



SHRISHTI HERALDS

SHRISHTI
LEARN TO LEAD



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

March 2025

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KG- UTSAV & Annual Day 2025

The KG Annual Day of Shrishti Vidyashram was celebrated with great enthusiasm on 28th March 2025, bringing together students, parents, and dignitaries for a delightful evening. The event showcased the young learners' talents through captivating performances.

The program began with a soulful Prayer Song by UKG students from both Matric and CBSE, followed by the Lighting of the Lamp by esteemed dignitaries. The Invocation Dance set a serene tone, followed by the energetic Welcome Dance by adorable Pre-KG students. The

Vice-Principal of CBSE, Mrs. Hepzibah Paul, delivered the Welcome Address, and the Annual Report was presented by primary coordinators Mrs. Sandra George (CBSE) and Mrs. Geetha (Matric). The Chief Guests Dr. Sonia Mary Kurian Head of Paediatrics, Naruvi Hospital, Vellore and Mr. Arvinth Raghavendran B.E., Senior Art Of Living Teacher & Serial Entrepreneur addressed the gathering, followed by the Prize Distribution and Convocation Ceremony, where young achievers and graduates were honored by the dignitaries.

The cultural performances were a vibrant display of energy and creativity. The tiny tots enthralled the audience with their well-coordinated dance routines, dazzling in colorful costumes that suited each theme. Thought-provoking skits added depth to the evening.

The evening concluded with the Vote of Thanks by co-scholastic co-ordinator Mrs. Usha Paulson, followed by the National Anthem, marking a memorable celebration of creativity and enthusiasm.



EXPLORING THE WORLD BEYOND CLASSROOMS

A Glimpse into Healthcare



On March 7, 2025, students of XII A5 stepped into Karigiri Hospital, eager to explore the world of healthcare beyond textbooks. The visit gave them a unique opportunity to witness medical testing, disease detection, and patient care in action. Inside the diagnostic laboratories, students observed how early diagnosis plays a crucial role in treatment, gaining a deeper appreciation for the precision and dedication required in the medical field. Walking through the hospital wards, they saw patients in different stages of recovery. One of the most touching moments was witnessing the discharge of an elderly patient, a reminder of the relief and hope that comes with healing. In another ward, they interacted with patients recovering from surgery, understanding the challenges of post-operative care. Their visit to the pediatric ward was equally moving, as they saw doctors and nurses providing not just treatment, but also warmth and comfort to young patients.

This visit was more than just an academic exercise—it was a lesson in compassion, responsibility, and the relentless dedication of healthcare professionals. It left students with a renewed respect for the medical field and a deeper awareness of the role empathy plays in patient care.



Beyond the Bus Ride

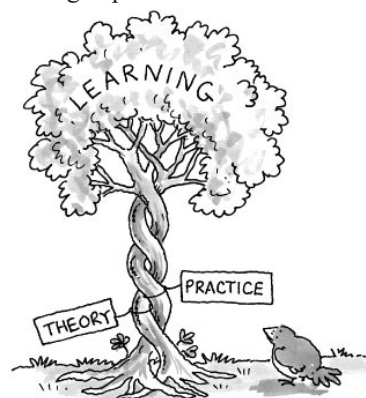
On March 5, 2025, the Class XII A2 students set out on a unique journey—traveling by government bus from the Old Bus Stand, Vellore to experience public transport firsthand. What seemed like an ordinary bus ride turned into a fascinating lesson about daily commuting, government policies, and the way people interact in public spaces.

As the bus moved through the city, students noticed how most passengers were lost in their mobile phones, barely engaging with those around them. It was a quiet reminder of how technology has changed social interactions. They also discussed the government's free travel scheme for women, realizing how such policies make a difference in people's lives.



One of the most meaningful moments came when students offered their seats to senior citizens and helped passengers board. Many of them, having rarely used public transport before, found this experience eye-opening. It gave them a newfound appreciation for the struggles of daily commuters.

This simple yet powerful journey was more than just a ride—it was a lesson in empathy, awareness, and civic responsibility. It left students with a deeper understanding of the world around them, making it a truly memorable learning experience.



