

Hans Hyderabad



FRESH PURE
ALL NATURAL
LOOSE TEA



YOUR FAVOURITE TEA STORE
NOW OPEN @

LB. NAGAR

CHINTALKUNTA X ROAD,
OPP RAINBOW CHILDRENS HOSPITAL
(M) : 7207929817

**Visit today & Get 10 variety
Trial Packs FREE worth Rs.100/-**
Visit today along with this paper cutting.

Over 80 varieties of Tea on display

Flavoured teas
made with fresh, pure &
natural Indian spices

Natural Ingredients No Added Flavour



ORDER ONLINE ON
www.aonetea.com



Scan to Order



16 STORES
ACROSS HYDERABAD

HYDERABAD'S No.1
SINCE 1977

a-one

A-ONE TEA COMPANY

Flagship Store @ RTC X ROAD Beside Pista House

RTC X ROAD 9959968974	ATTAPUR 7993926091	SANTOSH NAGAR 8341875706	ERRAGADDA 9550454264	KONDAPUR 7702106618	KUKATPALLY 7207694264	DILSUKHNAGAR 8121998706
RAMANTAPUR 8096841871	A.S. RAO NAGAR 7093626133	TRIMULGHERRY 9959968987	UPPAL 8519961871	GACHIBOWLI 7416074516	MALKAJGIRI 7032804133	SHAHALIBANDA 7702388671

Digital age, distracted minds: How students can find inner stillness to study better

How mindful tech use can protect focus, well-being, and emotional balance

In today's hyperconnected world, students face an unprecedented challenge: staying focused while navigating endless digital distractions. Social media and instant online content promise quick learning and constant validation but often erode critical thinking, shorten attention spans, and foster a need for external approval. This shift has led to alarming behavioural changes, including restlessness and reduced productivity. Striking a balance between the digital and real worlds is essential. Practical steps such as setting tech-free times, embracing mindfulness techniques like meditation and yoga, creating organised study spaces, and prioritising physical well-being can help students regain focus and emotional balance. Limiting notifications and using technology purposefully, rather than passively, transforms digital tools into allies instead of obstacles. The digital age offers remarkable opportunities for growth, but conscious, mindful engagement is the key. By choosing purposeful tech use and self-care, students can focus better, feel calmer, and unlock their true potential



SUDHANSHU MAHARAJ

In today's digitally driven world, every individual grapples with the challenge of staying digitally alert while resisting the temptations of the virtual realm. Young minds are more susceptible to the pervasive culture of social media, where likes and shares now define their self-worth.

What's more concerning is that the growing number of students simply rely on social media platforms and use tools to learn, instead of researching and delving deeply into books. This has done more harm than we acknowledge.

Young minds are now more prone to digital validation. Their ability to critically analyse the problem is depleting, and most importantly, the behavioural changes are alarming. While the digital age offers growth opportunities, it also raises concerns about self-awareness and growing restlessness amongst the students.

Let us understand how to strike a balance between the digital and real worlds, and remain mindful without losing ourselves in the whirlwind of the digital revolution.

The root cause of distraction in students

The internet can now be accessed by all, which is proving to be overwhelming. This is particularly true

for students who now have to use digital means, like smartphones, to study and search. Notifications beep incessantly, timelines update perpetually, and the urge to remain online persists constantly. For students, this translates to: For students, this means:

- Short attention span
- Constant comparison
- Need for validation
- Reduced productivity

Practical strategies for finding focus

The digital world is here to stay, but children can be equipped with the proper habits and tools to thrive in it. Here's how parents, teachers, and mentors can help kids develop focus and self-control:

1. Digital detox: Setting boundaries

The first step is always tricky, but when practised regularly, it can help in forming habits. So, the digital detox begins with taking shorter breaks from digital media and engaging the brain with creative activities. This may not always be related to education, but can include creative activities such as sketching, learning music, or playing outside.

