

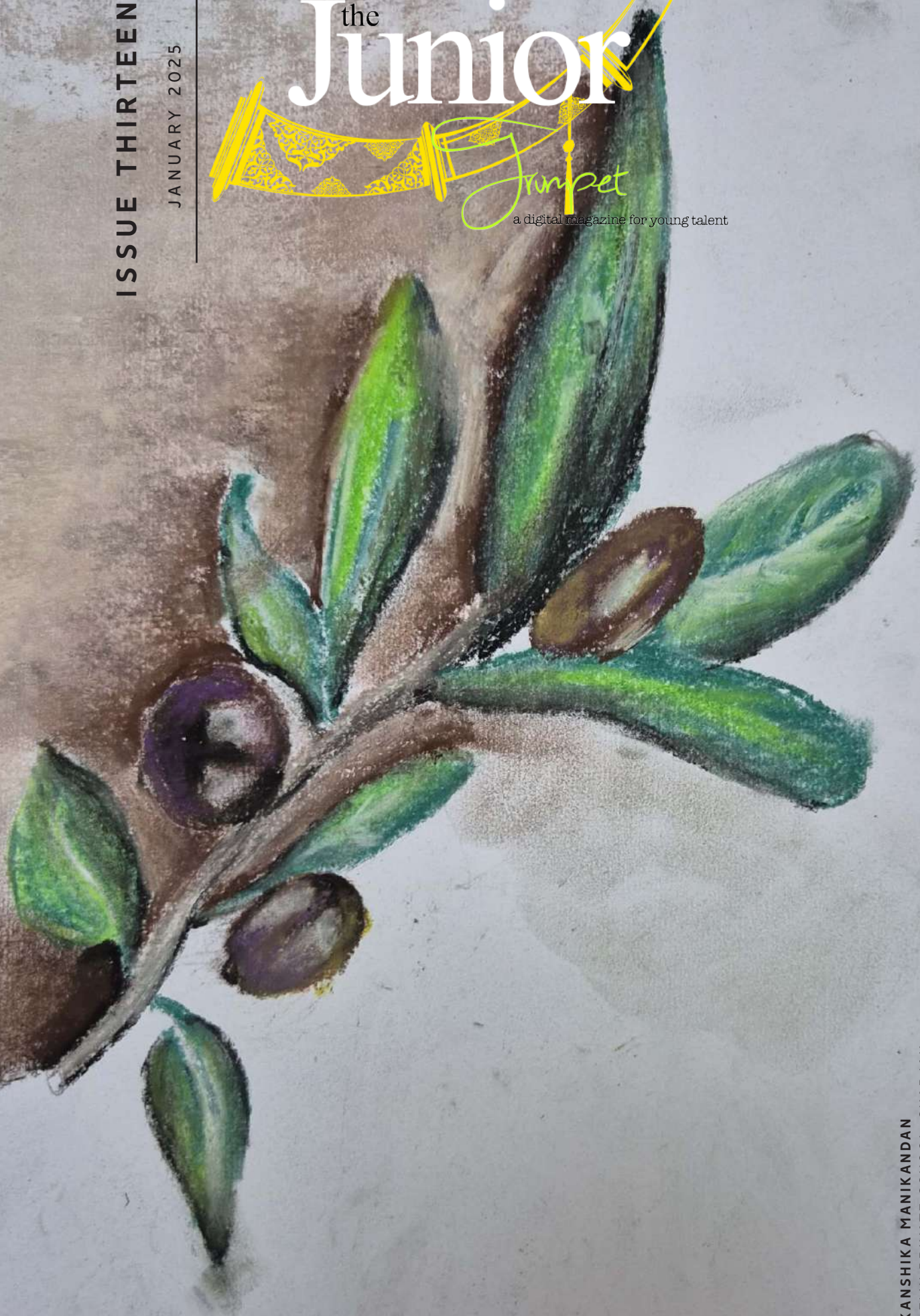
ISSUE THIRTEEN

JANUARY 2025

the Junior



Trumpet
a digital magazine for young talent

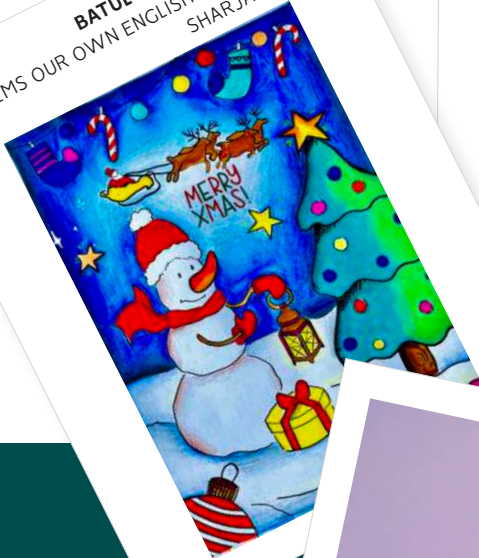




MP

NOTE FROM THE EDITOR

BATUL MUFADDAL VOHRA
GEMS OUR OWN ENGLISH HIGH SCHOOL,
SHARJAH- GIRLS



KANSHIKA MANIKANDAN
DELHI PRIVATE SCHOOL,
SHARJAH



New Year brings a year full of opportunities — chances to grow in school, learn new skills, make new friends, partake in more community projects, spend quality time with family (siblings including!), and more. Each sunrise in 2025 is your chance to hit restart to be a better student, sibling, friend, and person. How you live each day will determine how far you'd go in life. Along with all the platforms and places you will explore to shine more, you will also encounter failures and challenges. Your best friend and you may argue, your grades may suffer, and your sibling may rat you out! You will feel low on a few days, just like you felt bright on others.

As you enter this new month, this New Year, remember to be grateful for the good and bad days — they'll teach you something! Make memories with your peers, listen to your teachers, and share your dreams with your parents, but have fun at whatever you do, even in maths and science classes.

