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Mindfulness is a pause - the space between stimulus and response: that's where the choice lies.

- Tara Brach

When you see a person who could do with some help, what is your response? Do you step in to help or do you look the other way? Mindfulness is to be aware of other people around you who could benefit from your support. We live in a society where we need others to make the world a beautiful place; we cannot do it alone. The sooner we realise this, the more mindful we become. We must be aware that we are a part of the picture and not the whole picture. Thinking about our family, friends, classmates, neighbours and relatives, about how we can lend a helping hand, or at least not trouble them is mindfulness. Smiling at a person in the corridor could make that person's day brighter, offering to carry something for elders will lighten their burden, being patient with our grandparents will be like sunshine for them. It doesn't cost anything but the rewards will make our hearts lighter and our paths smoother because what we give comes back to us.

The flags which signify the Hari Sri ideals and spirit and the sashes which represent authority were exchanged to depict the handing over of responsibilities to the new captains. The new captains were administered the oath of office. The outgoing captains were awarded Certificates of Merit for their hard work and efficiency. The former school captain, Johan Varghese K., shared his team members' experiences with the audience. The new crew of captains under the leadership of Merina Lucy Leon took charge with pride and gratitude.

## INVESTITURE CEREMONY



The newly elected captains taking the oath on the stage with their predecessors sitting below.

The Investiture Ceremony of Hari Sri Vidya Nidhi was held on 11th July, 2023, at the school auditorium. The programme was graced by the presence of Retired Justice B. Kemal Pasha as the Honorable Chief Guest. He spoke of the benefits of leadership and friendship and how to maintain this throughout life. The function was attended by the Executive Committee members of the Hari Sri Vidya Nidhi Trust, Founder Principal Ms. Nalini Chandran and APT Members.



The Chief Guest, Mr. Kemal Pasha, and the School Principal, Ms. Preetha Venugopal, badging the School Captain, Merina Lucy Leon and Vice-Captain Joseph Eapen



The Executive Committee members Mr. T.G. Chandrakumar and Mr. K.C. Vijayan, CEO Mr. P.N. Unnirajan and Executive Director Ms. Deepti Menon badging the à la carte captains



Ms. Nalini Chandran wishing the newly elected captains



The audience at a glance!



The old captain, Johan Varghese, handing the school flag to the newly elected captain, Merina Lucy Leon



## Editorial

Mrs. Deepthi Menon

Executive Director

Dear friends,

July went by with all the normal activities connected with school. The highlight was the **Investiture Ceremony** where the old captains handed over their duties to a fresh lot of captains, all raring to go and do their best. The ceremony was presided over by the honourable Justice B. Kemal Pasha, Retd. Judge of the High Court of Kerala, who gave a stirring talk on the significance of leadership and the role of effective captaincy.

Hari Sri celebrated its Culturals as well, as children from all the sections showcased their talents, thereby creating a valuable pool for the District and State Culturals to be held later in the year.

As always, our main aim is to motivate our children to not only shine at academics, co-curricular activities and sports, but to also bring out their personalities through group activities, debating, dramatic performances and interactions with noteworthy guest lectures. God Bless!



## THE NEWLY ELECTED CAPTAINS



## INTER HOUSE CULTURAL MEET 2

The young talents of our school showcased their best on 15th July, for Category 4 and 5 leading to fierce competition. The list of activities ranged from poetry to dancing, bringing out the literary and creative sides of the students. Different classrooms echoed with the voices of the children and the air of the auditorium was abuzz with the footsteps and music of young dancers. The participants were appreciated and lauded for their performance. The various events were as follows:

## CATEGORY 4

Recitation  
EnglishRuhi Elia Joseph  
IX C, GangaExtempore  
EnglishAbhindra Sijin  
IX B, KrishnaRecitation  
MalayalamDeeptha Sivadas  
X B, GangaRecitation  
HindiArya R.T  
XI Hum., KrishnaInstrumental  
Music (Girls)Anagha Suraj Nair  
X B, KrishnaEastern Solo  
(Boys)Savio Shaju  
X D, GodavariEastern Solo (Girls)  
& Classical MusicMeenakshi M.G.  
XI Sci., KaveriBharathanatyam  
& MohiniyattamSoumindra C.S.  
XI Sci. GangaMono Act  
Vrindha Nair  
XII Com., GangaWestern Solo  
(Girls)Saron Satheesh Menon  
XI Hum., GangaWestern Solo  
(Boys)Anton Ajith  
XI Com., Ganga

