



# SHRISHTI HERALDS

SHRISHTI  
LEARN TO LEAD



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

October 2024

Volume 03 | Issue 07

HIGHLIGHTS



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## International Youth and Group Study Exchange Programme 2024 Singapore - Malaysia | October 20 - 29, 2024



Shrishti Schools proudly represented India at the International Youth and Group Study Exchange Programme 2024, a prestigious global event held in Singapore and Malaysia. Organized by the Royal Commonwealth Society (Malaysia), the Commonwealth Global Society, and Audacious Dreams Foundation (India), and endorsed by Commonwealth Education Ministers, this program aimed to strengthen youth engagement on sustainability, climate action, and green skills.

Thirty-three Shrishti students served as official delegates, immersing themselves in a multicultural exchange with peers worldwide. Guided by Mr. M.S. Saravanan, Head of Schools, and Ms. Joyce Usha Paulson, Co-Scholastic Coordinator, the delegation explored environmental issues, governance, and innovative educational practices through interactive sessions, cultural exchanges, and visits to significant institutions and landmarks.

### Highlights of the Programme

#### Cultural and Civic Engagement in Malaysia

Delegates explored Malaysia's rich heritage, including visits to PUTRA Mosque and the Prime Minister's Office, understanding governance at the Perak State Assembly, and engaging in cultural performances.

#### Educational and Environmental Insights

Visits to Universiti Tunku Abdul Rahman (UTAR) highlighted higher education prospects, while cultural exchanges at local schools showcased Malaysia's diverse heritage. A visit to Ipoh City Council provided a civic perspective on urban sustainability and child welfare initiatives.

#### Sustainability and Innovation in Singapore

In Singapore, students toured Parliament, Marina Barrage, and the Hyundai Motor Group Innovation Center, learning about sustainable urban practices and advanced technology in mobility. They were also introduced to Singapore's green public transport initiatives, biodiversity conservation, and innovation trends.



*"The desire to create is one of the deepest yearnings of the human soul."*



The program concluded with visits to Singapore's iconic landmarks, including Universal Studios, nurturing creativity and an appreciation for Singapore's journey from its historical roots to a global powerhouse. This exchange instilled a deep understanding of environmental responsibility and empowered students to envision a sustainable future. Shrishti's delegation returned enriched and inspired, ready to contribute to global change.

## Community Service - Class XI

### Visit to Divine Mercy Home for Aged

*"The smallest act of kindness is worth more than the grandest intention."* – Oscar Wilde

On October 16, 2024, Class XI student representatives visited Divine Mercy Home for the Aged in Kanchalur, Katpadi, for a heartwarming community service experience. They shared conversations filled with wisdom and warmth, as the elderly residents opened up with stories of resilience and life lessons. The students' donation of essential groceries and personal care items, enough to last a month, was a small gesture that brought immense joy and comfort to the residents. This memorable visit reminded us of the profound impact that compassion and connection can have on both young and old alike.



### Visit to St. Maria Theresa's Home for Children

On October 23, 2024, Class XI students visited St. Maria Theresa's Home for Children in Katpadi, Vellore.

**During the visit, they:**

Donated school bags, rice, snacks, groceries, personal care items, and towels to support the young residents' daily needs.

Delivered vibrant cultural performances that filled the atmosphere with laughter and joy.

Spent quality time interacting with the children, listening to their stories, and understanding their struggles.



The visit culminated in a shared meal and playful moments, creating bonds of friendship and leaving a lasting impact on everyone involved.

## Diwali Celebrations Light Up Shrishti Schools

On October 10, Shrishti School was aglow with festive cheer as students and staff came together to celebrate Diwali, the festival of lights, with immense enthusiasm. The day was a tapestry of colours and cultural richness, woven together through a series of performances that conveyed the essence of this joyous occasion.

Students embarked on a journey of discovery, gaining insights into the significance of Diwali and exploring the various traditions and customs associated with it.

Through vibrant dances, a thought-provoking skit, and heartfelt speeches, they illuminated the different ways Diwali is celebrated across the country. Each performance added another feather to the cap, as the young participants left no stone unturned in showcasing the festival's beauty and cultural diversity.

