



Promote Anti War Sentiments

Editorial



Operation Sindoor

Current Affairs



The Happy School Code

Special Article



Call for Secular Values in Curriculum

Events



JUNE
2025

AVENIR

THE CHRONICLE OF TOMORROW'S THINKERS



iameindia



www.iameonline.com

From hugs to harmony

As the school bell rings again after a joyful vacation, children walk back into classrooms with stories, smiles and sleepy eyes. Some carry memories of visiting grandparents, others remember beach days, birthdays or quiet evenings at home. Wherever we went, whatever we did, one thing connected all of us: we spent time with our families.

This gentle shift from the comfort of home to the rhythm of school makes the *International Day of Families on May 15* especially meaningful. It invites us to pause and remember that families are not just the people we live with, they are our first teachers, our protectors, our biggest cheerleaders and sometimes, the very mirrors that reflect who we are becoming.

We often think it's the grown-ups who hold the family together - the parents, the grandparents the elders. But in truth, even the youngest among us has a quiet magic that can fill a home with peace, love and joy. You need not to do anything grand. Sometimes, it's the soft "thank you" to your mother, the help you offer without

being asked or simply choosing to talk instead of hiding behind a screen. These are the little acts that make a big difference. When you fold clothes with your father, listen to your grandmother's stories or say sorry and mean it, you are building something powerful. Even a small bedtime ritual, like saying what made you happy that day, can make everyone in your home feel seen and valued. These are not just good manners they are building blocks of a home where everyone feels safe, heard, and loved. When love lives in a home, peace begins to grow quietly, but deeply.

The Science Behind Family Joy

Have you ever wondered why we feel happy when we laugh with our family, get a hug from someone we love or help out at home? That's because our brain releases something called happy hormones, natural chemicals that help us feel calm, joyful and

As the school bell rings again after a joyful vacation, children walk back into classrooms with stories, smiles, and sleepy eyes. Some carry memories of visiting grandparents, others remember beach days, birthdays, or quiet evenings at home. Wherever we went, whatever we did, one thing connected all of us: we spent time with our families.



EDITORIAL

Afzal Kolari
Executive Director, IAME

Promote Anti War Sentiments

“Let’s strive for a world where differences are resolved through dialogue, empathy and understanding. War and violence only lead to suffering, loss, and devastation. Let’s work together to promote peace, tolerance, and compassion.”

Inculcate empathy: Understand the human impact of war and violence.

Foster dialogue: Encourage open communication and peaceful resolution of conflicts.

Cultivate compassion: Develop empathy and kindness towards others.

Support peaceful initiatives: Engage with organizations and movements promoting peace and nonviolence.

Actions Students Can Take :

Learn about conflict resolution:

Study peaceful resolution methods and strategies.

Engage in discussions: Participate in debates and discussions about peace, war and conflict.

Support peace-promoting organizations: Volunteer or donate for the organizations working realize peace.

Practice empathy and kindness: Treat others with respect, understanding and compassion.

By promoting anti-war sentiment and fostering a culture of peace, we can work for creating a more harmonious and equitable world.

These simple gestures of gratitude and togetherness create a calm and happy atmosphere.

Finally, endorphins are the feel-good and stress-relief hormones that come out when we laugh, move, or enjoy something fun. Sharing funny jokes, watching a comedy, dancing with your siblings, or playing active games like catch or skipping all release endorphins. This laughter and play help everyone in your family forget stress and enjoy joyful moments together. So, whenever you wonder how to make your home happier, remember it doesn’t always require big actions, sometimes a smile, a hug,

We often think it’s the grown-ups who hold the family together - the parents, the grandparents, the elders. But in truth, even the youngest among us has a quiet magic that can fill a home with peace, love, and joy. You don’t need to do anything grand. Sometimes, it’s the soft “thank you” to your mother, the help you offer without being asked, or simply choosing to talk instead of hiding behind a screen. These are the little acts that make a big difference



a kind word or simply showing up with a positive attitude can spark these happy hormones, turning your house into a warm, joyful home filled with peace and love.

Peace Begins at Home: Living Together in Harmony

When we understand how small actions at home can release these happy hormones and create a loving, peaceful environment, it becomes

connected. There are four main ones: dopamine (the reward hormone), oxytocin (the love and bonding hormone), serotonin (the feel-good hormone) and endorphins (the stress-relief hormone). You can help increase these hormones not just in yourself, but in your family too.

