

SACH N SOCH



From the Chief Editor

One day, a cat wandered into my house and sat on the balcony for fifteen minutes before we realised it was there. The next day, the same thing happened, and we were at a loss to understand why the cat loved our house. I asked my friend, who lives on the level below ours, if the same thing had ever happened to her. I learnt that this cat who entered our house, was being fed by one of the houses on her floor. During today's pandemic, animals on the streets have no shops to go to for food and no people to drop them in shelters. So instead, they've entered apartments, hoping for some sort of protection. And many people are offering protection. A dog, who was named 'Gorgeous' by the kids in my community, was adopted by another resident, and other animals are regularly fed. These small acts of kindness can make a huge difference in the lives of others. Being kind doesn't mean we need to donate thousands of rupees to shelters, it means we give twenty rupees to a man who is in need of it. Be kind to everyone around you. After all, what are we, if we are not kind?

-Saanvi Sundaram "Chief Editor"

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From The Co-Chief Editor

"Have a childlike mind, not a childish one."

All my life, I've been very fond of children. I still am a child, don't get me wrong, I am talking about the little ones -- the tiny tots. I miss school and several things about it, and my bus is one of them. The T-bus has over 30 students, and most of them are from below 5th grade. My favourite part about my bus was the constant love that I received from all of my juniors. They all knew my name and would share their snacks with me just as soon as I got on the bus. I never asked them for it. I never understood what was the fondness about-- I was just another senior. They would hold my hand, give me a high-five, call my name several times to tell me about their day and so much more, and I love and miss every single part of it. Children are pure souls. They know no jealousy, wickedness, hatred, greed, or anything of that sort. Their hearts are filled with pure love, kindness, and joy that they spread. They made me happy, no matter what, with their never-ending energy. I think kindness is sharing positivity, and little kids are masters of it.

- Varshitha Matta "Co-Chief Editor"

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KINDNESS

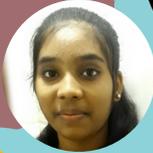


Is it important to be kind to yourself?

Being kind to yourself shows that you have acceptance and confidence. - Sushmitha 9B

Being kind to yourself promotes happiness and confidence, how you treat yourself sets the tone for how others will treat you.

-Jahnavi 10C



Life is more beautiful when you are kind to yourself and love yourself.

Sahasra Veda
9-D



We must be kind to ourselves. You are the only one who needs your own kindness the most.

-Theertha 9C



Yes, the global community has shown that it can act to address a crisis, with governments, businesses and individuals taking measures and changing behaviours in response to the pandemic.

-Kavyasree 7D



Has COVID-19 made us kinder to the environment?

No, COVID-19 has not made us kinder to the environment as some people still burnt crackers on Diwali.

-Sai Keerthana 7A



The kindest thing I've ever done is ask my father to give lift to an old lady standing on the road in the hot summer.

-Sohan 2A



The kindest thing ever done is help my sister when her leg was injured, and share things that I still wanted.

-Aarohi Gupta 2D



Distributed laddus to beggars on Ganesh Chaturthi.

-Aarush PP2 C



What is the kindest thing you have ever done?

Does receiving kindness make a person kinder?

Yes, a person who gets kindness also will want to give kindness.

-Akshaya Mohan Koganti 5A



I did not burst crackers to be kind and to save animals and birds.

-Vedansh PP2 D



Yes, because they would like to spread the happiness they get in kindness.

-Sarayu Katukam 4B



Yes. For me, kindness makes us happy and a more beautiful person.

-Aarsh Gautam 3B



No, but it does make a person happy.

-Dhwani 4B



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.**

This month, let us look at the brand new E: Encourage

The Kingdom of Fools -Varshitha Matta 9B



English periods are always fun because of the stories in our textbooks and the discussions in our class, but this one chapter truly caught our eyes. After we had finished reading "The Kingdom of Fools", a tale by A.K. Ramanujan, we could feel our cheeks burn because of how much we laughed. And what better of an idea than to try and do a role-play based on the story? We were instantly convinced that it would be extremely hilarious to watch ourselves play these foolish characters.

