

THE GLOBAL TIMES

Vol 15, Issue 18 | Language: English | New Delhi | Monday, July 31, 2023 | Weekly | DELENG /2009/30258 | Price: Annual Subscription ₹900 | www.theglobaltimes.in



The last yellow border

One Last Look At Nat Geo's 135-Year-Old Career

digital world. My beloved yellow border was once known for its exquisite content on science, photography, and nature, and over 40 million readers stand as a proof of my popularity. But for me to tell my entire story, one last time, let me take you back to the day I was born – September 22, 1888.

The pen & paper

I was named the National Geographic Magazine (and lovingly nicknamed Nat Geo) by my creators, the National Geographic Society. When I was just three-month-old, I received my first gift – the first photograph in my pages, depicting a relief map of North America. And I grew more attractive when the first photograph of a natural scene, a glimpse of Herald Island appeared in my July edition in 1890. By 1908, more than half of my pages were photographs. And boy, was I glad! This transition from being a text-oriented publication to featuring extensive pictorial content suited me well. I shared my reader's excitement when full-page pictures of Tibet appeared, and their happiness when the first natural-colour photograph depicting a flower garden in Ghent, Belgium, was published. The pho-

tograph I am most proud of, however, is the June 1985 cover portrait of a 12-year-old Afghan girl, Sharbat Gula, shot by the photographer Steve McCurry. I am sure you all know it already as it's one of my most recognisable and iconic images.

The camera & click

In my adulthood, my creators pioneered the use of 35 mm Kodachrome film and found methods to engrave and print from it. Neil Armstrong's famous photo of Edwin 'Buzz' Aldrin walking across the surface of the moon on my cover was another historic moment for me. In 1969, James P Blair undertook an assignment to cover pollution. His images, published in my December 1970 issue, marked a major shift towards unsettling, photo-journalistically strong images. Of course, the more outspoken I became on environmental issues, the more popularity I gained. I began to be circulated in over 40 local languages and won more than 30 national magazine awards. Even when my ownership changed in 2015 and went into the hands of the Walt Disney Company, I blossomed. I have educated millions on topics such as environmental issues, chemical pollution, global warming, and

endangered species. I became well-known for my distinctive appearance – a thick square-bound glossy format with a yellow rectangular border.

The admiration & adieu

In the late 1990s, I shared the spotlight with the Complete National Geographic, an electronic collection of each of my past issues. As of October 2022, my Instagram page had 243 million followers, higher than any account not belonging to an individual celebrity. But no life is complete without its share of sad moments. I bid a teary farewell on September 2022 to six of my top editors when they were laid off. Finally, in June 2023, all my staff writers were laid off, and I was asked to have an entirely freelance-based writing model for my new digital look. It was painful, but nonetheless, I take solace in the fact that I will continue to exist in my digital form and those of you with a subscription will still receive hard copies monthly, but that is it. My special editions may hit the newsstands occasionally, but why would anyone visit a newsstand for them when they can be easily viewed on a phone. Well, times change, modes change, and so have I, for I want to survive.

Punam Goel, GT Network

As everyone packs up their stuff and reaches out to switch off the light one last time, the atmosphere of the newsroom screams melancholic. They leave me behind and move out. "It's the end of an era," I hear an editor whisper. I agree; more than a century after I was first published, my era in print journalism is ending, with the remaining of my staff writers being laid off after a decade-long struggle to keep up with the

THE GT POLL

Do you agree with the recent recommendations by a parliamentary panel asking award recipients to sign an undertaking pledging not to return their award as a part of any protest later on?

- A) Yes
- B) No
- C) Can't say

To vote, checkout our Instagram page @the_global_times

Coming next

Travel to a T

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New age parenting

In conversation with Dr Anupam Sibal, pediatrician and Group Director, Apollo Hospital, on how to raise a child in their early years.

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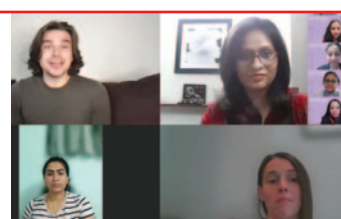
What's inside



Coming a full circle

A fascinating insight on the inception of CD Rom, invented by James T Russell, tracing their journey from the 20th century to modern markets.

...more on page 4



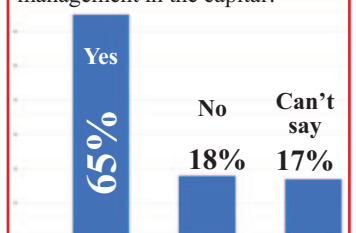
Eat well to live well

Myriad opinions on the problem of eating disorders, its causes, subsequent repercussions, and corrective measures.

...more on page 10

POLL RESULT for GT Edition July 24, 2023

Will Delhi's extreme flooding and waterlogging finally push the government to devise a comprehensive plan for water management in the capital?



Results as on July 29, 2023

Around The WORLD

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

USA

Musk rebrands Twitter as X

Elon Musk, on July 24, 2023, unveiled a new black and white 'X' logo for Twitter, replacing its iconic blue bird Larry, which was a tribute to the basketball star and Boston Celtics legend Larry Bird. As the new logo began showing on the desktop version of the social networking site, many took to Twitter to mourn the loss of the original logo, including its designer, Martin Grasser. Yet to appear on the mobile apps, the logo, as per Musk, is in line with his vision to create a "super app" called X.



ECUADOR

Prison emergency declared

A 60-day state of emergency across the country's prisons has been declared by President Lasso as rival criminal gangs continued to clash at the Penitenciaría del Litoral prison, leaving 18 inmates dead and nearly 100 guards taken as hostage. Demanding better conditions, 13 other prisons have declared a hunger strike. Such a surge in prison violence is now forcing the presidential candidates of the upcoming election to pledge better prison reforms.



ALGERIA

Wildfires wreak havoc

Over 34 Algerians lost their lives in a deadly wildfire rousing across the Mediterranean, taking the overall death toll to 40. With rescue efforts well underway and thousands of firefighters still battling against the fires, Bejaia has been deemed as the worst-hit area in the nation. The wildfires have also affected Greece, Italy, and Tunisia, with the World Weather Attribution group blaming human-induced climate change for the intense heatwave.



INDIA

BlackRock returns

American multi-national investment company, BlackRock Inc., joined hands with Jio Financial Services on July 26, 2023, making a fresh return to the nation post exiting it in 2018. The 50-50 joint venture with the new financial arm of Reliance Industries Ltd (RIL) is all set to bring an investment of over 300 million USD (150 million USD each) with the aim of tapping the fast growing asset management market in the nation. The venture would be named 'Jio BlackRock'.



CAMBODIA

PM Hun Sen steps down

One of the world's longest-serving PMs, Hun Sen announced his resignation on July 24, 2023, ending his four-decade-long reign. In power since 1985, the former Khmer Rouge cadre managed to run the show thus far by banning opposition parties and suppressing freedom of expression. He will now be handing over the post to his son, Hun Manet, a 45-year-old four-star general, who is scheduled to take over as the PM on August 10.

