

The art of hoarding

In This Game Of Material Possessions, Choose All Your Adventures Wisely!

Priyanka Bhatia, GT Network

Me: **trying to clean my closet**
My hoarder brain: **whispering** Hey! What if we need that (20 years) later...?
 In a world consumed by a consumer-driven economy, many of us are enticed into making purchases we may not even require. Many, however, often fail to recognise when this innocuous habit turns into the harmful disorder called hoarding. According to the American Psychological Association's reports, approximately 2 to 6% of the world population exhibits compulsive hoarding tendencies, with this percentage escalating among the elderly. The consequences extend beyond mere physical clutter, casting a shadow over personal relationships as well. What then distinguishes a benign collection from the gripping grasp of hoarding?

Understanding the problem

People often attach sentimental value to things as these are associated with memories, feelings, and our sense of identity. To some, it may bring comfort to be around familiar things. This makes it hard to let go, even when material possessions no longer serve a purpose. Research shows that people with hoarding tendencies tend to feel heightened anxiety and distress when faced with the prospect of discarding things. The condition was first researched in the 1950s, as Collyer's Syndrome, and in the 1990s, it was called OCD (Obsessive-Compulsive Disorder). It was then classified as Hoarding Disorder (HD) in

2013. According to a 1993 study by Frost and Gross, "Hoarders tend to buy extra things in order not to be caught without a needed item, and they carried more 'just-in-case' items in purses, pockets, and cars."

Identifying the clutter

Hoarding can manifest itself in many different forms. According to the Clutter-Hoarding Scale developed by the National Study Group on Compulsive Disorganisation, there are, as they say, five stages of hoarding. Level 1 hoarders are difficult to spot because there isn't much clutter and the house is still habitable. Those at Level 2 exhibit problems like overflowing stacks of objects, and accumulation of animal waste and garbage. Hoarders at Level 3 are identifiable by distinct, unpleasant odours and unsanitary living conditions. At Level 4, hoarding reaches a dangerously high degree where the odour increases excessively along with storage of objects, animal excrement, etc. The access and exit to the house are blocked off. At the highest stage of Level 5, the hoarder may be subject to legal actions such as eviction. Mold and mildew can cause irreversible harm to the house due to lack of ventilation. But is that all

there is to hoarding?

Impact on surroundings

The impact of hoarding also affects the surroundings and relationships. American studies show that hoarding typically starts between the ages of 15 and 19. In such

homes, less than 30% of the available space is usable due to the clutter, and this poses an increased risk of familial conflict. According to a report, such conflicts lead to a diminished quality of life for all involved. It can also contribute to a rise in injuries resulting from falls, damage to properties, etc. Clutter can also be a fire safety hazard. According to the NFPA, "hoarding impacts the entry and exit from a place under fire because it is hard to enter the place and provide the necessary rescue and medicare to victims."

Road to recovery

A person's capacity to live an everyday normal life in a secure and healthy way distinguishes the hoarding disorder from simple clutter. Acceptance is crucial, whether you are experiencing symptoms yourself or someone you know. Understanding the illness and individuals who suffer from it is paramount. Professionals presently use therapies, such as CBT (Cognitive Behavioural Therapy) and medication to assist patients. Whether you devise a plan of action on your own or call for professional help, the path is not easy, but at the same time, it is not impassable. With a correct, comprehensive approach and professional help, one can surely overcome the hurdle of hoarding.



THE GT @ POLL

Do you think the launch of 'Earthquake Alerts System' by Google, will contribute towards disaster preparedness and safeguard lives?

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

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Explore the unknown

An insight into promoting responsible traveling in alignment with SDGs with Vandana Vijay, founder and CEO of Offbeat Tracks.

...more on page 3

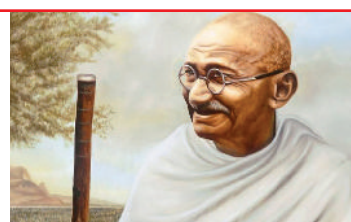
What's inside



The Chola invasion

Taking a look at the invasion of Srivijaya by the Chola empire and how this great invasion marked the end of the Sailendra dynasty.

...more on page 7



Remembering Gandhi

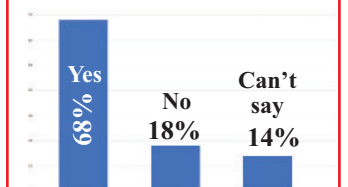
A tribute to the father of our nation on his 154th birthday, the one who contributed immensely in making India an independent country.

...more on page 8-9

POLL RESULT

for GT Edition September 25, 2023

Do you think 33% reservation quota for women in legislative bodies will effectively promote women empowerment?



Result as on September 30, 2023

Around The WORLD

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



USA

WGA lifts strike

After 148 days of protest, the Writers Guild of America, in an unanimous decision by the WGA West board and the WGA East council, has voted to lift the strike. The authorities approved a rise in the pay of the writers as well as intellectual protection around the use of AI in their field. The next step is said to discuss the new agreements, and the members of WGA will cast their votes for the new contracts by October 9.



ARMENIA

30,000 refugees arrive

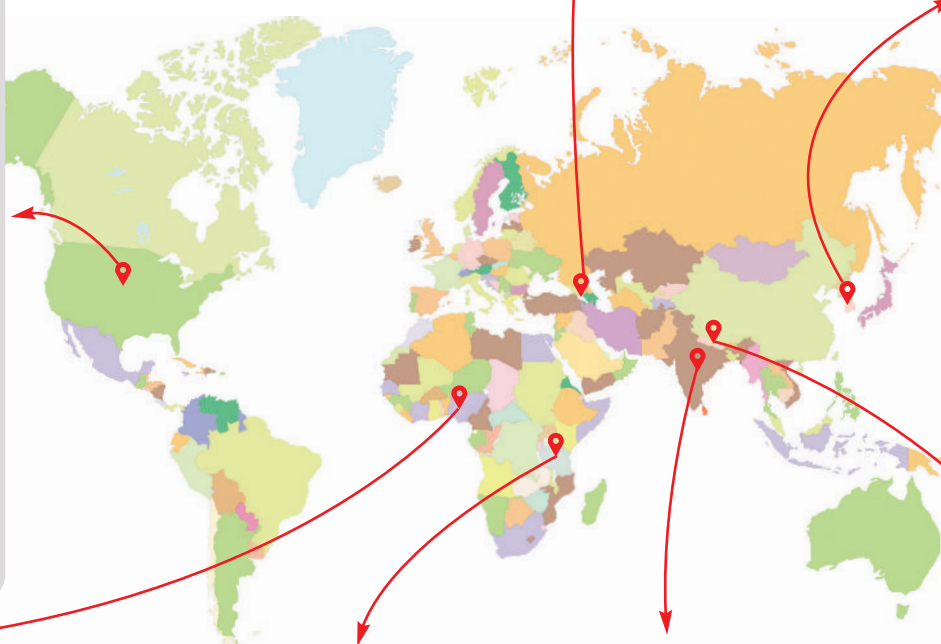
According to the Armenian government, almost 30,000 refugees (out of around 120,000 ethnic Armenians) from the Nagorno-Karabakh region in Azerbaijan have fled their country to enter Armenia. The mass exodus comes after Azerbaijan's seizure of Nagorno-Karabakh area and saw hundreds of cars and buses, filled with thousands of people, fleeing to reach the Armenian town of Goris across the border, with Azerbaijani border security subjecting the fleeing refugees to rigorous checks.



SOUTH KOREA

Rare military parade

In a bid to showcase their tough stance against North Korea, South Korea presented its first large-scale military parade in a decade. With weapons ranging from ballistic missiles to giant tanks, the parade marked the nation's Armed Forces Day, usually a muted event in the country. President Yoon Suk Yeol, at the event, warned Pyongyang against the use of nuclear weapons and pledged to ramp up support for the military as well as the defence industry of the country. People lined the streets of the capital Seoul to cheer as troops, tanks, missiles, and an underwater drone was put on display.



