



Giraffes spend most of their lives standing up; they even sleep and give birth standing up.

Umpteen reasons why

This Suicide Prevention Week, Let's Have A Look At The Why Nots

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GT Network

The promise of the other side beguiles one into believing that giving up solves all the problems. It motivates them to list the very few reasons that somehow overpower everything else. But is the 'other side' as euphoric as it is thought to be? Is it as comforting as a hug from their mother? Their list has all the wrong reasons, but what about the right reasons which are screaming for them to stay?

Life on a bridge

On 24 September, 2000, Kevin Hines jumped from the Golden Gate Bridge but survived to admit how he regretted his decision. He is counted in the 1% who survived the fall and is now a motivational speaker promoting mental health. Not everyone was as lucky as him. Harold Wobber, a World War I veteran, was the first human to jump off the bridge in 1937. Sadly, he became another name amongst the 99% of the people who never gave themselves a second chance. Taking the short way out will never let you see the first reason why you shouldn't jump: because things can and will definitely get better.

Beauty at a ridge

The entertainment industry

records a higher rate of suicide than other professions. Drew Barrymore found herself struggling at the age of 14. She eventually overcame her battle and went on to become an established actress. But the industry has also had a negative toll on many, as Jiah Khan, an ambitious newcomer, failed to sustain her promising career and ultimately gave up. If only she had given herself the chance to become

India's Drew Barrymore. The second reason to never give up is because you never know the wonders that await you. Give yourself a chance.

Story left unsaid

According to WHO, more than 5.7 crore people in India suffer from depression. Radhika Reddy, a well-known Telugu news anchor, was one of them. But she

surrendered too quickly. She was amongst the large number of people who failed to see the light at the end of the tunnel. But initiatives like Project Semicolon showcase how hope is always around the corner. Founded in 2013, the organisation spreads the message that 'your story is not over'. A semicolon in itself is a reason enough for you to know that you have miles to go.

A heart to mend

The pressure of good marks is a priority on the list of every Indian student but sometimes the pressure takes the better of the innocent minds. A student suicide is noted at the break of every hour in our country and one such tragic case was of Arjun Bharadwaj, a 24-year old student who according to his father, was 'disturbed and depressed' due to repeated failures in exams'. If only he had seen '3 Idiots' and had been inspired by Raju's character, who also once struggled with bad grades but was brought into his sense by the unconditional love and support of his family and friends. The most important reason to stay is always going to be the people who love you, especially when you need it the most.

This story might reach an end but the list of reasons as to why you need to fight will never run out of numbers. There are umpteen reasons why this world deserves to see the wonder that you are because after all, it is just a bad day, not a bad life. **GT**



Imaging: Pankaj Mallik, GT Network

School is cool

Model: Saksham,
AIS Vas 1, VIII B

Pic: Juvrin Phull, AIS Vas 1, IX A



Illustration: Ojasvi Sharma, AIS Vas 1, VIII B

Shreya Tayal, AIS Vas 1, IX B

We all love going to school! Maybe not for the same reasons, but they revolve around the same basics. Here are some things that make school so cool.

- The smell of textbooks – old or new.
- Learning something new everyday.
- An upcoming physics chapter with new formulae or an interesting classic to read in the English class.
- Our loud, obnoxious, embarrassing, hyper, yet awesome friends!
- The innovative punishments we earn or the poor and stu-

pid jokes we share with friends everyday.

- The special occasions when we are more than ready to bathe in attention. Thank god for the spotlight!
- School is practically our second home, where we spend the maximum time with our family members – teachers and friends.
- Taking a leave from school leaves us dying of boredom.
- No matter how much we dislike them, the teachers are an important part of school life (read scolding, confusing question papers and long answers on our sheets).

Quite simply because WE LOVE OUR SCHOOL! **GT**

This article was published in GT edition dated Dec 23, 2013. Shreya Tayal is currently studying in Amity University, Noida. She is pursuing B. Arch and is in her sophomore year.

The power of ethics

A National Seminar On Indian Ethics & Values For Teachers

AIE, AUUP

What: One day national seminar on 'Role of Indian Ethics in Moulding the Personality of Future Teachers'

When: August 28, 2018

Where: Amity Institute of Education, New Delhi

Chief Guest: Prof (Dr) Rajaneesh Kumar Shukla, Member Secretary, ICPR, New Delhi

Special Guests: Dr Rachna Bimal, Assistant Professor, Satyawati College, University of Delhi and Divya Bhatia, Principal, Amity International School, Saket

Attendees: Principals, teachers and educators from various schools and teacher training institutes. PhD scholars across Delhi/NCR were also present.

Objective: To keep the teachers acquainted with Indian ethics rooted in ancient scriptures and diverse religions

Inaugural Session

The inaugural session began with 'Saraswati Vandana' and lamp lighting by the guests, followed by a welcome speech by Dr Ranjana Bhatia, Principal cum Director, Amity Institute of Education, New Delhi.

Prof (Dr) Rajaneesh Kumar Shukla highlighted the need of



Dignitaries, faculty members and participants at the national seminar

spirituality in modern era. He mentioned that there is no difference between *dharma* and justice. Towards the end, he emphasized on the non-changeable nature of truth and the importance of *karma* in every individual's life. He added how teachers need to impart these moral values to the students and bring change in the society.

Technical Session 1

The session saw Dr HR Tripathi, Dean, Dept. of Philosophy, Sanskrit Vidyapeetha, New Delhi addressed the audience on 'Ethics In and Beyond Classroom'. He chanted various *shlokas* to highlight the values embedded in our culture and also

discussed the significance of chanting 'Om' as it purifies mind and soul. He further said that forgiveness is an essential virtue for inner peace. Also, he emphasized that a man can shape his own destiny with his good deeds.

Technical Session 2

Dr Rachna Bimal, Assistant Professor, Satyawati College, University of Delhi spoke on 'Ethics and Our Multicultural Society'. She brought to light how diminishing respect for elders and weak family ties were becoming a problem for the present day society. She highlighted in depth the Indian and western philosophy of ethics by quoting various relevant examples.

Technical Session 3

In the third technical session, Dr Dharmendra Kumar, Associate Professor, Khalsa College, University of Delhi spoke on 'Professional code of ethics for a teacher in Indian Context'. He highlighted the differences between knowledge and education. He further said that Indian culture should be propagated and reflected in our behaviour so that our society can flourish.

Valedictory Session

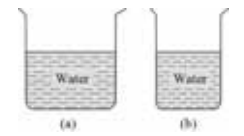
The guests were felicitated with books with a special message by Dr Ashok K. Chauhan, Founder President, Amity Universe. The seminar concluded with an eloquent vote of thanks. **GT**

Amity Institute
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Presents 

Brainleaks-253
FOR CLASS VI-VIII

From the adjacent figure, the correct observation is



- The pressure at the bottom of tank (a) is greater than at the bottom of (b).
- The pressure at the bottom of the tank (a) is lesser than at the bottom of (b)
- The pressure depends on the shape of the container
- The pressure on the bottom of (a) and (b) is the same

Last Date:
Sept 21, 2018

3 correct entries win
attractive prizes

Ans. Brainleaks 252: (b)

Winner for Brainleaks 252

- Viraj Surana, IV D, AIS Gur 43
- Aarav Pradhan, IV H, AIS Gur 46
- Ark Verma, X D, AIS PV

Name:.....

Class:.....

School:.....

Send your answers to The Global Times,
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your answers at brainleaks@theglobaltimes.in