

# SACH N SOCH



## From the Chief Editor

We have all heard the story of 'The Woodcutter and his Axe'. For children, this moral story is told to reinforce that honesty is the best policy. But if we ponder on this deeply, does honesty require a reward? The inner happiness we get when we act honestly, that is the reward, isn't it? If we go deeper, being honest is a way of life, a habit just like you take care of your external cleanliness. This is about the cleanliness of your mind and soul. On a lighter vein, as a teacher of the English language, I should honestly confess that when I read the creative writing of my students, I get so involved that I sometimes forget to grade! I feel the thoughts and feelings of the children are reflected in what they write and I am really happy getting to know them through their work. There was this student who was asked to write a sentence using the word 'honesty' and he wrote 'The teacher asked me to write a sentence using the word honesty'.

Happy Reading!

- S. Sasi

## From The Principal's Desk

### Gratitude

As an airplane lands safely amid turbulent weather, most of us thank the pilot. We should also thank the technicians and mechanics who ensured that the aircraft would withstand the buffeting of the strong winds. As I think of Samashti, I feel grateful to the many people who help make this institution great. My thanks are due to many including Amirthamma and Sapna. These two women work tirelessly and with a smiling face. Whenever I work beyond school hours, they have never indicated, not even by the slightest change in facial expression, that they are uncomfortable staying late. And they are always there to take care of every detail of comfort. It is this dedication shown by all, irrespective of designation, that is the USP of Samashti.

- Dr. Meera Bhandari Arora

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## Our Views on Honesty...

One honest person can change another. Then, together they can change the world.

Tanushri - 6B



*Honest means the one who is true and never lies..*

Panchjanya - 1 A



Honesty leads to success.

Rohan - 5C

Honesty helps you in being wise.

Advaith 4C



Honesty means being brave enough to tell the truth.

Aryan - 2D



*There is nothing greater than honesty.*

Harini - 6C



Honesty can get you what you want.

Siddharth - 4B

Honesty earns you the trust of others.

Abhinav - 5C



*Honesty is important because when you are honest, others are also honest and there are no fights.*

Sahana - 5B

*Honesty is the best policy.*

Samriddhi - 5C

*Honesty means we should not see in others book in exams.*

Aradhya - 1C



Honesty is always telling the truth.

Aghamarsh - 4B



Honesty is to express yourself freely and not get scared of anything.

Risha 4B

Honesty means what we say, we do.

Abhiram - 2 E



Honesty is important because it is about who you are, what you want and how you need to live your most authentic life.

Jayanth - 5B

Slokitha - 7B



*Honesty means facing everything without being scared.*

It's better to be honest and hurt someone, than to lie and see them get hurt later.

Saanvi - 8B



Honesty is the best chapter in any book

Sai praneetha - 7D



Diksha - 8B

Being honest might not get you many friends, but it will always get you the right ones.



Siddardh - 8C

Honesty, in simple words, is something that makes people believe and trust YOU.

Being honest not only makes you better, but others too.

Varshitha - 8B



Honesty is being truthful to yourself, then to others.



Nihanth - 8C



*Honesty starts with accepting a mistake.*

Anand - 8D



Hamsika - 6C

**Honesty is the key element of change.**



Samashti has adopted the 5Es model of instruction. Students acquire and retain new knowledge by building on the previous knowledge. The 5Es represent the five phases – **Engage, Explore, Explain, Elaborate, Evaluate**. As the student walks through these five phases, the new knowledge is completely absorbed. Let us look at a few instances of the second E - "Explore" in this issue.



## Backward Counting

**Preprimary Numeracy class:** backward counting was done with cute animal figurines. It was fun to learn how the count increased, when each animal entered the farm and how the count decreased when animal left to their habitat.

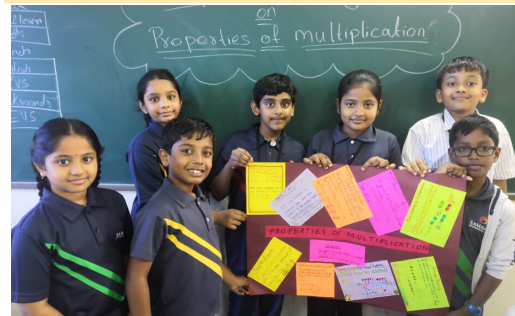
## Heartfulness and Nature

Students of grade 4 exploring heartfulness through nature walk and a nature talk. The session started with heartfulness relaxation. Then, in groups of six, they explored trees, experiencing the sense of touch and smell and also had conversation with the trees. Students had to draw or write their feelings after the session.



## I can / I can't

This enjoyable "can and cant" worksheet activity was about modal verbs of ability. Students of grade 5 completed sentences on the worksheet with "I can or I can't". When the students had finished, they were divided into pairs. Students then took turns to ask about their partner's abilities by asking questions with 'Can you...?' 'Eg: Can you snap your fingers?' Their partner replies 'Yes I can'. The student then was asked to demonstrate the ability.



