

FOOD: then vs now

How Our Nutritional Intake & Food Preferences Have Changed Over The Years

Agamy Doharey, AIS VYC Lko, XII A

None can gainsay the fact that almost half a century ago, our food preferences ran peculiarly counter to what we consume today. For now, eating unhealthy meals and adhering to bizarre dietary plans have become the norm. Owing to which, as per an ICMR report, the proportion of chronic diseases in India has soared from 30.5% in 1990 to 55.4 % in 2016. Under such circumstances, returning to our native diets has become essential. But first, let's dive into how our present came into play.

Eating phenomenon

Until agriculture was developed, humans procured food by either hunting or fishing. As farming emerged, nomadic hunter-gatherers moved towards prime farmland, bringing about a substantial increase in food security. Since then, every culture has had varying food preferences as per its geography and economy, and the world, more than enough food for all. The credit for this in part goes to globalisation, which made western-style and processed food products available in developing countries. McDonald's, Domino's... you name it! The emergence of countless fast-food chains and large supermarkets – all of which offer greater diversity, convenience, and quality of food – withal, has significantly aided too, all unfortunately at the expense of nutrition and health. This, when we in India are privi-

leged to have farmers selling unprocessed crops at a relatively cheaper rate.

No time to spare

The National Institute of Health (NHI) asserts that quick meals are increasingly becoming a substitute for traditional home-cooked meals, with over 43.7% people across the globe relying on the former as their lunch, the most important meal of the day. The statistics become even more convincing if we look at our fast-paced lifestyle that doesn't give us enough time to cook a hearty meal. Since fast food is a quicker alternative, we now choose it over our traditional dishes like Shab deg (Kashmir), Guravali (Maharashtra), so on

and so forth. Howbeit, this practice is not only steering us away from our traditions, but also making our bodies averse to the basic ingredients commonly found in our desi, home-cooked foods, which, mind you, make for a much healthier choice.

Instagram influenza

A 2018 study found that "when kids watch YouTube influencers eating unhealthy snacks, they consume an average of over 300 calories more." Social media as such

has a firmer hold on us than we would like to accept. With it projecting the latest food trends, those addicted to the web, especially homemakers, also use it to buy goods and seek advice on their health. What backfires here is the fact that in some cases they become obsessed with the facade social media puts on - the aesthetically pleasing kitchens and most importantly, the posh dishes with ingredients that may or may not be easily available. Now, aren't we all familiar with the 2022 viral butter board? As delicious as it was, people kept remaking it daily, ignoring a balanced diet for the sake of clout.

Lockdown binging

COVID-19 became a global burden in 2020, and it continues to redefine our daily lifestyle-related habits. As stress and anxiety influenced our food habits during the lockdown, an increase of 36.7% was seen in our fried food intake and of 46.5% in our daily sugar-added food intake - all of which further led to weight gain and other eating disorders. If stats are anything to go by, the rates of anorexia, bulimia, and binge-eating disorder went up by 15%, and despite life somewhat returning to normal, researchers say binge eating is still a problem.

Our present eating regimen thus is not great; and incorporating small changes in our lifestyle is the only way we can truly fix it. [GT](#)



Pic: Anushka Shankar, AIS VYC Lko, XII A

Page editor: Akshita Tripathi, AIS VYC Lucknow, XII B

THE GT POLL
Do you think India's growing interest in using AI tools for legislative procedures would help streamline the entire judicial process?
a) Yes
b) No
c) Can't say
To vote, check out our Instagram page @the_global_times

Coming next
Contest Edition (AGS Noida)



This special edition has been brought to you by **Amity International School, VYC Lucknow**, to mark their debut in 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 different branches of Amity schools across India churn out their own 'Contest Edition'

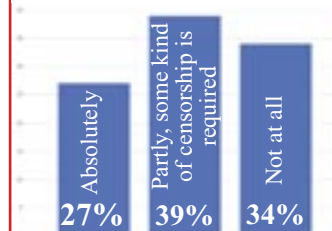
which are pitted against one another at the end of the year, culminating with GT Awards. So, here's presenting the **eleventh** edition of 'GT Making A Newspaper Contest 2022-23'.

What's inside

- Corruption disruption, P3
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POLL RESULT for GT Edition April 17, 2023

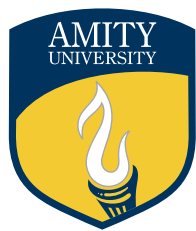
Do you concur with Salman Khan's views of introducing censorship on OTT platforms?



Results as on April 22, 2023

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Corruption disruption

Rajiv Verma Lists The Particulars Of Central Vigilance Commission



INTERVIEW

Gursimran Kaur & Kainaat Arif
AIS VYC Lucknow, XII B



Rajiv Verma, director, CVC

With the nation ranking 85th in Transparency International's Corruption PI 2021, the plague of corruption in India is a sad sight to witness. However, *picture abhi baaki hai mere dost* because there remain people and organisations that are working hard to keep a vigilant sight. One such person surely is Rajiv Verma, director, Central Vigilance Commission. Having worked in the vigilance sector since 1987 with Delhi govt., Armed Forces HQ, and the central government, and presently heading the Policy Division of CVC, he shares his valuable insight.

CVC has a major role to play in establishing vigilance administration in India:

The Central Vigilance Commission came into existence when the government, around the time of independence, found that various life insurance companies at the time (mostly private) were using the corporation's funds for personal gain. So, the government merged all of them together and created the LIC we know today. But unfortunately, it, too, saw cases of corruption, which created the need for a proper mechanism to deal with the issue. A committee on the prevention of corruption aka Santhanam Committee was formed, which then recommended the constitution of CVC to the government. And so the organisation came into being to establish vigilance administration, provide guidelines for acts of irregularities, and to create a corruption-free India.

Every citizen should come forward to lodge complaints against irregularities:

We want people to come forward to lodge complaints for any acts of corruption or irregularities, but usually, people worry that this will put them under threat. To eliminate this, CVC introduced Public Interest Disclosure and Protection of

Informers resolution, under which people can lodge written complaints and their identity will be kept hidden to ensure security. Since its inception in 2004, the resolution has proved itself to be very effective in exposing corruption and making our country honest, one complaint at a time.

The most challenging task is providing the policy framework:

Prevention is better than cure, so the emphasis is on ensuring that corruption doesn't occur in the first place, which means that the policy guidelines need to be a foolproof system without any loopholes. If there is no discretionary power available, everyone will have to work as per the set rules and won't have a scope to indulge in corrupt activities. It is always an ongoing task, which is why I try my best to ensure maximum use of technology as it is not biased to anyone. And I am happy to say that because of my technological initiatives, we have been able to save hundreds and thousands of crores.

Only we can eliminate corruption from the society:

I won't say it is too difficult a task to eliminate corruption, but what we need to understand is that only we, the people of this so-



GT reporters in talks with Rajiv

ciety, can do it. We need to imbibe higher moral values, adhere to fair practices, and take the legal route than the corrupt one to do away with the prevalent corruption. Even good governance is all about eliminating corruption and providing equal opportunities to all. Only by having integrity, honesty, objectivity, and transparency in our life can we create a good society and government.

