

SOMERSET

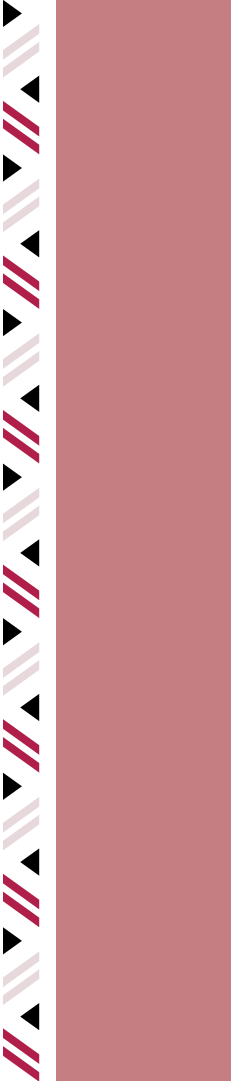
GAZETTE



Nizamiye School
MAYFAIR

VOLUME 2. ISSUE 2.

Heartbeats of Humanity



Note from Managing Directors

Every beat has a rhythm.

And every story in this edition pulses with it.

It is with heartfelt pride that we welcome you to another successful issue of The Somerset Gazette. With each passing term, our newspaper continues to grow—not just in pages, but in purpose. As we present Volume 2, Issue 2, we do so with full hearts and a deep respect for the rhythm of humanity that beats through our nation. This edition's theme, Heartbeats of Humanity, speaks to something deeply personal yet universally understood—the power of compassion, connection, and the courage to care.

In a world that often moves too fast, it is easy to forget that humanity isn't found in grand gestures alone, but in the quiet acts of kindness that shape our everyday lives. It's in the way we support our classmates, show empathy to strangers, and choose to stand together when it matters most. Ultimately, at the heart of our school community lies this same spirit: unity, resilience, and hope.

To the core team:

- Rubab Zaidi – Co-managing director
- Jannat Fatima Ahmed – Co-managing director
- Juwairiah Salim - Lay-out director
- Ayesha Omar
- Rimsha Zulfiqar
- Rahma Diallo
- Gulnur Jorayeve
- Fatima Nanlawala
- Nayab Noor
- Fatima Asif
- Ilhaam Hajat
- Saniye Babacan
- Rumaisa Vahed
- Juwayria Dawood

- Taufiq Diallo
- Rubayyi Akhalwaya
- Taha MD Zahir
- Hayia Jamal
- Asma Lambat
- Aafiya Sunesera

Thank you for connecting our hearts and minds, and for helping align the rhythms that make us human. Your creativity, dedication, and compassion are the reason this project exists.

To the layout team:

Your creativity and dedication have brought these stories to life visually, making every page a space where words and design dance together beautifully.

To Miss Ameera, our founder:

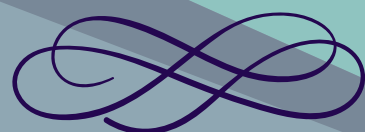
Without your vision and unwavering belief, none of this would be possible. You are the heartbeat behind every word, every story, and every dream realized.

To the reader:

I hope these words remind you that humanity is still alive and beating. Thank you for walking this journey with us, and for giving our words a home:

These pages hold more than ink. Every page carries someone's voice, someone's courage, and someone's best try. May this issue remind you of the power of your own heartbeat—and how it, too, can inspire change.

➤ **Designed by: Juwairiah Salim**



EID DRESS UP

Written by: Rubab Zaidi

As Ramadhaan came to an end once again, it came the time of year where we all celebrate with new and colourful clothes, delicious foods and thoughtful gifts. Nizamiye's Eid celebrations were no less, filled with cheers and laughter amongst the students. Our students took the stage, proudly wearing their Eid outfits, each student representing their own cultural and background.



From shalwar kameez and flowing maxi dresses to embroidered abayas and elegant kurtas, our Nizamians stole the spotlight. As each learner descended the stairs to walk the runway, a variety of Nasheeds were played amongst the cheers and sound of friends rushing to take pictures against the photobooth.

Although, the day was centred around dressing up, the clothes represented more than the fashion capabilities of students. The event was also a step towards greater understanding and inclusion. By celebrating Eid together, our school showed how important it is to respect and recognize all cultures. As ms. Hafsa put it, "This isn't just about clothes—it's about community."

Designed by: Juwairiah Salim



AMS Speech Contest

Written by: Ayesha Omar

Designed by: Nayab Noor

On the 14th of May 2025, six students from Nizamiye Mayfair stepped up to the mic, not only to compete but to be heard. Representing our high school at the Association of Muslim Schools (AMS) Speech Contest were Aghna Atif (Division 5), Rubayyi Akhalwaya (Division 6) and Ayesha Omar (Division 7), each bringing a unique voice to the stage.

Aghna Atif earned 2nd place for her thought-provoking speech titled “Are Grades an Accurate Measure of Intelligence?” which challenged the audience to rethink how we define intelligence and worth. It resonated as a question that silently echoes in the minds of many students.

Students from different schools spoke on issues that mattered regarding identity, purpose and truth. Some spoke softly, some boldly but all sincerely. And in those moments, you could feel it. The weight of youth rising, not just to be seen, but to be part of something greater.



The adjudicators reminded us that real speeches are not about performance but about presence. They encouraged each speaker to find their natural voice, speak from the heart and talk to people, not at them. They challenged the youth to be unafraid to confront difficult topics, to ask difficult questions and to speak truths that may not always be comfortable. In the words of Dr. Omar Suleiman, “Your voice matters — not because of how loud it is, but because of how true it is.”

This wasn't merely a contest but a reminder that words have power, especially when they come from sincere hearts. And when young people rise to speak with truth and intention, they don't just share speeches — they plant seeds of change.



FROM THE FIRST WHISTLE TO THE FINAL SHOT:

Nizamiye's AMS netball experience



Written by: Rahma Diallo

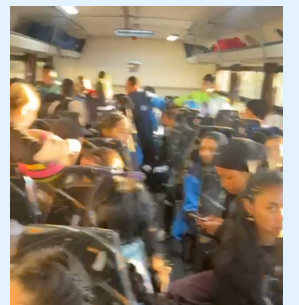
Designed by: Nayab Noor

On a bright and competitive day filled with energy and sportsmanship, Nizamiye proudly took part in the annual AMS Netball Tournament 2025, joining 8 other schools in the battle for the coveted title of AMS Champions.

Our under-17 team hit the courts with fire and focus, kicking off the day with a dominant 10–1 victory in the first game. Spirits were high, and the atmosphere across the courts buzzed with friendly competition and school pride.



Momentum stayed with them in their second match, where they claimed another solid win with a score of 8–1, followed by a close but confident 7–4 victory in our third game. The team showed incredible teamwork, determination, and resilience.



Although they faced a setback with a loss to Roshnee Islamic School, that didn't shake their drive. They bounced back stronger than ever, crushing the next game with a brilliant 16–3 win.

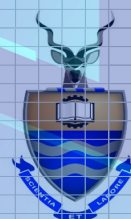
As the semi-finals rolled in, the team gave it their all. Unfortunately, they weren't able to make it to the finals, but they weren't done just yet. They played for the 3rd place position with grit and heart. After a tight draw, a nail-biting 2-minute sudden death round against Azaadville Muslim School decided it all, and they came out on top, proudly securing 3rd place in the 2025 AMS Netball Tournament!

None of this would have been possible without the unwavering support of their incredible coach, Coach Tumi, whose encouragement and leadership guided them through every match.

With memories made, lessons learned, and goals achieved, this tournament was more than just competition; it was a celebration of hard work, unity, and heart.

WITS Math Competition

WITS
UNIVERSITY



Written by: Gulnur Jorayevea

The Wits Mathematics Competition (WMC) is an annual event hosted by the University of the Witwatersrand which is structured into five levels, consisting of: Middle Primary which includes Grades 4 and 5, while Upper Primary covers Grades 6 and 7. Junior Secondary consists of Grades 8 and 9, and Senior Secondary includes Grades 10, 11, and 12. The final category, Undergraduate, is for students in the first three years of post-secondary education. The WMC consists of two rounds: a Qualifying Round, which features multiple-choice questions, and a Final Round, where top performers tackle short questions and proofs.

