

VOL. 40 \ NO. 8

FEB 2026

# SPECTRA

**CHAVARA VIDYA BHAVAN**

An ISO 21001:2018 Certified Institution

**MIRRA PG. 10**

**CHAVARA  
SOCIAL EYES  
PG. 13**

**YOUNG POETS'  
CORNER PG. 9**

# FROM THE TREASURY

## **Starry Sky: A flicker of Novelty and Scientific wonder**

Twinkle Twinkle Little Star! How I wonder what you are! The most cherished lines of the Nursery Rhyme reminds us of the vast and captivating horizons of Science unfurling around us from generations to generations. The stars have captivated human imagination for centuries, inspiring scientific inquiry and moral reflection. Science has unraveled the mysteries of stars, while their beauty and vastness have taught us valuable life lessons.

Stars are massive balls of hot, glowing gas, generating energy through nuclear fusion. They are born, live, and die, shaping the universe's structure and evolution. Stars are always a scientific wonder which can be discovered further though so much research is going on in stellar science and astronomy.

Though we feel stars as tiny twinkling dots in the sky, they are very massive structures in reality. Our scientific knowledge helps us to realise this. Science always helps us to find out what is real, imagination and illusion. It helps us to observe, analyse and draw conclusions logically than rushing to decisions at the heat of the moment.

Science always makes us disciplined and thrive more to find out the truth, clarifying confusions. As students we have to think for new possibilities, deconstructing the traditional ones through research and scientific knowledge will help us in this journey of quest.

Dear Students, as we are marching towards our dreams, science and stars both will tell us we have to be humble because we know little. It may appear that humans conquered everything and discovered everything but new findings and theories will remind us that we need to know a lot and that realisation should lead us forward with so much enthusiasm and curiosity to find new things and methods. We have to understand people not with their external appearances but through appreciating their character and talents. As stars burn to give light to the universe, we have to give light of hope to others. We all are under the same sky and called to share the same earth revolving around the big star, the Sun. Yes, the stars remind us of our place in the universe, inspiring both scientific inquiry and moral reflection. By embracing these lessons, we can lead more meaningful, curious, and connected lives.

All the best and God bless You!

**REV. FR. SHIJO CHOWALLOUR CMI**  
**BURSAR**



## Science Beyond the Stars: Illuminating Minds, Shaping the Future

*"Science is a way of thinking much more than it is a body of knowledge."*

Science is often imagined as something distant hidden inside laboratories or floating among stars. In reality, it is deeply woven into everyday life. From the moment we wake up to the alarms on our phones to the medicines that protect our health, science quietly shapes our world. It is not just a subject to be studied but a mindset that encourages curiosity, logic, and progress.

Since ancient times, humanity has sought answers by observing nature. Early explanations were rooted in myths and superstition, but science gradually replaced belief with evidence. This transformation empowered people to understand natural phenomena rather than fear them, laying the foundation for modern civilization. While space exploration captures imagination, science extends far beyond the sky. On Earth, it plays a crucial role in agriculture, healthcare, transportation, and communication. Scientific advancements have increased food production, improved life expectancy, and connected people across continents, directly enhancing the quality of human life.

Technology, the applied face of science, has redefined modern living. Innovations such as artificial intelligence, renewable energy, and digital communication have opened new possibilities while also introducing ethical challenges. Progress, therefore, must be guided by responsibility to ensure that scientific power is used for the benefit of humanity. Science also teaches humility. As we explore the universe and study the laws of nature, we realize that humans are part of a much larger system. The same elements found in distant stars exist within us, reminding us of our connection to the cosmos and to one another. One of the most critical roles of science today lies in addressing global challenges. Climate change, environmental degradation, and health crises demand solutions rooted in research, innovation, and informed decisionmaking. Science provides the tools, but human commitment determines their impact. Education remains the backbone of scientific progress. A scientific temper encourages questioning, critical thinking, and adaptability. By nurturing curiosity rather than rote learning, science prepares future generations to face an everchanging world with confidence. In times of uncertainty, science stands as a guiding force. It does not offer instant answers, but it provides clarity through evidence and reason. By embracing science with ethics and compassion, humanity can move towards a more sustainable and enlightened future.

