



THE BAYAN POST

A newsletter written by Bayanees, for Bayanees

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NEW YEAR, NEW BAYAN POST

by Jumana Bin Huwail



Happy new year Bayanees! For most of us, there's never been a year like 2020: a decade of life-changing events crammed into a single year. We've been challenged in ways we could never have imagined, but it also taught us patience & to not take things for granted. While it's easy to beat yourself up during these rather unusual times, just look around and realize how far we've come.. we all deserve a pat on our backs for being strong and for holding on! We also deserve a little break. So let's pause, refresh and start the new year together with new inspiration - pick that half-read novel, light some candles, play your favorite music and read to your heart's content. Give yourself the self-enriching time you have been looking for. Appreciate this feeling of a restart, of new opportunities, even if things might still seem the same so far, we can seek comfort in the better days that lay ahead of us.

So as we turn over a new leaf, we've put together a little something to connect us all & start off 2021 on a high note - The Bayan Post. As the year's proud editor-in-chief, I intend to involve you, our readers, far more in this publication and create a community for our Bayan students. This month's issue brings you a fantastic variety of articles, from a range of very talented student writers at Bahrain Bayan School. So, grab a cup of coffee and enjoy this edition to infuse some positivity into your day and week!

Until then, stay strong fellow Bayanees, and stay safe.

"BABY STEPS"



Art by Rasha Al Khalifa



INSPIRING WORDS OF ENCOURAGEMENT FROM OUR FORMER EDITOR-IN-CHIEF 2020

by Mirna Ashour

It is unsettling to be caught between the agonizing and interminable creep of the sands of time, and the scramble to live every moment before it abruptly slips away from between your fingers. It almost feels as though time has warped into an awkward standstill.

I feel this way whenever I am overwhelmed with a burning desire or anticipation for something to come. Suddenly every second until that moment is rendered both precious and absolutely worthless.

As I am certain that each of us is experiencing this in one way or another, I find it helpful to think of time as neither a friend nor foe. The passage of time is steady, perpetual and indiscriminating. The race is not against time, but rather against yourself. Time is merely the vessel.

Allow it to fill to the brim with the things and people you love and cherish. Allow yourself to leave unmarked gaps in it when you need them. Allow yourself to not know exactly what to do with it. Allow yourself to truly live in the present rather than be consumed by the past and future. Time spent healing and recalibrating is not time wasted.

So, as each of us embarks on their own journey, whether academic or personal, remember to pause, pull in the reins, and reinforce what reminds you that you are, in fact, in control.

Continue to feel, write, and share.

From the poem "A Psalm of Life" by Henry Wadsworth Longfellow:

"Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each to-morrow
Find us further than to-day."

ADAPTING TO THE NEW NORMAL

by Lulwa Al Mansoori & Aysha Al Mutawaa

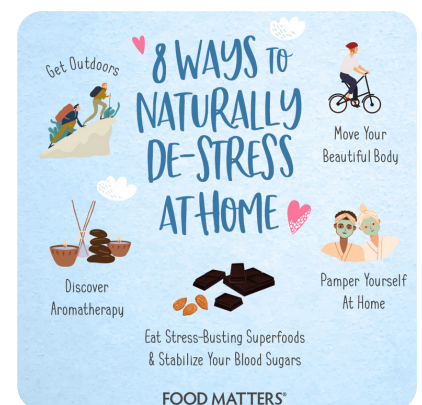


As COVID-19 has changed all our lives drastically, we are adjusting to the new "normal" which means getting used to big changes that are happening in a short period of time. The uncertainty of what is going to happen caused many of us to feel stressed. What is stress? Stress is a feeling of emotional or physical tension, usually triggered by an event that makes us feel frustrated, angry, or nervous. The situations and pressures that aid in stress are known as stressors. Some of these include exhausting work, a heavy schedule, and anything that puts you in high demand. Adapting to new changes can lead many of us to feel uncertain of the future, and one of the biggest challenges we have all faced this year is the virtual lifestyle. Switching to an online curriculum changed our lifestyles and the way we study. Having classes online was an unfamiliar experience, and it took us a while to adapt to it. Yet with time and practice, we got used to this new lifestyle.

To observe how stressful it is for Bahrain Bayan School students to overcome such big changes, we sent a survey to examine how well students are adapting to the virtual environment, their level of stress, and how they are trying to minimize it. On a scale of 1 to 10, the average of stressed students was around 7. Most students had a lot to say about how they are feeling. To sum up, the reasons as to why students are stressed are mostly because of the overwhelming pressure of having many assignments due, procrastination, and receiving poor grades. Although we asked students how they are trying to minimize their stress levels, and some replies include sitting alone, focusing on relaxation, and sitting with the family.

Although these points can help minimize their stress, they are not as effective. So, this article will provide you with tips that some students follow that could help overcome the stress that you are feeling and motivate you to become more productive, complete assignments on time, get better grades, and become more confident in your studies:

- **Exercise.** You can say it's cliché, but improving your physical strength helps boost your mental health and decreases stress, improves your sleep, and leaves you feeling confident and good about yourself. (When you exercise, endorphins are produced; they are hormones that trigger a positive feeling in the body, hence decreasing your stress level).
- **Plan out your week in advance.** Having a schedule made and a to-do list will help you stay on track with your subjects and the workload; this will hopefully decrease your stress levels as you know what needs to be done.