## Let us explore Multiplication

Exploring Maths creatively necessitates a two-way learning process. Students are given the opportunity to enquire and investigate. In this activity students of grade 4 explored and discussed on properties of multiplication. In the end, students gave a presentation and shared their experience.

## Exploring Habitats

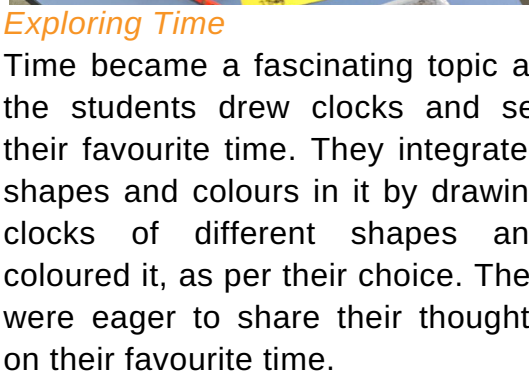
The students of grade 5 were divided into four groups and were assigned to make models of different habitats like aquatic, desert, forest and polar regions. The students explained about the models with enthusiasm.



We started the week off with the animated video, "The Whatchamacallit" to engage the students with the concept of rolling and sliding. The children quickly made the connection between the characters sliding in the video and our playground slide. This prompted some further discussion of the difference between "sliding" and "rolling". Students were taken outdoors and with the help of several objects they explored, hands-on, the concepts of rolling and sliding. They understood that rolling is when a thing turns over and over. If something slides, it just goes down without any turning.

## Exploring Time

Time became a fascinating topic as the students drew clocks and set their favourite time. They integrated shapes and colours in it by drawing clocks of different shapes and coloured it, as per their choice. They were eager to share their thoughts on their favourite time.



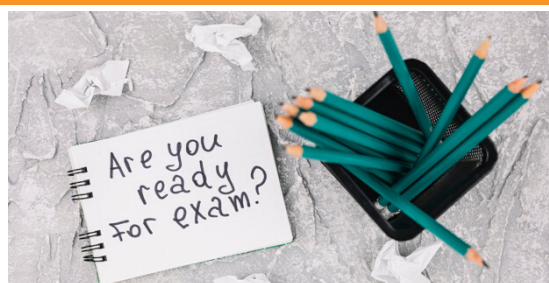




## BATUKKAMMA

- Suhela - 8C

India, a country of festivals. Different regions, different religions - the unifying factor - celebration of festivals. Our own state Telangana's festival 'Bathukamma' is the festival of flowers. Bathukamma is a beautiful flower stack, arranged with different unique seasonal flowers most of them with medicinal values, in seven concentric layers in the shape of temple gopuram. In Telugu, 'Bathukamma' means 'Mother Goddess come Alive' and Goddess Maha Gauri - 'Life Giver' is worshipped in the form of Bathukamma. The Bathukamma festival is celebrated for nine days. At Samashti, before we wished adieu to each other to enjoy the holidays with family, we started the celebrations with a Bathukamma at school. Students of pre-primary and grades 1&2 came dressed in colourful, traditional attire and brought flowers to make a Bathukamma. Everyone pitched in to make the floral goddess Bathukamma and welcomed the season by dancing around merrily. When Sach and Soch reporters asked grade 1 students 'What is bathukamma?', there were many unique responses. Here are a couple of them- 'We celebrate it to kill the evil. We dance and enjoy' - Tejasri of 1G. 'We celebrate with colourful flowers' - Manasvi of 1C.



## The Half-Yearlies!

- Vallabh - 9C

The half-yearlies come only once a year. So we try and build ramparts around us to protect ourselves from unnecessary distractions. The ramparts might break or remain undisturbed, it depends from person to person. Actually distractions might help a lot; just plain study might have a soporific effect on one. We had about half a day to prepare for an exam, which was actually a lot of time. And the exam was for 3 hours, again a lot of time. The time left after writing the exam felt taut, that made it even worse.

## Field Trip Time!



*All Set for Honey and Chocolates!*

Field trips are always fun trips knit with experiential learning. September is the month to enjoy trips with friends. Students of grades 3 to 7 were excited to learn all about "Bee keeping" or "Chocolate making." The trip to the apiary was educative as they came to know about the importance of bees to our society, the different kinds of bees, the process of making honey and honey-based products. Many of them got a chance to hold the frame housing hundreds of honeybees. Of course, they all got to taste honey! The trip to the chocolate house was exciting as they saw how to make yummy chocolates and they enjoyed the process of chocolate making. Many students resolved to learn this craft and practice it at home. Students loved the experience of travelling together, sharing their snacks and thoughts with each other.



