

NOVEMBER 2021

Imaginari Spectra



Thinking
school

Inquiring
minds



Middle and Senior school Magazine

FROM THE EDITOR'S DESK



Greetings SNIS family! In the times when we are all trying to get back to our normal school routines, it is very important that we take care of our physical and mental health.

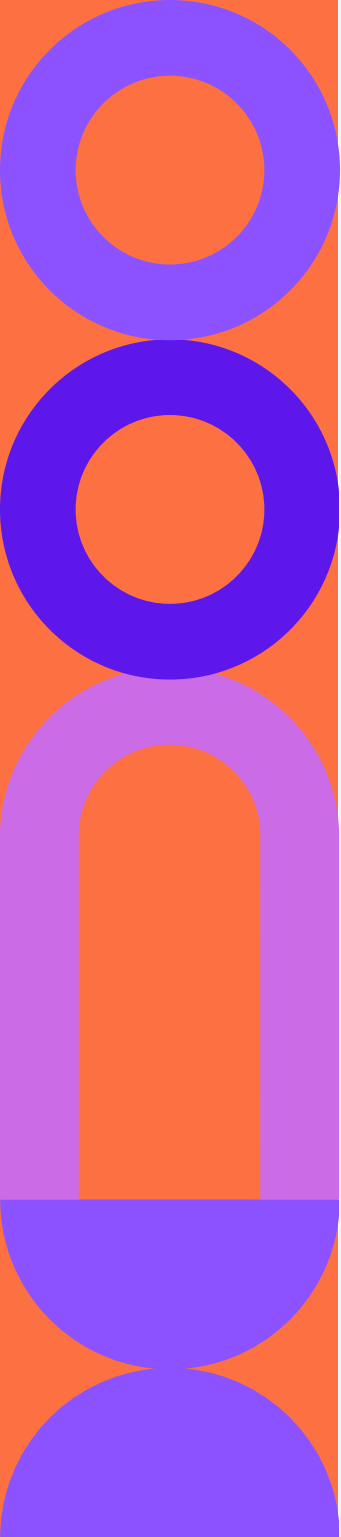
To shed some light on that we have our very own SEN educator Subadra Sathanam sharing her thoughts on mental health, its importance and a few tips on how to care for it; in school and at home

Surodeep Mukherjee
HOD English

The Importance of mental health

“The beliefs and evaluations people hold about themselves determine who they are, what they can do and what they can become” – R B Burns

Mental health is an integral part of staying healthy. “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” – World Health Organization. Mental health is the state of well-being which affects the way we think, feel and act.



It also affects how we respond to stress, the choices we make and how we interact with society.

Mental health and self esteem

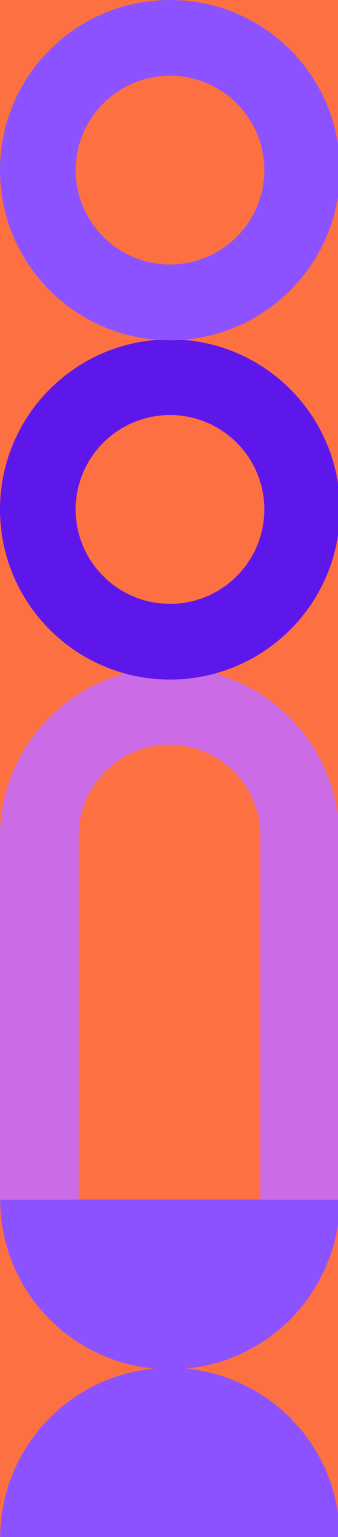
The people in our life have an influence on us. In the case of students - parents, teachers, and friends can affect how they feel about themselves. When someone focuses on their positives, they feel good about themselves. If adults scold more than they praise, then it becomes difficult for the students to feel good about themselves. Bullying can also hurt self-esteem.

Promoting mental health awareness in school

Leaders, teachers, staff and parents should have awareness about mental health. Positive social interaction, feeling safe and focusing on life skills can help students become ready to face society.

When the adults in the life of the students promote and model positive behaviour, values and inclusivity, it improves student-teacher relationship. It results in a safe environment and better learning outcomes.

Life skills recommended by WHO are problem solving, decision making, creative thinking, critical thinking, self-awareness, empathy, interpersonal relationship, good communication, management of stress and management of emotions.



Parents and schools should ensure that students learn these skills to face the life ahead of them.

Everybody has different limitations, and it is important to know and be comfortable with our own. When we understand our limitations and let go, we will begin to focus on our strengths and embrace our true self. We should look at strengths-based approaches and build on skills, knowledge and attitude.

Mental health issues are silent epidemics, even more so due to the ongoing pandemic. Having a good routine and balance of physical activities, fresh air, socialisation and academics activities are important for one to stay healthy.

