

Winning over 'disgust'



Dr Amita Chauhan
Chairperson

Having elaborated on 'love' in my last column, I feel it is important to also talk about the emotion that's in stark contrast but is equally pertinent for human existence. I am referring to the *vibhatsa rasa*, or the feeling of 'disgust' that arises when we encounter something brutal or immoral. Disgust usually leaves one helpless and vulnerable. In our day-to-day life, there arise many moments which make us feel dissatisfied, and it is then when it becomes necessary to deal with the feeling of disgust. In fact, whenever we face a situation which makes us feel disgusted, we must act and vent our feelings rather than leaving it unresolved.

This is especially needed for children who are sensitive to every word and action that they hear and observe, so teaching them to handle disgust becomes more crucial. For example, if children feel disgusted with stories of corruption or crime, they should not only discuss about it in detail, but they should also be guided on how to channelise the same into a constructive action to make a positive impact on society, a path they are already headed on as was reflected in their recent feat.

Five Amitians - Hridyansh Yadav (XII) and Bhavya Goel (XI) of AIS PV, Sarthak Giri (XI) of AIS Vas 1, Yug Bansal (VI) and Vanya Bansal (VII) of AIS Gur 43, and AIS Vas 1 alumna Anika Joshi, recently participated in the 'Know Your Leader' programme that was held to honor the memory of Netaji Subhas Chandra Bose in the Parliament. The event involved a candid interaction with Prime Minister Narendra Modi at his residence. Hridyansh, Bhavya and Anika also spoke on Netaji's contribution during the India's struggle for Independence. 🇮🇳

Indian cinema



Vira Sharma
Managing Editor

Last year, Indian film actor Priyanka Chopra delivered a powerful speech at the UN General Assembly. This year, another popular actor, Deepika Padukone, has been selected as a presenter at the upcoming Academy Awards, an event where the Golden Globe winning song, Naatu Naatu from the Telugu film RRR, will be performed live. It is a matter of great pride for us that Indian cinema has become the voice of the nation, and its artists have become

global ambassadors who represent our rich culture. Having said that, it is also true that Indian cinema has always had an impact on the global milieu. From the veteran director-actor Raj Kapoor who had the entire world crooning to his song Awaraz Hoon and the erudite Satyajit Ray whose films won him the honorary Oscar for Lifetime Achievement, to costume designer Bhanu Athaiya who won the Best Costume Design for Gandhi at the 55th Academy Awards, we have had many cinematic milestones. Indian cinema is special because it blends fantasy and realism into a complete package. But, for me, being recognised globally is not just restricted to celebrities. It is a victory of millions who work behind the camera – spot boys, makeup artists, choreographers etc. It is a true celebration of unity in diversity. In the making of one scene, one song, and one film, people of various states, languages, cultures, and religions come together as a cohesive unit. As our nation marches ahead, I hope that our cinema continues to find love from one and all. 🇮🇳

Vital lessons

It's Time To Inculcate Gandhian Lessons In Our Life

Aarushi Mahajan & Suhani Sirohi, AIS Noida, Alumnae

Mahatma Gandhi, or Bapu as we lovingly call him, is one of the most influential names of the 21st century. While his political contributions gave India its independence, his social and moral ideologies enlightened not only India but the rest of the world as well. He will continue to inspire and guide generations to come with a life philosophy that can be summed up in a small phrase – 'Simple living and high thinking'. It becomes imperative and important that we inculcate Gandhian principles in every aspect of life and governance in order to transform oneself and society. Here's taking a look at some of them.

Perseverance

The struggle for India's independence spanned several decades, and Mahatma Gandhi persisted throughout this difficult journey with truth and non-violence as his only weapons. Even during the toughest of times, his belief in the cardinal principles of personal sacrifice (*satyagraha*), self-rule (*swaraj*), and self-reliance (*swadeshi*) never wavered. It was only through this patience and perseverance that India triumphed over two centuries of colonial subjugation.

