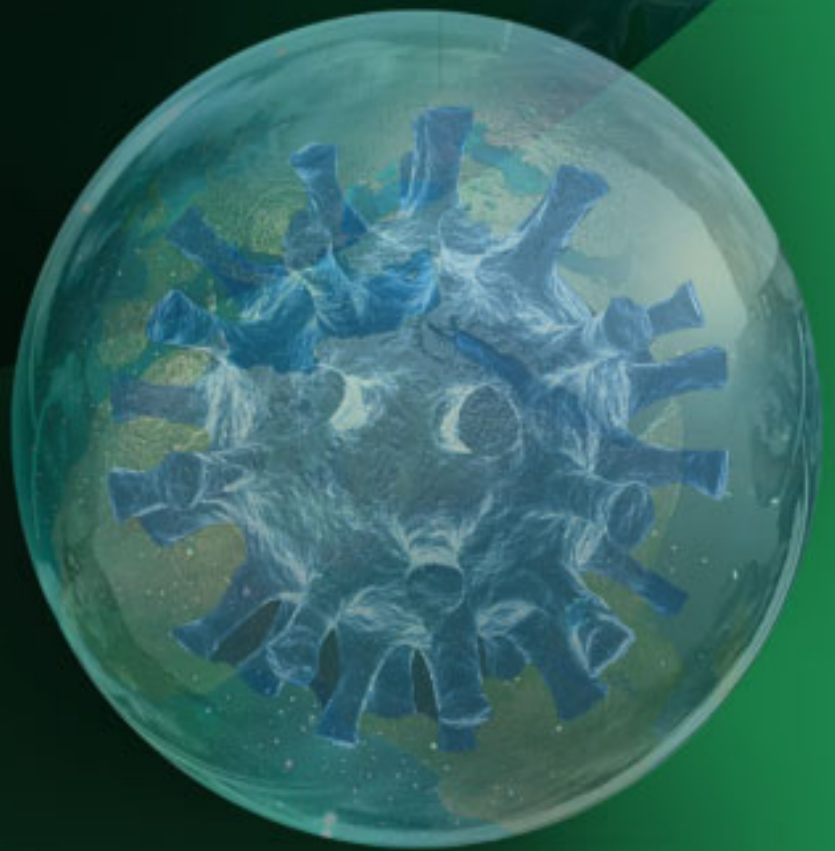


Memorabilia

2021- 2022



Reminiscences and Learning of present and future make us think and act:

St. Ephrem Seminary Public School

(Senior Secondary) Sehion Nagar, Vettickal P.O.,
Pin- 682314 Tel.No. 04842749549



Memorabilia..... 2021 - 2022

ACKNOWLEDGEMENTS

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EDITORIAL BOARD

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Manager

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Editor : Mrs. Grace Molvin jose
Designed by : Mr. Sathish Mannathoor

Memorabilia 2021 -2022



Patron Saint



**SUPREME PATRON
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Wisdom- knowledge makes us refrain from vacillation, vengeance, venom, vexation, viciousness, vileness, vindictiveness, virulence, volatility and vulnerability: wisdom helps us to become valorous, veracious, versatile, vernal, vicarious, vigilant, virtuous, vital, vitreous, vivacious and votive. Wisdom the cornucopia, the panacea, the balm of hurt minds, redeems the women and men from fear, fret, tribulation, despondency, denigration, deracination, distress and malice. If we are circumscribed and suppressed by excoriation, dejection, relentlessness, execration, calumny and villainy, the instinctive traits of life, we can definitely be besieged and protected by wisdom. This truth is testified through many a verse in the Holy Bible, the Gita and Thirukural. In order to have better living and mental solace we are to be guided through excellent wisdom, the unfathomable ocean. Excellent wisdom, knowledge, is as good as innocent sleep, sleep that knits up the ravelled sleeve of care, the great nature's second course. The rumbustious, the deleterious and lugubrious can easily be transformed by the desideratum –knowledge, wisdom.

Wisdom will rejuvenate the panorama of materialization of ambitions, yearnings, intentions, expectations, resolutions, determinations, earnestness, and aspirations. We should always be marshalled by the excellence-excellence of knowledge. There is a human instinct to practise and pursue excellence. Always, soon or late, humanity turns to excellence.

'Memorabilia 2021-2022' may have a meager part in imparting knowledge – wisdom. Most of the pages for the Memorabilia are either the photographs of school events or multifarious creations of the little ones, the students of St. Ephrem Seminary Public School. The effort and enthusiasm, spilled from the Principal, designer, editor, members of editorial board and the students of the school, for the 'Memorabilia 2021-2022' are worthy enough to be noticed.

Prof. Joseph Mattam

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St. EPHREM DAY



INDEPENDENCE DAY



REPUBLIC DAY



ST. EPHREM SEMINARY PUBLIC SCHOOL FAMILY



St.Ephrem Day



Magazine Release



St. Ephrem Seminary Public School

Vettickal P.O. Mulanthuruthy, -682314

CBSE CLASS-XII RESULT

**SCHOOL
TOPPER**



ABIYA MARIYAM
(SCHOOL TOPPER
COMMERCE- 97%)

**100%
SUCCESS**

FULL A1 - SCORERS



AKSHA MARIYA RAJU
(COMMERCE- 96.6%)



ANSAMOL VARGHESE
(SCIENCE- 96.6%)



CIYA SUSAN SAJI
(SCIENCE- 96.4%)



ABHIMANYU P D
(COMMERCE- 95%)

A1- IN 4 SUBJECTS



MEHA ANNA JAMES
(SCIENCE- 95.2%)



DONA JIMMY
(SCIENCE- 94.6%)



HARIPRASAD REJI
(COMMERCE- 95.6%)



GAYATRI B
(COMMERCE- 95.6%)



ALEN VARGHESE
(COMMERCE- 95.6%)

90% ABOVE - 23 STUDENTS

DISTINCTION 75% ABOVE - 41 STUDENTS

FIRST CLASS 60% ABOVE - 3 STUDENTS

Congratulations

St. Ephrem Seminary Public School

Vettickal P.O. Mulanthuruthy, -682314

CBSE Class X Result 2020-21 School Toppers



Aleena Binu
(96.8 %)



Kripa Babychan
(96.8 %)

100%
Result

Full A1 Scorers



Kripa Babychan
(96.8 %)



Aleena Binu
(96.8 %)

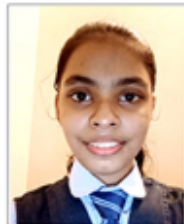


Alen Sabu
(96.4 %)



Rima Mary Abraham
(95.8 %)

95% above



Agnus Jaison
(95.4 %)



Jisna Manoj
(95.4 %)



Krishnapriya S
(95.2 %)

90% above – 22

Distinction 75% above – 51

First Class 60 % above – 9

Second Class 50 % above – 3

Congratulations

ANNUAL REPORT OF THE YEAR-2021-22

Most honourable Chairman of the school, H.G Dr.Kuriakose Mor Theophilose Metropolitan, V.Rev.Dr.Adai Jacob Cor-episcopa, our esteemed Manager, Smt.Rachel Joseph, Administrator of the school, Prof.Joseph Mattom, Treasurer and G.B member of the school, Respected members of the school Governing Body and Managing Committee, Spiritual Director, Rev.Fr.Raju Collappurath, Senior Asst.Mrs. Mary N John KG Section Head, Mrs. Lissa Satheesh, beloved teachers, parents, well-wishers, non-teaching staff and the most preferred students.



In the beginning let me thank God Almighty for guiding us, protecting us, providing us everything we need and lead us safely to our goal.

The academic year 2021-22 was an emerging and innovatory year with splendid glimpses of achievement. The momentous reflections of this year 2021-22 are spotlighted in this report.

St. Ephrem seminary Public School, was established in 2002, organized and administered by the St.Ephrem Educational trust,Udayagiri,Vettickal. We follow the pace setting system of education envisaged by the Central Board of Secondary Education.

We have made great efforts to follow and implement the progressive educational philosophy of the CBSE and have been extremely successful in most of our endeavours. Apart from preparing the students to qualify for purely academic demands, special efforts are being made continuously to enable them for facing the challenges of the competitive world.

