



SHRISHTI HERALDS

SHRISHTI
LEARN TO LEAD



Shrishti Vidyashram Sr. Sec. School
(Managed by Makhija Foundation)

April 2024

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HIGHLIGHTS



01
Graduation
Ceremony and
Annual Day
Celebration



03
Mom's
Day Out



06
Students
Corner

GRADUATION CEREMONY AND ANNUAL DAY CELEBRATION

Shrishti Vidyashram celebrated its Annual Day on Friday, April 12, 2024, at 5:30 PM on the school premises, marking a memorable occasion filled with festivities. The event commenced with a serene prayer song followed by the traditional lighting of the kuthuvillaku. We were honored to have Mr. A. Natrajan, Indian Foreign Service as our esteemed chief guest, alongside Mrs. Smita Mathur, Academic and Administrative Head of SSRVM JP Nagar, Bangalore, gracing the occasion as the Guest of Honour. The presence of Mr. Mahadhevan Venkatesh, Trustee, Makhija Foundation, added further significance to the event.

The Head of Schools, Mr. M.S. Saravanan, extended heartfelt congratulations to the graduates and all the winners. It was a

momentous occasion as we recognized the state and district toppers of Grade XII and X from the 2022-2023 batch.

The graduation ceremonies for Grade X and XII students were poignant, symbolizing the culmination of years of hard work and dedication. Following this, the air was filled with excitement as prizes were awarded from Grade I to XII. The awards spanned various categories, including recognition for the best outgoing students, the cleanest classroom, Inter-House sports competitions IHA and extracurricular events.

In a spirit of healthy competition, Narmada House emerged victorious in the IHA extracurricular competition, while Kaveri House showcased their

intellect by winning the Inter-House quiz competition. Ganga House distinguished themselves by securing the Inter-House games winner shield.

Narmada House's exceptional performance throughout various activities earned them the prestigious Overall Champion winner shield.

The ceremony drew to a close with a heartfelt vote of thanks delivered by Sahana, the Head Girl of Class XII. Her words encapsulated the gratitude felt by all present for the memorable celebration of achievements and camaraderie shared during the Annual Day and Graduation ceremony of Shrishti Vidyashram.



Awareness Programme: Unveiling Food Adulteration

An outreach initiative organized by AAIChE, VIT addressed the pressing issue of food adulteration, a concern that is increasingly prevalent worldwide and poses significant risks to public health. Food adulteration involves the deliberate modification of food quality by adding substances to alter its color, appearance, taste, and shelf life.

During the event, students from VIT visited our campus to educate the community about the adulteration commonly found in maida and ice cream. Maida, a key ingredient in various food items, is often adulterated with chalk powder to enhance its texture, while ice cream is frequently tainted with synthetic colors and flavors to improve its appearance.



The students highlighted the adverse effects of these adulterants, emphasizing the potential health hazards such as gastrointestinal issues and allergic reactions. Through demonstrations, they illustrated the presence of these harmful substances, raising awareness among the students about the importance of food safety and the need to be vigilant against adulterated products.

Literary Club Hosts Inspiring Poetry Recitation Competition for Class XII Students



N.P. Pranitha, Class III-A, participated in the Mass World Record Event titled ‘Achamillai... Achamillai’ held in commemoration of Mahakavi Bharathiyar’s 142nd birthday. This event was acknowledged and registered in Jackhi Book Records.

The Literary Club of Shrishti Vidyashram set the stage ablaze with poetic fervor as it hosted a captivating Poetry Recitation Competition for Class XII students on April 3, 2024. The event, held in the school’s auditorium, showcased the talents and eloquence of our budding wordsmiths.

The competition featured a diverse selection of timeless classics, including “The Solitary Reaper” by William Wordsworth, “The Psalm of Life” by H.W. Longfellow, “Night of the Scorpion” by Nissim Ezekiel, and “Stopping by Woods on a Snowy Evening” by Robert Frost

Students enthusiastically embraced the opportunity to delve into the depths of these renowned works, infusing each recitation with their unique interpretations and emotions.