ISRAEL

Supreme court weakened

The country's parliament, The Knesset, on July 24, 2023, passed a law limiting the power of the Supreme Court to overturn government decisions deemed unreasonable. Part of a wider judicial overhaul, the bill passed by a vote of 64-0 despite months of protests. Prime minister Benjamin Netanyahu managed to push through the law stating that the judges have gotten too strong and needed to be reined in. The opposition, however, remains of the opinion that the government is aiming to weaken the judiciary to prevent it from keeping checks on them.



CHINA

Foreign minister replaced

On July 25, 2023, the nation's ruling government ousted foreign minister Qin Gang from his post just seven months after he was appointed in December 2022, making his the shortest tenure ever witnessed for a foreign minister since the CCP came to power in 1949. Citing no reason for the said removal, the government replaced Qin with his predecessor, Wang Yi, thickening a mystery that started a month ago when the young diplomat disappeared from the public view. Qin, a trusted aide of President Xi Jinping, was last sighted in public on June 25 in Beijing.



News Flash

► **Philippines:** Typhoon Doksuri makes landfall, leaving thousands without power ► **Afghanistan:** Taliban bans all beauty salons
 ► **Spain:** 2023 Spanish general elections end at an impasse ► **Ireland:** Renowned singer Sinead O'Connor passes away at 56



Pic: Yashika Gahlaut, XII C and Dhruv Gupta, XII B, AIS PV

Dr Anupam Sibal, Pediatrician

Empowered parenting

Effective Parenting Secrets For A Lasting Impact Unveiled

INTERVIEW

Dr Anupam Sibal, is a renowned pediatrician and Group Medical Director of Apollo Hospitals Group. He is also the author of the best-selling book, 'Is your child ready to face the world?'. As he interacted with GT reporters at the 'New-age parenting' workshop organised by Amity Centre for Educational Research and Training (ACERT) in AIS Pushp Vihar, he shared his expertise as effective tips and strategies on dealing with children, helping parents embrace the joys and challenges of parenting.

How do we effectively maintain patience while dealing with kids?

Children these days are very knowledgeable and they can verify anything a parent says within seconds. The new generation has unlimited access to information, hence they can argue and debate. Many parents are un-

comfortable with such communication but they need to adapt to changing times and have an open mind to keep communication channels open.

How do we choose the activities best suited for our kids?

Children's interests are constantly changing. If say, you buy an expensive sports kit for their current interest, the child may not even look at it for more than a few days. So, before you make any investments, make sure that the child is truly invested in this hobby. Even then, there's no guarantee that things won't change. It will always be a hit and trial, and you must keep experimenting.

How do we foster contentment and confidence in kids?

Parents have to put their own happiness first, as content parents raise content children. Engaging in family activities is essential. It is our responsibility as parents to instill in them fundamental values because their future is moulded around our experiences. Making the child independent is also

our duty. Taking informed decisions jointly is a key factor in raising a confident child.

How do we develop the ability to say 'no' to kids?

We all want our kids to like us. And achieving a balance between saying yes and no is often tough. We feel that if we don't give our kids something they are going to hate us for it. Or compare us with other parents saying, 'You always say no to things, my friend's parents aren't like that'. This happens in every household. You must focus on what your family's value system is and then decide when and why you have to say no. Don't be upset that they will sometimes throw tantrums or may get upset. You have to learn to say yes at times and then no at others, especially when it comes to unnecessary material things. [GT](#)

Interview conducted by:

Samaya Chauhan, XA
Yash Wadhwa & Namya Jain, XI F
Nurina Amin & Naavya Lodh, X C
AIS Pushp Vihar

Study like a pro

Let Exam Anxiety Vanish In Thin Air

Madhav Ahuja, AIS Noida, XI I

Exams the next day? Palms sweat, nervousness, anxiety? It's called exam fever and is experienced by almost 82% students. What could be worse is not knowing how to deal with it. But, worry not, we have got your back with a list of studying techniques that will make the process easy and efficient.

Feynman technique

This study technique works on the principle of questioning, answering, and correcting oneself – the inability to explain means one has not understood enough. It involves explaining the things you've learnt in your own words as if one is explaining it to an amateur. Breaking down the concepts into simpler components allows you to identify knowledge gaps as well. This allows you to organise, simplify and tell a story which in turn ensures a deeply comprehensive learning outcome.

Pomodoro technique

Studies prove that a brief rest greatly im-

■ Exam stress affects almost 82% students.

■ Studies show that having a strategic approach to studying improves the exam score by one-third of a grade.

■ 40% students find technique based studying to be more effective than regular studying.

proves our ability to concentrate. This method follows a time-based study routine with a five-minute break after every twenty-five-minutes of work. It allows your brain to have enough time for revival and retain everything learnt so far. This method facilitates the reduction of stress and induces happy hormones allowing us to feel fresh.

Mnemonic techniques

Mnemonic techniques are memory aids which enable us to remember complex information such as dates, names, formulae, and lengthy phrases in a creative and efficient manner by associating them with



things that can be easily remembered. The various associations include using visuals, alliterations, rhymes and music, keywords, acronyms, and connection mnemonics. A prime example of this technique is 'BODMAS' – Bracket, Of, Division, Multiplication, Addition and Subtraction.

Multisensory learning

Multisensory learning works on the principle of interaction and engagement, of both the learner as well as the learner's senses, which proves to be the most effective way of learning. This method involves using external aids - visual, auditory, kinaesthetic

and tactile - VAKT (i.e., seeing, hearing, doing, and touching). This includes using diagrams, charts and mind maps, listening to lectures, making models, and conducting experiments. Practical knowledge proves to be more retainable as compared to theory.

While different methods work differently for various learners, these are notably the most effective and widely used study techniques around the world. Other techniques include the usage of flashcards and quizzes, interleaving – mixing up multiple concepts and setting goals and deadlines. What is important is to try your best and give it your all. [GT](#)

Coming a full circle

From the crack of dawn, technology stirs us with its reliable alarms, and caresses us with the cooling breeze of our ACs as we drift off to sleep, weaving its wonders into our everyday lives. GT pays homage to this silent saviour that simplifies and enhances our existence with a brand new series, unwrapping A to Z of iconic tech pieces, one letter at a time. Here's presenting the **C** in this series that changed human life as we know and live it.

Agrim Bansal, AIS Saket, VII E

The tech: CD-ROM

The inventor: James T. Russell

How was it invented?

Compact Disk Read Only Memory, or what we call CD-ROM, was invented by Russell in the hope of creating a device that would store music to be played back later. With a

zeal to find a replacement for vinyl records, he successfully invented the much-acclaimed Optical Digital Recording (ODR). Initially met with skepticism, the technology was further upgraded to hold any form of binary data by Sony and Phillips in 1985. In 1989, the CD-ROM became standardised with the ISO/IEC 10149 standard and ECMA-130 standard.

When did we get to know it first?

