



# SHRISHTI HERALDS

SHRISHTI  
LEARN TO LEAD



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

July 2024

Volume 03 | Issue 04

HIGHLIGHTS



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Ceremony



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Chat



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Students  
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## Investiture Ceremony - 2024

*"A leader is one who knows the way, goes the way, and shows the way."*

- John C. Maxwell

On July 4th, 2024, Shrishti Schools celebrated a proud moment with the induction of the newly formed student council during the Investiture Ceremony.

The ceremony commenced with lighting of the lamp signifying the beginning of a new chapter in the schools leadership. Selected students from various grades were appointed to positions such as Head boy, Head girl, Sports captain, Cultural

captain, Junior captains and prefects. Each appointee was adorned with badges and sashes, symbolizing their new roles and responsibilities.

An oath taking ceremony followed, where the newly appointed leaders pledged to fulfill their duties with sincerity and integrity, contributing positively to the school's ethos and community. The ceremony also featured an address by the Chief guest Dr. Korah T Kuruvila, Professor and Head of the Department of Cardio-thoracic surgery, CMC, Vellore,

who shared his insights on leadership and encouraged the student leaders to strive for excellence and serve as role model for their peers.

The rhythmic, melodious, and captivating rendition of the school choir was highly appreciated by the audience, adding a dynamic touch to the event.

Overall, the Investiture ceremony was a memorable event and resounding success, fostering a spirit of unity and enthusiasm among students and setting a positive tone for the academic year ahead.

- Ms. Monisha (Dept. of Science)



## EduTalk 3.0 Cell-ebriety Chat (Department of Biology)

On July 26, 2024, the Department of Biology of Shrishti Vidyashram hosted, Edutalk 3.0, themed "Cell-ebriety Chat," for the students of Grade VI to VIII. This enriching event featured expert speakers who delved into critical health topics. Dr. Thiyagaraj from CMC Vellore discussed stem cells, Dr. D. Kamalakannan highlighted the ocular effects of screen time, Dr. Subashini emphasized ear care, and Dr. C. Justina Sasirekha shed light on dental awareness. The session was moderated by Ms. Naanmalar, with enthusiastic participation seen from over 380 students, who engaged in insightful discussions and posed thought-provoking questions to the speakers. The event commenced with a warm welcoming address given by Ms. Savitha, followed by a melodious prayer song by the school choir. The session concluded with a heartfelt vote of thanks delivered by Mr. Venkatraman, Shrishti Matric., This session enhanced students' understanding of vital health topics, inspiring them to explore the fascinating world of biological sciences further.

- Mrs. Naanmalar B  
(Middle School Coordinator)



**Dr. Thiyagaraj**  
Scientist/Assistant Professor at the Centre for Stem Cell Research, Christian Medical College, Vellore



**Dr. D. Kamalakannan**  
Senior Assistant Professor, Department of Ophthalmology, Government Medical College, Vellore



**Dr. Subashini**  
Consultant ENT Surgeon, Vellore Ortho ENT Foundation



**Dr. C. Justina Sasirekha**  
Chairman of Women Dental Council, Indian Dental Association



## Parent Visitation Day: A Heartwarming Experience for Parents

Grade IV & V



During the last week of July, our school hosted Parent Visitation Day for Grade IV-VIII. This initiative allowed parents to step into their children's classrooms, providing them with a firsthand experience of the teaching methods and classroom environment.

Parents expressed their appreciation for this initiative, noting that it helped them feel more connected to their children's education and the school community. Many also shared that this nostalgic experience brought back fond memories of their own school days.



## Kindergarten Activities

### Campus Tour for UKG Students

03 July 2024



Students of UKG were taken on a tour around the campus, visiting the canteen, library, garden, temple, playground, and park. They enjoyed learning about healthy eating, discovering the joy of books, and observing the lush greenery of the school. The tour provided a fun and educational introduction to their school environment.

- Ms. Supraja Sampath (Dept. of English)

### Crafting Creativity

The tiny tots of Kindergarten were guided to transform simple pieces of paper into a range of creative shapes. This hands-on experience not only enhanced their appreciation for art and aesthetics but also developed their creativity skills.

10 July 2024



## Primary - Inter House Activities

### National Doctor's Day: A Tribute in Tiny Steps

03 July 2024



On National Doctor's Day, students of Grade I and II took a walk in the shoes of healthcare heroes. Teachers briefed the day's significance, while students dove into a world of medical wonders. They got their hands on thermometers and stethoscopes, discovering the tools that heal and soothe. With hearts full of gratitude and eyes wide with wonder, they learned to appreciate the doctors who work tirelessly to mend and care.

