

SPECTRA

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CHAVARA VIDYA BHAVAN

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SANGAMAM

PG. NO. 5

ZEST – A FESTIVAL OF ENTHUSIASM

PG. NO. 6

A DAY OF COLLABORATION AND PROGRESS

PG. NO. 9

EDITORIAL

The internet is the most effective instrument we have for globalization. ~ Milton Friedman

The internet's origin can be traced back to the 1960s when it was developed as a project by the US Department of Defense known as Arpanet. It was designed to connect multiple computers across different locations allowing for secure and rapid communication. The Internet plays a significant role in various areas including communication, information access, online shopping, banking and finance, education, entertainment, job searching, healthcare, government services, business operations, travel booking and social networking essentially impacting most aspects of modern life. It gives access to global connections through virtual communications, Online education for basic and advance, easy access to a large volume of information. The internet has approved to be a spawning ground for a large and growing number of e-businesses. As a student, the internet provides advantages like immediate access to a wealth of information, diverse learning resources, the ability to collaborate with peers globally, flexible learning options, improve communication through email and online forums and the potential to access educational materials from anywhere at any time, all contributing to a more enriching learning experience. Even though it has a lot of merits, the demerits sometimes overshadows it. Therefore, it is necessary to avoid the unpredictable and threatening disadvantages of the internet and focus on its proper usage as it has become a compelling need for everyone in the present times.



Eva Sheryn A
G11-A

SNEAK PEEK

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Alumni Memoirs

I had the privilege of studying at Chavara Vidya Bhavan from 9th to 12th grade, a place I proudly call my second home. The students and teachers fostered an environment of warmth and support, creating a lasting impact on my life.

The guidance and encouragement of my teachers were invaluable. Their dedication, patience, and passion for teaching made every lesson memorable. Whether it was the intricacies of languages, the logic of mathematics, the principles of commerce, or the wonders of technology, they brought learning to life in the most inspiring ways.

The school was a perfect blend of academics and extracurricular activities. Events like the science fair, cultural programs, and sports meets offered opportunities to explore and grow beyond the classroom. These experiences helped us develop skills, confidence, and lifelong memories.

My friends played a significant role during these years, standing by me in both good and challenging times. Together, we created memories that I will always cherish.

The leadership at Chavara Vidya Bhavan was remarkable. The Principals, during whose tenure I was a part of Chavara, ensured discipline, excellence, and a supportive environment. The school's serene and welcoming atmosphere reflected the vision and efforts of the management, making it a place where every student could thrive.

For me, Chavara Vidya Bhavan was more than just a school—it was a family that shaped me in countless ways. I am forever grateful and proud to be a part of its legacy.

Bincy Selwyn
Class of 2014
Mandal Artist



Advice & Tips

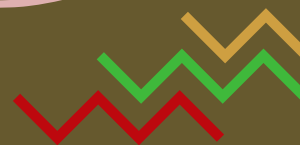
Master Time Management

Plan ahead with a study schedule, break tasks into manageable chunks, and eliminate distractions to stay focused and productive. - Tr. Rajni



REMINDERS

- 🎯 Personal Consultancy - KG
- 🎯 Samavarthana
- 🎯 III Mid Term Examination



ILLUMINATING
TOGETHERNESS

Sangamam 2025



On 03 January, Chavara Vidya Bhavan radiated with joy and lights as it hosted Sangamam 2025, an evening dedicated to celebrating Family Day, Managers' Day, and the legacy of our founder, St. Kuriakose Elias Chavara. The event brought together staff, families, and well-wishers in a spirit of gratitude and unity.

The celebration was graced by the esteemed Chief Guest, Rev. Fr. Dr. Saju Chackalackal, Manager, and Correspondent of Chavara Vidya Bhavan and Provincial, Preshitha Province. He inaugurated the event and delivered a heartfelt address to the gathering. The Guest of Honour, Rev. Fr. Varghese Manjaly, Principal of Lisieux CMI Public School, inspired the audience with his speech on the life and teachings of St. Kuriakose Elias Chavara, while also sharing motivational insights for teachers and their families.

