



LAUGH AND LEARN

Humor as a Pedagogical Tool in Biology

✍ Smt. Srilatha S. Alva, Principal

😊 As a biology teacher, I've discovered that humor isn't just an entertaining addition to the classroom—it's a powerful tool that enhances student engagement and transforms intimidating topics into approachable, memorable concepts. When students laugh, they're not just having fun; they're actively learning. By weaving humor into biology lessons, complex ideas become easier to understand and recall.

😊 For instance, when teaching photosynthesis, I like to spark students' imagination with a playful scenario: *What if humans had chloroplasts like plants?* "Picture a world where we could produce our own food using sunlight—no grocery shopping, no cooking, just basking in the sun to fuel ourselves! But would that mean no school? No need to study? Just endless sunbathing?" This always gets a chuckle, but more importantly, it leads to curious questions: *Are there any animals that can photosynthesize?* Students are often surprised to learn that some species, like certain jellyfish and sea slugs, have the ability to harness sunlight for energy. This type of humor-driven discussion not only reinforces key concepts but also sparks curiosity about the diversity of life.

😊 When explaining enzymes, I introduce a lively analogy: *Think of enzymes as expert event planners.* "They ensure that everything happens at the right place, at the right time, and with maximum efficiency. Without them, imagine showing up at a party where the DJ hasn't arrived, the food is missing, and nobody knows what's going on!" This lighthearted comparison helps students visualize the crucial role enzymes play in facilitating biological reactions

😊 Another fun moment in class comes when we discuss regenerative reproduction, particularly in planaria. I challenge my students to imagine a world where humans could regenerate like these tiny flatworms: *Lose a limb? No problem—it grows right back! But what if you accidentally grew two heads? Would you argue with yourself?* This humorous take not only grabs their attention but also emphasizes the incredible regenerative abilities of certain organisms, making the topic both entertaining and educational.

😊 Beyond content delivery, humor fosters a comfortable classroom environment where students feel at ease asking questions and sharing ideas. Playful moments—like joking about how *ATP is the "cash currency"*

of cellular energy transactions or how ribosomes are like tiny chefs whipping up proteins - one amino acid at a time— make learning interactive and enjoyable. A relaxed atmosphere encourages participation, deepens understanding, and helps students develop a genuine interest in biology.

😊 And of course, I like to throw in a fresh biology joke now and then to keep things light. Instead of the classic "Why did the biologist break up with the physicist? Because they had no chemistry," I might say: *"Why don't biologists ever get lost? Because they always follow the mitochondria—it's the powerhouse of the cell!"*

😊 Thoughtfully integrating humor into lessons transforms the classroom experience. Rather than a distraction, humor becomes a bridge between students and the material, making science feel approachable, relevant, and even fun. When used effectively, it boosts engagement, strengthens comprehension, and fosters a positive learning environment. For educators, it's a reminder that while biology is a serious subject, the best learning happens when students are not just thinking—but also laughing.

Empowering Young Minds, Shaping The Future!



Why did I choose education? The answer is simple: it's the joy of seeing those "aha" moments when young minds light up with understanding. Teaching is not just a profession for me; it's a privilege to be a part of students' journeys, nurturing their growth and potential.

Children are the bright sparks of tomorrow, full of promise. As educators, our role is to guide them, helping them flourish intellectually, emotionally, and socially. We are here to ensure that every child's potential is recognized and nurtured.

Education is more than just academics; it's about preparing students to face future challenges with resilience, empathy, and confidence. Our mission is to instill values of integrity, respect, and social responsibility, empowering students to contribute to society with kindness and wisdom.

At Manipal School, we aim to create an environment where learning goes beyond facts and figures. We foster a sense of belonging, where every student feels valued and understood. Our community of educators, students, and parent work together to

build a culture of curiosity, compassion, and excellence.

I am grateful to be a part of this journey, alongside my colleagues and the leadership team. Our vision is to ensure that each student not only achieves academic success but also grows into a responsible global citizen. Together, we strive for a future where our students will make a meaningful impact in the world. I'm excited for the opportunities ahead and the remarkable achievements our students will undoubtedly accomplish.

