

FAIPS
EXPRESSIONS

June 2024

We and Our Friends

Fawwaz – 11 G

In this world, everyone has a friend. Some are good, and others cause bad influence. However, finding good friends is very tough. Like that, we are our own friends because we know ourselves if we are doing good or bad deeds. Whenever we do a bad deed, we try to reform ourselves. Everyone in this world is their own friend, just like talking to yourself in front of the mirror, singing when you're alone, etc. I feel that we are our own good best friends. Some of our friends are very special, like our parents, diaries, or our childhood toys.

Whenever we tell our friend (ourselves) something and it's serious, he/she insists that we tell our unique friends inside who are our parents. If our parents are busy, we can write it in our diary.

Best examples of friendships are:

A beautiful couplet in Hindi by Rahim Das, which says:

"कहि रहीम सम्पति सगे बनत बहु रीत विपति कसौटी जे कैसे तेई साचे मीत"

Translation: "Rahim, my heart has become exhausted with the weight of countless sufferings, just like the testing of gold in a furnace. How can I find a true friend?"

In this couplet, the speaker is lamenting the exhaustion of their heart due to numerous troubles and hardships. They are yearning for a true friend who can understand and support them through these difficult times.

BOLD DECLARATIONS

Aania Fatima - 11A

Oh! The fear of speakingA phantom so real.

It grips the heart and mind
With a chilling, icy feel

The voice trembles, the word jumble
The stage is a trap.
The audience a sea of judgement
A never ending gap.

But practice and preparation
They are the key to success.
To build confidence and skills
And to conquer this mess.

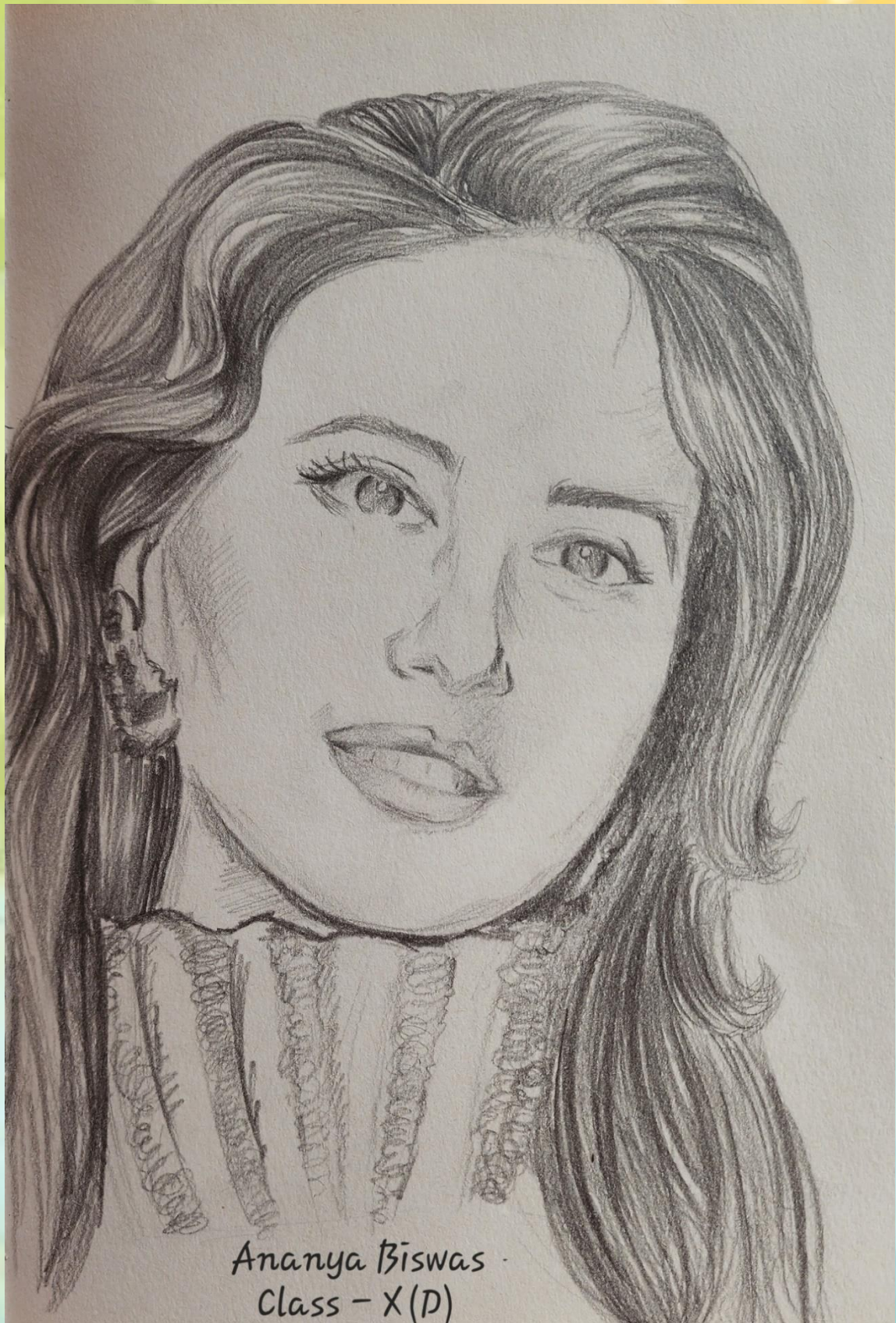
Visualize the crowd
As a sea of friendly faces.
Their eyes filled with kindness
And their hearts filled with grace.

Take a deep breath
And begin.
Your voice will rise
And your words will spin.

Like a spiders web
It will hold.
The attention of the audience
So bold.

So don't let fear hold you back
Don't let it win.
For with every step forward
You'll conquer within.

Your fear
Will disappear.
And you'll find your voice
Your confidence and your cheer.



Ananya Biswas
Class - X(D)