## Senior Secondary Activities

### World Youth Skills Day 2024

On July 10, students of Grade XI observed World Youth Skills Day, an initiative declared by the United Nations General Assembly in 2014 to emphasize the significance of equipping young people with essential skills for employment, decent work, and entrepreneurship. During this event, students showcased their diverse skills, highlighting their talents and the importance of this global observance.

The day served as a meaningful reminder of the transformative power of skills and the potential of youth to drive positive change.

"Today, and every day, let's work to transform education. And let's ensure that youth have what they need to build skills for shaping a more peaceful, sustainable future for all."

- UN Secretary-General António Guterres



10 July 2024

## Brushstrokes of Triumph

I'm excited to share that I won **4TH PLACE IN THE DISTRICT LEVEL ART COMPETITION**

organised by CMC Vellore in July 2024 with the theme “Overcoming food allergy obstacles”. I had a lot of fun creating the artwork for this event. It helped me to learn and understand more about

food allergies.

It was completely unexpected. All the times that I have contributed my paintings to a competition, I have never once expected to win anything. Art resonates deeply within me, speaking in a language that transcends words. It has always been more than just a hobby for me. It's a vital part of who I am. It has created a pathway to express myself and connect with the world. *Each stroke of the brush or pencil is a step in a journey of self-discovery and happiness.*

Winning in such a competition is a big milestone in my artistic journey. It has inspired me to keep creating and exploring new ideas. I'm grateful for this opportunity and excited for what's next. “Creativity takes courage” as Henri Matisse once said. Embrace your ability to dream and watch it transform your world into a canvas of endless possibilities.

- Hanshikha Shree P S (XII B2)



## Career Guidance Programme on Artificial Intelligence for Grade XI and XII

On July 24, 2024, a Career Guidance Programme on Artificial Intelligence was conducted for the students of the Computer Science Department in Grades XI and XII. The session was led by Mr. Srinivasan Ramanujam, a distinguished entrepreneur and subject matter expert with extensive experience in cutting-edge fields such as Artificial Intelligence, Cloud Technology, Data Science, and Blockchain.



Mr. Ramanujam shared valuable insights into various aspects of AI technology and emphasized the significance of selecting a career path that aligns with individual interests and strengths. He provided detailed information on various courses related to Artificial Intelligence and their potential career prospects following school.

Throughout the session, Mr. Ramanujam engaged actively with the students, offering thoughtful and encouraging responses to their queries. His interactive approach facilitated a deeper understanding of career opportunities in AI, helping students gain clarity on their career goals and the steps required to achieve them.

## Awareness Programme on Personal Hygiene and Mental Wellness for Girls



The Wellness Club of the school organized an awareness programme on personal hygiene for Grade XI and XII girls on July 9, 2024. The session was led by Mrs. Geetha Srinivasan, Headmistress of Shrishti Vidyashram. Senior biology teachers Mrs. Divya

Jothi, Mrs. Parameswari and Mrs. Jayashree provided comprehensive insights into various aspects of personal, menstrual, and physical health.

The programme included detailed discussions on nail care, hair care, routine habits that promote overall health, the proper use of sanitary napkins, and effective strategies to manage stress and anxiety. The session was both informative and interactive, with students actively sharing their views and engaging in meaningful discussions.

- Ms. Jayashree (Dept. of Biology)



**Shrishtians Excel in the District Level Art and Elocution Competition** organised by CMC, Vellore on the occasion of World Nature Conservation Day 2024.

**Elocution: Devapriyaa (Grade XI) - 1st Place**  
**Drawing: Jayarachini (Grade XI) - 3rd Place**

**Congratulations to our students for their exceptional performance!**



## Why tigers are vital to our environment?



The presence of wild tigers contributes to the preservation of forest ecosystems, as is the case with any carnivore. This truth is undeniable. However, people who live near reserved forests often fear coming into contact with tigers and may dislike the animals due to concerns about the safety of their cattle. This fear is understandable, but we must scrutinize this claim. There have been numerous news reports and research findings that point to human encroachment into tiger habitats, leading to tiger-human conflicts.

Despite the effects of such conflicts, we must consider the vital role that tigers play in preserving our environment. Imagine tiger reserves without tigers - the result would be the destruction of forests and the degradation of the ecosystem at large. Tigers, as large predators, require a substantial amount of food, which helps control the population of herbivores and prevents overgrazing and the rapid destruction of the environment.

Tigers, through their presence, keep their surroundings away from massive human activities, contributing to the preservation of plants, water sources, and precious flora and fauna. In other terms, tigers indirectly support the population growth of other herbivores and carnivores as well.

Tourism is another less-considered aspect. Tiger safaris attract tourists from all over the world and support employment opportunities for a wide spectrum of people.

It is well agreed upon fact that forests contribute to rain. Tigers, as guarantors of forest growth, along with other animals,

technically pave the way for rain and help prevent adverse changes in climatic conditions.