Our English teacher, Sonakshi ma'am, gave us a week to prepare ourselves and get ready to do the role-play in class. However, the students of 9B had a better idea. They decided to record videos of themselves playing and recording their part individually, merge them to form a video, and present it in class. There was a lot of preparation-- writing the script, sharing the roles, understanding how to make the videos, recording them, sharing them, and editing them. Most importantly, this task taught us a multitude of skills such as leadership, communication, team work, selflessness, confidence, diligence, speaking, writing, enacting, sharing etc. Our effort was all worth it because the final result was beyond our expectations. Sonakshi ma'am, along with several other teachers, including our Vice-principal, Helen ma'am, absolutely loved the funny 17-minute long video and kept praising us and our efforts. The bloopers in the end were the highlight for everyone. It truly was a memorable experience for all of us.

How can you improve on your writing?

November is also known as National Novel Writing Month, and November first is National Author's day. It is only normal that there's an article on writing this month! Take a look at some ways you can improve your writing and stay encouraged to write more:

1) Read, read and read: This is pretty standard. Read as much as you can. You don't have to read novels. Just reading the newspaper in the morning is quite a lot. Reading helps you understand writing, and improves your vocabulary.

2) Practice: Keep writing consistently, even if it's just a few hundred to a thousand words a day, or one poem a week.

3) Find places to showcase your writing: There are so many ways to showcase your writing! Write online, for your local newspaper, or start your own blog! One such website, writetheworld.com, is a great online platform for young writers aged 13-18, and wix.com or wordpress.org are great places to set up your own blogs. Submitting thoughts, articles, experiences and poems for this newspaper is another great way to showcase your writing!

4) Find people who give you honest feedback: Criticism is needed in everyone's work. Every great person has received criticism; it is their ability to improve that made them who they are.

5) Set habits, rather than goals: Habits, such as: "I will write for half an hour every day", will help you stay consistent.

Remember, no one can start out perfect, and writing is such an art that no one can ever achieve perfection in it.

-Saanvi Sundaram 9B

Are you motivated? -Sahana R.K. 6B

Why do we have to be motivated at such a time? Right now, the only thing we can do is to stay positive. When we only think of negative things, then we don't really enjoy what we usually enjoy doing. If we are motivated, then we can easily do anything that we usually find boring. To stay motivated, we just have to think about the positive outcome we want and always think and speak positive. Take this test to figure out if you are motivated.

- 1) Are you able to enjoy online classes and not complain about them?
- 2) Can you have fun virtually?
- 3) Are you able to complete all your work and be on par with the class?
- 4) Do you look forward to exams as you study well on time?
- 5) Do you continue to take all the classes you usually take, such as art, dance, music or any other classes?

If you are able to answer yes to at least 3 of these questions, then you are motivated. If you are not, then please try harder. Be positive, speak positive and think positive! If you are motivated and optimistic, anything can happen!

PEN HAS POWER Sai Jatin - 5A

The power of a pen is much larger than that of the sword, which means, the power of writing is stronger than power of war, hatred and conflict. A sword conquers the physical existence of a man while the pen conquers the mind and heart of the people. This is why it is said that "a king can rule only his kingdom but a scholar rules the world with his writings". - Kevin Caleb

PEN IS MIGHTIER THAN SWORD

"Pen is mightier than sword" is a famous proverb that indicates the power of writing. This means that a pen has the power to achieve more than a sword does. A poet or writer can rule the whole world through his/her inspirational writings. Hence a pen is more powerful than a violent sword.

Today it was our first Pen Day and we had a special assembly. It was a wonderful start of a week with a new beginning.

Thanking our Teachers!

