Ms. Anoopa Ramesh Co-curricular-in-charge, H.S. Section

# 75th REPUBLIC DAY CELEBR

Humility is the solid foundation of all virtues. It is a quality that instils trust and respect. A person with humility listens to and accepts others. Humility is when you accept that your success is not entirely from your effort.

As students it helps to seek guidance from others. Humility is necessary for learning from a guru. Humility is not thinking less of yourself, it is thinking of yourself less. It takes the focus from 'I' to 'we'.

It paves the way to self awareness and self reflection which are crucial for personal growth. When you are humble you are open to learning, acknowledging your limitations and accepting feedback from others. According to Indian culture, humility is the first among the twenty virtues that comprises wisdom. Dr Abdul Kalam considered humility as a powerful force that fosters growth, builds strong relationships and enables learning.

How is humility developed? All you need to do is listen to others, practise mindfulness, and be grateful for what you have.

Humility makes a person happier and creates positive emotions and well-being.

The prayer, 'Loka samastah sukhino bhavanthu', the essence of which is 'May all beings be happy and free, and may the thoughts, words and actions of my own life contribute in some way to the happiness and freedom of all' is the best example of humility.



After the majestic March Past, the students of the four houses assembled on the ground





Ms. Iby Elizabeth Daison

Saron S. Menon



Ms. Jennifer John Xavier



Ann Eapen John



Vyga Jayakrishnan

The day unfolded with a prayer, setting the tone for a memorable event. A majestic March Past followed, highlighting the unity and diversity of our school. Our Chie Guest Ms. Preetha Venugopal, received the distinguished Guard of Honour by the four houses. In a moment of pride the Principal unfurled the National Flag along with the School Captain, Marina Lucy Leon, and the Physical Education Head, Mr. Dileep Williams. The School Choir stirred our patriotic spirit with the National Anthem. Continuing the solemnity of the occasion, the School Captain took the oath, symbolising our commitment to the values of our nation. Ms. Nithya Sidharthan. the teacher representative, spoke elequently about the significance of Republic Day. The Plus Two Section representative, Saron S. Menon, addressed the audience in English, while the High School representative, Ann Eapen John, recited a beautiful Malayalam poem. Adding another layer of inclusivity, the UP Section representative Vaiga Jayakrishnan delivered a speech in Hindi, truly embodying the spirit of unity in diversity. This ceremony was not just a celebration, but also a platform to recognise excellence. The ISC and ICSE school toppers of the previous year were honoured, along with this year's National Sports' participants. The winner of the March Past was Kaveri House and Godavari House emerged as the Co-curricular Overall

Champions. As the event drew to a close, ISC and ICSE representatives, Vrindha Nair and Arthana Sankar respectively, expressed gratitude to our dedicated teachers. The choir, with its melodious tunes, kept the energy level high, resonating the pride we feel for our nation.

Saron S. Menon (XI Hum.)



The oath by the School Captain



The Chief Guest, Ms. Preetha Venugopal, unfurling the National Flag along with the School Captain Marina Lucy Leon and Physical Education Head, Mr. Dileep Williams



The school heads with the Committee members and other quests

Vrindha Nair



Aman Shaj and T.S. Aravindan giving beat commands for the March Past



Joseph Eapen



Arthana Shankar

# Mrs. Deepti Menon

Patriotic fervour, unfurling the National Flag, the March Past and informative speeches all these mark the significance of Republic Day on the 26th of January. This year too, it was no different. The four houses marched with flair to the familiar tune of Colonel Bogey. This year Hari Sri was proud to present



nine National Sports winners in different sports categories. Prizes were also presented to the student toppers in all four sections, as well as to the best house (Marching) and the overall champions, house wise. Sports Day was held on the 27th of January where the final events in athletics were held, and trophies given to the winners. It was a spirited and well attended event. January is also the precursor month to the Board Exams that start in February. May we shower warm wishes and blessings on the children of Class X and Class XII who are preparing for their final exams!





