

SHRISHTI HERALDS

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



Vol. 4 Issue 05

August
2025

In this Issue

01 Annual Athletic Meet - 2025

02 Krishna Jamashtami Celebration

03 EduTalk 4.0 (Grade IV & V)

05 Students Achievements

06 Students' Corner

08 Teachers' Corner

22nd Annual Athletic Meet

The 22nd Annual Athletic Meet of our school was celebrated with grandeur on **13 August 2025** on the school grounds. The occasion was graced by **Mr. Mayilvaganan, Superintendent of Police, Vellore District**, along with CEO Mr. Dhayalan our **Trustee**, **Mr. Mahadevan Venkatesh, Head of School**, **Mr. M. S. Saravanan**, and other dignitaries, who were ceremoniously led to the dais by a guard of honour.

The event commenced with **Thamizhthai vaazhththu**, prayer song followed by the hoisting of the **National Flag, School Flag, and Olympic Flag**. The competitive parade among all four houses compressing the senior secondary students was judged by 3 external judges. **Shrishti Band** led the whole parade by

senior secondary students including **NCC, Scouts and Guides and Achievers**. The **Olympic Torch**, carried by student athletes, was used to light the cauldron by **Mr. Kamesh, Physical Education Director**. The Chief Guest declared the sports meet open officially. Students from **Pre-KG to Grade IX** captivated the audience with colourful performances. The **Competitive Dumbbells Drill** by Grade VI to VIII students was a highlight. The entire gathering took a **Drug Awareness Oath** which was administered by the Chief Guest who also delivered his inspiring speech after the oath. Extra Curricular Activities (ECA) like **Karate, Silambam and Archery** were demonstrated beautifully by the participants.

Interschool Relay 4 X 100 mts was enthusiastically taken up by **Ida Scudder school, Vedavalli Vidyalaya Walajapet, VVNKM, Shrishti Matric and Shrishti Vidyashram Vellore**. **Shrishti Vidyashram boys** emerged as winners. Parents event was conducted by father and mothers separately and winners were awarded with prizes. After all the prizes were distributed, the grand exuberant concluded with a heartfelt **Vote of Thanks** delivered by the School Sports Captain and National Anthem.

Results:

March Past- Narmadha House
Dumbbells Mass drill:

Ganga & Kaveri House

Poster making: Krishna House

Tent decoration: All 4 Houses

Teachers event: Krishna House

OVERALL CHAMPIONS: KRISHNA HOUSE.





Krishna Jayanti Celebration

The auspicious occasion of Krishna Jayanti was celebrated on 11th of August with great devotion and enthusiasm at our school. The entire campus was immersed in a festive atmosphere, reflecting the divine spirit of Lord Krishna's birth.

The program commenced with a soulful prayer song. Following this, Shree Varshini and Harshika presented a graceful invocation dance for Sri Hari Stotram, which created a divine atmosphere.

A pooja was performed in honour of Lord Krishna, accompanied by the chanting of Bhagavad Gita shlokas, to seek the divine blessings of the Lord.

This was followed by a melodious performance of the song "Kurai Ondrum Illai", a timeless Tamil devotional composition that beautifully captures a devotee's complete surrender to God.

The cultural highlight of the celebration was a graceful dance depicted the playful and divine childhood of Lord Krishna and the divine love of Radha and Krishna. The dancers captivated everyone with their elegant expressions and rhythmic movements, bringing mythological characters to life on stage. Adding charm to the event, the Kindergarden students participated in a Fancy Dress Show, adorably dressed

as little Krishnas, Radhas, and Gopikas. Their innocence and excitement brought joy to the entire audience and added a colorful touch to the celebration.

The program concluded with a heartfelt Vote of Thanks, expressing gratitude to the teachers, students, and parents who contributed to making the event a grand success.

The Krishna Jayanti celebration was not just an event, but a beautiful reminder of our rich cultural heritage and the timeless teachings of Lord Krishna.



Shrishti EduTalk 4.0: Empowering Young Minds

Shrishti Junior School (Grades 4 and 5) of both CBSE and Matric is delighted to share the success of Shrishti EduTalk 4.0, themed "Holistic Harmony", held on Monday, 25th August 2025. Our students benefited greatly from the insightful sessions led by our esteemed speakers.

Highlights of the Event

- **Dr. Sharmi V.J.**, Senior Assistant Professor, Department of Pharmacology, Govt. Vellore Medical College, delivered a thought-provoking session on "Good Touch and Bad Touch", equipping our students with vital knowledge and skills.

