



The Premia Academy

# The Premia Pulse

August 2023



**Fostering friendships - One for all, and All for one!**

## From The Editor's Desk

We had our first Premia MUN, inter-school matches and the Science Fair to name a few events, with one thing in common - team work! The Premia Pride put up a stellar show of solidarity ★

Amidst the work being putting in, there are also moments when we need a pat on the back and a few kind words. Sometimes, those kind words ought to come from within, like the affirmations I have taught my students. Here are a few for you to try when you need to keep going:

*Challenges are opportunities.  
I choose to be resilient.  
I can ask for help when I need it.*

**-Nandika Preetham  
Faculty In-charge, Ministry of Literary Affairs**





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# Japan Diary

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## Mind Mingle's 41st Intl. Sharing & Learning Conference in Tokyo

***The land of the rising sun never stopped to amaze me and gave me myriad moments of Carpe Diem!***

From the eyes of a first-time visitor to Japan, my experiences were a mind opener to how a country can function in perfect alignment despite the natural calamities it has faced, with limited space and resources.

We had the fortune to visit & interact with school leaders, faculty and Students from The Japan Public School, Kogakuin High School & University and the most famous Fuji Kindergarten-one of the best in the world, known for its exquisite architecture. There were many takeaways however, I would like to emphasise the key ones. They have the most holistic approach and life skills like being self-sufficient & self-reliant, discipline and integrity.

The preservation of their culture, language & their cutting-edge technologies put them on top of the map. Our interaction with the Principals and facilitators gave me an understanding of their curriculum and the stimulus their learning environment provides. Provoked by the thoughts I pondered on how I would implement self-reliance. Bingo! I have a plan. And I am sure my team and you will support the initiatives I wish to take up.

World is the best school! Travelling, sightseeing and interacting with fellow travellers was the most enriching journey from Tokyo to Osaka to Kyoto. The long yet fun bus rides within Tokyo city certainly built a greater bond and camaraderie among the 40-odd group members from pan India. A 360-degree view from the famous Tokyo sky tree Tower, the picturesque beauty of the snow-capped Fuji mountain, visit to the local market are still fresh in my memory.

That walk through the residential lanes of Osaka village and interacting with locals despite the biggest challenge of language only proved that language is not a barrier. Well, it is the will to communicate and to be humane. Both young and seniors were eager to hear us and went out of their way to guide us!

The largest pedestrian crossing at Shibuya was a treat to watch, the biggest scramble, the Statue of Hachiko, the Inari shrine and the Bamboo forest are places that were great add-ons to our picture album. Authentic Japanese cuisine was a refreshing change. Hakone Ropeway, Lake Ashi Cruise & the Bullet Train did add a bit of adventure to our otherwise educational travelogue!

For me, Japan is a phoenix that has risen from the ashes!

**Trupti Rao  
Principal**



At the Public School of Japan with the Principal, Mr Yogindra Patnaik



Being self sufficient & self reliant



Presenting a souvenir to the Head Teacher of Kogakuin High School



Free play at Fuji Kindergarten



At Hachiko's statue in Shibuya





# Experiences

## Finding Purpose Through Counselling - Bootcamp for Parents, Teachers & Students

Mr. Ganesh Kohli, founder of the IC3 Movement, spoke about the IC3 Institute which is a volunteer organization that provides support to high schools around the world. They train teachers in schools to become career counsellors in order to enable them to guide students to make more informed decisions about their future careers. In this session, Mr. Kohli introduced the parents and students to the world of counselling and its role in individuals finding their purpose in life! This was a pre-cursor to the IC3 Conference happening in the month of August and we are one of the host schools!

We have almost 20 plus Universities who will be available at our campus during the University Fair on the 21st of August 2023! A great opportunity for parents and students of Premia.



## Children's Theatre



The Hyderabad Children's Theatre Festival showcased an international play at Shilpa kala Vedika, titled 'His Day' on July 14th, 2023 by ArtstageSAN, South Korea. They were an extremely talented creative art group from South Korea who brought puppets to life on stage.

