



01  
21<sup>st</sup> Annual  
Athletic Meet  
2024



03  
Krishna  
Jayanthi  
Celebration



06  
Students  
Corner

## 21st Annual Athletic Meet 2024-25



The 21st Annual Athletic Meet of Shrishti Vidyashram Sr. Sec. School, held on 13th August 2024, was a resounding success, marked by enthusiasm and high spirits. The event kicked off with the athletes gathering on the field, eagerly awaiting the arrival of the Chief Guest, Mr. Aravind Annadurai, an International Basketball player of great repute. The event was further graced by the presence of Trustee Mr. Mahadevan Venkatesh, Head of Schools Mr. M. S. Saravanan, and other dignitaries. The day began on a high note with the rendition of the traditional Thamizh

Thai Vazhthu and a soulful prayer song, setting the tone for the proceedings. The Headmistress, Mrs. Geetha, extended a warm welcome to the gathering, followed by the Vice Principal, Mrs. Hephzibah, who introduced the Chief Guest with great aplomb. The flag hoisting ceremony, led by the Chief Guest, Trustee, and Head of Schools, signaled the start of the day's events, setting the ball rolling. The meet was off to a flying start with the Senior Secondary students putting their best foot forward in a vibrant and disciplined March Past. The Olympic torch-bearing ceremony that followed

was a beacon of inspiration and unity, symbolizing the spirit of the games. The event was a feast for the eyes, with a variety of performances that left the audience spellbound. The Clown Dance by Pre-KG, the Beetle Beat Boogie by LKG, Bharat Ke Rashtriya Pratheek by UKG, and other captivating displays by students from Grades I to IX were the icing on the cake. These performances showcased the students' creativity, coordination, and enthusiasm, proving that they are not just academic achievers but also excel in extracurricular activities.

**Victorious Houses:**

- **Poster Making:** Krishna House
- **Drill:** Krishna House
- **Tent Decoration:** Krishna House
- **March Past:** Kaveri House
- **Teachers' Event:** Ganga House
- **Overall Championship Shield:** Narmada House

The event culminated in the prize distribution ceremony, where the Chief Guest, Trustee, and Head of Schools presented the winners with their well-deserved accolades.

The Athletic Meet was a feather in Shrishti Vidyashram's cap, underscoring the school's unwavering commitment to holistic education. It was a shining example of how the school emphasizes not just academic excellence but also the physical and cultural development of its students.



In his address, the Chief Guest, Mr. Aravind Annadurai, spoke about



the importance of sports in shaping a student's overall development. He emphasized that sports are not just about breaking a sweat but also about building character, resilience, and teamwork. Mr. Annadurai's words were a clarion call for young athletes to embrace sports as an integral part of their education and personal growth, reminding them that the skills and values gained through sports will be their guiding light in all walks of life.



## Krishna Jayanthi Celebration



The Krishna Jayanthi celebration at Shrishti Vidyashram and Shrishti Matriculation was a vibrant and spiritually enriching event, bringing together students and staff in a joint celebration of devotion and joy. The program commenced with a soulful and spiritual performance by the school choir, whose melodious singing invoked divine blessings. This was followed by a heartfelt recitation of the Krishnashtakam by the students, setting

a serene and devotional atmosphere. The Pooja of Lord Krishna, conducted by the Head of Schools, Mr. M. S. Saravanan, and Headmistress Ms. Geetha, further elevated the spiritual ambiance of the event. The celebration continued with students from Shrishti Matriculation beautifully enacting key events from Lord Krishna’s life, showcasing his triumphs over evil in a series of captivating performances. These enactments were complemented by a mesmerizing dance performance by students of Shrishti Vidyashram,

depicting the deep and eternal love between Lord Krishna and Radha. A delightful highlight of the celebration was the adorable participation of kindergarten children, dressed as little Radhas and Krishnas, adding a charming and festive touch to the event. The Krishna Jayanthi celebration at Shrishti Schools was a joyous and spiritually uplifting occasion, reflecting the values of devotion, love, and righteousness that Lord Krishna embodies.

