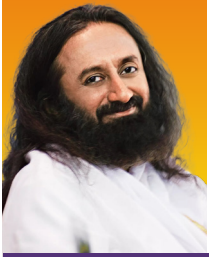


“When we are in the grip of the mind, we make ourselves and others miserable.”  
- Gurudev Sri Sri Ravishankar



# SHRISHTI HERALDS

**Shrishti Vidyashram Sr. Sec. School, Vellore 632 014, TN**  
(Managed by Makhija Foundation)



Vol. 4 Issue 01

April  
2025

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## Graduation Ceremony & Annual Day

The Annual Day of Shrishti Vidyashram Sr. Sec. School was celebrated on 15th April 2025 with grandeur. The event commenced with a devotional prayer song by the school choir, followed by a warm welcome by Mrs. Geetha Srinivasan, Headmistress, Shrishti Vidyashram. The ceremonial lamp was lit by the Chief Guest, Mr. Karthigaichelvan S., Senior Editor, News 18 Tamil Nadu, the Head of Shrishti Schools, Mr. M.S. Saravanan and other dignitaries.

Followed by that, Mrs. A. Hephzibah Paul- Sr. Vice Principal, Shrishti Vidyashram introduced the distinguished chief guest, Mr. Karthigaichelvan highlighting his contributions to the field of journalism and media. The Graduation Ceremony of classes X and XII was held, with students being felicitated by the chief guest and the Head of Schools, Mr. M.S. Saravanan, who also administered the Graduation Oath. The audience was then treated to the instrumental rendition of the School Song. The chief guest delivered a thought-provoking address, highlighting the value of education, the guiding role of teachers, and the importance of resilience. It was

followed by the nostalgic reflections of the graduating students. Then, a few parents of the outgoing students expressed their gratitude and appreciated the school's values and the role it played in shaping their children. This was followed by the much-awaited Prize Distribution Ceremony for the subject toppers, board toppers. Other special category awards were also given to the students. Krishna House bagged the overall trophy for the year 2024-25. The ceremony concluded with a formal vote of thanks by the Head Girl, T. Mukthi of XII C. The programme came to an end with the National Anthem.



## Voices of Gratitude from Parents

### A Proud Parent’s Reflection



**Dr. P. S. Saravanan**  
*Father of S. Elanthendral, Grade XII*

It is a moment of great honour and joy to share my thoughts on the occasion of Shrishti’s Graduation Ceremony and Annual Day celebrations. I am Dr. P. S. Saravanan, father of S. Elanthendral from Grade XII B2. My association with Shrishti dates back two decades, and the memories of our very first day at school remain fresh in my mind. It all began in 2005, when we came seeking admission for our elder daughter Elayanila in LKG—she is now pursuing MBBS in Madurai.

Over the years, I have witnessed the remarkable growth and transformation of Shrishti—not just in academics, but also in extracurricular activities, sports, infrastructure, and, most importantly, in its holistic approach to education. The school has always fostered an environment that shapes children into confident and responsible individuals, ready to take on the world.

Today, I proudly stand here as the father of a creative, confident, and compassionate young graduate. I owe this to the tireless dedication of the faculty, who not only nurture academic excellence but also empower students emotionally and socially. Their unwavering support has helped students rise above peer pressure, family expectations, and societal challenges.

I must also share a touching detail—both of my daughters still remember to

wish their kindergarten teachers every Teachers’ Day. That gesture speaks volumes about the deep-rooted values Shrishti has instilled in them. From kindergarten to senior secondary, every teacher has played a role in shaping their character and preparing them for the future. For this, I am deeply grateful.

I extend my heartfelt thanks to the school management and administration for always being open to dialogue, for welcoming ideas and suggestions, and for implementing many of them. Their vision, guidance, and democratic approach deserve appreciation.

The discipline and commitment of the school transport staff, the serene campus, the well-maintained grounds, and the tireless efforts of gardeners and support staff all contribute to an environment that is both safe and beautiful for our children.

Shrishti understands that education goes beyond textbooks. Life skills, emotional intelligence, and ethical values are just as important—and the school ensures these are imparted with care. Our children are being shaped into capable, conscientious members of society.

To the shining stars of this evening—our graduating students—remember this:

*“The roots of education are bitter,  
but the fruits are sweet.”  
“Graduation is not the end;  
it is the beginning.”*

Let your journey ahead be one of purpose. Never compromise on your memories, your self-respect, or your self-esteem. And always remember to respect your peers, irrespective of gender.

