

"Faith is realizing that you always get what you need."  
- Gurudev Sri Sri Ravishankar



# SHRISHTI HERALDS

SHRISHTI  
LEARN TO LEAD



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

December 2024

Volume 03 | Issue 09

HIGHLIGHTS



01  
World  
Meditation  
Day



04  
Christmas  
Celebrations



06  
Students  
Corner

## World Meditation Day Observed at Shrishti Schools

On 21st December 2024, Shrishti Schools marked World Meditation Day with a tranquil session at the Tennis Court from 9:00 AM to 9:15 AM. The event brought together the teaching and non teaching staff of Shrishti Schools. The session commenced with the message by Mr. M. S. Saravanan, Head of Schools, who stated, "Meditation is when our mind is still, though our body moves." His words encouraged everyone to embrace the moment with focus and serenity.

*The meditation session was uniquely guided by the calming and profound voice of Gurudev,* leading participants into a state of inner stillness and mindfulness. The experience left everyone feeling rejuvenated and centered. *"In moments of silence, we connect with our true selves."*




THE ART OF LIVING  
21 Dec 2024 World Meditation Day  
As Declared by United Nations

World Meditates With Gurudev

WORLD RECORDS UNION

GUINNESS WORLD RECORDS

ASIA BOOK OF RECORDS

- The most viewers of a guided meditation live stream on YouTube
- The record for the most views for an online guided meditation in 24 hours on YouTube
- The record for the most nationalities participating in an online meditation session
- Maximum Participation from all the States of India in Guided Meditation in a Day
- Maximum nationalities participated in Guided Meditation in a Day
- The record for the most live viewers of a guided meditation session on YouTube

# Achievements of Shishir UTSAV 2024 - A Glimpse of Excellence



**Shrishtians emerge as Overall Champions!**



**Chess Girls Winners** From Grade XI  
Sarika Sankar, Lakshanya Varshini P, Vitika M



**Dhamodhar Prasath S - XII A1**  
U/19boys 100m Gold Medal  
200m Gold Medal  
4x100m relay Gold Medal &  
Individual Championship



**Joshiha P - V D**  
400m Gold Medal  
800m Bronze Medal



**Naathigan P - XII C**  
Triple Jump Silver Medal  
4x100m relay Gold Medal



**Priyadharshan K - XII A2**  
U/19 Boys 4x100m relay Gold Medal  
Long Jump Gold Medal



**Ruchithra S - IX D**  
U/17 Triple Jump Gold Medal



**Gopichand V H - XII B4**  
U/19 Boys 4x100m relay Gold Medal



**Kughavarshan - IX**  
4x100m relay Gold Medal  
U/14 boys High Jump Bronze Medal



**Prizee P J - XI B3**  
U/19 - Discus Throw Silver medal



**Hemanth D - XI A**  
U/19 Boys D.throw Bronze Medal  
Shotput Bronze Medal



**Dheepan A - VIII D**  
Shotput Silver Medal



**U/14 Boys 4x100m relay - Gold**  
1.Rishi 2.Harshanth 3.Allwyn  
4.Kughavarshan



**U/17 Girls 4x100m relay - Gold**  
Anushiya A, Ruchitra S & Yashita S



**Basketball Girls - Runners**



**Volleyball Boys - Runners**



**Kabaddi Boys - Runners**



**Kabaddi Girls - Runners**

**RAYA VELLORE DISTRICT CHESS CHAMPIONSHIP  
DISTRICT LEVEL SELECTION CHESS  
TOURNAMENT-2024**

Jointly Organised By:  
Katpadi Taluk Chess Association, (Affiliated to RVCCA)  
Pavithra Chess Academy, Wisdom & Knowledge Chess Academy

Categories: **U - 15, U - 17, U - 19, & U - 25 (District Selection) Boys & Girls**

Chief Guest: **SRI. ABHINAV KUMAR JAIN** Date: 29.12.2024 Sunday

RAYA VELLORE DISTRICT CHESS ASSOCIATION, KATPADI TALUK CHESS ASSOCIATION  
RAVINDRANATH S. MANIKANDASWAMY P. MANOHARAN A. SANKAR P. MANOHARAN G.P.C. PRAK  
President Secretary Treasurer President Secretary

Venue: **PARAS MAHA** Near by VIT University  
Mobile Numbers: **79009, 9840061129**

Sanjay of Class VIII showcased exceptional talent by securing **1st place** in the Under-15 Vellore **District Chess Championship**. His remarkable feat was recognized and published in Malai Murasu.

