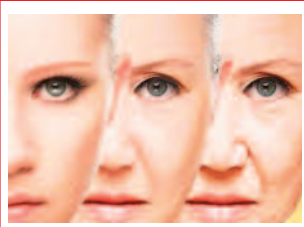


INSIDE



No more ageing, P4



Museums of crazy, P5

AMITEpoll

Do you think inserting cheerful audio can replace the charm of a live audience in a sports match?

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

To vote, log on to  
[www.theglobaltimes.in](http://www.theglobaltimes.in)

POLL RESULT  
 for GT issue October 12, 2020

As tensions between Armenia and Azerbaijan increase, do you think we are gradually moving towards World War III?



Results as on October 16, 2020

Coming Next  
 Heritage Series Part VIII

# Myth of the year

Hence Proven Again, Too Much Of Anything Is Dangerous!

Imaging: Pankaj Mallik, GT Network



Riya Kharyal, AGS Gurugram, X

It was yet another lazy Sunday morning. Adi yawned as he slipped out of bed and dragged himself to the wash-room. Brushing his teeth, he turned on his phone's internet and was greeted by a chaotic medley of notifications that had accumulated through the night. "Top ten exercising tips to follow this season" said one. "This pill will guarantee your safety from coronavirus" said another. Rolling his eyes at the notifications, he made his way out of the room to the breakfast table. As he sat down for breakfast, his mother placed a steaming mug in front of him that emanated a pungent herbal smell. "Drink up, Adi. This *kadha* will do wonders for you. I've put lots of ginger, cloves, *mulethi*, black pepper and haldi. I'm on my third cup already. I've read in a message forwarded by your *maasi* that drinking this *kadha* everyday will keep us completely safe from the virus."

"You know that's not true right?", replied Adi. "Three cups of *kadha* a day might put you in the hospital quicker than coronavirus would." "What do you mean?", replied his mother, dumbfounded by his words. "It means", answered Adi, calmly, "that the spices you mentioned create heat in the body. So, excessive consumption will cause problems like nose bleeding, persistent acidity, stomach ulcer, blood pressure, and even skin cancer. A man in the US even died after consuming too much *mulethi*, which contains glycyrrhiza acid, which can cause hypertension, metabolic alkalosis, renal failure, etc., that ultimately leads to death."

"I understand, but this gets rid of cough and cold, so—" "Yes, it does, but that doesn't mean that it should be consumed daily. 50ml at a time is enough! Just follow a normal balanced diet. Also, we are not deficient of fighter cells; hence you don't

need to boost anything." Annoyed, he made his way to the living room where he saw his father who was surrounded with boxes, looking like he had just raided the pharmacy next door. "Adi! Help me sort these medicine boxes. I've had them specially ordered. You'll find everything here- Zinc, Vitamin D, Vitamin C..." his voice trailed off as he saw Adi's disapproving face. "You are perfectly healthy according to your blood test results. So, why do you need all this?", questioned Adi. "Arre, I saw an ad in news the other day. They were saying that we would need to take these pills as immunity boosters," claimed his dad. "Dad, do you really think constant medication is the way to go about this?", asked Adi dryly. "Beta, everywhere people are saying that we should be boosting our immunity and these pills can help. What harm will they do?" remarked his father. "Excess of anything can turn toxic" he replied. "High vitamin D levels can spike blood and urine calcium levels which cause nau-

sea, dehydration and whatnot. Too much of vitamin E interferes with the body's ability to clot blood. Plus, Zinc is not an immunity booster, it's mineral which is a 'cofactor' for a number of proteins and enzymes. Consuming all these pills without a prescription will ultimately make you fall ill. This blind trust on these 'immunity pills' has driven sales through the roof. A survey found that out of every 100 medicine bills, 92 were for immunity boosting products, which aren't even needed." "Eh Adi, you worry too much," chuckled his father. "Yes, he does," quipped his brother from behind, who was on his way to the gym. "Adi, why don't you accompany me to the gym today? Getting some rigorous workout will do you some good." "No thanks, I'll stick to my yoga," said Adi. "Excessive exercise will eventually weaken your immune system. There was a study conducted on the Finnish Olympic team during the Winter Olympics of 2018 that proved the same. Intense physical stress can indeed suppress the immune

system. Even WHO has recommended only 20-30 mins of exercise to stay healthy but here you go doing the opposite. One thing I fail to grasp," Adi continued, "is that why are you all so bent on improving your immune system by going the extreme route? Things which are supposed to be beneficial for us, end up harming us if we do not keep a check. We must take care of our body as a whole and regulate what we eat and drink." Just like Adi's family, people all over the world are engaging in practices that, initially good, ends up doing harm. The concept of immunity during the times of COVID-19 has been dissected at length with great eagerness by the masses, and has been ultimately put on a pedestal; as the only way to survive the pandemic is to 'boost your immune system'. But do we really need to go the extreme way? It's time to ponder, for the real meaning of immunity is to have a healthy lifestyle and not falling prey to extensive immunity building practices. 🇮🇳

# Innovate outside, recreate inside

This Pandemic, Dr Reddy Stresses On Mental Health, And More



Dr Sangita Reddy

"Mental stress in these times of great uncertainty needs to be confronted with a mind tuned to positivity and hope," opined **Dr Sangita Reddy, President, Federation Of Indian Chambers of Commerce and Industry (FICCI) and Joint Managing Director, Apollo Group of Hospitals** at the Amity Eminent Webinar organised by **Amity University, Gurugram** on August 21, 2020. As a global healthcare influencer, Dr Reddy shared how positivity in leadership and genuine inclination towards finding solutions can mitigate any tragedy, even the pandemic that runs rife today. As she delivered her address, GT penned down her thoughts. Excerpts:

**On online classes and stress**

My father has always taught me two things – one, that God never gives us challenges that we cannot endure for he knows our true potential, and two, that the most intelligent of humans use less than 9% of their brain in their entire lifetime. Now, you see how it all works? Times are indeed tough and one is bound to stress, but we can course through it all if we channelise the power

of our mind and take hold of our life. Our brain is a territory uncharted still, that makes it even more important for us to realise its intrinsic capability and efficiently use it. But make sure you don't overdo it. Make a daily planner; know when to work, when to rest. Refresh your mind by doing yoga or meditation or listening to music, and have a balanced diet. Follow this and you are sure to discover the real potential of your mind that will ultimately lead you to happiness.

**On quarantine and stress**

Truth be told, nobody in today's world is actually quarantined; we are all connected via technology, our phones and digital media. Physically being somewhere is just one dimension of our existence, we also have emotional, mental and spiritual dimensions to look after and what better time for that than now? Also, you are inside so that you don't put others at risk and thus in a way you are saving lives out there. The whole world is fighting a war against an invisible enemy, a war where no bullet is fired, but people are dying still and you are helping to fight that war. Imagine? If you look at it in this way, quarantine won't then make much of a difference.

**On unemployment and stress**

What happened with the daily wagers and others who lost their jobs is devastating to say the least, but I must acknowledge that the government of India did work on providing free food to people.

And, in a way, it is our moral responsibility too, that as free citizens of India we spread cheer and happiness wherever we can. We have to innovate and build institutions that continue to employ people, we need to find ways to reskill and retrain them so that they get their livelihoods back, but till then, let's not just stand and watch their hopes die; let's help them however we can.

**On technology, healthcare and stress**

The 3Bs of technology – Biology, Bytes and Bandwidth are the key to innovation and overcoming challenges in the field of healthcare. Biology tells us how a certain combination of genes can cause a certain expression of disease. Thus, now we can easily design premediated solutions in order to treat a medical condition based on the genetic makeup of a particular individual. With 'bytes', we mean our computing capacity which is now doubling and merging huge amount of data and images, providing better healthcare solutions. And lastly with 'bandwidth' and its 4G and 5G solution, we can communicate to rural areas and provide healthcare facilities there. Now, even though we still have a long way to go, we owe a lot more to our technological advancements than we can ever imagine. And as we deal with this pandemic, the depths of research, technology and obviously, our mind, are yet again going to surprise us with their healing capabilities soon. 🇮🇳

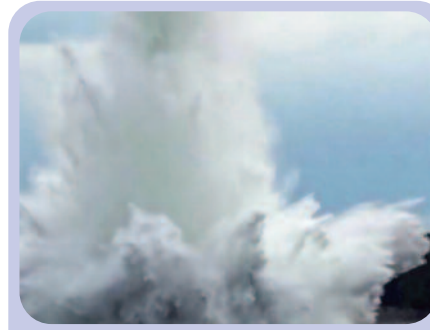
Read more on the power to innovate happiness by Dr Sangita Reddy in the next edition





# Around The WORLD

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



## POLAND

### Explosion of WW2 bomb

A massive bomb dating back to the World War II era detonated in a canal in the city of Swinoujscie in Poland, after attempts to defuse it were made by the Polish Navy. The Tallboy bomb, also known as an earthquake bomb, weighed around 5.4 tonne and was dropped by Britain during the final years of World War II. The bomb was discovered below a waterway leading to the port of Szczecin in September 2019.

## RUSSIA

### Second Coronavirus vaccine approved

President Putin announced the approval of a second COVID-19 vaccine known as EpiVacCorona developed by the Vector Institute in Siberia. The peptide-based, two shot vaccine was given approval by the authorities after early placebo controlled human trials conducted among 100 volunteers. The government also announced that over 40,000 people will take part in the advanced studies of the new vaccine.



## GERMANY

### Half billion euros for holocaust survivors

The country will pay 662 million USD as aid to Holocaust survivors who are struggling to cope with the pandemic. Around 240,000 survivors from around the world, especially from Israel, North America etc., will receive two payments of 1400 USD from Germany over the span of two years. Since 1952, Germany has paid over 80 billion USD in Holocaust compensations.



## THAILAND

### Emergency declared

The government imposed a state of emergency in an attempt to put an end to student protests that have raged over the nation for almost three months. The protests, which called for reformation of the monarchy in Thailand and resignation of PM Prayuth Chan-ocha, escalated as thousands of protesters took to the streets in Bangkok and set up camp outside the Prime Minister's office.



## USA

### Fire fighter robot hired

The Los Angeles fire department hired the country's first ever fire fighter robot Thermite RS3, a 3,500-pound robot that is capable of discharging 2,500 gallons of water per minute for 20 hours straight. At \$272,000 per unit, the firefighting robot can go where humans can't and successfully douse commercial structure fires, fuel tanker fires etc.

## SOUTH AFRICA

### Plans to boost economy

As the country witnessed its biggest GDP contraction ever owing to the pandemic, President Cyril Ramaphosa on October 15 unveiled his plan to invest about 60 billion USD and create more than 800,000 jobs in the country over the next four years, in order to give the South African economy a much-needed stimulus.



## FRANCE

### The first ever Indo-Pacific Ambassador appointed

President Emmanuel Macron appointed Christophe Penot, one of the country's top diplomats, as France's first ambassador for the Indo-Pacific. The new position will entail special attention to co-operation with India as a strategic partner. A key objective of the envoy would also be to implement the 2018 joint vision on the Indo-Pacific region envisioned by President Macron and PM Narendra Modi.