*"Science knows no country, because knowledge belongs to humanity, and it is the torch which illuminates the world."*

**Sakthi Dharshana M**  
**G11-D**



### SNEAK PEEK

EDITORIAL

LINKED FOREVER

ALUMNI MEMOIRS

PARENTS HUB

MINDFUL MUSINGS

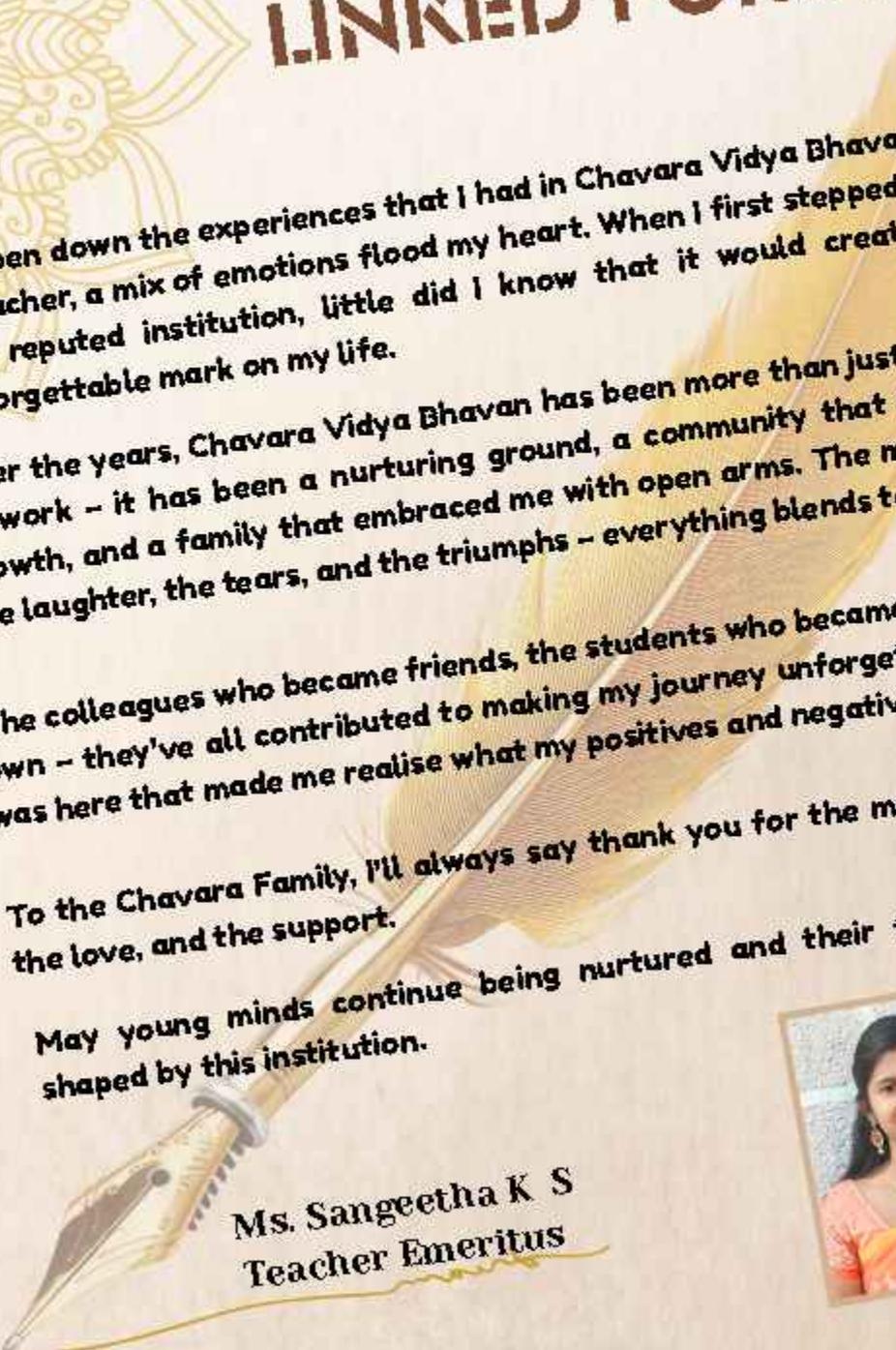
MIRRA

CHAVARA SOCIAL EYES

READ A BOOK

CREATIVE CANVAS

SHRADHANJALI



# LINKED FOREVER

As I pen down the experiences that I had in Chavara Vidya Bhavan as a teacher, a mix of emotions flood my heart. When I first stepped into this reputed institution, little did I know that it would create an unforgettable mark on my life.

