

## The micro mayhem

### Life In Plastic, But Is It Really Fantastic? Our Bodies State Otherwise!

**Deetya Gambhir & Moksh Gauri, AIS Pushp Vihar, XII D**

**More than 400 million metric tonnes of plastic is now produced annually – up from just 1.7 million metric tonnes in 1950.**

Plastic, once mankind's most versatile invention, has now divided humans into its haters and fans, but even if we do argue about this controversial constituent, it wouldn't be too far-fetched to assume that we want to stay away from it when the question comes to our food, right? But with humans eating, drinking, and breathing microplastics – plastic pieces less than five millimetres in size – the element is, sadly, the new seasoning our plate cannot do without. Why? Well...

**Research by the State University of New York found that 93% of bottled water showed signs of microplastic contamination.**

'Water, water everywhere, nor any drop to drink!' Little did we know that Coleridge was talking about water riddled with plastic! A study by University of Newcastle revealed that a human could be consuming 1,769 particles of plastic each week just from

water. Bottled water isn't the sole culprit; 83% of tap water is also contaminated. On top of it, microplastics are also a part of everything we eat. Case in point – plants absorb nano-plastics through root stems, contaminating our fruits and vegetables. Researchers also say that anything packaged in plastic is most likely poisoned with microscopic bits of it, so there goes basically everything we consume. Our air isn't safe either; average human could be inhaling up to 16.2 bits of plastic every hour. From airborne microplastic ranging from 0.01 particles per cubic metre in the Pacific Ocean to several thousand articles per cubic metre in London and Beijing, plastic seems to be everywhere all at once.

**A person eats five grams of microplastic in a week – about the weight of a plastic bottle cap.**

And that is just the tip of the iceberg. Humans consume 21 grams of plastic every month (half a rice bowl), 125 grams every six months (cereal bowl), 250 grams a year (heaped dinner plate), 2.5 kg every ten years (standard life buoy), and 20 kg in our lifetime (more plastic than two mobile recycling bins). As a result, traces of plastic have

been found in human lungs, veins, kidney tissue, heart, and spleen. According to Leonardo Trasande, MD, around 10,000 men die from cardiovascular diseases related to phthalates (chemicals used to make plastic more durable) every year. In a first, this is one thing WhatsApp University and Harvard University agree on – how dangerous plastic is inside our bodies! From obesity, hormonal imbalances etc., to neurotoxicity, inflammation, and possible carcinogenic effects, plastic is not-so-silently killing us all.

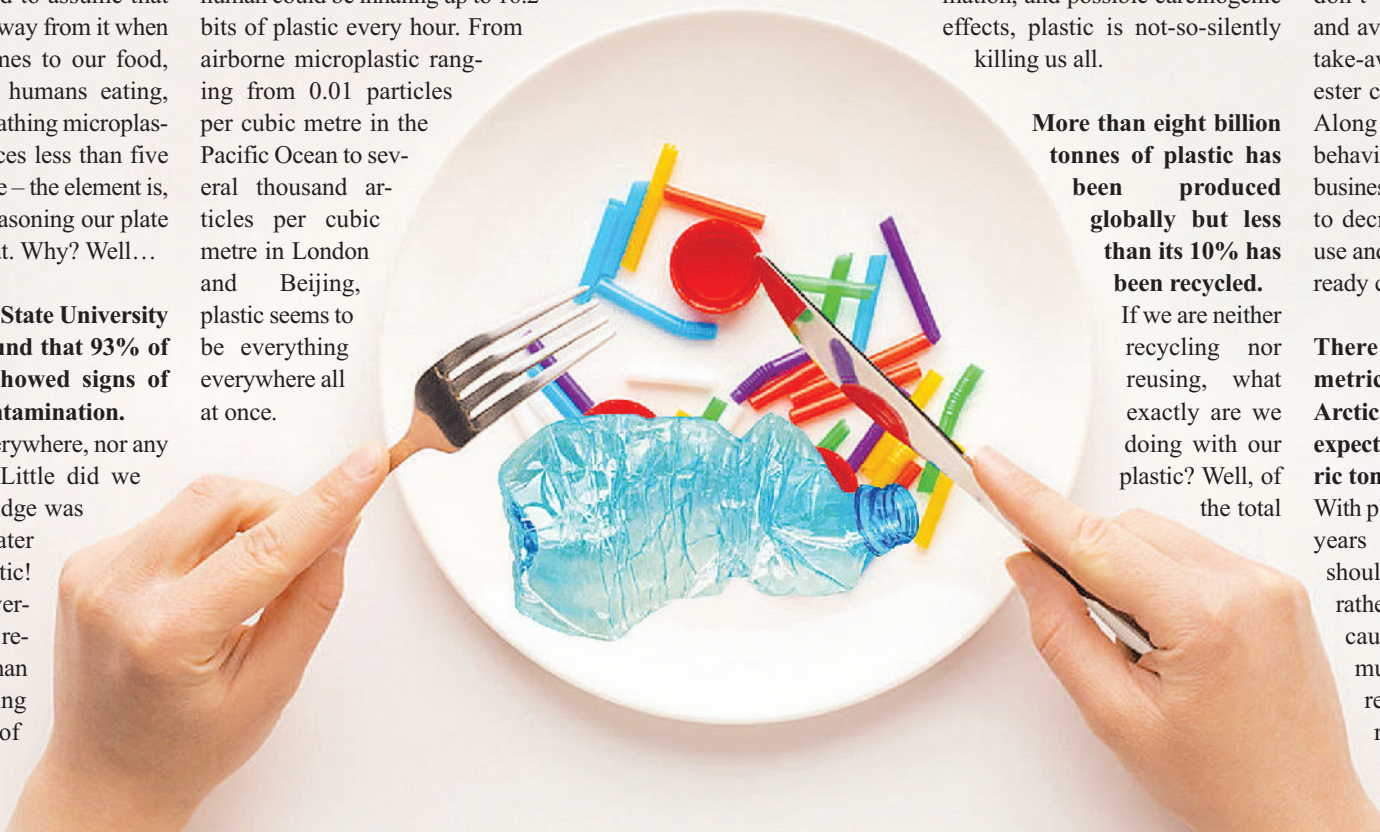
**More than eight billion tonnes of plastic has been produced globally but less than its 10% has been recycled.**

If we are neither recycling nor reusing, what exactly are we doing with our plastic? Well, of the total

waste, 12% is incinerated and 79% is dumped in landfills and around, from where they break into tiny fragments that rest all over the world. Yet, the battle is not lost; even though plastic surrounds us, solutions can be found by opting for plastic-free alternatives like reusable totes, copper bottles, glass jars, steel plates, microbead-free products etc. Follow small steps to make bigger changes like don't re-heat food in plastic containers, don't consume packaged items, and avoid canned items, tea bags, take-away cups, nylon and polyester clothes...so on and so forth. Along with conscious consumer behaviour, it is also important for businesses and leaders of the world to decrease primary microplastic use and reuse the ones we have already churned out.

**There was approx. 8.3 billion metric tonnes of plastic in the Arctic Ocean in 2017, a number expected to rise to 34 billion metric tonnes by 2050.**

With plastic taking over a thousand years to decompose, our goal should not be ignorance but rather awareness and action, because if not this, then, how much microplastic are we ready to inject in ourselves remains as the question we will have to kill ourselves to answer.



#### THE GT POLL

**Do you think MDH and Everest spice sales would take a hit due to the recent bans in Hong Kong and Singapore over potential carcinogens?**

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

To vote, checkout our Instagram page @the\_global\_times

#### Coming next

Youth Power Grand Finale

Follow us on: @theglobaltimesnewspaper @the\_global\_times



#### Pearls of wisdom

In conversation with Dr Ajai Kumar Sonkar, Pearl Man of India, as he unveils the challenges behind cultivation of pearls in India.

...more on page 3



#### Of innovation and creativity

Noting the words of wisdom shared by celebrated personalities from different walks of life at TEDx organised by AIS Gur 46.