## INDIA

### Beaches get Blue Flag tag

8 beaches in 5 states and 2 union territories- Ghoghla (Diu), Shivrajpur (Dwarka-Gujarat), Kasarkod and Padubidri (Karnataka), Kappad (Kerala), Rushikonda (Andhra Pradesh), Radhanagar (Andaman & Nicobar Islands), and Golden Beach (Puri-Odisha), received the prestigious 'Blue Flag' certification. The coveted 'Blue Flag' certification is an award to recognise clean, safe and eco-friendly beaches, marinas and sustainable boating tourism.







The Gaddi tribe is one of the few remaining tribes of India that lives like gypsies.

# Raising Day @ AUMP

Amitians Marking Another Remarkable Milestone



10th Raising Day being celebrated virtually

## AUMP

**Ayushi Sharma & Muskan Agarwal**  
AUMP, ASCO, BJMC (Sem V)

To celebrate its 10th Raising Day, AUMP organised a virtual event on September 19, 2020. The event was graced by Dr Ashok K. Chauhan, Founder President, Amity Universe; Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF; Dr Aseem Chauhan, Chancellor, Amity University; Mrs Divya Chauhan, Chairperson, ASFT, ASFA, & ASPA and Ajay Chauhan, founder trustee member, RBEF, along with other dignitaries and faculty from the Amity Universe. The programme commenced with a warm welcome of all the dignitaries along with the showcase of AUMP's best memorable moments to date. The auspicious ceremony was given an optimistic start with the invocation of Goddess Saraswati. Following this, Lt Gen V K Sharma, Vice-Chancellor, AUMP, welcomed the guests and shared the success saga of the university in the academic year of 2019-20. He also shared the accomplishments of the students and faculty members across various fields on state and national levels.

The august gathering was then addressed by Dr Aseem Chauhan, who appreciated the whole team for creating a niche and setting up an example in the field of education. He called upon the students to think and avail the grand opportunities provided by the dramatic changes in technology, entrepreneurship and innovation to create a better world. He further stated that "there is nothing that Amitians cannot achieve," making the atmosphere more cheerful and regal. Adding to it, Founder President, Dr Ashok K. Chauhan, Amity Universe, blessed all the Amitians with his inspiring speech where he shared the mantra of success - Mission ATOMIC (Attack the Opportunities and Monitor the Implementation and Compliance). He also opined that crisis brings in a lot of opportunities, and so each Amitian should utilize the opportunity provided to us by the pandemic to help the society. Chairperson, Dr (Mrs) Amita Chauhan, and Mrs Divya Chauhan, congratulated faculty, staff and students of AUMP for the successful completion of its ten glorious years. Following which, the cultural performances by the students who zealously showcased their co-curricular skills such

as singing, dance, poetry, sketching, etc added to the mood of the celebration. Soon after the wonderful performances, dignitaries and guests present commended the way in which the university has built itself over the years in terms of quality education and holistic development of its students. They motivated and encouraged the Amitians to be relentlessly dedicated towards their short and long term goals, which will help them in achieving their pursuits. The highlight of the event was the unveiling of the book 'The world of campus placement' by Founder President and Dr Aseem Chauhan. The books co-authored by Dr Rajat Pathak, director, CRC and Dr Anil Vashisht, deputy pro VC and Director, ABS, AUMP was deemed highly beneficial for aspiring students in carving a path for themselves in their respective professional fields. The event was further accentuated with the felicitation of merit holders of the university. All the students who secured first position in their respective streams were awarded a certificate of achievement and lauded by the audience. The ceremony successfully concluded with a vote of thanks from Prof (Dr) MP Kaushik, pro VC, AUMP.



One of the participants distributes cakes to the less fortunate people

# Bake for happiness

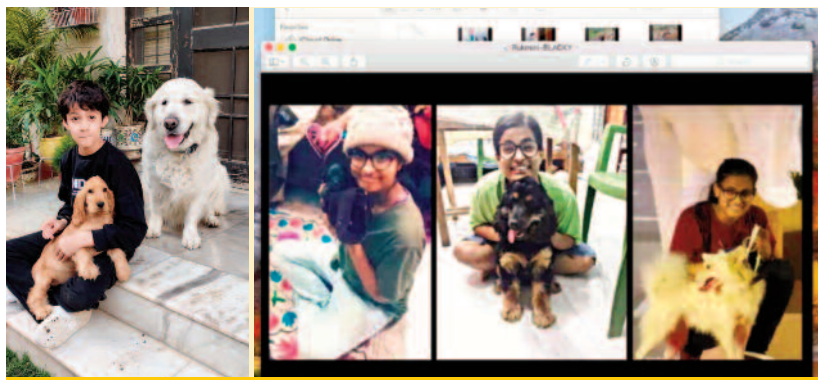
## A 'Sweet' Touch To Bring Joy

### AUUP/AIBS

**Medha Srivastav, B.Tech (Sem VII) & Palak Verma, PhD (Sem II)**  
AUUP, AIBS

Driven under the guidance and leadership of respected Founder President, Amity Universe, Dr Ashok K. Chauhan, that every Amitian should try their best to uplift the society, Amity Centre of Happyness (ACH) and BloodConnect organised 'Bake for Happiness', an online event on September 26, 2020. The event guided by Prof Dr Gurinder Singh, group vice chancellor, Amity Universities, encouraged participants to bake a cake and distribute it amongst the underprivileged in their nearby areas so that they could know the joy of celebrating birthdays and eating cake. From faculty members to alumni to students, the online footprint for the event saw people outside the Amity universe in attendance as well. The event led by Mahima Punni, president, ACH; Medha Srivastav, student coordinator, ACH and Madhumita Dey, volunteer, BloodConnect, was conducted under the guidance of Prof

(Dr) Nitin Arora, head, ACH. The guest of honour for the occasion Anusha Kumar, an alumna of Wilton School of Baking, California and currently a cake artist in Bahrain, enlightened the audience with precious baking tips & tricks. She even gave a live demonstration on frosting techniques to help create delicious masterpieces. The event was also graced by Dr Shweta Sethi, international community representative from Bahrain and Dr Nidhi Aggarwal, Professor, AIBS, who encouraged the audience to serve the society by doing their bit to achieve the goal of happiness. The participants were encouraged to click photos and videos of their happy reactions. These were then shared on various social media platforms using the hashtags like #SEVA\_KA\_SUKH, #BAKE\_FOR\_HAPPYNESS, #WIPE\_OUT\_HUNGER, etc. This being one of the endeavours, ACH and BloodConnect has undertaken a mission to organise more of such inspiring sessions to reach out the community via online platforms on a weekly basis with the goal to spread positivity in the society, especially in this time of crisis.



Participants come together to celebrate their pets

# Not a 'pet'ite affair

## Because Love Is All They Need

### AUUP/AIBS

**Palak Verma, PhD (Sem II) & Vaishnavi Jha, B.Tech (Sem VII)**  
AUUP, AIBS

Under the impeccable guidance of Prof Dr Gurinder Singh, group vice chancellor, Amity Universities, Amity Centre for Happyness (ACH) organised an event 'Pet Happiness- Your Pet, Everyone's Happiness' on September 19, 2020, with an aim to develop affection towards animals. Gracing the event were Major Gen Sanjay Soi, director, Indian Army Trade Forum; Dr Ashwin Anand, senior faculty; Jai Saini, assistant director, AIBS, students and faculty members. Grabbing

this opportunity, students, faculty members and guests participated with their pets, and shared their experiences of how the love for their voiceless friends has made them better human beings. Mahima Punni, President, ACH, commenced the event with an introduction about the club. The event constituted various segments such as 'Show your pet', 'Talk to other pets', 'Pet love story', etc where the participants dedicated self-composed poems, pictures with different pets and even came live with their pets. The final segment of the event saw Prof (Dr) Nitin Arora, head, ACH playing sounds of different pets and the participants had to recognise the pet. The session concluded with a vote of thanks proposed by Mahima Punni.

# Eco-Minions

For Its High Time We Adopt Eco Friendly Ways

### AUUP/AIBS

**Medha Srivastav, B.Tech (Sem VII) & Palak Verma, PhD (Sem II)**  
AUUP, AIBS

On September 19, 2020, Amity Centre of Happyness (ACH) and Bhumi Club (HVCO) organised 'Eco-minions- Flight from Setbacks to Comebacks' on MS Teams, an online platform to help the local vendors facing hardships during the lockdown in an eco-friendly way by making paper bags and then distributing it to the vendors to promote its use and production.

Medha Srivastav, coordinator, Bhumi Club, began the session by highlighting the idea of 'Vocal for Local' and how an eco-friendly path can be adopted by making paper bags and distributing them to small vendors. This would also reduce the cost of purchasing plastic bags, one of the major elements contributing in pollution and thus instilling self-reliance or *atmanirbharta* among the vendors. The session was graced by the presence of Dr Shweta Sethi, international community representative from Bahrain and Ms Shalini, a PhD scholar, who encouraged the audience to serve the society by contributing their bit. The event saw par-

ticipants actively involved in the making of paper bags. The videos and pictures of paper bags were posted on social media platforms using the hashtags such as #ECO\_MINIONS\_VOCAL\_FOR\_LOCAL #AATMANIRBHAR\_BHARAT #SAY\_NO\_TO\_PLASTICS #SEVA\_KA\_SUKH, etc. The event came to end with Prof (Dr) Nitin Arora, Proctor, AUUP and head, ACH, encouraging and motivating the participants to further continue this chain of happiness. For more updates follow @happyness-amity & @bhumi\_club on Instagram/Facebook.



Participants distribute paper bags to the vendors





# No more ageing!

Is There Really A Secret To A Healthy Anti-Ageing Life Or Is It All Just A Sham?



Armaan Soni  
AGS Gurugram 46, XI

Everyone has wondered at one point or another, whether there is a cure for old age, an inevitable consequence of a long life (at least till now). The focus of human beings has always been on increasing their average lifespan even as their health deteriorates. But the scientific community today has begun to pay emphasis on the need to expand our health span; the portion of life when we are energetic, strong and disease-free. To achieve this lustrous outcome, a scientific approach has been initiated to eliminate the potent factors behind the inevitable process of ageing.

In their seminal experiments from the early 1960s, biologists Leonard Hayflick and Paul Moorhead discovered the presence of 'senescent cells' in the human body – one main reason as to why our health and body functions deteriorate as we age. To put it simply, all our cells have a lifespan; they die after being divided to create new ones, losing a bit of DNA. To prevent that from happening, our cells are equipped with 'telomeres' which act just like the

tip of a shoelace. Just like our laces become frayed without the tip to protect them, similarly, telomeres are the caps at the end of each strand of DNA, protecting them and making sure that DNA is divided accurately during cell division. However, after countless divisions, the telomeres erode and the cells begin to lose DNA. At this point, the cells stop functioning and simply act as 'zombie cells'. The worst part is, these cells don't die; therefore, not leaving space for new healthy ones to form and grow. Instead, they stay there useless and damaged, and are known as senescent cells.

In the light of recent years, due to continuous research and development, a team at the Mayo clinic has found a way to get rid of senescent cells. Scientists administered a drug called senolytics that got rid of these senescent cells in the body of a mouse. The results were marvelous as this mouse lived a healthier and longer life as compared to another rodent of the same litter. Further more, over 80% of senescent cells were destroyed without even harming the healthy ones! Still, this was only experimental and not a sure or safe solution for humans.

