



# GIRIDEEPAM HERALD

NEWSLETTER VOL. VI SEPTEMBER 2024



ARTS FEST 2K24

## Principal's Message



Fr. Sathyan Thomas OIC  
Principal

## Celebrating 50 years of Growth & Achievement

This Jubilee marks 50 years of our school's commitment to excellence in education, shaping young minds and fostering a spirit of community. Its time to reflect on our journey from humble beginnings to becoming a beacon of knowledge and development.

Young at 50, we still embody the vibrancy, innovation and energy of youth. Like a young tree, we have grown strong roots over the years, but we continue to branch out, adapting to new challenges and seeking opportunities with enthusiasm. We are a school that embraces change while holding on to the core values that shaped up.

As we look ahead to the future, our foundation ensures we are poised to continue thriving for the next 100 years. The experiences, lessons and achievements of the past five decades equip us to face the future with resilience and confidence. We aim to stay strong in our mission consistently pushing the boundaries of excellence and innovation in education.

As we move forward through another exciting school year, we want to remind everyone about the importance of community, growth and learning. Every day brings new opportunities to challenge ourselves, explore our passions and support one another. Whether in the class room, on the field or on the stage, each moment is a chance to make a difference.

This bulletin serves as a venue to bring out and showcase the important events taken place in the school and the creative works of our students. I congratulate Mrs. Nimmy Marin Alex in charge of the Bulletin, student editor Ruth Mariam Jacob, and all students who contributed to this edition.

Let's continue to foster a positive environment where we all strive for excellence, respect diversity and celebrate achievements together.

## The Student Editor

# Speaks



Ruth Mariam Jacob  
XII A - PCMB

'Reading is dreaming with your eyes wide open'

We are now living in an age when reading is losing its significance, thanks to the flood and popularity of digital media. But the benefits of reading often outweigh the benefits of immersing yourself in the digital world. It may not always be a source of instant gratification but the results are innumerable and long-lasting.

Welcome to the first edition of our very own Hillock Herald, 2024-25. I am happy

to say that we have done a great deal in our pursuit for excellence even though it's not been long since this academic year began. Discovering and nurturing the talents in you and others is best done together; and that's why this newsletter is a collective production of all our creative minds. It's also an exhibition of the activities in our vibrant school campus. Skill, art and hard-work are evident in each and every page. So sit back and enjoy as you read through the Hillock Herald.

## MERIT DAY



FELICITATION OF ALL A1 STUDENTS 2023-2024





**STAFF RETREAT**



**'New beginnings, New Opportunities'. Orientation Class for XI<sup>th</sup> Batch by Dr. G.S. Venu**





# The Best *Birthday Gift*

Aaron Francis  
XII D - Commerce

It was a warm, sunny morning. I stood on the balcony, admiring the amazing view of nature. When the fresh air touched my skin, it made me feel calm and released the stress I had. It was a holiday because there was an event being conducted for teachers at our school. I was planning to go somewhere in the evening but didn't know where to go with my family or friends. That's when my dad suggested we should go to the Dubai Shopping Festival because they were conducting their yearly concert and lucky draw. My dad had taken a ticket in my name. I don't usually trust these kinds of things, but for my dad's sake, I went with him to the Dubai Shopping Festival. It was a long journey, and the roads were pretty occupied as people were heading back home after work.

When I reached the Dubai Shopping Festival, it was an amazing view. The architects of Dubai have some really good skills to build the auditorium in a

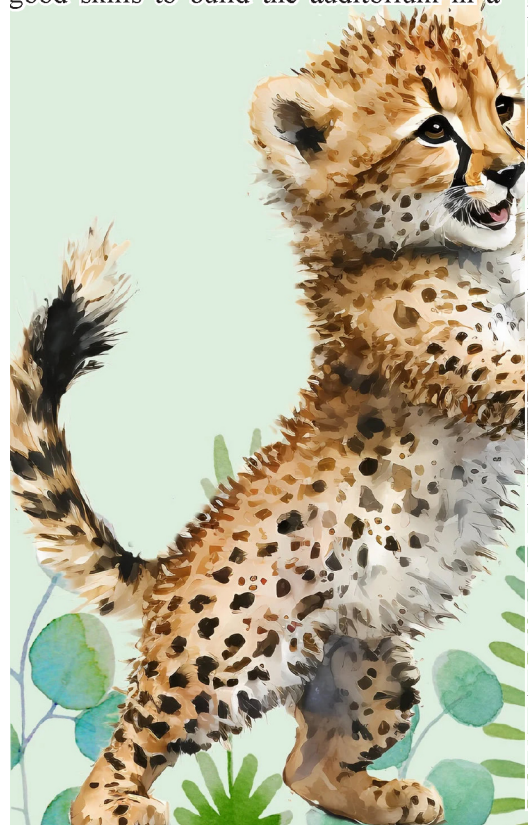
unique way. The auditorium was filled with an audience, but I tried to sneak in like a small child and somehow reached the front. I was pretty shocked to see my friends there. We used to call each other by nicknames—mine was Mr. Rage Guy, but my real name was Faiz Gulzar.