One of the highlights of the evening was the felicitation of couples celebrating 25 years and more of marital togetherness—a touching tribute to love and commitment by the school management. Another proud moment was the blessing of the newly furnished Computer Labs by Rev. Fr. Dr. Saju Chackalackal, marking a significant step in the school's pursuit of excellence in education.

Adding to the evening's grandeur, Rev. Fr. Wilson Chakkiyath, Vicar Provincial, Preshitha Province and Director, Divyodaya Inter-religious Centre, shared his profound thoughts, leaving the audience inspired. The event also witnessed the presence of the PTA President, adding warmth and solidarity to the occasion.

Cultural performances by the children of teachers stole the show, with mesmerizing dances and soulful songs lighting up the stage. The Principal, Rev. Fr. Dany Kokkadan, delivered the concluding speech, thanking everyone for their participation and support.

The evening ended with a delicious Agape feast, a fitting conclusion to a memorable celebration that showcased the unity, gratitude, and vibrant spirit of the Chavara family.

"Sangamam 2025 will remain etched in our hearts as a celebration of values, love, and togetherness, reflecting the spirit of our founder and the strength of our community."

CHAVARA VIDYA BHAVAN HOSTS A SPECTACULAR 38TH ANNUAL DAY CELEBRATION:

ZEST *A Festival Of Enthusiasm*

The 38th Annual Day celebration of Chavara Vidya Bhavan Matriculation Higher Secondary School, titled Zest – A Festival of Enthusiasm, was held on Friday, 10 January 2025, at 04:30 PM. The event was a grand showcase of talent, creativity, and cultural vibrancy, leaving the audience enthralled with its captivating performances and inspiring speeches.

The Chief Guest for the evening, Dr. Joseph Kennedy C, Professor of Chemistry and Dean-SSAM at Karunya Institute of Technology & Sciences, Coimbatore, graced the occasion with his presence. The Presidential Address was delivered by Rev. Fr. Dr. Saju Chackalackal CMI, Provincial, Preshitha Province, Coimbatore. The Keynote Address was presented by Dr. Lovelina Little Flower FX, Professor and Head of the Department of Social Work at Bharathiar University. Dr. John Singarayar A, PTA President of CVB, added to the charm of the evening with his thoughtful felicitation.

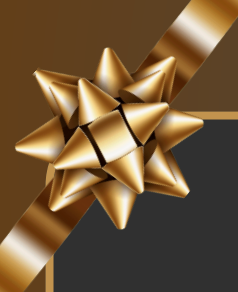
The event began with an invocation, followed by a warm welcome address and the annual report, highlighting the school's remarkable achievements. The stage was then set for mesmerizing performances that truly brought the theme of enthusiasm to life.

The KG students dazzled the audience with their colourful and vibrant dance performances, spreading joy and excitement. The energy and coordination of these little stars left everyone in awe. The Butterfly Garden and VIBGYOR Fiesta showcased the creativity and talents of the students, while the Pancha Bhutas act emphasized the significance of the five elements of nature, resonating with the school's commitment to holistic education. The participation of alumni and parents added a unique touch to the event, fostering a sense of community and shared pride.

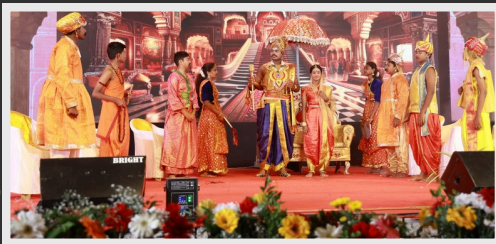
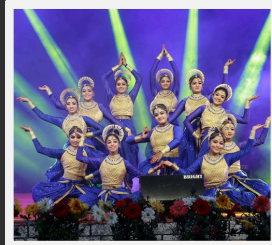
The highlight of the evening was the theatrical play Rowthram, a segment from the Tamil epic Silappathikaram. The characters of Kovalan, Kannagi, Maadhavi, and others were portrayed with remarkable intensity and depth, bringing the ancient tale to life. The gripping performance of Kannagi, in particular, left the audience in awe. The passionate delivery and emotional depth of the actors created a profound connection with the viewers, holding them on the edge of their seats. From the young to the elderly, the entire audience was captivated by the artistry and drama unfolding on stage.