-Bhaavana 9B



To The World You May Just Be A Teacher, But To Your Students, You Are A Hero. I can make no other answer but thanks and thanks and thanks and ever thanks for being the best class teacher!!
-PARINI

DEAR PRASAD SIR, THANK YOU FOR EVERYTHING YOU DID. YOU ARE AN AMAZING TEACHER... WE HOPE YOU STAY WITH US AS A TEACHER FOREVER. I REALLY AM INSPIRED WITH THE WAY YOU TEACH US SIR...
THANK YOU FOR EVERYTHING YOU DID SIR. I REALLY FEEL THAT YOU ARE SO FRIENDLY. FINALLY, I FEEL THAT IN YOUR 20 YEARS EXPERIENCE, YOU GOT ALL THE QUALITIES THAT A STUDENT LIKES IN A

Sir! Even in this pandemic, u made teaching fun! So here's a shout out for you. I mean for the best teacher! Happy children's day to you too sir!
-Bhaavana

Thank you for everything, I'm grateful for having you as our class teacher. You motivate and support us to work harder in all aspects whether it's academics or health. SUS

TEACHER. ❤️ -SIRI CHANDANA

Dear Teacher, Thanks for inspiring hope in me, igniting my imagination, and instilling in me - a love of learning. With a great teacher like you, I'm sure that life will be a successful journey. -MAHEK

From the tips of my fingers to the centre of my heart I wanted to thank you for teaching me math and making maths more interesting and also To solve all types of problems no matter how the years may pass

I will never forget you, Prasad sir. Thank you - Rajyalakshmi

You have always been with us through good times. Those moments we make are unforgettable memories that I will always cherish. -SUS

THANK YOU, SIR, for encouraging us and guiding us to the right path. Sir, you are so cooperative and you are the best teacher. -ALI

Best Class Teacher

WEEEE LOVE YOU SOOO MUCH!!!! YOU ARE AN INSPIRATION, SIR! WE ALL LOOK UP TO YOU. YOU ARE A HUMBLE, KIND AND PHENOMENAL PERSON. THANK YOU, SIR!
- Varshitha

It is so fortunate of me having such great teachers as you, being a part of me growing up into a better human. -KUSUMA TANUSHREE

Thank you sir for working hard and teaching us in this pandemic and it means a lot to us. -Yashasree

The lockdown hasn't been easy, for both the students and the teachers, but the teachers of Samashti have pulled their weight to make the online classes fun and interactive, especially on Children's Day! The teachers surprised the students with various entertaining activities. Although the internet played a role in

spoiling plans, our teachers did not despair, and they gave out their best to their students to make it a successful virtual celebration. So we thought, why don't we give something in return? Some students of Grade 9B planned to surprise their class teacher. A plan was made and executed, and was ready to be presented to the class teacher as a surprise. When the class teacher finished, the students' Jamboard surprise was presented. He was pleasantly surprised by his students' efforts.

BIRTHDAYS ONLINE!

-Diya Tanushree 9D

Birthdays! Don't we all love them? There's cake, joy, fun and a whole lot of love that is given on this special occasion. Right now, we're all social distancing for well-known reasons and therefore, we are not able to celebrate birthdays together. Or can we? This year, almost everyone celebrated their birthday online. My friends and I made splendid videos for birthdays and showed it to the birthday girl/boy over a meet that was held online. We all had a lot of fun despite the unfortunate circumstances that the world has been going through. These actions show us that nothing can defeat the human spirit! We're all quite thankful for a mode of communication through technology screens that saves a lot-- schooling, competitions, flexibility and now, even the best part of the year: birthdays. So let's do our part, and make it our first and foremost responsibility to stay home and keep ourselves and our loved ones safe. The best part? We can still have loads of fun!



If the World could be full of Kindness...

