

## A Quite Fitting Audit Of The Quietly Emerging Trend Of Quiet Quitting

**Mahi Modgil**

AIS Gurugram 46, XII

“More people are #quietquitting instead of leaving their jobs,” asseverated a certain Bryan Creeley, a Nashville-based corporate recruiter cum career coach, in a TikTok reel earlier this year. Having garnered some 170 million views, the hashtag (a term never been heard before, or was it?) has since transitioned to become a mainstream workplace buzzword/concept. As we pondered over the hows and whys of it all, here’s what we ferreted out.

**Case study I:** Having worked 60 hours a week, Georgia Gadsby March, a 24-year-old marketer in a Devon-based retail and home-ware company, opined that quiet quitting felt like “I was giving the power back to myself”.

For the uninitiated, the term ‘quiet quitting’ doesn’t involve quitting at all. It is a rising trend where employees are doing the bare minimum required of them at their workplace, a reversal from the times when people would go above and beyond their working capacity to keep their paychecks. From leaving work for home right at the end of one’s shift hours to showing reluctance to take up any new responsibilities or ambitious projects - these quiet quitters are employing every weapon in their arsenal to step back and not over-commit themselves. If stats are to be relied on, such employees now



Illustration: Amish Mamtani, AIS Gurugram 46, XII B

3.4% increase, wage growth was yet another factor enlisted (wages, in fact, haven’t matched productivity since the 1970s). And if that wasn’t enough, more and more employees are increasingly becoming disillusioned with the traditional 9-5 work-way and system, having tasted the fruits of digital work and communication.

**Case study III:** Workplace decorum expert Pattie Ehsaei actually sees quiet quitting as “being content with mediocrity which does not warrant advancement”. Not everybody’s on board with quiet quitting and rightfully so! For, as per Gallup’s State of the Global Workplace report, it made the global economy suffer a staggering deficit of 7.8 trillion USD in lost productivity in 2022 alone, making layoffs an impending reality, as is being exercised by behemoths like Google, Apple and more. And, layoffs are deleterious for both the workers and their recruiters, compelling the former to live with a negative reputation and the latter to bear the costs of laying off, which amounts to 200% of an employee’s salary. Besides, when an employee or two stop working to their full potential, the onus to get the work done falls on the rest, something the quiet quitters are originally trying to escape. Not to mention the risk of them ruining their own growth and future work prospects that accompanies it all. Is the recent trend thus aiding anyone at all?

Continued on page 6...

## No more hustle

make up at least 50% of the US’ workforce, with employee engagement at about 32% (a 2022 Gallup, Inc. report). The figures are principally high amongst workers under the age of 35, whose engagement dropped by at least 6% from 2019. Whether this is just the workforce slacking off or an actual epidemic plaguing the workplace, we set out to deduce next.

**Case study II:** Emma O’Brien, a

31-year-old personal assistant in the retail sector from London, stated being deprived of a pay rise after aiding her team during COVID-19 as her “last straw”. Having completely flipped the work culture upside down, the COVID-19 outbreak and the resultant need to work remotely or in a hybrid mode has made employees rethink their career choices. Though some, around 71.6 million to be precise (a 2021-22 US Bu-

reau of Labor Statistics report), resorted to what is now referred to as the Great Resignation, i.e., leaving their jobs altogether, others chose the new and safer way of doing the necessary minimum. Seven out of 10 employees cited the increased number of work hours as their rationale behind indulging in the latter (Asana’s 2022 Work Anatomy Report). Since inflation hit 8-9% in July 2022 alone, with the pay raise sticking to a meagre

### THE GT POLL

Do you think Standing Committee’s proposal in Parliament to ban the production and sale of single cigarettes would reduce the consumption of tobacco in India?

a) Yes b) No c) Can’t say

To vote, checkout our Instagram page @the\_global\_times

Coming next

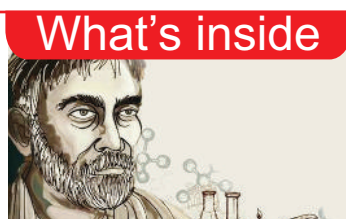
See you after winter break!

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**The mantras of success...**  
Tête-à-tête with Sensei Justo Gomez, seven times world champion, and director, Justo Gomez Traditional Shotokan School of Karate.

...more on page 3



### What’s inside

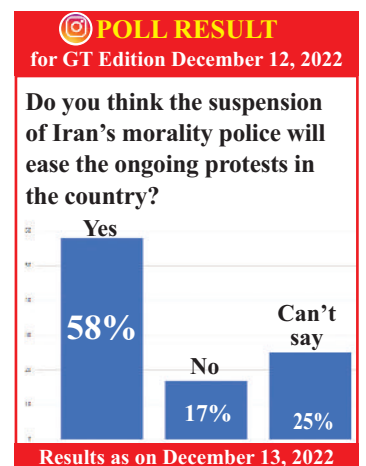
**Father of Indian chemistry**  
Celebrating the life of Prafulla Chandra Ray, a chemist, educationist and philanthropist, and the man behind modern chemical research in India.

...more on page 4



**The prompt box**  
Swayed by the holiday spirit, Amitians from different branches grab their cameras to encapsulate the joy of Christmas in photos.

...more on page 10





# Around The WORLD

GT keeps the newswire ticking by bringing you news from around the globe



## UNITED KINGDOM

### World's first-ever leukemia treatment

In a ground-breaking occurrence, an experimental cancer treatment given to a 13-year-old patient, at London's Great Ormond Street Hospital for Children, has proven itself to be the first-ever successful treatment for leukemia. The patient, suffering from T-cell acute lymphoblastic leukemia, was the first one to receive 'genetically modified' immune cells, which kicked her into remission just 28 days later. The treatment is being hailed as 'remarkable', but the hospital still needs to monitor and confirm continued results in future.



## IRAN

### 400 sentenced to prison

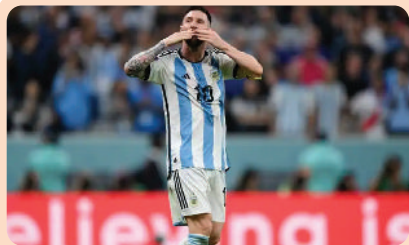
Up to 10 years of prison time has been slated for around 400 people who were arrested at anti-government protests in the country. According to the Tehran's prosecutor-general, 160 'rioters' are sentenced for five to 10 years, 80 for two to five years, and 160 for two or less years. Another 70 have been fined, and two convicted have already been given the death sentence where Majidreza Rahnavard, a 23-year-old protestor, was executed publicly in the Northern city of Mashhad.



## USA

### Twitter blue costlier for iOS

After pulling out and delaying its launch in November, Twitter has relaunched its Twitter Blue subscription service with an 8 USD per month charge for web users and 11 USD charge for iOS users. The 3 USD difference has been marked as Musk's response to Apple's recent 30% cut of all digital sales made through the app. The option, still not launched for all the countries, will provide Twitter users with a blue checkmark as well as the options of editing their tweets and early access to new features.



## ARGENTINA

### Highest scorer in world cup

With a goal that gave Argentina a 1-0 lead against Croatia in the first semi-final of the FIFA World Cup 2022, Lionel Messi has become the highest goal-scorer from his country ever, surpassing Gabriel Batistuta. He has also become the sixth highest goal-scorer in the world, with Brazil's Pele, France's Just Fontaine, Germany's Gerd Muller, Portugal's Cristiano Ronaldo, and Germany's Miroslav Klose ahead of him.



## CONGO

### Floods kill more than 100

More than 100 people have been killed by floods and landslides after torrential rain thundered over Kinshasa. Entire neighbourhoods have been flooded, and houses and roads have been taken apart by sinkholes and landslides, including the highway connecting Kinshasa to Matadi. Health minister Mbungani has stated that at least 141 were counted dead by his ministry, but the official number is yet to be released.



## INDIA

### First woman president of IOA

The Asian Games gold medalist, PT Usha has been elected as the first woman president of the Indian Olympic Association. With elections held under the supervision of Supreme Court-appointed retired SC judge, L Nageswara Rao, P T Usha was declared elected unopposed, marking an end to the long crisis in the faction-ridden IOA which feared a suspension by the International Olympic Committee if the elections were not held in December.



## NEW ZEALAND

### Tobacco ban for better future

To create a near-total tobacco ban from the year 2023, the government has passed a legislation in the parliament to ban anyone born after 2008 from buying cigarettes or any tobacco product. In an effort to reduce the usage of tobacco every year, and for it to fade out completely, the health minister of the country, Ayesha Verrall, introduced the bill as a revolutionary step 'towards a smoke-free future'.

## News Flash

► **Ukraine:** Call for millions of energy-efficient lightbulbs to cope with Russia's attack on energy system ► **WHO:** Jeremy Farrar named chief scientist & Dr Amelia Tuipulotu as chief nursing officer ► **France:** LV CEO Arnault becomes world's richest person



# The mantras of success...

...By Karate World Champion Justo Gomez

Alina Ahmad, XII G & Naina Srivastava,  
XII B, AIS Mayur Vihar

## INTERVIEW

Only some in life end up achieving a great level of success that is admired by the rest of the world, enough for them to be named a legend. Sensei Justo Gomez is just that. A karate world champion seven times and the director of Justo Gomez Traditional Shotokan School of Karate, he has been practicing the sport for the last 46 years. Representing Argentina throughout the world and etching a new name for karate on a global level, we bring you the mantras of success from the legend himself.