With the guidance of the school counselor, schools should encourage an open and interactive approach of creating an awareness about emotional well-being, encouraging students to seek help when needed and preventive measures/encouraging a healthy lifestyle.



Subadra Santhanam
Special Education Needs Teacher
Sharanya Narayani International School

SNIS IN NEWS

SNIS
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INTERNATIONAL SCHOOL
Thinking, Studying, Learning, Growing.

Cambridge Assessment
International Education
Cambridge International School

MEET OUR
IGCSE TOPPER

Arnav Girish Timmapur

Result Details
7 A's & 2 A's

Future Career Goals
Wants to explore a career in Microbiology and Biochemistry

Co-curricular Interests
Excellent in Football

Currently
Studying in IBDP at SNIS

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Cambridge Assessment
International Education
Cambridge International School

IGCSE TOPPER

Hathaichanok Nitatvijit (GJ)

Result Details
6 A's, 1 A & 1 B

Future Career Goals
Explore a Career in Software Engineering

Co-curricular Interests
Interested in Music and Plays the Piano

Currently
Studying IB DP Grade 11 in SNIS

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International Education
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MEET ONE OF OUR
IGCSE TOPPERS

Arpakorn Phong-Arpakorn

Result Details : 5 A's, 1 A, & 1 B

Future Career Goals
Engineer or Science Teacher

Co-curricular Interests : Visual Arts

Currently: Studying IB DP Grade 11 in SNIS

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International Education
Cambridge International School

MEET ONE OF OUR
IGCSE TOPPERS

Akshaya Indumuru

Result Details : 4 A's & 4 A's

Future Career Goals : Wants to explore a career in Computer Science or Business Management.

Co-curricular Interests : Dance & Tennis

Currently: Studying IB DP Grade 11 in SNIS

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edu stroke

**From School to University:
SNIS a constant support**

July 17, 2021 | 04:00 pm to 05:00 pm

MR. THAVAMANI T
Head of Master & Senior School

MS. LAKSHMI REDDY
Academic Director/Principal

MS. JIGNA ZAVERI
Career Counsellor

A webinar panel discussion to give parents and students an understanding of international curricula: skills developed, undergraduate study opportunities in leading universities in India and abroad followed by a Q&A session.

Sharanya Narayani International School, Bangalore | India's Top 10 Day Cum Boarding School

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EMPLOYEE SPOTLIGHT

VINUTHA ELIGAR

5 YEAR SMILESTONE

Hard work, Courage and Loyalty are the strengths of Vinutha. Vinutha is the ever shining face of our school who welcomes everyone with a smile. She joined SNIS as a Dorm Parent and worked with full dedication in the interest of the school and the children. She took very good care of the boarders and treated them as her own which was noticed when we saw the bond between the boarding students and her. Later, she moved to the administration department where she tackled every task with utmost sincerity and commitment. Her diligent and meticulous approach towards her work has set a benchmark for the rest of the employees. Vinutha is very enthusiastic and actively participates in most of the school events and activities and maintains a good camaraderie with her colleagues.

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ONLINE INTERACTIVE WEBINAR SESSION

Saturday, 26 June, 2021
Time : 10:30 am to 11:30 am

Dear Parents,
Sharanya Narayani International School (SNIS) cordially invites you for an online interactive session on: **"What is International Education and How it Benefits your Child"**

Our kids are back to school!



While studying the importance of biodiversity, an important discussion sprang up in class about the reuse of packaging cartons that they receive through online shopping. So the kids decided to reuse the cartons to create quadrat for their study. Students have used the quadrats made by them to study the biodiversity of the SNIS football field.



*Our kids came back to school
and so the labs came alive too!*

SNIS Boarding - Team building



Boarding at SNIS is a "Cradle of Social Virtues".

We planned a fun-filled Dussehra vacation for our boarding students with many enrichment programmes like team building activities, sports competitions, visit to the school temple, formal dinner, DJ night and movie shows for our boarders.

Session with Full Sail University



We would like to thank Ms Anu Kalhan from Full Sail University, USA for conducting an exclusive session on career options in entertainment, simulation, gaming, arts and technology for students of SNIS.

Ms Anu started the session in a very interesting way by quizzing students about the video clips from movies and different albums. Students got hooked onto the session and enjoyed the presentation about the various courses offered at FULL SAIL University, USA and the requirements for applying there as well.

In the question and answer session, students asked questions related to the application process and about specific fields like animation and gaming. Ms Anu patiently listened and answered all the queries and helped students clear their doubts. It was a very interesting and informative session that gave an insight to the students about burgeoning career options and opportunities for studies in the fields of entertainment, simulation, gaming, arts & technology.

Session with KREA University



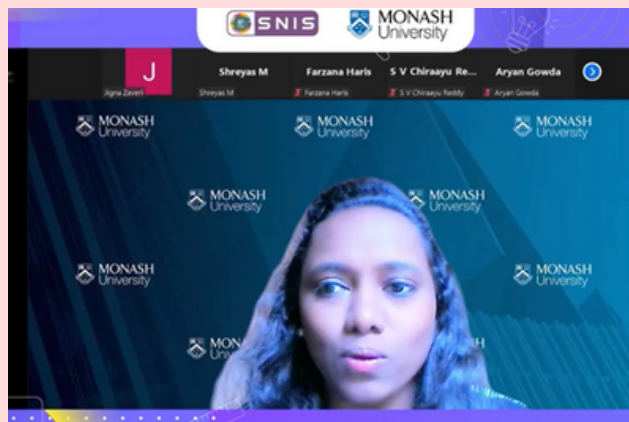
SNIS would like to thank Ms Rachana, outreach manager from KREA University for joining us in the SNIS campus and conducting an enriching session on interwoven learning in the interconnected world.