- **Use positive thinking and affirmations.**

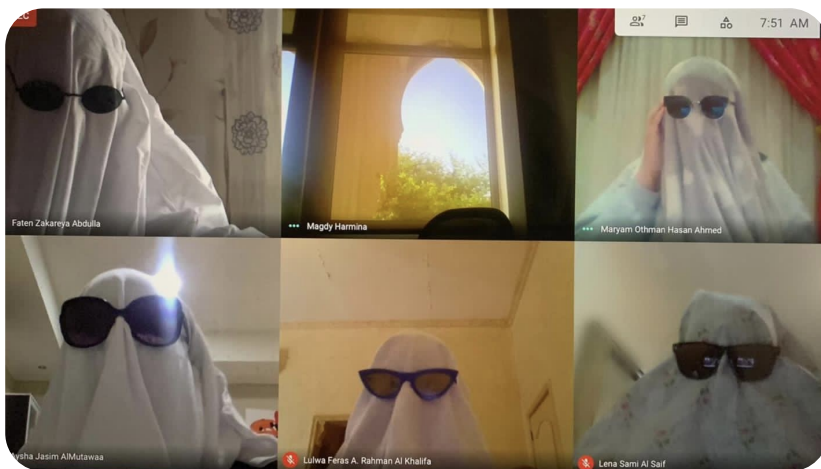
"Things have a way of working themselves out if we just remain positive."

"I don't think anything is unrealistic if you believe you can do it."

"I believe one of my strengths is my ability to keep negative thoughts out."

"Always turn a negative situation into a positive situation."

- **Participate in school activities.** Since school is now virtual, teachers are trying their best to provide us with a fun environment similar to being on campus, such as continuing with events like character day. By dressing up and taking part, it will help you feel a lot more confident and entertained in class. Here are some memorable photos that were taken by students and teachers during character day:



QUARANTUNES

A playlist curated by Aysha Alsada and Zain Al Hashemi



This pandemic has been tough, and it's totally normal if you've been feeling alone and drained, sometimes you just need to take care of yourself. So, we have created the perfect playlist for when you want to unwind and escape reality. This playlist features both happy, upbeat music and calm, slow music for when you just want to relax. Grab your headphones and a cozy blanket, maybe even make some hot chocolate, and treat yourself to this awesome playlist. (Pro-tip: play rain sounds in the background to get the extra-cozy autumn effect).



Dance Alone - Blanks

Simon de Wit (Blanks) is a YouTube singer/songwriter from the Netherlands. After his United States tour got canceled because of COVID, he came back home and came up with the guitar riff for 'Dance Alone'. This song is about being alone with your thoughts and staying in your head, which can be challenging. That mental state can sometimes not allow you to dive into life, which is why you are "watching from a distance." Due to COVID-19, we can agree that a lot of us have been feeling this way, alone and isolated from life. It's hard to get back into the rhythm without socializing and being with the people you love. It's important to know that you aren't alone, and many of us feel the same way you do.



Clouds - Zach Sobiech

Zach Sobiech passed away in 2013 due to Cancer (Osteosarcoma). Once told he was expected to die, he wanted to pursue his dream of making music and making people happy. The song 'Clouds' is a song about going into a place of darkness, but the thought of being with the people you love for as long as possible can help you escape. A global pandemic can have some negative impacts on us as not only people but young students. Not being able to hang out and go to school together is tough. Clouds have an upbeat melody to it that just gets stuck in your head, even though it's a sensitive message, it will make you happy when you listen to it. (Don't forget to watch the movie Clouds!)

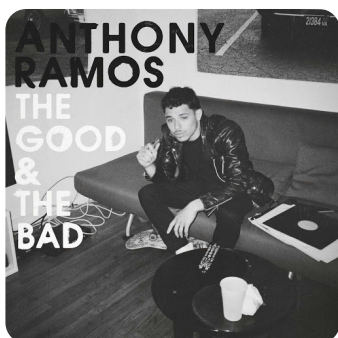


Figure It Out - Anthony Ramos

Anthony Ramos wrote this song with the message that he wants to make a promise to himself to admit his problems, as well as directing that message to his listeners. The song talks about bottling up your feelings and acting like you are fine when in reality you know you are not. We can't just wait for the problems to solve themselves tomorrow. By expressing your feelings and acknowledging your problems, it's a step forward. You don't need to solve them, but if you talk to someone or just write it down, it will help. COVID-19 has made us all feel a bit off, and it's okay to feel that way. The key to maintaining a healthy mental state is to always acknowledge what you are going through.



Sunflower - Michele Leigh

This song was made to be listened to on a drive home during sunset. The simple melody of the strumming of the guitar provides the perfect background for Michele Leigh's raw, emotional voice. Leigh uses the song's intro to address an ex-best friend by asking, "What happened to us? We used to be best friends..." Quarantine might have forced you to sit alone with your thoughts, reflect back on your life, and maybe even grow as a person. Being in isolation makes you truly appreciate who you have in your life. When things get too dark, just listen to this song, remember that we are in a global pandemic, and relax.



