

ANNUAL REPORT 2019-2020

“The main object of education in my opinion is the establishment of a twofold harmony in every individual- harmony within his own self and harmony with other living beings in the whole world.” so said Dr. Rajendra Prasad. This is precisely our aim at Adarsha, to bring out perfectly balanced individuals at peace with themselves and with the world.

Namaste and a happy evening to everyone.

It's my proud entitlement to place before this well thought of gathering our 31st school Annual Report.

I compliment my dedicated team of teachers and non-teaching staff whose boundless enthusiasm & bolstered eagerness embrace all activities and have kept our institution in the forefront consistently. The following are the perfect forays we have tracked in both scholastic and co-scholastic spheres.

ACADEMICS

Pursuit of excellence with sincerity & perseverance is what we strive for. Academic excellence merited high positions by students in the AISSE & AISSCE circuits.

Our students secured 100% results in the X and XII streams.

Aiswarya Ramesh was the Fourth in the list of National Toppers and the school topper with 495 out of 500.

Of 146 students who registered for the AISSE, 15 secured A1, 130 secured distinction and 16 students got first class. 63 students Secured A1 in English, 10 in Malayalam, Sanskrit and Hindi, 41 in Mathematics, 51 in Science 67 in Social Science and 1 in FIT.

Of 111 students who appeared for the AISSCE, 13 students bagged A1 in all subjects, 86 secured distinction and 25 scored first class.

Darsana R topped with 494 out of 500 in the Humanities stream and positioned as the State Third and National Sixth in the Toppers list. Gayathry P topped in Science stream with 484 and Aleena Sanu Parappat in Commerce stream with 483 marks.

This year 169 students are appearing for AISSE and 138 students for AISSCE. Our blessings and best wishes are with them.

SHIKSHAN BHARATI COMPREHENSIVE EVALUATION

A touch stone to achieve excellence in teaching and learning, the annual comprehensive evaluation by the team led by Smt. Meena Vishwanathan, Academic Consultant and Education Officer was conducted on August 1st 2019. The efforts of the entire staff were marked excellent.

IMPORTANT DAYS OBSERVED

‘Variety is the spice of life.’ The school life is made colourful and meaningful by the observance of important days in which the students deliver speeches, presents skits, tableau etc. thus bringing into focus their significance.

- **World Environment Day** celebrations were held. DR. Bijoy Nandan, HOD, Marine Biology, CUSAT was the chief guest of the day.
- Aleena Karathra of Std. XII delivered a speech on **World Blood Donor Day**.
- **Reading Day** celebration was inaugurated by renowned lyricist Sri. Vaikom Ramachandran.
- Sri. Arun, the school counselor addressed the students on ‘Use and Abuses of Drugs’ in connection with **International Day Against Drug Abuse**.
- In connection with **Vanmahotsav**, a speech was delivered by Aparna of Std. XII and a street play was performed by students of Std. XII.
- **Guru Purnima or Vyasa Purnima** was observed. Smt. Renuka N Menon, Educational Officer, Smt. Jaya Jacob, Research Wing Coordinator and Radha Varma, Former Vice Principal, Bhavan’s News Print Vidyalaya,

Velloor were the chief guests for the day. The Junior Head Boy & Head Girl performed the 'Guru Paduka Pooja'. Students sought the blessings of the teachers by offering Guru Dakshina.

- Smt. Rajalakshmi Menon, renowned Malayalam writer inaugurated the **Ramayana Week Celebrations**.
- **Kargil Victory Day** was observed. Sanjana of Std. VIII delivered a speech. Subhedhar Major Surendra Singh addressed the school NCC Cadets and shared his experiences with students of Std. VII & IX.
- In connection with the **Death Anniversary of Dr. A P J Abdul Kalam**, Ananth Anand of Std. XI delivered a speech in the morning assembly.
- In connection with **Hiroshima day** Devananda of Std. XI delivered a speech in the morning assembly.
- **Independence Day** was celebrated with patriotic fervor. The Principal Sri. K Suresh hoisted the National flag and addressed the gathering. Sri Vishu, PTA President felicitated the function. Smt. Dhanya K R of Social Science Department delivered the Independence Day message. The School choir and NCC Cadets rendered patriotic songs.
- In connection with **Sanskrit day** celebrations, Vishal T of Std. VII presented a Sanskrit poem, Krishna Pooja of Std. VII recited a poem 'Mathrupanchakam', Anjali Anil kumar and Adithya recited Ashtapadi.
- **Chingam 1** was celebrated with lots of enthusiasm. Dr. Hemalatha, HOD of Malayalam department spoke on the importance of celebrating Chingam 1. A season song was presented by the students.
- **Sreekrishna Jayanthi** was celebrated with pomp and splendor. A dance performance by the students of std. III, IV & V, solo instrument performance by Master Vishal S J of Std. VII A and group songs by the school choir added grandeur to the celebration.
- The School celebrated **Teacher's Day** in all its gaiety. Dr. S. Joseph, HOD Malayalam Department, Maharajas College, Ernakulam was the chief guest. Morning assembly was conducted by teachers. Principal, Sri K. Suresh delivered the Teacher's day message. Students of classes X and XII offered Dakshina to the teachers. PTA felicitated all the teachers and non-teaching staff of the school by presenting a memento.
- **Onam** was celebrated with great zeal. Sri Midhun Jayaraj, famous Singer and composer was the chief guest. Students presented programmes highlighting the culture and tradition of Kerala through various folk

forms like Pulikali, Kummatti, Vanchipattu, Vadakkanpattu, Nagapattu, Krishipattu, Thiruvathirakali etc. Payasam was distributed to all the students by PTA.

- In connection with **Hindi Diwas** celebration, a speech was delivered in the assembly by SmiyaShaji of class X on 'The Importance of Hindi', Dhawani M S of XII recited a Hindi poem and songs were rendered by students of Std. III, IV & IX.
- The School celebrated '**Navarathri**' with due respect at T D Road. A group of students rendered bhajans and another group of students performed a Dance Drama 'Kannakeeyam'.
- In connection with **Gandhi Jayanti** celebration the school organised a Swachatha drive for all classes, students staged a tableau and rendered patriotic songs.
- **Grand Parents' Day** was celebrated with great reverence. The Chief Guest, Sri K V Anilkumar, Rtd. Joint Director, State Audit Dept inaugurated the celebration. Class I students evinced their love to their grandparents by performing Padapooja.
- In connection with **Post Office Day**, a speech was delivered in the morning assembly by Govind of class IX.
- In connection with the '**International Day of the Girl child**' a speech was delivered in the morning assembly by Shweta of Std. IX.
- In connection with **Kerala Piravi** celebration a music performance, 'VARAYUM NATTUMOZHAYUM' by Artist Sri Satkala Vijayan and his team was staged. Sri Hari Thripunithura, Sri Sachidananda Pai, Sri Venugopal, Sri Pushpadas and Sri Hari were the other performers.
- Adarsha celebrated **Children's day** in all its gaiety. Vishal S J and Anaswara Ramesh, Bhavan's Prathibha and Bhavan's Jyothi in the 23rd All Kerala Bhavan's Fest 2019 were the guest of honours. Master Nithin A P dressed up as Chachaji and addressed the gathering. A Fancy dress competition was arranged for the students of Std. I and II.
- In connection with **National Integration Day**, a speech was delivered in the assembly by Sachin of Std. VII.
- In connection with IYPT (Inter National Year of Periodic Table) various programmes were arranged for the students by Dept of Chemistry. Students staged a skit and delivered a speech in the assembly.

