



Mrs. Preetha Venugopal
Principal

Dear Children, as we begin this year's series of the newsletter, I would like to discuss the idea of mindfulness and how important it is for a student to be mindful of his or her surroundings. Mindfulness involves paying attention to one's thoughts, emotions, and physical sensations as they occur, without trying to change or escape them. The goal is to foster a sense of presence and acceptance, reducing the tendency to ruminate on the past or worry about the future.

Mindfulness can lead to :

1. Reduced stress levels
2. Improved focus, concentration and creativity
3. Regulate emotional outbursts
4. Better physical and mental health
5. Better productivity
6. Evade dangerous situations

How to Practise Mindfulness:

1. A simple yet powerful practice, mindful breathing involves paying attention to the breath as it flows in and out.
2. Mindful eating involves eating slowly, without distractions, and noticing the signals of hunger and fullness. This practice can enhance the enjoyment of food and prevent overeating.
3. Walking mindfully involves paying attention to the physical sensations of walking, such as the contact of your feet with the ground and the movement of your legs.
4. Mindful listening requires your full attention to conversations, listening without interrupting or planning your response.
5. Be Present in Routine Activities; Whether you are washing dishes, brushing your teeth, or taking a shower, bring mindfulness to these activities by paying attention to the sensory experiences involved.

Mindfulness is a powerful practice that can transform the way you experience life. Start small, be patient with yourself, and gradually build mindfulness into your daily routine. May the new academic year bring about a lot of positive changes in you. Good luck and God bless!

ANTI DRUG DAY CAMPAIGN



Ms. Shimmy

"Drugs are a bet with the mind."
--Jim Morrison

On 26th June, the school held an Anti Drug Day programme. Ms. Shimmy, a programmer from Information Kerala Mission (IKM), was asked to talk to the students about drug abuse and the mental and physical problems caused by drug usage.

She was approachable and encouraged the students to share their opinions on the topics. The programme ended with her strongly advising everyone not to use drugs.



ENVIRONMENT DAY CELEBRATION

'Cleanliness is next to Godliness.' To imbibe this notion, our school observed World Environment Day on June 5th, 2024. An entertaining dance emphasising the need for a clean environment and segregation of waste was put up by the Sustainability Club in the assembly. Several posters and artworks on this theme were displayed on the notice boards.

Students from the LP to the Plus Two sections, under the guidance of teachers, took part in the show and made it a successful one.



INTERNATIONAL YOGA DAY



"Yoga is the art work of awareness on the canvas of body, mind and soul."
Hari Sri Vidya Nidhi School celebrated International Yoga Day with a Yoga dance done by the students of class VII, VIII and IX on the 21st of June.

WORLD MUSIC DAY



International Music Day was celebrated at Hari Sri Vidya Nidhi School by the school choir. Both the instrumentalists and the choir did a dazzling job on 21st June, 2024.

Editorial



Mrs. Deepti Menon
Executive Director

Dear Hari Sri Family,
Welcome to a brand new session and the first issue of the Hari Sri Pulse with a fresh editorial board of students. We had good results and excellent performances by the children, both in the Board Examination and the final examinations in every class.

May the new session be imbued with good cheer, good health and positivity!

June flew by with myriad activities and celebrations - the World Environment Day, followed by the International Yoga and Music Days. 26th June was observed as the International Day against Drug Abuse. Honours Day saw a plethora of children from all the sections receiving trophies and certificates for their excellence in various fields. Reading Week had a week long set of activities by the children, including a skit by the seniors and the disbursement of the Bookworm Awards. May the year ahead be one of academic and co-curricular prowess! God bless.

HONOURS DAY FUNCTION

Hari Sri celebrated its Honours day on 12th June, 2024, where students who excelled in the Class X and XII Board Examinations of 2023-'24 were felicitated. They were recognized for outstanding achievements in academics, community service and leadership. The deepest purpose of Hari Sri is to unlock the potential of our students. Honours day is an opportunity to celebrate those who not only reached their potential but surpassed it, elevating themselves to the very highest levels of academic accomplishments.

The event started with a prayer. The programme took place in the auditorium, attended by students and parents. The Honours Day was graced with the presence of the Founder Principal, Ms. Nalini Chandran, Executive Committee members Mr. T.G. Chandrakumar, Mr. K.C. Vijayan, Dr. Ranju Jayaprakash, Adv. Vishnu Hari, Executive Director, Ms. Deepti Menon, CEO, Adv. P.N. Unnirajan IPS, Administrator, Ms. Jayashree Parameswaran, Principal, Ms. Preetha Venugopal, Former Principal, Ms. Jaya Nagarajan and APT President, Adv. Anilkumar.

The Honours Day started with the felicitation of Class X students. The school and subject toppers were given awards and cash prizes. The event was gracefully celebrated, followed by the felicitation of class XII students. The Principal congratulated all the students who had worked hard for the Board Examination.

