

JUNE 2020

ATHENA

JOURNALING: A
WAY TO CLEAR
YOUR MIND!

SOME
DELICIOUS
RECIPES!

TIME TO PAMPER
OURSELVES!

READY FOR
A ROLLER
COASTER
RIDE !!

YOGA: ANOTHER
WAY TO CLEAR
YOUR MIND

Photo by Sereen Lilly

ATHENA

June 2020

**A GREAT TRIBUTE
TO A GREAT NATION**

THE ATTIRE OF FEELING

Bibliophiles of 10C



CLASS BAND



*Article-
Resonance of the mind*

**MOTHER'S DAY
WITH TEACHERS**

**GEMS OUR OWN
INDIAN SCHOOL
CLASS 10C**

Subscribe





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**- VICE PRESIDENT AND PRIME MINISTER OF THE
UAE AND THE RULER OF DUBAI -**



H.H SHEIKH KHALIFA BIN ZAYED AL NAHYAN

**- PRESIDENT OF UAE AND RULER OF
ABU-DHABI -**

GIRLS SECTION SUPERVISOR'S MESSAGE



"Don't be satisfied with stories, how things have gone with others. Unfold your own myth." -Rumi, The essential Rumi. Widening horizons and inflaming intellect is a continuous process. The students of grade 10C have proved their mettle with their English magazine 'ATHENA'.

I congratulate the students of grade 10C for this collaborative magazine. I laud my students, for bringing out their creative expressions in the form of poetry, short stories etc. Continue to write and let your imagination fly high.

Best wishes

Mrs. Sheeba Manoj

MESSAGE FROM THE CLASS TEACHER OF 10C



I am truly honored to be your Class (English) teacher and congratulate each one of you for collating on this virtual platform and bringing out 'ATHENA'.

My dearest students of 10C, you have proved that the future of books is here.

Creative writing is a magic wand that work in two different ways. When you set it in action and seek to create something, it does not just bring into existence that object or work, it also raises in your heart a dream, a hope, and a will to achieve that creation. When everything around you turns wearisome, you are craving a path towards the future of writing. An urge to write something would change your pattern of thought process and see you through the dawn of this new era. Special thanks to the editorial team of 10C for enthusiastically teaming up for the 'ATHENA'. Continue writing, reading and creating.

Much love

Premy Ma'am (Class Teacher)

MESSAGE FROM THE SOCIAL AND WELFARE LEADER



Greetings to All!

Firstly, I would like to thank all of you for facilitating me with this opportunity. It's my honour and privilege to be the social and welfare leader for grade 10 2020-2021.

In the time of rapid, political, social, economic and cultural change.

The importance of social welfare is highlighted more than ever. We are committed to the idea of one world with all that implies in shared concerns cooperative endeavours, but when we consider with social welfare deals, we find ourselves in a number of different worlds.

I believe that each and every one of us have the potential to contribute to social welfare in our own little ways. Happiness or positivity is often forgotten as an indicator of wellbeing as the human race runs behind currencies. As the torch barriers, let us light positivity within and around us and nurture the qualities of determination and perseverance for a better shared future.

-Mariya Antony

MESSAGE FROM THE COUNCIL MEMBER



I am proud to say that I am the council member of 10-C. Being a council member is like being someone that everybody can rely on. We make sure that no one is facing any difficulties and if they are, we work hard to find solutions to their problems.

What is a council member? In most eyes, a council member is someone who coordinates and inspects. According to me a council member is someone who understands and believes in the concept of teamwork and guiding, not merely just showing their fellow teammates the right direction. There is a Chinese proverb I believe in, a proverb I try to remind my self during difficult times "No matter how tall the mountain, it cannot block the sun." so therefore in this journey together, I believe that with problems we as students face, no mountain is too high or difficult for us to climb over, together.

For the past nine years I have watched as my friends undertake the role of council member and learned from their strengths and shortcomings. I have learned and mastered the skills of communication.

"Leadership is about making others better as a result of your presence and making sure that , that impact lasts in your absence."-Sheryl Sandberg. With this saying I would like to conclude this with a promise. I have worked hard being a council member so far and I guarantee you, I will continue to work hard.

