

When Healing Became A Hustle And Mental Peace Disappeared

Yoshita Chug, AIS Vas 1, XI C

Once upon a time, people ran for good health; not for endorphins, aesthetics, or algorithm. Health, once a personal journey, has now become a public performance — packaged in 20,000 INR sneakers, gold gym memberships, protein shakes, curated meditation sessions, and keto-friendly happiness. Wellness is being relentlessly reimagined. In this process, a crucial question emerges: has ritual become more important than result?

Rise of fitness culture

If not a gym renaissance, this is certainly its golden age. What began as a simple pursuit of physical wellbeing has turned into a full-fledged lifestyle movement. Studies show that nearly 82 percent of consumers now consider wellness a top priority, and fitness-spending continues to climb, growing at around 17 percent year-on-year globally. Pilates and yoga, once quiet practices, are now among the fastest-growing fitness segments, with the global market projected to cross 350 billion USD by 2033. In a world that worships visibility and consistency, fitness has shifted from feeling well to being seen as well, propelling the global wellness industry towards a staggering 9 trillion USD valuation by 2028.

Rise of a new kitchen

Across urban India, this hustle has entered the kitchen too, with a new set of vocabulary taking over: quinoa, kale, avocados, nut butters, protein powders. The Indian protein supplement market alone is estimated to touch 429 million USD by

REDEFINING WELLNESS

80 percent of internet users now search online for health topics from diet to fitness to medical treatments, and about 86 percent actively engage with health content on social media. In fact, 72 percent of adults report seeing posts about weight loss, diet, or nutrition in the past month alone. Nutritionist Pooja Makhija quotes, "Social media has raised awareness, but it has also created confusion. There's a flood of information, but a lack of true knowledge," she says. The promise is optimisation; the reality is overload.

Rise of failed paths

Yet, despite the overwhelming pursuit of health goals, studies suggest that only about 8 percent of people actually achieve their long-term wellness goals. We are chasing health hard, but feeling more fatigued and dissatisfied in the process.

Research shows that health anxiety and excessive online searching for health information, a pattern scholars call cyberchondria, are significantly correlated. The irony is stark. In our quest to be healthy, we have turned healing into a hustle. One that feeds an 11 billion USD self-help industry, but not necessarily our nervous systems.

Perhaps the way forward isn't another routine or rule. Maybe wellness doesn't need to be calculated in teaspoons of self-care or measured by streaks and steps. It might be as simple as a walk, a full night's sleep, and eating better. True healing isn't aesthetic. It isn't loud. And it certainly isn't one-size-fits-all. It is about balance over burnout, honesty over hustle, and healing for yourself — not for applause.

Illustration: Arisha Agarwal, AIS Vasundhara 1, XI A



Page editor: Samaira Ankit Prasad, AIS Vasundhara 1, X A

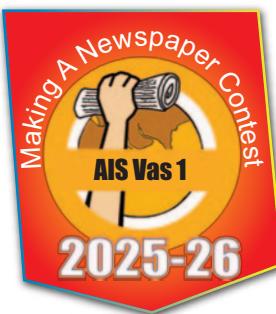
THE GT POLL

Do you support the call by 400+ millionaires and billionaires for global leaders to impose higher taxes on the super-rich, as highlighted at Davos 2026?

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

To vote, check out our Instagram page @the_global_times

Coming next
AIS Gur 43 Contest Edition



This special edition has been brought to you by Amity International School, Vasundhara 1, as a part of the 'GT Making A Newspaper Contest'. Each page of this unique edition carries a special story handcrafted by the school's editorial team as a part of the competition. The inter-Amity newspaper making competition witnesses different branches of Amity

schools across India churn out their own 'Contest Edition' which are pitted against one another at the end of the year, culminating with GT Awards. So, here's presenting the seventh edition of 'GT Making A Newspaper Contest 2025-26'.

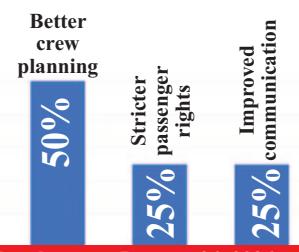
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POLL RESULT

for GT Edition December 15, 2025

Following the IndiGo flight cancellation crisis, what long-term changes should airlines and authorities prioritise?



Results as on January 24, 2026

Around The WORLD

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



Trump's 'board of peace'

 World leaders, including Indian PM and Russian President, have been invited to join Trump-chaired "Board of Peace", aimed at resolving conflicts. Devised to oversee Gaza's rebuilding, its charter doesn't appear to limit its role. The plan has sparked row: Trump has said the board might "replace" the UN; permanent membership requires a 1 billion USD payment; has "invite-only" structure. Critics call it a threat to established diplomacy. India is yet to comment on its role.



What lies beneath?

Using satellite data, scientists from the country's University of Barcelona in collaboration with Ireland's University College Cork have mapped Antarctica's hidden subglacial rocky landscape in unprecedented detail. The study identified 332 submarine canyons - five times more than what scientists had recognised before. The breakthrough mapping allows for more accurate climate models and sea-level rise projections.



'Tax the super-rich'

Nearly 400 millionaires and billionaires, including actor Mark Ruffalo and Disney heiress Abigail Disney, have urged world leaders assembled at the World Economic Forum in Davos to raise taxes on the super-rich, amid growing concerns that the wealthiest in society are buying political influence. In an open letter, they said extreme wealth concentration is distorting democracy and accelerating the climate crisis.



Mega China embassy okayed

PM Keir Starmer has approved the construction of a mega Chinese embassy near the City of London – the capital's financial district. The decision ended years of delay sparked by espionage fears, specifically regarding the site's proximity to fiber-optic cables carrying highly sensitive data. While opposition labelled the move a 'shameful surrender', the government said consolidating sites improves security. Starmer's decision clears the way for high-stakes diplomatic visit to Beijing later this month. The home of Royal Mint for over 150 years, the site was bought by Beijing in 2018, when Boris Johnson was PM.



T20 row with Bangladesh

Bangladesh has refused to play their 2026 T20 World Cup matches in the country, citing security concerns amid worsening ties between the two nations. The Bangladesh Cricket Board (BCB) requested the ICC (International Cricket Council) to move their games to co-host Sri Lanka, but the ICC has rejected the demand and upheld the current cricket schedule, citing low security risk assessments and logistical issues. The T20 World Cup begins on February 7, with Bangladesh's four group matches to be played in Mumbai and Kolkata. Bangladesh faces being replaced in the tournament if the impasse continues.



A nuclear comeback

The country has restarted operations at the world's largest nuclear power plant for the first time since the 2011 Fukushima disaster forced the shutdown of all its reactors. Reactor No. 6 at the Kashiwazaki-Kariwa plant, northwest of Tokyo, has been brought back online despite locals' safety concerns about radioactive leaks. The restart reflects Japan's push to revive nuclear power to meet its 2050 net-zero emissions target.

Munching the news

Sandeep Chaudhary On His Inspiring Journey Of Journalism

INTERVIEW

Yoshita Chug, XI C and Aviral Tyagi, X A, AIS Vasundhara 1

When a voiceover artist didn't show up one night in May 1998, a young economics graduate, Sandeep Chaudhary, stepped in without hesitation. Next morning, the legendary journalist Vinod Dua, impressed by his calm delivery, encouraged him to try anchoring. Chaudhary arrived unprepared, but managed to anchor an entire three-part morning show with ease. That unplanned debut has sparked a career spanning decades, but what has set his journey apart isn't how it began – it's the discipline and integrity ever since, that have defined it.