Little more time

Parnika Khatter - 9C

I should have spent more time with you,

When we were together

When we used to see each other every day

To no longer seeing each other anyway

From having the best laughs together

To never laugh that same way ever

From always losing in thumb fights

To never feeling those old nights

Sometimes having the deepest talks

Finding comfort in each other,

Smiling, by dint of each other,

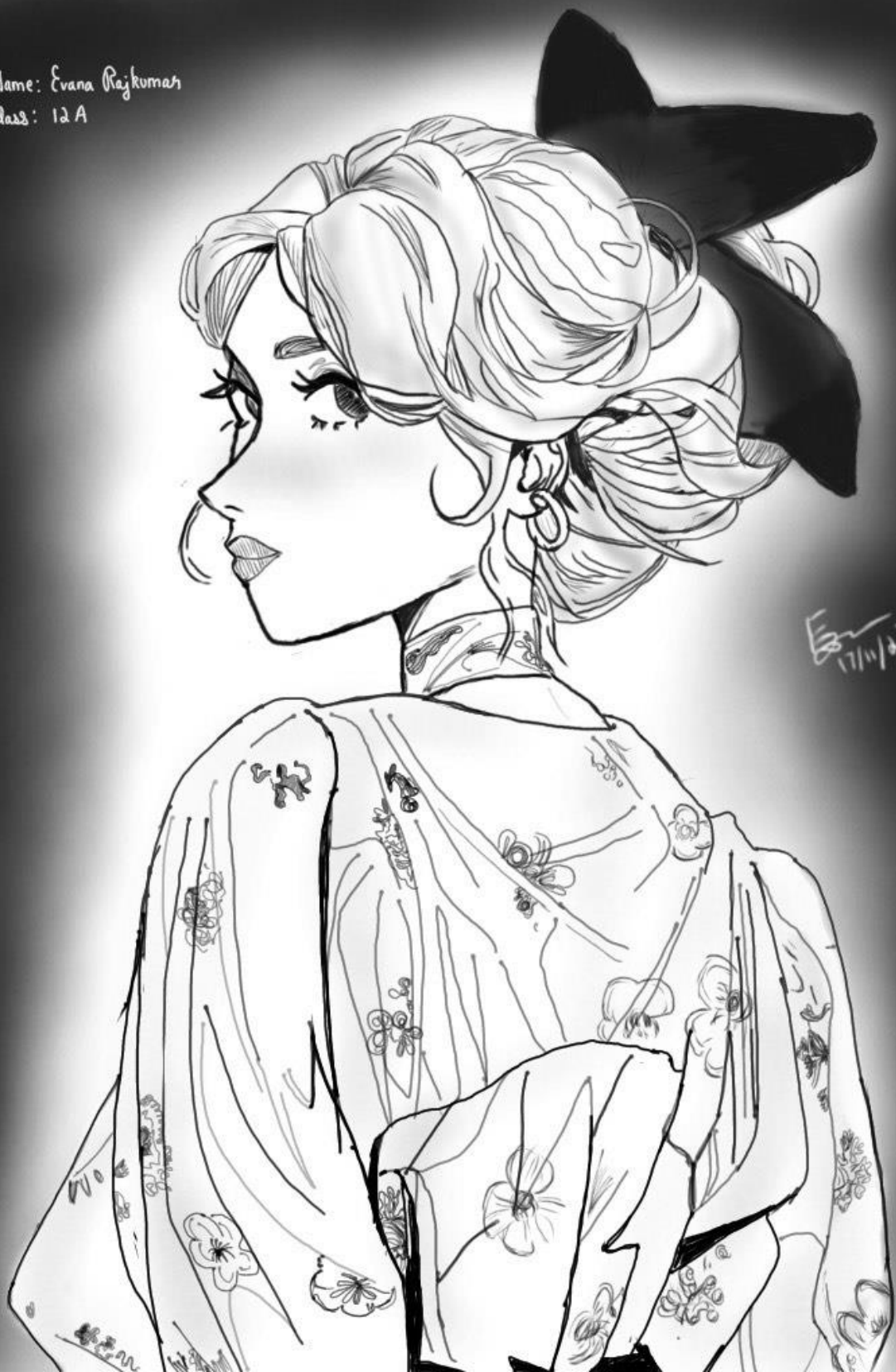
To never even find one another..

I should have spent more time with you

Just a little more time

When I had thee, closer to me...

Name: Evana Rajkumar
Class: 12 A



Beyond The Skies

Sivesh Senthilkumar – 11 B

*Outside the balcony, up above the sky,
When I wondered, how far I could fly,
I saw an old man, from the paradise.
He had a fluffy white beard, floating on the blue seas, there in the sky.*

*To him, I asked,
“O wise man! Why isn’t life like yours... calm, peaceful, happy, and cheerful?
O wise man! Why should life have changes, ups and downs!”*

*Unsurprisingly he replied,
“Son, the meaning of life is much beyond-
Beyond the vast oceans,
Beyond the skies.
Life is indeed like the surface of the seas.*

*Bad times pass by as good times do-
For change is unchangeable,
For, the only constant is change.
I am the good, I am the bad,
For it is me who gives rains as cyclones,
And I pass away when the time comes.”
(And that cloud passed by to the next balcony)*

RIDDHIMA BORA

10 - F



Chemical Serenade

Aania Fatima - 11A

In the realm of atoms and bonds we delve
A dance of particles, an enchanting spell.
Chemistry, the science of nature's transformation
Unveiling the secrets of nature's creation.


In a world of elements, diverse and grand
From Hydrogen's simplicity to Gold's demand.
Carbon the building block of life's design
With bonds so strong, it weaves a complex line.

Ionic and covalent the bonds that form
Electrons shared or transferred in the norm.
Molecules intertwine, reactions take place
A symphony of atoms, in a state of grace.

Through acids and base, a pH scale's reign
A delicate balance, a chemical domain.
Titration and indicators, the colors unfold
Revealing the nature of solutions untold.

In the crucible's heat, compounds transform
Elements combine, new substances born.
From combustion's fire to electrolysis's spark
Chemical reactions have their indelible mark.

Organic and inorganic, the realms collide
Complex structures, where secrets reside.
Polymers, proteins and DNA code
A tapestry of life, in chemistry's abode.



From laboratory flasks to industrial might
Chemistry shapes our world, day and night. In
every substance, in every reaction we see The
beauty of chemistry a captivating decree.

So let's embrace the wonders it imparts
The elegance of atoms, the magic of flow charts. For
in the realms of chemistry, we find
A universe of secrets, waiting to unwind

Rajacharan vallan (The fiction hero)

Chapter 2

Vrattesh Anand – 11B

{As in chapter 1 released in 2023 october In FAIPS EXPRESSIONS. The chapter 2 arrives with a even better hero who is a common warrior with extraordinary skills:(Rajacharan Vallan)}

Rajacharan was born as the son of the queen's maid and upon the death of Krishnacharya shankar, he told that Rajacharan will be treated as important as his son Naryanashankar and his other CO-brothers, he even gave the authority for Rajacharan to claim the throne upon anytime he feels (being the first outcast member given a chance to be a king). He was the smartest person and the most courageous warrior, it seemed that all the skills which he got from a young age was just a boon from god and from Krishnacharya shankar's blood, though, he was not related to him. Rajacharan was promised to be taught by Rishi Sanadhi upon being flabbergasted by his skills..

Rajacharan studied from the same village school and forest itinerary, which was built in the fond memory of Krishnacharya shankar, some of the british kings after killing and destroying Krishnacharya shankar and his foreseeing plans. They made plans to do step 2: re-invasion, through Persian kings and Turkish sultans and other foreign help. The southern indian ocean wall or gate become empty due to british influence near Mayans and Kaveri leading to an unsafe opening for attack by ANYBODY.

Meanwhile, Rajacharan was the only person to have learnt the Triquestan just as good or even as better as Krishnacharya shankar, he learns the monk way of living and learns to live as a spy between not only the human and human kingdoms but disguise as even natural animals and spy on common people.

He learns the vedic life and even goes to the kailasa to do a 105 day fast every year in the name of shiva, where he receives a boon every 10 years. Now thirty years old and as the natural heir to the throne which was once sat on by the great Krishnacharya shankar and Devapradhibala. All the courtiers ask Rajacharan to rightfully sit on the throne and rule but he says before becoming a natural king, he wants to understand his people, become one of them and then attain the throne, to rule not rightfully but justly as well.....

At the moment, Naryana shankar, Krishnacharya shankar's son inherits the throne, only to find the job becoming tough and the ruling becomes woeful for both the people and the other neighboring kings. The british successfully made an international canal and started bringing in unaccounted other nationality kings into the bharathan lands through the present-day kanyakumari. As we come to the present, the british on 27th november started their attack on the magnificent temples and buildings and lastly the palace of Krishnaloka Mayans. Alarmed at late night, senapathy Rajacharan awakes the night battalion and forms the trikona formation to equally protect and kill the intruders. Rajacharan spots 50 million SOLDIERS COMING FOR THE PALACE AFTER DESTROYING THE BEAUTIFUL MAYANS FOREST. Rajacharan, in confusion, used the required weapons and his powerful Triqasata as well as Derwana (triple headed hammer and the 10 kg anointed bow and the magical sandstone arrow) .

He launches the barrels of oils followed up by wax arrows with the help of his soldiers(32)

He does destroy their formation and pace but they still remained huge and terrifying. They launched fire circles only to attack the palace, which caught on fire and started burning. Naryana shankar calls for the immediate emergency recall of soldiers to help attack and retaliate. However the powerful Jansded Sulthan launches marble spears to kill the remaining battalion and kill the humble Narayana Shankar, Rajacharan promised to saveguard Narayana at all times but this time he failed. Unable to do anything. Rajacharan ran away with narayana's son vijaya and daughter vhburchi, only to jump into the holy river of Kaveri. Raja Charan with tears and fury in his eyes promised to return as he kisses the land and jumps.....

He reached the eastern part of bharat,puking and tired with both the kids in his arms, he roamed like a beggar on the great island of formosa(taiwan), he introduced himself to the curious eyes of the citizens there, as a beggar that had escaped from a torture chamber in bharat. He was given a place to live in a dog and animal shelter hut, next to farmer where he received 1 meal a day. As he tried to live and raise the children, No one knew how his inside was burning for revenge against the nasty Britishers and the other pivotal kings that betrayed him.....

