

NewsLetter



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Editorial

Dear Readers,

Warm Greetings from SMHS !!

We, at SMHS, constantly endeavour to inspire our learners by providing them an environment that is child -centric and conducive to healthy, competitive learning. Thus we stand-up for our motto, ‘Creative thinking & Joy of Learning.’

An effective ambience, in the classrooms & laboratories – Science, Math and Computer, leaves an indelible mark on the young minds, motivates them to achieve their goals and transforms their dreams into tangible realities.

We ensure treading towards holistic development of the students’ personalities through ‘Quality Education’. Children here, are encouraged to enthusiastically participate in various co-curricular, extracurricular and cultural activities. This results in a unique exploration by the students and helps everyone to discover their innate capabilities and hidden talents.

Academic Excellence is the foremost priority at SMHS. For achieving this, every teacher plays the role of a ‘Virtuous Parent’ and this enables the children to have a comfortable access to their respective teachers. Besides excellent teaching – learning process, we also inculcate Moral Values and Ethics among the children so that they become the most responsible citizens of the country.....!!

‘Instruction ends in the class room, but education is eternal’

Happy Reading ...

Team SMHS

LEARN, UNLEARN, RELEARN

The pandemic, recently, journeyed us all, through the virtuous circle of Learn, Unlearn and Relearn. Now let's understand each term and their implementation in the form of an interesting story.

An Adaptable Teacher in a remote village there was a simple and a dedicated teacher. Everything was going smooth and she had complete job satisfaction. She, being very creative, used all interesting, practical pedagogy and made her class, child – centric, used colourful teaching aids with whatever meagre resources that were available with her. She always fired her imagination to give the BEST to her students in the village school, to make productive Teaching – Learning Material and tried her level best to drive the point home, as she always aimed at Conceptual Teaching. Everything was unraveling easy and plain and her life was a peacefully flowing river.

Then one day, on 23.03.2020, our Hon'ble Prime Minister, Narendra Modi, proclaimed Complete Lockdown, which was indefinite. Fortunately, April and May, being almost the end of the academic year, didn't really much affect the education of the children. The Teacher was grief-stricken because whatever she had learned during her training period and which she had been using successfully, was of NO HELP then. All the Training Techniques had to be Unlearned i.e. discarded, as the traditional methods of teaching wouldn't apply at all thenceforth!!!

The Teacher had little knowledge about Computers and Technology. She was clueless as to how to gear up to cater to the need of the Hour – ONLINE Teaching. Since she was determined and adaptable, very soon, she could equip herself with every minute detail like downloading the educational app, scheduling a class, sharing content on the screen, reaching her children with same earlier vigour and enthusiasm, making the class as interesting and effective as possible.

“Good Morning children, am I audible?” She asked the students on the first day.

“Good..... Morning Teacher” sang the children in their usual way.

“It is really nice to hear and see you all, Dearies.” She chuckled in excitement.

“We should thank the Technology which has helped us to continue our academics without any break through these virtual classes, shouldn't we?” She asked.

“Yes Teacher, there is no need to wake up early.” Said a student.

“There is no need to wear uniform and carry heavy bags,” giggled the other.

The Teacher enjoys their sense of humour.

“Raj, please switch on your video, I wanna see you,” said the teacher.

“If I switch on my video, I am unable to hear you, teacher,” answered Raj.

“He must be eating breakfast, may be his mother is feeding him,” intruded another.



“Who is that? Please stop talking meaningless things,” said the teacher.....

“Excuse me, mother of Raj, Mrs. Veena, please see that your child switches on his video. Kindly help him.”

“Madam, just now he had his bath, I will make him to switch it on now.” She replied honestly. Raj appears on the screen, smiling like a Hero. Everybody laughs.... Suddenly Raj’s father appears behind, moping the floor. His mother shrieks, “Please do away with the utensils in the sink, next.” The Teacher feels embarrassed and says “you mute yourself Raj & see that you’re seated in a silent and a private corner.”

Nevertheless, The Teacher was exuberant about the new pedagogy, she learnt, unlearning the traditional one. The result of her class was 100% in the annual exam of 2020 and throughout 2021 till August – Periodic Test I.

