



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

JULY 2025



PRINCIPAL'S MESSAGE

Dear Children,

I hope you are all enjoying your summer vacation!

This month, we will be exploring the book "The 7 Habits of Highly Effective Teens" by Sean Covey, the son of Stephen R. Covey, who authored the well-known classic "The 7 Habits of Highly Effective People."

1. Be Proactive

It means being aware of your choices and making deliberate decisions rather than reacting impulsively or blaming circumstances. It involves self-discipline, responsibility, and the willingness to accept the consequences of your behavior. When you take control of your actions, you stop making excuses and start owning your progress, whether in academics, work, or personal life.

2. Begin with the End in Mind

It means having a clear vision of your goal before you start any task or journey. It encourages you to define your destination so that your actions and decisions stay aligned with your purpose. Whether you're planning a project, studying for exams, or setting personal goals, knowing what you want to achieve helps you stay focused and motivated.

3. Put First Things First

It means prioritizing what truly matters instead of getting caught up in less important tasks. It is about managing your time and energy wisely by focusing on your most important responsibilities and goals before anything else.

4. Think Win-Win

It is a mindset that focuses on mutual benefit in every interaction or relationship. Instead of competing or trying to get ahead at someone else's expense, thinking win-win means looking for solutions where everyone gains. It promotes cooperation, respect, and fairness, making it easier to build strong and positive relationships.

5. Seek First to Understand, Then to Be Understood

It means listening carefully to others before trying to express your own thoughts or opinions. It emphasizes the importance of empathy and active listening in effective communication. When you take the time to truly understand someone's feelings, needs, or point of view, it builds trust and reduces misunderstandings.

6. Synergize

It means working together in a way that brings out the best in everyone, creating better results than individuals could achieve alone. It is about valuing differences, combining strengths, and cooperating to find creative solutions. When people synergize, they listen to each other, respect different perspectives, and build on each other's ideas.

7. Sharpen the Saw

Sharpen the saw means taking time to renew and care for yourself regularly so you can stay effective in all areas of life. Just like a saw needs to be sharpened to cut well, we need to refresh our body, mind, heart, and spirit to perform at our best. This includes getting enough rest, eating healthy, exercising, learning new things, spending time with loved ones, and doing activities that bring joy and peace.

These habits help you become a better, happier, and more confident version of yourself.

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EDITORS' NOTE

Dear Readers,

It is with great pleasure that I present to you the July edition of EPICS -a publication that continues to celebrate the intellectual curiosity, creative spirit, and collective achievements of our school community.

At ICSK, a school magazine is more than just a collection of articles-it's a reflection of our vibrant school community. It showcases the thoughts, creativity, and achievements of our students and teachers. Each page captures the essence of what we stand for: learning, imagination, growth, and unity.

This month's issue brings you a delightful blend of insightful articles, poetry, artwork, and coverage of recent events and activities that have brought our school to life. From budding writers to emerging artists, we have strived to give every voice a platform and every idea a chance to shine.

We hope this edition inspires you, makes you think, and encourages you to be a part of the next one. After all, this magazine belongs to every one of you-our readers, our creators, and our school family.

"Hot July brings cooling showers, apricots and gillyflowers."

Happy reading, and we look forward to your feedback and contributions for the next edition!

Send your valuable contributions to
epicseditor@icsk-kw.com

With warm regards,
Mrs. Sona
Editor

Send your valuable contributions to
epicseditor@icsk-kw.com



Mrs. Sona Sunish



Mrs. Tintu Wilson



DATES

Dates are the sweet, edible fruits of the date palm tree, grown in many tropical regions. They are oval-shaped, with a single seed surrounded by fleshy, sweet pulp. Dates can be enjoyed fresh or dried, and are known for their natural sweetness, high fiber content.

Varieties:

Medjool: A popular variety known for its large size, sweetness, and soft texture.

Deglet Noor: Another well-known variety, often referred to as the "queen of dates," known for its light color and firm texture.

Barhi: A variety that can be enjoyed fresh when soft and golden yellow, or dried.

Ajwa: A dark, round date, originating from Medina, Saudi Arabia, and considered spiritually significant.

Other varieties: Hallawi, Dayri, Khudri, and many more, each with unique characteristics.

Uses: Eating on their own:

- Dates are a delicious and nutritious snack.
- In cooking: They can be used in both sweet and savory dishes, such as desserts, salads, and tagines. As a natural sweetener:
- Date syrup (also known as date honey or silan) is a popular alternative to sugar and honey. In traditional medicine:
- Dates are used in some cultures for various purposes, including promoting natural birth and treating certain ailments.

Nutritional Benefits:

Good source of fiber: Promotes healthy digestion and helps with satiety. Rich in vitamins and minerals: Including potassium, magnesium, copper, and vitamin B6.

Natural energy booster: Provides sustained energy due to their natural sugars. Antioxidant properties: Help protect cells from damage.

Online Counseling For UG Courses

Based on NEET-UG Scores:

A Crucial Phase for Students and Parents

Dr. T. P. Sethumadhavan

Professor, Transdisciplinary University of health sciences & technology, Bengaluru
Education & Career Consultant, Thrissur



With the declaration of NEET-UG results and counseling registration, thousands of students across India enter the next critical phase in their academic journey - the online counseling process. This process determines admissions into a wide range of undergraduate programs such as MBBS, BDS, BAMS, BHMS, B.V.Sc & AH, B.Sc Nursing, B.Sc Allied Health Sciences, and agricultural and veterinary science undergraduate courses in various government, private, and deemed universities.

As seemingly simple as online choice filling may appear, it is a crucial, often overwhelming decision-making stage that shapes a student's career trajectory. The choice of course and institution must not be a hurried or random selection based only on cut-off trends, peer pressure, or prestige alone. Instead, it must be a thoughtful exercise aligned with the student's interest, aptitude, academic background, long-term goals, and practical realities*.

This article aims to guide students and parents in navigating the online counseling process with clarity and care, maximizing the chances of a suitable and satisfying admission outcome.

Understanding the Counseling Process

NEET-UG counseling is conducted at both national and state levels. The Medical Counselling Committee (MCC)* handles All India Quota (AIQ) counseling for 15% seats in government colleges* and 100% seats in deemed universities, central universities, ESIC, and AFMC, whereas the respective state authorities* handle counseling for 85% state quota seats* in government colleges and 100% seats in private medical and allied institutions* in their states.

The process involves several steps:

1. *Registration* on the respective counseling portals (MCC or state).
2. *Payment of counseling fees and security deposit*.
3. *Choice filling and locking* - selecting preferred courses and institutions.
4. *Seat allotment* based on NEET rank, preferences, and seat availability.
5. *Reporting to allotted institution* or choosing to participate in subsequent rounds.

The *choice filling stage* is often the most critical and needs maximum attention.

Importance of Informed Choice Filling

The online choice filling process determines the order of preference* for courses and institutions that a student wants to be considered for during seat allotment. While it may seem tempting to simply list the most reputed colleges or top medical

courses like MBBS or BDS, this approach is short-sighted unless grounded in personal suitability and broader awareness.

1. *Interest and Aptitude Come First*

Parents and students must begin by asking: What does the student truly want to study? Where does their strength lie - in clinical practice, research, healthcare technology, animal sciences, or agricultural innovation?

For instance:

- * A student with a keen interest in animal care and rural development may thrive in *veterinary science*.
- * A biology enthusiast fascinated by laboratory research and diagnostics may prefer *allied health sciences* like Medical Lab Technology or Radiography.
- * Someone with a passion for holistic medicine may find *Ayurveda, Siddha, or Homeopathy* more meaningful.

Choosing a course that aligns with the student's natural curiosity, patience level, interpersonal skills, and career goals* leads to better academic performance and professional satisfaction in the long run.

2. *Course-based vs Institution-based Choice*

Choices can be made either by prioritizing a particular course (e.g., MBBS irrespective of college)* or a particular institution (e.g., AIIMS Delhi, regardless of the course offered)*. Students must balance both approaches.

A good strategy could be:

- * Prioritize top-tier institutes (AIIMS, JIPMER, state government colleges) if they offer your desired course.
- * In later choices, prioritize *your course of interest* even if it's in a lesser-known institution.

For instance, it is wiser to study *BDS in a reputable state college* than to pursue an MBBS at a high-cost, poorly equipped private college if the rank doesn't permit a good government seat.

Exploring Allied and Emerging Options

With the intense competition for MBBS and BDS seats, many deserving students miss out despite high scores. However, *medical education is no longer confined to just

MBBS*. NEET UG opens doors to diverse fields:

- Allied Health Sciences* (e.g., Operation Theatre Technology, Physiotherapy, Optometry)
- * B.Sc. Nursing* (offered in premier colleges like AIIMS, PGIMER, JIPMER)
- * BAMS, BHMS, BSMS, BNYS* (AYUSH systems gaining prominence under National Ayush Mission)
- * B.V.Sc. & A.H.* (Veterinary science with

opportunities in animal healthcare, livestock development, research)

* B.Sc. Agriculture* (including biotechnology, horticulture, and agribusiness in ICAR-accredited institutions)

These fields are emerging as *well-paying, stable, and impactful careers* with increasing demand for professionals in both public and private sectors.

Mistakes to Avoid During Counseling

1. *Blindly copying choices of friends or toppers* without assessing personal fit.
2. *Ignoring alternative courses* due to social bias or lack of awareness.
3. *Skipping choice locking*, which may lead to system-generated random choices.
4. *Listing only a few choices* instead of maximizing options based on eligibility.
5. *Not researching about fees, location, language, infrastructure*, especially in deemed/private institutions.

Parents must be cautious about emotional pressure and social comparisons. Counseling is about *individualized decisions*, not competition.

Role of Professional Counseling and Tools

Students and parents can benefit from:
 * *Mock counseling sessions* conducted by reputed NEET coaching centers.
 * *NEET rank predictor and college predictor tools* available online.
 * *Career guidance counselors* who can assess aptitude and guide on best-fit options.

Also, counseling bulletins published by MCC and state authorities contain valuable information on *previous year cut-offs, seat matrix, fee structure, and reservation policies*. Reading these documents thoroughly can help avoid costly errors.

Psychological and Emotional Support Readiness

The counseling phase can be mentally taxing. Uncertainty, peer pressure, unrealistic expectations, and fear of rejection may cause anxiety in students. Parents must act as *supportive facilitators*, not as enforcers of their own unfulfilled dreams.

Every student may not get into an AIIMS or government MBBS seat, but this does not diminish their potential. A fulfilling healthcare or life sciences career is possible through multiple entry points.

Always remember: the right choice is not necessarily the most popular one - it's the one that's right for you.

Exploring Entrepreneurship A Real - World Perspective



The Indian Community School Senior, organized a workshop on Entrepreneurship: A Real-World Perspective for the students of Class 11 on 7th & 8th May 2025 by Mr. Venkatesh Pillai, Dy Chief Operating Officer Trans W General Trading & Contracting Co W.L.L. The session aimed to introduce students to the world of entrepreneurship, inspiring them to consider it as a viable and impactful career choice.

Mr. Venkatesh began the workshop by emphasizing the crucial role entrepreneurs play in driving innovation, creating jobs, and shaping economies. He highlighted how entrepreneurship is more than just starting a business - it's about identifying problems, taking initiative, and delivering solutions that create value.

