

# ECHOES

**Senior Secondary  
Grades 9–12**

**MARCH–APRIL  
2025**

**DSR**  
EDUCATIONAL SOCIETY



**BIRLA  
OPEN MINDS**  
INTERNATIONAL SCHOOL  
HYDERABAD



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# EXPRESSIONS

## चरित्र निर्माण

जब भी हम अपने भविष्य की कल्पना करते हैं, तो क्या बनेगे, कितने सफल होंगे? इसके बारे में ही सोचते हैं। क्या हमें भविष्य निर्माण के साथ चरित्र निर्माण के बारे में नहीं सोचना चाहिए? सफल होने के साथ चरित्रवान बनना, धैर्य, परिश्रम, त्याग और स्वस्थ मानसिकता जैसे गुणों का समावेश करना हमारा लक्ष्य होना चाहिए।

आजकल अभिव्यक्ति के अधिकार का है बोलबाला,  
कहते-कहते कितनों को प्रताड़ित कर डाला।  
अरे! स्वतंत्रता और स्वच्छंदता में अंतर पहचानिए,  
है बोलने के साथ सम्मान का अधिकार, उस पर दृष्टि घुमाइए।

अभिव्यक्ति का अधिकार जरूरी है माना,  
किंतु अभिव्यक्ति करें मर्यादा में रहकर,  
न करें अपमान, न किसी को प्रताड़ित करें,  
सभी हैं स्वतंत्र इस देश में—इसका ध्यान धरें।

अधिकारों के नाम पर यदि किया किसी का तिरस्कार,  
तो आपने भी उसकी स्वतंत्रता चुराई है,  
उसके मान-सम्मान की बली चढाई है।

शिक्षित होना केवल अक्षर ज्ञान नहीं है, अधूरी आपकी शिक्षा  
जब तक उचित व्यवहार का आपको भान नहीं है।

केवल अधिकारों का ध्यान नहीं है हमारी सभ्यता,  
अधिकारों के साथ कर्तव्य का ज्ञान है मनुष्यता।

अर्चना उपाध्याय  
अध्यापिका हिंदी विभाग

# EXPRESSIONS

My Dear Best Friend

I'll always be right here,  
my dear

I'll always be so near,  
don't fear

And when you're with me,  
you'll see clear,  
all your problems disappear,  
I'll be the one

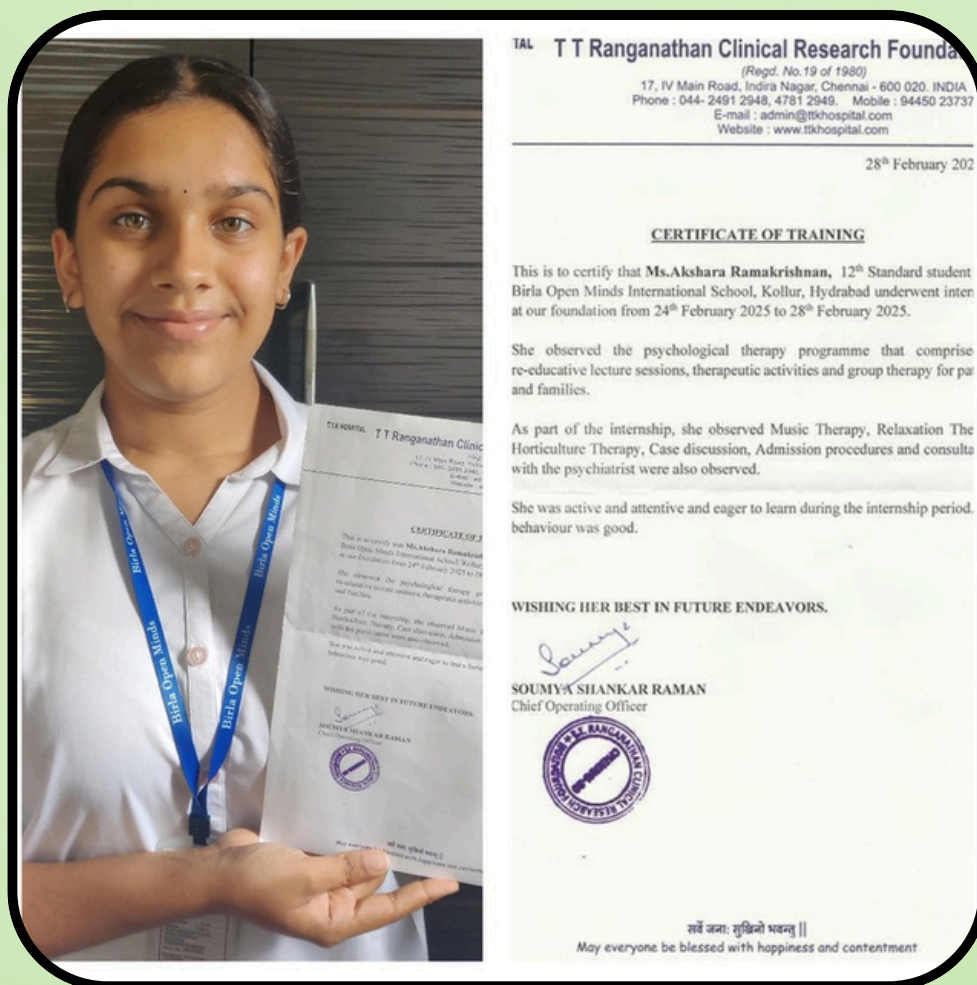
holding your tears,  
because your voice is soothing  
to my ears.

