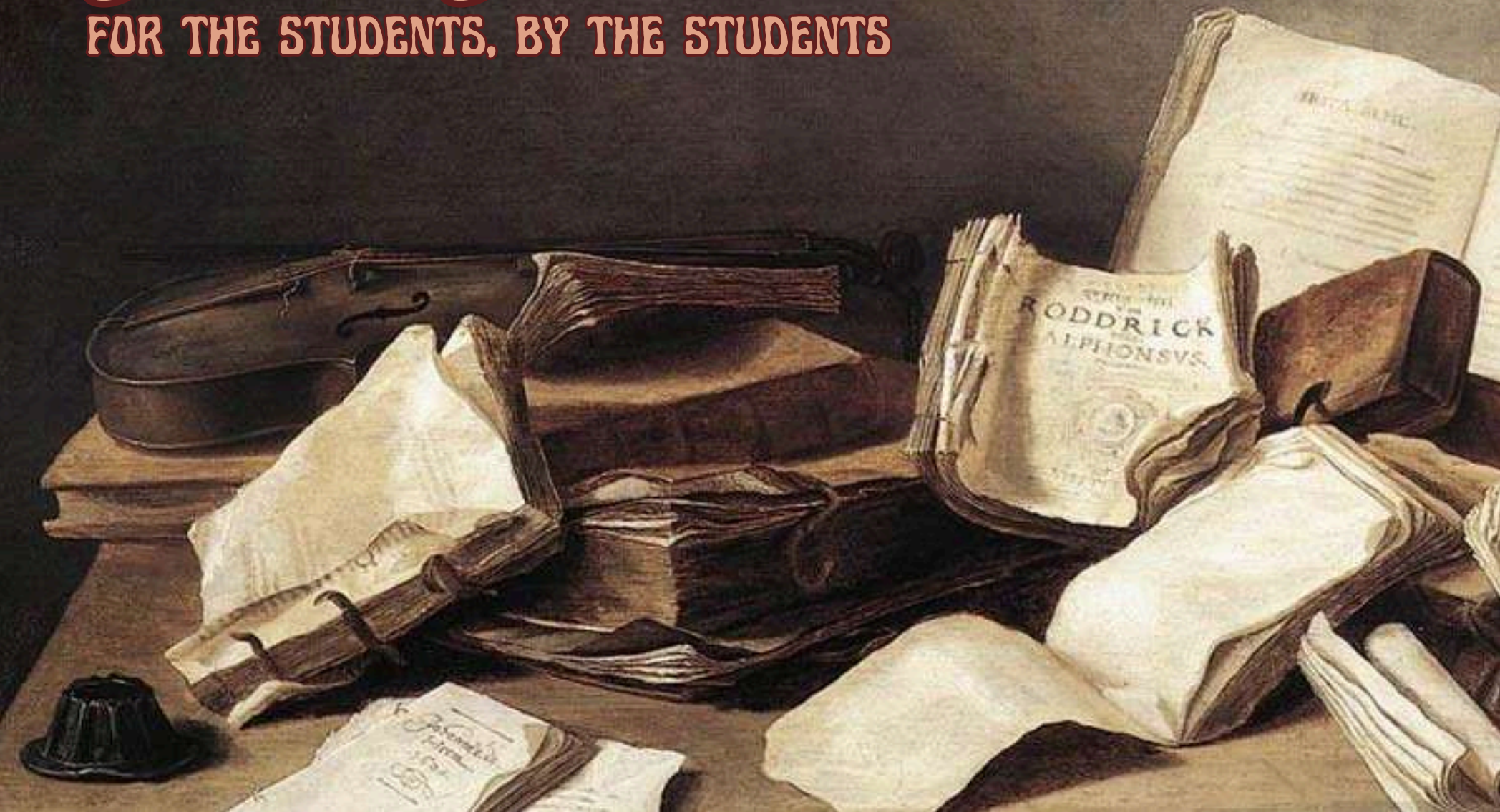


# SNAPSHOT

ISSUE #33

FOR THE STUDENTS, BY THE STUDENTS







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# EDITORIAL

HELLO, FELLOW PEERS AND TEACHERS!

Welcome to our latest edition of Snapshot, issue 33! In this new edition, we have a new batch of students working to create an even better e-magazine.

From artwork to poetry, from fashion to travel blogs, we deliver a source of creative freedom for students. Our magazine welcomes contributions from all students – from KG to 12th (CAIE & NIOS) – with something to say or showcase.