Lastly, I want to thank my daughter Elanthendral. I have been honored on many stages, but this one holds a special place in my heart. Sharing this proud moment with you, my child, is truly priceless.

### A Journey with Shrishti



**Dr. Manish Kumar**  
*Father of Aman Dev, Grade X*

It is a true honor to stand before you today and share a few words on this special occasion.

Being here at Shrishti brings back memories of my own school days over two decades ago. Though our association with Shrishti began relatively recently — in 2019 when my son Aman Dev joined Grade V — the journey has been truly memorable. Over these years, our bond with the school has grown stronger, and today, my daughter is also a proud Shrishtian.

What has impressed us most is the school’s remarkable planning and preparedness. Even during the challenging times of the COVID-19 pandemic, when many institutions struggled, Shrishti seamlessly transitioned to online learning. The teachers reached out with unwavering commitment, ensuring that education continued without interruption. This level of organization and care deserves heartfelt appreciation.

Shrishti’s emphasis on holistic development — combining academics with co-curricular activities, sports, and leadership opportunities — has helped shape confident and well-rounded individuals. It has been a joy to watch our children thrive in such a nurturing environment.

On behalf of all parents, I extend my sincere gratitude to the teachers, Principal, school management, and every member of the Shrishti family for their

tireless efforts and dedication. I also take this opportunity to thank the Chief Guest for allowing me to share these thoughts today.



**Dr. Vanitha Sakthivel**  
*Mother of Shivaani S. V,  
Grade XII*

As a parent, it is a moment of immense pride and gratitude to stand before you today and express my heartfelt appreciation for the outstanding education and care my daughter, Shivaani S. V of Grade XII B4, has received at Shrishti.

At the outset, I would like to extend my sincere thanks to the school management for their visionary leadership and steadfast commitment to delivering a world-class education. Shrishti’s focus on academic

excellence, along with its dedication to character building and extracurricular development, has given my child a holistic and well-rounded learning experience—preparing her not just for exams, but for life.

In my journey as a parent, I have come to deeply appreciate several unique qualities of Shrishti:

- 1. Holistic Education** – Shrishti is more than a school; it is a nurturing space where co-curricular and extracurricular activities are seamlessly integrated into the curriculum, allowing every child to discover and develop their unique talents.
- 2. Green Campus** – The lush, eco-friendly environment creates lasting memories for the students and fosters a sense of calm, connection, and belonging.
- 3. Passionate Faculty** – The dedication and commitment of the teachers and school management are truly commendable. Their unwavering support plays a pivotal role in shaping the academic and personal journeys of every student.

**4. Effective Parent - School Communication** – The structured systems in place help parents stay actively involved in their child’s progress, enabling timely interventions and support whenever needed.

**5. Inter-House Activities** – These vibrant platforms help students showcase their creativity, teamwork, and leadership skills.

**6. Teacher Home Visits** – A heartfelt initiative that reflects the school’s commitment to moral and emotional support for its students.

A special note of gratitude goes to the Grade XII teaching team for their relentless efforts and individual attention, especially during the crucial final year of schooling.

In conclusion, I thank the entire Shrishti family—management, teachers, and staff—for their continuous efforts to ensure excellence in every dimension of education. I wish the outgoing batch all success in their future endeavors. You are indeed the shining stars in the ever-glowing crown of Shrishti.

### Graduation Day Highlights



X - A



X - B



X - C



X - D



X - E



XII - A1



XII - A2



XII - A3



XII - A4



XII - A5



XII - B1



XII - B2



XII - B3



XII - B4



XII - C

## Graduation Voices - Reflections, Gratitude & Goodbyes



### School Life

By V P Priyanka Devi, Grade XII B1

With warmth, wit, and heartfelt emotion, V P Priyanka Devi of Grade XII B1 delivered a speech that truly captured the spirit of school life at Shrishti Vidyashram. Her words struck a chord with every listener as she painted vivid memories of growing up, learning, and transforming within the walls of the school she called home.

She began with a touch of humour and nostalgia: “From getting smiles drawn on our hands to finally graduating... Let us travel back in time to 2016 — a small girl holding her mother’s hand steps into the gates of Shrishti Vidyashram. Little did she know that this was just the beginning of a transformative journey.”

