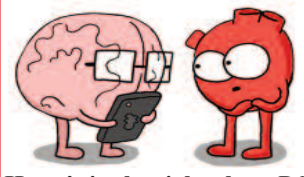


INSIDE



Heart's in the right place, P6



The joy of Xmas!, P10

AMITe poll

Do you agree with IHF's decision of not cancelling World Junior Hockey Championship even after 8 players tested COVID-19?

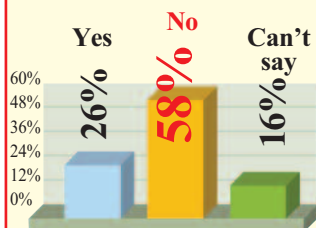
- a) Yes
- b) No
- c) Can't say

To vote, log on to www.theglobaltimes.in

POLL RESULT

for GT issue December 14, 2020

Do you agree with the central government's decision to allow Ayurvedic doctors to perform surgeries?



Results as on December 19, 2020

Coming Next

YP Panel Discussion- Part VI

The essence of Christmas

As Yuletide Washes Over Us, Let's Explore Some Unknown Facets Of It

Nandini Medhi, GT Network

Hang up the holly and light up the yule tree, for Christmas has come a-knocking! It's hearty cheer and cosy warmth can melt the coldest of hearts. Truly, Christmas time has magic woven in itself, from its traditions to its charming rituals, embracing everyone in its effervescence. Although Christmas is celebrated globally, there are many facets to it which are still not known to many. GT brings you some of such interesting facts about one of the most popular festivals in the world.

and proceed to hang up the tiny silver angels, bright shimmery stars and golden bells on our Christmas tree. But did you know, the tradition of decorating the Christmas tree came from 16th century western Germany? People would bring the trees inside their homes and decorate them with roses, apples, tinsel and sweetmeats. By the 18th century, this custom became popular all over Germany and by the 19th century, it had spread to different parts of the world.

*"Peakin' out the window
To see what they can see
It's a candy cane Christmas
Sweet as it can be"*

Other than ol' Santa Claus, there's another red and white during Christmas time that we can't get enough of. You guessed it right! Candy canes. These red and white hook-shaped sugary delights are a Christmas must-have, for the tree as well as the stomach. Cherry on top? The sweet little Christmas candy cane has a very interesting story behind it. Legend has it that candy canes originated in Germany in 1670 when a choirmaster at the Cologne Cathedral convinced a local candy maker to mould sugar sticks into the shape of a shepherd's crook as a gift to bored choir children during the Living Creche ceremony. For a long time, candy canes came in only one colour-white. It was only during the 20th century that the symbolic red and white peppermint candy canes came to be.

*"Jolly old St. Nicholas
Lean your ear this way
Don't you tell a single soul
What I'm going to say"*

Santa Claus is the bright, cheery face we all looked out for on a cold Christmas eve. But Santa Claus was not always this round figure with a long white beard as we know him now. Earliest depictions of Santa Claus were varied, from a tall, bony man to an unfriendly elf, wearing everything from a bishop's robe to animal skin. This modern-day figure of Santa is a creation of the Coca Cola Company. In the 1930s, the company was running ads in magazines and wanted to show Santa Claus in a warmer light. For this, an illustrator named Haddon Sunblom was commissioned to develop images of Santa Claus, who in turn, took inspiration from the poem "A Visit From Saint Nicholas" by Clement Clark Moore, written way back in 1822. From this poem came the Santa Claus that we know today, jolly, wholesome and bearing gifts.

*"O Christmas Tree, O Christmas Tree
How lovely are thy branches!
O Christmas Tree, O Christmas Tree
How lovely are thy branches!"*

Christmas without the Christmas tree is unimaginable. As Christmas arrives, we take out our box of decorations



*"Oh, bring us some figgy pudding
And bring it right here
We all like our figgy pudding
With all its good cheers"*

A delicious spread is integral to any Christmas celebration. And, although the food might vary according to which part of the world you're in, one thing is constant - Christmas cake! It comes in many shapes, sizes and flavours, and has evolved considerably through the ages. But, the tradition of eating cake on Christmas wasn't always so. Traditionally, people ate porridge on Christmas eve. Soon, dried fruits, spices and honey were added to the mix, turning it into a pudding of sorts. By the 16th century, butter, flour and eggs replaced the oatmeal in the pudding, resulting in a boiled cake. Richer families, with ovens, would bake the same using spices and seasonal fruits. This humble porridge-pudding-boiled cake is what is known today as 'Christmas cake'.

Christmas festivities, as we know it, has come a long way; they call it evolving. Here's hoping the same is reminiscent in humankind that celebrates the festival. 🇮🇳

Are you pro-environment?

...Asks Radhika Suri, As She Enlightens Us On The Importance of Being An Eco Ally

Suhani Malik, AIS PV, XII B



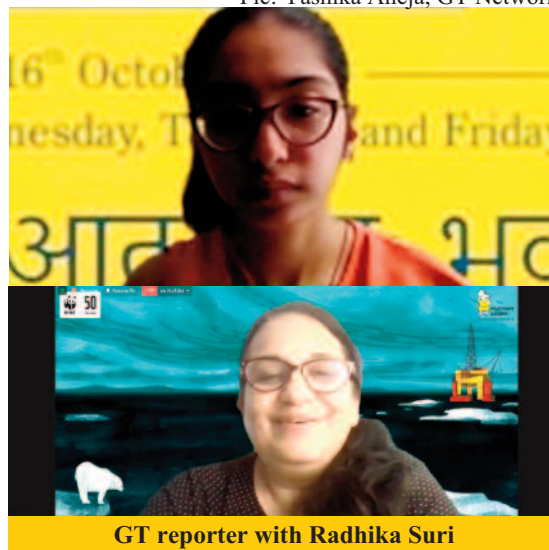
Radhika Suri

Is society even possible without environment? What is the use of a good house if we don't even have a healthy planet to place it on? As GT reporter caught up with **Radhika Suri, director, Environment Education, WWF-India**, at the e-AIMUN conference 2020, many such questions emerged - questions that would change your outlook towards nature, climate and everything in between. Read on as we present some of them to you.

A pro-environment take on WWF

World Wide Fund for Nature was established in India in 1969 to stop the degradation of natural environment and to build a harmonious future betwixt the world and the wild. It installed environment education as a discipline in educational institutes across the country. Today, through this endeavour, we have conducted several pro-nature programmes including 'Nature Clubs of India', 'Echo', 'Wild Wisdom Quiz', etc. to name a few. Amongst these, 'Ek Prithvi Program' makes us stand out entirely, wherein we build green schools and do an MNE (Monitoring and Evaluation Report) of it. We are the first to inculcate this environmental evaluation

Pic: Yashika Aneja, GT Network



GT reporter with Radhika Suri

things necessary to maintain safety today, will contribute to the plastic crisis. So, while these things are a bit out of our hands, let's take it as a warning knock on our door. Shouldn't we?

A pro-environment take on technology

Accept it or not, but technology is here to stay. Our lives are never going to be the same with it but that is not the point; it's more about how we 'use' it. Children today prefer spending time on their screens instead of going out to play. This excessive consumption is outrightly bad and would make things worse. But, on the other hand, technology will help us innovate. People today are experiencing nature trails virtually with the help of technology, so there's a lot of power in it. But, in the end, it all comes down to how disciplined and wise we are while using it. Let's achieve that balance and trust me, we would do wonders. Because why not?

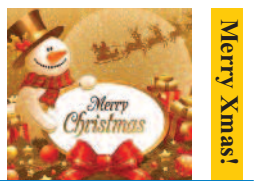
A pro-environment take on youth

Youth today is very different if we compare it to when I was a youngster. They are aware about their surrounding and raise concerns; they take part in UN bodies and find solutions. We did not have access to such knowledge back then. And, as an environmentalist, I feel grateful that there are young activists who have realised the impact of climate change around them. However, the need of the hour calls for raising our voices and at the same time, devising a strategy to alter not so friendly environment things. So, it all depends on the youth and I am certain that they will take every necessary step to protect their environment. Is it not? 🇮🇳

tion system, and it makes me believe that we're on the right path. Are you?

A pro-environment take on COVID-19

This outbreak has affected every aspect of human life, but one thing that has benefitted from it is our environment. Even though there were talks about the climate crisis before too, with this pandemic, things have become quite limpid. It has been made clear that no one can take nature for granted anymore. We can't just keep consuming resources without consequences. Humans are taking note of it and that is what's needed. With that being said, the increase in the usage of disposable plastic in the form of masks, gloves, PPE kits etc. - all the



India This Week

Aarushi Aggrwal, AIS MV, XI C

While we sit on our couch just breathing, a lot of things happen around us, and sometimes in our very own country. We bring you the ones worth mentioning.



Resurrection of red rice in Himachal

News: To revive the cultivation of red rice, an endangered variety of rice, the government of Himachal Pradesh has announced to fix 4000 hectares of land to encourage the production of this grain. With a current annual production of 9,926 quintals per year with 1,100 hectares in water surplus regions, the government, with the proposed plan, aims to increase its productivity to 40,000 quintals annually in the next five years.

Views: Red rice, unknown to many, is one of the healthiest and prized varieties of rice in our country. However, this variety of rice saw a sharp decline in its production because the interest of farmers has shifted towards the cultivation of high yielding and cash crops lately. Thus, the decision by the state government is really wise and prudent, as it will not only bring back the substantial production of the grain which is currently on the 'verge of extinction', but it will also develop an interest among farmers towards the cultivation of the same.

Anushka Ramesh, AIS MV, XI F



IMA opposes training of Ayurvedic doctors

News: The Indian Medical Association has called a nationwide strike against the government's decision to let postgraduate practitioners of Ayurveda perform 58 surgical procedures. The association has also condemned the formation of four committees- medical education, clinical practice, public health, and medical research & administration by NITI Aayog.

Views: This decision by the Central Council of Indian Medicine, mixes two forms of medical procedures- traditional and modern. This 'mixopathy' will not only nullify the options to choose any one form of treatment as per need, but it will also give rise to hybrid versions of doctors who might get befuddled as to which procedure to follow while treating a patient. So, before going ahead with it, all the pros and cons must be weighed.

