



SHRISHTI CHRONICLES

Shrishti Matriculation Hr. Sec. School



August 2025

(Managed by Makhija Foundation)

Volume 02 | Issue 03

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Annual Athletic Meet 2025

"Faster, Higher, Stronger – Together!"

The much-awaited Annual Athletic Meet 2025 of Shrishti Matriculation Higher Secondary School, Brammapuram, was held on 14th August 2025 with great pomp and splendour. The day reflected the true spirit of sportsmanship, unity, and determination among students, staff, and parents.



The programme began with the assembly of athletes and the arrival of the Chief Guest, Mr. C. Venu, a National Volleyball Player and Tax Assistant, Income Tax Department Investigation, Chennai. His inspiring presence motivated students to dream big and strive for excellence. After Tamil Thai Vazhthu and a prayer song, the welcome address, flag hoisting, and a soulful patriotic song set the tone for the day. A grand march past by contingents showcased discipline and perfect synchronisation.

One of the most thrilling moments was the arrival of the Olympic Torch and

the administration of the athletes' oath, reinforcing the values of fair play. The Chief Guest then declared the Sports Meet open, followed by vibrant cultural and fitness displays. Each performance reflected creativity, teamwork, and discipline: Bumble Bee (LKG & UKG), The Frame Squad (Std. I-II), Beat Boxers (Std. III-V), Lezim Symphony (Std. VI-X), Sakthi from Jancy to Skies (Std. VI-IX), Celestial Spiral (Std. IX-XII), and the lively Clapping Drill received thunderous applause.

The athletic events, filled with energy and cheer, kept the competitive spirit alive throughout the day. Adding further excitement, the Extra-Curricular Activities Display highlighted the talents of students in Silambam, Karate, and Archery. The graceful Silambam reflected cultural pride, Karate showcased strength and self-defence, while Archery displayed focus and precision.

Fun and laughter echoed during the Parents' Events and the earlier Teachers' Water Game, proving that sports at Shrishti is for everyone. The Prize Distribution Ceremony was a proud moment for winners, while the Chief Guest's address reminded students to value sports alongside academics.

The day concluded with the Vote of Thanks

and the National Anthem, leaving behind memories of teamwork, discipline, and joy. The Shrishti Annual Athletic Meet 2025 was more than a competition—it was a celebration of unity, determination, and the Olympic spirit: Faster, Higher, Stronger – Together!





Parents Visitation Day – Strengthening Bonds between Home and School



In August 2025, Shrishti Schools organised Parents' Visitation Day across all classes, creating a warm platform for parents to witness their children's learning journey and engage with the school community. Students proudly showcased their projects, classwork, and co-curricular activities, while parents interacted with teachers to understand progress and strengths. The sessions also offered insights into Shrishti's joyful, skill-based, and experiential teaching methods. Fun-filled activities and games involving parents added excitement, fostering laughter and bonding. The event reflected the Shrishti motto "Learn to Lead", celebrating student achievements and strengthening collaboration between home and school for every child's holistic growth.



Language Development Programme for Teachers

Language Development Programme for Teachers was conducted on 28th August 2025. The session was conducted by Dr. Esther Cynthia, Head of English Department. Teachers were given topics on the spot and were encouraged to deliver spontaneous speeches. The programme was presided over by the Principal, Ms. Thingal Johnson, who motivated the teachers and added valuable insights.



Independence Day Celebration



The 79th Independence Day was celebrated at Shrishti with pride and patriotic spirit. The day began with the hoisting of the National Flag and the singing of the National Anthem, filling the campus with unity and devotion. Students showcased their talents through patriotic songs, dances, and skits, honouring the sacrifices of freedom fighters and highlighting the value of independence. Inspiring speeches by students and teachers reminded everyone of their responsibility in building a stronger India. The celebration concluded with a pledge to uphold unity, peace, and progress, instilling in every Shrishtian a deep sense of national pride.

Krishna Jayanthi Celebration



The corridors of Shrishti came alive with colours, music, and devotion as the school celebrated Krishna Jayanthi with great enthusiasm. Children dressed up as little Krishnas and Radhas, filling the campus with joy and festivity. A beautifully decorated uriyadi added excitement, and students enthusiastically participated in cultural programmes including songs, dances, and skits depicting the playful stories of Lord Krishna. The highlight of the celebration was the devotional atmosphere created by bhajans and the traditional kolam decorations. The programme not only brought out the spirit of festivity but also reminded everyone of Lord Krishna's teachings of love, righteousness, and truth. It was truly a day of devotion, joy, and cultural pride.

