



The Premia Academy

The Premia Pulse

December 2023



Diwali: A symphony of lights and love!

From The Editor's Desk

*Illuminate your mind with the wisdom of learning,
and let knowledge be the light that brightens your journey.*

Albert Einstein's words still ring true, and they sum up our collective quest to learn more each day!

Diwali unfolded with vibrant festivities and colourful activities in all the classrooms, followed by days immersed in the playful spirit of childhood through interactive sessions and field trips, and not to forget the Carnival, organised with the purpose of helping less-fortunate children.

As you peruse this newsletter, may it evoke cherished memories of your childhood and may you fondly reflect on the past year.

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





Premia Escapades

Gandipet Park (Grades III - V)

To celebrate Children's Day, the students from Grades III to V embarked on an exhilarating adventure to Gandipet Park, brimming with excitement and joy! They gleefully explored the playground, relishing the swings and slides. Following a delightful picnic on the park's tranquil lawns, they engaged in various games and exchanged captivating tales.



Biogas Plant (Grades VI & VII)

Grades VI and VII students visited the Biogas Plant in Bowenpally to comprehend the importance of biogas as a resource, which lies in its multifaceted contributions to environmental sustainability. This field trip, characterized by discovery and inspiration, emerged as a pivotal step toward nurturing environmental consciousness.

- Prisha Pandey (Gr. X)





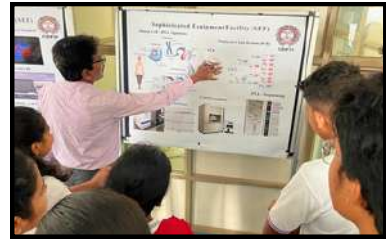
Premia Escapades

Centre for DNA Fingerprinting and Diagnostics (Grades VIII & IX)

Most people usually don't notice the evolution of science, even when it is right in front of them. On the 8th of November, students of Grades VIII and IX visited the Centre for DNA Fingerprinting and Diagnostics. Dr. Varsha told them everything about DNA fingerprinting, from identification to how to code DNA. They were also given a tour of the centre, where they saw numerous DNA coding machines, and were able to work on a few appliances.

This trip expanded the horizons of career choices for many students, it left them amazed at the kind of exciting future they could pursue. Maybe a few students would start studying molecular biology, who knows?

- Zaara Ali Syeda (Gr. IX)



Hidden Castle (Grades XI & XII)

As one steps through the entrance, a sense of awe washes over; for the Hidden Castle unfolds like a storybook each stone and turret narrating a tale of bygone epochs. On November 15th the students of Grades XI and XII ventured on an excursion to have a day off from their academic routine!

- Jia Lakhanpal (Gr. XI)





Premia Escapades

Annapurna Studios

The Mass Media students of Grades XI and XII went on a field trip to Annapurna College of Film and Media. They spent time looking at actual movie sets, lighting and camera equipment, sound recording booths and even doing an animation project with some students of the college where they helped animating a stop motion video. It was a fascinating learning experience for the students and even gave them insight into future career opportunities in the field of filmmaking.

- Shalini Banerjee and Samyukthaa M. (Gr XI)



We had the opportunity to interview the founder of Inqui-lab, Sahitya Anumolu, who is also a board member of Annapurna College of Film and Media. Here are the excerpts...

MS: *What's the story behind Inqui-lab?*

SA: When I taught in a government school, as a part of a non-profit organisation, my peers and I noticed that students in those schools would find innovative ways to make any task easier. For instance, they made a shirt with magnetic buttons. Incidents like this inspired me!

MS: *What were the initial challenges you faced? Was it hard for you to convince organisations to partner up with your ideologies?*

SA: Like any other non-profit organisation, it was difficult for us too. It took us 6 years, but we've finally made it, with our presence in Maldives & Bhutan, supported by the Telangana State Government. We have partnered with UNICEF too!

MS: *What is that one tip you would want to give to anyone entering this field?*

SA: The best way to figure out what you want to do is by eliminating, that's all I would say.

- Madhavi Sanskriti (Gr XII)

A Day in the Life of a Lawyer

Our school organised an insightful visit to the Telangana High Court for Grades XI and XII, to help us acquire a deeper understanding of the judicial process and courtroom procedures, the latter being the highlight of the visit! The experience served to make the law more accessible and relatable to the students. The visit left an indelible mark on our intellectual and personal development.

- Jia Lakhanpal (Gr. XI)





Deep Dive Into SpringUP Sessions

Commencing **Deep Dive Series** to delve into our Partnership Programs, the inaugural feature is on SpringUP Sessions—an initiative focused on Social Emotional Learning.



