



SHRISHTI HERALDS

Shrishti Vidyashram Sr. Sec. School, Vellore 632 014, TN

(Managed by Makhija Foundation)



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International Yoga Day

In alignment with the global initiative to promote health, harmony, and mindfulness, Shrishti Schools celebrated International Yoga Day with great fervour on 21st June 2025 in the serene setting of the school ground. The event witnessed the wholehearted participation of students, staff, and dignitaries, transforming the morning into a vibrant celebration of India's timeless gift to the world — yoga.

The programme commenced with a soul-stirring prayer song by the school choir, invoking peace and calmness in the atmosphere. The welcome address that followed reflected on the relevance of yoga in the modern world and set the tone for the day's proceedings. A brief but insightful introduction to yoga helped the audience understand the roots of this ancient practice and its universal benefits — not only as a physical discipline but as a path to mental clarity and emotional resilience.

A captivating special yogasanas performance by Nithish of XI AI, Rahul of XI A2, and Jovina Balan of VI B added a spark of grace and energy to the morning. Their synchronised postures and confident presence highlighted the strength, focus, and flexibility that yoga nurtures. Participants were then guided through a series of warming-up exercises ensuring everyone was physically prepared and mentally attuned for the main session.

The programme was led by the Physical Education Department, who played a pivotal role in planning and executing the event. The yoga demonstration was the highlight of the programme. Students from grades VI to IX (both CBSE and Matric) displayed a sequence of asanas with remarkable discipline and composure. In an inspiring and heartening moment, the Chief Guest, Mr. D. Sairam, a revered Art of Living faculty member with over 20 years of experience as a yoga

trainer, along with the Head of Schools, Mr. M.S. Saravanan, joined the students in performing yogasanas. Their involvement not only elevated the spirit of the occasion but also served as a powerful message on leading by example.

In his address, the chief guest Mr. Sairam spoke eloquently about the holistic benefits of yoga — its ability to connect the body, mind, and breath — and urged students to integrate yoga into their daily lives for lasting well-being. The presence of the dignitaries further added grace and gravitas to the occasion. The programme concluded with a heartfelt vote of thanks expressing gratitude to all participants, organisers, and special guests, followed by the resonant rendering of the National Anthem.

The celebration of International Yoga Day at Shrishti Schools was more than just an event — it was a reminder of the power of ancient wisdom, the joy of collective participation, and the promise of a healthier, more mindful future.



My first day at school - Kinder Garten

Kindergarten is a magical realm where curiosity blooms, friendships flourish, and imagination knows no bounds. To celebrate the beginning of this beautiful journey, Shrishti Vidyashram hosted the Kindergarten Fresher's Day with immense enthusiasm and warmth.

The celebration began with a soulful prayer song, followed by a warm welcome address and traditional lamp lighting that set the tone for the day. The Head of Schools Mr. M.S. Saravanan, Vice Principal Mrs. Hepzibah Paul, Headmistress Mrs. Geetha Srinivasan, Co-scholastic Coordinator Mrs. Usha Paulson, and KG Coordinator Mrs. Sandra George addressed the gathering with inspiring words. Students

shared their experiences, and cultural performances included a classical dance and a lively parent-child action dance. Teachers introduced themselves to the parents, strengthening the school-home connection.

A heartwarming highlight of the day was the enthusiastic participation of parents, who danced alongside their children, showcasing a wonderful display of family bonding.

The event concluded with the school song and a heartfelt vote of thanks. Gifts were presented to all children, and parents were taken on a campus tour, creating a warm and welcoming atmosphere to begin the academic year.



A Fresh Start to a Promising Journey - Grade XI

At Shrishti School, where the guiding principle is "Learn to Lead," the Freshers' Day celebration held on 4th June was a heartwarming and ceremonious welcome to the students stepping into XI as the newest members of our academic family. Filled with enthusiasm, elegance, and a spirit of unity, the event set a magnificent tone for the journey ahead.