The future generation needs to follow the path of integrity:

As school children – the future of our world – it is not only important for you to imbibe correct ethics, but also for you to act on them. Join integrity clubs in your school, take part in anti-corruption activities and Vigilance Awareness Week organised by CVC, make honesty your way of life, and believe in doing the right thing. Adopt such values so you can guide the future onto a brighter path. [GT](#)

A thought-provoking read

Synopsis: A horde of breathtaking short stories, personal experiences, and memoirs by the revered author, Paulo Coelho, the book is a collection of reflections written by him between the years 1998 and 2005. The tales in it are a mix of significant stories of living and dying, of destiny and choice, and of love lost and found. They are humorous as well as serious, and almost always intensely charged with emotions. The collection contains around 104 stories, both long and short, written in the rich and symbolic style of Coelho, and one can easily argue that the book explores what it means to be truly alive. Like *The Flowing River* includes jewel-like fables that are packed with mean-

Book: Like The Flowing River
Author: Paulo Coelho
Published in: 2006
Genre: Philosophy, Fiction

ing. Sharing his thoughts on spirituality, life, and ethics, Coelho touches the reader with his philosophy and urges us all to go on an exciting journey of our own.

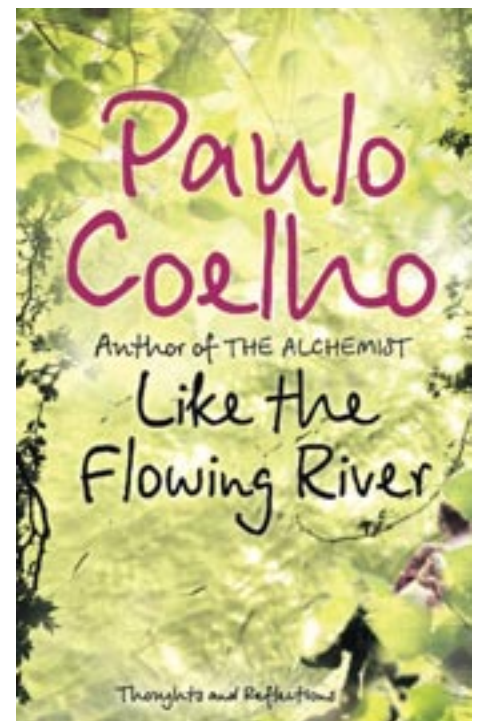
Why it is worth reading: If you need inspiration in life, this book awaits you with open hands. Definitely an exciting read, this book will give you hope and won't fail in putting a smile on your face. It has a life-enhancing impact and is, for sure, one of the best motivational books in the market.

Serving as a jump starter for inspiration, the book is a treasure, one you can keep reading and rereading whenever you feel low. It will always have a lesson to guide you forward, and a read of it will surely connect you to the author's mind as well as his philosophy. The theme of courage, hope, death, wisdom, and peace could be found throughout the book. I found inspiration on every page, and I came to realise the extraordinary quality of ordinary things around me.

Iconic quote: "The future would end up finding out the truth about the past."

Rating: 4.5/5

Review by: Adima Agarwal
AIS Jagdishpur, XI





Inseparable trio

When Rain, Ocean, And Rock Collide, An Everlasting Bond Takes Form. Here's How!

Avantika Shukla, AIS VYC Lko, IX B

'Inseparable!' that's what anyone and everyone who would look at the trio would say. Rain, Ocean, and Rock had been friends for the longest time now. But something was amiss for the past some time. Rock looked like he had seriously hit his bedrock. He was not his sturdy self, and seemed to be annoyed at everything that Rain and Ocean would have to say.

One fine day, the three were taking a stroll on the beach as usual, when they heard Rock's father calling out to him angrily. Rushing towards his father, he looked almost apologetic as he said, "I was about to leave." "How many times do I have to tell you to stop playing with those two. They never were, and never will be your friends," his father responded angrily.

It was only recently that Rock had learnt of

his friends' mean demeanor, but he still could not wrap his head around the same. For these two were all he knew in the name of friendship. Besides, they had always been nice to him. Rain and Ocean, though standing afar, had heard this exchange. They couldn't believe their ears for they might have had their issues, but they always loved Rock.

Not wanting to lose their friendship, they decided to delve into the matter and visit Rock in the evening to clarify things at hand. As they arrived at his house, an argu-

ment could be heard from a distance. "How can you be friends with them when they are the sole reason our generations have been destroyed and washed away?" "But they are nice people, paa..." "Nice...you call that Rain, with its acidic nature, nice... can't you see how it simply pours over us, breaking us down and washing away all our minerals into that Ocean, who greedily seems to be taking it all?"

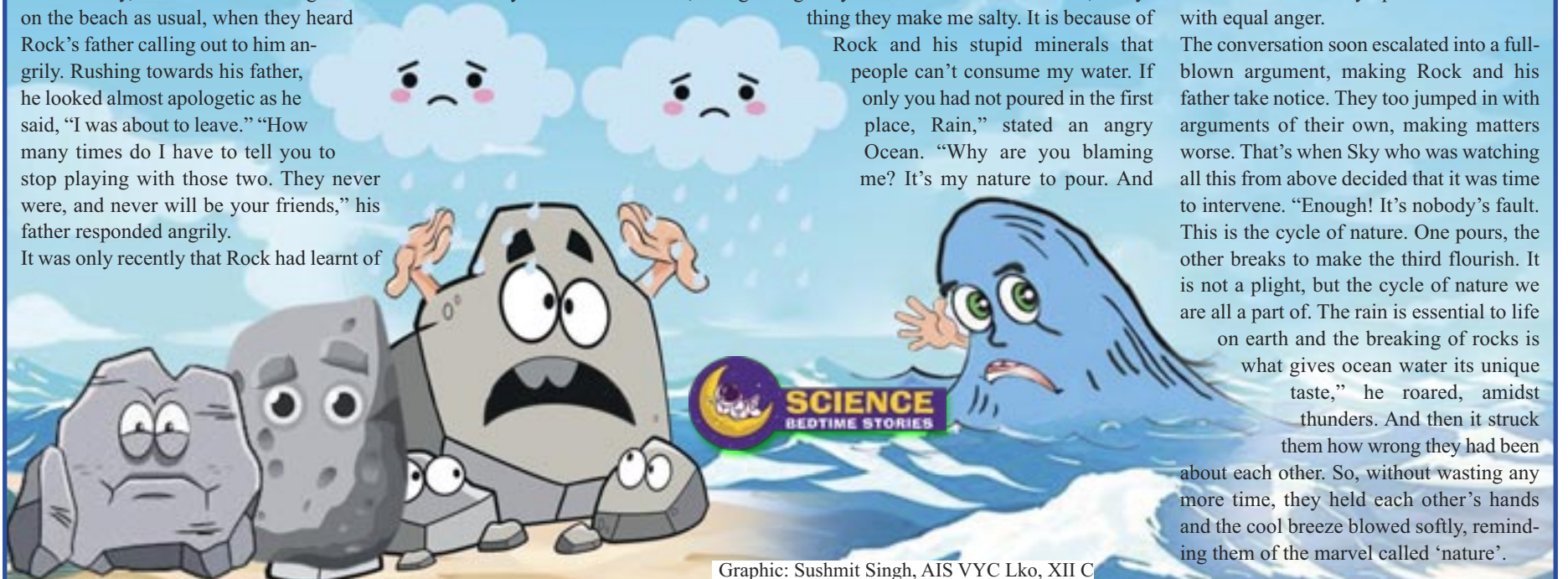
Rain and Ocean who had been hearing all this were infuriated. "Who's he calling greedy? Who wants those minerals, if anything they make me salty. It is because of Rock and his stupid minerals that people can't consume my water. If only you had not poured in the first place, Rain," stated an angry Ocean. "Why are you blaming me? It's my nature to pour. And

The science of it

As rain pours, it breaks down rocks into small pieces, releasing minerals and salts in the process. These minerals and salts are washed away by rivers into the oceans, which makes the ocean water salty.

may I remind you what happens when I don't? Your kinds dry up!" retaliated Rain with equal anger.

