



This special edition has been brought to you by Amity International School, Vas 6, as a part of the GT Making A Newspaper Contest. Each page of this unique edition carries a special story handcrafted by the school's editorial team as a part of the competition. The inter-Amity newspaper making competition witnesses Amity schools across Delhi/UP/Haryana churn out their own 'Contest Edition' which are pitted against one another at the end of the year which decides the winner at GT Awards. So, here's presenting the sixth edition of 'GT Making A Newspaper Contest 2020-21'.

AMITEpoll

Do you think the recently concluded AUKUS pact may bring new dynamics in the Indo-Pacific range?

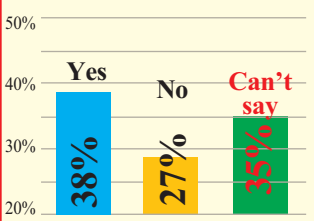
a) Yes b) No c) Can't say

To vote, log on to www.theglobaltimes.in

POLL RESULT

for GT issue October 4, 2021

Do you think India can cut down on its emission of fossil fuels and end its dependency on coal?



Results as on October 9, 2021

Coming Next

AIS MV Contest Edition

The shadow pandemics

An Earnest Look At The Lesser-Known Consequences Of COVID-19

Ananya Mittal, IX B & Anika Bansal, IX D
AIS Vasundhara 6

flicks the TV on

News station 1: Global economy witnessed a sharp 3.4% contraction owing to COVID-19...

switches the channel, tutting a tsk

News station 2: The tourism sector alone suffered an estimated loss of 2.4 trillion USD, and...

exasperatedly changes the channel again

The Global Times: ...and so the effects rage on. The pandemic has left us with numerous consequences – some conspicuous and some inconspicuous. While the macroscale issues were reiterated over and over again, there were others that unfortunately went unnoticed; some because the subject in question seemed insignificant and some for lack of immediate effect. But a closer

look at these unnoticed consequences, and one realises their far-reaching effect.

As we forge ahead, countless children put up with developmental delays...

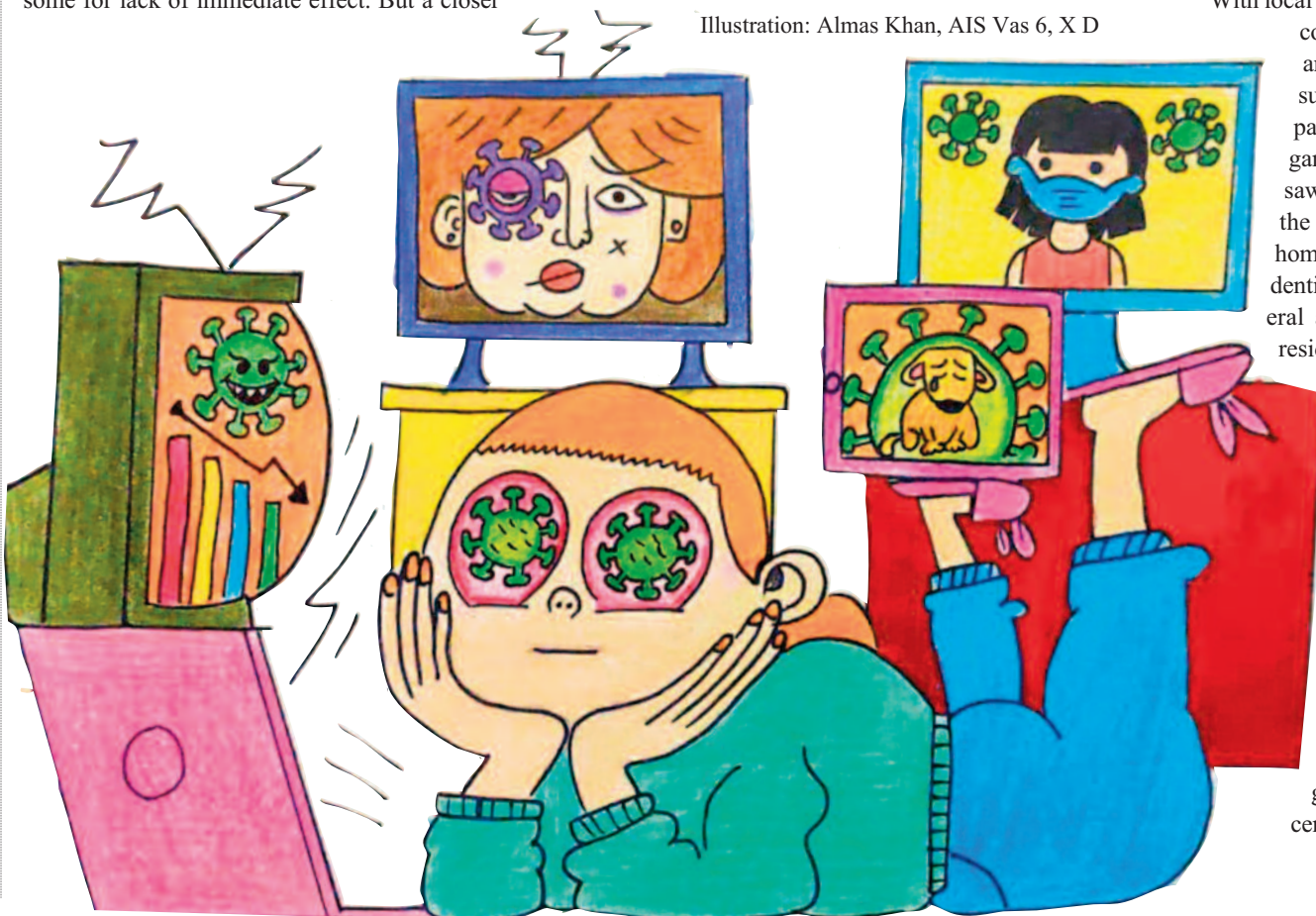
Due to the pandemic-induced lockdowns and the subsequent lack of communication, pediatricians across the globe noted a steep rise in the cases of children, aged between two and two-and-a-half-years, experiencing speech and language related development issues (Direct Relief analysis). In one of the incidents, a Bangalore based child development centre, Aster Little Bluejays, reported a jump from four pediatric cases per day to a whopping 50 for several months following the second wave lockdown. Under normal circumstances, toddlers are able to articulate their first words between

10-15 months, but a lack of playtime with other children at childcare centers, in the parks, etc., has robbed them of the age-essential cognitive and social stimulation. Things were not much different for the school-going populace. With education becoming digitised, 1/3 of children globally were reportedly unable to access remote learning, owing to which 101 million kids fell below minimum reading proficiency levels in 2020 alone, increasing the overall curriculum learning gap between those advantaged and others by 46% (SDG report 2021). In a slightly less nerdy speak, it would be safe to say that the effects of the pandemic on the youngest members of the society go beyond the disease itself.

As we dwell on these issues further, strays/pets lose their dwellings...

With local restaurants, eateries, etc., shut and other social containment measures in place, various NGOs and animal rescue centers worldwide reported a surge in the number of starving strays during the pandemic. Nine Lives Greece, a volunteer organisation for stray cats in Athens, for instance, saw the population of strays in the area double in the first few weeks of the lockdown. Closer to home, UP saw droves of stray cattle entering residential spaces and farms in search for food in several areas, posing additional threat for both the residents and the farmers. As fear evoked by the misinformation that animals can be carriers of the SARS Covid infection ran rampant next, pet abandonments shot up at the double. As per a Bengaluru Animal Rescue Centre, abandonment inquiries after the pandemic increased by a shocking 30%. In another such incident, Frencooes Veterinary Care, with branches in Delhi and Haryana, reported a three-fold rise in the number of pets left at its doorstep. However, what makes things worse is the fact that there is no evidence to attest that companion animals can spread Covid, but there's enough now to suggest that "humanity" is indeed inherently self-centered. Sigh!

Illustration: Almas Khan, AIS Vas 6, X D



Continued on page 6...



The passion of a writer

In Conversation With Marjan Kamali **INTERVIEW**

Aadya Kapoor, AIS Vas 6, XI D

Meet Marjan Kamali, an author extraordinaire, who has carved a niche for herself in the contemporary literary scene. With an MBA from Columbia University and MFA from NYU, she is the writer of prestigious books like *The Stationary Shop* and *Together Tea*, both of which have been international best-sellers and received much-deserved praise. GT was thrilled to have a chance to converse with her!

The front page: I started writing at the age of seven, because even as a child, my favourite thing to do was to read and write. Even before I could actually write, I would recite stories to my mother and ask her to pen them down. When I was four, I recited her a story, which she typed out, and I stapled the pages together and called it my first book; it now sits on my desk. Growing up, I lived in seven countries across five continents, and what I gained from this experience is that people, at the end of the day, are the same everywhere.

The settings, outfits, and languages may be different, but the dynamics are all the same, and this helped me focus on my characters' inner emotions and relationships.

The sojourn: Every day comes with different demands and commitments which is why there is no typical writing day for me. Whenever I start writing, I like to read first to ground myself and get in the zone; reading classics helps a lot. Then I like to go do any activity that does not relate to words, like folding laundry, washing dishes, etc. I come to my desk and write for 45 minutes and then take a 15 minutes break. Working in smaller chunks of time is an excellent way to approach long projects.

The villain: Beginning a story is always the toughest because you don't know the characters yet. You may have no idea about the plot and there are endless possibilities to stretch out. Another challenge that really stands in your way is when you are deep in writing and suddenly hit a wall. It is through my experience I have learned that uncertainty is a part of the project, and you just have to trust yourself that you will get through it.

The setting: If you are going to write about real world, you have to do your research well. To prepare myself to write about 1950s Iran, I read a lot of books about the coup d'état of

1953 and various autobiographical accounts. I read a lot of newspaper articles with timelines of what happened down to the hour. I also interviewed some family members and friends to finally bring my characters to life.

The expectation: After my first novel, a lot of readers expected me to write stories about Iran or about Iranian-Americans. It felt both like an obligation and an opportunity. It is daunting to think that my characters may be the only way for some readers to see Iranians outside crude stereotypes in the media. It makes the need to represent these characters fairly and in a nuanced manner all the more urgent. I would love for readers to recognise that Iran is a nuanced country and people are not a monolith. Iran has a long history; there is so much poetry and beauty in the culture which is often overshadowed in the west by present-day politics.

The message: My advice to every aspiring writer is to read, read, and then read some more. You cannot be a writer if you don't read a lot. Don't put a time constraint on your dreams; it will happen when the time is right. Write about whatever interests you, moves you, and matters to you. For at the end of the day, the joy of writing fiction lies in making up entire worlds so we can feel our way through the layers and the depths in order to salvage the truth. 🇮🇷



Marjan Kamali, Author



Re-purpose your life

Meet The People At Peepal Farm Who Care For All That Breathes and Exists



Well cared stray animals rescued and adopted by Peepal Farm, Dharamshala



GROUND REPORTING

Aadya Kapoor & Adya Srivastava, XI D
AIS Vasundhara 6

“To live is to suffer, to survive is to find some meaning in the suffering,” said Friedrich Nietzsche once; “to succeed is to reduce the suffering footprint,” tacked on Robin Singh, co-founder of Peepal Farm. What’s suffering footprint you ask? The physical harm we cause to the life of other creatures in our pursuit of food, clothing and shelter, is what it stands for. Though most of us are unfamiliar with the term, yet we contribute to it, because every act of survival, inflicts suffering on others. Take a look at how Peepal farm, Dharamshala, helps reduce it!

The genesis

As we set to unravel the workings of Peepal farm bit by bit, we began with the tale behind its inception in 2014. Here’s what Robin Singh, elaborated for us, “I was the owner of an e-commerce company in the States around 2011, when I was not content despite

all the materialistic things I had. My ethics didn’t allow me to make others suffer in the pursuit of succeeding. That’s when I decided to come back to India, and indulge in activities to counter this damage. To begin with, I worked for the voiceless, the strays, and fostered some pups, first in Auroville, then in my home town Delhi.” He then took off to Dharamshala with some money and an idea to build. There, with co-founders Joellen and Shivani, he bought a piece of land and started building Peepal farm, a home for the injured/abandoned animals to be heard and healed.

