

SACH N SOCH



From the Chief Editor

My cup is overflowing!

The favourite slogan of teachers in the school bus-
'Sit down. Don't stand when the bus is moving'

I am usually the last person to get into the bus in the afternoon at 3:25pm. One day, as I moved from the front to my seat at the back, Shreyansh of PP2 piped up 'Ma'am, sit down quickly, the bus is going to move; and he followed me with his eyes, until he saw that I was safely seated. **Empathy!**

Happy Reading.

- S. Sasi

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From The Principal's Desk

Good Day Samashti family!

'Say 'Hi' and I will tell you what I like about you.' This message that I received recently when I was in a pensive mood, reminded me that connection is the key to happiness. Connect with all and celebrate the people in your life. Celebrate life itself! Life is of course about meeting deadlines, facing exams, writing notes, submitting projects et al. But all these become a cake walk when you are connected, when you look at everything with joy, when you know that there are so many people supporting you in your endeavours. In fact, when we share our love, our gratitude with others, when we share the little things that delight us, when we reflect together on our happy memories - all our tasks become things of pleasure. We would start looking out for deadlines! When we learn to celebrate every small thing in life, everyday becomes a festival. A hug, a pat on the back, a quick squeeze of the hand or a radiant smile is all it requires to connect, to connect with your peers, with your seniors, juniors, teachers... It was with this purpose of connecting, of bonding that we introduced 'We time' in Samashti. I am really grateful for this message which has helped me reconnect with many people with whom I share precious memories. As we look forward to the flower-decked Bathukkamma and lilting Dandiya beats, colourful dussehra and a peaceful green Diwali, let us remember to connect and celebrate life and its challenges with a smile. Remember a simple 'Hi' can be the link to happiness.

- Dr. Meera Bhandari Arora

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FROM THE HEART - EMPATHY



Do you always know whether your friend is happy or sad?
What will you do if your friend is unhappy?
Do you feel happy if your classmates are happy?
How do you feel if you do something kind?
What do you do if someone is kind to you?

I feel delighted when I do something kind as I know that I helped someone. Kindness is a virtue which everyone should possess.

Siddardh - 8C



If they are sad, they won't talk to me. If they are happy, they will play with me and give me high five.

Niharika - 1C

If my friend is sad, I will do silly things and make him laugh by cracking jokes.

Karthik - 1 F



I will feel very happy, when I am kind as someone else becomes happy because of me.

Moksha - PP2 D



I would tell them a joke and cheer them up.

Karthikeya Abhiram - 7 D



I get to know that my friend is happy or sad if he does things that he does not like to do and if he doesn't do his favourite things.

Sathvik Sundaram - 4 D



I would go enjoy with them and ask them why they were happy. I know that seeing them happy, I would feel happy too.

Purvi - 8 D



If someone is kind to me, I will find some way to show my kindness to them.

Ankith - 8B



We can identify our friends whether they are sad or happy by their behavior. But sometimes, they may hide the truth by giving a fake smile. So you should always ask them if they are happy or sad. If sad then, we should cheer them up. Then they will be grateful to have a friend like you.

Akshaya - 7 B



If my best friend Abheer is happy, he will talk to me, play with me and draw with me. He always smiles when he is happy.

Vihaan Praveen - PP2C

If I did something kind, I would be proud of myself for making someone happy. I would try to spread kindness.

Diya - 8 D



I feel happy when my classmates are happy because they are a part of my emotion.

Anvita - 4A



I can always tell when my friend is happy or sad by looking at their face.

Akshith - 8 B



When someone is sad (especially a friend), we will understand as they won't talk to us the way they normally do and they will probably like to be alone. But, when our friends are happy they will like to be with us.

Laasya - 7 B



If my friend is sad I will encourage him and try to solve the problem and make him happy.

Piyush - 5C



I feel positive when I help my friend.

Ishaani - 5A



I will try to cheer them up by understanding their problems and giving them a solution.

Vinamratha - 7 D



I often don't know how my friend is feeling as they might hide themselves behind a mask of a smiling face.

Aditi - 7 D



I am happy when my classmates are happy and I can easily make out when they are sad.

Karthik - 8 D



If I do something kind, I feel happy. Nothing pleases me more than seeing someone smile. I love to see the look of surprise on someone's face.

Theertha - 8C



Let us Continue with some more Engage Activities



Parts of Leaf

Grade 3: Who cares about a little sun, when we want to learn loads about plants. This was an outdoor activity where students were made to observe closely and learn about the parts of a leaf. They felt both sides of the leaves with their hands, observed the stomata, learnt about green pigment, chlorophyll and the role of leaves in photosynthesis.

Patterns

Grade 3: This activity in Maths was all about patterns wherein students perceive the pattern through song and dance steps played on smartboard. This activity collaborates art with Maths. The skills attained are self-learning by following the pattern, imitation by observing the video and learning by repetition.



Large Numbers

Grade 5: Topic covered: Operations on large numbers. A figure is drawn on the floor, with the symbols of mathematical operations. Teacher gives a situation and in pairs, the students should provide the solution. They should choose the correct operation (+, -, x, ÷) by jumping onto the correct box to arrive at the solution.



Art Integration in English

Grade 3: This activity engaged the students in drawing a favorite scene of theirs from any of the journeys they have experienced till now. Students were really engrossed in doing this. This activity was a warm up for their English lesson. Students came up with colourful drawings of waterfalls, beach, train track, forests and so on.