### Mantra 1: Believe in yourself

According to me, the most vital thing in life is to believe in yourself and to follow your dreams. But following your dreams is not easy; one has to sacrifice desires and remain strong throughout. My family did not believe in karate initially, and didn't support me, but when you want something with all your heart, nothing can stand in your way. There were many problems, but compared to my passion, all challenges seemed small on this journey.

### Mantra 2: Be grateful to mentors

The first ever karate competition I participated in was held in my locality, and I bagged the second position in that. As I was being facili-

tated and receiving my prize, I thought, "this is something I could continue for the rest of my life!" In fact, my biggest strength and inspiration has been my sensei, Hidetaka Nishiyama. I am deeply grateful to him; he has been my guiding light. He gave me the required thrust into this field. The way he led his life with dedication, self-control and discipline has always inspired me and served as a beacon of hope in my life.

### Mantra 3: Self-discipline is the key

Winning is not that hard, but maintaining your streak is. You can be a champion once, but you have to work twice as hard to maintain that position. Winning the world championship seven times wasn't easy for me, but we can only become the best versions of ourselves through practice and hard work. You must think, sleep, eat and breathe karate in order to achieve this.

### Mantra 4: Control your mind

Earlier, I was just an average man, but karate has moulded me into the person I am today. This sport has made me a world champion, and it is only when I engaged in it, I realised how I lacked control over my technique, energy and



GT reporters interact with Justo Gomez

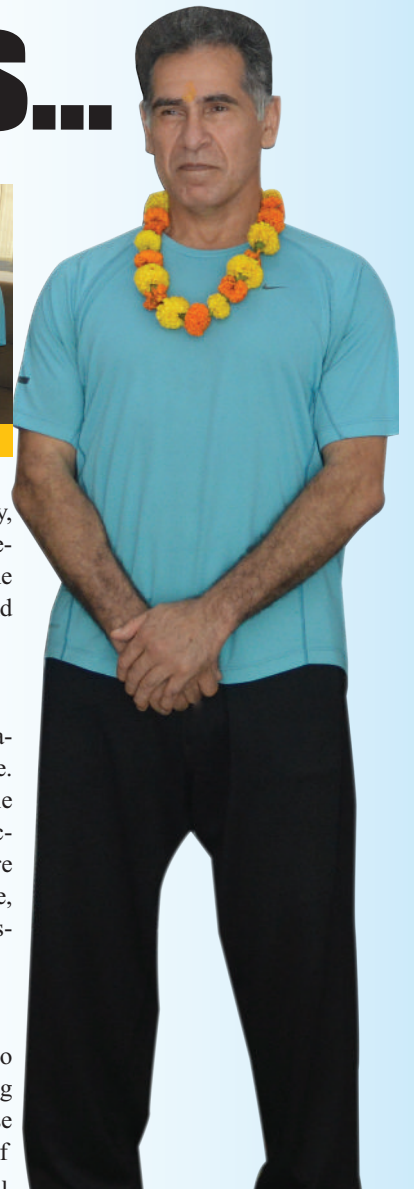
skills. It is a sport that requires unison of energy, and that is exactly what it has taught me. Besides, there are a lot of techniques to control the mind and it is only through practice that I found discipline over my body, senses and mind.

### Mantra 5: Express gratitude

Karate, as a sport, has taught me discipline, patience, to be grateful, and appreciative in life. It has brought me immense joy and taught me about balance in life. Even if one doesn't practice karate, a simple understanding of the core principles of the sport can help you a lot in life, because it teaches you things such as self-esteem, self-control, focus and determination.

### Mantra 6: Enjoy your schooldays

School years are the most beautiful; you get to enjoy a multitude of things and make amazing memories. And as a young kid, I would advise everyone to take up karate, because even if you don't become a pro, karate will help you develop skills and have a purpose in life. [GT](#)



Sensei Justo Gomez

# To board or not to board?

A Look On The Long Term Advantages And Disadvantages Of Boarding Schools



Lately, Dr Richard Belio Kipsand, principal secretary of basic education, Kenya announced the abolishment of the boarding school system for Class I-IX to aid the growth of children under the proper care of

their parents. The plan, coming into action in 2023, will force at least 28% of learners to transition to day schools. The news has sparked mixed reactions from parents and educators worldwide. Let's see what the students of AIS

VYC, Lucknow, have to share on the said matter.

### The right

"Most boarding schools are a symbol of the British colonial era, designed to shape young minds for

self-fashioned rationalities.

According to me, the long-extended isolation of children from their parents makes it difficult for the young ones to maintain healthy relationship with their parents and to understand their family values. Besides, the motive of the Kenyan education ministry is also to make education affordable because on an average, parents pay around KSh45,000 p.a. extra for county schools and KSh53,000 for national schools. Therefore, in my opinion, abolishment of boarding schools is the right decision."

Akshita Tripathi  
AIS VYC Lko, XI B

### The wrong

"The idea of the abolishment of

boarding schools might sound promising to many but delving deeper into the same may show a different picture altogether. Boarding schools as an institution provides a space for the students to shape themselves into a better version of themselves instilling in them values such as self-confidence, self-dependence, etc. In fact, many boarding schools offer conducive and distraction-free environments for learning, making them understand the optimum usage of their time. Moreover, parents occupied with their work can rely on the boarding school as a safe sphere for their children to be taken care of in their absence."

Gursimran Kaur  
AIS VYC Lko, XI B [GT](#)

Vichaar Junction

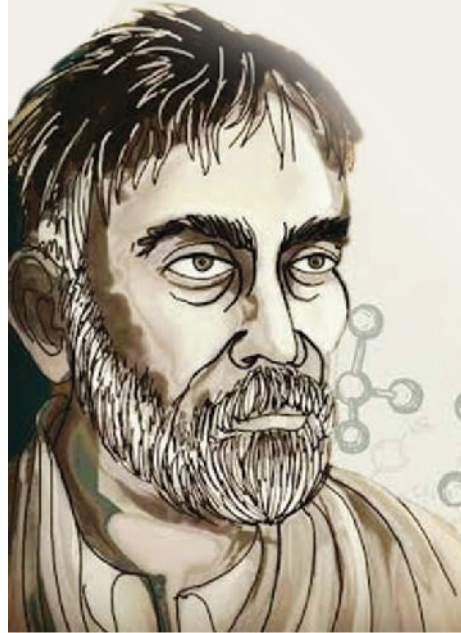


# Father of Indian chemistry

## Acharya Prafulla Chandra Ray, The Man Behind Modern Chemical Research

Roshni Debaja, AIS Noida, XI E

Prafulla Chandra Ray was born in Jessore district of undivided India in 1861 to Harish Chandra Raychowdhury and Bhubanmohini Devi. When Ray moved to Calcutta for higher studies, he



met the great nationalist Surendranath Bandyopadhyay, whose lectures, replete with nationalism, deeply influenced Ray. However, he believed that the key to a country's progress was in science, and so he decided to go abroad to study the same. Ray knew four languages – English, Sanskrit, Greek and Latin – and this helped him secure a seat at the University of Edinburgh. After completing his bachelor's degree, Ray returned to India, worked with his friend Jagadish Chandra Bose for a year, and then joined Presidency College as a teacher. It was under his guidance that various scientific activities were initiated at the college, and this time can truly be called the birth of modern chemical research in India. His most famous work at Presidency Col-

lege is the discovery of 'mercurous nitrite' as it was not possible to get nitrite salts till then. Experiments were undertaken to create nitrates of other elements as well and he soon created nitrites of alkaline earth group elements. He then proceeded to work with double nitrites and most of his work got published in the Journal of the Chemical Society. Ray also indulged in things that had immense social relevance. He did chemical examination of different Indian food items, oils and fats to understand the nutrients present in them and compare them with similar products from the West.

Even though his teaching job prevented him from joining active politics, Ray was a staunch nationalist at heart. During the height of Non-Cooperation movement, Ray declared that 'Science can wait but Swaraj cannot'. All his efforts in academics and later, commercial activities as such were for India's 'intellectual and economic' resurgence and independence. As a representative of Calcutta University, he fought for proper recognition of degrees from Indian universities and demanded more opportu-

nities for Indians in British universities. Ray was sympathetic towards political agitations of all hues, be it moderates or revolutionaries. In government files, his name used to be mentioned as 'a revolutionary in the garb of scientist', as it was known that Ray used to provide help to the revolutionaries. He also understood that indigenous industries had to be set up to boost the country's economy. Therefore, he set up the first chemical industry in East India - Bengal Chemical and Pharmaceuticals. This was the beginning of pharmaceutical industry in India. Ray was also associated with many local business ventures like Calcutta Pottery Works, Bengal Enamel, Mercantile Marine, etc. A philanthropist to the core, he regularly donated large amounts of money to different organisations working for education and research. This illustrious son of India breathed his last on June 16, 1944. On his death, fellow scientist Meghnad Saha wrote, "With him has been severed the last link of the towering personalities of the last generation, who made Bengal what it is today, culturally and intellectually."