MOMS DAY OUT

Mothers hold a special place in our hearts that is deep and irreplaceable. Their significance goes beyond mere words. In today's fast-paced world, the demands on mothers can often be overwhelming. Juggling the responsibilities of caregiving, household chores, and personal interests can leave little time to unwind and have a day to themselves. Recognizing the vital role mothers play in the well-being of families and communities, our school hosted a special event "Mom's Day Out". Creating some of the most cherished memories we hold dear, spent in the company of our mothers sharing moments of joy. This program offered mothers a few hours of pure fun, where they bonded with their children and participated in engaging activities together. Mom's Day Out was a wonderful way for mothers to receive the love they deserve. Being a mom can be overwhelming, and moms frequently put their own needs aside to care for their

children. Mom's Day Out gave mothers a chance to focus on themselves and rejuvenate themselves. Being a mom can also be isolating at times, especially when their kids are teenagers. Watching all the moms connect and get to know one another was such a delight to see, truly a great way to share experiences and love. The laughter and camaraderie that filled the air during the event served as a reminder of the simple yet invaluable moments of happiness that mothers bring into our lives each day. It was also wonderful to see how the programs provided the students with a chance to step out from their everyday life at school and participate in fun activities and interact with other moms. One week of each class conducting their Moms Days Out, adding their very own touch of creativity and love was truly something. Witnessing the joy on the faces of both mothers and children as they participated in activities together was truly heartwarming. Days spent with

laughter and a lot of tears of happiness cannot ever be forgotten. Each class truly did a great job hosting the mothers and honoring them. Their smiles were everything we could get in return. As a student, observing the genuine connection between mothers and their children during "Mom's Day Out" left a profound impression on me, highlighting the power of love and the bond shared between them. I'd like to thank the management for conducting events that welcome parents into the school environment and encourage greater participation in school activities, ensuring a stronger bond with the parents and students. Beyond the immediate enjoyment of the event, "Mom's Day Out" instilled a sense of gratitude and appreciation for the selfless dedication of mothers, whose unwavering love and support form the foundation of our school community. This was indeed one week of true love.

- C.N.NAIVEDYA (XII BI)



Talent show (IHA)



As the new academic year has begun, many new students have joined the Shrishti family. To make the new students showcase their talents, TALENT SHOW was organized as an Inter house activity on 16th of April 2024.

New students of grade 6 to 8 performed with enthusiasm and exhibited their talents such as singing and dancing. Many students delivered interesting speeches on topic such as 'Happiness', 'Deforestation', 'Education System' and 'Immune System'. The event was enjoyable and the Shrishti welcomed the budding talents with wide arms

Cookery Class



Work Education



Grade - 6 Paper Activity



Grade - 7 Making Christmas Star



Grade - 8 Creative Pot Painting



Grade - 9 Crafting Penstand



Grade - 10 Textile Design

Summer Coaching Camp

Shrishti Vidyashram is hosting an exhilarating sports camp from April 27th to May 10th, 2024, aimed at nurturing talent and fostering a spirit of sportsmanship. The camp will feature training in various sports including Athletics, Basketball, Badminton, Cricket, Football, and Volleyball.





The Endless Sea

There was something about the sea that I always found to be soothing and assuring
It wasn't just the subtle sound of waves crashing against the shore,
Or the blazing ball of fire setting at its core..
The sea was ever changing, continuously renewed as it churned.
And it didn't listen to anyone.
No one told the sea it wasn't good enough.
No one could predict or control it.
It was calm and still a moment, rough and rigid the next.
The sea made its own rules. It was the one thing man couldn't conquer.
No one argued with power of that magnitude.
Land was weak. It let itself be dominated,
But the sea never folded.

- *B.BINDU HASINI (XII B1)*

Benefits of the Habit of Reading Books

Vocabulary Expansion : This goes with the above topic: The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary.

Stronger Analytical Thinking Skills.

Better Writing Skills: This goes hand-in-hand with the expansion of your vocabulary

Reading and Human Capital: Reading books, especially educational and informative ones, enhances the knowledge and skills of individuals. A well- educated and skilled workforce is essential for economic growth and productivity. Countries with higher literacy rates and better access to books tend to have more skilled labor forces, which can drive economic development.