That little girl was Priyanka herself — now a confident young woman standing before an audience of peers, mentors, and guests, sharing her gratitude and pride.

Priyanka’s tribute to the teachers was both sincere and poetic:

“You taught us to spell our names, then stood by us as we found our identities... From holding us tightly in place to covering us with makeup to finally letting go of our hands today — we will never forget you.”

She reflected on the countless school memories — secret snacks, stolen laughs, the rush to the canteen, PE periods that became escape routes, and the chaos that shaped their days. But beyond the fun was a message of maturity — a recognition that change is inevitable, and moving forward is a part of growth.

“It is scary, yes... but it is also a call to rise for the future. Each one of us here will chart our paths, striving for our dreams and destinies. We are ready.”

She urged her fellow graduates to remember that legacies are not defined by grades or popularity, but by the bonds formed and the kind of people they became.

In a powerful closing, Priyanka quoted Shakespeare’s Hamlet — “To be or not to be, that is the question,” — reminding everyone that greatness begins with embracing one’s full potential.

And with her signature pride, she ended: “For the last time, **LEARN TO LEAD** — and I am proud to be a **SHRISHTIAN**.”



### “Are You Ready?”

By C N Naivedya, Grade XII B1

“Are you ready?” — a simple question that echoed through the graduation ceremony, capturing the very essence of a student’s journey at Shrishti Vidyashram. In a powerful and moving speech, C N Naivedya of Grade XII B1 took the audience on a nostalgic walk down memory lane, from the first day of kindergarten to the final moments as graduating students.

Naivedya reflected on how that question — “Are you ready?” — wasn’t just for the first day of school, but a question that followed them through every challenge and milestone: the first exam, the first performance, the first failure, the first friendship — and now, graduation.

“Shrishti, a place where we grew and a place where we learnt. Fourteen years of my life at Shrishti — there isn’t another place I would call home.”

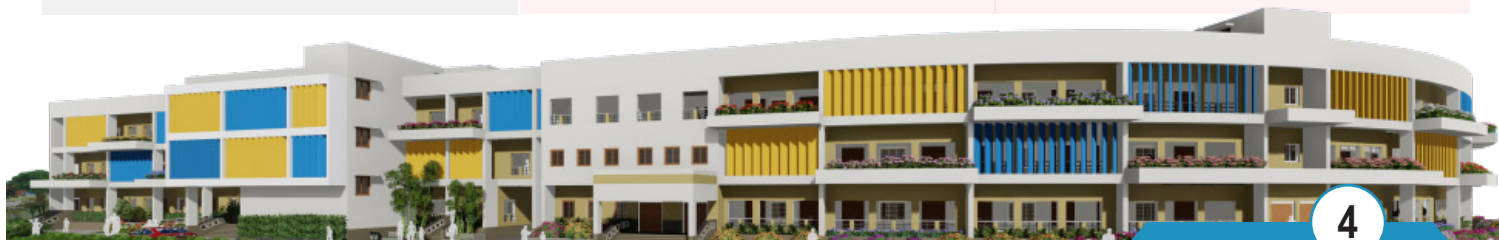
In heartfelt lines, Naivedya paid tribute to the teachers — not just as educators, but as life-shapers. “Beneath all the scoldings, the deadlines, and the red pen, was a deep, constant, unshakeable belief in us.” It was this belief that gave students the courage to grow, the strength to rise after each fall, and the confidence to face the future.

The speech resonated with pride, gratitude, and reflection. Naivedya quoted the iconic Kamal Haasan: “Kalviye selvam, kalviye vetriyin sathiyam” (Education is wealth, education is the promise of victory), giving full credit to the teachers who made this promise a reality.

“Whether we spent 14, 7, 5, or 2 years here, yesterday we walked these halls as Shrishtians; today we leave as alumni. But deep within, I know being a Shrishtian isn’t just who I was — it’s who I’ll always be.”

With emotion and clarity, Naivedya concluded that readiness doesn’t come from having all the answers, but from having the courage to search for them. And that courage, Shrishti had given them in abundance.

“So, if someone asks us today, ‘Are you ready?’ We’ll smile through our tears and say — Yes. We’re ready. Because this place, the people, and these years have made us so.”





