

# SACH N SOCH



## From The Chief Editor

When he was younger, my brother had exactly the same answer any time someone would ask him what he wanted to be when he grew up. It was either an astronaut, a football player, or Hulk. I laughed at his answer a lot-- who would dream of being Hulk!? But looking back at it, I now admire him. I'm pretty sure he knew trying to become Hulk was like drawing blood from a stone, but he never stopped dreaming. I found a paper a few months ago (when I was cleaning my desk for half-yearly exams) and on it was a paragraph I had written when I was about 7. It answered the question: Where do you see yourself in 20 years. And I'm in awe at my seven-year-old self, and the answers she gave. Now, although his dreams and mine are different, they still have one thing in common: they're big.

**-Saanvi Sundaram 9B**

## From the Co-Chief Editor

When we decided on choosing 'dreams' as the topic for this month's edition, I was extremely excited. Everybody has both kinds of dreams - the ones you get in your sleep and the ones you wish to achieve. I've always wondered why people call their goals 'dreams'. I mean, the dreams I get in my sleep make no sense whatsoever. I once had a dream that NASA sent me and my friend to space to rearrange the stars with our bare hands because we had super-strength. I dreamt of a mystical forest where unicorns carried people around. I dreamt of being stranded in the Sahara with my kindergarten teacher and her bodyguards. I never had a dream that made complete sense. But one thing I feel that for most people, dreams are impossible to come true. Both kinds. But wait! Wasn't there a time when humans thought the invention of a flying vehicle was impossible?

**-Varshitha Matta 9B**

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**Yes, they do if you really have faith in that dream it will come true**  
-Kevin Caleb Jana 5A.

# Dreams



**Yes, dreams come true if we work hard and put effort to succeed**  
-Netra Padmaraju 3E



*I dream to be happy forever!*  
-Varnika kolluru, 8B

**Dreams come true when you work towards them. For that, you have to work harder towards your dream and you have to push yourself**  
-Sai Pranavi Arise 5C



**I dream for a world with no judgemental people, a world where there's no deforestation, a world where I know that the next generation can safely live. And a world where women are treated properly and no human dies of poverty.**  
-Amrit Kaur 7C

**I dream of being a cricketer**  
-Vaishnav C. Nair 6D



**I dream for the people who have been affected by this pandemic or the ones who have lost their dear ones because of this deadly disease to find joy in their life again.**  
Aashnaa Gupta 7A



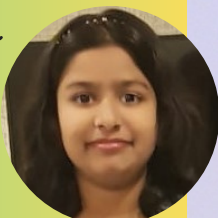
*I dream of becoming a badminton player. I was inspired by the female badminton legend P.V Sindhu.*  
-Samhita Krishna Annangi 6A



**I want earth to be a beautiful and not a polluted place. Take care of the earth and she will take care of you**  
-Eira Som 3B



*I dream for all the people who are unable to achieve their dreams.*  
-Iyeisha Sahoo 6B



**Close your eyes and dream, then open your eyes and work for your dream**  
-Tanvi varma kalidindi, 7B.



Samashti has adopted the 6Es model of instruction.

Students acquire and retain new knowledge by building on the previous knowledge.

The 6Es represent the six phases – **Engage, Explore, Explain, Elaborate, Evaluate, Encourage.**

As the student walks through these six phases, the new knowledge is completely absorbed.

## February

-Varshitha Matta 9B

February is a special month because it's the only one that has 28 days, while all the others have either 30 or 31. It's also unique because the number of days in it increases by 1 every four years, and we call the year in which February has 29 days a 'leap year'. Well, there is so much more to February! The length of February was finalised when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar. Over time, the length of February kept changing. At one point, it had as little as 23 days. The name of February comes from the Latin word "forum" which means purification. It was named after a purification ritual which was like an early Roman spring cleaning festival. In Welsh, February is sometimes known as "y is bach" which means "little month." Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release. February is the only month where it's possible to go the entire time without having a full moon. The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day are called a "leaper" or "leapling." So, before forgetting about February, the smallest month in the year, be wowed by these facts that make February stand out!

