

INSIDE



Warriors of India, P7

AMIT e-poll

Do you think that Will Smith's reaction of slapping Chris Rock at the Oscars was a justified act?

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

To vote, log on to
 www.theglobaltimes.in

POLL RESULT

for GT issue April 4, 2022

Do you think lifting penalty for not wearing masks in public places in Delhi is a good move?



Results as on April 9, 2022

Coming Next

Warriors of India

A Diamond is forever

Choosing The Artificial Way Over Natural To Create These Gems

Jasmine Kaur Kohli & Yajika Dagar
 AIS Saket, XII

Ever since the American actress Marilyn Monroe crooned to the song 'Diamonds Are A Girl's Best Friend' way back in 1949, diamonds have become the symbol of love and glamour. In fact, popular cinema has, time and again, used these sparkling rocks as the backdrop for racy thrillers and adventures. Who does not remember the classic James Bond's spy film 'Diamonds are Forever', the unforgettable 'Hope' diamond in Titanic, or even the uber-cool necklace in Ocean's 8? However, times are changing and so is the mindset of today's generation which has begun to realise the unethical and harsh conditions associated with this industry, leading to a shift in consumer behaviour. 'Lab-grown' or artificially-created diamonds have emerged as a viable alternative, but a lot more needs to be understood before these can replace natural diamonds. Let's find out.

Collected chronicles

Diamonds were first discovered in India, and it was believed that India was the only source for diamonds. In 1866, 15-year-old Erasmus Jacobs discovered the Eureka diamond, the first ever in South Africa. Later in 1905, Frederick Wells, who was attracted to a reflection while making a routine in-



spection, made the discovery of the largest diamond, Cullinan, weighing 3,106 carats. These discoveries led to the establishment of major extraction mines. With De Beers setting up their mining company in the big hole, the brand soon became the largest distributor who controlled more than 85% of the market. Today, the diamond industry globally is expected to increase by 10% with a value of approximately 29.2 billion USD by 2025-30. But now, people are also looking for alternatives to naturally-mined diamonds such as recycled diamonds, carbon-negative diamonds, and lab-grown diamonds that are environmentally better and more affordable.

Carbon copies

A lab-grown diamond has the same

chemical composition and identical physical properties to that of a mined one, with the only difference being that lab-grown diamonds are developed in a controlled environment instead of being extracted from earth's resources. There are two ways in which diamonds are grown in labs. The first is through HPHT (High Pressure- High Temperature), considered to be the original method, wherein, a small diamond seed is placed in carbon and exposed to extreme heat. The metal dissolves the high purity carbon source, and atoms precipitate on the diamond seed crystal and the synthetic diamond grows. The second method is called CVD (Chemical Vapor Deposition), and this is a relatively newer way, where diamonds grow from a hy-

drocarbon gas mixture subjected to moderate pressures and temperature. The seed is placed in a vacuum chamber which is then heated. In due course of time, the gas turns into plasma to form a diamond. Currently, Indian labs are also competing well in this growing market, contributing 1.5 million carats of CVD diamond production, which is about a quarter of the estimated lab-grown diamonds worldwide.

Cool choices

Lab-grown diamonds are four times less expensive than natural ones and are affordable for many consumers as well. Carat, which is the measurement of the weight of a diamond, of course, affects the price, and the larger the carat, the more expensive the diamond will be. The cut, style, and clarity also matter. Apart from this, in-between sizes of diamonds, also referred to as 'off size diamonds', are intentionally made to offer variations on the traditional size for cost-cutting and saving money. Also, artificial diamonds can be carved into desired sizes. Noticing the scope and opportunity for growth, De Beers in 2018, launched its new line 'Lightbox', which are lab-grown diamonds that introduced pink, blue and white options at 800 USD a carat, while a mined equivalent would have cost 6,000 USD a carat.

Continued on p6...

The legendary racing duo

Like Father, Like Daughter - The Zeal To Race Is In The Genes

Ayushi Jain & Pia Gujral
 AIS Gurugram 43, X

For all our racing enthusiasts out there, you are in for a delight. The following is a conversation with Hideki Noda and Juju Noda, the legendary father-daughter racing duo, within whom the racing genes run rampant.

Juju Noda started racing at the mere age of three and by the time she was eight, she was already breaking records. She won her first F4 race in 2020 and dreams of becoming the first woman to ever win in F1. Juju, featured in Forbes for her skills at the mere age of 15, is on a powerful mission to take over the world of racing.

The speedy legacy

I tried many things in order to find my true passion, but racing was the one that made me feel the most like myself. It was only racing where I didn't want to lose. Sometimes you feel scared to do

something but are even more motivated to overcome that feeling, especially with the support of your family and peers - that's what my experience with racing has been like. I like the speed and G force, and most exciting is when you drive the car faster than anyone else.

A father's shadow

Seeing my father race when I was young would fascinate me like anything. He knows all the tips and tricks that one should apply on the racing track as a competitive driver, and learning all these things from him is special for me. For me, he has always been my hero.

The pedestrian life

I am nothing special at my school. All my friends look at me the same way as they used to, which I very much appreciate. However, creating a balance between school and race becomes challenging at times. To concentrate on my racing activities, sometimes I have to sacrifice my studies. But of course, I try my best to juggle both as much as possible. I believe that all these experiences will help me grow up as a person.

Hopes and dreams

I dream to achieve success in motorsport and give inspiration to people. And one day I would also like to have my own animal shelter. So, the message is simple - never give up on achieving what you want; success will surely follow no matter how hard the path is. 🇯🇵

Hideki Noda is a Japanese professional racing driver. He participated in three Formula One Grand Prix, debuting in the 1994 European Grand Prix, but has since retired. Noda went to America and raced in the Indy Lights and became the only Japanese driver to win that event. After a few years in America, he moved back to Japan where he drove a Team Cerumo Toyota Supra with Hironori Takeuchi.

A hero is born

Since a very young age, I felt a special attraction towards racing. I just knew that I had to be involved in car racing. When I was eight, I chose this as my profession. Initially I had to face many financial problems, but I've always believed that if you don't give up and give your best in the difficult phases, you will find a way.

His Everest

In my entire career, the most challenging race has been Lemans 24-hour Race and my favourite racing track is probably SPA, because it is demanding and the most spectacular to drive on. It was incredible to be privy to such an exhilarating feeling.

The family business

My daughter is doing what she likes to do, and I try to help her in her career as much as I can. I try to show her that whatever I'm doing, it's best for her. Being a part of her life is my joy, and since she is giving her best to achieve her dream, what more can you ask for at such an early age?

Pearls of wisdom

I may have had to sacrifice a lot of things, but it didn't feel like a sacrifice because, at the end of the day, I was able to do what I wanted. You have to believe in yourself, and you have to be yourself. You mustn't look at the negative side or give up. This is not just for being a racer, it's for your life to be a winner. 🇯🇵



Juju Noda & Hideki Noda, legendary racers

The first barbie doll, sold in 1959, was priced at 3 USD.



Doll-ed up!

Around The WORLD

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



CHINA

20,000+ new cases in a day

Even after widespread lockdowns and mass testing, the country reported 20,472 new COVID-19 cases in a day. The current outbreak in the country has surpassed the cases found in the early days of the pandemic. To curb the outbreak, Shanghai has extended its lockdowns and implemented stricter rules in the hub that remains to be the hotspot. The task comes as a challenge, given President Jinping's commitment to limit the economic consequences.

RUSSIA

UN votes to suspend Russia

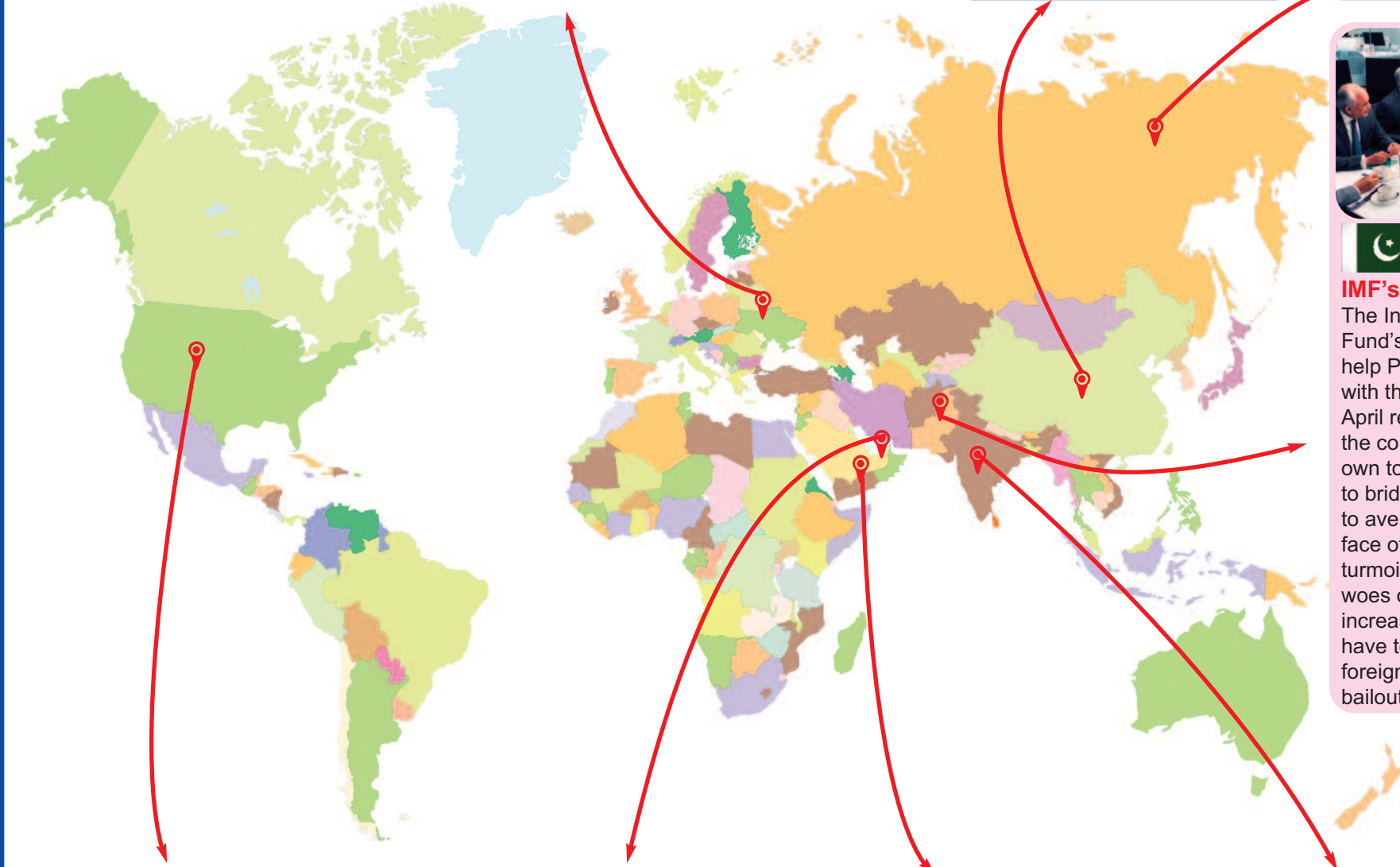
The UN General Assembly has voted to suspend Russia from the UN's Human Rights Council which only has 47 members. In the GA, 93 voted in favour of the suspension, 24 against, and 58 abstained. Initiated by USA, the move comes after hundreds were found dead as an aftermath of Russian attacks near the Ukrainian capital, Kyiv. USA has also called for Russian troops to be tried for their war crimes, various proofs of which have triggered criticism online, calling for tougher sanctions on the country.



