



GAVEL BUZZ

OMAN GAVEL NEWSLETTER

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CELEBRATING THE VOICE OF GAVELIERS



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From The Chairman's Desk

**Cyprian Misquith, DTM,
Chairman**



"You will never be good enough for everybody, but you will always be the best for someone who really appreciates you"

Happy New Year 2024!

The last year 2023 was a year with a lot of activities for me. I had the opportunity of travelling on holiday during the year. One great learning opportunity I got was attending the World Championship of Public Speaking 2023 in Bahamas. The training was remarkable which helped me introspect myself and realign myself to work in teams. You too, as Gaveliers must have got opportunities where you have improved upon your communication and leadership skills.

The semifinal of the Oman Gavel Championship of Public Speaking 2023 was conducted on Thursday, 8th February 2024 among 33 Gavel clubs in Oman, there were around 264 contestants who contested in the semifinals. The winners of the semifinals will be contesting in the finals which will be held on Friday, 9th February 2024 at the Indian School Al Wadi Al Kabir, Main Hall. We expect marvelous presentations from the Gaveliers. The Counselors have done a remarkable job of training the Gaveliers throughout the year at the Gavel clubs and it is good to note that most of the gavel clubs conduct their regular meetings in person. I express my gratitude to all the counselors and Toastmasters for all their cooperation, thus making OGCPS 2024 happen.

We may encounter a lot of challenges in life, how we overcome those challenges is for us to think and come up with solutions so that we develop ourselves and become a better person in life.

I wish the Gaveliers and the Counselors, all the best for the Oman Gavel Championship of Public Speaking 2024.

"Future is not what we have planned tomorrow, actually it is the result of what we do today."

**Cyprian Misquith, DTM,
Chairman,
Oman Gavel Championship of Public Speaking 2024,
Sultanate of Oman**

From The Editorial Desk

Manoj Ranade, DTM
Editor -Gavel Clubs Newsletter - Gavel Buzz



Dear Esteemed Members of all Gavel Clubs in Oman,

At the outset, let me congratulate each & every one of you for completing another year as a Gavelier and continuing this wonderful journey of communication and leadership development.

With the release of yet another scintillating Newsletter, the Gavel Buzz, alongside the Gavel Championship of Public Speaking 2024, it is with great pleasure and enthusiasm that I address each one of you, the vibrant and dedicated individuals who make up this vast, esteemed community of 50 odd Gavel Clubs in Oman. Your collective commitment to personal growth, communication excellence and leadership development, is indeed extremely commendable and awe-inspiring to all.

As we embark on this new year, it is important to reflect on the journey we have undertaken together and the milestones we have achieved. From overcoming communication barriers to stepping into leadership roles with confidence, each one of you has contributed to the success and glory of the Gavelier community. Your dedication, perseverance, and passion for self-improvement are truly inspiring and serve as a testament to the transformative power of Toastmasters in general and Gavel Clubs in particular.

In the face of several challenges and uncertainties, the Gaveliers community has remained resilient and united, demonstrating the power of mutual support and collaboration. Whether it was through virtual meetings, hybrid events or in-person gatherings, your commitment to growth and learning has never wavered. Despite the distances that separate many of you, the bonds of friendship and camaraderie forged within the Gavel Clubs continue to strengthen and flourish.

As we look forward to the endless opportunities and possibilities that await us in the coming months, let us reaffirm our commitment to personal and professional development. Please do seize every opportunity that comes your way, to learn, grow, and empower each other to reach new heights of excellence. Together, you have the potential to create a big positive change not only within yourselves but also within the society you live in and beyond. I encourage each one of you to actively participate in Club meetings, take up roles, participate in contests, workshops and other activities that will further enrich your Toastmasters journey and enhance your skills. Remember, your active involvement not only benefits you personally but also contributes to the collective success and vibrancy of your Gavel Club in particular, and the community of Gavel clubs in general.

As the Editor of this year Gavel Clubs Newsletter, the Gavel Buzz which attempts to reach out the voice of Gaveliers to the entire schooling ecosystem in Oman, I am committed to providing you with informative, engaging, and inspiring content that reflects the diverse interests, rich experiences and unique talent of our members. I would like to thank all those who have shared their articles, stories, poetries or creative pieces in the form of art and would urge all readers to celebrate your success and learn from your experiences and achievements.

Together, let us continue to inspire, empower and uplift one another on our wonderful journey of self-discovery and growth. With passion in our hearts and determination in our minds, there is no limit to what can be achieved together as a community.

Thank you once again for your unwavering dedication and commitment to excellence. I am deeply honored to serve as the Editor for this year Newsletter and look forward to much such intriguing assignments to service the Oman Toastmasters Gavel Clubs in the future.

Warm regards and wishing all of you the very best.

T M Ann Thomas
Coordinator - ISG Gavel club



CONQUER YOUR FEARS; BELIEVE IN YOURSELF

"Believe in yourself, take on your challenges, dig deep within yourself to conquer fears. Never let anyone bring you down. You got to keep going."

We are all on a journey of discovery which will be made both more pleasurable and successful if we believe in ourselves. You are a work in progress, on a never ending journey. What's important is to keep moving forward, ensuring you're heading in the right direction.

If you believe in yourself anything is possible, as long as you work hard enough to achieve your dreams, having the determination and persistence to never give up no matter how many times you get knocked down or take a wrong turn. Without a belief in your own potential and abilities, you are doomed to failure.

Gaveliers, are you living the life of your dreams? Do you desire to follow your dreams?

The only thing that matters is what you think of yourself and what you believe you can achieve. So yes if you've given up all hope of ever achieving your dreams, you're right, you won't achieve them. On the other hand if you believe that anything is possible, then again you will be right. In as much as you believe it, it becomes your personal truth.

I'm talking about trusting your gut, listening to your heart as well as your mind, and visualising achieving your dream. The minute you start to believe in yourself anything is possible, because a person who believes in himself will not be afraid to push himself to the next level and to risk the possibility of failure. They also know failure is only temporary, and sometimes it's only a stop on the journey to success.

Every Olympian believes in themselves, and it is their belief that carries them past obstacles, keeps them committed to their training program and prepared to make the sacrifices they have to make to achieve their dreams. They are the greatest example that if you believe in yourself anything is possible.

If you believe in yourself anything is possible. Your beliefs hold great power. Start believing that you can do anything you put your mind to.

"All our dreams can come true, if we have the courage to pursue them." Walt Disney

You have the power within you to reach for your dreams and achieve your heart desires. If you believe in yourself, anything is possible. You just have to have faith in your abilities and always strive for your best!

"If you believe in yourself and have dedication and pride – and never quit, you'll be a winner. The price of victory is high but so are the rewards." Paul Bryant
Gaveliers, shirk your fears, set your inhibitions aside and conquer your fears. Dare to dream, traverse the path of doubt and remorse with conviction and create a niche for yourself. Live the life of your dreams.

T M Anu Mathew
Coordinator - ISM Gavel club



TRAVEL 2024

Roy T. Bennett, in his book, "The Light in the heart" says, "Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people."

What a beautiful quote that explains the essence of being a human being. All of us, young and old have certain responsibilities to fulfill as human beings. The degree of responsibility may vary depending on the age, abilities, education and life skills gained over the years. However, fulfilling the tasks we are accountable for is where the greatness lies. Accomplishing a task and emerging successful is indeed possible with the needed effort and time. During this travel from the scrap to the goal, do we have a mission where we have been persevering without losing heart, tolerant to the hurts and hardships we came across? In the path to success, have we failed to be genuine and clear in our thoughts?

A pause and soul searching will certainly help. In our strive towards excellence, dear fellowmen, it's a mandate that we follow the TRAVEL guidelines. Out of the many virtues, I found a few that encompass many and have attracted me. Sharing the same with you as you travel through this year. These are a few qualities which if we practice and imbibe will make our stay a fulfilling and rewarding one. I wish we all travel across 2024 trying our best to absorb and exhibit these challenging qualities.

T- TOLERANCE
R- RESILIENCE
A - AUTHENTIC
V- VERSATILE
E - ELEGANT
L - LUCID

Students of class X read about a character Patol Babu who is assigned just a consonant, 'Oh' as a dialogue in the entire movie. It comes as a shock to him when he opens the bit of paper that was rolled and given to him. Now it was his choice whether to accept or deny and walk away. Though humiliation and disappointment struck him hard at that moment, he resolved to take up the role. When he is briefed of what he has to do, Patol Babu practices his dialogue umpteen number of times to get the right expression at the perfect moment. Finally, after having given the best shot, he walks away with a feeling of intense satisfaction of having fulfilled the assigned responsibility with perfection and dedication.

Dear Readers, the day you and I can walk with that great sense of satisfaction, accepting the ones around us with humility and tolerance, in all truth and clarity, then, on that day we can call ourselves successful. As we embark 2024 with lots of expectations of a promising year ahead, let us travel across 2024 with tolerance, resilience, being authentic, versatile, elegant and lucid.

The life in us and the life around us will be worth it at the end!

Here's wishing you good luck and God speed.

Best wishes

GAVEL BUZZ

Mr. D N Rao
Principal, ISWK



Dear Gaveliers,

It is with great pleasure that I address each one of you through this esteemed newsletter. The journey we embark on within the realms of communication and leadership is a transformative one, shaping not just our present but also laying the foundation for a promising future.

As members of the Gavel Club, you are the torchbearers of effective communication and leadership in Oman. The theme, "Celebrating the Voice of Children," resonates deeply with our purpose. Your voices, ideas, and initiatives contribute significantly to the vibrant tapestry of our Gavel Club.

Communication and leadership skills are not mere tools; they are the essence of personal and professional growth. The ability to articulate thoughts, inspire others, and lead with integrity are qualities that will serve you well in every aspect of life.

Remember, the journey you are on is not just about speeches and presentations; it's about self-discovery, resilience, and the pursuit of excellence. The experiences you gain here will mold you into confident individuals, capable of navigating the complexities of the world.

In celebrating the voice of children, we also celebrate the potential within each one of you. Your unique perspectives, ideas, and dreams contribute to a harmonious blend that propels our Gavel Clubs forward.

As you continue this journey, embrace every opportunity to communicate, lead, and learn. The skills you cultivate today will undoubtedly shape the leaders of tomorrow. I encourage you to share your thoughts on the theme or any aspect of communication and leadership that resonates with you.

Let our voices echo with purpose, our actions inspire, and our journey together be one of continuous growth and success.

Wishing you all the best on your path of communication and leadership development.

Warm regards

Mr. D N Rao
Principal, ISWK

GAVEL BUZZ

Mr. Sreekumar Gangadharan
Vice Principal, ISG



Gavel Club stands as a rare gem, providing an enriching experience that extends far beyond conventional education. The multitude of events and competitions orchestrated within Gavel Club's framework serves as a breeding ground for skills essential in today's competitive landscape. These meticulously crafted activities are not only geared towards boosting confidence and fostering creativity but are also designed to instill the importance of collaborative teamwork and the pursuit of shared objectives.

Participating in events like Table Topics compels students to extend their intellectual horizons, promoting a thirst for knowledge that extends beyond the confines of textbooks. The honing of research skills and the cultivation of a global perspective on prevailing issues are inherent benefits of such immersive experiences.

Moreover, the demand for spontaneous and articulate expression is a key facet of Gavel Club engagements. Through continuous practice, students develop a proficiency in speaking off-the-cuff, an invaluable skill in real-world scenarios. Witnessing seasoned speakers in action within the Gavel Club environment provides an unparalleled learning opportunity.