Finally, the era of Relearning, i.e. Offline Teaching, started from September, 2021. Gayatri was happy that the Traditional Methodology of classroom teaching using Chalk and Board had resumed. But, she always missed the sophisticated way of screening the most colourful Audio – Visual Aids that reached the students better. She felt nostalgic of the discipline and silence in the class and also of the privilege of her being into the ears of every child, that made them to be on their toes.

Later, she contemplated about the disadvantages of online teaching where the students could not be focused upon individually, lacked follow up as she was helpless because children looked apparently present but would not respond when they were taken to task.

But in September, when Relearning had resumed, she felt exhilarated that then, she was able to focus on every child catering to the needs of different categories of Learners – Auditory, Visual and kinesthetic; suitable to their learning capacities, IQ levels etc. She was happy that the Notes and Assignments of the children were up-to-date due to perfect follow-up.

She smiled with ultimate contentment and recalled the days of her online teaching and felt privileged that GOD had conferred upon her the blissful taste of the skills of a 2057 teacher ...!!

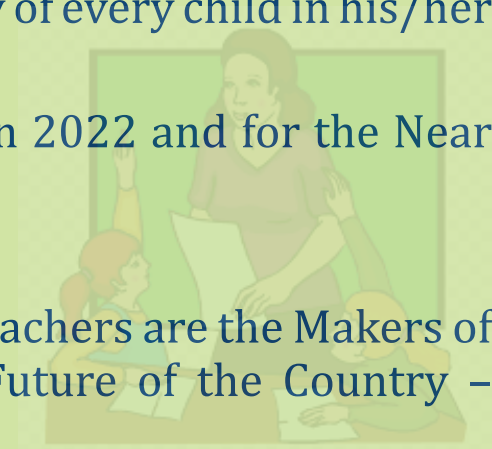
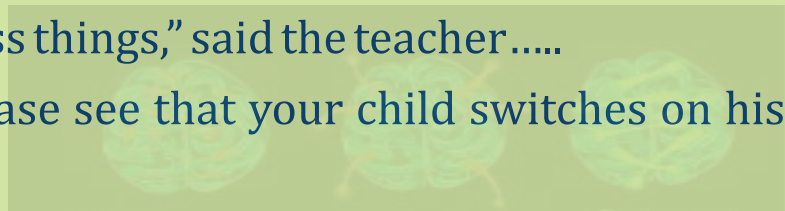
That night she dreamt that people were visiting MUSEUMS to have a glimpse of a Humanoid Teacher. She woke up startled, and understood the interpretation of her dream – ‘No student ever expressed his aim of becoming a TEACHER in FUTURE.’ She recalled of her conversation in the class with her students regarding their aims and this brought a meaningful smile on her lips.

With a sigh of relief, she considers herself the most blessed to be in one of the Noblest Professions – TEACHER, especially now, as the teachers in future, say in 2057, would be either Mechanical Computers, in the study of every child in his/her house, or might be ROBOTS.

“Thank God !! I am the luckiest woman, to be a teacher in 2022 and for the Near Future.”

She smiles thankfully.....

“Teaching is the Noblest of all professions, not just bcoz Teachers are the Makers of other Professions, but bcoz they Design & Shape the Future of the Country – THE PROGENY”



BURNING TOPIC OF TODAY

“Physical fitness is the first requisite for happiness”

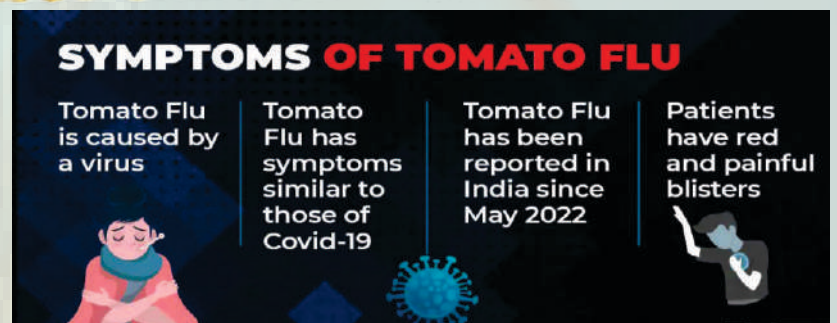
The key to a healthy life is having a healthy mind. Your illness is not your identity. Wellness is the complete integration of body, mind and spirit—the realization that everything we do, think, feel, and believe has an effect on our state of well-being. It is evident that good health improves learning potentials, so far for students to be helped to attend school regularly and take full advantage of opportunities provided by schools, they must be in a state of health that enables them to do so.