-Amrit Kaur 7C



The topic itself tells you what the article is about. Tell me one thing: when we say, "The world's got to change, we've have got to be kind to each other," do we ourselves mean it? Others might not know if you're lying or being truthful, but you yourself would. We all say the same thing, but we don't do it. We all want peace, harmony, love, and kindness around us, but we don't abide by what we ourselves say. If we would've, then there wouldn't be kindness campaigns, organizations, etc. If you take a look at your dictionary, kindness is defined as "the quality or state of being kind", "treating people with respect" or maybe as "a kind deed"; but, what does it mean to the human brain? Because, what the dictionary says is what kindness means verbally, what it means as an abstract noun. All of us could have the same definition for kindness, or maybe different, but not the same as the dictionary. Abstract nouns can surely mean something different to us, no matter what the dictionary definition is! Abstract nouns are feelings. Feelings are different from the human brain. I am glad to tell you, dear parents and students, that this year, Samashti International School took part in the Dance For Kindness event, held by Life Vest Inside. It is a New York based organization that is onto the mission of spreading kindness, love, and peace throughout the world during these ongoing times of hatred and warfare. Be kind whenever possible, not only with people but also with your surroundings; not only with your family, but with your toys and every non-living thing around you. According to me, kindness is a magical tool. Not the type that gives you food or games or other junk, but that which gives you happiness. What does kindness mean to you? Be sure to remind yourself about it every morning. Try helping at least one person daily. Try it! It's not that difficult.

TOGETHER, WE CAN CHANGE THE WORLD!



Finland: The happiest place on Earth

Finland. The name itself reminds how happy the country is. Its beauty and happiness cannot be expressed in words. It is beyond comparison. Finland is often ranked number one for being the happiest country in the world, for the Finns have high incomes, health care for all, and a top education system.

It is a Northern European nation bordering Sweden, Norway and Russia. Its capital, Helsinki, is a fashionable Design District and is full of diverse museums. On a societal level, It's success can be attributed to its rigid social safety network, the culture of trust, high-quality education, and a strong commitment to gender equality. On a personal level, many Finns cite their connection to nature as an important source of happiness. In one sentence, It is a family country because it has a high percentile of love and happiness.

It is a very rich and wealthy country because it tops in economic development. How can it be so wealthy? Well, the main source of income is the large number of industries, which are electronics: 21.6 per cent; machinery, vehicles and other engineered metal products: 21.1 per cent; forest industry: 13.1 per cent; and chemicals: 10.9 per cent. Finland has timber and several mineral and freshwater resources.

Finland's national food is Rye bread. It is so beloved by Finns that it was voted the national food in 2017 (the same year Finland celebrated its 100th year of independence from Russia). It is eaten for breakfast, as a side at lunch, and as a snack. The Brown Bear and Convallaria Majalis are the national animal and flower of Finland.

Kimi-Matias Räikkönen is a Finnish racing driver, Jean Sibelius is a classical composer and violinist, Tarja Turunen is a symphonic metal artist, and Jarkko Nieminen is a tennis player. These are some of the famous personalities of Finland.

We must remember that in Finland:

→ Finns (natives of Finland) love winter.

→ Finns drink a lot of coffee.

Oh! And if you get an opportunity to go to Finland, don't forget to visit the Sibelius Monument.

-Sai Sweshta Meka 6A



Sudha Murthy

Sudha Murthy is an inspiration to many. She is a woman of action, a resilient philanthropist, an exceptional engineer, a teacher, a mother, and an author. She was born in a humble home in Karnataka and was raised by her parents and grandparents. In the 1960's, she was the first woman to enrol in engineering, for it was considered a male domain at the time. Sudha Murthy became the first female engineer hired at India's largest auto manufacturer, 'Tata Engineering and Locomotive Company'. She is also India's highest-selling female author and has sold over 1.5 million books across the globe. She is very passionate about social work. She founded the Infosys Foundation in 1996, which is a public charitable trust, through which she has built 2,300 houses in flood-affected areas. Additionally, she has helped to open up 60,000 libraries, new schools and over 16,000 washrooms in India. She was honoured with the Padma Shri Award in 2006 for her work in the society. She is a role model for many young people and continues to work tirelessly for the greater good.

