







AHMED

# MY INSPIRATION, MY SON, AHMED

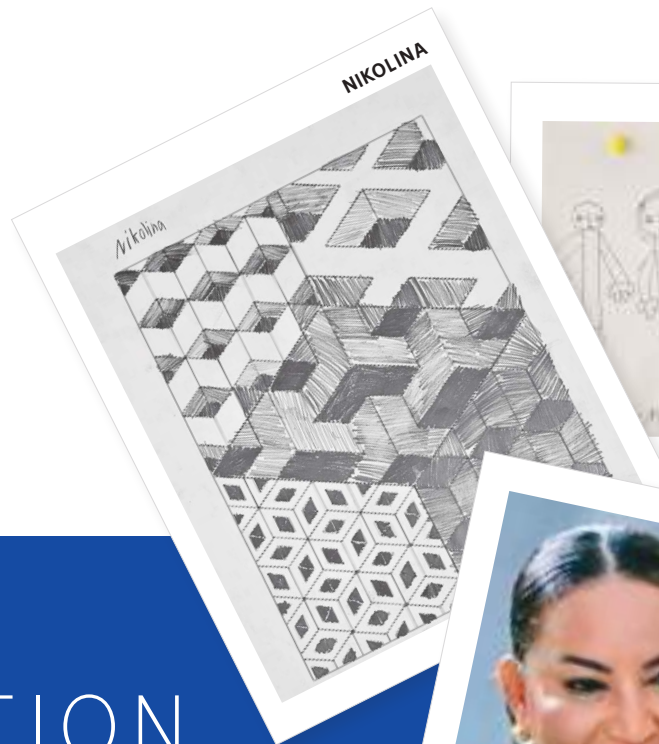
Over two decades, my journey with autism unfolded in layers of struggle and revelation. Ahmed's diagnosis initially felt like a crushing blow, triggering denial and self-blame. But as time passed, I traversed a tumultuous path toward acceptance, shedding layers of misconception and societal pressure to conform to a narrow definition of "normal." Through this journey, I unearthed an inner strength I never knew I possessed, learning to embrace Ahmed for the unique individual he is rather than mourning the absence of what society deems "normal."

Amidst the emotional turbulence, practical challenges loomed large. Financial constraints, compounded by the lack of support from insurance companies, added a heavy burden to our journey. Balancing the demands of caregiving, work, and familial responsibilities became an intricate dance, each step fraught with uncertainty. Yet, through the trials and tribulations, a resolve emerged—to not only navigate these challenges but to pave a smoother path for others facing similar struggles.

Out of this crucible of experience, MyMaximus was born. Rooted in the belief that every child, regardless of neurodiversity, deserves the

opportunity to thrive, MyMaximus is more than an organization—it's a beacon of hope. With a mission to redefine the narrative surrounding autism and empower families with the tools and support they need, we stand committed to fostering a future where acceptance, understanding, and inclusion reign supreme. As we embark on this collective journey, I extend my deepest gratitude to all those who have supported and inspired me along the way, for it is through unity and compassion that we will pave the way to a brighter tomorrow.

**NAHID MUDATHIR HASSAN**  
FOUNDER & CEO, MYMAXIMUS







# MY INCLUSIVE WORLD

**Sustainable mankind is the question of whether we, as humans, practice diversity, equity, and inclusion as an integral part of our tapestry called humanity. Try thinking how it would feel to be in an abyss where you are discriminated against, marginalized, and excluded. Let's imbibe inclusion as a mantra and not label anyone; they have names! God knows the world needs sustainability in every aspect, especially mankind!**

**A**pril 2024 began a memorable and heartwarming journey connected to my soul's purpose on this earth, "Serving Mankind." I remember meeting a mother, a resilient woman and a visionary, Nahid Mudathir Hassan, who, against all odds, had fought battles to keep her non-verbal, severely autistic son who had turned 18 under her dependent visa because, as per the rules of the land, he had to be out of being a dependent under her visa as soon as he was 18. As she struggled to get these laws changed to keep him under her visa as a dependent, her heart took a nosedive. It soared like an eagle to come up with the idea of MyMaximus, a vocational training center for people of determination, as she never wanted any mother or child to suffer like her and her inspiration, Ahmed. I joined the center, and today, as Head of Business Development and Corporate Training, I pen down my brief but soul-stirring journey with these lovely souls, who I believe are God's children. Serving them has enriched my life in more ways than one.

As I walk through the vibrant halls of MyMaximus, I am constantly reminded of the rich tapestry we create together—a blend of diverse backgrounds, experiences, and perspectives. This month, as we have a dedication of this issue of "The Junior Trumpet" to the essence of compassion and inclusivity, I reflect on the words of my quotation above that resonate deeply within me: "Sustainable mankind is the ask, and it has to become an integral part of our tapestry called Humanity."

Each student I meet carries a unique story, a thread woven into our community's fabric. Take, for example, Lamees, who shares her passion for environmental science. She speaks passionately about creating a world where every voice is heard and solutions are built on collaboration rather than division. Her journey, filled with challenges, serves as a reminder of what it feels like to be marginalized. It sparks a deep desire to ensure that every student, like Lamees, knows they belong here. On the other hand, Andrea wants to be a psychologist and speaks about anti-bullying policies, while Mariam Ashraf speaks about art as a therapy.

In another corner, I find Vinayak, an aspiring artist whose work captures the beauty of his cultural heritage. His art reflects his identity and invites others to see the world through his eyes. As he shares his creations, I know the importance of inclusion vividly painted across the canvas of our Academy. Vinayak's story reminds us to think about the abyss of exclusion—how painful it must be to feel invisible. We must ensure that every student feels valued, understood, and celebrated. Noa is another young lad who aspires



to be a graphic designer, while Ahmed Yaghi wants to go into filmmaking. I could go on and on about each child, but these pages will not be enough. Every child that walks the halls has so many more abilities that we as human beings need to appreciate rather than exclude them and label them with ADD, ADHD, etc. Just imagine how it would be if we were to be named hypertensive, diabetic, heart failure, psoriatic, and so on; wouldn't that hurt us and humiliate us? Who are we to label these beautiful creatures designed by the creator himself?

As we continue to foster an environment where diversity thrives, let's remember the importance of names. Behind each label lies a person with dreams, fears, and aspirations. I urge all of us to imbibe inclusion as a mantra, recognizing the power of connection in our shared humanity.

The world desperately needs sustainability—not just in terms of the environment, but in how we treat one another. At MyMaximus, we have the opportunity to cultivate compassion, ensuring that our community becomes a sanctuary for all. Let's weave a future where everyone is seen, heard, and uplifted. Today, as you skim through the pages of this magazine, I hope we have succeeded in opening your eyes to a world of these lovely souls who have poured their hearts into submitting a piece of themselves for the world to see, accept, and respect them for who they are rather than who they want them to be. I am humbled to walk with them and aspire to make a difference in others' lives like these lovely angels have made in mine.

In celebrating our students, let's honor their stories and commit to nurturing a space where equity and inclusion aren't just ideals but lived realities. Here, at MyMaximus, we're not just building an Academy but crafting a legacy of sustainable kindness for generations to come. We encourage each of you who read this to spread this far and wide to educate and enrich people's knowledge about being an inclusive world and sustainable humanity, without which humanity will need a reset button. I am grateful and indebted to the editor of this magazine, Purva Grover, for the honor she has given us and our students. Thank you for gifting us this edition, and thank you all for the precious gift of your time. We invite all of you in our world whenever you would like to be a part of it.

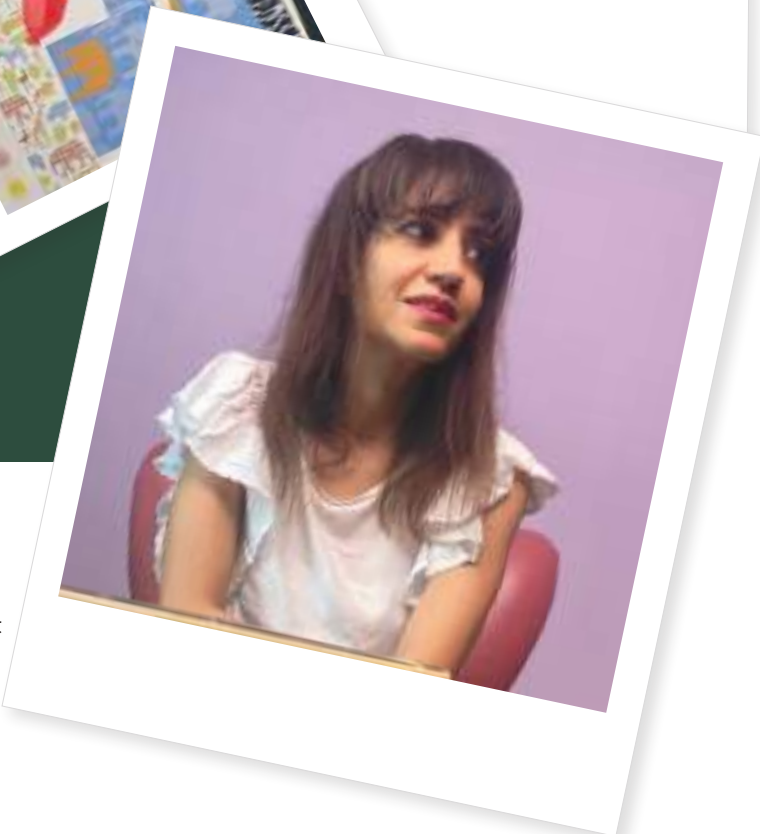
**KAVITHA "KAY" SRINIVASAN**  
HEAD OF BUSINESS DEVELOPMENT &  
CORPORATE TRAINING, MYMAXIMUS







ABOUD



# NOTE FROM THE EDITOR

I am fascinated and inspired by where words can take me and how they can expand our horizons. As an avid reader and an author, I hold words close to my heart. As an editor for various magazines, I get to play with words as a profession, too — this obsession with words led to the launch of The Junior Trumpet in January 2024. What better gift can one give to children and young adults than stories, giving them a chance to see their art published and a space to make their voice heard?

We're almost a year old and have celebrated young minds' voices, art, and creativity in our free-to-read, share, write for, download, and even print in this monthly magazine. Seeing their work published makes my heart dance every time.

What makes this edition, which we're calling our anniversary edition (November–December 2024), lovelier is that the students of MyMaximus have put it together for us. MyMaximus, Dubai is a professional and management vocational training academy born from the critical need for educational, vocational, and job placement support for adults with mental disabilities in the UAE after their school years. Adults with Autism, Down syndrome, ADHD, Learning Difficulties, and Developmental Delays spend around 16 years of their lives in training and early intervention centers. They train them in essential life experience, independence, and academic skills. Yet, due to the complexity and nature of their abilities and medical conditions, many students can not pursue further studies, find a job, or even live independently. This is where the faculty of My Maximus step in to walk alongside.