All in all, there is no single magic bullet to cure ageing or to expand health rates for everyone. Although possible solutions or relevant theories do exist, they remain at the experimental stage. While our generation might benefit from this scientific discovery, it will still be another 5-12 years before scientists can even think of using this drug on humans.

## #InkEffect



### The Ugly Side Of Beautiful Designs

Kritika Chhetri  
AGS Noida, XII

Tattoos have always been a medium of self-expression and display of personal narrative. It was about 5000 years back when tribal communities, first started tattooing their body. Apatani tribe from Arunachal Pradesh was one example of such a tribe that used the process of *ghudna* (burying the needle) to enhance their appearance. According to researchers, 70% of people have at least one tattoo while 20% have more than one. The number of people getting their body tattooed has increased drastically in the past years, however, there are many side-effects of getting tattooed that most people are not aware of.

When the tattoo ink is injected into the skin, the body identifies the ink as a foreign substance and releases a phagocytic cell called 'macrophages' to eat it. These cells engulf the ink particles but fail to break it down, so the ink stays inside them. Due to these trapped ink particles in macrophages, the tattoos stay permanently. However, these tiny particles sometimes diffuse in the blood and travel to the lymph nodes causing swelling or blood clotting. The particles can travel and pigment the liver as well. Occasionally, the pigments are extracted by the artist from a printer or car inks which is not safe to be used on humans. Moreover, often the needles are not sterilised properly which can cause easy transmission of diseases such as AIDS.

According to a statement released by FDA, tattoo ink exposes body to various allergic reactions as it is contaminated with microorganisms. Besides, chromium, cobalt and many other harmful metals are added to these inks, which may produce bright colours, but affect our vital organs. One should understand that inking the body was never meant for humans, it is in no way natural. One should also understand that our body changes over time, and so the pigmentation and image of the tattoo worsens. Getting a tattoo is not a taboo anymore, however the number of diseases linked with them have increased manifold. Thus, it may seem attractive but the toxic consequences of getting #inked are not worth it. 🇮🇳

## The rocket balloon

Science Experiment

Simple Things Packed With Science

### You will need

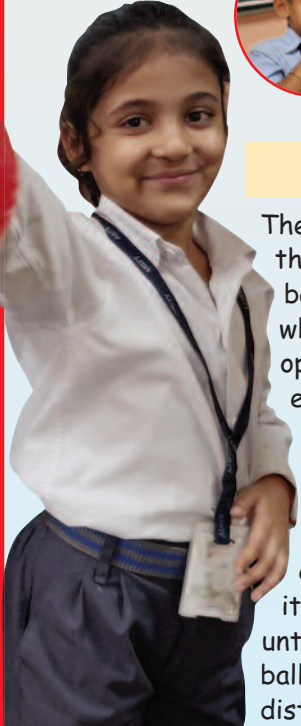
- 1 Balloon (any colour)

### Procedure

- 1 Blow up the balloon but don't tie a knot on its mouth.
- 2 Hold the mouth of the balloon with your fingers, keeping the air inside.
- 3 Then let go and watch the rocket balloon fly!

### What science says?

The balloon moves forward in air because of thrust. This thrust is produced when balloon forces the air to rush out of it which in turn pushes the balloon in the opposite direction of air. This is a clear example of "Every action has an equal and opposite reaction". This means that if the air rushes leftward, then balloon will propel in the rightward direction. Also, as the shape of the balloon constantly changes when the air is escaping through its mouth, it goes in random directions until all air comes out of it. The size of the balloon is directly proportional to the distance it travels.



The above experiment was performed by the students of Class III, AIS Vasundhara 6 as part of their Rocket Balloon Science Experiment session.





The Baiga tribe considers tattooing an integral part of its culture and have specific tattoos for different occasions.

# Puzzle

## The Best In The Business

Resham Talwar & Tijil Jha  
AIS Saket, XII

In an era of endless entertainment in the form of endless game options on app stores, or the innumerable PlayStation games in the market, classic puzzles which have enamoured our generation and the ones before- with utmost finesse- have gone obsolete. But here are some unknown facts to prove that no matter how many high-tech games come our way, classics are classics for a reason; and a damn good one at that.

### Witty William's Word Search

First designed by Norman E. Gibat for the Selenby Digest in 1968, word search puzzles are an excellent pastime. However, few know that these puzzles, besides enriching our vocabulary and spelling, also improve our cognitive skills. When we finish finding words in a word search, our brain provides us with a rush of dopamine. Known as the 'reward molecule', neuroscientists link dopamine to persistence and a sense of success. Keeping this dopamine flowing can keep us stimulated in other areas of our lives as well.

**Cognitive Clara's Crossword**  
Conceptualised and created by Arthur Wynne back in 1913, crossword puzzles are still a much-enjoyed activity amongst people in all walks of life. Research has shown that solving crossword puzzles is highly beneficial to your brain functionality. When you solve a puzzle, your speed of thinking and analysing enhances during the process. This also strengthens your ability to connect the dots and learn how to transform what you know into what is actually required.

### Solver Soma's Sudoku

In the late 19th century, when French puzzle setters began experimenting with numbers in squares, they created the much-loved Sudoku Puzzles. Sudoku is the best form of mental exercise, providing you with an upsurge in concentration levels, improving your memory, and stimulating your mind. Studies have also shown that actively solving Sudoku Puzzles reduces the chance of developing Alzheimer's by keeping your brain active.

### Judicious Jade's Jigsaw

John Spilsbury first blessed the world with a fun-filled learning activity, called the Jigsaw Puzzles, back in 1767. From improved visual and spatial reasoning to improved mood and lower stress levels, Jigsaw puzzles are just the whiff of cool breeze you need on a warm summer day. It also affects memory, concentration, and motivation, boosting these factors.

### Smart Sammy's Scrabble

In 1938, Alfred Mosher Butts revolutionised the idea of classic puzzles forever by bringing Scrabble to the table. Besides enhancing your response speed, vocabulary and helping you unwind, you'd be surprised to know that Scrabble is used as a means of Occupational Therapy. It requires motor skills, and further reduces one's blood pressure and positively impacts their immune system.

Despite believing their future to be tenebrous, puzzles have proved themselves to be useful. These exercises have been clinically proven by researchers to help people think faster, focus better and remember more. Maybe it's time to brace yourselves and challenge your brain to the next level.

These exercises have been clinically proven by researchers to help people think faster, focus better and remember more.



## Mistakes That Changed The Course Of Society For Ever

Sehaj Ghuman  
AIS Noida, XII

To err is human, surely, and making one small mistake won't be the end of the world, right? Except, it might just be! History has shown us time and time again that seemingly insignificant mistakes can lead to huge ramifications. Here's how:

### Missing key sinks ship

While the whole world knows every detail of the tragedy of Titanic and its innumerable casualties, there is something that was missed out by the movie and news screens. Contrary to popular belief, the crew didn't have any binoculars (yes, the movie lied to you!), hence explaining their cluelessness regarding the iceberg in the way. The crew had decided to switch officers just before the sail, who neglected to trade information about the key of the locker which stored the binoculars.

### Style over survival

The French Revolution and the

# Whoops!

*There goes history*

Reign of Terror defined a very dark part of French history, which subsequently led to the execution of thousands, but all of that could have been avoided. When Louis XVI and Marie Antoinette were first caught, they weren't locked up, and yet they made no attempt to escape. That is until they finally came to their (arguably poor) senses after two years and tried

to escape on large, conspicuous wagon laden with things like a complete dinner service and wine chest. Unsurprisingly, they were recognised, captured and executed (at least they went in style!). Their stupidity sealed the fate of thousands.

### Columbus was as bad at Math as us

Unfortunately for us, our sub-par Math skills only get us lectures, not the fame that comes as

an aftermath of discovering a continent. The only reason Columbus arrived in the New World was luck, considering his calculations were way off and had a 58% error margin. It then comes as no surprise that he thought he was in Asia.

A forgotten switch here, a Math error there – no one is perfect. It is highly unfortunate that we can never actually know which mistakes will prove to be harmless and lay forgotten amongst a million other memories, and which will finally go on to define the way we live our lives.



# Museums of crazy

## Some Of The Most Peculiar Museums Around The World

Vyakhya Gupta  
AIS Gurugram 46, XI

History is meant to be remembered, preserved and passed on to new generations; and that's what museums are for. But there are some museums that deviate from the norm i.e these are not your run of the mill museums filled with fossils and relics. These museums are bizarre and eccentric, and they'll surely leave you wondering with awe! Take a look.

### The Momofuku Ando Instant Ramen Museum, Japan

Our first stop is the museum of Momofuku Ando, the creator of instant noodles. The place shows the history and evolution of the one food we cannot live without. The best part? There is a 'My Cup Noodles Factory', where you get to create and customise your own instant ramen! So, whenever you get the chance to visit Japan, don't forget to go pay tribute, because we wouldn't have Maggi if it wasn't for him.

### Museum of Bread Culture, Germany

Speaking of food we can't live without, welcome to the Museum of Bread Culture! Willy and Hermann Eiselen together started this place to give our favourite breakfast its own special site. More than 18,000 exhibits depict the very long



history of bread in artwork. Don't go in hoping to get a delicious bread, though. You won't find a single loaf sitting here, for they believe that bread isn't an artefact, but food to be freshly prepared every day.

### Avanos Hair Museum, Turkey

Avanos has always been famous for its pottery, but this town has something way more intriguing - a collection of more than 16,000 hair samples. Having to separate from a dear friend, Chez Challip kept a lock of her hair as a memento. Since then, every woman who learned of the rather touching history, left her own lock of hair, completely covering the walls of the museum with hair samples from across the globe.

### Museum of Enduring Beauty, Malaysia

This place will change how you define beauty. It shows the lengths people have travelled to, in order to become 'attractive' and how beauty standards have changed since. Apparently, our past had rather peculiar concepts of beauty- from moulding heads into oval shapes and inserting round discs into lips to stretching earlobes with plates and filing teeth. I assure you, all insecurities about your looks will disappear after you visit this place.

### Museum of Bad Art, USA

This place is for all the 'art too bad to be ignored', and the collection is a cringe-fest. It claims its aim is to "celebrate the

labour of artists whose work would be displayed and appreciated in no other forum". The first painting here was procured by Scott Wilson from trash, and he soon started a collection. Comments left by visitors read, "This collection is disturbing, yet I look...just like a hideous car accident." Must visit for the wannabe Picassos!

### Sulabh International Museum of Toilets, India

This museum is in our own country. As crazy as it sounds, the museum has a noble cause - to emphasise on the need for sanitation. It documents the evolution of toilets; from ancient Roman toilets to modern electric Japanese commodes, you will find all of it here. 🇮🇳



The Kurumba tribe is one of the six ancient tribal groups in Tamil Nadu and one of the earliest known inhabitants of the Western Ghats.



Tribes of India

# Immune NOT A CINDERELLA STORY

## Exposed: The Real Truth Behind The Girls You Never Noticed

Saanvi Vaish, AIS PV, XII



Dr. Amita Chauhan  
Chairperson

'Immunity' has perhaps been the most #trending word this year, with it making its presence felt on every news channel, social media platform, discussions and even routine conversations. Suddenly, everyone seems to have woken up to the need of strengthening one's

immunity, something that should have always been a part of our lives. While it is unfortunate that it took us a pandemic to realise the significance of immunity, the good thing is that we are finally giving importance to things that matter.