- The **library week** was inaugurated by Smt. Geetha Nair, Retd. Professor Providence College, Calicut. A book review of the book Kalki was done by Karishma of Std.VIII and Arnie C Joyce of Std. II presented a story in the assembly.
- **Christmas** celebration was inaugurated by Father Rev Dr. Prasant Palakkappillil, Principal, Sacred Heart College, Thevara.
- Programmes in connection with the **Birth Day of Dr. K.M. Munshi** were held on December 30th.
- In connection with **International Youth Day**, Parvathy Mohandas delivered a speech.
- **School Annual Day** was celebrated on February 1st with great fervor. Dr. K N Madhusoodhan, Vice Chancellor, Cusat University inaugurated the same.
- **Republic Day** celebrations were held on January 27th.

RED LETTER DAYS

It was moments of pride for our school to host the **37th Dr. K.M. Munshi Memorial Athletic Meet, DISHA**, All India Conference of Social Science Teachers and the Regional Capacity Building Programme, **Python** for Computer Science Teachers.

Adarsha was lucky enough to be the venue of;

- **Infinitum 19**, Ernakulam district finals conducted by NIIT was held in Bhavan's Adarsha Vidyalaya.
- Discussion on **National Education Policy** by Principals of CBSE schools in Kochi was held.
- **'Hubs of Learning'**, a programme initiated by CBSE was held.
- Inter school **B MUN** competition with around nine schools as participants.

IMPARTING THE RICHNESS OF INDIA

'KALBELIA' a dance form of Rajasthan was presented in the auditorium which was organized by Bharatiya Vidya Bhavan, Kochi Kendra and Spic Macay as part of cultural outreach programme on August 7.

Bhavan's Adarsha Vidyalaya was blessed to witness 'Tholpaavakoothu' or Shadow Puppetry by the students of Mridulasparsham Charitable Society, Tripunithura on 3rd December 2019.

A Carnatic Music Concert and Lecture Demonstration by Vidhushi Smt. Sudha Reghuraman for students in connection with cultural outreach programme, jointly organized by Spic Macay, Bharatiya Vidya Bhavan, Kochi and PTA.

CLUBS AND HOUSES

The eight houses and various clubs worked in unison; organizing activities that helped channelize positive energy and relax minds. The inauguration of all the clubs was done by Shri Parameshwar, Advocate on record, Supreme Court of India.

Intra mural activities and competitions are held regularly.

Adarsha the Endorsers...

Following are the records of Adarsha's triumphs in the academic year 2019-20.

In the field of Arts

- Meera S of Std.VI won prize in Carnatic music in the Augustin Memorial Competition.
- Nivya N of Std.II participated in the painting exhibition – EXPECTA conducted by Music Hope Academy, Neericode at Durbar Art Gallery, Ernakulam
- In the Young INTACH- Heritage Club competition the following students won various prizes.

Best Entry(Snake Saga)– ThanusreeManoj&AaronAbraham Biju

Best Student – ThanusreeManoj

Best Entry (India's Educational Marvels) – Gowri Somasekharan &Laura

Anne Tom

- In the Adishankara Young Scientist Award 2019 conducted by Adishankara College of Engineering two of our school projects were selected among the three hundred. Athena M and Krishnapriya J of Std.X represented Adarsha and **Krishnapriya J** bagged the prize for **Best Presentation**
- In the Nadanirjari conducted by Vidyodaya School our school was adjudged as the **champions** and following prizes were won.
Meera S (Std.VI) – **First Prize**– Classical Music
Vishal A J (Std.VI) –**First Prize**- Tabla
Second Prize– Classical Music
- In the **Techxodia fest 2K19** conducted by Bhavan’s News Print Vidyalaya, Velloor, our students won following prizes;
Logo Making – **Thomas V K & Vaishnav Jiju** – **First Prize**
Quiz – **Anan Anana & Adithya S Prabhu** – **Third Prize**
DoodleMaking – **Omal Raj A R & Deva Narayan** – **Third Prize**
Sulpt the Sprite – **Ardra Arunkumar & Adithya Dinesh**- **Second Prize**
Code Warrior – **S.Gokul Raj** – **Third Prize**.
- In the BharatiyaVidyaBhavan BSS Arts, Music and Dance Diploma course, the following students passed the first year examination with flying colours.
Vishal S J – Tabala – **First Class**& Vocal – **Second Class**.
Anandhakrishnan K S –Vocal – **First class** & Mridangam – **First class**
Aswin S Kumar – Mridangam – **SecondClass**
Anandhakrishnan T J – Tabala – **Second Class**
PranavAnish – Vocal – **First Class**
- In the **SRUSHTI**, Literary fest conducted by Bhavan’sMunshiVidyashram,Thiruvankulam our team bagged prizes.
Enigma- **Duva Felix, Smiya Shaji& Aryan P Nair** – **SecondPrize**
Geyam- **Sai Lakshmi, Anandhakrishnan T J, Anandhakrishnan K S, Pranav Anish, NeerajaN, Gayathri Dhruvaraj, Shivani Sreni, Amruthalakshmi Poudhar, Anagha Teresa Thomas& Anjali Anilkumar**- **Third Prize**
- In the ‘**FRESCO**’ fest organized by Rajagiri Christu Jayanthi Public School, our school representatives won prizes:
Be a Laureate - **Nieve Mariam Robert** - **Third Prize**
Drawing & Painting – **Aaved Krishna Sujith** –**ConsolationPrize**
Strokes (Drawing & Colouring) – **Gouri Parvathy** – **Consolation Prize**
Strokes (Watercolour) – **Gayathri V Menon** –**ConsolationPrize**

Orchestral Harmony – **Sai Lakshmi Menon, AlinaAjmal, Aiswarya T, Aarathi Deepu, Dhvani M S Potty, Amrutha Lakshmi Poudhar, M.Krishnan, Gautham Dileep, Nandakishore A, Abraham Johann, Adithyan E A, Gourinandana G - Second Prize**

- In the **Dr.Pradeep P Thevannoor Innovation Awards** curtain raiser conducted by SCMS School of Engineering & Technology, our students won prizes

Idea Pitching – First Prize

Photography – First Prize

- In the '**Dromos**' Inter School Art and Cultural fest conducted by Mar Thoma Public School, following are the prizes;

Light Music – **Meera S – Second prize**

Quiz -**Aryan P Nair &Srinidhi - Second prize**

Drawing & Colouring – **TanviRajkumar -Third prize**

Water Colouring- **Angel Jose - Third prize**

Folk Song – **Shivani Sreni, Gayathri Deepu, Gayathri Dhruvaraj, Pranav Anish, Niranjana Warriar, Hridya Menon - Third prize**

- Bhavan's Adarsha Vidyalaya emerged as the champions in the '**Insignia**' music fest conducted by Bhavan's Varuna Vidyalaya, Thrikkakara.