Over the years, Chavara Vidya Bhavan has been more than just a place to work – it has been a nurturing ground, a community that fostered growth, and a family that embraced me with open arms. The memories, the laughter, the tears, and the triumphs – everything blends together.

The colleagues who became friends, the students who became like my own – they've all contributed to making my journey unforgettable. It was here that made me realise what my positives and negatives are.

To the Chavara Family, I'll always say thank you for the memories, the love, and the support.

May young minds continue being nurtured and their futures be shaped by this institution.

Ms. Sangeetha K S  
Teacher Emeritus



# ALUMNI MEMOIRS

## *Chavara – A Part of Me*

As time moves forward, Chavara remains a constant reference point—a chapter that continues to guide my decisions and values. The years may pass, but the foundation remains.

I remember laughing with friends over the smallest things, the nervous thrill before performing on stage, and the satisfaction of solving a problem I thought I never could. Those moments were fleeting, but they left marks that I still carry today. The laughter in the corridors, the friendships that felt eternal, the moments that seemed ordinary then but priceless now—all of them live within me. Even today, when I close my eyes, I can still feel the warmth of those days.

Chavara's teachers didn't just teach; they planted seeds that continue to bloom in all of us. It wasn't just academics they taught—it was patience, resilience, kindness, and the courage to try. Their encouragement often stayed with us long after the classroom doors closed, shaping not only how we learned, but how we approached life.

Time has carried me far from those school gates, yet my heart never truly left. I walk forward in life with the values my school gifted me, carrying its lessons like a quiet promise. To those who are still writing their story there—pause, savour, and cherish every moment. One day, you'll look back and realize how deeply these years have shaped you. What may feel ordinary today is quietly becoming a part of who you will be tomorrow.

PRISCILLA D  
PURSUING B E (ECE) - 1 YEAR  
CLASS OF 2024-25



## Happy Birthday



**Tr. MUTHUSAMY S**  
**15 FEB**



**Tr. JACINTHA**  
**20 FEB**



**Tr. RAJNI DOBHAL**  
**26 FEB**

# PARENTS HUB

As a parent, it gives me great happiness to share my thoughts about my daughter's school, Chavara Vidya Bhavan. The school provides a safe, caring, and nurturing environment where children feel comfortable and valued. My daughter looks forward to going to school every day, which gives me a sense of reassurance and peace as a parent.

The teachers at Chavara Vidya Bhavan are kind, patient, and supportive. They explain lessons clearly and encourage every child to give their best. Their dedication and understanding help create a positive learning atmosphere where children feel confident to ask questions and express themselves.

Chavara Vidya Bhavan places equal importance on academics, discipline, co-curricular activities, and moral values. Students are given many opportunities to participate in cultural programs, sports, and various celebrations. These activities help children develop confidence, teamwork, and leadership skills, which are essential for their overall growth.

Another commendable aspect of the school is its effective communication with parents. The school keeps parents well informed about their child's progress, enabling us to support and guide our children more effectively at home. Because of the nurturing environment and dedicated guidance at Chavara Vidya Bhavan, my daughter has grown into a more confident, responsible, and enthusiastic learner.

I am deeply grateful to the teachers and staff for their hard work, care, and commitment. Chavara Vidya Bhavan plays a vital role in shaping the future of its students, and I feel proud and fortunate to be part of this wonderful institution.

**Adhira O B**  
**M/O Ridya Sri T S G4-B**



# MINDFUL MUSINGS

## SCIENCE AND EVERYDAY LIFE

Science quietly lives in every sunrise, calculating light and time with perfect precision. The simple act of boiling water is a dance of molecules responding to invisible laws. Every heartbeat is a biological rhythm guided by electrical signals and chemistry. The phone in our hands is a universe of physics, mathematics, and engineering.