Numeracy

Grade PP1: Children were all set for Pre math concepts. The activity was to engage them in collecting fallen natural objects and learn the concepts. It was a breezy Monday morning. Children were made into small groups with baskets to collect fallen leaves, twigs etc. They found some beautiful yellow colour fruits fallen on grass, children were quite attracted to see them and grabbed them into their baskets.

- Children were asked to count and collect 5 fruits.
- A Few of them were asked to get big and small sized fruit.
- Some of the children made shapes using the fallen objects.
- Few made some wonderful figures like face, vehicles etc.

While children were having fun collecting the fruits, they were also recollecting the concepts of big and small, counting numbers from 1 to 5 and shapes etc.



Number Names

Grade 2: Introducing games into the classroom is a great way to make learning fun, engaging and motivating for young learners. It helps students to develop a positive attitude towards the subject from an early age, setting them up for a successful academic future. Teacher engaged the students by "Bingo Game". The class was divided into two groups. Each group was given number names and numbers upto 100 along with a bingo card. Teacher, then called out the numbers and students had to identify the numbers and their respective number names and cross it. Students played the game with utmost interest and were able to identify numbers and number names accurately.



Independence Day

Saanvi - 8 B

On August 15 2019, India enthusiastically celebrated its 73rd Independence Day. Samashti also celebrated this day of national significance with full energy. With performances, speeches from students and flag hoisting, it was one unforgettable experience. The day started with flag hoisting. After breakfast the celebrations began. Grades 3, 4, and 5 performed a skit on how India attained freedom from the British. The props and their realistic performances brought the freedom struggle live in front of the audience. Grades 1, 2, PP1, and PP2 danced to songs full of patriotic fervour in Hindi and Telugu. Another show stealer was the live music and dance number that grades 4-9 participated in. The talented dancers from grades 6 to 8 danced to a medley sung by grades 4 to 9. On August 15, Raksha Bandhan was also celebrated. The tiny tots from PP2 gave a dance performance about the relationship between brothers and sisters. An amazing way to end the day was the Sapling Exchange program.

Samashti Ed Talk

Sindhu Vankadaari - 10 D

'Good time management allows you to accomplish more in a shorter period of time. This leads to more free time, which lets you take advantage of learning opportunities, lowers your stress, and helps you focus, leading to success in life. Each benefit of time management improves another aspect of your life.' Says Sindhu of grade 10 who thinks that we all at some point in our life, face a major problem of time management. 'We all want to play, read, and study, watch T.V., gossip with others and do a whole lot of things in the 24 hours of our day. Some of us think a lot and make timetables so that we can categorise the amount of time of time we are spending on one task. But while allotting the timings we tend to overestimate or not properly understand how much time is actually needed.' 'As students, we get tensed up when we see a lengthy question paper. We do not answer even simple, easy questions due to this tension. We have to understand and attempt each question according to the marks, but we end up messing it up. Time management helps in prioritizing our life. Everyone has the same 24 hours a day but it depends on how we prioritize them. It helps in daily life as well and not only in exams. Whatever you do in the end, do what matters.'



Sapling Exchange Program

Ms. Aruna (English Dept. Faculty)

What would you rather leave behind, plastic bottles or trees? This is a question which begs an answer from all of us as responsible citizens of this planet. The exchange of saplings is a good initiative taken up by Samashti as a step forward in the protection of our environment. Toddlers to higher grades along with all the facilitators showcased enthusiastic participation in exchanging saplings with each other. They started fetching their saplings four days before itself and took care of those plants. This has created an awareness among students about the planting of saplings and the care they should take. On the occasion of Independence Day, Samashti was filled with saplings, the greenery signifying prosperity, with the warm orange glow of sharing around everyone under the blue and white sky. A few glimpses of sapling exchange are here.



Fun in The Classroom

Pranavi - 9 C



Few days ago, we, the students of 9C had lot of fun in English class. We had a poem named 'The Legend of Northland'. This poem is a legendary ballad describing the story of a selfish and greedy woman who was cursed to turn into a woodpecker. We were made into different groups. There were two groups of girls and two groups of boys. We were told to set the poem to music and perform a melody. We could recite in the tune of another song or create our own tune. One of the girls' teams recited the poem in the tune of the Christmas Carol 'Joy to the world'. The other team recited the poem in the tunes of different songs for every 4 Stanzas. One of the boys' teams recited the poem like a rap song. The other team recited it in their own tune. After hearing all the teams, the teacher appreciated the talent of all the students and congratulated them for their innovation and improvisation of the ballad in their own way. We all had fun in the classroom.



Ganesh Chaturthi and Empathy

Saanvi - 8 B

On August 30, Samashti celebrated Ganesh Chaturthi. Students from different grades enthusiastically performed not only special programs for Ganesha but also on the theme of the month, Empathy. Students of grades 4A and 4D performed a dance which told about the relationship between Ganesha and his followers, and how they trust lord Ganesha. Karthikeya of grade 8D sang the song Sri Ganeshaya Dheemahi. This song, is not only about lord Ganesha's physical features, but also about his mindset and his teachings. The students of grade 7B performed a skit on empathy. This skit showed a famous doctor, who does not show any empathy to anyone. He realises his error when some illiterate people help him when his car breaks down. The skit tells us that humanity and empathy come before anything else.