Exploring this year's APL events from June to August, we present our Investiture ceremony, HuComm, Model United Nations, Cultural Evening and Swadeshi Week.

One of our newer sections, created by the batch of '27, includes exposition on subject selection, making sure that the new middle school graduates are thorough.

We are proud to say that all entries and information in the magazine have been written or submitted by students, hence our motto "By the students, for the students."

So immerse yourself in our school community for inspiration and the latest trends and thoughts. You wouldn't want to miss it!

- From the senior editor and designer, Haasini and Shreyathi

Presenting our snapshot batch of '28, Prarthana, Shruti, Meghaa, Navya, Dhiya, Subhaga, Rachael, Mithra, Johanna, Bhruhati, and Jamila.



## HuComm

The HuComm is an event planned by the students, to help further strengthen the understanding on topics related to Humanities and Commerce. This year's HuComm was primarily focused on the topic, run to funds.

The HuComm this year presented us with a chance to look at inspiring documentaries, witness an exciting debate, meaningful pixel poetry, speeches, etc. from student entrepreneurs, and we were also given the opportunity to talk to people already successful within their fields. Business students from our very own school displayed how they executed their idea to run

an NGO football charity. Not only did these students follow through with their idea, but they also raised a large sum of money this year.

Written by: Jamila & Subhaga





## Investiture Ceremony

One of the key events in our school is the investiture ceremony. For this academic year, on 5th July, a set of young minds with fresh ideas came together and formed the 2024-2025 student council.

This momentous occasion was enjoyed by the faculty, families of the student council, and students throughout all grades. The event was started off with the handing-over ceremony, facilitated by our esteemed principal, Mrs. Sarija Santhosh. The former School Pupil Leader (SPL), Sanjana Sindiri gave a heartfelt speech dedicated to the upcoming student council and conveyed her gratitude to her peers and teachers. The positions and badges were handed over to the new council members, and we are pleased to have a skilled set of leaders who excel in various fields,



including the SPL, Rishi Kumar; and ASPL, Veena Ramachandran.

As a leader, every new journey will be a stepping stone to new learnings and experiences.

According to our Head of Senior School, Mrs. Fiza Abubacker, the four traits a good leader must have is decisiveness, trustworthiness, communication, and resilience.

This event ended with our national anthem, and our 2024-2025 student council took charge with pride.

Written by: Prarthana & Shruti



## APL MUN

One of the most thrilling events our school saw in 2024 so far was the APL MUN (Model United Nations) conference, where our school hosted a summit calling students to participate in animated discussions and bring well-researched ideas to the table.

In this MUN, 9 committees projected their voices in a lively deliberation – the UNHRC (United Nations Human Rights Council), UNODC (United Nations Office of Drugs and Crime), UNSC (United Nations Security Council), ECOFIN (Economic and Financial Affairs Council), G20, WHO (World Health Organisation), Tokyo Trials, IPC (International Press Corps), and the US Congress.

Topics ranged from AI in the prevention of crime, to regional conflicts, biotechnology, and several more



where all the nations participated in a climactic contention.

The ceremony closed with congratulations to all the delegates. After close evaluation, it was declared that the best committee was the UNHRC, signing the 9th APL MUN off.



## Swadeshi Week

The Swadeshi Week ceremony lasted for a week, with a line-up of activities daily, to keep it colorful. The events included the art of vivid powders, known as Rangoli, with our students dressed in ethnic wear, showcasing their personal takes on traditional Indian fashion. Multiple games followed, involving Shipwreck, Tug-of-War, and Kabaddi, along with a Quiz to help students learn more about their country and the unsung heroes. A flag hoisting also occurred, resulting in the Indian flag raised proud and high in the sky.

To end the week on a happy note, there was an Assembly with enticing plays, dances, and of course, music to really help students connect with their roots.





## Interschool sports

**APL Global School conducted our annual Interschool Sports Competition. This energetic 2-day tournament between 35 schools consisted of football, throwball, basketball, badminton and table tennis; all the sports with categories for boys and girls. We had diverse age groups ranging from Under 12 to Under 18. APL's athletes wore sky-blue jerseys, reeling from wins and losses, and of course, adrenaline.**

**Instead of giving away plastic trophies, APL used their money to donate sports equipment to underprivileged schools.**

**Our RCP club also conducted a two day food sale, donating to students with disabilities. They sold brownies, Pani Puri, and Dahi Puri, making the sale a huge success for charity.**





# MENTAL HEALTH

## FACING YOUR ANXIETY DEMONS: PRACTICAL TIPS FOR A STRESS-FREE LIFE

Anxiety is a natural part of the human brain and almost everyone experiences it at some point in their life. Anxiety is the most human thing to experience. However, it's rarely a pleasant feeling. Sometimes, people can experience anxiety attacks or panic attacks that can be life-altering events.