Ghost Town - Kanye West

Although most of us might not agree with Kanye West's political views (or just anything he does, he is not a great role model), there's no doubt that he's a musical genius. Kanye started out producing for major hip-hop artists of the early 2000s, such as Ludacris, Jay Z, Nas, and many others. Kanye mixes old classics with new poetry to create a magic concoction which is the Kanye West sound. There's no need to explain why this song is perfect for this playlist. Just listen to the melody, feel the lyrics, and you'll see why.



Triple Double - Jean Dawson & A\$AP Rocky

Triple Double is the second track on Dawson's latest record, Pixel Bath— a record dedicated to his past self. This upbeat song is the perfect ending to this playlist, as it feels like a song you'd hear during the end credits of an indie movie. Triple Double has a nostalgic feeling both in the melody and in the lyrics, making it the perfect reflection song.

ESCAPE YOUR MIND

by Dana Bani Hammad and Dana Al Awadhi



Your mind can be a dangerous place, especially if you are trapped in it for a long period of time. With COVID-19's outbreak many individuals have addressed the negative impact it has on their mental health.

Here are some strategies you can use to prioritize your mental health during this difficult time:

1. Know that your anxiety is entirely normal, and you are not alone in this.

It is natural to feel depressed, nervous, afraid, sad, and lonely during this time. Especially since everyone's back to school and work. Feeling pressure due to a deadline and work overload is normal, but you should always keep in mind that you should NEVER overwork yourself and you must take things step by step. Your mental and physical health always comes first, and your feelings are always valid!

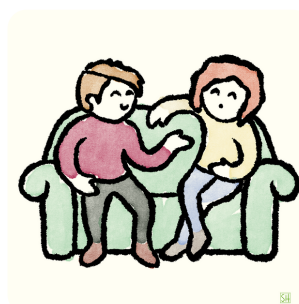


2. Search for a distraction, preferably something that makes you happy.

According to Dr. Damour, "Psychologists know that when people are in chronically difficult conditions it's helpful to divide the problem into two categories: things they can do something about, and then things they can do nothing about". During this pandemic, most of the worrying comes in the category where there is nothing you can do about it. Though it is easier said than done, you should try to get your minds off it and instead try distracting yourself by watching your favorite movie, doing your homework, exercising etc.

3. Stay connected with your friends and family.

Staying in contact with people you care about will help preserve good mental health, make you feel happy, make you laugh, and make you feel less alone at a time like this.





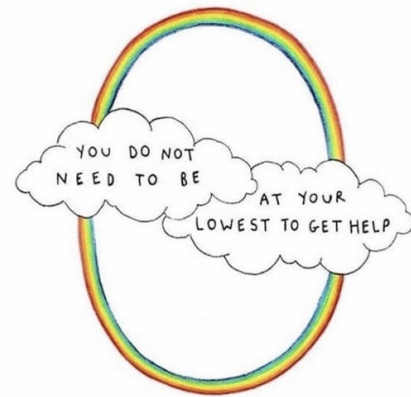
4. Focus on yourself.

It is easy to forget about your own well-being when you are focused on other things that can bring you down, but it is **EXTREMELY** important to treat yourself and your mind. In other words:

- Drink water daily
- Eat healthy
- Eliminate any toxicity in your life
- Be kind to yourself and others
- Take a break when you need it

5. Talk to somebody and seek advice.

Hoping that mental health issues, such as anxiety or depression, will go away on their own can increase your symptoms. Ask for support, and be upfront about how you're doing. What you're feeling does not go away if you keep bottling them up and denying them; instead, it makes it more difficult for you to manage other challenging situations that could arise in the future.



A 20-YEAR FORECAST OF THE WORLD: TECHNOLOGY

by Mohamed Al Noaimi



Technology has revolutionized the world and our lives, literally. We rely so much on technology that without it, the world's economy would cease to exist and a prolonged outage would occur.

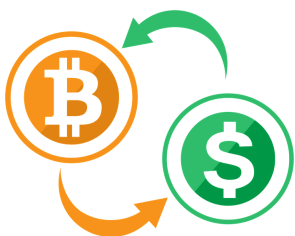
We, the current generation, need to accept that our actions shape our future. We are the future leaders of this world. We will replace our country's political parties, infiltrated jobs, and employees who are at the edge of their retirement. Also, we need to accept that technology and IT are the determining factors of how our lives will continue to function, and how politics will continue.

We currently live in a world where our voices are unheard of. A world where we are the discrete observers of a playfield featuring the generation that doesn't acknowledge or encourage the power and influence of IT. With that said, it's safe to assume that IT has improved and gained quite literally all power over the world, for example... Did you know that only 8% of the world's actual money is cash? That's right, the rest is digital, which can differ from cryptocurrencies to digital cash stored in digital banking systems or E-Wallets such as PayPal or Venmo.



Technologies such as artificial intelligence, gene therapy, and quantum computing make our future predictable, and unpredictable to levels that no one can foresee... Contradicting? I'm well aware. However, that's the truth. If we were to predict our future with technology, we can see a much higher unemployment rate all around the world. As robotics and artificial intelligence are being more and more able to perform tasks, the more they will be able to exceed human capability.

