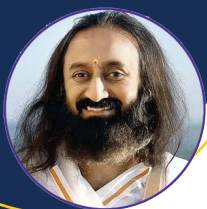


"Life is nothing to be very serious about. Life is a ball in your hands to play with. Don't hold on to the ball." - Gurudev Sri Sri Ravishankar



SHRISTI CHRONICLES

Shrishi Matriculation Hr. Sec. School



July 2026

(Managed by Makhija Foundation)

Volume 03 | Issue 02

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Proud Moment!!! ZONAL ATHLETIC MEET 2026-2027

Hearty Congratulations to our
young athletes for their outstanding
performance and bringing laurels
to the school!



U/19



S. Santhosh (XII A2)

- 100 m - Gold
- 200 m - Gold
- 110 m Hurdles - Gold
- Individual Champion - 15 points

M.S. Krithik (XII A1)

- 400 m - Silver
- 400 m Hurdles - Silver
- Triple Jump - Gold

Mugilan (XII A3)

- 100 m - Bronze
- 110 m Hurdles - Silver
- 200 m - Silver

Sanjay Krishna (XII A4)

- Shot Put - Gold
- Discus - Gold

Hariprasath (XII C)

- 800 m - Silver
- 1500 m - Silver

Vishnu Prasad (XII A1)

- Shot Put - Silver
- High Jump - Gold

K. Naveen (XII A2)

- 4 x 100 m Relay - Gold
- 4 x 400 m Relay - Gold

U/17



Keerthan (XI A1)

- 400 m - Silver

Pragadeesh (XI C)

- 100 m - Gold
- 200 m - Gold
- 4 x 100 m Relay - Gold
- 4 x 400 m Relay - Bronze

U/14



Karthik (IX A)

- 100 m - Gold
- 200 m - Gold
- 400 m - Gold
- Individual Champion - 15 points
- 4 x 100 m Relay - Gold



Overall Champion with

106
POINTS

★ ★ Your Dedication. Your Discipline. Our Pride! ★



Investiture Ceremony

The Investiture Ceremony 2026–27 was celebrated with dignity, pride, and enthusiasm, marking the formal induction of the newly elected Student Council. The programme commenced with a soulful prayer by the school choir, followed by the Welcome Address and the introduction of the Chief Guest, Mrs. Gargi Banerjee, Principal, Sri Sri Academy, Kolkata. The ceremonial lighting of the Kuthuvilakku symbolized the pursuit of wisdom and excellence, setting a solemn and inspiring tone for the occasion.

The newly elected School Council, House Captains, and Vice Captains were formally introduced and invested with badges and sashes. The student leaders then took

the Oath of Office, pledging to discharge their duties with sincerity, integrity, and unwavering commitment.

Addressing the gathering, Mrs. Gargi Banerjee extended her heartfelt congratulations to the newly elected leaders and delivered an inspiring message on the essence of true leadership. Emphasizing that leadership is rooted not in authority but in responsibility, integrity, humility, and selfless service, she encouraged the students to remain grounded, lead by example, and inspire others through their actions. She concluded with the powerful reminder that the greatest leaders are those who empower and nurture future leaders.

The ceremony concluded with the Vote of Thanks and the National Anthem. This was followed by a High Tea hosted for the newly elected Student Council, Mrs. Gargi Banerjee, the Management, the Heads of Schools, and other distinguished guests. An engaging interactive session provided the student leaders with a valuable opportunity to seek guidance, exchange ideas, and gain meaningful insights into effective leadership. The event concluded on an inspiring note, reaffirming the school's commitment to nurturing responsible, compassionate, and visionary leaders.



July - A Month of Creativity, Awareness and Expression

The month of July 2026 was filled with enthusiasm and meaningful learning for the students of Classes VI to VIII through a series of engaging Inter House Activities (IHA). These competitions provided students with opportunities to showcase their creativity, communication skills, environmental awareness, and concern for wildlife while promoting teamwork and healthy competition.

The month commenced with the Plastic Free Day – Artistic Display on 3rd July, organized to mark International Plastic Free Day. Students designed innovative dustbins using recycled and eco-friendly materials, accompanied by impactful messages encouraging



the reduction of plastic use. The participants displayed remarkable creativity by transforming waste into useful products while spreading awareness about environmental conservation. The activity highlighted the importance of sustainable living and inspired everyone to adopt eco-friendly practices.