The occupations

At present, the non-profit organisation has an animal clinic, a farming space, a cowshed and kennels, along with a staff of eight, including two vets. Having rescued over 300 animals, the farm has some resident animals, too, which include some dogs, a couple of cows, a mule, a goat and a cat. “The nesting place is all about mud-brick and recycled products put together, a minimalistic setting to meet our

suffering footprint goals. While those who volunteer are provided a free stay, others are charged a nominal fee of 350 INR per day for meals and other lodging facilities,” added Robin. Apart from this, the farm is also used to grow fruits, vegetables and other crops, a farming expedition undertaken without tilling the land. “We sell some of these items to apprise people on our cause and generate little income in the process,” continued the founder.

The campaigns

Having witnessed the agony of countless animals, Robin says that, “We plan to expand the farm’s reach to form a full-fledged community of rescuers. We intend to achieve it by spreading resources amongst the people who want to help animals like local children. We can provide them with basic suffering data, and also a charity segment to raise money in an effort to acquire better equipment and resources.” But this does not mean that the founders didn’t indulge in such efforts before. In a bid to prevent owners from abandoning their pets or cattle, Robin and team

once collaborated with various Russian Graffiti artists and created sweaters for stray cows. These sweaters bore symbols of Lord Krishna with “*ye gai meri hai*” imprinted on them. The team even asked the nearby eatery owners to put up a vegan friendly sticker outside their establishments and encourage vegan lifestyle.

The hiccups

“To set up an organisation in a remote area is not an easy task,” explained Robin, “because in the beginning, the locals were reluctant and were unable to understand our motive. They even labelled us as ‘*angrez*’. However, slowly they started to warm up to us a little and fortunately now, many locals volunteer to help us if they find an injured animal in the vicinity.” To acquire a good veterinary doctor, one willing to work selflessly for a cause, was another challenge they faced. But with time, they overcame it. “The machinery of suffering is inevitable, but together we can ensure that our life, which comes at a cost of others, is used to stave it off,” signed off Robin. 🇮🇳

Around The WORLD

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



HUNGARY

PM announces wage hikes

Hungarian PM Viktor Orban, on Oct 8, 2021, declared 21% hike in nurses’ wages and a 10% raise in that of teachers in the nation, all set to take effect from January 2022. He also made known his plans to lift the monthly minimum wage in the country to 644 USD, the proposal for which he added is still underway. With the 2022 elections in the offing, he even included measures such as a 2 billion USD income-tax rebate, new grants for extra pension payments for his voters.

GREECE

Made defence pact with France

The country signed a new strategic military and defence cooperation agreement, Athens-Paris pact, with France. According to it, both the countries will offer aid to each other in the event of a third-party threat. The pact, seen as the ‘cornerstone of an independent European defence policy’, was approved by a 300-seat parliament last month, with over 191 votes in its favour, and is the first between two NATO members.



PAKISTAN

Earthquake kills many

A shallow 5.9 magnitude earthquake rocked the nation’s Balochistan province, causing several buildings to collapse and leaving about 22 dead, and 300 injured. With its epicentre near Harnai at a depth of around 15 kms, the quake affected several nearby cities, with Harnai being the worst affected. With rescue efforts underway, the country’s Disaster Management officials stated that the death toll may rise in the upcoming days.



INDIA

UP govt undertake development work

Under the central government’s Atal Mission for Rejuvenation and Urban Transformation (AMRUT) scheme, the UP government has undertaken the task to develop 32 cities, including Ghazipur, Mainpuri, Rae Bareilly etc., of the state situated along the banks of Ganga, Gomti Yamuna, and Sarayu. Aimed at boosting tourism in the state, these development projects would include creation of ghats, pathways and beautiful parks along the river banks.

AFRICA

First malaria vaccine gets WHO’s approval

On Oct 6, 2021, WHO, approved the world’s first ever malaria vaccine, Mosquirix, and recommended its usage on children in Africa. During the ongoing trials in Ghana, Kenya and Malawi, the vaccine showed the potential to minimise the chances of contracting malaria. Though only 30% effective and requires 4 doses, for a country that records 200 million malaria cases a year, it is a blessing.



SINGAPORE

Foreign interference law passed

In an attempt to counter foreign influence in its domestic politics, the country passed the Foreign Interference (Countermeasures) Bill. As per the new law, officials can rightfully instruct SM platforms and internet service providers to block content and take down applications used to spread hostile communications of foreign origin.





And I'll be gone, gone tonight; my deadline is here, so I've got to hide.
Ayana Sahay, AIS Vas 6, XI B
 Page Editor



Man of the match

Aadya Kapoor, AIS Vasundhara 6, XI D

Sachin Tendulkar, Milkha Singh, Bhaichung Bhutia, PV Sindhu and a lot more - the names of these brilliant sports personalities are not lost from anyone's vocabulary. But to make them reach where they are, a whole team of individuals works just as hard. Nutritionists, therapists, coaches, assistants and what not, there is a lot more going on behind the scenes, and if you wish to make a career out of it, then keep on reading.

Tajinder Kaur

Tajinder Kaur is a senior sports nutritionist who is currently working with Olympic Gold Quest. She has worked with athletes from different disciplines like badminton, shooting, archery, athletics, wrestling and boxing, and has experience with both abled-bodied and para-athletes. Currently, she is working with players like Mary Kom and Vinesh Phogat.

What it entails: Athletes need to be in a certain body shape, and hence it is the duty of the sports nutritionists to prepare a diet that helps them get the required figure as well as enhance their performance. The diet should provide them with needed energy to perform their best and protect them from injuries by making their body strong. Sports nutritionists are a lot different from normal nutritionists because we have very specific requirements to fill in terms of



weight, body shape and performance, which all depends on the game the athletes play and the weight category they are participating in.

The degree required: When I was a student, there were not a lot of institutes offering education in this field, but that, thankfully, has changed. We now have places like SNDT Women's University in Mumbai and Pune, College of Home Science, Nirmala Niketen in Mumbai and Indian Institute of Sports Medicine that offer M.Sc in Sports Nu-

trition. There are also places that offer you short-term courses like Exercise Science Academy and National Strength Science Academy.

The skillset: To be a good sports nutritionist, you not only need to know about the athlete and their body, but also about the sport in general. You must know how to deal with injuries, what sort of training is required for which sport, and the specifications of a sport, so you can do justice to the diet you prepare.

The challenges: Since athletes play according to weight categories and keep gaining and losing weight a lot, their metabolism goes for a toss, which is always a huge challenge. It can be hard to always challenge a person's metabolism without risking it, but that is where our expertise comes in.

The hours put in: My work usually follows a set routine. As a sports nutritionist, I start my day around 10 am and finish by 6 pm.

The remuneration: I am associated with an organisation, so I have my own salary structure, but usually, even as a junior sports nutritionist, you can start with around 40,000 INR per month, and it only goes up for a senior nutritionist. Things like counselling fees, personal consultations, diet charts, etc, can also add to your reward.

The avenues to explore: Both private and governmental organisations always have some or the other vacancies, so you can easily apply. There are various avenues for you to explore here so just get in and go with the flow.



Dr Gagan Kapoor

Dr Gagan Kapoor is a senior sports physiotherapist with over 20 years of experience. His achievements include working as a physiotherapist for the national football team of India for six years, and building a team of 180 physiotherapists across India as the former head of Rehab Service, HCAH India. He is also a visiting faculty at Jamia Millia Islamia University.

those two years, you will get to witness, through your clinical postings, different sports injury clinics as well as sports clubs and sports academies. There are a lot of universities offering the MPT courses like Jamia Millia Islamia, Guru Nanak Dev University, Amity University, Centre for Sports Sciences at Sri Ramachandra Institute of Higher Education and Research and DY Patil University.

The skillset: You need to have excellent clinical evaluation skills, goal setting for best outcomes, taping techniques, understanding of biomechanics and exercise physiology. Other than this, you should also be a good team player and have good communication skills, interpersonal skills and temperament to deal with stressful situations.

The challenges: The most challenging part as a sports physiotherapist is always travelling for extended periods. It can be very demanding, and you will need a lot of support from your family, friends, and colleagues to manage such situations.

The hours put in: There are set routines you follow on normal training days, but it can also be a little hectic when travelling.

The remuneration: As various professional sports are on the rise, a professional with an experience of 2-3 years can get up to 5-6 lakh INR per annum.

The avenues to explore: There are a lot of opportunities for employment and a wide variety of setups in this field. From working with someone else to starting a standalone rehabilitation clinic, you can work with different teams, clubs, gyms, etc.



What it entails: A sports physiotherapist contributes by means of rehabilitation after sports injury, and in overall athletic development of the performance of the players. We work as individuals or as a part of a whole technical team. A sports physiotherapist also has a better understanding of the biomechanics, kinesiology, physiology and psychology of an athlete and the mechanisms of injuries than a normal physiotherapist.

The degree required: You need a Masters degree in physiotherapy with a specialisation in sports. In

Dr Ajay Kumar Bansal

Dr Ajay Kumar Bansal is an international level hockey coach and a member of the Khelo India High Power Committee. A recipient of the prestigious Dronacharya Award, the highest award for coaches in India conferred by the government, he has produced about 80 international players who have represented India in Olympics, World Cup, Asian Games and other international tournaments.

What it entails: Being a coach is a 24/7 job, because, as a coach, you are your players' teacher. You need to teach them all the skills, guide them, give inputs, prepare them psychologically, educate them about their opponents, and how the game impacts their health. You need to be a full-fledged person and an all-rounder because your role in the team is enormous.

The degree required: You obviously need to know the game and should have played it before. Netaji Subhas National Institute of Sports, Patiala, offers a one year diploma course for being a coach. Other than that, having a passion for coaching is a must.

The skillset: As a coach, your first and foremost responsibility is to prepare and develop a great sportsman. It will take a lot of effort and hard

work to bring out the best in players, but that is why you are here. You need to create a suitable environment for them so they can learn better. Make them psychologically strong so they always have a fighting spirit.

The challenges: Coaching in itself is the most challenging yet rewarding job. When I started my career, we did not have the right equipment. And if changes were made, we only got to know of them at the last minute, but things have changed now.

The hours put in: Our schedule is always planned. If we are preparing for a particular tournament, like the Olympics, we start planning two years in advance. Everything is pre-planned and decided according to the level of the players.

The remuneration: Different coaches get different remunerations, so it is not fixed. It also depends on the sports; in cricket, you can earn in millions, but hockey usually happens in thousands. There are government jobs for coaching in hockey and the initial income can be 35,000-40,000 INR, but it will increase with your experience. There are also private companies that are willing to offer 4-5 lakh INR to experienced coaches per month.

The avenues to explore: You can go into different levels of coaching or even administration. There are no fixed career options; even players become coaches or go into police or airlines.





A very cold zenith

The Wonders Of La Nina And The Graupels She Creates



Aastha Sharma
AIS Vasundhara 6, XII B

It was a fine morning and Sidney the sloth, feeling extra lazy, dragged himself to the window to witness the world outside. It had been a while since he, his friends and his family had nearly escaped the horrors of the Ice Age and had found shelter in the northern part of Canada. But as he looked outside the window, all the relaxation left his face and he quickly ran to his grandma.

"Granny! Granny! Look what is happening! Granny, there is snow outside but also water. I see rain in the air falling down but by the time it reaches the ground, they turn into snow. Is it going to be Ice Age again? Do we need to find a new home? Should we start pack-



ing?" he cried.
"Oh, calm down, Sid! No, the Ice Age has not caught us. Come here! Sit on Granny's lap and I

to work in different departments to avoid any clash. El Nino hated winds, so using his powers, he would weaken the trade winds that would blow

warm water was pushed towards Asia and we here would get a colder temperature. So what you are seeing outside your window right now is just La Nina doing her job!"

Sid was surprised at the story his granny had just told him. He was glad that it was just a natural phenomenon and that he wouldn't have to leave his home and migrate again.