Science turns ordinary moments into miracles we experience without noticing. Breathing itself is a continuous experiment in gas exchange and survival. Gravity keeps our feet grounded while curiosity lifts our minds higher. The food we cook transforms through chemical reactions older than humanity. Rain is not just water falling—it is the atmosphere solving its own equations. Even a child's laughter is shaped by acoustics and vibration. Science is the silent architect behind comfort, medicine, transport, and communication. Every shadow is proof that light travels in straight, measurable paths. The warmth of sunlight carries nuclear stories from millions of miles away. Science teaches us that the extraordinary is hidden within the ordinary. Daily life is not separate from science; it is science beautifully unfolding around us.



**NILAN S**  
**G3-B**

## WHAT DO WE LEARN OUTSIDE THE CLASSROOM



**SRREE KRISHNA G**  
**G4-C**

Science is not just a subject in a book; it is all around us. Outside the classroom, we learn science by observing nature—plants, animals, and weather patterns. Whether it is watching birds fly, understanding how plants grow towards sunlight, or noticing how the weather changes and affects our daily life, we learn many scientific ideas. By paying attention to these, we understand concepts like ecosystems, adaptation, and environmental balance.

We also learn science through daily activities like playing, cooking, and using machines. When we play, we understand concepts such as motion, gravity, and energy. Cooking teaches us about chemical changes, heat transfer, and states of matter. Using machines and gadgets helps us learn how electrical circuits work and how scientific principles are woven into our everyday life. This hands-on learning makes science fun, meaningful, and easy to relate to.

# MINDFUL MUSINGS

## IF I COULD TOUCH A STAR

I will go and touch a star, which is like a warm, glowing marshmallow, by climbing a ladder made of moonbeams. If I could bring a small piece of the star back with me, I would use it as a pocket warmer on cold winter days. I would also take a tiny spark from the star to light the houses that have no electricity so everyone can enjoy brightness and hope.

Then I would sit on the star and listen to its soft music in the sky. I would sprinkle a little stardust on the Earth to make people smile. The star would guide me whenever I feel lost, and I would make it my special friend to enjoy the rhythm of the universe. At night I would wave to my star, and it would blink back at me while shining for the whole world.



**JOANNA PAUL P**  
**G3-B**

## WHY STARS TWINKLE



**ASWIN D**  
**G5-B**

Stars appear to twinkle because of a phenomenon called atmospheric refraction. When starlight enters the Earth's atmosphere, it passes through different layers of air with different temperatures and densities. As a result, the light bends continuously before reaching our eyes. This constant bending causes the amount of light reaching our eyes to increase and decrease, making stars appear to twinkle in the night sky.

Stars twinkle because they are very far away from the Earth. Planets do not twinkle much because they are closer and appear bigger. The twinkling of stars makes the night sky look beautiful and magical, and it reminds us that the light has travelled a very long distance to reach us.

# YOUNG POETS' CORNER

## The Light of Science

*Science is a bright, shining light,  
Helping us learn what's wrong and right.  
It shows us stars up in the sky,  
And tells us how the birds can fly.  
It helps us heal and helps us grow,  
With new ideas we come to know.  
Science makes our future bright,  
Filling the world with truth and light*

**SATHVIKA A**  
G4-C



## வானத்தைப் பார்த்த ஓர் இரவு

*பேரழகில் பூத்திருக்கும்  
வெண்ணிற மலர் கொண்ட நிலவு!  
எண்ணிற்கடங்காத விசித்திரமான  
வண்ண வண்ண விண்மீன்கள்!  
நேர்கொண்ட காற்றில்  
கூடி கலைகின்ற மேகங்கள்!  
பறவைகள் தங்கும் கூட்டைப் போல,  
இவைகளை எல்லாம் அள்ளி  
அணைக்கும் வானம் நீ!*

**LINI SARAL P**  
G4-C



## The Sky Full of Wonders

*The sky's a canvas, vast and wide,  
Full of wonders, when dream reside.  
Stars twinkle like diamond bright.  
Clouds drift by, soft and slow.  
Painting pictures, as they go.  
The sky's mystery, a treasure trove,  
Inspiring wonder, as it unfolds.*

**RIFA ARMIN N**  
G4-C



# MIRRA

**MIRRA- A Symphony of Courage and Creativity**

The 39<sup>th</sup> Annual Day Celebration of Chavara Vidya Bhavan, MIRRA - A Symphony of Courage and Creativity, commenced with a dignified Guard of Honour, setting an atmosphere of pride, elegance, and tradition.