NIGERIA

Indefinite strike

The National Labour Congress and the Trade Union Congress, have announced to start an indefinite strike to protest against the rising cost of living crisis in the country. According to the union leaders, the decision comes as an aftermath of govt. scrapping the decades-old petrol subsidy. The unions have been pushing the President to reverse the scrapping of the subsidy, but the govt. stuck to their decision as the subsidy 'was draining govt finances'.



TANZANIA

Five million birds killed

More than five million invasive quelea birds have been killed in a massive cull in the country, citing the birds having invaded more than 1000 acres of rice farmland in the Manyara region, as the reason. According to The Tanzania Times, the invasion was capable of destroying more than 50 tonnes of food crops every day, so the Tanzania Plant Health and Pesticides Authority spent more than four days in spraying the swarms of birds with avicides.



INDIA

First individual gold

Indian shooter Sift Kaur Samra created history as she won gold in the women's 50m rifle 3 position event on day four at the Asian Games in Hangzhou. Sift's total score was 469.6, 2.6 points more than previous highest world record held by Seonaid McIntosh. Her win marks India's first individual gold at the event as well as the fifth overall gold win. Ashi Chouksey, also representing India, bagged bronze in the same event, taking India's overall tally to 18 medals.



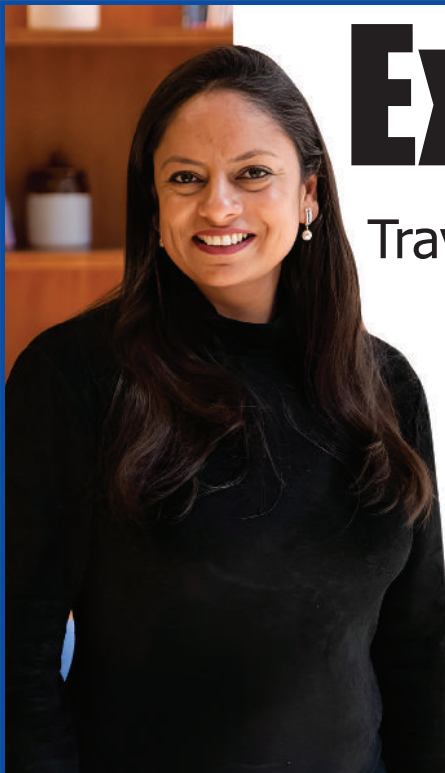
NEPAL

12 agreements with China

After a meeting between Chinese Premier Li Qiang and PM of Nepal Pushpa Kamal Dahal, 12 agreements have been signed between the two nations, including seven MoUs to 'enhance bilateral cooperation in sectors including trade, road connectivity, and IT'. According to a press release issued by the Nepal embassy in Beijing, the two leaders discussed on how to further strengthen the mutual understanding to improve both economies.

News Flash

► **Iraq:** At least 100 killed and over 150 injured as fire broke out at a wedding ► **China:** Wuhan Institute of Virology warns another COVID outbreak is 'highly likely' ► **Spain:** Feijoo fails in last bid to form government



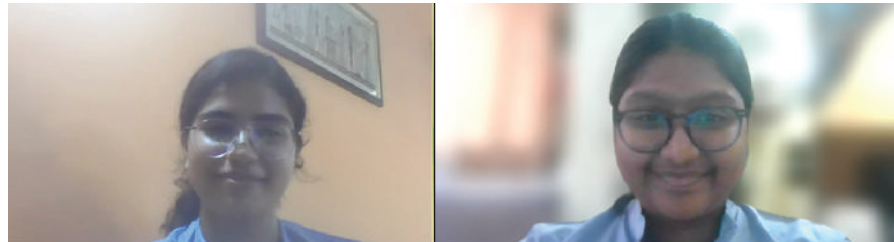
Vandana Vijay, founder, Offbeat Tracks

Anushikha Peer, XII F &
Twisha Prasad, XI I, AIS Noida

Vandana Vijay is the founder and CEO of Offbeat Tracks, an experiential travel company based in Telangana. Aiming to showcase to the world the immense diversity that India is blessed with, Offbeat Tracks uses impact-based travel to build infrastructure, generate employment, and create a network of micro entrepreneurs across the country, especially in rural areas. All their projects are set out to promote responsible travel in alignment with the SDGs set out by the UN. How, exactly? Hear it from the boss woman herself.

Explore the unknown

Traverse The Offbeat Tracks With Vandana Vijay And Her Team



GT reporters in conversation with Vandana Vijay

Spark of the idea

It comes from the kind of person I am and my life experiences. I came first in the All-India Merit exam conducted by the Indian Army, but I decided not to pursue that. Instead, I went on to work as an intern with Ladakh Environment Help Organisation for two weeks. Working with them helped me realise that I love engaging with people at the grassroots level. For me, India is the most culturally diverse nation, which is why I wanted to work with the local communities to build an authentic platform where they can showcase the beauty of their land whilst sustaining its environment.

Man-environment conflict

It's a very fine balance that we need to strike, and it is also a very important factor for local stakeholders to understand. An example of this would be how Bhutan uses tourism; they follow high impact and low volume tourism. They have certain fees,

like Sustainable Development Fees, which are levied on every tourist and are used for development. In a similar way, tourists also need to become aware of how they act as consumers. Don't just restrict yourself to a fancy hotel or taking photos for IG; travel is not meant to be like that. Rather get to know the real essence of the place you are at and see how you can give back to the community that's welcoming you.

Hub of opportunities

Offbeat Tracks aims to create various economic hubs for multiple local communities. In various villages in the mountains, a lot of men leave their hometown to work in more bustling cities, leaving the women and older generation behind to fend for farms and field. But if we aim to create employment opportunities within their villages, they won't have to struggle so much. For such scenarios, decentralisation is very important. Look at Ladakh; Leh has be-

INTERVIEW

come its central hub so a lot of young people leave their villages to work in the hospitality sector there. The moment you decentralise tourism and spread it across, the entire nation benefits from it.

Fight against challenges

The biggest challenge with travel is that there are many extraneous factors which impact how it works. There might be sky-high flight prices that affect someone's plans, or even political turmoil in a particular region. In fact, you cannot overcome them, no matter how much you try. You need to learn to deal with them.

For the aspiring ones

If you are an aspiring entrepreneur, your very first task should be to understand the market. Even if you don't want to be an entrepreneur, you should still look into the tourism sector critically. Travel as much as you can and be responsible travellers who are harbingers of change. Visit a village, help its community, and get to know them as much as you can. I highly recommend exploring the beautiful parts of India; you'll come back a wiser human, trust me.

Priyanka Bhatia, GT Network

With the opinion that "children are addicted to it", the Karnataka High Court has suggested an age limit for social media access for children to the Union Government. The bench, comprising Justice G Narendar and Vijayakumar A Patil, stated that the limit should be 21 or at least 18 years old, the same time as gaining the right to vote, and even mentioned the possibility of a total ban. This event, of course, has stirred an array of opinions in the Amity court too. Let's see what the two sides opine.

Thumbs up

In today's digital age, social media apps have enveloped all of us in their alluring grasp. From adults to toddlers, everyone is glued to screens all the time,

Online on the line

Karnataka HC Tables Age Limit For Social Media



slowly morphing into social media zombies. While some screen time is certainly necessary, excessive dependence on social media is detrimental to our health, both physical and mental. And for this reason, I believe that the Karnataka HC's suggestion of keep-

ing an age limit for social media access is going to be a game-changer. This will help youngsters focus on their studies and craft a brighter future with fewer digital diversions in their lives.

Adhiraj Chaudhary
AGS Noida, IG1

Thumbs down

Social media has played a crucial role in improving communication beyond school, especially in today's digital age where most of us spend a significant amount of time both on school-work and recreation. Its value came to the forefront during the COVID-19 pandemic, when social media platforms became necessary for human interaction as well as gaining knowledge of everything happening in the world. We saw students leveraging social media platforms for group discussions, voice calls,

video calls, and overcoming challenges collectively, making it an indispensable part of their learning experience. Teachers too have embraced social media as a means to quickly disseminate essential information, benefiting both students and themselves. Its ease of use and rapid communication has revolutionised the learning process, which is why disrupting this interconnected digital ecosystem may not only hinder their academic progress, but also limit their adaptability in an increasingly digital world. Would it then be right to strip students of a tool so vital for their academic development, especially at an age when digitisation is at its peak?