The session focused on real-world examples and case studies of successful startups, helping students understand the practical challenges and rewards of entrepreneurial ventures. Mr. Venkatesh



also shared his personal journey, including the ups and downs he faced in building his businesses. His stories resonated deeply with the students, making the concept of entrepreneurship more relatable and inspiring.

Interactive activities were included to engage the students, such as brainstorming business ideas, discussing potential markets, and evaluating risk-taking. These hands-on tasks helped students to think critically and creatively, developing skills essential for any aspiring entrepreneur.

In conclusion, the workshop successfully



introduced students to entrepreneurship as a dynamic career path. It encouraged them to think beyond traditional career options and consider building something of their own. Students left the session feeling motivated, with a clearer understanding of what it takes to be an entrepreneur in the real world.



WORLD LAUGHTER DAY

World Laughter Day was established in 1998, and the first celebration was on 10 May 1998, in Mumbai, India, arranged by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement. The day is now celebrated on first Sunday of May worldwide. Dr. Kataria, a family doctor in India, was inspired to start the Laughter Yoga movement in part by the facial feedback hypothesis, which postulates that a person's facial expressions can influence their emotions. The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter. It is most often celebrated by gatherings of people in public places with the sole purpose of laughing. Its popularity has grown exponentially with that of the Laughter Yoga movement now counting thousands of Laughter Clubs in more than 115 countries.

And now it is celebrated worldwide. Today, we are surrounded with a sea of negativity – violence, terrorism, natural disasters, global warming, bad economy and other stressors. When people are happy and healthy they contribute to world peace.

How can we bring World Peace through Laughter?

Formula is very simple -When you laugh; you change and when you change the world changes around you. Inner change is the key to see the change in the outer world. The war in the external world the reflection of the inner war going on in the minds of people. Unconditional laughter has the power to change the inner chemistry and make us feel good inside. When you feel good inside, it changes the perception of outer world. Laughter is the easiest and cost-effective solution for physical, mental, social and spiritual well-being.



ACHSA SARA BINOY
- 12 B



Laughter is a universal language, we all speak, and it helps to connect people from different cultures and countries. Through the network of free social Laughter Clubs, we are creating a worldwide community of caring and sharing people who believe in unconditional love, kindness and compassion

ICSK HOUSE ASSEMBLY 2025

Unleashing Talent, Fostering Unity:

A Grand Showcase of Talent and Unity at ICSK Senior House Assembly

The Indian Community School, Senior, conducted a vibrant and dynamic House Assembly on Tuesday, 14th May, 2025, with the aim of nurturing a strong sense of unity and teamwork among its diverse student body. The school's tradition and ethos of unity and collaboration were exemplified by this grand event, which is a cornerstone of the institution.

During the morning assembly, students dressed in their respective house colors gathered in the courtyard to represent their unique identities and embrace the spirit of togetherness. The assembly began with a recitation of verses from the holy Quran. The school choir, Swaranjali, sang a soul-stirring prayer song that resonated through the air, setting the stage for an uplifting and inspiring journey ahead. The assembly paid tribute to the Kuwait national anthem with a sense of patriotism.

The Battle of Bands was a showcase of the competitive spirit that ignited the budding musicians' raw talent and musical prowess. Each house's performances elicited a collective sense of awe and admiration.

The Fusion Dance Competition dominated the stage, as each house unleashed their creativity and passion through exhilarating



choreography and synchronized movements. The pulsating beats of music reverberated through the crowd as students showcased their agility and grace, leaving an indelible impression on all fortunate enough to witness their artistry.

Leaders House won the Fusion Dance Competition, followed by Victors House and Achievers House in second place. Principal Dr. V. Binumon commended the efforts of all participants, urging them to continue striving for excellence. The first House Assembly of 2025-26 at ICSK was a success, symbolizing unity and togetherness among students.



Royal Princess H.E. Sheikha Shaikha Ali Al-Jaber Al-Sabah Visits ICSK As Paradigm Chief Guest



The Indian Community School, Senior unfolded a tapestry of creativity and celebration through its annual Arts Fest - Paradigm 2025 on 28th and 29th of May 2025. This grand two-day celebration with over 1,600 students participating in 75 captivating events run across 2 vibrant stages served as a wonderful platform for students to unveil their inner artistry, ignite their creative passions and showcase their artistic talents.

The inaugural ceremony on 28th May 2025 witnessed a SEA of talents and the excitement was palpable. The occasion was graced by the esteemed presence of the Chief Guest H.E. Mr. Ghana Shyam Lamsal, Ambassador of Nepal to Kuwait. The august presence of Fr. James Tuscano, Principal of the Indian English Academy uplifted the spirits of the young and eager artists.

The celebration began with recitation of verses from the Holy Quran followed by a prayer song creating a divine atmosphere, seeking the blessings of the Almighty. The gathering paid tribute to the nations by honouring the National Anthem of Kuwait and Nepal. The ceremonial lighting of the lamp – a timeless symbol of knowledge and enlighten was performed by the esteemed Chief Guest H.E. Mr. Ghana Shyam Lamsal accompanied by Dr. V. Binumon, Principal and Senior Administrator of ICSK.

The cultural curtain rose with a mesmerising classical welcome dance titled 'Swagatham



Suswagatham'. This elegant dance paid homage to India's rich cultural legacy and transported the audience to a realm of rhythm and grace.

Dr. V. Binumon presented a cordial welcome to the gathering. In his address, he shared the aim behind organizing the programme - to provide a platform for the holistic development of students by encouraging them to explore their talents and creativity. He motivated all participants to not only compete but also to enjoy the experience and learn from one another.

In his inspiring address, the Hon. Chief Guest, H.E. Mr. Ghana Shyam Lamsal, Ambassador of Nepal to Kuwait, spoke warmly about the deep-rooted relationship between Nepal and India. He emphasized the importance of art in education and in life, stating that art is a universal language that connects humanity beyond borders. He praised the efforts of the school management, teachers and parents for their constant support and encouragement, and expressed his heartfelt appreciation to everyone involved in organizing such a vibrant and meaningful festival, which truly brought out the best in every child.

As a mark of academic excellence, the Class Toppers of the academic year 2024–25 was honoured with Proficiency Awards, presented by H.E. Mr. Ghana Shyam Lamsal accompanied by Dr. V. Binumon. The much-awaited Paradigm 2025 was then officially inaugurated as the Chief Guest released the ceremonial ribbons,



marking the beginning of the festivities. As a token of appreciation, Dr. V. Binumon presented a memento to H.E. Mr. Ghana Shyam Lamsal, in gratitude for his gracious presence and inspiring words.

The programme came alive with a vibrant cultural extravaganza, where the stage was set ablaze with energetic dance performances, lively music and a burst of colours and creativity. The performance was not just a display of artistic skill, but a joyful expression of culture, unity and youthful energy, leaving everyone mesmerized.

Vote of thanks presented by Mrs. Susan Rajesh, Vice Principal of ICSK, Senior followed by Indian National Anthem drew curtain to the inaugural ceremony and stated the commencement of the competitions.

Through the eloquence of essay and story writing the students let their voices be heard. The artistic minds unleashed their creativity in calligraphy, bouquet making





and the curls – hair styling. The event ‘Best Out of Waste’ highlighted the students’ creativity and innovation, where everyday objects were transformed into impressive works of art - a true celebration of talent, sustainability and thoughtful craftsmanship.

The second day brought with it a kaleidoscope of sights and sounds. Students amazed the audience with their cinematic, folk and classical dances, expressive mime acts, and heartfelt English and Hindi recitations. The stage came alive with synchronized step dances and melodious songs while the lively band competitions added great energy to the day. The fashion show was a real treat, where students walked with style and confidence, showing off their creativity.

Each performance, each creation, each expression was a tribute to the limitless potential of children when given the space to thrive.

The Valedictory Ceremony on 29th May 2025 was a moment of honour, pride and jubilation. The school had the privilege of welcoming Padma Shri H.E. Sheikha Shaikha Ali Al- Jaber Al – Sabah (Royal Princess) as the Chief Guest and H.E. Mr. Ioannis Platos, Ambassador of Greece to

Kuwait as the Guest of Honour.

Among the dignitaries were Mr. Shaikh Abdul Rahiman, Hon. Chairman to the Board of Trustees, Mr. Amer Mohammad, Hon. Secretary to the Board of Trustees, Mr. Vinukumar Nair, Hon. Vice Chairman to the Board of Trustees, Mr. S.N. Raju, Hon. Treasurer to the Board of Trustees, Mrs. Tasneem Mustafa, Principal of AMSB Indian School, Sr. Saritha Monteiro A.C., Principal of Carmel School, Kuwait, Dr. Prashant Vasudev, Principal of Gulf Indian School, Mrs. Sabahat Khan, Principal of Kuwait Indian School, Mrs. Rajalakshmi, Principal of Jabriya Indian School, Dr. V. Binumon, Principal and Senior Administrator of ICSK, Mr. Gangadhar Shirsath, Principal of ICSK Khaitan, Mrs. Shirley Dennis, Director of ISEK, Mrs. C Sheeja, Principal ICSK Junior, Vice Principals and Deputy Vice Principals of ICSK.

The ceremony began with the recitation of verses from the Holy Quran, followed by the prayer song and the national anthems of Kuwait and Greece. The lighting of the ceremonial lamp by the Chief Guest Padma Shri H.E. Sheikha Shaikha Ali Al- Jaber Al – Sabah and Guest of Honor H.E. Mr. Ioannis Platos once again cast a golden glow, symbolising knowledge, creativity and hope.

In his heartfelt welcome address, Dr. V. Binumon captured the essence of the two-day celebration and expressed gratitude for the dedication shown by students, teachers, and parents alike. A specially prepared video offered glimpses of the countless joyful and tireless moments behind Paradigm 2025, drawing smiles and cheers from the audience.

The celebration commenced with an array of welcome combining dance, music and melody. The dancers moved with graceful precision, their colourful costumes swirling as they greeted guests and set a joyful tone for the day. As the last notes faded, the auditorium was filled with energetic song performances - vibrant beats, powerful vocals, and enthusiastic choreography that had the audience clapping along. Each song was filled with rhythm and passion, showcasing the students’ confidence and vitality.

The esteemed Chief Guest, Padma Shri H.E. Sheikha Shaikha Ali Al-Jaber Al-Sabah, praised the students’ vibrant performances and warmly acknowledged the dedication of every teacher, parent and organizer who made Paradigm 2025 such a resounding success. Quoting her own words, “Creativity is the heartbeat of innovation,” she encouraged the young artists to seize every opportunity life offers, to keep creating, and to continue expressing themselves freely. In appreciation of her inspiring presence, Mr. Shaikh Abdul Rahiman, Hon. Chairman of the Board of Trustees, presented her with a commemorative memento.

The audience was soon captivated by the soul-stirring and vibrant voice of Mr. K. John Preetham, Alumni of ICSK filling the auditorium with rhythm and energy.

The Guest of Honour, H.E. Mr. Ioannis Platos, Ambassador of Greece to Kuwait, congratulated all participants on their outstanding efforts and spoke of the warm bond of friendship between India





and Greece. He highlighted the vital role of education in fostering positive change within society, urging students to carry forward their learning and creativity for the betterment of the society. H.E. Mr. Ioannis Platos was presented with a memento by Mr. Amer Mohammad, Hon. Secretary to the Board of Trustees.