Students were able to understand and discover different pathways in the field of liberal arts and Sciences. Ms Rachana shared information about KREA University and its holistic admission process.

Students attended the session live on the campus and online as well. They were able to gain first-hand information about the liberal arts and sciences program, and the vibrant lifestyle for a student at KREA.



Session with Monash University

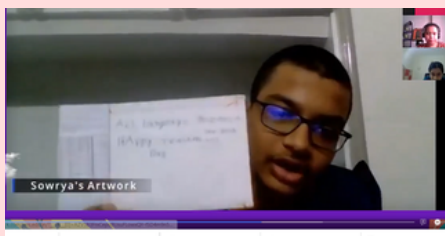
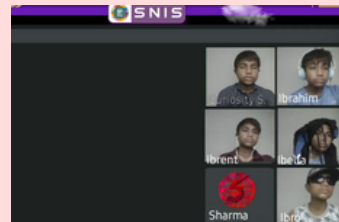


Explore Australia as a study destination by Monash University

We would like to express our appreciation to Ms Prema Raja, Assistant Recruitment Director at Monash University, for conducting a session on “Explore Australia as a study destination” exclusively for our high school students. The session touched upon topics like General study in Australia and Melbourne as a city. Added to that, Ms Prema also spoke about Monash, the different degrees they offer, their rankings, scholarship and study grants.

We also thank her for being so forthcoming in answering questions posed by our students.

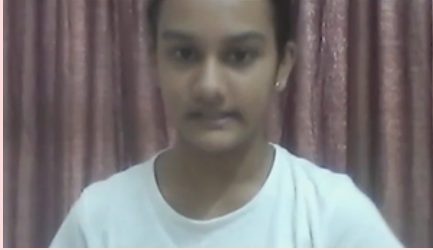
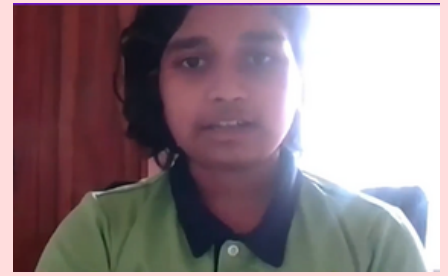
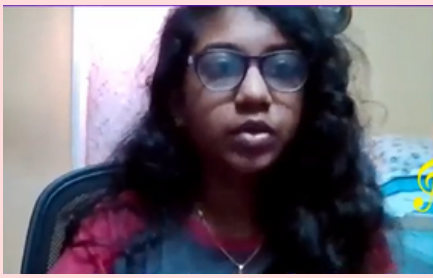
Teachers' Day



Deemed as 'second parents' the students of SNIS warmed the hearts of the teachers by organizing one of the dearest programs of school life, The Teacher's Day. The program began with the school song and featured dances and songs performed by the students. Greater was the fun when students put up fantastic role plays which had the audience roaring with laughter.

The thoughtful quiz and games like the dumb charades and spin the wheel specially designed for the entertainment of the teachers received enthusiastic responses and joyful participation. A handmade 'Thank you card ' brought sweet smiles to all their faces. The celebration acknowledged the beautiful bond between the teachers and the students. The celebration concluded when the teachers were assured that while educating these young minds, they had also educated their hearts.

JAM



Think quick and let your thoughts flow!

Just a Minute sessions are a great way to develop the skills of thinking on your feet and display creativity with your words. To achieve this level of competence, a JAM competition was hosted by SNIS on 25th September, 2021 for the students of middle and senior school, to compete and overcome their fear of impromptu speaking.

With the clock ticking, students jumped on a saddle and spoke spontaneously with an air of confidence on a range of topics, convincing the audience that one should never underestimate the power of a one minute talk.

Nrityotsav



"Dance is the hidden language of the soul" - Martha Graham

We at SNIS, hosted the Nrityotsav-Dance Competition on October 30th 2021. The students presented their artistry in classical, semi-classical, and western dance forms. The judges for the event were Ms. Simran Gotla, SNIS' dance teacher and two guest judges, Radhika Jayaraman- a fitness enthusiast with a passion for dance and Ms. Shveta Chetty an expert in freestyle dance choreography.

Dance is the most enthusiastic and expressive form of art. The students dressed up in beautiful costumes and swayed in rhythm and grace to the music. Their movements captured the essence of gracefulness and elegance. The audience were enthralled as the dancers were talented and the dances unique and beautiful. Diverse performances on a wide spectrum of different dance forms left the judges impressed !

GP Team Projects



This October and November saw two very hard working Global Perspectives groups from the current Grade 10 implementing their Team Projects with initiative, hard work and flair.

One group comprising Iha Ramesh, Lakshmi Gayatri Varanasi, Sucharitha Devi Cherukuri and Shishir Sudeesh Nambiar held sessions for our middle school students on raising awareness about rape and sexual assault. In their words: "Our aim is to make the children more aware of rape and to bring about awareness on how children will be able to speak out on their experiences and seek help. We want to bring a difference and highlight the importance of communication and how it is directly related to rape and sexual assaults.

The other group comprising Pari Jain, Yuktha S, Naina Anumandla, Arya Giridhar and Mahathi Mitra conducted a session on menstrual awareness in school and are also raising funds through Ketto to donate menstruation products to the underprivileged.