The celebration began with a soulful invocation dance, invoking divine blessings and sanctifying the occasion. This was followed by a warm and

eloquent welcome address, leading into an inspiring speech by our esteemed Head of Schools, Mr. M.S. Saravanan, who encouraged students to embrace the values of learning, leadership, and growth. This was followed by a sincere student response, expressing deep gratitude for the warm welcome and reflecting on the enriching experiences at Shrishti.

The faculty introductions were not mere formalities, but bridges of connection—offering glimpses into the wisdom, warmth, and experience that the students

would now be surrounded by. One of the most enchanting moments of the day was the cultural dance performance by the girls, which lit up the stage with rhythm, tradition, and youthful exuberance—capturing the celebratory spirit of the day. The Freshers' Day celebration was not just an event, but a heartfelt embrace of new beginnings. It beautifully embodied the ethos of Shrishti School, reminding every student that here, they are not just learners—but future leaders.





A Moment of Pride Best Principal Award

It is a moment of great pride for Shrishti Vidyashram Senior Secondary School as Mr. M. S. Saravanan, Head of Schools, has been conferred **The Best Principal Award** by the Indian Talent Olympiad.

The award recognises his outstanding leadership, inspirational role in student development, and significant contribution to the school's academic excellence. The management, staff, and students extend their heartfelt congratulations on this well-deserved honour.



International English Quiz Challenge

I, Hemanth Sai of XII-C, recently had the opportunity to participate in the International Level English Quiz organized by QuizRankerOrg. This was a 30-day quiz challenge designed to test English proficiency and language skills at an advanced level. The quiz series is internationally recognized by reputed institutions and is highly beneficial for students aiming to improve and showcase their English abilities. To participate in this challenge, candidates had to qualify through an entrance quiz. I am proud to share that **I scored between 90% and 100%** in most of the quizzes. Such quizzes not only enhance our knowledge but also provide valuable, internationally recognized certificates that can significantly support our academic and professional journey.

A Shared Commitment to Learning

The Parent-Teacher Meetings (PTMs) for Grades I to XII were successfully conducted on different dates across the month of June 2025. The purpose of these meetings was to strengthen the partnership between the school and parents to ensure the academic and holistic growth of every student.

Each session commenced with a prayer song, seeking blessings for a fruitful academic year. This was followed by a Welcome Address, delivered by different members of the school leadership team for each grade-level session. Teachers from each grade level introduced themselves enabling parents to become familiar with the faculty members guiding their children throughout the year.

The Academic Schedule for the year

was presented by the respective Coordinators: Primary Coordinator – Ms. Hajira Parveen, Middle School Coordinator – Ms. Naanmalar, Secondary Coordinator – Ms. Soundarya and Senior Secondary Headmistress – Ms. Geetha. They provided insights into curriculum planning, assessment strategies, classroom goals, and academic expectations. Their presentations helped parents gain clarity about their child's academic roadmap.

This was followed by a presentation by the Co-Scholastic Coordinator, Ms. Usha Paulson who highlighted the wide range of co-scholastic activities planned, including music, art, physical education, yoga, life skills, and club programmes aimed at all-round development.

The Vice Principal, Mrs. Hepzibah Paul, addressed the parents and shared important guidelines to ensure effective communication and coordination. Points such as regular attendance, punctuality, discipline, digital conduct, and the importance of a balanced routine at home were emphasized.

Followed by this, The Head of Schools, Mr. M.S. Saravanan, delivered an insightful address, emphasising the vision of the school, achievements of the past year, and upcoming goals. The importance of a strong parent-school partnership was reiterated. An interactive session followed, where parents had the opportunity to share their suggestions, voice concerns, and ask questions. The school leadership addressed their queries and acknowledged their valuable feedback with openness and positivity.

The meetings concluded on a positive and collaborative note. Parents expressed their appreciation for the transparency and preparedness of the school team. The school looks forward to continuous and meaningful engagement with parents throughout the academic year.

Awareness Session on Drug Abuse



On 25th June 2025, an awareness session was held in the school auditorium for Grade VIII students to mark the International Day Against Drug Abuse and Illicit Trafficking. The session was led by Mrs. Naanmalar B, Middle School Coordinator, who addressed the harmful effects of drug abuse and the importance of making healthy choices.

