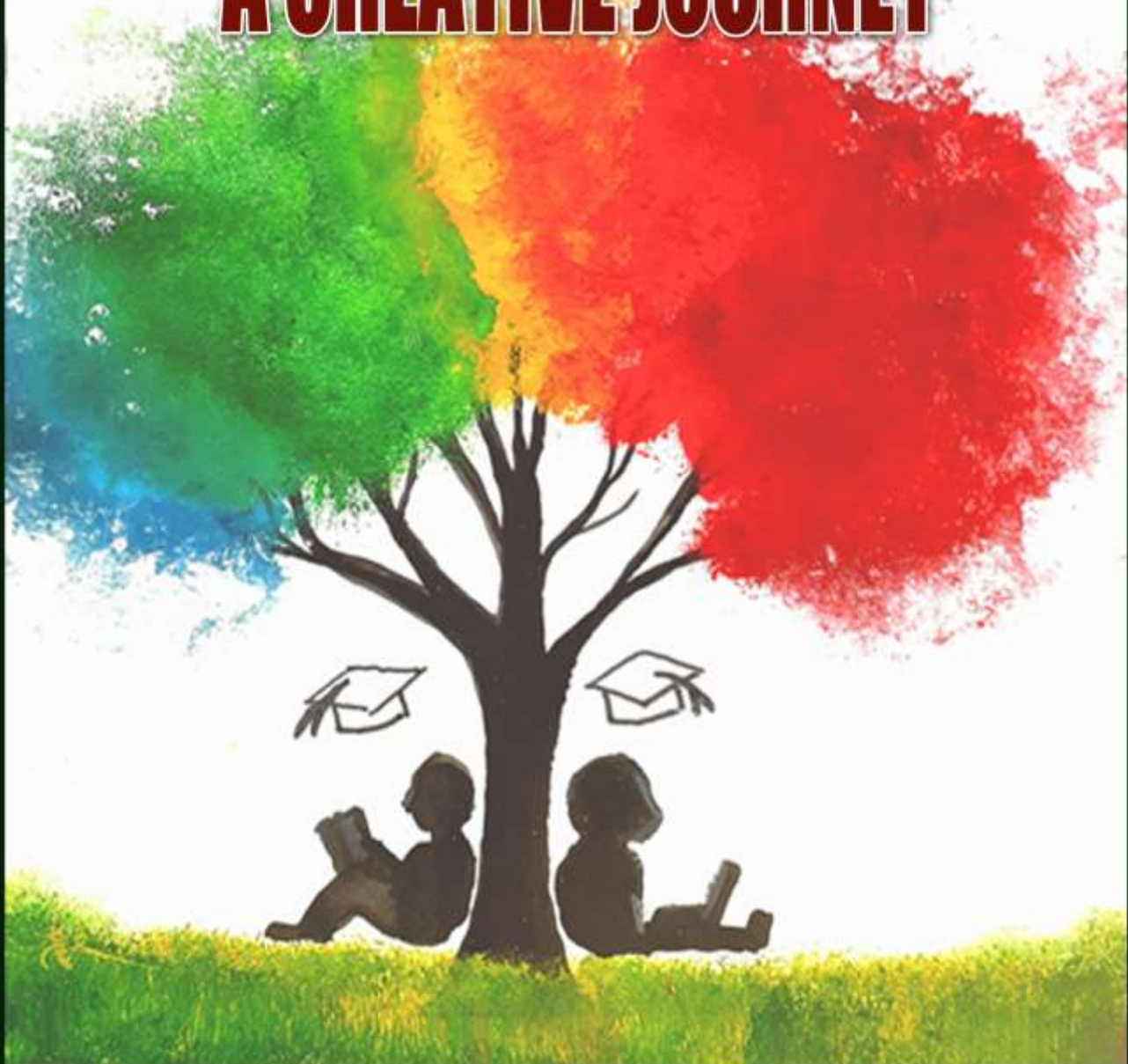


# **MIND FESTA**

## **A CREATIVE JOURNEY**



**E-MAGAZINE 2020-'21 - GRADE X**  
**INDIAN SCHOOL AL BURAIMI**



# INDIAN SCHOOL AL BURAIMI



**MR. SHAHEEN.K.K**  
President, SMC

## S M C President's message

Dear Parents and students,

When I enquired about school magazine, Principal mentioned that this year we are going for class magazines, to increase the participation chances. I am happy with that idea and encouraged him to do so.

School magazine / Class magazine is always a very interesting piece of work created by our upcoming talented students.