The qualifying round of the competition took place on the 6th of May, and the following students took part in it: **Arham Kashaf Raghad Irhuma, Sena Akinci Aghna Iqbal, Rumaysa Akhalwaya, Zahwah Cassim, Zalikha Diallo, Asma Lambat, Amna Ijaz, Ayesha Chowdhury, Liyana Khan, Mehreen Khan, Muhamad Uzair Raza, Nabila Nowsin, Ramin Zulfiqar, Sudais R Khan, Taha Aasfak Zahir, Abdurrahman Irhuma, Ilhaam Hajat, Zahrah Vally Omar, Fadila Turbe, Hamda Shahid, Aniq Gul, Gulnur Jorayevea, Rahma Diallo, Rubab Zaidi, Zakia Jahin, Fatima Ijaz, and Ayesha Muhammed Omar.**

South African Mathematics Olympiad

Written by: Rubab Zaidi

SAMO (South African Mathematics Olympiad) sponsored by Old Mutual, gives a chance to all South African students to showcase and improve their mathematical and problem-solving skills. As every year, our students took part and a select few passed on to write the second round, which took place on the 15th May. The Olympiad consists of the junior category (grade 8-9) and the senior category (grade 10-11). The quiz contains questions on different sections of mathematics and is a great way for learners to practice and perfection. We wish the best of luck to all participants and hope they succeed to the third round.

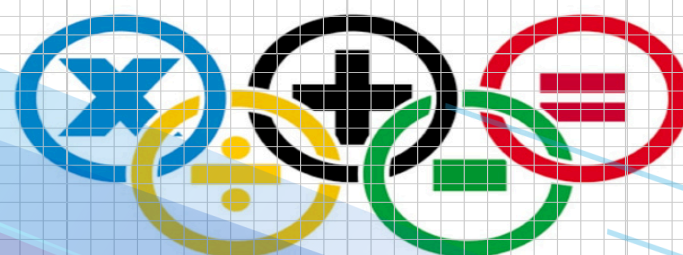
SAMO 2nd round

Grade 8
Sena Akinci
Raghad Irhuma
Arham Kashaf

Grade 10
Ilhaam Hajat
Zahrah Vally Omar
Abdurrahman Irhuma

Grade 9
Asma Lambat

Grade 11
Gulnur Jorayevea
Zakia Jahin
Rahma Diallo
Rubab Zaidi



Designed by: Juwairiah Salim

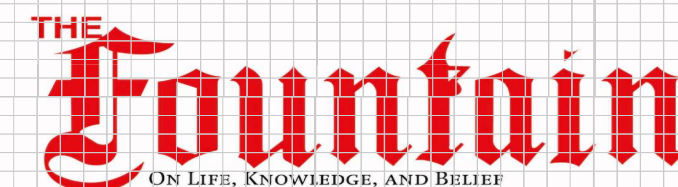
Fountain Magazine

Written by: Rubab Zaidi

The Fountain Magazine on life, belief and knowledge is hosting it's annual quiz within the trust schools. As always, the participants for the quiz will be decided through the two internal rounds - the 1st round which took place last term based on one issue of the magazine and the 2nd round which took place on the 26th May, based on a different magazine issue.

The winners will be determined by the highest scoring average over the two rounds, who will then represent our school in the external round in Cape Town.

The Fountain Magazine is a very informative way for students to gain knowledge across various topics, we encourage everyone to read and participate in the yearly quiz. We wish luck for all who competed in making it to the third round.



Proverto Olympiad

Written by: Rubab Zaidi

Our students once again participated in the Proverto Olympiad on Economics, Business Studies and Accounting, set by the University of Johannesburg (UJ). The Olympiad provides a great way for our grade 10,11 and 12 learners to further improve their skills and knowledge in the business fields. We extend a warm congratulations to all participants and wish them good luck for the results.

Accounting (grade 10):
Moussa Maguiraga
Rumaisa Vahed
Zahrah Vally Omar
Hamda Shahid

Accounting (grade 11):
Rubab Zaidi
Nafia Saddat
Gulnur Jorayevea
Ayesha Omar
Nazheneen Khan

Business Studies (grade 11):
Fatima Asif
Ilham Khan

Business Studies (grade 12):

Hamna Ahmed
Fizza Muhammad
Mustakima Mohammed
Ajwa Asif
Laila Dawood
Mahin Surtee
Saeeda Abdullah
Suwaydah Schroeder

Accounting (grade 12):

Fariha Kgwale
Ajwa Asif
Laila Dawood
Mahin Surtee
Saeeda Abdullah
Suwaydah Schroeder
Fatima Patel



Designed by: Juwairiah Salim



Career DAY

Written by: Ilhaam Hajat

On *Career Dress-up Day*, Nizamiye School turned into a parade of futures. There's nothing quite like seeing both a doctor and a race - car driver on your way to the Bio Lab.

Career Dress-up Day was its usual mix of chaos and charm. It was unway shoes in the corridors and suitcases doubling as school bags.

Everyone brought their own touch of magic to the role. Some looked ready to perform surgeries, others like they'd just finished writing a bestseller. The energy was unmatched.

In all the light-hearted fun of mismatched outfits and choruses of "I don't know what I want to be yet", there were fragments of hope. We were trying things on. Not just costumes, but possibilities.



TIME TRAVEL

Dress up

Written by: Gulnur Jorayeva

On the 8th of May, the school hosted a Time Travel dress-up day, and many students have amazed us with their creativity. The main concept was about dressing up from another timeline (past or future) or from another stage of our lives and we had many students dressing up from centuries ago to the near 2000s, while some were dressing as someone from an earlier or later stage of their life. The day started with a few prefects having a small talk about their outfits and carried on as normal with the media students taking some pictures of students who displayed their creativity with their amazing outfits. It was definitely a fun day, as some students were even matching their outfits with their friends and were enjoying the concept a lot. On the same day, the grade 11s were hosting a sale and added more joy to the day with their items. Overall, the day was quite enjoyable as the hallways became time machines, transporting us through history and into the future with every outfit telling a unique story. Events like this remind us that creativity has no bounds, and hopefully, this tradition continues to inspire more imaginative school celebrations in the future.





Designed by: Yusairah Syed



TABLE TENNIS



Written by: Gulnur Jorayeva

This term we've had yet another intense table tennis tournament from our learners. This time around, each house came with four competitors consisting of two boys per category (junior and senior) with a total of sixteen competitors in total. This tournament was special since the participants for the AMS Table Tennis Tournament would also be selected through this tournament. They have all proved themselves worthy of praise for the sheer effort and determination they have put in.



The referees for the tournament were Mr. Osman Babacan and Mr. Hasan Erbay, both great enthusiasts of table tennis. The matches took place over a few days, from the 22nd of April to the 25th of April, during the break times and were organised through a schedule given to the houses beforehand. Each player got to play at least two matches (on 22th and 23rd of April), and the winners of each match passed to the semi-finals (which took place on the 24th of April). The semi-finals were quite intense, and all players gave their best while competing for the title of number 1.



As usual, we are proud of each participant who has joined and displayed skills that we hope to see more of in the future, and we encourage all our students to give the amazing sport of table tennis a shot.



ART COMPETITION



Written by: Rahma Diallo

The school grounds buzzed with colour, creativity, and competition as students took part in the much-anticipated art competition, this year with a twist: spray painting banners.

Armed with cans of vibrant spray paint and a whole lot of team spirit, each house gave it their all. The time was tight, the pressure high, but every team brought their A-game and finished right on schedule. What made the event truly remarkable was the teamwork on display, juniors and seniors coming together, combining ideas and skills to create something bold and beautiful.



In the end, it was the Blue Team, Lunar Panthers, who claimed first place, impressing the judges with their clean design featuring their team name and logo boldly front and center. Red Team, Fiery Phoenix, took second with their signature phoenix soaring beside their team name — a fiery, striking display of talent and teamwork. Coming in third was the Yellow Team, Glorious Griffins, winning hearts with a majestic griffin painted in the center of their banner. And in fourth place was the Green Team, Jade Dragons, who incorporated their slogan and team name into a creative, eye-catching layout.