Immunity may have become a fad now, the truth is that Mother Nature has always had a mechanism for the same in place. Even before any life form breathes, it is shielded with natural immunity so that the first air, or *prana* it breathes in is pure, free from any disease. Even while we are asleep, our immune system is awake and its warrior cells remove all the disease causing toxins and worn out cells we accumulate during the day. In sleep, our immune system and mind (unconscious) keep performing with zero error to ensure that we live.

But restricting immunity to merely physical health would be a very microscopic definition of this rather comprehensive term. Our life is a holistic expression of mind, body and soul. So, it is important that the mind and soul also be immune to negative thoughts and actions. Positive thoughts and progressive actions should be the way of life. Reading, engaging in creativity, listening to inspiring personas make our mind and soul impervious to negative inertia. Yoga and meditation too are great tools for building mental and spiritual immunity.

Thus, as we drink immunity boosters, let's also vow to boost the immunity of our mind and soul to ultimately live as a happy mind in a healthy body. 🇮🇳

## Synchronised sustenance



Vira Sharma  
Managing Editor

Some years ago, I went on a family vacation to Andamans and Radhanagar beach. Its reflective bluish waters, dense greenery on white sand, harmonious song of tides and the gentle sea breeze cradling your soul - life in all its beautiful

expressions, made my vacation an experience of a lifetime. Recently when I read that it is one of the 8 beaches which have been accorded 'The Blue Flag' by Denmark based 'Foundation for Environment Education' (read page 2), my heart filled with happiness. For, as a tourist and as a citizen of India, I could understand what this flag means and can do to not only boost tourism, but also protect and conserve the precious ecosystem these naturally rich places have. Let's admit, that while most of us love to travel, not many of us are responsible travellers. During my trip, I observed that despite the efforts by locals to discourage tourists from littering around, not every one complied. I don't blame the travellers either, because the lack of basic infrastructure and public amenities is one of the key factors that contributes in besmirching these wonders of Nature. As I came back from there, feeling all rejuvenated and fresh, I had a few questions in mind about what can and should be done to make these places more comfortable and eco-friendly. The blue flag thus has come as a breeze of joy. I hope that now the tourists will be more responsible towards the ecosystem and heritage of these pristine beauties. Bathed in the tide of hope, I look forward to another family vacation once things take a turn for the better. 🇮🇳

Cinderella - this all time classic has been an integral part of our growing up years. From visualising ourselves in Cinderella's gorgeous ball gown to dreaming about the handsome prince charming; our childhood saw it all. Cinderella is a perfectly woven fairy tale with the kindest female lead anyone would idolise. But what if you were told that there was way more to the story than what Disney had let on, that Cinderella wasn't the only poor soul. There are several other versions of the story that reveal that the made-to-hate stepsisters had an equally sorrowful fate. We hate to break it to you but it's true. Sorry in advance for breaking your childhood dreams.

### The 'Ugly' Stepsisters

Cinderella's stepsisters, Drizella and Anastasia Tremaine, surely bossed Cinderella around the house and reacted with hostility when they realised she 'stole' their stuff. But isn't that like a daily occurrence between siblings? Also, in the 'Perrault' version (one of the three versions of Cinderella), the stepsisters aren't described as 'ugly' but 'proud and haughty'. And when exactly did being a proud woman become equivalent to ugly? Oh yes, in Disney of course. Until Pre-Mulan and Frozen era, many Disney films equated beauty with soft and shy demeanour. Pride was not something that was considered desirable in women nor were the



physical features that made them stand out from the narrow societal standards of beauty.

### Troubled Household

The stepsisters lived in a dysfunctional household ran by a crazy demanding mother who dictated all aspects of their life and continuously drilled in their mind that, "you'll only be happy if you win the love of a rich man." The girls' desperation to escape that twisted household is evident in 'Grimm's' version, where one of the sisters ended up slicing her ankle and the other cutting her toes off. Come to think of it, whilst we all seek acceptance, those who are willing to go to the road's end to be accepted, have

something amiss in their lives. Besides, being constantly policed for looks and pressured into finding a spouse, is a tale no girl wants to live.

### The Tragic End

We all know how Cinderella had a happy ending but Disney had left out an important detail from the 'Grimm's' version that would have probably traumatised us. Remember those beautiful birds that Cinderella had as her minions? Well, those very birds pecked out the eyes of the stepsisters at the end of the story in this version. And mind you that is after they accompany the princess up and down the aisle on her royal wedding. Like having missing parts from their

foot wasn't enough of a punishment?

The step sisters in the Disney version are easy to hate. Presented in all shades of black, they fit the definition of an antagonist perfectly. But like every tale that has traveled the length of time, Cinderella too has many versions, many endings and many after endings. Of course, the deeds of step sisters and their subsequent destiny of not getting their prince, remaining constant in all. Cinderella, on the other hand, gets rewarded for her kindness, getting the man of her dreams. So, in every version, good meets good, and bad is met with bad. And on that note, we should spare the sisters all the unnecessary wrath, now, shall we? 🇮🇳

## RIP family TV

### As We Firmly Hold TV Screens In Our Hands

Sudiksha Gupta, AIS MV, Alumna

Gone are the days of Sunday mornings when everyone had to take a shower and eat their breakfast at a superfast speed to get ready for the weekly Mahabharat and Ramayan; or the days when everybody huddled up in the house of the only family in the neighbourhood with a TV to enjoy programmes on Doordarshan. Cut to the present time, now, 'huddled up' is equated with everyone being present in one room with their eyes glued to respective phones enjoying a movie or a show on Netflix, Hulu, YouTube and Hotstar. In the time of internet and technology, virtual comfort and connection has become the 'in' thing as you tap a few times on the screen and get a TV show from the op-

posite side of the world on your phone! Even though these advancements are much appreciated, everything comes with a cost. Modern day phones have provided us with the world, but they've taken away the time we gave to our families. Dinner time used to be TV time; it was everybody's own ritual. Even if we hated watching the show, we were there. It wasn't only about television, was it? It was about sitting together and talking, about bonding. And who can forget those cricket matches on Sunday mornings! But today, it is not uncommon to find a family sitting together and watching TV but yes, we can find them watching completely different things. When dads used to crack bad jokes or tried to imitate dialogues from TV shows, everyone used to laugh aloud. While

watching TV, everybody used to catch up on each other's day that has now been completely lost to our black screens, headphones and confined rooms. Most high schoolers don't even switch on the television, let alone sit down and watch it with family. As streaming services become more and more common, families are becoming more and more distant, sharing less and less. Not only are the relationships straining but it's catalysing the death of our beloved 'family TV time'. Think about it, when was the last time you and your whole family sat and watched an entire television series together? And thinking of the times 15-20 years down the line, is this the culture we would like to leave for the future generations where everybody is aloof in their own world?



Issue: October 12, 2020

Dear Editor,

This is in reference to The Global Times edition dated October 12, 2020. In this year full of uncertainty, coming together with our editorial team to work on our Contest Edition has been elating. Although we missed the edit meets and the thrill of going to the GT office to work on our pages, the alternate has been quite a journey as well. When we were informed that our edition would be released digitally, to say we were happy would be an understatement. It was a matter of pride for me to be associated with such a wonderful team. It made me ecstatic when I saw the final issue. Kudos to the magnificent team and everyone involved in the process of making this edition a success! 🇮🇳

Amishi Jain  
AIS Mayor Vihar, X A



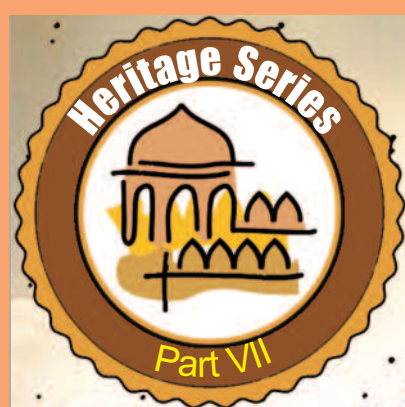


The Bnei Menashe tribe claim to be one of the lost tribes of Israel and have adopted the practice of Judaism.

# Of mausoleums and more

## Traversing Eras Of Cultural Magnificence And Grandeur - The Basilica Of Bom Jesus

India is a land abounding with wonderful UNESCO heritage sites to feast one's eyes on. Some of them being natural wonders to some being exquisite architectural marvels to many being a reflection of magnificent history and some even a sanctuary for biodiversity to flourish. Here's presenting Part VII of the Heritage Series, giving an insight into The Basilica Of Bom Jesus, which was declared a UNESCO World Heritage Site in the year 1986.



Anika Jha  
AIS Saket, X C

To all the readers and history aficionados! Today, we will go on a deep discovery of Christ and sneak a peek into one of India's most revered churches- The Basilica of Bom Jesus. Located in the quaint city of Old Goa, a city once commemorated as the capital of Portuguese India in 1510, the basilica holds the mortal remains of Saint Francis Xavier, the patron saint of Goa. A testament of the unique blend of Indian and Portuguese architecture, retained over centuries in the form of old chapels, churches and convents, the Basilica of Bom Jesus is one true evidence of the marvels of the city of Old Goa.

**What exactly is a basilica you ask? Well...**

Initially, in ancient Roman architecture, the word basilica was only reserved for Roman public buildings meant for holding courts and other public functions such as business, trading, etc. Basilicas usually were marked with colonnades, naves, and aisles as a defining feature of this type of Roman architecture.

Alternately, the canonical title of 'Basilica' is a title of honour bestowed upon churches by the Pope that are deemed eminent due to their antiquity, their association to a saint or a historical event among other aspects. In the year 1946, the Church of Bom Jesus, which housed the remains of St Francis Xavier, was raised to the position

of minor basilica by the Roman Catholic Church.

**Let's find out more about this piece of history!**

The literal translation of Bom Jesus means Good (or Holy) Jesus in Portuguese language. Tucked away in Bainguinim, a part of Old Goa, about 10 km away from Panjim, the Basilica of Bom Jesus stands tall, at 61ft, as an exemplary symbol of baroque architecture. Construction of the basilica began on November 24, 1594 and used laterite stone brought in from Bassein (presently Vasai), 300 km away from Goa. Following its completion on May 15, 1605, the church was consecrated by Archbishop of Goa, Rev. Fr. Aleixo de Menezes. This beautiful piece of ar-

chitecture has a late-renaissance inspired structure and is fronted by an intricate façade made out of black granite that includes detailing of Doric, Ionic and Corinthian designs. Carved into the façade is a rectangular shaped pediment ornated with the letters 'IHS', an abbreviation of the Latin phrase 'Iesus Hominum Salvator' (Jesus, Saviour of Men) which is seen to be a Jesuit emblem.

**Let's delve inside its hallowed halls now, shall we?**

Unabashedly baroque in its design, the basilica is the only church in Old Goa which remains bare, with its lime plaster removed, courtesy of a Portuguese conservationist who was under the impression that the removal of the plaster would strengthen the laterite stone of which the basilica was made. Inside, a modest wooden ceiling, although once vaulted, shelters a grand and gilded altar and a marble floor embedded with precious stones. Behind the altar, the reredos, which are ornamental screens, display heavy baroque designs. The retablo of the main altar has a towering statue depicting the figure of St Ignatius Loyola shielding an infant Jesus Christ whose eyes are looking up towards a gilded sun above, bearing the letters IHS.

