



# SACH N SOCH



## From the Chief Editor

If I were to quote something here, I wouldn't be able to choose (no pun intended). But, if I were to sum up all the quotes I have, there would be three things about choices that I learnt: your choices are who you are; the right choice isn't always the easy one; and not all choices that affect us are in our hands. Our choices affect everything we do, from what we eat for breakfast, to choosing between studying for our exam or catching up on that new TV show. Similarly, for every choice we make, there is a consequence. Good or bad, well, that's up to you!

-Saanvi Sundaram "Chief Editor"

## From The Co-Chief Editor

Choices are hard to make, especially if you tend to think a lot. Some choices have the ability to change your entire life while some won't even make much of an impact. One scary thing about growing up is making difficult choices. It will just get harder and harder but there will come a point in life where you look back and either appreciate or regret the choices you made. Hence, it is important to think before you act, but more importantly, you must listen to your heart and learn to accept. Choose what makes you happy. Take time to explore. Don't rush yourself. Make sure that your future self would be proud of and thankful to you.

- Varshitha Matta "Co-Chief Editor"

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# HOW DO YOU KNOW THE CHOICE YOU MADE IS THE RIGHT ONE?



I know that the choice I made is correct because I rethink before I take a decision.

Aditi Boyapati 6B



When you follow your gut feeling and trust your heart, you will know that the choice you made is the right one.

Lyeisha Sahoo 6B



I will consider the pros and cons of any decision that I make for choosing or not choosing something.

Deeksha 6D



If my choice has a lot of benefits and doesn't differentiate anyone, I feel it's right.

Varnika 8B

I think after you've made the choice, everything starts falling into place. And you get to an extent where you start feeling happy and it has made changes in your life. That's when you know you've made the right choice.

Purvi Patankar 9D



I think about it, I try to imagine it, if I love it, I know it is the best!

Srinaina Gowru 7B



The choice I make is right when both my brain and my heart are satisfied.

Madeeha Fatima 7B



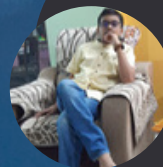
I know it's right when I'm happy with it and it attests to my best interests and intentions.

Diya Sabapathy 9D



I make the right choice when I am not scared.

Chandra Manas Gurram 6A



When we feel comfortable with our decision, we know we have made the right choice.

Rupashi Adhikesava Perumal 6C



I make choices, right and wrong. But when my decision is wrong, I don't regret it. You never know when a wrong decision of yours could be your best one! Plus, life isn't interesting without risks, is it?

Amrit Kaur 7C



To know if the choice I made is the right one, I go and ask about it to elders in my family.

Radhika Dhaka 9D





## Head Over Meals

-Sai Sweshta Meka 6A

The dry season is almost done to welcome all to the wet, warm summertime. We all know that we must drink a lot of water during the summertime. But do you know what is more important? It is to eat food. The food reminds all of us about mouth-watering dishes such as olive oil noodles, pasta, or chocolatey ice cream. Well, for now, it is my favourite! We all have our own tastes, but there are more finger-licking dishes waiting for us out there, only if we explore the tasty food world.

Here are some reasons why we must explore food:

1. Trying, and falling in love with new flavours.
2. Taking in a wide variety of nutrients from varied sources.
3. Encouraging biodiversity in farming practices.
4. To impress our family and friends when they're over for dinner – haha, kidding! But in all honesty, though, you become an example to them, and can encourage them to adopt an open mind too! It's a form of being adventurous.

Isn't being adventurous supposed to be rewarding? It's an opportunity to broaden your "food" spectrum by giving you more options for meals, snacks, and much more.

Remember this, "It's fun to get together and have something good to eat at least once a day. That's what human life is all about, enjoying things."

## Explore

-Siddardh Naidu 9C

Explore...a small word conveying a powerful message. What does it tell us? It tells us to keep on searching for answers to your questions. It tells us to inquire about stuff you don't know anything about. It tells us to never stop receiving knowledge.

In fact, exploring is how Science, Maths, English, and every other subject in school came about. If people chose not to explore, but to just sit back and ignore, none of them would have been there. You may feel that these subjects aren't required, but in reality, we are able to understand how the world works the way it does with the help of the concepts offered by those very subjects.

Sometimes, exploring can lead to unexpected results. In 1946, Percy Spencer was exploring a radar-related vacuum tube. He noticed that a candy bar in his pocket was melting. He further explored this phenomenon and invented the world's first microwave! And microwaves have become rather useful, haven't they?

