



Fruits and vegetables contain magnesium, zinc, phosphorous, folic acid, vitamins A, C, E etc., that are good for health.

The sun's fury



Wisdom Tale

Saransh Joshi

AIS Vasundhara 6, VIII

The Sun was breathing fire across the world as it moved angrily over the plains, into the hills, burning up the forests and barrens alike. "What did the humans do this time to annoy the God of Sun?" asked Zeus. "Neglecting their fellow species or maybe polluting their environment," responded Persephone as the other Gods tried to fathom what transpired and stimulated such an extreme reaction. Likewise, on earth, every individual had their own notion of what could have driven Helios to anger, but one thing that was

amply limpid to both men and Gods alike was that it was the brainchild of those inconsiderate, selfish humans.

As the days passed, his wrath intensified. People started feeling sick; dehydration, nausea and disease engulfed all but Helios didn't stop. Humans wished and prayed for things to get back to normal. From *havans* to sacrificial ceremonies, they left no stones unturned to appease him. They even prayed to the other Gods, especially Zeus, the omnipotent God of rain. But no one, not even Zeus dared to oppose the fury of Sun, the towering temper of Helios. "Where did we go wrong? Mercy! Mercy! Oh, son of Andromeda!

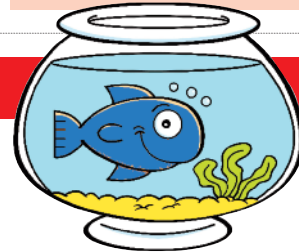
Please forgive us," chanted humans everywhere from the very core of their being.

Looking at how the earthlings suffered, a group of Gods finally gathered some courage and decided to confront Helios. As he sat in his abode, with his fury raging more than ever, the Gods sneaked in. "Oh, son of Perseus! Why are thou so angry? At least let them mere mortals know," asked one. "Please Helios, this is now going too far. Open your eyes and see," added another. Disturbed by this commotion, Helios stopped and gathered a moment to respond. "Too far? What would you all do if they forget to worship you someday? I await my festival of

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Gods' ceremonial offerings to this day. They dishonoured me and now they shall all suffer," roared Helios, blinded with rage, but loud enough for all the mortals on earth to hear and comprehend. Too late, but as humans realised what had happened, they hastened to rectify their mistake. They offered many sacrifices and prayed to him for a long, long time but to no use. He continued storming across the Earth, slowly turning it into a wasteland, until one day when he could feel the exhaustion getting to him. As he grasped a moment to rest, he could finally hear the shrieks and cries of the millions of mortals awaiting his forgiveness. In that very moment, he came to a halt. He realised what he had done and as he looked back at the charred and burned Earth, he experienced a sharp pang of guilt. As he decided to accept their apology, he also felt the need to request for one. And from that day onwards, as humans never forget to worship the Sun God, Helios too, remembers to cherish them, no matter what. **GT**

So, what did you learn today?
Anger and pride destroys everything.



The blue fish

Saket Garg, AIS Gur 43, IV

Oh my dearest fish
You are my wish fulfilled
I got you on my birthday
Which was, for me, a great day

My sister named you Cutie
Because you are truly a beauty
At times you are a bit impish
For you are my nymph-fish

And with that sky blue skin
You are also my favourite kin
Oh my dearest dearest fish
You are my wish fulfilled. **GT**

Banana oats pancake



Shresth Sharma, AIS Mayur Vihar, III B

Ingredients

Ripe banana	1
Oats powder	1 cup
Cinnamon powder.....	1 tsp
Milk.....	1 cup
Sugar.....	1 tsp
Honey.....	for dressing
Butter.....	as required

Procedure



- In a blender, add ripe banana, oats powder, cinnamon powder, milk and sugar. Blend the items well until a smooth consistency is achieved.
- Heat a pan on low flame and spread the butter.
- Slowly pour one ladle full of batter over the pan.
- Cook for 2 to 3 minutes on medium flame till you see bubbles forming on the surface.
- When the base turns golden brown flip the pancake and let the other side cook for another 2-3 minutes.
- Once, the other side also becomes golden and crisp, remove the pancake from the pan.
- Coat the pancake with a dash of honey. You can also use chocolate syrup to do the same.
- Your delicious banana oats pancake is ready!



A couple of couplets

Kabir Singh Negi
AGS Gurugram, II

A four-line poem is called a quatrain.
A three-line poem is called a tercet.
Guess what is a two line poem called?
It's a couplet. So, here in this segment,
we bring to you a list of fun couplets:

Do not hit,
Look at the pit!



Give me mustard,
Take back custard.

Dingry-Dangry-Do
Who are you?



Can I borrow your ball?
Oh, you are very tall!

I am from Amity Global School,
I love swimming in a pool.

Let's check the garbage dump,
We might find our pump.

I am mighty,
My room is tidy.



I am asking you,
What should I do?

I will shut the door,
If you ask for more.

I am drinking milk,
Whose colour is pink.

Guess what?
It is a nut!



There is so much noise,
Can I play with your toys?

Can you try to guess?
Yes, Kabir is the best!

POEMS

My mother

Avishi Agarwal
AIS VKC Lko, VII

Mother! Oh my mother
You love me like no other
You always give me good advice
You're an epitome of sacrifice

The beautiful bond between us
Is just strong and unbreakable
Because you have warmth for me
And without it, my world is bleak

You laugh when you see me laugh
You cry when you see me cry
You live for my dreams to come true
So there's no hardship I go through

Though you're strict many times

And impose on me some of your rules
Which creates a conflict in our vicinity
But I love thee to square of infinity. **GT**



PAINTING CORNER

Yaashvi Shrivastava
AIS Vasundhara 1, IV



It's Me

MY FAVOURITES

Teacher: Manpreet ma'am
Subject: Computer and Math
Friend: Abeer
Game: Lego
Cartoon: Sponge Bob Square
Pants
Food: Rajma chawal
Book: Kung Fu Panda: The
Dragon Warrior

KNOW ME

My name: Arjun Arora
My Class: I B
My school: AIS Gurugram 46
I was born on: September 30
My hobby: Drawing
I like: Making machines and doing experiments
I dislike: Writing and cricket

MY DREAMS AND GOALS

My role model: Lionel Messi
I want to become: An engineer
I want to feature in GT because: I want to introduce myself to fellow Amitians.