"But wait!" he exclaimed, "what about the snow and rain mixing together? That cannot be a good sign!"

"My child, do not worry! Those are just graupels," answered his grandmother.

"Graupels. Because La

Nina has caused the temperature to drop so much

that whenever raindrops fall, they get cold on their way down. Whenever these super cold raindrops bump into snowflakes, they freeze around them and as a result, create little balls."

La Nina is a natural phenomenon that will keep coming back every two to seven years, so no need to be scared of it!"

Sid felt all his worry leaving his mind. Realising that it was nothing to be afraid of, he decided to call his friends to play in the rain. After all, the weather was nice so why shouldn't he have a little fun and examine these graupels up close!

The science of it

The normal conditions of trade winds that blow from the west to the equator, take warm water from South America to Asia. However, they are broken by the climate patterns of La Nina and El Nino. La Nina makes the trade winds stronger, pushing more warm water towards Asia, whereas El Nino is the exact opposite. During La Nina, whenever cold water droplets come in contact with snowflakes, they freeze and create graupels.

will tell you the story of two siblings!"

"Siblings?" asked Sid.

"But how are those siblings relevant to this snow and rain, Granny?"

Granny replied, "You'll know! So, once upon a time, there was a pair of siblings - a boy and a girl. The boy was named El Nino and the girl was named La Nina. Both of them were polar opposites, so their mother told them to always play apart from each other as they were constantly fighting. When they finally grew up and took over the family weather business, both of them decided

Graphic: Rohan Pandey, AIS Vas 6, X D

along the equator of the earth, which pushed warm water towards west coasts of the US. This caused the temperature to be drier and warmer than usual there. But La Nina was the polar opposite; whenever it was her turn, she would make the trade winds even stronger than usual so all the

Let's go bananas

Fruits and vegetables make up the largest chunk of our nutrition. However, their role is not just limited to a wholesome diet. Their significance permeates across economy, environment, health and social impact, proving how they are, in fact, essential commodities to attain a sustainable world. Keeping the same in mind, the United Nations has designated 2021 as the International Year of Fruits and Vegetables to make us cognisant of the diverse roles that they undertake. Shaking hands with this goal, GT brings you a brand-new series, wherein every part will explore the various facets of one fruit or vegetable, highlighting why it is important to preserve these precious gifts of nature.

Janya Malkani, AIS Pushp Vihar, XII G

Hey! My name is: Banana
I am also known as: *Musa acuminata*

About me

- I was originally found in South East Asia and it is said that Alexander the Great saw me on one of his expeditions to India. I was then carried to the new world, to the Caribbean by other amazing explorers and missionaries.
- I am the world's number four staple food after wheat, rice and corn. The Americans have only been eating me since the 19th century.
- I am not a tree. Rather I come under the category of a high herb and can attain up to fifteen meters of height.

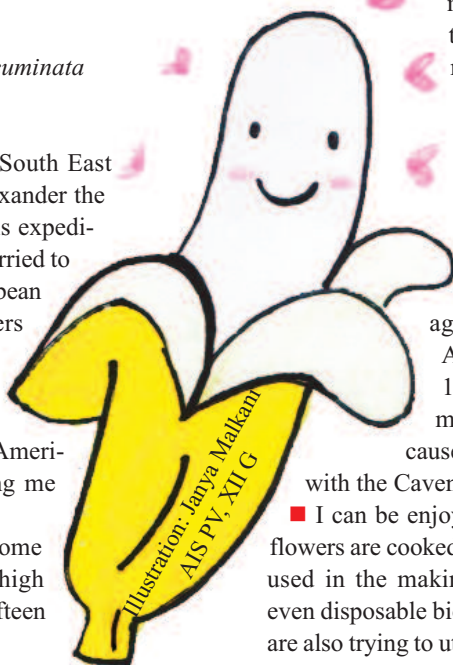


Illustration: Janya Malkani
AIS PV, XII G

- My flower spike carries numerous yellowish flowers that are protected by purple red bracts, at the top of the trunk and they become bunches of fifty fruits or fingers. The individual fruits then form clusters of ten or sometimes even twenty.

- Do you know that the Panama disease that ravaged Caribbean and Central American plantations in the 1940s and 1950s wiped out my Gros Michel varieties? Because of this, I had to be replaced with the Cavendish avatar.

- I can be enjoyed raw, dry or cooked. My flowers are cooked in curries. My leaves can be used in the making of umbrellas, clothes or even disposable biodegradable plates. Japanese are also trying to utilize my fiber to make paper.

What I offer

About 100 grams or one medium-size consumption of me will provide you:

- Calories: 89
- Carbohydrates: 22.8 grams
- Protein: 1.1 grams
- Fat: 0.33 grams
- Sugars: 12.2 grams
- Fiber: 2.6 grams
- Potassium: 0.36 grams
- Water content: 75%
- Vitamin B6, A, E, C
- Other minerals like iron, magnesium, phosphorous and calcium



I can help you with

- Regulating blood sugar
- Curing migraine
- Constipation
- Preventing leukemia's cell growth
- Reducing risks of heart disease
- Nourishing the eye
- Strong healthy bones
- Promoting weight loss

Where you can find me

I require deep, rich soil with pH between 6.5 to 7.5 for good cultivation. The soil should have good drainage and moisture. I am a tropical crop and grow best in temperatures ranging 15 degree to 35 degree Celsius. Rainfall is most important for my vegetation growth. I am grown in about 120 countries with an estimated total annual world production of 86 million tonnes of fruits. India leads the world in my production with an annual output of about 14.2 million tonnes. Other leading producers are Brazil, Ecuador, China, Philippines, Indonesia, Costa Rica, Mexico, Thailand and Colombia.

My different avatars

- Cavendish Bananas
- Plantains
- Red Bananas
- Blue Java
- Pisang Raja
- Gold finger Banana
- Apple Banana
- Nendran Banana

Why I fear climate change

Rising temperature changes and erratic rainfalls are impacting my agricultural produce. Predicting the potential impacts of climate change on my production systems is crucial to ensuring its long-term survival. Ten countries are predicted to show at least a negative trend, if not strong declines in yields. These include some of the largest producers such as India and Brazil, as well as Colombia, Costa Rica, Guatemala, Panama and the Philippines - all of which are major exporters. Soon enough my family wouldn't be a key crop anymore at this rate. According to a recent study by researchers in the US and the Netherlands, several strains of a fungus are also posing grave threats to my plants other than climate change. In fact, the fungi, if left unchecked, could wipe out the planet's entire crop of essential fruit within years. I hope to stay ap-peeling to you always, so do all you can to save me. **GT**



Say you'll remember me, staring at my laptop, red eyes and way past my deadline.

Kalpita Chakraborty, AIS Vasundhara 6, XII B
Page Editor

The local hero

The Ride-Or-Die Companion Of Every Mumbaikar For The Past 168 Years



Prisha Khandelwal

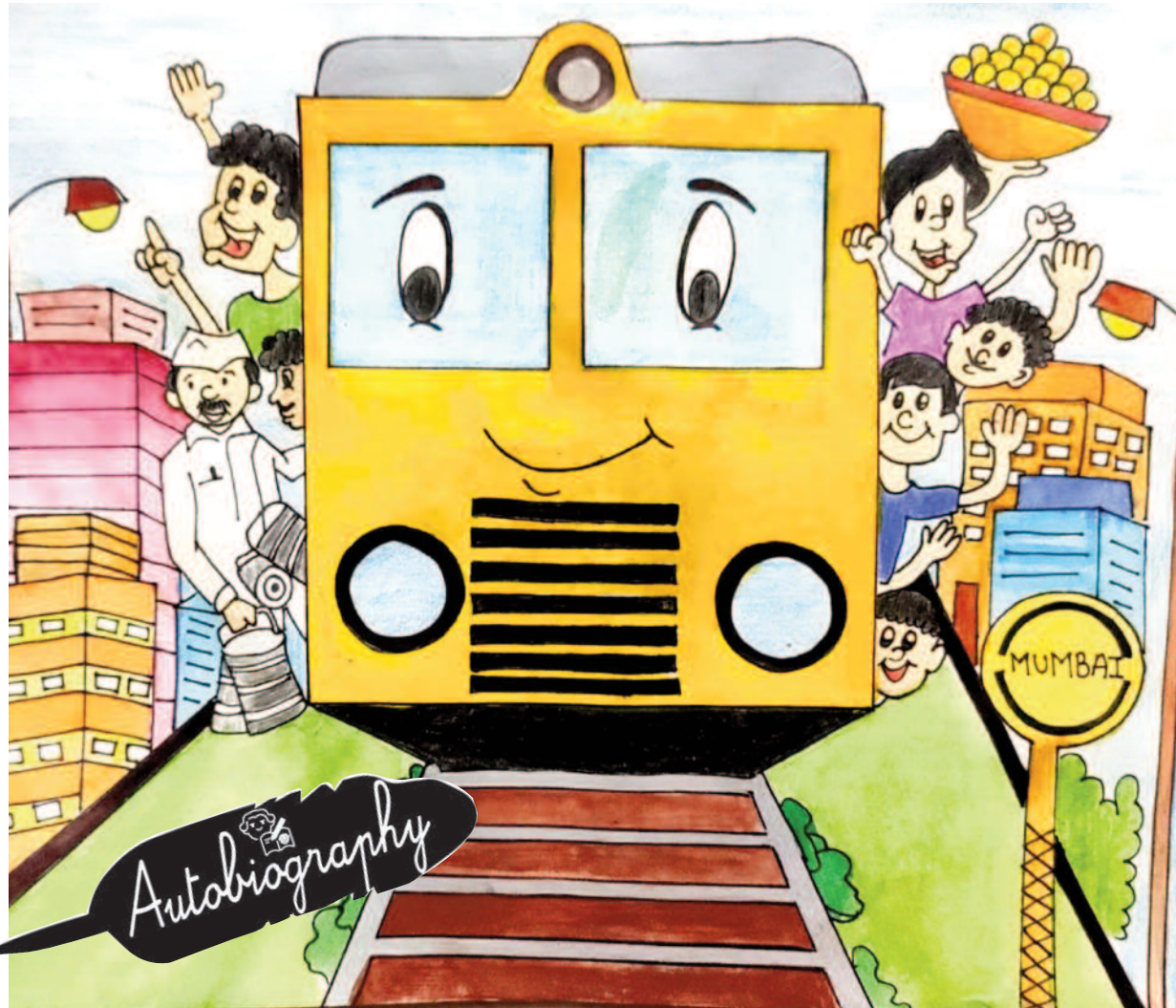
AIS Vasundhara 6, XII F

tring...tring...the phone rings

Oh that was my cousin – Delhi metro! I wonder if she is jealous or actually confused like me about my new-found attention. Yes, I am confused too, more like overwhelmed because when a picture of someone bowing down to you goes viral, you don't really know how to react. Maybe he missed me too much during the lockdown, and it was his way of welcoming me back. Over 168 years of my existence, I've received ample love from Mumbaikars, but this is new even to me. Oh sorry! I forgot to introduce myself, I am the Mumbai suburban railway network aka the Mumbai local.

I've often heard my cousins talk behind my back. In fact last year, I heard the Kolkata tram saying, "wonder what makes her so popular". Though I felt bad, but I couldn't agree less. I mean it is hard to fathom love for a public transport where 16 people are cramped in a space of 1 sq mt during the rush hour. Maybe it is the reduced commute time. The story of the utensil seller who had to travel for nine hours during the lockdown, when I was out of service, still gives me goosebumps. Poor thing could complete the same journey with me in just two hours.

They are envious of me, but the truth is that it is me who has reasons for all the envy. Have you seen the swanky inte-



riors of my Delhi wali cousin? Her high-tech systems have me gaping in awe. And look at my infrastructure - so last century. Sure, I have had some overhauls, but it doesn't match up. So,

when I pointed the same to her, pat came her reply, "Really? You still had 30 lakh people ride on you once you resumed after the lockdown. And me? A mere 7500 individuals."

