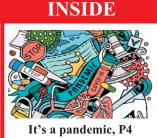
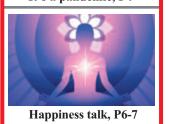


THE GLOBAL TIMES

MONDAY, JANUARY 11, 2021





Are you in favour of the **Supreme Court's decision** to sanction the central vista project?

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

To vote, log on to www.theglobaltimes.in

POLL RESULT for GT issue January 4, 2021

Do you think a ban on flights from UK will be affective in sheltering India from the new COVID-19 variant?



Toil in the soil

A Lowdown On Farm Bills 2020 And The Uproar That Followed

Yashika Aneja, GT Network

s the Indian President gave an affirmative nod to the new farm bills on the evening of September 27, 2020, protests against the same picked up in the various farming states of the country, especially Punjab and Haryana. Within no time the scattered protests turned into a collective rallying call of "Dilli chalo", wherein thousands of Indian farmers footslogged towards the national capital demanding a complete rescindment of the new reforms. What followed next was ideological contestation coupled with on-road conflicts between the protesters and the constabulary. As the protesting farmers seated themselves on the outskirts of Delhi fixated still, the outcry managed to create a flutter across borders too. Regardless, not many of us are au courant with what the three bills entail. Here's a primer on the same.

Bill I: Farmers' Produce Trade and Commerce Bill

What does the bill entail? Also known as the APMC Bypass Bill, it allows farmers to sell their produce outside the government-regulated Agricultural Produce Market Committee (APMC) market yards,

more commonly referred to as mandis; they can now trade at farm gates, cold storages, silos, warehouses and so on, as per their will. Prior to the 2020 legislation, agri-trade was allowed only within the state-notified mandis and any transaction outside made the farmers liable to pay a heavy cess or fee.

Why is it beneficial?

- **1** Farmers will get more choice on who they want to trade with and thus, will be able to secure lucrative prices for their farm produce.
- 2It proscribes state governments or APMCs from taxing farmers for trading their crops anywhere they want to.
- 3 It permits online trading of produce that would enable a direct and unimpeded interstate and intrastate trading.
- **4** Farmers will no longer have to deal with mandis that have of late become oppressive and monopolistic, fixing low prices on produce and forcing distress sales.

Why the protests?

- The new set-up, according to the farmers, would include fragmented markets with different regulatory structures, creating an uneven playing field for them.
- **2** Farmers fear that due to this shift from the "regulated" mandis to unregulated trade areas, government would have no

oversight of the key players, types of transactions taking place or prices offered in the market and hence, would cite it as an excuse to not intervene.

- 3 It is also believed that the bill assumes that farmers, especially those marginal and uninitiated, would be able to get the basic paperwork from buyers done on their own.
- **④**If trade moves out of *mandis*, farmers feel their relationship with commission agents or middlemen, who provide them with financial loans and ensure adequate prices for their crops, would get soured.

Bill II: Essential

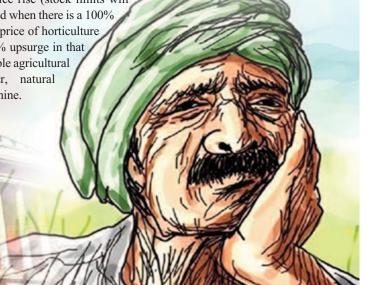
Commodities Bill What does the bill entail? As an amendment to the Essential Commodities Act, 1955, this 2020 bill curtails the powers of the government over the production, supply and distribution of certain key foodstuffs including cereals, pulses, edible oils, onion, potatoes, and oilseeds, except under extraordinary circumstances such as exceptional price rise (stock limits will only be imposed when there is a 100% upsurge in the price of horticulture produce or 50% upsurge in that of non-perishable agricultural produce), war, natural calamity or famine.

Why is it beneficial?

- It would eradicate the fear of the private sector by doing away with excessive interference on the part of government, attracting more investments.
- **2**More private sector investments/FDI would mean more infrastructural investments like better storages etc., which would, as a result, create more storage capacity, reduce wastage of farm produce and double the income of farmers.

Why the protests?

- Farmers see this move as the legalisation of hoarding or stockpiling by big companies (without the government actually knowing what stocks are hoarded with who, when and where) that would ultimately result in less earnings for farmers and a rise in prices for the end consumers.
- 2 As per the farmers, price limits for extraordinary circumstances are too high to be triggered, ever. Continued on page 5...



Everyone has a voice

...Is What The Prime Time Anchor, Padmaja Joshi, Firmly Believes



with the audience. We bring you excerpts.

The struggle

When I first decided to pursue journalism, I had to run away from my home because my parents wanted me to give the civil services exam. But, that was not what I wanted to do. My parents said that they would stop paying my rent if I don't go back home, so I thought why not just pick up a job and become financially independent. Along with my studies, I decided to work at EXL call center as a voice and accent trainer to pay the rent and pursue my passion.

Always in the know

Being a prime-time journalist, you are the first to know a lot of things. I get to see beforehand what you will see on Twitter an hour later. It's a very vicarious pleasure that you are always in the know of what is happening around you. Also, in this line of work, you get to meet and interact with a lot of people and are exposed to a lot of views, and that's another perk of this field.

Confronting the challenge

When the news is diverse, the challenge is to be on top of everything. It is, of course, not possible to know all the facts and sometimes you can really get caught unawares. It is difficult to know about situations that are

voice that stands distinct in the shared a glimpse of her life as a journalist happening all over the world, but you have cause they were given news and not opinto do it. If you know that there's a situation building up in, say, Maldives, then you must read up on it and must not be caught off guard. It's a challenge but it's also what makes it interesting.

Putting up a brave face

I remember when Sarojini Nagar Market blasts took place in Delhi in 2005, I was a newbie in reporting. The blasts took place a week before Diwali and my job was to keep a track of the unclaimed bodies. I used to go to Safdarjung hospital mortuary every morning to find out whether all the bodies have been claimed or not. Even on the day of Diwali, I visited the mortuary to take a status and wanted to return home early. So, instead of waiting outside, I walked into the place where postmortems were happening. What I saw in that room, affected me deeply and it was evident on my face even when I was on air. At that point, one of my seniors told me that when you are reporting a story, you don't have to become that story. You've to toughen up and not let what you report affect your job in any manner.

Changing facets of journalism

Media, right now, is in a stir. There is a lot of content being thrown at you and no one is a gatekeeper of this information. Some people say that they miss Doordarshan beions. But, I feel opinions are important. When someone is giving news along with their opinion but not at the cost of hiding facts, you get to hear different opinions and then make up your own mind. In today's times, everyone has a voice and opinion because everyone has a platform.

The social media problem

Social media, especially Facebook and WhatsApp, is responsible for a lot of misinformation and proliferation of opinion. So many people don't even read the newspaper in the morning; they just skim through their Twitter or Facebook feed, glance at a few headlines and make up their minds. That's the problem now. People are making up their minds way too quickly and not bothering to fact-check. Hence, it becomes our responsibility to be cautious here and shape our opinions based on facts.

A note for budding journalists

I would like to tell all the aspiring young journalists that the road is difficult. It's going to be crazy hours, you would have to go to unknown places, at times in dangerous situations, but it's exciting, unlike a 9-5 job. You will go to places no one has been to and you will know things first-hand. It's a very exciting field, provided you're ready to tackle challenges that come along. GIT



India This Week

Isha Gore, AIS Vas 1, XI B

hile 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.



Nail-Free Tree campaign gains momentum

News: In accordance with the 2013 order by National Green Tribune, which prohibits trees from News: According to a recent report published in being used to support billboards or banners, Maha- South Asia Journal, Tamil Nadu's capital city, rashtra Cabinet Minister, Satej Patil has launched Chennai, has topped the world in CCTV surveilthe Nail Free Tree campaign in the district of Kol- I lance by having the maximum CCTV coverage, that hapur. As part of this campaign, over 50 organisa- is 657 cameras per square kilometre and per 1,000 tions participated to remove nails, strings and population. The Tamil Nadu government plans on billboards from over 100 trees. Kolhapur is known installing more CCTV devices that will have conto be a nature-rich city with unique-biodiversity. nectivity with control rooms for live streaming



The most CCTV scrutinised city globally

Views: We humans tend to forget that trees have I under the Nirbhaya Fund and has also sanctioned

Vidushi Jaiswal, AIS Vas 1, XI B



Bird flu alert in Rajasthan

News: The alerts of bird flu was sounded in Rajasthan, after the detection of avian virus in around 300 crow carcasses found in regions like Jhalawar, Baran, Kota, etc. The virus was discovered when samples from these carcasses were sent to the National Institute of High-Security Animal Diseases in Bhopal. The Animal Husbandry Department has set | up a state-level control room and sent its teams to the districts for effective monitoring in the state.

Views: This virus is a huge threat to the poultry industry in Ajmer and the Bharatpur bird sanctuary, which receive hundreds of migratory birds this time of the year. The state level control-room is an important monitoring measure, but to overcome this, precautionary measures are needed to be taken both by

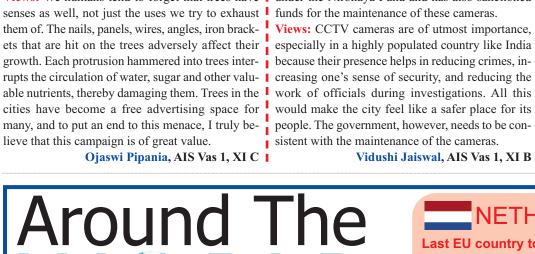


R-Day celebrations to go low-key

News: In a bid to maintain the overall traditional Anushri Malik, AIS Vas 1, XI B | character in compliance with the strict social distancing protocols necessitated by COVID-19 pandemic, this year's Republic Day parade will undergo certain variations. According to an official, the parade will begin from Vijay Chowk but will culminate at the National Stadium instead of I the Red Fort, covering a distance of 3.3 km as compared to the normal 8.2 km. The duration of the parade will be shorter, and so will be the number of marching contingents, spectators and the much-awaited cultural performances.

