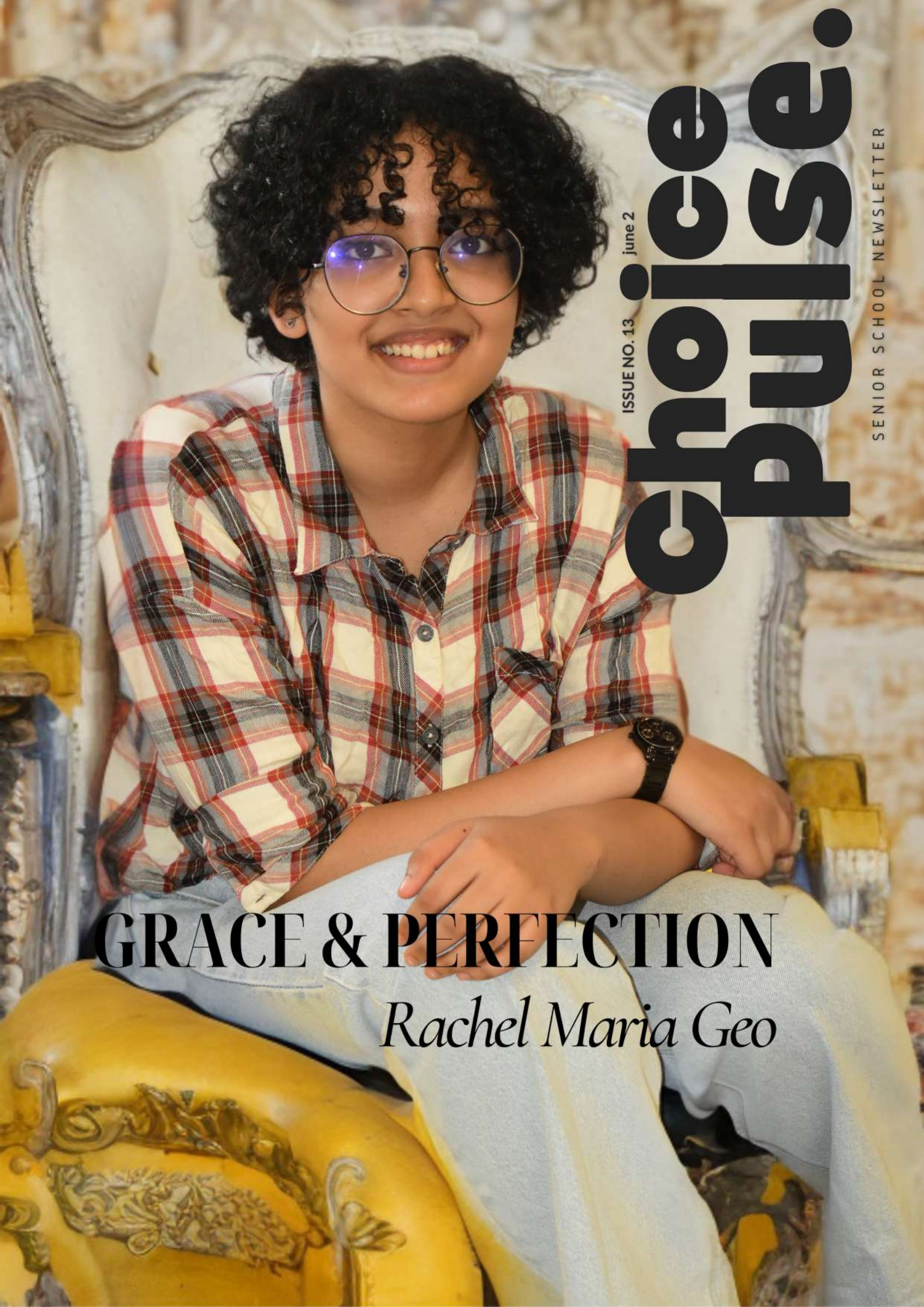




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SENIOR SCHOOL NEWSLETTER

GRACE & PERFECTION

Rachel Maria Geo

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Editor's Word

Welcome Back, Warriors!

As the summer sunsets and the rainy showers usher in a new academic year, it is with great pleasure and enthusiasm that we welcome you all to the first edition of the Choice Pulse for this academic year.

The start of a new year brings with it a world of possibilities, opportunities, and experiences waiting to be explored. We are thrilled to embark on this journey together, and we sincerely hope that this year will be filled with growth, success, and unforgettable memories.

First and foremost, we want to extend a heartfelt shout-out to all our students who have consistently shown dedication, perseverance, and excellence in their studies and extracurricular activities. Your hard work and achievements are a testament to your commitment to personal growth and the pursuit of excellence. Keep up the fantastic work! Remember, every step you take towards your goals brings you closer to success.

As we navigate the corridors of the Senior School, we must not forget the value of true friendship. Friendships are the threads that weave our school community together, creating a tapestry of support, kindness, and belonging. Let us foster an environment where inclusivity and empathy thrive, where every student feels valued and cherished. Reach out to your classmates, engage in conversations, and lend a helping hand to those in need. Together, we can build a school culture that celebrates camaraderie and enriches each other's lives.

While academic pursuits are of paramount importance, so too are the experiences that add colour and vibrancy to our lives. This year, we encourage each and every one of you to step outside your comfort zones, explore new interests, and engage in activities that ignite your passions. Embrace the arts, participate in sports, join clubs, and make the most of the diverse opportunities our school offers. Remember, your school days are precious and fleeting, so make each moment count.

As we conclude our welcome note, we extend our sincere gratitude to all the teachers, staff members, and parents for their unwavering support and dedication to our student's growth and well-being. Our school is a family, and together, we can create an environment that nurtures bright minds, compassionate hearts, and lifelong learners.

With great enthusiasm, let us embark on this new academic year, fully prepared to overcome challenges, embrace new possibilities, and cherish the moments that shape our lives. Here's to a year filled with success, joy, and unforgettable memories!

