

SACH N SOCH

COURAGE



From The Chief Editor

In the midst of completing my notes, January seems to have disappeared! With our exams coming up, there isn't a free moment to spare! I truly can't believe we're at our fourth edition! It feels surreal. Not just as chief editor, but as part of this team, I feel so proud of everyone-- the journalists, who take up the task of writing articles; the editors, who sit and find the small errors we all, as humans, make; the design team, who work tirelessly right before the release of an edition to make the newspaper actually spring to life; and the photographers, who take up the challenge of finding photos when we don't even attend physical school! I'm lucky to be working with such amazing people. and I can imagine how daunting it must be to contribute to an actual newspaper, when we haven't done anything like this before. This is true courage. Not the courage it takes to skydive, but the courage it takes to test new waters, to stand outside your comfort zone. But they all do an amazing job. Without any further ado, let's jump into the first 2021 edition of Sach and Soch! **-Saanvi Sundaram**

From the Co-Chief Editor

Has it already been a month since we celebrated New Year? The joy that I felt when I entered 2021 was not normal. It's not because I blame the year 2020 for everything, but because I felt so blessed and grateful that my family and I were safe and sound. It is safe to say that I cried quite a lot because of how happy I felt. A new year doesn't promise everything to be perfect but it sure gives us hope - which is why we chose 'Hope' as the last edition's theme. This month we chose 'Courage'. Courage was one of the things that kept you strong during situations like the ones we went through last year. One-twelfth of 2021 is done already! Time sure flies, which is why we must make this moment count. Think of the ways why YOU personally couldn't make 2020 your best year yet, and correct yourself to make this one it. **-Varshitha Matta**

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Self-confidence and believing in myself is what gives me courage.

Lyeisha Sahoo 6B

Courage

Don't
QUIT

STAY
STRONG &
POWER ON



Believing is the key to courage.

R.Sona 8B



Lakshya Thota
5B

All the love everyone gives me, and trusting myself, gives me courage.



Choosing to act even with fear and anxiety is courage.

Laasya Padmaraju 8B

Believing in ourselves and knowing our strengths and capabilities gives us courage.

Sahasra Veda 9D



Be
Brave



Aashnaa Gupta 7A

My Mom gives me courage because she is the role model in my life.

My strengths, my capabilities, my values, my weaknesses, and the challenges which lie before me give me the courage.

Himani Joshi 7D



Knowing that the goal that is ahead of me is worthwhile, I fill up with courage to continue doing a terrifying or tough task.

Navya Kutty 5C



My family, friends, books and songs; all of these give me courage in a way I can't verbally describe.

Amrit Kaur 7C



NEVER
Give up



DONT LOSE
FOCUS

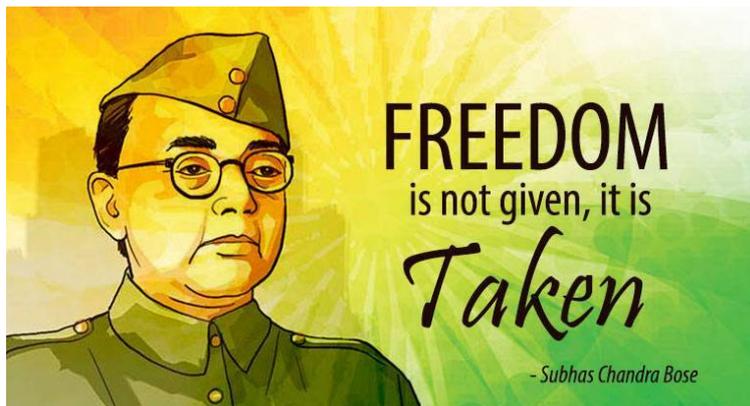


BEE
PATIENT



Subhash Chandra Bose

-Lyeisha Sahoo 6B



Subhash Chandra Bose, known as Netaji ("Respected Leader"), was born on January 23, 1897, in Cuttack, Orissa [now Odisha], India. He was a revolutionary, notable in the independence movement against the British rule of India. Subhash Chandra Bose led an Indian national force from abroad against the Western powers during World War II. Bose was known in particular for his militant approach to independence and for his push for socialist policies.

Early life: Bose was the son of a wealthy and prominent lawyer. He was the ninth of a total of fourteen children. He was inspired by the teachings of Swami Vivekananda and Ramakrishna after reading their works at the age of 16. He felt that religion was more important than studies.

His work: Bose joined the non-cooperation movement started by Gandhiji, who had made the Indian National Congress a powerful non-violent organisation. Bose was advised by Gandhi to work under Chitta Ranjan Das, a politician in Bengal. There, Bose became a youth educator, journalist, and commandant of the Bengal Congress volunteers.

