

2019-2020 I



MAR THOMA  
RESIDENTIAL SCHOOL  
TIRUVALLA

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# LET'S MAKE A NEW KERALA

*Vagaries of nature has once again created havoc in Kerala with heavy rain and massive landslides, resulting in loss of life and property. We know that the smallest of initiative can create a ripple of change. As a small contribution, the staff and students lent help to some families who were most in need during the flood. When we hold our hands together we build a bond that can help us withstand the toughest of winds.*

## GOD'S VALUABLE POSSESSION

EDITORIAL

TABITHA FINNY, Special Prefect

I often hear a lot of people questioning the purpose of their lives and about their existence when they are disheartened by some silly matters. They lose their confidence and courage and in turn question their Creator. But the Lord says in Jeremiah 1:5 that ***Before I formed you in the womb I knew you, before you were born I set you apart.*** This verse clearly indicates that it is not by mistake that God has formed us but it is for the fulfilment of His purpose.

Here is a story which will help us to realize the value of our life. Once there was a parrot who was leading a jovial

and peaceful life. One fine morning he saw a cat walking towards him with a cart full of silkworms. To his surprise, the cat offered him a silkworm for free. Having experienced the taste of the appetizing and delicious silkworm, the parrot wanted more of it. He requested the cat for one more silkworm and the cat in return asked for a single feather from the parrot's body. Without thinking about the ramifications of his action, he agreed to the contract. He continued the process till he got the last silkworm. At that moment he suddenly came to his senses and realized that there was only a single feather left on

his body. He was shocked, scared and tried his best to fly; but he failed. The cat took advantage of the opportunity and devoured the poor parrot.

Our life is similar to the life of the parrot. We often fall into the snares of the devil when we walk apart from God. We are often attracted by the pleasures of the world without thinking about the consequences of our action. God has formed us with a plan and purpose and our life should be according to His will.

***Never forget your worth and always remember that YOU ARE GOD'S VALUABLE POSSESSION.***



## GREETINGS



Mr. Reji Mathew, Principal

It is my immense pleasure to publish our first term news letter *Flare* for the academic year 2019-20. I thank the Almighty God for His manifold blessings we have received during the previous academic year.

## THOUGHTS AND THROBS

I would like to convey my deepest condolences to the bereaved family of Prof. C. T. Titus, founder member and former secretary of Mar Thoma Educational Agency who passed away on 09-05-2019.

### A word to the parents

In this fast growing world mobile phones have become an integral part of our lives. All are aware of the misuse of mobile phones, especially among students. It is my request to the parents to be more vigilant while your wards are using them.

### A word to our students

Try to understand the concept while

learning. To understand the concept of what you have learnt, first you have to listen to your teacher, and revise it. I have understood from the parents that students revise only during the time of examination. You have to be consistent in your learning. Always keep in mind that you learn for the future and not just for the examination. Daily learning should become a habit and never postpone your work. I encourage you to make an earnest effort towards inculcating this new attitude towards learning.

**WISH YOU ALL A HAPPY ONAM**

## TEACHERS' ORIENTATION PROGRAMME 2019- 2020



### EQUIPPING TEACHERS FOR QUALITY EDUCATION

*I Touch the Future. I Teach* - Christa McAuliffe

Teachers are one of the most influential and powerful forces for sustainable development of the future. The teachers of Mar Thoma Residential School had a three day Orientation Programme under the guidance of our *Counsellor* Rev. Dr. Joe Joseph Kuruvilla, *Principal* Mr. Reji Mathew, *Vice Principal* Mrs Anitha Susan John and *Headmistress* Mrs Anis Sunil Jacob.

**29<sup>th</sup> May:** Rev. Dr. Moti Varkey, *Department of New Testament, Mar Thoma Theological Seminary,*

*Kottayam,* paved the way for the orientation programme with his robust and dynamic speech, inspiring teachers to be the catalysts of social transformations and facilitate the students with the right information that will determine the destiny of the nation.

Ms. Anupama Paul, *Voice Trainer,* conducted the afternoon session sharing relevant information pertaining to voice modulation and healthy speech for teachers.

**30<sup>th</sup> May:** Ms. M. Gomathy, *Teachers' Trainer,* enlightened the teachers on classroom management and the science of teaching, which evoked in all teachers the responsibility and commitment to elevate their teaching practice in the new academic year with zeal.

**31<sup>st</sup> May:** The third day focused on planning and goal setting. The teachers were involved in various departmental meetings to decide their plan of action and execution.





**SCHOOL RE-OPENING AND WORLD ENVIRONMENT DAY**



The students assembled in the school auditorium with great enthusiasm for the school re-opening on 6<sup>th</sup> June, 2019. The morning prayer was led by Rev. K.E.Geevarghese, Vice President, Mar Thoma Educational Agency.

World Environment day is celebrated on 5<sup>th</sup> June to spread awareness and encourage people to take action in order to protect the environment. In the presence of the Principal, Mr. Reji Mathew and the teachers of the Department of Biology, the students of Std. VII A and VIII A planted an Indian Gooseberry *Phyllanthus emblica* sapling in the school premises.

