

Turning the Tide; Awareness, Action & Hope



Children: The Blossoms of Tomorrow

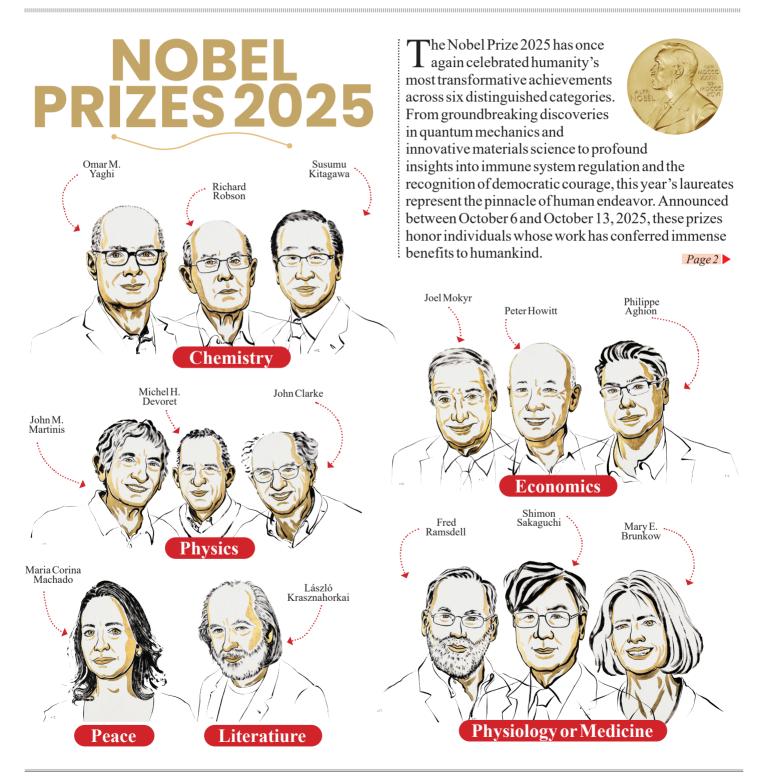




Kerala Piravi Dinam – The Birth of God's Own Country Article







The Nobel Prize is the world's most prestigious set of awards for achievements that confer "the greatest benefit to humankind," established through Alfred Nobel's 1895 will and first presented in 1901 across Physics, Chemistry, Physiology or Medicine, Literature, and Peace, with Economic Sciences added in 1968 in his memory. Administered by Swedish and Norwegian institutions, each prize includes a gold-plated medal,

diploma, and a cash award, and is presented annually on December 10 in ceremonies in Stockholm and Oslo to honor enduring advances in knowledge, culture, and peace.

Physiology or Medicine

Mary E. Brunkow, Fred Ramsdell, and Shimon Sakaguchi were honored "for their discoveries concerning peripheral immune tolerance," work that revealed how regulatory T cells, governed by the FOXP3 gene, prevent



the immune system from attacking the body's own tissues. Their insights reshaped understanding of autoimmunity and opened new avenues in therapies for diseases like

EDITORIAL

Afzal Kolari Executive Director, IAME

Turning the Tide; Awareness, Action & Hope

India observes National Cancer Awareness Day on November 7, a day dedicated to spreading knowledge, encouraging early detection, and promoting a culture of compassion and care. It is a reminder that cancer is not just a medical challenge, but a social one - where awareness, education, and empathy play as vital a role as treatment.

Today, cancer continues to be one of the leading health concerns in our country. Changing lifestyles, increased pollution, unhealthy diets, and delayed medical attention have contributed to the rise in cancer cases across India. Recent reports from the Ministry of Health and Family Welfare reveal that nearly one in nine Indians is likely to develop cancer during their lifetime. While awareness about the disease has grown, a large gap still exists between knowing and acting. A survey in Kerala, for instance, found that although almost 90% of respondents knew the major symptoms and risk factors of cancer, only about 20% had ever gone for screening. This highlights the urgent need to

transform awareness into meaningful action.

Fortunately, science and technology are offering new hope. Across India, hospitals and research centres are using AI-enabled screening devices to detect oral and cervical cancers early. Major institutions like the Tata Memorial Centre have launched nationwide initiatives to standardise cancer treatment and improve access. Preventive measures such as the HPV vaccine are being promoted widely to protect young girls against cervical cancer - a step that could save thousands of lives every year. These advancements show that the fight against cancer is no longer just about cure, but about prevention and early detection.

