

DPSD HERALD

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The UAE Leaders' Vision for Empowerment of Women

Anagha Ramaswamy, Grade XI

The visionary UAE leaders have given women more power in all spheres of social and economic life. UAE is now among the top countries with the best score on the Women, Peace and Security Index thanks to the leaders' vision, passion, and dedication to the cause. The UAE has been recognized as one of the region's pioneers in promoting equality in business, education, and health. With 23 Emirati women included on the list of Forbes' 100 Most Powerful Arab Businesswomen in 2020, the UAE has the largest representation of women.



In the United Arab Emirates, gender equality is highly valued, and men and women are guaranteed equal rights under the UAE Constitution. According to the Constitution, women have the same rights as men in terms of their legal standing, claim to titles, access to education, ability to pursue their professions, and ability to inherit property.

In the UAE, both women and men have literacy rates that are almost exactly equal to 95%. Currently, more women than males enroll in post-secondary schools and complete their secondary education. In addition, women play a variety of responsibilities in the UAE's private sector company. In accordance with national legislation, they enjoy equal access to economic resources, including guaranteed equal income, as well as ownership and control over land and other types of property, financial services, inheritance, and natural resources.

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In order to design and carry out programs and projects to improve gender balance, our leaders have also established a special federal body called the Gender Balance Council. In addition, women make up 50% of the Federal National Council (FNC), the consultative parliament of the United Arab Emirates. The UAE placed first in the index measuring the representation of women in legislative seats, according to the IMD World Competitiveness Yearbook 2020. The UAE's first female judge took her oath of office in 2008. Two female judges were first appointed to the Federal Judiciary in 2019, while Dubai's first female common law judge was sworn in in 2021. Today, there are numerous women working as judges, public prosecutors, and marriage officials in courts all around the nation. Women are the driving force behind the UAE's initiatives on the cutting edge of science and technology. From space and medicine to climate and food security, Emirati women in STEM are blazing new trails.

Overall, the leaders of the UAE have shown a strong commitment to promoting gender equality and women's empowerment, and have taken a number of concrete steps to achieve this goal.

| 2021 Women, Peace and Security Index: UAE



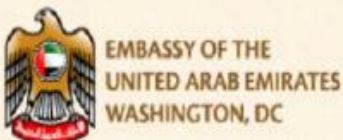
The UAE is ranked **1st in MENA** and **24th globally** on women's inclusion, justice and security.



Globally, the country in which women reportedly **feel safest is the UAE.**



The UAE is a **leader in increasing women's representation in parliament**, recording gender parity in 2021.



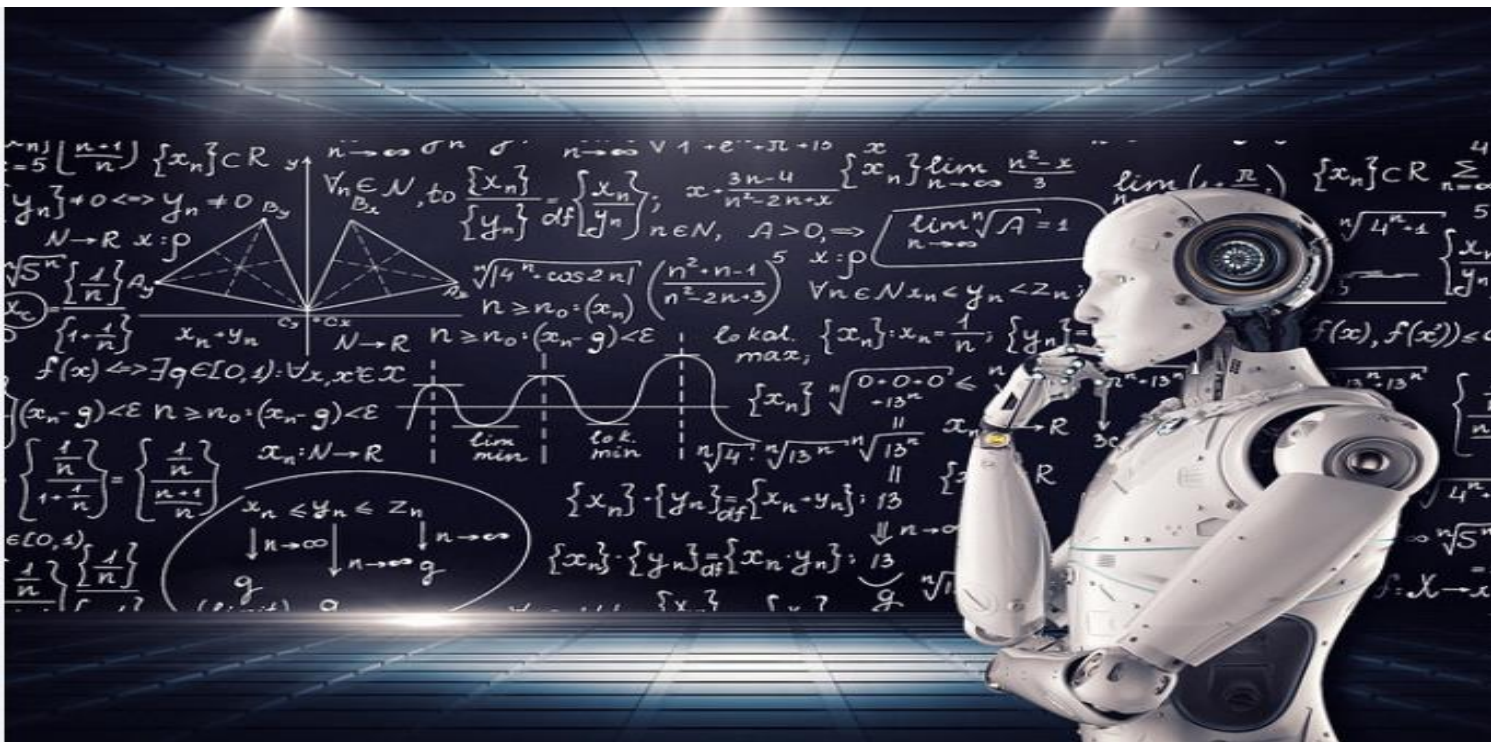
Source: Georgetown Institute for Women, Peace and Security

Technology Will Not Alone Curb Pollution

Mallika Choudhary, Grade XI-B

Humans have changed ecosystems more rapidly and extensively in the past fifty years than ever before. The lifestyle that followed World War II led to enormous changes. For example, more land was converted to agriculture since 1945 than in the 18th and 19th centuries combined. A quarter of the planet is now under cultivation. In contradiction to what environmental sceptics often say, this report definitely confirms, that technology alone will not solve all problems. Even in the best-case scenario, irreversible consequences are expected, and these can have serious local and global impacts.

It is possible to create a more balanced planet for our grandchildren. We need to combine strong political commitments, better environmental awareness, environmentally friendly technologies, and higher prices for exploiting natural resources. Over the past couple of decades, the world has become enamored with the transformative power of technology, and the belief that it can be the panacea for all human challenges.



The COVID-19 pandemic has upended this narrative, however. In spite of all the hype, digital technology could not prevent nor control the spread of the coronavirus. Instead, sound policy interventions, accessible healthcare, devoted professionals and good common sense are what have flattened curves. The technology that controlled the infection wasn't a fancy contact tracing app, but instead the simple face mask.

Technology won't solve the climate crisis, prevent the recurring wildfires in the US, heal social divides or resolve social inequality. Only a concerted effort to reset our economic systems and a willingness to make hard choices about priorities will do that.

My Experience Visiting Georgia

After almost a year of constantly juggling homework, and studying for the endless tests, I finally got a break during the winter vacation. It wasn't long after when my parents surprised me by telling me exactly what my ears wanted to hear. We were going to Georgia. I was very excited to see life in a foreign country, and get to experience a brand new culture and lifestyle. Fresh of the airport, as soon as I stepped out, I felt the intense cold breeze gush through my face and pierce my lungs. I was shivering within seconds, as I was still in my previous attire which was more suited to the sunny climate of the UAE.

The beautiful city of Tbilisi felt like such an amazing breath of fresh air. Everything seemed so different from the mountain ranges, and the awe striking cliffside architecture. The city was bustling with people yet had a calm and chill atmosphere.

One could spend hours just roaming the beautiful and culture-rich streets of the city, and could simply never be done fully appreciating it. Whether it may be enjoying the street food, or taking the winch to new Tbilisi to visit the botanical gardens or going shopping at the Tbilisi Mall, or taking it slow, in a boat across the bridge of peace and gazing at the impressively built cathedrals and the statue of the Kartlis Deda, The city just kept on giving, and was one of a kind.



My Experience Visiting Georgia

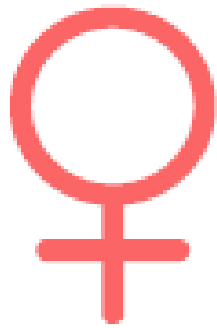
While the city had lots to offer, the outskirts of the city is unparalleled in its beauty. Skiing in the mountains of Gudauri in the sub zero temperatures, is truly a breathtaking experience. Walking across the Dabashi canyon on the Diamond bridge was such a terrifying task yet soo thrilling and exhilarating. However, it doesn't even come close to cycling across a rope tied across the canyon range.

Hiking across to the bottom of the canyon was tiring, but the beautiful river at the bottom and the radiant frozen waterfall was well worth it. Hiking back was especially tough, with each step getting harder than the previous one, and the air getting colder and colder. Reaching back to the top filled me with such a sense of impeccable accomplishment. Going then to the top mountain ranges was such an indescribable sight. It was a sight that was simply impossible to fully take in.



If that wasn't magnificent enough, the wonderful cuisine was simply the icing on the cake. Every dish was special, whether it may be the Khachapuri bursting with the delicious flavor of Georgian cheese in your mouth with every bite, or the juice pepper-flaked khinkali (A Georgian dumpling), melting in your mouth. Leaving this marvelous place almost left a tear in my eye, but I feel a great sense of happiness that I got to experience a once in a lifetime experience in the gorgeous Georgia that would forever be in my memories.

HAPPY INTERNATIONAL WOMENS DAY



Today is the day to celebrate
The day to rethink.
Why must we reconsider
The lovely colour pink.

She stands tall, with grace and might,
A symbol of beauty, courage, and light.
Her spirit shines, fearless and bold,
A leader, a women, a story to be told.

Her selfless heart, her giving hand,
Her tireless work, her brave stand.
She is our rock, our shelter in the storm,
A mother's love, a love so warm.

So here's to the women, who walk this earth
With heads held high, of infinite worth.
May they always know, the power they
possess
And live their lives, in happiness and
success

Shania Crystal XI - G



WOMEN ARE THE REAL ARCHITECTURES OF THE SOCIETY

In the past, the arrival of a girl child would cause the parents and family its fair share of fears and apprehensions, and the conventional feelings would ring out loud. Today, however, the arrival of a female kid is equally joyful for most families as the birth of a male child. This is how it ought to have been and how it ought to continue to be! In addition to ruling the home today, women are also making significant contributions to the sciences, literature, finance, technology, defense, aviation, and a host of other disciplines. But there is still a great distance to travel.



Young, active women in our society are working tirelessly to establish their worth in the eyes of the world, and despite numerous obstacles, they are outperforming men in terms of accomplishments.

Without women, this globe is empty and blind. Women does play vital role in society.

Margaret Thatcher rightly said that **“Any woman who understands the problems of running a home will be nearer to understanding the problems of running a country.”**



The UAE Leaders' Vision for the Empowerment of Women

Abdul Ahad, Grade XI-A

With the world progressing in various fields, viz. science, technology, artificial intelligence etc. One question that often arises is will this progress be equal in its fruits? Will people with fewer resources and the deprived and backward sections of society be able to harvest the fruits of this progress or will they be left behind as they have throughout history? These 'sections' include the economically inferior factions or socially backward factions like the scheduled castes and tribes in India and so on. But the section that overlaps all of these is women. Women have often been left out when humanity steps ahead. Women have seldom received the opportunity of unlocking their potential no matter what background they came from. Society never let the diamond come out of them and left them as coal. So is this situation changing or is progress in this domain still stagnant?

Well UAE is leagues ahead of most other countries in this matter. Which is a result of UAE's leaders' united vision for empowering women to empower society. The Father of the Nation, Sheikh Zayed, said, "The woman is half of the society; any country which pursues development should not leave her in poverty or illiteracy." He always pushed for girls to be enrolled in schools.

This reflects in the statistics of the country as well. The literacy rate of women in the UAE is 95.8%. 77% of Emirati women enrol in higher education after secondary school and makeup 70% of all university graduates in the UAE. 56% of the UAE's graduates in STEM courses at government universities are women.