The United Kingdom

- A. KARTHIKEYA - 8D



Geography: The Kingdom of Great Britain and Northern Ireland, commonly known as the United Kingdom (UK) or Britain, is a sovereign country located off the north-western coast of the European mainland. The United Kingdom's 242,500 square kilometers (93,600 sq. mi) were home to an estimated 66.0 million inhabitants in 2017. The United Kingdom consists of four constituent countries: England, Scotland, Wales, and Northern Ireland. Their capitals are London, Edinburgh, Cardiff, and Belfast, respectively.

Government: The United Kingdom is a unitary parliamentary democracy and constitutional monarchy. The current monarch is Queen Elizabeth II, who has reigned since 1952, making her the world's longest-serving current head of state. The United Kingdom's capital and largest city is London, a global city and financial center with an urban area population of 10.3 million. Other major cities include Birmingham, Manchester, Glasgow, Leeds and Liverpool.

History: The islands that are today the United Kingdom were invaded by the Romans in 55 BC. After the Roman Empire, the islands were invaded by the Saxons, the Vikings, and finally the Normans.

Literature and Culture: The English playwright and poet William Shakespeare is widely regarded as the greatest dramatist of all time, and his contemporaries Christopher Marlowe and Ben Jonson have also been held in continuous high esteem. Various styles of music are popular in the UK from the indigenous folk music of England, Wales, Scotland and Northern Ireland to heavy metal. The UK is also home to world-renowned symphonic orchestras and choruses such as the BBC Symphony Orchestra and the London Symphony Chorus.

Language: It is estimated that 95 per cent of the UK's population are monolingual English speakers.

Religion: Forms of Christianity have dominated religious life in the United Kingdom for over 1400 years. Although a majority of citizens still identify with Christianity in many surveys, regular church attendance has fallen dramatically since the middle of the 20th century, while immigration and demographic change have contributed to the growth of other faiths, most notably Islam. This has led some commentators to variously describe the UK as a multi-faith, secularised, or post-Christian society.

First of all I am an Indian!

Dr. Kailasavadivoo Sivan was born on April 14 1957 in Tamil Nadu. He is the son of a farmer and studied in a Tamil medium government school in Mela Sarakkalvilai village. He is the first graduate from his family. He graduated with a bachelor's degree in engineering from Madras Institute of Technology in 1980. He then got a master's degree in aerospace engineering from Indian Institute of Science, Bangalore in 1982, and started working in ISRO. Sivan joined ISRO in 1982 to participate on the polar satellite launch vehicle (PSLV) Project. He was appointed as the director of ISRO'S Liquid Propulsion Systems Centre in July 2014. Sivan was appointed the chief of ISRO in January 2018. Under his chairmanship, ISRO launched Chandrayaan 2 the second mission to the moon on July 22 2019.



He has received several awards such as:

- Shri Hari Om Ashram Prerit Dr Vikram Sarabhai Research Award (1999)
- ISRO merit award (2007)
- Dr Biren Roy Space Science award (2011)
- Distinguished Alumnus Award (2013) from Madras Institute of Technology Alumni Association, Chennai
- He was conferred Doctor of Science (Honoris Causa) from Sathyabama University, Chennai in April 2014.
- Distinguished Alumnus Award (2018) from Indian Institute of Science, Bangalore.
- Tamil Nadu government's Dr.A.P.J. Abdul Kalam Award (2019)



New Delhi

दिल्ली - शहरों की रानी, देश की राजधानी तनुश्री - आठवीं 'ब'

इतिहास: दिल्ली को महाकाव्य महाभारत में प्राचीन इंद्रप्रस्थ के रूप में जाना जाता है। उन्नीसवीं शताब्दी के आरंभ तक दिल्ली में इंद्रप्रस्थ नामक गाँव हुआ करता था। पुरातात्विक विभाग के द्वारा जो पहले प्रमाण मिलते हैं, उन्हें मौर्यकाल (ईसापूर्व 300) से जोड़ा जाता है। तब से निरंतर यहाँ जनसंख्या के होने के प्रमाण मिलते हैं। 1966 में अशोक का एक शिलालेख (273-300 ईसापूर्व) दिल्ली में श्रीनिवासपुरी में पाया गया। महाराजा पृथ्वीराज चौहान को यहाँ का अंतिम हिन्दू राजा माना जाता है। इस पर खिलजी, तुगलक, सैयद, लोधी और मुगल सल्तनत ने भी शासन किया।

आकर्षक स्थल: पुराना किला, सफदरजंग का मकबरा, जंतर मंतर, कुतुब मीनार, लोह स्तंभ, बिरला मंदिर, जामा मस्जिद, इंडिया गेट, लाल किला, राजपथ, मुगल उद्यान आदि।

शिक्षण संस्थान: दिल्ली विश्वविद्यालय, गुरु गोबिन्द सिंह इंद्रप्रस्थ विश्वविद्यालय, अखिल भारतीय आयुर्विज्ञान संस्थान, भारतीय प्रौद्योगिकी संस्थान, जवाहरलाल नेहरू विश्वविद्यालय, इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय, टेरी-ऊर्जा और संसाधन संस्थान और जामिया मिलिया इस्लामिया।

प्रसिद्ध व्यंजन: मसाला पराठा, पनीर टिक्का, दाल मखनी, बटर चिकन, मटर कोरमा, छोले भटूरे, बिरयानी, निहारी, रबड़ी फालूदा।

त्योहार: सभी धर्मों के मुख्य त्योहार और राष्ट्रीय त्योहार धूमधाम से मनाए जाते हैं।

मुख्य भाषाएँ: हिंदी, पंजाबी, उर्दू और अंग्रेजी।

Lets Know our Country Better

A) The first 2 Indian states were formed in 1936, D) Keibul Lamjao - the world's only long before independence. Which were these floating National park is located in two states?