In schools, the message of cancer awareness begins with small habits-choosing healthy foods, staying active, avoiding tobacco, and respecting our bodies. As students, we can also be messengers of awareness, sharing correct information, encouraging family members to go for check-ups, and

showing empathy toward those who are affected. Non-violence, kindness, and support are not only social virtues but also emotional shields that help people fight life's hardest battles with courage.

The theme for National Cancer
Awareness Day this year focuses on
"Awareness, Action, and Hope."
Awareness reminds us to stay
informed; action teaches us to take
responsibility for our health; and hope
keeps us believing that progress is
possible. As the future citizens of our
country, we must understand that the
fight against cancer belongs to
everyone - not just doctors or patients.
Each one of us can contribute, through
healthy living, spreading awareness,
and supporting those in need.

This November 7, let us renew our commitment to a world where no one suffers in silence, where knowledge replaces fear, and where every act of awareness brings us one step closer to victory over cancer. Together, let's turn awareness into action and action into hope - because every effort counts, and every life matters.

type 1 diabetes and multiple sclerosis, as well as strategies in cancer immunotherapy and transplantation tolerance. This recognition crowns decades of research linking gene-level control to whole-immune-system balance, with broad clinical implications for restoring immune homeostasis.

Physics

The Physics Prize went to John Clarke, Michel H. Devoret, and John M. Martinis "for the discovery of macroscopic quantum mechanical tunnelling and energy quantisation in an electric circuit," landmark experiments that showed quantum behavior in engineered superconducting circuits large enough



to hold in one's hand. By demonstrating tunnelling out of a zero-voltage state and discrete energy levels in Josephson-junction circuits, their work laid the conceptual and technical groundwork for today's superconducting qubits and the rapid progress of quantum computing and quantum sensing. These results bridged abstract quantum theory and practical devices, enabling a new era of programmable quantum systems.

Chemistry

In Chemistry, Susumu Kitagawa, Richard Robson, and Omar M. Yaghi were awarded "for the development of metal-organic frameworks (MOFs)," porous crystalline materials built from metal nodes and organic linkers with extraordinary internal surface area and tunable chemistry. MOFs' modular architectures allow selective capture and storage of gases, catalysis, water harvesting from arid air, and emerging roles in clean energy storage



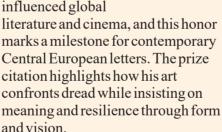
and environmental remediation. By turning coordination chemistry into a powerful materials design platform, the laureates created tools now central to addressing carbon capture, hydrogen economies, and advanced separations.

Literature

The Literature Prize recognized Hungarian writer László Krasznahorkai "for his compelling and visionary oeuvre that, in the midst of apocalyptic terror, reaffirms the power of art," a body of work noted for long, immersive sentences and philosophical depth that probe history, memory, and human fragility.

human fragility.
Krasznahorkai's
fiction, including
works like
Satantango and The
Melancholy of
Resistance, has
influenced global

The Peace Prize



László

Peace

was awarded to
María Corina
Machado "for her
tireless work
promoting
democratic rights Maria Corina
Machado
for the people of Venezuela and for her
struggle to achieve a just and peaceful
transition from dictatorship to
democracy," reflecting the

committee's emphasis on democracy as a prerequisite for lasting peace. Her leadership across civil society and opposition movements amid repression underscores the role of nonviolent civic courage in safeguarding rights and restoring legitimate governance. The award signals global support for Venezuelans' demands for free institutions, fair elections, and accountability.

Economic Sciences

The Prize in Economic Sciences honored Joel Mokyr; and Philippe Aghion with Peter Howitt, for explaining innovation-driven growth-Mokyr for identifying the prerequisites for sustained technological progress, and Aghion-Howitt for formalizing growth



through creative destruction that continuously replaces old technologies with better ones. Their work reframed long-run growth as a process dependent on ideas, competition, and institutions that enable experimentation and diffusion, offering guidance for policy in an age of AI and rapid technological change. By centering innovation ecosystems, they highlight how open, dynamic economies raise living standards over time.

Together, the 2025 Nobel Prizes illuminate how fundamental discovery, material ingenuity, narrative imagination, civic bravery, and innovation economics each contribute to human flourishing. They affirm Nobel's original vision: that advancing knowledge and defending human dignity are mutually reinforcing pillars of a better world.

