'Good Turn' every day. They are taught about various knots and their uses. After successfully conducting the classes we moved on with the Pravesh and Pradham. The students voluntarily and enthusiastically participated in all the activities conducted in our Vidyalaya.

Every year we conduct a camp for the students. We had planned a camp during the last week of March. But due to unavoidable, emergency situations that cropped up due to COVID 19 threat, our plans have been put off for a later date hopefully during the next academic year. We hope to inspire many more students to join this movement and put in more constructive and innovative efforts. We take this opportunity to thank all the members involved in all our endeavours.





## Cubs Annual Report

"Cubs are always ready to do their best!" The Cub unit of the Vidyalaya consists of 54 students. Their active participation in the various school activities including Republic Day and Annual Day Celebrations is noteworthy.

The role play exhibited on the Republic Day was a new venture. The play teaches us how a snake attacks its prey which proclaims the role of the Jungle.

The Pravol Charaa and Pradhan Charaa were conducted. Cub/Bulbul Ustav 2019-20 was held at CMS public School, Thrissur on 28<sup>th</sup> September 2019. 27 Cubs from the Vidyalaya participated in the Utsav. They won the Adventure award with a memento and bagged



the 1<sup>st</sup> Prize in the Patriotic Song Competition.

Cub Masters

Pradeep Varma, Vrinda N.V., Lakshmy V.R.

## Bulbuls Annual Report

Age groups of girls who are between (6-10) actively do their best in the flock who are ready to serve others. The training started on 20<sup>th</sup> June 2019 and various activities are displayed on every Fridays. These activities bring about values like sense of duty and politeness. Fifty Bulbuls performed in the Bulbul ring cheering the various functions at school. The Pravesh and Komal were conducted. 23<sup>rd</sup> open school scout and Guide group organized Cub/Bulbul Utsav at CMS Public School, Thrissur on 28 September 2019.

23 Bulbuls participated in the camp. They won the Adventure Award and got the memento from State Scout Commissioner Shri Rajan.

27 Cubs and Bulbuls of Std IV have successfully completed their two years of training as A PRO, Part II and are waiting for their ongoing Ceremony and Bulbul flying up Ceremony."



The school congratulated each one of them for their grand success.

Flock Leader

Mini Ajith

## Fine Arts Committee Report

The major aim of Fine Arts Committee is to develop self-confidence and self-awareness among students through art experiences.

The activities of the Fine Arts Club and 'Talent Time' for the academic session 2019-2020

was inaugurated on 25<sup>th</sup> of July 2019 by Sri. Anoop Sankar, play-back singer. The chief guest delivered a motivating speech and he kept the audience enthralled with his mellifluous voice. The programme ended with variety entertainment by our students.



## Talent Time 2019

On-stage and off-stage competitions were held in four categories. Literary item competition for classes 6-12 commenced from 15<sup>th</sup> July 2019 and stage item competitions were held on 27<sup>th</sup> and 30<sup>th</sup> of July 2019. Group item competitions for juniors and seniors were conducted on 2<sup>nd</sup> of August. Various on-stage item competitions for classes 3 & 4 were held on 27<sup>th</sup>, 28<sup>th</sup> and 30<sup>th</sup> of September. 'Kala-prathibha' and 'Kalathilakam' titles were bestowed on the top point scorers in all categories.

## Independence Day Celebrations

To instil a feeling of patriotism and to make the children more aware of the innumerable sacrifices made by our great leaders, a special assembly was conducted in the school on the Independence Day.

### Teacher's Day

Teacher's Day was celebrated in the Vidyalaya on the 5<sup>th</sup> of September. Office bearers greeted all the teachers with "The Best Teacher Ever" badge. The head boy spoke on the importance of the day. Three teachers who have completed 20 years of service – Smt. K. Jayalakshmi, Smt. Bindu K. and Smt. Geetha M.P. were honoured with an 'OM' lamp and a ponnada. A skit exhibiting the greatness of teachers was the attraction of the day.

## Onam Celebrations

Onam celebrations of KG to Std 5 was held on 5<sup>th</sup> September. Children came in traditional costumes. They laid floral carpets in their classes, sang songs and danced to the tune of pulikkali melam and vanchippattu. They shared food items with their friends and teachers.

Onam celebrations for classes 6 to 12 were held on 6<sup>th</sup> of September. The non-teaching staff of the Vidyalaya arranged a beautiful floral carpet on the portico. Students, wore traditional attire, brought flowers from their localities and decorated their respective classrooms with astonishing designs.

The following competitions were held in connection with onam celebrations:

1. VanchiPattu – Participants of each house rendered the century old traditional art form in all its splendor.
2. Traditional costume fashion show - The prize winners were given the titles 'Kerala sreeman' for boys and 'Malayalimanka' for girls.

3. Vadamvali (Tug of war contest) – The students of each house showcased their wonderful sportsman spirit and talent in the game. The main attraction of the onam celebrations was the Shinkarimelam which was performed by Chinmaya college students.

A musical choir competition was conducted for teachers, and the teachers exhibited their skill in the presence of a group of cheerful and jubilant students. Smt. Renu P. R. of the Arts Dept. won the prize. Thiruvathirakali by the teachers was the highlight of the day adding the perfect icing to the delicious cake.

Teacher's Kalotsav – Sahodaya School Complex, Thrissur conducted 'Teacher's Kalotsav' on 7<sup>th</sup> September 2019 at CSM Central School, Edassery. 15 teachers from our Vidyalaya participated in various items. Smt. Neethu K.U. (Music Teacher) bagged the 3<sup>rd</sup> prize in light music (Female). Most of the participant teachers secured 'A' grade in the respective items.

## Gandhi Jayanthi Celebrations

Gandhi Jayanthi was celebrated in the school assembly on 1<sup>st</sup> October 2019. In connection with the celebrations 'Vaishnav Janato' was aired and 'Raghupathi Raghava' was sung by the school choir group and the whole school. The children dressed as Gandhiji, paraded the open stage while Gandhiji's quotes were rendered. A skit by the senior students on communal harmony was the highlight of the day. Our Principal appreciated the students of Std XI and XII who came early in the morning and cleaned the campus giving a day off to the cleaning staff. A pledge on 'Thoovala Viplavam' (Handkerchief revolution) was taken by the whole school bringing awareness on Tuberculosis and H<sup>1</sup>N<sup>1</sup> virus.

## Art Exhibition

An Art Exhibition was organised in the Vidyalaya on 21<sup>st</sup> October 2019 in connection with the Global Head of Chinmaya Mission H.H. Swami Swaroopanandaji's visit to the Vidyalaya. Swamiji was welcomed by a group of students who displayed their creative, artistic talents through their sketches on 'keep smiling'.

## Sahodaya District Kalotsav

Thrissur District CBSE Kalotsav 2019 was held at Santhinikethan Public School, Irinjalakkuda from 23<sup>rd</sup> to 26<sup>th</sup> of October 2019. 159 students from our Vidyalaya participated in various competitions. They won rich laurels for our Vidyalaya and our school was placed in the overall 6<sup>th</sup> position out of 80 schools.



## Kerala Piravi Celebrations

Kerala Piravi day was celebrated in our Vidyalaya in a significant manner. Akshara sloka, group dance, group song and an interhouse skit competition was also conducted to evoke a sense of pride in our language and in being a Keralite among all of us. A seminar was conducted for 8<sup>th</sup> standard students on the topic 'Sahithyathinu Nithyajeevithathilulla Prasakthi'.

## Children's Day Celebrations

Children's day celebrations focused on children and their enjoyment. Chinmaya school always strives to showcase something novel for her students and children's day being a day special for them. As it is generally seen, students perform for teachers on various occasions, but on 14<sup>th</sup> November in our Vidyalaya, teachers gave various performances for the students in order to express their love and care for them. On this day a special assembly was conducted by the teachers. A skit, scripted by our Principal, Smt. Sobha Menon was presented by the teachers to show the various characteristics among children. A group song and group dance by the teachers also were presented. Through these programmes, the teachers gave the message to the children that they are precious to them. The students were overwhelmed with their teachers' performances.

## Sahodaya State Kalotsav

CBSE State Kalotsav 2019 was held on 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup> of November 2019 at Carmel Public School, Vazhakkulam. The eligible students from our Vidyalaya participated in various items. Four of our students won prizes and most of the other participants secured 'A' grade.

The prize **winners** are

1. Hari Ramakrishnan Sudhakar – 1<sup>st</sup> Prize (Mridangam – Cat IV)
2. Vyshnav J. - 2<sup>nd</sup> Prize (Classical Music (boys) – Cat III)
3. Parvathy S. Warriar – 2<sup>nd</sup> Prize (Sanskrit Recitation – Cat II)
4. M.B. Sruthi – 3<sup>rd</sup> Prize (Classical Music (girls) – Cat III)

## Christmas and New Year Celebrations

Christmas celebration for teachers was conducted on 20<sup>th</sup> December 2019 in the Vidyalaya. The teachers exchanged gifts with their Christmas friends.

Xmas and New Year celebrations for the students

happened on 1<sup>st</sup> January 2020. The assembly in the morning witnessed songs, carols, dance etc to usher in the New Year. A recapitulation of all the achievements of 2019 was introduced by students. Our Principal delivered the New Year message. Students wore colour-dress and exchanged gifts with their friends.

