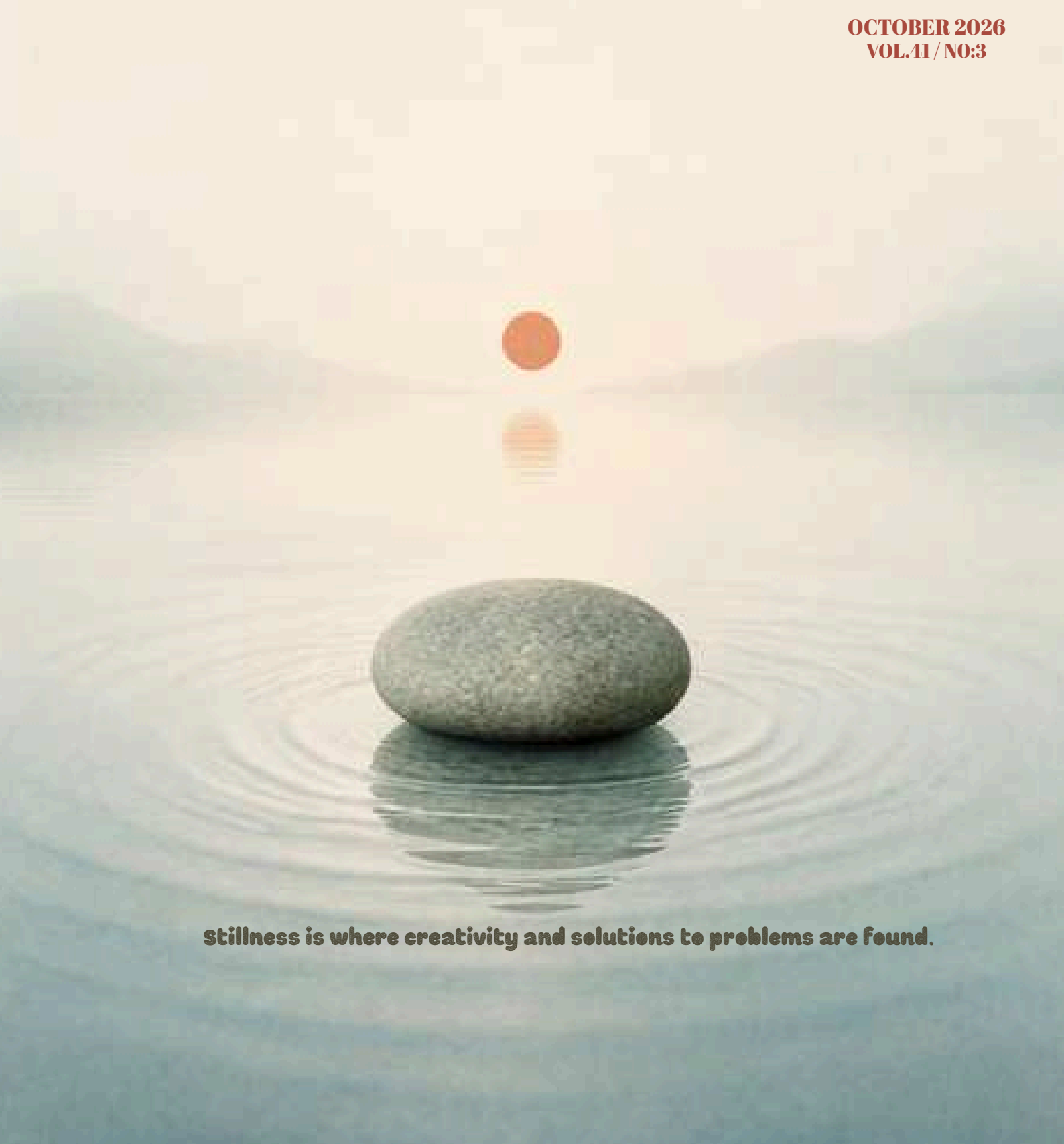


SPECTRA

CHAVARA VIDYA BHAVAN

An ISO 21001:2018 Certified Institution & Accredited by NABET

OCTOBER 2026
VOL.41 / NO:3



Stillness is where creativity and solutions to problems are found.

Message From The Correspondent



PEACE WITHIN

Once a Guru took his restless disciples to a small lake. The wind was blowing hard, and the water was disturbed and muddy.

The Guru said, "I am thirsty. Bring me a glass of water from the lake."