Scientist Watch



# Tiny Pusilla

Rivers, lakes, and wetlands are indubitably amongst the most biodiverse places on earth, but the diversity that dwells in them is often overlooked. Being mindful of the same, the United Nations has designated 2022 as the International Year of Artisanal Fisheries and Aquaculture in order to make us au courant with the catastrophe that awaits these marine miracles and ensure their continuity for the foreseeable future. Aiming to make this vision a reality, GT presents a brand-new series, wherein each segment will either cover an endangered fish species on the verge of extinction or a renowned fishing village in any part of the world in need of immediate human attention.



Chhavi Agarwal, AIS MV, VI C

**Meet me, I am:** Dwarf Galaxias

**My Taxonomic name:** Galaxiella Pusilla

**I am native to:** Mitchell River Basin near Bairnsdale, on the west to Dandenong Creek near Melbourne in Victoria, Flinders Island in Bass Strait, and north-eastern and north-western Tasmania

**My life expectancy:** 1-2 years

### About me

- I am a tiny, slender freshwater fish growing to a maximum length of about 40 mm for females and 34 mm for males.
- I have soft-rayed fins, a body lacking

scales, and a single dorsal fin positioned on the back of the body.

- My head is short with large eyes, while the mouth is small, terminal and oblique, with jaws roughly equal in length.
- There are three black longitudinal stripes on each side of my body.
- I am a carnivore, and my diet consists primarily of tiny aquatic invertebrates, including chironomid larvae, copepods and ostracods, as well as terrestrial insects that fall on the water surface.

### Why I am in danger

- Unsurprisingly, habitat loss is the main reason why we are disappearing so

quickly. The wetlands and other waterbodies are being either destroyed or altered by rampant human activities. For instance, considerable areas of shallow freshwater wetlands have been drained for agriculture, urban and industrial development, and wetlands are being completely lost in some areas, especially on the outer urban fringe. Uncontrolled stock access and trampling is having a major impact on these wetlands, through disturbance and removal of instream and riparian habitat.

- The loss of burrowing crayfish through predation is also increasingly threatening our species' survival.

### How I am being saved

Thankfully, environmentalists and governments across the world have begun to realise the need to save my tribe and lots of activities are happening to raise community awareness about the same, which is key to helping us. This is being done by working closely with landholders, fencing and revegetation of streams and wetlands, and equally importantly, monitoring of all our critical populations for quality and habitat quantities. I am fully optimistic that all these steps will surely help me and my fellow fish to flourish. Fingers crossed!



## FACT FILE

## Wonders of underwater

Advika Singh

AIS Gurugram 43, VIII

Known to be a genus of large brown seaweed (a type of algae), Sargassum floats in large masses on the surface of the ocean. It consists of pneumatocysts, branches, and several leafy appendages.

Sea Anemone can be found in shallow and deep waters worldwide. It shares a symbiotic relationship with clownfish, where anemone works to keep the predators away and the clown fish exchanges nutrients with the plant.

Marine Phytoplankton are single-celled photosynthetic organisms. They form the base of the marine food web and actually play a significant role in eliminating carbon dioxide from the air.

With the appearance like that of an antique quill pen, Sea Pens grow deep in water under 20,000 ft. They can survive in the form of a single entity or as a colonial family.

Flowerpot Corals, famously known as 'underwater bouquet', get their flower-like appearance because of the seven to nine tiny tentacles attached at the end of every branch.

Like Venus Fly Trap, the Waterwheel Plant Traps are carnivorous in nature. They digest mini-invertebrates that sit on their hair-like structure.

With an average height of 100 ft, Kelp is known for creating a dense underwater forest. They provide food and shelter to thousands of marine mammal species.

Seagrasses grow in shallow marine waters such as lagoons and bays. Mostly referred to as ecosystem engineers, they contribute a lot in maintaining the quality of water by trapping fine sediments.



# Bosra barbarity

## Syria's War-Ravaged Heritage Narrates Its Tale Of Glory And Gore

Avani Goel

AIS VKC Lucknow, X

I live in the ruins of my life; ruins that humanise me, and even ruins that historicise my being! Things weren't always at sixes and sevens howbeit...

### The rise

I, Bosra, officially tagged as Busra al-Sham, was originally the northern capital of the Nabatean Kingdom, a buffer-state positioned in southern Syria, in the 2<sup>nd</sup> century BC. Being collared by the Roman emperor Trajan soon after in the late 1<sup>st</sup> century AD, I was rechristened Nova Trajana Bostra, was architecturally Romanised, and appointed as the capital of the then Roman province of Arabia Petraea. This was when I flourished like a green bay tree; a confluence

of several trade routes, a food producing hub, a money-minting state - you name it! My most prized edifice, the Roman Theatre, was also built around this time. As humorous as it may sound, the theatre was the last thing I needed at the time, for I housed no sanctuary nor hosted any games.

With Byzantine in the 5<sup>th</sup> century, I was Christianised and turned into an archbishop's seat. But they couldn't hold power over me for long. For the Rashidun Caliphate army captured me in the famed Battle of Bosra in 634 AD, converting me to Islam and raising on my ground madrasas and mosques abound. Oddly enough, the next 300 years or so of my life saw no major developments taking place in my premises, leaving me stuck and stagnant. And it was only under the

Seljuk empire in the 11<sup>th</sup> century, and later when Ayyubids reigned, that advancements recommenced; my defences were strengthened and heyday restored!

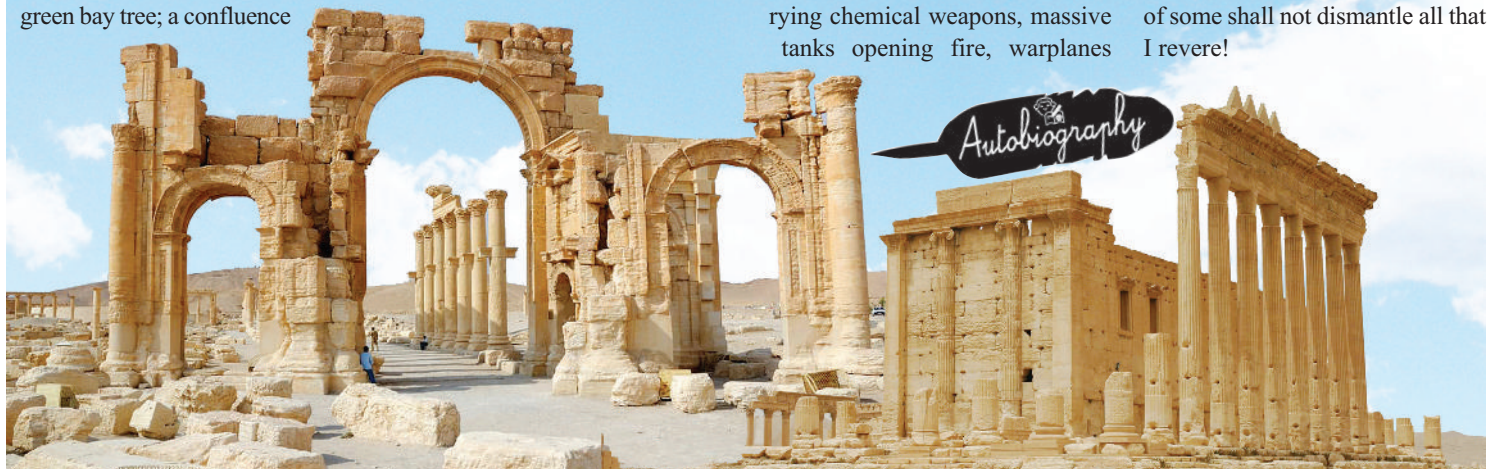
Thus, passing from one empire to another like a family heirloom, I advance a legacy, which is so rare, so untainted, and so epic that any sort of defilement couldn't subdue. Or so I thought until the inconceivable bechanced.

### The fall

When the ideological contestation between Syria's authoritative regime and the pro-democracy rebel militias turned violent, becoming a full-fledged civil war in the year 2011, several neighbouring towns like me were forced to endure agony of the worst kind. Fierce bombing campaigns - rockets carrying chemical weapons, massive tanks opening fire, warplanes

dropping incendiary bombs - became a regular sight, killing a staggering 5,93,000 people (and counting), and damaging several establishments, new and old. I could sense my colonnades, my minarets, and my arched gateways bleeding through their war wounds. Today, after over a decade, not much has changed. I still bleed, and I still seek relief. As a World Heritage Site, I, regrettably, emanate the squalor of my ruins amidst the grandeur of my origin. A village of 'striking' beauty settled amongst the ruins and debris spilled all over as they rightly pronounce! So, please pray for peace and prosperity to resurge on my territory and purge me of all the pain.

For my ruins speak to me and shall do so forever. For inane violence of some shall not dismantle all that I revere!