The conversation soon escalated into a full-blown argument, making Rock and his father take notice. They too jumped in with arguments of their own, making matters worse. That's when Sky who was watching all this from above decided that it was time to intervene. "Enough! It's nobody's fault. This is the cycle of nature. One pours, the other breaks to make the third flourish. It is not a plight, but the cycle of nature we are all a part of. The rain is essential to life on earth and the breaking of rocks is what gives ocean water its unique taste," he roared, amidst thunders. And then it struck them how wrong they had been about each other. So, without wasting any more time, they held each other's hands and the cool breeze blew softly, reminding them of the marvel called 'nature'.



Graphic: Sushmit Singh, AIS VYC Lko, XII C

An astronomical discovery

Margaret J Geller And Her Excellent Understanding Of Galaxies

Ruchita Nair, AIS Mayur Vihar, XII

American astrophysicist Margaret J Geller once famously said, "Science is driven not only by the curiosity of those who explore today, but also by their confidence in the fact that others will succeed where they have failed." Indeed, this avid cosmologist is an inspiration for generations of science students. Geller is known as a pioneer at mapping the nearby universe, and her most known works include the studies of the relationship between galaxies and their environment, and the development and application of methods

for measuring the distribution of matter in the universe.

Geller's observational and theoretical work in cosmology and extragalactic astronomy is well known throughout the world, so much so that she has been honoured with numerous awards such as MacArthur Foundation Fellowship in 1990, Helen Sawyer Hogg Lecture of the Canadian Astronomical Society in 1993, and Magellanic Premium by the American Philosophical Society for her research into the groupings of galaxies in the

year 2008.

Geller's goal has always been to understand the secret behind the mindboggling and brilliant patterns one can observe in the present universe. To that end, she has created the project dubbed SHELS, which maps the distribution of dark matter in the universe, and is also currently leading a deeper survey of the middle-aged universe called HectoMap.

But that's not all; Geller has also developed an ingenious technique to investigate the structure and mass of clusters of



galaxies, along with the relationship between these clusters and their surroundings. Her dedication to her work and passion towards physics inspires young girls all around the globe to push past their difficulties and achieve their goals! 🇮🇳





A proud Martian

A Rover That Did Much More Than It Was Intended To Achieve

Mohammad Ali Jamee Saeed Khan
AIS VYC Lko, VIII B

'My battery is low and it's getting dark...'

Those were my last words to my creators at NASA and other human friends back on earth. I, Opportunity, had been on Mars for some 5352 sols (unit for one solar day on Mars, for those uninformed), i.e., 15 earth years, greatly exceeding my intended three-month trip to the planet in search of ancient waters. For 14 years, having first landed on January 25, 2004, I had been rolling on the red planet's rustic terrains, scouring, digging, and sending back pictorial data of the spoils I had unearthed.

Though I came here with my twin, Spirit, a rover himself, and initially, was only supposed to cover less than a mile within three months, it seems that humans greatly underestimated their (and in turn, mine)

mechanical prowess. For, while Spirit reversed an extra four miles, I managed to cover a total of 28, sending back home more than two lakh images, including a self-portrait, something referred to as by the modern sapiens as a 'selfie'.

As Spirit and I traversed the surface of Mars together, we also managed to find proof of life on the planet. Well, we didn't exactly find the green bulbous-headed aliens, but we did find hematite spheres, or blueberries as some like to call them, a clear evidence that Mars once had liquid water. This discovery was considered somewhat of a scientific breakthrough, and like all perplexing findings in the age of the internet, it too was subject to numerous memes and satires. I suppose their proclivity to find comfort in comedy is not something a chunk of metal and silicon glued together can understand, but I will always wonder.

My adventures on the red planet were not

without hardships though. I experienced recurring arm and wheel problems. In fact, just a year after touchdown, I got stuck in a Martian dune, but fortunately, the scientists at NASA were able to get me out on time. Six years down the line, in 2009 to be precise, I lost Spirit. He got trapped in the sand, and unable to recharge his battery, went into an everlasting sleep. That day, I felt something that would resemble grief.

As for my stay here, things came to an abrupt end on the outskirts of Perseverance Valley during a planetary dust storm in 2018. The tumultuous tempest robbed the solar charging panels on me, forcing me to cut off contact and go into hibernation. As sols passed and my battery drained bit by bit, it became increasingly dif-

ficult for me to communicate with NASA. But even though I couldn't actually hear them, I knew the scientists back home were sending me countless signals. In their last bid to establish contact, I could sometimes hear flickers of music trying to wake me up. Bowie's Life on Mars or Queen's Keep Yourself Alive – they tried it all. 70s music to help save a stranded robot. Fantastical! At one point, hoping against hope, we all thought that perhaps, just perhaps, once the storm cleared and the sun shined back again, all would be well. And the storm

did clear and the sun did shine, but all was not well. A thick layer of dust had already coated my panels by now, shutting me off from the sun's rays. And yet, I managed to send one last message before my battery flickered dead.

'My battery is low and it's getting dark...'



Graphic: Sushmit Singh, AIS VYC Lko, XII C

Arihaan Thakur, AIS PV, II D

Place: Mussoorie

Top sights: Mall Road, Kempty Falls, Bhatta Falls, Company Garden, Dhanaulti, Surkanda Devi Temple, Landour Bake House, Mussoorie Lake, Camel's Back Road, Lake Mist

Best time to visit: April-July

Delicacies to try: Tibetan momos, sisunak saag, aloo ke gutke, kafuli/kapaa, phaanu, chainsoo, garhwal ka fannah, onion pakoras

Things to carry: Warm clothes, trekking shoes, first-aid kit, raincoat, umbrella

Souvenirs to buy: Woolen garments, wooden pieces, Tibetan jewelry, prayer beads, lampshades, porcelain items

Languages to know before you visit: Hindi, Garhwali, Kumaon, or English

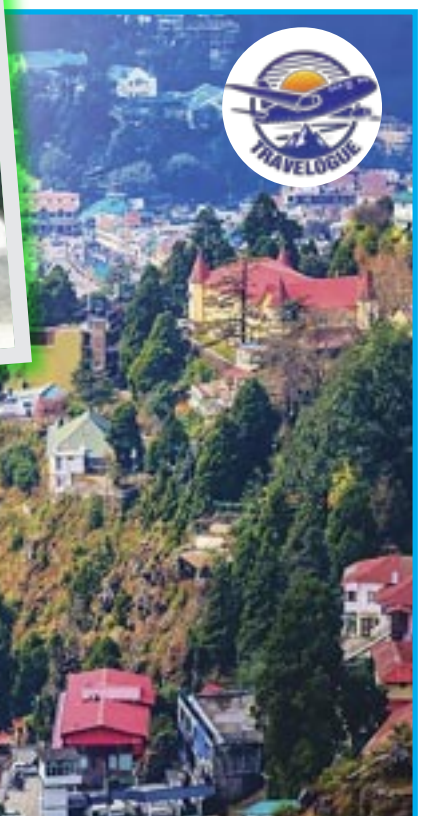
Queen of the hills

My experience: I went to Mussoorie with my family, and trust me when I say this, the hills there look breathtaking, especially during sunset. While staying there, my family and I made sure we visited all the popular sights like The Mall Road, Kempty Falls, Bhatta Falls, Company Garden, etc. We also went to the Landour Bake House. We stopped for a snack there and had freshly baked chocolate cookies, lemon cake, apple pie, and iced tea. We had a really great time away from the city. Overall, I enjoyed Mussoorie a lot.