Learning Together: Parent Visitation Day 2026

A Classroom Experience Beyond the Usual

The month of July 2026 brought a wonderful opportunity for parents to step into the world of their children through Parent Visitation Day, organised for Grades I to X. The programme strengthened the partnership between the school and families by giving parents a first-hand experience of classroom learning.

For one memorable hour, parents became a part of their wards' everyday school life. They sat alongside the students, observed engaging lessons and experienced the teaching-learning process in action. Far from being mere spectators, parents enthusiastically

participated in interactive activities, discussions, demonstrations, games and collaborative learning experiences planned by the teachers.

The classrooms came alive with curiosity and cheerful participation as children proudly shared their learning space with their parents. It was a special experience for parents to witness how concepts are introduced creatively, how children communicate and collaborate, and how learning extends beyond textbooks through hands-on activities.

The session also provided parents with a deeper understanding of the effort, planning and innovative approaches that go into making each lesson meaningful and enjoyable. For the students, having

their parents beside them in the classroom added excitement and created memories to cherish.

Parent Visitation Day beautifully reflected the importance of the parent–student–teacher partnership in a child's educational journey. It was not simply a visit to the classroom, but an hour of learning, bonding, participation and shared experiences.

As parents returned home with a glimpse into their children's school day, the event left behind a meaningful message:

“When parents and teachers learn together with children, education becomes a shared journey towards success.”



Inter House Activities

On 10th July, students participated in the Young Orators Contest (English) in observance of World Population Day. The speakers confidently delivered well-structured and memorized speeches on topics such as overpopulation, population control, and the impact of population growth on natural resources. Their excellent voice modulation, clarity of thought, confidence, and fluency impressed the audience and judges alike. The event successfully enhanced students' public speaking skills while creating awareness about one of the world's most pressing issues.



The month concluded with the Save Tiger / Endangered Species Drawing and Painting Competition on 17th July, celebrating International Tiger Day. Students expressed their artistic talents through colourful drawings and paintings depicting the importance of protecting tigers and conserving endangered species. The artworks conveyed powerful messages about wildlife conservation and reflected the students' deep understanding of environmental responsibility. The vibrant display of creativity captivated everyone and reinforced the need to preserve biodiversity for future generations.

Overall, the July IHA activities proved to be an enriching experience for all participants. They encouraged students to think creatively, communicate effectively, and become socially and environmentally responsible citizens.



EduTalk 5.0 – Nurturing the Virtue of Patience

As part of its commitment to nurturing values alongside academic excellence, Shrishti Schools successfully organised EduTalk 5.0 for the students of Class III on 9th July 2026 at the Shri Manu Makhija Auditorium.

The thought-provoking session, titled “Patience is a Virtue – Learning to Wait Calmly,” was delivered by Ms. Smaranika Tudu, Counsellor, Shrishti Matric. Hr. Sec. School, Vellore. Through engaging stories, real-life examples, and interactive discussions, she helped students understand that patience is a strength

that enables us to stay calm, make wise decisions, and face challenges with confidence.

The speaker encouraged children to practise self-control while waiting for their turn, listening attentively to others, and handling situations without frustration. Activities and simple demonstrations kept the students actively involved, making the session both enjoyable and meaningful.

The young learners enthusiastically participated, shared their experiences, and reflected on how patience can improve

relationships at home, in school, and with friends. The session inspired them to appreciate that great achievements come to those who persevere with calmness and determination.

EduTalk 5.0 concluded on a positive note, leaving every child with a valuable life lesson—that patience is not merely about waiting, but about maintaining a positive attitude while waiting. The programme reinforced Shrishti Schools’ vision of developing responsible, resilient, and value-driven learners who are prepared to lead with wisdom and compassion.



EduTalk 5.0 - Empathy

An EduTalk 5.0 session on “Empathy – Understanding Others’ Feelings” was conducted for Class VIII students on 16 July 2026. The session, led by Ms. Soundarya Subramanian, Secondary Coordinator (CBSE) helped students understand the difference between empathy (feeling with others) and sympathy (feeling for others) through interactive discussions and real-life examples.