In the spirit of responsibility, students pledged to celebrate a safe, healthy, and eco-friendly Diwali, turning over a new leaf towards sustainability. The day's highlight, however, was the delightful "crackers ramp walk" by our Kindergarteners—fondly

known as our "tiny sparklers"—who charmed the audience and painted the event with innocence and joy, making it truly a feast for the eyes.

The celebration was not just an event but an experience that underscored the values of unity, respect, and inclusivity. It offered students a golden opportunity to express their creativity, learn about cultural diversity, and appreciate the deeper significance of Diwali. The school resonated with the festival's warmth and spirit, creating memories that will undoubtedly linger in our hearts forever.



## Spotlight on Our Stars!



### Heartiest Congratulations! to S. Sadhana of Grade XII C

We are immensely proud to announce that S. Sadhana has made us proud by winning **Gold in both Singles and Doubles**, and **Bronze in Mixed Doubles** at the **National Level Soft Tennis Championship** held in Madhya Pradesh

Keep Shining, Sadhana!

### Congratulations to Samrudh of Grade - VII!

Samrudh has made us proud by clinching the Gold Medal in the Road 2k event at the TNSSA State Championship! His outstanding performance has earned him a spot in the SSFI National Championship. We can't wait to see him shine on the national stage!



### Kudos to Our Exceptional Teachers!

We are thrilled to announce that our science teachers, Mrs. Monisha and Mrs. Savitha, participated in the quiz competition organized by CMC and brought home the First Prize! Their commitment to excellence is truly inspiring.



### Kudos to Our Talented Students!

Rohan Yokes (9E) and Oviya (9A), who won Consolation Prizes in painting. Your creativity knows no bounds!



### Inter-School Sports Festival Triumphs!

We are excited to share the remarkable achievements of our students who participated in the Inter-School Sports Festival held at Geekay World School.

- Skating: Silver Medal
- Swimming: Gold & Silver Medals
- Tennis (U-17 Girls): Winners
- Football (U-16 Boys): Runners-Up
- Football (U-18 Girls): Runners-Up
- Football (U-18 Boys): Winners

Congratulations to the Physical Education Department and all the student-athletes for their hard work and dedication!



### Record-Setting Achievements!

We are thrilled to announce that N.P. Iniyan (I B) and N.P. Pranitha (III A) participated in the Raaba Book of World Records and achieved the **International Level World Record Title** for the World's Largest Multiple Types of Talents Performing in Multiple Venues in 2024, organized by IQ International Academy. Their versatility and talent are commendable!



N.P.Iniyan - I B

N.P.Pranitha - III A

Keep shining bright, students and staff! Your achievements inspire us all!



## Students' Orientation Programme - Grade - XI

## Students' Note on the International Youth and Group Study Exchange Programme



**Facilitated by:**  
**Mr. Agni Bharathi,**  
**Coordinator,**  
**Skill Development**  
**and Innovation Cell**

**On October 16, 2024,**  
Grade - XI students  
participated in an  
insightful orientation

session titled "Essential Skills for the Future."

### Session 1:

Students explored essential skills such as critical thinking, emotional intelligence, adaptability, digital literacy, and creativity. A key topic addressed was the growing concern of mobile phone addiction, including the prevalence of mobile use, intermittent reinforcement, social validation, escapism, distractions, and the repercussions of excessive mobile use. The importance of digital detox and mindfulness practices was emphasized as strategies to mitigate these challenges.

### Session 2:

The second segment, titled "Heart Out Vault," provided students with a safe environment to express their emotions. They were encouraged to share their feelings—both positive and negative—anonously through letters. This approach aimed to assess the emotional support students receive from school and their families and to provide emotional support to students in need.



I wanted to share my reflections on the recent trip to Malaysia and Singapore, which has been a truly enriching experience. I am immensely thankful to our Head of Schools for joining us, as well as to Usha Paulson for her dedicated support in ensuring our safety and well-being. I would also like to express my gratitude to Mrs. Zakhiya and Mrs. Srinidhi for their contributions to making this trip successful. Special thanks to Dharani Priyan Sir, who truly acted like our own brother throughout the journey; I will miss him very much.

Additionally, I appreciate John Immanuel Sir and Anbalagan Sir.