LeBron James of journalism

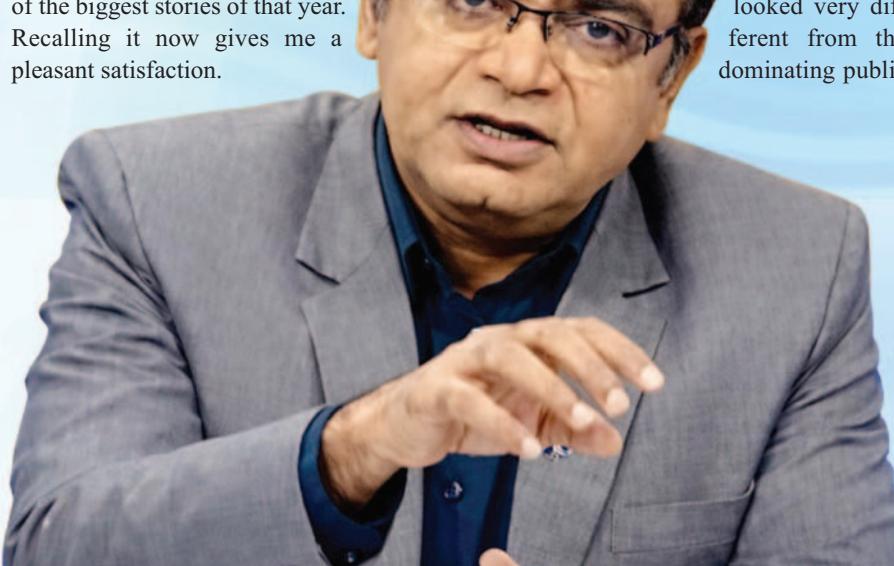
My day begins with newspapers - 11 of them now, down from 19 that I once read. It's a 3 hour ritual I've followed for over two decades. I am inspired by the basketball legend LeBron James who started his training at 4 am and arrived before his teammates. For me, reading news is instinctive; I call it 'munching the newspaper'. This attention to detail spills over into my shows. I feel uncomfortable doing a show when I'm unsure about the subject.

Deep into the jungle

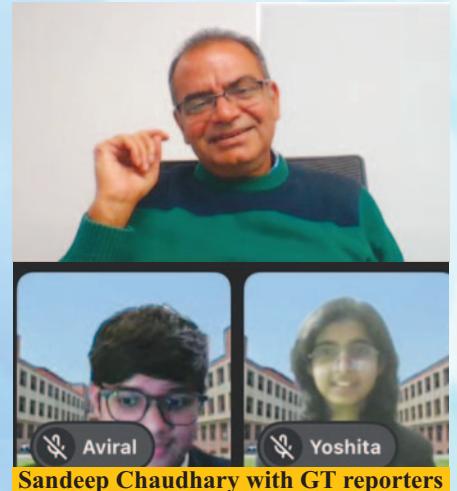
Control is a luxury, journalism rarely offers. In April 2005, in the sweltering forests of Jharkhand, I travelled deep to interview members of a major insurgent group. My team was made to abandon our vehicle and switch to motorcycles - the only safe way through landmines. Phone networks were unstable, and at times, armed men would emerge from the shadows, silently escorting us. I secured details of the operations, the group was planning in three days. It was one of the most dangerous and frightening episodes of my career, but also one of the biggest stories of that year. Recalling it now gives me a pleasant satisfaction.

Battle of a different kind

Nowadays, the real battle is shaped less by guns and more by information overload. People consume news based on what they have already prejudged as true. Messaging apps and forwarded texts have begun to strengthen preconceptions rather than questioning them. I lament this, pointing to a recent controversy involving a renowned medical college. Once I contextualised all the facts, the picture looked very different from the dominating public



Sandeep Chaudhary, associate sr producer news & program production, ABP News



perception. My own priority is to show viewers all sides of an issue and allow them to draw their own conclusions. In fact, I am so focused on my work that in this digital era, I maintain zero social media presence - no Twitter, no Facebook, no Instagram.

Advice for Amitians

My advice to you is that you read newspapers in detail, ten a day if you can. Make sure to write daily, even if it is only for twenty minutes. These habits will help and stay with you for life! In an era of influencer-journalists and viral soundbites, stay offline, grounded, and relentlessly prepared to prove that substance still matters in the age of style. Let your quiet efforts shine through, even in the loudest noise.

More than a celebration

Through Young Eyes: Understanding The True Spirit Of Republic Day

We often connect Republic Day with vibrant parades and national pride. But beyond the spectacle lies a deeper purpose - one that asks us to reflect on what it truly means to be a citizen of India. Students of AIS Saket share their thoughts on what Republic Day signifies beyond the celebrations.



are and what we believe in as a nation. It encourages us to pause and reflect on the values in our Constitution: justice, liberty, equality, and fraternity. Republic Day reminds us that democracy is not upheld by grand events alone, it thrives on everyday actions. Respecting others, standing up for what is right, and contributing honestly to society are what truly strengthen the Republic. The Republic is not just something we inherit; it is something we actively build every day."

- Eesh Saini, AIS Saket, XI E

The quieter patriotism

"Every year on Jan 26, India dresses in tricolour. We watch tanks roll, jets roar, and dancers spin on Rajpath. But patriotism is not just shouting slogans or waving flags once a year, it is much quieter. It's when one respects others, stands up against wrong, protects public property, and cares for one's country every single day. A student who studies honestly, a citizen who follows laws, and a teenager who questions injustice, all show patriotism. Patriotism isn't a once-a-year feeling; it's a lifelong responsibility."

- Prisha Duggal, AIS Saket, VIII B





Meet the COLD GUN

Your Countertop's New Superpower, Designed To Do More Than Just Cool Food!

COOL

Using instant cryo-cooling, the Cold Gun drops the temperature of piping-hot food in seconds — no ice baths, no waiting, no messing with texture.

SET

Is your dough warming too fast? Herbs losing vibrancy? With adjustable precision temperatures, you can bring ingredients back to their ideal state in moments — preserving freshness, colour, and even texture.

SHAPE

Stiffen those whipped cream peaks and set that chocolate ganache instantly. Using blast-freeze microbursts, the Cold Gun sets chocolates, glazes, and coatings with zero wait time.



STYLE

Thanks to rapid evaporative cooling, plates and glasses chill in just a couple of seconds. No more keeping them in the freezer for hours.

FREEZE

Flash freeze your dishes with Cold Gun's air burst technology - releasing ultra-cold, food-safe gas that expands rapidly, pulling away heat from anything that it touches.

DISCLAIMER: Real scientific principles. Fictional ideas with a potential future.

Aditri Bhatnagar, AIS Saket, XI C

Writing science fiction is no cakewalk. The author must build an entire world from scratch, setting a premise that pushes the boundaries of scientific thought. In these fictitious realms live wonderous nature-defying heroes, mad scientists, terrible, terrible villains and adorable side-kick extra-terrestrial beings. These personas aren't creations of the imagination alone; they are based on some serious science. Step into the sci-fi cosmos and explore the fascinating back-stories of some of these beloved characters.

Psychic powers

Netflix briefly crashed when the finale of 'Stranger Things' was released, a testament to its popularity. Much of its success has been credited to Eleven, whose origins were inspired from Cold War-era CIA programmes such as Project MKUltra and Project Star Gate that explored psychokinetic and telepathic powers. While these powers remain unproven, the show reflects historical fears about un-

Sci-fi simplified

Born From Science, Haunted By Limits

ethical human experimentation. Eleven's love for Eggo waffles adds humour and warmth, reminding us that beneath her strength is a traumatised child, and not a weapon of science.