Illustration: Almas Khan, AIS Vas 6, X D

Now I had no response to that one. I don't know if I really am popular or unpopular. I mean I can't ignore the daily conversations of my commuters as they complain about my foul smell, suffoca-

tion, violent jostles, etc., but what I do know is that I try my best to support the country's commercial capital, yes, even with my dated remains. And perhaps I succeed there. Look at the *dabbawalas*, they cannot manage a day without me. And we all know how this flourishing business adds to the revenue.

I really need to overcome my self-doubts now. I mean if I look back, I've had a pretty amazing journey. When I first started out on April 16, 1853, I was a mere train running between Chhatrapati Shivaji Maharaj Terminus and Thane built by the British East India Company. Today, as I spread over 390 kilometres, operating around 2342 train services, assisting more than 7.5 million commuters daily, with barely 90 minutes of rest every day...I know what a journey really means.

I may not be uber fancy, but I am the spirit of this city. If this city has given an abode to those who come dreamy eyed from afar, I've been their companion as they nestle in far-off suburbs and make careers in the city's high rises. If this city has welcomed all with open arms, I've stood testimony to its unifying spirit in my tightly packed compartments, replete with everyone from blue collar to white collar workers. If this city has always shown how to move on, I've testified my resilience too, surviving a total of 8 blasts.

So, I think I actually deserve this attention for making India's Maximum City, Mumbai, go the distance, every day and every night.

Get out

Ways To Get Expelled From Your Own House

Ananya Singh

AIS VKC Lko, XI

Wary of the "fatuous" rules that govern your life? Forever wanting to crash at your friend's place but incarcerated owing to parental restrictions? Well, hang loose, we are here to help you out; mindful of how even the slightest mishap can set Indian parents off, here's presenting to you four self-tested...er...proven ways to get kicked out of your own house!

Disclaimer: Do not tell them we told you that!

Paint the walls

If there's one thing your parents love more than their WhatsApp 'facts', it is their clean, newly painted white walls. Well, why don't you just channelise your inner artist and paint them over? It doesn't really matter what you paint, in fact, you don't even have to be a good artist. Whip out those acrylic paints you last used in Class five, pray they aren't dried out, and show off your skills. Before they pass out, your parents will make sure you hear "get out" at least a thousand times.

Lose that tupperware

Try forgetting your new tupperware tiffin box in the school or worse, lend it to a neighbour you know will never return it. Need we dwell more? A friendly suggestion – make sure you have your bags packed beforehand for this one. All you would then be required to do is act guilty and confess that you were the one who misplaced the tupperware in the first place. And before you even know, you'll well be on the road to homelessness.

Prefer a relative over your parents

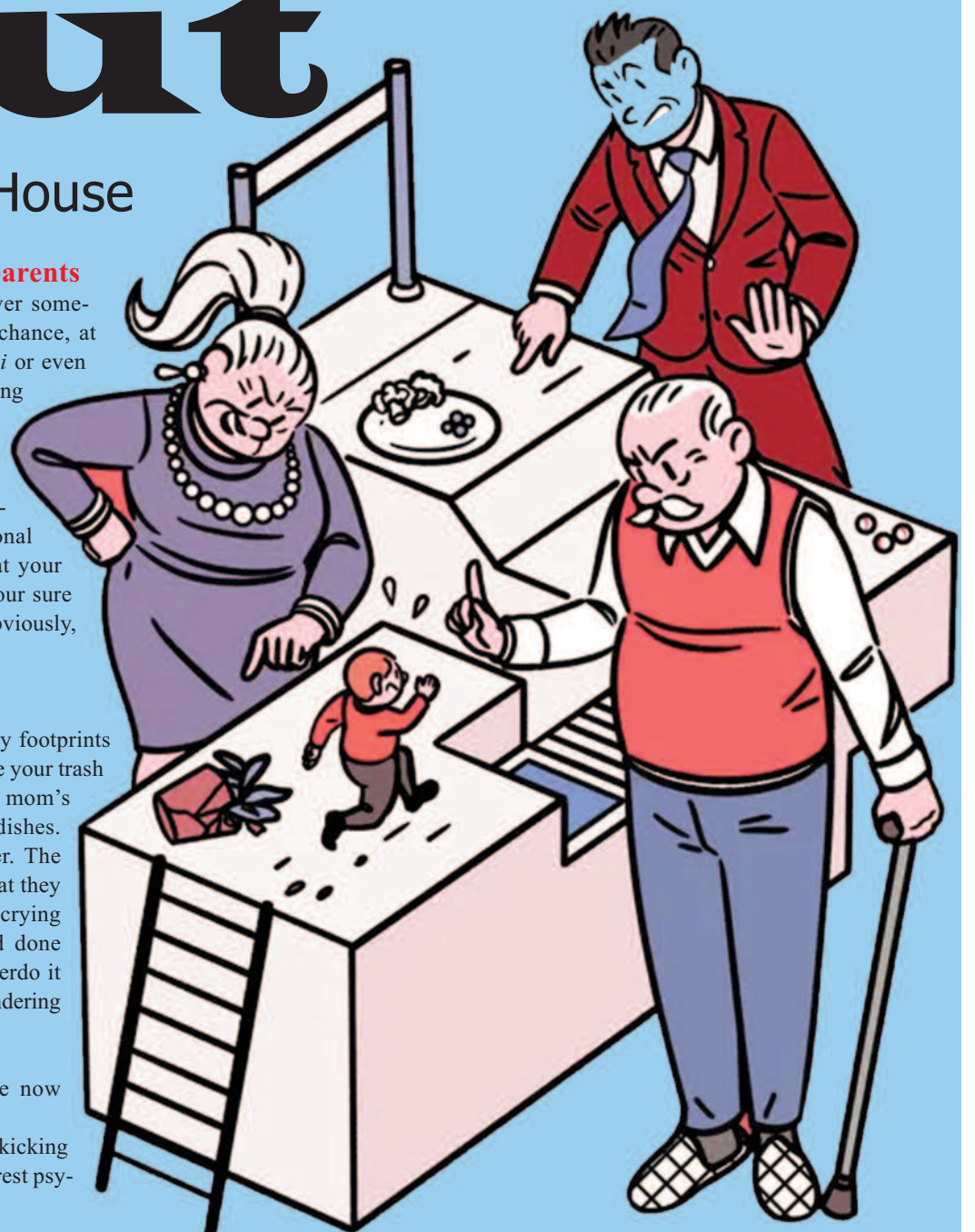
Ever seen your parents go bananas over something? Well, here's your chance (last chance, at that). Agree to what your *maami*, *massi* or even *fufaji* said the other day whilst wrangling with your parents and watch them disown you within seconds. Be prepared to hear them doubting your origins, your entire existence and their own decision to give you birth, with an occasional "ja unhi ke saath reh" being thrown at your face every now and then. This one's your sure shot one-way ticket out of the house. Obviously, there's no coming back!

Make a mess

Be as messy as possible; imprint muddy footprints on the clean, freshly mopped floor, leave your trash all around the house, break your mom's favourite tea cup, or refuse to do the dishes. Well, sky's the limit, ambitious reader. The trick is to anger your parents enough that they are compelled to do the needful. Fake crying and mercy appeal after all's said and done would seal the deal for you. Do not overdo it though. They might sympathise then, rendering all your efforts futile.

Congratulations sling blade, you have now been successfully kicked out!

PS Avoid trying it all at once; instead of kicking you out, your parents might call the nearest psychiatrist and that would be bad!






Curiosity Means Growth, always



Dr. Amita Chauhan
Chairperson

Curiosity is a natural instinct that all children are born with. The desire to explore, discover and figure out each and everything around them is what makes children truly special. However, adults often dismiss this eagerness to learn as either an irritant or just plain mischief. It falls upon us, as educators, to give due importance to this trait in our young learners, whenever they exhibit the wish to understand things far beyond their age or comprehension. It is this enthusiasm and zeal that sows the seeds of innovation for creating a happier and better world.

Encouraging curiosity should, however, not be just limited to answering questions about textbook concepts. There is no limit to knowledge and, therefore, both parents and educators should have a no-holds-barred approach to their children's quest for knowledge. At the same time, I must warn that an unguided, non-focused pursuit of learning may cause more harm than benefit. Hence, the role of an educator assumes great importance. An accomplished educator teaches not just 'how' to seek but also the 'what', 'where', 'when' and 'why' of this path. It was with this purpose that Amity's Children Science Foundation was instituted. Today, a number of activities are organised under the aegis of ACSF. These activities such as Vasudha aim at inculcating a scientific temperament amongst students from a young age. In fact, this constant encouragement of scientific enquiry has even led to many of our students securing patents for their projects.

At Amity, our aim will always be to welcome inquisitiveness and make learning a happy and satisfying experience for all. 


Starting afresh



Sunila Athley
Director Principal
AIS Vas 6

The unprecedented pandemic may have hit the world hard but, at the same time, it paved way for new beginnings as well. The world witnessed a paradigm shift, a transition, and a complete make-over. Life, as we know it, changed and even started afresh – be it schooling and education, community and humanity, or our own nature and earth. Everything we knew came crumbling down, so everything had to be re-established from the scratch.

On one hand, 'new normal' became a household term for education and work-related life and AI became everyone's new best mate. On the other hand, people started valuing relationships. Selfless connections were established voluntarily as innate goodness was aroused. Like the phoenix, philanthropists rose to do good for family, extended family and the community at large and the maddening race to be a notch higher than the others felt defeated by itself. The pandemic also forced us all to pay due attention to our health and wellness, food and nutrition, and have a better understanding of physical, mental, emotional and spiritual wellbeing.

With the unparalleled guidance of our honourable chairperson, Dr (Mrs) Amita Chauhan, Amity, as always, gave its students the best of everything for them to realise their dreams. Many things underwent major changes but The Global Times kept the flag flying. With the world, it went digital, too, and made the best use of technology, widening its horizons and the students undoubtedly have been working diligently. A very well thought of and well-conceived edition has been set into action! 

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It's so touching!

The Myriad Facets Of A Simple Yet Profound Touch

Ananya Sharma, AIS Vas 6, XI E

Michelangelo once said- To touch is to give life. A gentle touch on the hand, an encouraging pat on the back, a tender kiss on the forehead; a simple touch can say so much without saying a word.

Touch is fundamental to human existence, right from the minute humanity breathes into this world. The minute a child is born, he is rested on the mother's skin; the touch soothing those wails instantly. This skin-to-skin contact while easing the baby into an all new world, offers a range of benefits to the baby as better body temperature, improved brain development, enhanced nutrient absorption and many more. And not just the baby, the mother too enjoys a host of benefits as lowered pain, stress levels and risk of postpartum depression.