The exposure to diverse speaking styles and techniques enriches your understanding of effective communication, contributing to personal growth and skill refinement.

In addition to honing public speaking skills, Gavel Club also serves as a crucible for leadership development. The expert guidance and mentorship available within this community not only nurture your leadership capabilities but also empower you to confidently embrace leadership roles and responsibilities.

In conclusion, I wholeheartedly urge you, esteemed students, to seize the full spectrum of exposure and opportunities that Gavel Club offers. By doing so, you not only enhance your current capabilities but also lay the groundwork for a future marked by excellence and accomplishment. Your active participation in Gavel Club is an investment in your personal and professional growth. Thank you for your attention and commitment to your own development.

A SIGHT TO BEHOLD

In the velvet canvas of the night, the moon emerges, a pearl in the dark,
A luminous orb, a celestial spark, that casts a silver glow in the park.
It dances with the stars in the sky, a ballet of light, so high,
A silent spectacle, a nocturnal sight, that bathes the world in its soft light.
The moon, a queen in the night's court, with a face so pure and bright,
It guides the lost, it lights the night, a beacon of hope in the dark's flight.
In its light, secrets are revealed, whispers in the wind, secrets to be told,
A tale of love, a tale of woe, a tale of passion, a tale of bold.
The moon, a poet's muse, a painter's delight, a source of inspiration, a guiding light,
A symbol of enduring love, a testament to the beauty of the night.
In its presence, we find peace, a solace in the dark, a comfort in the quiet,
The moon, a silent observer, a beacon of light in the darkest night.
So, here's to the moon, our celestial friend, a guide through the night, a source of endless trend,
A testament to beauty, a symbol of light, a beacon in the darkness, a guiding light.



ALINA TABISH
ISG GAVEL CLUB

The Importance of Music in Our Daily Lives

Music possesses the extraordinary power to shape and influence our daily lives in profound ways. Its impact transcends cultural boundaries, connecting people on a universal level. Whether it's the energizing beats that accompany a morning run or the soothing melodies that help unwind after a hectic day, music plays a pivotal role in shaping our moods and emotions. In times of joy, it amplifies the celebration, while during moments of sorrow, it offers solace and understanding. Beyond mere entertainment, music serves as a therapeutic outlet, alleviating stress and inspiring creativity. It has the ability to evoke memories, transporting us to specific moments in time. Furthermore, music is a powerful tool for communication, enabling artists to convey messages that resonate with listeners on a personal level. From motivational anthems to love ballads, the lyrical and instrumental components of music have the potential to inspire, heal, and foster a sense of unity. In essence, the impact of music in our daily lives is immeasurable, making it an indispensable part of the human experience.



Ann Rose Abraham
ISWK Cambridge Gavel Club

How will artificial intelligence impact the creation of a new business?

Artificial intelligence, a captivating discovery, is augmenting the world we live in today, bit by bit. From automated cars to personalized movie recommendations are great signals of the impending future! Artificial intelligence has a substantial impact on the development of a new business which can accurately be compared to the growth of a plant.

Like a seed, which needs water and nutrients to come to life, a business requires unique ideas and access to finance in order to commence. Resembling a farmer, artificial intelligence is certainly helpful in fulfilling both of these requirements; just enter this: “give me 30 unique business ideas relating to my interest, healthcare,” and there you have a wonderful list of appealing ideas, just as appealing as phosphates are to the seed. How would a seed absorb nutrients without water? Just as water is vital for the growth of a seed, finance is essential for a business to flourish. Artificial intelligence, our farmer, would definitely help to fabricate a comprehensive business plan and a cashflow forecast to acquire funds from investors, the suppliers of water. Our seed then begins germinating and sprouts from within the ground to discover a new world, just like the business establishes itself in the market.

As the seed sprouts and develops leaves, the plant needs sunlight; just as a new business needs employees. Our farmer, artificial intelligence succor's even here. To make sure that the business selects the right employee for each position, AI aids by meticulously sifting through the resumé of each applicant and delicately hand-picking the right one, mirroring a farmer's task to choose the perfect spot for the seed to ensure optimal sunlight.

To grow any larger, the plant specifically needs nitrogen. Comparable to a farmer adding nitrogen phosphates into the soil, artificial intelligence helps employees develop the product and add value to it. For instance, the AI integrated into the core of the CAD (Computer aided design) software helps make quality progress efficiently. Gradually, the product design is put together and further strengthened, in the same way that the foliage and roots of a plant further develop, multiplying and enlarging.

Akin to a flower ready for pollination by bees, the product is ready for purchase by customers. As with the sweet and aromatic smell of flowers that attracts bees, a business must attract customers by carrying out intensive marketing during the product's launch. Like a farmer, who helps facilitate pollination by guiding pollinators, AI within the marketing software analyses advertisement performance and recommends impeccable solutions to success. Slowly but surely, the flowers start transforming into fruits.

Bearing semblance to the scrumptious fruits of the plant, the business finally yields profits. The duty of the farmer does not conclude here; the farmer picks the fruits and sows their precious seeds elsewhere to grow even more plants, paving the path to a fecund garden. Analogous to this, AI assists in generating and investigating ideas of how the profits could be reinvested and grown to build a sustainable business empire.

Artificial intelligence is imperative not only in the world of business, but also in sophisticated healthcare advancements like cancer research; educational development like AI powered learning apps; and scientific research like further research about quantum mechanics. Thus, AI will undoubtedly foster the progress of humanity to remarkable heights.



RUCHIT KARNIK
ISWK GAVEL CLUB

THE TRICKY TRIAL

Our story today brings us to Saurabh, an average boy of 13 with messy black hair. Today is quite a normal day for him. At that moment, Saurabh stood on the balcony, distracted by the loud and angry voices in the street below. So, he ran down the stairs to see what had happened. He bolted out the door to where they stood. He saw a large group of people shouting while pointing fingers. He approached the shopkeeper and asked him what was going on. The shopkeeper replied that a few coins had been stolen. Saurabh thought and came up with a solution. He stood upon a tall rock and proclaimed, 'This rock is the thief and I'm a judge. Everyone who wants to see the trial of this rock has to drop a coin into this bucket of water. The people approached him and dropped coins one by one. When one stranger dropped the coin, Saurabh caught his hand and shouted that he was the thief as his coin was oily as the coins were stolen from an oily basket. They caught the stranger and thanked him for his timely help. He accepted the thanks and rushed home, bursting to tell his parents about his little adventure.

-THE END-



JOHANN GLADSON
ISWK GAVEL CLUB

A SINGLE WORD

A single word,
May make a hundred foes,
Or forgive a thousand woes;

A single act,
May kill a nation,
Or free a civilization;

A single voice,
May speak for thousands,
Or silence others;

A single expression,
May destroy an image,
Or create another;

A single nod,
May right all wrongs,
Or continue to fight the conscience;

For each, there is a choice,
To befoul the land,
Or bring heaven to Earth.



ARDRA MENON
ISG Gavel Club

DARE TO DREAM

Champions are not born—they're made. Success is not a some kind of good fortune; it's a symphony of hard work, resilience, and constant determination.

Today, I stand before you not as someone who has all the answers, but as a fellow traveler on the path to greatness.

Let me share with you the story of J.K. Rowling, a name that resonates with many. Before she became a household name for creating the magical world of Harry Potter, her life was marked by adversity. Rowling was a struggling single mother, battling depression, and living on welfare. Numerous publishers rejected her manuscript, but she didn't give up. She persisted in her belief in her story, and finally, her perseverance paid off. Today, she's not only one of the wealthiest authors but also an inspiration to millions around the globe.

Her story teaches us that failure isn't the end; it's a stepping stone to success. It's about resilience, about learning from setbacks, and using them as fuel to drive us forward.

Friends, there's going to be obstacles in pursuit of your dreams, moments when it feels like the world conspires against you. Let me remind you that the seeds of success are sown in moments of difficulty.

Embrace challenges as opportunities to grow, to evolve, and to become the person you aspire to be.

It takes a marathon to achieve success. It's about the consistent effort you put in every single day, even when the finish line seems distant. It's about the choices you make, the habits you cultivate, and the relentless passion that drives you forward.

Success isn't just about achieving material wealth. It's about finding purpose and fulfillment in what we do. Consider the life of Malala Yousafzai, a young advocate for girls' education. Shot by the Taliban for speaking out, she could have been silenced, but she chose to amplify her voice even louder. Malala's unwavering determination led her to become the youngest Nobel Prize laureate. Her story reminds us that success often requires immense courage and the willingness to stand up for what we believe in, even in the face of adversity.

Believe in yourself when no one else does. The fuel that drives your journey is your own belief. In the darkest of days, trust your vision to lead you and rely on your determination as a constant compass. But remember, success is not just about your own gain. It's to raise other people as you get up. Share your knowledge, support those around you, and build a community that thrives on collective success.

Each one of us has the potential for greatness within. Take Elon Musk, a visionary entrepreneur. His relentless pursuit of innovation has transformed multiple industries, from electric cars with Tesla to space exploration with SpaceX. His story underscores the importance of dreaming big, taking risks, and embracing failure as a part of the journey towards success.

You have all been given the power to shape your destiny. The canvas of your life is waiting for your brushstrokes—paint it with courage, ambition, and a relentless pursuit of excellence.

So let's dream boldly, work tirelessly, and never settle for mediocrity. The whole world is yours to take. Let's embrace this journey, accept challenges and allow the symphony of your success to be heard in.

**Be bold and conquer, for the world awaits magic that only you are capable of creating. That success is not a destination; that's the way of life. Be relentless. Be unstoppable. Be the architect of your destiny. Maya Angelou, who once said, "You may encounter many defeats, but you must not be defeated."
Thank You.**



REEKA SHRIGAL
KTI Gavel Club

“WHAT YOU ARE SEEKING IS ALREADY WITHIN YOU



“What you seek is seeking you.” – Rumi.

We humans take years or sometimes an entire lifetime to realize our inner strengths just like the Musk deer who fails to recognize the source of musk. The deer runs around, scaling mountains, crossing rivers and forests in quest of the source of fragrance, which resides within him.

However, there are some who have recognized their potentials and talents and carved a niche for themselves, becoming a source of inspiration for generations to come. Lizzy Velasquez is one such shining example. Lizzy is a motivational speaker and author who overcame her physical challenges and recognized her inner strength, that of encouraging and inspiring others. She did not wander around in the forest of self-doubt or disillusionment seeking outwardly what was already within her. Unlike the musk deer she not only discovered her fragrance but is also spreading it around.



Sania Mirza, a renowned tennis player is another exemplary figure. She is a beacon of light for many young girls. She faced challenges both on and off the court. Sania unleashed her passion for tennis and won accolades worldwide rather than getting lost in the forest of criticisms, stereotypes and external validations.

Let us too embark on a journey of self-discovery and identify our true essence.



**SARAH KHAN
ISWK Gavel Club**

Empathy- Connecting Hearts in a Challenging World

In today's world, empathy emerges as a crucial force because it helps us connect with each other, especially when things are tough. Empathy means understanding and sharing how others feel, and it's like a bright light guiding us through the challenges we face together. Recent events, such as ongoing conflicts and wars, highlight the need for empathy. As we witness the commotion in various regions, the ability to empathise is needed. Empathy encourages us to step into the shoes of those affected, acknowledging the pain, fear, and sorrow that accompany such crises. Even though people might be far away or have different opinions, empathy shows we're all connected by our shared feelings.