The programme concluded with heartfelt notes of gratitude by the Principal, Rev. Fr. Dany Kokkadan, followed by the National Anthem, leaving everyone with cherished memories of an evening filled with enthusiasm, inspiration, and cultural splendour.

Chavara Vidya Bhavan once again proved its excellence in nurturing talent and fostering a sense of unity, making the 38th Annual Day celebration an unforgettable experience for all.



ZEST



NEWS & EVENTS

A Joyous Feast Day Celebration for Rev. Fr. Anson Ollukkaran

On 20 January, Chavara Vidya Bhavan celebrated the Feast Day of Rev. Fr. Anson Ollukkaran, the esteemed Administrator and his patron St. Sebastian. The celebration began with a warm welcome by teachers presenting roses, followed by our Principal, Rev. Fr. Dany Kokkadan offering a bouquet as a souvenir of gratitude.

The teachers' choir added festivity with melodious greeting songs, and the programme concluded with an inspiring message from the Principal, honouring Fr. Anson's dedication and leadership. The day reflected the unity and admiration he inspires in the school community.



SHADES OF SERENITY: BLUE DAY AT CVB

Chavara Vidya Bhavan celebrated Blue Day on 21 January with enthusiasm. KG students showcased creative projects and crafts, beautifully representing the color blue. Dressed in vibrant blue outfits, the little ones brought life to the theme, symbolizing peace and harmony.

The event highlighted the significance of colours, fostering creativity and excitement among the young learners. "Blue is not just a color; it's the essence of calmness and imagination." The celebration left everyone with lessons learnt, smiles and fond memories.

Addressing Youth Issues: A Thoughtful Initiative

On 25 January, Chavara Vidya Bhavan organized an awareness programme for Grades 10, 11, and 12, with separate sessions for boys and girls. Mrs. Sasikala, Head Constable of Police, Vadavalli Police Station addressed key issues faced by today's youth, including peer pressure, social media influence, and mental health. The programme encouraged open discussions, equipping students with insights to tackle challenges confidently.



NEWS & EVENTS

NURTURING SUCCESS TOGETHER: A DAY OF COLLABORATION AND PROGRESS

Under the visionary guidance of Rev. Fr. Principal, Chavara Vidya Bhavan reaffirmed its commitment to academic excellence and holistic development with a series of meaningful interactions on Saturday, 25 January 2025. The initiatives aimed to strengthen the bond between parents, teachers, and students, as the progress of children is the true measure of a school's success.

For Grades 1 to 5, a Personal Consultancy Day was organized to facilitate discussions between parents and subject teachers on the performance of students in the Half-Yearly Examinations. Allocated time slots ensured focused and constructive interactions, enabling parents to support their wards in achieving greater heights.



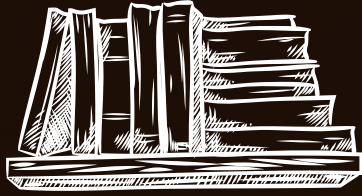
In a dedicated session for Grades 6 to 8, special attention was given to slow learners. This personalized consultancy provided an opportunity to address specific needs and strategies to enhance their learning journey, reflecting the school's unwavering commitment to every child's growth.



A Special PTA Meeting for Grade 9 parents and students marked the day's highlight. Conducted from 9:00 AM to 10:00 AM, the meeting revolved around discussions on the Year Plan, innovative teaching methodologies, and student performance. The session emphasized collaborative efforts, with both parents and students actively participating. Rev. Fr. Administrator's presence enriched the discussions, inspiring everyone to work together for excellence.



