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PRINCIPAL'S MESSAGE

Dear Children,

Best Wishes to All of you for the new academic year 2021-22. This is your second year of online learning. I know that you are eagerly waiting for the offline classes to start. Let's hope that

it will happen in the second term. Let's move forward with a more positive outlook and try to achieve our goals one by one. In this journey, we may face obstacles and challenges. The best way of dealing with life's challenges is to take a good look at ourselves and take responsibility for what we think, feel and do. Never give your power away by blaming others for what you have or don't have, what you feel or don't feel. Once you do so, you'll become a victim of circumstance, and instead of using your time and energy to beat life's challenges, you'll sink into a dark and miserable place. In this edition, let us discuss the effective ways of dealing with the negativity of the people close to you:

1. Give up the need to complain

Make sure that you are taking responsibility of your feelings and mood. Don't complain that other people's negativity is affecting you because it will only create more negativity. Take responsibility for your thoughts and feelings and see what you can do to make yourselves feel better and change the existing situation.

2. Similarity Attracts

Good brings about good, bad brings about bad, and if we want to or not, we pull into our lives events, situations, and people that reflect our internal state. Ask yourself: "How am I feeling? Am I happy, excited, thankful, and calm? Or am I anxious, frustrated, and judgmental?" You may find that you yourself radiate misery to the environment and that part of the negative energy surrounding you is, in fact, a reflection of yourselves.

3. Don't believe everything you think

This is definitely one of the hardest things to learn. Look closely at the negative people in your life. What is it about them that gets you going? That affects you so much? Is what they are

doing really that bad, or is your brain playing games with you? Remember, the brain is configured to look for trouble, and once it focuses on someone's negative qualities, it'll be tough to get it to see the positive side of things. It doesn't mean it's not there.

4. Focus

Ask yourself: "Am I ready to find the good in these people? Am I able to see their good qualities?" Let the answers come naturally; make sure you are honest with yourselves. If you feel like you're insistent and won't change the way you are looking at people and situations, don't give yourselves a hard time. This takes time and patience, and when you are ready, you'll take this step. Remember, we all have good in us.

5. Don't make their problems your problems

For their sake and yours, make sure you are not adopting their problems and becoming negative about them yourselves. If you want to cure negativity, sliding down right and the negative person won't help; make it worse by validating their thought and behavioral patterns. Rather, focus on solutions, not problems.

6. Come with your own positive energy

Focusing on negative energy cannot create positive energy, and the other way around is also true. Focus on making yourselves happy enough that you have great positive energy, and you will see the negativity cringing away from it. How to put up positive energy? Focus on the things you like about the negative people; focus on things you love about yourselves, life, and the world around you. Think of loved ones, of things that make you happy. That way, you will increase the positive energy exponentially.

7. Be part of the change you'd like to see

The world is no more than a reflection of who we are, deep inside. Try to go for a feeling of well-being, live a positive life, a merry life with love, trust, and the pursuit of happiness. We cannot change others, but only ourselves. This is the only way to change the world. Think of it this way: When you are happy, the world seems happy, and the sky is open and blue. When you are sad, the world seems sad as well, and the sky is grey and uncaring, leaving you alone to deal with your pain.

Once Again 'Best Wishes' for the wonderful academic year 2021-22.

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EDITORS' NOTE

Greetings from the editorial board

Dear children,

We enter the new academic year of 2021-22. The year we left behind was filled with anxiety and apprehension. Let us start the new session with hope. Here's a small thought I would like to share with you.

You are waiting long because yours is a special meal.

I walked into a hotel and after going the menu, I ordered some food. After about 20 minute, a group of people walked in & ordered theirs. To my dismay, they got served first. I watched as they began to eat & laugh heartily.

I called the waiter. He calmly told me : " Yours is a special order, being prepared by the chief chef himself. Their orders were prepared hurriedly by students on attachment because the top chefs are busy with yours. That's why they were served first. I calmed down & waited patiently.

Shortly after, my meal was served by 6. Unknown to me, the owner of the hotel (who happened to be an old long lost friend of mine) saw me when I entered and decided to surprise me. He changed my simple meal to a five-star meal.

Such is life ! Some people are ahead of you and are eating now, laughing at you and talking about how they are smarter, wiser and better than you, how they are well connected , blessed, have money and are enjoying life. You are waiting tirelessly wondering why its taking so long to breakthrough, You endure mockery and humiliation.

The Owner of the World has seen you & doesn't want you to be served a simple meal.

You are waiting long because yours is a special meal. It takes time to prepare.

Wait for your meal and relax.

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



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Sona Sunish

Tamil New Year Puthandu Vazhukal



Don't feel confused if you hear Tamilians greet each other this way on this special day in their lives. They're just saying 'Happy New Year!' Puthaandu (Puthu meaning 'new' and varshum meaning 'year') or Varusha Priappu (Varusha meaning 'year' and pirappu meaning 'birth') is celebrated as the birth of a new year in Tamil Nadu. It falls on the first day of the month, Chithirai, as per the Tamil solar calendar.



KARTHIK RAMANA-
THAN - VIII A

Who celebrates New Year's in India?

This is the day Kerala celebrates vishu. From Vishu, we get the Bengali & Assam word & festival Bihu, which is also celebrated on the same day. North India also celebrates Vaisakhi or Baisakhi.

When is Puthaandu celebrated?

Puthaandu generally falls on April 14th or 15th every year. In 2021, it falls on April 14th.

How do Tamilians celebrate Puthaandu, the Tamil New Year?

You will find the entrance of houses decorated with colorful kolams (beautiful designs drawn on the ground with rice powder.) At the center of the Kolam is a kuthuvillaku or lamp that is lit to ward off the darkness. With multicolored flowers, the festive look is complete. Actually, the preparations begin a day before Puthaandu. People clean their houses and get rid of old and valueless items to declutter- symbolically removing negative effects.

People place mangoes, bananas and jackfruit, raw bananas and other seasonal vegetables on a tray\plate along with rice, betel leaves, areca nuts, money- gold and silver jewelry and coins, flowers and a mirror in front of the pooja room (prayer room).

What is the significance of each of these items kept one day before Tamil New Year's Day in this unique tray?

This assortment of items placed on tray or a plate is considered auspicious. This is the first thing you will set your eyes on (called kanni or auspicious sight), when you wake up on New Year's Day.

Mangoes and jackfruits are seasonal fruits and represent health, rice represents nourishment, money represents wealth and prosperity, and jewelry represents beauty and adornment. The betel leaves are offered to elders in the house to express gratitude for their blessings and support. The mirror is to reflect all these good things in life and multiply them!

Basically, it is a symbolic offering that's pays tribute to the agrarian society that we are and also welcomes all the things that go into a healthy, happy, full and endowed life.

Is there any special food item that is made as part of New Year celebrations?

The most important food that is made on Puthaandu is the Varusha Pirappu mangai pachadi. This pachadi is made with six tastes in it - cut/sliced raw mango (sour), pieces of jaggery (sweet), neem leaves (bitter), tamarind (tangy), and red chillies (spicy) and Salt. Basically, it is to herald a new year that should hopefully be filled with all the tastes of flavors of life. So, you experience a full and well- rounded life.

ICSK takes the initiative to develop young minds in ‘Money Matter’



The Indian Community School, Kuwait advocates the concept of holistic development in children. In continuation with its efforts in bringing awareness and educating a child at grass-root level and preparing him to fight a tougher battle later in life, ICSK hosted a webinar for the students of classes X and XII on the topic ‘Banking and Stock Market’. It was conducted on 8th April, 2021.

The Guest Speaker for the webinar was Mrs. Rachana Singh (Capital Market Investor) and Former Senior VP Citibank, Head of FX and Derivatives options, FSV Global Volunteer, also a Former Consultant Egyptian Stock Exchange. The webinar was graced by the presence of the Honorary Chairman Mr. Sheik Abdul Rahman, Honorary members of the Board of Trustees of ICSK, Principals,

Vice-Principals, Deputy Vice Principals, HODs, Academic Supervisors, teachers and students of all the branches of ICSK.

The Guest Speaker, Mrs. Rachana Singh

with the help of an informative PowerPoint Presentation explained the importance and need of investments and various options available for investments both in the banking, non-banking, finance companies as well as stock markets and the way in which each one of them functioned. She also gave an insight into career options in the Financial Sectors. After a detailed discussion on each topic, an interactive Question and Answer session was conducted to bring more clarity and solve doubts.

Honorary Chairman Mr. Sheik Abdul Rahman felicitated the Guest Speaker with a digital memento as a token of appreciation and thanked Mrs. Rachana Singh for sharing such valuable information on Banking and Stock Markets.



David Vetter - The boy in the bubble



David Vetter, affectionately known as the boy in the bubble, was born with Severe Combined Immune Deficiency (SCID), one of the most severe types of primary immunodeficiency disease. The disorder is created by genetic mutations that cause patients to produce too few of the immune cells that protect the body from infection. In healthy immune systems, T and B cells - known as lymphocytes - attack foreign organisms. People with SCID lack these critical immune defenses. At the time of his birth in 1971, a bone marrow transplant from an exact matched donor was the only cure for SCID, but there was no match available in David's family. For 12 years, David captured

the world's attention as he lived in protected environments to maintain relatively germ-free surroundings at Texas Children's Hospital. Speaking for her family, including David's father and sister, his mother Carol Ann Demaret explains, "As parents of an afflicted child, the only thing we had in our control was to see that David received the best possible care. David's life showed courage, patience and understanding. He accepted the unique circumstances of his life, but waited to find the way to come out of his bubble."

David had friends, was schooled at home and the hospital by teachers, and played and fought with his sister just like any little brother. He was involved in all aspects of their home life. Carol Ann fondly remembers Halloweens when David, dressed in a costume in the bubble, handed candy out to other trick-or-treaters through the rubber gloves. They were careful to keep him away from the attention in the media, but once when he was eight or nine, David saw his picture in the newspaper.