Vice Principal Mrs. Hepzibah Paul also shared encouraging words, urging students to avoid negative influences and lead a disciplined life. Mrs. Naanmalar explained what drugs are and how they affect the brain by releasing excessive dopamine, causing addiction. She discussed the common reasons why youth are drawn to drugs, such as peer pressure, curiosity, stress, and misinformation. Students were informed about the short- and long-term consequences of drug use, including anxiety, impaired judgment, and serious health issues like brain and liver damage. Practical tips were shared on resisting peer pressure and confidently saying "no" to drugs. The session ended with a powerful message encouraging students to stay drug-free and be role models for healthy living. It was an informative and impactful programme that successfully raised awareness and promoted responsible decision-making.

Academic Stars Shine Bright



Shrishti Vidyashram proudly celebrates the outstanding performance of its students in the NEET 2025 examination. Through consistent hard work, dedication, and focused preparation, our students have brought laurels to the school with their remarkable achievements.

To honour their success, the toppers were felicitated by our esteemed Trustee Mr. Mahavedan Venkatesan, Head of Schools Mr. M.S. Saravanan, Vice Principal, Mrs. Hepzibah Paul and Headmistress Mrs. Geetha. Their blessings and words of encouragement added a special touch to this proud moment.

Heartfelt congratulations to all the achievers and their proud families!

NEET 2025 - Achievements

Congratulations to Our School NEET Toppers!

SCHOOL

1st



Vibha Nethra M A

99.77
PERCENTILE

572
720

AIR : 4929

SCHOOL

2nd



Ragavendran V V

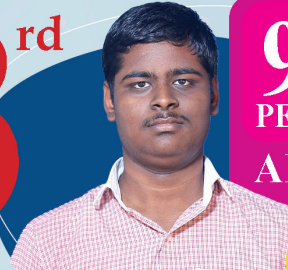
99.58
PERCENTILE

AIR : 9000

558
720

SCHOOL

3rd



J Thillaivanan

99.11
PERCENTILE

AIR : 19263

537
720

530
720



Vaishnavi E

98.89
PERCENTILE
AIR : 24290

509
720



**Jegannath
Jayaprakash**

98.06
PERCENTILE
AIR : 42233

506
720



M Sangamitra

97.91
PERCENTILE
AIR : 45300

500
720



Lakshita Nathan

97.61
PERCENTILE
AIR : 52179

475
720



Akash S

96.15
PERCENTILE
AIR : 84103

457
720



G Aditiya Alagar

94.95
PERCENTILE
AIR : 111012

453
720



S B Jeyavandhana

94.66
PERCENTILE
AIR : 117347

STUDENTS

Writing Corner

My School My Second Home, My Forever Foundation

From the time I was a little child walking into my LKG classroom, clutching my parents' hands, to the confident student I am today — my school has been more than just a place of learning. It has been my second home, a sanctuary where I grew, stumbled, and discovered myself.

Now, as a Class 11 student, I look back at the years spent within these walls and realize how deeply this institution has shaped me. The classrooms, corridors, canteen, football field, and basketball court — each holds memories, lessons, laughter, and friendships that I will carry with me forever.

What makes my school extraordinary is its people. Behind every lesson, event, and achievement stands a team of devoted teachers and staff who pour their hearts into nurturing us. They are more than educators — they are mentors who ignite curiosity, cheerleaders who celebrate our victories, and at times, even second parents who guide us through struggles.

From learning the alphabet in LKG to now unraveling complex concepts, my teachers have done more than just deliver lessons — they have taught me to think, question, and grow beyond textbooks. Their patience and belief in me have turned challenges into stepping stones.

School is not just about exams; it's where lifelong skills and joy intertwine. Freshers' Day, Investiture Ceremony, and Sports Day taught me teamwork and leadership. Celebrations like Diwali, Christmas, and Pongal wove cultural appreciation into our daily lives, while Teachers' Day and Farewell instilled gratitude and nostalgia. Cluster competitions and football matches were not just about winning — they built resilience, discipline, and camaraderie. Every event, big or small, added a stitch to the tapestry of my growth.