UKRAINE

World's largest aircraft destroyed

The largest aircraft in the world, An-225 Mriya, which was once nicknamed 'Dream', has now been completely destroyed and reduced to metal scraps after attacks by the Russian forces. The aircraft was kept inside the Antonov International Airport aka Hostomel Airport, located just outside Kyiv, and the attacks have also completely destroyed the airport. The Ukraine government is still working on assessing the complete damage and losses incurred by the attacks.



PAKISTAN

IMF's bailout on hold

The International Monetary Fund's 6 bn USD programme to help Pakistan has been stalled, with the chances of approval in April remaining slim. For now, the country has been left on its own to manage five billion USD to bridge financing gap till June to avert a payment crisis. In the face of increasing political turmoil, the country's economic woes only seem to be increasing. Pakistan will also have to manage depleting foreign currency reserves if the bailout continues to be on hold.



USA

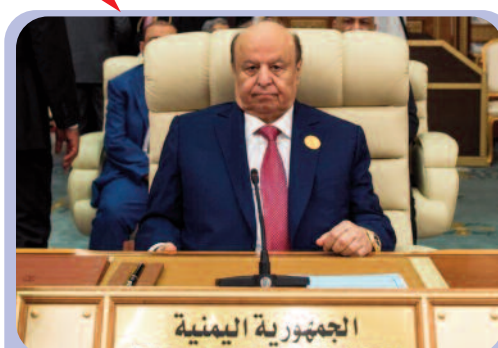
64th Grammy Awards held

The ceremony for the 64th Annual Grammy Awards was held in Las Vegas where the winners for major musical categories were awarded. Jon Batiste won five awards, the highest this time, including Album of the Year, followed by Silk Sonic who won four. Two Indian musicians, Ricky Kej and Falguni Shah, also won the Best New Age Album and Best Children's Album respectively. The ceremony saw great performances by BTS, John Legend, Lil Nas X and many others.

UAE

Abu Dhabi bans SU plastic bags

Abu Dhabi, the capital of UAE, has announced that the city would start banning single-use plastic from June 2022 to advance its ambitious carbon reduction goals. A major oil producer as well as the host of next year's UN climate summit, UAE has taken the step with hopes of achieving carbon neutrality by 2050. The officials have also stated that they plan to completely get rid of single-use styrofoam cups, plates and food containers by 2024.



YEMEN

Presidential powers for the council

Yemeni president, Abdrabbuh Mansur Hadi, has dismissed Vice President, Ali Mohsen al-Ahmar, and has delegated his own presidential powers to a presidential council that will now carry out all the leadership duties in the country. The new council will now assume the duties of both - the president and his deputies, and will carry out the political, military, and security duties for the government during what the nation is referring to as the 'transitional period'.

INDIA

Targeting 100 billion USD trade

According to Union Commerce Minister Piyush Goyal, India is aiming to take its bilateral trade with Australia from 27.5 billion USD to 100 billion USD by 2030. The news comes just days after both made an interim free trade deal that will have great implications for both economies and their geopolitical alignments. As per the minister, this is the largest deal India has made with a developed nation in the last decade and will help achieve the goal of 100 billion USD trade.





The most expensive doll in the world is L'Oiseleur (the Bird Trainer), which costs around 6.25 million USD.

Unique paths...

...To Tread Upon If You Want A Not-So-Popular Career

Diya Arora, AIS Saket, X D

Doctor, engineer, teacher, lawyer – are you tired of hearing the same career options being flashed in front of you again and again? Do you want to grow up and do something *hatke*, something not a lot of people know of? Well, if you want to step out of the box, you are reading just the right article. Mentioned below are some unheard-of career options, so hold tight and get ready to take notes...

Women and gender studies

What is it: Women and gender studies, as a stream, examines the cultural and

social construction of gender and its influence on our society. It explores the history, experiences and contributions of women to society, and talks about how gender and its discrimination comes into play. If you are someone who likes sociology, this is the perfect course for you, and you will gain critical thinking skills, research skills, and in-depth knowledge of diverse issues that will help you in the future. There are various prestigious institutions in India and abroad that offer undergraduate and postgraduate courses on the subject such as Jawaharlal Nehru University (JNU), Delhi University (DU), Banaras Hindu University (BHU), Amity University, Stanford University, University of California, Duke University, etc.

Career opportunities: Counsellor, journalist, legal professional, re-

search consultant, inclusion activist, anti-racism educator, sexualised violence educator, social policy analyst, etc.

Salary: The average salary of a gender studies student with majors is said to be about 75,000 USD annually, but it depends more on what you plan to do after you've studied the subject.

Criminal justice

What is it: If you are looking for a career beyond the typical desk job that has no falling into routine but tonnes of travel, then criminal justice is for you. It focuses on different types of crimes, court work, prison work, the role of the police, etc. Studying in a field of criminal justice will make you physically and morally fit, not to mention that you get to work on the serious issues of the world. The institutes you can consider for undergraduate and postgraduate courses are Tata Institute of Social Sciences (TISS), University of Madras, University of Lucknow, Andhra University, CUNY John Jay College of Criminal Justice, Northeastern University, Sam Houston State University, etc.

Career opportunities: Police dispatcher, loss prevention specialist, corrections officer, crime scene investigator, juvenile justice officer, po-

lice officer, special agent, probation officer, criminologist, criminal profiler, etc.

Salary: An associate degree can get you 30,000-40,000 USD per year; a BA 40,000-70,000 USD annually, and other specialisations will just keep increasing the bracket.

Museology

What is it: The science of museum organisation and management, exploring the history of museums and their role in society, as well as the activities they engage in, including curating, preservation, public programming, and education, is what the subject offers. If you're someone whose favourite subject is history, this course is for you. The universities you can opt for studying museology are Maharaja Sayajirao University of Baroda, University of Calcutta, Banaras Hindu University, Aligarh Muslim University, University of San Francisco, Harvard University, University of Leicester, etc.

Career opportunities: Museologist, research assistant, research associate, curator, collections specialist, and even an archivist!

Salary: The average annual salary is said to be around 52,000 USD.

Anthropology

What is it: If you are fascinated by humans and how society has shaped, this career option definitely has your name on it. Anthropology is the study of human origin, human behaviour, human biology, cultures and societies. The subject is more technical and complex in nature as it offers a four-field approach to the existence of humanity like biological anthropology, linguistic anthropology, socio-cultural anthropology, and archaeology. Several institutions like University of Delhi (DU), Amity University, Central Michigan University, etc., offer both BSc as well as MSc in anthropology.

Career opportunities: Scientist, medical researcher, consultant, field investigator, anthropologist, economic anthropologist, or even a business anthropologist.

Salary: An anthropology student can easily earn around 50,000 USD on an annual basis.



Plan and practice

A Teacher's Guide To Attain Excellence In Mathematics

Minakshi Tandon

AIS Gur 43, PGT Mathematics

With a positive attitude and mindset, even the greatest of challenges can be conquered and board exams are no exception. Before anything else, students must understand the contents of their syllabus and then strategise their preparation keeping in mind the weightage and marks distribution. It might seem a cliché to say "practice NCERT thoroughly and do CBSE sample papers", but students must realise that these two components will help them crack almost 80-90% of the paper. Practicing questions from NCERT Exemplar (especially the examples) and previous years' papers would be an added bonus and aid one in solving

HOTS. In case of Mathematics, it is important to note that rote learning will not help and a thorough understanding of concepts is imperative, especially to crack questions in the case study.

While the above advice is about preparation, what students do during the actual exam time is equally important. Having a clear and planned approach while solving the paper can make a huge difference in performance. The 15-minute reading time is perhaps the most crucial factor in determining a student's overall performance, s/he should use this time to understand the demands of the questions and to decide between various internal choices given in the paper. In my opinion, while attempting internal choice ques-

tions, proofs and verification questions should be preferred over evaluation questions because such questions help the students to know if they have answered correctly, which will, in turn, build their confidence. Also, they should underline the keywords in the question paper and draw a slash to segregate between different parts of the question to avoid missing out on important numerical figures. Time is an extremely crucial factor, so if students are stuck on any question, they should leave some space and revisit that particular question later. They must keep a 15-20 minute buffer time to revise the paper at least once.

To keep all of this in mind can seem overwhelming at first, but students should not fret, as their teachers are there with them until they enter the examination hall and guide them till the last minute. It is alright to have grey areas or doubts in certain topics before the exams, but students must acknowledge them instead of avoiding or fearing them. Lastly, solving Math is a routine task which one must do on a daily basis and practicing will surely help them achieve their goal in a systematic way.



GT Teacher's Desk



Book Review

Rake in that review

Book Series: The Heroes of Olympus
Author: Rick Riordan
Published on: October 10, 2010
Genre: Fantasy, mythology

Synopsis: According to a prophecy known as the Prophecy of Seven or the Great Prophecy, seven brave demigods from both Greek and Roman origins must embark on a quest to save Olympus, the home of the Gods, from facing the wrath of Gaea, the evil Mother Earth. But the quest isn't easy as Gaea's many children attempt to foil the demigod's journey. From proving themselves to be worthy of this quest to begin with, to surviving Tartarus, the pit of torture, all these demigods go through many trials to save Olympus from falling at the hands of Gaea. They also make other friends, without which the journey would have been impossible, and accomplish the very tough task of uniting the Greeks and Romans.

Why is it worth reading: To begin with, The Heroes of Olympus teaches many important lessons through an imaginative and vivid storyline, lessons of unity, loyalty and many more. Also, it is a highly emotional series with many twists and turns that are sure to keep the readers enraptured and absorbed. I think that it is worth reading because it teaches us



about the importance of sacrifice and overcoming our fatal flaws. It is a must-read for any person above the age of 10 who seeks a story which, along with its teachings, will stay in their hearts forever. At the end of it all, I would say that the book's incredible plot and characters make it one of the most interesting and must-read books of all time. One side note for the readers - you must read the Percy Jackson series before jumping to this book as it will help you comprehend the storyline in a better way.

Iconic quotes: "The thing about plummeting downhill at fifty miles an hour on a snack platter - if you realise it's a bad idea when you're halfway down, it's too late."

Rating: ★★★★★

Review by: Ananya Agarwal
AIS Gurugram 46, VII



Versatile Volendam

Rivers, lakes, and wetlands are indubitably amongst the most biodiverse places on earth, but the diversity that dwells in them is often overlooked. As such, despite being vital for communities, economies, and ecosystems alike, scores of fish species today are heading towards extinction; fisheries that trade in them and provide employment opportunities to millions across the globe are increasingly shuttering down withal. Being mindful of the same, the United Nations has designated 2022 as the International Year of Artisanal Fisheries and Aquaculture to make us au courant with the catastrophe that awaits these marine miracles and ensure their continuity for the foreseeable future. Aiming to make this vision a reality, GT presents a brand-new series, wherein each segment will either cover an endangered fish species on the verge of extinction or a renowned fishing village in any part of the world in need of immediate human attention.

Raj Chandra, VII & Abhay Sharma, IX
AIS Vasundhara I

Illustration: Raj Chandra, AIS Vasundhara I, VII

Name of the village: Volendam
The townlet is located in: North Holland, about 20 kms from Amsterdam
Population: 22,000

About the village

- Volendam village is located in North Holland by lake Markermeer and is considered the best known fishing village in the area. It is famously called 'the pearl of the Zuider Zee'.
- The village is famous for its beautiful harbour, its fishing trade, friendly souvenir shops, its authentic Dutch character, wooden shoes known as Klompen, and the traditional costumes.
- This place has been known to give shelter to many Catholic residents who are placed apart from the other Dutch people because of their typical costumes, dialect and beliefs.
- The village once acted as an artists' retreat, with both Picasso and Renoir known to have spent ample time here. Some artists even captured the beauty and essence of this place in their works of art.
- Its famous Volendams Museum is adorned with beautiful costumes of the fishing village, models of ships, paintings, and various other artworks from 1800 to the present.
- The population of Volendam has a special place



for music in their heart and as such, various renowned musicians like The Cats, Nick and Simon, Mon Amour, etc., hail from this village.

