

Rivista Di Classe



Batch of 2022

Editor's note

Before we get into it, there are just a couple of things to know. Rivista di Classe is Italian for 'Class Magazine', highlighting the international influence which defines our class as a whole. Secondly, every single person in the class has contributed something to the magazine. There are a wide variety of articles, such as racing, pets, art and much, much more. In this magazine, there is something for **everyone**.

So without further ado, sit back, relax and enjoy *Rivista di Classe*, by Grade 12A2.

Yours faithfully,
The Editor.



Rishi Ramdas

Why be happy when you can
be interested?



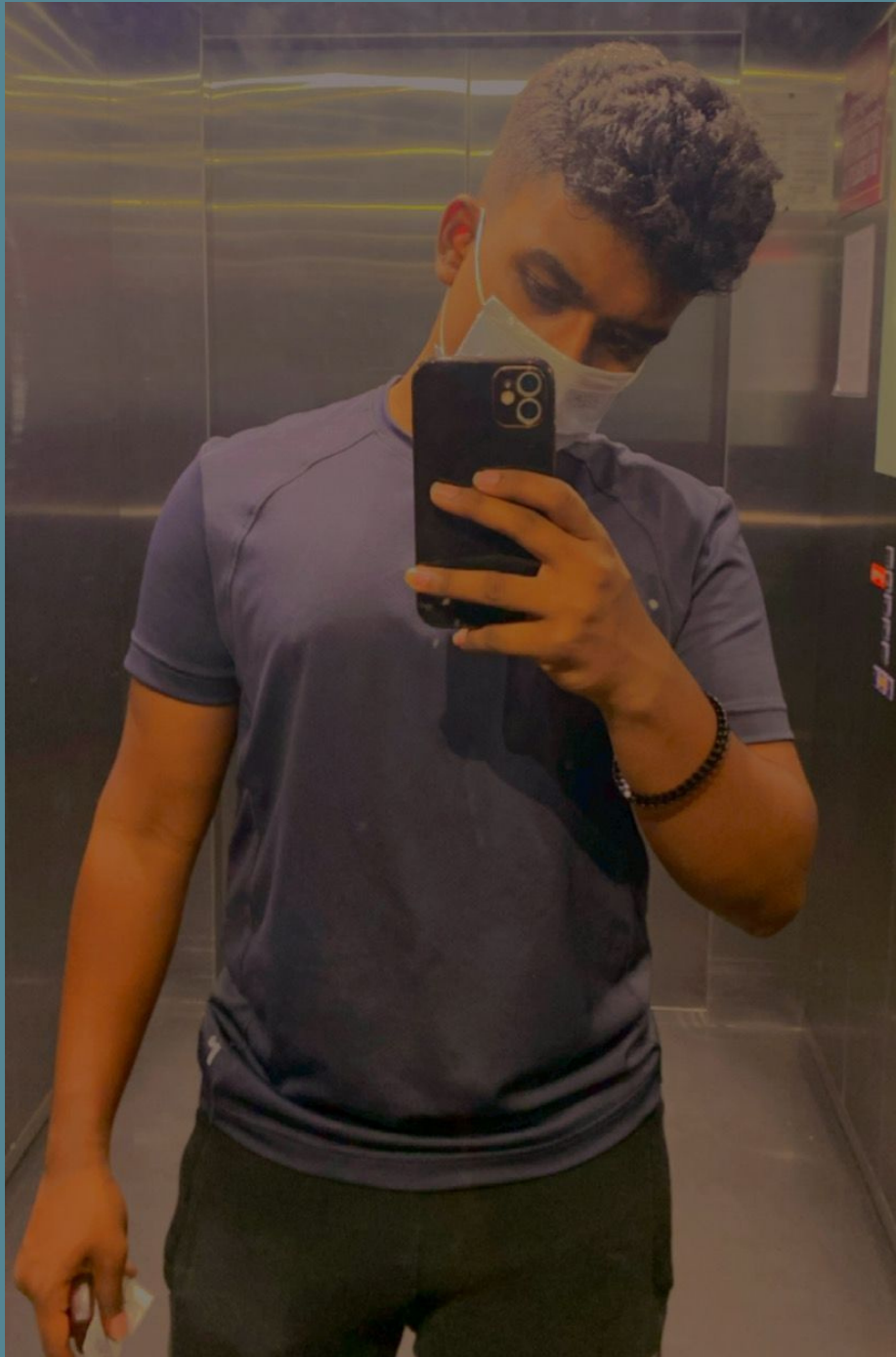
Faris Mohammed Firoze

If you wanna talk, I'm here to listen



Janaki Rajeev

Laugh until your belly hurts and then
just a bit more.



Rehan Baiju

I love playing football and driving.

'Ride or die.' - FF7



Rohan Mathew Varughese

Life only makes sense when our
highest ideal is to serve Christ.



Dikshita Nair

Professional catfish with a broken
sense of humour.



Armaan Shafan Mushtaq Khamishani Sait

Stop dreaming big; be realistic and
get a job in your dad's company.



Nasneen Haseen Raj

I laugh at my own jokes so that you
don't have to...but you'll laugh
either way cuz I'm hilarious.



Jerusa Abigail Naveen

The Office Season 7 Episode 19
@ 14:45.



Gokul Ravikrishnan

Don't work too hard.



Farha Afsal Musaliar

I enjoy painting, nature photography, travelling, playing sports, singing and making new friends. "All you need in this life is ignorance and confidence, and then success is sure." -Mark

Twain



Vinayak Sethu

Don't bark back at dogs.



Vishnu Neelanath

Fail your tests. Don't let them know the
extent of your knowledge.



Sheetal Suralal

So many beautiful reasons to be happy :)



Adithyan Shajikumar

Someday, we will say, these were the
best years of our life!



Pranav Suresh

I like food.



Ms Sreeja Bhaskaran

I am always surrounded by this young and enthusiastic group that keeps me young at heart and as such I have never actually left the campus life even after my student life got over. I believe that in life, everything happens for a reason and no person, place or thing can affect your peace of mind until your thoughts allow them to do so.



Mr Michael Abraham

A cheerful, fun loving travel enthusiast, I believe in the simplicity of life, seek for a contented life with family and look ahead with a positive attitude, for all that life has to offer. My goal is to make the best of time, talents and opportunities and give back what I can. I enjoy travelling, cooking, music and believe that the best is yet to come.