In tough times, empathy becomes like a shining hope. People who care lend a helping hand to those affected, and communities around the world come together for peace. The empathy-driven response to crises reminds us that, no matter where we are, we are interconnected by our capacity to feel and empathize with the suffering of others. Empathy is not just a passive emotion but a powerful force for good. As we navigate the problems of our world, let empathy guide our actions and help everyone understand each other better, making the world a kinder and more united place.



ELAINE TERESA
ISWK GAVEL CLUB

LIFE'S STRUGGLES

Life was perfect for Arun. His father worked in Indian Railway, his mother was a housewife and had two sisters, what else did he want? But later, when Arun was in 11th grade, his father was diagnosed with an incurable disease. And by 12th grade, he passed away. His family was under a financial crisis because there was no one to earn money at home. Each day became tougher and tougher for them. Since he was the only boy in the family, he was expected to take care of the entire family. Arun had this feeling that he could do a lot more and followed his passion. Years later, he had settled outside India in 2014 with his mother, wife, and daughter. He became the Director of Sales and Marketing in a good company. But, in 2019, one phone call crushed his life once again. His mother passed away. It was a tragic moment for him. It took time for him to recover from this unrepairable loss. But he dedicatedly followed his passion. In 2022, he completed Harvard Business School – Leadership program. And is working now on his dream to create his own company one day. Based on true events.



AARNA KHANDURI
ISG Gavel Club

MOSAIC

I'm made of jokes once told by someone else, the coffee recipe that comes from one of my best friend, the melodies that linger from tunes I've heard in passing, and the habit of collecting quirky socks with mismatched patterns. Our lives are mosaics—a dazzling collage of experiences, encounters, and peculiar habits that define the canvas of our existence. Each stroke, each habit, carries a tale of its own, rooted in the people we've met and the lessons they've bestowed upon us.

Consider the captivating notion that everything unfolds for a reason. Our lives are intricate mosaics woven from encounters, whether brief or lasting, each contributing a unique hue and pattern.

Even challenging moments and those who test us find their place in our mosaic, instilling resilience and revealing latent strengths. As we journey through life, let's wholeheartedly embrace this mosaic of encounters, recognizing that each person and experience adds depth, color, and texture to our shared narrative.

So, the next time you meet someone new, remember—you're adding to their mosaic just as they're adding to yours. You're a part of their story, just as they're a part of yours. And in this beautiful dance of encounters, let's cherish the diversity of our mosaics, celebrating the beauty of each unique piece.



PARNIKA NIGAM
ISG Gavel Club

DIVERSITY IN EARTH

Ever since the dawn of industrialization, the ethnic landscapes of many developed and developing nations have changed remarkably, and several western nations these days have a more heterogeneous population than ever before. It is often cited that this diversification of nationalities makes a country more appealing and leads to expeditious advancements. I completely agree with this view, and this will be shown in this essay by analyzing the copiousness of the culture brought in by different nationalities and how a country can utilize the distinct strengths of people from different races and nationalities.

It enriches our society with new points of view, diversity is unquestionably beneficial and necessary for the growth of every person, group, organization, government, and nation on Earth. People who are closed-minded and hostile to the idea of diversity in their communities.

To begin with, the more diverse the nationalities in a country are, the richer its culture becomes. For instance, people from more than a hundred nationalities reside in Dubai and this leads to the availability of hundreds of different cuisines throughout the country. As a result, Dubai is called the 'food capital' of the Middle East. This, in turn, attracts tourists from all over the world who come to explore this richness in culture in Dubai. Hence, the contribution of having an amalgam of diverse types of people makes the culture of a country more intriguing.

Besides, many researchers agree that people from different countries have different strengths and weaknesses. For example, Singaporeans and other Asians are generally better at math, while Africans are known for their strength. Countries such as the United States and the United Kingdom have harnessed these strengths of people from different races to become global leaders. Therefore, the benefits of having a mixture of citizens in a country's workforce are obvious.

To conclude, having a mixture of nationalities leads to the enrichment of cultures and faster advancement of a country. It is expected that more countries will benefit from this phenomenon in the future.



LONIKASRI ARUL
ISG Gavel Club

JOURNEY OF TRIUMPH

Life is appropriately defined by the metaphor of “roller coaster” as we never know where life takes us, but regardless it’s the journey of life that matters. For a dream to be accomplished, it is the lessons learned during a journey that help us to reach the pinnacle. It is about the people we meet, the knowledge we acquire and the lessons we learn. Whether in sports, administration or education, experience is in demand. We get better at doing things by gaining experience in them. More than reaching the destination the valuable part is the journey filled with prodigious experiences that teaches lessons of life the dos and don’ts.

For instance, in the game of cricket, young players are often assigned to participate in smaller matches to acquire both experience and confidence, preparing them for more significant challenges in larger games. The most efficient doctor might not necessarily be the one with the highest qualifications, but rather the one with extensive practical experience. Because when we say the word experience, we know that the person is familiar with the situation and thus would be confident and prepared. Veterans are considered reliable, they are dependable for tactical and life changing situations.

Talent harnessed by hard work and experience is required to transform a person’s passion to success. Just as the saying goes “Practice makes a man perfect”. In life we can overcome challenges through the diverse experiences we encounter during each stage of life.



SHAURYA KARAT
ISG Gavel Club

Nature

Nature is a feature,
That is around us everywhere.
But what is it you ask?
It is something that we share,
With everything, everywhere.
From the bees buzzing through the
trees,
To the giant hippo swimming in peace.
Nature is our future.
And the future sadly tells,
Of smoke, fire and blood,
And people screaming for help.
Smoke shall come,
To infiltrate our lungs.
While green warriors fall,
The barren land burns.
And our animal brothers,
Lay dead on the ground.
While their killers wear,
A crown of gold.
Nature is our home,
So protect it we must.
Or else this wonderful land,
Shall be more barren than dust.



OHM ANOOP
ISWK GAVEL CLUB

CHAOS

As teenagers we often are confused,
confused about everything. May it be as small
as what to wear or as big as what we want to
do. At an age where we start to understand
what adulthood may look like but at the
same time are not big enough to let go of the
silly little child inside us. We get confused
about what to do and what to be.
There is always this question asked about
what we want to pursue and where we want
to go. It seems like a small question but for
us, it is a decision we haven't yet thought of.
Not because we don't want to but because if
we think about it, we will have to start taking
things seriously. Even though people say 'one
should never lose their inner child' everyone
loses their inner child. What is left are just
the remains of that child and we teenagers
fear letting go of the child this fast.
Eventually, we are left with no choice but to
decide what we want to do. We choose a
profession, pick a university, and take the
first step. It seems chaotic and different from
what we have grown up seeing in movies.
That is when we realize, chaos is not
comfortable, but life without chaos is not
worth living.



BHOOMI TOPRANI
ISG Gavel Club

THE 3 C's OF LIFE



You must make a choice to take a chance or your life will never change. I will give you an example of myself. I made a choice of joining Gavels Club, took a chance to give my first Ice Breaking Speech and it changed me into a fearless, confident and an enthusiastic speaker who is always ready to address the gathering.

From a new comer who used to be scared to speak in front of people, today I proudly stand in front of many people and talk to them. My mom always kept telling me "Aarya if you want to succeed in your life and become something you must make a choice and take a chance."

I truly believe that change doesn't come to those who wait and simply wish that things will change for better. Even if you are on the fast track but sit idle, you'll go nowhere. In fact, you'll get run over by the train.

Friends, choices determine what we take on and what we intend to do. Habits keep us going on those choices after all the fizz is gone. The more I think the more I believe that taking chances or taking risks is equally important.

Only we can define what success means to us. So think about what's important to you, what motivates you, what is your passion, what little things excite you.

Block half a day just for yourself void of any distractions and do clear introspection.

Let's get up- Make a choice -To take a Chance-Change your life.



AARYA PARADKAR
ISG Gavel Club

RISE ABOVE YOUR FEARS

There's a time when fear takes
 over us,
And when it strikes Oh! It cuts
We feel it all around, are we a
 joke or perhaps a clown
But sometimes we should just
 realize
That it is those fears, that help us
 truly rise
Be it in the dark or in the light,
It helps us to always shine bright.
 To rise from the flames
And to achieve our aims
What doesn't kill you makes you
 stronger,
So just hold on, a little longer
You'll reach there and when you
 do,
You feel on top of the world and
 brand-new.



BHADRA BIJU NAIR
ISG GAVEL CLUB

EXPRESSIONS OF LIFE

Joy is taking a bite into a
 yummy cupcake
or getting tickets for the
 Hogwarts Express;
Disappointment is getting
 low marks on a test
or waiting for a doorbell
 that never rang;
Fear is spilling juice on a
 white shirt
or getting caught cheating
 in a test;
Envy is watching your friend
 get an ice-cream
or being overshadowed by
 siblings;
Relief is when exams are
 over
or thinking you missed an
important test but realize its
 tomorrow.



VARSHITHA MENEDI
PDO Gavel Club

BREAKING THE SILENCE

Someone has rightly said “Self-care is not selfish, it’s necessary for good mental health.”

In today’s fast-paced world, the silent suffering of children with mental health issues often goes unnoticed. Let us explore the reasons behind the suffering and emphasize the importance of addressing mental health concerns in kids.

Children are least expressive. They may find it challenging to express their emotions openly, fearing judgment from people. The social stigma surrounding mental health can make this silence worse, as kids may internalize their struggles, leading to feelings of isolation.

Our education system’s focus on academic achievements sometimes overshadows the emotional well-being of students. As a result, children may hesitate to discuss their concerns and issues, fearing it might affect their academic standing or social acceptance.

Parents and well-wishers may unintentionally contribute to this silence by underestimating the severity of mental health issues in children or dismissing them as phases. A lack of awareness and understanding between the two can hinder open communication about emotional struggles.

Moreover, the expectation from children to be resilient and cheerful further prolongs the notion of discussing mental health is unnecessary or even a sign of weakness or a way to grab attention from others. This social pressure can lead kids to internalize their struggles rather than seeking help.

To address this issue, there is a crucial need for widespread education on children’s mental health. Schools can play a major role in combating this situation. Schools should prioritize emotional well-being alongside academic success, creating an environment where kids feel comfortable expressing their feelings without fear of judgment.

Secondly, parents and well-wishers play a pivotal role in breaking the silence. Encouraging open conversations about emotions and fostering a supportive atmosphere at home can empower children to voice their concerns and seek help when needed. Parents should focus on developing trust with their kid so that they can talk freely with their parents without any fear. Parents need to be more observant and caring. Parents should teach their kids “It’s okay to ask for support when they need it”.

Additionally, inclusion of mental health awareness programs into the curriculum can appraise discussions around emotional well-being. This proactive approach will not only educate children about mental health but also arm them with the tools to manage their emotions effectively.

In conclusion, the topic of children suffering in silence regarding mental health is a critical issue that demands attention. By fostering open communication, raising awareness, and providing support at both home and school, we can break the silence surrounding children’s mental health and ensure a brighter, healthier future for the younger generation.

Let them not suffer in silence and as they are not alone in their struggles. Mental health recovery is possible, and it starts with seeking help.



ANNAS ABDUL WAHID
ISM GAVEL CLUB

Dear Parents, Happy Birthday!