## 'Misuse of Water should be punished' - Debate in 8B

- Diksha - 8B

All the students were very excited. A formal debate activity in English class. Both the teams were very enthusiastic and queries and responses flew thick and fast. The debate went in a smooth flow. Many valid points were raised. The two teams were unanimous in agreeing that water conservation is very important because we know water is a precious resource which is irreplaceable; Day by day it's getting wasted because people don't know the importance of water nor they understand it; It's our duty to explain to people that we should save water for our future generations too. After agreeing on all the points about water conservation the team that was in favour reiterated that misuse of water should be a punishable offence because if we don't take hard steps today we will not be able to survive tomorrow. But the other team countered it saying that many people are not educated in this matter and they are not aware that they should save water. So they conveyed that the Government, NGOs and the society should come together to help in educating those people who don't know the importance of water by arranging awareness programs. Rain water harvesting should be made mandatory for all. Government also needs to work on infrastructure required for clean water.

The debate was a Success and a lot of learning happened.





## Japan - Nitin Rayala - 9C



Japan is truly timeless, a place where ancient traditions are fused with modern life as if it were the most natural thing in the world. Japan is a country both culturally rich and economically thriving. Its name in Kanji (Chinese characters used in Japanese writing system) directly translates to "Sun Origin" and it is also called the "Land of the Rising Sun." Japan's territory is 377,973.89 km. It is the 4th largest island country, encompassing 6852 islands. It has five main islands: Honshu, Hokkaido, Kyushu, Shikoku and Okinawa which make up about 97% percent of Japan's land area. Its population is currently around 125 million. The climate of Japan is predominantly temperate, but varies greatly from north to south and yes, it does snow in a few areas. It is a disaster-prone area, but it doesn't stop numerous tourists from all over the world visit this country, where Ninjas and Samurais were born. Japan is a constitutional monarchy and sovereign whereby the power of the Emperor is very limited. The current Japanese prime minister is Shinzō Abe and the Emperor is Naruhito. Its currency is yen which as of now is equivalent to 0.66 rupees. Its official language is Japanese.

**Religion :** Shintoism and Buddhism are the primary religions of Japan, though a secular Christmas is widely celebrated, and minority Christian and Islamic communities exist.

**Arts :** Painting and calligraphy have been in Japan for a very long time. Origami the art of paper folding is associated with Japanese culture. Japan is also host to the many Manga artists (Manga is Japanese comics) and animators.

**Cuisine:** Japanese cuisine is based on combining staple foods, typically Japanese rice or noodles, with a soup and okazu – dishes made from fish, vegetable, tofu and such – to add flavour to the staple food. In the early modern era ingredients such as red meats that had previously not been widely used in Japan were introduced. Japanese cuisine is known for its emphasis on seasonality of food, quality of ingredients and presentation. Japanese cuisine offers a vast array of regional specialties that use traditional recipes and local ingredients. Restaurants in Japan often specialise in just one dish – perhaps having spent generations perfecting it – and pay close attention to every stage, from sourcing the freshest, local ingredients to assembling the dish attractively.

## Greta Thunberg - Payal - 8B

Greta Tintin Eleonora Ernman Thunberg was born on 3rd January 2003 in Stockholm, Sweden. Greta Thunberg is a Swedish environmental activist on climate change whose campaigning has gained international recognition. Thunberg first became known for her activism in August 2018, when, at the age of 15, she began spending her school days outside the Swedish parliament to call for stronger action on global warming by holding up a sign saying (in Swedish) School strike for climate. Soon, other students engaged in similar protests in their own communities. Together they organised a school climate strike movement under the name Fridays for Future. After Thunberg addressed the 2018 United Nations Climate Change Conference, student strikes took place every week somewhere in the world. In 2019, there were at least two coordinated multi-city protests involving over one million students each. Her sudden rise to world fame has made her a leader and a target. In May 2019, Thunberg was featured on the cover of Time magazine, which named her a next generation leader and noted that many see her as a role model. Thunberg and the school strike movement were also featured in a 30-minute VICE documentary titled Make the World Greta Again. Some media have described her impact on the world stage as the Greta Thunberg effect. Thunberg has been the recipient of numerous honours and awards, including Fellowship of the Royal Scottish Geographical Society, has been named as one of the 100 most influential people of 2019 by Time magazine and has been nominated for the Nobel Peace Prize. In September 2019 she addressed the UN Climate Action Summit in New York.



