



SHRISHTI HERALDS

Monthly Newsletter

March 2022 - 2023



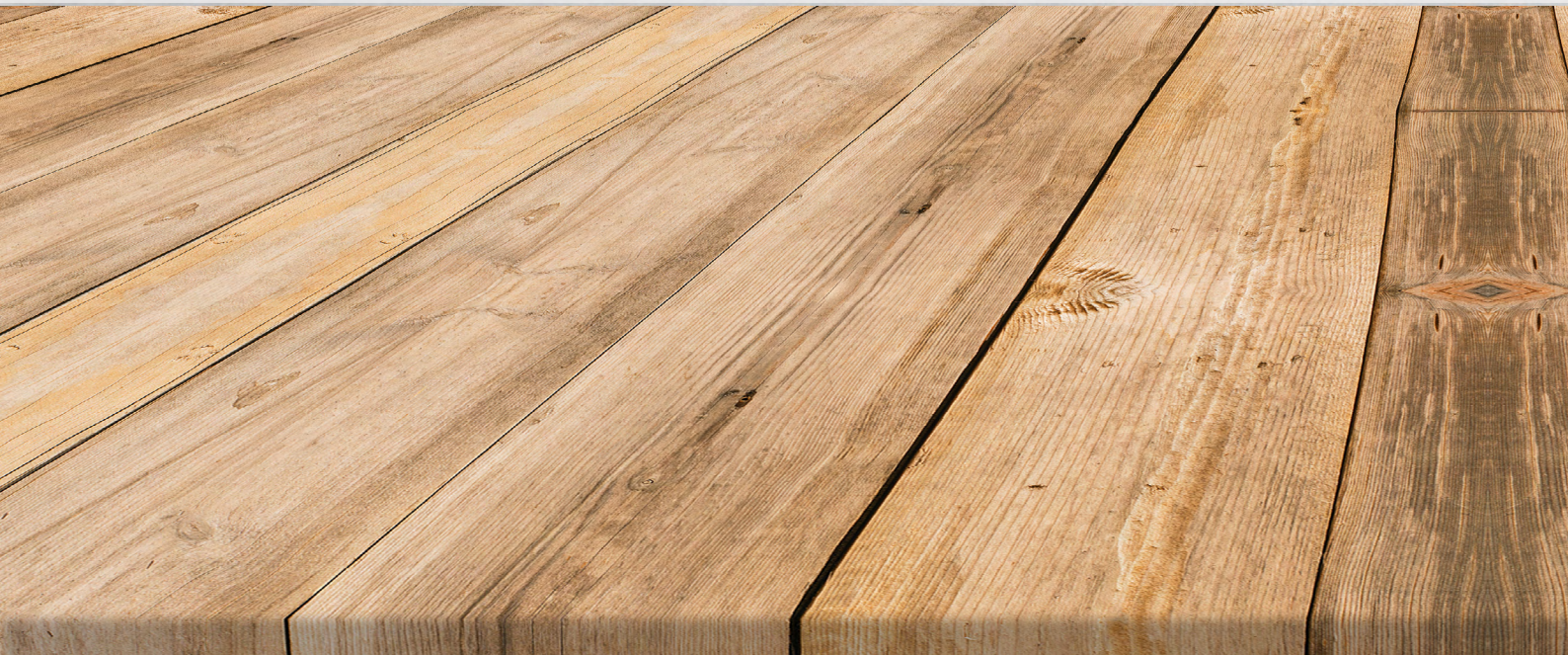
LEARN



KNOWLEDGE



MOTIVATION



“Education is a vehicle for transformation or metamorphosis of the self and an aid to the growth of the economy.”

-Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 01

THE NEWSLETTER

March 2022



Cmde. H G Harsha
Trustee, Makhija
Foundation &
Chairman, SSRVM Trust

From the Chairman's Desk

It is a matter of great pride that Shrishti Vidyashram Sr. Sec. School has come up with the first issue of the school's Newsletter "**Shrishti Heralds**". I believe that the newsletter will serve as a window through which the complete profile of the academic and co-curricular activities, achievements and progress made during the stipulated period can be viewed.

We at Shrishti are committed to create an ambience for nurturing innovation, creativity and excellence in our students. Our educational programmes lay emphasis on all round personality development and also in inculcating human values and personal ethics which help our students become more humane and socially responsible to lead a meaningful life.

I am sure the quality and variety of contents in the newsletter would not only be informative but also impressive and enjoyable. My sincere appreciation to all the teachers for taking this initiative and bringing out the best in each child. Best wishes to all the students to expand the horizons of their knowledge and skills by dreaming big and working hard.

Jai Gurudev!



Mr. Mahadevan Venkatesh
Trustee,
Makhija Foundation

Trustee's Foreword

I am very glad to know that Shrishti Vidyashram Sr. Sec. School brings out a **Newsletter**, "**Shrishti Heralds**" for the benefit of the students, the faculty members and the society at large. This issue is reflective, genuine and sincere endeavour of the students, the faculty members and their vision. It helps to provide a perfect and high-quality platform for the students and the teachers to uphold their literary knowledge, creativity and to satiate their thirst for new knowledge and innovation.

It is my pleasure to compliment all the contributors of the "**Shrishti Heralds**".

Jai Gurudev!



Mr. M. S. Saravanan
Head of Schools

HOS' Message

“Every accomplishment starts with a decision to try.”

“Shrishti Heralds” is yet another milestone for Shrishti Vidyashram Sr. Sec. School. The newsletter of this school is to create a channel where every individual, be it an educator, student or parent may put forward views, creativity and suggestions. This monthly issue shall in its path be setting standards, value and traditions for generations and centuries to follow.

“Reading maketh a full man; conference a ready man; and writing an exact man.”

- Francis Bacon

Through this newsletter, I encourage all my dear students to develop the habit of reading. Reading has a plethora of advantages. The habit of reading broadens our horizons and help us become a better person in life. The more we read, the more we fall in love with reading. Reading can undoubtedly, change your life for the better, and the importance of reading is undeniable.

I strongly believe that “Shrishti Heralds” shall ignite your minds to read beyond your textbooks and explore the world beyond the walls of the classroom.

Happy reading!

Jai Gurudev!



In view of the International Women's Day on March 8, 2022, Shrishti Celebrated Women Achievers of Vellore! Women from different walks of life, who have scaled great heights have been invited for an interactive session with the student community of Shrishti Vidyashram Sr. Sec. School. The invitees were honoured with "Singapen of Vellore" award -2022.

Students as a team were privileged to host the event welcoming all the Singapengal of Vellore. All the women teachers of Shrishti group of Schools were cordially invited to join the program. The event was conducted under the guidance of Mrs. Usha Paulson - Co scholastic Coordinator, Shrishti Vidyashram. The Auditorium was decorated with beautiful pamphlets made by students to their Women Teachers'.

The event started with a prayer song & welcome address, followed by lamp lighting ceremony by the Executive council members of Shrishti Schools. Our beautiful angels of class 9 welcomed the gathering with the classical dance. The Head of Shrishti Group of Schools Mr. M. S Saravanan expressed that the idea of celebrating Women's Day with women achievers stemmed out during one of his interactions with students. This is the first mega cultural event of the school after reopening post pandemic.

Dr. Z. Annie Vijaya IPS, DIG, Vellore region, Ms. Sangeetha Kathiranan, Chairwoman, Kingston group of Institutions, Ms. Mylambigai Kumaraguru, Kumaran Hospitals, Prof. Mookambeswaran. A Jayalakshmimi, Scientist, Founder Director of Centre for Bio-separation Technology (CBST), VIT, Ms. Susan Philip, Recipient of National best teacher award, Ms. Parvatha,

Entrepreneur, Harish Food Zone, Ms. Sanju, renowned driving instructor, Ms. Deepa, Organic farm, CMC, Vellore were among those who decorated the dias with their benign presence.

Speaking on the occasion, Dr. Z. Annie Vijaya IPS, DIG, Vellore region highlighted the level of efficiency women can exhibit if given an opportunity. She asked them to feel proud as who they are as a woman- mother, daughter, officer, doctor etc., and capable of holding every kind of executive role in all fields of knowledge.

"The interactive session with the guests was truly inspiring and has motivated us to overcome the challenges whatsoever that may come across in making our dreams come true" said Adithi Mercy Abigail, student representative.

In adherence to the United Nations' theme "Gender equality today for a sustainable tomorrow", the guests also highlighted that women are essential to lead and drive a change in climate adaptation, mitigation and solutions.

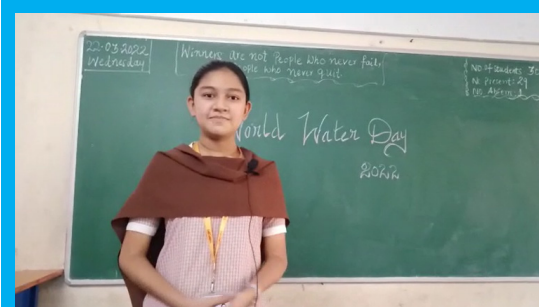
This event was really inspiring to all the students and teachers because of the motivating and inspiring speeches given by all the Singapengal.

The event was concluded successfully by Mrs. Thingal Johnson, Principal Shrishti Matric with a Vote of Thanks followed by the National Anthem.

-Jenisha Daniel XI B1

On the occasion of World Water Day on 22 March 2022, an awareness programme was organised for the students of Class XI. The importance of sustainable development and UN'S Sustainable development goal:6- Clean Water and Sanitation, was briefed to the students.

Speaking on the occasion, Ms. Mercy Priscilla, PGT English, played an animated video integrating the theme of the day with a lesson in Class XII, English prose: Deep Water.



Various Classroom activities on the theme of "Save Water" were also organised by the teachers of the Department of Social Science.



Student's YouTube Corner



**INTERVIEW WITH MR.BASKARAPANDIAN IAS,
DISTRICT COLLECTOR, RANIPET**
- By Madhumitha X C

**INTERVIEW WITH MR.BASKARAPANDIAN IAS,
DISTRICT COLLECTOR, RANIPET**

- By Madhumitha X C

It's indeed an honour and an experience of lifetime to interact with Mr. Baskaran IAS, District Collector, Ranipet. It gives me immense joy to share my experience and his views on education, development of our nation and contemporary events.

1. Sir, have you heard about Shrishti Vidyashram Sr. Sec. School, Vellore?

Yes! My appreciation to the school for excelling in academics as well as co-curricular activities. It is important that the all-round development of a child is given the prime importance in every school.

2. Your views on the Online and Offline classes.

Interaction with the teachers plays an important role in gaining knowledge. I feel that in offline classes, interaction shall take place effectively. Also, peer learning helps children to develop social skills. Offline classes, undoubtedly play a vital role in sculpting the behaviour of the students.

3. Your advice to the youth on Goal setting.

I think all of us should have a goal/s in our life and work hard with determination to achieve them. Your goals lead you in the way in which you have to walk in your life. At the same time, we should analyse our skills and continue to improve and never stop learning.

4. Your comment on the current situation between Russia and Ukraine.

It is something that could have been avoided because human beings should live in peace and harmony. Everywhere in the world, families are families and we have to protect everyone like we protect our family. If one country is affected, all the other countries will also suffer. So, we have to cooperate and promote international peace and harmony.

5. In your opinion, Is India a developed or developing country?

As of now, India can be considered as a developing country but with a huge population, India is doing well in terms of hunger, education, health, shelter, etc. We may face unemployment and other problems but India is doing good in other areas. In some other countries, the loneliness faced by people all along their life is worse but in India, even though we speak more than 1600 different languages and practice different culture, people here live together happily. In my perspective, India is a developed nation already but we still have to improve and in due course of time, and I am sure, we can and we will.

6. Sir, I am in class X. Can we expect enough employment opportunities in Tamil Nadu by the time we complete our Degrees in Engineering or Medicine?

Sure, even now you have a lot of opportunities. Good doctors or engineers will always have great demand in the society. Only when the demand and the supply are matched, it will be an equilibrium. Sometimes, the oversupply or the over demand causes a lot of confusions and imbalance in the society. Whatever field you choose, you have to make sure that you improve yourself and study well.

7. Your views on the pandemic and the impending 4th wave.

Well, the pandemic has made adverse impacts on all fields including education. We may face 4th wave or 5th wave but it all depends on how we follow COVID prevention guidelines given by the govt. such as social distancing, wearing masks, and using sanitizers etc.,

8. Finally, what do you think is the reason for the prevalence of poverty in India even after 74 years of independence? What is the role of the MLA's and MP's – leaders in general?

In Sardar Vallabhbhai Patel's wordings, "The Indian Civil Service System is the Iron Frame of Administration." MLAs and MPs and other political authorities may change after a period of time. But the policy making and their implementation and execution are all in the hands of Democracy. After independence, India has undergone a lot of changes in terms of food, household, education, banking system, employment, etc. We certainly have developed in many fields despite the vast population. I strongly believe, that the change and the prosperity of our nation is hands of the youth.

MENTAL HEALTH

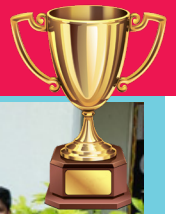
"The only journey is the journey within" It's okay to make mistakes, to be less than perfect, to do what your heart says, to shut off the entire world and seek solace. **IT IS OKAY TO BE YOURSELF.**

The National Alliance on mental illness estimates that one in five people live with some sort of mental disorder or disease and to make this worse the pandemic has washed away the last hope of many people. In today's world, the word 'stress' has become very common to an extent that nothing in the world can torment human beings as much as their own thoughts. But, it's high time we people of the society realise that a child's mental health is just as important as their physical health. Whenever you feel down, just take a deep breath and let go off those negative thoughts. Remember, we have only one life and its not important to please everyone rather than having time for self care. Just give yourself time and you will surely get the power to rise after every fall.

'Start where you are, Use what you have and Do What you can'. For sure, it doesn't get easier, but you just get stronger after every failure. It is very important for you to make your mental health the first priority. Enough of living your life pleasing others live your life to the fullest for you deserve your own love. At the end of the day, only 'you matter'.

You are the author of your story, the ending is unpredictable, but it is happy for sure. When you feel like giving up, wake up again to battle the darkness to see the light beyond. Be an inspiration by writing a story of strength and not of pain. This too shall pass for, always the sun rises up bright once again after a cold, damp night. Be the flower which blooms and not the one which withers away. It's ok not to be okay. Just don't give up because **THE WORLD NEEDS YOU**

- Amirthaa Varshini from XII B2



Congratulations

Shrیشtians Selected in NTSE (Stage -2)



SANJEEV SUBRAHMANIYAN S.B



VIGIT G. S

Dear Sanjeev and Vigit,

Congratulations on your remarkable achievement of clearing NTSE (STAGE II). Your hard work has earned you this success, so enjoy every bit of it. Best wishes for all your future endeavours.

Vigit G.S.	Sanjeev Subrahmaniyan S.B
Stage I - 172/200	Stage I - 178/200
Stage II - 137/200	Stage II - 158/200



Tamil Nadu Hindi Prachar Sabha, Erode, conducted HINDI HANDWRITING COMPETITION for the students of Classes I-X. 208 students participated in the competition.

We are happy to share that our school was selected as **"THE BEST SCHOOL"** and our head of schools has received a memento in recognition of the same.

The faculties of the Department of Hindi, led by Ms. T. Farida Begum (HOD), were also appreciated.

Champion of the Champions!



V.K. Janu Varshini - VI D

National Level Gold Medalist in Silambam.

Holds a GLOBAL WORLD RECORD for 3 hours of continuous stick rotation.



SOF INTERNATIONAL MATHEMATICS OLYMPIAD

SOF - International Mathematics Olympiad

Final Result

STUDENT NAME:	ARNAV MAHESH GAIKWAD
ORIGINAL ROLL NO:	TN0588-04-001
REVISED ROLL NO:	TN0588-04-001
CLASS:	04
MARKS SCORED:	37/40
INTERNATIONAL RANK:	13
INTERNATIONAL AWARD WON:	N.A.
REGIONAL RANK:	13
ZONAL RANK:	12
ZONAL AWARD WON:	Gifts Worth Rs. 500/- + Medal of Distinction + Certificate of Distinction
CLASS RANK:	1
CLASS AWARD WON:	Participation Certificate
SCHOOL:	SHRISHTI VIDYASHRAM SR. SEC. SCHOOL KATPADI TAMIL NADU



S.no	Student's Name	Grade	Competition/ Exams	Position Attained
1.	Tharukesh M	5 D	State level Roll ball tournament	Bronze Medal
2.	Arnav Mahesh Gaikwad	5 D	SOF – International mathematics Olympiad	International Rank - 13
3.	Suraj Y	3 A	SOF – National Science Olympiad	Medal of Distinction

JAMES WEBB SPACE TELESCOPE



NASA's James Webb Space Telescope (JWST) is an infrared space observatory that launched on Dec 25, 2021, from ESA's launch site at Kourou in French Guiana on board an ArianeSpace Ariane 5 rocket.

- The telescope is named after James E. Webb, who was the administrator of NASA from 1961 to 1968 during the Mercury, Gemini, and much of the Apollo programs and its success.
- The \$10 billion James Webb Space Telescope is the largest, most powerful space telescope ever built. It will allow scientists to look at what our universe was like about 200 million years after the Big Bang.
- The James Webb Space Telescope (sometimes called JWST or Webb). JWST's primary mirror, the Optical Telescope Element, consists of 18 hexagonal mirror segments made of beryllium coated with gold which combine to create a 6.5meter (21.3ft) diameter mirror, compared to Hubble's 2.4 m (8ft).
- Has a 5-layer sunshield that protects the telescope from the infrared radiation of the Sun.
- It took scientists and engineers more than 20years to build the James Webb Space Telescope.
- Hubble, which observes in the near ultraviolet, visible, and near infrared spectra. Whereas JWST will observe in a lower frequency range, from long-wavelength visible light through mid-infrared.
- The telescope must be kept extremely cold, below 50 K (−223 °C or −370 °F).
- Unlike the Hubble space telescope, the James Webb telescope will not orbit the Earth, it is headed to a location known as the second Lagrange point. about 1.5 million kilometres away from the Earth.
- If anything goes wrong with web, there is no manual way to fix it like Hubble.
- It took 30 days for the James Webb Space Telescope to travel nearly a million miles (1.5 million kilometers) to its permanent

home: a Lagrange point.

- On Feb 2 NASA announced that The James Webb Space Telescope had captured its first images of star called HD 84406.
- According to NASA, the James Webb Space Telescope will focus on four main areas: first light in the universe, assembly of galaxies in the early universe, birth of stars and protoplanetary systems, and planets (including the origins of life.)

- Keerthana.E from XI A1



Invisible cloak' for bacteria to deliver drugs to tumors

Novel microbial encapsulation system for therapeutic bacteria enables more effective delivery, shown to kill cancer cells in mice:

Columbia Engineering researchers report that they have developed a “cloaking” system that temporarily hides therapeutic bacteria from immune systems, enabling them to more effectively deliver drugs to tumors and kill cancer cells in mice. By manipulating the microbes’ DNA, they programmed gene circuits that control the bacteria surface, building a molecular “cloak” that encapsulates the bacteria.

For the study published by Nature Biotechnology, the researchers focused on capsular polysaccharides (CAP), sugar polymers that coat bacterial surfaces. CAP helps many bacteria to protect themselves from attacks including immune systems. “We hijacked the CAP system of a probiotic E. coli strain Nissle 1917,” said Tetsuhiro Harimoto, a PhD student in Danino’s lab. “With CAP, these bacteria can temporarily evade immune attack; without CAP, they lose their encapsulation protection and can be cleared out in the body. So we decided to try to build an effective on/off switch.”

Hassles faced in using bacteria for therapy:

While using bacteria for therapy is a new, alternative approach to treating a broad

array of cancers, there are a number of challenges, in particular, their toxicity. Unlike many traditional drugs, these bacteria are alive and can proliferate within the body. They are also detected by the body’s immune systems as foreign and dangerous, causing high inflammatory response - too much bacteria means high toxicity due to over-inflammation - or rapid bacteria elimination - too little bacteria means no therapeutic efficacy.

The ideal bacteria:

The ideal bacteria should be able to evade the immune system upon entry to the body, and efficiently get to the tumor. And once they are in the tumor, they need to be eliminated in other parts of the body to minimize toxicity.

Conclusion:

Bacterial cancer therapy holds unique advantages over conventional drug therapy, such as efficient targeting of the tumor tissue and programmable drug release. Potential toxicity has been limiting its full potential. The cloaking approach presented may address this critical issue.

- Yuvanesh XII A1

Reference: <https://www.engineering.columbia.edu/news/bacteria-cloaking-cancer-therapy>

More About 'PI' π

π is a mathematical constant approximately equal to 3.14159. It is defined as the ratio of a circle’s circumference to its diameter. Pi is a transcendental number which is also known as Archimedes’ Constant.

While the origins of π are not known it is believed the Babylonians were the first to approximate to the value of π in believed that the pyramids of Gize were built on the principles of pi. It was first used by British mathematician William Jones. It was accepted by Leonard Euler in 1937. In 1761, Johann Lambert showed that π is an irrational number and in 1882 Lindemann proved that π is not a solution to any polynomial equation with integers. π helps us to understand the universe with greater clarity. The definition of π inspired a new notion of the measurement of angles.

Every year we celebrate ‘Pi Day’ on 14th March because the date 3/14 resembles 3.14, the first few digits of pi value. People, especially pie lovers celebrate Pi Day by eating Pie!

- Sangamitra X C

Grace without Race

This world will be an empty space
If everybody forgets it's grace
Each makes it a race
Comparing others pace
Here discrimination is based on
colour, sex and religion
This makes a division
This world will be an empty space
If everybody forgets it's grace
Let's make a difference
Don't compare in colour, sex or religion
Each should follow their dreams
Not be afraid by people making their memes!
If, I'm not white
I don't have any rights?
If, I don't look nice,
Am I not nice?
Our creator is one
God made us, each one
In his own way,
Not for insulting each other in many ways
This world will be an empty space
If everybody forgets it's grace...

- Anushka Srivastava 'X'C

The Morning Bliss



Seated myself in a pleasant Sunday morning,
In my spacious open garden,
I smiled as I heard the Psithurism of wind
blowing,
And felt the Appricity of the sun glowing...

The nature wakes to a bright new start,
Shifting the stars quiet apart,
The landscape fills one with immense glee,
Oh, what a pleasure it gave to me!

I could see the flowers blooming,
With mist dews like pearls,
The fragrance of jasmies and roses it is
carrying,
Gives you an eternal bliss in this world.

I closed my eyes and got ready,
To unpause my busy monotonous life.
But I will always come back to dive,
In this Euphoric time of mine.

- Shri Varshini Rajesh, XII B2

மழையே,
பாலாற்றை நீ நீரால் நிரப்பினாய்
எங்கள் உள்ளங்களை
நீ இன்பத்தால் நிரப்பினாய் !

நீர் வளத்தை நீ பெருக்கச் செய்தாய்
செடி, கொடி, மரங்களை நீ
வளர்த்தாய் !

மழையே நீ வந்தாய் !
வேண்டியதை நீ தந்தாய் !

சிலருக்கு மட்டும் இன்பத்தை தந்து
மற்றவர்களுக்கு இன்னல்களை
ஏன் தந்தாய் ?

மழையே,
தண்ணீராக பெய்து,
வீடுகளுக்குள் சென்றாய்,
பொருட்களை வீணாக்கினாய்,
சாலைகளில் தேங்கினாய்,
அதனுடன் கவலையும் தந்தாய் !

மக்களுக்கு பாதிப்பை
குறைவாகவும்,
மகிழ்ச்சியை மிகுதியாகவும்,
தருவாய்
என்று நம்புகிறோம் !

- பா.கதிர்செல்வன்
பத்தாம் வகுப்பு

BECOMING AN ARTIST

"It is my belief that to display your art you don't have to be a great artist. anyone can be an artist if they're dedicated enough." My parents always say that a perfect hobby helps a person to get mentally mature and content. So, it is very important to choose a proper hobby in life and I have chosen Drawing. Drawing gives me happiness. It is a way of expressing my thoughts. Art increases creative skills and relaxes

the mind. It makes you more happy and resilient. It also helps in improving your memory.

My favourite form of art would be pencil sketching – portraits of people.

My teacher always says that nature should be the ultimate inspiration for any artist.

That's why all of us should try to draw pictures not only from drawing books but also from our own. I always try to follow all the advice of other great artists.

- Bindu Hasini B, IX D



मेरे भारत की बेटी

भारत की शान हो तुम,
माता-पिता की सम्मान हो तुम,
हर भारतीय का गुरूर हो तुम,
भारत की बेटी हो तुम।

ऐसा कोई आसमान नहीं जो तुम न छू सको,
ऐसा कोई पर्वत नहीं जो तुम न लांच सको,
हर क्षेत्र में अपने सफलता साबित कर चुकी हो तुम,
भारत की बेटी हो तुम।

तुमने हमारा सूर गर्व से ऊँचा कर दिया है,
तुम्हारे हर बलिदान को याद रखेंगे हम।
बतादो इस जहाँ को किस मिट्टी की हो तुम
भारत की बेटी हो तुम।

भारत के विकास की डोर हो तुम,
भारत को बुलंदियों पर पहुँचाओगी तुम,
खुद को न मानो कमजोर; शक्ति की अवतार हो तुम
भारत की बेटी हो तुम।

तू सारे जहाँ से प्यारी मेरे भारत की बेटी,
हे सारे जहाँ पे भारी मेरे भारत की बेटी,
जीती रहो जीत ती रहो
मेरे भारत की बेटी।

चेलना.म
(Chaylna.M - XII C)

"जिंदगी एक दौड़ है"

अगर संघर्ष ही जिंदगी का सार है तो बिना लड़े में मरूँ क्यों ?
दौड़ कर ही मंजिल तक पहुँचना है तो फिर मैं दौड़ने से डरूँ क्यों?

जिंदगी एक दौड़ है. अगर तेज नहीं भागो, तो कोई तुम्हें कब कुचल कर आगे निकल जाएगा तुम्हें पता भी नहीं चलेगा
और यही जिंदगी का कड़वा सच है।

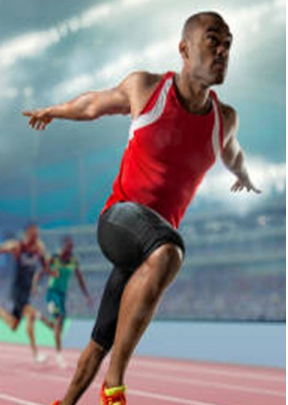
जिंदगी एक दौड़ तो है, मगर ये औरों के खिलाफ नहीं है बल्कि मेरे दोस्त ये दौड़ खुद के साथ है। ये दौड़ आत्म सुधार की है,
जीते हुए कल से बेहतर होने की है।

इस दौड़ में जीत हासिल करने के लिए, हर एक दिन, अपने मन, तन और दिमाग से कड़ी मेहनत करने की जरूरत है। हर
एक कार्य को जुनून और दृढ़ता के साथ करने की जरूरत है।

इस दौड़ का एक महत्वपूर्ण पहलू है, वो ये कि अपने मानसिक एवं भावनात्मक संतुलन को बनाए रखना। इसके लिए हमें
चाहिए; हमारे परिवार, मित्र और प्रियजन का साथ, सबका प्यार और सब का मंगल।

जीवन की दौड़ में हमें जीना नहीं भूलना है, चाहे वो सुख हो या दुख, आसान या कठिन, हर पल का खुलकर आनंद लेना
नहीं भूलना है। हर एक दिन को पूरी तरह जीना है, तभी हम अपने जीवन की दौड़ में अपने लक्ष्य को पाने में सफल होंगे।

- Sumojit Ganguli XII



<https://spacestrek.wordpress.com>
SpacesTrek - WordPress.com

SpacesTrek is a website, hosted with help of WordPress.com. This site focuses on Science, Astronomy and many mysteries in this Universe.

- Vishal Ram XII A4

<https://peaceintheeternalmind.blogspot.com>
A Pulse In The Eternal Mind

We help you to create the life you dream and desire. We express to share our thoughts and knowledge through this blog. It may also help you to change...

- Haney XII A1



SUPERNA - XI A4



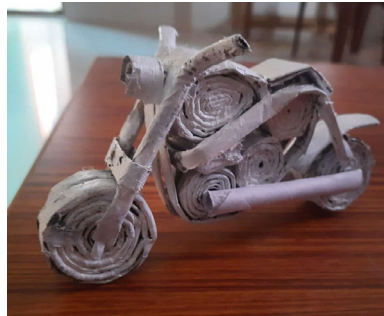
ARADHANA - V C



SAISHREE - IV A



AMUDHA PRIYA - XII A5



NIKHIL - X A



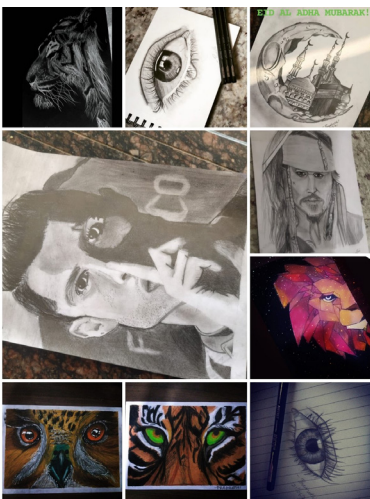
S.B.NAVEENA - VIII C



MADHUVANTHI - XII A1

NOTICE
Dear teachers and students,
We have received a plenty of articles, drawings and poems in the month of March. Therefore, we have reserved few articles to be published in the subsequent issues. Keep reading!
Articles and other creative works can be submitted throughout the year. They can be sent to:
shn122@shrishti.org
- Editor

PRAGATHI DEVI - XI B1



Pen a Story

Observe the following image carefully and pen a story in not more than 250 words and give it a title. Mail the story to us at shn122@shrishti.org

The interesting one will be published in the next issue



WHO IS YOUR ACTUAL COMPANION IN LIFE?

Mother? Father? Husband? Wife? Son? Daughter? Friends? Or Relatives? None of them

Your real companion is your physical body.

Once your body ceases to function, nobody will be with you.

Whether you accept or not, this is the life's

Naked truth.

You and your body only will be together from the time of your birth, till your death.

In reality you are the soul and your physical body is the home for it.

Whatever you do to your body responsibly, will come back to you.

How carefully you are to your body, so carefully your body responds to you.

What to eat? What to do? How to face pressure? How long to rest?

Will determine the response of your body.

Remember!

Your body is the only living address of you. Your body is your property and wealth.

Nothing can replace it.

Money comes and goes

Relatives and friends are not permanent.

Remember again!

Nobody can help your body, excepting you, yourself.

PRANAYAM for your lungs
MEDITATION for your soul
YOGA for your body

BRISK WALK for your heart

NUTRITIOUS FOOD for your Intestines
GOOD THOUGHTS for your mind and
GOOD DEEDS for the world.



Mr. K. George Babu,
Dept. Of Social Science

WORLD SPARROW DAY

Sparrows were once a common sight in the courtyard of almost every house in India, but now it is hardly visible. The number of sparrows is decreasing day by



day. Factors like urbanization, replacement of ventilators with air conditioners, radiation from mobile towers, pollution, use of insecticides and pesticides in farms and emission of harmful gases are considered the main reasons that led to a drastic decline in the population of sparrows. The President of Nature Forever Society of Indian environmentalist Mohammad Dilawar started this initiative in view of the rapid decline in its population. The first World Sparrow Day was celebrated in 2010 in different parts of the world. Since then, this day is observed every year on March 20. Its purpose is to bring awareness among the people towards the protection and conservation of sparrows. Sparrows play an important role in keeping the environment balanced. Sparrows feed their children with insects called alpha and catworm. These insects are extremely dangerous for crops. In addition, sparrow eats insects that appear during monsoon season. Let's keep a bowl of water and some grains for sparrows to feed on. Plant trees in and around our homes to create shelters for them or keep bird feeders outside our house. Let's show our love and be sensitive towards these little creatures and make this world a better place for them to live in. After all they make our lives better too..



Ms. NAANNMALAR B
(Middle School Coordinator)

முயற்சி திருவினையாக்கும்

வறுமையை வெறுமையாக்கும் முயற்சி

பொறுமையான முயற்சி

பெருமையைப் பெற்றுத் தரும்

சோம்பலைச் சாம்பலாக்கும்

துன்பமும் துன்பப்படுமும்

எறும்பு தன் முயற்சியால் – பெரிய

எலும்பையும் இழுத்துச் செல்ல காண்கிறோம்.

முயற்சிக்கு முற்றுப்புள்ளி கிடையாது

நாசா ஆய்வகம் இன்று

நான்கு நாள் சூரியனை

நாசுக்காக நெருங்கிக் காண்கிறது.

முயன்றால் முடியாது இல்லை

சோம்பிக் கிடந்தால்

சிலந்தி வலையும்

உன்னைச் சிறை பிடிக்கும்

எழுந்து நடந்தால்

இமயமும் உன்னை வணங்கும்.



வி. செளந்தரி
தமிழ் ஆசிரியை

में और चाँद

ओ! बादलों की ओट में छुपे चाँद

तू न कर अपने पर इतना नाज़

माना तू है हसीं हमसे भी

पर आखिर तन्हा तो है तू भी

हमारे साथ हमारा नहीं साया

माना यह तो है मुकद्दर का चाहा

पर क्या तेरी बात हम करें

चांदनी भी नहीं साथ सदा तेरे

हम अशकों से कर लेते हैं कम अपने गम

पर तुझ में तो इतना भी नहीं दम

कि दम पर अपने दमक सके

आकर जमीं पर मुझसे कुछ कह सके

तु मुझे वहाँ आसमां से

और मैं तुझे यहां जमीन से

निहारती हूँ

ना तू मुझसे ना मैं तुझसे कुछ भी कहती हूँ

फिर भी तू रोज आया करता है

शायद मुझसे यही कहा करता है

जिंदगी के सफर में कोई हमसफर नहीं

इंसान ही ठोकर खाते हैं पत्थर नहीं

- प्रीति कुमावत



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:

Mr. Agni Bharathi,
Head-Department of English

Co-Editors:

Ms. Mercy Priscilla, Dept. of English
Ms. Flora Regina, Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dosson, Dept. of Physics
Ms. Jeevitha, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. Kabilan

“Education is a vehicle for transformation or metamorphosis of the self and an aid to the growth of the economy.”

-Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 02

April 2022



Silver Jubilee Celebrations



The day of Shrishti's Silver Jubilee celebration dawned bright and beautiful as preparations and plans were made and executed to hold the biggest event in the history of the renowned institution. The entire school could feel the sense of excitement, anticipation and definitely some nerves. The program began with the Tamil *Thaivaazhthu*, an apt and beautiful reminder of the wonderful state we call home. The presence of the Almighty was invoked by the school choir, by singing a melodic and powerful prayer song. It has always been a tradition to light the *Kuthuvilaku* at the start of an auspicious program, and our esteemed dignitaries, Mrs. Rajkuamari. M. Makhija, Chairperson, Makhija Foundation, Mrs. Anmole Sanjay Makhija, Mrs. Jothi Harsha, Mrs. Rama Venkatesh, Academic Head, SSRVM Trust and Mrs. Sri Vidhya did the honours. Following this, our beloved Head of Schools, Mr. M.S. Saravanan welcomed the gathering, reiterating the uniqueness and prestige of Shrishti School, and encouraging the audience to enjoy the show. Speaking on the occasion, Commodore Harsha, Chairman, SSRVM Trust & Trustee, Makhija foundation applauded the achievements of Shrishti. Shrishti has stood tall for 25 years, with a beautiful green campus, talented and intellectual students, and numerous awards and achievements. None of this would have been possible without our hardworking and dedicated staff, who were honoured by Mrs. Rajkuamari. M. Makhija and Mrs. Jothi Harsha for their 25 years of service. Shrishti silver-glitz, a video-presentation of the journey that Shrishti has taken and the milestones it has achieved, was played for the audience, and it truly made us proud to be Shrishtians. Our students have always been grateful that this school was their

Alma Mater, exemplified by the responses given by a few of our alumni, who were reminiscent of their time at Shrishti. Next, our student comperes announced the start of the cultural events, to tumultuous applause. With that, the ceremonial events paved way for the exceptionally talented Shrishtians to showcase their finesse of dance and music. This transition from red carpet events to show stoppers was artistically executed by the invocation dancers. They beautifully set the tone for the events to follow. Before sending the audience on a tour to a magical world, Mr.G.V Selvam, the esteemed vice president of VIT, was felicitated. He followed it up with an eye opening speech of his own, subtly laying emphasis on how prestigious the school has been, how revolutionized today's education system is and highlighting the need to honor the founder, Mr.Makhija with a statue. With that, the audience had their tickets to the magical world of Aladdin and Genie! What followed was a mesmerizing performance by the primary school students of both the schools, a series of dances bringing elements of magic on stage, with flawless exchanges of words between Aladdin and the genie in the middle. Then the carpet was again laid to felicitate the collector of Vellore, Mr Kumaravel Pandian IAS. His presence added immeasurable esteem to the dais, much as his speech did. With the night having well set in, it was time for the students of Padasala to put in a spectacular performance. The chronicles of a loving mother, doing all she can to educate her daughter was stunningly showcased with a well performed dance, made ever more meticulous with a shadow show on the backdrop. Having treated the audience with aesthetic visuals, the Shrishti choir then produced a fine performance of Jenifer Lopez's masterpiece, 'Feel the Light'. That blissful performance was then followed by a reproduction of fan favourite events of past Utsavs, the annual

mega-event held at Shrishti, showcasing the students' talents. 'The Dancing Dynasty' of VI -VIII CBSE, was a marvellous performance, bringing all parts of the globe on Shrishti's map. The exquisite cultural diversity was intricately presented with feet tapping music! This event wouldn't be complete without an educative component of its own, and this was elegantly done by bringing the problems faced everyday by women, in the form of a fiery dance. The troupe owned the stage with their sways and spins. Next on the list was a rip-roaring, dramatic performance "Narashima Avatar" by the students of class VIII and IX of Shrishti Matric, the. Evoking the divinity in oneself, this dance, set the stage on fire. As the audience tried to process the subtleties of the show, our Shrishti choir blended in a soothing rendition of "Kal ho na ho". Up next, was a power-packed and lively performance by 'Dynamite Dazzles' the girls of class IX, CBSE. Despite the difficulty of wearing two different costumes depicting the male and female self, these extraordinarily talented dancers enthralled the audience with their fiery moves. Yet another soul-stirring medley was sung by the Shrishti choir. Peasantry and Military are the pillars of a nation. Highlighting the importance of these pillars in our lives, the "Dauntful Warriors" of class IX, Shrishti Matric, staged an electrifying yet heart-touching performance, which kindled a sense of patriotism among the audience. A battle between the 90s and the 2k kids is always entertaining and hilarious. The "Retro Vs Trendy Troop" of class XI, CBSE, made the audience nostalgic as they danced to the feet-tapping, peppy music of the 90s and grooved to the beats of 2K. An energetic and inspiring song, 'The Nights' was brought to us by our very own band. Mr. Agni Bharati, the Head of the English Department of Shrishti Vidyashram proposed the vote of thanks with a few heartfelt words. Shrishtians do know how to end an evening with style. And so was a crew designed to end the day with an absolute bang - The "Accelerating Phoenix", boys of grade XI, CBSE. The zestful moves topped with nail-biting stunts left the audience in awe. And that marked the end of the much awaited, much enjoyable and most grand celebration of 25 years of Shrishti, where knowledge meets wisdom.

- ADITHI MERCY ABIGAIL - XI B1



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
- Helen Keller

A few glimpses of the celebration





Leaving the school is like leaving the nest, spreading your wings and soaring into the sky, leaving the past behind, and flying off for future ventures. 20th April 2022 was a big memorable day to be embraced for the passing out batch of Shrishti as Farewell 2021-22 was celebrated!

It was a soul-stirring day of both happiness and sadness filled with nostalgia and excitement for our beloved seniors which dawned bright and colorful. The event started with a spirited prayer song by the melodious choir girls as it is our school tradition to invoke the Almighty before every event. Following this, the ASPL of Shrishti CBSE, Abigail was invited to give the welcome address in which she expressed her reverence for our departing seniors and wished them the very best. The sculptor of determination and confidence, the Head of Schools, Mr. M.S.Saravanan was then requested to address and welcome the gathering. He conveyed his best regards for the seniors with a very influential and inspiring speech while expressing his sorrow for not being able to get to know them more due to the pandemic. Mr. Mahadevan Venkatesh, Trustee, was also invited to the stage and his kind words of encouragement pleased the audience and the egressing seniors.

To look back on the wonderful time teachers had while teaching the outpassing batch, Dr.Cynthia of Shrishti Matric and Ms.Parvathy of Shrishti CBSE shared their journey with our seniors for the teachers' response. This was then followed by the students' responses given by Harini Hema Varshini, Milton Athmika, and Adarsh Pranav of CBSE and Melvin, Preethi and Joshika of Matric. They overwhelmed everyone of us by reminiscing their school years, expressing their gratitude for their alma mater and the teachers who helped them pave their way up till now. It was a fest of

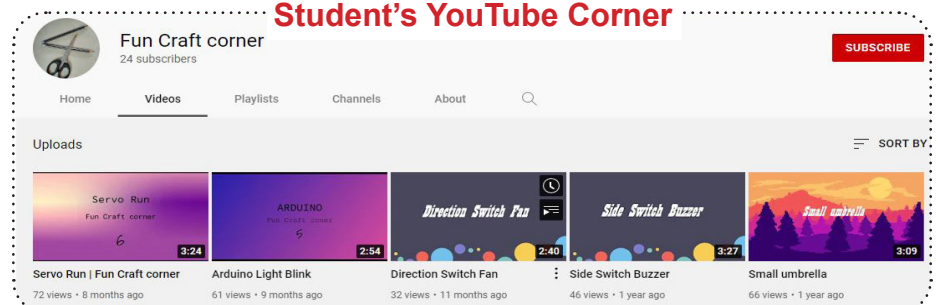
great laughter and sentiment. Keerthana.R of class 11 Matric was felicitated by our respected HOS and Trustee for winning the International level of the Championship for Silambam and bagging the 1st place in Otrai Surul Val Veechu and the 2nd place for the Irattai Surul Val Veechu and Chitthirai Silambam. She was also honored for being selected for the Olympian championship 2022. After Madhan of class XI CBSE staggered the audience with a Silmbam performance, the symbol of Tamil heritage and culture. After his stage-breaking performance, the program was full of enriching cultural and fiesta. With a huge round of applause, class 11 girls of CBSE the "B&W Girls" were welcomed on stage and they served us exactly what we needed and more with a fiery dance performance. A blissful song performance by Preethi and group of class 12 Matric was followed. The performance was well cheered and applauded for their contemporary song selection and their impeccable vocal skills. Class 11 girls of Matric then bombarded the stage with a groovy dance performance with trendy songs which made the audience unable to resist cheering and enjoying themselves. The very notable girls' dance group of Shrishti, the "R2S3" girls entertained the whole crowd with their extremely skillful and dramatic dance performance. It was an incredible fusion of folk and hip hop together exploding with energy. Next up,

we had Shrivishnu from class 11 CBSE with a youtube channel of 2.47 thousand subscribers giving us a staggering singing performance which was accompanied by the audience's applause. The same energy level was maintained all through the dance performance of class 11 boys of Matric. Their awesome grooves, especially for the song Naatu Naatu was a great visual feast for our eyes. It was time for the last performance of the program by the class 11 boys of CBSE, whose wonderful moves captured the essence of the music very well. After their dumbfounding dance performance, we arrived at the moment of earnest gratitude expressed by the SPL of Shrishti Matric Joshika, for the vote of thanks in which she wholeheartedly thanked her juniors and teachers for putting up an enthralling show overall.

We then transitioned to the most touching part of the event, where the mementos were being distributed to the departing seniors by all the teachers of both Matric and CBSE one by one. It was such a great delight to see our beloved seniors enjoy themselves to the fullest through the breathtaking program that was conducted by the teachers and juniors in a span of two days. It was a day that embarked on the ending of learning and the beginning of leading for batch 2021-22 of Shrishti.

- Harini Murugan XII B2

Student's YouTube Corner



Students' corner

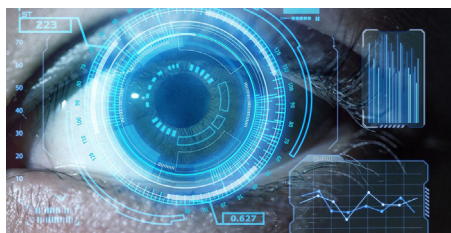


Success is a milestone achieved after continued struggles, hard work, pains, motivation, failures, repeated efforts, perseverance etc. It's a journey of failures and successes in life. It can never be static or one spot destination. It is also a vision, a goal and a commitment for furthering your aspirations and goals in the way of a set direction. Success demands hard work and patience. It is not granted overnight. It is rather a long steady process of hard work and commitment. Success kisses the feet of those who are diligent and hard working. Your mistakes and failures will teach you the lesson on how one can achieve greatness and success in life. Success takes time to appear so never lose heart at temporary delay of failures. Life is a curved path full of turbulence and trauma on the way leading to success. Your achievements and failures will not be counted. What is counted in life is your determination and courage to stick around your goals. The secret to permanent success is dedication and determination.

- N.Sowmya
VIII C

Computer Vision

Computer vision is a field of artificial intelligence (AI) that enables computers and systems to derive meaningful information from digital images, videos and other visual inputs, to take actions or to make recommendations based on that information.



It is used to detect and classify objects, create 3D maps or motion estimation and it played a key role in making autonomous vehicles a reality. A benefit of the computer vision is that it carries

tasks at faster rate and simplifies the work for humans. Self-driving cars collect data on their surroundings from sensors and cameras, interpret it, and respond accordingly.

The neural networks underlying computer vision are fairly straightforward. They receive an image as input and process it through a series of steps. They first detect pixels then edges and contours, then the whole object. This is how the computers see.

Computational vision is rapidly gaining its popularity for automated AI vision inspection, remote monitoring and automation. Computer vision has a massive impact on companies of all industries, from retail to security, healthcare to agriculture.

- Elina Ann Suresh
IX D



Forever

The blissful summers
The lazy winters
From the cat-fights
To supporting each other during hard times
Remember, the kites we flied
And our innocent lies
Us, following the craziest fashion trends
To getting known as the best friends
Copying each other's summer homework
Goofing around nonstop between our work
You making your coolest pb&j's sandwich
Us, dancing without a break
All these memories are inside in the corner of my head,
And I'll treasure them till the end.
We still have to achieve our dreams,
Make our career
But I know for our friendship that
Won't be a barrier
So, hey, let's stick till the end together
Because we are young forever...

- Anushka Srivastava
X'C



“ Imaginary gardens with real toads in them, shall we have it. In the meantime, if you demand on the one hand, in defiance of their opinion—the raw material of poetry in all its rawness, and that which is on the other hand, genuine, then you are interested in poetry.”

-An excerpt from Marianne Moore's
“Poetry”

Poetry is a form of literature that uses aesthetics and often celebrates the abstraction of rhythmic qualities of language and the beauty of words. In one form or another, poetry has been around for thousands of years. However, we might think of the epic poem as the first instance of poetry, appearing as early as the 20th century B.C the Epic of Gilgamesh.

March 21 is observed as World Poetry Day, each year, celebrating one of the purest forms of literature and the ability of poetry to capture one's thoughts and creativeness into words like a sing-song tale. On this day, people across the world celebrate and honour the poets who have inspired generations after generations.

In today's technological world, many have seemed to forget the essence of poetry, but still, some people bring the words of wisdom and magic through it. Well, it sounds a bit complicated, isn't it? but it isn't, one doesn't have to be full-fledged with literature to be able to write poetry. We must understand that it's an outcome of the chained thoughts and unsaid answers with a tint of artistic and deep-meaning words that makes poetry.

Well, don't we all have mixed feelings and want to express them somehow? Pour your emphatic flow of feelings and express them in words, you certainly won't know how it starts but the journey is ought to be beautiful. And in a matter of fact, Paper has more patience than people!

“ Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.”

— Robert Frost, “The Road Not Taken”
- Aathika.RMS XII A4



SUPARNA - XI A4



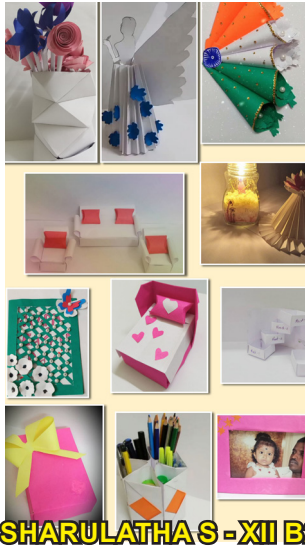
RAKSHANA R-XIIC



M.BHAVANA GOSWAMI - XI A3



S.PRANAVI ISHWARYA - IV A



SHARULATHA S - XII B2



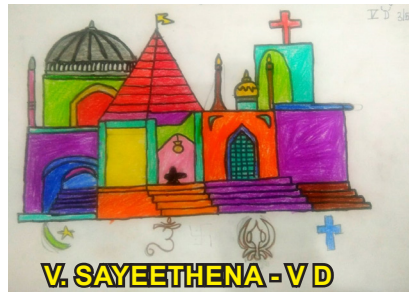
YASH THAMANKAR - IX D



RAKSHITHA RAMESH - VII D



MEHAK KARNAWAT - V D



V. SAYEETHENA - V D



SHREYA - XI A3



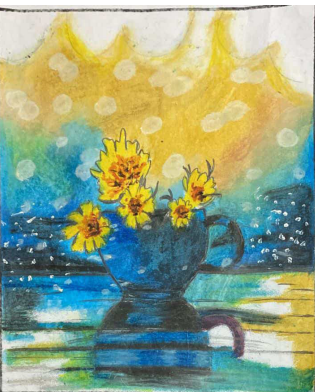
ASMITA.D - IXA



VARSHEN L S - VI B



ARADHANA KJ - V C



HITASHVI - V D



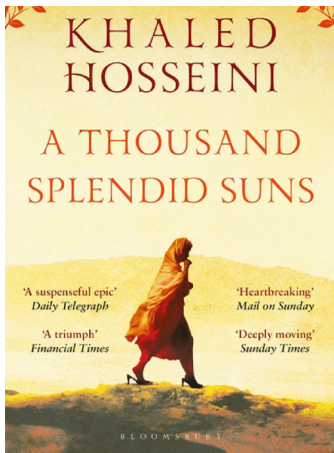
SADHVI RAMESH - V D



KAMALESHWARANA - VII D



S.SIVARANJANI - XII A3



A THOUSAND SPLENDID SUNS

'A Thousand Splendid Suns' is an engrossing masterpiece written by Afghanistan-American author Mr. Khaled Hosseini. This novel was published in 2007 becoming another successful work of Hosseini after his 2003 debut book 'The Kite Runner'.

The tale takes place in Afghanistan between 1960 and 1990, from the Soviet invasion to the Taliban's control and post-Taliban reconstruction. Hosseini highlights the struggles Afghans endured during this time of conflict, with a focus on women. The novel exposes the effects of war, domestic violence, brutal portrayals of persecution, and death, with many trigger warnings.

The story is told from two perspectives and begins with Mariam as a youngster living on the outskirts of Herat. Mariam meets Laila after a couple of decades of living in Kabul, after being married off to Rasheed at the tender age of 15. The plot centers around these two women in their marriages attempting to save themselves with the little freedom they have alongside the numerous death threats they get.

This book is truly a blinding one that enlightens us about the miserable history of Afghanistan in an emotional method that pulls the drawstrings close enough to wreck a heart. It plays as though the voices of a myriad of Afghan women whose struggles haven't been heard. Every person must read this inspirational treasure that will make you aware of war, life, death, survival, and an indestructible

love. If you look closely, you might detect remorse and guilt in between the lines of this book. It gives us a raw insight into history in a gut-wrenching approach, carrying us throughout the end with the tinges of a thriller. Leaving us in tears, the lore is a speck of reality we miss acknowledging, but most importantly, of love and loss.

"A society has no chance of success if its women are uneducated..." says one of my favorite lines from the book.

I'm writing to encourage everyone to take a break from their hectic schedules and bustling lives to read this fantastic book.

- Samita Sri C.J (XII - A4)

Rules to Know

Mankading



The Marylebone Cricket Club (MCC) has moved to reframe the law relating to running out the non-striker while on a delivery stride – more commonly known as 'Mankading', among a number of changes to the laws of the game that also includes a permanent ban on the use of saliva to shine the ball. Until now, 'Mankading' was treated as an unfair mode of dismissal but it has now been moved to Law 38, which concerns run-outs. The wording of the law, however, remains the same.



Movie Name: Turning Red.

"Turning Red": A Review

What's worse than turning 13?

You're too old to be a kid, too young to be an adult, and too embarrassed to discuss any of it.

"Turning Red" Pixar's new coming-of-age film, explores this topic. Mei Lee is a Chinese-Canadian girl who is the only child of traditional Chinese parents. She's a straight-A student who, like her three equally nerdy best friends, adores the fictional boy band 4 Town. She's outspoken, opinionated, and adorable all at the same time. We meet Mei Lee at the beginning of a familiar struggle: being a perfect little girl while also dabbling with her rebellious side as a young teen.

She's headed straight for puberty, and everything that comes with it. So much of her story is so relatable, with one exception: a family blessing (or is it a curse?). She gets transformed into a (big) red panda when she's upset or angry. Of course, it's unusual and terrifying for her, as well as her pals, when they learn about it, but since this is a Pixar product, you know this transition is more than simply an external shift. It's a metaphor for a more significant change in her life, in this instance puberty. Its' far from being Pixar's best film as it suffers from a lack of a better world building and familiarity with the studio's approach. Even so, it's attractive, entertaining, and offers a compelling story while being pleasantly poignant at the same time. #mustwatch if you're into funny & charming animated movies with a deep storyline that leave our heart stirring.

- Rakshana.R.R XI-C



NOTICE
Dear teachers and students,
 We have received a large number of articles, drawings and poems in the month of March & April. Therefore, we have reserved a few articles to be published in the subsequent issues. Keep reading!
 Articles and other creative works can be submitted throughout the year. They can be sent to:
shnl22@shrishti.org
 - Editor

Pen a Story

Observe the following image carefully and pen a story in not more than 250 words and give it a title. Mail the story to us at shnl22@shrishti.org



The interesting one will be published in the next issue

OCEAN IDIOMS



A DROP IN THE OCEAN

A small amount of what is needed. The scholarship was a drop in the ocean of my tuition costs so I'm going to a community college instead.



SINK OR SWIM

To succeed or fail by your own efforts. I'll be traveling by myself in China for two weeks so I'll either sink or swim.



WASHED UP

Someone's career is no longer successful. While most gymnasts are washed up by age 21, many tennis players are still competing in their mid-30s.



SEA CHANGE

A complete change or transformation. Uber's peer-to-peer ride-sharing has brought a sea change to transportation.

Confusing words in English

some time / sometime / sometimes

Some time (two words) means a period of time:

It took me some time to fix the computer; it had a number of problems.

Sometime (one word) refers to an unspecified time, usually in the future, although it can be in the past as well:

Let's get together for lunch sometime.
 I'll call you sometime this afternoon.

Sometimes means occasionally:

Usually I wake up early, but sometimes I sleep late.
 Sometimes we have to work on Saturdays, if there's a special event.

WHAT AM I?

I AM A 10 LETTER WORD
 3,4,1 IS A PART OF FACE
 8,9,2,5 IS A COUNTRY
 7,2,9 IS A NAME OF GOD
 6,8 IS A MUSICAL NOTE
 1,10,2 IS A FRUIT
 MY WHOLE MEANS SAME FROM BOTH SIDES
 WHAT AM I?

The answer is
 3,4,1 is Lip
 8,9,2,5 is country Oman
 7,2,9 is God Ram
 6,8 is musical note DO
 1,10,2 is pea
 The whole word is
 PALINDROME

DO YOU KNOW?

Unusual Natural Phenomena Around The World Turquoise Ice (Russia)



Lake Baikal in Russia is a gem of a lake, quite literally in fact. It's the oldest, deepest, clearest, and largest freshwater lake in the world. The crystal-clear lake water freezes during winters when temperatures go down well below zero. The resulting ice formations are breath taking to look at. Turquoise in colour, the gem-like ice shimmers in sunlight – straight out of a fantasy book.

Queen Fish

A new Carangid species has been identified by the Central Marine Fisheries Research Institute (CMFRI) from the Indian coast of Kerala.



This newly identified fish belongs to the group named 'queen fish'. The scientific name of this fish is *Scomberoides pelagicus*. In the local language this fish is called 'pola vatta'

Benefits Of Meditation



Meditation is an ancient art that helps us to relax our body and cope with stressful conditions in life. Meditation

also helps you to think clearly and stay focused. It certainly will help students perform better in their academics as well. It is a kind of exercise for the brain. It helps in calming the brain which in turn increases the concentration and focuses on the study, reduces stress, prevents neuron diseases like Alzheimer's, Parkinson and many more. Here are some benefits of meditation for students.

Benefits of Meditation For Students:

1. Increase in IQ Level
2. Lowers Stress
3. Helps to overcome Depression
4. Helps to overcome bad addictions
5. Develops Confidence
6. Personal Transformation
7. Keeps Away From Diseases
8. Keeps Students Happy
9. Improves Social Skills
10. Creates greater Empathy And Compassion



Mr. SATHIYARAJ
Dept. of Physical
Education

THE REVIVAL OF VEDIC MATHEMATICS:

The revival of Vedic Mathematics is no less than a miracle!!. Extracting the theorems and corollaries from Vedas (religious) texts requires not only an understanding of the scriptures but also a genuinely intelligent mind.

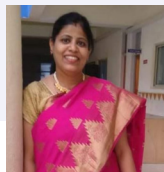
Credit of rediscovering Vedic math between (1911 and 1918) from the ancient Indian scriptures goes to Sri Bharati Krishna Tirthaji (1884-1960), a scholar of Sanskrit, Mathematics, History and Philosophy. He studied these ancient texts for years, and after careful

investigation was able to reconstruct a series of mathematical formulae called Sutras.

Below are 16 Sutras by its name :

1. By one more than the one before (एकाधिकेन पूर्वेण)
2. All from nine and the last from ten (नखिलिं नवतस्चरमं दशतः)
3. Vertically and crosswise (ऊर्ध्वतरियभ्याम्)
4. Transpose and apply (परवर्त्य योजयेत्)
5. When the sum is the same that sum is zero (शून्यं साम्यसमुच्चये)
6. If one is in ratio, the other is zero (शून्यमन्यत्)
7. By addition and by subtraction (संकलनव्यकलनाभ्याम्)
8. By the completion or non-completion (अन्त्ययोर्दशकेऽपि)
9. Differential calculus (चलनकलनाभ्याम्)
10. By the deficiency (यावदूनम्)
11. Specific and general or Part and Whole (व्यष्टि सिमष्टि)
12. The remainders by the last digit (शेषाण्यङ्केन चरमेण)
13. The ultimate and twice the penultimate (सोपान्त्यद्वयमन्त्यं)
14. By one less than the previous one (एकयुनेन पुर्वेन)
15. The product of the sum is equal to the sum of the product (गुणतिसमुच्चय)
16. The factors of the sum is equal to the sum of the factors (गुणकसमुच्चय)

Vedic Mathematics helps to solve mathematical numerical calculations in faster way, which helps us to do well in competitive exams.



Mrs. Swati Ghanekar
Dept. of Mathematics

The World I want..... (A Dream)

Human society is the greatest thing in which many changes have been done over the past years. Everything has been changed other than the word "change" itself. We proudly say that we are growing with passion, fashion, technology ...etc. These are the words which rule the changing world. Everything is developing on a fast track only leading us to the quick destruction. Over population, pollution, climatic changes, melting of glaciers in the polar regions, increasing sea level, plastic dumping, bio war, communal clashes, boundary problems, chemical agriculture, racism, religious quarrels, domination over the small countries....etc., are

the symptoms for destruction. I am fed up with pollution and adulteration in all aspects ruling the world from "dawn to dusk", pertaining from "water to matter", and leading from good to bad.

This is not the world we aspire for our "FUTURE". As we have become more materialistic, the future is not in our hands. The future that we are going to leave for the generations to come is certainly a scorched planet of advancing deserts and ailing environment. In the world I imagine....

Nothing is man-made, devoid of RO systems for drinking water, natural springs and waterfalls will be our drinking source. No machines, no cell phones everything will be manual; no tar roads only the green lawns to walk, cooking will be natural using wooden logs, and how I wish to cultivate everything on my own, no boundaries and borders to divide the people or their lands. Let us wait for the day to come..... The day is not too far away for us to dwell in this marvelous city



Mr. Sudharsanan Venugopal
Dept. of Mathematics

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:

Mr. Agni Bharathi,
Head-Department of English

Co-Editors:

Ms. Mercy Priscilla, Dept. of English
Ms. Flora Regina, Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dosson, Dept. of Physics
Ms. Jeevitha, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. Kabilan

“Happiness depends only on your mind. When the mind is free of past impressions and future cravings, happiness is there.”
 - Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 03

THE NEWSLETTER

June 2022

In this Issue

International Yoga Day	01
Talent Show - IHA	01
Freshers' Day	02
Palm Printing Activity- KG	03
Budding writer Hamrutha	03
Happy Classroom	04
World Environment Day Activities	04

International Yoga Day 2022



“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature.”

On 21 June 2022, Shrishti Vidyashram CBSE and Shrishti Matric. students of grade 9 & 11 celebrated International Yoga Day inside the school campus, in the presence of our trustee Sri. Venkateshji, Head of Schools Mr. M.S. Saravanan and the faculties.

Over 800 students along with teachers were sequenced in white on their yoga mats. Our Physical Education teachers guided them step by step to perform the different aasanas, which was transcendently impressive to watch and it awakened interest in those who were unable to participate.

On the same day at 4 p.m a useful and interactive session “Yoga for students” was held virtually by the charming and energetic yoga teacher couple from the art of living, Mayur Karthik ji and Eesha Buwa ji.

It was indeed a lively interaction. Everyone understood how yoga improves strength, balance and flexibility and how it also helps us to sleep better, manage stress and have a healthy heart.



“Quality is never an accident. It is always the result of intelligent and persistent efforts.”

The new academic year began with a bang of cheering noise for all Shrishtians as our school was awarded with the prestigious “Utkrishtata Award for excellence in Academics” amongst the SSRVM group of schools. The award was presented online during Sri Sri Awards for Education-Award Ceremony, on 13 May,2022. A cash award of Rs. One lakh was also given.

This is a much-deserved award for the school which believes in consistent hard work, and chooses to pursue excellence. It is inspirational to witness hard work giving birth to success. It is the combined efforts of the teachers and students that the school has been recognized with such a prestigious award.

May we keep climbing new heights of success!

TALENT SHOW

“Every artist was first an amateur.” – Ralph Waldo Emerson

Talent Show is an event, which gives a platform to students to represent their talents in any field. Keeping this in mind, as part of the inter house activity, a talent show was organized for the students of classes I - XI on different dates in the month of June.

Students participated enthusiastically and exhibited their talent in various activities. The students staged spectacular performances in colourful attires using fascinating props. These events not only nurture the intrinsic qualities of students but also remove stage fear in them, which helps in their personality development. Special efforts were made to enhance the talents of those students who have natural flair for music, dance, drama, art, craft, oration etc., and to bring out their hidden talents.



Parent Teacher Meeting



“No school can work well for children if parents and teachers do not act in partnership on behalf of the children’s best interests.”- Dorothy H Cohen

Parent Teacher Meeting was held in the last week of June for all classes on different days, as mentioned below. General rules of the school, Syllabus, Assessment and Evaluation pattern, Co-Scholastic events and other activities of the school were briefed to the parents. Speaking on the occasion, Head of Schools, Mr. M.S Saravanan, emphasised on the importance of strengthening the mental health of the students and the changes brought in by NEP 2020 in the academic scenario. School Counsellor, Mrs. Flora Regina threw light on the emotional needs of the students; its diversity in different age groups and the role of parents in addressing it. Parents eagerly participated in the meeting. The queries of the parents on the academic front were answered by the HOS. Suggestions and valid opinions of the parents were also duly noted.

PTM Date	Class
20/06/2022	KG
21/06/2022	I & II
22/06/2022	III & IV
23/06/2022	V
24/06/2022	X
25/06/2022	XII
27/06/2022	VI & VII
28/06/2022	VIII
29/06/2022	IX

Freshers’ Day



The day dawned crisp and clear on the 13th of June. We had with us hundreds of new students who stepped into their high school life with their hearts full of hopes, dreams and goals. The start of 11th grade has always been an event of great importance to all of us as it is the period of our life when all of us start to ruminate on our respective career paths. Some were so confident about their decisions in the subjects they had chosen and some were still having a little trouble adapting to the sudden changes. But one thing that was very evident on their faces was their trust and confidence on their decision of joining Shrishti-the institution renowned for inculcating the best in the students and providing great talents to the country- for spending two of their most crucial years of their educational life.

To start with a moment of praise in prayer with the Lord, we had Sri Vishnu and Srinath Prashanth of class 12-A1 who delivered a devotional song followed by Mrs.Usha Paulson, Co-Scholastic Coordinator, who led our morning prayer. Our HOS, Mr.M.S.Saravanan the man of distinct vision, a fountainhead of illuminating ideas, an idol of knowledge and experience- shared with us his wise life experiences, his greatest achievements and some motivational advices to succeed in life. He indeed inspired us to strive hard and achieve more with his eye-opening speech. Next in line we had Palak, Souro and Samuel George of class 12 who shared with us their reminiscence of their days in Shrishti that struck us with acute nostalgia for our happy moments in this great institution. It was at that exact moment when we all realized the crucial role our school had played in shaping us to face our future dauntlessly and with full determination.

We then had our Senior Vice Principal, Mrs.Hepzibah Paul who shared with us the greatness of Shrishti and its role in educating the students and providing fresh talents to the world for the past 25 years. Our Headmistress, Mrs. Geetha Srinivasan gave us a run through on the general instructions and rules to be followed inside the school campus. Teachers have always been a constant support throughout our school life. A lot of their sacrifices pass by unnoticed but our hearts will always hold a lot of gratitude for all of the efforts they had put into molding each and every student’s life. There was a brief self introduction of all the 11th and 12th subject teachers.

We, 12th graders had been practicing the whole week to entertain our juniors to the maximum. Firstly, we had one of the most talented dance groups of Shrishti who entertained us on the latest hip hop tracks. They left us flabbergasted with their impeccable and eye popping performance which made us jump on the floor. They truly set the stage on fire! Sri Vishnu, a virtuoso, gave us a soul-stirring musical performance which was highly appreciated by the audience. At last, Shivani from class 12 proposed the vote of thanks with which we came to the end of the program.

There was definitely a sense of clarity in the minds of the freshers after listening to the cogent descriptions of the happenings of the school put forth by the seniors and the teachers. It was such a blissful experience to watch all the students file out of the auditorium with so much determination and hopes of a great future in their hearts and minds.

- Pritika Vijayakumar XII B1

“It is in fact a part of the function of education to help us escape, not from our own time — for we are bound by that — but from the intellectual and emotional limitations of our time.”

– T.S. Eliot

Palm Printing Activity - Kindergarten



“Creativity is intelligence having fun.” -- Albert Einstein

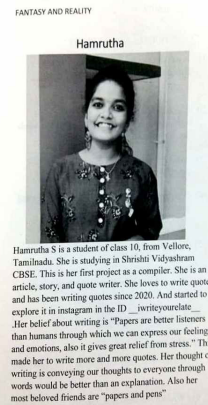
Children of Kindergarten splattered their palms with different colours and made imprints on a white paper. With their creative ideas, children drew animals, birds and many other objects using their palm which came out perfect. Kids really enjoyed themselves and were surprised with the activity.

It is a great way for children to explore, learn and develop through sensory play. When children can feel the cool, squishy texture of the paint and experiment with colour and patterns, it encourages their creativity. It’s also a good way for children to express emotions.



Budding writer!

We are happy to share that Hamrutha.S of class XI, has been awarded with a certificate of appreciation for being the co-author of “Fantasy and Reality”- An Anthology of Poetry and Prose. Congratulations!



Inauguration of KG Block

“A school is a building which has four walls with tomorrow inside.”

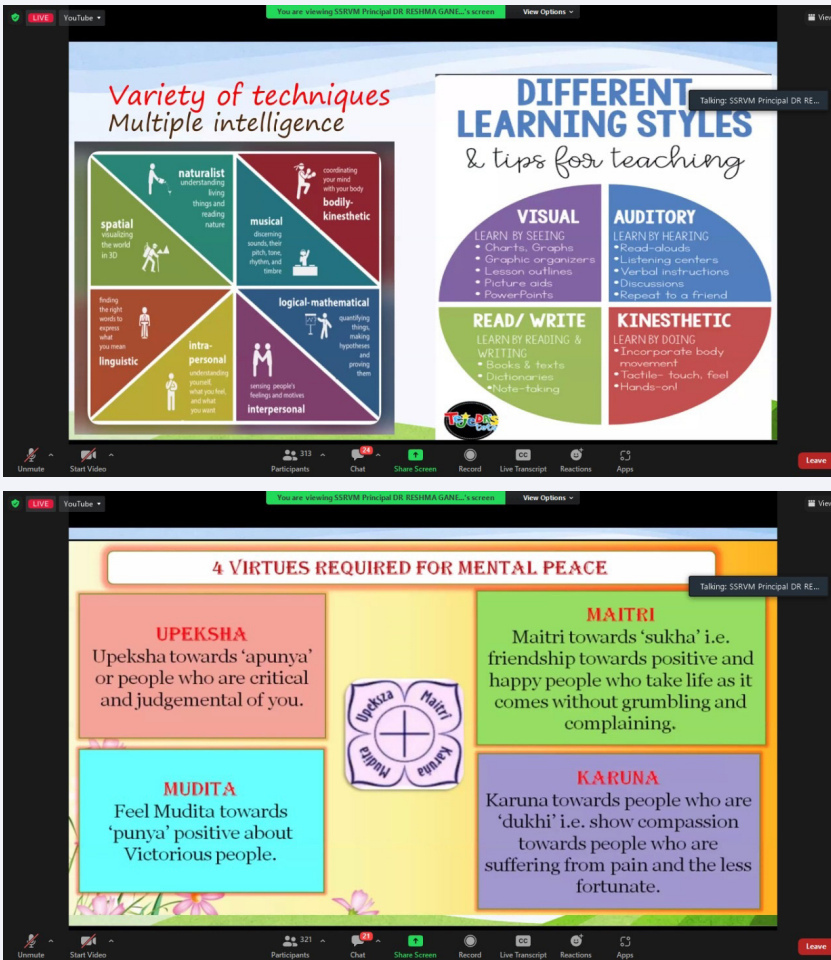
On the morning of June 06, 2022, a long-cherished dream came true. After months of planning, engineering and hard work, the newly constructed KG block was blessed and inaugurated.