Magazines develop the student's power of thinking and strengthen their imagination. In this way the general knowledge of the student's increases and they acquire the habit of reading and writing. School and class magazines also teach the students the value of co-operation and encourage healthy competition.

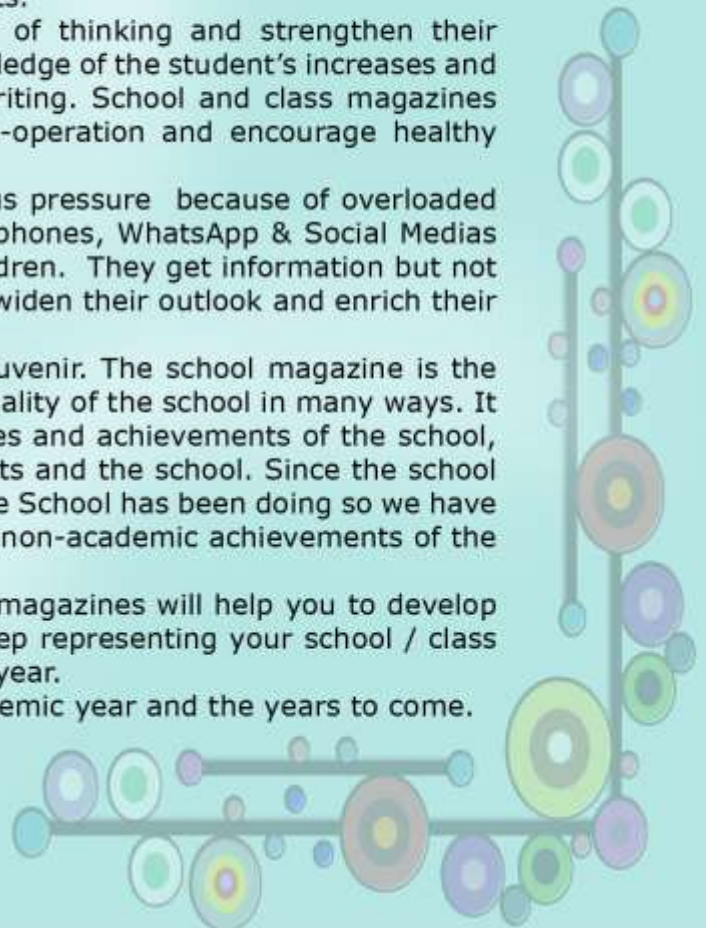
I feel that students are under tremendous pressure because of overloaded information. Television, Internet, Mobile phones, WhatsApp & Social Medias are snatching valuable time from our children. They get information but not retainable knowledge. Reading habit will widen their outlook and enrich their knowledge.

Our School magazine is not merely a souvenir. The school magazine is the face of the school and displays the personality of the school in many ways. It gives an articulate briefing of the activities and achievements of the school, thus building a bridge between the parents and the school. Since the school cannot inform about every activity that the School has been doing so we have our magazines. It includes academic and non-academic achievements of the school.

Finally I would like to say school / Class magazines will help you to develop your skills in your fields of interest so keep representing your school / class magazines and improve yourself year by year.

I wish you all a great success in this academic year and the years to come.

**Shaheen.K.K**  
President, SMC  
Indian School Al Buraimi.







# INDIAN SCHOOL AL BURAIMI



**MR. SANTHA KUMAR DASARI**  
Principal

## Principal's message

Dear students,  
Warm greetings to you.

I was double minded, whether to publish the school magazine this year or not, but finally I decided to publish it because of the confidence that I have on you and my staff. Moreover this time we have gone for class wise magazines. The reason behind this move is to give wide opportunity to express yourselves in your own way. I am sure, our magazine will certainly turn into yet another piece of wonderful work form team ISAB.

When we come across difficult times, certainly we learn something new. In this COVID-19 pandemic situation we are all forced to stay, most of our time, indoors. After gone through your articles, for your class magazine, I realized that pandemics may force us to stay indoors physically but no pandemic can dent our confidence and imagination. This is one of the many things that I have learnt from this pandemic.