Club Activity- Music Club



Music Club was organized on 22 August. Students of Class 6 to 9 participated actively. This has been an active platform for students to explore their vocal talents, build confidence and promote teamwork through group singing & solo singing.



Shrishti EduTalk 4.0 – Holistic Harmony

Shrishti EduTalk 4.0 series continued with a special session on Holistic Harmony held on 25th August 2025 at the Shri Manu Makhija Auditorium for Grades IV and V. The programme focused on health, safety, and well-being, offering students valuable life lessons.

Dr. Sharmi V. J., MD (Pharmacology), Senior Assistant Professor, Government Vellore Medical College, addressed the sensitive topic of Good Touch and Bad Touch, guiding children to recognise safe and unsafe situations and encouraging them to seek help from trusted adults. Her session instilled confidence and awareness in young minds.

The second talk, by Mrs. Sharmila, MSc., DO, Senior Consultant Optometrist, Reshmi Eye Clinic and Opticals, Ranipet, focused on Eye Care. Using storytelling, she highlighted healthy habits, the effects of screen time, and the importance of regular eye check-ups.

Interactive and engaging, the session left students informed, inspired, and better equipped for daily life, reflecting Shrishti's motto "Learn to Lead."



Skill Module - Class VIII

As part of the Skill Module classes, students of Class 8 participated in an AI Poster-Making Activity that combined creativity with technology. Using AI design tools, they explored how artificial intelligence can transform ideas into visually stunning posters.



Kindergarten Activities

The month of August was filled with joy, learning, and creativity for our little kindergarteners at Shrishti School. Each activity was designed to nurture their skills, values, and imagination while making learning a fun-filled experience.

Friendship Day Celebration (6.8.2025)



The month began with a heartwarming Friendship Day celebration, where our tiny tots crafted beautiful friendship bands and exchanged them with their friends. They clicked cheerful photos together and joyfully shared stories about their friendships, spreading love and togetherness.

Ganesh Chaturthi Activity (26.8.2025)

The festive spirit of Ganesh Chaturthi was celebrated with colours and creativity. Children used Ganesha-shaped stencils and dabbed them with sponge paints to create vibrant images of Lord Ganesha. This activity introduced them to cultural traditions while boosting their artistic expression.



Independence Day Celebration (13.8.2025)

With patriotic spirit, the children celebrated Independence Day by engaging in tricolour-themed activities. They wore tricolour dresses, painted using tricolour patterns, and spoke about our Indian national symbols. This activity helped instill pride and respect for our nation.



Sandwich-Making Activity (20.8.2025)

Practical learning came alive during the sandwich-making activity, where the little chefs washed, grated, and cut vegetables with care. Using healthy ingredients, they prepared their very own sandwiches and relished the yummy treats with excitement. This activity encouraged healthy eating habits and independence.



Hakuna Matata Activities

Adding more fun and skill-building exercises, the Hakuna Matata Day included a range of playful learning activities such as backward counting, body parts matching, sponge painting on letters, sorting fruits and vegetables, and distinguishing healthy and unhealthy food. These engaging activities sharpened their thinking, motor skills, and understanding of healthy choices.

The entire month was a beautiful blend of celebrations, creativity, learning, and fun. These activities not only brought smiles to the little ones' faces but also laid strong foundations for values, knowledge, and life skills.



District Level Swimming



U. Tarun - XI A4
50m Freestyle - Gold
50m Breaststroke - Gold
100m Breaststroke - Gold

District Level Chess Winner



Pratibha - XII A3



**CHENNAI SUPER KINGS - THE
VELLORE DISTRICT CRICKET
ASSOCIATION - INTER SCHOOL
TOURNAMENT WINNERS**



Basketball
Zonal winners going to District



RDS- District Athlete Meet

Under 19 - Boys-
Rohith Sharma . K- 12A1
400mts - Gold Medal
400mts Hurdle - silver Medal
C. Sanjay krishna - 11A1
Shot put - Silver medal

4x 100mts Gold Medal
S. Santhosh - 11A2
K. Naveen - 11A2
M. Mugulan - 11A3
M. S. Krithik -11A1

Under 17 - Boys
S. Santhosh - 11A2
100mts - Gold Medal
110mts Hurdle - Gold Medal
200mts - Silver medal
He got Individual championship
with 13 points
K. Naveen - 11A2
High Jump - Gold Medal



**BDG - Road
Cycling
Under 19**
P. Santhosh
XI A1
Gold Medal

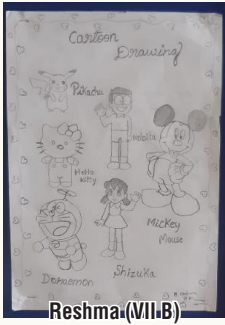


RDS- District Athlete Meet
Under 19 - Girls
A.R. Aabbey Varsha -XII A3
400mts - Silver Medal
400mts Hurdle - Silver Medal
Triple Jump - Silver Medal

**District
Level Chess**
U. Chiranjeevi
V A1
3rd Place



Congratulations to all the winners
your achievements are a beacon of motivation for others.