You can create a tech-free zone, or decide a time after which no one in the family uses the phone. Make it a time to connect, speak about your

day, and ask the kids about their school experiences and interests.

Decide the timing for the social media activities like specific times in the day for checking notifications, instead of letting them interrupt their focus.

2. Mindfulness and meditation

The effectiveness of Yoga and meditation is proven and can be helpful for the students as well. Following the practices of mindful meditation, pranayama (controlled breathing), and mantra chanting helps focus and generate awareness about ourselves. This calms down the mind and enhances concentration.

4. Creating a calming study environment

Your environment has a significant impact on your ability to concentrate. A clean and organised space lets your mind focus on the task. The students should always study in a clean and organised space. This prevents distraction and helps them focus on their core task. Keep the books organised and stationery accessible so that you don't have to move around.

5. Physical well-being

A healthy body supports a healthy mind. So, focus on incorporating physical activities like a short walk

in nature, which helps boost the endorphin hormones, natural mood boosters.

Adequate sleep is a must for students. It helps improve cognitive skills, concentration, and aids in memory consolidation.

Proper nutrition and nourishment are a must. Healthier food choices, such as nuts and fruits, along with a protein-rich diet, help keep the mind alert.

Embracing the digital age—mindfully

The digital world isn't going away, nor should it. Technology has the power to connect, inspire, and educate. The key is to use it mindfully, not mindlessly. Follow accounts that inspire and educate rather than distract or discourage.

Conclusion: The way ahead

We cannot completely cut ourselves off from the digital revolution. But mindfully choosing the right path and by striking a balance between the digital and real worlds, we can help lay the foundation for a stronger future. Students need to focus on how to channelise these resources for their development and growth. By developing inner calmness—through mindfulness, mindful use of technology, and self-care—students can transcend the din and reach their full potential.

Hans Hyderabad

Kings Family Dhaba — A Great Destination for Delicious and Hygienic Food



King Dhaba Sangareddy



For travellers looking for a place that offers delicious food, quality, hygiene and a pleasant dining experience, Kings Family Dhaba is a great choice. Located at Kandi Village on the NH-65 Highway, the dhaba is an ideal place for families, friends and highway travellers to enjoy a satisfying meal.

Kings Family Dhaba offers a wide variety of tasty vegetarian and non-vegetarian dishes to suit different tastes. The restaurant is especially known for its delicious Fish Curry, Prawn dishes, Nattu Kodi (country chicken) preparations and several other specialities. For traditional food lovers, the Nattu Kodi dishes offer an authentic flavour, while seafood lovers can enjoy fresh and flavourful fish and prawn preparations.

At Kings Family Dhaba, taste and hygiene are given equal

importance. The management focuses on using quality ingredients and preparing food in a clean and hygienic environment. Freshly prepared and hot food is served to customers, ensuring a satisfying and enjoyable dining experience.

The dhaba is also a convenient option for families who want to enjoy a meal together. Being situated on the NH-65 Highway, it is particularly convenient for travellers who want to take a break and enjoy good food during their journey. With a focus on quality, taste and cleanliness, the management strives to provide customers with a memorable dining experience.

Kings Family Dhaba is managed by Mohammad Sirajuddin and Mohammad Raheemuddin. The management is committed to serving delicious food according to customers' preferences while providing

warm hospitality and good service.

Whether you are travelling on the highway, dining with family or simply looking for a tasty meal, Kings Family Dhaba offers a variety of choices under one roof. From flavourful Fish Curry and Prawn dishes to traditional Nattu Kodi preparations, the restaurant has something for every food lover.

With its emphasis on good taste, hygienic preparation, quality food and customer satisfaction, Kings Family Dhaba is emerging as a preferred food destination for travellers and local customers alike.

Kings Family Dhaba – Great Taste, Quality Food and Hygienic Dining!

