

## The **silent** THIEF

### Is Your Child Under A Digital Trap?

**Shreya Chakrabarty, XII D**  
**Eshal Ahmad, X C & Preksha Nair, XII**  
**AIS Mayur Vihar**

Our is the age of memes where creative people can turn anything and everything into a joke. So, picture this - a family gathered around a dinner table yet immersed in playing a video game; a child glued to a phone screen with a dinosaur in the background named as 'Outdoor Play'; a toddler throwing a tantrum not for a toy but because the internet is down! While it may be okay to laugh at all these images, they are much more than just harmless jokes. A survey by the Pew Research Centre shows that almost 60% of children are exposed to phones before they turn five. Innumerable studies by psychologists and pediatricians repeat that children under the age of five should spend no more than one hour per day on screens. These statistics hint at the biggest problem of our times, that our children are growing up in a world where their best friends, and sometimes their only friend, are their smartphones.

#### Loss of innocence

Beyond these statistics, there is a far more subtle, and mostly unrecognised, theft happening right under our noses - of our children's innocence. Smartphones can be a

great tool for learning, but they are also full of myriad apps which have slowly but surely begun to replace almost all the traditional childhood experiences. Children today are no longer going out to play hide and seek, almost no one is riding bikes, and even gully cricket, once a trademark of all streets, has lost its sheen. Now, the maximum amount of exercise a child gets is by scrolling on social media, playing video games, or watching YouTube videos. Studies show that 89% of children between the ages of five and 11 watch YouTube videos regularly, as do 57% of the children who are two or younger. How many can truly claim to climb trees, chase after birds and bees, stumble over and scrape their knees? The virtual world has not only taken away the 'child' from childhood, but also along with it the innocent world of exploration, curiosity, and fascination.

#### Severe health hazard

Equally detrimental is the fact that the clutches of digital world is compromising children's emotional and mental development, threatening real-life friendships and good old family time. The American Psychological Association has conducted studies to show a link between smartphone use and increased anxiety, depression, and



Illustration: Nitya Stuti, AIS Vas 6, VIII B

body image issues in young adults who were exposed to smartphones from a young age. Research suggests that there's a deeper link between smartphone overuse and attention deficit, sleep disturbances, and difficulty in concentrating in children. The constant bombardment of information and the multi-tasking nature of smartphones are also hindering the cognitive development of children. The instant gratification through one small device has replaced real-world learning which is critical for a sound body and mind, resulting in childhood obesity and weakened immune systems. Who needs Vitamin D when you have unlimited Coco Melon or Paw Patrol, right?

#### The way out

Several factors have contributed to this digital epidemic among children. Often, parents are juggling work and household responsibility and end up using the smartphone as

a babysitter. If the child is not eating, put on a cartoon; toddler not going to sleep, play a music video. What else could be the reason if children as young as two years are dancing to hip-hop and acting like superheroes? Moreover, when almost every household in the cities has easy access to the internet, it's easier for children to be online constantly.

Howbeit, this isn't just about keeping fidgety fingers off Candy Crush anymore; it is about the very soul of the next generation. Reducing the use of smartphones is necessary to ensure better mental and physical health for children. It is important to remember that smartphones are mere tools, and their impact depends solely on their usage. We need to focus on teaching children to be mindful about using their gadgets and the potential risks of the ever-evolving digital world. It's time to bring back the magic and the mystery of childhood.

#### THE GT POLL

Do you think the ban on bullfighting in Colombia will significantly impact the country's cultural identity?

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

To vote, checkout our Instagram page @the\_global\_times

#### Coming next

Rise of the titans

Follow us on: @theglobaltimesnewspaper  
 @the\_global\_times

#### What's inside



#### Matters of the heart

A heartfelt conversation with Dr Bhaba Nanda Das, cardiovascular and cardiothoracic surgeon as he shares his journey.

...more on page 3



#### The snuggle is real

Unfold the chronicles of warmth and comfort, embracing the silent tales weaved into the fiber of the lovable and cosy blankets.

...more on page 5



#### Charm au chocolat

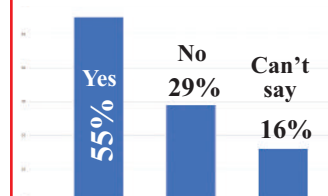
From the sacred Mayan elixir to the tempting global indulgence, tune in to explore the delectable and rich escapades of our beloved chocolate.

...more on page 7

#### POLL RESULT

for GT Edition July 22, 2024

Do you think NCFSE's recommendation to conduct CBSE board exams twice a year, will provide the students an opportunity to retain better score?



Results as on July 27, 2024

# Around The WORLD

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



## USA

### Elections take a turn

US President Joe Biden has announced his withdrawal from the upcoming presidential race in "the best interest of the country". The head of the state is endorsing Vice President Kamala Harris to fill the role in the future. She has received the support of more than 1,976 delegates to win the Democratic nomination. Harris gave her first campaign address as a presidential candidate in Milwaukee on July 23. Biden said he will remain as President until his term ends in January 2025.



## BELGIUM

### Charging station at sea

World's first offshore green energy charging station for vessels has been installed in the Nobelwind wind farm, Belgian North Sea. Located 47 km off the coast, it allows vessels to charge stably despite the tidal waves and currents. Installed by Parkwind, the wind farm has 50 turbines that generate power for 190,000 households. The charging station is designed to charge both Crew Transfer Vessel and Service Operation Vessel upto 2MW and 8MW respectively. The station aims to reduce greenhouse gas emissions from transport vessels.