The festival dazzled with a wide range of cultural programmes that kept the audience glued to their seats. Energetic fusion dances blended traditional and modern moves into a thrilling spectacle, while the trendsetting fashion show saw students strut their creativity and confidence on the ramp. Spellbinding songs filled the air, beautifully supported by a full orchestra whose rich harmonies added depth and emotion. A stirring Arabic song brought its own unique melody and rhythm, enchanting everyone with its lyrical beauty and heartfelt expression.

The much-awaited Prize Distribution Ceremony saw over 200 students being recognized for their excellence. Medals and trophies were awarded in a variety of categories, with special titles of Kalaprathibha and Kalathilak presented to top individual performers. In Category 3, Janiya Grace Jinu of Class 8C was conferred the title Kalathilak and Sachin Kolanchi of class 8C was awarded the



title Kalaprathibha. In Category 4, Sribadra Umesh of class 10E, bagged the title Kalathilak and Jeswin Jinu of class 9F secured the title Kalaprathibha. In Category 5, Esther Kammu Dinjen of class 11A was conferred the title Kalathilak and Rohit Raj Kanattu of class 12 G was awarded the title Kalaprathibha. House points were awarded based on the overall score and the LEADERS house bagged the first position followed by the ACHIEVERS house. The students and the house mentors were honoured with the House trophy. The enthusiastic children and their proud parents rejoiced in victory and success.

The two-day extravaganza came to a graceful close with a heartfelt Vote of Thanks by Mrs. Mini Shaji Joseph, Deputy Vice Principal of ICSK followed by the Indian National Anthem. As the curtain gently fell, the echoes of applause and laughter lingered in the air.



Healing After the Pandemic: Rising Above Depression with Strength and Hope



The COVID-19 pandemic changed life as we knew it, shaking not just our physical health but our emotional foundations as well. As lockdowns and fear swept the world, depression rates skyrocketed-so much so that the World Health Organization reported a 25% rise in depression and anxiety within just the first year. Even now, as we cautiously move forward, many are still grappling with the invisible scars left behind. But here's the good news: healing is within reach. With the right steps, we can rise stronger than ever.

Recognizing the Pain

First, it's crucial to validate your feelings. The loss, isolation, and upheaval we experienced were real, and there's no shame in feeling overwhelmed. Instead of brushing aside the hurt with a "just get over it" mentality, we must allow ourselves to grieve, to process, and to heal-on our own timelines.

Rebuilding Connections

One of the pandemic's cruelest impacts was the erosion of our social lives. Being cut off from friends, family, and communities only deepened feelings of loneliness. Now, rekindling those connections-whether through small gatherings, heartfelt

conversations, or virtual meetups-is more important than ever. Even a single deep connection can light up the darkest days.

Finding Comfort in Routine

The chaos of the pandemic upended daily life, blurring the lines between work and home. Re-establishing simple, healthy routines-like setting regular sleep schedules, making time for hobbies, and carving out moments for self-care-can create stability and purpose. Start small. Every consistent step, no matter how tiny, is a victory.

Movement as Medicine

Exercise isn't just about fitness-it's a powerful antidote to depression. Physical activity, whether it's a casual stroll, yoga session, or dance party in your living room, releases endorphins that naturally boost your mood. You don't need an intense gym regimen; just move your body in ways that feel good.

Prioritizing Mental Health

Mental health care deserves the same urgency as physical health. Therapy, whether in-person or online, can help untangle overwhelming emotions and build coping strategies. Cognitive Behavioral

Therapy (CBT) and, in some cases, medication can make a world of difference. Seeking help is a sign of strength, not weakness.



ABIGAIL RODRIGUES
- 12 B

Mindfulness and Emotional Resilience

Practices like meditation, journaling, and deep breathing help anchor us in the present and soften the weight of racing thoughts. Just a few minutes of mindfulness each day can teach you to greet emotions with compassion instead of judgment.

Fueling Your Body and Mind

What you eat matters. A nutrient-rich diet full of fruits, vegetables, lean proteins, and healthy fats can lift your mood and sharpen your mind. Swapping out excessive caffeine and alcohol for water, teas, and wholesome meals can help steady emotions and energy levels.

Patience and Self Kindness

Healing isn't a straight road-it's a winding path full of ups and downs. Comparing yourself to others will only slow you down. Celebrate every small step you take, and meet yourself with the same compassion you'd offer a friend.

When to Seek Help

If depression feels overwhelming or unrelenting, don't hesitate to reach out to a mental health professional. There is no shame in asking for help-you are never alone on this journey.

A Future Full of Hope

Though the pandemic left lasting marks, it also gave us a chance to rebuild better, stronger, and more connected than before. With time, support, and perseverance, hope and healing are not just possible-they are inevitable.



Don't COMPARE Yourself with
other No One Can Play Your Role
BETTER Than You.

Think Before You Scroll: A Guide to Positive Social Media Use

“Social media is about the people! Not about your business. Provide for the people and the people will provide you.”

— Matt Goulart

In today's digital age, social media is an important part of our daily lives. It connects us with friends, family, and the world beyond our immediate surroundings. From sharing moments to discovering new ideas, social media can be a powerful tool for learning, creativity, and positivity.

But just like any tool, social media needs to be used carefully. The phrase **“Think Before You Scroll”** reminds us to be mindful

of how we spend our time online and the kind of content we engage with. Mindless scrolling can lead to wasted time, negative feelings, or even misunderstandings.

Here are some tips to help you use social media positively and safely:

1. Pause and Reflect – Before liking, commenting, or sharing, think about whether the content is helpful, kind, or true. Spreading positivity helps build a better online community.

2. Limit Screen Time – Set boundaries for your social media use. Balance online time with hobbies, studies, and face-to-face

interactions.

3. Choose Your Circle Wisely – Follow accounts that inspire, educate, or motivate you. Unfollow or mute those that make you feel anxious or unhappy.

4. Be Kind and Respectful – Remember there are real people behind every post. Treat others online as you would in person.

5. Protect Your Privacy – Be cautious about sharing personal details and check your privacy settings regularly.

Using social media thoughtfully allows us to enjoy its many benefits without getting overwhelmed. It can be a place to learn new skills, find support, and express ourselves positively.

So, next time you open your favorite app, remember: Think Before You Scroll. Your time and energy are valuable. Make your social media experience meaningful, safe, and uplifting.



SARRA MUSTUFA
- 11 D



WORLD'S LARGEST PEN



LISA ROY MARIA
- 11 F

The saying that pen is mightier than sword may as well be literally true for Acharya Makunuri Srinivasa, a resident of Hyderabad. On Monday, Guinness World Records shared a video of a record-setting ballpoint pen, created by Srinivasa and his team in 2011. The Instagram Reel featured Srinivasa along with his team carrying the mammoth ballpoint pen. And the pen is not just for show, since it also performs its most basic function, helps in writing.

The Instagram Reel shared by Guinness World Records showed how a team of men held the pen and moved it on a large piece of white paper to draw a caricature. Sharing the details of the giant ballpoint pen, Guinness World Records added to the caption that the world's largest ballpoint pen measures 5.5 metres or 18 feet in length. The pen weighs a little over 37.23 kilograms. In the comments, Guinness World Records added that the ballpoint pen engraved with scenes from Indian mythology was crafted by Srinivasa. The brass outer shell of the pen weighs nine kilogram. Srinivasa's creation also beat the previous record by 1.45 m or 4 feet 9 inches when it was assessed in Hyderabad on April, 24 2011. The caption also vouched for its functionality as it read, "As per the guidelines, the pen 'dispenses ink at its tip during use by the rolling action of a small metal sphere'."

Photography



Neha Binil
- 12I



SCHIZOPHRENIA



Schizophrenia is a complex and multifaceted mental health disorder shrouded in misunderstanding and stigma by the general population. It affects millions of people worldwide and is not merely a stereotype. Schizophrenia is a serious mental health condition that affects people how they think, feel and behave. Hallucinations involve seeing things or hearing voices that aren't observed by others. Delusions involve firm beliefs about things that are not true. People with schizophrenia can seem to lose touch with reality, which can make managing social, personal and professional life very hard to deal with.

Yet despite its ubiquity, there's a veil of sciolism encompassing it. It is not identified with violence or danger. In fact, individuals with schizophrenia are more likely to be victims of violence than perpetrators. The symptoms include hallucinations (typically voices), delusions, disorganised thinking and behaviour, and flat or inappropriate affect which means their emotional expression does not match with the given situation. The symptoms gradually develop during young adulthood and are unfortunately, never resolved. There is no specific psychological objective diagnostic test as diagnosis is done based on the overt behaviour, a psychiatric history that includes the person's reported experiences, and reports of others familiar with the person. For a diagnosis of schizophrenia,

the described symptoms need to have been present for at least 1-6 months. People diagnosed with the disorder are more susceptible to self harm or harm to others, social isolation, cognitive issues, heart diseases, obesity and type 2 diabetes arising from antipsychotic medication. They also have other mental disorders like mood, anxiety, substance use disorders and obsessive-compulsive disorder (OCD).

About 0.3-0.7% (24 million) of people are diagnosed with schizophrenia during their lifetime, with a large number being males rather than females. The cause of schizophrenia may include genetic and environmental factors. Among genetics, it includes various types of common and rare genetic variants. And for environmental conditions comprise childhood adversity, cannabis use during adolescence, poor nutrition during pregnancy. It also includes the social complications such as long-term employments, poverty, homelessness, exploitation and victimization are also regularly tested with schizophrenia.

About half of those diagnosed with schizophrenia are observed to have a significant improvement over the long term with no further relapses, and a small portion recovered completely. The other half are seen to have lifelong impairment. People may be admitted to hospitals in severe cases. Compared to the general population, people diagnosed with

schizophrenia have about 5% higher suicide rate and more mental health problems leading to a life expectancy of 20-28 years only.



SPANDITA MONDAL
- 12 B

As we delve deeper into the intricacies of schizophrenia, we must acknowledge the importance of early intervention and treatment. With the right support and resources, individuals diagnosed with schizophrenia can lead fulfilling lives. Psychotherapy, medication, and community support play an essential view in managing this condition.

However, these approaches aren't easily approachable when we see it in the light of the social stigma, psychological and emotional hesitation. Many people hide their mental illness thinking about the comments and reactions from their family and friends. Society's view of not just schizophrenia, but any mental health disorder has always been seen as a 'taboo' due to which people diagnosed with them face so many barriers to get the help they need. However, this can be put to a stop by educating and advocating about such disorders and equitable access to mental health services for all. We must engage in discussions that challenge distorted notions. This is a collective responsibility for mental health professionals, families, friends, educators and policymakers. In conclusion, treating people diagnosed with mental health disorders like schizophrenia with dignity and respect can pave the way for a more inclusive society, as for they are not defined just by their diagnosis. It will only be possible when all of us cooperate with each other in order to build a world where mental health is prioritized, where individuals feel safe to seek help, and where support is readily available.

Thank You.





