



مدرسة كامبردج انترناشيونال
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INTRODUCTION

We bring before you, the CIS Times! A student bulletin designed for and by students of CIS.

We follow a job-shop pattern, wherein we work on different projects. This is just so we make communication and interaction easier in our CIS community. We hope to entertain, educate, and help all our fellow students.

QUARANTINE IN COVID-19

As we celebrated and prayed on New Year's Eve 2020, hoping that the New Year would bring in prosperity and...

WITHIN THE BOUNDARIES

The situation going on in the world right now is hard for all of us to deal with, but I know we can get through...

MEDIA, COOKING AND ART

Having a camera around me keeps me the most entertained and comfortable. A Camera...

WITHIN THE BOUNDARIES - Manahil Kashif

The situation going on in the world right now is hard for all of us to deal with, but I know we can get through this Quarantine is a great way to pursue hobbies, spend time connecting and calling friends and family, as well as discovering new things. Quarantine gives us a lot of free time and might make us idle, but we must fight our sluggishness and use time prudently and ensure productivity. Our routine in quarantine may be sleep, eat, chill, repeat but this is not going to help us accomplish any goals and aims that we intend to achieve. An encouraging way to overcome laziness is to make your bed, first thing in the morning. This spreads an optimistic vibe and keeps you ambitious throughout the day!

A **Positive impact** of quarantine is that it gives us time for ourselves, in this stressful time we have an opportunity to self-evaluate ourselves, decisions made in the past, actions and their consequences and most importantly ***“Staying Home means Staying Safe”***, thus stopping the spread of Coronavirus. Quarantine has become a part of our daily life in the last few months, which gets me thinking, “will we miss these days, once they’re gone?” A **Negative impact** that quarantine has made is that it has reduced the amount of socializing and being active. People cannot go to gyms, go train outside, go to get fresh air without being suffocated in a mask and one of the biggest impacts is on the countries’ economy. All businesses and flights are closed, people cannot visit their families, relatives, and friends or even go to work. This has had a huge impact on their income and thus making it harder for people to support their families or stay under shade. A good way to spend quarantine is to help support people emotionally if you are unable to do it financially or physically.

The holy month **Ramadan**, in which all Muslims pray and fast. I sincerely hope that this pandemic ends soon, and everything goes back to normal. Each one of us miss our countries and families back home and cannot wait for this to end this and meet them, but as of now we need to stay indoors and stay safe. Even though the lockdown restrictions are reducing, we still need to keep in mind and use all protective measures to protect ourselves and others. The virus is spreading fast, faster than we can find a cure, but as we all have heard; ***“Prevention is better than cure”***.

I am happy with how this lockdown has at least prevented the virus from spreading faster and is allowing the government to disinfect places. We all hope this has a great after effect and hopefully we can win this battle soon too. Video or voice calling your friends can be a great way to cheer yourself up if you are feeling low and this will spread happiness among others as well. As I mentioned earlier, emotional support is necessary during these times, ***“A Happy Mind, A Happy Life!!”***

I am sure we can all support each other in this time...

Spread positivity! Be Happy! #TogetherInThis #StayHome #StaySafe

MENTAL HEALTH DURING COVID-19 *-Himani Samtani*

As we celebrated and prayed on New Year's Eve 2020, hoping that the New Year would bring in prosperity and a new ray of light into our lives, little did we know that just five months down the road we would be facing a situation no one would have dreamt of. We find ourselves in the middle of a global pandemic and everyone, without exception, is affected in some way or the other. Days and evenings are spent listening to news reports, all speaking mind-numbing statistics of infections, survivals, and deaths. Although, we may not realize how this is affecting us mentally, it is now time to acknowledge and deal with this reality.



People are spending endless hours at home without knowing when they can go out again. This situation builds up stress levels, anxiety, or a bad mental space due to uncertainty of normal life. This stress is of a new kind. Almost unknown. With very few knowing how to deal with it, it makes it even more important for us to know how to stay in a clean mental state. Given the global presence of this situation **I conducted a small survey**, to get an idea of how people are feeling emotionally and mentally regarding the situation.