-Ayisha Niya

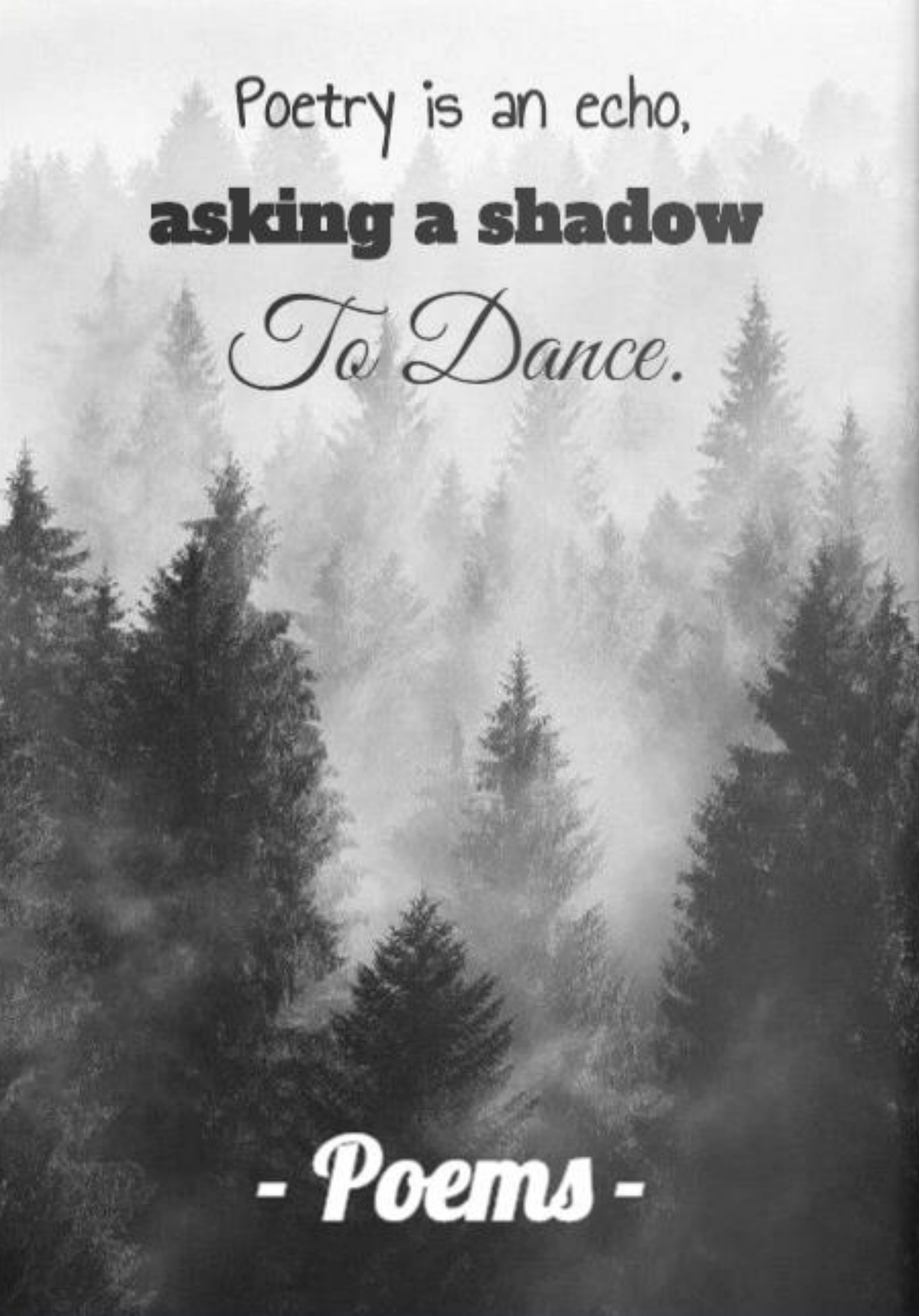
CLASS MESSAGE

We are very delightful to announce the release of our class magazine 2020-21. It has been a divine opportunity for each one of us to work together as a team and make this amazing magazine. We are very elated about this release. We would like to thank our teachers for being very supportive and also everyone else who helped us to successfully release this magazine.

This magazine is a reflection of the talents of our class. Our magazine name 'Athena' is the name of an ancient Greek goddess associated with wisdom, handicraft, and warfare who was later syncretized with the Roman goddess Minerva. Athena was regarded as the patron and protectress of various cities across Greece, particularly the city of Athens, from which she most likely received her name.

Our Magazine is really nice and it's really nice to see the whole classe's artwork in one piece, Overall it's really good.

It contains various things ranging from wonderful art pieces to skin care to cooking .It was a wonderful oppurtunity for all of us to showcase our talents and collaborate with our fellow classmates."Creativity is intelligence having fun."-Albert Einstein. ATHENA will definitely infuse and inspire creativity in all the readers. Keep reading, writing and creating..

A black and white photograph of a dense forest of evergreen trees, likely spruce or fir, shrouded in a thick mist or fog. The trees are dark and silhouetted against a lighter, hazy background, creating a sense of depth and mystery. The overall atmosphere is serene and ethereal.

Poetry is an echo,
asking a shadow
To Dance.

- Poems -

THE NOVEL TRANSIENT

Locked away in our homes,
No hope in the outside world,
Loneliness is the only way out
Of this world wide scare

A distance away you and I
Shall stand, dressed in masks and
Gloves, sanitized all over
For now it's a pandemic.

Silence fills the air as you
And I shall stay home.
Let's spread hope together,
But 6 feet apart.

For they say prevention
Is better than cure,
Let's be back stronger
And united like never before

Close our eyes and pray,
For those in bed and those
To be, as we can break this
Chain together as one.

Hail to those warriors
Of humankind, forgetting
Their lives for ours.
They are the true heroes

Stay strong,
Stay home, stay safe.
As we find a way through
This moment of history

-Amna Aboobeker

MY WAY

Your smile so bright
that it paves my way
to escape the sorrows
of this life

I'm coming to you
but I see steep hills,
I'm afraid that I might fall
but I know you'll stay there
waiting for me, forever.

I'll come one day but not today,
cause I want to fall
want to learn how to get up,
learn not to run to you
but to enjoy my way to you
until that day smile bright;
pave my way.

-Karolin Treesa

LOST SILHOUETTE -Sivapriya Venkateswarar

I think of you as a joyous wish in this cruel world,
I dream of you like a sparkling star in this dark night.
Your magical voice gives me a smile that was unreal to my existence.
When I scream with painful grief, I can only listen to your heartening words.
You are an angel,
An angel disguised as a friend.
Your wings protected me from the sinful devils.
Your happiness made me see virtuous beliefs.
Your lost silhouette was invisible to my naive eyes.

I thought of you as a cheerful fantasy in this atrocious reality.
I dream't of you as my guardian in this sinful nightmare.
Your voice now reminds me of the insecure memories that I fear to remember.
I scream with the scars you created in my trust, hoping you would come to rescue my lost cause.
You are a devil,
A devil who stabbed me deep in a wound that was filled with agony...
Your horns show me the direction to your impurity.
Your trident shattered my fragile trust.
Your lost silhouette was enthralled in my broken heart...

I now know you like a twisted fact in this unholy earth.
I see you as a wicked power running in this viscous cycle.
Your voice drives me wishes to see your funeral.
I feel rage in all parts of my blood as I seek ways to destroy you with my crooked sins.
You are a rose,
A rose that is filled with personas of manipulation!
Your petals deceive a face of kindness that never existed in you.
Your thorns proves the myth of your trust that was instilled with lies.
Your lost silhouette is endured in my ungodly crimes

DESPERATE NIGHT

The stars are distant from the eyes as they are wrapped around their selfish lights.

The moon is shattering its glass heart far from the ears to be heard.

The sky is dreaming as it was being judged for its nightmares.

Don't look at the stars as they are far away to hear your grimy cries.

Don't listen to the moon as you will look at the broken shards.

Don't vision your dreams near the sky as nightmares also come during the night.

Am I looking at the lights?

Am I listening to the sound of the glass heart?

Am I visioning about my nightmares?

I am delighted by my actions,

As I am a part of this desperate night.

-Sivapriya Venkateswarar

WARMTH

I miss so badly now
Our family's warmth, long ago
We got so distant how
And lost that glorious glow
I ponder long enough
But I may not ever know.

I yearn everyday to go back
To the days we shared that lovely
bond
Which now we surely lack
For the warmth is lost and canned
When will I get it all again
And I may not ever know.

After shouting at our parents
She once cried and wailed aloud
But now she lost the essence
Of having such a heart
When did it all begin
I may not ever know.

We played together when young
And fought for each other
The love so strong yet unsung
Between us I remember
When did she lose it for me
I may not ever know.

I want my sister back
And know what I did wrong
Where did I lose track
And how her hate grew so strong
But will I ever know?

-Hessa Omar

AM I SAD...?

Within the million voices that you heard into in your twisted world,

I could not even listen to one.

I still remember your innocent laugh,

It was miraculously annoying.

These special moments are lost deep within my heavy heart.

But the only memory I could not forget was the pain in your joyfu voice...

Brother! The reflection that I see in the mirror

whispers words of hatred instilling in my soul. Am I sad...?

Oh little one, your mind is filled with thoughts of confusion. As you grow, you will forget your grief and be happy!

Remembrance of your divine smiles; As I stood there with a dum of guilt that would never fly away with the magic of time.

This magical garden reminds me of your soft, harmonizing voice that I dream to listen again.