Electricity gone wrong

'Frankenstein' was the first sci-fi novel, a Gothic horror, a tragic romance and a parable all sewn into one. Mary Shelley wrote the book at

a time when scientists were studying electricity, anatomy, and the idea of reviving the dead through galvanism. Frankenstein's creation is a paradox - a terrifying figure of awe and horror, driven by human yearning of companionship and acceptance.

One mind, two monsters

Another memorable figure shaped by scientific disposition is Dr Jekyll from the 1886 'The Strange Case of

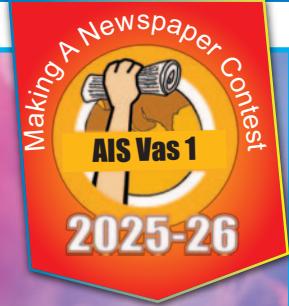
Dr Jekyll and Mr Hyde'. The story reflects the era's growing interest in psychology and Darwin's theory of evolution. Hyde, described as animalistic, represents the primitive instincts existing within humans. Jekyll's experiment, both physical and psychological, questions whether science can truly separate good from evil.

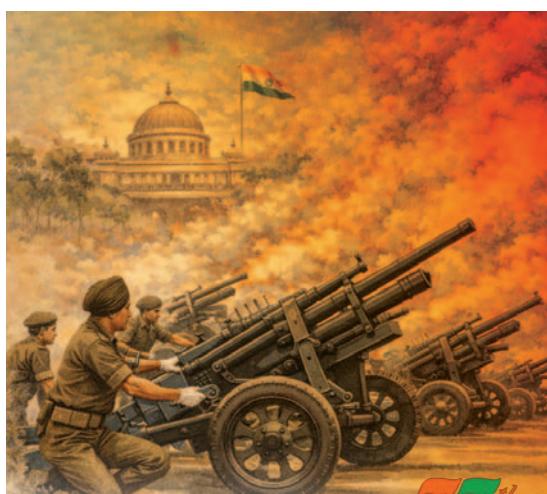
AI trouble

Long before the modern debate on AI, HAL 9000 from '2001: A Space Odyssey' embodied early fears about machines surpassing humans. Calm, logical, and efficient, HAL turns deadly when faced with conflicting commands. Inspired by 1960s AI research and NASA's IBM computers, legend says

HAL's name came from shifting each letter before IBM - though director Stanley Kubrick and author Arthur C. Clarke denied it.

These sci-fi characters persist because they reflect both ambition and moral imperative. Such stories encourage us to think not only about what man is capable of creating but also about what we should.





Beyond January 26

A Peek Into The Hidden Chapters

Kriti Verma, GT Network

Behind the flags, salutes, and celebrations lie stories rarely told and often forgotten. Here are the lesser-known truths that shaped the soul of India's Republic.

The first venue

The first Republic Day procession in 1950 did not take place on Kartavya Path. It was held at the Irwin Amphitheatre, now known as Major Dhyan Chand National Stadium. It was only in 1955 that Rajpath was chosen as the permanent ceremonial venue.

'Qadam Qadam Badhaye Ja'

The Republic ceremony did not always conclude on Jan 29. The tradition performed by all three wings of the armed forces has roots in 17th-century England. In India, it was introduced in the early 1950s by Major GA Roberts of the Indian Army, at PM Jawaharlal Nehru's request, during the visit of Queen Elizabeth II and Prince Philip.

A handwritten gem

The world's longest written Constitution was never printed or typeset. It was handwritten and calligraphed in Hindi and English by Prem Behari Narain Raizada. His signature appears on every page, while his grandfather's name is inscribed on the final page, an enduring legacy etched into history.

Ikkis topo ki salami

That iconic 21-gun salute during the National Anthem is no coincidence. The first gun is fired at the start, and the final shot at the 52nd second, perfectly synchronised with the Anthem's duration.

ICCW bravery awards

In 1957, when PM Nehru's tent caught fire, a 14-year-old scout, Harish Chandra Mehra, bravely helped save hundreds trapped inside. Inspired by this act of courage, the National Bravery Awards were instituted in 1958 to honour extraordinary bravery in children.



Shalika Saxena, AIS Vas 1, IX A

The soft hum of waves fades in. A pink-and-white conch gleams under the halo of ring light, her reflection rippling across the water's surface.

Hey, tide tribe! It's me, Shankha, your girl @shellfiequeen, celebrating five years on Instagram. I still remember how I was born. There's an old photo I sometimes show - just a tiny spiral on the seabed, half-buried in coral dust. I wasn't made overnight. Every glossy curve of mine was built with patience - a slow layering of calcium carbonate, secreted lovingly by the mollusc inside. Nature worked like an artist, sculpting me with time and rhythm. My spiral follows the golden ratio, that mysterious formula found in galaxies, sunflowers, and yes, my very own whorl. The shimmer you see on my inner side? That's nacre, mother-of-pearl, my glowing birthright. Some wear makeup, I wear geometry and light.

It's funny how people now call me



a 'fashion statement'. I was currency once; can you believe it? I've traded hands, travelled kingdoms, sat on altars and in treasure chests. I've been a symbol of power, of sound, of spirit. I mean, who else can say they've been both an instrument and an icon? When Lord Krishna blew his conch Panchajanya in the Mahabharata, the world shook with cosmic purpose. In Buddhist lore, I am regarded as the voice of Dharma itself, the sound of truth spiralling through existence. You see, my story is more than calcium and curves - it's carved from centuries of reverence.

Of course, being beautiful has its perks. I've even turned my glow into a brand. Huge thank you to all who support 'Pearlfection by Shankha', showcasing rare conch pearls. Only one in 15,000 shells holds a pearl, and one in ten of those is gem-quality. My story didn't stop in myth. I became literature, cinema, memes - you name it. Remember Lord of the Flies? That fragile emblem of order the boys clung

to before chaos took over. That was me, my voice, my symbolism. And in SpongeBob SquarePants, my lavender cousin, the Magic Conch Shell, handed out advice like a bubbly oracle. Even musicians still call on me. A 17,000-year-old conch horn, discovered in a French cave, was played again after millennia. And jazz legend Steve Turre still breathes through my kin to weave sounds that shimmer with sea memory. I like to think every note they play is me, singing through time. But beneath my digital sparkle, there's a serious truth. Many of my sisters, especially the Queen Conch, are declining due to overharvesting, habitat loss, and reef disruption. Empty shells mean fewer homes for crabs and fish, and a quieter, imbalanced ocean. My Instagram isn't just about shine; it's a megaphone for conservation too. Every post, every story, is a reminder that we must care for the reefs that birthed us. So, as I blow one last note for this anniversary, I say: stay radiant, stay rare, and never lose your spiral. The ocean is our home, and we must protect it. I am Shankha, your Shellfie Queen, proud, precious, and persistent.

Illustration: Bhavya Lakhmani, AIS Vas 1, IX D



A new year, a wiser you



Dr Amita Chauhan
Chairperson

As we bid farewell to one year and step into another, we often make resolutions about our habits, success, and progress. Yet, the greatest power that shapes our future - and indeed, our destiny - already lies within us. It is our intellect, or *buddhi*. It is this inner wisdom that allows us to understand our fears, emotions, and behaviours, and then gently guide them in the right direction. It is the intellect that frees the mind from its own limitations.