## Model United Nations

-Diksha Kumari 9D

Model United Nations, also known as Model UN or MUN, is an educational simulation and academic activity in which students can learn about diplomacy, international relations, and the United Nations. MUN involves students and teaches them how to research, speak, debate, and improve writing skills, in addition to critical thinking, teamwork, and leadership skills. Usually, as an extracurricular activity, some schools also offer Model UN as a class. It is meant to engage students and allow them to develop a deeper understanding of current world issues. Participants in Model United Nations conferences are known as delegates. They are placed in committees and assigned countries to represent an organization or a political figure. Delegates are assigned 'countries' before the conference, receive a topic or topics that their committee will discuss on. They conduct research before conferences, formulate position papers and come up with policy proposals that they will then debate with their fellow delegates in the committee, staying true to the actual position of the country or organization that they represent.

## Exams

-Ayesha Suhaila 9C

Scared about exams? Exams are one of the scariest things in a student's life! Whenever there are exams, the students, and their parents too, are stressed! The reason for this stress is to perform well. But what exactly are exams and why are they held? The whole year we study and work hard, and these exams are just to test what actually we have learned. But many of us are just too worried about these. It is not very difficult to prepare for exams. Some tips to prepare for exams are- don't worry too much about them, revise the concepts you learn in school on the same day, make a timetable for your study hours, take breaks regularly to relax, study the concepts you learned through which you will understand better, don't be afraid to ask doubts if and when you have any and test yourself beforehand. If you follow these steps, it would be very easy to write your exams. So, don't be scared of exams.

## Success

-Madeeha 7B

Success is not a destination, it is a journey where you will be facing a lot of problems. It can be from your society, your own ones, or you yourself. Do you think that destination is more important than the journey? Do you? I disagree, Journey means a lot. The work we put in to reach the destination means a lot. Everyone has their own definition for success, and you get your definition by being clear about what kind of success you want. Self-discovery is the most important thing for success. Discover yourself in ways you can. Ask yourself. What is my aim? What matters to me in life? What lifestyle do I prefer? And your mind will start thinking little by little and give you the answer. It takes time because we don't know what things are going to take entry into our lives, right? The next thing that I think matters a lot for success is curiosity. If you don't have the curiosity to reach the path you want, then you cannot reach it. When you have curiosity, then you won't find any excuse. Instead, you will find ways to reach your goal. Here are some tips by which you can live a successful life:

- Tip 1: Celebrate your wins (through this, you get encouraged to move forward)
- Tip 2: Don't compare yourself with others (this will be the main reason for not getting what you want)
- Tip 3: Learn new skills (this will help in the future)
- Tip 4: Have a positive mindset
- Tip 5: Read more and more books

## Dreams

-Siddardh Naidu 9C

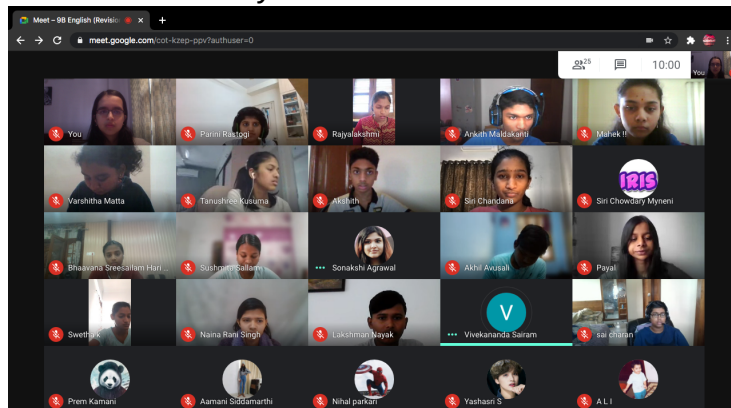


A famous quote by Dr. A. P. J. Abdul Kalam is 'Dream is not the thing you see in sleep, but is that thing that doesn't let you sleep.' Wouldn't you say this is indeed true? It all starts with a dream. A dream to achieve, to succeed. That is what propels you through any obstacles you might encounter. Any successful person would've worked on a dream they had and the result of it is what all of us see.