These initiatives reflect the school's unwavering commitment to shaping the future through collective effort and care.



READ A BOOK

A MONTH CHALLENGE

Harnessing the Power of Positive Thinking

"Reading is essential for those who seek to rise above the ordinary." – Jim Rohn

Unlock the Power of Positive Thinking

Vic Johnson's **You Become What You Think** takes readers on an enlightening journey into the power of thoughts. The book emphasizes the importance of cultivating a positive mindset and how it can shape one's future. Johnson inspires readers to replace self-doubt and limiting beliefs with empowering thoughts that lead to success and happiness.

Insights from a Mentor of Success

The author, Vic Johnson, is a motivational speaker and personal development coach who brings timeless principles to life in a relatable and actionable way. His writing style is simple yet impactful, making this book an ideal read for those who are just beginning their journey of self-improvement.

Practical Tools for Personal Growth

This book is more than just theory; it offers practical steps to transform your life. Students will find actionable tips on setting achievable goals, visualizing success, and reflecting on their thoughts to stay aligned with their dreams. These strategies are presented in a clear, easy-to-follow manner, encouraging readers to take immediate action.

A Guide for Young Dreamers

For students, this book is a powerful reminder that their mindset plays a key role in their success. It motivates them to believe in themselves, dream big, and work towards their goals with determination. Johnson's insights help young minds understand that their thoughts are the seeds of their future achievements.

Design Your Path to Success

In a world full of distractions and challenges, **You Become What You Think** teaches students how to focus their energy on positivity and growth. With the right mindset, anything is possible.

You Become What You Think by Vic Johnson is a must-read for anyone looking to transform their life through the power of a positive mindset. It offers practical insights and actionable strategies that empower readers to overcome self-doubt, embrace their potential, and achieve their goals. For students especially, this book is a valuable guide to understanding that their thoughts hold the key to their future success. As the book reminds us, the journey to greatness begins with a single thought—make it a positive one!

Start thinking positively today to create a brighter tomorrow!

Tr. Revathi A
KG Faculty



PARENTS HUB

It gives me immense pleasure to take this opportunity to share my views about Chavara Vidya Bhavan Matriculation Higher Secondary School, Coimbatore. Education and getting information about different things in this world is very important part of our lives. Without education and knowledge, we're nothing in this beautiful world. A school is something that makes us more familiar with education and knowledge and Chavara Vidya Bhavan is one such abode of learning.

Yes, CVB has a well organized space purposed for teaching and learning. It plays a pivotal role in the holistic development of children, providing a structured environment that nurtures their intellectual, social, emotional and physical growth and equips them with essential skills and knowledge for their future.

CVB is also a place where students learn and develop skills and knowledge under the guidance of teachers. The school offers a variety of subjects, and students often have homework and tests to assess their understanding. I am impressed with the curriculum and teaching methods. Well planned assignments for practice makes my child think beyond prescribed Textbooks. I like to take this chance to congratulate the management of the School for its endless efforts.

Apart from regular academics my daughter also participates in the other IQ tests like DCL, Olympiad. The school also provides excellent wide spread place for sports and games with very good physical training teachers. My child's performance in both academics and physical activities is good. She likes the school environment and loves to be a part of the regular discipline in the school. The communication between the faculty members of the school and the parents is with very good and hospitable.

School day functions are very well organized in a grand manner which helps students to express their talents in singing, dancing and excellent stage performances. CVB equips students with the knowledge, skills, and values needed to navigate the complexities of life and succeed in their chosen endeavours. Through education from this school, students develop critical thinking skills, problem-solving abilities, and the capacity for innovation and creativity. Chavara Vidya Bhavan is a prestigious institution, which is organised and dynamic in its efforts at shaping the future of the child.