Empathetic Listening

In this month's Social Emotional Workshop with SpringUP, children explored the importance of Empathetic Listening in building relationships through a plethora of activities like Empathy Circles, Narratives, Role plays and Responses to real-life situations.

What is Empathetic Listening?

Empathetic listening means actively understanding, acknowledging, and responding to the emotions and experiences of another person. It goes beyond merely hearing words. It involves connecting with the person on an emotional level. Listening with our whole body, heart, and mind.

How does Empathetic Listening help?

Empathetic listening fosters trust and understanding in relationships. When people feel heard and understood, it strengthens the emotional bond between them, whether in friendships or family.

- Ms. Anjali Kariappa Chengappa
Founder, SpringUP

A Word with the Premia Pride - Reflecting on SpringUP Sessions

Why is listening with your heart and eyes an important aspect of listening?

That is an important aspect of listening as the speaker could be using non-verbal cues to express emotions and perspectives. To understand better, we need to be open to such cues as a listener.

- Peher Lakhanpal (Gr. VIII)

Where have you experienced empathy?

I empathise most with my friends. I feel their pain and their happiness as well. Luckily, I have the power to help them through the pain and celebrate their joy.

- Syeda Zoya Ali (Gr. VII)

Where would you like to see more empathy?

I would like to see more empathy in children so that they can spread understanding and joy around the world.

- Mohammed Zohair (Gr. VII)

On reflection, have you been a good listener?

Yes, I have been a good listener. I need to work on taking into consideration what the person is saying, instead of just focusing on the way they speak.

- Balahansini Gujja (Gr. VII)



Carnival of the Cubs

Coming Together to Heal-A-Child

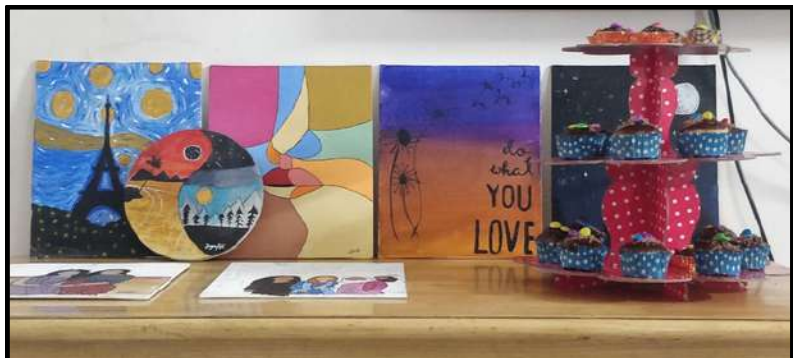
The Carnival of the Cubs held on 18th November, blended fun and philanthropy in a heartwarming event. Organised to raise funds for Heal-a-Child, students and teachers brought their A-game, transforming the school into a vibrant hub of fun and compassion. From mouthwatering food stalls to exciting game booths, the carnival had it all. What made it even more special was working towards funding the heart surgeries of 5 under-privileged children. The event radiated positivity, creating a lively community spirit. It wasn't just about entertainment; it was an entrepreneurial journey, instilling values of empathy and social responsibility. The Carnival of the Cubs exemplified the incredible impact that a day of enthusiastic fun can have on making a real difference in the lives of those who need it most!

- Kaamil Hussain (Gr. IX)





Carnival of the Cubs





Events & Celebrations

Children's Day

The Children's Day celebrations at The Premia Academy this year were a blast! The junior students enjoyed themselves thoroughly by partaking in activities like poster making, movie watching, and dancing. Every child was ecstatic at the prospect of spending the day with their teachers like they were best friends. Grades XI and XII were taken on a field trip to The Hidden Castle where they all had positive feedback and innumerable cherishable memories. Overall it was a day well spent!

-Yuveka Suchith Khndelwal (Gr. XI)





Knowledge is the Key

The Human Genome with Dr. Steve Minchin

Did you know that the human genome, our complete DNA, holds the key to unravelling the intricacies of life and evolution? Understanding the human genome is pivotal for advancements in personalized medicine, disease prevention, and uncovering genetic influences on health.

Dr. Steve Minchin, a member of the Faculty of Bioscience at the University of Birmingham, visited our campus to take students through a 35-minute interactive session on The Human Genome - Understanding Human Genetic Variation. The students showed keen interest, and he gladly addressed each of their questions.



Puberty Education Campaign

Expert trainers from The Right Side Story brought a wealth of knowledge, making the puberty campaign both informative and engaging. Learning about the scientific aspects of puberty was not only interesting but also essential for their knowledge of this crucial phase of life. They also benefitted from open conversations that fostered a sense of comfort and understanding.