...more on page 6-7



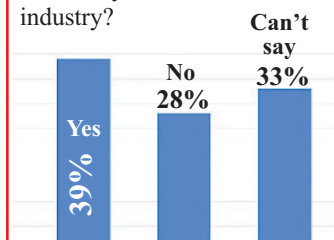
#### Nest man of India

An insight into Rakesh Khatri's mission to save India's disappearing birds, by creating nests in natural habitats.

...more on page 10

#### POLL RESULT for GT Edition April 22, 2024

Can sustainable aviation fuel (SAF) help in reducing the colossal carbon footprint created by the aviation industry?



Result as on April 27, 2024

OPPORTUNITY FOR CLASS X, XI, XII & 2024 XII PASSING OUT STUDENTS



# AMITY UNIVERSITY SUMMER SCHOOL 2024

A CERTIFICATE, RESIDENTIAL PROGRAM FOR BRILLIANT STUDENTS

**PURSUE COLLEGE LEVEL ACADEMICS**  
with Amity's distinguished faculty

**BUILD LIFE SKILLS WITH**  
leadership & communication skills workshops

**GET REAL-WORLD EXPERIENCE**  
at 400 labs & learning studios



**DISCOVER  
FUTURE GRADUATE  
PROGRAMS AND  
CAREER PATHWAYS**

Make an informed choice as per your interest

18th BATCH COMMENCING FROM

**10th June to  
21st June 2024**

**LIMITED SEATS AVAILABLE**

#### 30 COURSES TO CHOOSE FROM

##### ENGINEERING SCIENCE & TECHNOLOGY

- Artificial Intelligence
- Data Science
- Cybersecurity & Block Chain
- Civil Engineering
- Biotechnology
- Space Science & Technology
- Nanotechnology
- Aerospace & Avionics
- Computer Science
- Electronics & Communication
- Forensic Science
- Automobile Engg.
- Mechanical

##### CREATIVE PROGRAMMES

- Fine Arts
- Architecture & Interior Design
- Fashion Design
- UX Design

##### MASS COMMUNICATION

- English Communication & Journalism
- Photography

##### SPECIALISED PROGRAMMES

- Hotel Management
- Travel & Tourism
- Law
- Psychology
- Finishing School
- Economics

##### MANAGEMENT

- Marketing & Sales
- Commerce
- Accounting & Finance

##### FILM & DRAMA

- Film Awareness & Film Making
- Acting for Stage & Screen

**OVER 3,000 STUDENTS FROM 800+ SCHOOLS HAVE PARTICIPATED IN AMITY SUMMER SCHOOL INCLUDING:**

- Welham Boys School • The British School • The Doon School • Mayo College • The Scindia School • American Embassy School • British School of Bahrain • Convent of Jesus & Mary • Delhi Public School
- Dhirubhai Ambani International School • Hyderabad Public School • La Martiniere College • Loreto Convent • Modern School • Mount Carmel • Singapore International School • Springdales School • Wynberg Allen School

**FEES:** • **Course Fees:** ₹ 12,000/- (Fees subsidized by Amity Youth Foundation) • **Hostel Fees:** ₹ 6,000/- (including Breakfast/ Lunch/ Dinner)

- On-campus hostel with AC rooms, attached bathroom, sitting lounge, Cable TV and Wi-Fi connection • Fully secure campus through smart cards, biometric readers and IP cameras • 24x7 medical facilities

Application forms available at [amity.edu/summerschool](http://amity.edu/summerschool) | Email: [summerschool@amity.edu](mailto:summerschool@amity.edu)

Call: 97-176-94609, 98-101-04149, 70-422-92132, 98-115-97208 | E-2 Block, Room G-02, Amity University, Sector 125, Noida (New Delhi NCR)

# Pearls of wisdom

## Dr Ajai K Sonkar's Journey Of Discovery And Innovation

### INTERVIEW

Diya Mishra & Arya Singh  
AIS Vasundhara 6, XII

**A** Padma Shree awardee, discoverer of black pearls, chairman of the Pearl Aquaculture Research Foundation, author of multiple papers printed in national and international journals, pioneer in developing pearl-making techniques and so much more – these are just some of the feathers in the cap of Dr Ajai Kumar Sonkar. The luminary's work, lauded as 'a monumental achievement for our nation' by late president Dr APJ Abdul Kalam, has positioned him as the quintessential pearl maestro of India. In an exclusive interview with the legend himself, GT unveils the lustrous brilliance of the Pearl Man of India.

#### Uncharted waters

From an early age, my heart was set on a different path, one that led me from the world of mathematics to the field of biotechnology. Despite getting admission in IIT Kanpur, I made the difficult decision to forsake that opportunity and pursue my heartfelt calling. It was

during a period of introspection that I stumbled upon an article in National Geographic titled The Pearl by Dr Fred Ward. The article chronicled Japan's arduous journey in the realm of pearl cultivation, unravelling the astonishing fact that Japan lacked the ideal climatic conditions for cultivating pearls but they still managed to do it. This feat marked the beginning of my journey.

#### Surfing to success

As I delved into the world of pearl cultivation, my curiosity was met with scepticism from various research centres. To my dismay, their response was dismissive, scoffing at the notion of pearl culture in freshwater settings. Discouraged yet undeterred, I decided to chart my own course. I converted a compact room at my farmhouse into a personal laboratory where, starting from scratch, I did extensive research with limited resources. And slowly I gained recognition from Dr Gopala Krishnan and Dr P Das of the National Bureau of Research, who shared my groundbreaking discovery with the world. My achievements garnered the attention of Discovery Channel, which propelled me into international spotlight. The prospect of freshwater pearl culture, pre-



Dr Sonkar in conversation with GT reporters

viously believed to be confined to marine environments, captivated everyone, sparking a wave of curiosity and admiration.

#### Dive into the sea

Emboldened by this international exposure and the encouragement of Dr Kalam, I resolved to select Andaman Islands as the ideal location to further my pearl culture endeavours. It was here that I focused my attention on Pinctada margaritifera oysters, native to these pristine waters. I quickly found that cultivating marine pearls presented a unique set of challenges. Procuring these oysters was a challenge as we encountered sharks and the unpredictable climatic conditions in marine areas also posed a constant test of resilience. I opted to keep my oysters in their natural sea environment for rearing; creating an eco-friendly approach, we suspended the cages at depths of 35-40 metres where

sunlight penetrates sufficiently to facilitate photosynthesis and provide the oysters' primary source of sustenance – plankton.

#### The sea of future

Black pearls, renowned for their unique hues, demand meticulous attention. Through relentless dedication and genetic code studies, we have achieved remarkable control over mortality rates in our laboratory. This marks a significant milestone in the cultivation of these exquisite gems. In our pursuit of scientific advancements, we have explored the fascinating realm of organ culture, and inspired by our success with oyster mantle tissue grafting, we've considered the alternative of culturing organs naturally instead of flasks.

#### Message for all

My heartfelt message to the young

generation is a gentle reminder to always stay connected to your roots as we all embark on the path of development. In our pursuit of progress, let us remain mindful of what truly nourishes our souls and what causes harm. While technology undoubtedly holds its place, we must not become solely reliant on its wonders. Let us embrace the beauty of our natural development, for it holds the key to our sustainable future. Each of us possesses the power to make a difference and to nurture the seeds of positive change within our hearts. Together, hand in hand, we can forge a future that honours both progress and preservation where the melody of harmony resonates within every man's heartbeat. [GT](#)



Dr Ajai Kumar Sonkar, Pearl Man of India

## Book Review

# Powerful lessons

**Book:** Make Your Bed  
**Author:** William H McRaven  
**Published in:** 2017  
**Genre:** Non-fiction, self-help

**Synopsis:** Based on admiral William H McRaven's commencement speech for the graduating class at the University of Texas in Austin on May 17, 2014, Make Your Bed describes the ten lessons he learned during his Navy SEAL training days. At first glance, though the book talks of the simple lessons that deal with overcoming the trials of SEAL training, it actually is

equally important in dealing with the challenges of life.