- The village has its own style of pop music commonly referred to as the Palingsound, which is Dutch for eel sound and is a reference to the eels living there.

About the fish population

The village with its scenic beauty, huge harbour area, and a specific atmosphere acts as a home to various fish species such as eel, herring, mackerel, cod, haddock and many more. These fishes are

taken care of by the fishermen of the village.

The life of fishers in the village

The fishermen make for the majority of population in the region. As such, the place was once known worldwide for its fishing community, but this reputation started fading over time, especially after the Afsluitdijk (a 32km long dam) was constructed between 1929 and 1932. For, owing to that, sea fish disappeared to a great extent and hit the fishing industry hard, making the life of the fishermen in the region extremely challenging. To make do with the same, the fishermen, from then on, made it their habit to get up early in the morning and

spend most of their day near the shore. All the fresh fish they bring in, as a result, is then auctioned in the modern fish market in the harbour.

The hardships faced

The fisherman of this village face various problems on a daily basis, starting from the aquatic pollution to the low pricing of the fish. With climate change and other environmental issues such as global warming taking the lead, to get fresh fish for trade has only become an added challenge for the fishermen in Volendam. Besides, several reports show that the sudden death of the intoxicated fish and other aquatic animals is resulting in a drastic drop in the catching of fish, which is perhaps the only source of income for all the fishermen here.

The efforts made

Since the Dutch government has witnessed the number of fish, especially eels, in the waters of Volendam dwindle to almost nothing, they, in an effort to preserve the same, passed a directive that allows fishing only for four months of the year. Other than that, numerous marine biologists, like Andries Zwaga, have undertaken various breeding projects in the region over the years to increase the overall eel stock. But even if these projects are successful, it would take another decade or so for them to produce enough eels to meet the demand. Thus, it falls on the common masses and the fishing community in general to not overfish and keep the environmental issues in Volendam in check in order to save the remaining fish species from dying.

The super fruit

An Apple A Day Indeed Keeps Your Diseases Away

Ishanvi Mishra
AIS Vasundhara 6, VII E

'An apple a day keeps the doctors away' – each one of us grew up listening to it so much so that the proverb is now engrained in our mind like a permanent memory! The phrase, coined on the basis of Pembrokeshire's proverb in 1913, has always summed up the powers of an apple and all that it can do (which is everything!). But have we ever stopped to analyse this phrase and think about what exactly is it that makes apple a second doctor? Let us do it now in brief to understand!

For starters, it comes as no sur-

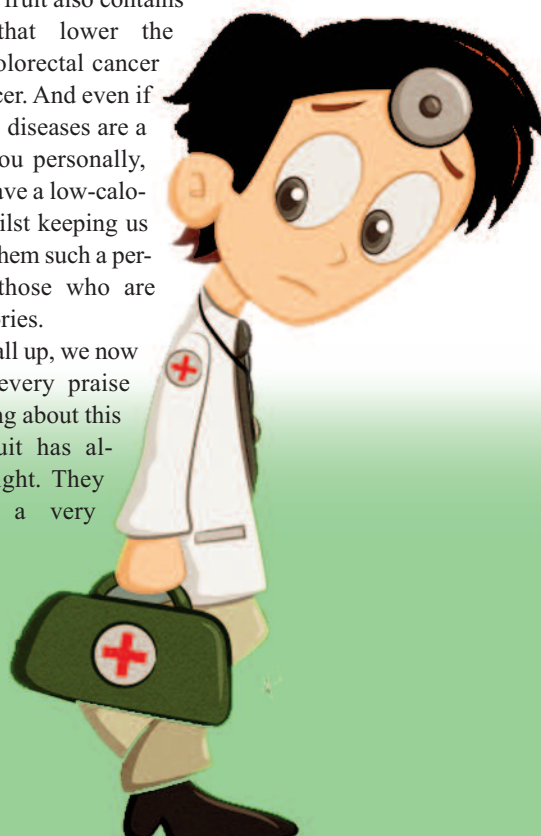
prise that apples are a wholesome fruit, so wholesome that, in fact, not just the fruit, but also its peel is full of vitamins. On top, this red beauty is full of antioxidants that help protect our cells from pollution, UV rays, inflammation, cancer, and many other diseases, including high cholesterol levels. Many researches state that consuming 2-3 apples daily can help us maintain our cholesterol levels and our lipid profiles. Additionally, they will provide us with pectin, a soluble fiber that improves digestion and helps in getting rid of constipation as well as diarrhoea. Wow, that sounds like a golden deal!

The list of the benefits that apples offer does not stop there. If we are to delve deeper into the nutritional value, we will find that a medium-sized

apple contains 95 calories, 25g of carbs, 0g of fats, 1g of protein, 13g of natural sugar, and 4g of fiber. Further, a study of over 20,000 adults concluded that apples are associated with a lower risk of stroke, lower blood pressure, and lower heart diseases. The fruit also contains flavonoids that lower the chances of colorectal cancer and lung cancer. And even if none of these diseases are a concern to you personally, apples also have a low-calorie intake whilst keeping us full, making them such a perfect fit for those who are counting calories.

So, to sum it all up, we now realise that every praise and every song about this particular fruit has always been right. They come with a very

looong list of advantages, one we would be stupid to ignore. So, grab your basket of apples, Snow White, and start munching (just ensure that they haven't been poisoned by the evil queen first!) 🍏

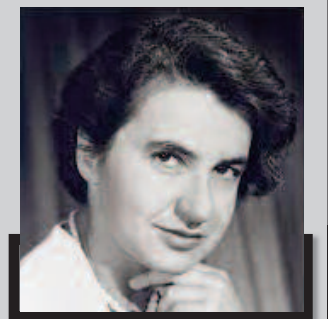


The DNA DISCOVERY

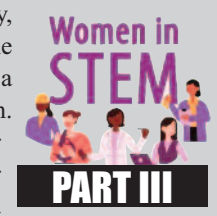
Rosalind Elsie Franklin provided the clues to understand the molecular structure of DNA

Ruchita Nair, AIS MV, X D

Born in London, chemist and X-ray crystallographer, Rosalind Franklin demonstrated an early aptitude for math and science. Her path-breaking work was central to the understanding of the molecular structures of DNA, RNA, viruses, coal and graphite. When she began her research at King's College in London, very little was known about the chemical makeup or structure of DNA. However, she soon discovered the density of DNA and, more importantly, established that the molecule existed in a helical conformation. J D Bernal called her X-ray photographer of DNA. This was a



standing to make biofuels, enzymes, and prevent food spoilage. Franklin published 19 articles on coals and carbons, five on DNA, and 21 on viruses. Unfortunately, she did not live long enough to be recognised for her scientific acumen as she passed away at the age of 38 due to ovarian cancer. Even then Franklin's contribution to science was considerable. And yet, when her peers - Crick, Watson and Wilkins - shared the 1962 Nobel Prize for Physiology or Medicine for their work on the structure of DNA, none gave Franklin credit for her contributions. But today, she is considered a gift to science.



formation. This played a major role in the discovery of penicillin and numerous other medicines. It has also helped the criminal justice system as it could be used to identify criminals. Moreover, it has provided us with the under-



The earliest dolls were made from materials such as clay, stone, wood, bone, ivory, leather or wax.

Straight from Mars

As The Planet Cries For Help Against Human Invasion

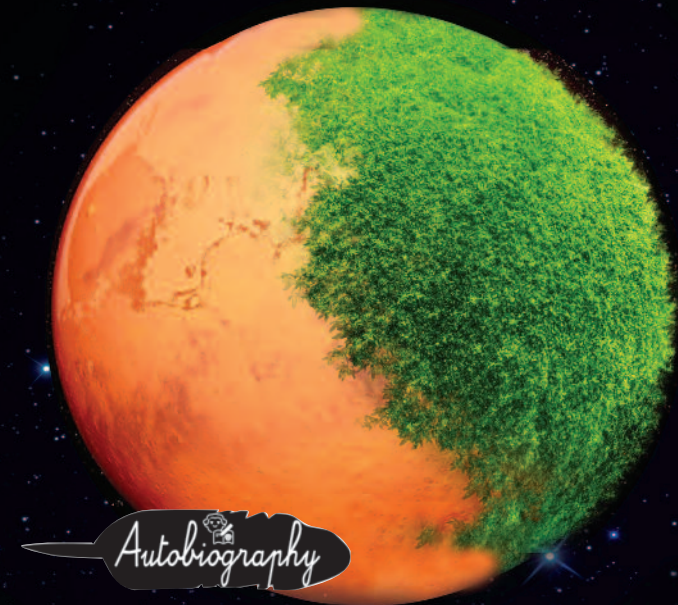
Vyakhya Gupta

AIS Gurugram 46, XII S

Someone help me! These human beings, such as pain, I tell you; always on an exploration spree, as if the exploration of their own planet wasn't enough! Now that they have destroyed their home, they need another. In case, you haven't figured it out, I am Mars, yet another planet you are hell bent on bringing doomsday to.

Oh, wait! What's that? Another rover? I mean, do humans have no courtesy, barging into anyone's house without knocking? I miss my life, one that I had some 4.6 billion years ago, when the solar nebula had collapsed to create me and the rest of my family, i.e., solar system - the sun, other planets, and my moons - Phobos and Deimos. I became the fourth planet in the solar system and was called Mars, named after the Roman God of war due to my blood-red complexion.

Life was uneventful but peaceful; at least there weren't people pricking on my rocks to sample my surface. But then things started to change some 3.7 billion years ago. The first life had started to develop on Earth, my next-door neighbour. I'd always been a little envious of Earth - just at the right distance from sun and far less likely to be hit by a passing as-



teroid! As time went by, I saw life forms come and go - bacteria, dinosaurs and whatnot, but none of them intrigued me as much as humans.

However, that doesn't mean there was nothing developing on my surface. With time, I became home to the deepest and longest valley as well as the highest mountain in the solar system. My surface developed everything from channels, valleys, gullies to polar ice caps, and to top it all, a climate much colder than Earth, and an atmosphere with 95.32% CO₂, 2.7% nitrogen, 1.6 % argon, 0.13% oxygen, 0.08% carbon monoxide, and other elements such as small amounts of water, nitrogen oxide, neon, hydrogen-deuterium-oxygen, krypton, and xenon.

Well settled in my own space,

I soon earned the attention of Asaph Hall, an American astronomer in 1877, who discovered my moons. Since then, my life became difficult. Many started observing me, the first one to watch me from a telescope was Galileo Galilei. Now, I liked human attention, but that was until they got too intrusive. US launching Mariner 4 in 1965, and Mariner 6 and 7 in 1969 - that was too much. Then there was Mars 1 and Mars 2 by Soviet Union, followed by Mariner 9 - my very first contact with the species I could, till then, only admire from afar.

As the human population increased exponentially, so did the spacecrafts they sent. Over time, I started having doubts about my 'human obsession'. Viking 6 - one of the first landers that didn't die

before landing - collected information about me for six years. It was quite weird having machinery run strange tests and sample me; I don't know how Earth tolerated getting her privacy invaded, like that. But this wasn't half as irritating as the failed machines that are now either lying broken on me like the Beagle 2, got burned up, or are just floating in space.

My dread grew as humans sent mission after mission on me, chasing traces of life. The 2011 Curiosity rover, curse her, discovered the organic compounds I'd tried so hard to hide, and that I have the right chemistry to support life. If all this wasn't enough, there are already four orbiters working around me, two from NASA and two from ESA. NASA has already launched Mars 2020 to search signs of life on me. ESA, too, will launch its mission ExoMars to collect soil sample.

