



Epistemo
Vikas Leadership School

Epistemo Lemur's News



EDITORIAL

At the outset, we, the student editorial board, would like to thank our respected Principal Ma'am Ms Hema Surapaneni, teachers and admin staff for providing us this platform to express our views and showcase our creative abilities in these troubled times.

We'd also like to appreciate the parents and students for their wonderful contributions to the newsletter. We have received submissions right from pre-primary to high school students, who have given us a very diverse range of entries, helping us touch a wide variety of topics. The sole reason for the success of this newsletter is the contributions from the parents' and the student's side.

This was a stupendous opportunity and a fantastic journey and once again, we would like to thank each and every person who has been of assistance in the making of this newsletter.

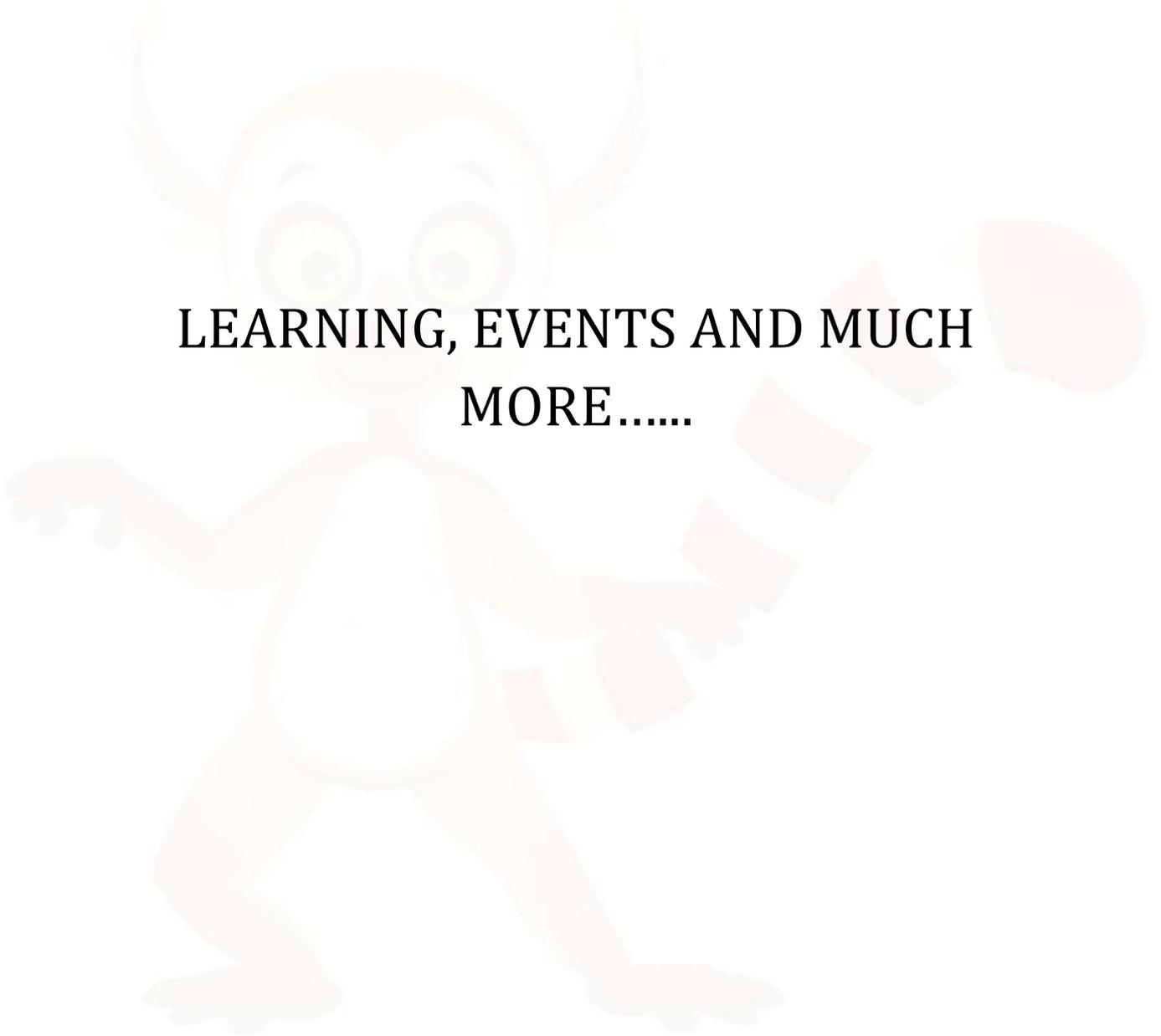
-Student Editorial Board.

CONTENTS

1. SCHOOL and AWARDS
2. ART
3. PUBLIC HEALTH
4. ENTERTAINMENT
5. KNOWLEDGE CLOUD
6. ACTIVITY CORNER
7. LITERATURE
8. CIVIC LITERACY

SCHOOL

**LEARNING, EVENTS AND MUCH
MORE.....**



Pre-Primary Holi Celebration @ Epistemo

Holi is often called the festival of colours. People play joyfully on this day applying colours on others and have loads of fun. The pre-primary lemurs and teachers played holi to their fullest in the school premises. The happiness on the faces of the lemures was a sight to behold. Following are the glimpses from that day:



Leadership and submissions to the AI Journal.

IN-CUBE has conducted a leadership talk on zoom on April 5, 2020. Many students from Epistemo and other schools took part.

IN-CUBE has also requested students of many grades to come up with articles, memes or infographics related to Artificial Intelligence or COVID-19. Selected material would be added into an AI Journal that would be accessible to millions worldwide. Students had actively given inputs for the Journal.



Free internships given to students for contribution to the AI Journal

As mentioned above, many students actively donated to the AI Journal. The organisation had given free internships to selected students. Lokesh (last year tenth), Surya Pranav, G Sashank, Srujana E, Sai MG, Aikya O and Koumudhi A have got this wonderful learning opportunity.





Thank you so much for the opportunity to work on the internship this summer. I'm grateful for all the feedback you have provided on my article and patience you had as you read my article. I know that I will learn more about content and creation of the articles. I know I will become a good writer and editor thanks to you. And this is the best opportunity in my school life. Thank you once again for giving me this opportunity.

-G Sashank

I joined EPISTEMO last year. Initially I was scared to talk to anyone thinking this school

was way different. I expected the teachers to be extremely strict but the first day itself

was totally surprising. Everything I thought was just the opposite. I learned many things and participated in various programs. One of such programs was a workshop that INCUBE hosted in our school. I wanted to attend it as I was excited. But when I came to know it was on AI, I just wanted to run away. I was a girl who used to hate AI not knowing what it was. I entered the auditorium with a dull face but after listening to the speakers my mind changed. INCUBE made me realise that I was wrong. AI was so interesting. Subsequently the COVID lockdown began and meanwhile I got a message that INCUBE is hosting another workshop. It was on the topic 'leadership for teens'. Since my childhood I loved being a leader, so I attended it. I interacted with Mr. Srikanth Talluri and answered his questions with some other students of our school. One of his tasks was to make a meme /an article/ a digital infographic on Covid 19. I made a meme, a poster and wrote an article on the topic which was assessed. After a few days I got an email that asked me to register for the AI journal as an intern. Though I had interest in AI I did not expect to get the internship but still I registered and after a few days I got a mail saying that I was selected. I was taken aback. They interacted with me and assigned me some tasks. Now during the lockdown I am not at all bored as I am engaged with the work assigned to me as well as my schoolwork. This is an amazing opportunity to learn from knowledgeable people.

-Koumudhi A

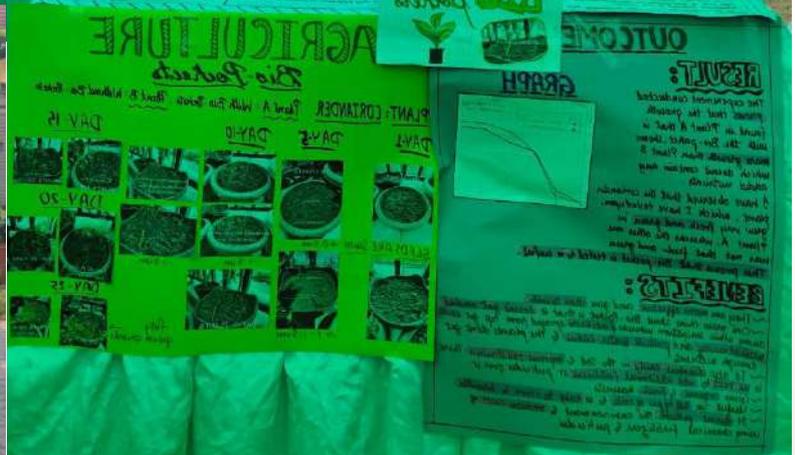
Incube conducted an online interactive session on leadership. At the end of the session, we were given an assignment - to make an infographic, to write an article or to make memes on Artificial intelligence or about Covid-19.

I made an infographic, and a few days later, I got an email from Incube giving me an opportunity to work as an intern for them. I readily accepted and was really excited to start working. Our internship, which will continue for a total duration of 2 months, includes us writing and editing articles or summaries. I'm really grateful I got this chance and I can't wait to discover more about AI and everything it has to offer.

-Srujana E

STALL AT ALCHEMY 2020

Tamanna Yadav of grade 9A took part in a prestigious Science fair , ALCHEMY 2020, held at NIAS (National Institute of Advanced Studies), Bangalore. It was a splendid learning experience and the exhibition provided a platform for sharing innovative ideas. She presented a stall on the topic “Bio pockets” and communicated with many people, informing them about her topic of research.



Webinars attended by teachers for Enrichment

Teachers from various grades and across many subjects have taken part in webinars for enrichment. Teachers were even awarded certificates for their participation.

Our facilitator, Ms. Shilpa Akula Gandla attended webinars on the topics “The Write Criteria”, “Making writing fun : motivating activities for primary and secondary learners” and “Language Awareness in the primary and lower secondary levels”. Certificates were given for attending the webinars.

One of our teachers, Ms. Ankita Biswas also attended webinars on the topics “The Write Criteria”, “Making writing fun : motivating activities for primary and secondary learners”, “Language Awareness in the primary and lower secondary levels”, “Future learners need learning strategies” and “Do we need theory to teach speaking skills”. Certificates were handed over for attending the Webinars.

