

INSIDE



Braveheart Bajirao, P7



TEDx, P9-10

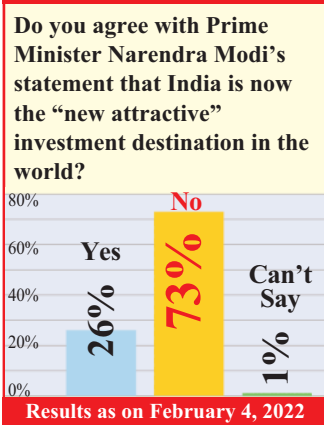
AMITe poll

According to the Union Budget 2022, 30% tax has been imposed on cryptocurrency. Do you think this is a good step towards finance building?

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

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POLL RESULT
 for GT issue January 31, 2022



Coming Next
 Warriors of India

Welcome back,

The Maharaja Takes Off Once Again

Poonam Goel
 GT Network

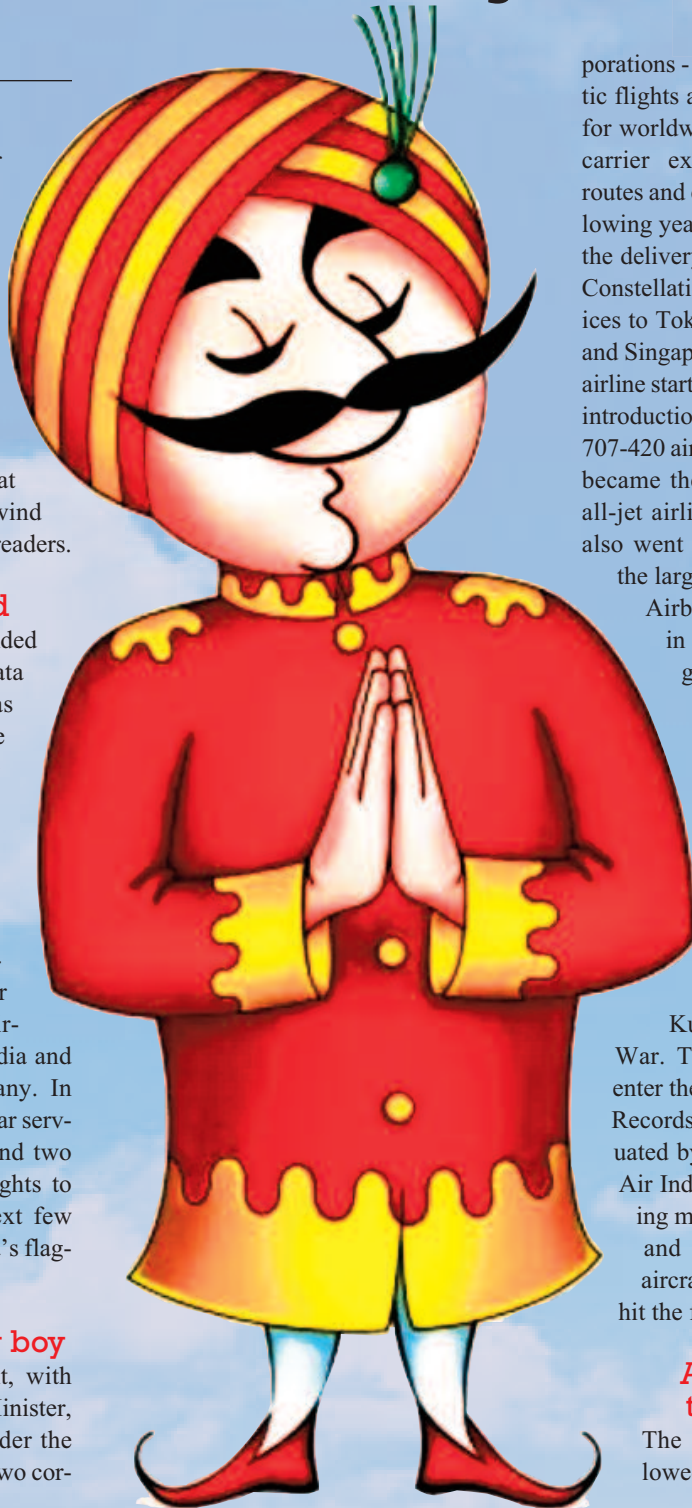
With Tata Sons' takeover of Air India, the story of the Maharaja has indeed come a full circle. This is a tale worth sharing as Tata Sons, the country's biggest private conglomerate which had started the airline more than 90 years ago, had given up the control of the airline to the government after Independence. Now that Air India is back home, let's rewind the roller coaster journey for the readers.

Born as a wonderkid

It was in 1932 that JRD Tata founded Tata Airlines as a division of Tata Sons (now Tata Group). JRD was an avid aviator who was also the first licensed pilot in India. He later came to be known as the 'father of Indian civil aviation'. The first flight in the history of Indian aviation lifted off from Drigh in Karachi to Madras with JRD at the controls of a Puss Moth aircraft on October 15, 1932. After the second World War, Tata Airlines changed its name to Air India and became a public limited company. In 1948, Air India introduced a regular service from Bombay to London. And two years later, it started regular flights to Nairobi and Cairo. Over the next few decades, Air India grew into India's flagship international carrier.

Soon became sky's big boy

In 1953, the Indian government, with Jawaharlal Nehru as the Prime Minister, took control of Tata Airlines under the nationalisation drive and created two cor-



porations - Indian Airlines for domestic flights and Air India International for worldwide services. The national carrier expanded its international routes and cargo operations in the following years. In 1954, Air India took the delivery of its first L-1049 Super Constellations, and inaugurated services to Tokyo, Bangkok, Hong Kong and Singapore. It was in 1960 that the airline started using jets with the introduction of the first Boeing 707-420 aircraft. Air India, thus, became the world's first all-jet airline in 1962. It also went on to become the largest operator of Airbus A310-300 in the passenger service category by the late 1980s.

Roamed around flying high

And that's not the only list of its achievements. From August 13 to October 20, 1990, Air India helped evacuate 170,000 people from Kuwait before the First Gulf War. This feat made the airline enter the Guinness Book of World Records for the most people evacuated by a civil airliner. As such, Air India kept flying high, covering more and more destinations, and adding better and bigger aircrafts in its repertoire until it hit the first snag in 1994.

Alas, it faced turmoil mid-air

The central government allowed private airlines in 1994,

which put a huge strain on Air India's revenue. Over the next two decades, the airline had to suffer significant losses and it slipped to fourth place in the Indian market, behind Jet Airways, IndiGo, and SpiceJet. In 2013, Air India cleared some of its debts by selling and leasing back the newly acquired Boeing 787 Dreamliners. Also, as part of the financial restructuring, the airline sold five of its eight Boeing 777-200LR aircraft to Abu Dhabi's Etihad Airways. Finally, in 2017, Indian Airlines and Air India were merged.



Found a ground for safe landing

In 2018, the Indian government tried to privatise Air India by selling 76 percent of its stake in the national carrier, but the attempt failed as no private sector buyer expressed interest. Finally in January 2020, the government approved a new proposal to divest 100 percent stake in Air India, which meant giving up its full stake in the airline. It was, therefore, when the Tata Group took over the airline once again in October 2021 that the long process to unload the debt-laden airline by the government came to an end.

Ready to take off again

The Air India acquisition has given the Tata Group access to 4,400 domestic and 1,800 international airport slots at Indian airports and 900 slots at foreign airports, including London's Heathrow and New York's John F Kennedy International Airport. And there's no stopping it because the Maharaja has once again welcomed the passengers onboard in February 2022!

Transcending sustainability

Moving Towards A More Regenerative Future One Sector At A Time



Tara Stafford Ocansey, senior program manager, Earth Institute, Colombia University

Anushka Ramesh
 AIS MV, XII E

In an effort to drive the world towards a more sustainable future, countries across the globe have been pulling out all the stops to successfully attain the 17 UN set SDGs by 2030. Equally labouring hard to accomplish the same, Tara Stafford Ocansey, senior program manager and education specialist at the Centre for Sustainable Development, Earth Institute, Colombia University, has been persistently, for over a decade,

facilitating stakeholder groups from government, corporate, and non-profit sectors within US and outside to implement strategic approaches towards making the world just and more educationally egalitarian for all. So, when she graced AIMUN 2021 as one of the guest speakers, GT couldn't help but learn from her, all that's necessary to make this vision a reality and how youth can assist her in the same. Here's what she said in response...

The role of education

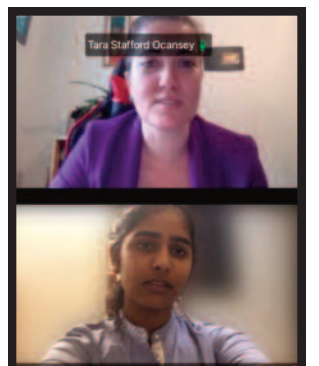
Though most of us know what sustainability means, not all of us are aware of what we, as humans, actually want to sustain. Do we want to sustain everything about the world or are there some parts of it that we eagerly want to do away with by regenerating them into something new and worthwhile? The latter happens to be

the case for the majority of us. For it's time we let go of, say, social injustices like racism, casteism, etc., that have been creating a divide in our world for so long. This is what we call regenerative sustainability, wherein it is imperative for humanity to make a conscious choice as to what all about the society we live in has the right to stay or should leave this very instant. To make this regenerative future a reality thus, education plays a pivotal role, with SDG 4.7 providing the much needed framework in this regard. With its emphasis on cognitive, socio-emotional, and behavioural learning, the said SDG focuses on infusing learning about SDGs in the school curriculum and ensures all learners acquire the necessary knowledge and skills needed to promote sustainable development. For being mature enough to understand and manage difficult emotions, being resilient amidst challenging environments, and being sensitive to other's culture is the need of the

hour! In one such instance, SDG Today, a global hub for real-time SDG tracking, through its 'Map My School' initiative, has empowered young children to map their own schools and place them in the government's database for it to keep a track of whatever's happening in the schools and what all resources it needs to allocate to enhance the same.

The role of government

Since digital education has become a huge component in the modern world and not everyone has the privilege to access this new technology, governments across the globe need to act a little braver and come up with more sustainable solutions for the same. One way to achieve it is by incentivising telecom companies to invest in rural areas, so that schools in all parts and regions of the world can have access to quality connectivity. Other than that, in order to drive all of humanity towards major lifestyle changes needed to attain a regenerative



In talks with GT reporter

future, massive infrastructural changes are required too. The bicycle infrastructure in some parts of Europe is a great model for this. If you look at pictures of Amsterdam from the 1970s, it was choked with vehicular traffic. But today, things are different; the city is full of bicycle commuters and relies on less cars. Sustainable infrastructural reforms did that! Though a much more efficient way of doing it would be to plan the city in such a way that people don't have to rely on personal vehicles to commute at all, every step taken in the right direction is necessary and worthy of appreciation!

Continued on page 3...

Like all other summates, snakes are ectothermic, amniotes vertebrates covered in overlapping scales.



India This Week

Vaishnavi Yadav, AIS VYC Lko, VII A

While we sit on our couch just breathing, a lot of things happen around us, and sometimes in our very own country. We bring you the ones worth mentioning..



Assam introduces leopard census

News: Assam's North Kamrup Forest Division in Amingaon has initiated a leopard counting census from January 31, 2022, in order to check the leopard population in forest and non-forest areas, and further reduce big cat-human conflicts. The counting, all set to be executed by means of the camera trapping methodology with 50 cameras positioned in Sila Reserve Forest, Changsari, AIIMS, NIPER, and other areas, will be done for 24 weeks. The data from each camera, however, would be extracted and accessed every seven days for a more effective tracking.

Views: As we humans are carelessly invading the habitats of other species in order to 'develop' our own world, the incidents of wild animals venturing into the human space, having lost their prey bases and homes, have increased manifold. So, it becomes particularly important for our governing authorities to keep track of the animal population, for this would reduce the human-wildlife conflicts in housing areas.