> I Views: With the fear of the ongoing COVID-19 pandemic and the discovery of the new Coronavirus variant, the initiatives that the government is taking are both prudent and crucial. I am absolutely in favour of these measures, such as cut-I ting down the distance of the parade to almost half and reducing the spectator strength from 115,000 to 25,000. These changes may come off as a little disappointing but since safety is foremost in these times, this is the closest we can get to celebrating Republic Day as we do every year.

Shilpi Singh, AIS Vas 1, XI D





The Netherlands has become the last EU country to start the shots against COVID-19 for its citizens, using the vaccine made by Oxford and

AstraZeneca. Prime Minister Rutte has come under fire for his delayed reaction as the vaccination process started almost two weeks after everywhere else in Europe.



GERMANY

Women executives

In an effort to bridge the gender gap, the government of the

country has announced that German-listed companies with four or more executives must appoint at least one woman to their EB. The bill was passed to rectify the poor representation of women in senior positions in Germany as women executives only make up for 12.8% of Germany's thirty largest

companies' management.



GT keeps the newswire

from around the globe

ticking by bringing you news

Mob storms Capitol

Four people died in the riot attacks when a mob of Trump supporters stormed the US Capitol in Washington DC to halt a meeting meant to certify the election results, forcing the building into a lockdown. Various smaller Trump supporting crowds also gathered across the country to march to the statehouses in his support.

NIGER

Terrorist attack in the countr

Around 100 people were killed and 75 wounded in the villages of Tchoma Bangou and Zaroumadareye in the latest attack by terrorists in the jihadist-plagued Tillaberi region. The attack came right after the announcement of the first-round of presidential results where Mohamed Bazoum won and had promised to step up the fight against terrorism.

First quantum network Combining over 700 optical fibers on ground and 2

ground-to-satellite links to achieve quantum key distribution for a distance of 4,600 km, the University of Science and Technology of China has established the world's first integrated quantum communication network. The team was led by scientist Jianwei Pan, Yuao Chen and Chengzhi Peng.

ZEALAND

#1 in ICC test rankings For the first time in ICC test ranking history, New Zealand has grabbed the top position. The spot was granted to them after the team defeated Pakistan by an innings and 176 runs in the second test match. Captain Kane Williamson also scored a double century, pushing NZ to become the sixth country in the past ten years to be ranked number one.

News Flash

►UK: PM Johnson canceled his trip to India on Republic Day as the new strain of COVID-19 spreads in England ► Japan: State of emergency declared in Tokyo as COVID-19 cases surge ▶ Iraq: Arrest warrant issued for Trump over Soleimani killing



Fried Egg Jellyfish sports a yellow colouration in the center of its body and resembles an egg yolk.

center of its body and resembles an egg yolk.

Anoushka Tyagi, XII & Saumya Srivastava, Alumna

AIS Gurugram 43

any of us have often wondered how it would feel to be a musician, performing in front of a vast crowd chanting your name and cheering for you. Even though reality limits us to only singing in the shower, it also opens us to myriad career options in the musical field.

Music curator

The work: Being a music curator

entails choosing and designing the right music and curating playlists to enhance customer experience. It involves creating soundtracks for brands like Spotify. **Studying for it:** The job of a music curator requires a degree in BA Music along with several years of experience in music programming and supervision. **Earning with it:** A music curator on an average earns 67,457 USD per year with the salaries going up as high as 90,000 USD per annum.

Music therapist

The work: Music therapists work with

Musically inclined

Some Careers That Will Strike A Chord With You

clients to improve issues associated with emotional, physical, cognitive and social wellbeing using music lessons. To enter this field however, one will need psychological aptitude to be able to understand the problems faced by the clients

Studying for it: The education for this field is very unique as the undergraduate curriculum includes coursework in music, psychology, biology, sociology and behavioral science.

Earning with it: On an average, a music therapist can earn 30 USD per hour and 61,630 USD per year based on experience and interpersonal skills. They can either choose to work with a rehabilitation center or open their own clinic and centers.

Audio engineer

The work: Audio engineering involves helping produce recordings or live performances, balancing and adjusting sound sources using equalisation, audio effect, mixing, reproduction and reinforcement of sound.

Studying for it: This course can be pursued by students who opt for Science in Class XII. It requires a B. Tech course in Audio Technology, Broadcast Technology or Music Production. Along with a good understanding of sound, audio engineers also need to have knowledge of electronic equipment.

Earning with it: Sound and audio en-

gineers are always in demand not only in the music industry but also in the film, multimedia and advertisement industries. One can easily earn around 60,000 USD per annum in this job.

Music editor

The work: A music editor is responsible for compiling, editing and syncing music during production of soundtrack. A music editor is basically a type of sound editor in film or other multimedia production (i.e. videos or games).

Studying for it: There are no specific undergraduate programmes for this field but a degree which provides multimedia music software programme training would work well.

Earning with it: Music editors can easily earn anywhere between 50,000-55,000 USD and work closely with music directors and composers to ensure that the final track fulfills all the desired expectations.

Music journalist

The work: Music journalism requires reporting on music news, interviewing musicians, reviewing albums, concerts and being a music critic. Music journalists are employed by print, online and broadcast media outlets and are often engaged in writing stories and conducting intensive research about the music industry.

Studying for it: To become a music

Many of us have often wondered how it would feel to be a musician, performing in front of a vast crowd chanting your name and cheering for you. Even though reality limits us to only singing in the shower, it also opens us to myriad career options in the musical field.

journalist, one is required to have a Bachelor's degree in journalism along with a diploma in music.

Earning with it: The average salary of a music journalist is 43,000 USD per year and it varies on the type of stories being covered by the journalist. Also, music journalists can initially work as freelancers before going to work with the press.

The world of music is an uncharted territory, full of opportunities that combine music with many other fields such as psychology, biology, sociology, journalism, science and many more. As options are expanding, we must expand our horizons and let ourselves go where the symphonies take us.



Time to hapify yourself

Development Programme On Organisational Happiness

ABS/AU Greater Noida & AIBS/AUUP

BS, Amity University, Greater Noida in collaboration with AIBS, AUUP successfully organised a five-day ATAL AICTE online faculty development programme (FDP) from Dec 7-11, 2020. The programme organised under the gudiance of Dr Ashok K. Chauhan, Founder President, Amity Universe, was centered on the theme 'Organisational Happiness: Crystallisation of Self by Integrating Body, Mind and Soul Development'.

The programme was also graced by the presence of Dr Atul Chauhan, Chancellor, AUUP and Mr Amol Chauhan, Senior Vice President, Amity Capital Ventures.

The programme saw happiness perspectives and insights from mind, heart and soul being shared by global experts from different fields. The online programme that saw 200 participants in attendance from over 25 states and 160 universities/ colleges, aimed to elucidate upon the view that happiness is



both in and out, and it takes a fine balance to 'happify' oneself and the organisation you are associated with.

A total of 15 sessions and 3 value added sessions were held by 21 global happiness trainers- Dr SS Mantha, former AICTE chairman; Satinder Singh Rekhi, MD, R Systems; Harrish Bhatia, president, Dainik Bhaskar Group; Dr Swaroop Sampat, former Miss India 1980; Dr Annurag Batra, chairman, Businessworld; Ben Smith, head, Innovation and Research, Chelsea Football

Club, UK; Luis Gallardo, founder and president, World Happiness Foundation USA; Tushar, CIO, HSBC; Dr Pankaj Prakash, lead spiritual trainer, Osho Fragrance; Yogacharaya Dhakaram, founder, Ekam Yoga and Prof Bhawna Kumar, VP, RBEF, who guided the participants on various dimensions of happiness via ways to crystallise body, mind and soul with sessions such as zumba, yoga and laughter.

The programme also saw the release of five book covers on happiness jointly written by various speakers as well as the launch of a new song on happiness. ATAL AICTE created a World Book of Records by training 1,00,000 academicians via 1000 online FDP in one year. The participants attained profound knowledge about happiness as well as earned a certificate from AICTE. As the event concluded, Prof Nitin Arora extended his gratitude to all the participants and team members who made the event a success.

Read more on page 6&7

Journey of ambitions

Changing Visions Of Future

Vanya Tandon
AIS Noida, XII

ife was going smoothly, for the most part. After clearing 10th grade, I felt ecstatic, but as it goes for every teen adult in this generation, I was bombarded with questions; questions regarding one thing, my future aka my career. "Bade hoke kya banoge," my mother asked every day. Like every other exasperated teen, I avoided the conversation by prancing out the door to meet my friends. I spotted an auto and then my mother's question reminded me of what it was like answering this same question years ago.

"An autowalla", I used to answer with sheer joy 7 years ago. I laugh internally thinking the only reason I wanted to become an autowalla was because of its advantage of being able to travel freely, unbound by the hands of my parents, just amused by the roaring sound the auto made on accelerating. Now, this very question haunted me, because I'm aware that sliding my auto around town won't buy PlayStations or fancy cars; that it won't sustain the lifestyle I now require. Soon after, I drifted away from the dream of becoming an

autowalla and found myself in awe of doctors. The white coats attracted my naive heart. It fooled itself into thinking that the job of a doctor revolves around carrying a stethoscope around the neck and checking heartbeats of the patients in distress. Who knew that the white coat hid beneath it a world full of scientific formulas? When I was actually made aware of the strenuous process of becoming a doctor, I found solace in photography.