Therefore, the preservation of the food chain, tourism, conservation of flora and fauna, and the prevention of climate change are crucial aspects where tigers play a dominant role in preserving our environment.

- S. ABISHEK (XI - B2)

## History of Haute Couture

*"I will remain alone, and my name will remain an institution."*

- Charles Frederick Worth

Originating in the 19th century Paris, couture was all about creating custom high-end fashion pieces for specific clients. But beyond being a mere industry, couture is a beautiful fusion of art, skill, and cultural significance. Couture emerged in reaction to the rise of mass production during the Industrial Revolution. Charles Frederick Worth, known as the Father of haute couture, founded the first couture house "House of Worth" in Paris in 1858. His creations revolutionized the fashion industry by offering bespoke pieces that exuded luxury and sophistication. Worth revolutionized the fashion industry by swapping out mannequins for real models to showcase his clothing and by adding his own labels to his designs. As a result, his salon became the go-to spot for high society gatherings, with clients flocking in for fittings and consultations. As George Walden once said "Charles Frederick Worth dictated fashion in France a century and a half before Galliano" as his designs showcased opulence and exclusivity. Couture is all



about precision and care. Skilled artisans would meticulously craft each piece using luxurious fabrics like silk, organza, and delicate lace adorned with intricate embroidery, beading, and other stunning details. Over the years, couture has been synonymous to renowned fashion houses and visionary designers. Legendary figures Coco Chanel, Christian Dior, and Yves Saint Laurent transformed couture with their groundbreaking creations and unique styles. Nowadays, fashion houses like Chanel, Dior, Valentino, and Givenchy remain faithful to the legacy of haute couture, fusing tradition with modern innovation. Couture not only caters to specific clients but also influences trends that eventually make their way into everyday fashion. By introducing cutting-edge ideas and methods, couture pushes boundaries and sparks creativity among designers globally. Additionally, couture acts as a mirror of society, showcasing values, dreams, and changing preferences. Its impact reaches beyond the fashion industry, shaping ideals of beauty and opulence in film, art, and popular

culture. Ultimately, in the end, it adapts to the challenges of a modern society and remains a source of inspiration and fascination, solidifying its reputation as the pinnacle of fashion excellence.

- C.N.NAIVEDYA (XII B1)



DHIYANA SS - VB



RUPASRI S - VD



KEERTHANA - VC



THIRUKESHKUMARAN - III B

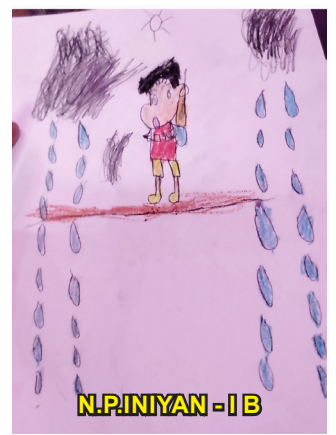


ASHMITA B L - VI A

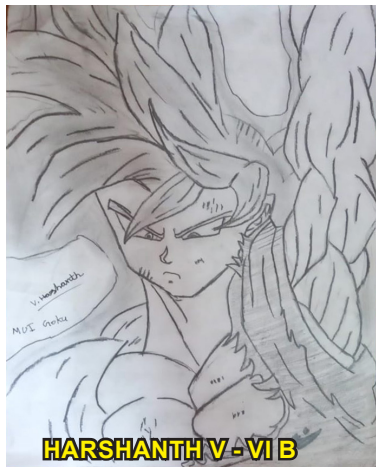


N.P.PRANITHA - III A

N.P. Pranitha  
III - A



N.P.INIYAN - IB



HARSHANTH V - VI B



RAKSHITHA D - VA

Rakshi Ma. D  
VA



S.SIVATHAMIZHINI - VA

Krishna

S. Sivathamizhini  
VA



R.VARSHA - VI B

R. Varsha  
VI - B



THARSHAN - VC



SAYAM JAIN - IV D



KPRAGADEESH - VA

ART



**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)

**1. Palate** - It is the upper surface inside the mouth that separates the oral cavity from the nasal cavity.

**Example :** *The dentist examined the patient's palate for any abnormalities.*

**2. Palette** - A board used by artists to mix colours

**Example :** *The artist's palette was covered in vibrant paints.*

**3. Pallet** - A flat transparent structure used to support goods

**Example :** *The boxes were stacked on a wooden pallet.*

### Idioms

**Upset the apple cart** - It means to disrupt or spoil a plan, arrangement or situation. It implies causing confusion or trouble by interfering with the established order.

**Example :** The students were all set for the school trip, but the sudden weather change upset the apple cart and they had to cancel the trip.

**Pull the wool over someone's eyes** - It means to deceive or trick someone by hiding the truth or misleading them. It involves making someone believe that something is not true.