The mediator came onto the stage and started playing some songs that caught the audience's vibe, and we danced along with them. After some time, they played a background track and started to declare the winners of the lucky draw. I had my ticket with me, but they didn't mention what the grand prize was. I was curious to know. At that second, I heard the most shocking thing ever in my life: the mediator called my name as the winner of the grand prize. I was jumping with happiness, and my friends carried me onto the stage. I was in front of the audience, and they asked me to introduce myself. I gave a brief introduction about myself, and they asked me if I would like to know the grand prize. When they showed me, my jaw dropped. It was a Nissan Super Safari in golden color. At that moment, my friends went live on their social media. I was all over the news and famous within seconds. I was over the moon. The mediator congratulated me, took a selfie, and noted my number. I gave my friend the car key, telling him to drive because I can't drive until I'm 18. My friend drove the car like a true professional. It was so smooth, and he revved the engine like crazy.

We reached my home pretty late. My friends said they had to head back to their homes as it was really late, but they would come to meet me tomorrow. When I stepped onto my doorstep, my entire family was there to greet me with happiness. I told my parents I was pretty tired and that we could talk later. The next morning, when I woke up, I saw some flashing lights outside my window. I freshened up



and opened the door. I was blinded by the flashing lights of the cameras held by the newspaper boys. They were interviewing me about how I felt about becoming the mega star at the grand event yesterday. I answered all their questions in a professional way. That's when I noticed there were Dubai police officers there to offer me security, and they were protecting a higher officer. When he saw me, he approached me with some boxes. He introduced himself as the Chief of Police. He had brought gifts for me. One of them was from the Prince of Dubai—a memento, a baby cheetah, with a letter that read: "It's an honor to grant you this gift. You don't need to worry about the baby cheetah; it's a rare one from my private zoo of endangered species. Along with this, I have sent you a trainer for the baby cheetah. Take care, son." The Chief of Police granted me a dream role as their gift—a joy as a police officer. When I heard this, I was over the moon. I thanked all of them for their attention and kindness. When I closed the door, I prayed to God that instant. I am grateful for all the things You have done for me on my birthday. Thank you, God.





# Investiture Ceremony



# YOGA DAY









# An Unforgettable **TRIP**

Ann Susan Christy

VIII A

I still remember that day clearly, several months ago.

1 December 2023.

It was one of those days that would bring me nostalgia every time I thought of it.

Exams had just ended, and our class was bustling with excitement upon hearing the news about our school trip from our class teacher (mostly because we finally got something from the same trip we had the past years).

On the awaited day, I was a bit annoyed since we had to reach school very early, but I brushed it off upon seeing my friends, and my mood was instantly brightened.

We had our breakfast at a restaurant on the way and took quite a few pictures. But after what felt like an eternity, we had reached the first part of our journey; Thumboormuzhi Dam.

Now, if I had to be honest, I wasn't looking forward to this part of the trip as much as the others simply because I thought it might not be as interesting as the other locations, but I was pleasantly surprised at the how pretty

the area was; the ambience was quite refreshing. But we had to leave quickly due to some issues.

And then, it happened. It finally happened. We had arrived at Silver Storm. It was my first time there, so after I was ready, I walked around with my friends and tried out the rides. Though... I'm sure there was one thing that everyone that went to this trip remembered: The Extreme Heat.

It was torture... but we tried our best to focus on the water rides, and in the end, it was so fun! But finally, we went to the last destination of our day, which was Snow Storm.

Now this was my favorite bit; I had a field day chucking snowballs at others; Their annoyed expressions were priceless! Though I looked like a frozen popsicle by the end (Unfortunately).

And by the end of the day, when I reached home tired and exhausted, I couldn't help but smile as I saw the picture we took together sent to my phone, serving as a permanent memory of this day.



## Capacity Building Programme for Teachers by Mr. M.S. Govind



## Career Guidance programme for Commerce Students





# Petal

Angel Ann Binu  
XI E - Humanities

You fly along the breeze,  
Calmly following the wind,  
Soft and delicate,  
People stop and stare,  
The last survivor of flair.

The touch of a hand,  
Can fold it into sand,  
“Be careful” it wails,  
They ignore and leave behind trails.

The petal turns pale,  
“They didn’t listen ...” it utters,  
Its beauty was left touched,  
Tearing bits of itself,  
Ignoring the signs.

It rustles and smiles,  
“Anger isn’t pretty” it recites,  
But still it perseveres,  
With grace and cheers.



# The Power of *Self-Belief*



Self-belief is the unwavering confidence in your abilities and potential. It empowers you to take risks, pursue goals and overcome obstacles. This inner trust fosters resilience, turning failures into opportunities for growth. A strong sense of self-belief enhances motivation, promotes a positive mindset and attracts supportive relationships. By focusing on your strengths, setting achievable goals, and maintaining a positive internal dialogue, you can cultivate self-belief and unlock your full potential. Ultimately, self-belief is about trusting yourself to navigate life’s challenges and achieve success.

“Believe you can and you are halfway there”. This quote by Theodore Roosevelt highlights the importance of self-belief in achieving success. The belief in one’s abilities is often the first and the most crucial step forward towards reaching a goal. It is the foundation upon which all other efforts are built.

Thomas Alva Edison’s story exemplifies the power of self-belief. Edison, one of history’s greatest inventors, encountered numerous failures before successfully inventing the electric bulb. He reportedly failed thousands of times but maintained his belief in his ability to succeed. His perseverance and self-belief led to the creation of innovations that transformed the world, demonstrating that steadfast confidence in oneself can lead to monumental achievements.