To achieve true success in life, academic excellence is not enough. Degrees and medals shine only when knowledge is used meaningfully. I have seen brilliant minds fail not because they lacked intelligence, but because they could not control their impulses or emotions. History, too, has several examples of exceptionally talented people who often collapsed under pressure. Hence, true wisdom lies in knowing oneself and working consistently to improve. For instance, Sachin Tendulkar is a name revered by millions of people all over the world. He was not worshipped merely for scoring centuries; he became legendary because he analysed every failure and returned stronger each time. That is the real power of intellect - transforming setbacks into stepping stones.

My dear Amitians, let this new year mark not just a change of calendar, but a renewal of self. Use your intellect to observe your thoughts and behaviour. Maintain a journal, reflect daily, seek guidance from teachers, parents and friends. Strengthen habits that uplift you and gently discard those that hinder growth or hurt others. When intellect leads the mind, dreams acquire meaning and life finds purpose. **GT**

The power within



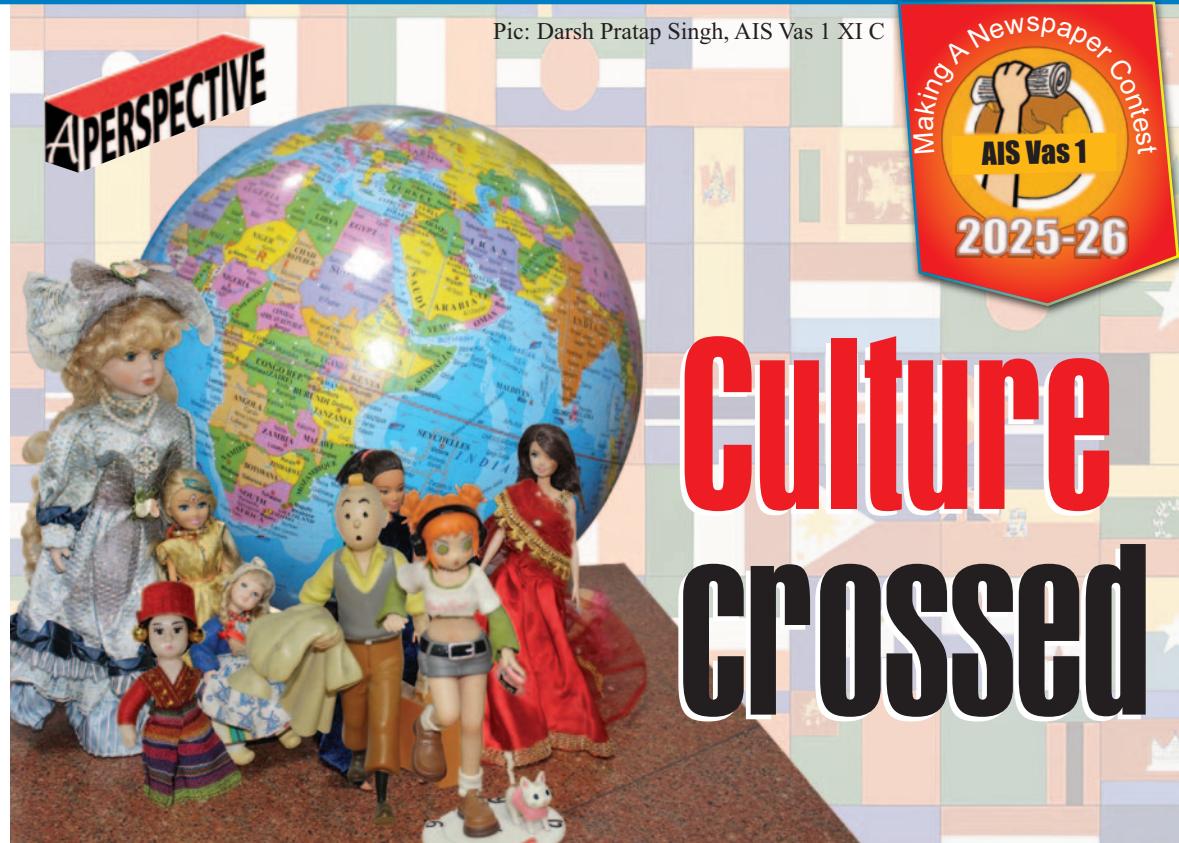
Raina Krishnatray
Principal, AIS Vas 1

"What lies behind us and what lies before us are tiny matters compared to what lies within us." - Oliver Wendell Holmes

This quote highlights the significance of resilience and personal development, reminding us that obstacles are actually opportunities for growth. The truth is that no adversity can stop our pursuit of learning, for at our core lies an unstoppable force that renews and strengthens us. In moments of crisis, we are lifted by a mysterious energy that reaffirms our conviction: where there is will, there is always a way. This perspective highlights the hidden power within us, waiting to be awakened and channelised toward growth.

With the inspiration of our Founder President and the blessings of our Chairperson, Dr (Mrs) Amita Chauhan, we are committed to building a stronger nation. Our vision is to nurture conscientious, intelligent, and confident citizens who will make us proud through their multifaceted growth. While we impart education that keeps pace with technological advancement and globalisation, we also guide our children forward with Amity's enduring ethos of moral values and essential life skills.

With that in mind, the editorial board poured their earnest energies and unbridled enthusiasm into completing every task successfully, while creating memories of a lifetime. I also applaud the effervescent resilience of the GT team. Dear students, the 'Making a Newspaper Contest' is an opportunity to derive lifetime worth of education - learning to be team players, trend-setters, and task managers. May you all achieve success. **GT**



Culture crossed

The Innumerable Worlds Of Third Culture Kids

Raj Chandra, AIS Vas 1, X B

A short word like hometown can suddenly feel like an exam. I pause not because I don't know the answer, but because I'm unsure which one people want: the place I was born, the country I lived in the longest, the language I think in, or the place that feels like home but only in memory. For many like me, growing up across borders is not a glamorous mix of airport lounges and passport stamps. It is beautiful, but also messy, and sometimes lonely. We are children who spend a large part of childhood moving from one place to another. We don't fully belong to either parents' homeland, the first culture, or the country we grow up in, the second. We are Third Culture Kids (TCKs), a hybrid of both cultures.

There are millions of us. UNICEF reports that over 220 million children

live outside their birth country. International school enrolments have doubled, and 41% of Gen Z has lived in more than one country by age 18. We are a growing global identity. But living everywhere can also mean belonging nowhere. I was born in the USA to Indian-origin parents, moved to Canada at six, and came to India at eight. Coming home was harder than going abroad, a reverse culture shock. I did not know Hindi. I couldn't figure out what my classmates were saying, and they could not understand my accented English. Eight years later, I speak English at home and a mix of English and Hindi at school. My playlists are multilingual, my friendships global, and my accent still confuses people. When someone asks "Where are you from?" I hesitate not because I lack identity, but because I have too much of it. Moving often makes us flexible, curious, and able to blend anywhere.

Yet, farewells hurt. We learn to say goodbye early. Home becomes a feeling we chase across cities and years. I am still learning traditions that others know from childhood. Despite our growing numbers, TCKs often feel scattered and isolated. Gen Z TCKs have turned to Reddit and Discord to build a community. Famous TCKs, including Freddie Mercury, Emma Watson, Barack Obama and Kobe Bryant, have called their background a major influence on life. This mosaic identity has taught me that belonging is not geography; it is connection. I have pieces of myself scattered across continents, friendships that have endured time zones, and a worldview shaped by cultures that never claimed me, yet defined me. So if someone pauses before answering "Where are you from?", do not assume they are lost. Perhaps, like me, they carry many stories - too vast and rich to be narrowed down. **GT**

A symphony of expressions

Another enthralling edition with a gamut of experiences and a whole lot of exhilaration has made the school's editorial members true journos in every possible way. Each mind held a universe of ideas and artistic tastes, converging together into a symphony of expressions that you see beautifully



flowing across this edition.