1. What goes up and down stairs without moving?
2. Give it food and it will live; give it water and it will die.
3. What can you catch but not throw?
4. I run, yet I have no legs. What am I?
5. Take one out and scratch my head, I am now black but once was red.
6. Remove the outside, cook the inside, eat the outside, throw away the inside.
7. What goes around the world and stays in a corner?
8. What gets wetter the more it dries?
9. The more there is, the less you see.
10. They come at night without being called and are lost in the day without being stolen.
11. What kind of room has no windows or doors?
12. What has to be broken before it can be used?
13. I look at you; you look at me, I raise my right, you raise your left. What is this

object?

14. It has no top or bottom but it can hold flesh, bones, and blood all at the same time. What is this object?
15. The more you take the more you leave behind.
16. Light as a feather, there is nothing in it; the strongest man can't hold it for much more than a minute.
17. As I walked along the path I saw something with four fingers and one thumb, but it was not flesh, fish, bone, or fowl.
18. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
19. I went into the woods and got it, I sat down to seek it, I brought it home with me because I couldn't find it.
20. What can fill a room but takes up no space?
21. It is weightless, you can see it, and if you put it in a barrel it will make the barrel lighter?
22. No sooner spoken than broken. What is it?
23. Only two backbones and thousands of ribs.
24. Four jolly men sat down to play, And played all night till the break of day. They played for cash and not for fun, With a separate score for every one. When it came time to square accounts, They all had made quite fair amounts. Now, not one has lost and all have

gained, Tell me, now, this can you explain?

25. Jack and Jill are lying on the floor inside the house, dead. They died from lack of water. There is shattered glass next to them. How did they die?
26. Why don't lobsters share?

- ANSWERS
1. Carpet
 2. Fire
 3. A cold
 4. A nose
 5. A match
 6. Corn
 7. A stamp
 8. Towel
 9. Darkness
 10. Stars
 11. A mushroom
 12. An egg
 13. A mirror
 14. A ring
 15. Footsteps
 16. Breath
 17. Glove
 18. River
 19. Splinter
 20. Light
 21. A hole
 22. Silence
 23. Railroad
 24. Four men in a dance band
 25. Jack and Jill are goldfish.
 26. They're shellfish.

quotable quotes

- "Hethatlovesreadinghaseverythingwithinhisreach." - **William Godwin**
- "Develop a passion for learning. If you do, you will never cease to grow." - **Anthony J. D'Angelo**
- The only real failure in life is one not learned from." - **Anthony J. D'Angelo**
- Education is the key to unlock the golden door of freedom." - **George Washington Carver**
- "The philosophy of the school room in one generation will be the philosophy of government in the next." - **Abraham Lincoln**
- "Intellectual growth should commence at birth and cease only at death." - **Albert Einstein**
- "Learning is not attained by chance, it must be sought for with ardor and diligence." - **Abigail Adams**
- "The mere imparting of information is not education." - **Carter G. Woodson**
- "To read without reflecting is like eating without digesting." - **Edmund Burke**
- "Good questions outrank easy answers." - **Paul Samuelson**
- "An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you know and what you don't." - **Anatole France**
- "Change is the end result of all true learning." - **Leo Buscaglia**
- "Education is a better safeguard of liberty than a standing army." - **Edward Everett**
- "Education is simply the soul of a society as it passes from one generation to another." - **Gilbert K. Chesterton**
- "He who opens a school door, closes a prison." - **Victor Hugo**
- "Cultivation to the mind is as necessary as food to the body." - **Marcus Tullius Cicero**
- "Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family." - **Kofi Annan**
- "There is no greater education than one that is self-driven." - **Neil deGrasse Tyso**

DIFFERENT TYPES OF GRAPHITE GRADING PENCIL



AFIA SHAIKH
- 10E

Graphite pencils are classified as either soft black (B), hard (H), hard black (HB), and firm (F). The degree of soft black, hard, hard black, and firm are then further classified by numbers, the higher the number the highHow to use different pencils

You can use any pencils to draw, but below is a quick guide on how you might use different pencil grades. We also recommend experimenting and playing around with the different grades in your set to see what works for you!

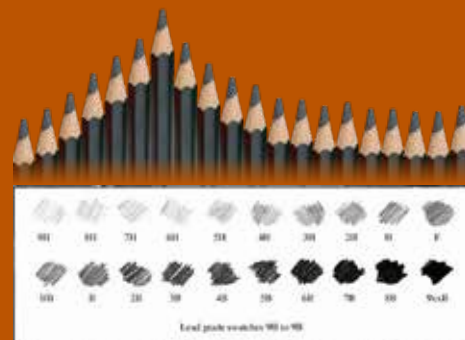
9H-5H: Great for making sketches for watercolour paintings because they're light and don't show through the paint as obviously. Watersoluble graphites also

work well for this purpose because they dissolve in water.

4H-2H: These create a very light mark and are ideal for technical drawing, outlines, light sketches and guide lines.

H, F, HB and B: A popular go-to for simple sketches and writing. HB is often used as a multi-purpose pencil because it's clear enough to write and draw but has minimal smudging.

B grades: The softer texture and darker marks make these pencils ideal for shading and tonal modelling. The higher B pencils are also great for blending and smudging.



EE: As we mentioned earlier, EE pencils create a very dark mark with a more matte finish than graphite pencils because they're a mix of graphite and charcoal. This makes them ideal for very dark shading and tonal modelling.



Google was officially launched in 1998 by Larry Page and Sergey Brin to market Google Search, which has become the most used web-based search engine. Larry Page and Sergey Brin, students at Stanford University in California, developed a search algorithm at first known as "BackRub" in 1996, with the help of Scott Hassan and Alan Steremberg. The search engine soon proved successful and the expanding company moved several times, finally settling at Mountain View in 2003. This marked a phase of rapid growth, with the company making its initial public offering in 2004 and quickly becoming one of the world's largest media companies. The company launched Google News in 2002, Gmail in 2004, Google Maps in 2005, Google Chrome in 2008, and the social network known as Google+ in 2011 (which was shut down in April 2019), in addition to many other products. In 2015, Google became the main subsidiary of the holding

company Alphabet Inc.

The search engine went through many updates in attempts to eradicate search engine optimization.

Google has engaged in partnerships with NASA, AOL, Sun Microsystems, News Corporation, Sky UK, and others. The company set up a charitable offshoot, Google.org, in 2005.

The name Google is a misspelling of Googol, the number 1 followed by 100 zeros, which was picked to signify that the search engine was intended to provide large quantities of information. In 2011, the company launched Google+, its fourth foray into social networking, following Google Buzz (launched 2010, retired in 2011), Google Friend Connect (launched 2008, retired by March 1, 2012), and Orkut (launched in 2004, retired in September 2014)

As of November 2014, Google operated over 70 offices in more than 41 countries.



AMARIS LESLIE
- 12B

In 2015, Google reorganized its interests as a holding company, Alphabet Inc., with Google as its leading subsidiary. Google continued to serve as the umbrella for Alphabet's Internet interests. On September 1, 2017, Google Inc. announced its plans of restructuring as a limited liability company, Google LLC, as a wholly owned subsidiary of XXVI Holdings, Inc., which is formed as a subsidiary of Alphabet Inc. to hold the equity of its other subsidiaries, including Google LLC and other bets.

Between 2018 and 2019, tensions between the company's leadership and its workers escalated as staff protested company decisions on internal sexual harassment, Dragonfly, a censored Chinese search engine, and Project Maven, a military drone artificial intelligence, which had been seen as areas of revenue growth for the company. On 25 October 2018, The New York Times published an exposé, "How Google Protected Andy Rubin, the 'Father of Android'". The company subsequently announced that "48 employees have been fired over the last two years" for sexual misconduct. On 1 November 2018, Google employees staged a global walk-out to protest the company's handling of sexual harassment complaints, including the golden parachute exit of former executive Andy Rubin; more than 20,000 employees and contractors participated. CEO Sundar Pichai was reported to be in support of the protests.

EPitome OF SUCCESS ~Arianna Huffington



Arianna Huffington (born July 15, 1950, Athens, Greece) is a Greek-American author, entrepreneur, and media mogul best known as the co-founder of The Huffington Post—one of the most influential news and opinion platforms of the digital age. Her journey to success is a powerful story of reinvention, resilience, and redefining success on her own terms.

Born Ariánna Stasinopoúlou in Greece, she moved to the UK at age 16 to study at Cambridge University, where she became the first foreign - and third female - president of the Cambridge Union debate society. Early in her career, she wrote several books, including political biographies and commentary, and gained attention as a conservative commentator in the U.S.

In 2005, at the age of 55, she co-founded The Huffington Post - a bold move into the digital media space. Despite skepticism from critics, Arianna proved them wrong. Under her leadership, HuffPost became a widely-read and award-winning platform, known for its mix of journalism, blogs, and opinions. It was later sold to AOL in 2011 for \$315 million, cementing her status as a media powerhouse.

But success came at a cost. In 2007, she collapsed from exhaustion and broke her cheekbone, a wake-up call that led her

to completely rethink her lifestyle. This turning point inspired her bestselling book, "Thrive" (2014), where she argues that success isn't just about money and power, but also well-being, wisdom, and wonder.

"We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in," she wrote. This message resonated globally, and in 2016 she launched Thrive Global, a wellness company focused on ending burnout and promoting healthy productivity in workplaces.

From politics to media to wellness, Arianna Huffington has constantly evolved—proving that it's never too late to reinvent yourself. Her legacy isn't just about building a media empire, but about challenging the very definition of success itself.



ANNA BIJO MANGALAY
- 12B

The Bermuda Triangle: Mystery and Theories



The Bermuda Triangle is a region in the North Atlantic Ocean, roughly bounded by Miami, Bermuda, and Puerto Rico. This area has gained a reputation for the mysterious disappearance of ships and aircraft. The exact causes remain debated, with theories ranging from scientific to supernatural.

Famous Disappearances

1. Flight 19: In 1945, five U.S. Navy bombers vanished during a training mission. Despite extensive searches, no trace of the planes was found.

2. USS Cyclops: In 1918, this U.S. Navy

cargo ship disappeared with 309 crew members aboard, with no distress signals or wreckage ever discovered.

3. The Star Tiger and Star Ariel: These two planes vanished in the 1940s, further adding to the mystery.

Theories Behind the Mystery

1. Magnetic Anomalies: Some suggest the Bermuda Triangle has unusual magnetic fields that can affect navigational instruments, causing ships and planes to go off course.

2. Methane Hydrates: It's been proposed that methane gas escaping from the ocean floor could reduce water density, causing ships to sink and disrupting aircraft engines.

3. Human Error: High traffic in the region may lead to accidents caused by mistakes, miscommunication, or poor weather.

4. Severe Weather: The region is known

for unpredictable weather like hurricanes and storms that could catch ships and planes off guard.

Paranormal Theories

Some believe the Bermuda Triangle is home to alien activity, time warps, or even the lost city of Atlantis, with some suggesting that extraterrestrial beings or mysterious energy fields are to blame. However, these ideas are speculative and lack scientific evidence.

Conclusion

While the Bermuda Triangle continues to intrigue with its mysterious reputation, most of the disappearances can be explained by natural or human factors. The allure of the Triangle lies in the mystery it presents, but science provides reasonable explanations for most of the strange events associated with it.



ZAINAB CHIKTE
- IXB

NATIONAL TECHNOLOGY DAY

National Technology Day, observed annually on May 11th in India, commemorates the successful testing of nuclear weapons in Pokhran in 1998. This day is a tribute to India's technological advancements and the scientists, engineers, and innovators who have contributed to the nation's progress.