Aadvik Bhargava
AGS Gurugram, XII

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Food for thought

If Food Items Were To Host A Ted Talk Of Their Own

Aditi Gupta

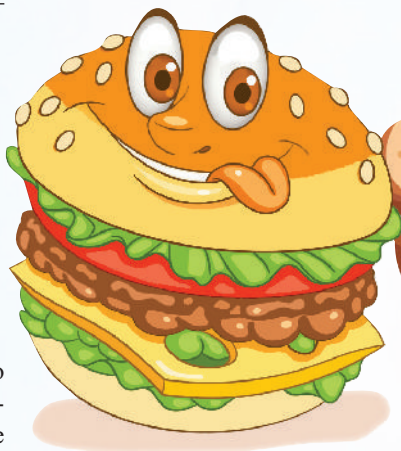
AIS Vasundhara 1, XI B

George Bernard Shaw once said, “There is no sincerer love than the love of food.” And we all love food. But have you considered the notion that food teaches us important life lessons in addition to quenching our appetites and pleasing our palates? Have you ever wondered what would happen if food products were asked to deliver a TEDx speech? Fret not, for we are here to welcome you to FEDx (Food, entertainment, and delicious recipes) Talks, where delicious foods will exceed your expectations and impart valuable life lessons.

Burger

The messier the better

“For God, my friends, indeed gives the hardest battles to his bravest soldiers. Look at me, for instance. Force-stacked with cheese, veggies, the messiest of chutneys, and whatnot (to each his own, I suppose), I still gather the croquette to get up every day and be at my edible best for folks across the globe 24*7. Mind you, not every bun *tikki* can do that, or can they? Life would have been so much easier if my ordeals did end there, but no. There’s always that one mesocarp of tomato here or a scale or two of an onion there that feel the need to fall out even before being properly stuffed in me. The struggle is real, but so is my will to masterchef it all and be your favourite friends with bun-fits (well, for some).”



Bitter gourd

The bitter the better

“For, in a world full of potatoes and shakes, my friends (?), it’s better to be a bitter gourd to someone’s obese/diabetic soul. Gourdeous with health benefits aplenty, I am not your average Sharma ji ka beta though. The bitterness the world harbours against me doesn’t affect me in the least. I am a parental favourite and that’s what I intend to be. Not everybody can like me and that’s how I intend things to be. *dodges tomatoes thrown at him* SO SHOULD YOU ALL! It’s not like your mother would stop summoning me on the dinner table every now and then. *remembers he is here for a motivational talk* I am sorry I am bitter, but that’s for good, just don’t make me prove it. Your hatred for me does not guarantee that you will never see me on the dinning table.” *gets carried away from the stage*



Biryani

The popular the better

“For fame, my friends, I have already. A flavourful mashup that warms everyone’s heart (and tastebuds), I need no introductions. But am I being boastful about it? Did I even for once make mention of the fact that I was India’s most ordered food item in 2022, and that, for this extraordinary feat, I want to thank my parents, my makers, but above everybody else, God, who one fine day infused this idea of rustling up a concoction of rice, hung curd, veggies so on and so forth into the human brain? No, right? Well, part of the credit for it goes to elaichi, the ingredient (most loathed at times) that keeps me grounded, and the rest, to me obviously. So, learn from me and never ever let fame (if you manage to become as successful as me that is) get to your head. Be like biryani. Be the best!”

Potato

The friendlier the better

“For being adaptable, my friends, is a good thing.” “More like being a chameleon...” yells a bitter Bitter gourd seated in the audience. “I mean that’s good too, as long as you can get along with and add sweetness to everything you are made a part of. *the audience starts hollering* But that can backfire too, as it usually does in my case. Since I fit in with every *tinda, tori, baingan* out there, people have started taking me for granted. Who knew being versatile would have its own snacks! This won’t stop me from being a people’s favourite though. Haters are going to hate, I, your very own spudtacular potato, am going to potato till the end of a full course meal, and even beyond (I mean you can reinterpret me for your lunch the very next day; even if you don’t, your mother would!)”



A HEARTFELT JOURNEY

Album: 30

Artist: Adele

Released in: November 19, 2021

Genre: Pop, jazz, soul

Synopsis: The album is a testament to what it means to be hurting in love. Adele’s fourth long play, 30, showcases her journey of going through a very public divorce, overcoming its troubles, and standing out strong. The album shows a person’s willingness to move towards self-love in a time when no one around them is helping. The album highlights what it is like to slowly move forward in life and find out what

you love, which comes at a cost. Over the course of 12 songs, Adele tells her story and is not afraid to share her vulnerabilities with the world. The album is a mix of multiple voices - from classic pop to polished confessional soul, and one of its stand-out moments has to be the track Hold On, where Adele encourages her listeners to find their inner strength.

Why is it worth listening: It is a masterful work of art that cements Adele’s status as one of the most influential and authentic voices in the music industry. The album is an upfront and open confession, the raw lyrics di-

rectly hinting at heartbreak and pain. In this candid compilation, Adele has bravely put forward her vulnerabilities and dehumanised the celebrity persona that public figures have to keep up in front of their fans. The album not only shows the listeners her true emotions, but it also makes them feel the pain she’s going through, making it worth a listen.

Favourite song: Easy On Me

Rating: 4.5/5

Review by: Deepannita Mukherjee, AIS Gurugram 46, Alumna

[Deepannita is currently pursuing Mechanical Engineering from IIT BHU]

In the world of 'Anubhav'



Dr Amita Chauhan
Chairperson

The gurukul system of ancient India, where students not only received education but also learnt moral values and life skills under the guidance of their gurus, has always been a source of inspiration for me. The Anubhav series, conducted in every Amity school, is a unique blend of talks, workshops, trainings and interactions that truly imbibe the spirit of this guru-shishya parampara as students get to interact with experts from different fields of life. The programme exposes children to a variety of experiences of those who are already making a mark in the real world, whether it is in the field of medicine, engineering, politics, defense, mental health and fitness, or entrepreneurship. By interacting with these real achievers, students learn not only the facts about a specific industry, but also how to navigate real problems, handle stress and cope with unexpected situations. Every interaction with such role models teaches students the importance of perseverance, passion and pragmatism. Indeed, Anubhav is about finding answers which no book or classroom can provide.

It's time to say Hip Hip Hurray!

This time, the happiness quotient at Amity is three-fold. Cambridge University Press and Assessment has awarded Amity with the Exemplary Performance Award in recognition of our exceptional efforts in enhancing students' English language skills. Then, Tejas Agarwal, from Class IX D of AIS Vas 1, has bagged the first prize in a state-level competition on 'Millet: a superfood or diet fad'. Last but not the least, Vanya Tyagi, of Class V from AIS Vas 6, has emerged as one of the top five national winners in the first 'Expression' series organised by CBSE. [GT](#)

Remembering Nandika



Vira Sharma
Managing Editor

My heart is filled with deep sorrow as I write this column. No words can convey the anguish of losing Nandika Mogha, the sensitive and articulate child I have had the privilege of knowing, since she was an intrinsic part of GT. I remember my first meeting with Nandika during an editorial meet at AIS Noida. She was only in Class V, but I was immediately struck by her excellent linguistic skills. She was so eloquent in expressing her ideas that I could not help

but predict to her teachers that she would one day be a GT editor-in-chief. Surely enough, Nandika soon joined our editorial board and went on to become the editor-in-chief in the session 2018-19. She penned some of the most beautiful words on paper, with sentiments deeper than what children her age can ever express. So extraordinary was her penmanship that once we had dedicated a full page to one of her poems. It was a humorous re-take of Oscar Wilde's *The Nightingale and the Rose* (read page 10). How many can claim to re-interpret literary classics? Well, Nandika was a rare jewel whose loss has left all of us speechless. When I attended her prayer meeting last week, all I could think of was how this ever-smiling, always-eloquent girl shone and sparkled wherever she went. Nandika has left the world but the time she spent with us - laughing, brainstorming and writing - will always remain as precious moments to be treasured. [GT](#)

Need to SPACE out?