## RUSSIA

### Military drills

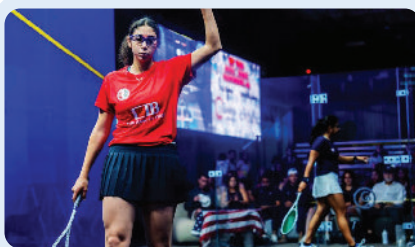
The Russian Ministry of Defence is conducting its second nuclear drill using the Yars mobile missile launchers as part of its military training. The 11,000 km-ranged mobile missile was employed to shoot down six US B-52 nuke bombers that were hovering near the borders of Russia. This is the second such exercise in last thirty days where the military crew is said to be undertaking intensive combat patrolling, camouflaging, engineering specialised equipment, and marching 100 kilometres among other things.



## COLOMBIA

### Bullfighting banned

On July 22, 2024, President Gustavo Petro signed the legislation to ban bullfighting in the country by 2027. The bill orders the government to turn more than a dozen bullrings into cultural and sporting venues. This gesture, aiming to put an end to animal cruelty, faced intense criticism from local minorities, who believe that it infringes upon their right to express their cultural heritage while jeopardizing their livelihood.



## EGYPT

### Double victory

On July 23, 2024, Egypt's junior women's team won its ninth consecutive WSF World Junior team Championship title. The team clinched a landslide victory against the USA team with a score of 2-0. Egypt's junior men's team also achieved the same feat by winning the title. Coincidentally, the junior men's team also won with a score of 2-0 against their competitors, Republic of Korea, in the finals.



## ETHIOPIA

### Landslide disaster

Ethiopia has been witnessing continuous landslides, especially in the remote regions of Gofa zone. The death toll has crossed two hundred with many found injured. The casualties include those who were leading the rescue operations in the area before the second landslide engulfed them. PM Abiy Ahmed has deployed Ethiopia's Federal Disaster Prevention Task Force in the area as a measure of help and relief efforts.



## INDIA

### Budget announced

On July 23, 2024, FM Nirmala Sitharaman presented the Union Budget 2024-25 in parliament. The key highlights include tax revision on salary, 6% reduction in custom duties levied on gold and silver, allocation of Rs 1.52 lakh crores for the development of agriculture and allied sectors, and Rs 2.66 lakh crores for rural development. Total expenditure predicted for FY 24-25 amounts to Rs 48.21 lakh crore.

# Matters of the heart

## Surgical Precision With Emotional Resilience: Dr Das's Magical Formula

Alvina Parvez, X F &  
Arushi Soni, XII B, AIS Noida

One of India's foremost cardiovascular and cardiothoracic surgeon, Dr Bhaba Nanda Das holds an extensive experience of over four decades having performed over 25,000 cardiac surgeries, including the first Coronary Artery Bypass Grafting (CABG) on a beating heart in India. Currently the chief consultant at Indraprastha Apollo Hospital, Dr Das has also been an integral part of the Department of CTVS at AIIMS and was awarded Vishishta Chikitsa Ratna Award in 2012. He shares some insights into his journey with GT.

### Humble beginning

I come from a small village in Assam where there were very few doctors. My parents and teachers encouraged me to become a doctor so that I could help in some way. Getting a seat in medical college during my time was quite difficult. When I got selected, I felt very special. After completing my master's from Chandigarh, I came to AIIMS for my super-specialisation where I got to meet many impressive stalwarts. At that time, heart surgery was something new, and this motivated

me to specialise in this field.

### Unmatched skill

When I started my journey, very few people were known to perform open heart surgery, so operating on a beating heart was a memorable moment for me. I remember how in the middle of the night, a man who had been stabbed in the chest had been brought to the hospital. The injury had damaged one of his coronary arteries which had to be immediately repaired. We had no time to prepare the machines, so we decided to operate without

arresting the heart. The surgery was successful, and he went on to live for almost thirty more years. Nowadays, of course, there are many gadgets that have made open heart surgery a simple procedure.

### Emotions aplenty

Whether it's a simple procedure, or a complex one, one of the hardest things to do is to manage one's emotions. Even after 40 years in this profession, every surgery of mine feels like the first one. I want every surgery to be successful, that's how involved I become emotionally. I often find my strength in praying. It gives me the courage to go through the day. Cardiac surgery is a practice where even if the smallest of mistakes is made, everything can be over in a second. The atmosphere in the operation theatre is always tense. So, it

Pic: Ravinder Gusain, GT Network



GT reporters with Dr Das

is important to stay calm and composed.

### Message for Amitians

I find that not too many youngsters aspire to be a heart surgeon because they feel this profession is very demanding. But this is also a very rewarding one. So, if you have the utmost dedication and can handle stress, you can be very successful in this field. Moreover, it's important to create a balance between personal and professional life. I believe that unrealistic professional targets can cause a lot of stress which can take a toll on your overall wellbeing, especially your heart. One must understand that in today's fast-paced life, it is very important that you pay attention to your health.

INTERVIEW



AMITY  
UNIVERSITY

Dr Bhaba Nanda Das, cardiovascular & cardiothoracic surgeon

## Book Review

# Secrets galore

**Synopsis:** In this second installment of Harry Potter's adventures at Hogwarts School of Witchcraft and Wizardry, the young wizard returns for his second year, brimming with mysteries. A forewarning from a mysterious elf informs Harry to expect trouble, but nothing can prepare him for what lies ahead: bewitched trees that fight back, talking spiders, and ominous messages written in blood on the school walls. Together with his friends Hermione and Ron, Harry sets out to uncover the many secrets enveloping Hogwarts. They come across Tom Riddle's diary, which leads them into a series of dangerous events, including the petrification of students and the mysterious disappearance of

**Book:** Harry Potter and the Chamber of Secrets  
**Author:** JK Rowling  
**Published on:** July 2, 1998  
**Genre:** Fantasy, adventure, and mystery fiction

Ron's sister, Ginny, into the fabled Chamber of Secrets. As they delve deeper, they face various mishaps and perils, but their determination never wavers. The trio bravely confronts and defeats the creature lurking within the Chamber, putting an end to the terror that has gripped the school. This book is a captivating blend of suspense and adventure, unraveling numerous mysteries that keep readers on the edge of their seats.