The day highlights the importance of technology in various sectors, including defense, healthcare, education, and infrastructure. It serves as a platform to showcase indigenous technologies and encourage young minds to pursue careers in science and technology.

National Technology Day inspires the nation to embrace innovation and strive for self-reliance. It is a reminder of the power of technology to transform lives and drive



economic growth. The day also fosters a culture of research and development, crucial for India's future.

By celebrating this day, India reaffirms its commitment to technological advancement and its vision of a technologically empowered nation.



ARISHA KHAN
- 12B



NOURISH & FLOURISH: MONTH OF JULY

GHEE - *A Natural Superfood*

Discover the golden benefits of this ancient health booster!

Why You Should Include Ghee in Your Diet

- **Boosts Digestion**
Aids gut health with butyric acid, supporting better absorption of nutrients.
- **Strengthens Immunity**
Rich in vitamins A, D, E, K and powerful antioxidants that protect your body.
- **Heart-Healthy Fat**
Increases good cholesterol (HDL) when

consumed in moderation.

- **Brain Booster**
Nourishes the nervous system and supports memory & focus.
- **Glowing Skin**
Acts as a natural moisturizer from both inside and out.
- **Natural Energy Source**
Gives you steady energy without the crash – perfect for kids and active people!
- **Lactose-Free**

Safe for people with lactose or casein intolerance.

- **Choose wisely:**
Use homemade or organic ghee for best results.
A spoon a day can go a long way in your wellness journey!

Health Tip:

Moderation is key - ghee is healthy, but overuse of any fat is not!
Spread the awareness. Share the tradition. Live the health.

"Epiguiz"

1. Which country has the largest GDP in the world?
2. Who founded Amazon?
3. Which currency is the most traded in the world?
4. What is the full form of GDP?
5. Which country introduced the world's first paper currency? Which is the deepest ocean in the world?
6. In Greek mythology, who is the god of war?
7. Which religious text is the oldest among the Bible, Quran, and Vedas?
8. Who is the king of the Norse gods?
9. Which civilization built the Pyramids of Giza?
10. Which major world religion was founded by Siddhartha Gautama?



1. United States
2. Jeff Bezos
3. US Dollar
4. Gross Domestic Product
5. China
6. Ares
7. Vedas
8. Odin
9. Ancient Egyptians
10. Buddhism

Birthday Arcade - JULY



JAYDEN BINU
7 A - JULY 01



JANICE KOSHY
7 C - JULY 01



RABIA HASHMI
7 F - JULY 01



RAYYAN ABDUL
9 A - JULY 01



DARIS BASHEER
11 A - JULY 01



JESVIN MATHEWS
11 J - JULY 01



MARIYAM FATHIMA
11 K - JULY 01



SHARON ANGEL
11 L - JULY 01



LUBAINA
9 E - JULY 02



AADHYA VINOD
11 A - JULY 02



ROSHNI VIVEKANAND
11 D - JULY 02



VEDHA VARSHA
12 D - JULY 02



ETHAN TRINITY
12 E - JULY 02



HASNAIN ALI KHAN
12 E - JULY 02



BATHSHEBA MARIAM
12 J - JULY 02



NIAH ANN BINU
10 B - JULY 03



ABHIDEV KRISHNA
8 C - JULY 04



ZOYA SUHEB
11 B - JULY 04



SHERWIN STERLIN
12 C - JULY 04



NAMITH VINUKUMAR
12 G - JULY 04



IAN FRANCIS
11 L - JULY 04



FARHEEN GOUSE
12 J - JULY 04



BRENDEEN LAL
6 A - JULY 05



RENILDA ELIZABETH
7 F - JULY 05



EVANA VIJI
8 C - JULY 05



BHAGYALAKSHMI
9 C - JULY 05



AARON MATHEW
10 A - JULY 05



NISHITA BAGYARAJ
11 I - JULY 05



SNIGDH
12 A - JULY 05



JUAN JOSEPH
11 J - JULY 05



TEENU MARIA
11 J - JULY 05



RIYAN ABRAHAM
7 A - JULY 06



JEFFREY RONI
7 D - JULY 06



KHADEER
7 E - JULY 06



MUHAMMAD IZHAN
8 E - JULY 06



ABEL JOSE SUNIL
9 D - JULY 06



NASREEN HAJIRA
10 E - JULY 06



THEERTHA REMESH
12 G - JULY 06



MUKUNDAN
9 G - JULY 06



ANGELINE MARIA
11 K - JULY 06



VAIGA RAJANI
11 L - JULY 06



ANGEL SARA
8 C - JULY 07



MURTAZA MUSAJI
8 C - JULY 07



SANJAY KALAI
10 E - JULY 07



RAENA ANNA ROY
8 F - JULY 07



ANN ROSE FRAJO
7 B - JULY 09



REBECCA LEELA
7 C - JULY 09



KIANA DMELLO
9 B - JULY 09



SAKINA SIKANDER
11 B - JULY 09



THERESA SUNNY
11 H - JULY 09



SAYED BARED
12 E - JULY 09



JOSHUA CHELLE
11 K - JULY 09



VINAY PADIYATH
12 K - JULY 09



SAAD SHAIKH
8 E - JULY 10



GAYATHRI SENTHIL
11 A - JULY 10



ISHAQ SHARIFF
11 B - JULY 10



JUHI SRI MOLLETI
11 E - JULY 10



IRIN CLARIS JAISE
12 G - JULY 10



MUNIRA YUSUF EZZY
12 G - JULY 10



MARIO PAUL
9 E - JULY 11



DON MANOJ
9 F - JULY 11



DION CHRIS
11 G - JULY 11



THARUN BASKARAN
12 C - JULY 11



MAYANK SAHNI
7 E - JULY 12



AMEYA PRAVEEN
8 B - JULY 12



MUHAMMED LIBAN
8 D - JULY 12



ALAN MATHEW
10 A - JULY 12



NUPUR MANISH
11 C - JULY 12



ROHAN REDDY
12 D - JULY 12



NAISA MARIAM
12 I - JULY 12



HIBBA BADAL KHAN
8 A - JULY 13



DEEPSHIKHA KALSI
11 I - JULY 13



KANDAMPAT SAFA
9 G - JULY 13



JOELLA RACHEL
12 J - JULY 13



LULWA
7 A - JULY 14



NIKWIN ROY
8 B - JULY 14



ZAID NAEEM JULYA
9 F - JULY 14



MOHAMED ANAS
10 A - JULY 14



JADON JOBY
11 E - JULY 14



CAREN MARIAM BIJO
11 H - JULY 14



ADRIEL SHAVON
12 I - JULY 14



SANA FATEMA
12 I - JULY 14



ALINA AKTHER SHAIKH
7 E - JULY 15



VARNIKA PRABHU
8 A - JULY 15



VIKASNI PRABHU
8 A - JULY 15



AMARIAH LESLIE
9 A - JULY 15



AMAL KHOT
9 D - JULY 15



FATIMAH QAZI
11 C - JULY 15



ZAIN ABDUL
11 F - JULY 15



AASHITA UPADHYAY
12 C - JULY 15



ATHARV KUMAR
12 D - JULY 15



RICHARD GEORGE
12 I - JULY 15



DATRI DIYA
7 A - JULY 16



HARSHITA ROBIN
8 A - JULY 16



LAKSHYA PRAVEEN
8 A - JULY 16



ABEN BIJU
8 B - JULY 16



DEON POLLY
10 B - JULY 16



ZAINAB FAWAZ
10 D - JULY 16



AGASTYA RAJAN
11 C - JULY 16



HATIM FAKHRUDDIN
12 G - JULY 16



HUZER SALIM
10 F - JULY 16



FALAH RASHED
10 G - JULY 16



NASHWA NASAR
9 A - JULY 17



ABHINAV SREEJITH
9 B - JULY 17



SIVA SAI
9 B - JULY 17



DIYA SHENOY
10 E - JULY 17



ARUSH
11 D - JULY 17



ALI ZOHAIR ALI
12 C - JULY 17



NATHAN JENSEN
12 G - JULY 17



SWISZEL BIJI
9 C - JULY 18



JESSA MARY JIMMY
11 F - JULY 18



VARSHITH KUMAR
11 K - JULY 18



SERA VIPIN
9 B - JULY 19



TEJU BUCHIREDDY
10 B - JULY 19



STEVE SOBIN
10 E - JULY 19



DAANYAAL JUNAID
11 A - JULY 19



SAFIYYAH MUJEEB
12 A - JULY 19



GANTA ARJUN
12 C - JULY 19



BEN ALIAS JOHN
12 K - JULY 19



KISHORE KANNAN
12 K - JULY 19



MOHAMMED HASAN
7 A - JULY 20



ZOYA RAHAMATH
9 E - JULY 20



RAFIKA RASHID
10 D - JULY 20



SAI HAMSINI MURALI
11 B - JULY 20



RIDA MARIAM
11 K - JULY 20



ALI BASIL AHMED
12 K - JULY 20



ABDULWAHAB
10 A - JULY 21



ZAYAN ZIDIK
11 B - JULY 21



KEVIN SHIJO
9 G - JULY 21



SHAIKFARHAN
11 L - JULY 21



SAINATH
8 B - JULY 22



AREFA SARODA
9 D - JULY 22



RIDA DOI
9 C - JULY 22



DIVYESH
11 C - JULY 23



ARINITA BABLU PAL
11 E - JULY 23



ADRIJA HARISH
7 A - JULY 24



LIYA ANN TONNY
7 E - JULY 24



ANAM ARIF
8 C - JULY 24



TANISH SABU PILLAI
12 H - JULY 24



ANAS ALTHAF
11 J - JULY 24



MARIA KHANDWALA
7 A - JULY 25



ARHAM KHAN
7 E - JULY 25



AMMAR SHABIR
8 D - JULY 25



ABDULLAH KHALID
9 D - JULY 25



ABDULLAH SYED
9 D - JULY 25



NIRANJANA SURESH
11 I - JULY 25



ADARA SYED
12 A - JULY 25



MUHAMMED ZAYAN
12 K - JULY 25



ASIYA AASHIF
7 C - JULY 26



AYDIN AHMAD
7 D - JULY 26



ANN SUSAN PHILIP
8 A - JULY 26



ALEENA SHEHZAD
11 I - JULY 26



ISHAA TITTY
11 I - JULY 26



FATHIMA HADIYA
8 F - JULY 26



MAANAV MADHU
10 F - JULY 26



SHAIKH REHAAN
12 K - JULY 26



NEERAJ KOSHY
7 D - JULY 27



AANSHI CHAUDHARY
7 E - JULY 27



KAILASH THILAK
9 D - JULY 27



SAYED ABBAS
10 D - JULY 27



UMA PRIYAA
11 B - JULY 27



INSIYAH ALI
12 G - JULY 27



RYLAN D SOUZA
8 D - JULY 28



RAAED KHAN
11 D - JULY 28



EVANNA BIJU
8 A - JULY 28



AMRITH RAJINI
10 D - JULY 29



ALEENA TIJO
11 F - JULY 29



AAFREEN NATH
9 D - JULY 30



HAIFA KHADEEJA
10 E - JULY 30



LANSTON PINTO
12 D - JULY 30



ASIYA MOHAMMED
11 J - JULY 30



YAHYA SHAIKHAN
9 A - JULY 31



MOHAMMAD ASIF
11 H - JULY 31



KEITH IGNATIUS
11 J - JULY 31



MR. CHANDRA BABU
NAIK - JUL 1



MR. RAMESH JAYARA-
MAIAH KATTA - JUL 1



MRS. SONA
AREEKARA - JUL 3



MS. NAZIMA TAILOR
- JUL 4



MR. SHAIKH NOOMAN
- JUL 7



MRS. GURPREET
KAUR - JUL 14



MRS. SHIRLY TC
- JUL 20



MS. SOUMYA
PRASHANT - JUL 29

"THE SEARCH FOR IMMORTALITY: CAN SCIENCE UNLOCK THE SECRETS TO LIVING FOREVER?"