The new version of the digital preservation device came in what we call a CD-ROM format that stored graphics, text, and hi-fi stereo sound on a shiny CD. The first commercially available CD player came to the market in 1982, when Sony launched its first 'Sony CDP-101'. The CD player went to the US in 1983, priced at a whopping 1000-1500 USD. Diehard vinyl fans and audiophiles began to purchase CD players in droves to adopt the growing format. By 1988, CD sales eclipsed vinyls, and in 1991,



Fun fact: The first album to sell 1 million copies in the CD format and outsell its vinyl version was Dire Straits' 'Brothers in Arms' released in 1985.

they overtook the cassette market.

Why do we use it?

Compatible with most computers and CD drives, CD-ROMs allow users to access any software offline.

Made from a 1.2 mm thick disc of polycarbonate plastic, with a diameter of only 120mm, the CDs gained popularity due to their compact design and data storage capacity of almost 680 MB. The CD-ROMs captured the market for their durability; they could withstand scratches and minor physical damage without losing the data. In today's day and age of digital

data, CD-ROMs might seem like a thing of the past. However, despite the rise of cloud storage and online downloads, CD-ROMs are still widely used for software distribution.



How has it helped our lives?

CD-ROM was a major change in the computing industry during the late nineteenth century. Their ability to store large amounts of data on a single disc wowed the world. These further helped to boost the sales of new personal computers and stimulate new applications. Companies like Microsoft, with a strong emphasis on consumer applications, even made a significant commitment to CD-ROM which hiked personal computer sales. 🇺🇸 🇩🇪

Pivotal role of wind energy

Advik Gupta

AIS Vasundhara 6, III B

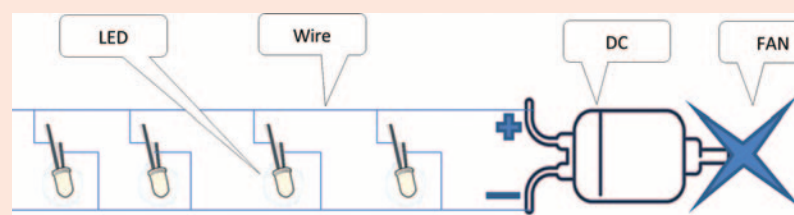
Aim: To determine the pivotal role of wind energy, and further prove the principle that energy can neither be created nor be destroyed; it can only be changed from one form to another.

Apparatus needed

- ▶▶ DC motor
- ▶▶ Fan
- ▶▶ LED bulbs
- ▶▶ Electric wire
- ▶▶ Electric tape

Procedure

- ▶▶ Take the DC motor and with the help of electrical wires, attach a fan to it at the thinner end. Secure it using electrical tape.
- ▶▶ On the other end (thicker one), attach the LED bulbs using wires. Attach the +ve node of the DC motor to the +node (longer end) of the bulb and secure it with the help of electrical tape.
- ▶▶ Now, attach the -ve node of the motor



The working principle of wind energy

to the -ve node (shorter end) of the LED bulb and secure it with electrical tape.

- ▶▶ Once done, take an outside stimulus such as a cooler to blow strong air and put it in front of the fan used in the model, so that it starts rotating at a fast pace.

Observation

- ▶▶ As the outside stimulus blows air towards our fan, it starts to rotate at a fast pace. Due to this, the DC motor starts rotating in the opposite direction.
- ▶▶ When the DC motor starts to rotate in the opposite direction, we can see energy being formed on the other end of it as the LED bulbs start to light up.



Advik with his scientific model on wind energy

What science says?

This model is similar to that of a turbine. A turbine has several parts - blades that are connected to a gearbox and help it spin faster - and is connected to a generator. As the wind blows, the blades of the turbine

spin and turn on the generator which creates electricity for our use. Similarly, in our case, when the fan rotates at a high speed, it rotates the motor in reverse order, which, owing to the magnetic field inside it, ends up converting the energy produced into electrical energy.

Science Experiment

Ketching up!

Tangy Tomato-y Tale Of The Superior Condiment

Anika Garg, AGS Gurugram, XI

Riddle me this:

I was born in China about 500 years ago. Then a fermented paste, derived from fish entrails and soybeans, I was commonly referred to as 'gethcup' and was highly praised for my pungency. And if that wasn't enough, I also possessed this super-human ability to endure long sea voyages, which explains my long, continents-spanning journey. It was during one of my journeys that I met the British. It was love at first sight (read: smell and taste) for them. For they saw me as an exotic accompaniment, a wonderful addition to their usually bland food. They transformed me into a condiment made with a base of mushrooms or pickled walnuts. Some even added vinegar and spices to make me more similar to the Worcestershire sauce *rolls eyes*. But what else can you expect when travelling halfway around the world? You are bound to evolve even if you don't want to!

Speaking of which, the 18th century was my golden age, for the varieties I came in at the time were absolutely delish and so was their fame. Cookbooks featured sundry recipes of me made with oysters, mussels, and

even fruits like plums and peaches. But if I had to pick one variant that I liked the most, I would say I was best as a mushroom catsup. Why? Because it was Jane Austen's favourite too! *shies away*

Howbeit, all of this was before I went through what is considered my most significant transformation to date — the addition of tomatoes in 1812. Stop gasping; no matter how hard it is for one to fathom, I really was as tomato-less as it gets once. Sweetened tomatoes with vinegar and spices such as cloves, allspice, nutmeg, and ginger have made me the modern-day Americanised condiment that I am today. Food processing company, Heinz in particular, has a huge role to play in this. Thank you, I guess!

For today, as a quick taste-enhancer, I am being used in every part of the world, but every country has a different taste. My fans in England and Venezuela are sold a sweeter version of me than the Americans who favour a spicier tang. People in Sweden squeeze me over pasta, and Thais use me as a dip for potato chips, Filipinos love their unique banana variant of me. While many countries love their local flavours of me, India, for instance, loves my

chili variant. Not just this, but I have been used to make some unique dishes too! Recently, the Canadian recipe of a traditional spice cake with me as a condiment created a buzz world over, and even went viral.

But as they say, with success and fame comes a pack of haters, and so is the case for me. For even with all the love, there are still some places in the world where I'm not that accepted. In 2011, France banned me from school cafeterias in order to 'preserve their cuisine'. The ban, however, wasn't completely unwarranted because sometimes I find myself in the most insane of food combinations. From being smothered on a vanilla ice cream to even being mixed with oatmeal, grapes, idlis and whatnot, it's bizarre out there for me. One can only imagine how you humans tolerate such food pairings. To each his own, I guess.

So, who am I, have you guessed? No prizes for guessing that I am Ketchup, the Tomato Ketchup.



The tropical paradise

Sarthak Biswas
AIS Saket, IV C

Place: Maldives

Top sights: National Museum, Maafushi Island, Grand Friday Mosque, Sultan Park, Sandbank, Olhuveli Island, Banana Reef, Alimatha Island, Veligandu island beach

Best time to visit: Dec – April

Delicacies to try: Fried yams, Maldivian vegetable curry, saggubondibai, aluvi boakibaa

Things to carry: Hat, summer-friendly clothes, sunscreen, beach footwear, first aid box,

swimwear, camera, sunglasses, comfortable walking shoes, insect repellent.