"The next day, he told me that he was a star," Carol Ann-his mother- lovingly remembers, "I

didn't know what he was referring to and told him that, yes indeed he was a star because he lights up my life. David quickly corrected me and told me that he was a star because his picture was in the paper the day before and stars don't have to clean up toys. I told him that his picture wasn't in the paper today, so today you clean up your bubble!"

Sadly in 1984, four months after receiving a bone marrow transfusion, David died from lymphoma - a cancer later determined to have been introduced into his system by the Epstein-Barr virus.

David's short life also provided insights into how SCID works. Better bone marrow screening now means more transplants are successful. According to the Immune Deficiency Foundation, 91 percent of infants who are diagnosed early and given transplants by age 3½ months survive. Today, David's medical records and personal papers are held by the Smithsonian Institution

Food Wastage and Hunger



Recent analysis shows that about one third of the edible food that is wasted globally comes before the farm gate and about one fifth comes from people's plates and refrigerators.

Food wastage is a growing global crisis that is affecting the physical health of the earth and the population inhabiting the entire planet. Recent estimates show that food wastage in developed countries like Europe and United states, can feed the whole continent more than thrice a day. Food Waste

is defined as the food loss during retail and final consumption.

Food wastage through people's plate

In olden days a food party meant, giving a meal for people to meet their hunger. But now a days parties are just a show off. If there is a party of 100 people then they serve food for 200 or 400 people. They are also serving a greater number of dishes just to show their financial strength and the left-over food is dumped in the waste bin.

Food wastage before farm gate

Every year, millions of tons of food is wasted on farms and the biggest cause is that risk is being transferred from retailers on to producers. A significant proportion of edible farm produce ends up being left in the field to rot or perishes post-harvest before even leaving the farm gate. Cosmetic standards are a consistent cause of losses. Researches showed that supermarkets cosmetic specifications drive overproduction as farmers try to ensure they have enough yield to meet their orders.



AFRAH
- VIII B

Food wastage during distribution

Currently, significant amounts of food are lost along the food supply chain - during production, postharvest, storage, processing, distribution and at the consumer level. This can be unintended result of agricultural and fisheries processing; technical limitations in storage, distribution in infrastructure; or a failure in packaging and marketing, but it also includes household level decisions. Food is the primary need for every organism. To meet the high demand of food, we should increase the production and decrease food wastage. The government should take action to prevent food loss or else our future generations will be in trouble.

OREO CHOCOLATE BALLS



Oreo chocolate balls are insanely delicious! Here is the recipe for making yummy Oreo balls.

Ingredients:

- 1) 10 pieces of oreo biscuits.
- 2) Melted chocolate.
- 3) Crushed oreos (For decoration).

Preparation:

- 1) Use the whole Oreo cookie, crisp chocolate cookie and white filling.
- 2) Place the cookies in a food processor and pulse until you have small cookie crumbs. Make sure there are no big cookie pieces. Make sure your cream cheese is soft. If it is too cold, it won't mix into the Oreo crumbs easily.
- 3) Use a mixer to combine the Oreo crumbs and cream cheese.
- 4) Roll the Oreo cream cheese mixture into small balls and place on a baking sheet or tray that has been lined with parchment paper or wax paper. Freeze the balls for 15 minutes. You MUST freeze them so you can dip them in chocolate. If you don't, you will have a mess.
- 5) Melt the chocolate in the microwave

in a small microwave safe bowl. You can also melt the chocolate using a double boiler on the stovetop.

- 6) Dip the balls into the melted chocolate, making sure the balls are completely covered. Use a fork to lift them out of the chocolate, then shake them from side to side to remove the excess chocolate.
- 7) Place the Oreo balls back on the lined baking sheet or tray. You can decorate the tops with a drizzle of extra chocolate, crushed Oreos, sprinkles, crushed peppermint, or chopped nuts. Or you can leave them plain!
- 8) When they are all dipped and decorated, place the baking sheet or tray in the refrigerator and chill for at least an hour.

Now, your yummy Oreo chocolate balls are ready!!



JESLYN SARA
SHYJU - 8A

BEST STUDENT - APRIL



ADHRA P. SAJAYAN
- 12A



HILAL SALIM P.
- 12B



VISHNU NARAYANAN
- 12C



MUSKAN NISAR
- 12D



RACHEL SUZEN
- 12E



IMAN FAWAZ MOOSA
- 12F



ASAD ALI HAKIM
- 12G



ATHER YOUNUS
- 10A



JOHANN PREMJI
- 10B



ZAIMA MOHAMED
- 10C



AURELIA SHABI
- 10D



ASHLYN ANIL
- 10E

THE BLESSED MONTH OF RAMADAN



Allah Almighty has always shown his kindness, love and mercy toward his creations but there are some exceptional months, days and times which has more importance. Ramadan is also one of those special months in which Allah showers his innumerable blessings. It is the ninth month of the Muslim calendar and is also the month when the Holy Quran was sent down from heaven to guide the Muslims. It is stated in the Quran that:

"Ramadan is the month in which was sent down the Qur'an as a guide to mankind, also Clear Signs for guidance and judgment between right and wrong."

The blessings of Ramadan are not restricted to fasting only, because the performance of all sorts of good deeds and worship during this month is also a source of great Divine favour. The revelation of the Holy Quran started during this month and it is hence the duty of every Muslim to read and try to learn and understand the meaning of the Holy Quran and by that gain an awareness and insight into the Divine secrets hold as sacred therein. This month of Ramadan is very special for Muslims across the world especially in this era where we are regularly struggling with the idea of keeping in mind the Remembrance of Allah due to complexities of modern day life.

Ramadan in the light of Hadith:

Abu Hurairah (RA) reported that Allah's Messenger (PBUH) said: 'When there comes the month of Ramadan, the gates of mercy are opened, and the gates of Hell are locked and the devils are chained.'



ASAD ALI HAKIM
- 12 G

In Ramadan the Ummah of Holy Prophet (PBUH) is invited to receive the privileges from Allah Almighty. Every breath taken has the reward of good deeds and Tasbeeh are rewarded in great amount. A person who does not receive the mercy and kindness of Allah is most unlucky. The Holy Prophet (SAW) said:

"He has left his food, drink and desires for My sake. The fast is for Me. So I will reward (the fasting person) for it and the reward of good deeds is multiplied ten time."

The blessed month of Ramadan provides a unique convenient time and opportunity for Tahajjud prayer, particularly when the time of commencing the fast is favourable. Allah Almighty provides great reward for all our good acts of worship during this Holy month therefore, we should do special efforts to pray and keep it up for the rest of the year to raise our level of spirituality.



Life is like riding a bicycle.
To keep your balance, you must
keep moving

Albert Einstein



EPHILATELY

The first postal stamp in India was introduced on 1 July 1852 in the Scinde district. The volume of mail doubled between 1854 and 1866 and again between 1866 and 1871.

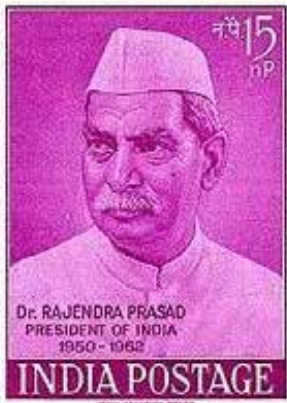


Set of stamps marking the Inauguration of New Delhi, 1931. The first pictorial stamps were issued in 1931.

In this EPHILATELY let us venture into stamps commemorated to 4 of India's pride

Dr. Rajendra Prasad

Denomination - 15np
Date of issue - 13 May 1962



Dr. Rajendra Prasad had been the President of the Constituent Assembly and the Indian National Congress (1943- 1939) before he was elected as the 1st President

of the Indian Republic! As the President of India, he duly followed the Constitution of India and acted independently of any political party. He was re-elected in 1957 and remains the only President of India to have held the office twice. He was awarded the "Bharat Ratna", the nation's highest civilian award, in 1962. His life has been truly inspiring for all Indians and we could not have asked for a more fitting and perfect personality to lead India into a fresh chapter of the nation's glorious history! He became the 3rd living person who was depicted on Indian Stamps. India Post has issued two stamps honoring the 1st President of Republic India. A 15 Naye Paise commemorative Stamp released in 1962 has his portrait and the other stamp issued in 1984 depicts our President sitting on desk signing documents!

Dhondo Keshav Karve

Denomination – 15 np
Date of issue – 18 April 1958



Dhondo Keshav Karve, also known as Maharishi Karve, was First alive Personality honored on a stamp. He was a Social Reformer and an educator

who worked tirelessly for the upliftment of women's right in the society. He was well noted for supporting the education of women and for organizing associations for the remarriage of Hindu widows. This Great Sage (Maharishi) of India lived for 104 years and on his 100th, Birth Anniversary government of India awarded him the highest civilian award – The Bharat Ratna in 1958. Also, a special commemorative stamp worth 15 Paise was issued to pay tribute to his work that incorporated a great change in today's Indian society.

Dr M. Visvesaraiya

Denomination – 15 np
Date of issue – September 15, 1960



Also known as Sir MV, Mr Vivasvaraya was an eminent engineer, statesman as well as the Diwan of Mysore. Due to his outstanding contribution to the society, Government

of India conferred 'Bharat Ratna'. On his Birth Anniversary, he is remembered for his unforgettable contribution to his field. His birthday is celebrated as Engineer's Day. He was honored with a knighthood by Britain in 1915. Visvesvaraya Industrial

and Technological Museum at Bangalore is named in his honor. This influential personality became 2nd alive Personality to be honored on a stamp.



ANDRIYA PIGREZ
- XB

V.V. Giri

Denomination – 25 Paise
Date of issue – August 24, 1974



Varahagiri Venkata Giri, also known as V. V. Giri, was the fourth president of India from 24 August 1969 to 24 August 1974. He was born on 10th August 1894, in Berhampur,

Odisha. Giri was a successful lawyer and political activist of the Indian National Congress. While studying law in Ireland, young Giri developed contacts with Irish leaders like De Valera, William Collins and was inspired by the revolutionary and trade union activities of the Irish freedom struggle. Later, he became Minister of Labor in the Central Cabinet. He was also appointed Governor of Uttar Pradesh, Kerala, and Karnataka. India Government honored him with India's highest civilian award, the Bharat Ratna. A commemorative postage stamp was on V.V Giri was released by the Indian Postal Department in 1974, after this, he became the 5th living person who was depicted on Indian Stamps.

