

"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



SHRISHTI CHRONICLES

Shrishi Matriculation Hr. Sec. School

(Managed by Makhija Foundation)



August 2026

Volume 03 | Issue 03

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28th Annual
Athletic Meet



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IQube



UNDER 19

- S. Santhosh, XII A2
 - 100 mts - Gold
 - 200 mts - Silver
 - 110 mtrs (H) - Silver
 Individual Champion - 11 Points
- M.S.Krithik, XII A1
 - 400 mts - Silver
 - 400 mts (H) - Silver
 - Triple Jump - Gold
- Mugilan, XII A3
 - 110 mts (H) - Gold
 - 200 mts - Gold
- Sanjay Krishna, XII A1
 - Shot put - Silver
 - Discus - Silver
- Hariprasath, XII C - 800 mts - Silver
- Naveen .K, XII A2 - High Jump - Gold
- S. Santhosh | M.S.Krithik
Mugilan | Naveen .K
4 x 100 mts Relay - Gold
- S. Santhosh | M.S.Krithik
Mugilan | Hariprasath
4 x 400 mts Relay - Gold

UNDER 17

- Pragadesh, XI C
 - 100 mts - Gold
 - 200 mts - Gold
- S.Sujith | K. Pragadesh
M. Keerthan | Harihanth .A.M
4 x 100 mts Relay - Gold

UNDER 14

- Karthik, IX A
 - 100 mts - Gold
 - 200 mts - Gold
 - 400 mts - Gold
 Individual Champion - 15 points
- Karthik | Daya
Dharshan | Ananth
4 x 100 Relay - Gold

DISTRICT ATHLETIC MEET

2026 - 2027

DATE : 19.08.2026



GOLD
14



SILVER
7



BRONZE
-

OVERALL
CHAMPION

WITH
91
POINTS

No. of Schools Participated - 42 Schools (6 Zone)



Professional Development Programme : Mentoring & Counselling Adolescents for Stress Management

An orientation programme on “Mentoring & Counselling Adolescents for Stress Management” was conducted for the teachers of Shrishti Schools – CBSE and Matric. The session was led by Ms. Hussna Parvin G, Principal, Educator, Master Trainer and CBSE Resource Person.

The programme focused on understanding adolescent behaviour, emotional well-being, stress, anxiety, peer pressure, bullying, body image, social media influence, academic challenges, and low self-esteem. Teachers were sensitised to recognise early warning signs and encouraged to adopt empathetic communication, active listening, and a non-judgmental approach.

The session also highlighted the importance of a whole-school approach to student safety and well-being, along with effective strategies for stress management, emotional regulation, and timely support.

The programme was informative and insightful, strengthening teachers’ role as mentors and supportive adults in fostering a safe, inclusive, and nurturing environment for the holistic development of every student.



Bharat Scouts & Guides Inauguration Ceremony 2026



The Bharat Scouts & Guides Inauguration Ceremony 2026 was held for students of both the CBSE and Matric, in the presence of Mrs. M. Snegalatha, District Secretary, Bharat Scouts & Guides, Vellore District, along with distinguished dignitaries. A significant milestone was the introduction of Scouts training for Matric students for the first time, fostering discipline, leadership, teamwork, responsibility, and life skills.



Students presented an engaging mime on “Save Trees and Plant Trees,” conveying a strong message on environmental conservation. The programme was inspiring and purposeful, reflecting the Scouts and Guides values of preparedness, responsibility, discipline, and positive action.

28th Annual Athletic Meet 2026



The 28th Annual Athletic Meet 2026 of Shrishti Matriculation Higher Secondary School was celebrated with great enthusiasm, promoting fitness, discipline, teamwork, and sportsmanship. The event featured March Past, Peacock Drill, Cricket Drill, Hoops Drill, Patriotic Dance, Fan Drill, and various Athletic Events, creating an atmosphere of energy and healthy competition.