Educators, Ms. Divya Murchala and Ms. Kaduduri Swathi for attending sessions on “Making writing fun : motivating activities for primary and secondary learners” and “From teaching learners to teacher learning” respectively. Certificates were handed over for attending the Webinars.

Our Cambridge Coordinator, Ms. Vani attended webinars on diverse topics such as “From teaching learners to teacher learning” and “Do we need theory to teach speaking skills”. Certificates were handed over for attending the Webinars.

Our trainer, Ms. Divya Sharma attended an online session on the topic : “Planning for learning or learning lesson plans - What is the difference?” Certificates were handed over for attending the Webinars.



TEACHERS ATTENDING EARLY CHILDHOOD ASSOCIATION WEBINAR

The webinar was about redefining early childhood education in the COVID-19 age confirmation and was attended by two of our educators. We appreciate them for attending the webinar and promoting this noble cause.



An online orientation for introduction to online classes

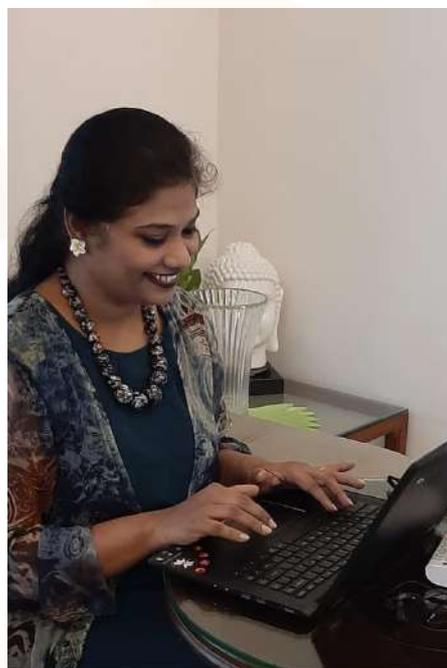
The school has taken up the initiative to start online classes as the increase in the lockdown period would only mean a longer break in the child's academic progress. First, the classes began for grade 10(CBSE) learners. Later, classes have commenced for grades 2 to 9. Orientations were held in this regard to help the parents and the students to understand the functioning of these classes.



THANK YOU TEACHERS!!!!

A teacher plays a very important role in the life of a student. They play the role of a guru, a mentor and many more. They have put in a lot of hard work for understanding the mechanism of online classes before they commenced. Here is a video dedicating this hard work. Thank you once again to all teachers, admin department and our beloved principal Hema Ma'am.

<https://drive.google.com/open?id=1UXkaKJl1FAcDzmBLLbIQrSSlvmj6oKf9>





The unity of the teachers.....

As the Prime Minister of India Mr Narendra Modi had addressed the nation on the 10th day of the lockdown and instructed all citizens to switch off all lights in their homes and light a diya or candle or a flashlight to mark the country's fight against the virus. Our teachers had done the same. They took photographs and made a video who's link is posted below:

<https://www.youtube.com/watch?v=GZxQ8X3X05s>

Please find the collage related to the same



The unity of all Principals across Hyderabad

Just similar to the collage of the teachers of Epistemo, the principals of the city came together and made a beautiful collage which was later mailed to the honorable Prime Minister of India.



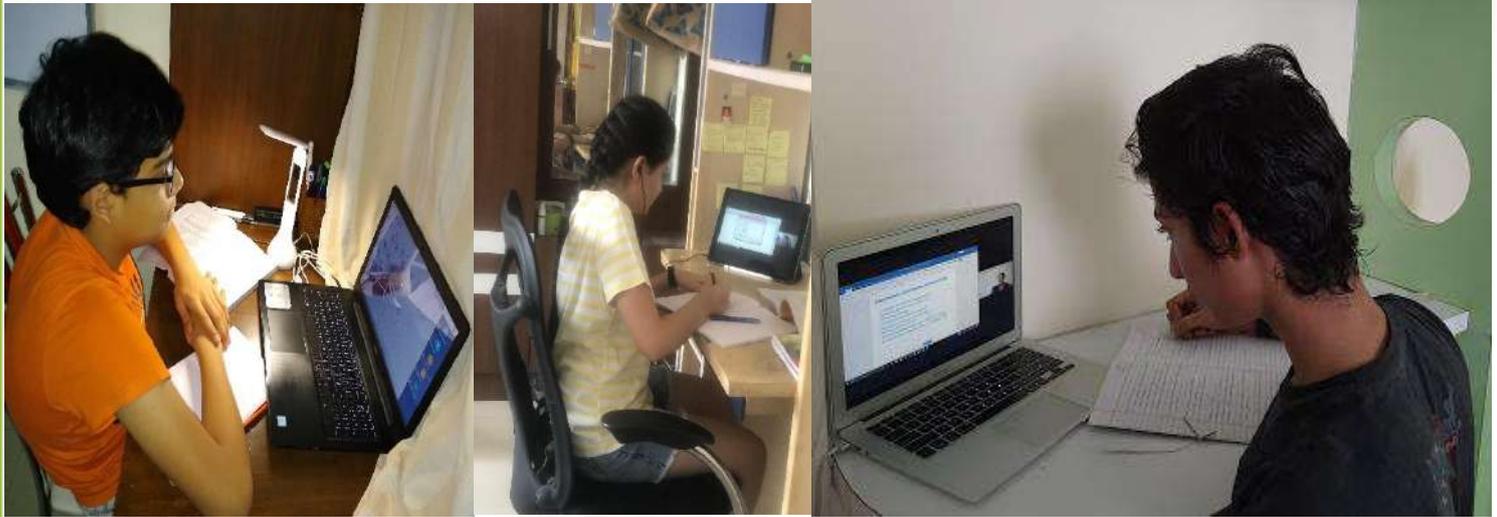
Smooth functioning of Online classes

It has been quite a while since online classes have begun for most grades. So far the classes have been a success and students are actively taking part in the classes while maintaining proper etiquette. Overall, the classes have been a fantastic learning platform for students and the teachers are most certainly making the best of the classes!

Pre Reading: Discussion point: 5 Min

- Do you consider yourself free? Why?
- What is your understanding of
 - Personal freedom
 - Political freedom
 - Freedom of religion
 - Freedom of Expression
 - Freedom of association
- Which do you think is the most important? Why?

Students attending the online classes:



WE ARE A GREEN SCHOOL !!!!! (AWARDS)

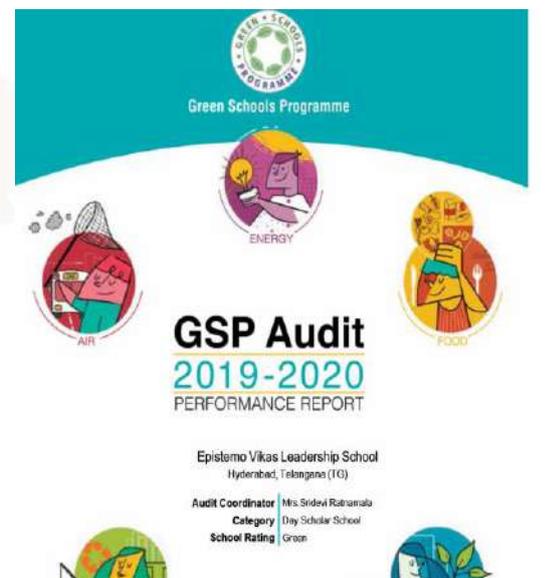
The “Green School Programme “has launched an analytics platform to track the environmental performance of schools. The data-driven indicators will help participating schools track the environmental value of their work and understand their own impact within and outside their school premises. If schools fall short of the standards, they will be guided to improve their environmental footprints. After all, Rome wasn’t built in a day!

The Green School Audit:

As Per the Audit report, out of 5000 registered Indian CBSE schools, 1700 schools were able to submit the audit, out of which only 174 schools are declared as Green and Epistemo is one amongst them, and in Telangana, one among 6 other Green schools.

Audit Helps Schools to:

- Compare the performance among peers, as well as measure the overall performance of schools in India;
- Help schools plug existing gaps to minimize the use of natural resources;
- Help to get accurate data;



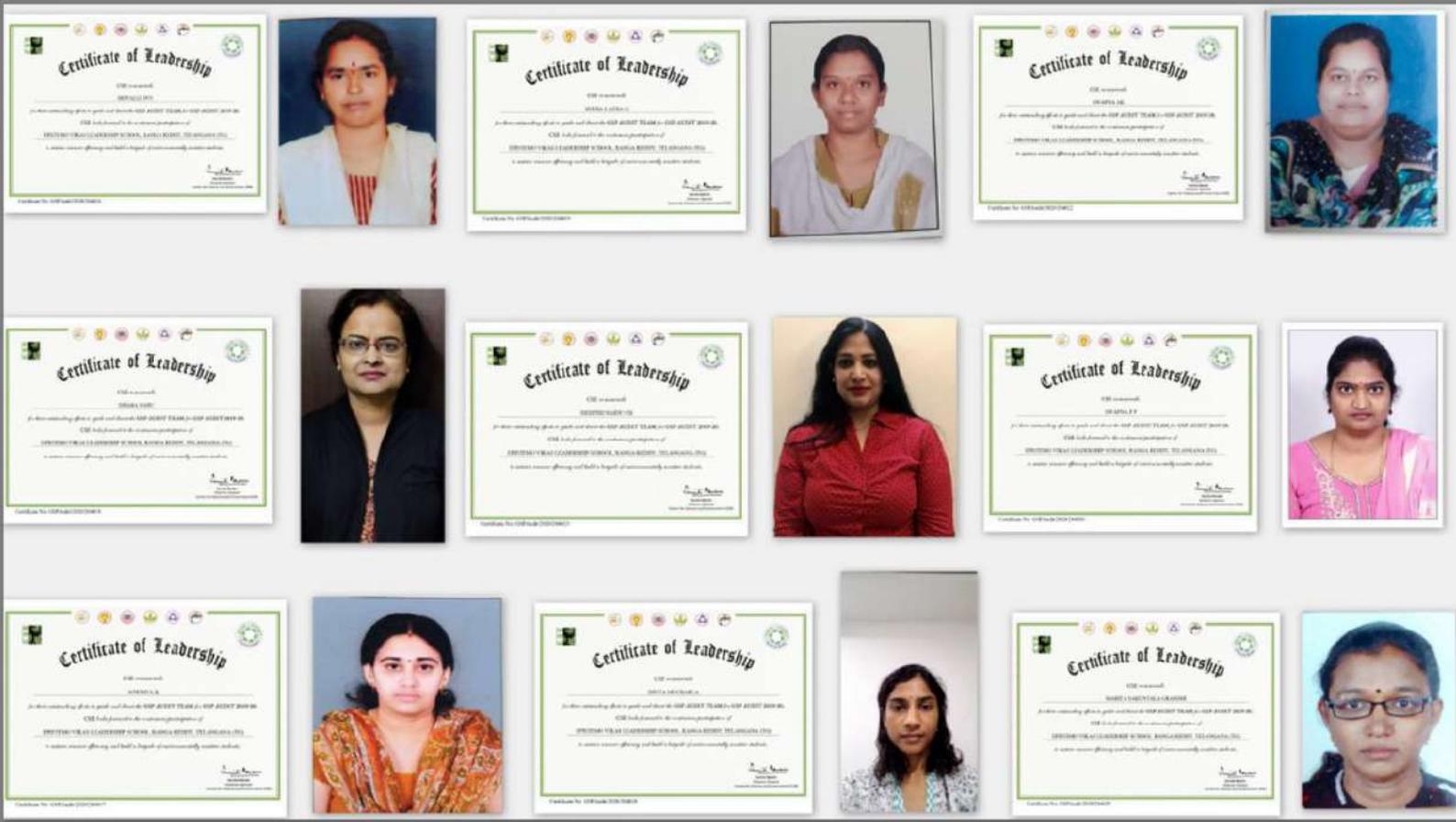
- Have every school participate in the audit over the next five years and help them become Green Schools by Mahatma Gandhi's 150th birth anniversary in 2019.

