



# SACHN SOCH

## Endeavour

### From the Chief Editor

"If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with success unexpected in common hours." -Henry David Thoreau.

Endeavour is what a prudent and determined individual takes to attain a definite goal. Endeavour is the sense of spirit required to progress in life. The one aspect that successful individuals in their respective domains have in common is the sense of endeavour, the urge to venture and attempt. Thus, we can say that endeavour is crucial to achieving something in life, irrespective of the aim. Here at Sach and Soch, we try to instil the spirit of endeavour in the readers by the portrayal of various instances.



On Independence Day, we examine various freedom fighters' portrayals of endeavour. It was their ventures, hard work, and the courage to overcome any obstacle that came their way which helped in attaining one common goal, 'freedom'.

This could not have been feasible if they had given up and failed to have the spirit of endeavour.

Sach and Soch has taken up the topic of ENDEAVOUR to bring out the spirit of hope, A belief that our students can develop a strong bonding over literary collectivity and news sharing.

(Pranay Arora 12D)

### From the Principal's Desk

It is 2022, and as the nation celebrates our 76th Independence Day, we feel proud to be an essential enterprise in preparing the future responsible citizens, to uphold the values, integrity, and culture of our nation while delivering global recognition through their creativity and achievements.

We are happily back OFFLINE. It was challenging initially but possible, for us to take all precautions to ensure our children's safety and hygiene. At the end of the day, we have gracefully settled back to a normal scenario again. We are rather happy to witness how our children have dived into a sea of wide-ranging offline activities, right from the beginning of this session.

We are also delighted with our CBSE Grade 10 results with 100% success. The students have made us proud and achieved the desired outcome after all those days of meticulous and integrated work, especially during the two COVID-prone years.

Our young brigade of Samashtians is proving their excellence in co-curricular as well, with the profitable experience of participation being well-rewarded with awards in Inter-School events hosted in various institutions in and around the city in the last few months.

May their ENDEAVOUR consistently achieve success. With this HOPE, let us keep supporting and promoting them in all spheres of life.

All the best !!  
Regards.



(Dr. Meera Bhandari Arora)

## INDIA : THE NATION WE ADMIRE

India, the nation we admire and the land of culture we cherish, finds itself in its 76th year of Independence. Seventy-five years of freedom of every Indian, this is the day we appreciate the people who brought this freedom for us. This freedom of opinion, preference, words and, in short – the freedom to use our voice - is what they gifted us. Freedom is a vague concept. Freedom can be emotional, physical, and spiritual. Even with all its variations and meanings, we know at heart that our brothers and sisters truly did find freedom on this day in August. Freedom of thought, speech and action.

How has this freedom impacted us? This question can be reframed as "How has our freedom impacted our choice and voice?". Our choice and voice were finally ready to be heard. This impact stands apart from all the other forms of freedom we acquired. Freedom of speaking up for what we desire has brought this country to the place it holds in the world today. Our independence gave us our voice back; let's utilise this and never let our heart be voluntarily blocked from expressing itself. This is what our great leaders had fought for.



(Abhinav Jata 11D)



@SamashtiEdu



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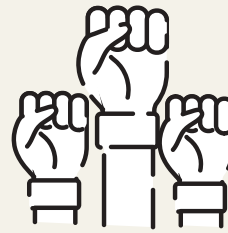
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# Your vote, your choice.

The elections were back. Campaigns everywhere, several happy faces, when viewed as a whole, it was a joyful yet stress-free environment. Everyone on campus was required to adhere to a precise process that was spelled out for them like a recipe for a meal, and the final product was flawless. The stakes were raised tenfold when a few promising candidates were highlighted. The voters' ability to weigh the advantages and disadvantages of each candidate separately was made easier by the rigorous tests of fortitude, sportsmanship, and leadership abilities.

Fast forward to the day of the elections.

It was the 29th of July. On that day, all within the school campus could see teachers running around, reporters shoving mics into people's faces, students trying to study in the chaos, students queuing to vote, the list goes on..



The Samashti Media Team interviewed many people.

Attached below are some of the questions and responses that we received from students, candidates, and teachers.

(Media Team Sach And Soch)

## THE BUZZ AROUND THE SCHOOL!

Q:Do you think our to-be-elected student council will be able to exceed the performance of the previous councils?

A:Definitely. The online student council last year brought out great leaders, making our expectations for candidates participating this year high. I hope that they do remember and execute their promises and ensure that their goal as a leader is fulfilled.

Q:Is there any advice for the candidates who don't make it through this year?

A:There's always next year, so cheer up and don't worry too much!

Q:How do you feel right now  
A: I feel...tensed, excited... and there are so many different emotions.

Q:Is there anything you would like to say to the candidates?

A:I would like to congratulate the candidates for making it this far into the competition and also wish them good luck, since this is a great learning opportunity!

Q:How do you feel at the end of the day after seeing the elections take place?

A:I feel proud of the team that has put together this event, and all the students who have volunteered to help out. It's because of them that everyone is cheerful and has a smile on their face. Everything about today had to be speckless, and the result is more than that. I couldn't feel happier.

Q:How would you feel if you were in the place of these candidates?

A:I would be nervous since the elections take place throughout the school. It is also very exciting and brings back memories from a long time ago. I was in their place once, and so I know that this experience is something that everybody should live through at least once.



Q:If given the opportunity, what are your plans on making the school more fun and exciting?

A:First of all, I want to provide weekly reports that list each student's behaviour. I then wish to design idea boxes for fresh concepts and plans. I wish to include additional sporting events and educational activities.

Q:If you are faced with the dilemma of choosing between your best friend and another candidate with better ideas competing for the same role, who would you choose?

A:1.My friend, as I know him/her better  
2.The candidate, as he/she is more popular  
3.My friend, as I promised him/her my vote

Q:On a scale of 1 to 10, how interesting do you think the interviews that are being held by the media team are?

A:I would give a big 10. The team is helping students loosen up, and not feel too tense with the light-hearted questions. A great effort overall from the team.

Q: How do you handle disagreements within the house that you lead?

A: With the support from teachers and other personnel I will resolve disputes within the family. I want everyone to be happy. I'll resolve their conflict, ensure that everyone receives equitable justice, and reassure the pupils that the issue has been resolved.