**Why is it worth reading:** The author explores themes of friendship, loyalty, and prejudice in this book. The novel is a perfect blend of humour and heartbreak. The narrative has great psychological undertones as it inculcates the idea of accountability in its characters. It depicts Rowling to be an exceptional storyteller as she weaves light-hearted moments with some intense scenes. Although the world of Harry Potter is said to be a fictional one, it has instilled in us a burning desire to attain the impossible.

**Iconic quote:** "It is our choices, Harry, that show what we truly are, far more than our abilities."

**Rating:** 5/5

**Review by:** Sejal Suri

AIS Vasundhara 1, X E



# Indo-Swiss Amalgamation

## A Convergence of Education and Culture



Amity delegation at India House, Bern



Chairperson's address



Chairperson with Bettina Diem



Chairperson with HE Mridul Kumar



Amitians at Paul Scherrer Institute

### AERC

Seven students, Pavni Talwar (XI), AIS MV; Shaurya Kumar (X), AIS Vas 6; Saanvi Jain (X), AIS Noida; Shubh Gupta (X) & Vivaan Sachdeva (X), AIS Saket; Nitya Chaudhary (XI), and Aditya Chadha (XI), AIS Gur 46, visited Kantonsschule Wettingen, Switzerland from June 16-22, 2024 as a part of the Indo Swiss School Exchange Programme. The programme was organised by Amity Educational Resource Centre (AERC), under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF.

The Amity delegation of students along with the Chairperson; Renu Singh, director principal, AIS Noida; director AERC and a teacher experienced first-hand the Swiss educational system and culture. Dr Paul Zubli, principal, Kantonsschule Wettingen, gave a school tour to the students while the teacher in-charge Eric Frei briefed everyone about the school's history and architecture. Amitians attended english, biology, cookery, baking, and music classes and

even conducted yoga and block printing workshops for Swiss students. They also presented a dance showcasing the vibrant diversity of India and tenets of BHAAG, the success mantra given by Dr Ashok K. Chauhan, Founder President, Amity Universe. Amitians cooked Indian food for their host families and visited historical places like Paul Scherrer Institute, Lake Lucerne and Mount Pilatus. They also met and interacted with HE Mridul Kumar, Indian ambassador to Switzerland, at the India House, Bern.

During the programme, AERC along with the Swiss school also organised 9th 'Talk with Diplomat' in hybrid mode, with Philippe Welti, former ambassador of Switzerland to India and Iran. The talk was graced by Bettina Diem, head of high school division at the department of education, culture, and sports of Canton Aargau. During the interaction, the ambassador shared his observations on commonalities and differences between the Swiss and the Indian traditions. The Swiss students will now visit Amity Schools in October 2025 as a reciprocal school exchange. [GT](#)



Chairperson with Ambassador Philippe Welti and Dr Paul Zubli



Amity delegation led by Chairperson



Lamp lighting ceremony at 'Talk with Diplomat' programme



Yoga workshop conducted by Amitians



Students explain Amity's BHAAG Mantra

# The snuggle is real

## A Slumbrous Blanket's Enlivening Journey From Fibre To Quilthood

Aayushi Bawa, AIS Noida, Alumna

5:30 AM

*As the alarm rings, it is put on snooze, marking the start of the morning ordeal. But someone, has already woken up...*

Get up you lazy fella! I don't want to be thrown off again by your angry mom. It's disgusting how I am tormented each time you oversleep. Oh! Hi there! I am Blankie, and right now, I am mad at Ben. Ben, who? Well, another teenager like yourself who can't get enough of his favourite blanket.

5:45 AM

*Alarm. Snooze...*

Now, now, I know Ben loves me. It's natural, given that sleeping causes our blood pressure and frequency of breathing to dip. As a result, the blood circulation slows down and the body tends to feel cold, wanting some extra warmth, which is where I, your favourite blanket come in. But other than the science-y jazz, I am a super fuzzy, warm companion which is why the likes of Ben want me while eating, watching TV, on the couch, on the study table, and what not. I wish there was a 'blanket term' for everything. Pun intended.

6:00 AM

*Alarm. in an attempt to snooze, a groggy hand lands the clock on the floor...*

Enough, Ben, get out of your la la land now. Though, I don't really blame you. After all, I am well aware of my stress relieving qualities. In fact, my 'weight' variety is used to treat insomnia as it stimulates the production of serotonin in the body. And that's just one of my variants. There's the military blanket, made of 70% virgin wool and considered the warmest, but not one I would recommend, rather too coarse for my liking. And then there's the fire blanket, made of woven glass fabric and used to extinguish fire; cashmere blanket considered the softest in the world; and the latest electric blankets – again not recommended as it has caused many mishaps due to overheating.

6:15 AM

*A woman angrily marches into the room, throwing off the blanket, leaving a curled up Ben visible in all his sleeping glory...*

Really now? Throwing me? Do you even know I was an item of luxury back in the day. So coveted that people would offer me as gifts. And didn't someone tell you it is rather uncultured to be throwing off a cultural souvenir? In Morocco, I am painstakingly created by Berber women for weeks. Beautifully decorated with tassels and sequins, I am worn by the bride on her wedding day. They call me 'Handira'. So much cultural significance, yet to be compared to that bedcover!