Exploring Local Markets

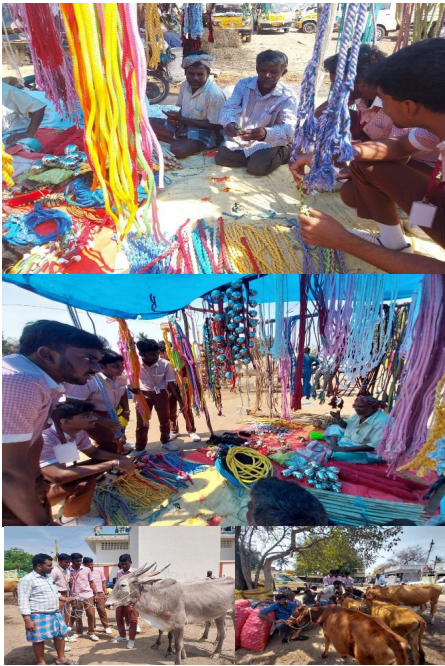
As a part of experiential learning, students of Grade 10 visited various Shandy markets to understand local trade, pricing strategies, and the challenges faced by the vendors. These visits provided firsthand exposure to market operations, customer interactions, and the role of small businesses in the economy.

On March 3, 2025, students of 10A visited Brammapuram Shandy Market, where they observed vendors selling fresh produce, spices, and household essentials, gaining insights into pricing patterns, bargaining, and daily business challenges. On March 4, 2025, students of 10B explored Poigai Shandy Market, witnessing cattle auctions and learning how traders determine livestock prices based on age, health, and demand. On March 5, 2025, students of Grade 10C and 10E visited BHEL Market in Ranipet, where they engaged with vendors selling vegetables, groceries, and other essentials, while understanding supply-demand fluctuations and business sustainability. Finally, on March 6, 2025, students of 10D visited Vellore Market, exploring the sale of pots, flowers, groceries etc and learning about traditional trade practices and seasonal price variations.

These field trips provided students of Grade 10 with valuable insights into commerce, economic principles, and the resilience of small traders. Observing the efforts of local vendors firsthand helped them develop a greater appreciation for small businesses and their role in sustaining communities, making the experience both educational and meaningful.



A Day at Poigai Market



On March 4, 2025, students of XII A4 stepped into the bustling Poigai Market, a weekly hub where farmers, traders, and shop owners come together to do business. From cattle auctions to vegetable stalls, the market was alive with activity, offering students a firsthand look at rural trade and commerce.

As they moved through the market, students observed farmers and traders negotiating livestock prices based on age, health, and demand. The quick mental calculations of young shop owners left many impressed, showcasing the real-world business skills developed through experience. Conversations with vendors revealed the economic struggles of farmers, many of whom were forced to sell their cattle due to crop losses caused by water scarcity.

Beyond trade, the visit also shed light on traditional cattle treatment methods, such as using neem oil for foot-and-mouth disease, demonstrating how farmers balance age-old practices with modern challenges.

This visit was more than just an educational trip—it was an eye-opening experience that helped students appreciate the resilience of rural entrepreneurs and the vital role local markets play in sustaining livelihoods. It was a reminder that behind every sale and every negotiation, there is a story of hard work, perseverance, and survival.

A Day at the Vellore Municipal Corporation

On March 6, 2025, Class XII B4 students stepped into the heart of Vellore's administration—the Municipal Corporation—to see how the city runs behind the scenes. What they usually see as policies and rules on paper came to life as they observed officials managing public services, processing documents, and allocating budgets for key projects like roads, taxation, and sanitation.

Walking through different departments, students learned about elected council members, ward administration, and how the corporation ensures essentials like water supply and street lighting. The highlight of the visit was an interactive session with Vellore Mayor Ms. Sujatha, who explained the city's development plans, upcoming civic projects and how governance works at the local level. She patiently answered students' questions on E-Sevai Maiyam (e-governance services), municipal services, and official documentation processes.

This visit gave students a new perspective on governance and civic responsibility. It was more than just an academic exercise—it was a chance to witness how decisions affecting everyday life are made and to appreciate the work that goes into keeping a city running smoothly. The experience left them with a deeper understanding of urban administration and the importance of local governance in shaping their community.



Chota Cop Campaign



The Yi Vellore Road Safety Vertical, under its Chota Cop initiative, conducted a Road Safety Awareness & Chota Cop Card Distribution program at Shrishti Vidyashram Sr. Sec School, Vellore, on 19th March 2025. The event aimed to educate students on essential road safety measures, responsible driving behavior, and the importance of adhering to traffic regulations from a young age.

The session included interactive discussions that highlighted the significance of following traffic rules, the dangers of reckless driving, and the importance of wearing helmets and seat belts. Students actively participated in conversations about pedestrian safety, traffic signals, and the role they can play in promoting safer roads. The session helped them understand how even small actions, such as obeying traffic signals and ensuring proper use of safety gear, can prevent accidents and save lives.