UAE even has a gender balance council which shows they consider it a mainstream issue and don't sideline it. The rapid progress that the UAE has achieved in gender balance is demonstrated by the country is ranked first in the Arab world and 11th globally on the Gender Inequality Index (GII) of the United Nations Development Programme's Human Development Report 2022 said Mona Ghanem Al Marri, Vice President of the UAE Gender Balance Council. The country has jumped 38 positions on the Gender Inequality Index since the establishment of the UAE Gender Balance Council seven years ago. The UAE was also ranked first for the second consecutive year both in the World Bank's 'Women, Business and the Law 2022' report and the World Economic Forum's Gender Gap Report 2022, she added.

She attributed this phenomenal improvement to the work and initiatives of the Gender Balance Council and she also highlighted the remarkable efforts of Sheikha Fatima bint Mubarak Al-Ketbi, chairperson of the General Women's Union in promoting women's development. Therefore, we can safely say that in this matter UAE is most definitely an example for the world to learn from.

Will ChatGPT End up Being Smarter than All of Us?

Pratham Upadhyay, Grade XI-A

ChatGPT; OpenAI's recent most project has been hitting the news a lot lately due to its impressive performance in various natural language processing tasks, such as language translation, question-answering, and content generation. Its ability to understand and generate human-like responses has attracted attention from researchers, journalists, and the general public. However, whether ChatGPT will wind up becoming smarter than all of us is a complex question that must be examined well because intelligence is not a binary or fixed feature.

ChatGPT's access to big datasets, massive computing resources, and complex algorithms may provide it with a competitive advantage in processing information and creating insights that humans may not be able to match. These AI models like ChatGPT are meant to continuously learn and adapt, which might help them increase their performance and accuracy over time. As a result, ChatGPT may outperform human intelligence in certain domains such as language processing, knowledge retrieval, and pattern recognition.



Human intelligence, on the other hand, is multidimensional and comprises of a wide variety of cognitive abilities, such as creativity, critical thinking, emotional intelligence, and social skills, which are currently beyond the reach of current AI models. While ChatGPT excels at jobs requiring data processing and pattern identification, it may be unable to duplicate humans' sophisticated and context-specific decision-making abilities.

Talking about intelligence, it is a complex combination of genetic, environmental, and cultural elements that manifest differently in different settings and individuals. As a result, it is more realistic to think of ChatGPT as a tool that can supplement rather than replace human intelligence.

To conclude, while ChatGPT's improved capabilities and continuous learning makes it an effective tool for information processing and analysis, it is unlikely to surpass humans' sophisticated and context-specific intelligence. Furthermore, the question of whether ChatGPT will be smarter than us all is flawed because intelligence is the result of a complex interaction of various elements that may manifest differently in different situations and individuals.

Will ChatGPT End up Being Smarter than All of Us?

Harini Monikandan Sankari , Grade XI-C



As an AI language model, ChatGPT has demonstrated impressive capabilities in processing and generating human-like text. However, as ChatGPT continues to leave its mark on the world, the prospect of it surpassing human intelligence has emerged.

While ChatGPT has been trained on a vast amount of data and can generate coherent responses to a wide range of questions, it cannot understand the meaning behind the text it processes. It operates purely on statistical patterns and has no understanding of context or the real world. Furthermore, it cannot learn on its own or make decisions without human intervention. While there are ongoing efforts to develop more advanced forms of AI that can simulate human intelligence and consciousness, these efforts are still in their early stages, and there is no guarantee that such technologies will ever be developed.

Even if we were to develop an AI that surpasses human intelligence, the question of whether it is "smarter" than us is debatable. Intelligence is a multifaceted concept that includes cognitive abilities such as reasoning, problem-solving, and creativity, as well as emotional intelligence and social skills. An AI may excel in some of these areas, but it is unlikely to replicate the full range of human intelligence.



In conclusion, while ChatGPT's capabilities in processing and generating human-like text are impressive, it is still far from surpassing human intelligence. As of now, AI cannot understand the context and the real world and cannot learn on its own or make decisions without human intervention. While the development of AI holds great promise for advancing many fields, we must continue to consider the potential risks and limitations of these technologies.

Will ChatGPT End up Being Smarter than All of Us?

Humaid Mohammed, 11A

When it comes to artificial intelligence, it's hard not to think about ChatGPT. After all, this impressive language model has become a bit of a celebrity, thanks to its ability to generate human-like responses that can fool even the most astute observer.

But here's the thing: ChatGPT's intelligence is limited to the data it has been trained on. That means that while it can generate impressive responses, it's still bound by the constraints of that data. In other words, ChatGPT may be able to recite Shakespeare or solve math equations in record time, but it lacks the ability to understand the nuances of human emotions and interactions.

On the other hand, human intelligence is not limited by data. We can think creatively, reason, and learn from experience in a way that ChatGPT cannot. Plus, we have something that no machine can replicate: a soul. Okay, maybe that's a bit of an exaggeration, but you get the point.

All jokes aside, the reality is that ChatGPT and other AI models are not capable of surpassing human intelligence. They may be able to process and analyze data more quickly and accurately than we can, but they lack the ability to understand complex emotions and experiences in the way that we do.

So, while ChatGPT may be an impressive tool, it's important to remember that it's just that - a tool. As technology continues to evolve, we need to find ways to harness the strengths of both AI and human intelligence to make the world a better place.

Examples	Capabilities	Limitations
"Explain quantum computing in simple terms"	Remembers what user said earlier in the conversation	May occasionally generate incorrect information
"Got any creative ideas for a 10 year old's birthday?"	Allows user to provide follow-up corrections	May occasionally produce harmful instructions or biased content
"How do I make an HTTP request in Javascript?"	Trained to decline inappropriate requests	Limited knowledge of world and events after 2021

Women are the Real Architects of the Society

Haifa Haris, Grade XI- C



“The fastest way to change the society is to mobilize the women of the world.” Throughout history, the central role of women in society has always ensured the long-term stability, advancement, and growth of nations. The World Bank estimates that women make up roughly 49.58% of the global population. They take on various roles such as mothers, family caregivers, farmers, educators, business owners, teachers, etc.

In every nation on earth, women are the primary caregivers for children and the elderly. International studies show that women take the lead in assisting the family in adjusting to new realities and problems as a society's economy and political structure change. Basic education is the key to a nation's ability to develop and achieve sustainability targets. According to research, education may boost living standards broadly, increase the status of women and girls, increase agricultural output, slow down population growth, and safeguard the environment. Most frequently, the mother in the family will encourage both boys and girls to enrol in and remain in school.

Currently, women make up 45.4% of the worldwide workforce. In rural developing areas, women's small businesses can not only support an entire extended family but also lay the groundwork for a networked economy for coming generations. Recently, women's employment opportunities in both urban and rural settings have increased dramatically.

There are a lot of factors limiting how much value women can contribute to the prosperity of the world. Different laws and policies in many nations make it challenging for women to reach their full potential. In nations where women have little to no political representation, this is considerably worse. In various countries, it is hard for women to get jobs compared to men. It is harder for women to get senior positions than men. Also, the gender wage gap is estimated to be 23%. Women are also disproportionately responsible for unpaid caregiving and household duties.



Women are the Real Architects of the Society

Haifa Haris, Grade XI- C



We have seen that women are important to the prosperity of the world and we can try to achieve their maximum potential. Governments and the private sector must work together to make this work. We need to show more interest in funding initiatives for women around the world. We need to fund the education of girls and provide an enabling environment, help women learn valuable skills, and give women access to legal, financial and digital literacy. They need economic opportunities, we need to employ women and pay them what they're worth. Unlock opportunities for women-owned businesses. Women should be trained on how to use technology and develop their digital skills.

Women create life, hold families together and lead communities with strength and resolve. For families, communities, and nations to thrive and flourish socially, women must be given more influence. Women can achieve their greatest potential when they lead secure, contented lifestyles that are productive. They may raise happier, healthier kids while also contributing their abilities to the workforce. The world will be better off if the other half of the population is given more assistance in achieving their economic potential. Let's join forces to ensure that women are more empowered to achieve their full potential.



Tech Alone Will not Curb Pollution

Shreeja Sharma, Grade XI- E

Technology is a valuable servant but a dangerous master, we believe that technology is like a helping hand for making things easier for day-to-day life. Over the past couple of decades, the world has become enamoured with the transformative power of technology, and the belief that it can be the solution for all human challenges.

The tech scene has been buzzing for a few years people were quick to realize that not only does it make work cost-effective as well as efficient.

Like a coin has two sides this revolution also has impacts that go unnoticed, Technology has been known to have a direct hand in the rampant increase in air pollution since humans began to travel more with the level of technological advancements. The pollutants released from these travel mediums are enormous and lead to a rise in health hazards. As people get more influenced to have better wifi to share all the moments they collect on their trip they often realize the better packages offer faster and better speed. This costs insects their life for our few moments of joy it seems as though this is a new revolution.

The changing events of today have ruined the habitat of these insects as the 5G radiation is so powerful, their bodies aren't able to withstand it studies have proven More than 40% of insect species are declining and a third are endangered, the analysis found. The rate of extinction is eight times faster than that of mammals, birds, and reptiles. The total mass of insects is falling by a precipitous 2.5% a year, according to the best data available, suggesting they could vanish within a century. We may underestimate insects to be small yet they maintain nature in ways we won't be able to make up.



Women are the True Architects of Society

Aliya Arora, Grade IX-B

The world has come a long way since several centuries ago, in terms of urbanization, scientific development, research, and a lot more. People have grown, learned, and passed on their knowledge to their successors to turn the world into what it is today. Human society is complex and has changed with time. One of the vital subjects that arise when discussing the change and development of society is the role of women.

For decades, women have faced discrimination and have been represented in a false light through media sources, when the truth is that without them, the world would not have come as far as it has today. In nearly every field, women are excelling and doing as well as men are. Women are the core of society.

Women are the real architects of society.” These words by Harriet Beecher Stowe changed the world and are as powerful today as they were in the nineteenth century. Females have revolutionized humanity and should be given far more credit than they receive. Jane Austen, Marie Curie, and Maya Angelou are just some of the strong women who have impacted the world.

The role of women in society varies with time and place but it has always ensured the stability, development, and growth of nations. Women play a prominent role in bringing communities together, taking care of and managing families and spreading knowledge.

Oprah Winfrey, one of the most influential females, has also faced an unpleasant childhood but today, she is a self-made billionaire, inspiring millions. She is a talk show host currently, multimedia executive, actress, producer, and writer.



Women are the True Architects of Society

Aliya Arora, Grade IX-B

Malala Yousafzai, a Pakistani activist for female education, was awarded the Nobel Peace Prize at just seventeen years old. She began the Malala Fund to champion girls' rights to twelve years of free, safe, and quality education. Her incredible efforts have helped countless children get the education they need.

Serena Williams, a professional American tennis player, is known for winning twenty-three grand slam singles titles, the most by any player in the Open Era and the second-most of all time. She is an inspiration for so many girls all over the world to get into sports and combat social barriers.

These women and many more are the symbols of change and independence all over the globe. It is by supporting each other and getting stronger together that they have accomplished so much. Despite nearly 50% of the world's population being women, gender inequality is a prevalent issue. The world needs strong, steadfast females to develop and grow, for it is women who form the foundation of any society. They must be supported, celebrated, and empowered.

The creators of life, the caretakers of households, the cornerstones of every culture, and the leaders of society—that is who women are.



Is ChatGPT a Threat to Education?

Ever since November 2022, of ChatGPT being made available to common public, it has generated numerous debates cutting across the spectrum of human endeavor — especially in the Academic World — with concerns and debates raging worldwide with the academia duly concerned regarding the likely impact of ChatGPT on student potential and the consequent impact on likely academic dishonesty. While largely the non-academic world hails ChatGPT as a crucial step in augmenting AI research and development, the academia is not very enthusiastic — especially post numerous headlines worldwide reporting Academic Institutions and Academia concerned regarding the adverse impact this new technology will have in encouraging students engaging in academic dishonesty.

ChatGPT is not the threat to education many think it is

The debate stems from the premise that own time work assignments, the mainstay of academic activities worldwide, assumes that students will submit original works, based on their individual levels of comprehension and uptake.

- ❑ However, with ChatGPT, had demonstrated adequately of being capable to write poetry, essays and answer questions in short and long form.
- ❑ Recently it managed to secure a C+ in a Law School Exams, thereby establishing the fact that it is steadily gaining potential to secure passing grades on assignments. Thus, Teachers / Academia are being duly worried regarding possible misuse and rise in academic dishonesty on Own Time Work / Home Assignments.
- ❑ This has prompted Academia / Administrators exploring the possibility of administering physical in-class assessments or oral exams to avoid potential ChatGPT misuse.



Is ChatGPT a Threat to Education?

Formal education should not be restricted to in-class assessment

Contrary to the above discussed point of view, Micheal Ziegler wrote an opinion piece in Martlet, the independent newspaper of University of Victoria, Canada in December 2022, defending take-home assignments.