Souvenirs to buy: Fridge magnets, jewellery and hand-made necklaces, Maldivian mats (Thundu Kunaa), wicker mats, coconut products.

Languages to know: English or Dhivehi

My experience: It was an amazing journey as I witnessed a collection of islands in the Indian Ocean. When we reached the Male Velana International Airport, we were welcomed by

the resort staff and were guided towards the boat leading to our beautiful resort. While we were on our way to the resort, the view of the ocean was breathtaking as different shades of blue seamlessly overlapped each other and the entire view appeared to be nothing less than an exquisite escape into nature's lap. The best part of Maldives is the interaction with Dhivehin, the people of Maldives, who are friendly and well-versed in English, making communication easier for tourists.



Sarthak and his sister Adwita pose with their copy of GT

My favourite memory from the trip is: Snorkelling. Many children of my age group were taken together by trained professionals to experience snorkelling. We wore life jackets and went to the baby shark zone of the ocean, and saw the sharks playing happily underwater. The

team clicked our pictures with the sharks. It was indeed a once-in-a-lifetime experience. Moreover, this trip was the best way to spend quality time with my family. I feel blessed to visit this beautiful country at such a young age and would suggest everyone to visit the place.

Nurturing Partnerships



Dr Amita Chauhan
Chairperson

It is the collective responsibility of both educators and parents to provide holistic education for children. To facilitate this partnership, Amity has its own technology-enabled solution in the form of AMITRANET. Amity's personal Intranet service, it is a vast and informative user-friendly ERP software designed for Amity Group of Schools. Acting as a catalyst between school and parents, AMITRANET serves as a window into a child's daily life at school, ensuring consistent communication between the two.

AMITRANET has evolved as a platform for not only communication, but also evaluation and observation. Equipped with an SMS and unique log-in facility, parents can access their ward's daily attendance and progress reports, school events and fee updates, health reports and homework updates, important notices, and more. It also provides new-age Learning Management Systems complete with lessons and interactive evaluations. In fact, it was AMITRANET which played a crucial role in simplifying online learning, making Amity one of the first schools to make this transition successfully during Covid. AMITRANET is a dedicated tech-buddy that bridges all the connectivity gaps and helps the trio of teachers, parents and the management to function as effective collaborators in a child's learning process.

Time to Say Hip Hip Hurray!

AIS Mayur Vihar and AIS Pushp Vihar won silver and bronze medals respectively at the international Project Design Space competition organised by The Dubai Institute of Design and Innovation, beating 8 finalists from across the world. [GI](#)

Pitter patter



Vira Sharma
Managing Editor

As a pre-schooler, my favourite nursery rhyme used to be 'I hear thunder, I hear thunder...Oh, don't you? Oh don't you? Pitter, patter raindrops, Pitter, patter raindrops...I'm wet through, so are you!' Rains, whether during the monsoon or as unexpected off-season showers, still make me very happy. This is why I am thoroughly enjoying the hide and seek that the rains are playing with us. Whether it's a delicate drizzle or a heavy downpour, nothing fazes me from venturing out of home. And yet, this year there is another emotion I am feeling during the rains – that of grief and despair as I read news of thousands of people being displaced from their homes, uncomfortable traffic jams, and an increase in water-borne diseases. Rains, unlike in my childhood, are no longer something to look forward to, especially in the cities we live in. When it rains, children are asked to stay indoors, lest they fall sick. Waterlogging and traffic chaos force schools and offices to shut down. People lose their belongings and homes due to unforeseen flooding. All this brings only one question to my mind. Are rains really to be blamed for all the suffering? Or is it us who have encouraged unplanned development leading to concrete jungles, encroachments and inefficient drainage systems? Nature by itself is life-sustaining and not life-threatening, but when human activity impacts the environment, the entire man-nature relationship gets disturbed. So, instead of calling the weather bizarre and cursing the rains, let's educate everyone about a more sustainable way of living. If you respect nature, it will never fail you. [GI](#)

A corrupt issue

What's Your Opinion?

Corruption - the word itself has always been enough to spark a debate. From its roots causes to requisite measures, every aspect of this social menace has invited myriad opinions. The debate continues with many experts suggesting value-based leadership as the only way to make India corruption free. But can a problem so deep-rooted be tackled by a handful? Presenting both sides of the coin.

VIEW

Corruption is one of the biggest challenges that India faces today, and only value-based leadership can help eradicate this problem from its roots. Leaders must work beyond the call of duty to make ethical decisions. In fact, only they can provide the necessary incentives for those who choose to expose corrupt activities. It's also their responsibility to keep the public sector transparent and accountable. We already have several government initiatives in place towards this end. Some examples are the Right to Information Act of 2005 and the Prevention of Corruption Act of 1988, with the latter having criminalised the act of giving a bribe. The right kind of leaders have always made a huge difference, even when they were not part of the government. For instance, India Against Corruption was a popular movement led by prominent public figures like Kiran Bedi and Anna Hazare. Indeed, this begs the question: if not value-based leadership, then what?

By **Samaira Verma**, AIS Vas 1, XI C

COUNTERVIEW

To expect leaders alone to uproot corruption is like asking for the impossible. In a country with hundreds of dialects, beliefs, and cultural connotations, any leader would find it impossible to integrate all this diversity into decision-making processes. After all, the meaning of corruption varies for each individual. For a rickshaw driver, getting a BPL certificate may require a little 'donation', whereas for a big contractor, winning a tender may involve a huge bribery. For the former, corruption is the only way to secure a livelihood; on the other hand, it's greed and malpractice that becomes the motivation for the latter. Despite all the efforts made by the government, there hasn't been much change in ground reality. It's not a big secret that leaders, police, and the media are all found hand in glove when it comes to corruption. The only way to tackle the menace of corruption is to change things at the grassroot level, with a value-based education and morally-sound parenting.

By **Abhay Sharma**, AIS Vas 1, X A



Embracing change



A wave of nostalgia washed over me as I stood there enthusiastically applauding the winning team during the electrifying finale of Youth Power 2022-23. I couldn't help but feel a strong sense of belonging as I saw the auditorium filled with applause. The bright faces of youngsters carrying the trophy reminded me of the very first Youth Power team I had the honour of mentoring. Each year, I find myself deeply immersed in the chosen cause while working with a new team. We spend the entire year working together, trying to contribute and make a difference. And the year flies by in the blink of an eye. It's a journey of growth and learning. Each team and cause teaches me priceless lessons. While the competitive spirit encourages students to join Youth Power, I've

come to learn that winning or losing is almost insignificant to them, as many students have shared with me. Every team puts their hearts and souls into a variety of causes, and deserves

recognition for their efforts. Mentoring these passionate and zealous students, who aspire to be change-makers, has fostered in me a profound feeling that I am a part of something much greater. Youth Power, to me, is more than just a competition; it's a haven for dreamers hoping to make a difference, a refuge for people with caring hearts working for various causes, and a sanctuary for those determined to be seen and heard. It has become an essential and constant aspect of my life, a calling that I cherish. As I reflected on this, a tear streamed down my cheek, and I was transported back to the auditorium filled with cheers. All I can say is that this moment never fails to elicit strong emotions in me.