My favourite memory from the trip: The cool summer weather and the beautiful view made the whole trip enjoyable. Mussoorie is famous

for its eateries, so my favourite memory is when we enjoyed eating onion pakoras, French toast, steamed momos while walking around The Mall Road. But the highlight was visiting the iconic Landour Bake House. Away from the crowd, this iconic bakery overlooks the snow peaks of the great Himalayan hills.

The whole trip felt really amazing. We made so many great memories there. I hope to visit Mussoorie again.



Nurturing writers



Dr Amita Chauhan
Chairperson

At the core of Amity lies my vision of creating an eco-system where unconditional love for our students co-exists with the determination to open every vista of learning and opportunity for them, so that they can take our nation to greater heights. In my new series on 'Nurturing at Amity', I shall share how various programs and platforms, designed specifically for Amitians, are helping us achieve this dream.

As you read my column, you are holding in your hands one such tool, The Global Times. The only RNI-registered student newspaper of India, GT has been nurturing writers for more than 15 years. I have always believed that good writing skills is the key to success in any field. In fact, the ability to communicate with conviction always leaves a lasting impact. This is the vision behind GT, as it has been created for Amitians to experiment with their ideas, and articulate them into words. GT nurtures not only writers, but also artists, photographers, activists and leaders, who have a deep sense of compassion and responsibility towards the society. I have often received messages from our alumni reminiscing on how The Global Times has helped them shape their personalities. I hope that every Amitian can take advantage of this glorious learning platform.

Time to say Hip-Hip Hurray!

I am proud to share that this special edition has been brought to you by the young journo's of AIS VYC Lucknow, to mark their debut in 'GT Making A Newspaper Contest'. Also, the essays written by two young writers, Mohammad Mubeen Khan (IX) and Keerthana Hannah Samuel (X) have been selected for publication by WWF India. Indeed, a great validation for our efforts of nurturing writers. 🇮🇳

Tour de force



Sakshi Gautam Mishra
Principal, AIS VYC Lko

The Global Times represents an important step forward in Amity's efforts to provide its students with a well-rounded education. It is a platform for our students to share their voice, express their opinion, and engage in meaningful dialogue about issues that matter to the world at large. So, today, as the Editorial Board of AIS VYC Lucknow makes its long-awaited debut as part of the GT Making a Newspaper Contest, I seek the blessings of our honourable Chairperson ma'am, owing to whom our students have been able to showcase their inherent skills. I am incredibly proud of our students who have shown exceptional professionalism, creativity, and dedication in bringing this project to life.

I would also like to thank our GT Coordinator and the entire team of The Global Times who have supported this project along the way. Their mentorship has been invaluable in helping our students develop their skills and produce a high-quality publication that has something for everyone. Current events, science, entertainment...you name it! So, I encourage everyone to read our edition, and to engage with the stories it presents. Once again, congratulations to our student journalists on the release of our school's debut newspaper. I look forward to seeing all that you will accomplish in the years to come. 🇮🇳

Pixels vs palettes

A Colourful Civil War And Its Painful Implications

Kainaat Arif

AIS VYC Lucknow, XII B

The world of fine arts finds itself at crossroads again, at the forefront of the beginning of a new era - the age of digital art, to be precise. While some revere digital artists and marvel at their ability to make appealing art from pixels, others mock these artists and call them 'cheaters' for resorting to electronic means to express themselves.

The juxtaposition of these two views can be easily seen in the comment section of any digital art post, the debates filling up Reddit boards and Quora notifications. All coming back to the same question - is digital art real art?

However, before we try and give any rationale in its favour or against, we must ask, what really is art? For some, it's a hobby, for others, a passion. For conservative parents, it is a waste of time, and for millionaires, it equates to tax avoidance. The purpose of art has evolved over time and its meaning is constantly up for grabs. A way to connect with God, a means to advance political propaganda, a ploy to plant seeds of nationalism, a remedy for the heart... the art world has seen it all! With so many definitions, with the latest ones being absurdly vague, why are we policing what can be called art?

Another question is why in this contemporary art period are digital strokes the most scandalising media of art? This is considering that the



Graphic: Mohammad Ali Jamee Saeed Khan, AIS VYC Lko, VIII B

A PERSPECTIVE

present art world comprises exhibitions of signed urinals, auctions of bananas taped to walls, and experimenting with schizophrenic drugs in a live five-hour performance amongst other bizarre feats. Maybe it could be the fact that the staunchest critics of digital art aren't actually artists? Who even knows?

True, digital art negates so many of the problems faced by traditional artists. For instance, its undo button makes it extremely easy to rectify mistakes, the colour picker cancels the need for colour mixing, and digitalisation allows artists to share their work at the drop of a hat. Moreover, it is an arguably cheaper mode of painting with greater accessibility. Perhaps that's where the hate comes from - apparently, things are too easy for digital artists.

Even if that's true, isn't technology supposed to make our work easier? Is music made from electric guitar not real music? Are dishes made on an electric stove less succulent than its LPG counterpart?

Each medium of art brings with itself its own set of challenges and merits; water colour is great for spontaneous fluidity and a dreamlike vision but nothing beats acrylics in versatility and durability. Similarly, graphite may be the best for smoother light gradations, but charcoal remains undefeated for learning tonal values. The point is that each medium of art is different and yet each deserves the same amount of respect. Creating likeliness out of thin air is no less than a miracle. Not to mention artists have had enough berating from the nosy 'pick science stream' relatives without your input.

Besides, good art does not come from talent, it comes from a natural inquisitiveness nurtured by years of practice, dedication, and an iron will. The 15 minute drawing you see is actually the hard work of 15 years. So, next time you feel an itch to lecture people in a field you yourself aren't adept at, take out a piece of paper and make merry with your stick figures instead. Ciao! 🇮🇳

Sincerely,
A pissed off artist

The joy of the first time

It is an overwhelming moment for me to pen down my thoughts as AIS VYC Lucknow marks an entry into the GT Making A Newspaper Contest. Undoubtedly though, it would not have been possible without the unflinching support of our honourable Chairperson ma'am and respected principal ma'am. It was a dream come true moment for the Editorial Board which, having gotten a platform to unleash their

hidden talent, has worked tirelessly. The students have left no stone unturned to bring out their best, be it in terms of the stories ideated, designs illustrated, tales narrated, or the moments clicked. The edition as such encapsulates and captures a potpourri of feelings culminating in a sense of achievement. The students of AIS VYC Lucknow

have proven that winners never quit, and quitters never win, and my honest and sincere blessings are with each and every single one of them. And since this exciting crusade has unveiled their true potential and instilled so much confidence in them, I want to thank the entire The Global Times team as well. Thank you for joining us on this journey! We hope you enjoy reading our first edition as much as we enjoyed creating it.