Don't stop exploring your creativity— promise to express yourself through music, poetry, stories, paints, debating competitions, book clubs, and more. When you fall short of ideas,

visit your favorite magazine and explore a few with us. As always, we're eager to hear from you, and we encourage you to own this space and color it with your thoughts. This is your canvas, your notebook — use it to share your talent with one and all.

Until we meet next, keep reading, shining, and creating.

PURVA

EDITOR,

THE JUNIOR TRUMPET

editor@theindiantrumpet.com



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CONTACTS

Purva Grover, founder & editor
thejuniortrumpet.com

All queries are to be addressed to
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available complimentary without charging a reading
fee (retrospectively, too) from June 2024.

Purva Grover, Founder-Editor
Dolly Goel, Art Director



JAYASRI INDIRA SARAVANAN
PRESIDENCY SCHOOL BANGALORE NORTH, BENGALURU, INDIA

TABLE OF CONTENTS

6 **WHAT LURES ME TO TECHNOLOGY**

8 **GET CREATIVE TO ENCOURAGE INNOVATIVE THINKING IN CHILDREN**

10 **BE THE ONE**

11 **A DEDICATION TO MOTHER EARTH**

12 **LET'S IMAGINE**

13 **I WOULD INVENT THE "ROSE POSE," SAYS THIS YOUNG YOGA STAR!**

16 **TEACHERS BEAT GOOGLE IN THE CLASSROOM!**

18 **WHAT COMES TO OUR MIND WHEN WE THINK OF SOCIAL MEDIA?**

20 **YOU CAN'T JUST BOTTLE UP!**

22 **THE JUNIOR TRUMPET ART WALL**

24 **THREE REASONS WHY EVERYONE SHOULD JOURNAL**

26 **THE UAE STANDS STRONG, UNITED IN HAND**

28 **IN THE NEWS**

HOW TO CONTRIBUTE

Are you ready to showcase your creativity and let your imagination soar? We are thrilled to invite all budding artists, poets, writers, and storytellers to contribute to THE JUNIOR TRUMPET! This is your chance to see your work published and shared with the world.

What can you submit?

- **Artworks:** Drawings, paintings, sketches, and more!
- **Poetry:** Express your feelings and thoughts in verse.
- **Articles:** Share your insights, opinions,

or interesting facts.

- **Stories:** Create captivating tales that transport readers to new worlds.

How to submit:

Choose your best work.

Scan or take a high-quality photo of your creation.

Write a short bio about yourself, including your name, age, class, and school.

Email your submission and bio to [editor@theindiantrumpet.com] with the subject line "Young Talent Submission."

WHAT LURES ME TO TECHNOLOGY

POOJA MANOJ
The Millennium School, Dubai





People commonly consider the 'technical' aspect of things as the most monotonous aspect, the one devoid of emotions or vitality. I couldn't disagree more. What could be less dynamic than words without their etymology, Bharatanatyam without its adavus (steps), or society without technology?

I still remember the sparkle in my mom's eyes as she first wore her specialized mobility aid. Her usually hard-to-lift feet moved with vigor, and her sheepish strides shone with confidence and eagerness to do the things she once could not do. However, the device did not account for the changes the body would undergo and gradually lost its effectiveness. The despair that returned was stronger than the joy that the device had once provided, and she lost faith in the device and her road to recovery itself. Her dependence on technology was not just physical but also psychological.

The possibility of creating such a profound impact by applying my knowledge and skillset allured me to innovation and technology. I also realized that, as an accessibility entrepreneur in the future, I would have to deeply empathize with my target consumers and introspect into their lives as deeply as I did with my family. Whether creating a medicine manager device in 7th grade for my grandparents or creating nanotechnology-based SDG solutions for the Business Cup Challenge, the intersection of technology and business makes me feel most alive, a powerful tool that I must use with great caution.



GET CREATIVE TO ENCOURAGE INNOVATIVE THINKING IN CHILDREN

EXPERT TALK



DENISE GOSNEY
MANAGING DIRECTOR-FOUNDER,
RAZZAMATAZ THEATRE SCHOOLS

As a performing arts educator with more than 25 years of experience working with children and young people, we have seen first-hand how participation in dance, drama, and music supports the process of creativity and innovative thinking. Razzamataz Theatre Schools has decades of experience understanding how the performing arts can unlock every child's potential. By embracing that every child learns differently, we create a safe, inspiring environment where they can explore their creativity, build confidence, and discover innovative ways of thinking and expressing themselves.

Creativity is vital for succeeding in an ever-changing world where innovative thinking drives success across countless industries. For children, participating in drama, dance, and music is great fun and a unique opportunity to explore new things, embrace challenges, and learn that it's ok to fail and try again.

Hollie Tweedie, who spent more than ten years at Razzamataz Carlisle and was personally taught and mentored by myself, went on to study marine biology at Rollins College in Florida. One standout memory was performing one of her original songs during the school's annual showcase. She recalls how this moment, alongside other opportunities like being part of a girl band and mentoring younger students, gave her the confidence to take bold steps in life.

It is important to note that the teachers must be adequately trained in the arts, as their expertise ensures high-quality education and empowers students to develop their creative potential and confidence fully.

Drama teachers create exercises and improvisation to challenge students to adapt to new scenarios, think quickly, and explore multiple solutions, promoting flexibility and creativity. Dance teachers lead students in self-expression, encouraging individuality and the development of fresh ideas. With their vocal technique, musicianship, and performance expertise, music teachers will help students enhance their creativity by experimenting with different sounds and rhythms, encouraging innovative thinking, and fostering a more profound sense of artistic expression.

Additionally, the diverse experiences offered through the arts, particularly Razzamataz, including performing on prestigious stages like London's West End, participating in masterclasses with industry professionals, and showcasing talents internationally, expose students to new techniques and broader perspectives. These experiences foster resilience, exploration, and the confidence to pursue innovative solutions in the performing arts and daily life.