Spread a smile

As part of our social service initiative, we have taken up two activities.

"Donate a book"



As part of this initiative, we were able to provide textbooks, dictionaries, encyclopedias and several story books to the tribal communities residing inside the Kuttichal forest range. The handing over was done in collaboration with Swastika. We were able to augment their existing library of just 30 + guidebooks with 150+ books collected from our school campus. The children were delighted to get these colourful books.

"One day outing"

We collaborated with Swastika to take the residents of Karunalaya, Attingal for a one day trip to a farm. The residents of Karunalaya are all special needs individuals, mostly orphans of varied age groups. There were a total of 50 people including the staff. The cost covered transportation from Attingal to Chirayinkeezhu, breakfast, lunch, tea and entertainment programs for the residents. The trip was organised on 29th November 2021 from 10 am to 4 pm. The residents got a day out after two years of confinement within the concrete walls .

Gokul's Travels

For the past one and a half years, we've been stuck inside our homes, not able to travel and explore, thanks to the COVID-19 Lockdowns. I, Gokul Ravikrishnan, thought I would go back and recount some of my travels from before, to remind us all of what we will hopefully be able to do again very soon.

The Black Forest, Germany

Known in German as *Der Schwarzwald*, the Black Forest is an iconic woodland covering thousands of square kilometres of dark, mysterious, mountainous terrain. It is one of the most famous tourist attractions in Germany. Its name arises from the curious fact that during the winter months, practically no light reaches the forest floor, thanks to the thick, enveloping canopy. I visited here during the winter months, and it was very gloomy and moody. The atmosphere that hangs over the place is quite unique. There are plenty of shops, selling things like cuckoo clocks (which originate from this region), and *Kirschwasser*, a type of liquor from which the famous Black Forest cake is made.

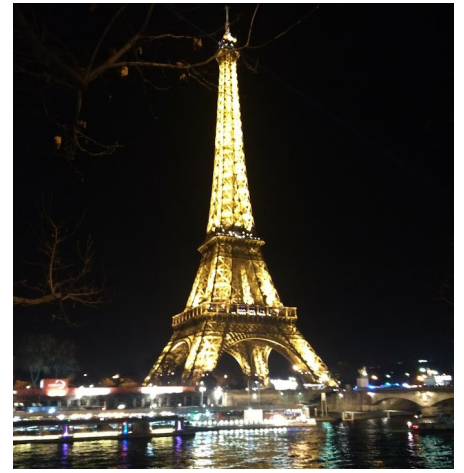


Paris

The City of Love is one of the most interesting cities in the world to visit. The most obvious attraction that comes to mind is the Eiffel Tower. Its true size is difficult to comprehend from photographs, and I found it quite astonishing in person. There are many floors which tourists are allowed to visit, and from the topmost, you can overlook all of Paris. There are plenty of shops selling various tourist and confectionery items. A particular item I remember quite vividly were Macarons, a type of biscuit which my family seemed to love, but for whatever reason, I never enjoyed them too much.



Something I really enjoyed doing in Paris was a boat cruise along the River Seine at night, which afforded dazzling views of the shining city. We passed underneath the *Pont des Arts*, a famous bridge where thousands of people attach 'love locks' to the railings as a romantic gesture. There are some who believe that if you pass under the bridge holding hands with your partner, your love will be eternal.



Switzerland



Switzerland is without a shadow of a doubt the most beautiful place that I have visited. The country has everything you could want; mountains, valleys, waterfalls and shimmering cities, to name but a few.

The first place I went to in Switzerland was Mount Titlis, a snowy 3000m tall behemoth, nestled in the Alps in the centre of Switzerland. The cable car journey to the tourist station was an incredible experience in and of itself, as we slowly advanced up the mountainside. Once there, we visited a frozen glacier cave, a quite

surreal moment. I had to cling onto the handrail as I made my way through, as it was very slippery. We also played around in the snow, making huge snowballs, and repeatedly sliding down a slope on my backside, ploughing through the thick snow. After it all, we even had a nice, hot cup of coffee overlooking the beautiful view.

Another place I visited was Lucerne, a picturesque city surrounded on one side by mountains, and on the other by Lake Lucerne. Me and my parents spent quite a lot of time by the lakeside, sipping on hot coffee, admiring the beautiful sights around us. Switzerland is also famous for its chocolate, and here, I made sure to bag myself as much of it as my parents would allow. Rest assured, I'd be snacking heartily for days to come.



Face to Face With a Doctor

By Nasneen Haseen Raj

'Doctor' is a title that is generally used to refer to people who have doctoral degrees and to registered medical practitioners. This article will take a closer look into the trials and tribulations a person must face in order to hold the title. It will also act as a guide to look back on if you are seriously considering a career in medicine. Being avid participants of the pre-medical club, we were given the opportunity to interview a medical student and a doctor who divulged a lot of their experiences and what to expect when journeying through medical school, transitioning into becoming a doctor.

The first of the two that we were given the opportunity to interview was Liya Mariam John who is currently a final year student studying MBBS in Pushpagiri College, Thiruvalla. She was invited to one of the pre-medical club sessions to share her experiences in college and provide information on what to look out for as a medical student in India. She got into her current college on her first attempt at the NEET entrance exam.

"Going down this path, you can only make it worth it if you are satisfied and you know that you'll be helping a lot of people" was what she started the session off with. She particularly stressed that you should not be going down this career path unless it is your passion. During her first year, Ms. John was bombarded with an overload of information. As medicine is an area where you cannot afford to go wrong, students are required to learn everything provided in their textbooks. Since the course was extremely exam-oriented, the teachers rushed through the portions. Naturally, she found herself exhausted by the end of her first year, experiencing a burn out phase during her second year which made her truly question what exactly she was working towards. At that point, she was simply putting in enough effort to pass her exams. "It's important to enjoy what you're doing and learning. I know studying and memorising is boring but actually being able to learn and apply the material is fun." Ms. John imparted. An example she provided to prove her point was her learning embryology in her first year and it being the one topic she truly understood, "it's not just mindless studying but you understand it and it was a feeling that I really loved." and that is what got her interested in specializing in neonatology.