How this edition, this miracle happened, is another story, and since I am a storyteller, I'd share it with you before you flip through the most beautiful edition.

A chance meeting with Kavitha "Kay" Srinivasan (Head of Business Development & Corporate Training) from MyMaximus, and we ended up talking about all things from narrating stories to pursuing passions, nurturing skills to applauding the efforts of others, and more. As the conversation steered towards 'work,' we learned about each others' work. Before we knew it, I was planning the editorial calendar for this edition — announcing that we'll more than double

the pages (our regular editions are made up of 30 pages, and this edition is 56 pages). Kay suggested we plan a lovely celebration around the release of this edition. And here we are, exuding pride as we bring this edition to you.

It's also a memorable moment for me as the founder and editor, for as I look back, I am reminded of how many, to date, in newsrooms are hesitant to take on the role of editor for a youth magazine—experienced editors typically aspire to lead non-kids publications. Plus, this role doesn't come with fancy invites but handwritten poems, stickers, art pieces, etc. However, I was excited to lead from the moment the idea came to me, and I must admit I have been overwhelmed with messages from children and young adults who are making the most of this platform to showcase their talents.

I can only hope that we continue to shine the light on young talent, and yes, of course, the coming year brings us more to be grateful for. Wishing you a happy read and a Happy New Year.

Until we meet next, keep reading, shining, and creating.

**PURVA**  
EDITOR,

THE JUNIOR TRUMPET  
editor@theindiantrumpet.com







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## CONTACTS

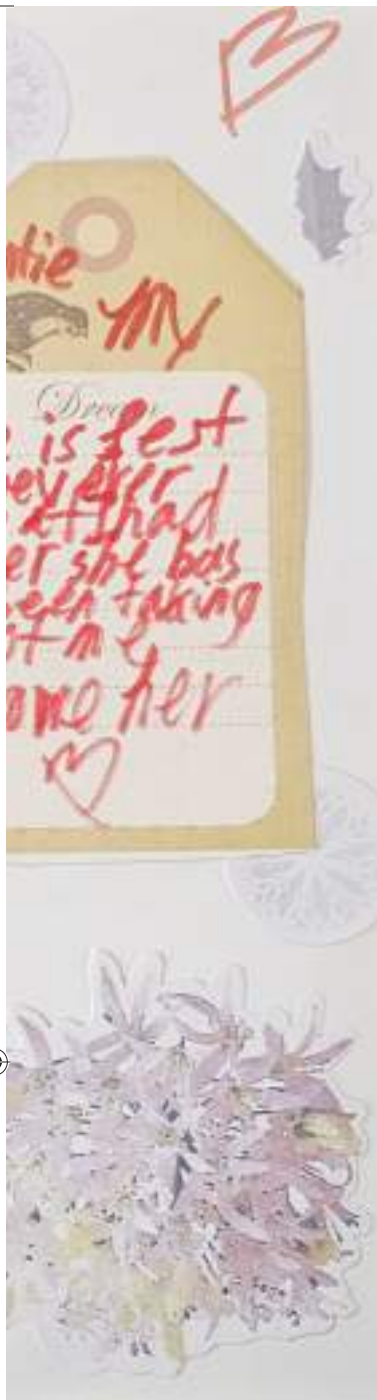
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[editor@theindiantrumpet.com](mailto:editor@theindiantrumpet.com)  
 The Indian Trumpet magazine is released in quarterly installments.

The Junior Trumpet is a supplementary magazine released monthly by The Indian Trumpet. We launched our debut edition in January 2024. To nurture more minds, we made the magazines available complimentary without charging a reading fee (retrospectively, too) from June 2024.

**Purva Grover**, Founder-Editor  
**Dolly Goel**, Art Director





GABBY

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## HOW TO CONTRIBUTE

Are you ready to showcase your creativity and let your imagination soar? We are thrilled to invite all budding artists, poets, writers, and storytellers to contribute to THE JUNIOR TRUMPET! This is your chance to see your work published and shared with the world.

### What can you submit?

- **Artworks:** Drawings, paintings, sketches, and more!
- **Poetry:** Express your feelings and thoughts in verse.
- **Articles:** Share your insights, opinions,

or interesting facts.

- **Stories:** Create captivating tales that transport readers to new worlds.

### How to submit:

Choose your best work. Scan or take a high-quality photo of your creation.

Write a short bio about yourself, including your name, age, class, and school. Email your submission and bio to [editor@theindiantrumpet.com] with the subject line "Young Talent Submission."





# HEALTHY FOOD, HEALTHY CHOICES

ABDUL RAHIM

I love eating healthy food. I will share my reasons for eating.

**Satiety:** Foods high in fiber (like vegetables, fruits, and whole grains) can help you feel full longer, reducing the likelihood of overeating.

**Brain Function:** Supports brain health and may reduce the risk of cognitive decline.

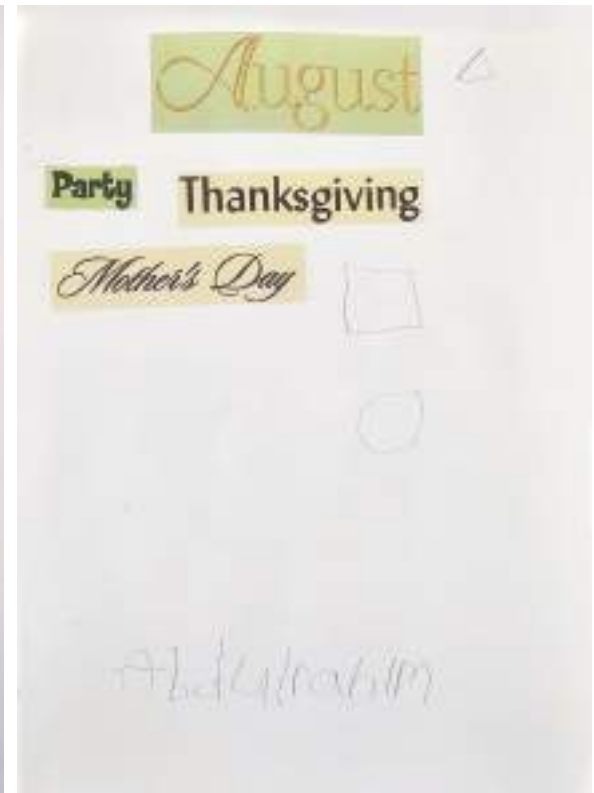
Healthy foods provide the right balance of carbohydrates, proteins, and fats. Each plays a critical role in energy production, muscle repair, and hormone regulation.

**Hydration:** Foods with high water content, such as fruits and vegetables, contribute to hydration, vital for overall energy and function.

A balanced diet supports immune function, maintains a healthy weight, and reduces the risk of many age-related diseases.

Cooking and sharing healthy meals with family and friends can strengthen bonds and improve emotional well-being.

I will continue to eat healthy food and help others to make healthy choices.



# FILMMAKING, MY HAPPY SPACE

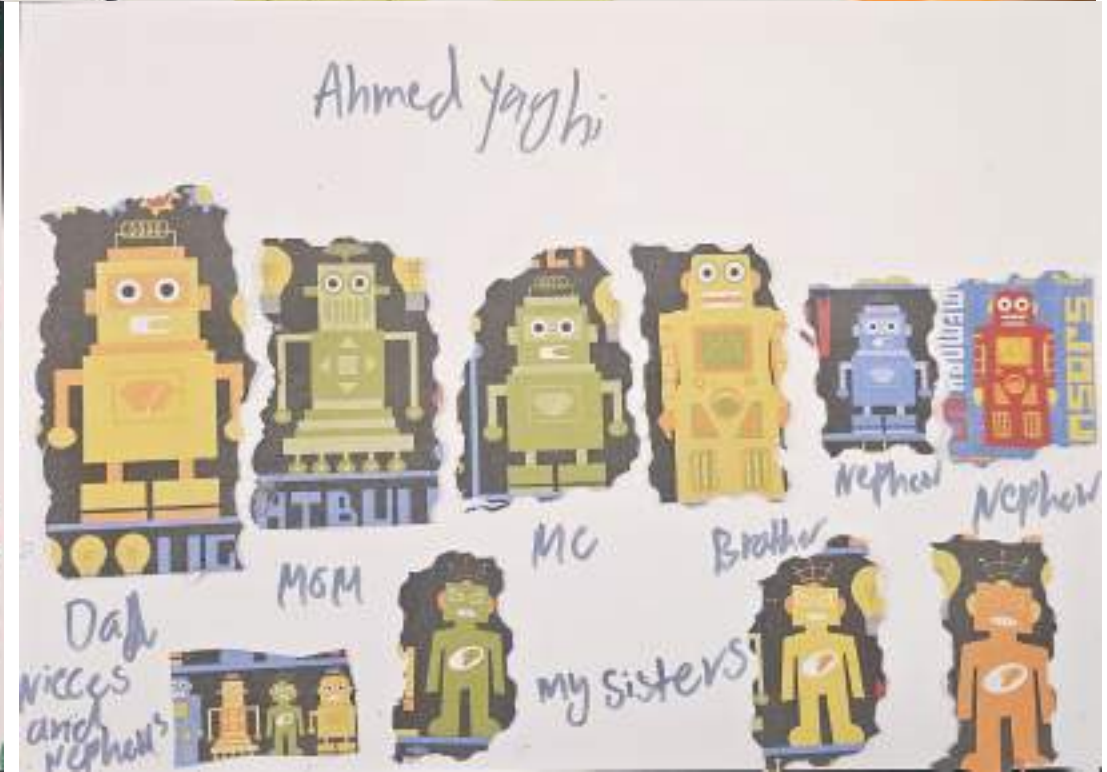
AHMED YAGHI



My interest is filmmaking; it all started when my friend and I would play making up a movie when I was a young man. Since then, my interest in films got ignited, and going to the cinema with my friend has also interested me in this subject. I love the creative process of writing the story, developing the characters, finding the fitting soundtrack for certain scenes, and designing the poster. While it may be frustrating and tiring, it is still something I enjoy thoroughly. It makes me happy to be creative. Creating the story and imagining the scenes excites me; it is a happy place to let my imagination flow on the page.