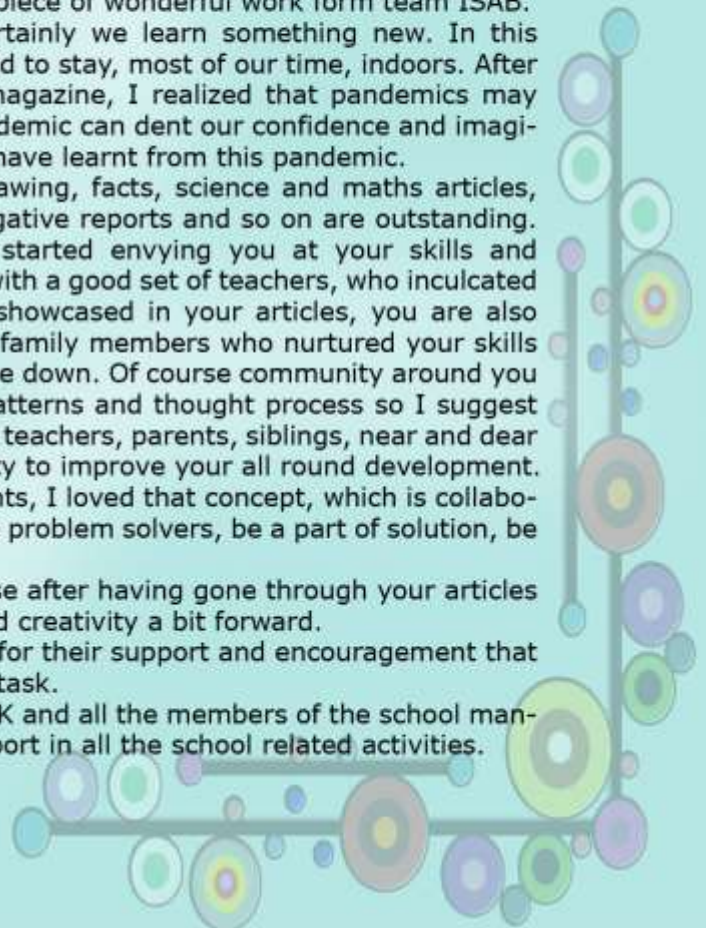
I found your poetic expressions, creative drawing, facts, science and maths articles, quizzes and crosswords, travelogues, investigative reports and so on are outstanding. After having gone through your articles I started envying you at your skills and thoughts. I proudly say that you are blessed with a good set of teachers, who inculcated all the skills and thought process that you showcased in your articles, you are also blessed with wonderful parents, siblings and family members who nurtured your skills carefully and supporting you whenever you are down. Of course community around you plays an important role in your behavioral patterns and thought process so I suggest you to keep a good balance of interaction with teachers, parents, siblings, near and dear and careful observation about your community to improve your all round development. I found some articles attributed to two students, I loved that concept, which is collaboration. Dear students, be positive thinkers, be problem solvers, be a part of solution, be optimistic, be critical best of all be humane.

I would like to thank each one of you, because after having gone through your articles I pushed the limits of my thought process and creativity a bit forward.

I would like to thank each and every teacher for their support and encouragement that they have given to you in accomplishing this task.

I would like to thank President Mr. Shaheen K.K and all the members of the school management committee for their continuous support in all the school related activities.

SANTHA KUMAR DASARI  
Principal





Mr.AROKIA SURESH KUMAR  
Class Teacher  
Grade X

## SCHOOL?

- S - Sincerity
- C - Capacity
- H - Honesty
- O - Orderliness
- O - Obedience
- L - Learning

Life is a beautiful journey full of ups and downs . But how we take those in our personal life matters. No one is born a great personality, all are made by the situation and society.

School is one of the best platforms to bring up the creativities , talents , imaginations , innovations and inventions .

Here are some examples for the future young minds with innovative ideas, thoughts and creations.

Awake !, Arise! , Stop Not !, Go Ahead ! Be happy !







ALETTE CHRISTINA BURROWS  
Grade X

## CRAZY ARTSY





PALLAVI PATIL  
Grade X

## CRAZY ARTSY







AMITH KRISHNA  
Grade X

## CRAZY ARTSY



SUMAIYA  
Grade X





ALBIN SAM  
Grade X

## THE STROOP EFFECT

The famous "Stroop Effect" is named after J. Ridley Stroop who discovered this strange phenomenon in the 1930s.

**Here is your job:** Name the colours of the following words. Do NOT read the words...rather; say the colour of the words. For example, if the word "BLUE" is printed in red colour, you should say "RED". Say the colours as fast as you can. It is not as easy as you might think!