- **Mrs. Sharmila**, Senior Consultant Optometrist, Reshmi Eye Clinic and Opticals, Ranipet, shared expert advice on "Eye Care", emphasizing the significance of eye health and proper care.

We extend our heartfelt gratitude to our speakers for sharing their expertise and to our students and parents for their enthusiastic participation. The event was truly enriching, and we're already looking forward to the next edition!

Stay tuned for more exciting events and updates from Shrishti Junior School!



Parent Visitation Day for Kindergarten

Parent Visitation Day was successfully conducted for LKG & UKG, allowing parents to visit classrooms and observe the learning environment. The initiative was well-received, with parents appreciating the opportunity to connect more closely with their children's education.



English Enrichment Program Empowers Teachers



On Saturday, 22nd August 2025, Pre Primary and Primary teachers gathered at the Manu Makhija Auditorium for an enriching English Enrichment Program.

Key Highlights

- **Mr. Prem Kumar** spoke on "English as a Global Language".
- **Mrs. Usha Paulson** led sessions on Tenses and Direct and Indirect Speech she also suggested activity based on ALS
- Speaking for the teachers by grouping them and conducted a demo based on the activity

The program was interactive and beneficial, with teachers thanking the speakers for their valuable guidance.

- **Ms. Jayanthi R**
(Dept. of English)

National Space Day Celebrations

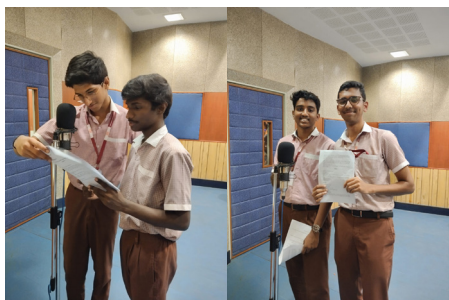
In alignment with the CBSE circular dated August 18, 2025, our school proudly celebrated National Space Day on August 23, 2025, with engaging and inspiring activities.



Students participated enthusiastically in a Rocket Model-Making Workshop, where they explored the basics of space technology through hands-on learning. In addition, a Report Writing Activity was conducted on the theme "If I Become an Astronaut", encouraging students to imagine, express, and articulate their aspirations in space exploration. These activities not only promoted STEM education but also ignited curiosity, nurtured creativity, and instilled a deep sense of pride in India's remarkable space achievements.



Radio Play Performance for Kargil Diwas



To commemorate Kargil Diwas, our school students, in collaboration with the students of Auxilium College, presented a touching Radio Play as a tribute to the brave soldiers who sacrificed their lives in the Kargil War.

The participants from our school were:

- Harisanth (XI A1)
- Ayaan (XI A1)
- Vigneshkanth (XI B4)
- Ebby John Suresh (XI A5)

The play highlighted the themes of courage, sacrifice, and patriotism, leaving a strong emotional impact on the listeners. It was recorded and later podcasted on Spotify, making it accessible to a wide audience and ensuring that the message of respect for our armed forces reached beyond the campus.

The performance received high praise from the professors of Auxilium College, who appreciated the students' clarity of expression, emotional delivery, and teamwork. This collaboration gave our students a valuable opportunity to develop their dramatic and oratory skills while working alongside college peers.

The event was a proud moment for the school, as it not only showcased the talent and creativity of our students but also deepened their sense of patriotism. It was a fitting tribute to the heroes of Kargil and an inspiring experience for all involved.



- Mr. Prem Anand (Dept. of English)

Navigating Adolescence with Emotional Resilience

Shrishti Vidyashram organized a special awareness session titled "Navigating Adolescence with Emotional Resilience" for the students of Grades IX to XII. The sessions were conducted on July 28, 29, and 30, 2025, at 3:00 p.m. on the school campus. The resource person for the program was Dr. R. K. Senthil Kumar, a distinguished senior occupational therapist with nearly 25 years of experience in the fields of occupational therapy and psychology. He serves children with developmental disabilities and adults with mental illness.

During the sessions, he addressed critical challenges faced by adolescents in managing stress, emotions, peer influence, and academic pressure. He



emphasized the importance of emotional resilience as a key life skill that enables young people to cope effectively with setbacks, build self-confidence, and nurture positive relationships. Through interactive discussions, practical strategies, and motivational insights, he guided students on developing healthy coping mechanisms, balancing academics with personal growth, and fostering mental well-being.

The program was highly enriching and provided valuable takeaways for the students. Dr. Senthil Kumar's depth of knowledge, coupled with his empathetic approach, left a lasting impact on the participants.