INFLUENZA

Seasonal influenza is characterized by a sudden onset of fever, cough (usually dry), headache, muscle and joint pain, severe malaise (feeling unwell), sore throat and a runny nose. The cough can be severe and can last 2 or more weeks. Most people recover from fever and other symptoms within a week without requiring medical attention. But influenza can cause severe illness or death especially in people at high risk. In terms of transmission, seasonal influenza spreads easily, with rapid transmission in crowded areas including schools and nursing homes. When an infected person coughs or sneezes, droplets containing viruses (infectious droplets) are dispersed into the air and can spread up to one meter, and infect persons in close proximity who breathe these droplets in. The virus can also be spread by hands contaminated with influenza viruses. To prevent transmission, people should cover their mouth and nose with a tissue when coughing, and wash their hands regularly.

TOMATO FLU

A “new” virus known as tomato flu reported in India is a variant of the already endemic hand, foot, and mouth disease (HFMD). Doctors have confirmed the virus has been named tomato flu on the basis of the red, painful blisters it causes that can mimic the look and the size of a tomato,” Newman explained. She said while the disease is thought to be non-life threatening, it can cause an uncomfortable rash, fevers and joint pain.



MONKEYPOX

The disease is the presence of tomato-like red welts all over the body, particularly the hands, feet, and oral cavity. Fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes. This is followed or accompanied by the development of a rash which can last for two to three weeks. The rash can be found on the face, palms of the hands, soles of the feet, eyes, mouth, throat, groin, and genital and/or anal regions of the body. The number of lesions can range from one to several thousand.



Treatment Patients with severe or progressive clinical illness associated with suspected or confirmed influenza virus infection (i.e. clinical syndromes of pneumonia, sepsis or exacerbation of chronic underlying diseases) should be treated with antiviral drug as soon as possible.

Prevention The most effective way to prevent the disease is by getting a yearly influenza vaccine (i.e. a flu shot or nasal spray) and using simple infection control measures such as handwashing. Antiviral medicines can also help prevent infection.



India at the 2022 Commonwealth Games

India competed at the 2022 Commonwealth Games at Birmingham, England from 28 July to 8 August 2022. It was India's 18th appearance at the Commonwealth Games.

In July 2022, the Indian team of 106 men and 104 women competing in 16 sports. Indian para-athletes competed in athletics, para powerlifting, swimming and table tennis.

Hockey player Manpreet Singh and badminton athlete P. V. Sindhu served as the country's opening ceremony. India ended the games as the best nation in 4 sports: badminton, table tennis, wrestling and weightlifting, and second best in boxing.

The following is the list of number of competitors participating at the Games and Medals by Sport.

Sport	Men	Women	Total	Gold	Silver	Bronze	Total
Athletics	20	17	37	1	4	3	8
Badminton	5	5	10	3	1	2	6
Boxing	8	4	12	3	1	3	7
Cricket	-	15	15	0	1	0	1
Cycling	9	4	13	-	-	-	-
Gymnastics	3	4	7	-	-	-	-
Hockey	18	18	36	0	1	1	2
Judo	3	3	6	0	2	1	3
Lawn bowls	5	5	10	1	1	0	2
Para powerlifting	2	2	4	1	0	0	1
Squash	5	4	9	0	0	2	2
Swimming	7	0	7	-	-	-	-
Table tennis	5	7	12	4	1	2	7
Triathlon	2	2	4	-	-	-	-
Weightlifting	8	7	15	3	3	4	10
Wrestling	6	6	12	6	1	5	12
Total	106	102	208	22	16	23	61

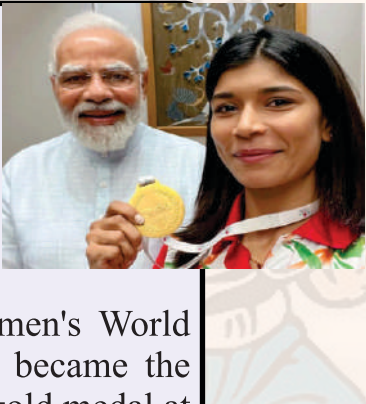
Telangana Is No 2 State In Medal Wise Tally At Commonwealth Games 2022.