Each banner told a different story, showcasing not only artistic talent but unity and effort. The competition was more than just about winning, it was about celebrating the power of collaboration, creativity under pressure, and of course, a whole lot of school spirit. This house activity reminds us that art has no limits, especially when done together.

Designed by: Asma Lambat

BASKETBALL AND CRICKET

DESIGNED BY: AAFIYA SUNESARA

SPEECH CONTEST

DESIGNED BY: AAFIYA SUNESARA

BASKETBALL GIRLS

Saturday wasn't perfect. The sun was ruthless and the court was dry. Some of us were nervous whilst some of us didn't even know if we belonged out there. But we showed up anyway. The Fiery Phoenixes (Red) came in loud and fearless, throwing themselves into every play and making sure that no one forgot them. The Jade Dragons (Green) moved like they'd done this a hundred times. They were calm and focused, their passes were clean and defense unshakable. The Glorious Griffins (Yellow) played like their hearts were on the line, turning every mistake into fuel to push forward, refusing to hold back. And then there were the Lunar Panthers (Blue), cool and composed, saying nothing but showing everything. We left that court sunburnt and scraped thinking about how the Saturday basketball games were a slam and dunk from start to finish! The winners of the day were the Phoenixes, and we sincerely congratulate all participants for making this a wham-worthy event to watch!



BASKETBALL BOYS

First Half: Griffins VS Panthers
From the whistle to the last score, the match remained highly entertaining; an intense, fast-paced match that left the crowd excited yet anxious. Yellow house quickly took the lead with a clean three-pointer from *Mikaeel Kasheer* (grade 9), but the Blue house fired back with solid passes and a quick layup by *Ahmed Yusuf*. When the final whistle blew, the game was tied, and it all came down to penalties. In the end, Blue made their house proud by scoring that final shot.

Second Half: Phoenixes VS Dragons
The hype and tension remained from the first game, except that – if possible – it felt higher and more intense. Green showed up with full force and strong coordination, pulling ahead early and holding the lead. *Sudais Khan* (grade 9) from Green was easily one of the standout players, quick on his feet, smart with his passes and dropping buckets like it was nothing. But let us give credit where is due – the Phoenixes kept their heads up the whole game. When things got tough, their teamwork and positive spirit stood out. It wasn't just about the scoreboard, it was about pride, effort and showing up for your house. The winning house of this spectacular tournament was the Jade Dragons, who truly deserve the title. Congratulations to all participants for their efforts in representing their houses, and we hope to continue watching you shooting hoops.

WRITTEN BY: TAHA MD ZAHIR (BASKETBALL BOYS)

CRICKET GIRLS

Saturday on the football pitch was intense. The sun scorched down like it had set the ground on fire but it wasn't just the heat that burned. It was the teams' determination, blazing brighter than ever. Each house stepped in fueled by grit, heart, and the will to win.

The Lunar Panthers (Blue) kept every team on edge, their every swing was bold, turning pressure into pure power. The Glorious Griffins (Yellow) struck with fearless energy, sending boundaries flying and making it clear: they came to conquer. The Jade Dragons (Green) turned every ball into a missile, targeting the stumps with ruthless precision. The Fiery Phoenixes (Red) spun spells with the ball, leaving batters dazed and struggling to break free.

We walked off that pitch sunburnt and breathless, positively satisfied because this wasn't just a match. It was a *wicket* good battle, and we are happy to announce that the Phoenixes took first place! Congratulations to all participants, we look forward to future matches.

WRITTEN BY JANNAT AHMED (BASKETBALL GIRLS AND CRICKET)

JUNIORS

The Nizamiyans have done it again showing their wit and charm with their fantastic speeches. All 8 contestants kept the audience engaged with the content of their speeches and the way in which it was presented. The panel of judges composed of Miss Hafsa and Miss Kaneez who brought warmth and wisdom to the contest as they carefully judged the 8 contestants. Each participant gave brilliant speeches that kept the audience observing and paid close attention, with topics ranging from *procrastination* and if whether *grades were an accurate measure of intelligence*. The crowd filled with agreements and nods as *Rubayyi Akhalwaya* (grade 9) delivered a relatable yet comedic speech about being the oldest sibling. The laughter kept on erupting as *Aminata Saccoch* added her witty slang to her rather serious speech about whether technology was connecting us or isolating us instead. After much thought and consideration, the winner is Aghna Atif who gave it her all and made her house proud, proving strong ideas with a heart that can truly move a room. It was a well earned victory. In the end it was more than just speeches, it was a celebration of voices, stories and the courage to speak up. A Huge congratulations to all participants for representing their houses. The scores are attained below:

- Red - 7
- Blue - 6
- Green and Yellow - 4

WRITTEN BY: TAHA MD ZAHIR



SENIORS

The senior Speech Contest was an enthralling spectacle where students took to the stage and passionately shared their thoughts on provided topics: *How social media changed my brain, The power of kindness, Embracing perseverance, Is technology connecting us or isolating us?*, and so many more.

After a fierce battle of oration, the final scores were in: Lunar Panthers and Jade Serpents tied for first place with 6 points each, Fiery Phoenix followed closely with 5, and Glorious Griffins wrapped it up with 3. *Ayesha Omar* from Lunar Panthers received special mention by the judges, earning well-deserved praise for her powerful delivery. Congratulations to all the participants. You proved that when we speak up, we really do make a difference

WRITTEN BY: ILLHAAM HAJAT



Debate

Written by: Rubab Zaidi and Hayia Jamal
Designed by: Asma Lambat



Seniors

The 27 May, the high school hall buzzed with energy as students gathered to witness a much awaited house activity - the debate competition. Each team featured 3 speakers who were given approximately 2 minutes each to speak, and a chance to conclude their argument in the end.

The **seniors** took the stage to prove their arguments amongst the cheers and support from their fellow house members in the audience. There were 2 rounds, the first being **Griffins VS Serpents** debating the topic *"This house believes that there is too much violence in the media,"* with the former as proposition and the latter as opposition. The second round was between **Panthers** and **Phoenixes** on the topic *"This house regrets the glorification of influencers as good role models for teenagers,"* with the former arguing for opposition and the latter as proposition.



Judged by Ms. Ameera and Ms. Saaliha, the debate was scored on clarity, argument strength, information proposed, and rebuttal skills. *"These debates show how important it is for students to think critically about the world around them,"* said Ms. Shamshad, the debate club coordinator. *"Win or lose, every participant grew in skill and perspective."*



With such talent on display, it's clear that the spirit of debate is alive and well at our school. Whether in the classroom or the real world, these students are proving they have the voice and the ideas to shape the future.

The final positions were:
1st - Blue
2nd - Green
3rd - Yellow
4th - Red

Juniors

May 27th, the day many awaited, finally arrived with great anticipation. The interhouse debate competition took place, with each team consisting of 3 members representing either the proposition (for) or the opposition (against). Each speaker was given 2 minutes to present their side of the argument and a final 2 minutes to conclude their argument. There were 2 judges: Ms Ayesha and Ms Nazli, both bringing fairness and knowledge to the competition.



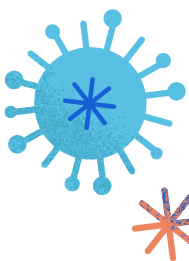
It was a time for students to showcase their critical thinking and public speaking skills. Debating is an important skill, as it improves communication and builds confidence. Students become more open-minded by listening and understanding different perspectives.

The first round featured the Jade Dragons as the proposition against the Lunar Panthers as the opposition debating the topic *"Zoos are cruel, and all animals should be released into their natural habitat"*.

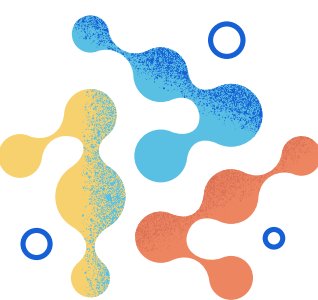


The second round had the Fiery Dragons (opposition) and the Glorious Griffins (proposition) debating the topic *"Usage of unregulated internet does more good than harm"*.