First, there is dopamine, known as the reward and motivation hormone, which makes us feel proud and motivated when we accomplish something meaningful. For example, finishing your homework without being reminded, organizing your school bag, making a handmade card or learning a new skill like folding clothes or helping to cook can release dopamine. When your family notices your effort and smiles, it creates a wonderful feeling of accomplishment for you and appreciation for them.

Then, there is oxytocin, often called the cuddle chemical, which helps us feel close and connected to others. You can release oxytocin by giving warm hugs to your parents or grandparents, cuddling a pet, holding hands with a younger sibling or simply sitting quietly and listening to someone’s story. These small acts build trust and remind your family that they are loved and never alone.

Next, serotonin, the mood-stabilizer hormone, keeps our emotions balanced and helps us feel calm and positive. You can boost serotonin by saying “thank you” when someone helps you, offering kind words that make others feel valued, helping your parents clean or decorate shared spaces or spending peaceful moments outdoors with your family, like watching the sunset together.

clear that peace is not just something we hope for in the world; it begins with how we live together every day. This is why the International Day of Living Together in Peace, observed on May 16, is so important. It reminds us that peace is built through kindness, respect and understanding within our families and in the wider community. Just as happy hormones help us connect and feel safe at home, the spirit of living together in peace encourages us to carry those same feelings beyond our doorsteps, embracing others with empathy and cooperation. Observing this day helps us remember that peace is not only the absence of conflict but also the presence of harmony, where everyone, whether family, friends or neighbours, feels valued and included. It is a call to practice patience, forgiveness and friendship so that our world, starting with our schools and homes, can become a place where everyone thrives together in peace.

Choosing Kindness and Inclusion

Sometimes, without even realizing it, we start thinking about others based on things like how they look, where they come from or what they like before we get to know them. This is called prejudice. It means having an opinion about someone without understanding who they truly are. Along with this, there's something called stereotyping, where we put people into groups and believe everyone in that group is the same. For example, thinking "boys don't like to play with dolls" or "kids from another place can't be my friends" are stereotypes. These ideas are unfair because every person is unique, with their feelings, talents and stories.

You might see prejudice or stereotyping happening at school when someone is left out of a game just because they speak differently or dress in a way others don't expect. At home, sometimes people say things like

"You're too small to understand" or "Girls are always like this," and these words can make others feel less important or not heard. These moments might seem small, but they can hurt feelings and stop us from living peacefully together. When we judge or separate people based on these ideas, it creates walls instead of bridges.

So, how can you tell if prejudice or stereotyping is around you? It starts asking yourself honest questions: Am I assuming something about someone before I know them? Have I ever stopped someone from playing or talking just because they are different?



Peace grows when we choose kindness, listen with open hearts, and include everyone around us. It's about seeing the good in others and helping each other feel safe and happy every day. When we learn to understand and respect our differences, we make the world a brighter and friendlier place.

Do I listen to what people say, or do I make quick guesses? At home, do I treat everyone equally, or do I sometimes think some family members are "different" just because of their age or interests? These questions help us become more aware of our thoughts and actions.

When you notice these feelings or thoughts, you have a powerful choice: to break the pattern. You can invite a new friend to join your game, even if they seem different. You can ask questions to understand how someone feels or what they like. You can listen carefully when others share their stories and you can share your feelings

too. If you hear someone saying something unfair or hurtful, you can speak up kindly and remind them to be kind and respectful. These small actions can make a big difference in how peaceful and happy your school and home feel.

This is exactly why we observe the International Day of Living Together in Peace. It reminds us that peace isn't just about big events or faraway places; it begins with how we treat the people closest to us every day. It's about seeing past our differences, being curious instead of judgmental, and choosing kindness over fear or anger. When we do this, we create a

world where everyone feels safe, respected and loved.