Throughout our travel, we immersed ourselves in diverse cultural and educational experiences. In Malaysia, we visited significant places like the Perak State Assembly and various government offices, gaining insights into the local governance and education system. The chocolate factory tour was a delightful highlight! Our time in Singapore was equally inspiring, with visits to the Sustainability Gallery and Marina Bay Sands, where we explored innovative solutions for the future. Universal Studios offered a fantastic blend of fun and learning that I will always cherish.

This journey has profoundly impacted my perspective, encouraging personal growth and fostering valuable connections. I am also looking forward to joining the Audacious Dreams Foundation as an intern, which I believe will further enhance my learning. Thank you for providing us with this wonderful opportunity.

- Naithik (Grade XII)

A student is not a container you have to fill, but a torch you have to light up' by Albert Einstein is the feeling that has fostered throughout the journey to Malaysia and Singapore. I would like to give my heartfelt thanks to Our Head of Schools who accompanied us to both the countries, And Co-Scholastic coordinator Usha Paulson, who Took care of all the students with Our HOS sir and brought our students safely to India from Malaysia. And the trip coordinator Dharani Priyan sir who was with us for both the countries(Malaysia & Singapore). And all the faculty members who helped with documentations: John Immanuel sir, Anbalagan Sir.

The Trip was full of learning, memories and it made me branch out my connections and helped me to rectify my mistakes and helped me learn to world from a new perspective. In Malaysia We visited Perak State Assembly, We visited government offices like Government bank, Malaysian Schools(Chinese, Tamil, Malay), Pasak, UTAR university, chocolate factory. In Singapore we visited the Sustainability Gallery, Mobility gallery, Merlion Statue, Marina bay Sands, Switch(Singapore Weekly information and technology), Universal Studios, Madam Tussades, Etc.,

This trip will not just fades away as a memory but it made an integral part of my life and hopefully it can translate into my actions.

Thanks for this opportunity!

- Rohith Shankar (Grade XII)

### 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)

Stay tuned for  
more reflections,  
experiences, and  
feedback about the  
programme in the  
upcoming issue of  
the newsletter!



ADARSH  
CHRISTOPHER P-VA



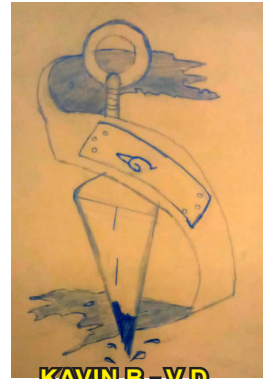
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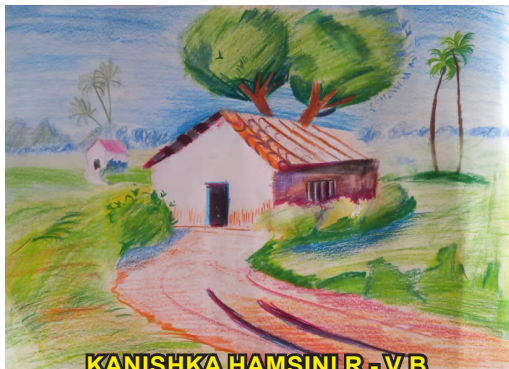
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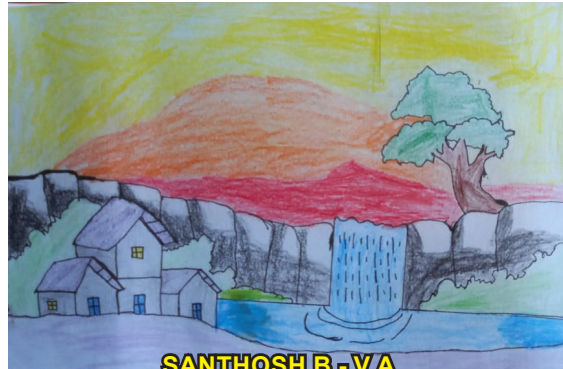
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KAVIN B-V D