The disciples looked at each other - how could they bring muddy water? They waited. After some time, the wind stopped. The mud settled down and the water became crystal clear. The disciple then filled the glass and gave it to the Guru.

The Guru smiled and said, "See, you did nothing to make the water clear. You just let it be still, and it cleared on its own. Your mind is also like this lake. When you are angry, worried, or jealous, your mind becomes muddy. Don't fight with it. Just be still and quiet for a moment, and peace will return."

We often think peace will come if we get good marks, a new mobile phone, or if everyone praises us. But true peace does not depend on what happens outside. It grows from what happens inside.

Peace within is not the absence of noise, problems, or exams. It is the presence of calm in the middle of them. It is when we learn to breathe deeply, to forgive quickly, to be grateful for small things, and to be kind even when no one is watching.

Let us not search for peace in the world. Let us carry it in our hearts. A peaceful child makes a peaceful classroom, a peaceful family, and finally, a peaceful world. God bless you! God bless Chavara!!

**Rev. Fr. Joby Chakkalackal CMI
Correspondent**

EDITORIAL

FINDING PEACE IN A BUSY WORLD

We live in a world that is always busy. School, work, social media, deadlines and expectations keep our minds occupied. Even when everything seems fine, we may sometimes feel restless or worried. In the middle of all this noise, we often forget to pause and look within ourselves.



Peace does not mean a life without problems. It means having the strength to remain calm when problems come our way. One of the biggest reasons we lose our peace today is comparison. Social media often makes us compare our lives with others. We see their achievements and happy moments and forget that we are seeing only a small part of their lives.

Perhaps the first step towards inner peace is contentment. Being content does not mean giving up our dreams. It means being grateful for what we have while continuing to work towards what we want.

We can bring more peace into our lives through simple practices—spending a few quiet minutes each day, praying or reflecting, taking a walk, reading a book, spending time with family, reducing unnecessary screen time and learning to pause before reacting. Forgiving others and accepting that we cannot control everything can also make our minds lighter.

Most importantly, we need to learn to be at peace with ourselves. We will make mistakes and sometimes fail, but that is part of growing. Instead of constantly asking “What if?”, we can learn to focus on “What is?”

In a world that constantly tells us to do more and have more, perhaps we should also learn to appreciate what we already have.

Peace within begins with a quiet mind, a grateful heart and the acceptance of who we are.



ABILESH JEREMIAH M
G10-C

PARENTS' HUB

MORE THAN A SCHOOL- A PLACE TO GROW

As a parent, choosing the right school for our child is one of the most important decisions we make. We look for a place where our children are not only taught lessons from textbooks but are also encouraged to discover their talents, build confidence and become responsible individuals. I feel happy to see that Chavara strives to provide such an environment.

What makes Chavara school special is the balanced importance given to academics and extracurricular activities. Academically, the children are encouraged to understand concepts, ask questions and develop independent thinking rather than simply memorising lessons. The teachers play an important role in guiding the students and motivating them to give their best.

Another aspect that makes me particularly proud as a parent is the importance given to sports. Sports teach children valuable lessons that cannot always be learnt inside a classroom—discipline, teamwork, perseverance, leadership and the ability to accept both victory and defeat gracefully. The opportunities provided by the school encourage students to identify their sporting abilities and participate with confidence. Seeing children represent their school and achieve success in various sporting events is truly encouraging for parents. I also appreciate the school's focus on inclusion. Every child has different abilities, interests, learning styles and dreams. A good school is one where children learn to respect these differences and grow together. By creating opportunities for students to participate, interact and support one another, the school helps build an atmosphere of acceptance and belonging.

This year, the introduction of vocational training is another wonderful step forward. Education is not only about examinations and marks; it is also about preparing children for real life. Exposure to practical skills and vocational learning can help students discover new interests, understand the value of different professions and develop useful skills at an early age. Such experiences can also help them become more confident and independent in the future.

As a parent, it is reassuring to see a school that recognises that every child has a different potential. Academics provide knowledge, sports build character, inclusion teaches compassion, and vocational education introduces practical skills. Together, these experiences create a more complete education.

I believe that a school becomes truly successful when its students leave not only with good marks, but also with confidence, kindness, discipline, skills and the courage to pursue their dreams.

I am grateful that my daughter is growing and learning in an environment that encourages her to explore, participate and believe in herself. For a parent, there is no greater joy than watching a child enjoy learning while gradually becoming a confident and responsible individual.

A school is not merely a place where children prepare for examinations; it is a place where they prepare for life.