Metronome – **Dhwani M S Potty, VibhaRao, GouthamDileep, Aiswarya T, Gauri R Menon, UrganSondur, SailakshmiMenon, M Krishnan, Abraham JohanneOomen, Sam Joseph– First prize**

Kavyaraga –**AmithaG&Adithya Krishnan- First prize**

AalapThillana– **Vishal S J, Meera S, DevasenaMenon, S Hridyamenuon, Niranjana Suresh, PranavAnish, Niranjana Warriar M R -Second prize.**

- **Vox 2019** organised by Vidyodayaschool, Thevakkal, Our school emerged as the First Runner Up.

- Following are the prizes won;

Vakthavya(Role play) – **Sreepriya M - First prize**

Chunauti(Quiz) – **Aryan P Nair&Srinidhi - Second prize**

Angaarey(Street play) –**Anagha D Menon' Shivshankar M, Sara A, Anamika Ann Vincent, G S Nandagopan, Anfaz K.A, Johaan Joe, Nanadana S, Devanandana Praveen, Anna John - Second prize**

- **Vista 2019** conducted by Rajagiri Public School, our school won the Runners Up trophy and won the various prizes.

Techwizard –**Atlin Jacob & Adithya Dinesh**, – **First prize**

State of the Art – **Angel Jose** - **First prize**

Crescendo - **M Krishnan, Gautham Dileep, Abraham Johaan Oomen, Sai Lakshmi Menon** - **First prize**

- In the Ramayana Parayana Competition conducted by Bharathiya Vidya Bhavan and Malayala Manorama, **Aswathy Binoy** of class XI secured the **First prize** with a cash prize of Rs 5000 and a certificate.
- In the Inter school competition held at Marthoma Public school, Kakkanad Meera and team bagged the third position and a cash prize of Rs 600/- which they donated to the Sanskriti club
- In the All Kerala Painting Competition Conducted by ICHC **Prasanthy Pramod** of class V secured **consolation prize**.
- In the Freedom Quest 2019 conducted by Al- Ameen Public School Edappilly, **Shivani Gireesh Menon** of std. IV secured the **Second prize** for declamation. **Anaswara Ramesh** secured the **Second Prize** for Malayalam Elocution. And our school team bagged the **Third Prize** for patriotic song.
- Cochin University of Science and Technology conducted CUSAT MUN 2019; **Nirmal Nanda Menon** received **special appreciation** as the delegate of Islamic republic of Iran.
Adithya Anoop received **Certificate of Excellence** for ingenious and persistant standard of workmanship in the same event.
- **Anaswara Ramesh** of class VII won **First prize** in the Elocution competition conducted by Thripunithura Municipality
- In the 'Visishta 19'organised by Bhavan's College of Arts and Commerce ,**Vishnu Ramesh** secured the **Second prize** in painting ,he also received a gift voucher of Rs. 500/-.
- Our school band received consolation prize in group song and received a gift voucher of Rs. 250/-each.
- In the' LEKWEST 2019' conducted by BVM Eroor, following teams won various prizes and bagged the First Runners Up Trophy.
Anaswara Ramesh and **Gopika P M** won the **First prize** in the event Keralaperuma.
Karishma P V and **Neha Aisha** bagged the **Second prize** for the same event.
AnaghaV and **Duva Felix** won the **Third prize** in the event 'Knowledge spill over'.

- In the MISCA competition conducted by Mary Matha Public School, **Aashish Ajithkumar** and **Sidharth P.S** bagged the **First prize** in the Glimseevent. They also received a cash prize of RS 500 /-each. Angel Jose secured the **First prize** in the 3D to 2D (water colour) and a cash prize of Rs 500/-.
- In the 'Sreemad Bhagavatholsavam 2019,' conducted by Panakkal Temple and Akhila Bharath Athmeeya PracharaSabha Trust, **Anjali Anilkumar** bagged the **First prize** in the Narayaneeyam and Gita Parayanam Competition.
Samika Ren bagged the Second prize in the Gita Parayanam Competition.
- In the 'Cross Roads 2019' organized by Global Public School, Thiruvaniyoor a few students won prizes in the following events.
 - Like no other Land - Second prize
 - Crim's Quest- Third prize
 - Cheshire Catverse - Thirdprize
 - On Alice's Trail - Thirdprize
 - Adventures in Number Land - Thirdprize
- The following students won prizes in the Painting and Photography Competition conducted at St.Xaviers College, Aluva.
Theme: Wild life in the backyard

Prarthana of VII A -- **First Prize** -- Painting
Prasanthi Pramod of V A --- **Third Prize** --Painting
Chinmaya Mukundan of X B --- **Second Prize** --Photography
- In the 24 the Magnum Opus conducted by Bhavan's Girinagar, the following students secured prizes.

Susan George--Third--Meraki(comic strips)
Aleena Shaji
Ceva cerah Mariam -- Second -- Vagary (Face Painting)
Meenakshi T
Siva Krishnan
Vishnu Ramesh
GovindSajeev--First -- Depaysment(Create world)
Aiswarya R
- In the Rajagiri Model United Nations, **Nirmal Nanda Menon** secured the **Diplomacy Award** in the Economic and Financial Committee.
- **Emmanuel Jose** of std. VII received The **Best Entry** Prize for an article on 'child hood charm' organized by INTACH Heritage Club.

- In the Interschool Literary Carnival 'V litt' organised by Vidyodaya School Thevakkal, **Bhadra Mahesh** of std. VII bagged the **First Prize** for Anchoring and **Anagha D Menon** of std. XI secured the **Second prize** in the 'Tribute the Bard of Avon ' .
They won the Overall Trophy.
- In the 'Fringes 2019' Inter school cultural competition conducted by The Choice School, our school team won the **First Prize** for the mime competition.
- In the 23rd All Kerala Bhavan's Fest 2019 held at Bhavan's Vidya Mandir, Pathanamthitta, our school lifted the **Overall** trophy for **Category 1**.

Category I	Event	Position
Sera Ann Jossy	Recitation English	First with A Grade
Arnie C Joyce	Story Telling English	First with A Grade
Tarun Nair	Recitation Malayalam	First with A Grade
Ananya	Story Telling Malayalam	A Grade
Advaith J Iyer	Gita Chanting	A Grade
Dakshina I M	Light Music	Third with A Grade

Category II.	Event	Position
Shivani Gireesh Menon	Recitation English	Second with A Grade
Lakshmi Priya	Elocution English	A Grade
Shivani Gireesh Menon	Recitation Malayalam	Third with A Grade
Hridhya Sreejith	Elocution Malayalam	A Grade
Shivani Gireesh Menon	Recitation Hindi	A Grade
Shivanya Sivakumar	Folk Dance	A Grade
Shivanya Sivakumar	Bharatanatyam	A Grade
Gautham M	Light Music	Third with A Grade

Gautham M	Carnatic Music	Third with A Grade
Adwaith E K	Gita Chanting	A Grade
Shivani Gireesh Menon and the group	Group Music	First with A Grade

In the 23rd All Kerala Bhavan's Fest 2019 held at B V M Chithali, our school lifted the **Overall** trophy for **Category III**. **Vishal S J** and **Anaswara Ramesh** were adjudged **Bhavan's Prathibha** and **Bhavan's Jyothi** respectively.