1. Bihar and Odisha
2. Gujrat and Maharashtra
3. Uttar Pradesh and Punjab
4. West Bengal and Sikkim

1. Nagaland
2. Meghalaya
3. Tripura
4. Manipur

B) Which Indian state is known as "The land of the One horned Rhino's?"

1. Arunachal Pradesh
2. Sikkim
3. Assam
4. Chhattisgarh

E) Which is the only Indian state that has Sanskrit as its official language?

1. West Bengal
2. Uttarakhand
3. Uttar Pradesh
4. Madhya Pradesh

C) Which Indian State is the largest in area?

1. Maharashtra
2. Uttar Pradesh
3. Rajasthan
4. Jammu and Kashmir

Answers :

Bihar and Odisha,
Assam,
Rajasthan,
Manipur,
Uttarakhand



ప్రణతి ప్రణతి పర్యావరణం

A.Karthikeya - 8D

పర్యావరణ పరిరక్షణ, ఏ సంస్థదో, దేశానిదో కాదు, ఈ ప్రపంచంలో ఉన్న ప్రతి ఒక్కరిది. అదే విధంగా ఈ ప్రపంచం లో ఎంతోమంది పర్యావరణ పరిరక్షణకు తోడ్పడుతున్నారు. హైదరాబాద్ లో ఎన్నో పాఠశాలలు పర్యావరణ పరిరక్షణను చేపట్టాయి, అందులో సమష్టి ఒకటవ్వడం మనం అంత గర్వించదగిన విషయం. ఆగస్టు 15న సమష్టి, మొక్కల మార్పిడి కార్యక్రమంతో పర్యావరణ సంరక్ష కార్యక్రమానికి శ్రీకారం చుట్టింది. చిన్న పెద్ద లేకుండా, నర్సరీ విద్యార్థుల నుంచి గౌరవనీయులైన ప్రధానోపాధ్యాయురాలివరకు అందరూ ఈ కార్యక్రమంలో పాలుపంచుకున్నారు. విద్యార్థులందరూ ఎంతో ఉత్సాహాన్ని చూపారు. ఈ కార్యక్రమం స్వాతంత్ర్య దినోత్సవ వేడుకల తరువాత జరిగింది. విద్యార్థులందరూ తమ తోటి స్నేహితులతో మొక్కలు మార్చుకొని ఆనందంతో ఇంటికి వెళ్లారు. ఈ కార్యక్రమం మొత్తం ఓకే కన్నుల పండుగగా జరిగింది. ఇదే రోజున సమష్టి మాస పత్రిక అయిన "SACH AND SOCH" మొదటి సంచిక కూడా విడుదలైంది. ఈ సన్నివేశాలు చూస్తుంటే మన భవిష్యత్తు సురక్షిత హస్తాలలో ఉంది అనే నమ్మకం కలుగుతుంది. ఈ కార్యక్రమం ఒక హరిత హారం అనడంలో అతిశయోక్తి లేదు.

Junior UN

Deekshitha - 10

The United Nations Children's Fund, originally known as the United Nations International Children's Emergency Fund, was created by the United Nations General Assembly on December 11 1946, to provide emergency food and healthcare to children and mothers in countries that had been devastated by World War II. We all know that after the end of WW2 many citizens from the Middle Eastern countries migrated to different parts of the world and settled down in refugee camps. These were just laid down at the borders of the nation they migrated to. Many are currently still living in the refugee camps of the country. But these camps neither have the basic sanitation required nor the security required. There are constant wars taking place in these borders and many innocent children are killed during these events. So the UNICEF decided to step in before the situation goes out of hand and presented laws and acts for all the countries in this council. Recently the UNICEF and World Press Photo Foundation have launched a joint exhibition showcasing the impact of migration on children. UNICEF and the World Press Photo Foundation have collaborated on this exhibition to mark the 30th anniversary of the Convention on the Rights of the Child, the most widely ratified human rights treaty in history. These specially curated visual stories draw attention to the physical, emotional and psychological impact of forced displacement on children, both accompanied and unaccompanied, from various parts of the world. This selection of award winning stories from recent World Press Photo contest highlights the importance of protecting the rights of every child, wherever they are.