**Walking further along the paths of sanctitude**

The Basilica of Bom Jesus accommodates within itself two chapels, three altars, a choir loft and a vestry along with a belfry in the back portion. The transept of the church has two altars dedicated to St. Michael and Our Lady of Good Hope. The vestry or sacristy, a space meant for priests to get ready for service and store items of worship, has high windows that usher in the morning light, creating a glow that radiates across the white stuccos on the ceiling. Across the main altar, to the right, is the chapel of St Francis Xavier which houses the mortal remains of the saint, who lay in a marble tomb designed by renowned Italian sculptor Giovanni Battista Foggini in 1686 and presented to the basilica by Duke of Tuscany, Cosimo III di Medici. The silver casket

which holds the saint's body was once embedded with precious stones, which have been picked off over the years.

**Let's hear the story of the saint who lives, even in death**

Francis Xavier came to Goa on a holy mission. As one of the founders of the Jesuit order instituted by St. Ignatius of Loyola, he reached the shores of Goa in 1542 with the mission to spread the message of Christ all over Asia. In the year 1552, on his way to China, he succumbed to fever and died in Shangchaun island. Three months after his demise, his body was exhumed by his religious order when lo and behold- they saw that his body has yet not started to decompose. Seeing this, efforts began to canonize him as a saint and finally in 1622, he was canonized as a saint by the Roman Catholic Church. For the same, Saint Francis Xavier's right arm was severed from his body and sent to Rome for veneration.

**Let's look at what's beyond the Basilica**

Adjacent to the basilica lies the Professed House of the Jesuits. Predating the Basilica by a few years, the Professed House was the main hub from which Jesuit Order's missionary activities were carried out. Constructed out of laterite rock, same as the basilica, the two storeyed building was built under the guidance of Domingos Fernandes and is covered with lime plaster. The 16th century house is connected to the basilica through a colonnaded arcade and has a façade built of black granite. The basilica complex also houses an art museum that contains a host of paintings including 'The Last Judgement' (6ft x 9ft) and 'Genesis' (4ft x 28ft).

The Basilica of Bom Jesus has stood witness to history, standing rooted in its place for more than 400 years. Its link to culture, history and religion has emboldened over time, and has garnered the admiration and attention of people from all across the globe, making it one of the most revered places in India. Time to add this enthralling place to your bucket list as well!







# The two flowers

## Storywala



Siya Dulari

AIS Mayur Vihar, X

Hi! I am Shiuli! I was born in Kolkata in the October of 1975. My best friend, Shehroze, well, she was born just one month after me in November. Shehroze was the daughter of our house-help and was born in the servant quarters just outside our home. Her *amma* was just twelve when she first came to our house and ever since then, she has been with us, working for and looking after my family day in, day out. The bond that our families shared is indescribable. And the one we shared, Shehroze and I,

was nothing less than that of two siblings, soul sisters to be precise, who happened to have been born in two different households. But as children, we grew under the same Sun and watched the sky turn blue to crimson, lying under the Shiuli tree. Oh! Did I not tell you that we were both named after flowers? Yes, indeed we were. She was the king of roses, my Shehroze; I was her *Nyctanthes*, her Shiuli. One day, when we were just seven, she told me how not just my name but my entire being was very much like Shiuli – a flower that's everywhere, yet somehow goes unnoticed by all. I didn't quite understand what

she meant at first. I asked for the reason. "We are both young, and life is long," she told me. "You are beautiful and some things are more beautiful when they're unnoticed." If you think I understood it then, you are wrong. It was beyond my ability to comprehend and so, I chose to let it go; and giggled a bit in response. As I went home, surprisingly her words didn't leave my side. "Beautiful yet unnoticed," they reverberated in my ears for long. And as I tried to make sense out of them, I finally formulated one. Call it the biggest mistake of my life but I was certain then. Next day as we went to the lake, her dark eyes, dark hair and her

**"You are beautiful and some things are more beautiful when they are unnoticed."**

beautiful brown skin glowed under the vibrant Sun. Life felt short then, and I felt older. I could sense a new emotion taking birth in me. No, it had nothing to do with love and warmth. I could see us drifting apart. Nothing said, and nothing done. We were no more the soul sisters we thought we would always be. Cut to 2020, I'm 45 now. Summer never really came after she went; Shiuli trees were no more a shelter and I was no more the girl I once used to be. Though, I am known to all, but she isn't one of them. She was long gone. I miss her. I miss being known by her, only her. It took me almost half my life to actually understand what Shehroze meant that day. While I was busy whining over my unpopularity, longing to be preferred more, she was suffering at the hands of the same. While I was protecting my delicate self from little pricks, I did not see Shehroze, my beautiful rose being painfully pricked by thorns that scarred her. But did they weigh upon her spirit? No, they could never have, for she was Shehroze. The lake, the Shiuli trees and the Sun all await you, best friend. I await you! I await us! Till we meet again! 🇮🇳



## Yummy khandvi

Arnav Srivastava, AIS Gurugram 46, VIII A

### What you need?

#### For the batter

Gram flour .....	1 cup
Curd.....	3/4 cup
Turmeric powder .....	1/4 tsp
Water.....	2 cups
Salt.....	to taste

#### For filling and garnish

Coriander leaves (chopped).....	2 tbsp
Desiccated coconut .....	2 tbsp

#### For tempering/seasoning

Green chilies (chopped).....	2 - 3
Curry leaves.....	9-10
Oil .....	1 tbsp
Mustard seeds .....	1 tsp

### How to go about it?

#### For the batter

- In a bowl, add yoghurt and water, stir well till it is smooth. Then, add turmeric powder, salt and gram flour.
- With the help of a whisk, thoroughly stir and mix all the ingredients well. Make sure no lumps are formed because the batter should have a smooth consistency.
- Now, spread oil on a large plate and keep aside.
- Also, in a bowl, add desiccated coconut and chopped coriander leaves. Mix them well and keep aside.
- Once the batter is ready, transfer it in a sauce pan. Keep the sauce pan on the stove on a low flame.
- Start stirring the prepared batter. When it begins to heat up, stir continuously to avoid formation of lumps.
- As you keep stirring, the batter thickens gradually. Make sure that the batter doesn't stick at the bottom of the pan.
- When you find that the batter has reached the right thickness, do a plate test.
- For plate test, spread a small amount of batter on the greased plate. Let it cool for 5-10 minutes. Once it settles down, start with the rolling part. If you are unable to roll, then it means that the batter needs to be cooked again to get the correct thickness for the formation of rolls.

**Chef's tip:** Getting the right thickness of batter takes time. You might have to do plate test twice or thrice as it depends on the intensity of flame, thickness and size of the pan. When you're able to form the rolls, then only your khandvi batter is ready.

#### For the rolls

- After completing the plate test and getting the correct thickness, spread the batter on entire greased plate evenly like a thin sheet with spoon.
- **Chef's tip:** Don't let the batter cool down, as it causes the formation of small balls and becomes tough to spread.
- Let it cool for 15 minutes and sprinkle more than half of the coriander and coconut mix on the plate evenly.
- Next, start cutting strips of equal size, roll the strips tightly so that the filling (coriander and coconut) remains intact.
- Place the prepared large rolls on a plate and cut them into small equal portions.

#### For tempering

- Heat oil in a pan and add mustard seeds, curry leaves and green chilies in it.
- When mustard seeds start crackling, pour this tempering on the rolls evenly.
- Garnish the khandvi rolls with the remaining desiccated coconut and fresh coriander mix.
- Your yummy khandvi is ready to eat!

## WORDS VERSE

## Bird of my dreams

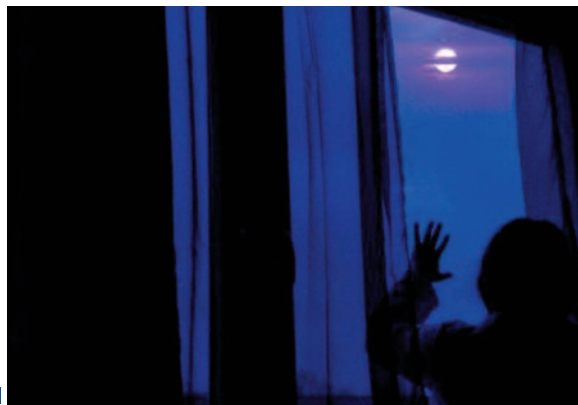
Prithish B, AIS VKC Lko, X B

The bird of my dreams  
It won't see the daylight  
It is unfortunate, it seems  
It is very hard to believe

That you are not here

Streams are slowly flowing  
From eyes through tears  
I'll miss your cries & shrieks

With your soft beak clicks  
Why did you take her God?  
This has created a big void  
In my life and cannot be filled 🇮🇳



Inika Kakar, AIS Saket, VIII

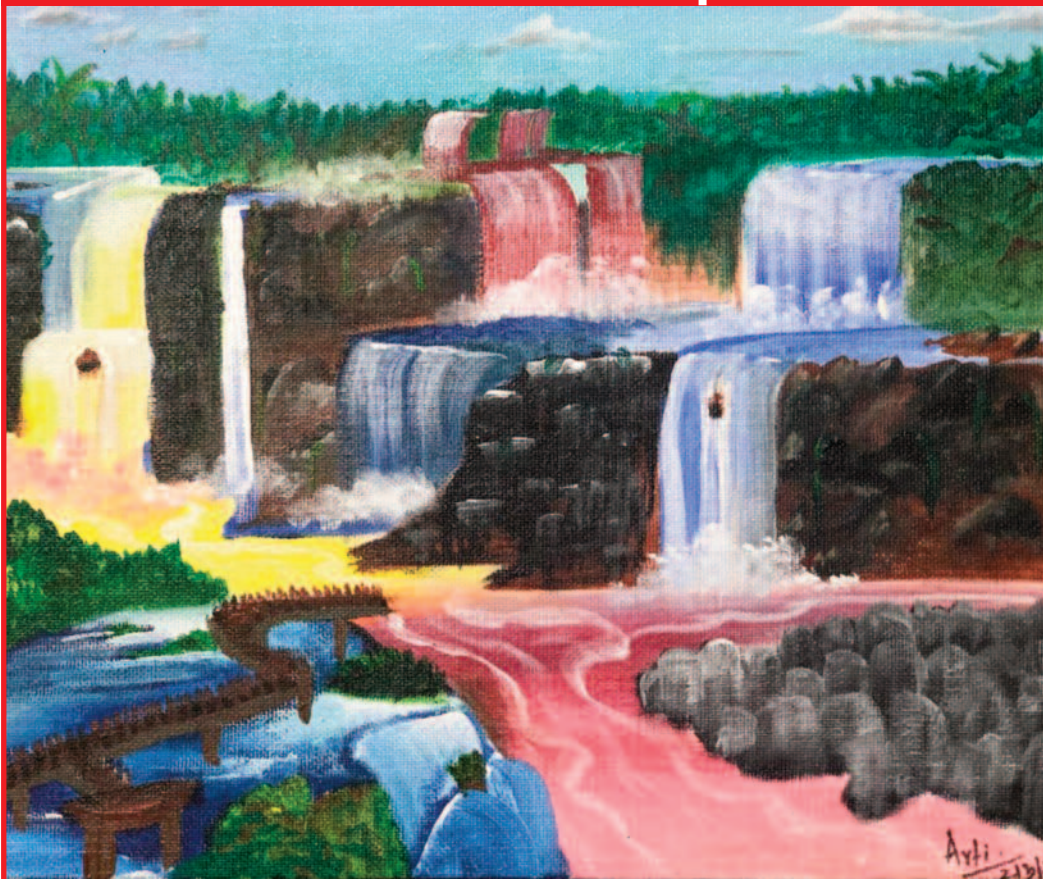
Circle the misspelt word in each group

- A** 1. Attorney 2. Encyclopedia  
3. Innoculate 4. Constituency  
5. Recommend
- B** 1. Privilege 2. Expository 3. Reconciliation 4. Dissipate  
5. Occurence
- C** 1. Spontaniety 2. Dungeon  
3. Effervescence 4. Comparative 5. Catastrophe
- D** 1. Certainty 2. Drunkeness  
3. Dichotomy 4. Sacriligious  
5. Conscience

Answers: A 3. Innoculate  
B 5. Occurence  
C 1. Spontaniety  
D 2. Drunkeness

## BRUSH 'n' EASEL

Arti Naorem  
AIS Saket, X A







The Khasi tribe follows a matrilineal system where women are considered the head of households.