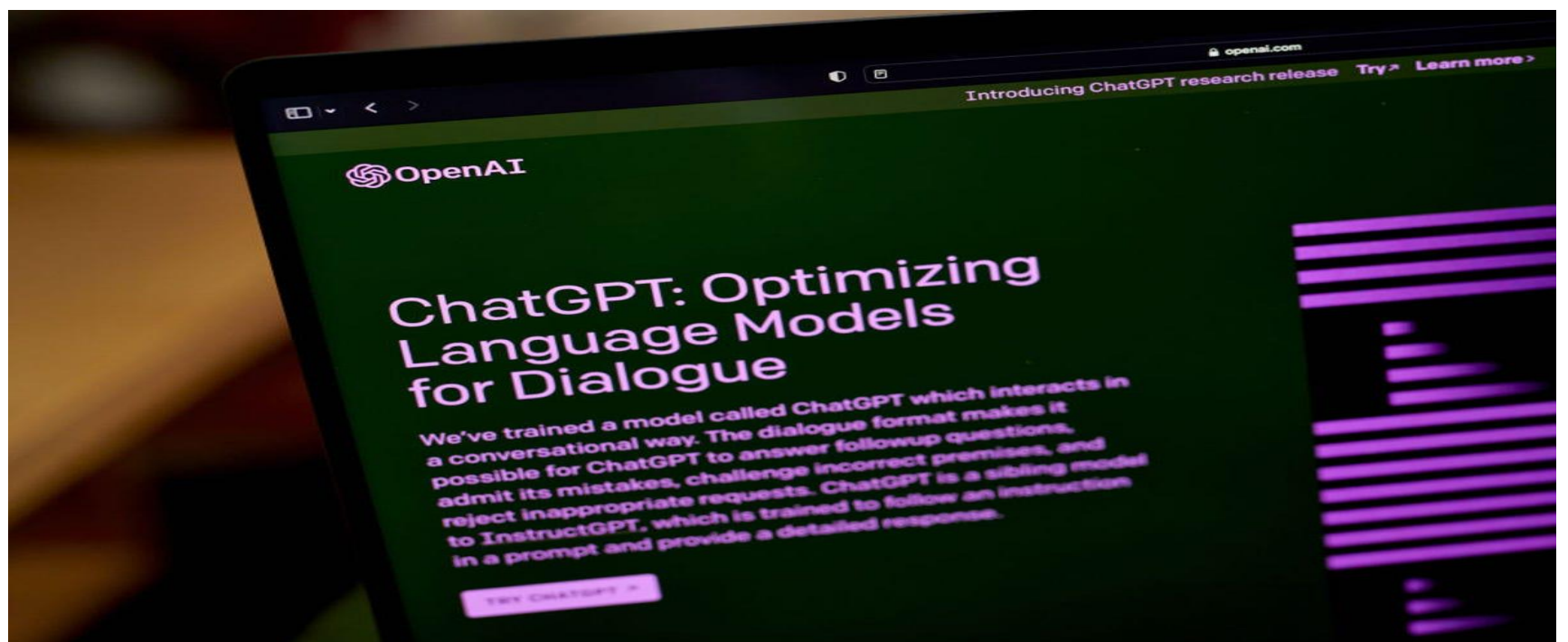
- He argued that in-person examination is unfair, unrealistic, and the strain on mental health is not worth it. Take-home assignments, on the other hand, are less anxiety-inducing, more realistic, and generally fairer.
- He felt it is necessary to remain steadfast in defence of take-home assignments, because regardless of ChatGPT's potential for aiding in cheating, take-home assignments are better for education and there is something about university education that eclipses any concern for academic dishonesty.

Responsible Use of ChatGPT Elevates Teaching & Learning Processes

Emergence of ChatGPT necessitates an ever-relevant debate regarding the benefit of School/ University education.

Each School / University going student if asked, “Why are you undergoing this formal education by enrolling in a School / University?” in all likelihood will answer, “To be able to secure a great paying Job / Career.” This answer makes perfect sense in our career-centred contemporary world.

- ❑ This legitimate expectation is however challenged by the ever increase tribe of “self-made” IT Entrepreneurs, riding the wave of digital enterprise; underscoring the fact that being able to generate legitimate income without the backing of a formal education is ever easier than before.
- ❑ So, if the very premise of a School / University Education is get “good income” because you are not interested in achieving it via internet success, obviously, using ChatGPT to do your homework is the way to go.



Is ChatGPT a Threat to Education?

However, there absolutely exists a better argument for why Students attend Schools / Universities: to firsthand observe & learn, how things exist in specific fields of study and, more importantly, to develop critical thinking in the process.

- ❑ Schools / Universities take huge pride in providing a current, well-rounded and balanced curriculum to the Students, and the award of a formal degree / certification invariably involves their learning of topics that appear to be unrelated to their field of study.
- ❑ In order to maintain this critical balance - Academic Institutions factor in intense interaction with peers - to include debate / dialogue - and to further augment deep thinking, encourage independent reading and writing.
- ❑ Thus, the need for “practical assessments” through Own Time Work / Takehome assignments, is critical and Formal education should not be restricted, and we should stand steadfast regardless of AI intrusions.
- ❑ Forcing Students to only have in-class time for assessment robs them of the time and space needed for robust rumination.

The issue of concern in the ongoing debate raging across the academic world is that this view has been absolutely sidelined, and Academia / Institutions are arguing from the narrow point of view that the mere existence of Academic Institutions and their inherent benefit being sold to Students is enough.

☒ On the contrary, with the emergence of ChatGPT, Academia / Institutions need to re-invent and re-orientate themselves by giving serious re-look to the to the benefits of institutionalized formal education.

☒ Moving away from Own Time Work / Take-Home Assignments due to ethical worries about possible misuse of ChatGPT will certainly defeat the benefits of institutionalized formal education.

☒ We need to realize that emerging AI tools, like ChatGPT, can be an extremely powerful medium to augment institutionalized formal education.

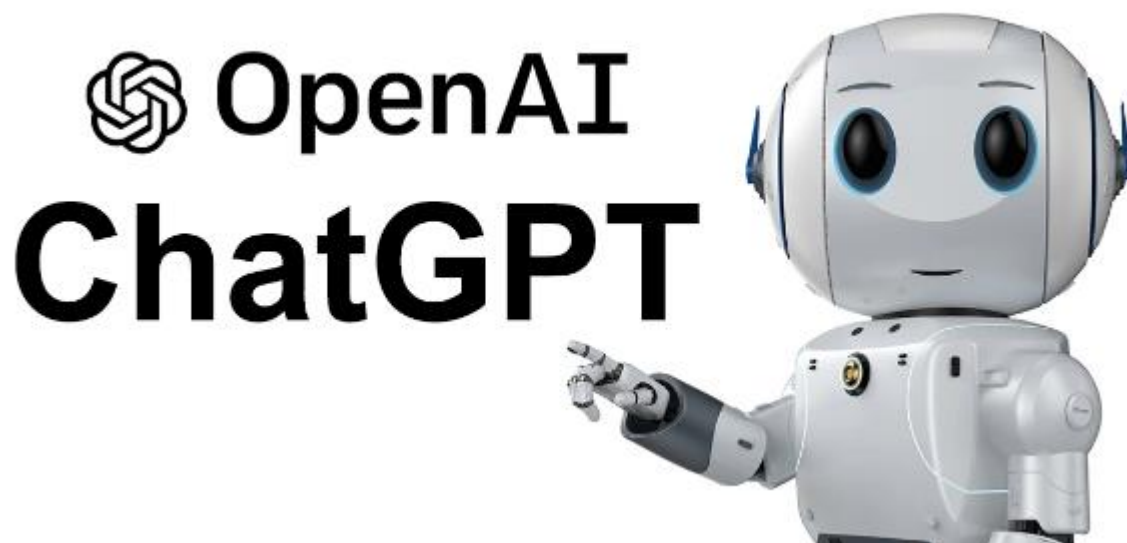


Is ChatGPT a Threat to Education?

Responsibility of Educators to Re-invent the Modus Operandi & Processes of Teaching & Learning

To answer the unasked but relevant question from the Student Community as to, “Why learn from a Teacher / Professor when you can ask ChatGPT to distill information for you?”, in order to stay relevant, the Academic World of Teachers / Professors need to reinvent themselves, and also the mode of imparting education, in an ever digitized world.

- Educators now have an ever increasing responsibility to “truly hard-sell” the benefits of learning in a formal classroom & self-doing of Own Time Work / Take-Home Assignments by Students, instead of laying all blame on Student laziness.
- Any move to enforce “*in-person assessment*” as the only possible response to ChatGPT is truly insulting to the Student community at large, especially insinuating that Students cannot be trusted of academic integrity, due to advent of ChatGPT.
- To “truly hard-sell” the benefit of institutionalized formal education, Educators need to re-design their approach to classes with due emphasis on quality assignments and extensive compulsory readings.
- Thus, the formal Classes need to ensure readings properly and assignments should be designed to convey more sense. The Academicians need to develop lectures and readings, which to encourage independent critical thinking amongst the Student community.



Technology: A boon or a bane

Sara Shanaishchandra,9D

Technology is a cool boon

A gift, but is it inopportune?

Electronics can take away our voices,

Our outdoors, and even our choices

Technology is very helpful too,

In entertainment and for starting anew

It gives us the chance to explore,

Visualize and do galore more

Technology helps us manage time faster,

And even helps us become our own master

Let us use this boon thoughtfully,

Because in the wrong hands, everything could end disastrously



Happy Women's Day

Shreeja Sharma ,11E

They are the ladder to our growth,
To care for others they took an oath,
Selfless in spirit and soul,
Help to achieve our goal,
They go through endless paths in life,
To be a mother, a daughter and a dutiful wife,
The art of balance they maintain,
They are a family chain,
Here's A big salute from the crew,
Happy women's day to you



COP 28- THE UAE'S BIGGEST EVENT IN 2023



Pally Vidwans

7 A

A COP or 'Conference of the Parties' is a gathering of various world bodies and governments to discuss information and share progress on climate change-related issues and solutions. It is attended by countries that signed the United Nations Framework Convention on Climate Change or the UNFCCC. The UAE will be hosting the 28th session of the Conference of the Parties. The UAE will host its COP in Expo City Dubai- a green and self-sustainable city. The COP will be held from the 30th of November to the 12th of December 2023.



The main agenda is to cut methane emissions by 30% by the end of 2030. The UAE government has promised \$400 million to accelerate the transition to renewable energy in developing countries. The COP28 will also address the 1.5° C global warming rate. The UAE has helped a lot individually towards climate change and is aiming to reach 50% of its energy produced renewably. The UNFCCC hopes that Code Red for Humanity will become a thing of the past.



THE JOY OF BOOKS AND THE REWARDS OF A LIFETIME OF READING



Omar Rameez

7A

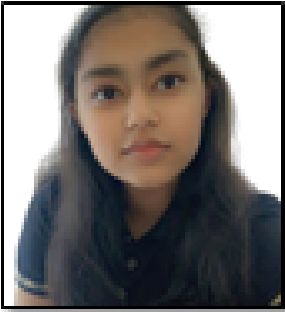
"A room without books is like a body without a soul." - Lloyd Alexander. This quote perfectly encapsulates the significance of reading books regularly; you live an incomplete life without books. Reading a book is similar to dreaming with your eyes open. Unlike movies, books are timeless; they stay with you forever. A book is something you can open again and again and lives with you till your grave. Regularly reading good books is pivotal in character and personality development. Books can reduce impulsive actions as they always bring one to a state of inner peace and mental calmness. Reading books builds brain power by strengthening memory, attention span, and imagination.



The positive effects books have on an individual has no age boundaries. Every one of all ages equally benefits from this good habit. Reading books helps rewire our brain, so it performs better, enabling us to excel in life and never fall short. Research proves that regular readers sleep better, have lower stress levels, higher self-esteem, and lower rates of depression than non-readers. Reading also proves to help increase your work efficiency and help keep relationships with one another. Due to the modernizing world, digital books have become the new ordinary.