Understanding how to cope with, soothe and handle your anxiety can be immensely beneficial to your default mental state.

Proven ways to cope with anxiety are:

- Bring attention to your senses and environment. For instance, find 2 colours you see, a smell you can smell, what you taste and any sensations you feel on your skin (or use the 5-4-3-2-1 method)
- Acknowledge what you are feeling, it may be hard, but the first step is to realise what you're going through so that you can take further steps to help it.
- Try to draw or write how you feel. focus on expressing how you feel instead of on the feeling



# SPORTS ZONE

## Behind the scenes; The mental health impact on athletes

**“I wanted to give up” –Richarlison after the 2022 world cup.**

During the 2022 world cup, Tottenham and Brazilian star Richarlison shone brightly as the top scorer for his country, netting three goals in four matches. One of his goals was even nominated for the prestigious Puskas award. On the surface it seemed like the dream season for an athlete; making a significant impact for his country and receiving an award nomination. However, this was merely the image the public saw. After the 23–24 season came to an end, the Tottenham striker expressed his mental struggles in an interview with ESPN Brazil.

Despite his success, he faced challenges that pushed him to the brink of giving up.

Athletes like him are often idolized for their hard work and talent; sometimes even perceived as robots. But what really goes on in their mind? Do they face problems like everyone else? The answer is a simple yes. They are humans too, and just like us they experience complex emotions in response to the world around them.

Data shows that about 35% of elite athletes experience a mental health crisis (Athlete Mclean hospital, 2019), a rate much higher than that of the general population.

Richarlisons candid revelation highlights the often overlooked mental health struggles athletes endure, reminding us that behind the glory and awards are personal battles. Recognizing an athlete’s humanity only helps us to better appreciate their victories. It also helps us acknowledge our own struggles as valid.

**If you are experiencing mental health struggles, feel free to reach out to the school counselor.**

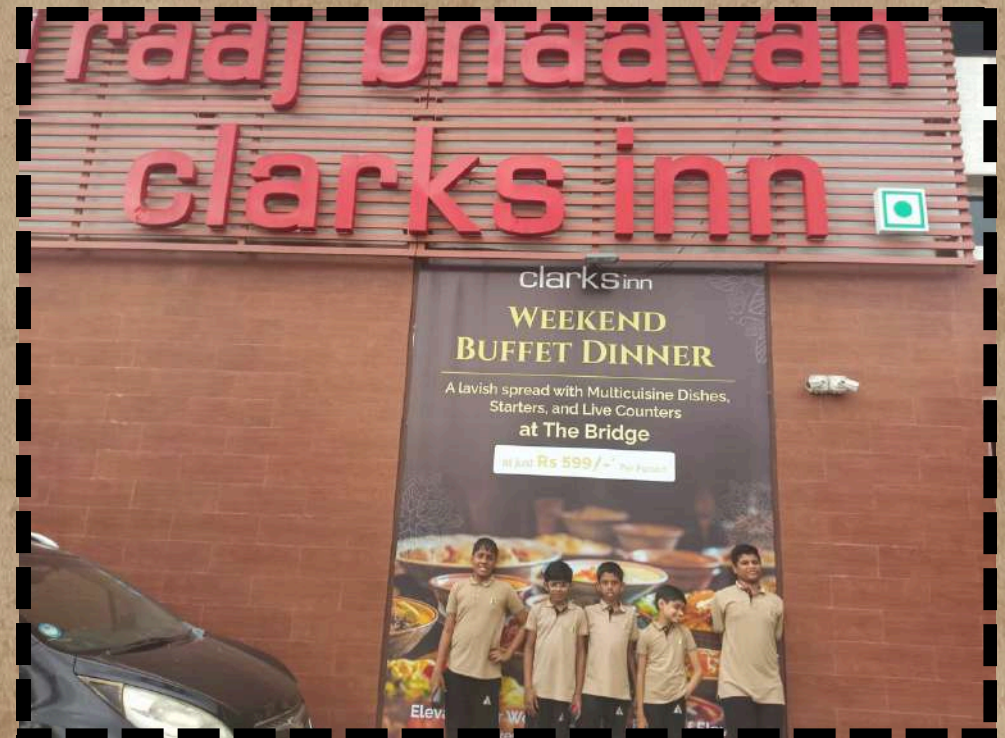


# KAMALAM CORNER

## Life in APL and Beyond

### Lunch with friends

Students in Kamalam enjoy taking their learning into the real world and generalizing through those experiences. Our students had a fabulous day at Clarks Inn, OMR during their field trip based on the theme - Lunch with friends and teachers. They practiced a gamut of life skills around fine dining right from ordering from a menu card, waiting for the food, eating independently and confidently in this setting, tender change etc.. We are brave and adventurous too !





