



# AJB INSIDER

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## PREMOCKS

With quickly approaching premocks in prospect, students of grades 10, 11 and 12 worked diligently to achieve the highest scores and set the curve for their exams.

Receiving guidance, support, and study materials from their teachers, the students were well equipped to face their first on-floor examinations since the outbreak of COVID-19.

These exams would test the understanding of the students of the topics discussed thus far, and would exemplify to the students what the mock and board exams would be like.

COVID-19 regulations were strictly implemented, because no matter the circumstances, the welfare of the students is always a priority.

The students were made to maintain social distancing, both in examination halls and during dispersal. The students sat their examinations in batches, to ensure that the number of students in school at a given time did not exceed the set limit.

# INTERNATIONAL WOMEN'S DAY

“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.”

-Maya Angelou

Far too often are the ever changing roles of women in society cast aside and overlooked. Despite their continual mistreatment and the deplorable ideas perpetuated against them, women have always been indispensable assets to the world at large, and whether it be due to their rebellion against societal norms to prove themselves or an innate drive to excel, they have become distinguished characters in each of their chosen fields, and set footprints for younger women to walk in.

A woman's voice is a voice of power, of reason and of compassion, notwithstanding the feeble attempts to subdue it. It is imperative that we try to unlearn biases and stereotypes wedged so deeply into our minds, and gain a new respect for what it means to be a woman.

On March 8th, the AJB student council page shared a post to honour women's influence and bravado.



To all the mothers, daughters, sisters, scholars and every other woman who paved the way for future generations, happy international women's day.

# END OF TERM EXAMS

During a time where all learning happens online, in an environment full of potential distractions and setbacks, it is especially important to make sure the students have made the most out of their classes, and have worked to their full potential throughout the term. Students of grades 7, 8 and 9 had end term examinations, which were done online as per COVID-19 protocols.

The students were to have their cameras on during these exams, to ensure the highest level of academic integrity and fairness. Despite the detrimental impact that online learning and extended screen time has had on the students' ability to concentrate and retain information, they did remarkably well in the exams, and proved their true resilience and eagerness to learn, regardless of their learning platform.

## COVID'S EFFECT ON STRESS

In March of 2020 when the novel coronavirus began to ravage the world and strip it of its normality, most of us underestimated just how long we'd stay shuttered in our houses and how long the effects of the virus' presence in the world would linger on every shoulder. After almost a whole two years, our definition of normal has taken on a new meaning.

It's no surprise that the pandemic has stolen some of the youth's most important memories and experiences that they would've made, with most highschooler's graduation being held online and teen prime years spent barred in their homes. It's unclear which demographic's mental health has been the most affected, but it's an absolute certainty that these effects weren't positive on students.



Online schools, which was a new element of learning most of us haven't been exposed to, played an essential part in us adapting to an alien routine.

Most students can only focus their best in a classroom with disciplinary teachers a few feet from them, so learning at home, where several distractions were at our behest, was a struggle that resulted in our academic potential taking a short plummet.

Our social needs took a straight hit too, with most of us craving some sort of social communication from people we didn't spend every waking hour with.

With teens and impressionable young minds locked at home, most turned to social media to numb their boredom.

Their self-esteem and identity became muddled with confusion, and the disparity between influencers and their own mundane lives became all too clear to them.

The unsafe effects of the internet have always been a redundant but honest truth, but their self-assurance has taken the most damage. With the inability to hang out with their confidantes and friends who best know how to console them, they retired to their own devices, leaving their psychological needs not being appropriately addressed.

But concerning the virus itself, the fear it sparked was perhaps the greatest factor in inducing stress to those who had immunocompromised elders.