As I step into my senior years, I carry more than knowledge — I carry friendships

that feel like family, values that anchor me, and memories that light up even my darkest days. This school gave me roots to stand firm and wings to explore.

To my teachers: thank you for seeing potential even when I doubted myself. To my parents: your trust in this institution gifted me a childhood of discovery. To my juniors: cherish every moment — these halls do not just educate; they transform.



My school's legacy lies not just in its trophies or rankings, but in the quiet confidence it plants in each of us. Wherever life takes me, I will always owe a part of my best self to this second home.

- *AYAAN (XI A1)*

Unspoken Stress

In halls of learning, pressure mounts,
Another task, the burden counts.
Amidst the exams, the clock ticks fast,
Preparation time slips away, dwindling past.

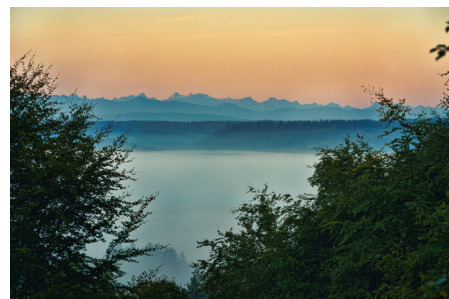
Oh, how I ponder, as stress fills the air,
Don't you all see the weight we bear?
Can you not pause, just for us to breathe,
To grant us peace, a chance to believe?

With every assignment, the hope starts to fade,
In this cycle of struggle, we feel unmade.
Will the heavens hear our quiet plea,
And grant us time, so we may be free?

As we toil away, with dreams in sight,
We seek solace in the calm of night.
For with faith as our shelter, we'll
navigate this race,
Hoping for a future filled with grace!

- *S. ABISHEK (XII B2)*

The Art of Silence



I am not, by nature, a silent person. My thoughts are often loud, my words quick to leap forward, my presence shaped by sound and motion. Yet the more I live, the more I've come to admire silence, not as emptiness, but as a sacred and intentional force. Silence is not weakness. It is a poised strength, an unspoken wisdom that often speaks louder than language ever could.

In silence, there is clarity. Where noise distracts, silence concentrates. It is in moments of quiet that truths often reveal themselves, not just about the world, but about ourselves. For someone like me, who thrives on connection and expression, silence is not always comfortable. It demands discipline. It requires trust in the power of the unsaid.

But silence holds space for reflection. It transforms reaction into understanding. In conflict, silence can defuse. In love, it can deepen. In grief, it consoles. It is the language of composers, monks, thinkers, and those rare souls who choose depth over display. I have learned that speaking less does not mean feeling less, it often means feeling more, more acutely, more reverently.

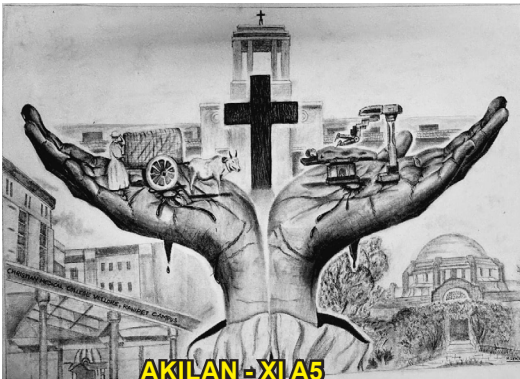
To practice silence is not to retreat from life, but to walk more deliberately within it. It is to honor what is essential and let the trivial fall away.

And perhaps, in mastering silence, we do not disappear, we finally become undeniable.