# KAMALAM CORNER

## Life in APL and Beyond

### Movie Time

One of the foundational aspects while working with neurodivergent individuals is to create normalcy in their life to the best possible extent. One of the tenets of the principle of normalization by Wolf Wolfensberger' is grounded in social and physical integration, which later gained popularity and was implemented and studied in community integration services, covering aspects such as employment, recreation, and living arrangements. We at Kamalam strive towards bringing this aspect of normalization. One such is our 'Kamalam Cinapolis' venture. Students with different neurology have their strengths and challenges around sensory aspects including light and sound. Sensitization towards these and getting them familiar to a movie theatre environment, one of the most popular parts of

entertainment in our species from time immemorial, has become a part of our curriculum. Every year we re-create a part of our facility to a movie hall , issue movie tickets that gets scanned and set the stage ready in a way that our students can enjoy the process. A day with Napo , this year helped them and their families celebrate love between children and their grandparents !





# LITERATURE NOOK

Needle in a haystack, buried within  
Subtle but present, silently writhing

Turns into a tsunami, emotional tidal waves  
Speaking in tongues, visions of graves

Pulled under by the current  
Shadows rippling, dark and concurrent

Consuming oneself, a hurricane of doubt  
Find a way out, think, there is a route

Dreamlike catastrophe, halo above the head  
The storm won't pass, it continues in its dread

Riptide, dragged off course  
The dice are rolled by an unseen force

Water around engulfs everything in its rage  
Wiping a character off of the stage

Interfering tides hindering reflection  
This pain is an entity of self infliction

If it were to scald skin and seep into bones  
It would bring ease, to feel at home

The roaring does not cease, fighting, relentless  
Shields removed, standing defenseless

The sea breeze is calling, a song of hissing  
Who cares if one drop of water goes missing?

*Written by: Hansa (12G)*



## History Rewritten

The story should take place in an ancient city filled with culture. Sam, a person from the future, travels to the ancient city and finds out that what was in the history books today (about the ancient city) wasn't true. The great king was actually a selfish and greedy person who was planning to use all the royal wealth for himself, so he called another ruler and invited him to invade their country and he ran away with all the gold. Sam witnesses this and, shocked by the betrayal of the great king, Sam knew he had to do something. He quickly formulated a plan to warn the people of the city and help them protect themselves from the impending invasion.

Using her knowledge of the future and technology from her time, Sam was able to rally the people together and devise a strategy to defend their city. Despite the great king's actions, the citizens banded together in unity and courage, determined to protect their home and heritage.

As the enemy army approached, Sam and the city's people stood their ground, fighting fiercely to defend what was rightfully theirs. In the end, they were able to repel the invaders and preserve their culture and history.

With the great king gone and the city's true story revealed, Sam realized the importance of not taking history at face value. He had played a crucial role in rewriting the city's legacy and ensuring that the truth would never be forgotten. And as he prepared to return to her own time, Sam knew that he had made a lasting impact on the ancient city and its people.

*Written by: Anjhanaa S (8H)*



## POMEGRANATE

Pomegranate is a fruit so sweet,  
It's beautiful colour called pink.  
Tiny little reddish seeds so small  
and deliciously sweet.  
Amazingly hard outside yet still  
so soft on the inside.  
Smells so great and beautiful and  
everyone can agree  
that pomegranate is a fruit so  
sweet.

–Monica 3E





# NIOS DESK



Aaroosh, Gr8 A



Amaara, Gr9 A



Abhinav, Gr9 A



Sakshe, Gr10 A



# SUBJECT SELECTION

**One of our newer editions to Snapshot 2023–2024 include “Academic aid” , a section specifically for students curious to know what subjects to choose in senior school, and how to study them. We have gotten the top students for each subject to talk about how the subject works, the syllabus it covers, and how to study or improve in it. Do implore this section with the knowledge that our Academic Aid entries may differ depending on the student. These are general write-ups on what is to be expected**



## ADDITIONAL MATH

Additional math is a subject which you have to qualify for, similar to an honour class. Instead of writing one exam at the end of Grade 10, students will write one in Grade 9 and an advanced one in Grade 10. By the end of Grade 10, the IGCSE and part of the AS and A level topics will be covered. It is a great boost for the sciences, especially physics, when it comes to calculations.

