



Human body emits tiny amount of light which is too weak for the human eye to detect. This phenomenon is called biophoton emission.

Fighting tooth with nail

Imagine The Battle When It Comes Laden With Barbed Wires Inside Your Mouth

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Disclaimer: This is a humorously exaggerated write-up, written in order to vent out the years of repressed anger against braces.

Those of you who have never had braces, you have no idea how fortuitous your teenage life is. If you still cannot figure out how, ask those who have been dealing with these silver or platinum-coloured shackles stuffed in their mouths for years, biting every single bit of their gums and making them sore with ulcers. Unlike everything else that have both pros and cons, have just one side. And we don't really need to mention which one that is, do we?

The trial begins: You have run out of luck and the D-day has arrived. Your mouth is opened wide, and braces are stuck inside using hot glue. Your gums burn, but not before bonding cement that tastes like rotten clay is stuffed into your mouth. And this, my friends, is just the be-

ginning of your protracted trial. Just sit back and watch.

Sentenced for two years: With braces in place, you might think that the ordeal is over. But, that is as far from the truth as we are from Pluto. Braces mean dental appointments every month for the next two years, and if you are rather unlucky, even twice a month.

These dreaded visits

to the dentist entail

subjecting the

poor brace bearing

boy to hor-

rendous

torture, better

explained as

pulling tooth

in every di-

rection with

maximum

possible force

that can be

applied. And

by the way, you

are also required

to keep your

mouth in the

exact same

position as

asked by

the dentist, whether it is a Charlie Chaplin or a Jim Carey expression. Sadly, you just cannot get away with it.

Home, no longer sweet: Once back from the dentist, you want to rejoice and jump. But just then the orthodontic brush

given to you by the dentist smirks at you. The thing that the 'braced' use to brush their teeth, giving at least 30 seconds to each bracket. So yeah, what you take 2 minutes to do, we spend 20 minutes doing. And after all this, you might think you will be able to enjoy that lovely red velvet cake, but then your metal sticks to the cake like icing, and sticks it to you like no other has or no other ever will.

Twist in the suffering:

You might think that this is as bad as it can get. But wait till the braces accidentally detach themselves. It sure as hell is a field day for the dentist, but for us...well, some things are best left unsaid. Of course, nobody is going to admit eating food that was prohibited and that has caused the detachment at the first place.

It's routine: The sharp metal wires not only pull your teeth together for the good but also scrape off your gums causing painful ulcers which take days to heal. The most bothersome part is that every time an ulcer gets cured a new one pops out. And that is how my friend we brace ourselves to live each day. Kudos to us!

The day of freedom: After all the pain you go through, comes the day when your mouth finally becomes metal free. It is a moment of sheer relief and happiness but here comes the catch, yet again. All the bliss goes in the drain when you are asked to put on those retainers. This is when you realise that you will never be free, okay got a bit emotional there but you are bound for another year and that's it.

The perfect smile: But after all these years of frustration and pain, you get the perfect Julia Roberts smile, making you realise that all the torture was indeed worth it because they say, all's well that ends well.

Illustration: Pankaj Mallik, GT Network



Taste of india

Served Hot Everywhere...

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India is a melting pot of innumerable cultures. Diversity, as such is sure to be an outcome, one that's not just seen in the people who live in the country, but also the food they eat. Here's expressing love for the thing that is extremely loved – Indian food.

Served to the world...

From appetizing platters from the North to flavoursome preparations down South, India has a plethora of dishes to boast of. Undoubtedly, these dishes have managed to win every Indian's heart, but they have also found their way to international menus as well. As some of us relish pizzas and noodles, believe it or not, it is our very own *chole bhature* or *daal makhni-naan* that keeps the country's tourism rising.

Served to the home...

While our *desi khaana* traversed

boundaries and appealed to palates worldwide, some dishes traveled to us. Little did we know that our staple kidney-beans (lovingly called rajma) are originally from Mexico. Similarly, the idea of *daal bhaat* took birth in Nepal before it reached us, not to forget that samosas are also not Indian! But welcoming as we are, we received these foreign mouth-watering delicacies with open arms, so much so, that they came to be called as our very own.

Served straight to the heart...

With every region coming together to form a cornucopia of textures, spices and authentic recipes passed down from generations to generations, the list of our nation's hors d'oeuvres, street foods, main courses and desserts could go on forever, and that's one of the many reasons the Indian cuisine turns anyone into a true foodie.

As its rightly said, food is certainly the way to the heart! 🇮🇳

Anatomy of a fan

Varied Functions Of The Body Parts Of A Hardcore Fan

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Even in villages fifty miles away from here, every cry of a child is stopped by the mother saying, "Sleep, son, or a fan girl will come." With their entire world revolving around a book that is 'not just a book', the life of a fan is full of complications. Fortunately, their body has adequately adapted to deal with every situation.

Brain: Filled to the brim, or in fact overflowing with all the information of their favourite book. From memorising the major events and their page numbers to knowing all behind-the-scenes and minute details about the author and the characters, there is no match to such wisdom!

Eyes: Extremely red and puffy from all the late-nights-turned-into-all-nighters, but re-reading their favourite book and crying over the death of their favourite character, for the 200th time is a must.

Ears: As sharp as a bat, their ears are always turned up, listening even when you think they aren't and always ready to catch you in the act if you dare enough to speak ill of their favourite.

Mouth: After signals from ears, mouth keeps itself ready to reprimand anyone who speaks poorly of the holy grail. It spews out facts after facts to prove the superiority of their favourite book, en-

suring that the hater is forever scared to bad-mouth it ever again.

Heart: Even though storage is written off as a function of brain, some things just have to be memorised by the heart. The love that resides there knows absolutely no bounds.

Arms: The sincerity of their dedication is proved by the rippling muscles made by carrying the kilos and kilos of all merchandise – paperback, hardcover, badges, t-shirts, mugs, phone covers and everything else they could get their hands on.

Stomach: The new permanent home for the butterflies is a 24*7 chaos house, all thanks to the residents. The dread of the cliffhanger and the anticipation of what will happen in the next part is their Achilles' heel.

Legs: Though resting most of the time, they can give Usain Bolt a run for his money when they get to know that the next book in the series is finally available at one of the book stores, whether it is in close proximity or in another city or for that matter in some other continent. Because this madness is real and unstoppable. 🇮🇳



Imaging: Pankaj Mallik, GT Network