Expanded Knowledge Base: Reading exposes them to diverse topics, ideas, and perspectives beyond their immediate experiences. The more knowledge you have, the better equipped you are to tackle any challenge you'll ever face.

Improved Concentration and Focus: Words must be weighed, not counted.



Stress Reduction and Cognitive Development: Reading has been shown to reduce stress levels.

Additionally, regular reading stimulates cognitive development, including memory retention.

Problem-solving abilities, and creativity, which are essential for academic success.

Cultivation of a Lifelong Learning Mindset: Students who enjoy reading are more likely to seek out knowledge independently, explore new subjects, and pursue academic excellence beyond the classroom.

Overall, cultivating a reading habit among students not only enhances their academic performance but also equips them with essential skills and attributes that are invaluable for success in school and beyond.

Reading books brings a lot of benefits, knowledge, understanding and clarity to human beings. Books take people to a new world.

"Show me a family of readers, and I will show you the people who move the world." – Napoleon Bonaparte

"Today a reader, tomorrow a leader." – Margaret Fuller
"There is no friend as loyal as a book." - Ernest Hemingway
"Books are the mirrors of the soul." - Virginia Woolf

"Books are the carriers of civilization. Without books, history is silent, literature dumb, science crippled, thought and speculation at a standstill." - Barbara Tuchman

"Reading is to the mind what exercise is to the body." - Joseph Addison

The above quotes amply exemplify the importance of reading books.

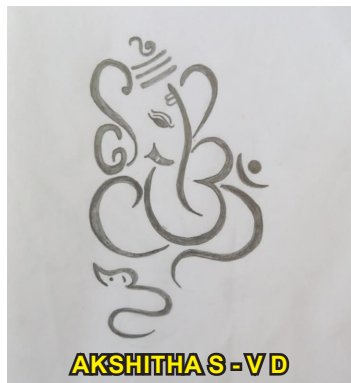
President Theodore Roosevelt read one book per day.

The habit has been shown to reduce stress, boost brain functioning and even improve empathy.

- *R.NANDITA (X E)*



"Your imagination is your preview of life's coming attractions."
—Albert Einstein