## Trip to MGM



On August 23rd, 2024, the students of Grade VI went on a much-anticipated one-day trip to MGM Dizzee World in Chennai. The day began with an early morning departure, and excitement filled the air. Upon reaching the park, students quickly divided into groups and, under the supervision of their teachers, set off to explore the thrilling attractions. The roller coasters and water rides were particularly popular, with the wave pool standing out

as a crowd favorite. The park also offered a range of games and activities that kept everyone entertained throughout the day. After a delightful lunch at the food court, the students continued to enjoy the park’s offerings before it was time to head back. By evening, the group returned to school, bringing with them memories of an exhilarating day that combined fun, friendship, and a well-deserved break.

## Independence Day Singing Competition at VIT, Vellore

We are proud to announce that our talented students from Grade X - Amirthavarshini, Jyovika, and Shravana - emerged victorious in the Independence Day Singing Competition held at VIT, Vellore.

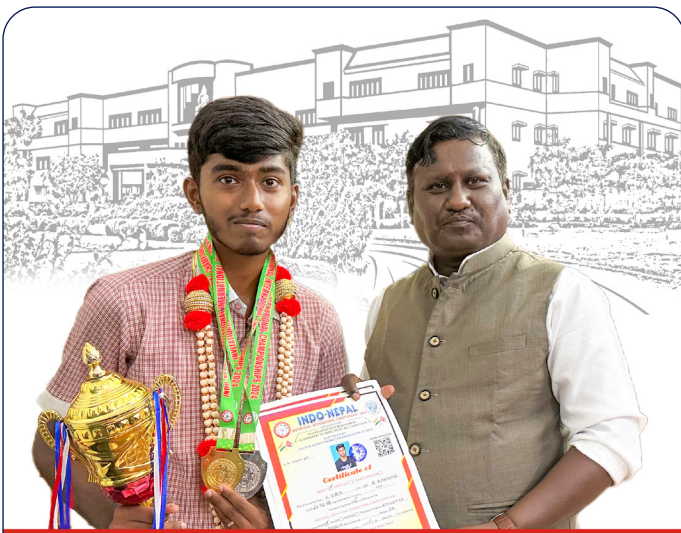


*Congratulations to these young stars on their well-deserved achievement!*

## Faculty Workshop on Drama and Storytelling in Language Teaching

On August 5, the English faculty of Shrishti Matric & Vidyashram attended a workshop organized by VIT Vellore's School of Social Science & Language.

The session was conducted by Dr. Barry Stewart Mann, a renowned expert in using creative techniques to enhance language learning. The workshop focused on the innovative application of drama and storytelling in teaching English. Dr. Mann introduced various strategies for integrating drama and storytelling into the curriculum, demonstrating how these methods can captivate students' interest and help them understand the subject matter more effectively.



Shrishti is thrilled to celebrate **K. VIBIN'S** outstanding achievement at the Indo-Nepal Invitational International Championship 2024!

Representing India, Vibin showcased exceptional talent and determination, securing **Gold Medal in Javelin Throw** (Under-17 Category).

**Congratulations!!!**

## Antariksh Debate Competition at VIT

We had the honour of representing Shrishti at a recent space-related event hosted by VIT (Vellore Institute of Technology), where we participated in an exciting Space Debate. Our school fielded multiple groups, each consisting of six or seven students, all eager to engage in the competition.

The debate was structured into two rounds, with each group dividing into teams of three. What made this experience particularly engaging was the on-the-spot assignment of debate topics, which challenged us to think quickly and speak confidently. The topics were straightforward, allowing us to focus on crafting clear and creative arguments. This spontaneity added a layer of excitement, making the event both fun and interesting.

Throughout the debate, we showcased our ability to work as a team, drawing on each other's strengths and providing mutual support. The atmosphere was lively and competitive, but it was the enjoyment of the debate itself that made the experience truly memorable.

We are proud to share that our efforts led us to secure first place in the



competition. This victory is a testament to the dedication and quick thinking of every team member. Winning this debate has instilled in us a deep sense of pride—not only in our achievement but also in the way we approached the challenge—with enthusiasm, collaboration, and a positive spirit.

The experience was both enjoyable and educational, providing us with new skills and a deeper appreciation for teamwork. We are grateful for the opportunity to represent our school and bring home this victory. This success is a shared achievement, reflecting the strength of our school community and inspiring us to continue striving for excellence in all our future endeavors.

- B. KATHIRSELVAN (XII B4)

## IHA - Grade XI

21 August 2023  
Theme: World Humanitarian Day



Facepainting



Winners of Poster Making Competition!