It's a matter of great importance to us that, students who pass out from St.Ephrem Seminary Public School should carry forward the values they have inherited, excel in whatever they do and be role models in the society. With a team of dedicated staff, with an excellent collaboration of involved parents, coordination from the committed management, St. Ephrem offers a nurturing ground for the holistic development of industrious students.

A GLANCE ON YEAR 2021-22 ACHIEVEMENTS

1. BOARD EXAM RESULT-2021

Ephremians demonstrated a stunning performance in their AISE and AISSE Board Examinations. Their achievements were exemplary with 100% success. 63 students attempted the AISE exam and 4 of them secured A1 in all subjects. 51 students secured distinction and 9 of them got first class and 3 scored second class. 44 students appeared the AISSE exam and 4 of them bagged A1 in all subjects. 41 of them scored distinction, 3 got first class.

The entire St.Ephrem family, congratulate and acclaim the students for their excellent and exceptional academic merit.

2. THE TOP 0.1% CERTIFICATE OF MERIT BY CBSE

One of our exemplary brilliant students Kumari. Neha Rani Paul secured the top 0.1% certificate of merit which is verbally the exceptional merit for our school awarded by CBSE for the class X English Board Examination-2020.

SCHOOL DIGITALISATION

a) **SCHOOL WEBSITE** : The school website: www.stephremseminarypublicschool.com has been renewed. The renewed website provides a comprehensive indication of our school. The school website streamlined with updated features covering the multi variant academic and non-academic realms.

- b) **SCHOOL APP -The teaching learning platform-** The school app SACTIN helps our students in their E-learning process efficiently and co-ordinate with teachers effectively during the pandemic. In this particular scenario, where education system shifted to digital platforms and E-learning process, the school App has become very effective and useful for our students and teachers.
- c) **DIGITAL CERTIFICATES** : This year has been enriched with variety of events held to nurture our students' artistic and aesthetic talents and E-certificates issued to the winners and participants.

CHANGES IN ACADEMIC STRUCTURE

This year CBSE introduced a special scheme for Board Exam-2021-22. Board exam students are expected to appear two term-end examinations with rationalized syllabus. The First Term Exam was held in November-December 2021 and Second Term Exam will be commenced in April-May 2022.

TEACHERS TRAINING PROGRAMMES

Teachers' are a pivotal and inevitable part of the educational stream. Hence, teachers' training programme should be a continuous and never-ending process to promote efficiency in teaching. If teachers adopt or create new teaching methodology, they can face new challenges and adopt changes in the 21st century education system. To equip teachers with the latest methods of teaching, they have to attend various training programmes of CBSE, COE, Central Kerala Sahodaya complex and other reputed resource persons.

MOTIVATIONAL AND AWARENESS CLASSES FOR STUDENTS

'Behind the clouds the sky is always bright and blue'. A motivational refreshment class for classes VIII-XII were conducted on 3rd, 4th and 5th of August 2021 by a reputed resource person Mr. Giji Varghese with the topic "Blue skies ahead".

SPOTLIGHTED PROGRAMMES AND ACTIVITIES OF 2021-22

· REOPENING

The academic year 2021-22 started through online mode, on June 6th 2021 with the unsettled tumultuous condition of Covid -19. 'Vidhyarambham' for LKG students were held on 11th June 2021 with a blessed and graceful situation.

· SCHOOL ELECTION & INVESTITURE CEREMONY

The virtual online School Election was conducted on July 14th 2021. Anson Eldo P Wilson and Parvathy Suresh were elected as the School Leader and Asst.School Leader respectively. The online investiture ceremony was held on 4th August 2021. School leader, Asst. leader along with all class representatives, house captains, vice captains, and club leaders were pledged to uphold the responsibilities entrusted to them with commitment and sincerity.

· ARTS FEST-2021

The school cultural rhythm fest 'PADAVU-2021' was held on 6th and 7th August 2021 in a zestful mode. Honourable Chairman of the school, H.G Dr.Kuriakose Mor Theophilose Metropolitan inaugurated the Arts day and wished the students. Students showcased their talents before the judges in a vivacious manner. The online performances of our stunning stars made the event vigorous and splendid.

· STAFF MEEETINGS

Staff meetings and subject committee meetings at regular frequency are held in every month to plan out and asses both curricular and co-curricular strategies. Staff secretary Mrs. Sathi PK hosted online meetings and presented the minutes of previous meetings. Section Heads are appointed to monitor and coordinate all academic activities of the respective sections. Mrs.LizaSatheesh [K.G], Mrs.Sheemol P Eldhose[I to IV], Mrs.Nitha Paul {V to VII}, Mrs.Sathi P K

[VIII to X], Mrs. Mary N John [XI & XII Science] Ms. Sijamma Raju [XI & XII Commerce] are rendering their valuable service in the effective organization of various activities.

FIRST AID COMMITTEE

In compliance with the direction from the Health Department, a First Aid Committee was formed consisting of three members from staff, one representative of parents and five students of higher grades. They were given training by the officials of Health Department on the effective management of disasters and accidents involving students.

NATIONAL CELEBRATIONS

Days of National importance and National Festivals are commemorated in a fitting manner in our school.

Independence Day : Independence Day was celebrated on 15 August 2021 in a solemn and ceremonial ambience. Mrs. Jaina Paul, honourable principal hoisted the National Flag.

Republic Day : Republic Day was celebrated on 26 January 2022 with a patriotic fervor and Mrs. Jaina Paul, Principal hoisted the National Flag.

Gandhi Jayanthi: Gandhi Jayanthi was celebrated on 2nd October 2021 at school with great national reverence and honour. In connection with all these festivals we conducted different programmes and competitions.

FESTIVALS, CELEBRATIONS AND ACTIVITIES

Onam, the national festival of Kerala was held in a colourful manner with various aesthetic activities. Teachers conducted Onam competitions for their students and gracefully shared the Onam wishes.

Christmas was one of the mementoes programme of this year. Christmas messages and greetings delivered by the Chairman of the school - Most respected H.G. Dr. Kuriakose Mor Theophilose Metropolitan, V. Rev. Dr. Adai Jacob Cor-episcopa-our Manager, Smt. Rachel Joseph-Administrator, Prof. Joseph Mattom-Treasurer and G.B member, Mrs. Jaina Paul-Principal, Rev. Fr. Raju Collappurath-Spiritual director, Mrs. Lissa Satheesh, KG Section head and all the members of staff. Our beloved students and teachers created a beautiful video presentation "Christmas Sammanam" was a real Christmas gift for everyone. It was attractive and also eye-catching.

BIRTHDAY CELEBRATION OF SCHOOL CHAIRMAN

Ephremians celebrated the birthday of our school Chairman, H.G. Dr. Kuriakose Mor Theophilose Metropolitan on 1st February 2022 with great zest, zeal and enthusiasm.

SAINT EPHREM DAY

25th February is one of the most notable days in the pages of our school. On this occasion, the Holy Qurbana was offered and the Chairman of the school, H.G. Dr. Kuriakose Mor Theophilose Metropolitan delivered valuable message to the St. Ephrem Family.

There were many other celebrations & activities conducted in the school to help the students to ease off the hectic academic schedules. These help the students to express their talents and improve their socializing skills. World environment Day - Yoga Day-Music Day- Kerala Piravi- Teachers' Day-children's Day- Reading Day-world Tourism Day-National Sports Day-World Elders Day- Fathers Day- World Photography Day etc. were the other exciting and blissful events and celebrations held in this year.

BACK TO SCHOOL

The school reopened and classes started for IX-XII students on 1st November 2021 after a long period of Covid hardship. All classes began from January 2022.

ASSESSMENT AND EVALUATION- ACADEMIC & OTHER EXAMS

In regular intervals online and offline periodic tests and term exams were conducted for all students as per the prescribed time table. In accordance with the special scheme of CBSE, school was the centre of Term-1 Board Exam Examination.

Our school was one of the centers of NEET Examination 2021. School has provided all the facilities required for 360 students to appear for the Examination.

The School was selected in the National Education Survey-2021 conducted by the Ministry of Education; Govt. of India which was aimed to understand the health of Indian education system in Govt. schools, Aided schools, Unaided schools and private schools. Students from classes III & X were selected for the survey exam on 12th November 2021.