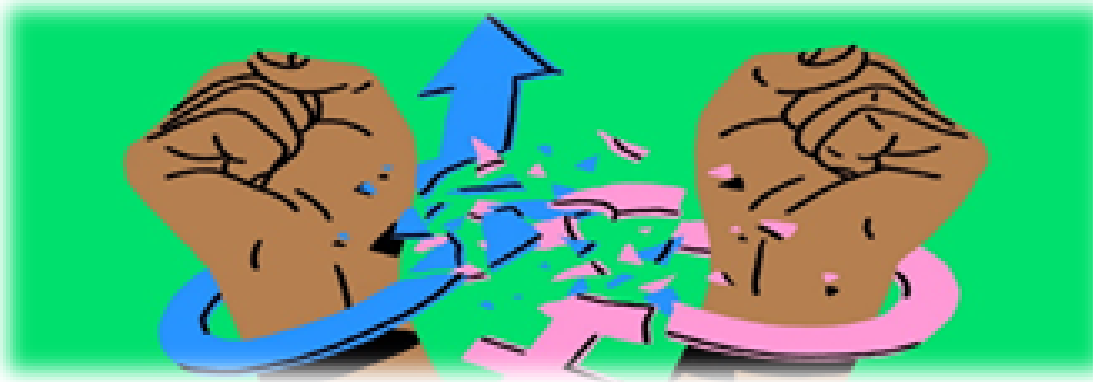
DEBUNKING THE GENDER STEREOTYPES THAT ARE INGRAINED IN OUR SOCIETY



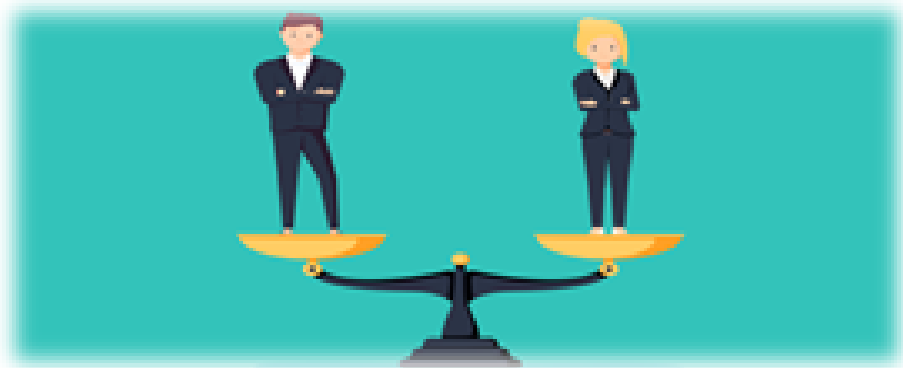
Myrah Mehra

7C

“A female can do anything a male can do, if not, better”. This quote has been said for ages but not everyone has completely understood the importance of it. Gender equality is two words that have been far too debated over since 1848. The entire world still doesn't agree treating everybody as the same person for the past 175 years. One of the best examples of gender equality is the Hindi movie 'Dangal' which is mainly about the Commonwealth Games but has a message to share. The two young female wrestlers prove their small-minded village wrong and win gold medals for their country.



The colours 'blue' and 'pink' are supposedly meant for boys and girls respectively. Children get bullied for preferring the colour that is not meant for their gender. Parents must raise their kids saying, “You can like any colour, wear any clothes, we all are humans and we have our own choice and opinion.” The major problem we notice in gender stereotyping is that they can influence our perceptions. When individuals don't conform to gender stereotyping, the result can be discrimination and unfair treatment. People say that they believe in gender equality, but the true change must come from the mind. We have to respect both men and women because we all should be treated the same way. Stereotyping attitude must not keep us away from our dreams.





Mitul Mishra

7 C



There was once a frog named Tiddalik. He started out as a normal frog: small, lively and amphibious. He lived his life and didn't harm anyone. In short, he was a good little frog of no importance. One fine Australian afternoon, he felt this huge pang of thirst. He started drinking huge quantities of water. And as he drank, his thirst grew larger and larger, and so did he. Soon, he grew larger than a wombat, and just as heavy too. He couldn't seem to stop drinking! And in no time he became larger than a kangaroo. And still, he went on drinking... he grew larger than a boulder, larger than a hill. He grew and grew, and ended up drinking all the water in the world.

Tiddalik just sat there, while all the animals came up to him with pleading eyes, begging him to disgorge some water for them to drink. But our now-huge Tiddalik didn't even think about this. He sat there, with his newfound grandeur, stolid, unmoving, like the mountain he was. The thirsty animals needed that water. No matter how much they pleaded, they got nothing but a mocking grin from Tiddalik. Just as the Australian ecosystem was about to give up, a thirsty kookaburra comes up and says, "I know what we can do. We have to make him laugh. Once he laughs a good belly laugh, all the water will spill out of him." The others thought this was a great idea. "I will have a go," the kookaburra offered. "I, myself have such a splendid laugh that I will make him laugh too!" "Haa haa haa!" the kookaburra cried. "Hoo hoo hoo!" the kookaburra wailed. Tiddalik's expression did change a little; but there was no hint of amusement in him.

Soon, an emu came up and said, "I will have a try. I will dance so well that, who knows, perhaps he will manage to crack a smile. Then that smile turns into a delighted laugh which in turn becomes a bellow of laughter and all the water will get disgorged." The emu was inclined to be fanciful, but she did dance pretty well. And even though the creatures were parched, they applauded with bellows of laughter after she was done. But not our Tiddalik! If anything, he looked even more contemptuous.

The creatures were at their wit's end. The frog-mountain's expression grew stonier and stonier. They looked at each other. What were they to do? "Let me try to make him laugh," an eel piped up. He went before the frog-mountain and started tumbling. The little eel tickled and tickled him and soon enough, a huge fountain of fresh water spouted out of Tiddalik as he bellowed with laughter. Finally they had gotten their water back so they could go about their lives and live happily. The trees started growing once more and the lush greenery of the aboriginal countryside came back from its dry situation. Every story has a moral. Our huge frog-mountain Tiddalik symbolizes humanity's hand of greed and how it mercilessly takes away the water from this world, making it an arid place. So let's all become the young eel and save our planet from facing shortage of clean water.

SAVE WATER



Aarna Sengupta

7E

Water is our life's elixir,
Dehydration's common fixer.
I love to drink water,
Because it makes life much less hotter.

Water helps our trees to grow,
It is present in ice and snow.
Water protects us from diseases,
From coughs and colds and even wheezes.

Water is one of science's wonders,
That saves our body from some blunders.
Without water there is no life,
Water, water, help us strive.



GENDER EQUALITY



Sharanya Mulik

7 E

He said education is of no need,
Followed the easy path.

But there are stomachs to feed.
And regretted the decision of his past.
But it doesn't matter,

Because they said men are the ones with the hard work on
their platter.

While watching him, there's the one who tried
But couldn't get
The education she needed.
And felt like she never succeeded.
But it doesn't matter,
Because they said a woman is unheeded.

Men earn the bread,
Women bake the bread,
That's what they said.
But now times have changed and so have "they".
The women can earn, and the men can bake.
Their contribution in building the future is same.
It's true that it is humanity's greatest quality,
If everyone believes in gender equality.



Tips and tricks to ace your college entrance examinations

By Ria Malhotra 11G, Assistant Wellbeing Ambassador

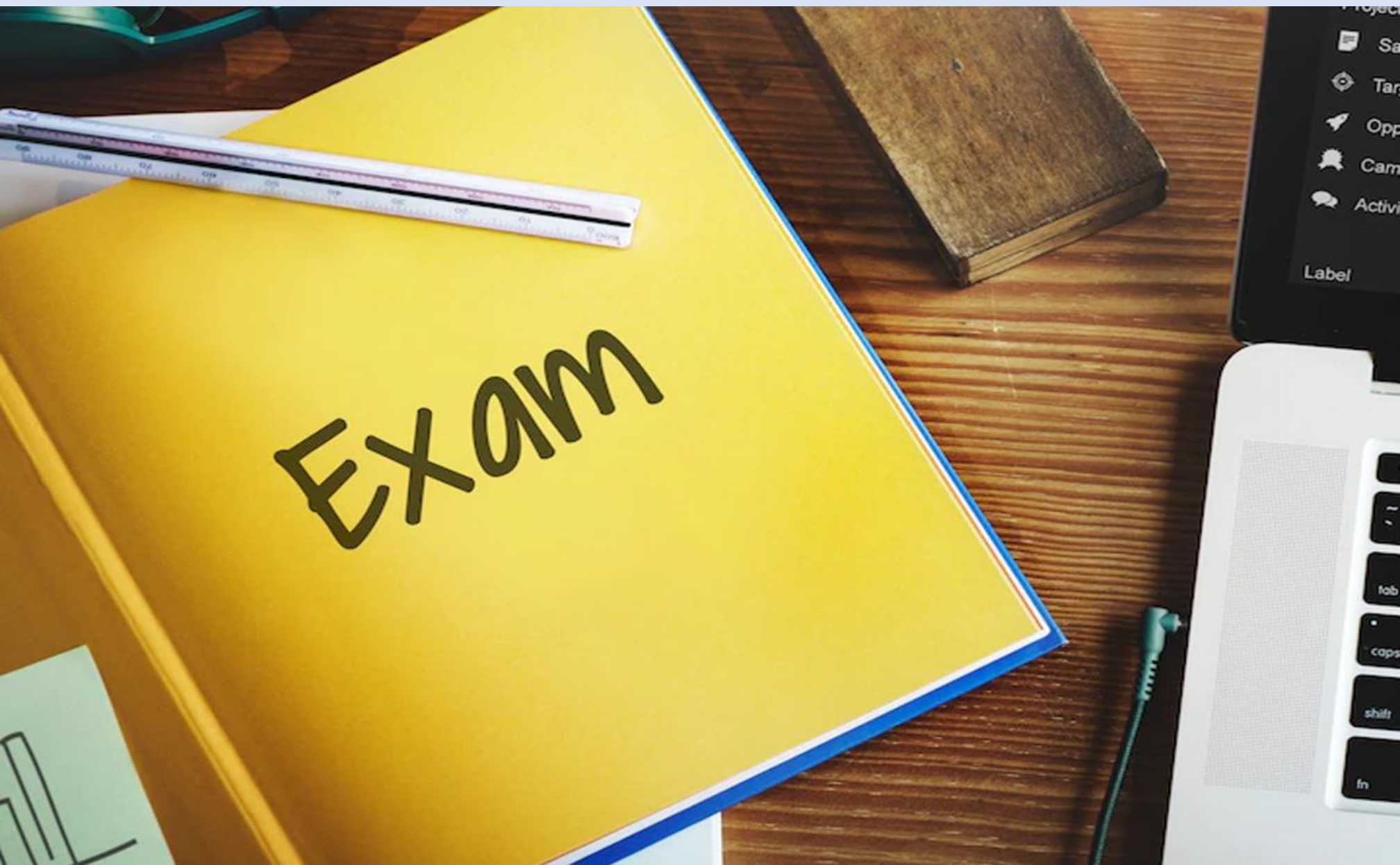
College is a very crucial requirement to survive in today's world. Having a respectable degree in something you enjoy is one of the best achievements one can get. However, thinking about the college application process gives many students anxiety. Although this is normal and very common, here are a few tips on how you can ace your college entrance examinations.

First and foremost, create a study schedule and stick to it. Plan out how your day will be spent and what portions you will be covering. Don't focusing on memorising, rather internalise the lesson. Whether it be JEE or SAT or any local college exam, examiners want to know that you have a true grasp on the topic not just a good memory.

Additionally, we live in the golden age of technology. So, it is easy to gather online resources and understand difficult topics. You can also use these online websites to study with friends and share material through the internet.

A study schedule is not the only plan you should be maintaining. One must also maintain a healthy diet and an active body. Do not make the mistake of prioritizing exams over the wellness of your mind and body. Learn how to strike a balance between academics and extra curriculars as well.

Lastly, do not pressurise yourself! One of the biggest slip-up's college applicants make is stressing themselves out mere moments before the exam and forgetting everything in the exam hall. This is not a healthy response to stress but it is easily fixable. Just take a few deep breaths and do your best!



A 'Thank You' note to Women

Saanvi Raj, Grade II-H

It's International Women's Day,

Let's thank them in every way.

Our mothers and sisters and daughters,

fill our lives with laughter.

They work very hard both day and night,

to make sure everything is just right.

They have a heart so kind and a mind so strong.

With their love and advice, nothing can go wrong.

Women are mothers, doctors, astronauts and more.

They can do anything they want, that's for sure.

So, let's honour them and clap, cheer and say,

Thank you to all the women who light up our way.



5 Ways to Conserve Water



Ashlin James, Grade I-F

5 Simple Things You Can Do to Conserve water and help protect the Earth

Water covers 70% of the earth's surface but freshwater for drinking and other uses is about only 2.5 %. We find freshwater everywhere in rivers, seas, tanks, wells, ponds, etc but we lack clean drinking water. Hence water-saving is the responsibility of every person who lives on this earth. There are many ways in which we can save water and minimize pollution.

1. Turn off the taps: you can save up to 6 litres of water a minute by turning off your tap while you brush your teeth. Fix leaky taps too.
2. Shower with less: keep your showers short, sweet and water-saving.
3. Use the full capacity of your washing machine while washing clothes.
4. Increase awareness about saving water in your school and neighbourhood. Participate in a community clean-up.
5. Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R" s to conserve natural resources.

We should understand the value of water drops and save it.



Water - The Nectar of Life

Saanvi Raj, Grade II-H



Water is called the nectar of life,
without it, no one can survive.
We all use it in a million of ways,
so, let's save this treasure without delays.
Use a bucket and take a short shower,
as saving water is the need of the hour.
Let's turn off the tap when not in need,
this way you are doing your part indeed.
Let's pledge to use water in moderation,
So that it is available for the next generation.