## Rain



Tiny glossy drops shower my head,  
Surprising me with their thud!  
I dash for cover to save my books from  
getting wet,  
But inside me, I want to play in this  
beautiful set!

How lovely the flowers suddenly became,  
Smiling like a baby on a journey to fame!  
Surrounding hills turn lively and greeny,  
And the road beneath my feet is so waxy!

The dark clouds frighten me a bit,  
But I am bold enough to be a native wit!  
The dancing sprays come to a halt,  
Dashing my hopes, to kindle my heart!

- S. ABISHEK (XI - B2)

## Self Confidence



I am the fire that burns within  
A flame that flickers, yet never dims...  
My heart beats strong, my soul feels free  
I trust myself, wild and carelessly  
I am the master of my destiny  
My choices mine, my path clarity.  
I walk with purpose, head held high  
My worth unshaken, I touch the sky  
I am the warrior who faces fears,  
And conquers doubts through all the years.  
My confidence is not built on sand  
But on the rock of self-love and stand.  
I am the light that shines so bright  
Guiding myself through darkest night.  
I am enough, I am complete  
I am the best version of me  
Unapologetically, I am free to be.

- S. PRATHEEBHA (XI - B2)

## A Voice in the Void



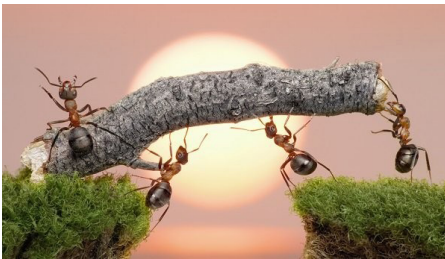
Don't judge the ocean by its surface alone  
For beneath the waves is a world unknown,  
Faces and masks, I can't tell apart,  
But Behind the facade is a longing heart.

I yearned for ears, to listen and care  
But silence was all, that I could share..  
But still I hold on, to one final thread,  
The hope that God hears, when all else is  
dead...

Like a lone bird, I sing my song  
Though none may hear, I sing on and on  
And though I may walk this solitary road,  
God's presence with me will be my heart's  
abode.

- BINDU HASINI .B (XII B1)

## The Power of Teamwork



In every aspect of life—whether in the workplace, on the sports field, or within community projects—teamwork is a cornerstone of success. When individuals collaborate effectively, they achieve more together than they could alone, thanks to the diverse skills and perspectives each person brings.

### Synergy and Innovation:

Working in a team allows for tasks to be divided based on strengths, leading to more efficient and effective outcomes. Team discussions and brainstorming

sessions foster creativity, resulting in innovative solutions that might not arise from individual efforts.

### Learning and Growth:

Teamwork also offers opportunities for personal and professional development. Members learn from each other's skills, and constructive feedback drives continuous improvement, benefiting both individuals and the team as a whole.

### Trust and Camaraderie:

Building trust and mutual respect within a team is key to successful collaboration. This trust leads to open communication and effective conflict resolution, creating a supportive environment where everyone feels valued.

### Enhanced Problem-Solving:

Teams bring together diverse perspectives,

which are crucial for tackling complex challenges. This collective approach leads to better decision-making and more effective solutions.