I'm terrified of these monsters Earth has created. My future looks as bleak as Earth's. What if humans carry forward with their plans of colonising me? Every new movie released about 'Martian settlement' and every new mission sent is a slow countdown to the day my fate will be sealed. I've learned my lesson for only looking through tinted glasses and don't need my peace getting destroyed, thank you very much.

Be kind!

Practice The Virtue That Gives Us So Much In Life

Ananya Sharma

AIS Vasundhara 6, XII

Just like any other day in the household, Sonam went to the market to get fresh vegetables and cereals to cook dinner. After having picked the freshest supplies, she made her way back, but as soon as she reached home, she was horrified to see that there was nothing left of it. The entire house had burnt down in an accident and her whole family was now dead. A young pregnant woman was now a widow. Her world was completely uprooted, and she went back to her parents' house for shelter, but she did not even get enough time to heal from the trauma. Her father announced the news of remarriage to her, a marriage to a much older man who already had two sons. But fate was once again too cruel as just in another two years her second husband died of natural causes and she was left to be a single mother to three children. As if all of this wasn't enough, her sister, who lay on her deathbed, made her promise to look after her two little daughters.

Well, you must be wondering how cruel life must have been to her. However, in the words of Sonam, the tragedies only made her stronger and kinder. She got a job, took loans, and did whatever she possibly could to raise the kids and make a life for herself and them. As the sons grew older, they abandoned her com-

pletely, and yet, she did not let their ruthlessness hamper her kindness. She married off the daughters, but that only meant one thing - there would now be no one to look after her. So, where did all the kindness she showed land her?

Well, Sonam has been living with her biological daughter's family since the past 18 years now. Everything that Sonam has ever dreamt of has come true. Her daughter has grown up to be a wonderful woman whose husband made sure she and Sonam led the most comfortable and happy lives. She also has two sweet granddaughters who make her proud every single day and make her smile often.

This story describes the life of no one else but my own grandmother. Nothing makes me happier than to be able to have a living inspiration around me all these years. My grandma is my biggest role model as she has always inspired me to be kind. No matter what life had in store for her, she never lost faith in humanity. She has helped so many people in her lifetime and her 'pitiful' life could never stop her from doing so. "God took away a great deal from me, but gave me so much more in return," she says as she teaches me and my little sister to always be compassionate, and tells us that by being kind, we do not only benefit others but ourselves, too. Thanks to her, I have sworn to never stop being kind!

The presented essay in English on the topic of 'Kindness' was selected globally in the top ten category at the Global Heartfulness Essay event. The event was organised by UNESCO in collaboration with Shri Ramchandra Mission and Mahatma Gandhi Institute of Education for Peace and Sustainable Development. It was conducted in 14 UN official languages, and Ananya Sharma was awarded a certificate for her achievement.

Singalila National Park

Your Next Travel Destination Is All Set!

Rishita Pradhan

AIS Noida, XII

About the place: Singalila National Park, an Indian national park situated in the Darjeeling district, West Bengal, near the Indo-Nepal border, is an exotic national park. The formation of this national park dates back to 1992. The area before the park came into place was used as a hiking trail, and was also used by the first mountaineering team heading to Kanchenjunga, the third highest mountain in the world. Considered as one of the most fascinating Himalayan forests in India, the national park serves as the residence of the red panda, barking deer, yellow-throated marten, Himalayan black

bear, clouded leopard, black panther, leopard, Himalayan serow, pangolin, leopard cat, and many more.

What it offers: It is 78.6 km square huge and is located on the Singalila range in the Eastern Himalayan region. The two highest peaks of West Bengal, namely, Sandakphu and Phalut, are located inside it. The park is also gifted with two beautiful rivers - River Rammam and River Sirikhola. Not just this, but it welcomes more than 300 species of birds. Rare birds such as blood pheasant, kaqlij pheasant, satyr tragopan and fulvous parrotbills are seen here. And over 20 types of rhododendrons with 600 orchid varieties make it a colourful beauty, and

have made it stand out as the world's most extensive concentration in a single geographical area. The jeep safari offered along the intriguing roads of this national park can also be a lifetime experience. Apart from this, the tourists can undertake a trek to Sandakphu and Phalut because one would definitely not want to miss the mystique panoramic views of the gigantic Himalayas while trekking.

How to visit: The place is extremely beautiful and is feasible for the tourists. The entry fee for Indians is 100 INR and 200 INR for foreigners. The travelers need to get a permit before entering the premises. The pass is

given by the Forest Department office at Manebhanjan, a small town situated 26 km away from Darjeeling. Usually, the tourists choose the spring and the autumn-winter season to visit this park as the whole area is adorned with rhododendrons and orchids of various kinds. Whereas in winters, the scenic view of snow-white peaks is worth visiting. The mesmerising sunset and sunrise from the peak provide a picture-perfect view.

Other attractions in the area: Near to this place is Rimbik, a beautiful hamlet at 7500 ft above the sea level, which is famous for its natural vegetation and rich resources. Sandakphu, Moley, Phalut, Gorkhey are also some nearby destinations that one can explore.

Travelogue



Indian actresses including Aishwarya Rai Bachchan, Deepika Padukone and Priyanka Chopra have a barbie doll version of their own.



Doll-ed up!

Always Innovative



Dr. Amita Chauhan
Chairperson

Imagination and innovation are the two words that come to my mind whenever I wish to describe my Amitians. Naturally so, as these bright and talented children consistently exhibit their ability to think out-of-the-box and win top laurels at both national

and international platforms. Recently, Harshita Prasad of Class IX, AIS Noida, won the first position at the eighth edition of the Young Scientists India competition 2021-22, organised by Space Kidz India in collaboration with Niti Aayog. This competition is held with an aim to build awareness for science-based careers in high school students and Harshita received the top award for an app-based solution called 'Phoenix Minds'.

The invention will help adolescents in maintaining a healthy state of mind through a non-invasive process that utilises AI and computer vision. It was a stiff contest as Harshita competed with more than 750 participants. I also want to commend three other budding scientists from her school - Akshat Sharma (XII), Tanmay Goyal (IX) and Stuti Priya (VIII) - who also did us proud by making it to the 19 finalists.

Winning is special and, undoubtedly, our focus must always be to leave a mark in whatever field we choose, but I also find great satisfaction in the fact that our children always put service before self. They are empathetic and kind, sincere and thoughtful. The fact that Harshita chose to deal with mental health issues like loneliness and depression among teenagers is truly commendable, given that she is a teenager herself. Such children show that they have the ability to explore all the possibilities science and technology provide for the larger good. I am happy that with every opportunity that comes their way, Amitians create a better version of themselves, while trying to create a better and happier world for all of us. 🇮🇳

Dignity of labour



Vira Sharma
Managing Editor

Last week, a newspaper carried a report that has stayed in my thoughts, mainly because of the crucial message it holds for all of us - acknowledging dignity of labour. After his recent electoral victory in Punjab, MLA Labh Singh Ugoke was invited as the chief guest for an event at a school where he had studied as a child. That would have perhaps not made it to the headlines, as many dignitaries revisit their alma mater, but what really caught media attention was when Ugoke mentioned that his mother worked as a sweeper in the same precinct. He mentioned how his mother's meagre earnings had supported the entire household, and even though he was now an MLA, she had chosen to continue her work as a contractual labourer in the school.

Truly, this story epitomises for me what Martin Luther King had once said, "No work is insignificant. All labour that uplifts humanity has dignity." Here is an example of a self-reliant woman whose humility and dedication to her work are second to none. At the same time, I was also moved by the respect the son exhibited, both for a woman's freedom to choose and a mother's hard work to raise her kids, during a public event. It's time that we, too, encourage our family and friends to change the way we look at manual labour, be it our domestic workers or daily wage labourers striving to make ends meet. When we treat everyone as equal, we provide them with a feeling of self-worth and achievement which are necessary goals for every human life. So, learn to value everyone's work and remember that no task is small, and that those who relentlessly toil in scorching heat and bitter cold are our true heroes. 🇮🇳

Know the white knights

Unravelling The Lessons Life Teaches Us, One Lesson At A Time

Raabia Ali Abidi
AIS Saket, IX

Challenges are inevitable and make our life an interesting ride, which is why we all must learn to look at adversity through a different perspective. Though it seems hard, a step back will showcase the bigger picture to us, the picture that tells us that adversity is not a stumbling block, but rather a stepping stone on our road to success. After all, who can grow when things are way too easy? It is only when we are challenged that we know what we really are worth and how we can aim to become a better version of our own self, and thankfully for our growth, our life is filled with interesting challenges at every stage.

Finding the strength

Courage with strength is vital to overcome the challenges life throws at us, and our journey to courage doesn't start when we become an adult. Rather, it starts the minute we are born. Even for a toddler there are a set of challenges they must overcome to grow, literally. Speaking a word, taking their first steps, or eating are the little challenges a toddler faces. They try their best with their available strength and courage to accomplish those tasks, and it is with determination, courage, and strength that they overcome it. Strength doesn't come from what you can do; it comes from overcoming the things you once



thought you couldn't do, even when you are just a little kid.

An ambiguous enemy

Everybody has their own struggles and everyone's struggles sound like the biggest challenge in the world to them. But the true challenge is not what stands in front of us but rather how we evolve due to the struggles we face and prepare ourselves for the future. It is these tough times and the struggles that help us mould our-

selves. Sure, if life were predictable, we would know everything that is bound to happen, but where is the fun in that? It wouldn't have helped us grow. It is these ambiguous adversities and hardships that make us ready to face the challenges of life with equanimity. It is only when one toils and sweats it out that success is nourished and sustained.

The chosen one

It is vital for us to understand that

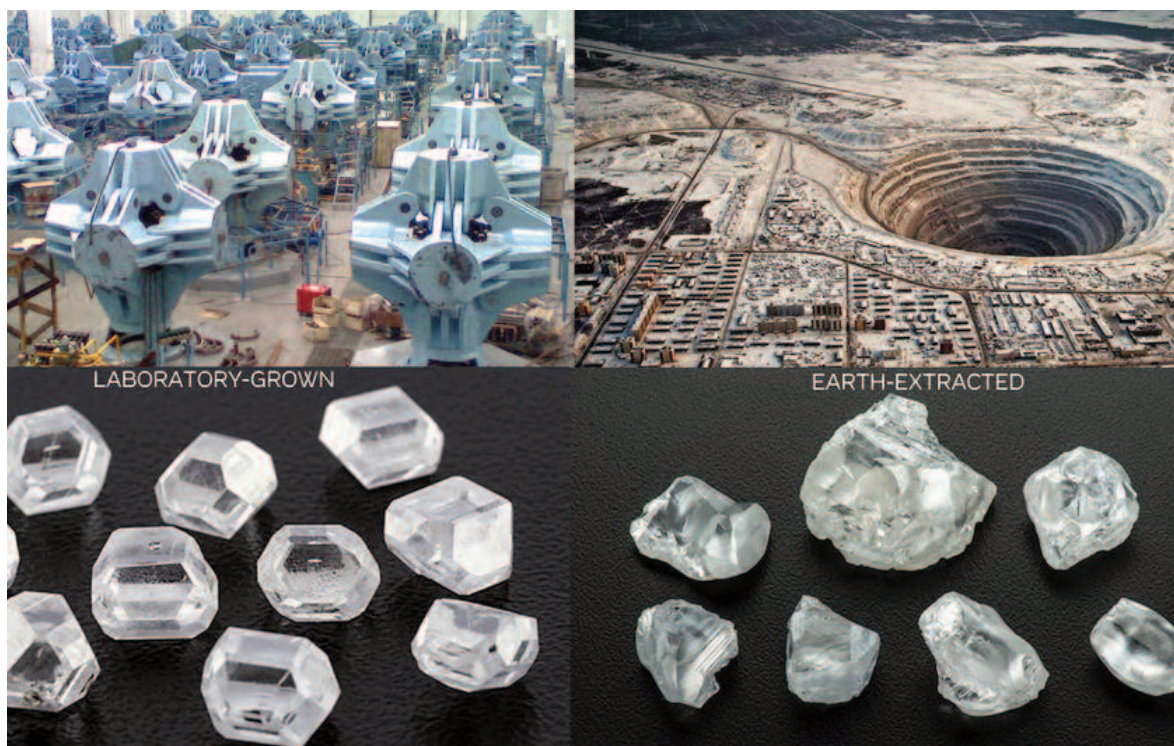
everything that exists on the planet comes from the different sides of the same coin, be it happiness and sorrow, victory and defeat, or day and night. It is rightly said that you have to choose the hard way, because at the end of the day, the bitter truth is that being happy, rich, wise, loyal, successful, everything is hard. Being in a happy friendship is hard while being lonely is hard too. Being in debt is hard while being rich is hard as well. Likewise, every side of the situation is hard in its own way. It is a decision to be made by an individual which hard way they think is worth it.