Today is an important day
An amazing one you see,
This the birthday of
Two important members of the family.
“Who are they?”,
you might be asking
These important members.
They are my father and mother
They are my motivators.
First, there is my beautiful mother
With a very sweet voice.
My father, my brother and I
We are her favorite boys.
When I was sad or lost
In courage and hope,
It was my mother who pulled me back up
With her encouraging rope.
Today is her birthday
Today is a day to frolic.
Only because of her
In my life there is magic
My father is the best
With me, he always jives.
He walks and talks and rocks
With his children, Ryan and I

A father figure is what,
In life you need.
That is what,
My father has provided me.
Whenever I succeeded
Or my obstacles were
destroyed,
It was my father,
Who partook in my joy.
So, in this poem,
I am here to say,

Dear father,
Happy Birthday!

My dad and mom
I love them with all my heart,
you see,

In this written piece,
I would like to say
Thank you, Mom and Dad,
for being there with me.



JUAN ARUN JOSEPHI
ISG Gavel Club

FAMILY TIES

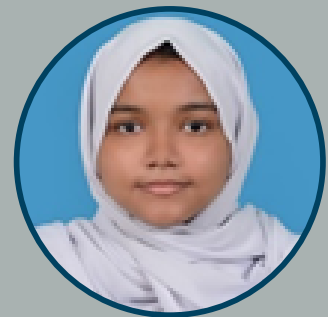
Family, the cornerstone of our lives, forms the bedrock upon which our identities and values are built. It is a sanctuary where individuals find solace, acceptance, and unconditional love. Family transcends blood relations, encompassing those who stand by us in times of joy and adversity.

In the tapestry of life, family threads weave a rich narrative of shared experiences, shaping our beliefs and character. It is within the familial embrace that we discover our roots, traditions, and cultural heritage, fostering a sense of belonging that anchors us in a fast-paced world.



In the face of adversity, families act as a safety net, offering comfort and encouragement. Celebrations, on the other hand, become milestones of shared joy, creating lasting memories that bind generations together. The interplay of diverse personalities within a family fosters growth, tolerance, and understanding, preparing individuals to navigate the broader tapestry of society. Ultimately, family is not merely a grouping of individuals; it is a haven of love, compassion, and resilience—a sanctuary that withstands the tests of time, emerging as a testament to the enduring power of human connection.

Beyond biological ties, chosen families play a pivotal role, demonstrating that bonds forged by shared goals, mutual respect, and unwavering support can be as strong as those formed by blood. Whether biological or chosen, families provide a support network that becomes a source of strength during life's challenges.



IZZAH MOHAMMAD
ISG GAVEL CLUB

WE ARE STRONG

Going through life, head held
high,
When things get hard, we
tend to cry.
Through all the darkness we
are strong.
Aiming for the stars, Never
give up,
We push ourselves to the
max, never ever back up
Through all the hard work, we
are strong
We are strong,
Even though sometimes we
are wrong,
We are strong,
Even when the path to
success is feels long,
We are strong,
Even when the tide sweeps us
along,
We are strong,
We are strong.



**VIBHA RAMACHANDRAPPA,
PDO GAVEL CLUB**

Brothers By Blood

My brother, dear brother,
Our bond is as strong as glue.
So calm, so patient
There is no one on Mother Earth like
you.

So kind, so forgiving,
You are sorry for whatever wrong
you do.
But you don't know how lucky I am
to get you,
After waiting in the long heavenly
queue.

How am I so blessed,
I have no clue.
You help me always whenever I
need it,
My brother is out of the blue.

This artwork is a small thing you'll
consider,
I know this better than you do.
But this heart of mine just wants to
whisper:
I ignore everything hoping that our
relationship won't wither.



**Raghav Gupta
ISM GAVEL CLUB**

REGRET

Regret is a universal emotion that often accompanies the realization of choices made or opportunities overlooked. It is a sentiment that every individual encounters at some point in their life, marking an unforgettable moment that happened in the past.



We as humans regret our decisions when it comes to decisions related to academics, relationships, or personal pursuits. It acts as a compelling force that forces us or helps us to ponder "what if" scenarios and contemplate alternative paths not taken. While regret may initially evoke a sense of disappointment or sorrow, it also helps us to evaluate ourselves for personal growth. Understanding the causes of regret is a crucial step in finding out about its impact. Whether it arises from rash decisions or missed chances, each instance of regret carries valuable lessons. However, we shouldn't address regrets very seriously and take them to heart. Instead, we should view it as a guide for the future. Recognizing mistakes and learning from them shows that you have introspected well. Regret, when channeled positively, becomes a steppingstone toward self-improvement, success and personal growth.

In conclusion, regret is a natural part of the human experience, offering opportunities for growth. Embracing it as a constructive force allows individuals to navigate life's journey with wisdom gained from past experiences.



EASHANI GANGATHARAN
ISG GAVEL CLUB

Thrills, Triumphs, And Tension: A Recap of The 2021 Abu Dhabi Grand Prix

The 2021 Abu Dhabi Grand Prix was a rollercoaster of emotions. The race marked an intense Formula 1 season. The spotlight was mainly on Lewis Hamilton and Max Verstappen the two greatest F1 drivers in history, as they battled for the for the championship in a neck-and-neck contest.



The race in Abu Dhabi wasn't just about fast cars; it had an inspiring message for teens. Lewis Hamilton and Max Verstappen showed that even when things get tough, you can still come out on top. In a sport where split-second decisions make all the difference, the race taught teens setbacks in life are not a roadblock but an opportunity to rise above challenges in life. Hamilton missed out on a record eighth world title, but Lewis' grace in defeat is the most important thing we can learn from this race. Hamilton once said, "If you work hard and don't give up, anything is possible.". That's a great idea for teens working on their dreams.



The Abu Dhabi Grand Prix was not just about cars; it was a reminder for teens to face challenges, stick to their dreams, and zoom towards success.



SHARON S GEORGE
ISG GAVEL CLUB

INTROSPECTION

Introspection is a powerful tool that allows us to navigate the complexities of life and find authenticity amidst external pressures. Often, our aspirations are shaped by societal expectations, urging us to conform to predefined roles and standards. In this environment, the true essence of free will can be overshadowed. It's crucial to recognize that while external influences can push us, they cannot fundamentally alter who we are. To believe that radical shifts can occur solely due to external stressors is a misconception. If the desire for self-improvement and positive change is sincere, the journey begins within. External reminders can serve as catalysts, but the impetus for change lies in our own thoughts and understanding of self. In the pursuit of self-discovery, seeking answers elsewhere becomes futile; the key lies in engaging in mindfulness practices such as meditation and journaling. These techniques prove particularly invaluable when feelings of despair and aimlessness set in. They serve as a reminder that immense potential and determination reside within us.

By shutting out external noise and tuning into the melodies of our soul, we can unravel the depths of our being and chart a course that aligns with our true selves with the profound wisdom that resonates from within.



VEDICA CHHABRA
ISG GAVEL CLUB

ME, ABOUT BEING A GAVELIER

Going beyond, that last a life
time,

Awaits the future to guard my
name.

Voice within- "Be the mighty
force of confidence and
courage."

Embarking on eloquence, my
voice;

Louder than loud, let it sink in.

Spontaneous my words or
silence of the listeners?

Cheers and applause of the
crowd

Lifts me up and makes me so
glad

Upward pull - "I can't just
explain what I feel in the
upward pull"

Blooming goals so far away, on
which I set my soul...



SARAH ANNA MARTIN
ISG GAVEL CLUB

TRANSFORM FEEDBACK INTO FUEL!

Everyone faces criticism in their lives. Constructive criticism comes from our teachers, parents, friends, and other individuals. We can use it for our personal and professional growth. It gives us an opportunity to see our work from new perspectives that we may not have considered before.



Practice makes us perfect, but feedback makes us refined and proficient. Every piece of feedback transforms you, creating new versions of yourself and helping you to learn, grow, and shine brighter than your previous self.

According to studies published in the Harvard Business Review, people who receive constructive criticism are more creative

"Feedback is the breakfast of champions." ~ Ken Blanchard.



Just like how breakfast provides us with fuel to work, feedback provides us with insights that improve our skills.

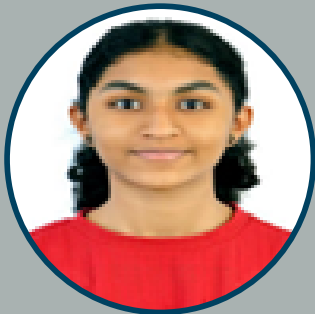
Criticism can be constructive or destructive. Constructive criticism is a helpful and friendly approach. It gives suggestions, positive and negative comments about you. Destructive criticism is given to insult someone, often feeling like a personal attack. Regardless of the nature of criticism, we must interpret it usefully. We should understand others' viewpoints, see feedback as a gift, and work on areas for improvement.



ROWEENA ROSE DONAL
KTI GAVEL CLUB

HOW TO CHANNELIZE THE ENERGY OF TEENAGERS

Teenagers are a unique group of individuals, full of youthful energy and innovative ideas. They are naturally curious and always eager to learn more, but sometimes their questioning can feel disrespectful or insulting, especially to older generations. This may occur because they are trying to find a way around their responsibilities, or they are genuinely curious, but their questions may come across as rude or impolite. Parents may feel disrespected when teenagers talk back, causing them to get irritated making teenagers to stop asking altogether. To bridge this generational gap, parents can encourage teens to take up productive hobbies such as reading, dancing, woodworking, or sports can help them channel their energy into positive activities. Family activities can also bring parents and their children closer together, helping to build trust and understanding. Teenagers can show their true strengths and capabilities through activities that motivate them. Working part-time jobs can help teenagers learn responsibility for their behavior, choices, and spending. Group projects, social gatherings, and other activities can help the much-introverted teenagers come out and express their creativity and opinions. By supporting and encouraging our teenagers, we can help create a productive, healthy, and safe future with them at the centre.



RENU ACHU PHILIP
ISG GAVEL CLUB

The crow

A symbol of death it brings
With its menacing voice it sings
Like a murder in the sky
With a beaded eye it holds its cry

Soaring through the sky like a
shimmering crow
A bird born for happiness used
for woe

Alive for hunting was a stealer
On the chase was a healer

Oh, it glides with its feathers
Even in the worst of weathers
Using their wings that are Lucius
Collecting valuables that are
precious



YASHASVI BANOTHU
PDO Gavel Club

SPORTS – THE REAL TEACHER

“It never gets easier, it just gets better” Sport may seem like just another, simple five letter word yet it has the power and aptitude to teach humanity such fundamental and intellectual life lessons that academics cannot. It teaches us to leave facts and remove the blinds to the real world.

Success goes hand in hand with failure. The famous quote “You win some, you lose some” symbolizes the role of these 2 components in a human’s daily life. Sports teaches us to rely on ourselves and become self-sufficient, especially when there is no helping hand, to takes us through. When you are very close to reaching the finishing line, you see another runner fall down. Don’t just move forward, run back, take him up and drag him with you if needed, to the finish line.

“A team will always appreciate a great individual if he’s willing to sacrifice for the group.”

This is none other than, one of the most important qualities in life, team spirit. Those who fall will always be there on the ground hurt and perplexed on what to do next. It’s like once fallen, there is no standing up. And of course, as always there is no high platform where you can stand and not let failure catch you. Sometimes it is blinded, and you gain success, sometimes it finds you and you attain failure, and this goes on forever.

On the life’s run, sports teach us that the road of life has potholes everywhere that we can’t see. You fall in a pothole, don’t stop.... move on, not able to get out, try again. Riggle out, struggle and keep going.