A question I included in my survey asked readers about what type of **stress factors or mental health issues** they were dealing with during this pandemic. After looking through the results I concluded that most individuals (39%) were overthinking and worried. This shows the COVID-19 pandemic has brought stress into people's lives.

Should we be overthinking? Should we not worry about the future? How do we control our emotions and thoughts?

Now of course it is human tendency to overthink and create scenarios that may never happen. Anxiety only forces your mind to focus on the worst outcomes. So, when having an anxiety or panic attack, keep in mind and remember that your thoughts are deceiving you. What you think is not what will necessarily happen. Start to train your mind to look at the brighter side of things and change your perspective on things. **For example**, if you are bored at home and just not having a great day, try to list all the things you are grateful for. It can be as simple as 'I'm grateful I got to experience another sunrise and a fresh new day'.

Often people also brood when they have a lot of time on their hands, so during this quarantine try to keep busy and get involved in a range of activities safe to practice at home. Which could include de-cluttering, connecting with long-lost friends, learning a

new language, or even learning how to cook, bake. With a lot of time in hand, one tends to get emotional and experience unwanted feelings. It can be tough to navigate this in the right sense and instead can end up getting overwhelmed. So, to avoid this, take advantage of technology and use a meditation application, listen to music, compile a playlist of tunes and movies for a start. Set aside 10 minutes of your day to do absolutely nothing. Find someplace or corner which is calm and peaceful. Next, sit down and breathe peacefully. You will find yourself becoming more restful and feeling settled. This will lead to you controlling some of your random and unwanted emotions and thoughts.

Another question in my survey was 'How are you taking control of these stresses/mental health issues? 42% said 'by starting to do things they enjoy and love'. This is great and always calms us down. However, many of us find it tough to take control of our mind leave alone motivate oneself to do things we enjoy. So how do you take control of your stresses and your mind? Here are some steps to guide you through.

Step 1: Have a routine and stick to it. Yes, till recently all of us had a way of life and our own responsibilities. Although due to quarantine we find ourselves having a lot of time on our hands, finding it hard to occupy our day with adequate routine. Try allocating 10 minutes the night before and plan the next day. Include to-do lists. This gives you a sense of responsibility, and will lead to certainty, causing less anxiety and stress. This keeps you in control of your mind and day.

Step 2: Self-care, this can sound a little conventional, but taking care of your body is important, and self-care comes in many forms, for example to one it may look like: a day in bed but to another individual it may look like, organizing personal effects. So, find out what you enjoy doing most and make some time for it. Giving your soul and mind activities you enjoy leads you to being positive and optimistic throughout the day. It lowers any sort of sadness or anxiety.

Step 3: Trust in the journey, you are not going to take control of your mind and body overnight, it is a process which requires patience. So, trust in the journey and do not question anything which is not going according to how you planned, after all we are in the middle of a pandemic, so do not be too harsh on yourself. Everything is meant to be!

Step 4: Spend time with family, sometimes our anxiety, stress or even fear makes us feel like we are in a bottomless hole. Use your leisure time during quarantine to spend time with family members by playing board games, watching movies.

The month of May this year also signifies the Holy Month of Ramadan. A time of quiet reflection and prayer. This Ramadan takes on special significance in view of this crisis and makes people express gratitude and scaling down of consumption and extravagance.



PHOTOGRAPHY FRENZY

-Krish Nihalani

Having a camera around me keeps me the most entertained and comfortable. Camera is such an object that can help you capture golden moments and relieve old ones. Photography subtly bring reality to a scene, sometimes more than the actual scene itself.

I always tend to try and explore something new with photography such as light painting photography, portraiture, long exposure and much more. I always try to keep my gear to a minimal and adjust with what I have at the moment also what I call, budgeted gear. I am keen on reaching out to photographers/videographers and help them with the basics to get them started with tutorials, tips and tricks.

I am Krish Nihalani from Year 13 and it would be a pleasure if you would join me on this journey. If you wish to see my creative side in terms of photography and videography, follow me on **Instagram @Krish_clicks27**



RAW formats ... Heard of it ?? if not check out this video by Krish Nihalani where he explains it all.....
<https://bit.ly/2Z8ocXm>



Gourmet Corner



“My life has always been surrounded by food. Food plays a huge factor in my life; it helps me bring my family together. But for me I have more than just love for food, I have a passion and a drive towards learning more about food. I have been fortunate that my parents have supported me in pursuing this dream, which boosts my drive for cooking.