LIFE LESSONS

Master.Thyself

- Anything that annoys you is teaching you patience.
- Anyone who abandons you is teaching you how to stand up on your own two feet.
- Anything that angers you is teaching you forgiveness and compassion.
- Anything that has power over you is teaching you how to take your power back.
- Anything you hate is teaching you unconditional love.
- Anything you fear is teaching you courage to overcome your fear.
- Anything you can't control is teaching you how to let go.



The Hidden Meaning Behind The Yin And Yang Symbol



Many of us have seen this circular Symbol with a dark and bright portion enclosed inside it. Although it looks simple, yet it has a deep meaning hidden behind it, symbolizing

our life and the universe. This Chinese symbol is known as yin-yang where yin forms the black portion with a white dot and yang is the white with a black dot. It originates from the Chinese philosophy of Taoism. In simple language, the yin-yang describes how seemingly opposite or contrary forces tend to balance each other in the natural world.

Yin may mean shadow, softness, silence, cold, passive, femininity whereas yang may portray light, hardness, noise, hot, active and masculinity. The most basic illustration of the yin yang theory can be understood by time. Yin-yang can represent night-day which can be further simplified by saying that both of it repeats itself in a cycle to maintain the balance of each other. Similarly, it can mean birth and death. There is a collective balance of yin and yang energy which is complementary, interconnected and

interdependent in whole. Just like people can't work without rest, there must be a counter force to every other thing.

Nothing is absolute because change is spontaneous. Even in the symbol, we can see that there is a white spot in the black portion and vice versa which means there is a positive essence in every dark side and a sense of distrust in the bright face. In our daily life, we can experience loneliness in happiness and light moments in difficult times.

In simple words, we have the good and we have the bad. We have some good in the bad and we have some bad in the good and that is life. The relationship of yin-yang remains as an indispensable foundation to the universe.



FAIZA FAROOQ
-121

Prince Philip, Duke of Edinburgh (10 June 1921 - 9 April 2021)



Prince Philip of Greece and Denmark was born in Corfu in 1921 eight years after the assassination of his grandfather, King George I of Greece. He was the only son of Prince Andrew of Greece and Denmark and Princess Alice of Battenberg.

Early Life

Philip's father was Prince Andrew of Greece and Denmark. His mother was Princess Alice, who was the eldest daughter of Louis Alexander Mountbatten, 1st marquess of Milford Haven, and Princess Victoria of Hesse and the Rhine, granddaughter of Queen

Victoria. Reared chiefly in Great Britain, Philip was educated at Gordonstoun School, near Elgin, Moray, Scotland, and at the Royal Naval College, Dartmouth, England. He was abruptly separated from his parents and four elder sisters at the age of eight, and destined never again to live in the same home as his immediate family. From January 1940 to the end of World War II, he served with the Royal Navy in combat in the Mediterranean and the Pacific. On February 28, 1947, Philip became a British subject, renouncing his right to the Greek and Danish thrones and taking his mother's surname, Mountbatten.

Marriage with Queen Elizabeth.

His marriage to his distant cousin Princess Elizabeth took place in Westminster Abbey on November 20, 1947. On the eve of his wedding, he was designated a royal highness and was created a Knight of the Garter, Baron Greenwich and duke of Edinburgh. The couple's first child, Charles Philip Arthur George, was born in 1948. He was joined by Anne Elizabeth Alice Louise (born 1950), Andrew Albert Christian Edward (born 1960), and Edward Anthony Richard Louis (born 1964).

Philip continued on active service with the Royal Navy, commanding the frigate Maggie, until Queen Elizabeth's accession on 1952, from which time he shared her official and

public life. He attended an average of 350 official engagements a year on behalf of the royal household. In 1957 she conferred on him the dignity of prince of the United Kingdom, and in 1960 his surname was legally combined with the name of her family - as Mountbatten-Windsor - as a surname for lesser branches of the royal family.

His Philanthropic Endeavours

Philip engaged in a variety of philanthropic endeavours. He served as president of the World Wildlife Fund (WWF) from 1981 to 1996, and his International Award program allowed more than six million young adults to engage in community service, leadership development, and physical fitness activities. In 2011, to mark his 90th birthday, Elizabeth conferred on him the title and office of lord high admiral, the titular head of the Royal Navy. In May 2017 it was announced that Philip - who was one of the busiest royals, with more than 22,000 solo appearances over the years - would stop carrying out public engagements in August. His last solo event took place on August 2, 2017. Prince Philip is being remembered as the longest-serving consort in British history, who sacrificed a naval career to give steadfast support to his wife.



JOVEN C. JOSE
- XII B



Beauty lies in the eyes of the beholder



Beauty has always been a key to unlock many doors, it plays an important role in human relationships. However, the definition of beauty varies from person to person. In this essay, the definition of beauty, the relativity of the understanding of beauty, and the question of whether beauty is only skin deep or not will be argued. Beauty, according to Merriam-Webster dictionary, means "The quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit." Humans have a different kind of appreciating beauty. That is why, important questions, on which scientists have been.

"One man's trash is another man's treasure." It's about individuals who find the person, object, painting, color, etc. pleasing to themselves.

As mentioned above, in the second paragraph, skin-deep will be discussed

in this part. What is skin-deep? Skin-deep is the beauty of appearance, what we call 'looking good'. Is beauty only skin-deep? Not at all. Physical beauty is only skin-deep. One cannot judge a book by its cover. Inner beauty is something more different and important. A person's look cannot love you. It cannot think or emphasize. It can only entertain you for a while, but not always. It is just a simple look. Looks can open the door for you, but characteristic features are the primaries that keep the door open. It is the physical beauty that will make us like a person. But it is the inner beauty that will make us love the person. While the beauty of a person might include the person's character, spiritual quality, intelligence, and morals, the beauty of a person's body will not. Trash is Another Man's Treasure Beauty has always been a key to unlock many doors, it plays an important role in human relationships. However, the definition of beauty varies

from person to person. In this essay, the definition of beauty, the relativity of the understanding of beauty, and the question of whether beauty is only skin deep or not will be argued. Beauty, according to Merriam-Webster dictionary, means "The quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit." Humans have a different kind of appreciating beauty. That is why, important questions, on which scientists have been.



MARYAM SIDDIQUI
- VIII F

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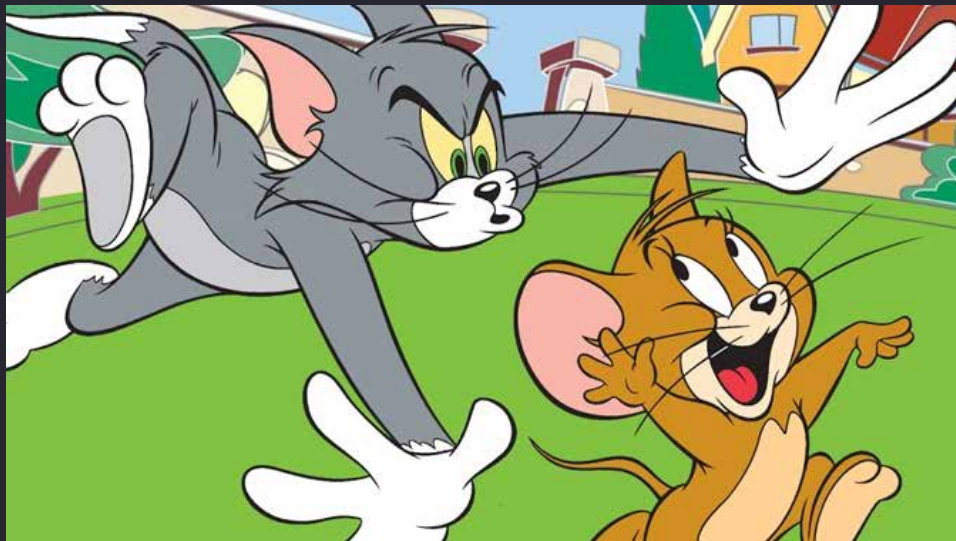


Happiness is not something ready made.
It comes from your own actions.

Dalai Lama

TOM and JERRY

81 YEARS OF CAT VS MOUSE



A cartoon cat, sick of the annoying mouse living in his home, devises a plot to take him out with a trap loaded with cheese. The mouse, wise to his plan, safely removes the snack and saunters away with a full belly. You can probably guess what happens next. The story ends as it almost always does: with the cat yelling out in pain as yet another plan backfires.

The plot may be familiar, but the story behind it may not be. From Academy Award wins to secret production behind the Cold War's Iron Curtain - this is how Tom and Jerry, who turned 81 this February, became one of the world's best known double-acts. Out of boredom, the animators, both aged under 30 then, began thinking up their own ideas. Barbera said he loved the simple

concept of a cat and mouse cartoon, with conflict and chase, even though it had been done countless times before. Puss gets the Boot was the first they released, in 1940. The debut was a hit and won the studio an Oscar nomination for best animated short. Jasper and Jinx, as they were first known, became Tom and Jerry.

According to Barbera there was no real discussion about the characters not speaking, but having grown up with silent films starring Charlie Chaplin, the creators knew they could be funny without dialogue. Music composed by Scott Bradley underscored the action and Tom's trademark human-like scream was voiced by Hanna himself. These Toms and Jerrys are almost universally considered the best, with rich

hand-drawn animation and detailed backdrops helping win them seven Academy Awards and cameos in Hollywood feature films.



JOHANN PREMJIITH
- X B

Mark Kausler, who is 73 now, is one of many people who have warm memories of Tom and Jerry growing up. He began making his own cartoons, partly inspired by the characters, and went onto an extensive animation career of his own.

Tom and Jerry is still very popular in India, where it is broadcast in several languages. Tom and Jerry will always remain the most popular cartoon among adults. In the 81 years since their creation, the cat and mouse have appeared in everything from a kid's version to a 1992 musical movie where they sang and spoke. Bill Hanna died in 2001 and Joe Barbera passed away in 2006.