Sonali Batra
AIS PV, YP mentor teacher



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A GOLD standard

When The Precious Metal Set The Scales For The US Dollar



Aditi Gupta, AIS Vas 1, XI B

For thousands of years, mankind has thought of gold as a metal that symbolises power, beauty, purity, and accomplishment. One of the reasons for its popularity is its malleability – gold can be drawn into wires, hammered into sheets, and cast into shapes. We use gold to make our most prized objects – wedding ornaments, Olympic medals, Oscars, Grammys and much more – in various combinations with other metals like copper, silver, zinc, and platinum to increase its durability. But did you know that gold was also once used as a medium of exchange? The first known use of gold in transactions dates back to more than 6000 years where gold coins were minted under the order of King Croesus of Lydia in about 560 BCE. Perhaps the biggest role that gold has ever played in human financial history is that it had once been made the basis for the US dollar through an international agreement called the Bretton Woods Agreement.

The pact

The Bretton Woods Agreement was negotiated in July 1944 by 730 delegates from 44 countries at the United Nations Monetary and Financial Conference held in Bretton Woods. Under this agreement, gold was the basis for the US dollar and other currencies were pegged to the US dollar's

value. In simple terms, it established a system through which a fixed currency exchange rate could be created using gold as the universal standard.

The goal

Post World War II, the world economy was very shaky. So, the allied nations sought to meet in order to discuss and find a solution for the prevailing issues that plagued currency exchange. The summit was looking for policies and regulations that would maximise the potential benefits and profits that could be derived from the global trading system. The principal goals were to create an efficient foreign exchange system, prevent competitive devaluations of currencies, and to promote international economic growth. So, the Bretton Woods Agreement created two important organisations - the International Monetary Fund and the World Bank.

The preparation

Though the Bretton Woods conference itself took place over just three weeks, the preparations for it had been going on for several years. The primary designers of the Bretton Woods system were the famous British economist John Maynard Keynes and American chief international economist of the US Treasury Department,

Harry Dexter White. Keynes's hope was to establish a powerful global central bank that was to be called the Clearing Union and to issue a new international reserve currency called bancor. White's plan envisioned a more modest lending fund and a greater role for the US dollar rather than the creation of a new currency. In the end, the adopted plan took ideas from both, leaning more towards White's plan.

The role

All the 44 countries were brought together to help regulate and promote international trade across borders. This new regime was expected to provide currency stabilisation for the trade of goods and services as well as financing, and in 1958, this much-awaited Bretton Woods system finally became fully functional. Once implemented, its provisions called for the US dollar to be pegged to the value of gold. Moreover, all other currencies in the system were then pegged to the US dollar's value. The exchange rate applied at that time set the price of gold at 35 USD an ounce. The role of the International Monetary Fund was to monitor exchange rates and identify nations which needed global monetary support. The World Bank, formerly called the International Bank for Reconstruction and Development, came into the picture and was responsible for managing funds and assisting countries whose economic stabil-

ity had been badly affected by the war.

The collapse

Concerned that the US gold supply was no longer adequate to cover the number of dollars in circulation, American president Richard Nixon devalued the US dollar relative to gold. After a run on gold reserve, he declared a temporary suspension of the dollar's convertibility into gold and announced that the US would no longer exchange gold for currency. As a result, by 1973, the Bretton Woods system had collapsed. Countries were then free to choose any exchange arrangement for their currency, except pegging its value to the price of gold. They could, for example, link its value to another country's currency, a basket of currencies, or simply let it float freely and allow the market to determine its value relative to other currencies.

The significance

Despite its collapse, the Bretton Woods Agreement remains a significant event in the world financial history. The two Bretton Woods institutions – the International Monetary Fund and the World Bank – played an important part in the rebuilding of Europe in the aftermath of WWII. Subsequently, both institutions have continued to maintain their founding goals while also transitioning to serve the global government interests in contemporary times.

Haunting memories

Storywala



Raghendra Singh Chouhan
AIS Gurugram 43, Alumnus

Nineteen year-old Raj lived with his father and grandmother. As he wasn't close to his father and his mother had passed away when he was just a child, his grandma was his only source of love and light. Even though she was 85 years old, Raj considered her to be his best friend, mother, companion, and everything. She was always there for him, and he couldn't live without her.

Everyday, as the sun set, Raj would go out for a walk around the village along with his grandmother. Today was no different, but Raj could feel something out of ordinary in the air. The streets they walked everyday were always full of hustle bustle. However, today, everything seemed unusually silent and dreadful. "I have never seen this place so quiet. Don't you find it a little strange, grandma?" Raj questioned, but didn't get an answer. She continued walking, ignoring him. Even when they returned home, she went straight to her

room. Over the next few days, Raj noticed a change in his grandma, she was quieter than usual. He saw her watching TV while sitting on the sofa, drinking water in the kitchen, relaxing in the balcony, but every time Raj looked at her, her beauty seem to fade little by little. Watching her deplorable state, Raj burst into tears. He barged into her room, "Grandma, what happened to you? Are you unwell? I'll take you to the doctor," he cried, yet no answer came. He was frustrated, but as his eyes fell on the mirror, his heart was ready

"I have never seen this place so quiet. Don't you find it a little strange, grandma?" Raj questioned, but didn't get an answer.

to jump out of his body. All he could see in the mirror was his reflection with no one around. Seeing this, Raj felt dizzy and faint, as if the world had crumbled around him. When Raj woke up, he was on his bed with his father sitting next to him. He looked at him with compassion in his eyes as Raj asked him the whereabouts of his grandma. What his father told him was not what Raj was expecting. "I am so sorry for letting it get too far. Your grandma died two years ago but you couldn't handle the loss and started hallucinating her everywhere. The doctor said it was a coping mechanism and we couldn't do much but to let you find your way back to reality." Raj cried his eyes out. He felt like he had lost her twice and now he was unsure of how he could go on living his empty life. Even if he did, he knew he'd never be complete and forever be haunted by her memories. 🇮🇳

WORDS VERSE

A sweet recollection

Samudi Ranawake
AGS Gurugram, Alumna

The wind grazes through my senses
And my hair dances at the soft kiss
A swing creaks its mellifluous song
Summoning a time I wish to revisit

My mother watering the sunflowers
Humming tunes to the eternal flame
Her melody ricochets off the petals
Brings an eternal cheer to my ears

My brother crying to be let out
To play hide and seek with friends
My lovely doggo barking at a bird
Although none of us really notice it

My dad with a blank canvas in hand
Who always notices the little details
And calls himself a new-age Picasso
Suddenly I hear a loud cacophony

A young and gauche version of me
Frown adorns my mellowed face
A sudden epiphany tells me
Family time is what I desired deeply

But in the blink of an eye, I'm back
Where my mother's honeyed voice
My brother's whining and crying
My doggo dandelion's loud barks

And my father making masterpieces
While insisting we call him Picasso
All fade back into a distant memory
That will linger in my mind's factory.