# The wrath of Hydra

## Short story



Imaging: Dinesh Kumar, GT Network

**Kanav Kumar, AIS Vas 6, VI**

Jordan woke up to the sound of his alarm. It was six o'clock, time for the usual grind. He trudged to the bathroom and opened the tap, relying on the cold hard slap of water to wake him up but shockingly, no water came out. He rushed to the other bathroom outside his room and quickly turned the tap and again, no water.

Frustrated, he called out to his mother, "Maa! There is no water in the house. Please do something." No one answered, not even his bratty little sister who would have asked him to shut up and stop creating a ruckus. Surprised, Jordan roamed the house and realized that he was completely alone. Suddenly he heard

a loud crashing sound coming from his room and a thick rancid smell wafted into the air. Jordan ran upstairs to his room to see what made the sound. A bright light shone into the room, temporarily blinding him. As the light dimmed, in front of him stood a towering blue figure that resembled a man but seemed to have the characteristics of a fish.

It had a scaly body but a face that resembled a half man-half fish. It had long slits around its throat that looked like gills and its fingers were covered with seaweed and algae and its feet were webbed. The whole room smelt of rotting fish. The monster spoke in a low, raspy voice, "I am Hydra. I have come here to give you a month's notice." Scared out his wits Jordan

replied, "Wh- wh-what notice?" "One-month notice of your life," the monster said angrily. "What!? Why?? What did I do? Are you going to kill me?" Jordan cried. "You have the audacity to ask me what you have done?!", Hydra's voice thundered, "You have no idea, have you? In your 25 years of existence, every day you have wasted more than 15 litres of water alone. Along with your family, that's 60 litres of water down the drain every single day. You have no idea how much damage you have caused. For that, you shall be punished. In one month's time, if you don't change your ways, you shall never see the elixir of life 'water' till the last day of your life." Jordan started **bawling** and

Quickly, he grabbed the alarm clock next to his bed and checked the time. It was 5:30 am and it was still dark out.

pleading. "Show me mercy Hydra. I promise to not be wasteful. I'm surely going to mend my ways." "We shall see," said Hydra and with another blinding flash, a gust of wind blew, throwing Jordan into the ground, knocking him out. Hydra was gone. Jordan opened his eyes. He was back in his bed, almost like he had just woken up. Everything looked normal. Not a thing was out of place. The pungent smell of fish was gone too. "Was it all a dream?" he thought to himself. "Was Hydra the monster even real?" his mind was filled with questions about this strange and terrifying encounter.

Quickly, he grabbed the alarm clock next to his bed and checked the time. It was 5:30 am and it was still dark out. He sat on his bed, pondering about his dream and thought how he wasted water every morning, letting the tap run while he brushed and letting the shower drip for hours before he would turn it off because he was too lazy to get out of bed. While he realised how every drop of water counts and can save large number of people dying of thirst, unbeknownst to him, a pair of eyes gleamed from under the bed, dripping with seaweed. **GT**

**So what did you learn today?**

**A new word:** Bawling  
**Meaning:** To cry loudly

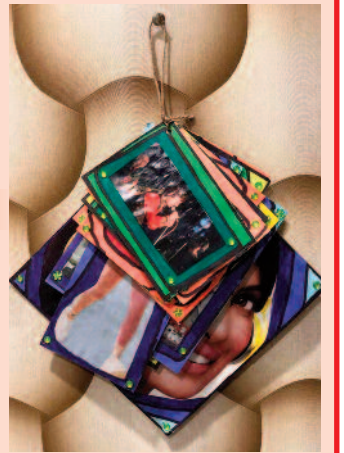


## Flip it!

**Shyla Kaushik**  
AGS Gurugram, II

### Material required

- Pictorial newspapers and magazines
- A3 coloured sheets
- Scissors
- Glue
- Decorative material
- Punching machine



### Method

- Cut out various photos from newspapers and magazines of different activities being performed like swimming, dancing, listening, jogging, playing, reading, etc.
- Take A3 sheets in different colours and trace the outline of your photo cutouts on the paper and using a scissor, cut the shapes. This will ensure that your A3 cutout fits perfectly with your photo.
- Paste the photos on the A3 cutout sheets.
- Using sketch pens, stickers or any other materials you possess, feel free to decorate the borders of the pictures to make

- your flipbook more engaging.
- On the back side of the A3 sheets, write the name of the activity being carried out in the photo pasted on the front side.
- Time to bind all the photocards together! Using a punching machine, put holes on the top left corner of each card. Make sure all the holes are aligned.
- Put a colourful ribbon through the holes and tie the two ends together.
- Your flipbook is ready to teach you a few lessons. You can use this method to even make a photo album of your favourite photos or make it for someone else and gift it to them!

## POEMS



### The magical spring

**Ayansh**  
AIS Saket, III C

Wake up flowers	It's your time	Wake up spring
Wake up weeds	Come rule us all	Won't you please
Wake up frogs	With your colours	
Wake up seeds	Fill up my soul	
Wake up bears		Cause who else will
Wake up bees		If you do not
		Unleash the magic
		For your own lot. <b>GT</b>

## It's Me

### Know Me

**My name:** Adhya Sharma  
**My Class:** I A  
**My school:** AIS Gurugram 43  
**My birthday:** October 25  
**My hobbies:** Skating and swimming  
**I like:** Dancing and painting  
**I dislike:** Noise pollution

### My Favourites

**Subject:** English  
**Friend:** Akshad Gupta  
**Game:** Playing with barbie dolls  
**Food:** Extra cheese pizza  
**Book:** Fairy tales

### My Dreams And Goals

**My role model:** My mom  
**I want to become:** An actress  
**I want to be featured in GT because:** I really want everyone to see me in my school newspaper



### Old nun's run

**Jiya Nagpal, AGS Gurugram, IV**

Mary was a really-really old nun  
And wanted to go for a fun run

In the bright sunny-sunny sun  
She tied her hair in a cute little bun

She took her little-little pet pug  
Who was good friends with a bug

And ran, ran, ran till her wobbly knees gave up  
Exhausted she rested till the moon came up

The pug on her lap and bug on pug's tail  
To run at old age, life was great, all hail

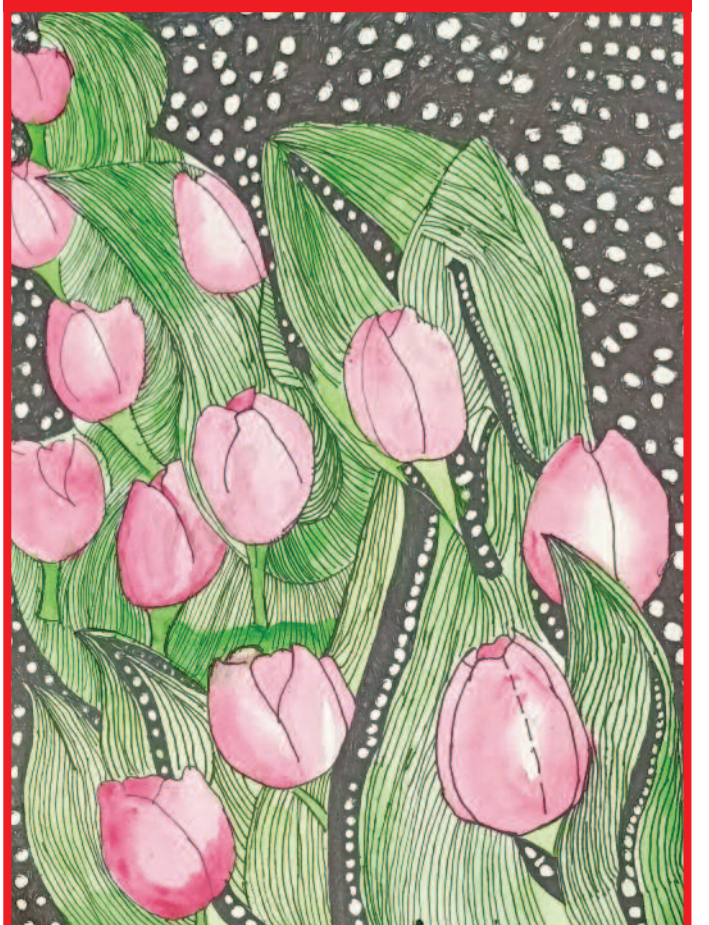
Mary ran, ran, ran till the time that she could  
Pug and bug at her heels as they always would

Inspiration to many and healthy all along  
Heaven waited as she lived really-really long. **GT**



## PAINTING CORNER

**Garvit Sharma**  
AIS Vas 1, V C







# The lockdown kittens

## Short story

Akanksha Narayan, AIS MV, V B

Due to the coronavirus, and the lockdown imposed because of it, my family and I were stuck at home. After months of not being able to go out, we were bored out of our minds as there was nothing to keep us occupied. One day, a cat came into our balcony. My brother and I called our grandma, who was in the other room, and together, we fed the cat some milk. When our parents got to know, they told us to stop feeding it otherwise the cat would make our balcony her home. We were sad but eventually stopped feeding the cat. One afternoon, my parents had gone outside and my grandma was sleeping. My brother and I were watching TV when suddenly, I heard a small meow of a cat. At first, I thought I was mistaken. But then, I heard it again. Curious, my brother and I went to see what it was.

To our surprise, it was a tiny kitten along with the cat that used to come to our balcony. We were delighted to see the little kitten. We called our grandma as well and gave the little kitten some milk to drink. Soon, two more kittens popped up and together, the mother along with her kittens rested in our balcony. When our parents arrived, my brother and I told them that we wish to keep the little kittens. After a lot of convincing, our parents agreed! Soon, the cat and her babies started living in our balcony. We used to feed her milk every day and loved seeing the tiny kittens

slurp the milk from the bowls. One evening, as usual, I went to the balcony to find the kittens and lo and behold- they were gone. My brother and I were very upset. My grandmother consoled us by saying that they'll come back. Soon, we got to know that the mother along with her kittens had moved to my neighbour's compound. They still visited us from time to time and we played with

**My brother and I were watching TV when suddenly, I heard a small meow of a cat. At first, I thought I was mistaken. But then, I heard it again.**

them whenever we could.