ARTICLE NOVEMBER 14 - CHILDREN'S DAY

Children: The Blossoms of Tomorrow

Every year, as November 14 dawns upon India, schools across the nation awaken with laughter, innocence, and vibrant colours. Balloons sway in corridors, classrooms echo with cheerful songs, and teachers wear warm smiles. This day - Children's Day - is not merely a calendar event. It is a celebration of childhood itself, a reminder of the purity, curiosity, and promise that every child carries within.

Children's Day is celebrated to honour the birth anniversary of Pandit Jawaharlal Nehru, India's first Prime Minister, who believed that the future of the nation rests in the hands of its children. Fondly called "Chacha Nehru", he envisioned a nation where education, compassion, and creativity would shape young minds into enlightened citizens.

building. His love for children stemmed from his belief that every child has the potential to transform society. He once said "The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country."

His efforts led to the establishment of numerous educational and scientific institutions, including AIIMS, IITs, and IIMs, all symbols of his dream for a progressive, knowledge-driven India.

Children's Day, therefore, is not just about festivity; it is about reflecting on how education shapes young lives and moulds them into torchbearers of our future.

The True Meaning of Childhood





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childhood has evolved. Screens have replaced swings, and virtual learning often overshadows playful learning. Yet, the essence of being a child-to wonder, to explore, and to dream-remains timeless.

Education - The Heart of Children's Day

At the heart of Children's Day lies education - not as a routine, but as a journey of discovery. Education is not confined to textbooks or exams; it is about nurturing curiosity, compassion, and creativity.

True education, as Swami Vivekananda said,

"is the manifestation of perfection already in man."

In our schools and institutions, Children's Day is an opportunity to renew our commitment toward holistic education - one that balances academics, character building, and emotional intelligence.

Celebrating in Classrooms and Beyond

Children's Day celebrations often bring together fun, learning, and inspiration. Cultural programmes, games, exhibitions, and storytelling sessions make the day joyful.

But more importantly, the celebrations remind us of the responsibility every adult carries

-to listen to children, to understand their feelings, and to provide them with a safe, supportive environment for growth.

The Digital Child - Growing in the Age of Technology

Today's children are digital natives. They learn coding before cursive, and online classrooms have become their new chalkboards. While technology empowers learning, it also brings challenges - distractions, isolation, and overexposure.

Hence, digital education must be balanced with moral guidance. Technology should serve children, not enslave them.

Let us teach them to use the internet as a tool of knowledge, creativity, and compassion.

Academic Growth - A Shared Responsibility

Children's academic journey is not shaped by schools alone. Parents, teachers, and communities form the pillars of their success. Parents provide encouragement; teachers ignite curiosity; communities create opportunity.

On Children's Day, we must pledge to bridge emotional, social, and academic gaps so that no child feels left behind - whether in cities or rural villages, online or offline.

Learning Beyond Books

Academics flourish when learning

The Power of Encouragement

A single word of encouragement can change a child's life.

Every "Well done!" and "I believe in you!" builds confidence that lasts forever.

As educators, let us remember that marks measure memory, not intelligence. True education kindles curiosity, nurtures empathy, and empowers individuality.

The Role of Schools in the 21st Century

Schools are no longer just centres of learning; they are ecosystems of growth. Today's classrooms integrate AI tools, digital boards, and interactive learning.

But the real progress lies in integrating values with vision-teaching kindness alongside coding,



extends beyond classrooms. Activities like art, music, debates, robotics, and sports play a vital role in developing critical thinking and teamwork.

Children's Day celebrations can thus blend fun with intellectual growth - a debate on "Digital Education vs Traditional Learning" or a creative workshop on "My Dream School" can turn the celebration into a learning festival.

and empathy alongside excellence.

Children's Day is a perfect reminder of why schools must balance innovation with inspiration.

Teachers - The Architects of Young Minds

Behind every successful child is a teacher who believed in them.

Teachers are the silent gardeners of the nation, nurturing young hearts with knowledge and kindness.

On Children's Day, many schools reverse roles - teachers perform for

students, showing affection in a joyful way. This symbolizes the bond of love and trust that fuels academic success.

Challenges of Modern Childhood

Despite progress, children today face immense pressure - academic competition, social media influence, and the need for perfection.

We must create spaces where children feel safe to fail, to try again, and to learn at their own pace.

A society that values emotional well-being alongside achievement truly honours Children's Day.

Towards an Inclusive Future

Education must reach every child, regardless of background, gender, or ability.

Children's Day reminds us that equality in education is not a privilege

-it is a right.