Success is the Sum of Small Efforts

We decided to leave crumbs of knowledge in the corridors and the students were quick to catch on!

There is a daily Math puzzle board installed for the students to solve and they run straight to it upon reaching the school.

The Word Wall features word prompts for the students to add to the list and it brings them together in a beautiful manner.





Future Forward

Mindler - Exploring Career Opportunities

One-on-one sessions, crystal clear guidance, and a few words of encouragement to help you out? Counselling at our campus would be the one-stop solution to this! We all were mentored by the most understanding counsellors who accommodated our areas of interest with regard to universities and new-age opportunities. It was truly an eye-opener for students of Grades XI and XII. We had a wonderful time interacting, learning, and exploring various paths that we could consider!

- Shalini Banerjee and Samyukthaa M. (Gr. XI)



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PRINCIPALS DO MATTER

Discussion on:
Choosing the apt career in a volatile environment.

Mr. Chetan Sharma
Founder
EDUMATE.TV

Ms. Shruti Shah Kathuria
Chief Strategic Alliances
Officer, GENLEAP

Dr. Padmavathy Tungaturthi
Founder Director
Fusion International School
Telangana

Ms. Trupti Rao
Principal
The Premia Academy
Telangana

Ms. Rita Singh
Director
Indrapuram Group of Institutions
India

Dr. Lalitha Kuman Thota
Principal & Director (Academics)
Sister Nivedita School
Telangana

Sh. Rishi Pal Chaudhan
Founder, Principal & MD
Jiva School
Haryana

Ms. Karanm Bhavani
Principal
Mendian School
Telangana

Webinar: Principals Do Matter

Our dear Principal, Ms. Trupti Rao, featured as a panelist on Principals Do Matter, a webinar organised by Edumate TV, an education-based editorial portal and Genleap, a career lifecycle management platform.

They carried out a profound discussion on how young individuals can choose a career in a volatile environment, like the post-COVID world that we are currently a part of.



World Cafe by Rubaroo

The Premia Academy took center stage as we hosted a phenomenal 'Peer Exchange Dialogue Meet Up', conducted by Rubaroo in a "World Cafe" method with students from Texas International Academy and Grace Model School. It buzzed with large group discussions on Aviation studies, Material science, Architecture, Machine learning, VFX, and Aerospace Engineering. Big shoutout to all Heads of Academies for making it an unforgettable experience!





Achievements



The Premia Stars- November 2023

The Premia Academy launched a new initiative to recognise those team members who consistently go above and beyond the call of duty. We are proud to announce the results of the first round of nominations by the team for The Premia Star of the Month! Heartiest congratulations to the winners!

First Cohort of Cambridge Teachers!

We are thrilled to recognise the first cohort of teachers who completed the Cambridge International Certificate in Teaching and Learning; it was a rigorous certificate course that lasted 3 months, during which teachers became learners once more and the journey goes on as they now bring their learning to the classroom.

We congratulate- Ms. Akriti Agarwal, Ms. Nandika Preetham, Ms. Pooja Agarwal, Ms. Subhadra Rani, Ms. Suneetha K, Ms. Usha D. and a special shoutout to Ms. Supriya Surampalli who secured a Distinction! It was an uphill climb, but they made it through with teamwork, steadfast support, and guidance from Ms. Trupti Rao, Ms. Monica Arora, and their trainers, Ms. Shirisha Kondury and Ms. Ragini Suri.





Achievements

Congratulations Zoha!



Zoha Shah, a student of Grade IX, has been selected for a **district-level football match**. She described her preliminary match as a fun and cheerful experience. The Premia Pride wishes her the best for the upcoming match!

- Adiva J. (Gr. IX)

Going the Extra Mile

What separates the successful from the average is not luck or intelligence, it is the willingness to push your boundaries. And this is exactly what Sahasra (Gr. V) and Srimanyu (Gr. VI) achieved through their initiative to raise funds to contribute to the Heal-A-Child Foundation. Going the extra mile is not easy, but it is worth it. So, how are you going to take that extra step to spread some joy?

- Zaara Bilquis (Gr. VIII)



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A VISIONARY K12 SCHOOL
CBSE & CAMBRIDGE

Growth is constant
Create your own growth
story with us.
A.P.J. Abdul Kalam

October 15, 1931:
Born in Rameswaram, Tamil Nadu

1954:
Failed the Air Force exam

1960-1982:
Works with DRDO & ISRO

1979:
Failure of Satellite Launch Vehicle (SLV-III)

1998:
Chief Project Coordinator for Pokhran-II nuclear tests

2002:
Becomes the 11th President of India

Admissions Open For 2024-25

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