



TRINS RESIDENTIAL PULSE

A MONTHLY NEWSLETTER

Diwali Delights

Join us as we celebrate the festival of light and love with a day packed with surprises and joy.

Destination Fun

Explore the delightful experiences the boarders have enjoyed in their respective class trips.

Candid Interview

Explore the opportunity to know more about our supportive counsellor.

Lights, Love and Laughter

Embracing Togetherness in Light
Johnathan Chacko

Diwali celebrations in the TRINS hostel are always something to look forward to. From colorful and loud fireworks to deep and heartwarming visits to old age homes, there's always something to enjoy for everyone.

The old age home was an incredibly enriching experience for me and my peers. The resilience and joy of the residents was truly visible as we made our introductions. We bonded over music, food and the warmth of each other's company. As a part of our visit, Advait Krishna and Anna Mariam decided to sing and play a few instruments for the elderly as we distributed traditional sweets that are eaten for diwali. In a surprising turn of events, they too decided to grace us with their own performances, performances that were displayed with a certain sense of charm and beauty. As we enjoyed our traditional snacks and made small talk here and there, we were serenaded by the elders' impeccable vocals. This mutual exchange really allowed us to connect and bond with the majority of the elderly individuals, who, as mentioned by their supervisor, had been abandoned by their families or society overall. The experience was a heartfelt, deep and memorable hostel activity, as it allowed us hostlers to engage in something more than just recreational fun. The visit truly made our diwali special, and we could tell they felt the same.



In the night, we began our explosive celebrations. With the entire hostel assembled, Abijeet sir and Miss Sangeetha began distributing the fireworks grade wise, making sure to give everyone something to light up. With the fireworks dispersed, we began our celebrations with aerial fireworks, a show to impress everyone. Later on, we were split into groups, grade wise, to launch our own crackers. Overall, the fireworks made for an explosive and dynamic way to end the day, marking the significance and festivity that TRINS holds for our Diwali celebrations.



On the morning of 31st October, the junior school and highschool students of the hostel were eagerly waiting to leave for the old age home on behalf of their diwali celebrations. It had been a year since our last visit to our old age home and we had missed the sweet friendly faces of the many grandparent figures. We had a quick breakfast and rushed to the old age home where we were warmly greeted by the caretaker. We began the festivities by lighting up the lovely house with diyas which brought out a subtle charm to the whole residence. We then gathered together in the common area and saw for the first time the crowd of grandmothers in the building all smiling at us with joyful eyes. After that we had a jolly time with all of them where we sang, danced and even had a few stories told to us by them. We had a chance to share diwali sweets with them after which we spent a lot of time talking to them and uplifting their spirits. The joy of the moment transpired into laughter and merriment leaving us all feel more connected. It was a beautiful heartwarming experience that had us all feeling emotional when it came around to leaving. We were accompanied by Ms Victoria, Ms Dennit, Ms Reshma, Ms Neethu and Mr Richard Hillebrand who all made the journey both enjoyable and memorable for us all. We look forward to visiting them again next year.

Miles of Smiles

Our Class Trip Recap

Yercaud - Tamil Nadu

I loved the trip, we had a lot of fun in the camp. We had a lot of adventure activities. I loved the trip, it was the best trip I have ever been to till now.

Jasim

I really enjoyed the Yercaud trip. Everyday there was always something new to do - We did ziplining, trekking, outdoor survival and we also swam in a waterfall. There was really good food and it was always cold. Even the bus ride was fun!

Sarah



The trip was really good and the food was amazing and they had like an olympics. The INME camp was really enjoyable. The talent night we had and a great party with music.

Yagnik

The trip was a very fun and memorable experience, with all my friends. Our trip to Yercaud Overall was an enjoyable experience.

Zarah

I absolutely loved my trip to Yercaud INME Camp in Tamil -Nadu. The highlight for me was the breathtaking view of the Moon from the rocks known as Moon Rocks. It was such a fun experience, especially since I get to go with my classmates.