Performing arts allows young people to work with their peers and teachers to think differently outside of the confines of a traditional classroom. In today's fast-paced, ever-changing world, this creative approach to learning is more needed than ever before, giving young people skills essential for success in both personal and professional life.

BE THE ONE

EVA JOSE
Leaders Private School, Sharjah




Would you do the same?
Follow the laws that are lame?
Their harsh words cut through your heart
Be perfect and smart
Behave and don't make mistakes, they said
Don't have high hopes to win
Just smile and grin
But STOP!
And look around,
Within yourself, in your heart
You are not like them
They, who believe you are not worthy of all this
They, who blame you for mayhem
You are someone who believes in your abilities
Because you know that being different makes
you stronger
Quit following the same line any longer
So go ahead and touch the sky
Fly so high
That people will look upto you as a warrior
So be the ONE...





A Dedication to Mother Earth

*Let us keep our Mother Earth clean
So that we have her always Green.
Let us keep our Mother Earth beautiful
So she can bless us Bountiful.
Let us keep our Mother Earth free of
waste
So she can bless us in good taste.
Let us keep our Mother Earth free of
pollution
So she can bless us with more
solutions.
Let us plant trees in plenty
So she can bless us in bounty .
Let us make our Mother Earth plastic
free
So she can bless us in glee.*



*From Abarnaa Sai.V
Grade 09 DPS, UAE*



Let's Imagine

'It all began with a slice of cake and a cup of coffee.'

We can't wait to receive a few imaginative submissions from you. You can turn this first line into stories or poems! Email your submission and bio to [editor@theindiantrumpet.com] with the subject line "Let's Imagine Submission."



If you wish to write using pencils, pens, colors, etc., **DOWNLOAD THIS PAGE.** Please print it out, write it, and then scan and email it to us. You can also type out your entry and email it to us.

I WOULD INVENT THE “ROSE POSE,” SAYS THIS YOUNG YOGA STAR!

TEAM
The Junior Trumpet

Asal Bakhtiyorovna Azimova, a Grade 2 student at Dhruv Global School, Dubai, has earned the Asia Book of Records title for her exceptional yoga performance. Asal received this honor by performing the maximum number of alternating Upavishta Konasana (seated wide-angle pose) and Poorna Bhujangasana (full cobra pose). This remarkable feat showcased Asal’s dedication and talent, and we learn more about the little star in an interview. Excerpts.

1. How did you first start practicing yoga, and what interested you?

As a child, I was passionate about gymnastics and started practicing it in kindergarten. It inspired me to explore different ways of moving my body. Later, when I joined Dhruv Global School, Dubai, I was introduced to yoga and instantly fell in love with it. Since then, yoga has been a part of my life.

2. Who inspired you to pursue yoga at such a young age?

My yoga teacher, Ms. Sushmita, was my biggest inspiration. Her kindness and the fun she brought to yoga made me want to follow in her footsteps!

3. Can you tell us a little about your daily yoga practice? How long do you practice each day?

I dedicate one hour every day to practicing yoga. My routine includes some of the most advanced poses and sequences, which challenge me and help me improve with each session. I also focus on breathing techniques and mindfulness, which keep me calm and energized throughout the day. Yoga has become an essential part of my routine, helping me grow physically and mentally stronger.

4. What’s your favorite yoga pose, and why?

My favorite yoga pose is Ganda Bherundasana. It holds a special place for me because it was the first pose that made me feel genuinely proud of my abilities. I executed it well, and practicing it is always a fun and rewarding experience!

5. Were there any challenging poses that took you a long time to master?

Yes, Ganda Bherundasana was quite tricky for me initially. It required a lot of strength, balance, and patience, but I stayed determined. With consistent practice and effort, I was eventually able to master it, and that feeling of accomplishment was amazing!







6. Did anyone give you advice or help you stay motivated?

My yoga teacher, Ms. Sushmita, has always been a great source of guidance and encouragement. She constantly motivates me to keep practicing and explore new poses and techniques. Her unwavering support and positivity inspire me every step of the way!

7. Do you remember the exact moment when you broke the record? What went through your mind?

I clearly remember the moment I broke the record—it was incredible! I felt a rush of happiness and excitement, knowing I had achieved something remarkable. It was a proud and unforgettable experience!

8. What would you say to other kids who want to try yoga or achieve something extraordinary?

I encourage them to keep exploring new yoga poses, practice consistently, and never give up, no matter how challenging. Yoga is so much fun, and you can achieve incredible things with dedication and perseverance!

9. Do you think yoga helps you in other parts of your life, like school or making friends?

Absolutely! Yoga helps me stay calm and focused, which makes it easier to manage schoolwork and learn new things. It also boosts my confidence and positivity, which has helped me build stronger friendships and connect with new people.

10. If you could have any superpower, what would it be?

I would love to have the superpower to do anything with yoga! Imagine performing any pose perfectly and using yoga to help others in amazing ways!

11. What's your favorite thing to do after school?

After school, I love spending time outdoors with my friends. We enjoy playing games and just having fun together. I also practice yoga at home because it helps me relax and unwind from the day. It's a great way to stay happy, calm, and focused.

12. If you could turn into any animal, which one would you choose and why?

If I could turn into any animal, I'd be a dog. They're not only cute and playful but also so loyal and full of energy. I love how dogs always have so much fun, whether playing or hanging out with friends.

13. What's your favorite snack or treat?

My favorite snack has to be chips! I love how crunchy and tasty they are, and they make the perfect snack whenever I'm hungry. Sometimes, I add a dip to make them even more delicious. It's my go-to treat!

14. Where would you go if you could travel anywhere in the world?

I would love to visit Uzbekistan, my home country. I want to explore the history, culture, and beautiful places there. Plus, spending time with family and reconnecting with my roots would be great, as would enjoying the traditions and landscapes.

15. Do you have a favorite cartoon or book character? Who is it, and why?

I don't watch cartoons much, but I love Arabic dance shows. The dances are beautiful and lively, making me happy just watching them. I admire the grace and energy of the dancers, and I dream of learning those moves one day!