Even if this wondrous place holds your melodious notes in its aura,

I will never forget the hidden signs behind those tearful words

Brother... All my friends look like roses but they are stabbing me with their thorns. Our family had more contended smiles before my existence... I feel empty deep inside. Am I sad...?


Never utter those words again! I am starting to get exasperated by your horrendous imagination! Do not confound yourself with meaningless agony!

Lost in the misery of this forlorn graveyard,
I weep with mournful tears looking for your mystical laugh...
I scream with excruciating hope to find your cheerful glee...
My reality holds a world without your musical voice.
My dream holds a fantasy of your demure aura.
After all these days of sorrow, I can still never forget the echoes of
your very last words
Brother, you never saw the little puppeteer in my
distorted mind. At the end of all this suffering, I don't know who I
am...
Holding the most beloved white roses near your mysterious
gravestone I mutter
Sister, my heavy heart cant sustain the malicious world without
your sound...I feel lost in this nightmare. Am I sad...?

-Sivapriya Venkateswarar



HAPPY REALITY

I have chosen my fate and now...
Their beautiful smiles are turning into
melancholic cries.
My wishes will never be heard in this
pathway of consequences.
I cannot hide my ambitions from their
nihilistic beliefs. 

As now I realize that this destiny will
never end with a happy reality...

-Sivapriya Venkateswarar

A CONVERSATION BETWEEN THE MIND AND THE HEART...

Your sweetness is so intoxicating to these creatures
Their words can destroy the faith in your veins.
Humans are born with innocence,
But they die with ignorance.
You cant think about true love in this cruel world, my little heart...
You know to believe in logic,
While I know to believe in miracles.
For every crime committed by this mankind,
There is also a virtue to praise.
I can endure that true love is hard to find,
But faithful wishes are yet to be discovered, my sweet mind!
Your sense of humor is praiseworthy.
You are blinded by the winsome beauty of the stars,
But look at the deceiving dark sky that lies beyond.
This world is filled with dangerous scars,
They are here to make your eyes shimmer in endless tears!
My humor deserves a million praises!
The stars shining optimistic dreams,
And the darkness of the forlorn night enraptures its charm.
Don't worry about the perilous reality,
But wish upon the wonders of your blissful fantasy.
They will break your glass of hope into shards;
My wisdom will make those hopeless shards into dazzling crystals
Why are you instilled with positivity when this world is deemed with hatred?
Positivity comes through inner peace, not from this disoriented humanity.
Can I smile with joy, again...?
Dear mind, Enthrall with the mystery of happiness,
As it can only be more pulchritudinous with sorrowful experience,
You are staggering my ideology
Do not fret my dear friend.
Love is not a philosophy, it is a mysterious art transformed through morals
of actuality.
Life is fatal, but memories instilled behind your existence are endless.
Happiness is beautiful, but the pain behind ravishing smiles is thoughtful.
Wisdom is gracious, yet stupidity is realization...
My mind is a divine faith,
But my heart is a journey yet to be discovered.

-Sivapriya
Venkateswarar

WONDERLAND OF DREAMS

Sivapriya

The dazzling moon rises and the stars shine brightly in this dark and gloomy night.

Sleepy eyes, tired sighs, and dusky light.

Children are scared of the monsters under their bed,

Young men snoring in peace from a long day of work.

And, I wrap the aura of safety around me,

As I travel to the Wonderland of dreams...

In this beautiful world, I follow the choice of my imagination.

And I see her again...

Her gorgeous mane flowing with the melody of the air,

Her sparkling eyes glistening with the hue of marble.

She looks deep into my soul and she exposes her ravishing smile.

Is she a surreal being in my lost fantasy?

Or was she just a miracle in this twisted actuality?

I approach the living beauty in front of me,

And I enter the vicinity of nostalgia.

She starts to utter words with an angelic voice

"Come here..."

She tunes those letters into an alluring song.

As I felt her cold delicate hands on mine, shock stung me,

It was a connection that was filled with shards.

"I want to hold you closer...so that you will never leave me,"

She says those words with despair,

As I saw sorrowful tears shimmering in her perfect face...

At the same moment, all the illusion of my fascination started to disappear with the destiny of time.

I realized that I am going to the excruciating truth of reality and flying away from my Wonderland of dreams.

The puffy clouds become visible due to the sun gleaming light,

and the sky leads to a morning filled with the illumination of a mechanical routine.

Exhausted eyes, annoyed sighs, and vivid light.

Children are crying because of the delusion of school.

Young men are irritated by the remembrance of unfinished dues.

And, I could remember your anonymous presence only from blurred memories.

As I wake up to look at this hopeless world, I think about you as a

lost cause in this myth called the Wonderland of dreams.

MATHEMATICS

I wake up with a nightmare of trigonometry,
I see my white hair with geometry.
I try my best to understand,
But the numbers always seem unplanned.
Oh, mathematics!
You make my mind play acrobatics!

Everyone knows about $x+y$,
But no one knows about how it is used and why.
I need to solve my math problems,
Before I could solve my life troubles.
Oh, mathematics!
"You make our lives too dramatic!"

Algebra is an illogical mystery,
Calculus is erased from my brain history.
"Maths is as easy as π "
Is the prime lie told by humankind.
Oh, mathematics!
You make your sums too problematic!

-Sivapriya Venkateswarar

There is no greater
agony
than bearing an
UNTOLD STORY INSIDE YOU.



- *Write ups and Stories* -

FRAILTY –Hessa Omar

"A woman is the full circle. Within her is the power to create, nurture and transform."

'Frailty, the name is woman'. But I say, frail is the society that creates shackles around her. The society that allows her aspirations to perish. The society that doesn't give her a safe environment to thrive in. You could hinder her path, obstruct her career but no matter how much you cage her, the fire that lies inside her, her biggest weapon, cannot be caged. For thoughts. A woman's mental toughness is beyond the judging capacity of anybody. The sacrifices she makes are so immense, that much of it go unnoticed.

Earlier, women had to abide in smothering atmospheres, where the communities around her did not allow her to flourish, rather made her struggle throughout her life. Was such a nation successful by suppressing women's rights and allowing the others to make 'better' decisions? When the women in the society don't live well enough, it spells the failure of the society.

However, now we are lucky enough to have created a substantially better environment. Thanks to empowering governments, supportive people and understanding families. We now have a finer society. In many countries, women's revolution was undertaken by forever determined women from centuries ago. They were so strong that they kept fighting, despite

knowing how the repressive governments would respond with cruelty.

Strong passion cannot be curbed. Strong focus cannot be curbed. A woman, a mixture of these beautiful gifts of God, proves that she is so strong that hurdles mean nothing to her. She is so strong that this strength defines her. Such is the essence of a real woman.

A Man's Tears

-Christine sathesh

Who says men don't cry? Maybe we just haven't noticed them. Though tears are not considered as a sign of manliness, men do cry.