Quote Garden

- You can appreciate the light but before that you have to know the darkness.
- You were given this life because you were strong enough to live it.
- Let your dreams be bigger than your fears and your actions be louder than your words.
- When it rains, look for rainbows. When it's dark, look for the stars.
- Success is no accident. It's hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.
- Do not wait; the time will never be 'just right'. Start where you stand and work with whatever tools you may have at your command, and better tools will be found as you go along.



DEON D'SOUZA
- 11H



CHARITY CONVENERS - APRIL



TUBA TARAB
- 12A



MANASA MANOJ
- 12B



VISHNU NARAYANAN
- 12C



SYED ASHFAQ
- 12D



ADAM MOHD SADIQ
- 12E



SHIJON SAIJU
- 12F



KHADIJA VIRPURWALA
- 12G



PHILIP MATHEW
- 12H



ANN MONI JACOB
- 12I



ALAIN MATHEW
- 10A



CHANDLER COLIN
- 10B



SNEHA RACHEL
- 10C



MYRON BRIAN
- 10D



MAYRA FAISAL
- 10E



NEIL PINTO
- 9A



CALEB RICHARD
- 9B



AZMINA ISMATH
- 9C



NADEEM ISMAIL K P
- 9D



JOYAL JOBY
- 9E



BRITNEY JOHN
- 8A



AARON CHACKO
- 8B



RICK EMMANUEL
- 8C



CHRISTEENA
- 8D



MOHAMMAD
- 8E



VEDANT PRADEEP
- 8F



TARUN JANAKIRAMAN
- 7A



SHIBANI KARTHIKA
- 7B



SANJAY RAMACHANDRAN
- 7C



TAHA FIDAHUSSAIN
- 7D



MOHNISH
BALAMURUGAN - 6A

Kylian Mbappé



Kylian Mbappé Lottin (born 20 December 1998) is a French professional footballer who plays as a forward for Ligue 1 club Paris Saint-Germain and the French national team. Considered one of the best players in the

world, he is known for his clinical finishing, dribbling, strength, and explosive speed. As a kid, he idolised Cristiano Ronaldo and emulated his style of play. He made his professional debut in Ligue1 club A.S

Monaco in 2015, aged 16. He then joined their league rivals the Ligue1 club Paris Saint-Germain; playing alongside some great football players such as Neymar Jr, Ángel Di María, Thiago Silva, etc., for a transfer fee of €180 million, making him the second most expensive player and most expensive teenager ever.



TEPHIN DANIEL
- X C

At the International level, he made his senior debut for France in 2017, at age 18 and during the 2018 FIFA World Cup, he became the youngest French player to score in a World Cup Final, and the second teenager, after the legend Pelé to score in a World Cup Final. He finished as the joint second-highest goal scorer as France won the tournament. He has won many awards in his career, such as 4 Ligue1 titles, 2 Coupe de la Ligue, 2 Coupe de France, 1 Trophée des Champions, 2018 World Cup, Golden boy, and many more. Mbappé is one of the most sought after and one of the best soccer players in the world.

Positive Affirmations Do they help?



Positive affirmations are positive phrases or statements used to challenge negative or unhelpful thoughts. Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself. You may choose to use positive affirmations to motivate yourself, encourage positive changes in your life, or boost your self-esteem.

1. It Beats Depression

The power of positive thinking has been known to beat depressive thoughts.

Depression has many causes. However, thoughts of low self-esteem and not being worthy or even good enough definitely play a role. Fortunately, by saying positive affirmations, you can change your thought process.

2. It Enlightens People around You

Positive affirmations help motivate people around you. Being around positive people will transform you and your energy. Often, the reason we are depressed or feeling down is that we fight our own thought processes.

Being around people with positive energy can change your thought process quickly.

3. It Strengthens Relationships

Through positive affirmation, it's easier to transform your relationships with others. The power of positive thinking can flourish new relationships, old ones, and those which have tension between them. This is useful in all aspects of your life, and it benefits not only you but also the people you build relationships with.

4. They Boost Confidence

Positive affirmations help you learn to be the best version of yourself, so you no longer have to pretend to be anyone else. When you tell yourself that you're confident and capable, you're more likely to embody those beliefs.

5. They Lead to Better Health

Science has proven that people who think positively feel better and live longer lives compared to those who don't. Negative thinkers tend to experience sleep problems, tense muscles, and pain on top of depressive thoughts. Rather than get caught up in negative emotions, focus on positive affirmations in the face of stress or destructive thoughts. You'll start to feel better both mentally and physically.

Egyptian Mummies



I am fond of reading. Yesterday, I was reading a book called 'The Missing Mummy' by Ron Roy. This book is all about Egyptian mummies. These mysterious things ignited my curiosity. 'Mummy' is a dead human or an animal whose skin and organs have been preserved by either intentional or

accidental exposure to chemicals, extreme cold, very low humidity, or lack of air, so that the recovered body does not decay further if kept in cool and dry conditions.

We can uncover the mysteries of their appearance, age and even the clothes and jewellery they adorned. These royal mummies were filled with gold and exquisite jewellery. At the time of death, if their eyes were open, these would stay open for a very long time. Not only human mummies, even animals such as bulls and deer were preserved as mummies. Egypt has been famous for mummies around 1570-1575 A.D.

Mummy mask is a very important outer trapping placed over the head to provide an idealized image of the deceased as a resurrected being from car tonnage, a cheap and lightweight material. The heat and dryness of the sand dehydrated the bodies

quickly, creating lifelike and natural 'mummies'. Later, the ancient Egyptians began burying their dead in coffins to protect them from wild animals in the desert. They developed and continued this process for 2000 years in the Roman Period.



RUHAANEE SINGH
- VII A

King Tut's mummy, which came into the limelight, opened the new doors to a collaboration of history with scientific advancement. Tutkhamun was the 13th pharaoh of the 18th Dynasty of the New Kingdom of Egypt, making his mummy over 3,300 years old. The burial chamber was found in 1922 but was not opened until a year later. Two years passed between the discovery of the tomb and that of the mummy and its famous death mask. When this pandemic will pass, I will surely visit Egypt's pyramids and have a glimpse of these exciting mummies!



EPitome OF SUCCESS SONIA GANDHI



“The Wonder Women of Indian Politics”

Sonia Gandhi, the President of the Congress party, who has been at the helm of affairs for more than 20 long years is all set to retire from active politics and hand over the reins to her son Rahul Gandhi. The life and journey of Sonia Gandhi have been as dramatic as one can imagine. Born in a middle-class family as a Roman Catholic in 1946 in Italy, to becoming the most powerful women in India, her journey has been the inspiration for many. In particular, The Red Sari by Spanish author Javier Moro talks about the dramatic events that had shaped the life of Sonia Gandhi. The journey of a person who would have become the first Roman Catholic Prime Minister of India had she not, at the last moment, turned down the post in the 2004 Lok Sabha election, is worth looking at. The people at large fondly remember

the day when Sonia Gandhi took the reigns of the party in 1998 and did that for good, leading the party to victory twice, in 2004 and then in 2009.

The wife of India's youngest Prime Minister Sonia Gandhi was a young student of English at Cambridge where she met her future husband and the son of India's Prime Minister Indira Gandhi. Rajiv was an ambitious pilot with no interest in politics. He was pushed to the scene after the death of his younger brother in a plane crash and after his mother was assassinated at the hands of her bodyguards in 1984. In the wake of Mrs Gandhi's death, Rajiv became the Prime Minister and there on began the journey of Sonia Gandhi as the wife of India's youngest Prime Minister.

The reluctant leader to an Inspirational Women

After the death of Rajiv Gandhi, Sonia formally took charge of the Congress party, which had then been battling with internal feuds and divisions. Some of the senior leaders opposed her being made the President, owing to her Italian origin. Apart from the internal contention, Sonia had to face the barbs of the Opposition, which also targeted her Italian origin and made it an issue in the 1998 Lok Sabha elections. However, Sonia Gandhi persisted in her efforts and to the surprise of everyone, led the party to victory in the 2004 Lok Sabha elections. Sonia Gandhi, being aware of the Opposition's charges on her origin, deliberately kept a low profile and very quickly learnt the nuances of Indian politics.



JOVEN C. JOSE
- XII B

Rising stature

The stature of Sonia Gandhi in the eyes of Congress leaders and the public increased manifold when she refused to lead the government as its leader, and instead chose Dr Manmohan Singh as the Prime Minister. The sacrifice made her win many hearts inside, as well as outside, the party. Sonia strengthened her position inside the party and led the Congress party to a consecutive victory in the 2009 Lok Sabha elections. Sonia Gandhi, took full control of the party and went on to become the most powerful person in India.

“Together we can face any challenges as deep as the ocean and as high as the sky” - Sonia Gandhi.

Know your Parents - Brilliant Message!!



One who loves till her eyes close, is your Mother.

One who loves without an expression in his eyes, is your Father.

Mother - Introduces you to the world.

Father - Introduces the world to you.

Mother : Gives you life.

Father : Gives you living.

Mother : Makes sure you are not starving.

Father : Makes sure you know the value of starving.

Mother : Personifies Care.

Father: Personifies Responsibility.

Mother : Protects you from a fall.

Father : Teaches you to get up from a fall.

Mother : Teaches you walking.

Father : Teaches you walk of life.

Mother : Teaches from her own experiences.

Father : Teaches you to learn from your own experiences.

Mother : Reflects Ideology.

Father : Reflects Reality.

Mother's love is known to you since birth.

Father's love is known when you become a Father.

Mother loves from Heart.

Father loves from Brain.