KANISHKA HAMSINI R-V B



SANTHOSH B-VA



DANISH M-IV B



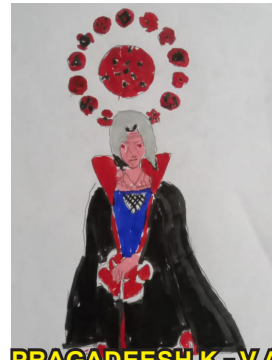
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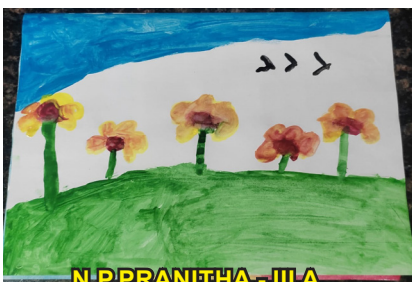
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PRAGADEESH K-VA



S. SAMIKSHA-IVA



N.P.PRANTHA-III A



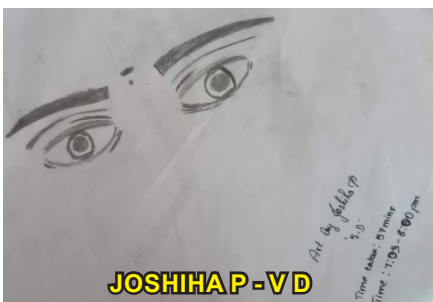
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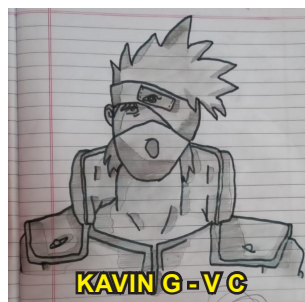
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D.R.BHAVATHARINI-XI B5



KAVIN G-V C



HARSHINI S.V-UKG B

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

**1. Voracious** - Having an extremely eager or insatiable appetite, often for food or for something abstract like knowledge or learning.

**Example :** *She has a voracious appetite for books and reads several books every week.*

**2. Veracious** - It means being truthful, honest, or accurate. It describes someone or something that consistently adheres to the truth.

**Example :** *She's known for her veracious account of events, never exaggerating or hiding any detail.*

### Idioms

**Take it with a grain of salt** - To view something with skepticism or not to take it literally.

**Example :** Whenever he read online reviews, I tried to take them with a grain of salt, as some people may be overly critical or biased.

**Back to the drawing board** - To start over with a fresh plan or approach after a failure or setback.

**Example :** Their project proposal was rejected, so it's back to the drawing board for them to come up with a better idea.

- Ms. Punitha (Dept. of English)

### Special Days of the Month

October 1, 2024	<b>World Vegetarian Day</b> - Promotes the benefits of vegetarianism for human health and environmental sustainability.
October 11, 2024	<b>International Day of the Girl Child</b> - Highlights the challenges faced by girls worldwide and promotes their empowerment and human rights.
October 15, 2024	<b>World Students' Day (India)</b> - Celebrates the birth anniversary of Dr. A.P.J. Abdul Kalam and honors students' contributions to society.
October 16, 2024	<b>World Food Day</b> - Promotes global awareness of food security, hunger, and sustainable agricultural practices.
October 27, 2024	<b>World Day for Audiovisual Heritage</b> - Recognizes the importance of preserving audiovisual materials as a part of our cultural heritage.

Candles have a rich history that spans thousands of years, with various civilizations contributing to their development.



#### Ancient Civilizations:

1. Egyptians (circa 3000 BCE): Used reeds dipped in animal fat for lighting.
2. Ancient Greeks and Romans (circa 500 BCE): Utilized tallow (animal fat) candles for lighting and rituals.
3. Chinese (circa 2000 BCE): Invented paper candles and used vegetable oils and beeswax.

#### Middle Ages:

1. Europeans (500 CE): Used tallow candles, often made from animal fat.
2. Christian Church (1000 CE): Utilized candles in religious ceremonies.

#### Modern Era:

1. 18th century: Whale oil and spermaceti (whale wax) candles became popular.
2. 19th century: Paraffin wax candles emerged.
3. 20th century: Electric lighting reduced candle usage.

#### Present Day:

1. Various waxes: Paraffin, soy, beeswax, and gel.
2. Essential oils: Fragrance and aromatherapy.
3. Decorative: Colorful, shaped, and textured candles.