समय की माँग : बिजली कैसे बचाएं
पूर्वी पाटणकर - आठवीं 'द'



बिजली आज हमारे जीवन का एक महत्वपूर्ण हिस्सा बन चुकी है। आज हर काम में बिजली का इस्तेमाल होता है।

आज के युग में हमें बिजली की बचत करना बहुत ज़रूरी है। आप जितनी ज़्यादा बिजली बचाएंगे, आपको भविष्य में उतना ही ज़्यादा फायदा होगा। बिजली बचाने के कुछ आसान तरीके निम्न हैं :

1. अगर आप 1 मिनट के लिए कमरे से बाहर जा रहे हो तो उस 1 मिनट के लिए भी अपने कमरे के सारे उपकरण बंद कर दीजिए।
 2. एलईडी बल्ब का उपयोग करें क्योंकि यह ऐसी तत्वों से बना है जो बिजली की कम खपत में भी बहुत अच्छा प्रकाश देते हैं।
 3. बाजार में कोई भी बढ़ा उपकरण खरीदते समय उसकी पावर रेटिंग जरूर देखें। जितनी ज़्यादा पावर रेटिंग होगी, उतनी ही ज़्यादा बिजली की बचत होगी।
 4. रेज वॉटर गीजर में अगर आपने एक बार पानी गर्म कर लिया तो यह काफी लंबे समय तक पानी को गर्म रखता है। इससे बार-बार बिजली का इस्तेमाल नहीं करना पड़ेगा इससे बिजली बच सकती है।
 5. अगर कोई इंसान उपकरण को बंद करना भूल जाए तो आप उसे बंद कर सकते हैं। इससे भी बिजली बच सकती है।
- तो चलो आज हम सब एक होकर बिजली को बचाए हैं। बिजली ने हमें इतनी सारी सुविधाएं दी तो यह हमारा कर्तव्य होता है कि हम उसे बचाएँ और अपने-अपने भविष्य को प्रकाशमय बनाएँ।

बिजली बचाओ!

भविष्य को जगमगाओ।

Some of the eco initiatives of Samashti

On August 31, PTM was organised not only to discuss the progress of the students. There were some eco-friendly initiatives taken up by students

a) Seed balls making activity: Students taught parents how to make seed balls taking equal parts of vermi compost and soil, mixing with water, inserting a seed and making a ball. Parents were thrilled to make the seed balls and take them home wrapped in old newspapers and cloth napkins made out of old bedsheets.

b) Green Ganesha: Students demonstrated how to make Ganesha idols out of clay.

c) Water Conservation: Samashtians emphasised on the importance of water conservation through a mime show and flash mob performance.



SAMASHTI VIGYAN 2019

After the awesome presentation by our pre-primary children in science fair, our primary first graders had more responsibility to display their learning of knowledge attained so far. With the help of the teachers, they came up with the following projects.



SEED GERMINATION

Watching the seeds grow was an incredible experience for students. From the time the seed is sown, till it turned into a sapling, children had a great time observing, researching and analyzing.



PLANT PROPAGATION

Propagation is an important technique of multiplying plants from parent plant. Students grew mustard plants from mustard seeds, and mint plant from mint stem.



WATER ABSORPTION BY PLANTS

With a simple experiment, children proved that water is absorbed by plants through the roots and is transported to all the parts of the plant.



BIRD FEEDER

Children demonstrated a variety of bird feeders made out of reusable material. The bird feeders now adorn the school courtyard.



TRANSPIRATION

The first graders explained through charts and experiments that plants use only 5% of the water they absorb and that the rest of the water evaporates through tiny holes called stomata.



SINK OR FLOAT

Children explained the concept that the density of an object determines whether that object will sink or float in water. If the object is heavy it will sink and if the object is light it will float.

CHANDRAYAAN - 2

Vikram! We know you are there!

The whole of India is proud of ISRO.

It's been nearly a week since the Indian Space Research Organisation lost contact with the Chandrayaan-2 lander. Since then, ISRO has been making constant efforts to re-establish communication with the spacecraft. A day after losing contact with Vikram, ISRO said it had been able to locate the Chandrayaan-2 lander on the Moon. However, communication with the lander remains elusive.

Next week, a lunar orbiter operated by the United States' National Aeronautics and Space Administration (NASA) is set to fly over the area where Vikram is located. The orbiter is expected to take pictures and offer clues to Vikram's fate. Meanwhile, the Chandrayaan-2 orbiter remains safe in its orbit around the Moon. In fact, it was the Chandrayaan-2 orbiter that, on Sunday, managed to locate Vikram on the lunar surface.

The orbiter's mission life has been extended from one year to seven years, due fuel savings made during the trip to the Moon. Over the course of its mission life, the Chandrayaan-2 orbiter will perform several experiments, including one to estimate the quantity of iced water on the Moon.

Source: India Today



BALLOON ROCKET

A balloon rocket is a rubber balloon filled with air and then let loose without tying. The air within propels the balloon to act like a rocket. A balloon, beside being used as a toy, is widely used as a teaching technique, to understand the laws of physics.

Their work and clarity in concept were laudable. Our budding scientists stumped the audience by answering queries, while presenting their work.

National Sports News



India wins the Inaugural Physical Disability World Series

India lifted the inaugural T20 Physical Disability World Cricket Series after defeating hosts England by 36 runs. Opting to bat first, India scored 180 for 7 in 20 overs. Middle-order batsman R G Sante top-scored with a quick-fire 53 off 34 balls. He hit two fours and four sixes. India then returned to restrict England to 144 for 9 to lay claim to the Trophy.



Manasi Joshi clinched the BWF Para Badminton Championship gold by beating experienced compatriot and defending champion Parul Parmar 21-12, 21-7 to bag gold in the women's singles SL3 category. After losing her left leg in an accident in 2011, Manasi took up badminton as a way to stay fit. .



P V Sindhu became the first Indian to win badminton World Championships gold by beating Nozomi Okuhara of Japan in Basel. The Indian won 21-7 21-7 in the summit clash. It was Sindhu's fifth World Championships medal. Sindhu's feat will make every Indian proud.