Read Play and Win 27

Reading your favourite GT can fetch you a prize too. Complete all the boxes below. Click a picture and send it to editor@theglobaltimes.in or submit your responses by visiting The Global Times website (<http://theglobaltimes.in/readplaywin/>). Three lucky winners will win a prize every week!



Q.1 How many Instagram followers did 'The National Geographic' have in October, 2022?	Q.2 Name one study technique mentioned on Page 3.	Q.3 Who was the inventor of the CD-ROM?
Q.4 What is the topic of debate mentioned in the article on Page 6?	Q.5 When was the 'Bretton Woods Agreement' negotiated?	Q.6 Name the protagonist of the story 'Haunting Memories.'
Q.7 What was the topic of the Panel Discussion on Page 10?	Q.8 Who wrote the poem 'Hello Summer'?	Q.9 How many types of pearls are mentioned in the article 'Lustrous wonders'?

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

Results of Read Play & Win-26: **Harshull Grover**, AIS Gur 43, VI D; **Myra Malhotra**, AIS Vas 6, IX B; **Keshav Raut**, AIS Saket, VI D

Riddle fiddle

Anushka Shankar
AIS VYC Lko, XII A

1. What has to be broken before you use it?
2. What has hands but doesn't clap?
3. What goes up and down but doesn't move?

Answers: 1. Egg 2. Clock
3. Staircase

CAMERA CAPER

Gautam Dutta, AIS Vas 1, XII B



Not your average lizard!

Send in your entries to cameracapers@theglobaltimes.in

Tiny Tales

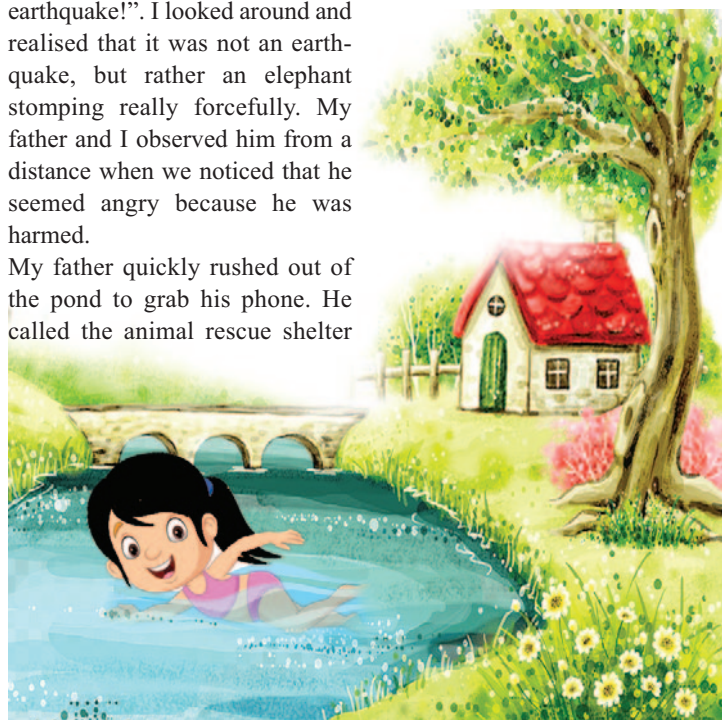
A helping call

Chaitanya Srivastava
AGS Gurugram, V

It was a hot summer day. I was swimming in a pond near my grandparents' house. Everything was going smoothly until suddenly the water began to shake vigorously. The ducklings in the pond began to flee and hide, and the water started splashing everywhere. The people around me rushed and yelled, "Run! It's an earthquake!" I looked around and realised that it was not an earthquake, but rather an elephant stomping really forcefully. My father and I observed him from a distance when we noticed that he seemed angry because he was harmed.

My father quickly rushed out of the pond to grab his phone. He called the animal rescue shelter

who arrived 20 minutes later and took the elephant into their care. I felt awful for the elephant, but it relieved me to see that he was being taken care of. My father turned to me and said, "When and wherever it is feasible, humanity should provide for and aid those in need. We should set aside our own interests when those in need want assistance, and this means showing unconditional love to each and every being on this planet." 🇮🇳



Robbery at the mill

Kabir Singh Negi
AGS Gurugram, V

It was in the month of either January or February when my mom and I visited the mill to buy a few bags. Reaching there, I saw a person stealing a bag with a golden circle designed on it. He was dressed up as if he was a part of a dance show, but then it came to my notice that he was an actual thief. I saw a police officer assigned to the city on duty; he was on his way to get some ice trays and a gas cylinder, so I decided to tell him. The officer quickly got to work, caught the robber and the precious bag was saved! 🇮🇳

(The above tiny tale has been written by the author using the keywords given by his teacher. The keywords were: mill, tell, ice, dance, city, circle, police, cylinder, January, and February.)

Poem

Hello summer

Ryan Chatterjee
AIS Vasundhara 6, III A

Hello summer, hello summer
Come and show us your colours
Let vibrant hues paint the world
As we frolic under a shining sun

During our break from school
We will play till we see the moon
Savouring some tasty ice-creams
Hearts skipping to its sweet tunes

Outdoor pool's refreshing splash
Helping us beat the heat and dash
Oh, how we cherish a sunny day
You'll be missed, when away. 🇮🇳

Delicious three ingredient mousse

Aalia Bhatia, AIS PV, VI D

Ingredients

Fresh cream.....1 packet
Oreo biscuit1 packet
Powdered sugar4 tbsp

Procedure

- To begin with, take the fresh cream and keep it in the freezer for one hour.
- Then, take the Oreo biscuits and crush them with the help of a mortar and pestle.
- Now, take out your fresh cream, and using an electric beater or blender, beat it for 15-20 minutes.
- Once done, add powdered sugar and crushed Oreo biscuits to your cream, and mix them well using a whisk.
- Now, pour your mixture into a bowl and keep it in the freezer for at least 30 minutes.
- Take it out and serve it in your favourite bowl.
- Top it with crushed oreos, chocolate sauce or any other topping of your choice.

