



Shrishti Matriculation Hr. Sec. School

December 2024

(Managed by Makhija Foundation)

Volume 01 | Issue 07

Highlights

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Community Service



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KG Christmas Celebrations



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IQube



Chess Lawn Tennis
Pradeepa and Abbey Varsha of Class 11 received certificates for their stellar performance in Chess and Lawn Tennis at the Rajeshwari Memorial Trophy

Team Shrishti Shines at Shishir Utsav 2024!



Congratulations to Team Shrishti for winning the Overall Championship at Shishir Utsav 2024, marking our second consecutive triumph at this esteemed event. This victory is a testament to the team's dedication and relentless effort. A special note of gratitude goes to our Physical Education teachers for their exceptional guidance and support in making this achievement possible. The winners were warmly welcomed by our Head of Schools, Trustee, and teachers, who shared in the joy of this proud moment. Thank you, Team Shrishti, for bringing glory to our institution. Here's to more achievements in the future!



Aabbey Varsha
400mts - Gold medal
800mts - Gold medal
4x100mts - Gold medal
Individual Champion



Dharshini Sri. E
100mts - Gold medal
200mts - Gold medal
Long jump - Silver medal
Individual Champion



Kabaddi Girls - Runner up

Kabaddi Boys - Runner up

Congratulations to Our Star Achievers!

World Meditation Day Celebration at Shrishti Schools



On December 21st, Shrishti Schools participated in the first-ever global World Meditation Day, as declared by the United Nations, marking a historic moment for global peace and inner transformation. The event was held at the Tennis Court, where students, along with teaching and non-teaching staff, gathered for a collective meditation session. Led by our Head of Schools, with the blessings of Gurudev, the meditation focused on fostering inner peace and connecting with the global community for positive change. The atmosphere was filled with tranquility and unity as everyone came together to experience the power of collective meditation. As the saying goes, "Many hands make light work," this event reminded us of the strength in unity and the collective power of shared intentions. This meaningful occasion left a lasting impact, reminding us of the importance of peace, mindfulness, and harmony.



Spreading Joy and Kindness: Heartwarming Visits by Our Students

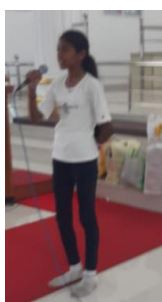
December was a month of compassion and learning as students from Grades 1 to 8 visited inspiring institutions, making a meaningful difference.

On December 6th, fifty students from Grades 1 to 3 visited Nambikai Illam orphanage, donating essentials like clothing, groceries, and stationery, while organizing games that brought smiles to the children.

Students from Grades 4 to 8 visited the Lutheran School and Home for the Hearing Impaired (IELC) on December 18th. They observed educational methodologies, performed dances, speeches, and songs, and donated stationery, clothing, snacks, and groceries.



As the saying goes, "A little goes a long way," these thoughtful actions showcased the power of small contributions in creating lasting happiness. The visits fostered empathy, gratitude, and the spirit of inclusion, highlighting the joy of sharing and supporting those in need.



Fruitastic Fun - KG Kids Celebrate Fruits Day!



Fruits Day was celebrated on December 11th, 2024, with KG students dressing up as their favorite fruits and sharing fun facts about them. Activities included apple printing, a blindfolded fruit-identifying challenge using smell and texture, and sharing real fruits with friends. The children also learned about the nutritional benefits of fruits and the importance of washing them before eating.

A Nutty Adventure with Grades 1-3!

On December 18th, Grades 1-3 celebrated Nuts Day, discovering the incredible health benefits of nuts in exciting ways!

Grade 1 kicked off the celebration with an engaging Nut Sort activity, where students had fun sorting the different nuts while learning their names. Grade 2 brought the fun to life with a lively Nutty Drama, where each nut played a character claiming to be the best, only to discover that every nut is special and unique, they also created beautiful plating patterns using nuts. Finally, Grade 3 got creative with Nutty Creations, using nuts and their shells to craft beautiful artwork.