**Our students brought laurels to the school by winning Gold Medals and Trophies in the All India Swachh Bharat Art Competition 2024.**

During the Energy Conservation Week celebrated from December 14 to 18, VIT Vellore hosted an Exclusive Event for School Students on December 15, including activities like drawing, painting, quizzes, innovative projects, and demonstrations. Our KG participants delivered outstanding performances, adding pride to the school’s legacy.

Competition	Place	Name	Class
Drawing	First	Harshini S V Alistair Felix Lopez	UKG - B UKG - C
Drawing	First	Abha Chakraborty Inara	III - C III - C
Drawing	First	Lakshya Shri S V Oviya V	VIII - D IX - D
Drawing	Second	Krithvik Vishaka Mithran	UKG - C UKG - A
Drawing	Second	Sudhiksha Raghava Ganesh	III - B III - C
Drawing	Second	Uthejitha	IX - D
Drawing	Third	Venba Krithvika M S	UKG - B UKG - B
GK	First	Venba Krithvika M S	UKG - B UKG - B
GK	Third	Harshini S V	UKG - B
Project Demonstration	Second	Sanjy Kumar Hemalatha	IV - A III - C
Project Demonstration	Second	Nithyashri M	UKG - A
Quiz	First	Abha Chakraborty	III - C
Quiz	Second	Raghava Ganesh	III - C
Quiz	Third	Vishaka Mithran	UKG - A

Deepti Dhinesh of Grade IX C has been selected for the Vellore Senior District Women’s Cricket Team. Previously, she earned recognition in the Development Camp for young talents under the Tamil Nadu State Women’s U-15 Team.

Dharun Karthik K of Grade IX A displayed remarkable skill in badminton, emerging as a winner in the prestigious Rajeshwari Trophy, conducted by VIT.

# Christmas Celebrations: Spreading Joy and Love

The Christmas celebration held on 19th December 2024 at 2:00 PM in the Open Auditorium was a grand event filled with joy and festivity. The program commenced with a heartfelt prayer song, followed by the mesmerizing “Orchestra of Joy” and an enchanting invocation dance. Mrs. Usha Paulson, Co-Scholastic Coordinator, extended a warm welcome to the audience.

The junior students delighted everyone with their melodious Christmas carols and Tamil solos, while the fancy dress segment

brought biblical characters to life. The thematic dance and carols by the secondary and senior secondary students captivated the audience. A highlight of the event was the beautifully performed Nativity Scene, which brought the story of Christmas to life.

Teachers added a special touch with their soulful song, and the skit “Bishop’s Candlesticks” left a lasting impression. The arrival of Santa Claus spread cheer, concluding a memorable celebration that truly embodied the spirit of Christmas.





வெற்றிகள் பதியட்டும்.  
தோல்விகள் தேயட்டும்  
புன்னகை பூக்கட்டும்.  
முயற்சிகள் முளைக்கட்டும்.  
இன்பங்கள் பெருக்கட்டும்.  
இயலாமை விலக்கட்டும்.  
நல்லதே நடக்கட்டும்.  
நானிலம் சிறக்கட்டும்....  
இனிய புத்தாண்டு வாழ்த்துகள்

- செ.தமிழ்வதனி (VII - B)

## School Life



In classrooms where laughter intertwines,  
Fun and pressure dance in lines.  
Shaping futures, bright and clear,  
Sharing moments, spreading cheer.

Valuable lessons, wisdom's embrace,  
In this journey, we find our place.  
Eager hearts, we leap and explore,  
Discovering passions, always wanting more.