A key highlight of the event was the distribution of Chota Cop cards, which empowered students to take on the role of young road safety ambassadors. These cards served as a reminder of their responsibility in spreading awareness about road safety within their families and communities. By engaging students in this initiative, the program encouraged them to take an active part in promoting safe road practices.

The event saw the participation of 500 students and 15 teachers, with three Yi members leading the session. Students showed great enthusiasm in learning about road safety, and their response reflected a genuine interest in applying the knowledge shared with them. The session successfully reinforced the need for responsible driving habits and the importance of safe road behavior.

Prize winners of the competitions held by CMC in commemoration of 'World Diabetes Day'



Quiz competition
Mrs. Monisha and Mrs. Savitha



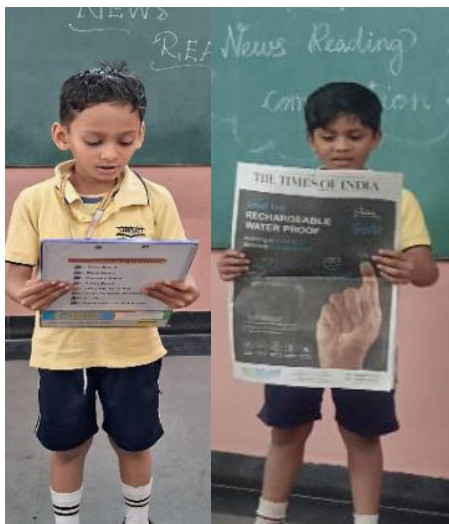
VARSHAN A - IX A
Consolation prize in
English Essay Competition



ROHAN YOKESH Y - IX E
Consolation prize in
Painting Competition

Inter House Activities - Grade I & II

News Reading Competition World Radio Day



To celebrate World Radio Day (February 13th), a News Reading Competition was held on February 19, 2025, for Grades I & II. Students took on the role of radio news anchors, presenting news reports with clarity, proper pronunciation, and expressive voice modulation. The event helped enhance their public speaking skills, reading fluency, and confidence, fostering an early understanding of news reporting. The young participants showcased enthusiasm and talent, making the activity both engaging and educational.

Poster Making Competition World Cancer Day

In observance of World Cancer Day (February 4th), a Poster Making Competition was held on February 5, 2025, for Grades I & II. Students created posters on the theme "Healthy Habits for a Healthy Life", illustrating the importance of nutrition, exercise, hygiene, and a positive lifestyle. Using vibrant colors and creative ideas, they expressed their thoughts on well-being, making the activity both engaging and educational. The competition fostered awareness, creativity, and an appreciation for healthy living among the young learners.



Science Art Competition National Science Day



To celebrate National Science Day (February 28th), a Science Art Competition was held on February 26, 2025, for Grades I & II during the IHA period. Students created artwork on science-related themes such as plants, animals, weather, and space, blending creativity with scientific exploration. The activity enhanced their artistic skills, fine motor coordination, and observational abilities, fostering a deeper interest in both science and art.



National Science Day

I had a wonderful experience as part of a team of 10 students from Shrishti, visiting the Centre for Stem Cell Research (CSCR), a unit of InStem in Bengaluru, to celebrate National Science Day on February 28, 2025. This year's theme was "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat."

We were accompanied by our biology teacher, and upon arriving at the venue at



CMC Vellore, we were warmly welcomed with a welcome drink. The program was divided into two parts: lectures and a tour of the facility.

We learned that Science Day is celebrated in India on February 28 every year to commemorate the discovery of the Raman Effect by Indian physicist Sir C.V. Raman in 1928. One of the lectures revealed that during his voyage from England to India, Raman was curious about why the sea appeared blue. He did not accept the simple explanation that the colour was merely a reflection of the sky. Instead, he discovered that the blue colour of the sea is due to the scattering of sunlight by water molecules.

Dr. Sujana provided an overview of the program and the facility. Dr. Susan from the Department of Paediatrics explained various applications of stem cell therapy, including treating burns with placental membranes. This was followed by an insightful lecture from Dr. Prathiba Babu on stem cells and DNA correction.

