



Ms. Vigil Sudhin, HOD, Plus Two Section

"Deal with the crisis in such a way that you can hold your head high and sleep well at night."

-Ratan Tata

Growing up is never easy.

Sometimes we make things more complicated than they really are. Concentrate on the present.

Set your goals high and aspire to achieve it. A strong positive mind and a courageous heart will always help us in attending success. Children, listed below are a few important tips that will help you to empower yourself.

- * Everything is fine.
- * I accept myself for who I am.
- * Anything is possible.
- * Don't compare yourself with others.
- * I believe in myself.
- * I can make a difference.
- * My mistakes help me learn and grow.
- * I am a good listener.
- * I am a unique and special creation of the ALMIGHTY.

ASISC Cultural Meet Kerala Region 2022 Category IV & V

The Category IV & V ASISC Kerala Region Regional Cultural Meet was held on 25th and 26th November, 2022, at KE Mannanam. We a team of enthusiastic and excited students and teachers from Class VI upwards started our journey from the school at 1.30 pm. on 24th November, 2022. Hari Sri bagged the First Runner up trophy. Details are below:

Category IV

Mathew Kanichai VII D - First in Western Light Music (Boys)
Abhiram Krishna VII - Third in Eastern Light Music (Boys)
Ann Eapen VIII D - Third in Malayalam Recitation
Aarush Nair VIII D - First in English Elocution
Sreebhadra VII - Second in Mohiniyattam

Category V

Thrisha K Sajeev (XII Hum) - First in Western Light Music (Girls)
Sachin Madhu (XII Sci) - Second in English Extempore
Nileena M. Jayapradeep (X) - Second in Eastern Solo (Girls)
Soumindra C.S. (XC) - First in Bharatanatyam
Anjohn Ajiesh (XII Com) - Second in Light Music (Boys)
Group Dance - Second Prize to Riya & team



Group Dance team



Contemporary Dance Team



From the left: Abhiram Krishna, Sreebhadra, Mathew Kanichai, Anjohn Ajiesh, Thrisha K Sajeev

കേരളപ്പിറവി ദിനാഘോഷം

പ്ലസ് വൺ സയൻസ് വിദ്യാർത്ഥിനി ഭവ്യ ശ്രീനിവാസിന്റെ വാർത്താ പാഠ്യരണത്തോടെ കേരളപ്പിറവി ദിനാഘോഷങ്ങൾക്കു തുടക്കം കുറിച്ചു. ഭാഷയുടെ ഉൽപ്പത്തിയെക്കുറിച്ച് ഒരു സാങ്കല്പിക കഥ അവതരിപ്പിച്ച് ഹൈസ്കൂൾ വിഭാഗം മലയാളം അദ്ധ്യാപിക മായ ഭാഷാദിനത്തിന്റെ പ്രാധാന്യം രസകരമായി വിവരിച്ചു. ഐക്യകേരളപ്പിറവിയെക്കുറിച്ച് പ്ലസ് വൺ ഹ്യൂമാനിറ്റീസ് വിദ്യാർത്ഥിനി ഹരിപ്രിയ ഹേമന്ത് വിശദമായി സംസാരിച്ചു. ശ്രീ. ടി. എം. മനോജ് എഴുതിയ 'പൊൻകേരളം' എന്ന കവിത ആലപിച്ച പ്ലസ് വൺ വിദ്യാർത്ഥികളായ ലയ ഗിരീഷും ശിവപ്രിയ പി. എസും ഭംഗിയുള്ള കേരള മെന്ന സുന്ദര സങ്കല്പത്തെ സൃഷ്ടിച്ച് ഈ വർഷത്തെ കേരളപ്പിറവി ദിനാഘോഷങ്ങൾക്കു വിരാമം കുറിച്ചു.



Ms. Maya Krishnan



Bhavya Sreenivas



Laya Girish & Sivapriya P.S.



First Runner-up in ASISC Cultural Meet Kerala Region 2022

Group Dance performance by Sradha Paul, Sreya Ranjith, Rhea Ann Reji, Amrita Vinodh, Lakshmi Sreenidhi Menon, Manjima Jayakrishnan Menon and Deepika K.



Ann Eapen

Aarush Nair

Sachin Madhu



Nileena M.

Soumindra C.S.



CHILDREN'S DAY CELEBRATION

Ms. Lakshmi Nair
as Chachaji

The Children's Day celebration in school this year will occupy my 'core memory storage' forever. An extraordinary performance by the teachers blew the young students' minds as they showcased their talents on the stage. The teachers put forth a plethora of events indeed, making the day more special, right from the opening dance by Preetha Miss and her team to the At Home parody by the Plus Two teachers at the end. The LP and UP teachers also performed their items magnificently. A skit 'College Day' and a group song were also executed by the hobby teachers. The High School teachers did an exemplary skit and dance. The anchoring was, of course, done by our dear own Jennifer Miss. We enjoyed every item and truly admire the love and affection the teachers showered on us through this event, despite their hectic schedules. We would like to express our immense gratitude for the 'insanely' wholesome day!



Speech by the Principal,
Ms. Preetha Venugopal



Dance performance by the Principal and the other Heads



Talk by the
School Captain,
Johan Varghese

Children's Day Performance Showcased by the Plus Two Teachers



Editorial

Mrs. Deepti Menon

Executive Director



Dear Friends,

Kerala Piravi was celebrated on the first of November through various activities at the assembly. Children's Day was the main focus from day one. Teachers from all sections practised for all they were worth to ensure that the children had an entertaining day with two shows.

The State level Cultural found our children winning laurels in various disciplines. As November came to an end, it also signified the culmination of sporting and cultural activities across the year. With the Second Terminal Examinations looming ahead, it is now time for the children to work diligently and shine on the academic front as well.

Good luck, young ones!



Mind-blowing performance by the U.P. Section teachers



The L.P. Section and the Common teachers' Limpid Performances Enthrall the Children!



PERSONAL HYGIENE & SEX EDUCATION



The second session on 'Personal Hygiene and Sex Education' was conducted on 14th November 2022. Lini Miss gave the 'Welcome Speech' and greeted the speaker of the day, Mr. Hambal Ahamed, Asst. Professor, Gynaecology Department, Jubilee Mission Hospital, Thrissur. General topics on how to study, duration of study and revision, the wise usage of mobiles and gadgets and the relevance of maintaining a calm head during situations, were discussed. Awareness and information on personal hygiene, bodily changes, good touch and bad touch were spoken of. Children were allowed to ask questions which helped clarify and clear a lot of issues of taboo and ignorance. This session ended with the 'Vote of Thanks' given by Hazel. Awareness is the greatest agent for change with children being our future. This session was, indeed, educative, interactive and insightful to our budding teenagers.