Vrinda Sethi, AIS MV, XI A



National Family Health Survey report out

News: The Ministry of Health and Family Welfare has recently released the conclusions of the 5th round of National Family Health Survey (NFHS). The survey revealed a rise in the level of child malnutrition, and also the number of stunted children in thirteen states. Apart from this, there was also seen an increase in children with low weight in twelve states. The report has also suggested a sharp rise in cases of anaemia and obesity as well.

Views: It is unfortunate that India's most vulnerable citizens remain outside mainstream development. While the average is good on various development outcomes, progress exists inequitably, as we see the lower strata bearing the brunt of this inequity. Though there are certain schemes designed for their welfare, proper implementation is mostly absent. Hence, we must aim for the development of holistic programs that are specially designed for the cause. A decision needs to be made in this direction to help India meet the Sustainable Development Agenda 2030: 'Reach the furthest behind first'.

Tarushi Tewari, AIS MV, XII G

Largest renewable energy park to be built

News: To harness Gujarat's vast reserve of wind and solar energy, PM Modi has laid the foundation stone for several projects including world's largest renewable energy park, a desalination plant, and a fully automated milk processing and packaging plant. The energy park, spread over 72,600 hectares, will be constructed at Khavda, with a capacity of 30,000 MW and the desalination plant in Mandvi, along the Arabian sea coast.

Views: These steps are a milestone for sustainable development. The desalination plant will be highly crucial in transforming sea-water to potable drinking water and strengthen water security in the state. With the need to switch to cleaner fuels, the renewable energy park will contribute towards 'One World, One Sun, One Grid' project, which India actively participates in. It will also fulfil government's aim to take solar energy to rural areas and replace diesel with a clean fuel in agriculture.

Naina Srivastav, AIS MV, XI A



Around The WORLD

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



BOLIVIA

Many new species found

Around 20 new species, including the 10 millimeters long lilliputian frog - the smallest amphibian in the world, the metalmark butterfly, the devil-eyed frog, the Alzatea verticillate flowering tree that was once considered extinct, etc., have been discovered in a scientific expedition in the Andes of Bolivia. Conducted by a team of 17 scientists, the expedition was led by the government of the country's capital La Paz.

FRANCE

'Priceless treasure' seized

Hoarded by a single person for personal and trading purposes, 'priceless treasure' of over 27,000 artefacts, including bracelets and torques from the Bronze Age, a rare Roman dodecahedron as well as other objects from the Middle Ages, has been seized by the French authorities. The customs service further confirmed the haul as one built by looting various archeological sites in the country.



CHINA

Chang'e-5 back on earth

Launched on November 24, the country's Chang'e-5 spacecraft that landed on Moon at the beginning of December, in an attempt to collect lunar samples, has successfully returned and made touchdown in the northern Chinese region of Inner Mongolia on December 16. The return capsule, if successful in its mission, would make China the third country to do so after US and the Soviet Union.



BANGLADESH

1971 war bomb found

A cylindrical 250 kg 'live bomb', speculated to be dropped during Bangladesh's 1971 Liberation war against Pakistan, has been recovered from a construction site near Dhaka's Hazrat Shahjalal International Airport. On being notified, the bomb disposal unit of the Air Force rushed to the spot and defused the bomb, before taking it for its guided and safe explosion.



INDONESIA

Free COVID-19 vaccines

Indonesian President Joko Widodo pledged free Coronavirus vaccines to all the 270 million citizens of the country as social media campaigns urging authorities for the same soared. In a bid to further address the rising concerns over the vaccine's safety, Widodo volunteered to be its first recipient, setting a great example worldwide.



SOMALIA

Ties with Kenya severed

The country put an end to its diplomatic relations with Kenya on December 15, incriminating the latter of interfering in its politics as anti-government protests fired up in the Somali capital Mogadishu. The government also asked for the retrieval of all its diplomats from Kenya and ordered Kenyan diplomats in the country to leave within seven days. Kenya reciprocated the move immediately after.



The Christmas wreath is a representation of the crown of thorns worn by Jesus.

Europe calling...

A Sneak Peek Into Countries With Free Or Inexpensive Higher Education

Suhani Malik, AIS PV, XII B

Admit it or not, at least once in our life we have all thought of studying abroad, but have dumped the idea owing to the humongous expenses that come with it. But all is not lost. While countries like USA, UK and Australia charge a ginormous fee, there exist several European countries which offer higher education that are not heavy on the pocket. Got your hopes high? Read on to take it to the roof.

Germany

In 2014, many German institutions made tuition free. This means that now undergraduate students of any nationality only have to pay a minimal amount of administrative fee per semester. LMU Munich, TU Munich and Heidelberg University are some of the top choices for studying here, with each of them replete with a rich history, having given many Nobel Prize winners like Werner Heisenberg to the world.

The catch: Munich is considered the most expensive city in the country, with rents going as high as 1000 euros. Moreover,

bachelor programs here are almost always taught in German. You need to have a C1/C2 certificate provided by government acknowledged institutes like the Goethe Institut to study in these universities.

Austria

The country offers a lot of low-cost courses taught in English as well as in German. A student who is a non-EU resident needs to pay a semester fee of about €800. Infact relocation to Austria is cheaper as compared to Germany. Famous universities include University of Vienna and Vienna University of Tech-

nology with notable alumni such as Sigmund Freud and Gregor Mendel.

The catch: You only have 6 months to look for a job after you complete your education. So, no lazing around!

Norway

Norwegian universities do not charge any separate tuition fee from any students, includ-

ing the non-residents. A lump sum semester fee of NOK 300-600 is charged from each student. University of Oslo and University of Bergen are among the more popular choices to study here.

The catch: While the universi-

ties here offer quite a few programs taught entirely in the English language, most courses are taught in Norwegian. Also, not to forget, living expenses can be quite high, typically ranging from NOK 100,000-150,000 per year. Money-saving mode ON!

Finland

Waiving off tuition fee, Finland offers quite a few options when it comes to cost-efficient bachelor's degree, although some universities charge a nominal tuition fee from its postgraduate students. To add to that, students are issued a card which makes travel and meals significantly cheaper. Well known institutes in the country include University of Helsinki and Hanken School of Economics.

The catch: The sizes of classes are getting bigger as more and more students are being enrolled. Also, Finland is known to be one of the gloomiest countries in the world due to its harsh climate. You can only fit in if you were born there, or if you have a ninja-technique to increase your body's adaptability to fit in. All the best!

Anatomy of a student

For Every Part Has A Unique Purpose To Serve

Hair: Styled up, until a teacher scolds you to normalise it.

Eyebrows: Raised every time you see the question paper of a surprise class test.

Ears: Used to hearing "Is this a class or a fish market?" from every teacher coming to the class.

Nose: On high alert whenever someone opens their lunch in the middle of the class.

Lips: Always joking around, or in the teachers' words- "being a chatterbox".

Legs: Ready to sprint to the school ground every time you get a free period.



Head: Tired of memorising formulas and lengthy answers.

Eyes: Always looking for an opportunity to catch a glimpse of your classmate's answer sheet.

Neck: Showcasing the school ID card (because your teachers told you to) even though it makes you look less cool.

Hands: Running faster than Usain Bolt when copying down notes from the blackboard.

Aananya Pawar, AIS Vas 6, XII A



Bare minimum

The Ever-Changing Standards Of Education

Aashraye A & Saumya S
AIS Gur 43, Alumni

Change is an inevitable phenomenon. From our daily habits to the ways of the world, time and change spare none. Even our educational system once differed from what it is today. And this doesn't just imply a change in our syllabus or what we are taught, but a change that has completely revised the way we receive and perceive education; a change that goes down to the bare minimum.

For instance, earlier scoring 70-75% marks was considered an achievement but today, even securing 100% marks does not guarantee you a 'good' college. In 2002, the highest cut-off for DU was 90.25%, the same stood

at 94% in 2009, 97% in 2015, 98.75% in 2018 and 100% in 2019. The minimum requirement to get into a good college constantly maximised its approach. The students struggled to cope with the bare minimum. The year 2020 saw 38,686 students across the country score over 95% marks in their post-secondary schooling. But sadly, the minimal outdid itself yet again, with cut-off for the same year standing at about 100% for some colleges.

The rat race was unending and thus, the need to overhaul the education system became more imminent than ever. Steps in – entrance exams. So, now a student had to score well, in addition to bearing the burden of a long entrance procedure to

higher educational institutions, including, but not limited to, exams, group discussions, personal interviews, etc.

After all this, one would assume a bright future is secured. But turns out, the job arena has changed too. Today a graduate degree alone just won't do. Unless you have a master's degree, you are not considered eligible for various jobs. Additional bachelor's degrees, diplomas, courses, etc. sure serve as cherry on top. Perhaps, a doctorate can do all the wonders, at least for the time being.

There is no debating the fact that the lowest bar in the education sector has gone to the uppermost level. But on the sunnier side, isn't education all about raising the bar? Food for thought. 🍽️

The popular Christmas song 'Jingle Bells' was originally written for Thanksgiving, not Christmas.



Illustration: Dinesh Kumar, GT Network

Crave it

Answer To All Kinds Of Cravings

Khushi Saxena

AIS Noida, Alumna

“A very strong desire for something” is the dictionary definition for craving, and you only understand how very strong the desire truly is when it is midnight and you have an exam the next day and your mind cannot stop thinking of all kinds of fast food your mother wouldn't approve of. But, why does the human body crave particular foods at odd times, have you ever asked? Well, worry not! Your science book has all the answers.

Chapter 1: Sweet tooth

Who doesn't wake up from their sleep and want to devour a giant slice of cake? The answer is no one. But, if you catch yourself craving anything sweet of any kind, chances are your body is experiencing blood sugar fluctuations, or your body needs serotonin. The intake of sugar can cause the brain to release serotonin, a chemical which makes us feel relaxed and puts us at ease. Instead, a better alternative would be to ensure that

your diet has more high-fiber food items which keeps your blood sugar stable.