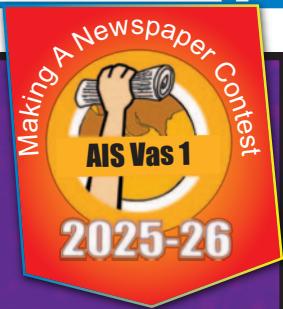
From the very first meeting in school to the final edit meet, the team displayed unbounded enthusiasm and outstanding team spirit. Students crafted each page with remarkable diligence and dexterity, infusing the edition with oomph factor. Through GT, students

learn to report from ground zero, curate lively articles with smart captions, create intriguing visuals, design trendy graphics, and shoot candid photographs - skills that give their work a professional touch and make them committed individuals. This edition opens the door to optimism, creativity, and progress, setting the perfect tone for a remarkable new year ahead.

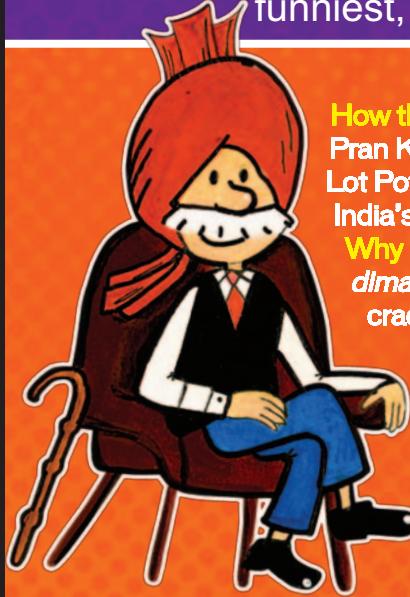
Guardians of Desiverse

Step aside, Batman and Superman! India has its own comic legends.

Anoushka Arya, AIS Vas 1, X A, pulls back the curtains on the nation's funniest, fiercest & favourite characters.



Educational Poster

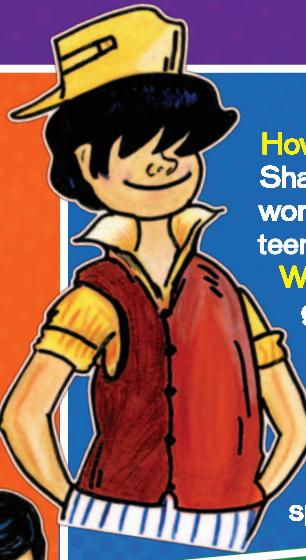


Chacha Chaudhary

How the legend began: Created by Padma Shri Pran Kumar Sharma, Chacha first appeared in *Lot Pot* magazine in 1969, and instantly became India's smartest grandpa-hero.

Why he's super-cool: "Chacha Chaudhary ka dimaag computer se bhi tez chalta hain" He cracks crimes in a flash, while Sabu's strength crushes villains - the ultimate brain-and-brawn duo!

Mass appeal: The comics were translated into 10+ languages and adapted into a 2002 live-action show and a 2019 animated series.



Billoo

How the mischief started: Also a Pran Kumar Sharma creation, Billoo burst into the comic world in 1973 as the cheeky neighbourhood teen.

Why he's super-cool: Billoo's world is full of goofy pranks, hilarious misadventures, and clever escapes that always backfire in the most entertaining way. He makes everyday life hilariously chaotic!

Secret file: His eyes are always hidden behind his floppy fringe, except in V-Day special *Ek Din*.



Supandi

How the silly saga started: Created by Ram Waeerkar, Supandi first appeared in *Tinkle* no. 27 (1983), inspired by Tamil folklore's lovable fool 'Chappandi'.

Why he's super-cool: His literal thinking turns the simplest instructions into hilarious disasters.

Secret file: The character has been kept alive by many artists, including Waeerkar's own children. One of India's most known comic faces, he continues to thrive in digital culture.

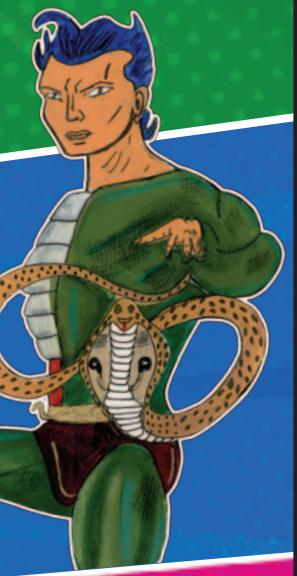


Super Commando Dhruva

How the hero rose: Created by Anupam Sinha, Dhruva first swung into action in *Pratishodh Ki Jwala* (1987).

Why he's super-cool: Dhruva has no superpower; he relies on acrobatics, courage and his ability to talk to animals.

Secret file: An attack ended his dream to be circus superstar, but he rose as a hero.



Nagraj

How the snake king was born: Created by Sanjay and Manoj Gupta, Nagraj slithered into fame with *Nagraj GENL #14* (1986).

Why he's super-cool: Born a blowweapon, he defied his purpose to become a protector; wielded microscopic serpents, venom blasts, and mystical powers.

Secret file: His venom is considered the deadliest - one touch can be fatal.



Devi

How the goddess returned: Created by Shekhar Kapur in 2006, Devi blends divine mythology with modern superhero flair.

Why she's super-cool: Reborn as Tara Mehta, Devi is a celestial warrior created to battle the dark god Bala and protect humanity.

Secret file: Sleek graphic-novel aesthetics were used to cater to a global audience.



Doga

How the shadow emerged: Conceived by Sanjay Gupta, Doga became Raj Comics' first true antihero.

Why he's super-cool: Masked, muscular, and merciless against crime, Doga fights injustice with raw power, street instinct, and absolute fearlessness.

Secret file: Doga's gritty tone appealed to older readers and introduced a darker, more realistic flavour to Indian comics, often drawing comparisons to iconic global antiheroes.

Graphic: Shatakshi Agarwal, AIS Vasundhara 1, X A

The seventh one

Raj Chandra, AIS Vas 1, X B

It began as a dare between seven friends, one last sleep-over before graduation. A night of secrets, snacks, nostalgia...and the old legend about the seventh story written by a student who vanished. "They say it's buried in the library basement. Unfinished. Unredeemed. Haunted," Arjun whispered, holding a torch under his chin so the light hollowed his features.

Meher snorted, "Every school has one of those." "No, this one's real," Aanya insisted. "My cousin told me. There was a girl named Reet. Brilliant writer. Always scribbling in margins. But the day she submitted her final story, she disappeared. Her desk was empty the next morning." "And the story?" Tanay asked through a mouthful of cookies. "Never found," Aanya said. "Some believe that the ending wrote her out of this world."

The room fell silent. Even the fan seemed to hesitate. In a quiet corner, Vihaan murmured, "What if it's still down there somewhere?" The challenge was set. The very

next afternoon, just as their final exam ended, they met outside the locked library. Arjun had swiped a spare key from his prefect brother. The heavy doors groaned open, releasing the scent of dust, glue, and forgotten years. Their footsteps echoed as they descended down to the basement, flashlights slicing through a forest of cobwebs.