The celebration was graced by the Chief Guest, Prof. Dr. A. Sangamithra, Professor and Head, Department of Economics, Bharathiar University, and presided over by the Correspondent and Provincial, Preshitha Province. Fr. Dr. Saju Chackalackal, under the able leadership of the Principal, Rev. Fr. Dany Kokkadan.

The guidance of the Bursar, Rev. Fr. Shijo Chowallour, and the gracious presence of Rev. Fr. Joseph Panackal, member of the Finance Council, Preshitha Province further enriched the gathering. The programme was elevated by the insightful keynote address delivered by Dr. Madan A. Senthil, Chairman and Secretary, Rathinam Arts and Science College.

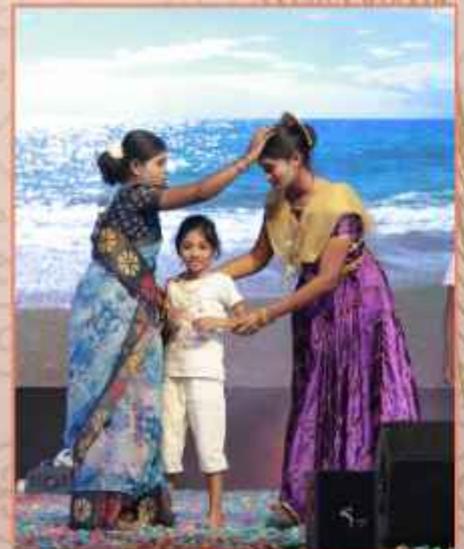
A touching segment of the celebration honoured the retiring staff—Mrs. Beena Jose (Teaching Faculty), Mrs. Susan (Administrative Staff), and Mrs. Palaniammal (Housekeeping Staff)—in grateful recognition of their years of dedicated and selfless service. The Annual Report video vividly portrayed the institution's growth, milestones, and achievements over the year.

This was followed by the official inauguration of the Ruby Jubilee, marked by the lighting and handover of the Ruby Torch, symbolising continuity and legacy. The sacred flame was passed from the Correspondent to the Principal and then to the School Pupil Leader, leading a solemn procession to the St. Chavara Groove, where it was reverently placed at the feet of Saint Kuriakose Elias Chavara.

The evening also witnessed the felicitation of the PTA President, Dr. John Singarayar, honouring a decade of exemplary service to the institution. The celebration culminated in a vibrant cultural extravaganza, featuring a special segment by Pre-KG, KG, and Grades 1 to 3 students, followed by a powerful cinematic drama titled Shaurya that held the audience spellbound.

Special performances by mothers and alumni of Chavara Vidya Bhavan added warmth and nostalgia, offering a meaningful platform for talent exposure and creative expression. Altogether, MIRRA stood as a fitting tribute to legacy, gratitude, and the enduring spirit of courage and creativity that defines Chavara Vidya Bhavan.

# Mirra in Focus



# Mirra in Focus



# CHAVARA SOCIAL EYES

SOWING SEEDS OF KINDNESS, HARVESTING SMILES!



As a part of Chavara Social Eyes, the social service initiative of Chavara Vidya Bhavan, students are encouraged to cultivate compassion and social responsibility. During the month of December, students contributed to the social service fund and donated essential grocery items. As part of this outreach, staff and student representatives along with Fr. Dany Kokkadan, Principal visited Threethwashram, Palakkad, where they spent meaningful time with the senior citizens and inmates. We extend our heartfelt thanks to Fr. Micheal and Fr. Joy for warmly welcoming our team into their midst and for the dedicated service they continue to render.