Kaavya Shukla, AIS VYC Lko, VII A

One digital ID to access other IDs

News: The Indian IT Ministry recently proposed a new model of "Federated Digital Identities" that would allow a civilian's multiple digital IDs - from driving license and passport to PAN and Aadhaar - to be stored, interlinked, and accessed via one unique ID. As per the proposed framework, this unique ID, through authentication and consented e-KYC, would allow a citizen to avail various third-party services, and put an end to repeated verification process.

Views: One obvious merit of this all-in-one ID is that it simplifies the whole identification process by allowing citizens to rely on one platform to access all their IDs. Conversely, as a demerit, this move would make the citizens more vulnerable to frauds like identity theft and so much more since all the information about them would be stored in



one place, with a single password protecting it all. Guess only time would tell how beneficial this measure would prove to be for all.

Lavanyaa Verma, AIS VYC Lko, VII A



Solar electrification in Jharkhand

News: The government of Jharkhand, on January 28, 2022, made public its successful solar electrification of some 7740 houses in remote villages and other inaccessible areas of Jharkhand. As part of the process, a module of 200-250 watts has been installed in each house, with four 9-watt LED

bulbs, a Direct Current fan, a mobile charging point, and a power socket for LED television. In addition to this, several community buildings or schools have also been electrified using solar stand-alone systems and power plants, with solar streetlights being installed in every 10 houses to further illuminate the roads.

Views: I absolutely support this great initiative taken by the government of Jharkhand. In fact, the governments of other Indian states should follow suit, for solar energy is completely clean and has zero energy-production costs, with its overall life-time being far longer than other energy-production systems. Besides, LED lights don't produce heat or UV emissions, making this move as environmentally optimal as it gets. Not to forget the added benefit of lighting up houses, and as a consequence, lives that were off the grid until now would get access to electricity.

Yashika Agrawal, AIS VYC Lko, VIII A



India and Philippines get the missile deal

News: As its first significant defence export, India, on Jan 28, 2022, signed a missile deal worth 375 million USD with Philippines for supply of shore-based anti-ship BrahMos missiles to the Philippines Navy. The said missile, jointly developed by India's Defence Research and Development Organisation (DRDO) and Russia's NPO Mashinostroyeniya, is a supersonic cruise missile with a range of about 300-500 km and a speed that is 2.8 times the speed of sound. India successfully test-fired the same a few days back on Jan 11, 2022.

Views: This missile deal is going to have a huge global impact, for it would greatly improve our diplomatic relations with Philippines that shares the same sour relationship with China as India does. So, if a deal can make the two countries come together and aid each other in times of conflict, nothing can top that. Besides, it also fulfills India's hopes of becoming an exporter of defence platforms as more and more nations are showing an active interest in buying the same from India. In a nutshell, this is a great opportunity.

Abhigyaan Bajpai, AIS VYC Lko, VII A

Around The WORLD

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



USA

Fighter jets sent to UAE

After the Yemen Houthi attacks, USA has announced that it will be sending a guided missile destroyer and state-of-the-art fighter jets as an aid to United Arab Emirates to help them in the fight. UAE, which has suffered at least three missile attacks till now by Yemen's Iran-backed Houthi rebels, welcomes the help with open arms after the Abu Dhabi crown prince had a telephonic settlement with the US defence secretary regarding the issue.

UK

Queen Elizabeth II marks 70 years on throne

95 years old, Queen Elizabeth II celebrates her platinum jubilee, making her the world's longest-reigning living monarch, and also the first British monarch to reign for 70 years. Her journey as a head of state began on June 2, 1953. She has witnessed the rapid era of social and political changes over years and is considered the figurehead of modern Britain.



NETHERLANDS

Koningshaven Bridge to be dismantled

As per the authorities of Rotterdam, the central section of the historical Koningshaven bridge will be dismantled to allow the passage of a gigantic yacht worth 485 million USD owned by Jeff Bezos. Furthermore, the announcement has resulted in a public anger because the historical bridge recently underwent major renovation from 2014-2017.



CHINA

Plans for 'megaconstellation'

According to the plans by China's State Administration of Science, Technology and Industry, the country has started to work on a mission that aims to send up to 13,000 satellites in space. Naming it a 'megaconstellation', the satellites will encircle the earth in the lower orbit, provide surveillance over much of earth, and enrich the internet facilities. China claims the step has been initiated to fill gaps in terrestrial communication, especially in rural areas, and to strengthen 5G network. However, the plan has renewed concerns of spying among western countries.

CANADA

Anti-vaccine protests in full swing

Thousands of protesters were witnessed on the streets of Ottawa railing against the COVID-19 vaccine mandates and other pandemic-related restrictions. The protesters deliberately blocked the traffic around Parliament Hill and there have been noted cases of disrespecting and harming public monuments like the National War Memorial.



AFGHANISTAN

Reopened universities in six provinces

The Taliban has reopened public universities for women in around six of the country's 34 provinces, where women have been instructed to follow Islamic dress code. Going by Taliban's gender-segregated system, women will attend classes in the afternoon and men in the morning. Also, the Taliban has promised to allow girls to attend schools by the end of March 2022.





Many species of snakes have skulls with several more joints than their lizard ancestors, enabling them to swallow prey much larger than their heads.

A cellular career

Unravelling Information About The Not So Famous Career Line Of Cytologists

Aarna Makhija, AIS Vas 6, Alumna

“Mom, I want to be a cytologist!” “A what? What cy-cyto? What did you just say?”

“Mom, c-y-t-o-l-o-g-i-s-t. A cytologist. Don’t worry, you are not the only one. Every time I say it, nobody knows what it means!”

“Well, then what is it?”

“Let me explain.”

“Firstly, what is a cytologist?”

To explain you in simple words, a cytologist is someone who works in the field of cytology. They are medical technicians and biologists, but their job is specifically about studying the structure, function and abnormalities of the cells in the living body. Cytologists undergo training to identify diseases by tracking cellular abnormalities, and how diseases, infections, and cancer affects cells. The field is best known for the pap test, a way of knowing the evaluation of cells from the cervix. Cytologists are mostly located to work in laboratories at hospitals, universities, or even private institutions and may also work in the pathology department.

“That’s interesting, so what will you have to do to become one?”

First things first, if I want to become a cytologist, I will have to take science

stream or have it as one of my main subjects in Class XI-XII. The reason for the same, I need to have a strong foundation in biology, chemistry and mathematics. The second step will be to get a bachelor’s degree in cytotechnology, biology, or the life sciences. There are institutes like National Institute of Cancer Prevention and Research, AIIMS, National Institute of Pathology, and Tata Memorial Hospital, who offer best training in the field of cytology. Moreover, the cytologists must get a license/certification by the state in which they intend to practice. I can start off through an internship and after obtaining some work experience, I can look

for a job opportunity in this field.

“Apart from the degree, what other skills will you need?”

To become an efficient cytologist, I must possess good observation skills and should have an inquiring mind. Strong eyesight is also required to perform well in this field. Another important skill required for professionals is accuracy and analytical skills. Furthermore, I should be passionate about working with cells and tissues as well as comfortable in handling scientific instruments such as microscope to identify the abnormalities present inside the cells in a human body.

“And what are the additional perks that a cytologist enjoys?”

Of course, the most important question, mom! The average annual remuneration for a cytologist depends on the experience level that one gains over the years. For instance, someone with an experience of 1-3 years can earn between 4,00,000- 5,50,000 INR per annum, while others with an experience of 7-8 years can earn approximately

8,00,000- 9,00,000 INR per annum. Jobs as a cytologist are widely available and have a huge scope in metropolitan areas, and I can advance to a supervisory role or even an educator with further study and experience with time. Thus, considering all the facts and information provided, this not-so-famous job profile in the medical field is a fulfilling career choice that provides huge exposure and individual growth.



Republic Day celebrations

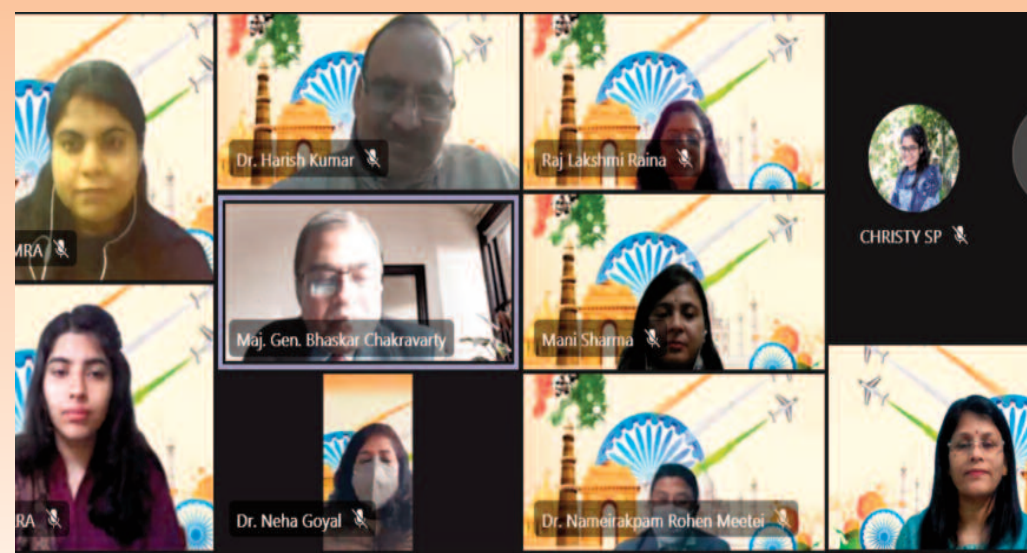
Celebrating The Spirit Of Republic With Young Minds

AIBAS | AUUP

“Every Indian must forget that he is a Rajput, a Sikh, or a Jat. He must remember that he is an Indian.” - Sardar Patel

Republic Day is a landmark event that marks the adoption of the Constitution of India and the transition of the country into a Republic, decades ago on January 26, 1950. To commemorate this significant event and to celebrate the 73rd Republic Day of India with complete fervour and enthusiasm thus, Amity University of Behavioural and Allied Sciences, AUUP, organised a virtual ceremony on January 26, 2022, which was graced by the presence of the honourable chief guest for the day, Major General Bhaskar Chakravarty, director admissions, AUUP.

The virtual gathering began with a welcome address by Dr Harish Kumar, HOI, AIBAS, which was followed by an inspiring speech delivered by the honourable chief guest, Major General Bhaskar Chakravarty. In his address, he motivated the students to strive hard and work diligently towards becoming the best versions of themselves, and also spoke on how each one of them can contribute towards the nation’s development by simply performing their duties with utmost sincerity and honesty. He even enlisted reading, staying fit, good communication and interpersonal skills as some prerequisites for achieving one’s desired goals and ambitions. Lastly, guiding all on how crucial their roles are for the nation, he urged the students to live purposeful lives, seek opportunities, and take challenges in stride.



Post his address, the celebrations were declared open with the recital of a poem that highlighted the significance of Republic Day. Honouring the theme of the program, the students next engaged in cosplay,

showcasing the valuable contribution of all the great leaders who were involved in the drafting of the Indian Constitution. Next in line was a skit that portrayed the life and times of the Father of the Indian Constitution, Dr BR Ambedkar. This was followed by another skit that reignited the memories of the day when the constitution first came into force. Presentations glorified the national flag and informed everyone about their fundamental rights and duties were also a part of the program. Acting as the cherry on top were a series of dance performances that enlivened the ceremony immediately after.

Towards the end, one of the invited alumni, Roma, shared experiences from her college days and persuaded students to perform to the best of their abilities come what may. As the event coordinators, Dr T Beena and Mani Sharma, took the stage next to congratulate the students for their participation in the quiz competition that took place earlier during the day, applause reverberated through the screens in appreciation of the efforts put in by the students and faculty members alike to make the event a success. The program concluded with a vote of thanks delivered by Dr T Beena, and the recitation of the national anthem.

Time to go GREEN

Continued from page 1...