CAPTAINS & VICE CAPTAINS - APRIL

CLASS 12A



JESWIN SUJU



DAANYA BALA
MURUGAN NAIDU



JOVEN C. JOSE



ASHLIN SARA
SATISH



ANJANA REVI
PRASAD



HANNAH MARIAM
CHERIAN



ADITI RAJENDRA
PATIL



BURHANUDDIN
KOZEMA



JEREMIAH MATHEW



SREE LEKSHMI

CLASS 12F



LIANA MARSHALL



RICK FERNANDES



NIDA ABDUL
HAMEED ALI



JAPNEET KAUR
SAHNI



JONATHAN TIGITH
MATHEW



IMMANUEL
MATHEW



ALLEN IYPE EAPEN



AMAL RAJ



LAVNYA NAIR



ADINATH KANI-
CHERIL ARUNRAJ

CLASS 12G

CLASS 12H

CLASS 12I

CLASS 10A

CLASS 10B



HARISH RAJU
RUDRARAJU



SOORYA SUNIL
KUMAR PUNNAPILLY



MADIHA IRFAN
SHAIKH



ILHAM IQBAL RAUT



AYUSHI AISHWARYA
PANIGRAHI



ISHAAN SHARMA



JEHOSHUA
GEORGE BOBBY



MUSKAAN FAROOQ



AKSHAYA
JEYAKUMAR



YOHANN MATHEW
PETER

CLASS 10C

CLASS 10D

CLASS 10E

CLASS 9A

CLASS 9B



DEEPAN RAJA
GANESAN



LIVA MARIA SUNIL



CHRIS MATHEW



RAYNELLE



REVA BHAVIN
KUMAR KANTARIA



VARAD NITIN
BHARASKAR



MIDHAT FATEMA



IBRAHIM IMTIYAZ
PARKER



AMRITA VINOD
RAJAN



NEO NOBY

CLASS 9C

CLASS 9D

CLASS 9E

CLASS 8A

CLASS 8B



ASHISH LIAN LIJO



KRIPA REJI



HANNAH MARIA
ABRAHAM



GURLEEN KAUR



HIBA AHMED



AISHWARYA P
JAISON



NAFISA MOIZ ALI



YASH GIANANI



KALISTA RAJESH
PARAKKOTH



PARTH LOHAR

CLASS 8C

CLASS 8D

CLASS 8E

CLASS 8F

CLASS 7A



ANGEL MARIA



RUTH ANN TOBY



LIYA JOHNY



YASER RAZA MIRZA



DEEPSHIKHA KALSI



RAED RIZWAN
RAWOOT



AAREFA ABIZAR



ERIC SANJU
MATHEW

CLASS 7B

CLASS 7C

CLASS 7D

CLASS 7E



HEAVEN SAM SHINE



MIRIAM
ALPHONSO GEORGE

CLASS 6A



AMALIA ROSE
JAMES



ABDULLAH AHMED

International Mother Earth Day



Mahatma Gandhi once said that “nature has enough resources to fulfill the needs of the human being but it can’t fulfill the greed of the humans”.

As scientific innovations are taking place around the world, the pace of environmental degradation is also increasing. So to increase the awareness about environmental degradation some individuals and institutions have come forward for this good cause. Our planet is an amazing place, but it needs our help to thrive! That’s why each year on April 22, more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we’re making our world a happier, healthier place to live. The first Earth Day was celebrated in 1970, when a United States senator from Wisconsin organized a national demonstration to raise awareness about environmental issues. Rallies took place across the country and, by the end of the year, the U.S. government had created the Environmental Protection Agency. By 1990, Earth Day was an event celebrated by more than 140 countries around the globe. The year 2021 marks the 51st anniversary of the annual celebrations. This year’s theme for

Earth Day is ‘Restore Our Earth’. Recovery from. The COVID-19 pandemic is a chance to set the world on a cleaner, greener, more sustainable path,” said UN Secretary-General António Guterres in a statement.

“Mother Earth is clearly urging a call to action. Let’s remind more than ever on this International Mother Earth Day that we need a shift to a more sustainable economy that works for both people and the planet”. According to earthday.org, Earth Day aims to “build the world’s largest environmental movement to drive transformative change for people and the planet.” The movement’s mission is “to diversify, educate and activate the environmental movement worldwide.”

According to the United Nations, International Mother Earth Day is celebrated to remind each of us that the Earth and its ecosystems provide us with life and sustenance. This Day also recognizes a collective responsibility, as called for in the 1992 Rio Declaration, to promote harmony with nature and the Earth to achieve a just balance among the economic, social and environmental needs of present and future generations of humanity. This day provides an opportunity to raise public awareness around the world to the challenges regarding the well-being of

the planet and all the life it supports.

According to earthday.org, this year’s theme focuses on natural processes, emerging green technologies, and innovative thinking that can restore the world’s ecosystems. “In this way, the theme rejects the notion that mitigation or adaptation are the only ways to address climate change. It is up to each and every one of us to Restore Our Earth not just because we care about the natural world, but because we live on it. We all need a healthy Earth to support our jobs, livelihoods, health & survival, and happiness. A healthy planet is not an option — it is a necessity,” it says

This year, seven major climate-related events are taking place in parallel on April 22, including the Leaders’ Summit on Climate hosted by the United States, and the Exponential Climate action Summit on Financing the Race to Zero emissions

The factors that destroy the Earth’s environment are as follows;

1. Polyethylene is one of the most polluting elements of the world. Plastic pollution is poisoning our land and oceans, injuring marine life, and affecting our health. The theme of Earth Day- 2018 is also based on plastic pollution “End Plastic Pollution”. The theme of Earth Day 2019: Protect Our Species AND The theme for Earth Day 2020 is ‘climate action’.
2. Deforestation for commercial purposes
3. Lesser awareness in the mass about the environment protection around the world
4. Exploiting the nature of the human being. The human wants to fulfill his greed from nature, which is next to impossible. Finally, it can be said that the real Earth Day will be observed on the day when we convert this earth as a safer place for our coming generations.

Happiness lies in the joy of achievement and the thrill of creative effort."

SUCCESSFUL PEOPLE
are not gifted, they just Work Hard,
Always remember What comes easy won't last and what last won't come .

Accepting Every Victory With A Humble Heart, & Every Defeat With A Gracious Mind
Is The Best Way To Live In This World. “Win Or Loss” Life Has To Go .

“THE PHARAOHS”

Golden Parade



Egypt, “The Land of Golden History”. It was once home to the most mysterious and advanced civilizations of its time. Egypt’s majesty has long entranced archeologists and historians and has also inspired a study of its own. The ancient Egyptians believed in “A’aru” or afterlife. They mastered the art of mummification. The kings or pharaohs were mummified and preserved in sacred tombs.

The Golden Parade which was conducted on 3rd April 2021 was a much anticipated event. During this event the mummies of 22 pharaohs, 18 kings and 4 queens were transported from the old museum in Tahrir, Cairo to the new museum in Al Fustat. This event was celebrated with much pomp and show with people viewing it from all around the world. The mummies are showcased at the Royal Mummies Hall which is decorated to mimic the “Valley of the Kings” where their original tombs were placed. The parade also featured various performances by Egyptian artists as well as star-studded appearances starting with Mona Zaki, Hussein Fahmy, Hend Sabri, Ahmed Helmy, Khaled El-Nabawi, Ahmed Ezz, Karim Abdel Aziz, Nelly Karim, Asser Yassin, and Amina Khalil who all appeared in a video highlighting the historical importance

of the monumental event. According to the head of the National Museum of Egyptian Civilization, the museum will be opening its doors to the public on April. The National Museum of Egyptian Civilization will be the first museum to be devoted to the entirety of Egyptian civilization. The museum is split into six thematic galleries that cover the dawn of civilization, the Nile, writing, state and society, material culture, beliefs and thinking, and the gallery of royal mummies. The NMEC is one of Unesco’s projects to help safeguard and preserve Egypt’s cultural heritage. During the move the mummies have been placed in special nitrogen-filled boxes to help protect them against external conditions. Egypt’s maestro conducted the United Philharmonic Orchestra which included 120 musicians and 100 singers.

The new museum is said to be the largest museum in the world dedicated to Egyptian history. The event exhibited popular Egyptian singers and dancers. The honorable president Abdul Fattah El Sisi also attended the show. The Mummies were transported in special nitrogen filled boxes to protect them from exterior conditions.



ALAN BOBBY
- 8A

The pharaohs were also accompanied by 60 motorcycles and 150 horses. Upon the arrival of the pharaohs a 21 gun-salute was carried in respect to the pharaohs’ legacy. The show was certainly not a one to miss. As per the Egyptian ministry this will be the first and the last time the mummies will be transported.



DID YOU KNOW?

1. Moon is moving away from earth at the speed of growth of human nails.
2. Reindeer’s eyes turn blue during the winter so that they can see low light.
3. A crowd in London gathered to observe first two months of silence for those who were killed in World War 1 November, 1919.
4. In the history of US automobiles industry, only two companies haven’t gone bankrupt – Ford and Tesla.
5. The only Japanese Passenger who survived the Titanic, lost his job because he was known as a coward in Japan for not dying with other Passengers.
6. There is a reverse zoo in China that puts you in a cage and lets the animals run free.
7. Jackie Chan once broke 12 Cement blocks with a fist holding an egg without damaging the egg.