The infant graduates to a preschooler, a

teenager and finally an adult, but continues to be touched by the power of touch. The mother's lap becoming the soft spot in those schooling years, the gentle

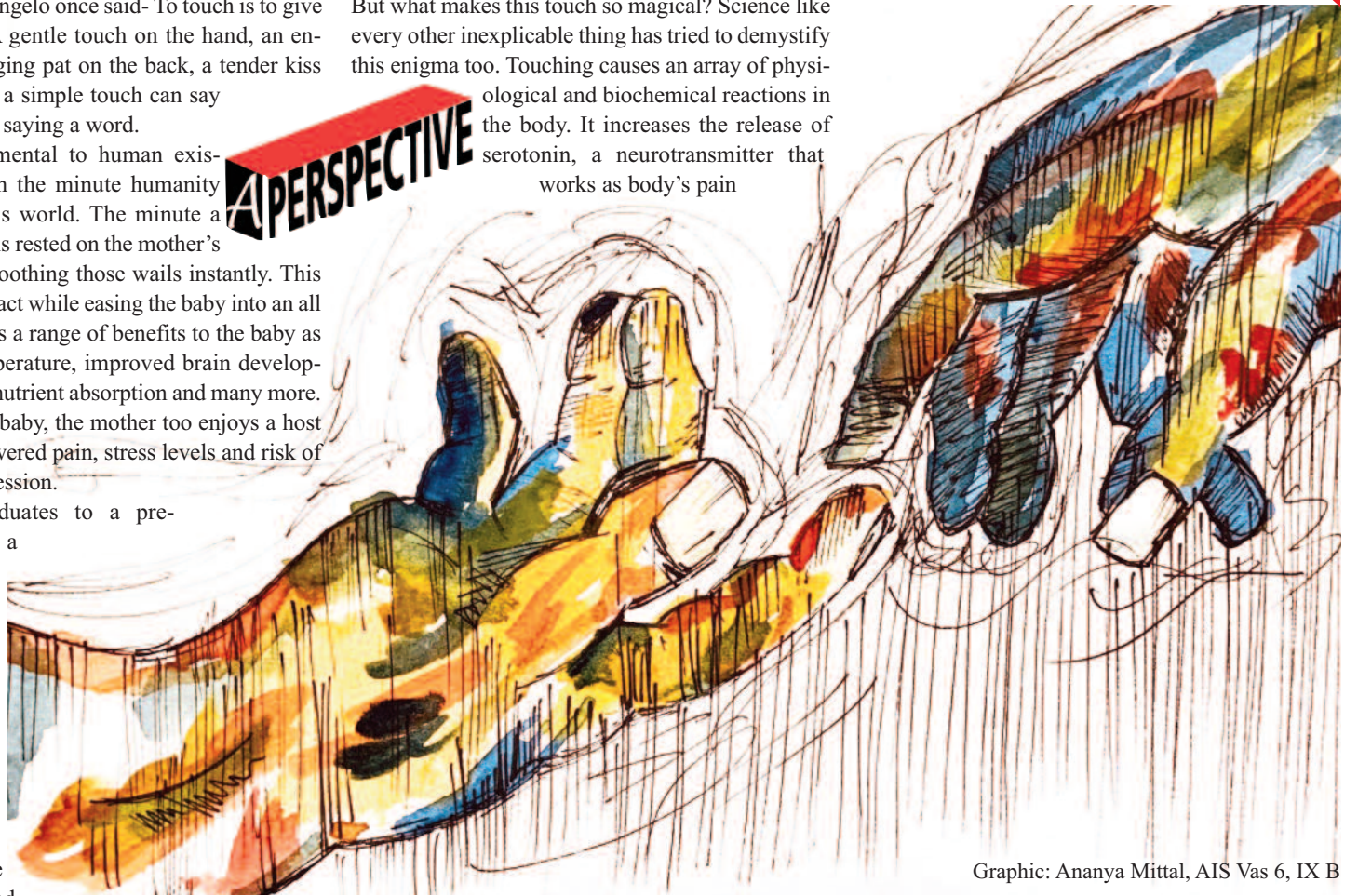
caress of a loved one in a blossoming relationship, and a reassuring and firm holding of the hand in old age are just some exhibits.

It is rather ironical to explain the beauty of something in words, whose power transcends all words. We have all been there, and not said that because we had the powerful ally of touch with us. A simple touch can easily communicate what a thousand words can't. For instance, touching someone's feet conveys respect, a gentle pat on the back is enough to say 'I'm there' and what's to take away from the

reassurance a hug has to offer. Touch can not just communicate, but also heal, influence and soothe.

But what makes this touch so magical? Science like every other inexplicable thing has tried to demystify this enigma too. Touching causes an array of physiological and biochemical reactions in the body. It increases the release of serotonin, a neurotransmitter that works as body's pain


APERSPECTIVE



Graphic: Ananya Mittal, AIS Vas 6, IX B

reliever and anti-depressant, along with oxytocin, body's love hormone. Further on, it stimulates the vagus nerve, one of the 12 cranial nerves in the body that is known to put the body in a resting state. Touching also lowers the stress hormone, cortisol, which in turn results in lower BP, heart rate and an enhanced immune function. It barely comes as a surprise then that touch therapy has been effective in treating cancer.

Tapping this T is the Please Touch Museum in Pennsylvania, USA. With specially curated exhibits for

the sole purpose of learning, the unique museum introduces the method of touching as a learning tool. Aimed specifically at children, it encourages touch for exploration, thereby fostering new ideas, feelings and thoughts while harbouring a safe space. Considering all that a single touch can do, it seems that it is no accident that the lack of connection is often explained in the context of touch – out of touch, lost touch et al. With all that this wordless, boundless, transcendental phenomenon can do, the potential is endless. It indeed is touching. 

The shadow pandemics

...Continued from page 1

As we dig deeper, incidents of domestic violence is all we see...

Self-isolation is indeed a challenge for our social animals who desire relationships, but who would have thought that a pandemic could sever the age-old bonds that we share with those that share a home with us! As quarantine sequestered women at home and limited their access to justice, risk of gender-based violence increased manifold. Statistics for the same show an eerie pattern worldwide, enough to send chills down one's spine. As per an analysis by the National Commission on COVID-19 and Criminal Justice (NCCCJ), after lockdown orders, the number of domestic violence incidents in

the US increased by 8.1%, and those in Brazil by an earth-shattering 40-50%. Spain and Cyprus, additionally, saw a 20-30% spike in calls to DV helplines within the first few days of the lockdown. India wasn't far behind other nations, where, as per the National Commission for Women, domestic violence complaints spurted from 2,960 in 2019 to 5,297 in 2020. And that's for cases that get reported; the fact that we will never get to know what goes behind the four walls for several others is unnerving to even think of.

As we try and lighten things, market trends get screwed...

But they say 'life's not always black and white', and the same holds true for COVID too. Amidst

these momentous ramifications, the pandemic managed to paint its canvas in million shades of grey; a few of which went unnoticed, yet caused quite a stir, a little comical if we may. The case in point - online sales for comfy pajamas, shorts and t-shirts shot up 143%, 67%, and 47% in April '20 from March '20 respectively as work from home became a reality (Adobe Analytics), bringing to life the countless pajama-with-shirt-for-a-Zoom-meeting memes. On the other end of the spectrum, however, purchases of pants plummeted 13%. A similar trend was witnessed in the makeup market as well; with face masks keeping the lips largely out of sight, women stopped wearing lipsticks, registering a 70% fall in the sales of this cosmetic staple. Conversely, eye-makeup products witnessed their sales jumping 22-25%, primarily because eyes remain visible even when one has a mask on. However, as lipstick sales took a U-turn and hit 34.2 million USD in April 2021 alone, an increase of over 80% from last year, it won't be wrong to say that these trends are nothing more than a temporary blip.

With that we come to an end of this bulletin, in hopes that together we treaded undiscovered paths and denuded the undisclosed parts of this crisis called COVID.



Shweta Tamar, GT Coordinator, AIS Vasundhara 6

Our own GT!


Flipping through screen one after other
Looking for unknown, difficult to understand
Need to find what I was really looking for
Was it a book to read? An article to inspire?
Designs for a story? Or checking on a friend?

Purpose is forgotten, it is all mixed up
But the one thing that never changes
Is the spontaneity to still flip through GT
Midday or midnight, it now is habitual
Now and then, for boredom or pleasure

For info or insight, the brain is to follow
The fingers that now lead me to my GT
Times do really change, and I bear evidence
From thinking of a story and then doing
It is now done and then thought about

Yet actions continue to speak volumes
As I scroll, flip and touch my screen
The hard work of students shining
Filling up the newspaper to its brim
Thank you to our dear Chairperson

Who supports everything that we do
Thank you to my dream team writers
Who make all the magic come true
Another contest edition published
Another feather in our GT cap

Now we scroll through its pages
Lay back and sip our tea
Witness a stand against the ages
And marvel at its immortal brevity
Giving it all the love we have back! 



Cause ideas like you run around with people like me til' sunup when the story comes through.

Ananya Sharma, AIS Vasundhara 6, XI E
Page Editor

Let's do a headcount!

Deciphering The Much-Debated Population Bill Of Uttar Pradesh



What?

■ On World Population Day 2021, CM Yogi Adityanath-led government for Uttar Pradesh, India, unveiled a population control policy aimed for the time period 2021-2030.

■ It is officially known as The Uttar Pradesh Population (Control, Stabilisation and Welfare) Bill 2021.

■ The main aim stated is to reduce the state's fertility rate to 2.1 per thousand population by 2026 and to 1.9 by 2030.

■ The legislation is applicable to all married couples where the male is not less than 21 years in age and the female is not less than 18 years.

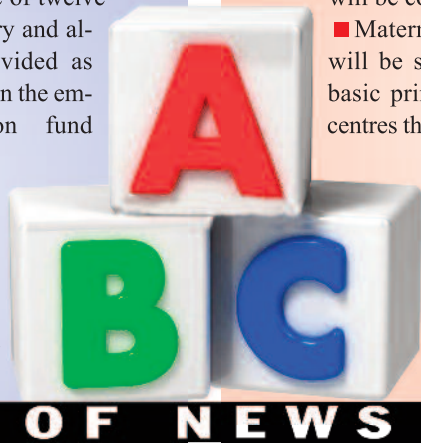
■ It promotes the two-child policy, offering numerous merits for the couples who stick to it, and disadvantages for the ones who do not.

■ For the public-sector employees

who follow the rule, two additional increments will be given in their entire duration of service.

A maternity or paternity leave of twelve months, with full salary and allowance will be provided as well as a 3% increase in the employer's contribution fund under NPS.

■ The ones who break the two-child policy rule will be debarred from contesting local bodies polls, from applying for government jobs, and also from receiving any kind of subsidy from the state/central government.



How?

■ For the implementation of the bill, a state population fund will be constituted.

■ Maternity centres will be set up in all basic primary health centres that will guide the new parents and parents-to-be on the policy and better family planning.



■ Under the Family Planning Programme, efforts will be made to increase the accessibility of contraceptive measures and to provide a system for safe abortions.

■ Community health workers and public workers in general

will aim to ensure mandatory registration of pregnancies, deliveries, births and deaths across the state.

■ To create vigilant citizens, a compulsory subject related to population will be introduced in all secondary schools.

■ With a decrease in population, the government plans an increase in the condition of health facilities, which will work on issues like impotency, newborn mortality rate, maternal mortality rate, etc.

Why not?

■ Uttar Pradesh is not the first state in India to adopt such a policy. Previous examples of Assam, Madhya Pradesh, Haryana, Rajasthan and Odisha have proved that such two-child policies have rather increased sex-selectiveness and unsafe abortions.

■ With at least 77% of the state still living in rural areas and still believing in gender discrimination, it has high chances of resulting in increased number of abandoned children. In hopes of only bearing a boy or limiting their number, men can end up deserting their wives to avoid disqualification from the merits.

■ As per NFHS-4, female sterilisation is the most popular modern contraceptive amongst married women between 15-49, proving that the heavy burden of the bill and patriarchy will once again fall on women. Not to mention all the risks that come with sterilisation and abortions.

■ While the third child stands at the risk of being abandoned if worse comes, the bill also has

been noted to be completely silent or dismissive of adoption culture.

■ The policy has been called gender-blind and stands to disproportionately impact women and poorer marginalised sectors of the society; it has been called 'discriminatory, unconstitutional and dangerous' by opposition parties.

■ Critics have claimed that this "voluntary" sterilisation after two children comes across as mandatory if one wishes to avail or desperately needs the opportunities provided by the government, leaving people little 'free choice' and being in violation of Article 14 and Article 16 of the Indian Constitution.

■ It is also stated that the bill will have little desired impact on the state's population, which is why it should have been aimed at bringing down childbirth rate rather than the fertility rate, and increasing literacy rate like Tamil Nadu, Kerala, and Andhra Pradesh that have benefited a great deal from improving their quality of education.

Why?

■ The law panel for the bill stated that the main reason for the implementation of the bill is to control the growing population. Home to around one-sixth of India's population, Uttar Pradesh is the most populous state. By the end of 2020, the population was at 237,882,725, as per the Aadhar India Unique Identification, and is expected to be at 24.1 crore by the end of this year. If the state were to be made a separate country on its own, it would have been ranked the sixth most populous country in the entire world.