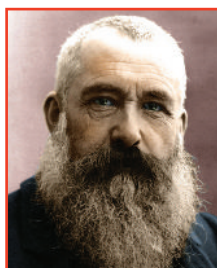
## Artist in the spotlight

### Witnessing The Impressing Art Of Monet

Diya Mittal

AGS Noida, Alumna

**The artist:** Claude Monet (November 14, 1840 - December 5, 1926) was a French painter who founded the school of Impressionism, transforming how French art was produced at that time. Impressionists rebelled against unseen and unknown (classical) subjects, and created works that reflected the world in which they actually lived. Hence the term impressionism has been taken directly from 'impression' of the world. Mostly depicting scenes from nature, Monet has always attempted to record the impression that a relaxed, momentary vision of a scene gave him. He re-



Claude Monet

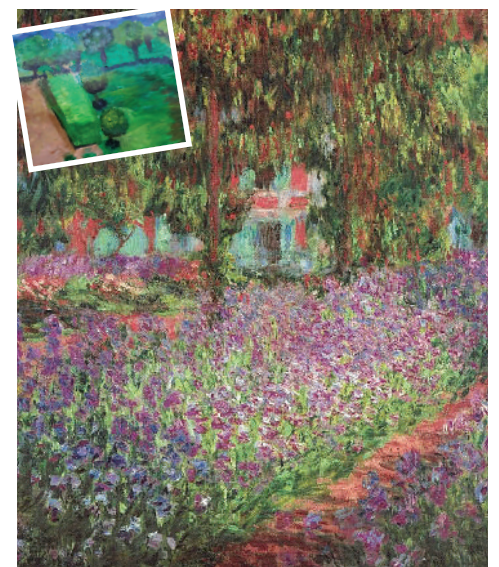
Part V

peatedly painted the same subject in different lights, at different hours of the day, and in various weather and seasons. His paintings like Water Lilies and Sunrise are some of the most admired (and reproduced into prints) artworks in the world.

**The legacy:** Monet's paintings, being so popular, command top prices at auctions, and some are even considered priceless. In fact,

Monet's works are part of every major museum collection worldwide.

**The painting:** My inspiration was a landscape painting titled The Artist's Garden at Giverny. In this work, we see a glimpse of the artist's house, reminding us that Monet did not



Diya's art (inset) inspired by 'The Artist's Garden at Giverny' by Claude Monet

have to travel far for inspiration. This painting acts as an example of how creativity can lie as close as the garden outside our homes. [G.T](#)



# Innovation with compassion



Dr Amita Chauhan  
Chairperson

Children have a natural instinct to seek out the reasons behind mysteries of life that they come across on different occasions. From asking questions like ‘why is the sky blue’ when they are mere toddlers to finding out ‘how an electronic device works’ when they are students of science; children have an infinite capacity to explore and experiment. In fact, this scientific thought process is directly related to the environment that children are exposed to from the very beginning. Thus, at Amity, it is our goal to encourage the spirit of innovation in every child, where Amityans have always been the first ones to develop ground-breaking ideas.

For instance, Hitika Mathur of Class XI, recently won silver prize for her project ‘Solar Sani Box’ in the Indian Young Inventors and Innovators Challenge held by NOSTC (Network of Organizations for Science and Technology Communication). Students from all over India participated in this highly competitive event that went through three levels of assessment and was judged by eminent scientists. I am amazed at the thought process of this young innovator who used renewable solar energy to charge a sanitisation box. The invention is truly in tandem with India’s goal to build a sustainable world. This award is also significant because India is spearheading the G-20 summit this year, where the focus is on climate change and sustainable development. Our country is slated to be a superpower in every realm, and young thinkers like Hitika will play a large part in building this new India. Students like Hitika are an inspiration for everyone to combine critical thinking with compassion and create a world that is blissful and benevolent for everyone. [G I](#)

# The year gone by



Vira Sharma  
Managing Editor

We are all set to welcome a new year and bid adieu to the one that will be remembered for several milestones achieved by our great nation. The year 2022 not only marked 75 years of Indian independence, but it also gave us many other reasons to rejoice. Our country showed the world what it meant to be truly ‘self-reliant’ when it came to dealing with the pandemic, winning a record number of medals at the Commonwealth Games, shouldering the responsibility of G-

20 presidency and launching INS Vikrant. The list is endless. I am happy to share that the performance of Amityans has been equally stellar. Our students clinched all the top three positions in a record-making feat, in both Class X and XII board exams. Our unrivalled Youth Power programme went hybrid for the first time. We also had several other triumphs - the world’s youngest author, a world record holder for solving most multiplications in one minute, a national record holder for remembering names and flags of all the countries, and a national record holder for solving most factorials in a minute. Also, our budding innovators and entrepreneurs won multiple national and international awards and accolades during the year.

By the time you read this, we would have got another big news about which team won the FIFA World Cup! Whichever team you support, it’s undeniable that persistence and drive are always rewarded. As we welcome 2023, let’s resolve to work towards making India a superpower that it truly deserves to be. [G I](#)

# Workplace anxiety

## Looking Beyond The Veneers Of Imposter Syndrome

Ananya Sharma

AIS Vasundhara 6, Alumna

Imagine starting a new job and feeling completely out of place, feeling like a poser who just lucked out, even as your glowing recommendations spell otherwise. This gnawing ache of feeling like a fraud is what psychologists Pauline R Clance and Suzanne A Imes, in 1978, put into words as ‘imposter syndrome’. It simply refers to the experience of one believing that they are not as competent as others perceive them to be. This syndrome, affects an individual adversely in both their personal and professional lives. Read on to find out more about this ‘workplace anxiety de jour’!

### Feeling like a phony

Imposter syndrome are not isolated incidents. In fact, 70% people are likely to experience this phenomenon at least once in their life. A 2019 study conducted by the Journal of Vocational Behaviour found that at least 20% of students experience imposter syndrome at some point in their life. This psychological condition can be painful; from agonising over small mistakes to downplaying expertise, victims go through plenty. Resulting in a slower career growth as they’re convinced that they will be ‘exposed’ as a fraud. Several studies have shown that people having imposter syndrome are more likely to have lower levels of self-esteem and high levels of anxiety and depression.

### Fighting the feeling

Understanding the cause is a pivotal step towards solving any problem.



Imposter syndrome too can be the outcome of several underlying factors; having a family that values achievement or entering a new role. According to author Valerie Young, an expert on imposter syndrome, the first step towards fighting imposter syndrome is to speak up. She emphasises on separating feelings from fact, as it will diminish feelings of ‘phoniness’ and validate one’s accomplishments as being a result of their own competencies and not luck or oversight. She also elucidates that when nothing works, fake it till you make it; work on your insecurities and build up your confidence until you feel that meeting with failure will not brand you as an imposter anymore in front of others.

### A subtle silver lining

Believe it or not, imposter syndrome is not all bad. A moderate fear of failure may elicit a far better perform-

ance. A study published in the Journal of Personality and Social Psychology in 1996 confirmed that people tend to perform better when there is a fear of being seen as incompetent. When working towards certain career goals, a reasonable amount of fear may work as an incentive to be a more hard-working worker. Imposter syndrome may indicate that you are challenging yourself, for achieving the extraordinary, placing the fear of failure as a motivator and in fact, you try to impress yourself first and then others.

This syndrome, while having facets that can drive a person to achieve the extraordinary, is not all good or bad. It is a complex phenomenon that befalls more people than you would think. So, the next time you feel underqualified or out of place, think hard. You might be exhibiting symptoms of imposter syndrome. [G I](#)

# No more hustle

...Continued from page 1

**Case study IV:** Anthony Klotz, associate professor at UCL School of Management, says, “quiet quitting has been studied under different names for decades - disengagement, neglect, withdrawal.”

Also referred to as the 80-20 rule, where 80% of the outcome comes from 20% of the workers, quiet quitting as a concept is an age-old one. For employees aren’t always in

a position to leave their job - they may suffer from financial dearth or may have non-transferable skills. Besides, recessions or slowdowns, as is the case for many nations across the globe now, further increase the risks and costs associated with quitting, restricting unhappy employees from making a job switch. The aforementioned statistics aren’t a recent phenomenon either. In fact, from 2010-2020, employee engagement has only increased. Though it

declined a bit in 2022, the figures were still higher than they were in any year from 2000-2014.

Howbeit, even if quiet quitting isn’t a newly emerging trend, one cannot deny that it has certainly drawn attention to deep-rooted fallacies in the corporate world. And these fallacies need to be rectified in order to make certain the best outcome for everyone involved, more so if it is the need of the new generation of workers, with their different ideas about financial rewards and inclusion, that are being catered to.



# The scent of freedom

A Breathtaking Story To Reunite With Love, A Free Nation, And Sky-High Aspirations

Twisha Prasad  
AIS Noida, X K

Kharun was different from most people. He was intrigued by little things, believed in poetry and the beauty of the world, and most of all, he knew in his heart that someday his country would be free.

One day, he met a young girl named Tarini at the railway station. He helped her carry her luggage as she was on her own. They began to chat and realised that they shared the same interests. Soon, they found themselves spending more time together, especially at the railway station where they had first met.

One evening while sipping a hot cup of tea, Tarini turned to Kharun. "Do you think India will ever be free?" "Absolutely," replied Kharun. Tarini chuckled and said, "I like your confidence."