NISARG PATEL
- 8D



Birthday Arcade - April



INSIYA HUSAINI
7A - APR 1



MURTAZA MUSHKI
8E - APR 1



THILOCHAN P.
9C - APR 1



MYRON BRIAN
10D - APR 1



SHREYA SIVAKUMAR
12B - APR 1



MOHAMMED ZAMAN
8G - APR 1



ANGEL MARIA HENRY
7A - APR 2



QAIS ABDUL SAMAD
7B - APR 2



NAWAL HOSSAIN
12B - APR 2



ASHMEENA KHAN
12I - APR 2



FARASEEN FATIMA
7D - APR 3



REJIN TENSON
8C - APR 3



HEMANI SHARDA
7C - APR 4



PULAK SINGH
12A - APR 4



LINITA KINGSLEY
7B - APR 5



RIDDHI GUPTA
12E - APR 6



RITHWIK GUPTA
12C - APR 6



AFAFE IQBAL RAUT
7C - APR 6



MOHAMMED MUNDE
7D - APR 6



SARA KHAN
8B - APR 6



V. DEVANSHI REDDY
8F - APR 6



NISARG ALPESHKUMAR
9D - APR 6



BATUL ZEHRA
12G - APR 6



SREEKANTH SUDHEER
7B - APR 7



DON SUNIL
8E - APR 7



AARON SHALU JOHN
12F - APR 7



SEHRISH NIYAS
7C - APR 1



HANNAH SAIRA GEEV
9A - APR 8



LENA LUKOSE
10B - APR 8



YUSUF SUHAIL SALIM
12D - APR 8



JERONE JACOB
6A - APR 8



HAMEEDUL YASEEN
10D - APR 9



AMIRDA GUBENDRAN
10A - APR 10



DANIEL SAWYER
10B - APR 10



SAKINA
10D - APR 10



HANNAH MARIAM
8A - APR 10



VARSHIT RISHI
8B - APR 10



ABEL THANKACHEN
8B - APR 11



RANJEETA SUSAN
9A - APR 11



SARAH JAVED
8C - APR 12



ELISA SUSAN ROBY
7C - APR 13



ZAHRA BURHANUDDIN
8F - APR 13



FARUHA SYED
7C - APR 14



REYHAAN RIYAS
9A - APR 15



BILAL ASHFAQ
9F - APR 15



ASRA SIRAJ
10D - APR 15



ASHLYN ANIL
10E - APR 15



ALISHA THEJES
9A - APR 15



ALONA MARY MATHEW
8A - APR 16



MOIZ SHABBIR MODI
8F - APR 17



SHOBITHA SHAJU
12H - APR 17



MUFADDAL VERDA
10C - APR 17



RONAN PRESLEY
8E - APR 18



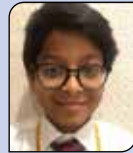
NEHA SHEJU
9C - APR 18



AARON LAWRENCE
9D - APR 18



NIGEL SHAJI PHILIP
6A - APR 19



NATHAN LAJI
10A - APR 19



TUBA TARAB
12A - APR 19



RIA JOSE
12H - APR 19



TIMOTHY VARGHESE
6A - APR 20



SANJAY RAMACHANDRAN
7C - APR 20



ROJITH JINENTH
9C - APR 20



STEVE BINU ABRAHAM
7B - APR 21



ROHIT SAJEEV
8A - APR 21



NAWAL AAFTAB GIRE
8D - APR 21



KARAN RAMESH
9A - APR 21



ESHA BALRAM
12B - APR 21



SAFA KADIRI
8F - APR 22



VAIGA RENJITH
7A - APR 23



ANDERS RICHARD
8C - APR 23



SAMUEL SAJI
9C - APR 23



SAIF ALI ABBASI
10E - APR 23



JOSHUA GEORGE
12H - APR 24



NAHIA SHADABKHAN
7A - APR 25



IVAN THOMAS
8B - APR 25



SHRIYA DINESH
12G - APR 25



SAMAD SAMI
7D - APR 26



MOHAMMED RAZA
8F - APR 26



VAIDEHI AMIT NATH
10E - APR 26



JOVEN C JOSE
12B - APR 26



GOKUL KUMAR
12C - APR 26



LIANA MARSHALL
12F - APR 26



AARON SEQUEIRA
8B - APR 26



MEDHANI G
10A - APR 27



KUPPALA NARASIMHA
10C - APR 27



FUAD FARHAN
12B - APR 27



NOYAL T. SANTHOSH
12H - APR 27



APARNA SATHEESH
8F - APR 28



NESLINE MARIA SHIBU
9C - APR 28



SREEHARI ANOOP
9D - APR 28





TANISHQUA
12F - APR 28



JOAHANNA ANNA
12E - APR 28



EMAN MOHAMAAD
7C - APR 29



SRAVAN VARSHIT
8D - APR 29



AFNAAN ARIF
9D - APR 29



MUSKAAN FAROOQ
10E - APR 29



JONAH GEORGE
7A - APR 30



ABDUL SAMAD
7C - APR 30



JONATHAN JOY
7E - APR 30



RUQAYYAH JUNAID
8E - APR 30



RACHELE ALEX
12D - APR 28



MR. SURAJ R.
- APR 1



MR. SILAMBARASAN
- APR 3



MRS. RAJAM S.
- APR 4



MRS. SHEHNAZ DALVI
- APR 9



MRS. JISHA P. ALEX
- APR 10



MRS. SICILY BABY
- APR 15



MRS. VINAYA
RODRIGUES - APR 23



DR. V. BINUMON
- APR 26



MR. VICTOR JOSEPH
- APR 26



“It is health that is the real wealth, and not pieces of gold and silver.” – Mahatma Gandhi
World Health Day is observed on 7 April to draw the attention of people to the importance of health and wellbeing. It is the day to thank all the doctors, nurses, midwives, and healthcare workers who are fighting with COVID-19 with bravery and courage. As defined by the World Health Organization (WHO), Health is a “State of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. “It is the most important aspect of our existence which can’t be ignored.

We all know various types of diseases are there in the Environment due to which people are suffering. It is necessary to spread awareness among people and to give knowledge about health. For this, every year on 7 April World Health Day is observed under the leadership of the World Health Organisation to draw attention among the people towards the importance of global health. On this day several programmes and arrangements are managed by the World Health Organisation. In the year 1950, World Health Day was first time celebrated worldwide.

World Health Day 2021: Theme

The theme of World Health Day 2021

is “Building a fairer, healthier world for everyone”. The theme focuses to eliminate health inequities to bring people together to build a fairer, healthier world. It highlights the WHO’s constitutional principle “the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. “According to WHO, World Health Day 2020 Tagline is Support Nurses and Midwives. Nurses and health workers in the hospitals are working day and night, curing patients of COVID-19, providing high-quality, respectful treatment and care, leading community dialogue to address fears and questions, and also collect data for clinical studies. Therefore, on this International Year of the Nurse and the Midwives, World Health Day will focus and highlight the current status of the nursing and midwifery workforce around the world. They help us live in a happier, healthier world. Spare a minute and say Thank You to them.

World Health Organisation (WHO) on World Health Day 2020 will first time launch the State of the World’s Nursing Report 2020. It will provide a picture of the nursing workforce across the globe and also support evidence-based planning to process the contributions of this workforce to improve

health and wellbeing for all. The agenda will also be set in the report for data collection, policy dialogue, research and advocacy, and investment in the health workforce for generations to come. In 2021, a similar report for the Midwifery workforce will be launched. Celebrations

- At the global level, World Health Day targets all the issues related to health, and for this several programs are organised yearly basis by the WHO and other organisations at several places like schools, colleges, etc.

- It is celebrated worldwide by the government, non-government, NGO’s and several other organisations.

- Health authorities from different countries take part in the celebration with their pledges in order to support health issues worldwide.

- It reminds people about the establishment of WHO and spread awareness among people about major health issues in the world.

- WHO has worked on serious health issues in developing countries like chickenpox, polio, smallpox, TB, leprosy, etc.

- To fulfill the aim of World Health Day, people in the World Health Organisations do debates between individuals on health-related topics, organise exhibitions, essay writing, various competitions and award ceremony, etc.

- Organisations which participated in the World Health Organisations highlight all the activities through Media like News, releases of the Press so that people come to know about it.

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.” – B.K.S. Iyengar



EPITravel VIETNAM

Vietnam or officially known as the socialist Republic of Vietnam is a country in the south East Asia. Located at the eastern edge of the Indochinese peninsula, Vietnam is divided into 58 provinces and five municipalities. It has a population of over 96 million as of 2019, making it as the 16th most populous country in the world.

Hanoi

Hanoi is the capital city of Vietnam; it is the second largest city in Vietnam, comprising 12 urban districts, 1 district levelled town and 17 rural districts, with over eight million residents. Hanoi has been the capital of the Socialist Republic of Vietnam since 1976; it hosts various educational institutions and cultural venues. This was the only place in the Asia-Pacific locality to be granted the "City of Peace" title by the UNESCO on July 16, 1999, because of its contribution and efforts to the struggle for peace, to promote equality in the community, protect the environment.



Halong Bay

The name Halong means "Descending dragon" in Vietnamese. The bay features thousands of limestone karsts and isles in various shapes and sizes. Halong bay is a centre of a larger zone many other bays and provinces all around it. Halong bay also



marked important events in the history of Vietnam. In 2000, UNESCO's World heritage Committee inscribed Halong Bay in the World heritage list according to its outstanding examples representing major stages of earth's history and its original limestone karstic geomorphologic features.

Hue

Hue is the capital province in the central Vietnam that was the capital during 1738 to 1775 and during 1802 to 1945 during Nguyen Dynasty, the capital also served as the administrative capital during Nguyen Dynasty and later it also functioned as the administrative capital of the protectorate of Annam during the French-Indonesian period. Hue was the capital city of Vietnam for approximately 150 years, the royal lifestyle and customs have had a significant impact on the characteristics of the people of hue, which can be felt today.



Ho Chi Minh City

Ho Chi Minh City commonly known as Saigon is the largest and the most populous city of Vietnam situated in the Southern Vietnam. The majority of the ethnic group is Kinh about 93.5% and the minority group is Chinese with 57.78%. The most prevalent religion are the Mahayana Buddhism along with Taoism and



Confucianism with are often worshipped together at the same temple.

Cuisine

Vietnamese cuisine is basically based on the five fundamental taste; spice, salt, bitter, sour, sweet. Common ingredients include fish sauce, shrimp paste, soy sauce, rice etc. Traditional Vietnamese cooking include fresh ingredients, minimal use of oil and reliance on herbs and vegetables; it is considered as one of the healthiest cuisines worldwide. Use of meat was reduced from the past times instead freshwater fishes were used more.



Best time to visit

The best time to visit Vietnam is during December to February, when temperatures are milder and the rain is minimal. The shape of the land i.e. its long narrow shape means that the three primary regions experience different types of seasons and weather all long.



ASHVALA ANUJ
- XII D



Procrastination - The Enemy of Success

“Procrastination is the thief of time”



Do you ever find yourself frantically casting around for something to do so that you won't have to do a particularly unpleasant task? Or even just saying 'It's OK, I'll do it tomorrow. There's still plenty of time'?

Well then, you, like many others, are developing procrastination. The trouble is that procrastinating is a pure enemy of success and Even life.