I still remember holding my first professional camera like it was an infant. The idea of becoming a photographer, capturing life as it goes was embedded into my mind and I was determined to pursue it. That was before I was scolded into thinking this dream of mine was "impractical" and it won't be enough for me to survive in this cruel world. So, before reality hit me like a truck, these dreams of mine remained locked inside a sweet spot known as childhood.





It's a pan(dem)i

Anupriya Bhatnagar AIS Vas 1, XII C

ovid 19 - the word that has brought the entire world to a standstill. While our generation is witnessing an endemic of such magnitude for the first time, history is no stranger to such pandemics. Having witnessed the brutality of these pandemics, it stands proof to the test of time and also as the harbinger of hope that humanity shall survive once again.

The Black Death

Death toll: 75-200 million Cause: Bubonic plague

This plague was an extension of the Plague of Justinian. Emerging 800 years later, the pandemic entered Europe via rats

and fleas aboard merchant ships. Spread by a germ called Yesina Pestis, it was a highly contagious strain that spread through all of Europe, Africa and Asia from 1346 to 1353. The plague invincibly managed to wipe out 60% of the population of Eu-

rope and never really came to an end, for it kept surfacing every few years for centuries. It was only with advanced health care system and sanitisation facilities that the effects of this plague were mitigated to some extent. Even to date, the plague kills 1000-3000 people across the world every year.

Recalling Some Of The Worst Times In History



Trivia: Knowing that the disease had something to do with proximity, some officials decided it best to isolate the newly arrived sailors until they were proven immune to the disease, thus giving birth to the concept of quarantine or in layman's terms, isolation up to

Smallpox

Death toll: 200-220 million Cause: Variola

Dating back to the third century BC Egyptian Empire, the virus causing this epidemic was

first found as a rash in three mummies. Initially, small pox was endemic to several European, Asian and Arabic countries, where it killed nearly three out of every ten people. However, it arrived in the US only in the 6th

century via trade and com-

merce. The indigenous population with zero immunity to this virus succumbed with 90-95% dying over a period of a century. The same virus in Mexico brought the population down from 11 million to 1 million. It was only in the late 18th century that a vaccine for the same was developed by British doctor Edward Jenner to curb the pandemic.

Trivia: In 1980, the WHO announced complete wipe out of smallpox from earth.

Asiatic Cholera pandemic Death toll: 1 million

Cause: Vibrio cholerae

The disease that emerged in 19th century India in the Ganges delta region

has led to seven global pandemics up till now. However, it hit the world worst when it showed up the second time, spreading from India across western Asia to Eu-

rope, Great Britain, and the Americas through 1826-1837. Carried by Vibrio cholerae, a bacterium that survives in

saline and warm water, it was known to kill a victim within eight hours of infestation. The pandemic killed 23000 people in Great Britain alone. John Snow, a British physician identified the source of the bacteria to be contaminated water. Even to date, it continues to affect 1.3-4 million people every year. Trivia: The epidemic resulted in the development of the intravenous saline drip by Dr Thomas Latta. This drip was effective in improving the conditions of many patients by preventing dehydration. However, Dr Thomas was also one of the medical personnel who died in the pandemic.

Spanish Flu

Death toll: 20 -50 million Cause: H1N1 virus

One of the most severe pandemics in history, this deadly out-

break infected more than a third of the world population, roughly translating to 500 million people. With the first case reported on March

4, 1918, when US Army soldiers complained of cold-like symptoms, the epidemic eventually resulted in the death of 20-50 million people.

Trivia: What separates the Spanish flu from its other counterparts is that it affected even the healthiest of beings with strong immunity, while leaving weaker immune children alive by the end of its devastation.

System update: Install or later

Evolution Of The Biggest & The Best-Selling Mobile Operating System In The World

Aditya Pathak, AIS Gur 46, XII B

hat started as a simple operating system for digital cameras has now become the best-selling OS worldwide with more than two billion active users monthly. Android, initially released in 2008, has come a long way over the years. Let's take a trip down memory lane.

CUPCAKE

Release date: April 27, 2009 Offered: On-screen keyboard, Bluetooth support, support for video recording and several Google apps

DONUT

Release date: September 15, 2009 Offered: Added support for CDMA smartphones, additional screen sizes, battery usage indicator and text-to-speech engine

FROYO

Release date: May 20, 2010 Offered: USB tethering, Wi-Fi hotspot functionality, enabling push notifications, additional application speed improvements, animated GIFs

GINGERBREAD

Release date: December 6, 2010 Offered: Support for extra-large screen sizes, virtual keyboard, press-hold copy and paste, support for Near Field Communicaion, audio effects like reverb, equalisation, headphone virtualisation and bass boost, multiple cameras on the device including front-facing, support for WebM/VP8 video playback

HONEYCOMB

Release date: February 22, 2011 Offered: Better support for devices with larger screen sizes like Tablets, full-screen mode for photos and videos, Recent Apps view, customisable home screens up to five

ICE CREAM SANDWICH

Release date: October 19, 2011 Offered: Holo - new visual appearance which was built around a cleaner and minimalist design, new default typeface named Roboto, refreshed home screen, ability to access camera and control music playback from lock screen, face recognition for device unlocking, ability to monitor and limit mobile data usage

JELLY BEAN

Release date: July 9, 2012 Offered: Smoother and more responsive notifications with action buttons, multiuser support for tablets, lock screen widgets, screensavers

KITKAT

Release date: September 3, 2013 Offered: Optimising platform for better performance on low-end devices, an early version of Google Assistant, responding to 'OK Google'

LOLLIPOP

Release date: June 25, 2014 Offered: Revamped user interface with 'Material Design', ability to access notifications from lock screen, top-of-the-screen banner notifications

MARSHMALLOW 5

Release date: October 5, 2015 Offered: New APIs for contextual assistants, power management system that reduced background activity when a device is not being physically handled, fingerprir nition, USB-C connectors, migrating data and applications to microSD card

NOUGAT

Release date: August 22, 2016 Offered: Ability to display multiple apps onscreen at once in a split-screen view, expanded Doze power-saving mode, support for Vulkan graphics rendering API

OREO

Release date: August 21, 2017 Offered: Notification grouping, battery usage optimisation, support for autofillers, Bluetooth version 5, system-level integration with VoIP apps, automatic light, Dark Theme, screenshot











Flamboyant Cuttlefish is dubbed so as it consists of a wavy body pattern featuring bright yellow, red, white and brown colours.

Being happy

'Happy children' - for some these maybe two words, but



for me they are my driving spirit. It has always been my constant endeavour to nurture happy children, for only happy children can go on to Dr Amita Chauha build a happy nation, thus contributing to our dream of

a happier world. While happy children may be the cornerstones of a happy world, I think allpervasive happiness is what we need to make this planet a better, brighter place.

Recently, with an aim to spread the magic encapsulated in this single word 'happiness', Amity Centre of Happiness at Amity University Greater Noida (read page 3, 6 & 7) organised a webinar, where eminent experts from all walks of life spoke about happiness, each giving their own, unique definition of the word. Happiness, indeed, has a unique meaning for each one of us. For a toddler, happiness lies in his mother's lap. For a teenager, happiness may mean securing admission into the college of his or her choice. For a CEO, happiness lies in seeing his company reach the top. To a doctor, happiness means seeing his patient heal.

While happiness is unique to each person, true meaning of the word is achieved when the mind, body and soul are perfectly aligned. It is only when these three are in sync, along with a right decision, that our thoughts match our words and consecutively our actions. Often a contradiction between our words and thoughts results in confusion, which in turn, leads to sadness.

If one is to summarise all this, then true happiness is something that lies within, something which keeps evolving with different stages of life. It is not a milestone you gather on a journey; it is your own steps in this journey towards your dreams which entail happiness. So, let your good virtues foster your being, for only then will you bloom into a happy individual. GIT

World without literature

For These Beautiful Stories Have Come To Build Our Universe

Lavanya Jain, AIS MV, XII

ver wondered what the world would be like if literature never existed? What would have happened to The Little Prince, Oliver Twist, Huckleberry Finn, The Kabuliwala, Mulla Nassurudin, Aladdin, and their likes? Where would have their tales gone? Their lives, beautifully penned down on the sheets of blank & white paper by writers heard-unheard, what would have become of these scintillating stories? Them poems, knitted into the world with love, grace, and a pinch of magic, would they have waited for someone to breathe life into them? Or would they have just evanesced in the ab-

What would have writers like JK Rowling, William Shakespeare, Rupi Kaur, Hawthorne, Virginia Woolf, Dickens, Munshi Premchand and Rabindranath Tagore, amongst others, done to articulate themselves? Would they have worked in the kings' courts? Or would they have gotten into sci-

sence of literature?

What would have become of all the readers, who read stories and poems arduously, that it is almost as if they are living these tales themselves? How different would their lives have been, having seen

ence, mixing up chemicals instead

of themselves being the atoms of

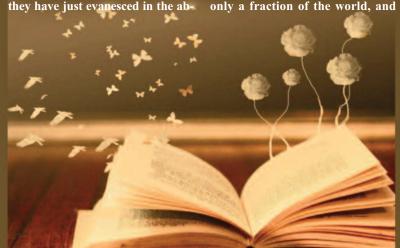
not the world these writers conjured up for them? Would they still be as creative as they are now, having never read Alice in Wonderland? Or would they still give credence to magic with the same avidity as they do now, having never read Harry Potter? Would they look at flowers and pebbles and sunsets with the same aesthetic eye that they possess now, sans reading Ruskin Bond?