Regardless science insists crying is natural. Yet we say 'strong men don't cry'. In fact men aren't supposed to cry until in extreme grief, that's what culture commands. Men cry, just not the way other people cry.

Most of the men control and govern their feelings. They also find it unimportant to express. I have heard men say "Don't make a big show of it. Don't keep it in, let it out, but just let it roll down your cheeks and that's it. No drama." It's also true that few men cry only in extreme extends but only tears roll down. Those tears take time, they are like fireballs, very heavy and powerful. These drops fall out once a while, it can be very hard to control but easy to suppress. These tears aren't just pain, they are sacrifice, frustration and a feeling of intensively broken apart. Most of the time they express their inconsolable tear into anger. Some do. Men either keep their pain in them hurting or indirectly killing them inside and some don't bother these feelings, giving them no much interest at all.

"His tears don't cascade, his words provoke, his actions act"
To all men I love, "Tears aren't your weakness, they are your words when your lips can't describe how much we have been hurt."

You are a Gem-Hessa Omar

The most important quality that a person should have regardless what their opinions, social or economic backgrounds are, is perhaps a controversial question. Anything and everything that you think is your strength defines your brilliance. So I'd like to bring in that the most essential quality that anybody should have within them, careers and grow is 'self-love'. We need to understand that there's nobody equivalent to our worth. Nobody can replace us. Our dear ones find it hard when we leave them even for just a while. Doesn't all this make us realize our value? Even if you top the section if you don't understand your worth, you will never be appreciative.

To love yourself is the key to win battles again your own emotions. Whenever I hear a news about death, I just wish they could come to earth for a moment and see the tears people shed for them. To me, tears express emotions in an indescribable manner. And if anybody sheds a tear for me, I know how important I am and how much I mean. I always pray that before anybody thinks of taking their own life, they talk to somebody, anybody. Words are so powerful and if someone is genuinely attached to you, their words are the magic that puts you back in life. Words, kind words, being benign takes nothing and there are so many such people around you. First, being your parents who have been dedicating their life since years for you. A thought, a word creates changes. Enormous changes. Positivity. Kindness. Takes nothing. And when you love yourself, you are being kind to the whole world which is happy for you. You're a gem. Hunt your dreams. Live happy. Just believe in and reflect on yourself. You can never ever fail to love yourself. Never ever.

Do introverts make good leaders?

-Marwa Serfudheen

Nobody is a pure introvert or extrovert. Most are in-betweeners, or ambiverts. A myth has permeated the business world for far too long; introverts aren't cut out to be leaders. Firstly what is an introvert? Unlike the extroverts who get their energy from other people, introverts are typically introspective, quiet and observant. Sometimes, they are also listed in the shy category, but this is not always the case.

Many people assume that extroverts are the ones who make great leaders. Well, I too have thought about this several times. But, this may not always be true. Extroverted people are known for being outspoken, loud, highly social and outgoing. They will be excellent speakers, and can make connections with people really fast. And with these extraordinary traits, introverts whose name only appears next to shy and silent are deemed to lack any chance in the leadership arena. This assumption couldn't be more wrong. It is surprising to learn that some of today's most successful business leaders are introverts. They tend to bottle up emotions and will always rehearse before speaking. They basically prefer a private life.

A study has shown that at least 40% of the leaders today are introverted. The list includes: Bill Gates, Mark Zuckerberg, Elon Musk, Marissa Mayer who are very successful in the business world. We all have a misconception about introverts that they are quiet and boring. They are often known as dry texters as well. But they possess qualities that make them great leaders. "I think introverts can do quite well", Bill Gates said in a speech a few years back. "If you're clever, you can learn to get the benefits of being an introvert. Yes I do agree with this a lot."

1) They are vigilant observers and listen when others speak.

An introvert quietly observes every member of the group and listens to everyone's contribution. They have the ability to hear what's not even being said. They only speak when they actually have something meaningful to say. And they just open up to some people who they are comfortable with.

2) They make decisions with certainty.

It's not that extroverts take meaningless decisions. It just means that while an extrovert would easily say "let's just do it", an introvert would say, "are you sure about this?". This is the basic difference between the two. They take their time to make decisions. They think about the their 'decisions' thoroughly before they act. This may have two probabilities. One, they might not want to take risk or second, they would want to jump into the right conclusions. Good leaders are great decision makers and hence this is one of their best quality which help them reach high.

3) Introverts are humble and good at making connections.

This might be a little offensive. But humility is not a quality that you will find in many leaders, but it is something that has pushed many introverts up the chain of authority. It is this trait that makes an introvert a little more confident. They don't boast about their accomplishments. This helps them to accept their mistakes and rectify them. This surely does help them to succeed in their lives. And it is not easy for them to make connections fast, yet they develop meaningful relations. They will surely take time to open up to someone yet they still make sure to not spill out everything! Their circle of friends will be really small but they make sure it's real and a loyal one.

If you are an introvert, do not try too hard to be an extrovert. Just be yourself, rely on your strengths and you don't have to impress anyone. It's just you that matters the most. So in conclusion let's just say that both the groups can equally excel in life. The thing that matters the most is the vision you have towards your dream. The future belongs to those who believe in the beauty of their dream.

Dear me in 5 years...

-Ayisha Niya

Everyone thinks about how they will be in the future. rich or poor, married or unmarried, family or no family but most importantly we think about our career.. It's sad how we as young teenagers think about our future which is a completely uncertain thing something we only have a little control over. It's sad how we waste our lives thinking about the future and when that future comes we think about the future then too. We waste our lives living through a constant cycle of thinking and worrying about the future.

But I won't do that, I will never make that mistake. What I'll do is just blow away with the wind in the direction it takes me, while enjoying the breeze. I'm at that point in my life where I feel no worth in living but I'll get through this, no matter what I'll savor the small yet sweet memories in the present.

I wish we humans, were strong enough to endure the extreme we go through during that one part of our life. Even though the world is a place which is not fair at all a place where blacks are discriminated because of their skin tone which they have no power in , a place where someone's physical weight is judged , a place where someone is judged according to their economic status and a place where someone is judged according to their religion and even more.. I hope we will get through it..

Dear future me,

If you ever find this I hope that you will never forget that you are someone who has great worth, someone who is talented, someone reliable, someone kind but most importantly someone who should ever change for anyone. I hope you like the direction the wind has taken you. I hope your happy.

Our sole provider- The environment

-Josna Elsa

Environment is the most precious gift that mankind has ever received. We use it beyond a limit which causes all the environmental issues that we face today. We attend webinars, summits etc. which en-lights us about the ways to save our environment but we do not put it into practice. We exploit the environment to make our life easier but we do not think about its consequences. We are frequently alerted by the scientists about the problems that are faced by the environment. Still it goes unheeded. There is enough for everybody need but not for anybody's greed. - MAHATMA GANDHI Here Mahatama Gandhi has portrayed the greedy nature of humans. Environment provides us with sufficient amount of resources to lead a benevolent life but not to fulfil our greed. That is when we strip our nature of its beauty. We won't be able to save our environment unless and until we change our ways for the best. We always complain about the industrialists dumping waste into oceans or landfills but first we have to change our ways to make a difference. A small change in our day to day life to protect our environment will create a big difference. First, we always look into the big issues rather than the small ones but the small ones have to be solved before finding a solution for the big one. So, transform our ways to create a better future for the coming generations as well as for the environment.