In quiet corners, dreams take flight,  
A peaceful campus, bathed in light.  
Here we thrive, both mind and soul,  
Academic journeys make us whole.

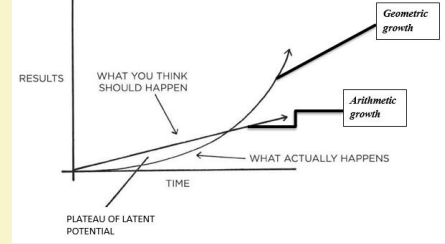
Food and coffee, comfort and cheer,  
Fueling friendships, drawing us near.  
A tapestry woven with joy and strife,  
This is the essence of school life.

- S. Abishek (XI-B2)

## Life Values in Geometric and Arithmetic Growth

THE PLATEAU OF LATENT POTENTIAL

We often expect progress to be linear / Arithmetic. At the very least, we hope it will come quickly. In reality, the results of our efforts are often delayed.



It is not until months or years later that we realize the true value of the previous work we have done. This can result in a "Plateau of latent potential" (Valley of disappointment) where people feel discouraged after putting in weeks or months of hard work without experiencing any results. However, this work was not wasted. It was simply being stored. It is not until much later that the full value of previous efforts is revealed.

All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow. The task of breaking a bad habit is like uprooting a powerful oak within us and the task of building a good habit is like cultivating a delicate flower one day at a time.

Habits are a double-edged sword. They can work for you or against you, which is why understanding the details is essential. Small changes often appear to make no difference until you cross a critical threshold. The most powerful outcomes of any compounding process are delayed. You need to be patient.

An atomic habit is a little habit that is part of a larger system. Just as atoms are the building blocks of molecules,

atomic habits are the building blocks of remarkable results.

Mastery requires patience. The San Antonio Spurs, one of the most successful teams in NBA history, have a quote from social reformer Jacob Riis hanging in their locker room: "When nothing seems to help, I go and look at a stonemason hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that last blow that did it—but all that had gone before."

### Connectivity with Geometric and Arithmetic Growth:

Just as arithmetic growth results in a constant rate of growth (Steady Growth) and geometric growth, which results in a slow start, is followed by an unexpectedly rapid growth (Geometric Growth), The results by following a habit over some time, as we expect won't be linear / Arithmetic but instead would be exponential / Geometric. Over long time, we realise that exponential growth has the ability to produce results more than we expect (The same is the case with geometric growth in plants too).

A conclusion can be drawn that **Persistence and Consistency** is the key in achieving whatever it might be. "Rome wasn't built in a day" hence, the consistent work would never go in vain. Just you have to believe in whatever you do.

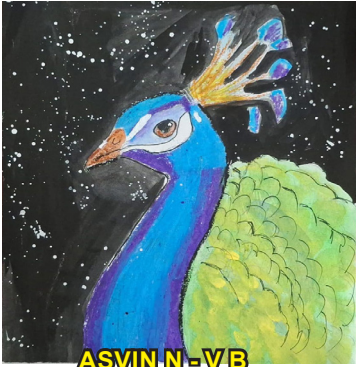
- Yuvanesh Raaj (XI A1)



**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)



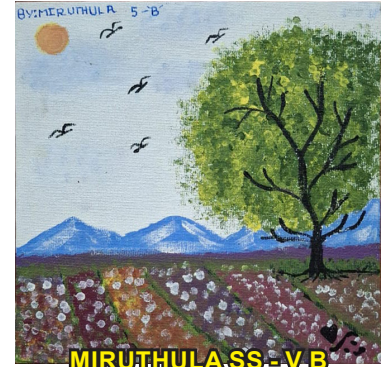
"Art speaks where words are unable to explain;  
it's the soul's way of expressing its beauty."