Here are the ways to avoid procrastination:- Minimising distractions is a really good start, but here are some more ideas that you may find useful:

Do it first, then reward yourself with something you'd rather do. It can also be helpful to do

unpleasant things first thing in the morning, when you're a bit more resilient, and also when you can't think of a really good excuse.

Do it more often, not less. If you find yourself struggling with a task that you feel you ought to do once a week, or twice a week, try doing it every day, instead. That way, it will be harder to put off, and you will feel worse if you don't get it done that day.

Write it down. It sounds odd, but it's much harder to ignore a task once you have written it on your to-do list, especially if it's a list of things to do today. A more extreme version of this is to tell someone else what you plan to do. You can even ask them to call and check whether you've done it.

Arrange to do it with someone else. If you struggle to motivate yourself to go to the gym, or to take exercise, or even to take your child out somewhere, arrange to go with a friend. This has two benefits. First of all, you've arranged to meet at a particular time, and you will feel bad if you let your friend down. Secondly, we all enjoy things more if we do them with someone else.

Ask yourself 'Will this really be better if I put it off?'. This is a great way of persuading yourself to do small but unpleasant tasks like sorting the washing, cleaning the drains, or even having a difficult conversation with someone. If it won't get any better for being put off, then just get on and do it.

Think about how good it will feel when you have done it. Again, this has several elements: the joy of ticking it off on your list, the feeling of having completed it generally, and the great feeling of having done something worthwhile that you were dreading. The key is to focus on the end goal, not on the task needed to accomplish it. This means thinking about how good you always feel after taking exercise, or the cup of tea you'll have once your deadline is met and your report sent off.

Let's try our best to avoid the practice of procrastinating and make sure that no obstacles prevent us from reaching the goal of our life.

Go Away Corona

Wash, Wash, Wash your hands,
It's time to get all clean
Remember to wash your hands
So we can send the corona.



VIJAYENDRA VINOTH
KUMAR - VII D

Wear, wear, wear your mask
You're almost there
Remember to be alert
It might be in the air

Keep, keep, keep your distance
To keep the germs away
Remember that
If there's a will, there's a way

Wash, wash, wash your face
In water that is pure
Remember always that
prevention is better than cure

Remember to be punctual and don't
Plan to roam
So stay safe at home
Go away corona!!!!

Imagination



When a mind is allowed the freedom to fly high and wild with imaginative thought, the inner view changes and the world looks different.

Let each child dream, placing no limits on their thoughts, writing, inventions, masterpieces, or concepts.

When a child's imagination is encouraged, it continues to grow and produce creatively.

Remember: what you can see, you can be.

“Imagination is the highest kite one can fly.”

DISCOVER india KERALA

God's Own Country, Kerala has some extremely beautiful tourist destinations to hold the attention of global tourists. There are hill-stations, backwaters, commercial cities, hamlets, and much more to explore. Rich culture and heritage coupled with some of the best places to visit in Kerala attract crowds from all over the world.

Once you set foot in the beautiful paradise, all other things seem inconsequential. Most of the metro cities are pale in comparison to Kerala in terms of beauty. The clash of hill stations, temple towns, backwaters and lakes is appealing and amazing.

1. Alleppey – The Backwater Hot Spot

Alleppey with its backwater trips, houseboat stays, and serene beauty attract a fair number of people to its territory. In fact, it is the most popular place to experience. Lord Curzon's depiction of Alleppey as the Venice of the East is not hyperbole. Alleppey houseboat vacation is what people look for on their visit to Alleppey. There are expanses of paddy fields, quaint chapels, interesting fishing villages, and lakes filled with water lilies which make Alleppey one of the best tourist places in Kerala.



2. Varkala – One Of Kerala's Most Scenic Seasides

Varkala is one of the best seaside places in Kerala. The enticing coastline with cliffs on one side and lush greenery on the other attracts thousands of tourists and water-adventure enthusiasts to the beach. It is popular for activities like boat riding, surfing,

parasailing, jettin and horse-riding which are the life of the beach. The unmatched beauty of the beach is at its prime during sunsets. The hues of colorful rays make for a surreal atmosphere. Varkala is also an important religious place in Hindu culture. Adorned with many Hindu temples, it welcomes many religious travelers and heritage lovers to its seams with open arms.



3. Kalpetta – That Quaint, Little Town

Another one of the Kerala tourist places that offers a perfect escape to the lap of mother nature is Kalpetta. This quaint town boasts about mighty forest-clad hills that are spread as far as the eye can see, the lush and dense vegetation, refreshing aura, and the charming scenic views. Sitting in Wayanad, Kalpetta reeks of the fragrance of coffee as soon as a traveler steps into this town. One can also witness some of the most impeccable ancient Jain temples covering the floors of this destination, which is nothing less than a cherry on top.



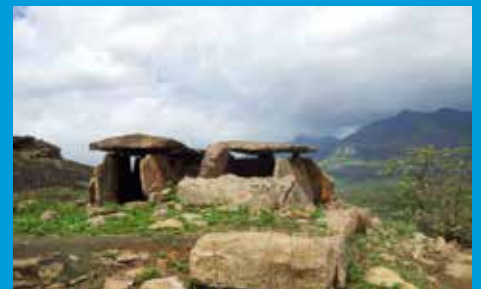
4. Marayoor – Encounter Rich Heritage

Marayoor is an amazing town with sandalwood forests throughout the region otherwise shadowed by the Sahyadri

mountain ranges. The beauty of these places to see in Kerala is that they are small, tiny dots on a map yet hold so many things in them. Nestled in the hills, the jungles and forests pave way into a historical peak – the ancient dolmens and rock paintings from the stone age. As a history lover you will love them! The aura of the place is such that you are awe-struck by the exotic and pristine beauty.



JOHANN PREMJIITH
- XB



5. Valara Waterfalls

One of the most refreshing places to visit in Kerala, are the Valara waterfalls which is a hub of backpackers. The waterfall is nestled amid Neriamangalam and Adimali and offers spectacular views of the surrounding ambiance. The place is ideal for nature lovers and for those interested in clicking the panoramic beauty of Kerala.





NISARG A PATEL
- IX D

Once upon a time, Krishna and Arjun went out to stroll. They saw a poor priest begging for alms. Arjun felt pity for him and gave him a bag full of gold. Priest thanked Arjun and started to walk back home. On his way, he saw a needy person but ignored him as he wanted to reach home as fast as possible with those gold coins.

After some time the priest was robbed by a thief and reached home empty handed. Priest became dejected and again went back to begging. Next day when Arjun saw him begging again, he asked the reason. Priest told him the whole incident. Arjun again felt pity and gave him a diamond ring this time.

Priest became very happy. This time also he ignored the needy person.

On reaching home, priest saw that his wife was sleeping. He went to the kitchen and put the ring into an empty pot. Without knowing this, when his wife went for filling water from the river the diamond ring was gone. When priest woke up he was surprised that there was no ring in the pot.

Priest could not believe his bad luck and again started begging. Arjun saw him begging. The priest narrated the entire story. Lord Krishna gave him a copper coin. On his way home, he saw a man selling fish. He

thought of saving the life of the fish. He bought the fish with the copper coin. He put the fish inside the pot. He went near the river and poured the water and the fish. But before the fish went outside the pot, a diamond fell from its mouth. The priest was surprised. He went home joyfully. On his way back home the robber saw the priest coming towards him. He got scared thinking that he would punish him and returned his 100 gold coins. The priest could not understand what happened and went home happily.

Arjun saw all this and said, Oh Lord, now I understand your play.

MALALA YOUSEFZAI - THE GIRL WHO STOOD UP FOR EDUCATION



Malala Yousafzai is a Pakistani activist for female education and the youngest Nobel Prize laureate. She is known for human rights advocacy, especially the education of women and children in her native Swat Valley in Pakistan, where the local Pakistani Taliban had at times banned girls from attending school.

Malala was born in Mingora, Pakistan, on July 12, 1997. Welcoming a baby girl is not always a cause for celebration in Pakistan, but her father, Ziauddin Yusefzai, was determined to give her every opportunity a boy would have.

Growing up, Malala used to love school. But everything changed when the Taliban took control of their town in Swat Valley. The extremists banned many things – like owning a television and playing music – and enforced harsh punishments on those who defied their orders. And they said girls could no longer go to school. In January 2008, when Malala was just eleven years old, she said goodbye to her classmates.

Malala spoke out publicly on behalf of girls and their right to learn. And this made her a target. In October 2012, on her way home from school, a masked gunman boarded her school bus and asked “Who is Malala?” And he shot her on the left side of her head. She woke up ten days later in a hospital in England. The doctors and nurses told her about the attack and the whole world was praying for her recovery. After months of

surgery and rehabilitation, she joined her family in her new home U.K.

With the help of her father, who had always been her inspiration, Malala

established Malala Fund, a charity dedicated to giving every girl an opportunity to achieve a future that she chooses. In recognition of her work, she received the Nobel Peace Prize in December 2014 and became the youngest-ever Nobel laureate. And every day she fights to ensure all girls receive 12 years of free, safe, quality education. She travels to many countries to meet girls fighting poverty, wars, child marriage and gender discrimination to go to school. Malala Fund is working so that their stories, like hers, can be heard around the world.

After successfully graduating from Oxford University, Malala says, “With more than 130 million girls out of school today, there is more work to be done. I hope you will join my fight for education and equality. Together, we can create a world where all girls can learn and lead.”



ADHIRA SAJAYAN
- 12-A





Justice N V Ramana sworn in as 48th Chief Justice of India :

Justice Nuthalapati Venkata Ramana was sworn in as the 48th Chief Justice of India. Justice Ramana's will hold the post for sixteen months, until August 26, 2022. During his tenure in the Supreme Court, Justice Ramana has been

a part of many significant rulings, including those on setting up of special courts for fast-tracking criminal cases against MPs and MLAs; bringing the CJI's office amenable to the Right to Information Act; and, lifting Internet restrictions in Jammu and Kashmir. Justice Ramana is only the second CJI from Andhra Pradesh after Justice K Subba Rao who was CJI between 1966-67.