KIDS FEST AND MONTHLY ACTIVITIES FOR KINDERGARTEN

Kids Fest was held for performing the artistic and creative talents of the tiny tots of Kindergarten. Students actively participated in various programmes and E-Certificates were issued for winners and participants. Different activities were conducted in each month on different theme to promote the creative skills of students.

EPHREM EXPO-2021-22

The school exhibition Ephrem Expo-2021-22 was organized in virtual mode and was an event that exhibited the creative and productive abilities of Ephremians. They exhibited and demonstrated their works before the teachers and they appreciated, approved and evaluated the creativity of the fabulous stars and E-certificates also distributed.

OPEN HOUSE

Batch wise online parent teacher interactions were being conducted after each periodic tests and term exams. We were providing assistance to the parents in monitoring the progress of their wards.

CONCLUSION

As I conclude, first and foremost, let me thank God Almighty for all the blessings. Our heavenly patron St. Ephrem always protects us from predicaments and distress. Let us gratefully raise our hearts and bow before God almighty for what we are today.

H.G .Dr.Kuriakose Mor Theophilose Metropolitan, our honourable and esteemed Chairman, has to be thanked for his placidity, devotion ,abiding compassion and philanthropy.His Grace's multivarious qualities,guidances & whole hearted support, have been the sign of bloom of this school. .

Our Manager, V.Rev.Dr.Adai Jacob Cor-Episcopa, a devout priest known for his far-sightedness and kindheartedness deserves much sincere gratitude and respect.

Smt.Rachel Joseph, the Administrator of the school ought to be thanked for rendering her vast administrative experience, as H.G Under Secretary to Govt. of Kerala for the betterment of the school.

The Treasurer and Governing Body member of the school, Prof. Joseph Mattom, an academician and strict disciplinarian deserves much thanks for his selfless service for the school. I also like to express my sincere thanks to all members of the School Governing Body.

Rev.Fr.Raju Collappurath, the Spiritual Director, deserves thanks for helping our students to overcome their personal problems.

I express my sincere thanks and gratitude to Senior Assistant Mrs. Mary N John and KG Section head Mrs. Lissa Satheesh for their effective, efficient and timely support.

Special thanks to section heads, staff secretary and all the members of teaching staff.

Members of office staff are always duty bound in all working days. They deserve thanks for their earnest and sincere service.

The members of non-teaching staff who are always keen to be engaged on school service always deserve much thanks and consideration. The success of St. Ephrem is the fruit of your hard work, commitment and selflessness. We remember you always with gratitude.




The Gift

As I fly across the sky
Many things I see, like
Birds up high,
The buzzing bees
On the flowers.
The sun of dawn,
Rises within the hills.
The snow covered mountains
Like a crown of silver.
The waterfall flows down,
Through the green-brown mountains.
Rivers form a delta,
Before touching the sea.
Walking down the beach,
I feel the sweet and cool breeze.
The sound of rain,
Feels like love and peace.
The moon in the dark sky,
Looks like a glowing star.
In my every step,
I wonder,
I thank God,
For this pleasure,
For life on this wonderland.

Abner Ubi Mathew Class X-A

GROWING TO MEMORIES...



I had a tree to play with me,
As an innocent child,
I spent my days
On the branches of the tree..
Now,
Years passed as the child grew big,
Still not big enough;
Still not a boy yet.
Time passed as the bond fade;
Moved on from the tree,
From a childhood friend,
To a fruit giving slave...
Being blinded by greed,
Failed to notice its branches growing weak,
It grew to my memories,
As it fades from its existence...

Allen Peter Geogie Class XI A

Call of Nature



Rick had heard people say,
“Take a breath, everything will be fine”.
But, these days it is even hard to breathe.
Thinking of a way to escape,
He landed on an isle, inhaling the sweet air.
The sound of rushing water delighted his ears
The melodies of the birds filled his ears.
Oh, how he wished to live there forever.
Playing around there, he slept under a tree.
Back in his room, when he opened his eyes
He was sleeping on his couch.
And now he wishes, it was not a dream!

Agnus Jaison ClassXI A



Dead life

With a million wounds and so much pain, I can't find an umbrella in this rain.

With a broken heart and a faken smile

My mirror looks like insane, when looked for a while.

With a confused look , gazing at the world with swollen eyes,

I search for the truth; in a world full of lies.

A farewell is organised for me everyday
Maybe I am dead now , maybe I was alive yesterday
Lying on the bed thinking and looking blankly on the walls ,

A dense forest and the fierce waterfalls.
A calendar mocking on me; a clock pitying.
Can't choose if they are animals or humans
With a bleeding hand I write everyday,
With a screaming life I live everyday,
With a broken heart I smile everyday,
With living dreams I die everyday.

Everybody Has A Name

Everybody has a name
Some are different,
Some are same.
Some are short,
Some are long.
All are right,
None is wrong.
I like my name,
It's special to me.
It's exactly who,
I want to be!



Avanthika Ajumon Class :1 B

INTERESTING FACTS

- Hot water turns ice faster than cold water.
- Mona Lisa has no eyebrows.
- Strongest muscle in the body is our tongue.
- Butterflies taste with their feet.
- On an average people fear spiders more than death.
- Chocolates can kill dogs as it affects their heart and nervous system.
- Cigarette lighter was invented before the match.
- It is impossible to lick our elbow.
- Each king in the deck of playing cards represents kings from history- spade = king David, clubs= Alexander the Great, hearts= Charlie Magne, diamonds= Julius Caesar.
- Camel has three eyelids.
- Blue whales heart is as big as a car.
- Largest snake ever lived in the earth was TITANOBOA.



Is India Safe for Women?

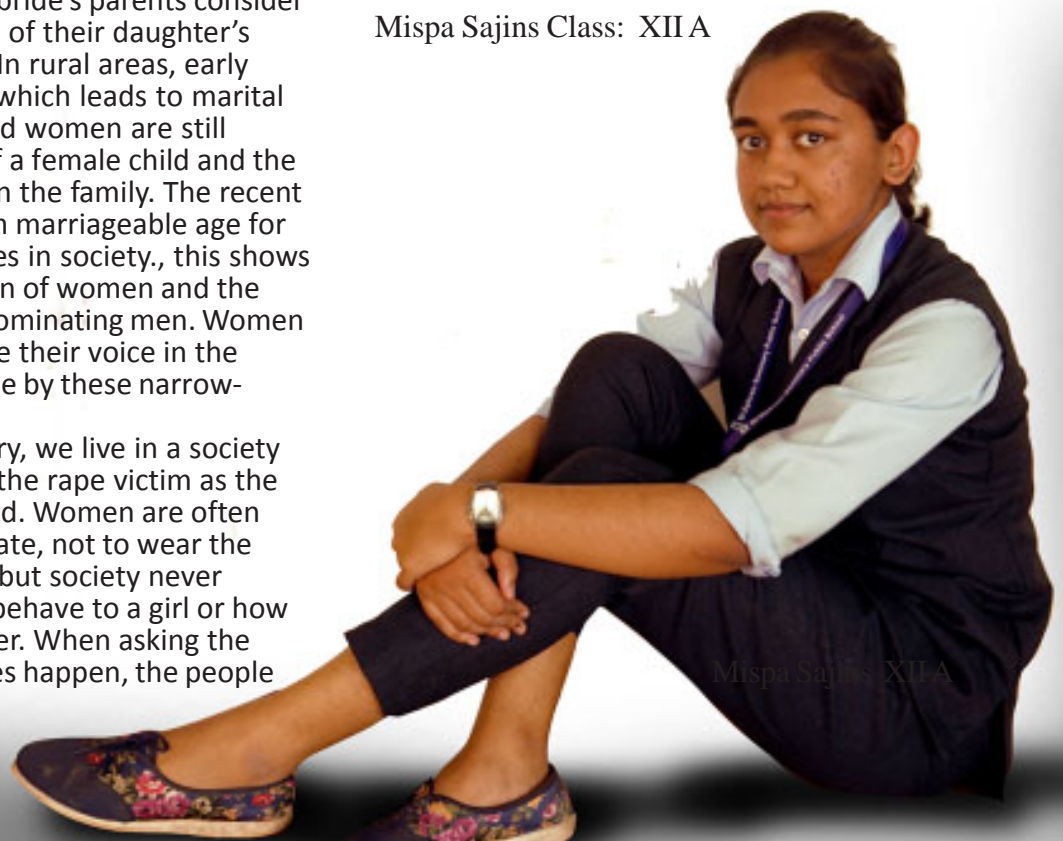
India has become one of the most dangerous countries for women to live in. Indian women don't feel safe at their workplace, on the streets or not even at their own homes. From female foeticide to rape, acid attacks to dowry deaths, Indian women are not safe in their country. Even though India represents its country as a woman- 'Bharat Mata', the fate of the women living in the country is miserable. There haven't been many days we didn't hear about the news of crimes against women. From Nirbhaya who was a victim of rape abuse to Vismaya who was a victim of dowry death, to name a few, Indian women are often harassed and ill-treated by the male subjugating patriarchal society. The dowry system is one of the oppression women face in society, though most of them are unreported, married women are harassed by their husbands and in-laws. Due to this system, women are often considered as a liability for their parents. The belief of male superiority in society is the main reason for the ill-treatment of women. The woman is often urged and mandated to stay at home looking after her husband and kids after the marriage and are often being a victim, and they don't even feel courageous to open up about their miserable condition due to the fear of how society will think about them or how they'll live their life without depending on their husbands. Though the giving and taking of dowry are banned, the practice persists with a different name- 'as gift for the daughter'. The bride's parents consider dowry as an assurance of their daughter's safety after marriage. In rural areas, early marriage still prevails which leads to marital abuse, and suicides and women are still blamed for the birth of a female child and the child is often ignored in the family. The recent raising of the minimum marriageable age for women harked issues in society., this shows the despicable situation of women and the frame of mind of the dominating men. Women are advised not to raise their voice in the public nor at their home by these narrow-minded men.