Mr. Philip Jolly
Editor in Chief

LEADING THE TEAM



Aditi Harikumar
Managing Editor



Niya Mariam Peter
Quality Assurance Manager



Maya Tharakan
Creative Content Director



Vania Eliza
Creative Design Director



Carol Mariam Kuriala
Associate Design Director



Join us in welcoming
MS RACHEL IGNATIUS

PRINCIPAL
THE CHOICE SCHOOL
KOCHI



Dawn of a New Era

Snippets from the induction of Ms Rachel Ignatius as Principal, The Choice School, Kochi and Ms Maria Nemat as Head of the International Baccalaureate Program and the Choice Academy for Teacher Development.





Mrs. RACHA RATIUS
as The Principal

HOUSE

CBSE CLASS X & XII RESULTS

YEAR : 2022-2023

- **CLASS X** (200 STUDENTS APPEARED) (164 DISTINCTIONS) (24 CENTUM)
- (14 A1 IN ALL SUBJECTS) & (77 SCORED ABOVE 90%)
- SCHOOL TOPPER: **AARON AJU** WHO SCORED **98.2%**
- **CLASS XII** (167 STUDENTS APPEARED) (156 DISTINCTIONS) (9 CENTUM)
- (21 A1 IN ALL SUBJECTS) & (71 SCORED ABOVE 90%)
- SCHOOL TOPPERS: **VAISHNAVI DEEPAK KUMAR: 97.4% (SCIENCE)**
- **GOPIKA G.: 98.6% (COMMERCE) & ADITYA SUNIL : 98.2% (HUMANITIES)**



AARON AJU



VAISHNAVI DEEPAK KUMAR



GOPIKA G



ADITYA SUNIL

CLASS X :

A1 IN ALL SUBJECTS :

NIYA MARIAM PETER
ADWAID ASHOK KUMAR PAI
ADITI HARIKUMAR
JOSEPH N JITHU
SHREYA SUDEEP CHANDRAN
GIANNA TESSA JOSEPH
STUTHI RACHEL SABU
AARON AJU
JOAN JOE THOMASSRINIDHI S
SHAUN MATHEW
NAMRATHA MANESH
ATHEENA RAJESH
TARUN HARI KRISHNAN
.

CLASS XII :

A1 IN ALL SUBJECTS :

ARJUN DEVRAJ
ELENA MARY VINU
KURT SONY REBELLO
NABEEL AHMED KABIR
THANU GEORGE
JANEETA JOLLY
AARON ABRAHAM THOMAS
TEESHA ANN JOSEPH
AKSHAYA ASHOK NAIR
MIRIYA JOSEPH T.
VAISHNAVI DEEPAK KUMAR
CHIRAG K. SHAH
GEORGE FOGY ALENGADAN
JOE F. VATTATHARA
KURUVILLA THOMAS
T.S. SHASHANK
THARA TRESA BINU
GOPIKA G.
JESEETA TOMY
KRISHNANSH NAIR
ADITYA SUNIL

CLASS 12**ENGLISH :**

REBECCA HARRISON

PHYSICS :

VAISHNAVI DEEPAK KUMAR

CHEMISTRY:

JANEETA JOLLY

BIOLOGY :

VAISHNAVI DEEPAK KUMAR

MATHEMATICS :

KURUVILLA THOMAS

APPLIED MATH :

RYKA ANDREWS

COMPUTER SCIENCE :

JANEETA JOLLY

INFORMATIC PRACTICES :

LIZ THOPPIL

ECONOMICS :

GOPIKA G.

CHIRAG K. SHAH

ACCOUNTANCY :

KURUVILLA THOMAS

PSYCHOLOGY :

VAISHNAVI DEEPAK KUMAR

BUSINESS STUDIES :

T.S. SHASHANK

GOPIKA G.

SOCIOLOGY :

ADITYA SUNIL

DEVIKA R.

NEHA SOSHA EAPEN

NUHA NAYAB

HOME SCIENCE :

VIPANCHIKA KUMAR

HISTORY :

AASHINI MARIA AKHIL

ENTREPRENEURSHIP :

AMAN BIN RIYAZ

POLITICAL SCIENCE :

ADITYA SUNIL

LEGAL STUDIES :

GOPIKA G.

PHYSICAL EDUCATION :

GOPIKA G

NANDANA C RAJESH

PAINTING :

BENJAMIN DAVID

MAUREEN MANOJ

CLASS 10**ENGLISH :**

NIYA MARIAM PETER

HINDI :

ADWAITH ASHOK KUMAR PAI

ANNA TREASA KARUKAPPILLIL

KAASHVI CHANDAK

NIYA MARIAM PETER

GIANNA TESSA JOSEPH

JOSEPH N JITHU

KAVYA BOBAN

MALAYALAM :

AARON AJU

FRENCH :

NADINE V NELSON

TANYA ROSE JIKKU

JOAN JOE THOMAS

SANSKRIT :

SHAUN MATHEW

MATHEMATICS STANDARD :

AARON AJU

MATHEMATICS BASIC :

ANNA JOHNY

SCIENCE :

AARON AJU

TARUN HARI KRISHNAN

SOCIAL STUDIES :

NIYA MARIAM PETER

KAASHVI CHANDAK

JOSEPH N JITHU

GIANNA TESSA JOSEPH

RICHELLE JOSEPH VARGHESE

AIMEE MARIAM THAMPY

FIDHA FATHIMA

KESIA JOSE EDACHERIL

AARON AJU

NANDITA ASHOK

TARUN HARI KRISHNAN

HAYA SIJU

TANYA ROSE JIKKU

KARTHIK GUPTA

DIYA BINOD

TARA FATHIMA SHEHIN

HOME SCIENCE :

GAURI JAIN

SHENA ANNA GEORGE

COMPUTER APPLICATION :

SARAH JOSEPH KAVIRAYOR

AYESHA SHEZA HIMATH HILAL

PAINTING :

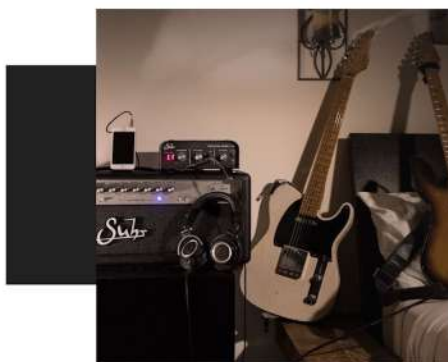
ANN MARIYA PRAVEEN



The epitome of GRACE & PERFECTION

Rachel Maria Geo has garnered the attention and admiration of both her peers and teachers through her exceptional talents and remarkable achievements. Possessing versatile abilities and an extraordinary personality, Rachel truly stands out as the epitome of grace and perfection.