Save Water

Navya Batra, Grade II-E



Save Water, Save Water as it is precious.

Once gone you will find it nowhere.

Without water, there is nothing.

Water, water everywhere.

Let's take a vow to save every drop of water.

Save water and live a better life!

Thank you.

**EVERY
DROP
COUNTS**

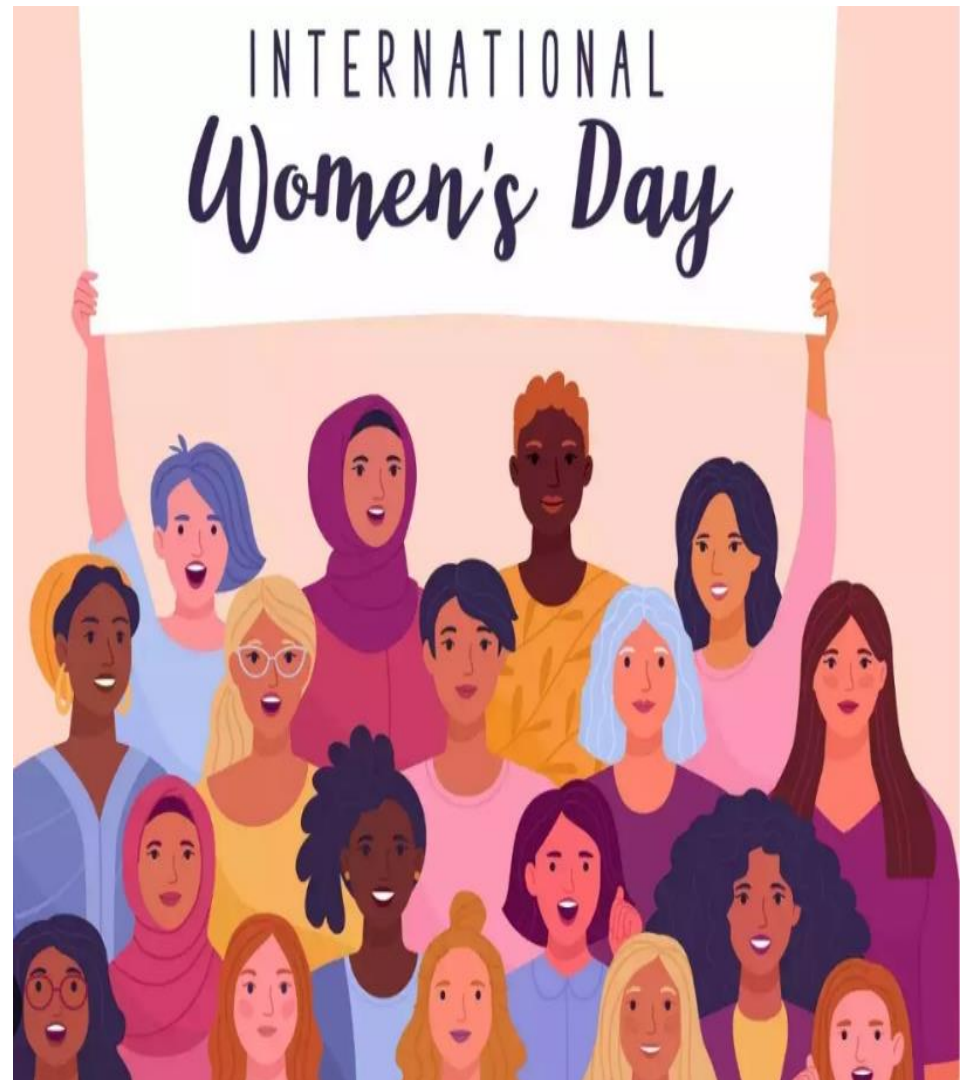
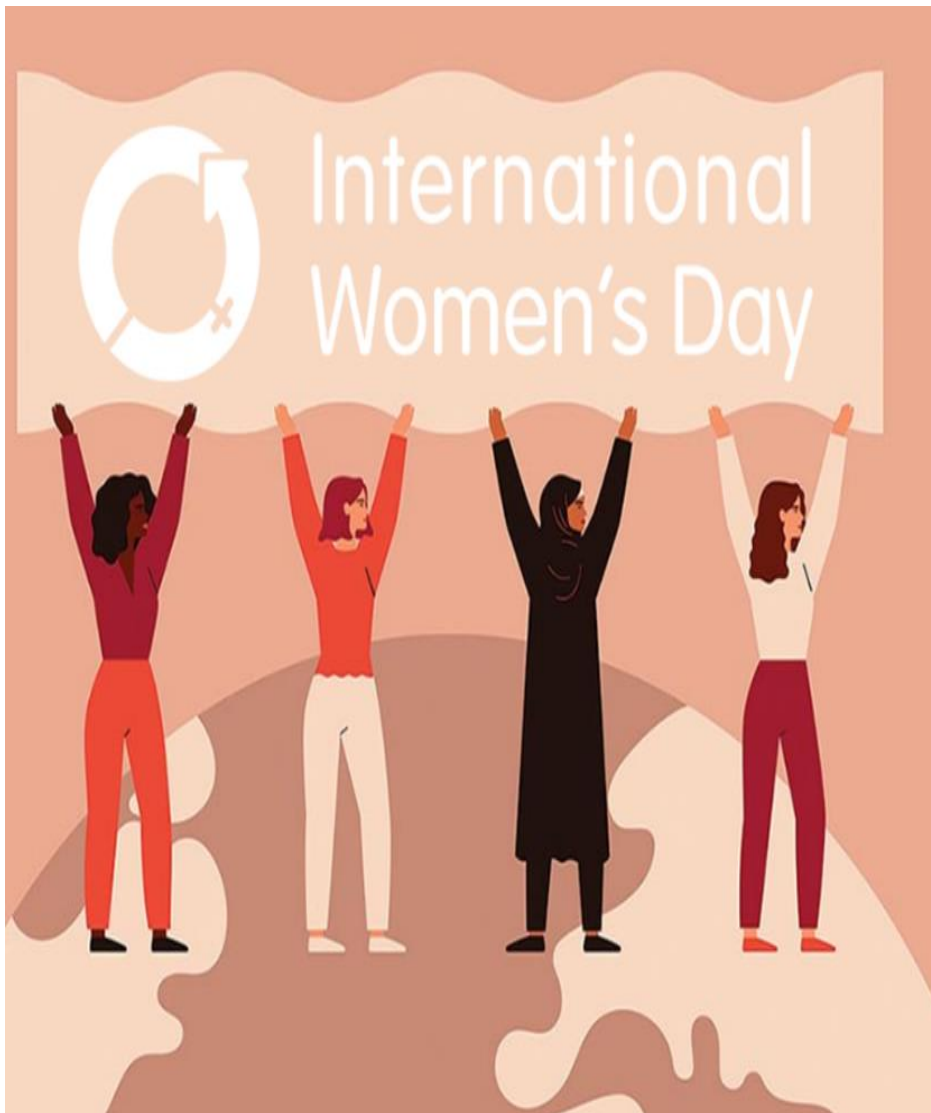
Let's save the
water together



International Women's Day

Amy Roby, Grade IV-C

International Women's day is an occasion celebrated to show equality between both genders. International Women's day is celebrated on the Eight of March annually. A wise woman named Clara Zetkin also known as the leader of the women's office for the social democratic party in Germany started "International Women's Day" to show that boys and girls are capable to do anything despite their gender and to show rights and justice for women to vote and get proper education rather than being a housewife. The celebration of International Women's Day originated more than a hundred years ago and this occasion is also an official holiday in dozens of countries.



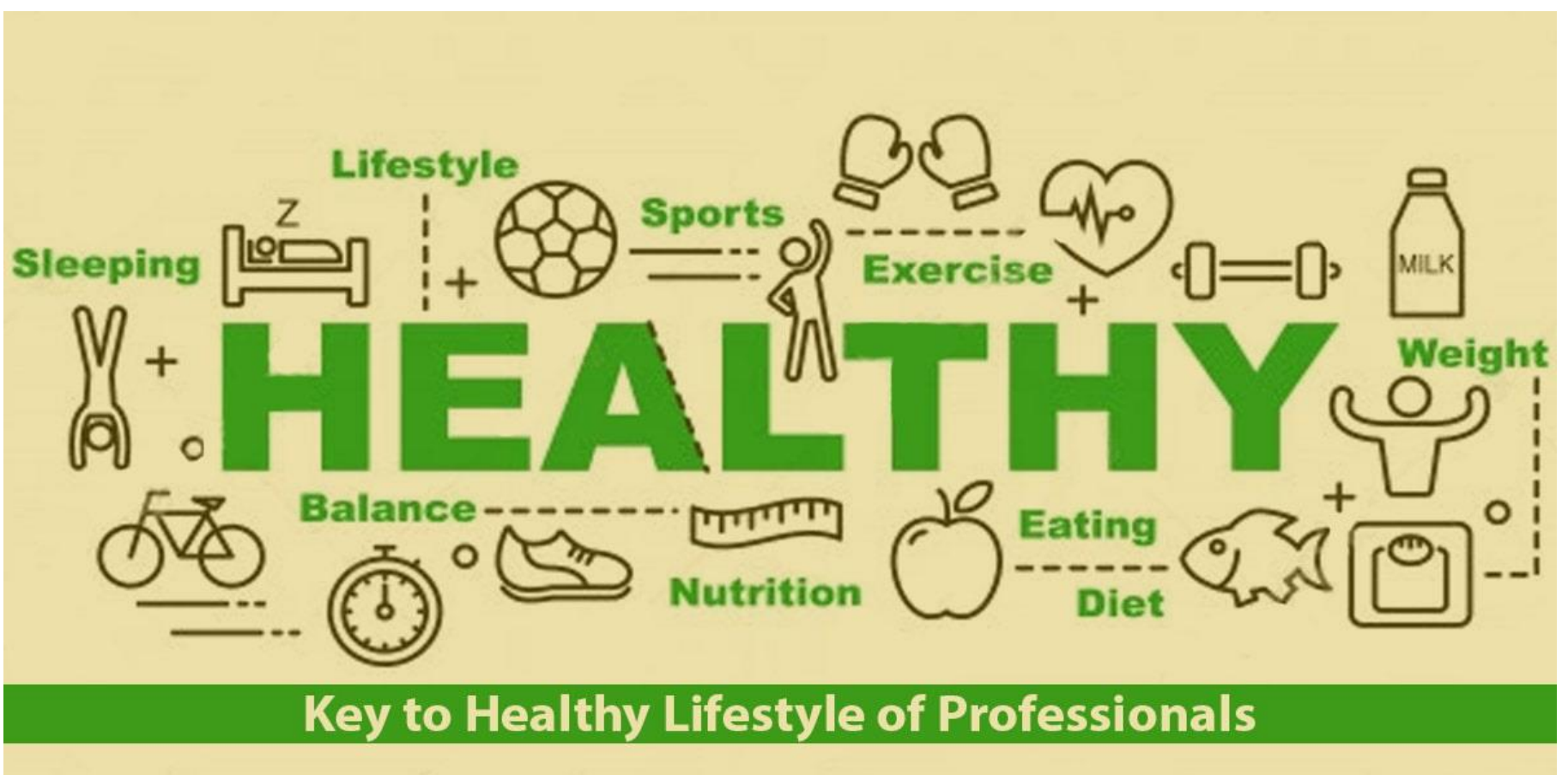
A Healthy Tip for Flavor!

Krsna Veni, Grade IV-C

Here is a recipe for a healthy, gluten-free, eggless salad recipe from a great cook! My dad also known as Vivek Jayan is going to write about a lovely salad recipe so prepare to be fascinated! We can start by getting the ingredients.

The ingredients are $\frac{1}{4}$ cup of olive oil, 3 tablespoons of lemon juice, 1 clove garlic grated, $\frac{1}{2}$ teaspoon dried oregano, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon ground pepper, 4 cups torn green-leaf lettuce, 4 cups baby spinach, 2 cups shredded cooked chicken, 1 cup halved grape tomatoes, 1 cup halved and sliced cucumber, $\frac{1}{2}$ cup silvered red onion, $\frac{1}{3}$ cup sliced pepperoncini, $\frac{1}{3}$ cup crumbled feta cheese and 2 tablespoons of toasted unsalted sunflower seeds!

Phew, that was a lot of ingredients! Now I will tell you how to cook it! First whisk oil, lemon juice, garlic, oregano, sugar, salt, and pepper together in a large bowl. Then add lettuce, spinach, chicken, tomatoes, cucumber, onion, and pepperoni; toss to coat. Serve sprinkled with feta and sunflower seeds and enjoy!



The Women I Admire the Most

Vaigha Renjith, Grade IV-C

Mother Teresa, also known as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun and missionary. She was born on 26 August 1910 in Skopje, the capital of North Macedonia. In 1950, she founded an organization called the Missionaries of Charity, which was a sisterhood dedicated to helping the poor. Mother Teresa received several honors, including the 1979 Nobel Peace Prize and the 1962 Ramon Magsaysay Peace Prize. She died on the 5th of September 1992 (aged 87) in Calcutta, West Bengal, Mother Teresa is still admired by many for her charitable work.