Even in the 21st century, we live in a society where society blames the rape victim as the reason for getting raped. Women are often advised not to go out late, not to wear the dress of their choices, but society never teaches a boy how to behave to a girl or how to respect and value her. When asking the people about why rapes happen, the people

particularly men, answer it's because of the dress which the women wear and it's never about the heartless mentality of men. Even the politicians who claim to stand for the citizens and who ought to be the role models for society often treat women disrespectful by their sexist remarks against women. As Adrienne Rich's poem says, a woman even if she is dead is "ringed with ordeals she is mastered by". When a crime against women is reported, news channels report, politicians tweet and people talk and protest a lot about it, discuss the matter with great enthusiasm but this enthusiasm is just seen for two to three days. Though the government has set rules and punishments for the offender, the rules are often settled with a bundle of cash; that's how much value a woman is given in society today. The only thing a woman needs is to be educated and to have a career of her choice. It not only gives a woman respect in society but also gives her the confidence to stand up for her rights and raise her voice against harassment. Women empowerment doesn't come by introducing schemes like 'Beti Bachao Beti Pado' unless it is properly implemented and society has a great role in empowering women. Instead of giving her dowry, give her education. Instead of blaming women, stand with her. Instead of telling a woman how to present herself to society, teach the men how to behave to a woman.

Let's stand with her, let her stand on her own feet, let her realise the value she deserves, let the next generation grow up to be a change in society.

Mispa Sajins Class: XIIA



My Granny



**While thinking of love, you come to my
mind;**

**I remember those days which I love to
cherish –**

**I used to lie on your lap and took short naps,
Your stories at night made me to sleep in
delight,**

**All these are the best memories, I have with
you**

**I thank God for this fabulous gift
Which I adore the best.**

Anagha Sanoj Class: IV B


RAY OF HOPE

The flowers will always bloom,
the calm days come after the storm
The dawn will be graceful and,
the dusk will be beautiful
Once the darkness subsides,
the sun will no longer hides
Blue skies will be visible again,
the world will sustain
There is ethereal beauty in melancholy,
and a tranquil paradise in the lonely sky
At the right time every terror will end,
the world will be again kind
Slowly everything will change,
as a ray of hope is everywhere

Nehna Suresh Class : X A



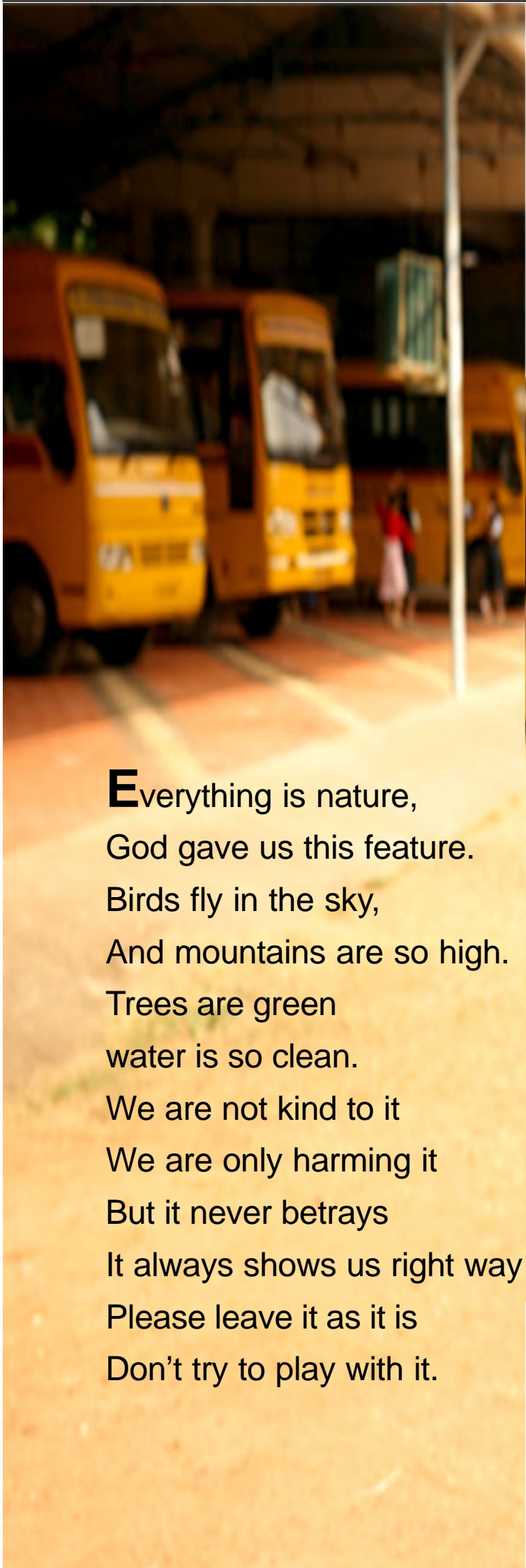
YOUR BEST



If you always try your best
Then you'll never have to wonder
About what you've done
And you'd summoned
all your thunder
And If your best
Was not as good
As you hoped it would be ,
You still could say ,
“ I gave today
All that I had in me.”

Libin Jinu Varghese Class: XI B

Nature



Everything is nature,
God gave us this feature.
Birds fly in the sky,
And mountains are so high.
Trees are green
water is so clean.
We are not kind to it
We are only harming it
But it never betrays
It always shows us right way
Please leave it as it is
Don't try to play with it.



Abiya Subin Class VI A



My Mother

I have a sweet Mother

I have a lovely Mother

She becomes a Doctor when, I feel sick-

She becomes a Teacher when, I have doubts-

She becomes a Soldier when, I face problems

My Mother is the Power of my Life

My Mother is a Gift from God.



Irine Elizabeth Loy Class 7C

AMAZING FACTS



1. Why does the newborn baby cry when it is born ?

At the time of birth, the baby breaths for the first time. Its lungs stretch out and dilate to fill up with air in one single movement. This hurts and so the baby cries out.

2. What is sixth sense?

It was the Greek philosopher Aristotle who listed out five senses: sight, hearing, smell, taste and touch . Some people are said to have a sixth sense when they can guess what will happen in future, but this has not been proven scientifically! Scientists now include pain, balance, joint motion and acceleration, time , temperature and direction as senses too.