Namrata Sharma
GT Coordinator

Not your average engineer!

Want to know more about India's most popular career? Don't worry, **Gursimran Kaur, AIS VYC Lko, XII B**, interacts with engineers from various fields to bring you the exclusive bytes.



Ankit Saxena

The journey uphill: After I completed my BTech degree, my first assignment happened to be for a food company, so it is basically food tech that chose me. Since then, it has been 13 years that I have been enjoying the proficiency that goes into making the food we eat daily.

Technico-proviso: To become a food technologist, one can either go for BSc in food science or opt for BTech. In terms of skills, an ideal food technologist must be well-organised, should know how to keep data for good food regulation, and be good at problem-solving. Technical aptitude and knowledge of manufacturing are desirable too.

Secure the bag: The initial salary package in this profession completely depends on the capability of a candidate. Eventually, say after ten years or so, you will be able to earn a handsome

Meet the expert

A food technologist with 13+ years of experience, Ankit currently works as a regional account manager at Takasago International (Ind) Pvt Ltd.

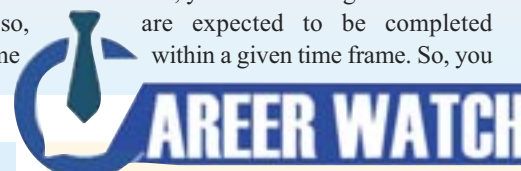
salary. My advice to youngsters, however, would be to not get lured by money, for it kills your dreams.

Clocking in: In the initial days, you usually start off by working in plants where you have a designated eight hour shift. But as you grow in the corporate world, you will be assigned tasks that are expected to be completed within a given time frame. So, you

do get the chance to fix your schedule.

Thorns and roses: There is still a severe lack of awareness about this sector. We barely even have any role models to accomplish the same. Also, food tech industry entails both organised and unorganised sectors. Since the latter lacks professional training and relies on generational experience, it gets challenging for us to provide them with the correct ingredient. When it comes to rewards, the fee and the satisfaction one gets from solving complex issues is ultimate.

Broadening horizons: Food industry is growing faster than our GDP, implying that there's a great scope for growth. Besides, every packaged food item you buy today needs intense R&D before it reaches you for consumption. Who do you think does that? We, the food technologists. The job thus is necessary.



Ritu Kulshreshtha

Meet the expert

A biotechnologist, Ritu is currently working as a professor & HoD at IIT Delhi. She has done her post-doctoral research from Harvard Medical School, Tufts Medical Centre et al.

known company, you might get a good pay, but getting into startups would not fetch you much in monetary terms.

Clocking in: There are no definite timings in this profession. We sometimes stay in the office post our 9 to 6 shift, at other times, we get free even before our working hours are over. But, long story short, we are learning and evolving a lot.

Thorns and roses: Balancing personal life and professional life seems to be a challenge. As for rewards, seeing my students grow and helping patients is the best thing ever.

Broadening horizons: Biotechnology has immense scope - one can be a biochemical engineer or make bioproducts and biosimilars. One can also become a professor in various fields like biophysics, biotechnology, etc., to name a few. Other areas to explore in this field are biostatistics, plant biotechnology, and agriculture. One can also join Biocon or Serum Institute, or even begin their own startup.

The journey uphill: My love for DNA began soon after I completed my graduation in botany. Driven by my inclination towards this field, I did my first post-doctoral research in cancer. Soon after, I started working at Dana-Farber Cancer Institute at Harvard Medical School, then at JNU, and finally at IIT Delhi as an assistant professor.

Technico-proviso: Biochemistry or biotechnology as a career is an extensive field. One needs a master's degree in either MS research or MTech program where one can enrol through GATE. Apart from the degrees, a good knowledge of biology and an expertise in physics and chemistry are a must. One must also be well-aware of emerging trends in this field.

Secure the bag: If you get into a well-

The journey uphill: My journey in the IT domain began in 2016 when I started working with IBM India as a technical analyst. It was there that I first discovered my interest in this industry.

Technico-proviso: You have two roads to choose from in order to be a network security engineer. The conventional way demands you to be a science graduate with training in IT, CS, and engineering, but the way I, and many other engineers, chose is to keep learning the fundamentals; it then doesn't matter which stream you opt for. Another thing this career demands is the constant need to be updated, given its ever evolving nature.

Secure the bag: Initially, you may get up to 7-10 lakhs INR per annum, but with experience, it can go up to 25 lpa as well.

Clocking in: The work schedule depends on where you are working. In India, we either have product-based companies or service-based companies. Product-based companies in countries like Europe and



Sumeet Das

Meet the expert

An IT engineer, Sumeet is a professional service consultant at Infinity Labs, Noida. He has previously worked as a network security engineer and a global escalation engineer.

the US outsource their workload from service-based companies. So, if an engineer is working in a service-based company, they have to work in sync with the time zone of the country their product-based company is situated in.

Thorns and roses: The most challenging thing you'll face in this career is the constant need to study to keep yourself informed. When it comes to rewards, good pay scale is one of the best benefits this profession provides.

Broadening horizons: With the increase in automation, every company feels the need to store data, making data the ultimate asset. But this also opens doors for the misuse of data. Thus, the requirement of a network security engineer to stand guard will always be there.



An unlikely thief

Mohammad Ali Jamee Saeed Khan, AIS VYC Lko, VIII B

It happened once again. They say the worst things in life are wasted potential and unrequited love, well, I'd like to add one more to the list - younger siblings! The very bane of our existence, the thorns in our rosy path, like mosquitoes in the rain who suck the life out of us and manage to get away unscathed. Beastly little cretins. This is the sixth time my dim-witted brother managed to steal my food and get away with it. I'm not sure what kind of black magic he does, but every time he's about to slip into hot water, my mother looks at the fat crocodile tears in his eyes and succumbs to his emotional manipulation. The devil wishes he possessed his charm!

Ever since we shifted our fridge to the kitchen balcony (the old thing had started to leak, so we kept it out), all my snacks have been disappearing. My primary nay, my only suspect is my brother. His mouth is always moving, when he's not vomiting nonsense, that is. He is always

So, here I am, camouflaged in the sitting room, watching the live stream from the camera using my phone, eager to apprehend my thief.

stuffing it with every edible thing known to man. Of course, in the eyes of everyone else, he is a "cutie-pie", their *ladla beta*. It is like he has put a spell on them, and only I can see through it. You find *gulab jamun*, sodas, half-eaten cupcakes, and even the bland oatmeal mumma makes strewn about everywhere. In short, it has become the Bermuda Triangle of half-eaten food products. What I don't understand is how my brother can eat so much, and yet, look as sickly as a dehydrated lizard. I guess some things will always remain ineffable, like why I can never find the correct value of X in math

class, and how my brother, who cannot lie to save his life, manages to maintain a poker face whenever I decide to interrogate him on the subject. I wish I could grill him further, but when my mother shoots one glaring look at

me, I have no other choice but to shut up.