John Chungath (XI Humanities) and Isaac Ibraham Bobby (XI Commerce) receiving the award from the Executive Director, Ms. Deepti Menon







Shivani Sudheer (XI Science) receiving the trophy from Sports teachers, Mr. Sathish K. Pillai and Mr. Dileep Williams

# **ACADEMIC SCHOLARS 20**



Ann Mariam Jose (Science Topper)



Sneha Jojo (Commerce Topper) Patricia Joji (ICSE Topper) (The above mentioned awards being given by the President of the Executive Committee Mr. T.G. Chandrakumar)

Ardra K.R. (Humanities Topper)



# JATIONAL

The National level winners in Karate, Badminton, Athletics and Football



Agney R Krishnan (VII C) Adithya Menon (XI Science) The trophies and certificates being distributed by the Executive Committee Member, Dr. Ranju Jayaprakash





Mohammed Laazim C.S. (IX D



Rose Antony (LP Section) (Memento and Certificate handed over by our Ex-APT Member, Mr. Leon Ittiachan )



Rose Jones (LP Section)



Estelle Susan Daison (UP Section)





Anagha Suraj Nair (HS Sec.) and Bhadra Roopchand (Plus Two) receiving the award from the APT Secretary, Ms. Suja.

## & CO-CURRICULAR



The Co-curricular Overall Champions: Godavari House Captains, with the House teachers, Ms. Bina Menon and Ms. Lakshmi K. Mohandas



The Co-curricular Overall Runners-up: Ganga House Captains with the Principal, Ms. Preetha Venugopal and the House teachers, Ms. Hemambika K. and Ms. Sunitha P.D.



The March Past winners: Kaveri House Captains, receive the trophy from the Administrator, Ms. Jayashree Parameswaran

On the 27th of January, 2024, Hari Sri Vidya Nidhi School organised the Sports Day for the year 2023-'24. The Annual Sports Day embodies the zeal, talents and spirit of the students and encourages them to refine their talents and achieve greater heights.

The event commenced with the arival of our Chief Guest, Mrs. Preetha Venugopal. It started with a March Past by the four houses of the school, led by their captains. The school flag was then hoisted with utmost honour and glory. An oath was taken by the Sports Captain promising to respect the regulations and to participate in the true spirit of sportsmanship.

The events of the day started well, with the most special event of the day, a Medley Race, with four members of a team from the four different sections - LP, UP, HS and Plus Two.

The runners ran with surprising speed and agility, keeping the undivided attention of the viewers. This event was followed by the finals of all the other running events like 100m Run, 200m Run and 400m Run, the 4×100m Relay and the 4×400m relay.

The Tug of War is an event which demands brute strength, sheer endurance and excellent team co-ordination. It was definitely the most anticipated event of the day. The competition was between the Alumni students of the school, the parents and the teachers. The entire ground was engulfed in cheers. The teachers won the war after much effort and they received the prize of a bunch of bananas. There was also the 'walk' race with the competitors being the parents of the participants and the teachers.

A strong concluding message of pride and unity was delivered by the final march past for the Closing Ceremony, Administrator, Ms. Jayashree Parameswaran was the Chief Guest for the Closing Ceremony. All the participants of the events marched together as one, regardless of their houses. The award ceremony took place where the most awaited prizes of all, the Individual Championships from each sections, the Runners Up Trophy and the Overall Champions Trophy were awarded.



Athletes assembled on the ground according to their houses during the Sports Meet







Principal Ms. Preetha Venugopal declared the 27th Annual Sports Meet Open on the 27th of January, and hoisted the school flag.





School Manager Mr. M.G. Ramachandran distributing a bunch of bananas to the winners of the tug of war.





The 'tug of war' in action!



200 Mts. Walk by the parents and teachers



On your Mark... Set... Go!





The Winner of the Walk, Ms. Sandhya, being appreciated by the Executive Director, Ms. Deepti Menon.



## **NEWS LETTER**



UP Section 200 mts. 1st: Muktesha A.H, 2nd: Nithya Vinod & Aditi M.A.



U.P Section Long Jump: 1st: Ashish Amit, 2nd Richard Tomraj, 3rd: Adidev A.P.



U.P Section High Jump 1st: Krrish Vipin



U.P. Section 600 Mts. 1st: S. Haniel, 2nd: Shraavan Pradeep, 3rd: Aadinadh O.R.