#SAVE ENVIRONMENT #SAVE LIFE

JOURNALING IS LIKE
whispering

to ones self and...

listening
at the same time.



- Journaling -

THE ART OF BULLET JOURNALING

The Bullet Journal is an analog system created by Ryder Carroll, a designer based in New York. In his words, the Bullet Journal is meant to "help you track the past, organize the present, and plan for the future." It's an amazing system that keeps a record of everything you could ever want to toss at it. Bullet journal tracks the day with all the work and events to do.

The Bullet Journal is an organizational system in a notebook that keeps track of anything and everything you would like to write down in a coherent way. Honestly, any notebook and pen will do. You can use any bullet journal books available online or in stores. But actually any notebook lying around in your house will work. And for pens, literally anything work but if you want to spice it up then I would suggest a black and a blue pen and a few color pens. There are no limitation to bullet journal !!

-Maara Jasmine



-MEERA JASMINE



AYISHA NIYA-



- SIVAPRIYA VENKATESWARAR



ITS NOT SELFISH
to love yourself, take care of yourself,
and make your happiness
a priority.

A black and white photograph featuring a woman's silhouette in profile, facing left. She is looking out at a background of soft, out-of-focus lights (bokeh) that create a dreamy, atmospheric effect. The lighting is low, emphasizing the dark shape of her head and shoulders against the lighter, glowing background.

- *Beauty* -

TRADITIONAL OUTFITS -









- FACE MASKS -

Lay off the products and lather your skin with items from the kitchen.

It's important to look after your skin. Spending money on expensive cosmetics and treatments on the regular is not always advisable. Here are some facial masks that you can try at home to keep your skin fresh and healthy.

-Acne, go away Acne can be a big teen problem.

Acne can be a big teen problem while this home-made face pack is no cure, it'll certainly help ease your acne and spots. Apply it once every week and pretty soon, you'll feel better about your skin!

Ingredients:

- ☐ 1 tablespoon aloe Vera gel
- ☐ ¼ tablespoon honey

-Glow on, look radiant

This mask will give you a glowing complexion help smoothen the blemishes and rough patch your skin. It's easy to prepare and apply. Mix the ingredients together well, apply the mask, leave it on for 5 minutes, and then rinse it off. Try this twice a week.

Ingredients:

- ☐ 1 tablespoon of gram flour
- ☐ ½ squeezed lemon
- ☐ ½ tablespoon yogurt

- The no-blemish wish

Want to give your skin an overall fresh and young appearance? Here's the mask for you. It helps control pimples and scars, and the preparation is as simple as it gets. Add it to your skin care routine ingredients ice a week.

Ingredients:

- ☐ 1 tablespoon rolled oats
- ☐ 1/4 tablespoon honey

-Coconut oil scrub

Want to remove all dead skin from your lips ? Here's a lip scrub for you apply every few days.

Make this in a container and store it. Your lips will be soft as silk\

Ingredients

- ☐ One tablespoon coconut oil or olive oil
- ☐ One tablespoon Sugar

-Meera Jasmine



Warmth

- is the vital element -
for the growing plant and for the
soul of the child.

- **Environment** -











Made by Akshaya Ashokan

The only time to eat
Diet Food
is while you're waiting
for the steak to cook.



- *Food* -

Caramel Bread Popcorn

Ingredients:

1. Bread slices – 2
2. Sugar – 4 tablespoon
3. Water – 2-3 tablespoon
4. Butter – 2 tablespoon
5. Milk – 5 tablespoon

Method:

1. Cut the bread slices in small squares and dry toast them in cooking pan
2. Once toasted nicely on both sides, remove from the heat.
3. In the pan, caramelize sugar with 2-3 tablespoon of water on low heat.
4. Once sugar starts to change color, add butter and let butter melt.
5. After butter is completely melted, add Luke warm milk and mix everything well.
6. Keep on stirring the caramel sauce on low heat till it thickens up and changes color to nice golden brown.
7. Once caramel sauce is ready, switch off the flame and add toasted bread pieces and coat them nicely in caramel sauce.
8. Now take out the caramelized bread popcorn in the tray lined with parchment or butter paper and separate them using spoons.
9. Let these popcorns get cool down for 10-15 min before serving.
10. Crispy caramel bread popcorns are ready to be enjoyed with milk, tea or coffee.

Prepared By: Ayisha Niya

Photo By: Ayisha Niya

Macrons

Ingredients:

- > 70 grams- All purpose flour
- > 110 grams- Powdered sugar
- > 2- egg whites
- > 45 grams- Granulated sugar I

Instructions:

- > combine the powdered sugar, almond flour, and $\frac{1}{2}$ teaspoon of salt, and mix until extra fine. Sift the almond flour mixture into a bowl.
- > In a separate bowl, beat the egg whites with $\frac{1}{2}$ teaspoon of salt with an hand mixer until soft peaks form. Gradually add the sugar until fully mixed. Continue to beat until stiff peaks form.
- > Add the vanilla and food coloring and beat until incorporated.
- > Add about $\frac{1}{3}$ of the almond flour mixture at a time to the beaten egg whites and mix until it turns thick
- > Transfer the macron batter into a piping bag
- > Pipe the macrons onto the parchment paper in $1\frac{1}{4}$ -inch (3-cm) circles, spacing at least 1-inch (2-cm) apart.
- > Preheat the oven to 300°F (150°C). Bake the macrons for 17 minutes. After done place it aside to cool
- > make a filling of your own.

Prepared By: Ayisha Niya

Photo By: Ayisha Niya

Oreo Biscuit Pudding

Ingredients:

- > 12-15 Oreo biscuit
- > 2-3 tablespoon sugar
- > 2 tablespoon custard powder
- > 2 cups full fat milk

Instructions:

- > Take a large zip-lock bag and place all the Oreo cookies inside. Using a rolling pin, crush the cookies until they are small chunks/crumb. You want them to still be chunky and small, but not fine crumbs.
- > Set aside $\frac{1}{3}$ of the cookie crumbs for the topping. Pour remaining cookie crumbs into a baking pan. Pour the melted butter over the crumbs and mix well to combine. Once combined, press into the pan to form a crust.
- > In a bowl, whisk together the 2 pudding mixes and milk. Cover and place in fridge to set.