# Do you like OFFLINE school better or ONLINE?

I like offline classes. I usually find online classes boring as I sit in one place and can't move from there, so offline classes are better as I can meet my friends. -Havisha Reddy 2D



I like offline classes for many activities and sports more than online classes. -Sarthak 3F



I like offline classes because I can meet new friends. -Ahana 4F

I like offline classes. Online classes are boring and interesting- not Vidhatri 2G Sree



I like offline classes as I find them fun and can interact with friends. -Alankrita Singh 5C



I like offline classes because there are many sports. - Shouryaa 4G



I like Offline classes because I can meet new friends. -Srujan 6A

I love playing sports, so I like offline classes better. -Tavleen Kaur- 3G

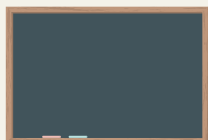


I really wanted to meet my friends, as I had missed out on it for 2 years, so I love offline classes. -Srijit 5B



Online classes were easier to attend. - Netra 5F

I can learn more in offline classes. - Shraddha 4D



# SAMASHTI SYMPHONY

Around a month ago, we all were weaved into the magical tune of music on International Music Day! Every year on 21st June, our school dedicates the day to an event called Samashti Symphony - an inter-school music competition. Our school has been conducting this inter-school event for many years. Even during the Covid-19 pandemic, the school conducted the competition online! This year was extra special because it had been two years since it was held offline. The event started with a hymn for the candle lighting ceremony, followed by our school's prayer song. The event was anchored by a few 10th and 12th graders. There were many from grade 10 who were a part of SEWA and helped out in the event. Being a part of the music team was terrific! A big salute to all the budding musicians from the participating schools who gave awesome performances,

even though it had been just a week or two since schools reopened after summer break.

The event was a huge success! We as hosts were not participating in the competition. Instead, we performed the welcome song, a mashup of multiple songs to greet the other schools and help them feel welcomed! Solos and duets, performed by a few Samashtians, were awesome and displayed the talent that Samashti possesses.



(Aashnaa Gupta 9B)

# Get GROOVY!!!



International Dance Day is celebrated on April 29 worldwide to pay tribute to this distinctive form of performing arts. This academic year at Samashti International School, we celebrated International Dance Day to appreciate this beautiful art form and cherish all dance forms. The celebration aimed to inculcate interest and respect among the students for all dance forms, be it classical or western.

There were solo dance performances by the students, who proved that they were born to dance. Team spirit was displayed through the medium of a modern dance form called dance battles. Students participated in dance battles and earned lots of cheers. The teachers had their dance battle too. The music crew played live music, which sounded like it had its own pulse and heartbeat; the dance crew helped make this live music come alive. The collaboration of the dance and music crew was indeed a spectacular sight.

The art department deserves a special mention for gracing the school and its festivities with their talent through decorations.

The engagement from the audience proved that it was an enriching experience for the audience as well. Performing for a live audience after two years was an uplifting experience for the dancers.

(Pranay Arora 12D)

# LEGISLATION for TEENS

High-Court Advocate, M. K. Pasha stated "The LAW could be defined as the compilation of certain rules which are framed in a book titled the Constitution, but in my opinion, the LAW is basic human ethics. The LAW is that set of rules which draws the line between right and wrong. Using the word "ethics" sparked a fuse in my head. I thought ethics also means the differentiation between right and wrong. So why is another word known as the LAW just taking up another page in the dictionary?

Then it hit me. Ethics are based on personal preferences. In contrast, the LAW is one set of rules applicable to the entire population of a nation. In the discussion about the law, he said, "The LAW is not fully understood in the modern world. One citizen thinks having a proper tax system is correct while the other's beliefs are contrary." He continued, "This confusion among adults is leading to the future generation's downfall."



Bullying has become such a massive problem and it is disturbing young minds. In its ultimate form, "Cyber-Bullying", people who are directly involved in it can be sentenced to five to seven years of unbailable jail time or also, worst-case scenario, be accused of attempt to murder, which can lead to life-time imprisonment. Children facing "Cyber-Bullying" are going as far as suicide to get out of that unfortunate trauma. Therefore, it is our responsibility, as the citizens of this nation, to fix this problem with all our effort.

Through this article, I would like to convey my gratitude to Mr M. K. Pasha for explaining the topics clearly and precisely so that the students could grasp the intended meaning by the end of the session.

(Sreekar 10C)



# LABS at SAMASHTI

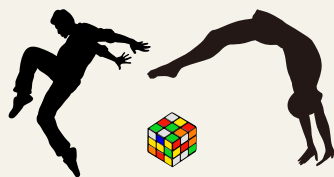


With an array of various, specially-designed labs, Samashti gives students an excellent hands-on learning experience for understanding the chapters from textbooks. Reading words off pages without any visual demonstration is not the best way to understand the concepts; hence, the science labs in Samashti are the perfect places where students can perform experiments and make observations independently. The Biology Lab, equipped with preserved specimens, physical models of the human body and microscopes, is a place where students are motivated to learn with great curiosity. In the Chemistry Lab, the inner scientist within students is brought to light when they are allowed to utilise laboratory instruments and chemicals. The Physics Lab, my favourite, is where the students can relate theory to practical life. It is where all the concepts and theories from the textbook are brought to life. Overall, the science labs of Samashti spark curiosity and creativity in young students' minds.

(Sathvika Repakula 10C)

# TALENT SHOW AT SAMASHTI

The dance team rocked that performance! Please wait a minute. Let me back you up a little. It was a hot Saturday afternoon on the 30th of July, 2022, and the Talent Hunt for grades 6-8 was going on steadily. From the audience of keen children mesmerised seeing their friends perform, I was just another Samashtian waiting for the next performance. There were Rubix cubes, keyboards, guitars, and even paintings! I have not even gotten to the best part yet! I distinctly remember beatboxing and...a dance performance! The dance team of Samashti had put on a fabulous show, with the audience erupting into chaos. Some stunts personally seemed impossible to do. As soon as the last step had been performed, the crowd started screaming for an encore. Sadly, the teachers insisted that we watch other people who had to show their talents too.



I am so proud of my classmates! One played the keyboard and sang along with it, while another displayed their artwork and much more! The Talent Hunt was undoubtedly the most exciting part of our week. We all got to know people better after watching their talents, and also, the introverts got to show everyone their actual personalities, thus verifying the phrase "Never judge a book by its cover". We all hope to have more events like this in the future!

(Navya Kutty 7A)

# The Superheroes We All Know



We all have different inspirations, people we admire and would like to follow. Nevertheless, we all have one everyday hero, our fathers. A father has a ton of responsibility, yet he can manage the family and his other work, which must be commended. Because of their hard work, it is only fair that they receive love and respect from us. On June 18th, 2022, Samashti celebrated Fathers' Day spectacularly. The children of the pre-primary wing came along with their heroes with happy smiles and a spring in their steps. They were led towards the amphitheatre by teachers and the volunteers of Grade 10 to 12.

The theme this time was 'Superheroes'. All of the participants dressed up, and they looked fabulous! Many events took place, making the kids and their fathers immensely enjoy themselves. First, there was a Ramp Walk, where fathers had to walk across the stage with their children, doing something unique along the way. Then there were fun games. This was the part that everyone was excited about. Then, other activities, such as hula hooping, dancing, etc, were also entertaining. In the end, refreshments were handed out, and pictures were taken. Special thanks to all the teachers and volunteers from Grade 10 to 12 for making this event memorable for the participants and Samashti.