**Regenerative sustainability
The role of businesses**

Most of the times the simple initiatives or investments made by big corporations towards achieving clean energies and a cleaner technology are more of a PR campaign. They do the bare minimum, so that they can make beautiful commercials and advertisements to ‘greenwash’ themselves and sell their products. But the reality is different; a 2017 report suggests that about 71% of global carbon emissions, between 1988 and 2015, were generated by just 100 corporations. This arouses the need for transparency as to how woke these businesses really are and how much time and effort are they really investing in making the world a sustainable place for all. Though governments can hold them accountable and pressurise them to take responsibility, at the end of the day, it is their own work ethics and moral values that can truly make a difference. At the same time, however, a seamless fusion of civic advocacy and education across all subjects can help consumers distinguish right from wrong, so they uplift businesses that really are doing the right thing. As such, everyone has an important role to play here, but one must also recognise that the solutions are systemic. It is imperative we



inculcate simple daily life solutions like taking a bike instead of a car, switching the unnecessary lights off or buying paper products instead of plastic to help minimise personal footprint, but measures need to be taken on the higher level as well. Minimising individual footprint is necessary but not the main solution; it is part of the solution that only big businesses and policy makers can provide.

**Regenerative sustainability
The role of Amitians**

Keep on doing what you are doing. I know it’s easy to run out of steam when one’s working hard to find solutions for all the big world challenges, sometimes to only hit a wall in the end, but don’t let that get you down. Just keep supporting each other in this difficult journey and keep making progress one step at a time. The more you do that, the more will be the probability of you becoming lifelong champions of a more regeneratively sustainable future!

To accommodate their narrow bodies, snakes have paired organs (such as kidneys) that appear one in front of the other instead of side by side.



The eellegal fish

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 in order 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.

Arshia Mahajan, AIS Vas 6, VIII B

I am: European eel

My taxonomic name: *Anguilla anguilla*

I am native to: Inland waters of Europe, and Atlantic Ocean from Europe to North America and North Africa

My life expectancy: Greater than 80 years



INTERNATIONAL YEAR OF
ARTISANAL FISHERIES
AND AQUACULTURE
2022



About me

- I am a snake-like catadromous fish that belongs to the Anguillidae family.
- I am usually around 60-80 cm in size but can also have a length of about 1.5 m in some rare cases.
- I usually live up to 80 years, but one specimen of mine, the Brantevik Eel, went on to live for 155 years in Brantevik, a fishing village in Sweden.
- Unlike other migrating fishes, I begin my life in the ocean and then spend most of it in fresh inland water or even coastal water, only returning to ocean when my time is near its end.
- I am mostly found in freshwater rivers, streams and estuaries.
- I go through various stages in life; I am born as larvae which transforms into glass eel, then elvers, then yellow eel, and then finally into silver eels.
- I have magnetoreception, a sense that allows me to detect magnetic field so I can perceive direction, altitude or location.

Why I am in danger

Since the 1970s, my number have been noted to decline around 90%, some even say around 98%, which is why I am a critically endangered species. The reasons for my decline – overfishing,

parasites such as *anguillicola crassus*, hydroelectric dams which end up being a problem in my migration process, North Atlantic oscillation, Gulf Stream, PCB pollution in water bodies, and even the North Atlantic drift.

How I am being saved

A wildlife trade monitoring network named TRAFFIC has been set up to control the decline of my population as well as to encourage more reproduction. I have also been listed in the CITES

convention, a treaty that aims to protect endangered plants and animals, and also to the Greenpeace International's 'seafood red list'. Many projects have been started to help my declining population like Innovative Network in the Netherlands and another one by the Technical University of Denmark. A PRO-EEL project, led by DTU Aqua and various research institutes from Denmark, Norway, Netherlands, Belgium, France, Spain and Tunisia, was also started in 2010, and thanks to all these efforts, my numbers are slowly but surely increasing.

A unique blend

Meet These Bizarre Hybrid Animals That Actually Exist

Little did we know, one day our planet will serve as a home to various hybrid animals. Hybrid animals – a unique amalgamation when two species mate with each other to produce a new and a different kind. They are thus the product of two different DNA molecules put into one. Intrigued enough, let's read further to learn about them.

Aarushi Singh, AIS Gur 46, XII C

Zorse

Mix between: Zebra and horse

Scientific name: *Equus zebra* x *equus caballus*

Also known as Zebroid, it is the result of cross-breeding between a male zebra and a female horse. The zebra part of the zorse is immune to certain diseases that affect horses and donkeys, making the zorse a very sturdy animal. Zorses usually possess the face of a horse with the striped body of a zebra.



Tigon

Mix between: Tiger and lion

Scientific name: *Panthera tigris* x *panthera leo*

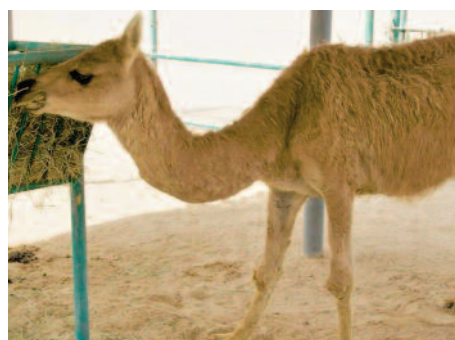
This animal is a rather menacing looking mix of a male tiger and a female lion. Tignons are born with stripes just like a tiger and are smaller in size as compared to the tiger or lion because of the growth inhibiting hormone they obtain from their parents.

Cama

Mix between: Camel and llama

Scientific name: *Camelus dromedarius* x *lama glama*

Cama, a hybrid carrying the fleece of llama and appearance of a camel was produced with the objective to create an animal with the strength and size of the camel mixed with the temperament and wool production of a llama. It has short ears, a long tail, cloven hooves, and no hump on it. Moreover, it has inherited the feature of the camel to drink gallons of water at once; and survive in arid regions for long hours.

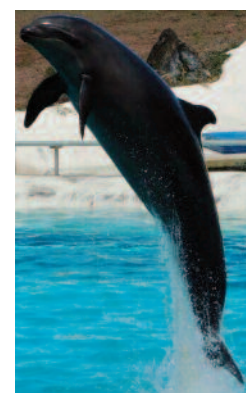


Wholphin

Mix between: Bottlenose dolphin and false killer whale

Scientific name: *Tursiops truncatus* x *pseudorca crassidens*

A wholphin is an extremely rare cetacean hybrid. These have been born in captivity and reported in the wild. The only two alive ones of this kind were raised in captivity in the Sea Life Park in Hawaii. These animals are indeed a unique dark grey skin, a perfect mix of dolphin and whale's colour with a weirdly contorted mix of a face between these two. These can weigh around 600 pounds and can reach up to 22 feet high.



Pizzly aka Grolar bear

Mix between: Polar bear and grizzly bear

Scientific name: *Ursus arctos* x *ursus maritimus*

The name pizzly might not invoke a sense of dread but imagine a mix between the terrifying grizzly bear and the polar bear. This type of hybrid has occurred in the wild as well as in captivity and was first discovered in 2006. This kind is said to have brown and big claws like grizzly bear but looks like a polar bear.





Snakes range in size from the tiny 10.4 cm-long Barbados thread snake to the reticulated python that is 6.95 meters in length.

A (spectacle)ular account

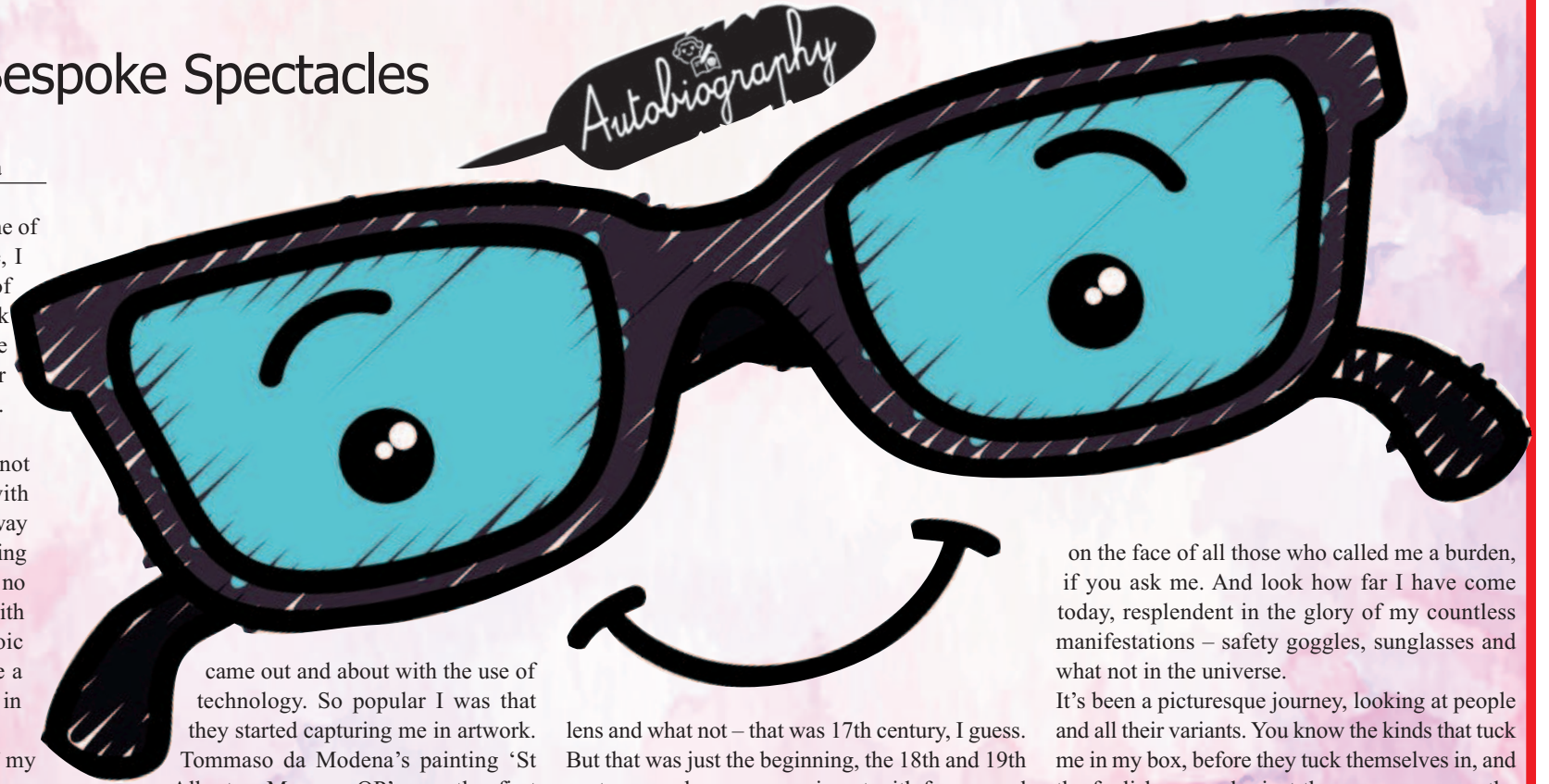
The Journey Of Bespoke Spectacles

Tanishi Adhikari, AIS Saket, Alumna

The art of introducing myself is not one of my strengths, to be honest. You see, I like to see and observe, instead of talking. Gradually sliding down, you'd think it is you who pushes me up by lifting a single finger; au contraire it's me who reshapes your entire world, just sitting there on your nose. Of course, I am a spectacle.

Living in a power-hungry world, it does not come as a surprise that I come to those with power. But then the fashion savvy find their way with me anyway. After all, I am vintage, going all the way back to the 10th century. Though no one really knows the genius who came up with me, but it is said that the Roman Stoic philosopher, Seneca was the first one to use a glass magnifier to read the small text written in the Roman books.

It was by the 13th century that the first of my kind was made in Italy, where glass blown lenses were adjusted into frames which were either made of wood, leather or even animal horn to be perched on the nose. But then, I guess we'll have the renaissance to thank, for it was then that I



came out and about with the use of technology. So popular I was that they started capturing me in artwork. Tommaso da Modena's painting 'St Albertus Magnus OP' was the first artwork to capture my presence. Might I add – a genius masterstroke!

