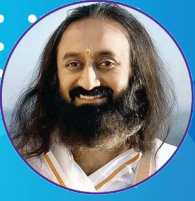


"You are always a winner. Sometimes you win, sometimes you make others win"
- Gurudev Sri Sri Ravishankar



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

(Managed by Makhija Foundation)

Vol. 5 Issue 05

**August
2026**

01

**Annual Athletic
Meet 2026**

03

**Scouts & Guides
Inauguration**

07

**Students'
Creative Corner**

23rd Annual Athletic Meet 2026-27



The 23rd Annual Athletic Meet 2026-27 of Shrishti Vidyashram Senior Secondary School was conducted on 13 August 2026 with great enthusiasm, dignity and sporting spirit. The occasion was honoured by the presence of our esteemed Chief Guest, Ms. Rosy Meena Paulraj, National Champion in Women's Pole Vault and Asian Medalist. The event was further graced by Mr. Mahadevan Venkatesh, Trustee; Mr. M. S. Saravanan, Head of Schools; Mrs. Thingal Johnson, Matric Principal; Mrs. Hephzibah, Vice Principal of Shrishti Vidyashram; Mrs. Geetha Srinivasan, Headmistress; Mrs. Joyce Jeya Kumari, Matric Vice Principal; and Mr. Manoharan, Co-Scholastic Coordinator, along with distinguished guests, teachers, parents, alumni and students.

The programme commenced with Thamizh Thaaai Vaazhthu, Vande Mataram and the Prayer Song, followed by the ceremonial hoisting of the National, Olympic and School flags. The patriotic song "Vinaithodum Imaaya Malai", composed by Mr. Samuel, added a special patriotic fervour to the occasion.

The March Past was one of the major highlights of the day. The four houses—Ganga, Kaveri, Krishna and Narmada—presented an impressive display of discipline, synchronisation and unity, accompanied by the school

band. The presence of distinguished Indian Army personnel, Naib Subedar S. Sivanesan and Havildar M. Prabhu, as judges added further distinction to the ceremony.

The Olympic Torch Relay and Cauldron Lighting Ceremony symbolised the school's rich sporting legacy and the continuity of excellence across the generations. The torch was carried by accomplished student athletes and was finally handed over to Mr. Sathiyaraj, Physical Education Director, who lit the Sports Day Cauldron.

The Athletic Meet provided a platform for students to demonstrate their talents through a variety of track events, relays, physical displays and cultural performances. The 100 Metres Dash, Inter-School 4 × 100 Metres Relay and Inter-House Mixed Relay witnessed enthusiastic participation and healthy competition. The colourful presentations by students from Pre-KG to Grade IX added vibrancy to the celebration.

The occasion also celebrated the achievements of our young sporting champions, who have excelled at inter-house, district, state and national levels in various disciplines. The participation of parents and alumni further strengthened the spirit of unity and fellowship within the Shrishti family.

The Prize Distribution Ceremony recognised the dedication and achievements of students across different categories. The Drill and March Past Shield was taken by Narmada and Overall Championship Shield by Kaveri, along with recognition for the "Go Green" tent decoration, brought the celebrations to a fitting conclusion.

**- Ms. Ajitha .M
Dept. of English**

September.....

A Golden Hush and the First Chill!!



The final, golden warmth of sun,
Signals the summer days are done.



A whisper of a cooler breeze,
Gently rustles through the trees.



With shorter days and longer nights,
Come new-found studies and delights.

DO YOU KNOW?

September is named from the Latin word "septem" (meaning "seven"), as it was originally the seventh month in the ancient Roman calendar.

23rd Annual Athletic Meet 2026-27 (Cont..)



Independence Day Celebration – 15 August 2026

Shrishti Schools celebrated the 80th Independence Day on 15 August 2026 with patriotic fervour and pride, honouring the spirit of freedom, unity and national responsibility. The programme commenced with Tamil Thai Vazhthu.

The National Flag was hoisted by Ms.Hephzibah Paul, Vice Principal, followed by the National Anthem. The celebration created an atmosphere of patriotism and togetherness, inspiring everyone to uphold the values of freedom, discipline, unity and excellence and to contribute responsibly to the progress of the nation.



Bharat Scouts & Guides Inauguration Ceremony 2026

Shrishti Schools, Vellore, proudly inaugurated the Bharat Scouts & Guides programme on 7 August 2026 at the Manu Makhija Auditorium. The ceremony marked a significant step towards fostering discipline, leadership, teamwork, responsibility, and a spirit of service among students.