- Smt. Sapna Shetty, Headmistress

Parenthood A Journey Of Nurturing

As a mother of a 12-year-old & who is a working professional my greatest anxiety is if I am giving enough time to my son. All working women must be feeling the same. Most of my attention goes towards his studies and getting good marks, which I know is not everything, but if I don't push, the study will not be taken seriously. At times, we expect or even demand a level of maturity from our children. We project our fears and anxieties onto them instead of trusting them. They will all bloom in their own time, till then we as parents should be the good Gardeners who provide nourishment, support & love to our

children. We must be that good nourishing soil that will help grow the good things in the lives of our children.

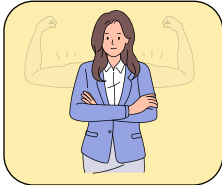


Let us as parents and teachers create a rich, nurturant and also a variable, diverse and dynamic ecosystem for our children to grow feeling protected, loved and respected for who they are. As parents, let us not take up the

responsibility to raise children who never fall. Rather, let us teach them that bumps along the path are normal, unavoidable, and often necessary for growth. Let us assure our children that they will always be loved and can fall back on us no matter what. This is possible only if we, as parents, practice the art of patience and take the time to listen to our children.

Let us provide them the space that they need to grow into responsible children who know their self worth. Let us raise children to be good human beings who cherish kindness, empathy, love & respect. Let us place our trust in the Lord Almighty to help us to lead our children in the right path.

- CA. Sunitha Furtado
PTA Vice President



The Art of Self-Confidence

Cultivating Your Inner Strength

Dear Students, Self-confidence is not about being the loudest in the room or never doubting yourself. It's about trusting your abilities, judgement, and resilience. It's the quiet assurance that you can navigate life's challenges, even when the path feels uncertain.

Self-confidence propels you forward. It helps you embrace opportunities, bounce back from setbacks, build meaningful connections, and pursue your passions. Without it, self-doubt can hold you back. But confidence is not fixed—it's a skill you can cultivate.

Here's How? :

1

Acknowledge Progress

Celebrate small victories. They're proof of your growth.

2

Reframe Inner Dialogue

Replace self-doubt with self-compassion. Say, "I am learning, and that's enough."

3

Embrace the Unknown

Step outside your comfort zone. Each try builds confidence.

4

Recognize Strengths

Focus on what makes you unique—your talents, quirks, and potential.

5

Surround Yourself with Light

Seek people who inspire and uplift you.

6

Nurture Your Whole Self

Prioritize self-care—rest, nourishment, movement, and joy.

Confidence is a journey. Some days you'll feel unstoppable; other days, less so—and that's okay. Keep moving forward. If you ever feel lost, my door is always open. Together, we'll help you grow, thrive, and embrace the incredible person you are.

You are capable, worthy, and enough—just as you are. Shine on.

With warmth,

- Dr. Shruti Chauhan , School Counsellor

Republic Day

Celebration at Manipal School – 26th January 2025



The Republic Day celebration at Manipal School on 26th January 2025 was a spectacular event, showcasing the dedication and hard work of both students and teachers. Their relentless efforts, day and night, made the program a grand success.

The event commenced with a soulful prayer by the school choir, setting a serene and patriotic tone for the day. This was followed by a mesmerizing dance performance that captivated the audience.

The highlight of the ceremony was the flag hoisting, led by our esteemed Principal, Vice Principal, and the PTA Vice President Smt. Sunitha Furtado - a moment of pride and reverence for all.

A vibrant dance performance by the 8th-grade students added to the energy and enthusiasm of the celebration. The event concluded with a heartfelt Vote of Thanks, acknowledging the efforts of everyone involved.

The entire assembly was a beautiful and well-coordinated effort by the students, making the Republic Day celebration truly memorable.

- Arpitha G. Rao, 7B



Teacher's Day Celebration

Teachers' Day at Manipal School, Mangalore, was celebrated with great enthusiasm on 5th September 2024 to honour and thank the dedicated educators shaping young minds.

The day began with a heartwarming assembly where students from different grades expressed their appreciation through lively dances, soulful music, and creative performances, creating a joyful and unforgettable atmosphere.

Teachers later found delightful surprises in their classrooms—personalized cards, gifts, heartfelt notes, drawings, and homemade cakes, filling the day with warmth and camaraderie. Senior students hosted a special program with performances, songs, dances, and fun activities, making the celebration a cherished and memorable tribute.