Another important topic she discussed was about managing your expectations with regards to grades. In school, a strict syllabus was followed and it was quite easy to get decent marks. Since she was always a top scoring student during her school year, it was very difficult for her when she started to barely pass after going to college, eventually leading to self-doubt. "It's okay to have big dreams and ambitions but don't be discouraged if you don't get the marks you wanted." and further explained that it is alright and natural for you to fail and make mistakes but you learn from them and eventually get to where you want to be.

Another important topic she discussed was about managing your expectations with regards to grades. In school, a strict syllabus was followed and it was quite easy to get decent marks. Since she was always a top scoring student during her school year, it was very difficult for her when she started to barely pass after going to college, eventually leading to self



doubt. "It's okay to have big dreams and ambitions but don't be discouraged if you don't get the marks you wanted." and further explained that it is alright and natural for you to fail and make mistakes but you learn from them and eventually get to where you want to be. She really wished she had someone to tell her not to let her failures define her and reassure that she would make it.

Being told off for almost anything and everything is also a part of a medical student's life, regardless of it being your fault or not. These harsh experiences are exactly why it is so important to make sure that you have a drive and something that keeps you going. Another incident she shared was when she was history-taking for a patient with COPD. Patients with COPD naturally cough a lot and being questioned during case-taking for over 45 minutes had caused him to lose his temper. "It was a good lesson because although to us they may be study material, it is important to remember that they are people with needs and you are required to treat them well." Ultimately, all these experiences are what makes you a strong doctor so it is very important to do your job with honesty. Finally, she stated that she is not able to completely prepare you for the hectic yet beautiful experience that medical school is. Your self-esteem might reach an all time low, especially since medical school is a collection of extremes that truly test you. She recalled that her father, who is a doctor, told her that "the MBBS life is a train that needs to fall into a track".

Why capitalism?

By Rishi Ramdas

Albert Einstein wrote an essay titled "Why Socialism?" on why he despised capitalism and why he believed socialism was the better way forward. If you know anything about me you would know that I profoundly disagreed with almost everything he said in that essay. Here is my take on why I think capitalism is the better system.

Marxian theory has always failed to understand the clear functioning of capitalism. There is a core marxist belief which exemplifies this. It claims that the profit of a business is created fully or mostly by labour, and that the lion's share of the profit going to the entrepreneur instead of the labourer is theft. Nothing could be further from the truth.

Let's take a look at an example to explain why the capitalist deserves the larger share of the profit. Imagine you are a valet parking attendant who works at a resort 10 hours a day and is paid 15 dollars per hour. This means that you are paid 150 dollars per day. One day, you decide to calculate how much money that the resort makes daily with your 10 hours of labour. To do this you count the number of cars you park in 10 hours.



You find that in 10 hours, you parked 100 cars. Since the resort charges each customer 30 dollars to park their car, the resort received \$3000. This leads you to think that they are only giving you \$150 out of the \$3000 that *you* created and kept 2850\$ for themselves. In your point of view, this is an extremely unjust system as the large majority of revenue earned from your work is being kept by the resort.

In my opinion, this is a gross misrepresentation of how a firm operates under a free market economy. Consider this: did the customer pay for the labour alone or is it because they value the services provided by the resort? If the same consumer went to a small coffee stand on the street, would they spend \$30 for their car to be parked? They most likely won't even spend \$30 on the coffee. So it is key that one understands that the price the consumer is willing to pay is not because of the labour, but the service that has been created by the capitalist.

The Marxian view fails to mention three crucial factors when it comes to the aforementioned example. Firstly, the capitalist had the idea for the business. The labour does not think of the idea; the capitalist does. Without the idea, there is no business. Second, The capitalist organizes the business, which is no easy task. The final factor — risk — is what entitles the entrepreneur to the lion's share of the revenue. It is considered to be an economic fact that the reward for risk is profit, and keep in mind that risk being rewarded for profit is not just an opinion that I hold. If the resort had a bad month where they didn't make much profit, the owner does not have the luxury to go to the labourers and say "My bad folks, it's not looking good for us this month, I won't be paying you this month" They still have to pay their workers, so what happens here is that the labourers are trading in a fixed wage for security. The entrepreneur takes the risk and gets a higher income, going off of the possibility that the entrepreneur may not get any money at all. They may even lose money if the company is at a loss.

This is only the core Marxist argument, and there are a million other critiques against capitalism that are ill founded. Of course I make no claim that it is a perfect system; capitalism is without a doubt fallible, which is why you won't find many free market supporters wanting a purely market economy. Most supporters of capitalism want it partially mixed, although without as much government intervention as some socialists would like. Minimal government involvement has always been key for great success and growth.

Unfortunately the space I have here is far too less to explain the true follies of socialism, if you are truly interested in understanding more, you can [click here](#) for the rest of my thoughts.

My Golden Journey

By Sheetal Suralal



If there's one thing I want to express to you, it would be "Thank you for showing me the true meaning of unconditional love." I'm so glad that he was the puppy we picked and that we are lucky enough to get the chance to raise him. I love all the fun we've had together and I can't wait for more adventures with you as you get older. Even in the darkest moments, you have managed to put a smile on my face. In my eyes, you're just the cutest, sweetest, and softest little fur ball anyone can ever imagine. You make me laugh and smile every single day of my life and make me feel like I matter.

Sometimes I wake up in the middle of the night and I can feel your warm little body squeezed in a little nook somewhere next to my body, and my heart just wants to burst. Watching you grow everyday, learning new things and developing the loveliest personality made our parents prouder than I could ever make them. Though you can't speak, your actions and your eyes speak a lot more than the people around me. In a world where I was struggling to find my own place, you made me your priority and for that, I'm forever grateful. In all my life, I have never known a love as beautiful as the one I am experiencing with you, and I know many will relate to this. While I was at school, I remember that I would look forward to coming home just to be around you. I love watching you sleep, choosing your outfits, clicking your pictures, seeing your head peek out of the window while I'm attending my online lessons.