Mrs. Rama Venkatesh, Academic Head, SSRVM Trust, Mr. Mahadevan Venkatesh, Trustee- Makhija Foundation, and other members of the SSRVM Trust graced the occasion.

It was a true delight to watch the budding learners eagerly enter the portals of the school with mixed feelings.



A HAPPY TEACHER MAKES A HAPPY CLASSROOM



“A classroom should be a space where happiness takes precedence, where children are always met with a smile and with positivity. It’s a space where their wellbeing is as important as their academic achievements.”

An enlightening online orientation programme for teachers was conducted by the SSRVM trust on 11,17 and 18 June, 2022.

The resource persons were Dr. Reshma Ganesh, Ms. Rekha Kapur, Ms. Athira Ranjith, Ms. Bhavani Nagaraj, SSRVM Schools, Bangalore. They inspired the teachers with their motivational and enchanting ways of interaction. Their sessions focused on the ways and means to create a happy classroom post the pandemic, where children’s mental health is of a prime concern.

‘A HAPPY TEACHER MAKES A HAPPY CLASSROOM’ is the sole mantra of the orientation programme.

The various ideas discussed in the orientation programme are as follows,

- Compliments that make a person feel happy.
- Positive remarks to encourage a person
- Self-awareness to control our emotions
- Emotional Intelligence
- 21st Century skills & National Education policy 2020.
- Leadership skills to train the students towards excellence
- Self-motivation and self-management to keep ourselves away from the negative vibrations
- Inter personal relationship is very much stressed to make ourselves a complete social being in a congenial atmosphere.

WORLD ENVIRONMENT DAY

“We have not inherited this earth from our forefathers; we have borrowed it from our children.”

We celebrate the World Environment Day on the 5th of June every year. This year also our school celebrated the day with a lot of enthusiasm.

On this day, teachers briefed the students on the protection and conservation of natural resources. The theme of World Environment Day- ‘Only One Earth’, draws our attention towards playing our role effectively, while living in perfect harmony with nature.

To make this event even more special, an Inter-House skit competition was held on the theme, ‘Save Planet’. Students from all four houses participated enthusiastically. The first place was bagged by the Narmada house. Poster making and Slogan writing competitions were also held on the same theme.

Creating environmental awareness and nurturing values such as cleanliness, saving trees, protecting wildlife was the main objective of celebrating the day.



Students' corner

APPLICATIONS OF ARTIFICIAL INTELLIGENCE

Machines that imitate human intelligence are called Artificial intelligence machines. Nowadays, Artificial Intelligence offers a lot of applications in real-life such as:

In Healthcare:

AI in the medical field increases quality and patient safety by increasing predictability and consistency. IBM Watson is one of the most utilizing healthcare technologies. The system compiles a report from patient when it then provides a confidence grading schema.

In Education:

AI has been used in education, in the form of instruments that aid in the development of skills of the students. Further AI can improve efficiency, personalization and administrative responsibilities, giving human teachers more time and flexibility to focus on understanding and adaptability.

In Science:

*In video games AI is mostly employed to decide the behaviour of the non player characters.

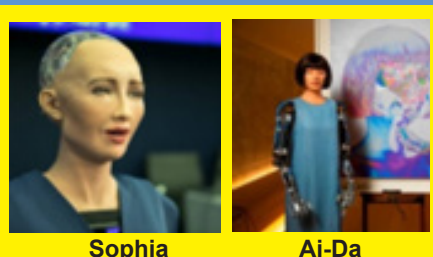
*AI is the most effective method for handling and processing large amounts of data regarding space missions and discoveries.

*The travel sector also employs AI in navigation systems. For example applications like Google Maps use AI to evaluate traffic and construction to provide the routes.

In Economics:

Artificial intelligence technologies are being used by many banks to detect fraudulent activity, to identify abnormalities and to provide customer service.

There are also many artificial intelligence robots like:



Sophia

Ai-Da

M. SANGAMITRA, X-C

Mysterious facts about the ocean

The oceans hold many mysteries within their depths. The beauty and mystery of the ocean fill our lives with wonders beyond our imagination.

We have studied a lot about the universe but explored only 5% of the ocean. The vast size and nature of the ocean makes it difficult to explore it. No wonder we know more about Mars and not the oceans.

A few such oceanic mysteries, both solved and unsolved, that have become popular topics of verbal analysis are as :

1. Milky Sea phenomenon:

Indian Ocean waters have a unique milky low that occurs due to bioluminescent bacterial activity, which renders the water blue, making it appear milky white when viewed from afar.

2. Bioluminescence:

Marine creatures produce bioluminescence as a defensive mechanism. Certain chemicals in the creatures' bodies react with atmospheric oxygen, resulting in the production of the water waves.

3. Convergence of Baltic and North Seas:

Oceanic convergent points have been a hotly debated topic for decades. It is located in the Danish province of Skagen. However, because of the water density differences between the two seas, the waters remain separate.

4. Steaming Black Sea:

The steam rising from the Black Sea, also known as the 'sea smoke', is caused by the humid ocean water combined with the cool wind over the water.

5. Green Flash:

These green flashes usually last for only a few seconds and are caused by the prismatic effect of the Earth's atmosphere. A green flash appears during sunset and sunrise when the sun's light reflects multiple colours.

6. Baltic Sea Anomaly:

The Baltic Sea anomaly was accidentally discovered by a team of diving experts in 2011. At a depth of 90 metres, divers found an object that was 60 m thick.

7. Brinicle:

In the deep layers of the ocean, concentrated salt water seeps out of the ice that forms on top of the ocean.

8. Red Tide:

The occurrence of red tide is technically called 'Algal Blooming' by scientists.

9. Sea Foam:

Sea foam formation is caused by the disturbance of water surface organisms due to the constant action of tides.

10. Underwater Crop Circle:

Once regarded as objects of high intrigue, the underwater glyphs were explained to be a creative demonstration of puffer fish quests to find their companions.

11. The Bermuda Triangle:

The Bermuda Triangle is a region of the North Atlantic. Ocean The mystery of the Bermuda Triangle remains unresolved until now.

Besides the above, there are a lot more mysteries that are not recorded and unknown.

R. NANDITA, VIII-B

STARRY COLOURLESS NIGHTS

Starry colourless nights
When no one can hear your cries
But who knows
Maybe a tinch of love is still alive
I asked "how many loved me?"
The whole world denied

No path was hard to cross
Because my mom was by my side
I thought I was alone everytime
But then I realized
My mom's blessings followed me
Day and night

People like to see, what are my weakness
So they can judge me but no one will believe
However you are that one person who supported me, indeed

Hundreds of angels living in heaven
But she came on earth for me
Her embrace is comforting
And the love in her eyes
Is deeper than the sea

- Anisha Zaib. J. N



RAKSHITHA RAMESH - VII



DHARINI.T - VI



RAKSHANA R - XII



ARADHANA K J - VI



MADDELA SHIVANI - VIII



S.SIVARANJANI - XII



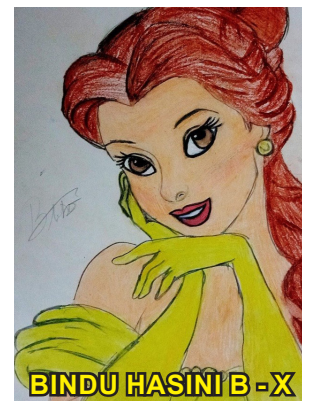
NITHISH - X



SUPARNA - XII



P.J.HEMANTH - VI



BINDU HASINI B - X



SUPARNA - XII

Student's YouTube Corner

Raksha's Aura
166 subscribers

HOME VIDEOS PLAYLISTS CHANNELS ABOUT

Uploads SORT BY:

- Happy Independence Day !! 1:06
80 views · 9 months ago
- Drawing my Favourite YouTuber @annikaseaf 5:35
535 views · 10 months ago
- My handwriting Vs My Lettering 1:14
1.1K views · 10 months ago
- Father's day Calligraphy + Watercolor hack using... 1:14
725 views · 11 months ago
- The Harry Potter in 99 Seconds song! A Review &... 1:56
97 views · 11 months ago

<https://www.youtube.com/c/RakshasAura>



Creative Corner

NOTICE
Dear Teachers and Students,
 Articles and other creative work can be submitted throughout the year. They can be sent to:
shnl22@shrishti.org

Pen a Story

Observe the following image carefully and pen a story in not more than 250 words and give it a title. Mail the story to us at shnl22@shrishti.org



The interesting one will be published in the next issue

OCEAN IDIOMS



BETWEEN THE DEVIL AND THE DEEP BLUE SEA

A difficult situation where there are two equally undesirable options.
 I'm between the devil and the deep blue sea. If I go on holiday during peak season, I may get fired but if I don't go, my wife may leave me.

MAKE WAVES

To shock or upset people by doing things in a different way.
 Try not to make waves your first week on the job.



WHALE OF A TIME

To really enjoy yourself.
 My son didn't want to go to camp but once he got there he had a whale of a time.

OTHER FISH IN THE SEA

There are many other suitable romantic partners.
 When my boyfriend left me everyone told me there were plenty of other fish in the sea and they were right.

Confusing words in English

Affect and Effect

Affect is the impact on something/someone.

'Affect' is anything that influences or changes something/someone.

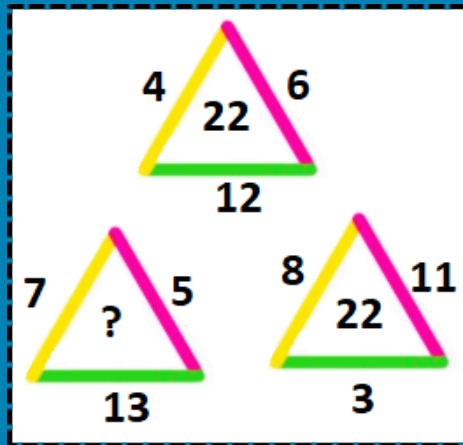
E.g. This time the heavy rains will affect the crop production.

Effect is the result of the change or influence.

'Effect' is used to identify the result of an action.

E.g. The doctor insisted the patient to use his medicines regularly as it would have a positive effect on his health.

Solve the puzzle



Solution:
 From the given, it can be observed that the addition of numbers exists.
 In the top triangle, $4 + 6 + 12 = 22$
 In the second row, the second triangle has a sum of three numbers: $8 + 3 + 11 = 22$
 Thus, the missing number in the puzzle is:
 $7 + 5 + 13 = 25$

DO YOU KNOW?

Unusual Natural Phenomena Around The World:

Pink Lake Hillier (Australia)

Blue lakes are too mainstreams? Lake Hillier is an oddity in Australia, because the water is, to be more accurate, bubblegum-pink. This striking lake is 600 meters in length and 250 meters in width. This natural phenomena was discovered in 1802. The reason for its unique colour is still unknown. However, most suspect it is the presence of unique microalgae (*Dunaliella Salina*) which produces carotenoids, a pigment in carrots too.



Most visitors catch this visual from helicopters or planes. The best thing about the lake is that you can swim in it. The water is quite saline so make sure you don't drink it accidentally.



WHITE:

For Engineers, Supervisors, Managers and Foreman.



RED:
for Fire Fighters.



BLUE:
for Electricians, Carpenters and other Technical Operators.



YELLOW:
for Labourers and Earth Moving Operators.



BROWN:
for Welders and Workers with High Heat Application.



GREEN:
for Safety Officers,



GREY:
for Site Visitors.

Archaeological findings from Mayiladumparai

The excavation site in Tamil Nadu



The habitation-cum-burial site in Mayiladumparai was first excavated in the year 2003 by K Rajan of Thanjavur-based Tamil University. Based on his promising results, the excavation was resumed in 2021 by the state Department of Archaeology, according to its report on the Mayiladumparai findings.

Two samples were sent from the site for radiocarbon dating by Accelerator Mass Spectrometry (C14-Carbon dating) method, to Beta Analytic Testing Laboratory in Florida, USA. The AMS dates for these objects date to 2172 BCE and 1615 BCE.

Before Mayiladumparai, the earliest evidence of the use of iron in Tamil Nadu was found at Mangadu near Mettur in the Salem region, dated to 1510 BCE.

With the iron artefacts found at Mayiladumparai dating to 2172 BCE, the new finding pushes the start of the Iron Age in Tamil Nadu to more than six centuries, earlier than what was understood so far. It also reveals that the Iron Age in the southern India began around 4,200 years ago. The excavation done in Mayiladumparai proves that we are connected with the other civilizations of Iron Age.

According to the report given by Tamil Nadu archaeological department, these dates were obtained from the depth of 104 centimetres and 130 centimetres. These two dates have also provided a new understanding of the nature of cultural deposits.

It also states that the Tamil civilization had mastered the art of making iron supplies, which helped them to cultivate the larger areas and grow economically, compared to that of stone tools.

Many iron tools like swords, axes, legged jars, spearheads, red ware pots etc., were found here. It's not a mere pit but a treasure trove. The excavation has yielded a full-length (60cm) iron sword with a handle broken at places in a Megalith (burial site).

Further excavations in this site will pave ways to know more about extraordinary evolutionary changes in the culture of the civilization.



Ms. ARUNASANKARI
DEPT. OF SOCIAL SCIENCE

How to handle & deal with Criticism



Criticism is something that we all face occasionally at work and sometimes, the criticism is fair and sometimes not. If criticism is unfair and unwarranted you might be wondering about the best way to handle it in order to avoid personal stress as well as to avoid making the situation worse.

Below are few tips that I would like to share.

Accepting fair criticism:

If you recognize that the criticism you face or receive is fair and true, then you might want to simply accept and take responsibility of it.

Disagreeing:

If you do not think that the criticism is fair, you can simply disagree with it.

In this case, the key is to maintain a confident and calm body language with a controlled soft tone of voice. It is important to respond to the content not the tone.

Enquiry:

This technique involves asking questions to find out more about the criticism received in order to assess whether it is valid and what points you might need to address in particular.

If someone says to you- "The project you did was amazing"

You can reply by saying & asking, 'Thank you, I'm glad you liked it. What did you like the most about it Sir/Ma'am?'

Or

If someone says to you- "The project was dreadful"

You can reply by asking 'what exactly did you find dreadful about it Sir/Ma'am?'

This technique has a positive equivalent, for receiving compliments assertively.



Ms. COATHAI K
DEPT. OF MATHEMATICS

Congratulations!!



Congratulations to our Head of schools Mr. M. S. Saravanan on receiving the coveted "Dhurva State Award-2022" in recognition of his exemplary work in the field of Education. May your achievements grow with each coming year!

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:

Mr. Agni Bharathi,
Head-Department of English

Co-Editors:

Ms. Mercy Priscilla, Dept. of English
Ms. Flora Regina, Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dossan, Dept. of Physics
Ms. Jeevitha Arivazhagan, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. Kabilan

“Happiness depends only on your mind. When the mind is free of past impressions and future cravings, happiness is there.”

- Gurudev Sri Sri Ravi Shankar



Investiture Ceremony 2022



In this Issue

Investiture Ceremony	01
Hakunamatata Day	02
Unit Test Toppers	03
XII Board Results	04
X Board Results	05
Students Creative Corner	06
Parents' Gratitude Note	08



“Leaders are not born but are made by their experience in life”

The Investiture Ceremony for the academic year 2022-23 was held on 14th of July 2022.

The school choir sang a melodious and an inspiring song which perfectly suited the event, followed by the welcome address by Ms. Geetha, Headmistress and the introduction of the Chief Guest was done by Ms. Usha Paulson, Co-Scholastic Coordinator.

The ceremony began with the lighting of the lamp by the dignitaries which signifies the removal of darkness to a path of wisdom and divinity.

The announcement of student council was commenced by Vice Principal of CBSE, Ms. Hephzibah Paul and the presentation of sashes to the prefectorial board was given by Mr. Mahadevan Venkatesh Trustee, Makhija Foundation.

The Badges for the leaders was given by the Honorable Chief Guest Dr. Guruprakash Paswan, Professor, Post Graduate Department of Law, Patna University, followed by our beloved Head of Schools Mr. M.S. Saravanan presented the scroll to the school council.

The Head boy Sanjeev Subramanian announced the House Captains & Vice Captains, the announcement of prefects was done by the house captains. Our school principal Mr. M.S. Saravanan

imbibed the spirit of ‘Soaring High’ while administering the oath to the prefectorial board.

The choir sang the school song followed by the keynote address of the chief guest Dr. Guru Prakash Paswan, who appreciated and congratulated the newly appointed school prefectorial board for their preparedness to take responsibilities. His words of advice were highly motivating to the students.

The program concluded with the senior school head girl Rheva.S proposing the vote of thanks.

The ceremony came to an end with the National Anthem.

20.07.2022
Hakuna Matata Day
WEDNESDAY

‘Hakuna Matata’, a Swahili phrase means ‘no troubles’ or ‘no worries’ and ‘take it easy’. Shrishti Vidyashram is the pioneer in introducing this activity in Vellore district.

Keeping in mind the impact of COVID-19 on the mental health and well-being of the students and its effect on the students’ learning, at Shrishti we engage our students with fun filled activities on all Wednesdays. It will be a **‘No Book Day’**.

It is a means to reduce the stress of the students and an effort to encourage the students to participate actively in the learning activities.



Congratulations Toppers (Unit Test - July)

Grade: 1		
1. Sharmistha P N	I - B	99.4%
2. Reya P	I - B	96.3%
3. Sanjeev Kanna	I - C	94.7%

Grade: 2		
1. Thoshith S	II - C	94%
2. Swastik Satapathy	II - C	98.8%
3. Ishana Manish	II - C	97.5%
4. Ganta Bhiveesh Reddy	II - D	97.5%

Grade: 3		
1. Thanumathya Sri	III - A	99%
2. Sivasuthan K	III - A	96.3%
3. Sudhikshaa Sai V	III - D	94.3%

Grade: 4		
1. Pranav Sakthi V	IV - A	96%
2. Keerthanyaa	IV - C	94%
3. Madhan Karthik K K	IV - A	93.5%
4. Harish K	IV - D	93.5%

Grade: 5		
1. Vinayak Mishra	V - D	99.5%
2. Harshini N	V - C	98.3%
3. Deepshika S	V - A	98%

Grade: 6		
1. Thanishaa Devi S A	VI - A	92.5%
2. Shravanthi S	VI - B	91.5%
3. Navaneeth Aarav	VI - A	91%

Grade: 7		
1. Vishnu Priya K	VII - B	92%
2. Divyadarsini S	VII - A	91.8%
3. Rakshitha Ramesh	VII - D	91.8%
4. Yeshwanth Chowdary	VII - C	91.3%

Grade: 8		
1. Vignesh Gautam	VIII - C	98.5%
2. Oviya N	VIII - C	97.7%
3. Rushil S	VIII - C	97.5%
4. Varsha Sri M	VIII - D	97.5%

Grade: 9		
1. Taanushiya R	IX - A	96.8%
2. Pratheebha S	IX - B	96.1%
3. Saatwik Sravan P	IX - C	94.3%

Grade: 10		
1. Hiranmayi V	X - A	99.6%
2. Vaishnavi E	X - C	98.9%
3. Priyanka S L	X - A	98.6%
4. Jeyavandhana S B	X - A	98.2%

Grade: 11		
1. Pradhissvar S R	XI - B2	95.5%
2. Tarun Srivatsan H	XI - B2	95%
3. Sahana M	XI - B2	95%
4. Yogitha L	XI - A4	94%
5. Harshitha G	XI - B3	94%

Grade: 12		
1. Vigit G.S	XII - B1	94.8%
2. Adhvaith R Moorthy	XII - B2	93%
3. Srinidhi K. G	XII - B2	92.2%

Hearty Congratulations to 12th Board Toppers



XII Board Results 2021 - 2022

Congratulations for the Meritorious Performance

SCIENCE STREAM

496/500


District 1st

Place



REA ANN MATHEW

SUBJECT	No. of Students Scoring Above 90 MARKS	Highest Marks
English	72	100
Mathematics	18	100
Physics	20	98
Chemistry	36	99
Biology	19	99
Computer Science	10	97
Informatics Practices	07	100
Economics	04	99
Business Studies	13	100
Accountancy	08	98
Entrepreneurship	07	99



V B ASHWIN RANGA

493/500

District 2nd

Place

OTHER HIGHLIGHTS

Marks Scored	No. of students
450 & Above	27
Between 400 & 449	49
Between 350 & 399	88
Below 300	140

483/500

School 3rd

Place



L S YUVANESH

 GOWTHAM S 480/500	 SHANTHANU G 474/500	 TEJESHWAR D 474/500	 HARISSH M 474/500	 SANJANA N R 473/500	 KARISHMA K 472/500	 HARISH V 470/500	 JAYASHREE T A 470/500
 CHAYLNA M 467/500	 NITHYA LAKSHMI RAVI 467/500	 ARAVIND B 464/500	 G PRANAV 463/500	 G MANOJ 462/500	 HARISHA M 462/500	 POOJA 461/500	 P M PAAMAGAL 460/500

X Board Results 2021 - 2022

Congratulations for the Meritorious Performance

496/500
District 1st

Place



DIVYA P

494/500
District 2nd

Place



NITHYASRI RENUGA



P VITHYASAGAR

491/500
School 3rd

Place

13

Centums

English - 04
Tamil - 02
French - 01
Mathematics - 02
Science - 02
Social Science - 02

SUBJECT	Above 90 MARKS	Highest Marks
English	67	100
Tamil	43	100
Hindi	09	97
French	02	100
Telugu	02	94
Mathematics	38	100
Science	43	100
Social Science	55	100

OTHER HIGHLIGHTS

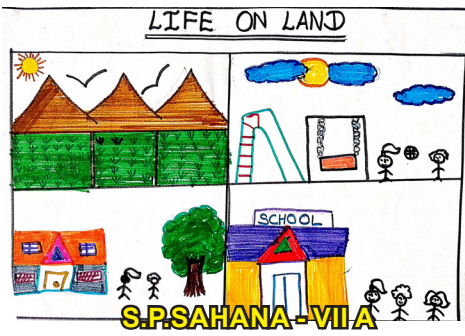
Marks Scored	No. of students
450 & Above	43
Between 400 & 449	34
Between 350 & 399	23
Below 300	25

489/500	484/500	483/500	483/500	483/500	483/500	482/500	480/500	480/500	480/500

480/500	479/500	479/500	479/500	479/500	478/500	476/500	473/500	472/500



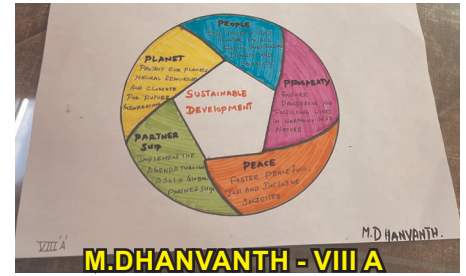
Students Creative Corner



S.P.SAHANA - VII A



M.S.JAYASHINI RAKSHA - IV B



M.DHANVANTH - VIII A



KAVISHREE - S - VIA



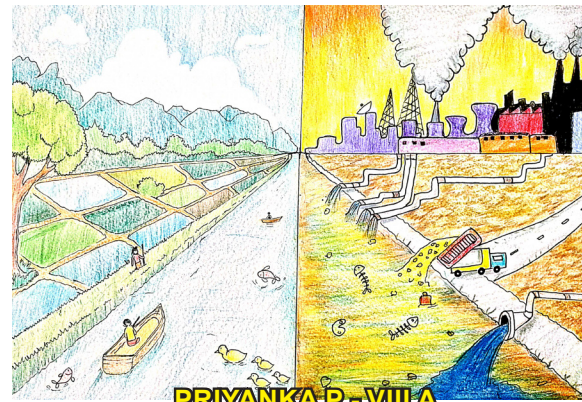
S.B.HIRAL - VI C



HARSHITH RAKSHINI - VI A



S.SRINIDHI - VI D



PRIYANKA P - VIII A



DHARINI.T - V A



SARVESH ADITHYA - 6 D



S.P.Sahana VII - 'A'

S.P.SAHANA - VII A



ANUSHRI J - VII A

Thank you, Shrishti !



“It would be difficult to sum up my 6 years at Shrishti in just few lines. I remember when I was entering my first day in Shrishti, I was extremely excited but at the same time extremely nervous. Reflecting back on the whole experience now, I would encourage incoming students to realize that in life, you’ll face both ups and downs throughout your school experience. The important thing to remember is to always try your best and not let the instances where you may have fallen to hold your back from continuing to work hard and reach your full potential. Shrishti is a massively rich green campus with both great people and amazing opportunities. I encourage you to think of Shrishti as a new beginning. It is a time to rewrite or enhance your “life story.” Challenge yourself to take on something new and out of your comfort zone. Dive into your studies and soak up every moment of learning with the knowledge that your education will serve you for many decades to come. Reach out to new friends who will enrich your life in ways that you can’t even imagine. School isn’t easy, and it’s not supposed to be. You will struggle and you will feel like giving up at some point. During these times talk to a friend, a classmate or even approach the school counsellor and they will help you for sure.

Some of my favourite memories in Shrishti involve the Utsav, founder’s day/children’s day celebration, raffle draw (technically in which I have never won but still missing the prize by a number or two and with friends surrounding us mocking was something remarkable), excursions and lot more. Each and every day at Shrishti was inexplicable. My growth started from my school life and it would not be possible without such enthusiastic faculties, who are masters of their field. I think I was the student with so many questions in every lecture but my faculties were so supportive that they were ready to solve my queries even if I ask them for the 10th time. I have so many memories with every faculty and those days I count as best days of my life. Here I am taking a load full of wonderful memories back with me and with a heavy heart I thank Shrishti for everything that it has done for me without which I wouldn’t be the person of who I am now. Once again thank you SHRISHTI!!!

- Yuvanesh L S XII A1 21-22

Trip to Andaman

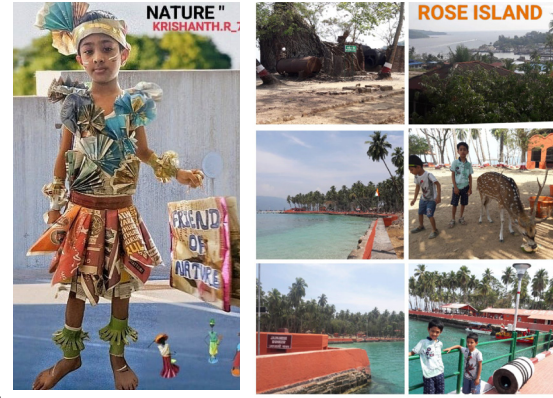


Summer vacation is the best time of the year as it gives us a chance to relax and explore new things. We planned to go on a trip to Andaman. I was very excited for the journey. We started off on a pleasant day along with our family and cousins. We were enthralled by the beauty of the island. We visited many places like Havelock Island, Ross Island, Radhanagar beach, Elephant beach, Cellular Jail and Samudrika Marina Museum.

The Cellular Jail, also known as Kālā Pānī (lit. ‘Black Water’), was a colonial prison in the Andaman and Nicobar Islands, India. The prison was used by the British government for the purpose of exiling political prisoners to the remote archipelago. Today, the complex serves as a national memorial monument. Ross Island, officially known as Netaji Subhas Chandra Bose Island, is an island of the Andaman Islands. It belongs to the South Andaman administrative district, Andaman and Nicobar Islands.

Radhanagar Beach is known as one of the most beautiful beaches in Asia. It attracts huge tourism due to its awe striking beauty and is also titled as the 7th most beautiful beach in the world. Radhanagar beach is a treat to watch during sunrise and sunset. One can sit on the shore for hours together admiring the beauty of the sky and the sea submerging together at some point. The sea food available at the food stalls on Radhanagar beach is simply lip smacking and to make the scene even better we can even order some lovely coconut drinks with food.

- Krishanth VII A



அழகின் அடையாளம்


துளிர்விடும் சிறு கொடி
 பனிவிழும் முன்னிரவு
 இதம் தரும் தூரல் மழை
 கண் குளிரும் பூவின் இதழ்
 இவை யாவுமன்றோ அழகின்
 அடையாளம்

பால் மணம் கமழும் முழுநிலா
 பொன் வண்ண சூரிய அஸ்தமனம்
 அக நிறைவு தரும் நட்சத்திரங்கள்
 மனம் மயக்கும் மலைக்காட்சி
 இவை யாவுமன்றோ அழகின்
 அடையாளம்

ஒத்திசைக்கும் அருவி வீழ்ச்சி
 ஓய்வறியா கடலலைகள்
 எத்திசையும் ஆடும் மரங்களின்
 இன்னிசைக் கச்சேரி
 ஏற்றம் பெற்ற நீர்த்துளிகள்
 கார்முசிலாய் காட்சி தரும்
 இவை யாவுமன்றோ அழகின்
 அடையாளம்

- S. Abishek IX B

Student's YouTube Corner




Craft ideaz
201 subscribers


SUBSCRIBE

HOME
VIDEOS
PLAYLISTS
CHANNELS
ABOUT


Uploads ▶ PLAY ALL




Thank you for your love and support in 2 years!!! - Craf...
0:52
18 views · 1 month ago




DIY Welcome Board || Simple and Easy DIY || Craft Ideaz ||
3:37
185 views · 2 months ago



DIY Home Decor || Simple and Easy DIY || Craft Ideaz ||
2:39
107 views · 3 months ago



DIY Diwali Wall Hanging
6:02
207 views · 9 months ago



DIY Flower home decor || Simple and Easy DIY || Craft...
2:25
155 views · 1 year ago

Parents' Gratitude Note



Our family has been associated with Shrishti School for over five years now. My son was admitted to Shrishti School in grade 6. In the secure environment that the school provided, he transitioned from a shy and introverted boy to a confident and happy young adult.

We are extremely happy with all that Shrishti offered to my child. We are pleased with the ethos of the school, which aspires to identify each child's capabilities and provides an environment that enables all children to achieve their potential. The school is proactive in ensuring the overall development of the child and the quality of teaching is excellent!

Shrishti is truly child centric in every meaning of the word. It's a place where my child attained holistic development. His self confidence increased tremendously and all in all, we can truly say that Shrishti brought out the best in him so far.

The management and staff are very approachable and open to suggestions. Their focus on the child's well-being rather than only on academic performance is refreshing. The warm and loving bonds that are forged between teachers and students are heart-warming.

As parents, we were treated more like family. We pray the school continues to grow and strengthen their core vision that makes them stand apart from other schools.

Thank You.

Mr. Logasundaram P
Properiter
Mrs. Arunasankari Logasundaram
Parents of Yuvanesh
XII Topper 2021-22

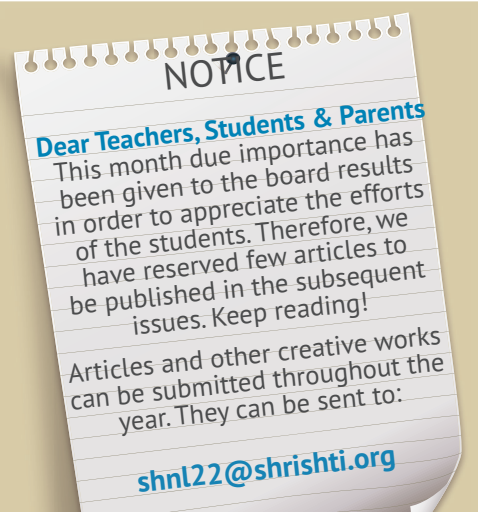
Thank you, Shrishti...

Our journey with Shrishti started in 2012, when our children, Sheryl and Rea, joined the school in 4th and 3rd standard. From then on, Shrishti became an integral part of our lives, and we have had a long and happy association with the school. As with most other families with school-age children, we started planning our lives around the school activities, exams and holidays, and the Academic year planner that we got at the beginning of every academic year became a document that was frequently referred to, in our home. Over the years, we bonded with the school, the teachers, our children's friends and their families; and we have had the pleasure and the privilege of watching our children grow up in the safe and happy environment that Shrishti provided.

We have always believed that education should be a holistic experience; and that is exactly what Shrishti has given our children. Over and above the sound academic base that our children gained here, they were able to discover their talents, interests and true potential here, and for that, we are extremely grateful to the school, and all the teachers who have taught them.

We would like to sincerely thank Shrishti for making our children your children, for believing in them, for supporting and encouraging them every step of the way. God bless.

Dr. Ajoy Mathew Varghese &
Dr. Sheeja Susan John
Christian Medical College, Vellore
Parents of Rea Ann Mathew
XII Topper 2021-22



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:

Mr. Agni Bharathi,
Head-Department of English

Co-Editors:

Ms. Mercy Priscilla, Dept. of English
Ms. Flora Regina, Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dosson, Dept. of Physics
Ms. Jeevitha Arivazhagan, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. Kabilan

“There are two types of freedom – One is political freedom; the other freedom is to overcome our mental and emotional slavery. This can happen only through education and culture.”
-Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 06

THE NEWSLETTER

August 2022

In this Issue

Tiranga Student Rally	01
Annual Athletic Meet	02
Krishna Janmastami Celebration	04
Students Achievements	04
Book Review Competition	05
Parents' Feedback	05
Creative Corner	07

TIRANGA STUDENT RALLY



In commemoration of the 75th Independence Day of the country, Shrishti group of schools, Vellore has organised an array of events from 12 August to 17 August 2022. This week-long event culminated with an impressive ‘Tiranga Student Rally’, flagged off by Mr. K. Ramamoorthy, District Revenue Officer, Vellore.

In line with the Govt. of India’s Har Ghar Tiranga program under Azadi ka Amrit Mahotsav, the school had earlier organized poster making competition, quiz competition and essay writing competition etc. and various other cultural events during the independence week, to promote patriotic feelings.