(Laasya Padmaraju 10D)

# The Board Exams of the COVID Era

On the 22nd of July, 12:20 PM, our Economics teacher walked in with a bright smile which could be seen in her eyes; her mouth was saying, "CBSE 12TH RESULTS ARE OUT, YOUR BOARD RESULTS ARE GONNA BE OUT IN SOME...SOME TIME (2:00 PM)". "Oh my god!" That was everybody's first reaction. We were eagerly waiting for this, but we were extremely nervous at some point. The time passed slowly, no, no, really quick; it was more like a living nightmare. 2:00 PM, the results were not out.... they were! As I walked out of class, I heard teachers congratulating us. SAMASHTI HAS GOT 100% RESULT. However, sorrow ran over my veins as I saw my marks. No, I did good, but it is just the human dissatisfaction of not being happy with what they have! It was an amazing experience to write the board exams.



"The 2021-2022 batch of 10th and 12th grades were the only people to write 2 board exams as a result of the world adopting the new circumstances as we are all forced to do". It was different, and we were highly strung. Still, all thanks to our wonderful teachers. In the desperate times, the involvement in the development of child-teacher relations and involvement in the new methodology is an unprecedented example that displays the dedication and attributes of the teachers. We never forgot to appreciate our parents, who believed in us and gave us the courage we needed and our friends for having last minute discussions. We are in 11th now!

(Radhika Dhaka 11C)

# Rising Musicians At Samashti...

Music and Samashti go hand in hand. From organising the Samashti Symphony to participating in Merutsav, Samashti has never shied from showcasing its musical skills. It did so again after participating in Merutsav hosted by Meru International School. It went on for two days under band performance and choir performance categories. Both the performances showed the coordination of the instrumentalists and the singers and left the judges and the audience spellbound.



The aspiring musicians showcased their talent by singing 'Freedom' and 'Waving Flag' in the respective competitions. Samashti's music teachers, Amir Sir and Prashant Sir prepared the kids to their best in the limited time frame and made Samashti proud. The band was composed of one guitarist, drummer, bassist and pianist. Other than that, it had two singers. The competition overall was great exposure for the musicians.

(Shreyas Saboo 9B)



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# Boss or Leader?

Why do we need a leader? Most of you know the answer to that. We all need a leader to keep the rest of the people organised. For possessing what qualities should a person be selected as the leader? Is it because he/she is confident, or honest, or maybe because he/she is responsible? These qualities, along with several others, fall into leadership skills. A leader is like the paddles of a boat. He /she steers the boat, in this case, the people, towards the right path using his/her "leadership skills". Even during strong currents and high tides, a leader must be able to drive the boat towards the shore. At Samashti, this is precisely what students are taught. To establish a solid base within themselves with skills that lead them to become great future leaders.



(Sathvika Repakula 10C)

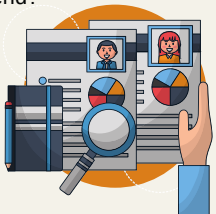
# ENGAGE

The first E of the 6

We move forward in life only through having the will to give our attention to what we desire, to what seems worth our time, which only ticks faster. Prioritising our attention to what we believe holds the key to achieving our goals, from the most basic and miniature ones to the most passionate ones, we engage in what's important to us. We engage our mind and its attention to what matters. What this stands for is all that's essential for us to grow beyond our wildest dreams with the consistency of engagement of prioritisation of goals. We engage our minds to ourselves, which in the end, is what matters the most. What decisions have you engaged in making in the end?



Our mind needs to engage itself in the priority of learning, and consistency remains a simple yet astoundingly effective technique in learning! Engaging is merely prioritising attention, but when we look at what the priority is and if it stays consistent, the user of this learning certainly will reap the rewards of accomplishing his goals for self-growth and expanding his knowledge in the future. We study the fundamentals, the true base of solving every situational problem we will face, which will challenge our very bits of data; that is when we look back and realise why we engaged our minds. The mind needs to be engaged in the complete goal of learning and focus on the whole purpose of what we wish to achieve; that's the beauty of this first 'E' of the 6 'E's of Samashti's learning philosophy can do. Engage, Enlighten, Repeat.



(Abhinav Jata 11D)

# Is MENTAL HEALTH really important?



Before you read this article, I ask every one of you reading this to ask yourself a fundamental question, "When was the last time you took a deep breath and relaxed your mind and paused for a second, felt at ease, nothing on your mind, absolved from every micro thought in your not less than a uber-powerful computer of a brain you possess". Been a while, you say? Well, for those who resonate with that same answer, you are not to blame. In this era of information overload in society, it can be pretty tricky to navigate yourself towards this state of mental well-being. It should be noted that mental health is something that holds its weight regardless of the time we live in. However, it is to be taken more seriously than ever with the rising index of the average person failing to achieve this state of well-being and more and more people spiralling their way into this pit.

One of the many reasons we have been witnessing this rapid withering of overall mental state in many individuals would be the poor regard for mental health awareness and the sub-par amount of priority it gets compared to physical health. Not exactly the case in first-world countries, but where we come from, as bitter as it sounds, we need to acknowledge that we Indians need to free ourselves from the constraint we have put ourselves in by considering the concept of mental health as taboo. As grunt and raw as this article might appear, I hope it still leads back to the agenda of this article. With that being said, if given the opportunity of extending this into a mini booklet, I could go into the multitude of reasons accounting for the urgency of awareness of the importance of mental health on a much larger level than it is today and, more importantly, in today's world.

(Lubnah Fatima 10B)

# Hence, Time Never Made Sense

Time is a funny element — an illusion that humans design for satisfaction. Time is not real, which perhaps justifies why time travel is not possible yet; but look at us, in all consciousness, knowing the reality, we cannot go for an hour without glancing at our clocks and watches. From the perspective of a person who checks the time every half an hour and values it, here is the truth—ONE moment can change everything, and a minute's delay can disturb the balance of nature. Had the woman across the street spoken to her friend for just another minute, her accident could have been prevented instead of sending her away in a fury. Had the neighbouring man woken up early, he would not have lost his job opportunity. Had the boy seen his mom's message later, her panic attacks could have gotten worse.



We wait to express the things we want to say for the "right" time. Does that even make sense? Every day has 24 hours, every hour has 60 minutes, every hour has 60 seconds, and it goes on and on. So, why wait to say things later?

Life is unpredictable and short; it is a game of chess, but the rules change every other day, and the player does not know whether they will win or lose. So, why do we wait to do things later when they could make a more significant impact now?

Like Emma Watson once said, in moments of doubtfulness, we must ask ourselves, "If not me, who? If not now, when?"

(Amrit Kaur 9D)



# The Land Of Festivals

## NAGALAND



Let us talk about some exciting things related to the state!