Adv. Sripriya S
Parent of Tanishaa B (G8-C)



LINKED FOREVER



A Journey of Learning and Gratitude

It is with immense gratitude and happiness that I look back on my journey at Chavara Vidya Bhavan.

The school has always given strong importance to academic excellence, discipline, and the holistic development of students. My years here have enriched me with valuable teaching experience and many opportunities to learn and grow as an educator.

One of my memorable experiences was addressing students during school assemblies. These opportunities helped us overcome stage fear and develop confidence in public speaking. The well-planned year planner also ensured that programmes and activities were organised systematically and executed smoothly.

Chavara Vidya Bhavan has created a disciplined environment where students are guided in punctuality, behaviour, and responsibility. The school also believes that education extends beyond the classroom. Sports, cultural programmes, competitions, science activities, clubs, environmental initiatives, music, and dance provide students with opportunities to discover and develop their talents.

As teachers, we have had the privilege of working with students of different abilities and learning needs. These experiences taught us patience, understanding, and the importance of recognising every child's individuality.

One of the greatest joys is seeing former students pursue higher education and excel in different professions. Their achievements, confidence, communication skills, and knowledge give us immense satisfaction.

I am deeply grateful to the management, Principals, fellow teachers, and parents, for their constant support throughout my career at Chavara.

May every student of Chavara Vidya Bhavan always remember its guiding motto:
"Discipline, Discernment and Decision."
May these values guide you throughout your life.

With heartfelt gratitude, I thank Chavara Vidya Bhavan for being an important part of my journey.

Tr. Vasanthi
Former Faculty

ALUMNI MEMOIRS

THE NOTES THAT STAY

If there is one thing I could take back from my school days, it would be the feeling of being surrounded by people and moments that made those years truly special.

My school life was a collection of friendships, laughter, celebrations, lessons, and countless little memories that I did not realise I would one day miss so much. From conversations between classes to the excitement of school events, even the simplest days had something memorable about them.

Being part of the Chavara 7th Note was one of those experiences I will always remember. The rehearsals, performances, and time spent together gave me some beautiful memories and taught me the importance of working together.

Chavara also gave me the confidence to step outside my comfort zone and discover new sides of myself. My teachers guided me, my friends made the journey enjoyable, and every experience helped shape the person I am today.

Looking back, I realise that school gave me much more than education. It gave me people to remember, experiences to cherish, and lessons that I will carry into the years ahead.

I may have moved on to a new chapter, but a part of me will always look back at these years with a smile.

WITH LOVE,



**IMELDA JANE A
PURSUING II YEAR B.E (ECE)
SRI RAMAKRISHNA ENGINEERING COLLEGE,
COIMBATORE
BATCH OF 2024-25**



READ A BOOK

Bram Stoker Dracula

BOOK: DRACULA
AUTHOR: BRAM STOCKER

Some books entertain us for a few hours, while others linger in our minds long after we have turned the final page. Bram Stoker's *Dracula* is one such book. First published in 1897, this legendary Gothic novel has continued to fascinate generations of readers with its mystery, suspense, supernatural elements and unforgettable characters.

At the heart of the novel is Count Dracula, a mysterious nobleman from Transylvania whose arrival in England sets off a series of frightening and extraordinary events. What begins as a seemingly ordinary journey soon becomes a battle between good and evil. Through the experiences of Jonathan Harker, Mina Harker, Lucy Westenra, Professor Van Helsing and others, Stoker takes readers into a world of ancient castles, dark secrets, unexplained happenings and terrifying encounters.

What makes *Dracula* especially interesting is the way the story is presented. Rather than simply telling us what happens, Stoker uses diaries, letters, newspaper reports and journal entries to unfold the mystery. As readers piece together these different voices, the suspense gradually builds. We are invited to become detectives, searching for clues and trying to understand the truth behind the strange events.

Beyond the horror, *Dracula* also makes us think. It explores courage, friendship, loyalty, sacrifice, fear and the struggle between good and evil. It also presents an interesting contrast between modern scientific knowledge and ancient beliefs, making the novel more than just a vampire story. Dear students, I strongly encourage you to read *Dracula* not merely as a tale of a terrifying vampire, but as a journey into the imagination of one of the greatest Gothic writers. Let the pages take you through misty landscapes, mysterious castles and unexpected encounters. Allow yourself to experience the suspense rather than simply reading a summary of it.

So, if you are looking for a book that will chill you, challenge you and keep you turning the pages, choose *Dracula*.