Alternatives: Beans, legumes, whole grain and fruits

Chapter 2: Choco-affair

If Charlie and the Chocolate Factory made you dream about living in chocolate-covered heaven, then this chapter is especially for you, my friend. A craving for chocolate indicates that the human body is deficient in magnesium, which is the case for more than 80% of the population (maybe this is why chocolate is so popular!). When such a situation comes a-knocking, make sure you only reach your hand out for dark chocolate, with about 75% cacao or higher, because it has low amount of sugar and is rich in antioxidants.

Alternatives: Nuts, seeds, fish, whole grains and leafy greens

Chapter 3: Salt bae

Put those salt shakers aside because we are about to have an intervention. A very strong desire for salty food items like potato chips or popcorns usually indicate that the human body is under chronic



stress and that stress is taking a toll on the adrenal glands (the glands that sit on top of the kidneys and give the body energy to deal with stress). Stress is extremely harmful for body and must be avoided at all costs. So, the next time you see yourself reaching for the packet of Lays, stop yourself, take a deep breath, meditate and forget all about it.

Alternatives: Sweet potato, carrots, kale chips and dry fruits

Chapter 4: Say cheese

The phrase is good when you are clicking photos, but don't go literal on it in a restaurant. Craving anything cheesy is a big fat sign that the body is going through a fatty acid deficiency, which is

highly common amongst the masses as very few amount of people get enough omega-3 fatty acids that their body requires to function properly. This calls for including high-quality supplements in your diet which contain most EPA and DHA. It's time we treat our body right! **Alternatives:** Raw walnuts, wild salmon and flaxseed

“It's in my genes”

Story Of A Small Piece Of DNA And How It Affects You

Anupreksha Jain

AIS MV, Alumna

Who do you think is responsible for your various personality traits? Or for the most seemingly random things that take place in your life? Is it nature that you hold accountable or is it nurture that takes all the credit? Well, it's natural for us to resemble those who nurture us, i.e., our parents. In a single word, it is called 'Genes'. Here's all that you can blame them for.

“May the good God bless you *sneezes*”

Autosomal Compelling Helio-Ophthalmic Outburst sneezing or the ACHOO syndrome is a reflex condition that causes sneezing in response to numerous stimuli and, now for the most shocking part, is inherited from one of our parents. So, dear sneezer, it isn't all the ice creams you eat on a daily basis, it's in your genes!

“Should I hit the gym or eat more ice-cream?”

According to researchers at the University of Georgia, you may have inherited a gene that interferes with the release of dopamine or the chemical that regulates your brain's pleasure and reward centre. This gene, in unison with your personality, affects a person's impulse to be active. So, don't worry, dear i-don't-want-to-exercise-but-i-hate-my-body, it's not your fault, it's in your genes!

“Am I an early bird or a night owl?”

A 2016 study stated that there are not one, not two, but fifteen areas of the human genome linked to rising with the sun, and having even one of them increases the likelihood of being the 'early bird' by 25%. Seven of those regions are related to genes regulating the circadian rhythm. So, dear insomniac, it's not your thoughts that don't let you sleep, it's in your genes!

“My body is 70% caffeine, 30% water”

Your dependence on coffee or rather the way that your body metabolises caffeine, is inherited from a particular gene called CYP1A2. Variations in this gene have a big impact on how quickly or slowly your body is affected by caffeine. If your caffeine metabolism is slow, you need less of it to feel awake. So, dear coffee maniac, no, it isn't your insane workload, it's in your genes!

“If I can dream it, I can surely do it”

The OXTR gene or the love and bonding hormone Oxytocin, partly affects your ability to look for the silver lining. People with a certain set variation in this gene were found to have a slightly pessimistic outlook of life. So, dear optimist or pessimist, it isn't the glass of water or how you look at it, it's in your genes!

However, to say that genes are the be-all and end-all that shape us is erroneous, too. It is instead, a complex interaction between genes and other environmental factors that affects our characteristics. So, the next time you blame something for your own traits, be sure to throw your doubts on them both, nature and nurture.



The greatest threat Changing Climate Is Real

Anshita Kumar

AGS Gurugram, X

Climate change is an issue that is overlooked every day. But, what we can't overlook is that we only have a couple more years left until we are trapped in a never-ending downward spiral that will lead us to an uninhabitable world with countless incredible species vanished forever. It marks the beginning of an unimaginable impending doom. Tackling this problem is the only solution for sustaining a world where humans and nature thrive in peaceful co-existence. So, can we continue underplaying the magnitude of this catastrophe at hand?

A recent study from the United Nations Intergovernmental Panel on Climate Change warned that the worst impacts of climate change could be irreversible by 2030. Also, experts suggest that we are currently in the middle of the sixth mass extinction, and the only difference is that this time it isn't occurring naturally; it is caused by us - humanity. Did you know that there is more carbon dioxide in the air we are breathing right now than there ever has been in human history? Did you know that two in every

three people worldwide live in regions of severe water scarcity? Even a small increase in global temperature will destabilise the water cycle and could make water scarcity much worse. Climate change affects rainfall patterns, meaning both drought and flooding are bound to be more common events. Trauma from these floods and droughts will lead to severe surges in mental health issues such as anxiety, depression, not to mention the physical damage. Climate change means drastic changes for the surviving animals all over the world; their habitats are constantly being stolen and they will all soon struggle to find food. More carbon dioxide in the air makes staple crops less nutritious and a decline in crop productivity would lead to undernutrition and hunger for many. There will be an increased risk of heat strokes, and hotter days, more rain and higher humidity will produce spread of infectious diseases. Is this not enough to prove that climate change is an emergency? It is an issue which has devastating consequences. We have one planet, and we must do what we can to protect it and the time to do so is slipping away. Are you scared of our future yet? 🌍



Scary scares

Some Weird Phobias That Really Exist

Oorvi Gupta
AIS Noida, XII

Not once or twice, but many times all of us have huddled up with friends or cousins under one blanket and watched horror movies while biting our nails in fear. A majority of us associate the very concept of fear with such experiences. But then again, fear is not always restricted to experiences like these because there are people who have unconventional fears; fears that are strange and sometimes outright irrational.

Arithmophobia

Did you know that the fear of Maths actually had a name? Arithmophobia or at times referred as numerophobia, is simply the fear of numbers. An individual with this phobia finds it difficult to perform complex mathematical computations in daily routine. In fact, the very thought of doing a calculation makes one feel nervous. So, the next time your teacher

asks you about low grades in Maths, you have an answer.

Somniphobia

Eat. Sleep. Repeat. Well, this might look like a simple daily routine to most of you but for some the very word 'sleep' might bring a frown on their face. People suffering from somniphobia find it very distressing to even think about sleep and going to bed is the scariest thing they can experience. Well, people who love their naps will feel the pain.

Ablutophobia

It is often said that one should always remain hygienic by cleaning themselves and taking bath regularly. But this doesn't hold true for people who experience fear at the mere thought of washing, bathing or cleaning themselves. Such people avoid bathing and often feel afraid of getting wet. At times, the phobia is associated with aquapho-

bia, the fear of water. So, the next time, you don't feel like taking bath, you will know exactly what to say *wink*.

Globophobia

Say birthday party and the first thing that comes to your mind are bright colourful balloons. But for many, a mere sight of these colourful balloons might trigger intense anxiety. Globophobia is the fear of balloons where the intensity of fear depends from one person to the other like some avoiding balloons being near to them to some avoiding going to places with balloons altogether.

Phobophobia

The last one on the list is the fear of phobias. Confused? How can someone fear, fear itself? It is like free-floating anxiety, people associated with phobophobia avoid getting into situations that can trigger a series of anxiety. It's the culmination of every phobia ever.

So, what do you fear? Numbers? Sleep? Or fear itself?



It is banned!

Harmless Things That Got Outlawed

Annoyed with the ban of Tik Tok and PUBG? We wonder what this information will do to you. Read on to find out more about some seemingly harmless, everyday things that have been banned.

Banned: Penny

Country: Canada

Thinking pennies to be a waste of both money and time, as their production cost exceed their monetary value, Canada ceased their production in 2012. Although they remain a legal tender, Canadians aren't allowed to use more than 25 pennies in a transaction. So, if they thought of letting go of their change, we'd advise them to be penny-wise.

Banned: Chewing gum

Country: Republic of Singapore

You can't chew gum in Singapore. Thank those vandals who stuck gum on door sensors of trains. Anyhow, that means you won't get stuck in sticky situations while you are there.

Banned: Western hairstyles

Country: Islamic Republic of Iran

Mullets, ponytails and long gelled hair for men are banned in the country of Iran. They are apparently 'anti-Islamic'. And what's more? There's a government approved list of dos and don'ts vis-à-vis the

hair. So, the next time you complain about your haircut, remember that others have it far worse.

Banned: Blue jeans

Country: North Korea

Imagine not being able to wear blue jeans! Yes, that happens in North Korea for they are a symbol of American imperialism. We sure can't be giving US importance by donning these comfortable and stylish clothes. No, absolutely not!

Banned: Reincarnation

Country: Republic of China

Looks like you can control who to bring back from the dead. The idea struck them when the 14th Dalai Lama fled China. A decree in 2007 declared that 'reincarnation' of any religious leader must take place with government permission. Hmmm...

Banned: Lip syncing

Country: Turkmenistan

Turkmenistan had banned lip-syncing to songs before it became cool. This ban is what happens when you take the "Try not to Lip Sync Challenge" too far. 🇹🇲

Brought to you by Aparajita Lahiri & Deeksha Puri, Alumnae; Tanya Talwar & Suhani Malik, XII, AIS Pushp Vihar



Standing up to the struggle

Is It Easy To Get People To Laugh?

Aditya Aggarwal &
Saksham Manaktala

AIS Gurugram 43, Alumni

Laughter may be the best medicine, but this medicine isn't so easily procured. Making people laugh is one of the toughest jobs in the world; I mean, who would pay to listen to Santa Banta jokes? Read on to look at the struggles that have our comedians 'stand up' for their rights!