28 years later....

The Sultan,Persian king, British officials and other corrupted Indian Rajas gathered in the infamous Revenana Nizhal palace for a group gathering to decide a solution to the developing problems of treason,invasion,espionage and hatred all along the nation.

It was truly a heated meeting as people argued regarding the distribution of citizens, cutting of borders and division of wealth and allocation of names to the new divided lands. In the middle of this heated room filled with anger and disgust. An arrow comes flying inside only to burn down the most expensive,red curtain.As the eyes of those people turned behind, they saw a fire,people running, warriors and soldiers releasing arrows, out comes a British officer named Franciser with a cigarette in his mouth,smirking and keeping his leg on a broken rock and directing his hands towards the building. They shoot down the balconies one by one,floor by floor. As the people in the palace search for help, a group of young 20 year old soldiers run forward to face them, they place themselves in an excellent formation and place the old meat hunter rifles (18 inch) on their shoulders to shoot continuously, they blew off a fire circle to bomb the area. In front leading them is Captain Patrick, a new leader for the army,people and the kingdom.

Francisier try to bring in more weapon and battalion but they were no match as they became dusted in the heavy rifling. As the meeting finished hurriedly, The british took back captivity,sending back the other kings and arresting the indian rajas.

They were ready once again for war. As General Ivinsha left the palace, he asked for the young patrick, when patrick did arrive, he was questioned about his ethics and bravery, when he mentioned a name: Charachakan. He was an old, unsung soldier wearing the old uniform and living a humble life in the Mayans forest. Immediately impressed, he asked for this hero to come.

Three days later.....

Charachakan entered the palace, upon the request of her majesty, he was welcomed with utmost respect and kindness, this was a sense of thank you for sending patrick to help them smoothly run the meeting. He was made the chief advisor, however, shockingly Charachakan rejected the offer and asked her majesty for nothing but a game of pagadu (warriors and kingdoms). However, no one in the kingdom except Patrick knew how to play it, meanwhile, this was the time that Britishers were happy and merry, it was a national holiday for everyone, due to the success of the dangerous attacks laid on them as well as re-invasion of this beautiful land, the prepared soldiers entered, Patrick represented the kingdom, in the game and had a merry go with it. As they played, they kept materialistic properties, they owned as their sacrifice for which if they lose, they have to give it away. Captain Patrick placed his battalion while Charachakan placed all his weapons and armours as his part of the sacrifice. As they were playing the game, a sudden message came in, 310000 unaccounted warriors broke through the borders 15 days ago and are now on their mission to break the city's peace and sovereignty, as the courtiers rushed to see, Charachakan picked up his gun and weapons and launched a quid of arrows in the direction of the soldiers and the courtiers. It was a pure bloodshed and a shock, as the king was confused, the amazing Charachakan picked up the counc and blowed on it, announced: "Here I come, the king to his motherland, I am none other than Rajacharan and this is Vijaya shankar, the next heir to this honorable throne which you corrupted with power to behold".

Within a few split seconds, all lay dead, blooded..... Rajacharan, touching the crown, picks it up to keep it on vijayashankar, to signal him the value of its strength and responsibility. As he was Thanking god, enters a taiwanese king and other friendly spying nation warriors to bow down towards Rajacharan, success was theirs as they destroyed the first pack of the army..... In the last 28 years, he spent years training in the art of attack and defending and in the biggest art which was silence as well as meditation.He taught vijaya and Vhburthi the art of war and spirituality, taught them to sync with nature and live a life of sacrifice to the ones, that believed them, which is to lead a true life. Side by side, he was arranging for the attack as promised.....

He got to know a Britisher that escaped from the custody of British forces in India, due to treason and acted friendly, to gain information regarding the British strengths and plans, he disguised himself as a great gambler and always represented the king of formosa in these games to help them win, where he not only received monetary help and social help but he was treated with utmost respect for his skilled and intelligent acts within the court of the kingdom, he was building an empire, stronger,meaner and smarter than the British.He prepared his men and trained them and when the time was right, he revealed the truth about himself.In the middle of all this, Vhburthi fell in love with Jason, a British spy, who was spying on Rajacharan, madly in love with him , when she was given the choice to leave him and join Raja, she happily rejected the offer and betrayed her own motherland for a britisher, who was true to her as well but very loyal to the british forces, when they returned back married with a son to Mayans, the british force killed him for marrying an indian and charged her of treason, she escaped to the western part of the world, only to rise as an evil antagonist.

Meanwhile, Rajacharan after cleaning and throwing out the British laws, regulations, its feelings and its people, he successfully returned the true leaders back to the thrones.....

Raja became the great Senathapathy and after his oath taking, he kissed his land and told:

“I am back where I belong, I am back home.....”

However a deep storm was brewing, a lady traveling in the broken boat and storm, comes home to the Mayans forest, she is none other than, the British first lady officer general who was overthrown and missing for the last 14 years..... She was back and this time, not for Mayans or madurai but THE ASIAN TERRITORY and revenge against her husband's death.

She was none other than Vhburthi with her 15 year old warrior son, riding the boat.....



SHRUTI XI-D



ABDITORY

Sidra Javed Warsi – 12 H

Pulchritudinous Soul Of Ones Primrose, An Abditory Of Theirs,
A Place Of Solace, A Moment Of Silence.
A Refuge From Ones Endless Storms,
Where Miseries Vanish, Where Hearts Vesper.
Where Unspoken Is Spoken Of, Where Filth Of Touch Is Fed.
Where Memories Linger, Where Dreams Come True.
Where Illusions Reign, Where Reality Blurs.
Where Wounds Heal, Where Laughter Echoes.
Where Hope Shadows Chaos, Where Kiss Shadows Tears.
Ones Primrose Sparks Another's Darkness,
Etched In Pain Finds Their Happy Ending.
Alas!, Hiding Away By The Lover, Is All That I
Ask For..




Johaan Smijoe, 9 -I

The Little Bird

Shwetha Bawan - 11 F

Out in the blue sky
Where the big birds fly
Soaring away
In an array of display
Out peeked a head
Of a little birds dread
To embark on flight
In spite of plight
When would I fly
The little bird cried
When would I leave this nest To live a life filled of zest
As he dwelled in his wants
And courageous thoughts
He saw at a distance
Of his parents and siblings
The little bird looked and thought for a while
Emotions aroused and he let out a cry
How will I leave my mama and papa
How will I fly and find my own supper
The sight of her wailing son caught her attention
And his mother flew with a sense of tension
As she inquired him and he poured his heart
The mother bird smiled and caressed him hard
Little one, don't sigh of the futures' store
It is the way of life to learn and explore
When that day comes , you have to be steady
And we all will be there whenever you're ready



“This poem is a metaphorical poem conveying a very heartfelt message that most students can resonate with. The little bird and its dilemma on its first flight is compared to when a student prepares to leave their families to pursue their careers abroad. Within these verses lie overwhelming emotions shared by both children and parents alike, as they navigate the bittersweet complexities of separation and growth.”

The Inability of Parents to Understand Their Children's Feelings

Anwasha Rout - 10-B

As a tenth grader, I frequently feel that my parents don't understand me. I'm not alone in this; a lot of my pals also voice similar annoyances. It appears that when it comes to comprehending sentiments and emotions, our generation and our parents' generation differ significantly. Conflicts, loneliness, and a lack of support can arise from this gap when we are going through crucial developmental years.

Our different upbringings in different environments are a big contributing factor to this variance. They were spared the stresses of keeping a flawless online persona or the never-ending peer comparison that comes with social media.

One major reason for this gap is the difference in the environment in which we grew up. Our parents were raised in a time without the pervasive influence of technology and social media. They didn't have to deal with the pressures of maintaining a perfect online presence or the constant comparison to others that social media brings. As teenagers today, we are bombarded with images and messages that can significantly impact our self-esteem and mental health. When we try to express these struggles to our parents, they often dismiss them as trivial or unimportant, simply because they cannot relate to our experiences.

