



# SHRISHTI HERALDS

**SHRISHTI**  
LEARN TO LEAD



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

June 2024

Volume 03 | Issue 03

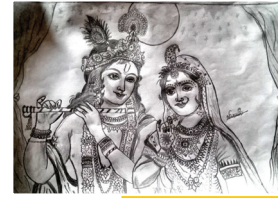
HIGHLIGHTS



**01**  
International  
Yoga Day



**02**  
Vocational  
Education  
Inauguration



**06**  
Students  
Corner

## International Yoga Day

International Yoga Day, celebrated annually on June 21st, was observed with great enthusiasm at our school this year. The event aimed to promote the physical, mental, and spiritual benefits of yoga among students and staff. In the weeks leading up to the event, students from classes VI to IX (both CBSE and Matric) participated. It was conducted by our Physical Education teachers and yoga instructor, Mr. Dhinesh, who taught various asanas (postures) and breathing techniques.

Warm-up exercises were led by Mr. Saranraj, and demonstrations were conducted by Mr. Sathiyaraj.

The celebration began with a prayer song, followed by special performances by Sujithrajan of XI A3 and Sridhar of VIII C. They demonstrated yogasanas such as Astavakrasana, Nirlamba Sarvangasana, and Kapotasana live. Following this, students and teachers performed a group sequence of asanas including Ardha Chakrasana, Tadasana,

Trikonasana, Vrikshasana, Bujangasana, Uttanapadasana, and more. Their participation and dedication were commendable. Overall, the International Yoga Day celebration was a resounding success, fostering a deeper appreciation for yoga among students and teachers. The event not only educated participants about the importance of physical and mental well-being but also encouraged them to integrate yoga into their daily lives.

- Mr. Dhinesh  
(Dept. Of Physical Education)



## Inauguration of Vocational Education for Classes VI - IX



On June 25, 2024, Trustee Mr. Mahadevan Venkatesh and Head of Schools Mr. M S Saravanan inaugurated the Vocational Education programme.

This academic year, students from Classes VI to IX will be exposed to Fashion Designing, Carpentry, Plumbing, Electrical Repair, and Computer Hardware. These hands-on courses aim to equip students with practical skills for future endeavours.



## Freshers' Day 2024

The event commenced with a prayer song performed by the Choir Girls of XII, setting a serene and reverent tone for the proceedings. The ambience was then enlivened with a vibrant welcome dance by the girls of XII-C. Vibha Nethra of XII B3 delivered the student welcome address, her eloquent words expressing gratitude and excitement, set a positive and enthusiastic mood for the event.

The Board Toppers of the 10th and 12th grades for the year 2023-24 were honoured by the Head of Schools, Mr. M.S Saravanan, and the Trustee, Mr. Mahadevan Venkatesh.

The Trustee's address followed, providing insightful and motivational guidance to the students. A highlight of the event was the senior students' response segment, featuring heartfelt speeches by Padma Bharathi (XII-B3), Naivedya C. N (XII-B1), and Mukthi (XII-C), reflecting their experiences, aspirations, and the impact of their educational journey.

The event continued with captivating cultural performances, including a classical dance by Jyotsna (XII-B1) showcasing grace and tradition, a fusion dance by girls of XII-C blending various styles and cultures, special songs performed by talented students Vaishnavi and

Jyoshika adding a melodious touch, and a musical treat by the boys of Grade XII.

Joeson John Raj of XII-A2 delivered the vote of thanks, expressing gratitude to all participants, organizers, and attendees for their contributions and presence, bringing the event to a close.

The event concluded with the distribution of snacks, providing a delightful end to a memorable and enriching day. This event would not have been possible without the unwavering support of our Sr. Vice Principal Mrs. Hepzibha Paul, Headmistress Mrs. Geetha Srinivasan and Co-scholastic Coordinator Mrs. Usha Paulson.