The programme was honoured by the presence of Mrs. M. Snegalatha, District Secretary, Bharat Scouts & Guides, Vellore District, who graced the occasion as the Chief Guest. The event was further enriched by the

presence of the office bearers and distinguished dignitaries of Bharat Scouts & Guides, Vellore District, including Mrs. Helen Lily Chandra Kumari – ALT (G), DTC (G); Mr. J. Babu – ALT (S), DOC (S); Mrs. S. Maheswari – ALT (G), DOC (G); Mrs. S. Aruljothi – ALT (G), Joint Secretary; and Mr. G. Prakash – HWB (S), DTC (S).

Their esteemed presence and words of encouragement inspired the young Scouts and Guides to uphold the core values of service, discipline, self-reliance, teamwork, and leadership. The inauguration

also provided students with an introduction to the enriching opportunities offered through scouting and guiding activities.

The ceremony concluded with a renewed commitment to the inspiring motto: "Be Prepared • Be Responsible • Be the Change." The inauguration of Bharat Scouts & Guides at Shrishti Schools marks a meaningful beginning in the journey of empowering students to become confident, responsible, and compassionate citizens.



CBSE Cluster VI Basketball Tournament 2026

The CBSE Cluster VI Basketball Tournament 2026 was successfully organised from 25th to 29th August 2026, bringing together young basketball talents from across the region for five days of exciting competition, teamwork and sportsmanship.

The tournament witnessed an impressive participation of 3,891 students from 180 schools, competing across six categories: Boys Under 14, Under 17 and Under 19, and Girls Under 14, Under 17 and Under 19.

The five-day event provided a vibrant platform for students to showcase their basketball skills, determination, teamwork and competitive spirit. The matches were conducted with enthusiasm and discipline, creating an energetic sporting atmosphere throughout the tournament.

The successful conduct of the CBSE Cluster VI Basketball Tournament 2026 reflects the school's commitment to promoting sports and holistic development among students. The event provided young athletes with valuable competitive experience and an opportunity to celebrate the true spirit of teamwork, discipline and sportsmanship.



EDU TALK 5.0

Grade II (06.08.2026)

Good Habits for a Happy Life

As part of Edutalk 5.0, an engaging and informative session on "Good Habits for a Happy Life – Daily Routines that Matter" was organised for the students of Grade II on 6 August 2026, from 1.00 p.m. to 2.00 p.m. at the Shri Manu Makhija Auditorium. The session was led by Ms. Anushka Anil, Counsellor, Shrishti Vidyashram Sr. Sec. School, Vellore.

The session aimed to help young learners understand the importance of developing healthy, positive and consistent daily habits. Through simple explanations and engaging interactions, students were encouraged to follow a well-balanced routine and take responsibility for their everyday activities.

The key habits discussed included waking up early, staying hydrated, studying regularly, playing actively and sleeping well. Students learnt that maintaining a proper routine helps them stay energetic, focused and organised throughout the day. The importance of balancing studies with physical activity and adequate rest was also emphasised.

The session provided students with valuable life skills and encouraged them to make positive choices in their daily lives. The children participated enthusiastically and enjoyed learning how simple habits can contribute to a healthy, happy and disciplined lifestyle. The programme concluded with a positive message encouraging students to practise good habits consistently at school and at home.



Grade VI (20.08.2026)

Digital Responsibility and Safe Internet Use



As part of Edutalk 5.0, an awareness session on "Digital Responsibility and Safe Internet Use" was organised for the students of Grade VI.

The session aimed to create awareness among students about the responsible and safe use of digital technology. With the increasing use of smartphones, computers and online platforms, students were guided on the importance of developing safe and responsible digital habits.

The students learnt about thinking carefully before clicking links, protecting personal information and passwords, maintaining online privacy, communicating respectfully, and being kind and responsible on digital platforms. The session also highlighted the importance of recognising potentially unsafe online situations and reporting concerns or seeking help from trusted adults.

Through practical examples and an engaging discussion, students understood that responsible internet use involves not only protecting themselves but also respecting the privacy, feelings and safety of others. The session encouraged

them to use technology thoughtfully and make informed choices while interacting in the digital world.

The programme was a valuable learning experience that empowered students to become responsible, respectful and safety-conscious digital citizens.

Congratulations!

PROUD ACHIEVEMENT!