6:30 AM

*After an eternity of poking and prodding, Ben finally wakes up. He's about to mumble another excuse, when the mother interrupts "So, what's our story today?"*

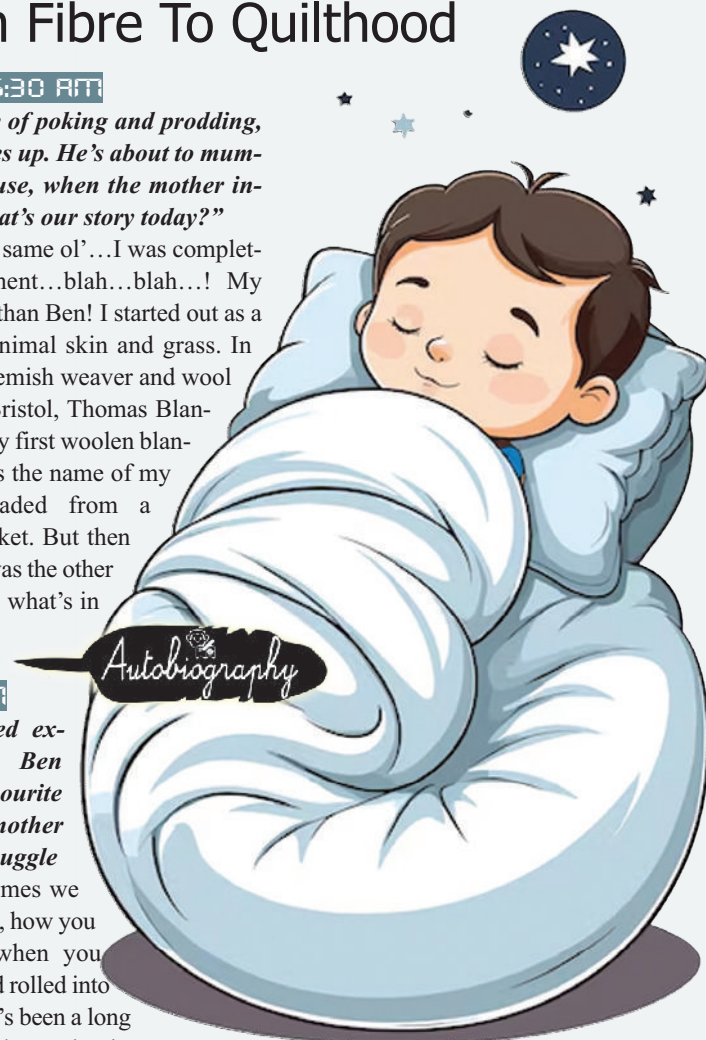
\*yawn\* same ol' same ol'... I was completing my assignment... blah... blah...! My tale's way better than Ben! I started out as a cover made of animal skin and grass. In 14<sup>th</sup> century, a Flemish weaver and wool merchant from Bristol, Thomas Blanket, wove the very first woolen blanket. Yes, and thus the name of my clan was upgraded from a 'cover' to a blanket. But then some say that it was the other way around. But, what's in a name, anyway!

6:45 AM

*A routine heated exchange later, Ben picks up his favourite blanket for another round of cosy snuggle*

Remember the times we watched cartoons, how you hid inside me when you wanted to cry, and rolled into me as an adult? It's been a long journey since and I am hoping to make it to the mahogany box underneath the bed, where you keep all your treasures.

(Aayushi is currently pursuing BCom (Hons) from Hansraj College, DU.)



# Pride without prejudice

## A Much-Needed Reinvention Of Classics For The Current Cohort

Harshita Pareek

AIS Vasundhara 6, Alumna

In 1796, Jane Austen wrote one of the most quoted lines in literary history: "It is a truth universally acknowledged that a single man in possession of a good fortune must be in want of a wife". But if this critically acclaimed English author were to write her beloved novel, *Pride and Prejudice*, in 2024, she could not have written the same line. Why not? Well, the grand

balls of yore, whose only purpose was to 'launch' women into society, have been long replaced by outings to the malls, declaration of love in the form of covert letters is taken over by texts, and most importantly, a man's fortune is now estimated in terms of bitcoins, not estates.

A man in possession of 'great fortune' today may prefer to take a quick tour of space or buy out a Fortune-10 company. Today's Darcy is someone who owns a private jet, flaunts a Louis Vuitton belt in the coffee shop, or wears a Rolex watch even to the gym. Getting a wife does not top the list of priorities for a man

of fortune! Also, what women do with their life and time has changed as well. No longer can we find an Elizabeth taking a leisurely walk and casually running into her paramour at a neighbourhood park. Well, she is busy breaking the glass ceiling in her office boardroom, isn't she? In the 21<sup>st</sup> century, Austen could not have imagined putting an educated and intelligent woman in the shackles of marriage simply because the latter needed money. Besides, amidst space issues, immaculately manicured parks are not a frequent sight. *Pride and Prejudice* is also a classic tale of enemies turning into lovers,

but how do you become adversaries today? With so many emojis that can melt your heart in a jiffy, so many e-commerce sites that can deliver the prettiest of bouquets within a few minutes of an argument, remaining sour with each other for long is next to impossible. And who knows, today Elizabeth's hatred for Darcy might be transformed into love at a lightning speed when they find they can bond over the same influencers, pop artists, and TV shows.

So you see, even though the classics will never really grow old, they definitely need to be reimaged for every generation.



# Patenting excellence



Dr Amita Chauhan  
Chairperson

Today, words may not be enough to describe the sense of pride and joy I feel while sharing the achievement of two of my Amityans - Akshat Gupta and Tanya Talwar. These young innovators, alumni of AIS Pushp Vihar, are responsible for bringing their alma mater, its first-ever commercial granted patent. The diagnostic tool, created by the duo identifies spatial abilities in scholastically classified slow learners. However, this is not the first time that Amityans have proven their mettle when it comes to ideation and innovation.