Each team presented logical and engaging points. The atmosphere was full of excitement, cheers and encouragement from the audience. Each speaker showed confidence and clarity making it more difficult for the judges. After much deliberation, the Glorious Griffins secured first place, followed by the Jade Dragons in second place, the Lunar Panthers in third place, and the Fiery Dragons in fourth



SCIENCE QUIZ



Written by: Rubab Zaidi and Jannat Fatima Ahmed
Designed by: Asma Lambat

JUNIORS

Einstein. Newton. Curie. Some of the greatest minds who all led us to have a greater understanding of the scientific world around us. Our own learners were tested on this very knowledge in the high school house activity, 'The Science Quiz. The juniors quiz consisted of 3 participants representing each house. The quiz had 20 multiple choice questions ranging across biology, chemistry, physics and astronomy.



The efforts displayed by each learner was outstanding, as they managed to grasp and answer questions beyond their grade level. As the quiz progressed and the difficulty level increased, the contestants nervousness was evident but alas, their knowledge prevailed as the winners were announced. The Fiery Phoenix took the win followed by The Serpents in second place. The Panthers and The Griffins battled it out with a tiebreaker round, resulting in The Griffins taking third place. The winning team was awarded with a small gift of appreciation.

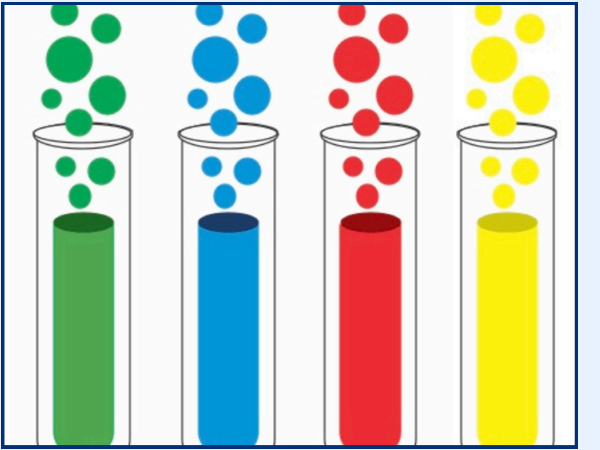
We extend a warm congratulations to each house on their tremendous effort, we hope that we continue to see the same dedication from other participants.

Final scores:
1st - Red House
2nd - Green House
3rd - Yellow House
4th - Blue House

SENIORS

The school hall buzzed with excitement as the Senior Science Quiz brought together the brightest minds from the four competing houses: Red House (Fiery Phoenix), Green House (Jade Dragons), Yellow House (Glorious Griffins), and Blue House (Lunar Panthers). The atmosphere was electric. Students were cheering, banners tied to arms, and teams ready to prove their scientific smarts.

The Glorious Griffins gave it their all but settled for fourth place after a tough run. Things took a dramatic turn when Blue House and Green House ended up in a tie, leading to a tie breaker round that had the entire hall holding its breath. Both teams stayed sharp under pressure, but the Lunar Panthers managed to edge past, securing second place and leaving the Jade Dragons in third. Red House steadily pulled ahead throughout all the rounds, showing strong teamwork and quick thinking, and clinched the win in the end. It was a well-fought competition on all sides, and each house gave it their best.



In the end, the competition really charged up the room, proving science is anything but static!

Final scores:
1st - Red House
2nd - Blue House
3rd - Green House
4th - Yellow House

MMA

Mixed Martial Arts



Written by: Ayesha Omar

The lights dim. A hush falls over the crowd. Two fighters circle each other in the octagon — not with reckless rage but with the calm focus of athletes who’ve trained for this moment their entire lives. Welcome to the world of MMA — Mixed Martial Arts — where strategy meets strength and centuries of global fighting traditions collide in one cage.



MMA is a carefully crafted sport that blends the grapples of *Brazilian jiu-jitsu*, strikes of *Muay Thai*, the control of wrestling and the precision of kickboxing. In a world where most sports stick to one style, MMA dares to ask: what if you mastered them all?

While the sport itself is a blend of ancient techniques, MMA’s global popularity today is vastly due to the UFC — the Ultimate Fighting Championship. Founded in 1993, the UFC is the leading MMA promoter globally.

Ever heard of *Khabib Nurmagomedov*, the undefeated, undisputed Dagestani fighter revered for his wrestling-heavy style and humble composure? Or *Amanda Nunes*, dubbed “The Lioness,” who dominated the women’s divisions with unmatched power and grace. Don’t forget *Israel Adesanya*, the precise Nigerian-born striker and *Khamzat Chimaev* renowned for his swift

and fearless demeanour. In MMA, fighters compete per weight division in fights lasting three rounds of five minutes each. If neither opponent is knocked out or submits, judges decide the winner based on performance per round. The better fighter in a round gets 10 points, and the other gets 9 or less. Judges analyse details such as strikes landed, takedowns, control and effort to finish the fight. The fighter with the highest total score at end wins, the champion is the fighter who holds the belt for that division and they must defend their belt against top challengers, if defeated this belt goes to the new champion.



Current UFC Champions (as of May 2025)

Men’s division:

- **Light Heavyweight (93 kg / 205 lbs):**
Magomed Ankalaev
- **Middleweight (83.9 kg / 185 lbs):**
Dricus du Plessis
- **Welterweight (77.1 kg / 170 lbs):**
Belal Muhammad
- **Lightweight (70.3 kg / 155 lbs):**
Islam Makhachev

Women’s Divisions:

- **Straw weight (52.2 kg / 115 lbs):**
Zhang Weili
- **Flyweight (56.7 kg / 125 lbs):**
Valentina Shevchenko
- **Bantamweight (61.2 kg / 135 lbs):**
Julianna Peña

Designed by: Rimsha Zulfiqar

TAXTURMOIL

Written by: Rumaisa Vahed

Implemented, reversed, done. Or is it really done? It looks like the South African Parliament is seriously struggling to make a decision — and stick with it. First, taxes jumped from 15% to 15.5%, and the public response? Well, it wasn’t exactly the sweetest.



"The ANC is going to tax us into poverty," some citizens cried out. And it’s not just talk — poverty is already a harsh reality across many parts of the country. Parents can’t afford basic government school fees, families are struggling to put even simple meals on the table, and salaries stay frozen while prices skyrocket. Seriously, how can the government explain this to frustrated South African taxpayers?

South Africa’s tax revenue is 26% of the country’s GDP. This puts us in the *top 12 highest-taxed countries* globally, despite being a developing nation still trying to find its feet. The guy in red, Julius Malema, didn’t hold back either:



“No one seems to be thinking of the poor of the poorest. This is beyond what apartheid did to us.”

That line hit hard. Back in apartheid, the system crushed black South Africans economically and socially. To have a democratic government now accused of causing even worse poverty? That’s a major slap in the face for the ruling ANC. For many, it’s not just a broken system anymore — it’s a betrayal.

Businesses, opposition parties, and everyday citizens unleashed a storm of backlash. Many accused the government of pushing for the tax hike just to funnel more hard-earned money into the pockets of unethical and nefarious leaders. Others (the optimists) argued it could be a way to drive development, fix potholes, build schools, and grow the economy. But clearly, the anger outweighed the hope, and Parliament had to back down.



Even if the tax increase is officially off the table (for now), damage has been done. Trust in government decisions has dropped even lower. Businesses are nervous about investing, people are worried about the cost of living rising even more, and political tension is heating up as elections loom closer. And teenagers like us? It means our families feel the pressure — from school fees to the cost of that weekend burger run!

So, is it *really* done? In South Africa, the one thing you can expect is the unexpected.

Designed by: Rimsha Zulfiqar

Beneath the Rubble



The Reality in Gaza

Written by: Rahma Diallo

Designed by: Zeenat Haq



Gaza remains at the centre of a devastating conflict that has persisted for many years. The conflict has intensified, following the collapse of a temporary ceasefire. Israeli airstrikes have targeted residential areas in Beit Lahiya, Gaza City, and Khan Younis, resulting in the deaths of at least 27 Palestinians, including families and young children.