**SPICMACAY** (Society for the Promotion of Indian Classical Music And Culture Amongst Youth)

A Manipuri lecture demonstration by Shri. Sinam Basu Singh and team was held under aegis of SPICMACAY. Students of class 6, 7 & 8 were exposed to this programme. The artist explained to the students, the origin of this classical art form. His instructive presentation was very inspiring. Besides explaining the finer nuances, he taught the students basic footwork which left indelible impressions among our children as they were exposed to the cultural heritage of classical dances of India.

## Sahodaya Kids Fest - 2020

Sahodaya School Complex, Thrissur conducted Kids Fest on 18<sup>th</sup> January 2020 at Vijayagiri Public School, Ashtamichira. 46 Students from our Vidyalaya participated in the kids fest. Our students won prizes in the following items:

1. Group Action Song (Eng) - Cat I - 1<sup>st</sup> Prize
2. Group Action Song (Mal) - Cat I - 3<sup>rd</sup> Prize
3. Action Song (Eng) - 2<sup>nd</sup> Prize - Souparnika Avangickad (Cat I)
4. Story telling (Mal) - 1<sup>st</sup> Prize - Vaidehi R Menon (Cat I)
5. Abstract Reasoning - 1<sup>st</sup> Prize - Avyukt Subhash (Cat I)
6. Story telling (Mal) - 3<sup>rd</sup> Prize - Angel Chalakkal Santhosh (Cat II)

## Republic Day Celebrations

Nirmala-Matha Central School conducted an inter school patriotic song competition 'Vande Bharath' in connection with the Republic Day celebrations on 17<sup>th</sup> January 2020 at Nirmalamatha Central School, East Fort, Thrissur. 9 Students from our Vidyalaya participated in the competition and we secured 2<sup>nd</sup> position.

71<sup>st</sup> Republic Day was celebrated in our Vidyalaya in all its solemnity on the auspicious morning of 26<sup>th</sup> January 2020. It was a matter of pride for all of us. The chief guest of the day Col. Rajesh Menon (Veteran) hoisted the National Flag. The choir group presented



the patriotic song. Variety entertainment programmes organized by the KG teachers, Social Science Dept., the Physical Education Dept. and the Arts Dept. added the much needed patriotic fervour to the atmosphere. Our school also received a certificate by RED (Responsibility Eating Drive) organization.

## Annual Day Celebrations

Our 41<sup>st</sup> Annual Day was celebrated on 8<sup>th</sup> February 2020. The programme started with an invocation dance. Honourable Justice A. Hariprasad, High Court of Kerala was the chief guest. Reminiscences were given by the Head boy and Head girl. The distinguished guests gave away the prizes to the toppers and other students who had brought laurels to the school in various competitions and contests. The staff members who are retiring from service were honoured. The inaugural function was followed by a cultural Fiesta - 'Kaladarshika'. The entire school participated whole-heartedly towards the success of this grand event. Parents and audience were excited to watch their children's exuberant performance. The

celebration proved to be a platform for the students to come together and showcase their inherent talents.

In connection with Annual Day Celebrations parents, alumni and teachers were also given a platform to exhibit their awesome talents on 2<sup>nd</sup> of March 2020 in our Vidyalaya auditorium. Vibrant and graceful moves by enthusiastic and young parents, mellifluous singers among alumni, parents and teachers left the audience spellbound.

We hope to tap the innate talents of our students and take our Vidyalaya to dizzying heights of glory in all our future endeavours. We also wish to place on record our sincere gratitude to God, Management Committee Members, Principal, Vice Principal, Sr. Headmistress, Headmistress, parents, teachers, students non-teaching staff for their never-failing co-operation and whole-hearted support.

Convenors

Smt. Bindu K., Smt. Renu P.R.

## Excursion Committee

Educational tours are organized in Chinmaya Vidyalaya every year by the Excursion Committee in order to bring about the much needed refreshing experience for our children. These tours rejuvenate them, become a source of information, and provide a platform to hone

leadership qualities, team work, harmony and above all the unforgettable memories of school life along with some joyful moments.

The consolidated list of various trips conducted for the academic year 2019-2020 is as follows:

| Class     | Date                           | No. of Children | No. of Teachers | Place                                               |
|-----------|--------------------------------|-----------------|-----------------|-----------------------------------------------------|
| LKG & UKG | 10 <sup>th</sup> December 2019 | 106             | 10              | Snehatheeram Park                                   |
| 1 & 2     | 13 <sup>th</sup> December 2019 | 117             | 12              | Flora Fantasy Amusement Park, Valanchery            |
| 3 & 4     | 10 <sup>th</sup> January 2020  | 128             | 12              | Silverstorm and Snowstorm Theme Park, Chalakkudy    |
| 5 & 6     | 4 <sup>th</sup> January 2020   | 159             | 14              | Silverstorm and Snowstorm Theme Park, Chalakkudy    |
| 7 & 8     | 3 <sup>rd</sup> January 2020   | 139             | 15              | Tripunithura Hill Palace Museum - Kochi sightseeing |

The COVID 19 threat and stringent orders from the Government has made it mandatory on our part to cancel the tour pre-planned for classes 9 and 11. Their tour plans will be rescheduled during the next academic year.

Convenors

Smt. Priya Thampy, Smt. Smitha Madhu



# Chinmaya Vidyalaya, Kolazhy, Thrissur

## Examination Committee 2019-2020 Report

The Examination Committee of the academic year 2019-20 has fifteen members along with Principal, Vice Principal, Senior Headmistress and Headmistress. Under the guidance of Principal and other senior

members of the staff, all examinations - Periodic Tests, Quarterly, Half Yearly and Model Examinations were conducted systematically as per the schedules given in the school diary.

| Date                       | Examination                     | Std                  | Marks | Time        |
|----------------------------|---------------------------------|----------------------|-------|-------------|
| July                       |                                 |                      |       |             |
| (8/7/2019 to 12/7/2019)    | First Midterm Examination       | III, IV, V           | 20    | 1 hr 30 mts |
|                            | Periodic Test 1 ( PT 1)         | VI, VII, VIII, IX    | 20    | 1 hr 30 mts |
|                            | Pre-midterm ( PT 1)             | X                    | 20    | 1 hr 30 mts |
|                            | First Midterm Examination       | XI, XII              | 25    | 1 hr 30 mts |
| August                     |                                 |                      |       |             |
| (29/8/2019 to 5/9/2019)    | Quarterly Examination           | III, IV, V           | 40    | 2 hrs       |
|                            | Periodic Test 2 (PT 2)          | VI, VII, VIII, IX    | 40    | 2 hrs       |
|                            | Midterm (PT 2)                  | X                    | 40    | 2 hrs       |
|                            | Quarterly Examination           | XI, XII              | 100   | 3 hrs       |
| October                    |                                 |                      |       |             |
| (30/10/2019 to 8/11/2019)  | Second Midterm Examination      | III, IV, V           | 20    | 1 hr        |
|                            | Midterm Examination             | VI, VII, VIII, IX    | 25    | 1 hr 30 mts |
|                            | Post-midterm Examination (PT 3) | X                    | 80    | 3 hrs       |
|                            | Second Midterm Examination      | XI, XII              | 25    | 1hr 30 mts  |
| December                   |                                 |                      |       |             |
| (11/12/2019 to 20/12/2019) | Half Yearly Examination         | III, IV, V           | 40    | 2 hrs       |
|                            | Periodic Test 3 ( PT 3 )        | VI, VII              | 40    | 2 hrs       |
|                            | Periodic Test 3 ( PT 3 )        | VIII, IX             | 80    | 3 hrs       |
|                            | First Model Examination         | X                    | 80    | 3 hrs       |
|                            | Half Yearly Examination         | XI                   | 100   | 3 hrs       |
|                            | First Model Examination         | XII                  | 100   | 3 hrs       |
| January 2020               |                                 |                      |       |             |
| (6/1/2020 to 15/1/2020)    | Second Model Examination        | X                    | 80    | 3 hrs       |
| February 2020              |                                 |                      |       |             |
| (1/2/2020 to 14 /2 /2020)  | Third Midterm Examination       | III, IV, V           | 20    | 1 hr        |
|                            | Pre - Board Examination         | X                    | 80    | 3 hrs       |
|                            | Second Model Examination        | XII                  | 100   | 3 hrs       |
| February 2020              |                                 |                      |       |             |
| (22/2/2020 to 6/3/2020)    | Annual Examination              | IX & XI              | 80    | 3 hrs       |
| March 2020                 |                                 |                      |       |             |
| (9/3/2020 to 23/3/2020)    | Annual Examination              | III, IV, V, VI & VII | 40    | 2 hrs       |
|                            | Annual Examination              | VIII                 | 80    | 3 hrs       |



\* Conducted the examinations on 9/3/2020 and cancelled the remaining examinations as per the Government order in connection with the COVID -19 threat. (Chief Minister's Press Release on 10/3/2020)

- All the Examinations were conducted systematically. Question Papers in specific format were collected from teachers, after the verification of respective Head of the departments, three weeks before each examination. After getting the approval of Headmistress and Senior Headmistress, copies of the question papers were generated and kept under lock and key.
- Time table of each examination were given to the students two weeks before the examination.
- Examinations were conducted by seating the students in specific seating arrangement and teachers were allotted invigilation duty in the examination halls.