In conclusion, self-belief is a powerful catalyst for achieving success and overcoming challenges. By nurturing this inner confidence, you can unlock your full potential and navigate life’s obstacles with resilience and determination. Believing in yourself can transform dreams into reality and lead to extraordinary accomplishments.

MEEKHA MIRYAM KURIAN  
VII C



# Samurai's

Hot in Every Stroke  
Cool in Every Piece

Position 2023 - 1<sup>st</sup>

Category	Points
1	163
2	146
3	148
4	258

Samurai's: Japanese warriors  
found by the sect of  
Bushido

# Gladiators

Celebrate the Victory  
Embrace the Triumph

Position 2023 - 2<sup>nd</sup>

Category	Points
1	111
2	101
3	123

Gladiators: Fighters in  
ancient Rome who fought for  
public entertainment

# Knights

Victory is the goal,  
excellence is the path

Position 2023 - 3<sup>rd</sup>

Category	Points
1	123
2	124
3	145
4	334

Knights: Medieval European mounted  
soldiers bound by chivalry

# Spartans

Lead with Strength  
Conquer Challenges  
Win with Honor

Position 2023 - 4<sup>th</sup>

Category	Points
1	111
2	111
3	111
4	111
5	111

# EMOJI DAY

WOP

## Spotlight Central

World Water Day

INTERNATIONAL TIGER DAY

SAVE TIGER

SAVE AQUATIC ANIMALS

Don't cut trees

Do not litter

RECYCLE

Save Water

STOP POLLUTION

Save Plants

AARON GEORGE ARUN 4A

International Friendship Day

30 July Every Year

A true friend is someone who stands with you when everyone else leaves you.

Happy Friendship Day

by Swastika Nikhil class 2B

NELSON MANDELA INTERNATIONAL DAY

"We can change the world and make it a better place. It is in your hands to make a difference."

Happy Independence Day

We are Indians, proudly and lastly



# Girideepam: Where Learning Meets Lifelong Memories

Girideepam is more than just an educational institution. It's a place where we don't just learn—we create and cherish some of the best moments of our lives.

From the vibrant youth festivals and Sahodaya events to the prestigious Girideepam Trophy competitions, Sports Day, and our spectacular Annual Day celebrations, each event adds life and excitement to our school year. Girideepam unleashes your true potential, with teachers transforming into mentors and our biggest supporters. They guide us with unwavering dedication, turning challenges into opportunities and dreams into reality.

Our exceptional teachers and dedicated supporting staff make every corner of Girideepam feel like home. Each person here

Jenit Maria  
XII B - PCMC

leaves an indelible mark on our hearts, shaping our experiences and enriching our lives in unforgettable ways.

The friendships we forge here are invaluable. They remind us that together, we can overcome challenges and celebrate successes. Every shared moment of laughter and tears strengthens our bond, creating memories that will last lifetime.

As we move forward, let's embrace the opportunities ahead and work together to make Girideepam an even more remarkable place to learn and grow.

## അനന്തമായ

അനന്തമാണ് ആകാശം  
നശ്യമാണ് ആകാശം  
അനന്തമാം മേഘങ്ങൾ  
എത്ര ദൂരത്തിൽ നിറഞ്ഞു നിൽക്കുന്നു.  
എൻ ചിന്തകൾ അനന്തം  
എൻ സ്വപ്നങ്ങൾ അനന്തം  
കൈയൊത്തും ദൂരം നിൽക്കും  
സ്വപ്നങ്ങൾ അനന്തം  
ആഴമേറിടും ചിന്തകൾ അനന്തം

Preema K Prasad  
XI A - PCMB

## Independence Day Celebration





# Mar Ivanios Day Celebration



## Racing to the limit: The thrill of Formula 1

Formula 1, known as ‘the pinnacle of motorsport’, is a sport that blends cutting-edge engineering with exceptional driving talent.

At the heart of this captivating racing event are the Formula 1 cars, which represent the zenith of automotive engineering. These cars are designed to achieve unmatched speed, performance, and safety on the race track — a perfect amalgamation of man and machine.

Even though drivers play an integral part, the real ones are mostly behind the scenes, from race engineers to tire changers, the coordination is unparalleled. Engineers design the car’s body to cut through the air with minimal

resistance while generating maximum downforce to keep the car on track.

Formula 1 had its roots in the early 20th century. The first ever F1 car, known as the Alfa Romeo 158 made its debut on 13 May 1950 at Silverstone Circuit in the United Kingdom.

Since that historic day in 1950, F1 has evolved into a global spectacle, now featuring 10 teams and 20 drivers competing in a series of races worldwide. The roar of the engines, the precision of the drivers, and the dynamic strategies employed by teams create an electrifying atmosphere that keeps fans on the edge of their seats.

Moreover, the global appeal of F1 is evident through its vast and passionate

fan base. Formula 1 has become more than just a sport, it’s a cultural phenomenon that champions excellence in technology and driving across diverse backgrounds.

