Young Hans

NARAYANA, A PLACE WHERE ASPIRATIONS TURN INTO AIRs

From Olympiad gold to JEE Advanced AIR 5: The remarkable rise of Kuchi

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At 18, Kuchi Sandeep from Visakhapatnam has emerged as one of India's most promising young minds.

Kuchi secured an outstanding AIR 5 in JEE Advanced 2026 after earlier achieving AIR 37 in JEE Main 2026. A student of Narayana, Hyderabad, his achievement places him among the country's top engineering aspirants.

But Kuchi's success story extends far beyond competitive examinations. He had already earned international recognition by winning a gold medal at the International Chemistry Olympiad held in the UAE. He is now preparing to represent India once again at the upcoming International Chemistry Olympiad in Uzbekistan.

Aspiring to study Computer Science at IIT Bombay and build a career in technology, Kuchi believes the future belongs to innovation, while retaining a healthy perspective on the opportunities and challenges posed by artificial intelligence.

Q. Congratulations on securing AIR 5 in JEE Advanced. Before we talk about preparation and strategy, take us back to those crucial moments—the day before the results were announced, the day the results were declared, and the day after.

Kuchi: Those 3 days were a rollercoaster of emotions. My exam had gone well, I was expecting a decent result but every second was filled with mixed emotions- fear, excitement and anticipation. The moment results were announced I was overjoyed. It was a proud moment for my family and to be honest, I was very very proud of myself.

Q. The moment students open their JEE Advanced results is something they remember forever. What happened when you finally saw AIR 5 on the screen? What was your immediate reaction, and how did your family respond?

Kuchi: The moment I opened the results I was on cloud 9. It was a dream come true. A single digit all India rank was in itself a very proud moment for me, but top 5 was a cherry on the cake.

Q. When did you first begin to believe that securing a top rank in one of the toughest exams in the country was possible? Was there a particular moment when you felt, "Yes, I can do this"?

Kuchi: In the days before JEE Advanced I did really well on my mock tests. Combined with my previous Chemistry Olympiad selection it gave me the confidence that I could secure a top rank

Q. Narayana is often described as a place where aspirations turn into AIRs. How did you choose Narayana?

Kuchi: I visited the campus and I really liked the teachers there. I also felt the regular Narayana testing did help my JEE preparations.

Q. Many people assume that top rankers have their careers planned from childhood. Tell us about your journey. When did your serious JEE preparation actually begin, and how different was your experience from what people generally imagine?

Kuchi: I studied in a CBSE school before Narayana. In Class 9th, I joined Narayana for the Junior Science Olympiad and I have been with them since. I began my journey by Olympiad preparation and started serious JEE prep in 11th grade. My journey was quite similar to what people imagine but a less intense version of it.

Kuchi Sandeep

Q. JEE preparation is often described as a two-year marathon rather than a sprint. What did your daily routine look like during the most intense phase of preparation, and how did you maintain consistency over such a long period?

Kuchi: I made sure that I spent a considerable chunk of my day trying to solve different kinds of problems from different sources. I also made sure I revised previous topics while reading new ones. I maintained consistency over a long period by treating each mock test I gave as the final exam which always made me give my best.

Q. There is a popular belief that students who secure top ranks study 14 to 16 hours a day. Was that your reality, or do you believe success is more about the quality of study rather than the quantity of hours?

Kuchi: I believe both are important. Quantity is important until one can ensure at least 8-10 hours of study but after that further increase in quantity will just worsen the quality. After reaching a minimum it is much more important to focus on quality of study.

Q. A journey as demanding as JEE preparation inevitably comes with moments of pressure, self-doubt, and frustration. Were there times when you felt overwhelmed, and how did you navigate those difficult phases?

Kuchi: Bad tests always made me feel down. I overcame it by looking back at my good test results and talking to my parents and teachers.

Q. Apart from the guidance of Narayana's teachers and mentors, family support often plays a crucial role behind the scenes. How important were your parents, family members, and friends during these two years of preparation?

Kuchi: My parents stayed with me throughout my JEE prep so I was able to come back home instead of a hostel which was helpful. Also, my parents gave me motivation whenever I did badly in tests.

Q. Many IIT graduates eventually choose careers in technology, entrepreneurship, research, or even the Civil Services. Have you thought about the path you would like to pursue in the long run, and what attracts you to that field?

Kuchi: I would like to pursue a career in technology. Modern technology is fascinating to me, I would like to be a part in discovering it.

Q. If engineering had not been your chosen path, what other career options would have interested you? Were there any subjects or professions outside engineering that genuinely appealed to you?