**I look forward to  
someday having  
my own production  
company to produce  
my films; it is a goal  
I hope to fulfill.**





# MY TRANSFORMATIVE JOURNEY BEGAN AT MYMAXIMUS

ANDREA KHAYAT

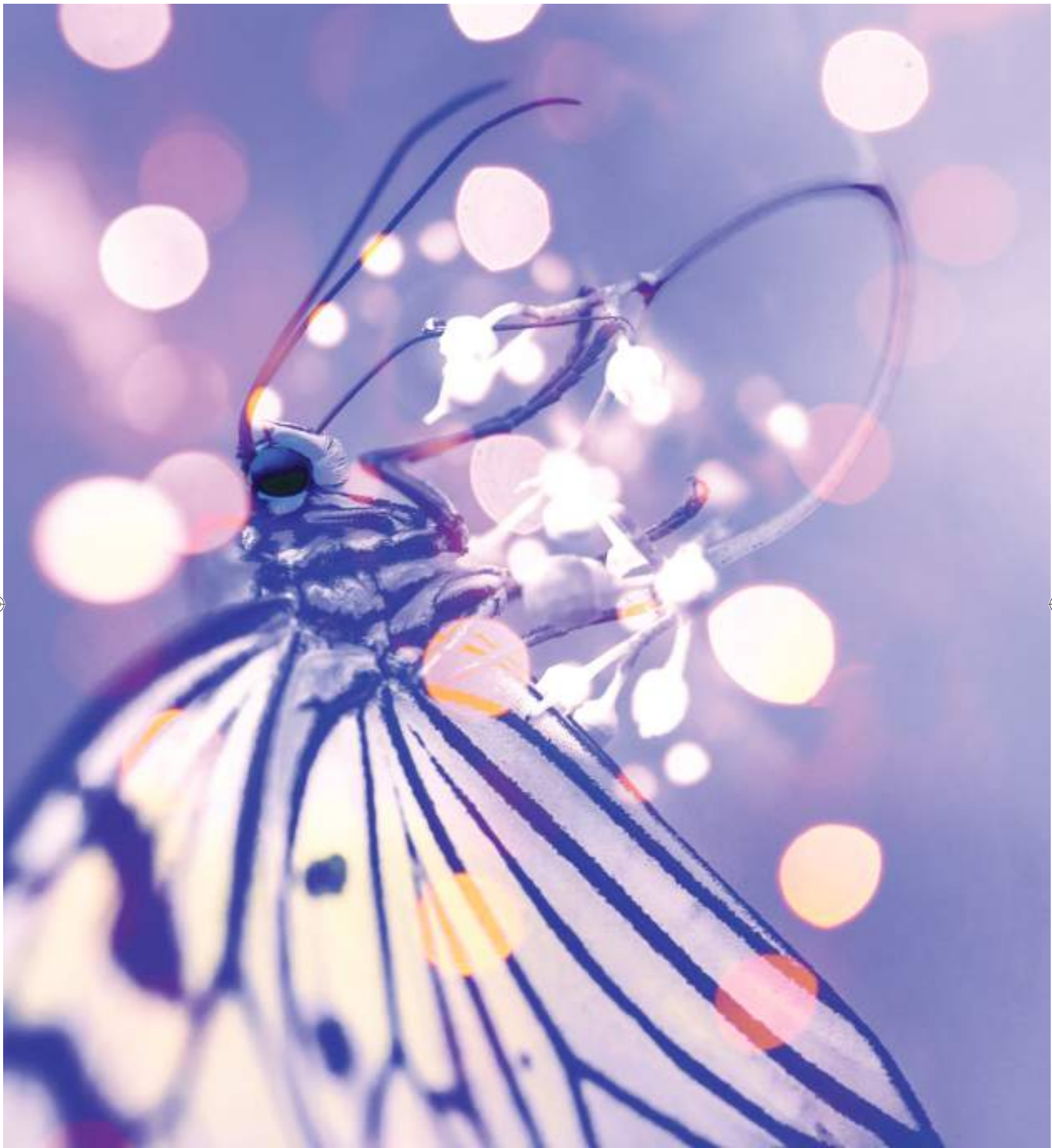
**W**ho was I before MyMaximus, and who have I become during my time at MyMaximus? This is something I would like to write about today.

Before MyMaximus, I was a different person than the person sitting in front of you now. I had anger issues and lacked emotional control and the ability to vocalize and communicate my emotions clearly and calmly. Another thing that I had struggled with before MyMaximus was impulsivity, and I was not great at keeping secrets. Also, I struggled with confidence, especially regarding my body, self-image, and how I saw myself.

Once I joined MyMaximus, I knew from my very first day that I belonged here and that this place would become my forever home and family. When I started two years ago, the first teacher I met was Mr. Dinesh. He taught us everything. He taught me art, business, life skills, and IT and even gave us lectures and talks about improving as people. Another thing we have had is extra-curricular activities, such as horseback riding every Friday. I enjoyed it because I love horses and animals. We even had music and art classes. In the art class, our Spanish teacher, Mr. Alejandro, also taught us songs such as Dreamers and Imagine. Baker, another student, and I were offered a solo for our first concert. We sang Dreamers and Imagine. I was nervous and overwhelmed by my solo because it was my first singing concert in a while. At that time, I sang my favorite song, Snap by Rosa Lin, and Baker sang Mama Mia. We had a Halloween party and had a lot of fun. We even had a real Live Dog Show, which was terrific.

MyMaximus taught me how to love myself and feel complete within myself. It also helped me go through the process of forgiveness for myself and others who have hurt me or done me wrong. It also taught me how to let go of relationships and friendships that no longer serve or are good for me. I also learned and continue to learn what to say and to who. I have also learned the value of having a close, intimate circle of friends I can open up to. I aim to start working as a student teacher and eventually help people.





# JOURNEY OF LIFE EMOTIONAL GROWTH

ANDREA KHAYAT



## ANDREA KHAYAT

*Sometimes in life we go through things, which is otherwise known as the stages of grief.*



**Art By:  
Andrea Khayat**

### *Journey of life an Emotional Growth:*

*Sometimes in life we go through things, which is otherwise known as the stages of grief. Sometimes we enter the stage of anger especially when someone does you wrong. You may feel anger and betrayal about it for a period of time. When someone gossips behind your back and does not apologize to you for it of course something like this might make you want to hold a grudge against the persona, especially, if it was someone that you invested any amount of love, time and effort into. Holding a grudge against someone that you cared about is like drinking the poison you expected them to drink while they go on with their life. Instead of being bitter and making plans to get revenge instead of getting revenge you should be happy and glad at the lessons that they taught you and grow from it and over time as you grow from it you will be happy that you went through the experience that you did because you would have learned more about yourself and what your capable of and that you would have been able to help and relate to others around you.*





ABDUL RAHMAN

# THE JUNIOR TRUMPET ART WALL

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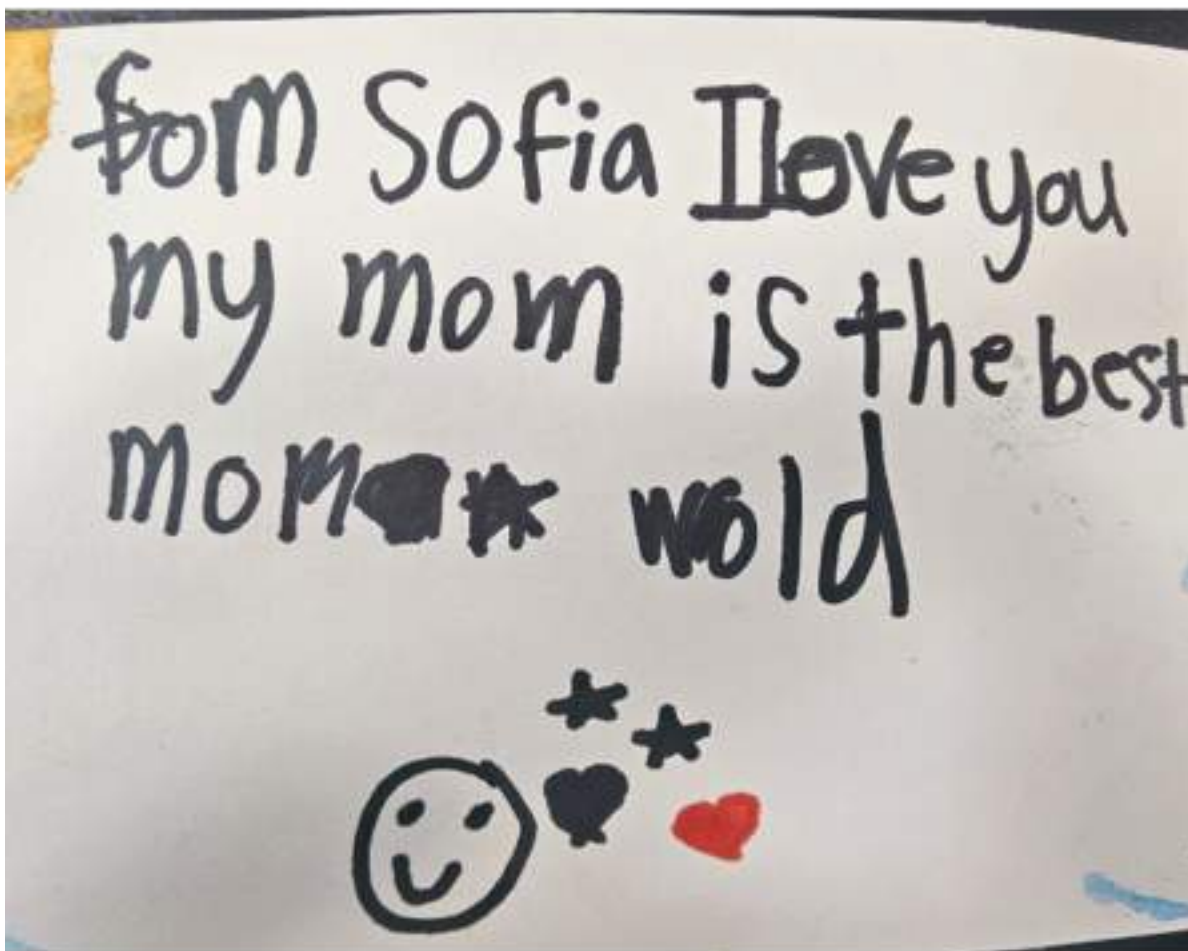
ENAR YEGENMAMMEDOVA



ADRIAN SIMON



Adrian







SIMON QUINCY



SAMI NIZAR





SAAD HAMZA



NIKOLINA



# about sun and moon

*The Sun is the star at the center of the Solar System. It is a massive, nearly perfect sphere of hot plasma, heated to incandescence by nuclear fusion reactions in its core,*



*That happens because of the tilt of the Earth and its position to both the sun and moon. We can see them simultaneously, but not necessarily as one sets and the other rises.*

*So, is it ever possible to witness the moon rise at exactly the same time as sunset?*

*The short answer is, yes.*



*The Moon is Earth's only natural satellite. It orbits at an average distance of 384,400 km, about 30 times the diameter of Earth.*

*Tidal forces between Earth and the Moon have synchronized the Moon's orbital period with its rotation period at 29.5 Earth days, causing the same side of the Moon to always face Earth.*