Social Service

By Farha Afsal Musaliar

Many students look up to their senior council members, hoping to reach the same positions one day. At the same time, a few students tend to push away the opportunity to get into the student council, thinking that it is just another far-fetched idea. I was one among those students, but luckily started gaining enough confidence to try out new things. I tell you, giving something a shot will never be regretted, but losing golden opportunities thrown your way is something that you will regret for life! Sorry if that sounded a little overdramatic, but I assure you that this is the truth! Hearing that I got elected as the Social Service Secretary, I was overjoyed to get into the council, but slightly disappointed at the same time as I hadn't gotten the post I'd stood for. With some previous experience in the council, I started working for my post. Working alongside the rest of the senior council members, and coordinating with the Principal, Vice Principal and other teachers, I began to realize that the post was perfect for me. Given the current covid outbreak, we were restricted to working in online platforms.

The first project I had to help with was to carry out rice donations to the Chavara Home, which was a monthly social service contribution that all students engaged in when going to school. We had to sort out a way to continue with this contribution, given the fact that we were all stuck at home. Working with my teachers, I got all the required information to draft an email to all the parents. Through the email, we requested them to drop in a small amount of rice and green gram at school, when coming for book collections.



This social service drive was a big success, having received a total of 465 kgs of rice and 124kgs of green gram. I was more than happy to be a part of this event, and eagerly looked forward to working on the next project.

The Trins Broadway is our school's annual fundraiser event, where tickets are sold to the public, and the money raised goes for charity. Owing to the adverse circumstances brought about by the pandemic, we decided to move forward with a brand new initiative. A cake fest in December! This was exciting news for us all, but we knew that it required a lot of engagement and coordination. I helped out by creating a preorder form, with details coming in from the teachers. With this being my first time involving in such an event, I overSAW the technicalities behind it. The form seemed incomplete and the questions were too vague, but when we started working together and kept deadlines for it, the never ending period of corrections was finally over!



Next, we thought of informing all the students about this event, so we decided to go into different classrooms during their form lessons and talk to them about the fest.

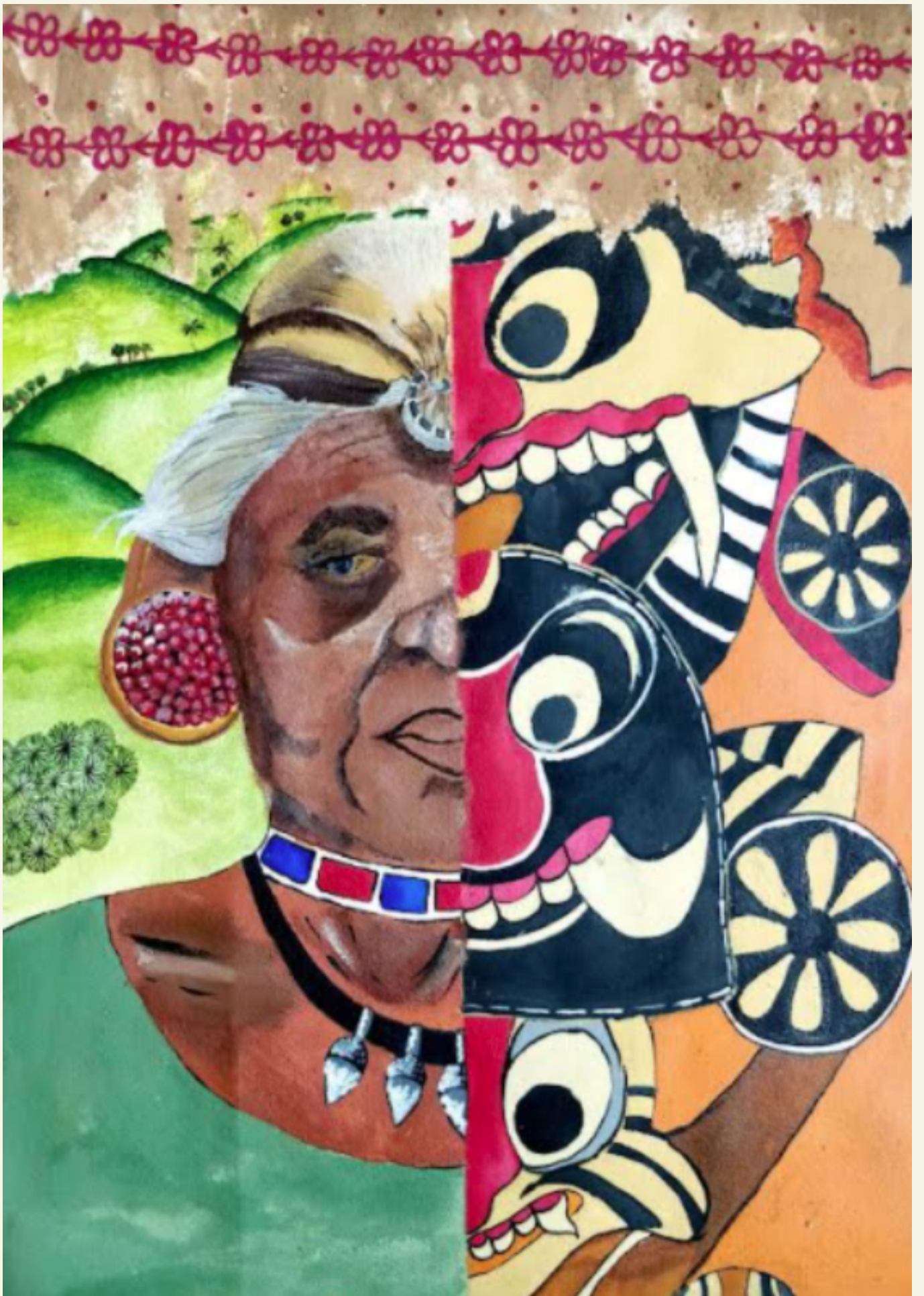
I had to talk to grade 7A, so I went into their classroom. It was so much fun interacting with the kids, and I even got permission from Miss Bindu, their class teacher, to spend the entire lesson with them! We chatted away about marvel, argued a little on it, until it was time for me to leave. Our final move to make this event successful was to reach out to as many people as possible, requesting them to contribute to this charitable event. For this, we coordinated with the editing team to get a poster made, and Bright from grade 10 did a marvellous job creating it. It's high time I used an inspirational quote, so let me google one up. Wait for it...Here, This one's perfect! Quoting Henry Ford, 'Coming together is a beginning, staying together is progress, and working together is success. Wow, now that's what my writing lacked!