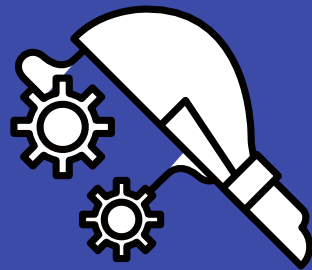
Children's Day



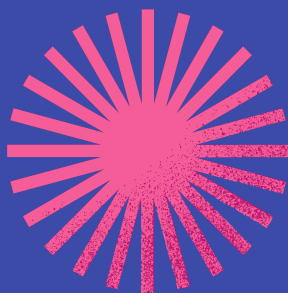
On 12th November the middle and senior school students of SNIS were regaled by the teachers as we all celebrated children's day together. The teachers came up with a host of entertaining programs as we all gathered in the SNIS Multi Purpose Hall as a school for the first time after the Covid 19 pandemic.

Social distancing seating was followed as the students witnessed heartening musical performances, amusing skits by various groups of teachers, some interactive games and several rocking dance performances.

This program was carried forward on 13th November, online where the previous day's events were shown and more performances were also added. In the evening, on the same day, the campus staff held another special program for the boarders.



Creative Corner



The 4 Spheres of Earth

Article

Everything in Earth's system can be placed into one of four major subsystems: land, water, living things, or air. These four subsystems are known as "spheres." The four spheres of Earth are formally called the biosphere (living things), the hydrosphere (water), atmosphere(air) and geosphere/lithosphere (land). All these spheres are again divided.



Image by Pranas

First let's look at the Biosphere, the word biosphere came from the Greek “bio” that refers to “life” and “sphaira” that refers to the Earth's shape. The biosphere includes all the biotic (living) organisms on the Earth. Humans, plants, trees, animals, birds are all part of the biosphere. The biosphere is made up of many different biomes. Biomes are regions which have biotic beings such as plants and animals. Forests, rainforests and grasslands are examples of biomes. If we are cutting down trees (deforestation) and hunting animals it means we are destroying the biosphere. Here's a fun fact! The biosphere is the only sphere that interacts with all the other spheres.

Next, let's look at the Geosphere also known as Lithosphere. Geo comes from the Greek word “ground”. The geosphere includes the rocks, minerals, soil and land on Earth. Examples of the geosphere are volcanoes, canyons, mountains and so much more. The Geosphere includes all the layers of the Earth. The layers of Earth are the crust, mantle (upper and lower) and the core (inner and outer). The crust is the uneven layer of the Earth because it contains mountains, rocks, trees, etc.



Image by Michelle

The mantle is above the core and below the crust. The mantle is again subdivided into upper mantle and lower mantle. The difference between the upper and lower mantle is that the upper mantle composition consists of mostly solid silicates; there are areas that are molten. In the lower mantle, there is much greater pressure than in the upper mantle, so the lower mantle is less viscous. The mantle is about 2,900 kilometers thick! The core is a round ball and unlike the mineral-rich crust and mantle, the core is made almost entirely of metal—specifically, iron and nickel. The difference between the inner and outer core is that the outer core is liquid and the inner core is solid, they both are almost made of similar things. Sadly, we are also harming our geosphere. We are doing that through land pollution and littering. To stop this, we can recycle our waste and throw our trash in the bin. Stop littering to save our Geosphere.



Now we are moving on to the hydrosphere. Hydro means “water” in Greek. The hydrosphere consists of all the water on Earth. This includes seas, oceans, lakes, rivers and so much more. The hydrosphere includes water that is on the surface of the planet, underground, and in the air. Did you know? Water covers about 71% of Earth’s surface. The hydrosphere interacts with the biosphere a lot because all the living things need water to survive. The major importance of the hydrosphere is that water sustains various life forms and plays an important role in ecosystems and regulating the atmosphere.

Finally, the fourth sphere of the Earth is the Atmosphere. This sphere is subdivided into 5 more layers which are the Troposphere, Stratosphere, Mesosphere, Thermosphere and the Exosphere. The Troposphere is the layer which we live in. All the weather, rain, snow takes place here. The Troposphere is 10km.

Next, is the Stratosphere. The Stratosphere sits above the Troposphere, it contains much of the ozone in the atmosphere. There is not much air in there but there are important gases in it that help absorb harmful rays from the sun.

Above the Stratosphere the Mesosphere is there. The Mesosphere is the coldest layer of the atmosphere, there is almost no breathable air in there.

The thermosphere is the fourth layer, and it absorbs the sun's radiation, making it very hot. Solar activity strongly influences temperature in the thermosphere. It extends from about 90 km.



The last layer of the Atmosphere is the Exosphere, it is the very edge of our atmosphere. This layer separates the rest of the atmosphere from outer space. It's about 10,000 kilometers thick. We cannot see but the Atmosphere is all around us in the form of air. All these layers protect us from so many harmful rays of the sun and space but we pollute the air by using vehicles, burning plastic, etc. This is known as air pollution, so from the try not polluting.

These were all the 4 spheres of Earth and all of them are very important. The Biosphere, Geosphere, Hydrosphere and the Atmosphere make up the Earth so, if you are not caring about the spheres that means you are destroying the Earth. Grow plants and trees and stop polluting and littering, this would automatically bring good changes in our Earth.

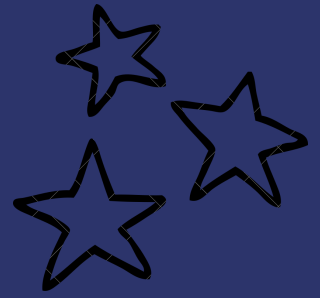
Written and Pictures by Pranati Poornasri
& Michelle Sarah Abraham
Grade 6A

Sources:

- <https://gml.noaa.gov/>
- <https://sciencing.com/>
- <https://www.nationalgeographic.org/>
- <https://niwa.co.nz/>
- <https://spaceplace.nasa.gov/>



MOM'S Ultimate Love.