**Noah Huntington**  
*MyMaximus Student*

**Graphics  
Designer**



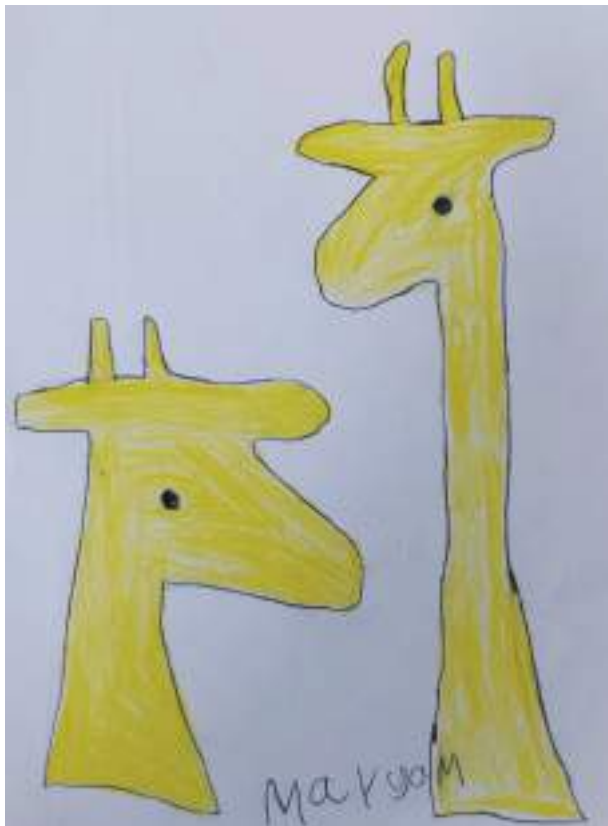
To My Past Self,

What do you want do in your  
Lifetime? What do you want  
to do when you Grow up? I can't  
wait to hear you, Someday.

Signed,  
Mariam

MARIAM ASHRAF - A CARD TO MY PAST SELF





MARYAM ADEL



MOHIT



MENUKA









Fatma

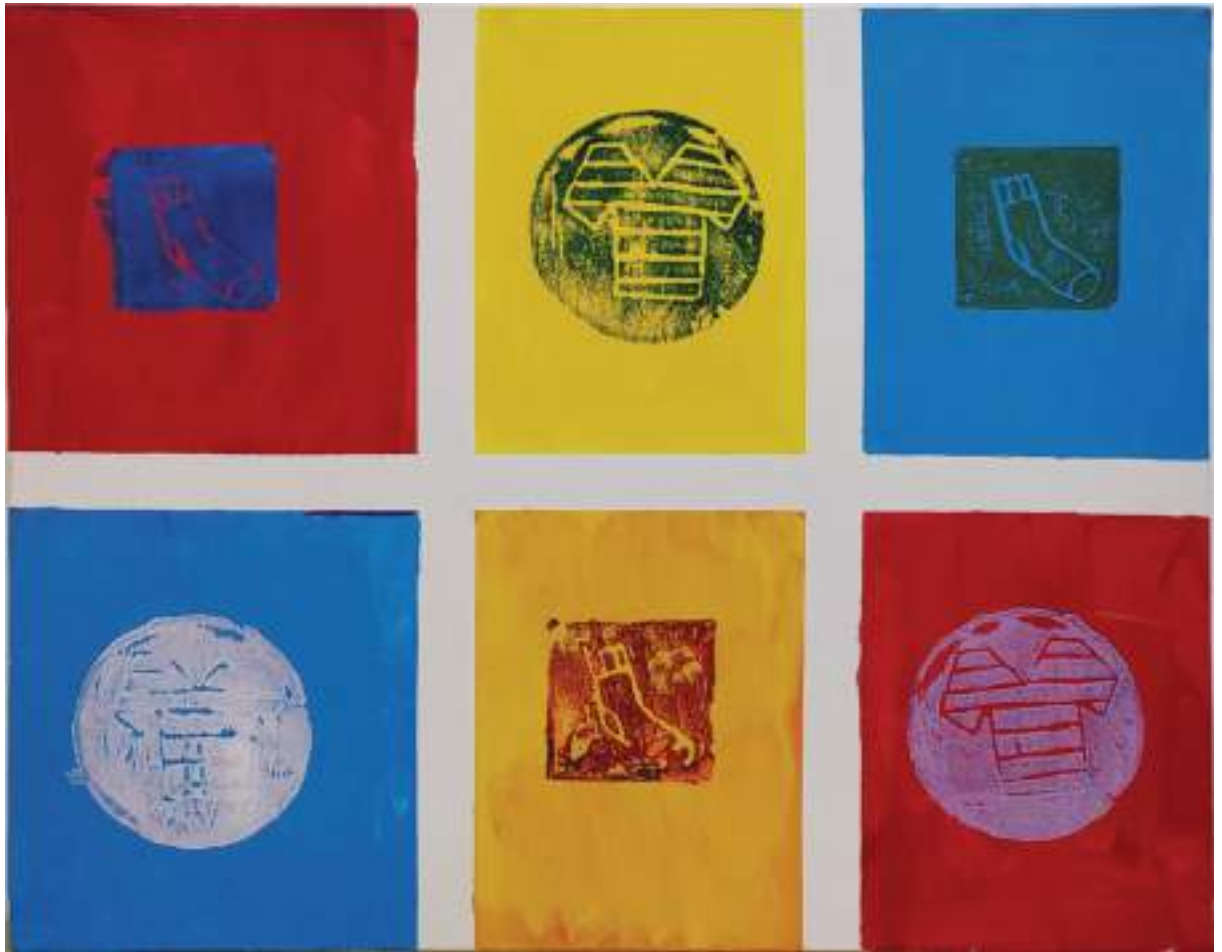
FATHEYA



ALI LAKKIS



ABDULLAH



DHAHI NASSER ALAWAR



GABBY CARLOS



JACK STENGLIN





KARIM STENGLIN



KHALIFA

MAHMOUD HIJAZI



MAITHA



MOHD ABDULLAH







MAGZOUB



KHALID BAKER





*Mariam Ashraf Ismail*  
*MyMaximus Student*

*Creative Art Designer*



MARIAM ASHRAF ISMAIL





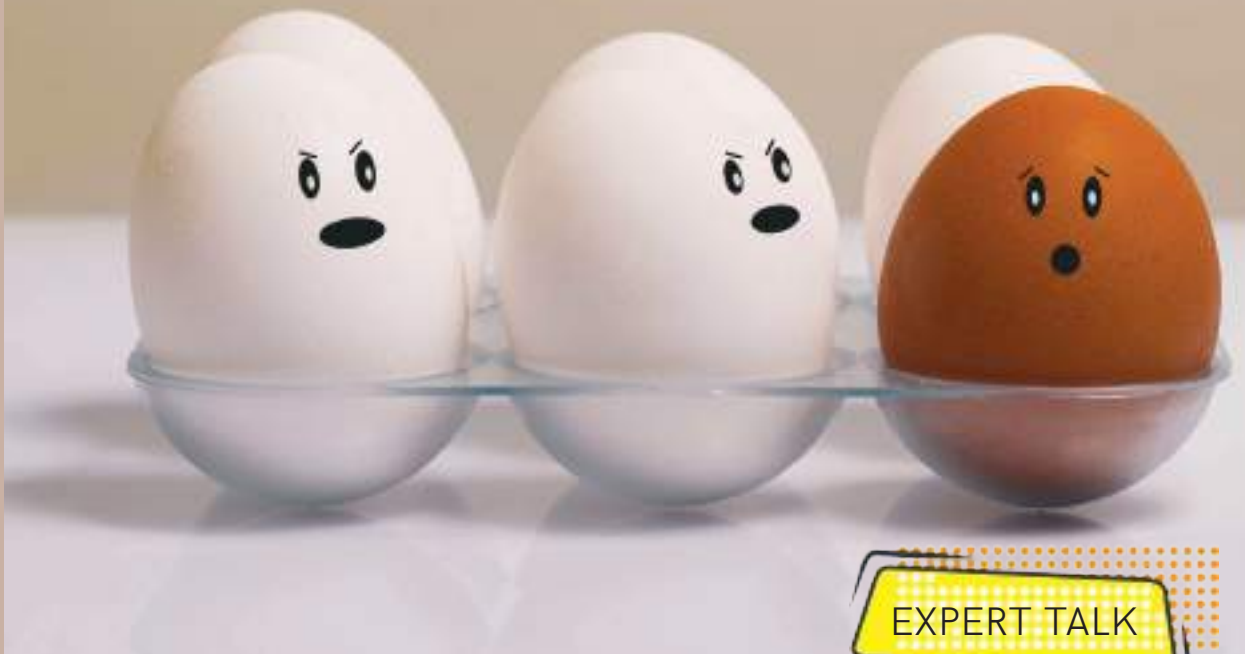
# HAPPY TO LEARN

SAMI NIZAR



I feel happy here because I am learning about the business environment, academic skills, art, public speaking and communication skills, office management, advanced business communication, and so much more. I will continue doing these lessons for the next few months until my next summer break.

# ARE WE ALL PEOPLE WITH SPECIAL NEEDS?



EXPERT TALK

The phrase “special needs” has traditionally been used to refer to individuals who require extra assistance or accommodations due to physical, developmental, cognitive, or emotional differences. However, a growing body of thought challenges the conventional notion, prompting us to ask: Are we all, in some way, people with special needs?

### Redefining “Normal” and “Special”

At the core of this question is the concept of “normalcy.” Society has long upheld specific standards for typical behavior, abilities, and ways of functioning. Those who deviate from these norms, whether through disability, illness, or other factors, are often categorized as having “special needs.” Yet, the reality is that human experience is incredibly diverse. No one exists without some form of vulnerability or limitation. Whether it’s a temporary situation—like an injury, illness, or aging—or a more permanent characteristic like anxiety, depression, or learning challenges, every individual encounters circumstances where they require help or accommodations.



**DR HASAN WAHBAH**  
Dean of Academics,  
MyMaximus





### **A Universal Experience**

Consider these scenarios: A person recovering from surgery might need physical assistance; a child learning a new skill requires extra attention; someone dealing with grief may need emotional support. While not typically labeled as “special needs,” these examples highlight how everyone, at some point, experiences limitations that require the care and attention of others. This perspective shifts the idea of “special needs” from a fixed category applied to a specific group of people to a fluid understanding that all humans experience varying levels of dependency, support, and capability throughout their lives.

### **The Social Model of Disability**

This broader understanding aligns with the **\*\*social model of disability\*\***, which emphasizes that it is not individual impairments that “disable” people but societal structures and attitudes that fail to accommodate differences. In a world designed with more inclusivity and flexibility, many challenges associated with disability could be mitigated. For instance, if

environments were built to cater to a wide range of abilities, fewer people would be considered disabled. This model suggests that the term “special needs” might only exist because society continues to see disability as an exception rather than a natural part of the human condition. In a world that embraces diversity in all its forms, perhaps the term “special needs” becomes redundant.