Deepti Dhinesh
Class XI B3
— for securing the —
GOLD MEDAL
— in the —
SOUTH ZONE CRICKET TOURNAMENT
— Conducted by —
Kalvi International Global School,
Sollavanthan, Madurai

GOLD MEDAL

We are delighted to inform you that **Deepti Dhinesh** of Class XI B3 has brought great pride to our school by securing the **Gold Medal** in the **South Zone Cricket Tournament**, conducted by Kalvi International Global School, Sollavanthan, Madurai.

The tournament witnessed participation from students representing **Tamil Nadu, Karnataka, Andhra Pradesh**, and the **Andaman & Nicobar Islands**, making this achievement truly commendable.

We sincerely appreciate Deepti's hard work, dedication, discipline, and outstanding performance. Her success is an inspiration to all our students and a matter of immense pride for our school.

Congratulations, Deepti!
We wish you many more achievements and continued success in all your future endeavors.



★★ Keep shining! Keep inspiring! ★★

KINDERGARTEN

Independence Day Celebration

Our little patriots celebrated Independence Day with great enthusiasm and pride. The celebration was filled with patriotic spirit, colourful performances, and joyful participation, reminding our children of the values of freedom, unity, and love for our nation.



Professional Development Programme: Mentoring & Counselling Adolescents for Stress Management

A Professional Development Programme on "Mentoring & Counselling Adolescents for Stress Management" was organised on 8 August 2026 at the Shrishti Manu Makhija Auditorium. The programme focused on enhancing teachers' understanding of adolescent behaviour, emotional well-being and the challenges faced by students during their formative years.

The session was led by Ms. Hussna Parvin G, Principal, Educator, Master Trainer and CBSE Resource Person. She shared valuable insights and practical strategies on mentoring and counselling adolescents, with particular emphasis on identifying stress, understanding students' emotional needs and providing appropriate guidance and support.

The interactive session encouraged educators to adopt empathetic and supportive approaches while dealing with adolescents. It highlighted the importance of creating a positive environment where students feel comfortable expressing their concerns and developing healthy coping mechanisms.

The programme was a meaningful professional learning experience that equipped teachers with effective approaches to support students in managing stress and developing emotional resilience.





Highlights of MEDICAL COLLEGE ADMISSION (2025-26)



Your Hard Work. Our Pride. A Step Towards Healing the World.



S ABISHEK
CMC, VELLORE



**SAMHITHA
PAARI**
CMC, VELLORE



S NISHANTH
SRM MEDICAL
COLLEGE,
KATTANKULATHUR



JEEVITHA M
TRICHY SRM
MEDICAL COLLEGE
HOSPITAL &
RESEARCH CENTRE,
TRICHY



**KAYALVIZHI
THIRUNAVUKKARASU**
GOVERNMENT
MEDICAL COLLEGE,
CHENGALPATTU



R TAANUSHIYA
GOVT.
NAGAPATTINAM
MEDICAL COLLEGE
HOSPITAL



S HEMAVARSHINI
SRI RAMACHANDRA
MEDICAL COLLEGE



DWARAKA R
SRI SATHYA SAI
MEDICAL COLLEGE,
CHENNAI



OMISHA S
MEENAKSHI
MEDICAL COLLEGE,
CHENNAI



D DHANALAKSHMI
ACS MEDICAL
COLLEGE, CHENNAI



**HARSHA
ROOBINI A S**
ACS MEDICAL
COLLEGE, CHENNAI



**AVINASH
REDDY G**
CHETTINAD HOSPITAL
& RESEARCH
INSTITUTE, CHENNAI



**S GIFT
SHERLIN**
ARUNAI MEDICAL
COLLEGE,
TIRUVANNAMALAI



AGATHIYA P
SAVEETHA INSTITUTE
OF MEDICAL AND
TECHNICAL SCIENCES



**NITHIN
BASKARAN**
CMC, VELLORE



**VISHNU
PRAKASH G**
CMC, VELLORE



**AADHITHYA
VIGNESH A**
MADRAS MEDICAL
COLLEGE



**T KARTHICK
BALAJI**
MADRAS MEDICAL
COLLEGE



**JYOSHIKA
VIJAYAN**
STANLEY MEDICAL
COLLEGE, CHENNAI



YOGAVARSHA
GOVERNMENT
MEDICAL COLLEGE,
CUDDALORE



S MAHESHWARAN
GOVERNMENT
MEDICAL COLLEGE,
VELLORE



JEYAVANDHANA B
GOVERNMENT
MEDICAL COLLEGE,
CHENGALPATTU



**SILAMBARASAN
M C**
GOVERNMENT
MEDICAL COLLEGE,
VELLORE



**AFREEN
SHAIK**
ARUNAI MEDICAL
COLLEGE,
TIRUVANNAMALAI



Heartiest *Congratulations*
to all our Achievers!