-Theertha Praveen 9C

केरल का सफर

आइए आज आप हमारे साथ केरल की सैर करेंगे | केरल राज्य भारत के दक्षिण में स्थित है तथा इसकी राजधानी तिरुवनंतपुरम है | वहाँ की भाषा मलयालम है | हिन्दुओं और मुसलमानों के अलावा ईसाई धर्म के लोग भी बड़ी संख्या में यहाँ रहते हैं | केरल को भारत का सबसे सुंदर राज्य माना जाता है | यहाँ देश- विदेश से लोग प्रकृति के सुन्दर नजारे देखने आते हैं और उसमें लीन हो जाते हैं | वैसे तो केरल में देखने के लिए बहुत सारी जगहें हैं लेकिन कुछ सबसे सुंदर जगहों के नाम हैं- मुन्नार आलप्पुझा, कोच्चि और कोवलम | मुन्नार केरल के सबसे सुंदर जगहों में से एक है | यह केरल के इडुक्की जिले में स्थित है | यह ऊँचे - ऊँचे पहाड़ों पर स्थित है जहाँ बारिश बहुत होती है और ठंड भी बहुत रहती है | पूर्व का वेनिस कहा जाने वाला आलप्पुझा केरल के समुद्री इतिहास में हमेशा से महत्वपूर्ण रहा है | केरल के साथ-साथ यह भारत के भी मुख्य पर्यटन गंतव्यों में गिना जाता है | केरल राज्य मसालों के साथ-साथ औषधियों के लिए भी जाना जाता है | कोच्चि भी आयुर्वेदिक औषधियों के लिए मशहूर है | वहाँ कई किस्म के पेड़ - पौधे हैं और कई तरह की बीमारियों का इलाज इन औषधीय पेड़ पौधों की मदद से किया जाता है | केरल एक बहुत ही खूबसूरत और अद्भुत जगह है |

-मदीहा सातवां 'बी'



Diwali

As we all know, India is the land of festivals, and Diwali is the biggest and brightest of them all. Diwali, or Deepavali, is the festival of lights which usually lasts for 5 days. Deepavali in Sanskrit means 'Series of Lights'. It is celebrated in the Hindu month of Kartika. This festival has different stories for its celebration- the return of Rama along with his wife Sita, another version which tells about Krishna killing the Demon Narakasura, and another interpretation where Lakshmi weds Vishnu. The 5 days of Diwali celebration are: Dhanteras, Naraka Chaturthi, Lakshmi Puja, Govardhan Puja, and Bhai Dooj. On the first day of Diwali, people clean their homes and draw rangolis on the floor to worship Lakshmi, the goddess of wealth. On the second day, people wake up early, have an oil bath, wear new clothes and light diyas. The main day for eastern, western, central and northern India is the third day. The fourth day is when people make a small hillock resembling Govardhan mountain which was lifted by Lord Krishna to defeat Indra. The last day is celebrated as Bhai dooj which is dedicated to sisters and brothers. In Malaysia, Diwali is a public holiday and celebrated as Hari Diwali in the month of Aswayuja. Tihar is the name given to Diwali in Nepal. On Diwali, farmers thank the deities and pray for a prosperous harvesting. Traders offer prayers to Lord Ganesha as Diwali beginning of a new financial year. My Deepavali this year was a green Diwali with no crackers. Instead, it was filled with lit diyas. Most importantly, it was filled with smiles. -Deeksha 6D