Sarojini Naidu was an Indian political activist and poet. She was an important figure in India's struggle for independence. Naidu's work as a poetess earned her the title 'The Nightingale of India', or 'Bharat Kokila' by Mahatma Gandhi because of the color, imagery and lyrical quality of her poetry. She was appointed as the President of the Indian National Congress in 1925. She is still admired as she witnessed the injustice against women in political and legislative bodies.



5 ways to conserve water

Darsh Pakkath Deepesh, Grade IV-C

1. Check for leaks.

A lot of water is lost per day due to leaks in things like faucets and toilets. One of the most effective ways to save, 10 gallons a day per person is on average is to repair leaky pipes and sinks.

2. Upgrade to water-efficient fixtures.

Instead of just fixing fixtures for leaks, installing water-efficient fixtures like low-flow showerheads, faucets, and toilets is one of the best ways to conserve water.

3. Do not leave the water on unnecessarily.

Water is going to be needed for many daily tasks such as shaving and hand washing, but try to minimize the time the faucet stays on.

4. Use water-consuming machines to their maximum capacities.

5. Recycle.

This may not seem like a way to conserve water, but nearly 5% of US water consumption is centred on powering industries that create consumables. Recycling a pound of paper saves around 3.5 gallons of water.



We Are All Equal - International Day of Human Fraternity

Charith, Grade IV-C

The International Day of Human Fraternity is the day in which we recognize every other people. We also need to raise awareness about the promotion of acceptance which means we must understand others, their values, their religion, their lifestyle, their food, their culture, and their practice, as they are. We must eliminate discrimination in any form and believe we all are one with diversity and enjoy life equally.

The UN encourages activities for interreligious members of a family.

On February 4th, 2019 The UN adopted the International Day of Human Fraternity. It originally started in Abu Dhabi. Hence from then on every year on February 4th, we observe International Day of Human Fraternity.



**THE
INTERNATIONAL
DAY OF HUMAN
FRATERNITY**

FRIDAY, 4 FEBRUARY 2022, 11:00-12:30 EST
www.unaoc.org/HumanFraternityDay #HumanFraternityDay

 **UNAOC**
United Nations Alliance of Civilizations

 **PERMANENT MISSION OF THE
UNITED ARAB EMIRATES
TO THE UNITED NATIONS
NEW YORK**

 **Permanent Mission of the
Arab Republic of Egypt
to the United Nations**

Poem on Women's Day

Kripi Dutta, Grade III-F



I wish everyone Happy Women's Day
For this all I have to say
Is that together we are strong,
We, women, are never wrong.
They say "Practice makes a man perfect"
That is because women already are.
Women are the world's architects
Women are gems of a star.
Together against sexism, we will fight
And show everyone women's might.



Fun Corner

PLAY-FUN SECTION

WORD SEARCH



Anshuman Rath

6 F

A	P	P	E	A	R	A	N	C	E	B	R	M	D
F	C	B	K	S	M	M	Z	O	C	C	T	T	E
T	L	M	A	E	R	A	O	P	H	O	R	R	N
R	C	O	I	P	Y	T	Y	A	A	N	A	A	S
A	S	J	A	I	M	T	A	Q	R	D	N	N	I
N	K	O	Q	T	H	E	Q	U	D	U	S	S	T
S	U	T	L	G	A	R	U	E	N	C	L	P	Y
P	A	B	E	U	M	T	I	K	E	T	U	A	N
A	T	T	L	X	B	X	I	S	S	I	C	R	B
R	A	U	M	D	T	I	N	O	S	V	E	E	O
E	C	I	W	N	T	U	S	S	N	I	N	N	F
N	H	X	U	M	O	F	O	I	W	T	T	T	B
C	T	G	A	G	B	D	L	E	T	Y	T	J	W
Y	I	N	S	O	L	U	B	L	E	Y	A	Z	K

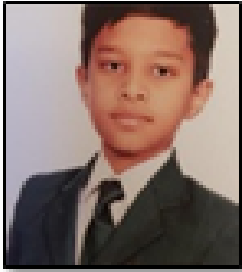


WORDS:

Matter, Solubility, Property, Conductivity Appearance, Density, Hardness, Floatation, Texture, Transparency, Opaque, Insoluble, Transparent, Translucent

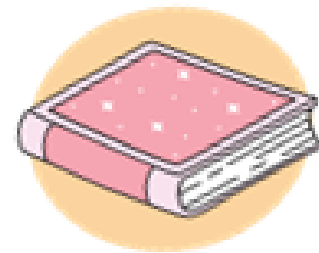
Fun Corner

CHOOSE THE BOOK FROM WHICH THIS QUOTE IS FROM!



Antony Joseph Panikulam

7 K



1	"No amount of fire or freshness can challenge what a man will store up in his ghostly heart."
2	"It matters not what someone is born as, but what they grow to be."
3	"May the odds be ever in your <u>favour</u> ."
4	"It is not down on any map; true places never are."
5	"There is no such thing as a clever crook."
6	"The impossible could not have happened, therefore the impossible must be possible in spite of appearances."
7	"Not all those who wander are lost."
8	"My advice is, never do tomorrow what you can do today. Procrastination is the thief of time."
9	"All the world is made of faith, and trust, and pixie dust."
10	"Off with their heads!"



ANSWER KEY:



1	The Great Gatsby
2	Harry Potter and the Goblet of Fire
3	The Hunger Games
4	Moby-Dick
5	The Hardy Boys

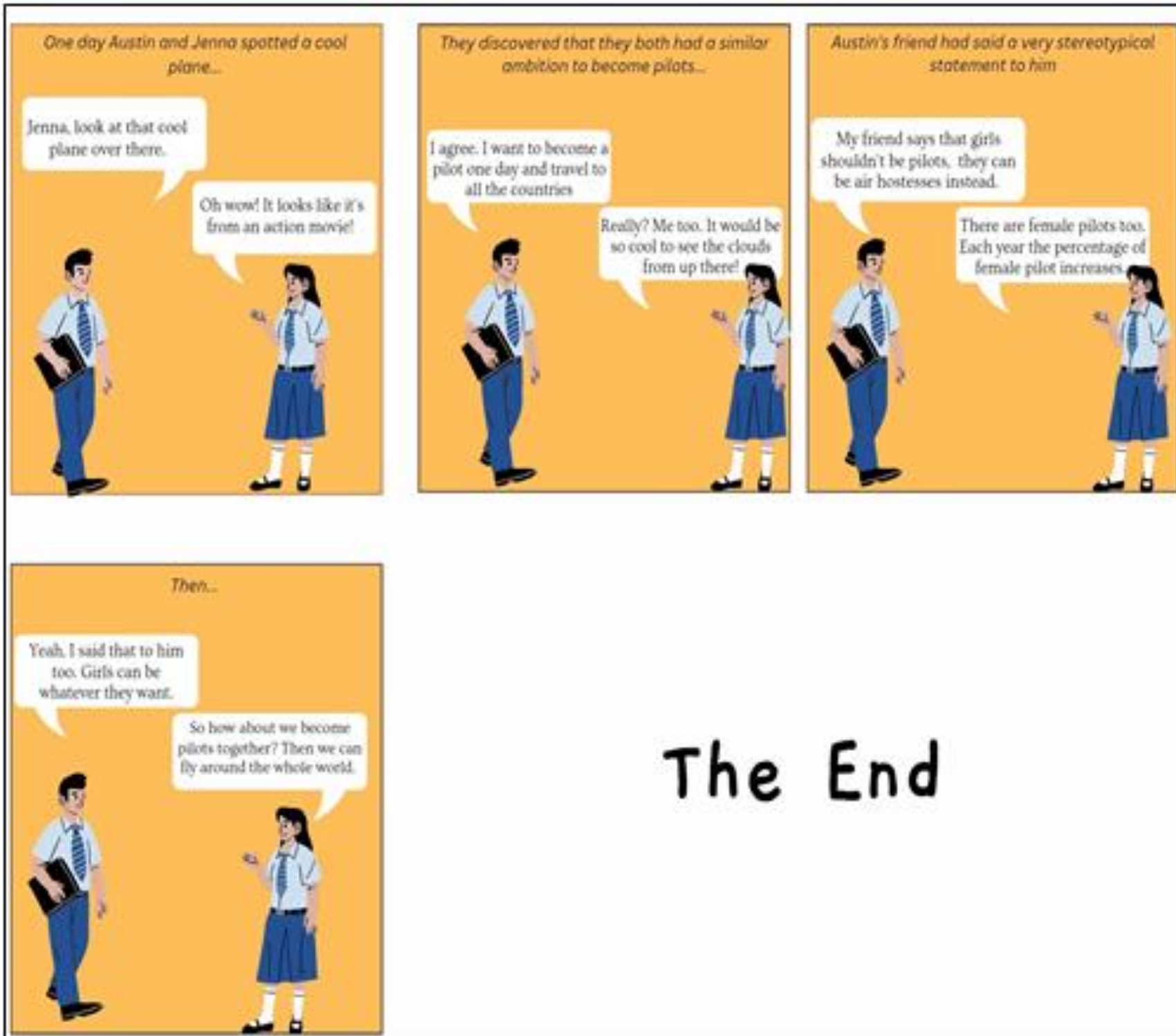
6	Murder on the Orient Express
7	The Fellowship of the Ring
8	David Copperfield
9	Peter Pan
10	Alice in Wonderland

COMIC STRIP



Megan Silveira

81



SAVE WATER - WORD SEARCH



W	B	A	E	R	A	T	O	R	C	H	G	F	L	G	E
A	C	P	Q	A	G	A	J	F	K	L	I	C	E	K	O
T	B	Z	H	D	H	B	B	H	K	O	P	A	A	T	P
E	J	L	V	P	R	E	S	E	R	V	E	E	K	R	O
R	E	L	I	N	R	I	A	C	R	C	E	F	S	W	L
E	V	X	Q	G	J	K	N	L	I	C	E	H	L	U	N
D	A	Z	M	J	B	L	A	K	E	O	L	N	F	K	E
W	S	C	A	R	C	I	T	Y	K	J	N	M	O	P	V
Y	K	T	K	M	N	J	K	L	W	E	I	P	H	M	R
R	O	E	A	R	T	H	A	Z	Q	Y	O	P	T	T	E
T	H	C	U	L	B	S	H	O	R	T	B	A	T	H	S
G	O	U	N	M	C	Z	V	M	N	S	U	T	I	B	N
V	P	A	S	P	B	S	P	H	L	K	U	H	K	G	O
O	F	F	T	H	E	T	A	P	I	Y	V	Z	M	L	C



WORD BOX:

WATER

DRINK

AERATOR

DRAIN

CONSERVE

FAUCET

LAKE

ICE

OFF THE TAP

LEAKS

SCARCITY

PRESERVE

SHORT BATHS

EARTH

SAVE

Faith K

Grade IV-H

Grammar

D	D	C	N	E	A	C	O	R	E	J	C	U	E
E	N	M	R	N	C	R	C	U	N	I	I	N	S
E	A	D	V	E	R	B	O	A	E	E	S	N	A
E	C	O	N	J	U	N	C	T	I	O	N	O	R
D	E	T	E	R	M	I	N	E	R	H	U	U	H
R	C	O	N	C	R	E	T	E	N	O	U	N	P
N	N	N	R	O	N	T	T	S	N	E	P	P	B
C	O	N	N	E	C	T	I	V	E	N	E	H	R
I	E	N	H	N	R	P	U	N	R	E	I	R	E
A	B	S	T	R	A	C	T	N	O	U	N	A	V
I	C	V	R	E	O	V	E	O	T	D	R	S	B
O	E	N	A	D	J	E	C	T	I	V	E	E	U
E	N	A	T	B	E	T	B	I	I	R	U	E	D
P	R	O	P	E	R	N	O	U	N	E	O	E	R

- CONNECTIVE
- NOUN PHRASE
- ADJECTIVE
- CONCRETE NOUN
- CONJUNCTION
- PROPER NOUN
- DETERMINER
- ADVERB
- ABSTRACT NOUN
- VERB PHRASE




Fazzilet Manha IV H

Tuesday morning, March 8, 2022 (In the super market)



Clock Chimes
Clock Chimes




Wow, I thought you wouldn't know as Jacinda is usually the smart one.



Aw , thanks.



Well , looks like we have to go home.



Yeah , come on Jacinda let's go. oh Mini and Sunny, thanks for clearing our question. Buh bye.



Your welcome , Buh Bye

THE END

Events at School

Graduation Ceremony



Events at School

Graduation Ceremony



KG Annual Day



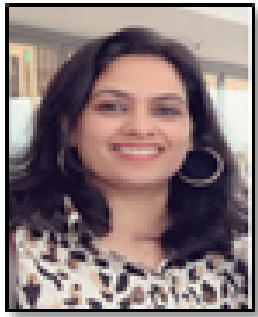
KG Annual Day



TEACHER-SPEAK

IS CHAT GPT A THREAT TO EDUCATION?