Category III	Event	Position
AnaswaraRamesh	Recitation English	First with A Grade
Johaam Joy Padamadan	Elocution English	A Grade
Meera S	Recitation Malayalam	A Grade
Devasena Menon	Elocution Malayalam	First with A Grade
Ardra	Recitation Hindi	First with A Grade
Nirupama N	Gita Chanting	A Grade
Meera S	Light Music	A Grade
Meera S	Carnatic Music	Third With A Grade
Gouri Parvathy S	Pencil Drawing	First with A Grade
Zaima Asif	Clay Modelling	Third with A Grade
Laya Ann Tom	Painting water colour	C Grade
Ananya Premchand	Digital Painting	A Grade
Anaswara Ramesh	Mohiniyattom	First with A Grade
Anaswara Ramesh	Bharatanatyam	Second with A Grade
Devasena Menon and the group	Group Music	Third with A Grade

Varada Rajeevan and the group	Folk Dance(Group)	A Grade
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- In the 23rd All Kerala Bhavan's Fest 2019 held at Bharathiya Vidya Bhavan, Poochatty, our school lifted the **Overall** trophy for **Category IV**.

Category IV	Event	Position
Anna John	Recitation English	A Grade
Krishna Priya	Extempore English	B Grade
Amita G	Recitation Malayalam	First With A Grade
Nieve Mariam Robert	Extempore Malayalam	B Grade
Smiya Shaji	Recitation Hindi	A Grade
NiranjanWarrier	Gita Chanting	First with A Grade
Sreepriya M	Elocution Sanskrit	A Grade
S HridhyaMenon	Light Music	A Grade
GayathriDeepu	Carnatic Music	B Grade
Angel Jose	Drawing	C Grade
Aaliya Akbar	Cartooning	Third with A Grade
Sahwa Fathima M Y	Pot Decoration	B Grade
Parvathy S	Violin(E)	B Grade
Adithyan E A	Guitar(W)	Third with B Grade
Niranjan Suresh	Mridangam	A Grade
Ananthakrishnan	Tabla	A Grade
Gayathri Deepu and the group	Group Music	First with A Grade
Anjali Anilkumar	Veena	Third with B Grade

Veda P S	Bharatanatyam(Girls)	A Grade
Kasinath S G	Bharatanatyam (Boys)	Second with A Grade
Veda P S	Mohiniyattom	A Grade
Veda P S and the group	Thiruvathira	A Grade

➤ In the **23rd All Kerala Bhavan's Fest 2019** held at Bhavan's Vidya Mandir, Elamakkara, our school lifted the **Overall trophy** for **Category I to IV and I to V**

Category V	Event	Position
Dhwani M S Potti	Recitation English	A Grade
Neeraja N	Extempore English	A Grade
Dhwani M S Potti	Recitation Malayalam	A Grade
Dhwani M S Potti	Recitation Hindi	First with A Grade
Namitha Rachel Sheri	Extempore Hindi	First with A Grade
Aswathy Binoy	Gita Chanting	A Grade
Mukund Niranjana B	Light Music (Boys)	B Grade
Amrutha Lakshmi Poudar	Light Music(Girls)	Third with A Grade
Anand S Nair	Carnatic Music (Boys)	C Grade
Amrutha Lakshmi Poudar	Carnatic Music (Girls)	A Grade
Dhwani M S Potti and the group	Group Music	A Grade
Vishnu Ramesh	Oil painting	Third with A Grade
Anagha S	Bharatanatyam	First with A Grade
M Krishnan	Guitar (W)	First with A Grade
Sai Lakshmi Menon	Mridangam	Second with A Grade

Chris Haris	Tabla	B Grade
Nithin A P	Organ (W)	Second with A Grade
M Krishnan	Veena(E)	First with A Grade

- In the Sargotsav 2019 conducted by Akhila Kerala Balajanasakhyam held at Greets Public School, Kaloor, the following Students won various prizes.

Meera S	First	Light music (Junior category)
AnaswaraRamesh	First	Recitation Malayalam (Junior category)
Amita G	First	Recitation Malayalam(Junior category)
AswathyBinoy	Second	Light Music (Senior category)
Dakshina IM	Second	Light Music (Sub Junior Category)

- In the MUN India Competition conducted at Bhavan's Vidya Mandir, Eroor **Smiya Shaji, Bhavana Ashok, Meghna Jijith** and **Adithya Anoop** won the **Diplomacy Award**.
- In the 'Pratheeksha 2K19' conducted by Bhavan's Vidya Mandir, Elamakkara the following Students secured various prizes. They also secured the overall trophy.

Event: Roudra Position: Second

Neeraja N, Keerthana Menon, Aysha Hafiz, Sana Ann, Athira M, Lakshmi Priya, Lakshmi Vinod Lakshmi M Kartha, Bhadra Sudhish, Sreenandana Vinoj

Event: Avishkara. Position: First

Avani T R, Anagha S, Meghna K S, Isha Fathima, SaiLakshmi Menon, Anjali Anilkumar, Devika Rajeevan, Arunima PA

Event: Rithurasa. Position: First

Varada Rajeevan, Aadhya Ajay, Gouri Nanda S, Tessa Maria, Sreenandhitha Vinoj, Geeth Nithin

- In the Photography Competition conducted by St. Xaviers College, Aluva, **Chinmayi Sasidharan** secured the **First Prize** and also secured a cash prize of Rs. 500. **Prarthana Krishna** secured the **First prize** in the Painting

Competition and also secured a cash prize of Rs.500 .**Prasanthi Pramod** secured the **Third Prize** in the Painting Competition.

- In the Hindi KavithaLekhan competition conducted by Coconut Development Board, our school won various prizes;
 - AmeyaRejikumar – Std. X – **First Prize**(2000/-)
 - Karthik R Nair – Std. VIII – **Second Prize**(1500/-)
 - Ardra - Std. V – **Third Prize**(1000/-)
- Following are the prizes bagged by our students in the MathsUtsav, an inter Bhavan’s Maths Fest. The school team bagged the trophy for Best Team.
 - Bharat S, Govind S, Akshata S Pillai, Parvathy S, Johan Joy, Irfan Mohammed, Ashwani Nanda, Joel George.
- The following students won prizes in the Sargotsavam conducted by Akhila Kerala BalajanaSakhyam:
 - **Tarun Nair** –Recitation Malayalam – First Prize
 - **Dakshina I M** – Light Music - Second Prize
 - **Meera S** - Light Music - First Prize
 - **Anaswara Ramesh** - Recitation Malayalam - First Prize
 - **Amita G** – Classical Music - First Prize
 - **Aswathy Binoy**– Light Music - Second Prize
 - **Zayan Naazim Abdulla** – Quiz -First Prize
- Adarsha won the overall trophy in the Sanskrit Recitation Competition held in Sanskrit College, Tripunithura. Following are the accolades won by our students.
 - **Adwait E K** - First Prize
 - **Anjali Anilkumar** - First Prize
 - **SamikaRen** - Second Prize
 - **ShivaniGireeshMenon** – Third Prize
- Adarsha was awarded the Mathrubhumi Seed Certificate of Commendation in recognition of our strong commitment to the Seed Project during the academic year 2018-19 in the Aluva District. Smt. Soumya K S, Teacher, Dept. of Biology won the Best Teacher Coordinator for the same.