However, this is an almost baseless claim, but something safe to assume. From what I see, anyone who is from the current generation and doesn't know the basics of Computing and/or Programming will be rendered useless. That's a sad truth, but with how fast things are changing, the only secure job that will indeed last is a developer.



With all this talk about how we are ruled by technology, it's also important to mention that with all this capability comes great responsibility. Consumers of all generations need to understand how our world is running. We need to be critical of our consumer habits. With that being said, this is how our world will progress into a less 'ruled by technology' state. This would also lead to an integrated society where the influence of humans and technology is equal.

- AUNT VIV RETURNS TO BEL AIR-

by Faten Abdulla



Thirty years after its first premiere, the cast of the popular 90's show "Fresh Prince of Bel-Air" reunited in the notorious Banks household, but this time, the original Aunt Viv made an appearance.

Back in 1993, when the sitcom's third season premiered, fans were shocked to see that Janet Hubert, better known as Aunt Viv, was replaced by Daphne Maxwell Reid. Hubert's departure was anything but peaceful, as she voiced her anger at the show's star who played her nephew Will Smith, and blamed him for being responsible for the ending of her career. Hubert credited Smith for being an "egomaniac", to which he responded expressing that she simply wanted the show to be "The Aunt Viv of Bel-Air" and once said, "I've been in the business for 10 years and this snotty-nosed punk comes along and gets a show".

Hubert's bashing on Smith never stopped. However, when the show's 30th anniversary back in September of this year came around, fans excitedly came to learn that there was a cast reunion being filmed by HBO Max, but this time it included the two Aunt Vivs. Almost 27 years later, Hubert and Smith were once again reunited. To everyone's surprise, including the rest of the show's cast members, Smith and Hubert finally engaged in an honest and raw conversation about why and how their relationship came to be as hostile as it was. Through an exchange of perspective with Smith, Hubert shared her story with him as the first step towards healing. Being pregnant in an abusive marriage made filming on set unbearable, especially after she had received a bad offer from the show's management, which she would go on to reject. As a result of rejecting the offer, Hubert's life would drastically change, not just career-wise.

Smith and Hubert ended up apologizing and embracing each other. Smith, on the verge of tears, nostalgically stated "You're still my Aunt Viv", and just like that the 'OG' Aunt Viv was finally back home in Bel-Air after 27 years.

Aunt Viv



NO MORE COFFEE?! A GLOBAL COFFEE CRISIS IS BREWING.

by Lulwa Al Khalifa



Coffee beans originate from the plant family Rubiaceae. They are small trees that sprout the beans and are grown by more than 20 million farmers across wild terrain lands that stretch across the equator, the only areas where the plant can grow. These territories include a vast majority of northern South America, Africa, and East Asia. As climate change warms up the planet, the production of these plants has hit an all-time low. A global coffee crisis is imminent.



Most people wouldn't think twice before ordering their 2nd coffee every day. However, if this continues to be a stable source of our daily energies, the coffee industry as a whole will be anything but stable. The world consumes about 500 billion cups of coffee every year. This exponential demand has sustained economies in countries that have delivered to the world through a galore of trade agreements. Though, this demand now inflicts serious detriment to financial stability and livelihood. Columbia and Brazil, both reputable as one of the biggest coffee producers, will have their economies drastically affected as they are the top coffee suppliers in the world. Why? Coffee plants are particularly sensitive to heat, they require a virtually perfect temperature between 18°C–21°C, which is why they grow in distinct environments. Warmer regions would invite pests and fungi, which make it riskier to farm. Coffee beans simply cannot grow at extremely high temperatures. According to Vox, this news is alarming as a recent study projects that by 2050, the lands that will be able to sustain coffee production will reduce to 50%. Current coffee farmers do not have the financial ability to cope with this, and the fall in the industry may induce them to poverty.

To save that daily cup of joe will need huge investments. Solutions, according to an economist at a coffee conference in 2019, include the installment of farm laboratories with ideal coffee temperatures to sustain the crop. Nowadays, with many reluctant investors, it is becoming more of a possibility that we may not be able to sufficiently grow the crop in the near future.

According to MSNBC, Americans approximately spend an average of \$1,100 each year on coffee alone. Let me also note that this is also roughly more than they spend on entertainment, pets, and even car insurance.

Warmer climates, unpredictable rainfall, and sporadic weather patterns will affect not only coffee. Climate change is prone to affect aspects of economies all over the world. We all need to think critically about our consumer habits and how the demands we create will impact the planet. Unlimited consumption of any product of nature is a fallacy. Only our living and buying habits can reclaim this planet.

FAST FASHION? I DON'T KNOW HER.

by Daniah Al Aali



The fashion industry is the third-largest pollutant on the planet, right behind the agriculture and the fuel industry. For a long time, the fashion industry ran on four seasons a year; spring, summer, fall, and winter. Although by the mid-twentieth century, the industry became more fast-paced as new trends started rolling out more frequently. This created a need for more clothes to be produced at a faster pace, but also at a cheaper cost so that consumers could afford to purchase all these new products. This rapid production and use of low-quality materials resulted in unethical practices and the exploitation of resources that were both harmful to the environment and human well-being. This phenomenon is what is known as “fast fashion”.