## धरती पर स्वर्ग – श्रीनगर -अनुष्का शर्मा सातवीं 'स'

**इतिहास:** श्रीनगर शब्द दो संस्कृत शब्दों से बना है जिसका शाब्दिक अर्थ 'धन का नगर' है, इसे 'सूर्य का नगर' भी माना जाता है। श्रीनगर का इतिहास काफी पुराना है। माना जाता है कि इस जगह की स्थापना प्रवरसेन द्वितीय ने 2,000 वर्ष पूर्व की थी। किन्तु कुछ इतिहासकारों के अनुसार श्रीनगर को सम्राट अशोक ने बसाया था।

**दर्शनीय स्थल:** डल झील, शालिमार और निशात बाग, गुलमर्ग, पहलगाम, चश्माशाही, आदि प्रमुख पर्यटन स्थल हैं। शंकराचार्य मंदिर, मार्तण्ड (सूर्य) मन्दिर, अमरनाथ की गुफा, तख्त-ए-सुलेमान, हजरतबल मस्जिद, दरगाह चरार-ए-शरीफ आदि प्रमुख धार्मिक स्थल हैं।

**शिक्षण संस्थान:** कश्मीर विश्व विद्यालय  
**प्रसिद्ध व्यंजन:** मटन, चिकन, मछली और चावल कश्मीरी भोजन में प्रमुख महत्व रखते हैं। रोगन जोश, चावल आटे की रोटी, वाजवान, रीस्ता, यख्नी, कहवा आदि प्रमुख व्यंजन हैं।

**मुख्य आकर्षण:** हाउसवोट, सूखे मेवे, शॉल, कश्मीरी कढ़ाई की वस्तुएँ और हस्तशिल्पकला की वस्तुएँ।

**लोक गीत और नृत्य:** भांड पाथेर पारंपरिक लोक नाट्य कला का एक रूप है जो नाटक और नृत्य है। कलाकार व्यंग्यात्मक शैली में सामाजिक बुराईयों को चित्रित करते हैं। चकरी कश्मीरी लोक संगीत का एक रूप है और सबसे अधिक लोकप्रिय है। कश्मीरी संगीत का एक और बहुत प्रसिद्ध रूप सूफियाना संगीत है।

**भाषा:** कश्मीरी, उर्दू और हिंदी।

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





## Junior UN

- DEEKSHITHA - 10

The United Nations Security Council is one of the six principal organs of the United Nations, charged with ensuring international peace and security, accepting new members to the United Nations and approving any changes to its charter. Its powers include the establishment of peacekeeping operations and international sanctions as well as the authorization of military actions through resolutions – it is the only body of the United Nations with the authority to issue binding resolutions to member states. The Security Council was created following World War II to address the failings of a previous international organization, the League of Nations, in maintaining world peace. The Security Council consists of fifteen members. The great powers that were the victors of World War II – the Soviet Union (now represented by Russia), the United Kingdom, France, Republic of China (now represented by the People's Republic of China), and the United States – serve as the body's five permanent members. These can veto any substantive resolution, including those on the admission of new member states or nominees for the office of Secretary-General. In addition, the council has 10 non-permanent members, elected on a regional basis to serve a term of two years. The body's presidency rotates monthly among its members. India has been a member of the UN Security Council for seven terms (a total of 14 years), with the most recent being the 2011-12 term. The Security Council takes the lead in determining the existence of a threat to the peace or act of aggression. It calls upon the parties to a dispute, to settle it by peaceful means and recommends methods of adjustment or terms of settlement. In some cases, the Security Council can resort to imposing sanctions or even authorize the use of force to maintain or restore international peace and security. All members of the United Nations agree to accept and carry out the decisions of the Security Council. While other organs of the United Nations make recommendations to member states, only the Security Council has the power to make decisions that member states are then obligated to implement under the Charter.



## Compost Makes Plants Happy

Composting is the process of organic waste conversion to a valuable soil resource. The secret of a healthy compost pile is carbon/nitrogen ratio. Under Srishti Gyan curriculum the pre-primary students helped in making compost. They collected green and dry leaves, twigs and vegetable peels. They made a pile and mixed it with water and soil. Our little helping hands were aware why composting is important and how it helps the soil retain its moisture and adds nutrients to the plants. At Samashti, we constantly strive to keep the learning as practical as possible. When you experience something, you apply it better. The little nature stewards have taken up the responsibility of helping and greening the environment.



## भूमि संरक्षण - महक जैस 'आठवीं' ब'



हमारे अधिकांश जीवनकाल में हमने अपने आस-पास के वातावरण में बड़े-बड़े बदलाव देखे हैं। हमने देखा है कि आवास के लिए जंगलों को काट दिया जाता है, या खेतों को शॉपिंग सेंटर में बदल दिया जाता है। इनमें से कुछ परिवर्तन मानव अस्तित्व के लिए आवश्यक हैं किंतु हम अधिक से अधिक प्राकृतिक भूमि को विकसित भूमि में परिवर्तित कर रहे हैं जो एक चिंता का विषय है। हम अपनी सभी प्राकृतिक भूमि को नष्ट कर रहे हैं जिससे जीवन खतरे में आ जाएगा। भूमि संरक्षण प्राकृतिक भूमि की रक्षा और विकसित भूमि को उसकी प्राकृतिक अवस्था में वापस लाने की प्रक्रिया है। भूमि संरक्षण की सबसे आम तकनीकों में से कुछ में संरक्षण, बहाली, बचाव, और शमन शामिल हैं।