Afterward, we enjoyed hot tea and light snacks before embarking on a tour of the facility. The first stop was the Flow Cytometry Room, where we observed laser imaging of cells. Next, we visited the Cell Culture Room, where we learned how cells are stored at -19°C under optimal conditions. We were shown testing procedures in the histopathology lab, including block-making and slicing. Unfortunately, we could not visit the

Goods Manufacturing Facility due to high security and precautionary measures. However, we did tour the Liquid Nitrogen Manufacturing Facility, which aids in the testing and long-term storage of cells. The Core Facility and Animal Centre deepened our understanding of the functions of the Stem Cell Centre, and we even witnessed a mouse dissection as a demonstration.

Finally, we visited the Microscopy Lab, which showcased various types of microscopes, including highly automated, high-resolution, and laser microscopes that operate on sophisticated computer programs to produce excellent and detailed results.

Overall, the visit to the Stem Cell Centre at CMC Vellore was an eye-opening and incredible experience. We thoroughly enjoyed learning about every aspect of it and thank our school for arranging such an outstanding academic visit.

- S. Abishek (XII - B2)

"GUIDING STAR" - HOPE



In darkness, a spark remains
A beacon of light that guides through
life's pains.

When fears and doubts storm the mind
Hope's whisper calms the troubled wind.

A reassuring voice, a gentle hand,
Leading us through life's uncertain land.
For shattered dreams, it mends the tears
And helps to weave a curtain for our new fears.

In every breath, hope's voice is clear
"You are strong, you'll persevere".
Through life's trials and downfalls, it
walks beside
And whispers peace, where fears reside.

A ray of sunshine after rain
Hope's promise keeps our hearts from
pain.
It reminds me, I'm not alone
And with each dawn, new hope is sown.

- S. Pratheebha (XI - B2)

Life Lessons from Harry Potter



"Reading maketh a full man"

- Francis Bacon

Reading stories has always been a fascinating experience for me. Stories transport us to magical worlds, introduce new perspectives, and teach valuable lessons. Reading improves focus, memory, vocabulary, and creativity, while also reducing stress and enhancing imagination. It fosters lifelong learning and personal growth.

Among the books I have read, the Harry Potter series has had the greatest impact on me. Through Harry Potter's journey, I learned to believe in myself even in difficult situations. The story taught me to never give up, as he and his friends kept fighting despite obstacles. Facing fears is another powerful lesson—whether battling Voldemort or overcoming struggles, the series shows that fear must be confronted to grow stronger. The friendship between Harry Potter, Ron, and Hermione taught me loyalty, trust and standing up for each other.

Reading Harry Potter made me realize that the world is not just black and white—every character had layers, just like in real life. It reinforced the importance of kindness, community, and making the right choices. Books are more than just words on a page—they inspire, transform, and guide us. Let us continue reading, for every story holds a lesson waiting to be discovered.

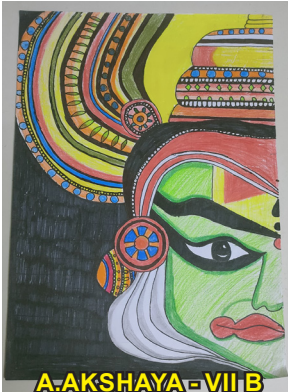
- R. Nandita (X - E)



GET IT PUBLISHED

Dear Students and Teachers,

Send your achievements /
articles / stories / art work /
poems / other creative work
to shnl22@shrishti.org



A-AKSHAYA-VII B



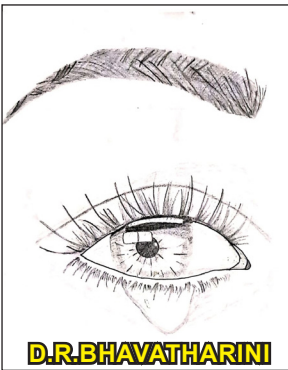
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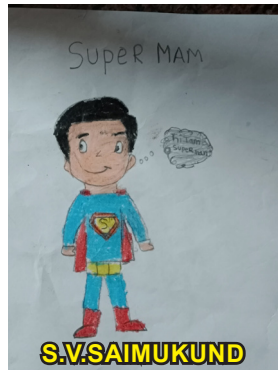
KANISHKA HAMSINI R-V B