By empowering every child with access to digital tools, books, and guidance, we shape a nation that shines in unity and wisdom.

The Promise of Tomorrow

As the day ends and the laughter of celebration fades, one truth remains - Children are not just the future; they are the heartbeat of the present.

Let us pledge to protect their innocence, nurture their talents, and empower their education. For every smile we inspire today, we light a brighter tomorrow.

"Every child is a different kind of flower, and together, they make this world a beautiful garden."

Making the Day Meaningful - Tips for Schools

To make Children's Day academically rich and purposeful:

- 1. Knowledge Carnival Aone-day exhibition where students display science, art, and innovation projects.
- 2. Book Fair & Reading Marathon Promote the joy of reading through fun book-based challenges.
- 3. Student-Teacher Role Reversal -Let students "teach" simple lessons to understand the art of communication.
- 4. Inspire Hour Invite alumni or professionals to speak on career dreams and learning habits.
- 5. Digital Quiz Competitions Use Kahoot or quiz apps for interactive academic fun.

Happy Children's Day!

ISET CORNER / CURRENT AFFAIRS

OCTOBER

- Missile successfully tested by India from a rail-based mobile launcher?—Agni
- 2. Monthly magazine published with news from Kerala Raj Bhavan?
 - -Rajahamsam



- 3. District administration that launched the Sahamithra app for parents of differently-abled children? **Kozhikode**
- 4. First child marriage—free district in India? **Balod**
- 5. New tuber plant species discovered from Kerala's forest region? –



- 6. Gold medalist in javelin throw at the World Para Athletics Championship? Rinku Singh
 7. Asia's first female
- loco pilot? Surekha Yadav
- 8. Venue of the 11th
 World Green
 Economy Summit
 (WGES) 2025?—**Dubai**
- 9. Winner of the State Vayosevana Award of the Social Justice Department for exemplary senior citizen welfare activities?— Ollavanna Grama Panchayat
- 10. Official football of the FIFA World Cup 2026? – **Trionda**







- 11. Winner of the 49th Vayalar Award? E. Santhosh Kumar (Thapomayiyude Achchan)
- 12. First transgender member included in the State Film Award Jury? **Vijayaraja Mallika**
- 13. Cricketer appointed as India's official ambassador of the English Premier League? Sanju Samson

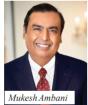


- 14. Recipient of the V.S. Achuthanandan – Kerala Award 2025? – **S. Ramachandran Pillai**
- 15. Winner of the 2025–2026 Irani Cup title? – **Vidarbha**
- 16. Konkan 2025 is a joint military exercise between which countries?—**India and the U.K.**
- 17. Indian Air Force Day is observed on?—**October 8**

- 18. Newly appointed
 Director-General of
 UNESCO? –
 Khaled El Anany
- 19. Kerala location listed in 100 Green Destinations 2025 by the Netherlands-based Green Destinations organization?

 Beypore
- 20. First Green Hydrogen plant and refueling station in South India commissioned at? **Kochi Airport premises**
- 21. India's first integrated mobility app?—**Mumbai One**
- 22. Person selected as India's next Ambassador to the United States? -Sergio Gor
- 23. India's first digital green airport?

 -Navi Mumbai International
 Airport
- 24. Brand ambassador of the State School Arts Festival?—Sanju Samson
- 25. First place among individuals in Forbes India Rich List 2025? Mukesh Ambani

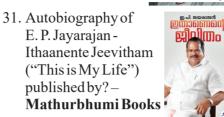


- 26. State where the new plant species Bridgeiporus kannadi was discovered? **Arunachal Pradesh**
- 27. State where the new crab species Nesolynx banabitana was discovered? **West Bengal**
- 28. Appointed as India's first Mental Health Ambassador? **Deepika Padukone**
- 29. Mascot of the 67th State School Sports Meet (2025)? —"Thangu" the rabbit



30. First female flight engineer in the Border Security Force (BSF)?

- Bhavna
Chaudhary



- 32. Which Indian cough syrups were included in the WHO alert list?

 Coldrif, Respifresh, Relife
- 33. Author of the recently released book Mother Mary Comes to Me?

 Arundhati Roy
- 34. Grama Panchayat declared poverty-free and fully sanitized in October 2025? **Kuruvattoor Grama Panchayat**
- 35. Former Kenyan Prime Minister who passed away in Kerala in October 2025? **Raila Odinga**
- 36. Youngest
 Panchayat
 Secretary in the
 state? Gouri R.
 Lalji (23 years old)



Bhavna Chaudharv

- 37. Second smallest Gouri R. L. country to qualify for the Football World Cup?