Rachel Maria Geo of Grade XII has weaved a musical symphony of her own. Her tuneful journey began at the tender age of six when her parents, eager to introduce her to the world of music, enrolled her in a Carnatic music class. Yet, in the eyes of a child, it seemed like an arduous path she was forced to tread. When her first music teacher left, she thought she had found respite from what she deemed "torture," only to be drawn back into the melodies by the strings of destiny when a new instructor appeared. As Rachel progressed through her lessons, she found herself grappling with doubts and uncertainties. By the time she reached Grade 8, she made the difficult decision to bid farewell to her musical pursuits. However, life had a way of interweaving harmonies into her story, and the passage of time bestowed upon her a newfound appreciation for the very genre she had once resisted.



The passage of time, like the changing cadence of a melody, brought its share of challenges. The pandemic cast a shadow upon her musical pursuits, forcing her to navigate the realm of virtual rehearsals and editing, where harmonies seemed elusive, and timing, an elusive muse. But through the trials emerged an enchanting truth—music, resilient and unyielding, served as a lifeline, breathing vitality into her days.



Now, as the world begins to awaken from the slumber of the pandemic, Rachel finds herself standing on the cusp of renewal. The return to music feels akin to an awakening, a breath of fresh air that revitalizes her spirit. The harmony of collaboration, once constrained by digital barriers, now reverberates with newfound joy. Her heart cannot discern if it's the relief of less editing or the unfiltered purity of live performances that fills her soul with elation—perhaps both, converging to create a tapestry of musical bliss.

Throughout her journey at The Choice School's Musical Program, Rachel has been a radiant presence across every sector. The band and chorus, with their more relaxed ambience, embraced her with open arms. Yet, managing the spontaneous and vivacious energy of the band came with its share of challenges. Still, she found solace in the company of these kindred spirits, forging friendships that resonated harmoniously.

Through the Choice Musical Program, Rachel's journey has been a testament to musical grace and perfection. The trials she faced, the growth she experienced, and the boundless love she holds for music have shaped her into an epitome of passion and talent. With every note she plays, every lyric she sings, she weaves a tapestry of melodies that resonates far beyond the confines of The Choice School—a musical legacy destined to endure through time.



In automotive history, there have been a select few vehicles that have transcended the realm of ordinary transportation to become icons of engineering brilliance and driving pleasure. From sleek and elegant luxury cars that exude opulence to roaring supercars that push the boundaries of speed and performance, the automotive industry has birthed an array of masterpieces. In this article, we embark on a journey through time to unveil the best cars the world has ever seen, celebrating the fusion of design, technology, and innovation that has shaped these extraordinary automotive marvels. Buckle up as we explore the crème de la crème of automotive excellence that continues to captivate and inspire enthusiasts across the globe.

TOP CARS



JAGUAR E-TYPE

'The most beautiful car ever made' were the exact words of Enzo Ferrari. Based on the D-Type, the three times Le Mans winner between 1955 and 1957, the E-type Jaguar was a stunning example of what British car manufacturer Jaguar was capable of back in the day. With the sixties chic, and being quicker than a Ferrari, at a third of the price, it was the ultimate sports car of its time.

The E-Type managed to stay in production until the mid-seventies. This was largely down to the fact that it was constantly being revised on the inside, without affecting its appearance too drastically on the outside. This meant it stayed with the times whilst still being gorgeous. It's easily among one of the best British cars ever made.

PORSCHE 911

The 911 was the successor to the famous 356 back in 1963; it was a roomier, more powerful evolution. Porsche originally intended to call it the '901'. However, Peugeot held the rights to car names with three digits with the second digit being 'o'. The earliest 911 started with a 2.0 engine. Air-cooled and rear-mounted, and with just 130 bhp, it was a far cry from today's modern 911 turbos, with their 500+ bhp. Even still, the 911 had nearly 50% more power than the flat-four 356. With more power on the way by the seventies, the Carrera RS is now seen by many as the ultimate 911. Although the original 911 ceased production in 1989, the name continues today in the Porsche line-up.

LAND ROVER

From nothing more than an idea and a sketch on the Welsh beach, Land Rover has become the four-wheel drive vehicle that all others aspire for across the world. Beginning with the 80" Series I back in 1948, Land Rover has since been engineering and shaping its way through the decades to retain its title as the 'go anywhere, do anything' 4x4. Little did Maurice Wilks know, as he sat on that beach sketching his ideas, that he had created a whole new genre of vehicle which was way ahead of its time.

With the strength to make history while constantly innovating, the Land Rover is truly one of the greats.

VOLKSWAGEN BEETLE

One of the best-selling cars of all time. The Volkswagen Type 1, to use its original name, had very humble beginnings: an economic four-seater that everyone in Germany could obtain. Today, after a massively successful production spanning eight decades, it still enjoys a huge cult following and has done throughout the best part of its life. The Beetle's longevity is down to its simplicity. With no more than 200 moving parts in the original flat-four, air-cooled engine, it is definitely workable for most hobby mechanics. Combined with its unmistakable looks, it is obvious as to why everybody loves a Beetle.

CITROEN DS

Also known as the French goddess, Citroen's long-awaited successor to the Traction Avant was the DS. From the makers of the 2CV and HY Van came this future of motoring which was way ahead of its time with its sci-fi styling and minimal interior. Citroen's quirky yet uber-stylish DS set out its own terms from the outset. The doors were devoid of window frames, and the rear brake lights were set in line of following



motorists on purpose. Slim pillars meant superb all-round visibility for the driver and its hydraulic independent suspension gave comfort like never before. Is it any wonder why, within 15 minutes of its unveiling at the 1955 Paris Motor Show, 743 orders were taken and, by the end of the day, 12,000?