Sixteen major tribes inhabit the state. Each tribe is unique with its distinct customs, language, and dressing style. The common thing amongst these tribes is that all follow Christianity.

Nagaland is known as 'The Land of Festivals'. Each tribe has its specific festivals, and they celebrate them wholeheartedly! 'Hornbill' is a festival that is major amongst all. Nagaland is also the home to the world's hottest pepper- "Ghost Pepper". It is grown almost in every house.

India is a vast country, and each state has its own unique culture, language, and festivals. In India, a group of northeastern states are called the 'Seven Sisters'. Did you know a 20-22 kilometer land known as 'The Siliguri Corridor', connects the seven sisters with the mainland? However, our focus is on one of the Seven Sisters, Nagaland. The capital of Nagaland is Kohima, and its official language is Nagamese.

The Naga Shawl is a symbol of social hierarchy. Each tribe has its distinctive design, pattern, and style. The tribes sell local delicacies like tadpoles, bullfrogs, and exotic condiments such as bamboo shoots and Jabra. There is a central market located in Kohima, which is the hub for kitchen supplies. Dimapur airport is the only airport in the state. To reach other places in the state, you will have to travel by road and enjoy the wilderness of Nagaland. I certainly would like to travel to Nagaland one day. How about you?

(Kaashvi Soni 7D)

# Home Of ALPS-

## AUSTRIA



Austria is also home to one of history's greatest musicians, Mozart. In Austria, 60% of the geographical area is covered by the Alps, making most of the country mountainous and creating beautiful sceneries during the wintertime. A network of railroads runs through these regions, attracting tourists to experience the ride along the mountains. The state of Tyrol, in Austria, with its alpine landscape, is one of the best places for outdoor activities such as trekking and skiing. The architectural works of Austria can be seen in the glamorous castles and buildings. The Schonbrunn Palace, along with Hofburg, are two of the finest landmarks in Austria. Its castles originate from the time when the Habsburg Empire ruled over Austria. Overall, Austria, second on the list for quality of life, is an amazing place to live with its spectacular culture and heritage.

When you think of Austria, the first thing that might come to your mind is the continent, Australia. Nevertheless, Austria is a country which is located in central Europe and not related to Australia! Its flag is one of the oldest national flags in the world. Its capital, Vienna, also nicknamed "The City Of Dreams", is home to the world's oldest operating Ferris wheel and the world's oldest zoo. The Ferris Wheel is known as "Wiener Riesenrad" and was built in 1897. Did you know that France's famous croissants originated from Austria? It was originally known as "kipferl", meaning crescent.

(Sathvika Repakula 10C)

# Monsoon

## The spine of agriculture

It is the monsoon season! The time of year when rain washes over the earth's soils. Monsoon refers to the seasonal reversal in wind direction with changes in precipitation. The word "monsoon" is derived from "mausim", the Arabic word for season. In India, the monsoon season generally lasts from June to September. India experiences most of its rain from the southwest monsoon winds. The Indian Monsoon turns large parts of India from semi-desert into green lands. The monsoon is critical for agriculture because nearly 60% of India's net arable land lacks irrigation. The monsoon delivers about 70% of India's annual rainfall and determines the yield of several grains and pulses. Farming makes up about 15% of India's \$2.5 trillion economy and employs more than half of its population.

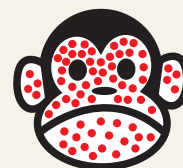


The summer monsoon also plays a critical role in filling wells and aquifers for the rest of the year. India, the largest producer of milk in the world, depends on the monsoon rains to keep the cows well-fed. A good monsoon brings economic prosperity for the whole country and boosts the Indian economy as agriculture contributes around 16 per cent of the total GDP.

(Sathvika Repakula 10C)

# A NEW THREAT ARISES

Monkeypox is a viral zoonosis with symptoms similar to smallpox, though it is clinically less severe. Monkeypox primarily occurs in Central and West Africa, tropical rainforests. Increasingly it is now appearing in urban areas. Animal hosts include rodents and non-human primates. The incubation period of this virus is from 6 to 12 days, but in some cases, it can last up to 21 days. It has a prodromal phase of fever, malaise, and lymph node enlargement, often with headaches and sweating. The rash breaks out in two to four days, beginning as macules and passing through papules, vesicles, and pustules. These lesions eventually scab and fall off.



Steps to prevent getting monkeypox:

- 1) Avoid close, skin-to-skin contact with people with a rash that looks like monkey pox or chickenpox.
- 2) Avoid contact with objects and materials that a person with monkeypox has used or touched.
- 3) Wash hands often with soap and water or use an alcohol-based hand sanitiser, especially before eating or touching your face.

(Radhika Dhaka 11D)



# The Thin But Strong Thread of Raksha

Raksha Bandhan is a trendy South Asian traditional Hindu festival. It has its roots in an incident described in the Mahabharata. Once Lord Krishna was flying a kite and cut one of his fingers with the thread. Then Draupadi tore a piece from her saree and tied it to Krishna's finger to stop the bleeding. Moved by the gesture, Krishna promised her that he would protect her from all evils throughout his life. According to the Hindu lunar calendar, Raksha Bandhan falls in the month of Shrawana. It initially means the bond of safety celebrating the auspicious and crazy bond of brother and sister.



It is also known as rakhi, which is a decorated thread. All the sisters tie this auspicious thread on the wrist of their brothers as a symbol of their unconditional faith in them and their prayers for their long life, and in return, the brothers promise to protect them throughout their life.

(Radhika Dhaka 11D)

# ONAM-THE HARVEST EXTRAVAGANZA



Onam is a harvest festival and is celebrated at different periods every year. This year, it starts on August 30th and ends on September 8th. For this article, we interviewed a Malayali from Trivandrum. An integral part of Onam is the swings that people tie between two trees and swing on. People of all ages swing whether they are children or senior citizens.

On Onam, people eat 'Onam Sadhya', a platter of more than 20 dishes on a banana leaf. People also talk about the history of Onam. On Onam day, families go to new places or movies or restaurants. The most common place to visit is the beach. People, especially kids, wear new clothes and play games. Women usually have a lot of games and dances to perform. On Onam, people make 'Athapookkalam' which is rangoli. Instead of coloured powder, people use bright flowers. The most famous part of Onam is Vallam Kali which translates to boat race. People engage in boat and canoe races.

(Tara Devi Sabapathy 9D)

# MAHAKALI's Festival BONALU

Bonalu, traditionally celebrated in the twin cities of Hyderabad and Secunderabad, is a festival dedicated to worshipping the goddess Mahakali. This year in Samashti, Bonalu took off with a bang; Juniors dressed in traditional clothes were running around the school in a happy festive mood. All the students were delighted with an assembly in our amphitheatre, where a few 11th graders performed a mind-blowing dance choreographed by our dance teachers. Dressed in colourful kurtas and ghagras, they danced their hearts off and showed us how beautiful Bonalu could be. The assembly also included a Bonalu song presentation by our school's very own junior choir.