Prepared By: Leya Felix

Photo By: Leya Felix

Mango Mousse Pudding:

Ingredients:

- >2 medium size mangoes
- >1 tablespoon sugar
- >½ cup low fat cream
- >a few chopped dry fruits for garnishing or any fruit preserve or grated chocolate

Instructions:

- >In a bowl add cold cream and whip until medium peaks form. Then add the condensed milk and mix
- >Save some of the whipped cream in a separate bowl to use it later for decoration.
- >Now add mango puree in portions and fold it into the whipped cream until well combined.
- >Pour the mousse into small dessert cups.
- >Serve them right away or refrigerate 2-3 hours and serve them chilled with whipped cream and some freshly chopped mangoes.

Prepared By: Leya Felix

Photo By: Leya Felix

Dalgona Coffee

Ingredients:

- 2 tbsp. granulated sugar
- 2 tbsp. instant coffee
- 2 tbsp. cold water
- Ice, for serving
- Milk, for serving

Instructions:

- In a medium bowl, combine sugar, coffee, and water. Using a hand mixer whisk it until it thickens and holds its lofty, foamy shape.
- Fill a glass most of the way full with ice and milk, then dollop and swirl the whipped coffee mixture on top.

Prepared by: Amna.A
Photo by: Sereen Lilly



Coconut Cake:

Ingredients:

- 2 and 1/2 cups cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3/4 cup unsalted butter
- 1 and 2/3 cups granulated sugar
- 5 large egg whites
- 1/2 cup sour cream,
- 2 teaspoons pure vanilla extract
- 1 teaspoon coconut extract
- 1 cup canned coconut milk,
- 1 cup sweetened shredded coconut

Instructions:

> Preheat the oven to 350 degrees F. Grease the cake pans, then line them parchment paper.

> In a bowl, mix the butter and sugar until light yellow and fluffy. Crack the eggs into a bowl., add the eggs. Add the vanilla and almond extracts and mix well.

> In a separate bowl, sift together the flour, baking powder, baking soda and salt. While mixing, alternately add the dry ingredients and the milk to the batter in 3 parts, beginning and ending with dry ingredients. Mix until just combined. Add in the 4 ounces of coconut.

Prepared by : Anna .A

Photo by : Christine Kuruvilla

Fruit Crept cake:

Ingredients:

- 1 cup flour
- 1 cup flour
- 1½ cups milk
- 2 eggs -2 tablespoon butter, melted
- 2 tablespoons sugar
- 1 pinch salt
- Fruits
- Whipped cream

Instructions: -

- Whisk together eggs, sugar and salt.
- Add flour and mix. Add melted butter and mix.
- Then slowly add the milk until no clumps remain.
- In a nonstick pan over medium heat, pour ¼ cup of crepe batter, and tip the pan in a circular motion to cover the entire bottom surface. Cook until the bottom surface of crepe begins to brown.
- Take the crepe and spread whipped cream on top.
- Stack crepes on top of each other, with cream and fruits between each layer.
- Refrigerate for 4 hours.

Photo By: Christine Kuruvilla

Paneer Butter Masala

Ingredients:

- > Paneer - 200 g
- > Big Onion - 1
- > Capsicum
- > Chopped Garlic - 4
- > Green Chilly - 2
- > Tomato - 1
- > Ginger Garlic Paste - 1 tsp
- > Coriander
- > Tomato Ketchup - 3 tsp Soya Sauce - 1 tsp
- > Corn Flour - 3 tsp
- > Chili Powder - 1/2 tsp
- > Coriander Powder - 1/2 tsp
- > Garam Masala Powder - 1/4 tsp

Instructions:

- > Heat some oil add onions red chili and let it cook until translucent
- > Now add tomatoes and salt and cashews and sauté until the tomatoes are nice and mushy Cool the mixture and grind until fine soft
- > In pan add butter add red chili powder saute for few seconds
- > Now add the grinder mixture Add all the masalas Add milk Add water and salt close and cook
- > Toast paneer Add the toasted paneer and cream to this mixture

Prepared By: Meera Jasmine

Photo By: Saniya Aji

Chicken Cheese Nest

Ingredients:

- 500 gms boneless chicken
- 1 tbsp ginger garlic paste
- 1 tbsp green chilli paste
- 2 tbsp chopped coriander
- 2 eggs
- as required Vermicelli for coating
- 2 tbsp paneer
- Salt
- 1 cheese cube

Instructions:

- Take boneless chicken in a blender jar add ginger garlic paste, chilli paste, chopped coriander and salt to taste and blend together
- Take paneer and cheese mix it add some black pepper powder and make small balls
- Take chicken mixture and make equal balls of it.
- Put a ball in a nest shape deep in egg batter and coat with vermicelli
- deep fry all nest put green chutney in it and also put paneer cheese ball on it

Prepared by: Laya Felix

Photo by: Laya Felix

Coconut Glass pudding

Ingredients:

- Tender coconut water – 2 cups
- China grass – 10gm
- Sugar
- 1/2 cup Condensed milk
- 1/2 cup or more Coconut milk
- 2 cup (thick milk) Cream
- 1 cup Tender coconut flesh
- 1/2 cup Water

Instruction:

- >Cut agar agar into small pieces and add one cup of coconut water and soak for 15 minutes
- >In a vessel add remaining water with sugar and salt .
- >Allow to boil ,then add soaked agar agar and stir well
- >Stir till everything gets dissolved
- >Then strain and pour into small moulds of ur choice
- >After reaching the room temperature transfer to fridge for the pudding to get set
- >It will take 3-4 hours. Then take out from the refrigerator and unmould and serve

Prepared By: Leya Felix

Fudge Brownie

Ingredients:

- > 8 oz good-quality chocolate(225 g), semi-sweet
- > 12 tablespoons butter, melted
- > 1 ¼ cups sugar(250 g)
- > 2 eggs
- > 2 teaspoons vanilla extract
- > ¾ cup all-purpose flour(95 g)
- > ¾ cup cocoa powder(30 g)
- > 1 teaspoon salt

Instructions:

- >Preheat oven to 350°F (175°C).
- >Lightly grease an 8-inch square baking pan with cooking oil spray. Line with parchment paper and set aside.
- >Combine hot melted butter oil and sugar together in a medium-sized bowl. Whisk well for about a minute. Add the eggs and vanilla.
- >Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined.
- >Pour batter into prepared pan, smoothing the top out evenly.
- >Bake for 20-25 minutes
- >Remove and then serve.