MINI

The Mini spans classes and appeals to everyone from George Harrison to Mr Bean. Never has a car been so iconic. A mode of transport from sixties chic to the eighties new romantic style, the world has loved the Mini for decades and still does. Despite being a fairly small car, it has plenty of interior space thanks to its transverse engine front-wheel drive which meant that around 80% of the floor pan area could be used as space for passengers. It was a convenient touch which influenced many car makers in subsequent generations. What's more, the Mini handled the road with pinpoint accuracy, making it extremely fun to drive. The race-tuned Mini Cooper and Cooper S were the icing on the cake, with extra power turning the Mini into a formidable rally car, beating all competition to win the Monte Carlo Rally not once, but three times in 1964, '65 and '67. All this just adds to the Mini's reputation. Cool Britannia, indeed!



MERCEDES 300SL GULLWING

Mercedes had no plans to put their 300SL race car into production until Maxi Hoffman, the official American importer of Mercedes-Benz, campaigned tirelessly for Mercedes to change their mind. The Gullwing was launched at the New York International Motor Show in 1954 and received the acclaim of the admiring crowds – but it wasn't just a pretty car. It was designed with a racing heritage, built over a space frame chassis and a flat, graceful body boasting impressive aerodynamics and a powerful straight six developing 215 bhp, a first for Mercedes with a fuel-injected engine that had never been seen before. Mercedes even built 29 in aluminium that is now worth four times the already-expensive steel versions.



FORD MODEL T

Henry Ford's practical and affordable horseless carriage for the common man was conceived back in 1908. It was originally sold at \$850 to the buying public. However, by 1925 the price had dropped to less than \$300, ensuring that 40% of all cars sold in the United States were Ford Model Ts. Henry's 'Car for the Masses' was a huge success, with more than 15 million being produced between 1913 and 1927. With production plants not only in the States but also in England and the rest of Europe, Ford had started their world domination.

FERRARI 250 GTO

Ferrari needs no introduction, and one of our top 10 simply had to be the V12 300 bhp Ferrari 250 GTO. The most expensive car ever sold at auction (with one going for just under £22,850,000 back in 2014), this iconic beauty spawned every other Ferrari after it and has inspired all of the competition in the past. With only 36 ever made out of homologation requirements, it's surprising to find out they all still exist today.

The car's outward design came from the necessity to keep it low to the ground and improve aerodynamic efficiency; the engine was moved further back and also kept as low as possible. Quad exhaust pipes and a large integrated rear spoiler give the GTO an intimidating appearance from behind, while the striking elliptical grille – topped by unmistakable triple vents – is full of purpose, yet aesthetically pleasing. Is it the best Ferrari ever made? Some would say so.

WORDS: ELIZABETH G. PULINAT
DESIGN: DIYA V. THOMAS

ASTON MARTIN DB5

The quintessential British grand tourer, it's no wonder this was James Bond's car of choice. The DB5 was the last evolution of the DB4 series which is renowned as the most famous car in the world, thanks to its starring role in countless 007 films. With a 4.0 litre inline 6-cylinder engine, the DB5 wasn't an out-and-out sports car. Although capable of speeds up to 145 mph, it was actually more of a luxurious 2+2, with standard features such as wool pile carpets and electric windows. With a magnesium alloy body built to Super leggera patent technique, and a wicked combination of Italian styling and British engineering, any self-respecting spy would be proud to drive a DB5.

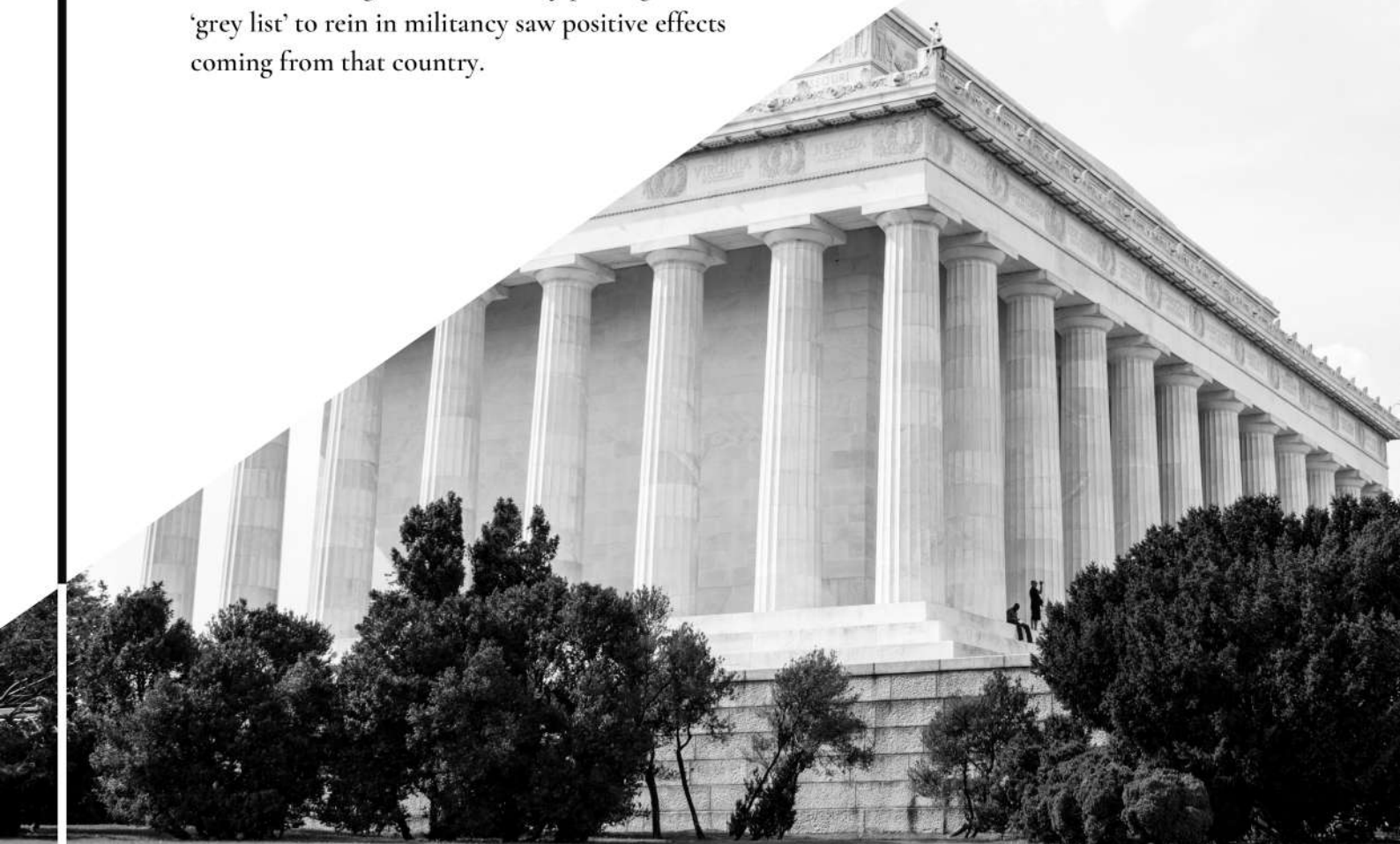


LAW FARE.