Maybe, Going Beyond Earth Is Not Their Dream!

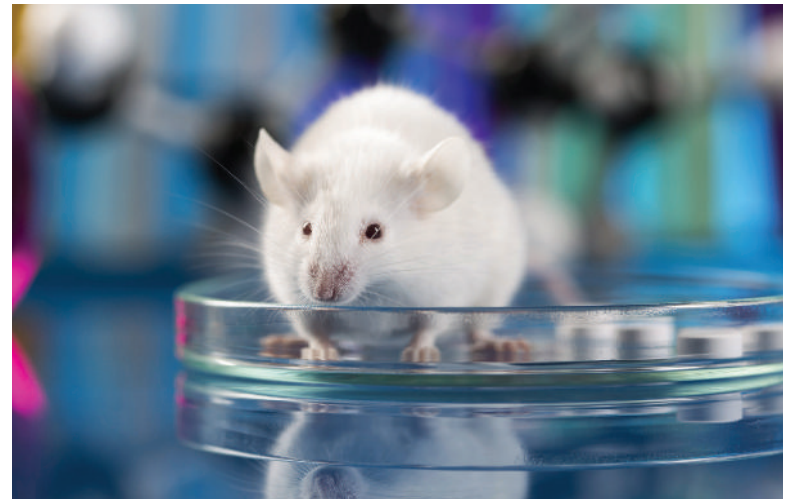
Anushree Doharey
AIS VYC Lko, Alumna

Research and discovery often necessitate dubious procedures in order to make sense. Quite often innocent animals find themselves being pulled into a train of trials, all in the name of broadening one's horizons of knowledge. But how far can one go in this quest of knowledge? Maybe too far.

Laika was a mere stray roaming carelessly on the streets of Moscow before she became a guinea pig for the launch of Sputnik 2 by the USSR. Little did she know that her first launch would be her last. Pressed by panic, she 'expired' merely a few hours after the launch. Sure, she became a celebrity, but posthumous wins are hard to celebrate, which begs the question - should animals even be sent to space?

While Laika gained celebrity status, there were many others before her who went on this suicide mission. The first living creature to be sent to space were fruit flies aboard the V2 rocket on Feb 20, 1947. Several others being apes, tortoises, mice, fish, etc. None of them survived. While some died immediately, others had irrevocable effects on health, ultimately leading to their demise.

The analysis of the brain of mice flown in space for 13 days, found significant changes related to neuron structure and metabolic function, that could eventually result in neurodegeneration. Ham, the first chimpanzee to make it to sub-orbital space, was subjected electric shocks to the soles of his feet during his 18-month long training, following which re-



straints were placed on several parts of his body. So, even after his return, he chose to remain isolated, and passed away at the age of 26.

And yet, the animals-are-expendable attitude continues to pervade all of mankind's forays into space. And why not, for it comes "for the greater good." As NASA points out, "without animal testing in the early days of the human space program, the Soviet and American programs could have suffered great losses of human life." The range of studies that rely on animals to garner critical information for human planned space travel is immense. "Despite losses, these animals have taught scientists a tremendous amount, more than could have been learned without them," says NASA. Besides, experiments involving animals are not limited to space, but also on earth, thus broadening the scope of research.

Sure, there is no refuting the immense impact that animals have had on our knowledge of space, but does this give us humans the right to take

advantage of their lack of discretionary powers. That's a question we need to ponder over, given that it is their right to live that we are talking about. One might argue that humans too have made sacrifices with many succumbing to fate on their space travels, but let's not forget that they always had a choice, a say in the matter. Whereas, animals were written off to martyrdom, something they did not sign up for.

Besides, if being human isn't what requires us to treat animals humanely, then what in the world does? [GT](#)

(Anushree is currently pursuing B.F.Sc Fisheries from Acharya Narendra Dev University of Agriculture and Technology, Ayodhya)



Dear Editor,

This is in reference to the article 'A chat with ChatGPT' published on page 3 of the GT edition dated September 25, 2023. As students, it is truly tempting to use AI to finish our work, but the fear of getting caught gets the best of us, hence, I agree with the writer. As rightly conveyed by the writer, a teacher knows her students best, and is, without a doubt, aware of the tricks the students have up their sleeves. As students, it feels unethical and immoral to use technology against the hard work put in by our teachers. Therefore, I strongly believe that teachers are, in fact, irreplaceable. So, dear ChatGPT, sorry, not sorry!

Avni Drolia
AIS Mayur Vihar, XI D

Threads of unity

Poem

Deepika Prakash
AIS Vasundhara 1, X D

Where dreams and hope entwine
A tapestry of all the souls divine
Lives humanity's ethereal graces
Illuminating the darkest of spaces

Acts of kindness, love's embrace
We find the beauty in every face
Hands extended, hearts entwined
Sympathy's flame forever shined
Through laughter's bliss we weep



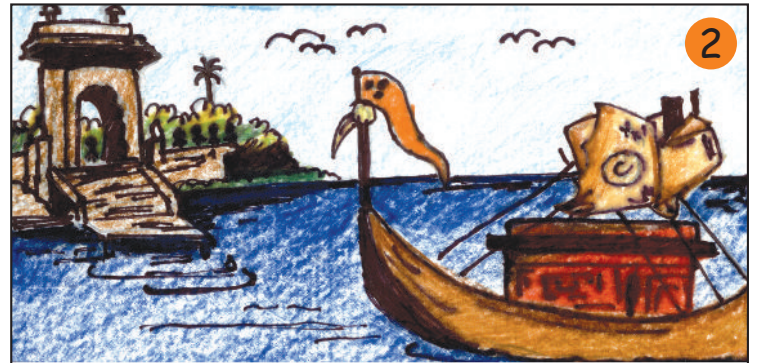
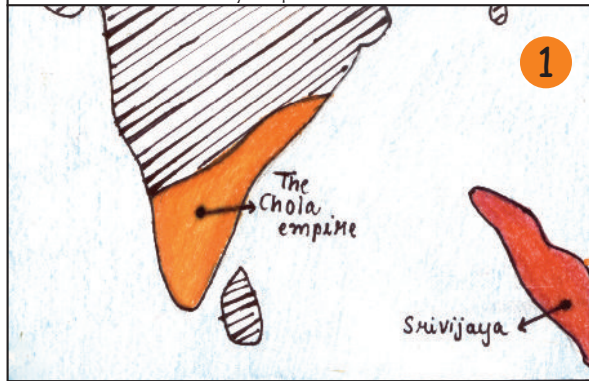
United and strong our spirits leap
For only in our shared humanity
We find the true essence of unity. [GT](#)

The Chola INVASION

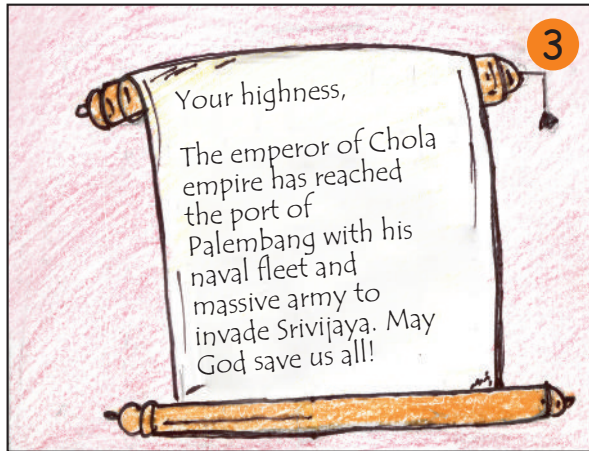
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Aya Goyal, IX C
AIS Gurugram 43



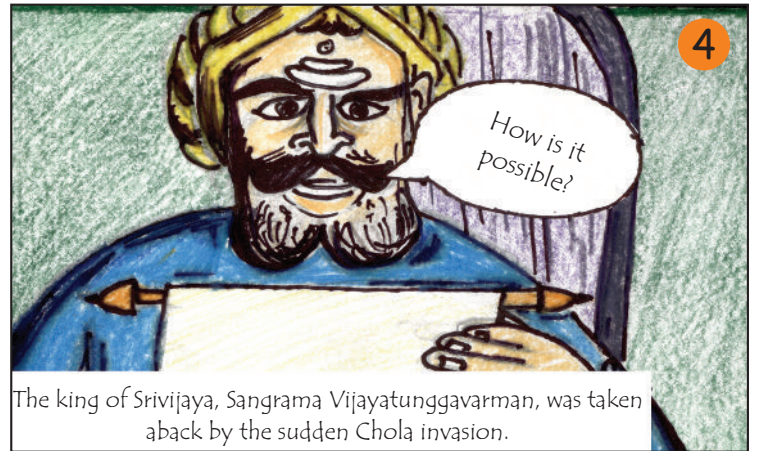
In 1025 CE, the emperor of the Chola empire, Rajendra I, decided to invade Srivijaya, a maritime kingdom bustling with many ships and merchants.