On 17 August at 10.00 am, around 1000 students and 150 teachers, propelled the rally from Green circle, Vellore. It was a monumental rally to witness around 375 students who have disguised themselves as national leaders holding the national flag with diligence and marching with pride.

The teachers of Shrishti schools with the fervent support of the parents have beautifully made the students appear to be the Indian National leaders/

freedom fighters. The placards held by the students were on different themes such as Women Empowerment, Environment and Sustainability etc. The stories of grit and determination of everyday women who went on to achieve extraordinary feats, especially in the service of the nation and community were also portrayed in the rally through dance and music forms.

The idea behind this initiative is to invoke the feeling of patriotism in the hearts of the students and promote awareness about our national flag. This successful rally, which was lauded by the public and the parents, ended at Odapillayar Kovil, Vellore, with the closing speech of Mr. M. S. Saravanan, Head of Shrishti group of Schools. Trustee Mr. Mahadevan Venkatesh and Finance controller Mr. Sankaranayanan greatly appreciated the organising team for their relentless efforts in making this mega event a grand success.

Mrs. Thingal Johnson, Principal- Shrishti Matric, Mrs. Hephzibah Paul, Sr. Vice Principal-Shrishti Vidyashram, Mrs. Geetha Srinivasan, Headmistress- Shrishti Vidyashram, Mrs. Joyce Usha Paulson, Co-Scholastic Coordinator and Mrs. Joyce Jeyakumari, Vice Principal- Shrishti Matric were also present in the occasion.

Annual Athletic Meet



Shrishti Vidyashram Sr. Sec. School, Vellore celebrated its 19th Annual Athletic Meet on Saturday, 13 August 2022.

Arjuna Awardee (2017), Mr. Amalraj Anthony Arputharaj was the Chief Guest and declared the athletic meet open. Mr. Kumaravel Pandiyan IAS, District Collector, Vellore was also present during the occasion. Mr. Mahadevan Venkatesh, Trustee- Makhija Foundation, Head of Shrishti Schools Mr. M. S Saravanan, Mrs. Thingal Johnson, Principal-Shrishti Matric, Mrs. Geetha Srinivasan, Headmistress, Shrishti Vidyashram, Mrs. Joyce Usha Paulson, Co-Scholastic Coordinator decorated the dais.

The event began with the prayer song by the school choir followed by the welcome address delivered by Mrs. Hephzibah Paul, Sr. Vice Principal-Shrishti Vidyashram.

After the flag hoisting a spectacular march-past was displayed by the contingents of four houses led by the school council. It was glorious to witness the sports achievers of the school walking with pride holding their medals and trophies.

The event proceeded further with the lighting of the torch ceremony orchestrated by the sports achievers. The torch was finally handed over to Mr. Kamesh, Physical Education Director.

Thereafter, the students from kindergarten to X Grade presented different cultural programmes leaving everyone spellbound. It was an enjoyable day for parents to see the performances of their wards in colourful dresses.

Speaking on the occasion, the chief guest Mr. Amalraj Anthony Arputharaj, emphasised on the importance of sports for the mental well-being of the students. Thereafter, he gave away the prizes for the winners of various events.

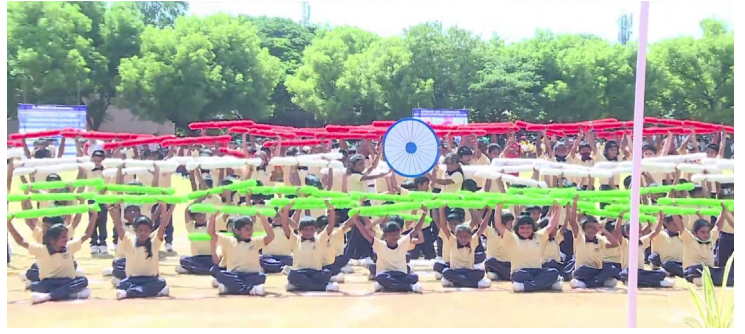
This magnificent sports extravaganza culminated with the vote of thanks proposed by the Sports Captain, Colin Jeffery- XII followed by the National Anthem.



“It is in fact a part of the function of education to help us escape, not from our own time — for we are bound by that — but from the intellectual and emotional limitations of our time.”

– T.S. Eliot

19th Annual Athletic Meet





Dental Programme



On 27th July 2022, dental programme was organized for the students of grade VII in connection with the topic 'Dhantho ki safayi.' It was an effort to provide a clear picture about dental hygiene. Dr. Thangamani, dental surgeon at Thangam Dental Clinic, Vellore, was invited as the chief guest. Mrs. Savitha welcomed the chief guest and the felicitation was done by Mrs. Farida. It was followed by an enlightening speech by Dr.Thangami about dental hygiene. She touched upon the aspects such as the importance of brushing the teeth twice daily, following healthy food habits, staying away from junk foods which are the enemies to dental health etc. She also elaborated on the ways to combat dental problems like root canal treatment, cavity filling and cosmetic dental procedures.



Krishna Janmastami Celebration



Krishna Janmashtami is celebrated to mark the birth of Lord Krishna. He is believed to be the eighth incarnation of Lord Vishnu and is revered across India. This year, Krishna Janmashtami was observed on August 18 and 19. He is worshipped as the eighth avatar of Vishnu and also as the Supreme god in his own right. He is the god of protection, compassion, tenderness, and love; and is one of the most popular and widely revered among Indian divinities. Krishna Janmashtami was celebrated with great pomp and festivity by the tiny-tots of primary section. Dressed as Radha and Krishna, the cute little ones added a traditional touch to the entire celebrations when they danced to the beat of Janmashtami songs, filling the air with joy and festive spirit.

Congratulations to the whole team on winning the **Rolling Trophy in the Inter School Quiz Competition** held in Ida Scudder School.



A proud moment for Shrishtians!

Congratulations!

Narumugai.K.M - XI A1 on winning a historic TRIO MEDAL



in ISTF -WORLD TOUR INTERNATIONAL SOFT TENNIS CHAMPIONSHIP 2022, THAILAND.

State level Athletic Meet



Shrishtians secured **FIRST PLACE IN THE STATE LEVEL ATHLETIC MEET**, hosted by Udhayam School.



Book Review Competition



As a part of the Inter House Activities, a Book Review Competition was held on 23rd August 2022 at 2.20pm. The following books were reviewed by the students.

1. A Tale of ancient Love by Bhanumathi Narasimhan- Sangamitra, XD
2. Kidnapped by Robert Louis Stevenson – R. Taanushiya, IXA
3. Oliver Twist by Charles Dickens- M.Salomi ,IXC
4. Sherlock Homes by Arthur Conan Doyle – Santhosh, XD
5. Servants of India by R.K.Lakshman – Hiranmayi, XA
6. Room On the Roof by Ruskin Bond – Hanielle, IXC
7. Gulliver Travels by Jonathan Swift – P. Saatwik Sravan, IXC
8. The Story of My Life by Helen Keller – Vibha Nethra, XD

Eminent Professors such as Dr. Mary Gabriel from Auxilium college, Vellore and Dr. Prajeesh Tomy from VIT were invited. They observed, analyzed and examined the students' review of books critically and appreciated all the participants for their wonderful presentation. Students keenly answered to the questions thrown by the Judges and audience. The Judges were awe struck to the response of participants and gave their views on the points exhibited by the participants. P. Saatwik Sravan of grade IX A from Krishna House secured first place and Salomi of IXC from Kaveri house secured second place from grade IX. Vibha Nethra of XD from Krishna house secured first place and Hiranmayi of XA from Ganga house secured second place from grade X. All the winners were awarded and audience who shot the best questions were also rewarded.



On 23rd August **Painting Competition** at the district level with the topic 'Nuclear weapon for the welfare of the society' was conducted at the District Science Centre, Vellore.

Aaradhana from VI A Won the Second prize, Harshitha Rakshini of VII A Won the First Prize and Sadvi Ramesh of V D Secured the Third Place.

Parents' Feedback

I am the mother of Nithya Sri Renuga who is currently studying in 11th std. The overall board exam result of SHRISHTI for the academic year 2021-2022 has been mind blowing. My daughter has scored 494 out of 500 in the 10th std. board exam. The main reason for such good results are definitely the SHRISHTI teachers who have guided the students in the best way possible. They have supported and helped the students to give their best. I am glad that my daughter is the student of the best school in vellore.

–Mrs. R.Vasanthi

Parent of Nithya Sri Renuga - XI

Hello everyone!

I am Mrs. Parkavi Porpatham M/o P.Divya, who has appeared for 10th board exam the previous year. She has scored 496/500 and secured district first in vellore.

We are really proud and happy about the result. I would thank the school management who has constantly supported and guided her throughout the year. I thank all the teachers who made her to achieve this. The school has continuously conducted exams which made her overcome the fear of writing the board exam.

The teachers motivated and encouraged her when she did not perform well in the exams

Once again, I would like to thank the teachers co-ordinators and our principal who made her succeed in 10th board exam

Thank you
P.Parkavi

Parent of P. Divya - X

CALENDAR



The very first formal calendar dates back to the Bronze Age.

Since scribbling and documenting started during the ancient era, many forms of calendars were developed. The Sumerian calendar was the earliest, followed by the Egyptian, Assyrian and Elamite calendars. In the ancient Sumerian calendars a year was divided into 12 lunar months of 29 or 30 days, where each month began with the sighting of a new moon. Another popular, historical calendar was the Julian calendar, which was reformed by Julius Caesar in 46 BC.

A major calendar reform was led by Khayyam in Persia during the 11th century when measuring the length of the year was prudently fashioned to 365.24219858156 days. Later, the first calendars based on Zoroastrian cosmology appeared between 650 to 330 BC. The Gregorian calendar is the most widely used international calendar.

It is a more clarified version of the Julian calendar.

–S. YOGA VARSHA - X C

Brevity is the soul of wit.

Brevity means concise.

Measure your tongue.

For a very big story, it is the moral or theme recapped in a few lines only merits.

Brevity is a great charm of eloquence.

Thirukkural tells everything in a nutshell as couplets and that is why it is cherished by people all over the world.

The fewer the words the better the prayer.

Albert Einstein once told If you can't explain it simply, you don't understand it well enough.

Brevity is the sister of talent.

The secret of a poem lies in its brevity.

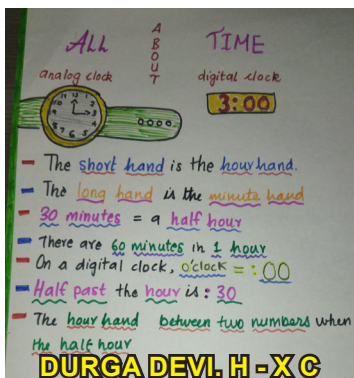
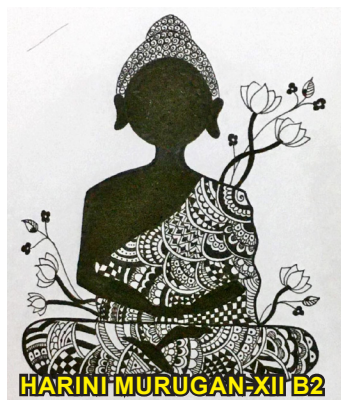
One word of caution: The brevity of speech should not deny its grace, otherwise it will become rough.

Let us learn the art of brevity.

–R.NANDITA, VIII B.



Artboard of the Month





“You can’t use up creativity. The more you use, the more you have.”- Maya Angelou

Creative Corner

NOTICE

Dear Teachers and Students,

Articles and other creative work can be submitted throughout the year. They can be sent to:

shnl22@shrishti.org

WINTER Idioms

IDIOMS RELATED TO THE COLD, SNOWY MONTHS OF WINTER

LEAVE SOMEONE OUT IN THE COLD
 To deliberately exclude someone from a group or activity.
After I got a promotion, my colleagues left me out in the cold at lunch time.

TO BE SNOWED UNDER
 With too much work or other things to deal with.
It's tax season so I'm snowed under and won't be leaving the office before 10 or 11 o'clock each evening.

A COLD SNAP
 Very cold weather for a short period of time.
During the cold snap, the government opened some extra facilities for homeless people to take shelter.



TO FREEZE UP
 To suddenly not be able to speak or act normally because you are nervous.
Even when I know the answer, I always freeze up when the teacher asks me a question.

Pen a Story

Observe the following image carefully and pen a story in not more than 250 words and give it a title. Mail the story to us at shnl22@shrishti.org



The interesting one will be published in the next issue

Confusing words in English Compliment / Complement

These two words are pronounced the same, but they are spelled differently and have different meanings.

Compliment can be both a noun and a verb. **A compliment is a positive comment** about someone or something, for example:

- “You have beautiful eyes!”

And the verb compliment (or the expression “pay someone a compliment”) means to make a positive comment:

- *He complimented me on my web designing skills.*
- The adjective complimentary means “free”:
- *You get a complimentary cookie when you order coffee at that café.*

Complement can also be a noun or a verb. If two things complement each other, it means they go well together; they make each other appear better.

- *That necklace is the perfect complement to your outfit.*

The adjective complementary means that two things are different, but go together well – you could say, “My business partner and I have complementary skills.”

Solve the puzzle



Which pins must be knocked over to score exactly 100 points?
(Hint: There are three!)

Answer: 13, 39, and 48.

DO YOU KNOW ?

What is ‘zombie ice’, how it threatens to raise global sea levels by over 10 inches?

The melting of the Greenland ice sheet will unavoidably raise the global sea levels by at least 10.6 inches or 27 centimetres, no matter what climate action the world decides to take right now. This is because of ‘zombie ice’, which is certain to melt away from the ice cap and blend into the ocean.



What is ‘zombie ice’?

Also referred to as dead or doomed ice, zombie ice is one that is not accumulating fresh snow even while continuing to be part of the parent ice sheet. Such ice is “committed” to melting away and increasing sea levels.

What has led to this?

This is on account of warming that has already happened. The research points to an equilibrium state where snowfall from the higher reaches of the Greenland ice cap flows down to recharge edges of the glaciers, and thicken them. It says that over the last several decades there has been more melting and less replenishment.

What happens next, and by when?

By calculating minimum committed ice loss based on the ratio of recharge to loss, the scientists have projected that 3.3% of Greenland’s total ice volume will melt, and this will happen even if the global temperature is stabilized at the current level. But given that global warming is predicted to get worse, the melting and the corresponding rise in sea level could be much worse. The study says it could reach as much as 30 inches (78 centimetres) if Greenland’s record melt year (2012) becomes a routine phenomenon.

What does a 10-inch rise in sea-level mean?

According to the UN Atlas of the Oceans, 8 of the world’s 10 largest cities are near a coast. Rising sea levels will make flooding, high tides and storms more frequent and worse as their impact will reach more inland. This, in turn, means a threat to local economies and infrastructure. Also, low lying coastal areas will take a harder hit. The World Economic Forum’s 2019 Global Risks Report noted that “already an estimated 800 million people in more than 570 coastal cities are vulnerable to a sea-level rise of 0.5 metres by 2050”.

Source: <https://www.msn.com/en-in/news/other/what-is-e2-80-98zombie-ice-e2-80-99-how-it-threatens-to-raise-global-sea-levels-by-over-10-inches/ar-AA11hfrh>

Creator

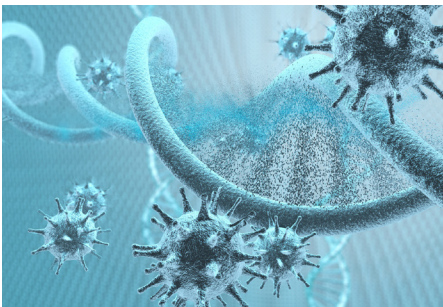


I Struggled for the last few months
To look at the people who created me
To look at the LADY,
that I wondered for 9 months
that WOMAN , who accepted to carry me,
leaving behind her pain,
Not knowing whether I'm bright or dull,
weak or healthy
seeking with the only motive to see me
cry for once and live smiling for the
rest of my life



- Ms. Shaik Saira
Department of Hindi

Cancer- Good cells gone rogue



Life is all about balance. When things are in balance, everything stays in order. But when the balance is lost, various problems arise. For instance, when we have a balanced diet and keep our sugar levels in balance, everything stays normal. But, when we consume junk food and sugary drink, the balance is lost, blood sugar levels are not in control and various health issues arise. Similarly, cells in human body are kept in balance by nature. The cell division and dead cells are kept in balance. However, once the balance is lost, it leads to a serious disease called "Cancer". In cancer, cells divide in uncontrolled manner, destroy

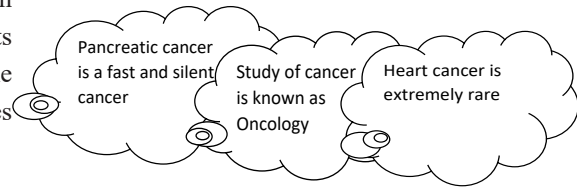
the normal tissues of the body and hence cause severe complications.

According to World health organisation, cancer is the leading cause of death across the globe and India ranks third among the nations. Cancer can affect people of any age starting from new born to elderly people. Major causes of cancer are exposure to radiations, chewing tobacco, smoking cigarettes, alcohol consumption, exposure to certain viruses, sedentary lifestyle, rise in obesity and occupational hazards. When we get exposed to radiation, minor changes in the genetic material of a cell can happen. The change in genetic material can alter the pattern in which the cell divides and converts a normal cell into cancerous cell. The cancerous cell is rogue and proliferates uncontrollably.

Cancer can be categorized into two types based on the extent of spread of the cancerous cells- Benign cancer and malignant cancer. Benign cancers are slow growing and is localised in a particular part of the body while the malignant cancer spreads throughout the body and are fast growing. Cancerous cells can grow in any part of the body based on the location of cancer and there are more than hundred types of the cancer.

Treatment of cancer can be extremely painful and expensive. Treatment can involve either radiotherapy or chemotherapy. Radiotherapy involves application of radiation at safe levels to kill the cancerous cells localised in a particular part of the body. Radiotherapy is mostly useful for treating benign cancers. Chemotherapy on the other hand involves application of chemical substances which can be toxic to the cancerous cells. Depending upon the type of cancer and intensity of cancer, the physicians will decide on what therapy has to be given. Chemotherapy in combination with radiotherapy is generally given for malignant cancer.

World Cancer day is celebrated on February 4th each year to raise awareness about cancer among general population. For the year 2022, the theme was "Close the care gap". People from poor socio-economic status do not have the access in getting complete health care when they suffer from cancer. Apart from this, discrimination based on ethnicity, race, gender, disability negatively affect the care that has to be provided for cancer. Hence, this year the physicians throughout have decided to overcome the barriers and close the care gap and give better access to cancer treatment to all the patients who are affected with cancer.



- Ms. Savitha Varadharajan
Department of Science

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:

Mr. Agni Bharathi,
Head-Department of English

Co-Editors:

Ms. Mercy Priscilla, Dept. of English
Ms. Flora Regina, Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dossan, Dept. of Physics
Ms. Jeevitha Arivazhagan, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. Kabilan

“Planting a tree and caring for it and considering it as the abode of God has kept the environment alive.”
 - Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 06

THE NEWSLETTER

September 2022

NO VEHICLE DAY



In this Issue

No Vehicle Day	01
Teachers Day	02
Onam Celebration	02
Excursion (Std IX - XI)	03
Excursion (Std XII)	04
Navaratri Golu	04
Medha Yoga Level	04
Career Guidance Program	04



“We have not inherited this earth from our forefathers; we have borrowed it from our children”.

NO VEHICLE DAY

Climate change is a real and undeniable threat to our entire civilization. The effects are already visible and will be catastrophic unless we act now. Only through education, innovation and adherence to our climate commitments, we can make the necessary changes to protect the planet.

Shrishti schools, as the pioneers of innovation in the Vellore city, have decided to engage in practices that would protect our mother earth. It's become a fashion and trend to use vehicles even for a small distance by the society, mostly by the youngsters.

Vehicle pollutants harm our health and contain greenhouse gases that cause climate change. Burning gasoline and diesel fuel creates

harmful by-products like nitrogen dioxide, carbon monoxide, hydrocarbons and benzene.

Therefore, with a vision to control the air pollution, on 30th September all the teaching and non-teaching staff of Shrishti Schools observed “No Vehicle Day” and commuted to school by walk/by bicycle - a simple and environmentally fit sustainable means of transportation or by public transport. They were greeted by the students at the entrance. This initiative was taken by the teachers guided by Mr. M. S. Saravanan, Head of Shrishti Schools

setting an example to students and igniting a spark in them to realise that if we take care of the small things, the big things take care of themselves.

This flagship event is to be continued on all the last working day of the month.





Teachers' Day Celebration

Teachers' day was celebrated with zeal and enthusiasm on 5th September, 2022. The school council of both CBSE and Matric arranged for a cultural programme with the guidance of in-charge teachers. The school Trustee Mr.Mahadevan Venkatesh and Head of Schools Mr.M.S.Saravanan addressed the gathering and wished all the teachers. Teachers from both the schools and students of class 6 to 9 and 11(both CBSE and matric) witnessed the programme. Ms.Nalini (CBSE) proposed the vote of thanks. Following the program, teachers were presented with a gift by the management. Finally all the teachers were invited for a vegetarian lunch at the canteen arranged by the management.


- Naannmalar. B
Middle School Coordinator



Onam Celebration



Student's YouTube Corner




Craft ideaz
201 subscribers


SUBSCRIBE

HOME
VIDEOS
PLAYLISTS
CHANNELS
ABOUT


Uploads ▶ PLAY ALL




Thank you for your love and support in 2 years!! - Craf...
28 views · 1 month ago




DIY Welcome Board || Simple and Easy DIY || Craft Ideaz ||
185 views · 2 months ago



DIY HOME DECOR || Simple and Easy DIY || Craft Ideaz ||
107 views · 3 months ago



DIY Diwali Wall Hanging || Simple and Easy DIY || Craft...
207 views · 9 months ago



DIY Flower home decor || Simple and Easy DIY || Craft...
155 views · 1 year ago

EXCURSION TO COORG CLASS IX

After a month's wait, one fine day we left for Coorg. We boarded a train to Mysore, it was one of the most exciting we train journeys had ever experienced. We checked in at the Nexstay excellency resort. It had facilities like TV, AC and not to forget a big swimming pool. After refreshing, we visited Nisargadhama. It was an adventurous place where we saw the traditional dress of Coorgi, sighted some deer, and even did some adventurous sports. Then we visited Dubare Elephant camp. We reached there by boat. It was a new and wonderful experience. After a long day's travel we jumped into the swimming pool and danced. To warm ourselves up they arranged a camp fire. After an exhausting day we still had energy left for the next day. It started with a delicious breakfast and moved forward in our memorable journey. Next day we visited Abbey falls,



which was an attractive and mesmerizing place. Then we visited Raja seat – A lush green garden filled with colourful flowers. It had a magnificent view of Coorg. We then commenced towards Golden temple. It was the most eye catching and peaceful place we visited. It had majestic paintings and huge statues. We spoke with the monks, who enlightened our knowledge towards Buddhism.

It was time to bid farewell. We made the most out of it. Our teachers guided us and made our journey more fun. We will never forget those four days of our lives as we learnt, laughed, sang, danced and enjoyed throughout.

- Saloni.M, Preethaa.M, Sadiya, Hanielle



A TRIP TO WONDERLA CLASS X



16th September, 2022 was a memorable day for 10th graders. We were taken to Wonderla, Bangalore for a one-day trip. A total of 100 students went on the trip along with a few of our teachers. Though we started our journey very early, at around 5am., no one felt sleepy but every eye looked forward to this amazing day. The bus ride was a lot a fun with loads of singing, dancing and laughter all the way. We had a hearty breakfast on the way, then continued our journey to Wonderla. The ride took about 7 hours and we reached at the spot around 12p.m. We were super excited and literally screamed with joy on entering Wonderla. We were given some general instructions, and then left to enjoy all the rides. First, started with the dry rides. The 'Recoil' rollercoaster was one of the most thrilling rides ever. The rest of



the day after lunch was devoted to water games. The times spent at the 'Waves' and the atmosphere at the 'Rain Disco' still remains fresh in our minds. Not only us, but, teachers also enjoyed. It was time to leave, though none of us really wanted to. We made lots of memories as we brought home souvenirs from the trip. The return drive was peaceful and quiet as many were tired of the long, yet amazing day. We had our dinner at around 8p.m. and many dozed off. We reached school around 1 p.m. where we bid goodbye to friends and teachers and made our way to our sweet homes. It was truly one kind of an experience. We are grateful to the teachers and the management for organizing the trip and for giving us one of the best memories of our lives to cherish. THANK YOU!

E.Vaishnavi - X C

TRIP TO CHIKMAGALUR GRADE XI

The sun was setting and the 11th grade Shrishtians were all set for one of the most memorable trips of their lives. This year the school had planned a trip to Chikmagalur, Karnataka.

We started at around 6pm for Chikmagalur. At around 10, we reached the Bangalore Railway Station, had dinner and started to Chikmagalur in a bus. It was a night journey. We were all packed with energy and were dancing and singing.

It was the morning of 17th September, we reached our hotel at around 7am and got ready for the day. We started from the hotel, had our breakfast and went for sightseeing. Through the winding roads and beautiful scenery, we reached Z Point. After getting some good clicks, we went to Jhari falls and Mulayanagiri Peak. It was drizzling continuously with fog all around. After clicking some group pictures, we went back to the hotel. We all were exhausted that day, but were excited for what the next day held for us.



On the morning of 18th September, we checked out of the hotel and went to Yagachi for some adventurous water sports. After getting all drenched in water and screaming for all the rides, we had our lunch and started back to Katpadi. We were all exhausted but danced to the fullest. After we had our dinner, we dozed off. Finally, we reached home at around 3 in the morning.

After going through 3 years in pandemic, it was a very much needed break for all of us that rejuvenated our minds and brought around a change in our monotonous lifestyle.

Jaishree Tenani - XI C

TRIP TO WONDERLA Class XII

On 26th September 2022, with all the excitement, enthusiasm and avidity anybody could muster around 4:30 in the morning. All the 12 graders were surely ready for our trip to Wonderla organised by our school. Even before the first rays of light, the school was already filled with a buzz of life as the 200 students filled the six buses accompanied by our teachers. We started off from our school campus around 5:40 am, the buses were already filled with fabulous beats.

Music clouded our heads and stirred some moves out of everybody with the remarkable beats, tunes and jazz, until at around 8:30 am, we had to stop at saravana bhavan for a quick breakfast before getting back on board. As everybody were letting our inner dancer out once again, mindless about the cities and towns we crossed we finally reached wonderla around 11:30 am.

By the time we entered into Wonderla with our tickets and food tokens we were ready for the adrenaline rush and energy spikes it had to offer us. As we all strapped in for the wild ride, it sure did take our heads out of our hectic schedules, exams and college applications as soon as we set foot there. From the free fall to the recoil, all the high thrill rides made sure to turn our world upside down within seconds. The twisters, rain disco and all the other water rides gave us a blast of joy and thrill along with the splash of water. It sure was amazing to see our teachers outside the four walls of the classroom, loosen up and have a blast by our side.

We finally assembled around 5:45 brimming with a myriad of emotions and our hearts definitely content with the memories of our last school trip. We boarded our bus exhausted and drained out of energy.

On the way back the frisky vibe of the bus was slowly replaced by chit chats, listening to music with friends and recounting memories and hoping to never forget these beautiful moments. After a hour and a half ride we finally had our dinner in our bus and were back on the road still taking in the day we had. After 13 hours we were back to the place where we started and parted ways after our quick goodbyes to our friends and teachers.

It's surreal to realise we are gonna say our final goodbyes to our school life within a few months and this trip was undoubtedly what we needed at this point of our lives and we are extremely grateful to the teachers and the management for organising this remarkable trip. It made us realise that time sure is relevant, a whole day felt like a few seconds.

- S.Shreya (XII A3)

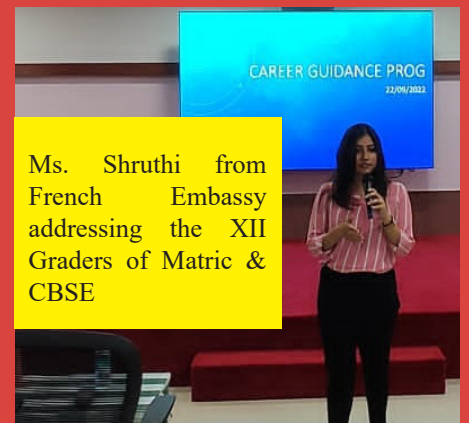
Navaratri Golu



CBSE & Matric students
Class XII

AOL Program: **Medha Yoga Level 1**
Dates: 19-09-2022 to 21-09-2022

CAREER GUIDANCE PROGRAM September 22, 2022



Ms. Shruthi from
French Embassy
addressing the XII
Graders of Matric &
CBSE



Teachers

I feel poems about teachers aren't sufficient
Since my teachers are so proficient
They strive to make me efficient
But I know I am deficient

Nothing equals their love and care
In this world that are always rare
They attempt to make me aware
But I prove to be foolish much to their despair

They expand my world of knowledge
And I am happy to truly acknowledge
I am sure they will help me reach a college
But this may be my dream at this small age

People refer them as smart, fair, kind and caring
But I would love to recognize their motherly bearing
I can merely thank them for everything
Without them, I am nothing, nothing.

- S. Abishek, IX-B

TEEN

Oh my teen, waited for you to arrive and now, Waiting for you to end.
There is a big red glow in my face and a dull in my heart. oh my teen. It likes me the most but restricted myself from it.
Lots of joy and lots of colourful tears, you helped me to discover a new world that exist inside me, oh my teen.
Beautiful flowers are crossing towards me, but the thorn of the flowers hurts me with the shame.
my teen, You taught me the value of loneliness, its not about avoiding everyone, its all about finding the best version of yourself.
My dear teen, You are a miracle, a great teacher, a great friend and at last a great memory.

- A.ArunKumar, XII-A4

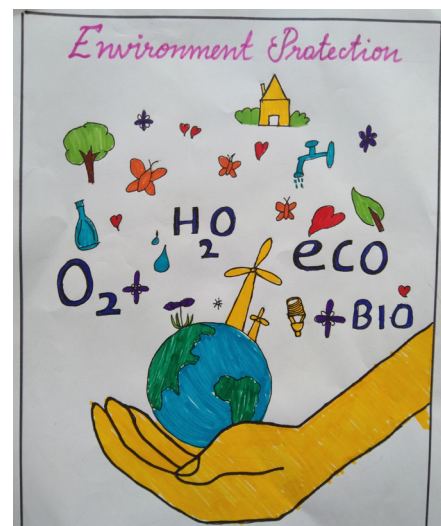
Arun Krishnamurthy

Arun Krishnamurthy, born in 1986 is an Indian environmental activist. He initiated the campaign of cleaning various lakes across India. He founded the Environmentalist Foundation of India (EFI) in 2007. He has been successful in cleaning at least 169 lakes in the country. He was chosen as among the five people for prestigious Rolex Awards for Enterprise award in 2012 for scientific lake restoration in Chennai. He used heavy machinery to desilt the lake and clear the weeds and shrubs that are harmful. Arun worked at Google but later quit to start his own company. Arun has stated that environment and wildlife has always attracted him, but the degradation of the urban greenery had motivated him to protect it. The organisation recruits volunteers mainly through school programmes including seminars and workshops. Their main projects include lake restoration, beach clean ups, herbs restoration, stray animal care and eco bags introduction.

Arun started with cleaning the Gurunadham Lake in Hyderabad and a lake in Delhi and included several other programmes such as 'Green Gramam', which is a development plan for establishing eco-friendly villages, 'AniPal' which is stray animal care programme and 'Waste Not' which offers waste management solutions. They have set up 19 biodiversity parks in schools. Krishnamurthy is involved in a 16-month project which not only provides physical garbage removal but also puts fencing in the lakes to protect them from human activities as in the case of cleaning beach from Injambakkam to Besant Nagar in Chennai. Arun has further told that they have introduced animal ambulance for street animals and on establishing one animal rescue and a rehabilitation centre in Chennai and Hyderabad by 2015. He as a team follows a scientific approach towards cleaning and saving aquatic species. On wildlife conservation, the team is currently focusing on freshwater life forms, birds that are dependent on the lakes where many turtles live.

Krishnamurthy had won Google Alumni Impact Award in 2011 for restoring lakes in Hyderabad. He had directed documentary films such as 'Caught By', which focuses

on land and sea connection and fishes in the lakes Kurma (2010), for which he received a British Council International Climate Champion Excellence Award for showing the poor condition of sea turtles and Elixir Poisoned (2011) which highlights the need to protect the aquatic environment.



- Dharshan E.S, VIII - A

I love Yoga because.....

As a student, practicing yoga benefits me in many ways.

- By practicing yoga, you can sharpen your mind and improve your intellect. You can achieve higher concentration through yoga practice.
- A sustained practice results in weight loss
- Improves blood circulation, which improves the body's overall health.
- Improves physical stamina
- Good for gut health and improved digestion
- Improves sleep cycle
- It makes you calm and happy
- Improves concentration
- Reduces stress
- Improves immunity

It has many more advantages and is suitable for all types of people and ages.

- R. NANDITA, VIII-B



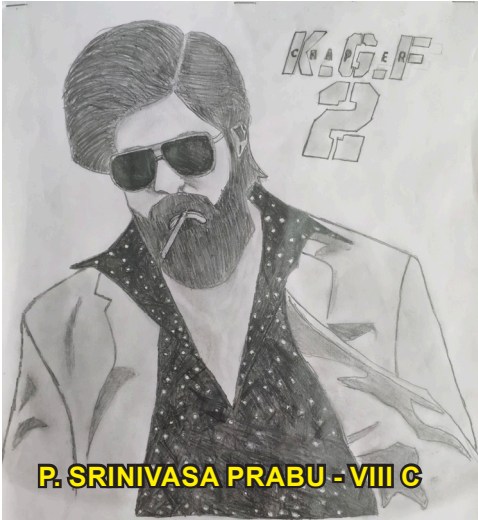
S. B. NAVEENA - IX C



R. NANDITA - VIII B



SARVESH - VII D



P. SRINIVASA PRABU - VIII C



K. J. AARADHANA - VI



P. S. SAI BHAMINI - VI A



ALLWYN JERUEL DAVID - VI A



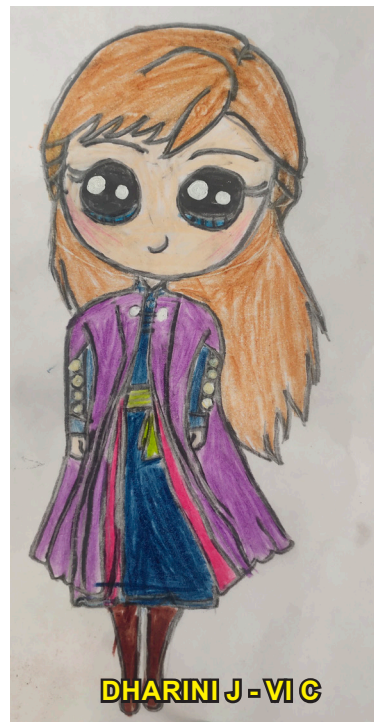
VARSHASRI M - VIII D



DHARSHAT S - VII D



SAMRITHA R - VIII B



DHARINI J - VI C



NOTICE
Dear Teachers and Students,
 Articles and other creative work can be submitted throughout the year. They can be sent to:
shnl22@shrishti.org

Pen a Story

Observe the following image carefully and pen a story in not more than 250 words and give it a title. Mail the story to us at shnl22@shrishti.org



The interesting one will be published in the next issue

MUSIC IDIOMS

- 1. Ring a bell**
 Meaning: Something sounds familiar (but you can't remember it exactly).
"That man looks very familiar." "Of course he does! Does the name Michael Jordan ring a bell?"
- 2. Blow the whistle**
 Meaning: To report an illegal or unlawful activity to the authorities or others in charge.
Unfortunately, police officers rarely blow the whistle on other police officers for using extreme violence when making arrests.
- 3. Face the music**
 Meaning: To accept punishment or the unpleasant consequences of one's actions.
I didn't study all semester and now that it's final exams, I'm facing the music.
- 4. Call the tune**
 Meaning: To make the important decisions or give orders in a situation.
I'd love to work for your company. Can you tell me who calls the tune here?
- 5. Change your tune**
 Meaning: To change one's opinion or attitude about someone/something (usually from bad to good).
At first, the girls at my new school ignored me but they changed their tune when they learned my dad plays professional football.