I started thinking of 'Lawfare' as I became flummoxed upon reading a newspaper article written on a particular political development in our country, stripping the lawmaker status of an elected representative after a defamation conviction. The concept of 'Lawfare' is frequently discussed in government, legal and academic circles. Let us ponder deeply into what lawfare means by delving into its origin, how it is used by opposing sides in modern conflicts and the challenges it poses. Lawfare is using or misusing law as a substitute for traditional means and operations to achieve an objective. In this context, one could consider law to be much the same as a weapon, used for good and/or bad purposes.

Lawfare as a term has been used previously in different contexts since the seventies. But those were days when scores were settled better through regular means and methods. But that's not the world anymore. It has become complex and legalistic and you have to have the best of the legal minds to fight this world.

In many cases, Lawfare is used for the positive good of society. The recent action by Financial Action Task Force (FATF) against Pakistan by putting them on a 'grey list' to rein in militancy saw positive effects coming from that country.



In this respect, Lawfare is an excellent tool which can be called an effect-based operation where the effect created is the focus. Ideally substituting lawfare with other methodologies can bring down destruction.

The conviction of Rahul Gandhi, a Member of Parliament for criminal defamation by the Surat Court, leading to his disqualification from the Lok Sabha, highlights the disturbing example of lawfare normalization in India. In 2019 at a political rally at Kolar in Karnataka Rahul Gandhi, in his speech said “how are the names of all these thieves ‘Modi, Modi, Modi’ ... Nirav Modi, Lalit Modi, Narendra Modi.” Purnesh Modi, a BJP leader from Surat claimed that by virtue of his surname, he, along with all other people bearing the surname “Modi”, had been defamed by Rahul Gandhi’s remark. Legal proceedings against Rahul Gandhi were initiated in a court in Surat.

It was also interesting to see how the case got delayed by getting a stay by the complainant himself initially, and then how it was taken up when a different judge was posted in the jurisdiction. The case was taken up before this new judge and he delivered a quick decision.

To prevent people from being dragged to the courts in frivolous proceedings, the law of defamation is clear that if references are made to an indefinite “class” of people, an individual cannot claim that they are a member of that class, and have, therefore, been defamed. For example, if it is said that “all lawyers are thieves”, a lawyer cannot go to court and say that they have been defamed, unless they can show a specific imputation identifying them, directly.

The “class of all persons in the world bearing the surname Modi” is a similarly indefinite and indeterminate group and did not insinuate that every person bearing the surname “Modi” was a thief, by virtue of that surname. It is bewildering how an individual was able to prosecute the case on the claim that he had been personally defamed by Rahul Gandhi’s remark and more mystifying is the fact that the trial court was willing to entertain the claim.



Law-oriented, effect-based operations have become critical today. Other aspects of Lawfare are more complicated. Antagonists have sought to use the perception or fact of wrongdoing by their opponents as a means of catalysing support among their own people and eroding it among their foes. It is a mistake, however, to reduce “lawfare” to a mere component of a glorified propaganda campaign. In truth, it is a richer and far more complex concept – and one, lamentably, subject to misunderstanding.

Of course, there are nefarious uses of lawfare. Lawfare can be seen in both positive and negative forms. As a matter of fact, I advocate using Courts as a vitally important Lawfare measure. Judicial action can help deter damaging misconduct in future. Recourse to Courts is a facet of lawfare to be encouraged.

Today more than ever our nation needs the cooperation of the government to succeed in today’s complex lawfare milieu. Political appointees certainly have a right to put in place ideologically-driven policies so long as doing so comports with the law. I believe that there is a fundamental distinction between debating policy and determining the law in our country, where everything seems to have a partisan dimension. Support and vigilance of the general public are vital to ensure that a balance is always maintained.

Words **Anamitra Ravishankar**

Design **Saif Zulfiker**

Vikings Reinterpreted

Vikings were the name given to a society of people from the Scandinavian region who lived from the 8th to 11th century. They were maritime travellers who would raid, pillage and colonise parts of Europe. Norsemen, another name for Vikings, were independent farmers, traders and settlers with a sophisticated culture whose overseas expansion led to the first transatlantic crossing in European history. The term 'Vikings' is more than just an ethnic group; it's a lifestyle.



Whenever we hear the word 'Vikings', the first thing that comes to mind is an image of a barbaric, bulky man wearing chainmail, a helmet with horns, long braided hair and a sharp spear. The misconception about Vikings and their history has become very common recently. With the increased use of television and movies, Vikings have been portrayed as bloodthirsty savages who loot other societies and cause a ruckus for no reason. Now we come to the essence of this article - were they all this? The very fact that Vikings wore helmets with horns is a product of revisionism. Vikings and their horned helmets came about in 1876 when Richard Wagner's Norse characters in his new drama *Der Ring des Nibelungen*, or *The Ring of the Nibelung* needed catchy clothing. Costume designer Carl Emil Doepler designed these helmets for aesthetics. Later on, historians took it upon themselves to associate Vikings with these helmets. There is no actual historical evidence proving that they wore helmets. Another example of their misconception painted by movies is depicting Vikings as smelly and gross. Vikings were not always covered with blood and mud. They took baths at least once a week, which for that time was pretty astonishing. They gave bathing so much importance that they devoted Saturdays to bathing, and called it *Laugardagur* (literally meaning 'Day of bathing').