Students explored the nutritional benefits of nuts and their positive impact on health. Grade 2 students learned teamwork and the importance of recognizing uniqueness through their play. Grade 3 students unleashed their creativity through hands-on art using natural materials.

It was a day filled with creativity, teamwork, and a whole lot of nutty fun!



Poetic Dash

On December 13, Poetic Dash activity was conducted. Participants recited self-composed poems in English. This activity helped to bring out the creativity of the students by enhancing their vocabulary skill. Participants also gained confidence through stage exposure.



Millets Magic: Grade 4 & 5 Celebrates International Millets Day!



On December 18th, Grade 4 students celebrated International Millets Day by bringing in delicious millet-based dishes from home. Each student shared the nutritional value of their dish, emphasizing the health benefits of millets. As part of the festivities, Grade 4 participated in the Millet Cartography Challenge, creating a map of India to explore the regions where millets are grown.

Meanwhile, Grade 5 students showcased their creativity in the Millet Art Workshop, using millet to create beautiful artwork. These activities not only helped students learn about the nutritional benefits of millets but also fostered an understanding of their geographic distribution across India.

As the saying goes, "You reap what you sow," the students' efforts in learning and creating with millets highlighted the rewards of healthy eating and the importance of agricultural diversity.

The day was a fun-filled educational experience, blending learning and creativity while promoting the importance of millets!

Celebrating Creativity and Inspiration - IHA

December was buzzing with creativity as students across Grades I to V participated in a variety of engaging competitions.

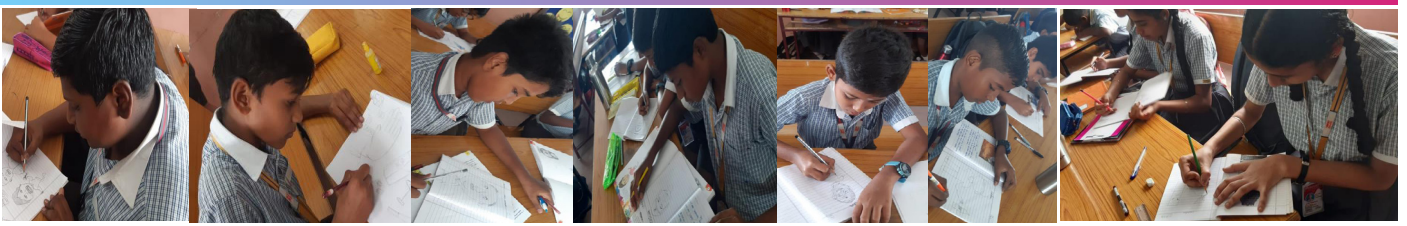
For Grades I to III, the Poem Recitation: Protect Our Environment event highlighted poetic talents with environmental themes, while the Trash to Treasure Bottle Cap Craft Competition on December 17th encouraged sustainability through innovative crafts.

Grades IV and V dazzled in Mask-O-Mania on December 11th, embodying their heroes with costumes and inspiring speeches. On December 18th, they showcased festive flair in the DIY Holly Jolly Craft competition, crafting beautiful Christmas decorations.

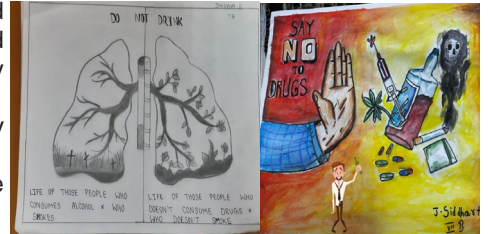
As the saying goes, "The sky's the limit," these activities encouraged students to push their creative boundaries, nurturing artistic expression, environmental awareness, and confidence in our young stars.