### **A Heartfelt Reflection on Graduation Day** By Varsha Sri M, Grade X A

At the recent Annual Day celebration, Varsha Sri M of Grade X A took to the stage to deliver a message that touched hearts and stirred memories. Her speech was a gentle reminder that the day was not only about awards and accolades, but also about honouring the journey behind each achievement — the effort, dedication, and the unwavering support from family and teachers.

"Shrishti has been more than a school to us – it has always felt like a second home," she shared, as she reflected on the nurturing environment that shaped every student. From the peaceful corners of the library to the energetic P.T. classes and exciting science labs, every space in the school has been part of their growth.

Varsha offered heartfelt gratitude to the teachers who patiently guided, inspired, and stood by the students through every challenge. "Our teachers have been more than educators – they have been our mentors, cheerleaders, and guiding lights," she said.

She reminisced about the vibrant events that made school life memorable — UTSAV performances that brought hidden talents to light, the energy of Sports Day, and the joy of celebrating festivals like Diwali, Christmas, and Pongal together. One favourite memory she shared was Children's Day — a day when teachers entertained the students, reminding them how valued and loved they are.

"Our school is our comfort zone, our safe space – not just because of the lively environment, but because of the people who made it feel like home," she said, acknowledging the strong sense of community that defines Shrishti.

To her fellow students, Varsha offered a word of encouragement: "Whether you are receiving a prize today or not, remember: efforts matter. Keep going, keep growing."

She concluded her speech with a note of thanks to the school management, Head of School, and Vice Principal for their unwavering support, and for giving students the opportunity to thrive in a space where they could truly shine.

"Thank you for believing in us and for giving us a place to grow, learn, and lead."

### **Community Service**

As part of the community service initiative, the students of Class XI organized a thoughtful outreach programme on 8th April 2025. The venue for this initiative was the Brammapuram Police Station, where the students donated a water dispenser as a token of appreciation for the relentless service of the police personnel.



The event was a sincere effort to support the wellbeing of the officers who dedicate long hours to ensuring the safety and security of the community. The police staff received the students warmly and expressed genuine gratitude for the thoughtful contribution.

Organized entirely by the students of Class XI, this initiative helped instil in them a deep sense of social responsibility and community involvement. It also strengthened the bond between the school and local authorities. The students look forward to undertaking more such impactful projects in the future.

### **Advanced Meditation Programme**

The Art of Living Foundation conducted an Advanced Meditation Programme for the teachers of Shrishti Vidyashram from 17th to 20th April 2025. A total of 40 teachers participated in this enriching four-day journey. The sessions were guided by Mr. Rajavel Kanagavelu, a dedicated yoga instructor, and Swami Virupaksha, a senior meditation trainer and author of *The Tiger's Pause*. Founded by Gurudev Sri Sri Ravi Shankar, the Art of Living Foundation is a global organization that promotes peace, happiness, and well-being through simple breathing techniques, yoga, and meditation.

Throughout the programme, teachers engaged in powerful meditation practices, calming breathwork, and meaningful reflections. It was a much-needed space for relaxation, inner connection, and mental clarity. The sessions were deeply rejuvenating, with guided meditations, breathing practices, and reflective discussions helping them reconnect with themselves. The programme created



a calm, positive space equipping the teachers with tools to manage stress and lead a more balanced life.



#### **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)

# STUDENTS

## Writing & Art Corner



### A World without Books

Books have always been a part of our lives. They give us knowledge, tell us stories, and take us to different places in our imagination. But have you ever thought about what it would be like if there were no books in the world? In a world without books, learning would be very difficult. There would be no textbooks in schools, no storybooks to read for fun, and no library shelves filled with exciting adventures and interesting facts. We would miss out on so much knowledge and creativity. Books help us learn new words, understand new ideas, and see the world in a better way.

Without books, we might use only phones, computers, or tablets to read. While technology is helpful, it cannot give us the same feeling as holding a book and turning its pages. Books don't need batteries or

internet—they are always ready to teach, entertain, and inspire us. Books also teach us important values like kindness, courage, and honesty. They help us feel emotions and understand what others go through. They help us grow not just in knowledge, but also in our hearts and minds. In short, a world without books would be less colorful, less imaginative, and less thoughtful. Books are our silent teachers and lifelong friends. We must treasure them, read them, and share them with others.