In fact, what would have been the kismet of this world, having been deprived of all the literature that has shaped its course to the modern space of consciousness and knowledge? In the absence of the stories of racial discrimination and segregation in Gordimer's My Son's Story, or the female oppression in The Second Sex, would we have still savvied all the evils that have been so predominantly present in humanity for so long, or ascertained our 'truths' in the official historical documents filed by those in power to immortalise their names as heroes?

How would we have then recognised the existence of oral cultures and splinter groups like that of Igbo in Nigeria (Things Fall Apart), if literature never recorded them in

it? Without the Narrative of the life of Fredrick Douglass or Maya Angelou's Million Men March, would we have ever gotten real sentimental insight into the ruthless slavery of our black ancestors, or would we have only known the political turmoil it created? So many things that we are aware about today, would they have still been known to us without these pieces of prose and poetry, or would they have been buried deep in the historical reserves of those who wanted them whitewashed for their benefit?

Well, as a matter of fact, we may never know the answer to any of these questions. But we sure have a moment of epiphany. Yes, the world would've been a very different place had literature never existed, perhaps even unimaginably different, could be for the better or for the worse alike. But there's no point thinking about that, because literature really does exist today. Everywhere around us, there are stories written, and those waiting to be written, poems to be recited, and fables to be woven. Thus, as long as our world houses this beautiful artefact called 'literature', let's savour and treasure it to the best of our abilities.



Holistic safety



As I sifted through new year messages, I could sense a unique underlying happiness in all of them this year. People wished as if they have achieved a victory over doomsday. What caught my real attention was that almost every message had

'Stay Safe', 'Be Safe', written in them. It set me thinking about how the word 'safety' has become the new wish.

When we say 'Stay Safe', we primarily mean physical health and well-being, but a closer look and we know that our safety is dependent on the safety of numerous facets around us. Like our environment, the air we breathe, the food we eat, the water we drink, the society we live in, the people we interact with, etc., they all need to be safe in collaboration, for us to be safe as an individual. And for all of this, we have to be safe at individual level in terms of our personal health and hygiene practices, our environmental practices like waste management and saving water, our social practices like service above self, our human interactions like being loving and compassionate.

Just as charity begins at home, so does safety. Hence, we need to start being safe at personal level for safety to percolate at national and global level. We need to plant trees for clean air to wrap the surroundings. We need to segregate waste responsibly for our water bodies to heal more. If someone needs love and care, we need to tend them with humanity. Remember, holistic safety is a chain of emotions and value based responsible human practices. So, this new year let's resolve to be 'Holistically Safe'. GIT

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Published for the period January 11-17, 2021

Toil in the soil

Continued from page 1...

Bill III: Farmers Agreement of Price Assurance, Farm Services Bill What does the bill entail? Permitting contract farming, the bill allows farmers to strike a deal with ordained buyers or sponsors, be it individuals, partnership firms, processors, societies, limited liability groups, etc., to trade a pre-agreed quantity and quality of the produce at a predetermined price before the actual production even begins. These agreements are supposed to have a minimum duration of one cropping season and can be extended for a period of up to five years. Further, third parties (if any), methods of determining price, guaranteed price to be paid (in case, price is subject to variation) etc., should all be mentioned in the agreement. The bill also provides for a three level dispute redressal mechanism, encompassing the representative parties of the agreement, the subdivisional magistrate, and the appellate authority.

Why is it beneficial?

1 Farmers, especially those with less than 5 hectares of land (accounting

The bill also provides for a three level dispute redressal machanism, encompassing the representative parties of the agreement, the subdivisional magistrate, and the appellate authority.

for up to 86% of the total farmers in India) would gain via contract farm- partial towards small and marginal ing as it would give rise to new markets, transfer the risk of market unpredictability to buyers, and cut the cost of marketing a great deal, increasing their overall income.

2 It proffers effective dispute settle-

ment mechanism. 3 Privatisation would provide the farmers financial support in cash and/or kind, easy access to modern tech and other technical guidance.

Why the protests?

• With no mention of Minimum Support Price (MSP) and government procurement in the bills, to either

suggest its continuance or end, the farmer unions believe they would be forced to sell their produce to big corporations at much cheaper rates than they are worth, opening a potential for exploitation. PM Modi has, however, already averred that MSP for crops would continue. For the unversed, MSP is the government's price to buy the farm produce in an effort to provide the farmers with a minimum profit for the harvest, if the market offers less amount than the cost incurred.

The possibility of sponsors being farmers increases manifold.

3 Farmers believe they would stand no chance in front of big corporate firms when it comes to negotiations or disputes.

Today, even after a series of peace talks, the deadlock on the farm laws lingers still, where while the government continues to see the bills as much-needed agri-sector reforms, protestors believe these legalisations would add to the woes of the already fraught farming sector in India. What are your thoughts? GIT



Issue: Page 1, January 4, 2021

Dear Editor,

This is in reference to the page 1 article, 'The good news', published in the GT edition dated January 4, 2021. As we were engrossed seeing 2021 as the harbinger of joy, The Global Times gave us reasons to ponder whether 2020 was really an egregious year or not. The article seeks to sieve out positivity from a rather catastrophic year. Well, my take resonated with the well-said quote by Joseph B Wirthlin, "As with the butterfly, adversity is necessary to build character in people". The impact of the pandemic was so swift and widespread that we were forced to learn new lessons and rediscover the value of some old ones much to our chagrin. Moreover, the community resilience has been recasted and we have learned to behold the eternal beauty of nature over mortality, realising the transient nature of human life. Concludingly, I wish to express my gratitude towards our dearest Chairperson ma'am, Principal ma'am and the entire GT team for bringing out the beauty of hope and contentment every week.

Nandini Sunil AIS Pushp Vihar, XII E





What is happiness?

Global Happiness Experts As They Divulge The True Meaning Of Happiness



Happiness is... effective communication

Speaker: Ms Kavita Thapliyal, Associate Prof, Amity Intl. Business School, AUUP

Speaks: Effective communication is an art of connecting the mind and the soul. Although we constantly communicate with the ones around us, how often is it an effective communication? Through such communication, one can rapidly improve their quality of life, in turn, ushering in happiness, both at home and workplace. Hence, by imbibing the elements of effective communication, i.e., reading, writing and speaking, I can confidently say that we can truly walk on the path towards immense happiness.

Happiness is... attaining balance

Speaker: Ben Smith, Head, Research and Innovation, Chelsea Football Club, UK

Speaks: A typical football match lasts for 90 minutes. One

may consider this a short span of time, but it has the ability to take the mind space of players and other people associated with it for a rollercoaster ride. Therefore, all the players are specifically trained to refrain from associating absolute happiness with the



success or failure of a match. They're trained to strike a psychological balance which helps them to be detached from the outcomes, whether it is resounding success or gutwrenching failure. This careful balance is what constitutes happiness; it helps to maintain social and personal relationships, and generate happiness in our lives.

Happiness is... a culture to be developed

Speaker: Dr Ezaz Ahmed, Dean, Business

Entrepreneurship & Technology, Columbia College, USA Speaks: In today's fast paced-world, we need a culture that



is acceptive of people, regardless of their age, their background, their disabilities, etc.; we need a happiness culture. We should thoroughly seek to foster a culture where elderly people are not afraid to lose their jobs because of their age, where students do not feel suffocated in their classrooms

and where employees don't feel bored or burdened of the work being given to them. And to achieve such a culture in society, we all need to start thinking for each other and make each other feel secure and comfortable in every way possible. And if this happens, then this culture will lead to happiness, both at home as well as at the workplace.



Happiness is... a state of mind

Speaker: Dr S S Mantha, Former Chairman, AICTE & Chancellor, **KL Universities, Andhra Pradesh Speaks:** My personal belief is that happiness is a state of mind. So, what does that really mean? Can we understand happiness without the context of understanding pain and tragedy? Sometimes, in life, an event may elicit a response of both happiness and sadness, in different contexts. So, is context important in understanding happiness? The answer to this lies in a single wordsthithpragya, a state of eternal happiness. It denotes contentment, tranquillity and firmness in judgement and wisdom. Any person who is truly enlightened is always happy because s/he is not affected by anything and hence, the context of his/her happiness ends up becoming redundant.

Happiness is... being yourself

Speaker: Dr Sandeep Bhasin, Associate Prof, Amity International Business School, AUUP

Speaks: To measure success or failure, one needs to define happiness and what it means to them. And, at the same time, one needs to start looking at success from an individualistic point of view, far away from society's notions of what is defined as success and failure. By trying to match up to societal notions of success or failure, we often start feeling unhappy and dejected. Therefore, each one of us should understand that what may be success for one person might not be the same in the case of other person. We should not compare our achievements/failures with that of others and live a life that is free of regrets. And that, according to me, can bring happiness in your life.



jiyo di sel

Happiness is... a secure society

Speaker: Harrish M Bhatia, President, Dainik Bhaskar Group

Speaks: When parents pressurise their children to study, to chase after prosperity in life, they are projecting their own insecurities onto them. They wish for a secured future for their children. The reason for this lies in the fact that our social fabric is very old, so old that it is unable to cater to the needs of its own people, hence leading to feelings of insecurity and unhappiness. It is time that all stakeholders of the society work together and create a system that instils a feeling of security and confidence in its people, regardless of what role they play in the society or what job they have undertaken. This is the need of the hour- a social system that is open and transparent; one which encourages healthy debates and a happy society.