Nilambari

Coorg - Karnataka

The Coorg trip was amazing. It was my first time camping and it was a great experience. My favourite things in camp were the waterfall and friendship ladder, campfire and the food. I disliked the leech bites. Overall, it was a good experience and I wish I could go back.

Ann

8th Grade went on a week-long trip to Coorg. It was very interesting and an educating experience. We did lots of activities such as friendship ladder, hiking, rock climbing and jumping in a waterfall. It was a very enjoyable experience and I hope to do it again soon.

Nivedita



It was good, it was amazing with my friends and I loved the moments and it was an enjoyable experience. I hope to have this experience in the future.

Aphrem

My camp was really good as it taught me the importance of my friendship. It brought me closer and taught me to be more fearless and bold.

Aryaman

Coorg was just amazing. I was wowed by the beautiful nature. The bus ride was smooth and I had a great time and the food was good. The waterfall was amazing and the activities were good. What I liked the most was the hot chocolate.

Ritwan

Miles of Smiles

Panchgani - Maharashtra

Grade 10 class trip was to Panchgani and It was a 5 day trip. The overall experience was quite fun and the trip had a lot of memorable moments that I hold close to me. The trip had diverse activities and lots of good food. I give it a 8/10

Christy

Our class trip to Lonavala was so much fun! We went caving and rappelling, which was super cool and enjoyable. We stayed in these fancy tents that felt like a mix of adventure and luxury-It was an awesome trip!

Ela



For our class trip, we traveled to Punai, Panchgani. On the first day, we explored sights such as Sydney Point and Table Land in the morning. In the evening, we visited the Mahabaleshwar market for shopping. We gained valuable insights into the diverse cultures and features of Panchgani. On the second day, we participated in thrilling activities like rappelling and caving, which allowed us to create long lasting memories and new experiences. Later, we visited the Mapro Garden to enjoy and purchase a variety of delicious foods that were available. On the last day, we visited an amusement park in Lonavala, enjoyed the rides available, and then made our way back.

Sreenithi

The trip was very enjoyable and we were able to do activities that we wouldn't usually do such as rappelling and caving while facing our fears. It was a very enlightening experience.

Angela

Nainital - Uttarakhand

Our recent 5-day trip to Jim Corbett, Nainital, and Delhi was nothing short of spectacular. Traveling with friends and supportive teachers made the experience even more enjoyable. We started with the serene beauty of Jim Corbett, where the lush greenery and wildlife made us feel closer to nature. The early morning safaris were thrilling, as we spotted deer, birds, and even tiger paw prints! Next, we headed to Nainital, the city of lakes. Boating on the calm Naini Lake and exploring the Mall Road were highlights of our visit. A special moment was exploring the vibrant markets and tasting delicious local food. Finally, in Delhi, the bustling capital, we visited the DLF Mall of India where we went to go karting and ate a lot of food. This trip wasn't just about sightseeing; it was about bonding, laughter, and making memories that will last a lifetime. A big thanks to our teachers who came on the trip, Abhilash Sir, Ms Jisha and Ms Synthia, for making it so well-organized and unforgettable.

Anson

The trip was amazing. I loved the people and teachers who came with me and without Anson my trip wouldn't have been the best.

Johan



Miles of Smiles

The trip was an amazing experience for me because it had so many activities and it helped me bond with people I didn't know I could have a connection with. It also just got rid of my fear of living in camps and stuff. It also did make me love culture outside of my own.

Jerome



Fun time cooking and swimming in the river. Really nice food and experience at camp site. Fun leisure time with friends to play and enjoy.

Rahul



The trip was an absolute blast and a wonderful experience, I feel that this trip was one of the best ones I have ever had, especially with all my friends coming for it, Hats off to Abhilash sir, Miss Jisha and Miss Synthia for accompanying us and being supportive throughout the trip and huge thanks to the team which took care us in the camp, especially Prakash Sir and Yasin Sir and thanks to all of my friends for making this a memorable one.

Navin

The trip was a nice change of pace from school. It gave me a lot of good opportunities to try new things. It also taught me a lot about teamwork and courage.