The concept of Vikings being brutal and barbaric is one up for discussion. Right from the start of the saga of 'Viking television', we've only ever seen Vikings impaling people with their spears. The violence and fearsome nature of Vikings was not that different from other societies that had lived during early-medieval Europe. One thing we should keep in mind is that the Vikings lived during the Dark Ages. The Dark Ages was known to be a period in which there was a decline in intellect, culture and economy. Standards of living were harsh, with little subsistence. The only way to survive this period was by raiding and pillaging, which happened quite a lot during this period. Another reason why Vikings were perceived like this is because of a few groups of Vikings, namely Berserkers. Not all Vikings were raiders and oceanic voyagers. Berserkers built this reputation of Vikings, a clan of Vikings who were violent and unruly. Berserkers worshipped Odin, the God of death and war. Some berserkers claimed to have fought so passionately that they appeared to be in a trance. They were believed to start killing each other if they waited too long for a fight to commence. With all this being said, Vikings still did use violence to some extent. As said before, they lived in an age where 'survival of the fittest' was essential. They snatched whatever they could get their hands on. Churches were treasure troves to loot. They stole animals, cash, and food.



The last invasion and later downfall of Vikings came along with the Battle of Stamford Bridge in 1066. It was accompanied by many changes that led to discouragement of the brutal behaviour of Vikings. Sooner or later, the Norse community began to change. All in all, Viking history has been a subject of historical revisionism. Many people have a rather unpleasant impression of the Vikings. It also seems appropriate for such a powerful force to retire on its own terms because the Viking era ended when they decided to stop raiding, and their legacy lives on to this day.

Words : Nayana Navin Ittiyamparampath

Design : Rohan Nair



DÉJÀ TROUVÉ, *Déjà Fait,* *Déjà Vu*

Words: Aafreen Abdul Sathar
Design: Maya Tharakan

In this modern era, it is a rarity to encounter someone unfamiliar with *The Sims*, the widely renowned life simulation computer game. However, a pioneering psychologist took it to the next level by leveraging this game as the cornerstone of her groundbreaking experiment. Utilizing virtual reality goggles, participants of the study were immersed in the game's virtual environment, given a brief moment to acclimate, and then seamlessly transported to another room by the researchers.

Every space presented a unique and distinct layout of its own. During the experiment's second phase, participants were swiftly transported through a diverse array of environments, some comprising entirely different rooms, while others bore a spatial resemblance to places they had encountered in the initial part of the study. Remarkably, when confronted with these spatially familiar surroundings, participants were significantly more prone to experiencing a peculiar prickly sensation, particularly if they had forgotten their prior visit to a similar space.

Cognitive psychologist Anne Cleary's study led her to the conviction that in scenarios where individuals encounter spaces with shared spatial resemblances and forget about their prior experiences, they become susceptible to experiencing *déjà vu*.





Originally mentioned as "false memoriae" by St. Augustine in AD 400, the term "déjà vu" was officially coined by French philosopher Émile Boirac in 1876 when he explored the concept of this uncanny sense of false familiarity in a letter to the journal *Revue Philosophique*. Translated literally as "already seen," déjà vu encompasses the inexplicable feeling that an event has occurred before, even though it never truly did. Simply put, it is a deceptive sensation of recognition. You might have experienced it during a conversation with a friend, feeling as though you've had the same talk before, or while exploring a new place, sensing like you've walked through those very streets in the past, despite the impossibility of it. Research suggests that approximately two-thirds of the population have encountered this phenomenon more than once. While we cannot consciously remember the prior scene, our brains recognize the similarity, and this information manifests as an unsettling feeling of having been there before without being able to pinpoint when or why.

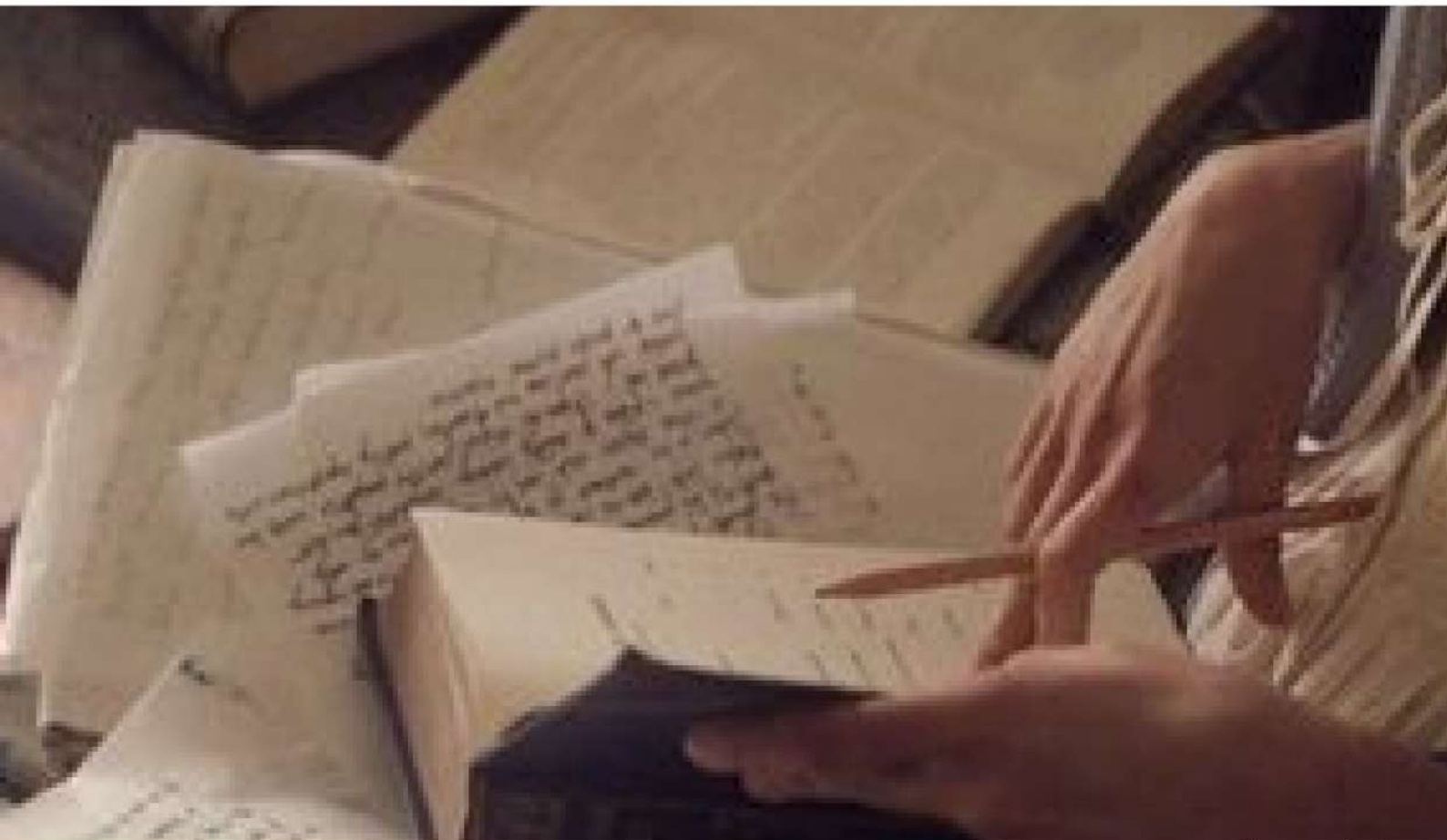
The enigmatic nature of déjà vu has given rise to a plethora of valid theories and experiments, making it difficult to ascertain the veracity of any particular proposal, including Cleary's. Alan Brown posits that when we are distracted, our minds unconsciously absorb our surroundings, leading to a sense of familiarity when we refocus. On the other hand, Robert Efron believes déjà vu results from a delayed neurological response. The elusive and nebulous essence of this false feeling of familiarity makes it challenging to arrive at a definitive conclusion regarding its origins.