The humanitarian situation is dire, with Israel imposing a blockade that has cut-off food and medical supplies for the Gaza Strip's population of more than 2 million Palestinians, worsening the crisis. The International Court of Justice is examining Israel's obligations to provide aid, which Israel criticizes as biased.

Gaza's medical facilities are collapsing under constant airstrikes, with hospitals and clinics damaged or destroyed, and doctors forced to treat patients in overcrowded, makeshift spaces. Critical shortages of medicine, power, and clean water are putting thousands of lives at risk. Ambulances struggle to reach the wounded, and many health workers are operating in life-threatening conditions.

فلسطين

Today, nearly everything is made in China. Except for courage. Courage is made in Palestine."

Anthony Bourdain

International efforts to broker a ceasefire have made limited progress. Qatar's Prime Minister stated that recent Gaza ceasefire negotiations have seen some progress, although a resolution between Israel and Hamas remains distant. Key disputes persist, with Hamas willing to release remaining Israeli hostages contingent upon Israel halting its military campaign in Gaza, whereas Israel insists on the hostages' release without committing to ending the war.

Amid the war and destruction, Gaza's youth continue to show extraordinary strength. Programs like Academic Solidarity with Palestine have connected thousands of students with volunteer professors around the world, allowing them to keep learning despite bombings and blackouts.

In a significant humanitarian initiative, the University of Cape Town's Faculty of Health Sciences has welcomed 27 final-year medical students from Gaza. These students, displaced due to the destruction of their universities amid ongoing conflict, will complete their clinical training at UCT. This effort, supported by the Gift of the Givers Foundation, includes provisions for accommodation, essential resources, and psychosocial support. The students' clinical exposure at UCT will be recognized by their home institutions, facilitating their graduation and eventual return to serve in Gaza's healthcare system.



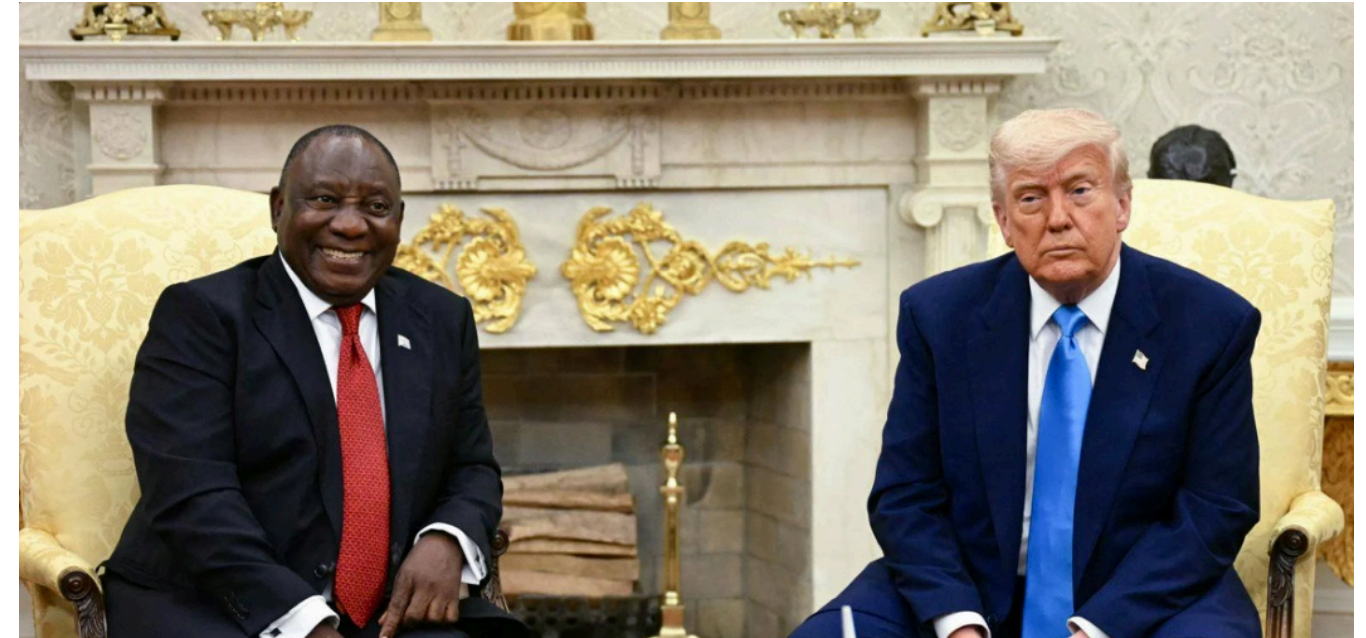
Youth-led groups, including ActionAid's Humanitarian Youth Group Palestine and the UNFPA-supported Sharek Youth Forum, are distributing aid, supporting mental health, and uplifting their communities from within.

These initiatives highlight the resilience and determination of Gaza's youth. Their efforts are not just about surviving, they are about building a future rooted in hope, education, and community. As we stand in solidarity with Palestine, let us draw inspiration from these young leaders who continue to shine a light in the darkest of times.

Written by: Rumaisa Vahed

White house drama

21 May 2025



What was meant to be just another high-level meeting turned into one of the most unexpected political showdowns in recent memory

United States President Donald Trump and South African President Cyril Ramaphosa faced off in a tense, hour-long debate that had international headlines buzzing and political circles reeling.

The meeting was supposed to be short and polite—but things took a sharp turn when past tensions boiled over. This all started years ago, when Trump tweeted in 2018 about land seizures and farm attacks in South Africa. The South African government dismissed those claims as misinformation. But Trump hasn't let it go. In fact, he's now cut aid to South Africa, called out "land grabs" and "white genocide," and even supported refugee programs for white South African farmers. So, when the two leaders finally met face-to-face at the White House, things were already tense beneath the surface.

It all escalated when a South African journalist asked Trump, "What would it take for you to believe there's no white genocide in South Africa?"

Before Trump could answer, Ramaphosa stepped in, saying: "I can answer that for the president. It would take him listening to the voices of South Africans."

From that point, the atmosphere shifted. Trump responded by presenting evidence—including a clip of South African politician Julius Malema leading a crowd in chanting:

"KILL THE BOER, KILL THE WHITE FARMER."

(This chant dates back to the apartheid era, but it's still hugely controversial today.) Trump turned to Ramaphosa and said, "If this kind of song was sung in America, they would be arrested."

To back up his point further, Trump brought out a stack of news reports about farm-related murders. He argued that these attacks are racially motivated and not being taken seriously. *Cupcake* and other South African officials pushed back, saying that crime is a problem across the country, but it isn't targeted at one racial group.

Interestingly, South African-born billionaire Elon Musk was also present—but stayed completely silent. Given how outspoken he's been about this issue online, his quietness definitely stood out.

No deals were made, and no one backed down. But one thing is clear—this conversation is far from over. As the debate around race, history, and justice continues, the real question is: who gets to decide what truth looks like?



what republicans think South Africa looks like

Designed by: Yusairah Syed

Written by: Rumaisa Vahed

RACISM



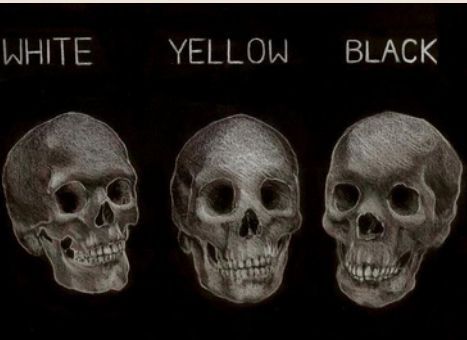
SHADOW OF FREEDOM

THE PROMISE VS THE REALITY

1994. The moment South Africa stepped into the sunlight. The year the chains were supposed to be broken.

Thirty years later, we're still squinting into shadows.

