

JULY 2023

ABOVE & AHEAD  
NEWSLETTER



# AYESHA ALI ACADEMY

Kanipora, Kulgam J&K - CBSE Affiliated School



The Prophet Muhammad (SAAS) said: "He who loves al-Hasan and al-Husayn, loved me, and he who makes them angry has made me angry."

- Sunan Ibn Majah

REMEMBERING THE  
MARTYRDOM OF AHL-E-BAIT

## 1445 HIJRI

### Message from the Administration

Ayesha Ali Academy is your academy, when you are happy, we feel cherished. Dear parents, in every organization there are ups and downs and we can tackle all the situations when we are on same track and intentions. We need your cooperation in every situation. We welcome all the criticism for the cause of construction, as there is no space for enmity and bad plans in our academy. We welcome you in our academy for suggestions & reports. Lets pledge for making this academy above and ahead.



### Kabaddi Competition

The 11th grade boys emerged victorious, securing a well-deserved win with a score of 10 points. I extend my warmest congratulations to the 11th grade team for their impressive achievement. Your perseverance, teamwork, and determination paid off, and you should be proud of your success.

# Happenings

Honorable Chairman Sir's Visit in July  
Dr. Feroz Ahmad Padder; visited the academy



Half Yearly Exam



NEET classes



Planning of Foundation classes

## **FUTURE PLANS**

1. Activity day for kindergarten
2. Reading competition for primary grades
3. PTM half yearly
4. Trekking
5. Historical tour with SST team
6. Science tour

# TEACHER'S CORNER

In times of troubles and despair,  
Tackle worries with patience, fair.  
Don't let life's menace take control,  
Persevere and strive to reach your goal.

For life demands a tolerant heart,  
Pursue with morals, play your part.  
Never offend or hurt with intent,  
Embrace goodness, let kindness be sent.

Mend your essence, let it shine,  
Polite and pure, your words align.  
Speak with confidence, stand tall,  
Your knowledge's power, your rise will enthrall.

Illuminate minds, remove ignorance's veil,  
With wisdom's light, let ignorance fail.  
Serve humanity, be their defense,  
At the end, you'll be among a good audience.



Writer: Mr. Asif Yaqoob

At the end of the day, your efforts will not be counted  
by being praised or rewarded by someone but by  
the extent to which you are satisfied with your work  
and the level to which you are successful in  
inspiring or motivating others to follow you. Your aim  
of work should always be a service to mankind  
rather than winning praises and rewards.

From: Muddasir Ahmad Lone

"Inside you, there is a little piece that  
says, "No, you are not done, your quest  
is not yet completed, do not succumb,  
for you still have miles to go."



From: Miss. Aatiba Mushtaq

## Message to parents

Greetings to one and all,

It's me SHOAIB AKHTAR, mathematics teacher of higher block, Ayesha Ali Academy. I am graduated from I.I.T BOMBAY, one of the most sought institutions for students to take admission. This message is for the Parents of AAA who pressurize their child/children to score full marks in exam. I myself scored just 66.5 % in my 10th Board Exam [just 61 marks in math paper] and 73.2 % in 12th Boar Exam [just 71 marks in math paper] but still I qualified IIT Entrance Exam and got admission in IIT BOMBAY.

So, it is my humble request to all the parents of AAA not to pressurize their wards for full marks. Rather support and encourage them to work hard without having any kind of stress of marks. It will boost their moral and help them to generate interest in their studies which will automatically help them to improve their performances in exams.

Just getting full marks or Low marks in exam cannot decide student's future. It is their hard work which is going to pay them back in future.

Thanks and Regards.

Shoaib Akhtar

# TEACHER'S CORNER

## World Hepatitis Day (WHD)

World Hepatitis Day is recognized annually on July 28<sup>th</sup>, the birthday of Dr Baruch Blumberg (1925- 2011). Dr Blumberg discovered the Hepatitis B virus in 1967 and two years later, he developed the first Hepatitis B Vaccine. These achievements culminated in Dr Blumberg, winning the Nobel Prize in Physiology and Medicine in 1976. Organizations around the world, including the World Health Organization WHO and CDC commemorate WHD to raise awareness about viral hepatitis which impacts more than 354 million people worldwide. WHD creates an opportunity to educate people about the burden of these infections. CDC's efforts to combat viral Hepatitis around the world and actions people can take to prevent these infections. Viral hepatitis: A group of infectious diseases known as Hepatitis A, Hepatitis B, Hepatitis C, Hepatitis D, and Hepatitis E affects millions of people worldwide, causing both acute (short term) and chronic, (long term) liver disease. Viral Hepatitis causes more than one million deaths each year, while deaths from tuberculosis and HIV have been declining from. Death is from Hepatitis are increasing. The main vision is to eliminate wild hepatitis globally. CDC collaborates with international partners to help countries experiencing high rates of infection to prevent control and laminate viral hepatitis.