16. If you could invent a new yoga pose, what would you call it?

I would invent the "Rose Pose." It would be a fun and creative pose that combines balance and flexibility. It would also be a great way to express positivity and energy, like a blooming rose! I imagine it would look both beautiful and peaceful.

17. What's the funniest or silliest thing that's ever happened during yoga practice?

The funniest moments in yoga happen every time I try to modify a pose after asking my teacher to teach me something new. I often make silly adjustments that don't quite work, and my teacher can't help but laugh at my attempts. It's always a good time; I never stop learning from those moments!

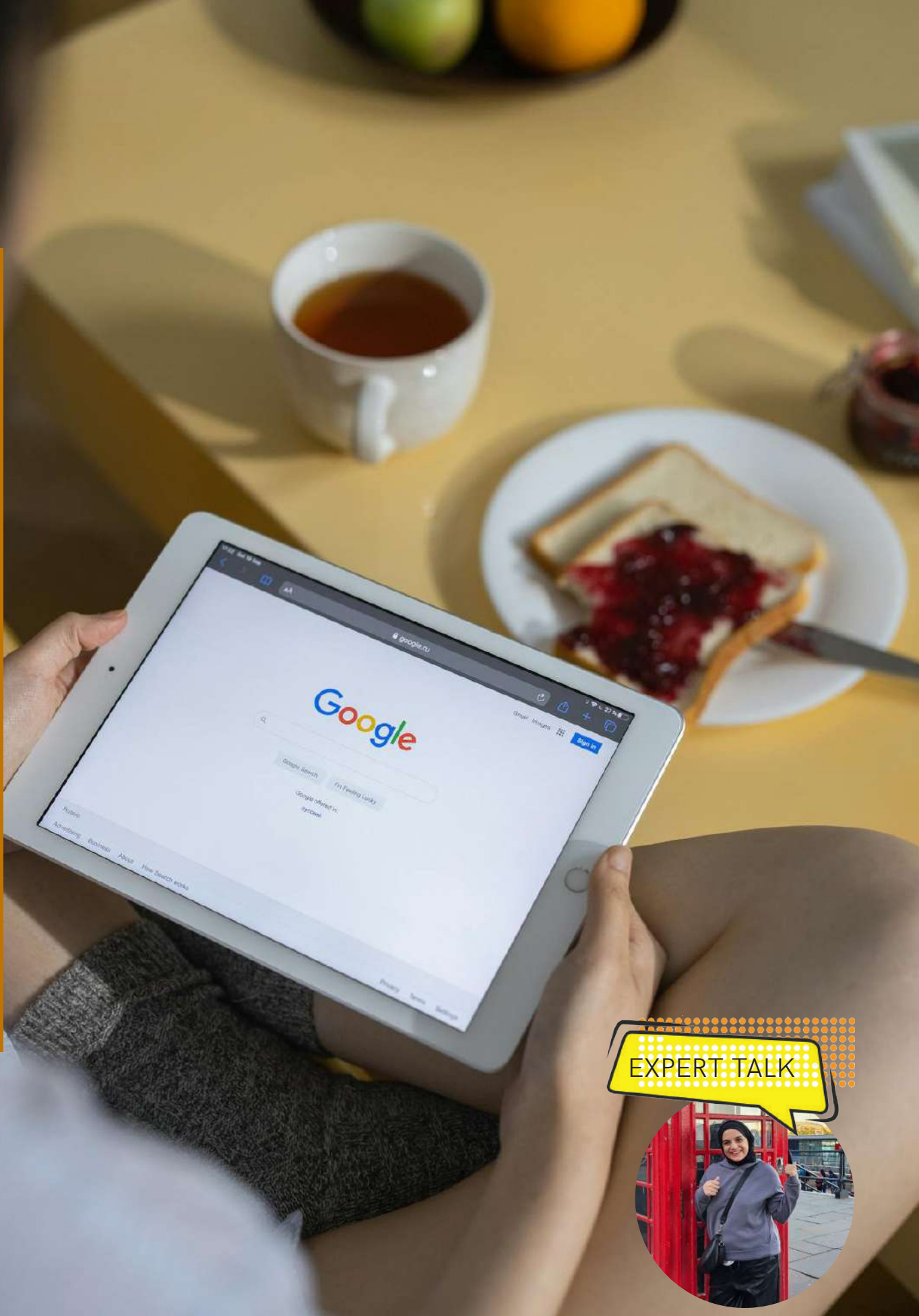
18. If you were your school's principal for a day, what rules would you make?

If I were the principal for a day, I'd rule that there are no regular classes—just yoga and playtime! Students would love that; it would be a great way to relax and recharge. Plus, it would bring more fun and laughter to the school day.

19. What's your dream job when you grow up (besides a yoga superstar of course!)?

Besides becoming a yoga superstar, I've always been passionate about fashion. I dream of becoming a model where I can express my creativity and style. But no matter what, I'll always continue my yoga practice and aim to inspire others with my fashion and yoga skills.

TEACHERS BEAT GOOGLE IN THE CLASSROOM!



EXPERT TALK



AFIYA H. DALVI

ENGLISH TEACHER, BRITISH COUNCIL, KUWAIT

Teachers – the educator, the mentor, the carer, and many more attributes. With the new rise of the digital age, how are teachers really valued? While Google has become the ultimate game changer to research and homework, teachers are still super important for learning. We do way more than fact-giving. We know how to get that lightbulb moment working with our students. Here's why we teachers beat Google in the classroom!

1. **We care**

Google is cool for finding answers, but it doesn't have feelings. Teachers care about students' mental health and well-being. We can see your confusion and guide you to the right path. Google can't do that—it just throws information with no clarity. – urgh.

2. **We develop**

Google gives information fast, but we make you think hard. We want you to question things, look at problems from all sides, and determine what's important. We help you to think outside the box. We help you with your social and communication skills. This is stuff you need to know for the real world, and Google can't teach that.