### **Emotional and Mental Health**

Mental health is another area where the line between “special” and “typical” needs to blur. In recent years, there’s been a surge in recognizing mental health challenges such as anxiety, depression, and trauma. These conditions often require personalized care, yet they affect a significant portion of the population at some point in life.

While we traditionally associate “special needs” with developmental or physical disabilities, mental and emotional health struggles are just as impactful and widespread. Everyone, at some stage, might experience periods where they need special care to manage stress, cope with loss, or navigate psychological difficulties.

### **Embracing a Spectrum of Needs**

Thinking of all people as having special needs encourages us to recognize the spectrum of human experience. Everyone functions differently, and rather than focusing on labeling specific individuals, we could view society as a system that needs to be flexible to accommodate a wide range of capabilities, preferences, and needs. Instead of a binary distinction between “special” and “typical,” we could understand human needs as a continuum. Some people might need specific accommodations to thrive in certain environments, while others might need emotional or mental health support at different times. Rather than a small group being defined by their “special needs,” we could start to view these needs as a universal aspect of life.

### **The Power of Empathy and Inclusion**

This broader view fosters empathy, breaking down the us-versus-them mentality that can sometimes arise around special needs. Understanding that everyone faces unique challenges can make us more compassionate and supportive. The goal would shift from “normalizing” people with disabilities to normalizing support, accommodations, and empathy for all. By broadening the conversation about special needs, we challenge societal structures that favor certain functioning over others. Inclusivity becomes the default, not an exception made for a few. We all stand to benefit from a world that values and accommodates the full range of human experience.

### **Conclusion**

So, are we all people with special needs? In some ways, the answer is yes. While some individuals may face more visible or long-term challenges, every person experiences moments where they need extra support—whether due to physical, emotional, or social factors. Recognizing this shared vulnerability can help create a more inclusive, compassionate, and understanding society where support is normalized and every individual’s needs are seen as part of the human experience.

# THE IMPORTANCE OF PROFESSIONAL TRAINING FOR PEOPLE OF DETERMINATION



EXPERT TALK



**DR HASAN WAHBAH**  
Dean of Academics,  
MyMaximus





In today's rapidly evolving job market, professional training has become essential for all individuals to stay competitive and competent. This is especially true for people of determination, who may face additional challenges in finding meaningful employment. While many companies are making strides in creating inclusive environments, one area that often lacks attention is the professional training opportunities for people of determination. These opportunities can bridge the gap between potential and performance, fostering independence, confidence, and inclusivity, and MyMaximus Professional and Management Training Academy demonstrates its effectiveness.

### 1. Empowering Individuals with Disabilities

Professional training programs offer determined people the chance to develop skills that enhance their employability. Many individuals with disabilities possess unique talents, creativity, and problem-solving skills but may need tailored learning experiences to realize their full potential. Training programs can be customized to meet their specific needs, whether they require assistive technology, specialized instruction, or flexible learning environments.

These programs empower individuals by giving them the tools they need to succeed in a competitive job market. For many determined people, this kind of empowerment is life-changing and helps break down the dependency barriers, allowing them to contribute meaningfully to society. Through proper training, they can discover a sense of purpose and personal accomplishment, enhancing their self-worth.

### 2. Increasing Inclusivity in the Workforce

For employers, hiring people of determination is not just about fulfilling diversity quotas—it's about creating a more inclusive workforce where different perspectives are valued. When people of determination receive proper professional training, they bring valuable insights and skills to the table, enriching the workplace culture.

Inclusive workplaces benefit from a broader range of ideas and approaches. Determined employees often bring a different perspective on problem-solving, which can lead to innovation. They are frequently



adept at finding alternative methods to perform tasks, a trait that can be invaluable to companies seeking fresh approaches to old challenges.

Moreover, employers send a powerful message about their commitment to inclusivity by investing in the professional development of determined people. They show that they value talent over preconceived notions about ability, contributing to a culture of acceptance and equality.

### 3. Addressing the Unemployment Gap

Despite global initiatives to support employment for people of determination, unemployment rates among this demographic remain alarmingly high. This is often due to a lack of access to the training needed to qualify for available jobs. Tailored professional training can help address this gap by equipping individuals with the skills in demand in the modern workforce.

Many industries are now focusing on technology, customer service, and administrative roles that can be adapted to meet the abilities of workers with disabilities. With appropriate training, determined people can excel in these roles, making them valuable contributors to sectors currently experiencing labor shortages.

### 4. Fostering Independence and Confidence

The sense of accomplishment that comes from acquiring new skills and entering the workforce cannot be understated, especially for people of determination. Professional training fosters not only independence but also a significant boost in self-confidence. This increased self-assurance can extend beyond the workplace, positively affecting other areas of life, such as social interactions and personal relationships.

When individuals feel capable and can contribute to society through meaningful work, their sense of identity and belonging strengthens. Professional training is critical in helping them achieve this independence, giving them the tools and resources they need to navigate the challenges of modern work environments.

### 5. Creating a Sustainable Workforce

In a world where economic stability is increasingly tied to workforce sustainability, including people of determination in professional development programs is not just ethical—it's essential. By providing opportunities for training and growth, companies and organizations can tap into an often overlooked talent pool, helping to build a more resilient, diverse workforce.

Inclusive training initiatives contribute to long-term business success. Companies that offer adaptive training for employees with disabilities often experience lower turnover rates, higher employee satisfaction, and greater loyalty from their staff. In this way, investing in professional development for people of determination is not just a matter of social responsibility—it's a strategic business decision.

### Conclusion

The professional training of people of determination is a vital step toward creating a more inclusive and equitable society. By offering tailored learning opportunities, we not only empower individuals with disabilities to reach their full potential but also enrich the workplace and contribute to economic sustainability. As we continue to evolve toward a more inclusive future, we must prioritize the professional development of all members of society, ensuring that everyone has the opportunity to succeed.

# THE IMPORTANCE OF GRATITUDE AND EMPATHY







## EXPERT TALK

**MISBA RASHEED**  
Program Co-ordinator,  
Bronze, MyMaximus

As a Social Work postgraduate and a Special Educator at My Maximus Academy, my journey has been profoundly shaped by my experiences teaching students with special needs. Each day is filled with lessons that transcend the classroom, reminding me of the resilience of the human spirit and the importance of gratitude.

One incident struck a deep chord with me, highlighting how life often delivers its most poignant reminders through unexpected moments. On my way to the office, I encountered an older woman on the bus whose appearance was difficult to bear. Her body was marred by raised skin bumps, and her facial features were so distorted that it was hard to distinguish them. I witnessed the reactions of those around her—curiosity mixed with hesitation, as many opted to avoid sitting near her.

In stark contrast, I found myself overwhelmed with emotion. Watching her carry herself with such confidence despite her condition was profoundly moving. Tears streamed down my cheeks as I grappled with an intense realization: we often take our health and well-being for granted. At that moment, I felt a profound sense of gratitude.

The experience was a powerful reminder from Allah, urging us to reflect on our blessings. How often do we complain about our bodies or circumstances, oblivious to the struggles of others? It dawned on me that I had never acknowledged the gift of a healthy body until that moment. The mundane comforts of life—food on the table, a warm bed, the internet, and the love of family—became starkly illuminated as blessings I had previously overlooked.

As I return to my role at Maximus Academy, I carry this lesson with me. Each student I teach embodies unique challenges and strengths. Their journeys inspire me daily, reinforcing the importance of gratitude and empathy. In our classes, we celebrate not just achievements but the very act of perseverance.

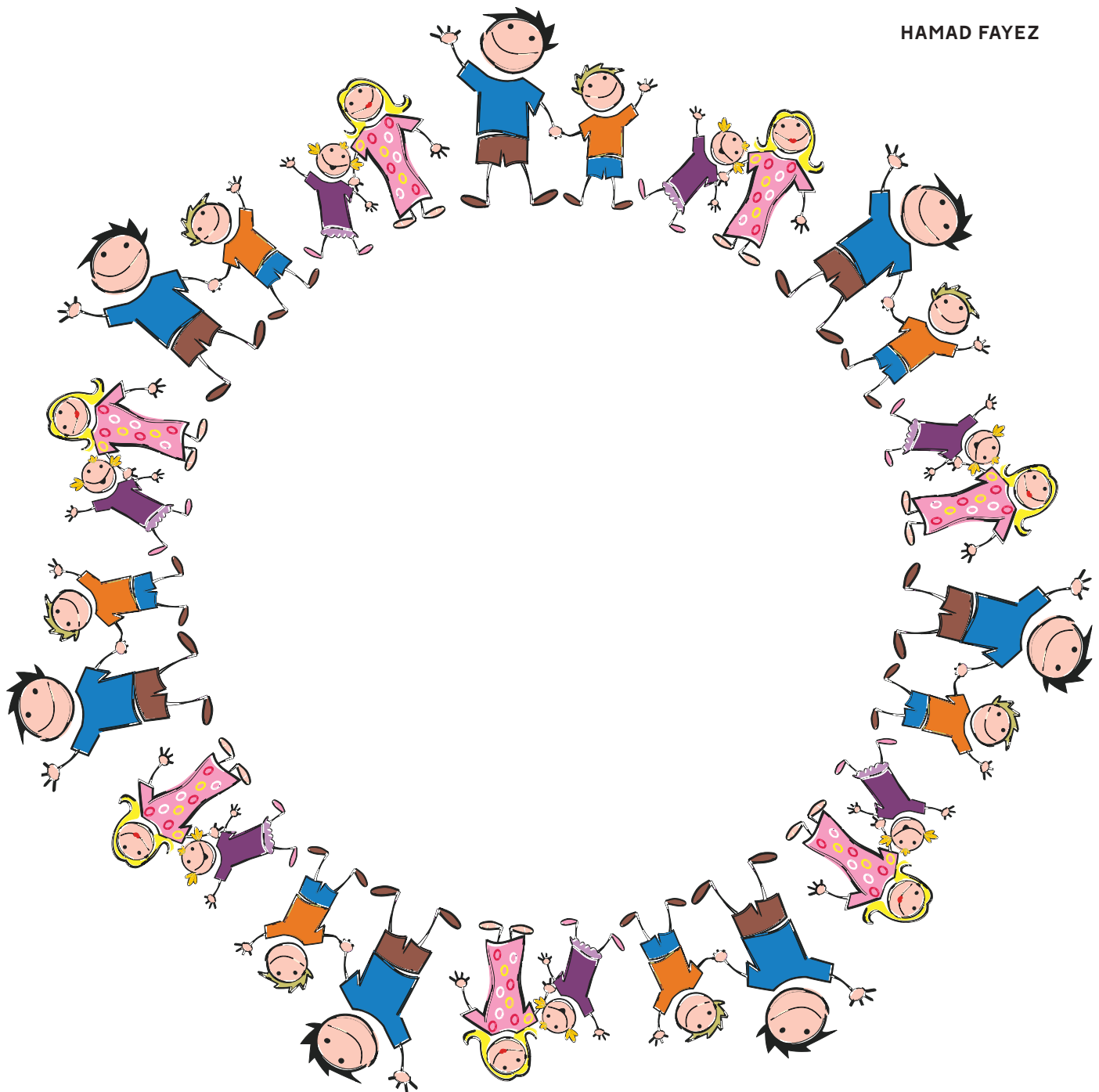
This experience on the bus has reshaped my perspective. Now, I actively encourage my students to recognize their blessings, however small. We engage in discussions about gratitude, allowing them to express their feelings and reflections on what makes them feel blessed. This practice fosters community and resilience, encouraging each child to embrace their individuality.

