

“Yoga is a study of life, study of your body, breath, mind, intellect, memory and ego; study of your inner faculties.” - Gurudev Sri Sri Ravishankar



Srishti Vidyashram Sr. Sec. School, Vellore, Tamil Nadu.

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June
2026

01

International Yoga Day - 2026

02

Fresher's Day Celebration

07

Students' Creative Corner

International Yoga Day Celebration

Srishti Schools observed International Yoga Day on 22 June 2026 with great enthusiasm, reaffirming its commitment to fostering holistic health and well-being among students. The celebration, held on the school grounds, emphasized the significance of yoga in nurturing physical fitness, mental wellness, and emotional balance.

The programme was graced by Mrs. Shantha Kumari, a distinguished Yoga Trainer from The Art of Living, who enlightened the gathering with an inspiring talk on the lifelong benefits of practising yoga. Guided by the resource person, students participated wholeheartedly in a series of yoga asanas, pranayama, and meditation exercises, demonstrating remarkable discipline, focus and enthusiasm.

The serene ambience created by the collective practice reflected the true essence of yoga—promoting harmony between the body, mind, and spirit. The celebration concluded with a renewed commitment to embracing yoga as an integral part of daily life, reinforcing the timeless message of leading a healthy, balanced, and mindful lifestyle.

“Healthy Mind, Healthy Body, Healthy Future.”

July.....

Monsoon Magic Under the Sky!

High summer heat begins to softly ease, As silver rain showers dance on the breeze.

Loud rolling thunder echoes through the night, While flashing lightning makes the dark sky bright.

Fresh green shoots sprout from the wet earth, Bringing nature a sense of joy and rebirth.

DO YOU KNOW?

July is named in honor of **Julius Caesar**, the famous Roman general and leader who reformed the calendar system.



Freshers' Day (Grade XI)



The Freshers' Day celebration for the Grade XI students was held on 10th June 2026 with great enthusiasm, marking the beginning of a new academic journey filled with aspirations, opportunities, and unforgettable experiences. The programme created a warm and welcoming atmosphere, helping the newcomers feel at home as they embarked on a new phase of school life.

The event commenced with a soulful Prayer Song by the School Choir, invoking the blessings of the Almighty for a successful and enriching academic year. The programme was gracefully compered by Sarvesh (XII B2) and Himaya (XII B2), who kept the audience engaged with their confident and lively presentation.

A heartfelt Welcome Address was delivered by the School Vice Head Girl, Varsha, who warmly greeted the Grade XI students and encouraged them to embrace every opportunity with confidence, curiosity, and determination.

The celebration featured a delightful array of cultural performances by the senior students. A graceful Classical Dance showcased the richness of Indian tradition, followed by an energetic Musical Treat by the boys and melodious Song Performances by the girls. The audience was further entertained by a vibrant Non-Classical Dance, making the programme lively and memorable.

The event concluded with a sincere Vote of Thanks proposed by the Vice Head Boy, Amandev (XII B4), expressing gratitude to the Management, Principal, teachers, student performers, and everyone who contributed to the success of the programme.

The Freshers' Day celebration was a memorable occasion that fostered friendship, confidence, and a sense of belonging among the new students. It truly reflected the spirit of a fresh beginning, inspiring every student to step forward with enthusiasm, discover their potential, and create lasting memories throughout their school journey.

Handicrafts Activity Grade VIII



The Grade VIII students enthusiastically participated in the "Kaivinai kalaigal" activity as part of their Tamil curriculum. Showcasing their creativity and artistic skills, the students crafted miniature musical instruments such as guitars, veenas, pianos, and drums, along with beautiful home décor items using paper, sticks, and recycled materials. The activity provided an engaging hands-on learning experience that encouraged innovation, strengthened fine motor skills, and fostered an appreciation for traditional arts and crafts. It also inspired students to explore their creativity while promoting the importance of sustainability through the use of recycled materials.

Kindergarten Fresher's Day – My First Day at School



The Kindergarten Fresher's Day – "My First Day at School" was celebrated on 08 June 2026 with great joy and enthusiasm, warmly welcoming the little learners as they embarked on their educational journey. The programme commenced with a prayer song and prayer, followed by the traditional lamp-lighting ceremony. Inspiring addresses by the Head of Schools, Vice Principal, Headmistress, and KG Coordinator encouraged both students and parents.

The celebration featured graceful classical and energetic band performances by the students, along with a presentation on "What Makes Shrishti Special." Heartwarming experiences shared by the children added a personal touch to the event. The Kindergarten students delighted the audience with a lively dance performance, while the teachers introduced themselves to the parents, fostering a strong school-home partnership. The Chicken Dance Fiesta, involving

both parents and children, was one of the highlights of the celebration. The programme concluded with the school song and a vote of thanks. Parents and children were then taken on a tour of the classrooms and activity rooms, offering them an opportunity to explore the vibrant learning environment. The event marked a memorable beginning to the academic year, leaving the young learners excited and confident as they stepped into their new school life.