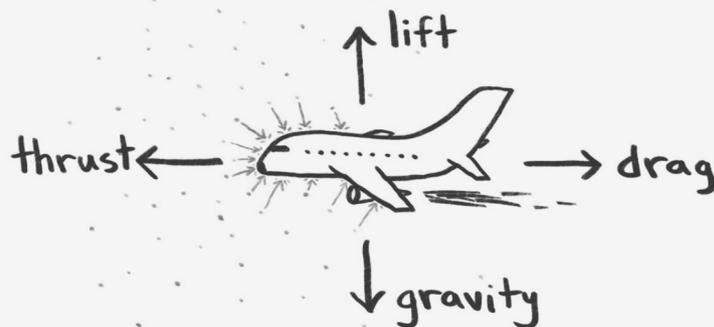
Shortly thereafter, he and Jawaharlal Nehru became the two general secretaries of the Indian National Congress. Together they represented the more militant, left-wing faction of the party against the more compromising, right-wing Gandhian faction.

Some memorable slogans by Subhash Chandra Bose are:

1. Tum Mujhe Khoon Do, Main Tumhe Azadi Doonga (Give me blood and I will give you freedom!)
2. Jai Hind! (Long live India!)
3. One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives.
4. Life loses half its interest if there is no struggle - if there are no risks to be taken.
5. We cannot sit still because we cannot, or do not, know the Absolute Truth.
6. Freedom is not given - it is taken.

How do planes fly?

-Siddardh Naidu 9C



All of us have something that we think is a marvel. I have a few too. One of them is flying. Flying through the air at super-high speeds without any traffic to hold you back. Travelling thousands of feet in the air, where huge buildings are nothing but smudges on the landscape stretching all below you. The feeling is just euphoric. But when it comes to how we're able to achieve these extraordinary heights, you enter a whole new world.

To fly, you need to get off the ground or take off. To do this, aeroplane wings are given an aerofoil shape and the wings are pointed downwards as well. The upper side is curved, whereas the bottom part is a straight line. The aerofoil helps split the incoming air and reduces the pressure of the upper airflow as well. While doing this, it also accelerates the upper and lower air streams downwards. The difference in pressure causes a difference in speed, which produces lift. Lift is the force that helps the airplane gain altitude. The accelerating of the air downwards also helps by creating a powerful downward draft of air which helps create lift.

Next, to stay in the air, a force called thrust is generated by the engines. Thrust helps propel the aircraft forward. The lift force still acts on the plane which helps it maintain its altitude. To steer in the air, the pilot uses both the rudder and the wings. He raises and lowers one wing to steer the flight. He uses the rudder to control the movement of the nose of the plane.

Next comes the landing. To land, the lift of the plane needs to be reduced. This is done by increasing the angle at which the wings are tilted. This causes an increase in drag and reduces the lift generated by the plane. This reduction of lift is known as stalling. This helps the aircraft cruise at a minimum speed and safely land.

That's just about how a plane works. But all planes aren't the same. Different planes travel at varying speeds. We have even made aircraft that travel faster than the speed of sound! Examples include the Concorde, Lockheed L-2000, Sud Aviation Super-Caravelle, etc. These are said to be capable of supersonic flight.

The world of aviation is a fascinating and exciting one. Next time you're on an aeroplane, just remember all the science that goes into getting an aircraft to fly.

OBSESSIVE COMPULSIVE DISORDER (OCD)

-Ayesha Suhaila 9C

WHAT IS

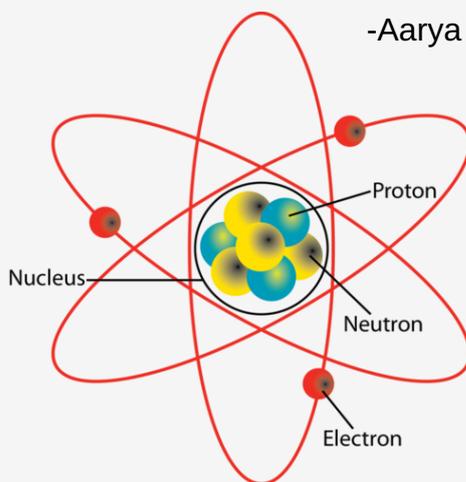
OCD ?