- On the days of examinations, the teachers on duty collected the bags containing papers and other materials from the Examination room. Question Papers were distributed to the halls by the Examination Committee members, half an hour before the examination ensuring the confidentiality of the Question Paper.
- Answer papers were collected from the examination halls and distributed to the respective subject teachers by the members of the committee.

With the whole-hearted support and co-operation of all the teaching and non-teaching staff and the timely guidance and instructions of Principal, Vice-principal, Senior Headmistress and Headmistress, the Examination Committee was able to complete their mission successfully in the year 2019-2020.

*Radhakrishnan P. & Malini Suresh*  
Convenors, Examination Committee

## Activities Integrated to CVP in our Vidyalaya

| SL | Events/celebrations            | Activities/Achievements                                                                                                                                                             | Aspect of CVP          |
|----|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 1  | Facelift to the infrastructure | <ul style="list-style-type: none"> <li>♦ Two indoor badminton court</li> <li>♦ Renovated Auditorium with good acoustic system</li> </ul>                                            | Integrated Development |
| 2  | Infinitum Quiz                 | Two students won first prize in the quiz                                                                                                                                            | Integrated Development |
| 3  | CBSE Football                  | Our School Team won second Prize in the CBSE National Football Tournament                                                                                                           | Integrated Development |
| 4  | Food Fest                      | To instill holistic development of the child through responsible and safe eating<br>Red certificate (Responsible Eating Drive) for initiating the pilot programme.                  | Integrated Development |
| 5  | Ujjwal Prathibha Award         | Two of our students one each from the Secondary and Senior Secondary sections were bestowed the coveted Ujjwal Prathiba Award 2019.                                                 | Integrated Development |
| 6  | Lingua fanta                   | Our Vidyalaya achieved over-all third position from among 24 schools in a novel venture introduced by Sahodaya Complex ( Association of CBSE schools in Kerala) – Lingua Fanta 2019 | Integrated Development |
| 7  | Sahodaya excellence award      | Smt. Niji N Raju was awarded third position in Teacher Excellence Award 2019-2020.                                                                                                  | Integrated Development |
| 8  | Magazine award                 | Our Annual magazine chinmaya dwani was adjudged third among 109 school magazines                                                                                                    | Integrated Development |



|     |                                                            |                                                                                                                                                                                                                                                                                    |                               |
|-----|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 9   | Elpse examination                                          | Our Vidyalaya hosted the concluding round of the ELPSE 2019-2020 (Speaking and Reading assessment)                                                                                                                                                                                 | Integrated Development        |
| 10  | International children's online painting competition       | Our student's painting was selected as the best painting                                                                                                                                                                                                                           | Integrated Development        |
| 11  | Capacity building programme in business studies            | a. A capacity building programme in Business Studies was hosted by our Vidyalaya for two days (22 <sup>nd</sup> and 23 <sup>rd</sup> Nov 2019-2020)                                                                                                                                | Integrated Development        |
| 12  | To inspire and motivate sports aspirants of the Vidyalaya. | Akarsh Krishnamoorthy of std 10 the budding cricketer washonoured for his stellar achievements and for being the youngest cricketer to represent the Kerala state.                                                                                                                 | Integrated Development        |
| 13  | <i>Pariksha pe charcha</i>                                 | <i>Devinanda M Nair of class IX had mailed an essay on the topic 'Balance is beneficial'. Her two questions submitted to the Hon. Prime Minister were adjudged the best and she was invited to participate in the 'Pareeksha pe charcha' programme held in Delhi on 20.1.2020.</i> | <i>Integrated Development</i> |
| 14  | Vandhe bharath patriotic song competition                  | 7 students from our Vidyalaya participated in the same and secured 2nd position                                                                                                                                                                                                    | Patriotism                    |
| 15  | SPICMACAY – Manipuri Dance                                 | Lecture Demonstration of Manipuri Dance by SinamBasu Singh & Team                                                                                                                                                                                                                  | Indian Culture                |
| 16  | Chocolate seed project                                     | Vidyalaya students wrapped vegetable seeds inside waste papers collected from the classrooms. The students were instructed to disperse these 'Seed chocolates'                                                                                                                     | Universal Outlook             |
| 17  | Climate resilience                                         | 1. To sensitize students about conserving our environment. 1. Twenty seven students from our Vidyalaya participated in a 'climate circle' comprising 6000 students encircling the Swaraj round.                                                                                    | Universal Outlook             |
| 18  | National youth day celebrations                            | Children holding placards of the ten B's preached and practised by Swami Vivekananda was staged. (Be inspired, Be fearless, Be pure, Be cheerful, Be determined, Be free, Be possessed, Be detached, Be not discouraged, Be glad )                                                 | Universal Outlook             |
| 19  | School visit by differently abled students<br>Objectives   | Students, teachers and parents from Parathur Higher Secondary School, Pallipuram visited the Vidyalaya. They were entertained by some of the talented students of the Vidyalaya and                                                                                                | Universal Outlook             |
| 20  | Educational Tours                                          | Visit to various places of Tourist interest as well as museum were organized                                                                                                                                                                                                       | Integrated Development        |
| 21. | Assembly                                                   | Clapping of hands during the rendering of birthday song                                                                                                                                                                                                                            | Integrated development        |
| 22  | Honest shop                                                | School stationary store operating within the campus wherein students take the required item and drop the money in a box.                                                                                                                                                           | Integrated development        |



# Arts Club



## Dance

Students who were interested in dance have opted for visual arts (Dance) club. These students belonged to classes 6-9. The students were divided into groups, and all the activities were done group wise. Self choreography, famous personalities in dance and their contributions group projects and self choreographed performance by each group on a given topic were done by the students as activities. The interest of all the students as activities. The interest of all the students and their involvement was remarkable. All the given projects were submitted on time.

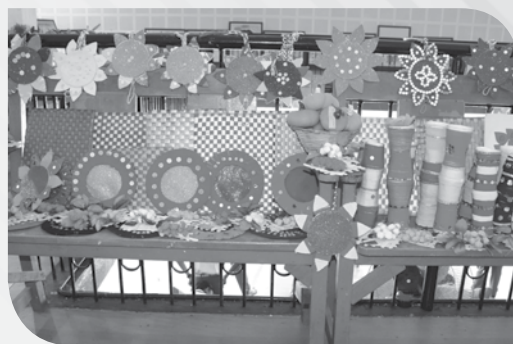
Jeeja Subash, Sreedivya S



## Music

The students in the music club are those who are interested in music from 6th to 9th Standard. The aim of the club is to nurture the music skills within the students. For that the students were divided into 2 groups and they were assigned activities. The students were provided opportunities to develop music to the given lyrics. This was the highlight of the music club. The same lyrics were given to both the groups too.

They completed their work in an excellent manner. The different music they gave to the same lyrics was a new experience to them. They enjoyed all the activities very much, which increased their confidence level. So the club time was used very effectively. Neethu K.U.



## Craft

Learning and Practicing to make newer and newer products helps children to develop their own ideas, to become more creative, innovative and successful. By doing craft it helps mental, physical, spiritual development of the child. It also develops concentration, patience which will help them to concentrate more in other subjects too. Now a days, children love to become more creative and active by doing or practicing all their activities in their day. Today routine children will become more responsible, sincere successful citizen for our nation.

Now CBSE is giving more importance for these creative world. However we are conducting club activities for the children from class 6th to 10 th. Those who are interested in craft can make it useful for exhibiting their own.

Salini E

## Literary Club

The Literary Club was inaugurated on 15th June 2019 with students of various classes from std VI –VIII. Teachers in charge, started the club in divine serenity. The



club comprising of three core languages being English, Hindi and Malayalam aims to enrich the vocabulary, grammatical skills and communicative fluency thereby building up confidence among the budding stars. Various activities like Debate, Just A Minute (JAM), Extempore, Anchoring and short speeches helps to improvise their public speaking making them excellent orators as well as writers. The interactive activities with group discussions and story reviews, versification, essay writing and the like, reduces the stage fear and makes every individual an active participant. 'Calligraphy' is another area to improvise on their handwriting. The language department teachers take turns during every club meetings to ensure that every student is well versed with their respective linguistic approaches. The vibrant actors and actresses with their exuberant acting talents perform 'one act plays' making the club an entertainment as well. Every child seeks individual attention in his/her abilities, thereby creating a warm friendly atmosphere between the peer groups.

Teachers in charge

Smt. Sujatha .M, Smt. Sumangala Raj, Smt. Smita B, Smt. Lakshmi V. R, Smt. Nina. M

Smt. Soumya, Smt. Deepa. M, Smt. Vrinda. D, Smt. Sumangala. P.K, Smt. Sreedevi. S

## ***Charity Club***

'Your greatness is not what you have, its what you give' We are immensely pleased and delighted to understand that many of our children have involved themselves in charitable deeds that are consistently spear headed by our Vidyalaya. Here we present the details of the record of community work undertaken this academic year.

**Oru Pidi Ari:** In connection with Gurupoornima celebrations, 140 Kg of rice from our collection ORU PIDI ARI Program was donated to Asha Bhavan, a home for mentally challenged.

**Rice gruel for Patients:** Our Vidyalaya students and staff served rice gruel to the patients of Medical College, Thrissur on 17.7.2019.

**Monetary contribution to Pain and Palliative care:** On three different occasions, a sum of Rs. 19,000/- collected from our students was handed over to the members of the pain and palliative care society, Thrissur.