Furthermore, the demands we encounter in the classroom now are not the same as they were in the past. The demands placed on us can feel daunting, and there is more competition to get into prestigious institutions and universities. Sometimes parents, who just want the best for us, don't realise how much stress they can cause us with their high standards and persistent reminders of how important grades are. They may say things like, "You just need to work harder," or, "When I was your age, we didn't complain about school," in response to our attempts to communicate how we feel. We may feel as though our feelings are unjustified as a result of these reactions.

The way our parents' generation expressed and handled emotions differed from ours, which is another reason for this lack of understanding. A large number of our parents grew up in homes where discussing emotions was frowned upon and displaying sensitivity was frequently viewed as a sign of weakness. They can therefore find it difficult to give us the emotional support we require. They may not know how to help us when we approach them with our issues; instead, they may offer us workable answers when what we actually need is compassion and understanding.

The way parents manage our social lives is another example of this distance. During our adolescent years, friendships and social connections are extremely important, and problems or conflicts within our social circles can have a big effect on our wellbeing. It's possible that our parents won't get how important our friendships are to us when we try to discuss these problems with them. They may brush off our concerns as "just drama" or "not a big deal," not realising the profound effects these societal issues can have on us.

Better and reciprocal efforts to comprehend one another are the keys to closing this understanding gap. Teens should try to communicate their thoughts and feelings in a calm, unambiguous manner; emotional outbursts can break down communication. However, even if they don't entirely grasp our feelings, parents still need to listen to us without passing judgement, make an effort to understand us, and affirm our feelings.

In conclusion, generational disparities and ineffective communication are the main causes of parents' incapacity to comprehend their children's emotions. Even while it can be annoying, it's important to keep in mind that both parties need to contribute to closing this gap. We can work towards greater understanding and closer family ties with patience, empathy, and honest communication, making sure that our emotional needs are satisfied while we negotiate the difficult adolescent years

Texting: Friend or Foe?

Aibel Praveen – 9 G

Texting is something we've all gotten used to. From trying to justify yourself for being late to work, to just gossiping with your friends, texting is an action performed so monotonously across a vast age group. However, in this rather unblemished activity, one can come across quite a few maddening situations.

To begin with, we've all come across that one lazy texter who doesn't want to put effort into their texts whatsoever. It is truly infuriating when you've put so much effort in typing out an essay of a text and they just reply with a 'k'. You know there have been several instances when I have waited for quite some time, on my phone, delusionally thinking that the 'k' will be succeeded by a proper text. But of course, I'll just be left waiting.

Then there is that particular individual, quite similar to the first, who only texts in short forms. See I'm all in for abbreviations. They're a very convenient method of communication. But I don't know if it's just me, I just can't come to terms with all the different short forms in texting. See it's fine if you're the person who is texting, but the person receiving it is going to have to go through the desolate task of interpreting each and every single short form they come across which completely contradicts the purpose of texting, which is to make communication faster and easier.

The next one we are all guilty of doing, leaving someone on read. You might be too tired to answer their texts or you simply just don't have the appropriate response to their text. However, I've come across certain people (for example: myself), who leave people on read just to revel in their exasperation. It is fun when you're the one leaving people on read, but not quite you're the one being left on read.

And of course, how could we forget, the master of irritation when it comes to texting, autocorrect. Though it is *meant* to be helping you when texting, it isn't really the best at its job. Sometimes the corrections completely change the meaning. For example, in Apple autocorrect, 'NP', which is short for 'no problem' isn't recognized by default and is *corrected* to 'NO', thus completely changing the meaning. I have fallen victim to this so many times and I can assure you, it isn't pretty.

Irritating or not, texting has become an integral part of our lives. I feel that in the future, texting will takeover as the normal form of communication and verbal

interaction will diminish. So, let's make sure that we're intimate with this activity, otherwise, fall into the cruel clasps of texting. :)

Sri Lankan Hoppers: A Culinary Delight

RIDDHIMA BORA 10 F



During my recent trip to Sri Lanka, I had the opportunity of tasting one of the most unique and delicious Sri Lankan dishes - Sri Lankan Hoppers. I was instantly drawn to its bowl-shape, crispy edges, and soft, spongy center. It was like nothing I had ever tasted before.



I learned that Sri Lankan cuisine is a beautiful blend of flavors, inspired by centuries of trade, migration, and cultural interactions. The Sri Lankan Hoppers are one of the country's many culinary treasures. The batter is made using fermented rice flour and coconut milk, which is then mixed with yeast, sugar, and salt. It is then left to ferment overnight to give it a tangy flavor and airy texture.

The batter is poured into a special pan called an appachatti, which is shaped like a small wok with a very rounded bottom. The pan is lightly greased with oil, and a scoopful of batter is swirled around to coat the sides and bottom, leaving the center thicker. Hoppers can be cooked plain or with additional toppings such as eggs, onions, or chilies.



I had tried the egg hoppers, where a whole egg is cracked into the center of the batter before cooking. It was a delightful combination of flavors and textures. I also had the chance to taste the string hoppers, which are extruded into thin noodles and steamed into nest-like structures.

The hoppers were served hot off the pan, accompanied by an array of flavorful side dishes such as coconut sambol (a spicy coconut chutney), dhal curry, chicken or fish curry, or seeni sambol (caramelized onion chutney). The combination of crispy edges and soft, fluffy centers paired perfectly with the rich and aromatic flavors of the side dishes.

Apart from being a delicious culinary experience, Sri Lankan hoppers also reflect the country's rich heritage and cultural diversity. I enjoyed them as a simple breakfast and the experience was memorable. I can't wait to go back to Sri Lanka and try more of its delicious cuisine.

The Ethics Of AI: Balancing Innovation And Responsibility

Rishi Chipra, 11G

AI is quickly changing a number of industries, including healthcare, banking, entertainment, and transportation. It offers previously unheard-of levels of precision, efficiency, and creativity, and has the potential to completely transform several industries. But when we adopt these technological innovations, moral issues take center stage. It is essential to strike a balance between innovation and accountability in order to maximize the positive effects of AI breakthroughs on society as a whole.

The Promise of AI Innovation

AI has the power to propel tremendous advancement. AI systems in healthcare are sometimes more accurate than human physicians at diagnosing illnesses. AI in finance protects both customers and institutions by instantly identifying fraudulent transactions. Autonomous cars might potentially lower traffic-related fatalities and accidents, while AI-powered analytics could assist companies in making better decisions that would increase growth and productivity.

Furthermore, by improving energy consumption and advancing scientific research through rapid data analysis, AI can address complex global concerns like climate change. AI has a lot of promise, which makes it a useful instrument for innovation and the growth of society.

Ethical Concerns and Challenges

Even with all of its promise, AI presents a number of ethical questions. These difficulties are caused by problems with accountability, openness, privacy, and bias.

1. **Fairness and Bias:** The quality of AI systems depends on the data they are trained on. The AI is likely to reinforce and possibly magnify any biases present in the training data. Unfair results may result from this in important domains such as financing, recruiting, and law enforcement. Implementing bias reduction measures and closely examining training data are necessary to ensure fairness in AI.

2. **Privacy:** In order to operate efficiently, AI systems frequently require enormous volumes of personal data. Significant privacy issues are raised by this since personal information may be exploited or not sufficiently protected. The delicate issue of striking a balance between the advantages of AI and people's right to privacy calls for strict data protection laws and procedures.

3. **Transparency:** A lot of AI systems, especially those that use deep learning, function as "black boxes" with difficult-to-understand decision-making processes. This lack of openness can cause issues, particularly in situations with significant stakes like criminal justice or medical diagnosis. Upholding responsibility and fostering trust need the creation of explainable AI models that offer insights into the decision-making process.

4. **Accountability:** It can be difficult to assign blame for decisions made with AI. Who is responsible for an accident caused by an autonomous vehicle or a dangerous medical advise made by an AI system? In order to answer these concerns and guarantee that those who have responsibility are held accountable, it is necessary to create explicit frameworks for accountability.