Cooking food is a labor of love and once you put your heart into it, you can always make a fantastic dish. The reason behind my love for cooking is because I love to experiment and understand the depth and flavor of an ingredient. I cook to develop respect for each ingredient I cook with so that when I use them in a dish they will be at their fullest potential. Although I have trained in professional restaurants, **I enjoy cooking more at home** for my family and friends. It brings me great joy seeing their happiness. I have even had the pleasure of meeting the well-known **Chef Gordon Ramsay** and had him try some of my dishes. Within this space I wish to reach out to junior cooks and families in need of inspiration and present **innovative recipes for breakfast, lunch, and dinner** to help pupils familiarize with such cooking processes. I hope that I can show my love for cooking and food and share the same passion with you and I hope that you can love food as much as I do with this CIS Times food tabloid.

My name is Hanokh and if you want to know more about my cooking you can follow me on Instagram **@foodnokh**. I thank everyone for their patience and their support.”

-Hanokh Thomas

Watch this video by Hanokh,
showcasing some of his
mouthwatering delicacies

<https://bit.ly/3bFY8oS>



COOKING FEVER *-Rhea Nadkarni*

I enjoy cooking because I love food. I like experimenting with various ingredients and seeing the different outcomes. For me, Cooking has been the best way to prevent boredom during this situation of quarantine.

The best part of cooking is that you can spend time with your family, and it can bring you guys together. It's fun to create mouth-watering dishes that you can share with your friends and family. I enjoy cooking different types of food such as ***main course or desserts etc.*** I like to challenge myself with different trends that go on globally such as the ***#Dalgona coffee***. I make various food to spare time. I hope that my cooking inspires you too, to try out new dishes!!

I would absolutely love to see the food that you are making, so please share pictures to our mail ID: cisdxbevents@gmail.com and we will make sure they get uploaded in our next edition.



Watch Rhea Cook

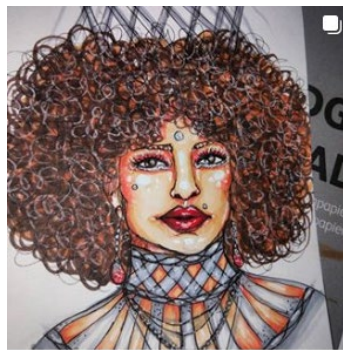
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THE ART VALLEY - *Aishani*

Art has always been a way for me to escape the real world and dive into a world of infinite possibilities. I keep myself busy with the ideas and practices accompanied this conception; with brush strokes, mixing of colours, moulding of clay and much more. I am extremely fond of and confident in portrait art, my preferred mediums being watercolours, shading or Prisma pencils. I have also had great practise in landscape and abstract art before my year at Cambridge, concepts I take part in with acrylic paints or Copic markers. I hope to reach out to those interested in art, aid our fellow beginners and guide them into becoming future artists with the help of classes, tutorials and small tips and tricks. As the famous quote goes "Every artist was first an amateur".

I am Aishani from Year 13 and I thank you for accompanying me on this journey.

If you wish to see some of my artwork, please follow my Instagram account @aishaarts21.