A 'lead'ing problem

The adage "uneasy lies the head that wears the crown" has been rightly used for people who are successful and are enjoying power and authority, but what others do not notice is that the crown comes with its own price and struggles. And to get to that crown, you may encounter many defeats, but you must not allow yourself to be defeated. Even the strongest kings and emperors have had their cup of woes, but they overcame it and so can you. When you are down, learn from the experience so that when you rise, you are wiser and smarter, and truly deserve the crown you wear.

So, always remember that life is tough, but so are you. And like they say, *lehro se dar ke nauka paar nahi hoti, koshish karne walo ki kabhi haar nahi hoti!* 🇮🇳

A diamond is forever



Continued from page 1...

Conscience Calls

While it would be too early to conclude that lab-grown diamonds could replace the mined ones soon enough, concerns about environmental sustainability and social welfare are high up on the agenda of the new consumer. There are many reasons why one must opt for artificial alternatives. Firstly, these consume lesser water, 405 litres less water per carat than the mined ones, and require lesser electricity to be produced, as mined diamonds require 2000 times more electricity for each carat. Secondly, a carat from a lab-grown diamond emits zero amount

of sulphur oxide, which is fatal to the human respiratory system, while traditionally mined diamonds emit 13 kilograms of this deadly gas. The process of lab-grown diamonds also controls 'pit mining', which contributes to adverse environmental impacts such as soil erosion, deforestation and water pollution. Thus, one can say that lab grown diamonds ensure earth's natural resources are not overexploited and the balance of the ecosystem is maintained.

Clear Champion

One also cannot overlook the fact that natural diamonds are mostly being mined in war zones and sold to finance conflicts, and thereby

profit warlords and diamond companies around the world. They are often produced by engaging forced labour which is underpaid and kept under substandard conditions. Even though, in 2003, the industry worked towards the enforcement of the Kimberley Process to remove 'blood' or conflicted diamonds from the supply chain, this law is still riddled with loopholes. Thus, lab grown diamonds provide for a much better and safer alternative. Lab-created diamonds sparkle with the same brilliance, one that is definitely not tainted with the blood and sweat of vulnerable people. So, next time you are looking for a diamond, you know what to choose! 🇮🇳



Dear Editor,

This is in reference to the article 'Ukraine-Russia Crisis' published on page one of the GT edition dated April 4, 2022. I would first commend the knowledge and research the writer has displayed in writing this article. It is honestly refreshing to see a media outlet taking a neutral stance on this complex issue and just presenting facts. This article provides reliable and complete information about the attacks on Ukraine by Russia, and Ukraine's numerous attempts to resolve the two nations' age-old rivalry. It also informs the reader of the problems that provoked this rivalry and shows both sides of most arguments, rather than feeding opinions to the reader. Overall, it provides unbiased, unopinionated, and complete information. We should all be grateful to The Global Times for publishing it at a time when it is extremely necessary to find factual information to make up our minds ourselves.

Shikhar Srivastava
AIS Gurugram 46, XII B



The braveheart Maharaja

The human heart has always been stirred by tales of valour and adventure, and whenever we hear such stories, we cannot help but look up to those heroes who have chiseled their names onto the stone of history with the weight of their accomplishments. Such legends deserve to be celebrated and remembered for their bravery and all that they have done in the past to make the present better. Here's presenting the saga of one such warrior, **Maharaja Ranjit Singh**, who changed the course of history for the better.

WARRIORS of INDIA Part 9

Name: Maharaja Ranjit Singh

Born on: November 2, 1780

Died on: June 27, 1839

Position held: First Maharaja of the prestigious Sikh empire

Noteworthy achievements: Renowned as the Lion of Punjab or Sher-e-Punjab, this great ruler and great warrior was the first Indian to defeat India's traditional conquerors, the Pashtuns or the Afghans. At the peak of his rule, his kingdom stretched from the Khyber Pass in the northwest to the Sutlej River in the east, and from Kashmir region in the northern most area of the sub continent up to the southern regions of the Thar Desert.

Biography to watch/read: Maharaja: The Story of Ranjit Singh (2010)

The roots of a warrior

Born in Gujranwala in the Punjab region in Pakistan, Ranjit Singh was the only child of Maha Singh. He contracted smallpox as an infant, which resulted in the loss of sight in his left eye and a pockmarked face. He was short in stature, never went to school, and did not learn to read or write anything beyond the Gurmukhi alphabet. However, despite an impaired vision and lack of education, he rose to become one of the greatest strategists of his time.

He was trained at home in horse riding, musketry, and other martial arts. He fought his first battle at the age of 10, alongside his father, and went on to fight many other battles against the Afghans.

When his father died in 1792, Ranjit Singh became the chief of the Shukerchakias, a Sikh group, at the young age of 12. He married the daughter of a chieftain of the Kanhaya Misl confederacy when he was 15, but when this alliance failed, he went on to marry a second time, this time to a girl from the Nakkai Misl group. Like his first marriage, the second marriage also brought with it numerous strategic military alliances and made him prominent among the clans of the Sikh confederacy.

Prior to his rise, the Punjab region had numerous warring misls (confederacies), twelve of which were under Sikh rulers, and one was ruled by a Muslim. Ranjit Singh successfully absorbed and united the Sikh misls and took over other local kingdoms to create the Sikh Empire. He repeatedly defeated invasions by outside armies, particularly those arriving from Afghanistan, and established friendly relations with the British. Such was Ranjit Singh's power and fame that the deposed Afghan prince Shah Shuja turned to him for help in trying to win back his throne and, in return, gave him the famous Kohinoor diamond.

The sword of a warrior

In July 1799, Ranjit Singh seized Lahore, the capital of Punjab (now the capital of Punjab province, Pakistan). The Afghan king, Zaman Shah, acknowledged Ranjit Singh as governor of the city, but in 1801, Ranjit Singh proclaimed himself 'Maharaja of Punjab'. He had coins made in the name of the Sikh Gurus, the revered line of Sikh leaders, and proceeded to administer the state in the name of the Sikh commonwealth.

A year later, he captured Amritsar (now in Punjab state, India), the most-important commercial center in northern India and the sacred city of the Sikhs. Thereafter, he proceeded to subdue the smaller Sikh and Pashtun principalities that were scattered throughout Punjab. His later forays eastwards, however, were checked by the English.

By signing a treaty with them in 1806, he agreed to expel a Maratha force that had sought refuge in Punjab. The English, however, thwarted his ambition to bring together all the Sikh territories extending up to

the vicinity of Delhi.

In 1809, they compelled him to sign the Treaty of Amritsar, which fixed the Sutlej River as the eastern boundary of his territories. Ranjit Singh then turned his ambitions in other directions. In December 1809, he went to the aid of Raja Sansar Chand of Kangra in the Lesser Himalayas (in what is now western Himachal Pradesh) and after defeating an advancing Ghurka force, acquired Kangra for himself. In the summer of 1818, Ranjit Singh's troops captured the city of Multan, and six months later, they entered Peshawar. In July 1819, he finally expelled the Pashtuns from the Kashmir valley successfully, and by 1820, he had consolidated his rule over the entire Punjab between the Sutlej and Indus river.

All of Ranjit Singh's conquests were achieved by his army, which was secular in nature as it was drawn from different religious communities. As for him, he was always seen at the head of his troops guiding them towards victory. Ranjit Singh believed in modernising his army and used the best European officers to train the infantry and the artillery. The first modern Indian army was called the Khalsa Sikh Army, which helped prevent the British from colonising Punjab during his lifetime. It was only after his death that the British were able to invade Punjab.

Despite having such a glorious and vast empire, Ranjit Singh remained a humble ruler throughout his life. It is said that he never wore a crown when he sat on his throne since he believed that everyone is equal before God. He held his durbar sitting cross-legged on a low-lying chair or on a carpet on the floor. He dressed very simply, either in plain silk or cashmere, and was equally prudent when it came to wearing jewelry. Despite his slight frame and modest appearance, he exuded an aura of natural majesty about him. Ranjit Singh was known for his piety as well. Even in open warfare, he was known to not take anyone's life, which set him apart from other invaders in the world. Any cry of distress from a human or animal evoked his immediate response. Even those deposed by him were provided for; this included not only the Sikh ruling houses but also those from other faiths.

In 1838, Ranjit Singh signed a deal with Lord Auckland, the British viceroy, to restore Shah Shuja to the Afghan throne in Kabul. The British army entered Afghanistan from the south in accordance with the agreement, while Ranjit Singh's forces crossed into Kabul through the Khyber Pass. Victory was his, but Ranjit Singh fell ill and died in Lahore in June 1839, almost 40 years after conquering the city. Due to the strife between competing chiefs of his empire, the Sikh kingdom disintegrated in just over six years after his death.

The legacy of a warrior

Ranjit Singh was a true Sikh who would not take any decision without invoking the blessings of the Holy Guru Granth Sahib. He set up historic Gurudwaras- Takht Sri Patna Sahib, where the 10th Guru Gobind Singh was born, and Takht Shri Nanded Sahib, where the Guru breathed his last. The breath taking gold and marble work of the iconic Golden Temple in Amritsar was also done under his patronage.

The samadhi (tomb) of Ranjit Singh in Lahore, Pakistan, marks the place where he was cremated. On August 20, 2003, a 22-foot-tall bronze statue of Maharaja Ranjit Singh was installed in the Parliament of India. A museum at Ram Bagh Palace in Amritsar contains objects related to his time, including arms and armor, paintings, coins, manuscripts and jewelry. On June 27, 2019, a nine-foot-high bronze statue of his was unveiled at the Lahore Fort, marking his 180th death anniversary and as a tribute to him.





Was I the problem?

Storywala



Ananya Pareek, XII F &
Sanjali Sharma, XII J, AIS Noida

And here we go again; the same meaningless squabbles, clenched fists, scattered kitchen utensils, and ear-piercing screams accompanied with an inevitable cry and a sob. "Oh, when will these voices cease and when will I ever get to sleep in peace?" I would often find myself thinking while trying to weigh the real truth behind these sobs. For these snivels got quite comforting with time, perhaps an indication of how exhausted they both were of brawling and how being helpless, they could do nothing but drench in their own anger in the end. These sobs truly were the end, the end of everything that would start tomorrow all over again.

It all started when my master brought her home a year ago. She was dressed in white and there was a veil on her head, and a glass of champagne in her hands. It was a celebration, a celebration of them being together. I was exhilarated, for now there were two people to feed me, to love me. Well, my expectations did meet real-

ity, but a reality where I had become some sort of a liability. With time, it seemed as if my master had forgotten I was still living with him. Sometimes he would even forget to give me food. Plus, my place on the couch was now captured by someone so much less fluffy. Imagine!