Anti - Drug Club Activity:



As part of the Anti-Drug Club activity, students of Grade 7 A & B actively participated in creating awareness about the harmful effects of drug use through caricatures and drawings on December 18th. They penned impactful slogans promoting a healthy lifestyle and highlighted the dangers of self-medication without a doctor's prescription. The students also emphasized the benefits of consuming herbal medicines readily available at home, such as turmeric, Tulsi, neem, and garlic, as a healthier alternative. As the saying goes, "Prevention is better than cure," their efforts underscored the importance of making informed and health-conscious choices.

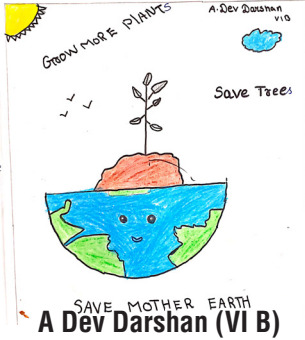
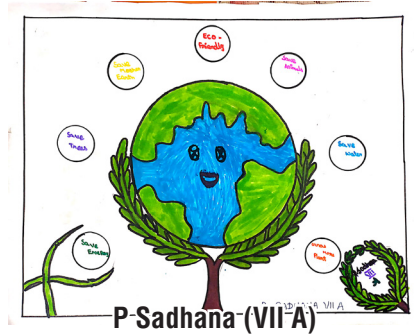


Christmas Cheer with Our Little Santas!



On December 20th, the KG students and IHA came together to celebrate Christmas with great excitement and joy. The little ones dressed as Santa Claus, spreading smiles, while others looked adorable in red outfits. The celebration featured the cheerful carol "Jingle Bells," heartfelt prayer songs, and a lively Christmas dance. The children also showcased their creativity with a fun Santa craft activity. Meanwhile, the Christmas Tree Decoration and Carols event saw students decorating the tree with beautiful hangings and singing carols, visually and audibly capturing the true spirit of the season, creating lasting festive memories for all.





Water reminder!

Water Reminder
Reminds us
It's time to drink water
Few drops of water
Give true joy.
A thirsty mind drinks wisdom
A thirsty soul drinks water
Water is clearly –
A mystery to me
Let's all taste this natural nectar
Thank you, H2O bell,
You always make us thrill.



- Harithra (VII B)

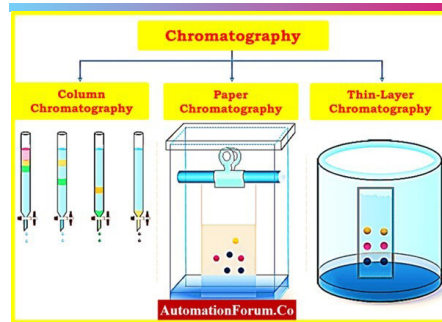
Windmill



A windmill is a structure that converts wind power into rotational energy using vanes called sails or blades. Traditionally, windmills were specifically used to mill grain, but in some parts of the English-speaking world, the term has also been extended to encompass windpumps, wind turbines, and other applications. The term "wind engine" is also sometimes used to describe such devices.

- P.Rubesh (IX A)

Chromatography



Chromatography is an important biophysical technique for separating, identifying and purifying components in a mixture. Size and shape, total charge, hydrophobic groups on the surface and binding ability with the stationary phase are all factors that may be used to purify proteins. Ion exchange, surface adsorption, partition and size exclusion are four separation strategies based on molecule properties and interaction type. Column, thin layer and paper chromatography are examples of chromatography procedures that use a stationary bed.

Chromatography is a vital analytical technique used across multiple fields. In vaccine development, it helped create Zmapp for Ebola by identifying effective antibodies. During the 2013 horsemeat scandal, HPLC-MS was employed to differentiate between beef, horsemeat, and other ingredients in processed meat, showcasing its precision over traditional methods. Beverage companies like Jägermeister use chromatography to

ensure consistent flavor by monitoring sugar levels. It's also crucial in sports for drug testing, detecting doping substances in athletes. In forensics, gas chromatography analyzes blood and fabric samples, aiding criminal investigations and bringing perpetrators to justice. Its applications ensure accuracy and reliability in analysis.