**Dr. Sowmiarajavelu,
M/o Anurajavelu, G7-B**

MINDFUL MUSINGS

CYBERBULLYING: A HIDDEN THREAT OF THE INTERNET

The internet has revolutionized communication, learning, and social interaction, but it has also given rise to a darker phenomenon: cyberbullying. This hidden threat transcends traditional forms of bullying by leveraging digital platforms to harass, humiliate, or harm others. Through social media, messaging apps, gaming platforms, and forums, cyberbullying can target anyone, anytime, leaving victims feeling isolated and powerless.

Unlike face-to-face bullying, cyberbullying is relentless, often occurring anonymously and on a global scale. Hurtful comments, false rumors, doctored images, and exclusion from online groups are just a few tactics used to harm victims. The permanence of online content magnifies the damage, as derogatory posts or messages can resurface long after the initial act.

The psychological toll of cyberbullying is profound, leading to anxiety, depression, and even self-harm or suicide in extreme cases. Young people, who are frequent internet users, are especially vulnerable, though adults are not immune. Combatting this issue requires collective efforts-raising awareness, implementing stricter laws, and encouraging responsible online behaviour.

As the digital world continues to expand, addressing cyberbullying is crucial to fostering a safer, more inclusive internet. Empowering individuals to speak up and promoting empathy can help mitigate the impact of this hidden yet pervasive threat.

Technology should unite, not divide us. Let's use it to lift each other up, not tear each other down.



**Kanishka G
G10-B**



THE ETHICS OF INTERNET USE AND ITS IMPACT ON SOCIETY

The internet has transformed society, offering unprecedented access to information, communication, and innovation. However, its widespread use raises significant ethical concerns, including issues of privacy, misinformation, inequality, and accountability. The collection and misuse of personal data, the spread of fake news, and cyberbullying highlight the darker sides of internet use. On the other hand, the ethical use of the internet can promote knowledge sharing, global connectivity, and social justice, fostering positive societal change. To ensure a balanced and equitable digital future, it is essential to address these ethical challenges through transparency, accountability, and inclusivity, while empowering individuals with the tools to navigate the digital world ethically.

Guiding Principles for Ethical Internet Use

To harness the internet's potential while mitigating its risks, society must adopt a set of guiding principles:

1. Transparency:

Organizations must be open about their practices, especially regarding data collection and usage.

2. Inclusivity:

Efforts should be made to ensure equal access to the internet for all, regardless of socioeconomic status.

3. Education:

Digital literacy programs can equip individuals with the skills to critically evaluate online content and engage responsibly.

4. Accountability:

Governments, corporations, and individuals must be held accountable for unethical practices, such as spreading misinformation or exploiting user data.

5. Respect:

Online spaces should promote respect and discourage harmful behaviours like cyberbullying and hate speech.

Positive Impact of Ethical Internet Use: The ethics of internet use is a shared responsibility that requires collaboration between individuals, governments, and corporations.

While the internet has brought unparalleled opportunities, its misuse poses significant risks to society. By embracing ethical practices, society can ensure that the internet remains a tool for empowerment, connectivity, and progress. The challenge lies not only in addressing existing issues but also in preparing for future ethical dilemmas as technology continues to evolve.

When used responsibly, the internet has the potential to be a transformative force for good. It has democratized access to information, enabling people from all walks of life to educate themselves and engage in lifelong learning. Ethical use of the internet fosters global connections, bringing together diverse perspectives and cultures to address shared challenges. Social justice movements have also leveraged the power of the internet to amplify marginalized voices and advocate for change. From grassroots campaigns to international movements, the internet has proven to be a powerful tool for organizing and mobilizing communities.

Furthermore, ethical internet use has unlocked economic opportunities through e-commerce, remote work, and digital entrepreneurship. It has empowered individuals to create and innovate, contributing to economic growth and social progress.

In conclusion,

The strength of the internet lies in its openness, but its sustainability depends on ethical use. - Vint Cerf

Sakthi Dharshana M
G10-C



THE ROLE OF PARENTS IN TEACHING CHILDREN SAFE INTERNET USAGE

Technology is not just a tool. It can give learners a voice that they may not have heard before.