Happiness is... good mental health

Speaker: Prof (Dr) Gurinder Singh, Group Vice Chancellor, Amity Universities

Speaks: Recently, while perusing through data on mental health, I was astounded by the numbers that had surfaced. In the Indian context, almost 68% young students suffer from mental health issues. They seek someone to share their thoughts with, but alas, find no one who can listen to them and give them the knowledge



of happiness. And this problem is rampant, not only among students but among working professionals as well. Turning a blind eye towards the problem of mental health will eventually kill the society and most importantly- happiness. Hence, it's crucial to generate happiness in our classrooms, our institutions and our organisations, for only then can we lead a happy life without any mental health issues.



Happiness is... hapifying oneself

Speaker: Prof (Dr) Nitin Arora,

Proctor; Rekhi Singh Endowed Professor of Happiness, Spirituality and Consciousness, Amity International Business School, AUUP; ATAL AICTE FDP Coordinator.

Speaks: We should never strive seriously for happiness. Rather we should Hapifythe perceptions. There are seven steps to enhance one's perceptions that needs to be mastered to hapify in sequence - Body compulsions, Passion, Mindfulness, Heartfulness, Creative expressions, Willpower and Blissful living. When we seek to happify ourselves, we walk towards it and say yes to happiness, and all its components and characteristics. And when we are hapified, we become inclusive and joyful at work. So, let's hapify our perceptions and lives.

Happiness is... self-awareness

Speaker: Dr Meena Mishra, Chairman, Brain Behaviour Research Foundation of India (BBRFI), Delhi

Speaks: It is often said that happiness cannot be measured. But if depression can be measured to a large extent, then why can't happiness be measured as well? Well, it can be through brain mapping, where four distinct components of brain are analysed such as genetic mapping, biological mapping, brain recording and psychological mapping; each one of them targets different forms of brain, genetic nature of an individual, his/her inborn characteristics, his/her present status of characteristics and the EEG and FMRI parts of brain. Through this brain mapping, you can make the brain tell you what it is struggling with and what it is good at. This is evidence-based self-awareness one can have. Through this evidence-based approach towards self-awareness, one can literally find evidence towards happiness in the mind.

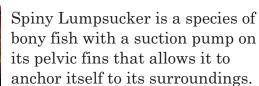






Happiness is...

in simple things



Happiness is... not defined by wealth

Speaker: Dr Asif Iqbal, President, Indian Economic Trade Organisation (IETO) Speaks: Desire and unhappiness go hand in hand; when the number of desires increase, unhappiness also increases. When we compare people from developed and underdeveloped or developing countries, there is a visible difference between the two, apart from the difference in wealth of course. The people from developed countries are less happy than people from countries with limited resources. What does this tell us? This tells us that money cannot bring us happiness. If one's happiness is defined by money, they will always remain unhappy.



Happiness is... equation of energies

Happiness is... expanding yourself



Speaker: Yogacharya Dhakaram, Founder,

Speaks: In my personal belief, if one is

unhappy, one should learn to direct their

mind and soul. Expansion, through yoga

body, mind and soul. Simply, because

happiness booster in the long run.

energy on focusing on their shortcomings.

And this can be achieved by the expansion of

brings happiness to one's core and charges the

whenever one practices yoga, there are a few

elements that focus on breathing to make one

feel relaxed. These breathing elements help

one lower the stress levels and can act as a

Speaker: Dr Rima Chowdhury, CHRO, **Executive Vice President, Datamatics Global**

Speaks: The secret of managing employee and organisational happiness at workplace lies in the four quadrants of energy - physical, emotional, mental and spiritual. An organisation that can achieve to retain all these four quadrants of energy intact can run a happy workplace environment. If an organisation can give every employee the much required- emotional space and mental peace, then happiness is bound to be a part of the organisation and that of people associated with it.



Happiness is... embracing the fear of future

Speaker: Satinder Singh Rekhi, MD, R-Systems, Singapore & Chairman, Rekhi Centre of **Excellence for Science of** Happiness, IIT Kharagpur **Speaks:** Happiness increases when shared and in this interconnected world, if one person is happy, he can bring happiness in the lives of thousands of people. As this dynamic world changes continuously, we must overcome the fear of the future and not let it overtake the present. The very concept of fear has been wired within our brains and as a result, we fear about anything and everything. From the most trivial ones to the major ones, fear does surround us at every point of life. To be happy, one needs to embrace and face the fear of present as well as that of future.



Speaker: Dr Annurag Batra, Chairman & Editor-in-Chief, Business World and Founder, Exchange4Media (E4M) **Speaks:** When talking about happiness; both in the workplace

and at home, there are a few simple things or mantras to keep

found in even the smallest of things- as small as spending time

with the people whom we love and staying true to our beliefs

and value systems. Every day, if we show gratitude towards

everything that is good in our life, even that will make us

happy. As long as we keep it simple, imagine the best for

ourselves and find what drives us, we will find happiness.

in mind. It is important to remember that happiness can be

Happiness is... mastering the life skills

Speaker: Dr Swaroop Sampat Rawal, Miss India 1979, **Actress and Director, NEM life Skills**

Speaks: Happiness is not being happy all the time. True happiness is attained only when one accepts their emotions according to the situation and acts freely, following their feelings. This core life skill is the secret of happiness. While this may be a difficult one to achieve, but if we try, we can for sure master this life skill to live a happy life. So, get a hold on all the negative emotions and rise above them to fill your life with happiness in and out.



Happiness is... being mindful always

Speaker: Dr (Mrs) Pankaj Prakash Spiritual Trainer, Osho Fragrance,

Speaks: Why does happiness elude most of us? It is because we worry about the past and forget to live in the present. This has, in turn, deteriorated our standard of living and a way out of this is practicing mindful meditation. Meditation purifies the mind and shows us knowledge of the Eternal One- God. Our mind is of no use if we don't care for it or nourish it. When we practice mindful mediation, we bring our minds on their true path- the path to enlightenment, and this, in turn, brings us on the path to happiness.



Happiness is... clarity of thoughts



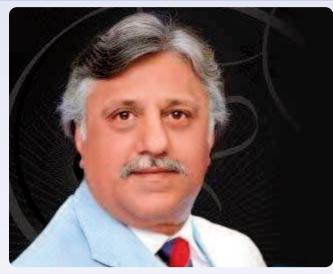
Speaker: Tushar Pradhan, Chief Investment officer (CIO), HSBC Global Asset Management Company, and lead trainer, Heartfulness Organisation

Speaks: Everyone who strives to be happy must have the ability to observe their thoughts and dwell on them with a clear mind. And how can this be done? Through the incorporation of meditation in one's life. Meditation is like a framework in which one can see oneself clearly. Each one of us should indulge in Heartfulness Meditation, a type of meditation which helps you to feel inner peace and sense of joy. It is a simple meditation that anyone can practice within the four walls of their homes and after days of practice, you can find a remarkable change in the state of your mind as well as rejuvenation of heart.

Happiness is... human connections

Speaker: Luis Gallardo, founder and president, **Happiness Foundation, USA**

Speaks: Every person undergoes transformations at different levels, such as individual and psychological. After continuously changing and evolving as an individual, one goes into an 'autopilot mode' of sorts when one reaches a particular age. This is a trap for unhappiness, we must avoid it at all costs because here we stop making new human connections. The connections we make in life will guide our way to happiness. Unsustainable connection will bring negativity to your life, pushing you into a downward spiral. Positive connections will push you upwards and bring happiness in your life. So, one should always try and make human connections to keep the happiness quotient alive in their lives.



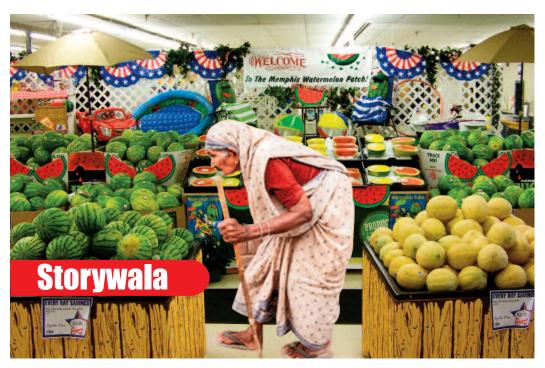
Happiness is... having a clear & free mind

Speaker: Yogesh Kocchar, Former Director (Strategy and Corporate Affairs), Microsoft India

Speaks: The human mind is like a loop. When given a chance to wander, it comes back to the same situations and choices. To be happy, it is important to attain self-awareness and free ourselves from this loop mechanism. Being fixated on certain things makes a person enter into a vicious cycle of thoughts, making them travel the same paths repeatedly. To be happy, one has to be emotionally competent and free oneself of boundaries, for happiness is a complex emotion.



A big-head irony



Lipsa Mishra

AIS Noida, IX E

s I walked down the road, her words reverberated in my mind, "One day, this huge head you bloat, will drag you down!" Moments ago, an old woman had come to my shop, asking for two watermelons. With her wrinkled, ragged and frail figure, it was almost shocking to me when she requested if she could pay later. She looked like she'll drop any moment without her steady stick. Be-

sides, who cannot pay for two melons?