Even though it means putting in a little more effort, it will look great on college applications and is a great opportunity opener.

– Amudha & Aadhav



## EXTENDED MATH

The Extended Mathematics syllabus is a great way to reach a middle ground for students who aren't sure if they'd like an easy or tougher course for math. If you're looking for a tougher class than just the basics, Extended is for you. If you would like to pursue Further mathematics in A levels, but do not wish to take Additional math in IGCSE, Extended mathematics still covers the concepts for the entrance exam. A noteworthy tip to keep in mind is that Extended allows you to achieve grades ranging from A\* to E, while Core Mathematics covers grades C to G.

In comparison to Core, the syllabus for Extended is more thorough and equips students who wish to further their studies in that field.

With a lot of practice, you can ace the subject at ease. This will become the basis for subjects like physics, chemistry, accounting, economics, computer science, etc. It is mostly building on your lower secondary syllabus as well as a few new concepts.

If you are having a difficult time in lower secondary, extended math will be a brush on your concepts and will help you understand.

–Anagha & Aditya.A



## ESL

In IGCSE, ESL gives more importance to the four main skills which include reading, listening, speaking and writing. ESL helps to improve grammar, sentence structure and the ability to frame questions. It also focuses on communication skills, making you a better speaker.

Therefore if you wish to enhance your listening skills and boost your confidence in practical written and verbal communication, ESL would be the best choice.

It does not delve much into creative writing, as it approaches English as a skill. so, students that are not interested in English, and want to develop their basic communication skills can flourish in ESL.

However, just because it does not involve such topics, reading is a crucial factor in improvement. Books can further enhance your grammar and vocabulary, and the speed at which you read a specific text, which will be tested in the exams.

Overall, it's a very important subject, and just a little effort and hard work from the student can let them ace the exam.

– R. Bhargav, Akshara



## FLE

FLE in ninth grade is a step up from Lower Secondary, which requires higher writing skills. A lot of the time, you'll be making drafts (millions of them) and getting feedback to improve. While it can sound a little dry, it is fun at times. FLE requires creativity, which means that you are required to use your imagination, and your logical skills into formatting and writing.

You'll need to put more work in to develop your creativity, ability to identify language and its effect, and how to elaborate on it. We are often told to look in the perspective of the writer, so the subject requires patience, as well as perception. Overall, the requirements for FLE include creativity, language skills, time management, and

energy. A lot of the time, you'll find yourself writing 15–20 mark questions with high word counts. How you manage to maintain your concentration is very important.

If you were previously struggling in English, you'll have a lot of time throughout the school year to improve with the help of your teacher and your peers before your board exams. We recommend that you start reading books to improve your vocabulary.

The marking scheme for FLE proves to be very strict, but don't worry. You'll have a lot of resources at your disposal to make the best out of your skill.

–Haasini , Aarna



## PHYSICS

Physics takes you on an enthralling journey into the core principles that govern our physical world. While it may present new and challenging concepts compared to your prior combined science studies, these next two years promise immense rewards for those with a genuine interest in physics.

To ensure a smooth transition, acquaint yourself with foundational concepts like basic Trigonometry, Momentum, and measurements. These concepts will prepare you and establish a foundation for your future in physics. From small circuits to topics like Astrophysics, Physics offers a diverse range of fascinating subjects to explore.

The best way to study the subject is to practice. You'll learn about the Cambridge marking scheme for board exams, and the best way to adapt to that form of answering questions, is to do past papers. There are many, many past papers available on the GC guide, or your teacher will post them. It's extremely important and helpful, as it enhances your conceptual understanding to better suit the examination style.

I hope this brief explanation aids your understanding of what Physics entails.

–Pranav & Dhruva



## CHEMISTRY

In IGCSE Chemistry, students explore the fundamental principles of chemistry. They learn about atoms, elements, compounds, chemical reactions, and the periodic table. Practical experiments enhance their understanding of concepts like stoichiometry, acids and bases, and chemical bonding. Additionally, students develop problem-solving skills and an appreciation for the role of chemistry in our daily lives. This course equips them with a strong foundation for advanced studies in chemistry and related fields.