In order to reconcile accountability and innovation in AI, the following steps should be taken into account:

1. **AI Ethics Frameworks:** It's critical to establish moral standards and norms. Collaboration among governments, industry leaders, ethicists, and the general public is necessary to produce these. These kinds of frameworks can offer a basis for the development and application of responsible AI.

2. **Regulation and Oversight:** To guarantee that AI systems are created and applied appropriately, effective regulation is required. Laws and regulations that guard against abuse and advance accountability, justice, and openness should be put into place by governments.

3. **Public Education and Engagement:** It's critical to include the general public in conversations regarding AI ethics. Informing the public about the advantages and dangers of artificial intelligence (AI) can promote educated public discourse and more democratic decision-making processes when it comes to AI policy.

4. **Interdisciplinary Collaboration:** Technologists cannot solve AI's ethical issues on their own. To create complete answers, interdisciplinary cooperation between ethicists, sociologists, legal professionals, and other stakeholders is necessary.

5. **Constant Monitoring and Evaluation:** To make sure AI systems follow moral guidelines, they should be constantly watched and assessed. This entails routine audits, evaluations of the effects, and changes to handle new ethical concerns.

In Conclusion

AI has enormous potential to spur innovation and improve society. The ethical difficulties it raises, however, are too great to ignore. All facets of society must work together to strike a balance between innovation and responsibility. We can harness the power of AI while preserving the principles and rights essential to a just and equitable society by putting in place strong ethical frameworks, enforcing efficient regulations, involving the public, encouraging interdisciplinary collaboration, and maintaining ongoing oversight. AI's future is dependent on both our dedication to ethical responsibility and the advancement of technology.

Garden Of Love

Aania Fatima -11A

A mother's love is like a rose
Ever blooming and forever grows. With
gentle touches and caring ways She guides
us through life's maze.

Her heart filled with kindness and grace
A constant source of comfort and embrace.
She wipes away each tear and soothes each fear And helps
us to face the year.

Through laughter and tears, she stands A
constant presence always at hand.
With patience and love she guides And helps
us in our highest tides.

Her love is like a beacon bright Shining like a
guiding light.
It illuminates the darkest nights And
brings us peace and delight.

So let us cherish this love so true And
honour all that mothers do. For they are
angels sent from above And fill our lives
with endless love.

The Brains Of The Future

Akshay Rahul 10 E

A possible answer to the question of “Why the teenage brain function the way it does?”

Teachers, parents, and children alike have always wondered why teenagers behave the way they do, searching for a reason for their erratic and eccentric actions which are seemingly random and unpredictable. Scientists believe they have made breakthroughs regarding this. Let's get into it.



Foremost among the many features of an adolescent brain is its ability to change in response to the environment by modifying the communications networks to connect the different brain regions. This special changeability, or plasticity, often is a double-edged sword. It allows teenagers to make vast strides in communication and socialization. But the morphing landscape also makes them vulnerable to dangerous behaviors and serious mental disorders. The most recent studies conducted by cognitive psychologists strongly indicate that the riskiest behaviors arise from a mismatch of the limbic system which drives emotions within us and the maturation of networks in the prefrontal cortex. This understanding gives parents a better idea of when to intervene in their children's lives. A child's taste in clothing, music, or political beliefs often differ from their parents in these teenage years or a desire of a child to partake in possibly dangerous activities such as skateboarding should be seen as a manifestation of their social anxieties and peer pressure.

For the longest time the adolescent brain has been perceived as broken immature or contributing to dangerous behavior however Groundbreaking research in the past 10 years, shows that this view is wrong. The teen brain is not defective. It is not a half-baked adult brain, either.

It has been forged by evolution to function differently from that of a child or an adult. The plasticity of networks linking brain regions—and not the growth of those regions, as previously thought—is key to eventually behaving like an adult.

Brain development, like other complex processes in nature, proceeds by a one-two punch of overproduction, followed by selective elimination. Like Michelangelo's David emerging from a block of marble, many cognitive advances arise during a sculpting process in which unused or maladaptive brain cell connections are pruned away. Frequently used connections, meanwhile, are strengthened. Although pruning and strengthening occur throughout our lives, during adolescence the balance shifts to elimination, as the brain tailors itself to the demands of its environment.


The prefrontal cortex is also a key component of circuitry involved in social cognition such as—our ability to navigate complex social relationships, discern friend from foe, and find protection within groups. The prefrontal cortex functions are not absent in teenagers; they are just not as good as they are going to get. Because they do not fully mature until a person's 20s hence, teens may have trouble controlling impulses or judging risks and rewards. What most determines teen behavior, then, is not so much the late development of executive functioning or the early onset of emotional behavior but a mismatch in the timing of the two developments. If young teens are emotionally propelled by the limbic system, yet the prefrontal control is not as good as it is going to get until, say, age 25, that leaves a decade of time during which imbalances between emotional and contemplative thinking can reign.

Adolescence is the peak time of emergence for several types of mental illnesses, including anxiety disorders, bipolar disorder, depression, eating disorders, psychosis, and substance abuse. Surprisingly, 50 percent of the mental illnesses people experience emerge by age 14, and 75 percent start by age 24.

So what can doctors, parents, teachers, and teens themselves do about these pitfalls?

For clinicians, the paucity of novel medications in psychiatry and the propensity of the adolescent brain to respond to environmental challenges suggest that nonmedication interventions may be most fruitful—especially early in teen development. The treatment of OCD is one such example;

Appreciating that the brain is changeable throughout the teen years obliterates the notion that youth is a “lost cause.” It offers optimism that interventions can change a teenager's life course.



Understanding that the adolescent brain is unique and rapidly changing can help parents, society, and teens themselves to better manage the risks and grasp the opportunities of the teenage years. Knowing that prefrontal executive functions are still under construction, for example, may help parents not overreact when their Son suddenly dyes his hair purple and instead take solace in the notion that there is hope for better judgment in the future.

For teens themselves, the new insights of adolescent neuroscience should encourage them to challenge their brains with the kinds of skills that they want to excel at for the remainder of their lives. They have a marvelous opportunity to craft their own identity and to optimize their brain according to their choosing for a data-rich future that will be dramatically different from the present lives of their parents.

Never Let Others Limit Your True Potential

Ayaan Asif Gazali - 12C

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. Throughout one's lifetime, one will definitely face a day with extreme challenges- challenges so profound that they leave lasting mark on one's life. Yet these challenges should never be the reason to back down from what one deserves, for it is only the strong and bold who muster up the courage to speak up.

Thomas Edison for example was regarded incompetent by his peers and teachers in achieving anything close to greatness in his life and now we live in a world where the light bulb is considered a necessity for life. Another prime example are the Wright Brothers, they were mocked by the press and public from coast to coast for promoting the idea of air-travel, yet again we live in a world where airplanes are the staple of every long distance transport.

History keeps repeating itself, no one can deem another person incapable of achieving something. Throughout life challenges test one's confidence in themselves. Don't let others limit you. Destine for greatness even when the odds are stacked against you because when one's mind is made up ; knowing what must be done does away with fear.

Name: Evana Rajkumar
Class: 12 A



The Sea

K.Sarvesh 11 B

Along the coastline as I stare,
My two eyes are in a glare
The light of the blue sea blinding my eyes,
I've ne'er seen a sight in all my lives

Stretching as far as the sky,
Under you the fishes lie
Under the very same sea
Lies many mysteries

Along the coastline as I stare,
My two eyes are in a glare
The light of the blue sea blinding my eyes,
I've ne'er seen a sight in all my lives

In daylight, it sparkles with brilliant hue,
Reflecting sunlight, painting shades of blue.
But as the dusk descends with gentle grace,
It reflects stars that float in cosmic space.

Along the coastline as I stare,
My two eyes are in a glare
The light of the blue sea blinding my eyes,
I've ne'er seen a sight in all my lives

From Lila, With Love

Aasim Hussain. M – 10 I

Emma was a lonely, struggling writer searching for ideas. She moved in with her grandmother, Lila, for inspiration. Sadly, a few days later, Lila passed away, leaving Emma heartbroken, as she had spent most of her life with her grandmother. After the funeral, Emma went to Lila's room to collect her belongings and found a rusty box with letters written by Lila. As she read the letters, Emma noticed strange similarities between her life and Lila's, such as both having a scar on their right elbows from learning to ride a bike. Initially thinking these were just coincidences, Emma soon discovered that Lila had also wanted to be a writer and loved books, even suggesting some titles in her letters.