Quiz

Our school instills in our kids an insatiable curiosity which has ignited a spirit of enquiry, encouraging them to participate in all spheres of quiz.

- In the Bharath Ko Jano Quiz competition conducted by Bharath Sevak Samaj **Aryan P Nair** and **Srinidhi B** won the **Second Prize**.
- In the Kinder School Quiz Competition conducted by Kinder Hospital **Arnav Anish & Zayan Naazim Abdulla** won the **First Prize**.
- **Srinidhi B** and **Aryan P Nair** of Std. IX qualified the State Level of INTACH Heritage Quiz 2019
- In Seavus Eco Achievers Quiz organized by Rotary club our school team bagged 1st Runners up trophy
- **Srinidhi B** and **Aryan P Nair** of class IX won **First prize** in the science quiz conducted by All Kerala Science and Technology Dept. They also secured 5th position in the Aqua Regia quiz conducted by TIME
- In the Quiz competition conducted by Chinmaya, Vaduthala, **Srinidhi B & Aryan P Nair** of std. IX won **First prize**.
- In the Aqua Regia Science Quiz **Srinidhi B** and **Aryan P** received Rolling trophy in the City Finals.
- **Srinidhi B** and **Aryan P Nair** of IX A won a few prizes in the following Quiz competitions
 - **First prize** in the Sathra Quiz conducted by IIT Madras.
 - **Third prize** and cash prize of Rs 1500/- in the Mathew Kuthukunath Memorial Inter School Competition.
 - 6th position in the Current affairs competition 2019 organized by The Trump and Ace Civil Service Academy.
- In the Inter School Quiz Competition conducted by St.Peter's Senior Secondary School, Kadayirippu, **Aryan P** of grade IX and **Srinidhi B** of grade IX secured the **Third prize**.
- In the Shaastra Spark Junior quiz conducted by IIT Madras in Bhavan's Vidya Mandir, Elamakkara, **Srinidhi** and **Aryan P Nair** of Std. IX secured the **First prize**.
- In the Inquizit Quiz competition conducted by Naipunya Public School, **Shivdutt S Jayan** and **Johaana Joy Padamadan** won the **Second Prize** .They received a cash prize of Rs.2000/- a certificate and a trophy.
- In the Vigilance and Awareness week Quiz organised by Kochi Refineries (BPCL) **Aryan P** and **Srinidhi B** of std. IX bagged the **First prize**.

- **Aryan P Nair** and **Zayan Nazim Abdullah** of Std. IX won the **Second prize** in the G.K. Quiz held at Sanskara School conducted in association with The Hindu.
- In the zonal level **Odysia Smart Brain** Season 4, **Niranjan Warriar M R& Aryan P Nair** of Std. IX won the **Second prize**.
- In the INTACH heritage quiz conducted in Delhi, Sreenidhi B and Aryan of Std. IX secured the **Second Position** in the National Semifinal round.
- In the Bhavan's MKK Nair memorial Annual All Kerala inter school Quiz competition, Srinidhi B and Aryan P Nair secured the **Third Position**.

BEST PRACTICES

NEWS PAPER IN EDUCATION

To sensitize the children to contemporary issues and to help them develop critical thinking and strong reading habits student edition of the 'Times of India' is supplied to classes VI to VII and 'The Hindu' to classes VIII, IX and X.

MY BOOK BAG for classes I o V and **EDUSPORTS** for classes I o IV were implemented with an aim to improve the reading skill and sporting talents of children.

Keeping in mind the statement, 'Healthy citizens are the greatest asset any country has'; we conducted **MEDICAL CHECK UP** for students of Std.I to XII by a team of doctors from Amritha Institute of Medical Science.

The system of **Art Integrated Classes** commenced for students of Std. VI to IX.

Afternoon Interaction and **Trinity** classes; a platform for students to interact, speak and showcase their talents.

Blessed are the hands that give..

For Adarshites, charity is not an obligation but a habit and Adarsha's countless charity works over the years will attest to that.

- Adarsha purchased and donated a few items like sleeping mats, bed sheets, blankets, pillows, provisions etc. and handed it over to Mr. Shajahan, Election Deputy Collector, at the Ernakulam District Administration Collection Centre. The staff from the Disaster management was also present for receiving the same.
- Abhinav Maheswar of class IV A bought provisions, books and required materials for the flood victims using his savings and contributed the same to the District Collector's Flood Relief Camp at Kakkanad.
- An amount of Rs 25000 collected and handed over to Sri Ajayghosh, our colleague and an amount of Rs 5000 for a five year old girl for their Heart surgery.
- Educational materials to the students of nearby govt. schools were handed over.
- An amount of Rs.10000 was given to District Education Officer for educating the flood affected children.
- Medicines for the tribal of Wayanad.
- Donated notebooks to Mathrubhumi in regard to flood relief.
- An amount of Rs. 5000 for the marriage of an inmate of Swanthanam.
- Five kits worth Rs.500 to Sanathanalayam and Onam Kit to octogenarians near our school.
- Donated 100kg of rice and 50kg of cereals for Swanthanam.
- Every week we are handing over vegetables to Ammaveedu Old Age home, Kangarappady and Santhwanam.
- Two of our non-teaching staff was given a kit worth Rs.500.
- Amount of RS.5000 was sent to Swami Vivekananda Medical Mission.
- Cancer patients of Old Age home were assisted with an amount of Rs.1500.
- Every month we are giving provisions worth Rs.500 to underprivileged families of our locality.
- We handed over medicines worth Rs.5050 to Sri. Vijay Menon, which will be utilized for the needy tribal patients of Govt. hospital in Wayanad.
- Ms. Bindu, one of our employees in the school bus who lost her father was given an aid of Rs.5000.

- A figure of Rs.10000 to Mridulasparsham Charitable society children of differently abled.

A Podium for Interaction.

Adarsha caters the needs of children by providing hands on experience by conducting various awareness programmes, talks, educational visits which indeed enrich them with positive thoughts.

- Sri Vijay Menon, Faculty of IIM, a trainer of IAS officers addressed the students in the morning assembly and a talk by him for std. XII.
- Students of std. X, XI and XII attended a session by Mr Justin Mathew on Career opportunities and Assessment organized by Times of India and Lakshya.
- Students of std. VIII attended the live telecast of Prime Minister Narendra Modi addressing the students across India- FIT INDIA MOVEMENT.
- Anti -Narcotic awareness class was conducted for the students of std. IX to XII. Job V.T, Civil officer Excise department, in- charge of 'Vimukhti' was the resource person
- A one day workshop was conducted for the students of std. VIII on 'Design Thinking'. The resource persons were Sri Srinath and Sri Anoop
- A talk was arranged for the students' ofstd. XI on Cyber Safety.
- A talk on Moral Value and Good Behaviour was arranged for the students of classes III& IV. Mr Arun Sasi (PTA Rep) was the resource person.
- A talk on 'Memory Learning Techniques' was arranged for the students of std. V.
- Girls of std. VII attended a workshop on 'Online Safety 'at Bhavan's Vidya Mandir, Elamakkara.
- A talk on 'Health and Hygiene by Dr. Manu from Amritha Hospital was arranged for the students' ofstd. VII & VIII.
- Students of std. VI attended a talk on' Memory and Learning Techniques' by Mr.Arun.
- A talk on 'Stress Management' by Ms Razeena was arranged for the students of Std. XI & XII.
- Students of std. VI and VII attended a talk ' Never Me ' by Smt.Monamma Kokkad.