Students of AIS MV and AIS Noida have earlier received provisional patents for their pioneering ideas on vehicular safety and energy conservation. Amity's journey into the world of patents began in 2018-19, under the aegis of Amity Children's Science Foundation (ACSF), and in this short time alone, Amityans have already filed more than a hundred patents. At Amity, we constantly strive to nurture trend-setters who can find solutions for the most complex of problems. This infinite spirit of enquiry and invention has been honed in each and every student through path-breaking events like Vasudha, Hackathon, Ideathon, Youth Power etc., to which children are exposed from an early age. Receiving a patent, indeed, is a huge feat as it protects inventions that are new, useful, and offer a significant improvement over what already exists.

**It's Time To Say! Hip, Hip, Hurray!**

Vedanshi Teotia, a student of Class V, AIS Vas 6, has been awarded Gold Award at the Singapore Math Olympiad (SASMO) for her impressive Country Rank 7 and Global Rank 333. Only top 8% participants are awarded the Gold Award. [GT](#)

# Big on a budget



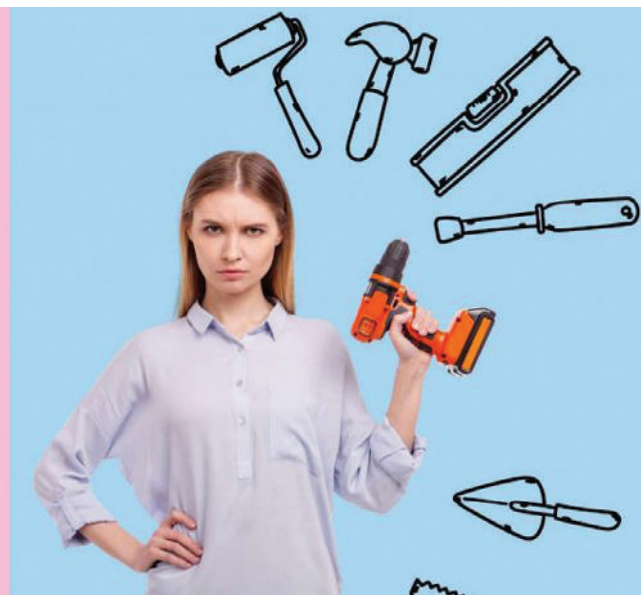
Vira Sharma  
Managing Editor

Just last week, the Union Budget 2024 was presented and while the nation was learning more about its details, what caught my attention was a beautifully simplified article on the subject in a financial daily. It was a conversation between an economist mom and her daughter, discussing the national budget and its parallels with our household budget. The article emphasised that the economy, whether at the level of an individual, household, community or nation, operates on a budget. The principles inherent in a country's budget - of savings and expenditure, debt and deficit, are consistent for all, only the scale varies.

In my childhood, an understanding of financial matters, such as saving money, was instilled in us through small steps. I recall an uncle gifting me a TV-shaped piggy bank. I used to put small amounts in it every month and added more whenever I received cash as gift. I still remember the sense of responsibility I felt towards money when my dad opened a 'minor' account for me in a bank. I would make a monthly budget for books, craft materials or gifts, within the amount I had. The younger generation today is more financially literate than any previous one. Piggy banks have transformed into small savings schemes. It is wonderful to see financial awareness workshops held regularly at Amity schools, and to witness many Youth Power teams advocating for financial literacy. I hope students will imbibe valuable financial lessons from these workshops and design a budget they can proudly show their parents, saying, "This is my budget." [GT](#)

# Mental metamorphosis

## Society's Script Vs Personal Passion: A Discord



Shraddha Pandey

AIS Pushp Vihar, Alumna

Rani buys a beautiful, blue skirt, but her mother thinks it is inappropriate, so Rani returns the skirt the very next day. We all have been Rani at some point of time in our lives. From giving up wearing a favourite dress to forsaking the pursuit of our passion as a career, we have all been forced to abandon at times what we would have loved to otherwise do.

Humans are expected to mould themselves according to the norms dictated by society. This often starts with the phrase "act your age!". At the age of 13, it means "drop your toys and grow up"; at 18, it is "know what you want to do, leave your childish ways behind" and at 25, it indicates "achieve stability, have a home of your own, and grow up". According to the psychologist Albert Bandura, our personality and behaviour are largely influenced by our environment, which later determines our sense of self. When we are constantly provided an example of who to model ourselves on, we feel more compelled to configure ourselves accordingly. But does this also do away with a person's inherent disposition? This question reignites the primordial debate of 'nature vs nurture'. At birth, boys and girls are different only in their biological condition and not cognitive abilities, but women are still considered to be lesser than their male counterparts. From giving them dolls to play with to having them do household chores, our society normalises gendered conditioning. In fact, due to this deep-rooted prejudice, our outlook on life, develops to be either pessimistic or optimistic. When a girl who wants to become a football player, or a boy who wants to be chef, is constantly asked to give

up this dream, the child will develop an 'ego' (according to Freud, ego is the part of personality which represses desires to evade punishment) which won't allow the 'id' (the unconscious part of personality which encapsulates emotions like needs, desires, etc.) to be expressed. The child will grow up to be an overstimulated and anxious person who perceives almost everything as a threat. A flexible environment, on the other hand, will do the opposite and nurture an optimistic and confident child. It is only when we stop being the forces of social modelling that we can stop being its ultimate victims. After all, just like everyone's personality, everyone's life trajectory is also different and varied. [GT](#)

(Shraddha is currently pursuing Artificial Intelligence and Machine Learning from VIT, Chennai.)