Have you observed people with compulsive behaviour? They are said to have OCD. The full form of OCD is Obsessive Compulsive Disorder. This is a mental illness that causes repeated and unwanted thoughts again and again that leads to compulsive behaviour. It also leads to excessive fear of germs and organising things in proper order. Obsessive Compulsive Disorder is a chronic disease. This means that it won't fix itself and is generally not curable. For people with OCD, thoughts are persistent, and behaviours are rigid. Not performing the behaviours commonly causes great distress. There are four types of OCD which include: contamination, perfection, doubt/harm, and forbidden thoughts. Symptoms of OCD are constant cleaning and hand washing, checking multiple times whether the doors are locked or that the gas is off, counting, and countering obsessive thoughts. Therapy for OCD is usually a type of cognitive-behavioral therapy (CBT) with exposure and response prevention (ERP).

The Standard Model - Part II

-Aarya Tiwari 8D



Last month, we talked about the effects of smashing two objects together and the concept of subatomic particles. Let's read more about this interesting concept, namely, the fundamental particles! Then after studying them, they smashed them together and got what people currently call "the fundamental particles", or the Elementary Particles that people say cannot be broken down further, at least with current technology as of 2020.

These are made into three groups of particles based on their behavior: there are the Talented Kids, the Depressed Kids, and the Team-Project Lovers.

The Team Project Lovers are scientifically called Quarks and they make up the subatomic particles in the nucleus of the atom. They are divided into three generations; the first generation has less mass than the third, so basically, the third generations are fatter than their grandparents. We have 2 particles in each generation with one mostly happy particle called the UP ($2/3$ happy) and one partially sad particle called the DOWN ($-1/3$ happy) that make up a proton or neutron depending on how they are joined

These particles are joined in trios and use the help of the Cool Kids to join. 2 Ups and 1 Down make a proton and 1 Up and 2 Downs make a neutron.

Then we have the Depressed Kids, AKA the Leptons. They are also divided into three generations and the third generation is fatter than their grandparents or has more mass. We have 2 particles in each generation.

One particle is depressed completely and the other doesn't care at all. The 2 particles in the first generation are the Electron which is depressed (-1 charge) and the Electron Neutrino which doesn't care (0 charges). Let's finish with the Cool/Talented Kids (they come last for a change).

They are scientifically known as bosons and there are different types of talents each boson has. Let's observe one by one. Photons manage the electromagnetic force and are responsible for the light we have. Gluon is really nice. She helps the Team Project Lovers manage themselves and form in groups of 3.

She manages the strong nuclear force responsible for the nucleus of an atom. W^+ , W^- and Z bosons are kind of the quiet type. They are responsible for some forms of the instability of particles called radioactivity and for kickstarting cool processes like Nuclear Fusion, fusing atoms. Then there's the Graviton, which manages the attraction of large objects, but he is still to join the school, so we don't know if he really exists yet.

CLASS ACTIVITY

Activities are a way of bringing students together to make something new and give them a chance to be creative. Every term, our teachers conduct activities to show them that we can be innovative in different ways. Due to this pandemic, we had a really unique way to show it. This term, we were given a speaking assignment. In this, we had to talk about 3-5 role models and why we chose them, in a limited time of about 2-3 minutes. We were expected to make a video or an audio as part of this activity. Through this, our speaking skills were tested along with our vocabulary and grammar. We also had to give a good amount of information in a short time. Many students spoke about their idols and told their reasons for being inspired by them. This truly showed their passion towards their idols and how they have given them hope to achieve their goals.

-Purvi Patankar 9D

RESPONSIBLE ONLINE BEHAVIOUR

On the sixth of January, we had a session on Responsible Online Behaviour. We learnt how to keep our privacy in check and make sure we aren't breaching others' privacy either. We were shown other online alternatives to what we use in our daily lives to make sure we are safer and our information is secure. When we're online, we need to remember that there are actual people behind the icons we talk to and that they have real feelings and their feelings can be hurt. Similarly, we need to know that disclosing personal information online means we're risking our security and that people can gather our information, which isn't safe. Because of the pandemic, being online is no more a luxury, it is a requirement. But freedom comes with a lot of responsibility, even on the internet. And we shouldn't be responsible online just because of the pandemic, but because it's the right thing to do.

-Saanvi Sundaram 9B

TIME WAITS FOR NONE

"Time waits for none". This proverb is appropriate in today's world because the world is moving at a fast pace where nobody has time to waste. Moreover, time never stops, for the clock is always ticking. Therefore, to use our time, we should work hard every second; once the time has gone, we cannot regain it. It is the most precious thing a person can have. Successful people know how to manage their time. "You can earn money by using time but you can never earn time by using money." Time is more powerful than anything in this world. It will destroy a lazy person, and strengthen a hardworking one. We should learn regularity, continuity and commitment from time. We should always be on time, and try to make sure that we don't waste others' time. It helps to heal all our wounds, feelings and broken hearts. It also helps us to forgive the other person for his or her mistakes, and hence, time is said to be the best medicine.