Being 'funny'

Can you think of framing

jokes on everyday common situations, for instance, you not being able to find your socks in the morning? Or your mom scolding you for not cleaning your room? Or what could be funny about a middle aged, unemployed man living his life staying at home, right? Wrong. Stand-up comedians would come up with a whole set about how Indian mothers are like ninjas, how socks are hidden weapons and how YouTube is a whole universe on its own. Looking for humour in the most mundane tasks,

fantastic observation skills and making funny jokes on them to which the audience can relate is a feat not everyone can achieve.

'Joke's on you

In the age of the internet, sometimes, a joke made on a topic even a tad bit controversial may come flying back to the innocent person standing on a stage only trying to

make people laugh. It's not like stand-up comedians can completely avoid those issues, because people always like to experience a humorous take on such topics. Yet, there is always a red mark associated with such jokes; as soon as their jokes get viral and their courage is appreciated, the comedians also have to be prepared to receive their share of flak.

'Energy' on the mic

Not even for once, a stand-up comedian can let the

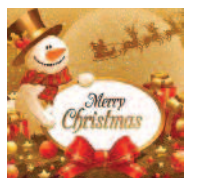
energy in the room go down, even if they feel tired or annoyed. For them, walking on the stage with full energy is the only key to a successful show and earning a few bucks. The energy with which they deliver well-crafted jokes one after the other is one of the most significant skill that every comedian has to develop; because even the greatest content might see a luke-warm response if not infused with energy and correct comedic timing. Even if they have told a joke hundred times before, the impact should be like that of a first

time while performing in front of a new crowd.

Striking 'punchlines'

Making an audience laugh is one thing, but tickling the funny bones of the audience every time a joke is delivered is what stand-up comedians strive for. To get this right, comedians rehearse several times, write and re-write the script until they achieve perfection in their comedy, to produce laughs every time it is delivered on the stage. They have to be well versed with crafting jokes that are well-thought-out along with striking punchlines





Jingle joy!



Dr. Amita Chauhan
Chairperson

Finally, it's Christmas, and it's also the time the entire world had been waiting for – the end of the year 2020. This year brought forth some unique and rather unprecedented challenges, some of which humanity had not envisioned.

But amidst the difficulties and uncertainties that this year brought along, there was a glimmering ray of hope. One that shone as nature cleansed itself owing to pandemic resulting lockdowns; humans did away with flamboyance, and stuck to a simple living. There was no eating out, no visit to malls, rather there was spending time with family. However, amidst these beams, our educators emerged as a lighthouse.

Resonating with St Nicholas's spirit of gifting selfless love, the educators and staff at Amity spread the light of learning and happiness in the lives of young minds. Father Christmas or Santa Claus, as we all know him, is known to descend in the darkness of the night, bringing gifts and spreading joys. Our teachers too descended on virtual platforms, an avenue not recced by many until recently, and gave countless children the gift of unhindered education.

Our teachers have done their bit in fostering the Christmas spirit, much before the bells began to jingle. It is now your turn to spread the cheer and goodness this festival is known for. While you wait for Santa to bring you your gifts, go ahead and be someone's Santa. Reach out to the less privileged with a warm blanket in this biting cold, or a book for those who wish to be illuminated with the light of education.

Christmas, like all other festivities, will leave our lives with the fairy dust of happiness. It is up to us to let that sparkle linger on, for longer. So, let's maximise that Christmas spirit, for Santa knows we need it, now more than ever. 🇮🇳

Lettering emotions



Vira Sharma
Managing Editor

The world is raving over the letter of an 8 eight year old boy to the British PM Boris Johnson, asking if Santa would come this year with gifts. The innocent wish, and an affirmative reply from Boris, both have become a classic insignia of hope in the world. The letter

stands testimony to the faith of a young soul in Father Christmas that he will set everything right this year. Talking of letters, a beverage ad this year perhaps captures the power of a letter and faith, love and resilience of a child, the best. With the child writing to Santa asking him to bring her daddy, a sailor back home for Christmas, the ad underscores the inner strength and sensitivity of a child like no other. While she mustered courage to say bye to her daddy as he goes on the call of duty, she lays her faith in her letter to Father Christmas in North Pole, to bring him back hale and hearty. Both these wishful letters are reflections of the resilience and innocence of children. As a child many of us used to write letters of wishes to Santa. Letters are a powerful tool to express your feelings and a simple hand-written letter can go a long way in creating a difference in millions of lives around, as we have seen that happening in UK. I also came to know of an orphanage in Sweden which is running a worldwide campaign of collecting handwritten postcards with good wishes written for children there. I have decided to write to them. This Christmas, you can also write to Santa, because your letters are actually the faith, love and happiness of young angels inscribed on the sands of time. 🇮🇳

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A Christmas lesson

Finding The Right Balance Between Holding On And Letting Go!

Ayushi Goel, XII &
Samridhi Agarwal, Alumna
AIS Gurugram 43

As Ebenezer Scrooge snored loudly on Christmas Eve, a loud voice broke his slumber. "Wake up, Scrooge," called the voice. "I am the Ghost of Christmas, and I am here to show you all the things you have done wrong."

"What? Who are you? Get out of my house!" cried Scrooge.

"You need to listen to me, Scrooge, or you will end up having the same fate as Marley, your business partner who tried to achieve it all but failed. Come, let me show you the past!"

The Ghost of Christmas took Scrooge to a land faraway in time, a land where Scrooge sat on his bed as a young boy with his headphones blaring loudly. His entire bed was covered with comics and yet, his academic books lay in a corner, collecting dust. "Why are you not studying for your exam, Scrooge?" cried his mother.

"Why would I waste an entire day studying so I could eventually pass my exams and eventually get a job? I would rather seize the day and be happy!" he replied.

"You cannot live your life based on that ideology, young man. You have to plan things out and work hard to get what you want. Carpe diem won't make you successful!"

And she was right. With being too busy 'seizing' the moment, Scrooge did not study for his exams and ended up failing his tests. The consequences of his version of 'carpe diem' ruined his education.

Before he could say anything, the



Ghost of Christmas grabbed his hand and took him to another land. They were in a dark, dingy room where everything looked worn out.

"Do you recognize that chair, Scrooge?" asked the Ghost. Scrooge took a good look and realised that the chair was his and the room, too.

"You see that withered old man in that rocking chair? It's you in the future!" mocked the Ghost.

The Future Scrooge sat snoring in the rocking chair, his wrinkled skin covered in dark pigmented spots and thick spectacles sitting on his nose, about to fall down any minute.

"You sit as an old man who does not have a care in the world. See the

tablets lying on the floor? These are your life savers and you are playing with them like pebbles. You have neglected your health and are now in a wheelchair.

And in a little time, you will be homeless, will have to sleep on the roads, but you will still believe in the philosophy of laissez faire – letting things run its course. Don't you see your casual attitude is ruining your life?"

The Ghost, noticing Scrooge's silence, flew him back to the present. He stood still in shock, wondering if everything that had just happened was merely a dream. "Scrooge," started the Ghost of Christmas for one last time, "You have seen how you ruined

your past and your future; do you really want to ruin your present too? You followed 'carpe diem' too seriously earlier. You were so infatuated with seizing the day, that in the process of doing this, you lost every single one of your moments. In the future, you become too passive, a man letting go of everything from his hands, even the things that were of utter importance. Only you can stop yourself from becoming that man. Life cannot be just about seizing the day or letting it run its own course. It has to be an amalgamation of both the principles, just the right mixture of 'carpe diem' and 'laissez faire'. You have seen your past and future and now, it is upon your shoulders to decide your own present." 🇮🇳

Heart's in the right place...

...Or Is It Mind? We Just Cannot Decide!

Anupriya Bhatnagar
AIS Vas 1, XII C

Welcome to another captivating face-off between two equally matched opponents who have been at war since time immemorial! On one end, we have Mr Mind Rational and the other side is headed by Mr Heart Emotional. The set-up predicts an exciting outcome. Let the battle begin!

Human: The dreaded Math test has ended but the two rivals still haven't reached a consensus.

Mind: Mr Heart, you know the calculations were correct, and we have verified them too. Why are you so sure that option A of Q4 is incorrect?

Heart: It's because the last two answers were option A too. It doesn't sound right.

Human: Aah, the test was tiring. Time to relax with some quick online shopping.

Heart: Ooh! look at that red dress. Buy it!

Mind: We can't. It costs more than our wallet allows. Plus, it looks quite similar to that red t-shirt we already own. Why waste money on it?

Human: Oh, I just remembered we have that class assignment to finish.

Mind: Alright, so the first answer is...

Heart: OMG, look at this funny cat video; we have to take a look at it. (Several cat videos later)

Human: Now, I feel hungry!

Mind: I really think we should give up on our carbs and fats.

Heart: Oh, but I was thinking of having pizza with extra cheese!

Mind: (sighing heavily) There goes our summer bod!

(After dinner eaten as per the tastes of Mr Heart Emotional)

Mind: I think we should sleep now, since we have an early day tomorrow.

Heart: Okay but let's just scroll through the phone for a bit?

(3 hours later)

Human: Alright, let's sleep now.

Mind: Mr Heart, because of you we've scrolled through the phone for so long now. Look at the time!!

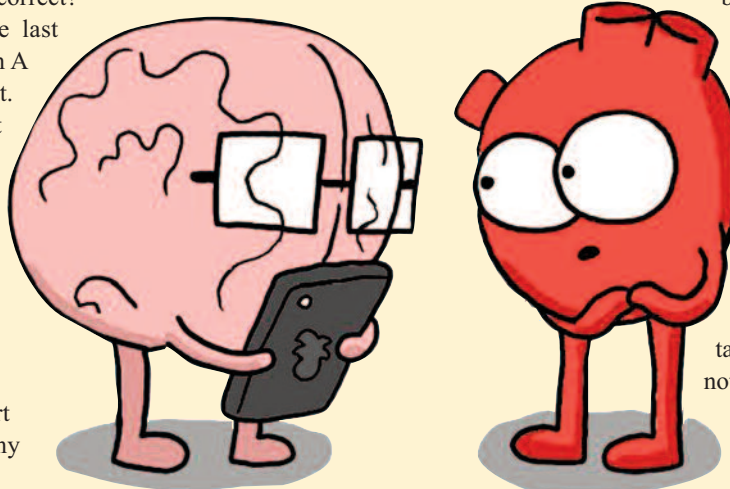
Human: Mr Mind and Mr Heart, I'm tired of the constant bickering between the two of you. Remember the times you actually agreed on something? When we decided to offer our sibling that last piece of chocolate, or when we decided to stay up all night, gazing at the night sky from the terrace, even though it was chilly outside?