Being part of the council has made me a way more confident person, and helped me take up responsibilities like never before. I'm so grateful for this post, and I want all of you guys to know that working for the council brings the best in you! Having said this, don't be disappointed if you aren't elected into the council, cause there's plenty of other ways for you to contribute! I've still got another 7 months to enjoy working for the council ,so the journey goes on...

Art
By Grade
12A2

By Janaki Rajeev







By Farha Afsal Musaliar









Biodiversity in TRINS

By students of Grade 12A2 Biology

The ability of photography to transcend languages and help us understand our connections to all life prompted the Biology students to take up this article for the class magazine. Human Impact on the planet has placed millions of plant and animal species in immediate danger of extinction. What happens next is all in our hands. Nature is resilient if we give it a chance. We have clicked some pictures to showcase the biodiversity of our campus which still gives a harmonious space for all the flora and fauna. The presence of lichens in the campus is an indication of no pollution. We follow the no plastic policy inside our campus and that helps the premises being kept clean and pollution free.

A variety of spiders are common in our school's ecosystem, some examples being: *Nesticodes Rufipes* (Red house spider), *Hippasa agelenoides*, *Chylobrachys hardwicki*, *Plexippus paykulli*, *Argiope catenulata*, also known as the grass cross spider, and *Tibellus elongates*. *N. rufipes*, which is shown in the photograph, was first identified by Allan Frost Archer in 1950. It is a small red-bodied spider which is venomous but not to humans. They are common in homes, usually observed to build webs at dark corners and under furniture. They often prey on insects including mosquitoes, flies and ants.





Papilo polytes (common Mormon)

Of the 121 species of butterflies and moth species found in Trivandrum, Our campus forms the ecosystem for many of them. *Talica niseus*, *Nacaduma hermus*, *Arhopala alea*, *Ariadne merione*, *Danaus chrysippus* etc. are some of the commonly found species.



Papilo demoleus (Lime butterfly)



Dravidogecko amamallensis



Idea leuconoe* (Mangrove tree Nymph) on *Ixora coccinea

There are various different types of reptiles found in our campus. Recently, the workers found at least 3 snakes *Pantherophis obsoletus* mostly harmless ones. There are also various species of chameleons and lizards that have been using our campus as their habitat and have not been disturbed by human presence. *Calotes versicolor* (Changeable lizard), common house gecko (*Hemidactylus frenatus*), *Ptyas mucosa*, commonly known as the oriental rat snake, Spotted house Gecko (*Hemidactylus parvimaculatus*) etc.



The trees in our campus provides the habitat for diverse species of birds like the Greater Racket-tailed Drongo (*Dicrurus paradiseus*), Brahminy Kite (*Haliastur indus*), Oriental Magpie-Robin (*Copsychus saularis*), Black-rumped Flameback (*Dinopium benghalense*), Black Drongo (*Dicrurus macrocercus*) etc.

Why do we need to study and conserve biodiversity? There are lots of reasons:

1) Moral reasons - A culture that encourages respect for life and landscapes is preferred Biodiversity is also considered as source of cultural identity.

2) Aesthetic reasons - All natural beauty including landscapes and species that enrich the lives of humans should need to be conserved.

3) Providing important natural functions - Ecosystems serve humans by providing different varieties of food, and are responsible for clean air and water. Microbes in an ecosystem decompose dead plants and animal remains, forming soil and a healthy atmosphere.

4) Biodiversity is responsible for economic benefits to society via tourism, research, recreation and education

5) Endurance of evolutionary processes.

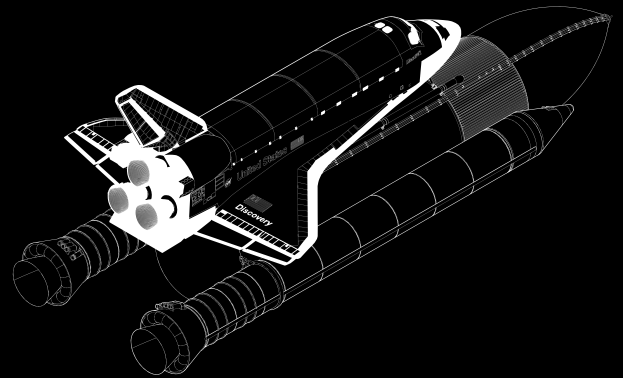
6) Insurance. To ensure conservation of resources, to avoid future extinction of species and to benefit humans for future use. Unfortunately biodiversity loss is a growing crisis throughout the world and there is a need where humans can coexist with nature .Our campus is the best example of this.

Militarization and Weaponization of Space

By Pranav Suresh

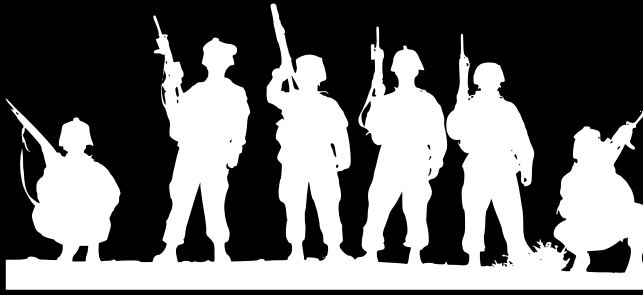
What do you get when you mix the ever increasing greed of humans to become the best, 1950's technology and the dreams of millions of people throughout the course of multiple millenia?

An international dispute between two of the most powerful countries over the once considered impossible achievement of landing humans on the moon known as 'The Space Race'. Not only did this race provide enthusiasm to the United States and the then Soviet Union, it brought life to dreams and hopes of many optimists and opportunists throughout the world.



Though only the United States were successful in their mission to land on the moon, the space race catapulted the birth of astronauts and space enthusiasts everywhere. However, with great power comes great responsibility and finally the power to command over space had led to numerous countries sending satellites for both scientific purposes and also the controversial military purposes and hence the rise of a foe had arrived, a monster of our own success: 'The Subconscious Militarization And Possible Weaponization Of Outer Space'.