भूमि संरक्षण का अर्थ है कि भूमि और उसके प्राकृतिक संसाधनों की रक्षा करना इसके कुछ उपाय निम्न हैं :

- खुले और हरे भरे स्थानों का संरक्षण करना।
- सुंदर परिदृश्य और मनोरंजक सुविधाओं की रक्षा करना और उनको स्वच्छ रखना।
- मिट्टी की गुणवत्ता में सुधार करने के लिए अदल-बदलकर फसलें लगाना।
- मिट्टी के कटाव को बचाने के लिए हमें पहाड़ों पर भी पेड़ों की संख्या बढ़ाना जिससे मिट्टी के कटाव को अधिक से अधिक मात्रा में रोक सकें।
- खेतों के चारों तरफ पेड़ों को लगाकर बाढ़ के नकारात्मक प्रभावों को कम करना।
- लोगों में प्रेरक स्लोगन और विभिन्न प्रचार माध्यमों के द्वारा भूमि संरक्षण के महत्व के प्रति जागरूकता पैदा करना।



# SCIENCE

## SAMASHTI VIGYAN 2019

We continue with the models and presentations by Grade 2 students, educating the parents about protecting the Environment.



### SOURCES OF WATER

Where do we get water from?  
- Students made models of well, river, pond and sea and explained the importance of water in our lives.



### KALEIDOSCOPE

Children made Kaleidoscopes using mirrors to reflect objects and create beautiful, fascinating, repeated patterns.



### HUMAN BODY

'The human body is the best work of art'. As quoted by Jess C.Scott, our second graders explained about the various body parts and their functions.



### WATER CYCLE

3D model of water cycle was enthusiastically explained to the audience.



**RAIN WATER HARVESTING:**  
Display of different techniques on how rain water can be collected, stored and used.



### HOW TO KNOW DIRECTION WITHOUT A COMPASS

A simple experiment but it activated critical thinking in the students. Rub the pushpin on a magnet several times and drop it in water. It will point towards north direction, then it is easy to locate the other directions.



### SAVE ENVIRONMENT

The little ones were keen to show various ways of protecting our Mother Earth. They also made models of wind mills and educated the parents on the importance of plantation and recycling.



### ANIMAL HABITATS

The four types of habitat - forest, water, desert and Tundra. The students learnt and explained how animals and birds are adapted to survive in specific habitat and cannot live in other types of terrain.



**ECO FRIENDLY**  
let's save the world



## National Sports News



### India won 4 medals at the AIBA Womens World Boxing Championships

India finished with one silver and three bronze medals at the AIBA Women's World Boxing Championships 2019. The tally of 4 medals has put India at the third position out of the 51 countries that participated in Championship. Winners: ♦ Manju Rani won silver bronze under 48kg category ♦ Mary Kom won bronze under 51kg category ♦ Lovlina Borgohain won bronze under 69kg category ♦ Jamuna Boro won bronze under 54kg category

### Upcoming Competitions Sports

Oct 17 - Skating - CBSE South Zone

### CCA

Oct 22 - Cursive Writing  
English G3 to G5

## RTC Employee Strike

Siddhardh - 8 C



Many of you might have wondered - Why did our Dussehra holidays get extended by 10 days? Regardless, most of you must have celebrated when you got to know it. Well, let's get into facts and get to know why exactly this happened. This extension was due to a strike by the employees of TSRTC. A JAC (Joint Action Committee) of various employee unions released a statement stating that this strike was due to the state government turning a blind eye to their demands over a long period of time. They mainly demanded that the TSRTC be merged with the state government. Additionally, other demands included pay revision, job security, increase in bus fleet, payment of dues by the government and filling up of the vacancies. Due to the state government not drawing up a plan to satisfy these demands, they decided to go on strike indefinitely from 5th October. For looking into all the demands that the unions had made, a committee of senior IAS officers has been formed. The panel of three, led by IAS officer Somesh Kumar and CM K Chandrasekhar Rao requested that they end the strike on October 5th, but it was in vain. The CM issued an ultimatum on the same day, saying that if the employees did not return to work by 6 p.m., they would lose their jobs. True to his word, he sacked the employees on strike. In the following days, two employees succumbed to critical burns during the protest. The JAC has also called for a bandh on October 19th.