These humans I tell you, they couldn't get enough of me so they came up with convex and concave

lenses and what not – that was 17th century, I guess. But that was just the beginning, the 18th and 19th century saw humans experiment with frames and lens in various shapes, colours, face shape and most importantly matching the outfits. However, the best was yet to come! They replaced my glass lenses with plastic ones. Oh boy! A slap

on the face of all those who called me a burden, if you ask me. And look how far I have come today, resplendent in the glory of my countless manifestations – safety goggles, sunglasses and what not in the universe.

It's been a picturesque journey, looking at people and all their variants. You know the kinds that tuck me in my box, before they tuck themselves in, and the foolish ones who just throw me away on the couch. But then, it is hard to be someone whose job is to view objectively and precisely, sometimes with coloured tints, sometimes sharper than reality. Oh God! I truly am a spectacle!

Just Google it!

Should We Blindly Trust Our Google Baba?

Riya Jain, AIS Noida, XI K

Whether it is a 'how to' guide to achieve absolutely anything or the most bizarre curiosities that strike us at 2:00 am in the night, the solutions offered by our 'Google Baba' are endless. For, quite agreeably, the internet has an answer for everything, but the question remains- are those answers even accurate or reliable? Let's fight it out...

uncovers misinformation

Judge: Good morning, ladies and gentlemen! Calling the case of People of the Earth versus the CEO of Internet.

Plaintiff's Counsel: We are acting on the behalf of People in this matter.

Defence Attorney: And I am acting on the behalf of the Internet.

Plaintiff's Counsel: Milord, we intend to prove

that the Internet is guilty of providing false information to the world, which leads to a dramatic impact on its population. Sloppy journalism often provides misleading headings without adequate fact-checking and manipulates the users' minds. The evidence we provide will prove that the defendant is guilty as charged...

confronts clickbait

Plaintiff's Counsel: ...Endless stories on the internet are deliberately fabricated so as to gain more visitors and to increase advertising revenue. At the expense of truth, these clickbait websites use sensational headlines to grab attention of innocent users and then provide inaccurate information. 'Shocking facts' and 'You won't believe this!' are just some of the titles used by these misleading pop-ups to drive click-throughs.

shows some clickbait articles to the judge

Judge: Does the Defence Attorney have any questions to ask?

Attorney: No, milord, I don't.

confronts fake remedies

Judge: The prosecution may call its first witness.

Plaintiff's Counsel: The People call a 53-year-old lady Mrs Wilson.

Mrs Wilson enters

Plaintiff's Counsel: What was the fake article that you read in 2020 about?

Mrs Wilson: As the COVID-19 virus spread in 2020, my husband and I were looking for cures for the same on the internet. As such, we came across plenty of sites that mentioned several homemade treatments. One of the sites stated coconut oil as an easy remedy. After a few months, my son unfortunately caught the virus. We consulted the doctor and asked if coconut oil can help, and she laughed it off saying that it was some made-up gibberish on the internet.

Plaintiff's Counsel: Thank you, I have no further questions. Here's the article that Mrs Wilson read while looking for the cures, milord!

judge confronts the CEO of Internet

Attorney: Your honour, I intend to prove that my client is innocent. The CEO had launched a Misrepresentation Policy long ago, stating that pop-ups with misinformation are not allowed on the internet. For a better understanding of the same, I wish to call the defendant to testify.

CEO of Internet enters

Attorney: How many people worldwide use your services? And can any misinformation be reported by the users on social media?

CEO: I have more than 4.66 billion active internet users all over the world. Also, the internet users are growing on an annual rate of 5.7%. Besides, anybody can easily report and contain the spread of any misinformation.

Attorney: Thank you.

Judge: Plaintiff's Counsel, do you wish to cross-examine it?

Plaintiff's Counsel: Yes, your honour.

questions the CEO

Plaintiff's Counsel: Do you or do you not provide quality assurance when it comes to news provided on the internet?

CEO: We try to...

Plaintiff's Counsel: No further questions, milord.

Judge (seeing the clock strike 1): Trial dismissed for the day. The case will continue tomorrow.

bangs the gavel

The extent of untrustworthy information on the internet is definitely concerning, but the internet is a social glue and giving it up altogether won't be the viable solution we think it is. There is no denying that our 'CEO of Internet' can control this complex phenomenon, but in the current scenario, self-assessing the credibility of internet is the way one must adopt. One must take notice of fake insecure website addresses, because that's quite literally all we can do.



A group of 'flying' snakes, particularly belonging to *Chrysopelea* species, use gliding techniques for locomotion and hunting down their prey.



Sky's the limit



Dr Amita Chauhan
Chairperson

In recent times, Mars has emerged as one of the most researched planets in our solar system, perhaps for the potential it holds in terms of supporting life. Scientists all over the world are encouraging more and more innovative ideas and inventions that can help us understand and navigate Mars better. One such attempt to reach out to bright young minds was recently made in India with the ATL Space Challenge organised by ISRO and CBSE in December 2021. The competition was launched with an objective to enable innovation among young school students so that they not only learn more about space but also be able to use their innate curiosity to add value to the space programmes.

I am delighted to share that our team consisting of three Class X students from AIS MV was selected amongst the top 75 entries for the project titled 'SPOLVERINA'. Also, only four projects were selected from Delhi and SPOLVERINA was one of them. This was certainly a challenging task as the competition had received 2500 projects from more than six thousand students from across India.

Therefore, I must applaud the team- Apar Khare, C Vishwajeet Kumar and Ruchita Nair, for they have surpassed all expectations with their prototype of a futuristic machine designed to remove toxic Martian dust from the surface of objects as they move from one pod to another in a future Martian colony. I feel proud that young Amitians can think so far ahead of their times. Like true visionaries, they can envision a better world by using science as a tool and wisdom as the motivating force. [GT](#)

Long live the television!



Vira Sharma
Managing Editor

The recent announcement about the introduction of over 200 educational channels took me back to my own childhood. Those were the 80s when educational telecasts were a regular line-up on Doordarshan. Most of us from this generation

vividly remember 'Tarang', an entertaining, informative show conceptualised by NCERT and CIET. From simple experiments of science, math and quiz shows to interesting nuggets on music, dance, art and craft, the show had it all. Another popular broadcast was 'Turning Point', where we used to listen to simplified explanations of why 'roti' is thicker on one side, or why boiling milk spills over but water does not and children got to learn from renowned educators like Professor Yashpal Sharma, Dr Jayant Narlikar and Arvind Gupta on a regular basis. Though e-learning is quite the rage now, we have experienced its benefit in our school days through UGC programs. Even better, there were times when we got to watch live experiments. These modules were put together so coherently that many a times, these acted as better resources than even classroom lessons. If we gained so much with the most rudimentary technology of that time, I can only imagine how beneficial this new endeavour is going to be for students. We are currently in the middle of one of the biggest social transformations, that of online learning becoming an integral part of the education sector. This step of launching these many educational channels needs to be truly appreciated, as it will open new vistas of learning for all. [GT](#)

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What is true art?

The Significance Of Art Through The Eyes Of The Beholder

Vanya Tandon, Alumna & Yashasvini Verma, XI, AIS Noida

Have you ever been to an art museum? If not, let's just assume that you and your friend happen to visit a famous art museum; here you are met with an array of artistic conjectural displays. While you explore the exhibition, you pause at one such piece of fine art and there resound two very disparate reactions. "Amazing! Look at that, will you?" your intellectual friend cries out all bedazzled. As she stands there completely bowled out by a painting that merely looks as if colours thrown over on a white backdrop, you exclaim, "Hey, that's ridiculous. I could paint that. Huh, my dog could paint that!" And there, out of all the things that you could have called that iconic Dance of Youth painting by the famous Pablo Picasso, you called it ridiculous. But can you be blamed folk? That's abstract art for you.

'Abstract Expressionism' is an art movement that surfaced around in the 1940s. Suggestive of its name, this art is abstract - which might come off as abrupt, random, unthought, and well, even ridiculous! However, that's what this classification of art stands for, individuality, a power just held and manifested by the author themselves. Unlike other forms of art, it doesn't focus on depicting what can be seen, rather, it focuses on what could be felt—emotions, desires, thoughts and other invisible entities.

Some of the most prominent works in this field are those of artist Jackson



Pollock, whose 'drip' or 'action' paintings did not have any underlying message or depiction per se. He simply used brushes or stirrers to drip paint on canvas while moving around it. Conversely, such maneuvering, as described by Pollock himself, are direct imprints of his mind and subconscious—an event on canvas and not merely a painting. Joining the likes is another example, Cy Twombly's 'Blackboard Series', which portrays only semi-erased scribbles on a chalkboard. Now, one is most certain to scorn it as a slapdash work, but then it

would take someone with a profound discernment to perceive that the series of art aims to depict how one feels when they're in a position of almost understanding something, but haven't yet understood. A thought very much subjective to the artist himself.

While an abstract expressionism has found its own standing now, it was always and is sometimes, misunderstood to be pointless. We mean, who would ever believe that the ace artist Vincent van Gogh had sold just one painting throughout his lifetime, with his aesthetic work being often mocked and la-

belled amateurish? That's how misapprehended art is.

But then true art finds the beholder eventually, so did the concept of abstract art. Along with other art movements like Impressionism (1874) and Cubism (1907), it gained grounds despite the pungent criticisms. It compelled the world to realise that art is not just meant to portray the tangible or the obvious. Sometimes, it also offers the psyche of the artist to the spectator, given that s/he perceives the true meaning of the art, whilst also imparting their own meaning to it. [GT](#)

Freedom of expression

Understanding The Utilisation Of Free Speech

Anubhav Singh
AIS VKC Lko, XII B

65.9% countries worldwide are an adherent of political pluralism, of democracy as a regime and a way of life, either extensively or insufficiently or for that matter, as an amalgam of both. These nations place high value on the expansion of the human principles of freedom of thought and expression, the linchpins of any democracy. Nevertheless, not all, in all honesty, act as republics, some have been reduced to being mere republics of empty rhetoric, others as rigorous, mostly deleterious, proponents of the 'democratic' principles. Enlisted and enshrined as a basic right of all human beings under the Universal Declaration of Human Rights (UDHR), Article 19 to be precise, freedom of expression is one such ground that stirs debates on what exactly constitutes apposite pertinency and practicality of such principles. While the right isn't an absolute one and comes with its own set of limitations, different for different demographics, there are many nations that view it as a vacuous scribble on paper. Nine-year sentence of pastor Wang Yi of the Early Rain Covenant Church, a house church, in China in the year 2019, under the pretext of performing 'illegal business operation' when he just chose to freely practice his religion, for instance, is an example of how the existence of the very right is



rendered apocryphal.

Conversely, the beheading of the middle school history teacher, Samuel Patty, in France on October 16, 2020, over his usage of a caricatured Prophet Mohammad in a class, and the subsequent opprobrium, of the flagrant Islamist attack as one on the French statehood and secularism, necessitates the appraisal of the right to freedom of expression. France has been an active witness of many such ferocious attacks by radical Islamist militants in the past, prominently including the 2015 Charlie Hebdo killings. Right to caricature, as France persistently promulgates, thus is time and again challenged with intolerance and terror to browbeat humanity into silence. Such intolerance undoubtedly puts democracy on its deathbed.

Howbeit, while nothing can justify these gruesome killings, French constitutional protection of 'blasphemy',

and the 'disparagement' of any and every religion (not practitioners) under free speech law, as part of its secular identity, raises questions too. These questions pertain to how, when and where the line exactly needs to be drawn. These caricatures, one of them portraying the Prophet as carrying a bomb in his turban, have placed France at a menacing impasse. While the country conflates them as their commitment to freedom of expression, the Muslims around the world and those living in France, see them as insults levelled at their faith.