Address: Kandi Village, NH-65 Highway

Owners: Mohammad Sirajuddin & Mohammad Raheemuddin



Friendship matters: How strong bonds boost mental health

A trusted friend acts as a safe space to share fears, disappointments, and even embarrassing moments without judgment. This emotional outlet reduces stress, anxiety, and feelings of isolation. According to the American Psychological Association, students with strong social support networks have lower levels of depression and better coping skills. When friendships are rooted in trust and understanding, they provide comfort during tough times, whether it's dealing with an exam failure, family issues, or self-doubt. Having someone who listens and empathizes can significantly improve emotional resilience.

Reducing stress and building confidence

Student life can be stressful—constant competition, academic pressure, and career concerns often overwhelm individuals. A strong friendship network acts as a buffer against this stress. Spending time with friends—whether laughing over a shared joke or taking a short break together—triggers the release of “feel-good” hormones like oxytocin and serotonin, which lower cortisol levels (the stress hormone). Moreover, friends often boost each other's confidence. A simple “You've got this” before a big presentation or exam can improve performance by reducing anxiety and increasing self-belief.

Academic motivation and collaboration

Friendships also influence how students approach academics. When friends study together, share notes, or explain concepts to one another, learning becomes more interactive and enjoyable. A friend's encouragement to stay consistent with assignments or avoid procrastination often leads to improved academic outcomes. Peer motivation is powerful: students are more likely to push through difficult topics when they have a support system

working toward the same goals. Some studies have even linked strong peer connections to higher attendance rates and better grades.

Healthy social skills and life balance

Friendships teach essential life skills such as communication, conflict resolution, and teamwork—skills that are crucial beyond academics. Friendships also encourage balance; they remind students to take breaks, engage in extracurriculars, and enjoy life outside academic pressures. This balance prevents burnout. A student who spends all their time isolated with textbooks may perform well in the short term but risks long-term exhaustion. Those with friends often have healthier routines and better overall well-being.

Friendships in the digital era

Today's students often form and maintain friendships online. While digital communication helps stay connected, in-person interaction is still essential for deep emotional bonding. Meeting friends in real life, even briefly, strengthens trust and provides richer emotional support than texting alone.

Building strong and supportive friendships

Creating meaningful friendships requires effort. Here are a few simple practices:

- **Be open and approachable:** Smile, start conversations, and be willing to listen.
- **Prioritize quality over quantity:** A few supportive friends can be more beneficial than many acquaintances.
- **Show empathy and kindness:** Support your friends through both good and bad times.
- **Respect differences:** Embrace diverse backgrounds and perspectives; this enriches friendships and personal growth.



Dr. Praveen Kumar Madikonda
MD (Ayu); C. Yoga

Gold Medalist
(Banaras Hindu University, Varanasi)

Professor
Dept. of Panchakarma,
Dr. BRKR Govt. Ayurvedic
Medical College, Hyd.
Regd. Number: 20672



Uma Ayurvedic

Speciality Centre



Whatsapp No.
9849271601



E-Mail
pkmadikonda@gmail.com



Website
www.umaayurvedic.com



GANDHI NAGAR

#1-1-651/B, Gandhi Nagar,
Opp. Vishnu IAS Academy,
Hyderabad - 500 080, T.S.

Cell: 9000513389

TIMINGS
Mon, Tue, Fri & Sat
Evening 5 p.m. to 7 p.m.
Sunday Holiday

BODUPPAL

H.No. 9-102/9/1,
Sai Maruthi Nagar,
Lakshmi Nagar Colony,
Boduppal, Hyderabad - 500 092
(Land Mark-Kiran International School Lane)

Cell: 9949489506

TIMINGS
Wed, Thu - Evening 5 p.m. to 7 p.m.
Sunday - Morning 9 a.m. to 11 a.m.