Kuchi: If I hadn't chosen engineering, I would have chosen research in chemistry.

Q. Now that you have secured a rank that gives you access to the country's finest institutes, which IIT and branch are you aiming for, and what makes that choice special for you?

Kuchi: IIT Bombay Computer Science. The field is rapidly growing and changing and therefore seems exciting.

Q. As someone preparing to enter the technology world at a time when Artificial Intelligence is rapidly transforming industries, what are your thoughts on AI? Do you see it primarily as an opportunity, or are there concerns that students should be mindful of?

Kuchi: It is both an opportunity and a concern. It will take over a lot of jobs which can easily be automated and don't require deep thinking but it will also make jobs easier.

Q. India will celebrate 100 years of Independence in 2047. Looking ahead to that milestone, what kind of technological future do you envision for the country? Do you think innovations such as flying cars and advanced urban mobility could become a reality in everyday life?

Kuchi: I think flying cars and all are still science fiction in the near future but I envision a future where most repetitive and boring tasks are automated.

Q. Finally, lakhs of students across India are currently preparing for JEE while dealing with pressure, uncertainty, and fear of failure. Having successfully completed this journey, what message would you like to share with them?

Kuchi: Work hard and stay focused so that you can achieve your dreams.

IIT Madras celebrates international graduates

The Indian Institute of Technology Madras (IIT Madras) celebrated the achievements of its international students during a special Degree Distribution Programme, where graduating scholars from across the world received degrees across postgraduate and doctoral programmes.

The event marked the successful completion of studies for international students enrolled in programmes including MTech, MS, PhD, joint degrees and other international academic collaborations. Graduates representing several countries participated in the ceremony, highlighting the institute's growing global academic presence.

Addressing the gathering as chief guest, Vikram Misri, Foreign Secretary of India, congratulated the graduating students and encouraged them to apply the knowledge, skills and research experience gained at IIT Madras to address global challenges, particularly those affecting developing nations.

He urged students to use innovation and technology to contribute to sustainable development and problem-solving in an era of rapid technological transformation. Emphasising the importance of global cooperation, he noted that highly skilled graduates have an important role to play in addressing issues related to economic development, infrastructure, healthcare, education and climate resilience.

The ceremony also reflected India's growing role as an international higher education destination. Over the years, IIT Madras has expanded opportunities for students from different countries through scholarships, academic partnerships and dedicated international outreach initiatives.

The institute offers several support mechanisms for overseas students, including scholarships under the IIT Madras Global Engagement initiatives, the Indian Council for Cultural Relations (ICCR) programme, the Study in India initiative and other international collaborations. These efforts have helped attract talented students from Asia, Africa and other regions.

Officials noted that international enrolment at IIT Madras has steadily increased in recent years, with strong participation from countries across the Global South. The institute has also strengthened global academic engagement through research collaborations, exchange programmes and international partnerships.

For many graduating students, the ceremony marked not only the completion of their academic journey but also the beginning of careers in research, industry, entrepreneurship and public service. The event underscored the growing importance of international education and the role of institutions such as IIT Madras in preparing graduates to contribute to global development through science, technology and innovation.

TODAY IS NATIONAL EAT YOUR VEGETABLES DAY

Honing healthy habits early

Vegetables are an important part of a balanced diet and play a key role in helping children grow strong and stay healthy. Packed with essential vitamins, minerals, fiber and antioxidants, vegetables provide the nutrients needed for healthy bones, muscles and overall development.

Eating a variety of vegetables every day can help improve immunity and protect children from common illnesses. Leafy greens, carrots, tomatoes, beans, peas and other colorful vegetables contain nutrients that support healthy eyesight, brain development and energy levels. They also aid digestion and help maintain a healthy weight.

Health experts recommend including vegetables in every meal to ensure children receive a wide range of nutrients. Different colors of vegetables provide different benefits. For example, orange vegetables such as carrots and pumpkins are rich in vitamin A, while green vegetables like spinach and broccoli contain iron and calcium that are important for growth and strong bones.

Developing healthy eating habits at an early age can have long-term benefits. Parents and teachers can encourage children to eat vegetables by offering colorful salads, soups and healthy snacks. Involving children in gardening or helping with simple meal preparation can also make them more interested in trying different vegetables.

Eating vegetables regularly not only helps children stay active and energetic but also supports concentration and learning. A nutritious diet, combined with regular physical activity and adequate sleep, contributes to overall health and well-being. By making vegetables a regular part of their meals, children can build healthy habits that will benefit them throughout their lives. Small changes in daily eating patterns can make a big difference in helping children grow into healthy and happy adults.