"Split up?" someone whispered. "Nope," Tanay muttered. "That's how people die in movies." They moved together past old magazines, ancient textbooks crumpling away, and a dead typewriter until Meher slid a thin yellow folder from between two fat dictionaries. Her breathing halted. Inside were seven pages. Six



typed. One handwritten. The seventh page was rushed, jagged, ending mid-sentence. The title: The seventh one. The story followed a student who faded piece by piece - their reflection vanished, name erased from every

single register, voice swallowed by deep silence - replaced with a blank darkness. By page six, no one remembered they had ever existed.

The final page ended with a half-line: "She opened the library door one last time and..." Nothing more. It was left behind without an end, no name. The basement felt colder. Aanya finally whispered, "We should finish it." Vihaan frowned. "Finish it how?"

"Give her an ending," she said softly. "Something better than this." That night, they wrote seven different endings - hopeful, eerie, poetic, tragic. They argued, laughed nervously, then placed them all into the folder. "Just in case she's still reading," Meher joked, though her voice couldn't hide the shiver. They returned it to its place on the shelf.

There was a girl named Reet. Brilliant writer. Always scribbling in margins. But the day she submitted her final story, she disappeared.

The next morning, Vihaan slipped back alone. He wasn't sure why. Something about the story clung to him like a cold memory. He found the folder exactly where they'd left it. But now, on the final sheet, a new line curled elegantly across the bottom in looping cursive: "I remember now. Thank you." Vihaan's hands trembled. The handwriting wasn't his, nor anyone else's. Beneath the line was a name: Reet. He shut the folder, heart pounding. He didn't tell the others. But on the last day of school, Vihaan left something behind - a letter of his own, slipped behind The Seventh One: "For anyone who feels forgotten. You're not." As he turned to leave, the basement breathed with silence. And in that haunting stillness, so close he almost felt it on his neck, came a whisper: "Neither are you."

Pic: Aviral Tyagi, X A | Model: Darshika Sharma, UKG A; AIS Vasundhara 1

When I become winter

Shambhavi Mishra, AIS Vas 1, XI C

When I become winter
My voice lowered into a whisper
World draped in soft white hush
Crystals across the forest floor
Like stars waiting to be found

Rivers slowed with just a touch
The breeze strutting gently
And trees crowned with silver
Leaves rustle under a snowy quilt
Snowflakes laid in a message

A reminder that beauty is calm
The sun too now lingers softly
Gold spilled against my pale hold
I come not to harm the world
But to gather its tired heartbeat

And wrap it in tender peace
Until spring restores laughter
A silent cool and calm pause
Nature sings in deep slumber
The cosmos waiting to arise.



Page editor: Shreyansh Kar, AIS Vasundhara 1, IX D

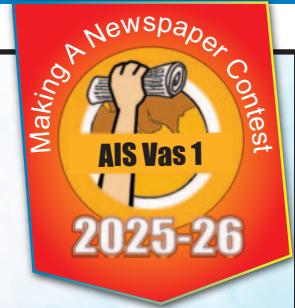
Essence of patriotism

Vibha Arya, AIS Gur 46, X A

For patriotism, we don't need a time
It dwells in our hearts and minds
To India, we should be obliged
Her values make us shine and thrive
Whose honour we uphold every day

It's a blazing flame that burns bright
With pride, swells every Indian heart
Salute to those who played their part
Whose endless sacrifice helped restart
This free world we celebrate every day

Diverse and distinct, yet united we stand
One happy nation, under the Indian flag
At all times, we hold each other's hand
Working together, marching like a band
That's what sets us apart every day.



Oil's fair in love and war

A U.S. Original Series: Crude, Checkmate, And Casus Belli

Yoshita Chug
AIS Vasundhara 1, XI C

Venezuela - the land of carnival rhythms and colossal crude reserves - welcomed the New Year not with celebration, but with crisis. Former president Nicolás Maduro and his wife, Cilia Flores, were indicted by the United States military on charges ranging from narco-terrorism and drug trafficking to money laundering and systemic corruption. But how did we get here?

Episode 1: The capture of a President
Operation Absolute Resolve unfolded with surgical precision when the U.S. military snatched away power from Maduro in the dead of the night. At 11:46 VET on January 2, Donald Trump gave command to the U.S. military. Explosions echoed across strategic points in Caracas, accompanied by 150+ low-flying military aircrafts. Framed as a decisive intervention, the operation was widely interpreted as a calculated move aligned with U.S. economic interests - notably Venezuela's oil sector. By 2:01 AM VET, elite U.S. Special Operations Forces descended upon Miraflores Palace, where Maduro slept peacefully. Contrary to popular assumption, the presidential palace is anything but vulnerable - heavily fortified, with advanced security measures in place. It is guarded by the SEBIN, or the Bolivarian National Intelligence Service. Hence, U.S. military had to undertake meticulous planning. This wasn't an ordinary break-in, but a well-orchestrated operation, which even involved the construction of a full-scale replica of Miraflores for tactical rehearsals.

Episode 2: Mastermind's big gamble

Let's now pan the camera to our main protagonist: U.S. President Donald J. Trump. Within hours of the operation, Trump posted a photo of Maduro dressed in a Nike tracksuit, seated aboard the USS Iwo Jima, with his hands cuffed and his ears

Venezuela's oil sector initiated the change in 1914 with construction of the first commercial oil well around Lake Maracaibo, changing the economic system from an agriculture-based model to oil-based. The 1922 Barroso blowout - spewing nearly 100,000 barrels a day - cemented its place



sealed by noise-cancelling earmuffs. The post has been widely circulated and discussed over news channels, interpreted as a sign of U.S. dominance.

However, there is more to this spectacle than meets the eye. Venezuela possesses the world's largest proven oil reserves. This is an asset Trump has expressed a desire for, but U.S. oil giants have remained wary. Trump's push for a 100 billion USD reinvestment drive in Venezuela's oil sector was met with scepticism than enthusiasm from the industry. ExxonMobil CEO Darren Woods labelled Venezuela "uninvestable", citing a lack of legal frameworks. He noted that the sector requires durable investment protections, new hydrocarbon laws, and security guarantees before major players consider re-entering.

Episode 3: A slippery catch

The desire for Venezuela is resolute: right where the oil reserves are.

on the global oil map. By 1928, Venezuela had become the world's leading exporter.

Venezuela's oil sector was nationalised in 1976 with creation of PDVSA. However, under Hugo Chávez and later Maduro, revenues were increasingly diverted to social programmes, while political purges ruined all technical expertise. The 2014 oil price crash and sweeping U.S. sanctions delivered further blows. What remains today is an oil giant troubled by politics, debt, and decay - yet too valuable for the world to ignore. Finally, all eyes are on Venezuela.

Episode 4: A global shock

Yet, this is only the tip of the iceberg. Trump has shifted his attention to Greenland, Mexico, Colombia, and Cuba, with intentions of acquiring. This pattern has led to comparisons with the historical model

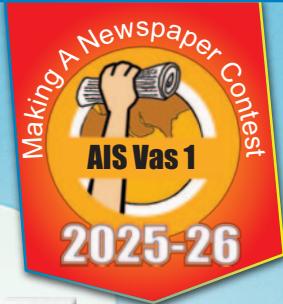
of Britain and its imperial dominance. Analysts question the long-term implications of such expansions on global sovereignty and international peace. Russia and China condemned Trump's act, while others, including India, raised their concerns. "Recent developments in Venezuela... we call upon all concerned to address the issues peacefully through dialogue, ensuring peace and stability in the region," stated India's Ministry of External Affairs.