The Halloween Tale 2020

Halloween is a Christian festival where people celebrate to scare away all the ghosts or spirits of the dead. This all started a long time ago, when the festival was actually called The Holy Day. It was celebrated in the first week of June. Like how we now carve pumpkins, they used to carve radish. The date later moved to the last day of October (31st October). They then started another festival called 'All Saints Day'. This is the day when people show gratitude and thankfulness to all the saints who praised and hosted ceremonies in religious places. The name Holy was changed to Hallow and later Day to Evening and then from Evening to Ween. Since then, it has been celebrated every year around the globe. But this year (2020), Halloween was not celebrated like the usual way we celebrate it. Most of us either skipped the Halloween celebrations, or we had a virtual Halloween party! We Samashtians hosted a virtual party! We had different activities like costume competitions, sharing spooky stories and quizzes. Many classes had their own Halloween parties in different ways. Nothing can stop the spooky celebrations of Halloween!

-Nandigam Sriram 6D



Children's Day.

Children's Day is celebrated every year to raise awareness about the rights, care, and education of children. Children are the key to success and development of the country. Pandit Jawaharlal Nehru loved children and he always liked to be with them. After India's independence, he did a lot of beneficial work for children and youth. When he became the Prime Minister, his first priority was the education of children. Pandit Jawaharlal Nehru worked so much for the education, progress, well being and welfare of the children as well as youngsters of India. He established various educational institutions such as The Indian Institutes of Technology, All India Institute of Medical Sciences and The Indian Institutes of Management. Free primary education and free meals, including milk, were provided to school children in order to prevent malnutrition. According to Pandit Jawaharlal Nehru, children are the bright future of the country. Only by right education, care and progress can they be given a better life. Therefore, after the death of Pandit Jawaharlal Nehru (1964), to commemorate his birthday i.e. 14 November, started to be celebrated as Children's Day in India.

The deep love and enthusiasm of Chacha Nehru towards children is the big reason for celebrating Children's Day on his birth anniversary. He said that children are the country's actual strength as they would make a developed society in the future. Though we are in the middle of a pandemic, Samashti celebrated the Children's Day virtually. This year we played even more games, like Guess the Song, Movie and Country. We tried crazy hairstyles, danced and sang a few songs, and each of us shared our childhood pictures.

-Aditi 6B

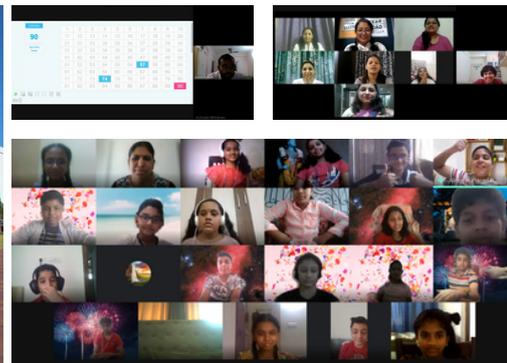


2020 Memories

Party with mommy ♥

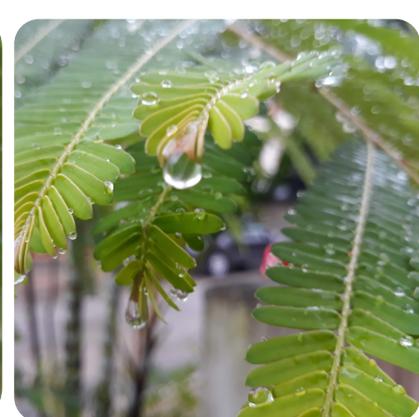


**HAPPY
CHILDREN'S
DAY!**



**Have
A
Prosperous
Diwali!**

LET'S CAPTURE NATURE!



PHOTOS BY- EKA

A GREEN DIWALI!

We all love to burst crackers during Diwali, don't we? But now onwards, let's try to avoid them. The Coronavirus affects our lungs; and the toxic gases produced by the crackers may really affect the lungs of the ones who have tested COVID positive, people who are slowly recovering, those who have already recovered, the newborn, or the elderly. Crackers don't just affect the victims of the Coronavirus, but they also cause a lot of pollution, such as:

Land pollution: as in the area where you burst, crackers leave black patches, decreasing the chances for plants to grow there.