Let's talk about a dream that came true. About two hundred years ago, India's independence was but a dream. But for some, this dream was all that was on their mind. These were the ones who gave the dream its voice. Slowly, this dream spread throughout the nation. Slowly, it became too big for the British to stand in its way. They had no choice but to step aside. That's when the dream of India becoming independent was realised. You and I, both of us have our own dreams too. But when you establish to yourself that you have to accomplish the dream, that is when your actions adjust themselves accordingly. It goes without saying that necessity is the mother of invention. But the dream to achieve is what drives the inventor to finish the work he started.

## The Passageway to 10

-Diya Tanushree 9D



February is the month for the final exams for the 9th and 10th graders, so our timetables have changed. Our classes have been extended to ensure our best performance in our exams. There's been a lot of studying and uploading of notes which has refreshed our memories on topics that were completed at the beginning of the academic year. We've been having revision classes in which our teachers help us brush up on all the concepts and give us tips on how to write our exams. Everyone's excited and nervous. It's a whole new journey for the 9th graders going to grade 10. We're still happy our final exams are ending! That being said, we will miss this year with all our heart. With COVID-19 going on and online classes, people thought it wouldn't be the same. It wasn't the same, but it surely was an amazing experience!

## Valentines Day

-Radhika Dhaka 9D

In the past few years, on 14th February, all the students of Samashti International School got into groups in their classes. Do you know why?

It was Valentine's day! The day we all spread love and kindness. So, we students sit together in groups and make cards to thank the ones who help us, like the aayas, the drivers, the housekeepers and of course, our teachers. Sometimes, if it's hard we take help from our teachers and the internet. Through this, we learn the act of kindness, spread love, and learn teamwork and time management. Everyone has a big smile on this day and they get to know what they really mean to us. We are always thankful to the ones who help us.



SAMASHTI wishes everyone  
Happy Valentine's Day!

## Bloodshed and Terrorism- When will humanity be shown?

-Amrit Kaur 7C

Kashmir- a state known for its endless beauty, lakes, gardens, weather, and also for its saffron and apples! This state goes through more than what's visible. As they say, "Don't judge a book by its cover." Kashmir is doubtlessly beautiful, but being a part of both India as well as Pakistan, it goes through the most painful attacks and wars. One such example is the Pulwama attack. Let's dive deeper into this and know more about it. In 2019, 14th February, Valentine's Day, which is known as the day of "love", turned out to be a day of "horror and bloodshed" for India. A convoy of vehicles carrying security personnel on the Jammu-Srinagar National Highway was attacked by a suicide bomber at Lethapora. In this attack, 40 (CRPF) Central Reserve Police Force security personnel and the attacker died. The well-known Islamic terrorist group Jaish-e-Mohammed was responsible for this attack. The attacker was rumoured to be a local of the Pulwama district itself. The N.I.A. dispatched a 12-member team to investigate the case. Initial investigations suggested that the car of the attacker was carrying 300 kilograms of explosives, out of which, 80 kilograms was RDX (a high explosive). Lt. Gen Hooda said that the explosives could have been stolen from a construction site; also saying that there could've been a high chance of them being smuggled from across the border. It's been a sharp 2 years, and today I'm writing this article to raise the issue of terrorism, and to remind everyone once again that humanity is the biggest religion and we are strong as long as we are united.