Exploring is all about asking questions of importance, and more importantly, making sure that you get the answers at the end. People say that being an explorer is something you are born with. But the truth is, anyone can become an explorer. "Explore the unseen."

## The Standard Model Part II

-Arya Tiwari 8D

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 behaviour: 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. Note that 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. Photon manages the electromagnetic force\* and is 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 of atoms\*.

Then there's the Graviton\*\*\*, which manages the attraction of large objects\*, but he is yet to join the school, so we don't know if he really exists yet.

**\*more complex than described!**

## Creating your reality; A SamEd Talk -Varshitha Matta 9B

"Hi, I'm Varshitha, also known as the SamEd talk queen. You know, when I think of SamEd talks, I get lots of thoughts-- mostly ideas, but I also get other motivational stories of people. So my brain gets crowded with so many topics that I wouldn't know what to choose like I'm standing here right now and I don't know what I'm trying to do. I'm just going with the flow. If there's one thing that 2020 taught me, it's going with the flow. I had 9,999 reasons to just sit in a corner and weep but I didn't. I mean, of course, I did it in the beginning but 2020 taught me things and I'm implementing them in 2021. It took me an entire worldwide pandemic to realise that optimism is important.

I was watching this Billie Eilish video, I think it was the same interview 4th year, and there was one thing that she said that stood out to me, 'I shall accept the things that I cannot change and change the things that I cannot accept'. This thing changed my life-- okay I'm exaggerating a bit but honestly, that was something that I needed to hear. That's my theme for 2021.

I never made new year's resolutions because I never had the drive to stay consistent. But this year I did because I grew up in 2020. I thought, 'Varshitha, you don't like your body? Work to change it. You don't like your hair? Well, you can't change that, it's in your genes, and permanent straightening isn't good for your hair.' So I learned to accept my hair the way it is and believe me when I understood that acceptance, it suddenly started looking insanely pretty. I know some would still think, 'Your hair? Pretty? Which one of us is blind?' But I guess what's more important is we love ourselves no matter what society thinks or says. Somebody once asked me, 'Why do you write?'

Well, at first I thought it was funny. I mean, why do I write? Seriously? Well if I had to really put it in one sentence, as simple as the interrogator thought it would be, it is because it is my escape from reality. Writing, speaking, music! My escape from reality. Why do I want to escape from reality? Because the reality seems to be depressing.

If I say 'depressing' the first thing that might come to one's mind is mental issues. Depression. Melancholy. I hate to break it to you but, depression is not the only reason why reality could mess with your head. You will see it right when you turn on your TV. Or open your cell phone. The news is depressing. The stress on the mind of a 9th grader who's freaking out about losing 0.5 marks is depressing. The fact that a child has to keep secrets from a parent because they always judge them instead of actually listening is depressing. The very busy people ignoring a poor child crying and begging for a penny on the street is depressing. The very fact that most of the people who walk on earth right now don't have a single trustworthy friend to share their secrets or insecurities or flaws with is depressing. The thought of students disliking their parents and teachers for making them study, completely forgetting about the existence of children of their very same age who watch the privileged ones going to school, with tears and wishful dreams in their eyes, is depressing.

When I put my pen on the paper or my fingers on the keyboard of my laptop or on my guitar, I feel better. I feel like me. And probably that's what makes me feel better. Me. Who I really am. Laying my heart out on a paper or a Google/Word document which I probably will never show to anyone, or laugh at after 3 years, makes me feel humane. It makes me feel alive.

As for me, I have problems. I have troubles. And so does everyone. The only thing I can and choose to do to forget about reality is to distract myself to see the more beautiful things. And perhaps, these more beautiful things that I have contained in my passion will one day be capable of helping that child on the street or the teen with no courage to open up. Perhaps one day, my decision of trying to control myself and my emotions by putting my hands to work on what I like, what I love, will keep me and others happy."

## What is active learning?

-Theertha Praveen 9C

Whenever I have trouble learning something, I browse the internet to find effective ways to solve my problem. Most guides, sites, and youtube videos recommend learning 'actively' and not 'passively', but a question lingered in my mind, "What exactly is active and passive learning?" Passive learning is a method where a student receives information and internalises it by memorisation. However, passive learning allows limited opportunity to supervise how well students learn and understand the contents and topics taught. It also lacks engagement, questions, and clarification. On the other hand, we have active learning. All forms of active learning involve students thinking about what they are doing and engage in activities like writing, discussion, or problem-solving questions. Active learning increases critical thinking skills, enables students to show creativity and initiative, and increases involvement. For example, when you study and understand the concept rather than memorising answers, you can create outlines, flowcharts, and study sheets to work effectively. You could also use the Pomodoro Technique to increase productivity and focus. Samashti has already taken up this initiative which has been proven highly efficient. We must try our best to implement active learning rather than passive learning to succeed in all that we do.