**Flood Relief:** Our children internalized the dire needs of the flood affected victims this year and generously contributed in cash and kind. The Materials collected

were handed over by the children to the victims at Kuttur, Kolazhy.

**Benevolence exhibited on Kerala Piravi Day:** A few study materials (notebooks, pens, pencils etc) garnered by the students of class 6 and 7 were given away to the children of SOS children's village at Mulayam.

A Warm Welcome to the differently abled children from Paruthur Higher Secondary School, Pallipuram accompanied by their parents and teachers visited our Vidyalaya on 15.01.2020. We provided them a variety entertainment programme. Our students from standard viii bestowed a gift on each child.

**A helping hand by the teachers:** Teachers of the vidyalaya distributed sarees to the residents of the potter's colony, Pudukkad.

We take this opportunity to express our heart felt gratitude to our chairman, Director of Education, Deputy director of Education, Principal, Vice Principal, Senior Headmistress, Head mistress, teachers and non teaching staff for their motivation, guidance and invaluable support.

Meera Ramani, Asha P (Joint Convenors)

## ***Eco Club and Science Club***

Activities of this club includes environmental activities, vegetable garden maintainance and science club activities.

Activities for environment day included, street play, poster cmpetition and flash mob.

Quiz for class 5 & 6 was also conducted in connection with world environment day.

A food exhibition on traditional home made food "arogyamidhi" was organized for class 8 involving parents too.

Vegetable garden is maintainted by students of class 7 & 8 wherein fresh vegetables like cowpea, cauliflower, brinjal, tomato, chilli and spinach are grown using organic manure and pesticides. These are then sold among staff /students or used in the vidyalaya hostel.

Science club activities included making periscope, testing nutrients like carbohydrates & fats in simple food samples and submitting report and salad making for practising good food habits.

Students also made paper pens with a seed inside.

Latha N, Jayalakshmi K, Bindhu K, Babitha S, Saritha Raj, Ambili J, Divya, Bhavani R, Liji R T.



# Mathematics Club Report



The mathematics club of this academic year 2019-2020 was inaugurated on 15th June 2019 by our Senior teacher Sri. P. Radhakrishnan. There were about 60 members in our club. We celebrated “International Pi-day on 22nd July. Devadth Mullappally and Anirudh of class XII explained the significance of Pi – in the form of conversation. They put forward a challenge to the students to memorise the first 50 digits value of the Pi. The club members organized various activities like Pi-song, flash cards, amazing facts. The value of Pi-correct to 50 decimal places was displayed on a chart. We conducted Puzzles, activities, Quiz and role-play on various days. All the club members actively participated in all the activities and they were really motivated. All of them participated in ‘Bricks maths examination’ conducted by CBSE.

Teachers in charge

Usha P Nambiar, Sahithy M, Maya V, Vrinda N V

## Chinmaya Jnananidhi (Quiz Club)

The mission of Quiz Club is to encourage and empower young minds towards innovative, alternate thinking and the quest for excellence. It increases the level of general awareness amongst the student community about Science, Literature, Technology and current affairs outside the realm of the formal syllabus.

- The activities of our Vidyalaya Quiz Club commenced on the 2<sup>nd</sup> of July 2019. There were fifty five students from classes 6 to 9 as members of the club. Classroom quiz was conducted in the “Sell Me The Answer Mode” on the first and third Saturdays on different topics. Internal and external activities and achievements of the club for the academic year 2019- 2020 are as follows:

### Internal Quizzes

- NIT Calicut conducted ‘INFINITUM’ quiz on 2<sup>nd</sup>

of July 2019. Thirty students from classes 11 and 12 participated. Anirudh S. Menon and Devadath Mullappally (Std XII) were the school toppers.

- A quiz on environment, in connection with World Environment Day Celebrations, was organized for the students of classes 5 and 6. The team represented by Nanditha S. (Std 5) and Saketh P. Nambiar (Std 6) secured the first place.
- A motor quiz was conducted on 10<sup>th</sup> of October 2019 by Govt. Engineering College, Thrissur. 48 students from Std 11 and 12 participated in the event. Vishnu Sai Vinod, Harikrishnan S. and Amaljeet (Std XII) were the school toppers.
- WWF India conducted a quiz named ‘Wild Wisdom’ on 11<sup>th</sup> of October 2019. 34 students from Std 3 to 8 participated. Sayoojy S. (Std 5) and Navaneet Krishna (Std 4) were the school toppers in the Junior section. Gopika Jayachandrakumar (Std 6) and Shri Vishnu (Std 7) were the toppers in the Middle School category.
- Team Discovery in association with Byju’s App, conducted the Super League Quiz Contest on 11<sup>th</sup> November 2019, for the students of std 4 to 9. Adithya S. Nair (Std 4), Arjun Krishna V.R. (Std 5), Sreenanda Ravikumar (Std 6), Sukrutha S. (Std 7), Devananda S. Jain ( Std 8) and Arjun N. S. (Std 9) were the winners at the school level. Sreenanda and Devananda were



qualified for the next round.

- 'Zee5' conducted an online quiz named 'Mindwars' in the month of November 2019 for the students of Std 6 to 9. Lakshmi Kurup (Std 6) was the school topper.
- 'Odyssia' and 'Race Solutions' jointly conducted the 'Smart Brain' quiz on 15<sup>th</sup> January 2020 for the students of Std 5 to 12. Fiftysix students participated in the event. Archana R. (Std 7) and Sidharth V. Jain (Std 8) won the first place in Junior category at the school level. Ajul R. Krishnan and Gokul P. Menon (Std XI) were the toppers in Senior category.
- A Cancer Awareness Quiz was conducted on 5<sup>th</sup> February 2020 for all the students of Std 5 to 9 and 11 in three categories. Lakshmi Kurup (Std 6), Mithravind Suresh (Std 8) and Sudakshina Nair (Std XI) were adjudged the winners in categories 1, 2 and 3 respectively.
- 'Whiteberries India' conducted a 'Genius Kid' contest on 10<sup>th</sup> February 2020 for all students of Std 1 to 5. Results are awaiting.

#### External Quizzes

- The District round of 'INFINITUM' quiz organized by NIT Calicut was held on 9<sup>th</sup> of August 2019 at BVB, Poochatty. Our team represented by Anirudh S. Menon and Devadath Mullappally (Std XII) won the first prize with a cash prize of Rs. 25000/-. The same team bagged the first prize in the State Finals held at NIT Calicut campus on 15<sup>th</sup> September 2019.
- St. Paul's CEHSS, Kuriachira, conducted a GK quiz named 'Talent Time', on 7<sup>th</sup> of August 2019. Lynn Mary Jose (Std X) and Sidharth V. Jain (Std VIII) won the 3<sup>rd</sup> prize.
- Dathan P. V. and Ritvik Padmaraj secured the third position in the quiz on agriculture conducted by Krishibhavan, Kolazhy.
- Association of Food Scientists and Technologists, Thrissur Chapter conducted a quiz on Food and Nutrition for the students of Std 10 in connection with World Food Day celebrations, at Veterinary College, Mannuthy. Our team represented by Lynn Mary Jose and Harishankar V. bagged the first prize.
- Malayala Manorama conducted 'Vijayapatham' competitions including quiz at Townhall,
- Irinjalakkuda, on 11<sup>th</sup> November 2019. Our quiz team represented by Devadath Mullappally, Anirudh S. Menon and Sandra S. Nair (Std XII) won the first prize in the District level.
- Our Vidyalaya has also participated in the quiz

competitions like Amrithakiranam Medi IQ , VSSC Science quiz, Smart Brain Quiz Zonal Round, Wild Wisdom Quiz State Finals etc.

Chinmaya Jnananidhi congratulates all the quizzers for their sincere efforts to bring laurels to the Vidyalaya and to their personal behalf as well.

Teachers in Charge  
Shri. Madhavadasan K.  
Shri. Hareeshkumar K.G.  
Smt. Nair Sangeetha Unnikrishnan

## Health & Wellness Club Activities for the year 2019 -2020



Classes:- 6 to 9

No. of students members: 58 (Grouped into 4)

Oral presentation by the students of class VI to IX on the Topic Table Manners was conducted in the month of June by each group. Presentation included topic such as seating at the dining table, use of conversation & other proper social etiquettes expected.

Speech on communicable disease after discussion in each group was organized in the month of August. The Intention behind the speech is to provide proper awareness among students against wide spreading diseases.

A Practical session on the importance of endurance and stamina in maintaining one's physical fitness was conducted in the month of November. A practical lesson on the difference in pulse rate before & after participating in a game was rendered to the students. Which gives a clear insight in maintaining physical well being of the students.

Club in charges are:-  
Smt. Niji N. Raju  
Sri. Harikrishnan C.V.



# SEED

## Project Report- 2019-2020

Coordinator- Jayalakshmi K – Department of Biology



### STUDENT EMPOWERMENT FOR ENVIRONMENTAL DEVELOPMENT –

#### BY MATHRUBHUMI

Seed project was launched in the Vidyalaya in the month of June 2009, with an objective to protect the environment and preserve the natural resources to the maximum by empowering students. We were awarded the prestigious “**HARITHA VIDYALAYAM**” award in the same academic year and receiving the certificate of appreciation in the following years. This year we are awarded the “**HARITA JYOTHY PURASKARAM**”, for dedicatedly carrying out all the activities related to Bio – Diversity conservation, environment protection, water harvesting agricultural practices love plastic projects, season watch etc.