## School Games Federation of India Selections to represent Medak Dist.

### Football U - 14 (Girls)

- 1) Haasini Reddy - Grade 8
- 2) T Akshaya - Grade 7

### Football U - 14 (Boys)

- 1) Aahan Shah - Grade 6
- 2) Atharva - Grade 7
- 3) Aarya Tiwari - Grade 7

### Tennis U - 14 (Girls)

- 1) Anoushka - Grade 7
- 2) Sneha Reddy - Grade 7

### Tennis U - 14 (Boys)

- 1) Aahan Shah - Grade 6
- 2) Shreyas Saboo - Grade 6

### Tennis U - 17 (Girls)

- 1) Sahasra Veda - Grade 8
- 2) Neha - Grade 9

### Basketball U - 14 (Girls)

- 1) Theertha - Grade 8
- 2) Bhavana - Grade 8
- 3) Diya - Grade 8
- 4) Saanvi - Grade 8
- 5) Jaajili - Grade 7
- 6) Yashvi - Grade 7
- 7) Himasri - Grade 7
- 8) Sneha - Grade 7

### Basketball U - 14 (Boys)

- 1) Nitish - Grade 8
- 2) Ganesh - Grade 8
- 3) Rishikesh - Grade 7

### Basketball U - 17 (Boys)

- 1) Dev Aditya - Grade 9
- 2) Abhichandra - Grade 10
- 3) Yuva - Grade 10
- 4) Mihir - Grade 10

### Basketball U - 17 (Girls)

- 1) Kundana - Grade 10
- 2) Nainika - Grade 10
- 3) Rashmika - Grade 9
- 4) Namika - Grade 9
- 5) Reya - Grade 10
- 6) Shreeya K - Grade 9
- 7) Akshaya - Grade 7





## మార్పు

యస్. ఐశ్వర్య, - 8వ తరగతి, విభాగం'డి'

మార్పు అనేది మన మంచి కోరేవారు మన నుంచి కోరుకునేది. మనం మనలో మార్పును సొంతంగా తెచ్చుకోవాల్సి కానీ పక్కన వారి అవసరం లేదా వాళ్ళ గురించి మనం మారకూడదు. మార్పు అనేది మంచితో కూడిందైఉండాలి కానీ చెడుతో ఉండకూడదు. మంచి మార్పుకు మంచి విలువ ఉంటుంది. మార్పు అనేది ఒకే మంచి అనుభవం. ప్రతి మనిషిలో మార్పు సహజం. మనిషి ఎప్పుడోకప్పుడు మారవలసిందే. మార్పు అనేది పరిస్థితిని బట్టి ఉంటుంది. మన పెద్దలు ఎప్పుడు పిల్లల్లో మంచి మార్పు వస్తుందా అని చూస్తారు. ఈ మధ్య మనుషుల్లో, సమాజంలో, మనం వాడే వస్తువుల్లో కూడా మార్పు వచ్చింది. మనం ఒక నిమిషాన్ని మార్పులేకపోవచ్చు కానీ ప్రతి నిమిషం తెలివిగా వాడుకోవడం వల్ల మన జీవితం మారుతుంది.

## Jokes

Radhika - 8D

1: A wife asked her husband if he would give her a ring for their wedding anniversary  
"Sure! How many rings?" asked husband  
"That depends on you," said the wife shyly  
"Do you want them from mobile or landline?"

2: Judge: Did you steal this gentleman's money?  
Thief: I did not, he gave it to me.  
Judge: When did he give it to you?  
Thief: When I pointed the gun at him.

## అమ్మ లాలి---- గీతం

ఎ. కార్తికేయ, - 8వ తరగతి, విభాగం'డి'

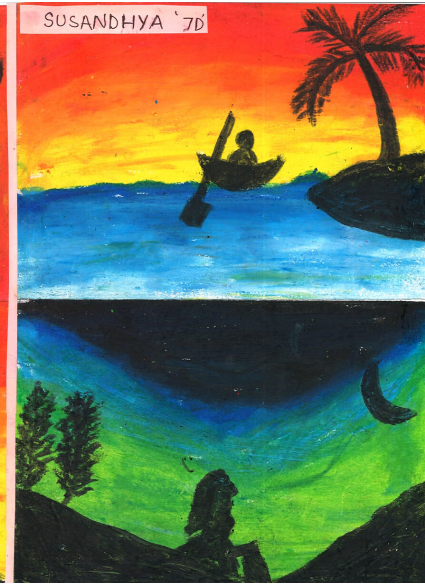
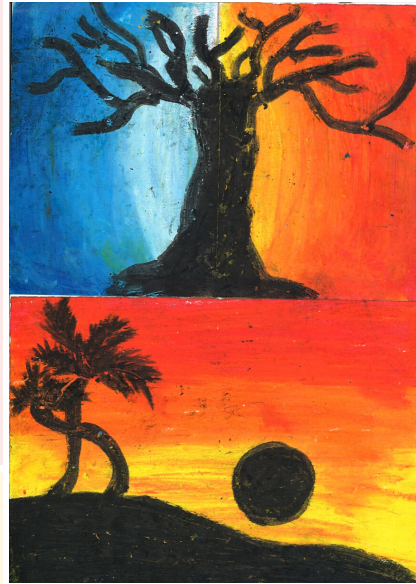
అమ్మ లాలి పాటే అమృతమే  
బ్రహ్మ కూడా కోరే ఓ వరమే

అతి కమ్మనైన ప్రేమ చినుకు లాలి పాటగా  
ప్రతి అమ్మ గుండె లయలు పలుకు బ్రతుకు పంటగా

పలుకుల కందని మమతల మధువని  
మురియుచు పరిమళములు చిందగా

ఈ లాలి అర్థమే నీతోడు నేనని  
ప్రతి అమ్మ చూపుగా నడిపించు మనలని.