Confusing words in English

Advice/Advise

There's just one letter differentiating these two words and there's also one very big difference between them: They're completely different parts of speech.

Advice is a noun, meaning information or guidance that someone or something gives you.

Her boss gave her excellent advice on how to further her career.

Advise is a verb, meaning to give someone advice.

Her boss advised her on many different career matters.

Riddles

1. What begins with the letter 't', is full of 't' and finishes with 't'?
2. Which is the biggest English alphabet that contains the most water in it?
3. Can you guess what is at the end of a rainbow?



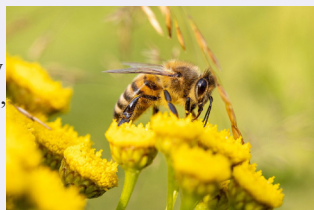
Solution:
 1. A Teapot with Tea in it.
 2. The letter 'C'.
 3. The letter 'W'.

DO YOU KNOW?

Bees are one of the world's most important pollinators for food crops — each day we rely on bees and other pollinators. In fact, out of every three bites we consume relies on pollination. Yet bee populations continue to decline due to the rampant use of pesticides and other environmental factors — like climate change.

Reasons Why Bees Are Important

- Help produce 1/3 of our food supply
- Help provide 1/2 of the world's fibers, oils, and other raw materials
- Help create many medicines
- Provide food for wildlife
- Help prevent soil erosion



Why Are Bees Important to Humans?

- Bees are a cornerstone of our food system and along with other pollinators, they help support the plants that provide the air we breathe.
- Nearly 90% of flowering plant species on the planet require pollinators to aid in reproduction. This not only provides a food system for wildlife, but it also creates shelter for animals.

- There are over 20,000 bee species across the globe. One of the most notable bees is the honey bee.
- The honeybee is responsible for nearly a third of crop pollination. But these hardworking insects produce more than that! They have six hive products — pollen, honey, beeswax, royal jelly, propolis, and venom. These are all collected and used for nutritional and medical purposes by humans.

What Will Happen If Bees Keep Dying?

The wind does play a role in pollination, so we cannot overlook the fact that we would have some food to eat — just nothing that would be tasty to eat day in and day out. The wind is responsible for the pollination of corn and wheat. But the majority of our nutritious foods are bee-assisted. No almonds. No apples. No cherries. The list goes on and on. Humans would lose a healthy, vibrant diet. Bee declines warn us that we are on a toxic track. The same pesticides that are killing bees threaten many other insects, which are the basis of our ecosystems. And these toxic chemicals contaminate the air and water. They even linger in soil for months or years, harming the vital soil communities we need to grow our food. If we step up to save the bees, it means that we'll be saving so many other creatures, too.

Source: *Why are Bees Important?* (foe.org)

CYCLING IS INJURIOUS TO ANY COUNTRY'S ECONOMY.

It may be funny...
But it's true..
A cyclist never buys a car,
never goes for a loan
He never pays insurance,
need not buy petrol
Never goes for servicing,
never pays to park his Cycle.
He never pays any traffic fines,
never becomes
Obsess to follow food diet
It's true that he is healthy but not good for
an economy
Because...
He need not buy medicines,
need not go to a doctor and to a hospital
Which will never help to GDP of a country.
Walking is more dangerous than
cycling...as walkers do not even buy a cycle



Mr. K. George Babu.
Dept. Of Social Science

How to approach HOTS ?

HOTS, as the name suggests, focuses on thinking skills and tries to move beyond rote learning. It measures students' abilities to reason, justify, analyse, process and evaluate information.

It's all about going beyond textbooks and widening the horizons of students. HOTS is basically a concept wherein we are concentrating on application-based questions and discouraging rote-learning.

Study Method:

- Generate a list of contributing factors
- Determine the importance of different elements or sections
- Think about it from different perspective.

The strategies to develop HOTS in different subjects is by asking divergent questions and also to review, refine and improve understanding about learning materials and to think critically.



Mrs. Mercy Priscilla S
Head of English Dept.

TABLE MANNERS

1. A cardinal rule of dining is to use the right hand while eating or receiving food. Don't touch any communal utensils by the hand you are eating with.
2. Ensure to finish each item on the plate out of respect for the food being served. Whoever completes first wait for others to finish then all leave the table.
3. Ask for salt and pepper instead of bending over other's food.
4. Playing with food is unacceptable and staring at another diner's plate and using gadgets while eating is unacceptable.
5. Eating at a moderate pace with mouth closed while chewing is important.



Mrs. Flora Regina E
Counsellor & English Teacher



In recognition of the **25 years** of distinguished service as a teacher and an able administrator, **Mrs. A. Hepzibah Paul**, Sr. Vice Principal, Shrishti Vidyashram, is bestowed with "**LIFETIME ACHIEVEMENT AWARD**", honoured by **Mr. Baskara Pandiyan IAS, District Collector, Ranipet** at the Seventh TVSSC, Teachers' Day Celebration today, 10 September 2022.

Your perseverance and patience is an inspiration to everyone you meet.

Congratulations on your incredible accomplishment!

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:

Mr. Agni Bharathi,
Department of English

Co-Editors:

Ms. Mercy Priscilla, Head - Dept. of English
Ms. Flora Regina, Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dosson, Dept. of Physics
Ms. Jeevitha Arivazhagan, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. M. Kabilan

“Do not hurt anyone with your speech, for the Divine dwells in every heart”
- Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 07

THE NEWSLETTER

October 2022

Shrishti's Panoramic Canvas



As the name suggests, panoramic canvas was a showcase of a variety of subject related activities and projects. Dr. Madhumati, Director, School of Architecture, VIT, Vellore presided over the function. This project expo started with the inauguration at Shri Manu Makhija Auditorium with a prayer song and lighting of the lamp, followed by welcome speech by Ms. Padmapriya- Junior school co-ordinator, Shrishti Matric and introduction of the chief guest by Ms. Hajira Parveen - Junior school co-ordinator Shrishti Vidyashram. The chief guest Ms. Madhumati inspired the students with her motivational speech. She appreciated the school for hosting such a momentous event. Later, the chief guest inaugurated the function in Shrishti CBSE and Shrishti Matric. The parents and several other dignitaries including the District Collector of Ranipet Mr. D. Baskara Pandian IAS graced the occasion. The students had exhibited projects related to their subjects with a broader perspective of the lessons learnt nurtured by their creativity and innovation. The projects were highly appreciated by all the parents, dignitaries and the chief guest. Overall, it was a day of exuberant display of the students' divergent thinking and innovation.

- Mrs. Hajira Parveen
Junior School Coordinator



“The first step in teaching students to innovate is making sure that educators have opportunities to be innovators themselves.”

Shrishti EduTalk 1.0



October 20 was a red-letter day in the history of Shrishti. Shrishti EduTalk 1.0 was a magnum opus kindling curiosity in students to widen their horizons of knowledge and experience.

Quintessence of Business was for the commerce students of Matric and CBSE in the auditorium. Four eminent speakers:

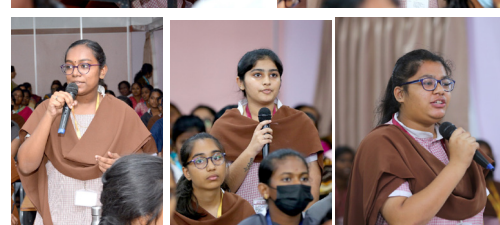
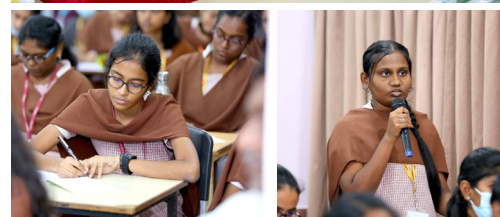
1. **Mr Bobby Benedict** – MD of B&B constructions spoke on the ethics of business.

2. **Dr Rajesh** – HOD of Business school, VIT detailed the subject on Business Studies which was an elaborated and extended study with PPT.

3. **Mr Sankara Krishnan** – Assistant GM

in IOB Regional office, Vellore shared his insights on Net banking and Digital banking.

4. Our alumnus **Mr Naman Kothari** - MD of Vijayshree jewellers shared his experience of being an entrepreneur. Around 100 students attended it. Many asked questions related to the topics and their doubts were clarified. This event was greatly applauded by the parents; and students expressed their gratitude for giving them a germane opportunity to participate and interact with such renowned panelists. They felt that more than the knowledge textbooks can impart, discussions like this shall leave a lasting impact and create interest in students towards learning.



Diwali Celebration



Diwali is the festival of lights which was celebrated in our school on 21st October 2022. The festival marks the day of victory of good over evil. The name “Deepavali” literally means an “array of lights”. To make the students understand the importance of Diwali we in Shrishti Schools celebrated Diwali with all its traditional and cultural flavour. The program started with prayer song at 11.00 a.m. Our school open theatre was fully decorated with lights, candles etc., various programmes were presented one after the other by the students. Significance of Diwali was orated in three languages by our students. The girls’ dance ‘Fire flies’ sparkled the environment with their dazzling performance. Students performed ‘Adharma Samhara’ a skit, about the Death of Naragasura which was really a spiritual treat to the audience. A special song from “Pooniyen Selvan” by our students was Hypnotic. Boys dance, a fusion of Shrivandav cheered the crowd. Our Tamil teacher Mr. Manimegan addressed the gathering and insisted the importance of celebrating a safe Diwali.



To add essence to this function our HOS showered his wishes & blessings and shared his joy by bursting crackers with the students. The celebration was concluded with the Vote of thanks by Mrs. Sasirekha from CBSE.



TINY TOTS PLANT A BETTER FUTURE

The tiny tots of kindergarten planted tree saplings- a small step towards climate change.



Visit of our budding Journalists to TOI, Chennai

It was the 19th of October, and the weather was perfect for a journey to the Hub of the South. A handful of students from Shrishti had been selected to go to the Times of India office in T-Nagar, Chennai and I was fortunate enough to be a member of this group. We were to learn about the editing process undertaken by the professionals, and edit articles of our own.

None of us had been expecting a mammoth opportunity like going to the Times of India office, and we were looking forward to make the most out of this.



It was the Head of Schools, Saravanan sir, who was the guest editor of that edition of the newspaper, and we were to assist him in editing the articles, making necessary corrections, wherever required.

We reached the office at about 12 pm, and honestly speaking, when we entered the office, we were a bit nervous. We didn't know what would happen, and how it would go, but turned out, we had no necessity to be nervous at all. The faculty there took great care of us, and made us feel at ease. All the people we talked to, were calm and easy-going and it helped us to calm down and focus solely on the editing. Midway through the editing, the distribution manager of Times NIE of Chennai graced us with his presence

and shared some piece of advice. He told how valuable these opportunities were for those who aspired to be a journalist, and explained the road to being one.

We each took a page, and checked through it thoroughly for any mistakes that might have happened. This editing phase was very fun as there was no pressure at all. We worked to perfect our articles, to make it readable.

After the editing of all the pages were over, we submitted the papers to the manager, and he made the corrections in his device and then printed copies.

To follow up from this short endeavour, we went to have lunch in the canteen. The food there, especially when having it with friends and teachers, was delicious, and everyone else seemed to agree on that point. Another thing everyone seems to agree on is the fact that documentation of the events is of utmost importance. After our lunch, we took photos, to remind ourselves of the glorious opportunity we had been blessed with.

And that was that, the entire day's work had been done. Feeling rather pleased with ourselves, we said our goodbyes to the office.

It was a day worth remembering and a memory we hope to never forget.

- Jayaram. S - IX



Teachers Orientation Programme



A one-day orientation programme was conducted for the teachers of CBSE, Matric. & Padasala on 07th October 2022, on “**Education 4.0: Empowering Education to produce Innovation.**”

Ms. Stella Pauline Punitha. J, Sr. Principal of the Schram Academy, Chennai was the resource person of the workshop.

She explained the essence of Education 4.0 in line with Industrial Revolution 4.0.viz.,

She threw light on how Education 4.0 aligns itself with the emerging fourth industrial revolution which focuses on smart technology, artificial intelligence, Robotics, IoT, AR & VR, Big Data, 3-D Printing etc; all of which now impact our everyday lives. She further unearthed how this would impact education in future.

She emphasised on the arising need for teachers to adopt the 21st century skills of learning, literacy and life skills.

The workshop has undoubtedly helped teachers to perceive a futuristic approach towards education. At the end of the session, teachers expressed their gratitude for helping them widen their horizons of knowledge on teaching methodologies, 21st century skills and the ways to imbibe Education 4.0 in their classroom.



L.Hitashvi got First place in Divisional School Level Karate Championship - 2022



T. Dharani of Class VI Won Second Place in the Drawing Competition organised by Satish Dhawan Space Centre SHAR, Sriharikota as part of World Space Week 2022

All work and no play makes Jack a dull boy.



Shrishti firmly believes, all work and no fun make a student’s life dull. So, to ensure our students too have their share of fun, a trip to Queensland, was organised on the 27th of October, 2022.

Queensland is an action-packed world of rides, slides and other exciting activities which is located on Chennai Bengaluru Trunk Road. Promoted by Rajam Hotels Pvt. Ltd., the fun filled entertainment park spans over an area of 70 acres of land.

By 6 a.m. the buses filled with energetic and enthusiastic students and teachers of grade 7 & 8 set out for Queensland. The weather was pleasant. On the way, Students were provided with a fabulous southern breakfast in Hotel Milestonnez. We reached the tour destination around 9.30 a.m.

Students enjoyed their rides starting from the amazing Free Fall Tower which is one of the tallest towers in South East Asia and can hold around 24 people. There were many other exhilarating rides like Centrox, Roller Coaster, Hanging Coaster, Bumper Cars, Crazy Horses, Alpen Blitzz and so on...

Other attractions experienced by our students include Simulation Theatre, Mirror House, Dark House and Fun House.

After eating hot and delicious Briyani (veg/ non veg) for lunch, our students changed into their swimming attire and dived into the clean water. They splashed and completely drenched themselves. They even enjoyed the breathtaking awesome water games including Water Falls.

Students relished their mouthwatering KFC burgers and drinks in the evening. Around 4.30 p.m, we boarded the buses and reached the school premises by 8.00p.m. The students were tired but rejuvenated.

Overall it was an excellent and memorable experience.

Inter School Competition held at Jeeva Velu International School, Tiruvannamalai

Our students emerged at the top in various events.



Madhan Kumar of Class XII won Bronze medal in the District level Karate- DO Championship - 2022

Fun Trip to HappyKydz



Students of class I-III were taken on a fun trip to HappyKydz, Vellore. It was a fun and memorable day for the students. They explored the indoor play area and were excited to jump on the trampolines and ball pools and had tons of fun in venturing into many great rides in the place.



Winners Tennis U-17 Girls & Boys

Runner-up Table Tennis: U-17 Boys Chess: U-17 boys Carrom: U-17 girls Cricket: U-17 boys



Procrastination



“Procrastination is like a credit card. It is so fun till you get the bill”.

Procrastination might seem to be a better & easier choice for the moment but in reality we are running away from doing it. The reasons for procrastination are plenty. Many of us start Procrastinating right from the morning by snoozing the alarm for 5 min but waking after 50 mins. We might procrastinate things because of the fear of facing it (or) feeling lazy to complete the task (or) finding it difficult to do (or) not caring about it much. These are a few cases.

Everyday is filled with hurdles. We keep running away from it but can never avoid it forever. We must encounter it the sooner or later.

The sooner it is the better, as the more we procrastinate, the more will be the burden for us.

The is always a tomorrow, but this day will never wait for us nor come again.

When it is the right time, just go for it. **Never Procrastinate.**

ABIRANJANA - XI



Shrishti has been my home away from home



School is not just a word we look up in the dictionary, it is an emotion that entwines

the students and the teachers. It is a place where we learn the first lesson of our life, the first place we go without being accompanied by our parents. The first friend we make, the first argument we fight, the first word we learn, everything starts at this magical place – The School.

For the past fourteen years, Shrishti has been my home, away from home. From learning to spell words right, to solving complex equations, my journey at shrishti, is one of a kind. The teachers at Shrishti have been of immense support, working extremely hard to tap the talent in us. If we as students shine as bright as the stars, it is the teachers who fuel us to burn bright. Every day starts with mindfulness, a breathing exercise which calms our mind and helps us stay focused through out the day. Each day at Shrishti, is an opportunity to learn something new. Apart from helping us excel in academics, Shrishti lays a strong emphasis on co-scholastic activities. IHAs (Inter House Activities) conducted every week instill a healthy competition among students and also improve their communicative skills, imagination, creativity, problem solving ability and much more. Cultural programs at Shrishti is never complete without the Mega event – The UTSAV! Students with months of practice finally get to showcase their talents with such pomp and splendor in front of a vast set of audience. Several workshops and events like sports day, teachers' day and children's day are, for sure, stress-busters which rejuvenates our mind and soul.

With the lush green surrounding, birds chirping, trees swaying in the wind, the campus gives a calm and pleasant environment, great to pull out a book to study and of course, hang out with friends. In a nutshell, holistic development of a student is of paramount importance at Shrishti. As our moto goes, at Shrishti we “Learn to Lead”. I'm extremely glad that I got the opportunity to spend my school life at such an incredible school.

S RHEVAA - XII B2

COMMUNITY SERVICE LENDING A HELPING HAND

to Nava Jeevan Seva Mandal and Anbu Illam, Vellore

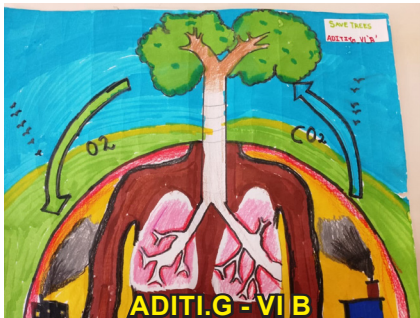
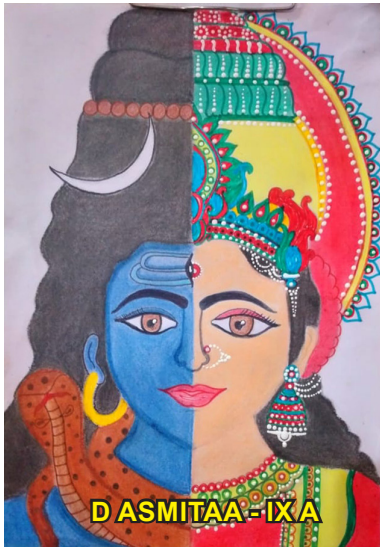
“Helping hands are better than Praying Lips” ~ Mother Teresa



Students of Class XI and XII volunteered to donate stationery materials, books, clothes, snacks etc., to the students of Nava Jeevan Seva Mandal and Anbu Illam, Vellore. It helped our students realize how blessed they are and at the same time understand the needs of others and their responsibility in bridging the gap between the privileged and the underprivileged.



This community service was organized by the teachers of Senior Secondary, guided by Mrs. Geetha Srinivasan, Headmistress- Shrishti Vidyashram.





Confusing words in English

Council / Counsel

The noun **council** refers to a group of people that discusses or decides about a particular subject, or that represents people, or runs an organization. It is like a committee.

- The city council voted to invest more funds in education.
- They've been engaged in a legal battle with the council for several months.

The noun **counsel** means "advice" (especially from a knowledgeable person) and the verb counsel means to give this advice:

- You need some professional counsel; you should call a lawyer.
- The patient should also be counselled regarding the potentially poor prognosis despite all attempts at treatment.



Idioms

To be closefisted

Someone who doesn't want to spend money. Similar to being stingy.

"Carl is so closefisted; he won't even buy snacks for the Christmas party."

To go Dutch

Everyone pays for their own meal at a restaurant.

We went Dutch on a meal in the new restaurant.

Cool as a cucumber

Cucumbers have a refreshing taste and leave you with a cool, calm feeling.

So, if you're cool as a cucumber, you're someone who's very calm and relaxed.

"My friend is nervous about taking his driving test but I'm cool as a cucumber."

QUIZ TIME

1. Where has India's first lithium ion cell manufacturing facility been set up?

- A. Noida B. Tirupati
C. Bangalore D. Trivandrum

2. Which space agency was the first to successfully test a planetary defense system?

- A. ROSCOSMOS b. NASA c. JAXA
d. ISRO

3. Which is the densest metal on Earth?

- A. Iron B. Titanium
C. Osmium D. Lead

4. Spot the two cities out of the following in which a famous novel by Charles Dickens is

set in:

- A. Paris B. Los Angeles
C. London D. Madrid

5. Which is the longest river in the world?

- A. Nile B. Amazon C. Danube D. Indus

6. Where does the name 'Romali Roti' come from?

- A. Handkerchief B. Tablecloth
C. Paper D. None of the above

7. How many spokes does the Chakra on the Indian National Flag have?

- A. 20 B. 24 C. 32 D. It is variant

8. If you are an Admiral, which branch of the military do you serve?

- A. Army B. Air Force
C. Navy D. Border Security Force



9. The iPhone X was launched after iPhone 8, skipping the 9th edition. Which other software giant also skipped the number 9 in their marquee product?

- A. Xbox B. Microsoft
C. Intel D. Sony

10. Which of the following countries was not a part of the Axis during the World War II?

- A. Germany B. Russia
C. Italy D. Japan

KEY ANSWERS:
1. B 2. A, C 3. B 4. A, C 5. B
6. A 7. B 8. C 9. A 10. B

Sanjeev Subramaniam – XII A4

DO YOU KNOW?

New species of early humans

Ninety years ago, a skull fossil was discovered in China and then hidden by a family until a farmer gave it to a university museum in 2018.

Researchers from China analysed the skull using uranium series dating, and X-ray fluorescence and declared it a new species of early humans. The skull had a large cranium which can hold a big brain, a thick brow and almost square eye sockets these differentiate it from the other Homo species. Homo longi or dragon man, as this new species has been named, was earlier suggested to be a later Pleistocene



human, joining Homo sapiens and Neanderthals. However, the debate still continues about whether it should be called a new species, and we need to wait for ore fossils to fill the holes in the early human history. A related science breakthrough of 2021 involves Neanderthals palaeontologists from Madrid who created 3D-models of the ear structures of Neanderthals claimed that they possibly had the capacity to speak and hear just like Homo sapiens, the modern human species. Our concepts about early human species have certainly been shifting as we uncover more data.

Source:

<https://www.indiatoday.in/education-today/gk-&-current-affairs/story/10-science-breakthroughs-of-2021-that-you-need-to-know-about-1894658-2021-12-31>

**“READING MAKETH A FULL MAN;
CONFERENCE A READY MAN;
AND WRITING AN EXACT MAN”**



The prime objective of reading is to widen the reader's horizon in areas like educational, religious, political, economic, current affairs, fiction and nonfiction. Reading books help one to be versatile in knowledge in many areas and paves way for them to discuss issues knowledgeably with others.

Students should be encouraged to read magazines/ journals instead of reading textbooks all the time. Students, who read magazines/journals at intervals, learn to relax, cool their brain and avoid mental fatigue and also make them live a disciplined life in school. Reading good books shall also mould the character of an individual and guide them to be more sensible and humane.

Reading is a journey, a different journey every time you turn the pages. It helps you to explore, challenge and learn different ideas, imaginations, varied perspectives towards things and unearth the unknown. In the soi-disant “Fast paced era”, book reading has become a long-forgotten habit. Lack of patience to read a book is a mushrooming nature among youth. Instead, they incline towards reading tiny bits of information, sometimes even from inauthentic sources available online. Interestingly, most of the successful people in the world have one thing in common- READING.

- Elon Musk read for 10 hours each day before growing up to become Tesla CEO (Now the sole director and CEO of Twitter)

- Bill Gates reads a new book every week.

- Warren Buffett spends 80% of his day reading.

- Mark Cuban reads 3 hours a day

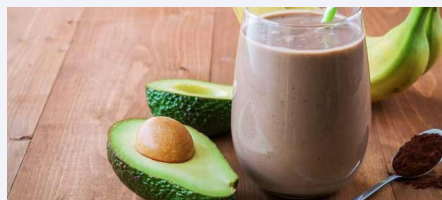
- Bill Gates reads 50 books a year.

Don't we have more time to spend on reading than the above?



Mr. Agni Bharathi
Dept. Of English

FUN RECIPE



SPINACH CHOCOLATE SMOOTHIE

Packed with healthy ingredients and tons of flavor, this simple Spinach Chocolate Smoothie is the perfect way to start your day! My tasty green smoothie recipe is sweet, creamy and filling, which is everything I want out of breakfast. Go ahead and give it a try!

Spinach is healthier than other vegetables. However, children often avoid spinach as it has a bland taste. Here is an interesting and yummy recipe to include spinach into your child's diet.

Ingredients-

2-3 cups of spinach

1 ripe banana

1 slice of avocado

2 tablespoons of cocoa powder

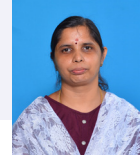
1 cup of almond milk

5-10 ice cubes (optional)

Directions-

Add all the ingredients to a blender and make it into a smoothie. Transfer the smoothie into a serving glass and serve.

Enjoy healthy and yummy spinach chocolate smoothie!



- Ms.Savitha Varadharajan
Department of Science



**Mrs Savitha and
Mrs Arunkumari participated
in the diabetic quiz competition
conducted by Department of
Endocrinology, CMC and got
Second prize.**

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:

Mr. Agni Bharathi,
Department of English

Co-Editors:

Ms. Flora Regina, *Dept. of English*
Ms. Mercy Priscilla, *Head - Dept. of English*
Mr. George, *Dept. of Social Science*
Mr. Samuel Dosson, *Dept. of Physics*
Ms. Jeevitha Arivazhagan, *Dept. of Social Science*
Ms. Punitha, *Dept. of English*

Design

Mr. M.Kabilan, *Dept. of Computer Science*

“Every child is nothing but a bundle of joy but as we grow up, somewhere, we lose that joy. The whole question is, how do we get back to the innocence we were born with?”

- Gurudev Sri Sri Ravi Shankar



SHRISHTI HERALDS



Volume 01 | Issue 08

THE NEWSLETTER

November 2022

Founder's Day & Children's Day



Shrishti Schools, Vellore celebrated its Founder's Day & Children's Day on 01. 11.2022 in commemoration of the birth anniversary of its Founder Late Shri. Manu Makhija who incarnated on 1st November 1946.

The programme commenced with the floral tributes to our Founder by the dignitaries Mr. Mahadevan Venkatesh, Trustee, Makhija Foundation, Head of Schools Mr. M.S. Saravanan, Ms. Thingal Johnson, Principal Shrishti Matric, Ms. Hepsibha Paul, Vice Principal, Shrishti Vidyashram, Ms. Geetha Srinivasan, Headmistress, Shrishti Vidyashram, Ms. Usha Paulson, Co- Scholastic Coordinator, Ms. Joyce Jayakumari, Vice Principal, Shrishti Matric, Coordinators & the School Council.

The event began with the prayer song by the school choir followed by the invocation dance by the teachers. Mr. Venkatraman, PG Teacher, Shrishti Matric. delivered a speech about the inspirational icon our Founder Late Shri. Manu Makhija.

Our Trustee Mr. Mahadevan Venkatesh and the Head of Schools Mr. M. S. Saravanan showered their blessings & wishes to our students.

The day became more exciting and a spectacular one with the various performances by the teachers of Shrishti Vidyashram & Shrishti Matric.

The middle school & Sec. teachers of Shrishti Vidyashram as "Dancing Divas" gave a dazzling performance followed by a fabulous entertainment show "Dine & Dance" by the teachers of Shrishti Matric. The event proceeded further with an English Song by the Sr. Sec. teachers of Shrishti Vidyashram wishing long life to our dear children. Thereafter an entertaining Skit by the teachers of Middle & Sec. School was performed. Next was the fusion dance, a synchronised performance by the Pre Primary & Primary teachers of Shrishti Vidyashram. The celebration became more joyful with the melodious fusion song by the Primary teachers. To add more flavour to the entertainment, the teachers of Shrishti Matric. performed a comic Tamil skit followed by a medley by the music teachers. There was a special performance by the teachers Mr. Anbalagan & Mr. Sadeesh which was really wonderful.

It was an enjoyable day especially for the students with lots of entertainment and gala. The programme concluded with the vote of thanks proposed by the Head Girl of CBSE & SPL of Matric.



"The first step in teaching students to innovate is making sure that educators have opportunities to be innovators themselves."

Shrishti EduTalk 1.0

[Click to Watch Full video](#) 

Department of Physics

16/11/2022

Electro Paideia

Physics- EduTalk, held on 16 November 2022, was one of the exceptional events of the academic year. The speakers for the event were Asst. Professors from Vellore Institute of Technology (VIT), Voorhees College & Abdul Hakeem College, Vellore. They left no stones unturned in inspiring our students to love Physics. The event has undoubtedly paved the way for the students to develop an affinity towards Physics and have varied perspectives on par with the recent trends in the field.

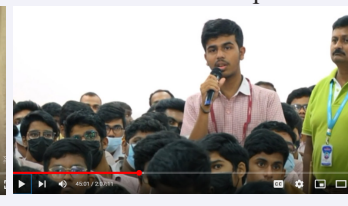
Department of Physics
INVITE YOU ALL
ELECTRO-PAIDEIA
 Knowing the essence of Physics

Topic: CBSE Auditorium

Date: 16/11/2022
Day: Wednesday
Time: 3 pm

Speakers:
 Dr. S. BALAKRISHNAN, Dr. S. MUNIWAR BASHA, Mr. J. JOHN DAVID CHELLIAH, Dr. RAMESH THAMANKAR

Panel Discussion on:
 ELECTRIC FIELD AND CHARGE, ALTERNATING CURRENT, ELECTROMAGNETIC INDUCTION, ELECTRIC POTENTIAL AND APPLICATION OF CAPACITOR.



Junior School

21/11/2022

Ethos of Life

An Interactive discussion focused on instilling moral values was organized for the students of class IV & V. Eminent personalities spoke on Discipline, Piety, Sharing & Caring and Obedience etc., Such discussions help students to become more and more responsible and sensible. It also helps them to understand the perspective of life in a better way and lead a successful life as a responsible citizen.

Shrishti Junior School
INVITES IV & V GRADERS FOR
ETHOS OF LIFE
SPEAKERS

Topic: CBSE Auditorium

Date: 21/11/2022
Time: 1:00 - 2:30 pm

Speakers:
 Ms. Susan Philip, Dr. Giji Chandry, Sri. Catherine, Mrs. Usha Paulson



FruitVita Day

Fruits + Vitamins



To inculcate healthy food habit among students, Shrishti Schools have initiated 'FruitVita Day'. The students of class I to V, were asked to bring their favourite fruit. Class teachers decorated the boards with colourful fruits and educated the students on the nutritional values of fruits. The students enjoyed the snack along with their friends. They also took an oath to include fruits in their regular diet and to maintain a healthy life. Both CBSE and Matric Junior School students of Shrishti, comprising of 629 & 162 respectively participated to bring back a healthy routine, through consumption of fruits rich in vitamins, fiber, potassium and folate.



"A father's goodness is higher than the mountain, a mother's goodness deeper than the sea."

NutPro Day

Nuts + Protein



Nuts are a rich source of plant protein, dietary fiber, vitamins and minerals, and a collection of plant chemicals with potential antioxidant and anti-inflammatory properties.

In order to encourage students to include nuts in their diet, students of class I-V, were asked to bring nuts as their snack on 30 November 2022. They got together on the ground along with their teachers, and satiated their taste buds with delicious nuts.



Spend an hour... Spread a Smile.

Parent Visitation Day

Glimpses of the feedback from the parents...



Fathers of Lower and Upper Kindergarten students were invited to the classrooms of their ward/s. They spent an hour seated beside their kid and witnessed the fun-filled classroom activities. It has certainly helped the parents to get a first hand look at the quality of education provided by the school. Most of the parents expressed their gratitude and shared their happiness through WhatsApp messages/email for organizing such an event.

The fathers meet was really helpful in knowing more about the school and way of teaching. It delivered a deep insight about how the classes are organized and where my kid stands in academics. The approach of class teacher is laudable. She takes immense effort in making our kids knowledgeable. Liked the way she makes the kids understand about the basics. Overall it was a nice initiative. Thanks for the efforts. Best wishes.

- Dr. Alfais Rasheed
F/O Mezut Alfais LKG D

Good Morning this is father of V.M.Devansh studying in LKG-D just wanted to thank the management for organising Parent Visitation Day...It was new of a kind and It was a wonderful experience watching how classes were being conducted... Teachers are great in managing the children and I could see the bonding between them...Special thanks to class teacher for taking care of our children as their own... Thank you for giving us this opportunity looking forward for more of this parents teachers and kids event in the future.

- Vinoth Kumar
Area Manager, UDI Finso PVT Ltd
F/O Devansh V M LKG D

It was indeed an unexpected wonderful session. I have always wondered why schools don't expose us what is happening to kids whole day and what they do in such a small age.

I was totally happy to see and always on smile in entire 1 hour session to see the kids enjoy the learning atmosphere created by Mam. Was also wondering how you can be on such a high energetic tone always as we parents get tired for short time managing ONE kid.

Thanks to mam and school management for such an opportunity.

- K.Suresh,
Director, Shree Ram weld products Pvt Ltd, Ranipet
F/O Atheeran.S LKG A

Hi mam,
Thank you very much for being a good teacher to my child..
Today's event Parents Visitation Day, made my son feel his class like home. He was very happy and shared everything about the day and told me his mam is the best.
This was a new experience, which helped me to know that my son is comfortable and happy with you and his classes.
Thank you for your love and care you are giving to my child everyday.