### DO YOU KNOW ?

#### Interesting Facts

- The word "candle" comes from the Latin "candela," meaning "white wax."
- The ancient Egyptians used candles in tombs to provide light for the deceased.
- Candles were a luxury item in ancient Rome.
- Candles have been used for food during famines and droughts in ancient times. Because the first candles were made from animal fat and beeswax.
- Candles were considered edible by humans during tough times like war and other crises.

## Tips to Score Well in Mathematics

Mathematics is often considered a challenging subject by many students. However, with the right approach and preparation, scoring well in maths is entirely achievable. Whether you're preparing for board exams or competitive tests, here are some essential tips to help you excel in mathematics:

1. Understand the Concepts
2. Practice Regularly
3. Focus on Weak Areas
4. Memorize Key Formulas
5. Solve Previous Years' Papers
6. Work on Time Management
7. Use Diagrams and Graphs
8. Break Down Complex Problems
9. Stay Organized
10. Revise Regularly
11. Take Care of Mental and Physical Health
12. Avoid Careless Mistakes
13. Stay Positive and Confident

Scoring well in mathematics is not just about being naturally good at the subject; it's about consistent practice, clear understanding, and smart strategies. By following these tips, you can improve your performance and approach exams with confidence.

*All the best!*



**Mr. Prakash P**

*Dept. of Mathematics*

## The Power of Small Acts

### Creating a Ripple Effect of Kindness

Still remember the day a classmate surprised me with a kind note on a tough morning. It was a small gesture, but it changed my entire day. It made me feel seen, heard, and valued. That's the power of small acts of kindness. They can transform someone's day, week, or even life. And the best part? Anyone can do it.

In our school community, we can create a ripple effect of kindness every day. We can listen to friends or elders who need

someone to talk to, spend quality time with them, offer emotional support, help with practical tasks, and respect their boundaries. We can surprise our circles with what they really need.

By doing so, we make others feel valued, respected, and appreciated, while cultivating important values like empathy, compassion, and selflessness. We learn to put others before ourselves, understand their struggles, and offer a helping hand.

Kindness has a way of coming full circle. When we show kindness to others, it brightens their day and ours, creating a sense of belonging, building stronger relationships, and fostering a positive school culture and community.

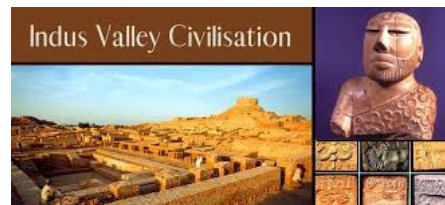
So, let's start a kindness revolution! Let's show others that even the smallest acts can add up to make a big impact. Remember, everyone's needs are different, so it's essential to tailor our support to what our circles specifically need.



**Mrs. R Jayanthi**

*Dept. of English*

## Story of Lothal and New Proof on its Dockyard



The discovery of the Indus Valley Civilization in 1924, which pushed back the history of India by more than 1,000 years, was a seminal moment for the nation. The sophistication of sites like Mohenjo-Daro and Harappa was a matter of pride for Indians, long seen as backward by colonial masters. The 1950s saw a flurry of archaeological activity. Among the many sites discovered, Lothal was the most significant. The site was excavated between 1955 and 1962.

Lothal, among southernmost Harappan sites, lies 80 km southwest of Ahmedabad, at the head of the Gulf of Khambhat. Since the discovery of Harappan sites at Lothal, located in the Bhal region of Gujarat, in the 1950s, archaeologists have been

divided on whether a dockyard existed at the location during the Indus Valley Civilization.

This may now change, as a new study by the Indian Institute of Technology-Gandhinagar has found fresh evidence which can confirm the dockyard's existence. The study has revealed that the Sabarmati River used to flow by Lothal (currently, it flows 20 km away from the location) during the Harappan Civilization. There was also a travel route connecting Ahmedabad, through Lothal, the Nal Sarovar wetland, and the Little Rann, to Dholavira which is another Harappan site.

The study found that via the Sabarmati, boats could have sailed to as far as Dholavira, another important Harappan site in the Rann of Kutch. Thus, the study said, put Lothal at the heart of a bustling trade network that stretched from India all the way to ancient Mesopotamia (modern-day Iraq), where the earliest Bronze Age civilization flourished.



**Mrs. Arunasankari S**

*Dept. of Social Science*

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