## Choices

-Laasya Padmaraju 8D

Life is made up of infinite choices. Choosing what to wear today is a simple and daily choice that we make, but big decisions that can change our lives forever- these are the burdensome ones. Each and every choice that we make affects either our or other people's lives. People say that our choices define us and reveal our true inner preferences. Hence, we must make good choices. Here are a few ways to make good choices: Learn from the past, know what you know and what you don't know, keep the right perspective, don't procrastinate, and finally, once you make a choice, don't look back, just make it work out. Sometimes, when we make bad choices, it is hard for us to accept that we have done so, and instead, we do not make it right. This leads to mental stress or the blues, which affects our lifestyles. So, we must always change our wrongs and look for the good. As said already, the choices we make shape our lives. There will be a lot of struggles and problems that may thwart our goals, making us feel unstable and vulnerable. But, by saying a few words; making a good choice, we can easily overcome these obstacles and keep going. This is how important choices are. So make good choices, and keep going in life!

## 10th Grade- A New Journey

-Purvi Patankar 9D

The starting of a new year, a new journey, and of course a new session. We finally completed the big step of grade 9, that is the final exams! But who knows, we now have an even bigger step ahead of us, that is 10th grade! 10th grade is usually considered an exhausting grade where you have to prepare for board exams and also make many decisions about what you wish to study further and is a big step towards building your future. We, students, were educated a lot on this topic in our previous years and many of our teachers and our counsellors helped us with this.

As soon as we started the new grade, every teacher gave us a brief introduction about their subject. They told us about the new things we would be learning in the following year and also gave us tips and instructions that we would have to follow. They've been concentrating a lot on our studies and helping us every single way. They spare a lot of time and are always here for us. I really appreciate all the teachers for this. Even after all these instructions and tips, it's us, the students who need to be following and learning, and it will be our hard work that will pay off by the end of the year. I wish all the students all the best for their 10th grade studies, and make sure to work hard!



## EQUADOR -Aditi Boyapati 6B



Ecuador is a country straddling the equator on South America's west coast. Its diverse landscape encompasses the Amazon jungle, Andean highlands, and the wildlife-rich Galápagos Islands. On the Andean foothills at an elevation of 2,850m, Quito, the capital, is known for its largely intact Spanish colonial center, with decorated 16th and 17th-century palaces and religious sites, like the ornate Compañía de Jesús Church. The territories of modern-day Ecuador were once home to a variety of Amerindian groups, which were gradually incorporated into the Inca Empire during the 15th century. The territory was colonised by Spain during the 16th century, achieving independence in 1820 as a part of Gran Colombia from which it emerged as its own sovereign state in 1830. The legacy of both empires is reflected in Ecuador's ethnically diverse population, with most of its 17.1 million people being mestizos, followed by large minorities of European, Native American, and African descendants. Spanish is the official language here and is spoken by a majority of the population, though 13 Native languages have been recognised, including Quechua and Shuar.

## LADAKH -Lyiesha Sahoo 6B



Ladakh is a place famous for its breathtaking landscapes, crystal clear skies, the highest mountain passes, thrilling adventure activities, Buddhist Monasteries, festivals and so much more! The present Ladakh was divided into two provinces while the third comprised western Tibet. Ladakh was earlier known as Narikorsoom. Ladakh is one among the few states in India, which have two capitals instead of having the usual major capital. This practice of two capitals was started by the Dogra king more than a century ago. The capitals of Ladakh are:

- 1) **Leh:** Leh is one of the capitals of Ladakh which is famous for its historical ties and its spectacular scenery. It is the home of many famous architectural monuments namely, the Leh Palace, Shanti Stupa, and the very well-known Jama Masjid. Though there are many other architectural monuments, these are some of the popular ones.
- 2) **Kargil:** Kargil is the second capital of Ladakh and is a joint capital to Leh. It is historically known as Purig. The majority of the population of Kargil are Muslims. Other religions are also followed in this place. The most famous event about Kargil is the Kargil war that happened in 1999. There was also a movie made on the War of Kargil. On the 31st of October 2019, Ladakh became a union territory along with Jammu & Kashmir. There are now 28 states and 8 union territories in India.