Prior appointment only



स्वस्थस्य स्वास्थ्य रक्षणम्,
आतुरस्य विकार प्रशमनम् ॥



శ్రీ సాయి తేజస్వి క్లినిక్ & కౌన్సిలింగ్ సెంటర్

ఆర్.టి.సి. కాలనీ రోడ్, గవర్నమెంట్ హాస్పిటల్ ప్రక్కన, నల్లగొండ

Cell: 9849137601
8008218360

23/08/2026 ఆదివారం

చర్మ సంబంధిత వ్యాధులకు ఉచిత కన్సల్టేషన్

డాక్టర్ గారు చూడు వ్యాధులు

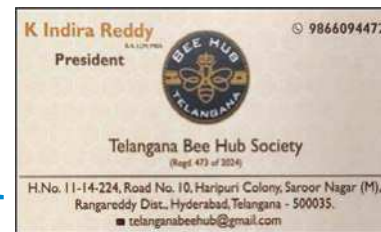
డా॥ జి.అజయ్ కుమార్
MBBS, DDVL (GANDHI)

కన్సల్టేషన్, చర్మ వైద్య నిపుణులు మరియు
డెర్మటాలజిస్ట్, వెనిరాలజిస్ట్, ల్యాప్రాలజిస్ట్
ప్రతి నెల 2వ, 4వ ఆదివారం

సోరియాసిస్ (బొల్లి మచ్చలు), మోటిమలు వల్ల కలిగిన గుంతలకు
చికిత్స చేయబడును. మంగు మచ్చలు ఇతర పిగ్ మెంటేషన్ సమస్యలకు
కెమికల్ ఫిలింగ్ చేయబడును, Electrocautery ద్వారా నొప్పి లేకుండా పులిపిర్లు
తీయబడును. దురదలు, దద్దుర్లు, గజ్జీ, తామర, జుట్టు రాలుట, చుండ్లు
పేను కోరుకుట, గోరుచుట్టు, వృద్ధాప్యంలో చర్మ సంరక్షణ, సుఖ మరియు
లైంగిక పరమైన వ్యాధులకు స్పర్శలేని తెల్ల మచ్చలకు అన్ని రకాల చర్మ
మరియు సెక్స్ సంబంధించిన వ్యాధులకు చూడబడును.

ఆర్.టి.సి. కాలనీ రోడ్, గవర్నమెంట్ హాస్పిటల్ ప్రక్కన, నల్లగొండ
ఇ.సి.జి. 2 డి ఎకో, ఎండోస్కోపి, ల్యాప్, మెడిక్లస్ ఫార్మసి సౌకర్యం కలదు

HansHyderabad



From Honeybees to Rural Prosperity: Telangana Bee Hub Society's Mission to Transform Beekeeping into a Sustainable Business



Indira Reddy

Hyderabad — What began as a small initiative in 2021 has grown into a full-fledged movement to promote scientific beekeeping, pure natural honey, and sustainable rural livelihoods. At the heart of this movement is the **Telangana Bee Hub Society**, led by its Director, **Indira Reddy**, who has emerged as one of the strongest voices in Telangana's apiculture sector — building bridges between farmers, entrepreneurs, consumers, and honeybees.

A Society Built Around the Bee

The Telangana Bee Hub Society was founded on a simple but powerful idea: that a single bee colony can do far more than produce honey — it can generate income, restore ecological balance, and create employment across rural Telangana. Under Indira Reddy's leadership, the Society works at the intersection of agriculture,

entrepreneurship, and environmental stewardship, positioning apiculture as a viable, scalable business model for farmers and unemployed youth alike.

Through its associated venture, **RUTIKA Innovations**, the Society has translated this vision into structured training programmes, commercial pollination services, and a growing line of bee-based products — all rooted in scientific, sustainable methods.

Director Indira Reddy: From Training to Transformation

Indira Reddy entered beekeeping with a clear objective — to help farmers earn more while making pure, natural honey accessible to consumers. She strengthened her technical foundation through advanced training associated with the **Central Bee Research and Training Institute (CBRTI), Pune**, before dedicating herself to sharing that knowledge across Telangana.