-Diksha Kumari 9D

AROUND THE SCREENS

SIMPLY CREATE

Do you think creativity needs time, specific space, and intelligence? No, creativity needs only our mind and effort for thinking and producing. Whenever, wherever, and whatever you want you can create; always think that we are the artist of our lives and we can choose to live it however we want. Do you believe that your mind is unstoppable in thinking? Yes, it is. We all have thoughts and ideas, but you need to take action on them if you want to create. Dig deep into your inner self and ask, "Am I capable of creating something?" or "Am I a person who has different kinds of thoughts and solutions for a particular incident?" Think about the field you are interested in and what you can create. The one thing you can do to keep your creativity organised is to maintain a separate notebook so that you can note down your ideas because your mind takes no time to forget those ideas that may help you create a stunning masterpiece. Here are some good tips you can follow to cultivate your imagination: **Have a good environment:** Your environment has a strong impact on your creativity. **Start small:** Take small steps towards your goal. **Dedicate time:** Spare at least 15 minutes every day to sit down and note down your ideas. **Find inspiration:** Get motivated by other people. This will help in improving your ideas by looking at them from different points of view. **Think positive:** Stop thinking negative thoughts because these thoughts might just ruin all of your future plans. Never give up! No one ever succeeds on the first try. Keep on trying, it just takes time. No matter what happens, never lose hope.

-Madeeha 7B

COURAGE

'Courage is not the absence of fear, but the triumph over it.' Do you let your own fears rule you? Do they make your decisions? Or do your strength and willpower make your decisions? Imagine how we would've been if some legends of India didn't have the guts to stand up for the people. Imagine how we would've been if they didn't have the courage to put their lives at stake for our independence and freedom.

Courage isn't something only a few people can have. While reading our history textbooks and learning about rebellion, we must learn not just the general knowledge and dates, but also about the courage it required for the heroes to succeed.

Overcoming fear is not easy. Sometimes our fears might be so powerful that we'd consider it 'impossible' to get rid of them. Aristotle once proposed that we become courageous by 'being courageous'. Take little steps. Don't do it all at once. Of course, you might think, 'What does a fourteen-year-old have to do with big words like courage?'. Courage is not going to war with a strong look on your face; it is believing in yourself, feeling confident, and facing obstacles with a powerful and determined mind. I think courage is very essential for us because this is how we learn. This is how we grow.

-Varshitha Matta 9B

NATURAL DISASTERS

The students of 5D recently had an activity on natural disasters. The students made amazing presentations. One of the teams talked about drought. The team put together the content on facts relating to some of the worst droughts that have taken place. Another PPT gave information about floods and precautions to be taken when floods occur. The students worked in groups to do this activity. The students cooperated with each other and collaborated while doing this activity. The other natural disasters that were covered were Tsunamis, Earthquakes, Volcanic eruptions, Tornadoes, Forest fires, etc. Some of the teams made models that were interesting and creative. The children tried to convey the message that when a natural disaster occurs, humans cannot control it but can prevent it. As natural disasters are not predictable, disaster management is a key skill that every city, state and country should be trained on with a well-planned plan of action. Every team showed scenarios where these disasters were well-handled and the impact of the disasters was reduced by the government, and every single human being came forward to volunteer. The teams put in a lot of effort along with the guidance of the teachers to make the sessions very lively.

-Deeksha Kishore 6D

Into the depths of South Africa

-Sushmita Sallam 9B



The Rainbow Nation was the name given to South Africa by Archbishop Desmond Tutu after its first democratic election in 1994, when apartheid ended. It's a metaphor for the coming together of all different people who live in South Africa. It describes the unity of various cultures and ethnic groups in a diverse manner. This is a perfectly descriptive name, not only because of the diversity of the people here, but also the biodiversity. Red is for the Karoo; Orange is for the Hogsback; Yellow is for the Golden Gate Park; Green is for the Drakensberg Mountain; Blue is for the Wild Coast; Indigo is for Love; and Purple is for Cape Town sunsets.

History: The first Europeans who came to South Africa were the Portuguese in 1448. Many years later, in 1652, the Dutch East India Company established a small settlement at the Cape of Good Hope. Over time, Europeans, Germans, French and Dutch settlers arrived too, and were known as the Afrikaaners. In 1948, the National Party was voted into power. Apartheid was the name of a system of racial discrimination in South Africa. The apartheid system was oppressive for Blacks who were forbidden from living in White areas. The African National Congress (ANC) went against the policies of segregation. Nelson Mandela, who was the leader of ANC fought for equal rights, he was tried for treason, sent to prison in 1964 for opposing the apartheid regime. The next 28 years he spent in South Africa's most dreaded prison, Robben Island.