The management of Shrishti Vidyashram expressed its gratitude to Dr. Senthil Kumar for his invaluable contribution and reaffirmed its commitment to nurturing holistic education that prioritizes the emotional and psychological well-being of its students.

Capacity Building Program - Chemistry

Sr. Level Chemistry

The CBSE Capacity Building Programme for Chemistry teachers at the Senior Secondary level was conducted on 29th and 30th August 2025 at Shri Manu Makhija Auditorium. The two-day programme was facilitated by eminent resource persons, Dr. Prathipa R and Mrs. Girija P, who brought in their rich expertise and engaging methodology to guide the participants.



The sessions focused on effective curriculum management, preparation of blueprints, and strategies for enhancing classroom delivery. Teachers were introduced to innovative approaches that make learning Chemistry easier and more meaningful for students. The resource persons emphasized on simplifying complex concepts through fun-filled activities, demonstrations, and interactive discussions, which not only sustain interest but also build confidence among learners.

The programme also provided a platform for teachers to share experiences, clarify doubts, and update themselves with the latest expectations of the CBSE curriculum. The sessions were lively, thought-provoking, and highly interactive, ensuring active participation from all attendees.

Overall, the Capacity Building Programme was a highly enriching experience, equipping Chemistry teachers with valuable tools and strategies to make the subject more approachable, enjoyable, and result-oriented for students.



CBSE Cluster – VI Badminton Tournament 2025



We are delighted to share that our students have brought laurels to the school by winning the **Bronze Medal** (Third Position) in the prestigious **CBSE Cluster – VI Badminton Tournament 2025**, which witnessed participation from nearly 365 schools.

Bhavesh Arunkumar – Grade XI
Mohammed Faheem – Grade XI
Dharun Karthik – Grade X

CBSE Cluster VI – South Zone Tennis Tournament 2025



Geetha Preethi C.H.
Grade - XII

Bronze Medal



Suvishka
Grade - XII

Bronze Medal



K.R. SwarnaSri
Grade - IX

Bronze Medal

We are equally proud of our students who showcased their skill and determination by winning the Bronze Medal in this highly competitive event.

Their achievement is a true reflection of dedication and sportsmanship. Heartiest congratulations to our young achievers and the PT Department!

❖ *Congratulations to all our achievers for making the school proud!* ❖

Young Innovator from Grade IX Shines at INSPIRE Awards – MANAK



Our school proudly celebrates the achievement of **Lohith Akshaa** (Grade IX), who has been selected for the prestigious **INSPIRE Awards – MANAK** program for his innovative idea, "Battery-Free Umbrella Integration for Wheelchairs."

His design, which uses a manual lever and linkage system to raise or lower the umbrella without electricity, provides independence, rain protection, and sunshade for wheelchair users—especially benefiting those in rural and low-resource areas.

Recognized for its practicality, creativity, and social impact, Lohith received a cash award of ₹10,000. His innovation reflects technical ingenuity, empathy, and a commitment to inclusive solutions.

❖ *Congratulations to Lohith Akshaa for bringing honor to our school and inspiring young minds to think differently and innovate for society.*



We are proud to announce the achievement of our students **Arnay Mahesh Gaikwad & Albin Emmanuel** from **Grade IX-E** participated in the Indian Council of Social Science Research (ICSSR) Sponsored National Level Energy Audit Competition under the theme "Electric Vehicles", organized by the School of Electrical Engineering, VIT.

With their outstanding performance, they were awarded the **Cash Prize of ₹2000/- in the category of Best Presentation.**

Congratulations to our talented students for bringing laurels to the school!

STAR OF THE MONTH

July 2025

MAHASWETHA J
GRADE VII-B

She is a sincere and disciplined student who completes all her work on time. Highly attentive, completes her tasks diligently, and follows classroom rules. A well-behaved and responsible student, always active in class. She excels in the classroom with punctuality and dedication. A model student - disciplined, focused, and consistent in her work.

STUDENTS

Writing & Art Corner



WHICH WAY TO GO?!

The path in front, so wide, so long,
With rocks and trees, both weak and strong.
But standing there, I had to know,
Which was the way my steps should go?

I dreamed ahead of future days,
And walked along those winding ways.
The path that promised a shining goal,
But which to choose—my heart, my soul?

The mind then whispered, soft and sweet:
"Choose the flowers beneath your feet.
Enjoy the beauty, take your rest,
A life of peace may suit you best."

The heart then thundered, stern and true:
"Choose the thorns that challenge you.
Through trials faced, your courage grows,
A sharper strength the brave one knows."

One path gives ease and calm content,
The other, trials with disappointment.
Yet here I stand—what shall I believe?
Which way in life will I achieve?