UP Section 400 mts. 1st: Rianna Tomraj, 2nd: Ananya Krishna 3rd: Nithya Vinod



UP Section Discus Throw 1st: Advaith Rajesh 2nd: Gautham Praveen



U.P. Section Shotput 1st: Gautham Praveen, 2nd: Aaron Jojo, 3rd: Ravin Krishna



High School 1500 mts. 1st: Badrinath V., 2nd: Atmajdhyan 3rd: Job Chungath



High School Section Long Jump 1st: Sooryakiran , 2nd: Abhijeet V Menon, 3rd: Aiden T Alen



High School Section High Jump 1st: Sreeram Venugopal, 2nd: Abhijeet V Menon 3rd: Aiden T Alen



High School Section High Jump 1st: Gouri C Sunildas, 2nd: Joanna Novin 3rd: Aparna K.



High School Section 3 Kms. Walk 1st: Gouri C Sunildas, 2nd: Maria Rajesh



High School Triple Jump 1st: Sriniket C.R, 2nd: Joseph Joe 3rd: Job Chungath



High School 200 mts. 1st: Thejal K.S., 2nd: Alona Lionel 3rd: Fizza Sandeep



High School Shotput 1st: Aneeva Pradeepan, 2nd: Hridya Harish

### NEWS LETTER



High School 100 mts.Hurdles 1st: Sriniket C.R, 2nd: Sreedev V. Nair 3rd: Nikhil Balamohan



AWARD CEREMONY

High School Triple Jump 1st: Alona Lionel, 2nd: Parvathy P. 3rd: Anaswara B.



High School Section 100 mts. Hurdles 1st: Ann Rajesh, 2nd: Joanna Novin 3rd: Anaswara Krishnakumar



Plus Two Section Shotput 1st: Eva Santhosh, 2nd: Karen J Varghese



Plus Two Section Javelin Throw 1st: Romaan Edison, 2nd: Madhavan Makkara, 3rd: Vasudev Prasad



Plus Two Section Discus Throw 1st: Vasudev Prasad, 2nd: Lakshman T.R., 3rd: Varun S Menon



Plus Two Section 100 mts. Hurdles 1st: Sivani Sudheer, 2nd: Gayathri Krishna V.S 3rd: Aruna Sudhir



Plus Two Section 5 Kms. Walk 1st: Lakshman T.R., 2nd: Aadinarayan



Plus Two Section 1500 mts. 1st: T.S. Manasa Kalyan 2nd:Marina Lucy Leon, 3rd: Meenakshi M.G.



Plus Two Section 3 km. Walk 1st: Diya M.S, 2nd: Kshema Raghunandan 3rd: Meenakshi M.G.



Plus Two Section 200 mts. 1st: Romaan Edison, 2nd: Astile Pappu John 3rd: Antony Abraham



Plus Two Section High Jump 1st: Piyanca P Sajin, 2nd: Aarya R.T. & Neha Salomi Issac



Plus Two Section Long Jump. 1st: Neha Salomi Issac, 2nd: Adithya Krishna P.J. 3rd: Piyanca P Sajin



Plus Two Section 5 km. Walk 1st: Lakshman T.R., 2nd: Aadi Narayan



Plus Two Section 800 mts. 1st: Neha Salomi Issac, 2nd: Parvathy K.R. 3rd: Eva Santhosh



Diya K.S. Class II B (L.P. Girls' Category-I & II)



Reyan Antony Paul, Class II B (L.P. Boys' Category-I & II)



Janaki Vikas, Class IV D (L.P. Girls' Category-III & IV)



Joshua Pintu Muttikkal, Class IV D (L.P. Boys' Category-III & IV)



Riana Tomraj Kattukaran, Class VII C (U.P. Girls' Category)



Krrish Vipin, Class VII D (U.P. Boys' Category)



Akansha Ajay Kallat, Class X C (H.S. Girls' Category)



Sreeniket C.R. Class X D (H.S. Boys' Category)



Romaan Edison, Class XII Science (Plus Two Section Boys' Category)



Shivani Sudheer, Class XI Science (Plus Two Section Girls' Category)



Administrator Ms. Jayashree Parameswaran declaring the Sports Meet Closed











### DISCLAIMER -

We have tried to include the sports' photos of all the children who won prizes on Sports Day. If any photo is missing, we apologize. We will feature those winners in our next issue.