Peace grows when we choose kindness, listen with open hearts, and include everyone around us. It's about seeing the good in others and helping each other feel safe and happy every day. When we learn to understand and respect our differences, we make the world a brighter and friendlier place. So, here's a question to carry with you: What is one kind thing you can do today to help someone feel like they belong? ●

*Article prepared by Team Nila
School of Happiness*

THE HAPPY SCHOOL CODE: 21 STEPS TO A BRIGHT NEW BEGINNING

The gates are open, the classrooms are ready and the playground awaits your laughter. yes, it's time to return to school! Every school reopening is not just a date on the calendar, but a fresh start, a chance to grow, connect and rediscover the joy of learning. Whether you're skipping into Grade 1 or stepping confidently into Grade 12, returning to school brings a beautiful mix of emotions like excitement, curiosity, maybe a little nervousness too. That's completely normal. Each feeling you carry is valid and important.

Just like we care for our body with food and sleep, our thoughts need gentle care too. When your mind feels calm, focused and positive, your whole day feels better. Going back to school can sometimes bring a storm of thoughts "Will I do well?" "What if I make a mistake?" or "Can I handle everything?" Don't worry, these thoughts are normal. But the way we talk to ourselves can change everything.

Our hearts grow happiest when they are connected to others with kindness, respect and understanding. School isn't just a place to learn subjects, it's also where we learn how to be good friend, a caring classmate, and a kind human being. The way we treat others, our smiles, our words, our little acts of caring can brighten someone's day and build strong, joyful relationships. Even small habits like making eye contact, sharing a snack, or asking someone how they feel can create big waves of friendship and peace.

A peaceful school is a powerful school. When your surroundings are calm, clean, and filled with positive energy, your mind feels safe, open,

and ready to learn. Your classroom is like a second home. The way you treat it and the people in it can make a big difference in how much you enjoy learning and growing every day. Also remember, when you take good care of your body, your energy rises, your mood improves, and your focus sharpens. Here are 21 powerful tips that will surely change the way you experience school, making it more joyful, mindful, and meaningful every single day.

21 Big Tips for A Joyful School Reopening

1. Start your day with a smile in the mirror and a cheerful "Good Morning!" to yourself. it's a simple habit that can reset your mood and fill you with positivity.
2. Take a moment to name what you're feeling whether it's nervousness, excitement, or confusion because acknowledging your emotions helps you understand and lighten them.
3. Before stepping into your classroom, pause and take five deep breaths to calm your mind and prepare your brain to focus and feel safe.
4. Write down a powerful affirmation like "I am strong and ready!" and keep it in your diary or bag to boost your confidence when you need it most.
5. Spend five quiet minutes journaling about your day and the things you're grateful for this small ritual nourishes your mental health beautifully.
6. Look into someone's eyes and smile it's the fastest way to make a connection and start a friendship.
7. Instead of guessing how someone feels, ask them kindly "Are you okay?" "Because compassion always begins with curiosity.
8. Let go of small mistakes quickly by choosing forgiveness, because your inner peace is far more valuable than holding on to being right.
9. Share a snack or tell a story it's in these simple acts that some of the strongest friendships are born.
10. Treat everyone around you classmates, teachers, helpers with respect and kindness, because every person deserves to feel valued.
11. Keep your desk and school bag neat and clean, as a tidy space helps you think clearly and stay focused.
12. Use a special diary or journal to record your feelings, dreams and doodles it becomes your personal space for reflection and growth.
13. Create a 'Happy Note' wall in your classroom and add one uplifting thought every day to fill your space with joy and hope.
14. Don't stress about being perfect stay curious, ask questions and enjoy the magic of learning new things.
15. Join a school club or activity that excites you whether it's art, sports, music or reading because joy multiplies when you follow your passions.
16. Drink plenty of water throughout the day to stay refreshed and alert, because your brain needs hydration to function at its best.
17. Choose mindful snacks like fruits or nuts instead of junk food to fuel your body with lasting

energy and focus.

18. Go to bed early and give your body the rest it deserves, because a peaceful night's sleep sets the tone for a joyful school day.
19. Move your body often with stretches, walks or a quick dance it recharges your energy and brightens your mood.
20. Begin your mornings with natural

light and quiet instead of screens, and you'll feel more grounded and happier.

21. Most importantly, be completely and unapologetically yourself the world doesn't need a copy, it needs the wonderfully unique YOU.