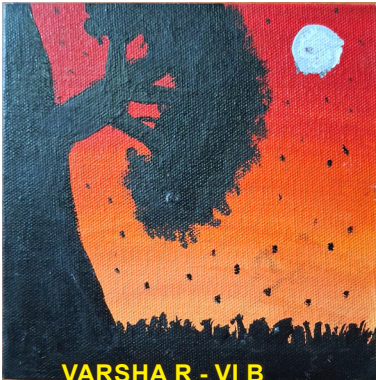
ASVIN N - V B



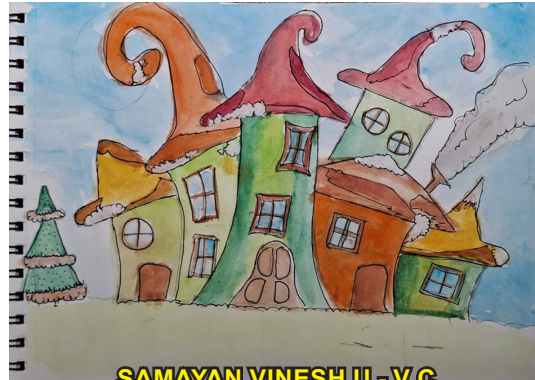
KANISHKA HAMSINI R - V B



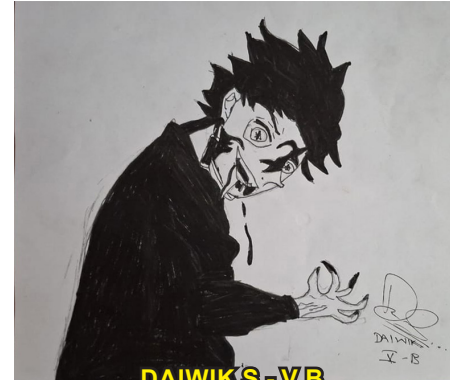
MIRUTHULA SS - V B



VARSHA R - VI B



SAMAYAN VINESH U - V C



DAIWIK S - V B



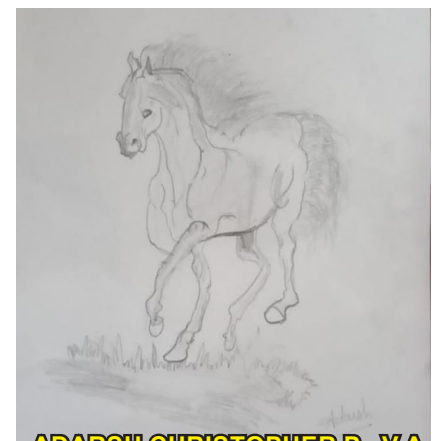
PRAJANYA K - I C



M. SHARVIKA - II C



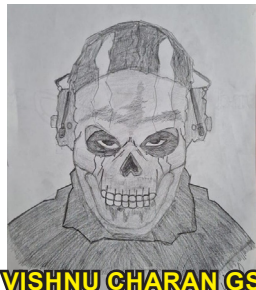
A. PRITIKA - VII D



ADARSH CHRISTOPHER P - VA



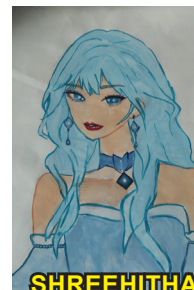
DIKSHIKA K - V D



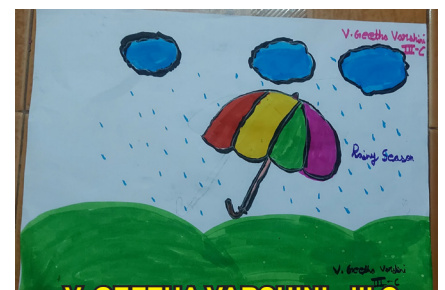
VISHNU CHARAN GS  
VA



VARUNYA K  
IVA



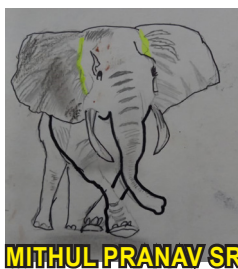
SHREEHITHA  
VIII A



V. GEETHA VARSHINI - III C



ELENA RAO  
IV D



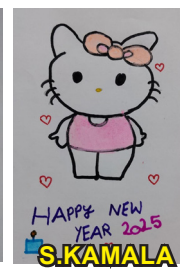
MITHUL PRANAV SR  
VB



SRIMATHI D  
VA



SWASTHIKA TS  
VIA



S.KAMALA  
NAYANI - IA



S.V.SAIMUKUND  
IIIA

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

**1. Allude** - It means to refer to something indirectly or suggest something without explicitly mentioning it. It is often used when someone hints at a topic, event, or person rather than discussing it outright.