 Cape Verde
- 38. Film star appointed as the goodwill ambassador of the 67th Kerala School Olympics? **Keerthy Suresh**
- 39. First woman Prime Minister of Japan?—**Sanae Takaichi**
- 40. Country hosting the 46th ASEAN Summit 2025?—**Malaysia**
- 41. Malayalees who won the Vijnanshree Award 2025 instituted by the Central Government? **Prof. Pradeep**

Thalappil, N. Jayan

- 42. Company formed as part of collaboration between Reliance Industries and Meta in the field of Artificial Intelligence?—Reliance Enterprise Intelligence Limited
- 43. Country that named the Cyclone "Montha" formed over the Bay of Bengal? **Thailand**
- 44. Minor planet confirmed by NASA as a "quasi-moon" orbiting the Sun like Earth? **2025 PN7**
- 45. 53rd Chief Justice of India? Justice Surya Kant







- 47. India's first designbased zoo inaugurated in October 2025?
 - -Puthoor Zoological Park, Thrissur
- 48. Winners of Athletics at the 67th Overall Championship Winner - Thiruvananthapuram; State School Sports Meet 2025? – Malappuram



- 49. First person to fly in a Rafale fighter jet? **Droupadi Murmu**
- 50. Newly appointed Chairman of Kerala State Chalachitra (Film) Academy? - Resul Pookutty



ARTICLE NOVEMBER1

Kerala Piravi Dinam – The Birth of God's Own Country

Every year on November 1st, Keralites across the globe celebrate Kerala Piravi Dinam, the birthday of our beloved state, Kerala. The day marks the formation of the state in 1956, when the Malayalamspeaking regions of Travancore, Cochin, and Malabar were unified to form one entity. This historic moment gave birth to what we proudly call today - God's Own Country.

Kerala Piravi is not merely an anniversary of political reorganization; it is a celebration of a shared identity, language, and culture. Before 1956, the regions of Kerala existed under different administrations and had diverse influences. The States Reorganisation Act brought them together, recognizing Malayalam as the unifying language and Kerala as a single cultural landscape.

Kerala, since its formation, has stood as a model of progress in various fields - literacy, health, gender equality, and social justice. With its 100% literacy rate, high Human Development Index, and strong community ties, Kerala has often been cited as a "model state" for India. Its success lies not only in governance but also in the collective spirit of its people who value education, inclusiveness, and coexistence.

On this day, schools, colleges, and institutions across the state celebrate with cultural programs, traditional art performances like Thiruvathira, Vanchipattu, Kathakali, and exhibitions showcasing Kerala's rich heritage. It is also a day for reflection - a time to look back on how far we

have come and how we can preserve our values while embracing modernity.

Kerala's charm lies in its diversity within unity - from the lush green hills of Munnar to the tranquil backwaters of Alappuzha, from the bustling life of Kochi to the serene shores of Kovalam. Beyond natural beauty, it's the warmth, resilience, and cultural depth of its people that make Kerala truly special.

As we celebrate Kerala Piravi Dinam, we are reminded that the soul of Kerala is built on harmony - a harmony of faiths, languages, and communities. Let this day inspire us to carry forward the legacy of our forefathers, who dreamed of a land rooted in knowledge, culture, and humanity.

SPECIAL ARTICLE

NOVEMBER 14 - CHILDREN'S DAY

The Architecture of Play: Advancing Mastery in Early Childhood

"The playing adult steps sideward into another reality. The playing child advances to new stages of mastery."

- Erik Erikson

Play is far more than a pastime-it is the foundation upon which a child builds the skills for lifelong learning, emotional balance, and social understanding. As developmental psychologist Erik Erikson insightfully expressed, play propels the child toward new stages of mastery. It is through play that children construct

meaning, test possibilities, and shape their evolving sense of self and the world around them.

The Science Behind Play

In early childhood, play serves as the primary context for growthcognitively, socially, and emotionally. It provides a safe, low-stakes environment where children can explore, make mistakes, and try again. Each playful act-whether stacking blocks, drawing a picture, or engaging in pretend play-becomes a powerful

learning experience.