Ved

Class trip was probably the most fun I've had throughout this year. I just loved every part of it, the early wake up, Anson's jokes, the coffee and the cozy tent. I can't possibly put into words how excited I was for it. All of us packing our bags and discussing how many times Navin was going to lose aura. It was truly one of the most memorable moments I've had and I'm really glad all my homies were there with me. I love the homies.

Rittvik



Class trip was really fun and probably one of the best times I've had this year. The teachers were really chill and we had so much fun with all the activities, like mountain biking, the river, and many more. Sleeping in tents with day scholars and traveling with them was really funny, and it made me even happier knowing that all the hostellers came too, for the first time.

Faiz



I'm glad I went for the class trip as I was able to get close and befriend many of my classmates that I hadn't previously had the chance to interact with. I also really enjoyed the fun activities that I took part in with my friends.

Kristin

The trip was really fun. We had a great time, I had a great time ! Obviously the reunion with the North Indian Spice was the best part. The activities, the jungle trek and late night cold showers with Anson was so fun. I enjoyed and had a great experience

Aaryav

Miles of Smiles

The class trip helped me grow closer to a few people I never thought I'd be friends with, it was nice getting to know my classmates. They were very supportive and encouraging throughout. The best part was being with my friends. I'm super stoked for next year!

Dhaaksha

Our four day adventure to Uttarakhand started off with our 3 hour flight to Delhi, followed by a 6 hour bus ride to Corbett national park, which was where we were going to stay. All of us were extremely tired and hungry, including myself, as I had barely slept the night before from a mix of excitement and anxiety of having packed and repacked- and hopefully not having forgotten anything for the trip. But a quick snack at a dhaba and a 3 hour long nap solved the issue.



When we arrived at our destination at the scenic location, we met with a trip of goats that happened to pass by us with bells jingling around their necks. A quick 10 minute jeep ride later, we arrived at our camping site where we would spend our next 4 days at. The sight was picturesque. Small pebbles lining the entrance, sweet crisp cold air blowing through our hair and beautiful trees covering views of the roads and the sky studded with stars. As we had reached there at nightfall, all of us gathered around the bonfire, played games, ate dinner and retired for the night. Our 2nd day at the camp started quite early with an early morning nature walk. The guide informed us to stay quiet in order to not scare any birds away. We were able to spot a lot of birds like the jungle babbler and the white-throated laughing thrush.

Our breakfasts at camp were warm homely meals with the local Uttarakhand cuisine. After a satisfying tummy filling start, our challenging activities began. We were split into groups and each group had to do jumaring, mountain biking, ziplining and ladder climbing.

3rd day was the day we had a safari trip in Corbett National Park. Unfortunately, we were not able to spot any tigers in the area but we had fun driving in an open jeep and watching all the sights and sounds of deer, black faced monkeys and precious tiger foot prints on the sandy path, which I snapped on my phone. The following activity in the afternoon was a trek to the riverside. This was a beautiful and fun exercise where we made part of our own lunch by helping cutting up vegetables, and basked in the river till dusk.

On our final day, we all said a desolate goodbye and boarded the buses to go to Delhi. We stopped by a shopping mall called Mall of india. Our final stop was the Delhi airport and the flight back to Thiruvananthapuram. Overall it was an eye opening experience with a lot of adventures and endeavours but it brought us all closer than ever before.

Andrea



Miles of Smiles

Manali - Himachal Pradesh



Our class trip to Manali was an unforgettable adventure filled with scenic beauty and excitement. We explored the lush valleys, snow-capped mountains, and enjoyed activities like trekking. The evenings were spent around a cozy bonfire, sharing stories and creating lifelong memories.

Chacko

Could be better. Not worth 53k it was just the bus ride that was fun. But worth it for the people that I spend time with.

Ram

Our 12th grade school trip was to Manali. It was truly a memorable trip with treks, beautiful lakes and breathtaking views. Could not have asked for a better last trip.