**Example** : The author alluded to Greek mythology throughout the novel.

**2. Elude** - It means to escape from or avoid something, often in a skillful, cunning, or clever way. It can also refer to failing to be understood by someone.

**Example** : The thief managed to elude the police by hiding in an abandoned building.

### Idioms

**Bite off more than you can chew** - To take on a task that is too big or difficult.

**Example** : I think I've bitten off more than I can chew by agreeing to organize two events this week.

**Hit a nerve** - To say something that upsets or hurts someone.

**Example** : Talking about her childhood seems to hit a nerve—she always changes the subject.

- Ms. Punitha (Dept. of English)

### Special Days of the Month

Dec 1, 2024	<b>World AIDS Day:</b> Raises awareness about the AIDS pandemic and promotes global solidarity to support those living with HIV/AIDS.
Dec 3, 2024	<b>International Day of Persons with Disabilities:</b> Celebrates the achievements of people with disabilities and promotes their inclusion in society.
Dec 5, 2024	<b>World Soil Day:</b> Highlights the importance of healthy soil for food security and sustainable ecosystems.
Dec 11, 2024	<b>International Mountain Day:</b> Highlights the importance of sustainable mountain development and preserving biodiversity.
Dec 14, 2024	<b>National Energy Conservation Day (India):</b> Promotes the importance of energy efficiency and sustainable practices.

### விடுகதை

- அறைகள் உண்டு இது வீடு அல்ல, சித்திரமும் அல்ல, காவலுக்கு ஆயிரம் வீரர்கள் உண்டு கோட்டையும் அல்ல அது என்ன?
- உடம்பில்லா ஒருவன் பத்து சட்டை அணிந்திருப்பான் அவன் யார்?
- உலகம் முழுவதும் பறந்து செல்வேன், ஆனால் ஒரு மூளையை விட்டு நகர மாட்டேன் நான் யார்?

(dwe:s) டபயாடலு 'சு டாமகாடலு 'சு டுக டுகு 'ட :டயலு

- Ms. Nalini N (Dept. of Tamil)

### DO YOU KNOW ?

Tagore was the first non-European to receive a **Nobel Prize** in Literature.

Tagore's works were widely translated into **English, Dutch, German, Spanish, and other European languages.**

He wrote **Jana Gana Mana** in Bengali which was first sung in 1911 at a Calcutta session of the Indian National Congress and was adopted in 1950 as the national anthem of India.

In 2004, Tagore's Nobel Prize medal was stolen, but the Swedish Academy gave him the award again in the form of two replicas, a gold and a silver.

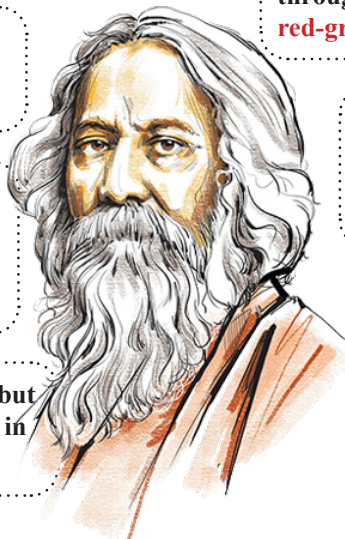
### Interesting Facts About Rabindranath Tagore

At sixty, Tagore took up drawing and painting, and his works were successfully exhibited throughout Europe, even though he was likely **red-green colour-blind.**

He wrote novels, short stories, poems, essays, verses, dramas, songs, and a lot of other stuff. He is believed to have worked on almost all kinds of genres.