And then one day, suddenly, I heard a scream full of anger and regret. And slowly these screams became ordinary and mundane. Apparently, there were some unresolved issues between my master and his wife. Though I never understood them, my master would often try to talk to me about them. Well, he clearly didn't understand that we speak different languages, did he now? But it was easy to please him though. When there was a frown on his face, I licked it; when there was a smile, I licked it; when there was a tear, I licked it; I basically licked his face at all times, and he seemed to enjoy it.

But slowly, I was being shifted. No, not to a new room, but to another obscure corner altogether, a corner where I was supposed to enjoy in solitude. And I, too, deliberately accepted that and distracted myself in appreciating the brilliant colours of the sky

These sobs truly were the end, the end of everything that would start tomorrow all over again.

whenever the muffled voices behind me shrieked or wept, or both. The colours were different every time - a lazy yellow, a murky black, a tinge of intense mauve, and a cloud spat blue. Life was good, too! Though the trips to the park were rarely possible now, but when they were, it was a pleasure to be outside. Outside, a place where the sky seemed abundant, where the colours were endless, and where with my master, I really didn't need any deliberate distractions. And interestingly enough, what my master and I had lost was slowly coming back, too. But what I never understood was why he indulged in something that was a constant pain, and why he was euphoric when he brought her home. This even made me question myself and my existence. "Was I the problem?" I would often wonder, and sometimes I still do. What do you think? 🇧🇮

WORDS VERSE

The quill will trailblaze

Nalin Jayaswal, AIS Pushp Vihar, XII

2020 opened a huge Pandora's box
Released deadly virus and the pox
It seemed to be devil's new tale
Now it's time to blaze a new trail

Years full of sufferings and pain
Seems like the devil's own bane
Human foundation was shaken
Million bodies shattered and broken

Time kept moving, so did suffering
Disaster continuously, effect shattering
Time goes on, setting a path to doom



But no, the flowers will still bloom

An institution we know as old as time
Helping us in life's treacherous climb
An institution as resilient as mountain
Quenches thirst by its learning fountain

Long live teacher, student, and pen

Trust that efforts won't go in vain
This relationship is as nectar sweet
Teacher-student, a common heartbeat

Learning creates a hero from a fail
Supports the process on a large scale
Time to blaze a progressive trail
Our destiny and new normal tale! 🇧🇮

Drizzly night



Diya Arora, AIS Saket, X D

The calming air is blowing

The lights are glowing
Now the plants are free
As the good old tree

I'm standing on my terrace
Among nature I embrace

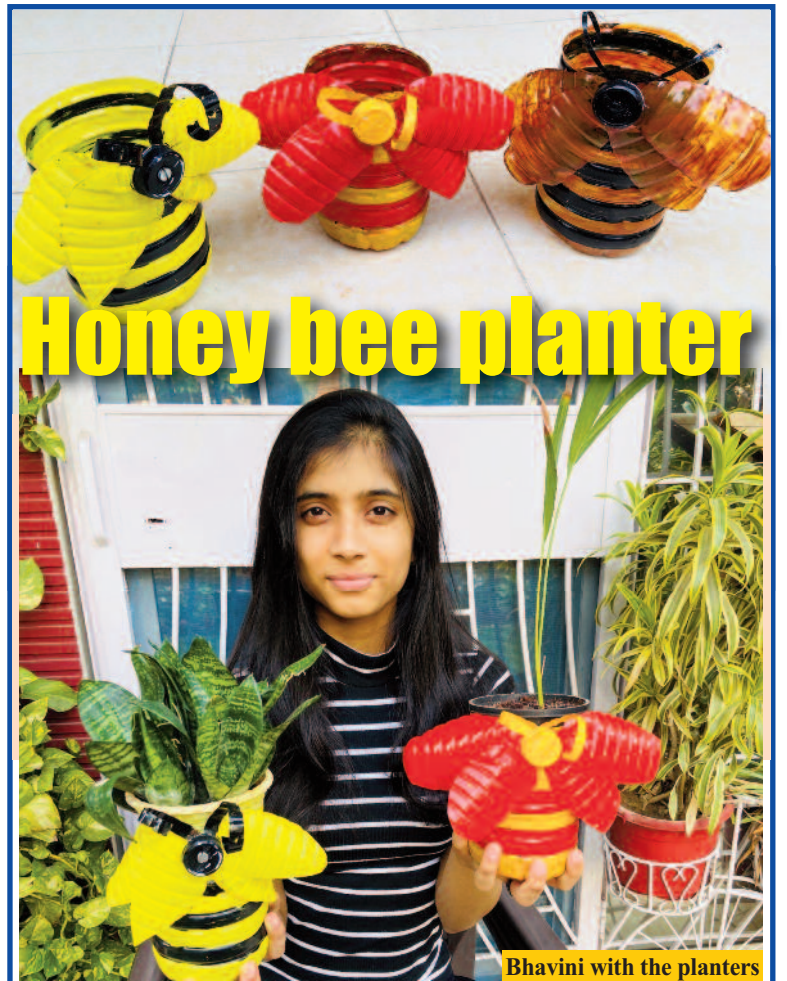
The sky is about to rain
In my big wide green lane
The sound of the song
And the bell's ding dong
I'm standing on my terrace
Among nature I embrace

The ambiance was so lovely
The weather is so drizzly
The fireworks loudly blast
The plane goes through fast
I'm standing on my terrace

Among nature I embrace

The shooting star goes swish
And I just made my wish
I wish the night never ends
As I'm here with my friends
I'm standing on my terrace
Among nature I embrace

Now it's raining cats and dogs
All around I see is just fog
The best place I've ever been
Is this beautiful sky I've seen
I'm standing on my terrace
Among nature I embrace. 🇧🇮



Bhavini with the planters

Bhavini Singh, AIS Gurugram 43, XII

MATERIAL REQUIRED

- A plastic bottle
- A pair of scissors
- Enamel paint



- Paintbrushes
- Stapler
- Hot glue gun

PROCEDURE

- Take a plastic bottle and cut it horizontally into two halves.
- Take the bottom half of the bottle and paint it whole with any bright colour of your liking. Let it dry completely.
- Now, using a contrasting colour, paint horizontal stripes on the bottle.
- Take the top half of the bottle that was cut earlier, and cut out four elliptical-shaped wings from it.
- Paint these wings in the same colour as the base colour of your bottom half painted bottle.
- From the remaining part of the top half of the bottle, also cut out two equal-sized strips of around 8 cm long, and roll them with your hands to make antennas as can be seen in the photo.
- Colour these antennas in the same colour as the contrasting stripes on the bottom half of the bottle.
- Now, take the bottle cap and paint it to be the same colour as the antenna as well.
- Let all the painted parts dry completely overnight.
- Once they are dried, staple the wings to the base of the painted bottle so that the two wings overlap each other and are adjacent to each other, like you can see in the photo.
- Using hot glue gun, paste the painted bottle cap in the middle of the wings (look at the picture for reference).
- Finally, make a little hole at the base of your bottle, and now you can plant anything in your own honey bee planter!

BRUSH 'n' EASEL

Khushi Saxena
AIS Noida, Alumna





Kachina dolls are teaching tools made by Native Americans to teach children about Hopi religion.

The brave fool

Imaging: Deepak Sharma, GT Network

Wisdom tale



Riya Srivastava, AIS PV, IX E

Once upon a time, there was a village called Cherrywoods. It was a village full of magic, with birds who could talk, and trees that could walk. In this village, there lived a man who was known as the bravest man ever seen. He was not afraid of anything, not even the magic that laced every part of Cherrywoods. He would walk in the dark with a gun in his hand and hunt the beasts living in the nearby forest without any fear. One day, when he was walking through the forest, he came across a little kid. The kid was shivering in fear because of a huge beast

that was standing in front of him. As always, the man walked ahead with his chest puffed out and killed the beast in a single shot. The mother of the child, who was looking for her little one, saw all this and came forward at once. Looking at her wings, the man realised she was a fairy. "Kind sir," the mother said, "you've done me great service by protecting my child, and so in return for your kindness, I give you this magic mirror that sees everything and knows everything." When the man took the mirror, it was painted golden all over. The man could not see his reflection in it at all. He wondered if the fairy was trying to make a fool of

him. He asked so at once and the fairy smiled back. "You will see it when you talk to it." The man took the gift with a frown and went back to his home. Later, when he hung the golden mirror on the wall, he felt silly about talking to a mirror. Still he tried anyway, after all, it was given to him by a fairy. "Golden mirror, golden mirror! I wonder if my words you hear," and to the man's astonishment, the mirror started shining at once. The man could see his reflection in it now. "Indeed, I can hear your words, brave man!" the mirror replied. Now the man thought to himself: "This mirror can tell me anything, so why not ask it about my

"Everyone called me a fool," the man said, hoping that the mirror would tell him that they were wrong.

biggest fear, the fear of being a fool!" The man looked at the mirror in wonder. He asked again, "So tell me, am I really a fool like I've always thought?" "Go ask that to all your neighbours, brave man, and you will get your answer at once!" the mirror replied. So, the next day the man set out on this strange task of asking every neighbour whether he was a fool. Every time he would ask someone, they would say yes. By the tenth time, the man became so sad, he walked back home without asking anyone else. "Golden mirror, golden mirror, they are cruel. Everyone called me a fool," the man said, hoping that the mirror would tell him that they were wrong. Instead, all the mirror said was, "They are not wrong, brave man. You may be brave for asking everyone this question, but you're also a fool, because it is foolish to not believe in oneself. You saved the life of a young boy; not many people would do that. So, learn to believe in yourself and appreciate yourself for who you are." **GT**

So what did you learn today?
We should always believe in ourselves.



Sandwich cake



Tanisha Kiran

Tanisha Kiran, AIS Noida, VIII

Ingredients

Bread slices	2
Biscuits (any flavour)	1 pkt
Milk	2 tbspd
Mixed fruit jam	as desired
Caramel syrup	as desired
Chocolate compound or milk chocolate	200 grams

Procedure

- Chop compound chocolate and add it to a microwave safe bowl.
- Add milk to it and heat it in the microwave for 30 seconds.
- Now take out the bowl and give it a good mix.
- Keep repeating the process until the chocolate and milk together make a mixture of a fine consistency.
- Now spread this mixture evenly on a bread slice.
- Crush the biscuits finely and spread it over the chocolate spread.
- On the other bread slice, spread jam evenly.
- Place this bread slice with jam on top of the bread slice with chocolate and biscuits.
- Drizzle some caramel syrup on it.
- Your sandwich cake is ready!

It's Us



KNOW US BETTER

Our names: Aadhya Garg & Adhvikha Garg
Our Class: III
Our school: AIS Vasundhara 1
Born on: December 18, 2014

Mall: Shipra Mall

Book: Fairy Tales and Peppa Pig Stories

OUR DREAMS AND GOALS

Hobbies: We love dancing and colouring together

We like: Online studies, especially quiz time
We dislike: Lockdown as we couldn't go out and meet all of our friends

Our role model: Dad

We want to become: IAS Officer; Teacher

We want to feature in GT because: We want other Amitians to know more about us!