## Art Corner



## Happy Holidays!

Tanvi - 6B

Holidays means no waking up early. Holidays are periods of relaxation after stressful exams. Holidays are also some of the important moments of childhood. Those little things we waited to do on a Saturday, Sunday, festival days, national holidays. And of course, the long breaks like Dussehra holidays, Sankranti break or summer vacations. We visit new places, have fun at grandparents' house, go to malls, play with friends. So many many things to do and the best part is the planning we do at the beginning of the holidays. And when school reopens, we feel a little sad because the holidays ended so fast. But we also feel happy to come back to school and have fun with our friends. And we wait for the holidays which will definitely come again. Long or short, holidays are super fun!





## What Makes Video Games an Addiction?

- Sanjay Shukla - Parent of Harshvardhan Shukla of Grade 8.

Video game addiction is uncontrolled or compulsive use of video games, in a way that creates problems in an individual's life. Often considered a form of internet or computer addiction, video game addiction is an increasing concern for parents as these games have become more common and are often targeted at children. Video games include console games, computer games, arcade machine games, cell phone games, PDA, and advanced calculator games. Games can also be embedded in social networking sites.

### Is Gaming Disorder Addictive?

Yes, if a video game becomes un-put-down-able, it becomes an addiction that could be worse than drugs, even leading to hospitalization. If something leads you to end up in a hospital, can you still call it just a game?

Many schools and colleges have already banned video games, especially PUBG (Player Underground's Battle Ground), a popular online addictive game. There are demands for a total ban on this game because of user's seeming inability to put the game down. Cases of addiction to this and other video games have been reported to the NIMHANS (National Institute of Mental Health and Neuro Sciences) too.

### What makes gaming so addictive?

Studies say that when gaming addicts are engrossed in video games, it triggers certain direct and intense pathways in their brains, in the same way that a drug addict's brain is affected by a particular substance. The gaming stimulates a neurological response in the brain that influences feelings of reward and pleasure, and the outcome (in the extreme stages) is manifested as addictive behavior.

### Warning Signs to Watch For

Here's what we have to look for in ourselves or someone close to us. If five or more of the followingsigns are seen consistently in one year, get help, seek a specialist soon. These signs should be watched for whether an individual is playing online or offline video games:

1. Thinking about the game always or a lot of the time
2. Feeling down when there's no chance to play

3. Urge to spend more and more time playing to feel good
4. Cannot quit or even play less
5. Not liking to do other things that was enjoyed earlier
6. Going through problems at school, college work, or home because of gaming
7. Continuing to play despite the above mentioned problems
8. Started to lie about how much time is spent on playing
9. Using digital/video games to ease bad feelings and moods

### Should everyone who likes gaming worry?

Gaming disorder affects only a small proportion of population engaged in digital/video gaming activities. However, people participating in gaming should be alert to the amount of time they spend on gaming activities. It should not affect other daily activities. Experts say that depression is the leading co-morbid disorder with gaming addiction. In addition, self-esteem is a core component as people with negative self-esteem are potential candidates who engage in addictive gaming behaviors. Social isolation prompted by gaming addiction may also lead to increase in depressive symptoms, with research suggesting that depression can lead to addictive use of internet and vice-versa.

### Preventing Gaming Disorder

To keep the time spent under control, try the following tips for adults and kids alike:

1. Set a time limit for play in the day and stick to it
2. Keep all the gadgets including phones out of the bedroom so you don't play into the whole night
3. Go out to play and involve in other activities every day, including exercise. This may lower the health risks of sitting and playing for long hours.

No one knows whether certain kinds of games are more likely to lead to gaming disorders. But for the time being, make sure that you or your loved ones are playing games rated appropriate for their age.

## Defining Dyslexia

The British Dyslexia Association defines dyslexia as "a learning difficulty that primarily affects the skills involved in accurate and fluent word reading and spelling" and is characterized by "difficulties in phonological awareness, verbal memory and verbal processing speed". Dyslexia is a general term for disorders that involve difficulty in learning to read or interpret words, generally known as learning disability. People generally think that the child is having low intelligence but dyslexia does not affect general intelligence. Dyscalculia is the inability to understand simple mathematics. Dysgraphia is the inability to write or reluctance to write. 4th October is Dyslexia Day. Let us understand the symptoms of dyslexia:

- The child shows confusion in b&d, m&w, p&q or writing reversal of numbers like 12&21
- Spelling mistakes
- Finds excuses when he or she has to write
- Poor fine motor skills, like inability to tie laces, buttoning etc.
- The child is interested in replying only orally.