Emma decided to visit the library to find these books, carrying some letters with her. While reading in the library, she met Jake, a boy working there, just like Lila met Ben. Emma and Jake hit it off, momentarily lifting her spirits. Back home, Emma realized the events in her grandmother's life were not coincidences but mirrored her own life. She read the letters more carefully, finding out about Lila's romantic dates with Ben and noticing her life unfolding similarly with Jake. Emma kept the letters a secret, even as she faced a career setback like Lila did—losing her writing job due to budget cuts. Feeling hopeless, Jake's support kept her going, and she drew inspiration from Lila's letters.

Eventually, Emma received an offer for a prestigious writing fellowship in a new city. Although her professional life was improving, her relationship with Jake began to strain. With only one letter left, Emma found it was faded and unreadable, making her anxious about her future with Jake. Deciding to act without the letters, Emma went to Jake's house on a stormy night, only to find him gone. On her way home, she met Salim, an old auto driver who had been Lila's friend. Salim revealed that Lila's boyfriend Ben had moved to a distant city and never returned, a fate Lila regretted. Inspired, Emma asked Salim to take her to the airport, realizing Lila had done the same. At the airport, Emma saw Jake and called out to him. They reunited joyfully, and a week later, Jake proposed. On their wedding day, Emma's neighbor Sharon gave her a letter from Lila, which spoke of their shared experiences, bringing Emma to tears of happiness. After her marriage, Emma decided to publish a book based on Lila's letters, titled "Letters of Lila." The book became an international hit, making Emma a successful writer and fulfilling her dream.

Dear Right-Handers...

Bhawya Manchanda, 11B

Out of the 57 listed forms of discrimination on Wikipedia, one happened to pique my interest. In Times New Roman size 8, tucked away at the bottom of the screen, was a hyperlink titled “Handedness.” With my left hand resting on the mouse, I clicked on the intriguing phrase in blue.

Yes, I’m left-handed. So is approximately 10% of the population; or 800 million people. Which is why when my right-handed classmates stare and declare, “I didn’t notice you were a *leftie?!,*” I wish it had remained unnoticed. Right-handers raising their eyebrows on seeing someone defy their norms of dexterity is not a new phenomenon- as I would discover in that Wikipedia article.

Left-handedness may be described as ‘eccentric’ today (or as the Americans say, out of left field), but ‘sinister’ would be a more apt term earlier. In fact, a quick google search on the etymology of ‘sinister’ reveals that its root in a Latin term for *left*. What right-handers thought was so malicious and underhanded about a different preferred hand, I will never know. Yet, people believed it- it was a common belief that poison administered with the left was more effective. In medieval folklore, the Devil was depicted as left-handed to signify his evil nature.

The stigma trickled down the decades, seeping through different traditions. In fact, this “right is right” mentality has been a major uniting force among cultures. In Arab culture, eating with your left hand was a one-way ticket out of the dining table; after all, the left is only reserved for removal of dirt! As for Indian stereotypes, I don’t have to look much farther than my household. My father was born left-handed, but compelled to write with the right (explains his ghastly handwriting; fittingly enough, he is a doctor). When I visited India, my grandmother lost her appetite seeing me lift a spoon with my left.

Later on during prayer, a rather uncomfortable staring contest followed when I accepted the offering using the 'wrong hand.'

Some might be of the impression that the bias against left-handedness is long dead and buried. While it is true that society has gradually accepted them, we still feel... left out in certain fields- be it scissors, right-handed chairs, guitars or even spiral-bound notebooks. The most frustrating experience, however, is the smudging of ink while writing. Most languages are written left-to-right; consequently, when the left hand slides over the text, a royal smearing of historic proportions follows (shoutout to Arabic for being one of the sole exceptions).

It's not all doom and gloom though- we're notorious for making traditionally right-handed players uncomfortable in sports due to the novelty factor. There are also "studies" that show we're more cognitively developed and have better multi-tasking capabilities and mental health. Trust me, we don't. I'd give about as much credibility to these "studies" as the Flat Earth Theory.

At the end of the day, all I want is a society that treats left-handedness... normally. And perhaps a pair of scissors that don't have to be separately designed for left-handers at twice the price.

P.S.: If you're reading this as an ambidextrous person, congratulations on having "two right hands" as per the official Latin etymology. Don't worry, it wasn't a left-handed compliment.

Garden Of Minds: Nurturing Mental Health

Rida Siddique 10 -E

In the classroom garden, minds take flight,
Like butterflies seeking the light.
But storms can brew, and winds blow strong,
Casting shadows where they don't belong.

Each student's like a flower, unique,
With dreams and struggles, they all speak.
Some wilt with worries, burdened too much,
While others stand tall, in life's touch.

The soil of stress can choke and bind,
But care and support can ease the mind.
Let's tend to these flowers with loving hands,
So, they can bloom bright in life's lands.

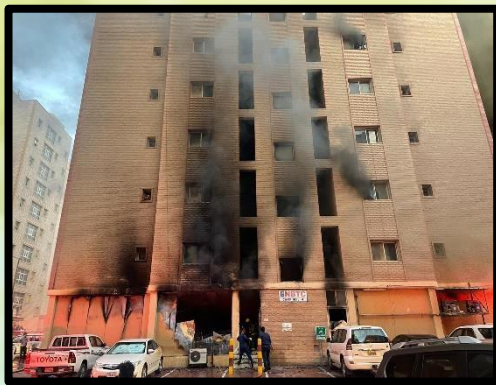
Intense Heat Leading To Work Accidents And Injuries In Kuwait's Hot Summers.

Awareness Article, Adwita Chrisel Saldanha

In the years 2015 – 2019, 3710 occupational injuries were recorded in Kuwait. Most of these occurred in the petroleum industry.

Kuwait is a country in West Asia bordered by the Persian Gulf. It has an arid climate with an average rainfall of 100 mm per year with temperatures in summer soaring to more than 45°C. These extremely hot summers pose numerous challenges to the health and safety of industrial workers and laborers.

In recent years, a few perturbing incidents have taken place in Kuwait. On the 12th of June 2024, a fire that broke out in a 6-storey building in Mangaf led to 49 deaths and dozens of injuries. The fire reportedly started in a kitchen on one of the lower floors. Majority of them died by asphyxiation and few leaped to their deaths with the hope to survive. The outbreak was caused due to a gas cylinder blast that took place in the mess of the building. The fire spread throughout the building due to multiple cylinders exploding subsequently.

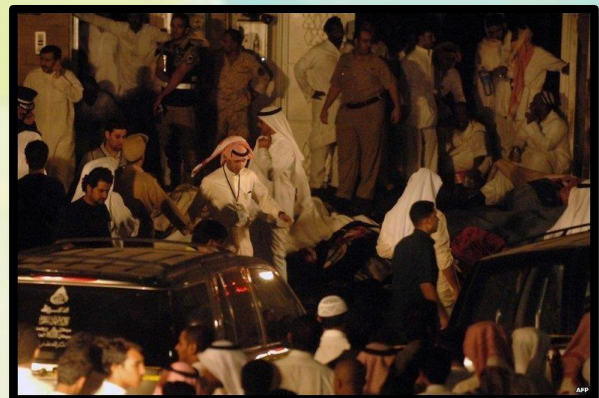


On the 15th of January 2022, a blaze that erupted in the Mina Al Ahmad Refinery, resulted in 2 deaths and 10 injuries. The spark that ignited at a gas liquefaction unit was due to a refinery plant failure which was a result of unregulated heat. Kuwait National Petroleum Company (KNPC) stated that refinery and export duties were not affected by the fire.



Special Case: Nasra Yussef Mohammed Al- Enezi.