Thus, while one can be satirical as per the power bestowed upon them by the free speech law, one needs to be cognisant of the sentiments of others. Putting the modern world in a quandary, freedom of expression thus proves to be a treacherous territory to be walked on and should be maneuvered meticulously and conscientiously. [GT](#)



Issue: Page 1, Jan 31, 2022

Dear Editor,

This is in reference to the article 'Massive in miniature' published on page 1 of the GT edition dated January 31, 2022. The article clearly reflects on both the positive and negative aspects of 'butterfly effect' where small incidents might not look massive in the beginning but could create a drastic impact in the long run. The story is replete with examples such as the downfall of Aztec civilisation, the reason behind WWII, invention of Penicillin, etc., to give the readers an insight into how small things can hint towards a big change. Through this article, the readers can even relate the present scenario of the COVID-19 pandemic, a small virus in China in 2019, taking the entire world by storm and creating havoc in the lives of human beings. Thus, it would not be wrong to say that the world we see around us today is an amalgamation of small things brought together.

Avni Singh, AIS Jagdishpur, XII



The braveheart Bajirao

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, **Peshwa Bajirao**, who changed the course of history for the better.

WARRIORS of INDIA Part 4

Name: Pantpradhan Shreemant Peshwa Bajirao Ballal Balaji Bhat
Born on: August 18, 1700
Died on: April 28, 1740
Position held: 7th Peshwa (chief minister) of the Maratha empire
Noteworthy achievement(s): A military genius, known for transforming the Maratha kingdom into an empire
Biography to watch/read: Bajirao Mastani (Hindi movie); Bajirao I - An Outstanding Cavalry General (book) by RD Palsokar

The roots of a warrior

Baji Rao was born as Visaji into a Marathi Chitpavan Brahmin Bhat family in Sinnar, near Nashik, Maharashtra, on August 18, 1700. His father, Balaji Vishwanath, was a Peshwa of Chhatrapati Shahu I and his mother, Radhabai Barve, was a homemaker. As the eldest son of his family, he also had three younger siblings - a brother, Chhimaji Appa, and two sisters, Anubai and Bhiubai. But despite being surrounded by younger sisters and a brother to count on, Baji Rao shared an exceptionally close relationship with his father, who also acted as his guru and trained him as a diplomat and warrior from a very tender age. Simultaneously, under his father's instructions, he was also schooled by the seasoned Maratha cavalry generals who, with an experience of over 27 years, were distinguished in the ways of war and taught him all the necessary war tactics. Needless to say thus, he was inclined towards military from his formative years and accompanied his father on military campaigns on various occasions. In one such military excursion however, in 1716 to be precise, Maharaja Shahu's army-in-chief, Dabhaji Thorat, treacherously got his father, the then

Peshwa, arrested. Deeply saddened by the tragedy that struck their family like a bolt from the blue, yet courageous still, Baji Rao chose to accompany his father in jail and thus, spent two years in imprisonment, all while enduring the torture bestowed upon his father, till they were released in 1718. The post-imprisonment career of his father wasn't any better, for it was the time when the Maratha-Mughal relationship became more and more hostile with each passing day. Young Baji Rao, as an eye-witness to all this development, saw unimaginable deception and treachery at play, and as a consequence, learnt to deal with the devious ways of political machinations. These and other experiences coupled with his own youthful vitality, vision, and competences prepared him for the position that he was set to rise to. As for his married life, Baji Rao married twice, first in 1720 to Kashibai, daughter of Mahadji Krishna Joshi and Bhavanibai of Chas, and then in 1740 to Mastani, daughter of Maharaja Chhatrasal and Ruhani Bai Begum. With Kashibai, he had four sons, namely Nanasahab, Ramachandran Rao, Janardan Rao and Raghunath Rao. His second marriage, though subjected to both admiration and controversy as Mastani was half-Muslim, gave him his fifth child in Krishna Rao who was later renamed as Shamsheer Bahadur I.

The sword of a warrior

Weary from his labours in the imperial capital, Baji Rao's father succumbed to death in 1720. It was then that Maharaja Shahu, enamoured by Baji Rao's political sagacity and swordsmanship, declared him as the new Peshwa. Though his decision was met with severe criticism, for Baji Rao was merely 20 at that time, Maharaja Shahu didn't cave in and stood by his verdict; and as was expected of him, the new Peshwa made sure he didn't let the king down and deftly shut the mouths of all those who opposed his appointment. Thus, with necessary skills and seasoned troops at his disposal, Baji Rao, in his new capacity, swore to protect his kingdom and take it to new heights, ushering a new era in the history of Hindustan. As such, he embarked on an incessant 20-year cam-

paign in a strike northward, every year inching nearer to Delhi and towards the complete extinction of the Mughal Empire. The Mughals were so terrorised by his mere presence alone that they would often refuse to attend any and every gathering that Baji Rao took part in. His reign of terror, in its most literal sense, however, began with his 1723 conquest of Malwa. This was followed by his acquisition of Gujarat in 1730 and then eventually, the most of central India and other Mughal provinces in the north. As such, Baji Rao fought over 41 battles in the entirety of his military career, defeating the Mughals, Central Asians, and Pathans alike, and lost none, making him one of the only three generals in the global history who never lost a single battle. While his statesmanship stood out the most in his Rajput policy, where he converted the supporters of Mughals, Rajputs, into friends of Marathas, his exceptional warfare tactics, on the other hand, leapt out in the Battle of Palkhed (1728), wherein he defeated the Nizam of Hyderabad with his brilliant war strategy. As a consequence thus, he is hailed as the hero of Marathas' resounding victory over Hindustan and that of Hindu Dharma's triumph over the religious intolerance exercised by the Mughals. For it was his ceaseless efforts that made the holy pilgrimage routes of the Hindus, those from Mathura to Benares to Somnath, free of Mughal interference and harassment.

The legacy of a warrior

Though regarded as the most notable ruler of his times, who would readily ride a horse into the thick of the battle and effortlessly defeat his enemies using the deadly danapatta sword of the Marathas, Baji Rao was still a human and that gets

reflected in how he breathed his last. On April 28, 1740, while preparing to march out with his army to reach Delhi, he fell ill with fever and as a consequence, passed away in the village of Rawar Khedi, near the banks of Narmada - too miserable an end for a soul too precious! But as Richard Carnac Temple, a famous English historian, put it, "He died as he lived, in camp under canvas among his men, and he is remembered to this day among the Marathas as the fighting Peshwa and the incarnation of Hindu energy." And that's how he will always be remembered. For he expanded the territorial limits of the Marathas from Western India all the way to the South up to the Peninsula. And though he could not position the Maratha flag on the Himalayas while he was alive, his son Raghunath Rao took it upon himself and in 1757, hoisted the Saffron flag across the Indus River. Thus, a life as celebrated as his deserves all the attention and appreciation the world can offer. Advancing the same, renowned Bollywood director Sanjay Leela Bhansali directed Bajirao Mastani, a 2015 historical-romance film based on the Marathi novel Raau by Nagnath S Inamdar. The film, starring Ranveer Singh, Deepika Padukone, and Priyanka Chopra in the lead roles, narrates the life and times of Peshwa Baji Rao I. Other than that, 'Bajirao I - An Outstanding Cavalry General' by RD Palsokar, a biography of Baji Rao from birth to death, stands out in its factual and to the point portrayal of his exemplary existence. Thus, adored, revered and celebrated still, Peshwa Baji Rao I continues to be a legend in his passing. And while mighty leaders and warriors might come and go, there's truly no superseder in the world who can displace him or erase his presence from the psyche of an Indian.



Snakes are thought to have evolved from either burrowing or aquatic lizards, with their earliest known fossils dating back to between 143 and 167 MA ago.



Exam time!



Storywala

Vedika Agarwal

AIS Gurugram 46, IX A

Every second of the clock weighed heavily as everyone around Ankit was shuffling to get into their assigned rooms through the university campus. He could see their tense faces and fear written all over their body. He understood it quite easily because he, too, was faced with the same fear. He was very perplexed yet trying his best to compose himself as he moved through the corridors leading to the classroom, he was supposed to be in.

Today was one of his internal exams and the stress caused by it was evident all over his face. He went inside, and as soon as the teacher started distributing the question paper, he couldn't stop his eyes from twitching. His

hands shook as he read the questions because he knew he was nowhere near prepared to answer any of them. Before he knew it, the stress got too much for him to handle and tears started oozing out of his eyes.

The teacher in the room had noticed Ankit's silent yet sudden sobbing; she quickly made her way to his desk and asked him to follow her outside the examination hall. Ankit could hardly register the words but found himself following her, and when they were outside, he truly broke down and started crying completely. His teacher patted his back, allowing him to let out his emotions, and when he could breathe a little better, he realised what he was doing.

"I am so sorry, ma'am," he cried. "Ankit, it's okay. I can see that you are not fine. Care to explain

why you are crying in the examination hall?" she asked.

"Ma'am I-I..."

Ankit had nothing to say, and what could he possibly say? "I wasted my entire semester not doing anything, so of course, I know nothing now, and I am sure I am going to fail my exam and be a disgrace?" Though all of it were true, Ankit couldn't bring himself to say it out loud. In shame, he lowered his head and stared at his shoes, having no explanation to give.

"It's okay, Ankit, I have been your teacher for the last one year so I know you a little bit. I can easily tell you are not at all prepared for today's test, but I also know that you are a smart student and are capable of doing way better than what you give yourself credit for. I can't say I am happy to see what is happen-

Today was one of his internal exams and the stress caused by it was evident all over his face.

ing with you right now, but I hope you use this incident as a lesson. Sitting in that classroom and staring at that question paper taught you something, didn't it?" asked the teacher.

"Ye-yes, ma'am, it certainly did," Ankit finally spoke.

"And what did you learn?"

"That I need to start taking my education seriously. I saw that question paper and realised that I wasted all these months of the semester when I could have studied. Just to have fun in college with my friends, I bunked all the classes and ruined the entire semester. I remember how happy my mother was when I got into this college, but here I am, letting her down and even letting myself down. How will I face her? I really need to start working hard and studying hard so that I can learn and be better. Ma'am, can you give me another chance to give this internal exam?"

The teacher smiled at Ankit and gave him the offer of retaking the internal exam a week later, only if he promised to start talking his education seriously. In the next semester, not only did he study hard and start paying attention in class, he also ended up being one of the top students of the year. Ankit realised that maybe hitting rock bottom was not so bad after all because it allowed him to bounce back up and be better!



Priyamvada Chourasia

Coaster

Priyamvada Chourasia, AIS VKC Lucknow, Alumna

MATERIAL REQUIRED

- A wooden/ plastic plate
- Acrylic paint
- Brush
- Pencil
- Varnish

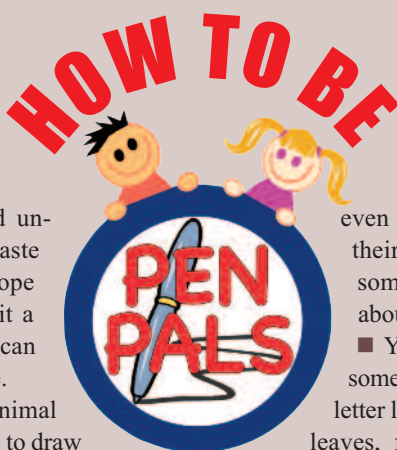
PROCEDURE

- Take a piece of plastic/wooden plate and carefully paint it white on all sides. Try to pick a square or rectangular piece that is around the size of a normal coaster.
- Once the paint has dried, take a pencil and draw sketches as per your choice. You can draw any design you want and can use images from the internet for reference.
- Using acrylic paints and brush, colour in your painting completely. Be sure to apply a thick coat of paint.
- If you have drawn figures or specific spaces on the coaster, make sure to paint the base as well so that no space is left empty and the true colour of the wood/plastic is not peeking through.
- Leave it to dry completely for around 24 hours.
- Once it is dried, apply a thick coat of varnish on top to protect your coasters. You can apply one-two layers to be careful.
- Leave it to dry for a few hours, and your own DIY coaster is ready for use!