**APERSPECTIVE**

Dear Editor,

This is in reference to the article 'Learning to forgive...' published on page 6 of the GT edition dated July 22, 2024. This piece reminds us that to forgive is divine. Through the examples of Nelson Mandela, who took the high road of forgiveness, and Eva Mozes Kor who says, "Forgiveness is as personal as chemotherapy - I do it for myself," the article informs us that although forgiving is the best medicine, it does not always mean forgetting. This article made me understand that we naturally feel



**GT M@il**

resentful towards those who have wronged us. Maybe the downside of passing forgiveness too soon can prevent the perpetrator from being answerable to the law. I have always thought that forgiving and forgetting are interconnected, but this article has given me a new take on forgiveness. Thank you, GT, for creating articles that spark meaningful discussion.

Aarna Maheshwari  
AIS Saket, X C

**A universe that cares**

**Learning to forgive...**

**The special bond**

**GT M@il**

**Issue: July 22, 2024; Page 6**

*Let's embark on an expedition into the sweet life of our favourite treat, the king of all flavours - chocolate. Once an anonymous plant, this delight is now everywhere in the form of cocoa butter, chocolate powder, candy, and much more. Take a glance at cocoa's exotic journey with Ragini Singhal, AIS Gur 43, XI S.*



### Rare Fact

The Aztecs named chocolate as xocolatl.

## 5300 AD

**Region:** Ecuador

**Leading producers:** Mayo Chinchip

**Quintessence:** The extraction of chocolate from cocoa has been

documented first in the Olmec civilisation of Mesoamerica. The Mayans drank cocoa's juice bitter and cold during ceremonies. They exported it to the Aztecs in 1300 AD.



### Rare Fact

Cocoa contains theobromine which has properties to prevent heart diseases, cancer, diabetes etc.

## 16th century

**Region:** South America

**Leading producers:** The Spaniards

**Quintessence:** On his fourth voyage to America, Columbus and the Spanish colonialist, Hernán Cortés, looted a native canoe filled with cocoa beans. They took it to Spain, but the cocoa beans did not gain prominence there until the 1500s when it was used for medical purposes like curing stomach aches, asthma, bronchitis and digestion problems.



### Rare Fact

The first American chocolate house opened in the year 1628 in Boston.

## 17th century

**Region:** America

**Leading producers:** Switzerland

**Quintessence:** In 1641, chocolate was brought to America on a Spanish ship. The value of the much sought after delicacy became quite evident when it began to be used as a mode of payment to soldiers during the revolutionary wars and was even distributed to the military as ration.

# Charm au chocolat



## 18th century

**Region:** Europe

**Leading producers:** English, Dutch, Spanish, and French

**Quintessence:** The development of the first water-powered machinery to grind cocoa, and the founding of the chocolate company,



Fry's, steered the production of cocoa into the industrial era in 1726. Soon followed the invention of Dutch chocolate which mixed alkaline salt and milk to the chocolate to reduce its bitterness.

## 19th century - present

**Region:** Britain and America

**Leading producers:** Swiss and Britishers

**Quintessence:** In 1850, cocoa powder was created by the Swiss chocolatier Daniel Peters and in 1875, labels like Nestle, Cadbury, and Hershey created the present forms of chocolate. Mars Wrigley Confectionery is the biggest distributor of chocolate, creating a 22 billion USD empire from it. Cadbury Dairy Milk is the most sold chocolate product.

### Rare Fact

It took Daniel Peters eight years to figure out the recipe for chocolate milk

### Rare Fact

Swedish scientist Carl von Linné identified three types of cocoa called - Criollo, Forastero, and Trinitario.



# Mission to Porum

## Storywala



**Aadvik Bhargava**  
AGS Gur, Alumnus

Mary had been on Porum (2578-B) for approximately three weeks (Earth time) to write about its delights on Delay-Ounce (the future version of Instagram), but all she had found were the typical sights you'd expect from any planet. She was seeking for volcanoes that would look fabulous in selfies. After all, that's how she'd gain some more followers.

Mary decided to take things into her own hands and go off-route to see the more unstable regions of the planet...

...and that is the story of how Mary ended up getting stuck in a ravine, regretting going off the set trail. On the bright side, however, she did end up finding pretty rocks for selfies! Several hours later, Mary noticed something that caused her to think to herself, "Something's not quite right here." The planet's general terrain appeared to be completely covered in

in dauntigly dark dunes and maroon mounds. But within the ravines, everything was much, much brighter—the walls of rock were hot pink with green ore sticking out in every other bit of the ravine. Mary saw this as an excellent opportunity to obtain new information and share it with her 647,829 followers. She chose to pick out one of the green ore to get a closer scrutiny. A gigantic cave appeared within the ravine's walls, and a humanoid form emerged out of the cave.

The planet's general terrain appeared to be completely covered in dauntigly dark dunes and maroon mounds.

"I understand that you have questions but in order to keep this brief, I will only be giving you those details of the utmost importance," the being began. "Certain regions of the planet, like this one, are special, almost conscious. It is hostile towards all that are not native to it. Should a foreigner arrive, the planet... 'absorbs' them." Mary wondered aloud, "So, what should I do?" "I would recommend, 'Follow the path behind me, deeper into this cavern,'" the being stated. At that moment, the ravine began to rumble. The green ore began to shoot out towards Mary as she began to run. With multiple bruises, Mary returned to the planet's surface. "That was terrifying!" "She sighed deeply." "I am totally gaining another hundred thousand followers with a post about this!" quipped Mary then returned home, scrolling through DelayOunce. **GT**

## WORDS VERSE

# The dance

**Tanisha Karmakar, AIS Noida, Alumna**

We swayed and tottered together gently  
One of my arms wrapped around his  
And the other one across his shoulder  
His shaking steps in hospital slippers  
Weak power but deliberate direction  
Leading this dance in incapacitation

The hospital had its own faint aroma  
Blend of antiseptics, room freshener  
And so much sickness surrounding all  
Just like every other hospital we know  
The air so cold and terribly impersonal  
Yet we filled it with compassion and care