3. **We motivate**

Google can't give you deadlines or encouragement. We keep you on track. We're like your 'school parents' who want you to do well and aren't afraid to provide you with a challenge, and when you're feeling down, we are there to turn that frown upside down :D —Google's just a cold screen.

4. **We know**

Google's information is not always up to date or true. We always stay on top of our game, constantly learning the latest and greatest to help you become better individuals. Plus, we help you to tell the difference between good info and fake news. We curate appropriate and suitable content for your age – none of the bad stuff.

5. **We understand**

We know about your feelings and cultures. We can talk about sensitive stuff without making you feel uncomfortable. Google – on the other hand – is like that friend who says the wrong thing at the wrong time with no restrictions. We help you be open-minded and lead a classroom conversation without offending anyone with respect.

6. **We adapt**

Like chameleons in the classroom, we provide you with the best education in the finest personalized way by changing our techniques and methods to your needs and values. With Google – you can pretend to be someone else – but not with us – we know you inside out!

So, in the end, while Google is a handy tool, it's nowhere near as awesome as us – teachers. We are there for you, get you, and help you grow into well-rounded humans. That's something no search engine can ever do. We provide the depth, context, and human connection necessary for effective and efficient learning. We are the real deal and Google – well, it's there on rainy days. As the old saying goes by the Greatest Nelson Mandela – "Education is the most powerful tool you can use to change the world." – Please don't let that be Google.





WHAT COMES TO OUR MIND WHEN WE THINK OF SOCIAL MEDIA?

SASHINI MANIKANDAN
Delhi Private School, Sharjah

This morning, I received a message from my grandma on Instagram about a new yoga routine. Even better, my great-grandma enquired about my health and sent me a new crocheting video on Facebook. My cousin, born yesterday, is already going viral on TikTok. Nowadays, from a small child to an old grandma, everyone knows how to use a mobile phone and is on social media. Not a day begins without scrolling through the top Instagram Posts, daily WhatsApp status updates, and Facebook stories. Even Prime Ministers and Presidents connect with the public through social media. Virtual birthday gatherings, Virtual classes, and even Virtual weddings happen through social media. Wow!! That's quite a lot!!

What comes to our mind when we think of social media? Platforms like Facebook, Instagram, and Twitter. And even WhatsApp. Social media has become the center of attraction these days. More than our name, our social media username has garnered more importance. When finding pen pals 40-50 years ago, the question was, "What's your address for receiving letters?" But now communication through letters? The idea itself is laughable. Only communication through social media has a place in this highly competitive world. We have concluded that if someone is not on social media, that person doesn't exist in real life.

We are socially connected if our friends and family are on social media. We think we are socially connected if we can virtually connect through a virtual platform. We think we are socially connected if we have interchanged social media handles. No. No. No. No.

Where has social life gone? I yearn to connect with my friends and family, not through social media, but through social gatherings. Social media has brought nothing, absolutely nothing, but hostility and competitiveness. Nothing is social about social media, where anyone and everyone can conceal their name and real identity. Some people have 1000 friends, but do they know each other personally? We believe social media has brought us closer when, in reality, it has made us distant. Ironically, while we are so intent on giving robots feelings, we are becoming the robots of the future by concealing our social identity.

YOU CAN'T JUST BOTTLE UP!

Did you enjoy watching Inside Out 2?

JHANVI DUBEY

PRISTINE PRIVATE SCHOOL, DUBAI

Introduction

Hi everyone! My name is Jhanvi Dubey and I'm great at drawing, if you ask. Remember you were my brother's book? Well, you are mine now!

Latest or last month, I watched Inside out 2 and it was a blockbuster movie! I've been really trying to draw them, until my mother got me a book before watching it and it was kind of a spoiler, but, I did not really mind!

And I'll put some (actually all!) Inside out characters and you'll enjoy this!

Joy
She is the first character to be born in Riley's mind. She's the team captain here and now uses a high-tech Riley protection system to remove all the bad memories produced. Now she gives Sadness a role to be in the team! She's kind, caring and tries to be Joyful all the time.



Scanned with CamScanner

Sadness

She's determined to be useful for Riley's mind and as an emotion, she thinks she's the worst sometimes but, she's very strong.



Disgust

Disgust is great and always hates things that Riley hates also. She's helpful when it's her unfav food and when Riley does something disgusting, she helps! Well, not much to say, she just says, "Ew!!!" and that's what's annoying!



Scanned with CamScanner



Anger

Anger is Riley's GotoGo emotion and helps when Riley needs to score in Ice Hockey! Sometimes a hothead can be harsh to others, like family and friends! So, keep cool, Anger.

New emotion



Anxiety She is great but focuses on what Riley can do in the future that can make her feel sad and anxious. She is new to the team this year and focuses on the future, not present.

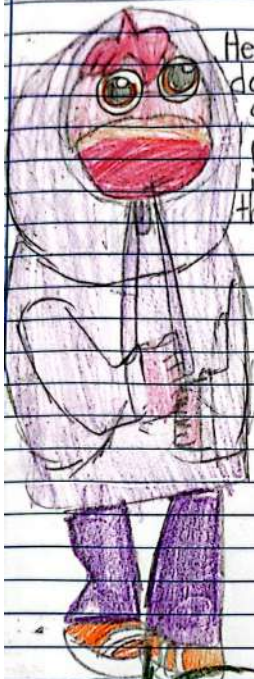


Fear

Fear makes sure Riley wears all her things during Hockey, and he keeps her safe. The problem is that sometimes he can be very dramatic and to overreact!



Ennui He is known as the boredom and tries creative ways to make Riley bored!



Embarrassment

He is very shy and when Riley does something weird, Embarrassment steps in and makes her red and pink cheeks step in and show. She's embarrassed then so is Embarrassment.