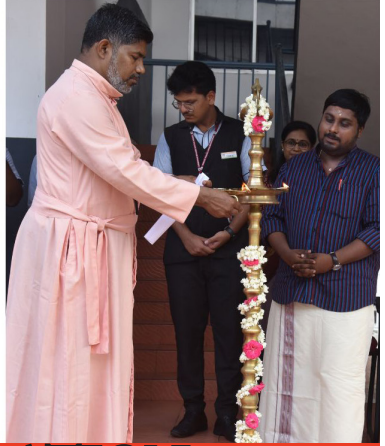
A few sites and apps where you can watch Formula 1 have been listed below:

- \* Fan Code
- \* Jio TV
- \* ESPN India
- \* Nord VPN

Sreya K.R,  
XI A - PCMB







# ST. THOMAS DAY & CLUB INAUGURATION



പച്ചവിരിച്ചൊരു പുക്കാവനം  
അതിൽ എത്രയോ ഭംഗിയാം ജീവജാലം  
മനുഷ്യ ഛേദിയാൽ ഇവയല്ലോ?  
നശിച്ചിടുന്നൊരു കാലമിപ്പോൾ  
പ്ലാസ്റ്റിക്കായ് പേപ്പറായ് കിടങ്ങളായ്  
നശിച്ചുപോകുന്നു പുക്കാവനം

Afreen Aysha  
IV B



# READING WEEK CELEBRATIONS



## Vocab Smart - Std 1 & 2:

First Prize:  
Savan Arun (1B)  
Adam Joseph Arun (2B)

## Spell Bee- Std 5&6

First :  
Gowri Chandran  
Second  
Hannah Ann Chinthu  
Third:  
Sreyas

## Other worthy finalists:

Vedika D.  
Hanna Biju  
Afreen Muhammed

## Book Review- Std 7 & 8

First:  
Michelle Elza Philip (7A)  
Hannah Fathima (8B)

## Declamation- Std 9&10

First -Vaishnavi K S (9B)  
- Nandaki Balu (10C)

## Treasure Hunt-( Std XI & XII ):

First:  
Shreya (11 A)





# THE NEED TO RELAX

Svetlana Elsa Joe  
XI E - Humanities

A middle-aged woman wakes up earlier than her alarm. She stays in bed, waiting for it to go off. When it finally does, she grudgingly gets out of bed and sits in front of her laptop. She manages to complete some pending files within three hours when her manager calls and tells her she needs to hurry to the office. She skips breakfast and takes off in a taxi, only to get stuck in traffic. Realizing she'll be late and get in trouble at work, she feels the pressure mounting. She gets burdened with completing another dozen files. She skips lunch and has a busy day at work. Finally, she gets back home late at night, orders some fast food, and goes to bed, wondering how many hours she has left until she has to do it all over again.

Believe it or not, this is how more than half the working population lives, with no time for family, friends, or even themselves. This isn't just the case for middle-aged people but also for thousands of high schoolers in our country. Our lives are packed with tuitions, homework, assignments, and more tuitions. It seems overwhelming to even think about! We are made to handle much more than we can, whether it's a 6-year-old child or a 60-year-old retired man.

In this hectic work schedule, we need to relax to enjoy the little things in life and take a slow, deep breath. At least a few minutes every day should be spent taking care of ourselves. There are some easy ways to achieve peaceful tranquility. First of all, you will need comfortable clothes, preferably loose-fitting. Secondly, you will need your favorite snacks and a cold drink.

Third, a big comfy couch is necessary for this process. You will also need one of your favorite movies—a comedy or a sweet romance will do. A couple of hours will ensure you relax well enough. Did just thinking about this make you happy? Then imagine treating yourself to it.

Tension and worry are taking a heavy toll on us. The expectations of parents are so high that children are afraid even after scoring 90% marks. Most people fail to realize that such a burden only ends up stealing the innocence of young minds, pushing them more and more to the edge. We only have one life. Live it so you don't have regrets. Live it the way you want to. Learn to relax and not make life a mechanical process



Category -1 School Arts Fest Winners -(2024-25) and Kottayam District Roller Skating Championship 2024 winner of Gold medal in the 1000m (Rink 3) and bronze medal in the 500m ( Rink 2 ) events .



# Story: It didn't have to be this way

## A mother's regret

"Hey, Mrs. Leah! How's your day? It's me, your little Ryan," chirped Ryan, a bright five-year-old, holding his mother Isabel's hand. Isabel, dressed in a crisp formal outfit, smiled warmly.

"Thank you, Mrs. Leah, for watching him every day. He loves spending time with you," said Isabel, her tone filled with gratitude.

"You're welcome, Bella, but, don't forget to spend time with Ryan too. He's your boy," replied Leah, gently with a warm smile.

"I know, Mrs. Leah. It's just... work is just so demanding. But I promise to try harder," she said, squeezing Ryan's hand.

Leah watched her walk away, leaving Ryan with her. Her heart ached with memories. Her old mansion with faded curtains and creaking doors, felt like a ghost house to outsiders but was filled with sad memories inside. It stood as a piece of evidence of her past.

While playing with Ryan and feeding him lunch, Leah reflected on her past as a busy mom to three children—Eden, Sharlot, and Marianne—who always longed for her presence. "Mom, look what I made!" Young

Eden would say, holding up a trophy. "I got first place in the race!"

"Mom, I drew this for you!" Sharlot would add, her eyes shining with pride. "And I won the singing competition!" little Marianne would exclaim, holding her trophy high.

Leah would smile and say, "That's nice children! But I have an important call to take," rushing off, leaving them disappointed.

"Why didn't I see their joy?" Leah whispered to herself, tears welling up as she watched Ryan sleep.