Promise yourself, that once fallen you won’t stop, for once started there is no moving back. This all life lessons are not learnt by byhearting lines of any text, it is learnt through playing -playing sports. After all, Sports is the teacher – the real teacher.



**DARSHANA NAIR SUNIL
ISG GAVEL CLUB**

The Five Stages of Grief, Minus Acceptance

"So, what if he hits his wife, you kids have no respect for your elders. You should be grateful your dad doesn't hit us" Ridha's mother answered, her tone reprimanding and direct. She couldn't actually have said that, Ridha thought to herself. Denial. "What do you mean?" Ridha shouted, each word louder than the one before. Anger. "Amma? " She yelled, almost laughing at the irony of it all. Bargaining. "Lower your voice" her mother said flatly as she turned away, continuing her monotonous act of chopping onions, unbothered by the tears that were now streaming down Ridha's face. Ridha slammed the kitchen door and rushed to her room. Depression.

She stared at her wall blankly, all that was left to do was to accept it and move on. But how could she? Regardless of whether it would prove to be fruitful or not, she decided to talk to her mother, if only to provide a different perspective.

Acceptance of the status quo perpetuates the cycle, while reflecting on the unsettling reality of such acts within our own kind prompts the question: How can we reconcile with the unfathomable nature of these transgressions?



ALINA MUSKAN SHAFEEQ
ISG GAVEL CLUB

THE MOULTING SEASON

Eagles are known for their remarkable agility and stealth. They are fierce, fearless, unruffled by any storms or predators that may approach them. However, what some may not know about this creature is its moulting season.

This is the brutal season where the bird has to fly up to a peak of a mountain and tear off its feathers and talons. It then proceeds to knock off its beak, leaving it defenseless and weak to catch any prey. During the months of the regrowth of its parts, the eagle is bequeathed with starvation as well as agony from other birds. But it persists on, till finally, new feathers begin sprouting back enabling the bird of prey to live for a longer period, with sharper talons and beak.

The life of an eagle can somewhat be compared to ours. At some points, we may face our 'moulting' seasons. These are harsh times which make us question the reason for moving forward. Nevertheless, don't lose hope as the 'moulting' season can turn out to be a 'molding' season, turning you to a stronger and more capable individual!



JOSHUA ABE SAMSON
ISG GAVEL CLUB

STRENGTH TO STRIVE

We wake up every day
To the sound of our alarm, That we turn off midway
That's because of our ear's charm, But there are so many who
just can't.

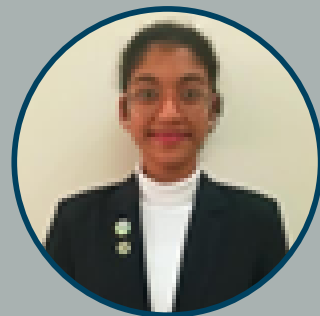
We draw back the curtain To let some light through, To relieve
some burden
As we see the majestic view,
But there are so many who just can't.

We can say what we think In the blink of an eye,
Or write it with ink Putting down a reply,
But there are so many who just can't.

We take everything for granted And only remember the pain,
For even they wish to feel the enchanted And to see, hear and
talk about the rain, But there are so many who just can't.

Take a minute to have some gratitude
We have all that we need and much more, Be always grateful
in your attitude
As we can always our fortunes restore, But there are so many
who just can't.

Gratitude is an essential virtue It is what keeps us all alive,
Life is mostly easy for me or you For we can still manage to
strive,
But there are so many who just can't.



ARUNIMA DAS
ISG Gavel Club

UNPLUG AND RUN- THE SOCIAL DILEMMA BY JEFF ORLOWSKI

“The technology that connects us also controls, manipulates, divides, and monetizes us.”

“The Social Dilemma” is an apt representation of the ‘modern’ world we live in today. We all live in fear of the day that Artificial Intelligence or robots take over our jobs. When is it going to become smarter than humans, and overwhelm our strengths? But, as this documentary reveals, there is a much earlier day when technology overwhelms our weaknesses. And this point has already been crossed, without our slightest knowledge. Addiction, polarization, radicalization, privacy breaches - at the root of all these problems is social media.

Aza Raskin, former employee in Firefox and Mozilla labs, inventor of infinite scrolling shockingly reveals that he had to code himself a software to overcome his addiction to reading Reddit. “It is frightening how I am going to work during the day and building something that I’m then falling prey to”.

We are on the fast track towards dystopia and it’s going to take a miracle to save us. And that miracle is, of course, COLLECTIVE WILL.

- 1. Turn Off Notifications**
- 2. Fact-check before sharing anything on any platform.**
- 3. Expose yourself to varying points of view on the same issue.**



**ANANYA SUBHASH
ISM GAVEL CLUB**

I Shall Not Stop, I Shall Prevail

This was not something I intended to write about today, but I woke up this morning and realized why not? It needs our attention, we need to be deliberating it till the time we get it right and sorted.

Let this be your daily reminder of how essential seat belts are.

It pains, beyond mention, when I hear... well, I have lost count of the numerous times lives have been lost because we did not want them buckled around ourselves. I am honestly still wondering why anyone would be so casually careless about his/her own life.

The Government here is proactive on road safety. Presence of high-profile road safety messages in the media and the increase in roads policing over the last few years should have encouraged people to abide by legal driving behaviours.

So why, despite glaring warnings are people still willing to take the risk?

Is it because we don't have a law in place? That can't be it. We DO have a law in place. Ever since 1 March 2018, it has been mandatory for all passengers including those in the backseat to wear a seatbelt.

Is it because we generally feel less at risk because of the level of safety features in our cars such as air bags? You're no safer in the back seat than the front. No car has magical properties that protect you from flying through the windshield or colliding with someone else in the car. You must know, in some model cars, the airbags do not even work unless you are buckled in.

Help spread the word. One person convinced could be one life saved.



SHRIKA SHAJI
ISG GAVEL CLUB

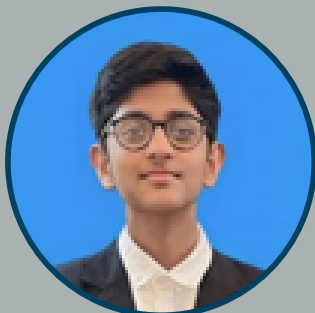
THE POWER OF MUSIC TO INFLUENCE MOOD AND EMOTIONS

Music is like a magic potion for our feelings. When you hear a soft piano or the beat of a drum, it can change how you feel. Slow tunes might make you think and remember things, while faster ones can make you feel energetic and happy. Music talks to our hearts in a way everyone can understand, no matter where they're from.



It's not just about how music makes us feel, it's like a healer too. When you're stressed or worried, music can be like a friend, comforting you. Classical tunes are like a warm hug, and your favorite song during a workout can make you feel strong and happy.

Think of music as a friend that's always there. It makes your memories more special, like a soundtrack to your life's big moments. So, let's appreciate the amazing power of music. Let the melodies guide how you feel, and let the beats paint the picture of your life.



**SUJAYRAM PRASAD
ISG GAVEL CLUB**

SENSES

When you are reading this try to feel the words or ask someone to read it out to you so you can

close your eyes and focus on each word and feel it.

See the waves crash
Hear the seagulls cry

Past the reef

Past the borders

A never ending path

The whales sing

The dolphins jump

A transparent surface.

How far can you go?

How deep?

See the sun smile

See the clear skies

No matter the storms

No matter the hurricane.

Your smile won't fade!

The wind blowing your sail.

Happiness overcomes you.....



**Nanditha Rakesh
PDO GAVEL CLUB**

LIVE IN THE MOMENT

Have you ever been so lost in your thoughts that you have forgotten what you were doing? Or

have you been so focused on your phone that you bumped into something?

One evening I poured some cornflakes in my bowl and I was thinking about my next day's

schedule and by mistake I poured the milk on my table.

Guys, seriously believe me, we are not living in and enjoying the present moment.

Next time you feel stressed, take a few breaths and focus on the present moment, Notice the people around you.

The present is not a destination, but a journey. There will be stumbles and moments when we

get caught in the currents of past and future. But with each mindful breath, each grateful

glance, each moment of connection, we learn to swim back to the present, where life unfolds

in its vibrant, ever changing glory.

So, embrace the present.

Let it wash over you with the warmth of the sun, the coolness of the breeze, the symphony of sound and the kaleidoscope of colors. Live in the now, and watch

how life reveals its hidden wonders, one precious moment at a time.

This is your life, your story, your present. Paint it with your senses, dance to its rhythm, and savor its every drop. Because, the only time that truly exists is this one, right here, right now.



NISHITHA KINTALI
YUVA TKS GAVEL CLUB

The Hate We Give

"Hate, it has caused a lot of problems in this world, but has not solved one yet."

-Maya Angelou

Much ails the world today, and prevents humanity from reaching an all-pervasive development, bringing happiness to all. Terrorism and endless wars, just to name a few!

But the origin of most of the myriad problems we face today is the emotion, hatred.

Webster defines hatred as intense hostility or aversion, usually deriving from fear, anger or a sense of injury, Hatred prevents us from relating to each other on a basic human level.

We alienate ourselves, and instead of embracing our differences, we find the need to belittle and attack.

In the wise words of Martin Luther King Jr.- "Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness, only light can do that. Hate can't drive out hate, only love can do that."

So, let us invoke the Almighty to fill our hearts up with love. Let us learn to love, love ourselves first, so we can be more accepting of our own flaws. And when that happens, we will find that we can love everyone else too.



AYAANA SHARIQUE SHAIKH
ISG GAVEL CLUB

TIME TRAVEL POSSIBILITY

Is it possible to travel through time and visit our future selves?

Sergei Krikalev holds the record for spending the most time in orbit around the Earth: 803 days. He is 0.02 seconds younger due to time dilation caused by orbital motion.



Time dilation is a phenomenon where time moves slower at high speeds. The faster an object moves; the more time slows down. Special relativity predicts that time moves slower for a moving observer compared to a stationary observer. This is called time dilation effect. A person moving at near-light speed would age slower than a stationary person. Simply put, a moving clock ticks slower than a stationary one when observed by someone who isn't moving. Time dilation comes from Einstein's Theory of Relativity. We can't travel hundreds of years into the past or future, but time travel math affects us daily. Near a black hole, time passes more slowly than on Earth. One year near a black hole equals 80 years on Earth, which can be used to travel to the future. Therefore, black holes can theoretically be used to travel to the future.



AASIV VIJAYAN
ISG GAVEL CLUB

Whenever u feel proud of yourself the inner critic inside you which is the biggest obstacle of all makes you second yourself. It criticizes you and crushes your dreams and demotivates you. Whoever you are today, whether you're a great speaker or the worst dancer, you should be proud of yourself. You should acknowledge yourself for being just the way you truly are.

The secret is to realize that only you are responsible for the person you are today and you should make peace with that.

In the beginning of 8th grade I was a shy kid, I never spoke much. I was quiet and I despised school. The mere thought of it made me want to bang my head against the wall. Why? It was quite simple. I didn't have a social life. I didn't have friends to laugh with. I was just a random side character in my story. That was how I felt until I felt confident enough to make an effort and go talk to people and show them myself. Surprisingly they liked it, they liked me for who i was and i didn't even need to fake it. They helped me find who I truly am and now those people have been with me through thick and thin.

The takeaway here should be that you shouldn't be afraid to show people who you truly are. If people really like you and care for you for who you are then they'll stay no matter what. You shouldn't think about what others think about you. We are very lucky to have the opportunity to choose rightly and build wisely everyday because based on those right choices that we make everyday, we will experience our life in its true fulfillment and purpose.