- Dr Shaji, Health Inspector, took an awareness class on Dengue fever and its precautions and also administered the oath in the assembly.
- Students of std. X and XII attended a talk on 'Stress Management by Shri. Vamana Kumar.
- A film show was organized for Std. V to Std. VIII
- Mr. Mahindar Roy from Delhi directed by CBSE took a class on 'Paper Art Work' for the students of Std. I to V.
- Kerala Legal Authority conducted an exam for students of Std. XI and XII based on the book 'Niyamapadam'.
- Students of std XII visited MEDEX -Medical Exhibition at Kolenchery Medical college.
- Shri Arun, the school counselor addressed the students on 'Use and Abuses of Drugs' in connection with International Day against Drug Abuse.
- Shri Manish Kumar Thyagi, Assistant Secretary, Centre of Excellence, CBSE addressed the students in the morning assembly.
- An orientation programme on Model United Nations for students of Std. VII and VIII was held.
- Students of Std. IX attended a talk by Smt. Deepika, Doctor, Kottakal Ayurveda on 'Ayurveda and Food Habits'.

OLYMPIADS AND SCHOLARSHIPS

- Adithya Krishna, Adithya Rama Varma and Adithya Ashok of Std. IX received the **Scholarship for Sanskrit** by Rashtriya Sanskrit Sansthan, Janakapuri, New Delhi in All India level.
- Deeptha S Arun of Std. III C won the **First Rank and Gold medal** for the Hindi Olympiad Praveshika Exam conducted by Mahatma Gandhi Rashtra Bhasha Hindi Prachar Sanstha.
- In the **Maths Talent Search Exam** (2018-19) conducted by Kerala Ganita Sastra Parishad, succeeding students are the rank holders.
 1. Milan M S (XI) – Rank I (Gold Medal & certificate)
 2. Samuel Joy Padamadan (X) – Rank II
 3. Rohit V Menon (XII) –Rank II
 4. Adithya Rama Varma(IX) – Rank VII(Certificate & cash prize of Rs.450)
 5. Keerthi V Nair (VIII) – Rank II (Certificate & cash prize of Rs.1000s)
 6. Navaneeth Nath (VI) Rank II – (Certificate & cash prize of Rs.1250)

EXHIBITIONS

- In the Inter school Science and Commerce Exhibition competition conducted by Toc H Public School, Neeraja N, Ananth Anand, Nithin A P, Adithyan S Pai, Bhavana Ashok of std. XI won prizes for Science and Maths Exhibits.
- In the Tec Toc Avant Garde Science Stream Solutions for Sustainable Development conducted by Toc H Public School, the following students won prizes.
Neeraja N ,Ananth Anand - First Prize - Science Exhibition
NithinA P, Adithya Ashok - Second Prize - Maths Exhibition
They won the Overall trophy.
- In the CBSE Regional Science Exhibition our students secured outstanding performance.
 - Science – Amita G and Sreenandana Vinoj
 - Maths – Srinidhi B and Keerthi V Nair
 - Sindhu K, Teacher of Maths Dept. and D Mary Sorna Rani, Teacher of Chemistry Dept. secured the certificate of appreciation for mentoring the outstanding projects.
 - Dept. of Work Experience and selected students of Std. VI and VIII have formed a team named SAHAYA and SRISHTI producing eco-friendly products made from eco-friendly materials. They are selling the same on the day of Open House happening inside the school campus and the profit is being donated for charitable works.

TO BE THE BEST...

Keeping oneself abreast of new innovations and developments is the key to achieve excellence in any field. Our teachers constantly strive to stay updated by attending workshops and various training programmes.

- Sri K Suresh, Principal attended the X All India Conference for Principals of Bhavan's Schools held at Bharatiya Vidya Bhavan's Vidyashram, Bhimavaram and CEP course held at Indian Institute of Technology, Bombay.
- The In- House subject specific training for teachers of all departments were held in different Bhavan's Schools.
- Training for department of Mathematics and for Resource Teachers/ Counselors was held in Bhavan's Adarsha Vidyalaya, Kakkanad.
- Subject Specific training for Mathematics department was held in Bhavan's Adarsha Vidyalaya by Dr. G.S. Venu.
- A training session for the Physical Education department was held in Bhavan's Adarsha Vidyalaya by Dr. Moby Thomas.
- Vice Principal and various Department Heads, Primary Coordinator, and thirteen senior teachers from various departments attended an enrichment programme on 'Teachers as Mentors', at Bhavan's Adarsha Vidyalaya, Kakkanad. The resource person was Swami Bhadreshananda
- Teachers from various departments attended a workshop on 'Value Education Training' by Smt. Preethy Jayaraj and Smt. Sumi E Menon at Bhavan's Vidya Mandir, Elamakkara.
- Teachers from various departments attended a workshop on 'Experiential Learning' by Dr. K.R.Gopinathan at Bhavan's Adarsha Vidyalaya, Kakkanad.
- Teachers from various departments attended a workshop on 'Unleash Your Passion and Unleash Your Potential' by Smt. Rajashree at Bhavan's Varuna Vidyalaya, Thrikkakara.
- Teachers from various departments attended a workshop on 'Health and Wellness' by Dr.Manuraj at Bhavan's VidyaMandir, Elamakkara.
- A presentation on Annual Pedagogical Planning was conducted by Principals of various schools of Bharatiya Vidya Bhavan, Kochi Kendra.
- Ms. Vineetha V Nair, Ms. Rekha M, Ms. Sindhu T N, Ms. Sruthy & Ms. Dhanya M S attended the Awakened Citizen Programme conducted by Sri Ramakrishna Mission held in Bhavan's Adarsha Vidyalaya.
- Ms. Savithri V, Ms.Manjini P Nair, Ms. Uma H & Mr. Arun Varghese attended the Awakened Citizen Programme held in Bhavan's Adarsha Vidyalaya by Sree Ramakrishna Mission.
- Teachers from the Department of English attended a workshop by GayathriKhanna held in Bhavan's Vidya Mandir, Girinagar.