Her approach goes well beyond selling honey jars.

She believes the real value of a bee colony lies in the entire ecosystem it supports — honey, pollination, pollen, wax, royal jelly, and venom — and has built Society's programmes around unlocking that full value for rural communities.

Her contributions have been formally recognised with the **Best Social Entrepreneur Award from MSME**, acknowledging her work in social entrepreneurship and rural empowerment.



Training That Reaches Beyond the Farm: CRPF, Prisons, FPOs and SHGs

What sets the Telangana Bee Hub Society apart is the breadth of communities it trains. Under Indira Reddy's guidance, apiculture awareness and hands-on training programmes have been conducted for:

- **Central Reserve Police Force (CRPF) personnel**, introducing beekeeping as a skill for post-service livelihood and rehabilitation
- **Prison inmates**, as part of correctional and vocational rehabilitation programmes that equip individuals with a dignified, income-generating skill for life after release
- **Farmer Producer Organisations (FPOs)**, helping farmer collectives diversify income through structured, group-based beekeeping models
- **Self-Help Groups (SHGs)**, particularly among women and tribal communities, opening a low-investment, high-impact route

to self-employment. These programmes cover the full beekeeping journey — selecting an apiary location, colony management, seasonal migration, harvesting, honey processing, packaging, marketing, and value addition. The objective is never just awareness; it is to help every participant move from learner to livelihood-earner.

Bees as Agricultural Partners: Pollination and Ecosystem Impact

One of the Society's most significant contributions lies in **commercial pollination services**. Bee colonies are provided to seed companies and farmers cultivating crops such as pomegranate, mustard, onion, and vegetables — crops whose yield and quality depend heavily on effective pollination. "A bee colony is not only a source of honey; it is also a natural agricultural partner. When farmers understand the value of pollination, beekeeping becomes a business opportunity as well as a service to agriculture," is the philosophy driving this work.

The Society also practises migratory beekeeping, moving colonies in step with flowering seasons and crops such as ajwain, sunflower, sesame, soapnut, and mustard. This not only produces distinctive, crop-specific natural honey but also strengthens pollination across a wider agricultural landscape — supporting biodiversity, improving crop yields, and reinforcing the ecological role bees play far beyond the hive.

Beyond Honey: The Byproducts That Multiply a Colony's Value

The Telangana Bee Hub Society and **RUTIKA Innovations** actively collect and process a wide range of byproducts from each bee colony, including:

- **Pure natural honey** — crop-specific, traceable, and minimally



processed

- **Bee pollen** — a nutrient-dense supplement gathered from diverse floral sources
- **Beeswax** — used to craft natural soaps, lip balms, lipsticks, and candles
- **Royal jelly** — packaged in small consumer sizes and promoted for its nutritional value
- **Bee venom** — collected for its specialised applications

By developing this full range of products rather than relying on honey alone, the Society has created multiple, layered income streams for the farmers and entrepreneurs it trains — turning a single hive into a small, diversified enterprise.

Pure Honey and Bee Products — How to Order

The Society is committed to building consumer trust in Indian honey by making its origin traceable — which crop the bees visited, which season it was harvested in, and how it reached the bottle.

To purchase pure, natural, crop-specific honey or other bee-based products, or to enquire about training programmes, commercial pollination services, or partnership opportunities, reach out to:

Telangana Bee Hub Society / RUTIKA Innovations Director:
K. Indira Reddy [Ph: 98660 94472]
A Message for a Healthier, More Sustainable Future

Indira Reddy's journey — and the wider work of the Telangana Bee Hub Society — demonstrates that scientific knowledge, structured training, innovation, and the right market approach can turn beekeeping into a genuine engine of rural prosperity. From CRPF personnel and prison inmates to farmers and self-help groups, the Society is proving that a bee colony can change more than a landscape — it can change a livelihood.