- Why do ants walk in a line ?
When ants come out of the anthill, they place themselves in a single line so as not to get lost. They follow a scented trail left behind by one of their fellow ants . While walking , they leave behind, in their turn, a smell . By and by , the trail becomes easier to follow.
- Do animals laugh ?
Monkeys and apes are the only animals that, like human beings , have zygomatic muscles – these are special muscles on cheekbones, which enable laughing. Thus, they too can laugh. But they laugh on reflex when tickled or when they play, and not because they have a sense of humour in the way human beings may have.
- From where do tears come ?
Tears are produced by the 'lachrymal' glands located above the eyes. Thanks to them, our eyes remain constantly moistened to clean out dust particles. When we are sad or in pain , the brain triggers an intense production of tears ; the lachrymal glands overflow and we cry.

An Honour:

**Interview with Dr. Mathew Jacob, a state award winner (2017)
HOD of Physical Education
MA College Kothamangalam.**



Conversation:-

Arjun: Sir, had your school, college days were really enjoyable? Are you keeping memories of your old friends?

Dr Mathew Jacob: Of course! As of yours, I also had enjoyed very sweet memorable college life. Yes, I do quite often remember my friends and the enjoyable moments spent with them. The real fact is that life in LNCP

GWALIOR Physical Education College had totally changed my life and those five years not only have moulded me to whom I am today but also immensely enjoyed my days there. All my friends of that days are well settled and were leading a truly great life.

Arjun: Can you share one of the unforgettable incidents in the past 25 years of your teaching career?

Dr Mathew Jacob: In the 67 year old sports history of MA College, the college team in 2019 has won the overall championship (men's category) in University meet. This was one of the proud and unforgettable moment. Also I was the first one to introduce Volleyball game in MA college kothamangalam, it was in 2005.

Arjun: Can you tell us the reason for you to choose this profession?

Dr Mathew Jacob: The foremost inspiration was my father Shri. K.P Jacob Pulppara, who was also a physical education teacher. He wanted me to

become a Volley player and forced me hard to fit into his dream.

Arjun: Sir everyone know that Volleyball is a jumping game. Can you please share your best jumping performance?

Dr Mathew jacob: Oh sure, 3.27 M is my attacking jump and 3.19 M is my block jump height, these heights levels are of course matching national performance standards.

Arjun: Sir, Can you share your views on characterising physical education

teachers as comedians in most of the films? Does this impact the people to assume this as reality?

Dr Mathew Jacob: In my opinion it doesn't matter, Cinemas cannot create such image in general. We have to work seriously to impact life of students who deserve a good guidance. Characterising as comedian we have to enjoy the comedy in it and do not forget that even chief ministers are even mentioned as comedians.

Interviewer

Arjun M.A 37

M. P.Ed.

HOD of Physical Education



TWO

**Two little squirrels
Climbing a tree,
Two little rabbits
Looking for me,
Two little frogs
Jumping up high,
Two little birds
Learning to fly.**

Aswin Siva Class: 1 B



LEAF

I'm green myself.
The fluffy meadow was my home,
All green
The tiny bugs were my mates.
They're cute and small,
Spending all day on me.
But when the snow comes,
They forbade me to show up myself,
That made me hate.

Jerin Maria Sreeba Class: 10 B

Nature's Glee

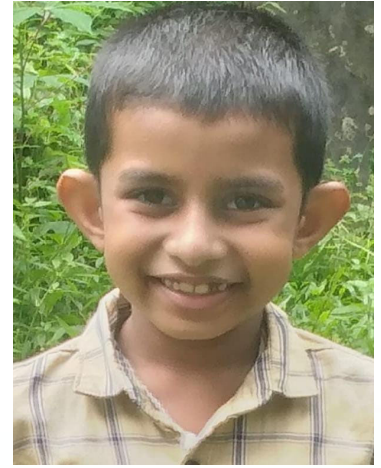
Close your eyes and you will see
The wonderful picture of heaven,
A gift of our Mother Earth.
It shows you the happiness
That mesmerize your thoughts
Just close your eyes to see and feel
The wonderful nature around
The colourful butterflies fluttering
The sweet chirping birds
The pleasure that the nature gives
Is a treasure to us forever.
Close your eyes and you will see
The wonderful picture of heaven.



Anna Johnson, Class 11 A

അമ്മ

ഒറ്റപ്പെട്ടുപോയെന്നു
തോന്നുമ്പോഴൊക്കെയും
ഒപ്പമുണ്ടെന്നുള്ളൊരുൾ വിളി
മക്കളെ എന്ന
ആ വിളിയിൽ
അലിഞ്ഞില്ലാണ്ടായി
പോവുന്നന്റെ കുഞ്ഞുസങ്കടങ്ങൾ



IGNATIUS ELIAS ALWIN Class: 2 C



ആവലാതി

എന്തിനുവന്നു നീ പൊന്നു കോറോണേ
 എല്ലാത്തിനെയും കൊന്നൊടുക്കാനോ?
 എവിടെന്നു വന്നാലും എന്തിനു വന്നാലും
 എത്ര ഭയങ്കരി നീ കൊറോണേ
 നീയെത്തും മൂന്നമേ എത്രയോ സുന്ദരം -
 ഞങ്ങൾ തൻ ജീവിതം

എന്നാലിന്നെല്ലാം മാറ്റി മറിച്ചു നീ ഭയങ്കരി
 ഞങ്ങളെ തമ്മിലകറ്റി
 വായ മുടിക്കെട്ടിച്ചു

ഇഷ്ടമല്ലെങ്കിലും തേയ്പ്പിച്ചു രാസദ്രവ്യം!

കളിച്ചും ചിരിച്ചും കൈ പിടിച്ചും ഉല്ലസിച്ചു നാൾ മറന്നു
 കത്തി പിടിച്ചു നിനക്കറിയില്ല

കള്ളമില്ലാത്ത ഞങ്ങൾ തൻ മാനസം.

കരുതുക കള്ളി നീ നിന്നെ വിടില്ല

ഞങ്ങളെത്ര വൈകിയാലും നിനക്കായ് -

തീർത്തിടും അഴിയാക്കുരുക്കൊന്ന്

മാനവരൊന്നാകെ മന്നിന്റെ നന്മയ്ക്കായ്

മാറ്റിടും നിന്നെ മണ്ണിൽ നിന്ന്

അത്രമേൽ ഞങ്ങളെ കണ്ണീർ കുടുപ്പിച്ചു

അത്ര വിനാശകാരിണി നീ

കരുതിയിരിക്ക, നിന്നുടെ താണ്ഡവം

കത്തിയമരുവാൻ അല്പകാലം ഇനി

നീ കത്തിയമരുവാൻ അല്പകാലം.