The rise of militarization, though inevitable, is frowned upon by many as it brings a multitude of alarming problems to be faced by each and every country. I say the word subconscious due to the fact that creators and optimists were so intrigued by the positives of space exploration and exploitation that they have grown ignorant to the possible threats posed by these then futuristic devices. Just like how Hannibal Lector managed to capture the protagonist Will Graham in a state of trance in the 2013 series 'Hannibal', us humans were also blinded by the shining ray of hope that satellites gave us. But little did know that this was the beginning of one of the most sought after agendas in the past 15 years. One can define militarization in a number of ways but the most common definition is the use of satellites for military purposes. Though militarization is often shown and portrayed in a negative light especially in movies and pop culture, we forget that militarization has a series of uses that helps in our everyday lives as well as national security. The only negative impact of militarization of space is the ability to invade a country's privacy and internal affairs and to prevent that a set of rules must be formed. Sounds easy right ? Not quite. The formation of any set of rules regarding any matter is always bound to flaws and the same goes to the space laws. There can almost never be a set of governing principles that can be deemed perfect and hence there is always room for misuse of spacecrafts.



The weaponization of space is a topic that deserves more attention as the simple misuse of a single satellite that has a weapon can be the cause of havoc for the entirety of mankind. What makes this even more terrifying is the possibility of the hijacking of power over a satellite with a nuclear or kinetic weapon.

The fact that satellites have already been hacked in the past bring more reasons why to never incorporate a weapon of mass destruction into the arsenal of function a satellite has. And yet we still have an argument for its implication due to the need for intergalactical protection which includes the eradication of asteroids or space bodies that could pose to be harmful to mother earth.

As any student and follower of the chemistry teacher turned drug kingpin commonly known as Walter White a.k.a Heisenberg, all alkalis are bases but not all bases are alkalis. The same goes with this agenda, as all weaponization is militarization but not all militarization is weaponization. Though it may be a rude awakening for many, militarization is a key part in the development of a sustainable future as it is important in warfare as well as soldier tracing and therefore is needed for ensuring national security of any country. Weaponization on the other hand is too risky of a concept to be stated as 'essential'. Only time can tell whether we might actually incorporate this potentially game changing instrument into the weapon vault of the military but we can be sure that whatever action is taken upon this agenda by the United Nations, it is surely for a reason and this reason will eventually be a part of what constitutes our understanding of protection.

The Beautiful Game

By Rohan Matthew Varghese



Everyone has that one mind-blowing incident that happened in their lives which gave them a reason to believe that anything is possible. Mine came in football. The experience I want to share is about how I won my first tournament and developed a passion for football. I began playing football when I was 11 years old in the Indian Talent Academy. My first football team's name was Predators F.C (now known as Al Zad F.C) . I started out as a goalkeeper because of my prior experience as a wicketkeeper in cricket. I played that position until I entered senior school. Watching my seniors play football and the craze that was shown by the people there made me fall completely for the game.



It was in the year 2018 that our team made the headlines and this is that mind blowing event that I want to share with you guys. Our team registered for an u-20 tournament when our team consisted of players aged only 15-16 years. We fought our way through in the group stages and finished second. Then we went on to win the quarters and semis but I want to talk to you guys about the finals. We were playing against the best team in the tournament and the team that consisted of at least four to five 20 years olds. This team had cruised through all the games with at least a 3 goal difference. It was going to be the toughest game we were going to play. The final was enthralling as we surprised them with our game. They didn't expect us to play so well and during the second half of the game things started to heat up, they started to play rough and injured a minimum of 3 players in our team including me as I broke my pinky finger, the game headed to its final seconds. It was a very intense game and as the goalkeeper I kept cheering on my teammates until the last second and the game finally headed towards pens.

We had to take the first shot and our captain stepped in to take it and 'Bang' top left corner , it was a beautiful goal. Next up the opponent team's forward comes in to take the penalty and he puts the right past me as I dived to the wrong direction and the ball rolled into the left corner of the post. Next up I stepped in to take the penalty as one of my strengths was shooting and ' Boom ' i shot the ball and hit the goalkeeper's face and the ball deflected right into the post.

The opponent team really did get angry at this but since it was a legal shot their hands were tied and I guess maybe that's why the captain of the opponent's team stepped in to take the next shot and it went straight as an arrow to the top right corner. There was nothing much I could do about that as it was a fantastic shot. For our final shot our main offensive player took the shot and as expected he netted it. The pressure was on me now to save the final pen and the whole atmosphere was intense. No one believed in the underdogs but we couldn't bother about others since we believed the tournament was ours and the cup would sit in the trophy stand of our club.

This time their main offensive player came in to take the shot , he placed the ball and looked at me dead straight in the eye warning me that this was going in and I gave him a look back telling him ain't no way that's going to happen when I'm here. He positioned himself and looked at the right side of the post and stepped in and took the shot and I didn't know what made me do it but I stood right in the centre and the ball came straight like a bullet over my head which I punched and cleared away. There was a moment of silence as everyone stared at the ball flying away and I broke the silence in the air with a loud shout "WE DID IT". Yes we did it, Al Zad won its first tournament beating all expectations and made a mark in Bahrain football. We did go on to win many other tournaments after this but to this date this remains my favourite and most memorable tournament and as it made me believe that nothing is impossible even if it may seem so.



Introverts, Extroverts, Ambiverts?

By Dikshita Nair

People's personalities are often categorised into types, three common ones being: extroverts, introverts and ambiverts. Extroverts are commonly described as being outgoing and talkative. At the opposite end of the spectrum, there are introverts who are said to reserve themselves to smaller social circles. Ambiverts are people who often show traits that are common to both extroverts and introverts, depending on various situations that they are placed in.



These three types are not static and often fall into a spectrum with introverts and extroverts at two opposite extremes and ambiverts falling somewhere in between. A lot of things in life are quite easy to categorise but this is not the case for an extensive topic that is the introvert-extrovert spectrum. This spectrum shows a possible way in which personalities can be categorised, but is it truly capable of evaluating how outgoing a person is? Kyla Flanagan, an education researcher at University of Calgary, disagrees. She says that it is a common misconception and that instead of looking at how shy or confident a person is to classify them as introverts or extroverts; "you should look into where they get their energy from; groups or in solitude". Introverts usually spend their energy while socialising, whereas extroverts recharge during those moments and therefore thrive on them.