Reshma.(VII.B)



Shanjana. R (VI B)



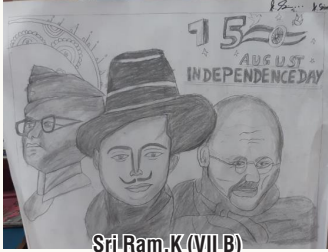
Sri Ganesh (VII A)



Thuyavan (VII B)



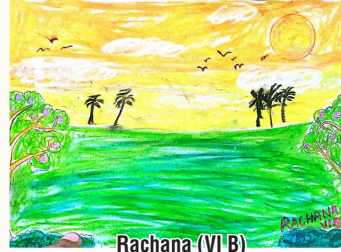
Tamilselvan. K (IX A)



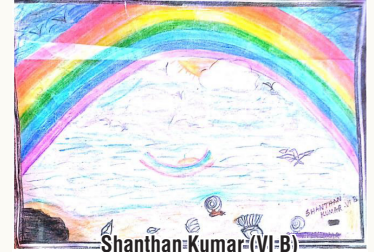
Sri Ram.K (VII B)



Monisha. S (VII B)



Rachana (VI B)



Shanthan-Kumar (VI-B)

Heartbeat of a Dream

In the rhythm of books, a heartbeat hides,
A dream of white coats, where hope abides.

Not yet a doctor, but on my way,
With passion to guide me every day.
Sleepless nights and endless pages,
Building futures through all the ages .
To heal a wound; to calm a fear,
To give a smile; to wipe a tear.

- **Tharun Balaji. S (IX A)**

- The shape of the Milky Way was discovered by Edwin Hubble.
- The Milky Way is about 14 billion years old.
- In roughly 4 billion years, the Milky Way galaxy will collide with one of its neighboring galaxies.

- **Niranjana. A (VII A)**

Top Phobias come on let us learn

1. Arachnophobia - The fear of spiders.
2. Ophidiophobia - The fear of snakes.
3. Acrophobia - The fear of heights.
4. Agoraphobia - The fear of open or crowded spaces.
5. Cynophobia - The fear of dogs.
6. Claustrophobia - The fear of small spaces like elevators, small rooms, and other enclosed spaces.
7. Mysophobia - The fear of germs.

Also known as Germophobia or Bacteriophobia.

8. Aerophobia - The fear of flying.
9. Trypophobia - The fear of holes.
10. Thanatophobia - The fear of death.
11. Glossophobia - The fear of public speaking.
12. Monophobia - The fear of being alone.
13. Atychiphobia - The fear of failure.
14. Ornithophobia - The fear of birds.
15. Enochlophobia - The fear of crowds.
16. Trypanophobia - The fear of needles.
17. Aquaphobia - The fear of water.
18. Hemophobia - The fear of blood.

- **MD Zaeem (VIII A)**

Amazing facts about our Milky Way Galaxy



- There are more than 100 billion stars, including our Sun in the Milky Way.
- The Milky Way contains at least one planet per star, resulting in 100-400 billion planets.
- The Milky Way is part of a larger group of galaxies called a Local Group.
- The center of the Milky Way contains a black hole that sucks up anything that crosses it.
- The Milky Way is named so because it has a milky appearance across the night sky.
- Until 1924, the Milky Way was the only known galaxy.
- The time it takes for the Sun to orbit the Milky Way one time is known as a Galactic Year.
- It takes around 250 million years for the Sun to orbit the Milky Way.



NATURE

Nature is a therapy that always gives you peace of mind, isn't it? Usually, everyone adores the moon but not the sun, even though the sun is actually the reason for the moon's brightness. We often like flowers but not the plant, which is the actual reason they grow. When we think about nature, we always feel relaxed and comforted because its colors are attractive and calming.

But why do we betray it by hurting it? By cutting down trees and polluting the environment? Nature always gives us goodness, yet we make it feel neglected and harmed. So, let's make nature feel comforted by not cutting it down and by saving it for the next generation.