"I think the problem is that the public isn't getting any news. We cannot trust the government-run media as the real situation is never portrayed," voiced Kharun. Tarini looked somber. "What's the matter?" asked Kharun. "I always wanted to be a reporter," replied Tarini. "You should! And you will be a good one too!" "Really? Me? I don't know, and I don't want to report fake news anyway."

The days went by and they found themselves falling more in love every day, but what is a love story without some tragedy! One day Tarini just disappeared, leaving behind a handwritten note.

*Dear Kharun,*

*If you're reading this, it means I've already left. I am writing this to make an apology and a promise. Firstly, my beloved, I apologise for leaving out of the blue, but please understand that I wouldn't have done it if it wasn't necessary. I will be back when the air is scented with justice and the birds are flying in a free sky. Past few months...they've been the best months of my life. I'll be back right where I first met you. Just wait for me and don't worry.*

Kharun stared at the note, trying to comprehend what he had just read. Was Tarini lying? Was she telling the truth? What had been so important that she had to leave? He could not understand her metaphors about the 'scented air' and 'free sky' at all.

And yet, Kharun, being the optimist that he was, decided to wait for her. He went to the railway station every day in hopes of finding Tarini. A few months had passed since Tarini had left. He still hoped that she would show up one day, but deep in his heart, he knew that the time had not come yet. He began to note down all that he was experiencing.

*And here with a sigh, I must say, I don't like the sun. The sun is*

*supposed to give us warmth, and make us feel safe, but it doesn't. I like the moon, because my country is also tragically beautiful like it. The moon is scarred but charming, just like my countrymen who are giving away their life willingly for freedom of our nation. I'm sure that we will be free one day. These brutal white men do not understand the worth of this soil, but I hope that they will leave one day.*

The next day, Kharun met Sameer, his best friend. "Are you sure love is what you're looking for?" Sameer asked, "Going to the railway station everyday has become a habit of yours. That's what gives you motivation to wake up every morning."

"Yes, the hope of meeting Tarini is what keeps me going. It's love. Love is my purpose!" Kharun exclaimed. "Stop lying to yourself. Move on. What if she doesn't come back?" shouted Sameer. "She will." "Don't trust people that easily, Kharun," said Sameer and left. Kharun was shocked, but realised that he was getting tired of going to the station as well. He decided to call his mother and ask her what love meant.

"Son, love, to our life, is like roots to a tree. Love is everywhere, even if you don't realise it; everything you do is because of love. Love is everywhere and you simply cannot survive without it. You once told me that us Indians are craving an emotion we've

never felt. That, my son, is because we love our country. We will fight for it to be free even though we don't know what a free India would feel like. It's all love," his mother answered.

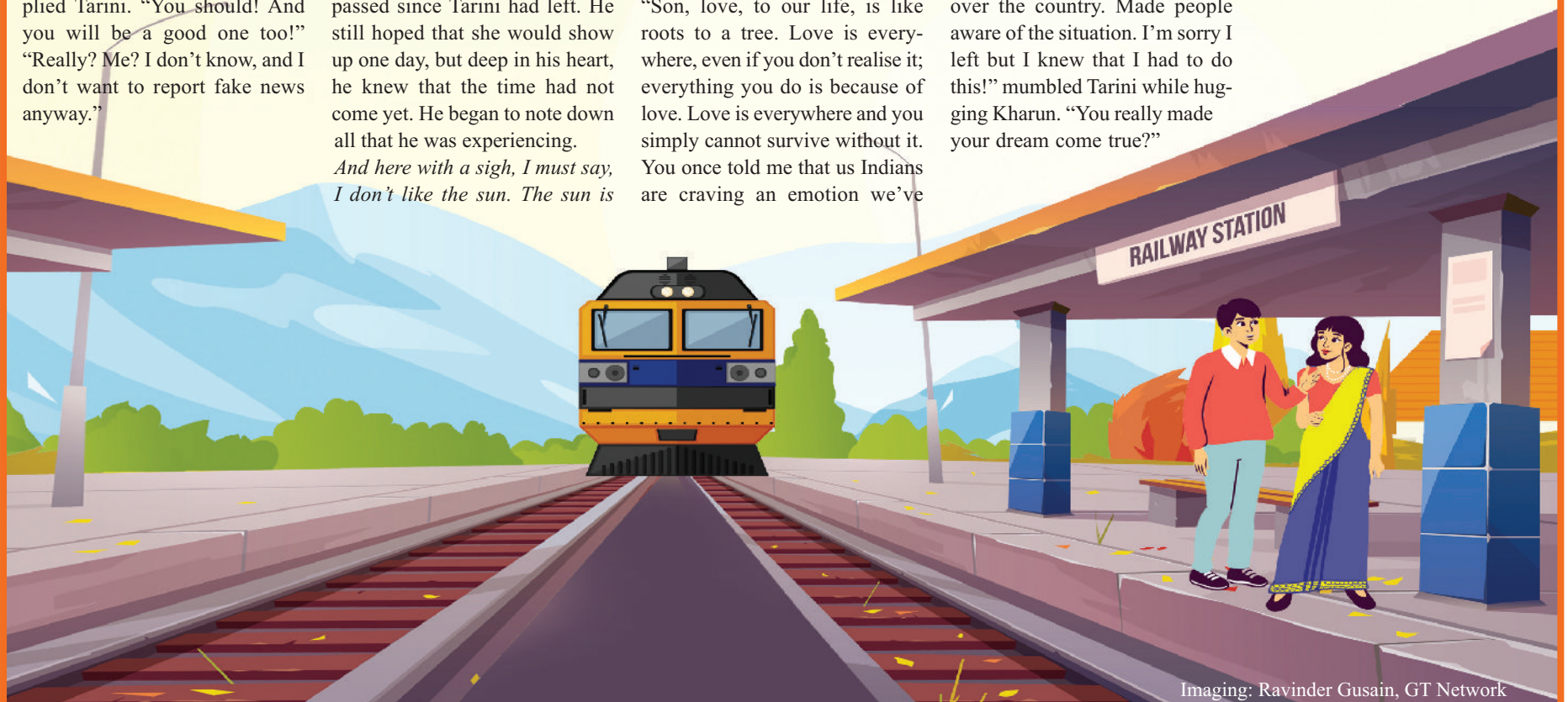
Days passed and July 17, 1947 came. Kharun woke up to a loud scream of "The act will be passed!" Kharun was surprised, but another voice soon cleared his confusion. "Freedom. Free India. The whites are going back."

On August 15 at midnight, Pandit Nehru announced the nation's independence from the British rule. That very morning, Kharun saw a pigeon fly in the bright blue sky of his free country. Everything appeared to be more cheerful that day. The birds chirped loudly, butterflies danced, and the air was scented with new beginnings.

That's when he realised - "birds flying in a free sky". Tarini meant the independence of our country. She would be back when India was free. He rushed to the railway station, and right in front of the snack shop stood Tarini. With a wide smile, she exclaimed, "I did it!" "What?" "I left to fight for this; Independence. I published articles and reported news all over the country. Made people aware of the situation. I'm sorry I left but I knew that I had to do this!" mumbled Tarini while hugging Kharun. "You really made your dream come true?"

asked Kharun, totally taken back. "Yes! And you are the reason for my success." "But how?" "Well, when I told you I wanted to become a reporter, you said I should. You believed in me and that motivated me. I dared to dream about it, and an independent news company that worked secretly for the Indian National Congress contacted me. I would've told you, but I wasn't allowed to." "I'm so proud of you," replied Kharun. "I'm proud of me too! Now let's go home." The next day, Kharun sat down at his writing table, took out a paper and wrote.

*The sun does provide me comfort. 'We are free!' are just words, but to be able to say them is a gift that we shall forever be grateful for. We have the power to shape our country into whatever we want. A country safe for everyone. To live, laugh, and love freely is truly the best feeling. History of our country is breathtaking, and the future will be too. As Jawaharlal Nehru said, 'Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially'.*





# Love, Bubby

## Storywala

Saanvi Goyal

AIS Gurugram 43, Alumna

I stare at the small piece of paper accompanied by a bouquet in front of me. I close my eyes hoping this wasn't real, only to find the note and flowers intact still. I suddenly forget how to breathe as the memories come whirling back at an alarming speed.

"Sweetie! We have a surprise for you!" a five-year-old me ran down the stairs right into my dad's arms. He picked me up and put me on his shoulder. That's when I noticed a young boy hiding behind my mom. "Who is he, mom?"