The signs came down. The laws changed. Racism did not vanish along with that—it evolved. It lives in the corridors we walk in daily, in the side-eye glances in the malls, and who gets called in for jobs. It whispers in “just jokes” between friends. This isn’t dwelling in the past. This is confronting why the past won’t leave us alone.



We did not experience the freedom in 1994. We did not experience the suffering. We did not stand in the queues of voting lines and neither did we did feel the raw emotion of the first election.

What we do feel is now. Today. This moment. We walk into a classroom where some kids still joke about race like it's harmless. We scroll social media and see hate hiding behind usernames. We notice who's driving fancy cars and who is catching taxis. We hear “it's not that deep” when we call out unfairness. But it is that deep.

Freedom should mean more than being “allowed” to exist in a place. It should mean being welcomed in it. It should mean embracing our culture, our languages and to dream without fear or limits.

“And if that’s not our reality yet, then what exactly are we celebrating?”

LEGALISE FREEDOM

We didn't witness the birth of democracy, but we're growing up in it's shadow. We're the generation that was supposed to be free — born after apartheid, raised with slogans of unity and rainbow-nation pride. But we're also the generation that sees through the cracks. We know what it feels like to be told we're “the future” while being handed the problems of the past.

We still see the divide — in our schools, our suburbs, our opportunities.

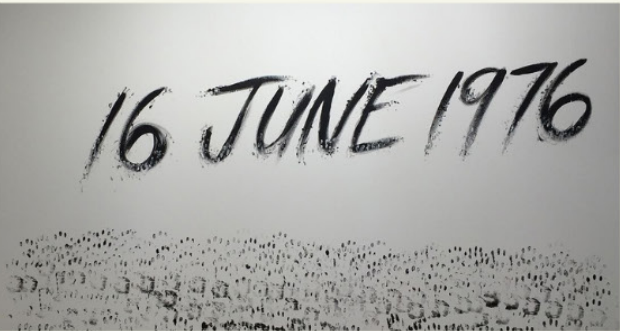
We notice how some people start the race with a head start, while others are stuck at the starting line. We see how representation is used like a checklist — a face here, a voice there — but real power still sits in the same old hands.

We hear adults say, “It's better than before,” like that's enough as if “not as bad” is the goal.
So maybe freedom means this:
Not silence. Not comfort.
But courage.
The courage to question.
The courage to speak.

Designed by : Yusairah Syed



Written by: Rahma Diallo



YOUTH DAY: MORE THAN JUST A DAY ON THE CALENDER

Youth Day is often seen as a time to reflect on the past, to celebrate the strides that young people have made in history. But in today's world, it's not just about looking back. It's about recognizing the role which the youth play right now in shaping the future, and what that means for the global community.

Youth Day in South Africa is celebrated annually on June 16 to honour the students who stood up to injustice during *the Soweto Uprising of 1976*. On that day, thousands of young people protested against the apartheid government's discriminatory education policies, demanding a better future. The uprising wastragically met with violent repression, and resulted in many deaths. The iconic image of *Hector Pieterse*, a 12-year-old boy who was shot, remains a symbol of the youth's courage and sacrifice in the fight for freedom and equality.



While the idea of youth may often suggest the image of teenagers glued to their phones or scrolling through social media, today's youth are much more than just digital natives. They are active leaders, problem-solvers, and advocates for change.

In the past, youth activism was often associated with large, in-person protests or formal petitions. Today, however, young people are leveraging the power of social media and technology to drive global movements. From raising awareness about climate change to advocating for mental health and social justice, youth have become the voices that demand attention.



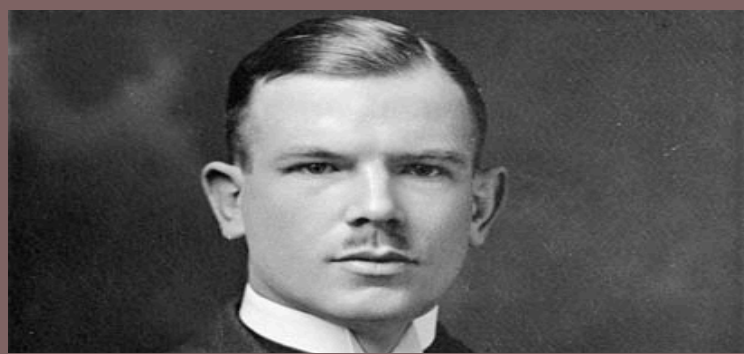
Youth Day is a celebration of the present, not just the past. While young people are often seen as the leaders of tomorrow, it's important to recognize that they are already leaders today. Today's youth are stepping up and leading the change they want to see in the world. Whether it's through activism, technology, or just by showing up for their communities, the role of youth today is vital in pushing society forward. Youth Day reminds us of our power to make a difference, no matter how big or small the action may seem. It's a day to celebrate our contributions, but also to challenge us to keep going, to do more, and to never stop fighting for a better tomorrow.

Designed by: Yusairah Syed

HUMAN HEROES

In every corner of the world, there are people whose actions echo far beyond their time. Their stories touch the hearts of the young, the wisdom of the old, and everyone in between. These human heroes didn't just leave behind inventions, movements, or ideas- they left behind inspiration. Whether through compassion, resilience, or peace, their examples remind us of what we can all become, no matter our age or background. Figures like **Norman Bethune**, **Philo Farnsworth**, **Leymah Gbowee** prove that greatness isn't about fame or power. It's about doing something meaningful for others. Their lives continue to inspire humanity's heartbeat, one person at a time.

Norman Bethune was a Canadian doctor who believed everyone deserved proper healthcare, no matter who they were or where they lived. He treated wounded soldiers during wars in Spain and China, and didn't expect anything in return. He is remembered for his compassion by putting others first and helping people, even when it was dangerous. For young people today, he shows us that being kind and caring is a powerful way to make a difference.



Philo Farnsworth, on the other hand, showed us the power of resilience. He invented television when he was only a teenager, even though hardly anyone believed in him. He faced loads of challenges but never gave up on his dream. For youth today, especially those with big ideas, Farnsworth is proof that with determination and patience, we can achieve amazing things even if it takes time.

Written by: Juwayria Dawood
and Gulnur Jorayeva



Then there's **Leymah Gbowee**, a peace activist from Liberia, who helped end a terrible civil war in her country. She led a group of women from different backgrounds who demanded peace through non-violent protests. Thanks to her leadership, peace talks happened, and the war finally ended. Gbowee is a symbol of peace, showing that even in the middle of chaos, people can bring about change without violence.



Next is **Ida B. Wells**, an African American journalist, who dedicated her life to fighting racial injustice, particularly the horrors of lynching in the United States. Through her fearless journalism and activism, she exposed the brutal realities of racial violence, challenging false narratives and demanding justice, even in face of danger. She inspires us all to fight for justice and reminds us that change only happens when we refuse to stay silent.



INSPIRING THE YOUTH OF THE WORLD

Meanwhile, **Dimitri Shostakovich**, a Russian composer and pianist regarded as one of the most significant composers of the 20th century, used his music to express his experiences and struggles within the Soviet regime, despite the risks to his safety and reputation. His life was always marked by pressure and censorship, yet he always found ways to speak truth through his compositions. This serves as a reminder for us to always speak the truth, even in unthinkable situations.



Even in ancient times, we witness the story of **Hypatia of Alexandria**, a brilliant philosopher, mathematician, and astronomer who lived in the Eastern Roman Empire in the late 4th and early 5th centuries and had pursued knowledge in a world where wisdom was overshadowed by power. She met her tragic end during the religious wars of her time, yet her legacy shows us that she was not just a scholar—she was a representative of wisdom and symbol of defiance, a reminder that knowledge is worth fighting for, and that enlightenment, no matter the age, must always be protected.



Designed by: Juwairiah Salim

Lastly, we have **Václav Havel**, a Czech playwright, poet, and political dissident, who shows us the power of hope as he led the Velvet Revolution against communism in Czechoslovakia. Even with the weight of the oppressive regime, he stood firmly by his beliefs and reminds us that peaceful resistance, persistence, and a vision for a better future can triumph over fear and tyranny. With his unwavering hope, he teaches us that no matter what difficulties we face, a better future is always possible if we dare to dream and act.