- **Python**, PRP training for Computer Science was held in Bhavan's Adarsha Vidyalaya. Ms. Indrani Haridas from Computer Science Department attended the two day workshop.
- Ms. Indrani Haridas, Head of the Computer Science Department served as the resource person for the two day CBP Python training held in Sarvodaya Central School, Trivandrum.
- Workshop for Bhavan's Kochi Kendra Schools' Principals, Vice Principals and Head of the Departments on 'Experiential Learning ' was held at Bhavan's Adarsha Vidyalaya.
- Ms. Vineetha V Nair, Dept. of English attended a workshop on Value Education at Bhavan's Munshi Vidyashram, Thiruvamkulam.
- Reshmi Krishna, Teacher, dept. of Maths attended a resource course on Mathematics at IEI, Pulleppady.
- Ms. Indrani Haridas, Head of the Computer Science Department served as the resource person for the two day CBP Python training held in Ahalia School of Engineering, Palakkad.
- Praseeda P P, teacher, Dept. of English attended a workshop on 'Remodelled Structure of Assessment 'organized by CBSE at Saraswathi Vidyaniketan Public School, Chengamanad, Aluva.
- Two teachers, Pavana G, Dept. of Remedial Teaching and Vineetha V Nair ,Dept. of English attended a workshop on 'The Art and Science of Story Telling' by Mr Vikram Sridhar.
- A few teachers attended the talk on 'Space Technology- for Advancing Education and Servicing Humanity' by Padmavibhushan Dr. Madhavan Nair ,former Chairman ISRO, arranged at TD Road in commemoration of the 100th birth Anniversary of Dr. Vikram Sarabhai
- A two day workshop (Capacity building programme), ' Python'(Informatics Practices) was conducted. Teachers from 45 schools in and around Kochi attended the same. Smt. Premalatha Shaji, HOD, Dept. of Computer Science, Cochin Refinery School and Smt. Srividya, Senior Teacher, Cochin Refinery School was the resource persons.
- Ms Vandana, teacher, Dept. of Computer Science, Bhavan's Adarsha attended the same.
- In connection with the Golden Jubilee year celebrations of Bharatiya Vidya Bhavan, a few teachers attended a Musical concert 'Ghata Laya Tarangam' by Vidwan Sri Tripunithura Radha Krishnan at T D Road.

- Ms. Neelima Raj and Ms.Uma H of Dept. of English attended a workshop at PGS Vedantha, Kaloor by Oxford.
- Ms. Jeena Mathew, Dept. of Social Science attended a workshop conducted by Chinmaya Vidyapeet, Veliyanad.
- PTA organized for the parents of classes I, II&III and students of Std. IX and X on New Generation Parenting by Dr.Siju Thottappilly (BHMS, M.Sc, Ve&S).
- Ms.Praseeda,Ms. Sophia John,Ms. Susan Phelsi, Ms.Sudha Varma, Ms Susan Joy,Ms.Dhanya K R, Ms.Bindhu M T attended a workshop on 'Theatrical Skills' by Dr.Suja Karthika at Bhavan's Arts and Commerce College, Kakkanad.
- Capacity building programme in Physics organised by CBSE was held on 26&27.The Resouce persons were,Ms.Sunitha S, Principal, Bhavan's Vidya Mandir, Elamakkara and Ms. Remya Das, HOD, Dept. of Physics, Bhavan's Adarsha Vidyalaya ,Kakkanad.

BHAVAN'S BALAMANDIR

Our Kindergarten is full-fledged to cater the needs of the blooming buds by integrating various activities to the academics. In our kindergarten we have 496 students and 24 teaching faculty along with the non – teaching staff. They celebrate all the days of importance with great vigor and zeal, Ramayana week, Independence day ,Republic day, Onam are to name a few. Teachers attended workshops and training programmes during the academic year.

PTA

Our school's PTA plays a significant role in the progress of the school. The team was led by Sri Vishu S, PTA President.

My profound thanks to PTA for sponsoring towards the lamination of Mural Art in the front wall of the main stage, for volunteering in the Munshi Meet, arranging talks for students and parents and for distributing payasam on the day of Onam celebration.

SPORTS

“Sports teach you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose- build good habits, confidence, and discipline. They make players into community leaders and teach them how to strive for a goal, handle mistakes, and cherish growth opportunities.”

Adarsha considers the school ground as an extension of the classroom. Following are the victories we bagged in the field of sports.

Football

- In the Crescent Inter School Soccer Tournament, our school team secured Crescendo Ever rolling Runners up trophy. **Anfaz K A** won the title ‘**The Best Goal Keeper**’.

Cricket

- In the All Kerala Interschool Cricket Tournament held at Rajagiri ChristhuJayanthi Public School, Kakkand, **AdithyaVinod** of Class XII secured the **Man of the Series Award**.

Athletics

- In the 37th Dr. K.M. Munshi Memorial Athletic Meet Adarsha was the **Runners up** with 183 points. Following are the laurels bagged by the students of Adarsha.
- Relay Kiddies Boys – **First Position** – **Agnivesh S Nair, Mathew Antony, Antony P Jayan, Antony Ranjith, Gautham G Raj, Sabarish D, Yasas A Krishna**
- Relay Kiddies Girl – **First Position** – **SamrudaSajeevan, AArushiIjesh, Nandini Krishna, Niranjana Baiju, Gouri Lakshmi V, Niley Stanly**
- 50m Race – **Second Position** – **AarushiIjesh**
- 100m Race – **Second Position** – **AarushiIjesh**
- Long Jump- **Second Position** - **AarushiIjesh**
- Shot-put – **Second Position** – **Srevya Chandra C**
- Kiddies Girls and Boys Category received the **Group Championship Trophy**.
- 200m Race (Sub junior Girls) - **Third Position**– **Rajarajeswary C S**
- Relay Liddies Boys - **Third Position**- **Kevin Vinod, Vasudev K Jayan, Ashlin T Xavier, KarthikeyanKrishnakumar, Adithyan K B, Viraj M Prabhu.**
- Relay Kiddies Girls - **Third Position**– **Rajarajeswary C S, Anagha R, Neeraja Ramesh, AfreenShakeel, Nayana P Nair, Parvathy Mohandas, Akshita K S**

- High Jump(Junior Boys) - **First Position - MuhammedSayan A F**
 - 800m Race(Senior Boys) - **First Position– JubinSibi**
 - 1500m Race (Senior Boys) -**First Position- JubinSibi**
 - 200m Race (Senior Boys) - **Second Position - JubinSibi**
 - 100m Race (Senior Boys) – **Third Position– Philip Joby**
 - Long Jump (Senior Girls) – **First Position-Caroline Josephine Mendez**
 - Javelin Throw (Senior Girls) - **Third Position– Varsha M Prabhu**
 - Relay Senor Girls – **Third Position – Caroline Josephine, Varsha M Prabhu, Auria Theresa, Jovitta Mary, Pavithra A Menon, Krishnapriya S**
 - **JubinSibi** won the **Individual Champonship** in the Senior Boys Category.
 - Our School bagged the Runners Up Trophy.
- In the Ernakulam District Kids Athletics Meet, our 48 students participated in Three Categories and won medals.
- Category 1(age 7-8) : Boys group – First Runners-up
 - Category 2(age 9-10) : Girls group – First Runners-up
 - Category 3(age 11-12) : Boys & Girls group – First Runners-up
- In the 63rdDr Tony Daniel Memorial Ernakulam District Athletic Championship, Adarsha scored an over all of 68 points and secured 9th position.
- **Mohammed Sayan** secured **Gold Medal** in Long Jump and High Jump.
 - **JubinSiby**won**Bronze Medal** for800 mtr Race.
 - **MukundNiranjan**won**Bronze Medal**for 1500 mtr Race under18 boys'category.
 - **AneetaJinu**secured**Bronze Medal** in High jump and Long Jump.
 - **Asna** secured **Bronze Medal** for Javelin Throw and Discuss Throw under 18 girls' Category.
 - **Mohammed Sahil** secured **Bronze Medal** in Javelin Throw under 16 boys' Category.
 - 4x100 mtrMedlyRelayteamunder 16' boys Category, Secured Gold Medal.
- In the Xth all Kerala Inter Bhavans Games, **Lakshmi A Menon** of Std. VIII bagged the **Runner up Championship** in R Squad 1000m and R Squad 500m, under 14 girls category.