When a tower of blocks collapses, a child learns persistence and problemsolving. When they take on roles in dramatic play-becoming a teacher, doctor, or superhero-they develop creativity, empathy, and leadership. Such moments cultivate initiative, willpower, and an intrinsic motivation to learn-key foundations for lifelong resilience.

Play as a Tool for Cognitive Growth

Unstructured, imaginative play is

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one of the most sophisticated forms of learning. It develops executive function skills-the mental processes that enable planning, focus, memory, and flexible thinking.

In pretend games, children must constantly adapt-negotiating roles, following self-created rules, and altering storylines. These mental shifts build the brain's capacity for complex thought and self-regulation.

Moreover, manipulating objects symbolically-a block as a phone or a stick as a sword-enhances symbolic representation, a cornerstone of abstract thinking, language development, and reading comprehension. Through such symbolic play, children also process emotions, externalize anxieties, and practice self-control-skills essential for emotional maturity.

The Social-Emotional Dimension

Play is also a rich social experience.

It is through group play that children learn to cooperate, share, and resolve conflicts. According to Vygotsky's theory of the Zone of Proximal Development, play enables children to internalize social norms and understand others' perspectives.

When children negotiate game rules or take turns, they practice patience, empathy, and theory of mind-the ability to see from another's viewpoint. A child who resists the urge to act impulsively because "it's not my turn yet" demonstrates early self-regulation, a skill crucial for success both in school and in life.

The Power of Play

In its truest sense, play is the architecture of the developing brain. It builds neural connections, shapes personality, and strengthens emotional resilience. It transforms curiosity into mastery and imagination into understanding.

Adults, therefore, play a vital role-not as instructors, but as facilitators. By providing time, space, and freedom for play, we enable children to explore, imagine, and construct knowledge naturally.

Play is not merely recreation—it is a child's research lab, where theories are tested, relationships are built, and life skills are rehearsed.

A Call to Nurture Play

In an era of structured learning and digital distractions, it is crucial to protect the sanctity of play. The highest service educators and parents can offer is to preserve unstructured, meaningful playtime. In every playful moment, a child is not just having fun-they are architecting their mind, emotions, and future.

Ms Naseeba Roshana, ECCE, Coordinator, Edufy Publications

EVENTS

IAME State Artorium Grand Finale Set to Illuminate MSI Nilambur

Kozhikode: The state-level Artorium 2025, organized by the Ideal Association for Minority Education (IAME), will be held on November 7 and 8 at MSI Public School, Nilambur. The grand finale marks the culmination of a vibrant series of literary and cultural events that have showcased the artistic excellence and creative spirit of IAME students across Kerala.

With the theme of creativity, culture, and character, the Artorium grand finale is set to bring together the finest young talents from IAME schools, offering a stage for the most promising voices in literature, oration, poetry, and performing arts. The event will feature an impressive lineup of

on-stage and off-stage literary competitions, celebrating imagination, expression, and intellectual engagement.

From poetry recitations to essay writing, storytelling, debates, and elocution, the competitions aim to

cultivate a deep appreciation for language and thought among students. The literary segment of Artorium has always been a highlight of IAME's academic calendar—inspiring



students to explore the power of words and ideas while fostering confidence and creativity.

The grand finale at MSI Nilambur will not only crown the best talents from across IAME schools but also stand as a tribute to the organization's vision of integrating education with culture and values. The two-day celebration will

include inaugural and valedictory sessions, cultural performances, and award ceremonies, reflecting the unity and enthusiasm of the IAME educational community.





EVENTS

iSET'25 Preliminary Stage to be Held Nationwide on November 15

New Delhi: The International Skill Enhancement Training (iSET) 2025 preliminary stage is scheduled to be held on Saturday, November 15, across various centers throughout India. Organized as part of a national initiative to identify and nurture young talent, iSET is an innovative programme designed to promote excellence and a spirit of healthy competition among students.

Guided by its inspiring motto, "Discover the power within...", iSET aims to select and train promising learners, empowering them to unlock their inner potential and achieve academic and personal excellence. The programme encourages students to develop critical thinking, problem-

solving ability, and self-confidence through structured skill enhancement



modules.

The preliminary stage will feature a comprehensive evaluation process focusing on conceptual understanding, analytical skills, and creative application of knowledge. Students qualifying from this stage will advance to the next phases of iSET '25, where they will receive advanced training and mentoring support.

Recognized for its student-centric approach and emphasis on holistic growth, iSET continues to shape a new generation of motivated learners ready to meet the challenges of global education and future career landscapes.