In today's digital age, the internet has become an integral part of daily life. From school assignments to social interactions, children are exposed to the online world at an increasingly young age. It presents potential dangers, such as cyberbullying, exposure to inappropriate content, and online predators. Given these risks, parents play a crucial role in guiding their children to use the internet safely. Before parents can teach children about safe internet usage, they must first understand the risks associated with the online world. The major concern is the threat of online predators who may attempt to manipulate or deceive children into sharing personal information or meeting in real life. One of the most important roles of parents is to establish clear rules regarding internet usage. Setting a time limit on internet usage can also promote a healthy balance between online and offline activities, such as physical exercise, hobbies, and face-to-face interactions. In addition to communication, parents should educate their children about online safety. This includes teaching them about the importance of privacy and how to report harmful behaviour, such as cyberbullying or inappropriate content. The role of parents in teaching children safe internet usage cannot be overstated. As the online world continues to evolve, parents must remain vigilant and proactive in educating their children about the potential risks and how to navigate them responsibly. By setting boundaries, modeling safe behaviour, fostering open communication, and utilizing available resources, parents can help their children enjoy the many benefits of the internet while minimizing its dangers. Ultimately, the goal is to equip children with the knowledge and skills to make safe, informed decisions in the digital world, ensuring that they grow into responsible, confident online citizens.

The internet is a powerful tool, but it can also be a dangerous one if not widely used.

Nandhana G G
G10-C



THE IMPORTANCE OF INTERNET SAFETY IN DAILY LIFE

Technology is a useful servant but a dangerous master.

Safe browsing means being aware of online threats and taking necessary precautions to avoid them. When you start to use internet, you are exposing yourself to many threats unknowingly. Some of the online threats include malware and virus, scam emails, fake websites, online scams, cyberbullying, inappropriate content etc...

In order to avoid this, internet safety should be followed. You should make sure you are using a secure and safe internet connection. Using public Wi-Fi is not recommended. When you use public Wi-Fi it may affect your device with virus. You should use strong password. Password is the biggest weak spot when it comes to cyber security. People mostly use passwords that is easy to remember but it will be easy for the hackers to crack your password. Always use password with more letters or a combination of upper and lower case or symbols. Always keep your software and operating system updated. Be careful of suspicious links. Backup your data regularly. Close unused accounts because it may be used by someone else with your personal details. Be careful in what you download. A top goal of cybercriminals is to trick you to download malware. Don't post your personal information; hackers may misuse the information. Be careful with whom you meet online. People you meet online are not always whom they claim to be. So be careful. Double check online information. Use a good antivirus and keep it updated.

These are the important internet safety tips that we should follow in our day to day life while using internet. If we follow this we can be safe online.

Think before you click.

Aashika N
G10-D



YOUNG POETS CORNER

STAY SAFE
Online

Cyber Shadows: Staying Safe Online

In the world of screens and endless streams,
Not everything is what it seems.
Some shadows hide, both near and far,
Waiting to steal who you are.

Think before you click or share,
A little caution shows you care.
Passwords strong, your shield, your key,
Keep them safe, keep them free.

Strangers' words may seem so kind,
But hidden tricks aren't hard to find.
Stop and check, take time to see,
Before you trust what shouldn't be.

Stay alert, be smart, stay true,
The digital world depends on you.
With simple steps, you'll find your way,
Safe and sound, every day.

Abhinandhana R
G9-A



A Safe Net for the World Web

Yo, the internet's a crazy place,
Where memes and dreams move at a pace.
But lurking deep, the shadows grow,
Where dangers hide, and fear does show.

We scroll and tap, we like and share,
But who's behind the screen out there?
A world so vast, it's hard to see,
The truth from lies, what's real, what's free.

So let's build walls, but not to divide,
A safe net strong, where we can confide.
With codes of kindness, shields of care,
A cyber space where all play fair.

No trolls, no hate, just honest vibes,
A digital world where love prescribes.
So here's the dream, a web so wide,
A safe net where the good can thrive.