But I am not going down easily; I am going to catch him in the act and prove him guilty. Years of watching CID and Crime Patrol are finally going to bear fruit. I have a plan, I am going to use my camera and bring my food

items to justice. After all, there is no crime more sinister than food burglary. So, here I am, camouflaged in the sitting room, watching the live stream from the camera using my phone, eager to apprehend my thief.

Minutes tick by and there is no movement. I tell myself to be persistent for they say, patience is bitter, but its fruit is sweet. Half an hour passes, and I am about to call it a day when I see the most ridiculous sight. A monkey licking the bowl of oats clean, a torn packet of juice cast aside with such nonchalance as if she were lounging in her own home. Suddenly, it all made sense - the neighbour's reports of mysterious sounds at night, the complaints of up-turned pots, and my missing snacks. All of them had one culprit - the CEO of monkey business. I guess I have some apologies to make.



Illustration: Palak Verma, AIS VYC Lko, IX B

No one else, but me

Agamy Doharey, AIS VYC Lko, XII A

Self-doubt terminates all my hopes
Just like a somber forest, I am also
Being polluted slowly and steadily
By the world and stained forever

Just how a sweet, pleasant dream
Turns into a horrifying nightmare
Certainly, it's funny how we are
The ones suffocating ourselves

I'd rather submerge underwater
To transform into a measly fish
I'd rather become a feeble insect
And be entrapped by a spiderweb

I'd rather be a mere snowflake
Waiting to melt in your hands
I'd rather be the yellow leaves
Grazing through the windstorm



Illustration: Agamy Doharey, AIS VYC Lko, XII A

Poem

I am choking and I can't breathe
Throat clogged with words unsaid
Why am I so ruthless, so brutal
To no one else but me, but me.

Read Play and Win 22

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 As per ICMR, what was the proportion of chronic diseases in India in 2016?	Q.2 Who did Gursimran Kaur & Kainaat Arif interview for page 3?	Q.3 What were the last words of Opportunity to NASA?
Q.4 Name the three engineers interviewed on page 7.	Q.5 "The world of fine arts finds _____, to be precise."	Q.6 Who created the graphic for the story 'Inseparable trio'?
Q.7 Who is the page editor of page 9?	Q.8 Who is the culprit in the story 'An unlikely thief'?	Q.9 Which school has prepared this contest edition?

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

Results of Read Play & Win-21 : Anav Halder, AIS Vas 1, VI A; Bhakti Joshi, AIS Saket, VIII C; Shriya Pasricha, AIS Gur 43, VIII B

Six jee ka kamaal

6G – What It Is, What It's Not, What It Giveth, And What It Taketh

Anushka Lal, AIS VYC Lucknow, XII A

It was in November 2020 that China launched 'the world's first 6G satellite' that could send data at speeds several times faster than ever seen before. Everyone clapped, yet whispers of the same question being repeated could be heard – "Ummm, what is 6G? Aren't we yet to get 5G?" Yes, even before the world gets used to the next big thing, 5G, the next next big thing, 6G, has come into the picture. What exactly is it? Well, let's find out together, shall we?

6 jeevan saga

Called a successor to 5G, 6G stands to be the sixth-generation wireless cellular technology. Though its final form is yet to be standardised, it is still said to use higher frequencies than previous networks, and provide substantially higher capacity and lower latency (the time it takes for one thing to be delivered from one user to another). Claims also suggest that it will support 'one microsecond latency communications', and will operate by using 'sensing solutions that will selectively use different frequencies to measure absorption and adjust them', all thanks to atoms and molecules emitting and absorbing electromagnetic radiation. This means a much faster speed of operating for our phones, yaay!

Currently, it is being developed in Northern Finland, South Korea, Europe, and China. Expected to launch commercially by 2030, it will put distributed radio access network to great use, and employ signals at the higher end of the radio spectrum, something that has not been seen till now. Though 5G has already taken good enough leaps in some of these areas, it is 6G that will push us further towards ultimate advancements. All in all, it means that a greater, faster, and better telecommunication experience awaits us in the future.

Jeeping into benefits

Though not much about this 6G technology is set in stone, the benefits of it are already being contemplated by all. According to expectations, the 6G technology market is sure to affect us in every single sector. In our personal lives, it will make it easier to stream videos, enjoy new apps that make life better, and get signals in busy or tough locations etc. On a societal front, it will facilitate major advancements in the areas of threat detection, health monitoring and facial recognition, sensory interface, social credit system, air quality measurements, gas and

toxicity sensing, location awareness etc. Its computational infrastructure will now identify the 'best place for computing to occur', including sound decisions about data storage, processing, as well as sharing.

And, of course, if the technology used is being pushed to the next level, the device it operates on will also see an upgrade, so be ready to say hi to better tech in the fields of smart cities, autonomous vehicles, virtual reality, and augmented reality. Not to mention that the ubiquitous low latency means it will connect us to the parts of the world our phones couldn't even reach yet. Remote hills, deep oceans, and even the skies – nothing will be the limit once we get our hands on 6G. It is even possible that access points will be able to serve multiple clients simultaneously, and the higher frequencies will enable much faster sampling rates, advancing the development of wireless sensing technology. Better tech convergence, edge computing, machine-to-machine communication, mesh networks, nano-core, data management, sustainable efficiency, and high-performance computing...the list of its pros goes on and on.

Facing the jeers

Doesn't something 'better' always come with a bigger price tag? Though no specific figure has yet been announced, professors at

the University of Sydney expect a peak data rate of one TB per second in the very least (because we will surely move above the usual MBs and GBs we have used till now). The dreams of 6G sound so great in theory, but the officials worry that there are still many problems associated with deploying millimeter wave radio that need to be addressed before we look at the technology as our new reality. 6G comes as a claim to make the world better for us humans, but behind the scenes, the picture isn't so friendly. Some researchers at the University of Massachusetts Amherst want to use humans as a part of the antenna system for 6G telecommunications; they want us to wear coiled copper so we can collect electromagnetic or RF energy for 6G. Umm, what?

As if this wasn't enough, Japanese operator NTT DoCoMo believes that 6G will facilitate the development of an AI that is analogous to the human brain. As exciting as that

is, we have seen way too many sci-fi movies to know how such a situation ends. And even if the situation doesn't get that dramatic or extreme on the robots-taking-over-the-world front, 6G promises us a world with advanced real-time AI, robotics, extended reality, high-fidelity holograms etc., claiming the question of humans living more online and in their screen than outside it. Not sounding so great now, is it?

Every few years, a new generation of mobile technology knocks on our door, calling itself the most advanced version till now. 2G gave us text messages, 3G gave us data services, our beloved 4G compacted the entire internet in our pockets, and 5G promises to take it one step further. Just as the chronology goes, 6G is sure to bring something new and 'advanced' to the table. Whether it will be a bit 'too' advanced for us or just enough, well, we'll know when we know.