Turn the page. Enter the shadows. Discover the legend.

TR. CHIPPI CHANDRAN
ENGLISH FACULTY



YOUNG POETS CORNER

Inside my heart, there is a room,
Where I have kept my memories,
From my birth until now.

Inside the room, I keep the good things
That I have gained along the way.

Inside the room's walls, I have pasted posters all over,
Which represent my travels and my school days.

Inside the room's corner, I have placed a dustbin,
Where I put my bad memories,
Like fights and wrong decisions.

Inside the room, I have placed a bookshelf,
The books represent my stories of good times.

Inside my room, I have placed a sofa,
Where I take rest after all the difficult moments.

Inside the room, a mirror is hanging on the wall,
In the mirror, I see myself and my soul,

Which keeps running non-stop.

Inside the room, I have placed a big TV on a table,
Which shows my entire life

And what I have done for others.



Sri Balaji S A
G8-C



YOUNG POETS CORNER

Pages of Stillness

In quiet pages, I sit and dream,
Listening softly to a gentle stream.
The moonlight moves across the night,
Filling my heart with peaceful light.
Silent stars softly shine above,
Whispering stories of hope and love.
The breeze blows gently through the trees,
Carrying whispers on its wings with ease.
The morning sun begins to glow,
Painting the world in shades below.
Dancing dew drops sparkle bright,
Like tiny diamonds in the light.
I turn each page, calm and slow,
And watch my little thoughts all grow.
In these still pages, I can see,
A peaceful world inside of me.



Haribalakrishnan M V
G8-C



கவிதை

மௌனத்தின் மொழி
வார்த்தைகள் இல்லாமல் பேசும்
மொழி மௌனம்,
மனதில் மறைந்திருக்கும்
உணர்வின் குரல் மௌனம்
கண்கள் பேசும் கதையைச்
சொல்லும் மௌனம்,
கண்ணீரின் வலிமையையும்
உணர்த்தும் மௌனம்
புன்னகையில் மகிழ்ச்சியை
வெளிப்படுத்தும்,
பார்வையில் அன்பை
மெதுவாய் உணர்த்தும்,
கோபத்தையும் அமைதியாய்
காட்டும்,
குபரத்தில் உளனத்தில்
தாங்கும்,
சில நேரம் பதிலாக நிற்கும்
மௌனம்
பல கேள்விகளுக்கு
விடையாகும் மௌனம்
சத்தம் நிறைந்த உலகில்
அமைதி தரும்,
சிந்தனைகளுக்கு சிறகுகள்
தரும்,
உணர்வுகளுக்கு ஆழ்ந்த மொழி
வார்த்தைகளைக் கடந்த அழகிய
மொழி மௌனம்

நன்றி

ஜஸ்வந்தா.சு
எட்டாம் வகுப்பு ஆ பீரீவு



MINDFUL MUSINGS

Small Habits, Deep Serenity

Small habits play an important role in shaping of our daily life. They may look simple, but they can bring great changes. Waking up early is one of the best habits we can develop. It helps us begin our day with a fresh and positive mind. Keeping our room and surroundings clean gives us a peaceful feeling. Arranging our books and belongings neatly saves time. Eating healthy food at regular times keeps our body active. Drinking enough water is another useful habit. Daily exercise keeps our body and mind healthy. Walking for a few minutes can refresh our mind. Reading good books increases our knowledge. It also improves our imagination and thinking skills. Spending some quiet time every day helps us feel relaxed. We should learn to listen carefully when others speak. Speaking politely creates good relationships with people. Respecting parents, teachers, and elders is a valuable habit. Helping others gives us a sense of happiness and satisfaction. We should learn to say “thank you” when someone helps us. We should also say “sorry” when we make a mistake. Being honest makes our mind free from unnecessary worries. Keeping promises helps us become responsible people. Using our time wisely makes our daily life easier. We should avoid wasting time on unnecessary activities. Planning our work helps us complete our duties on time. Being patient helps us remain calm in difficult situations. Controlling anger is an important habit for a peaceful life. Thinking positively gives us confidence during challenging times. We should avoid comparing ourselves with others. Everyone has different talents and abilities. Learning something new every day makes life interesting. Taking care of plants teaches us to love nature. Keeping public places clean shows our responsibility. Helping to protect the environment gives us inner satisfaction. Getting enough sleep helps our body and mind recover. Following a regular bedtime can improve our daily routine. Gratitude is another small habit that brings happiness. We can be thankful for our family, friends, and opportunities. Smiling and sharing kind words can make someone’s day better. Small acts of kindness can create a positive atmosphere around us. Good habits slowly become part of our character. They help us become disciplined, confident, and responsible. A peaceful routine reduces unnecessary stress and confusion. When our mind is calm, we can think more clearly. Peace does not always come from big achievements. It can come from the simple things we do every day. Therefore, we should develop small and meaningful habits. These habits can bring happiness, balance, and deep serenity to our lives.