■ The bill wants to stabilise this growing number, which will, in turn, help the state in the promotion of sustainable development as well as a better and equitable distribution of resources.

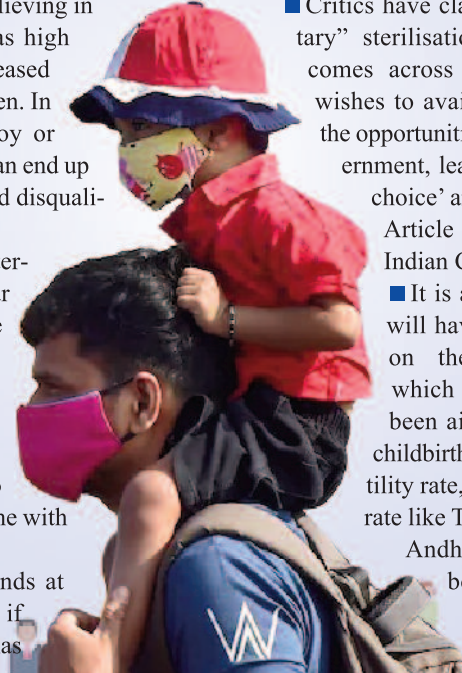
■ With a control on population, the bill is also

said to provide better availability of medical resources to the public. Pregnant beings and expecting families will have lower competition for resources, meaning better affordability and accessibility for quality health assets needed.

■ Less patients mean less maternal and infant health complications and even deaths.

■ As per the ICDS-RRS Portal in November 2020, UP also identified 3,98,359 severely acute malnourished children under the age of 6, the highest number any other state has in India. If the population is controlled, this number will go down significantly.

■ The aim is also to bring down the Total Fertility Rate which, according to a Niti Aayog 2016 report, stands at 3.1, way higher than India's TFR of 2.3.



I'm a couple hundred words from my limit, I was thinking I could get you to extend the deadline.

Aadya Kapoor, AIS Vasundhara 6, XI D
Page Editor



Being Fairy Godmother

Storywala

Ayana Sahay

AIS Vasundhara 6, XI B

“I had to be those kids! They fooled me again!” Oh, don't for a moment think that I am slow-witted, but it takes time for me to realise how I am always taken for a ride. Yes, I am guilty of being quite a pushover, especially in my role of being a fairy godmother. My heart melts at every little sad face and I am quick to whip out my magic wand at the smallest of sniffles, even when I know these little liars are cooking up false sob stories. I give relentlessly and tirelessly. But do I ever get

anything in return? That's right, I don't. Such a thankless job! I do get annoyed at times, but I cannot show these kids my anger, can I? Don't they say you can never change others, but you can always change yourself? And that is exactly what I am going to do today. I am going to be my own fairy godmother. First, I am going to finish all my pending chores. You will not believe it if I told you how shabby and unkempt my cottage has become. Well, I never find the time to do my own stuff. I am always flying around at some little tot's whim and fancy, trying to make him happy. Once all the cleaning is done, I am going to pamper myself. I will summon a big, warm bubble bath and relieve myself of all the aches and pains. Should I conjure a tasty chocolate cake? Or a feline

Don't they say you can never change others, but you can always change yourself?

companion, just to get some undivided attention? I might even go on a field trip today, I think, as I waddle over to the cabinet and select my wand for the day. A golden stick with crimson flowers adorned all over. Yes! That's just it! “Fairy godmother, can you please.....” I can hear a faint voice inside my head. “No!”, I almost shriek. I am not going to be a fairy godmother today, even if the most adorable, delightful child came knocking at my door. This day is mine! “I am my own fairy godmother; I'll help myself out and not anyone else.”

A few hours later, I am settled comfortably in my

rocking chair, an angelic kitten napping away on my lap. I have already gobbled up a huge slice of my magic cake, and just as I am drifting into sweet sleep, thoughts begin to crowd my relaxed mind.

“Resting is fun, but my job is to fly around and help people. I do like helping others. It is just that they deceive me sometimes and I do not appreciate that. Yeah, and then I cry about it. All I need to do is relax and forget about everyone else.”

My monologue is cut short when I hear a whimper from the bushes and out runs a hare towards me. It is badly injured. Without hesitating for even a second, I jump out of my reverie, swish my magic wand and heal all his bleeding wounds. I continue to rock him in my lap till he stops crying. It is a moment of yet another realisation. Being a fairy godmother will always mean putting others first, no matter how tired I might be. Even though I cannot be a fairy godmother for myself, maybe I can find one too?



Illustration: Ananya Mittal, AIS Vas 6, IX B



Kashmiri Shufta

Maahi Kachroo

Maahi Kachroo, AIS VKC Lko, XI

INGREDIENTS

Cottage cheese (diced)1 cup
Almonds1/2 cup
Cashews1/2 cup
Raisins1/2 cup
Dates5-6
Ghee3-4 tbsp
Sugar1 cup
Water1.5 cup
Cardamom2-3
Kesar5-7 strands

PROCEDURE

- Take a pan and pour water in it. Let it come to a boil.
- Now, add 1 cup sugar into the pan and boil it further, until one thread consistency, between your forefinger and the thumb is achieved.
- Now, add kesar and cardamom to it. Let it cook for another 1-2 minutes. Keep aside.
- In a skillet, add some clarified butter/ghee and place it on a medium-high heat.
- Once it is hot, shallow fry the cottage cheese pieces for about 2-3 minutes. Take them out on absorbent paper.
- Now, shallow fry cashews and almonds in the same ghee. Take them out once done.
- In another pan, take the fried cottage cheese and dry fruits, and add sugar syrup to it. Mix well and let them cook for about 3-5 minutes.
- Your shufta is ready! Serve it hot and devour it whole.

A plea for change

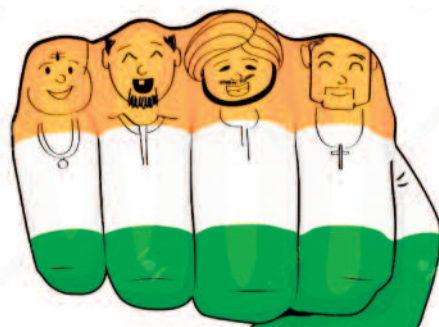
Vidhi Batra

AIS Noida, Alumna

We walk on the same street
Through same dark corners, we fleet
We make up the same everyday crowd
Destined to be part of dirt, don't be proud

Through cricket match, we unite as one
Each day we toil, battling the blazing sun
It is the same sole goal, we all envision
Yet in our hearts, we are divided by religion

Be it Hindu, Sikh, Christian, Jew or Islam
We all pray for love, freedom and calm
Yet, we restrict entry in temples, churches
Where is peace, despite our many searches?



We shed blood, filled with such hatred
And call these various acts of ours, sacred
Moving forward, when did we become blind?
When did we leave our humanity behind?

Can anyone of us really answer this question?
Let's not leave this for our next generation
Change in mentality is the need of the hour
Think and act wisely before we go too far. [G](#) [T](#)

The frozen art

Aditi Jha, AIS Saket, XI

Whilst whistling, a popsicle seller makes
With different colours and flavours
A frozen delight for each child to take

He displays all his coloured frozen art
And in a matter of mere seconds
Stacks of ten-rupee notes pile up on his cart

With a white flowy dress and gleaming face
A little girl receives her red frozen delight
And rushes to sit on a bench nearby

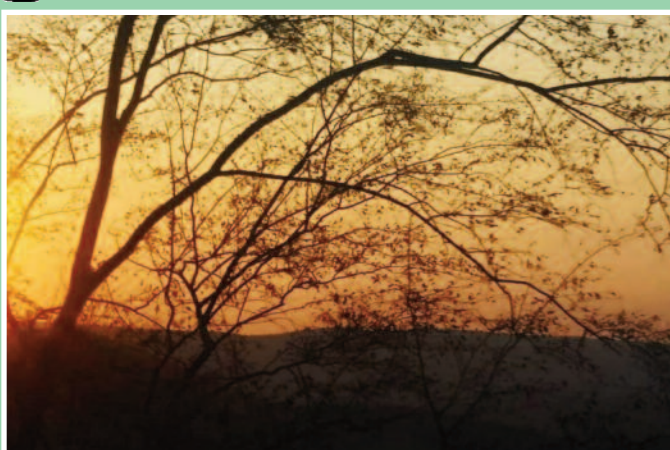
The little lady, unable to catch her breath
Drops the popsicle from her hand
And stains her dress in dark blood red. [G](#) [T](#)



CAMERA CAPERS

Shreshth Malhotra, AIS Gurugram 43, XI A

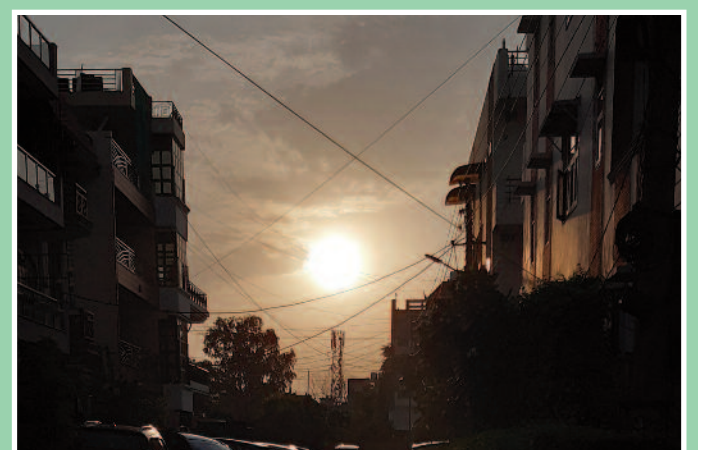
Send in your entries to
cameracapert@theglobaltimes.in



A twilight saga



From dusk to dawn



A calm daybreak



Take me to GT office, I'll write like a God at the shrine of your paper.
Gauri Singh, AIS Vasundhara 6, XII C
 Page Editor

The brave sisters

Short Story



Anisha Surily & Ragini Singhal, AIS Gur 43, VIII

Once upon a time in the beautiful city of Paris, there lived two sisters, Sarah and Hannah. The duo was passionate about singing and dancing; where Hannah wanted to become a renowned singer and Sarah, a great dancer. However, Sarah's hearing disability was the biggest **impediment** in achieving her dream. One day, the sisters approached their father and enquired if they could undertake professional training to learn more about singing and dancing and pursue their dreams. After listening to them, their fa-

ther disagreed and suggested them to focus on their studies and take care of their younger brother, Ryan. He explained them how singing and dancing cannot give them a good future and can only be explored as hobbies, nothing more than that. Tears rolled down their cheeks as they thought their dream would never get fulfilled. Without saying anything, the sisters moved towards their room and started studying. The day passed and while they were making their beds, Ryan came with a brochure with the details of best singing and dancing institute in the city of Paris. He encouraged Sarah and Han-

nah to appear for the auditions for if they got selected they would get free training. They could practice over there secretly. At first, both of them refused but Ryan promised to help them out in every way possible. The next day, Sarah and Hannah took permission from their father to visit the nearby market and get some grocery items for home. He quickly agreed but asked them to come back home on time. Without wasting any time, the sisters reached the institute for auditions. They filled the application form and waited for their turn to come. In the meantime, Sarah expressed in sign language how nervous she was to perform in front of the

Tears rolled down their cheeks as they thought their dream would never get fulfilled.

judges because till now she had performed only in front of Hannah. In fact, she had barely ventured out of the house, let alone performing in front of an expert panel of judges. Soon it was time, Hannah and Sarah moved towards their respective auditoriums and hugged each other tightly. Hannah entered the auditorium, gave her performance and soon reached to Sarah's auditorium. She saw Sarah's performance and the expressions of judges and the audience. Once over, all the participants were asked to wait for the results. An hour later, the results were announced and the sisters were selected. Hannah jumped with joy and said nobody can stop us from fulfilling our dreams, Sarah. The duo reached home and thanked Ryan for his help and support in making them reach a step closer to their dream. 🇮🇳

So, what did you learn today?
 A new word: **Impediment**
 Meaning: **Obstruction or hindrance**

Scented candle

Reyansh Vij, AIS Saket, VIII

Material required

Wax pieces2 cups
 Glass/Jar/Mug1
 Candle wick1
 Wooden stick1
 Essential oil80 to 100 drops



Reyansh Vij

Method

- Melt wax pieces in a pot on a low-medium flame. Stir using wooden stick at regular intervals.
- Once melted, add drops of your favourite essential oil and stir one more time to avoid any solid particles.
- Take a mason jar or mug of your choice and anchor the wick in the centre using a bit of melted wax.
- Carefully, pour the remaining melted wax into mason jar or mug and make sure there are no lumps.
- Let the wax cool and settle in the jar for at least 5-6 hours.
- Once settled, cut wick to the desired length and light your homemade scented candle.