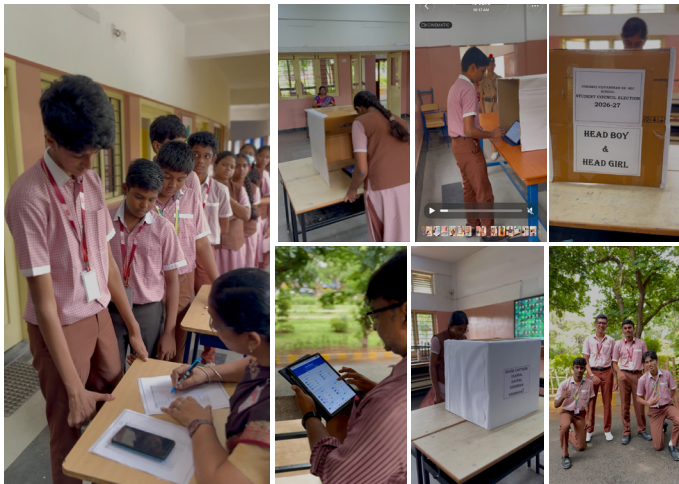
The UKG children explored the newly opened Reading Activity Room with great excitement. They listened to interesting stories and enjoyed reading story books in a joyful environment. The activity encouraged children to develop their listening skills, imagination, vocabulary, and love for reading. It was a wonderful experience for the little ones.



A Milestone in Student Leadership

A proud milestone in the history of Shrishti Vidyashram was achieved during the Investiture Ceremony 2026–27 with the successful introduction of an Online Student Voting Portal for the election of the School Council. For the first time, students democratically cast their votes online to elect their student leaders, promoting transparency, responsibility, and active participation in the democratic process.

This innovative initiative was conceived and implemented by Mr. R. Manoharan, Co-Scholastic Coordinator and Head of the Plastic-Free Campus Committee. The digital voting system provided students with a secure, fair, and engaging platform to exercise their right to vote, making the leadership selection process more meaningful and inclusive.



Congratulations!

We proudly congratulate the newly elected
STUDENT COUNCIL 2026–27
 through the democratic voting process.

HEAD BOY	HEAD GIRL	SPORTS CAPTAIN	CULTURAL SECRETARY
 HARISANTH A XII A1	 HIMAAYA P K XII A1	 BHAVESH A XII A1	 AMIRTHAVARSHINI D XII B4
<i>(Selected Unanimously)</i>			

★ HOUSE CAPTAINS ★

GANGA HOUSE	KAVERI HOUSE	KRISHNA HOUSE	NARMADA HOUSE
HOUSE CAPTAIN (BOY) ALLEN NIRMALRAJ D XII C	HOUSE CAPTAIN (BOY) JANARTHANAN L XII C	HOUSE CAPTAIN (BOY) DHANVARSH S XII A4	HOUSE CAPTAIN (BOY) UDHAY HARISH N XII A4
HOUSE CAPTAIN (GIRL) SHRAVANE SU XII C	HOUSE CAPTAIN (GIRL) PRITHIKA S H XII A1	HOUSE CAPTAIN (GIRL) JONES HARINI S D XII A5	HOUSE CAPTAIN (GIRL) DIVYA S XII A2

*Great leaders don't set out to be a leader,
 they set out to make a difference.
 Congratulations and best wishes for a
 successful and inspiring journey ahead!*

★ STUDENT LEADERSHIP ELECTION 2026–27 | POLLING DATE: 19 JUNE 2026 ★

Teachers' Orientation Programme – Play-Based Learning & Experiential Classrooms



The Skill Development and Innovation Cell of Shrishti Schools organised a Teachers' Orientation Programme on 13 June 2026 (Saturday) at the Shri Manu Makhija Auditorium on the theme "Play-Based Learning & Experiential Classrooms – Building Joyful Foundational Learning." The programme aimed to empower teachers with innovative pedagogical approaches that make learning engaging, meaningful, and student-centred.

The session was conducted by Mr. Anand Calson, J, a 21st Century Educator, who highlighted the importance of play-based learning in developing curiosity, creativity, collaboration, communication, and problem-solving skills among students. He explained how joyful learning experiences encourage active participation and deepen conceptual understanding.

The resource person also demonstrated experiential classroom strategies that enable students to learn through exploration, hands-on activities, and real-life experiences. Teachers participated enthusiastically in interactive discussions and practical activities, gaining valuable insights into creating classrooms that inspire inquiry, creativity, and lifelong learning.