AKSHITHAS - V D



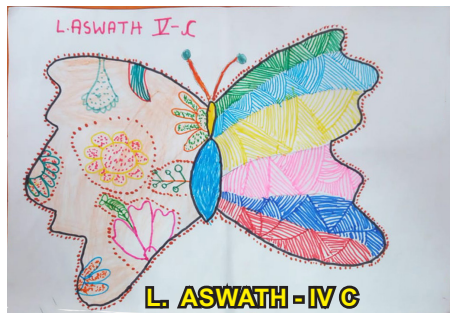
B. L. ASHMITA - VI A



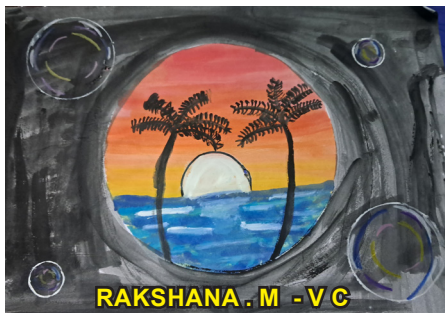
MIRTHULAPS - VI D



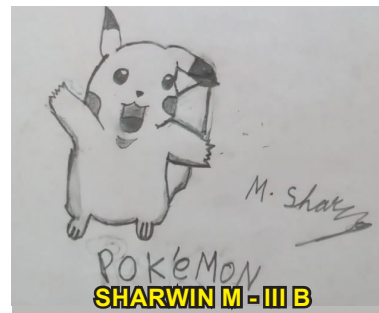
P. DHEV - VII C



L. ASWATH - IV C



RAKSHANA . M - V C



POKEMON SHARWIN M - III B



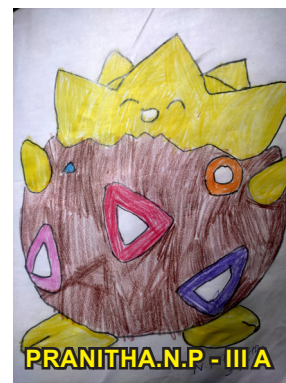
MIRTHEKESH SK - VI D



SAMYUKTHA . M - IX D



HEMAVARSINI - VII C



PRANITHA.N.P - III A



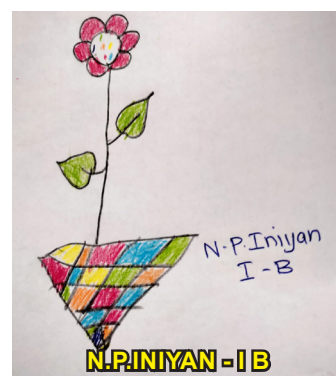
THIRUKESH KUMARAN S - III B



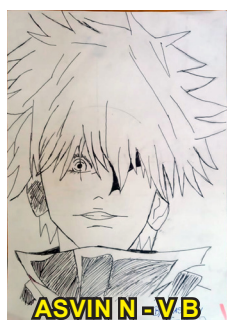
AVANEESH RAGHAVA A - VII B



YUVANESH RAJAN - IX B



N.P.INIYAN - I B



ASVIN N - V B



V. SIDDHARTH NAVEENAN - III A



DHARSHAYA RATNAK - VI A

GET IT PUBLISHED
Dear Students and Teachers,
Send your achievements / articles / stories / art work / poems / other creative work to shn122@shrishti.org

Word-O-Maze (Confusing words)

Ingenious - Being clever or skillful in inventing things.

Example : Johnny is so ingenious - he can make the most remarkable sculptures from the most ordinary materials.

Ingenuous - honest, innocent and willing to trust people in a way that sometimes seems foolish.

Example : It has to be said it was rather ingenious of him to ask a complete stranger to look after his luggage.

Idioms

To sweep under the rug - To hide or ignore a problem or mistake.

Example : My father has helped me deal with things instead of sweeping them under the rug.

Barking up the wrong tree - Pursuing the wrong course of action or making a mistake in judgement.

Example : If you think you will solve the problem by following those steps, you are barking up the wrong tree.

- Ms. Punitha (Dept. of English)

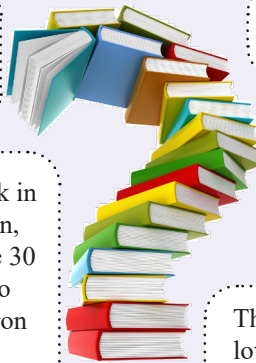
Special Days of the Month

April 2, 2024	World Autism Awareness Day: Raising awareness about autism and educating people.
April 2, 2024	International Fact-Checking Day: Focusing on correcting false information and “fake news.”
April 4, 2024	International Day of Mine Awareness: Spreading awareness about the threat of landmines.
April 4, 2024	International Carrot Day: Honoring the essential salad ingredient (yes, carrots!).
April 23, 2024	World Book and Copyright Day: Promoting reading, publishing, and copyright awareness.
April 23, 2024	English Language Day: Celebrating the beauty and importance of language.

DO YOU KNOW ?

Fun Facts on Books

The Biggest Book: That brings us to the physically LARGEST book in the world: This the Prophet Muhamad.



The Smallest Book: The smallest book in the world, Teeny Ted from Turnip Town, measures only 0.07mm x 0.10mm. The 30 micro tablets that the text is etched onto can only be read with a scanning electron microscope.

The longest sentence ever printed is 823 words. The first eBook is 50 years old . There are over 129 million books in existence.

The longest book ever written :“A la recherche du temps perdu” by Marcel Proust

The three most read books in the world are:The Holy Bible, Quotations from Chairman Mao Tse-Tung, (known as the Little Red book), and Harry Potter.

There’s a word for loving the smell of old books.many love the smell of old books. They have the aroma of dust and a whole lot of history. Well now you can call it something. “**Bibliosmia**” is the word .

There are approximately 2.6 million libraries in the world.