Pic: Pratham Sharma, AIS Vas 6, XI A

The tale of a bird

Naisha Das
 AIS Vasundhara 6, IV E

I'm a little bird
 Flying high and free
 Looking down with glee
 On the things below me

My feet and beak
 Are shades of orange
 And my delicate feathers
 Are white as snow

Colourful and vivid
 Are the flowers I see
 Majestic are the tigers
 Resting beneath the trees

I went to sleep on a tree
 Caressed by the breeze
 And as I slept, I dreamt
 Of the vast salty seas

When I woke up
 I saw myself in a cage
 My heart was thumping

My brain full of rage

I could no longer see
 The great blue sky
 I did not deserve this
 I thought and cried

I missed my parents
 I missed the breeze
 But what I missed most
 Was the life of being free

I felt utterly lonely
 Lonelier than I can ever feel
 I felt like my life's unreal
 And harsh for me to deal

Suddenly a great thud
 Woke me up again
 Looking up I realised
 It was just a dream

Thanking my stars
 I flew high up in the air
 Never ever will I sleep
 On a low branch again 🇮🇳



POEM

My guardian

Parag Verma
 AIS Gur 46, V H

When I was very young
 I didn't know the world
 When I became ten years old

I got you so divine

I never thought I would get
 A guardian like you
 So humble and sweet
 And delicately lovely too

Your lessons and teachings

Can never be forgotten
 As they are so uniquely taught
 With love and compassion

I dedicate you my affection
 For you being so kind
 I'll always remember you
 And keep you in my mind 🇮🇳

It's Me

KNOW ME

My name: Suman Bardhan
My Class: IV
My school: AIS VKC Lko
My birthday: May 28

MY DREAMS AND GOALS

Hobby: Drawing
I like: To explore new and daring things
I dislike: Violence
My role model: Mukesh Ambani
I want to become: A businessman

MY FAVOURITES

Teacher: Nibha ma'am
Subject: Environmental Sciences
Friend: Myraa Pandey
Games: Cricket and Basketball
Cartoon: Tom and Jerry
Food: Chinese
Mall: IOI Mall, Malaysia
Book: General Knowledge GENIUS

I want to feature in GT because: I possess skills and knowledge that make me stand out



PAINTING CORNER

Arshia Vishnoi, AIS Vasundhara 6, V





The Break-In, And The Subsequent Fall Of The Nixon Administration



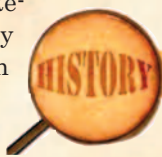
The great Watergate scandal

Illustration: Ananya Mittal, IX B | Graphic: Aryaman Sen, XI A; AIS Vas 6

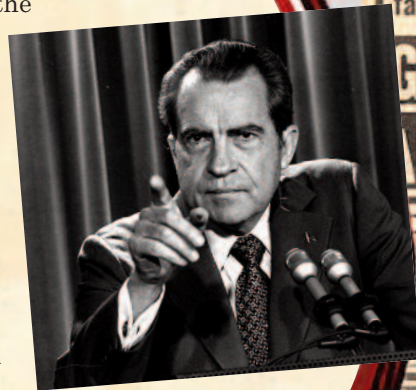
Aadya Kapoor, AIS Vas 6, XI D

It was the morning of August 10, 1974. Rachel Augustine was sitting out on her porch sipping tea as usual. Although this was a routine, this once, she was rather anxiously and impatiently awaiting the newspaper. Just then, a rolled bundle of The Washington Post landed by her feet. The front-page headline read, "Nixon Resigns". Well, exactly what she had been anticipating. Rachel wasn't the least bit shocked for US had been reeling under a hostile political climate for quite some time - the Vietnam war and the assassinations of its leaders were already making things worse. And then the Watergate Scandal happened, shaking up the entire country. She had kept up with the notorious event since the beginning and this seemed like the final investment. Richard Nixon, 37th president of the United States, had finally abdicated his position. To be more precise, he was the only ever President of the US to ever resign from the office.

As if it had happened just yesterday, Rachel recalled when the news of Watergate Scandal affair first surfaced about two years ago. On June 17, 1972, five perpetrators, some of whom were reportedly FBI and CIA agents, executed a break-in at the Democratic Committee headquarters, at the Watergate Complex, Washington DC. Turned out that they were trying to bug the Democratic office and steal all the top secret documents stored therein. Rachel recalled the first hints of Nixon's connection to the break-in appearing in the newspapers and how he had denied it with so much conviction. Like all other Americans, she had believed him. No wonder, he was re-elected as the President and that too with a landslide victory. "Fools, all of us,"



HISTORY DECODED



TIMELINE

January 21, 1969: Richard Nixon is elected as the 37th president of the United States of America

July 23, 1970: Nixon gives consent to a plan to expand domestic intelligence-gathering by the FBI, CIA and other agencies. A few days later, he annuls his approval

June 17, 1972: Five men are arrested at 2:30 AM for trying to break into the Democratic National Committee at the Watergate hotel

October 10, 1972: FBI agents establish that the Watergate break-ins stems from a massive campaign linked to Nixon re-election

May 18, 1972: Archibald Cox is appointed as Justice Department's special prosecutor for Watergate

July 13, 1972: It is revealed in a congressional testimony that Nixon had recorded all the conversations and telephone calls in his office since 1971

July 23, 1972: Nixon refuses to submit the presidential tape recordings to the Senate Watergate Committee

October 20, 1972: Known as Saturday Night Massacre, Nixon fires Archibald Cox and abolishes the office of the special prosecutor. Attorney General Richardson and Deputy Attorney General William D. Ruckelshaus resign in protest

July 24, 1974: The Supreme Court rejects president's claims of executive privilege; rules that Nixon must yield tape recordings of 64 White House conversations

July 27, 1974: House Judiciary Committee approves the first three articles of impeachment against Nixon for obstruction of justice.

August 8, 1974: Richard Nixon becomes the first US president to resign. Vice President Gerald R. Ford takes over as the president

she thought to herself.

Later, like a bolt from the blue, it was revealed the burglary was directly linked to the Richard Nixon re-election campaign. Gradually, more details were unearthed, including illegal taping and recording of conversations, and document thefts. Rachel was taken aback, as were many others. Now a presidential campaign was one thing, but one that deployed illegal tactics, including political espionage, and used contributions reserved for the presidential campaign to fund these illegal activities was something none had anticipated. Rachel, along with several fellow Americans, was beginning to have a critical outlook of their leaders. Besides, political distrust is inevitable when you have 69 government officials being charged in a scandal and 48 of them being found guilty.

On January 30, 1973, the five burglars, namely Virgilio Gonzalez, Bernard Barker, James McCord, Eugenio Martinez, and Frank Sturgis, who broke into the Democratic Party's headquarter, were convicted and sentenced to prison. Rachel thought that this would be the end of the Watergate

scandal, but little was she aware that Nixon Administration's involvement in the crime grew broader and the plot thickened as new things came to light throughout the investigation.

Nixon started to formulate a mastermind plan to cover up the previous cover-up. This cover-up was meant to safeguard his presidency without any other impediments. To ensure the same, he provided hundred thousand dollars under the table to the convicted accomplices to not divulge his own involvement in the whole conspiracy. In this course, Nixon also ordered the CIA to obstruct FBI's investigation into this scandal, especially into the source of funding for this crime. Rachel believed that more than the burglary itself, it was Nixon's attempt to conceal his role that was a bigger crime; crime that involved an abuse of power and obstruction of justice.

While all of Nixon's antics had amused Rachel, it was the disclosure of his secret recordings at the Oval office that sent her in complete shock. These recordings, which would later be known as Nixon tapes, proved to be quite

the smoking gun in the scandal. She still remembered how Archibald Cox, a Harvard law professor and former US solicitor general, roped in to investigate the break-in, was hell bent on getting these tapes. Of course, that would have meant the end of road for Nixon, and that's what exactly transpired. As he tried to fire Cox to save himself, several officials of the Judicial department resigned in protest. This came to be known as the "Saturday Night Massacre".

This incident turned out to be the controversial president's gravest attempt to hide the glaring truth. It led to more than 50,000 telegrams from concerned citizens to Washington, with 21 members of Congress introducing resolutions calling for his impeachment. Nixon was set to be impeached. But to everyone's surprise, he handed out his resignation letter before the full house could vote on the articles of impeachment. "In politics, nothing happens by accident. If it happens, you can bet it was planned that way," Rachel quoted Roosevelt, as she was still seated on the porch, sipping her tea and watching the sun rise above the horizon.



Dear deadlines, when I'm away from you, I'm happier than ever.

Adya S, AIS Vasundhara 6, XI D
Page Editor



The young titans of languages outwit each other in the annual fest of languages

Literati 2021

An Ode To The Languages of The World

AIS Gurugram 46

School organised its 10th Literati, an annual inter-school fest of languages virtually from Aug 2-12, 2021. Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, graced the finale ceremony held on Aug 12, 2021. The fest saw 650 students from 51 schools pan India, participate in 13 competitions in 5 languages viz, Sanskrit, Hindi, German, French and English.

AIS Gur 46 won 1st prize, AIS Saket won 2nd and AIS Vas 6 bagged consolation prize in Rhythm category. AIS MV won

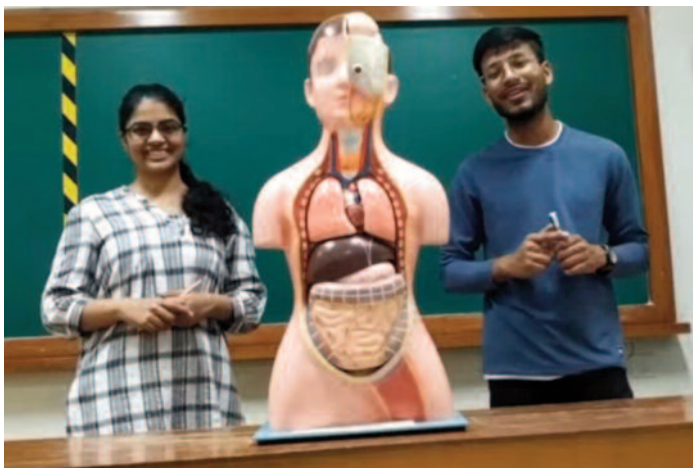
the prize for best speaker (for) and AIS Saket won the prize for best speaker (against) in Debate (German debate) category. In the same competition, AIS Gur 43 and AIS PV bagged special mention for 'for' and 'against' the motion respectively. In Sanskrit Vaad Vivaad, AIS Gur 46 and AIS Vas 6 won the best speaker prize for 'for' and 'against' the motion respectively, with AIS Gur 43 getting special mention. In Curtain Call, AIS Gur 43 and AIS Gur 46 bagged 2nd and 3rd prize respectively. AIS Noida got 3rd prize and AIS PV got special mention in Director's Cut. AIS Gur 46 won the best speaker

prize (against), and the award for best team in La Gentillesse Compte (French Debate).