## Greece

-Saanvi Sundaram 9B



Greece is a country located in Southeast Europe. It has a population of about 10.4 million people (as of 2020). It is famously known for its many magnificent monuments, its intriguing history, and being the birthplace of the Olympic games! Greece is one of the oldest known civilisations, formed approximately in 800BC. Today, it is a popular tourist destination for the monuments, such as the Ancient Delphi, which in ancient times was a famous oracle where pilgrims from all around the Mediterranean sea would come to ask for the prophecy of the god of Apollo. Greece also has a rich cultural heritage. Greek Mythology is the base for a popular series, 'Percy Jackson'. It is a body of myths originally told by the Ancient Greeks, regarding the creation of the Earth and Life. Gods and Goddesses like Apollo, Aphrodite, and Athena represent different virtues and beings, like the Sun, Love, and Wisdom respectively. A sweet dish everyone would have heard of (or even tasted) has its roots in Greece. Originating in both Greece and Turkey, Baklava is a sweet pastry made with layers of nuts and sweetened with syrup. It is usually served with ice cream or clotted cream (kaymak). People in Greece majorly speak Greek, with about 99% of the population communicating in this language, but other popular languages spoken in Greece are English, French, Italian, and German. Greece is one of the most fascinating countries in the world. Greece is one of the first countries in the world to have turned into a democracy, and its rich history and culture make it a land you can never get enough of.

## Punjab

-Deeksha 6D

Punjab is located in the northwestern part of India. The capital of Punjab is Chandigarh. It is bound by Jammu and Kashmir to the north, Himachal Pradesh to the northeast, Haryana to the south, and Rajasthan to the southeast. The word Punjab is made of two Persian words, Panj (five) and ab (water). It signifies the land of 5 rivers (Beas, Chenab, Ravi, Jhelum, and Sutlej.) The origin can be traced to Pancanada, a Sanskrit word for five rivers, and the name of the region is mentioned in the ancient epic of Mahabharata. The climate of Punjab is subtropical. Summers are scorching and winters are very cold. Punjab has three main seasons, they are Summer season (mid-April to the end of June), the Monsoon season (early June to the end of September), and the Winter season (early December to end of February). Punjab has cleared most of its forest areas with the growth of the human settlement. Bush vegetation has succeeded trees. Natural vegetation is severely limited because of intense competition from agriculture. The people of Punjab are mainly the descendants of the Aryan tribes. Religion of majority in Punjab is Sikhism which originated from the teachings of Guru Nanak, the first Sikh Guru. There are small communities of Hindus, Jains, Muslims, and Christians. Punjabi is the official language which is spoken in the state. Along with Punjabi, Hindi, English, and Urdu are also spoken by the people. Punjab produces an important portion of India's food grains and contributes a major share of wheat and rice stock. Much of the state's agricultural progress and productivity is due to The Green Revolution, which is an international movement launched in the 1960s that introduced new agricultural technologies and high-yielding varieties of wheat and rice. Punjab is well served by the Northern Railway system. There is an international airport in Amritsar and regular domestic services available in Chandigarh and Ludhiana. Punjab holds numerous festivals such as Dussehra, Baisakhi, etc. Bhangra, Jhumar, and Sammi are some of the dance forms which are popular in the state. The Golden Temple in Amritsar has been a monument of worldwide fame. Punjab is a wonderful place to visit and enjoy with family and friends.