So, the Chola empire's naval fleet set sail towards Southeast Asia, reaching near the Srivijaya port of Palembang, which was an important trading centre.



Your highness,
The emperor of Chola empire has reached the port of Palembang with his naval fleet and massive army to invade Srivijaya. May God save us all!



How is it possible?

The king of Srivijaya, Sangrama Vijayatunggavarman, was taken aback by the sudden Chola invasion.

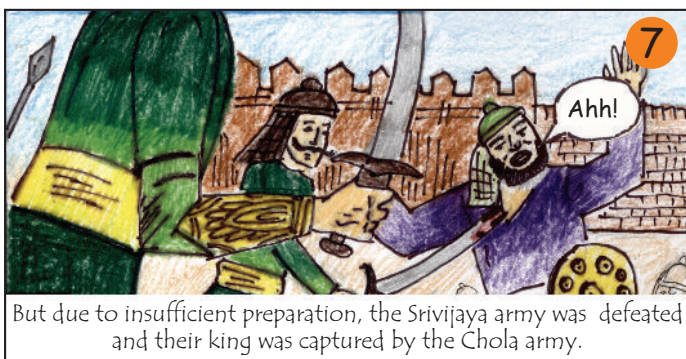


Just as the letter reached the king, the Chola navy attacked the port, ultimately defeating the guards present and started their march towards the city.



To save themselves and their land, the Srivijaya army, along with their king, put up a fierce resistance against the massive Chola army.

Defend the king!



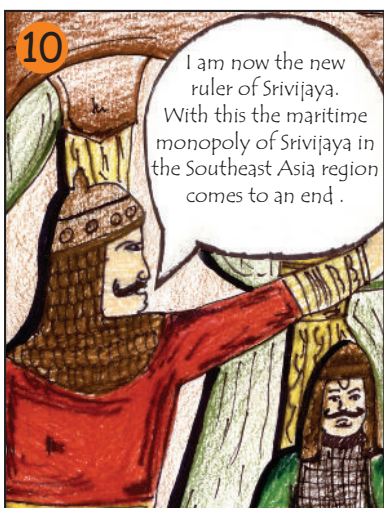
But due to insufficient preparation, the Srivijaya army was defeated and their king was captured by the Chola army.



After such a victory, to celebrate, Rajendra I, the Chola emperor, with all his army, invaded the main fort.



We need to move fast and seize all the wealth in Srivijayan cities.



I am now the new ruler of Srivijaya. With this the maritime monopoly of Srivijaya in the Southeast Asia region comes to an end.



The Chola empire's attack on Srivijaya marked a unique event in India's history and its otherwise peaceful relations with Southeast Asia. With its king imprisoned and most of the cities destroyed, Srivijaya entered a period of chaos. This geostrategic manoeuvre led to the end of the Sailendra dynasty. Several places in present-day such as Indonesia were invaded by the Chola dynasty, which furthered the expansion of Tamil merchant associations, and enabled the formation of regional kingdoms. The invasion also coincided with the return of the great Buddhist scholar Atisa from Sumatra to India and Tibet.

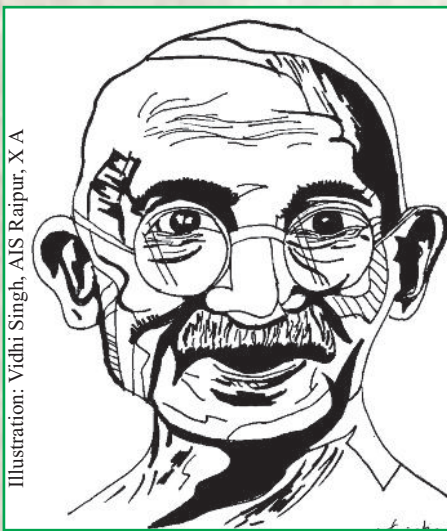


Illustration: Vidhi Singh, AIS Raipur, X A

Remembering the mighty man



"Be the change you want to see in the world," and the change he did become, in the process illuminating the path towards a more just and compassionate world. Mahatma Gandhi, a beacon of nonviolence and a champion of human rights, left an indelible mark on the annals of history. On his 154th birthday, students of AIS Mohali & AIS Raipur pay an ode to this man who went on to become a global symbol of hope and inspiration.

From inquilab to independence

Glimpses Of Mahatma Gandhi's Dream To Liberate India

Kaavya Kumar Brimania & Soha Rahi
AIS Mohali, X A

1917

Champan movement
Start Of Satyagraha

A non-violent civil disobedience movement launched by Gandhi against the oppressive system of sharecropping, which forced the British to set up a Champaran agrarian committee and abolish the indigo plantation system as well as reduce the taxes.



1918

Kheda movement
Bapu-Sardar Bond

A significant moment when Gandhi, Vallabhbhai Patel, and Indulal Yagnik protested against unjust taxes imposed on farmers. The campaign compelled the British government to suspend taxes and release the seized properties.



1919

Khilafat movement
Hindu-Muslim United

To create political unity among Hindus and Muslims against the British government, Gandhi took part in the movement led by the India Khilafat Committee with an aim to restore the collapsing status of their caliph who was the head of all the Muslims worldwide. This gave him the status of a national leader.



1920

Non-cooperation movement
Boycott The British

Soon after the Jallianwala Bagh Massacre, a strict non-cooperation movement began where British products and establishments were boycotted completely. The concept of Swaraj, meaning self rule, was adopted, which became an important tool of empowerment for freedom struggle.



1930

Dandi march
Break The Law

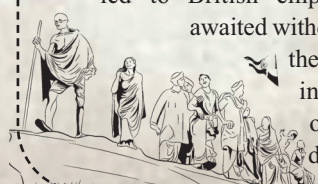
Salt March, also known as Salt Satyagraha, was the 24-day march held against the British salt monopoly. On March 12, 1930, Gandhi left Sabarmati Ashram on foot and reached Dandi to make salt as thousands of people joined him, paving the way for freedom of India.



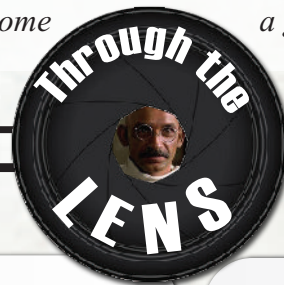
1942

Quit India movement
End Of An Oppressive Era

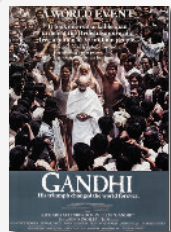
Gandhi started the movement with the intention of ending the British rule in India. It was a call made after the Britishers could not get the support of the Indians to fight with them during WWII. This led to British empire's long-awaited withdrawal from the nation, giving India its overdue independence.



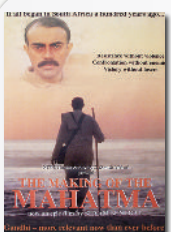
Copious Cinematic



Representation Of Gandhi



Movie: Gandhi
Director: Richard Attenborough
Released on: November 30, 1982
Starring: Ben Kingsley, Rohini Hattangadi, Daniel Day-Lewis
Synopsis: Beginning with his assassination in 1948, this movie depicts the story of Mohandas Karamchand Gandhi, a prominent figure in India's independence. The film also explores Gandhi's personal life, and his philosophy of non-violent resistance, or Satyagraha, becomes the central theme of the film.