Her message remains simple and direct:

Save the bees. Support the beekeeper. Buy natural honey — and help build a healthier, more sustainable agricultural future.



Fostering inclusive education with AI: Empowering every learner

How artificial intelligence is breaking barriers and creating equitable learning opportunities

Education is a fundamental right, yet traditional systems often fall short of accommodating diverse learners. Students with visual or auditory impairments, learning disabilities like dyslexia, or those facing language barriers often struggle in standardized teaching environments. In multicultural and multilingual classrooms, one-size-fits-all approaches rarely meet the needs of every learner. Inclusive education aims to bridge these gaps, ensuring that all students can learn, participate, and succeed regardless of their individual differences. This is where AI becomes a powerful enabler.

AI as a catalyst for inclusive learning

Artificial Intelligence brings adaptive and assistive technologies that personalize education and improve access for all learners. Here are key ways AI is driving inclusivity:

1. **Personalized learning pathways**
AI-powered learning platforms analyze student performance and behavior to customize lesson plans and resources. For example, if a student struggles with reading comprehension but excels in mathematics, AI tools can adapt content complexity and provide targeted exercises to strengthen weaker areas. This personalized approach helps learners progress at their own pace without feeling left behind.

2. Assistive technologies for disabilities

AI-powered applications such as text-to-speech, speech-to-text, and real-time captioning help students with hearing, visual, or mobility impairments.

Tools like screen readers and AI-driven Braille translators provide visually impaired students with access to digital learning materials, while real-time transcription supports hearing-impaired learners in understanding classroom discussions effortlessly.

3. Bridging language and cultural barriers

In diverse classrooms, language differences often create learning obstacles. AI-driven translation and transcription tools, such as multilingual chatbots and automatic subtitling, enable non-native speakers to access course materials and communicate effectively.



These tools foster cross-cultural understanding, reduce exclusion, and empower students to learn in their preferred language.

4. Early detection of learning challenges

AI can help teachers identify students at risk of falling behind by analyzing engagement levels, assessment patterns, and participation trends. This early detection allows educators to provide timely interventions, such as extra tutoring or alternative teaching strategies, ensuring no child is left behind due to unnoticed learning difficulties.

5. Gamified and interactive learning

AI-based gamified platforms create inclusive environments where students learn through interactive and adaptive methods.

Gamification helps children with ADHD or autism spectrum disorders stay engaged by transforming lessons into visually stimulating, goal-oriented experiences tailored to their attention spans and learning styles.

Artificial Intelligence (AI) is transforming classrooms by making education more inclusive, accessible, and personalized. By addressing diverse learning needs—from students with disabilities to those from varied linguistic, cultural, and socio-economic backgrounds—AI is enabling equal opportunities for growth and achievement

AI supporting teachers for better inclusion

Contrary to fears of replacing teachers, AI enhances their capabilities. By automating administrative tasks and providing data-driven insights, teachers can focus more on individual student needs and classroom interaction. AI-driven analytics help educators track performance trends, identify learning gaps, and adjust teaching strategies to support diverse learners effectively. Furthermore, AI enables teacher training in inclusive practices by simulating classroom scenarios involving students with varied needs. This equips educators

to handle complex learning environments more confidently and compassionately.

Challenges and ethical considerations

While AI has immense potential, its integration into inclusive education comes with challenges:

- **Data Privacy:** Student data collection requires stringent measures to protect sensitive information.
- **Bias in Algorithms:** AI systems must be designed to avoid bias that could unintentionally marginalize certain groups.
- **Access Inequality:** Not all schools,

especially in rural or underprivileged areas, have the resources to adopt advanced AI technologies.

Addressing these challenges requires collaboration between policymakers, technologists, educators, and communities to ensure equitable access and ethical use of AI in classrooms.