- V. Senthil Kumar
Qatar Construction Engineer
F/O Ishaan S UKG D



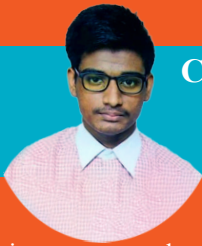
“It is health that is real wealth and not pieces of gold and silver.”

– Mahatma Gandhi

Inter-School Football Tournament @ Geekay World School



Vigot G S of Class XII - Qualified for Aakash Spotlight Program Phase-I @ Aakash CoE campus Bengaluru from 1 Dec to 31 Dec, 2022



**Congratulations
Vigot!**

He is one among the very few students in South India, who have qualified for this program in appreciation of his consistent performance in the exams conducted throughout this Academic Year.

Interaction with Scholars!



Ph. D students from Christian Medical College, Vellore, interacted with the students of Class XI on various topics related to Biology viz., Forensic biotechnology, Genome engineering, Personalized Medicine, Stem cells, Genetic disorders, Molecular Medicine, Basics of human genetics, Nutritional deficiencies and Central Dogma of life. It gave an opportunity to students to have a futuristic approach towards what they learn in textbooks.



Suroo Deep Maulik of XII C has won Gold Medal in the 13th International Commerce Olympiad conducted online on 07th November 2021.

Congratulations Suroo Deep!

Gallantry award

As part of the “**Project Veer Gatha Edition**” of CBSE, **P. Mullai, recipient of prestigious Anna Medal for Gallantry** was felicitated on 17 November 2022. Her interaction with the students was a source of inspiration.

About the awardee:

On January 29, 2020, P. Mullai, a teacher in Pulivalam Government High School in Sholinghur in Ranipet district, smelled the strong odour of LPG in the neighbourhood. She acted swiftly and sent the students to a safe place. “But her selflessness ended in misfortune as the LPG exploded in the neighbourhood, collapsing the house wall adjacent to the school, leaving her injured,” read her citation. She saved her 26 students but had to be admitted to hospital in a highly critical stage. She has recovered eventually.

Shrishti feels proud in honouring her!



An exciting spot for fun-lovers



*Moments clicked
Memories packed
Happiness Recorded
Best School Trip!*



A trip to the best amusement theme park, Queensland, was organized for students of grade VI of CBSE and Matric. The ecstatic journey began on 9th November 2022, with children being enthusiastic and feeling energized throughout. After an appetizing and salubrious breakfast, the children felt more invigorated. On reaching Queensland, instructions were given to children, ensuring their safety. To start with, a variety of pulsating rides, slides and other attractions including Free Fall, Tora-Tora, Centric etc. kept them refreshed and rejuvenated. Having had a sumptuous meal, quality time was spent indulging in water sports such as Niagara



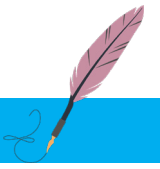
Falls and Wavy Pool. Thrill, fun, enticing and exhilarating - all in one, could be experienced in this spot. With memories and relishing moments, the return trip had turned out to be an unforgettable experience for all the students.



“Sometimes it takes only one act of kindness and caring to change a person’s life.”

Students’ corner

Writers in the making



Success



What is success? The dictionary says that it is “The accomplishment of an aim or purpose”. But “there is only a thin line between success and failure”.

Success only comes by persevering despite failure. In trying times try trying harder, that is the way to success.

Ambition is the path to success.

Persistence is the vehicle you arrive in.

Success is no Accident.

If you really want to be successful first learn not to quit.

Remember, “Rome is not built in one day”.

Success is a journey. Not a destination. If you can’t fly, then run, if you can’t run then walk if you can’t walk then crawl, but whatever you do you have to keep moving forward

“Success is not final; failure is not fatal: It is the courage to continue that counts.”

“The road to success and the road to failure are almost exactly the same.”

“Success is walking from failure to failure with no loss of enthusiasm.”

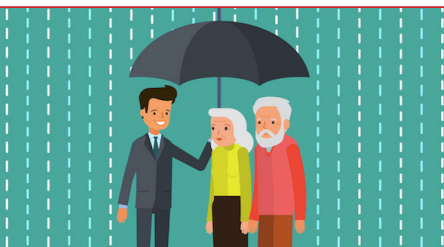
There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

Fall seven times, you will stand up on the eighth time says a Japanese Proverb. That is what success is.

So, think it over for a successful future.

R.NANDITA, VIII-B

Kindness makes you live longer



Kindness is - and always will be - one of the most beautiful and powerful forces for good that exists in the entire world. Kindness shows up as a supportive smile, a comforting embrace and a helping hand when we need it the most - but may expect it the least.

It exists as heartfelt words of encouragement, thoughtful gestures of affection and compassionate acts of generosity so many of us witness, perform and receive as we move through life. Kindness is a source of some of man’s greatest joys and a reason why life is beautiful, even though it’s challenging. Circumstances may test us. People may try us. News may trouble us. Despite these obstacles, we have the beautiful ability to actively choose to be kind. Since there are always opportunities and great ways to be kind, kindness will forever have a place in our lives and in our world as long as people continue to intentionally choose it. We often think of kindness as something that changes the lives of others. However, when we actively choose to be kind, the lives we change the most are often our own. We have to help people stand on their own feet and reach a height they have never reached through an act of kindness. The best way to spread kindness is to be kind to yourself.

It is our ally. It pushes us to be our best by reminding us to love ourselves and the people with whom we share our world. Kindness changes us by challenging us not to be satisfied with desire, but dare to do better.

When we are kind to ourselves, we refuse to let ourselves be devalued and courageously fight to reach our own greatest heights. We see beyond the scope of our multiple failures and work to unleash the immense power of our potential so we, too are better people because of it. Kindness is not just simple - it is satisfying. It’s not just touching - it’s transforming. It’s not just invigorating - it’s inspiring.

Here is a rhyme to remember
Kindness is more than any words we can string,

Kindness is love - so kindness is everything.

- HARSHIT GARG, VI D

Mobile Addiction and Its Harmful Effects

“I finally realized it. People are prisoners on their phones that is why it is called as cell phones.”

Cell phones have become an essential accessory for most people. As an integral part of the modern world, your smartphone



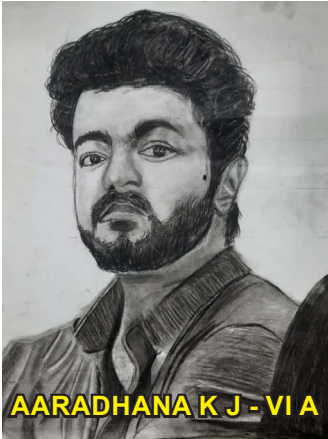
acts as your navigator, personal assistant, and entertainment source. However, some users have become addicted to their cell phones. They find it hard to interact with the world around them by spending more time on their smartphones. Every cell phone user is at risk of developing an addiction to their device, whether it’s online games, social media or text messaging. According to a study, adolescents under 20 years old are the most at-risk for cell phone addiction. So it’s important to know how to prevent and identify addiction so you can remain healthy and happy in your real life and in the digital world.

The negative effects of excessive cell phone usage:

- **Mental health issues:** Studies prove that excessive cell phone use can lead to anxiety, depression, chronic stress and low emotional stability.
- **Poor sleep:** Scrolling on your phone right before bedtime may cause you to experience restless sleep. This causes insomnia and may have also contributed to fewer sleeping hours, the inability to fall asleep.
- **Wastage of time:** People waste their precious time in scrolling the phone screen which could have been otherwise productive.
- **Social Disconnect:** You feel withdrawn from the physical world, distancing yourself from friends, family, and activities you used to enjoy.

So, your smartphone is a lifeline that provides information on the spot and keeps you connected to loved ones. However, it’s important to pay attention to your cell phone usage to ensure you don’t develop an addiction to your device. Maintain a healthy and happy mental state by balancing your engagement in the real world along with your screen time.

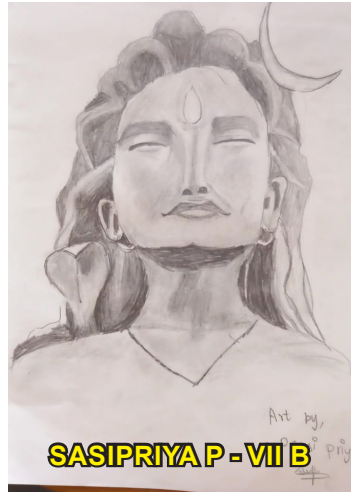
-PRATHEEBHA, IX B



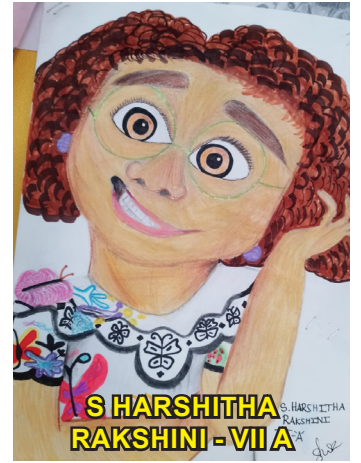
AARADHANA K J - VI A



HITASHVI - V D



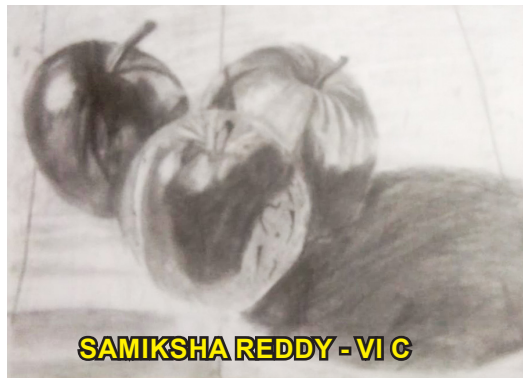
SASIPRIYA P - VII B



**S HARSHITHA
RAKSHINI - VII A**



SAIKARTHIK B - V D



SAMIKSHA REDDY - VI C



VISHNPRIYA K - VII B



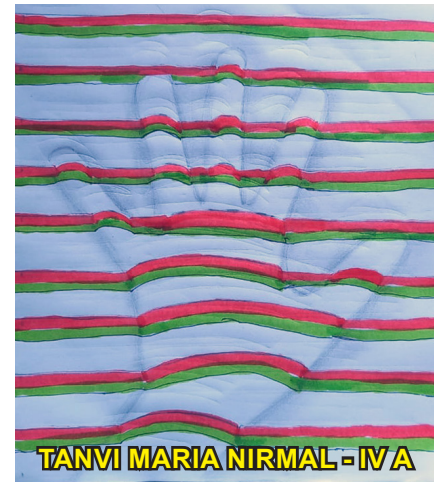
A-ZAARA TAJ - IV D

A Zaara Taj



SANJAY B - XI B2

SANJAY B



TANVI MARIA NIRMAL - IV A



D ASMITAA - IX A



S. ABISHEK - IX B

ABISHEK - 9 B



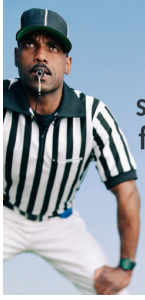
KST PRATHIKSHA - VII B

Shizuka
By:
Prathiksha
VII-B



Confusing words in English

Disinterested / Uninterested



Disinterested referees make sure that players follow the rules.



Jamie was **uninterested** in the game after his team began to lose.

Uninterested is the opposite of interested. It simply means you have no interest in something:

He's totally uninterested in traveling.

In casual spoken English, we tend to say “not interested” for the word uninterested.

The word disinterested means somebody is neutral. They have no bias (opinions that could unfairly influence their judgment). If two people are having an argument, they should present the case to a disinterested third party who can give a clear and fair evaluation of the situation.

GET IT PUBLISHED....

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

-Editor

WINTER Idioms

IDIOMS RELATED TO THE COLD, SNOWY MONTHS OF WINTER



LEAVE SOMEONE OUT IN THE COLD

To deliberately exclude someone from a group or activity.
After I got a promotion, my colleagues left me out in the cold at lunch time.



TO BE SNOWED UNDER

With too much work or other things to deal with.
It's tax season so I'm snowed under and won't be leaving the office before 10 or 11 o'clock each evening.

A COLD SNAP

Very cold weather for a short period of time.

During the cold snap, the government opened some extra facilities for homeless people to take shelter.



TO FREEZE UP

To suddenly not be able to speak or act normally because you are nervous.

Even when I know the answer, I always freeze up when the teacher asks me a question.



GIVE SOMEONE THE COLD SHOULDER

To intentionally be unfriendly or ignore someone you know.

My best friend is giving me the cold shoulder ever since I started dating a guy on the football team.

DO YOU KNOW ?

Do Camels Store Water in Their Humps?



Camels have long been known for their ability to go weeks at a time without needing to drink water—an ability that makes them particularly useful pack animals for people traveling across arid environments and that earned them the nickname “ships of the desert.” Camels are also known for their

prominent humps (either one or two humps, depending on the species), which leads many people to believe that these are used to store water for access at a later time. However, camels' humps actually store fatty tissue, not water, which is used as a source of nourishment when food is scarce.

So why do camels store fat in these humps instead of having it spread

equally throughout their bodies, like other mammals? Camels typically live in the desert, where food sources can be hard to come by. When a camel is unable to access food for a long period of time, its body is able to metabolize the fat in the humps for nutrition. The humps can deflate and droop if the camel has gone a particularly long time without food, but they will sit upright again once the camel is able to refuel. The camel's humps also help the animal regulate its body temperature, an important feature in the desert, where temperatures can be extremely high during the day and drop drastically at night. By concentrating fatty tissue in humps on their backs, camels are able to minimize heat insulation throughout the rest of their body during the day when the temperature is high, and their body temperature rises. Then, at night, the extra heat dissipates through the rest of the camel's body so that their body temperature is not too low when the temperature is cooler. A camel's humps are incredibly important for the animal's survival in a tough environment like a desert. Without its humps, a camel would be more likely to overheat and sweat—but it's still the oval-shaped blood cells that help the camel retain so much water, not the humps.

Source: <https://www.britannica.com/story/do-camels-store-water-in-their-humps>

Visit Our School's YouTube Channel

<https://bit.ly/shrishti-schools-vellore-youtube-channel>



The Highest Result of Education is Tolerance

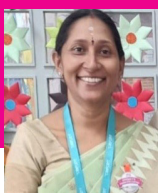
The above-mentioned quote is given by author-cum-activist Helen Keller. Tolerance refers to respect for others' opinions, views, practices etc. It is harmony in difference. According to Aristotle, Tolerance would be the middle point of spectrum ranging from prohibition and acceptance.



Education here doesn't simply mean receiving a degree certificate, but enhancing our knowledge, developing wisdom and virtues. This will help one to realize the reality of the world and accept the diversity of thoughts and beliefs that exist in the world. This will in turn promote tolerance levels.

The education that a person receives in his lifetime is not just from school, but also from his family, friends and society. The one who takes the pages of his experience and learning will develop knowledge. An educated mind always accepts diversity and entertains the thought or views of others with or without accepting it.

As Arthur C Clarke said 'Civilization will reach maturity only when it learns to value diversity of character and idea'. We must always be ready to learn and respect the diversity and educate ourselves. The peaceful coexistence and mutual trust alone will promote humanity and development of nation.



S. ARUNASANKARI
Dept. of Social Science

Each Day is a Good Day



"Every day may not be good... but there's something good in every day."

— Alice Morse Earle

When you start living life, it comes with lots of tussles. Whether you are a rich person or you are meager, you have to face difficulties in your life. Winning depends on your attitude towards the problem. So start the day thinking every day is a new day. You should wake with a smile on your face every day and this can help you to find various nice things on that particular day. Even if you are suffering from any difficulties, it is not obligatory that you will find the similar problems tomorrow. Believe in yourself and say to yourself that every day is a new day. You have a lot of strength in your heart, and all you need to do is focus on the positivity of every single circumstances. You should keep thinking about doing your best, and then no one can stop you from achieving your goals. A person who lives in the past can't be able to enjoy today, and this will influence the future. If you want to make your future better, then you need to work on the present by ensuring every day is a new day in your life. Remembering past won't help you to live a better life, and that's why you need to make sure that you start living in the present and be happy. God has gifted many things and if you want to make your day special, then you should know that it has also been gifted to you by God. You should make the best out of every day as it is a new day and that's why working with full positivity and dedication becomes important for you. Whether it is your good day or a bad day, it is all decided by you. You can easily change your bad day into the good one by having a positive mindset of every day is a good day. Each and every day brings

some new tasks for you, and this gives you a chance to prove yourself. You can win in daily challenges of your life only if you have enlightenment inside yourself. You should always have the courage to face difficulties in your life because every day is a new day and this is all that matters. A person with no difficulties isn't going to enjoy life at all. Regardless of your circumstances, begin every day with a smile, hope and expectations. You are not cheating yourself, because this attitude, if you persevere with it, would make you a more positive and happy person. Every day, restate your goals and your decisions for your new, happy and successful life. At the same time, be open to new ideas and opportunities, and for ways to achieve your goals.

If you look at each day as new beginning, you will feel happier, more energetic and more enthused.



N. UMAL
Department of English

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:

Mr. Agni Bharathi,
Department of English

Co-Editors:

Ms. Flora Regina, *Dept. of English*
Ms. Mercy Priscilla, *Head - Dept. of English*
Mr. George, *Dept. of Social Science*
Mr. Samuel Dossan, *Dept. of Physics*
Ms. Jeevitha Arivazhagan, *Dept. of Social Science*
Ms. Punitha, *Dept. of English*

Design

Mr. M.Kabilan, *Dept. of Computer Science*

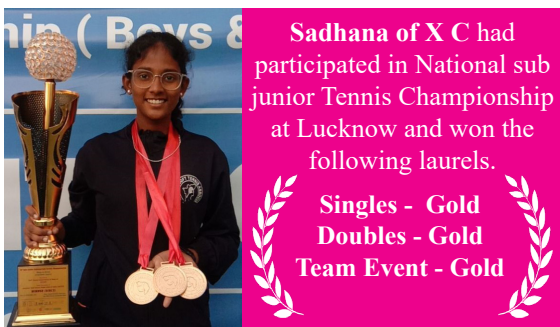


CBSE Clusters -VI ATHLETIC MEET
S. Praveen Kumar, XI A2 has won
First place in Shot Put and
Third place in discus throw.
(U-17 Category)

SSRVM Trust's Winter Fest - Shishir Utsav - 2022



21 - 23 December 2022



Sadhana of X C had participated in National sub junior Tennis Championship at Lucknow and won the following laurels.
Singles - Gold
Doubles - Gold
Team Event - Gold



Chess Clusters South Zone Competition
Shrishtians scored 8 points out of 12 in U-17 category and got tied for the 7th place out of 115 Schools participated.



Winners of Rangotsav celebration - National Level.
The winners have been selected to participate in the International Level Art competition.

Shrishtians have bagged the following places.

1st Place

- Discus Throw- Praveen Kumar. S- XI A2
- Under 17 Boys- 400 mts- Nikhil P.S- XI A2
- Under 14 Boys- 400 mts- Srinivas Prabu- VIII C
- Shot Put - Praveen Kumar S – XI A2 (Under 17)
- 100 mts - Dhamodhar Prasath S – X C (Under 17)
- 100 mts - Sashwanth P – VIII C (Under 14)

2nd Place

- Relay (Under 17 Boys)
 - Danny, Dhamodhar Prasath S, Santhosh J, Nikhil S P
- Relay (Under 14 Boys)
 - Sashwanth P, Srinivasa Prabhu P, Goppik, Ajai
- Discus Throw-Rahul. M- XII A4
- 800 mts & 3rd in 400 mts – Under 17 Boys – Harshil X D
- 200 mts - Anushiya A – VII C (Under 14)
- 200 mts - Sashwanth P – VIII C (Under 14)
- 100 mts - Goppik- VIII C (Under 14)

3rd Place

- Relay (Under 14 Girls)
 - Deepti Dhinesh, Anushiya A, Shivani R.V, Sri Rakshitha A.P
- Long Jump- Goppik- VIII C
- Shot put- Deepti Dinesh- VII C
- Throwball Girls Team - Runner up
- Badminton Boys Team - Runner up

“A good conscience is a continual Christmas.”



Christmas is for joy, for giving and sharing, for laughter and for coming together of our near and dear ones. It was surely a Christmas to remember at **Shrishti Vidyashram Senior Secondary School, Vellore**. The school began the season by celebrating it on **03 December 2022**. The celebration was held in the **Open Auditorium at 10 AM**. The day was specially organized keeping in mind its sanctity and relevance.

The school wore a festive look with bells, streamers and a beautifully decorated Christmas tree. **Mrs. Flora** - the school counsellor, welcomed the gathering. The children were told about the birth of Lord Jesus and the spirit of giving and sharing was inculcated by **Mrs. Usha Paulson**, the Co-Scholastic Coordinator. The delightful celebration included songs by both students and teachers, various dances and a skit. The skit ‘Father’s Love’ became the highlight of the entire show as it touched everyone’s heart.

Students were given glimpses from the birth of Jesus through a beautiful nativity scene. The boundless joy of celebrating the festival was amply visible on the faces of the children especially when Santa paraded through the auditorium cheering and singing songs of Christmas, handing out small gifts, sweets and handshakes. The **Head of Schools** appreciated the participants and gave his new year wishes.

The day ended joyfully by distributing cakes to all the children, dancing and sharing the merriment together.



Teachers At Ease

“Almost everything will work again if you unplug it for a few minutes, including you.”

A stress buster day for the teachers of Shrishti Schools was arranged on 07 December 2022. At the end of the day, various fun games were arranged for the teachers to relax and unplug themselves from the regular routine.

This gave them an opportunity to vent their stress and rejuvenate themselves with youthful vigour and enthusiasm. It was indeed a day to cherish!



Shrishti EduTalk 1.0

Mathigon - EduTalk for classes IX & X was held on 02 December 2022. The panelists of the discussion were Dr. Rushi Kumar.B - Professor & Former HOD, VIT, Dr. D Vijayan-Assistant Professor, Muthurangam Govt. Arts College, Dr. Jesintha Rosline-Assistant Professor, Auxilium College. Dr. B. Vijayalakshmi-Assistant Professor, D.K.M College.

The following topics were discussed by the panelists.

- Algebra
- Mensuration
- Geometry
- Trigonometry

It was indeed an informative session which was greatly appreciated by the parents. Students were thrilled to learn the intricacies of the topics discussed at their ease.



Department of Biology

Four eminent guests namely, Dr. Sushma Swaraj (Psychiatrist), Dr. J Balachandar (Dermatologist), Dr. R Sudharsan Raj (Cardiologist) and Dr. V Maria Asha Priya (Physiotherapist) graced the occasion. The panel discussion was moderated by Ms.Savitha (CBSE). About 277 students from CBSE and 60 students from Matric attended this highly informative and interactive session. Vote of thanks was proposed by Ms. Shabiya (CBSE). “Biology Bounty” was meticulously planned and executed by the Middle School Coordinator Ms. Naanmalar.



Parent Teacher Meet



the half revision exams. He explained the “Mentoring Programme” implemented in Shrishti, to provide educational, recreational, and developmental support to the students. He further advised the students on the following:

- Faith in God and Prayer
- Art of Gratitude
- Sleeping Hours
- Social Media and Screen Timing

Class X -Parent Teacher Meet was held on 07 December 2022. Head of Schools, Mr. M. S SARAVANAN addressed the parents on the students’ performance in

Exam Schedule for the forthcoming months was presented by the Senior Vice-Principal Mrs. Hepzibah Paul.

The Dancing Flamingos of Shrishti



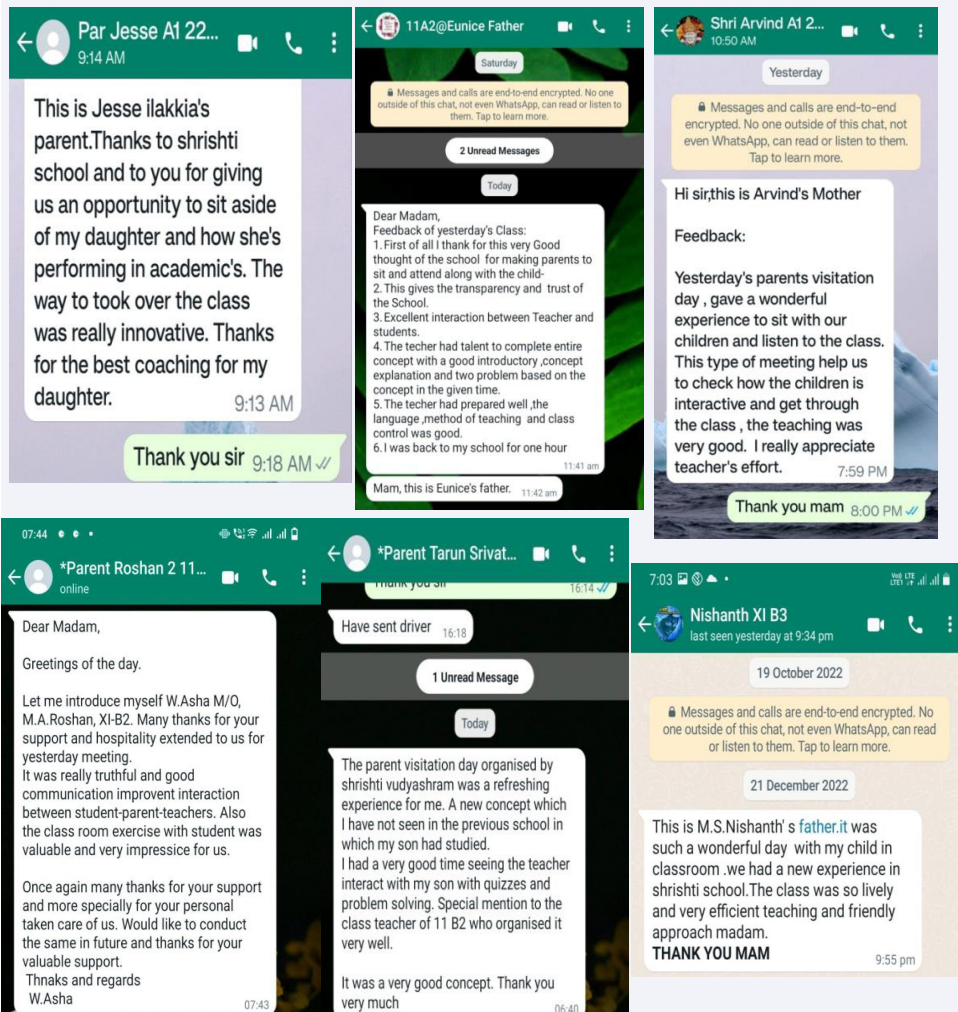
“Dancing Flamingos of Shrishti” Inter House Dance Competition for class XI was held on 09 November 2022. Students of the four houses performed Bharatanatyam, Rajasthani Folk, Kashmeri Folk and Tamil Nadu Folk. Narmada House bagged the first place.

"The Good Padre"

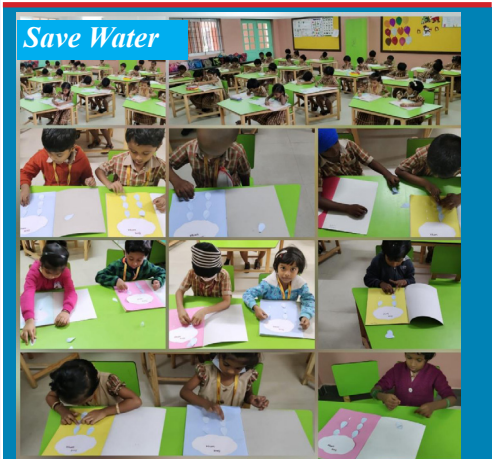
Parent Visitation Day for the fathers of class XI students was organised from 20th December to 22nd December. This event paved a way for the fathers to get an idea of the happenings of the school in real-time. Fathers were happy to be seated beside their wards and listen to the class.



A few glimpses of the day and the feedbacks received.



KG Activities





Kindness makes you live longer

Kindness has been proven to make you live longer, reduce stress, and blood pressure.

Showing kindness develop a social life and a community. When you make a community, there would be people for you, and people would know that you are there for them. You can express all your thoughts and grievances, which reduces stress, which in turn decreases the probability of any cardiac problems in your future. New studies have been found that kindness reduces blood pressure.

Sometimes the best feeling in the world is knowing that someone is there for you. After all, kindness does improve loyalty among people. As mentioned before, without a social life, you would have no one to talk to or express anything, which results in depression, more stress, more problems in the future, which is extremely bad.

There are multiple methods to show kindness and are quite easy. The big thing to remember is to be positive and not to do anything because someone told you to, it should be of your own free will.

1. Offering help

If you offer help to someone, the person will feel happy, and the next time you need help, they will be there for you.

2. Complimenting

Complimenting is one of the easiest ways of showing kindness. It's as simple as saying "Wow! You got good marks!", etc. This makes the other person feel good and they will try to make you feel good sometimes.

3. Showing people that you care

Showing people, you care (showing some empathy as well), listening to them, lets them know someone is there for them. My personal method of doing that is, let's say your friend is absent in school, you could

text him something like "Hey why were you absent today?" or something like that and offer some help. It's a one-hundred percent guarantee that the day you are absent, that friend will text you back for the same person. This also increases trust and loyalty.

4. Being in touch with someone for a longtime

Being in touch with someone is an act of kindness. It helps in long-term friendship. Let's say you moved schools and you have your best friends contact, it can be as simple as calling them once or twice a week or so.

5. Smiling

Smiling at other is also one of the simplest methods of showing kindness. It brings in some positive vibes. It shows that you're a kind person.

All of these methods are quite simple and effective at showing kindness.

So, Be kind and have a long life!

- Sanjay Kanna M S (VI C)

The power of book reading



"The more you READ the more THINGS you know. The more that you LEARN the more PLACES you go".

Let's know about the power of reading. Many of us meditate to keep our mind calm. Similarly, reading makes us to forget the things happening around us and helps us to forget our troubles. That is the power of book reading.

Reading is one of the best hobbies that one can have. It's fun to read different types of books. By reading the books, we get to know the people of different areas around the world, different cultures, traditions and much more. There is so much to explore by reading different books.

We get to know about every field and area by reading books related to it. There are various types of books available in the market, such as science and technology books, fictitious books, cultural books, historical events and wars related books etc. Also, there are many magazines and novels which people can read anytime and anywhere while travelling to utilise their time effectively.

In today's world of the modern age and digital era, people can easily access resources online for reading. The online books and availability of eBooks in the form of pdf have made reading much easier. So, everyone should build this habit of reading and devote at least 30 minutes daily. If someone is a beginner, then they can start reading the books based on the area of their interest. By doing so, they will gradually build up a habit of reading and start enjoying it.

In a nutshell, the importance of reading books are as follows:

1. Reading improves your communication.
2. Reading reduces our stress and anxiety.
3. Reading motivates you to do things and inspire you to scale great heights.
4. Reading strengthens your writing abilities.
5. Reading gives us the power to change our perspective and mindsets.
6. Reading helps us to gain knowledge.
7. Reading helps us to improve our grammar skills and enrich our vocabulary.

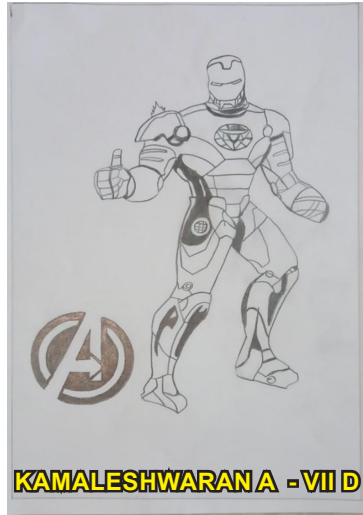
- RAY VAN RAAJ. R (VI-D)



D ASMITAA - IX A



NANDHA KRISHNA - XI B2



KAMALESHWARANA - VII D



HARIKA R - VII B



SAMIKSHA REDDY - VI C



LAKSHITHA P B - V D



SAI UDITH - IV B



C. AKSHATH - III A



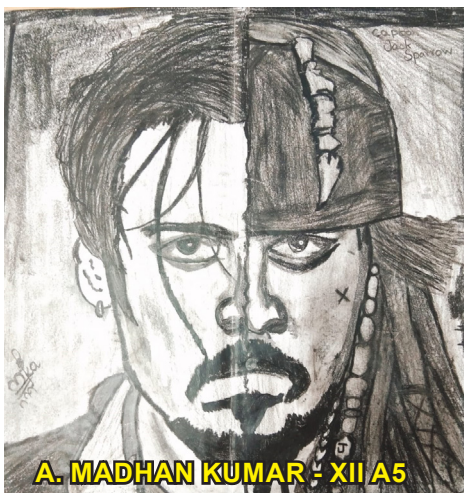
**HARSHA VARTHINI. D
III D**



**A. ESTHER SAVINA
V D**



**HARSHITHA BAIRAVI
V D**



A. MADHAN KUMAR - XII A5



S. ABISHEK - IX B

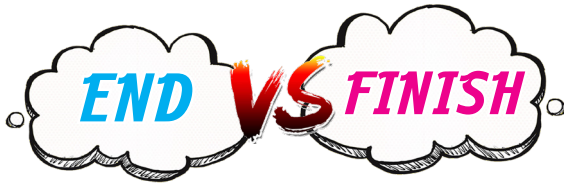


K.VISHNUPRIYA - VII B



Confusing words in English

End vs Finish



When something ends, it means it stops:

- I think that his contract **ends** this month.
- Many historians agree that the medieval period in Europe **ended** in the mid-sixteenth century.
- The course of the river **ended** in a delightful harbour with small sailing boats everywhere.

When something finishes, it means it is completed:

- She **finished** the test and gave it to the teacher.
- We need to **finish** painting the house.
- Her brother **finished** last in the race.

GET IT PUBLISHED....

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

-Editor

DO YOU KNOW ?

Scientists Decode the “Clap” of Butterfly Wings



A butterfly is shaped unlike any other flying animal, which makes analyzing their flight all the more exciting and inspiring to scientists. A study published in January 2021 found that butterflies use an efficient cupping and clapping method to generate thrust.

First, a pair of biologists from Lund University, Christoffer Johansson and Per Henningson, conducted an aerodynamic analysis of free-flying butterflies. From these observations, they found that the broad-winged insects clap their wings together on upstrokes—but the wings don't press flat together like a pair of hands mid-applause. Instead, butterfly wings bend, which researchers suspected might cup air between them to strengthen their downstroke.

To put their suspicions to the test, the scientists compared the flapping capabilities of two robotic clappers: one with rigid wings and one with

flexible wings. They found that flexibility increased wing efficiency by 28 percent and added 22 percent more force to their flaps.

In nature, a butterfly's wing clap probably gives them the extra boost they need to escape predators. Back in the lab, the pair hope their observations inspire new flying and swimming robots.