Students actively participated by sharing their experiences, discussing ways to support others, and reflecting on the importance of kindness, compassion, and emotional understanding. They were also introduced to the 7 Days of Empathy Challenge to encourage practising empathy in their daily lives.

Day 1 : Say “Thank you” to anyone who made your day easier.

“Gratitude is the simplest form of empathy.”

Day 2: Inclusion - Invite someone who is sitting alone to join your group or conversation should feel invisible.

“No one should feel invisible.”

Day 3: Help without Being Asked -Do one act of kindness without expecting appreciation.

“Kindness speaks louder than words.”

Day 4: Listen with Your Heart - Spend 5 minutes

listening to a family member without interrupting.



“Sometimes listening is the greatest gift.”

Day 5 : Smile at Someone New - A smile can brighten someone's entire day.

“A smile costs nothing but means everything.”

Day 6: Appreciate someone -Give one genuine compliment.

“Kind words build strong hearts.”

Day 7: Reflect - Did someone feel happier today because of me?

Ask this question yourself and write down the act of empathy you practised.

“Self-reflection grows a compassionate heart.”

Overall, the session was engaging and meaningful. It enhanced students’ emotional awareness, communication skills, and understanding of the value of empathy in building positive and respectful relationships.

“Empathy isn't a one-day lesson. It's a habit we chose everyday .”

Parent–Student Orientation

Shrishti Matric Hr Sec. School organized a Parent–Student Orientation on 12 June 2026 at Shri Manu Makhija Auditorium for the parents of Std. XII students. The session, titled “Understanding Your Child Beyond Marks,” focused on nurturing confidence, character, and happiness in students. Mr. Ramprabhar, Educational Consultant and Advanced Certified Counsellor, shared valuable insights on supporting children beyond academics. Parents and students participated actively and gained a deeper understanding of the importance of emotional well-being, communication, and holistic development. The programme strengthened the bond between home and school and reflected the school's commitment to student growth and welfare.



Colours Day Celebration (Kindergarten)

Our Kindergarten campus came alive with colours, smiles and excitement as we celebrated Colours Day with our little learners. Each colour-themed celebration was filled with engaging activities that helped children learn through play, creativity, music, and storytelling.

Green Day – 3rd July 2026

Our tiny tots arrived in beautiful green outfits and brought delicious green snacks to share with their friends. The classrooms were transformed into a refreshing green world with displays of leaves, plants, fruits, vegetables, and other green objects. The children enjoyed an exciting Crocodile Bridge Adventure, where they balanced, walked carefully, and developed confidence, coordination, and gross motor skills. They also participated in a Leaf Plucking Activity, which enhanced their observation skills, hand-eye coordination, and understanding of nature. The day concluded with children exploring and identifying various green objects around them, strengthening their colour recognition and vocabulary.



Red Day – 7th July 2026



The school was filled with energy as children dressed in bright red attire and brought tasty red snacks. The classrooms were beautifully decorated with red-themed decorations.

The little learners enjoyed apple colouring, red clay modelling, and painting activities, which encouraged creativity and fine motor development. They listened attentively to the delightful story of The Little Red Hen, learning the importance of hard work and helping others. The celebration became even more joyful as the children danced enthusiastically to cheerful red-themed songs, making learning fun and memorable.

Pink Day – 10th July 2026

Pink Day filled the classrooms with happiness and warmth as children arrived in lovely pink outfits. The day began with cheerful pink rhymes, filling the classrooms with music and laughter.

Our LKG children created beautiful onion print crafts, while the UKG children made attractive flamingo palm prints, exploring art through creative printing techniques. The children enjoyed listening to the story "The Little Pink Flower," which taught kindness, love, and friendship. To encourage learning beyond the classroom, the children's artwork was shared with parents for home review, helping families celebrate their little one's creativity.



Yellow Day – 14th July 2026



Yellow Day brought sunshine into every classroom as children came dressed in bright yellow outfits and carried yellow-themed items. They joyfully sang lively yellow rhymes celebrating the brightness and happiness of the colour.