Students are maintaining a vegetable garden in the Vidyalaya, strictly following organic farming norms. We also have distributed vegetable seed packets

received from the Kolazhy Krishi Bhavan, to students, teachers and the neighborhood. Students made “**Seed Chocolates**” to throw on barren land, while they travel which will inturn grow into plants and spread greenary to the Mother Earth. Students were taken to the neighboring paddy field, to gain practical knowledge about raising the crops.

On world food day, students of std 4 sowed the seeds of vegetables in the grow bags and monitored them daily.

Vidyalaya is maintaining a **NAKSHATRA VANAM**, in the main campus, with plants corresponding to 27 Nakshatras. The 10 wonders **DASHAPUSHPANGAL**, are also grown there to make children, teachers, parents, and visitors, to know about these plants. In the month of **KARKIDAKAM**, the display of **DASHAPUSHPANGAL**, is kept on the main portico of the Vidyalaya, and receipt a poem in relation to each plant and its **DEVATHAS**. A Nakshatra Bhoomi, an initiative of **Mathrubhumi** and **Vaidyaratnam Ayurveda group, Thaikkattuseery, Ollur**, is maintained in the campus exclusively to protect the trees corresponding to the birth stars. This year we have started a new project in collaboration with **VaidyaratnamGroup** and the **Department of Horticulture, Thrissur**, to grow and preserve shrubby medicinal plants.

The students were taken to **Vaidyaratnam Ayurveda Museum ,Ollur**, to enable them to know more about age old practices followed in Ayurveda, the materials used and the collection of rare medicinal plants used in Ayurvedic preparations.

We extended our services to the society by testing the water for its purity after flood. This was appreciated widely. Teachers started taking classes under the shades of trees in the campus to make students environment friendly. As a continuation of this activity a scientific observation study “**SEASON WATCH**”, was carried out by observing the flowering trees and the changes that happened due to the difference in the climate. This project is under the guidance of **NATIONAL CENTER FOR BIOLOGICAL SCIENCES, BENGALURU**.



### LOVE PLASTIC PROJECT

It is one of the components of, Seed project, which was launched by our Great scientist and statesman Dr. A. P. J Abdul Kalam. Its main objective is to protect nature from used plastics thrown in to the nature. Students collect used plastics from home and the neighborhood. After sorting them into 4 types based on different micron levels, it is handed over to **Mathrubhumi**, which would be sent for recycling. **Puzhakkal Block Panchayat**, also used to collect plastics from Vidyalaya, for reuse.

As part of an activity, “**SAY NO TO PLASTIC STRAWS**”, students of the Vidyalaya, took an oath, that they will not use plastic straws and litter the soil in future, as it harms them and the nature.

### “SCHOOLIL ORU OUSHADHATHOTAM”

**Chinmaya Bhaishajam**, the herbal garden, launched by **OISCA INTERNATIONAL and NATIONAL MEDICINAL PLANTS BOARD**, as a collection of more than 200 species of medicinal plants. We are adding more species to the existing one to increase the bio diversity. Currently, we are doing a wonderful project that is beneficial for everyone- “**HERBAL PLANTS FOR HOME REMEDIES**”. Under the guidance and support of **OISCA Team**, students learn, how to lay nurseries, and grow different medicinal herbs, which will be of daily use to maintain good health. Every year, we prepare students for the **OISCA TOP TEENS** (Talent search examination, conducted by **OISCA SOUTH INDIA CHAPTER**).

## CHYK (Chinmaya Yuva Kendra) Activities

The activities of the CHYK for the academic year started with the visit of state level cycle rally from Trivandrum to Kasargode on 15<sup>th</sup> July 2019, propagating environmental conservation and addressing issues on drug abuse. 12 cyclists with the state co-ordinator abuse. 12 cyclists with the state co-ordinator Br. Sudheer Chaithanya made the visit memorable. The CHYK members actively participated in celebrating Gandhi Jayanthi and National Youth Day. CHYK members were addressed by H.H. Swami Swaroopanandaji, Global head of Chinmaya Mission on 19<sup>th</sup> October 2019 and by H.H. Swamini Samhithanandaji also on 14<sup>th</sup> Nov, 2019 in the Vidyalaya. The students were addressed by br. Sudheer Chaithanya, State Co-ordinator, CHYK Kerala on 25<sup>th</sup> Feb, 2020 on the topic emotional transformation.

.....  
Smt. Sujatha Madhusoodhanan  
Smt. Priya Thampi



# Other Activities with a difference



Academic and Vision Assessment (CCMT)  
Smt. Gowri Lakshmi & Sri Jayan Kambrat



Adhar Card registration



Advisory Committee Meeting



Book Exhibition



CBSE Inspection Sri K Suresh Principal  
Bhavan's Adarsha Vidyalaya, Kakkanad



CBSE Science Exhibition



Handing over Janmabhoomi Newspaper



Rangoli



Visit by Differently Abled



CVK as Venue for ELPSE



Inauguration of "Honesty Shop" by  
Sri Anil Akkara MLA



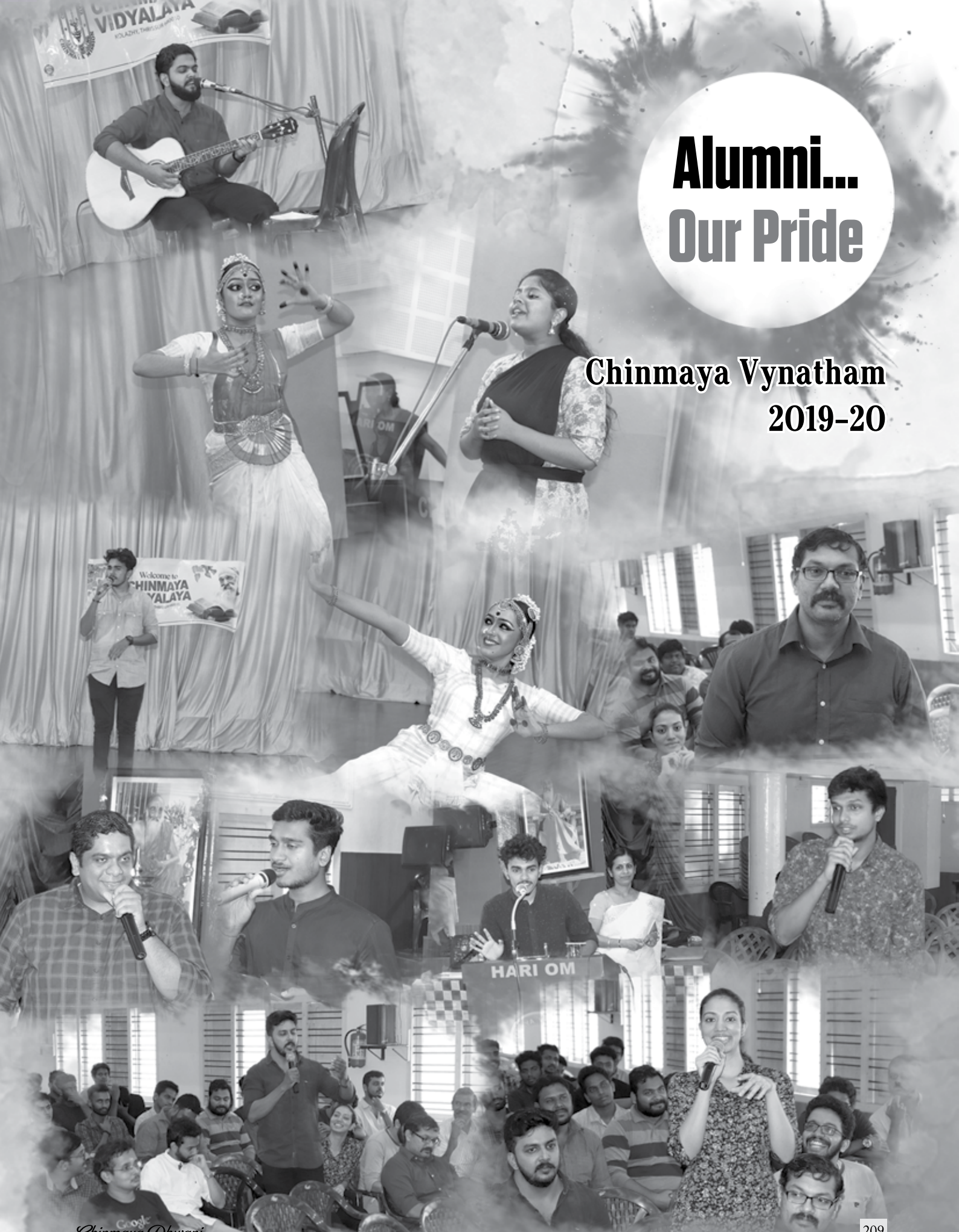
Felicitating Sri Pradeep Varma &  
Smt. Nalini P. S. for their long service





# Alumni... Our Pride

**Chinmaya Vynatham  
2019-20**







A glimpse of the Audience



Our Retired Teacher Smt. Ramani Menon



Farewell to Sri Radhakrishnan P. by Alumni



Clia Merin

*For Ever  
In Our  
Memories...*



Nived Parameswaran Menon



# Alumni Feedback



**Dr. Rini Raveendran, Associate Professor, Dept. of Community Medicine, Govt. Medical College, Thrissur. Year of passing from Chinmaya Vidyalaya 1994**

Personally, spiritually & academically, my school has influenced me. It has increased my spiritual quotient, IQ & EQ. The meticulous habits I inculcated while in Chinmaya Balaniketan hostel, the daily routines like prayers & bhajans, still stay with me.