World Hepatitis Day 2023 theme. "One life one liver."

We've only got one life, and we've only got one liver. Hepatitis can devastate both. In western pacific region, an estimated 116 million people are living with Hepatitis D and 10 million with Hepatitis C, the most common cause of liver cirrhosis, Liver cancer and viral hepatitis related deaths in the region.

Under the theme "One life, One liver" this year's world Hepatitis day will highlight the importance of the liver for a healthy life and the need to scale up viral Hepatitis prevention, testing and treatment to optimize liver health, prevent liver disease and achieve the habitat's elimination goals.

With Covid-19 no longer a global health emergency, now is the time to prioritize Hepatitis free world and meet the global 2030 targets. Continued success in reducing Hepatitis B infections in children proves that progress is possible. However, we urgently need simplified primary care services for viral hepatitis to ensure that:

- 90% of people living with Hepatitis B and C get diagnosed.
- All pregnant women living with chronic Hepatitis B have access to treatment and their infants have access to birth vaccine to prevent infections.
- 80% of diagnose people are cured or treated according to never expanded eligibility criteria.
- Call to actions:
- Public- You only have one liver seek an access to Hepatitis test, treatment and cure accessible through all health services.
- Global leaders- Champion liver health by expanding Hepatitis treatment and testing, as fundamental to universal health coverage.
- National leaders- especially those in highly active countries, take liver health seriously and expand access to hepatitis testing, treatment and cure, closer to home.

Wild hepatitis has been a silent killer, as many are asymptomatic until it reaches the advanced stage, accompanied by serious complications, resulting in decreased patients' quality of life. Therefore, screening at regular intervals and practicing prevention measures aid in preventing an occurrence of liver disease, respectively.

What is Viral Hepatitis?

Hepatitis is an inflammation and damage to the liver. Viral infections are the most common cause of Hepatitis. Hepatitis has five main viruses, A, B, C, D and E. The severity of the disease and the treatment to be followed depends on the type of hepatitis and the individual. It can cause liver cirrhosis or cancer. Signs / symptoms: Hepatitis exhibits as yellow discoloration of the skin (jaundice), dark urine, nausea, vomiting and abdominal pain. These are signs and symptoms.

Who is at risk for Hepatitis?

People who indulge in the following activities are at higher risks for Hepatitis.

- Sharing needles to take medicine.
- Perform unprotected oral and anal sex.
- Having multiple sex partners.
- Drinking significant amount of alcohol.
- Having poor nutrition.
- Work in a hospital or nursing home.
- Receiving long term kidney dialysis.
- Travel to areas with poor sanitation.

Preventions of Hepatitis viruses.

There are many ways to reduce your chances of getting hepatitis.

- Get vaccines for Hepatitis. (A and B)
- Do not share needles to take medication.
- Maintaining personal hygiene such as washing hands thoroughly with soap and water.
- Do not use the personal belongings of an infected person.
- Be aware while getting tattoos or body piercings.
- Make sure you're vaccinated when traveling to areas of the world with poor sanitation.
- Drink bottled water during your travel.

Together, we can achieve Hepatitis free future.

Prevent neonates' infections by promoting vaccination against. Hepatitis B and giving at least 2 boosts.

Stopping transmission from mother to child. All pregnant women should be consistently tested for Hepatitis B, HIV and Syphilis and treated as needed.

Do not leave anyone behind everyone needs access to Hepatitis prevention, testing and treatment services, including those who inject drugs, those in prison, immigrants and other high impact people.

Increase access to Testing and treatment timely testing and treating viral hepatitis can prevent liver cancer and other severe liver diseases.

By: Miss Safiya Aziz  
School Nurse

DEAR PARENTS!  
WE NEED TO UNDERSTAND OUR KIDS



Ayesha Ali Academy  
above & ahead  
[www.aa.academy](http://www.aa.academy)

*With best wishes from*



Miss. Rohi Jan  
Headmistress  
Ayesha Ali Academy



Mr. Javid Ahmad Bhat  
Headmaster  
Ayesha Ali Academy



Dr. Feroz Ahmad Padder  
Chairman and Founder  
Ayesha Ali Academy