You gave your best
When I was small
So, now I can take
care for the rest.

You cared for me
When I was ill
When I think of those
I will fulfil.

You look appealing
From head to toe
as graceful
From your heart.

You make me delightful
Treats yes, that's you
who's very sweet.

I wish you have a
Special day just for you
On Mothers' day!!!

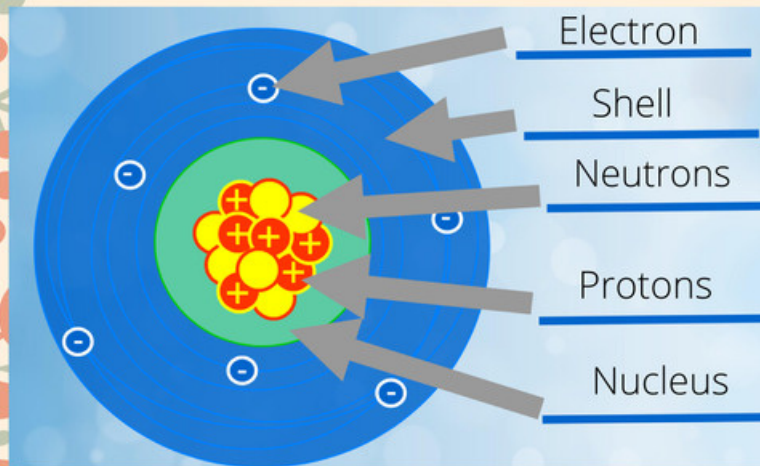
By: Leisha Gowda
Grade 7



BY: Gautham R Pillai
Grade 7

Atom

An atom is considered as the building block of matter



Cube art and impression art



Impression art



Cube art

BY: B S Keerthika
Grade 7

The beauty of à crystal spectrum



Hi!

I'm Kaitlynn and I'm here to give you something to think about. Be it at school, at home or even in space... Have you ever heard of à crystal spectrum?

À crystal spectrum is à term in physics that refers to how light passes through à crystal and à rainbow comes through. The light flows through the quartz crystal and the minerals and properties of the quartz makes it reflect the light and show you à beautiful 7-colored rainbow.

Now one might wonder why you're reading random passages about crystal spectrums. Our teachers, the people who guide us are very very important. We must value them.

You might wonder how teachers and crystal spectrums are even related?

One could look at it this way:

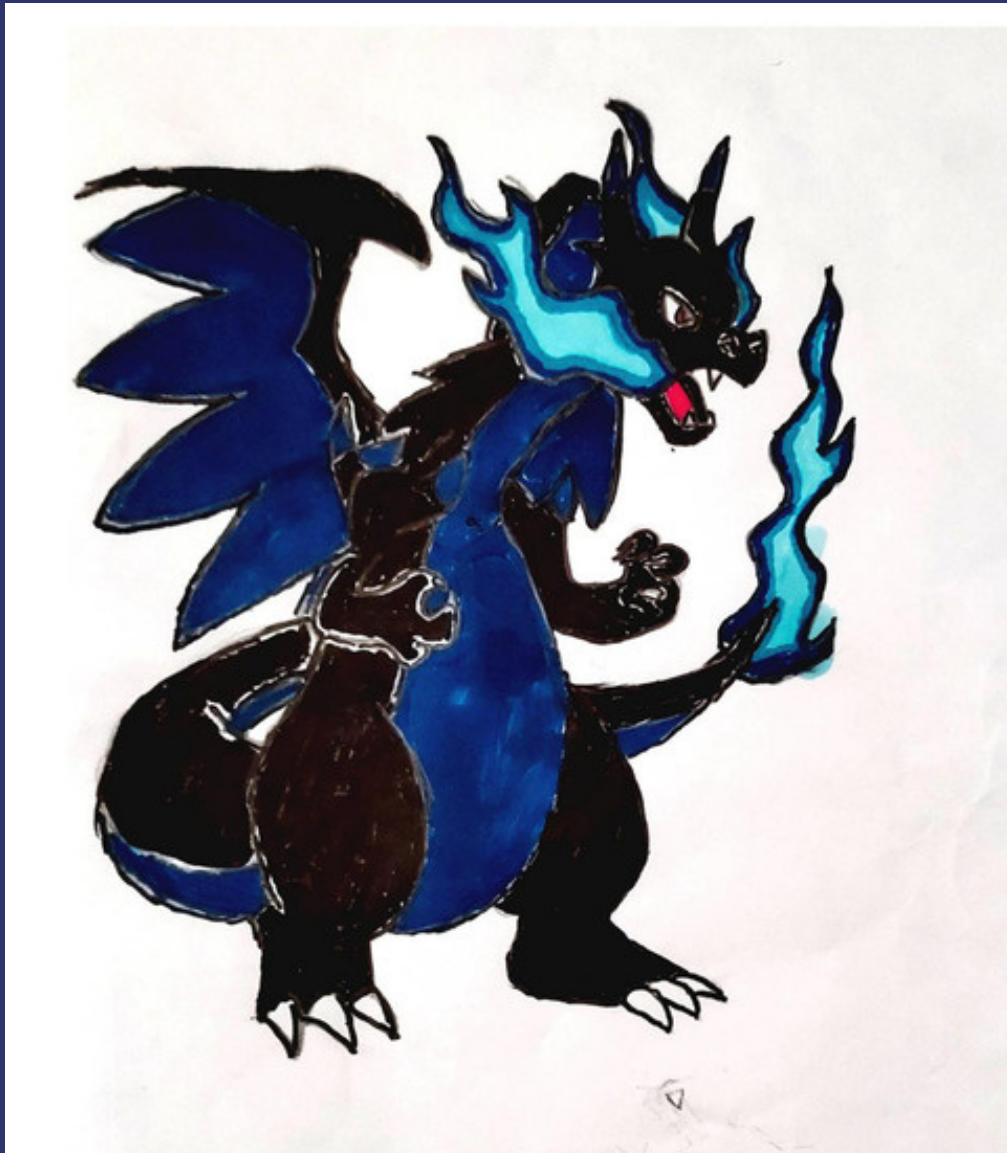
Our teachers are the light, we are the crystals and together, we make à rainbow. We already have the minerals and qualities to create à rainbow, we just need some light to help it show.