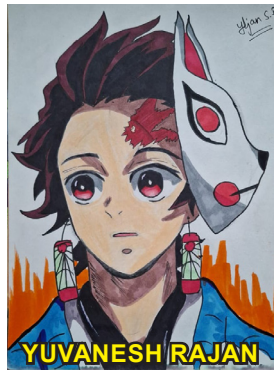
R.M.HARSHITHA-VI B



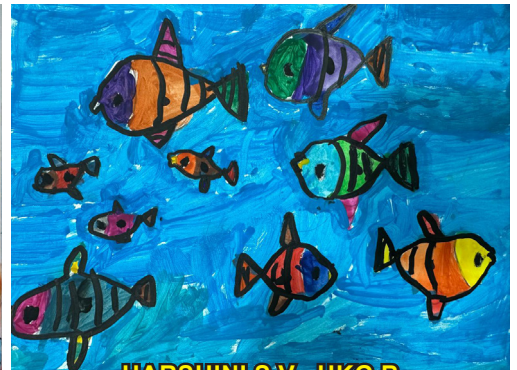
D.R.BHAVATHARINI
XI-B5



S.V.SAIMUKUND
III-A



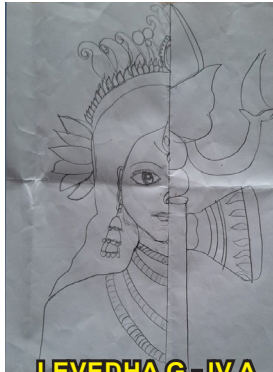
YUVANESH RAJAN
SP-IX B



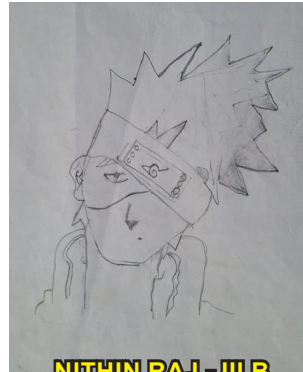
HARSHINI S.V-UKG B



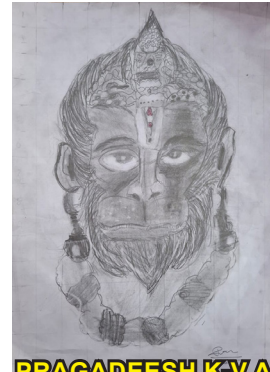
GLADYS
JENCY-V C



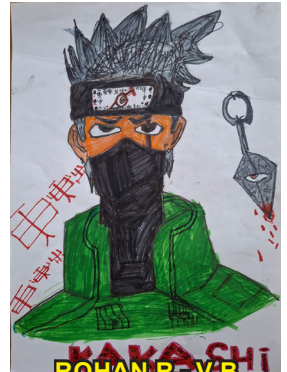
LEVEDHA G-IV A



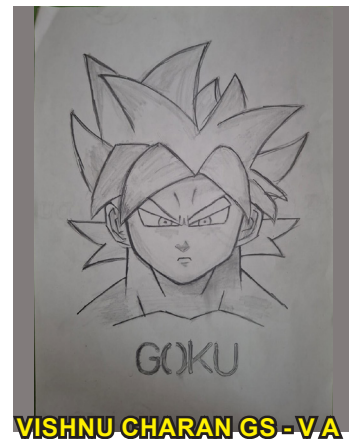
NITHIN RAJ-III B



PRAGADEESH K-V A



ROHAN R-V B



VISHNU CHARAN GS-V A



THIRUKESHKUMARAN S-III B



V.SUDHIKSHAA SAI-V D



VASEEGARAN-III B

Word-O-Maze (Confusing words)

1. Deprecate - To express disapproval of something; to criticize or argue against it.

Example : *The critic deprecated the film for its weak storyline.*

2. Depreciate - To decrease in value over time; to belittle or make something seem less important.

Example : *The company's stock depreciated after the financial crisis.*

Idioms

Cast in the same mould - To be very similar in character or behaviour.

Example : The twin brothers are cast in the same mould, both being hardworking and determined..

Have too many irons in the fire - To be involved in too many activities at once.

Example : Between running a business, writing a book, and coaching a team, he has too many irons in the fire.

- Ms. Punitha (Dept. of English)

Special Days of the Month

March 08, 2025	International Women's Day: Celebrates women's achievements and advocates for gender equality worldwide.
March 14, 2025	Pi Day: Honors the mathematical constant π (pi) and promotes interest in mathematics.
March 21, 2025	World Poetry Day: Encourages appreciation of poetry as an art form and fosters creative expression.
March 22, 2025	World Water Day: Raises awareness about water conservation and the need for sustainable management of freshwater resources.
March 27, 2025	World Theatre Day: Encourages participation in theatre and performing arts, highlighting their cultural significance.

DO YOU KNOW ?



is Transforming Gene Editing!