The GSP rating will be valid for three years.

Our School recycles 50% or above of it, that is, 97.253155159614 per cent. They hope we are able to become a waste-efficient school soon with the help of effective waste management practices.

The teachers who took part in the audit were awarded certificates.





FOOD MANAGEMENT TEAM :



WASTE MANAGEMENT TEAM :



LAND MANAGEMENT TEAM :



We appreciate the efforts made by our students to help the school become resource efficient and they received participation certificate.

Grade 8: Archita Bhadrannavar, Sundari Parsam, Krishna Priya Koppulu, Vidya Mohan Gorantla, Hemanth Reddy Nakkala, Neha Bamini, Spoorthi Chava, Daksha Veerapally, Tamanna Yadav, Lakhya Goli,

Grade 5: Prakriti Priyadarshini, Svanik Vasireddy

Grade 6: Nitin Kumar, Aadit Gandham, Datta Kaushal K, Avani Jain, Ayyamgari Preetam Goud, Varun Tej Gude, Nishitha Grandhi, Naga Phalgun Vure, Vaishnavi Tripathi, Shanmukh Balabhadra, Neil Arnav Arnav, Toshith Bhimte Lishanth Reddy Navari,

Grade 7: Harshith Varma Andraju, D Nethra Reddy, Saharsh B, Joshith Dasari, Arya Goud, Vibhor Murti, Musfirah Umar, Hasini Varma Andraju, Hasini Settippally

Grade 9: Srujana E, Aikya Oruganti, Karthik K, Suditi Todi, Hanuma Ketan Chowdary, Devashish M, Manini Manswi, Sashank G, Anirudh K,

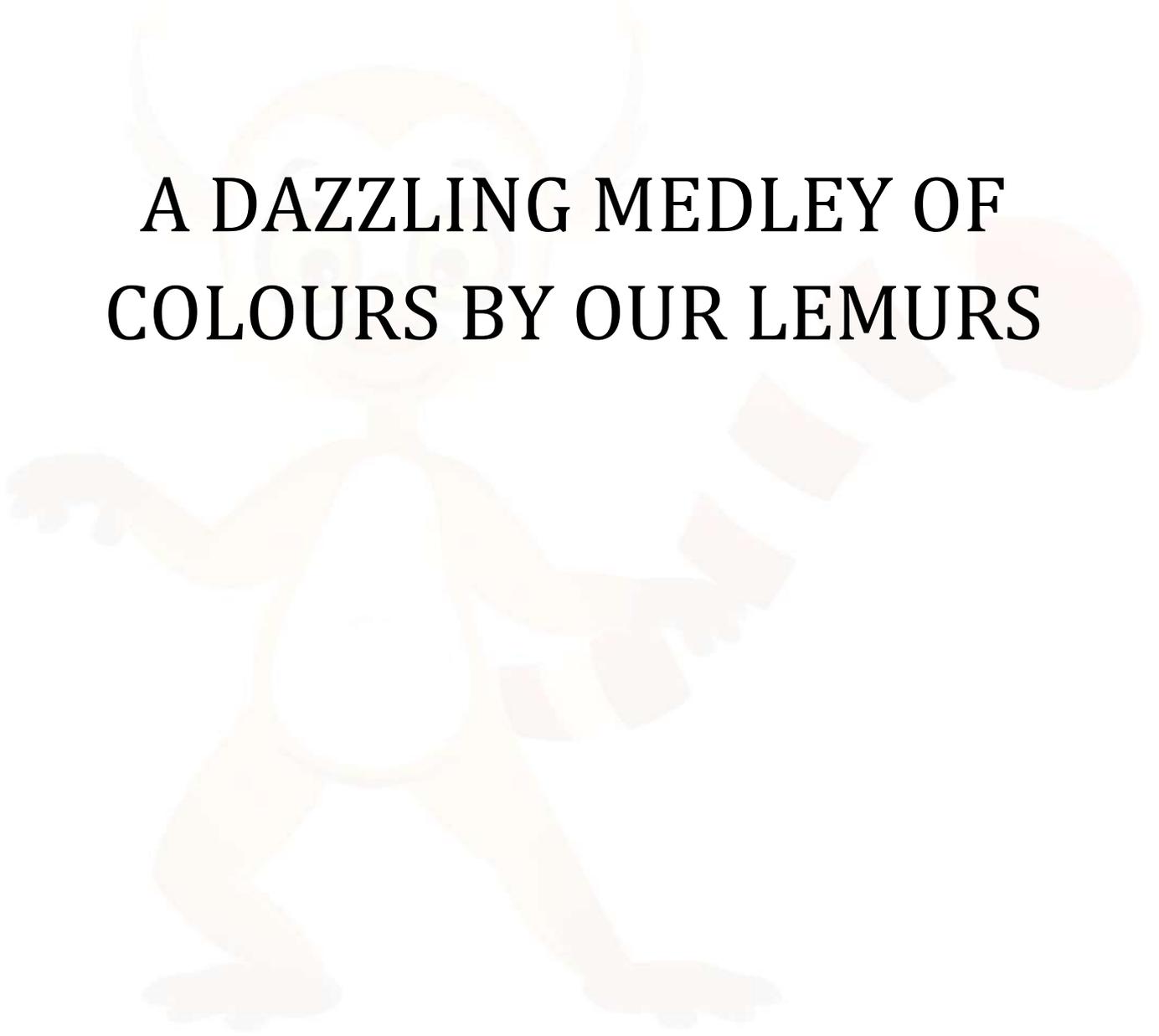
Grade 10: Prisha Agrawal, Oorjitha Rani, Likitha Vundhari

The organisation had sent a detailed report to the school and declared it as a GREEN SCHOOL. Following is an excerpt from the report :

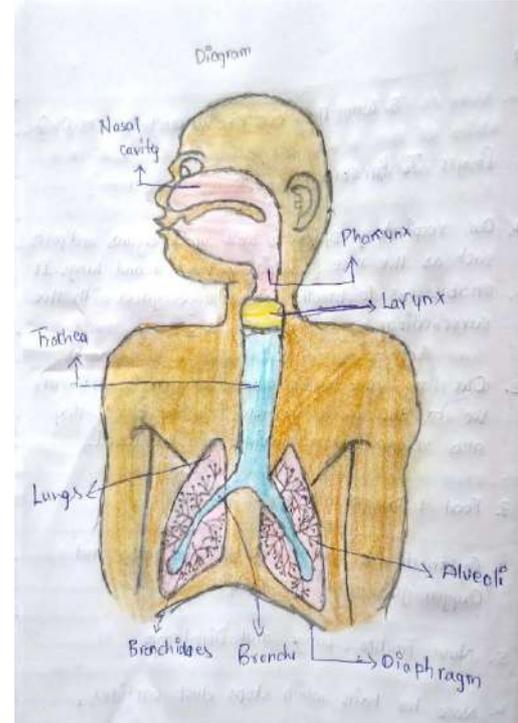
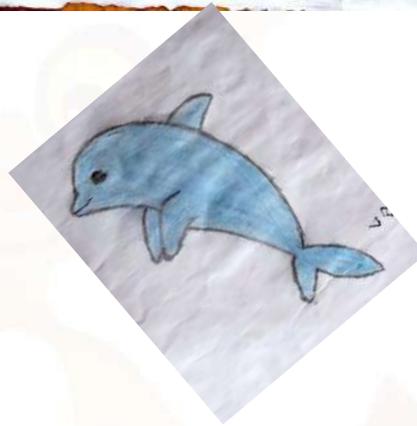
Congratulations! Based on the analysis of the sustainable practices adopted by your school, your school has been rated Green. Do continue your efforts and sustain the momentum - being continuously Green is not easy and we have noticed that when a school (or the students and teachers) drops its guard or fail to provide accurate data, they slide to a yellow or orange or red category. Do ensure your school continues to adhere (but not limited to) to the following, and push the envelope for change:

ART

**A DAZZLING MEDLEY OF
COLOURS BY OUR LEMURS**



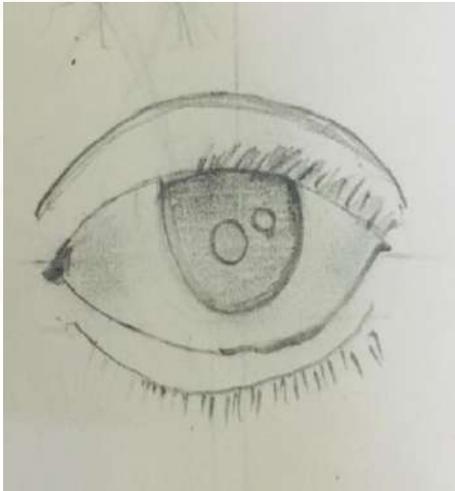
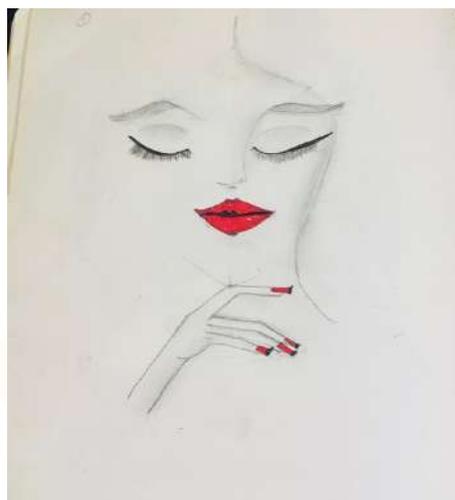
LOVELY ART BY SHRESHTA, 5A