## Gitanjali Rao

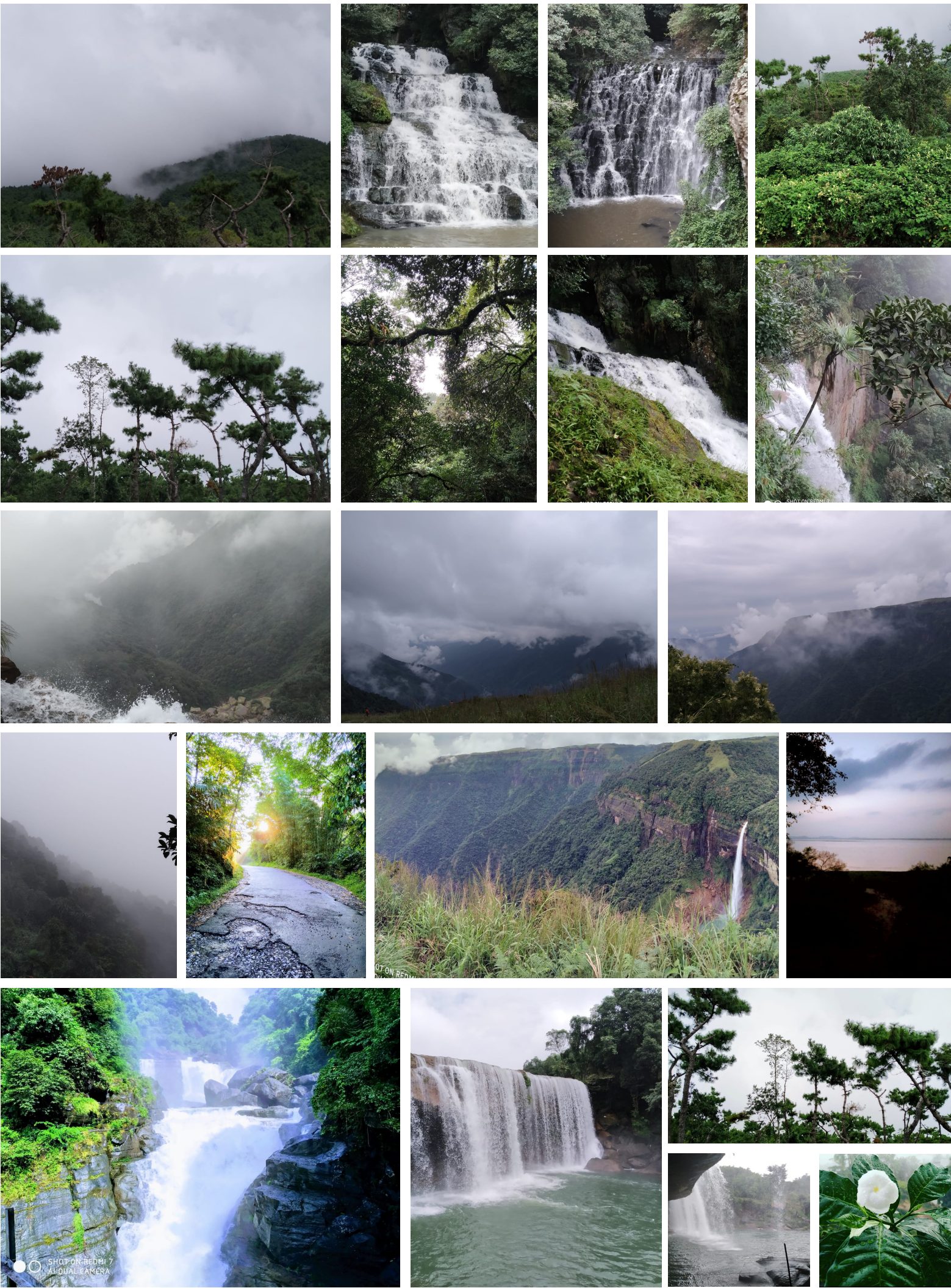
-Aditi Boyapati 6B



Indian-American Gitanjali Rao has become the first-ever Kid of the Year. The 15-year-old has been honoured by Time magazine for her "astonishing work using technology to tackle issues ranging from contaminated drinking water to opioid addiction and cyberbullying." The Time magazine wrote, "The world belongs to those who shape it. And however uncertain that world may feel at a given moment, the reassuring reality seems to be that each new generation produces more of what these kids have already achieved: a positive impact, in all sizes." She has been interviewed by actor and activist Angelina Jolie. Gitanjali called her process 'observe, brainstorm, research, build and communicate.' There were more than 5,000 nominees for this first-ever title 'Kid of the Year'. She told Time, "I think more than anything right now, we just need to find that one thing we're extremely passionate about, and solve it; even if it's something as small as finding an easy way to pick up litter. Anything you do makes a difference if you are really zealous about it. Don't feel pressured to come up with something big." Gitanjali also shared that her goal has always been to make people happy by bringing positivity and community to the place she lives in. She was in second grade when she started thinking about how she can utilise science and technology to bring about a change in the social environment. She was only 10 when she told her parents that she wanted to research carbon nanotube sensor technology at the Denver Water Quality Research Lab. She missed her first day of 8th grade because she was busy demonstrating a device she had built to detect the presence of lead in drinking water on The Tonight Show. Gitanjali's Tethys invention won her the title of America's Top Young Scientist in 2017 and she also earned a spot in the Forbes "30 under 30" list. She has also started writing a book that guides and inspires teens about innovation and gives them advice for entering the world of tech competitions. Young or old, she definitely is an inspiration to us all.



# GALLERY





## The benefits of a good sleep schedule!

-Saanvi Sundaram 9B