Bonalu celebration started in 1813. A plagu had hit Hyderabad. The devotees of Mahakali installed a statue of the goddess to help ward off the plague. Thus, Bonalu is a festival that symbolises warding off evil, and is celebrated with many festivities. I am proud that our school kept the fire of this tradition alive and going.

(Dhriti Koujalgi 9A)

# Friendship-The Bond Of Love

I can assure you that every single person who is reading this article has at least one friend. However, the thing about friends is that you can have many friends, but the one friend who is there for you when you need them and loves you and cares for you like family is a best friend.

I have a friend who is the best. She knows how to make someone laugh. We fight a lot, but it does not take long for us to get back together again. The most interesting thing about my best friend is that we are opposites but get along well. I am trying to say that do not limit the possibilities of who can be your friend or who can't because there are infinite possibilities in this world. We may not know what comes next, and maybe we cannot control it, but we can control the present and ensure no regrets about our lives or friends. If you ever find someone who understands you, try your best to keep them with you forever. After all, it is not easy to find someone who understands you. Happy Friendship Day, Everyone!



(R. Sona Gupta 10D)



# Celebrating The God Of INTELLIGENCE

Ganesh Chaturthi is a Hindu festival that is celebrated in August or September. It is celebrated mainly in Maharashtra, Gujarat, Goa, Madhya Pradesh, Karnataka, and Telangana. It celebrates the arrival of Lord Ganesha from Mount Kailash. This year the festival starts on 31 August and continues for 11 days. Did you know that the tallest Ganesha statue is at Khairatabad in Hyderabad? Last year it was around forty feet tall! The highest statue was sixty-one feet in 2019. It is believed that we should not eat garlic and onion during the festival. Each house/apartment/community possesses one idol, at least.



A few people make their idols with pure mud. After the celebrations the idol is drowned in water because after the rituals are performed, Lord Ganesha must return to his parents at Mount Kailash. Since we follow the ritual of drowning the idol, you must ensure that you use an eco-friendly idol made out of mud or clay and strictly prohibit an idol made of POP (Plaster of Paris). Ganesha's favourite foods are modaks and laddoos. Did you know that Ganesh is the god of wisdom, luck and a patron of art? After reading about the festival, I am pretty sure we all are eager to celebrate it this year!

(Atharva Reddy 8E)

# EID: The festival of spiritual reflection and prayer



'Eid-ul-Fitr' or 'Eid' is one of the most important festivals of Muslims across the world. It marks the end of Ramadan. Eid is an Arabic word meaning 'festivity', while Fitr means 'breaking the fast'. It is believed that the Prophet Muhammad reached Medina on this day. Muslims all over the world make great preparations for the festival of Eid-ul-Fitr.

It is a time of official receptions and private visits, when friends greet one another, presents are given, new clothes are worn, and the graves of relatives are visited. Eid prayer is performed in open areas like fields, community centres, etc. or at mosques. After the prayers, Muslims visit their relatives and friends. On Eid, gifts are also given to children and immediate relatives.

(Pranav Natrajan 12C)

# Yoga is as old as India

International Yoga day is celebrated on June 21 every year. In the yoga day event, all the students of Samashti participated. They practised breathing exercises and 'Surya Namaskar'. People worldwide celebrate Yoga Day to raise awareness of the many benefits of practising yoga and to recognize and respect the practice of yoga. Shri Narendra Modi, Prime Minister of India, proposed the idea of 'International Yoga Day.' After this, the World Health Organization also urged its member states to help their citizens increase physical activity.

Yoga is an age-old practice that combines mental and physical disciplines allowing the achievement of a peaceful body and mind. In the words of the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in performing one's actions".



(Tara Devi Sabapathy 9D)

# PHOTOGRAPHS The Reflection Of World

We all love taking pictures on our phones to post them on social media apps or as Whatsapp status. I would know about the WhatsApp status because I am one of the people who does that. We all take pictures in order to capture beautiful surroundings or to express our creativity. We celebrate



World Photography Day on 19th March of every year. World Photography Day marks the occasion to celebrate the art, craft, and passion for photography. The day is also used to recognize how the medium has evolved, from documentation of historical events to a mode for personal fulfilment.

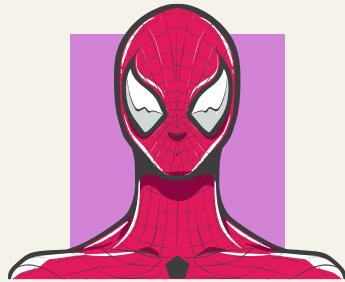
(R. Sona Gupta 10D)

## Friendly Neighbourhood SPIDEY

Andrew Garfield is most well-known for his role as Spider-Man in The Amazing Spider-Man Series, his cameo in Spider-Man No Way Home, and many more prestigious roles. Let's get to know the friendly neighbourhood birthday boy on his 39th birthday, which will be on August 20.

This English Actor is one of the most influential in our time with various achievements and awards such as the Tony Award, British Academy Film Award (BAFTA), and Golden Globe award. He grew up with his parents. His father was a swimming instructor and mother a kindergarten teacher. Andrew was remarked to be an active boy who strived to participate in everything and gained all the rewards; he was experienced in Gymnastics, Dance, and Singing and was also a keen entrepreneur. He later realised his dream of Drama and Acting and joined one of the most prestigious colleges – The Royal Central School of Drama. This is where he claims that he watched Tobey Maguire's 'Spider-Man' two times straight, learning Maguire's acting, and later played it out with his friend in front of a mirror. This is where he set a goal to play Spider-Man in the future. If your dreams don't scare you, they aren't big enough.

Garfield took up the exact thing which led him to prosper in the film industry as he came to play one of the biggest roles in "The Social Network," a biography of Mark Zuckerberg where he plays the role of the CFO (Chief Financial Officer) and Co-founder of Facebook – Eduardo Saverin. One of his scenes stole the heart of many film critics where they realised Garfield's true potential in acting. He most recently appeared in "Tick, Tick... BOOM" where he plays the protagonist Jonathan Larson, a great playwright in New York's musical and theatre scene, whose biography left millions touched, and Andrew Garfield and his movie with a nomination for the Golden Globes. This man can be praised enough for his abilities and charm, but on his birthday, let's leave him with a friendly thought - Happy Birthday Andrew; we sure love you.



(Abhinav Jata 11D)

## TOMORROW BY TOGETHER



Tomorrow by Together or most popularly known as TXT, is a famous K- pop band from South Korea. As we all know, nowadays, K-pop is getting popular not just in Asia but also all around the world. TXT debuted in 2019 with their debut song, 'CROWN', which became an instant hit! They debuted in the same company as BTS, Hybe Labels. The group comprises five members: Yeonjun, Soobin, Huening Kai, Taehyun, and Beomgyu. Their most recent song, "Good boy Gone Bad" is also a huge hit. They have won several awards, including the Seoul Award for the Best New Artist (2020) and Worldwide Fans' choice Top 10 (2019,2020,2021), etc. They recently made history by performing in Lollapalooza 2022.