Your Success is an Inspiration to Many.



LEARN TO LEAD ★ LEAD TO SERVE ★ SERVE TO EXCEL

STUDENTS

Corner



BEYOND LABELS: DO PERSONALITY TESTS REALLY DEFINE US?



"I'm an ENFP." "I'm high in conscientiousness." "I'm a typical Introvert." Sound familiar? Walk down any school hallway or scroll through social media, and you will hear these labels everywhere. Millions of us take the MBTI, the Enneagram, or online quizzes searching for a quick map of who we are. But are these tests actually revealing our true identity, or are they building a cage around it?

The Trap of Self-Fulfilling Prophecies

Humans crave certainty. In a fast-paced world, personality tests offer quick answers to complex questions. The danger, however, is that these labels can easily become self-fulfilling prophecies. If a quiz labels you as "shy," you might avoid public speaking altogether instead of practicing and improving. When this happens, the label begins to limit your growth more than your actual potential. It becomes an excuse for stagnation rather

than a helpful description of your current state.

The Power of Change and Adaptability

History proves that human nature is not static. As a young lawyer, Mahatma Gandhi was so terrified of public speaking that he froze and fled his very first courtroom appearance. Years later, he led a nation. Did a test define him? No. Life reshaped him.

Modern psychology strongly supports this idea through neuroplasticity—the brain's incredible ability to reorganize itself by forming new neural connections. Because of this, our personalities continue to evolve through experiences, habits, and conscious effort. We are not robots programmed by a rigid four-letter code; we are built to adapt and grow.

The Danger of Online Stereotypes

Today's social media culture often oversimplifies us into surface-level stereotypes like "Only

extroverts do this" or "Classic INFJ problems." While these trends may be entertaining, they ignore the profound complexity of human nature. Every individual is shaped by a unique blend of experiences, values, emotions, and circumstances that no algorithm or personality test can ever fully capture.

A Photograph, Not a Biography

Think of a personality test as a photograph, not a biography. A photograph captures a single, brief moment in time—it does not predict your future or dictate your entire identity.

Use these tests as minor tools for self-reflection, but never let them limit your potential. They can help you understand your current tendencies, but they should never decide who you can become. In the end, your choices, experiences, and determination shape your identity far more than any personality score ever could. You write your own story—don't let a quiz do it for you.

- N SOWMYA (XII-A4)

भारतमाता की शान तिरंगा

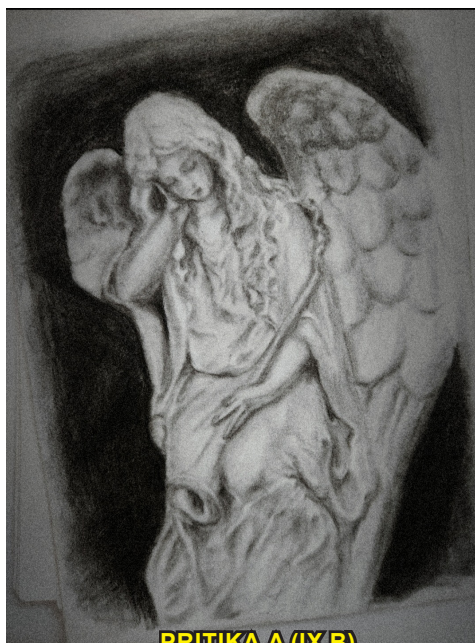
हम सबकी यह शान तिरंगा,
हम सबकी यह जान तिरंगा।
हम सबका अभिमान तिरंगा,
हम सबका यह प्राण तिरंगा।

रहो मित्र ही इसमें सब चंगा,
भूल से भी कभी न लेना पंगा।
मुंह तोड़ देता है दुश्मन का,
सहता नहीं अपमान तिरंगा।

कभी न झुकने देना इसको,
तेरी-मेरी पहचान तिरंगा।
विश्व में परचम बन लहराए,
एक यही अरमान तिरंगा।

सभी गर्व से जयहिन्द बोलो,
भारतमाता की शान तिरंगा।
हम सबका अभिमान तिरंगा,
हम सबका यह प्राण तिरंगा।

- औरव त्यागी (VII D)



PRITIKA A (IX B)



SAI SUSHEETA (VIA)