Fundamental values

Values are lasting beliefs or ideals that shape a person's character. They hold massive influence over one's attitude and serve as broad guidelines in all situations of life. Mahatma Gandhi had a rock-solid value system - of truthfulness, respect, under-

standing, acceptance, appreciation, and compassion - which served as a foundation for all of his ideas, and played a massive role in the national movement for the Indian freedom.

Initiative

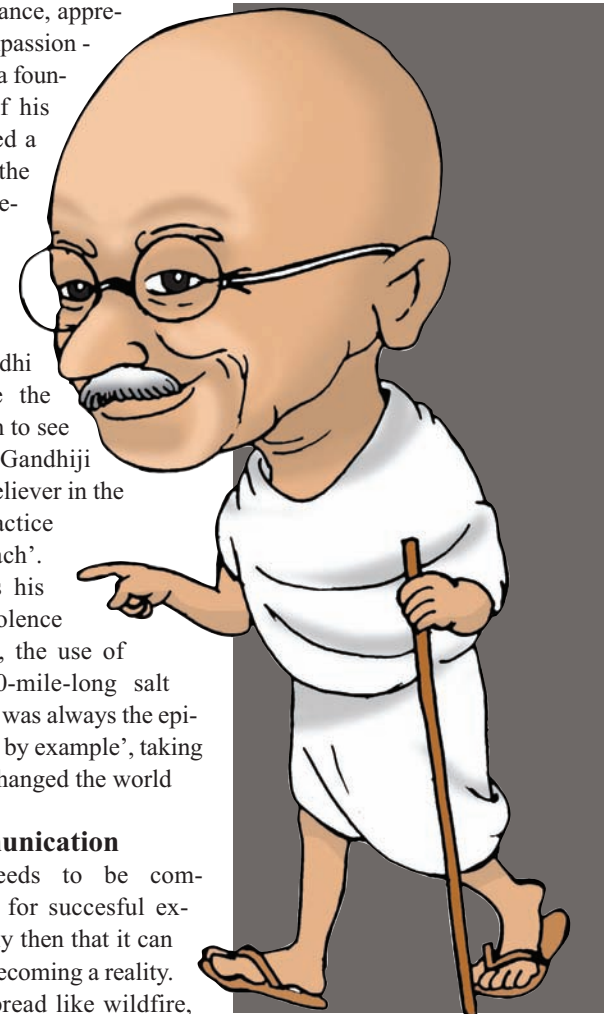
Mahatma Gandhi once said, "Be the change you wish to see in the world." Gandhiji was a staunch believer in the notion of 'practice what you preach'. Whether it was his ideas of non-violence and *satyagraha*, the use of Khadi, the 240-mile-long salt march, Gandhiji was always the epitome of 'leading by example', taking initiatives that changed the world

Communication

Every idea needs to be communicated well for successful execution. It is only then that it can culminate into becoming a reality. Ideas tend to spread like wildfire, especially when they come from one's role model. A wonderful strategist, Gandhiji understood the importance of regular communication, and he efficiently used the media of the time to influence millions of Indians and truly unite them as one complete entity against colonial oppression.

Flexibility

We often find ourselves in situations that are completely different from our original plan, and we then become demotivated to pursue our



goals. But Gandhiji always stressed on the importance of flexibility in one's life. He taught that one must always strive to make the best of all situations. He reinvented the rules, meeting the needs of the hour, and created an unconventional approach to deal with the Britishers.

If we can imbibe these great human and moral qualities, nothing can stop us from achieving a happy, healthy, and harmonious future. 🇮🇳



Dear Editor,

This is in reference to the article 'Strengthening the witch' published on page 8 of the GT edition dated February 6, 2023. The story is really a good one. It was written by Yashasvi Bhardwaj of AIS Mayur Vihar. Along with the story, I also really liked its illustration on the page, which was made by Arnab

Singh. Although I liked the entire story, I didn't like the part where the amateur witch met CGI people, but my teacher then explained its relevance in the story. I liked the ending because I loved how the magic spell told the amateur witch that magic is not real, and that if she wants something, she should work for it. Overall, the story was great, and I enjoyed reading it.

Miraya Negi
AIS Mayur Vihar, IV B