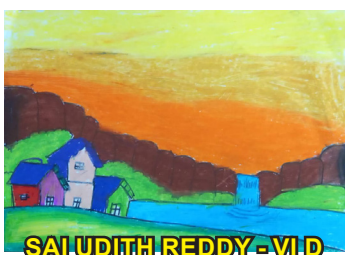
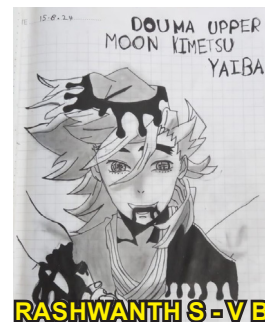
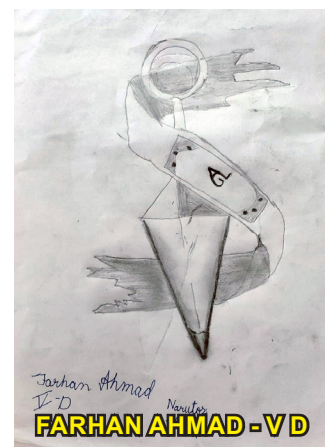
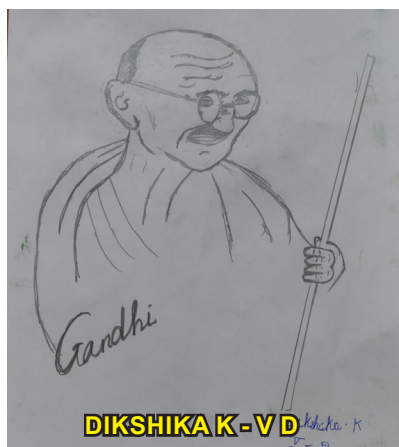
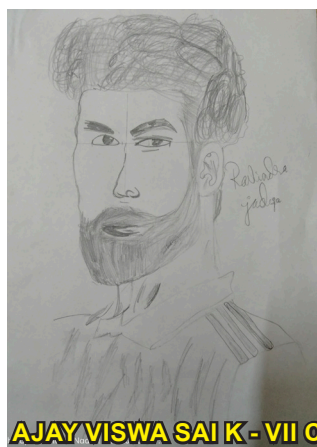
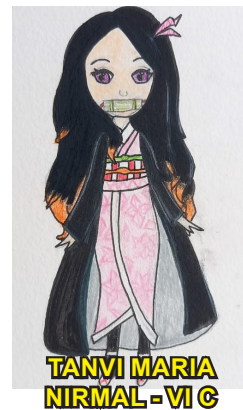
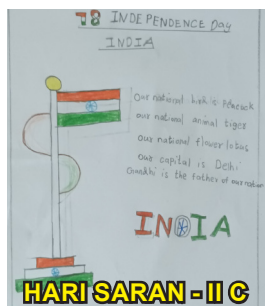
### Adaptability:

In a fast-paced world, the ability to adapt is crucial. Teams are naturally more agile, allowing them to quickly pivot and respond to changes, staying ahead in dynamic industries.

### Conclusion:

Teamwork is not just a strategy but a necessity for achieving excellence. By working together, teams can overcome challenges, innovate, and reach remarkable heights that individuals alone cannot achieve. Embracing teamwork is essential for anyone striving for success.

-A. SARVESH KUMAR (XA)



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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)

- 1. Prescribe** - To recommend or authorize  
**Example :** *The doctor prescribed medication for the patient.*
- 2. Proscribe** - To forbid or prohibit  
**Example :** *The new regulations proscribe the use of electronic devices in the examination hall.*

### Idioms

**Jump on the bandwagon** - To join or support something that is currently popular or successful.

**Example :** Many companies are jumping on the bandwagon of green technology.

**Bury the hatchet** - Make peace or reconcile with someone after a disagreement.

**Example :** They decided to bury the hatchet and work together on the project.

- Ms. Punitha (Dept. of English)

### Special Days of the Month

August 1, 2024	<b>World Wide Web Day</b> - Celebrating the invention of the internet and how it connects the world, with activities to learn about internet safety.
August 6, 2024	<b>Hiroshima Day</b> - Commemorating the victims of the Hiroshima bombing and promoting peace and nuclear disarmament.
August 13, 2024	<b>International Left-Handers Day</b> - Celebrating left-handed individuals and raising awareness about the challenges they face.
August 19, 2024	<b>World Photography Day</b> - Encouraging creativity and capturing the world through photography, while learning the history of the art.
August 29, 2024	<b>National Sports Day (India)</b> - Commemorating the birth anniversary of Major Dhyhan Chand and promoting physical fitness and sports culture.

### DO YOU KNOW ?

## 10 Amazing Facts About Hyperloop Travel

- 1. Incredible Speed:** Hyperloop can travel up to 700 miles per hour, making it faster than the speed of sound! Imagine going from Los Angeles to San Francisco in just 30 minutes.
- 2. Green Transportation:** Hyperloop is powered by renewable energy like solar power, making it an eco-friendly way to travel.
- 3. Safety First:** Safety is a big focus for Hyperloop. The system includes

automated emergency braking and backup systems to ensure a secure journey.

**4. Time-Saving:** With its high speed, Hyperloop can significantly reduce travel time, making it perfect for quick trips.

**5. Cost-Effective:** Hyperloop travel is expected to be affordable, offering a great balance between cost and speed.

**6. Connecting the World:** Hyperloop could connect distant cities and countries, making travel easier and boosting global connections.