Let's weave it tight, this net we spin,
A web of trust where all can win.
The future's ours, let's make it bright,
A safe net for the world, our light.

Siddarth K S
G10-D



YOUNG POETS CORNER



Click with Care, Beware

In the glow of screens, a world unfolds,
Where stories are spun, both new and old.
A single click can spark delight,
Or cast a shadow on the brightest light.
Beware the lure of the perfect scene,
Not all that's shared is what it seems.
Behind the smiles, the filters play,
Hiding truths they won't convey
Click with caution, tread with thought,
For innocence online is easily caught.
One careless moment, a fleeting glance,
Could rob your world of a second chance.
Yet beauty blooms when wisdom leads,
Where kindness grows, and the heart heeds.
Share your voice, but guard your way,
And let truth be your light each day.
Click with care, beware the game,
Not every spark is a gentle flame.
In the world of screens, let courage steer,
For a mindful click will keep you clear.



Lakshana
G10-A



Faculty Features

இணையமே.....எம் இதயமே!

இன்றைய உலகின் இதயம்இணையம்..

முகநூலில் சமத்துவம் படைத்தது இணையம்.

எம் பணிச்சுமையை குறைக்க வந்தது இணையம்.

எம் கால விரயத்தை நீக்க வந்தது இணையம்.

வேண்டிய தகவல்களை அள்ளித்தரும் அமுதசுரபி இணையம்.

கற்றலில் காணொளியை புகுத்தியது இணையம்.

பறவையும் தோற்கும் உம் அதிவிரைவு செய்திமுறையால்.

வீட்டிலேயே பணி புரிய வழி செய்தது இணையம்.

இணைய வழியில் என்றும் நன்மை பூக்கள் மலரட்டும்.

மகிழ்ச்சி தென்றல் வீசட்டும்.

உலக ஒற்றுமை ஓங்கட்டும்.



ஜெ. சுதா
தமிழ் ஆசிரியர்

Birthday Bash

Happy Birthday

Celebrating Our February Stars.

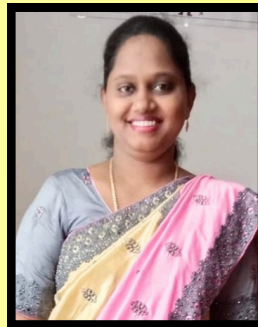
Warm wishes to all the wonderful February-born teachers! Your dedication, passion, and creativity light up our classrooms and inspire young minds every day. May this month be filled with joy, laughter, and countless moments of appreciation for all the incredible work you do.



Tr. Muthusamy S
15 Feb



Tr. Rubiana
18 Feb



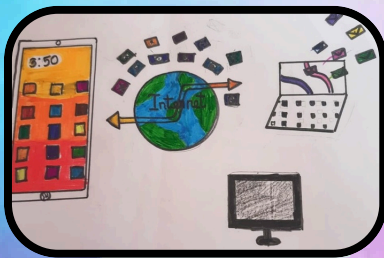
Tr. Jacintha
20 Feb



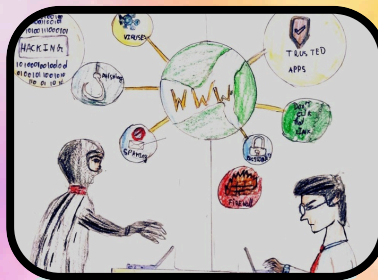
Tr. Rajini Dobhal
26 Feb



Creative Canvas



Akshaya G5-D



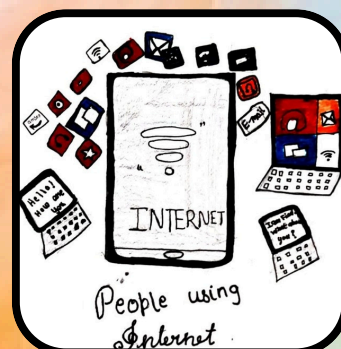
Tamizhamudhan A
G4-A



Joanna Paul P
G2-A



Krish P G3-D



Yagavi S G5-D