BLUE	RED	YELLOW	ORANGE
GREEN	BLUE	PURPLE	RED
PURPLE	YELLOW	RED	BLUE
ORANGE	BLUE	YELLOW	RED
RED	GREEN	ORANGE	BLUE
PURPLE	YELLOW	BLUE	ORANGE





BHARATH  
Grade X

# THE PARANORMAL HOUSE

Paranormal events are purported phenomena described in popular culture, folk, and other non-scientific bodies of knowledge, whose existence within these contexts is described as beyond normal experience or scientific explanation

Do you ever feel that you are being watched? Or maybe you feel there is strangeness around you? Unexplained things happen without rationale?

According to paranormal investigators Barri Ghai, Sandy Lakdar and Chris Fleming this might mean your house is paranormal

According to them, there is a list of 5 things to look out for, if you think your house might be haunted:-

- Feeling of being watched when alone
- Feeling a sudden and inexplicable change in temperature or a sudden static/electrical charge in the air
- Frequent electrical problems such as lights inexplicably turning on or off, or appliances not working or acting up
- Waking up unexpectedly between 3am and 4am and sensing dread, fear or feeling like you're being watched
- Feeling of grief or sadness in specific rooms or areas of the house





HANNAN MOHAMMED AZIZ  
Grade X

# مكتبة المدرسة



في مدرستي مكتبة كبيرة و واسعة .  
هي مخزن الكتب و المجلات.  
هي مكان للطلاب و المدرسين ليجلسوا للقراءة في وقت الفراغ.  
يوجد في المكتبة اكثر من ٣٠٠٠ كتاب.  
هذه الكتب من مواد المختلفة مثل التاريخ و الادب و العلوم.  
و هي في اللغات المختلفة مثل اللغة العربية و الانجليزية و الهندية.  
انا و زملائي نذهب الى المكتبة كل يوم.  
لكل صف هناك حصة معينة للمكتبة.  
في المكتبة هناك اربع كمبيوترات للطلاب و المدرسين.  
احب المكتبة كثيرا.  
لان المكتبة مكان الاستراحة للادباء.





MAHDI  
Grade X

# صديقي المفضل

. صديقي المفضل حامد. بيته قريب من بيتي  
. نحن ندرس في صف واحد في مدرسة الثانوية  
. هو طالب ذو علم و خلق  
. هو طالب مجتهد و ذكي جدا  
. هو عريف فصلنا  
. هو دائما يكمل واجبات المدرسية في الوقت  
. هو يساعدني في الدراسة  
. نلعب في ملعب المدرسة كل يوم مساء  
. ابو حامد هو طبيب و امه مدرسة في مدرستنا  
صديقي يحب السياقة و السباحة و الرياضيات



HANNAN MOHAMMED AZIZ  
Grade X

## "I CRY INTO THE NIGHT"

After a long day,  
When my heart just blows away,  
From the wrath  
Of the boulders, blocking my path  
In the stillness of the night,  
When I don't pretend to be all right  
I let the fears fill my mind,  
They tend to make me blind,  
With the tears filled in my eyes,  
I cry into the night  
I cry into the night.....







IRFA KHAN  
Grade X

# STRESS

It may seem that there's nothing you can do about your stress level. The bills are not going to stop coming, there will never be more hours in the day for all your errands, and your career and family responsibilities will always be demanding. But you have a lot more controls than you might think. In fact, managing stress is all about taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life with time for work, relationships, relaxation, and fun – plus the resistance to hold up under pressure and meet challenges head on. Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demand, that leads to deadlines stress. There are ways indeed for you to cope with your stress and deadlines. But are they healthy or unhealthy for you

Healthy way includes: -

- ☒ Talking to someone close to you
  - ☒ Try to maintaining your timings for a better healthy way
- Whatever it is that may help you cope with stress, choosing the right way should be your concern. If anyone around you shows sign of stress, don't be afraid to help them.





KOMAL DEEP  
Grade X

# OMAN DIARIES

## INTERESTING FACTS ABOUT OMAN

- Oman is the oldest independent state in the Arab world
- Oman is a terrorism free country
- The Arabian Oryx is the national animal of Oman
- Alcohol can only be bought with a license in Oman
- Oman Is One Of The Oldest Human-Inhabited Places On Earth
- "Mountain Dew" Is The Top Selling Beverage In Oman
- The Muscat Clock Tower Is The Oldest Omani Monument







MAHEDI  
Grade X

## THE INFLUENCE OF SPORTS ON KIDS

For many people, sport is just one of the things they engage in for fun. In fact, many people meet and interact as they watch their favorite team play in major tournaments. Interestingly, sports have a positive influence on children, and thus should be encouraged at home or in school as well.