**Febe Francis, Phd, Consultant, year of passing out from CVK 1996**

My school has given me an outlook that helps me to seek merits in situations & values from people. The little habits I developed here still remain. Teachers were my biggest influence. They helped me stay stress free in a very demanding academic environment and this influence still continues.



**Abhiram Unni M, MBA, Regional Head (Thrissur), Dhanalakshmi Bank. Year of passing out from Chinmaya Vidyalaya : 2001**

School has never been a closed chapter for me. Even after 19 years, I continue to look forward to my school and my teachers for their guidance, love and support. My school has played a vital role in shaping my personality. I bow with gratitude for the constant encouragement and support my school has given to nurture my musical talent which has helped me set the trajectory for my musical career. I was fortunate enough to be under the tutelage of the best teachers. I express my profound gratitude to my English and Sanskrit teachers whose lessons have always been a strong backbone in my academic and professional life.

**Lakshmi Varrier, B Tech, Project Manager in IT Sector, year of passing out from Chinmaya Vidyalaya 2001**

My school is responsible for helping me discover my inner strength and build a confident me. I give the same position to my school & teachers as my parents for moulding me. The motto keep smiling has always fascinated me & I still follow it.







**Arun K Aipe, Junior Consultant General Surgery,  
Kerala Health Services, passed out from CVK 2002**

My school has given me lots of memories to cherish, lots of friends along with too many good teachers who helped a lot in moulding my personality which is the core of my profession.

**Sanju Shivram, MBA Finance, Cine actor, Year of passing out 2003**

My experiences at Chinmaya Balaniketan hostel for 10 years has equipped me to face life's challenges. I was an average student who was given many opportunities to showcase my talents in sports & co curricular activities and was always acknowledged. The lesson I learnt from Bala Vihar classes & Gita lessons has helped me to be strong & manage success.



**Rekha, Senior Audit Manager, Bahrein. Year Of Passing Out 2003**

My school provided me the nurture, care & encouragement to mould me into a good person. I fondly remember my teachers who sparked our curiosity, pushed us to explore new avenues in both academics & extra curricular activities. Celebrating festivals, cheering for our teams at inter school events, organising annual days, youth festivals instilled a strong sense of family & team spirit which i cherish to this day

**Arun K Vijayan, Sub Collector Kanhangad, passed out from Chinmaya Vidyalaya 2008.**

My school has helped me not just to fulfil my academic requirements but also to be sensitive to broader issues around me. The Gita classes helped me to pick up some very important lessons like you have the right to work but not to expect the fruits. This has always helped me to maintain equanimity when confronted with personal or professional challenges.



**Anju N S, B.Tech, Technical Specialist in IBM.  
Year of passing out from Chinmaya Vidyalaya 2009**

My school has helped me to become a confident honest & responsible individual & in helping me choose my career option.





**Capt. Rahul Udaysankar, MDS, Dental Officer Army  
Dental Corps, passed out from Chinmaya Vidyalaya 2009**

My School has been instrumental in helping me inculcate good values & ethics, leadership qualities like multitasking & time management and to be a life long learner.

**Akhil S Menon, M.Tech, Chief Operating Officer  
Aries Group of Companies, year of passing out 2009**

My school primarily taught me to be happy & jovial towards life. With the care & support from my teachers, I learnt to explore myself during those days. Rather than learning to stay in the race, teachers taught proper concepts & understood us well. Character development & humanity is primary for any profession - I learnt these from CVK.



**Harish N, NITIE Mumbai, year of passing out from Chinmaya Vidyalaya 2009**

The roots of integrity that I follow comes from my school. The exposure to scriptures, achievements like Kalaprabhitha, participating in Sanskrit speeches, elocution & quiz have all gone a long way in fostering smartness which has been very useful in my profession. The foundation that I received here helped me become part of the 2 best institutions in the country.

**Binod C Kaimal, M.Tech, year of passing out from  
Chinmaya Vidyalaya 2009, posted in Indian Railways as Junior Engineer**

My Vidyalaya has given me the best teachers who are my role models & the values I learnt from my school has helped in moulding me to be a much better person. In Chinmaya Vidyalaya moral values are given equal importance to academic brilliance. I owe a lot to my Vidyalaya.



**Kiran R, NID, Industrial Designer, Bangalore.  
Year of passing out from Chinmaya Vidyalaya 2011**

Since class 1, I had interest in science & arts and my school provided the apt environment with its science fairs & youth festivals. It's through these that I developed confidence in my drawing skills & here I am today earning livelihood by sketching. I was given the responsibility of designing the cover for school magazine Chinmaya Dhvani and I could rise up to the expectations of my teachers who have always supported me.





**Devika Kunnath Sivaprasad, B.Tech, currently pursuing masters in sustainable engineering, working as engineering coordinator with Tivoli hotels & resorts, Qatar, year of passing out from Chinmaya Vidyalaya 2012**

My School has always been a home of positivity & serenity for me.

The standard set by my school was very good, there was tough but healthy competition. My teachers were like mothers, wanting to groom us to be better individuals.

**Dr. Issac Jose, MBBS. Year of passing out from Chinmaya Vidyalaya 2012**

What a man thinks, he is - My school has helped me to shape the way I think & pursue my dreams. It has provided me a perfectly fabricated concoction of creativity, leadership, innovation & social temperament.

My profession requires knowledge & skill, ethics & devotion to God.

My school has humbled me with all the three.



**SANJANA SAJJAN, Year of passing out 2018, B.Com 2nd year**

It's always like coming back home. Chinmaya Vidyalaya is the place where I understood teachers can be our friends and the place where I discovered myself. What awed me most is the greenery that welcomed me in the campus. I am grateful to God for giving me such wonderful teachers who painted colors in my life. Shoba ma'am has played a vital role in helping me the person I am today. When ever I think of ma'am the first thought that comes into my mind is 'Sanjana you have to rise up to the occasion' & that has always been my mantra in life.

My English teachers unleashed my true talent. All the teachers who have taught me from 4<sup>th</sup> to 12<sup>th</sup> have challenged me, sustained me and made my journey to this day possible.



# Record of Co-Curricular Activities and Achievements 2019-20

- In connection with **reading day** Lynn Mary Jose, class 10, secured prize for essay writing conducted by Mathrubhumi, Grihalakshmi & Kolazhy Panchayat.
- Following students secured prizes in **poster designing** conducted by Canara bank on 27<sup>th</sup> July-  
Amritha N B of class 8B , First prize  
Amalulyer of class 10B, Second prize
- Prize winners of competitions in connection with **Ramayana month celebrations**-  
Category 2-quiz- 3<sup>rd</sup> prize- Mahalakshmy R Menon, class 6A  
Category 3-Ramayana Parayanam- 2<sup>nd</sup> prize-Shradha K, class 10  
Category 4- Extempore- 2<sup>nd</sup> prize- Sai Prabha, class 12B
- **Pain & Palliative care society Thrissur** conducted essay writing competition. Shikha Mariam John, class 11 D secured 2<sup>nd</sup> prize.
- **Sahodaya basketball tournament** held at Holy Cross Arthart Vidyalaya secured 3<sup>rd</sup> place in boys category- Yadhulal Krishna 12D, Rishab Jyothish 12D, Sourav Suresh, class 12D, Ramsuvin 12B, RohithSasi class 12B, Amar Sankar 12B, Niranjana class 12 , Rithul Harikumar class 12C, Adidev H Menon class 11D, Vishnu J class 11D, Abhiram M S class 11D, Vipul class 11
- **Thrissur district athletic meet** was held at Thoppe stadium, Thrissur. Following are winners-  
U-14 boys-Navaneeth- 8A- triathlon, 5th position  
U-14 girls-Shreya V-8A-triathlon, 5th position  
U-16 boys- Goutham Krishna K S- 10 A-100m 2<sup>nd</sup> place, 200m 4<sup>th</sup> place  
Adith N Vinod-10B- 800m, 2<sup>nd</sup> place  
Hasith P Ramesh-9 B-800m, 3<sup>rd</sup> place  
Rohith K R -10C- short put  
In Medley relay- 2<sup>nd</sup> place-Goutham Krishna 10A, Rohith K R 10C, Parthip 10D, Adith N Vinod 10B  
U-18 boys- Rithul R 11B- long jump-3<sup>rd</sup> place  
Discuss throw- Alfred Shaiju-11B-4<sup>th</sup> place
- **CBSE cluster X Athletic meet** 2019-20  
Short put-3<sup>rd</sup> place- Shreya V class 8  
U 17, 4x400m relay-3<sup>rd</sup> place  
Goutham Krishna K S class 10  
Gokul S class 11  
Hasith P Ramesh class 9  
Goutham Krishna K C class 9
- **CBSE cluster Xbasketball tournament** 2019-20, U 19 girls  
School received 3<sup>rd</sup> place  
Anjana P S, Varsha, Mahalakshmi, Nandana Raj, Krishna Prabha (class 12)  
Sudakshina, Subhaga, Femi Francis ( class 11)  
Malavika Unnikrishnan( class 10)  
Devika (class 9)
- **Satya Sai essay writing competition**  
Devananda S Jain, class 8, 2<sup>nd</sup> prize
- Competitions conducted by **Bhagavatha Satram** 2019  
Quiz - Arjun Vijay 1<sup>st</sup> prize  
Speech - GayathriAnil 2<sup>nd</sup> prize  
Recitation - Shraddha K3<sup>rd</sup> prize
- **Radiance smart kids** competition  
Colouring- Niharika S Pradeep, LKG, 2<sup>nd</sup>  
Action song & story telling (Malayalam), Sankeerthana Suresh, UKG, 1<sup>st</sup>  
Story telling( Malayalam), Angel Chalakkal Santhosh, class 1, 1<sup>st</sup> Recitation (Malayalam), Arathy Arun, class 1, 1<sup>st</sup>
- **Lingua Fanta**  
Product launch - Aditya Krishna, class 7, 1<sup>st</sup> prize Debate  
Anju K N, Sourav Suresh Nair, Anirudh Sasikumar, Lakshmi k - class 12, 1<sup>st</sup> prize  
Live reporting- Sreenandana P D, class 11, 3<sup>rd</sup> prize  
Handwriting - JnanaVidyadharan, class 4, 2<sup>nd</sup> prize  
Spelling marathon-Sampre, class 3, 3<sup>rd</sup> prize  
Pros & cons - class 8, 3<sup>rd</sup>
- **Gita chanting competition**  
Trisha Sajan -class 1, 3<sup>rd</sup> prize  
Parvathy S Warriar - class 7, 3<sup>rd</sup> prize
- **Thrissur District kids athletics championship** (overall 2<sup>nd</sup> position)  
U 8 boys-(overall 2<sup>nd</sup> position)  
Sudarshan, Viswajith, Vijay Krishna, Nikhil, Sidharth Menon, Lirin Justin (class 3)  
U 10 girls ( overall 3<sup>rd</sup> position)  
Drupa Balakrishnan, class 4  
Lakshmi class 4  
Vyga Hari class 4  
Shivika class 5  
Manasvi class 5  
Gouri Nanda class 5
- **ELPSE** conducted by Thrissur Sahodaya school complex