To improve in Chemistry, consider doing a lot of past papers, as the questions are known to be written trickily.

Lots of new concepts are introduced in 9th and 10th, compared to Lower Secondary Chemistry, so taking notes is important. The textbook also has adequate information to revise, and the workbook contains many past paper questions that you'll see in board exams. Overall, Chemistry is an extremely interesting subject, and despite the work it requires, those who have the motivation to learn it can.

–Ming-yo, Ananya



## BIOLOGY

In IGCSE, Biology our understanding of our physical world is magnified to how the cells of our body function, to how systems work in correlation with one another in an organism, and finally how the world's ecosystems depend on each other. Biology ensures a firm foundation for many jobs in varied fields of work, from bio tech and engineering to medicine, whilst teaching skills like analysis, research, problem solving, time and team management.

We focus on basic principles of biology in the first semester and body systems like respiratory and excretory in the second semester. A bit more difficult topics like coordination and response, and biotechnology and genetic modification. If you want to pursue a future in medicine or sciences biology provides a really great foundation.

–Aadarsh, Amudha



## COMPUTER SCIENCE

Computer science is an interdisciplinary subject which allows students to learn more about the world around them and understand how everyday technology works. Although, it requires a lot of mathematics, critical thinking, logic and reasoning. There are also many terminologies to keep in mind.

Other than that, it provides knowledge for other subjects in science and engineering. It also lets the students find ethical issues and problems when using a computer. The subject provides many opportunities and future career options.

–Aathmika and Eshwar



## ECONOMICS

Cambridge IGCSE Economics aims to introduce students to economic concepts and their applications to solve current economic issues. The subject helps students in understanding the world around them, making rational decisions and have a better understanding of how our economy functions. Speaking as a student, Economics is very fun. The faculty is great, and you get a lot of support considering that it's a subject that you haven't learnt about before Higher Secondary, and it's very application based. Other than application-based learning, Economics does require a lot of memorisation. The Cambridge marking

marking scheme is very strict, but with the right amount of studying and understanding, it can be aced, especially if you're good at English. However, that skill can be developed, so there's no need to worry. The most important part is understanding the core concepts, because that is where all your difficult questions are derived from. They're specifically made to confuse you, so we learn to answer those questions.

Overall, Economics is an amazing subject, it's interesting, the class environment is lively and each topic invites more curiosity.

–Haasini & Milana



## BUSINESS STUDIES

The IGCSE Business provides students with a foundational understanding of various aspects of business operations, management, and functions. Through engaging and practical learning experiences, students get to explore topics such as different types of businesses, organizational structures, leadership styles, financial management, marketing strategies and operational processes. By examining real-world case studies and examples, students develop thinking skills and gain insights into the complexities of business decision-making and problem-solving.

The syllabus not only provides students with the knowledge and skills necessary to understand the workings of businesses but also creates an appreciation for the role of entrepreneurship. Ultimately, the IGCSE Business prepares students for future academic pursuits and careers by providing them with a solid foundation in business principles and practices.

–Milana



## MUSIC

Learning music is the key to creativity, it fuels our minds and makes us feel relaxed and content with ourselves. Music, as a subject, consists of three components – listening, composition and performance. In performance, you can choose whether you want to learn vocals, guitar, keyboard, or drums. If you are an absolute beginner there is no need to panic, because, during Music sessions, they always begin with the basics of music and then move on.

For listening, an audio track is played and you have to analyze the music based on criteria. A variety of world-class music is taught to you! And finally, composition is where you can create your own music with the guidance of your teacher, it is definitely something that you would enjoy! If you have a keen ear, a fast-paced understanding, and an interest in knowing more about the subject, music will be your cup of tea!

–Sai Antara and Bhriithi



## ART AND DESIGN

To join art design, you will have to take an entrance test of creating and submitting a piece of the teachers choice. This is so that the teachers can see your current level and begin creating specialized assignments to help you improve in the ways you need to. Once in art, you will have access to a wide variety of mediums and learn how to use softwares that'll be used throughout your whole career (such as photoshop).

Art and design exams will have very strict standards but if you utilize the constant feedback given by your teacher and improve, you can do amazingly in art. As the world changes, art becomes more and more useful in many ways, begin your art career now!