Appreciate your teachers. They are your source of light. That's something to think about.

Yours Crystally

BY: Kaitlynn Fernandez

Grade 8A



BY: Satvik Kodali
Grade 8A



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BY G Hemanth Kumar
Grade 8B

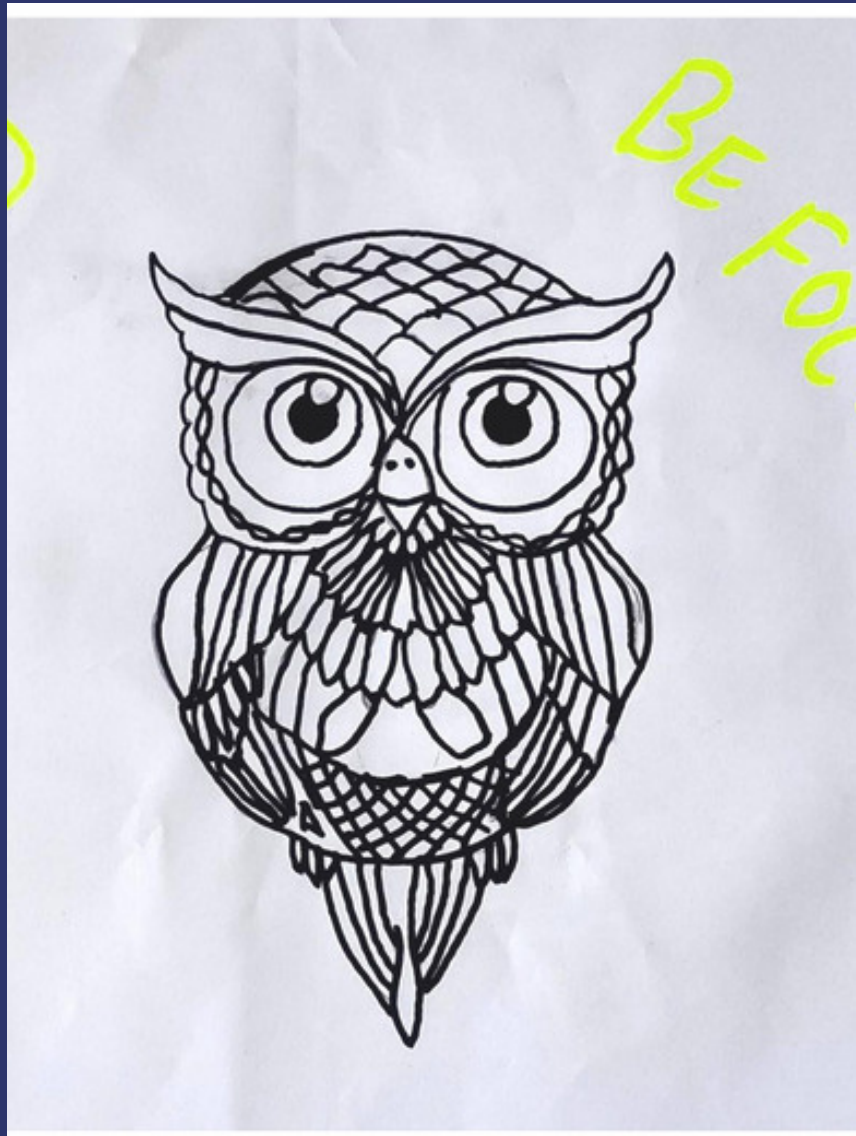


BY Chethan Gowda
Grade 8B



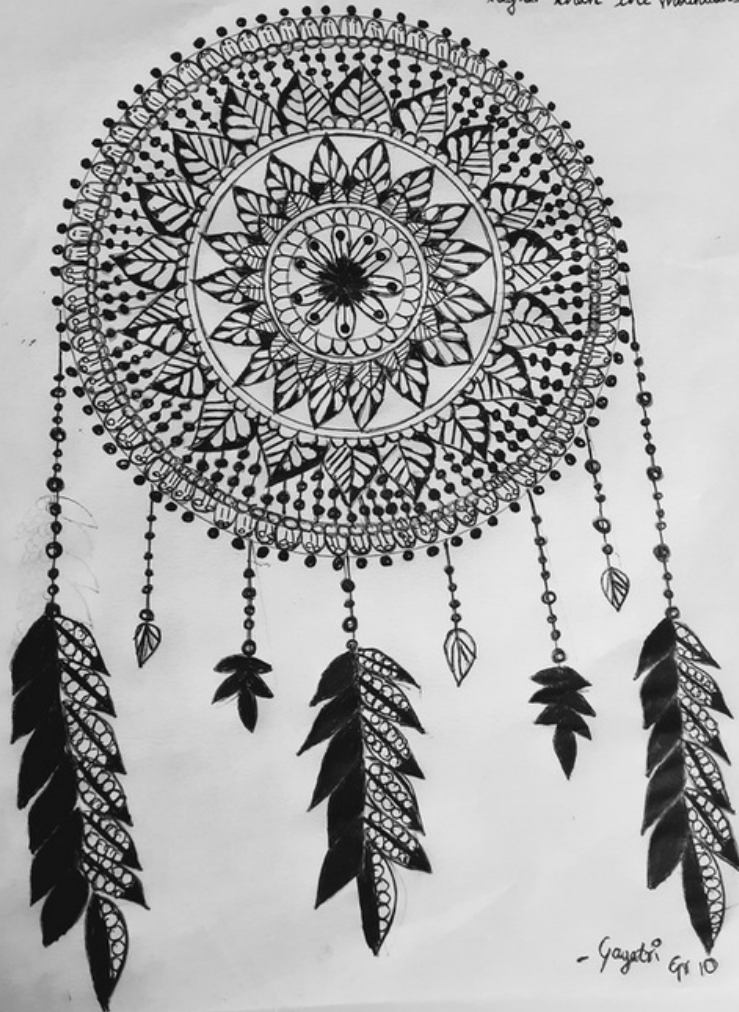
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BY Chethan Gowda
Grade 8B