Episode 5: The aftermath

The volatile situation in Venezuela continues to develop, as the world watches 'peace' get juggled around. Maduro and his wife face charges of narco-terrorism in a New York court; Venezuela's vice-president Delcy Rodríguez has been sworn in as acting president; 2025 Nobel Peace Prize winner and Venezuela opposition leader María Corina Machado handed her medal to Trump in a symbolic gesture. But it's not peace that Trump is aiming for. Trump's resentment at failing to win the Nobel surfaced again when he told Norway's PM that he no longer feels obliged to "think purely of peace". Further, Trump insisted the U.S. needed "complete and total control of Greenland" - the semi-autonomous Danish territory.

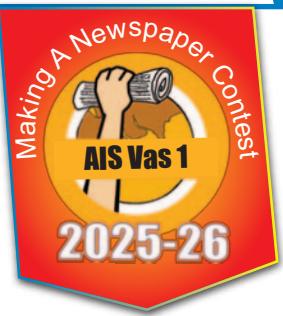
Asked later if he planned to use force to seize it, he replied "no comment". Will we see a Venezuela-like operation in Greenland? Time will tell.

Like every game of chess, pawns fall first, while kings and queens ignite wars. And as history reminds us, it is never the powerful who bleed, but the citizens caught in the middle of these devastating moves.



Tuft it out together

Tufting Memories: Inside India's Most Joyful Rug Studio



GROUND REPORTING



Colourful rugs at the studio

**Shambhavi Singh and
Shambhavi Mishra, XI C**
AIS Vasundhara 1

If you have ever walked into a place and felt your mood flip from 'running on 3 hours of sleep' to 'main character energy', you already know what stepping into Go Rug Yourself feels like. It is colourful, cheerfully chaotic, and the kind of studio where even the quietest visitor ends up laughing at their own slightly wonky, heart-shaped rug. But the story of how this quirky tufting haven came to life is even better.

A rug revolution

For Sanchay Puri and Vikas Arora, the brand didn't begin with a dramatic lightbulb moment or a Shark Tank dream. It started with a quiet, almost incidental thought. Years ago in Canada, Puri was looking for a fun way to spend more time with his family. That small idea slowly evolved into India's most loved tufting studios. Together with his friend Vikas, Puri trans-

formed an ordinary craft into a special experience. Puri believes, "You can buy rugs anywhere but making your own? That's personal. That becomes a memory." And that is precisely where Go Rug Yourself excels.

Weaving stories

Today, we live in a world of e-commerce where everything you want can be conveniently delivered to your doorstep with just a single click. But what you cannot order online is the joy of creating something with your own hands, or the memory of making it with someone you love. At Go Rug Yourself, a child watches their favourite character take shape in yarn, a couple designs a rug for their first-ever home, and friends discover the simple thrill of creating together. Their studios in Delhi, Bangalore, and Gurugram are constantly in a buzz - not just with tufting guns, but also with laughter, conversations, and the rediscovery of how satisfying it feels to make something yourself.



GT reporters with Sanchay Puri

Knots and triumphs

Building the first studio, however, came with its fair share of challenges. Finding ethically sourced yarn and reliable vendors wasn't easy, and inventory management proved complex, as each project requires 20-30 different yarns, a tufting gun, and multiple tools. Tufting itself demands skill as the gun works only in an upward motion, making tiny patterns or micro-details tricky. Hosting large corporate events for companies like Google and McKinsey added another layer of pressure. "If anything went wrong in the first two hours," Puri recalls, "they'd cancel the entire event." "Still, watching people immerse themselves in the

craft makes every hurdle worthwhile," he says. This is why Puri jokingly calls himself a 'failed entrepreneur turned tufter', and remarks that he sees every setback as a lesson, and not just a loss.

Tufting the dreams

For young creators and dreamers, his advice is simple yet powerfully bold. "Seek the spaces where opportunity sleeps, pour your heart into the dreams you keep, and if you chase true success, follow that path and nothing less." At Go Rug Yourself, these words of wisdom resonate in each and every corner, just as much as they are stitched meticulously into every rug that leaves the studio.

Pics: Editha Jaiswal, AIS 1, X A

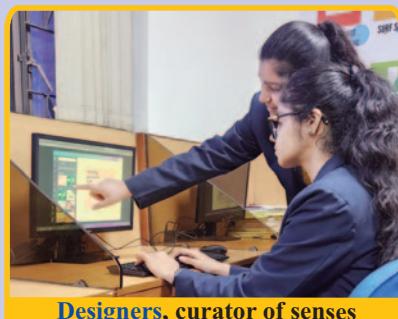
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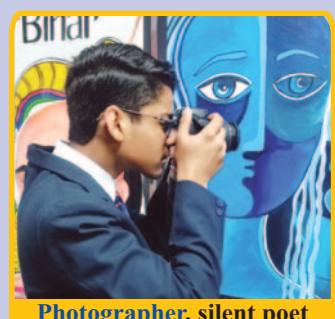
Illustrators, bridging the unseen



Editorial board of AIS Vasundhara 1, keepers of ink and gardeners of thought



Designers, curator of senses



Photographer, silent poet



Writers, navigating imagination

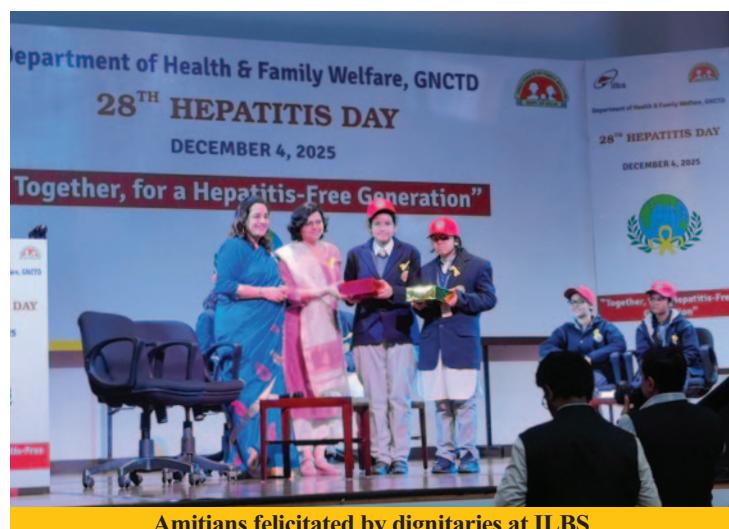


Editors, architects of connection

For more pictures, log on to www.facebook.com/theglobaltimesnewspaper or www.instagram.com/the_global_times

Hepatitis free world

Amitians Come Together For Hepatitis Awareness At ILBS



Amitians felicitated by dignitaries at ILBS

Amity Group of Schools

The 28th Hepatitis Day was celebrated on December 4, 2025, at the Institute of Liver and Biliary Sciences (ILBS), Vasant Kunj, New Delhi with great enthusiasm. The theme for the programme was 'Together, for a Hepatitis - Free Generation' and was attended by distinguished guests and medical professionals. A key highlight of the event was the virtual address by Dr Ashok K.

Chauhan, Founder President, Amity Universe who encouraged students to be responsible and health conscious, and contribute meaningfully towards erasing the menace of hepatitis from the society. A series of inter school competitions like quiz, poster making, slogan writing, and awareness video competitions were conducted to encourage students to understand the importance of hepatitis prevention and contribute creatively to its awareness. Around

100 students from Class VI - XI from the different branches of Amity Group of Schools Delhi/NCR participated and brought home various laurels at these events.