“Already today there are flapping drones that clap wings together, such as the DelFly, but they do not use the clap for propulsion, but instead mainly produce forces from the flapping,” remarks Johansson .

Making flexible flapping robots could be a low-energy way to boost thrust. Likewise, the addition of flexibility could be a boon for underwater robotics in cramped environments—perhaps for underwater archaeology.

“A drone designed for slow and precise maneuvering using paddling fins could improve performance by clapping the fins against the body,” he says. “Flexible fins could then create a cupped shape of the fin, similar to what we have seen in the butterfly wings, improving the directionality of the jet produced and the efficiency of the thrust production.”

Source: <https://www.lunduniversity.lu.se/article/butterfly-wing-clap-explains-mystery-flight>



Idioms

far-fetched

difficult to accept; difficult to believe.

- “That story's pretty far-fetched. Nobody's going to believe it.”

feel blue

feel sad and depressed.

- I have been feeling blue lately, but I think it's just because of this gloomy weather.

get on one's nerves

irritate someone; make someone upset.

- “I know you like that song, but it's getting on my nerves. Can you play something else?”

go with the flow

take things as they come.

- “There's no need to worry. Everything will be OK if you just go with the flow.”

at the eleventh hour

at the last minute; almost too late.

- “Yes, I got the work done in time. I finished it at the eleventh hour, but I wasn't late.”

Visit Our School's YouTube Channel

<https://bit.ly/shrishti-schools-vellore-youtube-channel>



Iron - Minimal in quantity but significant in human health



Human body is composed of different elements like Oxygen, Carbon, Hydrogen, Nitrogen, Calcium and Phosphorus. Interestingly, Iron an important element which revolutionized human civilization is required in human body in minimal levels. Though required in very small amounts, Iron is an important element in maintaining good health. Iron is indispensable in human health as it is vital for transport and supply of oxygen to various parts of the body. Iron plays critical role in blood formation, proper functioning of liver, maintaining good immune system, promote optimal physical and mental growth.

Deficiency in iron will lead to serious but a treatable disorder known as "Anaemia". According to World Health Organization, approximately 40% of children aged 6 months to 5 years suffer from Anaemia. With respect to India, the prevalence of Anaemia is more than 50% of Indian population. Especially, teenage girls are at greater risk of iron deficiency which could lead to feeling tired and irritable. Also, athletes and active people have higher iron needs as it is necessary to provide energy, focus and immunity. Symptoms of anaemia include fatigue, weakness, shortness of breath, headache and poor focus in day today activities. If the condition is left untreated, it may lead to drastic consequences such as heart failure.

Hence, it is very important to include food rich in iron content. Iron is abundant in green leafy vegetables, beet root, dried fruits, eggs, beans, dried peas, lentils and peanuts. Other sources of iron include meat, tofu, fish such as tuna and salmon. Hence, next time when your mother compels you to eat your veggies, listen to her and munch on the veggies and nuts and if you are an adherent fan of meat, then maintaining iron levels in your body

should not be an issue! Interestingly, inclusion of Vitamin C rich food in your meal will enhance the absorption of Iron from your meal. Apart from children, prevalence of iron deficiency anaemia is higher in pregnant women and lower socio-economic population. To reduce the prevalence as well as to create awareness about importance of iron, "Iron deficiency day" is celebrated annually on November 26.

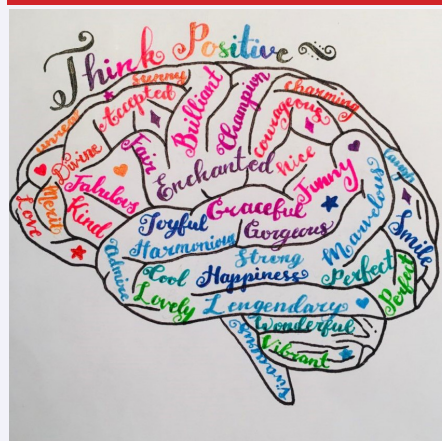
To conclude, if you have any of the above said symptoms of iron deficiency, visit your physician to solve the issue and fill your tummy with food rich in Iron!

Stay healthy, stay active, stay focussed to fulfil your goals and dreams!!!



- Ms. Savitha Varadharajan
Department of Science

Each Day is a New Day



"With the new day comes new strength and new thoughts."

- Eleanor Roosevelt

When we start living life, it comes with lots of struggles. Whether we are a rich person or poor, we have to face difficulties in our life. But starting the day thinking every day is a new day shall give us a positive energy. Winning depends on such attitude towards the problem.

We should wake with a smile on our face every day as every day is a new day and this can help us to find various nice things on that particular day.

We have a lot of strength in our heart, and all we need to do is focus on the positivity of every situation. We should keep thinking about doing our best, and then no one can stop us from achieving our goals.

If we are suffering from any difficulties, it is not necessary that we find the same problems tomorrow.

A person who lives in the past will not be able to enjoy the present, and this will influence the future. If we want to make our future better, then we need to work on the present by ensuring every day is a new day in our life.

"Every day is a gift from God. Learn to focus on the Giver and enjoy the gift!"

— Joyce Meyer

God has gifted many things and if we want to make our day special, then we should know that it has also been gifted to us by God.

We should make the best out of every day as it is a new day and that's why working with full positivity and dedication becomes important for us.

Whether it is our good day or a bad day, it is all decided by us. We can easily change our bad day into the good one by having a positive mindset of every day is a good day.



- Mrs. Jeevitha Arivazhagan
Department of Social Science

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:

Mr. Agni Bharathi,
Department of English

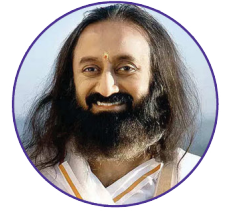
Co-Editors:

Ms. Flora Regina, Dept. of English
Ms. Mercy Priscilla, Head - Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dossan, Dept. of Physics
Ms. Jeevitha Arivazhagan, Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. M. Kabilan, Dept. of Computer Science

"Dream the impossible. Know that you are born in this world to do something wonderful & unique.
Give yourself the freedom to dream & think big." - Gurudev Sri Sri Ravi Shankar



SHRISHTI'S GLORY GALORE

InoVIT- 2023
National Level Science Contest
for School Students
@ VIT, Vellore



Category 1 Class IX & X

COMPETITION	PLACE	NAME
Quiz	FIRST	Vaishnavi, Sangamithra
Quiz	CONSOLATION	Taanushiya, Akshara
Debate	FIRST	Kathirselvan, Aakash
Poster Presentation	THIRD	Yukta Sree

Category 2 Class XI & XII

COMPETITION	PLACE	NAME
Quiz	FIRST	Vigitt, Sashwath
Quiz	SECOND	Pradhissvar, Joshua
Debate	FIRST	Ayisha, Preethi
Debate	THIRD	Jayaram and Vishal
Poster Presentation	THIRD	Alwin, Husna



L.S. Varshan has got **First place** in **All India Sports Karate Tournament** hosted by Japan Shito - ryu "Karate"

District Level Dance Mela



CATEGORY	COMPETITION	PLACE
Junior	Free Style	THIRD
Senior	Solo Classical	THIRD
Senior	Indo-Western	SECOND
Super Senior	Indo-Western	FIRST

OTOMATIKS ROBOTICA



4TH STATE LEVEL ROBOTICS AND WORKING MODEL COMPETITION @ VIT UNIVERSITY, VELLORE
Shrishtians have emerged as Winners in the Senior & Sub Junior Category

VIT MATHEMATICAL MEET

07 January 2023
National Level Mathematical Contest
Prize Winners

Level 1 Essay

1st prize - Nandita R

Level 2 Quiz

1st prize -
Akash S
Thillaivanan J
Sarvesh Anand S

Level 2 Talent Exam

1st prize
- Vibha Nethra M
2nd prize
- Madhumitha S

Level 3 MODEL MAKING

2nd prize
-Isha S U



Level 3 Talent Exam

2nd prize
-Vijay Raghavendra Reddy
3rd prize
- Siddharth S

Level 3 QUIZ

1st prize
- Vigit G S
- Pradhissvar
2nd prize
- Rheva
- Joshua

Shrishtians have also bagged the **OVERALL TROPHY**



WINNERS

பொங்கல் விழா



நம் தமிழர் பண்பாடு மாறாமல் மாணவர்களுக்கு எடுத்துச் சொல்லும் வகையில் பொங்கல் விழாவானது நமது சிருஷ்டி பள்ளியில் (13.01.2023) அன்று சிறப்பாக கொண்டாடப்பட்டது.

விழாவிற்கு நமது பள்ளிக் குழுமத் தலைவர் திரு. M. S. சரவணன், அவர்கள் தலைமையேற்றார்.



இறை வணக்கப் பாடல் மற்றும் வரவேற்பு நடனத்துடன் விழாவானது இனிதே தொடங்கியது. இதைத் தொடர்ந்து மாணவ மாணவிகளின் கண் கவர் கலை நிகழ்ச்சிகள் நடைபெற்றன. கோலப் போட்டியும் நடைபெற்றது. கோலப்போட்டியில் கிருஷ்ணா அணியினர் முதல் இடத்தையும் நர்மதா அணியினர் இரண்டாம் இடத்தையும் பெற்றனர். வெற்றி பெற்ற அணியினருக்கு சிறப்பு பரிசு வழங்கப்பட்டது.

பொங்கல் விழாவின் முக்கிய நிகழ்வான சிறப்பு பட்டிமன்றம் இளைய தலைமுறையினரின் இன்றைய போக்கு பெற்றோரை பயமுறுத்துகிறதா! பெருமைபடுத்துகிறதா! என்ற தலைப்பில் முனைவர். திரு. இன்ப எழிலன் ஐயா அவர்களின் தலைமையில் சிறப்பாக நடைபெற்றது. பட்டிமன்ற இறுதியில் இளைய தலைமுறையினரின் இன்றைய போக்கு பெற்றோரை பெருமைப்படுத்துகிறது என்று நல்லதோர் தீர்ப்பை நல்கி நலமுடன் பேசினார். பட்டிமன்ற பேச்சாளர்களுக்கு சிறப்பு பரிசு வழங்கப்பட்டது.



இதைத் தொடர்ந்து பள்ளியின் விளையாட்டு மைதானத்தில் பொங்கல் வைக்கப்பட்டு மாடுகளுக்கும் துரிய பகவானுக்கும் சிறப்பான பூஜை நடைபெற்றது. மாணவர்கள், ஆசிரியர்கள் அனைவரும் மகிழ்ச்சியாக பங்குபெற்று பொங்கல் விழாவினை சிறப்பித்தனர். இறுதியாக அனைவருக்கும் இனிப்புப் பொங்கல் வழங்கி விழாவானது இனிதே நிறைவுற்றது.





Sanjay Kanna of Class VI has emerged as RUNNER-UP in **Eureka Junior, E- Summit 2023** held at IIT MUMBAI.

CONGRATULATIONS!

ACTIVITIES

HAKUNA MATATA - PONGAL ACTIVITY



74th REPUBLIC DAY CELEBRATION

The 74th Republic Day was celebrated in our school with great eclat. The monumental day commenced with the prayer song. Following this, was the unfurling of the tricolour by the dignitaries - Head of Schools, Mr. M. S Saravanan and Trustee Mr. Venkatesh. Then was the rendition of patriotic song sung by our school choir. Students expressed their patriotic fervour through a beautiful dance performance. Mr. George Babu, Head of the Department of Social Science, in his speech drew a clear outline on the difference between Independence Day and Republic Day. He also emphasized on the significance of Republic Day. The day was marked with mixed emotions of patriotism, love and pride. After the vote of thanks, the crowd dispersed with the image of the fluttering tricolour etched in



“Keep your face always toward the sunshine, and shadows will fall behind you.”
— Walt Whitman

ACTIVITY ON TIME - GRADE 5



Self Defence Training for Girls



The National Girl Child Day is celebrated in India every year on January 24th. It was started by the Ministry of Women and Child Development and the Government of India in 2008, with the purpose to spread awareness among people about all the inequalities girls face in Indian society.

To mark the day's importance, the Department of School Education and Literacy, Ministry of Education, Govt of India has organized a virtual conference with a theme 'Self Defence Training for Girls' under 'Azadi Ka Amrit Mahotsav'. In Shrishti, all the girl children from grade 7 & 8 were able to watch the live telecast of the same that was available between 04.00 pm - 05.00 pm. They got to know how to use every day articles such as, key chain, duppata, stole, mufflers, bags, pen/ pencil, notebook etc. as weapons of opportunity/improvised self-defence weapons to their advantage.

XII ACHIEVERS

100%
PASS

Staying at the pinnacle of success in the district for the last three years.

2021 - 2022

SCIENCE STREAM
District 1st
496/500
REA ANN MATHEW

District 2nd
493/500
V B ASHWIN RANGA

School 3rd
483/500
L S YUVANESH

2020 - 2021

District 1st
493/500
SRINIVAS R

District 2nd
491/500
SHERYL SUSAN MATHEW

District 3rd
487/500
ANNIE RACHANA A

School 3rd
487/500
BHANDARI SNEHA

2019 - 2020

District 1st
487/500
AASHIKA JAIN S

District 2nd
480/500
SHANMUHA SHREENIDHEE S

District 3rd
478/500
TRISHA PUCHAKAYALA

School 3rd
478/500
K SATHYA MOORTHY

X ACHIEVERS

100%
PASS

Staying at the pinnacle of success in the district for the last three years.

2021 - 2022

496/500
District 1st Place
DIVYA P

494/500
District 2nd Place
NITHYASRI RENUGA

491/500
School 3rd Place
P VITHYASAGAR

2020 - 2021

State Third
498/500
District 1st Place
AMIRTHAA VARSHINI S

497/500
District 2nd Place
RHEVA SUDARSAN RAJ

496/500
District 3rd Place
A VEDIKA

2019 - 2020

494/500
District 1st Place
REA ANN MATHEW

493/500
District 2nd Place
SHRIYA SHIVANI M R

488/500
District 3rd Place
B ASHWIN RANGA



Exhaustive and comprehensive coaching for JEE/NEET

2023-24

Admissions Open
For Classes KG to IX & XI

Groups offered in Senior Secondary

- A - Physics, Chemistry, Biology & Mathematics/ Informatics Practices
- B - Physics, Chemistry, Computer Science, Mathematics
- C - Accountancy, Business Studies, Economics & Mathematics/ Entrepreneurship

100%
Pass

Separate A/C Hostel Facility Available for Boys & Girls

Phone: 0416 - 2246784, 2246785
CBSE 97872 04242
Matric 73977 60449



Scan For
KG - X
Graders



Scan For
Grade XI



Random Thoughts

growing up, all I was taught to do was romanticize.

the vibrant hues of the sky and it silencing the wars in our minds the unceasing blues of the oceans and the undiscovered world under the boundless enlightenment of the universe and how we contain it and. my emotions.

romanticise your emotions, albeit they are led astray ; even if they're led astray ; especially if they're led astray.

paint my feelings in colours bright and dull, write poems about them with words that flow out of my fingertips, talk to the universe within me and hope that it could bear the enormity of my colours.

but maybe my art didn't elucidate my emotions and only muffled them.

because my emotions aren't colours, they aren't simply for sight and they cannot be encompassed within mere words.

because romanticizing my emotions does nothing but provide me solace in the worldly fact that at least my hopes and the loss of them can fill a measly canvas.

but how can I?

how can I look at my home and my love and face how their sadness is merely a couplet I write about at midnight when my own tears engulf me

how can I look at children starving and trees falling and tell them that their destruction is a story I will narrate to my grandchildren

how can I witness corruption and ignorance dimming people's lives and say that that anger is lyrics to a song I write about, with my fingers strumming my guitar?

my passion isn't to be compared to the

skies and oceans and their incomparable beauty because it isn't beautiful.

it is vast, it is grand and it is questioning. it is demanding, hopeful and egotistic.

perhaps romanticizing it would help me scale its monstrosity, albeit we've got it all wrong, albeit expressing isn't solely romanticizing.

so I will scream, cry, fight for power and battle for change but I will not reduce my emotions to nostalgia and appearance.

because romanticizing my world and its anger, bliss, sympathy and hope can never explain its complexity and frighteningly quiets my thirst to do so.

- NIKITHA, XI B3

Raja and Ravi

Two friends called Raja and Ravi were walking through the desert. They argued at some point during the journey, and Raja slapped Ravi. Ravi got slapped and hurt, but without saying anything, he wrote in the sand, "Today my best friend Raja slapped me in the face." They kept walking until they found an oasis, where they decided to take a bath. Ravi got stuck in the mire and started drowning, but his friend Raja saved him. After he recovered from the near drowning, he wrote on a stone, "Today my best friend saved my life." Raja asked, "After I hurt you, you wrote in the sand, and now, you write on a stone; why?" Ravi replied, "When someone hurts us, we should write it down in the sand where winds of forgiveness can erase it. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it." So they both become happy.

Moral: Do not value the things you have in your life. But value who you have in your life.

- DEVESHWAR .A.N, VA

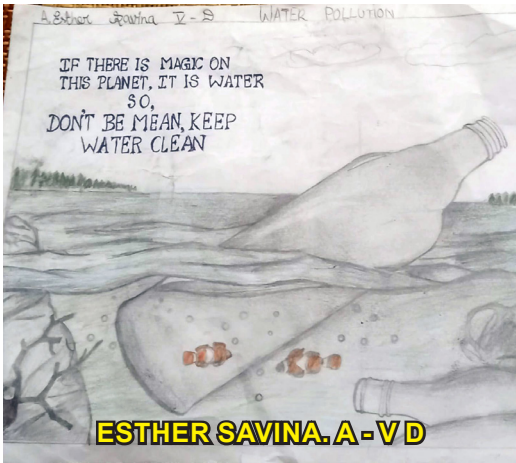
The book that inspired/ changed my life



What would you do if things did not go your way? Now what if the stakes were risen and life has gone in a way which has rendered one's heart in pieces? Life has already drawn its sword against the little girl; born in Germany during the reign of one of the most tyrannical rulers. As a consequence of his actions, the girl and her family had gone through a lot of hardships, and at one point the girl had to go through them all alone. Though facing such ordeals, the book loving girl kept walking, i.e., she kept moving on, not because she was stone-hearted; she was definitely traumatized, but she never gave into her fears. Her life is a lesson on how one should live and lead their life. Suffering and pain are inevitable, the only way to stand above them is to go through them, facing them head on whilst clinging on to our hopes and dreams for support, like how the little girl clung on to the words and books that she learnt and read which gave her a hope and a dream.

Our little book thief grew up to be a responsible woman and lived a hearty life; Yes, she lost many of her loved ones on the way but she created new bonds with many too. Reading this changed my perception of life, that not everything in life is under our control, instead we need to cherish in the time we're currently living in and to accept our fate with open hands. The little girl I talked about - her name was Liesel Meminger, a book loving girl from the book, 'The book thief'.

- SAMUEL GEORGE, XII



ESTHER SAVINA - A - V D



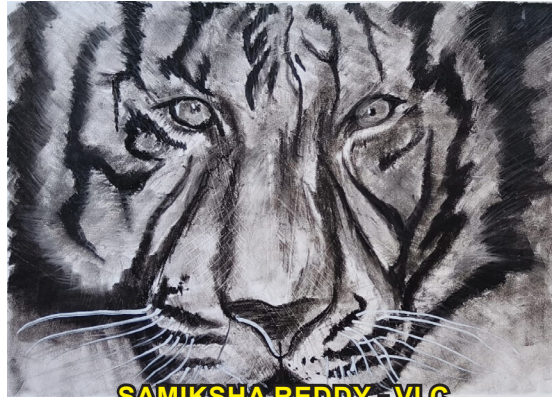
AJAY VISWA SAI K - V D



S. ABISHEK - IX B



K. KEERTHI VASAN - IV



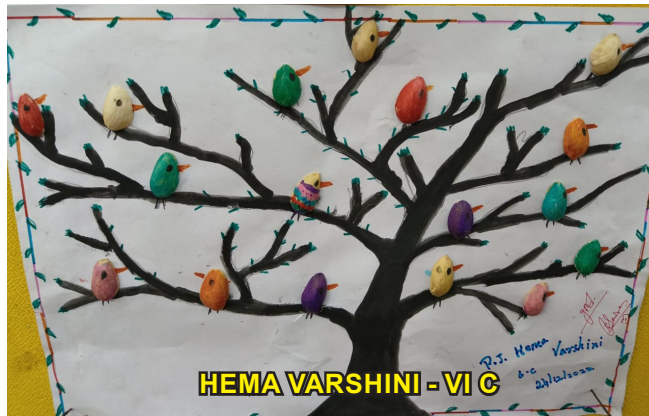
SAMIKSHA REDDY - VI C



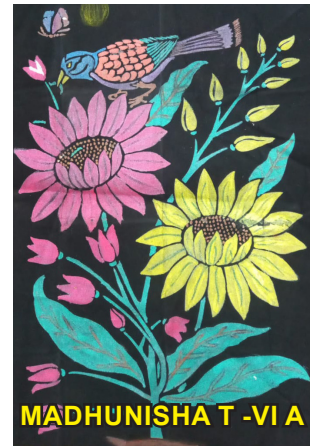
DHISHA R - VI A



E.M.RUVANTHIKA - VII C



HEMA VARSHINI - VI C



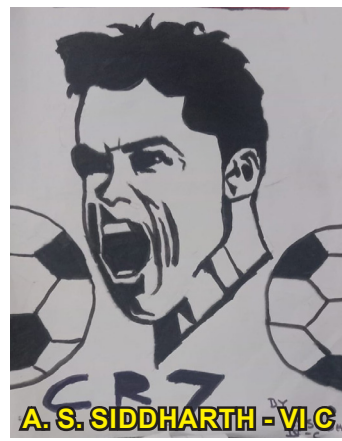
MADHUNISHA T - VI A



ROSHAN AAHIL N - V A



**HARSHITHA BAIRAVI
V D**



A. S. SIDDHARTH - VI C



**TANISHAA DEVI S A
VIA**



Confusing words in English

ADVICE VS ADVISE

There's just one letter differentiating these two words, and there's also one very big difference between them: They're completely different parts of speech.

Advice is a noun

An opinion that someone offers you about what you should do or how you should act in a particular situation:

- Steven gave me some good advice.
- I think I'll take your advice (= do what you suggest) and get the green dress.
- Can I give you a piece of advice?

Advise is a verb

To give someone advice:

- His doctor advised him against smoking.
- I'd strongly advise against making a sudden decision.
- They're advising that children be kept at home.



Idioms

hold all the cards

to be in complete control of something.

- He may be the new manager but his secretary holds all the cards—she's been working here for more than 20 years.

in the cards

to be expected to happen.

- I think a promotion will definitely be in the cards if you continue to make your sales targets.

play one's cards right

to do the correct things to get a desired result.

- Play your cards right in college and you'll get a great job after you graduate.

lay all your cards on the table

explain everything that you know truthfully and completely.

- If you lay all your cards on the table maybe she'll give you a second chance.

GET IT PUBLISHED....

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

-Editor

Visit Our School's YouTube Channel

<https://bit.ly/shrishti-schools-vellore-youtube-channel>



DO YOU KNOW ?

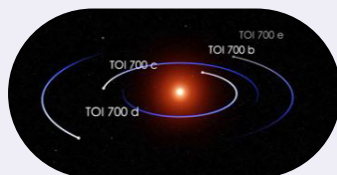
TESS Finds System's Second Earth-Size Planet



Using data from NASA's Transiting Exoplanet Survey Satellite, **scientists have identified an Earth-size world, called TOI 700 e**, orbiting within the habitable zone of its star – the range of distances where liquid water could occur on a planet's surface. The world is 95% Earth's size and likely rocky.

Astronomers previously discovered three planets in this system, called TOI 700 b, c, and d. Planet d also orbits in the habitable zone. But scientists needed an additional year of TESS observations to discover TOI 700 e.

TESS monitors large swaths of the sky, called sectors, for approximately 27 days at a time. These long stares allow the satellite to track changes in stellar brightness caused



by a planet crossing in front of its star from our perspective, an event called a transit.

TOI 700 e, which may also be tidally locked, takes 28 days to orbit its star, placing planet e between planets c and d in the so-called optimistic habitable zone

Scientists define the optimistic habitable zone as the range of distances from a star where liquid surface water could be present at some point in a planet's history. **This area extends to either side of the conservative habitable zone, the range where researchers hypothesize liquid water could exist over most of the planet's lifetime.** TOI 700 d orbits in this region.

TESS is a NASA Astrophysics Explorer mission led and operated by Massachusetts Institute of Technology in Cambridge, Massachusetts, and managed by NASA's Goddard Space Flight Center.

Source: <https://www.nasa.gov/feature/nasa-s-tesse-discovers-planetary-system-s-second-earth-size-world>

Comfortable life Now and Then

A boy asked his father...

“ Dad, there were no technology, aeroplanes, internet, television, computers, air conditioning, luxury cars, mobile phone etc., during your time. Then how could you live happily and comfortably, without all these?”

The father answered,

“ Yes, my son, the present generation live without prayer, respect towards elders, planning, discipline, understanding about our history , no concern about family, values, etc.,etc.,.....

But we lived very happily following all the above...

Like you, .

We never wore helmet while driving a two wheeler, Never sat in front of T.Vs, instead we played late in the evening after school hours, We never had internet friends, instead we had real friends, We drank tap water directly, never knew bottle water or mineral water, Never had any diseases despite we drank juice in one tumbler, Never knew obesity even though we ate four times a day, We ran bare feet without shoes, never had any joint pains or leg pain, Celebrated all festivals happily, went to friends houses, uninvited, Our photos were black and white, but many sweet memories behind all of that, We followed whatever was instructed by our parents, Our lives were not mechanical,

So...


Learn from our life and try to make your life also real rather than




George Babu.
Dept. of Social Science



Y. J. Prem Anand.
TGT English




Words of blessings by
Gurudev Sri Sri Ravishankar Ji
at
Shrishti Schools
 Brammapuram, Vellore – 632014, Tamil Nadu

12 February 2023, 4:00 PM IST

You are cordially invited.



 **SHRISHTI SCHOOLS**
 CBSE & MATRIC
 VELLORE, TAMIL NADU
Shrishti
UTSAV
 Feb 10th (CBSE)
 Feb 11th (Matric) **2023**
You are cordially invited.

One book every student must read War and Peace by Leo Tolstoy

The book is a classic based on the Russo-French wars of the nineteenth century. Written by Leo Tolstoy, a man of great and obvious genius. Overflowing with a myriad of characters, most of them fluent in Russian, German and French, it takes immense patience and hunger for knowledge to read it. It is best read at a slow, leisurely pace and not diagonally.

The title suggests that there is peace in war. All the preoccupations of everyday life such as love, friendship, family, money, brotherhood and faith receive quite a bit of attention. All of these are explored through a remarkable and diverse cast of characters, all of whom you grow to love or hate and you might even be surprised to find that these characters develop a sort of life of their own.

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:

Mr. Agni Bharathi,
Department of English

Co-Editors:

Ms. Flora Regina, *Dept. of English*
 Ms. Mercy Priscilla, *Head - Dept. of English*
 Mr. George, *Dept. of Social Science*
 Mr. Samuel Dosson, *Dept. of Physics*
 Ms. Jeevitha Arivazhagan,
Dept. of Social Science
 Ms. Punitha, *Dept. of English*

Design

Mr. M.Kabilan, *Dept. of Computer Science*

"Remember that life goes beyond failure and success: do not simply focus on these two categories of prospects. Life goes beyond the moments we find rewarding, and the moments we find upsetting."
 - Gurudev Sri Sri Ravishankar



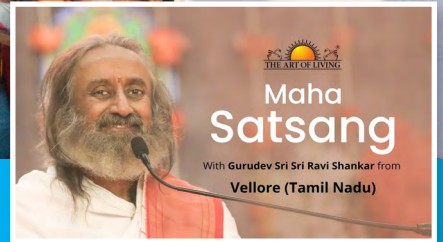
SHRISHTI HERALDS



Volume 01 | Issue 11

THE NEWSLETTER

February 2023



Words of blessings by **Gurudev Sri Sri Ravishankar Ji** at Shrishti Schools, Vellore

"Education is what makes a big difference in anyone's life. Now education should not be confused for collecting information. To me, education is developing holistic personalities."

During his visit, Gurudev Sri Sri Ravishankar addressed on the importance of holistic education. He also emphasized on the inclusion of mindfulness, yoga and extra-curricular activities in the curriculum. He further appreciated Shrishti Schools for their achievements in the board examinations in the yester years and blessed the current X and XII students for their board exam.



UTSAV



With all its magnificence, splendour and brilliance, UTSAV at Shrishti, indeed becomes the red letter day in the mind of every Shrishtian as the paramount highlight of school life. Every single detail of this mega cultural event is chiselled to attain perfection and flawlessness by the dedicated and steadfast efforts of almost every teacher and student, making it a bravura spectacle that one must behold at least once in a lifetime.

UTSAV- 2023, was celebrated on 10th February, with the theme “India’s culture and heritage”. With the harmonious voices of the school choir entwined with the musical beat, the prayer song brought a heavenly and serene aura, bringing peacefulness beyond compare, which gave the festival more than a fitting inception. Head of Schools, Mr. M. S Saravanan, gave the audience a gracious welcoming address, allowing them to feel like a part of the shrishtian family.

Then came the invocation dance in which the dancers were dressed in splendiferous jewels and vibrant dresses, who fascinated the audience with a classical dance. Following this, the girls of class XI performed a delightful dance depicting

India folk culture and customs.

Then, students of SSRVM schools demonstrated, Prajna Yoga- The Intuition Process. Activities such as blindfold colour identification, reading, and solving mathematical problems filled the audience with awe and made them realise the power of the intuition process which helps children to tap into the intuitive abilities of the mind through ‘ancient methods’, simple yet ‘profound meditation’ and ‘relaxation techniques’.

Shrishtian Singers took the spotlight and thrilled the audience with their songs in between the events. Their heart rendering performance included songs in many languages including English, Tamil, Hindi and Telugu.

Following this was the lively and dynamic “Tribal Dance” of Class I and II. The mesmerizing moves of the tiny tots indeed moved the audience with joy. Then, was staged the historic Ponniyin Selvan- English play by class XI students. With their deep expressions, gorgeous costumes and scintillating dance moves, they took the audience to a new world where they left them captivated and eagerly thirsting for more of the story.

Then, the students classes III- V lead a zestful dance performance followed by an English play on “Columbus” which paved the way for the viewers to explore the adventures of Columbus in their minds.

Then the performance of Class IX students, portraying the devoted spirit of the soldiers and a glimpse of the Uri attack, evoked the sense of patriotism and made the audience realize the sacrifices of our soldiers.

Then came the sublime dance performance of Class XI girls, who left everyone in awe, with their mysterious and magnifico steps. Towards the end of the programme, the school pupil leader Rheva- XII gave a cordial vote of thanks to everyone who had put all efforts to make the day a grand success. Although it seemed as if the curtains had fallen, it had not, for the finishing climax was still in store. Class XI boys set the stage on fire with their extraordinary dance performance, giving the show a felicitous finish.

This mega cultural event culminated with the National Anthem. UTSAV- 2023, would undoubtedly remain in the hearts of every Shrishtian forever.



“Creativity doesn’t wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.”



“A farewell is necessary before we can meet again, and meeting again, after moments or a lifetime, is certain for those who are friends.”

FAREWELL 2023



The day many of us will remember through the rest of our lives- 16 February, 2023 marked the culmination of many years of genesis for the outgoing shrishtians. As we prepared to bid adieu to the place and people that shaped each of us, there was an unmissable air of excitement and nostalgia, a mix of emotion that is rarely witnessed. It was finally time for us to acknowledge that we would be stepping into an entirely different world, meeting new people, venturing into new grounds, all by our own. Farewell is truly a very special occasion, letting us commemorate our lives at school.

This was no ordinary day at shrishti, as one would see the students dressed in elegant and eye-catching attire, snapping numerous pictures with their friends, who had very close to assumed the status of family. As students began to file into the venue of the events, the students spoke volumes, quite literally. As they seated themselves, teachers shared their insights and advice to what the outer world looks like. It was followed by a handful of outgoing shrishtians, narrating their lives at shrishti. It was then followed up by an entertaining acclamation of teachers

met with loud cheers from the students. Troupes of passionate dancers then rocked the stage, momentarily distracting the departing students from their outpour of emotions. A couple of singers showcased their talents by producing feet tapping performances. As the event drew to a close, mementos- frames of our own class photographs were presented to the students.

What followed in the next hour was something special. In what was quite possibly the last stress-free moments spent with those friends, everyone was talking to each other, exchanging wishes and taking photographs. Teachers wished students a bright future and the gratitude of the students was undeniable. As the time to board the buses approached, many last gasp pictures much to the disapproval of the teachers were taken, ones that would never fail to invoke warm feelings when revisited in the future. As friends said final goodbyes, farewell 2023 came to an end- and it must be remembered that with every ending there is a new beginning.

- S. B. Sanjeev Subramaniyan (XII)



National day Science celebration was held at District Science Centre. Shrishtians bagged following prizes.

Quiz - 1st place - Pradissvar, Tarun Sri Vatsan - XI.
English Elocution- 2nd place - Monish Chandran - IX.
Tamil Elocution - 3rd place - Agathiya - IX.
Painting - Consolation, Harshitha - VII.



Shrishti Cricket Boys

Team were runners up in CM Trophy which was held at SDAT Stadium on February 17, 2023. **Out of 32 Schools our school secured second** and the team members were rewarded with cash price of Rupees 2000/- each.



Experience at Shrishti




School is not just a word we look up in the dictionary, it is an emotion that entwines the students and the teachers. It is a place where we learn the first lesson of our life, the first place we go without being accompanied by our parents. The first friend we make, the first argument we fight, the first word we learn, everything starts at this magical place – The School. For the past fourteen years, Shrishti has been my home, away from home. From learning to spell words right, to solving complex equations, my journey at shrishti, is one of a kind. From waiting outside if we come late to school, to waiting outside to go back home with our friends, everyday holds tons of memories to cherish. Seeking permission to miss classes for dance practice, keeping secrets from your close friends just because they belong to another house and you want your house to win the IHA, planning for canteen lunch with friends on the last day of school, fighting for a share in your friend's lunch, eating snacks during class hours just because your tummy starts grumbling, playing antakshari or dumb charades when you have a free period, asking teachers for P.T. when they're done with the portions, being super nervous before reciting a memory poem in front of the whole class, thinking of an excuse to evade from homework, studying a new chapter right before the day of exam, fighting for the silliest of things- starting from a super attractive eraser to the tastiest cream biscuit, school life has been such a bliss. Added to this are the cultural events at shrishti! Memories made from the Utsav and sports' day practice sessions always stay close to our hearts. I believe this school has given us the courage to face all hurdles and succeed in life. If we as students shine as bright as stars, it is the teachers who fuel us to burn bright. The teachers have been of immense support, working extremely hard to tap the talent in us. There is so

much that I've learnt in these 14 years, and there's so much more to learn from the world around. Somewhere between crying frantically to board the bus on the first day of school, to bidding the most heartfelt farewell to all my school friends, it pains to acknowledge the fact that my school life has come to an end. Every end marks a new beginning. Though we are quite nervous I'm pretty sure all of us are excited to know what's in store for us in the upcoming years.