RAYHAN ZAFEER'S(4B)AND ZASHA ZAFEER'S(6A)ACRYLIC PAINTING DONE DURING 1ST WEEK OF LOCKDOWN



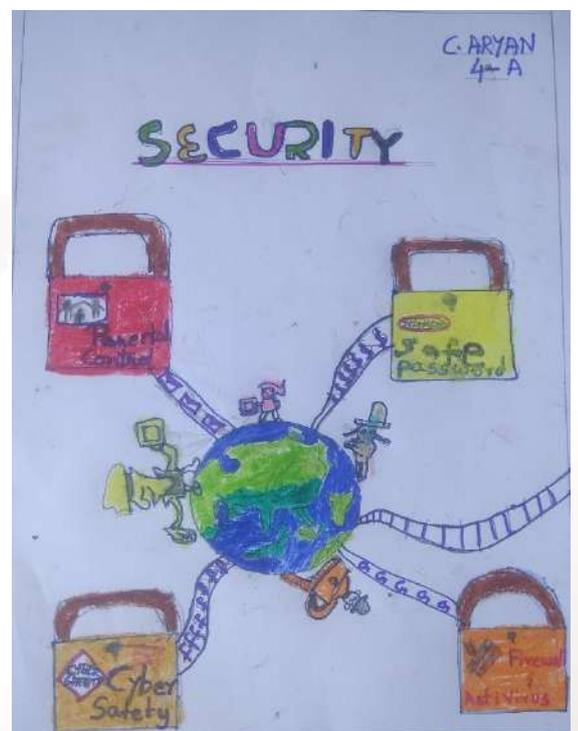
BEAUTIFUL ART BY TANVI BUJALA,6A



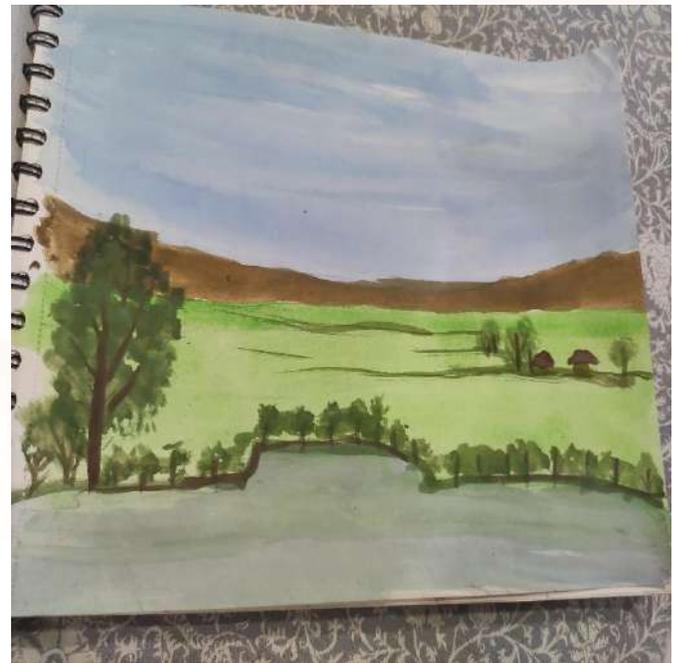
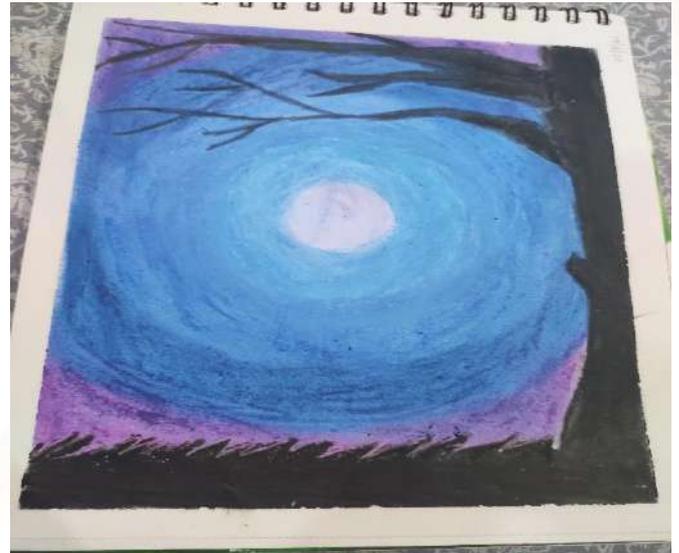
RESTFUL WATERCOLOUR PAINTING BY ADITYA VENKATA, 8A



A DRAWING ABOUT SAFETY BY ARYAN, 4C



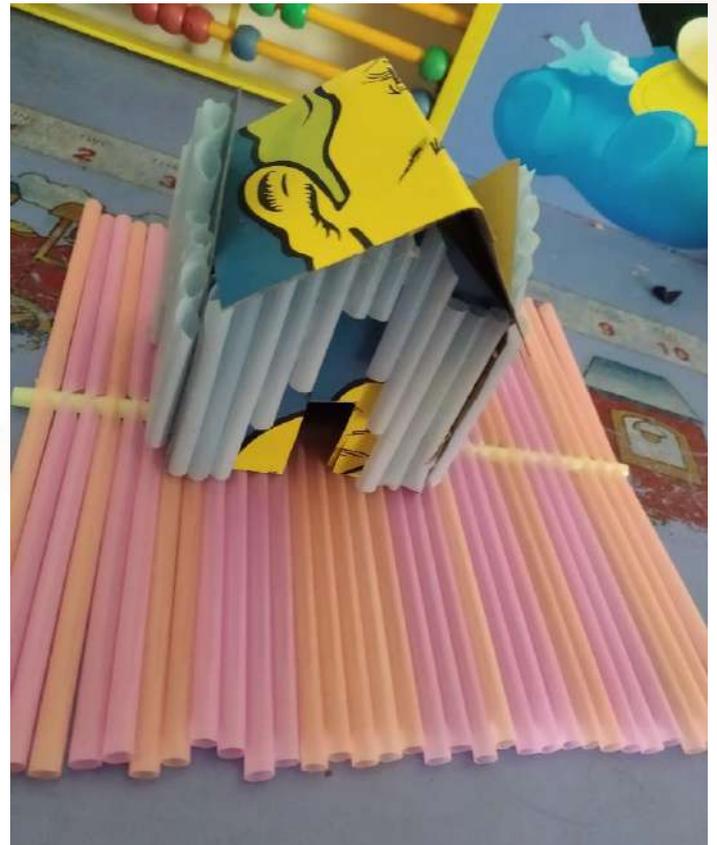
WONDERFUL ART BY BHAVYA AGARWAL, 2B



**EXOTIC DESIGN BY ARUSH,
GRADE 3**



3D ART BY DAVIA MIRIAM KOSHY, 4A

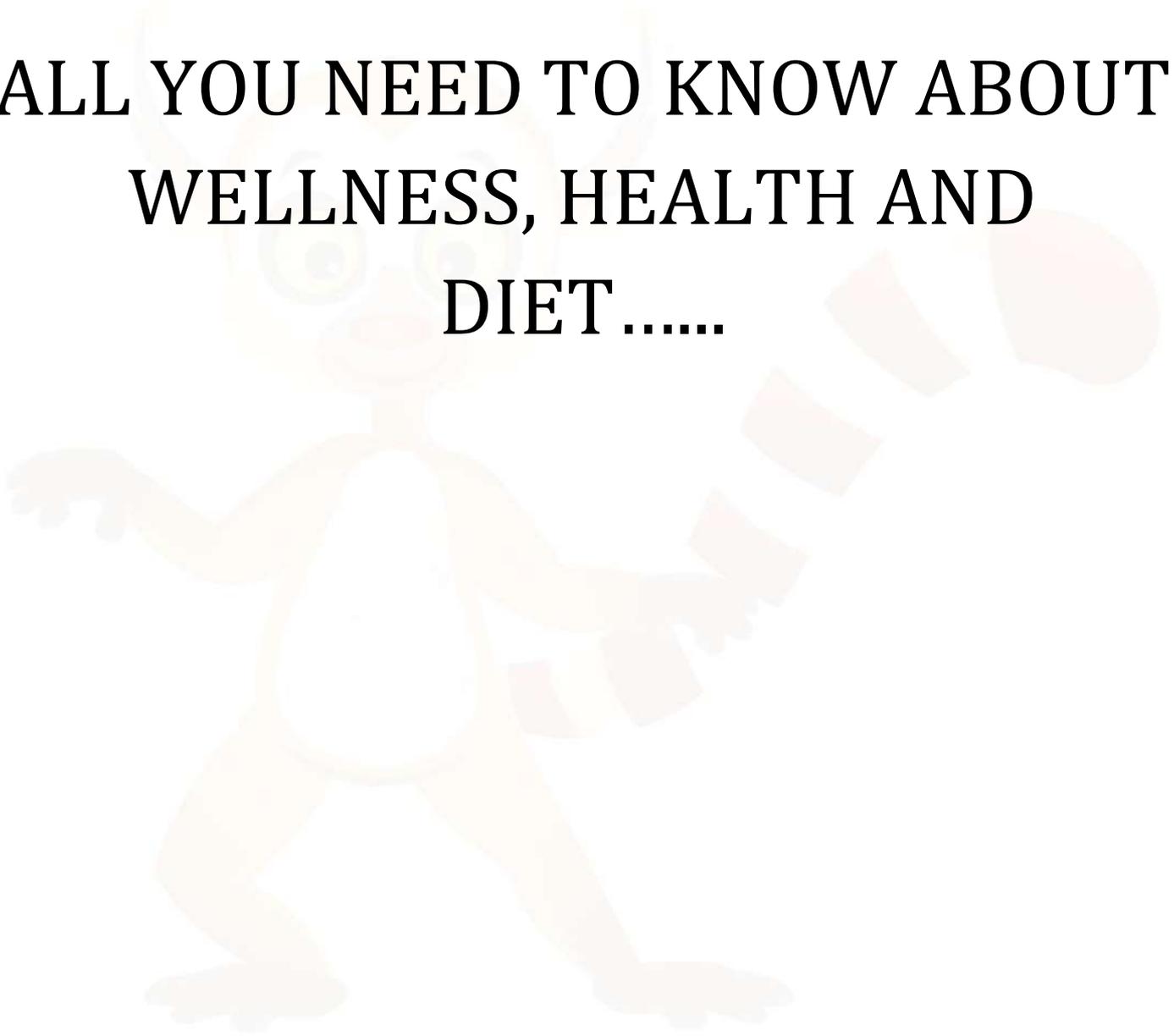


KAUSTUBH ACHARYA, 4B AND KOUMUDI ACHARYA, 8A



PUBLIC HEALTH

**ALL YOU NEED TO KNOW ABOUT
WELLNESS, HEALTH AND
DIET.....**



MY TAKE ON AI TO CONTROL THE CORONAVIRUS

-by G Sashank, Grade 10

How can AI help us fight against COVID-19?