"Sorry, I cannot accept your plea." With an agonised expression, she replied, "I understand, but you must help me. My grand-daughter is unwell." "I see no need for melons in this situation, medicine would be more helpful," I dismissed. "You have to believe me! The troll in the dungeon told me that melons will break the curse." I roared in laughter; I must recite this to my friends. "Please, go away, old lady. There is no such thing as

trolls nor is there any curse," I said, bewildered by her fantastical imagination. "Fine! Don't believe me but I warn you, one day, this huge head you bloat, will drag you down," she yelled at me before leaving the shop.

The next morning, it was almost impossible for me to wake up. It felt like my head weighed 200 pounds. With great effort I lifted my head, only to scream my lungs out at the scene of a troll sitting on my armchair with a little girl in his hands. The first thing that occurred to me was to re-

The next morning, it was almost impossible for me to wake up. It was like my head weighed 200 pounds.

member the old lady. The troll was real. It was in front of me. The child in its hand must be the old lady's granddaughter. Not only that, my head really was 200 pounds. I couldn't think. I ran as far as possible (which was five footsteps) and that was when I noticed the bars. I was in a dungeon. I told myself that it is just a dream and pinched myself multiple times. Alas! It was real. "Troll in the dungeon, save me. Old lady, I believe you now, please help me." The troll then snapped its slimy fingers and the next thing I knew was that I was on a damp road instead of being in a dungeon. The old lady stood before me and said in a rough voice, "I am a spirit helper and you have failed the test presented before you." "Please! I am sorry," I said. "It is too late. You have already been cursed and can only be saved by eating melons but the melons must not be from your own shop and they must not be bought with money."

"But no one will ever believe me, what a big-head irony!" 61



For fabric ties

■ Take one rectangular cotton fabric strip measuring 6 x 2 inch.
■ Place the wrong side of the

cotton fabric up.

Now, fold it lengthwise, one over the other at the width of about 1/4 inch and press each fold

- with an iron.

 Once you reach the last fold, again press it down with an iron.

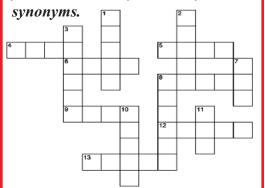
 Stitch 1/4 inch seam along the
- open side of the strip.

 Repeat the same steps with another strip of cotton fabric.

 For the mask
- Cut two rectangular pieces measuring 10x6 inch from a tightly woven cotton fabric.
- Stack the right sides of the two pieces of fabric together ensuring that the edges are aligned. The design on the fabric, if any, should be placed horizontally.
- Fold over the long sides ½ inch and hem. Then fold the double layer of the fabric over ½ inch along the short sides and stitch down.
- Run the prepared fabric ties, each through the wider hem on each side of the mask and sew it along each side.
- Fold 3 evenly spaced pleats in the mask, pin it in place and sew to secure.
- Your mask is ready to protect you from germs!

CROSSWORD

Synonym - a word or phrase that means exactly or nearly the same as another word. This puzzle will help you test how well you know your



ACROSS

DOWN

- 4 Synonym of Hop 5 Synonym of Hot
- 1 Synonym of Eat2 Synonym of Go away
- 5 Synonym of Hot 6 Synonym of Stone
- 3 Synonym of Run
- 8 Synonym of Start 9 Synonym of Throw
- 7 Synonym of Finish v 8 Synonym of Dance
- 12 Synonym of Big
- 13 Synonym of Fire
- 10 Synonym of Talk
- Fire 11 Synonym of Automobile

WORD BANK: Begin, boogie, car, end, flame, giant, jump, leave, munch, rock, speak, sprint, toss, warm.

WORDS VERSE

The face of humanity

Nandinii Tandon

AIS PV, XI

Governed by society Separated by diversity

Wanting to defy gravity

Searching for longevity

Yet world is a calamity Lead by utter insanity And language of profanity Hiding our hidden insecurity

Scared of vulnerability We strive to find unity

In worshipping vanity Fixated on superiority

We lost our morality
Now, this is humanity.

[3]

Keeping quiet

Namrata Sharma
AIS VYC Lko, PGT English

As the clock finally struck thirteen Everything was doomed to silence Silence which was the call of Nature Nature, as it wept and moaned in pain Calling and beseeching God to come

To pull her out of the clutches of man God silently observed everything Waiting for all the atrocities to end When one fine day, out of the blue He decided to awaken humanity

That was until now in a deep slumber As he worked in silence, without noise No commotion, no bloodshed, no war Just a call, a call to invoke our being Our heart, our soul, our true inner self

He came and whispered very softly



"A beautiful dawn is waiting for you But it has conditions for you to bear Keep yourself free from all malice Know why I sent you to this world

I sent you, my child, to live and let live To do good and be good to others To be fully contented with your lot No jealousy, no hatred, but only love For everything I made, I made for you

I have closed my doors for you to know That I was never there, never so far away I was always so close, so close to you Now, open your eyes and find me Before it's time for me to leave forever."

CAMERA CAPERS

Khushi Saini, AIS VKC Lko, VIII A

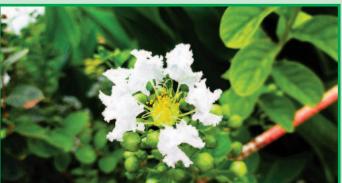


When hopes start budding



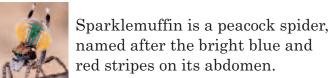
When positivity starts blossoming

Send in your entries to cameracapers@theglobaltimes.in



When happiness starts pervading





The story of Herobrine



Dhairya Gupta AIS Gurugram 43, VI B

or seven long years, Good ◀ Steve practiced every single day, and trained all the animals who promised to join him in the battle against humanity. Starting a new chapter of his life, he decided to adopt a new name for himself - Herobrine. With each passing day, he became confident that the day was not far when he would attack Evil Steve and humanity and make them repent for their wrong deeds. He created distinct kinds of swords, armours, bows and arrows.

Finally, the day had come when his entire army was ready with all the **ammunitions** to rage a war. He along with his warriors reached Earth and attacked Evil Steve and the human army. The battle continued; both the opponent armies were strong until Evil Steve whipped out new technology into war field and gradually wounded one-third of Herobrine's army. Evil Steve seemed to be faster, had more resources and special ammunitions.

Soon enough, the humans were able to harm Herobrine and twothird of his army; Herobrine was annoyed. Seeing how all his animals were suffering and wounded, he decided to call it a truce, thinking to himself that he will be back one day. "No, we mustn't call it a truce," cried Bringer, his second in command; "We need to destroy the humans!" "We will, one day. We need to be more prepared to face the technological weapons these humans are using. Look around, more than half of our army has

been lost!" said Herobrine. Obey-

ing his call, Bringer along with

the remaining army returned to

the Nether with the will to go

back one day and win.

Years passed and all the animals along with Herobrine kept working harder and harder. But Bringer wasn't ready to be patient. He wanted to defeat humans and he wanted to do it now, and if Herobrine wasn't going to help him, he decided to do it himself. As Herobrine was practicing his sword technique, one of the animals ran up to him and said, "Herobrine, look! I found this letter at the edge of the jungle and it says that Evil Steve has Bringer in their capture!" "What?" asked Herobrine, not believing a word.

Years passed and all the animals along with Herobrine kept working harder and harder.

It said that Bringer had tried to attack Evil Steve and his castle all by himself and was captured, and if Herobrine wanted to see him alive, he must return to the human land and surrender.

Quickly Herobrine and the animals prepared themselves for another war. Herobrine couldn't let them have Bringer. He and his army reached the human land, ready for the fight. Putting in all their might, they tried their best to win. They had seen humans and their weapons in action, and knew how to avoid them. They knew the weak points and waited until the humans' weapons started running out of ammunitions to go in attack mode. As Herobrine and his army finally attacked, Evil Steve and humans started fearing for their life. One by one, the humans dropped on the ground, unconscious and defeated. Herobrine and his army won the very victory they had been dreaming for years. They had avenged all their animal friends. The battle was over, and the good triumphed over the evil. GT

So, what did you learn today? A new word: Ammunition **Meaning: The material fired** from any weapon



Idli dhokla

Kamakhya Mishra, AIS VYC Lucknow, IV A

Ingredients

Gram flour	1½ cup
Semolina	2 tbsp
Ginger paste	¹ / ₂ tsp
Green chili	
Turmeric	¹ / ₂ tsp
Sugar	2 tbsp
Asafoetida	a pinch
Curd	
Oil	
Water	1 ½ cup
Eno	¹ / ₂ tsp
Mustard	1 tbsp
Cumin	
Sesame seeds	
Curry leaves	5-6
Lemon juice	1 tsp
Coconut (grated)	
Coriander (chopped)	

Procedure

- ■In a large bowl, take gram flour, semolina, ginger paste and one finely chopped chili. Mix them together.
- turmeric, asafoetida, curd, oil, salt and
- Whisk and mix all the ingredients together properly. Once done, add Eno to the mix.
- Keep mixing the batter until it turns frothy.
- Now, grease the idli plate with oil and pour the batter into it.
- Place the plate in the steamer and steam it for about 12 mins.
- Meanwhile, in a pan, add mustard, cumin, sesame seeds, asafoetida, chili and curry leaves. Stir them together.
- Now add in water, sugar, salt, and lemon juice.
- ■Bring the mixture to a boil and ensure that everything is mixed well together.
- ■Once the idli dhoklas are done, take them out of the plate and pour this prepared mixture on top and let them soak it in.
- Garnish your idli dhoklas with grated coconut and coriander. Get ready to devour them!