- *LIMISHA (XII A4)*

STUDENTS

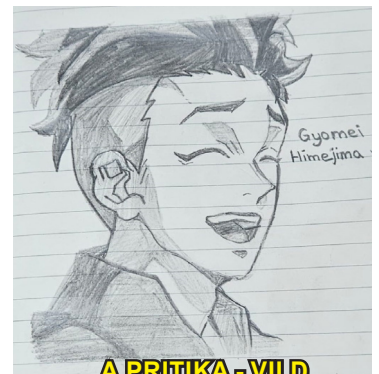
Art Corner



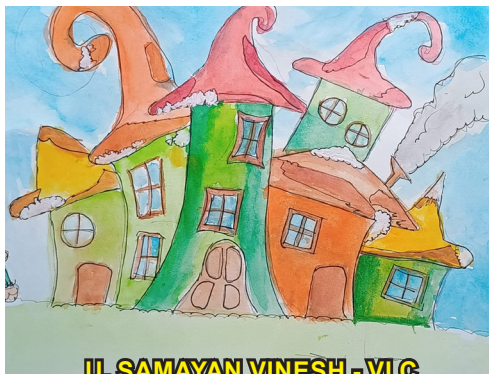
AKILAN - XI A5



DHARSHITHA - XI A5



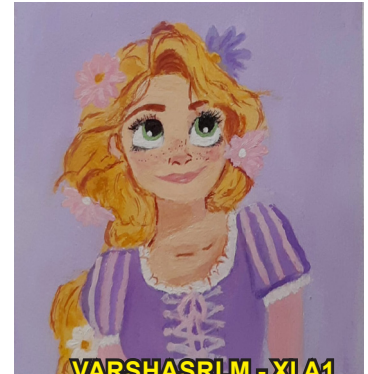
A.PRITIKA - VII D



U. SAMAYAN VINESH - VI C



MIRUTHULASS - VI A



VARSHASRI.M - XI A1



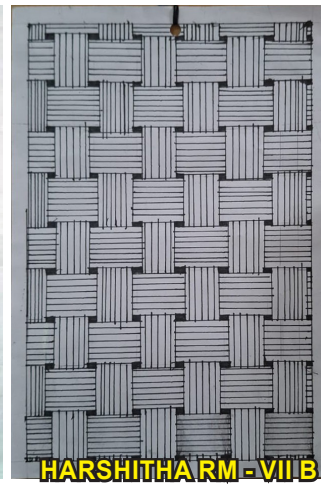
SRI JAYA
DHARSHINI.S - XI A1



THANISHKA P S - I D



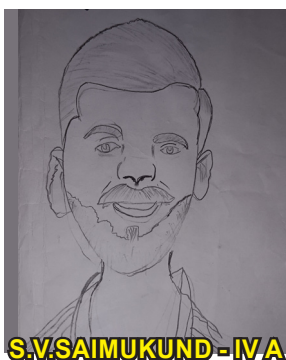
JOSHITHAAA -
VIA



HARSHITHARM - VII B



S.V.JANAVERAJ - VII A



S.V.SAIMUKUND - IV A



R.M.SRINITA - IV D



HARSHINI SV - I B



N.P.PRANITHA - IV A

Word-O-Maze (Confusing words)

Hoard - To collect and store things (often secretly), especially in large amounts and usually for future use.

Example : People tend to hoard food during a crisis.

Horde - A large group of people or animals, often moving together in an uncontrolled or noisy way.

Example : A horde of tourists entered the museum.

Idioms

Back to the drawing board - Start again from the beginning after failure

Example : The plan didn't work, so it's back to the drawing board.

Throw caution to the wind - To take a risk and act without worrying about the possible dangers or consequences

Example : Despite the weather forecast, they threw caution to the wind and went sailing.

- Ms. Punitha (Dept. of English)

Special Days in June

Jun-03



World Bicycle Day

Promotes the use of bicycles for health and sustainability.

Jun-05



World Environment Day

Encourages global awareness and action for environmental protection.

Jun-14



World Blood Donor Day

Encourages blood donation and thanks voluntary donors.

Jun-19



National Reading Day (India)

Commemorates P.N. Panicker and promotes reading culture.

Jun-21

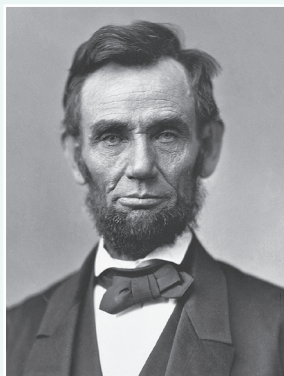


World Music Day

Celebrates the universal language of music.

DID YOU KNOW ?