-Abhay



# ART CORNER



**Sarah, Gr 5A**

**Sivathmika, Gr 4G**



**Deepthi, Gr 5B**



# ART CORNER



**Anushka Pandey, Gr 7A**



**Aditi Sai, Gr 5G**



**SP Diya, Gr 5G**



**Namirah, Gr 4D**



# ART CORNER

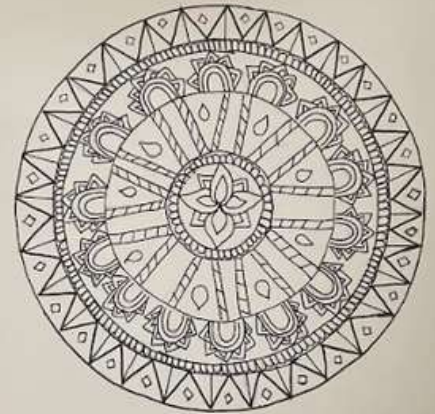


**Vishwa, Gr 4E**

S.P. Diya



**SP Diya, Gr 5G**



**Kayal, Gr 7G**



# ART CORNER



**Trishikha 2E**



**Anushka Pandey, 7A**



**Krishiv Razdan 2C**



# ART CORNER



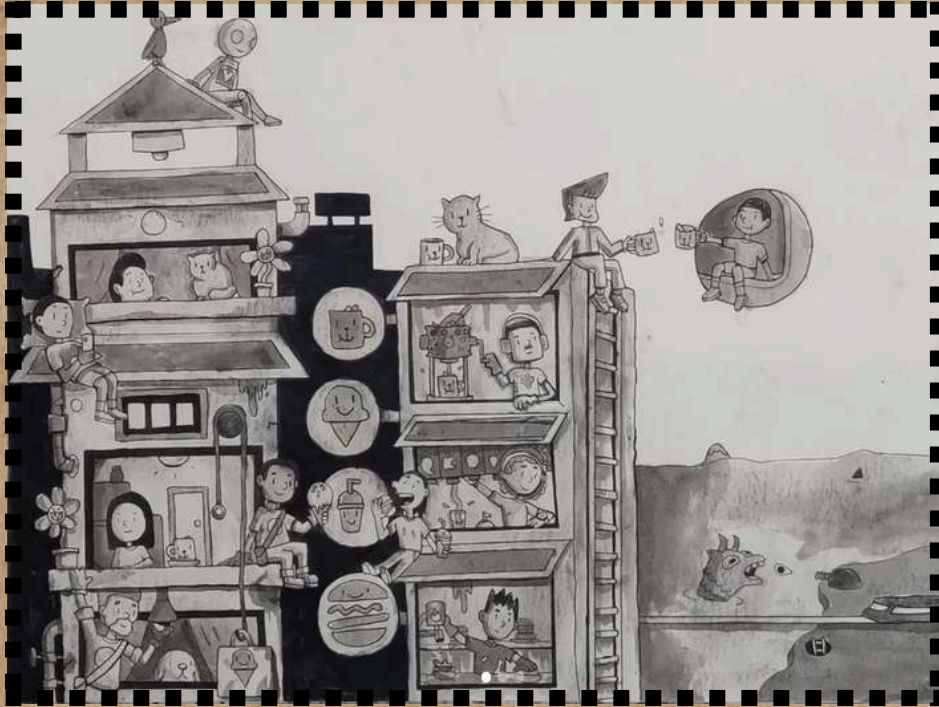
June, Gr 6E



Mithunkarthik, Gr 6C



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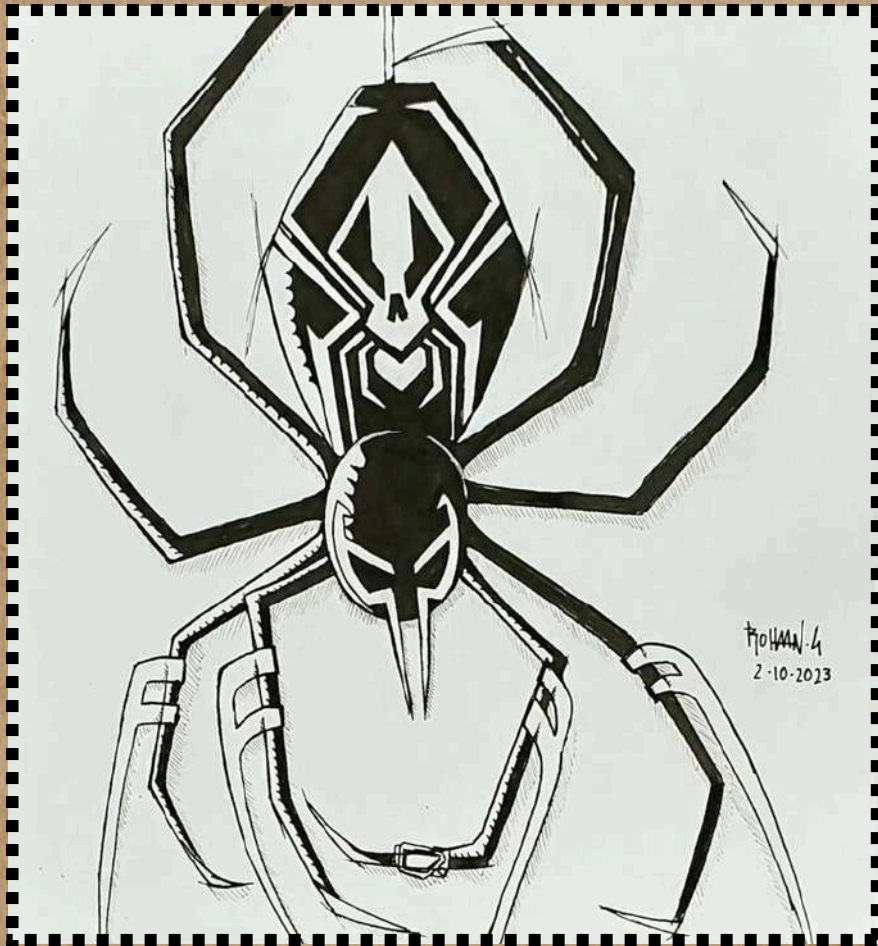


Rohan, Gr 9E





# ART CORNER



Rohaan, Gr 9E