Tagore was a prolific composer with around **2,230 songs to his credit.**

- S.Abishek (XI B2)



## A Note from Your Teacher

Learning is a journey that goes beyond books and exams. It's about discovering new ideas, exploring your talents, and growing as individuals. Every day, take a moment to ask yourself, **What did I learn today?** This simple question can help you recognize how much you grow each day.

### Remember:

- **Hard work always pays off:** Whether it's your studies, sports, or hobbies, consistent effort will lead to success.
- **Be kind and respectful:** The way you treat others reflects your character. A small act of kindness can brighten someone's day.
- **Mistakes are stepping stones:** Don't fear failure. Each mistake teaches you a lesson and makes you stronger.
- **Teamwork makes dreams work:** Support your classmates and work together. Helping others helps you grow, too.
- **Curiosity fuels growth:** Ask questions, explore new ideas, and never stop being curious. Every question is a step toward greater understanding.
- **Discipline is the key to success:** Building good habits, like managing time well and staying organized, will set you up for achievements in every area of life.
- **Take care of your health:** A healthy body supports a healthy mind. Eat nutritious food, stay active, and ensure you get enough rest.
- **Value honesty and integrity:** Always choose to do the right thing, even when no one is watching. Your actions define who you are.
- **Celebrate small victories:** Every achievement, no matter how small, is a sign of progress. Take pride in your efforts.
- **Believe in yourself:** Confidence is the first step to success. Trust in your abilities and don't let self-doubt hold you back.

Your education is not just about marks; it's about becoming a better person. Always aim to be honest, helpful, and determined.



**Mr. Madhava Manuvarasu M**  
*Dept. of English*

## Impatience - a new disease in students

Recently, I had to take my son to a paediatric clinic for obvious reasons. While waiting for our turn to meet the doctor, I was looking around at other patients and cute kids. One of the incidents that affected me the most was the use of mobile by a 8 month old child. The child was inconsolable and kept crying constantly. In order to make the child quiet, the mother gave the child her mobile with the video of a rhyme. As soon as the video started playing, the child went quiet and was watching the video silently. After ten minutes or so, the mother took away the phone as she had to make a call. As soon as the phone was taken from the child, he started crying immediately. I was in completely shock and was an eye opener for my about the influence of these short form videos on the mental and physical health of present and upcoming generations.



Watching shorts and reels has become inevitable activity for the almost every person on this planet. Though, lots of new information and knowledge can be acquired by the viewers, it comes with its own demerits. And when one looks at the hazardous effects of these videos in students of the present generation, it is alarming and concerning situation which needs to be addressed immediately. Due to constant watching of short form videos, the attention span of children is 8 seconds. Compared to students of previous generations this attention span is very less and this significantly affects the education. Students get instant gratification by watching such videos. This has affected the mentality of students as they are not ready to wait for anything they want. Also, watching these videos has become an addiction among students. Students are not able to sit idle for even few minutes and immediately look to get some screen time. Academically, this has lead to procrastination and lesser concentration in the class. Another concern about such videos is the content. There has to be some regulatory organisation to monitor the content of such videos as they are not suitable for school going students.

Though the disease seems significant, cure of the disease exists. Promoting

reading books, magazines and news papers can avoid the screen time. This can save the eyes as well as the brain of the students from the ill effects of short form videos. Another solution to the problem is to concentrate on physical activities such as athletics, games and sports. These activities will help in increasing the agility of the body and improve concentration of the students. Creating awareness about harmful effects of this disease among parents and other elderly people is of utmost importance. Parents need to spend quality time with their children without using mobiles and other screens. This can be done by taking children to picnics, visiting their friends and relatives regularly and travelling to various interesting places such as libraries, zoo and theme parks. This will enhance the bonding between the parent and the child. As one of the famous authors Kate Hewitt has said "What consumes your mind-controls your life". So, let us feed our children's mind with positive thoughts and information and make a healthy future generation.



**Mrs. Savitha Varadharajan**  
*Dept. of Biology*

## SHRISHTI HERALDS THE NEWSLETTER

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