Akshita Tripathi

AIS VYC Lucknow, XII B

Imagine living in a pandemic. Scary, right? Now imagine living in this pandemic without your computer. Unimaginable! right? But what about the ones who cannot afford these expensive computers? In comes Mukund BS, co-founder, ReNewIT, an organisation that provides high-quality, low-cost PCs to economically weaker sections of the society. How is he faring in his mission to make computers affordable for every Indian? Let's see.

Computers have become the **MAINFRAME** of our life; they influence how we live, work, and interact. But there still are some who simply look upon this techie life from the other side of the glass window. "In India, the computer penetration is less than even 10%, which means that even less than one-tenth of homes have access to a computer," Mukund starts off, counting down to what led him to start ReNewIT. "The biggest barrier for Indians is the affordability. Which is why the idea was based on taking old computers and refurbishing them to make it available at a cheaper price."

Why Discard Your Old Computer When You Can ReNewIT!



A glimpse of the testing area of ReNewIT



Mukund BS, co founder, ReNewIT

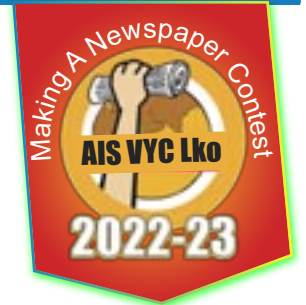
But the **CENTRAL PROCESSING UNIT** of every project is the idea at its core. For Mukund, as he mentions, "The idea came to me when I met Mr Shivananda who runs an organisation in the US where he takes old computers, breaks them down into parts, and then supplies these parts to computer maintenance companies. It was then that I thought, 'What if we also refurbish computers, but for the ones who cannot afford it?' I knew doing that would help many people." But where do these old computers come from? "ReNewIT buys old computers from

software companies, or offices that have used the computers for five to seven years. With improving technology, companies want to upgrade their systems to keep their employees productive, so we get these computers from them. For the refurbishment, we start with a physical cleaning and ensuring that all old data is removed. We then plug these systems into a server which tests each part of the computer to decide its working condition. The parts that are not working are removed and the ones that are in good shape get combined to form a new working computer."

With so much noble work done, it is important to ensure that the **RAM** of these new computers are handed to the right mice. "A lot of times the companies from which we buy the computers, help us in identifying schools, NGOs, or organisations that need our help. They even have programmes to circle out the ones in need. Usually, when we partner with companies to refurbish their PCs, they handle who they give these computers to, but when we buy these computers and work on it on our own, we try to sell it for at least 30-50% cheaper than what is available in the market."

The success of any project depends on the **HARD DRIVE** behind it, and nobody knows this better than Mukund. After all, it is his hard work that turned this concept into a successful project. "Today we are a 13-year-old organisation so our process is fairly mature, but initially I had to struggle a lot in terms of finding the computers to refurbish, the right people to develop the process, and to get to the ones who need it. On average, we refurbish around 500-1000 computers a month and have a fairly standard income. Today ReNewIT's server can process around 64 computers parallelly, and in the future, I just need to increase the number of servers I use to provide people with the best of computers at the lowest price."

From building up ReNewIT **BIT by BIT** to finding the right **ALGORITHM** to make it a success, Mukund BS and his project has changed more than 100,000 lives so far, and is all set to change many more. [G I](#)



For capturing ideal shots, the photographers



For setting the tone right, the AIS VYC Lko EB



For personifying words, the wordsmiths



For creating visuals, the designers



For top-notch editing, the page editors

Pics: Anushka Shankar, AIS VYC Lko, XII A

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ATL for learning

Creating An Equal World To Nurture Innovators

AIS Vasundhara 6

To commemorate the birth anniversary of Dr BR Ambedkar as stipulated by Atal Innovation Mission (AIM) and NITI Ayog, the school organised ATL Community Day on April 13, 2023. The event saw the presence of guest of honour, Vijay Vir Singh, vice president, Amity Innovation and Incubator Cell, and less privileged tinkerers from six schools and one NGO, Dastak.

As part of the celebrations, the young tinkerers were taken on a tour of the ATL Lab and were shown various tools of STEM activities such as Mechanozo, app designing, coding, newspaper bridge



Amitians showcase STEM tools to the young tinkerers

activity, 3D pen, lego EV3, paper circuit card, etc.

The session gave the less privileged students an insight into the world of innovation and inspired them to experiment with their

ideas and become part of the ongoing process of learning, and understanding new technology. The celebrations concluded with distribution of certificates of participation to the students. [G](#) [T](#)

Let's meditate!

AIS VKC Lucknow

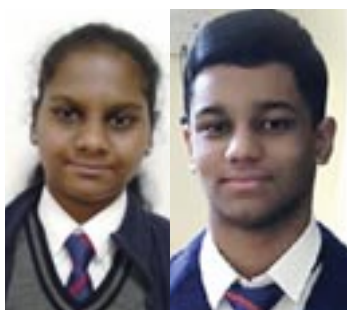
On April 13, 2023, the school organised a workshop on Yoga Prana Vidya to enlighten the students on the significance of positive energies in life. The session was conducted by Priyanka Chawla, senior arhat yoga practitioner and Devika Whorra, Yoga Prana Vidya

volunteer, where the students were introduced to 'super brain asana', an asana to improve cognitive function and concentration. Apart from this, they were also informed about the importance of rhythmic yogic breathing and its overall-benefits for a peaceful mind. The workshop concluded with the students reflecting on their state of mind after meditation. [G](#) [T](#)



Students practice meditation

For the love of wildlife



(L-R) Keerthana and Mubeen

AIS Gwalior

The essays written by Mohammad Mubeen Khan (IX) and Keerthana Hannah Samuel (X) were selected for publishing at the national level online essay writing and infographic poster making program. It was organised by WWF EIACP PC-RP* (WWF Environmental Information, Awareness, Capacity Building and Livelihood Programme, Programme Centres and

Resource Partners) on the occasion of World Wildlife Day on March 3, 2023. The essays were written on the topic, 'How human lifestyles are affecting wildlife'. The event was conducted as a part of an awareness programme promoting Mission LIFE (Lifestyle for Environment). [G](#) [T](#)

*EIACP PC-RP is an organisational program by WWF for wildlife conservation and is sponsored by the ministry of environment, forest and climate change.

Managing disaster

AIS Vasundhara 1

An interactive workshop on disaster management was organised by the school on April 15, 2023 for the students of Class VI-XII. The workshop was conducted by Anuj Tiwari, Sr Consultant, NDMA. The session began with an introductory speech by the resource person focussing on natural disasters, technological disasters, and man-made disasters. The workshop helped the students to create a disaster preparedness plan for homes, workplaces, and communities, which included creating an emergency kit, knowing evacuation routes, and understanding the importance of communication during a disaster. During the



Principal, Dr Bhavana Kulshrestha (R) felicitates Anuj Tiwari

session, students were also informed about what one must do during and after a disaster which included searching and rescuing, and how to access resources like food, water, and shelter. The later

part of the workshop emphasised on the importance of community resilience and how working together can prepare the individuals to respond to disasters in a more constructive manner. [G](#) [T](#)



Amitians in Tilonia with Solar Mamas

Embracing the heritage

AERC and AIS Noida

An educational and cultural trip to Jaipur and Tilonia was organised for 35 students from Class VII-VIII of AIS Noida between March 22-24, 2023. The trip was facilitated by Amity Educational Resource Centre (AERC) under the visionary guidance of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF.