The Theatre students from our school experienced a one-of-a-kind theatrical puppet play that portrayed the daily life of a tired salaryman stuck in a monotonous routine. Exhausted from work every day, he finds solace in memories of his happy childhood at night. The actors and puppets played the same characters, enhancing the images through the use of objects and puppetry.

The work was poetic, accompanied by lyrical music and exquisite harmony of powerful objects, videos, mime and puppetry.

## Leadership Bootcamp



The student council was put through a Leadership Bootcamp led by Ms. Anjali Kariappa Chengappa, Founder, SpringUP Leadership.

She oriented the students on what leadership truly means and how leadership can change depending on the perspective and experiences of a person. She imparted valuable lessons in the art of ownership and how that is interpreted in the context of being a leader.

The session also went into finer details like the skill set of a leader that includes responsibility and accountability, instead of assuming that leaders are made to call the shots!

The students participated in activities that tested their communication and leadership skills. This session was a first step to set the ball rolling!



# Field Trips

## *G maane genius!* – A Trip to the Parle G Factory

The students of Grades III to V enjoyed a day at the Parle G factory on July 7th and gained insight on how biscuits are made in real-time. They returned with smiles and packets of Parle G, and a head-full of information!



## CCMB Gene-Health Connect Mobile Science Exhibition (MSE)

CCMB in association with Visvesvaraya Industrial Technological Museum, Bengaluru has recently inaugurated Gene Health Connect - Mobile Science Exhibition with the aim to orient young minds to advocate for the prevention of genetic diseases.

The bus visited our campus and the exhibition was themed on the biology of genes, their functions, and how changes in the genes can give rise to diseases. Our student volunteers made the presentation to their fellow mates and student visitors from Grace Model School. The students of science learned about the basis of personalized and preventive medicine. The others learned the importance of genetic testing and how to go about it.







# World Of Sports

## Basketball Match at Merutsav

The basketball match at Meru International School held on 24th July 23 was great fun and a good learning experience for the Premia Cubs. They were lucky to get the guidance of Mr. Venu Mohan.



## Nitya Rana in U13 District Basketball Team

Nitya Rana (VI A) made us proud by playing as a part of the District Team in the U13 Basketball Tournament, under the guidance of her coach, Mr. Venu Mohan. The tournament was at the district level organised by the Telangana Basketball Association.



## Cricket Chronicle

The Premia Pride went to CGR International School for an interschool cricket tournament. It was held on 6th July 2023. Our team emerged as runner's-up in the tournament and had a great experience. They are grateful to their coach, Mr. Sanjeev Kumar for his training.

- Cricket Team



## U19 Tug-of-war Championship

Grade XII students - Rachel Pearl, Areeba Asif & Mahak Agrawal - made their way to Namakkal District, Tamilnadu to participate in the 36th Junior & Senior Girls Tug-of-war Championship which was held between 20-23 July 2023, under the guidance of their coach Ms. Anitha. Mahak was chosen as the captain of the Telangana State Team. They also took part in the Women empowerment rally during the inaugural ceremony along with 16 other states.





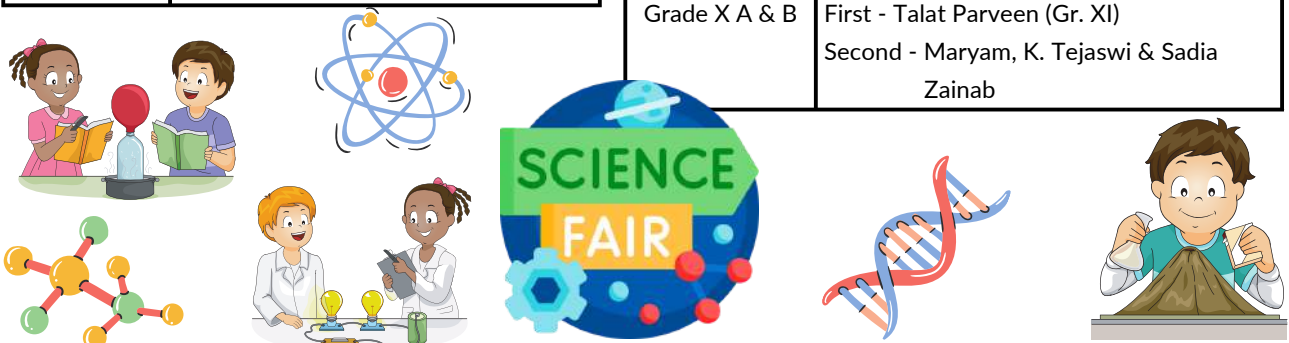
# Science Fair

## Young Scientists At Work!

The Premia Pride put up an enthralling science fair on 24th July, an initiative of the Ministry of Eco-Science aimed to delve into the fascinating world of Science, ignite a passion for Science and foster future innovators. There were models & experiments galore and here are the results!