Some of the players who represented India at the CWG 2022 and hail from Telangana are:

- 1.Nikhath Zareen 2.Chirag Shetty 3.P.V.Sindhu 4.Kidambi Shrikanth 5.Satwiksairaj Rankireddy 6. Sreeja Akula

NIKHAT ZAREEN

Nikhath Zareen is an Indian boxer. She won gold medal at the 2011 AIBA Women's Youth & Junior World Boxing Championships held in Antalya. Zareen won gold medal at the 2022 IBA Women's World Boxing Championships, and became the fifth Indian woman to win a gold medal at the IBA World Boxing Championships.



CHIRAG SHETTY

Chirag Chandrashekhhar Shetty is an Indian badminton player. He and his partner, Satwiksairaj Rankireddy, are the first men's doubles pair from India to be ranked inside the top 10 of the BWF World Ranking, with a career-high ranking of 7. He won the gold medal at 2022 Commonwealth Games in men's doubles.



P.V.SINDHU

Pusarla Venkata Sindhu is an Indian badminton player. Considered one of India's most successful sportspersons, Sindhu has won medals at various tournaments such as the Olympics and on the BWF circuit, including a gold at the 2019 World Championships. She is the first and only Indian to become the badminton world champion and only the second individual athlete from India to win two consecutive medals at the Olympic Games. She rose to a career-high world ranking of no. 2 in April 2017. She won the gold medal at 2022 Commonwealth Games in Women's singles.



SREEJAAKULA

Sreeja Akula is an Indian paddler who has represented the country many national and International Competitions. She came to the limelight in August 2022, after she banded a gold medal in table tennis at the 2022 Commonwealth Games.

The Games was the largest ever held, with 72 participating nations and over 1.3 million ticket sales. It was also the first to have more events for women than men and the first integrated event, with the para competition held at the same time. Alongside the Games, a cultural festival was held across the West Midlands, as well as a number of trade events.



SATWIKSAIRAJ RANKIREDDY

Satwiksairaj Rankireddy is an Indian badminton player. He and his partner, Chirag Shetty, are the first men's doubles pair from India to be ranked inside the top 10 of the BWF World Ranking, with a career-high ranking of 7. He won the gold medal in men's doubles & Silver medal at 2022 Commonwealth Games in mixed team.



KIDAMBI SHRIKANTH

Srikanth Kidambi is an Indian badminton player. A former world no. 1, Kidambi was awarded the Padma Shri, India's fourth highest civilian award, in 2018. and the Arjuna award in 2015. In 2021, he became the first Indian to reach the World Championship final in the men's singles discipline. He won the Silver medal at 2022 Commonwealth Games in mixed team.



TOP VEGAN PROTEIN SOURCES

CRUNCHY NUTS ³	Protein per 100 grams	Calories (kcal) per 100 grams	How to cook	Goes well with
ALMONDS	21.2	460	Raw, roasted	Salads, curry, biscuits
PISTACHIOS	21	572	Raw, roasted	Ice cream, salads
WALNUTS	15.2	654	Raw	Pesto, dessert toppings
PINE NUTS	13.7	673	Raw, roasted	Pesto, salads, pasta

SUPER SEEDS ^{4,5}	Protein per 100 grams	Calories (kcal) per 100 grams	How to cook	Goes well with
HEMP SEEDS	31.6	580	Simmer	Salads, granola
SUNFLOWER SEEDS	19.3	546	Raw	Salads, yoghurts, muesli
FLAXSEED	18.3	534	Ground, raw	Bread, smoothies, pancakes
SESAME SEEDS	17	565	Raw, toasted	Salads, dressing, noodles
CHIA SEEDS	16.5	486	Ground, raw	Smoothies, pudding

DELIGHTFUL LEGUMES ⁶	Protein per 100 grams	Calories (kcal) per 100 grams	How to cook	Goes well with
PEANUTS	24.4	587	Raw, roasted, ground	Salads, curry
SOYBEANS	18.2	172	Soak 4/5 hours, raw	Salads, curries
WHITE BEANS	9.7	139	Boiled	Dips, soups, salads
LENTILS	9	116	Boiled	Soups, salads
CHICKPEAS	8.9	164	Boiled	Hummus, soups, salads
KIDNEY BEANS	8.7	127	Boiled	Salads, stews