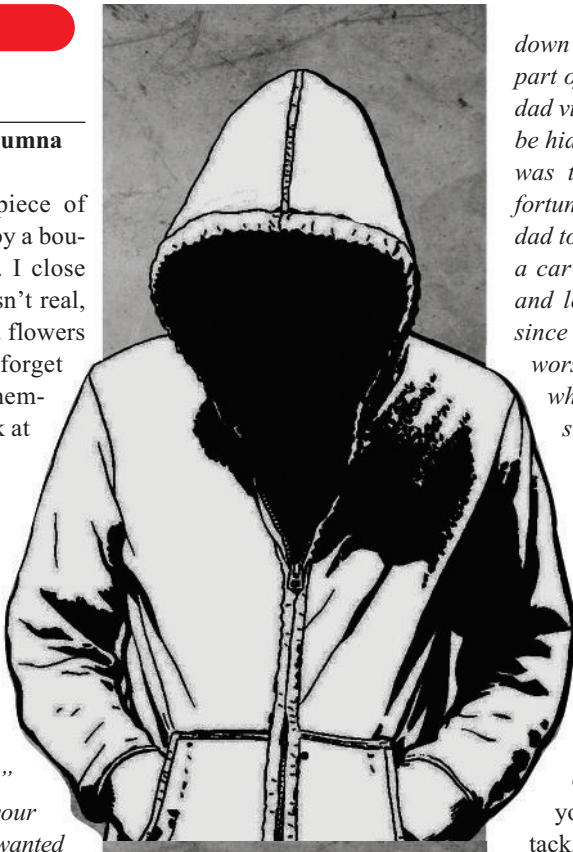
"Sweetie, he's Travis, your elder brother. You always wanted a big bro, right?" I squealed in delight, as I ran to hug him. My family was now complete with the addition of Travis Henderson, my 'Bubby'.

\*\*\*

Time flashes, and now it's a nine-year-old me playing. I spot Travis sitting on the grass not far from me. I put my hands on his eyes, giggling. He throws my hands away and growls, "Stay away. You are the reason I will never get anything from this family, be it love, care, or even money!" I broke into sobs and ran to my room.

\*\*\*

"Miss, you need to come to the



Beaufort Hospital right now." A taxi driver drove me to the hospital seconds after the ill-fated call. "Excuse me? Where would I find Andrew Henderson, or Layla Henderson?" The receptionist's eyes showed sympathy, "We're really sorry, ma'am..." I collapsed onto the ground in uncontrollable sobs. My parents were gone. Gone forever. My family was over. And then it hit me, where was Travis?

\*\*\*

I open the case report of my parent's death. The information about Travis that it revealed sent chills

I squealed in delight, as I ran to hug him. My family was now complete with the addition of Travis Henderson, my 'Bubby'.

down my spine. Travis wasn't a part of the foster care mom and dad visited, but just happened to be hiding there. His only motive was to inherit the Henderson fortune. So, he forced mom and dad to legally adopt him, staged a car accident to murder them and legally inherit the fortune since I was still a minor. The worst part was that he was nowhere to be found, but I was sure he was out there somewhere, planning the eviction of the last obstacle left-me.

\*\*\*

"Zoa? Zariah Henderson, wake up!!" I jolted awake to see my best friend Alana checking my pulse. "I found you unconscious on your porch. I figured you were having a panic attack, so I brought you in. What happened? You haven't been like this since you first moved here to LA." I showed her the note, it read-

"Nice try moving to LA, Zoa, but there's no escape. Bubby's coming. -Love, Bubby"

"Don't worry, Zoa. We'll not let him get to you. Let's plan-" Before Alana could complete, the lights went off. Suddenly, I heard a crash and shriek. As I rushed towards the sound, I saw a bouquet again and a note that read-

"This time it was Alana. Next would be you. Be ready."

-Love, Bubby

## WORDS VERSE

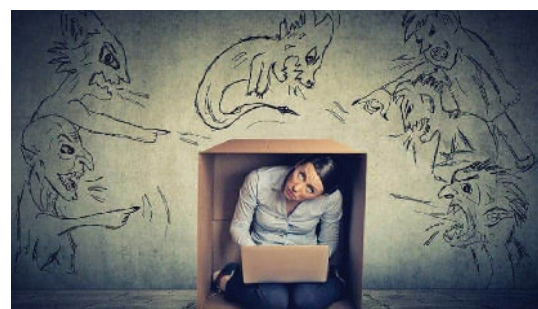
# Expectations

Shailain Bose, AIS Saket, VII

Why am I the one to be expected of?  
Being profound seems to be a trade-off  
I am expected to excel in every subject  
There's pressure to fit in certain context

They say that "You can, if you believe"  
Expecting what they couldn't achieve  
Directing me "Could have done better"  
Self-doubt leaves me feeling all bitter

I don't blame them for this completely  
They take interest in my needs keenly



It's the world they are preparing me for  
But I will perform and will surely soar

I work hard to meet their expectations  
I only want them to consider my extents  
For promises will be dealt with suitably  
And all things will work out beautifully.



Tiana Singh

## Tissue paper holder

Tiana Singh, AIS Mayur Vihar, XI B

### Material required

- ◆ Cardboard box (medium size)
- ◆ Paper cutter - 1
- ◆ Washi tape - 3
- ◆ Cello tape - 1
- ◆ Tissue ribbon - 2 metre

### Methodology

- ◆ Take a rectangular cardboard box and with the help of a paper cutter, remove any one of its sides along the length (refer to the image).
- ◆ Now take washi tapes and using them, cover the box in a pattern of your choice.
- ◆ Secure the open ends of the washi tapes with cello tape to give the box a cleaner look.
- ◆ Take a tissue ribbon and tie it around the box in the shape of a bow (refer to the image).
- ◆ Your tissue box holder is ready! Add paper napkins in the box and place it on your dining table.

## Read Play and Win

Reading GT can be fun as it can fetch you a prize too. Participate in this interesting contest simply by clicking on the link mentioned below in the online edition/taking a picture of the sheet and mailing us your responses at editor@theglobaltimes.in. So, get set, go!

11



Q.1 What is the percentage of quiet quitters in the US workforce?

Q.2 Name the poem written by Samarth Aggarwal, AIS Gurugram 43, V B?

Q.3 Who is the author of the article 'Bosra barbarity'?

Q.4 What is the taxonomic name of Dwarf Galaxias?

Q.5 On which page can you find the article 'Assumed aspirations'?

Q.6 What name did the Henderson family give to their adopted son?

Q.7 Which school organised a workshop on the importance of Bhagvad Gita?

Q.8 Which syndrome does the page 6 article 'Workplace anxiety' dwells on in detail?

Q.9 Name the guest interviewed on page 3.

Name:.....Class:.....School:.....

Results of Read Play & Win-10: **Agreema Kapoor**, AIS PV, VIII C; **Shriya Pasricha**, AIS Gur 43, VIII B; **Somoy Das**, AIS Vas 6, III C

[Click here to participate](http://theglobaltimes.in/readplaywin/)

or log on to <http://theglobaltimes.in/readplaywin/>



# A narrow escape

## Wisdom tale

Raghavi Sharma

AIS Vasundhara 6, IX C

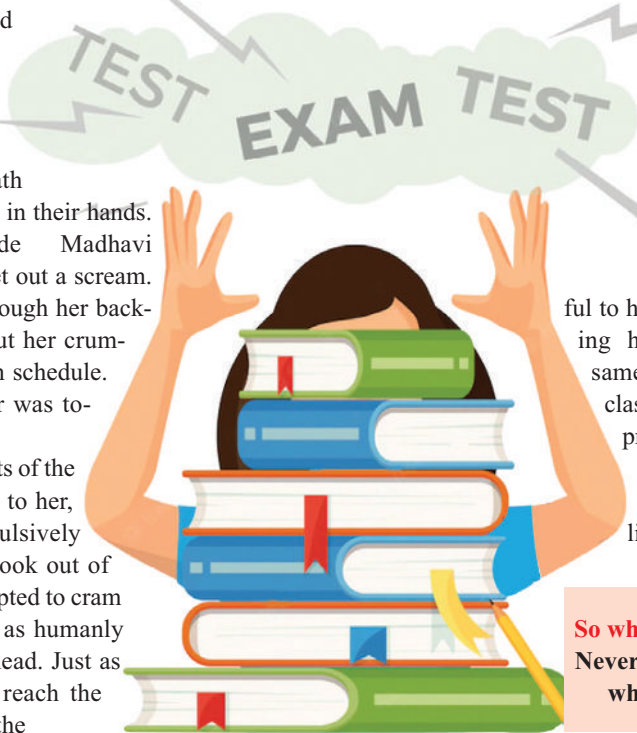
In the school canteen, the entire fifth cohort was anxiously flipping through their books, waiting for the final ring so they could go into the exam hall. Madhavi obsessively went through her notes again, and wondered if it was even possible for a person to feel so prepared yet so nervous. Madhavi looked around and noticed that she was the only one with a towering stack of hand-written Science notes. In fact, she realised that she was the only one with Science notes! To her horror, everyone had Math textbooks clutched in their hands. Something inside Madhavi snapped and she let out a scream. She rummaged through her backpack and fished out her crumpled piece of exam schedule. The Science paper was tomorrow, not today! Ignoring the protests of the person sitting next to her, Madhavi impulsively snatched the textbook out of his hand and attempted to cram as many formulas as humanly possible into her head. Just as she was about to reach the second chapter, the

discipline master's voice crackled over the loudspeaker, instructing all of them to head to the examination hall.