Chatting with AI: Harnessing the Power of Chatbots for Better Learning



Thushara Paul
Head of the Computer Science Department
(Middle School)



In recent years, Artificial Intelligence has advanced greatly, with one of its most popular applications being a chatbot like ChatGPT. It can do your essays, write emails, do math worksheets and it can even clear an MBA Exam. The possibilities seem endless. ChatGPT is a computer program that uses AI to understand and respond to natural language in a human-like way. GPT stands for Generative ~~Pretrained~~ Transformer, which allows you to get all you are looking for in a simple chat. It is a conversational Artificial Intelligence platform which is developed by a research lab called Open AI. It allows humans to engage in conversation with AI bots.

Some students and educators have raised concerns about the impact of chatbots on education. Unlike other chatbots that are designed to provide pre-determined responses, ChatGPT uses AI technology to understand and respond to questions in a more natural way. This makes ChatGPT a valuable tool to use in education. However, chatbots are not designed to replace human teachers. Instead, they can support student learning by helping students understand complex concepts in a better way, provide instant feedback, and offer personalized learning experiences. Chatbots can also improve access to education for students in remote areas.



While chatbots are not perfect and may not develop critical thinking skills and be able to identify credible sources of information. By combining the benefits of chatbots with critical thinking skills, students can maximize their education and prepare for the future. In conclusion, chatbots like ChatGPT represent the future of education and can enhance student learning outcomes. Students and educators should embrace the advancements in technology and use it to empower themselves. "Chatting with AI" is the new way to learn and grow with future technology.

TOP WAYS TO AVOID PROCRASTINATION AND MANAGE TIME WISELY

When it comes to productivity, most of us suffer from procrastination more often than we'd like to admit. And the thing is, it can get difficult to stop procrastinating and get stuff done once we get used to putting things off.

If you're not familiar with this concept, procrastination is the art of postponing and delaying tasks. Procrastination is a real productivity killer and can add a lot of stress to your life. But I've found that certain habits help in stop procrastinating and get stuff done. They've made a huge difference in one's life if one start applying them daily. Here are 10 ways to stop procrastinating and get stuff done!

Nine ways to stop procrastinating and get things done

1 – Understand why you are procrastinating

There can be many reasons why a person is procrastinating. It's crucial to know and understand the situation before tackling it well. Actually, the main reason people procrastinate, is because of fear. They may be afraid of not succeeding in what they want to do.

For instance, one may want to start a business but keep putting it off because he/she is too afraid of failure or mistakes.

Another common reason of procrastinating is that people are afraid of experiencing discomfort. Discomfort is not an enjoyable place to be. Why anyone would like to be out of their comfort zone, right?

Fear can prevent us from doing things and achieving our goals.

2 – Don't seek perfectionism

Sometimes, when we need to do something, we put it off because we fear that we'll do it imperfectly. The perfectionist in us can take over and prevent us from actually taking action. It can make the whole task overwhelming to start and to do. As a result, we tend to procrastinate, or worse, we might even never get to it. So, we need to embrace our imperfections!

Accept that you are human and that if you make a mistake, it's okay. Everybody makes mistakes and no one is perfect. Accepting that you're allowed to do things imperfectly will take a lot of pressure off of you. This will help you get to work more easily. I love the saying: *Done is better than perfect*. It is SO true!

It is more important to quickly accomplish the things we need to do than to do them perfectly someday.

3 – Stay away from short-term distractions

When you aren't motivated to do a given task, having distractions around you is the best way for you to procrastinate. If you have your phone around, you'll easily find excuses to check social media or your emails. Or you'll suddenly want to watch a video or you'll start a conversation with a friend. Every excuse works. But, if you want to stop procrastinating

and get stuff done, you have to force yourself to stay away from distractions. Put your phone on airplane mode or let it in another room. Switch off your notifications. Turn off the TV or the music in the background.

Having no distractions will force you to start working on your tasks because you won't be able to find excuses to put things off.

4 – The 5-second rule

When we feel pulled to do something, our brain often finds excuses for us not to do it. So we need to act before our brain tells us not to.

The author of the '5- Second Rule', Mel Robbins, explains it as follows.

“When you feel yourself hesitate before doing something that you know you should do, count 5-4-3-2-1-GO and move towards action. If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it”.

When you count 5-4-3-2-1, you don't allow your brain to create excuses that prevent you from taking action. It just doesn't have the time and the focus to. And once you start the action, you easily gain momentum and keep working on the task.

5 – Create short to-do lists

Writing down our tasks for the day is a necessary step for us to start doing things and to stop putting them off. If we only rely on our memory to remember what needs to get done, we may forget about certain tasks. This situation easily results in procrastination. Writing down what you need to do is a tangible way to help you decide what you need to accomplish.

You're not wasting time thinking too much about them and you'll have a clearer vision. And there's less chance for you to find excuses for not doing them.

6 – Commit to working for only 10 minutes on a task

When you're not motivated to do anything, allow yourself to work on the task for only 5 or 10 minutes. That's all. It's nothing, right? No matter how hard the task is, knowing that you only need to work on it for 10 minutes will make it seem doable. This will motivate you to start the task and stop procrastinating on it. The great thing is that once you start a task, chances are you'll want to continue working on it after 5 or 10 minutes. And you might as well finish it since you started it.

7 – Break down long and hard tasks into smaller and easier ones

If you have a project that will take several hours or days to achieve, break it down into smaller tasks. Knowing that you need to do long and hard tasks can discourage you from taking action on them. It's very daunting to know that you need to work for hours, if not days, to start observing the results of your work. Therefore, you are very likely to procrastinate on the task. On the other hand, breaking it down into smaller tasks is way more motivating. You'll quickly realize that you are getting things done and you'll have the impression that you are productive. This will motivate you, and these tasks are way easier to start doing.

8 – Celebrate each major task that you accomplish

When you want to do an important task, I think that it is important to plan to reward yourself once it is complete. For instance, if you need to clean your whole house but you're dreading it, plan a reward that you'll love at the end. Allow yourself to eat your favorite dessert or watch your favorite TV show.

Knowing that you'll have a reward at the end of your task will make you look forward to the moment you'll get the task completed. So you'll be more likely and more motivated to start the task and work on it. Having a reward at the end of a task will make you work faster as well, which saves you time in the process.

9 – Set yourself non-negotiable deadlines

To stop putting things off indefinitely, set yourself a deadline for when you want to have a given task done. And try to be realistic about how long it takes to finish it. For instance, if you've been procrastinating on writing an essay, choose a date by which you absolutely must have finished it. You need to impose deadlines on yourself and force yourself to do the task before that date. You can set a rule that if the task isn't complete by this given date, you won't be able to do something you like.

For instance, if you want to see your friends this weekend, you need to finish writing this essay by Friday night.

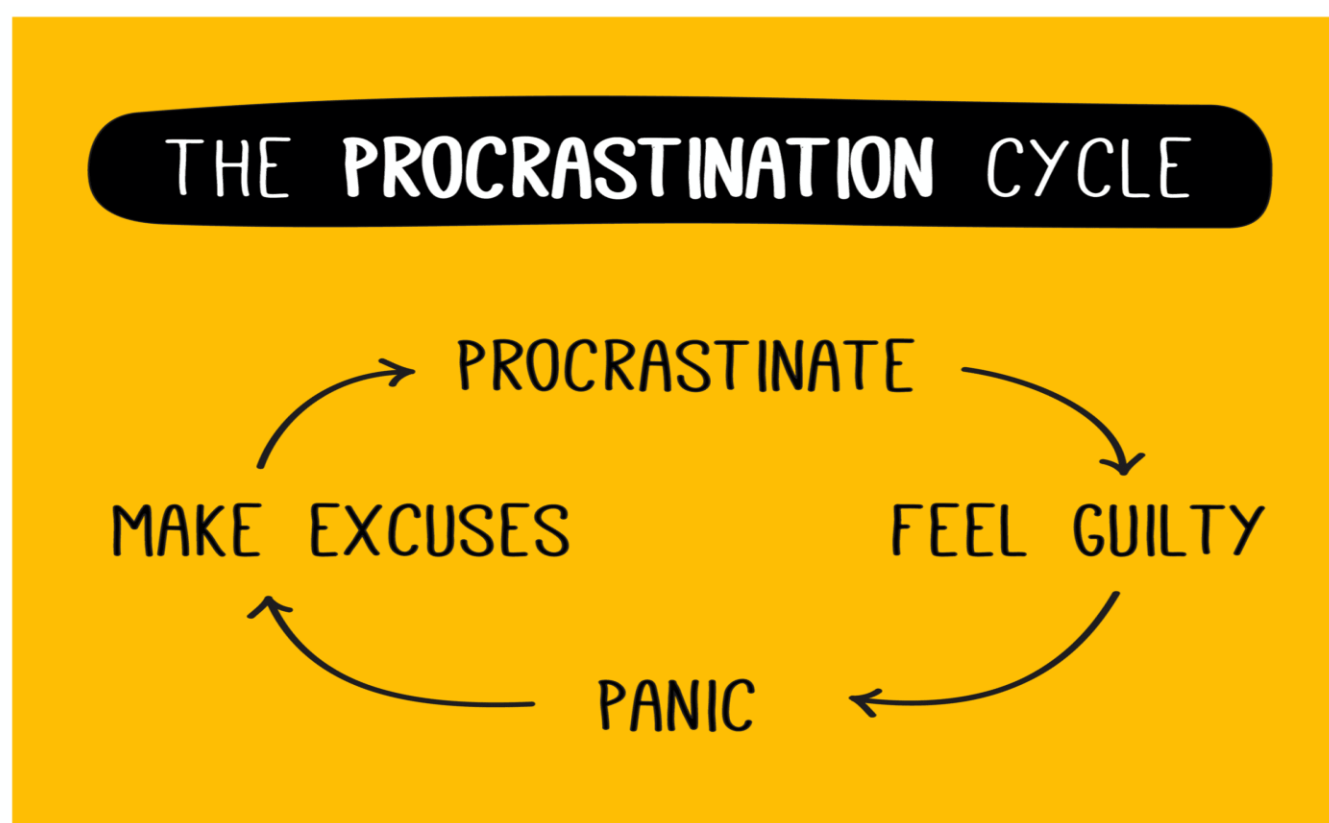
Planning self-imposed punishments if you don't achieve a given task is an efficient way to prevent you from procrastinating. You're actually more likely to get to the task!

Those were nine ways to stop procrastinating and get stuff done and according to me these are very effective ways to overcome it.

On a final note, I'd like to finish this article with a quote about procrastination.

Roy T. Bennett once said: *"Your life is happening right now: Don't let procrastination take over your life. Be brave and take risks. Your life is happening right now."*

Ms. Poornima Ghosla
P.G.T. Economics



Using debate as an educational tool

Ms. Sana Moin, Phase II

- Debate may appear to be the last thing an educator wants to do in the classroom in a divided society. Many educators and young people envision political arenas as shouting matches, and they are afraid of having to speak about unfamiliar issues or feeling out of control. Too often, a debate is reserved for good kids and experienced speakers. In fact, the structure and facilitation of debate make it safer for young people to participate than other forms of communication because the rules encourage people to listen to opposing viewpoints.
- A debate is one of the most comprehensive speaking formats for addressing standards across all grade levels. Beginning in first grade, students are expected to respond to and build on the comments of others, preparing them to become one who must respond thoughtfully to diverse perspectives, synthesize comments, claims, and evidence made on all sides of an issue, resolve contradictions, and determine what information is required to deepen investigation. The ability to engage in healthy debate is beneficial for preparing for future careers (particularly innovative and entrepreneurial ones), securing jobs, combating fake news, and encouraging civic participation.
- Furthermore, one of the most important skills taught through debate is careful and deliberate listening, because participation in a debate is impossible without structured note-taking and the ability to listen and synthesize at the same time. These benefits are the result of debates aimed at fostering understanding through clear facilitation, and they should be regarded as a standard for discussions about contrast and courage. Classroom debates are not and should not be like current political debates.

Leveraging the ‘SPOT process’ to help students develop their strengths.

The premise of an effective and innovative educator is that each of our learner is an "everyday genius," in simple terms- they have a great capacity to learn. The key to unlocking that capacity is to create an environment that supports discovery and allows them to enjoy learning because their innate skills are being tapped into.

SPOT is a powerful and effective tool to evaluate the quality of teaching process which in turn can help students develop their strengths. The feedback from the SPOT survey provides an insight into what worked and what didn't work for the learners. This in turn facilitates an educational institution to make most informed and highly personalized policies and programs for the learners while catering to their learning needs.

Personalized learning is a progressively students driven experience where students have an active role in co-creating instructions. SPOT process supports the very idea that 'one size doesn't fit all' and helps tailor the what, when, where and how of learning to meet each student's strengths, skills, needs, and interests.