- Subanoo V (XI C)

Mental health is just as important as physical health



All of us go through situations in life that bring out emotions we may find hard to explain or share. Sometimes, people gather the courage to open up to someone they trust, but when their feelings are dismissed, they end up feeling even worse. Over time, they may push these feelings deep inside, believing no one understands them. This is how struggles like anxiety, panic attacks, and depression can begin.

Let us see how society reacts to it and what we can do to change things for the better.

Today, mental health is being discussed more often than before, but it is still not enough, especially in a country like India. Mental health is not a taboo, nor should it be treated like one. In fact, many people experience these struggles due to different factors. And most of the time, they don't

want anything more than a person who will truly listen and say, "You are not alone."

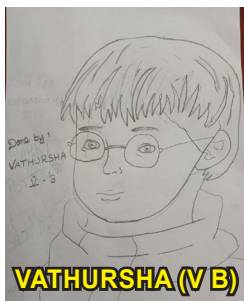
Behind every smiling face, there may be battles we cannot see. A small word of kindness can make a big difference in someone's life. That's why, whether we are friends, parents, teachers, or just classmates, we should remember to be kind to everyone. We never know what someone may be going through.

If you ever feel low, remember — it's okay to share. Talk to a friend, a parent, a teacher, or even a counselor. Asking for help is never a weakness.

So let's start building a world where everyone feels safe, supported, and heard. After all, we all deserve to be happy.

Glenn Close says, "What mental health needs is more sunlight, more candor, and more unashamed conversation."

- Akshara Manoj (X A)



VATHURSHA (V B)



ADHAVAN V (VII A)



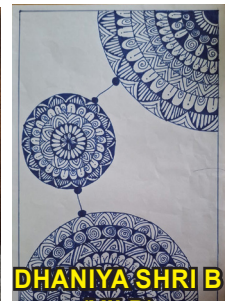
ASVIN N (VI A)



AVANTHIKAA (IV A)



BALA ADITYA P (VII A)



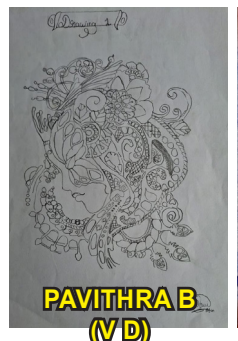
DHANIYA SHRI B (VII D)



MIRTHULASS (VI A)



MITHRASHREE.P (V D)



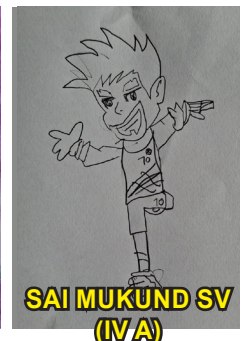
PAVITHRA B (V D)



PRANAV VIKRAM (V D)



S.YAZHINI (IX E)



SAI MUKUND SV (IV A)



R.NIRALYA (V D)



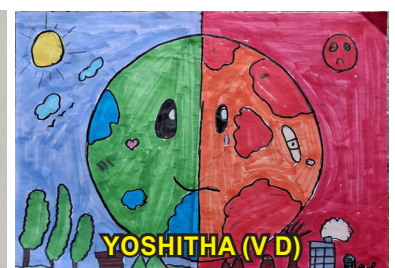
ROHITE (V B)



SUBIKSHAR (VI A)



VYUGI MURUGAN (V D)



YOSHITHA (V D)

CREATIVE CORNER

Word-O-Maze (Confusing words)

1. Prescribe - To recommend or authorize

Example : The doctor prescribed medication for the patient.

2. Proscribe - To forbid or prohibit

Example : The new regulations proscribe the use of electronic devices in the examination hall.

Idioms

Jump on the bandwagon - To join or support something that is currently popular or successful.

Example : Many companies are jumping on the bandwagon of green technology.

Bury the hatchet - Make peace or reconcile with someone after a disagreement.

Example : They decided to bury the hatchet and work together on the project.

- Ms. Punitha (Dept. of English)

Special Days in August

August 6



Hiroshima Day

Remembers the atomic bombing of Hiroshima in 1945; promotes peace and anti-nuclear awareness.

August 10



World Lion Day

Raises awareness about lion conservation and the need to protect their habitats.

August 13



International Lefthanders Day

Celebrates the uniqueness of left-handed individuals and raises awareness about the challenges they face.

August 19



World Photography Day

Commemorates the invention of the daguerreotype (1837) and celebrates photography as an art and science.

August 29



National Sports Day (India)

Honors Major Dhyani Chand's birth anniversary; promotes the importance of sports and fitness.