Water pollution: as people dispose off their waste in water bodies.

Air pollution: as the toxic gases released from crackers pollute the air.

Sound pollution: caused by extremely loud sounds the bursting of crackers makes.

I understand that we buy and burst crackers for fun and to see the whoopsy splunkers sparks that come out. But, we all must understand that for our fun, we can't put the future generations' lives in danger. Let's not harm our environment. Let's vow to celebrate an eco-friendly Diwali from now on, by simply lighting diyas, cleaning our homes, and decorating them. Diwali is a festival of lights, not a festival of pollution. Don't think that if you, as an individual, all alone are following this, then it doesn't matter; the rains which make rough lands fertile are made of many single and individual water droplets. Let's stop bursting crackers to stop harming lives!

-Asritha 6C



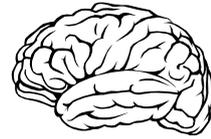
RAIN!

The rain drops on the land
Are playing a band!
The sun from the sky
Calls them to jump up high!
They together form a cloud,
And they make a proper mould!
When many clouds get heavy,
The sky becomes messy!
The sky doesn't like it!
So it won't let the clouds sit.
The clouds get sad,
And they also get mad!
The clouds start to cry,
And the raindrops become mine!

~Samanvitha 6E



Psychology and the Mind



-Siddardh Naidu 9C

What are you thinking about this edition of the newspaper now? Is it interesting and informative? How are you able to do this? Is some supernatural force telling you this? No! It is your brain, your mind! Your mind is one of the most complex things to ever exist. It is delicate and resilient at the same time. Your ability to think, to reason, is all within your mind. The mind is the container of all there is to know about you. It contains your memories, intelligence, emotion, and your conscience. Your conscience is the most crucial aspect of being you, of being human. It makes some aspects of you like everyone else, and other aspects remain unique to you. Officially, it is defined as a cognitive process that elicits emotion and rational associations based on an individual's moral philosophy or value system. In other words, it tells you what is right and what is wrong. It behaves as a guide to your behaviour. It is of the utmost importance in your mind. But how do you decode this? How do you explore it? The answer lies in psychology. Psychology is the science of behaviour and mental processes. It explains how the conscience, the mind, works. It gives insight into the most complex object in the universe. Well, I certainly feel it deserves a substantial amount of credit. Even though it holds a lot of importance, the term psychology was coined relatively recently, around the turn of the 16th century. But, great thinkers have emerged long before that. Aristotle (384-322 BC) wondered about the root of conscience. He finally emerged with the conclusion that the conscience lies in the heart, not the mind, which, of course, is absolutely wrong! Psychology is mainly of four types- cognitive, forensic, social, and developmental. These four cover the major aspects of the working of the mind- how it thinks, how it interacts, and how it learns. It helps to treat a host of mental diseases, including, but not limited to, depression, anxiety, addiction, personality disorders, etc. Mental disorders are usually ignored, but they are indeed very serious. Psychological treatments include sharing your thoughts with a professional. It helps you understand your thinking and behaviour. It results in you changing any abnormal behavioural characteristics and leading a better life. Psychological treatments are not exactly quick, but the benefits they leave are long-lasting. In short, your mind is the mental aspect of you, and psychology is the study of its workings. In fictional movies, it is often shown that a certain character has the ability to read minds, or use telepathy. Psychology is similar to it, just made a little more human.

Are You Mentally Fit?

-Suhaila 9C

Being physically fit is not a difficult task. We need to make sure we take a proper diet and we should regularly exercise. But what does being mentally fit mean? In today's life, almost half of the people are not mentally fit. Mental fitness is a state of well-being and having a positive thought of what we think, feel, or act. It is also as important as physical fitness. Stress, problems in life, can be a reason for your mental illness. It is only on us how we control it and handle it. So just give time to yourself, spend time with people you like, and stay positive.