Moreover, déjà vu has been categorized into various types, each offering unique insights into this intriguing phenomenon. Déjà entendu refers to the sense of having heard something before, while déjà fait pertains to the feeling that an action has been previously performed. Déjà senti encompasses the experience of having felt or smelled something previously, and there are numerous other forms of false senses of familiarity that contribute to the complexities of this remarkable sensation.



ÉMILE BOIRAC

Though déjà vu is a sensation commonly encountered by many, certain segments of the population exhibit a higher propensity for experiencing it. Among these are frequent travellers, individuals with higher incomes, well-educated individuals, and those aged between fifteen to twenty-five years. True déjà vu typically lasts for a duration of 10 to 30 seconds and generally does not result in any detrimental effects, except for a brief sense of confusion. However, if you find yourself experiencing déjà vu regularly, it is advisable to seek an evaluation for potential neurological conditions, with epilepsy being of particular concern.



Top Prize Winner: N. ADITYADEV

We are pleased to extend our congratulations to N. Adityadev, one of our exceptional students, for securing the first prize in the Zoom Spark Commerce Quiz 2023. This quiz took place on 26th January 2023 and was organized by the Kerala Commerce Forum in partnership with the Logic School of Management. The competition focused on subjects like Accountancy, Business Studies, and Economics and saw the participation of 249 students from various schools across Kerala.

Having qualified for Level 2 after excelling in Level I, Adityadev went on to compete offline on 23rd April 2023. Despite facing tough competition, he showcased remarkable intelligence, determination, meticulousness, and humility, ultimately emerging as the overall winner and receiving a cash prize of Rs. 20,000.

His outstanding performance in the quiz truly reflects his profound knowledge and understanding of the subject matter. We are thrilled to witness his success in this competition, especially considering his previous accomplishments in other contests. This speaks volumes about his passion for learning and unwavering dedication to achieving excellence.

We firmly believe that Adityadev's remarkable achievement will serve as a source of inspiration and motivation for other students, encouraging them to strive for greatness in their academic pursuits.

Design: Kerrin Joseph

GETTING TO KNOW THE CHOICE CAFÉ KITCHEN

On 20th June, the Food Production students of Grade XI had the opportunity to visit Choice School Café's food production unit, accompanied by Chef Jobin Scaria, who guided them during the visit.

Upon arrival, the students were provided with hair caps to ensure their hair and ears were covered. They started by visiting the receiving point where onions, potatoes, and coconuts were stocked. Chef Jobin Scaria provided a detailed explanation of the various kitchen operations and the stringent hygienic practices implemented in the facility. The students were then taken to the store room where all non-perishable food items were stored, and they had a chance to see the deep freezer and walk-in refrigerator used to store poultry, meat, seafood, and bread items.

During the visit, the students learned that food is ordered and stored ahead for only one week to monitor expiration dates and maintain freshness. The kitchen strictly follows standard operating procedures, including the use of different coloured cutting boards for chopping various foods: red for red meat, blue for seafood, white for dairy foods, brown for cooked meats, yellow for poultry, and green for vegetables and fruits. They also observed a small butchery area where meat is cut, as well as a multipurpose oven for preparing different varieties of food. The kitchen is equipped with a dough mixing machine, steamer, tandoor oven, large cooking utensils, and various kitchen equipment for diverse functions. Moreover, a packing machine is used to seal different food items, ensuring there is no cross-contamination. Chef Jobin demonstrated the safe packaging methods used to store food items.

The experience left the students feeling content and enlightened about the dedication and hard work that goes into the operations of Choice School Café's food production unit.

DESIGN- RISHIKA NP



Sociology of Food

by 12F



**LAY'S
CHAT**



**OREO
CAKEPOPS**



**BIBIMPAP
AND
NOODLES**



The study of food from a sociological perspective reveals that it extends beyond being merely a biological or nutritional necessity; rather, it is deeply intertwined with our social fabric as it is shaped by our culture and heritage. Scholars in the field of sociology of food emphasize that the foods individuals prefer or are open to consuming are largely influenced by cultural values. This project was undertaken with the incorporation of KCH's values, highlighting the significance of cultural norms and heritage in shaping food choices and preferences.