OUR FAVOURITES

Teacher: Charu Ma'am, Komal Ma'am, Priyanka Ma'am and Monika Ma'am

Subject: Mathematics and Hindi

Game: Puzzles, toy car and kitchen set

Cartoon: Peppa Pig, Rudra and Motu Patlu

Food: Dosa, kadi chawal, and aloo parantha

POEMS

Rules of the road



Maira Shadab, AIS Vasundhara 6, VIII

Do you wonder what is road safety?
It is to help you navigate safely
A set of rules to walk on the road
And to keep your vehicle slowed

Safeguarding pedestrians and drivers
Assuring no injury, major or minor
Blinking in yellow, red, and green
Signals to keep one and all foreseen

Red to stop when someone is crossing

Yellow to wait until they are walking
Green to move as if someone's calling
And that is how the vehicles get going

Remember, someone is waiting at home
Don't rush or break any of your bones
Duty to follow all the rules is yours
To ensure that there are no accidents at all

Everyone's safety should be priority
Habit of wearing seat belts a regularity
Try not to break a signal and abide
Watch out for what's there at roadside. **GT**

My Bicycle

Twisha Rastogi, AIS Gurugram 43, VI

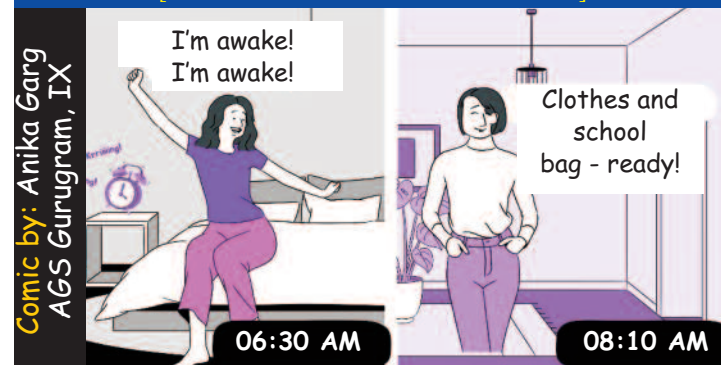
This is my bicycle, so big and bright
I like to ride it, especially in the sunlight

In the dark night, I turn the headlight on
To move in fog and to shoo away dogs

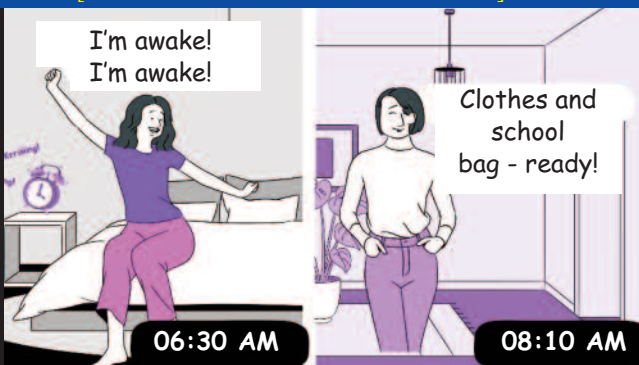
Be it south or north, east or west
I love my bicycle and for me, it is the best.



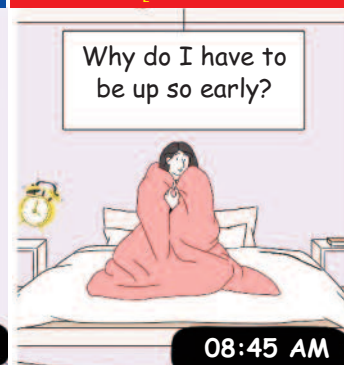
[Offline classes: Class starts at 09:00 AM]



Comic by: Anika Garg
AGS Gurugram, IX



[Online classes: Class starts at 09:00 AM]



Wooden handmade Japanese dolls, also known as Kokeshi dolls, have no arms or legs.



Writing is an art and there's no better platform to exercise it than your own beloved GT! To unleash the writer in you, GT brings you a new topic every time and asks for your views on the same. Here are some intriguing responses from young writers at Amity for the prompt...

"With Russia and Ukraine being major suppliers of oil, natural gas, and food, the war between these two nations has hampered the supply of commodities that, directly or indirectly, fall in the category of 'essentials'. This would most adversely affect the developing nations that directly depend on exports from Russia and Ukraine. Moreover, war will make exported commodities exceedingly expensive."

Ishani Singh, AIS Noida, XII F

"While Asian countries haven't put sanctions against Russia, European countries that have done so are sure to see a disturbance in their export-import graph. As imports from Russia decline, countries dependent on foreign resources might take steps towards self-dependence or will look for other host nations for help. The United States of America, alongside other developed countries, can be expected to take up the void created by the cutting off trade relations with Russia, which might further boost their economies. In Asia, it is unlikely that any neutral Asian country, such as India, will suffer from any sort of backlash in any sphere."

Ayushi Jain, AIS Gurugram 43, X

"The European Union depends on Russia for 40% of its gas and 25% of its oil, causing a reduction in supply, hence the prices have sky-rocketed to 140 USD per barrel. Russia is also the world's largest supplier of wheat, and countries like Egypt and Turkey depend on it for 70% of their wheat. To hamper the finance of Russian military, Europe has cut off Russia's oil, and President Putin has also cut off a few exports to gain a political edge. Ukraine, the 'Breadbasket of Europe', exports 40% of its corn and wheat to the Middle East and Africa, hence the war will affect the food supplies there and might bring some concerning results."

Eshal Ahmad, AIS Mayur Vihar, VII A

"Just within a week of the conflict, major financial market volatility started happening, and oil prices soared through the roof. Sanctions have basically destroyed the livelihood of the 14 crore residents of Russia, leaving them in a remorseful situation. The NATO alliance and other countries are not prepared for the immense loss of global trade through the conflict, which include major food and mining industries. Companies will shut down and jobs will be lost, and debt-ridden countries will cease to exist. An economic depression awaits us and it will be worse than the recession of 2009."

Anvay Arora, AIS Vasundhara 1, XII A

"The calamitous repercussions are already being felt worldwide as the prices of petroleum products are increasing exponentially. Russia and Ukraine together produce 27% of the world's wheat, 24% barley, and 14% corn. With the escalating tensions in Ukraine, the food supply chain has been greatly disrupted. One of the most cataclysmic impacts is being seen on the trading routes of the Black Sea, the globe's second largest grain exporting region, so we can only hope that things will get better instead of getting worse."

Namya Jain, AIS Pushp Vihar, X D

"Even neutral countries cannot escape from the economic impact of this aggression. With nations repeatedly putting sanctions on Russia, the Russian economy has already taken a hit, and since the country is responsible for about half of the exports of edible oil, the global supply chains have been disrupted to a large extent, too, leaving the importer countries with no other choice than to raise fuel prices. This war has the full potential to make the global trade ties worse."

Gouri Srivastava, AIS VKC Lko, X B

According to you, what economic impact will the Russia-Ukraine aggression have on global trade sectors?

The prompt

BOX

"Russia's significant role in energy exportation has placed global markets on tenterhooks. Energy prices are rising higher than ever, and equities are in a free fall. A sizable portion of Russia's oil exports are carried out through pipelines, primarily passing through Ukraine, which have now become dysfunctional, reducing Russian exports. The global response of Russian company shareholders to the war is escalating, causing grave implications for nations that rely on Russian imports. Sanctions against Russia are putting companies under further immense pressure and causing adverse domino-effect on global trade."

Ananiaah Wheeler, AGS Gurugram, VIII

"Since Russia intruded Ukraine, tonnes of tankers and bulk carriers have been rerouted away from the Black Sea, whilst dozens more have been deserted at ports and sea, unable to off-load their valuable freights. Dominant factories, ports, and cargo yards have faced shortages, shipping delays, and sky-high prices. World leaders should come together not to debate the extent of sanctions, but to hammer out ways to settle the matter."

Bulbul Verma, AIS Gurugram 46, XE

"The most severe impact of this war on global trade is likely to be felt in the Black Sea region where Russian and Ukrainian ports are the hubs for exporting wheat worldwide at a large scale. The world is already facing higher price in every good and service, and if this continues, the prices of goods will rise drastically even more, and the effects of this war could be experienced globally. Hence, both the countries have to understand this and end the war. Janet Morris rightly said, 'wars don't bring lasting peace, only lasting death'."

Sonam Gurjar, AIS Gwalior, X

"The harsh economic sanctions on Russia will make it difficult for most European countries to be able to import gas, considering that they are heavily dependent on Russian energy. Ukraine, too, sends more than 40 percent of its wheat and corn exports to the Middle East and Africa, and makes up almost half of the exports of sunflower oil, so these activities, being hindered in a war-torn Ukraine, would leave importers crippling."

Arya Singh, AIS Vasundhara 6, X E

"This war has the potential to shake up international trade. The oil sector will certainly face the brunt of the war, but countries in OPEC may flourish due to cutting off of trade relations with Russia which is the largest player in the oil market. With sanctions being imposed on Russia, we will also see a reduction in FDI and trade to and from Russia, with no proper banking transaction system present. Cryptocurrency systems may, however, see a rise in usage in Russia and the world since the government may utilise cryptocurrency markets to encourage trade, and as a result, sustain their economy."

Yashvardhan Jain, AIS Saket, XII E

"As Russia is one of the biggest exporters of oil and gas, a substantial increase in the prices of the same around the world is the very first economic challenge that this war has caused the world to face. Soon, the price of wheat will also increase because these countries together are responsible for supplying a quarter of the world's wheat. Apart from this, we will also see a depression in the value of global currencies, and the stock market would perhaps slip, too. In a nutshell, the whole world is troubled."

Sankalp Shandilya, AIS VYC Lko, VIII A

"Oil prices are predicted to remain above 100 USD per barrel as long as the conflict rages in Ukraine. Base metals like aluminium, titanium, palladium, and nickel, all of which are produced in Russia, will also register high price jumps. Besides, Russia accounts for more than a quarter of the global wheat trade, disruptions to trade routes in Black Sea would increase pressure on grain prices as well. The air ties between Russia and Europe will also be seriously hampered, and ultimately those between Asia and Europe would be affected, too. As such, the overall global growth would take a major hit and fall by 0.5% points."

Himanshu Mishra, AIS Jagdishpur, XII

Question: With the theme of Earth Day 2022 'Invest in our planet', what kind of investment can you make as an individual to save the planet?

Send in your entries in 100-150 words to the Editor in Chief/GT Teacher Coordinator of your school latest by April 11, 2022.



Action figure G.I. Joe was inspired by a popular movie from 1945 called "The story of G.I. Joe".

The phoenix mind

Amitian Wins At The Young Scientist India Competition



Young scientist Harshita

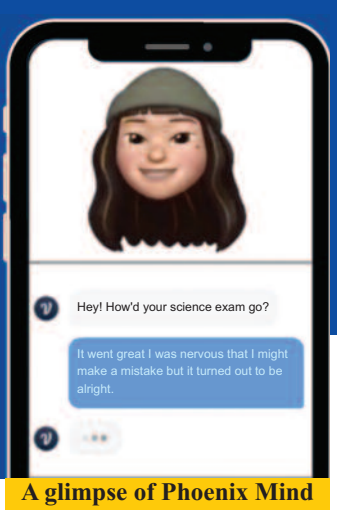
ACSF

Amitians have been lauded for their scientific acumen and innovative spirit time and again. Harshita Prasad from Class IX of AIS Noida, showcased Amitians' scientific prowess yet again as she secured the first position at the 8th Young Scientist India Competition 2021-22 or-



ganised by Space Kidz India in collaboration with NITI Aayog. Harshita bagged a cash prize of 50,000 INR. The competition that started in December 2021 and concluded on March 13, 2022, aimed at promoting science awareness among high school students, increase their understanding of science, thereby attracting them toward scientific careers. Competing with 750+ shortlisted participants, Harshita went through four elimination rounds, presenting her ideas in front of 13 eminent national and interna-

tional personalities who constituted the jury. Her winsome idea was a novel solution for the problem of loneliness and depression among adolescents through technology. She created an app called Phoenix Mind to help adolescents maintain a healthy state of mind through non-invasive process, utilising AI and computer vision. The opportunity to participate in this prestigious competition of innovation and scientific acumen was extended by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF and