Hearing this, she speed-read whatever she could, which was not much. She forced-fed the information into her brain, pleading for it to absorb as much as it could. She really was desperate. Unfortunately, in her state of panic, Madhavi's mind was doing everything but taking in the information. Frustrated, Madhavi threw the book back at her friend, narrowly missing his face. She angrily slung her bag over her left shoulder and stomped down to the examination

She forced-fed the information into her brain, pleading for it to absorb as much as it could. She really was desperate.

hall. It was only when she sat down on her seat and received the Mathematics paper did the situation finally become too overwhelming for her. She buried her hands in her face and let out a huge sigh. Mustering all her courage, she opened the question paper and started solving it to the best of her ability. As she was reaching the end, she found that she knew all the answers. She knew it was because her mother always made her start preparing months before the exams to avoid last-minute preparations. Suddenly, she was very thankful to her lovely mother for making her learn everything the same day it was taught in the classroom, and not letting her procrastinate. As she left the examination hall, she promised herself to always listen to her mother.



**So what did you learn today?**  
Never put off until tomorrow what you can do today.

## POEM

# Joy of Christmas

Samarth Aggarwal

AIS Gurugram 43, V B

Christmas, Christmas, the big day is here  
Weather is freezing but the warmth of cheer  
Fills us all with hope, delight and excite  
Helping us to get rid of depression and fright

For Santa Claus has finally left us some gifts  
With apple pies, plum cakes and reindeer lifts  
Along with bells, new attires and Santa caps  
We're waiting for gingerbread and red socks

Serving roasted treats and skewered fruit  
And relating X-Mas trees to repulsive Groot  
Not forgetting to watch a X-Mas special  
While playing with our gifts to the fullest level



After contenting the heart with sugary treats  
Binging all the specially prepared sweet dishes  
Or decorating the tree with cotton and stars  
Watching the gifts stuffed in the boot of cars

These are the sheer joys of Christmas we enjoy  
And together we celebrate the wintery goodness  
Enjoying together with treats, gifts and specials  
While pulsating with joy at an exponential level.

# Christmas delight

Daksh Srivastava

AIS Vasundhara 6, IV



Daksh with his cake

## Ingredients

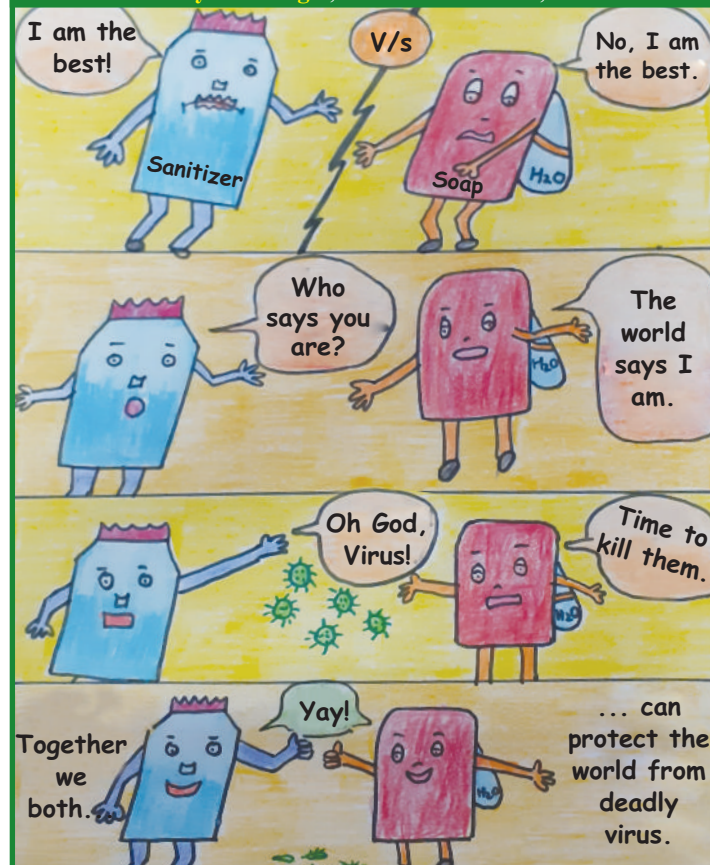
- Refined oil .....1 cup
- Powdered sugar .....1 cup
- All-purpose flour .....2 cups
- Milk .....1 cup
- Baking powder .....1 tsp
- Baking soda .....½ tsp
- Vanilla essence .....1 tsp
- Mixed fruit jam .....as desired
- Desiccated coconut .....as desired

## Procedure

- ◆ Preheat the oven to 180 degrees Celsius.
- ◆ In a bowl, mix refined oil and powdered sugar. In another bowl, sieve all the dry ingredients such as all-purpose flour, baking powder and baking soda, and mix well.
- ◆ Add the dry ingredients into the mixture, and fold the batter until it is combined.
- ◆ Then, add some milk and vanilla essence to your batter and mix until a smooth consistency is achieved.
- ◆ Evenly spread out the batter in a cake tin that is pre-greased with butter, and bake it for 25-30 minutes.
- ◆ Once done, insert a toothpick in the cake to see if it comes out clean and is baked. If it does not, bake it for another five minutes.
- ◆ Now, on one half of the cake, evenly sprinkle desiccated coconut and on the other, spread jam.
- ◆ Your yummy Christmas delight is ready to be devoured!

# Hand in hand

Suyashi Sehgal, AIS Vasundhara 6, V





*Photography is not just about capturing a moment, but creating a memory, and there's no better platform to exercise it than your own beloved GT! To unleash the budding photographer in you, GT brings you photo-prompt. Here are some entries submitted by the young photographers at Amity for the prompt...*



*Kanira Gupta, AIS Vas 6, VII E*



*A. Swayambhu, AIS Vas 1, VII E*



*Aavyaan Takwar, VI B & Ridhaan Takwar, VI A, AIS Gur 46*



*Kimaya Saini, AIS Gur, III*



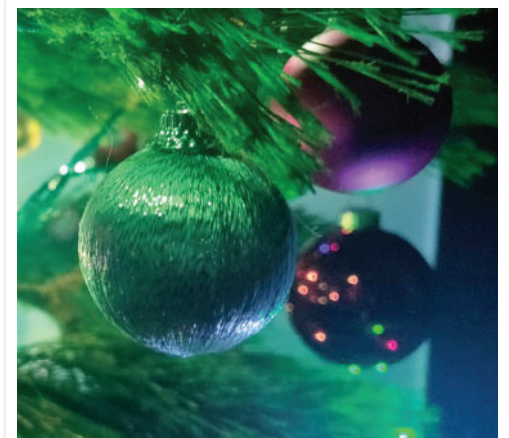
*The spirit of  
Christmas*



*Koyal Das, AIS Gur 43, XI*



*Kriday Arora, AIS MV, I B*



*Eira Kumar, AIS Noida, IX N*



*Rudra Verma, AIS Gur 46, VI B*



*Rubani Singh Tyagi, AIS Saket, VIII A*



*Aarnavi Singh, AIS VYC, IX B*



*Dhruvika Chaudhary, AIS PV, XI F*



# Innovation on point

## Young Innovator From Amity Bags Silver At IYIIC



Hitika with her certificate

### AIS Vasundhara 6

Hitika Mathur, a student of Class XI bagged silver prize at the Indian Young Inventors and Innovators Challenge (IYIIC) 2022 organised by NOSTC (Network of Organisations for Science and Technology Communication) from November 15-20, 2022.

The event supported by NCSTC (National Council for Science and Technology Communications) and

DST (Department of Science and Technology), witnessed participation from students all over the country. It was held at three levels namely regional, national and international with highly competitive projects and rigorous review by eminent scientists and innovators from India and abroad. Hitika won the award for her project 'Solar Sani Box' which was one of the top projects from India, making its way to the international level for the second time. [G I](#)

### AIS Mohali

On November 19, 2022, the school organised its first sports day 'Khel Spradha' for the students of primary wing. The event saw the gracious presence of Baljinder Singh, district education officer.

The sports event began with school choir welcoming all the guests with devotional songs. Following which the sports enthusiasts participated in a series of sports such as 50-meter jellyfish race, sack race, 100 meter race, roll the ball, run for fun, follow the leader, etc. In addition to this, aerobics, mass PT exercise with balloons and a dance performance on the song 'Chak de India' was also

# Khel Spradha



Students participate enthusiastically in PT exercise with balloons

presented. The parents too showed their sportsmanship spirit by engaging in various sports activities.

The sports fiesta came to an end with the felicitation of winners with medals and certificates. [G I](#)

# Ecom Forum'22

### AIS Saket

The 23rd 'Ecom Forum', an interschool economics and commerce competition was held on October 20, 2022, by the economics and finance society of the school. The annual signature event envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, aims to foster economics and business insight amongst the students and witnessed participation from 21 schools across Delhi/NCR.

The competition was held in three segments namely Economics Symposium, Wisdom Wands and Fintoons. The Economics Symposium welcomed discussions on current issues like currency wars, e-waste, ONDC, fintech, China's debt crisis, etc. While the Wisdom

Wands, was about start-ups focusing on social causes and at the same time finding solutions to problems like water level in soil, pollution due to burning of paddy stubble, etc. The third segment, Fintoons presented cartoon posters on the topic 'global supply chain disruption- the impact of Russia-Ukraine war'.