As you step into this new school year, remember that every moment is

an opportunity to grow, to connect and to shine. When you embrace these practices, school becomes not just a place to learn, but a place where you feel truly alive and joyful. So, carry these habits with you and watch how they transform your school days into a meaningful journey filled with confidence, kindness and your unique light. ●

CURRENT AFFAIRS

MAY

1. Who was awarded the 2025 Padmaprabha Award? - **Alankode Leelakrishnan**
2. Which university in Kerala received the Green Institution Certificate? - **CUSAT**
3. National Security Advisory Committee Chairman? - **Ajit Doval**
4. Which badminton players received the Major Dhyan Chand Khel Ratna Award in May 2025? - **Satwiksairaj Rankireddy, Chirag Shetty**
5. India-Bangladesh joint naval exercise held in the Bay of Bengal in 2025 - **Bongosagar**
6. Which state independently developed stratospheric airship technology and conducted its first test flight? - **Madhya Pradesh**
7. Which party won the Australian Federal Election in 2025? - **Labor Party**
8. Which state in India hosts the country's first Artificial Intelligence (AI) Data Center Park? - **Chhattisgarh**
9. New Managing Director of the National Film Development Corporation? **Prakash Magdum**
10. What is the unified digital plat-

OPERATION SINDOOR

1. The surgical strike conducted by India in response to the Pahalgam terrorist attack - **Operation Sindoor**
2. Who named Operation Sindoor? - **Prime Minister Narendra Modi**
3. The 50-70 kilometer range air-to-ground bomb used in Operation Sindoor? - **HAMMER (Highly Agile Modular Munition Extended Range)**
4. The 250-kilometer range missile used in Operation Sindoor, which

reaches its target based on GPS and terrain maps? - **SCALPEG missiles or Storm Shadow**

5. Who described the military actions at the press conference related to Operation Sindoor? - **Indian Army Colonel Sophia Qureshi, Indian Air Force Wing Commander Vyomika Singh**
6. What missile defense system did India use in Operation Sindoor to destroy Pakistan's drones and missiles? - **S-400 Sudarshan Chakra (Russian-made)**

form that the Indian Election Commission is going to launch? - **ECINET**

11. What was the military operation conducted by security forces against Maoists in Bijapur district, Chhattisgarh? - **Operation Sankalp**
12. New President of KPCC (Kerala Pradesh Congress Committee) - **Sunny Joseph**
13. Who has been appointed as the Executive Chairman of the National Legal Services Authority? - **Justice Surya Kant**
14. Who assumed charge as the Head of Kerala Vigilance in May 2025? - **Manoj Abraham**

15. Kerala Premier League 2025 (Football) Champions - **Muthoot Football Academy**

16. Which is the first Fisheries University in the country to receive NAAC accreditation for five years? - **Kerala University of Fisheries and Ocean Studies (KUFOS)**
17. Which is the first port in the country designed entirely as a transshipment port? - **Vizhinjam**
18. Who is the photographer who captured the photo chosen as the 2025 World Press Photo of the Year? - **Samar Abu Elouf (Palestinian Photographer)**

19. Which Indian literary critic was awarded Norway's highest honor, the Holberg Prize? - **Gayatri Chakravorty Spivak**
20. Which railway station in Kerala will be the first to be completed under the Amrit Bharat Station Scheme? - **Vadakara Railway Station**
21. Where is Kerala's first animal 'Hospice center' established? - **Kuppadi (Mananthawadi)**
22. Who has been appointed as the new Excise Commissioner of Kerala? - **R. Ajith Kumar**
23. Who holds the position of DGMO (Director General of Military Operations) of the country, responsible for planning military movements and border operations? - **Lt. General Rajiv Rai**
24. What was the operation in which security forces killed three Lashkar-e-Taiba terrorists in Shopian, Jammu and Kashmir? - **Operation Keller**
25. What is the scheme envisioned and implemented by the Scheduled Castes Development Department to provide Civil Service exam training to Scheduled Caste communities in the state Kerala? - **Lakshya**
26. Which sportspersons have been conferred the rank of Lieutenant Colonel in the Territorial Army? - **Abhinav Bindra, Kapil Dev, Mahendra Singh Dhoni, Neeraj Chopra**
27. New Director of Kerala Police Academy? - **Balram Kumar Upadhyay**
28. Newly appointed UPSC Chairman in May 2025? - **Ajay Kumar**
29. India's 86th Grandmaster? - **Sreehari**



Cardinal Robert Francis Prevost (Leo XIV) - The new Pope of the global Catholic Church