School life always has a special place in everyone's heart and Shrishti has given us a string of memories entwined with our lives in the most beautiful way possible.

- S Rhevaa (XII)



How ART Improves Lives

Art has the ability to improve lives in a number of ways. For example, it can help people to express themselves, to connect with others, and to understand the world around them. When people are able to express themselves through art, it can be a powerful way to communicate their feelings and thoughts. This can be especially true for people who find it difficult to communicate in other ways. For example, someone who is struggling with depression may find that creating art helps them to express their feelings, and this can be a powerful way to help them to start to recover.

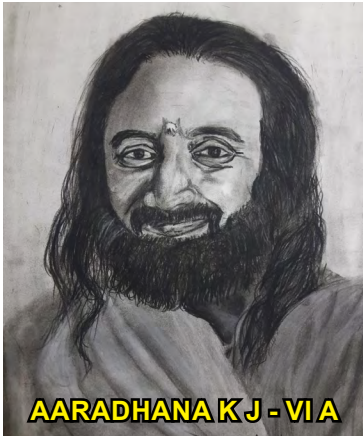
Art can also help people to connect with others. This is particularly true for people who are isolated, or who feel that they don't fit in with the rest of the world. By creating art, people can find others who share their interests, and this can help them to feel less alone. Finally, art can help people to understand the world around them. This can be done in a number of ways, such as by giving people a new perspective on things, or by helping them to see the beauty that exists in the world.

- Luke Dylan George (VI D)

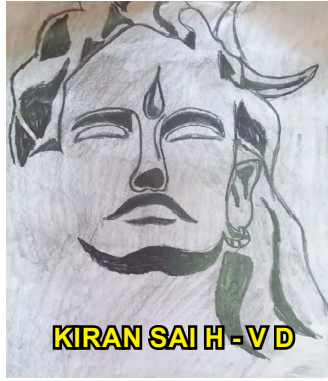


When I was given a chance to say about my experience, I thought there's no best time than this to share about my experience at shrishti. Shrishti has always been my second home and I'm glad to say that. Shrishti and the faculty here had always wanted the best for us and yes, they provided it to the core. The bond between teacher and student is very intricate in association with sanctity indeed. The environment at school develops one's interest towards their work. And students, teachers played a major role in building it. Well, now it's time to leave this wonderful institution, not just physically leaving but mentally getting detached from the most loving teachers, humble head of schools, always helpful non-teaching staffs and beloved friends. Friends I've found here aren't just mere friends but a family, a family which lasts forever and always would be there for me. Trying to bunk classes, friendly-fighting with friends, roaming the school during recess, wandering around the canteen with the snacks, getting scoldings from PE teachers for not wearing sports uniform and Id cards, geetha ma'am sarcastically scolding us in the intercom, sudden interruptions during class hours due to intercom, utsav, sports day, marchpast, and manyyy more !!! I feel I'm the richest man on earth because I'm carrying the most wonderful and heart touching memories with me, and yes it makes me the richest. My ability to do various things were dug out by shrishti, and I'm really grateful for it. When I think, it's time It's time to leave school, my heart just skips a beat and all I could feel is the emptiness in my heart.. It's quite emotional but I'll really miss SHRISHTI. Thank you teachers and thank you Shrishti..... thank you for everything...

- Sai Sathya Krishna (XII)



AARADHANA K J - VI A



KIRAN SAI H - V D



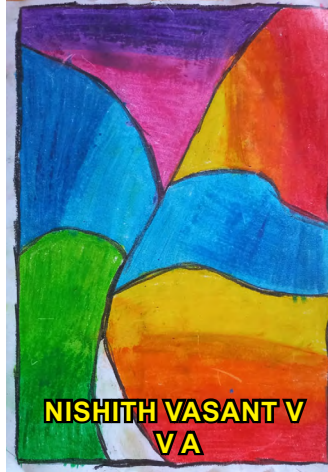
RAKSHANA - III C



AFURA ZAREEN V - IV B



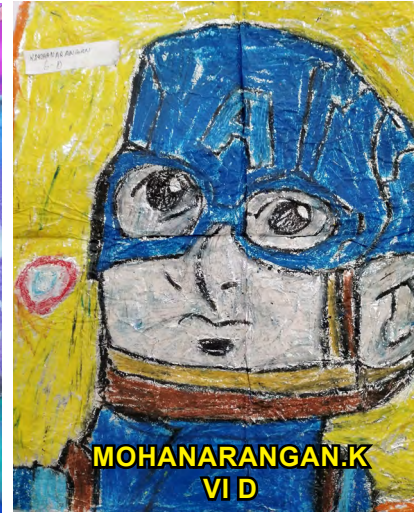
HARSHA - II A



**NISHITH VASANT V
V A**



**AARADHYA
SHRIVASTAVA - V D**



**MOHANARANGAN.K
VI D**



AJAY VISWA SAI K - V D



K. KEERTHI VASAN - IV



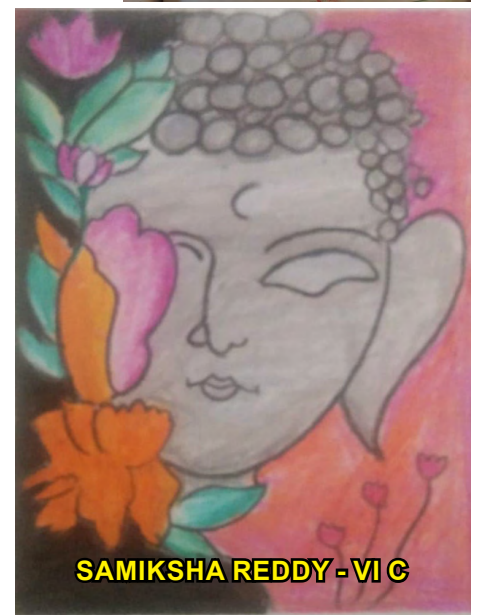
JASVITHA M. S. - LKG D



HARSHITHA BAIRAVI - V D



DHAKSHITHA G S - VII B



SAMIKSHA REDDY - VI C



Creative Corner

● Words and phrases which refer specifically to large amounts and numbers

Starting with two adjectives that have very positive connotations, if a good thing is plentiful or abundant, a lot of it exists or is available:

- The gardens ensure a plentiful supply of fresh vegetables.
- The region is known for its huge meadows and abundant wildlife

The adjective bountiful means the same, but is rather literary in tone:

- Farmers were duly rewarded this year with a bountiful harvest.

The adjective copious means ‘in very large amounts’. It is often used before a plural noun and suggests that the amount is surprisingly large:

- She drinks copious quantities of black coffee throughout the day.
- I noticed he took copious notes during the meeting.

Ample, meanwhile, means ‘enough, or more than enough’:

- Luckily for the eagles, there’s an ample supply of rabbits and squirrels.
- There’s ample parking outside the hotel.

A generous amount of something is larger than usual or larger than expected, often in a good way:

- The pie came with a generous helping of vegetables.

The adjectives substantial and considerable are also used to mean ‘large in amount’:

- Both companies have already laid off substantial numbers of employees.
- I’m afraid we lost a considerable amount of money.

The adjective numerous means ‘many’ and the adjectives innumerable and countless mean ‘too many to be counted’:

- She’s won numerous awards for her work.
- There have been innumerable instances of voter intimidation.

DO YOU KNOW ?

What if the Amazon Vanishes?

Estimates vary on the exact threshold at which the Amazon would disappear. Scientists suggest it could be a loss of just 20 to 25 percent of the Amazon’s predeforestation tree cover (bearing in mind the forest has already lost 17 percent). There are also variable figures on how swiftly the forest could degrade once it passes the threshold. But already, parts of the southern Amazon are transitioning into what Nobre (an Earth systems scientist) describes as “open canopy degraded ecosystems.” This is a landscape with sparse tree cover, containing “tremendously reduced biodiversity,” that stores a fraction of the carbon of an intact rain forest, Nobre says. If the forest fades away, and its trees release their massive carbon store, what does that mean for global climate? The Amazon’s estimated 150-billion-ton-plus carbon bank is the equivalent of more than 10 years’ worth of global fossil fuel emissions, Nobre says. If the entire Amazon degraded into an open, savannalike landscape, local rainfall would decline by up to 30 percent, with consequences felt as far as Colombia

and Argentina, where rainfall cycles are partially fed by moisture from the Amazon, Nobre explains. Without the forest’s surface-cooling effect, regional temperatures would rise by several degrees. The forest loss would resonate across the globe. “If you put [carbon dioxide] into the atmosphere, it quickly diffuses all over the world,” says Elena Shevliakova, a physical scientist, who has modeled the climate effects of Amazon loss. Releasing, say, 120 billion metric tons of CO₂ (a more conservative estimate of Amazon carbon stores) by removing forest would warm the planet by an estimated 0.25 degree Celsius, she explains. Even if the world reduced human-caused emissions enough to get on track to fulfill the Paris climate agreement, keeping global warming below a 1.5-degree-C increase from preindustrial levels, the sudden loss of the Amazon and its stored carbon would put that target out of reach. To protect this planetary gem, Nobre says the international community urgently needs to curb deforestation and greenhouse gas emissions, and, where possible, reforest the degraded swathes.

Source: <https://www.scientificamerican.com/article/why-is-the-amazon-so-important-for-climate-change/>

THE HUMAN INTELLIGENCE IN MACHINES

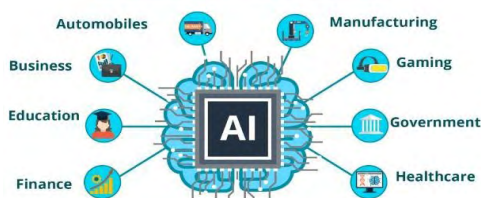
Artificial Intelligence (AI) refers to the simulation of human intelligence in machines that are programmed to think and act like humans. It involves the development of algorithms and computer programs that can perform tasks that typically require human intelligence such as visual perception, speech recognition, decision-making, and language translation. AI has the potential to revolutionize many industries and has a wide range of applications, from virtual personal assistants to self-driving cars.

Before leading to the meaning of artificial intelligence let us understand what is the meaning of Intelligence- Intelligence: The ability to learn and solve problems.

AI is "to make computers intelligent so that they can act intelligently!", but the question is how much intelligent? How can one judge intelligence? ...as intelligent as humans. If the computers can, somehow, solve real-world problems, by improving on their own from past experiences, they would be called "intelligent".

Thus, the AI systems are more generic (rather than specific), can "think" and are more flexible. Intelligence, as we know, is the ability to acquire and apply knowledge. Knowledge is the information acquired through experience. Experience is the knowledge gained through exposure (training). Summing the terms up, we get artificial intelligence as the "copy of something natural (i.e., human beings) 'WHO' is capable of acquiring and applying the information it has gained through exposure."

Applications of Artificial Intelligence



Deepika
Dept. of Computer Science

Capacity Building Programme



On 25th February, 2023, a Capacity Building Programme on 'Gender Sensitivity in Schools' was organized for the teachers in our school auditorium. Dr. Uma. K the Former Principal of Vidhya Mandir school was duly welcomed and the programme commenced at 9.00 am with an ice-breaking session. Teachers had a group discussion on 'Gender Awareness' and completed the questionnaire related to the topic. The speaker drew out a clear outline between the terms 'Sex' and 'Gender' and the use of gender sensitive language. Video clips highlighting Gender Stereotypes were screened. Following this was a case study and teachers were asked to reflect on the power struggles between the girls and boys in the classroom and the measures to be taken to wipe out the power struggles. Opportunities were given to voice out their opinions based on their experiences related to gender bias and patriarchal system prevailing in our nation.

Gender based violence and the role of the school in mitigating the negative effects of it were discussed. There was an insight into Gender Sensitive Pedagogy, Teaching-Learning Materials and the significance of Gender Sensitive Lesson Planning. In groups, the textbooks were reviewed from a gender perspective. A quantitative analysis was made on the gender bias and gender indicating generic pronouns were noted. Gender issues in the texts were highlighted with the aid of a diagrammatic representation of the lesson plan. This highly informative session ended with a positive note on the awareness of Gender Sensitivity in schools.




Where knowledge meets wisdom

Shrishti Schools

(CBSE & Matric.)
Day Scholar | Residential
Vellore, Tamil Nadu, India

Staying at the pinnacle of success in the district for the last five years

- State-of-the-art infrastructure
- A unique ensemble of faculty par excellence
- Avant-garde digital classrooms
- Environed by an expanse of greenery
- Separate Air-Conditioned Hostels for Boys & Girls

Our past preternatural performance persists.....

Medicine
500+
 have joined in GMC, JIPMER, Stanley etc., across the country.

Engineering
1500+
 have joined in IIT, NIT, BITS Pilani, VIT etc., across the globe.

Our Alumni have emerged as CEOs, Business Tycoons, Architects, Chartered Accountants and iconic IT professionals.

25
YEARS OF
CAREER EXCELLENCE

vidyashram@shrishti.org
matric@shrishti.org
info@ssrvvm.org

Katpadi Ranipet Road, (Next to VIT),
Brammapuram, Vellore - 632 014,
Tamil Nadu, India.



73977 60447, **97872 04242**
0416 - 2246784 /85 **90808 47919**

www.shrishti.org

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:

Mr. Agni Bharathi,
Department of English

Co-Editors:

Ms. Flora Regina, Dept. of English
Ms. Mercy Priscilla, Head - Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dosson, Dept. of Physics
Ms. Jeevitha Arivazhagan,
Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. M.Kabilan



KG UTSAV & ANNUAL DAY



29th March 2023, the most awaited KG UTSAV and convocation took place in Shrishti Vidyashram. On this special day, Dr. Vijayarani, paediatrician, Sneham Guidance Center for Children and Adolescents was the chief guest. The school auditorium was beautifully decorated with lights and fragrant flowers. The programme was inaugurated with lamp lighting by the chief guest. The culturals began with the prayer song sung by the UKG kids. Following that, was the invocation dance performance given by the UKG kids.

Our tiny tots of Pre-KG performed their welcome dance with pomp and splendour which allured the onlookers. The welcome address and chief guest introduction was given by our venerable Vice Principal,

CBSE, Mrs. Hepzibah Paul. The Annual report of CBSE was read by Ms. Sandra George, KG Co-ordinator and that of Matric was rendered by the co-ordinator Ms. Padma Priya.

The chief guest, Dr. Vijayarani addressed the gathering by giving a wonderful speech on the necessity of acknowledging and appreciating students' talents. Dr. Vijayarani appreciated the winners by giving away prizes to them and the children of UKG were promoted to Grade 1. The little dancers of LKG, with their glittery costumes, grooved to the rhythmic beats of the music. The tiny tots of LKG Matric performed on the theme 'The Jungle' which was a feast to the eyes. UKG Matric performed on the theme

In this Issue

KG UTSAV & Annual Day	01
Awareness Program	02
Achievements of the Month	03
Womens day Celebration	04
Students' Corner	05
Creative Corner	07
Teachers' Corner	08

'Ocean' with a message to save water bodies.

UKG CBSE performed a drama on the theme 'Good Manners' which indeed was fascinating and worth watching. The programme concluded with the Vote of thanks delivered by Ms. Thingal Johnson, the Principal of Matric. Kindergarten Utsav was indeed a grand success.



“Courage is resistance to fear, mastery of fear--not absence of fear.”
Mark Twain

Indian Artsmark Award

bestowed upon
M. S. Saravanan
Head of Shrishti Schools, Vellore
in recognition of his pioneering efforts
to foster innovation in students



by
Rangotsav Celebration-
An Organization for
International Level Art
Competition 2022 - 23



AWARENESS PROGRAM



Department of Gynaecologic Oncology,
Adolescent Medicine Unit, Department of Pediatrics
Christian Medical College, Vellore

- DR. Vinotha Thomas, Associate Professor, Gyn Onc
- Dr. Monica T, Assistant professor, Gyn Onc
- Dr. Reshmi Aby, Assistant Professor, Adolescent Medicine
- Dr. Banupriya, Medical Research Assistant, Gyn Onc
- Mrs. Juliana, Samuel, Social worker, Gyn Onc
- Mrs. Linda R, Nurse educator, Gyn onc



Cervical cancer is the second most common cancer in India and is the most common cancer in women under the age 35. Fortunately, it is the only cancer against which vaccine has been developed. Vaccination can help in prevention of the cancer. Early detection of the disease can be done through screening which can help in better treatment and cure of the disease. In order to educate the girls about cervical cancer and its prevention, CBSE has initiated a program for the age group 9-16 years.

As a part of the initiative, Shrishti Vidyashram organized an awareness meet on cervical cancer and vaccination against it on 28th February 2023 for girls and their mothers. Distinguished

specialists from the department of Gynaecology- Oncology from Christian Medical College and Hospital, Vellore, were invited to enlighten the students. Totally 500 girls and 130 mothers attended the meeting in two sessions from 2.00 - 4.30 PM. Dr. Vinotha Thomas, Associate Professor along with her team, enlightened the students about cervical cancer and its preventive measures against Human Papilloma Virus (HPV) through vaccination. The whole session was very interactive, informative and educative. The session ended with question and answers. The whole event was coordinated by Mrs. Usha Paulson, Mrs. Naanmmalar and Mrs. Savitha Varatharajan.

CLASS LKG TALENTED TYRANTS

FANCY DRESS COMPETITION (2022-23)



RHYMES & STORY TELLING COMPETITION





Happy to inform that Shrivane from VIII D has been felicitated by the District Collector.



தமிழ் நாடு அரசு கலை மற்றும் பண்பாட்டுத்துறையினால் வழங்கப்படும் 2021-22 ஆண்டுக்கான கலை இளமணி விருது வேலூர் மாவட்டத்தில் மாவட்ட கலை விருதுகள் வழங்கும் விழாவில்

பரத நாட்டியத்திற்காக செல்வி ச.ஷராவணி அவர்களுக்கு கலை இளமணி விருதினை வேலூர் மாவட்ட ஆட்சியர் திரு.பெ.குமாரவேல் பாண்டியன், இ.அ.ப., அவர்கள் வழங்கி கௌரவித்தார்

CONGRATULATIONS!

Master/Ms. JOSHUA A KOILPILLAI Enrolment No: 2210110557
 Son/Daughter of MR. ATHELSTAN KOILPILLAI
 Studying in Class XI of SHRISHTI VIDYASHRAM SR. SEC. SCHOOL.

is proudly presented with
THE CRITICAL THINKER AWARD
 For achieving the remarkable feat in becoming the
STATE TOPPER
 [TAMIL NADU], for Class XIth
 in National Assessment for Scientific Temperament & Aptitude - NASTA 2022,
 conducted on 19th Jan & 20th Jan 2023.

CONGRATULATION
 2022-2023

INTERNATIONAL ART COMPETITION WINNER

WINNER
3rd
 LINGESHWARAN S.
 STD : 8TH/A
 (SKETCHING COMPETITION)

SCHOOL AWARD
 The Highest Performing School in the World

NAME OF THE SCHOOL : SHRISHTI VIDYASHRAM SENIOR SECONDARY SCHOOL

It is a matter of great pleasure that our student has been identified in the
Top 100 positions
 in CHENNAI region, in the Second Stage of Aryabhata Ganit Challenge,
 conducted by CBSE
 on December 15, 2022.

Sarvesh Anand S
 Class 10



"Global World Record - 2023" in Karate Category
R.KRISHANTH - VII A
R.JASHVANTH - V A
 have performed the Karate Kata - Junino 30 times continuously for 10 Minutes.
 Held on March 5, 2023 at K.V. Kupppam T.K, Vellore



Lingeshwaran- VIII A has won 3rd place in International level Art competition

Women’s Day Celebration



8th March, International Women’s Day, marks a call for a gender-equal world that is free of bias, stereotypes and discrimination. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. This significant day brings many things for women - a cause for celebration, a reason to pause and re-evaluate a remembrance. To honour womanhood, Shrishti Vidyashram celebrated Women’s Day on Wednesday, 8th March 2023 in the school premises. The whole event was planned by the male staff of the school under the guidance of the Head of Schools, Mr. M.S. Saravanan. All the lady teachers and staff were warmly invited to take part in the programme organized for them. The students of the school gave tributes to their teachers in writing, appreciating their admirable qualities. The school notice board was filled with photographs of teachers. In an attempt to honour the non-teaching

and office staff, games were organized in the school auditorium. It was a splendid opportunity for them to showcase their talents. The ‘Me Time’ was organized for the lady teachers. It was purely ecstatic. Teachers grooved to the electrifying music and sang their hearts out to the melody. Fun games were organized for them by the PET department.

A cultural treat was awaiting them in the school auditorium, which began with the prayer song and a motivational song followed by a speech on the significance of women. To gear up, an activity calling out for the lucky winner was also conducted. The winners were duly rewarded and felicitated by Mr. M.S.Saravanan, the Head of Schools. The men faculty of the school staged a play to highlight the significance of women in everyone’s lives. It was followed by a medley sung by the school choir. The day came to an end with the vote of thanks.





Experience at Shrishti

Summing up my entire school life at Shrishti is not a facile task, but I shall try. I stepped into Shrishti as a small, shy girl of grade VIII, absolutely terrified of the new campus, new faces, new systems, and new way of life. Now, 10 years later, I step out of Shrishti as a confident young woman, with so much affection and gratitude for my wonderful teachers, my incredible friends, this beautiful campus and this school that has shaped me. I still remember my first day – I was lost on the way to our classroom, lost on the way to the bus back home, lost as to what the teacher was explaining, lost in general. I initially felt like I was on a new planet. Little did I know that I would come to love this little planet with all my heart.

I not only received the best teaching and academic training, I also had an incredible exposure through the plethora of cultural events and programs that our school hosts. Learning really went beyond the classroom, and everyday was filled with fun and laughter and memories. Having to drag ourselves out of bed every morning, the morning rush at home to get ready and not miss the bus, the happiness of seeing all our friends, the constant glancing at the clock to see how many more minutes till the period ends, forgetting to bring notebooks and getting scolded, the unity and loyalty of the class, having to walk everywhere in lines with our hands at our backs, the noise and excitement before programs and of course, the rush at the end of the day to get home are still fresh in my memory.. I have always loved all our PT periods, art periods, library periods, field trips, events and of course, best of all, Utsav. From singing, to dancing, to acting and compering, I have been given the chance to do it all for my school, and I will forever be grateful for the joy it brought me.

I truly have been blessed with exceptional teachers, throughout the years. Their encouragement has allowed me to give my best in all spheres of school. Teaching and re-teaching concepts dozens of times, clearing the silliest of doubts, making jokes in class, giving us free periods, letting us go for PT, being with us during Utsav practice, keeping our secrets during parent-teacher meetings, consoling and

encouraging us when we get low grades, looking after us when we are unwell, or advising us on our future, our teachers have truly cared for and moulded us. My teachers have taught me discipline in my conduct and study ethics. They have taught me so, much outside academics as well. Right from the beginning, they have given me a platform to express myself, explore my interests, and develop my talents, without which I never would have discovered the gifts I have been given. They have given me such incredible opportunities to participate in so many competitions, programs and events. They have always given me responsibility, trusted me and allowed me to develop my leadership and coordination skills. I take immense pride in having assisted my teachers, and being considered a student they could depend on over the years. I sincerely hope I have left a good impression on all my teachers, for they have left a beautiful and indelible impact on me, and I will never forget them and all they have done for me.

School life has also given me the best of friendships, which I will cherish my whole life. Seeing the same classmates graduate with me as I have known right from junior school holds a very special place in my heart. And for all the wonderful fellow students I have been given the chance to be friends with over the years, I am truly grateful. The laughter, the inside jokes, the fights, the unity, the lunch and break periods, helping each other escape trouble and encouraging each other about studies, making fun of our teachers and just being there for each other as support, nothing can be compared to the togetherness of school friends. I've built bonds with my closest friends that are so strong, they have shaped me and mean the world to me. These friendships will last for life, and are indescribable and invaluable.

I am indebted to this prestigious institution, Shrishti, where knowledge meets wisdom. It is very true to say that I walked into school with a heavy bag, and now leave it with a heavy heart. It's very bittersweet to think of the fact that we are graduating school, and I feel a tsunami of emotions. As I face the real world ahead of me, I will proudly carry forward the name

of my alma mater, as an ambassador for my school, a true Shrishtian. There is so much more to express, for which words are not adequate but I am more than anything else, grateful. Grateful for the experiences, exposure and opportunities that have changed my life, my teachers whose advice and support has carried me through, my friends who have truly become like family, and this school, which has truly become like home.



- ADITHI MERCY
ABIGAIL (XII B1)

14 YEARS!!! Saying this makes me feel old. Those years will never come back and it truly pains my heart when I think about it but my feelings about the future are completely opposite - I am very much excited for what it holds and thanks to 'Shrishti Vidyashram'.

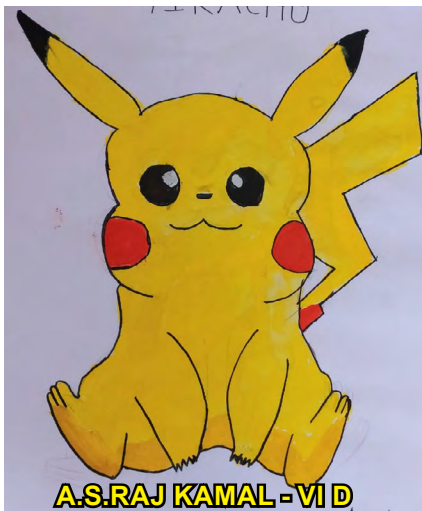
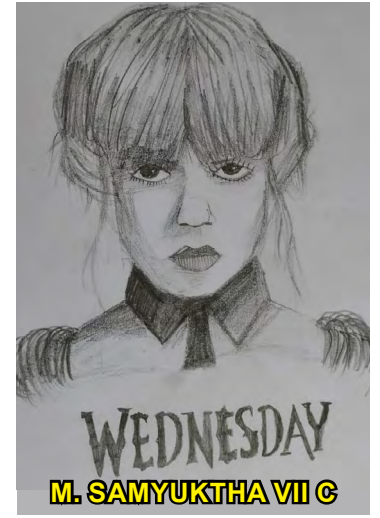
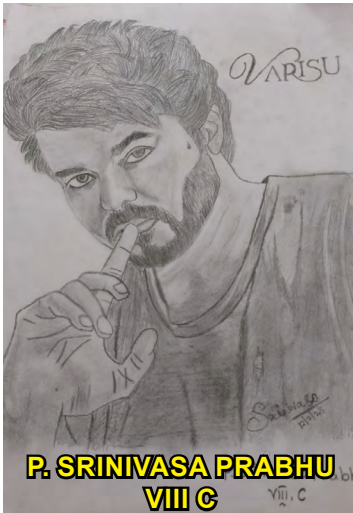
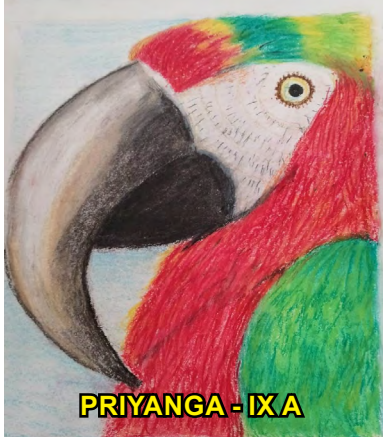
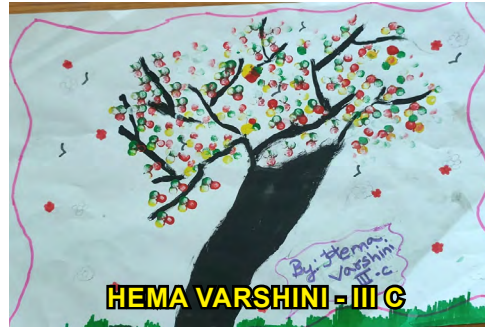
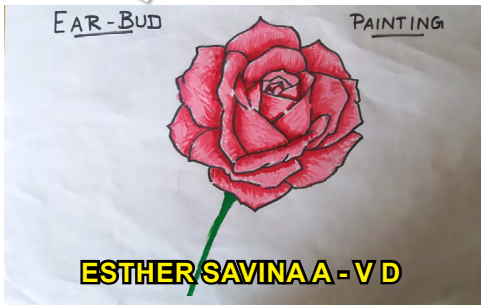
If I were to start thanking my teachers a short article just won't be enough, I would have to write a book to express my gratitude and I doubt if I would be able to find the right words to describe it.

From being a naive and happy-go-lucky child to becoming a self-acknowledged know-it-all teenager, my teachers have always been there for me and they helped me to correct my path when necessary which aided in attaining my maturity.

And when it comes to academics or honing any other skill, it's like we're running a race. My parents showed me the track, the school taught me to run and when I stumbled and was on the verge of giving up. The friends I had made in school helped me back up; And now onwards we will be running alone chasing our individual dreams, the well made track has come to an end and now a road filled with stones and obstacles lie ahead. And now our bodies which have been perfected by the environment provided by the school will help us finish the race victoriously.



- SASHWAT (XII A4)





Confusing words in English

ASCENT VS ASSENT

Ascent, comes from the Latin word ‘ascendere’, meaning “to climb up,” is just that: a climb ; path that leads upward.

Ex : When Ted reached the end of the ascent, he was thrilled to see the land’s beauty from the mountaintop.

Assent - to agree to or approve of something (such as an idea or suggestion) especially after carefully thinking about it.

Ex : He gave his assent to the proposed legislation.



Idioms

The best of both worlds

– means you can enjoy two different opportunities at the same time.

See eye to eye

– this means agreeing with someone.

- They finally saw eye to eye on the business deal.

To cost an arm and a leg

– something is very expensive.

- Fuel these days costs an arm and a leg.

To feel under the weather

– to not feel well.

- I’m really feeling under the weather today; I have a terrible cold.

GET IT PUBLISHED....

Dear Teachers and Students,
Send your articles/stories/art
work/ poems/other creative work
to shnl22@shrishti.org
-Editor

Visit Our School's YouTube Channel

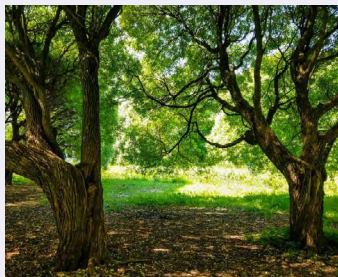
<https://bit.ly/shrishti-schools-vellore-youtube-channel>



DO YOU KNOW ?

Did you know trees can communicate?

Trees talk. Their roots are connected through an underground network of fungi, nicknamed the “Wood Wide Web,” that allows them to share resources with each other. They “talk” by transmitting nutrients to one another through the fungi. For instance, a mother tree, or oldest and strongest tree in the forest, will share some of her sugars with smaller, nearby trees.



Source: <https://www.rd.com/list/did-you-know-facts-most-people-dont-know/>

Did you know blinking could serve as mental rest, not eye lubrication?

The intuitive reason why humans blink so much, 15 to 20 times per minute, is for eye lubrication. But research suggests that it’s actually to give our brains a break. Although these breaks only last for a few seconds, they could be giving the brain a chance to go idle and recharge.



Source: <https://www.rd.com/list/did-you-know-facts-most-people-dont-know/>

It is low in calories and rich in fibre
It has cancer-fighting properties
It is rich in antioxidants

It is Anti-inflammatory

South Indian cuisine is a treasure trove of flavour and spice, while most of its hidden gems are making its way and becoming popular in the food circuit.



- Ms. Usha. M
Department of Social
Science

THE TEN COMMANDMENTS FOR SUCCESS



“A pessimist sees the difficulty in every opportunity ; an optimist sees the opportunity in every difficulty.” - Winston Churchill

The best gift you can give yourself is the gift of positive thinking. In fact, this is a gift which others cannot give you. When you think positively, your energy level will drive you into limitless action.

Ensure that you develop the following traits to remain positive in your thinking.

1. Be optimistic, but at the same time plan for contingencies.
2. Be enthusiastic. Your enthusiasm will be contagious.
3. Believe in your potential to realize your dreams.
4. Believe in the integrity of your mind.
5. Persevere. Don't give up at the slightest provocation.
6. Sincerely and honestly pursue your dreams.
7. Seek the company of positive thinkers.
8. Focus on the end result and not on the process.
9. Make self affirmation statements such as “I will succeed, come what may.”
10. Remain calm and composed during crisis.

You have to strongly believe that you can not change the environment, which is not in your control. Your inner mindset will alone make the difference.

Life is not what happens to you. It is what you do with what happens to you.



- Ms. Prameela.
Dept. of Social Science

WORLD IDLI DAY



Idlis and dosas are a quintessential part of the South Indian breakfast. The quote “good things come in small packages” couldn't be any truer in the case of idlis. The culinary world marks March 30 as a special occasion to hail the modest Madras rice-cake. In 2015, March 30th became the day to celebrate World Idli Day. It is the brainchild of Eniyavan, a popular idli-only caterer from Chennai. To celebrate the day, a giant 44-kilogram idli that was cut by a bureaucrat to seal the deal and declare March 30 as World Idli Day. According to reports, Eniyavan made about 1,328 varieties of idlis in 2015 for the celebration. It was also during March 30, 2015, the same day, when a giant 44 kg idli was cut by a government employee in order to seal the deal and officially declare the 30th of March as the World Idli day. The delicious South Indian staple that can be served in any meal has actually become staple for the entire country and the reason is its simple recipe and many health benefits. Although idli is an Indian staple food, historians say that its origin is in the country of Indonesia. According to renowned food historian and scientist KT Achaya, 'idli' originates from the word “iddalige”. It was first mentioned in a Kannada literature work called Vaddaradhane by Sivakotyacharya, in the year AD 920. In AD 1130, idli once again made its appearance as 'iddarika' in an Sanskrit encyclopedic work called Manasollasa.

Health benefits of Idli

Idli is an excellent addition to heart-healthy nutrition since it is low in calories and fat.

As it is a fermented food, Idli contains peptides that help bring down cholesterol and blood pressure.

It is an anti-diabetic food containing antioxidant properties.

It is beneficial for the gut health

Congratulations

Dr. ArunKumari &
Dr. Savitha Varatharajan for
having Won Second Place in
Teachers Quiz



Organised by
Dept. of Endocrinology Diabetes &
Metabolism, CMC - Vellore in view
of the World Diabetes Day



-March 2022

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:

Mr. Agni Bharathi,
Department of English

Co-Editors:

Ms. Flora Regina, Dept. of English
Ms. Mercy Priscilla, Head - Dept. of English
Mr. George, Dept. of Social Science
Mr. Samuel Dosson, Dept. of Physics
Ms. Jeevitha Arivazhagan,
Dept. of Social Science
Ms. Punitha, Dept. of English

Design

Mr. M.Kabilan



Art by ARADHANA