Mind: You are right. Stargazing is so calming and rejuvenating. And, our sibling loves us, of course we can part with a little bit of chocolate for him.

Heart: The stars show us the big universe out there.

We are such a minuscule part of it. And as for our sibling, it is our duty to take care of that little kid.

Human: You may quarrel with each other as much as you want but the best decisions are the ones we take together. You might not have a simpatico relationship but I function better when both of you are in sync.



GT M@il



Let's uncomplicate

Time to Take A Break From The Complexities Of Life And Embrace Simplicity



Issue: P12, December 14, 2020

Dear Editor,

This is in reference to the article 'Let's uncomplicate' published on page 12 in the GT edition dated December 14, 2020. This article talks about how we human beings tend to unnecessarily complicate our simple lives and its evidence can be seen all around us. No matter how easy a task is, we tend to make it more difficult with our various machineries and contraptions. If we, humans, are presented with two choices, we are likely to be drawn towards the more complex one, even if the simpler choice was the right one. Even psychology agrees with this. Thank you GT for reminding us to enjoy the simpler things in life, for the complex way isn't always the right way. 🇮🇳

Mansha Rapria
AIS Gurugram 43, IX B



Specially-abled

They Are All Special, Beautiful And Unique; Why Would They Fit Into Boxes?

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part V** of this exclusive series, based on the panel discussions organised by YP teams, and a host of opinions as experts debate on 'Special needs awareness', the cause chosen by YP team of AIS Saket.



Panelist: Archana Sharma
Consultant clinical & child psychologist, Action Balaji Medical Institute

"In order to create acceptance for special children in the society, awareness is of foremost importance. Although awareness over special needs has increased over time, parents and relatives of special children still find it hard to come to terms with the fact that their child is dif-

Empathy is all

ferent from the rest of the society. Not accepting 'disabilities' or special abilities hampers the development of the child as it has an adverse effect on his/her mental state, and from a young age itself, the child begins to see himself as eccentric and distinct from the rest of us. Thus, there is a need to create an environment of normalcy around special needs children which can only be achieved if people start accepting and celebrating differences instead of trying to be similar-minded clones of each other. Understanding and accepting them, is the least we can do."



Panelist: Sujatha Raman
HOD, Special Educational Needs, British School & founder, TBS Learning Solutions Centre

"In today's time, schools and other environments need to have an inclusive setup, with specially trained teachers and students in order to create a better understanding

Help, don't hesitate

for individuals with special needs. This is what we, at TBS, do. Our project TBS has a strong reputation of being a trusted source of special educational needs support of India as an inclusive set-up for students with mild to moderate learning needs. We provide multiple services to SEN (Special Educational Needs) students, including access to external professionals and therapists etc., with an aim to develop a range of early intervention possibilities, as research indicates that early intervention is the key to a child's development."



Panelist: Dr Shikha Sawhney
Sr consultant occupational therapist & head, Sanjivani-a ray of hope*

"We should aim to build a better society for children with special needs and help them reach their maximum potential; it could be achieving something as small as eye contact, helping a child to play or facilitating cognitive skills so that the child can achieve academic goals.

Adapt for them

There are specific adaptations required to suit the needs of a special child in any area of development. For example, while playing, these children tend to play better with a slightly heavier ball as they need more stimulation in their joints. Thus, preparing such adapted sports activities can really be beneficial for them. And, because these disabilities are invisible, spreading awareness in the society becomes important."

*Sanjivani-a ray of hope, is a therapy centre that provides early intervention services for children with special needs. It aims to inculcate inclusivity of such children in the society.



Panelist: Seema Taneja
Consultant counsellor and soft skills trainer

"For a child with autism, public places have their own particular challenges. They often behave different and it is easy to spot an autistic child in public; they are afraid of strangers and interaction with others is difficult for them. They might think that the stranger might harm

Just let them be

them and due to this, they sometimes become aggressive. Now, if we ever encounter such a situation, it is really important that we don't stop and make it awkward for the child and their guardians. It is already difficult for them to come out in the society and we do not want to add to that. Instead of staring at the child, just try and be as normal as you can, just like you would ignore if a normal child was behaving similarly. It is only when we see them as part of the society that they will feel the same, and we have a long way to go in this respect."

Part V

Expert Speak

We're all the same

Panelist: Neena Wagh
Founder and managing director, ALAP Trust

"Special children deserve as much love and attention as anyone does. There are so many organisations that work towards the betterment of individuals with special needs. With the same motive, our organisation ALAP provides residential facilities to adults with autism. We believe that like any other individual, autistic adults should have an independent living because why not? When a child is special, it not only separates



them from the society, but their parents and relatives, too. We want to change this mind-set of the society so that anyone associated with the word 'special' can come forward and accept it. This is what we want the world to be, to make special children independent and self-sufficient, whilst encouraging parents to be open about the situation."



Panelist: Dr Deepak Gupta
Psychiatrist and founder & director, Centre for Child & Adolescent Wellbeing

"Having spent time in India and America, I have observed that due to the difference in the number of autistic children and ideologies of people and parents of autistic people, the attitude of both the demographics is very different in this regard.

A long way to go

Whilst American parents are more open about the situation and talk about their child's disability openly, due to which, the attitude of society towards autistic children is positive, making the treatment faster; Indian parents, on the other hand, see autism and mental disabilities as a negative aspect of their child, and hence don't expose this fact to others. They are also not open to the doctors and physicians thus, slowing down the treatment process altogether. But, it is high time we change our outlook towards special children because only then can we make the society equal for all."



The beauty of skin



Storywala

Aarna Jain, AIS Noida, XI

Lying on the couch and munching on mozzarella sticks, Radha casually perused through the new magazine she bought, looking at pictures of slim, petite girls wearing fabulous clothes. Well, Radha had a very specific definition of beauty. For her, being beautiful meant being thin, a notion propagated by almost every film she watched and every magazine she read. And of course, thin girls were meant to be popular too and

Radha longed to be popular. It was all she could think about and while lost in her thoughts, she slowly drifted away to sleep. The next morning when she woke up, she felt different. Rubbing her eyes, she dragged herself to the bathroom. As she splashed water on her face, she let out a scream. The reflection on the bathroom mirror was of someone, who sort of looked like her, but wasn't her. A ghost? A vengeful spirit? As she examined the face in the mirror, she let out a small gasp - it was her! Her

usual chubby face gave way to sharp cheekbones and her collar bone seemed to glisten in water. She looked like a morphed version of herself, a photoshopped version. Her nose looked different, just like those girls in the magazines. Her neck looked long, like a Barbie doll. She remembered once when she yearned for a long neck so that she could pull off tasselled earrings and cursed her genetics for giving her a short neck. Radha was on cloud nine. All her wishes had come true, all she

The reflection on the bathroom mirror was of someone, who sort of looked like her, but wasn't her.

ever wanted- sharp cheekbones? Check. Long nose? Check. Long neck? Check. Jumping with joy, she walked all around, and went to her college but no one complimented her. Rather, her friends reiterated how they miss old chubby Radha. Not only her friends but every person she met on the way to her college praised her old appearance.

As she reached home, she rushed to her room and looked at the mirror. She looked like someone familiar, like somebody she used to know. Everything looked familiar, but wrong. She broke down. She cursed everything she had wished for. Realising how naïve she had been, she wished to turn into her old self. Crying her eyes out, she slipped on the bathroom floor, banging her head on the wall.

When she woke up, she was back in her room, with the magazine on her lap. It was all a dream! Relieved, she threw the magazine away and decided never to let false notions of beauty bring her down ever again. 🇮🇳



Crepe flowers

Priyanshi Maheshwari, AIS Gurugram 43, IX C

Material required

- Colourful crepe paper -3
- Wooden sticks or pencils-3
- Glue
- Scissors
- Flower pot

Methodology

- Take a coloured crepe paper of your choice, and roll fold it vertically, one fold over the other at the width of about 5 cm.
- Once you reach the end of the paper, press hard and flatten the fold.
- Now, cut out a 7cm long section from this crepe paper fold.
- Holding this piece tight, cut it in the shape of petals or fringe it.
- Unfold the paper to get several repetitions of your design.
- Now, start coiling the crepe around the tip of the wooden stick or pencil using glue.
- Continue coiling till you reach the end of the paper and once you do, secure the end using glue.
- Repeat the process to make different flowers.
- Your crepe flowers are ready! Place them in a pot and decorate it on your shelf.

WORDS VERSE

A trip to Chettinad



Navya Nayer, AIS Pushp Vihar, XI

To Karaikudi, Tamil Nadu, we have arrived
Its beauty has made us all mesmerised
Away from the urban hustle, it is located
This place as per us should be highly rated

This place is luscious green all around
Very calm, very serene, very sound
A clean blue coloured dome surrounds it
Enhancing our experience with every bit

As the soft, gentle breeze blows
To nature, it brings us very close
As the radiant sun begins to set
Each moment, more beautiful it gets

To us all, this is a nature's present
At night, the luminous stars twinkle
All around the sky, they are sprinkled
In school's hostel, we are living

The people are warm and affectionate
From our end too, we try to reciprocate
They provided us all they could, no doubt
Trying to make our visit best in South

Delicious, mouth-watering food we eat
All of this indeed makes a good treat
Though sometimes it is not of our taste
But still, we try our best not to waste

Thanjavur temple has a splendid sight
It is entirely built from the stone granite
Nandi's statue is carved in single stone
This is what we had never known

To Parvathi, Meenakshi temple is dedicated
Around 33,000 sculptures are estimated
Famous here is the Thousand Pillar Hall
Which gives a historical panorama to all

Rameshwaram is Dravidian architecture
To visit this place is a thing of pleasure
As we stand by the serene sea shore
We need nothing, really, nothing more

These famous places tell us of the past
Where cultural heritage is indeed vast
This journey is as valuable as gold
It's memory which we will always hold

Unfortunately, it's time to go home now
For an amazing experience, to Amity I bow
As we go back, sights would be dwindling
But memories would be lingering. 🇮🇳

(The writer has shared her experience during the visit to Chettinad Public School, Karaikudi, Tamil Nadu, as part of domestic regional exchange programme.)