Yagavi S
G7- C



MINDFUL MUSINGS

Letting Go : The Art Of Inner Freedom

What does letting go mean ? It is about leaving certain things which is not required for us still holding tighter not in our hands, rather in our hearts. Perhaps we need to let go somethings from our mind to just know what's INNER FREEDOM means! There are moments in our life when moving forward requires more than courage. It requires letting go. We hold on things because they once mattered to us-a relationship, a mistake, a position ,or even the old version of ourselves etc. We know that we should release them from our minds, yet our hands remain closed ..why? Because letting go can feel like losing. A wound may have happened years ago, but if we continually revisit it, the wound can become our Identity. That is when yesterday begins to control today. One of the most powerful pictures of letting go is found in the life of Abraham .God had promised him that he'll give a son and after years waiting, Isaac was born-the child Abraham was longing for. Isaac was not merely Abraham's son. He represented the promise, the dream, and the future. Then came a difficult situation: god asked Abraham to surrender his only son Isaac. Without any second thought Abraham obeyed to god's word and went to give his son to the Lord. And at that moment he demonstrated that he trusted god more than the blessing given by him. And god provided a ram.

Sometimes god ask us to surrender not because he wants to destroy the blessing, but because he wants to free us from being controlled the blessing. When we refuse to let go our old memories: The past starts to run the present, Pain becomes a personality, Relationship suffers and finally we lose our inner freedom we'll be depressed, frustrated, our mental health will be affected. See, imagine an overcrowded room which is filled with old things...now god want to add new wonderful matters to it. If it is filled with old unwanted matters and no space left there. then how can the new things dwell inside it? here the overcrowded room is compared with our mind. If god wants to lead us in a new path, new direction and our hearts are filled with these unwanted stuffs, how can god proceed for a new beginning? So, today let us make a decision to release or let go all our old conversation, old disappointment, old regrets, old offense, old anger, old fear, old mistakes and empty our hearts and trust god.

***Open your hearts...Trust in god...Release your past..
And walk with him into your future***

Christy V
G8-A



MINDFUL MUSINGS

Breathing as a bridge to calm

Breathing is a natural part of our lives, but it is also a simple way to bring peace and calmness to our minds. We breathe every moment without paying attention to it. However, when we become worried, frightened, angry, or stressed, our breathing may become faster and less steady. At such times, taking a few slow and gentle breaths can help us pause and regain our calmness. Focusing on our breathing gives our mind a short break from unnecessary thoughts and allows us to concentrate on the present moment. This is why breathing can be described as a bridge to calm.

In our daily lives, we face many situations that can make us feel tense. Students may feel nervous before examinations, competitions, presentations, or important events. Teachers and adults may also experience stress because of their responsibilities and busy schedules. Instead of reacting immediately when we feel upset, we can take a moment to breathe slowly and calmly. This small pause can help us think more clearly and respond with patience. It reminds us that we can stop, reflect, and choose our actions carefully. Calm breathing can also encourage mindfulness. When we pay attention to the air moving in and out of our body, we become more aware of the present moment. We may notice that our thoughts gradually become less distracting and our body begins to feel more relaxed. Spending a few quiet moments with our breath can be especially helpful after a busy day filled with studies, work, conversations, and responsibilities. It gives us an opportunity to slow down and reconnect with ourselves. Breathing also teaches us a valuable lesson about life. Just as we inhale and exhale continuously, life moves through moments of activity and moments of rest. We cannot control everything that happens around us, but we can learn to pause and respond calmly to difficult situations. A peaceful mind helps us communicate better, make thoughtful decisions, and treat others with kindness.

Therefore, breathing is much more than an automatic process that keeps us alive. It can become a gentle bridge between stress and calmness, confusion and clarity, and restlessness and inner peace. Whenever we feel overwhelmed, we can take a moment to slow down and notice our breathing. A few peaceful breaths may not solve every problem, but they can give us the calmness and clarity needed to face the problem wisely. By making mindful breathing a part of our daily routine, we can learn to create small moments of peace even in the middle of a busy life.