Did you know that scientists are using Artificial Intelligence (AI) to improve gene editing techniques like CRISPR? AI helps researchers design new gene-editing proteins, such as OpenCRISPR-1, which can precisely modify the human genome!

AI also predicts and reduces mistakes in gene editing, making treatments safer and more accurate. This amazing technology is helping to cure genetic diseases, improve diagnostics, and even create personalized medicine for patients!

The future of medicine is being shaped by AI and gene editing—opening doors to cures for diseases once thought incurable!

Vembakottai an Archaeological Site in Virthunagar

Vembakottai is an archaeological site located on the banks of the Vaippar river, near Sivakasi. The site is spread over 25 acres and is called Mettu Medu and Utchi Medu. The artifacts unearthed from this site shed the light on the history of the early Pandya Kingdom.



The excavation is done in three phases. In the first phase of excavation around three acres of land was excavated which began in March to September 2022 where they unearthed 3254 artefacts, including terracotta items, shell bangles, glass beads and ivory ornaments, smoking pipes, iron and copper objects.

The second phase of the excavation was done on two acres of land which began in April 2023 along the northern bank of the Vaippar river. Around 1780 antiquities including ivory dice, copper coins, terracotta figurines and two gold pieces where one of the gold weighs 2gm and the other weighs 2.2gm.

The discovery of artefacts in the ongoing third season of excavation,



began on June 18 seemed to be around 4000. This includes amethyst glass beads, carnelian, conch shell bangles, terracotta animal figurines, iron nails, terracotta and soapstone pendants. Moreover 5 copper coins dating back to 16th century were identified this season alone.

This excavation will proceed till May 2025 which will help us to know more about Vembakottai known as "Vembai Kudi Nadu" one of the oldest civilizations



Mrs. S. Arunasankari
Dept. of Social Science

Taking Care of Our Mental Well-being

Do you often feel stressed, anxious, or overwhelmed? Do you struggle to sleep or concentrate? Taking care of our mental well-being is essential for living a happy and healthy life.

What is Mental Well-being?

Mental well-being is how we feel about ourselves and our lives. It's about being able to handle life's challenges, build strong relationships, and enjoy life.

Why is Mental Well-being Important?

Good mental well-being helps us:

- Handle stress and difficult emotions
- Build strong relationships
- Make healthy choices
- Perform well at work or school
- Enjoy life and find purpose

Signs of Poor Mental Well-being

- Feeling sad, anxious, or overwhelmed
- Difficulty sleeping or concentrating
- Loss of interest in activities
- Withdrawal from friends and family
- Physical symptoms like headaches or stomachaches

Taking Care of Our Mental Well-being

Here are some simple ways to prioritize our mental well-being:

- 1. Practice self-care:** Do things that make you happy and relaxed, like reading, walking, or meditation.
- 2. Connect with others:** Build strong relationships with friends, family, and colleagues.
- 3. Get moving:** Regular exercise reduces stress and anxiety.
- 4. Get enough sleep:** Aim for 7-8 hours of sleep each night.
- 5. Seek help when needed:** Don't hesitate to ask for help if you're struggling with your mental well-being.

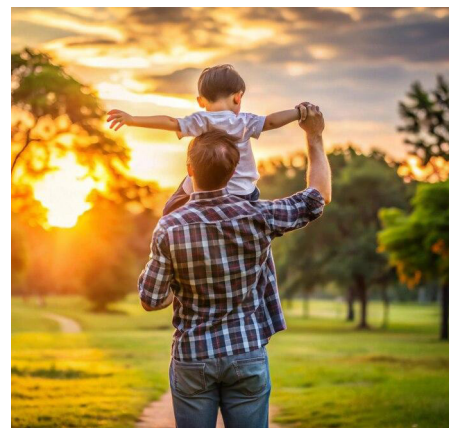
Conclusion

Taking care of our mental well-being is essential for living a happy and healthy life. By prioritizing self-care, connecting with others, and seeking help when needed, we can maintain our mental well-being and enjoy life to the fullest.



Mrs. Jeevitha Arivazhagan
Dept. of Social Science

The Unseen Shield (Father)



He stands a mountain, firm and tall,
Yet bends like grass to bear it all.
A candle burning, bright yet cold,
Melting dreams he'll never hold.

His hands, a fortress, strong yet worn,
A silent storm, by love still torn.
He gives, yet keeps not for his own,
A shadow seen, yet still unknown.



Mr. Prem Anand Y J
Dept. of English

SHRISHTI HERALDS THE NEWSLETTER

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