GRAINS FOR GAINS ⁷	Protein per 100 grams	Calories (kcal) per 100 grams	How to cook	Goes well with
QUINOA	4.4	120	Boiled	Salads, casseroles
WILD RICE	4	101	Boiled	Salads
BUCKWHEAT	3.4	92	Roasted	Bread, noodles
BULGAR	3.1	83	Boiled	Salads, stews
OATMEAL	2.5	71	Boiled	Biscuits, pancakes

NIFTY ALTERNATIVES ^{8,13,14,15,16}	Protein per 100 grams	Calories (kcal) per 100 grams	How to cook	Goes well with
NUTRITIONAL YEAST	53.33	387	Raw	Popcorn, potatoes, eggs
GOVON (MINGE)	14.5	105	On the stove, oven	Pasta, burritos, stews
SPROUTED BEANS	13.1	122	Raw	Salads, sandwiches
TOFU	7.4	55	Fried, boiled, raw	Curry, sandwiches, stir fry

Protein is abundant in so much food. With the right knowledge you can increase the amount you eat and reap the rewards for a healthier you.

HEALTH AND FITNESS

Yoga is not a religion, it is a way of living whose aim is 'a healthy mind in a healthy body'

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

BENEFITS OF Yoga FOR HEALTH

NATURAL THERAPY

Complementary treatment for specific medical conditions such as depression, symptoms of asthma, back pain and arthritis

SUPPLEMENT FOR SPORT

Benefits on the performance of your main sport: flexibility, handling stress...

COGNITIVE

Some studies suggest that yoga can have a positive effect on learning and memory

MIND AND SPIRIT

It increases the spiritual consciousness and the energy state of the person

BETTER POSTURE

It improves the range of joint movement and even increases its lubrication

FIGHTS AGAINST STRESS

It includes specific meditation techniques, apart from focusing the mind on breathing

SHARPENS THE FOCUS

It improves our ability to concentrate and not lose our "focus"

"The only way of knowing what yoga can do for you is trying it out for yourself"

WHY PRACTICE YOGA?

Apart from its Benefits for Health, doing Yoga can:

Stretch and improve the range of movement

Improve the balance

Correct muscle imbalances

Create new movement adaptations

Active rest

Improve the breathing

Prevent injuries

DON'T FORGET:

Yoga is not just stretching. It consists of creating a body-mind balance while gaining strength and flexibility