Movie: The Making Of Mahatma
Director: Shyam Benegal
Released on: October 2, 1996
Starring: Rajat Kapoor, Pallavi Joshi, Keith Stevenson
Synopsis: The movie, showcasing Mohandas Karamchand Gandhi before he became Mahatma, narrates his adventures in South Africa where he initially crafted his ideas about non-violence. The movie also gives an insight into the characters of Hermann Kallenbach, an important friend of Gandhi, as well as his life partner Kasturba Gandhi.

Movie: Hey Ram
Director: Kamal Haasan

Released on: February 18, 2000
Starring: Kamal Haasan, Shah Rukh Khan, Rani Mukerji
Synopsis: Set in the post-independence era, the film is about Saket Ram, whose wife becomes a victim of Bengal riots. Believing Gandhi to be responsible, Saket plots to murder him. The movie follows his journey as he deals with various trials, seeking answers and representing the everyman who faced tough times during the partition.



Movie: Lage Raho Munna Bhai

Director: Rajkumar Hirani
Released on: September 1, 2006
Starring: Sanjay Dutt, Arshad Warsi, Vidya Balan
Synopsis: The movie follows Munna Bhai, a gangster in the streets of Mumbai, as he claims to be true Gandhian to impress his crush. However, through his lies, the teachings of Gandhi end up becoming fundamental to his life, changing his outlook on violence as he begins work to help the ones in need.



Text: Shravya Malik, AIS Mohali, X A; Abhigyan Singh, V A & Aaliya Kumar, VII A, AIS Raipur

My hero

Amitians Narrate Why Gandhi Is Their One True Inspiration

“Gandhiji, the embodiment of non-violence and peace, has always been my hero. His commitment to justice inspires me. Gandhiji demonstrated to the world that true strength rests in truth and compassion. He was amongst the pioneers who paved the way for India’s freedom, but his legacy goes beyond that. Gandhiji’s legacy reminds us of the significance of love, understanding, and tolerance in making the world a better place. He will always be a hero to me, a role model whose principles I want to emulate in life.”

Pratham Prashant Mangain
AIS Mohali, X A

“Mohandas Karamchand Gandhi, the father of our nation, is the epitome of peace. He taught us about the idea of Satyagraha, which refers to following the path of truth and non-violence to fight against injustice. His ideas are still praised by the world. Gandhiji made the world a better place with his teachings of love, peace, and non-violence. He is my hero and a role model for all of us. I try my best to include his teachings and ideas in my day-to-day life, for I believe in Bapu’s words, “You must be the change you wish to see in the world.”

Natansh Bassi, AIS Mohali, X A

“Although there are endless reasons to admire someone during a lifetime, it becomes particularly difficult for us to describe our admiration for Mahatma Gandhi, as he was not only one of the greatest leaders of our country, but also an exemplary revolutionist. His struggles, sacrifices, and selfless acts are all eternally celebrated. His values and ideologies are a matter of great pride for Indians all over the world. Hence, I admire him, and I strongly hope to give back something worthy to the society to truly make a difference, like Bapu did.”

Aishi Roy, AIS Raipur, IV A

“Some lives are worth discussing, and some lives are worth reading about, but only a few are worth celebrating for centuries to come. Such is the life of Mahatma Gandhi. His philosophies were way ahead of his time and laid the foundation for our freedom. His ideologies were belittled back then, but he stood firmly and gradually succeeded in freeing India from the clasp of the British governance. And even though he is not with us today, his sensibility and wisdom inspire me to do better in my life every single day.”

Jayadev Vikranth Vollala
AIS Raipur, IV A

Memoirs of Mahatma

Legendary books on Gandhi, as compiled by **Alisha Imtiaz**, AIS Mohali, X A, and **Aarnav Rai**, AIS Raipur, X A.

Title The Story Of My Experiments With Truth	Title Great Soul: Mahatma Gandhi And His Struggle With India
Author Mahatma Gandhi	Author Joseph Lelyveld
Published in February 1929	Published in March 2011

Title Gandhi Before India	Title The Death And Afterlife Of Mahatma Gandhi
Author Ramachandra Guha	Author Makarand Paranjape
Published in October 2013	Published in January 2014

Sage counsel
Happiness is when what you think, what you say, and what you do are in harmony.
Freedom is not worth having if it does not include the freedom to make mistakes.
A man is but the product of his thoughts. What he thinks, he becomes.

All about me

Mohandas Karamchand Gandhi
My birthday: October 2, 1869
My sun sign: Virgo

My place of birth
Porbandar, Gujarat
My nickname
Bapu
My school
Alfred High School, Rajkot
My achievements
Initiating various revolutionary movements in the world

My best friend
Hermann Kallenbach
My pen pal
Leo Tolstoy
Adolf Hitler

My favourite outfit: Hand-woven dhoti and shawl
Places I've travelled: London, South Africa, Pakistan, Mauritius, to name a few

Hobbies: Spinning the charkha, taking nature walks
Life's motto: To live as if I were to die tomorrow and to learn as if I were to live forever
Turning point in my life: The Champaran movement as it ultimately led to India's freedom from Britain

By: Sreenika Kale
AIS Raipur, III A

POEM



The seraphic soul

Aryaman Singh
AIS Mohali, VIII B

Gandhi, the father of the nation
Bapu, we say with sheer devotion
Liberated the country in shackles
Taught lessons of truth and peace

He left all the luxury behind
Spent his life for our sovereignty
Gave up on the foreign clothing
Aggrandised the indigenous khadi

He initiated several movements
To fight the tyrant British empire
Took the masses along with him
Set us free without any violence

Following the pathway of sanity
Fought the battles for humanity
Gave up his comfort and wealth
The great saint fought sans stealth

Well, he brought emancipation
To our great and glorious nation
We call him Bapu for a purpose
He truly did what a father does!

Around the world

Remembering the indomitable spirit of Mahatma Gandhi as **M Sarayu**, AIS Raipur, IX A, notes down the iconic statues across all lands that stand as a symbol of Gandhiji’s profound influence on the world.

- Statue Of Gandhi Parliament Square**
Location: London, England
Established: 2015
- Statue Of Gandhi**
Location: Geneva, Switzerland
Established: 2007
- Mahatma Gandhi World Peace Memorial**
Location: California, USA
Established: 1950
- Raj Ghat**
Location: New Delhi, India
Established: January 31, 1948
- Mahatma Gandhi Memorial**
Location: Buenos Aires, Argentina
Established: 1962
- Mahatma Gandhi Memorial Garden**
Location: Jinja, Uganda
Established: 1997
- Gandhi Statue**
Location: Pietermaritzburg, South Africa
Established: 1993
- Gandhi Statue**
Location: Canberra, Australia
Established: 2011

A tale of trickery

Nandika Mogha
AIS Noida

“Oh birdie oh dear, come listen to my plight
Look at me sitting here, and sulking all night
You see I’ve met, the girl of my dreams
But she looks over my existence, or so it seems

She’s with another man, a sailor sturdy and bold
And he’s six months at sea, or so I’m told
He’s a rich young lad, with jewels and gems
He buys her dresses with fancy trimmed hems

No matter how hard I try to please
I’ve gifted and wept, and begged on my knees
But bird before you judge, I have more to share
Listen to my words, understand my despair!

Once I got a rose, yes, for my maiden fair
A rose so red, to match her auburn hair
With leaves so green, to contest her emerald eyes
But you know what she did?” The boy sighed

“She flung the rose away, nor cared for a triste
Oh she’ll never be mine!” The boy’s head low
But still this was not, the end of his show
He said, “Oh birdie, so will you help me tonight?”

The bird who sleeps, on willow branch bed
Regarded the boy, then pouted and said,
“Okay silly boy, I shall help you, fine
But perhaps it will, take some time

But don’t you worry, I’ll get your love
But I plead you, I’m a nightingale, not a dove
I have some terms, and conditions to say
I’ll do all work, for a fixed amount of pay”

“Get me a plethora of summer berries
With fruits-insects as red as cherries”
The boy said, “Hmm. No problem in this
And I’ll be getting, the girl and a kiss?”