We often hear our elders savoring the bibliosmia of the beautiful parchment while reminiscing nostalgically about the regal art of writing a letter. Pen-palling is in vogue nowadays as the younger generation is equally interested in writing letters along with exchanging memorable trinkets via post, and if you, too, want to be one of them, here are a few tips and tricks to keep in mind to get the best out of the experience.

- Your envelope is the start of your experience so you must make sure the cover looks regal. Use pages from an old unused book and paste them on the envelope randomly to give it a vintage look. You can also use washi tape.

- Nobody hates minimal doodles so feel free to draw pants or a pile of books or anything that mingles with your theme, but remember not to go overboard.
- For the text of your letter, be sure to



make it interesting and engaging. You can ask them questions in-between, talk about your hobbies, or even ask them about theirs so that they have something to write about in reply.

- You can also include some fun goodies in your letter like stickers, pressed leaves, flowers, handmade paper, pattern papers etc.
- Another item that can add a special touch for your pen pal can be a personalised playlist of songs you think they might like.

- Add in some tea bags, recipes, poems, book or movie suggestions etc., to add that special icing on cake.
- And if you are new to the whole world of pen-palling and want to try, there are various resources available online to help you find someone. Or you can even try and start it with your known friends as we are all so far away from each other in this era of pandemic. So grab your paper and pen and get pen-palling!



Tips by: Avni Munjal, AIS Gurugram 43, X D

WORDS VERSE

The story of the hill

Akshaj Bhalla, AIS Saket, X C

Enjoying in the winter chill
At the top of the steep hill
Sitting in the beautiful garden
From winter, begging for pardon

Mountains full of walking folks
Miles away from smoke that chokes
To us, the mountains are a treasure
It is a hub of immense pleasure

The robin gives a call so shrill

To the ears, it's an immense thrill
But sadly for our beloved peers
It has become a matter of tears

For the earlier unknown deforestation
Has now become a widespread fashion
How can people be so heartless?
And make our hills such a mess

As our forests go through such pain
We ignore their pleas in vain
But who will explain it to the folks
That nature's cries are not just a joke



The sky

Pragya Pandey

AIS Vasundhara 6, Alumna

My mind is fighting war again
Angels against my demons
Demons against my angels
Hoping to find comfort
I am looking for a reason

I look up at the blue sky
To live through each day
But all I see is a dark curtain
I am searching desperately
Waiting, for a miracle to happen

Hoping to find at least one
Only to discover there's none
And tonight, at this hour
The azure sky is bleeding
Another star is dying





Redefining moments



TEDx, is a global platform that invites motivational speakers from different disciplines. Here, each of the speakers, through their inspiring personal accounts, enables the audience to see the bigger picture of life. Every year, **Amity International School, Gurugram 46** organises their very own version of TEDx, with an aim to encourage, transform and prepare young minds for the hurdles they might come across in life. It is a thought-provoking event that inspires the students to be the trailblazers of tomorrow and make the world a better place.

TEDx

Youth @ AIS G46

In an effort to change the conventional mindset of the audience and encourage them to think towards achieving the extraordinary, AIS Gurugram 46 organised the sixth edition of the much talked about platform, TEDx Youth 2021

on January 15, 2022. The theme of the event 'Avant Garde' reiterated how individuals should be experimental, innovative, radical and unorthodox, to push the common accepted norms and tread on to build a new world.

Treading towards achieving dreams X



Vanguardist: Amisha Chaudhary, Ms United Nations 2017

The talk: "I had started my career 14 years ago, as an international cabin crew member for Kingfisher and had later joined Air India. But it was only after becoming a proud mother that I realised, I have so many unfulfilled dreams. When I was in school, I used to think that I will become a fashion designer. Through the years, I always had it in my mind that I want to be a

part of the fashion industry and was driven to work towards fulfilling my dream, so I applied for a national pageant and was crowned Mrs South Asia India 2017. From there I went to United Nation's pageant to compete with 30 other contestants and became the first Indian Ms United Nations 2017. All these achievements inherently evoked a sense of responsibility to represent my nation with many aspiring people, women and youth look-

ing up to me. I utilised the power and the opportunity of the platform by launching my own label 'Diadem'. I also worked extensively towards sensitising women and their family members on importance of female hygiene. At the end of the day, I feel satisfied that I have been able to contribute something to the society."

The takeaway: "Go ahead; spread your wings; believe in yourself and you'll definitely facilitate change."

Treading the untreaded path X

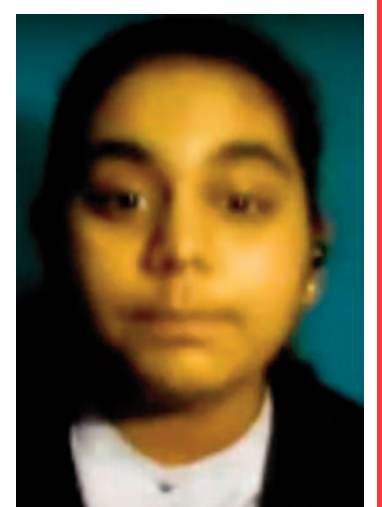


Vanguardist: Dr Pravin Khobragade, health specialist, UNICEF

The talk: "I always wanted to be an engineer for the longest time but got into the field of medicine on my parent's demand. I was not very inclined towards doing hospital or laboratory service. So, I instead chose a very unconventional specialisation 'Preventive and Social Medicine' which not many people opt. This for me was 'kuch hatt ke kar dikhana hai' moment. I believe that in life you should always be ready to accept challenges, never shy away from coming out of your comfort zone and most importantly have a hands-on approach. Initially I had started my career at the Pri-

mary Health Center (PHCs) level, made my way up to district level and at the time I was the youngest medical officer to join WHO India. I was posted to many challenging remote areas but I never refused them. My message to all is to start from the basics and move to sophisticated work areas in your career path as that will give you immense experience, something that will help you in life. You will achieve success, you will have your own passion, creativity and x-factor, but how much of that success is satisfactory, is what you need to see. True success is that which has positively changed your life and that of others."

The takeaway: "Do what no one else has done."



Treading towards experimentalism X

Vanguardist: Gauri Mishra, youngest pianist of India

The talk: "From belonging to a middle-class family to walking down the aisle to receive the national award from our honourable president, my journey has been full of challenges. I started learning piano at the age of four, but I always wished to do something different with it, which is why, I decided that I should try playing Indian classical music on it. There were, a lot of hurdles I had to face on this path. Indian music is very different from western classical music as it has its own raags, structures and patterns. Unlike western music, which had notations available on the

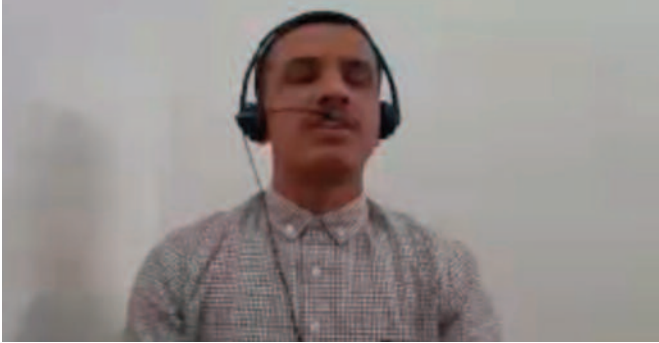
internet or various books, Indian classical music did not give me much references or shortcuts. Bringing out the notes and sounds on piano was a huge challenge, but I was determined towards achieving it. My guru and I started figuring out ways on how to make Indian compositions sound just as beautiful on the piano. Choosing piano itself was an unconventional decision for me, but we can achieve anything we want if we work hard for it, can't we? So, think and go out of your way to chase the unconventional!"

The takeaway: "With passion, dedication and commitment, we can surely achieve anything we wish for."



Snakes don't have eyelids due to which they don't blink and sleep with their eyes wide open.

Treading towards positive change X



Vanguardist: Priyam Jain, LLB student and alumnus, AIS Gurugram 46

The talk: "Change, adaptability and avant-garde – these three words are an essential part of our life and teach us so much. For me, I am a legally blind person, because I have a disease that led to the gradual deterioration of my sight. It has been a part of me since the last 20 years and I have witnessed my eyesight worsen every passing day, month, year. Thus, growing up I had the option of going to a special school, but I decided on an uncustomary choice and accepted my situation as a challenge as well as an opportunity for myself. Even when the pandemic struck and we turned to

the virtual mode, it gave us all an opportunity to look at its positive sides. We now have our whole world in a 13-inch laptop, and I am very grateful for it because I can just carry this whole world in a bag with me everywhere I go. Maybe 10 years down the line, everything will be completely transformed to the digital platform, so it is better for us to start adapting to this change from now itself, when we have the opportunity to do so, instead of being complacent and giving excuses to not face the change life brings us."

The takeaway: "Change is constant, and that is a fact nobody can deny; it will go on and on, come what may."



Treading towards culture X

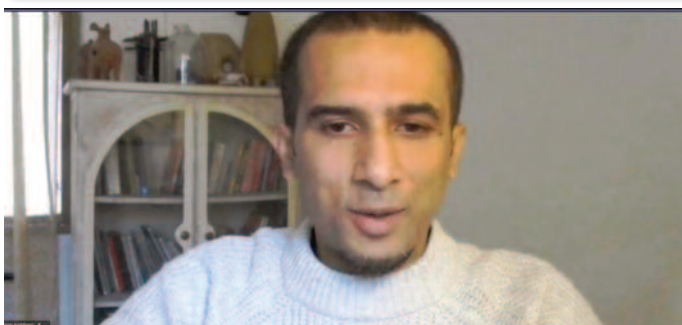
Vanguardist: Arsh Ali, youngest archeologist and first egyptologist of India

The talk: "Part IV A (Article 51-A) of our constitution delineates how imperative it is for citizens of India, to value and preserve the rich cultural heritage. However, having met people from different walks of life as part of my job, I have realised that this love towards culture and history is something that comes congenitally to us, so much so that we have a penchant for exploring foreign cultures as well. A classic example of this would be the recent upsurge in our consumption of Korean dramas and music acts by BTS. All of this goes on to show how cultural studies go hand in hand with human existence. Besides, one does not really have to go too far to see how reliant we are

on culture; the way our governments still refer to 'Arthashastra', a 3000-year-old manual on statecraft and politics, is evidence enough to testify the same. India has also influenced the cultural practices of other nations too, the beliefs of people in countries like Persia and Sri Lanka are largely based on Ashokan Buddhism. Egypt, in particular, is still connected with India archaeologically and culturally. Therefore, we need to build an avant-garde approach towards culture, where we introduce multiple new innovative ideas and methods to keep our culture alive and thriving for eons to come."

The takeaway: "For India to achieve new heights, we need to switch to innovation, and let culture be our guide."

Treading towards artistic expressions X

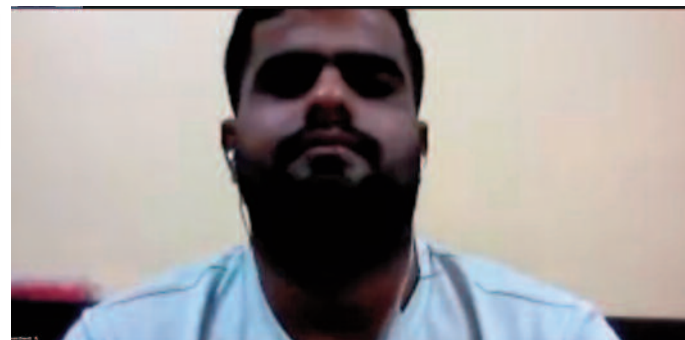


Vanguardist: Gaurav Juyal, learning experience designer and host, Art Attack India

The talk: "If one takes good care of their heart, mind and body, everything else falls into place quite effortlessly. Be conscious of the thoughts you feed your mind, for only then would your neural connections be wider and vibrant; be conscious of what your body wants, for only then would it become more adept at facing the challenges that life throws your way; and last but certainly not the least, be conscious of the emotional cushion that your heart desires, for only then would it function fittingly and keep your body congruous with your mind. Once achieved, this

state of self is sure to keep your creative juices flowing and make you more avant-garde in your approach towards anything thenceforth. In fact, to level up further, forget about what others might think about you; say it, type it, dance it, paint it, or even karate chop it, but just let it all out once and for all. Expression is the key to creativity and in case, there's no one in your family or friend circle to lend you an ear, just know that there are millions of counselors out there waiting to hear you and not judge you for it. Be courageous and just go for it!"