Having a timely and accurate system of diagnosing coronavirus infections can help manage the spread of the disease. AI can be used for identification and validation of novel drug targets for the COVID-19 virus. This requires screening of large streams of medical data, such as 'omics' data and the electronic medical records.



1. **Disease Surveillance:** With an infectious disease like COVID-19, surveillance is crucial. Human activity - especially migration - has been responsible for the spread of the virus around the world. Canada based Blue Dot has leveraged machine learning and natural language processing to track, recognize, and report the spread of the virus quicker than the World Health Organization.
2. **FACIAL RECOGNITION AND FEVER DETECTOR :** AI Thermal cameras have been used for some time now for detecting people with fever. The drawback to the technology is the need for a human operator. Now, however, cameras possessing AI-based multisensory technology have been deployed in airports, hospitals, nursing homes, etc. the technology automatically detects individuals with fever and tracks their movements, recognize their faces, and detect whether the person is wearing a face mask.

How is AI helping us fight and contain pandemics

-by Guru Sai MG, Grade 10



Ever since I was 10, my dad would constantly say that AI is the future of humanity. He would tell me that it will reinvent how we live, from shopping, cooking, to even playing snake. But living through the worst pandemic of the 21st century (yet), and with just shy of 2 To be more specific, there are 3 key areas where artificial intelligence is aiding us in overcoming this disease: with the most obvious first- these are creating the cure, preventing future outbreaks, and diagnosis.

million people infected, and over a hundred thousand having perished, a question hit my mind: how is artificial intelligence helping us in the present? How is it helping us fight and contain COVID-19? With a little

bit of digging around, it turns out artificial intelligence is doing a lot more for us than just serving us conversation fodder and jokes.

The main reason as to why COVID-19 is so threatening now is because of a lack of a reliable cure. While cures aren't found by accident these days, by conventional means of curating (by hand), it will be at least a few months before researchers have found a serum ready for human

trials. This is again a situation where artificial intelligence can help. By using properly calibrated machine-learning algorithms, researchers can cross out a multitude of options via simulations-before testing even begins on mice. This will both speed the process up and make it more economical for companies to develop cures, allowing us to more reliably put a permanent end to the virus faster.

But in times without the cure, it is important to take steps to ensure that the spread of the virus is contained. For that reason, many governments, like that of India, have initiated a nationwide lockdown. While lockdowns work to keep people at home, they aren't very efficient, because, for the uninitiated, they generate widespread panic in areas where panic is unwarranted. In other words, general lockdowns cause areas that have no cases to go into a state of panic, which may lead to more disastrous outcomes. To avoid this, many state governments have requested to only place red zone areas (areas with a large number of cases) to be kept under lockdown. AI can be used here as well. By using machine-learning algorithms to sift through social media, officials can scan for anomalous symptoms in users to mark potential lockdown areas. Machine-learning algorithms can also be used in hospitals to check through medical notes in search of any out-of-the-ordinary cases (and any cases with a possibility of being linked to the virus) for faster analysis of a large population, thereby quarantining carriers speedily, and checking the spread of the virus- something absolutely necessary for a scenario where speed is everything! These three are just a few of the nearly limitless applications of artificial intelligence when it comes to fighting pandemics. From deriving test kits to simplifying the search for the cure to helping officials know which areas to block and which areas to keep under watch, we can use AI to simplify the work of a few, to benefit the lives of many. But one must remember that the technology is still very young, and as it matures, with new innovations expanding our belief about the power of AI, so will its capacity to help us in the next pandemic.

DIETETIC FOODS

-by Pranathi, Grade 10

Eating a healthy diet is not about strict limitations or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating doesn't have to be overly complicated. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on the mood, it's your overall dietary pattern that is most important. The cornerstone of a healthy diet should be to replace processed food with real food whenever possible.

Switching to a healthy diet doesn't have to be an all or nothing proposition, and you don't have to change everything all at once. But once you start on a diet plan you should follow it or else it may impact and influence your health. It would take some time to get adapted to the schedule of your diet plan but once you start having dietetic food it would change your eating habits.



The effective management of food intake and nutrition are both key to good health. A Dietetic plan can boost your mood but eating a well balanced diet can help you get the calories and nutrients you need. On an average, adult men need about 2,000 to 3,000 daily calories and adult women need about 1,600 to 2,400 daily calories. The calorie requirement for younger children is 1000 to 2000 daily calories but for the older children or the children at adolescence it is 1,400 to 3,700.

National science shows that children can meet their nutrition needs without dairy or animal products, as long as their diet contains a variety of nutrient-dense based foods.

When it comes to eating good foods, it's not as simple as choosing vegetables over doughnuts. We need to eat the right types of food at the right times of the day.

The first meal of the day is an important one. Eating a healthy breakfast is especially important on the days when exercise is in your plan. Choosing the right kind of breakfast is crucial. And at the end a fixed and nutritious dinner is also influential.

According to the website HEALTHLINE, understanding good nutrition and paying attention to what you eat can help you maintain or improve your health and thus, health is the first priority to keep yourself fit. You may get attracted and tempted to fast food but keeping yourself stuck to the schedule can help you reduce your weight. Not all of us can control it but if we try, we can.

Srujana E. MENTAL HEALTH DURING COVID-19

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children

#coronavirus

YOU CAN

- practice self-care
- connect with others
- make time to unwind
- get work done

LIMIT YOUR TIME ONLINE

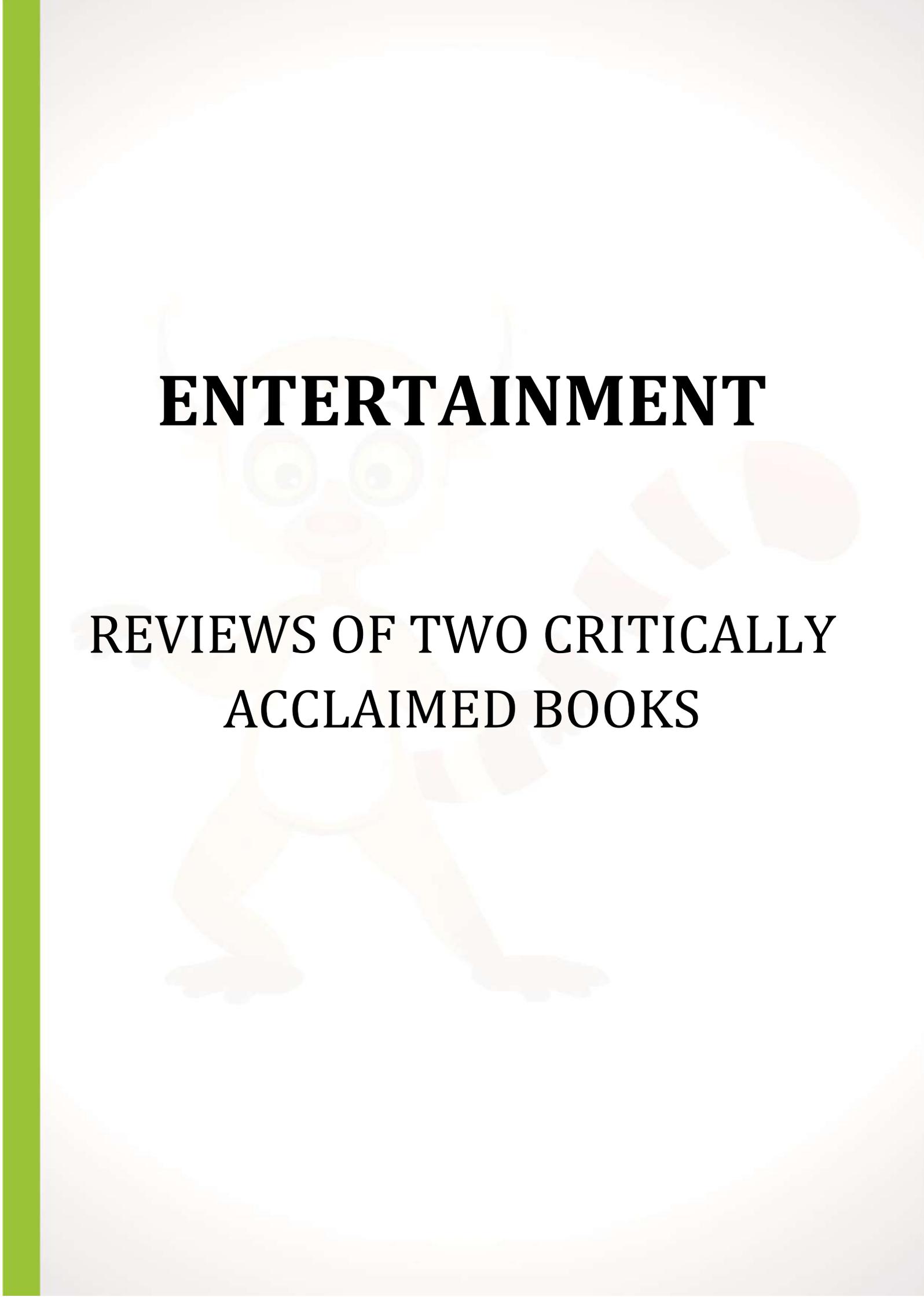
TAKE BREAKS FROM WATCHING, READING, OR LISTENING TO NEWS STORIES, INCLUDING SOCIAL MEDIA. HEARING ABOUT THE PANDEMIC REPEATEDLY CAN BE UPSETTING.