## Teachers' Orientation Programmes Empowering Teachers for Excellence

### Embracing Metamorphosis: Shaping the Future at Shrishti Schools

On June 4th, 2024, Mr. M. S Saravanan, Head of Schools, led an insightful orientation for the teachers of Shrishti Schools. The session, themed around "Metamorphosis," highlighted the transformative journey of students akin to a caterpillar becoming a butterfly.



#### Key Insights:

Mr. Saravanan emphasized the importance of nurturing primary students' natural strengths to build a solid foundation for lifelong learning. He underscored that young learners find security in rhythm, ritual, and repetition, and thrive through play and physical engagement. Creating a culture of love and warmth is pivotal, as it fosters a sense of belonging crucial for their development.

#### Differentiated strategies were outlined for various developmental stages:

- **Primary School:** Utilizing visual aids, interactive activities, and positive reinforcement to maintain engagement and build a secure learning environment.
- **Secondary School:** Empowering students through autonomy, group activities, and clear rules to navigate their growing independence and peer dynamics.
- **High School:** Fostering mutual respect, critical thinking, and responsibility to prepare students for future academic and personal challenges.
- **Sr. Secondary:** Providing mentorship, teaching stress management techniques, and promoting collaborative projects to support their transition to higher education or vocational training.

In his closing remarks, the teachers were urged to embrace their role as facilitators in shaping the minds and hearts of the next generation. Each student's journey is unique, requiring careful nourishment and guidance to emerge as confident, capable, and compassionate individuals.

The orientation highlighted a deep commitment to holistic education at Shrishti Schools, emphasizing the transformative power of nurturing young minds.

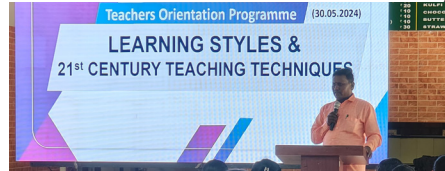
### Learning Styles and 21st Century Teaching Techniques

On May 30th, 2024, Shrishti Schools' Skill Development and Innovation Cell organized a dynamic Orientation Programme focused on "Learning Styles and 21st Century Learning Techniques."

#### The session spotlighted:

- **Diverse Learning Styles:** Teachers were familiarized with eight different learning styles, including visual, auditory, kinaesthetic, and more, emphasizing the importance of adapting teaching methods to suit individual student needs.
- **Adaptability in Education:** The session underscored the necessity of embracing change in today's educational landscape, preparing educators to foster flexible learning environments.
- **Collaborative Learning:** Demonstrating the power of group discussions and peer learning, the orientation highlighted collaborative techniques to enhance student engagement and understanding.

A highlight of the programme was the engaging activities led by Mr. Agni. Teachers were divided into twelve groups and tasked with gathering natural elements like stones, soil, and flowers within a set timeframe. This activity



promoted teamwork and showcased the importance of collective effort in learning.

Another activity involved teaching the classic story of the crow and the fox using various methodologies tailored to different learning styles. This interactive approach not only enriched teaching techniques but also made learning enjoyable for participants.

The orientation successfully equipped teachers with innovative strategies to cater to diverse learning styles, ensuring a more inclusive and effective learning environment.

- Ms. Savitha Varatharajan

### Enhancing Teaching Effectiveness through Emotional Intelligence

On June 3rd, 2024, Shrishti Vidyashram hosted a transformative orientation programme titled "Enhancing Teaching Effectiveness through Emotional Intelligence," led by esteemed educational psychologist and emotional intelligence expert, Mr. Krishnan Kutty. Mr. Kutty emphasized the pivotal role of emotional intelligence in teaching, outlining its five core components: Self-Awareness, Self-Regulation, Motivation, Empathy, and Social Skills. The session was highly interactive, encouraging active participation from teachers and fostering a lively and informative atmosphere.

#### Strategies for Effective Teaching:

- **Rhythm in the Classroom:** Mr. Kutty stressed the importance of establishing a rhythmic flow in classroom activities to enhance learning outcomes.
- **Multiple Intelligences:** Drawing on Howard Gardner's theory, teachers were urged to implement diverse strategies catering to the varied learning styles of students.
- **Emotional Intelligence Techniques:** Creating a positive classroom environment through empathetic responses and adopting the "Four Pillars of Fish Philosophy": Be There, Play, Make Their Day, and Choose Your Attitude.