In teaching special needs, I have learned that our perceptions can change dramatically with a shift in perspective. We are often reminded that life is not just about the challenges we face but also about the lessons we learn from them. Each day at MyMaximus Academy, I strive to instill in my students a sense of appreciation for their journey and to help them understand that their worth transcends societal standards.

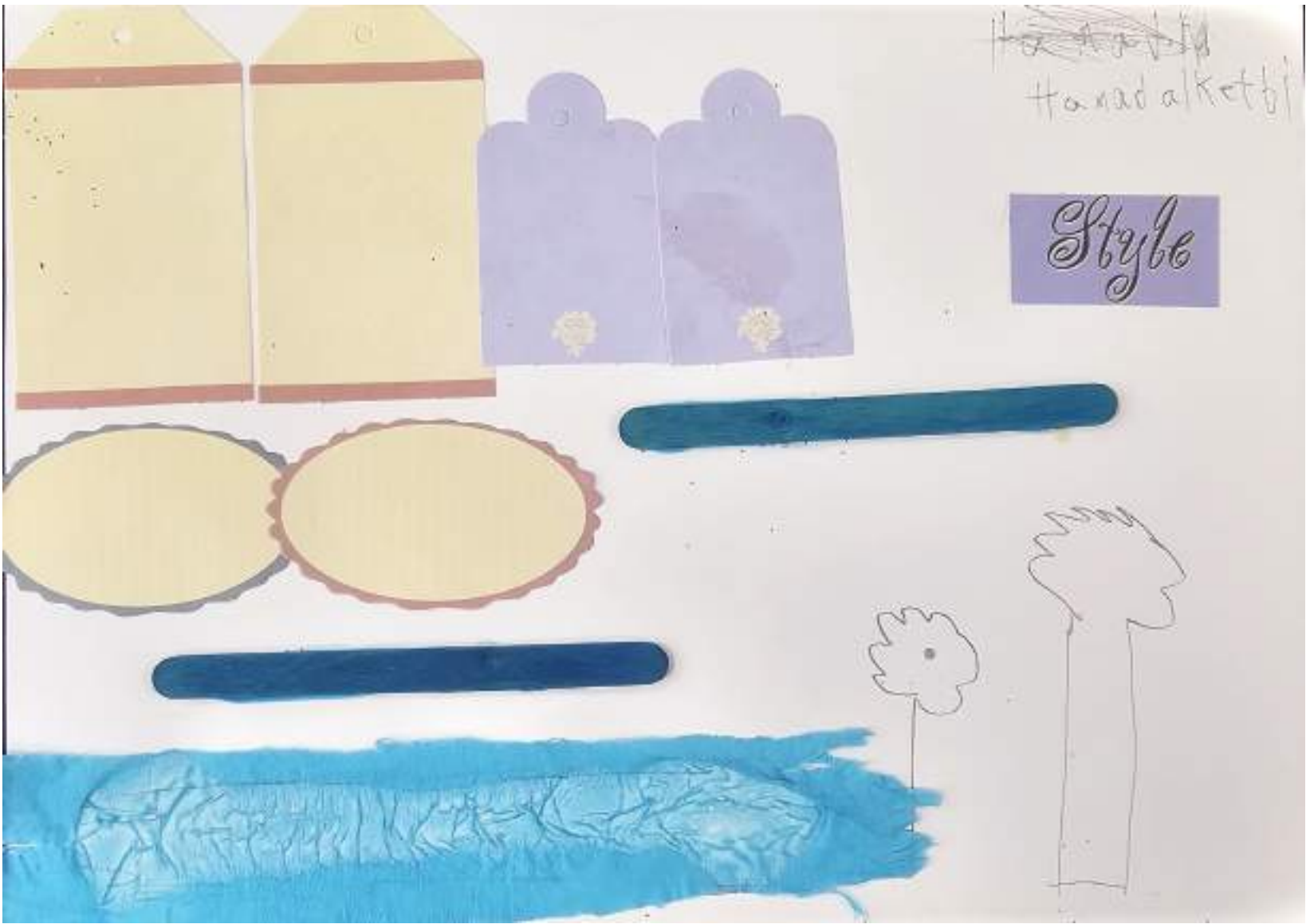
As we navigate the complexities of life, let us remember to ask ourselves, "Why me?" and bask in gratitude for the blessings we often take for granted. Through my experiences at Maximus Academy, I have learned that true strength lies in overcoming adversity and recognizing the light within ourselves and those around us.

# FAMILY IS MADE OF PEOPLE WHO LOVE AND SUPPORT YOU

HAMAD FAYEZ







I've learned over the years that what defines family is not solely blood relations. The family consists of the people who support and love you and the people you can confide in and trust; from my blood relatives and friends to mentors, parents, brothers, and sisters, families provide emotional warmth, security, and a sense of belonging crucial for personal development and well-being; they are instrumental in shaping our values, beliefs, and behaviors, offering guidance and

encouragement as we navigate life's challenges.

Strong family bonds foster a nurturing environment where members can share experiences, learn from each other, and grow together. In essence, families serve as the cornerstone of society, playing a key role in the socialization process and ensuring the transmission of cultural and ethical norms across generations.

# NATURE IN THE CLASSROOM

EXPERT TALK



**INNOCENT**  
Hydroponics In-Charge,  
MyMaximus

**W**e at MyMaximus believe that involving school students in environmentally friendly activities will help them become aware citizens of the planet. One way to do this is by sensitizing them to hydroponics. Let's discuss and understand more about hydroponics. What is Hydroponics? Hydroponics simply refers to a method of growing plants without soil. Instead of traditional soil-based cultivation, hydroponics relies on water-based nutrient solutions. Plants may be grown with their roots directly exposed to the nutrient-rich liquid or supported by inert media like vermiculite, brick shards, and wood fiber.

Hydroponics has been recognized as a viable method of producing vegetables (tomatoes, lettuce, cucumbers, and peppers) and ornamental crops such as herbs, roses, freesia, and foliage plants. These can be grown hydroponically, both indoors and outdoors.

Moving farming from vast expanses of land to urban settings sounds like no easy feat. How can enough plants grow to feed large populations in a limited space? Instead of taking down skyscrapers, urban farmers use their vertical nature to their advantage by engaging in hydroponic farming.

With this practice, many hydroponic growers can fine-tune their growing environment to remove bottlenecks, minimize maintenance, and increase the quality of their produce. Hydroponics provides better yield and crop productivity by saving water, energy, and space. Henceforth, it can be the creative alternate choice for modern sustainable agriculture.

I strongly believe that investments in agricultural technologies like hydroponics can help these organizations confidently meet the evolving challenges of global markets.





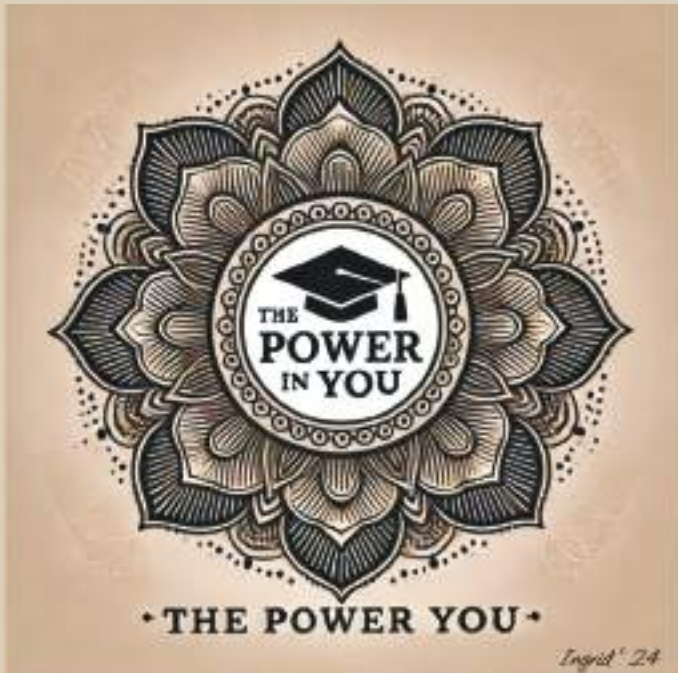


# Hydroponic Farming @ MyMaximus





# TRANSFORMING LIVES THROUGH ART





## EXPERT TALK



**INGRID OP'T HOF**  
Postgraduate Diploma in Art therapy;  
Metàfora (Barcelona)



*Ingrid '24*

Art therapy, a form of psychotherapy that integrates the creative process of making art with psychological healing, originated in the mid-20th century and has continued to evolve as a recognized practice in various therapeutic settings. The foundation of art therapy lies in the understanding that artistic expression can serve as a powerful form of communication, especially for individuals who struggle to express their emotions or thoughts through words. Art provides a medium for conveying complex feelings that may remain hidden or unspoken, allowing individuals to explore and confront these feelings safely and nonverbally. First formalized as a discipline by pioneers like Adrian Hill, who used it with tuberculosis patients in 1942, and Margaret Naumburg, credited with its psychological application, art therapy combines art and psychology to offer a holistic approach to mental and emotional healing.

The creative process in art therapy is highly flexible, ranging from drawing, painting, and sculpture to other forms of visual expression.

Engaging in artistic activities and therapy helps them explore their emotional landscapes, reduce stress, and foster greater self-awareness. Creating art becomes a form of reflection, allowing the subconscious mind to surface, often revealing deeper insights into a person's emotional and psychological state. This can be particularly valuable for those dealing with trauma, developmental challenges, or mental health conditions, as the creative process provides a non-threatening way to work through complex emotions.

From this foundation, I apply these principles daily at MyMaximus, where I work as an art therapist. Through the power of art, I foster emotional resilience, cognitive growth, and social connection. Art therapy is more than just a therapeutic tool; it is a gateway to self-understanding and growth.

At MyMaximus, we use art therapy to provide a safe and nurturing space for students to engage in the creative process. It's astonishing how a simple drawing or painting session can enable students to communicate emotions, ease anxiety, and build resilience. Many of our students experience heightened sensory sensitivities or anxiety, and the act of creating art naturally elevates their endorphin levels, helping them release tension and find calm.