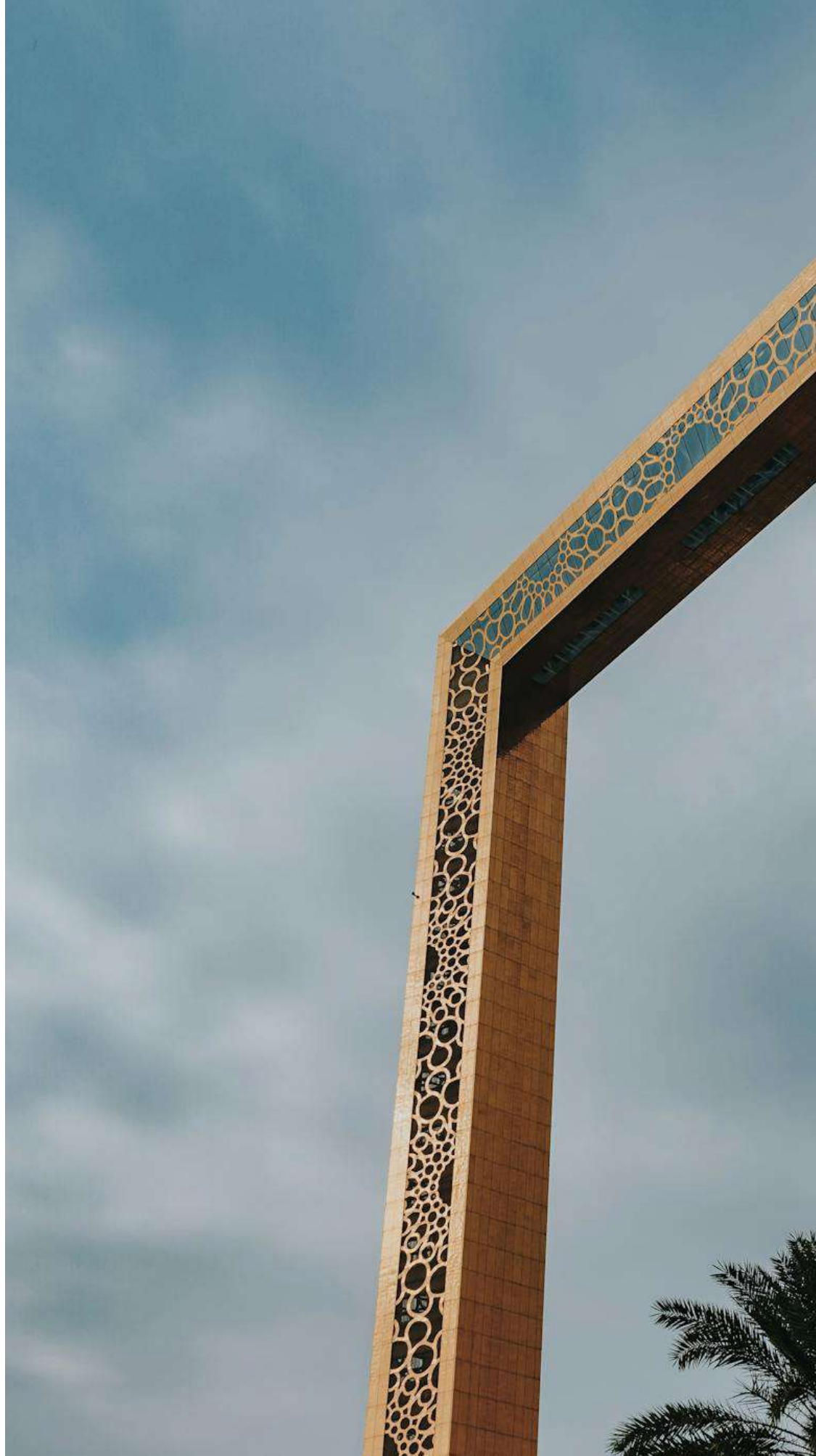


Envy

The cutest, sensational girl and sees things Riley might want for herself.

UAE: DID YOU KNOW THESE FACTS?

HAARIS AHMAD
GEMS OUR OWN ENGLISH HIGH SCHOOL, SHARJAH —BOYS





Formation of the UAE: The UAE was founded on December 2, 1971, when six emirates (Abu Dhabi, Dubai, Sharjah, Umm Al-Quwain, Fujairah, and Ajman) united. The seventh emirate, Ras Al Khaimah, joined in 1972.

Home to the World's Tallest Building: The Burj Khalifa in Dubai stands at 828 meters (2,717 feet) and holds the record for the tallest building in the world. It has 163 floors.

The Largest Artificial Islands: The UAE is known for its Palm Jumeirah, an artificial island shaped like a palm tree. Dubai also has other mega projects, including The World Islands, a group of islands shaped like a world map.

A Diverse Population: Approximately 90% of the UAE's population are expatriates worldwide. This diversity creates a melting pot of cultures, languages, and traditions.

Abu Dhabi's Oil Reserves: Abu Dhabi, the UAE's capital, holds 95% of the country's oil reserves and around 6% of the world's total oil reserves.

Luxury Police Cars: The Dubai Police fleet includes luxury cars like Lamborghini, Ferrari, and Bugatti, symbolizing the city's opulence and love for high-end technology.

The UAE's National Animal: The Arabian Oryx is the UAE's national animal. It symbolizes strength and resilience. It was once extinct in the wild but was reintroduced through conservation efforts.

Largest Indoor Theme Park: Ferrari World in Abu Dhabi houses the world's fastest roller coaster, Formula Rossa, which can reach 240 km/h (149 mph).

Year of Tolerance: The UAE declared 2019 as the Year of Tolerance to promote acceptance and coexistence among different cultures and religions.

Skiing in the Desert: Dubai's Ski Dubai, located in the Mall of the Emirates, is the first indoor ski resort in the Middle East, offering snow sports in the desert heat.