One day, tragedy struck. A dominant male cat, that usually roamed in our neighbourhood, attacked and killed one of the kittens. We were all shocked! The mother would cry all night, something which was considered to be a bad omen.

After that incident, we started taking care of the kittens, keeping out food and water for them and making sure they were safe. The male cat was driven out every time it was spotted. We made sure that no harm came to the kittens.

As the lockdown still continues, I am glad the cat saw our home as her safe space for her kittens. During such a time when everyone is scared, we should be caring and kind towards all living beings. 🇮🇳



## The clock is slowly ticking

Climate Change Is For Real, Act Now

Kasak Jain  
AGS Gurugram, X

With a widespread global pandemic on our hands, us 'humans' might have forgotten another pressing issue that will ultimately lead to destruction on an unimaginable scale- climate change. But to remind us all, a new clock installed in Manhattan's Time Square, will tell us how much time is actually left for humans to work towards averting a catastrophe.

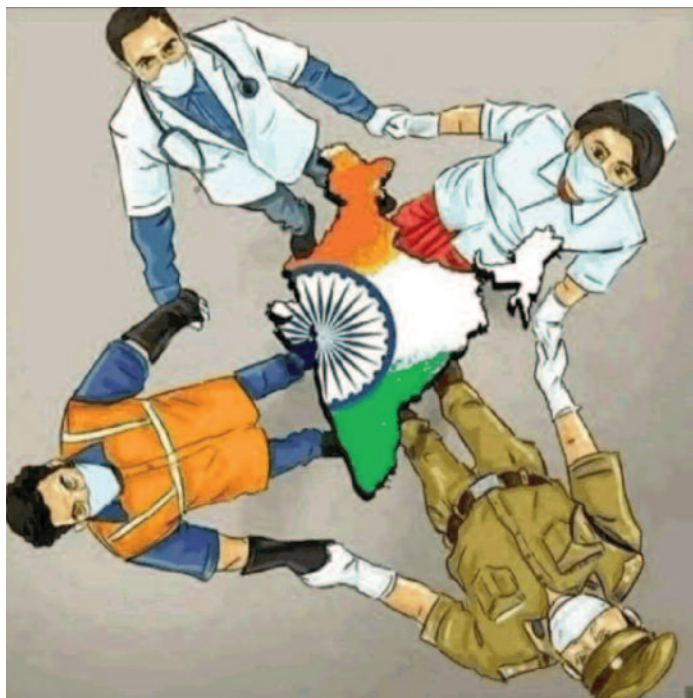
The 'Climate Clock' by artists Gan Golan and Andrew Boyd, tell us the exact number of days, hours, minutes and seconds until Earth's carbon budget is depleted based on current emission rates. The LED screen flickers in red and green and flashes "Earth has

a deadline" every few minutes reminding the inevitable if no action is taken.

The clock shows two numbers- The red number is the deadline to take definitive actions to keep warming under the 1.5° C threshold and the green number to track the rising percentage of the world's energy currently supplied from renewable sources. The objective is to achieve 100% before the 'Climate Clock' takes its last breath.

It is time to act and do more for planet earth. The COVID-19 seems like a mere warning in face of impending doom. Humans don't have time left to curb greenhouse emissions so every step counts. During this pandemic, stay safe and healthy but do not let the fight against climate change take a backseat! 🇮🇳

## WORDS VERSE



## Our COVID heroes

Akshaj Bhalla, AIS Saket, IX C

Risking lives, believing in God  
Protect them all, oh dear God!  
Busy saving thousands of lives  
They ensure humanity thrives!  
While we get some 'family time'  
Their stitch in time saves nine  
Some flout social distance  
Others cry out their intolerance!

Mocking their indispensable job  
Pelting stones around in a mob  
Do they deserve this treatment

Serving in containment?  
In times of this deadly virus  
We ought not to create fuss  
Standing together as a nation  
We will battle this contagion!

Its high that we get serious  
Or our future will be perilous  
We must do what is right  
So that we can reduce our pight  
Support is least we can provide  
Let us all by the rules abide  
Let's understand heroes' worth  
For a secure planet Earth! 🇮🇳

# Festivals in the time of Corona



How To Celebrate Festivals During The Pandemic In 2020

Renesa Bhardwaj  
AIS Noida, IV M

The world is currently reeling under a pandemic brought about by the COVID-19 virus. Everyone waits for the day when the fear of coronavirus will no longer haunt us. With almost 8 months of the year 2020 gone with people caged in their homes, people are now, more than ever, looking forward to the many festivals that come up during this time of the year such as Dussehra, Diwali and Christmas. These festivals usually mean going out shopping for new clothes, buying fire crackers, decorative items, Christmas trees, etc. But going shopping at a time like this will be dangerous as the threat of COVID 19 is still everywhere. Going to crowded bazaars and markets will be unsafe.

Keeping the pandemic in mind, we can't celebrate like we used to every year. But, even if you want to celebrate, its better to not accompany your parents while they go for festivity shopping. Even senior citizens should stay away from visiting shops and



Illustration: Emad Ali, AIS Noida, I F

markets. Don't forget to tell your parents to keep away from crowd, keep their masks on tight and sanitise their hands regularly while they are outside.

If tempted to go out to visit puja pandals during Durga Puja or the church nearby on Christmas or want to visit your friends during

Diwali to burst a few crackers (although going green is always the right choice to make), it's very important to take all the necessary precautions.

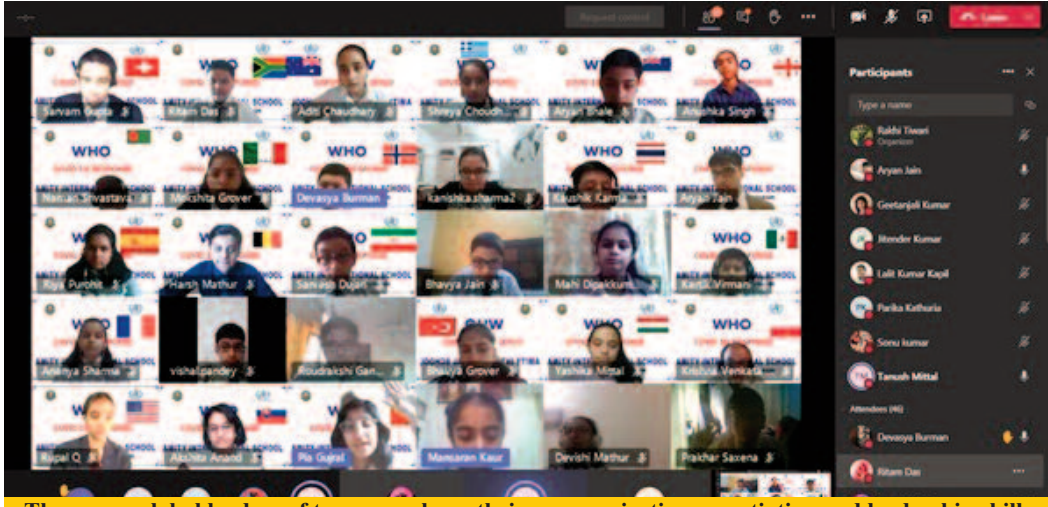
This year may be different in the way you celebrate but as long as you have your family near you, why need anything else! You can

still enjoy yummy delicacies prepared during these festivals, like mouth-watering Bengali cuisines during Durga puja, laddoos during Diwali and tasty plum cake on Christmas even at home. What is important is safety, of you and the people around you. Stay home, stay safe! 🇮🇳





The Naga tribe speak over 89 languages and dialects.



The young global leaders of tomorrow hone their communication, negotiation and leadership skills

# Simulating UN

## The Virtual MUN Fosters Young Diplomats

AIS Gurugram 43

In an endeavour to empower young minds with global competencies like critical thinking and effective communication, the first ever virtual MUN was held by school on October 6, 2020. Envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF as a platform to enhance the leadership and negotiation skills of young minds by simulating real UN, the event was attended by more than 350 students from Class VIII-XI. Ajeet Bajaj, national games bronze medalist for kayaking

and a Padma Shri awardee along with Lokesh Bhan, President of the Rotary Club, Gurugram graced the event as the chief guests.

The event commenced with a virtual lamp lighting ceremony followed by the welcome address by school principal Dr Anshu Arora. There were total eight committees namely WHO, UNICEF, UNESCO, OIC, General Assembly, UN Human Rights Council, All India Political Parties Meet and UEFA. Secretary General Sarah Chawla (Class XI) declared the meet open following which the delegates discussed, debated,

and strategised on myriad global issues like multilateralism, protection of children's rights, COVID19 response, protection of rights of unskilled workers, eco crisis and COVID19 lockdown, territorial disputes between Israel and Palestine, etc. The conference came to close with a dance performance and release of the MUN newsletter by the members of International Press. Total six awards namely best delegate (1), best position paper (1), high commendation (3) and special mention (2) were given in each category. In the end, all the winners were bestowed with e-certificates. [GFI](#)

# The environment champ

## National Winner At WWF Quiz 2020

AIS Vasundhara 6

Making her school proud, Swasti Sharma of Class III bagged second position at the national level in the primary category of 'Wild Wisdom Quiz 2020' held by WWF in collaboration with CBSE. Coordinated by AERC, the quiz was held virtually with prelims being held on August 9 and finals on August 16-17. Participants from around 100 nations competed in the quiz. Theme of the quiz was 'Re-imagine our planet' and it comprised MCQs based on topics like Amazon rainforests, national parks, revolutionary



Swasti Sharma

along with a chance to interact with the international chess grandmaster, Vishwanathan Anand soon.

**About the programme**

*Wild Wisdom Quiz is an initiative of the World Wide Fund for nature (WWF) in partnership with CBSE, which is conducted for the primary school (III-V) and middle school (VI-VIII) students in India, every year. As India's only international wildlife quiz, it aims to instil sensitivity in the young towards the environment and helps them create solutions to ensure absolute harmony between the world and the wild.*

conservationists and ecosystems around the world, etc. For her exemplary feat, Swasti was also featured by the India News channel, and will also be awarded an e-certificate signed by Sir David Attenborough,



India news channel features the winsome environment quiz champ Swasti Sharma



Members of Interact club donate PPE kits to the police officers

# Saving the saviours

AIS Saket

As a mark of gratitude and honour to the services of the police force during pandemic times, the Interact Club of the school donated 20 PPE kits at Saket police station in the presence of Keshav Mathur, the SHO, on September 18, 2020. Cost of the kits were borne by all the members of the student council of interact club.

Two members from the student council of the club, Parth

Khullar and Ananya Nayyar accompanied, interact club member Srishti Malhotra and mentor Manveen Kaur to donate PPE kits to the warriors of pandemic. They also interacted with the police officers and apprised them about the club's activities. They further enquired about other places where PPE kits are required so that help can be extended there too. With this gesture Amitians truly proved that they have adopted the motto of 'service above self' as a way of life.