Christmas My carol of tales hope

Tanya Ganguly
AIS Saket, X B

Avikshit Sahil Upadhyay
AGS Gurugram, IX

Santa's tales are full of cheer
With elves and merry reindeers
They fill all with loads of joy
The men, women, and children
Come on all, its Xmas time. 🇮🇳

As hopes arise on the eve of delight
Wonder fuels the joy so very bright
Truly ultimate, the sounds unite
Known since forever, the silent night
Nice and pure, the song of Christ. 🇮🇳



CAMERA CAPERS

Nandita Bansal, AIS Saket, XI

Send in your entries to
cameracapers@theglobaltimes.in



Concrete jungle



Nature's reverie



A mix of green and grey



Mistletoe is considered to be a symbol of love, laughter, and compassion.

THE FIRST PRESENT

Short Stories



Manasvi Panwar
AIS Gur 46, VII

Tom, a twelve-year-old orphan boy who polished shoes for a living, began his day by gazing inside Mr Helenski's toy shop. The object of his affection was a white teddy bear sitting in the middle shelf. He wanted it, but knew that he did not have enough money to buy it. Yet, he aspired to buy it on the occasion of Christmas. So, he polished more and more shoes in hopes of earning enough money throughout the month. Soon, Christmas Eve arrived and the toy shop saw kids coming with their parents, and leaving with bags full of toys. Tom, too, at 8:00 pm in the evening, collected all his coins and counted them twice before entering the shop.

"Mr Helenski, I am here to buy the teddy bear," he cried in joy and laid all the coins on the counter. "Calm down, boy. Which teddy bear do you want?" asked Mr Helenski. "That one," Tom pointed out to the middle shelf, but to his shock, the teddy bear wasn't there anymore! "I am sorry, Tom, but someone already bought that teddy bear." "Bu-bu-but, I had been saving up for it for weeks," came Tom's meek voice. With teary eyes and his head hung low, he walked out of the shop and cried himself to sleep that night. He still wished that he had that teddy bear. However, to his surprise, Tom woke up the next morning to find a present beside him. He carefully opened the packaging and found a teddy bear sitting inside, although it wasn't the

With teary eyes and his head hung low, he walked out of the shop and cried himself to sleep that night.

same one. As Tom lifted the teddy bear, a letter fell into his lap from the box. It read, "Dear Tom, Merry Christmas! I know it is not the teddy bear you wanted, but this one is even better. I have had this teddy bear since I was 5 years old and he has been my best friend since then. But now you need it more than I do. Take good care of it and I hope it brings you joy. Love, Mr Helenski." "I love it, I love it, I love it," whispered Tom and hugged it tightly as it was his first ever Christmas present. **GT**



THE TRUE SPIRIT

Hansika, AIS Gur 43, VII B

It was a cold winter day in the town of Borganvilla. Barely two days ahead of Christmas, the whole town was colourfully lit up, and so was the Hogwarts household. The whole family, as usual, was delighted for the occasion and busy planning presents for their relatives and close friends. Mom insisted on buying crockery, dad suggested perfumes, and nine-year-old Mini wanted stuffed toys, unsure of whether it was for her friends or herself. Thus, hours of planning and wrapping gifts summed up the day for them. The following day was the much-awaited Christmas Eve and all the members of the family were out in the times square to enjoy dinner at a famous restaurant. Mini also got to

savour her favourite blueberry ice-cream after devouring a whole cheese-burst pizza. After dinner, the three decided to take a walk on the snow-blanketed roads. It was also snowing a little, which Mini thought was magical. However, all the magic disappeared when she spotted a little girl about her own age and her mother sitting near a snow-covered bench, just a few meters away from her house, battling the freezing weather. Mini almost ran towards them but her parents, thinking she was just playing around, held her back. And took her inside the house. Dismayed, Mini went to her room for the rest of the night. At midnight, her parents sneaked into her room to place the secret Christmas present for her, but to their shock, there was no sign of Mini anywhere. In a

Mini almost ran towards them but her parents, thinking she was just playing around, held her back.

worried state, they searched the whole house but she was nowhere to be seen. Then they stepped out, only to find their daughter comforting the destitute girl and her mother in the cold. Mini had given them her favourite Mickey Mouse blanket and a few eatables that she found in the refrigerator without being caught. Although, her mother was angry at first, resulting out of the fear of Mini's disappearance, both the parents were proud of how their daughter was indeed celebrating the true spirit of Christmas. **GT**

POEMS

IT'S CHRISTMAS!

Kriti Bhatt, AIS Noida, VII

Christmas! Christmas!
I can feel it coming
Listen to the merry tune
That we are humming

It's the best time of the year
With presents and cheer
The time for mom to make
Her delicious plum cake

This is the day to remember
The birth of Jesus in a manger
Time to light up the big tree



And make everyone happy

Christmas! Christmas!
Let's hang up the holly
And the lil stockings too
Oh! Let's all be jolly. **GT**



A NEW WISH

Nishka Oberoi
AIS Vas 6, V E

Santa, Santa, where are you?

I've been looking for you
I wish for something new
I want Corona to go away
So, I can go out and play. **GT**



COOKILICIOUS CELEBRATIONS

Vanshika Sharma, AIS Saket, V B

Ingredients

- Butter (salted/unsalted) 1/2 cup
- Powdered sugar 1/3 cup
- Wheat flour 1 cup
- Baking soda 1/3 tsp
- Baking powder 1/2 tsp
- Salt a pinch
- Cinnamon powder 1/2 tsp
- Milk 3 tbsp
- Sprinklers/chocolate as per choice

Procedure

- In a mixing bowl, beat butter and sugar with the help of a whisk.
- In a medium-sized sieve, sift wheat flour, baking soda and baking powder in the same bowl. Add a pinch of salt and cinnamon powder to it. Mix the ingredients well with your hands.
- Once done, add milk and blend again until the dough gains a smooth semi-solid consistency.
- Flatten the dough slightly with the help of a rolling pin until it is about 0.5cm thick. Flour the surface, in case it becomes sticky.
- Now, using cookie cutters, cut out stars, hearts, and some gingerbread men-shaped cookies from the dough.
- Place the cookies on a greased baking tray and bake them at 160°C for about 15 minutes.
- Take the cookies out, let them cool down and turn crisp.
- Season them with melted chocolate, and sprinklers. Your delicious crumbly Christmas cookies are ready to eat!

It's Me

KNOW ME

My name: Chaitanya Srivastav
My Class: II
My school: AGS Gurugram
Born on: January 15

MY FAVOURITES

Teacher: Debjani ma'am
Subject: Mathematics
Friends: Nuqksh and Kabir
Games: Carom and Football
Cartoon: The Mickey Mouse Club House
Food: Paneer and Chappati
Mall: Ardee Mall
Book: Room on the Broom

MY DREAMS AND GOALS

Hobbies: Dancing and colouring
I like: Watching Discovery channel
I dislike: Hurting animals
My role model: My father
I want to become: An animal rescuer
I want to feature in GT because: I want people to know me better.



Arshia Vishnoi
AIS Vas 6, IV

Q: What did one math book say to the other math book?
A: "I have a lot of problems."



Q: What has four wheels and lots of flies?
A: A garbage truck.



Q: Why did the man throw the clock out the window?
A: He wanted to see time fly.





The joy of Xmas!

DEAR SANTA

All I Want For Christmas Is...

“I am really looking forward to your visit this year because I want a special gift from you this Christmas. I want you to give me a magic stick that I can wave to remove COVID-19 from this world. I want this pandemic to be over so I can go back to attending school, meeting my teachers, and playing with my friends. Please grant my wish, Santa.”

Akansh Varshney
AIS Vas 1, V B

“For this year’s Christmas present, I really want a Nintendo Switch because it is a high-tech gaming device which has a lot of games, and the game I really want is Cricket 19. As it is with everyone, because of the Coronavirus pandemic, I haven’t been able to

go out and play field cricket with my friends, and I miss it a lot. This is why I would like to be gifted this game, and it would make me really happy!

Raj Krishan Gulati
AIS Noida, III D

“I know you are busy getting everyone gifts, but if you are wondering what to get me, let me tell you what I want - I want my friends back. Although, I meet them online and do talk to them on the phone often, but it is not the same as being there with them. Can’t you just take this horrid virus with you to the north pole and hide it under a big ball of snow so it freezes? Please do so because I really want to meet my friends again.”

Tanya Dwivedi
AGS Gurugram, V



The fairy lights are set, the trees are decorated, and the red hats are worn, for it's time to wish all a very merry Christmas!

Christmas special

WHAT TO DO!

Welcoming The True Festive Spirit

You can watch...Noelle

A funny movie where a girl dons the role of Santa Claus after her father retires because she is hard-working, smart, helpful, and loves Christmas, unlike her brother. A riot that will really put you in the Christmas mood.

Prakhar Sharma
AIS Noida, I F

You can read...Bear Stays Up For Christmas by Karma Wilson

A heart-touching story of a bear whose best friends are



determined to keep him awake by engaging him in different activities like signing, decorating, baking etc. By the end, the bear discovers that the true spirit of the festival is spending it with the ones you love.