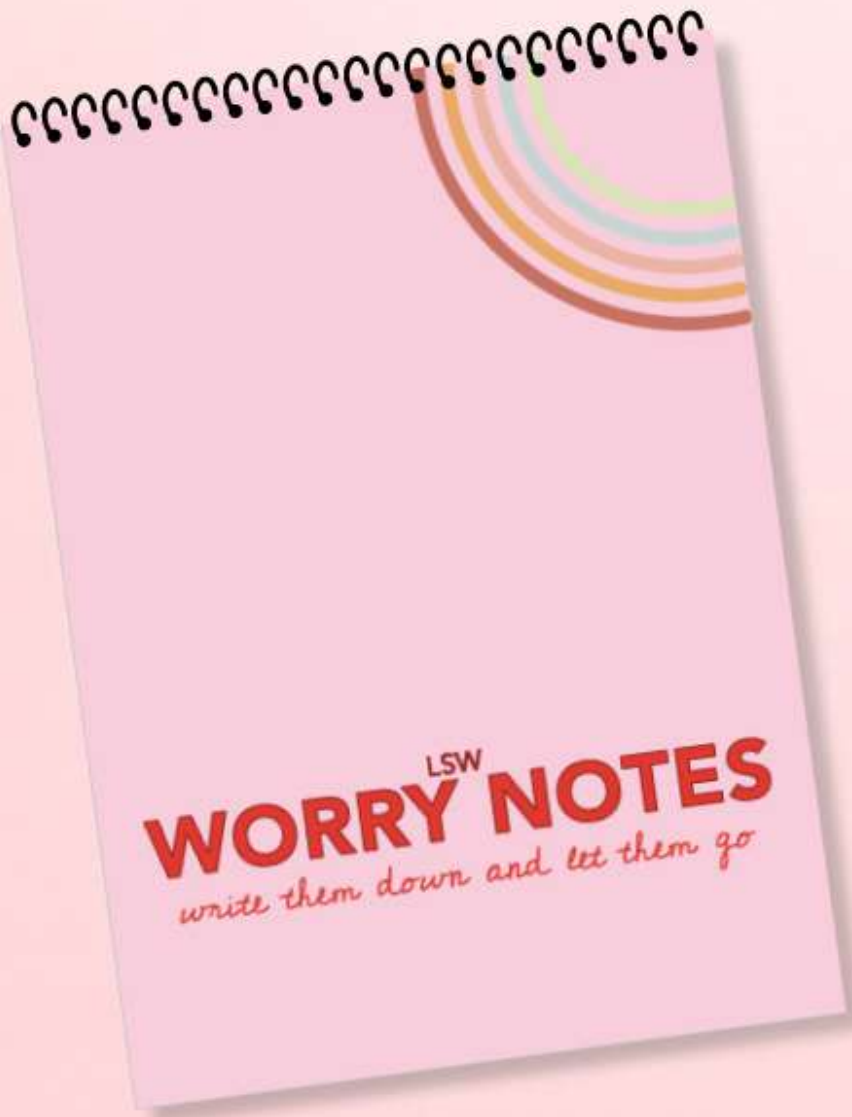
A Love for Falcons: Falcons hold great cultural significance in the UAE. The Falcon Hospital in Abu Dhabi is the world's largest and most advanced falcon care facility.

Innovative Architecture: The UAE is known for cutting-edge architecture, including The Museum of the Future in Dubai, showcasing technological and design advancements.

World's First 3D-Printed Office: Dubai opened the first fully functional 3D-printed office building in 2016, leading innovation in construction technology.

The UAE's Mars Mission: In 2021, the UAE successfully launched the Hope Probe, becoming the first Arab nation to send a mission to Mars, marking a significant achievement in space exploration.

Expo 2020 Dubai: Dubai hosted Expo 2020, delayed to 2021–2022, bringing together over 190 countries and millions of visitors to showcase culture, innovation, and sustainability.





THREE REASONS WHY EVERYONE SHOULD JOURNAL

LILI SINCLAIR-WILLIAMS
JOURNALING EXPERT & FOUNDER, LSW LONDON

Journaling is a potent and accessible tool that fits even the busiest daily schedules. A beneficial journaling habit can take just a few minutes of your day while still having profound effects. Keeping your journaling structured using prompted journals can help keep your writing purposeful and helpful. Journaling does not need to be perfect. It is about finding the style that suits you and sticking to it. One of the most essential parts of the process is the weekly and monthly reviews. Each week, check your entries and identify any patterns that arise (good and bad) to make any relevant changes in your life.

Journaling will help you identify issues.

Regular reviews of your entries will help you pinpoint any behavioral patterns that might not serve you. It's almost impossible to remember how you were feeling at specific times and specific days gone by, so keeping track of that in a journal will help you note what does and does not make you feel good.

Journaling will help you track your growth.

Alongside identifying issues, journaling will help you to track your progress and growth. It is important to celebrate your wins in life and to feel good when you have achieved stages of development, both mentally and in life. Celebrating feels good; do more of it!

Journaling can reduce stress and anxiety.

Negative thoughts can often spiral when given time to loop and develop internally. Journaling allows you to pull those stresses and anxieties from your mind and onto paper. This relief can help you make better sense of negative thoughts and work through them to come up with solutions.



Latika Jain

THE UAE STANDS STRONG, UNITED IN HAND

BATUL MUFADDAL VOHRA

GEMS Our Own English High School, Sharjah (Girls)

In the golden sands where the sun does rise,
A land of dreams beneath azure skies.
A beacon of hope, a symbol so grand,
The UAE stands strong, united in hand.
From the peaks of Hajar to the shores so bright,
A nation aglow in the shimmering light.
Seven emirates, a Union so true,
Built on the visions of red, green, black, and white hue.
Oasis of progress, where dreams take flight,
A beacon of peace, a source of might.
From towering skyscrapers to the desert's embrace,
A blend of tradition and modern-day grace.
Land of my heart, where cultures entwine,
With open arms and divine spirit.
Your cities pulse with a vibrant beat,
A tapestry of stories where past and present meet.
On this day of pride, we raise our voices,
For a nation united, let us all rejoice.
May the falcon soar, may the palm tree sway,
Happy National Day, UAE!
Forever you stay!