At the end of the day it's up to you to choose who you can be. When you conquer yourself you will be able to pursue your goals, get results you have never imagined and achieve the highest level of success.

Yes, it will take time all good things do



TANMAYEE PABBA
YUVA TKS GAVEL CLUB

THE SALT OF MY LIFE



I have a brother who is 6 year older to me yet, I don't get any consideration from him for anything . He always acts superior due to his stature and "life experiences" and that gives him an edge in any debate or conflict happening between us at home.If I ask him for any favour, his answer will be no.... Its not because he doesn't want to do, its just because he wants to annoy me.

At night , he won't switch off the light till 12, as his brain will work well only at night . And even in his dreams he consider himself as Messi and kicks me like a football. So when he decided to go to India and do his +1 , I was really happy .

But when I got the whole room to myself , I was not able to sleep well. I really started missing his kicks . I started getting bored without a fight everyday.

Now I realize the my brother is my salt who balances sweetness and helps suppress other flavors, such as bitterness in me .



DEVAANK MURALI
ISG GAVEL CLUB

THE DELIGHTED VS THE LAZY

Once upon a time, there was a man who had a daughter but no wife. He married a woman with a daughter so his daughter would have a mother. The woman and her daughter were unkind to the man's daughter. One day, the stepmother challenged the man to determine which daughter was better. She sent the man's daughter away and told her to return with money. Along the way, the girl helped a well, vine, and dog, who rewarded her with gifts. She then worked for fairies who allowed her to sleep in a room filled with precious jewels. She collected the jewels and returned home.

The stepmother sent her daughter to do the same, but she refused to help the well, vine, and dog. She also disobeyed the fairies and entered the forbidden room, which was full of spiders and insects. The girl fled and was not helped by the well, vine, or dog when she asked for help.

Moral: Hard work always pays off.



DEVASHREE DHANAPAL
ISM Gavel Club

Meditation is The Gateway to Peace and Happiness

When we hear about meditation, many people think that it is simply sitting in an erect posture, closing the eyes and simply wasting 20 minutes or even one hour. However, real meditation is a lifestyle in which we do everything with complete consciousness. It will help to increase concentration ability and confidence. The first step to start meditation is SELF-OBSERVATION. We have to observe our thoughts every moment and then we will realize how many unwanted thoughts are passing through our mind each day. We will have to train our minds to think positively. Gradually we will be able to get control over our thoughts. Then the next step is to silence our mind. For that every day we have to invest 10 minutes in the morning or at night before going to bed. We have to sit in a comfortable position, close our eyes, put on a beautiful smile, and relax ourselves completely by inhaling and exhaling slowly. Now we can practice the "I AM" technique. Just say, 'I' and wait for a few seconds and you will notice an empty /blank space for a few seconds and then if any thought comes just say, 'Am'. Continue this process and slowly and gradually we can feel that the blank space between I and Am is increasing day by day. That blank space is magical. If we practice it daily without fail we can transform our lives from sufferings to blessings. A person who meditates daily can tackle any huge problematic situation in a relaxed way and thus life will be peaceful and happy always. Hence, we can live a Heavenly life on Earth.



APOORVA GIRISH BABU
ISM GAVEL CLUB

HARMONY OF HERITAGE

**Oman's land, the sun does gleam,
India's land, like a vibrant dream.**

**From the sands of Wahiba or Thar,
Lush green fields of Salalah or Kerala.**

**Arab qahwa is at its extreme,
And so is masala chai which is
supreme.**

**Scent of oud in Omanis grace,
Aromatic spices that Indians embrace.**

**The two mighty leaders,
Are a promise for the dealers.**

**Both the lands are so grand,
Their rhyming tales go hand in hand.**



DEVASHREE VINOD UNNITHAN
ISG GAVEL CLUB

NEYMAR IN HIS ADVENTUROUS WORLD

In the bustling town of Aravalli Hills, lived a cheerful boy named Neymar. One sunny day, he discovered a magical book in his grandfather's house. As he opened it, some colorful characters emerged out, inviting him on an adventure.

Within a moment, Neymar found himself in a Charming & Beautiful Forest, where animals spoke, and trees twinkled with fairy lights. He befriended a wise owl named Oliver, who told him about a mischievous pixie stealing the forest's colors.

Determined to help, Neymar and Oliver set off, encountering playful squirrels and singing butterflies. The mischievous pixie, named Sparkle, was causing chaos, turning everything monochrome. With kindness and a clever plan, Neymar convinced Sparkle to return the colors. The forest burst into a vibrant spectacle, and the grateful creatures threw a joyous celebration.

As Neymar closed the magical book, he found himself back in his grandfather's house, holding a colorful feather as a memory of his adventure. From that day on, Neymar knew that even in ordinary places, extraordinary adventures awaited those with open hearts and a sprinkle of magic.



**AVDHUT ATUL DESAI
ISAS GAVEL CLUB**

Magic of Nature

Fluffy cotton clouds,
They look so pretty.
Pitter-patter raindrops,
Makes the Earth cool.

Rays of the Sun,
Makes the Earth shine.
White balls of snow,
That's so cold.

The warmth of spring,
When flowers blossom.
The colourful autumn,
When leaves fall off.

Season to season
God's magic creation,
Love to be one
In this magic nature.



**Anokhi R Manjeshwar-
ISM GAVEL CLUB**

Whispers of Heritage: Embracing India's Cultural Symphony

In the kaleidoscope of India's rich heritage, I, a proud member of ISG Gavels Club, embark on a literary exploration delving into the whispers of tradition and the vibrant cadence of cultural evolution. Let this narrative be a journey through time, where the past gracefully meets the present.

Picture the ancient echoes of rituals and customs, resonating through the corridors of history. These echoes, entwined with the contemporary rhythms of a changing world, compose a unique symphony that defines our cultural identity. In the mosaic of India's traditions, every gesture, every melody, and every celebration become a brushstroke, contributing to a masterpiece in constant evolution.

As the storyteller, I invite you to witness the interplay between age-old customs and the pulse of modernity. Our narrative unfolds not just within the hallowed halls of ISG Gavels Club but across the vibrant landscape of India. Each word, a step in a dance that celebrates diversity, acknowledging the threads that connect us to the roots of our culture.

In the heart of this literary creation, let ISG Gavels Club be a haven where the stories of India's cultural tapestry.

unfold, embracing both the timeless traditions and the dynamic spirit of change. Together, let's immerse ourselves in the symphony of our heritage, where every page turns as a tribute to the resilience and beauty of India's ever-evolving traditions.



HRITHISH SHARMA
ISG GAVEL CLUB

WHISPERS IN THE SHADOWS

In the quiet town of Eldridge, journalist Amelia Grace sought to unravel its mysterious history. She befriended the charismatic bookstore owner, Samuel Blackwood, and the enigmatic Miranda Hayes, both concealing secrets. Amelia's investigation unearthed an ancient diary revealing a cyclical darkness consuming the town.

Together, they deciphered cryptic clues and uncovered a hidden chamber beneath the town square. Eldridge was surrounded by a malevolent force, and an impending ritual aimed to sacrifice the townsfolk. The trio confronted the shadowy figures orchestrating the dark ceremony, ultimately thwarting the ancient evil.

As dawn broke, Eldridge transformed, and the once wary townsfolk embraced a brighter future. The story of Eldridge, whispered in hushed tones, served as a reminder that some mysteries lay hidden in plain sight, waiting for the right people to unveil them. Amelia, Samuel, and Miranda, forever bound by the harrowing experience, watched as the town emerged from the shadows into a new era of trust and light.



SHANTANU ATUL DESAI
ISAS GAVEL CLUB

THE BRAVE SOULS

In this world,
In this intricate world,
Not everyone was once this liberated
For there were many who often hurdled.



They lived in dungeons of darkness,
And struggled to untangle the knot
To claim independence from the
Westerners,
How hard they fought.

They stood up and confronted
With valor, they battled
Yet the struggle and the toil,
Left many souls dismantled.

But finally, they tasted
The sweetness of freedom
Proudly achieved
By our nation's brave souls.



ASWATHI
ISM GAVEL CLUB

Electronic Waste

My name is W.H. Winshiya Sharon 8E from Enid Blyton in this article you will read about Electronic waste, it's growth, Environmental and Human Risks, Regulation, and Recycling Initiatives etc. In the changing world of technological innovation, the rapid turnover of electronic devices has led to a significant and growing environmental concern about electronic waste (e-waste). As society embraces the latest gadgets and upgrades, the discarded remnants of outdated electronics create a threat to the environment, human health, and global sustainability efforts. This article explores the impact of e-waste, the challenges it presents, and the urgent need for sustainable practices, etc...

First, we will start with the growing tide of electronic waste. The rapid increase in the usage and production of smartphones, laptops, television, and similar electronic devices has led to a significant and unparalleled increase in electronic waste. As consumers eagerly adopt newer models, discarded electronic products find their way into landfills, often with inadequate consideration for the hazardous materials that they contain.

Second, we will see about the environmental and human health risks. Electronic waste contains a cocktail of toxic substances, including heavy metals like lead, mercury, and cadmium, when materials are not disposed of properly, they can release harmful substances into the soil and water. As a result, there is a significant risk to the ecosystem and human health. Informal e-waste recycling, prevalent in some developing countries, exposes workers to harmful chemicals, leading to a range of health issues. It can also harm the groundwater and make it poisonous to drink it.

Third, we will see about the regulation and recycling initiatives. Governments worldwide have implemented regulations to manage e-waste responsibly. Extended Producer Responsibility initiatives hold manufacturers accountable for the entire life cycle of their products, from production to proper disposal. Recycling initiatives strive to recover valuable materials, reducing the environmental impact of e-waste and preventing the illegal exports of discarded electronics.

As our reliance on electronic devices continues to grow, so does the need for responsible management of electronic waste. The importance throughout the entire lifecycle of electronic devices. By recognizing the urgency of the issue and taking proactive steps, we can pave the way for a future, where technological advancement is in harmony with environmental responsibility.



W.H. Winshiya Sharon
ISM GAVEL CLUB

INDIA: THE HEART OF THE LOTUS

India, a land of dreams
Where the impossible is made possible,
Where you can experience the best of
both worlds,
The old and the new.

From the snow-capped peaks of the
Himalayas
To the lush green valleys of the south,
India is a land of natural beauty
That will leave you spellbound.

From the bustling streets of Mumbai
To the serene backwaters of Kerala,
Whether you're interested in history,
culture, food, or adventure,
You're sure to find something to your
taste in India.

From the mouth-watering food of North
India
To the enchanting temples of Karnataka,
India has something for everyone.

From the Taj Mahal to the Red Fort,
From the Golden Temple to the deserts of
Rajasthan,
India is a land of history and culture
That will take your breath away.

So come and explore the magic of India,
A land of endless possibilities,
And of course, a land of friendly people
and warm hospitality!



AAROHI HEGDE
ISM GAVEL CLUB

MENTAL WELLNESS: WHERE PEACE MEETS PURPOSE.

In our busy lives, we often forget about
our minds. In this world our main goal is
to learn and grow but it is not possible if
we are not able to cope with the stress
and anxiety that accompanies it. We
exercise to keep our body fit, but what do
we do to keep our minds fit?

We need to first realise what causes poor
mental health. In our lives, various factors
can either support or challenge our
mental well-being. Students experience
exam stress and anxiety. Whereas adults
can experience job stress, family pressure
etc. But these are just some factors that
play a role in our psychological well-
being.