-Editor









Musical Chairs (Girls) I B: 1st: Adeeva Dua Aadil, 2nd: Trishika Rahul, 3rd: Agratha Akhildev



Musical Chairs (Boys) II C: 1st: Hope John 2nd: Athyuj Krishna, 3rd: Pradyut Menon



Musical Chairs (Girls) II B: 1st: Saanvi Renjith, 2nd: Arjha Nair K.S, 3rd: Dhiya K.S.



Musical Chairs (Boys) I C: 1st: Devadathan Menon, 2nd: Sidharth Krishna, 3rd: Srihaan Anand



Ball Throw (Girls) I A: 1st: Tiya, 2nd: Mehbin, 3rd: K.S. Vishnudayitha



Musical Chairs (Boys) I B: 1st: Grigory John, 2nd: Gautham Vijay M.V., 3rd: Noah Ashwin



Musical Chairs (Girls) I A: 1st: Mehbin, 2nd: Ishani, 3rd: Avanthika



Ball Throw (Boys) II C: 1st: Ragg Madambi, 2nd: David Pavoos & Devaj N. Midhun, 3rd: Darsh Brijesh



Ball Throw (Boys) II A: 1st: Krishsaketh G.S., 2nd: Aarav K.B., 3rd: Ninav V Kiran



Ball Throw (Girls) I B: 1st: Anamika Menon, 2nd: Aryananda G. & Agratha Akhildev 3rd: Lakshya Sherin



Ball Throw (Girls) II B: 1st: Saanvi Renjith, 2nd: Ridhika Nishil, 3rd: Miya V.S & Samyuktha Nair



Long Jump (Boys) : 1st: Dakshit H.Menon IV D, 2nd: Juan Joshy IV C, 3rd: Aaryan Arjun IV A



100 Mts. Race: 1st: Janki Vikas, 2nd: Avani A.P., 3rd: Parvathy M Sreejith



200 Mts. (Boys) 1st: Aman D Krishna, 2nd: Joshua Pintu Muttikkal 3rd: Alfin Prakash



Long Jump (Boys) 1st: Dakshit S Menon, 2nd: Juan Joshy 3rd: Aarav Arjun



Long Jump (Girls) 1st: Errin Vijay, 2nd Sribhadra K.K., 3rd: Jahnvi Jeneesh & Diya Monica Deepu

Musical Chairs (Boys) I C: 1st: Hrithika Srijesh 2nd:Vipanchika Shine, 3rd: Anvika Suresh



Musical Chairs (Girls) I D: 1st: Pallavi Midhun P., 2nd: Rose Antony, 3rd: Parvathy Vijay



Ball Throw (Girls) II D: 1st: Nadashankari 2nd:Inara, 3rd: Saisha S Menon



Ball Throw (Boys) I B: 1st: Juan Jinchi, 2nd: Gregory John, 3rd: Davy Paul Tharayil & Mohamed Armaan Bin Habeeb



Ball Throw (Boys) I D: 1st: Niya Nimal, 2nd:Pallavi Mithun P., 3rd: Evelyn Primal.T.



Ball Throw (Girls) I C: 1st: Anvitha K.S. 2nd:Nithara Santhosh, 3rd: Hrithika Sreejesh



Musical Chairs (Boys) I A: 1st: Ved P. Krishnaraj, 2nd:Gourinadhan P., 3rd: Sreeram S.



Ball Throw (Boys) I A: 1st: Ravan K., 2nd: Ved P. Krishnaraj, 3rd: Juvan S. Thekkan



Ball Throw (Boys) II D: 1st: Ryan 2nd:Daivik & Jose Paul, 3rd: Anaswar K.S.



Musical chairs (Boys) I D: 1st: Dhruv Dev Sujith, 2nd:Devamsh T.S., 3rd: Neerav Dipin



Ball Throw (Boys) I D: 1st: Devak Darsh N., 2nd:Chummar Akkara Chacko & Neerav Dipin



Ball Throw (Boys) I C: 1st: Reuben Valiaveedan 2nd: Joseph Telwin, 3rd: P. Dev



L.P. SPORTS DAY

Throw ball (Girls) II C: 1st: Srisha Ranjith, 2nd: Shrinidhi Menon & Aatmika Deepak, 3rd: Alankrita Babu



Musical Chairs (Boys) II D: 1st: Shravan 3rd: Juan K.