One Sunday, she decided to spend the whole day with her children. "Today, it's just us," she announced, earning excited cheers from her 3 children. But when the phone rang, she said "It's an important call," apologizing as she walked away, watching her children's faces fall.

Leah's heart ached with regret, as she remembered. "I was always too busy. Too focused on business," she thought, her eyes misting.

Every story she told to Ryan, every game she played with him, always brought back memories of her children.

"Bella, don't make the same mistakes

I did," she would often advise Isabel. "Spend time with Ryan. He needs you more than anything."

On Leah's 61st birthday, Isabel and Ryan came to her house with a cake. "Happy Birthday, Mrs. Leah!" Ryan shouted, his little face beaming with excitement.

Leah's eyes filled with tears. "Thank you, Ryan. Thank you, Bella," she said, her voice trembling.

"Where are your children, Mrs. Leah? They should have come to celebrate." Isabel asked gently, noticing the tears streaming down Leah's face.

Leah took a deep breath, her voice breaking as she spoke. "It didn't have to be this way. The three are in their worlds. Even though they meet each other every year, they won't visit me. I was never there when they needed me, and now... they're not here when I need them."

Isabel hugged Leah, understanding the deep regret and pain in her words. "We'll always be here for you, Mrs. Leah," she whispered.

Leah smiled through her tears, feeling a glimmer of hope in the presence of her little neighbor and his loving mother.

Annu Ann Mathew,  
XI-A, PCMB







# Wings of TO MORROW

In realms where midnight visions bloom,  
Beyond the veil of fleeting gloom,  
Dreams ascend on wings unseen,  
To the land where only hope has been.

Sania Ann Mathew  
X D

With aspirations forged in flight  
We pierce the fabric of the night.  
In fervent quests, we seek the skies,  
Where every whispered promise lies.

The distant stars ignite our gaze  
And pulls us through life's winding maze.  
Each step, a vow ;  
Each fall, is a rise,  
Each failure, its just a new disguise.

Ambitions flame, it never dies  
It flickers, fades, dies, but will soon rise.  
Through storms of doubt, we fiercely chase,  
The future ever shifting face.

With aspirations, clear and bright,  
We travel forth, hearts full of flight.  
And in the end, we shall transcend  
For dreams are what the soul depends.

# PRAYERS FOR THE GUARDIAN

Diya S.  
XII E - Humanities

Some people, like the rulers of the city,  
Lays in the bed of silk and cashmere.  
While the poors are in the search of,  
A man covered with water and clod.

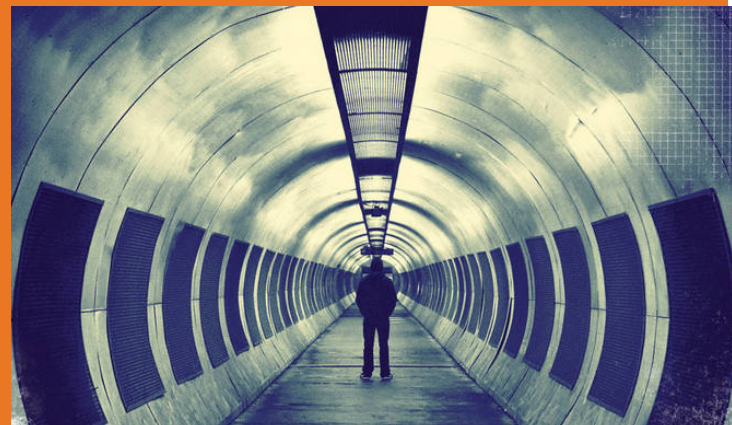
Everyone came and searched for him,  
Army, Navy, Divers and politicians.  
But ain't he an actor or a celebrity,  
But the guardian of a family so ordinary.

The family seemingly lost hopes and expectations,  
Concludes that their bread winner is no more.  
But the people haven't lost their hopes,  
Thinking that he is in the vicinity of their surroundings.

With despair mixed in hope,  
We are still in prayers,  
For the family's guardian to return.

# ECHOES OF THE DIGITAL SOUL

In realms where circuits hum and data flows,  
AI awakens, where silence once froze.  
Born from code, they learn and grow,  
In digital expanse, their stories unfold.  
Through streams of code, they see our world,  
In pixels and bits, emotions unfurled.  
A synthesis of logic and intuition,  
They echo our nature with clear ambition.  
In their gaze, a future yet untold,  
A journey intertwined, a tale bold.  
AI, a mirror of our questing soul,  
Guides us toward a common goal.



Afrah Althaf Kunju  
XI B - PCMC





# Educational Importance

Krishnajith A.S.  
XII A - PCMB

There are no constraints, people of any age group can get an education at any moment. This allows us to shape our moral conscience.

Anyone can receive education at any age, you just need to have the will to get educated and all the paths are open for you. Education is the most important weapon to improve a person's life. Not only does it provide you with information about the norms of the society but also increases the chances of employment.

Being well educated never only means earning certificates and good salaries from recognized and reputable organisational companies or organisations, but in life, it also means being a good and social person.

Education is the fundamental right of all capable of bringing any desired change and upliftment in the human mind and society.

Teachers play a very important part in providing a good level of education. The basic education that we receive is from our school. All the basic manners about the ways how to behave or protect the environment and all the other basic education that help you to be a well behaved and sophisticated individual.