The orientation concluded with a renewed commitment among educators to embrace innovative teaching practices that foster joyful foundational learning. The programme reinforced Shrishti Schools' vision of creating enriching classroom experiences and preparing students with the knowledge, skills, and confidence needed to thrive in the 21st century.

EDU TALK 5.0

Grade X (11.06.2026)

Leadership with Responsibility



As part of the EDUTALK 5.0 series, Grade X students attended an inspiring session on "Leadership with Responsibility" on 11 June 2026 at the Shri Manu Makhija Auditorium. The session was led by Mr. Y. J. Prem Anand, Coordinator, Skill Development & Innovation Cell, Shrishti Schools. Students explored the qualities of responsible leadership, ethical decision-making, integrity, innovation, and teamwork. Through engaging discussions and practical examples, they learnt that true leadership is about serving others, making thoughtful choices, and creating a positive impact. The session encouraged students to lead with confidence, responsibility, and a strong sense of purpose in every aspect of life.



Grade VII (18.16.2026)

Teamwork Makes the Dream Work



Grade VII students participated in an engaging EDUTALK 5.0 session on "Teamwork Makes the Dream Work" on 18 June 2026. The programme was conducted by Ms. Anisha David and Ms. Madhubala Jayaraman, Counsellors at Shrishti Vidyashram Sr. Sec. School. Through collaborative activities and interactive discussions, students understood the value of communication, mutual respect, trust, and cooperation in achieving common goals. They realised that every team member contributes uniquely to success and that working together leads to greater accomplishments. The session motivated students to embrace collaboration, appreciate diverse perspectives, and become supportive, responsible, and effective team players.

Grade IV (25.06.2026)

Honesty is the Best Policy



On 25 June 2026, Grade IV students enthusiastically participated in an EDUTALK 5.0 session on "Honesty is the Best Policy", conducted by Ms. Sandra Limpson, Counsellor, Shrishti Vidyashram Sr. Sec. School. Through interactive activities, relatable stories, and meaningful discussions, students discovered the importance of truthfulness, trust, and integrity in their daily lives. They learnt that honesty strengthens relationships, builds self-confidence, and earns respect from others. The engaging session inspired every child to make truthful choices and uphold strong moral values, reinforcing the belief that honesty is the foundation of good character and responsible citizenship.



Parent-Student Orientation Programme



On 12 June 2026, the Skill Development & Innovation Cell (SDIC) of Shrishti Schools organised a Parent-Student Orientation Programme for Grade XII students of both the CBSE and Matric streams. The session, titled "Understanding Your Child Beyond Marks – Nurturing Confidence, Character & Happiness," was conducted by Mr. Ramprabhar, Educational Consultant and Advanced Certified Counsellor. The programme emphasised that a child's success extends beyond academic scores, highlighting the importance of confidence, character, emotional well-being, and a supportive learning environment. Mr. Ramprabhar shared valuable insights on effective parent-child communication,

managing academic expectations, goal setting, and fostering self-belief during the crucial Grade XII year. He encouraged parents to become active partners in their children's educational journey while inspiring students to remain disciplined, focused, and resilient. The interactive session encouraged meaningful discussions, enabling parents and students to reflect on ways to strengthen mutual understanding and communication. The programme concluded with the inspiring message that when schools and families work together, children thrive with confidence, values, and a positive outlook towards learning and life.

KINDERGARTEN



Tiny hands, curious minds, and happy hearts! Children had fun watering plants, playing on the grass, and exploring the wonders of nature through the Touch-Me-Not plant.



Tiny hands explored the joy of clay moulding, turning their ideas into colourful creations. The activity encouraged creativity and strengthened hand coordination.



Our little artists created beautiful rainbow art by pasting colourful macaroni. This fun activity enhanced their creativity, fine motor skills, and colour recognition.



International Yoga Day was a fun and healthy experience for our Pre-KG children. They performed yoga poses with confidence and learned the value of a healthy lifestyle.

STUDENTS

Corner



Before the sun begins to rise,
My father starts his daily fight.
With tired eyes and weary feet,
He works so our lives can be complete.

He hides his worries deep inside,
And keeps a smile he wears with pride.
Though life may test him every day,
He never lets our hopes fade away.

His love is quiet, calm, and true,
Shown in the little things he does for us too.
He sacrifices dreams he once held dear,
Just to bring our future near.

I may not always see his pain,
Or understand the stress and strain,
But now I know how much he gave,
Through every challenge he chose to brave.