Another team of students from Chavara Vidya Bhavan, accompanied by Fr. Shijo Chowallour, Bursar, visited Suhruth Bhavan, Palappuram, where they spent quality time with the residents of the Orphanage and extended monetary support to the institution. We express our sincere thanks to Fr. Sabu and Fr. Joseph for graciously welcoming the team to their campus of service and for their dedicated and selfless work.



Chavara staff and students Team 3 visited the Leprosy Rehabilitation Center, Marudhamalai and Karunai Illam, Koundampalayam, where they interacted empathetically with the residents and provided essential grocery items as a gesture of care and solidarity. Special thanks to Fr. Franklin (Karunai Illam) for his guidance and support in making this outreach meaningful. In the Somayampalayam-Marudhapuram area, some families from underprivileged sections of society were supported with monthly ration supplies.

# Read a Book A Month Challenge

Sudha Murty's *Here, There and Everywhere* is a collection of stories that offers a gentle yet profound glimpse into everyday lives, woven through with her signature warmth and wisdom. Known for her straightforward storytelling and deep empathy, Murty continues to explore the nuances of human relationships, societal norms and the quiet dignity of ordinary people. This book stands out as a reflective piece that invites readers to pause and consider the small but meaningful moments that shape our existence.

What makes this work particularly noteworthy is Murty's ability to blend simplicity with insight, making complex emotions and moral dilemmas accessible without ever feeling heavy hearted. Her prose is clear and unpretentious, which is a strength, as it allows the stories' messages to resonate naturally. The narrative voice feels accustomed, often evoking a sense of familiarity as if a wise neighbour or elder is sharing anecdotes and life lessons over tea.

One of the book's strongest elements is its focus on everyday heroes and the uncelebrated acts of kindness and courage that often go unnoticed. Murty's characters are believable and relatable, often ordinary people facing relatable challenges. Through them, she explores themes of integrity, compassion and resilience.

The collection's charm lies in its simplicity. The book does not seek to shock or reinvent but rather to comfort and inspire. This is a deliberate choice that aligns with Murty's style and purpose.

Overall, *Here, There and Everywhere* is a delightful read for those who appreciate humane storytelling that celebrates the ordinary. It is particularly suited for readers who enjoy reflective, character driven tales that offer quiet wisdom without elaborate plotting or dramatic twists. Sudha Murty's voice remains a comforting presence, reminding us that the world is full of small stories worth telling and cherishing.

In closing, this book leaves you with a gentle reminder: sometimes the most profound truths are found in the simplest moments and every life, no matter how seemingly ordinary, holds a story worth hearing. For readers willing to embrace that subtle beauty, *Here, There and Everywhere* is a rewarding companion.

**TR. POONGODI  
MATHS FACULTY**



# Creative CANVAS



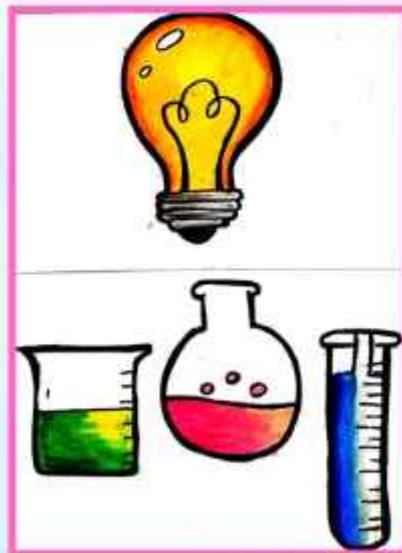
**VIBHU NIKHILAN K**  
**G3-B**



**SRUTHI S**  
**G4-C**



**VINU NITHILAN K**  
**G3-B**



**KALARAKSHA B**  
**G4-C**



**PRANEETHA M V**  
**G4-C**



## SHRADHANJALI



**Mrs. Annam Pathrose**

The staff and children of Chavara Vidya Bhavan MHSS are deeply saddened to announce the passing of Mrs. Annam Pathrose (90), mother of Mr. Joy Koonan, our sincere administrative staff, on January 18, 2026. We extend our heartfelt condolences to Mr. Joy Koonan and his family. May her memory be a blessing and her soul rest in eternal peace.