Language: There are 11 official languages spoken in South Africa: Afrikaans, Xhosa, Sesotho, Pedi, Tswana, Zulu, Swati, Venda, Ndebele and Tsonga.

Sports: Five sports are popular in South Africa: Rugby, Cycling, Cricket, Golf and Football. South Africa has played three World Cups and hosted the 2010 tournament (first time an African nation had the honour). South Africa was also one of the founding members of the Confederation of African Football (CAF). Hosted twice the Africa Cup of Nations tournament, winning in 1996, 2007 and 2019.

SA is full of beauty, both natural and man-made. Cape Town encompasses both of these, with amazing oceans and views as well as gorgeous architecture and culture. It has diverse ecosystems and wildlife. Much of the wildlife can be seen in the national parks, which protect them and aid in maintaining their ecosystems. Not only is South Africa home to the Big Five and a number of endangered animals, such as the African Wild Dog and the Pangolin, but it also has a superb variety of marine life as well. It has a diverse floral kingdom also. Even though there are a number of alien plant species in South Africa, there are also numerous indigenous plant species. The plant kingdom is diverse and home to incredible flowers, such as the King Protea. It has unique mountains. The most famous mountain is Table Mountain, named as one of the new 7 wonders of nature, but there's more. The Drakensberg holds its own beauty, such as the Amphitheatre, and the Swartberg displays technicoloured sandstone cliffs and houses the Kango Caves, one of the most astonishing cave systems in the world. In Spring, there are thousands of different types of flowers that bloom, transforming the harshest environments, such as Namaqualand into beautiful, natural gardens. The sunsets are truly spectacular. No matter where you are in South Africa, the skies share the same beautiful hues and colours of sunset, reminding us that we are in Africa and that it's a beautiful country.

The State of Gardens: Tripura

Amrit Kaur 7C



Tripura is located in the North-Eastern part of the subcontinent of India. It is surrounded by Bangladesh on the West, North and South; and on the East, it is surrounded by the states of Assam and Mizoram. Tripura is the third smallest state in the country, covering 10,491 sq ft. Its physical features include hill ranges, rivers, valleys, and much more. Betling Shib, a part of the Jampui range, at an altitude of 939 meters or 3,081 feet, is the highest point of the state. According to the census of 2011, Tripura is one of the most literate states with a literacy rate of 87.75%. Although there have been no traces of any Paleolithic life, tools made of fossil wood suggest upper Paleolithic life in Tripura. The Indian epic, Mahabharata, the Puranas, and the edicts of Ashoka (stone pillar inscriptions of the emperor's rule), all mention Tripura! Tripura's ancient name was Kirat Desh, probably referring to the reign of the Kirata empire. During the winter months, the temperature is anything between 13° and 2° or 3° Celsius; while in the summers, it is between 24° and 36°. Tripura is famous for its greenery. There are so many species of trees and plants here, that it's hard to make a list! You'll find plant and tree species that you must've never seen before. Not just its flora, but also the animals. According to a survey conducted in 1989-90, there are about 90 land mammal species from 65 genera and 10 orders. Out of 15 free-ranging primates of India, the most are found in Tripura. Tripura has 7 of them! That's the most seen in a single state! Apart from that, there are nearly 300 species of birds in the state. Now, that's a lot! In winters, thousands of migratory birds visit Gumti and Rudrasagar lakes. This is why the Gumti river is known as an important bird area. Well, are you planning a trip? Tripura is the right place!

Remembering Kobe Bryant

Theertha Praveen 9C



Kobe Bryant was a professional American basketball player. A generation of basketball players embodies him. Bryant started playing basketball at the young age of 3 years and the Lakers were his favourite team when he was growing up. Drafted to the N.B.A. Lakers, directly out of high school in 1996, he was named an All-Star in 18 of his 20 seasons. At the age of 34, he became the youngest player in league history to reach 30,000 career points. In 2016, after various injuries had taken their toll on his health, he announced his retirement from the game. The standard of excellence Kobe held himself to reflected on everything he tried and that goes for the NBA as well. In addition to these accomplishments, he was a member of the gold medal-winning US men's basketball teams at the 2008 Beijing Olympic Games and the 2012 London Olympic Games. His short film, 'Dear Basketball', won an Academy Award for the best animated short film. He was the kind of person and player that made everybody around him better. That earned him the respect of his competitors. There will never be another like him.