For centuries, the concept of immortality has attracted humans-from ancient myth to modern scientific inquiry. Today, although living forever might still sound like a fantasy, scientists are making progress toward understanding aging and how it can be slowed down or reversed.

Aging occurs because our cells start to degenerate with time. Telomeres-shortened cap-like ends of chromosomes-are so important in this area. Every time a cell divides, the telomeres get shorter. Eventually, when the telomeres become excessively short, the cells cease to divide, causing aging. Furthermore, some cells become senescent-meaning the cells have

basically stopped functioning properly. This buildup of senescent cells is a contributor to the aging process.

Scientists are pursuing various avenues to avert aging and prolong the lives of humans. One interesting approach to this research is through gene editing, especially with CRISPR technology, which lets scientists perform targeted changes to DNA. By targeting genes involved in aging, such as the FOXO3 gene, scientists hope to delay the aging process.

Regenerative medicine is another, which refers to repairs and replacements of damaged tissues and organs, largely through stem cells. For example, the discovery of induced pluripotent stem cells by Dr. Shinya Yamanaka allows the regeneration of tissues and thus offers a potential route for reversing aging at the cellular level.

Nanotechnology is also being explored as maybe a solution. Developers are working on microscopic "robots"-nanobots-to fix cells and possibly reverse damage at a molecular level. These tiny robots could aid in repairing cellular damage accruing through age.

In addition, artificial intelligence helps to analyze biological data for personalized medical treatment and early disease detection. Some scientists even dream of using this AI to upload human consciousness into digital environments-this could mean digital immortality.

On the other hand, immortality as a theme brings forth crucial ethical questions. For example, life-prolonging technologies, if too cost-prohibitive, would only be accessible to the wealthy and widen the existing chasm between rich and poor. Then there is the question of overpopulation due to the significant extension of life and depletion of available resources. Last but not least, it places our concept of life and death in serious jeopardy.

Therefore, the understanding and actualization of immortality are quite far from us. Scientists saddle up with these thoughts about older generations, focusing more on extending the life spans of human beings and improving their quality of living and thinking toward these findings' ethical and social consequences.



SRIBADRA UMESH
- 10E

USE OF MOBILE PHONES



Mobile phones have become an essential part of modern life, transforming the way we communicate, access information, and stay connected with the world. They allow us to make calls, send messages, browse the internet, and use a wide range of apps for learning, entertainment, and daily tasks. With features like cameras, GPS, and social media, mobile phones also help capture moments and share experiences instantly. In education and business,

they enhance productivity and learning through easy access to online resources and communication tools. However, excessive use can lead to distractions, reduced face-to-face interaction, and health issues. Therefore, it is important to use mobile phones responsibly and balance their benefits with mindful usage.



TAPASYA SUNISH
- 7E

The Role of Youth in Building a Better India



Children and youth play a pivotal role in shaping the future and success of any nation. As former President of India, Dr. A.P.J. Abdul Kalam, once said, "Let us sacrifice our today so that our children can have a better tomorrow." Similarly, Nelson Mandela emphasized, "Our children are our greatest treasure. They are our future. Those who abuse them tear at the fabric of our society and weaken our nation." Such powerful words highlight a universal truth: the youth are the cornerstone of a nation's progress. Today, this truth is reflected in the global stage, where

Indian leaders are at the helm of major corporations such as Sundar Pichai (Google), Satya Nadella (Microsoft), Parag Agrawal (Twitter), and Shantanu Narayen (Adobe), showcasing the immense potential of India's youth.

However, unlocking this potential starts with providing quality education for all. Education shapes children from their formative years and prepares them for leadership roles in various fields. Equally important is ensuring that our nation offers ample job opportunities and a high quality

of life. This will not only prevent brain drain but also encourage the talented youth to contribute directly to India's growth.

Looking ahead, I am optimistic that India will witness transformative changes in its education system. Governments, both at the central and state levels, are likely to prioritize creating sufficient job opportunities to harness this talented pool.

With determination and vision, there is no stopping India and its youth from driving the nation to new heights of success. Jai Hind!



SHRIYA VIJESH
- 10E



Did You Know?

- Winds on Neptune can blow faster than 1,200 miles an hour.
- Salvador Dalí designed the logo for the Chupa Chups lollipop brand.
- The Caesar salad was invented in 1924.
- The sun is about 400 times larger than the moon.
- The average person blinks 14 to 17 times per minute.
- 90 % of the world's population lives in the Northern Hemisphere.
- Honey doesn't spoil.
- Central Park in New York City is larger than the entire country of Monaco.
- Cuvier's beaked whales can hold their breath underwater for over two hours.
- The average golf ball has 336 dimples.
- Over 60% of the world's lakes are located in Canada.
- The International Space Station orbits Earth approximately every 90 minutes.
- Somewhere between 50% and 80% of earth's living organisms are in the ocean.
- Australia is wider than the moon.
- Venus is the only planet to spin clockwise.
- Allodoxophobia is the fear of other people's opinions.
- Human teeth are the only part of the body that cannot heal themselves.
- Competitive art used to be an Olympic sport.
- The specks on strawberries are single seeds called achenes.

EPITravel

POLAND

Timeless Streets, Endless Stories



Tucked between Western and Eastern Europe, Poland is a country where every cobblestone whispers history and every forest path leads to a hidden wonder. Whether you're a traveler chasing medieval legends, a foodie exploring hearty Eastern European cuisine, or a nature lover yearning for alpine views and lakeside serenity, Poland has a story for you.

The capital, Warsaw, is the perfect place to begin your Polish adventure. A city of melodramatic contrasts—levelled to the earth by World War II and lovingly restored, Warsaw is now a thriving metropolis where the baroque splendor of the Royal Castle exists beside gung-ho modernity and skyscrapers. Stroll through the historic Old Town, a UNESCO World Heritage Site, and then to the Warsaw Uprising Museum or the POLIN Museum for poignant glimpses into Poland's unbreakable spirit.

Head south to Kraków, the artistic and cultural heart of Poland. There, time freezes as you stroll through Rynek Główny, one of Europe's largest and most beautiful medieval squares. The soaring spires of St. Mary's Basilica, Wawel Castle's medieval fortifications, and lantern-lit Kazimierz streets (old Jewish quarter) all add up to a vibrant tapestry of a city that is steeped in legend. Just outside of Kraków is Auschwitz-Birkenau, a chillingly affecting site honoring the memory of millions and pointing to the power of remembrance and

humanity.

For nature buffs and adventure enthusiasts, the Tatra Mountains just outside Zakopane offer stunning alpine scenery. In winter, it's a winter sports paradise with skiing; in summer, hiking trails open up to panoramic views, high-mountain lakes, and traditional wooden mountain huts where you can taste smoked sheep cheese called oscypek. The region has also intense highlander culture with wood architecture, folk music, and hospitality.

To the north, reveal the Baltic Sea shore, dotted with small, beloved coastal resorts like Sopot and Gdańsk. The latter, rich in Hanseatic history and lovely seafront, is also where the Solidarity movement was born, a controversial chapter in Poland's journey to independence. Inland lies the Masurian Lake District, "Land of a Thousand Lakes," water-lover's, kayaker's, and nature

enthusiast's paradise of sailing, kayaking, and recharging in pristine, serene environments.



ALVINA ANTONY
-12A

Poland's soul also beats in its cuisine. Warm, full-bodied, and rich, Polish food is comfort food on a plate. Savor cheese- and potato-filled pierogi or fruit, warm your belly with big bowls of żurek (sour rye soup), or indulge in massive plates of bigos, a rich hunter's stew of meat and cabbage. Don't miss the opportunity to clink glasses with a cold shot of vodka or sample Poland's new craft beer scene.

What makes Poland so unforgettable, though, are its people. Proud of history, but open-minded and open-hearted too, Poles welcome visitors not merely with a smile, but with stories—of joy and sadness, of reconstruction and hope. It's that human element, woven into each street, castle, forest, and town square, that renders Poland more than a destination to visit.



THE WEIGHT OF TIME



RIDA SAMJATH
- 12B

The final bell of high school echoed like a memory already fading - once a symbol of freedom, now just a hollow sound that marked an ending we weren't ready for. What used to spark joy - racing out into the afternoon sun - now left behind a quiet ache.

It was strange how something as routine as a school bell could carry so much weight. We used to sit through long chemistry classes, eyes glued to the clock, willing the seconds to pass faster. We chewed snacks under desks, passed whispered answers to near-strangers, and took for granted the unspoken bond those small acts created. At the time, it all felt ordinary - just

another day, another class, another sigh of impatience.

But now, those fleeting moments feel significant. Time, in its slow and steady way, has given them meaning.

High school was over. No amount of longing or rewinding the mental reels could change that. The final bell had rung-its last note lingering not in our ears, but in our hearts-leaving behind the heavy truth that life had moved on, whether we were ready or not.

PUNJABI CHICKEN SAMOSA RECIPE



HANNAH MARIA BIBIN
- 12F

PREPARATION OF DOUGH

Plain Flour - 3cups
Salt - TBSP
Cumin seeds - 1TBSP
Caraway - 1TBSP
Oil - 3TBSP
Mix well
Water(as required)
Rest it for 30 mins

PREPARATION OF FILLING

- Smash 4 boiled Potatoes
- In a pan add oil and add boneless chicken

- Add chopped onions (according to the quantity of chicken)
- Add green peas (according to the quantity of chicken)
- Add capsicum (according to the quantity of chicken)
- Add spinach (according to the quantity of chicken)
- Add spring onions (according to the quantity of chicken)
- Add salt (according to the quantity of chicken)
- Add red chilies (optional)
- Add soya sauce-2TSP

- Add cumin seeds-1TBSP
- Add coriander seeds-2TBSP
- Add the smashed potatoes
- Add green coriander
- Mix well

ASSEMBLING

- Make small parts of the dough
- Take one part of the dough and enlarge it using a rolling pin
- Cut it into half
- Take one of the half parts and roll it like a cone
- Stick it with the help of oil
- Fill the cone with the filling you have already made
- With the help of oil stick the dough closing the samosa
- Follow the same procedure till all your samosas are ready
- Deep fry

Your chicken samosa is ready. Enjoy....