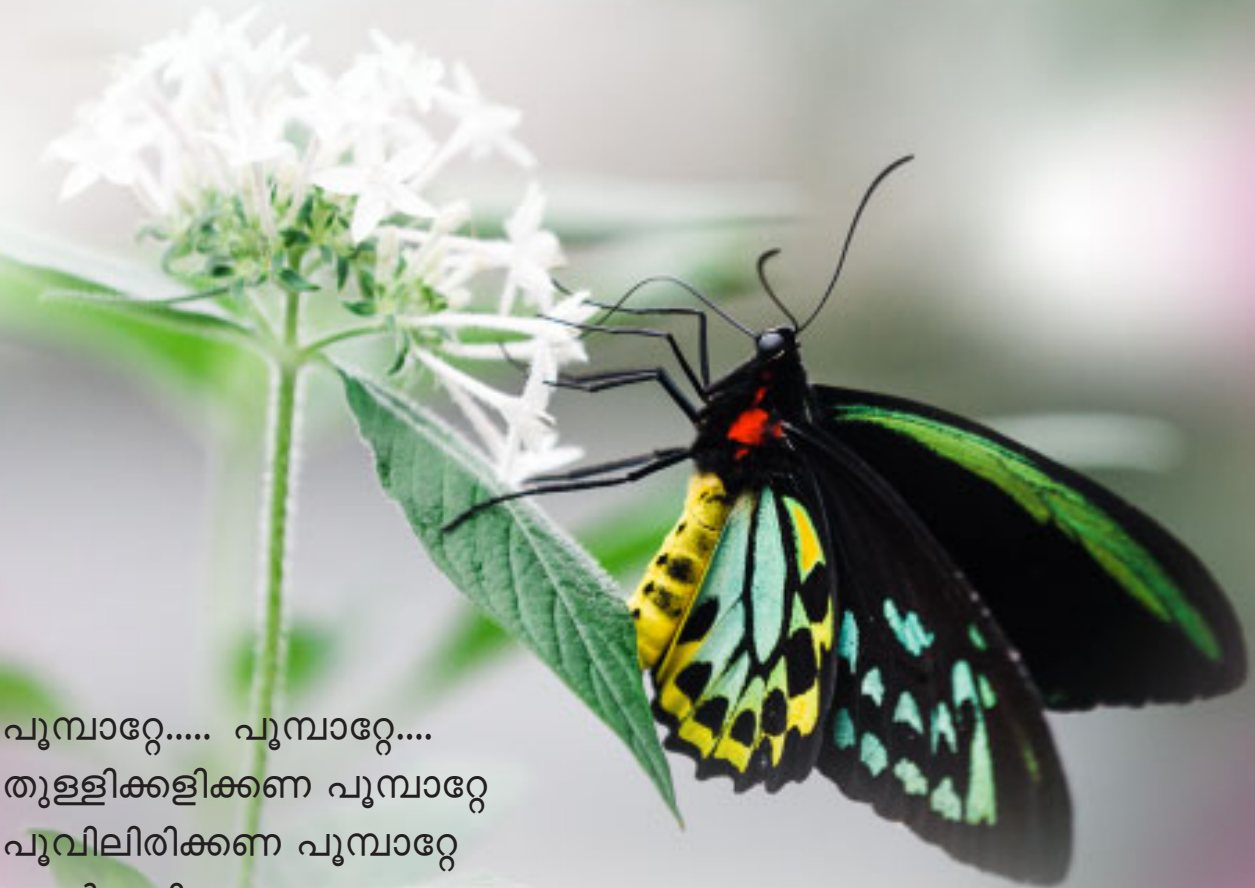
പോയ് മറഞ്ഞാൽ

പ്രളയവും മഹാമാരിയും നശിത്തുടക്കുമി
മാമലനാട്ടിന്റെ വീഥികളിൽ
പൊന്നോലക്കൂട ചൂടിയെത്തി
പൊന്നുമാവേലി പൊന്നോണനാളിൽ
നിന്നുമന്നൻ പടികൾ തോറും
കാണുന്നില്ലല്ലോ ആബാലവൃദ്ധരെ
മുത്തശ്ശിമാരെല്ലാമെങ്ങുപോയി
പുക്കളെമെങ്ങുമേ കാണുന്നില്ല.
കേട്ടു മന്നനാ ദുഃഖവാർത്ത
ഷഷ്ടിപൂർത്തി കഴിഞ്ഞവരെ
വേട്ടയാടും മഹാമാരിയൊന്ന്
സൂക്ഷിച്ചിടായ്കിൽ പോയ് മറയും
മാലോകരീവിധം പോയ് മറഞ്ഞാൽ
മാമല നാട്ടിലെന്തോണക്കാലം
ഇങ്ങിനിവന്നിട്ടു കാര്യമില്ലാ -
പാതാളം തന്നെ നമുക്കു ശാന്തി
നിന്നു മഹാ മന്നനൊട്ടുനേരം
അവനിതൻ ഗതിയോർത്തു തേങ്ങിനിന്നു
മണ്ണിനെ വിണ്ണാക്കിയ കാലമോർത്തു
അശ്രുബിന്ദുക്കളടർന്നു വീണു

മാധവ്. എസ് Class:2 C



പൂമ്പാറ്റ



പൂമ്പാറ്റേ..... പൂമ്പാറ്റേ....
തുളളിക്കളിക്കണ പൂമ്പാറ്റേ
പൂവിലിരിക്കണ പൂമ്പാറ്റേ
തേൻകുടിക്കണ പൂമ്പാറ്റേ
നീനെ കാണാനെന്തുരസം
പൂമ്പാറ്റേ... പൂമ്പാറ്റേ.....

ഫാസിയോ ലിജോ LKG A





പട്ടവീട്

എന്നുടെ വീടൊരു പൂവാടി
ചന്തമെഴും പലവർണ്ണത്തിൽ
പൂക്കൾ ചിരിക്കും പൂവാടി
അമ്മപ്പുവൊരു മുല്ലപ്പൂ
അച്ഛൻ പൂവൊരു റോസാപ്പൂ
അപ്പൂപ്പൻ പൂ മന്ദാരം
ചേച്ചിപ്പുവോ മല്ലിപ്പൂ
ഞാനൊരു കുഞ്ഞു ജമന്തിപ്പൂ !

Anagha Sanoj Class: 4 B

പ്രണാമം



വാനമ്പാടീ വാനമ്പാടീ
ധീര ജവാൻമാർക്കുർജ്ജമായി
ഭാരതമണ്ണിനഭിമാനമായി
ദേശഭാഷകൾക്കതീതമായി
ജനഹൃദയങ്ങളെ ഉണർത്തിയ
ഗാനകോകിലമേ
നീ പോയ് മറഞ്ഞതെങ്ങോട്ട്
മരിക്കില്ല ഞങ്ങളിൽ
നന്നോർമ്മകൾ
മറക്കില്ല നിൻ സ്വരമാധുരി
യുഗയുഗാന്തരങ്ങളിൽ ജീവിക്കും
അമൃതസുധയായി നിൻ ഗാനമാധുരി
ഭാഗ്യം ചെയ്തോർ ഞങ്ങൾ
ജീവിച്ചിരല്ലോ ഈ പ്രതിഭാധനയ്ക്കൊപ്പം
പ്രണാമം ലതാജി പ്രണാമം.

ഇമ്മാനുവേൽ പോൾ അനിൽ Class: 7 A

അമ്മ

അമ്മിഞ്ഞപ്പാലിൻ തുവെണമ
തുകുന്ന സത്യസ്വരൂപിണിയായ അമ്മ
മായ്ക്കുവാനാവാത്ത സ്നേഹമാണമ്മ
വാക്കാണു് പൊരുളാണിതെന്നമ്മ സത്യം
വാക്കിലും നോക്കിലും കാരുണ്യമായ്
കഥപോൽ, കവിതപോൽ
പഴമൊഴി പോലെയോ
എന്നുള്ളിലെന്നും നിറഞ്ഞു നില്പു
ആദ്യാക്ഷരം നാവിൽ പകർന്നു തന്ന
അമ്മ തന്നല്ലയോ പ്രപഞ്ചസത്യം
നൊന്നു പെറ്റൊരൻ അമ്മയ്ക്കായ്
ഞാൻ സമർപ്പിച്ചു എൻ ജീവിതം

ശ്രീഗറി തോമസ് ആൽവിൻ Class: 7 B



मेरी माँ

छोटी - सी नन्ही - सी गुड़िया हूँ मैं
प्यारी सयानी सी भोली हूँ मैं
अपने माँ की दुलारी हूँ मैं
माँ जब बुलाती,
मैं दौड़ी चली आती
क्योंकि माँ कहती,
उसके आँखों की किलकारी हूँ मैं

मैं
तितलियों सी मैं उडती चली
चिड़ियों सी मैं चहकती चली
नदियों सी मैं बहती चली
समुंदर की लहरें जब छूती है मुझे,
दूर - दूर मैं भागती चली
तन्हाई जब छूती है मनको,
खुशी - खुशी से आसमानों में उडती चली



Anagha Sanoj -Class: IV -B



वो रात

बातों बातों मे जो ढली होगी
वो रात कितनी मनचली होगी ।
तेरे सिरहाने याद भी मेरी
रात पर शमा-सी जलती होगी ।
जिससे निकला है आफताब मेरा
वो तेरा घर तेरी गली होगी ।
हैं तेरा जिक्र तो यकी है मुझे
मेरे बारे में बात भी होगी ।