All these heroes were just like us, normal humans, and this should always remind us that we should never underestimate our potential that resides somewhere in our hearts which beat vigorously for humanity. To end this article, we leave you with a simple and powerful note:

**"THE GREATNESS OF
HUMANITY IS NOT IN
BEING HUMAN, BUT IN
BEING HUMANE."**

-Mahatma Gandhi



HANDS MEETING HEARTS

Written by: Ilhaam Hajat

What do handwritten letters, a bedroll on the sidewalk, borrowed life stories, and a glitter-covered kindness mission have in common?

They're all heartbeats of humanity. They are the revolutionary, often quirky ways in which people around the world are changing lives - no cape required.

Here are four organisations that prove you don't need to be loud to be powerful, you just need to care.



1. Random Acts

Ever wanted to throw a birthday party for someone who's never had one? Or build a school in Nicaragua with no construction experience? Random Acts does it all, and so much more. This global non-profit organisation funds everyday acts of kindness, no matter how big or small. Students (yes, you!) can apply for micro-grants to carry out their own kindness missions. There's only one rule: Do good.

[randomacts.org]

2. Street Sleepers (Cape Town)

Street Sleepers is a South African initiative that transforms ad waste into weatherproof sleeping bags, helping people living on the streets stay warm. It's not just about materials, it's about connection. Volunteers don't just hand over a roll and walk away. They talk. Listen. Learn names. Share a moment of human dignity.

3. Human Library

It's exactly what it sounds like: a library where real people are the "books," and readers sit with them for 30 minutes to hear their stories. It covers everything from addiction and mental illness to refugee journeys and identity. Schools can host their own Human Library events, because empathy is best read out loud. The goal of this organisation is to break stereotypes through real stories.

[humanlibrary.org]

4. Letters of Love

One letter is all it takes for a child far from home to feel remembered. Letters of Love connects young people with refugee children through art and letters. It's a simple way to remind someone, somewhere, that they're not alone.

[lettersofloveglobal.com]



Random Acts

Human Library

Letters of love

If you're looking for a way to make your heart beat a little louder, start here.

After all, the world doesn't change with noise. It changes with heartbeats.

Designed by: Nayab Noor and Juwairiah Salim

ADVICE COLUMN

Written by: Rubayyi Akhalwaya

Q: How may I voice my opinion in a group without worrying about my peers?

A: When mentioning your opinion, try and listen first and acknowledge what the other person is saying. That way you can voice your opinion as well as listen to another person's point of view.



Q: If I see something wrong happening in school, how do I report it without being shunned?

A: When reporting a situation in school, go to a prefect or a teacher and try to ask them to keep it anonymous. Prefects and teachers alike will respect your choice to come forward and report a wrong-doing, and maintain your anonymity if you prefer.

Q: I find it difficult to boycott certain Israeli - funded products. How can I take steps to avoid purchasing the product?

A: Always remember to take baby steps. You don't need to stop buying everything at once. Try and slowly find substitutes for the common products you purchase. Purchasing locally-made products will also make you feel better when you realise that you are uplifting a South African community with your purchase.



Designed by: Zeenat Haq

BOOK

RECOMMENDATIONS

MOVIE

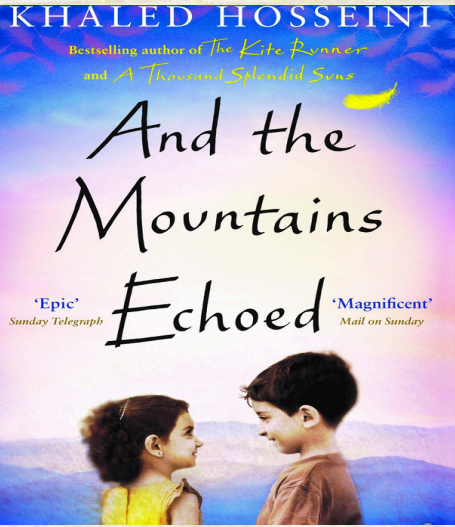
RECOMMENDATIONS

Written by: Taha MD Zahir

Designed by: Fatima Nanlawala

And the mountains echoed
By Khaled Hossieni

This book is set in Afghanistan in 1952 and follows the story of Abdullah and his beloved sister, Pari. The two are inseparable, until a trip to Kabul changes their lives forever. They are torn apart and never see each other again. As the years go by, Pari lives in Paris with only faint memories of her brother, while Abdullah remains in Kabul, suffering from dementia and unable to remember his past. Yet, Pari’s determination to find her brother never fades. This novel explores themes of interconnectedness, compassion, love, and selfishness. *Hosseini* beautifully illustrates the many ways families can nurture, honour, and sacrifice for one another. This book is perfect for readers who enjoy emotionally powerful stories about family bonds and the lasting impact of life’s choices.



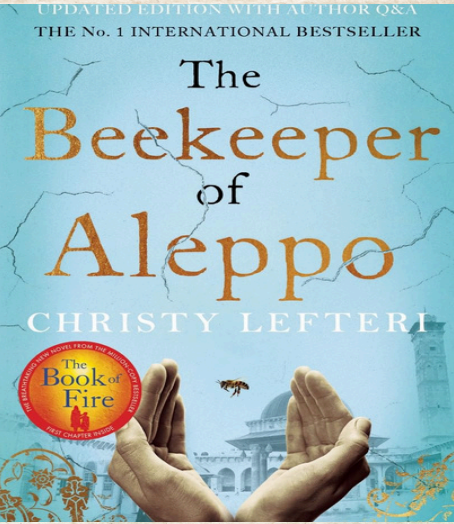
Grave of the Fireflies (1988)
Director: Isao Takahata

This movie broke me in the quietest way possible. *Grave of the Fireflies* is one of the most beautifully painful stories I’ve ever seen. It’s about a brother and sister trying to survive during the war, and everything about it feels so fragile. The animation is soft, almost like a painting, it’s full of dreamy skies, gentle colors, and floating fireflies but behind that softness is a story that hurts. Not in a dramatic, over-the-top way but like grief that creeps in. You see their world fall apart, little by little, and it makes you realize how easy it is to take things like safety, food, or family for granted. It’s not just sad, it’s haunting. It leaves a silence behind. The kind that makes you sit and stare after the credits, not sure what to do with all the feelings.



The Beekeeper of Aleppo by Christi Lefteri
By Christi Lefteri

The Beekeeper of Aleppo is a captivating novel about a Syrian refugee couple and their journey across Europe. Nuri is a beekeeper who lives a simple yet beautiful life in Aleppo with his artistic wife Afra – until the unthinkable happens. When war breaks out, Nuri has no choice but to flee their home with Afra, who has lost her sight. Their dangerous journey takes them from Turkey to Greece and finally to the United Kingdom. As Nuri and Afra travel through a broken world, facing loss and grief, they struggle to find themselves, and each other, once again. This touching novel depicts the harsh realities of life as a refugee and reminds us how quickly peaceful lives can be shattered. *The Beekeeper of Aleppo* is perfect for readers who enjoy emotional, thought-provoking narratives about resilience and human connection.



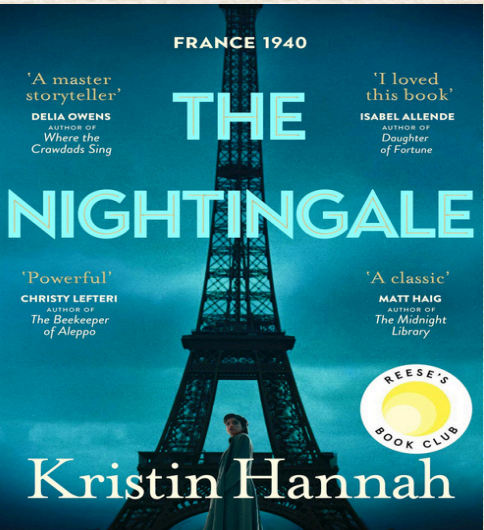
Taare Zameen Par (2007)
Director: Aamir Khan, Amole Gupte

I’ve watched *Taare Zameen Par* so many times and it still makes me cry. Ishaan isn’t failing school because he’s lazy but he just sees the world differently. The way he gets scolded and misunderstood reminded me how often kids are judged for things adults don’t even try to understand. But when the art teacher steps in, everything changes. That’s when the movie blooms, literally. The visuals become brighter, the world opens up, and you start seeing things through Ishaan’s eyes. The artwork, the way the camera captures his imagination, even the colors, they’re all soft and full of feeling. And the music? Don’t even get me started. “*Maa*” makes me tear up every single time. The songs aren’t just background music, they tell the parts of the story Ishaan can’t say out loud. It’s a movie that makes you look differently at kids who are struggling and maybe even at yourself.