STAY AT HOME

CHECK ON YOUR FRIENDS

WE'RE ALL IN THIS TOGETHER

this isn't permanent



ENTERTAINMENT

**REVIEWS OF TWO CRITICALLY
ACCLAIMED BOOKS**

Book Review: Nineteen Eighty-Four

by K Surya

(The cover represents the theme of the book, *constant surveillance by the government*)

Book: 1984

Author: George Orwell

Rating: 9/10



The setting of 1984 is a *dystopia*, which is a land far worse than ours, the opposite of a *utopia*. The Earth is split and is controlled by three major governments; *Oceania*- The totalitarian country of the happening of events in the book, *Eurasia*, and *Eastasia*.

Written in 1949, this book envisions Orwell's very bleak picture of the future. Orwell wrote it as a warning (no, not an instruction manual!).

In the book, The main character Winston Smith is a worker at the Ministry of Truth, where his job is to edit history to glorify the party and its mysterious leader, *Big Brother* (Because of the symbolic nature of this, the name can transfer to each new Party leader in turn so the Party will never die). He, however, begins to question the propaganda being fed to him- in itself *thoughtcrime*- and begins to maintain a diary. For instance, the propaganda says that Oceania is allied with Eastasia, but Winston recalls that it was allied with Eurasia. He tries to do something about it, but it seems impossible, as the government has constant surveillance of every action of it's every citizen.

One day, Winston receives a letter from a mysterious woman, which says 'i love you' He gets into a romantic relationship with this woman- *Another* thoughtcrime- He first fears that she was an undercover agent, but tells her his true feelings. They begin trying to create, or rather catalyze, a coup, and in doing so meet a big, strong man called O'Brien. They tell him their intentions, but it turns out he was actually an undercover member of the thought police, and arrests them.

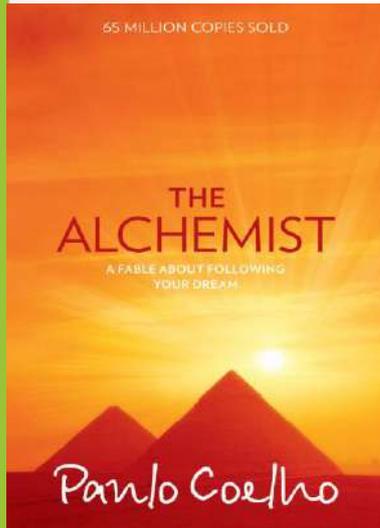
O'Brien uses a variety of torture methods on Winston, but he stays sane and stands his ground until the very end. Till all changes, however, when Winston is exposed to a group of rats. Winston, as it turns out, Winston is completely terrified of rats, and begs O'Brien to torture the woman instead. Winston is effectively brainwashed due to this incident, and is actually released into society. However, the psychological impact completely scares and changes him, and he is not completely loyal to the government and Big Brother, and does not love the woman now.

The powerful ending is what makes this book iconic, it provokes thought and discussion (but if you're me, everything does!) this makes the warning more effective, because as a great man (me) said, "*PSAs don't require happy endings!*"

Overall: 9/10; This is a must-read for everyone, or at least everyone that wants to be a responsible modern citizen.

“The Alchemist”

by P Pardhavesa



Author: Paulo Coelho

Published in the year: 1988 (HarperCollins)

Genre: Fiction

The story revolves around a shepherd named Santiago, who roams around Andalusia, Spain. He keeps on getting dreams about treasure at the pyramids and soon decides to go to a witch to interpret the dream. After consulting a witch, an old man comes to Santiago and advises him to sell all his sheep and head towards Africa. Santiago follows the advice of the old man and reaches Tangier where all his money gets robbed. Later, he worked at a crystal merchant's shop for a few years, saving money for the voyage. Soon he heard the crystal merchant tell that there was a caravan heading towards the pyramids. He soon takes leave of the merchant and joins the caravan. He meets an Englishman there who introduces Santiago to alchemy, and that there is an alchemist living at the Al Fayoum oasis en route the pyramids. After reaching the oasis, Santiago helps the Englishman find the oasis. While finding the alchemist, he meets a girl called Fatima. He falls in love with her. Santiago tells her about the treasure to Fatima and wants to stay with her rather than going for the treasure. But Fatima consoles and motivates him to follow his heart and tells her that she would be waiting for him. Santiago gets convinced by Fatima. He finds the alchemist. The alchemist knows about all the things that happened with Santiago and leads him towards the treasure. On the way to the treasure, he faces several problems.

Finally, after all the hurdles, the pyramids stand tall in front of Santiago. While digging for treasure, he is brutally injured by robbers. Santiago confesses that there's treasure here. One of them starts laughing at Santiago and tells him that he had a dream about treasure at a ruined church in Spain. Santiago finally understood where his treasure was. He returns to Andalusia and finds his treasure at the church and leaves for the oasis for his love, Fatima.

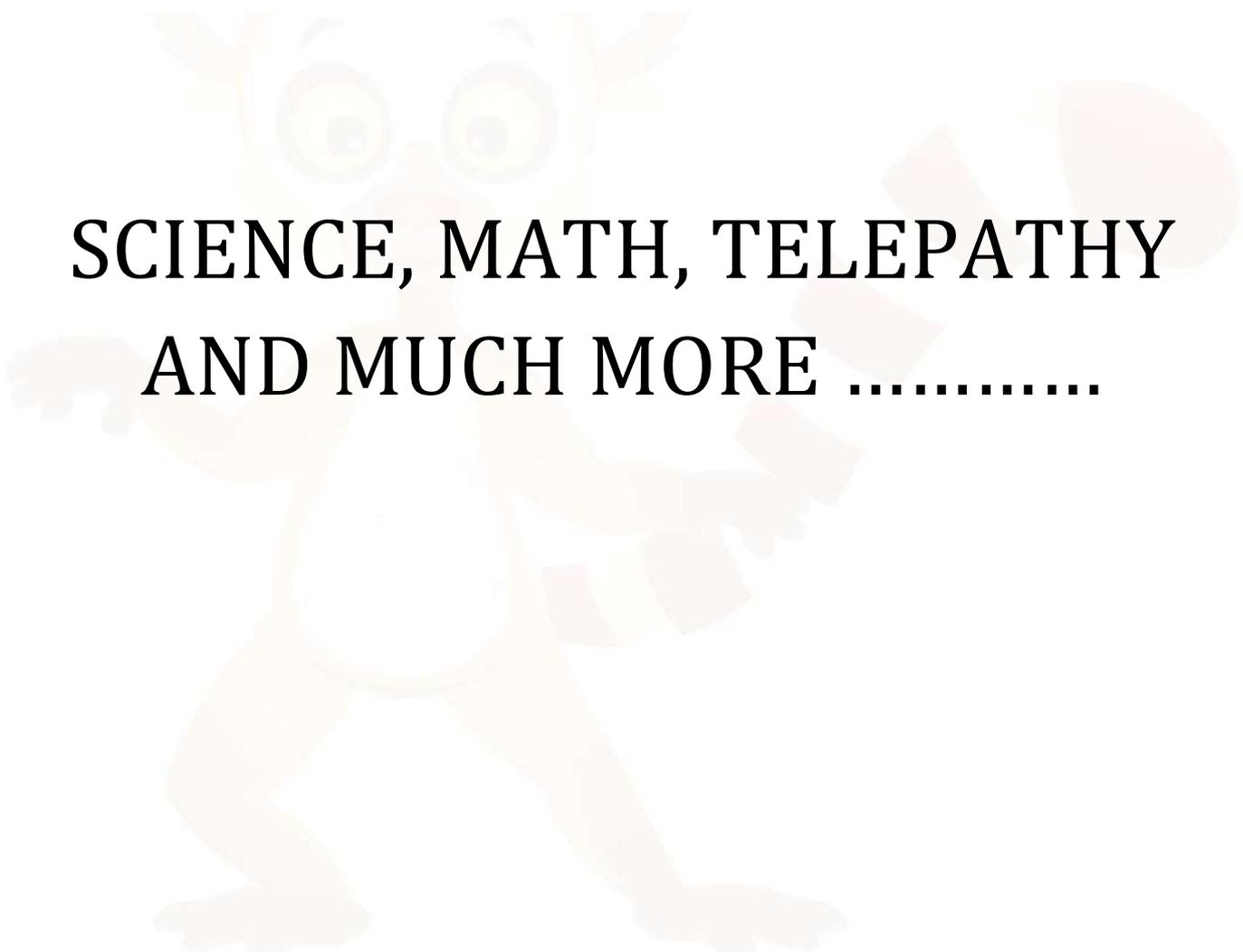
The story is truly inspiring. It teaches us not to give up. I felt it like a self-help book for people who are trying to fulfill their destinies. It covered all the things that happen in a person's life. So, anyone would be related to this book. The things this book taught me:

1. The treasure is where you are. But you need to go out to know it.
2. The real treasure is who we become.
3. Don't stop moving
4. Follow your heart

I therefore recommend this book to everyone and it is the best book to be given as a gift to someone.

KNOWLEDGE CLOUD

**SCIENCE, MATH, TELEPATHY
AND MUCH MORE**



THE RIDDLE OF DIOPHANTUS' AGE

'Here lies Diophantus,' the wonder behold. Through art algebraic, the stone tells how old: 'God gave him his boyhood one-sixth of his life, One twelfth more as a youth while whiskers grew rife; And then yet one-seventh ere marriage began; In five years there came a bouncing new son. Alas, the dear child of master and sage After attaining half the measure of his father's life chill fate took him. After consoling his fate by the science of numbers for four years, he ended his life.'

SOLUTION

d = Diophantus' age at death

Childhood: $d/6$

adolescence: $d/12$

bachelorhood: $d/7$

childless marriage: 5

age of the child at death: $d/2$

life after the child's death: 4

His whole life had been divided into intervals which, when added together, give the sum of his life. So I'll add the durations of the intervals, set their sum equal to his total age, and solve:

$$d/6 + d/12 + d/7 + 5 + d/2 + 4 = d$$

$$(25/28)d + 9 = d$$

$$9 = d - (25/28)d$$

$$9 = (3/28)d$$

$$84 = d$$

Diophantus lived to be 84 years old.

BACHET'S WEIGHT PROBLEM

A merchant had a forty-pound weight that broke into four pieces as a result of a fall. When the pieces were subsequently weighed, it was found that the weight of each piece was a whole number of pounds and that the four pieces could be used to weigh every integer weight between 1 and 40 pounds. What were the weights of the pieces?