Avyaan Talwar
AIS Gurugram 46, IV F



CHRISTMAS HANDBAG

Jiya Nagpal, AGS Gurugram, IV

Material required

- Construction paper (red and green)
- Lace (green and red)
- Medium size paper bag-1
- Small paper bag-1
- Christmas star-1
- Black thread
- Cotton
- Decorative mirrors, stars etc.
- Scissors
- Fevicol

Methodology

- Take a medium sized paper bag and on its front side, paste a red construction paper.
- Frame the red paper on all the four sides using green lace.
- On a white sheet, draw and colour a Santa Claus. Cut it out and stick it on the top left corner of your red frame. Repeat the same to get a reindeer cut-out and stick it on the bottom-right corner of the frame. (Refer to the image)
- Now, take a small paper bag and cut it into half. Retain any one half and paste a green paper of the same size on its front side. Give it a border using the red lace. This will act as Santa’s sleigh.
- Using mirrors and stars, decorate the sleigh and stick it right under the Santa on the red frame.
- Join the reindeer with the sleigh using a black thread.
- Now, make a bow with the green lace and glue the Christmas star on it in the center. Fix it on the top right corner of the red frame.
- Finally, stick some cotton at the bottom of the frame and a few little cotton balls all over to give it a snowy, wintery feel.
- Your cute Christmas handbag is ready!

It's CHRISTMAS my way!

“The Christmas week is always a special and spectacular time for me, and this year, it is no different. What adds to the exuberance of the time is that my sister’s birthday also falls in the same week, so it is always an extra reason to celebrate. Preparations have already begun for the same, and we have decided to visit our grandmother and spend this special time with her. Every year, my parents surprise us with gifts on Christmas, which we used to believe were from Santa. I just cannot hold my excitement because we are also going to have a Santa theme and will be dressing up to match the same. We are going to have lots of fun. I still wish if Santa was for real and he could make it to the celebrations!”

Alifa Haider
AIS VYC Lko, VIII

“Though Christmas is not a typical holiday celebrated in India, I celebrate it in a simple yet fun way with my family. Every year, we have this tradition to go to the mall or some restaurant in the evening and have a

Illustration: Nitya Stuti, AIS Vas 6, IV D

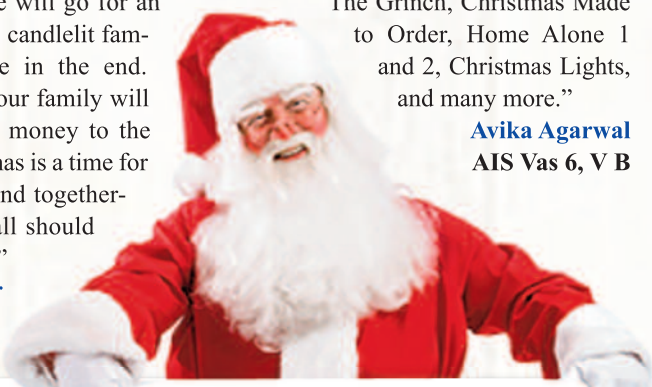


flavoursome dinner. Since Christmas is all about gifts, I also buy presents for the ones I love. However, this time due to the pandemic, we won’t be going out. But we have other amazing plans. We will go for an equally exciting and safe candlelit family dinner and a movie in the end. Adding to the tradition, our family will also donate clothes and money to the ones in need. For Christmas is a time for compassion, liveliness and togetherness, and I believe we all should celebrate it with fervour.”

Mahika Banger
AIS Saket, IX C

“I love a lot of festivals, but the one that tops them all is Christmas! The whole family gets together to prepare delicious gingerbread cookies, not to mention unwrapping the gifts. One of my favourite parts of Christmas is embellishing the Christmas tree with attractive ornaments. I also go for a midnight stroll with my parents to witness the alluring and scintillating lights outside. The day is made even more exciting when my mother prepares hot chocolate which my father tops with Hershey’s syrup. After a day full of all this exciting stuff, our whole family sits down to watch tons of Christmas movies like, The Princess Switch, The Grinch, Christmas Made to Order, Home Alone 1 and 2, Christmas Lights, and many more.”

Avika Agarwal
AIS Vas 6, V B



Advik Pathak, AIS Noida, III F



Stuti Sharma, AIS Vas 6, III A



Aanchal Panigrahi, AIS Vas 6, III A



Adeeba Ali, AIS Noida, Nursery B



Popular Christmas candy canes originated from Germany.



A young music enthusiast participates in Breakout 2020

Breakout 2020

Breaking Even With Music And Melody

AIS Saket

School organised its 7th and first ever virtual live instrumental music competition titled 'Breakout-2020' on October 30, 2020, wherein over 50 students from 22 eminent schools of Delhi/NCR participated. The event envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, as a platform to kindle the innate creativity and enhance rhythmic intelligence of young minds comprised competitions in various categories of instrumental music. This year a new category namely 'Original composition', a solo singing

competition in which young music enthusiasts wrote and composed their own songs based on theme 'Break Out - A journey from desperation to hope' was also added. Overall rolling trophy was won by the host school and was passed on to AIS Pushp Vihar in tandem with Amity's tradition of sharing the joy of victory as one family. Apart from this, Amity Group of Schools won several awards in various categories. AIS Gurugram 43 won first prize and AIS Pushp Vihar came third in the 'Unique instrument' category. AIS Saket and AIS Gurugram 43 together bagged second position in 'Acoustic guitar', while AIS

Pushp Vihar, AIS Saket and AIS Mayur Vihar won first, second and third positions in 'Electric guitar' respectively. In 'Keyboard' AIS Saket, AIS Gurugram 43 and AIS Mayur Vihar bagged first, second and third positions. In 'Bass' AIS Saket came first and AIS Mayur Vihar came third. In 'Drums' both AIS Saket and AIS Mayur Vihar bagged the first position again, AGS Gurugram stood second, and AIS Pushp Vihar came third. First prize winner in the 'Original composition' category was AIS Noida, while AIS Saket bagged third position in the same. AIS Mayur Vihar also won the award for the 'Best composition'. [G](#) [I](#)

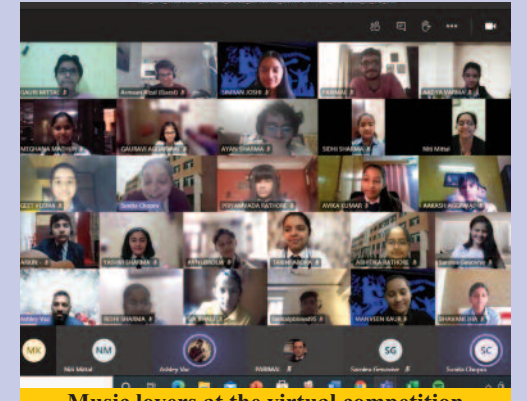
Music and melody

Amitians Strum The Tunes Of Euphoria

AIS Mayur Vihar

The western music society of the school, Crescendo organised its annual western music competition for Class VI-VIII virtually on December 5, 2020. The competition saw 27 budding musicians take part in two categories, namely solo singing and solo instrumental. First prize in solo singing was won by Vanya Nautiyal from Class VI while Gauravi Aggarwal, also from Class VI, was the first runner up. Dharaa Khare of Class VI and Aadya Verma of Class VII together bagged the second runner up award. Award for the upcoming singer and the consolation prize were bagged by Geet Verma from Class VII and Anvi Drolia from Class VIII respectively. In the solo instrumental category, the winner was Vedaansh Mitra of Class VI, followed by Arkin of Class VIII as the first runner up. Both Aakash Aggarwal of Class VI and Soumil Negi of Class VIII bagged the second runner up award.

The event was judged by school alumni Parimal Bhatia, Armaan Afzal, Sankalp Biswal, and



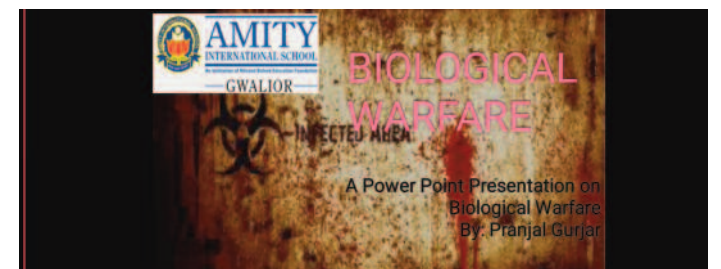
Music lovers at the virtual competition

Ayan Sharma, current president of Crescendo. During the competition, an interactive quiz session about the school music society and music in general was conducted for the judges, teachers, participants and the audience, and the top four scorers were accorded e-certificates too. Two videos showcasing various achievements of the members of Crescendo and the different aspects of the music society were also shown to the students towards the end.

Science seminar

AIS Gwalior

An inter class online science seminar competition for the students of Class IX-X was held on November 27, 2020. Students competed with each other to showcase their research acumen and presentation skills during the event. They



A presentation by a young scientist being showcased at the seminar

shared their views on the topics including Coronavirus and its effect on physical and mental health, biological warfare and its consequences, nuclear power, and genetically modified food etc., through powerpoint presen-

tations. Vedika Gaur and Akshat Singhal, both from Class IX, won the first position, Akash Pal (Class X) and Ajay Gurjar (Class IX) stood second and the third position was bagged by Dhruv Bhardwaj (Class X). [G](#) [I](#)

Happenings @ AIS Vasundhara 6



Taekwondo champions prove their prowess at the competition

Taekwondo Champs

Amitians Sweep The Board

Young Taekwondo champions brought home laurels with their victory spree at the virtual Open International Poomsae and Speed Kicking Championship held for Class III-VIII from November 26-29, 2020. Anika Gupta of Class III won silver medal in Poomsae Black Belt Female Pee Wee category. Bronze medals were won by Vanya Gupta of Class VII in the Speed Kicking Black Belt Female Cadet category, and Anusha Baranwal & Anvi Gupta of Class IV in the Speed Kicking Black Belt Female Cadet-C category and Black Belt Female Cadet-B