And then every year-after-year,  
I'll always get you up so cheered,  
So wipe away those teary eyes,  
You'd look much better with a smile.

-Sanjana Bahuguna, IXD



# ACHIEVEMENT



We are proud that Akshara from Class 12 B completed a one-week internship at TTK Hospital (TT Ranganathan Clinical Research Foundation), Chennai. She was selected for the prestigious programme and reported on 24th February 2025, during the academic break for Class 11. During the internship, Akshara gained valuable insights into clinical research and rehabilitation practices at one of India's leading centres for addiction treatment. This experience provided her with hands-on exposure to real-world healthcare settings and deepened her understanding of mental health and recovery. Congratulations, Akshara! Your dedication and initiative are truly commendable. We wish you continued success on your academic and professional journey.

# ACHIEVEMENT



We are proud to share that Sritejas Vemuri's research paper has been successfully published in an international journal—a remarkable accomplishment at his stage of schooling. Initiated during his Term 1 break in October, Sritejas pursued this research under expert guidance at the SHRM Institute in a well-equipped biological laboratory. His paper showcases detailed experimentation, supported by photographs and systematic documentation, reflecting scientific rigour and dedication. This achievement not only marks a significant personal milestone for Sritejas but also highlights the school's nurturing environment and academic encouragement over the years. We congratulate Sritejas on this outstanding success and look forward to many more such accomplishments in the future.



# FRENCH LANGUAGE DAY



Celebrating the Beauty of the French Language, students of Grades 8-12 came together with boundless enthusiasm to celebrate UN French Language Day. They brought the Francophone spirit to life through captivating skits, speeches, and songs, showcasing the richness of French culture, history, fashion, scientific advancements, and so much more. It was truly an unforgettable celebration of language, creativity, and the global impact of French.

# THE SPIRIT OF KAIZEN



The morning assembly by Grade 10C was a memorable one, as the students took the stage to delve into the powerful concept of Kaizen – the Japanese philosophy of continuous improvement. Through a creative skit, a thought-provoking poem, and a clear explanation of Kaizen, the students brought this philosophy to life, emphasizing the importance of bettering ourselves, step by step, every day. The performance showcased immense talent and teamwork and left the audience inspired to embrace small, positive changes in our lives. Here's to growth, progress, and the Kaizen way — where every little step counts!



# SPARK SPEAK

## Cyber Awareness Session



Students of Grades 9 and 10 took part in an engaging and informative Cyber Awareness session on the Impact of Social Media and Online Gaming, led by Dr. Sainath Chary Gannoji, a Cyber Awareness Advocate and DiLSeY Volunteer at the Society for Cyberabad Security Council. The session covered many aspects of social media, its positive and adverse effects, tips for maintaining digital safety and safeguarding digital footprints while gaming and ways to tackle issues like cyberbullying, gaming addiction, and data privacy risks. Dr. Chary's interactive presentation gave students valuable insights into balancing the benefits of social media with the importance of safe and responsible digital engagement.



# SPARK SPEAK

## Career Guidance



An insightful session on Exploring Careers in Management, Economics and Liberal Arts was conducted by Mr Durga Sankar, Chief Mentor, UG, IMS Hyderabad, for the students of Grades 9, 10 and 12. Mr Sankar emphasized that career choices should be based on strengths, and not just eliminating what we weren't good at. He highlighted the importance of interest, ability, and scope in making decisions. He gave profile-building tips to Grade 9 and entrance exam strategies for the students of Grades 10 and 12. It was truly an informative session.