Prepared by: Anna .A

Photo by: Anna .A

Sweet Chili Potato

Ingredients:

- > 4 Potatoes
- > 1 bowl Rice flour
- > 1 bowl Maida
- > 1 Tsp Cornflour
- > Onion 1 small
- > Capsicum 1 small
- > 5-7 Garlic
- > 4 Green Chillies
- > 2 Tbsp Spring onion greens
- > 1/4 tsp Black pepper
- > 2 Tsp Honey
- > 1 tbsp Red chilli sauce / Schezwan Sauce
- > 1 tsp Soya Sauce
- > 1 Tbsp Tomato ketchup

Instructions:

- > Peel and wash potatoes.
- > Now take a pan and put these potatoes. Add 2 Tsp Salt 4 Cups of water. Boil for 5 minutes. Strain and keep aside.
- > Now take a bowl and put these boiled potatoes. Take 1 Tsp rice flour and 1 Tsp maida and sprinkle it on potatoes and mix properly. All potatoes should be coated by this.
- > In a big bowl add remaining rice flour and maida. Add 1/2 Tsp Salt. Make a thick paste. It should not be flowy.
- > Now put potato fries in this paste and fry them in oil. Keep aside. Heat oil and fry these again on high flame. They should be golden in color and crisp.

Prepared by Sanyas S

Photo by Priyanka

Chilli Paneer

Ingredients:

- > Paneer - 200 g
- > Big Onion - 1
- > Capsicum
- > Chopped Garlic - 4 Chopped Ginger - 1
- > Green Chilli - 2 (Remove the seeds)
- > Tomato - 1
- > Ginger Garlic Paste - 1 tsp Curry Leaves,
- > Coriander
- > Tomato Ketchup - 3 tsp Soya Sauce - 1 tsp
- > Corn Flour - 3 tsp Chili Powder - 1 / 2 tsp Coriander Powder - 1 / 2 tsp
- > Garam Masala Powder - 1/4 tsp

Method :

- > Mix corn flour, salt and red chili powder together in a bowl
- > Now add water and make it to thin paste
- > Soak the paneer in this paste and fry it in a pan with butter
- > Now, In a pan add butter add your garlic, ginger and chili. Sauté for a few minutes and then add your onions sauté and translucent. Add in the rest of your masalas and ginger garlic paste.
- > Now add your tomato
- > Add your tomato ketchup, soya sauce and salt.
- > Serve with garnishing as curry leaves and coriander leaves
- > Enjoy ☐)

Prepared by: Meera Jasmine

White Sauce Pasta

Ingredients:

- Pasta 1 cup
- Salt to taste
- Butter 2 tblsp
- Corn 3 tblsp
- Garlic 1 tblsp
- Carrot 3 tblsp
- Flour one tblsp
- Milk 3/4 cup
- Water 1/4 cup
- Pepper to taste
- Red chili to taste
- Oregano
- Mozzarella cheese

Instructions:

- Boil the pasta
- Put butter in a pan add garlic, carrot, corn and sauté until well cooked
- Take aside in a pan
- In a pan add butter and melt it
- Now add flour and sauté it (don't burn it)
- Add milk and mix until thick add water if needed
- Now add all the seasonings and also add the sauté vegetables
- Mix
- Now add mozzarella cheese
- Mix and it's ready to serve
- enjoy ☐

Prepared by: Meera Jasmine

Photo: Meera Jasmine

Steamed caramel pudding

For Caramel:

4 tbsp. Granulated Sugar

Water 1 tbsp

Hot Water 1 1/2-2 tbsp

Egg Mixture:

2 Eggs

250 ml Milk

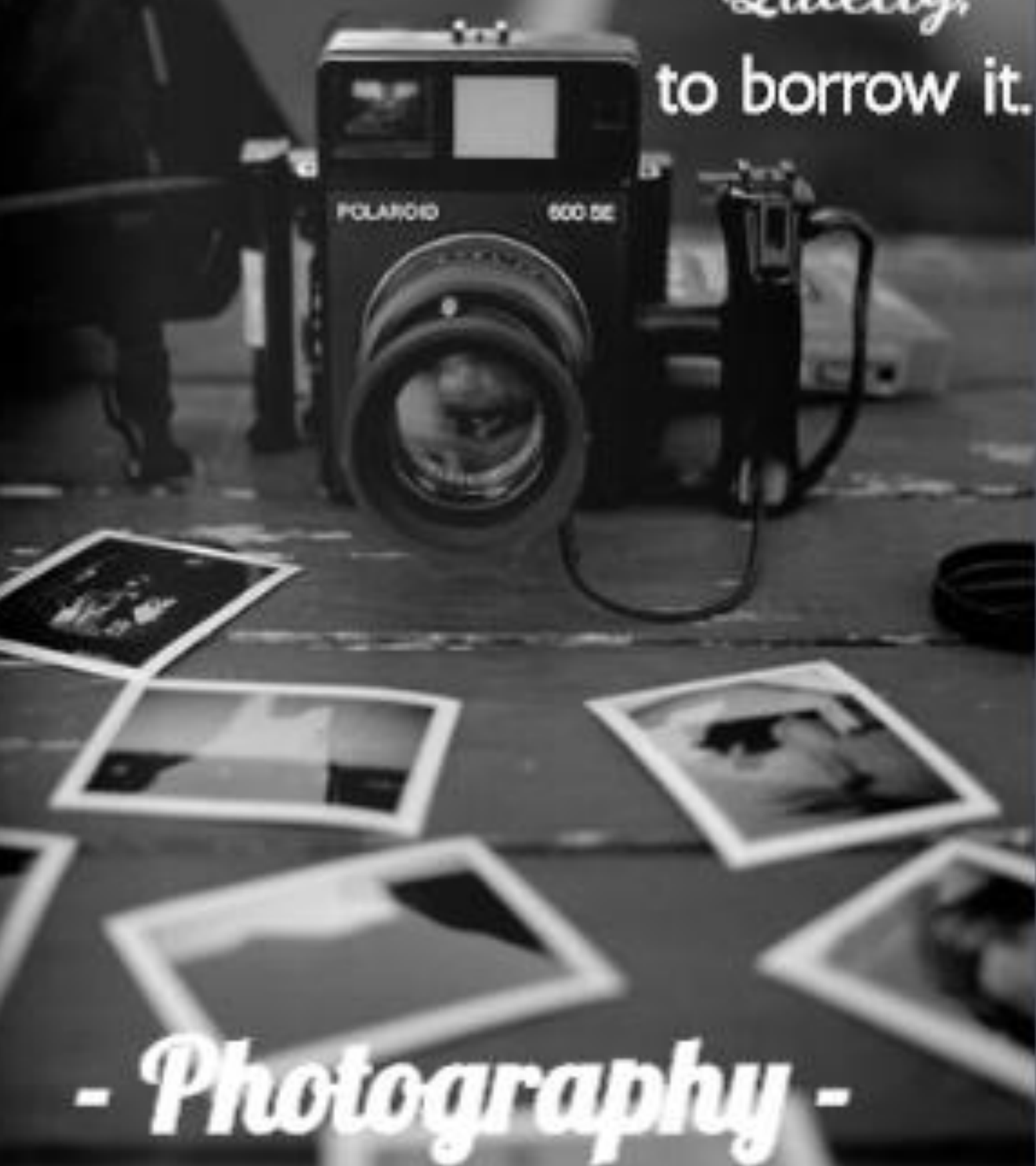
5 tbsp Granulated Sugar

Instructions:

- > Coat the inner surface of the custard cups with unsalted butter.
- > Put the sugar and water in the pot. Heat the pot at medium heat.
- > Let it sit until the surface becomes lightly-colored.
- > Quickly add the hot water in 2 to 3 steps with a long-handled ladle.
- > Pour the caramel evenly into the custard cups.
- > Crack the two eggs into a bowl. Lightly beat the egg with a balloon whisk.
- > Add the milk and sugar in a pot. Turn on the burner.
- > Add the milk to the beaten egg while whisking the mixture.
- > Sieve the egg mixture with a fine mesh strainer.
- > Pour the egg mixture into an easy-to-pour container.
- > Cover each cup with aluminum foil.
- > Keep the water temperature just below the boiling point and steam the pudding for 15 to 20 minutes.
- > Remove the custard cups. When they become cool, store them in the fridge.
- > Serve the pudding on a plate.