The children created a cheerful Sun Palm Print and a colourful Pineapple Finger Print, enhancing their creativity and fine motor skills. During story time, they listened to The Little Yellow Chick and Benny the Banana, learning about courage, friendship, and positivity. Circle time included Share and Speak, where children confidently introduced their yellow objects, followed by a fun "Who Am I?" guessing game that strengthened observation, listening, and speaking skills.

Black & White Day – 17th July 2026

Our final colour celebration was a wonderful exploration of contrast as children dressed in elegant black and white attire. The day began with interactive Circle Time activities such as Pass the Panda and Colour Chain, encouraging teamwork, communication, and social interaction.

The children participated enthusiastically in Shadow Art, Zebra Crossing Walk, Musical Spots, and a delightful Sheep Craft, developing creativity, balance, and coordination. They sang lively black-and-white themed rhymes and enjoyed fascinating stories including The Black and White Adventure and The Zebra's Missing Stripes, learning about uniqueness, friendship, and appreciating differences.



INTER-HOUSE ACTIVITIES

A Celebration of Talent, Creativity & Confidence



The Inter-House Activities (IHA) for Grades IV and V at Shrishti Matric. Hr. Sec. School offered students a wonderful platform to showcase their creativity, confidence and communication skills through a series of engaging competitions conducted throughout July 2026.

The month commenced with Family Tree Art on 1 July, where students creatively presented their family heritage using photographs, drawings and colourful decorative materials. The activity encouraged children to appreciate family values while displaying their artistic talents.

On 8 July, the campus came alive with GrooveGala, a freestyle dance competition. Students performed enthusiastically to English songs and instrumental music, captivating the audience with their energy, rhythm and stage presence.

Creativity took a humorous turn on 15 July with Meme Squad, where participants designed educational and entertaining memes based on school life and examinations. The activity inspired originality, observation and creative

thinking while demonstrating the positive use of humour.

The spotlight then shifted to Podcast Corner on 22 July, where students confidently delivered podcast-style speeches on topics such as My School Life, A True Friend, The Importance of Kindness and If I Were the Principal for a Day. Their expressive presentations reflected growing confidence and effective communication skills.

The month concluded on a patriotic note with Patriot's Poetry Parade on 29 July. Dressed as legendary Tamil freedom fighters, students recited patriotic poems with great pride and enthusiasm, beautifully honouring the sacrifices and values of our national heroes.

Each activity provided meaningful opportunities for students to explore their talents, strengthen teamwork and develop self-expression. Beyond healthy competition, these experiences nurtured creativity, leadership, cultural awareness and confidence, making the July IHA celebrations both enriching and memorable for every participant.

Little Stars, Big Talents

July 2026 was a month of creativity, imagination and joyful learning for the students of Grades I, II and III. A series of exciting Inter-House Activities provided our young learners with opportunities to explore, create, speak and shine.

The month began with Mini Makers Lab – STEAM Challenge, where little engineers constructed bridges and towers using simple materials, putting their creativity and problem-solving skills to work. This was followed by Pixel Art Drawing, in which students transformed tiny squares into colourful characters with remarkable concentration and imagination.



Young voices took centre stage during Mighty Mic Moments – “If I Had a Magical Wand”. Students delighted everyone with their imaginative ideas while developing confidence and public-speaking skills.

The month concluded on a heart-warming note with Friendship Flower Making. Colourful petals carrying beautiful qualities such as kindness, honesty, sharing, respect and helpfulness reminded everyone of the true meaning of friendship.

These engaging IHAs proved that when children are given opportunities to imagine, explore and express, little minds can create big wonders!

Teddy Bear Picnic Day

On 8th July, 2026 our Kindergarten students celebrated Teddy Bear Picnic Day with great joy and enthusiasm. Children brought their favourite teddy bears, enjoyed teddy bear rhymes, listened to the story Goldilocks and the Three Bears, participated in a teddy bear collage activity, and shared snacks with their friends. The day was filled with fun, learning, and wonderful memories.





INFLUENCE OF EL NIÑO IN TAMIL NADU

1. INTRODUCTION

El Niño is a climate phenomenon that occurs when the Pacific Ocean becomes warmer than usual. It affects weather patterns across the world, including Tamil Nadu.