The orientation concluded on a positive note with a heartfelt vote of thanks to the resource person for the enlightening session. Teachers left motivated and eager to implement the newly acquired strategies to enhance their teaching practices.





**Congratulations to**  
Mr. M. S Saravanan, our esteemed  
Head of Schools, for receiving  
the prestigious **Best Principal  
Award 2023-24** (Tamil Nadu and  
Pondicherry), in recognition of the  
school's outstanding performance  
in the SOF Olympiad Exams



**Shrishtians secure Second Place in the  
State-level U-14 Football Tournament held  
in Vellore.**

**Sadhana of Class XII, Clinches Victory at  
Senior National Soft Tennis Championship**



We are delighted to announce that Sadhana, a talented student from Class XII, emerged victorious in the Team event at the 21st Senior National Soft Tennis Championship held in Haryana from May 25-27, 2024

## Welcoming Our Little Stars: Kindergarten Freshers' Day

We strongly believe that every child is a shining star. To welcome the newest members of our “Kindergarten Fresher’s Day” was held on Wednesday, June 12th, 2024.

The event was meticulously organized to warmly embrace our adorable kindergarteners. It was a beautiful blend of speeches, performances, and interactions, leaving a lasting impression on all attendees.

This perfect start to the academic year was filled with promise and joy, not only welcoming our new students but also reinforcing the strong bonds between parents, teachers, and students.

- Ms. SUPRAJA SAMPATH





## Coorg Coffee

Many of us enjoy drinking coffee. But, do we know how we get it? That's what I learned from my visit to a coffee estate in Coorg, a beautiful hill station covered with green and serene coffee plantations, and I felt compelled to share my experience with you all.

Coorg is full of coffee plantations and you could find coffee plants even in abandoned wastelands. However, one has to take a guided tour to maximize the learning experience and many coffee estates provide a package that contains informative tours around the coffee plantations, a visit to the factory where grinding takes place, and finally to their stores where we can buy their products. It was truly interesting to watch as our guide showed us how coffee beans are plucked, sorted, refined, roasted, mixed, and packed. We were shown varieties of coffee plants.

### ROBUSTA

Among them, Robusta is the most widely grown and consumed variety. It could grow up to 20 feet in height, but we were told they are trimmed short to make it easy to pluck the beans. It has a lifespan of a hundred years. The guide told us that each Robusta plant typically gives 6-8 kgs of beans per year and these beans are mainly used to make filter coffee. It was a pleasant experience to walk through the narrow paths between the coffee plants.

### LIBERICA

We understood that Liberica is the least preferred variety because of its high caffeine levels and its bitterness. Hence this is used along with other ingredients to make chocolates, cookies biscuits, etc., because it gives a good aroma while the bitterness is suppressed by other ingredients.

### Roasting Process

The coffee beans are normally roasted at 80 degrees Celsius. When it is roasted only for 15 minutes and ground, it is called green coffee. It contains the highest level of caffeine but also has antioxidants. When it's roasted for 45 minutes it becomes light brown and it turns dark brown while roasting for 60 minutes further reducing its caffeine level. During

the roasting process, the beans release water and dark roasted beans have less mass, and hence caffeine level is reduced. Light roast for 15 minutes leaves the beans denser than the dark roasted beans and has high caffeine.

### Grinding and Mixing

During the grinding process, an ingredient called chicory is added to get extra flavour and darkness in beverages. Chicory is a cheap and sticky substance that's normally added to every blended coffee powder. We could have noticed that instant coffee powders become sticky and solid. This is because of the absorption of moisture by chicory.



Even though many top brands claim to have 100% coffee or pure coffee, they don't mention what varieties are blended and in what quantity. Normally in India Robusta and Arabica are blended. Each brand has its composition percentage. Some brands even add about 1 to 3 percent of Liberica to give a good aroma and high caffeine intake. I was astonished as the guide said that Liberica can keep one go without sleep for two days consecutively if a mere 25% of it is blended with other coffee varieties.