There's been a shift in the industry where we now value the quantity of clothes over quality clothes that will last a long time. Since these products are being produced at such a fast rate and low cost, they aren't high-quality products. The material is usually cheap and easily damaged, and you're bound to run into a few loose threads or missing buttons. Since the garment isn't meant to last, it usually ends up thrown away in a ditch somewhere, adding to the amount of waste in our ecosystems. These clothes take a long time to break down or almost never do, resulting in them leaking all the toxic chemicals, lead, and pesticides they contain into the air. So not only is the production process harmful, but so is the disposal of these clothes since it's happening at such an alarmingly fast rate.

Besides the impact fast fashion has on the planet, this can also affect our health as humans and possibly the health of other organisms. Some garments contain toxic levels of lead in them which, when we're exposed to, can cause health risks such as infertility and heart attacks. Human well-being is also a concern since the conditions of fast fashion factory workers are usually highly unethical. They are typically exposed to large amounts of dangerous chemicals for long working hours, whilst being underpaid, underfed, and sometimes physically abused.

In the past few years, the fashion industry has been heavily scrutinized by the media, keeping a watchful eye on their treatment of labor workers and their methods of sourcing their materials. This brought up the “Slow Fashion” movement, which is a movement towards mindful manufacturing, fair labor rights, natural materials, and lasting garments. These products are built to last, which makes up for the bigger price tag on them. Even traditionally fast fashion companies are releasing collections made of mostly recycled or ethically sourced materials. So I urge you all to be more mindful of your purchases from now on and to shop ethically and sustainably.



CRIME, PROTESTS, AND POPULAR CULTURE

by Maryam Ahmed



Over the past couple of years, we have all noticed the dominant impact of popular culture on our society from different sources of entertainment such as movies, TV shows, and music. One of the latest TV shows that has created a buzz globally by having its own anthem, a gang showing resistance against the government yet are loved by all of us, and one of my personal favorites, "La Casa De Papel". For those of you who have not watched it yet, I guess I'll have to briefly highlight the main plot of the series. La Casa De Papel, a Spanish Netflix Series, revolves around a group of robbers with a master plan by "El Professor" to rob the Royal Mint of Spain by printing their own money. After watching the first two seasons last year, I've seen people humming and singing "Bella Ciao" in the school hallways, (really missing those days!) or even dressing up as the gang for Halloween and birthdays. Most of La Casa De Papel's viewers stand with the criminals rather than the police. A couple of days ago, I saw a video highlighting the negative influence of the series on its viewers by stating that we, as viewers, subconsciously support the criminals which might lead to catastrophic outcomes. After watching this video, I decided to read articles about the show, and honestly, I was surprised with how much influence this series has on many around the world. The idea of actual robberies happening based on El Professor's master plan might sound cool at first, but unfortunately last year, the national mint of Mexico "La Casa de Moneda de México" was robbed costing them 2.5 million dollars. Another burglary took place in Istanbul, where five thieves wearing ski masks stole over \$180,000 worth of electronics within 45 seconds and stated that their plan was inspired by the series.

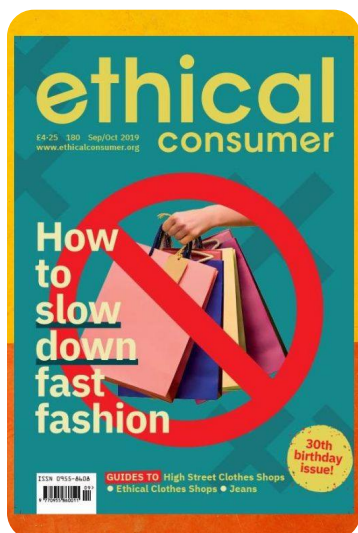
On the other hand, the series is also known for their unique costumes and anthem that portray resistance. The Italian song "Bella Ciao" used in the series was originally used during World War Two, showing resistance and fighting against the dictatorial regime. Today, in many regions around the world people are using this song as a political tool to protest without causing any harm. For instance, in Iraq, some have created an Iraqi version of the song to fight for change. In Puerto Rico, many protesters wore red overalls and Dali masks to fight against the increased unemployment rate caused by the governor, Ricardo Rossello and demanding his resignation.



Honestly, after reading many articles about this topic, it is clear that pop culture can actually influence our political behavior, and in this case, normalize some major crimes. Although this series is one of my favorites, seeing the influence it has had on so many countries made me realize that we all have to draw the line between fiction and reality ... Bella Ciao!

ETHICAL CONSUMPTION

by Mariam Al Sekri



With the rising popularity of movements such as #savetheturtles and veganism, promoted by climate activists such as Greta Thunberg, society shines a lens on the pace of consumerism. Consumerism is usually overlooked by food and fashion industries when it comes to the ecological crisis. Consequently, a new political movement has risen, it is called ethical consumerism. It is practiced through the buying of ethically made products that support small-scale manufacturers.