India's National Education Policy is futuristic:

Prime Minister Narendra Modi said the new National Education Policy is futuristic and as per world standards, and aimed at fulfilling Dr S Radhakrishnan's vision of education that empowers a student to participate

in national development. "India takes pride in being the mother of democracy as it's values are embodied in our social life," Modi said addressing the Association of Indian Universities' 95th annual meet and a national seminar of vice-chancellors via video conference. Modi said the role of skilled youth is continuously increasing as India walks the path of 'aatmanirbharta' (self-reliance). India is being looked upon as the future centre of Artificial Intelligence, Internet of Things, big data, 3D printing, virtual reality and robotics, mobile technology, geo-informatics, smart healthcare and defence sector. To meet the requirement of various skills, Indian institutes of skills are being set up in three big cities of the country. In Mumbai, the first batch of the Indian Institute of Skills has already started," Modi said. He also asked universities to be multi-disciplinary.



India gets 3rd COVID-19 vaccine as DCGI approves Russian-made Sputnik V for emergency use:

The Drug Controller General of India (DCGI) has approved the restricted emergency use of the Sputnik V vaccine. With this, India now has three vaccines against COVID-19, including

Covishield - the Oxford-Astrazeneca vaccine manufactured by the Serum Institute of India - and Bharat Biotech's Covaxin.



No reduction in CBSE syllabus for academic session 2021-22:

The Central Board of Secondary Education (CBSE) syllabi for senior and senior secondary students (Classes 9 to 12) have been released for the 2021-22 academic year.

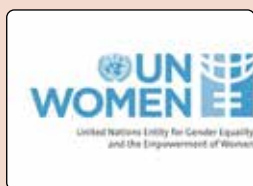
The chapters, which were deleted last year have been restored, implying that the board exams next year will be conducted based on the complete syllabus. The CBSE syllabus for the 2021 exams had been docked by 30 per cent because of the COVID-19 pandemic.



DRDO to set up 500 oxygen plants under PM-CARES fund in 3 months:

The Defence Research and Development Organisation (DRDO) will set up 500 medical oxygen generating plants across the country within three months under the PM-CARES fund to ramp up oxygen

production to fight the coronavirus disease (Covid-19) crisis ripping through the country. In addition, the DRDO has also started work to set up oxygen generating plants in four government hospitals in Delhi - AIIMS, RML, Lady Hardinge, and Safdarjung -- by May 10 to help tackle the oxygen crisis amid the second Covid wave.



India contributes \$300,000 to UN Women :

India has contributed USD 300,000 to the United Nations agency for gender equality and women empowerment, a contribution lauded by the UN entity. India's Permanent Representative to the UN Ambassador T S Tirumurti reaffirms its

support for gender equality and women empowerment, describing UN Women as a "valued partner in our progress from women's development to #women-led development." Assistant-Secretary-General and Deputy Executive Director of UN Women Anita Bhatia thanked India for the contribution.



Union Health Minister Harsh Vardhan Launches Initiative To Spread Awareness About Nutrition:

Union Health Minister Harsh Vardhan has launched an initiative aimed at spreading awareness about nutrition and locally available nutritious food, fruits, and vegetables. Vijnana

Bharati (Vibha), 'Global Indian Scientists and Technocrats' (GIST) Forum, Vigyan Prasara, and Pravasi Bharatiya Academic and Scientific Sampark (PRABHASS) have come together to launch mission "Aahaar Kranti" with the motto of 'Uttam Aahaar-Uttam Vichaar' (Good Diet-Good Cognition). "Aahaar Kranti" will renew the focus on nutritionally balanced diets replete in locally sourced fruits and vegetables.



Intel aims for supply chain edge with new data center chip:

Intel Corp (INTC.O) introduced its newest flagship data center microprocessor, hoping its in-house manufacturing operations will help it navigate a chip shortage to better compete against rival Advanced Micro Devices Inc's

(AMD) (AMD.O) faster chips. The new "Ice Lake" chip is designed to be used by cloud computing providers and others who run massive data centers. To fight the loss of its speed title, Intel has focused on tailoring its chips and systems to optimize them for specific kinds of computing, one of which has been 5G networks.

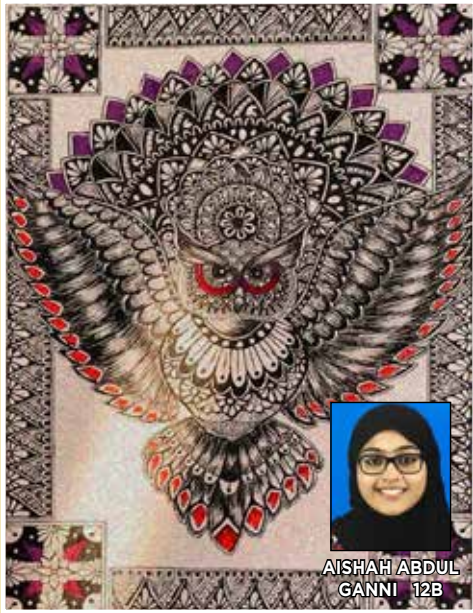


ICMR gets gov't nod for drone trial for Covid-19 vaccine delivery:

The ministry of civil aviation (MoCA) and Directorate General of Civil Aviation (DGCA) have granted conditional exemption to the Indian Council of Medical Research (ICMR) for conducting a feasibility study of the

Covid-19 vaccine delivery using drones in collaboration with Indian Institute of Technology (IIT) Kanpur. Ministry has granted "conditional exemption" from the "Unmanned Aircraft System (UAS) Rules, 2021" so that it can conduct a feasibility study on using drones to deliver COVID-19 vaccine. This exemption will be valid for a period of one year or until further orders.

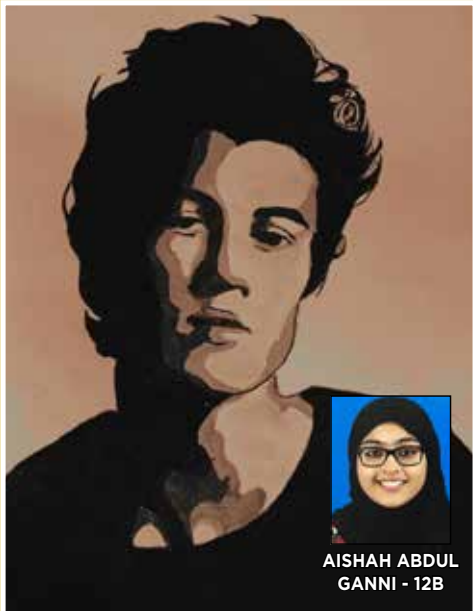
Art Gallery



AISHAH ABDUL
GANNI - 12B



ABHINAV KA
6A



AISHAH ABDUL
GANNI - 12B



AKSHAJ
- 8F



KARUNA ALICE
REJU - 12 G



Pug

REVA
KANTARIA 9D



VIDYA LEKSHMI
- 10



ASHMEENA
KHAN - 12I

EPictionary

- 1. Abstruse** - difficult to understand; obscure
Used in sentence : Some of the classic novels are too abstruse for beginning readers to understand.
- 2. Hegemony** - leadership or dominance, especially by one state or social group over others
Used in sentence : The president of the company has hegemony over his employees.
- 3. Inexorable** - impossible to stop or prevent.
Used in sentence : The disease does not go away if one ignores it: progressive decline is inexorable.
- 4. Pithy** - Precisely meaningful; forceful and brief
Used in sentence :His pithy advice to young painters was, "Above all, keep your colours fresh."
- 5. Eudaemonia** - a contented state of being happy and healthy and prosperous
Used in sentence : Wealth does not equal to eudaemonia.
- 6. Vestige** - an indication that something has been present
Used in sentence : After digging for hours, the researchers finally found the vestige of an ancient civilization.
- 7. Winsome** - charming in a childlike or naive way
Used in sentence : One hundred fifty-seven pages in length, the book is so winsome that it is easy to read in a single sitting.
- 8. Upbraid** - express criticism towards
Used in sentence : As soon as the doctor arrives, he is going to upbraid the nurse for not taking proper care of the patient.
- 9. Solipsism** - the philosophical theory that the self is all that exists
Used in sentence: If you believe in solipsism, you are certain of your own existence but are unsure of the existence of everything else.
- 10. Serendipity** - good luck in making unexpected and fortunate discoveries
Used in sentence: When it comes to capturing the perfect picture, it is all about serendipity.

THE POWER OF SAYING YES'

Tina Fey once said, "Say YES, and you'll figure it out afterwards."



REVA KANTARIA
- 9D

Take a minute and remember all the YES decisions you made related to maybe studies or any other extra-curricular activities. Now, observe how these decisions have given you extra-ordinary, life changing and blissful experiences and how every time you have emerged as an even better and exuberant person. I am sure that each 'YES' has resulted in better outcomes.

In 1995, when Larry Page and Sergey Brin met for the first time, they disagreed about nearly everything but their 'YES' to a common project gave the gift of Google to the world. According to a research in 2013, by the Psychology Department of California, Language has the power to alter our perceptions. Scientists believe that a single word can change our reality. Let that word be 'YES.'

When we say 'YES', it creates positivity and opportunities start coming to us. The real beginning is when we say 'YES' to acting on our desire. A positive beginning invites new possibilities into our lives and we come to know our true worth- what we are capable of and how far can we go.

When we face any new challenge, we go through a decision-making process and consider both the outcomes. I have experienced that the outcome 'NO' is mostly related to regret whereas 'YES' opens a new world, gives an opportunity to conquer our fears, to come out of our comfort zone, to reinvent ourselves and increase our productivity.

However, saying 'YES' is like two sides of the same coin. When you say 'YES' to one thing, you are automatically saying 'NO' to something else. For ex- You have some assignments to do but you have been invited to a party on the same day. Saying 'YES' to the assignments will mean saying 'NO' to the party.

Here is a tip on when to say 'YES' and why-

Whenever new possibilities appear,

Our pride says, "It's impossible"

Our experience says, "It's risky"

Our brain says, "It's pointless"

But if our heart whispers, "Give it a try"

Go for it. Say "YES."



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