The trip began with students visiting factories of block printing and blue pottery in Jaipur and handmade paper factory in Sangner. The visit enlightened them about unique art forms depicting the rich heritage of Rajasthan. The highlight of the trip was a visit to Barefoot College at Tilo-

nia which is a voluntary organisation working in the field of education, skill development, health, women empowerment, and electrification through solar power for the upliftment of rural people. During the visit, the children interacted with the local residents and were fascinated by the solar mamas and dental trainers, who without any formal education are master trainers in their respective fields.

Students also visited Chokhi Dhani and Amer Fort where they engaged in various cultural activities such as magic show, folk dance, puppet show, etc. The trip concluded with a visit to Amity University, Jaipur where they were given a tour of the campus and a motivational talk by the VC, Amity University, Jaipur.

Historic help



The Tech Assistants That Might Have Changed The Course Of History

Vaishnavi Yadav

AIS VYC Lucknow, IX B

With the modern age technology, every time we need assistance, it is right there. From Siri inside our phones, to Google on our laptops, to even the forever-around Alexa, our helpers answer our needs before they are even spoken. Well, what if our ancestors had the same comfort? What if the historical figures of the past had Siri madame or Google baba? Would history still be the same?

Julius Caesar: What preposterous item have you presented in front of me? The claims of it finding adequate answers to my

queries sound verily impossible, yet the confidence with which it stands in front tells another story. Oh, little magical box-

Alexa: I am not a magical box; I am Alexa.

Julius Caesar: Little magical box Alexa, tell me, when will I die?

Alexa: Tomorrow.

Julius Caesar: Tomorrow? Why, I am healthy and living a great life as a dictator. Why would I die tomorrow, and that, too, in the comfort of my kingdom? I won't be surprised if your next buffoonery claim is that I will be stabbed 23 times by my senators. Hahaha!

Alexa: ...

Isaac Newton: Hey Siri!

Siri: How can I help you today?

Isaac Newton: So here I was, sitting beneath this beautiful tree, when an apple from it fell right on top of me.

Siri: Searching for apple trees near you...

Isaac Newton: No, no, I am not asking you to search apple trees near me. I am asking you why did the apple fly and fall to the ground?

Siri: Searching for apple pies in your area...

Isaac Newton: I did not ask for you know what, yes, tell me. I am a little hungry. Who cares why the apple fell!

William Shakespeare: Valorous

m'ning, glorious screen. Can thee help me in finding a synonym f'r the word 'sad'?

Google: Unhappy, sorrowful, downcast, dejected.

William Shakespeare: These soundeth fine, but I am looking f'r something more intense. Something yond truly endues the pain of the scene.

Google: Depressed, miserable, downhearted, despondent.

William Shakespeare: Not quite th're yet. I wanteth m're pain, m're misery, m're suffering. I want the epitome of sorrow.

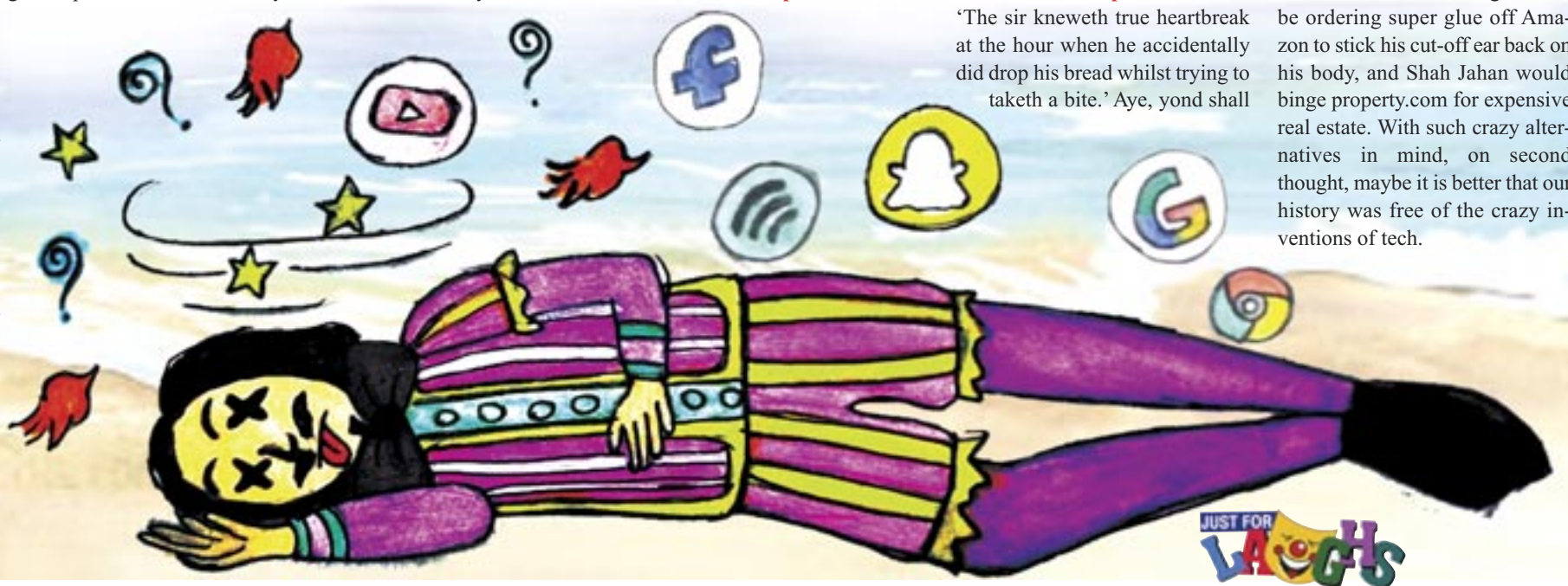
Google: Desolate, wretched, gloomy, melancholy, mournful, heartbreak, inconsolable.

William Shakespeare: P'rfect. 'The sir kneweth true heartbreak at the hour when he accidentally did drop his bread whilst trying to taketh a bite.' Aye, yond shall

giveth those English teachers something to went crazy about 100 years in the future. I truly am ahead of mine own times. And thou, too, Google sire.

The scenarios in which technology would have changed history is crazy. Maybe we would have seen Abraham Lincoln searching for the best presidential speeches for reference, or maybe Mahatma Gandhi looking up the apparatus to make home-grown salt. Akbar would be on Google Maps, trying to find the fastest way to Delhi, and Mother Teresa would be selling her Nobel Prize on eBay, using the money to help the ones in need. Vincent Van Gogh would be ordering super glue off Amazon to stick his cut-off ear back on his body, and Shah Jahan would binge property.com for expensive real estate. With such crazy alternatives in mind, on second thought, maybe it is better that our history was free of the crazy inventions of tech.

Illustration: Palak Verma, AIS VYC Lucknow, IX B



JUST FOR LAUGHS

In spotlight



Editor-in-chief: Kainaat Arif



Dripping finesse & talent, the utterly cool team of AIS VYC Lucknow



Editor-in-chief: Gursimran Kaur

Pics: Anushka Shankar, AIS VYC Lucknow, XII A