- **P. Miraclin Jessinah (XII A3)**

இயற்கை

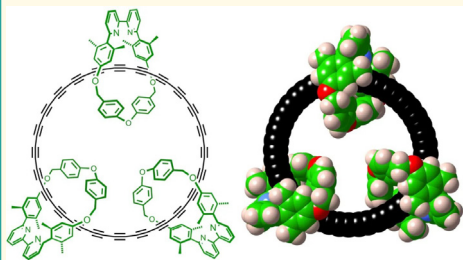
பூக்கள் நிறைந்த பூந்தோட்டம் எங்கும் பூக்களின் நறுமணம் வண்ணத்துப் பூச்சிகளின் ரீங்காரம்.

சின்னச் சின்ன சிட்டுக் குருவிகள் சிறகுகளை விரித்து பறக்கின்றன.

மரங்களின் நிழலும் மகிழ்ச்சியை தருகின்றது அந்த நிழலில் நாமும் மகிழ்சியடைகிறோம்.

- **Jaanaavi. A.K (VI A)**

Science Breakthroughs

**Discovery of a
Stable Cyclocarbon**

Chemists have successfully synthesised a cyclo[48]carbon that remains stable in solution at room temperature. Cyclocarbons, composed entirely of sp-hybridised carbon atoms arranged in a ring, have long been difficult to study because of their extreme instability.

The new structure was achieved by threading the 48-carbon ring through three protective macrocycles, forming a [4]catenane. This arrangement reduced ring strain and shielded the carbon ring, giving it remarkable stability under ordinary laboratory conditions.

For the first time, the molecule was fully characterised using mass spectrometry, ^{13}C NMR spectroscopy, Raman spectroscopy, and UV-vis spectroscopy. The ^{13}C NMR spectrum showed a single sharp resonance for all carbons, and Raman analysis confirmed alternating single and triple bonds typical of polyynes.

Surprisingly, even when the protective macrocycles were removed, the “naked” cyclo[48]carbon displayed short-lived stability in solution, lasting around an hour at low concentration.

This achievement represents a landmark in carbon chemistry, as it is the first time a cyclocarbon has been isolated and studied under standard conditions.

Grade 11 and 12 - Organic Chemistry
- Allotropes of carbon.

GET IT PUBLISHED

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

**How Mathematics is Essential
for Higher Education**

Mathematics is not just a subject you study for exams—it is the very foundation on which higher education is built. Every dream you hold for the future, whether it is to become a doctor, engineer, architect, scientist, economist, or even a business leader, has mathematics quietly working behind the scenes. It is the language of logic, the tool of problem-solving, and the bridge that connects learning in school to success in life.

When you step into college, you will realize that mathematics is everywhere. It sharpens your thinking, trains you to analyze situations, and helps you arrive at solutions with clarity. Subjects as diverse as Economics, Psychology, Computer Science, Architecture, and Geography all rely on mathematical ideas and methods. Even research, no matter what the field, depends on data, analysis, and logical reasoning that come from mathematics.

Beyond academics, mathematics also makes everyday student life smoother. From budgeting your pocket money and planning expenses, to completing assignments and interpreting results in projects, mathematics helps you make wise and confident decisions. In this way, math becomes not just a subject but a lifelong companion, guiding you towards growth and success.

It is no wonder that great thinkers like Albert Einstein and Srinivasa Ramanujan called mathematics the true language of the universe. The very word mathematics comes from the Greek mathema, meaning “knowledge” or “learning.” This shows us that mathematics is more than numbers—it is the pursuit of understanding itself.

Dear learners, each time you solve a problem, you are not just preparing for a test, but preparing yourself for life. Embrace mathematics with curiosity and determination, for it is the key that will unlock doors to your higher education and future career. Remember—math is not a burden, it is your greatest ally.



- Mr. Balaji
Dept. of Mathematics

**The Mystery of Chemistry in
Atoms**

Atoms are the tiny building blocks of everything around us, yet they hold incredible mysteries. At the heart of every atom are protons, neutrons, and electrons,

but it is the electrons that create the magic of chemistry. They move in mysterious ways, sometimes behaving like waves and sometimes like particles, following the strange rules of quantum mechanics. One of the greatest mysteries is how atoms bond to form molecules. Some atoms, like sodium and chlorine, transfer electrons to create strong ionic bonds, while others, like hydrogen and oxygen, share electrons to form covalent bonds. These interactions create water, air, food, and even life itself. Another secret lies in the energy stored within atoms. Breaking and forming chemical bonds releases energy, powering everything from human bodies to explosive reactions. Even more astonishing is nuclear energy, where splitting an atom's nucleus releases unimaginable power. Though we understand much about atoms, many mysteries remain. Scientists continue to explore their hidden secrets, unlocking new discoveries that shape the future of chemistry and the universe.



- Ms. Queen Hephzibah Asanath
Dept. of Chemistry

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