We heard the deafening rush of shoes  
Up and down and then right and left  
The beeps of the machines monitoring  
Cries and yells that kept calling for life  
Maybe somebody's time had come to go  
Or maybe they'll hold on a little more

Besides myself, I could hear a soft hum  
It was him singing a few lovely words  
All the tension and pain melted away  
As we danced as softly as we could  
I glanced at his skin, wrinkly, worn  
His greyish white hair in monotone

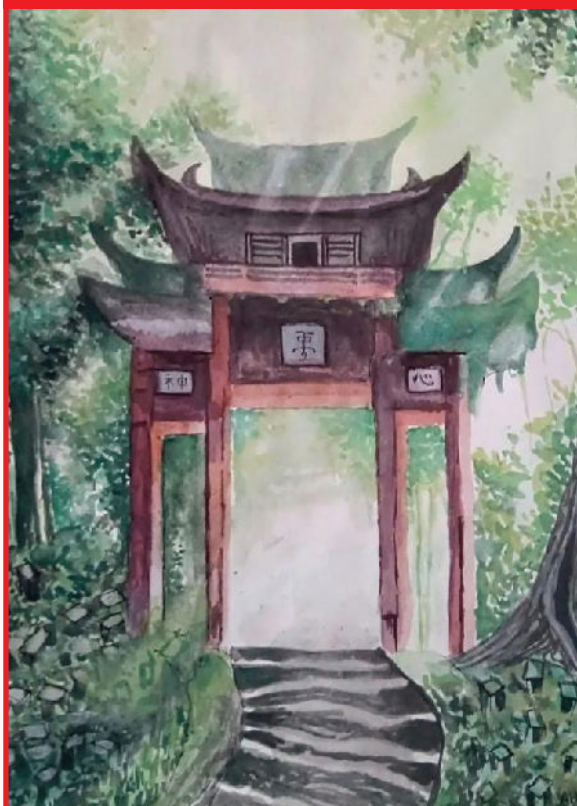
His shoulders frail, stature smaller  
Than the last time I had seen him  
I could do nothing but breath him in  
Through the sanitized hospital scent  
I somehow could still smell my dad  
The ultimate hero of my every story

In that moment I was taken back  
Back to the time of my earlier age  
When he would dance me around  
As I stood on his feet, palm in his  
But just like this dance, time moves  
It refuses to cease to flow for anyone

The dance now lives in my memory  
Becoming a moment of remembrance  
A moment that once was infinitesimal  
Fades away in the time bracket of life  
Yet the memory of life will never alter  
The essence that will always be my father  
(Tanisha is currently pursuing Fashion Design and Fashion Communication from NIFT, Delhi.)



## BRUSH 'n' EASEL



**Abhay Sharma, AIS Vasundhara 1, XI D**

## Read Play and Win 59

Reading your favourite GT can fetch you a prize too. Complete all the boxes below. Click a picture and send it to [editor@theglobaltimes.in](mailto:editor@theglobaltimes.in) or submit your responses by visiting The Global Times website (<http://theglobaltimes.in/readplaywin/>). Three lucky winners will win a prize every week!



**Q.1** The Aztecs used to call chocolate \_\_\_\_\_

**Q.2** What is the name of the author of the article 'Mental metamorphosis'?

**Q.3** The album Walls was released in \_\_\_\_\_

**Q.4** What is Chinmay's favourite cartoon mentioned in 'It's Me'?

**Q.5** What percentage of virgin wool is used to make a military blanket?

**Q.6** Who was the inventor of television?

**Q.7** The book review 'Harry Potter and the Chamber of Secrets' is on page \_\_\_\_\_

**Q.8** How many followers does Mary have in the story 'Mission to Porum'?

**Q.9** What is the tagline of the page 1 'Top Story'?

Name: ..... Class: ..... School: .....

Results of Read Play & Win-58: **Avika Wadehra Sharma**, AIS PV, IX A; **Yaadvi Sinha**, AIS Vasundhara 1, VI D; **Jyoti Mahto**, AIS Saket, VII D

# A rusty discovery



## Short story

Rajbir Singh, AIS Gur 43, XII S

In the Kingdom of Sunterland, there once lived King Bryan. He was a great king who dispensed justice, patronised artists, and did everything a great king would do. On the other hand, was King Shedar, the King of Berstandel. He was the stark opposite of King Bryan; with his heart as cold as winter snow, cruelty ran in his veins! If one was found guilty under his rule, the only sentence they would get is execution. He also patronised artists, but in a much harsh manner. One's failure to impress him would result in permanent expulsion from Berstandel. King Bryan and King Shedar were age-old enemies and a depletion of minerals in Sunterland amplified their rivalry.

Bronze, one of the strongest known metals on Earth, was produced in substantial quantities in Berstandel. But in Sunterland, metals like copper and tin were so sparsely present, that they could not manufacture enough bronze to yield sufficient large weapons or suitable accessories for human utility. One day, an artist at the court of King Shedar got irked by the King because despite being the best lyre player of the two kingdoms, he was rejected and ridiculed. He went to Sunterland, his native kingdom, and narrated his ordeal to King Bryan. It fueled the already simmering fire of conflict. A war began, and went on for nineteen days. The casualties faced by the warriors of Sunterland were massive, whilst those of Berstandel were trivial.

A war began, and went on for nineteen days. The casualties faced by the warriors of Sunterland were massive, whilst those of Berstandel were trivial.

Feeling **dithery**, King Bryan went searching at remote locations by the outskirt of his kingdom, to acquire sufficient minerals and chanced upon a sight replete with a strange dark metal. He soon ordered the sight to be excavated and upon presenting a considerable amount of it to the scholars at his court, it was identified to be iron, rarely found at that time, and was proven to be stronger than bronze. King Bryan immediately asked for swords to be forged from it. Once a sword stood forged, King Bryan tested its durability by striking it with a hammer. The test paid off as not even a dent was formed on the sword. This new metal was confirmed to be stronger than any material known so far, let alone bronze.