- **Muhammed Tameem Bin Zakeer, 8C**

Independence Day Celebration



Manipal School, Attavar, celebrated India's 78th Independence Day on August 15 with Chief Guest Dr. Sofia Rego, a life sciences consultant at Infosys and former SJEC professor and Navy officer.

The event began with a guard of honour, flag hoisting, and the Jhanda Geet by the choir. Principal Smt. Srilatha S. Alva, Vice Principal, Headmistress, PTA representatives, and alumni attended. Students presented cultural performances, including a musical ballet on the

Ashoka Chakra. Anshika Anoop-Grade 6, spoke on the significance of this day, while Hadi Abdulla Hussain-Grade 6, gave the welcome address. Dr. Rego emphasized education, reading, and careers in armed forces, passionately praising the school's 'Competency-Focused Education' theme and honoring soldiers' sacrifices. A beautiful painting by Harshita-Grade 9, was gifted to Dr. Rego. The event ended with the vote of thanks and the national anthem, instilling pride in all.

- **Adiya Prajwal Salian, 8A**

Kannada Rajyotsava

Kannada Rajyotsava was celebrated with great enthusiasm on November 1st, showcasing Karnataka's rich culture and heritage. The school was adorned in red and yellow, symbolizing the state flag. The event began with the hoisting of the Karnataka flag by the Principal, followed by the state anthem Jaya Bharata Jananiya Tanujate, filling everyone with pride.

The highlight was a student-led cultural program featuring vibrant folk dances, melodious Kannada songs, and insightful speeches on language, heritage, and tradition. A



quiz on Karnataka's history, geography, and culture added an interactive touch. The celebration deepened our appreciation for Karnataka's heritage and instilled unity and pride among students and

teachers. It was not just an event but a reminder of our roots and the beauty of Karnataka's culture. It has left an indelible mark on our hearts. The event concluded with a Vote of Thanks.

- **Sinchana J. Ulavi, 9A**

Kaushalya Utsav : Juniors (Nursery-Grade 2)



showcased energy and stamina. Parents were delighted to see their tiny tots perform to lively music in vibrant costumes. The event concluded with the Prize Distribution Ceremony, honoring sports winners with medals and certificates.

Sri Divyant Nayak, parent of Reyansh Nayak from Grade 3, thanked the school for its never-ending support and guidance. Our outgoing student of Grade 10, Daksh P Jain paid tribute to the school with his emotional speech. The event concluded with a Vote of Thanks by Diya Ashok of Grade 3. It was indeed a celebration of talent, teamwork, and perseverance.

Manipal School's Sports Meet, 'Kaushalya Utsav' 2024-25, was conducted with great enthusiasm, where the talents and sportsmanship of students were showcased.

The event began with the Guard of Honour, led by School Captain Ruhan Dinesh Kotian and cabinet members, escorting Chief Guest Dr. Ramandeep Kaur, Professor and Head of the department, Speech Pathology at Father Muller College of Speech and Hearing, and Director of Speranza Inspiring Communication, Mangaluru PTA President Sri Sachin K. J., Vice

President Smt. Sunitha Furtado, Principal Smt. Srilatha Alva, Vice Principal Smt. Shilpa Moger, and Headmistress Smt. Sapna Shetty.

The event began with the grand Invocation Ceremony, followed by the lighting of the ceremonial lamp. Mivaan of Grade 3 delivered a welcome speech, setting the tone for the day. 'Kaushalya Utsav' celebrated skills, with the Cheetah as a mascot symbolizing speed, strength, and agility. The rhythmic drills by Nursery to Grade 2 enthralled the audience, while a Karate display by Grade 3



- Sahla Parvin, 10B



AICS Football Tournament



The AICS Football Tournament was an electrifying event, bringing together talented young footballers. Among them, our 11-player squad stood out with exceptional teamwork, resilience, and skill. Guided by dedicated coaches, the



team displayed outstanding coordination and determination. A standout moment was our captain's stellar performance, scoring six goals and earning the Best Striker Award, supported by Rohan's five brilliant assists. Their journey to the finals was marked by dominance, defeating

Kanachur School in the semifinals without conceding a goal. The final was a fierce battle, where they secured second place in their only match conceding goals—a testament to their strong defence.