The Chief Guest, Mr. D. Selva Prabhu, International Volleyball Player and Bank Manager, Indian Overseas Bank, inspired students to remain focused, determined, and bold in decision-making. He encouraged parents to motivate their children to participate actively in sports and to reduce mobile phone usage by promoting healthy, active lifestyles. Special sports events for mothers and fathers added to the excitement, with

parents participating enthusiastically in the celebrations. The Teachers' Events also witnessed spirited participation, with Ganga House securing first place.

Narmada House emerged as the Overall Champion and also secured first place in the March Past and Hoops Drill. The Athletic Meet concluded as a memorable celebration of sporting excellence, participation, and school spirit.



Independence Day Celebration – 15 August 2026

Shrishti Schools celebrated the 80th Independence Day on 15 August 2026 with patriotic fervour and pride, honouring the spirit of freedom, unity and national responsibility. The programme commenced with Tamil Thai Vazhthu.

The National Flag was hoisted by Ms. Hephzibah Paul, Vice Principal, Shrishti Vidyashram, followed by the National Anthem. The celebration created an atmosphere of patriotism and togetherness, inspiring everyone to uphold the values of freedom, discipline, unity and excellence and to contribute responsibly to the progress of the nation.



EduTalk 5.0 – Digital Responsibility and Safe Internet Use



EduTalk 5.0 was conducted for Grade VI students of Shrishti Schools on the topic “Digital Responsibility and Safe Internet Use.” The session was led by Ms. V. A. Rejina, Counsellor, Shrishti Vidyashram Senior Secondary School, Vellore.

The session sensitised students to the importance of responsible and safe digital behaviour. Key aspects such as thinking before clicking, protecting personal privacy, being kind and respectful online, and reporting inappropriate content or seeking help when necessary were discussed.

The interactive session encouraged students to make wise choices while using the internet and digital devices. It reinforced the message: “Be Responsible. Be Respectful. Be Safe.” The programme was informative and engaging, equipping students with essential skills for safe and responsible participation in the digital world.



Inter-House Activity (IHA) – Family Roots and Recollections

Theme : World Senior Citizens Day

As part of the Inter-House Activity, students of Classes VI–VIII participated in “Family Roots and Recollections,” on 21 August celebrating the invaluable role of senior citizens in family life.

Students creatively prepared family tree charts featuring grandparents, parents and children, along with names, photographs and relationships. They also shared cherished memories and meaningful stories about their elders, highlighting love, respect and intergenerational bonds.

The activity fostered creativity, teamwork, communication and appreciation for family values, making it a meaningful and memorable learning experience.



Onam Celebration – 24 August 2026

Shrishti Matriculation Higher Secondary School celebrated Onam with great enthusiasm and festive spirit on 24 August 2026. The celebration showcased the rich cultural traditions of Kerala through a vibrant programme of music, dance and fellowship.

The programme featured a graceful Thiruvathirakali by Niveditha of Class XI, an energetic dance and an engaging Onam conversation by Class XI girls. The teachers’ dance added a special touch to the celebrations and was warmly enjoyed by the students.

The celebration concluded with Onasadya, a traditional festive feast, bringing everyone together in the true spirit of joy, unity and sharing. The event was a memorable celebration of Kerala’s rich cultural heritage and the timeless values of Onam.



Educational Excursions

The school organised enriching excursions for students across all grades during August 2026, providing opportunities for experiential learning, exploration, and recreation.

Classes IX & XI (24.08.2026) | Classes X & XII (27.08.2026)

Students of Classes IX to XII visited Chikmagalur, enjoying its scenic beauty and gaining memorable experiences amidst nature.

Classes I-V (31.08.2026)

Students visited Birla Planetarium and Semmozhi Poonga, Chennai, exploring the wonders of astronomy and the beauty of nature.

Classes VI-VIII (31.08.2026)

Students enjoyed an exciting and adventurous day at Wonderla, Chennai, fostering friendship, teamwork, and joyful learning.

The excursions offered students a perfect blend of learning, adventure, and unforgettable memories.



ACTIVITIES



Date: 18.09.26

Grades I, II & III

Patriotic Dance Performance

Our young learners presented a vibrant patriotic dance filled with joy, energy, and pride. Dressed in colourful costumes and holding the Tricolour, they beautifully expressed their love for India. Their graceful movements and confident expressions created a memorable performance, spreading the message of unity, patriotism, and national pride.