In final analysis, let's leverage the SPOT process to help students enhance their learning and educational experience!

By Monica Sharma

Supervisor – Grades IX and X



How to help kids and teens process bittersweet feelings

It's very important that we understand of child's emotions and how the mind works on certain topics and we should understand the stress to go through during exam season and how they take things different from us. Yes it's true that there is definitely a generation gap we don't understand everything of there perspective and sometimes we might even fight and argue about things because we wont be able to understand how they feel on certain issues or how they understand those topics differently from us.



We do have a very different thinking if you try looking at a bigger perspective, they were always be a generation gap, no matter how much you try to fill that gap in we will still have some difficulty's in understanding but we should keep all that aside and help the kids when they're going through a rough time we should make them understand and teach them how to process bittersweet feelings in a right and healthy way sometimes you're not able to express their feelings or aren't able to understand the children's feelings or emotions, but we should always be open to acknowledge their feelings if there having a hard time or even on a normal basis, it really helps a child We should teach them that disappointed, frustration and failure are all normal parts of life.

How to help kids and teens process bittersweet feelings

Everyone has to see failure in life to succeed, or go somewhere, but that shouldn't stop them cause of that feeling from growing Sometimes some people have hard times because of these feelings or because of things which they go through especially your children as you're growing up, and their perspective is different, but it still matters.

We should teach them how to be open to us. We shouldn't judge them for what they're feeling. We shouldn't mock and make fun of them we should instead help them by making them understand these kind of feelings are OK and we are human to feel like this and that it's OK to cry sometimes and whine and it won't make you look weak we should make them understand that it's OK to be open with us and then we wouldn't judge them for who they are. There are so many ways that we can teach your children how to process and release repressed emotions first is that there feelings should be acknowledged the second by walking through trauma third, by practicing stillness. Sometimes you just have to let it go forgive change your expectations or even give them help if they need it I hope this is helpful in making many parents understand how they can help the children in processing bittersweet feelings.



Parent: Alifia Shabbir Kasubhai
Student: Batul Shabbir Kasubhai
Class: 11-H

PARENT-SPEAK

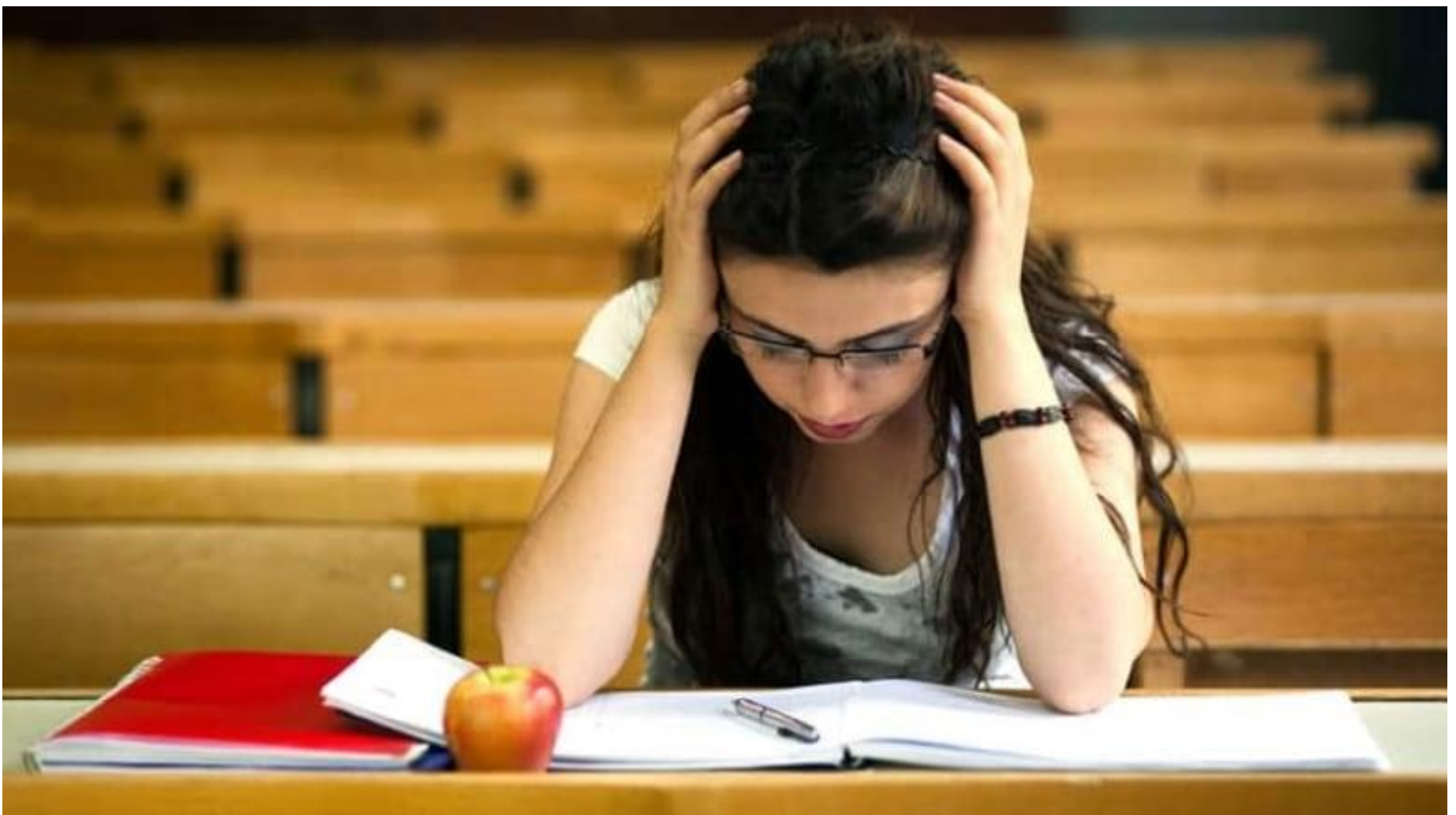
How to Help Kids and Teens Process Bittersweet Feelings?

In the current scenario parenting has become more of a good balancing act, handling the complex emotions of our children who are exposed to extensive information than those of earlier times, therefore one has to mentor them with life skills along with their academics and they need our continuous guidance with everything they do. Children need to be taught that it is okay to fail, make mistakes, they should be encouraged to express their emotions and opinions and as parents we have to listen to their opinions and ideas despite the fact that we might not agree with many of them. We as parents should, think from our children's perspective and take the time to explain things to them rather than shouting at them.

To summarize, today's children, they seek friends in their parents with whom they can share their feelings without the fear of being judged, and they need to be assured that no matter what, they have their parents' support.

By- Ashok Kumar Subba,

Parent of Simone Lhazome Subba 11C



PARENT-SPEAK

HOW TO HELP KIDS AND TEENS PROCESS BITTERSWEET FEELINGS



Pamela Anish

Mother of Joanna Anish, 6 H

“I can’t wait to grow up!” - A common phrase that runs through every kid/teen’s mind. We have been in the same boat but life in the past was simpler and easy going unlike what it is today. Kids and teens now a days live this life which is more outgoing and open. It has its ups and downs as well. Every phase in their life is very different and we as parents should not compare our childhood with theirs. Being there for them to get through their bittersweet feelings is our opportunity to let our kids know that we can be their friend, well-wisher, biggest supporter and their sounding board.



Going from an innocent child to a pre-teen, teenager and finally young adult is a first time experience for a child. So this change is not a bittersweet feeling for just the child but for us parents too!

Don't just hear, listen.

Don't just talk, communicate

Don't just be a parent, be a friend

Don't just judge, be supportive.

Communication and understanding is the most important tool we parents can use to help our kids get through this phase of bittersweet feelings. It would make it a little less bumpy and easy going for them. Create memories with kids which they can cherish in the years to come.



PARENT-SPEAK

AN EASY AND HEALTHY SALAD RECIPE



Sonal Bhandari

Mother of Dhvani Bhandari, 7-I

Prep Time: 15 minutes

- 1 cup cherry tomatoes, diced.
- 1 cup carrots, diced.
- 1 cup cucumbers, diced.
- 1 cup feta cheese
- 1/4 cup mixed nuts- walnuts and almonds (optional)
- 1 cup mixed greens (lettuce and spinach)
- 1 cup boiled sprouts (chickpeas and mung beans).
- 3 tsp pomegranate seeds.



Dressing:

- 2 tsp olive oil.
- 1 tsp Lemon juice.
- 1/2 tsp black/pink salt.
- 1/2 tsp black pepper.
- 1 tsp apple cider vinegar.
- 1 tsp oregano.

Directions:

1. In a small bowl, whisk together the dressing ingredients.
2. In a salad bowl combine lettuce, cherry tomatoes, carrots, cucumbers, and sprouts.
3. Pour dressing over the salad and toss.
4. Add feta, pomegranate seeds and nuts. Then toss lightly to incorporate.
5. Serve at once, garnished with freshly chopped cilantro or parsley (optional).



Emotion is the key to manage individual, ‘kids and teens’

Emotional ups and downs, or moods, are a natural and important part of adolescent development. You can help pre-teens and teenagers manage emotional ups and downs by listening, talking, and staying connected. Strong and changing emotions is a big change in adolescence. To effectively deal with stress, teens must learn how to properly release their emotions.

‘Life’s beauty is inseparable from its fragility.’ As adults, we sometimes struggle with how to talk to kids about the fragile side of life- and put a premium on shielding them from pain and discomfort. We should always talk to the idea of “**effortless perfection.**” Understanding that there are different emotions (anger, sadness, happiness, worry, embarrassment, excitement, guilt.) depending on the intensity from mild to strong, triggering thoughts and situations, identification and as well as expressions to cope with the emotional behavior of teens help them to increase their emotional literacy.

And most important we should also keep in mind that once acknowledgment and empathy has occurred we can move into problem-solving distraction options fairly quickly. Support and encouragement to communicate will lead them to a better and breathable atmosphere.



Zeba Praveen

**Parent of Midhat Fatima from
Grade I I-I**

How to help Kids and teens process bittersweet feelings

Children and teenagers experience a wide range of emotions throughout their development. They may feel happiness, sadness, anger, excitement, and more, all at once or one at a time. One particularly challenging emotion for kids and teens to process is bitter sweetness.

Bitter sweetness arises when something good and bad happens at the same time, such as graduating from school but leaving behind friends or moving to a new place. As a parent, guardian, or mentor, it's essential to help your child process these emotions in a healthy way. Here are some tips on how to do that:

Validate their emotions: Let your child know that it's okay to feel both happy and sad at the same time. Tell them that their emotions are normal and understandable. When you validate their feelings, you help them feel heard and understood, which can make a big difference in their emotional well-being.

Encourage them to talk: Encourage your child to talk about their feelings. Listen to what they have to say without interrupting or judging them. Ask questions to help them clarify their emotions and encourage them to express themselves in words. Talking about their feelings can help them process and understand them better in their lives.

PARENT-SPEAK

Provide perspective: Sometimes, kids and teens may get so caught up in their emotions that they lose sight of the bigger picture. Help them put things in perspective by pointing out the positive aspects of a situation, even if it didn't go as planned. For example, if your child didn't get the lead role in the school play, remind them of all the hard work they put into the audition and the experience they gained from it.

Teach coping skills: It's important to teach kids and teens healthy coping skills to manage their emotions. Encourage them to engage in activities they enjoy, like reading, drawing, or playing sports. Practice deep breathing or mindfulness exercises with them to help them calm down when they feel overwhelmed. These coping skills can help them manage their emotions in a positive way.

Overall, it's important to help kids and teens understand that bittersweet emotions are a normal part of life. With support and guidance, you can help your child develop emotional resilience and thrive in life.



Ms. Shibi Sameer Kizhepat

Mother of Fareeha Sameer Gr IX-G

Farhaan Sameer Gr II-I

Fathima Sameer KG2-B

Bittersweet Feelings

Latha Kannan, Parent of Mugunthan Kannan, Grade V-A

A child often experiences a mixture of sadness and happiness, and this is called bittersweet feelings. Kids are born with the ability to have feelings but most of the time are unable to express their feelings, this is when we parents must put an effort to help children voice out their emotions. Each child's capacity for managing feelings and emotions is different, and this mostly depends on age.

To help children control their feelings we must ask questions to better understand their frustration and let them know that they are heard, distract them from bittersweet feelings by engrossing them in other hobbies and activities, spending more time with them and practicing calming strategies alongside them.

Most importantly, we must respond to our child's frustration with warmth and support rather than our own high emotions. If your child is still unable to cope up with their emotions, you must give them time to get back on track. For example, when we were moving out to a new place, my son had a mix of emotions, he was excited to have his own room, but at the same time missed all his friends. We helped him cope with his emotions by assuring him that he would be able to find new friends, visit his old friends often, and cherish memories with them forever.