However, many individuals believe that ethical consumption under capitalism is a myth and is oftentimes obsolete. That is because to ethically consume is very costly, and vegan products cost an insane amount of money. Trying to shop for ethically produced clothing at high-end fashion stores costs a fortune. While shopping at places like thrift stores contributes to the gentrification of prices in low-income areas. Although shopping at places such as Forever21 and Zara are cheaper options, they utilize child labor and prison slavery.

Most of the environmental harm is done by corporations rather than individuals. 71% of all greenhouse gas production can be pinpointed to 100 corporations. We need to shift the focus to the corporations responsible for the exploitation of labor value. Moreover, ethical consumption under capitalism is rendered impossible due to company monopolies. Choosing to buy the more "ethically sourced" option is seemingly useless as the money is going to the same parent company.

Nonetheless, veganism is a needed cultural shift that does put the responsibility on the consumer no matter what economic system. Harm reduction is a moral imperative that gets too easily dismissed in "reform is complicity with oppression" rhetoric. If we have the opportunity to reduce our carbon footprint, we must strive to achieve just that.

However, we need to stop guilt-tripping consumers for the problems of our environment and contributing to the exploitation of capitalism. Shaming low income individuals for not affording ethically produced amenities is a classist ideal in and of itself. Blaming workers rather than capitals is feeding into capitalist dogma.

In conclusion, organizing to dismantle capitalism and working towards a more compassionate economic system should be our goal as a society. Fortunately, Millennials and Gen Z are turning the tides of consumerism by promoting sustainability ideas via social media platforms. It's time for turning empty words into action as the future generations depend on it!

“END SARS BEFORE THEY END US”

by Shaikha Al Kuwari



Murder, unlawful arrests, kidnapping, and torture, what do they all have in common? According to the Nigerian protestors, these are all felonies committed numerous by the SARS (Special Anti-Robbery Squad) over the years. SARS, which was put in place to combat corruption, has now become the very enemy it swore against.

The main target of SARS is predominantly younger people, who "look" like they have money. SARS would usually target people who have nice cars, clothes of good quality, or even iPhones. They took the phrase "eat the rich" to a whole other level and have transformed it into the action of "exploiting the financially stable." SARS would arrest people under the guise of fraud, hoping to extort a large amount of money for the bail.

The Nigerian people have decided enough is enough and took their concerns to the streets. Protests against police brutality and SARS have now surpassed the one month mark. Although the protests have been very peaceful, the police still found a way to interrupt the fight for freedom.

On October 20, the Lakki Massacre happened. At 6:30, two tanks arrived, and at 6:45, the lights went out. The police opened fire against a group of unarmed protestors in Lagos and killed over 46 civilians. DJ switch, who is a Nigerian DJ, started an Instagram live that day and showed the events of the massacre unfolding. She stated she saw at least 14 dead bodies. The government still denies this event occurring, while the citizens are left to dispose of the dead bodies of their friends and family.

Weeks later, many questions still arise. Who ordered this massacre? Why were the CCTV cameras dismantled beforehand? Why was the electricity shut off minutes before the massacre? Is the fight for freedom a lost cause, or is there light at the end of the tunnel?

With great power comes an unchecked sense of authority, leaving people wondering if justice really is on the side of the victim. And as Lemony Snicket once said, "Justice loves to sit and watch while everything goes wrong."



WHY MARY KOM IS AN INSPIRATION FOR US ALL

by Zain Sarhan



What can the potential be for a small town girl brought up in India? Mary Kom is a female Indian boxer champion who made history in the world of female boxing. She was born on March 1st, 1983, currently 37 years old, and is also a mother of three kids. Mary Kom's life wasn't the easiest for various reasons. She was growing up with a poor family in a village in Kanganthei, India. Her family wasn't very supportive of her choice of career in boxing because she had to stop her education in order to pursue her passion. She first appeared in the boxing ring at the age of 18 and won her first match that led to her being on the newspaper which her parents were not happy with what they saw and did not support this. Yet, Mary still continued boxing. During her training years, since her family was poor, she didn't have enough food at the table. Mary was without proper food and health supplements. Although, she still continued to fight in and out of the boxing ring to survive and stay in the game.



She slowly became known as one of the greatest female boxers in India after she received a win six times in a row for the World Amateur Boxing Championship, along with the medal in each one of the first seven World Championships, and the only boxer (male or female) to win eight World Championship medals. She also won other awards such as: Arjuna Award, Padma Shri, and Rajiv Gandhi Khel Ratna Award. Mary Kom earned her nickname "Magnificent Mary" because of how good she was at boxing, and the name wasn't from the fans or the media.

Mary decided to open up a boxing academy for the unprivileged in the year 2007. In 2012, she was the only Indian woman to qualify for the London Olympics. In 2014, a film titled "Mary Kom" was released to show people how she got to where she is today. Earlier this year, news spread mentioning how Mary Kom beat Nikhat Zareen and that she will be representing India in the 2020 Olympics Qualifiers.

Reading her story and knowing what she put up with only inspired me to start my passion for boxing and to also to be a proud Indian citizen. I have always been inspired by women who box, but Mary Kom's inspiration was another story. It brought me pride to being an Indian knowing a female Indian boxer can do what she did.