The road ahead

AI is not a magic solution, but when implemented thoughtfully, it acts as a powerful ally in fostering inclusive education. By prioritizing learning apps for special-needs children to AI-driven translation for multilingual classrooms, its applications are reshaping how we approach equity and access in education. By prioritizing inclusivity when designing AI solutions, we can create classrooms where diversity is celebrated, barriers are minimized, and every learner—regardless of ability, language, or background—has the opportunity to thrive. In an increasingly digital world, AI offers a chance to reimagine education as truly inclusive, personalized, and empowering for all.

The power of storytelling in modern classrooms

Blending traditional narratives with digital tools to shape young minds

In an era dominated by smart boards, educational apps, and AI-driven learning, one might assume that traditional storytelling has lost its relevance. Yet, stories remain one of the most effective ways to teach and connect with young children. Narrative thinking not only captures attention but also enhances comprehension, builds empathy, and nurtures imagination. Through relatable characters and engaging plots, children learn values, problem-solving, and emotional awareness in ways that abstract instructions cannot achieve. Research shows storytelling activates more areas of the brain than factual teaching, leading to deeper understanding and longer retention. Modern classrooms are now blending storytelling with digital tools—interactive story apps, animated books, and coding games based on storylines—to make learning dynamic yet rooted in human connection. Storytelling, whether traditional or tech-enabled, continues to help children think critically, feel deeply, and engage meaningfully with the world around them, proving it is far from obsolete.

JITENDRA KARSAN

In this modern era of smart boards, educational apps, and AI-powered learning, one can easily think of the art of traditional storytelling as a thing of the past. However, at the very heart of the best early childhood programs is one thing still standing tall, and that is narrative thinking.

Learning through stories isn't just an old-school method our grandparents swore by. It is one of the most powerful and proven methods for helping toddlers to learn better, bond with others, and comprehend the world around them. Children connect everything to stories; whether it is about how to share food or how plants grow, everything seems more relatable.

Why do stories work so well?

Children love stories. They listen, with rapt attention, when something has a character, a setting, and some problems to solve. Research shows that more brain areas light up in response to a story rather than a mere recitation of facts or instructions. This means that kids grasp the concepts better as well as retain them for a longer period.

For example, if we tell chil-

dren to be helpful to others, they might not follow. However, explaining it to them through stories like "Micky, the mouse," where he shares his piece of cheese with a friend who is hungry, makes the message more relatable and memorable. Through characters, children understand emotions, actions, and consequences, which leave a lasting impression.

Building hearts, minds and voices through stories

Narrative thinking lays the foundation for key developmental skills during early childhood gaining language, promoting creative imagination, building empathy, and enhancing comprehension. As kids follow a character's journey, they start looking at situations from multiple perspectives, building emotional understanding, an important aspect of social development.

This also considers the growth of language. Listening to or reading stories builds vocabulary, sentence structure, and even asking and answering questions, all essential skills for being ready for school.

Narrative thinking as a tool for problem-solving

It is true that storytelling helps little ones build imagination and connect through emotions, but it also helps in critical thinking. When a child follows a character



in their favorite story through a dilemma, they begin to predict outcomes, assess the choice and decisions at hand, and reflect on alternate solutions. This is the first step towards problem-solving.

For example, if in a story, the protagonist loses his favorite toy and goes on a mission to find it, a child will also ponder, reflect, and start thinking about what she would do. Through this narrative, she learns a valuable lesson: how to manage her disappointment and

yet work her way towards finding a solution, without even realizing it.

Stories into the new classroom

In digital classrooms, storytelling has certainly not lost its place. To the contrary, it has become more dynamic. Many curriculums combine technology with story-based learning to engage students better.

For example, children might be using reading apps wherein they follow the journey of a character

and might choose what happens next along the storyline, helping them to build comprehension and decision-making skills. In a science class, children might learn through a digital storybook where a curious squirrel collects all clues through changing seasons. This helps children to understand the science behind various weather patterns in a playful yet memorable way.