The consequences of poor mental health
are treacherous. It can result in feeling
persistently sad, anxious, or hopeless.
Trouble concentrating, affecting work or
school performance. Weakened immune
system, disrupted sleep, and potential
chronic health issues.

To prevent this, we need to spread
awareness. Promoting mental health
means identifying and addressing factors
that cause stress and focusing on suicide
prevention, child well-being, and
workplace mental health. In the
symphony of life, mental health is the
melody that defines our harmony. Let's
create a future with compassion,
understanding, and support for
everyone's well-being.



ISHA SIRONA.R.A
ISG Gavel Club

Health and Fitness

“The body achieves what the mind believes.”

Good morning everyone, many of you would know of the terms health and fitness. The very known two terms to us are the word ‘health’ and ‘fitness’. Many times, we tell or use these words whenever we say phrases like ‘health is wealth’ and ‘fitness is the key’. What does the word health really mean? It implies the idea of ‘being well’. A healthy and fit person is one who he/she can function well physically as well as mentally. Proper health and fitness do not depend on our own, but also on our physical environment and the quality of food intake.

Importance

Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are healthy and fit, we are able to enjoy our life well. We can talk to our near and dear ones; we can laugh, smile, travel, enjoy food, and sleep well.

However, when our health and fitness are not up to the mark, we are unable to do anything properly and stay behind. We cannot enjoy eating, watching sports or movies. Our mood always remains negative and we are unable to talk nicely with our near and dear or even sleep properly.

Our health and fitness are more valued than our wealth. In fact, our elders were always been focused on the health and fitness part. They treasure it like wealth. To maintain good health and fitness at its best all the time, we need to take care of hygiene and sanitation around us.

We must eat a healthy and complete diet. We must eat vegetables, milk, eggs, etc. Everyone should make a diet chart and ensure that we take a sufficient amount of carbohydrates, proteins, minerals, and vitamins. Apart from eating we must maintain cleanliness in our room, house, and nearby surroundings.

Well, many factors are responsible for the staggering health and fitness graph. However, the major reason is the personal habits and living style of people. The human body requires 20 gm of fat per day. The consumption of just a regular pizza adds 10 grams of fat to the human body; a whopper burger blesses you with 13 gm fat and 100 gm French fries promote 15 gm fat to your body.

All the junk foods are destroying people’s health and fitness these days. Due to the fast-paced life, people are concerned about filling their stomachs rather than considering what they are eating and its effect on their health and body.

As we know health and fitness play an important role in our overall well-being, so we should try for a good balance between mind, body, and soul. I have some suggested activities to maintain proper health and fitness. One can start playing games and sports. An active body can metabolize well and so keep us in good shape.

Yoga has many health and fitness benefits such as flexibility, burning calories, increased blood flow, and boosted immunity. Proper food selection leads to eating healthy. The intake of vitamins found in vegetables and fruits, proteins found in whole grains, and lean meat keeps us healthy. Eat foods that have less oil are good for controlling cholesterol levels.

Having a good diet and a good proper sleep is important for the body to remain healthy and in good shape. Exercising improves the general health of the body. One must take at least thirty minutes a day to do some exercises or walk.

As told by Dalai Lama "Happiness is the highest form of health". Happiness will come only when we will be healthy and fit. However, today we live in a world where we value things more than people, work more than family, and food more than health and status more than life.

We rush after money and social status and we forget about our health. What is the value of life if we do not live healthy and fit? This absurd attitude has ruined our lives and it will continue to do so unless we open up our eyes and see the reality.

Thanks.



Ansh Saletia
ISM GAVEL CLUB

DETAILS OF GAVEL CLUBS AND COUNSELLORS

INDIAN SCHOOL MUSCAT (ISM)

S.N.	CLUB	COUNSELLOR	PHONE NUMBER	Club Timings
1	ISM ENID BLYTON	TM CLARA HELEN TM PRIYA THOMAS	9910 1877 94224321	Second & Fourth Saturday 8-10 AM
2	ISM CHURCHILL GAVEL CLUB	TM ANTHONY RAJU ROY	94317479	Second & Fourth Saturday 8-10 AM
3	ISM G B SHAW GAVEL CLUB	TM BHARATI BANERJEE TM RENU YADUVANSHI	9363 9196	Second & Fourth Saturday 8-10 AM
4	ISM JK ROWLING GAVEL CLUB	TM GANGADHAR NAIK TM GEETHAPRIYA	95729430 / 7919 8442	Second & Fourth Saturday 8-10 AM
5	ISM KEATS GAVEL CLUB	TM ANU B MATHEW (COORDINATOR) TM KAVITHA	9479 2900	Second & Fourth Saturday 8-10 AM
6	ISM MILTON GAVEL CLUB	TM JENNIFER E. DANIELS	9819 4810	Second & Fourth Saturday 8-10 AM
7	ISM RK LAXMAN GAVEL CLUB	DTM ABIDA AKTHAR TM ZEENAT	9616 9868	Second & Fourth Saturday 8-10 AM
8	ISM TAGORE GAVEL CLUB	TM RENU RAJU	94235452	Second & Fourth Saturday 8-10 AM
9	ISM SAROJINI NAIDU GAVEL CLUB	TM SABIRA MANIDHAR	9587 8897	Second & Fourth Saturday 8-10 AM
10	ISM SHAKESPEARE GAVEL CLUB	TM SUNITHA PRAKASH	9541 2137	Second & Fourth Saturday 8-10 AM
11	ISM SHELLY GAVEL CLUB	TM SREEVALLI K.	7158 0510	Second & Fourth Saturday 8-10 AM
12	ISM VIKRAM SETH GAVEL CLUB	TM VEENA SURESH TM NITHYA KANNAN	9105 7884 9473 4210	Second & Fourth Saturday 8-10 AM

DETAILS OF GAVEL CLUBS AND COUNSELLORS

INDIAN SCHOOL GHUBRA (ISG)

13	ISG AMETHYST GAVEL CLUB	TM Ann Thomas (Coordinator)	92120694	2-3 Saturdays in a Month (8.30-10:30 A.M)
14	ISG BLUE SAPPHIRE GAVEL CLUB	TM Hendrita Colaco Ms Anju Nair	95861736 95830314	2-3 Saturdays in a Month (8.30-10:30)
15	ISG CITRINE GAVEL CLUB	TM Rakhi Paradkar Ms Minna Susan Anil	99580148 95031066	2-3 Saturdays in a Month (8.30-10:30 A.M)
16	ISG DIAMOND GAVEL CLUB	TM Sneha Shamin	71302122	2-3 Saturdays in a Month (8.30-10:30 A.M)
17	ISG EMERALD GAVEL CLUB	TM Vincily Anthony Ms Divya Kuruppath	78964201 7835 2281	2-3 Saturdays in a Month (8.30-10:30 A.M)

INDIAN SCHOOL AL SEEB (ISAS)

18	ISAS LINCOLN GAVEL CLUB	SOUMYA TONY	98823561	Alternate Saturdays 9-11 A.M
19	ISAS CHURCHILL GAVEL CLUB	SANDHYA	95054604	Alternate Saturdays 9-11 A.M

DETAILS OF GAVEL CLUBS

INDIAN SCHOOL WADI KABIR –(ISWK)–

20	ISWK Cambridge Schook Gv	DTM Rajendra Varma	95328769	Alternate Saturdays 9-11 A.M
21	ISWK SKYLARK	TM MINU THOMAS	71171628	EVERY First & Third Saturdays- 8.30 -10.00 A.M
22	ISWK SKITTLES	TM VINOD KUMAR	97479922	EVERY First & Third Saturdays- 8.30 -10.00 A.M
23	ISWK SWIFT	TM MONICA GUPTA	97853904	EVERY First & Third Saturdays- 8.30 -10.00 A.M
24	ISWK AIDEN	TM SUDESHNA	99608103	EVERY First & Third Saturdays- 8.30 -10.00 A.M

INDIAN SCHOOL AL MABELA (ISAM)

25	ISAM DIAMOND	MRS DHANYA SADANAND	93150565	Alternate Saturdays 9.45-11.30 A.M
26	ISAM EMERALD	MR SAJEESH KUMAR	91852561	Alternate Saturdays 9.45-11.30 A.M
27	ISAM SAPPHIRE	MR GORDON GEORGE	97838504	Alternate Saturdays 9.45-11.30 A.M

DETAILS OF GAVEL CLUBS AND COUNSELLORS

SRILANKAN SCHOOL (SLSM)

28	SLSM - SPARKS	TM Kusheema Bandara	96611372	Alternate Thursdays 2.30- 4.00 pm
29	SLSM-STAGEMASTERS	TM Navanjana Shehari	94713437	Alternate Thursdays 2.30- 4.00 pm

OPEN CLUBS

30	PDO Gavel club	TM Sadhana verma TM Akshatha PP	9278 6761 96513561	Every Sundays 5PM- 6.30 PM
31	ANA GAVEL CLUB OF MUSCAT	TM SAMUEL D SILVA	92568616	Alternate FRIDAYS 9.30- 11.30-ONLINE
32	KTI GAVEL CLUB	DTM Praveen Panicker	92148486	Alternate Saturdays- 9.30 – 11.30
33	YUVA TKS	TM Chaithanya	96356903	Alternate Saturdays 3-5 pm at MBD



JOHANN GLADSON
ISWK GAVEL CLUB



Akanksha Raghunath Kumar
ISG Gavel Club



K SANIYAH FATIMAK
ISM GAVEL CLUB



Riti Patel_
ISM CHURCHILL

Riti Patel

21st Century Challenges



Anandi Kumari
ISG GAVEL CLUB

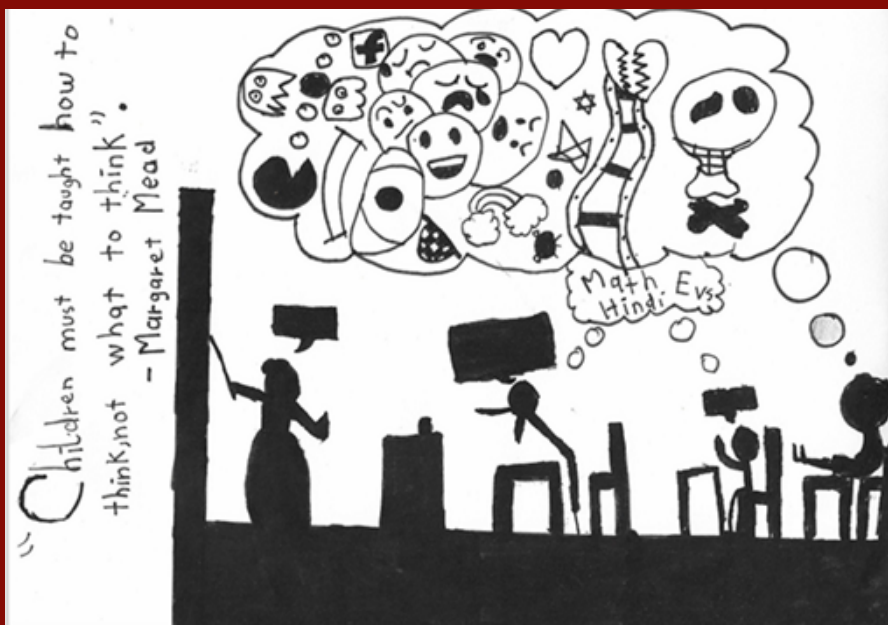


SARAH KHAN
SKITTLES CLUB



ALL BIRDS FIND SHELTER DURING A RAIN
BUT EAGLES AVOID RAINS BY FLYING ABOVE
THE CLOUDS
PROBLEMS ARE COMMON
BUT ATTITUDE MAKES THE DIFFERENCE