**WRAP &
MEXICAN
FAJITAS**



**BHEL
PURI
CHAAT**



**KUTCHI
DABELI**

WORDS: NAYANA NAVIN ITTIYAMPARAMPATH

DESIGN: BRITNEY LIZ ANITHANAM



EXPERIENCING THE THRILL OF LEARNING PSYCHOLOGY

Psychology students of Grades XI had the opportunity to interact with The Choice School alumnus Ms. Amelia Rinoy, who is presently pursuing a psychology degree student at Mount Carmel College, Bangalore. She shared her experiences and discussed the various papers she has covered in her first two years of study. In the first year, Ms. Rinoy encountered core papers that provided a strong foundation in the field of psychology. These included "Introduction to Psychology," "Foundations of Social Psychology," "Basic Research and Statistics in Psychology," "Perceptual and Cognitive Processes," "Biological Basis of Behavior," and "Foundations of Indian Psychology." Moving on to the second year, her studies delved deeper into specialized areas of psychology. The subjects covered during this year were "Theory of Development in Child Psychology," "Psychology in Education," "Cross-Cultural Psychology," "Environmental Psychology," and "Psychology of Adolescence and Adulthood."

With ease and confidence, Ms. Rinoy explained the content of each paper to the students, providing valuable insights and fostering a deeper understanding of the subject matter. Her knowledge and passion for psychology were evident throughout the session, leaving the students enriched and inspired in their pursuit of psychological knowledge.

Design **ATHEN ROSE VARKEY**



VISIT TO CENTRE FOR SCIENCE IN SOCIETY COCHIN UNIVERSITY OF SCIENCE AND TECHNOLOGY

Design by: S NEELAMBARY



On 3rd July 2023, a total of 108 students from grade 11, including students from classes A, B, and C, along with all the Mathematics students visited this centre.

PHYSICS LABORATORY



CHEMISTRY LABORATORY



BIOLOGY LABORATORY

ASTRONOMY LABORATORY



MATHEMATICS LABORATORY



LIBRARY



SCIENCE PARK



IEEE LABORATORY



AMRITA MEDICAL EDU EXPO

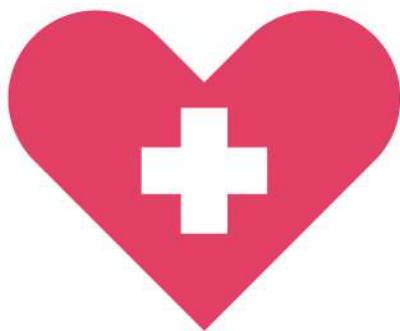


On 22nd June 2023, the Biology enthusiasts from Grade 11 embarked on a captivating tour of Amrita School of Medicine, which was hosting the Amrita Medical Edu Expo. The exhibition featured a wide array of stalls showcasing the vitality and applications of various medical fields. From Emergency Medicine to Forensics, and even cutting-edge implementations like Virtual Reality in surgical planning and nanomedicine, the expo had it all! It was an enthralling experience, especially for those of us with a deep interest in medical science but limited resources to explore its diverse facets. The students and faculty were highly knowledgeable in their respective specializations and satisfied our curiosity splendidly.

Throughout the tour, students were introduced to modern medical machinery, including surgical robots, endoscopy and bronchoscopy tools, which were previously only heard of but now understood for their practical applications. The expo also featured an impressive collection of organ specimens, both normal and abnormal, generously donated to advance scientific knowledge.



The emphasis on innovation to address present-day needs was evident. We received valuable training in Basic Life Support, crucial in situations where someone collapses before us and immediate action is required before the ambulance arrives. With the rising concern of epidemics, we were enlightened about the significance of "One Health," emphasizing how our habits can profoundly impact the world around us. Topics like prevention of substance abuse, sustainable living, and basic forensics were also highlighted, enriching our understanding of vital health-related matters.



Words: Tanya Rose Jikku
Design: Carol Kuriala

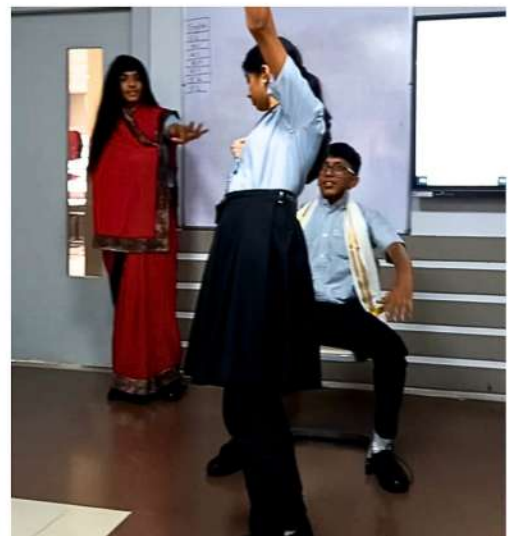


ECHOES OF THE PAST

In an effort to delve into the complexities of ancient Indian society and promote lesser-known historical narratives, Political Science students of Grade XII showcased their talents through a captivating skit on scenes from the epic Mahabharata. Under the guidance of their teacher, Ms Anju J., the students brought to life the themes of Kinship, Caste, and Class, shedding light on the dynamics of Vedic period society that existed between 600 BCE and 600 CE. The project aimed to explore the Mahabharata's portrayal of societal norms and practices during that time. The skit offered insight into the prevalence of caste discrimination, polyandry, and gender bias, shedding light on historical events and personalities often overlooked in mainstream narratives.

The skit not only served as a medium to educate fellow students and teachers about ancient Indian history but also provided an opportunity for the participants to explore their acting, writing, and stage direction skills.

Designs by: DEVIKA RANJITH PAI



CELEBRATING WORLD ENVIRONMENT DAY

BEAT PLASTIC POLLUTION

BY THE MEMBERS OF THE CHOICE SCHOOL GREEN CLUB TEAM (SENIOR SCHOOL)

In response to our planet's alarming plastic pollution, we have taken a firm stance to curtail plastic usage and embrace the principles of reusing and repurposing. Together, let us unite in the fight against plastic pollution and work hand in hand to protect our environment. We extend our heartfelt appreciation to all those who have rallied behind our mission, contributing to the transformation of our school into a cleaner and greener place. This initiative aligns with the Earth day motto observed during the G20 summit - "Vasudaiva Kutumbhakam" - symbolizing our shared responsibility as one global community towards a sustainable and harmonious future for our one and only Earth.



DESIGN- RISHIKA NP

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