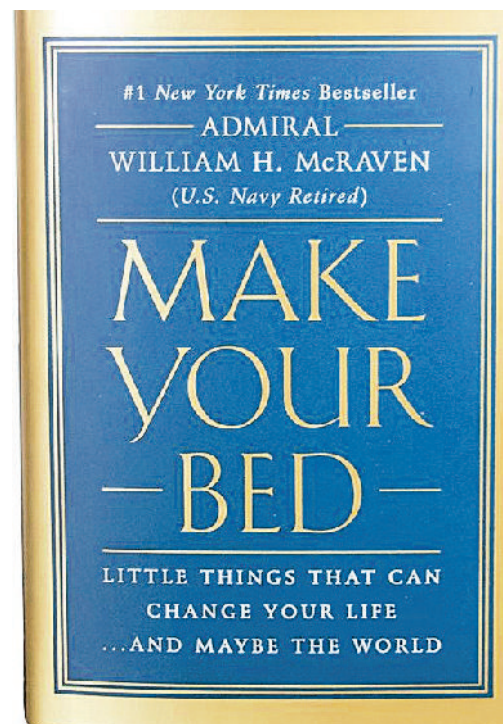
**Why is it worth reading:** In the book, William McRaven draws on his personal experience as a Navy SEAL and commander to share lessons on how to approach challenges, take risks, and overcome setbacks. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to develop good habits and achieve personal success in life. By sharing inspiring stories of individuals who have faced incredible adversity and overcome it through hard work and

determination, the author conveys the power of discipline, perseverance and resilience. Admiral McRaven emphasises the importance of making a difference in the lives of others, no matter how small the gesture may seem. Overall, Make Your Bed is a quick and inspiring read that can help us cultivate a humane mindset, find motivation and purpose in our life, and make a positive difference in the world.

**Iconic quote:** "Start singing when you are up to your neck in mud."

**Rating:** 5/5

**Reviewed by:** Vandita Sharma  
AIS Saket, X B



# From pixels to legend

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

Aviraj Partap Singh Sidhu  
AIS Mohali, VI A

**The tech:** Nintendo Game Boy  
**The inventor:** Gunpei Yokoi

#### How was it invented?

Believe it or not, the inspiration to develop the Nintendo Game Boy hit Yokoi while he was travelling on a train. He saw a bored businessman fiddling with an LCD calculator

to pass the time on the train, which then sparked the idea of developing a hand-held portable gaming device that can be enjoyed anywhere at any time. And so this 8-bit game console was developed by Yokoi, Satoru Okada, and the Nintendo Research & Development team, R&D1. The Game Boy became one of the first cartridge-based consoles to support networking and enabled two Game Boys to be connected for a match with a friend.

#### When did we get to know it first?

The Nintendo Game Boy was not an overnight sensation even though the very first version of it was patented on September 24, 1985. It was actually on April 21, 1989 that the gaming device was first released to the public, in Japan, and later on, on July 31, 1989, the Game Boy was launched in North America with Tetris. Surprisingly, the device only entered the European market in the late 1990s (it had already become a worldwide sensation by then!). Throughout the following years, the Game Boy saw many upgraded versions of itself.

#### Why do we use it?

The Nintendo Game Boy was one of the most revolutionary portable gaming devices



#### Fun fact

A model of Game Boy is known to have survived the Gulf War and is now displayed at the Nintendo store in New York. It can still play the original games embedded in it.

Game Boy, when launched, also offered the option of clicking grayscale photos using the additional camera attachment or it could also be used to detect fish using a sonar wave attachment. In its entire selling period, the Nintendo Game Boy sold a whopping 118.69 million units, with over 43 million units across North America.

#### How has it helped our lives?

After its initial release in the late 1980s, the Nintendo Game Boy revolutionised the gaming industry. The Game Boy single-handedly popularised the concept of hand-held portable gaming, changing the sector entirely. It also fostered the creation of iconic franchises like Tetris and Pokémon. Even though the original model of the Game Boy was discontinued in 2003, Nintendo released a new version of the classic hand-held console soon after. **GT**

## H(art)monious

### The Therapeutic Strokes Of Art

Ananya Mittal  
AIS Vasundhara 6, XII

Art is a universal language that does not need to be spoken to be understood. All of us love it and appreciate it; some of us even turn into artists to create various masterpieces that are loved by many. Though all of us have made some or the other kind of art in our life, be it doodles in the margins of our notebooks or paintings on full canvas, we appreciate the healing and therapeutic effect it gives every single time. Read on to find out more about this curative method.

**Spreading calmness:** Often – especially when you are not the most talented person in the room

– making art seems more like a daunting task than a therapeutic one. ‘What will I make?’, ‘What if it doesn’t look good?’, and so many such questions plague our minds even before we embark upon an artistic activity. But whenever you feel such anxious emotions creeping up on you, remember that it is the process that matters more than the end result. Science says that making art increases blood flow through the reward center of the brain, which results in it being a pleasurable experience. There is no ‘good’ or ‘bad’ art; there is only pleasurable art that aims to lower our cortisol, a hormone that helps our body respond to stress, and make us feel less stressed. Often it’s art that guides us instead of the other way



around, something the scientific community likes to call ‘flow’. So let art flow you into a stress-free beautiful world which takes all your worries away.

**Exploring yourself:** As you explore art and all that it entails, you also realise that you are learning about your own limits and interests. Art has so many forms to

offer – painting, singing, dancing, sculpting etc. Exploring all of them to find what suits you will give you a better idea of your own preferences and likes. Maybe you like sculpting because of how it activates your sense of touch, sight and smell. Or maybe you like creating mandalas, the omnipresent factor in life as they form even the structures of our cells

and the universe at a micro level. Or maybe you like sketching, or doodling, or calligraphy, or painting or so many other options. But you’ll not know what you like until you try, so grab your sketch book and get to work. Let the lines, shapes, colours, and sounds of art channel your emotions and give you the peace and calm you are looking for.

# Nurturing global citizens



Dr Amita Chauhan  
Chairperson

What can be a better way to ignite curiosity and develop awareness about the world than by listening directly from those who shape it? “Talk With Diplomats” a dynamic programme, specially curated by AERC in 2021, with a vision of nurturing global citizens by providing students with an opportunity to interact with the ambassadors from across the globe, offers just that. This experience allows them to gain worldwide perspective of India, understand

its global relations and encourages diplomacy as a career choice. Meaningful dialogue imparts in them courtesy, humility and respect for diverse cultures. AERC launched its first pilot session with Anita Bhatia, assistant secretary general at UN Women, followed by 7 such sessions with distinguished personalities, viz., Mateja Vodeb Ghosh, ambassador of Slovenia; Amish Tripathi, Director Nehru Centre, London; Darja Bavdaž Kuret, ambassador of Slovenia; Santosh Jha, Indian ambassador to Belgium; Istvan Szabo, ambassador of Hungary; Yogesh Gupta, Former Indian Ambassador; Dr. Devyani Khobragade, Indian ambassador to Cambodia, who inspired and gave them learning of art of negotiation, crisis management and also offered insights into India and global affairs. Look forward to the upcoming program with former Swiss ambassador Phillippe Welti LIVE from Wettingen, Switzerland on June 19.

**It's time to say Hip Hip Hurray!**

Koena Malhotra (XI) and Shevansh Nagar (XI) from AIS PV, were among the top 26 finalists of Pramerica Life Insurance Emerging Visionaries 2024. They were felicitated with silver medallions and certificates for their project on food wastage. [G I](#)

# Financial freedom



Vira Sharma  
Managing Editor

Every time I overheard a bunch of teenagers dropping words like ETF, Securities, Shares & Debentures, it all came across as gibberish to me. And, imagine my bewilderment when just the other day, my 18-year-old niece casually asked me if I had an ‘investment portfolio’ for reducing my financial risk and gaining a steady income! As I mumbled that I knew only about FDs and PPFs, what amazed me was her knowl-

edge about current financial instruments and the stock market. Since then, I have discovered more and more youngsters who are aware of the importance of saving, investing, and growing money. Undoubtedly, they know better than us in the older generation how to create a budget, plan for retirement, manage debt and track personal spending. This newfound quest for financial literacy in youngsters heralds an empowered future for our country as financial freedom is, indeed, the backbone for a stress-free and secure life. At the same time, it would be prudent to mention that financial awareness is not only about creating wealth, but also respecting the fact that a lot of hard work must be put in before one can enjoy the comforts that money can bring.