Musical Chairs (Girls) II D: 1st: Nadashankari, 2nd: Joan Tony, 3rd: Aadya Anoop



Ball Throw (Girls) II A: 1st: Riya Mathew 2nd: Vedhitha A.B., 3rd: Ishika Hari



Musical Chairs (Boys) II B: 1st: Rayan Antony, 2nd: Manav Manesh, 3rd: Tharun



Musical Chair (Girls) II C: 1st: Irene Noufal 2nd: Harshitha T.J., 3rd: Sathvika M. Sajeesh

### NEWS LETTER

"Beyond Horizons: A Literary Odyssey at Kozhikode Beach"





My memories by Joseph Eapen (XI Sc.)





Presenting a transformative encounter at Kozhikode Beach during the 7th edition of the Kerala Literature Festival. Despite my roots in the scientific realm of grade 11, an irresistible allure drew me into a realm of intellectual discourse and literary brilliance. On January 11th and 12th, I found myself in the company of literary giants, including M. T. Vasudevan Nair, K. Satchidanandan, Perumal Murugan, G. R. Indugopan, K. R. Meera, politician Mani Shankar Iyer, and Malayalam literature luminaries Benyamin and M. Mukundan. M. Mukundan's literary masterpiece, 'Mayyazhippuzhayude Theerangalil,' a fixture in our school curriculum for grades 9 and 10, holds a special place in my heart. Meeting the author in person was akin to stepping into the pages of a beloved book, enriching the words that had already captivated my imagination. Engaging in a delightful dialogue with Benyamin underscored the power of literature to transcend boundaries, fostering connections and understanding. These moments with literary luminaries ignited a passion for the written word, expanding the horizons of my intellectual journey.



The students of 9th grade were taken on their first overnight excursion to Kodaikanal. Everyone reported to school at 5.30 am. As the bus departed, it was just one big dance party till we reached our destination. After a long journey consisting of a few stops for refreshments, we finally reached Kodaikanal by lunchtime. After a nourishing lunch, we headed to the park where we spent an hour playing and capturing moments with laughter and joy. Later we were taken to the lake where we could shop. Some of us rented bicycles for half an hour and went around the lake immersing ourselves completely in the beauty of Kodaikanal. The temperature was very pleasant and added to our enjoyment but this wasn't the case for some of us who spent the day adorned in shawls and sweaters shivering in the cold. As the day progressed we checked into the hotel and got ready for the DJ party and campfire. After warming ourselves for a while, we danced until our legs got sore. After an enjoyable yet exhausting day we returned to our rooms to get a good night's sleep. The next day we were woken up at 5 a.m to freshen up and check out. We visited Moir Point which exposed us to a breathtaking view. We also went to Suicide Point which offered affordable shopping, Guna Caves from where we were mesmerized by the hill ranges, the Pine Forest which gave us a most relaxing environment to collect pine cones and view monkeys in their natural habitats and the Pillar Rocks. It was hard to accept that our excursion was over, but the memories we made on this trip are unforgettable.

Anushka Ram Menon (IX B)









### Class V. Visit to Seashore, Farm & Nursery, Kakkathuruthy



I have written this report to talk about the splendid trip that we, the 5th graders had. As soon as we got the circular informing us that we would be going on a trip, everybody's face was lit with joy. There was so much excitement in each class. It was planned that we were going to 'Seashore farm', Kakkathuruthy, Irinjalakuda on the 23rd of January. On the day of the trip just after the school assembly, our Headmistress, Suma Miss, briefed us about the rules and wished us to have a wonderful time. We left school at 9.30 am. Every class was occupied in spacious buses. There were constant arguments on who would get breakfast. After five minutes, the music turned on and the bus turned into a dance floor. After reaching the farm, we kept our bags and items in a place and went on all the rides. There was a giant wheel, bumper cars, Spanish bull ride, pedal boats and a spacious park. The rides were soon filled with children and so much laughter, but I believe the best ride was sure to be the bumper cars, with most of the children waiting near the ride. Everyone, especially the teachers, were having a good time. When it was afternoon, we rushed to the dining hall where we were served delicious food and enjoyed an icecream as a dessert afterwards. After lunch, we rushed to the park. There were long slides, seesaws, monkey bars and swings where a contest was held on who could swing the highest. At 4.30, we departed from Seashore Farm, a little unhappy that the trip had ended. But it did not stop us from having one more dance party in the bus. At 6.30, we arrived at school. Overall, I am sure everybody had a whale of a time and got back home with sweet memories of the