2. EFFECTS IN TAMIL NADU

During an El Niño year, Tamil Nadu may experience higher temperatures and irregular rainfall. The Southwest Monsoon can become weaker, leading to water shortages.

Higher temperatures

Irregular rainfall

Crop loss for farmers

Reservoirs may have less water

Heat waves may become more common

3. WHAT STUDENTS CAN DO

- Save water by closing taps properly.
- Plant and care for trees.
- Avoid wasting electricity.
- Learn about climate change and spread awareness.
- Keep the surroundings clean.
- Participate in school environmental activities.

4. CONCLUSION

El Niño can affect Tamil Nadu's weather, farming, and water resources. By conserving water and protecting nature, students can help reduce its impact.

**SAVE WATER
SAVE FUTURE**

- Saadhana Sree (X A)

Myth of the Magic

Hi friends ! I am Saathvik, a student of Class 8-B.

I wrote my first science-fiction story titled Myth of the Magic. The story follows a young boy who loses both his parents at an early age and is lovingly raised by his elder brother. One day, his brother mysteriously disappears. During his search, the boy discovers magical stones with extraordinary powers. Using these magical stones, he overcomes many challenges and finally rescues his brother. The story combines imagination, adventure, and emotion, making it an engaging read. Through this inspiring tale, the young author conveys a heartfelt message:

"You may lose many people in life, but never give up on the ones you love."

Writing such a creative story at the age of 12 reflects my imagination, storytelling ability, and passion for writing. It marks the beginning of a promising journey as a young author.

- SAATHVIK . S (VIII B)

நட்பு

நட்பு என்பது வாழ்வின் அழகிய பரிசு, நம் நினைவுகளில் என்றும் நிலைக்கும் இனிய உறவு. சிரிக்கும் நேரத்தில் மகிழ்ச்சியைப் பகிர்வார்கள், சோகமான நேரத்தில் நம்முடன் இருப்பார்கள். தவறுகளை சுட்டிக்காட்டி வழி நடத்துவார்கள், விழும் போது தாங்கும் கரமாக இருப்பார்கள். சேர்ந்து கழித்த தருணங்கள் என்றும் மறையாது, நட்பின் நினைவுகள் காலத்தாலும் அழியாது. உண்மையான நண்பன் வாழ்வின் பொக்கிஷம், என்றும் தொடரட்டும் நம் நட்பின் பந்தம்

- சரண்யா. ஜி (IX B)

James Webb Space Telescope: A New Eye on the Universe



Science has always helped us explore the unknown, and one of the most exciting recent inventions is the James Webb Space Telescope (JWST). Launched in 2021, it is the most powerful space telescope ever built.

Unlike ordinary telescopes, the James Webb Space Telescope can detect infrared light, allowing it to see objects that are too far away, too old, or too faint for other telescopes. It acts like a giant eye in space, helping scientists look deeper into

the universe than ever before.

Since its launch, JWST has captured breathtaking images of distant galaxies, stars being born, and planets beyond our solar system. Some of the light it observes has travelled for billions of years, giving us a glimpse into the early history of the universe.

The telescope is equipped with advanced mirrors and scientific instruments that can study the atmosphere of distant planets.

This may help scientists discover whether conditions suitable for life exist elsewhere in space.

The James Webb Space Telescope is a remarkable achievement of science and engineering. It reminds us that curiosity and innovation can help humanity uncover the secrets of the cosmos.

As students, we can be inspired by this incredible invention and continue exploring the wonders of science and space.

- MUKUNTH RAM . R (VII B)



The Roaring King of the Jungle

With golden stripes and eyes so bright,
The tiger walks with fearless might.
Through green forests, it roams free,
A symbol of strength and majesty.
Let us protect its home and land,
Save the tiger with a caring hand.
For a wild world, let tigers stand.

- EVELINE JERUSHA (X A)

GET IT PUBLISHED

Dear Students and Teachers, Send your achievements / articles / stories / art work / poems / other creative work to shrishtichronicles@gmail.com

PATENTS – Protecting Ideas, Encouraging Innovation

What Is a Patent?

A patent is a legal right given to an inventor for a new and useful invention. It protects the invention from being copied, made, or sold by others without the inventor's permission. A patent usually lasts for 20 years. It encourages people to create new ideas and rewards inventors for their hard work.