was held on 30<sup>th</sup> Nov and 10<sup>th</sup> December in our Vidyalaya. The following students have won prizes, after the final round.

| Std | Name                | Position |
|-----|---------------------|----------|
| 1   | Trsha Sajan         | II       |
| 2   | Adithya Rashmy      | III      |
| 3   | Theertha Girish     | I        |
| 4   | Sudarshana .S. Nair | I        |
| 4   | M.B. Shyam          | III      |
| 5   | Athira. R. Kammath  | III      |
| 7   | Archana. R          | II       |
| 7   | C.M. Hrishikesh     | III      |
| 8   | Devananda. S. Jain  | II       |
| 8   | Sidharth Jain       | i        |

- **MTSE** conducted by Thrissur Sahodaya held on 4<sup>th</sup> Dec 2019 at Paramakkavu Vidya Mandir, Thrissur. The following students are the prize winners.

| Std | Name            | Position |
|-----|-----------------|----------|
| 1   | Menita Sumith   | II       |
| 1   | Trsha Sajan     | III      |
| 3   | Theertha Girish | III      |
| 4   | M.B Shyam       | III      |
| 8   | Adithyan        | II       |

- **Sahodaya football tournament** conducted by Ansar English school, Perumpilavu from Dec 5<sup>th</sup> to 9<sup>th</sup>. Chinmaya Vidyalaya secured the 3<sup>rd</sup> position.
- **Lingua Fanta state level** 2019 was held on Dec 4<sup>th</sup>. Category IV debate, 3<sup>rd</sup> position. Anju KN, Lakshmi. K, Saurav Suresh Nair and Anirudh Shashi kumar Menon. Short film won the 4<sup>th</sup> position.
- Results of **Ujjwal Prathibha Award** 2019-20  
Adithyan. K of std VIII B secured 2<sup>nd</sup> prize in the final round of Ujjwal Prathibha Award in category II. Lynn Mary Jose of class XA is qualified for the 3<sup>rd</sup> round and Anirudh Nenon of XI A is also qualified in category IV.
- Malayala Manorama and Vignana university conducted **"Vignana Vijayapatham"**. Chinmaya Vidyalaya bagged the 1<sup>st</sup> position

1. Devadath Mullapally
2. Anirudh s. Menon
3. Sandra S. Nair
4. Lakshmi .K
5. Vishnu. S
6. Dheeraj P. Dileepan
7. Sreelakshmi. E
8. Niveditha Balakrishnan
9. Jishnu. A
10. Hrishikesh

- **Bhagavatha Satram** 2019 conducted different competitions on Nov 20<sup>th</sup> at Naimisharanyam Parlikad. In senior section  
Quiz- 1<sup>st</sup> prize- Arjun Vijay  
Speech- 2<sup>nd</sup> prize – Gayathri Anil  
Recitation- 3<sup>rd</sup> prize- Shraddha K

- Devananda. S. Jain of VIII A secured 2<sup>nd</sup> prize in **Satya Sai Essay writing competition**.

- Amritha carnival 2020 exhibition cum sale was held on 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> Nov at Amritha Vidyalaya Ayyanthole. **"Radiance Smart kids competition"** for LKG, UKG and Std 1 was held on these days. The prize winners of our Vidyalaya are

1. Niharika S. Pradeep – LKG A, Colouring – 2<sup>nd</sup>
2. Sankeerthana Suresh- UKG B- Action song & Story telling (mal) – 1<sup>st</sup>
3. Angel Chalakkal Santhosh- 1B- Story telling (mal)- 1<sup>st</sup>
4. Arathi Arun- 1C – Recitation (mal) 1<sup>st</sup>

- **14th Commerce Talent Search exam** – National Level test 2019-20

1. Aparna. B : 1<sup>st</sup> prize A grade
2. Shikham Mariyam John: 2<sup>nd</sup> prize A grade
3. Kavitha. R: 1<sup>st</sup> prize A grade
4. Niveditha Balakrishnan : 2<sup>nd</sup> prize A grade
5. Thomas Babychan : 3<sup>rd</sup> prize B grade

- **Odyssia Smart Brain Quiz** Season 5

Ajul. R Krishnan Std XI, g

Gokul P. Menon Std XI were qualified for District level. Under Junior category, Sidharth. V Jain Std 8 and Archana. R Std VII were the winners who were qualified for District level.

- **International English Olympiad** where 56 students participated in the 1<sup>st</sup> level. 7 students got gold medal. Sidharth Jain of VIII A was selected for zonal topper model.

Details of class toppers

1. Sanath Sudhir K Pai – V A
2. Gopika Jayachandrakumar- VI D
3. Anand Manu VII C
4. Devananda S Jain VIII A
5. M.B Shruthi IX A
6. Sanvid Sankar XD
7. Unnimaya. C.P XII B

- **Vidyarthi Vigyan Manthan** examination (VVM-2019)

By Vijnana Bharati. The following students are district level toppers:-

1. Madhav Anand – VI – Rank 1
2. Anand Manu – VII C – Rank 2
3. Adithyan . K – VIII B – Rank 1
4. Krishna Chundiriyil VIII A – Rank 2
5. Hridwick Remen – IX D – Rank 2
6. Gayathri P M – IX B – Rank 3
7. Lynn Mary Jose X A – Rank 1
8. C.B Devnarayan – XI – Rank 1

Three students qualified for state level camp held at Saraswathi Vidya Nikethan Public school, Elamakkara, Kaloor, Kochi. The state level camp participants are

1. Anand Manu – VII C
2. Adithyan.K – VIII B



### 3. Krishna Chundiriyil -VIII B

Adithyan. K secured First rank from Std VIII B in the state level camp. Adithyan. K has been selected for the National level camp which will be held in May at Chandigarh.

- Vikram Sarabhai Space Centre, Thiruvananthapuram  
In connection with Vikram Sarabhaicentenary programmes, Vidya academy of science and technology, quiz teams represented by Abhijith Krishnanunni, Agney K Rajeev, Amritha and Niranjana Menon all of std XI. Abhijith & Agney won the 6th position among 50 schools. Sreelakshmi M S of std VI and Gourilakshmi. N of std IX represented for the painting competition. Pooja Manoj of std IX participated in the Elocution (Malayalam).

### • Sahodaya Kids Fest – 2020

SSCT conducted Kids Fest on 18th February 2020 at Vijayagiri public school, Ashtamichira. 46 children participated and the following are the district level winners.

#### Category – I

1. Group action song (English) 1<sup>st</sup> prize
2. Group action song (Malayalam) III rd prize
3. Action song English – II nd prize – Souparnika
4. Story telling (Malayalam) – 1<sup>st</sup> prize Vaidehi.R. Menon
5. Abstract reasoning – 1<sup>st</sup> prize Avyukt Subhash  
Category II story telling Malayalam III rd prize – Angel Chalakkal Santhosh.

### • Responsible Eating Drive (RED)

The programme was held at Don Bosco, Mannuthy on 18<sup>th</sup> January. RED certificate has been awarded for the holistic participation and inculcating the habit of responsible and safe eating.

### • Maths Abacus National Level Competition

15<sup>th</sup> national competition on Abacus and Mental Arithmetic was held on 12<sup>th</sup> January 2020 at Chennai. The following are the winners.