The Word "Subscribe" Was First Popularised by Abraham Lincoln!



1. Abraham Lincoln is on the U.S. penny and the \$5 bill!

He was the 16th President of the United States, known for leading the country during the Civil War and for freeing enslaved people.

2. He had less than one year of formal schooling.

Lincoln mostly taught himself by reading books! He became a great speaker and leader through hard work and curiosity.

3. He loved to learn and write clearly.

Lincoln believed in simple, powerful language. One of his famous quotes:

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."

This means: preparation is the key to success!

4. Fun Fact – A Printing Discovery!

Did you know that the word "subscribe" in newspapers used to mean "to write your name underneath" to show agreement or support?

That's how people supported Lincoln's campaign—by subscribing to pamphlets and speeches printed in local papers!

5. He used new technology: the telegraph!

Lincoln was the first U.S. President to use the telegraph (an early version of texting!) to send instant messages during war.

TEACHERS Corner

How Man Should Behave with Science: A Reflection Through Physics

Teaching Beyond the Textbook

"When students like their teacher, they often begin to love the subject too."

As educators, the relationships we foster with our students become the foundation for meaningful learning. It is not just textbooks and classrooms that spark interest—it is the encouragement, empathy, and energy we bring that truly inspire curiosity. When students feel seen, supported, and motivated, even the most challenging subject can become one they look forward to. Our role goes beyond instruction; we aim to ignite passion, build trust, and create an environment where every child finds joy in learning. A teacher's influence extends well beyond the curriculum—it touches hearts, shapes minds, and leaves a lasting imprint on the future.



- Mr. R. Manoharan
Dept. of Chemistry

Power of Mindset



Our minds allow us to see a problem, a challenge, or an opportunity. As we journey through education and life, it's important to remember: our mindset shapes our reality. And that reality begins with you.

✍️ Achieving success is never easy—but a well-positioned mindset can make all the difference.

✍️ It's fascinating to see how two people can attempt the same task, yet only one finds success.

The difference? Mindset.

Get your mindset right, and success will follow.

✍️ As your mindset blooms, success begins to knock on the door of opportunity.

✍️ Success may be challenging, but your mindset can either lift you up or hold you back.

✍️ Research shows that our mindset plays a powerful role in shaping how our brain makes decisions, views effort, and responds to challenges.

Right Mindset

+

Right Investments

=

Massive Success

✍️ Challenges will come. Mistakes will happen. But it's not just talent that defines success—it's the way we think. A growth mindset—the belief that abilities can improve through effort, learning, and persistence—is the true foundation for excellence.

✍️ When we see failure not as defeat but as a lesson, we grow.

✍️ When we believe effort matters more than instant results, we improve.

✍️ When we stay curious, committed, and open to feedback, we thrive.

✍️ The right mindset doesn't just prepare us for success—it attracts it. Our future is built one thought at a time. Let each one count—with belief in your potential.

So, let's be kind to ourselves. Stay disciplined. Embrace challenges.

Celebrate small wins.

And most importantly, believe that you can—and will—keep growing.

Growth is essential if we want to go far in life.

The journey to success may be tough, but a resilient mindset can turn every obstacle into an opportunity.



- Mrs. Swati Ghanekar
Dept. of Mathematics

Science is one of humanity's greatest achievements, and physics—its most fundamental branch—explains the laws of nature. It powers our homes, transportation, communication, medicine, and clean energy. Physics has made life easier and more connected. But science is a double-edged sword. The same knowledge that heals can also harm. History shows us that misuse—like atomic bombs or pollution—can cause great destruction. Physics teaches more than formulas. Newton's Third Law reminds us that every action has consequences. The law of conservation of energy shows that nothing truly disappears—everything impacts nature. Entropy warns us that without effort, systems fall into disorder. Science gives us power, but it is our behavior that decides how we use it. We must act with responsibility and ethics. Let us use science not just to shape the world, but to improve it with wisdom and care.

Let physics guide our minds, but let ethics guide our hearts.



- Mr. Samuel Dosson JK
Dept. of Physics

SHRISHTI HERALDS THE NEWSLETTER

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