SOLUTION

In order to weigh any whole number of kilograms from 1 to 40 most people will suggest that these weights are required: 1, 2, 4, 8, 16, 32 kg. In this way, all the weights can easily be achieved by placing the following combinations in one pan :1 kg = 1,

$$2 \text{ kg} = 2,$$

$$3 \text{ kg} = 2+1,$$

$$4 \text{ kg} = 4,$$

$$5 \text{ kg} = 4+1 \dots\dots\dots$$

$$40 \text{ kg} = 32+8$$

However, by placing weights in both pans, such that weights are also allowed to sit alongside the object being weighed, Bachet could complete the task with only 4 weights 1, 3, 9, 27 kg. A weight placed in the same pan as the object being weighed effectively assumes a negative value. Thus, the weights can be achieved as follows:

$$1 \text{ kg} = 1,$$

$$2 \text{ kg} = 3-1,$$

$$3 \text{ kg} = 3,$$

$$4 \text{ kg} = 3+1$$

$$5 \text{ kg} = 9-3-1 \dots\dots\dots 40 \text{ kg} = 27+9+3+1.$$

TELEPATHY

-by Aikya, Grade 10



Telepathy is the communication beyond our senses and without any physical interaction. Telepathy is a Greek word with “tele” meaning distant and “patheia” meaning experience and perception. You can read the other person’s thoughts, needs, or feelings. This mostly happens between people who share a strong emotional bond, like parents and children, and friends. Sometimes, you recognize the state of a person in the past or future. In other scenarios, you understand after a noticeable time interval.

There are 3 types of telepathy we can experience:

1. Instinctual- person to person
2. Mental- mind to mind
3. Spiritual- soul to soul

There were several attempts to prove telepathy. Some of the experiments are:

- Zener’s cards
Five cards with five different symbols are given to a person A and while he visualizes the symbol, person B tries to find out the symbol using telepathic conversations. This idea was proposed by psychologist Karl Zener.
- Ganzfeld experiment

In this test for telepathy, person A is placed inside a controlled environment where they are deprived of sensory input, and another person B is placed in a separate location. The receiver is then required to receive information from the sender.

- Twin telepathy

According to studies, there are various behavioral and genetic factors that contribute to twin telepathy as they spend a lot of time together and are usually exposed to very similar environments. However, many people criticized these experiments.

Telepathy was never really proved but some individuals believe it to be true.

IS THE INDIAN JUDICIARY REALLY THAT EFFICIENT?

-by Pardhavesa, Grade 10



India is commonly nicknamed as the world's largest democracy. If we once rewind ourselves to our Political Science classes, we know that justice holds a place in the Preamble of our Constitution, stating that justice in terms of social, economic and political would be ensured to its citizens. But, is justice as defined in the Constitution being delivered to the people?

Not quite. The Indian Judicial System, being given the most powers of all organs of the Government, is, honestly, not doing enough to ensure peace and prosperity in the nation. Its delays in the judgment of numerous cases that have gained national importance have led to the loss of the Judiciary's prestige in the eyes of the commoners. Even with the existence of Fast-track courts and Special courts all over India, the number of cases never tends to decrease.

As per the Economic Survey for 2018-19, tabled in Parliament by Finance Minister Nirmala Sitharaman, 3.5 crore cases are pending in the judicial system, much of which are concentrated in the district and subordinate courts. That would definitely be a shame to the prevailing Judicial System.

And who will be able to forget the holidays? A survey said, "the Supreme Court's official calendar for 2019 suggests that it would close for 49 days for summer vacations, 14 days for winter break, and a further 18 days for Holi, Diwali and Dussehra." After accounting for weekends and public holidays, it leaves 190 working days for the Supreme Court. In contrast, the average is 232 working days for High Courts and 244 days for Subordinate courts, it pointed out.

From the above stats, we can conclude that the number of cases being piled up is not appreciable. Calculations prove that the High Courts were open for roughly 52 percent of the total days in 2019. If the courts weren't open for roughly half of the year, expecting some downfall in the pending cases would be a sin.

The Ayodhya Verdict has earned the title of the longest-running case in the courts of India. The case was pending for 134 years! As it wouldn't be fair to count the pre-independence dates, we can conclude that the case was prevailing in independent India since January 16, 1950, when the case was first filed in independent India.

In 1992, the demolition of the mosque by protestants led to riots, leading to many deaths. All this could've been prevented if early action was taken.

The number of stacked-up cases in the judiciary not only means a delay in providing justice to citizens but also in the slowing of development. A portion of the cases are monetary-based, and they being pending would only mean an economic loss to both the citizens and the government.

There would be many solutions to increase the efficiency of the Judiciary. The first would be the decrease in holidays as crimes won't wait for working days. A minimum of 300 days would be advisable.

Division of all cases and increased working hours for the courts and advocates would help in the faster solving of cases.

Let us hope for changes in the judicial system that would increase its efficiency.

THE PURPOSE OF THIS ARTICLE WAS TO INFORM, AND PROVIDE MY STANCE. NO OFFENCE WAS INTENDED.

A REBUTTAL TO THE PREVIOUS ARTICLE.....

-by Surya Pranav, Grade 10



Just like anything- the Indian judiciary has room for improvement, this has to be acknowledged. However, it is my stance that rapid and revolutionary progress will get us nowhere in the effort to make an improved, more unbiased judiciary with greater efficacy!

In order to represent the spirit of my case- it is important to consider the very purpose of the judiciary, the reason why the judiciary exists in the first place.

Our country- like most others- has been established with a constitution to ensure that the individual liberties of every citizen are guaranteed, among other things. The question remained how to bring to justice those who go against the constitution- hence the establishment of the judicial system.

While this remains the primary function of the judicial system, it fulfills multi-complex purposes- all of which requires utmost care- a wrong decision can permanently alter the fate of the entire nation- for the worse, and a job with such power should be treated as a job with great responsibility (with great power comes great responsibility, after all!)

Obviously, the present judiciary is notorious for its time-consuming practices! But while I wholeheartedly support some of the changes suggested by Pardhavesa- I find fault with his premise- that the primary responsibility of the judiciary is to deliver speedy justice. This is because the judiciary is, ultimately, human-run, and thus possesses the prime deficiency of every human-run system: a margin for error! To minimize this by as much as possible should be one of the prime cautions taken by every court, obviously.

The fault, here, is that through the primary focus on completing a case as *soon* as possible, the courts' primary focus is misplaced- and the margin for human error is magnified, significantly!

Ultimately, the judiciary is a very human-like entity, and with this respect, the wise words "*haste makes waste*" holds true!

At the end of the day, reaching the right verdict is important, but so is reaching any verdict at all, in the first place- but Pardhavesha's prioritization of one over the other is not just misplaced but also riddled with potential hazard- for everyone the constitution addresses! Not to mention it undermines the very purpose of the judiciary.

As a countermodel, I'd propose that the judiciary be more open to making efforts for efficiency while giving the level of importance to making the right choices! Reducing the holiday count seems like a great starting point!

To conclude, I think it is important- especially in areas with huge direct impacts on everyday life- that we are open to the fact that incremental progress is still real progress! And while the promise of sudden, rapid progress is compelling- many times, it is counterproductive to the cause!



ACTIVITY CORNER

**THE ENTHRALLING BUSTLE
OF OUR EPISTEMO LEMURS**

KOUMUDI AND KAUSTUBH ACHARYA BROUGHT OUT THEIR LOVE FOR MUSIC BY SINGING AND PLAYING THE TABLA!



SIDDARTH V NAIR HAS KEPT HIMSELF BUSY BY MAKING A CAKE AT HOME DURING THE LOCKDOWN



<https://drive.google.com/open?id=1hq3y0FEIxCjeAt9YXoqWOQq3e7-SbKti>

AARNAVI HELPED HER PARENTS MAKE THIS ARTISTIC FRUIT SALAD. IT INCLUDES A LION AND A TREE!



**FIGURES OF SPEECH BY BHAVYA
AGARWAL OF GRADE 2B
(EASY WAYS TO REMEMBER THEM)**

<https://youtu.be/0WYukET-BCw>



**VIDEO BY SUHAYA
(STAY HOME AND
STAY SAFE)**

[https://drive.google.com
/open?id=1ekUIW_DxX_
neYxI81Zo-
pSzmdI4UZbX](https://drive.google.com/open?id=1ekUIW_DxX_neYxI81Zo-pSzmdI4UZbX)



**“DECIDE YOU CAN DO IT!” FIGHT
COVID-19,
POEM RECITED BY MISHKA OF
GRADE 3C**

https://youtu.be/K1PA_HizFmo



**MISHKA AND
BHAVYA JUMPING
OVER CUSHIONS**

(PHYSICAL FITNESS!)

[https://youtu.be/w4Lp6s
oDXS8](https://youtu.be/w4Lp6s_oDXS8)