(R. Sona Gupta 10D)

## TEEN Role Model- MENDES

Shawn Peter Raul Mendes, born on 8th August 1998 was raised in Toronto, Canada. The Canadian singer became well-known for posting six seconds snippets of renditions of many popular songs through the social media app Vine in 2013. The incredible musician can play both piano and guitar. His first video was a cover of "As Long As You Love Me" by Justin Bieber which shows where his inspiration has come from. He rose to fame when his talent was recognized by an artist manager Andrew Gertler and Island records A&R Ziggy Chareton when they were searching for a good cover of A Great Big World's song, "Say Something". Mendes was later officially signed to Island Records in January 2014 and released his first single "Life Of The Party" in June 2014 along with his self-titled The Shawn Mendes EP which became an instant success and has sold over 100000 copies. The following year, his debut studio album Handwritten charted number one on the Billboard US 200 making him one of the five youngest artists to achieve this milestone before the age of 18.



Shawn's big break in the music industry was with his famous song 'Stitches' which became a number one hit in Europe. Let's not also forget the loyal Mendes Army who played a huge role in his success! Mendes is also known for his philanthropic work. He has partnered 'We Charity and Pencils of Promise' and the 'Shawn Mendes Foundation' to help young people pursue their musical dreams. He is recognized as the one the humblest, dedicated, passionate, ambitious and a hard-working musician and a role model for teens.

(Sushmita Sallam 11D)

## Book review: Out of My Mind



Beautifully written by Sharon M. Draper, I would like to review the book 'Out of my mind'. It is a story about a paralyzed kid called Melody, who cannot speak, cannot move (due to a condition called cerebral palsy) but has a perfect photographic memory. Once she sees something, she can never forget. Only that nobody knows her power, and there is no way for her to talk about it. The book takes us through her journey, the struggles she faces, and how she finally figured a way out of it. She has a sister, Penny, and a dog named Butterscotch, and her parents as a supportive family.

The book tends to make one happy yet sad at the same time. The author portrays the scenes vividly. Thus, the person reading it feels like they are in the same shoes as Melody. Like at one point, the inability of Melody to caution her mom that Penny is right behind her reversing car. The reader would feel suffocated just like Melody did. Melody's classmates would make unkind comments, and her teachers would underestimate her intelligence. All these events were very saddening and cruel, and all of them felt true. However, one feels deeply rewarded as the story moves along. This is an easy read. I would surely recommend this book to everyone, as it tells about the victory of a disabled girl's spirit to show her worth. I cannot wait for the book's sequel!

(Kaashvi Soni 7D)



# RAINING GOLD FOR INDIA IN CWG

The Commonwealth Games or CWG 2022 started on 29 July 2022 at the Alexander Stadium in Birmingham, UK, with the famous shuttler P.V Sindhu as the flag bearer of the Indian team. The multi-sport championship concluded on 8 August. India finished the 2022 CWG with 61 medals, including 22 gold. The wrestlers, the boxers, the lifters, the shuttlers, the judokas, the track and field athletes, and not to forget the Lawn Bowls men and women's team, raised their game and brought glory to the country. This put India 4th in the overall medal tally behind Australia, the USA, and Canada.

August 1 was a shock for the travelling Indian contingent. Who knew about the Sport Lawn Bowls? Answer: No one. Lovely Choubey, Pinki Singh, Rupa Rani Tirkey, and Nayanmoni Saikia reached the final of the women's fours team event at the picturesque Royal Leamington Spa's Victoria Park, proceeding to win gold. From the track and field at the Alexander Stadium, Avinash Sable ensured there was another.

In the 3000m steeplechase, Sable was able to win the silver. The silver medals from the women's cricket team and men's hockey team - both losing to Australia in the final and three golds from our shuttlers - were also high points of the Games for India. So as we bid adieu to the 2022 CWG and wait for the next one four years from now in Victoria, Australia, it is a fantastic wrap from Birmingham.



(Dhriti Koujalgi 9A)

## INDIA'S TRIUMPH OVER THE CARIBBEAN



India and West Indies started the new T20 series on 29th July 2022. India outclassed a depleted West Indies side to finish the series with an 88-run victory in the final T20 of the five-match series in Florida. India clinched the series 4-1 with phenomenal performances throughout the tournament.

India won the first T20 by 68 runs. Invited to bat, India posted 190 for 6 with skipper Rohit Sharma top-scoring 64 off 44 balls. Dinesh Karthik managed a quickfire 19-ball 41.

In the second T20, West Indies beat India by five wickets. Opting to bowl, Obed McCoy returned with a career-best six-wicket haul as West Indies dismissed India for 138. Hardik Pandya was the top scorer with a run-a-ball 31, while Rishabh Pant (24) and Ravindra Jadeja (27) also got starts but could not capitalise in that match.

India won the third T20 by seven wickets to take a 2-1 lead in the five-match series. India chased the target of 165 with six balls to spare, with Suryakumar Yadav top-scoring with a 44-ball 76, and Rishabh Pant remained not out on 33 off 26 balls.

India defeated West Indies by 59 runs in the fourth T20 to take an unassailable 3-1 lead in the five-match series. India posted 191 for five, opting to bat, riding on a solid batting display with Rishabh Pant (44 off 31 balls) emerging as the top scorer. Rohit Sharma (33) and Sanju Samson (30) also made valuable contributions.

India beat West Indies by 88 runs in the inconsequential fifth T20 International to win the series 4-1. India posted 188 for seven, opting to bat, with Shreyas Iyer top-scoring with a 40-ball 64. Deepak Hooda scored 38.

(Pranav Natrajan 12C)

## QUIZ TIME

1. In which year did Abhinav Bindra become the first Indian to win an Olympic individual gold medal?

- a) 2006 b) 2005 c) 2008 d) 2009

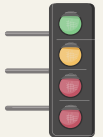


2. Which medal did the Indian badminton team claim in the mixed group match of the Commonwealth Games 2022?

- a) Gold b) Silver c) Bronze d) None

3. Which racing driver won the Russian Grand Prix 2021?

- a) Lewis Hamilton b) Charles Leclerc c) Sebastian Vettel d) Fernando Alonso



4. Which Indian player has been appointed as the chief selector of the national men's cricket team?

- a) Harbhajan Singh b) Mohammad Kaif c) Chetan Sharma d) V V S Lakshman

5. Which Indian became the third to win a tennis singles match at the Olympics?

- a) Somdev Devvarman b) Sumit Nagal c) Yuki Bhambri d) Rohan Bopanna



ANSWERS:

- 1. c)2008 2. a)Gold 3. a)Lewis Hamilton 4. c)Chetan Sharma 5. b)Sumit Nagal

# How To Become Charismatic

By improving your speech and body language, you may significantly raise your Charismatic Quotient (CQ). These steps will offer you a competitive advantage.