## CATEGORY 5

Recitation (Eng)  
Elocution (Mal)Jake Jones  
VII A, Godavari  
Eastern Solo  
GirlsElocution (Eng)  
Recitation (Hindi)Mahadev T.M.  
VIII A, Kaveri  
Eastern Solo  
Boys

Recitation (Mal)

Amogh P. Namboothiri  
VI B, Godavari  
Classical Music  
BoysKeerthana M.V  
VIII B, Ganga  
Classical Music  
GirlsAmaldev S. Krishna  
VIII A, Krishna  
Western Solo  
GirlsAbhiram Krishna K.R.  
VIII D, Kaveri  
Western Solo  
BoysAnaswara V  
VI A, Godavari  
Instrumental  
musicElenta Rose Sanil  
VIII D, Krishna  
Bharatanatyam &  
MohiniyattamMathew Paul  
VIII D, Godavari  
Bharatanatyam &  
MohiniyattamNazneen Thomas  
VIII C, KrishnaSreebhadrha Menon  
VIII D, GangaDiya Sudheer  
VII A, Krishna

## ISC INTER HOUSE QUIZ WINNERS



SECOND RUNNER-UP

FIRST RUNNER-UP

THE WINNERS

Gavin A Vincent, Seona Rose Thomas, Haripriya Hemant (Kaveri - 3rd prize)

Joseph Eapen, Dhananjay, T.S. Aravindan (Krishna - 2nd prize)

Bhadra Roopchand, Ayush S Menon, Athul Suraj (Godavari - 1st prize)

## ICSE INTER HOUSE QUIZ



THE WINNERS

SECOND RUNNER-UP

FIRST RUNNER-UP

Anagha Suraj Nair, Mehul Praveen, Abindra Sijin (Krishna House -First)

Abhinav Arun, Ashwin S., Parvathi Menon (Godavari House -Third)

Niranjan P., Niranjan M., Keshav Menon (Ganga House -Second)



College is the next huge step that every school student in India is tense about, and with hundreds of coaching centres and the equally varied exams and courses, it might as well be the most important decision they make. After solving test papers and questions tirelessly, they prepare themselves to enter their future – the one they earned for themselves. But what is the college environment really like?

It's been a year since I entered college, and having come from a moderately strict family, the change is sudden – you're standing by yourself one fine day when all you've been used to is the warm atmosphere of your home and your families. From small details like how big the bed is to bigger details like who your roommates could be, we deal with too many variables to get used to, when just weeks ago we were enjoying the effortless life living with our parents. Some get used to the hostel and away from home life faster than others. For me, it took a couple of months. I still cannot say I'm completely used to it yet, but I'm making progress.

It's not just hostel life that you're introduced to when you enter a college; the whole purpose of why you're studying changes. While the entrance exams force you to be ultra-competitive, the cut-offs in college scores are more relaxed. Most colleges will advise you that anywhere north of 8.5 CGPA is all you need, which is when you'll probably be eligible for most job offers. The studying also becomes very heavily centred around just getting marks. This is the resultant of very heavily repeated question paper patterns promoting selective studying and "mugging up", and while it does help in scoring better, it doesn't ensure what you're studying actually goes into your heads.