The therapeutic benefits extend far beyond emotional well-being. Engaging in creative activities helps our students refine their motor skills, improving coordination and ability to perform everyday tasks. The tactile nature of sculpting clay or the precision required to control a paintbrush can incredibly impact their fine motor development, building critical visual-spatial and neural connections.

Art therapy also fosters social interaction. In group art sessions, individuals express themselves and learn to engage with peers, share experiences, and build connections. These sessions often lead to a sense of community and belonging, breaking down barriers that might have previously existed due to communication difficulties.

Recent developments in neuroscience offer even more promise. A growing body of research shows how creating art activates brain reward pathways and fosters neuroplasticity, especially in individuals who have experienced trauma or developmental delays. This means that engaging in creative expression can physically alter the brain, promoting healing and encouraging new neural connections to form.

One of the most rewarding aspects of working at MyMaximus is watching individuals overcome the barriers they face through art. Whether problem-solving through creativity or finding a new way to communicate, art therapy offers our students invaluable tools for navigating their world. It improves their emotional resilience and enriches their cognitive abilities, profoundly impacting their overall quality of life.

Art therapy is, at its core, a holistic approach to healing. It nurtures each person's life's emotional, physical, and social dimensions, and I feel privileged to witness its profound impact every day.





# WHAT IS THERMOGENESIS?

## EXPERT TALK



**KENNETH MALL**  
Program Co-ordinator,  
Silver I MyMaximus

The process by which organisms generate heat, mainly through metabolic activities, is called thermogenesis. It is essential for controlling body temperature and preserving energy equilibrium. Thermogenesis comes in various forms:

**Basal thermogenesis:** This is the primary heat production during resting conditions to sustain vital body activities, including heart rate, respiration, and cellular metabolism.

**Diet-Induced Thermogenesis (DIT):** Also referred to as the thermic effect of food, this term describes the rise in energy consumption after a meal due to the digestion, absorption, and nutrient processing processes.

**Non-Shivering Thermogenesis:** This is the process by which the body produces heat without shivering in reaction to exposure to cold. Brown adipose tissue (BAT), which is abundant in mitochondria and can burn fatty acids to produce heat, is the primary mediator.

**Exercise-Induced Thermogenesis:** The process by which muscles burn more calories during physical exertion, raising body temperature.

**Adaptive Thermogenesis:** A controlled process that modifies the body's energy expenditure in response to environmental stimuli, including stress, nutrition, and temperature.

Thermogenesis is essential for metabolism, weight regulation, and temperature control, particularly in humans and animals.

# SUSTAINABLE MANKIND

**KAVITHA "KAY" SRINIVASAN**

Head of Business Development & Corporate Training,  
MyMaximus

In the tapestry of life, we all have  
a role,  
To uplift the spirits and make  
hearts whole.  
For those of determination,  
whose dreams ignite,  
Let's lend our support; let's shine  
our light.

With every step, they defy the  
odds,  
Their courage and strength are  
like shooting stars.  
Through trials and triumphs, they  
strive to soar,  
With passion as their compass,  
they aim for more.

Their potential knows no bounds  
or borders,  
In their pursuit of dreams, they  
are true warriors.  
With skill-based training, they'll  
reach new heights,  
Unlocking doors to boundless  
delights.

Sustainable mankind is the only  
ask,  
Being inclusive cannot be just a  
task,  
Match every step on the path they  
walk,  
Let's empower them never to fall  
back.

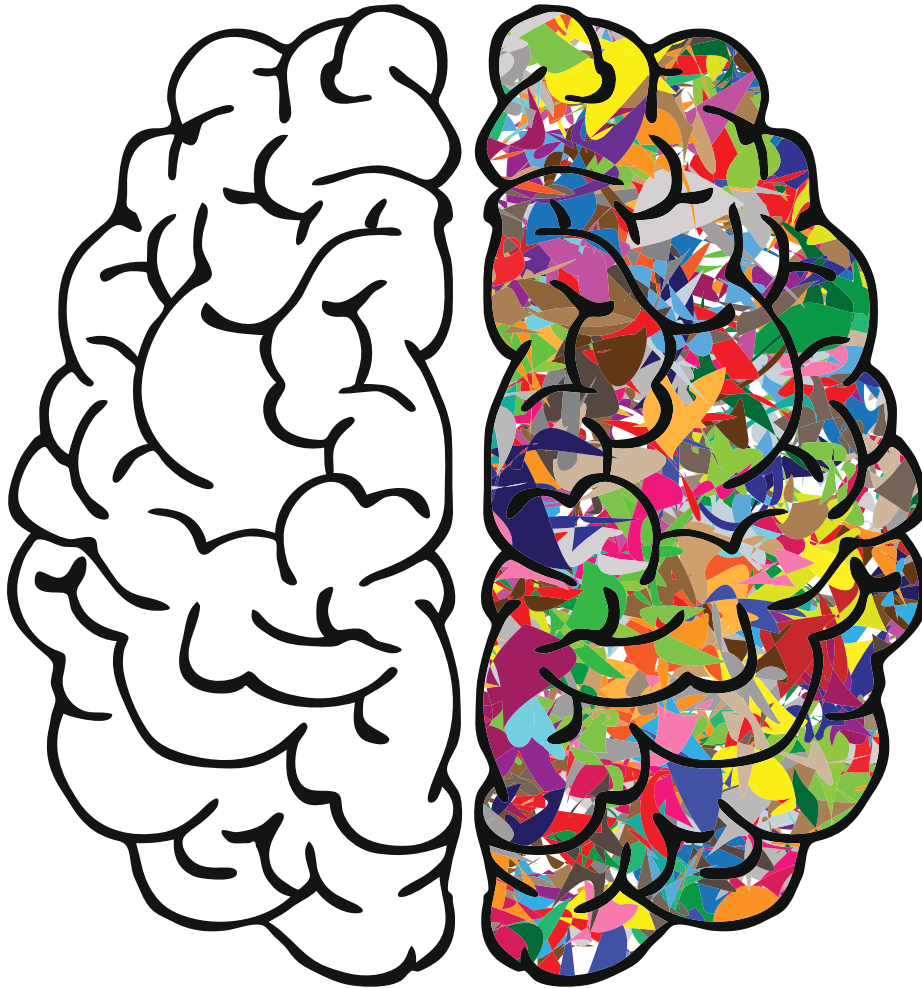
So, let's join hands, let's pave the  
way,  
For every person to have their say.  
With compassion and love, let's  
make a stand,  
Empowering dreams across every  
land.



**“YOU SINGLE-HANDEDLY HAVE THE  
POWER TO MAKE AN IMPACT IN THIS  
WORLD. WILL YOU?”**



# AN INCLUSIVE JOURNEY



## EXPERT TALK



**MAARIJ BALDO**  
Psychology Counselor,  
MyMaximus

I work with students to provide comprehensive psychological and academic assessments to determine the appropriate level based on the individual's abilities and skills.

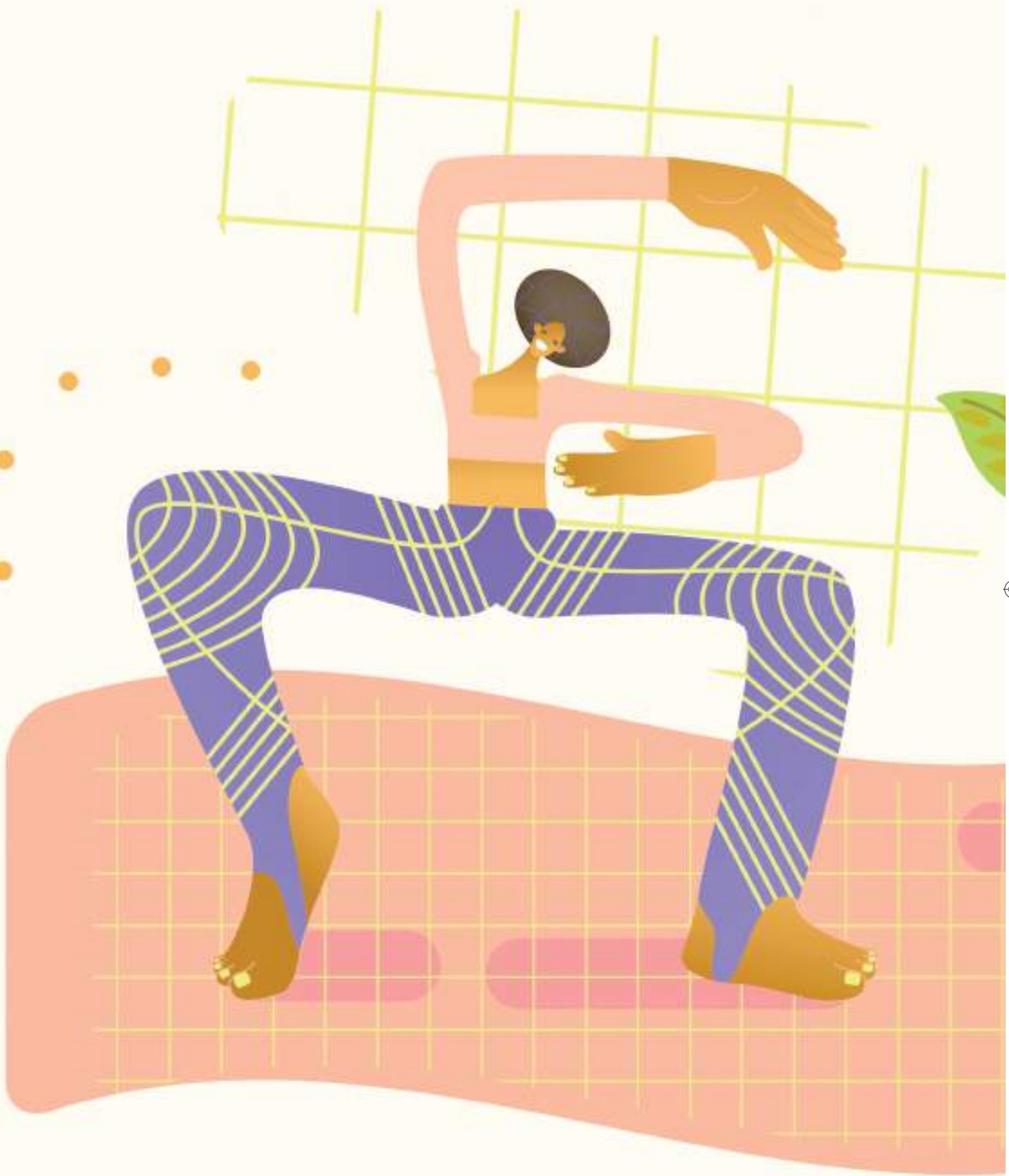
One of the academy's primary goals is to ensure that students acquire practical and scientific skills that enable them to be self-reliant and successfully integrate into jobs that suit their capabilities. I am pleased and proud to fit into this organization and help these students.