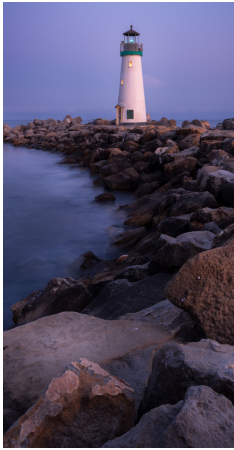
## PREM MATHUR -Rupashi 6C

Prem Mathur was an Indian girl who broke the glass ceiling in aviation. She was born on the 17th of January in Aligarh, Uttar Pradesh. She was the first Indian woman to be a commercial pilot. She was rejected eight times in different airways, but that didn't stop her. Finally, she got a job at Deccan Airways, Hyderabad in 1947 as a co-pilot. She started flying when she was 38 years old. She got her license from the Allahabad Flying club. She flew many famous people like Indira Gandhi, Lady Mountbatten, and Bahadur Shastri, and gave them a wonderful and safe ride. She was pretty sure that she could take full command of the cockpit but was denied by Decan Airlines. She did not stop there. She quit Deccan Airlines and moved to Delhi, where she became G.D. Birla's private jet pilot. She won the National Air Race in 1949. Then, she joined the Indian Airlines in 1953 and worked there for the rest of her career span. If she had given up as soon as they rejected her, she wouldn't have got this far. So, never give up, spread your wings, and fly as high as possible.



## Peculiar Waters

-Saanvi Sundaram 9B



Lakes in themselves are super fun to visit. Boating with family, swimming in the lake water, fishing on the weekend, there's something for everyone to do on the lakeside. And if you don't like lakes, you're bound to like some other water body. Maybe spotting alligators in the river is your thing, or riding the ferry across different islands in the Andaman and Nicobar islands was the highlight of your trip. And who can possibly forget beaches!?

Some bodies of water, though, stand out. Have you, ever visited the Cano Cristales River in Colombia? Most of the year, it's just like any other river, but it bursts into various different colours during the months of July through November. Oh! and Lake Hillier in Australia remains a mystery to everyone to this day. Its bright pink colour confounds scientists, and the fact that it turns brighter the further you move from it, well that's a whole new mystery! Bioluminescent Plankton is the cause of glow-in-the-dark beaches in the Maldives, a highly popular tourist spot at all times of the year.

So, the next time you want to witness the natural beauty of Earth, why wait? We've explored more of space than we have the ocean, but we do know it is one of the most magnificent places in the world.