Grade	Winners
Grade I A	First - Alisha Zubiya Second - Swayam Daliya Third - Gandeti Saiansh
Grade I B	First - Aradhya Katakam Second - Gopisetty Saketh Third - Aizah Fatima
Grade I C	First - Chehek Agarwal Second - Rochelle Jonathan Rock Third - Bandari Vedasya
Grade II A	First - Paridhi Soni Second - Maryam Akhter Third - Vommidi Chetty Saanvi
Grade II B	First - Aman Vadugu Second - Reshwin Verma Third - Idris Shaikh
Grade II C	First - Nusaibah Majaheed Second - Nabiha Siddiqui Third - Jatin Bajaj
Grade III A	First - Sarrinah Ahmed Second - Alluri Hardhik Reddy Third - Hansika Gujja Cons. - Neysha Husain
Grade III B	First - Nathan Jedidiah Ernest Second - Rudhvi Madineni Third - Mohammed Umar Baig Cons. - Anayah Shoaib
Grade IV A	First - Bruhat Second - Shanvi & Maryam Third - Md. Ismail Cons. - Dakshith

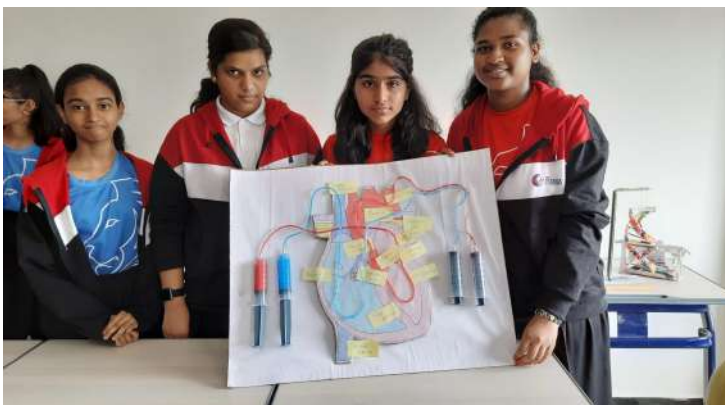
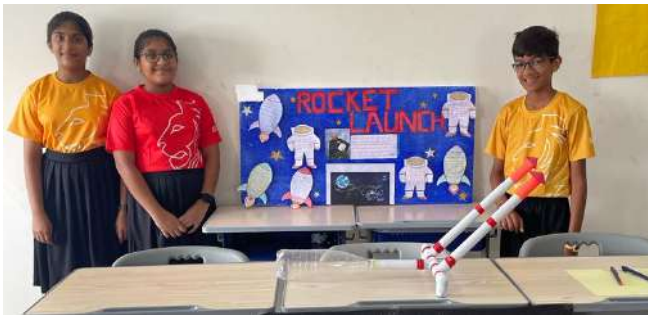
Grade	Winners
Grade IV B	First - Vihaan Second - Safia Third - Ismail & Gautami Cons. - Vyshnavi
Grade V A	First - Ansh, Samaira, Samanvya, Shaik Muzammil & Mahirah Second - Aaradhya, Humairah, Jashan, Nihal, Rudhiksha & Ahad
Grade V B	First - Sahasra, Viha, Hasika, Prajval, Arjun, Pranavaaditya & Saanvi Second - Adidev, Anivarth, Sreewardhani, Mohd. Yakub, Mokshith, Aaradhya & Shreshtha
Grade VI A & C	First - Himakar, Dhairya & Uzair Second - Vardaan, Tanishka & Munifa
Grade VI B	First - Diya, Devang, Tanvika & Rahman Second - Shreshtha, Aashi & Ali
Grade VII A	First - Zoya, Palak & Saanchi Second - Muntaha, Siddarth, Suchitesh, Taufeeq & Varshini
Grade VIII A	First - Afifa Hashmi, Ridha, Peher & Harini Second - Akshara, Varennya, Srirudra, Fauzia & Hanaa
Grade IX A	First - Neha, Adiva, Sanjana & Yusra Second - Zaara
Grade X A & B	First - Sheza Nisar, M. Srutika, D. Akshita Varshini & Tasnim Fatima First - Talat Parveen (Gr. XI) Second - Maryam, K. Tejaswi & Sadia Zainab