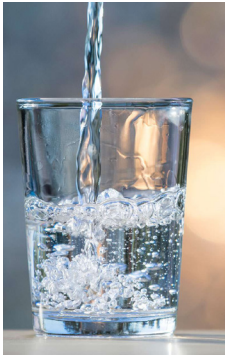
Every age has its book. Every period has a different way of looking at things. Maybe some of the past wisdom holds the solution to current problems.

BOOKS ARE FOR EVER. ENJOY READING IT.



- R.NANDITA (X E)

MAN and WATER



The temperature of water entering the body determines the life span of a person.

Medical discovery that shocked the world: Thirst! Means pain and premature death?

A student of Alexander Fleming-Penicillin discoverer and Nobel laureate, Dr. Bateman devoted his life to the study of the healing properties of water. Just two glasses of warm/hot water are all you need to relieve severe abdominal pain caused by stomach ulcers. He cured more than 3,000 patients with only warm water and no medicine.

This book summarizes the author's decades of research results.

He discovered that warm/hot water can heal:

1. Heart disease and stroke: Because warm/hot water can dilute the blood, it can effectively prevent cardiovascular and cerebrovascular blockage.
2. Osteoporosis: Because warm/hot water can make the growing bones stronger.
3. Leukemia and lymphoma: Because warm/hot water can transport oxygen into cells, cancer cells are anaerobic.
4. High blood pressure: Because warm/hot water is the best natural diuretic.
5. Diabetes: Because warm/hot water can increase the content of tryptophan in the body.
6. Insomnia: Because warm water can produce a natural sleep regulating substance - melatonin.
7. Depression: Because warm water allows the body to increase the supply of serotonin in a natural way.

Second, introduce the method of drinking warm/hot water:

- 1. Drink water, not tea,** drink 2~3 liters of water a day, drink it several times, not wait until you are thirsty to drink water.
- (1) Try to drink plain water instead of carbonated drinks and coffee.

(2) Modern people, including most doctors, do not understand how important the role of "water" is in the human body.

(3) Drugs can alleviate the condition, but they cannot cure the aging disease of the human body.

(4) We will suddenly realize that the cause of many diseases is only the lack of water in the body.

(5) The lack of water in the body has caused the disorder of water metabolism, and the physiological disorder has finally led to the occurrence of many diseases.

2. Water is the source of life: The reason why people can grow on land is also because there is a complete set of water storage system in the body.

(1) This system stores a large amount of water in the human body, accounting for about 75% of body weight.

(2) Because of this, people can adapt to temporary water shortage in a short period of time.

(3) At the same time, there is a drought management mechanism in the human body: when the human body is short of water, the water stored in the body is strictly allocated, and the most important organs receive sufficient water and the nutrients transported by the water first.

(4) In the distribution of water, the brain is in an absolute priority.

(5) The brain accounts for 1/50 of the weight of the human body, but it receives 18%-20% of the total blood circulation, and the proportion of water is the same.

(6) When the body lacks water, the drought management mechanism must first ensure the vital organs, so other organs will be insufficiently hydrated.

(7) At this time, they will send out an alarm signal, indicating that a certain part is short of water.

3. The author has been practicing medicine for many years, and often encounters this situation: it is obviously a signal from the body that lacks water, and it is urgent to replenish water; but people use chemicals to deal with these signs of water shortage.

Even more unfortunately, this error persists; the physical condition gradually develops and the dehydration becomes more and more complicated.

Do not drink ice water.

1. People pour water at 0°C into their stomach at 37°C, but the urine is hot, which is the temperature of the human body at 37°C.

2. Who can turn 0°C ice water into 37°C urine?

3. It is the spleen and stomach. After drinking ice-cold drinks, the spleen and stomach cannot stand it, so they draw the human essence (or vital energy) from the "kidney" and turn it into heat to 'cook' it to 37°C. Therefore, using up the human essence will make your kidneys weak.

4. If you always love iced water, you must have kidney deficiency, which will affect your memory, and will also make you wheelchair-bound in your later years, with weakened bones...

The water temperature sent into your own body determines your lifespan.



- Ms. Sandra George
K. G. Coordinator

SHRISHTI HERALDS THE NEWSLETTER

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