

St. Mary's Shines: Crowned Overall Champions at **Sahodaya Arts Fest!**

St. Mary's Public School, Thamarachal, achieved grand success at the Sahodaya Competition held at Rajagiri Public School, Kalamassery, proudly winning the Overall Championship in Arts Events. Our talented students showcased exceptional skill and creativity, earning accolades across various individual and group events.

Our outstanding achievements include:

- 🏆 1st Prize - 3
- 🏆 2nd Prize - 6
- 🏆 3rd Prize - 12
- 🏆 A Grade - 62
- 🏆 B Grade - 26
- 🏆 C Grade - 6

Competing among 45 schools, St. Mary's secured an impressive 6th position overall, reflecting the hard work and dedication of our students and teachers alike.



ATHLO 2024-25: A GRAND CELEBRATION OF ATHLETIC EXCELLENCE

The much-awaited Athlo 2024-25, our school's annual sports day, took place with great enthusiasm, energy, and spirit, bringing together students, teachers, and sports enthusiasts from across the school community. The event showcased our students' dedication to sportsmanship, teamwork, and excellence, truly capturing the essence of a vibrant sporting culture.

The day began with a warm welcome from our school head boy, Irfan Freed who expressed pride in the enthusiasm of the students and the importance of sports in education. This was followed by an inspiring presidential address from the School Manager, Mr. Jacob C Mathew. The highlight of the inauguration was the presence of Dr. Sujith S Nair, a respected member of the National Sports and Physical Fitness Board, who had been invited as the chief guest. Dr. Nair inaugurated the function with the lighting of the ceremonial torch, symbolizing the spirit of sportsmanship and unity that Athlo 2024 upholds. The inauguration was followed by a grand march past, with students from various houses proudly representing their teams with discipline and pride. The audience watched in awe as each house showcased its unique identity, moving in perfect harmony. The inauguration ceremony concluded with a heartfelt vote of thanks delivered by head girl, Devananda H.

Athlo 24-25 will be remembered not only as a day of competition but as a powerful reminder of the strength, unity, and passion within our school community. The inspiration drawn from this day will surely encourage our students to achieve new heights in both academics and sports in the years to come.



Nourishing Young Minds: National Food Day Celebrated at St. Mary's!



St. Mary's Public School, Thamarachal, celebrated National Food Day with a focus on the vital role of nutrition in fostering healthy, active lives among students. The event began with a silent prayer, followed by a warm welcome speech by Kumari Ashly Biju. Our Headmistress, Ms. Meera Das, extended her felicitations, setting a positive tone for the day.

The highlight of the celebration was an enlightening session by Ms. Bini P. Varghese, a Clinical Dietitian at Rajagiri Hospital and an esteemed alumna of our school. Sharing her expertise on "Nutrition in School-going Children: 6-12 Years," Ms. Bini offered valuable insights into balanced diets and healthy habits for growing children.

The Principal, Ms. Rakhi Vijayan, honoured Ms. Bini with a token of gratitude, and Kumari Niya Maria Linoj concluded the event with a heartfelt vote of thanks. The celebration left everyone inspired to make mindful food choices for a healthier future.