Ananya Abish Class: VI -B

बिल्ली

मेरी बिल्ली प्यारी बिल्ली
म्याऊँ म्याऊँ करती फिरती है ।
मुझे देखकर सभी समय
दौडती फिरती आती है ।
नन्हीं है नटखट है
लेकिन मेरी प्यारी है ।

Niranjana Anoop U.K.G. - C



प्रेम पंछी

मेरे घर में चार प्रेम पंछियाँ हैं। यह अलग अलग रंग का है। इनके रंग बिरंगे पंखों और छोटे आकार की वजह से यह सभी को बहुत अच्छे लगते हैं। विश्व भर में यह पाए जाते हैं। दूसरी प्रजातियों की तुलना में प्रेम पंछी को पालने में काफी सावधानी की आवश्यकता होती है। अक्सर में यह जोड़ों में पाले जाते हैं। क्योंकि यह एक बहुत ही सामाजिक प्राणी है और हमेशा झुंडों में ही पाए जाते हैं।

Ann Mariya Charly Class: VI -C



रेयान - मेरा भाई

अकेली थी मैं पहले
अब अकेला न रहा
एक छोटा भाई है मेरा
नाम है उसका रेयान।

बहुत प्यारी है वो
न्यारी है वो
बिलकुल शरारती है वो
दीदी कहकर बुलाती है मुझे
मेरा प्यारा भाई।

तितली

प्यारी सी तितली
नन्ही सी तितली
रंग - बिरंगी तितली।

फूलों की प्यारी तितली
हवा में नाचे तितली
देखते ही चेहरे पर
मुस्कान ले आती है तितली
प्यारी सी तितली।

Diya Joby Class: VIII -A



ऑनलाइन शिक्षा ले लाभ व हानि

शिक्षा का अधिकार २००९ देश के प्रत्येक बच्चों को निशुल्क एवं अनिवार्य एवं बाल शिक्षा का अधिकार देता है. शिक्षा व्यक्ति के बहुमुखी विकास की प्रथम शर्त मानी जाती है.

ऑनलाइन शिक्षा आज के युग की लोकप्रिय प्रणाली है, इसके कई सारे लाभ हैं तो कुछ हानियाँ भी हैं, जिन्हें हम इस प्रकार समझ सकते हैं.

ऑनलाइन स्टडी के लाभ

१. बालक अपने घर में बैठे देश विदेश के किसी भी संस्थान से शिक्षा अर्जित कर सकता है।
२. शिक्षण संस्थान विद्यालय, कॉलेज, कोचिंग सेंटर आदि में आने जाने के समय तथा यात्रा के खर्च की बचत हो जाती है।
३. छात्र अपनी सुविधा के अनुसार समय में रेकॉर्डेड क्लास को देख सकता है, किसी अध्याय के समझ न आने पर वह उसे दुबारा या कई बार देखकर अपनी शंका का समाधान कर सकता है।
४. वर्चुअल क्लास के दौरान कोई बिंदु स्पष्ट समझ न आने पर छात्र शिक्षक से पुनः स्पष्ट करने का निवेदन भी कर सकता है।
५. स्कूल कॉलेज में पढने वाले छात्रों के अलावा प्रतियोगी परिक्षाओं की तैयारी करने वाले युवक युवतियां भी ऑनलाइन शिक्षा के माध्यम से अपने पाठ्यक्रम को पढ़ सकते हैं, देख व सुन सकते हैं।
६. बेहद कम शर्क में कोर्स उपलब्ध होने के साथ ही भिन्न भिन्न संस्थानों के बेहतर कोर्स के चयन की स्वतन्त्रता छात्र व उसके अभिभावक को रहती है।
७. ऑनलाइन शिक्षा के कई सारे फीचर परम्परागत कक्षा में प्रदर्शित नहीं किये जा सकते हैं। डिजिटल बोर्ड पर गूगल अर्थ, वीडियो, चित्र, एनिमेटेड चित्र, गूगल मैप्स, चार्ट आदि के जरिये गूढ़ विषयों को सरल तरीके से स्पष्ट किया जा सकता है।
८. आजकल स्कूली पाठ्यक्रम की शिक्षा तो ऑनलाइन उपलब्ध है ही साथ ही कुकिंग, सिलाई, कढ़ाई, क्राफ्ट, ड्राइंग, पेंटिंग का प्रशिक्षण भी घर बैठे प्राप्त किया जा सकता है।

ऑनलाइन शिक्षा की हानियाँ

जिस तरह प्रत्येक वस्तु के दो पहलू होते हैं, ऑनलाइन शिक्षा की प्रक्रिया में ही ऐसा ही है। एक तरफ इसके बेशुमार लाभ हैं तो वही इसके की दुष्परिणाम साइडइफेक्ट भी हैं जिन्हें हम नजरअंदाज नहीं कर सकते हैं, यहाँ हम निबंध में ऑनलाइन स्टडी के कुछ नुकसानों के बारे में चर्चा करेंगे।

१. ऑनलाइन शिक्षा का स्वरूप छात्र को परम्परागत शिक्षा प्रणाली की तुलना में अत्यधिक स्वतन्त्रता देता है। ऐसे में बच्चों को स्व विवेक से स्वयं पर नियंत्रण रखना होता है। अध्ययन अध्यापन की सफलता इस बात पर निर्भर करती है. कि उसे रुचि के साथ ग्रहण किया जाता है, अथवा नहीं, यकीनन छोटे बच्चों के लिए यह शिक्षा तभी वरदान बन सकती है, जब अभिभावक के सहयोग से बच्चे को प्रशिक्षित किया जाए।
२. डिजिटल क्लास में प्रत्येक बच्चे पर अध्यापक का ध्यान देना व्यावहारिक रूप में



- सम्भव नहीं हैं। ऐसे में बच्चों यदि ईमान दारी के साथ शिक्षण प्रक्रिया में उपस्थित होकर सम्पूर्ण गतिविधियों में सलग्न होते हैं तभी उसका उद्देश्य पूर्ण हो पाता है।
3. अमूमन ऑनलाइन शिक्षा के साथ लोगों की यह शिकायत रहती है। यह कक्षा परम्परागत कक्षा की तरह संवाद स्थापित नहीं कर पाती है। शिक्षक केवल अपने पाठ्यक्रम से सम्बन्धित ही वार्तालाप करता है। निजी तथ्य, भावनाओं, जोक्स आदि के अभाव में कक्षा में नीरसता का आना स्वाभाविक है।
 4. ऑनलाइन कक्षा में छात्रों को कई घंटों तक स्क्रीन के समक्ष बैठना पड़ता है। इलेक्ट्रॉनिक गैजेट्स के सामने इतने लम्बे समय तक बैठना स्वास्थ्य के लिहाज से भी अच्छा नहीं माना जाता है, आँखों की समस्या तथा सिर दर्द आदि के रूप में इसके साइडइफेक्ट्स देखने को मिल सकते हैं।
 5. इस शिक्षा प्रणाली का एक अन्य दुष्परिणाम सीमित संवाद है, यहाँ छात्र सीमित रूप में ही अपनी बात अध्यापक को कह पाते हैं, अध्यापक को भी सभी स्टूडेंट्स का ध्यान रखना होता है, ऐसे में सभी की बातों को परा समय नहीं दे पाते हैं।

Vishnu Suresh - Class: X-B

हमारा केरल

भगवान का अपना देश है,
हमारा केरल।
नारियल के पेड़ों से भरा है, और
हरियाली से संपन्न है।
नदियाँ गीत गाकर बहती है, और
सागर में पहुँचाती है।
समुद्र की लहरों से धरती को
गले लगती है।
पश्चिमखंड हमारे देश की
रक्षाकवच बनती है।
और, वो अच्छी मौसम को
प्रदान करती है।
हमारे केरल सबसे सुंदर है,
और प्यारा है।

Parvathy Jayachandran Class: X-B



Class: XII A& B



Class: X A



Class: X B



INVESTITURE CEREMONY



House Captains and Vice captains



Parvathy Suresh
(Assistant Leader)



Anson Eldho P. Wilson
(School Leader)