-Vinhu Prakash . M (VIII B)

நட்பு

அன்பு அளிப்பது நட்பு
துன்பம் போக்குவது நட்பு
உற்சாகம் அளிப்பது நட்பு
பக்கபலமாய் இருப்பது நட்பு
கைகொடுத்து உதவுவது நட்பு
உதவி செய்வது நட்பு
தனிமையை இனிமையாக்குவது நட்பு
சோர்வில் உற்சாகம் அளிப்பது நட்பு.

- அ.நிரஞ்சனா
ஆறாம் வகுப்பு அ பிரிவு



GET IT PUBLISHED

Dear Students and Teachers,

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

Every Child Is Unique

In today's competitive world, it's easy to fall into the trap of comparing children.

We often find ourselves measuring our child's progress against that of their siblings, classmates or even neighbors.

However, this comparison can be detrimental to a child's self-esteem, confidence and overall well-being.

Comparison can foster negative relationships between their friends or even parents and children.

Every child is born with unique talents, abilities and strengths. Rather than comparing them to others, we should focus on nurturing and celebrating their individuality.

So how do we encourage our children?

✦ Celebrate small victories and acknowledge progress, no matter how small.

✦ Praise children for their efforts, persistence and hard work.

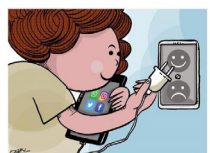
✦ Embrace the unique qualities, interests and strengths of each child.

Every child has unique strengths and talents and abilities waiting to be unlocked. By avoiding comparison and focusing on individualized support and encouragement, we can help each child reach their full potential and become the best version of themselves.



- Ms. Anitha Senthilarasu
Primary Teacher

Impacts of Social Media and its Resolution



A trending social topic to discuss right now is the mental health impact of social media on young people. As

social media becomes more ingrained in daily life, studies are examining its effects on self-esteem, anxiety, and even attention spans, especially among teens. Another related angle is the "compare and despair" phenomenon, where curated online content leads to unrealistic comparisons, contributing to anxiety and body image issues. Solutions like "digital

detoxes," "mindful scrolling," or promoting more transparent and supportive online communities are also gaining attention.

To help children break free from the heavy influence of social media, communities can take a balanced, supportive approach that emphasizes healthier offline activities and stronger real-life connections.

Here are some impactful strategies:

- Encourage Offline Hobbies and Activities
- Digital Literacy Education
- Strengthen Family and Peer Connections
- Promote Positive Role Models and Support Systems
- Teach Self-Esteem and Mindfulness.

These steps can create a more positive, supportive environment, encouraging children to develop a balanced relationship with social media.



- Ms. Rupavathi.V
Dept. of Computer Science

Role of Physical activities in students' life

Physical education plays a vital role in students' lives by fostering physical fitness, mental well-being, and social skills. It promotes a healthy lifestyle, combats sedentary habits, and enhances academic performance by improving concentration and reducing stress. Through team sports and activities, students learn discipline, teamwork, leadership, and resilience. It



also helps develop motor skills and instills values like fairness and perseverance. Physical education encourages self-confidence and builds a strong foundation for lifelong fitness, contributing to a balanced and fulfilling life. In essence, it nurtures both body and mind, preparing students for holistic development and future challenges.



- Ms. R. Maithili
Dept. of Physical Education



Language Lounge

1. **Many hands make light work** – when people work together, the task becomes easier and more manageable
2. **You reap what you sow** – the effort you put into something determines the result you get.
3. **A little goes a long way** – even small efforts or contributions can have a significant and meaningful impact.
4. **The sky's the limit** – there is no limit to what someone can achieve.
5. **Prevention is better than cure** – it is better to avoid problems or illnesses by taking precautions rather than dealing with them later.

SHRISHTI CHRONICLES THE NEWSLETTER

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