PAINTING CORNER

Rudrakshi Joshi, AIS PV, VIII B



It's Me



KNOW ME

My name: Tanaisha Choudhary
My Class: II
My school: AIS Mayur Vihar
My birthday: May 15

MY FAVOURITES

Teacher: Osheen Ma'am
Subject: English
Friend: Shreyansh
Game: Cycling
Cartoon: Doraemon
Food: Rice & dal
Mall: Pacific Mall
Book: Magical Stories

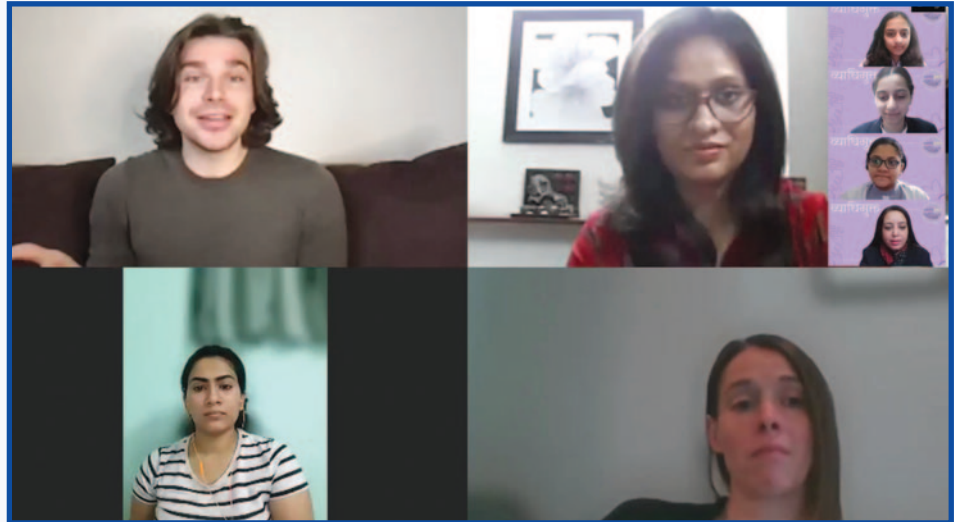
MY DREAMS AND GOALS

Hobby: Using my laptop
I like: Studying
I dislike: Talking too much
My role model: My grandmother
I want to become: An IPS Officer
I want to feature in GT because: I am the best.

Eat well to live well

The Gastronomical Art Of Minding What You Eat And Giving Disorders A Backseat

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 IV** of this exclusive series, based on the panel discussions organised by YP teams in 2021-22, and a host of opinions as experts debate on 'Eating Disorder', the cause chosen by the YP team of AIS Noida.



Seeking help is a must

Panellist: William Hornby
Tik tok and Instagram influencer

"We must know how to distinguish between eating disorders and disorderly eating. If an individual is on some kind of diet and that isn't really affecting their quality of life, as they might still be getting all the nutrients, know that this can soon spiral into an eating disorder. For instance, people who commit themselves to intermittent fasting might someday end up shaming themselves for failing to follow the routine once or twice. This is when they need to seek help. This issue is much more prevalent in men than women. In the USA, for



instance, eating disorders are on the rise in teen boys. Men are getting all their information about the various body types, their diets, and workouts from Instagram.

This is reinforcing the concept of toxic masculinity, which is as big a problem as eating disorders. There is also a misconception that you have to lose or gain weight for a particular sport or art form like ballet. In truth, as long as your body is able to handle the art form or the physical demands of a sport, no matter what your body type is, you will be successful. So, don't let anyone tell you otherwise. Call out the shamers and set boundaries for your mental health."

Balanced food is the key

Panellist: Richa Srivastava
Consultant dietician and nutritionist

"When a person is stressed, the body releases certain hormones that triggers the body to move towards comfort food like chocolates or junk. This can happen to anyone, as eating disorders are not in any way gender specific. It's just that this gets more obvious in women, as it affects their menstrual cycle as well. In men, on the other hand, it doesn't get overtly manifested, so they need to openly speak about their problems. Also, eating habits are formed as early as when



a child is in the mother's womb. I have young children coming up to me with a lot of eating misbehaviour, and the root cause of it all is the kind of nutrition they have been exposed to. Families thus need to help them develop a positive association with the food they are consuming. Mindful eating is important as it is a balanced food profile that will give you the desired results and not starving or dieting. Our body needs a good amount of protein, carbohydrates, and essential fatty acids to be healthy. Being lean does not warrant that. There is a term 'lean obese' for people who look thin but may have unhealthy fatty deposits around their organs, and that is certainly not healthy."

Demolishing the stigma

Panellist: Megan E. Marshall
Co-founder, Fuel. Love. You Movement (FLY)

"Even though I work specifically with athletes, I can vouch that everyone – a family member, a friend, your doctor – can and must play a role when it comes to dealing with the stigma attached to eating disorders. However, I strongly feel that coaches should not be the ones talking about weight; this should only be handled by professionals like nutritionists and doc-



tors. Today, we do talk a lot about anxiety and depression but there is still not much conversation about eating disorders that actively contribute towards such mental issues. The stigma around this issue would only vanish if awareness increases. There are so many children who end up starving themselves when someone taunts them on their weight. Children should know that they can reject these comments and seek help from people who are not judgmental and have no opinions whatsoever on other people's bodies."

Spot the stress early

Panellist: Sanika Divekar
Doctoral scholar in sport & exercise psychology

"Stress usually builds up when students are training for competitive events. Coaches, hence, have to be trained to spot pre-competition and pre-training behaviours that point towards any such disorders. Early prevention can be very helpful in having a therapeutic intervention plan in place. Coaches also need to speak in a



sensitive tone and create emotionally safe spaces for children. They need to provide them with accurate information about issues like nutrition, body composition, balanced diet, etc. Besides, body weight should not be tied to success or failure. That is why educational programs such as Youth Power are so relevant, and all schools must organise them regularly. There's so much information about weight loss on the internet, but since we, as Indians, have diverse food habits, to have one-size-fits-all approach is wrong."

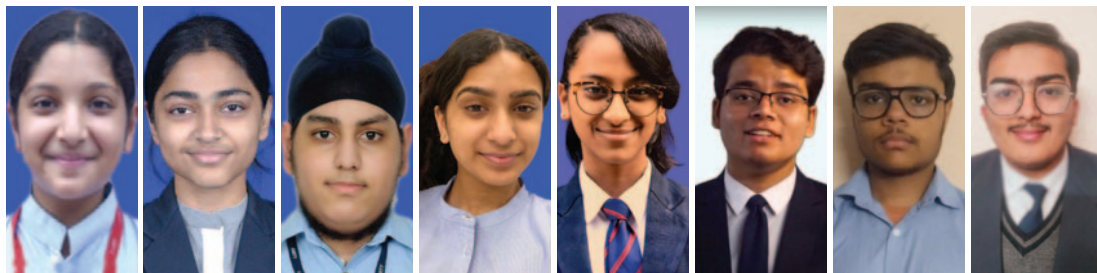


Part IV

Expert Speak

Designing solutions

Amitians Ace The Design Thinking Skills, And How!



L-R: Aadya, Mannat, Samrath, Hunar & Ananya (AIS PV) Apaar, Anubhav & Madhav (AIS MV)

AIS PV & MV

Teams AIS Mayur Vihar and AIS Pushp Vihar won silver and bronze medals respectively at the Project Design Space Competition* organised by The Dubai Institute of Design and Innovation (DIDI) on June 3, 2023, virtually. They were amongst the top eight finalist teams selected across the world.