Pongal

- Diya Tanushree 9D



Pongal is one of India's most prominent festivals. It's also called 'Thai Pongal'. It is a harvest festival celebrated in Tamil Nadu, Telangana, Puducherry and Sri Lanka. During this festival, people thank the Sun God for their abundance for four days. Let's read more about the story of Pongal. Legend has it that once Shiva asked his bull, Basava, to go to the earth and ask the mortals to have an oil massage and bath every day and to eat once a month. Accidentally, Basava announced that everyone should eat daily and have an oil bath once a month. This mistake enraged Shiva who then cursed Basava, banishing him to live on the earth forever. He would have to plough the fields and help people produce more food. Thus the association of this day with cattle. According to an inscription found in the Veeraraghava temple at Tiruvallur, the Chola King Kiluttunga used to gift lands to the temple, especially for the Pongal celebrations. The term 'Pongal' in Tamil means 'to boil', and this festival is celebrated as a thanksgiving ceremony for the year's harvest. This year, Pongal was on 14th January and lasted until 17th January. On this day, families cook a dish, known as Pongal. The first day is called Bhogi, the second is Surya Pongal, the third Mattu Pongal and the fourth which is the last day is called Kaanum Pongal. It's an amazing, festival that makes us feel grateful and happy.

Republic Day

-Sai Sweshta 6A



Happy Republic Day to all the rightful citizens of Samashti! Many of us know that India will be celebrating its 76th republic day, to honour everyone who used their minds and creativity to draft the first constitution of India. On 26 January 1950, India became a republic when the Constitution of India came into effect. On 26 December 1950, the Constitution of India replaced the Government of India (1935) as the governing document of the country. India had gained independence from Britain on 15 August 1947 through the passing of the Indian Independence Act in the British Parliament. On 28 August 1947, the Drafting Committee was formed with Dr. B. R. Ambedkar as its Chairman to draft a permanent constitution for the country. A draft constitution, prepared by the Committee, was submitted to the constituent assembly in November of the same year. The Assembly had been formed in 1946 for this purpose. The Constitution came into force on 26 January 1950 and this day is celebrated as Republic Day throughout the country. This was the day that India, the ancient civilization, a potpourri of different cultures and kingdoms, became a modern republic. A state guest is invited on this occasion to witness the Republic Day parade. This has been followed since 1950. The guest on Republic Day is chosen after a lot of deliberation, keeping in mind political and economic considerations. In 2017, the UAE Crown Prince Mohammed bin Zayed Al Nahyan was invited. In 2018, ten Heads of States had been invited. This included the Heads of State of Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam.

Sankranthi Celebrations



Our sins: On Its Way Back

-Sahasra Veda 9D

When we speak about environmental pollution, it affects nature more than one can assume. This pollution is damaging our earth and it's time to realise its effects and prevent its damage. Though contamination is caused by many pollutants, the main cause is human activities. Once we understand our responsibility to keep the environment clean and healthy, our posterity will automatically eliminate pollution. Before eradicating all other kinds of pollution like air, water, or land, we need to annihilate the most important pollution that is Thought Pollution. Once eradicated, it will eliminate the other pollutions automatically. Once we work on our Thought transformation understanding hygiene and safety, all the other things will be lined up most effectively. Even though this issue has been existing, in the 21st century its harmful effect has been felt on a large scale. Although several key steps have been taken to control these effects by the UNEP (United Nations Environment Programme) and governments of different countries, still there is a long way to go. Due to pollution, several biological processes and cycles get disturbed. The air quality is poor and there are cases of land and water pollution as well. Knowing the lethal effects of pollution, one must get on the task of curbing or reducing pollution as soon as possible. For example, to curtail air pollution, people should take public transport or carpool to reduce toxic gases coming from vehicles. It may be hard to avoid firecrackers at festivals and celebrations, but it can reduce air and noise pollution. Above all, we must embrace the habit of following the 3 R's which are Reuse, Reduce, and Recycle. Everyone must take a step towards change from individuals to industries. All of us must take a stand and become a voice for the unheard to make our earth pollution-free.

The Betterment of the Earth

-Sriram 6D

Many of us think that we have stopped polluting the Earth not realising we are wrong. We are still polluting mother Earth without going out! We all want a vaccine but they come with an equal share of consequences. While making a vaccine, scientists and doctors make and use many kinds of antidotes and chemicals just to make one so they would have to be manufactured in big numbers in order for all of us to receive it. Thus, there will be a lot of smoke and chemical gas going out of the factory chimneys thus affecting the air. Now, we have our ambulances. If anybody is infected or hurt, we will have to take them to the hospital. Smoke is released by the ambulance while taking the patient to the hospital. That's not all, we all like Diwali and fire-crackers. So, our parents go bring the crackers, and we all enjoy bursting them. While enjoying the fire-crackers, we light up harmful gases like Carbon Dioxide, Carbon Monoxide and Nitrogen, releasing them into the air, promoting air-pollution. COVID - 19 has become a huge pandemic where we can't go to offices or schools or any other place. Thus, we all get the fun of those places on the internet. For example, for school, we use google meet and for office work, we use zoom. We again get extra projects which require more meetings and use of the internet. We also find the need for extra fun activities like movies and comedy shows. By doing all of these things we are releasing internet radiation which gives electroshock to birds and because of that our precious little birds may even become extinct!