Let's save them

Shivika, AIS Saket, VII

Animals are a natural treasure Their importance has no measure Don't hunt them to make wears Look out for them, for they are rare Imagine a world without them A universe in complete mayhem They have the right to the planet And their lives are not for granted

In the future, they might disappear And that future, we have to fear We can see their population shrink Let's save them or they'll go extinct! GT



Know me Name: Agrim Aggarwal Class: II School: AIS Mayur Vihar Birthday: August 14 My favourites Game: Car racing Mall: V3S Food: Pizza Teacher: Suja ma'am About me I like: Reading books **Best friend:** Aradhya I dislike: Lizards Subjects: Maths and English Movie: Spiderman Role model: My father I want to become: An officer **Place:** Kashmir I want to be featured in GT be-Cartoon: Doraemon

Fictional Character: Gian

cause: I want to be famous



Vidushi Singh

AIS Vas 6, III

What could be a computer's favourite dance item? Disk - o!



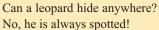


How can you convert number seven into an even number? Just take the 's' out from it!





At what place would pencils like to go for a vacation? Pencil-Vania!





How can you cook an edible gold soup?

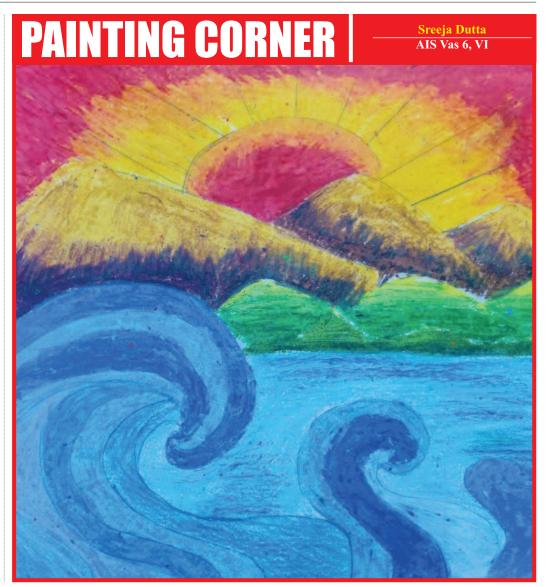
Just add 24 carrots to the soup!







What kind of a star can be risky for us? A shooting star!





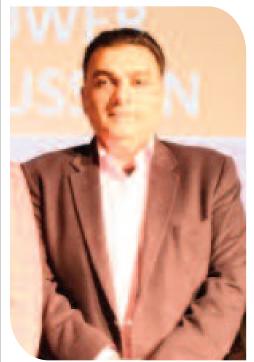
Fit hai toh hit hai

Pro Tip: Make Healthy Food And Regular Exercise The Mantra Of Your Life

Touth 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 VII of this exclusive series, based on the panel discussions organised by YP teams, and a host of opinions as experts debate on 'Importance of fitness', the cause chosen by YP team of AIS PV.



Burn it out and shine



Panelist: Naveen Luther

Parent of AIS Pushp Vihar alumna

"The logic is simple- if you are eating and are not burning it out, then obviously you are accumulating waste in your body. And this waste, needless to say, would be the end of you someday. So, if you can't burn what you eat, you can try another option- shift to two meals a day. It is a well-supported fact that no one needs full 3-4 meals a day. For times are such that nobody dies of not eating, people today are dying of eating. So, if you don't want to pay frequent visits to a doctor, it is preferable that you compromise a meal. This way you can save it for the ones who are not getting it. It will be beneficial for your health as well. But suitably modify your intake through salads or fruits and exercise. If you eat two times a day. make sure you eat healthy and nutritious food. Do not compromise on that."

Work on yourself

Panelist: Gulshan Grover

Actor, Hindi and international cinema

"Speaking of the industry I'm from, Bollywood, well, it completely sticks to fitness. When I see my friends like Akshay Kumar or Sunil Shetty leading such fitness oriented lives, it motivates me as well. For one cannot do without being fit, not just in Bollywood but other places too. A fit body, mind and soul is all one needs to survive in this unsparing, fast-paced world. And trust me, you are the only one who can achieve that balance for yourself. So, young minds get up and get going! Include a healthy diet in your everyday routine with an equally balanced fitness regime, for it is

necessary to take some time out for yourself, it is significant to work on yourself. And the sooner you realise it, the better. Fitness is as important and cardinal as breathing. Just remember, agar aap fit hai, toh sab hit hai."



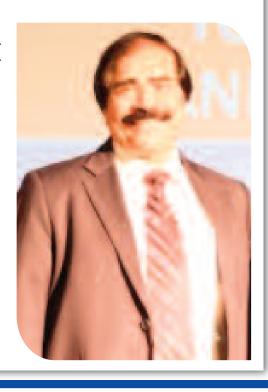
Say no to diets

Part VII

Panelist: Brig YK Arora

Sr. cardiologist, National Heart Institute

"There is absolutely no substitute to fitness. If you are fit, you experience a different kind of high in life. You feel happy and confident both mentally and physically. And by fitness, I am talking about eating nutritious food and doing regular exercises. Diets are a big no-no. A Times of India article about the same also quotes that Keto or vegan diets are extremely harmful in the long run. These diets are basically cutting down carbs that should be 40-50% to 5-10%. So, the fat and protein in your body is getting metabolised to give you excess calories and eventually, the ketones that you get become extremely harmful for your body. Statistically speaking, around 2,30,000 people who have refrained from such diets are living longer than those who follow these diets. Thus, it's better to have the right amount of carbs, fats, proteins, and minerals in your diet, and to balance it all out with a good workout routine."



Expert Speak

Take a walk

Panelist: Ameeta Mohan

Principal, Amity International School Pushp Vihar

"I always advise my students to go for a walk, meditate, and eat healthy food in whatever time they get. Even a ten minute stroll in the park can do wonders by easing up an anxious and stressed out mind. Worried about exams? Go for a walk. Tensed about your future? Go for a stroll and freshen up your mind. However, when I say take a walk, do it without your headphones or mobile phones in hand. Take some time out just for your own self. It is easy and will be enough, not only for your health but also for your heart. Invest your time in your body, in your health, in your fitness because young students are the future of the country. Education is of course the key to open all the doors in one's life. But along with academics, it is important that we are always fresh and energetic. This is the only way we can proceed in life and win."









Screaming hairy Armadillo is

squealing when threatened.

Winners of the campaign present their message through expressions of hands and face

termed thus owing to its habit of





A young scientists meet

Understanding The Science In Daily Life Through Arts

n December 4, 2020 Amity Global School, Noida, held its annual 9th Science Colloquium, an interschool event, to foster understanding of applications of science in real world, virtually for the first time. Held under the aegis of Amity's Children Science Foundation (ACSF), the annual event has been envisaged by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, as a platform to foster a trans-disciplinary perspective and encourage young scientists to relate scientific concepts to their applications in the real world. Total 24 schools from pan India took part in the event which was held in 3 different categories namely Debate (grade IX-XII), Poster & Infographics (grade IV-V), and Campaign (grade VI-VIII). Sixteen teams participated in the debate competition where they spoke for and against the topic 'Vaccine na-

tionalism is necessary to tackle the pandemic'. The poster competition based on topic 'COVID-19 and new normal SDG 3 - good health and wellbeing' saw 20 teams share their understanding of the new normal, the changes and developments based on the needs of the society through posters and infographics. The campaign event was based on the topic 'Managing the environmental impact of the pandemic' and was attended by 18 teams. It was conducted in the form of jingle or mime wherein participants used movements of their hands, body and facial expressions to communicate their messages without any speech. They did use soft music in presentation though. Overall winners trophy was lifted by AIS Noida and AIS Saket. The events were judged by eminent jury members, all experts from different walks of life like Dr Jai Kishore, Renu Trehan, Dr Nimmi Singh, Dr T P Sarma, Dr Anurag Tyagi and Indu Singh. GI

GT presents the list of winners of the virtual science colloquium

School	Students	Event	Position
AIS Saket	Khyati Ahuja Deep Sehgal Resham Talwar	Debate	First
AIS Vas - 6	Satakshi Akanksha Khushi Chawla Ayana Sahay	Debate	Second
AIS VKC Lucknow	Aradhya Dixit Sameeha Khalid Anansha Frank	Debate	Third
AIS Noida	Prisha Singh	Poster	First
AIS Belapur	Advay Bhandare	Poster	Second
AIS PV	Sanjana Chauhan Samaya Chauhan Samara Chauhan	Campaign	First
AIS Mohali	Nitin Bhardwaj Yuktee Patil Saanvi Bhargava	Campaign	Second
AIS MV	Priyamvada Rao Tarini Arora Aadya Varma	Campaign	Third
AIS PV	Laavanya Bansal Richik Nagpal Suhani Chauhan	Campaign	Judges' Choice award

Making a point

Eloquent Amitian Wins

AERC

The eloquence and communicative genius of Amitians was brought to fore when Chavi Gautam from Class VIII of AIS Mayur Vihar became the first student from Amity Group of schools to be selected for the National Selection Camp of Indian Schools Debating Society (ISDS) for World Scholar Debating Championship. The milestone was achieved at the regional selection round for Indian National Debate Squad 2020-21 for North Zone Junior Selection Championships held in different rounds on different dates between September 26 to November 1, 2020.

Total 36 students from Amity Group of Schools competed in a strenuous competition comprising four intense debating rounds. The event was held under the aegis of Amity Educational Resource Centre, under visionary guidance by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF.