## Smile more, like Brad Pitt

Practice feeling positive thoughts and blocking out bad feelings to improve your smile. A cheerful outlook is always alluring.

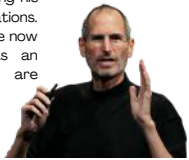


## Master speaking, like Steve Harvey

One can learn from Steve Harvey's tone and tempo of speech just by watching his show. Watch out for rising vocal intonation at the end of your phrases. That suggests impatience and neediness. Avoid using extraneous words and phrases as well.

## Forget the props, like Steve Jobs

Steve Jobs shied away from using props during his lectures and presentations. Even crossed arms are now widely recognized as an indication that you are closed off to other points of view.



## Dress Flawlessly, like Jake Gyllenhaal



Famous personalities continue to utilise power dressing because it is effective. Wear something that enhances your individuality and profile at all times. People judge us based on our clothes, which is the first thing they notice.

## Speak passionately, like Tom Cruise

All charismatic people speak passionately and expressively. They speak with enthusiasm, which triggers an emotional response in the listener. Try adding some energy to your voice; it will engage the people you're conversing with.



(Pranay Arora 12D)

# Power of FEEDBACK

I have realized that learning and leadership go hand in hand. Leadership cannot exist without learning, nor can learning exist without leadership. Therefore, the two must be kept near one another.



To enhance leadership and learning, feedback is one of the most important tools. We should seek feedback and take solace in the fact that people are letting you know what you do well and where you can improve. Appreciate the chance to grow as a person. Seek a mentor. Find a trustworthy coach. Find someone who will be honest with you and tell you where your main areas for improvement are.

A high emphasis should be placed on a leader's capacity to learn, adapt, and take calculated risks continuously. Their work is appreciated for their ability to reflect on themselves through journaling, daily practice, or meditation. As everyone is in charge of their growth, outsourcing and leaving it behind are not options.

Thus, remember that leadership and learning are two different sides of the same coin and feedback is the most essential part of it.

(Pranay Arora 12D)

# HOW TO MANAGE PEER PRESSURE

Everyone has that friend who complains about a test after taking it and then goes on to receive the best grade of the year. Yes, it occasionally can be quite annoying or demoralising, but try not to compare yourself too much.

Everyone has unique strengths, after all. We bet that there are some things about you that your friends are jealous of, despite the fact that they may be able to perform better than you in tests. Social media is another issue that needs to be marked.

It can have a significant impact on the pressure to do well or study more diligently. Seeing friends revise in photos, for instance, can make you feel bad about your own revision practises.

Here are some suggestions if you're feeling pressured by what your friends are doing:

## TAKE A BREAK FROM SOCIAL MEDIA

You won't improve your test scores by feeling guilty. However, we are aware that this brief statement won't be enough to persuade you otherwise. So, try to relax a little and avoid scrolling through social media. Take a walk. Your thoughts will feel refreshed.



## ASK YOUR FRIENDS FOR HELP

Even the top pupils occasionally request assistance. When you ask for advice, people always believe you're brave. Perhaps you can set up a study session outside of the classroom where you and your buddies can review together and exchange study strategies.



## STOP COMPARING YOURSELF

Undoubtedly easier said than done. No matter what, you must attempt. Recognize when you are criticising yourself because you didn't perform as well as a friend. A little self-love can change the game, so replace these thoughts with a list of all the things you're good at.

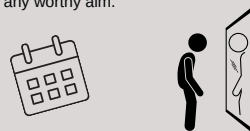


(Pranay Arora 12D)

# 5 Ways to develop Self-Regulation Skills

## Knowing Oneself

The most crucial element to living a successful life is self-awareness. It's also one of the areas of self-improvement that gets the least attention. Each of us has an internal force that defines us and directs our life course. Many other factors influence us, but understanding oneself is essential for achieving any worthy aim.



## Learning Self-Discipline

Self-control and being the kind of person you want to be are two characteristics of self-discipline. Both your actions and your emotions are within your control, but for either to work effectively, you must practise. You need self-discipline in order to carry out daily duties like working out or finishing your assignments. You can better manage your emotions and setbacks by doing this.

## Plan The Day

Day planning is a skill that we all need to develop. If you're like most individuals, you likely have a tonne of tasks and responsibilities to complete. Setting out time to sit down and consider the priorities on your to-do list is the key to organising your day. You will be far more likely to succeed in your assignment if you are clear on what you need to do and when.

## Be Focused

When you are working on something fresh and fascinating, it is easy to get sidetracked. In truth, if you are not careful, you will get lost in the chaos of our daily lives. It is best to concentrate on your current tasks and areas of interest. You will be able to stay focused and finish tasks more quickly.

## Create Opportunities to Solve Problems

You are never given an opportunity you have to make those opportunities. Every problem has a solution, but in order to find it, you must seize the chance. For instance, not every restaurant could afford to provide delivery service; it was at this point that the creators of SWIGGY, a well-known food delivery app now, recognised an opening and seized it. They recognised an opportunity in the issue and developed a full business plan around it, providing a market for numerous restaurants, creating jobs for a large number of people, and inadvertently generating an economy for the automotive, petroleum, tyre and other industries.



(Pranay Arora 12D)



# AN ODE TO HOPE

A step ahead I take  
a risky venture  
a chorus of voices I hear,  
disgrace, fice, incompetent.  
another foot forward

Evanescent hope, washing away  
with my last breath,  
as my nemesis lay there,  
opulent.

Into the darkness I plunge  
reaching for that shed of light  
that no one else will find  
a faint glimmer of hope  
I propel through  
I've thrived, I say.



(Tanvi Narmeta 10D)

# The Future World

In a peaceful world we all want to live,  
For that, when we take we have to give.

To live, the future world will be a better place,  
Only if bad with good we replace.



As they say that honesty is the best policy,  
We should learn to be honest and greet people with courtesy.

To become an ethical person, we have to be kind,  
And all our values and morals we have to bind.

In friendship, we should sow good quality seeds,  
And see that they grow, not weeds.

Friendship with good people will last long,  
Once it is poisoned, you'll be understood wrong.

Being mentally stable is also important with physical health,  
And only then we can focus on developing the society and gaining wealth.

Let's change our vision of tomorrow to today,  
As to achieve our goals, we have to start in some way.

(Nikitha Lakkasani 9B)

# RAIN

The whiff of loneliness swoops in  
When the air dances.  
The sniff of a warm embrace,  
Is transferred through this rain.  
The tears gently lay on earth.  
Leading one to a white misty dream,  
where one isn't bound.