Why Are Patents Important?

Patents are important because they protect original inventions and encourage innovation. They help inventors receive recognition and financial benefits for their work. Patents also support the growth of science, technology, and industries. Many useful products that improve our daily lives are possible because inventors are encouraged to develop new ideas.

Patent Rights and Intellectual Property

Intellectual Property (IP) means creations of the human mind, such as inventions, books, music, artwork, and designs. A patent is one type of intellectual property. It gives inventors the exclusive right to use, make, sell, or license their invention for a limited period. Patent rights protect creativity and encourage people to develop new technologies for the benefit of society.

Young Innovators and Student Patents

Students can also become inventors by observing everyday problems and finding creative solutions. Schools and colleges encourage innovation through science fairs, exhibitions, and research projects. If a student's invention is new, useful, and unique, it may be eligible for a patent. Young innovators play an important role in building a better and more advanced future.



- Mr. R. JAGADESH
Dept. of Zoology

The Art of Trigonometry

In the world of mathematics, trigonometry is often seen as a subject filled with angles, formulas, and calculations. However, beyond its technical side, trigonometry is truly an art—a beautiful blend of logic, patterns, and real-world applications that helps us understand the world in a deeper way.

Trigonometry, derived from the Greek words "trigonon" (triangle) and "metron" (measure), is the study of the relationships

between the sides and angles of triangles. But its presence is not limited to textbooks. It can be seen in nature, architecture, engineering, and even in music and art.

Trigonometry in the World Around Us

Look around, and you will find trigonometry in action everywhere. The height of tall buildings, the design of bridges, and even the structure of pyramids are based on trigonometric principles. Engineers and architects use trigonometry to ensure accuracy, balance, and stability in their creations.

In nature, trigonometry appears in the form of waves—ocean tides, sound waves, and light waves all follow patterns similar to sine and cosine curves. Even the rising and setting of the sun can be explained using trigonometric concepts.

The Artistic Side of Trigonometry

Trigonometry is not just about solving problems—it is about recognizing patterns and appreciating symmetry. The curves formed by trigonometric functions create beautiful and repetitive designs, which are often used in digital art, animations, and graphics.

Artists and designers unknowingly use trigonometric ideas while creating patterns, rotations, and symmetrical designs. The smooth curves and rhythmic patterns seen in art are closely related to trigonometric functions.

Learning Beyond Formulas

Understanding trigonometry helps students develop logical thinking, problem-solving skills, and spatial awareness. It teaches us how to measure what seems unmeasurable—like the height of a mountain or the distance between two faraway objects.

More importantly, it changes our perspective. Instead of seeing mathematics as a subject of memorization, we begin to see it as a tool to explore and understand the beauty of the universe.

Conclusion

Trigonometry is not just a chapter in mathematics; it is a bridge between numbers and the real world. It shows us that mathematics is not only about accuracy but also about creativity and imagination.

When we look at trigonometry as an art, we begin to enjoy learning it. It reminds us that behind every formula, there is a story, a pattern, and a connection waiting to be discovered.



- Ms. TAMIZHARASI.M
Dept. of Mathematics

Science Breakthroughs

BIOETHERANOSTICS

What is Biotheranostics?

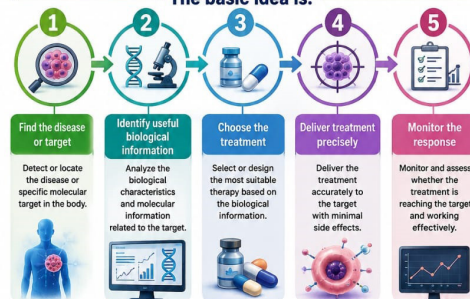
It is combining or connecting diagnosis and therapy.

The word 'Theranostics' comes from **therapy** + **diagnostics**.



Instead of treating a disease without detailed information about its biology, this approach tries to **identify** a relevant target, **choose** or **design** an appropriate treatment and **monitor** whether the treatment is reaching or affecting the target.

The basic idea is:



The exact technology differs depending on the disease.



AMAZING!!
Isn't it.

Thanks
Venkatraman
HOD
Dept. of Biology

SHRISHTI CHRONICLES THE NEWSLETTER

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