At Amity, financial literacy is an important skill being imparted to students, and many have put this talent to good use in their elaborate financial plans for launching a start-up. Many teams have taken up financial literacy as their cause during Youth Power as well. I am proud to note that youngsters today have taken control of their finances as they navigate the challenges and grab the opportunities that life brings them. [G I](#)



# A democratic recession

## Is Democracy On The Very Verge Of Extinction?

Yashi Sharma & Avni Jain  
AIS Noida, XII

A study of 27 countries conducted by the Pew Research Center revealed that 51% of the population is not satisfied with the workings of their democracy. 61% of republicans in USA voted to be in favour of ‘strong and unelected’ leaders. Indubitably, authoritarianism is on the rise. The last few years have witnessed extravaganzas by authoritarians (Vladimir Putin, Xi Jinping, and Ali Khamenei) for alleviation to power. Lo and behold! The arena of backsliding democracies and apprehensive citizens is here. Could this be the start of a new epoch? Or are these authoritarian crises specific to their respective countries?

**The upsurge:** Prey on the weakest  
**The rationale:** Nations like Afghanistan, Hungary, and Turkey have been a subject to coup attempts when they were begging for a helping hand, and recently, they saw the revival of authoritarian leaders at a time of distress. As US troops fled the country, a corruption scandal saw the wrath of anti-government sentiment and a criminal conviction followed by a coup. It was at this time that these leaders were getting ready to seize their thrones. As ‘saviours’, these torchbearers of authoritarian ideals were welcomed in places like Hungary and Turkey. In fact, Viktor Orban, Hungary’s authoritarian leader, was re-elected despite being held guilty for rigging elections. “We are at heart so profoundly anarchistic that the only form of state we can imagine living in is utopian; and so cynical that the only utopia we

can believe is authoritarian.”

— Lionel Trilling

**The upsurge:** Sleazy law & order  
**The rationale:** In 1985, Post-Soviet Russia implemented irresponsible privatisation schemes as a way of becoming a free market economy. The dearth of regulatory laws and the history of asset stripping paved the way for Russia’s roundabout to communism as their saving grace. Vladimir Putin, a devout patriot, proved his nationalism by deploying corruption, capitalism, and spies as a way out for the economy. However, the repercussions of this privatisation scheme is the cause of fundamental flaws in its economy till date, giving authoritarian leaders like Vladimir Putin a window to assert their dominance.

“Those who control the past, control the future. Those who control the present, control the past.”

— George Orwell

**The upsurge:** A disputed area  
**The rationale:** The decline of democracy has been marked by increasing political tensions and territorial disputes. Russian-Ukraine conflict and China’s invasion of Taiwan were moves to combat the condemnation of the west and secure their dominance as a superpower in a region of growing western influence. Similarly, with a history of authoritarians usurping their way into another’s home, former Iraqi president Saddam Hussein invaded Kuwait, claiming it to be a part of Iraq historically. With the international political climate rife with tension, the dusk of democracy may not be afar, given that 70% of the

world’s population today lives in undemocratic setups, the lowest it has ever been since 1978.

“Ein Volk, Ein Reich, Ein Führer!”

— Adolf Hitler

**The upsurge:** A made-up enemy of the state

**The rationale:** Authoritarians look for symbols of hatred against which they can generate public enmity. Their favourite – western culture. Behind the propaganda of pseudo-nationalism and an inflated sense of self, a strong force of detestation makes the perfect mix to influence the wills of a whole nation. Hungary illustrated George Soros as an agent of western influence and a symbol of hatred. The resultant ‘democratic recession’ is too gradual and slow to notice, one of the main reasons for dwindling democracies.

“In every age, it has been the tyrant, the oppressor, and the exploiter who has wrapped himself in the cloak of patriotism, or religion, or both to deceive and overawe the people.”

— Eugene Victor Debs

Democracy, a word whose sing-song and merriment we heard for so long, today is being dwindled as its honour is questioned, so it is to be remembered that what is debated and thought over a million times can be rejected as a doltish idea, but that what stands the test of time and extremist groups and leaders can never be destabilised into nothingness. Now that we have done justice to our question, we ask: could this be the start of an epoch? It is only the voice of two kids standing in front of a computer. One potential answer to an insolvable riddle. After all, history does repeat itself. [G I](#)

**TEDx** is a mega global platform that invites motivational speakers from different walks of life. Here, each of the speakers narrate their personal accounts, which enable the audience to see the bigger picture of life, and make them realise that the glass is always half full and not the other way around. Every year, **Amity International School, Gurugram 46**, also organise their very own version of TEDx, all in an endeavour to encourage and prepare its young minds for all the challenges that they might encounter in their life ahead. Here are some noteworthy expressions from entrepreneurs and influencers on the theme 'Illuminovation', highlighting the role of innovation and creativity in leading a fulfilling life.

## Dastangoi needs



**Fouzia Dastango**, India's first female Dastangoi artist

"Dastangoi as an artform started in Purani Dilli on the steps of Jama Masjid when a dastango would narrate a tale full of drama and mystery for days on end. There was no mass media like radio or television and the storyteller had to really feel connected with his audience while telling a tale. This art form was revived in 2005, but to make it popular, it required innovation in plotline as we could no longer tell tales of princess and palaces. So we had to come up with refreshing stories. I was told that dastangos needed a deep, masculine voice and looming personalities, but I

took this as a challenge and had both the *zid* (stubbornness) and the *junoon* (passion) to succeed as a dastango. I draw my stories from contemporary times, so that people can connect with them. I have performed on tales of Kabir, Amir Khusrow, and even yesterday's actors like Meena Kumari and Madhubala. We also deal with social causes like safe motherhood, mental health etc., in our stories. Dastangoi is now a tool of social change not just story-telling. We are soon going to adapt children's stories from Bengali literature as well as Malgudi Days, in the dastangoi format." 🇮🇳

# Of innovation and creativity



**Vaibhav Kumar**, founder & CEO, Clapbox

## Find the gap, win the market

"As a teenager, I was passionate about drumming. In fact, music and entrepreneurship have always been my calling in life. During my second year of college, I was to participate in a music competition in Kanpur, and I was asked to carry my drum kit along. It was a nightmare because the kit was extremely heavy and bulky. When someone suggested that I should buy a cajon since it was a great substitute for drums, I searched for it in every music shop possible. Either

no one had heard of such an instrument, or it was totally unaffordable, being priced at around 25,000 INR. This was when I decided to build one for myself. After several trials, I had a self-made cajon. It was such a hit at the competition that I started getting queries from musicians all around to build a customised cajon for them. I knew then that this was a huge business opportunity. But, it had its own set of challenges as well. I had to make a cajon at an affordable price and at the same time

get it endorsed by professional musicians to find a place in the market. After working on around sixty prototypes for six months, I came up with the final product ie a cajon for 3500 INR. There was another roadblock as shopkeepers never took me seriously because of my young age. But I knew I had to be patient. Soon, I found a mentor who was a 50-year-old entrepreneur in e-commerce. He assisted me to sell cajons on various online platforms and the rest, as they say, is history." 🇮🇳



**Aisha Ayub**, founder & CEO TheQuoteShip, HER and Mukhaatib Foundation

## Digital marketing is the new norm

"During Covid, there were some major changes in my life, and it became important that I took stock of what I really wanted to do. I started learning digital marketing and that was a game changer for me. I started my digital marketing agency The QuoteShip, which began with a small team but now has clients from all over the world. Even before this, I had already founded HER (Huddle, Empower, Rise) that is a community of

women working towards financial empowerment of women. I want to emphasise that there is no age to restart one's life. Digital marketing is a combination of innovation and clarity. And Artificial Intelligence can now be used to support this innovation. More importantly, we must not fear AI, we should learn how to use it correctly. It is necessary to create good content using all these elements. In fact, so many women during Covid became entrepreneurs while sitting at home through the benefit of digital marketing." 🇮🇳