Apaar Khare (XII), Madhav Raman (XII), and Anubhav Tiwari (XII) from Team AIS Mayur Vihar

won the prize for tackling the problem of 'Climate Anxiety' prevalent in the youth of developed countries and metropolitan cities across the world. As part of the same, they called for climate optimism and highlighted positive climate news. Ananya Mani (XII), Hunar Kaur (XII), Samrath Singh (XI), Mannat Suri (X), and Aadya Jain (X), on the other hand, represented Team AIS Pushp Vihar and designed a social media campaign named Sky High Journalism that helped increase followers on Sky

News Arabia Academy's social media channels. [G I](#)

*Project Design Space is a prestigious design and innovation program for high school students and teachers in the Gulf Cooperation Council region (GCC) and around the world designed by The Dubai Institute of Design and Innovation (DIDI). It aims to give the youth opportunity to solve problems for real-life clients. Students from Australia, US and other countries participated in the event.

Thinking minds

AIS VYC Lucknow

A workshop on 'Integrating Critical Thinking into Classroom Teaching' was organised by AMITY Care-Out-reach, Amity University, Lucknow on May 19, 2023, for the teachers. Held under the visionary leader-

professional and soft skills trainer, and Nitin Srivastava, faculty for quantitative aptitude, both from Amity School of Communication, Enhancement and Transformation, Amity University, Lucknow. They both guided the participants on techniques to teach and develop critical thinking skills



The workshop in progress

ship of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, the workshop aimed to provide teachers with valuable insights and strategies to enhance critical thinking skills among students. The resource persons for the same were Raj Kumar Singh, English language teaching

amongst students and methods to integrate them into classroom teaching through engaging sessions. They also talked about the different dimensions of critical thinking, and the ways in which teachers can develop independent thinking and problem-solving skills in students. [G I](#)

Best school

AIS Gurugram 43

Amity's excellence in nurturing young minds was lauded once again with AIS Gurugram 43 winning India's Best School 2023 award by Careers 360 on July 3, 2023. It has also been rated as AAA+ for the academic year 2023 under Day School category. The school was evaluated on the parameters of academic performance, faculty, and infrastructure. The prestigious award is a testament to the school's commitment towards imparting quality holistic education under the leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF. [G I](#)



The awardees pose with the school principal

Protsahan - the reward

AIS Gurugram 46

Approx. 1300 students from Class VI-XI were awarded with certificates and trophies for 18 different categories at the annual prize distribution ceremony Protsahan held on July 12, 2023, to celebrate their excellence in academics and co-curricular activities. The event was inaugurated with lamp lighting amidst the chanting of Gayatri Mantra. It was fol-

lowed by a mesmerising cultural dance and music presentation by the students.

The award categories included star performer in various fields, all rounder, meritorious academics performance, IT, creative writing, etc. School principal Arti Chopra congratulated all the awardees and motivated them to pursue their dreams.

The event ended with the recitation of the school song and the national anthem.



A musical ode to the achievers by the school band

Peace and justice

AIS Vas 6

Class IX conducted an online assembly on July 14, 2023, to mark both the International Day of Justice and Hiroshima Day observed on July 17 and July 23 respectively every year. The theme of the assembly was 'Peace and Justice Go Hand

in Hand', wherein students conveyed the idea that in order to achieve global peace, cooperation and understanding amongst the nations is key. A show on SDGs mandated by the United Nations to address global challenges like poverty, inequality, and climate change acted as the highlight of the assembly. [G I](#)



Students discuss peace and justice during the assembly

Lustrous wonders

Pearl – forming within the tissues of molluscs & oysters, it is a hard, rounded bead that has been treasured for centuries. Since time immemorial, pearls have been prized for their significance. But whenever one thinks of a pearl, we imagine a shining white ball. However, that is not the whole picture; there are varied types of pearls, all just as beautiful and rare as the other. So here's **Priyanka Bhatia**, GT Network, to guide you through these pearly beauties.

Akoya

Origin: Japan, China and Vietnam
Price: 180 INR - 1,00,000 INR per carat

Characteristics: Akoya pearls are bright with a mirror-like lustre, and their most common shapes are round, semi-round, drop or baroque. They are 7-12mm in size.
Harvesting: These are extremely difficult to grow, with a mollusc's survival rate being almost 50%. Akoya pearls are mostly harvested in winters, and are called 'hamage' prior to any treatment.
Colours: Neutral colours with white, grey, pink, green and silver overtones.

Freshwater

Origin: China, Japan and USA
Price: 1,000 INR - 1,00,000 INR per carat



Characteristics: They have satin-like lustre, are 3-12mm in size, and are mostly round, off-round or oval-shaped.
Harvesting: Majority of the Freshwater pearls are tissue nucleated, with the mussel growing up to 25 pearls on each side of its shell.
Colours: Pink, peach, lavender and white.

Pearls of wisdom

The costliest pearl ever sold was La Peregrina, a natural pearl found in Panama in 1513. It was bought by Richard Burton for Elizabeth Taylor in 1969 for 37,000 USD; in 2011, it was auctioned at Christie's for 11.8 million USD.

The world's biggest pearl was found in 2006, weighing 34 kgs, and worth an estimated 100 million USD.

Cleopatra dissolved one of her two largest pearls in vinegar to make the most expensive cocktail and won a bet against Mark Anthony for hosting the most expensive dinner ever.

South Sea

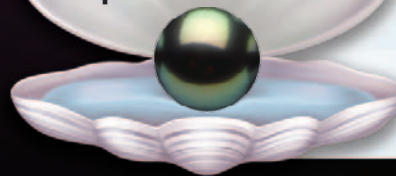
Origin: Northern Australia, Indonesia and the Philippines
Price: 200 INR - 5,000+ INR per carat



Characteristics: The rarest and the largest of all types of pearls, South Sea is 8-20 mm in size. These pearls are near-round, baroque, or even drop shaped.
Harvesting: The process takes over two-three years where the white-lipped oysters are nucleated to produce pearls.
Colours: White, creamy-white, silvery-white, champagne, gold or even honey-gold.

Tahitian

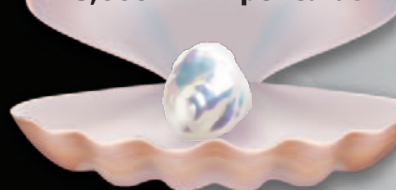
Origin: France, the Cook Islands, the Micronesian Islands and Japan
Price: 800 INR - 5,000+ INR per carat



Characteristics: They have round, near-round, baroque, or circular shapes, and are usually between 8-18mm in size.
Harvesting: Their harvesting is done by the usage of a bead made from a mollusc and mantle tissue.
Colours: An amazing range of overtones of blue, purple, green, brown and silver.

Biwa

Origin: Japan and China
Price: 1,400 INR - 15,000+ INR per carat



Characteristics: Highly lustrous, these are between 1-5mm in size.
Harvesting: Often referred to as second-harvest pearls as they are harvested after harvesting the first round of pearls.
Colours: Grey, white, pink, cream, champagne, golden, silver, green and black.

Imaging : Pankaj Mallik, GT Network