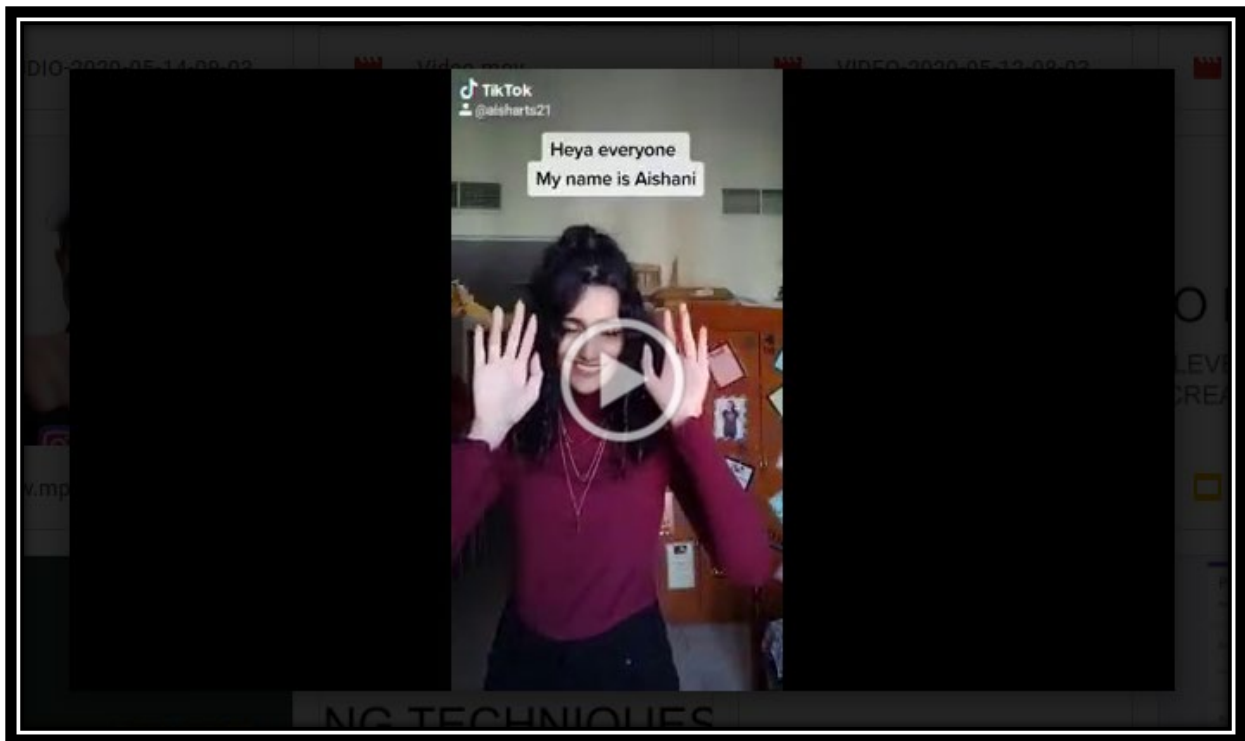


"ART is freedom, ART is something that makes you breathe, ART is not what you see but what you make other see....every person has a hidden artist within them"

-Amrita Mukherjee



AISHANI'S ART GALLERY



Link to video:

<https://bit.ly/3fTEYPL>



Counselors Corner



TODAY'S HIGHLIGHT:

Praises



Click on the icon or
copy paste this link in
your browser to listen to
the podcast:

<https://bit.ly/2ZbtBNk>

Ms. Suzie Hachez
School Counselor & GEMS Counselling Network Leader

Life is from within! In a world that sometimes gets overwhelming with paradox, it's difficult to make decisions. Of course, at such times wouldn't it be best to believe in your inner strength! Believe with all your heart, ask with humility and it won't be far when you receive.

-Aarti Basanth



Newsletter Crew



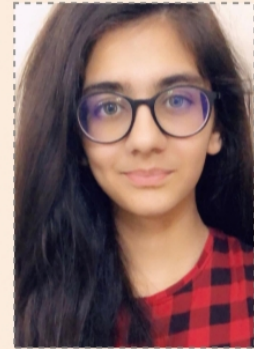
Amrita



Faiz



Aishani



Manahil



Himani



Krish



Miss Aarti



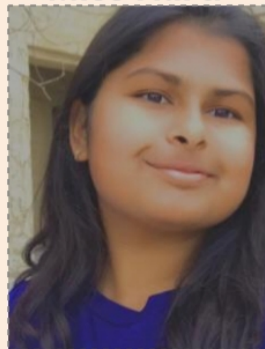
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Adrienne



Prokriti



Rhea



Hanokh

Media, Design & Development

- Faiz Iqbal
- Krish Nihalani
- Fadhil Faisal

Cooking and Arts

- Aishani
- Rhea
- Hanokh

Journalists and Editors:

- Adrienne Pinto
- Prokriti Raha
- Amrita Mukherjee
- Himani Samtani
- Manahil