Upcoming Competitions Sports

Sep 28 - Sep 30 CBSE South Zone (Football Girls)

Sep 29 - Oct 2 CBSE Cluster 7 Basketball

Oct 1- Oct 3 CBSE South Zone Badminton

CCA

Sep 17 - Poem Recitation - English G3 to G5

Sep 18 - Creative Writing - English G6 to G8

Sep 21 - Creative Writing - English G9 & G10

Abrogation of Article 370

Siddhardh - 8 C



J&K

BIFURCATION

Article 370 of the Indian Constitution gave a special status to the state of Jammu & Kashmir, which had been under dispute between India, Pakistan and China. This article stated that Jammu & Kashmir would have a separate constitution, a state flag, and autonomy over the internal affairs of the states. It, along with Article 35A were abrogated on August 5 2019 following a Presidential Order and passage of the resolution in both the Rajya Sabha and Lok Sabha. Additionally, the Jammu and Kashmir Reorganisation Act was also passed, which stated that J&K would be divided into the Union Territory of Jammu & Kashmir and the Union Territory of Ladakh on October 31 2019. This is an excellent move on the part of the Indian Parliament, as a few rights included in the Constitution of Jammu and Kashmir, were discriminatory, mainly against women. This action by the parliament ensured that the Fundamental Rights, which are an integral part of our country's Constitution are applicable to Jammu and Kashmir also. J&K also adhering to the same Constitution means that there will be a sense of uniformity throughout India. Additionally, there will be no confusion regarding the laws when anyone has anything to do with J&K.

Follow Traffic Rules or pay Hefty

Diksha- 8 B

Indian roads are among the most notorious in the world as it claims over 1.5 lakh lives each year and most of it is due to people's lack of traffic sense. Traffic rules play a very important role in the traffic system of a country. These rules are made for avoiding traffic jams and accidents in cities and towns. Traffic Rules are formulated after observing the daily accidents data and the problems faced by the public. Traffic rules are essential for the smooth and efficient functioning of the nation. The central government of India previously failed to take the necessary steps regarding the traffic rules due to which many problems were faced by public. However now they have decided to crackdown on traffic offenses, made laws and its subsequent punishment a lot stricter. To take care of the traffic rules, the government tabled the Motor Vehicle (Amendment) bill in 2016 which was also approved by the cabinet recently bringing the law into effect. This road safety bill has outlined punishments and penalties for all sorts of traffic violations. The bill is based on recommendations submitted by transport members of 18 Indian states.

The Angry King

Aadya Rao - 1 D

Once upon a time, there lived a king and queen in a castle. They had many servants, out of which only the maid Rama cleaned their room. One day when Rama had mopped their room, the king entered and slipped as the floor was wet. He screamed in pain, hearing which everyone rushed to his help. He asked the maid to leave the palace. Rama begged for his forgiveness, but he didn't change his decision. The poor maid had to leave. Next day, as the king was bedridden, he tried to pour water into his glass to drink. But the jug fell from his hand. Hearing the sound, queen came rushing and slipped on the wet floor. The king apologized to the queen and realised his mistake. He ordered his men to find the maid and asked her to continue her service at the castle. **Moral: We all make mistakes. Learn to forgive others.**

A Magical Paint Brush

Nimrat - 3C

Once there was a boy who wanted to become the best painter in the world. One day he was passing through, then he saw a paint brush. He took it in hand and went home, after that he dipped it in paint, he touched the paper and drew what he wanted to draw. Years passed and he became the best painter. One day he lost his paint brush but he didn't lose his HOPE. Without his paint brush also he kept on drawing and soon he got his magical brush. **Moral: We should never lose our HOPE.**

Word Search

Pruthvi Raaj - 6 A

K	O	S	A	M	N	E	P	O	B	D	P	E
L	M	O	G	U	N	I	C	E	F	K	B	L
P	S	N	S	T	U	D	E	N	T	J	F	I
Q	C	E	R	A	S	E	R	M	K	H	T	X
P	I	N	E	W	S	P	A	P	E	R	H	V
O	E	M	I	M	C	U	Q	Z	I	H	C	S
T	N	N	J	C	N	P	F	O	O	D	N	S
E	C	R	C	T	O	J	U	G	U	L	E	T
A	E	L	N	I	O	R	S	M	N	Q	B	G
C	E	O	R	K	L	T	E	H	I	N	D	I
H	S	O	V	P	H	X	N	S	T	S	O	O
E	N	G	L	I	S	H	Q	I	A	A	X	O
R	Z	T	B	O	O	K	C	L	D	R	M	P

1. School
2. Pen
3. Book
4. Teacher
5. Hindi
5. Bench
6. Student
7. English
8. Newspaper
9. Pencil
10. Telugu
11. Food
12. Science
13. Eraser

Art Corner

Riddles

Vidit Arora - 4 A

- 1) Why is the river rich?
A) Because it has two banks
- 2) What goes buzz?
A) A bee backwards
- 3) What turns without moving?
A) Milk when it turns sour.

Jokes

Saathvik-4B,

1. Why are zombies so smart?
A. Because they eat lots of brains
2. What did the person with no teeth say?
A. I need braces, my teeth are out of place
3. If $AB = C$ then what does $AC =$
A. A very cool room
4. Why didn't the skeleton cross the road?
A. Because it did not have the guts

Galaxy Wonders

Shreyas Saboo - 6 A

The Sun spreads joy and cheer,
It wipes away our tears.
It shines brightly on the pier,
So why do you fear?
When the sun is here.