Another change in the system lies in the very classrooms. In school, you had to go because your parents would force you to, your grades would require you to, your teachers would be furious if you did not; in college, none of that applies. Many teachers say "this behaviour will not fly in college" – well, I assure you, it can. Whether it should be taken advantage of or not, is the question. In colleges, the discipline is not as strongly enforced as they are in schools. Sure, there are rules, but more often than not they are reduced to suggestions. There's a reason for that, too. In school you are children, you're slowly learning, and that makes it important to ensure proper ethical guidance. By the time you reach college, however, you're nearing adulthood, and it's time for you to decide by yourself whether your actions are in the right or not. That also extends to attendance and attentiveness in class. You can skip classes that don't interest you as long as you have a minimum of around 75% attendance. Even if you don't attend class, the portions are going to be coverable on your own most of the time, making going to classes a boring chore. And since classrooms are filled with around 70 students, a majority of the faculty are only able to capture the attention of a very few. This leaves you with the ability of doing virtually anything you want in the classes. The main idea is that nobody is responsible for your grades and studies, other than yourself. The teachers will not be able to look into the progress of every single student because of the different classes and subjects (more on that in a moment) that they have been tasked to handle. If you wanted to make the most out of a class, the initiative had to be yours. The faculty will not pamper you with notes and important topics and questions – you have to ask them for that yourself if you need it. There is no strict homework checking, no activities outside lab hours, no scolding for not doing your work, nothing. While it may seem to be a fresh breath of air in the beginning, I have come to realise that at the end, all that matters is your performance. If you need it, you have to ask or work for it.

The teachers are also not like the teachers we have been used to in school. They are qualified, no doubt. In my college, every faculty member has a PhD in at least one subject. They know their subject well. But for them, this is a job. They don't have to ensure that the whole class gets what they're saying. Most of the time, they cannot. As I stated earlier, the idea here is if you want to study, study. Or else do whatever in the class without disturbing anyone. Not all teachers are the same – there are those who are really passionate about teaching too. The difference in the classes is very noticeable. While the former classes tend to be monotonous and droning on for hours forcing you to catch some shut-eye, the latter motivates you to actually pay attention and learn more about that subject. There are also cases when the teachers are brilliant in their knowledge of the subject, but they cannot put it across in such a way that a class of teenagers with no prior knowledge of the subject can understand. They are better as researchers of the subject rather than instructors. In those cases, external help is almost always necessary. Another problem lies in the fact that the teachers might not always be handling the subject of their proficiency. An automobile or aerospace professor, for example, might be charged with the task of teaching a class biology or philosophy. This automatically results in a lot of chaos, where sometimes the teacher's knowledge might not be sufficient on the subject. While in school this isn't as big a problem because we are dealing with the very basics, it becomes difficult in colleges when the topics become more complex and intricate. Not all teachers may be able to teach the topics properly as a result. Most of the time, these are not core courses, but the possibility is frightening.

Though college offers more freedom than schools while looking from afar, the challenges remain the same. Instead of complete textbooks, you have five chapters to study for the exams – but each chapter is one textbook long. Instead of ten subjects, you have six or seven – without any relation between each other. The responsibility for your proper studies lies in nobody else's hands but yourself, and you come to realise that every single test matters – so you cannot just leave out the small tests like you could in school and focus on the terminal or semester exams; here both the small tests and the semester exams are equally important. Lab hour starts to become more of a tedious routine than a fun activity. All things considered, colleges are a new lifestyle to teenagers who just finished their schooling. After the preparation for entrance exams for years, college gives you the breathing space you need for the first few months, before accelerating into another wormhole of marks and tests. It has its advantages, and also a few disadvantages. Just remember, while getting into a college, you are your best asset and worst enemy. The nature of your scores will not depend on anything else but how much effort you decide to put in. So, to those joining colleges soon – make up your mind, set yourself a goal, and make sure you don't let yourself relax more than you should. From here on, you are what will define where you will be in a few years.

Adithya Sumesh  
Ex-Harisri-ite



### THRISSUR-AN EDUCATIONAL HUB

Thrissur, the cultural capital of Kerala, has attained UNESCO recognition. According to UNESCO, the newly admitted learning city of Thrissur has both the wealth and knowledge to ensure that the right to education becomes a reality for people of all ages. With more than half of the population residing in urban areas, cities now have the power to drive lifelong learning.

Twenty students from class 11 Humanities received the opportunity to attend the inaugural function of the UNESCO Thillakkam Learning City project held at the Saint Thomas College. The event took place from 10 am to 5 pm on the 22nd of July.

Upon arriving at school, the students boarded the bus that took them to the venue at around 9:15 am. On reaching, the students took their respective seats surrounded by seven other schools. Excitement and chatter filled the air. The event began with a motivational speech, beautifully orated by the renowned author, actor, social media influencer and radio jockey, Joseph Annamkutty Jose. He emphasized a saying by Will Smith that moved many, "The world works on the concept of magic, not logic."