Date: 19.8.2026

Activity: Copy cat Writing game
A fun and engaging Pattern and Letter, numbers Writing Activity was conducted for the students. The children observed their friends and tried to write the same patterns and letters. They participated with great interest and enthusiasm.

The activity helped develop their observation, concentration, fine motor skills, letter recognition and writing skills. It was an enjoyable way for the children to learn through imitation and peer interaction.



Date: 19.8.2026

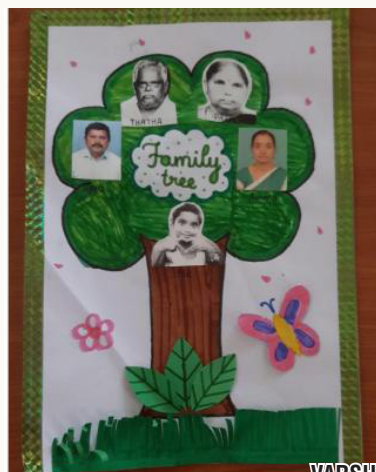
Activity: Sandwich Making

The kindergarten children enthusiastically participated in a fun and engaging Sandwich Making Activity. The children learned about different ingredients such as bread, butter and vegetables. With the guidance of their teachers, they carefully assembled their own sandwiches.

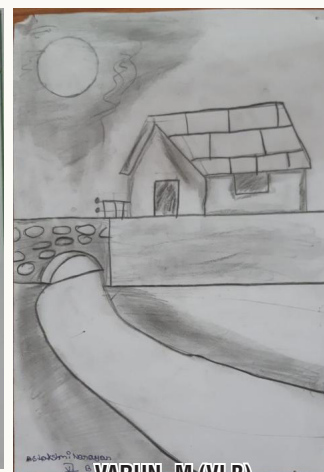
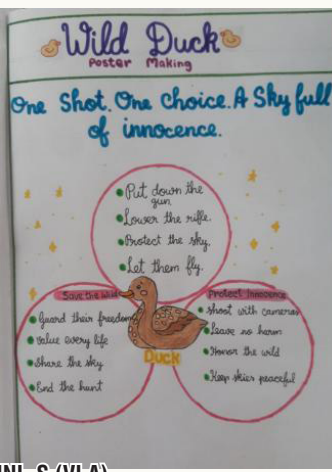
The activity helped children develop fine motor skills, creativity, independence and healthy eating habits. They enjoyed making and tasting their delicious sandwiches. It was a joyful and educational experience for all the little ones.



ROGITHA .P (VI B)



VARSHINI. S (VI A)



VARUN .M (VI B)



MANISHA . R (VI A)



RAKSHANA . P (VI B)



KAVIN . P (VI B)

Message on Kindness

Kindness costs nothing, yet it can mean everything to someone. Agente word, a helping hand, or a simple smile can brighten another person's day. Let us choose kindness in our words, actions, and thoughts, and make our school and world a happier place.

"Be kind whenever possible. It is always possible."

- DOLPHIA.S (VI A)

Healing from Within: The Rise of Medical Microrobots



Imagine tiny robots travelling inside the human body to find and treat diseases! Medical microrobots are one of the exciting new developments in modern medicine. These tiny machines can be guided through the body to deliver medicines directly to affected areas. Scientists are exploring their use for

targeted drug delivery, diagnosis, and minimally invasive treatments. By reaching specific areas, microrobots could help reduce damage to healthy tissues and make treatments more effective.

Although this technology is still under research, it holds great promise for the future of healthcare. Medical microrobots show how science, technology, and imagination can come together to create smarter ways of saving lives.

"Small in size, but enormous in possibility!" Medical microrobots navigating blood vessels and delivering medicines to targeted areas, a promising area of precision medicine.

- HARITHA.M.S (VIII A)

Amazing Facts That Will Blow Your Mind

A day on Venus is longer than its year! Venus takes longer to rotate once than to travel around the Sun.

Butterflies taste with their feet! Their feet have special sensors that help them identify food.