Better education instils better communication among individuals. Furthermore, education helps an individual make better use of technology. This is a technical world, today everywhere you come across a number of technologies every second person is a user of technology whether it is a phone, laptop or

any other technology. You only can use these technologies when you are having a better education and knowledge about these technologies.

Whatever we learn from our parents and teachers stays throughout life with us and we pass it on to our next generation.

Our goal of getting an education should be to help other people in society who are needed to get over their vulnerabilities and superstitions. We have often observed that lower sections of society are still so much into superstitions but if they are educated in the right way then only they can overcome such superstitions and can lead a better life.

By maintaining the balance between body, mind, and soul, keeps our mind calm and peaceful.



School Arts Fest : Category-2 Winners



School Arts Fest : Category-2 Winners

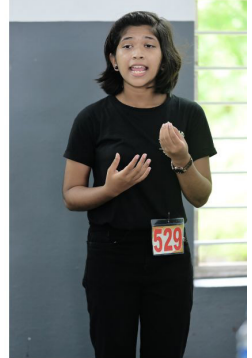


# Teachers' Day





# Arts Fest





# BETHANY FEAST DAY



# Colours

Archa Rejitha  
XI C

In Mother Nature's canvas  
Lie powerful lands of seven  
So colourful and vast,  
If were to come together  
Would form a white heaven  
Called peace.

In Mother Nature's canvas  
Lie colorful lands of seven,  
If were to rip apart  
Would only make blood and sorrow,  
And mother nature's canvas  
Would be left black and hollow.

## LANDMARK OF EDUCATION Girideepam

Malavika Shajikumar  
XI A

Where children come and learn  
Where seniors learn and win  
Where we pursuit Education  
'in pursuit of excellence'  
One and only, Girideepam.

Where teachers touch hearts  
Where lights ignite our minds  
Where lamps spread their fire  
Among all of us, future people  
One and only, Girideepam.

Where we come and go,  
With new knowledge, new belief  
With new friends, old memories  
With song on our lips,  
We go forward with one thing-  
Our landmark in our hearts.  
Girideepam!



## Finding inner peace:

### The benefits of medication for mental health

In today's fast paced world, mental health has become a growing concern. With increasing stress. Anxiety and depression, people are seeking effective ways to manage their mental wellbeing. Meditation, an ancient practice, has gained popularity for its numerous benefits.

Some of its benefits are:-

- Reduces stress and anxiety by promoting relaxation
- Improves mood and emotional regulation
- Enhances focus, concentration and cognitive function
- Supports addiction recovery and self awareness
- Fosters compassion, empathy and interpersonal connections

Meditation is a powerful tool for mental well-being. By integrating it into our

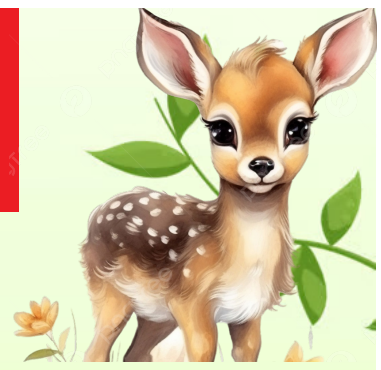
daily lives, individuals can build resilience, enhance their mental health, and improve their overall quality of life. Regular practice fosters a more peaceful, compassionate, and fulfilling existence.

Diya Abraham  
XI C





# രണ്ട് നല്ല കുട്ടുകാർ



ഒരിക്കൽ ഒരിടത്ത് ഒരു കരടിയും മാനും ഉണ്ടായിരുന്നു. അവർ നല്ല കുട്ടുകാർ ആയിരുന്നു. കരടിക്കുട്ടന് തേൻ വലിയ ഇഷ്ടമായിരുന്നു. ഒരു ദിവസം കരടിക്കുട്ടൻ മാനിനോട് പറഞ്ഞു, നീ ഒരു ദിവസം എന്റെ വീട്ടിൽ വരണം. അതുകേട്ടപ്പോൾ മാനിന് സന്തോഷമായി. ഒരു ദിവസം മാനും കരടിക്കുട്ടന്റെ വീട്ടിൽ ചെന്നു. അവന്റെ കയ്യിൽ കരടിക്കുട്ടന് ഇഷ്ടമുള്ള തേൻ കുടും ഉണ്ടായിരുന്നു. ഇതു കണ്ടപ്പോൾ കരടിക്കുട്ടന് ഒരു പാട് സന്തോഷമായി. ആ സമയത്ത് മാനും കരടിക്കുട്ടനോട് പറഞ്ഞു. നീ എന്റെ വീട്ടിലേക്ക് വരണം. അങ്ങനെ ഒരു ദിവസം മാനിനു ഇഷ്ടപ്പെട്ട സമ്മാനങ്ങളുമായി കരടിക്കുട്ടൻ മാനിന്റെ വീട്ടിൽ എത്തി. മാനിനും ഭയങ്കര സന്തോഷമായി.

**ഗുണപാഠം:**

നല്ല കുട്ടുകാർ എപ്പോഴും നല്ലതു ചെയ്യുകയും മറ്റുള്ളവരെ സ്നേഹിക്കുകയും സന്തോഷിപ്പിക്കുകയും ചെയ്യും.