**WATCH BHAVYA
LEARNING TO BRAID**

https://youtu.be/5lisZND_eKI



**WATCH MISHKA DO YOGA
DURING LOCKDOWN**

<https://youtu.be/WAotvIY4pCw>



**A COLOURFUL AND CREATIVE PICTURE BOOK MADE BY
ASHIKA JAIN AND ANAYA JAIN FROM PP-1 WHICH TELLS US
ABOUT THE SYMPTOMS OF COVID-19, ALONG WITH
PRECAUTIONARY MEASURES**

https://drive.google.com/open?id=1ZN8iwBWTtt6NqwpV344_slj22YQZ61v



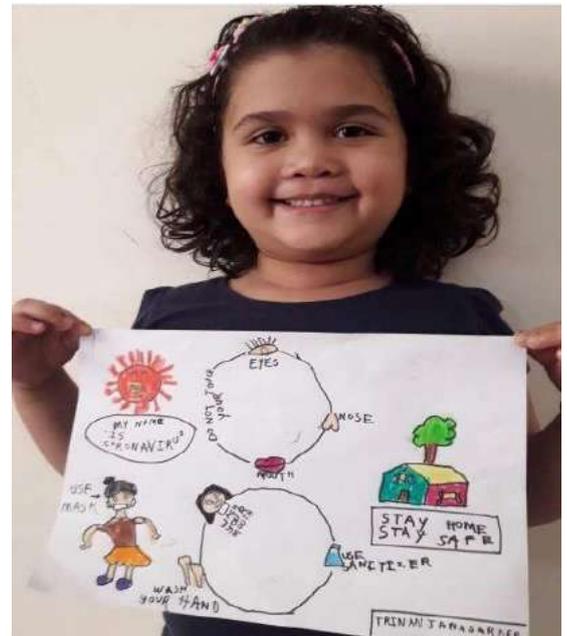
**WATCH PARI RASTOGI,2A,
EXPLAINING THE CONCEPT
OF EVEN AND ODD NUMBERS**

<https://youtu.be/aWtszVHLlg>



**PRE-PRIMARY COVID 19
REFLECTIONS:**

<https://photos.app.goo.gl/CXQwHVNSQD9H8wF56>



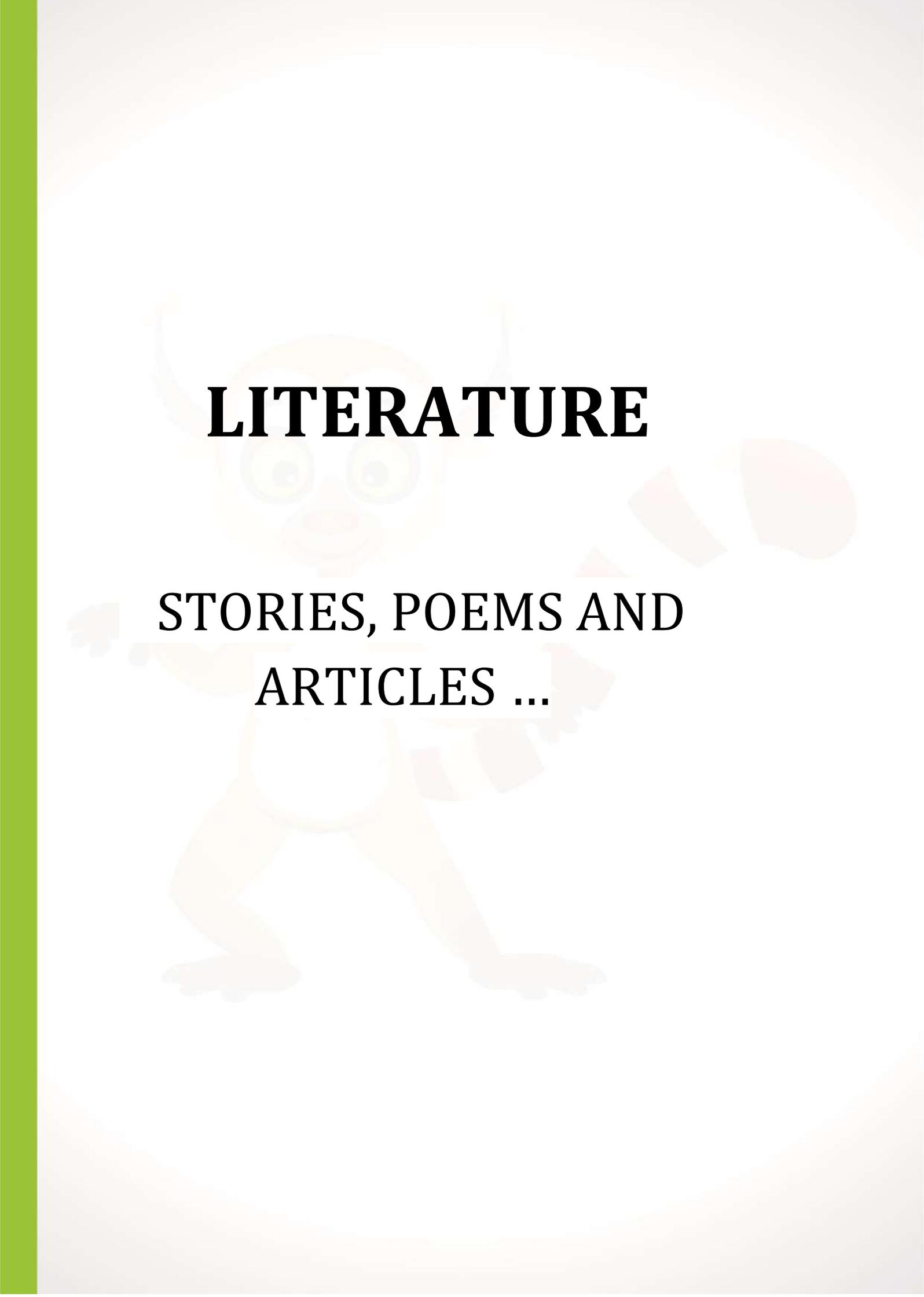
**ROHAN MOHANTY'S
LEGO CREATION!**



**KRRISH TALLURI'S
HOME BASED
ACTIVITIES!**

<https://drive.google.com/open?id=13D8xV3>





LITERATURE

**STORIES, POEMS AND
ARTICLES ...**

Poem On My Thoughts



-by Srishti, Grade 10

I was sitting down on the cold ground,
wondering why I wouldn't sleep.
There I was watching the dark dim lit sky
reflecting upon my thoughts.
I was then admiring the gaze of the sky
then suddenly a cold harsh wave hit me, making me get up off the ground,
searching for my bed again.
Finally I gently lay upon it, the smooth warm interior pushes me
back to my sleep. Into my dreamland.

The Chocolate Ventilator

-by Samarth Panjwani, Grade 6

Keywords- Juiceasur, Chocolate lake , Chocolate ventilators.



Once upon a time there lived four friends. Their names were Candy, Darky, Milky and Cadbury. One day they found a chocolate lake. They tasted its yummy water out of curiosity. They decided that they will visit the place every day. There was a man who was always jealous of them named Juiceasur. When he got to know about the plan made by the children, he decided to put a chemical in the lake that could make anyone unconscious.

The next day all the children went to visit the same place. No one was aware of any chemical in the chocolate lake. First Darky drank the chocolaty water and suddenly became unconscious. Cadbury was very smart and called a chocolate specialist, Choco to the spot. Milky and Darky explained everything to Choco who found chemical as a reason of unconsciousness. The chemical turned yummy chocolate lake into poison. They all suspected Juiceasur as a victim. Juiceasur was under the impression that the chemical could impact only children so in order to justify himself, he drank it. But he too became unconscious.

Choco took Juiceasur and the boy Darky to his special chocolate room where they were quarantined for 30 days. Finally, they recovered as they were given delicious chocolate smell from chocolate ventilators. After recovery Juiceasur confessed his crime and promised never to do such pranks. Everybody lived happily ever after.

Moral of the story- Though good wins and bad loses, both participate in the struggle.

THE SILVER LINING OF THE LOCKDOWN

-by Chinmayi, Grade 10



Coronavirus is a pandemic that turned the world upside down, and has taken the lives of several people till date. As soon as we switch on the television our ears get flooded with the same negative news, about deaths and the increasing number of infected cases.

But if we just look close by we can see that the environment outside is just so calm. While mankind is suffering due to the virus and the lockdown, nature outside is enjoying itself.

Pollution is the first thing that everyone can see is decreasing. With the shutdown of various industries and lesser number of vehicles on roads, especially in Delhi, we can observe the purity in air.

Various species of animals are now freely roaming in the forests rather than being killed and hanged at the meat shops. Since countries like China closed their animal markets, people are now eating a lot of fruits and vegetables and have said goodbye to meat “temporarily”.

The situation is demanding medical supplies to various hospitals which before the pandemic may not have even proper beds. Even the criticised government hospitals are receiving good supplies of medical equipment.

Most of all, we are able to spend time with our families. Everyone would be busy at most times in doing their chores. But now, it is visible that everyone are dividing work at home and are having a great time together.

We human beings now know how to maintain our health and our surroundings. People now are more aware of how to keep ourselves clean and maintain the food and water properly without wasting them.

When there is so much positivity around, all we need to do to stay away from coronavirus is **STAY HOME AND STAY SAFE.** :)

CIVIC LITERACY

**INSPIRING AWARENESS
PROGRAMMES, DONATIONS,
AND MUCH MORE....**

Blood Donation for thalassemia patients

Thalassemia is a blood disorder where the body is unable to produce sufficient haemoglobin. Thousands of children die in India due to this disease and weekly blood transfusions are required for treatment. In the lockdown period, there is a shortage of blood leading to difficulty for those in need of transfusion. Our beloved principal ma'am and her children had volunteered to donate blood to Rotary Challa Hospitals, that own a blood bank. They had come to their colony in a sterilised van for blood collection.



Food Distribution to those in need

During the lockdown, there are many in need of basic supplies and food. Many NGOs and the Governments are supplying them to an extent. With the same initiative, our Principal Ma'am, Ms. Hema Surapaneni and our science educator, Ms. Rathnamala had prepared and given away food to the security staff and many in need. Apart from food, basic medications and vegetables were handed over to the poor by our beloved Principal Hema ma'am .



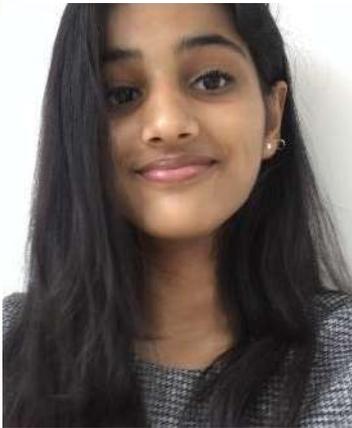


Ms. Kanaka Durga, the fitness coach has been awarded a certificate by The School of Allied Health Sciences, certifying her as a COVID-19 Combatant. She was also awarded with a certificate of appreciation.



SCOOBY- EPISTEMO'S SUNSHINE

-by Krishnasree A, Grade 10



Scooby, the exuberant and high spirited dog of Epistemo was adopted by our dearest teacher Ms. Srivalli, who welcomed him with open arms into her lovely home.

He was a frail and fragile stray, who was taken in by our Epistemo family to give him a good home. Scooby was loved and cared for at his time at school.

Not a day went by without him being pampered to bits, with children and teachers giving him all the affection they possibly could! He had an immediate connection with the Security guards, who made him feel at home instantly. He was very well taken care of by them. Unfortunately, they had to leave and no longer worked at Epistemo. This was very upsetting for Scooby, especially, after he had developed a bond with them. w

Proceeding their departure, he was never quite the same, until our teacher Ms. Srivalli took him in, and so began the next chapter in his life. This episode portrays the outstanding atmosphere at Epistemo and sets a fantastic example for all!



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Thank
You