DISCOVER India

DARJEELING

Darjeeling, often called the "Queen of the Hills" is a beautiful hill station in the eastern Himalayas of West Bengal, India. At an altitude of about 2,042 meters, it offers breathtaking views of snow-covered peaks, including the magnificent Kanchenjunga, the world's third-highest mountain. The town is known for its cool, refreshing climate, lush green landscapes, and vibrant local culture shaped by Nepali, Tibetan, Lepcha, and Bengali communities. Darjeeling is world-famous for its tea, with expanded tea gardens that stretch across the hills producing leaves known for their delicate flavor and aroma. Visitors are drawn to its multiple attractions, such as Tiger Hill for stunning sunrises, the Darjeeling Himalayan Railway's toy train, the scenic Batasia Loop, the tranquil Peace Pagoda, and the Padmaja Naidu Himalayan Zoological Park, home to rare animals like the red panda and snow leopard. Walking through Darjeeling feels like stepping into a peaceful world. The streets are lined with small shops selling woolen clothes, handmade crafts, and warm cups of local tea. You can hear the sound of prayer flags fluttering in the breeze and see smiling faces

everywhere. Many visitors enjoy taking quiet walks through the tea gardens or sitting in cozy cafés with views of the mountains. The air is fresh, and the sky often turns pink and orange during sunset. Whether you're exploring nature, enjoying local food, or simply relaxing, with a peaceful atmosphere and stunning natural surroundings, Darjeeling is an ideal destination for anyone seeking relaxation, scenic beauty, and cultural richness.



AFIYA HASAN
- 12E



Green Energy: The Future of the Planet



MANHA MANZOOR
XII-B

In the face of mounting environmental challenges, the world is at a crossroads. Climate change, air pollution, and dwindling fossil fuel reserves have made it clear that traditional energy sources are no longer sustainable. As nations and communities seek solutions, green energy has emerged as a vital alternative - not only to reduce carbon emissions but to create a more secure, equitable, and sustainable future. '

What is Green Energy?

Green energy refers to power derived from natural sources that are renewable and have minimal environmental impact. These include solar, wind, hydroelectric, geothermal, and biomass energy. Unlike fossil fuels, which emit greenhouse gases and pollutants, green energy sources are clean, abundant, and often locally sourced.

Benefits of Green Energy

The benefits of green energy are vast and multifaceted:

1. Environmental Protection: Green energy dramatically reduces carbon dioxide emissions, a major driver of global warming. Solar and wind power, for instance, produce no air or water pollution.

2. Economic Growth: The green energy

sector creates millions of jobs worldwide - in manufacturing, installation, maintenance, and innovation.

3. Energy Security: By investing in renewable energy, countries can reduce dependence on imported fossil fuels and strengthen their energy independence.

4. Public Health: Cleaner air and water result in fewer health problems, reducing medical costs and improving quality of life.

Technological Advancements

In recent years, advances in technology have made green energy more accessible and cost-effective. Solar panel efficiency has significantly increased while prices have dropped. Wind turbines are being deployed in more regions, including offshore farms. Battery storage and smart grids are improving the reliability of renewable sources, addressing concerns about intermittent supply.

Challenges Ahead

Despite its promise, green energy still faces challenges:

Storage and Distribution: Managing the variability of solar and wind power requires improved energy storage and smart

infrastructure.

Initial Investment Costs: While long-term costs are lower, the upfront investment in renewable technologies can be high.

Policy and Regulation: Governments must create supportive policies and incentives to accelerate the shift to renewables.

The Path Forward

Transitioning to green energy is not a choice - it is a necessity. Governments, businesses, and individuals must work together to invest in clean technologies, reform outdated energy systems, and prioritize sustainability in all sectors. International cooperation, such as the Paris Agreement, plays a crucial role in setting global targets and driving collective action.

Conclusion

Green energy is more than just a technological trend - it represents hope for the future of the planet. By embracing renewable energy, we can mitigate climate change, promote economic development, and ensure a livable world for future generations. The path may be challenging, but the rewards are too great to ignore.

Prakash GuruParab Sri Guru Tegh Bahadur Sahib Ji



Sri Guru Tegh Bahadur Ji (1621-1675) was the ninth Sikh Guru. Guru Ji was the grandson of first Sikh martyr

Guru Arjan Dev Ji and son of Guru Hargobind Ji (Sixth Guru and founder of Sri Akal Takht and grandfather of Guru Gobind Singh Ji). Considered as a principled and fearless warrior, Guru ji was a learned spiritual scholar and a poet whose 116 hymns were included in Sri Guru Granth Sahib, the main text of Sikhism.

Guru Tegh Bahadur was executed on the orders of Aurangzeb, sixth Mughal emperor, in Delhi, India. Sikh holy premises Gurudwara Sis Ganj Sahib and Gurudwara Rakab Ganj Sahib in Delhi mark the places of execution and cremation of Guru Tegh Bahadur Ji. His martyrdom is remembered as the Shaheedi Divas of Guru Tegh Bahadur every year on 27th November, according to the Nanakshahi calendar released by the Shiromani Gurudwara Parbandhak Committee in 2003.

The High Court of Orissa



The State of Orissa (now Odisha) was originally a part of the Bengal province during

the colonial rule. On 22nd March 1912, a new province of Bihar and Orissa was formed. However, it was the Calcutta High Court which exercised jurisdiction over the said new province. This changed with the Patna High Court came into existence with effect from 26th February 1916. Eleven Judgeships (Districts) in Bihar and one in Orissa were subject to the jurisdiction of the Patna High Court. It was ordained in the Letters Patent that one or more judges of the Patna High Court would visit Orissa by way of circuit to deal with the cases in Orissa. As a result, the Patna High Court began sitting in circuit at Cuttack from 18th May 1916. An Advocate General for Orissa was appointed. The District and Sessions Judge of Cuttack functioned as the Registrar of the Patna High Court in

circuit. Welcoming the Judges at the first sitting of the Circuit Court at Cuttack, the President of the Cuttack Bar Association, Utkal Gourav Madhusudan Das, the first Advocate of Orissa State expressed the hope that a permanent Bench would soon be established at Cuttack.

The Ramakrishna Mission



For the last 125 years, the Ramakrishna Mission has distinguished itself through

its various service based programmes. It extends service in the areas of healthcare, education, rural and tribal development, disaster relief and rehabilitation, general welfare, spiritual and cultural work, publication of books and journals and other fields. It runs hospitals, dispensaries, homes for the aged, orphanages, schools, colleges, polytechnics, ITIs, a deemed university, agricultural institutes, and special institutions for the disadvantaged sections of society. It's charitable and philanthropic works have found wide acceptance and appreciation by the public. Members of the mission provide services to the people as means to the attainment of the ultimate goal of human life, which, according to Sri Ramakrishna, is realization of God. Here charity to the poor and needy is prompted not by egotistic compassion, but is conceived as service rendered in a spirit of worship of God, who resides in every human being. Instead of looking upon a needy person as an object of pity, he is looked upon as an object of worship. Owing to this spiritual outlook, the services conducted by the mission are meant for the benefit of all people - without any distinction based on religion, caste, colour or class.

SCO Council of Heads of State



The Shanghai Cooperation Organisation (SCO) is a multilateral organization founded

in Shanghai on 15 June 2001. The SCO currently comprises eight Member States - China, India, Kazakhstan, Kyrgyzstan,

Russia, Pakistan, Tajikistan and Uzbekistan. India's engagement with SCO started in 2005 as an Observer State and India became a full-fledged member on 9 June 2017

at the summit in Astana. India attaches special importance to SCO in promoting multilateral, political, security, economic and people-to-people interaction in the region and values its relationship with the Organisation.

India considers SCO as an important regional organisation to promote cooperation in the areas of peace, security, trade, economy and culture and is committed to widening cooperation by playing a proactive, positive and constructive role in the organisation. Though, India became a member of SCO only in June 2017, our traditional and historical ties with SCO countries are a millennia-old. These bonds of history and geography make us natural partners of SCO Member States.

44th FIDE Chess Olympiad Chennai 2022



FIDE organised the first official Chess Olympiad in 1927 which took place in London. There

were 15 participating nations in the 1st Chess Olympiad. Another unofficial Chess Olympiad was held in Budapest, Hungary in 1926, while the second official Chess Olympiad was held in Netherlands in 1928. The world Chess Federation (FIDE) has since 1950, conducted the official Chess Olympiads once every two years. In the year 2022, World Chess Federation (FIDE) announces a new tradition of chess Olympiad Torch Relay. The First Torch relay commenced from New Delhi, India. Hon'ble Prime Minister of India, Shri Narendra Modi inaugurated the First ever Torch Relay of chess Olympiad on 19.5.2022. 44th International Chess Olympiad was organized at Mahabalipuram (Chennai), India from 28th July 2022 to 10th August 2022. The event saw the participation of chess players from more than 180 countries, consisting of Super Grand Masters and the world Champions and the highest rated players.



JASRAJ PAL SINGH SADDAL - 12E



Demon Slayer

The Blazing Art of Demon Slayer: How Animation Changed Everything



ANAKHA RAJEEV
12-B

When Demon Slayer: Kimetsu no Yaiba first aired in 2019, it didn't just tell a gripping story - it redefined what fans expect from anime visuals. Produced by ufotable, an animation studio known for its high-quality work, Demon Slayer blended traditional 2D techniques with cutting-edge digital effects to create a masterpiece that stunned audiences around the world.

Demon Slayer: Kimetsu no Yaiba is a landmark anime, praised globally for its stunning animation and emotional storytelling. Produced by the renowned studio Ufotable, the series set a new standard by blending traditional 2D hand-drawn animation with modern CGI techniques, creating a visual style that is both dynamic and beautiful. The animation is especially notable for its use of vibrant colors, smooth character movements, and dramatic camera angles that give the fights an intense, almost cinematic feeling. Each Breathing Technique, such as Water Breathing and Flame Breathing,

is animated with vivid elemental effects inspired by traditional Japanese art, adding a unique artistic flair that makes the battles unforgettable. One of the most iconic moments of the series, Episode 19 ("Hinokami"), became a sensation due to its breathtaking animation and emotional impact, drawing attention even outside the anime community. The 2020 film Demon Slayer: Mugen Train continued this excellence, delivering movie-quality visuals that helped it break box office records worldwide, becoming the highest-grossing anime film in history. Beyond the action scenes, Ufotable also paid incredible attention to small emotional moments, carefully animating facial expressions, tears, and subtle gestures to make the characters feel more human and relatable. The combination of masterful animation, powerful music, and deep storytelling made Demon Slayer not just a popular anime, but a cultural phenomenon that raised expectations for animation quality across the industry and inspired other studios

to invest more in visual storytelling. Its influence continues today, as fans eagerly await every new season, knowing they can expect not just a good story, but a breathtaking visual experience.



The Silent Struggle with Beauty Standards



Have you ever gazed into a mirror and wished that something was not, right? Like-your skin could be clearer; your nose could have been slimmer; your body might have resembled someone else's. That quiet voice in your head which says, "You are not good enough" is audible to many of us. However, we hardly ever talk about it.

That is exactly what is meant by beauty standards-silently invading one's life and becoming internalized. Movies, ads, and obviously, social media: Images of perfect skin, slim bodies, fair skin and smooth hair surround individuals. Looking at those pictures arouses insecurity that grips us in comparison with ourselves and even

brings it out into the open: scrolling down our feeds and thinking, "Why can't I look like that?" It sounds like everyone else has it all together, and we're the only ones not making it through.