Aneeta

The Manali trip began with a lively bus ride filled with singing and dancing. A delicious breakfast stop energized everyone for the adventure. Upon arrival, the scenic beauty and local experiences captivated all. Exploring the fields and learning about traditional practices added cultural insight. Lunch featuring local delicacies was a highlight, followed by a relaxed, fun-filled afternoon. Later, an engaging session on local traditions offered fascinating insights. The return bus ride was a joyous celebration, capped with a surprise KFC feast. The trip perfectly blended fun, learning, and memorable moments.

Vaidehi



CANDID INTERVIEW WITH MS ANN

Dhaaksha Rajan

Ms Ann who joined us this year and is our counsellor shares her experience so far!

Growing up did you ever envision yourself becoming a school counselor?

Honestly, I never envisioned myself becoming a school counselor. To be honest, I was one of the naughtiest students back in school! I was always getting into trouble, playing pranks, and pushing boundaries. I never really saw myself as someone who would be helping others with their problems.

But as I got older, I started to realize how much I enjoyed listening to people and offering advice. I became more aware of how powerful a good conversation can be when someone is going through a tough time. My own experiences in school, where I sometimes felt misunderstood or needed guidance, made me appreciate the value of having someone to talk to.

It was a gradual shift, and over time I found that counseling, especially in a school setting, was the perfect way for me to make a positive impact. Now, instead of being the troublemaker, I get to support students in managing their own challenges and help them grow into confident, well-rounded individuals. Life has a funny way of bringing us to where we're meant to be.

How was your experience at school and has that influenced your decision or way of communicating with students?

My experience at school is definitely a mix of fun and challenges, and I think it has a big influence on how I communicate with students today. Like I mentioned earlier, I wasn't exactly the model student. I was often the one in the principal's office for mischief or pushing the boundaries. But looking back, I realise those experiences helped me understand the struggles and pressures students face—whether it's fitting in, dealing with expectations, or simply figuring out who you are.

Being on the other side of the school experience has definitely shaped my approach. I try to create a space where students feel safe to express themselves without fear of judgment, because I know how easy it is to feel misunderstood. I aim to be approachable, compassionate, and down-to-earth, much like I would have wanted when I was their age. I understand that everyone goes through ups and downs, and I try to communicate with empathy, knowing that even small things can feel huge when you're a student. So, when I speak with students now, I make sure to listen closely to their concerns and validate their feelings, no matter how big or small they might seem. It's that genuine connection that can make all the difference in helping them feel supported and understood.



What is your background in counseling and education?

My background in counseling and education has been quite a journey! After completing my 12th grade, I did BA Triple Major in Mass Communication, Psychology, and English. It was a bit of a broad mix, but it helped me explore different fields before deciding to focus on psychology. During my third year of college, I realized that my passion lay in understanding the human mind, so I decided to pursue psychology further.

After graduation, I completed my Master's in Clinical Psychology, which really solidified my path. Throughout my Master's program, I gained hands-on experience through several internships, which were invaluable. They not only helped me apply what I was learning in real-world settings but also deepened my understanding of various psychological concepts and practices.

After my Master's, I worked as a psychologist at the Air Force Hospital in Ambala, Haryana. It was a completely different environment from what I'm doing now at TRINS, and the experience was both challenging and rewarding. Working in a military setting came with its own unique set of challenges, particularly dealing with high-stress situations and helping individuals cope with the pressures of military life. It really tested my skills and broadened my perspective.

CANDID INTERVIEW WITH MS ANN

Dhaaksha Rajan

How long have you been working as a counselor, and what experience do you have with boarding school students?

I started my professional career as a psychologist at the Air Force Hospital in Ambala, which gave me much clinical experience. After that, I transitioned into school counselling, and I've been working as a school counsellor at TRINS for about 5 months now, and it's been a truly rewarding experience. In this short time, I've worked closely with boarding students, helping them adjust to life away from home, cope with academic stress, and navigate relationship issues—whether it's with friends, roommates, or family back home. I've found that listening and providing a safe, non-judgmental space for students to express themselves is key. It's been a learning curve, but I'm really enjoying the opportunity to support students in developing stronger emotional resilience and healthier relationships as they grow.