The session was then carried over by the Honourable Educational Minister of Higher Studies, Dr. R. Bindu along with MP Sri. T.N. Pratapan, MLA Sri. Balachandran and the Mayor, Sri. M.T. Varghese. Elaborating on the topic, they spoke on the importance of Thrissur as a growing educational hub. This was followed by the website and social media launch of the same. The event came to an end with a panel discussion among Dr. Pavan Madhusudan, Dr. P. Suresh Kumar, Vishaken Sir, Emy Paul Ma'am and MLA Sri. V.T. Balram. Sri. Ajith Kaliyath, the administrator of KILA (Kerala Institute of Local Administration) acted as the moderator.

To perfectly conclude, the St. Thomas' College band then performed on stage, captivating the attention of all the students leaving energy levels at the highest even at the end of the day.

We, the class of Plus One Humanities, are thankful to Preetha Ma'am and Deepti Ma'am for this splendid opportunity. We shall always remain grateful to all our teachers, especially Swapna Miss, Lakshmi Miss, and Henil Miss for their combined efforts at helping us create one of our very first memories as a great class.

Saron Satheesh Menon  
XI Humanities



## ACHIEVEMENTS



**Rosilin Valiyaveedan**  
Zonal Rank 19  
(National Science Olympiad)

**Keerthana Vadakoot**  
Zonal Rank 21  
(International English Olympiad)

**Celin Rose**  
Zonal Rank 11  
(International English Olympiad)

**Mehul Praveen**  
Zonal Rank 23  
(National Science Olympiad)

## OLYMPIAD WINNERS



We, the students of class VIII, were taken to Vigyan Sagar Science & Technology Park, Ramavarmapuram, Thrissur. We started from the school at 9.30 am and reached there by 10 o'clock. Dr. T.R. Govindankutty, a retired scientist from BARC (Baba Atomic Research Centre) welcomed us with a speech. We later explored the park with curiosity and enthusiasm. Even though we thought of exploring with our friends, unfortunately all of us were divided into six different groups. Later on we were surprised by the amazing science equipment. Mr. Anil Babu, who also happens to be a director, showed us a few experiments that proved that behind every superstition or magic that we believed in lay simple science. All of us were taken to different pavilions arranged systematically in a large hall. The guides were incredibly helpful in making us understand complicated topics in a simple manner. We were shown a short documentary on India's different satellite missions and rocket engines. All of us were also given a chance to go through a mirror maze in which a few of us accidentally bumped into each other. There were also other mirrors in which we could see ourselves in different size and shapes. This trip was truly fruitful and educational. This place can act as a catalyst in creating young scientists for future generations. It is also suitable for knowledge seekers. We thoroughly enjoyed this short trip and are looking forward to many more such trips.

Prepared by:

Ashwath

Anantharaman  
VIII B



## FLY HIGHER

If you think you cannot do it,  
If you think you cannot go across it,  
Remove the 'ifs' and just try.  
Let the passion in you fly  
Higher than the sky.  
If anybody stops you then,  
Prove to them, that you can do.  
Never even stop in between, complete it  
Just have the faith in you and say,  
I can do it!  
If you have lost your path,  
Create a new path  
Get inspired by others,  
But never be them,  
Be yourself.



Dev P Warrior  
VIII C



## ART BEAT



Ghanshyam M. (XD)



Advait Rakesh (VA)



Saavika Rathish K. (VD)



Anagha P.K. (XII Sci.)



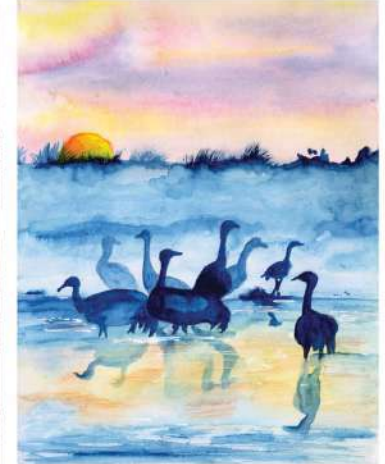
Vrindha Nair (XI Com.)



Siona Rita Jose (XII Sci.)



Mohammed Rajab (XI Hum.)



Pavithra S. Nair (XII Com.)