**Savvy Rai**, Femina Miss India Haryana 2022

## Discipline is key

"Back in 2019 when I was still in college, I got the opportunity to intern at a company in a completely different city - Mumbai. I learnt a lot while navigating through life in a new place. I had always been interested in participating in a beauty contest, but it was only during the pandemic when I finally found the courage to apply. I learnt how to present myself effectively, and I learnt how to walk on a ramp. I had to prepare myself to face several rejections along the way, while being under the spot-

light. I give the credit for my win at the pageant to the values of discipline, perseverance, and hard work instilled in me at the school. My background in sports as a national level basketball player, has also helped me immensely. All of us must know that whatever career we choose for ourselves, we must learn to never give up and always face every challenge with dignity, discipline and patience. Moreover, illuminovation, according to me, is to find a creative solution for an existing problem." 🇮🇳

## Keeping peace needs effort

"I've spent 40 years of my life with the Indian Air Force, and I'm here to talk about the Indian Military. As we all know, the world is in distress, with conflicts everywhere like the Russia - Ukraine war, Israel - Hamas war etc. And there are just three states a nation can be in, peaceful with its neighbours, at war with them, or the third state, the 'No war, no peace' situation, like the one we share with Pakistan and China. The armed forces have to be prepared for all three situations, all at the same time.

In India, we have the National Security Apparatus that strategises national security objectives and how to achieve them. We have around 14.55 lakh active soldiers and 1.55 lakh reserves. And we invest about 1.5% of our GDP to build our ships, aircraft carriers, planes, missiles, etc. We even have a 60,000-kilometer fiber optic network to stay connected. We are the largest enterprise in India! And all of this is to achieve one goal: preventing war through deterrence, by showing we're strong and prepared." 🇮🇳



**Air Marshal (Dr) Rajiv Sachdeva** Retd. deputy chief, Integrated Defence Staff

## Give birds a safe haven

"When I was a child, we used to live in Chandni Chowk, where the roof of our house was full of birds' nests. When we moved to Ashok Vihar, I noticed new construction was taking place, and as a result trees were being cut down to make way for buildings. There were hardly any nests or birds around. Even if trees were being planted, they were not of the local variety but ornamental ones, where birds rarely build their homes. This was the impetus

for me to create nests for birds. I believe that even the smallest of innovations can make a huge difference. Many of my initial innovations failed when birds did not adopt the nests made by us. I was almost on the verge of giving up when I happened to meet an elderly gardener whose words of reassurance gave me the courage to continue. Finally, it was in 2008 when the real groundbreaking moment happened. We had put up around 20 nests in one of the grain markets in Delhi. Once again, people commented on the futility of our efforts with remarks such as "Why would birds adopt man-made nests?" After waiting for three days, we saw a male sparrow take one of the nests with his female. And within



**Rakesh Khatri** Nest Man of India

days, every nest we made had been adopted by birds. Since then, we are successfully building nest for the avian population." 🇮🇳

## See every threat as an opportunity



**Anurag Jain**, ex co-founder, MilkBasket & head of operations, LocoNav

"As an entrepreneur, you must think how can you illuminate everyone's life by using innovation. When we founded MilkBasket in 2015, there were other delivery apps as well, but they were not delivering groceries till midnight. We wanted to solve this problem and this defined the USP of our service. To achieve the same, we worked hard to overcome the potential challenges in areas like supply, operations, stocking etc. We ensured that the supply side was managed well, and this set us apart from others. In fact, online shopping

had just begun in 2014-15 and the digital revolution had not yet taken off in India, so people were still skeptical about using credit cards online. So, we started the concept of e-wallets which ensured customer safety. Also, there was no delivery charge on our platform. Since we were delivering early in the morning, we ensured our warehouses were within 15 kms from each and every place we wanted to cater to and hence, we were able to deliver on time. All of these aspects made MilkBasket the success it stands as today." 🇮🇳



**Anupama Pandey** author & former State Nodal Officer

## Break the set frames

"A common perception is that innovation is what only the super-intelligent can achieve. But, innovation, for me, is a leap of faith. We discover ourselves in the process, as innovation first happens in our minds. I recall how I broke the frame myself: after a complicated surgery in 2010, my first wish was to find the strength to open my eyes. But then, I told myself that this was only 10 per cent of what I could really do. I promised

myself to run a marathon in two years. And I did. I believe that if you seek to innovate for ten per cent, it's change; but when you make it ten times ten, that's innovation. It's about pushing your boundaries. When you look for meaning in your life, you find the strength to live every moment of life. So, never listen to others' opinions while making decisions. Follow your passion and never fear failure. Know that you are limitless." 🇮🇳

# Level four

As she walked back into the conference room after the call, to her utter surprise, she saw her best friend finishing her speech.



Short Story

Shivani Verma, AIS MV, XI D

“Creatures exist on various levels - plants on level one, animals and insects on level two, humans on level three, and so on. However, creatures can exist on another level...” scientist Callista would have continued but her phone started ringing. “Sorry, I have got to take this!” She apologised and walked out of the room. It was a call from her doctor. As she walked back into the conference room after the call, to her utter surprise, she saw her best friend finishing her speech. To see her friend fill in for her, Callista, all content, decided to retire at once and go to her comfort place, the astronomy lab, in order to finish

her pending research on meteoroid samples. She drove to the lab and within no time, she started working on her research. As she flipped the space rocks, one meteor drew her attention. It was covered in a purple gooey substance, something she hadn’t seen before. “That’s so cool,” she let out upon examining it closely. Unbeknownst to her, her pupils now expanded to their fullest potential like an otherworldly experience. Having thusly zoned out from reality, her head started to feel weightless, and she sensed a strong force trying to pull her intestines out of her mouth. And she reflexively bent down gripping her hair from intense pain. After five minutes, she opened her eyes, only to realise something was off.

Though everything in the lab was still the same, it looked like her surroundings had lost most of their colour. She was feeling better, but her heart was beating faster than ever. After a while, she witnessed something that made her organs tumble. A man in a suit with an abnormal face walked through her body. She noticed she had become translucent. She also spotted other creatures with abnormal physical features, with weirdly large eyes and limbs. “Level four creatures” she realised.

“Who are you? And where am I?” she tried to talk to them, but nobody replied. Until this one man without any abnormal features approached her. “Are you (indistinct whisper)...” he mumbled and touched her hair. He was able to touch her, but it made her organs tumble just like the meteor did. After a few minutes the pain subsided and to her utter surprise, everything was back to normal. She could physically touch objects now. So, she quickly picked up her phone which was ringing non-stop. It was her doctor. “Did you take your pills yet?” he inquired, as she lay in the bed carefree, and on the side table lay her medical records with the diagnosis of Schizophrenia. 🇮🇳



## Fridge magnet planter

Mehar Selhi

Mehar Selhi, AIS Vasundhara 6, VIII D

### Material required

- Empty plastic bottle (200 ml)
- Magnets (small)
- Tissue papers
- Indoor plant
- Poster colours
- Fevicol
- Brushes & black marker
- Hot glue gun

### Method

- Take an empty plastic bottle and remove its lid.
- Now, paste tissue paper on the outer surface of the bottle (except the opening) using fevicol. Repeat five times and let it dry.
- Once it is completely dry, use a black marker to create any pattern of your choice. Colour in your created pattern using poster colours. Be sure to use various colours to make it pop.
- Once you have painted the bottle, leave it for a few hours to dry.
- When the paint is all set, paste a magnet on the outer side of the bottle, ensuring that it is on the biggest diameter of the bottle. Use a hot glue gun to secure it.
- Next, fill it halfway with water and place any indoor plant in it.
- Stick the bottle on your fridge or any applicable surface and voila! Your magnet planter is ready to brighten up the room!

## Read Play and Win 52

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 What is the tagline of the article on page 5?	Q.2 Who is featured in the 'It's me' section of this edition?	Q.3 Who are the three dyslexic individuals mentioned on page 10?
Q.4 Which school hosted the TEDx featured on pages 6 & 7?	Q.5 Who invented Nintendo Game Boy?	Q.6 Which school hosted its first PYP exhibition on February 23, 2024?
Q.7 What is the name of the scientist in the short story 'Level four'?	Q.8 Dr Ajay K Sonkar is _____ of India.	Q.9 How many tonnes of plastic is produced annually?