Though the championship slipped away, their performance remains a source of immense pride. The AICS Football Tournament will always be remembered as a platform where our players shone brightly, showcasing their talent, teamwork, and unwavering spirit.

- Naitik D. Gatty, 8A



Annual Interhouse Competition

On October 30, 2024, Manipal School was filled with excitement as students from four houses - Ruby, Emerald, Sapphire, and Topaz - came together for the annual Interhouse Competition.

It was a day filled with fun and friendly competition. Boys and girls participated in various sports like football, basketball, volleyball, and badminton.



The event was not just about winning or losing; it was about the journey, the effort, and the spirit of competition. Each participant, regardless of their performance, emerged as a winner. They learned the importance of teamwork, sportsmanship, and fair play.



The atmosphere was electric, with students cheering for their teams and showing great enthusiasm. It was a successful as well as a wonderful day for everyone involved. To conclude, The Interhouse Competition was a fun way for students to take a break from their studies and enjoy sports. It helped them stay healthy and active.

- Manya L, 10B

MS Basketball Blitz



The AICS Interschool Basketball Tournament, 'MS BASKETBALL BLITZ,' was held on October 23, 2024, at Marena Sports Complex, Attavar, hosted by Manipal School, Mangalore. The event united teams from various schools, promoting sportsmanship and community spirit.

The event began with a Guard of Honor, as the school cabinet welcomed Chief Guest Smt. Swati Kulkarni, Principal of Madhava Kripa School. Notable attendees included Principal Smt. Srilatha S. Alva, Vice Principal Smt. Shilpa Moger, and PTA President Sri Sachin K. J. The tournament was inaugurated with lamp lighting by the Chief Guest, followed by a welcome speech from Principal Smt. Srilatha S. Alva.

The tournament buzzed with excitement as seven schools competed fiercely, showcasing skill, teamwork, and sportsmanship. The energy was contagious, captivating spectators and fostering spirit. The event concluded with a heartfelt Vote of Thanks by Vice Principal Smt. Shilpa Moger, who expressed gratitude to everyone who contributed to its success.

Madhava Kripa School boys emerged as champions, while Manipal School secured the runner-up position, showcasing skill, teamwork, and determination. In the girls' category,

Manipal School claimed victory, with Madhava Kripa School as runners-up. Both teams displayed exceptional sportsmanship, making the tournament a memorable event.

The event ended with a valedictory ceremony, attended by Chief Guests Dr. K. Vishwas Saralaya, Sri Rajeev Mallinje, PTA Vice President Smt. Sunita Furtado, Principal Smt. Srilatha S. Alva, and Vice Principal Smt. Shilpa Moger.



Dr. K. Vishwas Saralaya gave an inspiring speech on how sports fosters teamwork, discipline, and resilience, stressing the balance between academics and athletics.

The ceremony concluded with a Vote of Thanks by the Sports Captain Samanya, thanking all contributors. The tournament was a grand success, showcasing young athletes' talent and spirit, leaving everyone excited for next year's event.

- Umair Ahmed Khalifa, 9A

Kaushalya Utsav 2024 (Seniors)

A Grand Celebration of Talent and Team Spirit



Kaushalya Utsav 2024, the Annual Sports Meet of Manipal School, was held on 30th November 2024, bringing together students, parents, and teachers for a day of energy, enthusiasm, and unity. The event was graced by Chief Guest Sri. Pradeep Kumar Acharya, Commonwealth Powerlifting Champion 2024, along with dignitaries including Dr. Dilip G. Naik, Pro Vice Chancellor of MAHE-Mangalore Campus, Dr. Vishwas Saralaya, school leaders, and PTA representatives.

The day began with the Guard of Honor, followed by a stirring welcome by School Captain Ruhan Dinesh Kotian. After the ceremonial lamp lighting, the school band led a colorful march past by the four houses – Ruby, Emerald, Sapphire, and Topaz, displaying discipline and team spirit. The unveiling of the mascot, Cheetah,

symbolized speed and determination. A solemn oath and torch relay by top athletes marked the official launch.

Cultural performances featured Yoga, Dumbbells, Hoops, Dandiya, Ribbons, Zumba, and a Flag display. Sporting events like sprints, relays, and field competitions showcased athletic skills, with the student-teacher relay being a crowd favorite.