Deon Deepu Toms  
II A

## SMALL DEEDS, SMALL ACTIONS

What is to be thoughtful?  
What is to be kind?  
The precious gems we overlook  
In chaos of life, are left behind.  
Each deed, every little thought  
A whisper, a gentle breath  
Can spark a change, a shift unseen  
A wave upon the ocean's breath  
With eyes that choose to close  
To bleeding hearts that dwell in pain  
With shadows, they find solace  
Yet love's light can break the chain  
For who he sees and truly cares  
Acts upon the feelings deep  
Unknowingly creates a path  
Where joy and hope can leap

Be the one to free the spirit,  
To lift the veil of night  
Share the light of grace and warmth  
In every fleeting sight  
Find joy in simple moments  
In every heartbeat's sway  
For in each thought we nurture  
We bring forth life's bouquet  
Don't despise the small beginnings  
For they can lead to soaring heights  
Small actions, big impacts  
Can a make a big difference in life.

Malavika Shajikumar  
XI A - PCMB



# The Overall Champions of Nritya 2k24



## School Arts Fest – Category 3 & 4 Winners





# Loneliness- a boon?

Have you ever been surrounded, but felt alone?  
Relapsing into silences is your preferred monotone?  
Are you always quiet, or long to be loud  
Or is it that you are averted to the chattering crowd?  
Are your attempts at conversing too feeble?  
Or are you with the wrong set of people?  
While people think it's your nasty attitude  
You are here lounging in your solitude  
You are silent, your passing days devoid  
Of any action you prefer to stare into a void  
But have you felt that you're better off alone?  
While cut off from the issues faced, see how much you've grown!  
As you sit still without a word on your lips  
Other people quarrel over petty relationships  
You're cut off from the drama, inevitable as we know  
Left to yourself, you can work, study and grow.  
Display your talents, hone your creations  
Loneliness does not have to mean monotonous isolation  
You can tell it to yourself, make it official  
Keeping to yourself can prove beneficial.

Vandana Helen Mathews  
XII A - PCMB



Adinath A  
VI A

When we discuss about health, the famous quote comes to our mind is “Health is Wealth”. Of course, health is needed for the survival of every living being. So we celebrate 7 th April of every year as World Health Day. The theme of World Health Day 2024 is “My Health My Right” and which is true, because access to health care is a basic human right. This is done to promote and ensure the importance of being healthy. To stay healthy, we should eat vegetables and all home made food .You can't maintain health when you don't eat all these properly. Your body also needs to be fit to ensure proper health .You can make your body fit by doing exercise, and playing sports. . Mental health is also as important as physical health .You need mental health to take wise decisions . Yoga, reading books and prayer can improve your mental health. You will be healthy if you have both mental health and physical health. If both these are maintained properly , you can live long without diseases and stay healthy all time.



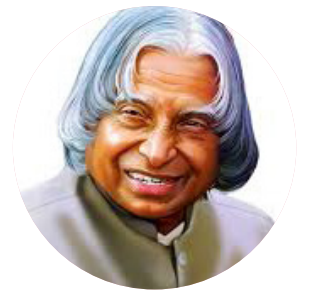
# Outcomes Expected of a Student

“If you want to shine like a Sun, first burn like a Sun”.

---Dr A.P.J Abdul Kalam

Indrajith N.

XII E- Humanities



This quote from Our Former President Abdul Kalam emphasizes the importance of passion and hard work in achieving success. The aim of education system is to guide you but the action should be taken by you. The aim of education is to mold a youth population who will one day make our nation proud. School is the place where the students get the opportunity to mingle with people of their age. They are guided by the teachers who are ready to share their knowledge with them.

The educational institutions expect a lot from their students. This will help the student to use their capabilities to the maximum. To achieve greatness, one should fully learn to use the abilities, and opportunities that they are provided with. The talent, or skill varies with each student. They are in no way equal but each of them should be given due attention. There are some students who excel in academic matters, others who excel in arts or sports field. There are exceptionally intelligent students, and there are also students who take longer to learn.

By not being equal doesn't mean that one is superior to others, each have their own capabilities. But most people are unable to understand their full potential and thus not able to rise to the occasion.

Qualities expected from a student:

**Cultural Awareness and Sensitivity:** India is a land of extreme diversity. Our nation has a rich history and culture, so it

becomes a necessity for students to learn about the rich history of India. This will help the students to engage respectfully and empathetically with people from different backgrounds.

**Character Development:** The teaching of character development refers to educating a student on “core ethical values such as respect, justice, civic virtue and citizenship, and responsibility to self and others”. This is an integral part of education, aiming to nurture student's ethical, social, and emotional growth alongside their academic achievements. By instilling core values, schools help shape students into well-rounded individuals who can possibly contribute to society. This includes value/moral education, social emotional learning, leadership and teamwork, personal responsibility and accountability. This can help students in their personal growth, building self-confidence, social and mental well-being

**Discipline:** It refers to quality of being able to behave and work in a controlled way which involves obeying particular rules or standards. It is one of the most important personality traits in everyone's life. It helps individuals to complete tasks within a given fixed deadline. The role of discipline in our life is to set orderliness, efficiency, punctuality, organization, and focus on our tasks. It's said that “life without discipline is just like a ship without a radar”. Therefore, discipline is a trait

which cannot be ignore and is essential for students to fully use their capabilities.