- He is the 267th Pope of the global Catholic Church.
 - First Pope from the U.S.
 - Holds citizenship in both the U.S. and Peru.
 - Advocate of the vision of a "Church for the poor."
30. Who received the O. V. Vijayan Memorial Short Story Award? - **Santhosh Echikkanam**
 31. Champions of the 7th Khelo India Youth Games in 2025? **Maharashtra**
 32. What was the distance Neeraj Chopra threw in Javelin at the Doha Diamond League? - **90.23** (This is the first time an Indian has crossed 90 meters)
 33. Who was awarded the 2025 Madhavikutty Award? - **Subhash Chandran**
 34. Which state did the Indian Army conduct the Teesta Prahar exercise in? - **West Bengal**
 35. Who was awarded the Sansad Ratna Award for the best parliamentarian? - **N. K. Premachandran**
 36. 2025 SAFF Under-19 Football Champions - **India**
 37. Who assumed charge as the President of Kerala Sasthra Sahithya Parishad? - **T. K. Meerabhai**
 38. Who is the Kannada writer and social worker who received the 2025 International Booker Prize? - **Banu Mushtaq (It was for her short story collection 'Heart Lamp')**
 39. Who is the Malayali woman who reached the highest point of Mount Everest? - **Safreena Latheef**
 40. Which city is hosting the 2025 Hydrogen Summit? - **Rotterdam, Netherlands**
 41. India's first fully literate state - **Mizoram**
 42. Who is the first visually impaired woman from India and the fifth person in the world to conquer Mount Everest? - **Chhonzin Angmo**
 43. Who won the 2025 UEFA Europa League Football title? - **Tottenham Hotspur**
 44. Who won the 2025 UEFA Conference League Football title? - **Chelsea FC**
 45. Who won the 2025 UEFA Champions League Football title? - **Paris Saint-Germain**

Officially declared species in Kozhikode district

- | | |
|------------------|--|
| • Flower | - Athirani (Melastoma Malabathricum) |
| • Aquatic animal | - Smooth-coated Otter (Lutrogale perspicillata) |
| • Fish | - Pangio bhujia (പാതാളപ്പുതാരകൻ) |
| • Bird | - Oriental Dwarf Kingfisher (Ceyx erithacus) മേനിപ്പൊന്മാൻ |
| • Animal | - Indian Pangolin - (Manis crassicaudata) (ഈനാപേച്ചി) |
| • Butterfly | - Malabar Rose (Pachliopta pandiyana) |
| • Tree | - Eeyakam (Hopea Erosa) |

ARTICLE

Mashood Mangalore
Head of Academics and Projects, IAME

Disconnected in a Connected World

“Education is not the learning of facts, but the training of the mind to think.” Albert Einstein

A Silent Emergency in our classrooms

In an age where digital technology is interwoven into every fibre of modern education, we find ourselves facing a paradox: Students are more connected than ever yet increasingly disconnected from learning, focus, relationships and even themselves. The issue of phone addiction is no longer a whisper but a roar echoing through every corridor of our schools and homes. It challenges not just educators but the entire ecosystem of learning.

The Hidden Epidemic

Students today check their phones hundreds of times a day, often unconsciously. A 2024 study by Common Sense Media found that teens spend an average of 8–9 hours daily on screens, with a large portion unrelated to academics. The effects are not only neurological altering sleep patterns and attention spans, but also psychological, leading to anxiety, diminished resilience and social withdrawal.

The tragedy isn't just the addiction itself, but what it replaces: critical thinking, reflection, sustained reading, play, real conversations and creativity.

When Technology Becomes Tyranny

We must remember the problem is not the device, but the domination. Just as the pen is a tool to write thoughts not escape them the phone must serve learning, not rule over it.

Root Causes of phone addiction in Students

1. Lack of Digital Literacy: Students are users, not masters of technology.
2. Absence of Boundaries: Homes and schools often lack consistent digital usage rules.
3. Academic Overreliance: The line between learning and leisure is blurred due to ed-tech.
4. Emotional Void: Phones become escape routes from boredom, anxiety, or lack of purpose.

Let technology support projects, research, and collaboration, not constant entertainment. Educational tech must be constructive, not consumptive.