We lose track of time. It's nothing out of the ordinary to forget what time it is when you're busy or having fun. But having a fluctuating sleep schedule or an incorrect one can cause other problems. And the good thing is that our sleep is one thing we can control. Mostly! It takes time to adjust to a schedule when you're used to another one. Of course, we can't exactly tell our bodies when to fall asleep and wake up. It takes time to get used to. The most common thing most people follow is sleeping for 6-8 hours. Studies have shown that depending on your age, you tend to sleep at different times. Infants and young kids tend to feel sleepy by late evening, while young adults and college students usually sleep later. After reaching a certain age, we get tired earlier. But what about school students?

An ideal time to go to sleep would be 9-10 pm. This, coupled with getting up at around 6 am is one of the most recommended sleep times. Some other simple things you can do to make the most out of your sleep are: Switch off your phone/electronic devices an hour before you sleep; finish your dinner by 8 pm; sleep with the light off. Remember, your sleep is as important as the next thing in your day-to-day life, it isn't something to be neglected.

## Bird Flu

-Purvi Patankar 9D

Bird flu, also known as Avian Influenza, is a viral infection that can affect not just birds, but also humans and other animals. H5N1 is the most common form of bird flu. It's deadly to birds and can easily affect humans and other animals that come in contact with a carrier. According to the WHO, H5N1 was first discovered in humans in 1997 and has killed nearly 60 percent of those infected. Currently, the virus isn't known to spread via human-to-human contact. Still, some experts worry that H5N1 may pose a risk of becoming a pandemic threat to humans. Bird flu occurs naturally in wild waterfowl, but it can spread easily to domestic poultry. The disease is transmitted to humans through contact with infected bird feces, nasal secretions, or secretions from the mouth or eyes. H5N1 has the ability to survive for extended periods of time. Birds infected with H5N1 continue to release the virus in feces and saliva for as long as 10 days. Touching contaminated surfaces can spread the infection. You are most likely to get the infection if you are exposed to the bird. So, it's better to keep your distance!