RAZZAMATAZ THEATRE SCHOOL STUDENTS DELIVER INSPIRING PERFORMANCES

in the news

Flying in from the UK upon the invitation of the UK Trade Mission, students from the Razzamataz Theatre Schools recently delivered a stirring song and dance performance at GESS (Global Educational Supplies & Solutions) in Dubai. To the delight of a crowd of educators and event participants, they performed three songs from the globally acclaimed musical Matilda. After the performance, the Razzamataz team discussed the importance of performing arts education in schools and how it can foster creativity, confidence, and personal development among children and young people. Razzamataz aims to bring its performing arts education model to the region through franchise opportunities and is seeking local partners in the UAE as part of its strategic expansion into the Middle East. Founded in 2000 by Denise Gosney, Razzamataz Theatre Schools provides exceptional performing arts education to over 10,000 children and young people across the UK each week.

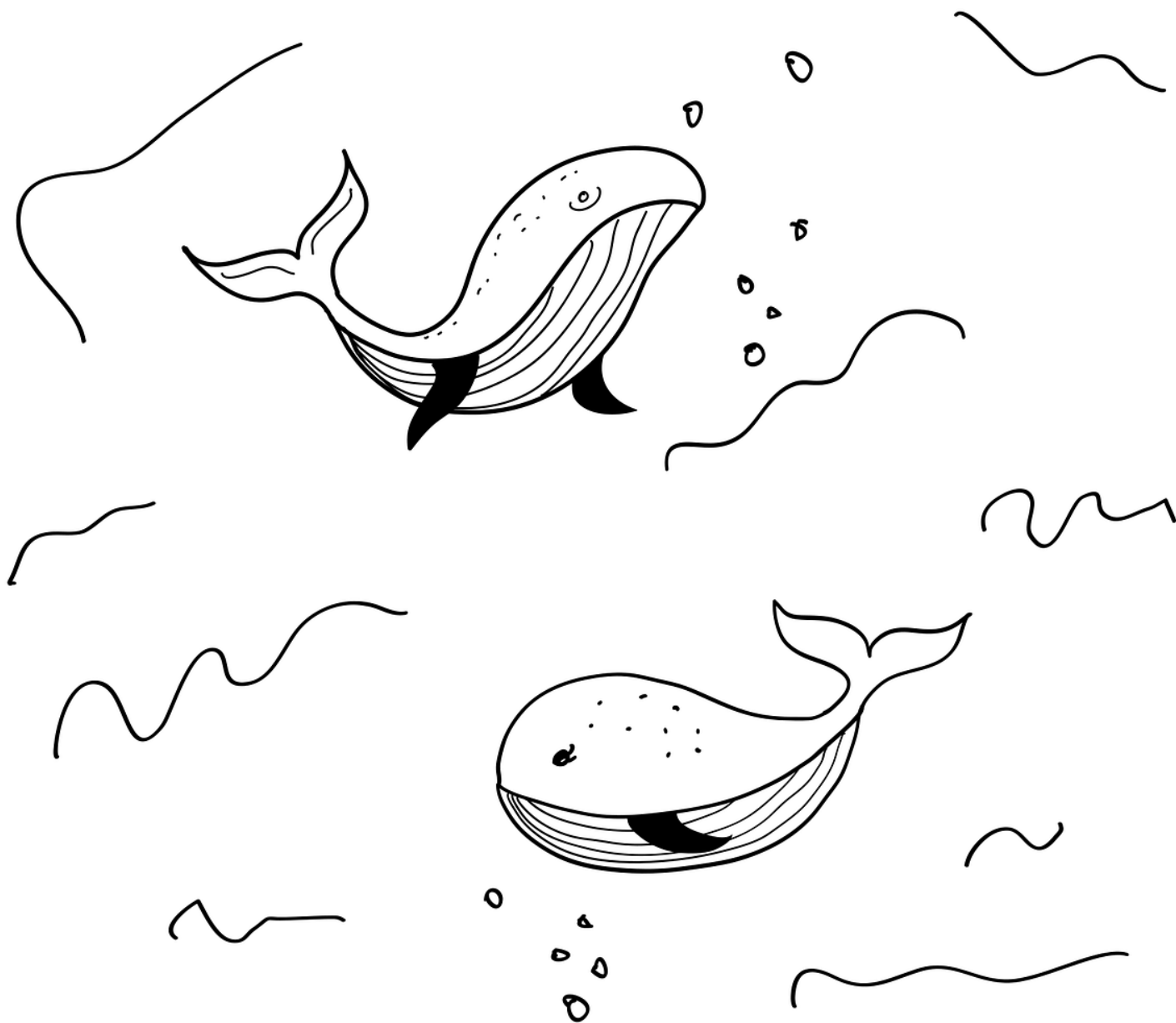
GIVE BACK, MAKE A POSITIVE CHANGE

in the news

Pupils of all ages from Cognita schools across the UAE, including the Royal Grammar School Guildford Dubai, Repton Family of Schools, Ranches Primary School, Horizon International School, and Horizon English School, joined over 90,000 pupils and 18,000 staff from more than 100 Cognita schools worldwide recently to participate in the sixth annual Global Be Well Day (GBWD). This year's theme, 'Giving,' encouraged the school community to unite for a global day of connection, support, and positive change. Now in its sixth year, Global Be Well Day, a Cognita initiative, showcases various activities and events centered around Cognita's Be Well Charter, a six-step formula for lifelong health based on global research. This year's theme, 'Giving,' saw pupils, teachers, staff, and parents worldwide participate in a 'Be Well Impact Hour,' dedicating one hour to connect, support, and inspire change within their communities. David Baldwin, CEO of Cognita Middle East, said: "Our UAE schools have hosted a fantastic day of events and activities for Cognita's Global Be Well Day on the theme of 'Giving.' With thousands of pupils taking part across the country, our young people have learned the true power of kindness and collaboration, which will help shape them into empathetic leaders of tomorrow."



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