## Hanami

-Radhika Dhaka 9D

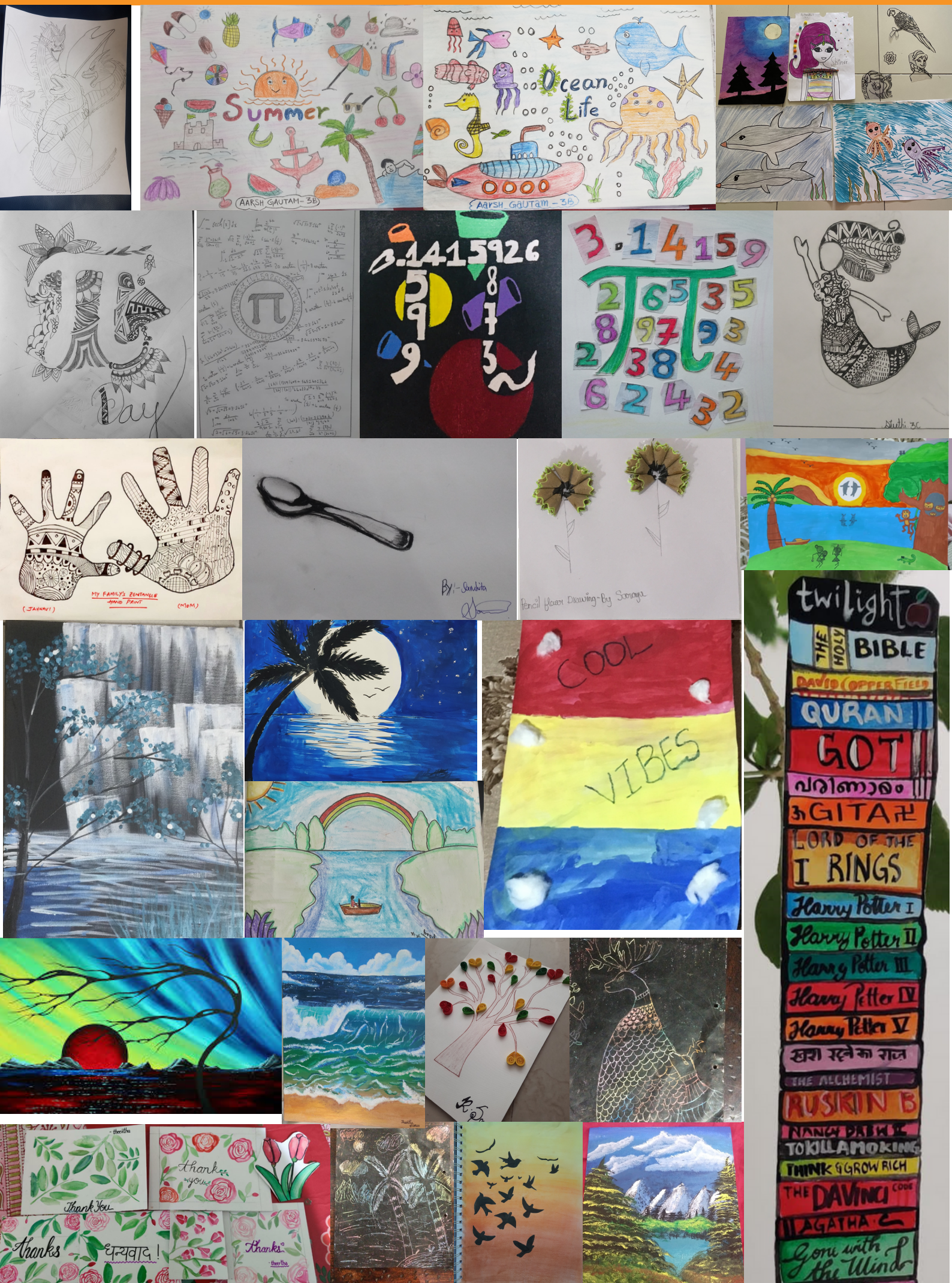


It's gonna be spring in Japan. People are very excited about the Cherry Blossom. But what is exciting about it? Cherry Blossoms are symbolic flowers of spring. They are flowers of many trees of Genus *Prunus* or *Prunus* subg. Cherry blossoms are also known as Japanese cherry or Sukura. It is the national flower of Japan. Cherry Blossom festival known as Hanami in Japanese is the ancient tradition of going to enjoy the blooming of cherry blossoms in parks and throughout the countryside of Japan. The literal meaning of Hanami is 'viewing flowers' but it generally refers to cherry blossoms' viewing. During this season, the people in Japan like to have cherry blossom parties with their family, friends, and colleagues.

As thousands of people flock to parks, securing places for picnics and parties in public places, may actually become competitive. So many people will go stake out a spot early in the morning or even a day in advance.



# GALLERY





## First Aid

-Deeksha Kishore 6D



First aid is the immediate help given to a person who suffers from a major or a minor disease with the care to protect someone's life and to promote fast recovery. In simple terms, it is like an initial interference in a serious condition which is before professional medical help. First aid is usually performed by a person who has had basic medical training.

Friedrich Esmarch is the founder of First Aid in the year 1870.

Mental health first aid is the concept of first aid which is to cover mental health whereas, psychological first aid is the concept of first aid which covers an early treatment for the people who are at the risk of developing certain diseases. First aid can be performed on both humans as well as animals. The purpose of first aid can be summarized in 3Ps.

1. Preserve life 2. Prevent difficulties 3. Promote fast recovery

The first aid kit contains scissors, bandages, antiseptic creams, etc. First aid is used to treat many wounds like cuts, burns, insect stings, etc. Medical people are trained in this sector so that if there is an emergency it can be treated easily. The first aid room is also known as the infirmary where the ill are treated in a school, sports venue, factory, etc. First aid is a very important life skill in our daily lives.

I strongly feel every school should promote First Aid, include that as part of the school curriculum and take a pledge to create First Aid heroes!