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

Results of Read Play & Win-51: **Adwita Biswas**, AIS Saket, X C; **Devansh Mahajan**, AIS Gur 46, IX H; **Staisha Chawla**, AIS Mayur Vihar, XI D

## WORDS VERSE

# Abyss of nightmares

Uvika Banerji  
AIS Noida, IX L

Beneath the moon's eerie glow  
The shadows of our souls meet  
In the silence of this burrow,  
Whispers dance on the breeze

I venture through the darkness  
Gliding ahead with a calm ease  
Navigating through the abyss  
Where night holds all harshness

Seeking some solace in the twist  
Where all the stars softly release  
For in this pretty midnight's mist  
My spirit truly finds its peace

Oh, in this labyrinth of the dark  
All dreams and nightmares seize  
As dawn's light begins to spark  
Gleam pulls me out of my disease



With sun's warmth, I'm released  
But who will now hear my cries  
As I again fall back into the abyss  
Where sorrow and grief never dies

Listen to the echoes of silent pleas  
They are lost in the void's disguise  
They are in depths of infinite seas  
Where only despair always lies

Yet still, look, a glimmer of hope  
There is a flicker in the gloom  
It is guiding me through the hole  
That is this all ever eternal doom

Though darkness blinds my sight  
And pain soon clouds my mind  
I'll keep searching for the light  
In this abyss, my comfort to find. 🇮🇳

# One day surprise

## Short story



**Anarghya Panwar**  
AIS Noida, XII I

As my eyes flickered open, the wet side of my pillow alerted me to my morning ritual. I turned over to the other side to find my dog already drooling. I scratched behind his ear and whispered “Good morning” as I got ready to get off my bed. “No,” a voice mumbled and I froze. There was nobody in the room except me...and Leo, my dog. Turning back, I could see him yawning. “Di—did you just—?” I tripped over my own words, realising how ridiculous my assumption sounded in reality. “No, it cannot be you!” I said out loud but the same voice replied to me with attitude. “Why, yes, it is me,” Leo said calmly. Several emotions surged through

me. Utter confusion, mainly, but somehow I wasn’t too shocked. I’d seen this happen far too many times in movies. Was I also in a movie right now? Was I dreaming? I decided to test the situation. “How are you, um, doing that?” I asked. Leo looked at me questioningly and then spoke. “Well, firstly, my name is Leonard, and I don’t know why you are surprised; I talk every single day. It is just that this is the first time you are holding a proper conversation with me instead of coddling me every time I try to tell you that I want to pee. Which I have to do right now, by the way.” I rubbed my eyes as the realisation hit me. I had a talking dog, a sassy one, but still. “I just had a dream,” Leo continued conversationally. “I was chasing squirrels but they got

“No, it cannot be you!” I said out loud but the same voice replied to me with attitude. “Why, yes, it is me,” Leo said calmly.

away. I want them back. Take me to squirrels,” he ordered, and not knowing what else to do, I obliged. We quickly got ready and made our way to the park where we played with everything from squirrels to frisbees. It was undeniably the most fun I’ve had in ages. All tired and sweaty, we trooped back home where we watched movies together, I read him stories, and finally, under the covers on my bed, Leo and I drifted off to sleep as I heard him whisper ‘I love you’ in my ear. The next morning, as I woke up, I turned to the other side but Leo was nowhere to be found. I ran downstairs to **enquire** but all my mother told me was that Leo had gone to a farm far away. She was a bit evasive about it, which is why I didn’t ask a lot of questions, but no worries. I knew my Leo would be back for me one day and I will meet him again. He was, after all, my best friend. 🐾

**So, what did you learn today?**  
**A new word: Enquire**  
**Meaning: Asking a question to gain information**



## Mango semolina cupcakes

Vardaann Gautam Malhotra, AIS Pushp Vihar, VI A

### Ingredients

Semolina (fine variety).....1 cup	Baking powder .....½ tsp
Vegetable oil .....¼ cup	Salt.....a pinch
Sugar .....½ cup	Butter/oil .....to grease
Mango (pulp) .....1 cup	Almond slivers .....to garnish
Cardamom powder .....½ tsp	

### Procedure

- ◆ Take a big bowl and in it, add semolina, vegetable oil, sugar, mango pulp, cardamom powder, and salt.
- ◆ Stir it until all the ingredients are mixed well together.
- ◆ Set the mixture aside to rest for half an hour.
- ◆ In the meantime, use a grown-up’s help to pre-heat the oven.
- ◆ Once the thirty minutes are over, add in baking powder to the mixture and mix it well.
- ◆ Now take cupcake moulds or muffin pans and grease it well with oil or butter.
- ◆ Fill one-third of the moulds with the created mixture.
- ◆ Place the moulds in the pre-heated oven for 20 minutes at 350F degrees or till an inserted toothpick comes out clean.
- ◆ Once the cupcakes are baked, set them aside for half an hour to set properly.
- ◆ Decorate your mango semolina cupcakes with almond slivers and enjoy the treat!

## It’s me

**KNOW ME**

**My name:** Silvia Gaba  
**My Class:** IV B  
**My school:** AIS Vasundhara 6  
**My birthday:** November 21

**MY FAVOURITES**

**Teacher:** Poonam ma’am  
**Subject:** Mathematics and English  
**Friend:** Aadhya Agarwal  
**Game:** Fire in the mountain  
**Cartoon:** Motu Patlu  
**Food:** Sabudana kheer  
**Mall:** DLF Mall of India  
**Book:** Sofia The First

**MY DREAMS AND GOALS**

**Hobby:** Kathak and drawing  
**I like:** My school and friends  
**I dislike:** Dishonest people  
**I want to become:** A scientist  
**I want to feature in GT because:** I want everyone to know me.

## Riddle fiddle

**Mehar Talwar**  
AIS Saket, IV D

1. What colour can you eat?
2. What has many words but never speaks?
3. What has a neck but no head?
4. What do you call a bear without ears?
5. What begins with an E but only has one letter in it?
6. What word is spelled wrong in every dictionary?
7. What goes up but never comes down?
8. What gets lighter the more you use it?

**Answers:** 1. Orange  
2. Books 3. Bottle 4. B  
5. Envelope 6. Wrong  
7. Age 8. Pencil

**The elephant’s cry**

Trumpets whistled so loudly  
For the first time in history  
The elephant lost his memory  
Due to which he lost his herd  
The poor elephant was crying  
But a frog then showed him pity  
And finally took him to the city  
They passed through the dome  
He didn’t know his way home  
And so he roamed and roamed  
But when a witch casted a spell  
That took him all the way to hell  
And when in hell he was sobbing  
He suddenly heard a loud crack  
Which brought the memory back.

**POEM**

Ananya Chaudhuri, AIS Gur-43, VIII C





Once a colourful tapestry of hues  
Trees full of their soulful melodies  
Fading now, their splendor drains  
Nature weeps, as beauty wanes!

# Nest man of India

## Rakesh Khatri's Mission To Save India's Disappearing Birds

In a world where concrete jungles are replacing green spaces, the avian population is facing a severe threat. To combat this, Rakesh Khatri, founder of Eco Roots Foundation and popularly known as the Nest Man Of India, has taken it upon himself to build bird nests. How exactly? Let's hear about the noble mission from the man himself.

### Site selection

For birds, the choice of a nesting site is crucial, which is what motivated Rakesh Khatri to take up the project, especially once he realised the threat their homes face. "The increasing urban population led to the destruction of trees, leaving birds without a home," he expressed with concern. Witnessing this, he felt compelled to assist them in building their new abodes.

### Gathering material

Though Rakesh wanted to build homes for birds, quick research made him realise that different bird species have different nesting needs, which compelled him to dwell deeper on the diminishing bird population. "I was in for a shock when I moved home and saw only ornamental trees but no birds." To address the issue, he constructed forty coconut nests, hanging them from the said trees. "The initial days were challeng-

ing but I still remember that it was on the 39<sup>th</sup> day that a family of bulbuls arrived at the nests, making it a turning point for us."