# FIELD TRIP

## A Royal Walk Through History: A Visit to Chowmahalla Palace



Students of Grade 10 embarked on an enriching field trip to Chowmahalla Palace, a magnificent symbol of Hyderabad's royal heritage. Exploring the grandeur of the Nizam era, students observed the intricate architecture, vintage cars, regal attire, and rare artefacts that narrated tales of a bygone era. The guided tour provided valuable insights into the palace's cultural, political, and historical significance, complementing their classroom learning in Social Science. The serene courtyards and majestic halls left the students in awe, inspiring curiosity and appreciation for India's rich legacy. The experience fostered experiential learning, making history come alive beyond textbooks. It was an educational and memorable journey through time.



# INTERNATIONAL WOMEN'S DAY CELEBRATION



Women's Day celebration was filled with joy, reflection, and gratitude as staff participated in the event, embracing the strength, resilience, and courage that women continue to demonstrate. They came together to honour the incredible women who inspire, lead, and empower the community every day. It was a reminder about the importance of equality, respect, and the limitless potential of every individual. A huge thank you to everyone who contributed to making this event memorable. Let's continue to uplift and support each other every day!



# STEP UP: THE SENIOR YEARS STARTS HERE



The New Academic Year for Grade 11 began on a vibrant note with students participating in an energizing morning assembly, followed by a lively Zumba session and engaging team-building activities. A warm welcome from the faculty members set the tone for an inspiring year ahead. The schedule also featured a refreshing yoga session and thrilling sports activities at the amenity block, promoting wellness and teamwork. Creative group tasks like newspaper page designing and case study presentations encouraged innovation and collaborative thinking. The day concluded with an insightful SWOT analysis session, fostering self-awareness and personal growth among the students.



# EARTH HOUR



To mark The Earth Hour 2025, the students of Grade 9 came together to reflect on the importance of protecting and preserving our environment. Through creative expression, collaborative efforts, and meaningful discussions, they explored the urgent need for sustainable living and the impact of individual choices on the planet. The activities encouraged students to think critically about environmental challenges and inspired them to take responsibility as young changemakers. The celebration concluded with a collective commitment to adopt eco-friendly habits, reinforcing the belief that even small steps can lead to a greener, healthier Earth.



# IHC-WORLD EARTH DAY



In celebration of the World Earth Day, students of Grades 9 to 12 channelled their creativity and concern for the environment into a meaningful Logo and Tagline Designing Competition. Through colours, symbols, and words, they gave voice to the planet—crafting designs that inspired awareness and action. More than just an art activity, the competition served as a call to action. Each creation reflected a thoughtful understanding of environmental challenges and a sincere commitment to change. Students encouraged us to rethink our relationship with nature, adopt sustainable habits, and work towards a future where all life is valued. These logos are not mere visuals—they are symbols of hope and responsibility. The taglines are promises to protect and preserve our only home: Earth, for today and tomorrow.

# WORDS FROM SCHOOL COMMUNITY

Sleep paralysis is a sleep disorder in which a person is briefly unable to move or speak while falling asleep or waking up. It is often accompanied by vivid hallucinations and intense fear. It occurs during the transition from REM sleep to wakefulness, when the body remains paralyzed but the mind becomes aware. Though not harmful, frequent episodes can cause anxiety. Cultural beliefs can worsen fear, but the condition is linked to disrupted REM sleep. Managing stress, improving sleep hygiene, and using cognitive-behavioral strategies can help reduce its occurrence.



Debasmita Ghosh  
Department of  
Psychology



Hadasha Kanikella  
Department of Science

Biology is a dynamic subject that connects students to the living world around them. Effective teaching in biology goes beyond facts, aiming to spark curiosity and develop critical thinking. Relating concepts to real-life examples—like the human body, food, or the environment—makes learning meaningful and engaging. Visual aids, hands-on experiments, and storytelling help simplify complex ideas and bring lessons to life. Narratives about scientific discoveries and biologists add depth and interest. Question-based learning and group discussions promote analysis and active participation. Technology, through videos and interactive tools, caters to diverse learning styles. A well-rounded biology classroom becomes a space where students explore, inquire, and appreciate science—not just as a subject, but as a fascinating story unfolding in everyday life.