Hidden Miracles of the Natural World

-Laasya 8D

We all see the world as we know it, but do we really? Many people claim to have seen the true beauty of nature, but the truth is, no one knows everything about it, because nature keeps changing. Some things in nature happen too fast, like the movement of a humming bee's wings and some things happen too slow for the human eye, like the opening of a flower bud. Other actions are usually missed because of our incomprehension towards nature. But, if we actually dig deeper into this subject, we can use nature's way of evolving for ushering in a new era of technology helping to discover and help more. For example, the dragonfly is the world's greatest flyer, but no one knew about them; how they move their wings, how they hover, or even fly upside down! But a few years ago, after long months examining its flight pattern, scientists can now use this data to create new kinds of robotic flyers to expand our vision of important and remote places. This is the real beauty of nature. And we must not stop after reading this, but continue to ponder about it, and understand how important it is to try and preserve our natural world, as it is for our own good. If there is no nature, there is no us.

Immunity booster-Kadha -Radhika Dhaka 9D



With seasonal changes and temperature dipping day by day, it is the time of the year when you are prone to catching a virus infection easily. The immunity of your body is low and the chances of falling sick are more. So what do we do in times like this when a global pandemic is hovering over our heads and we cannot afford to fall sick?

The answer to this is quite simple. All you need to do is boost your immunity, take care of yourself, and follow a strict regime. Make changes to your diet, add more winter foods and soup to your meals. To give you a head start at the onset of winter and prevent you from falling sick, this is a simple recipe for a drink called Kadha, an Ayurvedic concoction that acts as an immunity booster.

Kadha to boost immunity:

Add 1 tbsp of turmeric powder and 5-6 peppercorns to boiling water. Let it brew for 5 minutes and add coconut oil, honey and 5-6 lemon drops to this concoction. This will help boost your immunity and improve your skin.

How to stay safe? -Himani Joshi 7D



To maintain our health, the most important thing is a proper diet. When I wake up in the morning, my mom gives me a salad and I eat it because in this pandemic situation, health is what matters the most. Only if our health is good, we can fight COVID - 19. Try having a bowl of salad every day which will give your body nutrition. You can have it as breakfast in the morning or at night as dinner. Now, let's come to hygiene. When you go out of your house, these are the things you need to follow:

1. Wear a mask for your safety. Wear the mask, breath out and keep your hand near the nose to check if the air comes out. The mask is not safe if the air can come out.
2. Sanitise your hands.
3. Use a toothpick or a stick to press anything like a button on the lift, etc.
4. After coming home, wash your hands without touching anything. Wash them for a minimum of 20 seconds. Then take a shower and wear fresh clothes.

Follow these precautions to be safe from COVID - 19 and other viruses and bacteria.

Fitness

- Devangi Saboo 6E

Fitness is just as important as studies. If we do not follow a good fitness routine and if we do not eat a balanced diet, our future can be impacted negatively. So here are some tips for a healthier lifestyle:

1. **Make a schedule or a timetable:** Making a schedule or a timetable will help you manage time more efficiently.
2. **Wake up early:** I know this is hard, but getting up early helps improve your sleep schedule, and gives you more time to exercise. Keep in mind that waking up early has an impact on your mood.
3. **Exercise:** It is important to play sports and exercise, it keeps you fit and healthy. If you have a cycle, make use of it and go cycling. Health benefits of regular cycling include increased cardiovascular fitness, increased muscle strength and flexibility, and improved joint mobility. If you are not allowed to go outside, make an exercise routine which you can do in the comfort of your own home. When you exercise at home, take two-minute breaks after each exercise. This will help stabilise your heartbeat and relax your muscles before your next exercise, resulting in making exercising easy by reducing tiredness. If you do not have a cycle but are allowed to go outside, you can play sports like tennis, badminton, cricket, basketball, skating, etc.
4. **Eating a balanced diet:** This plays an important role in fitness. Did you know that homemade Indian food is actually very good for health? Each of our spices helps in different tasks of the body, and we all know fruits and vegetables are all packed with different vitamins and minerals, so when these two are cooked together, they are a jackpot of good health and delicious meals. If you can not leave your precious pizzas and burgers, have them on one day of the week, at the most.
5. **Sleep:** Some of us nowadays sleep at 10 pm or 11 pm, but the ideal time to sleep is actually 9 pm, and the ideal time to eat dinner is 8 pm. For people who are night owls, try to sleep by 10 pm. Please remember, you should not use any gadgets at least one hour before you sleep.