The Nightingale
By Kristen Hannah

The Nightingale by Kristen Hannah is a heartfelt historical fiction novel that celebrates the resilience of the human spirit. Set during World War II in Nazi-occupied France, the story follows two sisters, Vianne and Isabel as they undergo the hardships and horrors of war. Vianne is a loving mother trying to protect her family during the war, while Isabel is a rebellious teenager striving for justice and freedom. The novel explores themes of love, courage and sacrifice. Hannah's writing is emotional and captivating, and keeps you on the edge of your seat, wondering what will happen next. The novel portrays women's roles during war, making it an intriguing historical fiction novel.



Wonder(2017)
Director: Stephen Chbosky

Auggie’s face might be different, but his heart? That’s something special. *Wonder* really hit me because even though most of us don’t have facial differences, we all know what it feels like to be left out or looked at weird in school. The movie doesn’t just talk about bullying, it shows how even the small stuff, like where you sit at lunch or how people react when you walk into class, can leave a mark. It reminded me that high school is full of little unspoken rules, and people break each other down just to feel like they belong. Auggie doesn’t fight back with words, he fights with kindness. That’s what makes this story feel so real. Sometimes, being brave means just showing up as yourself and being kind anyway.



Islamic point of view on humanity

Have you ever laid in bed, restless, overwhelmed with the feeling that you just don’t belong in this world? In those moments, reflect on this verse from Surah Al-Ankabut (29:64):

“**This worldly life is nothing but amusement and diversion. The true life is in the Hereafter—if only they knew.**”

This ayah reminds us of a reality we often forget: this earth is not our home, it’s just a passage. Ask yourself, where do you really belong? I’m not asking about your job, your status, or your role in society. I’m asking about nature. Look around you! Do you pollinate flowers, helping life reproduce and flourish? Do you absorb carbon dioxide and release oxygen, purifying the air? No. Unlike the rest of creation, we humans don’t naturally fit into the ecosystem.

Everything in nature plays its part in harmony. Trees, rivers, insects, and even microscopic organisms, they all have roles that contribute to the balance of life. But man? We seem to only return to the cycle when we die. That’s the only time we contribute to the earth, when our bodies decompose, giving nutrients back to the soil. Until then, we live detached, out of sync.

Isn’t that humbling? Almost underwhelming?

But it’s also powerful. Because it reminds us: our purpose was never to blend into this world. Our true existence, our real life, begins after death. That’s when we return to the One who created us, where we will finally belong.

How do we work towards that?

By making every heartbeat counts.



Every heartbeat is a whisper of mercy. A signal from the unseen that life still flows. That hope still exists. That change is possible and every one of us was created to be part of that rhythm.

In a world broken by injustice, loneliness and noise, Allah places within His servants something divine: the capacity to feel, to care, to act. This is rahmah (mercy). **“We have not sent you except as a mercy to the worlds.”** (Qur’an 21:107)

This mercy isn’t passive, its fierce. It lifts, defends, shelters and speaks. It feeds the hungry and hugs the orphan. It tells the oppressed: I am with you, not against you. However we live in a world that tells you to close your heart, stay numb and just scroll on.

The Prophet (SAW) said:
“The most beloved of people to Allah are those who are most beneficial to others.”
(*al-Mu’jam al-Awsat*)

So when you notice someone’s quiet sadness and stop to listen, when you stand up for someone without being asked, when you pray for someone who’ll never know and when you carry burdens you didn’t cause, just because you can, that is what it means to be Muslim. That is a heartbeat.

So what does this mean for us the youth of today?

You don’t need a mic to be heard, fame to make a difference or wealth to give, you just need a heart that beats with purpose. This is who we are.

We don’t wait for the world to change,we become the change.We don’t echo the darkness but we reflect and instill light. You were created to be more than a face in the crowd, you were created to be a heartbeat in this Ummah. Don’t waste it.

Written by: Ayesha Omar and Jannat Ahmed
Designed by: Fatima Nanlawala

RECIPES TO RELISH

Microwave Mug Cake (for each sibling!)

Ingredients (for 1 mug):

- 4 tbsp flour
- 4 tbsp sugar
- 2 tbsp cocoa powder
- 3 tbsp milk
- 2 tbsp oil
- 1 drop vanilla essence
- Pinch of baking powder
- Optional: chocolate chips or Nutella in the centre

Instructions:

1. Mix all ingredients in a microwave-safe mug.
2. Microwave for 1–2 minutes until cooked through.
3. Let it cool a bit, serve a scoop of ice cream and dig in with a spoon!



Written by: Juwayria Dawood

Cheesy Macaroni Bake

Ingredients:

- 2 cups cooked macaroni or any small pasta of choice
- 1 cup cheese of choice
- 1 cup milk
- 1 tbsp flour
- Salt and pepper

Instructions:

1. In a pot, mix flour with a little milk to make a smooth paste.
2. Add the rest of the milk and cook over low heat until it thickens.
3. Stir in cheese, salt, and pepper.
4. Mix with cooked pasta, pour into a dish, and bake for 15–20 mins at 180°C.

Optional: you can add any other spices or vegetables for a special touch. Add with step 3 and mix well before adding cooked pasta.



Designed by: Fatima Nanlawala

Lub-Dub

Written by: Romisaa Fadel

There can't be gold in this river
 If we don't search for it together
 There can't be light at the end of the
 tunnel
 Nor end to this gloomy weather
 If we don't unite under the storm;
 I refuse, I deny, I cannot accept
 Humankind's denial, man's largest debt
 The liability of leaving someone out
 Seeing them as less
 For what they cannot control
 A sin man can't confess
 I am in pain, I'm lost, I cannot see the
 light
 Translate the words, shout them louder
 For I cannot understand
 How we've been separated into
 categories
 So simple like black and white
 When we are the epitome of complexity
 A mosaic, art, a discovery waiting to be
 discovered
 I'm illiterate to the truth
 That we are the reason unity crumbles
 Harmony is yet to be coveted
 For no treasure can be found alone
 No beauty can come from below the
 ground
 If we don't realize that our worth is in
 our togetherness
 That by the sounds of lub dub are we
 one and bound

Designed by: Saniye Babacan



The Heartbeat Of Humanity

Written by: Taufiq Diallo

In a small village between the mountains,
 an old grandfather sat under a big tree
 every evening. He liked to listen. Not to
 birds or wind but to something deeper. He
 called it the heartbeat of humanity.
 The children thought it was a game. They
 would lie on the ground next to him and
 laugh, saying they heard giants. But the
 grandfather smiled and said, "No, not
 giants. People."



He told them the earth had listened to all the
 people—every step, every laugh, every tear.
 And now, the earth gently beats, like a big
 heart under our feet.
 Years went by. The world got busy and noisy.
 People forgot to listen. But one day, a young
 girl, feeling sorrowful after her mother died,
 came to sit by the grandfather's tree. She
 didn't speak. He didn't either. He just pointed
 to the ground.
 She put her hand on the earth. At first, she felt
 nothing. Then, slowly *thump*... *thump*. It
 was soft, but real.
 "It's real," she whispered.

"It always has been," the grandfather said.
 "When we care for each other, that's the
 sound you hear. It's all of us, together."
 After that, the girl came back often. Others
 started to come too. They didn't come to
 play. They came to feel. And the heartbeat
 of humanity grew a little stronger.



Designed by: Saniye Babacan

Jannat



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