# Science Fair





# Premia MUN 2023

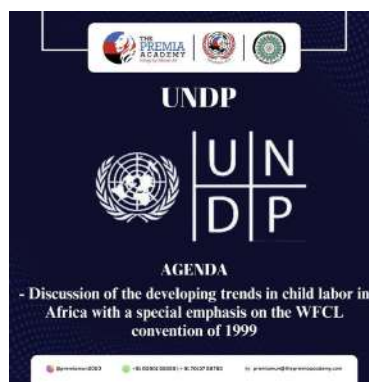
## Premia MUN - The First of Many!

The Premia MUN was held on the 30th and 31st of July 2023. The conference had 6 committees, namely DISEC, WHO, UNHRC, UNDP, CSW and Lok Sabha alongside the International Press.

Delegates across Andhra Pradesh and Telangana participated in this MUN, wherein they discussed topics like chemical and biological warfare, LGBTQIA+ Community Rights, Maternal Health, Simultaneous Elections, Child Labour, and much more and came up with Draft Resolutions for the same.

This forum built confidence amongst students and fostered leadership qualities, public speaking skills, collaboration and problem-solving abilities. The MUN ended with a grand social evening wherein delegates got time to communicate and know each other well.

- P. Madhavi Sanskriti  
Secretary-General







# Premia MUN 2023





# Students' Voice

**'I want to get into the cinema industry because I want to make people smile'.**

Cinema makes you forget your reality when you're looking at the big screen and you think, "Wow! Why can't I be a part of this world?" and that's where my dream started.

There will be a lot of hurdles to make this happen, I know.

People start criticizing and body shaming, even I went through all this. Not just people, but my close friends pointed out saying, "You want to become an actor, with your skin tone?"

But there are plenty of actors out there like Rajnikanth, Dhanush, and Vijay Sethupati who've followed their dreams and proved themselves.

I want to set an example for the next generation, where dusky or dark-toned people can make it to this industry. People have failed but they keep trying, looking for hope in hopeless situations, but if you work hard and are consistent, someday you will be successful.

I'm ready to fight the whole world to make sure I win.

**- Nishith Nowpada, XA**

**StellarSollutionsStudio**  
*Shining Solutions for a Stellar Future*

Inspired by participation in the School Enterprise Adventure, I launched Stellar Solutions Studio without initial investment during the summer holidays. Now earning from it, I save for education, fueling my passion for entrepreneurship. Grateful to The Premia Academy and my teachers for their guidance.

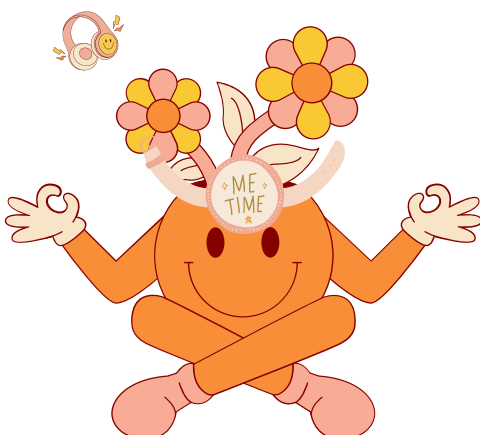
**-T.C Tejas, XB**

**Are we happy with what the world has brought?**

Travelling the world,  
Seeing places used to be for fun,  
But now we've got lenses for eyes,  
And now it's about vlogging someone.  
We used to scream for crafty kits,  
But now are disappointed by something that has been made by hand,  
Bit by bit.  
Some agree with this poem,  
And some do not.  
The big question is,  
"Are we happy with what the world has brought?"