The Economics Symposium was judged by Dr OM Aggarwal, associate professor and Dr Nisha Gupta, assistant professor, Shaheed Bhagat Singh College, DU. Wisdom Wands segment was judged by Dr Anjali Gupta, professor, ARSD College, University of Delhi and Shankar Bose, CEO and director technology, Aum Tech. The Fintoons segment was judged by Uday Shankar, a cartoonist, illustrator and painter.

AIS Noida and AIS Mayur Vihar



Ecom champs of AIS MV

secured first and third positions respectively, in the speaker category of Economics Symposium, while AGS Noida and AGS Gurugram secured second and third position in the interjector category of the same. In Wisdom Wand, AIS Noida grabbed the third spot. In Fintoons segment, AIS MV and AIS Vas 1 bagged first and second position, respectively. Lastly, the coveted Shri Baljit Ji Shastri rolling trophy was lifted by AIS Mayur Vihar. [G I](#)



Children recite Shabad and Gurubani on the occasion

# Guru Nanak Day

### AIS Noida

To mark the birth anniversary of Guru Nanak Dev, the primary wing of the school celebrated the festival of Gurupurab on November 7, 2022, with great excitement and fervour. Dressed up in traditional sikh attire, students chanted 'Ek Omkar' and apprised the audience on the principles and

teachings of Baba Nanak. Following which the choir group sang 'Shabad' and 'Gurubani', and took out 'Prabhat Pheri'. The highlight of the celebration was a small skit based on the teachings of Guru Nanak Dev. The splendid series of events concluded with a dance and a creative do-it-yourself activity, where the young ones made candles using paper.



Anupama Pandey shares life lessons from Bhagavad Gita

# Teachings of Gita

### AIS Pushp Vihar

The school celebrated the occasion of Gita Jayanti by organising a special workshop on the importance of Bhagavad Gita in daily life for the students of Class XI on December 5, 2022. The session was conducted by Anupama Pandey, a certified life and relationship coach with over 12 years of experience in yoga and spiritual practices. Envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, the aim of the workshop was to instil the virtues and teachings of Gita in Amitians. The workshop was facilitated by The Global Times. During the ses-

sion, Anupama Pandey quoted 'shlokas' from Bhagavad Gita focussing on aspects like how to listen more and speak less, or speak only when spoken to, how to focus on likes and dislikes, etc. The students were also enlightened on different ways to deal with problems. They were informed about the usage of three-stage process of decision making where stage one is about the formation of thoughts within our subconscious (Sanskar), stage two is the contemplation within our conscious (Vritti) followed by stage three where we eventually perform the action. The workshop gave the students an insight into the teachings of Gita. [G I](#)



# Assumed aspirations

## Is The Bee As Busy As We Suppose It To Be?

Aditya Khuntia, XII C &  
Niharika Roy, XII D, AIS Saket

As much as our parents ask us to not compare what we have with others, we really do end up doing the same. But have we ever gone deep down and wondered about the real plight of the things that we compare real-life scenarios with? No! Do they not have feelings or aspirations? Well, let's see what they feel...

**Oxford Dictionary:** Let's get the council here in order, please. I have received too many unsatisfactory letters regarding the titles bestowed on you all.

**Clam:** I sent my resume all over the world, only to know how often I am being rejected. What more do I need to have in order to get admission? Maybe you should change the phrase from 'as happy as a clam' to 'as unsuccessful as a clam'. Besides, nobody wants to eat me either! I'm simply disgusting!

**Coal:** Not acceptable! Not at all, I repeat. The phrase for me 'as black as coal' is so demeaning. After being under pressure for millions of years to become the source of energy to emit light for these humans, they just oversimplify my features to my colour. Why couldn't the phrase be 'as black as a ghost's eyes' or 'as dark as a clam's life'? Why?

**Bee:** I am sick of it, too! People associate me with academics. Since when am I the nerdy student? I am

not busy studying, I am just freely wandering in the sky and feeding from the flower of my choice. Thus, the best way to refer to me should be 'as idle as a bee' and not 'as busy as a bee'. Please #beecool!

**Bug:** I don't understand this human world. On one hand, they call me cute, on the other, they ignore me. Have they forgotten the phrase 'as cute as a bug's ear'? These humans also reported my social media account @bugfluena. Somebody needs to make them work on their logic and aptitude!

**Oxford Dictionary:** Alright, it seems like all of you are unhappy with your current titles in this council. So, the only thing I can do to help you out right now is to switch your titles. However, since you all have varying issues, I'd like for all of you to state the proverb you'd like to switch your titles with yourself. So, what change do you want?

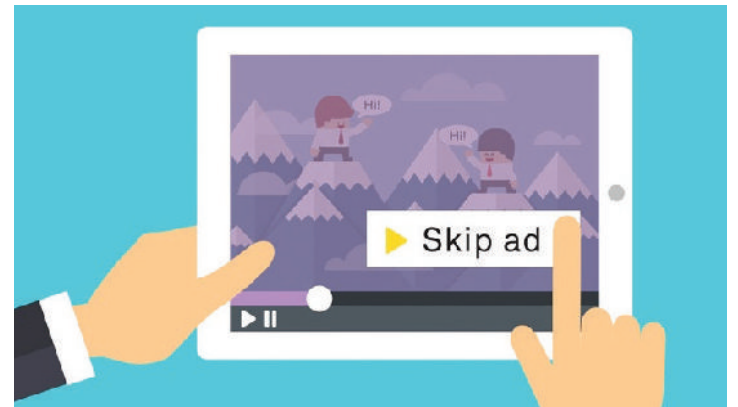
**Coal:** I do not want to be an idol of darkness. I want to wander freely. Perhaps, the Bee can take my title.

**Clam:** I am tired of pretending to be happy. Switch I say, but don't know with whom.

**Bug and Bee:** No! We want new, upgraded titles!

**Cucumber (suddenly walking in):** You all need to stop fighting. People call me cool, but I'm a bit bitter, too. Do I care? No! Be like me! Just stop caring.

**Everyone (in unison):** You are literally called 'cool'! Why don't you take our titles and then talk? As all the words started bickering together, Oxford Dictionary left the room, to never return again!



# Upgrading to premium


## Bidding Adieu To The Annoying Ads!

Anika Joshi, AIS Vas 1, Alumna

Dear ads,

I know I can weave a thousand words in this letter, but I have decided to cut right to the chase – something you have never done with me. You have been pestering me with your pre-recorded voice messages and dramatic soundtracks every time I open any app, and I am tired of it. I know you hate me as much as I hate you, because why else would you bother me this much. Enough is enough. I'm sure you have guessed it by now. Yes, that's right, I am leaving. Not the apps, just you. But I won't be too harsh with the goodbye. I know we have had an 'ad'orable journey, and we have spent so much time together (all of it was against my will, but I won't focus on that right now.)

I also cannot deny that you did

care about me. Even if that caring was almost stalking my every activity and tailor-making ads for me, I will ignore that in the emotional spirit. I'd like to think that your interruptions were because of your concerning (read: nagging) nature. You gave me hope for everything - that the clothes you pitch, food you offer, shows you promote etc., can fix all my problems. And I won't lie, you had me swayed quite a few times. But despite all these qualities that I greatly 'ad'mired, I have realised that it is time for us to part ways. Now, don't you be too heartbroken. I know you have millions of others to shower your love on (read: annoy). So, here I am, clicking on the 'Premium' button and cutting my ties with you, but know that even when I am gone, I will miss you (or maybe, I won't). Goodbye! 



# Rake in that review

**Movie:** Ocean's Eleven

**Director:** Steven Soderbergh

**Released on:** December 7, 2001

**Starring:** George Clooney, Brad Pitt, Matt Damon, Andy Garcia, Julia Roberts

**Genre:** Crime, Comedy

**Synopsis:** Danny Ocean incurs a four-year-long sentence in prison after he ruins himself due to his wife's desertion of him. At the end of his sentence, he proves to a parole board about his rehabilitation, but denies involvement in the crimes he was accused of.

Once out, Danny heads to Los Angeles, violating his parole with Rusty Ryan. Following three rules: don't hurt anybody, don't steal from anyone who doesn't deserve it, and play the game like you've got nothing to lose, Danny orchestrates the most sophisticated, elaborate casino heist in history. He proposes the idea of robbing three Las Vegas casinos, the Bellagio, the Mirage and the MGM Grand. Rusty eventually agrees to the plan and the pair recruits members, who are infamously known as 'Ocean's Eleven'.

**Why is it watch-worthy:** Though Ocean's Eleven is a series of films, it can also be

watched as a standalone. George Clooney, a spectacular actor; Brad Pitt, the one charming the audience with each of his films; and Julia Roberts, the queen ruling people's hearts - together they create a perfect symphony of entertainment. These three get together with other talented actors in a well-crafted story with a nerve-wracking plot, which creates an atmosphere of excellence. The whole story is so riveting that one might even forget to refill their popcorn. Be it Danny Ocean's picaresque personality, or Rusty's humorous approach, the story keeps viewers tied to their seats.

**Iconic dialogue:** "Who is this?" – "The man who's robbing you"

**Rating:** 4/5

**Review by:** Amishi Jain, AIS MV, XII F