The others areas of the child's life are completely normal, like understanding the rules of the game, socialization etc. When some of the symptoms are observed, early intervention will help the child avoid further issues. Let us see how to help the child.

- Ask the child to do kneading task, beading, clipping, rubber band task etc. These tasks will improve the child's fine motors muscle which will help them write easily.
- Ask the child to spell and write
- Use stencils of different sizes to get the child oriented with the alphabets. Make it fun by using different colours and different sizes. Start with big size and subsequently smaller sizes
- An intensive remedial program should be given which will take into consideration areas of child's difficulties.
- Use multi-sensory methods of teaching like visual, auditory, kinaesthetic and tactile modes.



**Dr. Anitha Are**

Clinical Psychologist  
The Blooming Brains.com  
Hyderabad



# BIRTHDAYS IN OCTOBER


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

01	N Chaathurya 10C		04	Siddardh Naidu A 8C		09	Arnav Goli 1B	
01	Padamati Reshmanth 6A		04	N Vamshi 5C		09	J.Chaarvi PP2B	
01	Rutesh Reddy P 6D		04	G Pranavaaditya 1E		10	Aditya Pillai 6B	
01	Meher Krishna M 5C		05	V Amit Gupta 1F		10	Nandini Manne 6C	
01	P Saanvi 5D		06	Sriharsh Sheripalli 9D		10	Rithwik Reddy D PP2C	
01	Meher Gayathri M 2E		06	Aarohi Gupta 1D		11	Bhargavi Manne 9C	
02	Kundanika Chennuru 7D		07	Veerabrahma Teja Chebrolu 7B		11	Viha Saginela 4D	
02	Ruthvik Roshan 7C		07	Likhitha M 5A		11	K Devanush Reddy 2B	
02	Advait G 6B		07	K Sanjay Varna 1B		12	Danial Raj Y 5C	
02	Harini G 4A		08	Eshwar Chandra Batta 9D		12	Aahva Mandava 3D	
02	Lalith Mohan Ch 2B		08	Yeesha Gayathri 9D		12	Brendon Dsouza PP1C	
02	Aarya Ram N 1B		08	Ahana Mishra 1C		13	A Sri Karthikeya 8C	
02	Ch Laasya Priya 1B		08	D Nithya Sri 2C		13	Samhitha Vema 7B	
03	Krishank Reddy 1D		09	Ramakrishna R 8B		13	A.Jaidhara Kiran 1B	
04	Abhichandra Y 10C		09	Vamika Cherukuri 5A		13	Aadhira Choudhury PP2D	
04	Madala Mohana 8D		09	Reya Garg 4D		14	Abhigyan Prasad 5A	




# BIRTHDAYS IN OCTOBER

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

**14** Sahasra Korvi  
4D 

**14** Nivrithi Gottam  
2B 

**14** Arnav  
PP2D 

**14** Ch Vainavi  
Pragnya  
PP2B 

**15** SaiReya Meka  
10C 

**17** Vaishnav  
Chandramohan  
5C 

**17** Spoorthi A  
4C 


**17** Aryan Abhilash  
2D 

**17** Satwik Anil P  
1E 

**17** Bhargav  
Annadasu  
1B 


**17** Ricky Mallanolla  
1A 

**18** Arun Sankepalli  
9C 


**18** S.Ashwath  
3C 

**18** Avani Polsani  
1C 


**19** Dasa Ritesh  
5C 


**19** Guntapalli  
Laasya  
1A 

**19** Mitakshi Govil  
1B 


**21** Ayushi Kumari  
10D 

**21** Gilalla  
Lasya Priya  
1F 


**21** Anoushka  
Sharma  
7C 

**21** Himani Joshi  
6D 

**21** Bollu Aarohi  
Nursery A 

**22** Vishnu Suhas K  
10D 


**22** Akanksha Atyam  
7C 

**22** Vaibhav Neerudi  
5D 

**22** Madhu Yashika  
Nursery 

**23** Zoya Fatima  
1D 


**25** Ojasvita Singh  
1G 


**27** Rashmika Lola  
Manupadi  
9C 

**27** K Sathvik Varma  
3B 

**27** Siddharth P  
3C 


**27** Gudla Ashwij  
1G 

**29** Guru Sharan  
Reddy Eega  
4D 

**29** Abhinav Kumar P  
3C 

**29** Aarav Sharma  
1C 

**29** Madhav Malhotra  
1D 

**30** Aditi Reddy  
1B 

**31** Nikhitha L  
6A 

**31** Sahasra Sri Pola  
4D 

**31** Prajna Ramadugu  
1A 

**31** Aarush Pandavula  
PP1D 

For through  
wisdom your  
days will be  
many, and years  
will be added to  
your life. Blessed  
Birthday...

Proverbs 9:11