This silent pressure weighs on teenagers very heavily. Some look at themselves and think they are beautiful, while things may feel worse externally. Another kind of suffering comes when the individual learns that the appearance is dictated by being 'tall', having 'long hair' or being 'just beautiful'. Often, it's not even directly communicated but it's there. And it hurts. People might casually say, "You have put on weight" or "You would have looked prettier had you been a little fairer." Those also appear to be trivial comments, but they make deep impressions in our self-confidence. They can be brushed aside from the exterior, but inside, we start doubting ourselves.

Even worse, most of these feelings are kept internally. Even behind the beaming smiles, the pictures, or the silence, you will find many people struggling on the inside. They would probably have sounded too melodramatic, and so they say everything

is fine. Quite a number, though, quietly bear their worries with body images, self-worth, and the feeling of not being enough. All of us seem to put on a brave face, but those insecurities are not removed; they are buried deep as an afterthought.

But here is the fact: There is no one way to be beautiful. Real beauty is not looking perfect but being real. It is about your laughter, kindness, strength, and ability to tell your story. It is way more than skin-deep-it is how you make others feel and how you show up.

Everyone has flaws. Everyone has insecurity. Therefore, we are all human. Maybe we ought to accept ourselves rather than trying to change ourselves into impossible standards. Talk about it. Support one another. Compliment more. Judge less.

Let's stop chasing fake perfection and start choosing real self-love. At the end of the day, you are more than your looks. You are enough-just the way you are.



ANGELINA CARDOZ
10E

Shubhanshu Shukla returns safely to Earth after historic ISS mission:



Indian astronaut Group Captain Shubhanshu Shukla returned safely to Earth, marking the

successful conclusion of a groundbreaking mission to the International Space Station (ISS), the first by an Indian national. Shukla was part of the four-member Axiom-4 crew aboard SpaceX's Dragon capsule Grace, which splashed down in the Pacific Ocean off the coast of California at approximately 3:01 pm IST. The capsule's safe landing followed a fiery reentry and a 22-hour return journey from orbit. The mission marked several historic firsts, not only for Shubhanshu Shukla, who became the second Indian to travel to space after Rakesh Sharma's 1994 flight, but also for Poland and Hungary, which sent their first astronauts to the International Space Station.

Indian students win four medals at 57th International Chemistry Olympiad in



Dubai: India has registered a stellar performance at the 57th International

Chemistry Olympiad (ICHO) held in Dubai, UAE. All four Indian students who participated in the global competition secured medals – two gold and two silver – bringing international recognition to the country. The medal winners are Devesh Pankaj Bhaiya from Jalgaon, Maharashtra, and Sandeep Kuchi from Hyderabad, Telangana, who both won gold medals. Debadatta Priyadarshi from Bhubaneswar, Odisha, and Ujjwal Kesari from New Delhi were awarded silver medals. This year's Olympiad witnessed the participation of 354 students from 90 countries, including five observer nations. India ranked sixth in the overall medal tally.

Maratha military landscapes of India inscribed as 44th UNESCO World



Heritage Site: At the 47th session of the UNESCO World Heritage Committee

in Paris, France, the "Maratha Military

Landscapes of India" were officially inscribed on the UNESCO World Heritage List. This significant recognition marks India's 44th World Heritage site and highlights the country's remarkable historical and architectural heritage, reflecting its enduring cultural legacy on the global stage. The Maratha Military Landscapes comprise forts located across Maharashtra and Tamil Nadu. India now ranks sixth globally and second in the Asia-Pacific region for the most number of World Heritage Sites.

Indian scientists develop next-gen green energy material for supercapacitors:



In a major scientific breakthrough, Indian researchers have developed

a new green energy material that could revolutionize energy storage technology. Scientists from the Centre for Nano and Soft Matter Sciences (CeNS), Bengaluru, in collaboration with Aligarh Muslim University (AMU), have engineered a lanthanum-doped silver niobate (AgNbO) compound that significantly enhances supercapacitor performance. Supercapacitors, known for their rapid charging and discharging abilities, often fall short in energy storage capacity. The new material overcomes this limitation by increasing energy density without sacrificing speed or stability.

QUAD nations launch historic 'At Sea Observer Mission' to enhance maritime security:



In a landmark initiative to bolster maritime cooperation in the Indo-Pacific,

the Coast Guards of India, Japan, the United States, and Australia have launched the first-ever 'QUAD at Sea Ship Observer Mission.' The cross-embarkation mission, conducted under the Wilmington Declaration, sees two officers-including women officers-from each nation aboard the US Coast Guard Cutter Stratton, currently en route to Guam. This pioneering mission marks a significant step in operational coordination among QUAD members, aimed at boosting joint readiness, domain awareness, and interoperability in the region.

Sub Lieutenant Aastha Poonia becomes Indian Navy's first woman fighter pilot:



In a landmark moment for gender equality in the armed forces, Sub Lieutenant

Aastha Poonia became the first woman fighter pilot of the Indian Navy. She was awarded the prestigious 'Wings of Gold' alongside Lieutenant Atul Kumar Dhull during the graduation ceremony of the Second Basic Hawk Conversion Course held at INS Dega, Visakhapatnam. The achievement comes amid increasing representation of women in the Indian Armed Forces.

INS Arnala, India's first indigenous anti-submarine shallow water craft, commissioned into Navy:



In a major boost to India's coastal defence capabilities, the

Indian Navy on Wednesday commissioned INS Arnala, the country's first indigenously designed and built Anti-Submarine Warfare Shallow Water Craft (ASW-SWC), at the Naval Dockyard in Visakhapatnam. Chief of Defence Staff General Anil Chauhan presided over the commissioning ceremony. The 77-metre-long vessel, named after the historic Arnala Fort off Vasai, Maharashtra, is equipped with advanced underwater surveillance systems and mine-laying capabilities. It is designed for operations in shallow waters and is the largest Indian naval warship propelled by a diesel engine-waterjet combination.

President Murmu graces first convocation of AIIMS Gorakhpur, emphasises medical service as



service as service to humanity:

President Droupadi

Murmu attended the first convocation ceremony of AIIMS Gorakhpur, marking a milestone in the institute's journey as a centre of medical excellence in eastern Uttar Pradesh. Addressing the gathering, the President praised the AIIMS network for symbolising India's advanced medical capabilities. She said that the name "AIIMS" evokes an image of world-class treatment, cutting-edge technology, and dedicated healthcare professionals.

Art Gallery



AFIA SHAIKH
- 10E



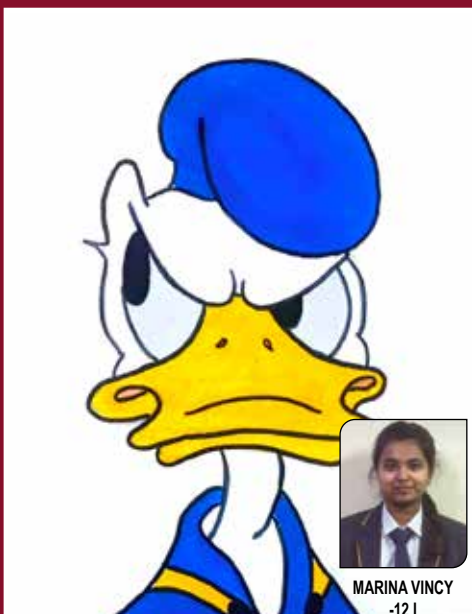
DANIA AMIR JAFRI
- 11B



GAURI LAJU
- 9F



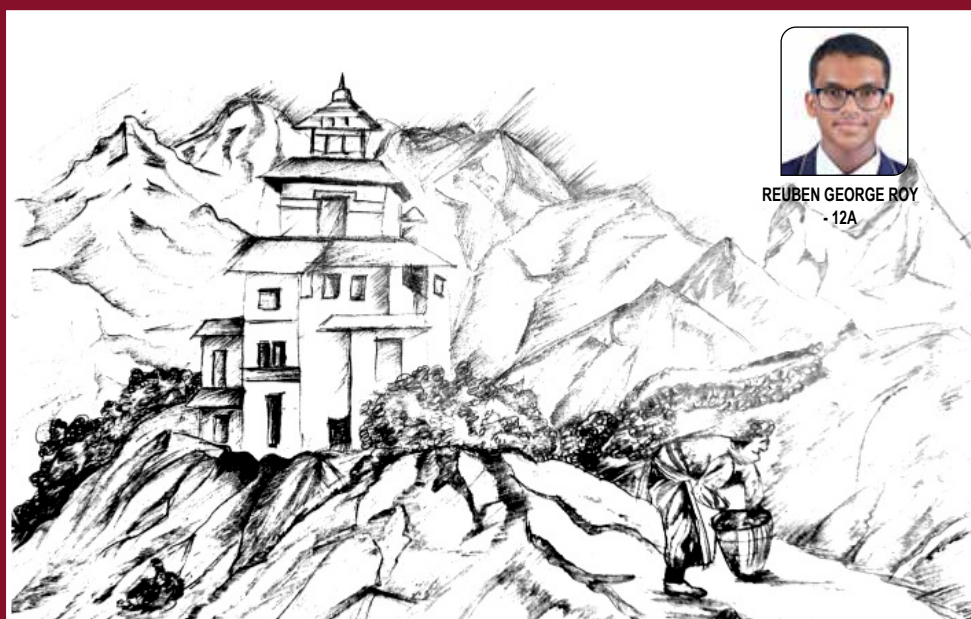
MALLIKALAKSHMI
- 8 B



MARINA VINCY
- 12 I



SHEZA SAJJAD WAGLE
- 12H



REUBEN GEORGE ROY
- 12A



SAKINA MEMBER
SAHEB - 12F

EPictionary



AFIYA HASAN
- 12E

1. **Abjure (v.)**

Meaning: To formally renounce or reject something.

Usage of the word in a sentence: The politician abjured his previous views on the issue.

2. **Benediction (n.)**

Meaning: A blessing, especially at the end of a religious service.

Usage of the word in a sentence: he priest offered a benediction before the congregation left.

3. **Limina (n.)**

Meaning: the smallest feeling you can notice.

Usage of the word in a sentence: He felt limina of the cold breeze.

4. **Churlish (adj.)**

Meaning: truly or certainly

Usage of the word in a sentence: He was a churlish guest, refusing to help with the dishes.

5. **Equanimity (n.)**

Meaning: Calmness and composure, especially in a difficult situation

Usage of the word in a sentence: She faced the challenge with equanimity, remaining steady and collected

6. **Caprice (n.)**

Meaning: a sudden change of mood or behaviour

Usage of the word in a sentence: His decision was guided by caprice.

7. **Novate (v.)**

Meaning: to replace something old with something new.

Usage of the word in a sentence: He decided to novate the contract terms.

8. **Befog (v.)**

Meaning: to make someone feel confused

Usage of the word in a sentence: Her explanation only befogged us more.

Poem

The Pulse of the Earth



KASHNI SONEJA
- 12F

No rhymes here—

only the quiet rhythm
of trees breathing in the morning,
of rivers curling around stone
like old friends in conversation.

The sky stretches
without asking for attention,
yet you look anyway,
drawn by its calm,
its unspoken invitation
to pause.

A single leaf turns in the wind—
not for drama,
but because it must,
because change is constant
in this wild, living world.

You walk barefoot on damp soil,
and the earth says nothing—
but you feel it,
deep and true,
the language that doesn't need words.

Nature doesn't rush,
doesn't worry about being noticed.
It simply is—
steady, patient, whole.
And somehow,
so are you.

Name: Class : Section : Roll No:



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