G. Hariyansh
Head Boy



B. Jahnavi
Head Girl



M. Akhil
Dy Head Boy



Gargi Joshi
Dy head Girl

ARYABHATA



Md. Rizwan Khan
Captain

R. Harika
Dy Captain

C.V. RAMAN



M. Varuth Reddy
Captain

M. Chandrika Sharma
Dy Captain

MOTHER TERESA



M. Spoorthy
Captain

K. Shiva Prasad
Dy Captain

RAHUL SANKRITYAYAN



D. Ujwal Sai Ram
Captain

M. Deepak
Dy Captain

SPORTS



Saanvi Tuljapurkar
Captain

Dy Captain

CULTURAL & HERITAGE CLUB



K. Ankitha
Captain

G. Aarthi
Dy Captain

LITERARY CLUB



M. Divya
Captain

V. Nikhil Reddy
Dy Captain

PRESS CLUB



K. Shiva Prasad
Captain

Ch. Praneeth
Dy Captain

ECO CLUB



D. Shravan Kumar
Captain

S. Poojitha
Dy Captain

HEALTH & WELLNESS CLUB



P. Vinay
Captain

B. Srishti
Dy Captain

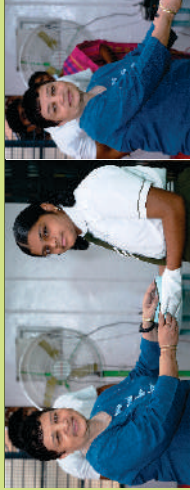
INTEGRATION CLUB



B. Shri Harshitha
Captain

B. Pranavi
Dy Captain

READERS CLUB



M. Varthika
Captain

M. Yashwanth Yadav
Dy Captain

VOLUNTEERS



Kushal Sharma
Captain

G. Manish Reddy
Dy Captain

VOLUNTEERS



R. Poojitha
Captain

C. Srushti
Dy Captain

Independence Day Celebrations



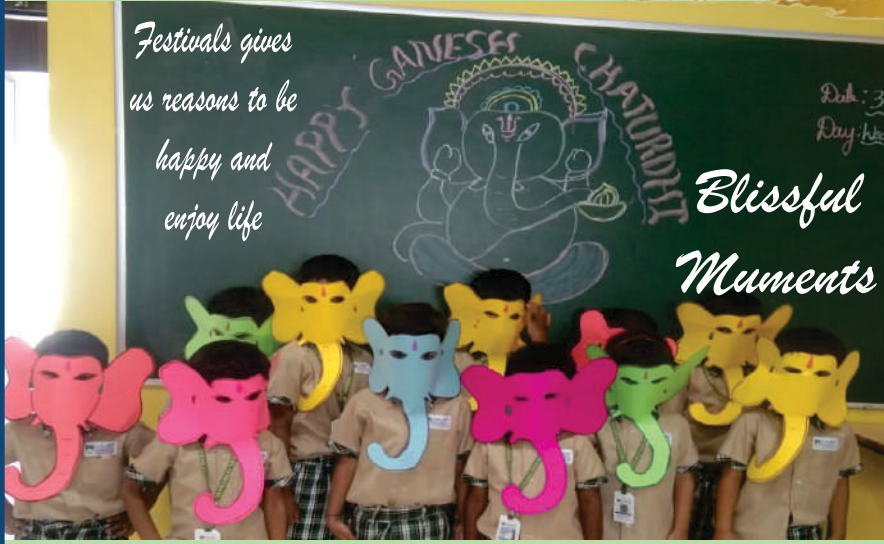
Teachers Day



Kindergarten Pom Poms

Festivals gives
us reasons to be
happy and
enjoy life

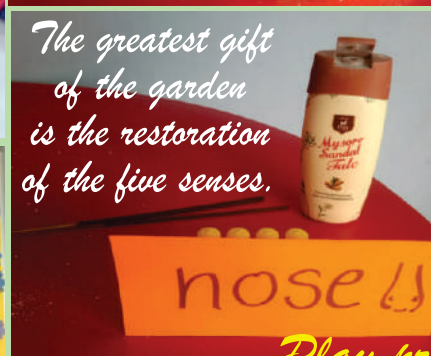
Blissful
Mumments



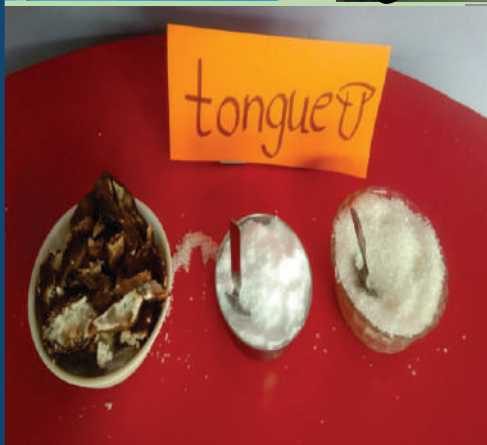
Creativity
is
Magic



The greatest gift
of the garden
is the restoration
of the five senses.



Play provides rich learning
opportunities and leads to children's
success and self-esteem.



The greatness of a culture
can be found in its festival



Innovation
way to do
better



Khel Khel Mein...



Badminton



Basketball



Shuttle run



LEARNING
Outcomes explore world around them develop praxis and techniques

CONCEPT
Learning experience that complement academic curriculum

BENEFITS
Plethora of interest developing self esteem

DEFINITION
Activities that fuel your learning enthusiastically

TYPES OF ACTIVITIES
Art crafts audio visual technology, elocution

IMPORTANCE
Develop problem solving reasoning critical thinking

Co-Curricular Activities

“Life is just like potter’s clay it gets shaped by our own hands.”

“When Love and Skill come together, expect a Masterpiece”.

“Art is never finished, only abandoned”

Green world clean world, My dream world.

“You can make anything by writing.”

“Craft is all about using the skills...”



SUPRABHAT
MODEL HIGH SCHOOL
CREATIVE THINKING AND JOY OF LEARNING
(Affiliated to CBSE, New Delhi)

Estd.2006

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