The takeaway: "If the mind brings ideas, the body brings actions and gets ideas to materialise."



Treading towards the unthinkable X

Vanguardist: Ajay Lalwani, blind athlete and IT specialist

The talk: "A world record was set by me to undertake a journey of 7500 km. I cracked two world records before this and wanted to do something different this time. I wanted to undertake a journey from Mumbai to Srinagar and then Srinagar to Kanyakumari and back to Mumbai. During which, I was navigated by a walkie-talkie with a car that accompanied me. The team kept a close check and gave instructions on increasing or decreasing the speed and guided me on the route. There were several times when I fell off my cycle and there were bunch of people who tried

their best to demotivate me, but nothing could stop me from accomplishing my goal. Being a blind cyclist, it was a difficult path that I had chosen but the zeal in me helped me stand where I am today. I started my journey from Gateway of India in Mumbai on November 15 and I ended the same on December 29. Apart from this, I was always interested in trying various sports to test my capabilities. I climbed the Himalayas for 20,000 feet and right now I am looking forward to climb the Mount Everest."

The takeaway: "You'll find many people who will demotivate you, but it's up to you to stick to your goals."

Treading towards success X

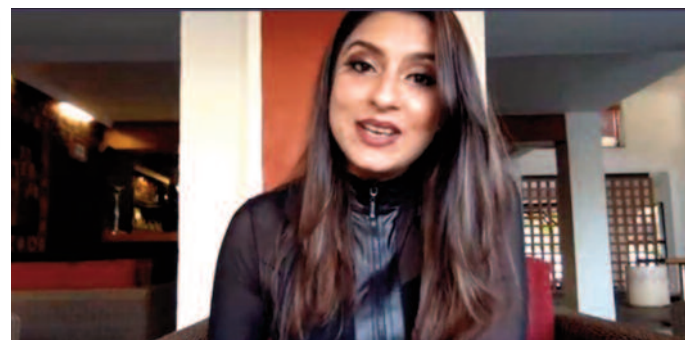


Vanguardist: Supriya Sharma, associate director and finance head, Boston Scientific Technologies and Engineering Services Private Ltd, India

The talk: "My journey has been a roller coaster ride. In high school, I always wanted to be a doctor. Two factors that made me think so were my father being a doctor and the fewer career options available at the time. I lived in Nigeria and came to India to study medicine. Here, the curriculum was a little different and that proved to be a huge obstacle in my way. With around six months of training, I appeared for the exams but failed miserably. I decided to switch my career and the second-best option available was CA. To pursue the same, I took guidance from my uncle who was a CA; he helped me prepare for the examination. I

worked hard and cleared it in my very first attempt. But it was after four months of relentless e-mails being sent to various firms, that I got my first job. Nowadays, the scenario is different. Technology has taken the fore seat and we all are driven by it. Today, there are plethora of applications available to communicate with each other and find better career opportunities. I follow three mantras for success in life – the first is the importance of emotional intelligence, the second is the need of the hour to be tech-savvy, and the third is the importance of health. These mantras have helped me immensely to accomplish my dreams."

The takeaway: "The future is exciting, let's understand our past, work on our present and approach the future."



Treading towards a brave fight X

Vanguardist: DJ Rink (Snehal Shah), female DJ of India

The talk: "I was born and brought up in a conservative Gujrati family and always carried my ethics and cultural values with me. During my college days, I was highly fascinated to learn DJ so I enrolled myself in special classes and that is when I discovered my passion to pursue this as a career. I failed terribly in my first job. I realised failure is part of the process and an important factor in order to learn something with perfection. My parents stood by my side all the way and their belief in me helped me grow professionally. Gradually, I gained popularity through various social media platforms as the number one female DJ. It was in 2013 that my career took a leap

when I got an opportunity to work in IPL, a platform that helped me gain immense popularity and recognition. I started hosting several events and everything went well. Soon, my marriage proved to be unsuccessful even after seven years of staying together. I was devastated and had to deal with depression. But it was my mother who helped me stay strong and evolve as a better and a stronger woman. I started believing in myself. After facing so much and going through all the ups and downs, I took it all and I gave it all. I look forward to seeing all women fighting for themselves and fulfilling their dreams."

The takeaway: "If you can make it if you believe in your dreams, surround yourself with good people, you will always be up."



In the world of snakes, the female King Cobra (*Ophiophagus Hannah*) is the only snake that builds nests.

Hindi hai hum

Amitians Showcase Their Love For Hindi Language



Chairperson addresses the participants



Young Hindi scholars participate in the competition

Amity Group of Schools

The first ever Srimati Leelavati Hindi Shabd Pravah Pratiyogita, an inter-Amity competition of Hindi vocabulary and linguistic skills, was organised from January 10-14, 2022, and hosted by various branches of Amity Group of Schools.

Students from around 15 branches of Amity Group of Schools participated in the vocabathon, held in the fond memory of Late Srimati Leelavati Shastri, the beloved mother of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF. The event was inaugurated by Chairperson on January 10, 2022, which is also celebrated as World Hindi Day.

Class	Hindi Shabd Pravah Winners Tally		
	First	Second	Third
I	AIS Noida & AIS Gur 46	AIS MV	AIS VKC Lucknow
II	AIS Saket & AIS Noida	AIS PV & AIS MV	AIS Vas I
III	AIS MV & AIS Gur 46	AIS Noida	AIS Saket
IV	AIS Saket & AIS Gur 46	AIS PV	AIS Mohali
V	AIS Saket	AIS PV & AIS Vas I	AIS MV
VI	AIS PV & AIS Noida	AIS Gur 46	AIS Gur 43
VII	AIS Gur 46	AIS Saket	AIS Noida
VIII	AIS PV & AIS Gur 46	AIS Saket	AIS MV
IX	AIS Noida & AIS Gur 46	AIS Gur 43	AIS Vas G
X	AIS PV & AIS Gur 46	AIS Gur 43	AIS VKC Lucknow

The unique program was conceptualised and executed by the Hindi department of AIS Noida and AIS Gurugram 46 under the able guidance of Mohina Dhar, director, Academics, Amity Group of Schools; Renu Singh director principal, AIS Noida;

and Arti Chopra, principal, AIS Gurugram 46.

The competition comprised questions on Hindi vocabulary, riddles, homonyms, synonyms, antonyms, riddles, prefix, paragraph writing, idioms and phrases, etc. For every class, a

qualifying round was held and top four contestants selected from this round then competed for the top slots in the final round of their respective classes. The finale consisted of five sub rounds and a rapid fire round to select the winners.

The host schools for different classes were AIS Noida (I and IX), AIS Saket (II), AIS Mayur Vihar (III), AIS Gurugram 46 (IV and X), AIS Pushp Vihar (V), AIS Gurugram 43 (VI), AIS Vasundhara 6 (VII), and AIS Vasundhara 1 (VIII).

The vocabathon aimed to nurture Hindi communication and comprehension skills of Amitians, establishing them as able writers, orators, analysts and proponents of Hindi language on the global platform. 🇮🇳



The government and the opposition members discuss the issues

Youth parliament

New Leaders Of Tomorrow

AIS Vasundhara 6

Students of Class VIII organised an online Youth Parliament, a simulation of the Lok Sabha of Indian Parliament, on January 21, 2022. It was an experiential learning exercise to develop the understanding of the parliamentary procedures, examine public issues, form opinions, analyse the common viewpoints, and express oneself in a manner befitting the decorum of the House.

The session simulated proceedings like the arrival of the Speaker; commencement of the winter session; oath taking by newly elected members in Hindi, English, and other regional languages; obituary to Late CDS Gen Bipin Rawat; announcement of new cabinet members of the House by PM; announcement of question hour by the Speaker; and questions raised by the opposition regarding the various issues of the country. During the session, key topics

such as The National Education Policy - its pros and cons, India's foreign policy with reference to neighbouring countries, devaluation of the Indian rupee against the US dollar, greenhouse emissions, privatisation of major public enterprises, India's preparedness for the third wave of the pandemic, crypto currency- to ban or approve in India, and Chinese interference at LAC were discussed.

The bill making process was based on the topic 'One nation one river (interlinking Indian rivers)'. It included introduction and explanation of the draft bill by the minister of water resources, followed by a debate and discussion on the bill, and lastly, the voting after which the bill was declared passed by majority votes.

During the question hour, the opposition raised questions about the policy to strengthen Indian currency, NEP and its importance, control of pandemic, and electoral process. 🇮🇳

Amity Utsav 2021

AIS Vasundhara 1

With an aim to inculcate in young minds the sterling attributes of ingenuity and imagination, the school organised its third Amity Utsav virtually, from November 29-30, 2021. The event was held under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF.

The two day event saw participation of over 600 students from 60 schools across six states in various competitions namely Mathsmith, Quiztopher, Young Innovators, Lights

Camera Action, Funky Feet, Story Weaver, Indradhanush, Nimble Feet (Sibling Dance Duet), Talking Titans, Shlokavali, Poster Mania and Bout to Knock.

The prismatic, enriching, and fun-packed Amity Utsav culminated with the valedictory function, wherein the coveted Srimati Leelavati Shashtri Trophy (the rolling trophy) was lifted by AIS Gurugram 43. School principal Dr Bhavana Kulshrestha congratulated the winners and the participants as well as mentioned that such functions are vital for building self-confidence in children at an early age.



Students enthusiastically participate in Amity Utsav



Space innovators

All About Innovative Ideas

ACSF

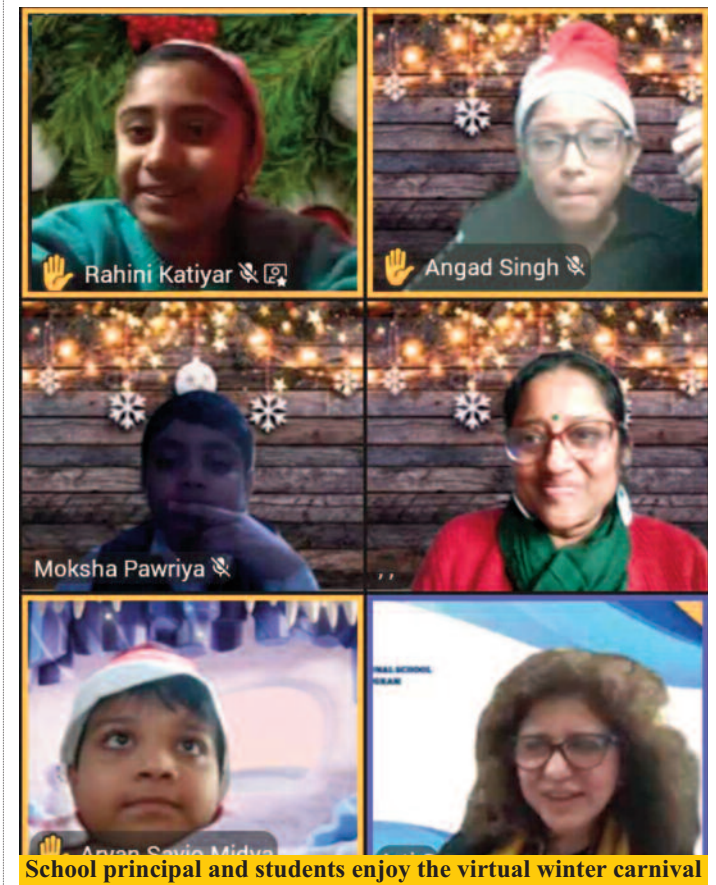
Project SPOLVERINA, prepared by a team of three Class X students namely Apaar Khare, C Vishwajeet Kumar and Ruchita Nair from AIS Mayur Vihar, has been selected in top 75 projects nationally at the ATL Space Challenge, the result of which was declared on January 12, 2022. This is also one of the only four projects to be selected from Delhi.