OIL BOARD

Which food contains how much oil?

Recommended limit
One should consume only 27-30 gms of fat/day

 28 g of fat	 10 g of fat	 9.5 g of fat
 40 g of fat	 26 g of fat	 9.5 g of fat
 17 g of fat	 20.5 g of fat	

Less Oil, More Life

SUGAR BOARD

Which food contains how much Sugar?

Recommended limit
Sugar intake should not exceed 25g/person/day for adults and 20g/day for children

 32 g of Sugar	 4 g of Sugar
 32 g of Sugar	 36 g of Sugar
 25 g of Sugar	 20 g of Sugar

Less Sugar, More Life

TEACHERS

Corner

God, Our Guiding Big Brother

The concept of Big Brother takes on a profoundly different meaning when associated with our loving God, the Almighty. In George Orwell's 1984, Big Brother symbolizes oppression, but what if we reframe it to represent divine guidance? The idea that God watches over us can be both comforting and motivating. Knowing He's aware of our thoughts, words, and actions encourages accountability, moral awareness, and compassion towards others. This awareness deepens our faith, reminding us that God is always present, eagerly waiting for us to seek His help. When tempted, He provides courage to resist; when we stumble, He offers redemption. This divine watchfulness inspires us to live with purpose and integrity



- Ms. Usha Paulson
Coscholastic Coordinator

Good Thought From The Unique Metals

Carbon reacts with oxygen form a poisonous gas carbon monoxide which is not suitable for our society. Carbon is good only which gives valuable Diamond and graphite and Oxygen is useful for respiration of human beings. Carbon and Oxygen are good when they are separate. Carbon combines with Hydrogen forms methane, ethane and propane gases which are helpful gases in LPG cylinders. So select your good friend which is amicable and useful for you and others.

Metals mostly expand on heating and beating, and then only we can do very beautiful ornaments and statues. So give your hard work with perseverance to shape your future.

Magnesium burns in the presence of oxygen with upward flame, whatever disturbances by means of external factors which make it to shake but it will come

again as direct upward flame. Similarly as genuine human beings should not change their character whoever disturbs your nature.

Sodium is a soft metal kept under kerosene and paraffin wax to avoid direct contact with oxygen and moisture. If you keep this soft sodium in open place, it is aggressive and explodes in nature. So keeping sodium metal in kerosene is always safe and maintains their nature. In the same way, unwanted closer friendship is not safe in society. So Always keep some distance without crossing limit.



- Mr. L. Senthilarasu
Dept. of Chemistry

The Impact of Social Media A Double-Edged Sword

Introduction

Social media has revolutionized the way people communicate, share information, and engage with the world. Platforms like Facebook, Twitter, Instagram, and TikTok have become integral parts of daily life, influencing everything from personal relationships to global politics. While social media has many advantages, it also comes with significant drawbacks. This article explores both the positive and negative impacts of social media on society.

Positive Impacts of Social Media

1. Enhanced Communication and Connectivity
2. Access to Information and Awareness
3. Business and Marketing Opportunities
4. Educational Benefits
5. Social Movements and Activism

Negative Impacts of Social Media

1. Mental Health Issues
2. Spread of Misinformation
3. Privacy Concerns
4. Reduced Face-to-Face Interaction
5. Addiction and Time Wastage

Conclusion

Social media is a powerful tool with both positive and negative effects. While it enhances communication, education, and activism, it also poses risks to mental health, privacy, and social interactions. Responsible use, critical thinking, and digital literacy are essential to maximize the benefits of social media while minimizing its drawbacks. Society must strike a balance to ensure that social media remains a force for good.



- Ms. Bijayalakshmi
Dept. of Computer Science



GET IT PUBLISHED

Dear Students and Teachers,
Send your achievements / articles / stories / art work / poems / other creative work to shnl22@shrishti.org

SHRISHTI HERALDS THE NEWSLETTER

Patrons:

Commodore H G Harsha,
Trustee, Makhija Foundation &
Chairman, SSRVM Trust

Shri. Mahadevan Venkatesh,
Trustee, Makhija Foundation

Chief Editor:

Mr. M. S. Saravanan,
Head of Schools

Editor:

Ms. Usha Paulson, Coscholastic Coordinator

Co-Editors:

Ms. Punitha, Dept. of English
Mr. Samuel Dossan, Dept. of Physics
Ms. Idhaya Swaruba Princy, Dept. of English
Ms. Jeevitha Arivazhagan,
Dept. of Social Science

Design

Mr. M. Kabilan, Instructor - Engg Graphics