Poetry

Nikitha 7A

Mother means love, affection and care,
Without her, I would not be where I am now,
It is my job to take her one step ahead, as it is fair,
I will do my best to give her happiness, for I have
taken a vow.

An outstanding feeling runs through my mind,
Whenever I see my mother smile,
Her next step is typically hard to find,
But just as I see her face light up, I know she is
enjoying the style.

We treat mothers as GOD,
To have her with me means a lot,
She gets to know everything just with a nod,
I feel she is a wonder and what not .

You do matter

-Saanvi Sundaram 9B

You may think you do not matter
That you're only one fleck of sand
But don't all those sand particles
Make up the soil on our land?

You may think you do not matter

That you're simply seaweed in the middle of the sea
But don't those plants and animals

Provide food for you and me?

You may think you do not matter
That you will never win the game
But it isn't about winning or losing
Isn't it about playing all the same?

You may think you do not matter

That you will leave no mark

But before there comes a fire

Won't there always be a spark?

You may think you do not matter

That you will die, but life will go on

But don't you know that one day

I will miss you when you're gone?

Jokes and Riddles:

Shreya 6A

1) Why did you eat your homework, Joe?

Because I don't have a dog!

2) Naisha: Teacher, would you punish me for something I didn't do?

Teacher: No, of course not!

Naisha: Good, because I didn't do my homework!

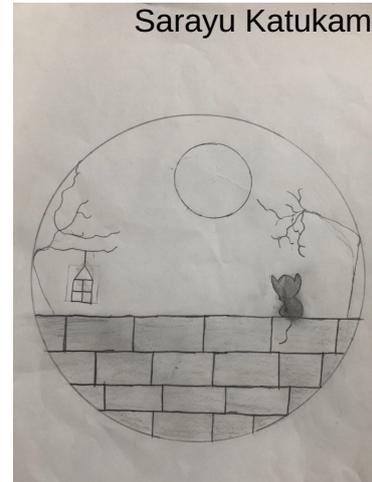
3) I have pages; people can read me; I am not a book; my name has three syllables, and it starts like a monkey. What am I?

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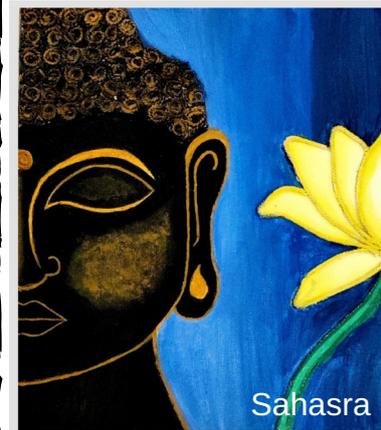
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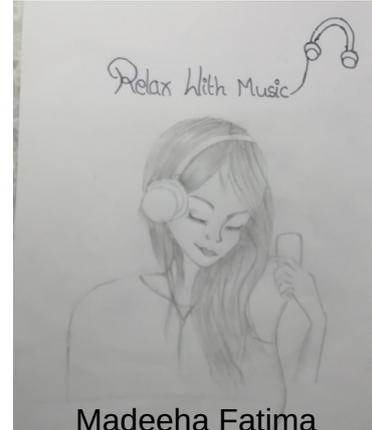
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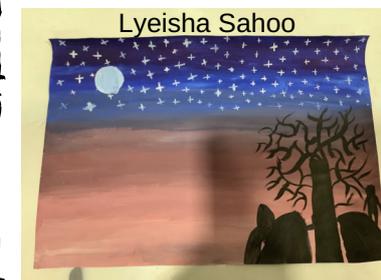
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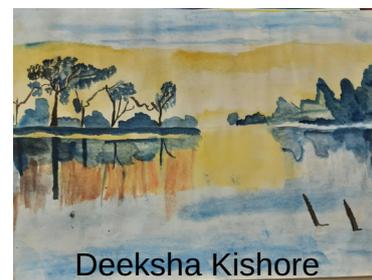
Sahasra



Madeeha Fatima



Lyeisha Sahoo



Deeksha Kishore



Amrit Kaur



Nirmal Tej



Siddardh Naidu