Sree Padma S
G8-D

MINDFUL MUSINGS

The Seeds of Inner Peace

The seeds of inner peace are the small thoughts, habits, and actions that help us remain calm, happy, and balanced in our daily lives. Inner peace does not mean that we will never face problems; instead, it means learning to face difficulties with patience and courage. Kindness, forgiveness, gratitude, self-confidence, and positive thinking are like seeds that grow into a peaceful mind. Spending a little time in silence, enjoying nature, helping others, and being thankful for what we have can make our hearts lighter. We should also learn not to compare ourselves with others and should accept that everyone has their own strengths and weaknesses. When we forgive people, let go of unnecessary anger, and control negative thoughts, we create more space for happiness.

Just as a tiny seed needs care, water, and sunlight to become a strong tree, the seeds of inner peace need regular practice and care. If we cultivate these qualities every day, they can grow within us and help us live a calmer, kinder, and more meaningful life.



Vinega V M
G7-A

Faculty Features

We are delighted to share that three of our educators were honoured at the Acharya Awards Ceremony of VLB Janakiammal College of Arts and Science, celebrating Excellence in School Educators: Mr. Suresh A (Tamil Faculty) – Acharya Mahima Award, Mrs. Sunitha J (Computer Faculty) – Acharya Udhaya Award, and Mrs. Nithya M (PT Faculty) – Acharya Veera Award.



Simple List of Tips for Maintaining Inner Peace

- Start your day calmly – avoid rushing; take a few mindful breaths before you begin.
- Practice gratitude daily – note small joys or blessings each evening.
- Limit negativity – reduce exposure to draining news or toxic conversations.
- Spend time in nature – even a short walk outdoors resets your mind.
- Meditate or reflect – a few minutes of stillness helps you reconnect.
- Let go of control – accept what you cannot change gracefully.
- Keep your space tidy – a peaceful environment supports a peaceful mind.
- Nurture meaningful connections – share time with people who bring calm and positivity.



FACULTY FEATURES



CONFLUENCE' 26

An enriching educational conference fostering professional growth, innovation, and excellence among teachers.

Lisieux Matriculation Higher Secondary School had organised Confluence'26, an educational conference for teachers from CMI institutions on 19 September 2026. The programme served as a vibrant platform for educators to exchange ideas, enhance their professional skills, and explore innovative approaches to teaching and learning.

The conference commenced with an inaugural ceremony, followed by insightful sessions led by eminent resource persons. Rev. Fr. Benoy Elavunkal, CMI, facilitated the first session, while Ms. Fathima Asghar conducted the second session. The third session featured presentations by Mohamed Rayyan J of Liseux MHSS and our student, Lisa Sajeeth of Grade 12 which was moderated by Dr. Jibu Thomas. HOD of Department of Biotechnology, Karunya University. These sessions offered valuable perspectives and practical insights that enriched the participants' professional knowledge and teaching practices.

All the teaching faculty of our institution participated actively in the conference with great enthusiasm and dedication. Their wholehearted involvement transformed the event into a fruitful learning experience, encouraging collaboration, reflection and the sharing of best practices among educators.

Adding pride and distinction to the occasion, Tr. Nithya, our Computer Faculty, was honoured with the prestigious 'Shrestha Guru Award' for her excellence in teaching. Furthermore, Akhila Sree of Grade 12 received the 'Student Exemplar Award' in recognition of her outstanding achievements in learning.

The conference concluded with a valedictory ceremony, leaving the participants inspired to embrace continuous learning and bring renewed creativity and effectiveness into their classrooms. Confluence '26 truly celebrated the spirit of educational excellence, reminding every educator that meaningful learning is a continuous journey of growth and discovery.





NEWS AND EVENTS



Little Stars, Big Dreams!

Tots Got Talents – KG Interschool Competition

The campus of Chavara Vidya Bhavan Matric. Hr. Sec. School came alive with joy and youthful energy on 03 September 2026, as it hosted the “Tots Got Talents” KG Interschool Competition.

The event brought together enthusiastic young participants from Pre-KG and LKG of Chavara Vidya Bhavan and neighbouring schools, including Bloom Kids, Tiny Tots Preschool, Jack and Jill Preschool, Maple Kids and Euro Kids. The little ones captivated everyone with their creativity, confidence and impressive talents.