On August 15th, 2009, an arson attack that happened during a wedding ceremony in Jahra resulted in 57 deaths and 90 others who were injured. Nasra reportedly poured petrol on the carpet of the tent where the wedding ceremony was taking place. This action was an act of revenge by Nasra from her husband for his second marriage. Within a few minutes, the entire tent was set ablaze in flames, trapping hundreds inside. Witnesses said the extreme heat caused the hair of one woman to burst into flames and another tried to escape the inferno by ripping through the enclosure's waxed walls with her teeth. This incident has been regarded as one of the most devastating incidents in Kuwait's history.



These are only a few important examples of incidents that show the scale of heat related tragedy. One basic denominator in all these events is the lack of proper fire and safety measures. If only the people in each of the above cases responsible for organizing and handling the safety and well-being of the people had ensured fire safety regulations, these catastrophic events could have been avoided.

The respective authorities have played an important role in mitigating these disasters in time. They have looked into the cause and have conducted in detail investigations to avoid such incidents in the future. They have also implemented strict labor laws that would ensure safer working environments for the industrial workers and migrant laborers. It is fundamental to understand that a nation is built not just by its educated and highly skilled and professional workforce but also by these supporting pillars who contribute to the growth and infrastructure of the country.

This brings to light an important factor we all need to keep in mind while living in such extreme climatic conditions. Safety measures need to be followed thoroughly by each and every single one of us. When each person looks out for themselves and the safety of their neighbor, society would end up being a better place for each one of us. We would have to worry less, and we can lead happier lives despite being faced with these obstacles.

To conclude this article, I would like to mention some common yet crucial safety measures we must follow to combat these rising temperatures and to keep us safe.

Firstly, try improving your homes insulation and ventilation. Insulation keeps your home cool, reducing the need for constant AC use, which lowers the fire risk. Secondly, always keep flammable items away from any heat source. This is done to prevent the materials from catching fire. Lastly, always keep a fire extinguisher handy as they can easily douse small fires before they spread.

Keep your family and yourself safe and be on the lookout for any possible sources of danger. Remember even your smallest action and presence of mind can help save many lives.

Poemception

Bhargavi, 10-E

Have you ever read
how a poem starts?
It strikes a delicate chord
within the heart

Expressing a fathomless
feeling
that is intertwined
with a deeper meaning

Those heart wrenching words
that weave out words of love,
bringing out sorrow
that make us as fragile as a dove

The happiness and the content
brought at the end of a struggle
while people are also betrayed
and their thoughts begin to crumble

Of course, words are magical
but feelings are beyond
each syllable intricate,
decorated and adorned

Poems bridge souls
to the world of sentiments
brightening our lives
making the light shine with brilliance



Sana – 10 G

An Unforgettable Journey to Gomukh

Arnav Gautam – 12 C

In the summer of 2019, we embarked on a journey to Gomukh, the glacier from which the River Ganges originates. We expected a peaceful, spiritual retreat, but our experience was far from what we expected.

Upon reaching Gangotri, we booked horses to take us to Gomukh and began our journey early in the morning. Initially, the trip was exciting. Riding a horse gave me a thrilling sense of adventure, like a cowboy in the wild. However, our troubles soon began.

We had to cross a large, fast-flowing river. To my despair, the horse operator opted to use a bridge, leaving me to cross the river alone on horseback. Halfway across, my horse started losing its balance, struggling against the powerful current. Panic set in as I desperately sought a way to stay safe. Fortunately, my horse regained its footing, and we continued.

Little did we know that more challenges lay ahead. Navigating through narrow paths surrounded by deep valleys on one side and towering mountains on the other, disaster struck. My dad's horse slipped, causing both him and the horse to fall. When we finally got them up, we realized my dad had narrowly avoided falling into a deep cave in the mountainside. Shaken but determined, we continued.

We reached our camp without further incident, trekked to Gomukh, visited the temple, and began our return journey to Gangotri. Exhausted, we faced the daunting task of covering the 18 kilometers back. At another river crossing, my dad's horse suddenly reared up on its hind legs, just like in the movies. I leaped off my horse, sprinted to my dad's, and tried to steady it. Thanks to my dad's strength and grip, he avoided injury.

After hours of navigating dangerous paths again, we finally reached our hotel, terrified and in shock. This trip, more like a dramatic movie than real life, is one we will never forget. We have all agreed that if we ever visit Gomukh again, we will walk instead of using horses. The poor animals, often underfed, make this difficult trip multiple times a week, covering 36 kilometers for a round trip.

Despite the hardships, this journey provided us with a memory of a lifetime.



Shrinjoyee Mazumdar- 11H

A Brief History of Climate Change.

Aibel Praveen – 9G


Being a topic of excessive discussion in recent media, climate change has taken the world by storm ever since its mainstream entry as a major crisis. However, it had very humble beginnings. From being nothing more than a scientist's delusion to being a valid environmental concern, here are the chronicles of climate change.

It all began in 1896 when a Swedish scientist, Svante Arrhenius first proposed the idea of human caused climate change, suggesting that burning fossil fuels would rocket CO₂ levels to such a height, at which it would cause global warming. However, at that time this statement was not taken into major consideration and was overlooked internationally.

Now fast forward to the 1930s and temperatures across the US are steadily increasing, though no one knew why. Once again, it was brushed aside, speculating that it was nothing more than a natural cycle. However, an English engineer named Guy Stewart Callender, begged to differ. He analyzed the climatic patterns and temperatures across the world and came up with the very first model which showed climatic behavior based on several factors, which showed that this change in temperature was a result of the excessive burning of fossil fuels. Nevertheless, his efforts too, went in vain as international organizations turned a deaf ear to his researches. Now, when scientists look back at his estimations, they find it to be surprisingly accurate.

No major studies were conducted on climate change in the following years, up and until 23rd June, 1988, when climate change finally got its big break into the frame. On this day, Dr James Hansen, the NASA director, testified that climate change was indeed a real concern and stated with high certainty that it was due to human-made causes. This brought climate change to the main stage where it was to garner much attention in the coming years. This testimony also led to the establishment of the Intergovernmental Panel on Climate Change (IPCC) by the United Nations in the same year.

The next major landmark in the story of climate change was the Rio Earth Summit in 1992. This was the first major international conference in which climate change was the major topic. This conference also led to the establishment of the United Nations Framework Convention on Climate Change (UNFCCC). After this agreement, the world saw the signing of the Kyoto Protocol, the Paris Agreement, the Montreal Protocol etc.



Apart from intergovernmental efforts, the world saw many individual efforts in the form of environmentalists like Greta Thunberg and Al Gore. Al Gore's book, 'An Inconvenient Truth' was a bestseller on the topic of climate change. This latter also received mainstream attention from celebrities like Leonardo DiCaprio and Elon Musk. Musk's Tesla gigafactory in Nevada is run on 100% renewable energy.

Many brands such as HP, Apple, Microsoft and Nike have taken active steps to combat this issue.

In conclusion, though many major efforts have been made to fight climate change, it still remains as a major environmental issue in today's world. We must also individually take steps against climate before it's too late. At the end of the day, we only have one earth.



Deepa Samson – 11 E

A Tribute To Teachers

Alvin Roy John, 11A

In the realm of education, teachers, you shine so bright
Turning complex concepts into pure delight.
With laughter and wit, you lead the way
Making our learning feel like play.

Your wisdom and kindness, always near,
Made each school day we hold dear.
In our hearts, you'll always stay,
Guiding us along life's way.

As we move on, our gratitude we send
For being our teacher, mentor and a friend.
Thank you, dear teacher, with a heart so true
Your impact on us, forever we'll pursue.

The Heart of Class

Safa Irshad Dingankar 10-G

In classrooms bright with morning light,
Teachers guide us day and night.
With every lesson they share,
They show us how to dream and dare.