# BLOOMING BUDS



**R. Ilakaya, Gr 4D**



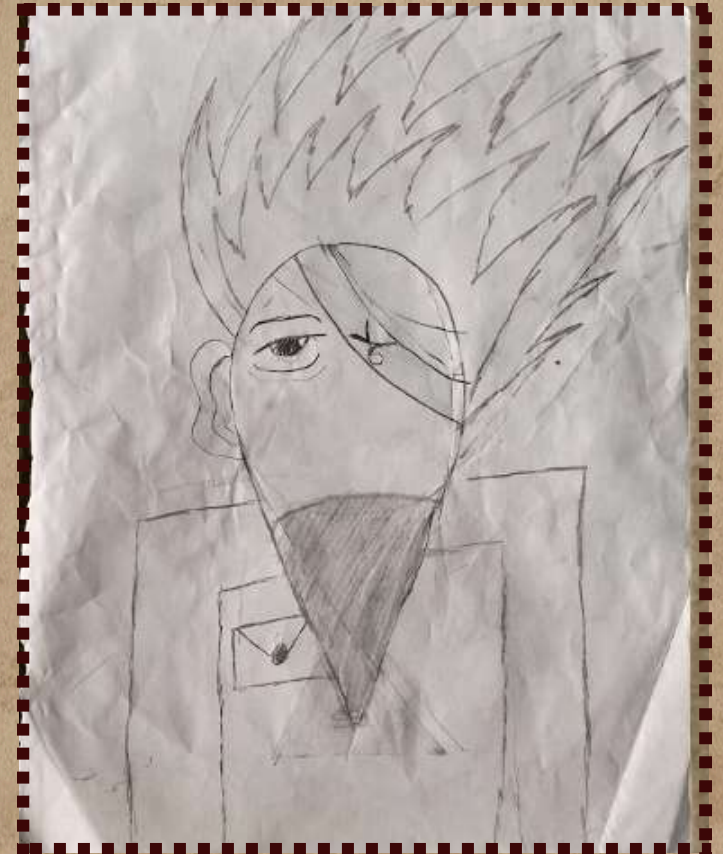
**A. kevin, Gr 3B**



# BLOOMING BUDS



**Akisith, Gr 4D**



**Misbah, Gr 3B**





**Want to share your thoughts and ideas? Send us your articles, stories, jokes, artwork, photographs, fashion designs or whatever you feel is interesting (70 – 300 words). We would love to have your feedback about Snapshot too.**

**We also have an oncoming section named “Kaleidoscope” which gives students the opportunity to give feedback and suggestions on APL, published on our magazine. Stay tuned.**

**Write to us at [editorial@apl.edu.in](mailto:editorial@apl.edu.in) or click on the link below and leave your ideas: <https://forms.gle/gmX7J7xPYaBXBiZL6>**