Trees can "talk" to each other! They can exchange chemical signals and nutrients through underground fungal networks.

Your brain is an energy powerhouse! Even while resting, it uses roughly 20% of your body's energy.

Bees can recognise human faces! They can learn to distinguish patterns that resemble different faces.

- SHAKTHI PRIYAN.M.R (VII B)



GET IT PUBLISHED

Dear Students and Teachers,

Send your achievements / articles / stories / art work / poems / other creative work to shrishtichronicles@gmail.com

The Invisible Harvest: Deciphering the Chemical Footprint on Our Plates



We are currently witnessing a quiet crisis in modern agriculture. While pesticides and insecticides have successfully boosted crop yields to feed a growing global population, they have also left an unwelcome legacy: chemical residues deeply embedded within our daily food supply. Many modern chemicals do not just sit on the surface; plants absorb them through roots, making it impossible to simply wash them away. Certain thin-skinned fruits and vegetables (like strawberries, spinach, and apples) consistently carry the highest chemical loads.

The Hidden Cost: Health and Environmental Impacts Human Health Risks. Chemical overuses kill beneficial microbes and earthworms, leaving farmland. Insecticides traveling through ecosystems severely damage honeybee populations, threatening global pollination cycle. Prioritizing organic purchases for high-risk crops, and thoroughly washing conventional produce with ozone purifiers or baking soda solutions.

In the conclusion food should be our primary source of nourishment, not a source of chemical anxiety.

Conclusion:

True agricultural success must be measured not just by the volume of the harvest, but by the health of the consumers and the planet.



- Mr. Anbarasu. S
Dept. of Social Science

Usage of English in Everyday Life

Introduction to English Language

English is one of the most widely spoken languages in the world. It is an important language of communication, education, science, technology, and business. Learning English helps us gain knowledge, express our ideas, and communicate with

people from different countries. It plays a significant role in our personal and professional development. Therefore, English is an essential language in today's modern world.

English is not merely a subject that we study in the classroom; it is a language that we use in our everyday lives. From the moment we wake up until we go to bed, English finds its place in our daily activities. We see English words on signboards, newspapers, mobile phones, advertisements, and television programmes.

In our homes, we use English while reading messages, searching for information on the internet, and communicating with others. In schools, English helps students understand lessons, read books, and express their thoughts and ideas. It also plays an important role in higher education, employment, and professional communication.

As teachers, we have a responsibility to help students develop the confidence to use English in real-life situations. Simple activities such as greeting others, introducing oneself, asking questions, reading aloud, and participating in discussions can make language learning enjoyable and meaningful. The aim of learning English should not be limited to scoring high marks in examinations, but should extend to using the language effectively in everyday life.



English is a bridge that connects people, cultures, and ideas. When used with confidence, clarity, and courtesy, it opens doors to knowledge and opportunities. Therefore, let us encourage one another to learn English not merely as a language, but as a valuable skill for life.

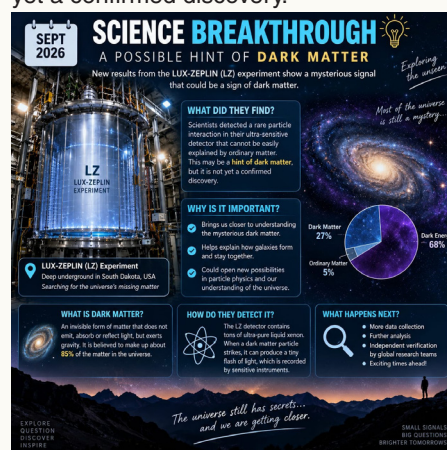


- Ms. N. Vithya Bharathi
Dept. of English

Science Breakthroughs

Subject: Physics – A Possible Hint of Dark Matter

Scientists working with the LUX-ZEPLIN (LZ) experiment have detected a mysterious particle interaction that cannot be easily explained by ordinary matter. It could be a hint of dark matter, the invisible substance believed to make up about 85% of the matter in the universe. However, scientists stress that this is not yet a confirmed discovery.



SHRISHTI CHRONICLES THE NEWSLETTER

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