## Dyslexia

-Diya Tanushree 9D



I'm sure we've all heard of dyslexia at some point or the other. So, what is dyslexia? Dyslexia is a learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words. Also called 'reading disability', dyslexia affects areas of the brain that process language. Having a sister who had dyslexia, I know firsthand how much a person with dyslexia struggles in the beginning and how the 'normal' crowd thinks of dyslexic people as 'not smart' or 'incapable' - none of which is true. But, it's way more common than you think! 16% of the population has dyslexia - some undiagnosed to this day. Dyslexia is a disorder present at birth and cannot be prevented or cured, but it can be managed with special instruction and support. Dyslexic children can be put in classes to help them progress. A few well-known personalities that have dyslexia are Daniel Radcliffe, Jennifer Aniston, Steven Spielberg, Albert Einstein, Leonardo Da Vinci, Walt Disney, Tom Cruise, and many more. Dyslexia is nothing to look down on and children with dyslexia are just as smart, talented, and capable as children without it. And, on the plus side! Here are a few positive things about having dyslexia - dyslexic people are more holistic thinkers, highly creative, have improved pattern recognition, sharper peripheral vision, are picture thinkers, and much more. In conclusion, let's all be more accepting humans.

## रिश्ते

-Ayesha Suhaila 9C

रहिमन धागा प्रेम का, मत तोड़ो चटकाय।

टूटे से फिर ना मिले, मिले गाँठ परि जाय॥ -रहीम

इसका मतलब यह है कि जो भी प्रेम संबंध हैं हमें उन्हें नहीं तोड़ना चाहिए और अगर हम ऐसा करते हैं तो वे फिर से नहीं जुड़ सकते और अगर वे जुड़ भी जाएँगे तो एक गाँठ आ जाएगी। हमारे जीवन में हमारे पास बहुत सारे लोग हैं जिन्हें हम प्यार करते हैं और हर समय उनके साथ रहना चाहते हैं। वे हमारे माता-पिता, भाई-बहन, रिश्तेदार या हमारे दोस्त हो सकते हैं। लेकिन कुछ गलतफहमियों के कारण हम उन्हें खो देते हैं। यही कारण है कि हमारे लिए रिश्तों को एक अनुशासित और अच्छे तरीके से बनाए रखना बहुत महत्वपूर्ण है। आज के जीवन में ऐसे कई लोग हैं जो इन गलतफहमियों के कारण अपने परिवार या दोस्तों से दूर रहते हैं। अगर हम अपने रिश्तों को बनाए रखना चाहते हैं तो सबसे पहली महत्वपूर्ण चीज हमारे शब्द हैं। यह कहा जाता है कि कहे हुए शब्द कभी वापस नहीं आते हैं और यह सच है। कभी-कभी जब हम क्रोधित होते हैं तो हम कुछ ऐसे शब्द कहते हैं जो दूसरों को आहत कर सकते हैं और यह उनके साथ हमारे रिश्ते को तोड़ने के लिए पर्याप्त होते हैं। दूसरी महत्वपूर्ण बात यह है कि यदि दूसरे हमसे कुछ कहते हैं तो हमें बुरा नहीं मानना चाहिए और उनके शब्दों को हल्के में लेना चाहिए। एक बार अगर रिश्ते टूट जाते हैं तो हमारे लिए पहले की तरह बनाना बहुत मुश्किल होता है। हमें हमेशा अपने रिश्तों को अच्छे तरीके से निभाना चाहिए तभी हमारा जीवन हमेशा खुशहाल रहेगा।





## Jokes

-Sahana 6B

1. What kind of band never plays music?

Ans: A rubber band

2. Which word is pronounced the same if you take away four of its five letters?

Ans: Queue

3. The person who makes it has no need for it. The person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?

Ans: A coffin

4. With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?

Ans: A stapler



## Poetry:

-Saathvik Sundaram 5D

### Journeys

Jumping, smiling all the way  
Open gates go through, we may  
Under the bridges with large smiles  
Running and running for miles and miles.

Never stop, frown, or pant  
Even if run you can't  
You can walk, or cycle you may  
So you'll have fun anyway.

# THANK YOU ALL FOR CONTRIBUTING TO THE ART GALLERY!

Nivritti 3C

Varshitha 9B

Theertha 9C

Swetha 9B

Sarayu

Samhita

Mahek 9B

Aarsh Gautam 3B

Stuthi 3C

Vedanshi 2C

Lakshmi Jahnavi 1D



Krishi

Anuradha Nandigam 4

Sona R. 8

Prisha Dave 5D

Akshaya Neelam 1F

Pranu Reddy 1F

Chathurya 7D

Navya 5C

Himani Joshi

Suruchi 8C