Educational Solutions:

- Toward Digital Discipline and Mindful Learning. As educators, parents and leaders, we must move from control to cultivation. Here's how:

1. Digital Literacy as a Core Curriculum

- Introduce structured programs on media hygiene, cyber-wellness, and the psychology of technology.
- Equip students with the understanding that how they use tech is as vital as why.

2. Tech-Free Zones and Times

- Designate sacred tech-free periods in schools—before classes, during lunch, and during creative hours. Encourage schools to build “Slow Learning Corners” quiet reading, writing, or thought zones.

3. Screen-Conscious Parenting

Educate parents through workshops

and newsletters. Modelled behaviour matters: if adults scroll during meals, why it is expected restraint from teenagers?

4. Encourage Depth over Clicks

- Promote deep reading—physical books, long-form essays and reflective journaling. Invite literary circles, debate clubs and reading marathons that remind students of the beauty of sustained thought.

5. Purposeful Tech Integration

Let technology support projects, research and collaboration, not constant entertainment. Educational tech must be constructive, not consumptive.

The Role of Schools and Educators

Principals and teachers must lead with clarity and conviction. A digitally balanced student is not less connected, but more consciously connected. Policies must go beyond bans and penalties; building cultures of digital mindfulness is key. Let us restore the classroom as a place where attention is not fragmented but focused, where presence is not virtual but real.

A Call to Reclaim Our Students

The challenge of phone addiction is not a problem of this generation alone; it is our collective problem and our collective responsibility. The digital world is not going away, but we must prepare students to thrive wisely within it. As educators, let us not merely react to trends but shape them. Let us guide our students to be not just consumers of information but curators of wisdom. ●

EVENTS

Inclusion of Secular Values and Cultural Diversity in Curriculum is Essential: Alankode Leelakrishnan

Kozhikode: Renowned writer Alankode Leelakrishnan emphasized the need to reform educational methods by incorporating the nation's cultural diversity and secular values into school syllabi. He was speaking at the state-level school reopening celebration 'Prefatory '25', organized by the Ideal Association for Minority Education (IAME), held at Irshad English School, Panthavoor.

The event marked the ceremonial start of the new academic year and concluded in a grand manner. IAME President Sayyid Muhammad Thurab Assaqqaf presided over the function.

'Prefatory '25' was meticulously organized as a prelude to the state-wide celebrations on June 2nd, when schools across Kerala warmly welcomed students with diverse programs. IAME Academic Secretary Noufal Kodur delivered the Prefatory Message.

The event also saw the release of the official theme song titled "Hand in



▲ Prominent writer Alankode Leelakrishnan inaugurates the IAME state-level school reopening celebration at Irshad, Panthavoor

Hand, We March with Faith."

Irshad School President K. Siddique Maulavi of Aylakadu, Siraj Daily Malappuram Bureau Chief Jamal Karulai and IAME Academic Project Head Mashood Mangalapuram offered their greetings.

Other notable attendees included Ashraf Jamaluddin, P.P. Noufal Saadi, Hasan Nellisseri, K.M. Shareef Bukhari, Afsal Kolari, K.M. Basheer Saqafi and P. Muhammad Saleem.

General Secretary V.P.M. Ishaq welcomed the gathering and the vote of thanks was delivered by Variyath Muhammad Ali.

Released

Panthavoor: At the inaugural venue of the state-level IAME school admission festival, the IAME Program Manual (**Spotlight 2025-26**) and the iSET poster for the 2025–26 academic year were officially released.



Spotlight 2025-26 Release



iSET25 Poster Release

Unrecognized School Leaders' Meet

Kozhikode: The Ideal Association for Minority Education (IAME) organized a special gathering for the heads of unrecognized schools across Kerala. The meet called upon the government to ensure timely issuance of essential certifications, including the No Objection Certificate (NOC), for schools that are eligible for recognition.



The association urged trade unions and other agencies to refrain from actions that create uncertainty about the future of students studying in unaided institutions. To support

schools in navigating official procedures, IAME has established a dedicated help desk to provide services throughout the state.

The event, held at the SYS Hall, was presided over by V.P.M. Ishaq. Riyas Mannarkkad led the training sessions. Executive Director Afsal Kolari, Academic Head Mashood Manglore also addressed the gathering.

CLICK HERE 

to send school/region news and students' creations to the IAME Avenir magazine.