Just The Way I Am

Let them see me,
Just the way I am.
New shoes or new dress,
I will never change.



Turn on the lights,
Put on a spotlight,
I will still rise,
In my wonderful way!

Hiding is not me,
The light won't scare me!
I will walk down this road,
In my own unique way!
-Sona 8B

CANVAS CREATIONS!



-Deetya Kiran



-Sambitha Krishna



-Sahana R.K.



-Chalasan Deevana



-Devangi Saboo

WANT TO HAVE SOME FUN?

LET US READ SOME PUNS!

1. The cookie was very sad. His best friend had been a wafer too long!
2. I was wondering why the ball was getting bigger, but then it hit me!
3. Last night, I dreamt I was swimming in orange soda. But then I realised, it was just Fanta-sea!
4. Saturday and Sunday are the strongest days. Every other day is a weekday!
5. I named my iPod Titanic. It's syncing now!



LIFE IS PRECIOUS

Too often we don't realize
What we have until it's gone!
Too often we wait too long to say
"I am sorry, I was wrong!"
Sometimes it seems we hurt the ones
We hold dearest in our hearts.
And we allow stupid things
To tear our lives apart.
So be sure that you let people know
How much they mean to you.
Take the time to say the words
Before your time is through.
Be sure that you appreciate
Everything you have got.
And be thankful for the little things
In life that mean a lot.
-Diksha Kumari 9D

Put On Your Thinking Cap To Solve These Riddles!

1. I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?

Answer: Popcorn

2. A railroad crossing without any cars. Can you spell that without any R's?

Answer: T-H-A-T

3. It's raining at midnight, but the forecast for tomorrow and the next day is clear. Will there be sunny weather in 48 hours?

Answer: No, it won't be sunny because it will be dark out. In 48 hours, it will be midnight again!

4. Through wind and rain, I always play, I roam the earth, yet here I stay; I crumble stones, and fire cannot burn me; yet I am soft-- you can gauge me with your hand.

Answer: Ocean

5. A house of wood in a hidden place, built without nails or glue. High above the earthen ground, it holds pale gems of blue.

Answer: Nest



6. I am the outstretched fingers that seize and hold the wind. Wisdom flows from me in other hands. Upon me are sweet dreams dreamt. My merest touch brings laughter. What am I?

Answer: Feather

7. Which 8-letter word can have a letter taken away and it still makes a word? Take another letter away and it still makes a word. Take out all the letters one by one, and you will always find a new word!

Answer: Starting

8. Re-arrange the letters, O O U S W T D N E J R, to spell just one word.

Answer: Just one word.



By: Sravya Mithipati 6E; Aarna Edula 6E; Gyan Arora 6C

NAUGHTY KID: HELLO, DO YOU HAVE A REFRIGERATOR?

MAN: YES, I HAVE. WHO IS THIS?

NAUGHTY KID: IS IT RUNNING?

MAN: YES.

NAUGHTY KID: THEN CATCH IT BEFORE IT RUNS AWAY!

MAN SLAMS DOWN THE PHONE!

AFTER 10 MINUTES-

NAUGHTY KID: HELLO, DO YOU HAVE A REFRIGERATOR?

MAN (ANGRILY): NO!

NAUGHTY KID: DIDN'T I TELL YOU TO CATCH IT BEFORE IT RUNS AWAY?

Genie: You have one wish. Ask me whatever you want.

Man: Okay! I want my intelligence to be 100 times more.

Genie: Granted!

10 minutes later-

Man: Genie, my intelligence did not increase!

Genie: I increased your intelligence 100 times more, but since your intelligence is 0, multiplication of 100 with 0 gives 0. So there is no difference!

LOL



**What does the monster eat after he gets his teeth checked?
The dentist!**



By: Sudhanva 7D; Ramchandra 3B