When the sun becomes tired,
The Moon is hired.
Then the world becomes quieter,
Because everyone retires,
To ponder over their dreams and desires.

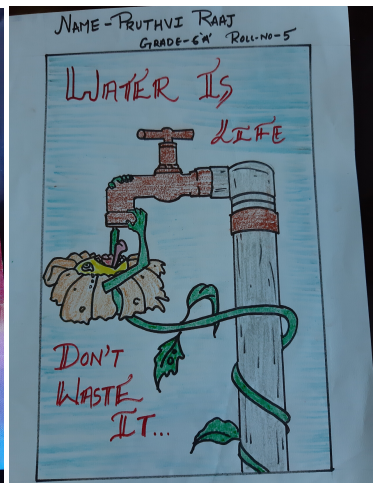
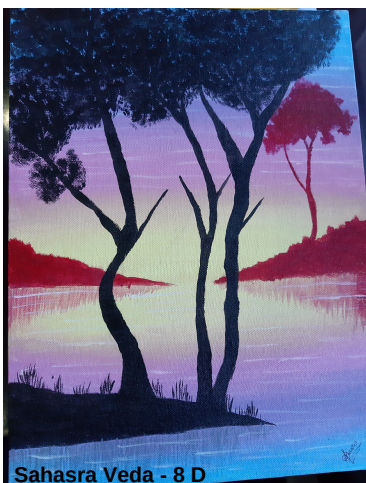
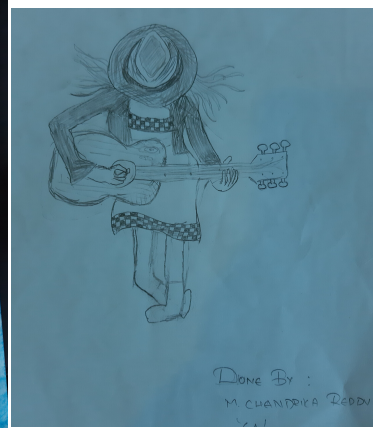
Around the Moon are the stars,
Which are quite afar.
They are captive in the night,
Really, really tight.

If these wonders try to come down,
Nature's fury will make them mourn,
Because their place is high in the sky,
Which is a gospel truth that they cannot deny.

I Feel Blessed

Saanvi Sundaram - 8 B

I feel blessed,
That I was born,
With two legs and hands,
I feel blessed,
That I can walk,
Freely on this land,
I feel blessed,
That I have parents,
Who love me with all their heart,
I feel blessed,
That I have friends,
Who build me up when I fall apart,
But there are people out there,
Who are not as blessed as me,
They fight every day,
Just to have a cup of tea,
So, I just want to say,
This life is our only one,
So, let us make the most of it,
And leave a mark when we are gone.



Good Parenting

Good Parenting is All about Talking and Listening to Your Children – Tips to Start Talking

A father met a run-away son after 20 years. He asked the son, "When I have given you the best of everything - best clothes, best food, best facilities at home, toys, books, best school, etc... when I gave you the best life any child can ever imagine; why did you run away?"

The boy's answer shocked the father. It shocked me too. The boy simply answered, "You never talked!"

Prompted by this answer, as a parent to a soon-to-be-teenager boy, I wondered, "Is talking to your child important?" And, after probing a little, the answer dawned as a big "YES"!

Yeah. Talking – and listening – to your child does help!

Apart from improving your bond with them, talking and listening to your children encourages them to listen to you. It also helps them build self-esteem and form relationships.

Apart from this, a recent study by a team of scientists from Harvard, the University of Pennsylvania and the Massachusetts Institute of Technology (published in the journal Psychological Science in 2018) says that talking and listening can be the key to your child's brain development.

Like doing so many other things, listening and talking to your child can be done 'really well', 'just OK', or 'bad'. But, like any other skills, you will get better and better with practice (Tried and tested by me). However, the challenge is to take time out and do it!

What You Really Need To Know...

If you listen and talk to your child from a young age, you will develop a family habit that will be very useful once your child grows into a teenager. A relationship where your child feels comfortable talking about what he or she has been doing and with whom, will encourage your children to tell you about the details of their life when they are older.

While some children need lot of coaxing, encouragement and positive feedback to get them to talk; others (like in the case of my son) will be desperate to talk to you when you are busy doing something else. When a child wants to talk, you must stop whatever you are doing and listen to the child.'

The Basics of Good Communication

Good communication with your children starts with encouraging them to talk to you. Listen to them patiently so they can tell you how they feel about anything and everything.