Both AIS Gur 46 and AIS Saket won 2nd prize in Panorama. AIS MV, AIS Noida and AIS Vasundhara 6 won 1st, 2nd and 3rd prize respectively in Articolo. In Novella, AIS MV won 1st prize, AIS VKC won 2nd prize, and AIS Gur 46 and PV both won 3rd prize. AIS Gur 46 bagged 1st position in Quest. In Hindi Vaad Vivaad, AIS Gur 46 was the best speaker (for), AIS Noida was the best speaker (against) and AIS PV was the best interjector. AIS Gur 46 and AIS PV both became overall winners. [G](#) [I](#)

Fostering tech wizards

An Open Digital Dialogue



Experts of IISc Bengaluru explain human physiology to the students

AIS Vasundhara 6

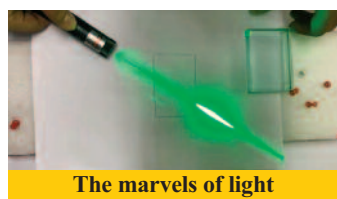
Thirty students from Class VI-X and 15 teachers participated in an online 'Digital Kids' event organised by IISc Bengaluru (Team Science Rural India) on Sep 5, 2021.

The open platform for the digital dialogue with young minds comprised events like demonstrations, simulations and a few question and answer sessions with eminent scientists like Dr Anil Sahastrabudhi, chairman, AICTE and Prof HC Verma, professor Emeritus, IIT Kanpur. The aim of the event

was to make concepts of science fun and easy to learn for school children. Interesting experiments like making Newton fluids using soap bubbles and creating sound using salt and frequency generator were conducted during the session. New apps and simulation tools like MATLAB, LT-spice and LabLnApp were used to demonstrate experiments in electricity, magnetism, state of matter, electrolysis, heredity and evolution, human anatomy, etc. The students were also exposed to the industrial applications of these science concepts with precise explanations. [G](#) [I](#)



Demonstration of copper cell



The marvels of light



Viraj Singh Goomber

Chess master

AIS Vasundhara 1

Viraj Singh Goomber of Class III secured 2nd rank in boys category of UP State Online Under 8 Boys and Girls Chess Championship 2021, held from August 4-5, 2021. Viraj scored a total of 5 points out of the six rounds held during the competition. For his stellar performance, he was awarded a certificate of merit. The event was organised by UP Chess Sports Association and witnessed participation from more than 50 students from UP.

Career in yoga

Exploring Professional Aspects of Yoga

ACCGC

A webinar on 'Yoga as a Career' was organised for the students of Class XI-XII from August 24-25, 2021. The event organised under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF was held under aegis of Amity Career Counselling & Guidance Cell (ACCGC) in collaboration with Amity Institute of Indian System of Medicine (AIISM), AUUP, Noida.

More than 300 students from all the branches of Amity Group of Schools along with their parents attended the webinar held with

an objective to unravel career opportunities in yoga to the next generation. Swati Madan, assistant director, AIISM, Dr Vinamra Sharma, assistant professor, AIISM and Dr Neha Kathuria, visiting faculty, AIISM and a registered practitioner of Homeopathy, presided over as resource persons. They enlightened the students on the impact of yoga in our life, its relevance in today's lifestyle, and global career opportunities in the field of yoga. Topics such as the ancient art of yoga as a natural way for holistic fitness and health, origin of yoga and its meaning, history and development of yoga were discussed in detail. The speak-

ers also elaborated on the career opportunities in fields like research, management, working in hospital, academics, administration, consultation, etc.

About AIISM

Amity Institute of Indian System of Medicine (AIISM) was launched on the eve of World Environment Day on June 5, 2018 by Shripad Yesso Naik, then Minister of AYUSH. The courses offered in yoga are:

- B.Sc (H) Yoga
3 years degree course
- M.Sc. (Yoga)
2 years degree course
- PG Diploma in Yoga Therapy
1.5 years course



Eminent resource persons interact with students on yoga

Being safe on internet

A Special Webinar On Cyber Safety



Nabeela Wali shares her views on phishing scams as one of the biggest threats on internet

AIS Pushp Vihar

On July 28, 2021, the school organised a webinar for the students of Class IX-XII on 'Cyber Crime and Law: Creating a safe internet for children' in collaboration with South District Legal Services Authority (DLSA). The objective of the webinar was to create awareness about data privacy and cyber security among students, especially with the rampant use of digital platforms by the students these days.

Nabeela Waali, secretary, DLSA

(South) was the resource person for the webinar who shared important and relevant details regarding how to use the internet and social media safely. She elaborated on the different means used by hackers to illegally obtain information using methods such as phishing and spamming; and what safeguards students must have to protect their data and privacy.

Nabeela reiterated on the importance of being very cautious while storing and sharing confidential information such as passwords and other personal details.

During the webinar, the students were also apprised on the legal measures undertaken to mitigate cyber-crime, and how these laws are implemented. The students learned about their civic duty to report any obscene and malicious content being viewed or shared online to the national cyber-crime portal.

They were also informed about POCSO act (Protection of Children from Sexual Offences act), and the safeguards in place to protect the identity of victims. The webinar concluded with question answer session. [G](#) [I](#)

No plastic

AIS Vasundhara 6

The students from Class II-VIII organised 'Swachhta pakhwada' from September 1-25, 2021. As part of the initiative, various activities were conducted to spread awareness on the elimination of single use plastic in schools as well as homes. Young students from Class II-V advocated for the adoption of 6 Rs (Reduce, Reuse, Recycle, Recover, Redesign, Remanufacture). They took a pledge to cut down their carbon footprints by recycling and using eco-friendly alternatives in their day to day life. The YRE Club (Young Reporters of



Students pledge to adopt 6Rs in life

Environment) comprising students from Class VI-VIII discussed about upcycling plastics, and conducted a science symposium on ways to reduce plastic consumption as well as highlighted the different types of product packagings. Students were also introduced to 'Biodome Engineering Project', where they were asked to make a biome of one's local flora and fauna. [G](#) [I](#)



Eat. Sleep. Riot. Repeat.

A Day In The Life Of A Desi Monkey Hoping To Land A Decent Job!

Gauri Singh

AIS Vasundhara 6, XII C

The environment was fraught with tension. Portfolios had been typed out in detail, some even laminated. After all, it wasn't every day that vacancies threw open their gates for such a prestigious post.

"Head, Mischief & Operations, India" the ad had read. And soon enough electricity poles and trees lay bare. People were surprised at being able to take the *parshad* from the temple to their cars without it being snatched away.

While everyone was excited about the new opportunity, Chimpu was a little more abuzz. He had his reasons, for he was a part of the gang that had caused the leaders of this nation to shudder at the thought of going to parliament. So, when the receptionist called out his name, he got up with a gait, rather proud for a monkey; but then this walk was what humans 'ape'd before they became errr... humans.

He wanted to knock on the door, but then its hard to camouflage your innate self, and so he just swung by with a loud grin. Needless to say, the interviewer was barely impressed. "Sit down, Mr Chimpu," he said, the congenital redness of his cheeks now redder than ever. "So, what makes you think that you're qualified for this job?"

At this, Chimpu smirked. "Where do I even begin about my havoc-wreaking abilities that cost the Indian govern-

ment millions every year. Unlike my primitive ancestors who whiled away time picking lice from people's heads, I have actual work to do."

"By actual work you mean snatching food?"

"Not just food; didn't you read in the newspaper about those missing COVID-19 blood samples?"

The credit of course, goes to yours truly."

It was now the interviewer's chance to smirk, "Of course. But this is a serious position, and will entail a lot more than just snatching."

"950 cases of human attacks in 2018 alone. They didn't just raise my subject in the parliament multiple times for no reason. Poor Lok Sabha chaps had to even issue guidelines about dealing with me," Chimpu glowered with triumph.

The interviewer needed a quick and strong comeback and thank God he had one, "Really, are they the poor ones, even after the life sentence they gave to Kalua, who I guess happens to be your cousin."

Chimpu was cornered but he couldn't let this opportunity walk away, "Now Kalua was an alcoholic and his biting frenzy was rather uncontrolled. You need to be a bit more strategic in your approach. I know I have it in me!"

"Strategic as in...?"

"The activity of my kind goes up from mere 1% in the non-tourism season to almost 34% in the tourism season...that kind of strategy."

"That's all good for strategy, but what's to say you won't fall for the opponents' trap."

"If you are talking about Delhi government deploying a man who mimics the sound of langurs, that's barely a trap. And then feeding us with 2500 kg of fruits and vegetables every day at the Asola sanctuary so that we don't stray towards the city is barely a secret anymore. We eat, move towards the city and repeat."

He got up from the table, convinced that he had landed the coveted part, but not before he gave a roaring, "Jai Shri Ram". They sure worshipped him for a reason, thought the interviewer.

JUST FOR
LAUGHS

Illustration: Harshita Pareek, AIS Vas 6, X E

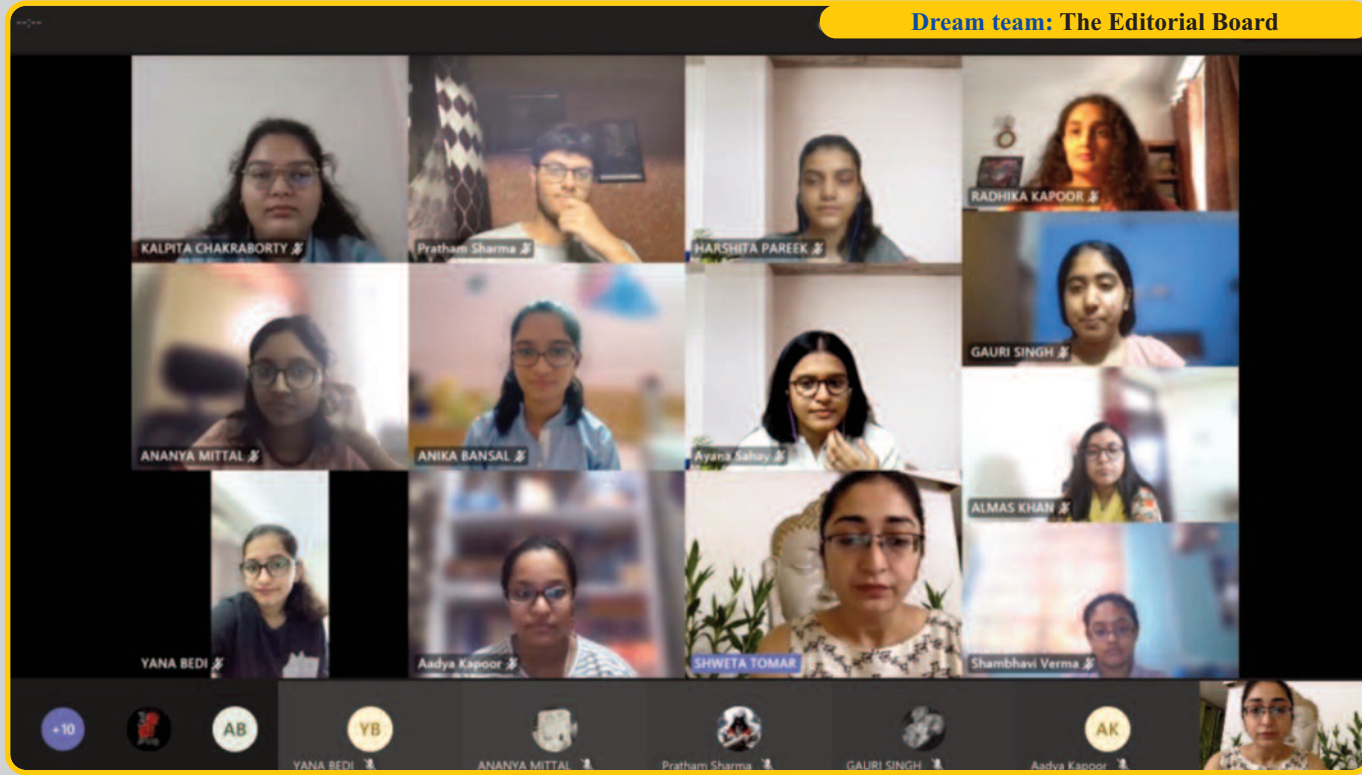


News Room Hulchul

Dream leader: Our editor-in-chief



Dream team: The Editorial Board



Dream artist: Our illustrator



Dream wordsmith: Our writer



Dream reviser: Our page editor