The Chief Guest praised the students' efforts, emphasizing academics and extracurricular balance. Sapphire House won the overall championship, while others vowed to return stronger. Sports Captain Samanya Vinu Kannan delivered the Vote of Thanks, concluding a day of athletics, teamwork, and perseverance. The event inspired everyone to aim higher and strive harder.

- Zaara Fayyaz, 10C



Manipal School, in association with Sportz Village, hosted Kidathon 2025, a fun walkathon at Marena Sports Ground on February 22. The event celebrated the idea that every child can be a superhero through their daily actions, with over 100 participants from across the city.



The chief guest, Ishaan Pilar, an esteemed alumnus of Manipal School, distinguished engineer, filmmaker, and founder of Simufleet, emphasized the importance of a healthy, active lifestyle and the need for regular physical activity and a balanced diet.



The participants, divided into two age groups 3 to 5 and 6 to 8, sprinted ahead with enthusiasm and determination. Each winner was honoured with a trophy, along with a special prize for best costume. The event featured cheer dance, face painting, and parent reflection. 'Kidathon' ended on a high note, celebrating perseverance, joy, and the spirit of a hero.

- Smt. Rakshitha Kishan
Admission Manager



Historic Win in Independence Cup

Manipal School made history in the Independence Cup, organized by the DK District Football Association, with 250 teams participating. After seven attempts, the school secured runner-up titles in the senior girls' (13 teams) and senior boys' (72 teams)—a first in its 13-year history.



The senior boys' team secured 2nd runner-up in the prestigious James Naismith Cup. Nada Mariam won Best Striker, and Mohammed Farzeen was named Best Defender.

In recognition of their excellence, the team received a cash prize of ₹10,000, marking a proud moment for Manipal School and reinforcing its commitment to sports excellence.

- Harshita K. L, 9B

Hungama An Annual extravaganza



On 14th November 2024, Manipal School celebrated Children's Day with 'Hungama,' a vibrant fest full of joy, activities, and community spirit.

A day prior, students enjoyed school-provided snacks and beverages, followed by team-building activities led by teachers, strengthening teamwork. The event opened with a special assembly, where teachers entertained with dance, songs, and an heartfelt address from the Principal.

Students from nursery to Grade 4 enjoyed an exciting magic show, interactive games and a lively jukebox session. Meanwhile, the students from Grade 5 to Grade 8 explored a thrilling

haunted house and a variety of food and game stalls. Grade 9 to Grade 12 had the opportunity to engage in experiential learning, by organizing food and the entertainment stalls. A masterclass conducted by Grade 12 students gave valuable insights on stall management, cost control, presentation and hygiene helping younger students develop essential entrepreneurial skills.



The special highlight of the day was the visit of differently-abled students from St. Agnes Special School. Additionally, a few students from Government School, Attavara, also joined the celebration. They explored the stalls and received handcrafted bookmarks and roses as tokens of appreciation. They also enjoyed the magic show, a bouncy castle, and other fun activities with refreshments.



The joyous and vibrant celebration concluded with a thoughtful reflection on profits and losses, tallying proceeds, and determining the share for donation. Hungama 2024 was more than just a fest; it was a resounding success that blended fun and learning, nurturing entrepreneurial skills and a deep sense of community involvement. Ultimately, the event left a lasting impression on both students and guests, instilling cherished memories while reinforcing the values of social and ethical responsibility.

- Nida Maryam Aqhila, 8C



Book Fair at Manipal School



Reading books is vital for children's growth, enhancing their reading, writing, and vocabulary skills. Manipal School, Attavara, hosted an exciting four-day book fair from 11th November 2024. The fair featured books across genres, including fiction, biographies, science, literature, history, sports, and comics, catering to all age groups. Students eagerly explored the collection, selected books, and made purchases. The diverse range, including mangas, sports biographies, and science books,



was impressive. Puzzle books also attracted attention. The event was a huge success, with numerous books sold. Students hope for more such wonderful fairs, offering a refreshing break from academics.

- Mishika Neela, 8C

Career Counselling Lab



The much-anticipated Career Counselling Lab was inaugurated on 4th February 2025 at the library by Principal Smt. Srilatha S. Alva, Vice Principal Smt. Shilpa Moger, and Headmistress Smt. Sapna Shetty. Designed to help students explore career opportunities, develop essential skills, and receive expert guidance, the lab offers a dedicated space for informed decision-making.