When offered a complimentary coffee drink after the tour, I made sure it contained no Liberica.

- S. Abishek (XI-B2)

## International Yoga Day Celebration Kindergarten



21 June  
2024

## Building Dreams: Kindergarteners Create Paper Houses with Ice Cream Sticks



## Fathers Day Celebration



## Palm Painting



## Inter House Activities Grade I & II

### International Father's Day

Celebrating with Handmade Greeting Cards

19 June  
2024

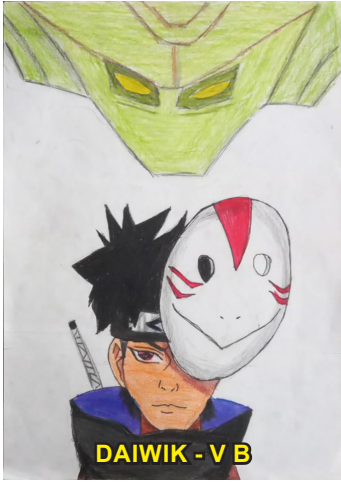


## World Day Against Child Labour

Our Young Voices Stand Strong

12 June  
2024





DAIWIK - V B



DHIYANA SS-IVB



DANISH M - IV B



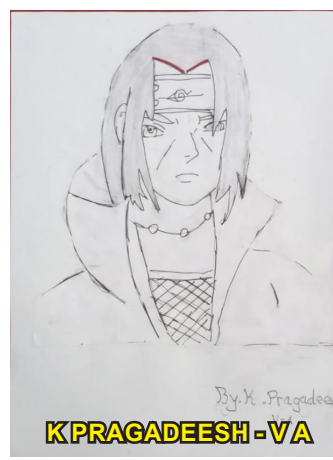
STEFFY SANDRA - III C



DARSHITHAR - VI D



DANAMIKA R - VI D



KPRAGADEESH - VA



RUPA SRI S - V D



KANISHKA L - IV B



MIRTHEKESH SK - VI D



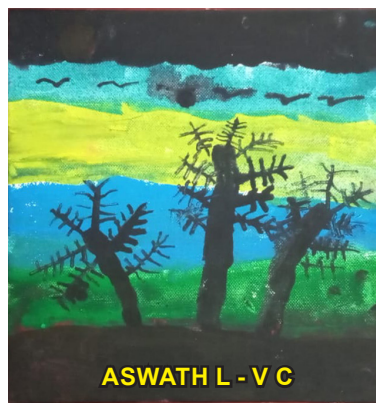
N.PONNAMBALAVASAN - XI B3



MIRUTHULLA SS - V B



STEVE PRINCE S - I C



ASWATH L - V C



## GET IT PUBLISHED

Dear Students and Teachers,  
Send your achievements /  
articles / stories / art work /  
poems / other creative work to  
[shnl22@shrishti.org](mailto:shnl22@shrishti.org)

### Word-O-Maze (Confusing words)

**Appraise** - It means to assess the value, quality or nature of something. This can involve evaluating property, goods, or even skills and performance.

**Example** : The jeweller appraised the diamond ring to determine its market value.

**Apprise** - It means to inform or notify someone about something. It involves giving someone updates or information, often to keep them informed about a situation or development.

**Example** : The teacher apprised the students of the upcoming test schedule.

### Idioms

**Cost an arm and a leg** - It is used to describe something that is very expensive or costly.

**Example** : The designer handbag she bought at the boutique cost her an arm and a leg.

**At the drop of a hat** - It means to do something immediately or without delay, often in response to a situation for request. It suggests a readiness to act quickly and without hesitation.