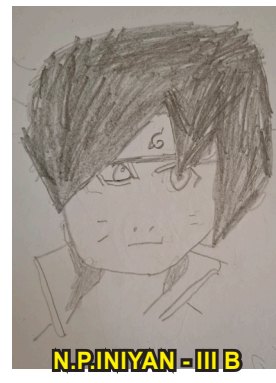
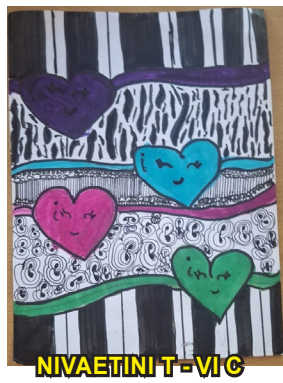
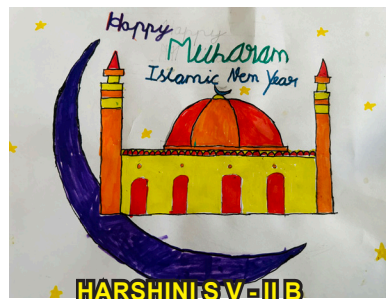
Dear Dad, your silent care means more
Than all the treasures I could store.
This Father's Day, I want to say,
Thank you for lighting my darkest day.

— Written by —
Aaryan Das

A father's love is silent, but it speaks a lifetime.

HAPPY FATHER'S DAY!

AARYAN DAS - VIII C



GET IT PUBLISHED
Dear Students and Teachers,
Send your achievements / articles / stories / art work / poems / other creative work to shnl22@shrishti.org

Effective Time Management for Screen Time and Studies

"LIFE and TIME are the world's best Teachers. Life teaches us to make good use of TIME, and TIME teaches us the value of LIFE."

- A.P.J. Abdul Kalam

In today's digital world, smartphones, tablets, and laptops have become an essential part of students' lives. While these devices offer excellent learning opportunities, excessive screen time can reduce concentration, affect health, and waste valuable study hours. Therefore, effective time management is the key to balancing screen time and academic success.

Students should first create a daily schedule that clearly separates study time from entertainment. Educational activities such as attending online classes, watching subject-related videos, using learning apps, and researching assignments should be given priority. Recreational screen time, including social media, gaming, and streaming videos, should be limited to a fixed duration after study goals are completed.

A useful strategy is the 50-10 rule: study for 50 minutes with complete focus and then take a 10-minute break. During study sessions, notifications should be turned off, and unnecessary applications should be closed to avoid distractions. Using digital calendars, reminders, and task management apps can help students stay organized and complete assignments on time.

Technology should be used wisely to improve learning. Students can access e-books, educational websites, virtual laboratories, online quizzes, and recorded lectures to strengthen their understanding of difficult concepts. Making digital notes, using flashcard applications, and practicing mock tests online are also effective ways to prepare for examinations.

Maintaining healthy screen habits is equally important. Students should follow the 20-20-20 rule by looking at an object 20 feet away for 20 seconds every 20 minutes to reduce eye strain. They should also avoid using devices before bedtime, ensuring adequate sleep for better memory and concentration.

Ultimately, digital devices are powerful learning tools when used with discipline and purpose. By managing screen time effectively and focusing on productive educational activities, students can enhance their academic performance, develop self-discipline, and maintain a healthy balance between technology and personal well-being. Smart use of technology leads to smarter learning and greater success.



- Mr. Parthiban M
Dept. of Physics

CHEMISTRY FOR THE MODERN SOCIETY

As a chemistry tutor and mentor, it is my duty to explain the need for chemistry for the modern day's development and the solutions for the problems.

Modern chemistry plays a pivotal role in the development of society by driving innovation, sustainability, and progress. It goes beyond traditional concepts to explore advanced fields such as nanotechnology, biotechnology, and green chemistry, which directly impact healthcare, agriculture, and energy. Through modern chemistry, scientists design new materials, create life-saving medicines, and develop eco-friendly solutions to combat global challenges like pollution and climate change.

It strengthens industries by improving production processes, ensuring safety, and reducing environmental harm. Moreover, modern chemistry fosters critical thinking and problem-solving skills, empowering individuals to contribute meaningfully to technological and social advancements. By bridging science with technology, it enhances quality of life, supports economic growth, and promotes sustainable development. Ultimately, studying modern chemistry equips society with the tools to innovate responsibly, address pressing issues of the 21st century, and build a healthier, more sustainable future for generations to come.

Thank you



- Mr. J Jasmine Babiyar
Dept. of Chemistry

Technology is a Tool for Smart Learning

Technology has become an essential part of our daily lives and education.

As students, using computers wisely can help you learn faster, think creatively, and solve problems effectively. Explore educational websites, practice coding, improve typing skills, and use digital tools to enhance your knowledge.

At the same time, remember to stay safe online by protecting your personal information, using strong passwords, and being respectful in digital spaces. Balance your screen time with reading, outdoor activities, and meaningful conversations.

Let technology inspire innovation, curiosity, and lifelong learning. Use every click as an opportunity to discover, create, and build a brighter future.



- Mrs. Deepika R
Dept. of Computer Science

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