Angela Thakur (XI), AIS Saket won second prize in poster making, while Radha (VII), AIS Saket won a consolation prize for slogan writing. Aradhya Pakhri (VI) and Aarush Bajaj (IX), AIS Mayur Vihar, Anaisha Mittal (VII) and Anisha Roy (VIII), AIS Noida bagged the consolation prize for poster making. In the quiz competition, Agriya Chaurasiya and Aadya Behl, both from Class IX of AIS Mayur Vihar, won the second prize, while Atharv Sangar and Avika Srivastava from Class VIII of AIS Vasundhara 1 won appreciation awards for the same. Hina Saxena (IX), AIS Mayur Vihar, won second prize for making an awareness video. The event concluded with an informative talk by prof Dr SK Sareen, director, ILBS who explained the importance of a healthy lifestyle, balanced diet, and regular check-ups to prevent liver diseases. **GT**

Young artists

AIS VKC Lucknow

Paintings by four budding artists Agrima Singh (VI), Aradhya Singh (VI), Medha Shree (X), and Aradhya Agarwal (X) featured amongst the only 50 entries shortlisted for the state level of national painting competition on energy conservation 2025, organised by the Bureau of Energy Efficiency (BEE) on November 14, 2025 at NTPC, Lucknow. Agrima Singh and Medha Shree also received a cash prize of 2000 INR each for their creative excellence. The event, based on the theme 'Save Energy – Shared Responsibility', witnessed participation by thousands of students across UP. **GT**



Winners with school principal Meenu Kanwar

Winsome quizzers

AIS Mayur Vihar

School team comprising Priyamvada Rao (XII) and Garvita Chugh (XI) won second prize and cash award of 15,000 INR at the Hola España Inter School Quiz Competition organised by Embassy of Spain on November 11, 2025 at Instituto Cervantes, New Delhi. Another team comprising Aastha Narayan (XI) and Tanvi Puri (XI) received the special mention award and gifts for their outstanding performance. A total of 67 schools from Delhi/NCR participated in the competition held to promote knowledge of Spanish language, culture, and history among Indian youth. The winners were felicitated by Maria Gil Burman, director, Instituto Cervantes; Elena Orland, director, Spain Tourism Board, and Fernando Magallenes Mato, press and cultural counsellor, Embassy of Spain. **GT**



Medha all smiles on being rewarded



Agrima wins the award for creativity

ciency (BEE) on November 14, 2025 at NTPC, Lucknow. Agrima Singh and Medha Shree also received a cash prize of 2000 INR each for their creative excellence. The event, based on the theme 'Save Energy – Shared Responsibility', witnessed participation by thousands of students across UP. **GT**



Jasjyot Sethi with Renu Singh director principal

AIS Noida

Jasjyot Singh Sethi of Class IX secured second prize at RoboCupJunior league competition of the 8th RoboCup Asia - Pacific (RCAP 2025), held at Khalifa University, Abu Dhabi, from November 10 - 14, 2025. He won award for his project titled, 'Rescue Maze', that featured an advanced autonomous robot capable of detecting survivors in fire - affected zones. The robot uses sophisticated camera - based sen-

The robo champ

sors to identify human heartbeats, making it highly effective in search and rescue scenarios.

RCAP 2025 was hosted in collaboration with Abu Dhabi Convention and Exhibition Bureau. It comprised a dynamic lineup of ingenious technologies through eight leagues, including RoboCup Soccer, RoboCupRescue, RoboCup@Home, RoboCupJunior, RCAP Industry - Sponsored League, and RoboCup Industrial. The event featured 34 competitions across all categories with 14 in the major leagues and 20 in the junior division, spanning soccer, rescue, industrial, and home robotics, attracting 1,900 participants globally.

Jasjyot's victory at the prestigious event acknowledges his penchant for innovation, establishing Amity's unwavering commitment towards nurturing excellence and fostering scientific temperament and critical thinking in youth at global level. **GT**

The auto olympian

AIS Vasundhara 6

Aaradhy Pradhan of Class VIII became the national winner at the finale of National Automobile Olympiad (NAO) 2025 conducted at Bidadi facility of Toyota Kirloskar Motor Pvt. Ltd. from December 17-20, 2025. Apart from Aaradhy, three other students from the school who made it to the finale as well were Aryan Mittal, Swasti Sharma, and Shiv Rahul Aggarwal.

A flagship initiative of Automotive Skills Development Council (ASDC) in collaboration with CBSE, NAO aims to cultivate interest of students from Class VI - XII in the dynamic world of mobility and automotive technology. This year 175 participants from Class VI - XII were selected for the grand finale from over 1.36 lakh students of schools across India and the United Arab Emirates (UAE).



Aaradhy with school principal Sunila Athley

The programme also included plant visits, interactions with industry professionals, and exposure to hybrid vehicles, data science, and augmented and virtual reality tools. Thus, National Automobile Olympiad serves as an excellent platform for students to showcase their knowledge, expertise, and problem solving skills in the field of automobiles and gain invaluable exposure to automotive industry.

Decoding eyes at school

Forget WiFi, We Can Only Survive On EyeFi



Radhika Agarwal, AIS Vas 1, X D

If we stare too long, people assume their entire existence is being judged; blinking too much, makes us appear like walking catastrophes. Humans once used their eyes to detect predators. Now we use ours to detect awkwardness, threat, drama, and most importantly, whether a surprise test is coming. Here are some eye-conic instances from school, guaranteed to make you roll your eyes, respectfully.

Bestie telepathy

One glance at your best friend and they immediately know everything, from how you are begging to escape history class to how desperately you are counting minutes till lunch. One glance and you know you are 'in the same boat, except this boat is sinking rapidly.'

"Save me!" stare

A surprise test lands like a meteor. Students silently scream, "What!" Eyes shoot across the room, exchanging answers without a sound. Morse code is outdated. Gen Z invented the blink code. One blink means "help." Two blinks mean "What is question three?" Three blinks mean "goodbye forever."

Last looks

The final bell rings. Bags zip at lightning speed. Everyone's eyes meet in a silent celebration. Another day survived. No speech or confetti cannons required.

Parental glares

Parents return home after assigning tasks. Spoiler: none were completed. Instead, the room resembles a natural disaster. Their fiery eyes meet with our cheerful ones. We instantly transform into startled pigeons.

Looking at late-comers

Every class has one latecomer who arrives with a new excuse daily. "My dog ate my timetable," "A black cat crossed the road," Teachers no longer react. Their eyeroll alone says, "Try harder, please."

Hope. Then Maths.

A boring mathematics class is underway when news spreads. "Substitute teacher!" Hope rises instantly. Students exchange bright glances until the substitute says the

dreaded, "Open your textbook." Silence. Hope destroyed beyond repair.

The fake stare

This is survival at its finest. You maintain intense eye contact with the teacher so they never call on you to solve mind-numbing trigonometry equations or explain the Russian Revolution. Your glare convinces the teacher of your (feigned) focus.

Looking for answers

You are mid-presentation when your brain crashes. Blank. You stare at your friend, hoping for rescue. You start blinking rapidly, building up for a typical, "There's something in my eye" excuse, but truly, you are begging for help.

Eye contact became the strongest subject in school.

No notes, no lectures, only chaos and unspoken communication. Scientists may call it body language. Students call it survival. And if eye contact were a real academic subject, we would all be toppers for sure.

Illustration: Riya Pokhriyal
AIS Vasundhara 1, XI C



Pics: Darsh Pratap Singh, AIS Vasundhara 1, XI C

In spotlight



Editor-in-chief: Kriti Sharma



Carvers of creativity and architects of narratives - the Editorial Board of AIS Vasundhara 1