CAN A ROBOT BE CALLED A SCIENTIST?

by Zeyad Al Sakhi



Creativity and one's boundless imagination act as the catalysts for success in scientific endeavors. "Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand"(Einstein, 1921). Revolutionary physicist Albert Einstein acknowledges that innovation, through the faculty of imagination, is a valuable asset in deciphering the mysteries of this universe, while knowledge is constrained to that which is currently understood about the cosmos. Therefore, a criterion for scientists is their aptitude in utilizing their inherent creativity and imagination in an optimal manner.

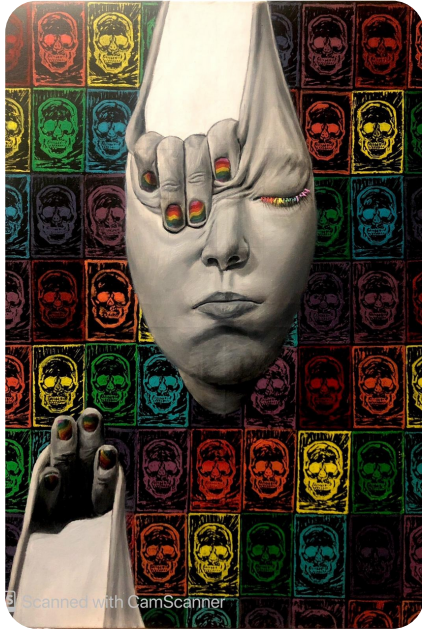
Scientists have been able to refine, through history, the art of converting each of their intangible thoughts from the fantastical realm of their imagination to its physical counterpart in the form of groundbreaking inventions such as the robot. The robot is notorious among people for its merely logic-based thinking, its conformity to that which it is programmed to do, and its lack of the faculties of creativity and imagination. According to such characteristics, the robot remains an insentient heap of metal, incapable of any form of creativity or discovery; when it is indeed capable, people deem such inventiveness artificial and "programmed". Whereas humans are not bound by any regulations since they can innovate, think outside the box, and create things out of nothingness. However, such an argument remains a fallacious one since it is rather narcissistic to believe that humans are unbound from the shackles of "programming."

In reality, humans innately run on a set of rudimentary principles, similar to that of computers who run based on an organized system of 0s and 1s. Moreover, it is the amalgamation of these rules that creates such complex phenomena, defined by consensus as creativity. The same applies to robots, which through AI - narrowed down in particular to Machine and Deep Learning - have become competent enough to emulate humans' novel mechanism of learning from experience. Even though the methods of learning for both humans and robots are similar, when computers formulate original and inventive ideas, people try to avoid calling such a discovery, creative. With the rise of AI, robots will no longer be constrained by any programmed parameters since they will now learn skills that will enable them to program themselves. Now, after determining that robots are capable of manifesting creativity akin to that of scientists, the question lingers: Will robots supersede human scientists?

"AI is the paintbrush for the future of creativity. For it to create its art, it requires a human wielder, and for the human to make art, it requires the paintbrush's strokes." (Kulpati, 2018) In the future, scientists and robots will work hand in hand with the hope of developing this world towards an unprecedented level of human civilization. Therefore, it will never be concluded that robots are more worthy of being scientists than human scientists are and vice versa since taking one entity away is analogous to one taking a huge piece of the final puzzle.

THE STREAM OF CONSCIOUSNESS

Art by Marwah Bu Asalli



The purpose of life is to gain balance within oneself. This comes from illuminating the nexus between the consciousness of the spirit and the biology of the human body. The body has energetic centers called Chakras, which mirrors the hierarchy of human needs and human expression. When these Chakras are aligned, we are in complete energetic harmony in body, mind and spirit. The human body has seven main Chakras that are represented through the radiant colors of the rainbow; The Crown Chakra, the Third Eye Chakra, the Throat Chakra, the Heart Chakra, the Solar Plexus Chakra, the Sacral Chakra, and the Root Chakra. People open their Chakras to get in touch with their incorporeal essence and their spirit. There are many ways to open these pools of energy. The two most common ways are getting familiar with the color of said Chakra, as well as meditating. Personally, my meditative outlet is art. Art allows me to self induce a mode of consciousness whether it be through making art or gazing at an artwork. As I open my eyes and look into any form of art, I redirect my attention to the inner energy field of the body. The inner body lies at the threshold of my form of identity, my essence and my true nature. The Universe and art is an artistic voyage

through space. Each element has a unique color that vibrationally corresponds with one or more of the seven chakras in our body. Meditating upon our complex universe, whether it be through art or naturalistic elements, can help us open and align any Chakras that may need healing.

As a means to represent our embodiment of these energetic flows of energy, for my IB Art exhibition, I painted Stream of Consciousness, a mixed media surrealistic painting of a figure opening their eyes and head and stretching as seen in the image above. The figure seems to have a numb expression. The figure is composed of rainbow nails in continuous lines and rainbow lashes in the order of the chakra colors. The background ties the color scheme together as it also uses the rainbow Chakra color palette. The different chakra colors are repeatedly printed into a skeleton design in a horizontal pattern throughout the background of the painting.