Club Leaders

SCHOOL RE-OPENING BACK TO SCHOOL

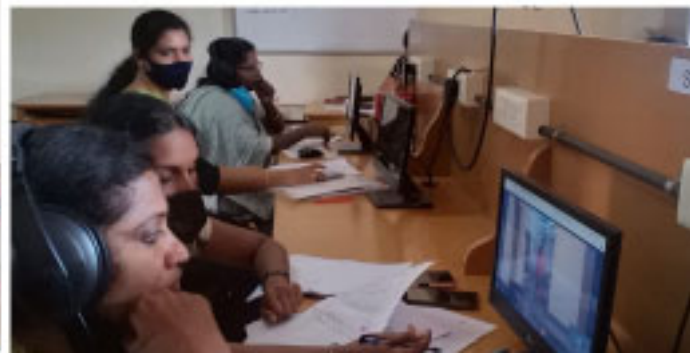


0.1% CERTIFICATE AWARDED BY CBSE to NEHA RANI PAUL
for CLASS-X - ENGLISH CBSE EXAMINATION



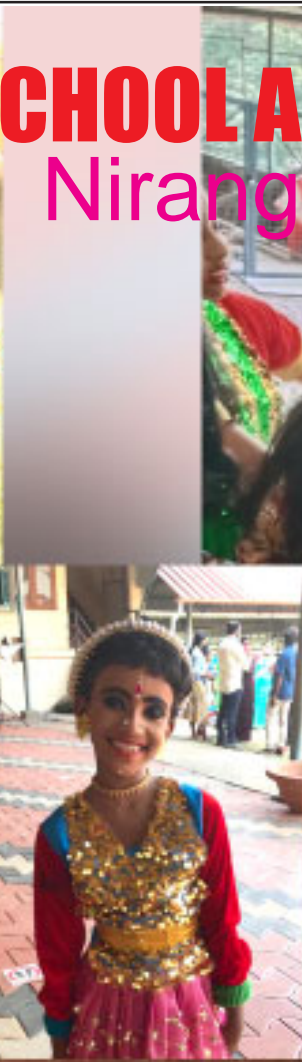
TERM-I CBSE BOARD EXAMINATION CELL

ONLINE ARTS FEST 'PADAVU'
JUDGING PANEL



SCHOOL ANNUAL DAY

Nirangal - 2022



SCHOOL ANNUAL DAY

Nirangal - 2022



CHRISTMAS CELEBRATIONS 2021





Editorial

“Learning gives creativity, Creativity leads to thinking, Thinking leads to knowledge, Knowledge makes you great.” - Dr. APJ Abdul Kalam

Knowledge is the basis of everything in existence. Without knowledge nothing exists as we perceive it to be. It is imperative and indispensable. Knowledge is the building blocks of any foundation. Knowledge is the key to opening doors that would otherwise be locked.

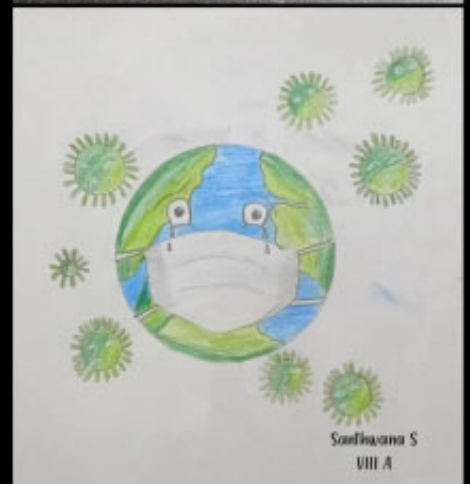
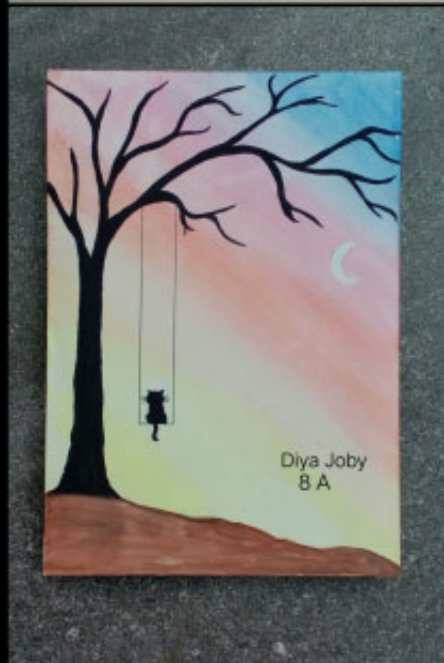
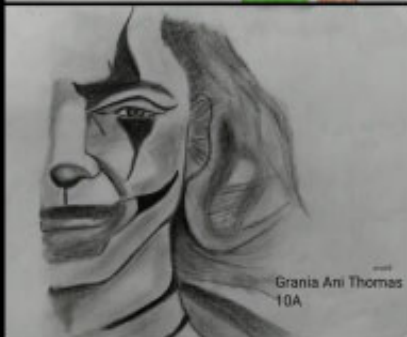
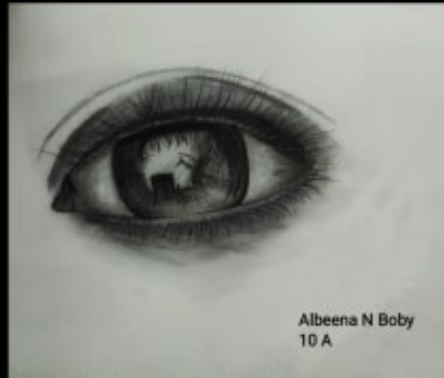
The more a person educates himself, the more knowledgeable the person becomes. And the more knowledgeable a person becomes, the more he will be capable to educate himself better and deeper.

Education is the key that unlocks an infinite number of doors. It is the uplifting force that empowers us to set our sights higher. Through this education we develop character. Character creates self respect, which in turn leads to high self esteem. Always remember to uphold the dignity of people. Be always ready to give preference to others. What you are is God's gift to you. What you become is your gift to God. Have something to live for, and bring out the best in you.

It gives me immense pleasure to introduce 'Memorabilia' (2021 - 2022) successfully. Extracting talents, ideas, skills from different fields were a difficult task, but we finally made it possible. Our school plays a vital role in the life of young students' learning to blend knowledge, wisdom, values and integrity at the very outset of the schooling years.

I kneel before our patron Saint Ephrem. I extend my heartiest gratitude to our Chairman and all the governing body members for their unique support and encouragement. I also extend my sincere thanks to the persons who have contributed to this issue and enhanced its perfection and beautification through their articles, short stories, poems paintings etc.

Grace Molvin Jose
M.A. B.Ed.
English Department





Sandhya S
VII A



Rugved Sajeer
LKG C



Diya Joby

8 A



Tijar Anna Sajeer
7-A



Darshak K S



Sai Lakshmi Ajith
UKG B



Ananya Maria Roy

Akhil Vijai
5B



Ananya Maria Roy
10 A



Diya Susan
LKG C

LKG C



Jiya John
7 A

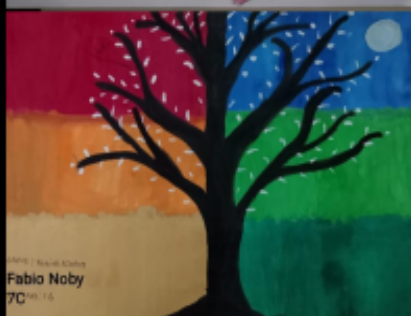
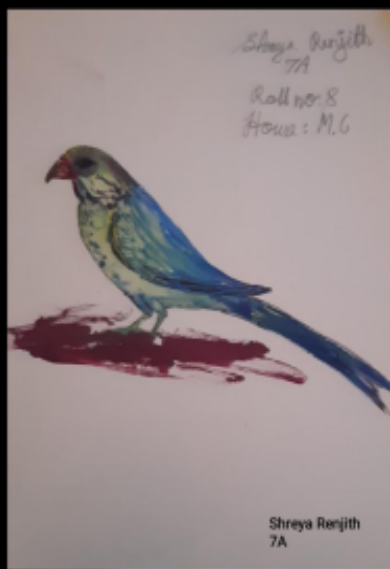


Aamuktharjali
UKG C



Niranjana Anoop
UKG C

UKG C





Patron Saint