**Example :** He tried to pull the wool over his mentor's eyes by turning in a project he hadn't fully worked on, hoping the mentor wouldn't notice the lack of effort.

- Ms. Punitha (Dept. of English)

### Special Days of the Month

July 1, 2024	<b>International Joke Day:</b> Encouraging humor and laughter worldwide.
July 7, 2024	<b>World Chocolate Day:</b> Celebrating chocolate and its many delicious forms.
July 11, 2024	<b>World Population Day:</b> Raising awareness of global population issues.
July 15, 2024	<b>World Youth Skills Day:</b> Highlighting the importance of equipping young people with skills for employment, decent work, and entrepreneurship.
July 18, 2024	<b>Nelson Mandela International Day:</b> Honoring Nelson Mandela's legacy and promoting community service and social justice.
July 20, 2024	<b>International Chess Day:</b> Celebrating the game of chess and its global impact.

## Characteristics of Fish

### DO YOU KNOW ?

A fish has a hard skull and a backbone.

Fish breathe in water using gills.

Most fish have streamlined bodies.

Fish use fins to move and balance in water.

Fish use fins to move and balance in water.

A lateral line sensory organ detects vibrations.

Swim bladders contain air and maintain buoyancy.

Fish are aquatic vertebrates that have gills and fins.

Scales cover most fish and protect the body.

Most fish do not regulate their body temperature.

## Benefits Of Nadi Shodhan Pranayama Alternate Nostril Breathing

### Physical Benefits:

- Regulates breathing and calms the nervous system
- Improves lung function and increases oxygen capacity
- Helps manage stress and anxiety
- Enhances cardiovascular health
- Supports immune function

### Mental and Emotional Benefits:

- Balances the left and right brain hemispheres
- Promotes mental clarity and focus
- Reduces stress and anxiety
- Enhances mood and emotional well-being
- Increases self-awareness and calmness

### Spiritual Benefits:

- Prepares the mind and body for meditation
- Balances the three doshas (Vata, Pitta, Kapha) in Ayurvedic practice
- Awakens the kundalini energy (life force)
- Supports spiritual growth and self-realization

### Tips and Variations:

- Start with short practices (5-10 minutes) and gradually increase duration
- Use finger to gently close the nostrils
- Practice before meditation or yoga to enhance benefits
- Try variations like Bhastrika (Bellows Breath) or Kapalabhati (Breath of Fire) for added benefits.

### Conclusion:

Nadi Shodhan Pranayama is a powerful breathing technique that offers numerous physical, mental, and spiritual benefits. Regular practice can lead to improved overall well-being, increased self-awareness, and a deeper connection to oneself. Try incorporating this technique into your daily routine and experience the transformative power of breath.



**Mrs. Jeevitha Arivazhagan**

*Dept. of Social Science*

## Importance of Sports

### in Students Life and Its Impact on Personal Growth

“A sound mind in a sound body,” as believed by the Greek philosopher Thales, sports tends to shape personality and complements growth. Regular engagement in sports develops a healthy mind and great strength. Physical health is as essential as education for the entire development of students and their character. Most parents aren't aware of importance of sports in students life because of their tight schedules and they struggle to learn how sports benefits students mentally and physically.



The consistent participation in sports ultimately boosts their confidence and helps maintain good health. Sports are something which is beneficial for student's physical & mental alertness and reduce their stress. Regular sports activities could prevent chronic diseases and lead to a good healthy life without worrying about any sickness.

### What is the importance of sports in students life?

It is crucial for parents to know about the mental and physical benefits of sports for students. Sports is most crucial and beneficial to boost the mental and physical health of the students. Sports have a direct connection to a healthy body as it keeps students physically fit and active. Playing sports not just leads to a healthy life but also helps in building good relationships with peers, classmates, friends and family, and it strengthens student s' horizons of conceiving things. Through sports students also learn to overcome obstacles and challenges that comes their way. Indulging in any kind of sports will ultimately enhance students skills, self-esteem and strength.

### Benefits of Sports for Mental Health

Now , you must be wondering what are the mental benefits of sports for students. And how it leads to developing students' overall temperament? hence, Sports not

only reduce depression, anxiety and stress in students but also reinforce them to develop social skills by allowing them to connect with various people. Engaging students in physical activities will make them feel healthier and happier.

Mental Health is very imperative and essential for all students to focus on academics as well as sports. playing sports or energetically engaging in sports could enhance the stronggrasping energy and social skills of the students and help them to make bonds with many kids their age or above.

### Benefits of Sports for Physical Health

Physical benefits of sports for students inculcate them to learn about physical fitness and its lifestyle. Physical activities help in the proper functioning of the digestive system and overall body fitness. Playing sports will help students to lose weight gain and help them to maintain a healthy physique.



**Mr. Sathiyaraj**

*Dept. of Physical Education*

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