A glimpse of Phoenix Mind

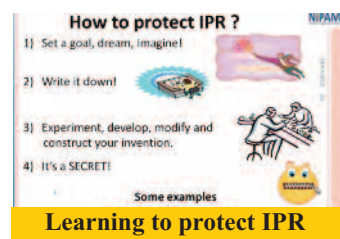
coordinated by Amity's Children Science Foundation (ACSF). It is notable that three other young scientists from AIS Noida had also made it to the national Grand 19 Finalists all over India, for their innovative ideas after a rigorous selection process. These young scientists included Akshat Sharma (XII), Tanmay Goyal (IX) and Stuti Priya (VIII). [G I](#)

IP workshop

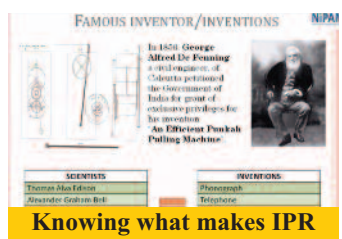
ACSF

A workshop on Intellectual Property Rights was held for Class IX-XII, on March 21, 2022 at AIS Vasundhara 6. The workshop organised under the aegis of Amity's Children Science Foundation (ACSF) aimed at enhancing students' awareness about IPR, its numerous nuances and its application in innovation and entrepreneurship. A total of 155 students attended the online workshop. Dr Usha Rao, Assistant Controller of Patents and Designs, Ministry of Commerce & Indus-

try, was the resource person of the workshop. She explained with relevant examples from India and abroad the fine differences between patents, designs, trademarks, copywrites, SISCL and geographical indications. Through interactive PPTs she explained how inventors can protect their IPR and how through experimentation, development, modification and construction they can safeguard their invention from any infringement. The workshop concluded with an engaging Q&A round wherein students asked questions and took part in an IPR quiz based on teachings at the workshop. [G I](#)



Learning to protect IPR



Knowing what makes IPR



School principal with tiny tots

Sports fiesta

AIS Gurugram 46

The students from Class I-IV participated in a Sports Fiesta held from February 24-25, 2022 in the school premises. School principal, Arti Chopra, welcomed the students and shared with them the importance of sports for staying fit and healthy.

Tiny tots participated in various races and games like 50 meter flat race, hurdle race, balance the bean bag race, smiley ball race, fun with hula hoops and fun with cones. Few students also performed tricks using the hula hoop for the audience. The winners were applauded on stage by for their remarkable sporting spirit. [G I](#)



Delegates at ZAMUN present their viewpoints in committee

ZAMUN 2022

Diplomats Of Tomorrow

AERC

A total of 25 students from various branches of Amity Group of Schools including AGS participated in Zilina Model United Nations 2022 (ZAMUN) held from March 23-25, 2022 by Bilingual Secondary Grammar School, T. Ruzicku 3 Zilina for the tenth year. Eleven students participated as delegates while ten participated as observers of FRAC (French committee). Three participated as observers of ESMUN (Spanish committee). Sanjali Sharma of AIS Noida (XII) was selected as the chairperson of UNHCR. The annual event facilitated by Amity Educational Resource Centre (AERC), also witnessed the participation of around 90 delegates across Europe and was organised in a hybrid mode after a span of two years. ZAMUN aimed to educate young minds across the globe about current events, international relations, diplomacy and the United Nations agenda, enhancing their understanding of how leadership and administration work in different parts of the world. The event comprised two online committees namely Disarmament and Security Council (DISEC) and United Nations High Commission for Refugees (UNHCR) in which Amitians participated. DISEC deliberated upon preventing terrorist group recruitment in

the Middle East and UNHCR spoke about displaced people in Afghanistan. The opening ceremony commenced with a brief introduction to the conference. It was followed by several insightful and motivating speeches pertaining to pressing challenges like the COVID pandemic & the Russia-Ukraine conflict. Both DISEC and UNHCR discussed about probable and peaceful solutions to the problems they sought to address. The enthusiasm and awareness amongst the participants attending the conference in hybrid mode was palpable with the way discussions and deliberations happened. Amitians walked home with several awards. Two students of AIS Saket namely Satwik Tola (XII) representing USA and Samaira Sachdeva (X) representing France were awarded the outstanding delegate award. The best delegate award went to Gatik Yadav (XII) AIS Gurugram 46 representing China. Honorable mention awards were given to Gobind Singh Anand (XII) AIS Gurugram 46 representing Russia, Lakshay Devgan (IX) AIS Mayur Vihar representing Germany and Aarushi Anand (XII D) AIS Vas 1 representing India. In DISEC, Khyati Naudiyal (X) of AIS Noida was given the best delegate award. It proved to be a great opportunity for young minds to put forth their viewpoints.

Nursery orientation @ Amity

Understanding Amity's Way Of Teaching And Learning

AIS Vasundhara 1

The school organised Nursery Orientation Programme on March 25 & 26, 2022 in hybrid mode, to acquaint the parents of newly admitted students of nursery with the pedagogies, methodologies and curriculum of the school. Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, graced the event and connected with parents, children and teachers through live broadcast on Zoom. She showered her blessings on children and shared anecdotes from her life with them. School principal Dr Bhavana Kulshrestha, in her address



Parents attend the offline orientation session at AIS Vas 1

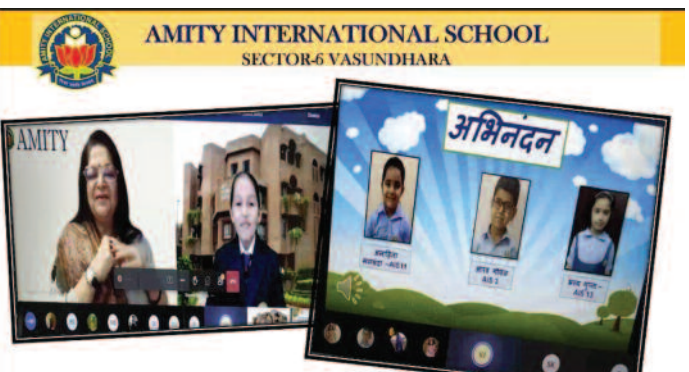
emphasised upon Amity's core values, and outlined its unique programs and activities while the school headmistress highlighted the crucial role that teachers and

parents play in educating young minds holistically. Parents were taken on a tour in the school wherein they witnessed co-curricular classes in progress and

other activities in school. A peppy dance number by young Amitians from previous nursery class enthralled the audience. [G I](#)

AIS Vasundhara 6

An orientation program for the parents of newly admitted students in Nursery was conducted on March 25, 2022 to familiarise them with the philosophy, ethos and value systems of Amity. The program was hosted by the kids of previous nursery class. Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF graced the occasion virtually and interacted with the



Tiny tots greet their chairperson during orientation

parents and students. Parents were apprised that curriculum at Amity falls under 5 domains namely intellectual quotient, spiritual quotient, physical quotient, social quotient and emotional quotient and activities related to these were also explained in detail. The pedagogy, transactional models, curriculum and activity-based approach was highlighted through videos and samplers. Parents were also told

about USPs of Amity like: The Global Times, the only registered student newspaper of India, a unique customized heritage curriculum, PEC, Jolly phonics, and learning centres. They were taken on a virtual tour of the school ERP 'Amitranet' and induction and initiation patterns for starting of formal schooling was explained to them. Parenting tips were also given to them by counsellors. [G I](#)

Stargazer Lottie doll, designed by a 6 year old, was the first doll to enter into space.

All top quotes contributed by Avika Pandey, AIS Saket, VII D



Doll-ed up!

Looking at Gen Z artists...

...Through Their Phone Windows To Understand Them And Their Art Better!

Ananya Sharma, AIS Vasundhara 6, XII

Artists are simple people with simple minds. Although their art might traverse the dichotomies of reasoning, blending the unusual with the beautiful, their lives might be relatively less 'happening'. As life throws various shades at them, let's take a peek into their phone and explore the everyday of a new-age artist and their regular shenanigans!

Instagram #Artismyeverything

An arduous exploration into the vast social media networking sites ensues early morning as an artist wakes up to find the latest art trends doing the rounds through the crowd and seeks inspiration to achieve the perfect aesthetic for their beloved Instagram feed. As the day goes by, a random sketch makes to their feed with the tag #random. As another art challenge takes up their attention, they furiously stalk other artists on social media, berating themselves for not being as good as them.

Netflix Looking for inspiration

Yearning for a break after an hour and half of intensive art stalking, the artist opens up Netflix to 'seek inspiration from' it. Categorising this Netflix time purely as a recon, the artist opens up the indie-film section, looking for the next 'Loving Vincent' (cue Vincent by Don McLean) with fervent hopes and dreams of painting the next starry night.

Notes app Where the artist becomes a writer

Picking up the pen is as hard as picking up the brush and the artist knows it. But, when inspiration strikes, there's no waiting, they also know. The notes app on their phone becomes the glutton for punishment, catching the beatings of a frustrated artist penning down their ideas and thoughts about the critical world we live in. Not just so, but you will also find some lesser dramatic revelations here, from website links to new painting techniques, so overall, these notes truly

end up telling the tale of their soul.

Chrome "Google, how to clean brushes?"

The artist finally puts an end to all doubts about those 5-minute craft ideas that ask you to dunk your brushes in vinegar/coca cola/ mouthwash/ tomato ketchup and whatnot to make them ap-

pear 'brand new'. A proper cleaning of the brushes is long due anyway after #inktoberfest or when artists put up their work everyday for the whole month of October.

Well, no matter what the app, the age or the method, an artist looks for art everywhere and their phone is testament to that.

Imaging: Deepak Sharma, GT Network



The sorry shenanigans

Time To Decide What Is More Important - Being Right Or Keeping The Peace

Saanvi Goyal, AIS Gurugram 43, X B

Admit it, we've all committed that one (or several) "mistake" in life where we haven't done anything wrong per se, but something about the whole situation still feels off and forces us to apologise. And so we do, but not without putting up a fierce fight with the "bad angel" within us. Now, what if we tell you that apologising to someone is one of the most mature things we can do in our life. Because saying sorry, even if we are technically right, ultimately makes us the better person out of the situation. It sort of provides us with the moral high ground and ample room to manoeuvre our growth. But of course, you don't believe us yet. You need more convincing, right? Guess you'll have to keep reading then...

Choosing things you value the most

Let's say you are fighting with your best friend over the last slice of the pizza you just ordered. But halfway through the fight, even after knowing they had more slices than you, a realisation hits you hard and you apologise and give them the last slice. Well, the reason as to why you did that is quite simple at its core: it's because you value relationships over petty arguments. You know a slice of pizza is not worth falling out with your bestie, so you just let them take it. Plus, you can order another pizza anytime, but can you order another friend? No! That's the point.



Knowing what works in the long run

Now, what if you are arguing with your sibling over who does more chores in the house? You know you

do more chores, but after throwing a few verbal punches at them, you apologise and let them win, because you realise that losing in this situation only

means a win in the other, more important one - maintaining peace in the house. We know it hurts, letting them walk over your dignity and pride, but remember that it lasts just for a few seconds and earns you more respect in the longer run. You are choosing peace over chaos, and it is a peace of your own making. Besides, you can always prank your sibling later on to get back at them (but you never heard it from us, shh!).

Being responsible

Now, picture this - you recruited a team of your younger cousins and took on the mission of stealing chocolates from the kitchen, because, well, one can never have enough chocolates. But sadly, you get caught red-handed as one of the cousins accidentally breaks a cup. Now, you apologise both for stealing the chocolates and also for breaking the cup, because you understand the real meaning of a leader. A great leader is one who takes responsibility for everything that goes south; though he celebrates victory with the team, he takes the blame all to himself. This mindset already puts you one step ahead of everyone your age, and makes you much more wise than the mere mortals around you.

A sincere apology thus, goes a long way in mending relationships. But do remember that standing up for yourself is just as important as keeping peace, for peace won through grave injustice suffered is peace not worth keeping!