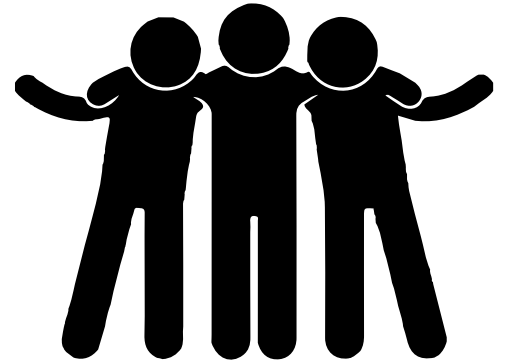
Differences between the two extremes

People usually fall in between both ends of the spectrum and show behaviours of both categories. Yet, there are also people who possess traits that exclusively belong to a single category. What differentiates the two? Extroverts are more likely to make decisions quickly and they prefer speaking more than listening. Their action-oriented nature also makes them easily distracted. Extroverts are excellent communicators, their high levels of confidence aiding them in doing so. Contrastingly, introverts are reflective when it comes to decision-making. They also prefer listening more than speaking. They are more introspective, self-aware and focused. While extroverts love being the centre of attention, introverts are more observant and prefer being sociable with people they are familiar with.

Personalities are not something that can be consciously chosen, instead they develop as a person grows, especially during the early stages of childhood. This is due to the influence of genetic and environmental factors. In the case of ambiverts, neither introversion nor extroversion dominates their behaviour. They are people who do not get exhausted during a night out in a group or get bored with a night in, settling with a book.

Pros and Cons

One of the key advantages of being an extrovert is that their confidence makes them appear more competent, making them a favourable choice (particularly when applying for jobs). They are easier to understand and therefore relate to, often having more eventful lives than the average person. Being able to engage with others more easily may make it seem like they have an advantage.



However, this does not mean that everyone is expected to adopt extroverted habits. Extroverts are more likely to rely on others to make them happy. This makes them vulnerable as they have a tendency to attract the wrong types of people, especially since they are prone to taking risks too. Their never-ending energy can sometimes annoy people, along with their inability to control their emotions in many instances.

Introverts have their own quirks too. Although they are commonly criticised for their lack of participation in numerous situations, they will never be labelled as needy, obnoxious or disruptive. They value their own space, physically and emotionally, and therefore respect others' need for space. They are independent individuals, often seen as the "quiet ones" and their observant nature allows them to have an enhanced understanding of the people that surround them. Not to mention, they are great listeners that take mental notes and really focus on what the other people have to share with them. Taking that into consideration, introverted people also have the ability to block out all distractions when they are focused, a key trait that can be useful in many stages of life (especially in their work/student stages). Once again, they have their downfalls too. Their quiet nature can also be detrimental, making them come off snobbish or weird. They often get described as being aloof and cold, strange and even selfish. They are also more likely to either get left out when it comes to party invitations or remove themselves from the mix. Similarly, they get overshadowed by others, especially in the classroom or at the workplace.



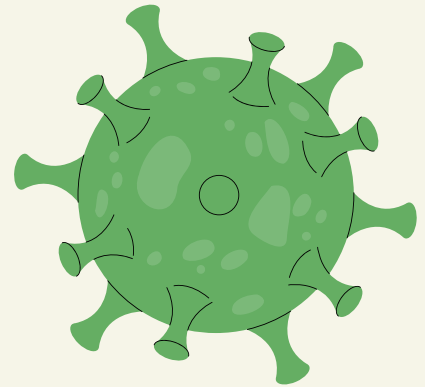
Extroverts were always the ones thought to have the people skills and competence to achieve great things in their careers, but research has shown that ambiverts are the ones with traits for career success. What makes them successful? Their ability to adapt to different scenarios and they are *capable* of reading the room and acting accordingly. How is this different from extroverts? They do not know when to tone down their outgoing (maybe even overbearing) personalities, but ambiverts are capable of doing just that. They are also different from introverts in that they know when to stop observing and speak up. Being socially flexible allows ambiverts the accessibility to a wide variety of people with a plethora of different personalities. Although these extroverted introverts may now seem to have the best personality at the moment, they have their shortcomings as well. One of the key skills they are required to master (and often struggle with) is having the self-awareness required to bring out the different sides of their personalities. However, they should also be sure not to force themselves as this may result in them feeling drained, which is why it is important for them to set boundaries.

Ultimately, personality types and traits are just means by which a person can understand themselves and others better. If someone's personality cannot be categorised into any of the discussed types, it does not mean that it makes them any less of a person. It is also important to remember that none of the personalities discussed thus far is superior to one another. They all have factors that may make them seem more appealing than the others, but they also have drawbacks. These just play into making each trait unique from one another.

Hat-trick with COVID-19

By Faris Firoze

As we all know we are all going through a phase of the pandemic since 2020 and it has ruined most of our lives to an enormous extent. Many people have already lost their lives trying to fight the powerful Coronavirus.



As I write this, there are people still suffering from its effects and aftereffects. A fun fact is that the author of this article has contracted COVID three times in the last two years and he still lives to tell the tale.

The first time I tested positive was in the beginning of the year 2020. It started off with a mild fever and went on to be quite severe as I had been bedridden for three weeks. Half the time I couldn't even stand on my own feet, let alone walk. But due to the fact that this writer is an absolute beast, he survived the first wave. During the second attack, which was not too long after the first, I only had a mild cold. The third time I tested positive was quite serious as I was coughing my lungs out. What I understood from the hat-trick with covid is that it doesn't matter how many times you get infected; in the end it all depends on the prayers and care you get from your loved ones.

From my experience with COVID, I have found that I could not trace as to whom I got it from. Masks and social distancing are here to stay and with the present Omicron scare we still have to keep ourselves safe. I pray for all the people who have lost their near and dear ones in the past two years and hope that our lives will return back to normal soon, so that children can freely play in playgrounds and I can go to theatres to watch movies with my friends in peace.

My life in TRINS

By Adithyan Shajikumar

A little over 12 years ago I was four and half years old. I remember my first day of school. I was just walking in through the doors of Trins with my uncle where Miss Sujatha was the head of Junior school. I have had many memories over the course of my KG to Senior school journey.



But this is how things are different. Twelve years ago I was excited to start my journey, but I did not know the ideas or where to start off with. However my teachers helped me find that ideas and gave me a goal to achieve.