1. D. Jothikrishnan – III A – II nd prize
2. Yadav Krishna – VII C – II nd prize
3. Adithya Dev Krishna B – VII D – III rd prize
4. Saranya. A .Unnikrishnan – V C – IV th prize
5. Abhinav Das P S – V D – IV th prize
6. Abhanya Das P S – II C – IV th prize
7. D. Muthukrishnan – VII C – IV th prize
8. Nived Krishna – III B – Vth prize
9. Aadhilakshmi P R – V B – V th prize
10. Saishiv M – VII A – V th prize

### • International Maths Olympiad results

The following students have qualified the final round.

1. Athira R. Kammath Std V
2. Aditi Subash Std VI
3. Anand Manu Std VII
4. Adithyan. K Std VIII
5. Nandana Raj Std XII

- (TERI) The Energy and Resources Institute conducted

Green Olympiad in October 2019. Sidharth.V Jain of std VIII got Gold medal with distinction and 2<sup>nd</sup> rank at state level.

- The following students are qualified for the 2<sup>nd</sup> level of Olympiad examinations

1. Adithyan. K of std VIII for International Maths Olympiad
2. Nandana Raj of std XII for International Maths Olympiad & International English Olympiad

1. Sidharth.V. Jain of std VIII
2. Krishna Chundiriyil of std VIII

#### National Science Olympiad

1. AdhyaAsish of std VI (certificate of zonal excellence)
2. Adithyan.K of std VIII (certificate of zonal excellence)

- **CBSE cluster X Athletic Meet**, Maharajas stadium, Kochi. Our school won the 3<sup>rd</sup> prize in 4x400m relay in under 17 category. The team comprised of Gokul of Std XIC, Goutham Krishna K S of Std XA, Goutham Krishna of Std IX B and Hasith P Ramesh of Std IX B. Shreya v of std vii a won the 3<sup>rd</sup> prize in shotput.

- Prize winners of **Inter Class Gita chanting competition**

#### LKG

- 1<sup>st</sup> – Akshath Namboothiri (LKG B)
- 2<sup>nd</sup> - Lakshmi Karthika (LKG B)
- 3<sup>rd</sup> – Ritwik Krishna (LKB B)
- 3<sup>rd</sup> – Siddhi Danish (LKG A)

#### UKG

- 1<sup>st</sup> – Vaidehi R Menon (UKG A)
  - 2<sup>nd</sup> – Sangeerthana Suresh (UKG A)
- Souparnika Avangikad (UKG A)  
Aaradhya Menon (UKG B)  
3<sup>rd</sup> – Parvathy Nair (UKG B)

#### Std 1

- 1<sup>st</sup> – Satwika (1 B)
- 2<sup>nd</sup> – Sreelakhmy (I B)
- 3<sup>rd</sup> – Sreepadma (1 B)

#### std 2

- 1 Sivanand Menon 2A
  - 2 Adithya A Menon 2B
- Anay K Menon 2A  
Avani 2A

- 3 Sai Govind 2A

#### Std 3

- 1 Sree Vishnu 3A
- 2 Bhadra Anoop 3C
- 3 Theertha Girish 3B

#### Std 4

- 1 Bhagyalakshmi 4A
- 2 Prathyusha 4B  
Lakshmi 4A
- 3 Janvi 4B

- Jnana Vidyadharan 4A

#### Std 5

- 1 Sanviya Sankar 5B
- 2 Athira R Kammath 5A



3 Aparna 5B  
 Durga 5B  
 Std 6  
 1 Mahalakshmi R Menon 6A  
   Sreelakshmi 6D  
 2 Meera J Nair 6C  
 3 Aysha Ziya 6C  
   Lakshmi 6A  
 std 7  
 1 Aswathy 7B  
 2 Vaishvavi R K 7B  
   Varun Praveen 7A  
 3 Sivani K 7B  
   Sriram 7A  
   Srivardhan 7A  
   Karthik 7A  
   Janki 7D  
   Anjali 7C

std 8  
 1 Sreya V 8A  
 2 Pallavi 8C  
 3 Anirudh 7A  
   Krishna C 7A  
 std 9  
 1 Vyshnav J 9A  
   Niveditha 9B  
 2 Karthika 9D  
   Meenakshi 9D  
 3 Abhijith 9A  
   Gayathri 9B  
 Std. 10  
 1 Shraddha K 10 A  
 2 Gayathri Anil 10 A  
 3 Niveditha E R 10A  
 Std 12  
 Devadath Mullappally 12 A

### **Chinmaya Vidyalaya**

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I, Smt. Shoba Menon hereby declare that the particulars given above are true to the best of my knowledge  
 Sd.

Smt. Shoba Menon

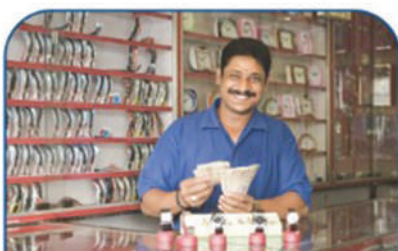


## All Banking needs - One Destination

- Low interest rate on loans
- Minimum documentation
- Speedy loan approval
- Low processing charges



## Savings Account



## Current Accounts



## Car Loan



## Two Wheeler Loan



## Forex Service



## NRI Services



## Personal Loan



## MPOS/ POS

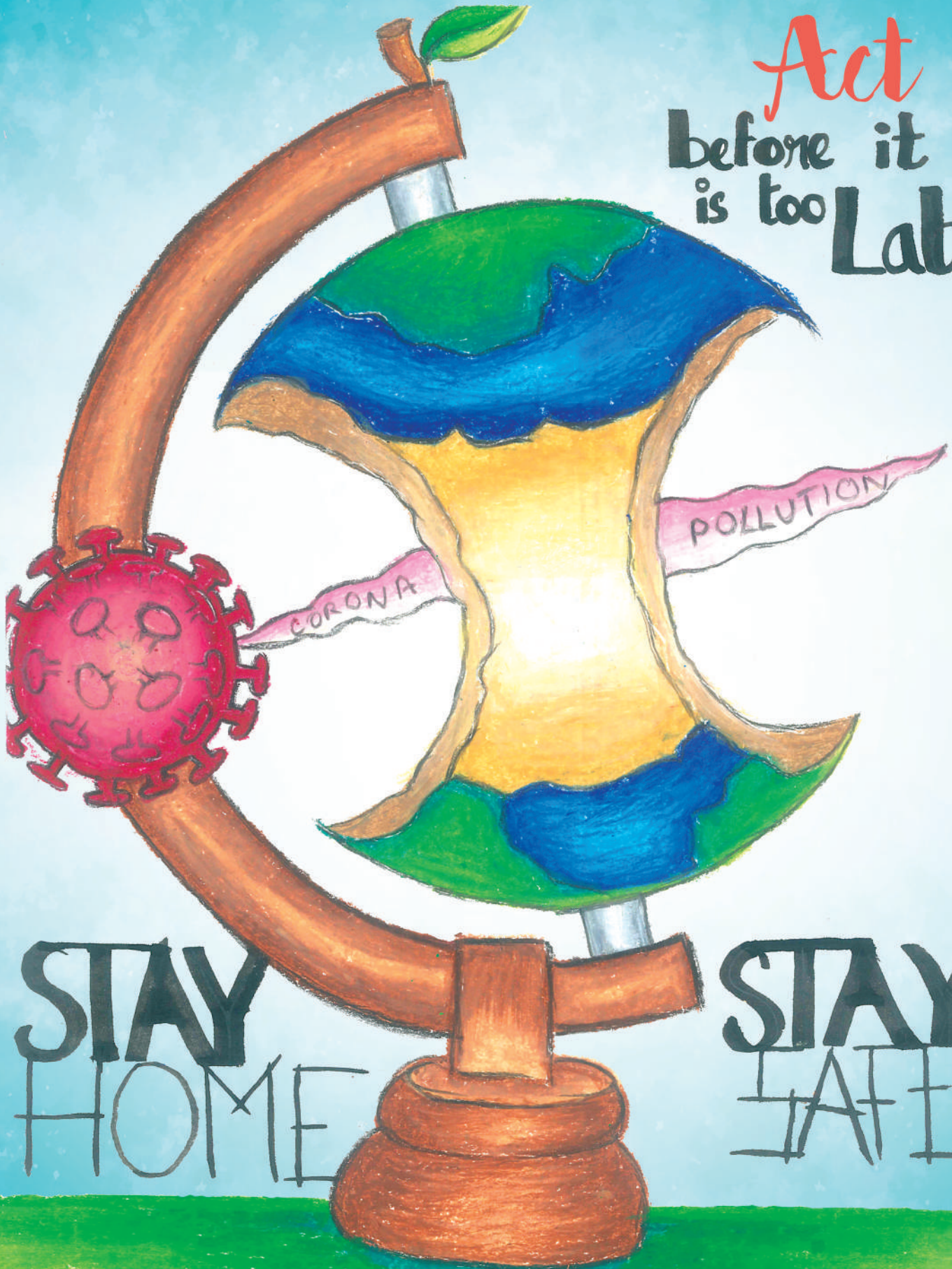


## Gold Loan

**HDFC Bank Ltd**  
**Viyloor, Thrissur, Kerala**  
**Mob: 9947248884**



*Act*  
before it  
is too **Late.**



**STAY**  
HOME

**STAY**  
SAFE