The bird cocked his head, smoothly said,
“Of course! You both may even wed”
They both signed a contract
The envelope with a seal intact

This was an official deal, to conquer someone’s love
Conducted by a bird, who’s a nightingale, not a dove
And nightingales are creatures, of great skill and wits
And that is the reason why, the other birds call ‘em ‘twits”

Thus that very night, as the nightingale lay in it’s bed
His imagination ran greedy, and to himself he said
“It seems that I have, landed myself a deal
With a boy too dim, to notice what I’ll steal

And let’s be honest, I’m not as young as I used to be
My days and nights are poor, so I have come to see
I must plot a plan, and trick that little fool
For opportunities don’t knock twice”

And with that he closed his eyes
He slept through the night, anticipating the next day
And so the sun rose, and it was the day of truth
All of the night’s planning, it was time to reap the fruit

First the clever bird, flew over vast seas
To find that sturdy sailor, to get him on his knees
And finally he, landed the right ship
And honestly his old body, was exhausted by the trip

He found the handsome sailor, working hard his best
The bird waited till the sailor, sat down to take a rest
And when the sailor did that, the bird perched on the mast
To sing a song that would have enchanted the ocean vast

The sailor said, “Oh master tell me, what can I do?
I’m forever your servant, I’ll get you through”
Proud of his triumph, the nightingale spoke,
“Yes you are my servant, you handsome young bloke!

And so, my servant, goes your first task:
The riches that you have, the jewels and the money
You must give them all to me, I know it sounds funny
And by jolly good, I wish you’d work faster!”

The sailor hypnotised as he was, bowed his head
He fetched a piece of paper, then got a quill and ink
And on that he stated, (while the nightingale turned pink):
“I hereby declare, that all my jewels and gems
Including all the dresses, with fancy trimmed hems

Along with the silver, and all the gold to say
Is now of the Nightingale, in the witness of this day”
He handed it to the bird, who was his sworn master
The bird took it from him, then shared a bit of laughter

The bird turned to leave, for his job here was done
Why dear reader, isn’t this fun?
Then the nightingale took flight, with the paper in his beak
While the sailor climbed the mast, simply to speak:

“Goodbye oh master! I had a time so swell!
Stay safe now, and I hope you’ll fare well!”
Ah! Poor sailor, his entire fortune was gone
But no good in mourning, so perhaps we’ll move on

And now was time, for the plan’s final step
The bird was vigilant as he flew and he crept
So now the nightingale, went back to the boy in love
And once again I should remind you, this bird was no dove

And the next part of this poem, is quite a twist to the plot
You might want to stop here, for it is a gruesome lot
The nightingale then, quietly woke the boy
And then it said, in a voice ever so coy

“Okay dear boy, your work is all done
I have robbed the sailor entirely, and it was quiet fun
But you see as I flew, over the vast sea
Clutching the paper that signed the deal

I began to think, how all the money should be mine

For it was me who has worked, for these riches so fine
And then I realised, that I can have it all
Except YOU silly boy, will have to take the fall

Ah, yes, you see, I can be out of my disdain
And so, let me repeat my sweet refrain
I say you are already blinded by love
And my name is Nightingale, and I’m no dove

And here I am, in my web of lies
And so here I go, to peck out your eyes!
Ha Ha Ha! Now enough has been said
Goodbye lover boy, it is time you are dead!”

And with that the bird, perched on his face
Then pecked out his eyes, and left no trace
And while the poor boy, screamed in utter pain
The bird threw out his eyeballs! Ah! So insane

“Sorry, not sorry” The bird said and took flight
And after that there wasn’t, much to insight
Well what now? We are near to the end
What happens now? What’s there to mend?

The nightingale now, needless to say
Was the richest bird of the world, in a day
And I must add, before I leave
That though it is quite hard to believe

But the nightingale married the girl,
Who was in need
Of a suitor too good
So she happily agreed

Thus after tricking
Two boys too dim
The bird was able
To fulfill his whim

And so the bird,
With fine riches and a fine wife
Happily lived away
The rest of his life

And so goes the tale
Of trickery and of love
Moral of the story?
That all birds are no dove.



Here’s a reprint of an abridged version of a beautiful piece of poetry (published in GT issue dated Aug 21, 2017) penned down by Nandika Mogha (Nov 2000- Sep 2023), the Editor-in-Chief of AIS Noida for the academic year 2018-19. Her brilliance and bright smile will live on in the pages of The Global Times as well as in our fond memories forever.

Razzmatazz 2023

Rhythmic Euphoria Of Music Resonates Again



AIS Mayur Vihar lifts the overall winners trophy

AIS Pushp Vihar

School organised its 12th Razzmatazz, an interschool music fest on July 31, 2023. Envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, as a platform of musical and melodic expressions for young minds, the fest was a euphonious gala that witnessed mellifluous voices of 120 students from 11 schools across Delhi/NCR, performing in 11 competitions.

The euphoric performances were judged by Benedict Lazarus, an eminent guitarist who represented India at UNESCO Jazz Festival, 2022 and Ashish David, a renowned radio, music, and voice professional, who is also a sound engineer. They both lauded the young musicians for their exemplary talent and appreciated the conceptualisation and execution of the musical saga that allowed free flow of lyrical sentiments of young minds on the stage. Budding musicians from Amity



Sound of strings

Group of Schools bagged several awards, including the overall rolling trophy lifted by AIS Mayur Vihar. The other awards won by Amitians were Best Bassist (AIS MV), Best Drummer (AIS Gur 46), Best Keyboard (AIS Vasundhara 1), Rhythm Guitar (AIS Gur 46), Best Lead guitarist (AIS Mayur Vihar), Best Vocalist (AIS Mayur Vihar), and Best Band (AIS Mayur Vihar). The fest concluded successfully and all the participants were awarded with certificates of merit. [G T](#)



Centre Exams Manager receives the award

Amity at the top

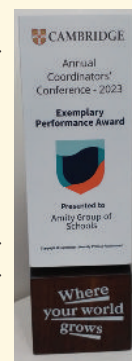
Amity Group of Schools

Cambridge University Press and Assessment, a division of Cambridge University, has awarded Amity Group of Schools with the prestigious 'Exemplary Performance Award 2022-23' on August 19, 2023.

The award has been bestowed in recognition of the exceptional efforts of Amity Group of Schools in enhancing English language skills of Amitians under the visionary leadership of Dr (Mrs) Amita Chauhan, Chair-

person, Amity Group of Schools & RBEF.

It is notable that Cambridge English Language Programme has been running successfully across all branches of Amity Group of Schools pan India and this reward is a symbol of the remarkable achievement that underscores the transformative power of education in the lives of students. The award was presented at a glittering ceremony attended by the representatives of Cambridge centres from different parts of North India.



A grand welcome of grandparents

A bond of virtue

AIS Mayur Vihar

Students of Class I celebrated Grandparents' Day on September 2, 2023, based on the theme 'Our guiding lights' with great elation. The event began with lamp lighting amidst chanting of *shlokas*. It was followed by a mesmerising enactment of moral stories, dance drama, and songs by children as a token of love and gratitude to-

wards their grandparents. They also presented a short play on BHAAG, the success mantra propounded by Founder President Dr Ashok K. Chauhan, family values, and effects of deforestation. Children, along with their grandparents, participated in yoga and aerobics session. School principal Meenu Kanwar thanked the grandparents for their love and support and inspired children to strive to be virtuous like them. [G T](#)

Winning expressions

AIS Vasundhara 6

Vanya Tyagi of Class V emerged as one of the top five national winners of the first ever Expression Series organised online by CBSE on April 21, 2023. The theme of the competition was 'Skill Development in India: From Local to Global', wherein students had to submit an

essay, poem, painting, or paragraph based on the theme. The topic for Class III-V was 'A famous Indian personality who achieved success through his/her skills'. Vanya drew a winsome pencil sketch of the international chef, Vikas Khanna who has taken Indian cuisine all around the globe. The results were announced on September 10, 2023. [G T](#)



Budding artist Vanya



School principal with Tejas

Budding scientist

AIS Vasundhara 1

Tejas Agarwal of Class IX bagged first prize in the state level competition on 'Millet - a super food or diet fad' organized by Rajya Vigyan Shiksha Sansthan, Uttar Pradesh on September 9, 2023. Competing against 36 se-

lected participants from 18 zones of Uttar Pradesh, he delivered an eloquent speech on the topic 'Millet a super food or diet fad', followed by a quiz. Tejas was appreciated by the jury for his powerful oration and in depth awareness of the subject, which conveyed the essence of the topic explicitly.