The competitions provided a delightful platform for the children to express themselves, overcome stage fear and develop confidence and a healthy competitive spirit. Their enthusiastic performances filled the venue with excitement and cheerful energy.

The event was made memorable by the wholehearted efforts of the teachers and organisers, who ensured its smooth and successful conduct. More than a competition, “Tots Got Talents” was a joyful celebration of childhood, friendship and self-expression—reminding us that every little star has a big dream waiting to shine!



Empowering Young Minds with Safety Awareness

Children Safety Awareness Programme

A Children Safety Awareness Programme was organised for the students of Grade 4 on 03 September 2026, with the aim of empowering young minds with essential knowledge about child rights, personal safety, protection and the importance of speaking up in unsafe situations.

The session was led by the esteemed resource person, Dr. Umamaheswari K, Assistant Professor and Head, Department of Social Work, PSGR Krishnammal College for Women, Coimbatore. Drawing from her rich experience in child protection and child and adolescent mental health, she conducted an engaging and insightful session for the students.

The programme sensitised the children to recognising unsafe situations, maintaining personal boundaries and seeking help from trusted adults when necessary. The students participated enthusiastically and gained valuable insights to help them stay alert, safe and confident.

The programme was a meaningful step towards building awareness, strengthening confidence and empowering children with the courage to speak up and protect themselves.





NEWS AND EVENTS



Guru Utsav: Celebrating The Minds Behind The Minds

On 05 September 2026, Teachers' Day was celebrated with great enthusiasm and heartfelt gratitude. The programme commenced with a prayer seeking the blessings of the Almighty, followed by the National Pledge. The Welcome Address formally commenced the celebration, warmly welcoming the gathering and highlighting the significance of Teachers' Day. English and Tamil speeches were delivered by Rifaah Ahamed of Grade 10C and Yazhini of Grade 7C, respectively. They highlighted the invaluable contributions of teachers. Graceful dance and drama performances beautifully portrayed the dedication, sacrifices, and struggles of teachers. The felicitation ceremony was a significant highlight of the occasion. The Correspondent, Rev. Fr. Joby Chakkalackal, Principal, Rev. Fr. Mathew Thomas, and Bursar, Rev. Fr. Joy Karippai, honoured the teachers for their unwavering dedication, patience, and selfless service. This was followed by a special video tribute, expressing the love and appreciation of students for their teachers. The celebration continued with fun games for teachers, creating moments of laughter, excitement, and joyful participation. The Correspondent, Principal, and Bursar addressed the gathering with inspiring words and thoughtful guidance. The Vote of Thanks expressed gratitude to all who contributed to the programme. The celebration concluded with the National Anthem, leaving everyone with a renewed appreciation for the teachers who guide, inspire, and shape the future.





NEWS AND EVENTS



BOOK-FREE DAY – A DAY OF FUN AND LEARNING!

The school organised a vibrant Book-Free Day for the students of Grades 1 to 5 on 09 September 2026, providing students with an exciting break from their usual textbook routine. The day was designed to encourage creativity, participation and joyful learning through a variety of engaging activities.

Students came to school without textbooks or notebooks and participated enthusiastically in classroom and outdoor activities. Creative experiences, fun games and other interactive activities filled the day with laughter and excitement. Regular ECA classes were also conducted as per schedule, adding to the variety of experiences.

The Book-Free Day offered students an opportunity to learn beyond books, explore their creativity, enjoy teamwork and create happy memories with their friends. It was truly a refreshing and joyful day of learning, fun and togetherness.



Empowering Young Minds with Personal Safety Awareness

A Personal Safety Awareness Programme was organised for the students of Grades 1 to 5 on 09 September 2026. The session was conducted by Tr. Dhanya, Primary Academic Counsellor, with the aim of empowering children with essential knowledge about personal safety and protection. Through age-appropriate guidance on Good Touch and Bad Touch, Safe Circle, personal boundaries and appropriate responses, students learnt to identify trusted adults and recognise situations that may make them feel unsafe. They were encouraged to confidently say “No,” move away from unsafe situations and seek help from a trusted adult.

The programme served as a meaningful step towards nurturing confident, aware and safety-conscious children, reinforcing the importance of body safety, personal boundaries and speaking up.





NEWS AND EVENTS



PARALLAX '26: Opening Doors to Future Careers

EDUFAIR – PARALLAX'26 – Day 1 was held on 11 September at Chavara Vidya Bhavan, with six prominent CMI institutions participating: Bharathmatha College of Arts and Science, Sacred Heart College, Rajagiri College of Social Sciences, Kristu Jayanti University, Christ University, and Christ Academy Institute of Advanced Studies for providing career guidance for the students of Grade 10, 11 and 12 to build up the right path for a bright future.