**-Fizaa Ali Syeda, VII**



**Live for**

Someone once told me to live for the little things in life,  
Live for a 5 am sunrise and a 5 pm sunset,  
Where you will see colours in the sky that don't usually belong.  
Live for the road trips and bike ride,  
With music in your ear,  
And wind in your hair.  
Live for days when you are surrounded by your favourite people  
who make you realise,  
That the world is not cold and harsh.  
Live for the little things  
because they make you realise  
That this is what life is about,  
This is what it means to be alive.

**-Jia Lakhanpal, XI**



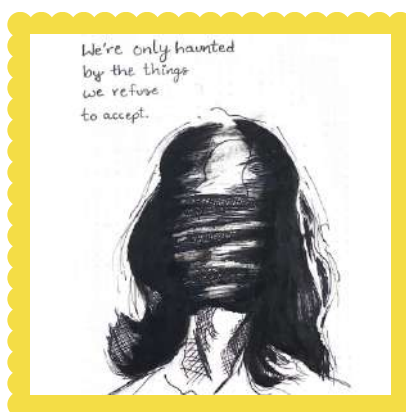


# Art Gallery

## Teenage Life

Growing up there are a lot of difficulties we face,  
With of course the teenage rage.  
I'm troubled by the sadness  
Of the youth today.  
At the beginning of life,  
They want to throw everything away.  
And mourn the decisions,  
That they did not take.

- Peher Lakhanpal, VIII



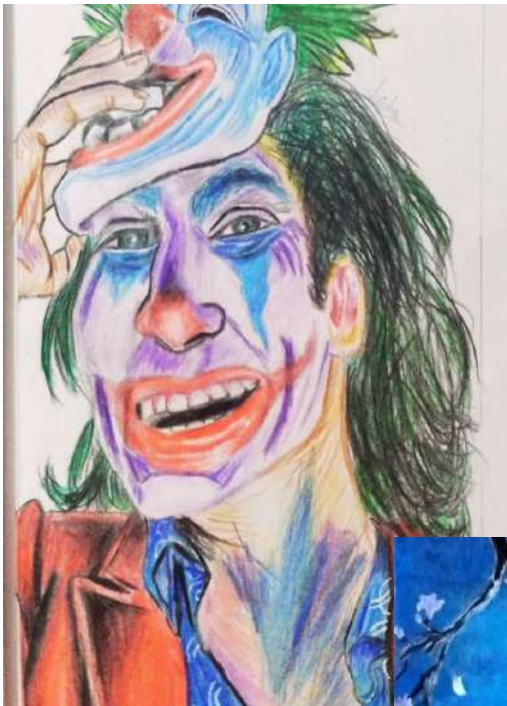
Sameeha Anam, IX







# Art Gallery



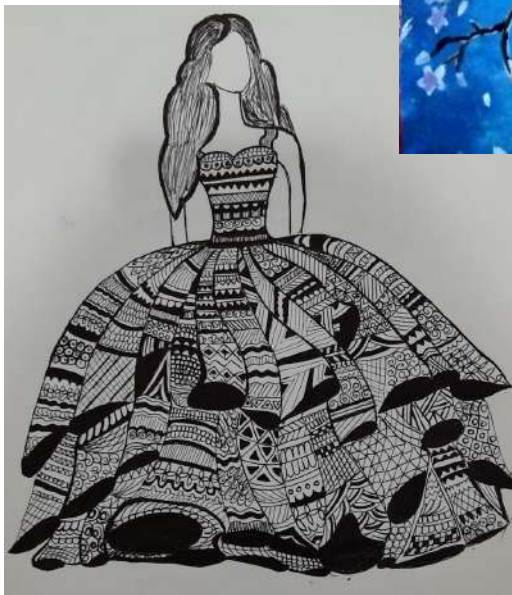
Prisha Pandey, X B



Sehrish Zubair, VI B



Mahveen Fatima, X A



Bhavya Sameera Pittala, X A



Akshara Casukhela, VIII

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