**7. Less Traffic:** By offering an alternative to road travel, Hyperloop could help reduce traffic in busy cities.

**8. Futuristic Tech:** Hyperloop uses advanced technology like magnetic levitation and vacuum tubes, giving us a glimpse into the future of transportation.

**9. The Future of Travel:** Hyperloop is more than just an idea—it's a project in progress, with many companies and governments working to make it a reality.

**10. A New Era in Transportation:** Hyperloop is a breakthrough that could change how we travel, making it faster, greener, and more efficient.

## Revolutionizing Healthcare with AI The Future of Medicine

The integration of AI in medicine is not just a technological advancement but a paradigm shift that promises to enhance diagnostic accuracy, personalize treatment plans, and improve patient outcomes.

### Enhanced Diagnostic Accuracy

One of the most promising applications of AI in healthcare is its ability to analyze vast amounts of data and identify patterns that may be invisible to the human eye. For instance, AI systems can now detect early signs of diseases such as cancer, often with greater accuracy than human radiologists.

### Personalized Treatment Plans

AI can help physicians tailor treatments that are more effective and have fewer side effects. This personalized approach is particularly beneficial in fields like oncology, where treatments can vary widely in effectiveness from one patient to another.

### Improving Operational Efficiency

From automating administrative tasks to optimizing resource allocation, AI helps healthcare providers improve efficiency and reduce costs. For example, AI can streamline the scheduling of surgeries, manage inventory, and even assist in managing patient flow in hospitals, ensuring that resources are used effectively.

### Ethical and Practical Challenges

Despite its potential, the integration of AI in healthcare is not without challenges. Concerns about data privacy, algorithmic bias, and the need for robust regulatory frameworks are paramount.

While challenges remain, the potential benefits of AI in medicine are immense, promising a future where healthcare is more efficient, effective, and personalized.



**Mr. Pragasam A**  
Dept. of Biology

## Building relationships

A cornerstone of Human experience

Building relationship is an essential aspect of human life, shaping our experiences and influencing our emotional well-being. Relationship whether personal or professional, provide us with support, companionship and opportunities for growth. The process of forming and nurturing these bonds. involves trust, communication and mutual respect.

From the moment we are born, we rely on others for care and support. As we grow, our interactions with family, friends and colleagues help us develop a sense of identity and belonging.

Research has consistently shown that strong relationships contribute to better mental and physical health. According to a study by Harvard medical school, individuals with robust social connections have lower risks of mental health issues, cardiovascular diseases and a longer life expectancy.

### Key elements of Building Relationships:

#### Trust:

Trust is the foundation of any relationship. It involves believing in the reliability, integrity and intentions of others. Building trust requires consistency, honesty and transparency.

#### Communication:

Effective communication is crucial in forming and maintaining relationships. It involves not only expressing our thoughts and feelings but also actively listening to others. Good communication skills help resolve conflicts, clarify misunderstanding and strengthen bonds.

#### Respect:

Mutual respect is vital for healthy relationships. It involves recognizing and Valuing each other's differences, opinions and boundaries. Respectful interactions create an environment where individuals feel appreciated and valued leading to stronger connections. *In a nutshell the impact of a strong relationship is far-reaching influencing our mental and physical health, personal growth, and professional success. As social beings, nurturing our relationship is crucial to lead a fulfilling and meaningful life*



**Mrs. S. Vijayalakshmi**  
Dept. of Commerce

## Circuit training

Circuit training involves "completing a Series of strength exercises in a circuit without rest between exercises to improve strength, stamina, and flexibility." with the exercises tald and in a circular pattern. but sometimes varied's it provides a full body workout and can be adapted for different titness levels and goals.

### Why circuit training?

- \* Can be adapted for any size workout area.
- \* Can be customized for specificity; easy to adapt to your sport.
- \* Has the potential to burn more calories the conventional aerobic exercise (or) strength training, both during and post workout [increase in past workout metabolism] thus. beneficial for those attempting to lose body fat.

### Disadvantage of Circuit training:-

- \* Circuit training may be shorter and faster but it is not easy. It requires stamina and may not be suitable for beginners or people with low fitness levels.
- \* Also, exhaustion from the rapid workout can make your form suffer and increases. the risks of an Injury.



**Mr. Vinoth Kumar N**  
Dept. of Physical Education

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