With resources prepared by students and insights from experts, the lab features psychometric assessments, career guidance sessions, and workshops to help students assess their interests and aptitudes. By doing so, it empowers them to choose fulfilling careers aligned with their strengths.

As someone involved in this project, I had the opportunity to create two models illustrating students' current positions on the "stairway of life" and the steps needed to unlock their full potential. I am grateful for the support of our teachers, whose dedication brought this initiative to life.



With 24 student-created resources already available, I look forward to all the students to contribute more articles and strengthening this invaluable resource for future career aspirants. The launch of the Career Counselling Lab marks the beginning of an exciting journey, equipping students with the tools to navigate their career paths with confidence and clarity.

- Abhay Melston Mascarenhas, 8C

Campaign Companion

The 15 Books Campaign at Manipal School nurtures a love for reading, enriching students' literary experiences through engaging initiatives.

Students showcase creativity in the Wall Magazine, earning house points for literary works. The Poem of the Month contest encourages poetic expression inspired by images provided by the library.

The Book Fair expands students' literary horizons, while the hidden Golden Ticket allows lucky finders

to borrow extra books. CBSE Reading Challenges enhance comprehension skills, making reading more immersive.

The campaign not only strengthens students' vocabulary but also helps them build deeper connections with literature. It fosters a habit of reading beyond textbooks, encouraging students to explore diverse genres and perspectives.

Led by the school librarian and the Readers' Club, these efforts make the 15 Books Campaign more than a reading initiative—it is a celebration of the magic of books and the lifelong companionship they offer.

- Antara S. Rajeev, 8C

Makerspace

Where Ideas Take Flight

Makerspace is a club at Manipal School where students get to create, code, and build cool projects. It's a fun way to learn about technology and engineering by actually making things instead of just reading about them.

We meet once a week to work on different projects. So far, we've built a smart dustbin with a sensor, a 3D cup model using Tinkercad, coded mobile apps, and an exciting paper glider prototype. We also built water rockets using plastic bottles, launching them with air pressure. Each project helps us learn new skills and explore creative problem-solving.



Most of our projects involve teamwork, where we brainstorm ideas, experiment, and solve problems together. Working as a team helps us learn from each other and come up with even better ideas. Our club is led by dedicated mentors who guide us and help bring our ideas to life. It's a great place for students who enjoy working with technology and trying out new things.

Makerspace is all about learning, experimenting, and having fun while building something new. Who knows what we'll create next?

- Haya Aisha Husain, 8C

MIND SPARK

A Celebration of Creativity and Learning

Mindspark, Manipal School's flagship annual program, showcased students' talents through models and charts from Social Science, Math, Makerspace, and Skill Education, captivating the audience with innovation.



As part of CBSE's 'Ek Bharat Shreshtha Bharat' initiative, the Social Science department organized a state pairing exhibition on Karnataka and Ladakh, highlighting their culture, traditions, cuisine, art, and dance, fostering appreciation and cross-state learning. The IT Makerspace department showcased innovative projects like e-dustbins and sensor-based cloth drying stands, garnering much interest. The Math department



presented engaging 3D projects that drew the attention of many viewers. Under the CBSE Skill Education initiative, which prepares students for practical vocations, Manipal school



provided hands-on training in jewellery making, block printing, mask making, and rocket launching. The products created by students were proudly displayed during the event. Overall Mindspark-24 was a resounding success, reinforcing the school's commitment to fostering creativity, practical skills, and interdisciplinary learning among students.

- Varshini M. Rao, 8B

Tirangaa 2024-2025

The Manipal School Tirangaa was a well-planned and remarkable event featuring various dance performances, instrumental music, poster-making, mono acts, rangolis, and much more. This event provided students with an excellent platform to showcase their talents and creativity.

The activities were organized in different venues to ensure smooth



operations, as participants ranged from Grades 3 to 12. While participation was not mandatory for all students, the majority of the school took part in the festivities.



For Grades 3-5, the events included poster-making, rangoli-making, and mono acting. Students in Grades 6-8 participated in poem recitation, slogan writing, and sharing interesting tidbits.