Estelle Susan Daison (VA)



We, the students of Class VII, were taken for an excursion to Dreamland Fun and Adventure Park in Adimaly on January 19th, 2024. We started off at 6.30 in the morning from Hari Sri. After dancing for a few hours, we stopped for a quick delicious breakfast. We reached our destination at 10.40 am. The park itself was quite big and we were allowed to go on any ride of our choice. Most of the rides were very adventurous. This included Sky-cycling, Zip lining, a 12D Theatre, a Horror House, a Mirror House, Archery, Free Fall Centre etc. A few of us even stepped out of our comfort zone in the park trying to participate in the rides. After lunch, we had even more fun as the teachers too joined our activities. At 4 pm. we were asked to assemble in the park. The teachers had a surprise for the two children celebrating their birthdays on that day. We cut a birthday cake and wished them a 'Happy Birthday'. Finally at 4.30 or so it was time to head back to Hari Sri. We stopped for a quick dinner at 8 pm and immediately continued our singing and dancing on the way back. We reached Hari Sri at 10 pm. We were all rather shocked on how fast the day went by. We were all sure of the fact that we would never forget this trip.

Ananya S Menon VII B

The enthusiastic children of Class V embarked on a captivating journey into the world of kite flying. The vibrant kites painted the sky as the children's excitement soared to new heights. In this simple yet profound activity, the Class V students not only embraced the joy of kite flying but also gained a deeper understanding of wind energy. The colourful spectacle in the sky created by young minds made the event an unforgettable moment .







My Radio 90 FM Super Chottas Kids Fashion Show-2023: Mehek Mansoor , VA (Girls) and Yeswandh S. , VI B, (Boys) were the Title Winners.



Anunanda Mathilakath of Class VA secured the First Place in 'Individual Kata', 2nd Place in 'Kumite' in the Dist. School Karate Championship 2023-'24



Rosaline Valiyaveedu in Group 2 won 50m Freestyle - Silver, 100m. Freestyle - Silver, Backstroke -Silver in the All Kerala Swimming Contest conducted by District Aquatics Association, Alapuzha. Sean Valiyaveedu in Group 3 participated in 25m Backstroke and 25m. Freestyle.



Gamefied Sanskrit Olympiad (State level)

K. Theertha Sree (1st) K. Theertha Krishna (2nd) Both from Class VI D

# **ACHIEVEMENTS**



Achintya Naitik M. of Class VC
1st in Kumite, 2nd in Group
Kata and 3rd in Kata in the
National Open Karate Championship organised by Nihon
Karate Do Jiseijyuke, India
held at Sri Dharma Sashta
Auditorium, Thrissur.



Mother Teresa Children's Development Society conducted the Best Hand Writing, Drawing & Colouring Competition
BEST HAND WRITING & COLOURING CONTEST AWARDS

1. Arnav C.S. (IB) Drawing 3. Daksh T.S. (III C) Handwriting 2. Sai Krishna (III D) Drawing 4. Rishiva P (IIA) Handwriting

## ONATTUKARA SPORTS ACADEMY, THRISSUR SWIMMING COMPETITION-2024

Diya Ann Pavoos of Class IV A won the Second prize in Freestyle and Third prize in Backstroke

### Mother Teresa Handwriting & Colouring Winners (UP)



Panakkal Joseph Ryan V C
Gayathri Pramod VII
Sreedevi Menon VII
Ayana Katherine G. VII
Arundhathi Devaraj VII
Johanna A. Peter VI

V C Handwriting
VII A Handwriting
VII D Colouring
VI D Handwriting
VII D Colouring
VI A Colouring

# U.P. Section: The Best Class in this term