The project is a futuristic machine designed to remove toxic Martian dust from the surface of the objects as they move from one pod to another in the Martian colony in future. The

participation in the competition was facilitated by Amity's Children Science Foundation, under the able guidance of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF.

The competition was launched collaboratively by AIM (Atal Innovation Mission), ISRO, and CBSE in Sept 2021, with an objective to enable innovation amongst young school students to create something in the space sector that will enhance their learning about space and build new futuristic ideas as well. The challenge received an overall of 2500 project submissions by 6500 students from 32 states and UTs of India.

Winter carnival



School principal and students enjoy the virtual winter carnival

AIS Gurugram 46

The school organised a virtual winter carnival for the students of Class I-IV from December 23-24, 2021. To make the carnival fun and joyous, a host of activities like spot the difference, word search, truth or dare, riddles, tongue twisters, Santa delivery game, dance and freeze, scavenger hunt, etc., were organised for all the students.

The young ones engaged themselves in various DIY activities like making a Christmas bell and angel. The festivities continued with students cooking treats like chocolate pops and coconut ladoos. They also shared their reflections on padlet, wherein they wrote about their takeaway from the year 2021 and their new year resolutions. Virtual prizes were also presented after each game at the event. 🇮🇳



Sweet choco pops made by kids during the carnival

Living snakes are found on every continent except Antarctica, which is inhospitable for all cold-blooded animals.

All top quotes contributed by
Riya Jain, XI K & Saara Mathur, XI G, AIS Noida



Move it, extras

Presenting The Point-of-View Of An Extra Exam Sheet

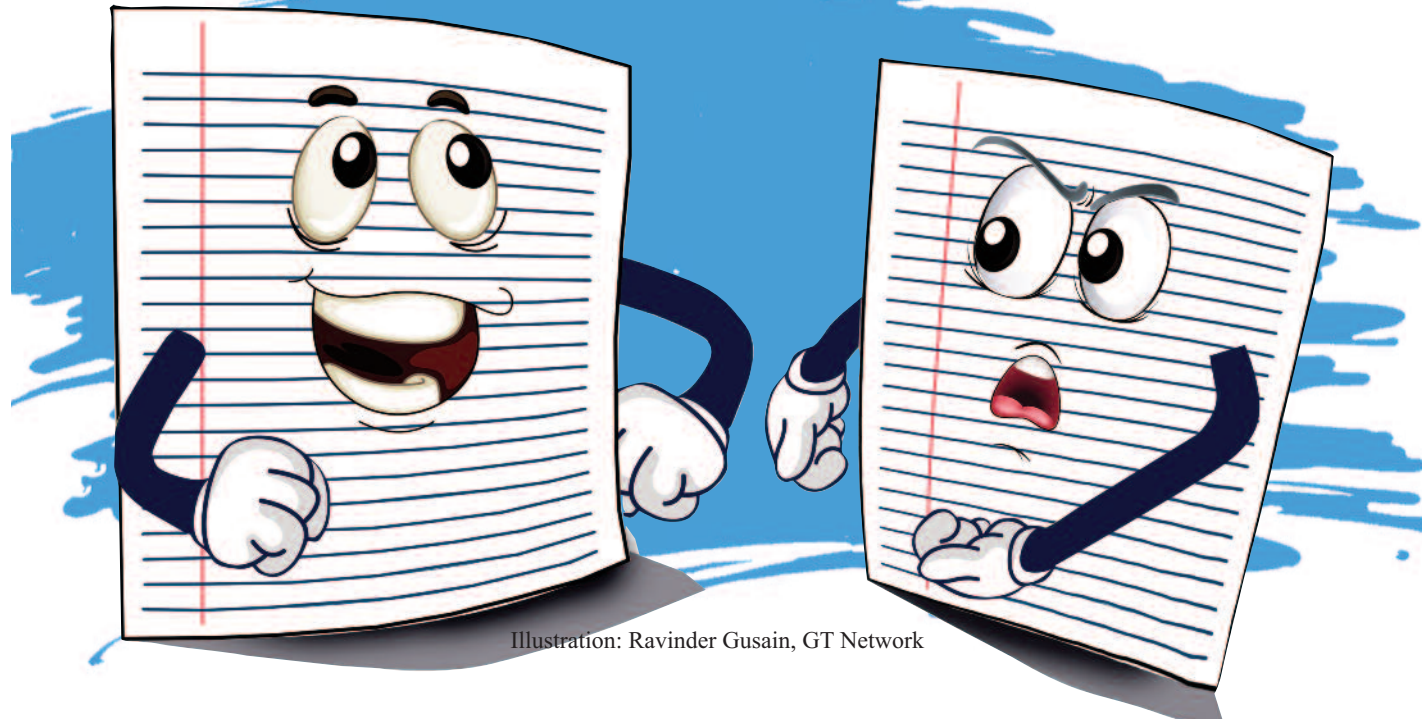


Illustration: Ravinder Gusain, GT Network

Mahi Modgil, AIS Gurugram 46, XI G

Most people, sadly, are said to be extras in their own movie, but that's not the case for our 'supplementary' sheets (though they are only referred to as thus when the exam invigilator is an English teacher; in all other circumstances and situations, these are known as our dear 'extra' sheets). Right under the spotlight, exam season is all about them, apart from the question paper, of course. Wanted by everybody, well, by most, these act as a symbol of superior knowledge *coughs* for students at least. With the expectation that the irony isn't eluding you, let's take a glimpse behind the scenes, shall we?

Extra #1: It's finally our time to shine, guys. We're finally being let out of this dungeon of a storeroom. I swear I couldn't even breathe

under that stupid stone paperweight! Apparently, they're only scared of us in that game.

Extra #2: Oh, you could say that again. *takes a sip of her ink* The condition was absolutely pathetic. I heard Extra #289 even got torn. Poor chap!

Extra #900: Stop complaining, you two. How ungrateful can you both be? *rolls her eyes* Thank lord Papyrus that you're first in line; the rest of us at the end of the pile crushing under your weight can only dream of being written on.

Extra #8: Oh, hush you! The competition in exams is insane nowadays; your dreams are safe in the class topper's hands. Last year 16 of us had a blast!

Extra #23900: I wouldn't be so sure of that, you piece of sheet! I once had been cast into a student's hand, too. But little did I then know that he only called for me to not look

bad in front of the other kids. I rotted away under the desk that day with a chewed piece of gum stuck by my side. But not even a mere scribble...*shudders*

Extra #89: You were blank as the boy's mind I would say. Haha!

awkward silence

Extra #678: *side eyes Extra #89* Well, at least now we know who deserves to get punched first.

bell rings in the distance

Extra #9: Here goes nothing, let the performance begin. I hope a few students cry; a responsive audience is always ideal.

Question paper: Your wish is my demand. It's often said that a piece of paper can't determine your future, but maybe you can determine theirs. So, make sure to treat that piece of sheet kindly; write your roll number at the very least.

SERIES REVIEW

Rake in that review

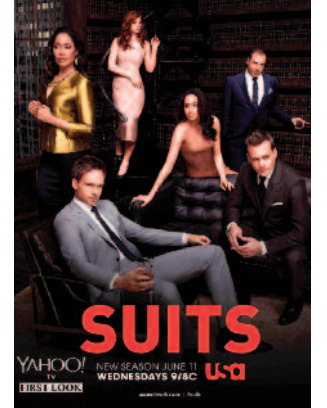
Name of series: Suits

Created by: Aaron Korsh

Released on: June 23, 2011

Starring: Gabriel Macht, Meghan Markle, Patrick J. Adams

Genre: Legal drama



Synopsis: Suits is set in New York City's fictional law firm, Pearson Hardman, and follows the talented college dropout Mike Ross (Patrick J. Adams) as he makes his journey from running away from a drug deal gone bad to working as a law associate for Harvey Specter (Gabriel Macht), despite never having attended law school. The show focuses on Harvey and Mike closing legal cases, while maintaining Mike's secret. They make an excellent team and are irrepensible. Though Mike's a genius, he still has a lot to learn about law; Harvey, on the other hand, might come across as cold-hearted but would eventually grow into an empathetic lawyer. Overall, it is a powerful show with unique characters and a gripping narrative. Watch it today to know what lies ahead for this amazing duo.

Why is it watch-worthy: The series shows true and loyal friendship between Harvey Specter and his protege Mike

Ross. It is full of witty one-liners, crisp dialogues, and romance, depicting the role of mental health while throughout maintaining the legal tone of the show. Besides, the audience gets glimpses or behind the scenes of solving numerous legal matters. So, if you are someone who is interested to know a thing or two about law, this series will definitely help you get acquainted with the legal jargon.

Iconic dialogue: "What are your choices when someone puts a gun to your head? You take the gun or you pull out a bigger one, or you can call their bluff, or you do any one of a hundred and forty-six other things."

Rating:

Review by:

Anshul Chaudhary
AIS Vasundhara 1, XI B

Let's Take A Look At These Less Calorific Yet Highly Doubtful Diet Routines

Ananya Mittal, AIS Vasundhara 6, X B

"So, which diet are you following?" "Oh, well, right now I am all about keto as it keeps my carb intake in check!" "Been there, done that! I am into intermittent fasting these days. Few hours of eating with a long pause of fasting; it will help me get in perfect shape!"

From cutting out sugar and carbohydrates to almost every food that fuels your body, the world of dieting, which might have started out with good intentions, now seems to have gone a little too far. No matter where we turn, there's a new diet, a new workout plan, and a new way the world tells you that you're doing it all wrong. This whole diet culture gets new fad diets, contradictory food rules, and assigned morality to food every new day. So much so that we aren't even caught up with its lingo, so let's try to take a peek into all the new words that fly around on social media that apparently are to make us thin and pretty! *eyeroll*

Keto diet: Ah, yes, we've all heard of this one, haven't we? The true Regina George of diets, the one everyone wants. Just like the queen Regina herself, this diet also hates carbs and swears by all things fatty, with a little bit of protein thrown here and there. It pulls you in with promises of burning all your fat by eating more of them, which, when we think about it, sounds fishy (that's because it is!). Well, this Regina has some heart problems coming her way in the future, which

trumps all vows of possible weight loss.

Low carb diet: Let's look at the next one, the Coven Brothers – low carb diet! Well, it seems to be the puppeteer behind the working of every other diet, and honestly seems like that one morally grey character that we can't decide on. This one has been around forever and seems to

be immortal with word of his creation dating back to the 1860s. If it has one rule that is bound by all laws, it is that the carbon molecule that lies within almost every food found on this planet shall not pass through your throat. Scary one, right? Well, pretty scary for your brain as well because your brain does need carbohydrates to perform.

Intermittent fasting: Next up is Professor Umbridge herself in a diet plan. This one will let

you eat anything you desire but only within specific hours of the day, and if anyone, and we mean anyone, disobeys its decrees, well, we all know her favoured punishments. Its rules aren't all sunshine and rainbows (they never really were!), but we want to argue with its ridiculousness, because skipping meals isn't a rational solution, professor. This one sure is unforgiving and seems like the straightforward weight loss option. And if you dare to disobey her... well, we pray for your health!

Master cleanse: Our Sith Lord, Darth Vader, has entered, and we know that you always wondered how he even ate anything with that bulky helmet on. Well, now you know the truth – it didn't. This one solely consumes a concoction of lemon juice, paprika, maple syrup, and water for 10 days straight. The rest of the time, well, it prays you don't faint from the lack of nutrition and food. Although, going to such extents is usually in vain because there is no scientific evidence backing the detoxifying properties of this brew.

Well, there you have it! The biggest players in this cult culture of dieting have all been introduced to you, and their falsehood, inaccuracy, myths, and deception have all been unfurled and laid out to you plain and simple. It lures you in like a villain and turns you into its minion, so save yourself before it is too late and focus on having a balanced meal and regular exercise habits to keep yourself fit!