Grades 9-12 had four events: group dance, group singing, short film making, and instrumental music.

Student volunteers and teachers played a vital role in the event's success. The enthusiasm and energy were truly infectious. I look forward to more such wonderful and enriching events in the coming years!

- Ritwik Rastogi, 9B

Milaap



On December 7, 2024, Manipal School's campus buzzed with excitement and nostalgia during its first-ever alumni meet, Milaap: Meet, Mingle, and Make Memories, welcoming over 210 former students eager to reconnect.



The evening began with a lamp-lighting ceremony and prayer, followed by a warm welcome from Principal Smt. Srilatha S. Alva, who shared the school's achievements and future vision. A special highlight was Smt. Anuradha Shivaram, former principal, whose address brought a wave of nostalgia. Vice Principal Smt. Shilpa Moger introduced the alumni association office bearers, including Dr. Kedar Kodkany as President. Dr. Kodkany proposed creating a fund to support underprivileged students and promote social outreach, reflecting the school's values of compassion, inclusivity and community service. Dr. Kodkany's proposal was met with enthusiasm.

The event wasn't just about speeches or formalities; it was alive with laughter and stories, that rekindled friendships. From animated group discussions to revisiting old classrooms, the alumni immersed themselves in the spirit of their school days. The joy of reconnecting with old friends and mentors added an irreplaceable charm to the gathering.



Milaap 2024 was more than just an event—it was a celebration of legacy and bonds that time could not erase. As the evening drew to a close, the alumni left with hearts full of memories and a renewed connection to their roots. This reunion not only celebrated the past but also laid the foundation for many more lively gatherings in the future.

- Deetya Anoop, 11C

The Investiture

The Investiture Ceremony for the academic year 2024-25 was held on June 15th at Marena Sports Complex, Attavar. The event was inaugurated by the Chief Guest Dr. Dilip G. Naik, Pro Vice Chancellor of MAHE- Mangalore Campus, lighting the ceremonial lamp along with the school's Principal Smt. Srilatha S. Alva and other dignitaries. The main highlight of the event was the installation of the newly elected school cabinet, with Ruhan Dinesh Kotian as the school captain and Farzeen Ahmad as the vice captain.



Dr. Naik gave a truly inspiring speech, reminding everyone of the importance of teamwork, humility, and integrity. The principal then led the oath-taking ceremony, and the new leaders officially pledged to carry out their duties with sincerity and dedication.

The ceremony concluded with a heartfelt Vote of Thanks and the National Anthem. It was a memorable event reflecting leadership and unity amongst the new cabinet.

- Samanya Vinu Kannan, 10C



Manipal School's Valedictory Day was a heartfelt celebration of the graduating students of Classes 10 and 12, marking both an end and a beginning. Held at Marena Sports Complex, the event reflected students' academic and personal growth.

The evening began with a prayer, setting a reflective tone, followed by a recognition session where each student received a memento, symbolizing their journey. The applause for each gradu-

ate honored not only their success but also their resilience and dedication. A heartfelt candle lighting ceremony represented knowledge and hope for the future, while parents, teachers, and students shared emotional addresses, reflecting on cherished memories and valuable lessons learned. A video retrospective added nostalgia, showcasing unforgettable moments from their school years, followed by group photos capturing their final memories together.

The ceremony concluded with a farewell song and high tea, allowing everyone to celebrate one last time. It was a mix of joy and nostalgia, as students bid farewell to a place they called home.

As they step into the future, Manipal School's seniors leave with pride, treasured memories, invaluable experiences, and a lasting bond with their alma mater.

- Saanvi, 9A



Empowering Future Careers

A Skill Development Program at Manipal School



A skill development program was recently hosted by Manipal School in accordance with CBSE guidelines. Held on January 6th and 7th, 2025, the initiative was part of the school's ongoing effort to actively promote vocational skills among students.



Students were mentored by teachers and industry professionals, providing a valuable opportunity to explore interests and uncover talents. Expert guidance helped shape potential career paths, leaving them with a memorable and enriching start to the year.



This unique, "bag-less" program was designed for middle school students to introduce them to various applied skills. Activities included block printing, mask making, jewelry making, embroidery, rocket and satellite design, as well as financial literacy and marketing.



- Anaga Kartikeya Uchila, 8B