**Welcome Assembly**



Std XII students, with the guidance of their class teachers, had put up a grand assembly to welcome Std. XI students on 10<sup>th</sup> June, 2019. The new batch was assured all support and help by their seniors. The Principal, Mr. Reji Mathew, lauded the efforts put in by Std. XII students and wished the students of Std. XI a prosperous year ahead.





## Commemoration Day

The 46<sup>th</sup> Commemoration Day was celebrated on 12<sup>th</sup> June, 2019. The Guest of Honour, His Grace The Most Rev. Dr. Joseph Mar Thoma Metropolitan graced the occasion with his presence. Rev. K.E. Geevarghese, *Vice President of Mar Thoma Educational Agency and Vicar of Jerusalem Mar Thoma Church, Kuttapuzha* led the congregation in prayer. His Grace enriched and blessed the gathering



with his wisdom and encouraged the students to be good leaders. The tiny tots, who newly joined the school were blessed by the Thirumeni and welcomed by their teachers.

## Prefects' Investiture



Prefects' Investiture ceremony held on 17<sup>th</sup> June, 2019 commenced with the procession of student officials onto the stage. The *Principal*, Mr. Reji Mathew, welcomed the gathering and administered the oath of office to the *Head Boy*, Christo Kurian Ajoy and the *Head Girl*, Liz Leya Ninu and

to the Council of Prefects. The Guest of Honour, Adv. Prakash P. Thomas, encouraged the newly assigned prefects by speaking about the qualities of a good leader and reminded them of their duties and responsibilities as prefects. House Captains received their badges and certificates from their respective



House Masters and Mistresses. Junior Prefects, House Prefects and Editorial Prefects received their badges, epaulettes and certificates from their respective teachers. The ceremony wound up with the recession of the Council of Prefects.

## Club Inauguration



Club Activities help students develop their skills and interests in specific areas. Mr. Ajith Kumar, *Manager of Gramin Bank, Kuttapuzha* inaugurated the Club Activities on 21<sup>st</sup> June, 2019. He spoke about the importance of extra curricular activities in school life. This year, there are twenty clubs. Several new activities like Table Tennis, Chess, Instrumental Music, Theatre, Tailoring, Swimming, Hand ball and Hockey have been introduced. All the clubs are led by experienced teachers and trainers.

## INTERNATIONAL YOGA DAY

June 21<sup>st</sup> is the International Day of Yoga. It is believed that the regular practice of yoga improves mental, physical and intellectual health. It positively changes our lifestyle and increases the level of well being. Commemorating the Yoga Day, a special programme was organised by students of Std.VIII under the guidance of our *Yoga Instructor*, Mr. Binoy Thomas.





# Prize Day

The 45<sup>th</sup> Annual Prize Day was held on 24<sup>th</sup> June, 2019. Mrs. Sheela Thomas, IAS (Rtd) Member Secretary Administrative Reforms Commission was the Guest of Honour. Mr. Anandu Suresh Govind, 127<sup>th</sup> Rank Holder in Civil Service Examination-2018, was a special guest.

Rev. K.E.Geevarghese, Vice President, Mar Thoma Educational Agency, led the gathering in prayer. The Head



Boy, Christo Kurian Ajoy welcomed the gathering. The Principal, Mr. Reji Mathew highlighted the achievements of the school. On behalf of the school, the Head Mistress Mrs. Anis Sunil Jacob and Master Muhammed Ashique felicitated Mr. Anandu Suresh Govind

on his extraordinary achievements. *From Shadows to Limelight*-a short film highlighting the various stages in Mr. Anandu's life was shown.

The academic toppers were congratulated by the Guest of Honour. Mrs. Sheela Thomas urged the students to have a hunger for knowledge. Mr. Anandu spoke about his days in school and the steps toward his career. A patriotic song by Std. X and a melody by Std. XII entertained the audience. The Head Girl, Liz Leya Ninu proposed the vote of thanks.



# Vaayana Kalari

*Vaayana Kalari*, an innovative programme initiated by the Malayala Manorama newspaper and sponsored by the Adarsh Academy was inaugurated on 25<sup>th</sup> June, 2019. Mr. Kuriakose Abraham, Executive of Circulation, Malayala Manorama, spoke on the relevance of reading. Mr. Rajeev P.M, Managing Director, Adarsh Academy presented a copy of the Malayala Manorama newspaper to our Principal, Mr. Reji Mathew.

# Doc Talk

Two special meetings were held on 1<sup>st</sup> July, 2019 to commemorate Doctor's Day. Dr. Manju Sujith, Senior Manager, Global Cancer Concern India NGO, spoke to the students about the symptoms and causes of cancer and precautions against it.

Dr. Maria Dominic, Director, Medlounges made the students aware of the problem around them; ill effects of junk food, dangers of drug abuse and electronic gadget misuse. She educated the students how to distinguish

between a good touch and a bad touch. The importance of keeping ones body healthy was also emphasised.