GET IT PUBLISHED

Dear Students and Teachers,

Send your achievements /
articles / stories / art work /
poems / other creative work to

shnl22@shrishti.org

EXAM SEASON WELLNESS

Mind, Body & Books — A Balanced Guide for CBSE Class X & XII Students

1. MENTAL HEALTH

- Study in 40–45 min blocks with 5–10 min breaks — the brain retains more in short, focused sprints than in marathon sessions.
- Name the worry: writing down what's causing anxiety for two minutes reduces its grip more than avoiding it.
- One realistic goal per day beats an ambitious list left half-done — end each day by ticking off what was actually finished.
- Limit exam-talk with peers to short check-ins; constant comparison raises stress without adding preparation.
- Talk to a teacher, counsellor, or parent the moment pressure feels unmanageable — asking early is a strength, not a weakness.

2. PHYSICAL HEALTH

- 7–8 hours of sleep is non-negotiable — memory consolidation happens overnight, not during late-night cramming.
- Eat light, regular meals with fruits, nuts, and water; avoid heavy, oily food that causes drowsiness.
- 20 minutes of movement daily a walk, stretching, or yoga clears the mind and improves focus for the next study block.
- Screen breaks every hour look away, blink, and roll the shoulders to prevent eye strain and stiffness.
- Fresh air and sunlight for 10–15 minutes each day support mood and alertness.

3. REVISION TIPS

- Follow the CBSE blueprint revise high-weightage chapters and previous years' board patterns first.
- Active recall over re-reading: solve sample papers and past questions from memory, then check.
- Make one-page summary sheets per chapter for quick revision in the final week before exams.
- Time yourself on sample papers under exam conditions to build speed and reduce exam-day panic.
- Revise, don't relearn, the night before an exam — a calm skim beats a fresh topic.

Remember: a well-rested, calm mind absorbs more in one focused hour than a tired mind does in three. Prepare steadily — you are more ready than you feel.

- AI tools can meaningfully change how students revise for exams — both helping and hurting, depending on use.

Positive impacts:

- Instant doubt-clearing on concepts (e.g., explaining a Biology mechanism in simpler terms) reduces time lost waiting for teacher availability
- Personalized practice: generating MCQs, flashcards, or spaced-repetition schedules tailored to weak areas
- Summarizing long chapters into quick-revision notes
- Explaining diagrams/processes with step-by-step breakdowns when textbooks are dense

Negative impacts / risks:

- Over-reliance: students copying AI-generated answers instead of working through NCERT-based reasoning, weakening exam-writing skill (especially for CBSE's answer-structuring expectations)
- Reduced retention — passively reading AI summaries vs. active recall hurts long-term memory
- Accuracy gaps: AI can misstate biological facts or NCERT-specific terminology, which matters for board exam precision
- Erosion of self-assessment — students skip genuinely testing themselves if AI "checks" their answers instantly
- Practical middle ground for exam prep:
 - Use AI for generating practice questions and explaining why an answer is correct/wrong, not for writing final answers
 - Cross-check AI-generated content against NCERT textbook wording, since board exams reward specific phrasing
 - Use it as a tutor for concept gaps, not a substitute for writing practice



– Mr. Pragasam A
Dept. of Biology



IMMEDIATE REQUIREMENT

SECONDARY GRADE TEACHER (SGT)

 **SCIENCE**

 **ENGLISH**

REQUIREMENTS

- ✓ Master's Degree in the relevant subject
- ✓ B.Ed.
- ✓ TET qualification preferred
- ✓ Good communication and classroom management skills
- ✓ Passion for teaching and nurturing young learners

WHY JOIN US?



INSPIRE
Young Minds



GROW
Your Career



SUPPORTIVE
Environment



MAKE A DIFFERENCE

SEND YOUR CV / RESUME TO

vidyashram@shrishti.org

Join us in shaping the future of young minds!

SHRISHTI HERALDS THE NEWSLETTER

Patrons:

Commodore H G Harsha,
Trustee, Makhija Foundation &
Chairman, SSRVM Trust

Shri. Mahadevan Venkatesh,
Trustee, Makhija Foundation

Chief Editor:

Mr. M. S. Saravanan,
Head of Schools

Editor:

Dr. Mohammed Ismail R,
Dept. of English

Co-Editors:

Mr. Sureshkumar M, Dept. of English
Ms. Idhaya Swaruba Princy, Dept. of English
Ms. Jeevitha Arivazhagan,
Dept. of Social Science

Design

Mr. M.Kabilan, Instructor - Engg Graphics