# Literati 2020 goes virtual

## The Annual Fest Of Languages Celebrates Diversity

AIS Gurugram 46

Tenth and first ever virtual edition of 'Literati - A festival of languages' was held from July 17-25, 2020. The festival has been conceptualised to hone the linguistic abilities and literary knowledge of the young minds as envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF.

Around 48 schools with over 650 students from Delhi / NCR, Gwalior and Lucknow participated in the festival of linguistic diversity.

The event was graced by the Chairperson. Aditi Arya, former Miss India World and a school alumnus was the special guest at



Chairperson graces Literati

the closing ceremony.

The fest of languages comprised 14 different competitions comprising debates, poem recitation, role plays, podcasts, virtual storytelling, essay writing, declamation, poster making, tongue twisters, shloka gaayan, rap song, theatre, voicing the opinion, quiz competitions, etc., being held in five languages.



Special guest Aditi Arya and school principal address students

Students from different branches of Amity Group of Schools bagged 30 awards for their stellar performances in various award categories.

Sarmed Mirza -BAFTA - nominated film producer and an award-winning actor; Dr Meenakshi Pathak and Dr Ashok Lav were some of the eminent jury members who judged the

competition. Some of the alumni of school like Harshall M Mehta, Tanvi Chaturvedi, Vibhor Grover, Nayasha Gandotra and Khwaish Gupta also donned the jurors hat for the occasion. The festival came to an end with the virtual vote of thanks by school principal Arti Chopra. All the winners were given the e-certificates for their victory. [GFI](#)



Children showcase their creative creations made out of waste as a tribute to Babu and Shastriji

# Remembering visionaries

AIS VKC Lucknow

Students from Class I-VIII celebrated Gandhi Jayanti and also remembered the great leader Lal Bahadur Shastri who was also born on the same day, virtually on October 2, 2020. All the students took a virtual pledge to adopt Gandhiji's and Shastriji's

teachings in life. They participated in various online activities like 'Best out of Waste', 'Clay Modelling' and 'Flower making'. Class VI-VIII students participated in inter-house poster making and slogan writing competitions based on the values propagated by Babu. They also made motivational e-cards to celebrate the day. [GFI](#)





## It Is Completely Up To You To Decide Whether I Am A Teammate Or An Opponent

Siddharth Kishore  
AIS Gurugram 43, XI A

Over the years, we have debated endlessly on whether the good old video games are actually the heaven on earth experiences as claimed by all those who play them, or an absolute speck of dirt that 21st century parents believe them to be. But have we ever thought about what these games, who are caught in the cross-fire, have to say? Let's find out.

*(Somewhere in a virtual café, inside a gamer's PC)*

**PUBG:** I think we can all agree that I am the most popular game worldwide, both on PC and mobile phones.

**Fortnite:** You know, all that self-assured hubris should actually implode, now that India has banned you. Just saying!

**PUBG:** \*teary-eyed and angry\*

**Minecraft:** Hey, come on kid, don't take that to heart. If anything, you accumulated an audience in 2 years that took me 5 years to get.

**PUBG:** You are literally the 2nd most selling game of all time and unbanned too. You're living the good life.

**Fortnite:** But did you all hear? There was a raging debate in the news the other day on whether video games should be crucified or not.

**PUBG:** Hah! Debate? As if. I doubt there is anything new there. The same old "Video games make kids violent" and

# VIDEO GAMES

*An endless battle...*

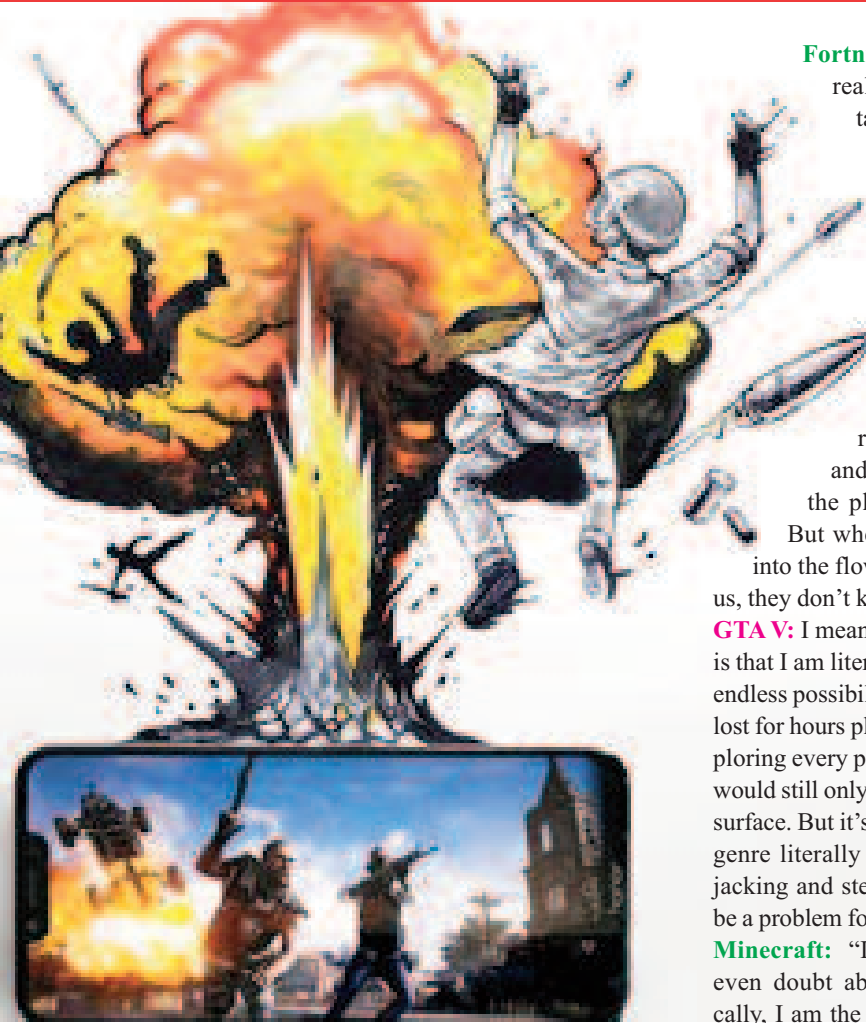
"They retard a child's mental growth", the usual stuff.

**Fortnite:** No, apparently this time people actually agreed that video games weren't as bad of a thing as they are made out to be. Let's get real, so many studies have proven that we aren't the bad guys here. (All gasp)

**Candy Crush:** If we really are getting real, then I think we should acknowledge that we all have our flaws as well. Addiction to us is one of the major reasons kids get bad grades, and are deprived of social lives.

**GTA V:** All that is fine but what I still don't understand is why these 'anti-video' game people think that we make kids violent, rude, and they even blame school shootings on us! It is an outrage to be honest.

**Minecraft:** The amount of irony in that statement is actually phenomenal, I must say. (All laugh)



**Fortnite:** No, but for real though, let's all talk about our pros and cons.

**PUBG:** Well, you and I are really similar, we are both dynamic games with a large community, and our regular updates and stuff never let the players get bored.

But when these kids get into the flow of playing with us, they don't know how to stop.

**GTA V:** I mean; my obvious pro is that I am literally a world with endless possibilities. You can get lost for hours playing me and exploring every part of me and you would still only be scratching the surface. But it's also true that my genre literally suggests killing, jacking and stealing so that can be a problem for parents, I guess.

**Minecraft:** "I guess?" Don't even doubt about it. So, basically, I am the most in the clear

here. I am much like GTA except I literally have infinitely generated worlds. There's no end. Also, I am a rather peaceful game upon that.

**Fortnite:** Basically, Mr. 2nd best-selling of all time here is a saint amongst us.

**Candy Crush:** Haha! \*high five\* Well, in my case, straight up addiction. But sometimes people get stressed up and end up raging, probably because they are not good enough. \*winks\*

**Fortnite:** That was so damn ridiculous I actually want to punch you, even though I cannot because we literally exist virtually on an SSD.

**Minecraft:** Calm down you two. Over time, I have learnt that not caring about these matters is the best way to cope with all these allegations that are hurled on us. If you want to play us, do it. If you don't want to, at least don't sabotage the experience for others, right? Because it is a really narrow minded thing to do.

**Fortnite:** Jeez! Mr 2nd best-seller coming through with that saintly wisdom yet again. We are both equally old but I wish I had acquired half as much as your wisdom brother. (All laugh out loud)

So, a video game, my friends, is like a medicine that you can take every now and then to ease discomfort but if you take too much of it, you will not be able to stay without it. Moral of the story you might ask? It's simple- game responsibly kids! 🎮

# Social media hi(stories)

How Renowned Historical Figures Would Articulate Their Thoughts In This Era

Gauri Singh, AIS Vasundhara 6, XII

Social media is trending these days. But what if it existed back in the day when internet wasn't even a dream? How would the famous personalities, now in the pages of history, express their opinion through the varied social media platforms. Hard to imagine? Well, no more because GT brings you some hypothetical glimpses of this scenario.

**@leonardovinci**

**Social media:** Pinterest

**Post:** Mona Lisa

**Year:** 1503

**Location:** Florence, Tuscany, Italy

**Caption:** She made me invent scissors and play viola so that I could patiently paint her lips for 12 years. Indeed, behind every successful man is a woman.

**@sirinewton**

**Social media:** Instagram

**Biography:** Physicists also refer to me as mass\*acceleration for  $1\text{kg}\cdot 1\text{m}/\text{s}^2 = 1\text{N}$

**Picture:** A fallen apple besides Newton's feet with

**With No Malice**

a manor house in the background

**Location:** Woolstrophe Manor, Grantham, Lincolnshire

**Caption:** Students at Cambridge wouldn't have been deprived of the knowledge of the Universal Law of Gravitation if I had noticed the falling autumn leaves earlier. \*sigh\*

**@gandhimahatama**

**Social media:** WhatsApp

**Group name:** Work, Work, Work

**Message:** Jai Hind! I have been spinning the *charkha* for past one month. Chinese goods, not for me. 'Make in India' was, is and always will be the way to go.

**@annefrank**

**Social media:** WhatsApp

**Biography:** The secret WhatsApp account of a young girl.

**Group Name:** The Secret Annex

**Message:** Hello, members of the annex, I am up in the attic. If you all are done fighting, can someone please send Peter upstairs to fetch some potatoes?

**@brahm\_birbal**

**Social media:** SnapChat

**Trophies:** Smartest of all, I have unlocked all my trophies, kids. \*smirks\*

**Biography:** Smartest of the nine jewels

**Post:** *Arz kiya hai*, Akbar was absent in the court today... Akbar was absent in the court today...so I decided to not go to the court too. Just simple best friend things, you know!

**@honest\_abe**

**Social media:** Twitter

**Biography:** The one who made America great

**Tweet:** The People of United States of America, is America still great? Or has Trump not used his trump card?

**@cchaplin**

**Social media:** Facebook

**Biography:** b&w

**Status update:** Mute greetings from the heaven. We don't speak a lot here; but you, you coloured humans in the cinemas, are not allowed to use my colours: black and white!

**@manikarnika**

**Social media:** Instagram

**Biography:** Who run the world?

**Story:** I stood on the battlefield alone, for men considered themselves to be valiant warriors. Today I laugh as girls protect men from lizards and cockroaches. I always knew men faked it all the while! 🎮