If a student faces a challenge, an individual session with a psychological therapist is organized to assess the issue and propose suitable solutions. We follow up for a certain period until they overcome the challenge.

At the end of the process, a follow-up session is held to teach the student the lessons learned from the experience. One of the things to know is that "effective communication skills" are a vital part of these students'

lives. Continuous communication with families helps the family to keep in line with the student's progress and development, both academically and personally. As a psychology student and a professional in this field, I urge all parents to support their children with learning difficulties with compassion and proactiveness, which will go a long way in helping them become independent and confident in the future. Most importantly, I urge mankind to accept people for who they are without being judgmental and discriminatory because Allah did not discriminate against us when he created us.

As a constant learner, it is enriching and enlightening to be part of this journey, where I constantly learn to be a better person. I feel blessed to serve these children of God. Thank you for the opportunity to write about my experience here.





# BUILDING LIFELONG HABITS OF HEALTH AND WELLNESS



## EXPERT TALK



**NYASHA SAPATELO**  
LIFESKILLS INSTRUCTOR,  
MYMAXIMUS

At MyMaximus, Physical Education and health are integral to our students' daily routines. It is more than just a break from studies; these activities promote a healthy lifestyle, improve mental clarity, and boost energy levels, helping students achieve their personal and academic best. Whether sweating it out in the gym or playing a team sport, fitness here is designed to be dynamic, inclusive, and transformative.

At MyMaximus, our Physical Education classes are not just about physical fitness. They're about fostering a holistic approach to education. Whether through Zumba sessions, gym training, or sports, these classes encourage teamwork, discipline, and a sense of accomplishment and boost focus and energy, helping students perform better academically. We firmly believe that a healthy body fosters a healthy mind, and by making fitness fun and engaging, we're preparing our students to thrive in all aspects of life.

Our Physical Education programs encourage students to explore their potential through exercises that build endurance, strength, and flexibility. Regular physical activity keeps the body in top condition and sharpens mental focus and resilience.

The sessions are more than individual pursuits; they're a shared experience fostering community and teamwork. Group workouts, sports teams, and fitness classes unite students and cultivate an environment. Students improve physically and develop social skills, leadership qualities, and emotional resilience by working alongside their peers.

Our Physical Education sessions are not just about the present. They're tools for building lifelong habits of health and wellness. By making fitness an enjoyable and enriching experience, we empower students to carry these lessons beyond their college years. Our goal is to ensure they remain active, balanced, and resilient in whatever path they choose long after they've left our institution.

# TEACHING IS NOT JUST A JOB BUT A MEANINGFUL CALLING



EXPERT TALK

Since beginning my teaching career in 2013, I have found profound rewards as a Special Educational Needs (SEN) teacher, especially over the past two years. This experience has shown me that teaching is not just a job but a meaningful calling. As Aristotle said, "Educating the mind without educating the heart is no education at all." Working with SEN students has allowed me to witness incredible resilience and potential. Supporting their growth is a true celebration of their unique strengths. In the spirit of Helen Keller, "Alone we can do so little; together we can do so much." I am deeply grateful for the lessons in empathy and understanding these students provide. Maya Angelou wisely noted, "People will never forget how you made them feel." My time in this role has been a blessing, enriching my life and those I serve.



**RAHIM DAD**  
Program Co-Ordinator,  
Gold, MyMaximus



# FILLED WITH HOPE AND MOTIVATION

LAMEES SAAD



Dear Suhail,  
Good morning I've been missing you for some time I wish you the best and the family is Praying for you and Lujain.  
Warm regards,  
Lamees,  
  
To: Suhail  
From: Lamees



LAMEES SAAD

MyMaximus teachers helped me with assignments by giving excellent guides and steps on arranging my assignments in a grand format, keeping them neat and organized, and using good grammar and punctuation. Before I started going to MyMaximus, I lacked confidence. Still, when I joined, I got the opportunity to pursue my passion for the environment by presenting a two-hour presentation on hydroponics at

Expo City Cop28.

At MyMaximus, I learned a lot about life skills. I took a course linked to studying academic skills, which is linked to a University in London. I recently passed my first taggable assignment on HRM. Passing my assignment is one of my biggest achievements, and it has filled me with hope and motivation. Thanks to MyMaximus, I'm ready for the next step in my life.



**Andrea, Mariam,  
Maryam, Maitha, Enar,  
Basmah, Fatheya**



# ON THE RUNWAY





**Andrea, Mariam,  
Maryam, Maitha, Enar,  
Basmah, Fatheya**



A look at the fashionable creations by the students!

# OVER 300 TYPES OF PASTA IN ITALY ALONE!

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VINCENZO BISANTI







VINCENZO BISANTI

The reasons that make Italy famous worldwide originate in the past. Italian civilization has played an essential role in humanity's history: through the Roman Empire, then in the Middle Ages, and the Rinascimento. Law, music, accounting rules, and humanistic studies originated in Italy.

Italy is famous for pasta. Food is one of the main reasons Italy is known abroad, and the country's obsession with pasta is well-documented! Italians consume 23 kg of pasta yearly, and pasta comes in all shapes and sizes: there are over 300 types of pasta in Italy alone!

The beauty of Italian cuisine lies in its regional diversity, and pasta is no exception. Each region boasts unique pasta dishes with distinct flavors and ingredients, some of which have gained international acclaim.

Pasta from Italy is not merely a food but a culinary masterpiece that embodies the country's rich history, traditions, and passion for food. Its superior quality, resulting from the finest ingredients, traditional production methods, and artisanal craftsmanship, sets it apart as the gold standard of pasta. Whether enjoyed as a simple dish or as the centerpiece of an elaborate meal, Italian pasta is a testament to the enduring excellence of Italian cuisine.

Italian pasta is typically made with whole-wheat flour, which is higher in fiber and nutrients than refined flour. The slow drying process also preserves more of the pasta's nutritional value.

Some of Italy's most popular pasta shapes include spaghetti, penne, linguine, fettuccine, and tortellini. Each shape has its own unique texture and flavor profile.

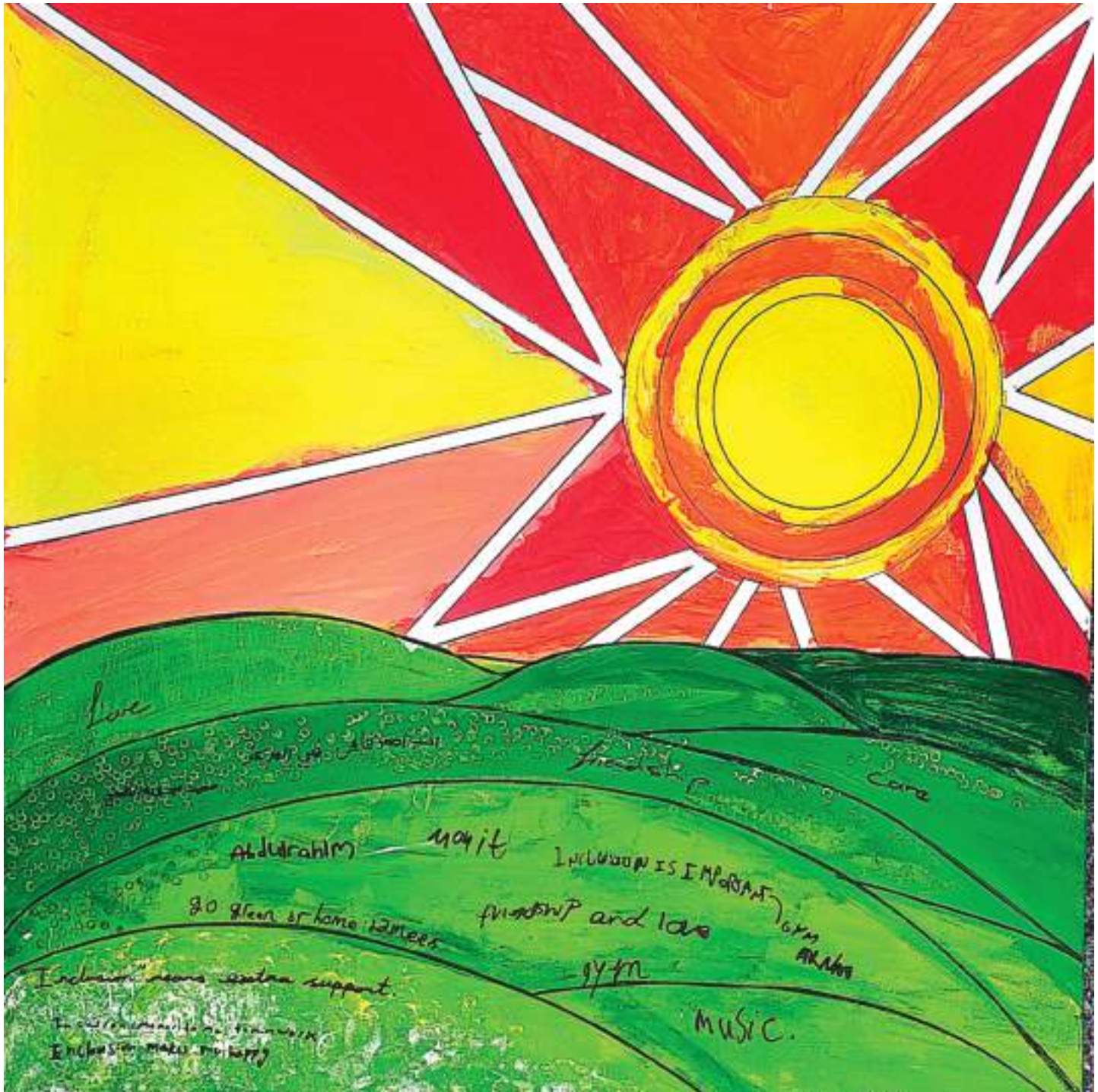
Italian food is considered the best in the world due to several factors:

- **Quality of ingredients:** Italian cuisine emphasizes fresh and high-quality ingredients.
- **Simplicity:** Despite its simplicity, Italian dishes are full of flavor.
- **Cultural significance:** The traditions and history of Italian food add depth and authenticity.
- **Shared meals:** Communal dining enhances the enjoyment of Italian cuisine.
- **Rich history:** Italian food has been perfected over centuries, resulting in its incredible taste.





# THE WARMTH THAT CONNECTS US ALL



RADIANCE COLLAGE  
STUDENTS, MYMAXIMUS

MyMaximus is the sun shining over an open field, where the warmth of community and the strength of peer support create a safe space for all. Just as the sun nourishes and uplifts everything in its light, we find comfort and growth through the connections we build with one another.