- *Tanishka. H (VIII A)*

### One Change I Wish For

If I had the power to change one thing about this world, I would choose to remove hatred and make it a kinder place. Every day, we hear about fights, bullying, wars, and people being unkind to each other just

because they are different. I believe that if people were more kind, the world would be a much better and peaceful place. Kindness can be shown in many small ways—like helping a friend, sharing with someone in need, or simply speaking politely. If everyone treated others with respect, no matter their religion, colour, country, or background, there would be more happiness and less pain.

A world without hatred would also be safer. Children would grow up feeling loved and accepted. There would be fewer conflicts, and people would work together to solve bigger problems like poverty, climate change, and hunger. I know I cannot change the whole world, but I can start with myself. If I can be kind and encourage others to do the same, maybe, one day, we can all live in a world filled with love and peace.

- *Aamina Thabassum (IX A)*



SIDDHARTH. J (VIII A)



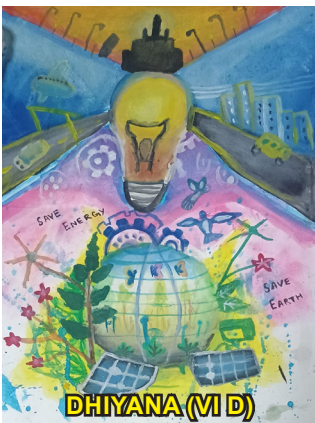
J. THANISHKA (VI A)



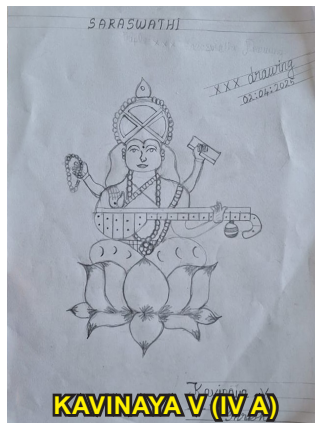
ASWATH L (VI C)



MANASVI (VI D)



DHIYANA (VI D)



KAVINAYA V (IV A)



THANMATHI S (V C)



R.M.SRINITA (IV D)



RUKSHANA (VI A)



TEJAVARSHINI N (V B)

## Word-O-Maze (Confusing words)

**Voracious** - Having a very eager approach to something; extremely hungry for food, knowledge, or experience.

**Example** : *She is a voracious reader who finishes three novels a week.*

**Veracious** - Truthful; speaking or representing the truth.

**Example** : *The witness was known to be veracious, so the jury trusted her testimony.*

## Idioms

**Fly off the handle** - To suddenly become very angry

**Example** : When he heard the news, he flew off the handle and started shouting.

**Wild goose chase** - A hopeless or pointless pursuit

**Example** : Searching for my old diary in that huge attic was a wild goose chase.

- Ms. Punitha (Dept. of English)

## Special Days in April

April 2



### World Autism Awareness Day

Promotes inclusion, acceptance, and understanding of neurodiversity.

April 7



### World Health Day

Highlights the importance of physical and mental health – crucial for young minds.

April 18



### World Heritage Day

Encourages students to learn about and protect cultural monuments and heritage.

April 22



### Earth Day

Inspires students to care for the environment and act for a sustainable future.

April 23



### World Book and Copyright Day

Promotes reading habits, creativity, and respect for intellectual property.

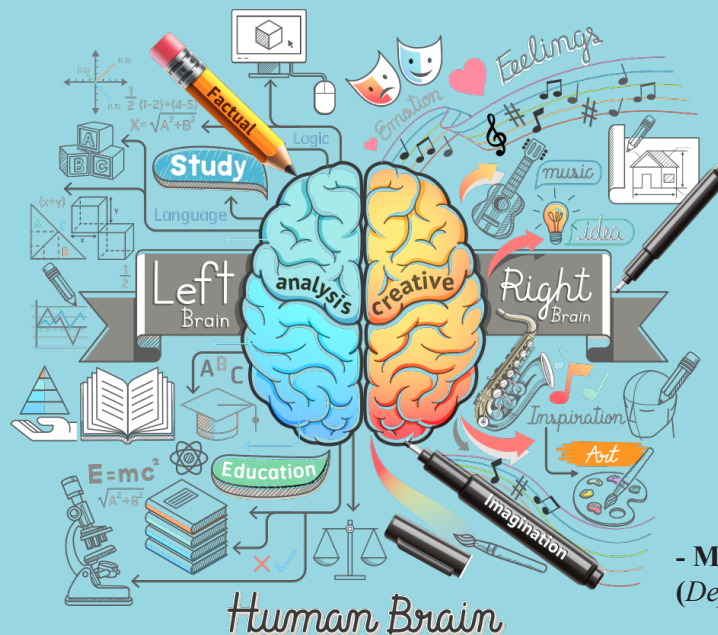
## DO YOU KNOW ?