**Example** : He is always ready to help out at the drop of a hat whenever someone needs assistance.

- Ms. Punitha (Dept. of English)

### Special Days of the Month

June 1, 2024	<b>World Milk Day:</b> Highlighting the importance of milk as a global food.
June 3, 2024	<b>World Bicycle Day:</b> Promoting the use of bicycles for transportation, health, and environmental benefits.
June 5, 2024	<b>World Environment Day:</b> Encouraging worldwide awareness and action for the protection of the environment.
June 14, 2024	<b>World Blood Donor Day:</b> Celebrating and thanking voluntary blood donors and encouraging new donors.
June 21, 2024	<b>International Day of Yoga:</b> Raising awareness about the many benefits of practicing yoga. <b>World Music Day:</b> Celebrating music and its contribution to society.

### DO YOU KNOW ?

## Benefits of Weight Training

Weight training enhances muscle strength by challenging muscles to overcome resistance. This leads to hypertrophy (increase in muscle size) and improved muscular endurance.

Weight training strengthens the muscles around joints, providing better support and reducing the risk of injury.

Regular weight training places stress on bones, stimulating them to grow stronger and denser.

Engaging in weight training can reduce symptoms of anxiety and depression, and improve overall mental well-being.

Building muscle through weight training increases your resting metabolic rate, which means you burn more calories even at rest.

Weight training improves cardiovascular health by lowering blood pressure, improving cholesterol levels, and enhancing blood circulation.

Weight training enhances the ability to perform everyday activities with ease, such as lifting, pushing, and pulling.

Weight training helps reduce body fat and increase lean muscle mass, leading to a healthier body composition.



- K. SANTHOSH KUMAR  
Dept. of Physical Education

## Cyber Safety Tips

Let us see how to protect ourselves when any cyber attacks happen. The following are the popular cyber safety tips:

### Update software and operating system:

The most popular safety measure is to update the software and O.S. to get the benefit of the latest security patches.

**Use anti-virus software:** It is also useful to use the anti-virus software that will detect and removes unwanted threats from your device.

### Perform periodic security reviews:

Every organization ensures periodic security inspections of all software and networks to identify security risks early in a secure environment. Some popular examples of security reviews are application and network penetration testing, source code reviews, architecture design reviews, and red team assessments

**Use strong passwords:** It is recommended to always use long and various combinations of characters and symbols in the password. It makes the passwords are not easily guessable.

**Do not open email attachments from unknown senders:** The cyber expert always advises not to open or click the email attachment getting from unverified senders or unfamiliar websites because it could be infected with malware.

**Avoid using unsecured Wi-Fi networks in public places:** It should also be advised not to use insecure networks because they can leave you vulnerable to man-in-the-middle attacks.

**Backup data:** Every organization must periodically take backup of their data to ensure all sensitive data is not lost or recovered after a security breach. In addition, backups can help maintain data integrity in cyber-attack such as SQL injections, phishing, and ransom ware.



**Mrs. Deepika.R**  
Dept. of Computer Science

## Building Success

Success comes from the following roots, as shown in the picture.



**Discipline** is an important factor that builds successful people. It is a common trait among every successful person.

### As the saying goes:

*"Discipline is the bridge between goals and accomplishment."*



A few other qualities that build a truly successful human being are as follows:

- 1. Education is the key to success:** Learn to lead, as our school motto says. Never stop learning; constantly seek knowledge and expand your horizons.
- 2. Empathy and compassion:** Understanding and helping others is essential.
- 3. Simplicity and humility:** Live a simple and humble life, unattached to material possessions. These are true virtues.

- 4. Gratitude:** This powerful emotion can transform our perspectives and enhance our happiness.
- 5. Resilience and perseverance:** These are crucial for overcoming challenges. Face your obstacles with determination and strength.
- 6. Family and relationships:** They provide a strong foundation for our existence. Value them.
- 7. Giving back to society:** Successful people find ways to give back to their communities and make a positive difference in the world.
- 8. Believe in yourself and your dreams.**
- 9. Face your fears with courage.**
- 10. Mistakes, failures, and rejections:** These are opportunities for learning.
- 11. Embrace diversity and respect different perspectives:** Learn to respect different perspectives and cultures.
- 12. Find joy in the simple things:** Life is beautiful; enjoy it fully.



**Mrs. Swati Ghanekar**  
Dept. of Mathematics

## SHRISHTI HERALDS THE NEWSLETTER

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