# GRAFFITI

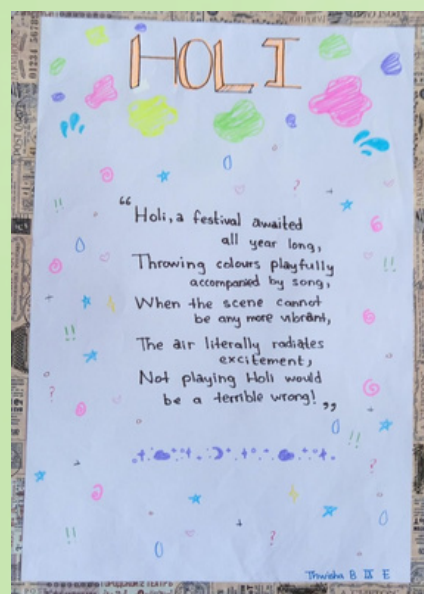
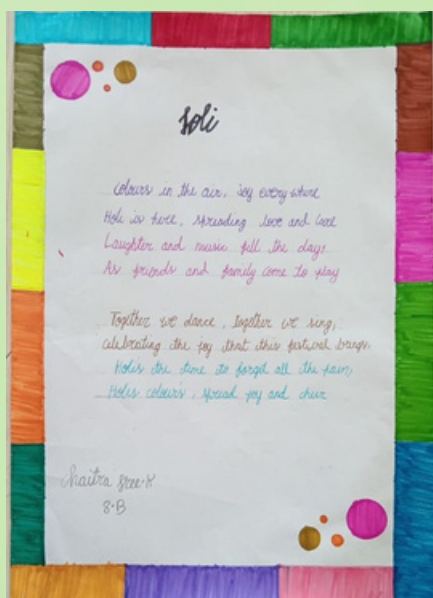
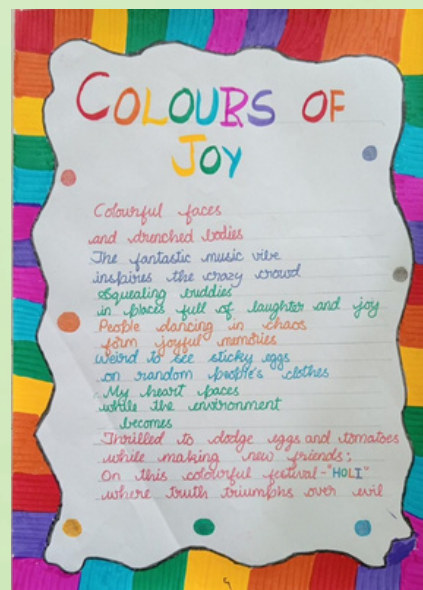
## CELEBRATING ART THROUGH COLLABORATION: A FUSION of CREATIVITY and CULTURE



The vibrant corridors of the school recently came alive with color and creativity as students collaboratively created a pair of stunning traditional lotus-themed murals. Guided by the art mentor, Narasimha Kumbar, the students hand-painted and used Lippon Art's intricate panels featuring blooming pink lotuses—symbols of purity, beauty, and resilience—framed by geometric patterns and mirror work that fused folk aesthetics with modern sensibilities. This experiential learning initiative showcased their artistic talent and deepened their understanding of cultural symbolism, encouraged teamwork, and enhanced fine motor skills. The completed artwork, a product of dedication and unity, is now a vivid reminder of how creativity flourishes through collaboration and collective spirit.



# GRAFFITI

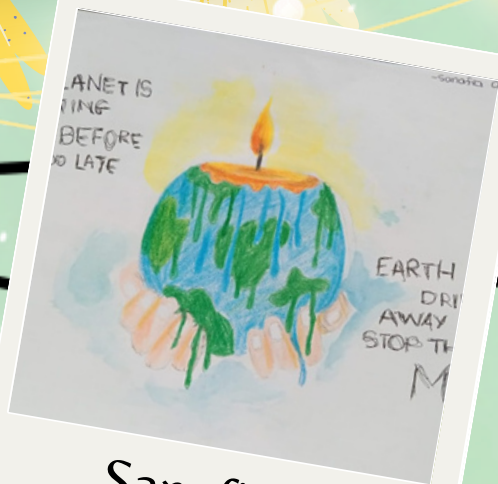




# Artworks



Saaman Vellanki 12A



Sanafia 9D



Ch. Abhinav 9B



Ananya Sai 9D



Aishwarya P 10E