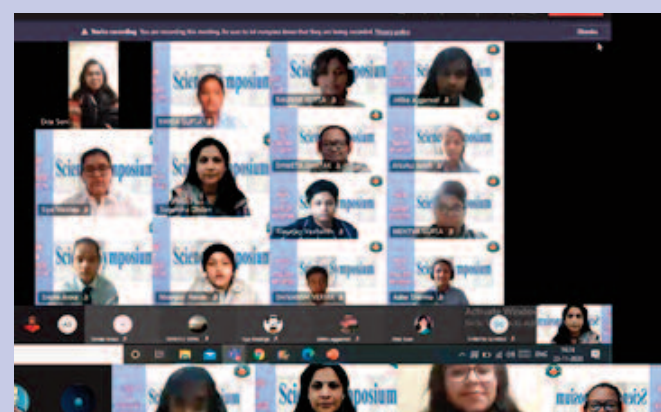
category respectively. The championship held by All India University Taekwondo Council along with Electro Sports India was telecasted live on Youtube and saw participation of 259 players from 14 nations, namely France, Canada, Mexico, Argentina, Indonesia, Bangladesh, Australia, USA, South Africa, Nepal, Chile, Qatar, Saudi Arabia and India. The special guests who registered their virtual presence were Surender Bhandari, Asian Games Medalist and Jorge Rocha from Mexico who is a silver medalist at the World Championship Poomsae. [G](#) [I](#)

Alternative solutions

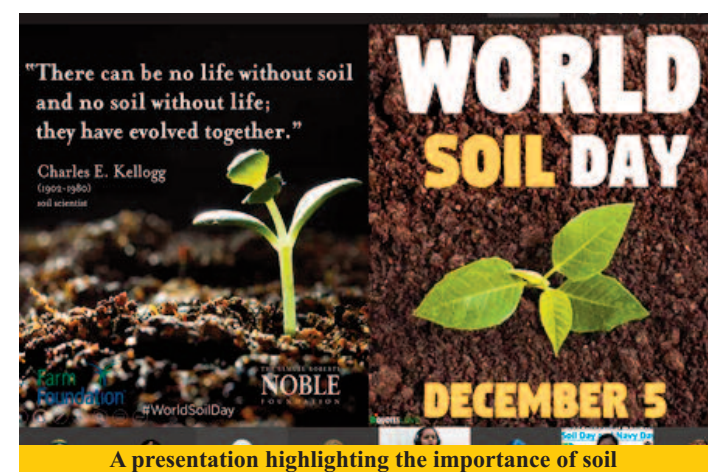
Quest To Reduce Plastic

In an endeavour to keep the environment free from plastic pollution, an online Science Symposium on the topic 'Ways to reduce plastic', was held on November 23, 2020. The event was held under the visionary guidance and support from Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, who seeks to foster sensitive and compassionate 21st century global learners with higher order thinking skills. The young minds donned their thinking caps, deployed their problem solving skills and presented their well-researched ideas as powerpoint and video presentations. Total

21 young innovators presented their ideas in the symposium whose agendas were synergised with the United Nations SDGs, namely, 'Sustainable cities and communities' and 'Responsible consumption and production'. Their presentations were based on community agendas like how to make the planet cleaner and greener by being more responsible global citizens. They suggested ideas like using edible cutlery, bulk buying to reduce packaging cost, coconut fibre as a substitute for plastic, edible water blobs, making clothes from natural fibres, building plastic roads and efficient waste management, etc.



The environment saviours discuss ways to reduce plastic



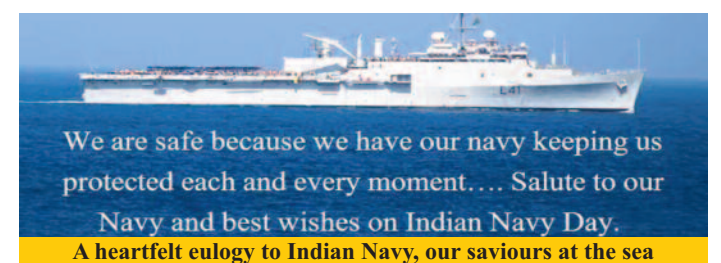
A presentation highlighting the importance of soil

Soldier and soil

Our Vast Seas And Lands

Class III students celebrated Indian Navy Day and World Soil Day virtually on December 4, 2020. They delivered impactful speeches, and shared presentations and posters based on the Indian Navy Day which is celebrated to commemorate successful execution of Operation Trident, Karachi Harbour attack, by the Indian Navy during 1971

Indo-Pak war. They also showcased the importance of soil and the need for sustainable management of soil resources in the present world. With their presentations, they sensitised everyone about the soil quality, prevention of soil degradation and the ways to protect top soil. Students also spoke about the Indian Naval Academy in Kerala, the largest Naval Academy in Asia. [G](#) [I](#)



The first artificial Christmas Tree was made out of goose feathers dyed green.
All top quotes contributed by
S Arihant, AIS Gwalior, V



Unique celebrations

The Unique Rituals That Make Up Christmas

Advik Pathak, AIS Noida, III F

Santa Claus, gifts, decorations, snowmen, carols, hot chocolate- these are just some of the staples of Christmas as we know it, but around the world there are various not-so-famous Christmas traditions that you might not have heard of, so let's take a look at them.

A cobweb Christmas

In Germany, Ukraine, and Poland, finding a spider or a spider's web on a Christmas tree is considered good luck, which is why they decorate their trees with fake cobweb decorations made of paper and wire. The tradition is based on the old European superstition that spiders bring good luck and it is considered bad luck to destroy a spider's web before the spider is safely out of the way.

Welcoming bad Santa

In Austria, Christmas also means the coming of Krampus, a ghoulish creature that is the evil accomplice of St Nicholas who wanders the streets in search of children who behave badly. Many people wear masks of Krampus and scare kids with their pranks, all in the name of Christmas spirit.

Roller skating to Church

In Caracas, Venezuela, people make their way to the Church on roller skates on Christmas morning, and the tradition is so well established that the city's streets are closed to traffic from 8 AM. Children even sleep with one lace from their skate tied around their toe so their friends can wake them up with a friendly tug.

Flying evil witches

Instead of Santa, Norwegians believe that Christmas Eve is the day when evil witches fly in the sky looking to create mischief and mayhem, and as witches usually fly on



brooms, it is a tradition in Norway to hide any brooms or cleaning supplies applied to sticks so that the witches won't be able to find them.

The yule goat

Dating back to the 11th century, the yule goat is seen as a gift-giver in Sweden which is why they decorate their Christmas trees with its ornaments. Even giant versions of the yule goat are made out of straw and red ribbons and put on display in various cities throughout the country. 🇸🇪



The last edition

Reminiscing My Journey With The Global Times So Far

Maansi Anand

AIS Vasundhara 1, Alumna

“The Global Times is here!” The words that once used to make my heart skip a beat now felt heavier than ever. I quickly opened the packaging and found our contest edition for the year, ready to be distributed to the whole Amityverse.

Next year will mean another contest edition, another set of smiles, another round of ‘did you read my story?’ Only, I won't be here. As I flipped from one page to another, a sadness washed over me. This was my last contest edition, the last time I was vying for that shining trophy.

I still remember the first time I saw my name on these pages, written in black and blue, accompanied by a list of all my favourites and even a photo. The Nursery child in me was so happy to see my ‘It's Me’ published in the school newspaper that she went on to tell everyone she knew, even the neighbours. I then graduated to Jokey Pokey and Riddle Fiddle, eventually moving towards poems and finally, the cover story. My desire to see my name in print burnt brighter with time, but so did my love for my newspaper, because it truly was my newspaper.

As I saw the young kids of the school reading their first (and my last) contest edition in awe, I remember the time when I was one of them. Class V me went crazy, not even truly realising what it meant, but being told that I will be representing my whole school.

I still have a cut-out of that story with me! From DIYs to cover stories, I did not just write for this paper, but grew up with it. It taught me things, made me laugh, left me in tears, but above all, it always came back to me, week after week. Now to think that, in just a few days, I will be an ‘alumna’, and won't be getting the weekly fix of my paper at my classroom desk! Nooo!

But even when I am not ready to say goodbye, I remember my first ever hello to the ones who make this paper – the GT mentor teachers. The Grade VIII me was terrorised at my first ever edit meet, because it felt like a whole different world, and the fear of their rejection held me back; how could I be good enough in front of them? But then they smiled and encouraged me to share my thoughts and just like that, my nervousness melted away and I knew I belonged in the room.

I remembered that little girl as I briefed the new students about contest editions, preparing them to one day stand where I stood, and to not only fulfil their own story with this newspaper, but also to carry on the emotions that GT comes with.

With the last page of this contest edition read, I folded my copy and gave it one last look. You have taught me a lot GT and now maybe it's time for you to teach someone else, but that doesn't mean our special relationship is over. This may be my last edition, but you will always be my first newspaper. Favourite one at that!



The writer Maansi Anand reads her favourite newspaper

Guidelines to quoting



Tanisha Chawla

AIS Saket, Alumna

The world of social media is filled with myriads of ‘intellectuals’ who preposterously quote every living thing in sight in order to ‘inspire’ people. From Gandhi to Dalai Lama, all have been reduced to puppets at the hands of bored teens that hide behind the façade of experienced billionaires and give advice on love and life. The funniest part is, people actually believe it. So here are some pointers to keep in mind the next time you come across a cheesy advice on the internet.

■ Not everything written in Courier New and white background is a quote by a great writer. More commonly known as the typewriter font, it has fooled even the best of the best.

■ Not every Urdu quote is by Ghalib. Once upon a time, *shayaris* used to be a treat for old souls. Now it is replaced by the

thousands of Ghalibs in disguise who need to be kept an eye out for.

■ Not every quote that has “thou” is by Shakespeare. “Thou art smart, but not always Shakespeare”, said I, not Shakespeare.

■ Not every quote with byline “e.h.” is by Ernst Hemingway. Back in the day, using cool pen names was what made writers sound credible- now just cool initials do the trick.

■ Not everything about peace was said by Gandhi. Given Gandhi's quoting credibility today, I can text my friend, ‘Gandhi said you should go to school every day’ and she would believe it.

■ Not every quote on life is by Dalai Lama. So, the next time you google ‘quotes on life’, do look for credits as well.

■ Not every sentence written in four parts is a poem. I think/that the world can be/a beautiful place/if I could/just fall asleep.

■ Not all Donald Trump tweets are written by him. But they do enjoy a widespread “covfefe”. 🇺🇸