Six students- Chavi Gautam



(VIII), Shivanshi Sharma (IX) and Anshul Tripathi (VIII) from AIS MV; Ashmita Karmakar (VIII) from AIS Noida; Ritisha Roy (IX) from AIS Gur 46 and Raunak Gupta from Amity Global School, Gurugram were shortlisted for the second round of regional selection. In this round, the select students participated in an hour long virtual quiz. Chavi Gautam finally made it to the top 60 students from all over India who received a Certificate of Merit for participating in the National Selection Camp for Indian Debating Squad of the prestigious virtual debate competition.



School principal, teachers and alumni meet virtually

Samanvay 20'

A Virtual Back To Roots

AIS Gurugram 46

chool held its alumni meet Samanvay' virtually for the first time on December 25, 2020. It made Christmas truly merry for all as the Amitians, albeit virtually, came back to their alma mater to meet their mentors and friends of school days. Attended by 102 alumni from all over the world, the event became more celebratory and nostalgic as the ex-Amitians from the first pass out batch of the academic year 2006-07 also came back to roots. The meet commenced with virtual lamp lighting ceremony and prayer

followed by a welcome address from school principal Arti Chopra. It was a walk down the memory lane as many alumni shared about their experiences of learning at Amity. Notable speakers were Sagar Malik, Pulkit Singhal, Utkarsh Tyagi, Advitya Gemawat, Akash Nath Garg, Deeksha Khanna, Vikas Yadav and Ayush Shah. Everyone was elated to meet their teachers and friends. Few dance and music performances were also given. The evening of memories and nostalgia ended with everyone singing the school song nurtured during their growing years. GIT

4 An ode to Ramanuian

Relating Math Concepts To The Real Life

AIS Vasundhara 6

chool celebrated the genius of the great mathematician, Srinivasa Rama nujan by dedicating the month of December to various unique and innovative math activities for Class VI-VIII. Students of Class VI applied mathematical concepts to architecture. They dug deep into ancient and modern architecture to highlight how

the concepts of math were applied to add utility, strength and beauty to structures like pillars, bridges, drainage systems, etc. Role play for Class VII gave students the opportunity to present and communicate through skits, dialogues and monologues about integrating mathematical concepts like simple interest, profit loss, congruence of triangles and Fibonacci series to daily life. Visual and performing

arts coupled with digital art gave ample scope for creativity and critical thinking to them. Models, digital aids and simulations were the tools used by Class VIII students to explore concepts like linear equations, surarea, exponents, factorisation, arithmetic progressions, etc. All these activities reinforced a STEM mind set and evoked interest among students to see, believe and apply. GI







The poets meet

tudents from Class VII-VIII held a 'Kavya Goshthi' on December 18, 2020 as an ode to eminent Hindi poets. The event was graced by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF who bestowed her blessings upon the budding poets. The program commenced with the virtual lighting of lamp by school principal Rachna Mishra. The two hour long event witnessed children reciting, inspirational, philosophical and patriotic poems. While Pranav of Class VIII recited an intensely patriotic poem, Yusra of Class VII presented the profound ideology of the great poet Ayodhya Singh Upadhyay 'Hariaudh'. Mahatvi of Class VII made a heartfelt appeal to protect the mother earth and Ritu of Class VII paid a solemn tribute to all the women with her poem. GI

Variety



Akanksha Narayan, AIS MV, V B

020, a year that transformed our lives completely and made us realise how life is uncertain, full

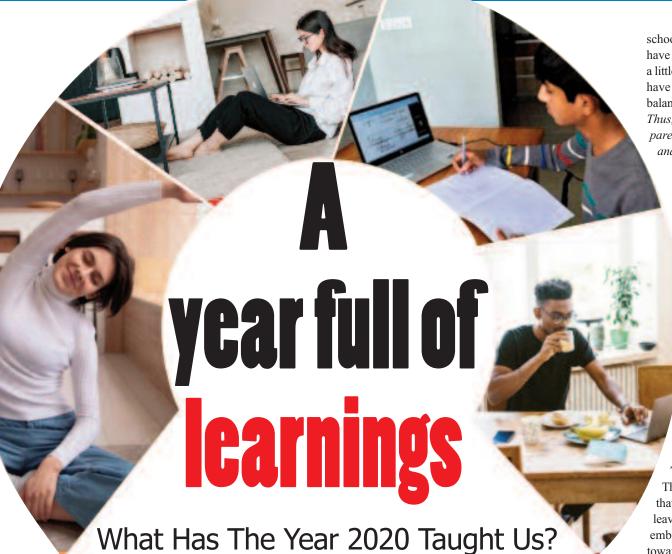
✓ of twists and turns. However, this very year also taught us few lessons, lessons that we learnt while adjusting ourselves to the new customs that have become a part of our lives. Here are some of them, take a look:

School

Although there was a time when going to school every day was a dreadful thought, we now beg to go to school, just to sit with our classmates under one roof and learn together. But now that virtual learning has helped us in a lot of ways, it will prove to be more helpful even when things get normal. Thus. 2020 made us question how online extra classes could actually take the load off students and teachers when exams are near and students want to study at home

Work

Before the pandemic scenario, our parents would rush to work every day, having to juggle household chores, our



school and their job. But today, things have changed drastically. At first it was a little difficult going online, but now we have all gotten used to it, given that a balance has been made.

Thus, 2020 made us question if our parents have the option to go to work and work from home alternatively

Health

Throughout last year, the most we cared about was our health; to be hale and hearty and keep the virus at bay. But this was also the time when we were scared to go out in the open, and thus resorted to online check-ups. Our grandparents regular health examination done and it was as effective and convenient as one-on-one check-up.

Thus, 2020 made us question if we can cut down the unnecessary trips made outside and take as many precautions as we can to always stay healthy.

These are some of the many lessons that the year 2020 has taught us, each leaving us with a question and hope, to embrace the new normal and walk towards a better 2021. GT

Travel diaries

Killjoys- The Ones Who Ruin Your Vacation

Aparajita Lahiri

AIS Pushp Vihar, Alumna

raveling is said to be a great experience; after all, you get to see the world, explore new cultures and see how you fit into this planet as a global citizen. But whilst traveling in a group, we all have had that one travel partner who does nothing but whine and crib the whole time, ruining your mood, and in the end says that the trip was 'not that bad', making you want to hit them. Well, if it's any consolation, you are not the only one who has had to deal with someone like that. Here are the stages we have all had to see of *that* person.

'next vacation' is brought up, this

will be too hot" to "it will be too cold," all arguments are presented.

Stage 2: In what can be called a miracle, the group somehow manages to finalise the destination, only for the next challenge to present itself aka the itinerary. Every attraction that the group wants to see is dismissed by this person with a "eh, it'll be boring!" Pointing out how it will be too much of a hassle or a waste of time, their ultimate suggestion is to cancel the trip altogether.

Stage 3: The show must go wrong, and we must deal with it, but people in this category were never taught that. Or even if they were, they chose to ignore it. As the bags are packed, **Stage 1:** As soon as the topic of bookings made and something as ex-

they begin with a 3-hour medley of whining, complaining, crying and throwing tantrums that nobody wants to deal with.

Stage 4: Bearing their Ekta Kapoor level drama, the group somehow manages to make something of the trip and come back in one piece. And just as their feet touch down in their hometown, the smile on their face is unmatchable. As everyone else stands with a straight annoyed face because *somebody* ruined their vacation, they come up with - "The trip was good! We should do this again sometime." Others? They are only left staring at each other in amusement.

Writer's advice: The next time you can choose to plan your vacation



The curious case of comma

Analysing Oxford's Tiny Character

Yashasvini Verma, AIS Noida, X C

pointed restaurant manager, "Quickly, get Peter, the sous chef and an expert on kitchen fires- there's a fire." Shortly after, the manager arrived, Peter by his side. "Where is the expert on kitchen fires?" the head inquired. "You called Peter, you said

he was an expert on kitchen fires in your message!" the manager exclaimed. "No, I'm the sous chef; the expert is a few blocks away!" said Peter.

What we witnessed above is a consequence of the lack of the Oxford Comma- also known as the Serial, Series or Harvard Comma- an often-debated piece of punctuation that is placed before a conjunction like 'and' or 'or'. But, how can such a tiny character cause such a great catastrophe? Let's find out.

The origin

The origin of the elusive Oxford Comma can be traced back to style guides in the English language. F Howard Collins first introduced the Serial Comma in one such guide, saying it had been used by scientist Herbert Spencer (who ended up evolving the English language along with his research on evolution) in a letter he sent to Collins, to ease differentiation in a list.

The dispute

The Oxford Style Manual itself recomh dear! The microwave is on mends limited usage of the comma, only fire!" the head chef yelled. if it is necessary to avoid vagueness in a He messaged the newly-ap- sentence. But how does this affect writing? We'll tell you, it resolves ambiguity: Someone may frame a sentence without the Oxford Comma as "I love my parents, Poseidon and Marilyn Monroe." Without the comma before 'and', the speaker could imply their parents to be Marilyn Monroe and Poseidon and they are a demigod! However, if we put the Oxford comma prior to 'and', we could avoid some confusion- "I love my parents, Poseidon, and Marilyn Monroe." This is the argument that could have saved our burning microwave in the introduction, simply by adding the comma before 'and an expert on kitchen fires.'

A resolution

The only solution to this unending battle is that the addition of the Oxford Comma is left to the writer. A comma, in itself, denotes a pause in a sentence and can be used according to the effect the writer wishes to have. To signify a closer bond between two entities, it is best to not use the Oxford comma, "A tree, tall and lush." It should be used carefully in important documents to signify correct meanings of rules, regulations, or procedures, for ease of differentiation in lists, and to add breaks when required- exactly like the way it has been used in this sentence. GT