- In the CBSE Cluster XI Athletic Meet, **AneetaJinu** of Std. XI secured the **Third position** in High Jump.

Kabbadi

- In the All Kerala CBSE cluster XI Kabaddi Tournament 2019, our school team secured the following prizes
 - ❖ 1st Runners trophy in the Under 17 girls' category
 - ❖ 2nd Runners up in the Under 17 boys' category
 - ❖ 2nd Runners up in the Under 19 boys' category
 - ❖ **Varsha M Prabhu** got the **Best Raider** award in the CBSE Kabaddi Under 17 girls' category.

Chess

- In the Ernakulam District Inter School Chess Competition 2019 organized by Hill Valley of Education Thrikkakara .**AadinathHarilal** of Std. IV secured the **Gold medal** and trophy.
- **Shreya P C** secured **Second prize** in Inter Bhavan's Chess Tournament.

Badminton and Boxing

- RiyaSushil of Std.VI bagged the first prize for Under13 Girls doubles and Under15 Girls doubles in the Ernakulam District Badminton Championship.
- In the Arch Bishop Attippetty Memorial Inter School Badminton tournament held at AssisiVidyanikethan Public school, our school team was adjudgedthe winners in the under 14 girls' Category .The team comprised RiaSusheel,AnnRoseMannara,AnanyaPremchand and ZaimaAsif.
- M Sidharthan of Std.VIII won the gold medal in the 37kg category in the 8th Kerala Kickboxing Championship 2019.He qualified for the National Championship to be held in Haryana.

Yoga

“Yoga - a light which once lit will never dim”

- International Day of Yoga was celebrated on June 21 with great vigor and zeal. Yogini Smt. Sugandhi Radhakrishnan was the chief guest .Students of std. VI-IX participated for common protocol Display during assembly.
- In the Yogasana District Championship held at Renewal Centre, Kaloor, Chinmayi Mukundan secured the 6th position and has been selected for the State Level Competition.
- Yoga dance performance on B MUN and grandparents' day spread the importance of yoga in our daily life.

Karate

- Saaya Kiran Raj of Std. I won the Gold Medal in the Second Kerala State Taekwondo Championship 2020.

NCC

Our school NCC is full-fledged with 50 cadets enrolled to 21 Kerala Battalion. The cadets are being given regular training parade on all Mondays and Wednesdays in the evening.

- Sri Manoj, Teacher, Physical Education department attended the four months training for Pre Commission course of Associate NCC officer held in Nagpur, Maharashtra.
- Devika Aravind & Lakshmija M S, our proud NCC cadets got selected for the 25m distance shooting event in the 3rd Talk Sainik Camp to be held in UC College, Aluva.
- Following cadets passed the A- Certificate Examination conducted for the first batch of NCC;

Abhijith K B, Abhilash M K, Adith Rajeev, Adnan Al Ameer, Akhib Lehan, Albin Aby, Donel Martin, Fahim M Faizal, Goutham Krishna P M, Mohammed Akhil, M V Vishnunath, Rishab Kumar, Sreerenj S Nair, Anakha R Varma, Chinmayi Mukundan, Devika Rajeevan, Gopika Krishna P S, Karthika P V, Malavika M Nair, Smiya Shaji, Varsha M Prabhu.
- Devika of class IX D has qualified to the next level of NCC Sainik Camp; A Firing Camp to be held at Kozhikode.

SCHOOL COUNSELLOR

The service of the professional counselor has tremendously helped to solve to a great extent the students' mental, emotional, behavioral, social and educational problems.

RESOURCE ROOM

A home room for students with special care and attention. Specially trained teachers support through different programmes.

LIBRARY

Our school library functions spectacularly with 12935 books in Literature, Science, Art and Fiction. Around 500 books were added to the library this year.

Book Fair was conducted by DC Books and United Books this year in our campus.

A day out ..

- Students of Std. I and II went on a picnic to Lulu Mall, Edappilly, Std. III to Ambedkar Park, Paravoor, Std. IV visited Mattanchery Synagogue and Folklore Museum, Std. V to Kauthaka Park, Chalakkudy, Std. VI to Shakthan Thampuran Zoo and museum, Thrissur, Std VII to Mango Meadows, Kottayam, Std. VIII to Ravi Kiran Crystal Museum and Choir Factory, Alaphey, Std. IX to Magic World, Trivandrum, Std. XI to Kuttikanam and Std. XII to Isha Foundation, Coimbatore.
- Teaching and non-teaching staff went on a picnic to Aquatic Floating Resort at Kumbalangi.

Milestones..

- **Ms Mary Swarna Rani** along with 12 students attended an educational programme in Savolina, Finland to learn about the World's Best Educational System' from April 21 to May 1.
- **Ms. Dhanya M.S**, teacher, Dept. of Social Science and a few of our students participated in the Xth National Integration Camp 2019 held at Bharatiya Vidya Bhavan's Vidyashram, Jaipur.
- **Ms. Ambika N Menon**, Teacher, Dept. of Social Science bagged the most prestigious '**JINDAL Award**' by Bharatiya Vidya Bhavan.
- **Ms. Mary Swarna Rani**, Teacher, Dept. of Chemistry has been selected for a teacher exchange programme in Japan by MHRD.
- **Ms. Savithiri Vishwakumar**, teacher, Dept. of Biology and **Ms. Mary Swarna Rani, Teacher**, Dept. of Chemistry was lucky enough to explore the world of NASA along with twenty one students of our school.
- In the General Awareness test conducted for teachers, Bhavan's Adarsha Vidyalaya emerged as the First Runners up and **Ms. Neelima Raj**, teacher, Dept. of English secured the Third Rank in the State Level.
- In the Vidyodaya Interschool camp held in Vidyodaya School, Thevakkal, **Ms. Mary Steny**, Teacher, Physical Education Department was adjudged as the Best Teacher.

CONCLUSION

I wish to celebrate our success with an expression of gratitude to the Almighty, who has showered on us plentiful blessings. I sincerely thank the Chairman, C A Venugopal C Govind, Director, E Ramankutty, Education Officers, Research Coordinators, all the members of the management Committee Bharatiya Vidya Bhavan Kochi Kendra and the members of SMC for their unstinted support and a penchant for partnership.

Steering with vision and verve, we are on the move to write the phraseology and transform our school into a Centre Extraordinaire!!