- Abdul Kalam



Children must be taught how to
think, not what to think".
- Margaret Mead



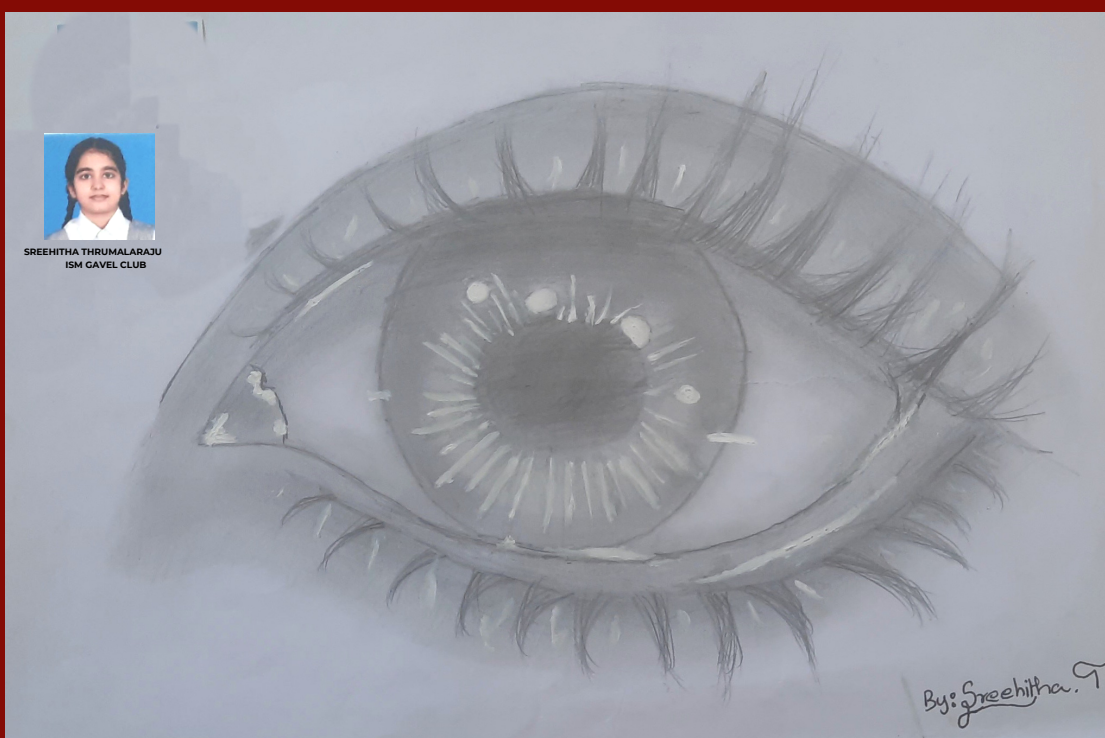
DHRUV RISHIKESH
ISWK GAVEL CLUB



Roshna Mariam Anil
ISM G.B SHAW



W.H. Winshiya Sharon
ISM GAVEL CLUB



SREEHITHA THRUMALARAJU
ISM GAVEL CLUB

By: Sreehitha.



NAZISH
ISG GAVEL CLUB



THE BEAUTY OF SUNRISE



AYSHA HANIFA MUNIER
ISG Gavel Club



HANSI THAKUR
ISM GAVEL CLUB



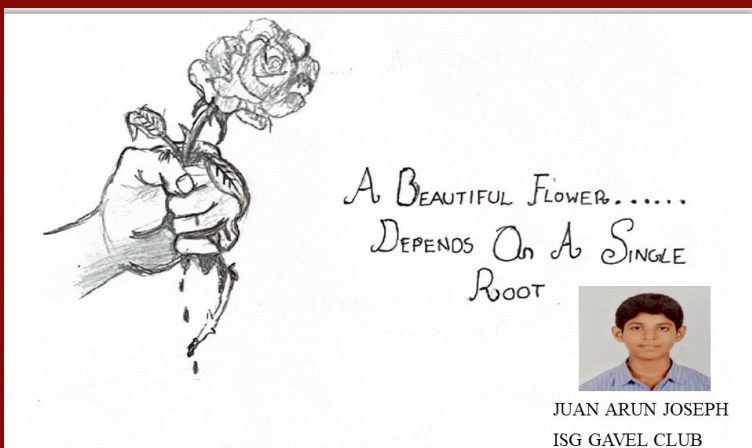
NIVEDHITHA KANNAN
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Shweta Raman
ISG GAVEL CLUB



Samprita Rajesh
ISG Gavel Club



JUAN ARUN JOSEPH
ISG GAVEL CLUB



Trisha Nair
ISG Gavel Club



Sreethika Manoj
ISG GAVEL CLUB



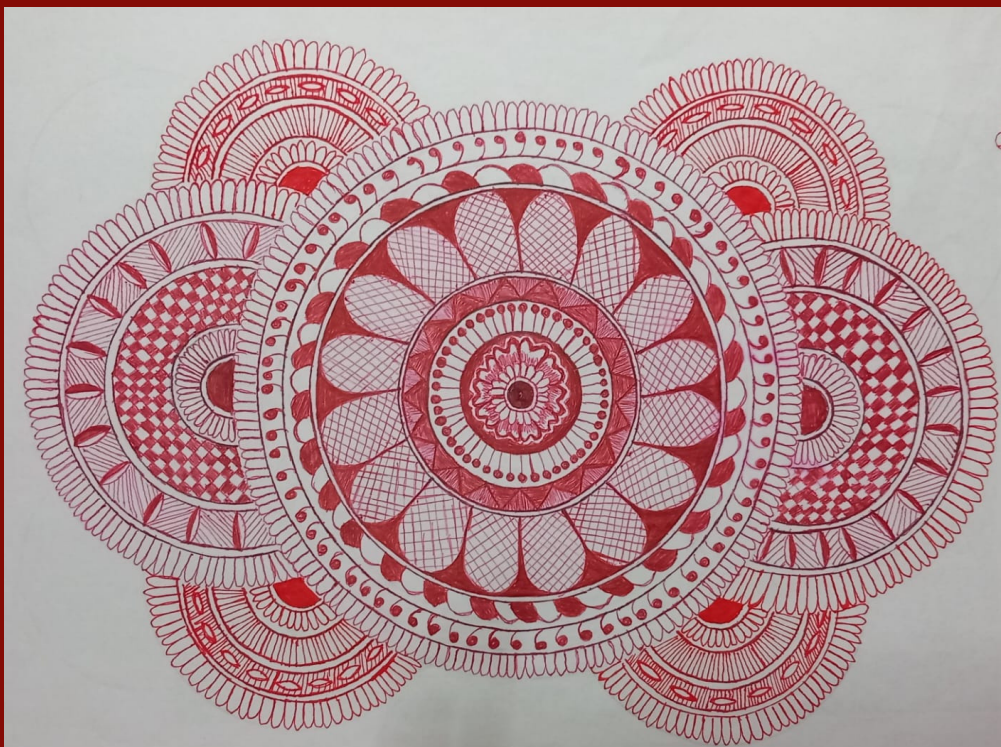
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ISG GAVEL CLUB



APOORVA
ISM GAVEL CLUB



ISHANI PRASOBH
ISM GAVEL CLUB



DEVASHREE
ISM GAVEL CLUB



AIMEE ANN SAM
ISM GAVEL CLUB



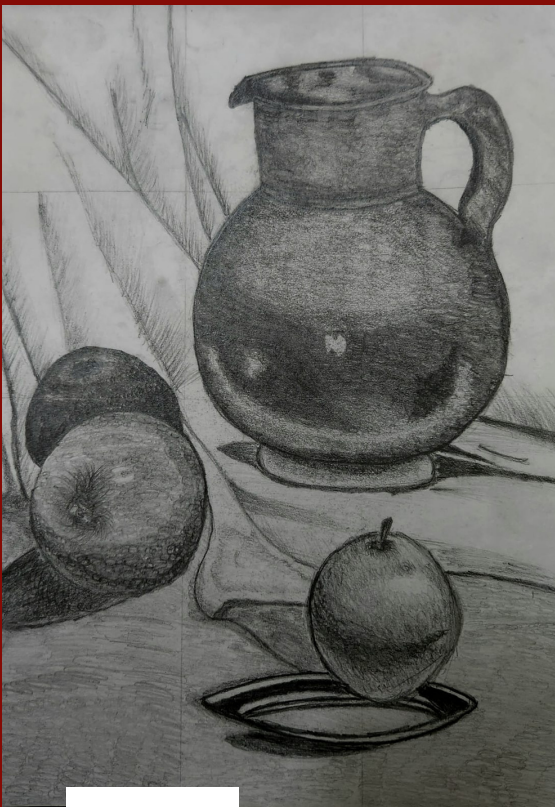
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ROHAN SAJEESH NAMBIAR
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ABHINAV SUBHASH
ISM GAVEL CLUB



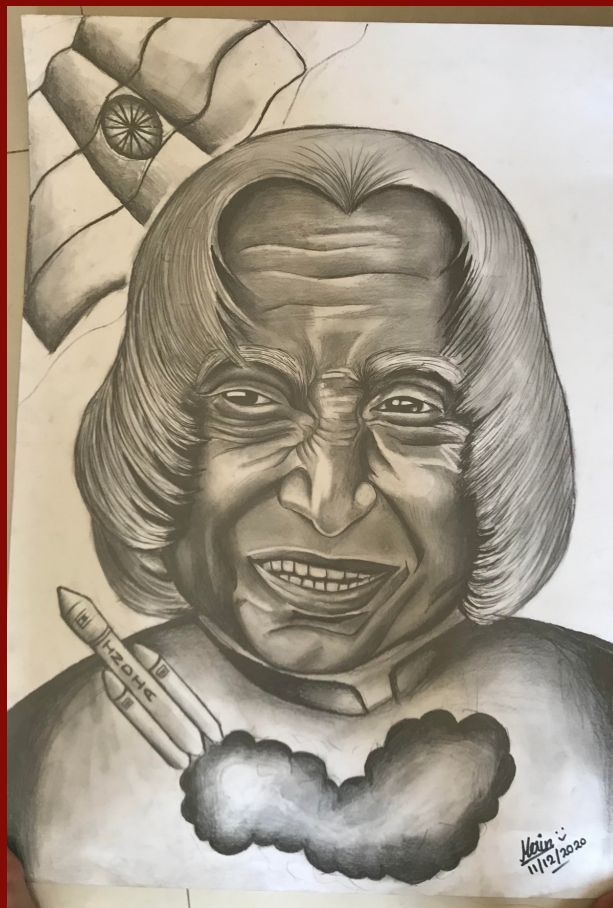
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PARSHV ANGLEKA
ISM GAVEL CLUB



AAROHI HEGDE
ISM GAVEL CLUB



MERIN
ISG GAVEL CLUB



Raghav Gupta
ISM GAVEL CLUB



Daniel Varghese Biji
ISM GAVEL CLUB



Devanshu Banik
ISG Gavel Club



ALANKRITA NAIR
ISM GAVEL CLUB



REEKA SHRIGAL
KTI Gavel Club



Vasudev Vilakkeri
ISAS Gavel Club