The fantasy seems lost to others,  
nowhere to be found.  
Where the memories start to flood in,  
the sun is bound to shine.  
The sun guides to a warm evening,  
where the colors combine to shine.



(Aashnaa Gupta 9B)

# She Surprises Me

She'd done nothing,  
Yet she was being blamed.  
Though she kept shut,  
She was burning in flames.

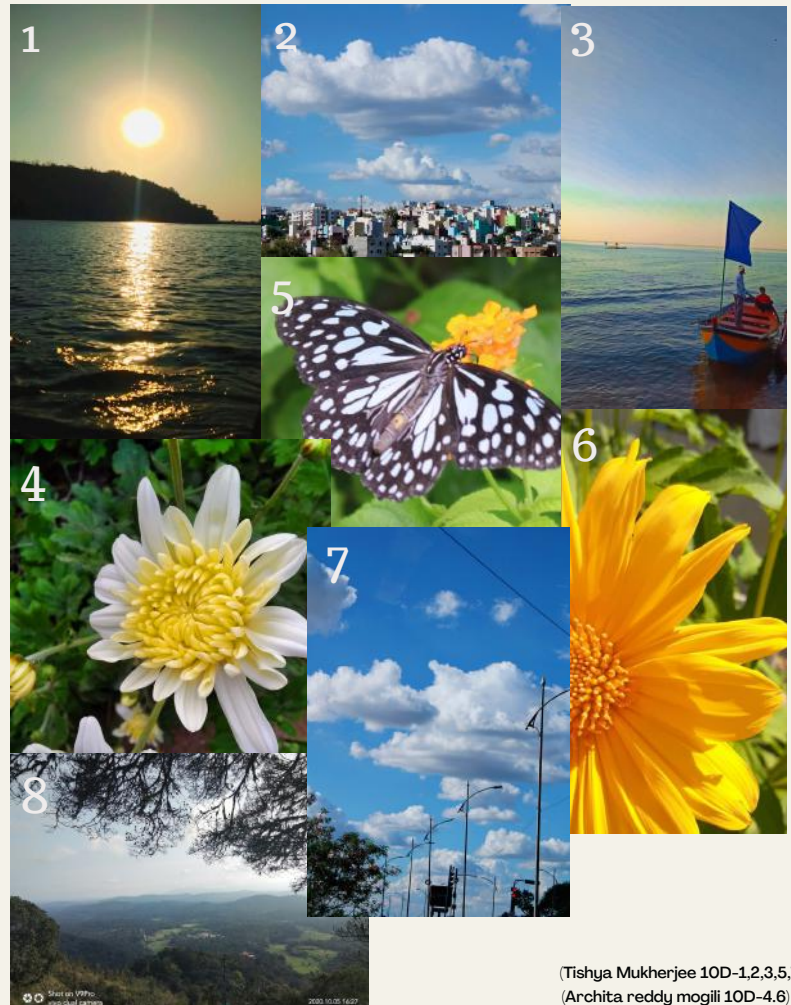
They mocked her because they were jealous,  
For they knew she was one of the few Cinderellas.  
It was better,  
If they kept shut;  
For she could ruin them in seconds  
And drive them nuts.

She surprises me,  
When I look at her in the mirror everyday.  
Her face says it all over,  
"I'll face whatever comes my way!"  
The mirror shows a figure,  
A figure strong and smart.  
She's beautiful and kind,  
She's a piece of art.



(Amrit Kaur 9D)

# FRAMES



(Tishya Mukherjee 10D-1,2,3,5,7)  
(Archita reddy mogili 10D-4,6)  
(Aashnaa Gupta 9B-8))

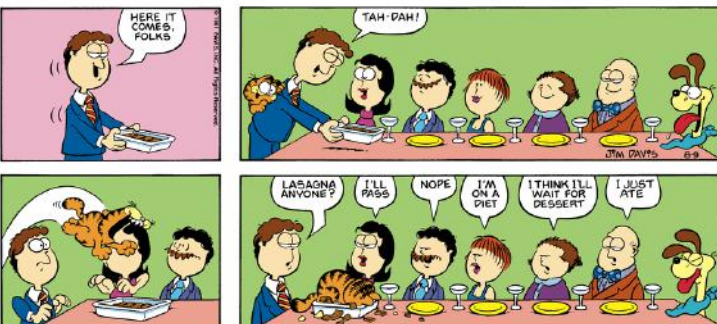
# TRUE OR FALSE



- 1) It's a myth that goldfish have a 3-second memory.
- 2) Goldfish have taste buds on their lips.
- 3) Goldfish have two stomachs.
- 4) Goldfish can't blink.

Answers  
 1) True.  
 2) True.  
 3) False. Goldfish don't have stomachs, instead they have one long intestine that does the job of digesting.  
 4) True. Goldfish don't have eyelids.

# GARFIELD



# How Does It Look?

1. That building is \_\_\_\_\_.(disproportionately low and thick)
2. He has a \_\_\_\_\_ complexion. (pale and sickly)
3. He walks with a \_\_\_\_\_ skip. (young and fresh as spring)
4. She favored us with a \_\_\_\_\_ smile. (here just for the moment)
5. His hat was \_\_\_\_\_. (slanted to one side)
- 6: Her chin is quite \_\_\_\_\_. (sticking out)
7. The car was \_\_\_\_\_. (increased in power)
8. The clouds \_\_\_\_\_ across the sky. (were blown by the wind)
9. The walls were painted \_\_\_\_\_. (a muddy red-yellow colour)
10. The St. Bernard was \_\_\_\_\_ in size. (as big as an elephant)
11. Vincent Price often looked \_\_\_\_\_ in his films. (as gruesome as a dead thing)
12. There are \_\_\_\_\_ flowers in the field. (an uncountable number)
13. The President's guards were dressed in \_\_\_\_\_. (civilian clothes)
14. The suit is \_\_\_\_\_. (dull brown)
15. Both husband and wife are \_\_\_\_\_. (attractive and charming)
16. He walks with a \_\_\_\_\_ gait. (looking old and feeble)
17. He is a \_\_\_\_\_ young man. (unlively and unemotional)
18. The car gleams as if it were \_\_\_\_\_.(rubbed to shininess)
19. The ghost I saw was \_\_\_\_\_. (had no definite shape)
20. He \_\_\_\_\_ when he speaks. (stutters and stumbles)

**Words to choose from:** bumbles, burnished, doddering, drab, myriad, mammoth, scudded, prominent, transient, vernal, squat, wan, skewed, souped-up, ocher, macabre, mufti, pretty, bland, amorphous.

ANSWERS: 1-squat, 2-wan, 3-vernal, 4-transient, 5-skewed, 6-prominent, 7-souped-up, 8-scudded, 9-ocher, 10-mammoth, 11-macabre, 12-myriad, 13-mufti, 14-drab, 15-pretty, 16-doddering, 17-bland, 18-burnished, 19-amorphous, 20-bumbles.