### Building the frame

At the heart of his initiative lies the Ecoroots Foundation which collaborates with children to construct bird nests. "The foundation focuses on creating nests in natural habitats, allowing the birds to adapt gradually. Besides nest building, we actively engage in projects like e-waste management, environmental education etc. Through initiatives like From Waste To Wealth, Eco Theater, and Neer, Nari, Aur Vigyan, we strive to promote a sustainable future. Corporate sectors also contribute to our cause through CSR funds."

### Securing the nest

Just as birds employ various techniques to anchor their nests, securing funding for the initiative is an essential aspect. "There's no direct source of income for us. The organi-

sation relies on support from corporations which purchase the nests. Additionally, schools organise workshops, contributing to our income." Of course, it means that sailing the ship comes with its own set of challenges. "Earlier, people underestimated us, doubting if birds would reside in man-made nests. However, that changed



GT reporters with Rakesh Khatri

Pics: Ayushi Nandan, AIS Noida, XII

eventually as our organisation and its efforts grew, and now, we plan to include SDG goals into our work and collaborate with architects to include nesting spaces into building structures," he shared.

Rakesh Khatri's dedication to providing sanctuary for India's disappearing birds is nothing short of inspiring. His work serves as a beacon of hope for both avian life and environmental conservation, so let's all pledge to support and contribute to his vision of a greener and safer world for all.

The interview was conducted by Roshni Debaja, Kashvi Bajpai & Anarghya Panwar, AIS Noida, XII

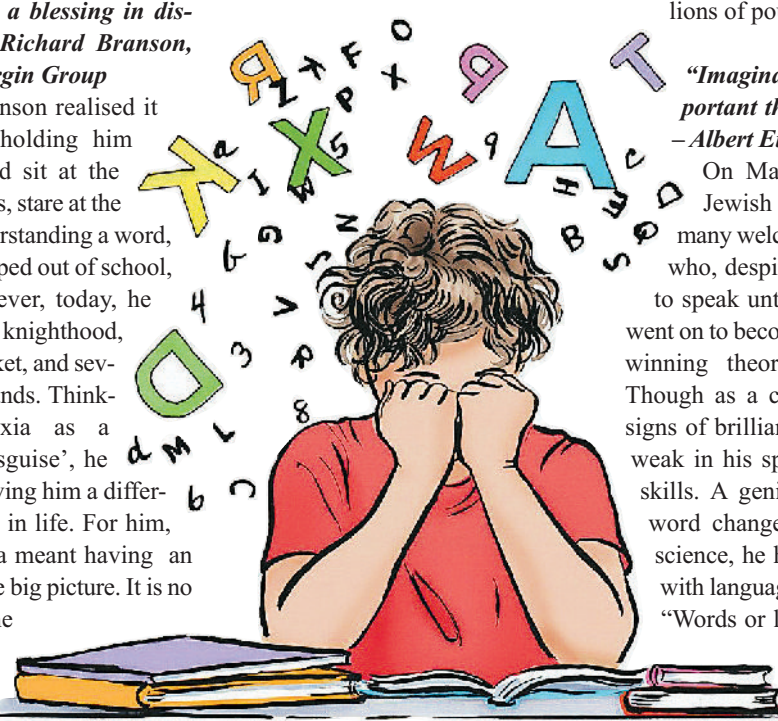


Dyslexia, a learning disorder, is usually looked down upon, with many in the world making fun of it and assuming that dyslexic individuals are good for nothing. But art and history have time and again proven that these individuals can overcome their challenges and achieve tremendous success. So read on as Agrata Dhiman, VIII G, Arnav Yadav, XII J & Harshit Sachdeva, XII B, AIS Gurugram 46, walk you through the stories of some of these dyslexic stars that prove that taare zameen par hi hain.

# Not a curse

"Dyslexia was a blessing in disguise." – Sir Richard Branson, co-founder, Virgin Group

Before Sir Branson realised it was dyslexia holding him back, he would sit at the back of the class, stare at the board, not understanding a word, and so, he dropped out of school, aged 15. However, today, he holds a British knighthood, an island, a rocket, and several billion pounds. Thinking of dyslexia as a 'blessing in disguise', he credits it for giving him a different perspective in life. For him, having dyslexia meant having an ability to see the big picture. It is no wonder that he owns more than 400 companies and bil-



ions of pounds.

"Imagination is more important than knowledge."

– Albert Einstein, physicist

On March 14, 1879, a Jewish family in Germany welcomed a baby boy who, despite not being able to speak until the age of six, went on to become a Nobel Prize winning theoretical physicist. Though as a child, he showed signs of brilliance, he was very weak in his speech and verbal skills. A genius whose every word changed the course of science, he himself struggled with languages and grammar. "Words or language, as they are written or spoken, do not seem to play

any role in my mechanism of thought. Writing is difficult and I communicate this way very badly," he once shared, but despite the challenges, he never gave up on his interests, his unconventional thinking, and methodology.

"I paint objects as I think them."

– Pablo Picasso, painter

Though he is one of the world's most prolific painters, the great Picasso, too, struggled with dyslexia throughout his life. Born in Malaga, Spain in 1881, he was always a below-average student in school due to learning disability and constantly struggled with making sense out of letters and numbers. Though his school tagged him as 'reading blind', it was actually his different viewpoint in life that gave him the unique perspective needed to create some of the most famous art pieces in the world. It was his father who saw his true potential and instead of pointing out his shortcomings, he honed his skills which made him famous. [GII](#)

# Dawn of visionaries

## Young Changemakers Of Amity Win Again



Felicitation of Shevansh and Koena at the award ceremony

### AIS Pushp Vihar

**K**oena Malhotra (XI) and Shevansh Nagar (XI) emerged as the top 26 finalists of Pramerica Life Insurance Emerging Visionaries 2024 Award in the societal solution challenge category. The winning duo was felicitated with silver medals and certificates at a glittering award ceremony held on March 22, 2024. They received the award for their project on how to reduce food wastage, for which they have been working as Youth Power team in their respective school. The prestigious award has been won under the visionary leadership of Dr

(Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, who constantly encourages Amitians to strive for service above self.

Pramerica Life Insurance Emerging Visionaries is a national recognition programme for the students of Class VIII-XII who have demonstrated active engagement in volunteer activities and designed projects addressing either financial or societal challenges within their communities. Each year, five finalists under financial solution challenge and 20 finalists under societal solution challenge are selected. This year, exceptionally, 21 finalists were an-

nounced in the latter category. With this victory, Koena and Shevansh have added their names to the list of visionary young changemakers of Amity who have consistently won this award in past. A look at top finalists from Amity:

■ **Kavya Aggarwal, AIS Vas 6:** Bronze medal for her contribution in maternal health care (2017).

■ **YP team of AIS Gur 46:** Bronze medal for initiative 'Must-Quitto' to create awareness on 'Combating mosquitoes' (2018).

■ **Vanya Tandon, AIS Noida:** Bronze medal for her work on the cause 'Deaf awareness' (2022).

■ **Raghav Pardasani, AIS PV:** Silver medal for converting stubble into carry bags (2022).

■ **Avishi Sahoo, AIS Noida:** Bronze medal for 'Re-purposing waste RO water' (2022).

■ **Sparsh Sahni, AIS Gur 46:** Silver medal for his project on 'Water conservation' (2023).

■ **Aayush Garg, AIS Gur 46:** Silver medal for creating 'Braille Visualiser' (2023).

■ **Ananya Pareek, AIS Noida:** Silver medal for addressing 'Eating disorders' (2023). [G I](#)



A student explains the implementation of PYP elements

## Pilot PYP exhibition

### AGS Noida

**T**he school hosted its first PYP exhibition based on the theme 'Abhivyakti - The Art of Expression' on February 23, 2024. It marked the culmination of the International Baccalaureate (IB) PYP programme for Grade 5 students. The spectacular event was graced by Dr Atul Chauhan, Chancellor, AUUP; Pooja Chauhan, Chairperson, Amity Humanity Foundation & ASFD, and Sapna Chauhan, Chairperson, Amityown Preschools & Amity Centre for Educational Research and Training.