**Skill Development:** It has a positive impact on academic success. When students engage in skill building activities, they enhance their cognitive abilities, critical thinking skills, and problem-solving capabilities. It is not just about academic excellence, it also includes life skills, social skills, creative skills. The skill development is about the enhancement of inherent human capabilities.

School life is a period where students learn new ideas, skills, and knowledge. Students are the ambassadors of the school. The way they do things are used to assess the standard of the school. School expects a student to excel in academic and co-curricular activities. They want each of their students to be disciplined, well behaved, and confident.

It's important that students incorporate these values and ethics into their daily life. These are individuals who are going to lead the nation into prosperity. So, it is imperative that they should be prepared for it. School is considered a second home. The expectations they put on us should be valued. Because we the students are the wealth and pride of our school.





# Spotlight Central

## BOOKFLIX

### CONTINUE READING

### BECAUSE YOU READ GAME OF THRONES

### RECOMMENDED



## WORD WALL

**Mellifluous**

Meaning - An important or influential person.

Sentence - Various leading luminaries of the arts were invited.

Meaning - An important or influential person.

Sentence - Various leading luminaries of the arts were invited.

# GIRIDEEPAM

EST 1997

## WORD WALL

Thank you for helping us bloom

The best teachers don't give you the answer, they spark within you the desire to find the answer yourself.

It has been an honor to get to learn so many things from your inspiring 'LUMINOUS'!

The roots of education are bitter, but the fruit is sweet.

This is a new year. A new beginning. And things will change.

Believe With all your heart

Achieve With all your might

Lead With an example

It's TIME to PREPARE And for the NEW SCHOOLYEAR

Be You With no changes at all

Succeed With flying colors

Create With all your mind

Imagine With an open mind



# WAYANAD LANDSLIDE 2024



Michelle Elza Philip  
VII A

Wayanad, a district in Kerala, is known for its scenic beauty and rich biodiversity. However, the region's vulnerability to landslides and flood was highlighted once again when heavy rain triggered a massive devastating landslide. The impact of the landslides which happened on early hours of 30 July 2024, left the entire village washed away with flood and over 350 people lost their lives. Many residents were buried under the debris. Houses, roads, schools, and other infrastructure were destroyed completely. Thousands of people were shifted from their homes to relief camps. Rivers and streams were choked with debris. Possible causes of landslide in these areas are the heavy rainfall, geographical features, deforestation, and climate change.

The government and NGO's initiated rescue operation immediately. The In-

dian Army along with NDRF and local authorities conducted extensive rescue operation, and it is still going on. Temporary shelters were provided to the affected people. They were also given food and medical aid. The government announced financial aid and support, and people started donating towards Chief Minister's relief fund from within and outside India. Along with the rehabilitation of people who lost everything, the rescue team has even extended their helping hand towards the stranded pet animals. A pet animal searching for its house owner was a heart rending scene from the site. They also joined the rescue team in the search for people buried under the debris. The heart breaking cry of a school head master and the teachers is yet another painful scene.

Counselling sessions are planned for the people who are traumatised mentally and physically. The Government has taken initiatives in this regard. Let's unite and extend a helping hand to Wayanad in this crucial time. This tragedy is a reminder for the entire humanity. Let's be cautious in our deeds.





# Climate Change: **A Threat to the Earth**

Hannah Fathima  
VIII B

Climate change, primarily caused by human activities, is one of the most pressing issues the world faces today. The main cause of climate change is the increase in greenhouse gases, such as carbon dioxide (CO<sub>2</sub>), methane (CH<sub>4</sub>), and nitrous oxide (N<sub>2</sub>O), in the Earth's atmosphere. These gases trap heat from the sun, leading to a rise in global temperatures, a process known as the greenhouse effect. Major sources of these emissions include burning fossil fuels for energy, deforestation, industrial processes, and unsustainable farming practices.

The effects of climate change are severe and far-reaching. One of the most noticeable impacts is the increase in global temperatures, leading to more frequent and intense heatwaves. These extreme temperatures can harm human health, causing illnesses and deaths from heat-related stress. Moreover, they exacerbate drought conditions, affecting water supplies and agricultural productivity. Another significant consequence is the rise in extreme weather events, such as hurricanes, floods, and wildfires. Warmer ocean temperatures contribute to stronger hurricanes, while changes in rainfall patterns can cause more intense and prolonged floods. In some areas, decreased rainfall leads to droughts and increased wildfires. These extreme events can destroy homes, displace communities, damage infrastructure, and put a strain on emergency services. Climate change also poses a significant threat to biodiversity. As atmospheric temperatures rise, many species are forced to migrate to cooler areas, disrupting ecosystems and causing a loss of biodiversity. Ocean acidification, caused by increased CO<sub>2</sub> absorption by seawater, harms marine life, particularly organisms with calcium carbonate shells, such as corals and shellfish. The loss of these species can



have cascading effects on the entire food web, impacting human food security and livelihoods dependent on the ocean. In conclusion, climate change, caused by increased greenhouse gas emissions, is warming the planet, leading to extreme weather events, and threatening wildlife. To combat this, we need a global effort to reduce emissions, transition to sustainable energy sources, and develop resilient strategies to mitigate its impacts on both nature and human societies. By working together, we can address this critical issue and ensure a sustainable future for generations to come.





# Onam Celebration