TOPPERS IN VARIOUS FIELDS



ISC TOPPERS 2023-'24



ICSE TOPPERS 2023-'24



XI TOPPERS 2023-'24



L.P. SECTION TOPPERS 2023-'24

HONOURS DAY 2

ICSE (CLASS X) TOPPERS 2023-'24



JOEL JACOB FIRST 99%	ANAGHA SURAJ NAIR SECOND 98.4%	SOORYAKIRAN R SECOND 98.4%	JACOB DENNY THIRD 98.2%
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Total No. of students who appeared in ICSE: 128 | Distinction : 98

ISC (CLASS XII) TOPPERS 2023-'24



RHEA ANN REJI HUMANITIES TOPPER 98.25%	AENEA SHIJI HUMANITIES TOPPER 98.25%	JOHAN VARGHESE SCIENCE TOPPER 96%	NIRANJANA S. NAIR COMMERCE TOPPER 95.25%
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Total No. of students who appeared in ISC: 74 | Distinction : 43



Founder Principal
Ms. Nalini Chandran

HUMANITIES STREAM

SECOND : Parvathy K.R.	98%
Nanda Sajan	98%
THIRD : Mayukha K.R.	97%

SCIENCE STREAM

SECOND : Sivapriya P.S.	94%
THIRD : Bhavya Srinivas	93.75%

COMMERCE STREAM

SECOND : T.S. Manasa Kalyan	92.5%
THIRD : Vrinda Warrior	91%



School Choir



VIII & IX TOPPERS 2023-'24



U.P. SECTION TOPPERS 2023-'24



"The more that you read, the more things you will know.
The more that you learn, the more places you'll go."

– Dr Seuss

Reading is a good habit that everyone must cultivate, especially students. It feeds the imagination of the mind, stimulates the brain, improves cognitive ability, and increases focus and concentration. Books are a great source of education, moral values, and life lessons that children often pick up. What better way than to come up with your own ideas?

The students of Hari Sri Vidya Nidhi celebrated a spectacular Reading Week in honour of Sri. P.N. Panicker, the Father of the Library Movement of Kerala. This would not have been possible without the constant efforts of our beloved English, Hindi, and Malayalam teachers. While the obvious intention of the week was to promote the reading of books, newspapers and articles among students and peers, it also instilled in them a sense of awareness of the world beyond. Apart from reading, the students also enjoyed showcasing their talent with their fellow classmates on popular fictional characters and myths.

As a part of the Reading Week, the students were assigned to do cover designs on any book they preferred, write a favourite scene from one of the books they like, write reviews and draw comparisons of characters etc. Making it compulsory for each child to participate meant everyone had to come up with ideas and work on them, individually, which ensured that children themselves fully got involved in it. But the highlight of the week was the interactive session with the three famous personalities, who discussed how reading inspired them and how it shaped them to become what they are today. The programme was followed by a ramp walk of some famous characters from popular books. This, in particular, attracted the attention of the younger crowd as they gasped and whispered among themselves of who all they could identify from the characters on stage. Overall, the week proved to be a success since the intended message was conveyed and encouraged children to start reading.

Madhuram Malayalam (a platform for newspaper reading) is a renowned programme organized by the Mathrubhumi. Sponsored this time by Drishyam Eye Care Hospital, it looks forward to promoting reading newspapers among children, teaching them of its benefits and necessity.

Along with this programme, the **Bookworm Awards** and certificates were also given out. Nirmala Books, Chalakkudy, sponsored the beautiful trophies for the awardees. It is crucial to imbibe something new every day. Teachers also asked their classes to prompt family and friends into reading daily.

The occasion was graced by the presence of Nalini Valliamma and Deepti Ma'am. While addressing the students at the auditorium, Nalini Valliamma put forth plenty of ideas to inculcate in students the everyday habit of reading. One of these was creative writing which would give children a chance to explore their imagination and equip them with constant fuel for new and quick ideas. The making of a plot for a story may be a simple task, but planning and executing it with perfection is what must be focused on.

Read and Win Competition: The Malayala Manorama conducted a Quiz programme based on newspaper reading for High School and Plus Two children. The winners got a certificate and a memento.

Last but not the least, our school library continues to nurture and support the pupils' love for books.

Lakshmi Ananya
XI Humanities



BOOKWORM AWARD WINNERS 2023-'24

L.P. SECTION: ADITHI P. and JAHNVI JENEESH

**U.P. SECTION: ACHINTYA NAITIK M., SAWARIYA SANDEEP
and PRARTHANA G.S.**

H.S. SECTION: PARVATHY MENON and ABHINANDANA K. MANOJ

PLUS TWO: JOSEPH EAPEN

THE TEACHER WHO ENCOURAGES THE READING HABIT:

Ms. ANITA MOHAN (ENG. DEPT.)



BOOK COVER DESIGNING: UNLEASH YOUR CREATIVITY

They say, "Don't judge a book by its cover." However, the competition related to the **READING WEEK**, rewrote this proverb by judging books by their covers. The young artists of Hari Sri designed the covers of their favourite books, unleashing their creativity on blank paper. This event aimed to help the students envision their thoughts on a story. All the students put their best foot forward by coming up with extraordinary ideas and did an exemplary job, making this a very engaging and vibrant event. It is, indeed, the beauty of the cover of a book that has the skill of enhancing the readers' interest and introducing the story that awaits within.

Estelle Susan Daison , VI A



The Bookworm awardees with their beloved librarians Mr. Sajeev R and Ms. Mahalakshmi P.K.



The Bookworm Award Sponsor, Mr. Unnikrishnan, Nirmala Books, Chalakkudy distributed the mementoes to the winners.



The Reading Week Skit participants with the guiding teachers



Ramp Walk Programme: Some famous characters from popular books