*All our Dreams can come True if we have the Courage to Pursue them*  
 -Walt Disney



**CONGRATULATIONS TO OUR ACHIEVERS**



**Mr. Anandu Suresh Govind**  
 ISC 2011 made us all proud by securing 127<sup>th</sup> rank in the Civil Service Examination, 2018



**Martina Elizabeth Ignatious**  
 Individual Champion

1<sup>st</sup> in 200m race, 80m hurdles and long jump at ASISC South Zone Kerala Athletic meet held at Municipal Stadium, Kollam on the 8<sup>th</sup> and 9<sup>th</sup> of August, 2019.



**Parthiv S Rao**  
 2<sup>nd</sup> Rank, Kerala Region ICSE 2019



**Sneha Mariam John**  
 3<sup>rd</sup> Rank, Kerala Region ICSE 2019



**Parvathy S Kumplayil**  
 3<sup>rd</sup> Rank, Kerala Region ICSE 2019



**Joshy Johny Thottam Class IV**  
 14<sup>th</sup> ranking in the under 10 category, at State Level Championship organised by Chess Association of Alleppey



**Levin Thomas Lanu Class V**  
**Benjamin Cheri Mathew Class II**  
**Abel Jacob Philip Class V**  
 3<sup>rd</sup> Prize in Team Chamionship;  
 28<sup>th</sup> Don Bosco All Kerala Interschool Table Tennis Tournament conducted at Iringalakuda



**Jonathan C Jacob**  
 1<sup>st</sup> Prize in 50m and 100m free style swimming; ICSE Sports and Game meet, South Zone held at Trivandrum International School



**Thomas M Kolethu**  
 2<sup>nd</sup> Place in 100m and 3<sup>rd</sup> place in 50m free style swimming; ICSE Sports and Games meet, South Zone held at Trivandrum International School



ASISC South Zone Kerala table tennis selection was conducted in the school auditorium on 20<sup>th</sup> August, 2019.



ASISC South Zone Kerala Badminton team selection was conducted in the school auditorium on 5<sup>th</sup> August, 2019.



Interhouse Cultural Fest, one of the most awaited programmes of the year was inaugurated on 2<sup>nd</sup> August 2019. Dr Shiny Thomas, Assistant Professor, Department of Malayalam, Mar Thoma College, Tiruvalla was the Guest of Honour. Tabitha Finny, Special Prefect welcomed the gathering which was followed by lighting of the lamp. Dr Shiny Thomas in her inaugural speech stressed the wholesome importance of education, quoting Tagore's poem *Where the mind is without fear...* The formal function came to an end with vote of thanks by Jonathan C Jacob, Blue House Captain, marking the beginning of various cultural events. ASISC South Zone Kerala badminton team selection was conducted in the school auditorium on 5<sup>th</sup> August 2019.

## INTERHOUSE CULTURAL COMPETITIONS



## INDEPENDENCE DAY CELEBRATIONS



On Thursday the 15<sup>th</sup> of August, the school celebrated the 73<sup>rd</sup> Independence Day. Teachers and students sang Vande Mataram. The *Principal* Mr. Reji Mathew hoisted the National Flag and the gathering sang the National Anthem. He gave a motivating message to inspire the students to be dutiful citizens.



**NURTURE THROUGH NATURE**  
Kindergarten Children Learning Parts of Plants

## OBITUARY



**Prof. C. T. Titus**

One of the founding members and former Secretary of Mar Thoma Educational Agency, passed away on 9<sup>th</sup> May, 2019. We remember his contributions to the school with gratitude.



**Mrs. Suseela George**

Former office Secretary passed away on 13<sup>th</sup> April 2019. Her valuable contributions to the school are remembered with gratitude.



## WE RISE BY LIFTING OTHERS



## ONAM CELEBRATIONS

*Life becomes a festival when gaiety and culture blend.  
Onam epitomises this message*



Students of Std. XI conducted a special Onam assembly on 22<sup>nd</sup> August, 2019. They were dressed in traditional attires. A colourful *Athapookkalam* was a feast for the eyes. The programme commenced with a melodious prayer song. Georgee K. Marret and Della Richu Baby reminded the gathering of the beliefs behind Onam celebration.

Mahabali was welcomed in a traditional style followed by *seasonal songs, Thiruvathira and Vallamkali*. Primary students had their Onam celebrations on 30<sup>th</sup> of August, 2019. *Principal Mr. Reji Mathew* thanked the participants for their performance and wished everyone a Happy Onam.



## EDITORIAL BOARD

**EDITORIAL ADVISOR:** Mr. Reji Mathew, **STAFF EDITORS:** Mrs. Leni Abraham, Mr. Sajai John, Mrs. Bindu Oommen, Mr. Robin Mathew George, Mrs. Sumy Rachel Mathew, Mrs. Bibi Rebecca Binu, Mrs. Jaimy Manu Thomas, Mrs. Deepthi Chacko, Miss Christina Mary George, Mrs. Deepa Sara Alex

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**SPECIAL THANKS:** Mrs. Anitha Susan John, Mrs. Anis Sunil Jacob, Mrs. Aleyamma Mathews Joseph, Mrs. Suja Mary Jacob, Mrs. Cynthia Marina Varghese

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