BY: Manoj M
Grade 9

*Dream bigger than the stars
deeper than the sea
higher than the mountains*



BY: Lakshmi Gayatri Varanasi
Grade 10



BY: Shishir Sudeesh Nambiar
Grade 10



BY: Iha Ramesh
Grade 10

Dream island

Seven years...It's been seven years since the last time I saw my grandma. Today after so long I'm back home to watch her lay in a coffin.

I'm Shells, my grandma gave me that name. Yesterday I took a rough flight from New York back to Shellshore beach, a place I used to call home. I left home seven years ago when I had decided that I wanted nothing to do with this fish reeking beach.

I left for university, but more than that to get rid of my old grandma and start a new and "better" life. Here I am at the age of twenty five, still wondering what a "better" life is? I get into a dusty cab as I leave the airport, on my way to the funeral hall. As I look out of the window with my earphones plugged in my ears, playing deafening metal rock music, I start to drift into my memory land.

All the memories I stacked away into a rusty old crate, are all flowing through the cracks as I rewatch them.

I find myself in the back seat of my grandma's blue car. As I step out, I can feel my tiny ten year old bare feet, in the warm sand. I'm in my Shellshore high uniform. As I look away from my feet and forwards, I can see my grandma's face smiling at me. Her head covers the sleeping sun perfectly. Like a solar eclipse, around her head covered with frothy black hair, is a slim ring of fire, the sun's circumference

I can hear her muffled voice behind loud waves and seagull's calls, saying "Come on here Shelly". I run at a race car's pace towards her, struggling as the sand dents at every step I take. Just as I reach her a baby wave brushes against our feet, leaving with a billion sea bubbles. Just before the next wave returns, we spot a crab jump into a tiny hole. Once again after the wave leaves the hole lets out little air bubbles.

While grandma inhales an enormous breath, I shrug in disgust as I feel the stinky fish odour fill my lungs. Grandma stares at the sky, I follow her and do the same. I can see the orange ball sinking under the sea. The sun spreads it's orangish-yellow paint into the deep blue-black ocean.

The pink sky above me slowly turning orange looks like a canvas brushed with watercolour. Thin layers of white, fluffy patches stuck on the sky seem to carry the wind with it. I feel a chilly breeze and I look at grandma one last time and grab her hand. I feel a sting in my heart as I slowly start to wake up from this lucid dream.

Just then I wake up to a sneeze and find myself sitting in the dusty cab. We reach the venue a few minutes later, as I walk into the funeral hall the rhythmic sobbing sounds enter through my ears and send a bitter vibration across my body. I Look at my grandma sleeping for eternity in a coffin, and realise I'll never be able to hold her wrinkled palm, watch her smile, listen to her hum an old song, or tell her how much I love her and how much I wished that I shouldn't have left

BY: Sucharita Devi Cherukuri

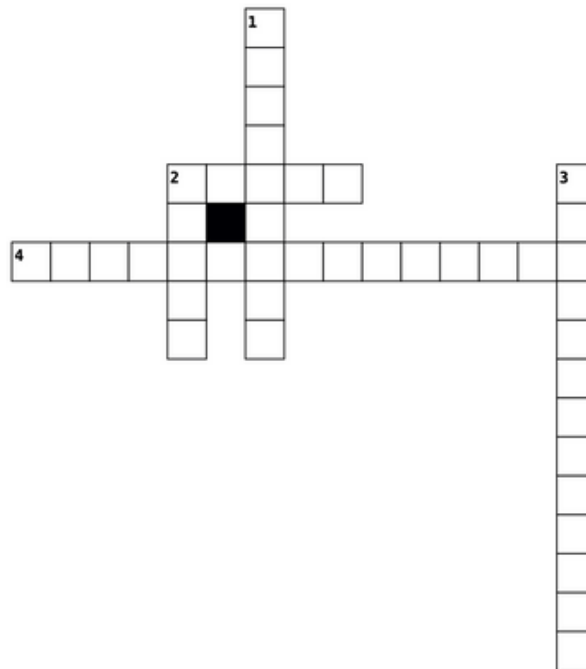
Grade 10



BY: Hathaichanok Nitatvijit
Grade IB1



BY: Apakorn Phong Arpakorn
Grade IB1



Across

2. What is part of a database that holds only one type of information?
4. OS computer abbreviation usually means ?

Down

1. '.MOV' extension refers usually to what kind of file?
2. Which is a type of Electrically-Erasable Programmable Read-Only Memory?
3. Most modern TV's draw power even if turned off. The circuit the power is used in does what function?

BY: Vijaysimha Naidu
Grade IB1

Learning: Machine or electronic?