The institutions gave students a valuable exposure to the courses, academic opportunities, campus experience and career pathways offered by their respective institutions, helping them gain greater clarity about their future choices.

EDUFAIR – PARALLAX'26 – Day 2, the College Counselling and Career Guidance Programme, was held on 12 September 2026 at Chavara Vidya Bhavan MHSS as part of the school's Ruby Jubilee celebrations.

The programme brought together representatives from 45+ reputed universities, colleges and educational institutions, offering students a valuable opportunity to explore diverse courses, careers and higher-education pathways. The morning session featured informative college presentations covering a wide range of disciplines and professional fields.

The afternoon session continued with Room Visits and One-to-One Interactions, where students and parents interacted directly with college representatives, clarified their queries and gathered information about courses, eligibility, admissions and career opportunities.

The event was an enriching and empowering experience, helping students explore possibilities, discover their potential and take informed steps towards their future careers.





NEWS AND EVENTS



A GRACE FILLED FEAST DAY CELEBRATION

On 21 September 2026, the Feast Day of our beloved Principal, Rev. Fr. Mathew Thomas was celebrated with joy and gratitude at Chavara Vidya Bhavan. The celebration honoured his dedication, humility, compassion, and selfless service, reflecting the virtues of his patron saint, St. Matthew. The programme included a warm welcome, Tamil poetry, English felicitation, honouring ceremony, cake cutting, floral greetings, and the presentation of a Token of Love. Rev. Fr. Joby Chackkalackal delivered an inspiring address, followed by the heartfelt reply of Rev. Fr. Mathew Thomas. The celebration concluded with the Vote of Thanks, making the occasion a memorable expression of love, respect, gratitude, and prayerful wishes for our beloved Principal.



VICTORY LEDGER

ZONALS 2026 - 27



Tennicoit

Under 14 - Singles

Lavanya S P, G9-A



WINNER



Tennicoit

Under 14 - Doubles

Lavanya S P, G9-A

Dakshata S, G7-C



WINNER



Tennicoit

Under 17 - Doubles

Vetri Vihasini V, G10-B

Tharika R, G8-C



WINNER



Tennicoit

Under 19 - Singles

Dhanusree A, G12-B



WINNER



Badminton

Under 17 - Doubles

Jayden Danial J, G11-D

Rithiksai C M, G9-D



RUNNER



Chess

Under 14

Vishnu Prahalath N K

G7-D



III PLACE

Creative Canvas



MIRDHANYA (G12-D)



BLESSIE JORDAN B (G11-C1)



NAVEEN M B (G9-D)



**ANDRIYA ANCY S
(G8-B)**



HASINI K S (G8-C)



SHEERA R S (G7-C)



Tr. Flora, 02 Oct



Tr. Premila, 06 Oct



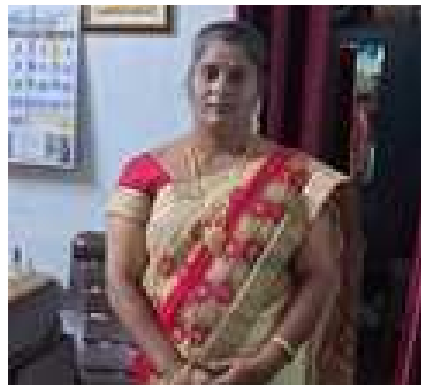
Mr. Joshua, 17 Oct



Tr. Revathi, 19 Oct



Tr. Beena Tom, 19 Oct



Mrs. Sindhu, 19 Oct



Tr. Diana, 22 Oct



Tr. Saraswathi, 23 Oct



Tr. Sophia Xavier, 24 Oct



Tr. Bhargavi, 30 Oct

IN MEMORIAM

Chavara Vidya Bhavan deeply mourns the sad demise of **Mrs. Dhivya**, beloved mother of Dhanagarshini D B of Grade 8-D and Sastika D B of UKG-B.



The Management, Principal, staff and students extend their heartfelt condolences to the bereaved family and stand with them in prayer during this time of profound grief. May the Almighty grant them strength, comfort and courage to bear this irreparable loss.

May the departed soul rest in eternal peace, and may her memory remain a lasting blessing to all who knew and loved her.