This is a picture of me acting as a starfish on stage. Beside me is my first ever class teacher Miss Ritu who has been supporting me all these years. Thank you Miss, you gave me the strength I needed to take the next steps toward my dreams and for the Journey at Trins.

The phrase "school life is the best life" says that life is about learning something new. My school gives us a good education, a happy experience, a temple of knowledge and so on. This is an important part of human life. It is freedom from the care of students and great joy.



Trins school campus is a meeting place of students and teachers. In Trins, we have had opportunities for all the students read in a spirit of togetherness, they forget their joys and sorrows.



In 2017 I had the opportunity to attend a global conference (Escaping the Ordinary) at Welham Boys School in Dehradun as part of Trins School. We gain opportunities for international exposure and participation in Round Square conferences, and the conference had extensive activities, service plans and learning opportunities, making it an enriching wholesome experience for the students. RS is a philosophy embedded in the fabric of the school. It has become part of our morality, so it is an integral part of the school. Meeting new friends, going on adventures, and learning new cultures were all exciting experiences. All the students who were with Miss Cini Raj were very happy.



For the past five years I have been a member of the Trins Hostel. My hostel life during this period was a sacred life. For me, my Trins hostel is home-from-home. Hostel life changed my life. The atmosphere here is perfectly conducive to learning and to the virtues of home life such as co-operation, empathy and self-management. If a student takes it seriously, they can develop all the qualities of a good citizen.



During my stay in the hostel I was able to get rid of the usual anxieties and worries as a student. I was able to focus my whole mind on learning and, in addition, participate in social activities and learn many virtues from my senior students.

Most of the people who have spent in school are the happiest and happy days of our life. There are so many memories of school life which we remind every time. School days fills our mind with happiness and nostalgic memories of happy days of yesteryears.

Dr. Seuss once said, "You're off to great places, TODAY is your DAY, Your mountain is waiting, so get on your way!"

The Race

By Rehan Baiju

Michael Schumacher has been my inspiration for taking Racing as my hobby. I watched him when I was in fourth grade and got instantly attracted to Formula One racing. He is a German former racing driver who competed in Formula One for Jordan, Benetton, Ferrari, and Mercedes. Schumacher has a joint-record seven World Drivers' Championship titles in F1.



My father also promoted my hobby by taking me on racing with him. I used to sit on his lap while he rode his Benz. I enjoyed every moment of it. I started racing in the year 2020 during the pandemic. There was a selection for qualifying for under 18 endurance race. There were drivers who were more experienced and skilled than me. I had the confidence that I can come in the top three even before the race. I never had such belief in myself during my academics, but maybe because this was my passion I wanted to prove that I could be the winner and suppress any limiting beliefs.

My player number was "4" but I felt "7" was my lucky number and could have got that. But nothing mattered at that moment. My Uncle and my instructor were there to calm me down and give me confidence to start the race. All the drivers went for track walking to understand and take note of the braking line, racing line, few tight corners etc. The race starts when the flag is lowered. I had a good start and immediately picked up pace and maintained my position at the third place. Now my aim was to get to the first place. It was quite a tough job, Suddenly while the second driver tried to do a risky overtake they crashed into each other and that left me at an advantage though I would have wished differently. Though I won the race, I would say that in the end It's not about the position that matters but how much you lived and enjoyed every moment of it. I would apply this lesson in my life too - My life is not a race - It's not about winning but what good I do with it.

From the Class

Teacher

By Sreeja Bhaskaran

Early morning, I woke up as usual - first to wake up in my family and watch the quiet sky and the lush green covering below from my balcony on the sixth floor. While sipping my tea I watched the two pigeons fly by and sit on the railings. Under normal circumstances, I would have shooed it away as it was quite a nuisance in our building. Most of the occupants have covered their balconies with a net to keep the birds away. On that day I was too lazy. So I just sat there and watched them. They made this sound which kind of blended with my morning view. After my tea and reading the newspaper, I went on to wake up the kids and go on with my day.

At around 9.00 am when I walked into the dining area from my bedroom ,to my horror ,I found one of the pigeons there -Inside my house. It came all the way to the dining area through the living room as if looking for something and the best part was when I tried making noise to let it fly off, it just fearlessly walked back towards the balcony-the way it had probably come inside. The other pigeon was waiting there on the railing.

I knew that the frequent visit by the pigeon was out of place.

The very next day I saw the mother pigeon sitting on an empty pot as if to lay an egg. I quickly shooed it off ,but it came back pretty soon. Once I was busy with my day I got little time to pay attention and when finally I came back in the evening I saw the mother bird sitting there with her egg



Now that it was there, I did not feel I should disturb the bird. Maybe it felt that the place was a safe haven. The following day the bird laid another egg and both the parents took turns to sit on the eggs.

The following week the eggs hatched and out came the fluffy yellow chicks. The mother pigeon was overprotective. She did not move the whole day. The chicks just under the warmth of her wings were well protected .



My balcony was a mess. Every week I had to clean .The parents used to sit in the nearby balcony and watch me closely ,but they never were afraid to leave the chicks in my care. Something of a trust had developed between us. They knew for some reason that I meant no harm.

From the laying of the eggs and the chicks growing up to seeing them fly away, the time was a joy in itself, though it happened too fast. I felt like I was fast forwarding and watching my life. I somehow compared the chicks to the batch of students who come to me every year. Being the class teacher of this adolescent group has been different. When I welcomed them in the 11th grade I could see the hope in their faces, but at the same time an identity crisis too. They were all different, unique, but one completed the other to make the class a whole. They belong to the era of teenagers who have been confined for almost two years- the whole of their senior school life - inside their houses without any complaints during the pandemic. They sometimes were confused and messed up, just like the pigeons made a mess of my balcony, but they were there for each other to clean it up.

Soon, within months, this batch too wil spread their wings and be ready to fly and I will watch yet another farewell and bid them adieu .Time will carry the memories of friendships and precious relationships forward as well as wipe it clean. I always compare myself as this boatman who makes the passengers cross the river and go on to get the new ones aboard. All the best to another batch of my wonderful students! My little pigeons, now all grown up, do often come to visit, though I can't distinguish them. Hope my students will come back often to relive the memories of their School days from time to time. Wishing them all the best!

Thank you for
reading!