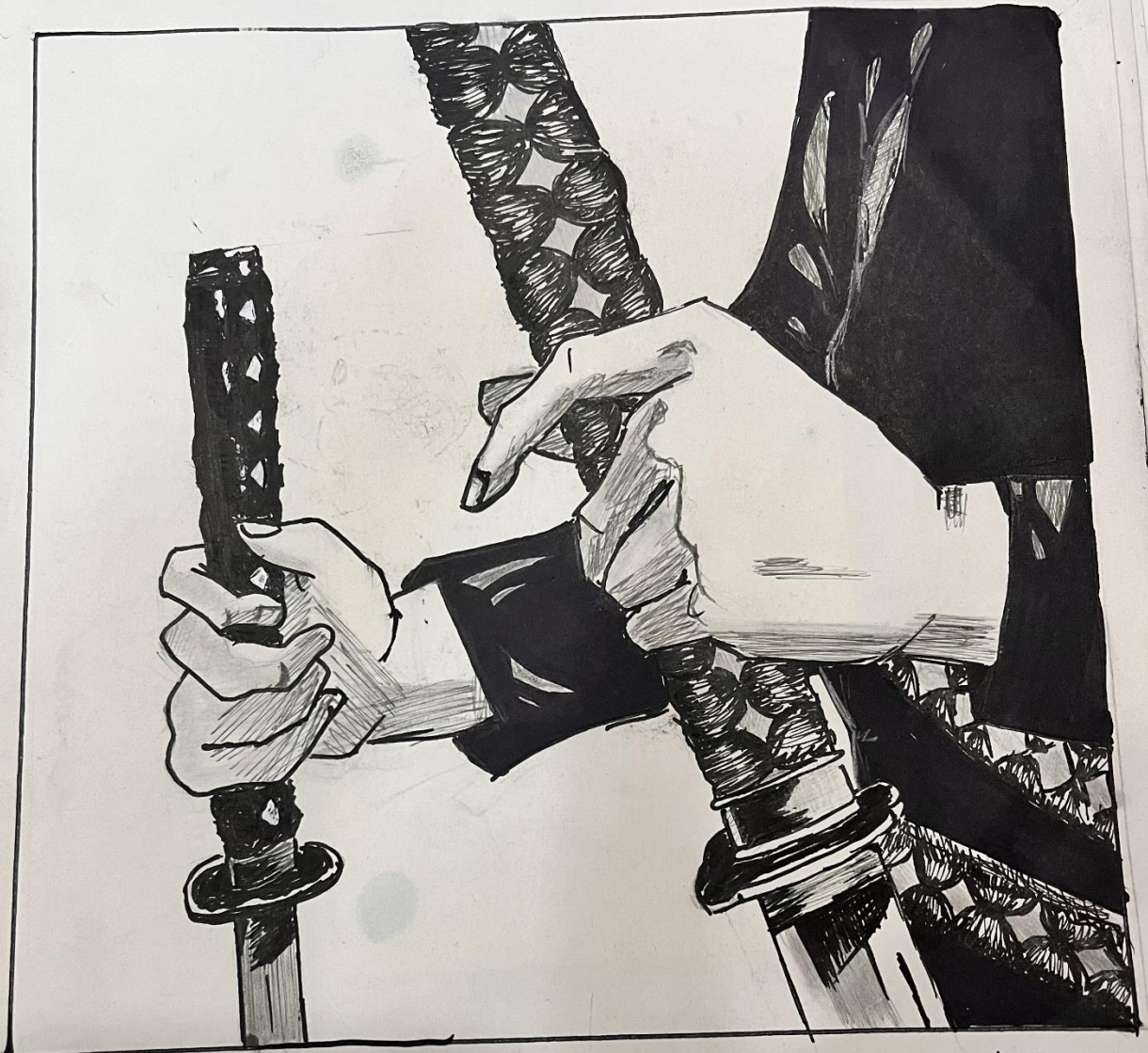
In every question, every test,
They bring out in us our very best.
They teach us more than books can show,
They help our spirits learn to grow.

In every challenge that we face,
Their guidance helps us find our place.
They inspire us to rise and strive,
To embrace the world, to truly thrive.

So here's to teachers, noble, wise,
Whose impact never truly dies.
For in their hands, the future lies,
In minds they've opened to the skies.



SHRUTI XI-D



YUSRA FATIMA SYED XI-H

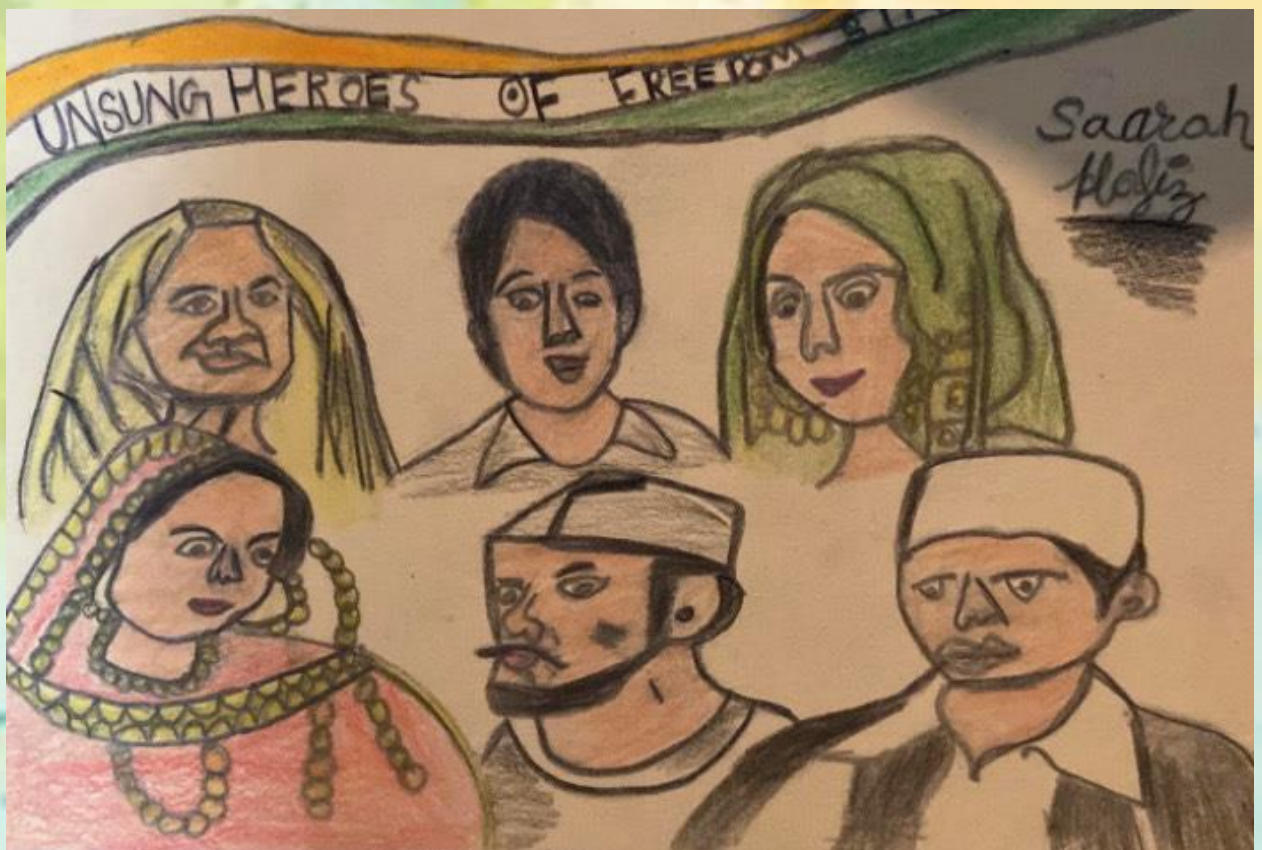
The Ache of Goodbyes

Zoya Irshad Dingankar - 10 H

I thought we had time—oh, so much
Now all that's left is just one more year—the final touch.
I never thought I'd say this
But I'm not ready to let go or to bid adieu.
For I want more of these lovely days I knew.

365 days seemed like a lot, until today, it's all unclear.
Never did I dream this day would draw so near.
I thought we had time—oh, so much to spare.
But now, just one more year left in the air.

Oh, the ache of goodbyes, how they sting.
At the time of farewell, memories cling.
In just 365 sunsets, I ask, can we hold
A lifetime's worth of tales untold?





Thank You