Tips for Talking and Listening

If you are genuinely interested in your child's mental development and also in developing a bond, use the following talking and listening tips. Trust me, it will bring out the best in your child



















































































- Set aside time to listen and talk to your child
- Always, let your child finish talking first before responding. While listening to your child, try not to interrupt or put words in your child's mouth – even if the child is having trouble finding words, or says something wrong or ridiculous. Not just children, even grown-ups appreciate this!
- Be open to talking about all kinds of feelings, including anxiety, fear, anger, frustration, joy and changes in their physical body. Talking about feeling is a significant step for a child in grasping the nitty-gritties of effective communication
- Use language that a child can understand. Sometimes, we get so engrossed in talking, we forget that our children don't 'get' (understand) everything.
- It is important to watch your child's body language and facial expression. Listening is not just about hearing words, but is about 'entering into the spirit of the speaker' – meaning trying to understand what is behind those words.
- Let your child know that you are listening. Also, to make sure you have really understood, repeat back what the child has said and make lots of eye contact.
- Show your interest by using words like, "Is it?", "Really", "Oh", "tell me more about ...", and "Go on ...".
- Avoid blaming and criticism. It discourages and demotivates them. If you are angry for something your child has done, explain why you don't approve it and why you do not want them to do it again. Appeal to their sense of empathy.

The Bottom Line

While talking to your child, go back to those memory lanes, always remember how it was when you were a child and how you always wanted your parents to listen to you. How you were attracted to those who really listened to you. Coz, children think differently from grown-ups. Please remember, there are many things they don't know and many things they do not have the words to talk about. By listening and talking to them, you are actually opening the doors for good communication skills in them.

BIRTHDAYS IN SEPTEMBER

Celebrate the *happiness* of *life* everyday. *Happy Birthday!*

01 Navya Pranathi Ch 2-B		10 Saiteja Goud N 8-C		18 Meesala Thithikshaa PPI-C		27 Kuldeep Reddy K 4-C	
02 Dishita Agrawal 10-D		10 K.Sai Karthikeya 3-A		19 Aahwitha K 9-D		27 Akshad Varma M 2-A	
02 Arnav Pandey 8-C		10 Venkata Tanush M 1-G		19 Charan Sai P 9-D		28 Deekshitha Saraswathi M 10-D	
02 S. Yasha Sri 8-B		11 Ishanvi Tomer 1-B		19 Kartik Mahajan 8-D		28 Seraphine Lorenzia 2-D	
02 Manasvi Bharathi G 1-C		12 Shrinija Maddugaru 9-C		19 V.N. Akshath 6-A		28 Sri Haasith P 1-A	
02 Hrushikesh R PP-II-B		12 Sai Suchith D 4-C		19 Vibeesh MK 3-D		28 Sai Varshini K PP2-B	
02 Raja Shourya T Nur - A		13 Aanjaney Kapoor 9-D		19 Vivaan Prakash PPI-D		29 Hari Sannihith Reddy M 9-D	
03 Diya Tanushree 8-D		13 Niharika Rathod 9-D		19 Lakshmi Sahasra Nursery-A		29 Ankith Maldakanti 8-B	
03 Payal Kumari 8-B		13 Ch Sasidhar 3-A		20 Desapaka Moulika 8-C		29 Lavindeep Kaur 7-C	
04 Shreya Desai 9-C		13 Anvita Namburi 1-E		20 Shiven Kumar 5-D		29 Aarohi Chauhan 1-E	
04 Matta Varshitha 8-B		13 Harshitha K 1-E		20 Chittala Gowshith Krishna 4-C		29 Aanya CH PP2-C	
04 Bhavagnya Reddy 6-D		14 Mohd.Nehal Pasha 5-D		20 Nawang Tshering 2-B		30 Monish Chennuru 9-C	
04 Samruddi reddy 4-C		14 Tanvi Guggu 3-B		20 Srikeerthi Viswaraju 1-C		30 Prescilla Jeromi A 6-B	
04 Sai Gnana Deepa 3-A		14 Sri Vanshika Reddy Vadde 1-A		21 Dakshya Prakash 3-D		30 Sai Kowshal B 4-C	
04 Manoj Babu T 1-B		15 Madhura Dayanand K 5-D		21 T Raja Kartikeya 2-A		30 M Anan Reddy 2-A	
06 Anish Kosireddy 6-B		15 Charanvi K 3-C		22 A.Sanjana Reddy 3-A			
07 Sai Krishna R 5-D		15 Vihaan Singhal PP2-C		22 Dakshitha J 4-B			
07 Eliora jane Moncy 1-G		16 Jhansi Rani Vaidya 6-D		22 A Anvika Reddy PPI-D			
08 Treya Rao P 4-B		16 Kevin Caleb Jana 4-B		22 Lakshmi Namaswi PPI-C			
09 Shaheen tazmeen 6-B		17 A.Sathvik Reddy 9-C		24 D.Sai Shreeya 8-C			
09 Tejaa Korata 5-A		17 Dhananjey Prakash 4-D		24 Harender D 6-C			
09 Kavan Srinivas Y 3-D		17 Sushant Mala 4-A		25 P Soumith Reddy 4-B			
09 Saketh Sree ram P 2-E		17 R Arjun Reddy PPI-D		25 G.Gautam Reddy PPI-D			
10 Aishwarya Arupula 8-C		18 Sohan Krishna P 1-B		27 Theertha Praveen 8-C			

మీ భవిష్యత్తు మరింత
జోభాయమానంగా,
ఉన్నతంగా, మీరు
మరిన్ని ఉన్నత
శిఖరాలు అధిరోహించి,
సమున్నతంగా, సంపూర్ణ
ఆయురారోగ్యాలతో
నిండు నూరేళ్ళు
సంతోషంగా
వుండాలని ఆశిస్తూ
పుట్టినరోజు
శుభాకాంక్షలు

Every effort has been made to provide accurate and complete information. Errors and omissions excepted.