Prepared By: Christine Kuruvilla

You don't take a photograph.
You ask,
Quietly,
to borrow it.



- *Photography* -

- MEERA JASMINE



- SEREEN RAJESH



- SANIYA SIDDIQA



- CAROLINE EPHESH



- KAROLIN ANTONY



-JOSNA ELSA JOHN



-ANUSHKAA ANIL KUMAR





-CRISTINE SATHESH



- SANIYA ANNA



- ANJALY GOPAKUMAR



- LEYA FELIX



- AKSHAYA ASOKAN





Painting is
an Illusion,

A PIECE OF MAGIC,

so what you see
is NOT

what you see.

- *Painting* -

-Leya Felix



-MEERA JASMINE



-Sivapriya Venkesteswarar



-Akshaya Kattil



-Anna Roy



-Josna Elsa



-Annliya Joseph



-Priyanka Mathew



-Devanandha Jolly



-Hessa Omar





ALL ART IS BUT
dirtying the paper
Delicately.

-Sketching-

-Mehak Bikhoji



-Aswani Sachin



-Amna Aboobecker



-Ayisha Niya



Anna Roy



-Akshaya Kattil



-Sivapriya Venkateswarar



-AiswaryaLekshmi



-Saniya Siddiq



-Karthika Madhusoodanan



-Meera Jasmine



-Marwa Serfudeen



-Saniya Anna



-Anushkaa Anil Kumar



- Calligraphy -

Calligraphy is a form of art

WHICH GIVES

more meaning to words.



-Carolyn Ephesh

be the change
you wish to
see in the
world
— MARTIN LUTHER KING JR. —

-Akshaya Kattil



-Josna Elsa John

When You Accept
Yourself
The way you are the world
Recognizes You
— MARY JANE OLIVER —

-Meera Jasmine

Let us
EMBRACE
positive
EMOTIONS

-Meera Jasmine

HOPE
is being able to
see that there is
LIGHT
despite all of
the
DARKNESS
— ELIMCHAND TONY —

-Sivapriya Venketeswar



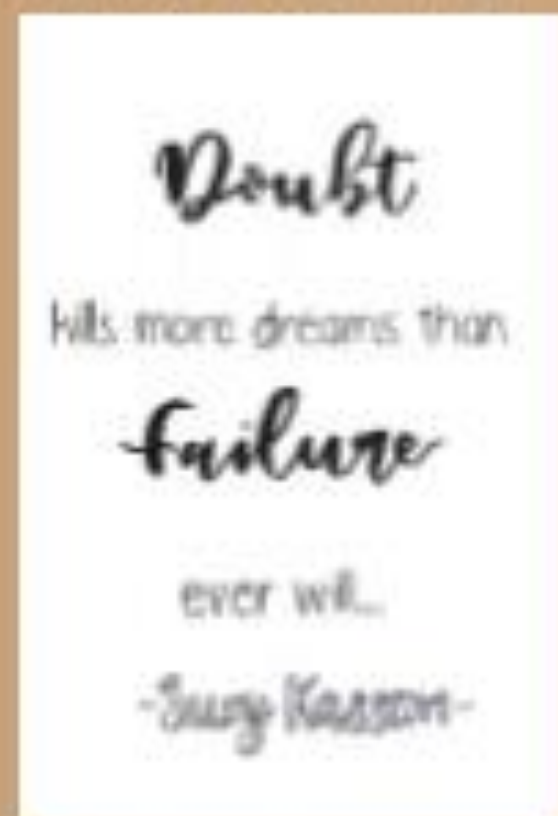
-Karthika Madhusoodanan



-Meera Jasmine



-Ridha Fathima



- Ayisha Niya



-Saniya Siddiq



-Saniya Siddiq



Yoga is the journey
of the self
through the self
to the self.



- Yoga -



Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six Āstika schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism.

-SARVANGASANA(shoulder stand)

- Calms the brain and helps relieve stress and mild depression
- Stimulates the thyroid and prostate glands and abdominal organs.
- Stretches the shoulders and neck.
- Tones the legs and buttocks.
- Improves digestion.
- Helps relieve the symptoms of menopause.
- Reduces fatigue and alleviates insomnia.

BHUVANGASANA(cobra pose)

- Stretches muscles in the shoulders, chest and abdominals.
- Decreases stiffness of the lower back.
- Strengthens the arms and shoulders.
- Increases flexibility.
- Improves menstrual irregularities.



Elevates mood

- Firms and tones the buttocks.
- Invigorates the heart.

-GOMUKHASANA(cow face pose)

- It stretches your hips.
- It provides power to your ankles, thighs, shoulder armpit, chest, deltoid and triceps.
- Relieves chronic knee pain.
- Strengthens your spine and abdominal muscles.
- Helps decompress low spine





Music is *Life*
Thats why our heart
BEATS.

- Song -

***- A tribute to
UAE -***



A small tribute to
the nation

**[https://www.youtube.com/
watch?v=3ryLzmY5LxY](https://www.youtube.com/watch?v=3ryLzmY5LxY)**



-CREDITS-

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AYISHA NIYA
ANN KEREN
KARTHIKA MADHUSODANAN
KAROLIN ANTONY
ANUSHKAA ANIL
HESSA OMAR

A black and white photograph with a hazy, atmospheric background. In the foreground, the silhouettes of a woman and a child are visible. The woman is standing and holding the child, who is wearing a hat. They are positioned on the right side of the frame. In the background, there are bare tree branches at the top and a structure resembling a crane or a bridge on the left. The overall mood is peaceful and contemplative.

Mother's love is peace.

It need not be
acquired,
it need not be
deserved.

- Mothers Day -

Our gratitude to our mothers...



<https://youtu.be/gAw1edcb7co>

- CREDITS -

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HESSA OMAR

MARIYA ANTONY

The 10C Family





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Manoj**

(Senior Girls Section
Supervisor/Senior
girls Mentor)

