



Ms. Meena Menon, Section Head,
U.P. Section

"Success is not final, failure is not fatal.
It is the courage to continue that counts."

Winston Churchill

We all aim for 100% and anything less than that is not acceptable to us. We must realise that there are steps towards success and every step that we climb moves further towards fulfilment. We must never give up hope but keep on striving towards our goal.

If we want to succeed in what we are doing, we need to draw our attention away from the distractions around us, channelize it into a one pointed focus in the task we are engaging in. Spiritual practices like meditation help us recondition our mind. Focus on the process and the results will follow. I would like to share seven secrets of success that I found in my room.

The Roof said; Aim High

The Fan said; Be Cool

The Clock said; Every Second is Precious

The Mirror said; Reflect Before you Act

The Window said; See the World

The Calendar said; Be upto date

The Door said; Push Hard to Achieve Goals

So, children, always remember to keep on working diligently towards SUCCESS.

Happy New Year

The Republic Day Celebration 2023

For two years, Hari Sri-ites have been unable to enjoy the spirit of Republic Day. We have always striven to keep the standard of our programmes sky high. Grade III, V & VI performed vibrant dances set to foot-tapping music. The Mass Drill by Grade IV enthralled the audience with its precision and colour. A disciplined Karate performance by Grade VII, an energetic Zumba item by Grade VIII and a serene show of Yoga by Grade IX were the highlights. The day began with a prayer followed by the first event the March Past. This year, Ms. Lena, the cine actress was our Chief Guest. She regaled the crowd with an entertaining speech about how she had once been the Godavari Captain of the school and how she had got into acting. The National Flag was later unfurled. A Hindi speech by Aravindan T.S. and a Malayalam poem by Ann Eapen were also presented. It was time to announce the winners of the Co-curricular Cup and the Champions were Godavari. Godavari House was also the house that showcased the March Past in style. The choir sang beautiful songs to keep the energy levels high.



MARCH PAST



Ganga House



Godavari House



Kaveri House



Krishna House



Chief Guest Ms. Lena
addressing the gathering

The National Flag unfurled by the Chief Guest



Ms. Lena receiving the memento from the
Founder Principal, Ms. Nalini Chandran

Speech by
Ms. Veena Girishkumar



The audience at a glance!

Editorial

Mrs. Deepthi Menon Executive Director



The month of January was one of hectic rehearsals for the Republic Day celebrations. The whole school worked like clockwork to ensure that the drills performed by the children from Class 3 to Class 9 were captivating and rhythmic. Every section put in its pennyworth and the programme was appreciated by our chief guest, Ms. Lena, and all the parents who applauded for all they were worth. Sports Day was also held on the 28th of January, bringing the sports activities for the session to an end. Once again, Hari Sri proved that nothing is more important than working as a team in perfect co-ordination and harmony. All the best to our children as they get ready to face the Board Examinations, starting in February and ending in March!

The Republic Day Celebration continues...

2



Ms. Nalini Chandran



Ms. Preetha Venugopal



Ms. Iby Elizabeth



Ms. Rajani Menon



Ms. Kavitha Kochumon



Ms. Jennifer John



Vrindha Nair



Dance by Class III



Mass Drill by Class IV



Dance performance by Class V



The School Choir



Aravindan T.S.



Ann Eapen



Mind blowing performance by Karate kids of Grade VII





3



Dance performance by Class VI



Zumba performance by Grade VIII



Yoga performance in connection with Republic Day by Class IX

NATIONAL CHAMPIONS



Abhijeet V. Menon
ASISC National level
participant in Cricket



Piyanca P. Sajan (XI Sci.) Gold Medal and
Diya Vinish (IX C) Silver Medal in
ASISC National Karate Championship



ACE PERFORMERS



Michelle Margaret Kiran and Rose Jones (L.P. Section)



Jake Jones and Mahadev T.M. (U.P. Section)



Sreedevi S.Menon (H.S.)



Ananth Ram J. and Thrisha K. Sajeev (Plus Two Section)



March Past Winner: Godavari House



Overall Co-curricular Champions: Godavari House



Overall Co-curricular Runner-up: Ganga House

CHETANA ART EXHIBITION 'CHATHURAM'

Chetana College of Media And Performing Arts conducted a week long art exhibition called Chathuram (Art Show) in January. The institution also had two days of workshops and various competitions. Under Prasad Sir's guidance, six of us art students from the 11th grade were given an opportunity to take part in the same. We went in teams of two and took part in the Face Painting and Collage Making competitions. It was a fun and enriching experience. We were able to learn quite a few things about media art and were also inspired by the 'crafty' and creative atmosphere of the institution. There was a huge cloth canvas set up in the college entrance for us to decorate according to our liking and we thoroughly enjoyed painting 'Hari Sri's Varna Chathuram'. We also managed to secure the first prize in both the competitions we took part in. The Director & Principal Dr (Fr) Benny Benedict was very impressed with our art work displayed and presented for the contest.



First in Collage Making:
Andriya Jose
and
Emlene Raju.



First in Face Art Painting : Vrindha Nair and Parvathy K.R.



Students at work

2023 JANUARY 09-14

NATIONAL SEMINAR ON WELLNESS AND MENTAL HEALTH

Psychology students of Class 11 attended a seminar at Vimala College, Thrissur on 30th January 2023. The objective was Raising Awareness about Mental Health and Wellness. The key-note address was delivered by Dr Sreekumar P.R. (Retired Associate Professor at St. Michael's College, Cherthala) on 'Psychology for Everyday Life'. He enlightened the participants about emotional management and well being.

The first session of the seminar was delivered by Dr Aiswarya V.R. (Assistant Professor at Christ College, Bangalore) on the psychological aspects of Yoga Therapy which was followed by a demonstration session involving the participants. The second session was conducted by Dr. Priyadarshini A.C. (Consultant Psychologist) on 'Music Therapy and Self Exploration'. She briefly discussed about therapy and the qualities of a good therapist, interspersing anecdotes from her clinical practice.

The sessions were enriching and interactive. Mental Health Awareness is the need of the hour and the seminar was an inspiring step in this direction.

"Mental Health is not a Destination, but a Process."



MENSTRUAL HYGIENE

Menstrual Hygiene is a topic that deserves the attention of today's generation. This is a subject that has been wrongly shunned in earlier times. Our school has taken the initiative to familiarize and normalize menstrual hygiene among young students. Our School Vice-Captain, Vrindha Nair, put forward a remarkable presentation on this. Previously, we had only learnt about the basics and the formalities of menstrual hygiene. Vrindha Nair took the topic to the next level. She acquainted us with medical terms, symptoms we should look out for and debunking taboos peppering the session with humour. The session was quite informative. Technical support for this session given by Johan Varghese and Ayush S. Menon. A demonstration was done by Nihal Krishna Unmesh.



The Best Class of the 2nd term, VI B, along with their Class teacher, Ms. Nandana Mohan and Section Head, Ms. Meena Menon