### Right Brain vs. Left Brain

Did you know that the human brain is divided into two halves, each specializing in different types of thinking?

The **Left Brain** is often associated with logical thinking, language, mathematics, and analytical skills. It's the side that loves structure, facts, and problem-solving.

Although one side may be more dominant in certain individuals, both hemispheres work together in amazing ways to help us **think, learn, and create!**



The **Right Brain**, on the other hand, is linked with creativity, imagination, intuition, and artistic ability. It helps you appreciate music, art, and spatial awareness.

#### Fun Fact:

Cross-lateral connections mean the left brain controls the right side of the body and vice versa!

- Mr. Madhava Manuvarasu  
(Dept. of English)

## Is Ageing a Crime?

Are the elderly who live beyond the age of 80 a blessing to their children, or are they seen as a burden to the family? Do they continue to receive the same respect and regard from the younger generations, both within the family and in society?

Do they enjoy growing old? Can they stop the natural process of ageing? Is it their fault that they live longer? Surely, they deserve better treatment.

These super seniors have spent their lives listening to their children's problems, offering advice, finding solutions, and making sacrifices. Yet, when they grow old and become physically or emotionally dependent, they are often viewed as a problem.

Even though children love their parents and genuinely wish to care for them, the demands of work, personal responsibilities, and raising their own children often pull them away from giving their parents the attention and support they truly need.

Ageing is not a crime — it is a stage of life that deserves dignity, compassion, and respect.



Our elders are living libraries of wisdom, resilience, and experience. They have nurtured generations and now, in their twilight years, it is our duty to ensure they feel valued and cared for.

Let us remember: how we treat the aged today is a reflection of the society we are building for ourselves tomorrow.



- Ms. Usha Paulson  
Coscholastic Coordinator

## Mnemonics to Master Complex Concepts in Chemistry

Chemistry, with its intricate reactions and numerous elements, can often seem challenging. However, mnemonic devices—simple memory aids—can make complex topics more manageable and memorable. By using mnemonics, students can enhance their recall and understanding of important chemistry concepts.

### Diatomic Molecules

Certain elements naturally exist as diatomic molecules.

**Mnemonic:** "Have No Fear Of Ice Cold Beverage"

This helps remember Hydrogen, Nitrogen, Fluorine, Oxygen, Iodine, Chlorine, and Bromine.

### Redox Reactions

Understanding oxidation and reduction is crucial.

**OIL RIG:** "Oxidation Is Loss, Reduction Is Gain" (of electrons).

**LEO the Lion says GER:** "Loss of Electrons is Oxidation; Gain of Electrons is Reduction."

### Cations vs. Anions

**Mnemonic:** "Cats have paws"

Cations are positively charged ions, similar to cats having "paws" (positive).

### Electromagnetic Spectrum

**Mnemonic:** "Raging Martians Invaded Venus Using X-ray Guns"

This stands for Radio, Microwave, Infrared, Visible, Ultraviolet, X-rays, and Gamma rays.

### Alkali Metals (Group 1 Elements)

**Mnemonic:** "Hi LiNa Kills Ruby's Cs Friend"

This represents Hydrogen, Lithium, Sodium, Potassium, Rubidium, Cesium, and Francium.

### Electronegativity Order

**Mnemonic:** "FONCIBrISCH"

This represents Fluorine, Oxygen, Nitrogen, Chlorine, Bromine, Iodine, Sulfur, Carbon, and Hydrogen.

### First 20 Elements of the Periodic Table

**Mnemonic:** "Hi He Likes Beer But Could Not Offer Full Nine Simple Mangoes. Always Silly People Say Clever Arguments Kindly Causing Accidents."

This corresponds to the first 20 elements from Hydrogen to Calcium.

Incorporating these simple memory aids into regular study can make chemistry more approachable and significantly boost confidence in the subject.



- Ms. Vimala Ravichandran  
Dept. of Science

## SHRISHTI HERALDS THE NEWSLETTER

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