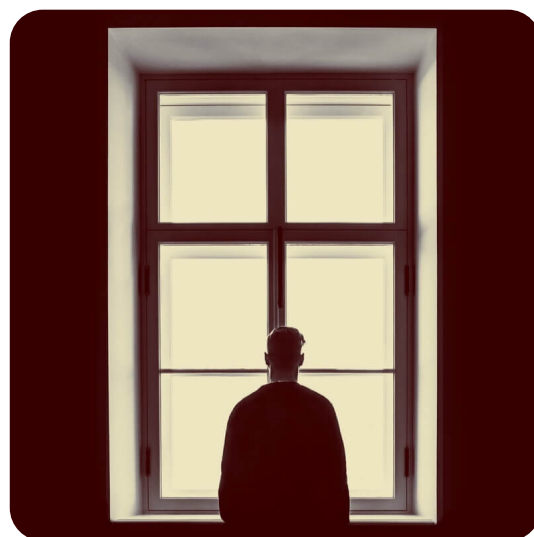
The piece Stream of Consciousness represents the inner conflict of dealing with emotions. The figure is looking to open their Chakras, but instead, they are steering themselves further away from their goal by trying too hard and not allowing themselves to feel their emotions and take it in. The background showcases the embodiment of the Chakras that our body holds in skeleton patterns. The figure has rainbow Chakra colored lashes and nails. This is to show that after a person dies their nails and lashes continue to grow, they don't decay like the rest of the body. Similarly, this shows that no matter how much one may feel like they are not progressing, there is always a part of them that is growing and developing. The nails use contour lines with a consistent line quality. The variety of patterns in the nails represent how everyone's growth as a person differs but it all leads to the same state, eternal peace. The figure wants to reach the awakening state but fails to realise that our peace, serenity, and essence is already within us. All we have to do is feel the fog of emotions that blurs our vision from seeing our true essence. By observing it, we can unravel our souls. Our Being.

THE UNCERTAIN BRAIN

by Lena Al Saif



Fear? What do people fear? Is it something tangible, such as the sight of a spider? Or is it something intangible in your head? We were taught that fear is subjective, with the repetitive "It's only in your head!" Although, that saying is true most of the time, fear itself and its existence is still prevalent and drilled into our brain. Whether a person's fear differs from yours or not, that individual still feels fear, paranoia, a feeling that may overtake every decision made in their life. Not only does it affect your decisions, but can change your wellbeing, instincts, and most importantly, your future. Fear has the potential to change every possible situation you experience in your life. It gets in the way of an individual's purpose. Think of it this way, you're driving on a road, you get stuck in a hole, you have two choices, you either find a way out of it, or you give up and choose to get stuck in that hole. The hole got in the way of continuing your path, restricting you to where you wanted to go. The ability to make that decision, to feel that fear, was all up to YOU.



It is a known fact that every person to ever exist on this planet has a purpose. Whether or not we choose to fulfill this purpose is up to us. We can either let fear get in the way and restrict us from achieving this purpose, or allow ourselves to overcome that fear and accomplish what we desire. A doctor might know the cure to cancer but is too afraid to test it out. An engineer might know how to fix a broken building but is too afraid to try to. An undergraduate could have applied to their dream university but is too afraid of rejection. Fear, as a result, emanates from the fear of failure, where you imagine every possible outcome except for the one you've desired to happen. Most would not take that one step, a leap, a risk, where they've let go of the fear instilled in them and allowed whatever events that would take place to happen, completely clueless of the outcome.



Not only fears affect life-changing decisions we make throughout our life, but it also a hindrance to our daily lives. As humans, we are constantly thinking, thoughts going through our mind every second of the day, even when sleeping. Our brains are nocturnal. We dread certain tasks till the very last minute, not because we could not accomplish them, but we do this out of fear of failing or underachieving at them.

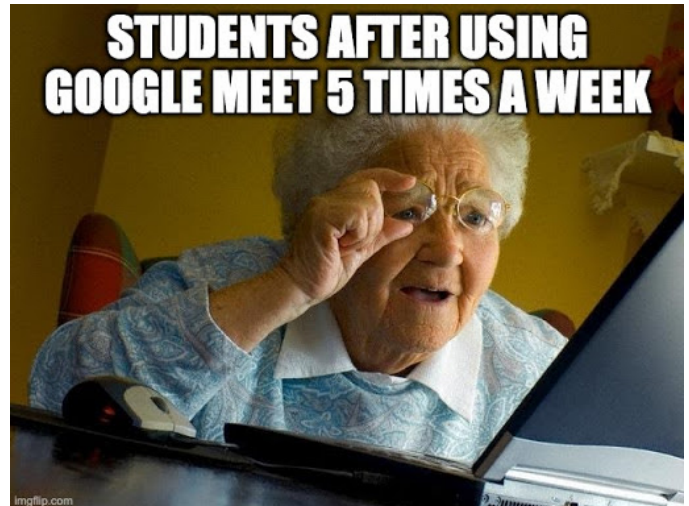
MEMES BREAK

by Muneera Kanoo and Laya BuHassan

When they call your
name to get corona tested



STUDENTS AFTER USING
GOOGLE MEET 5 TIMES A WEEK



Tests,
Quizzes,
Assignments,
Projects



Netflix,
Disney+, HBO,
Hulu, Amazon
Prime, YouTube



Actually
trying
to solve
the question



Quizlet