Across the globe, 80% of companies and 50% of students have begun using an e-learning platform since 2019, in the post-pandemic era. Digital learning was introduced to the modern world several years ago at par with the old-fashioned hardcover books. The change was

complimented and criticized at the same time. As Nelson Mandela said, "Education is the most powerful weapon which you can use to change the world", but how efficiently are we making the correct use of technology in our day-to-day lives?

Electronic learning or E-learning, as it is most commonly known, has brought a vast impact in our lives as it provides access to millions of resources and content at our fingertips. E-learning became very popular in 2019 when the first Covid-19 outbreak began and several countries went into complete physical lockdown. Schools remained closed and digital learning had to be adopted by thousands of schools worldwide. It was a new environment for several students, teachers and employees as millions of learners shifted to E-learning. However, it has had its pros and cons and has received mixed responses from its users.

“Bye-bye retina!”

Long stretches of screen time lead to the eyes getting dry and irritated. Studies conducted by the International Council of Ophthalmology have shown that people blink significantly less often when concentrating on a digital screen, leaving the eyes dry and irritated...

Studies conducted by the International Retina Collaborative show that the blue light emitted from our electronic devices may potentially be harmful in the long term to the centre of the retina.

FOMO(Fear of missing out)!

E-learning is one of the causes of social isolation because you won't see your teachers and classmates face-to-face. Physical interaction is very limited to none. The accompanying need to be self-motivated to get their work done can lead to feelings of isolation. Not having enough interaction with professors and peers is among the biggest challenges of studying online and passing courses.

Psst-Psst!

Cheating is unavoidable. E-learning includes assessment, just like regular classrooms. However, there are no teachers or invigilators to watch over students during exams. It's easier for online students to share answers knowing nobody is watching. There is a breach in academic honesty and can lead to falsified results.

But... "To every disadvantage, there is a corresponding advantage"

-W. Clement Stone.

Go paperless!

Digital learning has helped save more than 28,000 trees per million books and reduce carbon footprint due to the prevention of transport and commutation. The International Association of Applied Psychology has also found that improved engagement is one indicator that the most significant impact of a paperless classroom is on the students inside the room itself.

FREE resources!

With online learning, learners can access content anywhere and anytime for free. Audiobooks and customized tests also support students to have a personalized method of learning which suits them best. Each learner has unique preferences and learning goals. E-learning makes it possible to cater to individual needs.

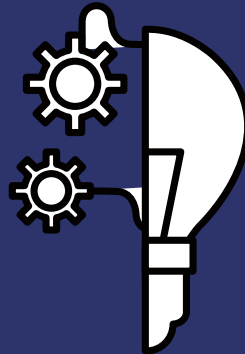
Consistency!

In face-to-face sessions, every instructor has their method of teaching. Each varies in approach and style and can be susceptible to mistakes. Online learning provides consistency and standardized training every time. Each learner goes through the same experience regardless of when and where they take the course.

After experiencing E-Learning myself and also conducting research about it, I come back to Mandela's quote; it is not about physical or online, what matters is how efficient the individual and the corresponding organisation is to maximise the learning experience.

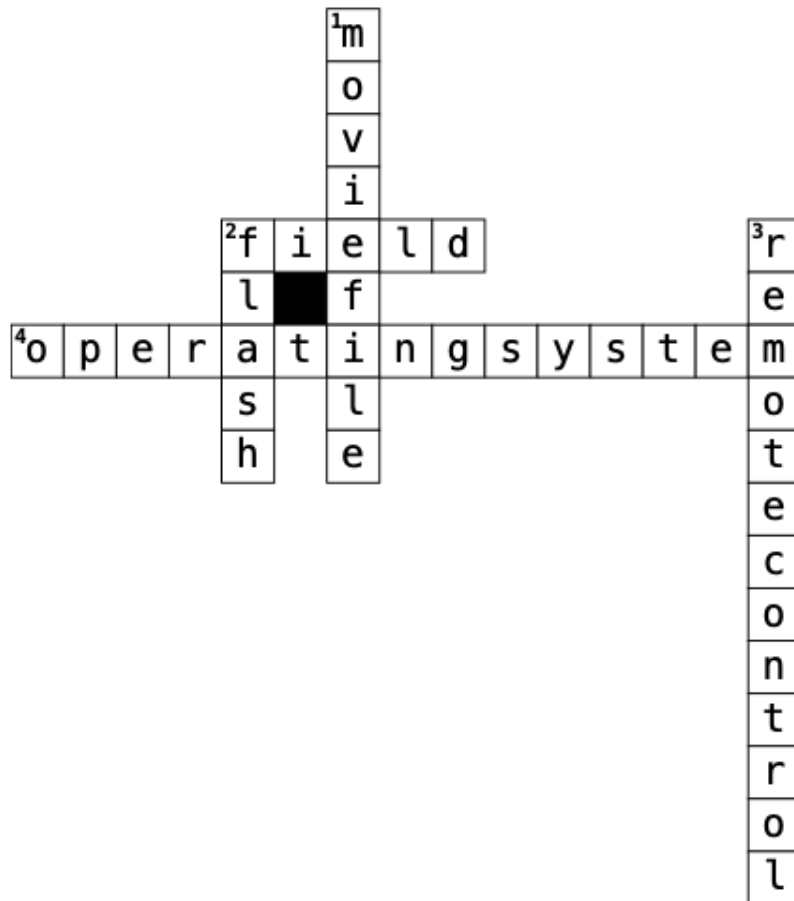
BY: Aryan Gowda

Grade IB1



Answer to Crossword puzzle by Vijaysimhha Naidu

General Knowledge :: Technology





Acknowledgements



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