Coding for preschoolers frequently starts with robots that have to traverse story-led pathways, for example, helping a lost animal find its way home. These activities teach logic, sequencing, and cause and effect through a story.

The enduring power of storytelling

Storytelling does more than teach facts. It teaches values. It builds curiosity, connection, and confidence. In a time where so much of learning is moving online, stories help keep education human. They remind children and adults that learning is not just about getting the right answer.

It's about understanding the "why," the "how," and most importantly, the people involved. As education continues to evolve, narrative thinking continues to prove its worth. It blends beautifully with modern tools while grounding children in a way of thinking that is emotional, logical, and imaginative, all at once.

Vemulawada's Goutham Model School sets new standards in quality education

Modern teaching methods, IIT-NEET foundation programmes and value-based education shape students' future



M. Venkatanaraya Garu
GMS Chairman

***Vemulawada**
* In an era of rapidly changing educational needs, success is no longer determined only by marks and examinations. Developing analytical thinking, problem-solving

skills, confidence and strong values has become equally important for students. Addressing these changing requirements, *Goutham Model School in Vemulawada has emerged as a trusted institution for quality education.*

With a focus on academic excellence, modern teaching practices and the overall development of students, the institution has been providing education with high standards to middle-class families across Telangana and Andhra Pradesh for decades.

The journey of Goutham educational institutions, under the guidance of renowned educationist and chemistry expert *M. Venkatanarayana*, began in 1984 with the establishment of a junior college. Later, in 1998, the institution entered the school education sector and expanded its presence across Telangana and Andhra Pradesh.

Early preparation for competitive success*

Recognising the growing importance of competitive examinations, Goutham Model Schools provide *IIT and NEET foundation programmes* from an early stage. The focus is on strengthening conceptual understanding, logical thinking and problem-solving abilities among students, enabling them to face national-level competitive examinations with confidence.

Vemulawada branch's journey of excellence

The Vemulawada branch was established in 2012 by prominent businessman and senior journalist late *Bura Ramesh*, with a vision to provide quality education to students in the region.

Under the guidance of Chairman *M. Venkatanarayana* and the leadership of Branch Correspondent *Bura Uma Ramesh*, the school has been steadily progressing by nur-

turing students into successful professionals and responsible citizens.

The school has maintained a consistent *100% pass percentage in Class X examinations* since its inception. Students have achieved excellent academic results, including *10/10 GPA, 9.8 and 9.7 GPA scores, besides securing top marks such as **586 and 580* in state board examinations.

Technology-driven learning with personal attention

The school has created a technology-enabled learning environment with digital classrooms, advanced science laboratories, computer labs and experienced faculty members.

Innovative teaching methodologies are adopted to improve students' creativity, analytical abilities and problem-solving skills. Personal attention is given to students by understanding their individual learning needs.

Regular classes are supported by study hours, revision programmes and model examinations, helping students prepare effectively for board examinations and competitive tests.

Beyond academics: nurturing confident individuals*

At Goutham Model School, education extends beyond classrooms. The institution focuses on personality development through karate, yoga and sports activities, helping students develop discipline, confidence and leadership qualities.

For young learners, activities such as *Colour Day, Rain Day and Vanamahotsavam* are conducted to encourage creativity and active participation.

Celebrations of festivals including *Sankranti, Christmas, Krishna Ashtami, Raksha Bandhan and Vinayaka Chavithi* help students understand cultural values, communal harmony and social responsibility.

Education with values and vision

Along with academic excellence, the institution gives importance to discipline, time management, responsibility and moral values. Students are encouraged to stay aware of current affairs and develop the skills required to meet future challenges.

"Our aim is to provide quality education along with strong values, discipline and confidence, and shape students into responsible citizens. By adopting modern teaching methods and providing early guidance for competitive examinations like IIT and NEET, we are working towards building a strong foundation for students' future," said Branch Correspondent *Bura Uma Ramesh*.