To start with, engaging in sports comes in handy when trying to improve a kid's health. Statistics indicate that many children are suffering from obesity due to lack of exercise. Most children hardly ever engage in physical exercises because of the evolution of computer games and interesting programs on TV channels. Encouraging a child to play their favorite outdoor game every day after school can help reduce the excessive weight in a fun way.

In addition, children coming from an environment that is distressed will find a better way of relieving their depression and anxiety. Today, it is not uncommon for parents to divorce when their kids are young. Such children will want to spend time isolated from the rest of the world, and may even be affected psychologically. However, if the child is engaged in sports, some of the diseases can be dealt with or even prevented.

Moreover, children who engage in exercises on a regular basis are likely to have improved performance in school. Exercises relax the body, help children to sleep better, and further stimulate the brain's function to the end that children can concentrate on school work. In addition, children who have been studying for a long time need to unwind in constructive ways such as playing games.

Also, sports help children to keep off from wrong behavior and negative influence. They will always have something to look forward to and spend their energy on a regular basis, thus it reduces idleness amongst peers. Moreover, there are many people in the sports industry who have been known to have the best moral conduct, and who can inspire kids to be better people in the future.

Evidently, sports enhance social skills amongst kids. A child who may not have the courage to speak during class time will find it easier to do so in the field. Still, most of the activities in the field require a lot of teamwork. In the process, children can make friends and, in the end, acquire skills necessary to interact in a better manner with the society in the future. Ultimately, sports influence kids by molding their behavior, improving their physical wellbeing, improving their performance at school, and enhancing their social skills.







MOHAMMED SAMAL  
Grade X

# POLLUTION: A THREAT TO LIFE

## Overview-:

We all know that pollution is the process by which the environment is getting contaminated or polluted due to the affix of harmful substances. This is poisonous to the nature, which has several kinds of effects and has many adverse changes to our environment. Harmful substances of pollution are called pollutants. These pollutants can be natural and artificial. Volcanic ash, fog, ozone etc. are the factors of natural sources of pollution. Artificial sources of pollution are caused due to human activities such as vehicular emissions, fossil fuel burning, greenhouse gases etc. Long-term exposure to air pollution, for example, can lead to chronic respiratory disease, lung cancer and other diseases.

## Causes-:

a) Air pollution is caused by solid and liquid particles and certain gases that are suspended in the air. These particles and gases can come from car and truck exhaust, factories, dust, pollen, mold spores, volcanoes and wildfires.

b) Water pollution is caused by many human activities which is triggered in many ways-: Discharge of domestic and industrial effluent wastes, leakage from water tanks, marine dumping, radioactive waste and atmospheric deposition are major causes of water pollution.

## c) Noise and Light Pollution-:

**Noise Pollution-** The source of outdoor noise worldwide is mainly caused by machines, transport, and propagation systems. Poor urban planning may give rise to noise disintegration or pollution, side-by-side industrial and residential buildings can result in noise pollution in the residential areas.

**Light Pollution-** It is caused by inefficient or unnecessary use of artificial light. Specific categories of light pollution include light trespass, over-Illumination, Glare, Light Clutter, and Skyglow.

## Impacts-:

Human activities contaminate ecosystems around the world—from pole to pole, from the highest mountains to the ocean deep. Litter floats beneath the surface of oceans miles away from land. Even excess noise and light are interrupting natural patterns and disrupting the lives of animals and people.

**Acid Rain-:** It is caused by a chemical reaction that begins when compounds like sulfur dioxide and nitrogen oxides are released into the air. These substances can rise very high into the atmosphere, where they mix and react with water, oxygen, and other chemicals to form more acidic pollutants, known as acid rain.







Mr.AROKIA SURESH KUMAR  
Class Teacher  
Grade X

## **WISDOM! WISDOM!**

“A wise man is strong, yes, a man of knowledge increases in strength”

Wisdom involves instruction, Understanding, justice, judgement, equity, prudence, knowledge, discretion, learning and counsel.

Such qualities are not easily attained. We need lot of patience, courage, self motivation, determination, perseverance to attain the above qualities which is within 'Wisdom'.

When any of the above quality is not attained by us yet, rather than being discouraged, we should focus on them again and again to the maximum extent and try hard in the given opportunities.

Wisdom is what every individual requires to enable them to meet the demands of life. Keep sound wisdom and discretion; so that it will help you to walk safely in your way, as you grow up. This wisdom which we acquire through learning at school, will gives us courage and determination to shape our future and to become successful individuals.