During the programme, learners of Grade P5 explored and doc-

umented their understanding of several real-life and global issues like math and art integration, sports and technology, gender equality in sports, music & dance, and music & art. For the said issues, students incorporated essential elements and values of the PYP and also gave an insight into how small steps can make a big impact.

They expressed themselves through film, art, robotics, science and food. The presentations also shared solutions for an identifiable local problem that relates with the entire community. In the process, they also exhibited the essential PYP elements that they have developed throughout the programme.

## Enhance your self

### AIS Gurugram 46

**I**n an endeavour to impart holistic education to the students of Class V-XII, an enriching personality development session was organised by Amity Finishing School on March 22, 2024. Guest speakers Dr Ishani, deputy director, Amity Finishing School, Roshi Kapoor, soft skills trainer and corporate communicator, and Masha, soft skills trainer and life

coach, shared insights into an array of topics to help students in grooming self-image and overall personality development. The session focused on confident conversation and social skills, smart goal setting, and time & attitude management. Students also performed various activities like role plays, dialogue delivery, and enactment to improvise body language, imbibe soft skills and develop good listening skills. [G I](#)



Students attend the personality development session



Aashi with her mentor

## Master of blade

### AGS Gurugram

**A**ashi of Class VIII secured bronze medal in the sub junior category of sabre girls' team at the National Fencing Championship held at G S L Medical College, Andhra Pradesh from March 25-28, 2024. She represented Delhi at the national level

along with her three team members who hail from different schools. Her exemplary performance played a pivotal role in helping her team secure the winning spot at the competition. The championship witnessed the convergence of 432 fencers from across the nation, with a total of 18 teams in girls' sabre category. [G I](#)

## A tribute to Ambedkar

### AIS Vasundhara 6

**S**tudents of Class V honoured the teachings and legacy of Dr BR Ambedkar on his 133rd birth anniversary on April 12, 2024. The special event began with the students narrating his beliefs and contributions. They even underlined some lesser-known facts about his life and times. Through a captivat-

ing skit, the young ones highlighted the importance he gave to education, as reflected in his ideology. Post this, dance drama to the tunes of 'Mere Saheb', commemorated the works of this great Indian social reformer. Also, a Preamble reading session was conducted where the doctrine of equality, liberty and justice was shared to shed light on the vision of Dr BR Ambedkar.



Skit in progress



# MBTI tropes



## Let's Spot The Myers-Briggs In Their Natural Habitat

Janya Malkani, AIS PV, Alumna

**M**BTI – a four-letter code that supposedly holds the key to your deepest selves or at least the things your personality type would do if you were a cat! But let's be honest; it is also a breeding ground for hilarious stereotypes. Despite all that, the Myers-Briggs Type Indicator is undoubtedly the world's most widely used personality test, with over two million people taking it annually. So, let's grab our binoculars as we ride through the wild world of MBTIs.

### Extrovert vs Introvert

Imagine a world, not divided by nations or ideologies, but by the levels of energy one has whilst dealing with other people. On one side, we have extroverts, the social but-

terflies who are high on energy drinks and thrive on human interaction. On the other side, we have the introverts, the quiet observers who enjoy their favourite book in a cozy quarter with their kettle full of tea, wanting to hide as soon as they see anyone they must make small talk with. But *kyunki bade-bade shehron me aisi choti-choti baatiyen hoti rehti hain*, this Simran is forced to be friends with Raj.

### Sensors or Intuits

Ever wonder if you are a fact-based person or an abstract thinker? Well, you must be either of the two perceiving functions – sensing types or intuition types, or so believes Myers-Briggs. Forget superheroes, the real battle begins here. It's a battle between map navigators and stargazers. One will only look at information in

a sensory, factual, practical, and linear way, while the other may utter plenty of metaphors, comparisons, and symbolism. While processing information, the intuitive are less concerned with facts and more concerned with *main dil mein aata hoon samajh mein nahi*.

### Feelers vs Thinkers

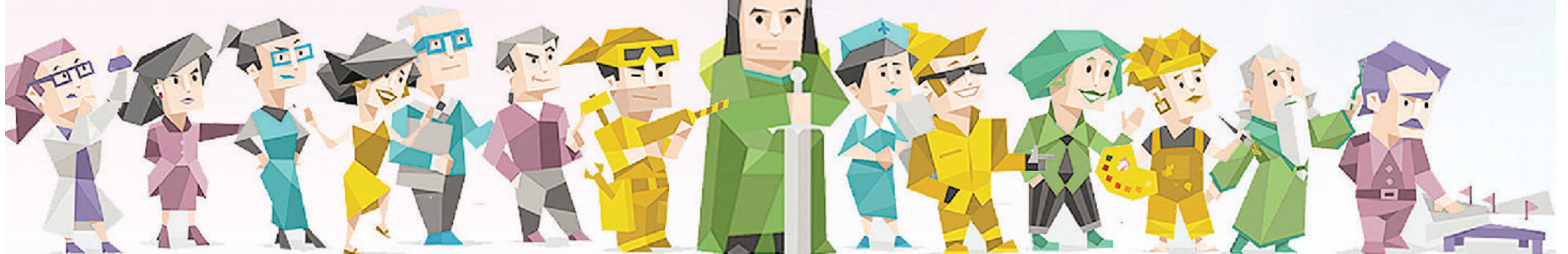
What is it like to feel everything, gliding through the waves of emotion? Only the feelers will know. Empathy. Feelers are a subjective lot, making decisions based on their principles and values. On the other end of the pool, we have thinkers who believe only in cold hard facts. They are ruled by their heads instead of their hearts, making decisions rationally with logical analysis. Their motto is "thappad se darr nahi lagta, saheb, emotions se lagta hai."

### Judges or Perceives

The judging or perceiving dichotomy tribe describes how a person organises their world. Colour-coded calendars, meticulous five-year plans, and to-do lists longer than their arms constitutes the judging types. These creatures make decisions with the precision of a Swiss watch. Their approach toward life is structured and carefully calibrated. "Ye hi Babu bhai ka style hai," they would say. Whereas, the perceiving types are flitting from one adventure to the next, guided by the winds of change. Schedules? Plans? More like loose suggestions.

So, what is your MBTI? If you don't know, take yours today at [16personalities.com](https://www.16personalities.com).

(Janya is pursuing BA (Hons) Psychology at University of St Andrews, Scotland)



## Words Verse

# Dorothy's epiphany

Manaswani Srivastava & Saanvi Saxena  
AIS Vasundhara 6, IX B

Let's embark with Dorothy on a journey to Oz  
When tornado swept her away with Toto in arms  
She waltzed in a land of effervescent mystery  
Oh, the emerald city, a sanctimonious tapestry  
An ember maned lion, a zany scarecrow  
And a tin woodman greet Dorothy happily  
Samaritans which later join her on her journey  
By the blot of the blue, a wicked witch slithers  
Who is impetuous about her penchant to steal  
Our amazing Dorothy's magical ruby slippers  
And when, in the end, they meet the wizard  
He turns out to be unctuous, oh! What a shame!  
Despite the smug performance by the wizard  
He guides the flock and elocutes to them in fun  
The qualities they seek are already in possession  
Bringing her fantastical trip to a heartfelt close  
Dorothy parts with Glinda, the good witch of Oz  
Slipping on her ruby slippers, ephemeral is closed  
Dorothy jolts up in sheets, relishing adventure in head  
She is relieved to be home, in the comfort of her bed.



## GT Travels to Port Blair



Bhakti Joshi, AIS Saket, IX A, poses with her copy of The Global Times in front of Corbyn's Cove Beach, Port Blair, Andaman and Nicobar Islands. With a 1.5 km long coastline, this beach is famous for its concrete Japanese bunkers built during World War II by the Japanese invaders.

Got some clicks with GT while on the go? Get them featured!  
Send them to us at [gttravels@theglobaltimes.in](mailto:gttravels@theglobaltimes.in)