When The Dumb In Humans Gets Eclipsed By The Dumber In Literary Characters

Ananya Singh, AIS VKC Lko, Alumna

None can gainsay the fact that we have all made our fair share of bad decisions in life and would continue to do so until the end of time. Whether it was our conscious choice to chop off our hair at home or sit for an exam being absolutely sleep deprived, nothing can beat our species when dumbness' the criterion (we didn't say that, Amnesty). But worry not, for our favourite literary characters have time and again proven to be dumber...

A proposal gone prude

Jane Austen's Darcy is one of the most beloved characters in literature. Howbeit, we can all shake hands on the fact that his first proposal to Elizabeth Bennet made us all put down the book and sigh. We are no experts "in the matters of the heart", but surely telling someone the "inferiority of their rank" whilst proposing isn't a good idea. Not to mention him counselling Mr Bingley to not offer marriage to Jane on the pretext that her family is unsuitable, only to then propose to a woman from the same family; this, while revealing that he was the one responsible for her sister never getting engaged, puts this particular decision high up on our list of worst decisions ever made.

DUMB & DUMBER

A survival attempt gone sour

Though Sisyphus' punishment in the underworld is more famed than his life, it was his

life that had all the juice, well the spoiled one obviously. For, a master at making absurd decisions, he once tried to trick Thanatos, the God of Death who came to claim him, by enchaining him. But that's not all. When Death was freed, and Sisyphus dragged to the underworld, he deceived the Gods and escaped again! Now, Ancient Greece and the modern world sure have



differences of their own, but we are certain that cheating Gods isn't considered a great choice in any. Besides, wanting to escape torture by doing something guaranteed to fetch you more torture doesn't necessarily point towards one's stellar decision making.

An artwork gone awry

Though the list's quite long, Bronte's 'Wuthering Heights' fits our criteria the best.

For the book, without any exaggeration, is a guide on how to make

the worst decisions ever. The reader has no choice but to read on, dumbfounded at the decisions made by the characters. If you ask us, Catherine Earnshaw's choice to stay near Heathcliff, the worst human being ever, and leaving her daughter in his clutches even though he was hellbent on exacting revenge from her husband, remains unbeatable, but is immediately followed by her daughter's journey to Wuthering Heights even after being warned against it. Each bad choice spirals into even worse choices until all the characters are entirely miserable and incapable of being helped. Great job everyone!

A magic trick gone mouldy

A normal reaction to missing a train would be to contact the authorities, but the famous duo of Harry and Ron opted to steal a flying car instead. If they had given their thoughts a quick spin, they might have been able to come up with a better solution, but breaking the law seemed like a first instinct for these 12 years olds. It truly is a mystery how these two stayed alive though. Well, thank you, You-Know-Who (we are not talking about Voldemort).

(Ananya Singh is currently pursuing BSc in Economics and Finance from Shiv Nadar Institution of Eminence, Uttar Pradesh.)

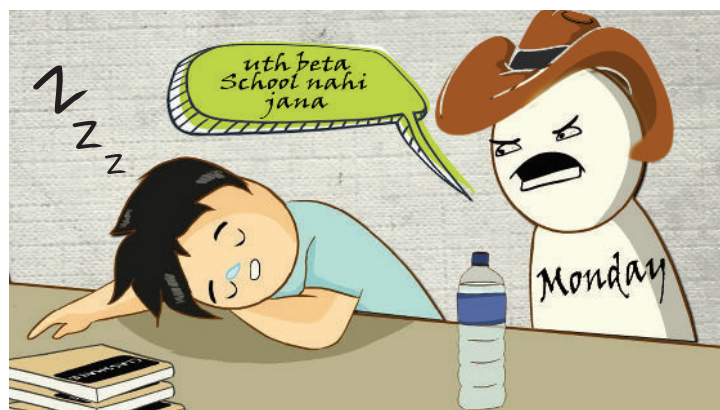
The day we dread

When Mighty Monday Knocks Your Door

Kaavya Chauhan
AIS Noida, VII N

Hi, I am the one and only Monday, the first day of the week, the one who destroys jolly weekend spirit. I get the lazy humans back to work and school, stopping them from spending the rest of their lives binge-watching Futileflix while eating pizza, and getting them up to do something purposeful to help build a bright future. Now, I may be the cause of people's sadness, but the pain I give them makes their lives five times more fruitful than it already is. In fact, I consider myself the bravest of all days of the week.

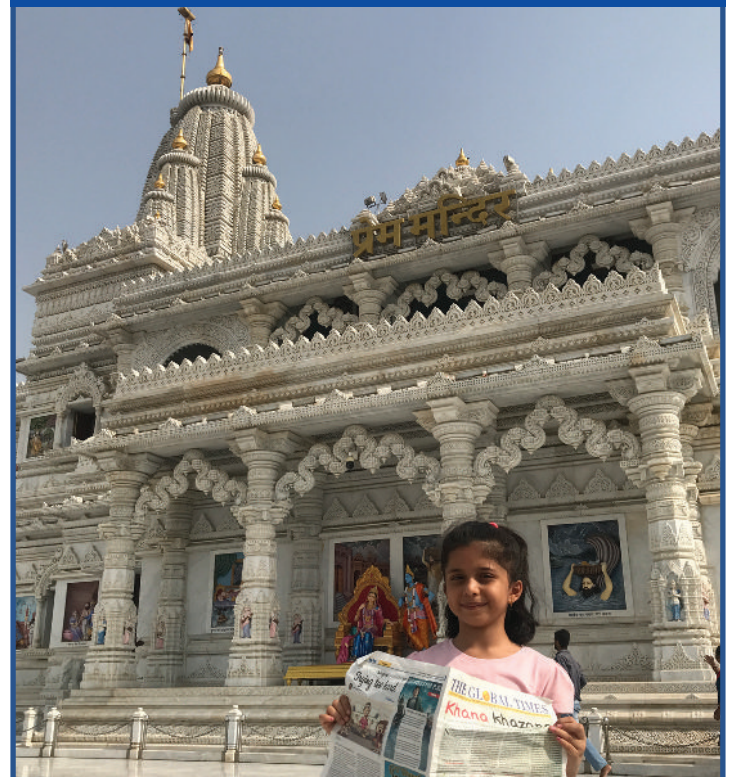
I still remember the time when we, the seven days, were dividing our responsibilities. One of us had to take on the job of getting the humans to fulfil their duties, and pay no heed to their gloominess. Poor Saturday got terrified just thinking of making other people



suffer melancholy, so to defend him, I, the mighty Monday, stood up to the task. And now, I love this responsibility! I sometimes do get agitated by this decision, but then I think about the day everyone would praise me for being the reason behind their successful life, and things start to feel great again. I always thought that people would be so glad on my appearance and would call me Monday Yellows because I make everyone's future brighter. But my heart

broke when I heard of Monday Blues. I won't act like I haven't seen people cribbing over the fact that I never give them any thrill and fill them with gloom. Yet, I persist in my role with one hope – that one day people would understand that I was the one who started their week. I was the one who pushed them out of their laziness and willed them to change the world. It was I, the mighty Monday, who became the bad guy to make you all good.

GT Travels to Uttar Pradesh



Hirisha Mathur, AIS Vas 6, III A, poses with her copy of The Global Times in front of Prem Mandir in Vrindavan, Uttar Pradesh. Established by Jagadguru Shri Kripalu Ji Maharaj in February 2001, this Hindu temple is dedicated to Lord Krishna and Radha as well as Lord Rama and Sita.

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