What do you believe are the unique challenges and opportunities that boarding school students face?

Boarding school students often face challenges like homesickness, adjusting to life away from family, and managing their own responsibilities at such a young age. Social dynamics can also be tough, with the pressure of fitting in and dealing with peer conflicts. However, these challenges offer valuable opportunities for growth. Students learn independence, time management, and emotional resilience. They also build strong relationships and develop a sense of community. Overall, boarding school helps students grow into more self-reliant, confident, and well-rounded individuals, preparing them for future success.

If there is one advice you'd like to give students, what would it be?

My advice to students would be to **trust the process**. Don't rush through life trying to have all the answers. Focus on learning, growing, and embracing challenges as opportunities. And remember, it's okay to ask for help—you're never alone in your journey.

What expectations did you have before coming to TRINS ?

To be honest, I had no specific expectations before coming to TRINS. I didn't want to set myself up for disappointment, especially since I had no idea what to expect—it was all going to be a completely new experience for me. I was more focused on staying open-minded and adaptable, knowing that I would learn and grow with the experience as it unfolded. It's been an exciting journey so far, and I'm really glad I came in with that mindset!

What attracted you to working at this particular boarding school?

Honestly, working in a school was never part of my original plan, but life has a funny way of guiding you. When I was preparing to relocate to Kerala from North India, I started looking into schools, and TRINS really stood out to me. I was drawn to its focus on holistic education, the emphasis on student well-being, and the supportive atmosphere that fosters both academic and personal growth. The fact that TRINS has such a diverse, inclusive community and a strong emphasis on helping students navigate their emotional and social challenges really resonated with me. It felt like the perfect place to start this new chapter, and I'm glad I made the leap.

How do you envision the role of a counselor in helping students succeed academically, socially, and emotionally?

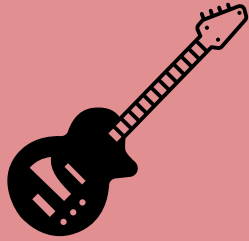
As a counselor, I see my role as supporting students in their journey to success across all aspects of their lives—academically, socially, and emotionally. Academically, I help students develop effective study habits, time management skills, and strategies to cope with stress, ensuring they can reach their full potential in the classroom. Socially, I guide them in building healthy relationships, resolving conflicts, and navigating the complexities of peer interactions, fostering a positive and inclusive environment. Emotionally, I provide a safe space for students to express their feelings, offering support as they develop resilience, self-awareness, and coping strategies to manage challenges. My goal is to help students feel supported and empowered, equipping them with the tools they need to thrive in all areas of life.

How has your experience in TRINS been so far??

My experience at TRINS has been really rewarding so far. I've felt welcomed by both the staff and students, and it's been amazing to connect with students in such a supportive environment. It's been a great start, and I'm looking forward to what's ahead.

NOVEMBER VIBES

An Enchanting Evening at the IIMF Music Concert!



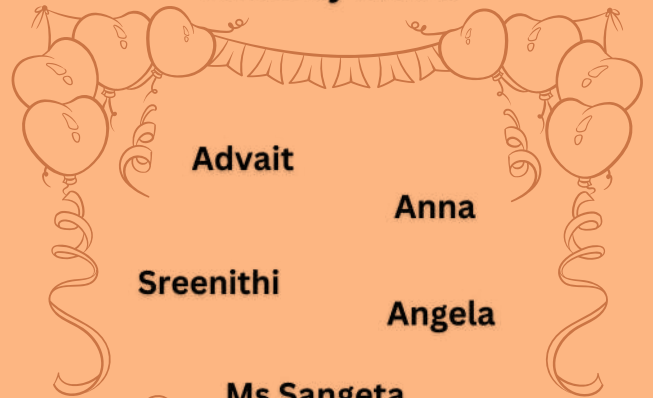
Cake Mixing Fun at Trins!



MOT Visit



BirthDay Bash !!



Advait

Anna

Sreenithi

Angela

Ms Sangeta

Jerome