## Personal Hygiene

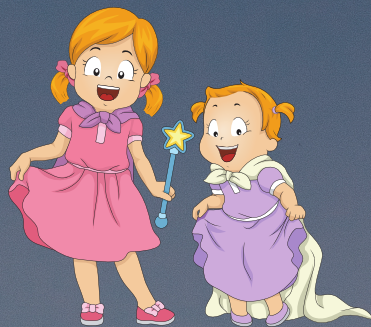
-Sriram Nandigam 6D

We all think about brushing our teeth twice a day, perhaps even THRICE a day! You are not wrong, but when you do these things, you think about personal hygiene. Such things are only a factor of personal hygiene. What exactly is personal hygiene? Personal hygiene is about keeping ourselves hydrated and eating good and healthy food. But remember, too much or too little of anything is not a good thing. Consumption of very little water can cause diseases like Heat Injury, Urinary and Kidney Problems, Seizures, Low Blood-Volume shock (hypovolemic shock), and whatnot! In the same way, consumption of excess unhealthy food or not enough food, can lead to Cardiovascular diseases, Hypertension, Cancer, and Diabetes mellitus. Although this might seem enough, there is one more thing we don't care about. That is "Screen Time"! I know that all of us out here (and there) love Xbox, PS, Movies, WhatsApp, Facebook, Instagram, and more and more! But this can affect our eyes in harmful ways! Looking at screens for extended time periods can cause "Computer Vision Syndrome (C.V.S)". The symptoms can be strained and dry eyes, blurred vision, and headache. Poor posture when looking at screens can cause chronic neck, shoulder, and back pain.

Yes, a lot of things come under personal hygiene!



# My little sister



I was about to be an elder sister,  
I didn't know if I would have a sister  
or brother.

I didn't know if he/she would listen to  
me

Because I had never been an elder  
sister!

And I couldn't wait to play with  
him/her,

I knew they would be a wonder!  
I hoped I didn't make a blunder,  
I was about to be an elder sister.

There was a lot to wonder,  
but then, I got a little sister!

And she is really a wonder,  
I was ready for this blunder,  
I am now an elder sister!

Now she is seven,  
I am so shaken.

My little sister grew so much,  
I love her too much!  
I am an elder sister!

-Aashnaa Gupta 7A



## Canvas Creations



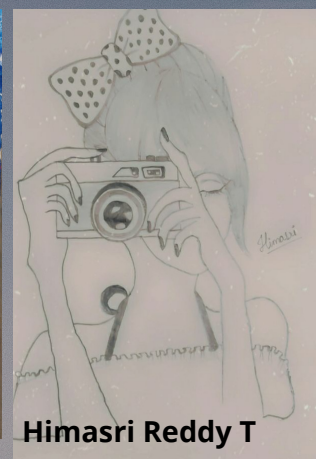
Eka tiwari



Deeksha Kishore



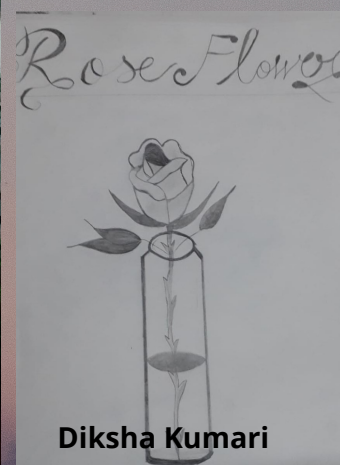
Neha dream



Himasri Reddy T



Varnika



Diksha Kumari

## Jokes

(Sai Sweshta 6A & Amrit Kaur 7C)

1) Why are frogs always so  
happy?

They eat whatever bugs them!

2) I went down the street to a  
24-hour grocery store. When I  
got there, the guy was locking  
the front door. I said, "Hey!  
The sign says you're open 24  
hours." He said, "Yes, but not  
in a row!

3) "I couldn't figure out  
why the baseball kept  
getting larger. Then it  
hit me.

4) Teacher: Donald, what  
is the chemical formula  
for water?

Donald: H-I-J-K-L-M-N-O.

Teacher: What are you  
talking about?

Donald: Yesterday you  
said it was H to O.

5) Teacher: A man from Los Angeles  
drove towards New York at 250 miles  
per hour and a man from New York  
drove towards Los Angeles at 150 mph.  
Where did they meet?

Johnny: In jail!

6) Did you hear the kid-napping at that  
school? It's fine, he woke up!

7) Me: God, how long is forever?

God: To me, a minute

Me: How much is a million dollars?

God: To me, a penny!

Me: God, may I please have a penny?

God: Wait a minute!