As new armours and weapons were produced using iron, the kingdom of Sunterland grew stronger. Soon, the war ended, King Bryan was victorious and King Shedar was banished. The condition of Berstandel and its citizens improved with the merging of the two empires into a new peaceful one. 🇮🇳

So, what did you learn today?

A new word: **Dithery**

Meaning: To feel indecisive about a course of action.

## POEM



## The butterfly

Twisha Pandey, AIS Saket, VIII E

Looks like a painting has come to life  
With colours pink, yellow and white  
Catching attention, it flits with glee  
Making all sadness on our faces flee

Seems like the dream of a little girl  
To glow, just like a precious pearl  
A young man sitting on the street  
With no wages and nothing to eat

He saw the butterfly and got up  
It gave him hope, cheered him on  
The butterfly simply played around  
With no hurry and nothing to worry

A little girl who sat by the window  
Was very sad, looked at her shadow  
She had lost her very dear friend  
And their friendship had to end

She took a glance at the butterfly  
As it flew and danced by her side  
Her face lit up with hope and joy  
She went out of the house to enjoy

Just like a butterfly enjoys its life  
With its tiny wings, a fleeting grace  
Reminds us beauty fills each space  
And every sorrow finds release.

## It's Me

### KNOW ME

My name: Chinmay Sharma

My Class: UKG

My school: AIS VYC Lko

My birthday: January 29

### MY FAVOURITES

Teacher: Aarju Rastogi and Mini Handa ma'am

Subject: English

Friend: Man Srivastava

Game: Musical chair

Cartoon: Bluey

Food: Aloo poori

Mall: Phoenix Mall

Book: Peppa Pig

### MY DREAMS AND GOALS

Hobby: Watching cartoon

I like: Playing outdoor games

I dislike: Doing homework

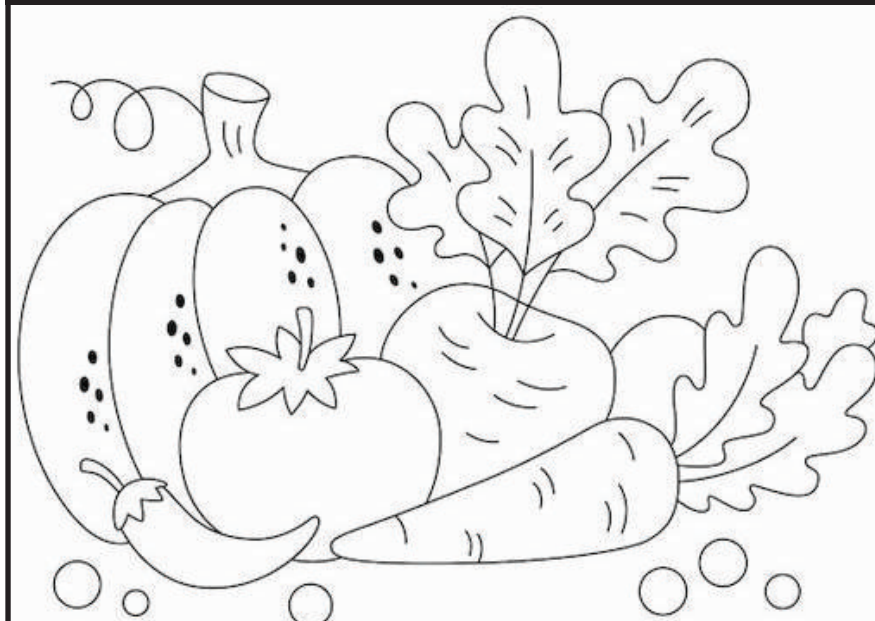
My role model: My father

I want to become: A scientist

I want to feature in GT because: I wish to share my values, decisions, and actions with my schoolmates.



## COLOURING FUN



Click a high resolution picture (1 MB or more) of the entry and mail the same to: [editor@theglobaltimes.in](mailto:editor@theglobaltimes.in). The best entries will be published in GT.

*Writing is an art and there's no better platform to exercise it than your own beloved GT! To unleash the writer in you, GT brings you a new topic every time and asks for your views on the same. Here are some intriguing responses from the young writers at Amity for the prompt...*

*In a tug of war between the developing nations and the developed nations on the topic of 'Climate Financing', who should be the ultimate cost bearer?*

The prompt

**BOX**

"Climate change is mostly caused by large corporations with little regard to anything but profit. Even the terminology of 'carbon footprint' was popularised by the British Petroleum company so that the responsibility of preventing climate-related disasters could be passed on to the public. Hence, these conglomerates should bring about positive change through climate funding."

**Kamakshi Khandelwal, AIS Gur 43, XI D**

"Developing nations argue that they have contributed lesser to greenhouse gas emissions but suffer disproportionately from its effects. However, emerging countries must also contribute as their economies are growing rapidly. While all nations should participate in climate finance, wealthier nations should shoulder a larger share due to their greater historical responsibility and financial capacity."

**Ojas Pathak, AIS Raipur, X A**

"Developed nations have proven their commitment through international accords such as the Paris Agreement. So, developing countries should now also share the bill. It is recommended to use a combination of approaches, including the Green Climate Fund, proportionate payments depending on a country's emissions and creative finance options."

**Yoshita Chug, AIS Vas 1, X A**

"The responsibility should predominantly rest on the developed nations because they have better financial capability. However, it is crucial that these efforts should not be made only by developed countries. Working together as global citizens, where every individual and nation contributes to the cause equitably, would increase the possibility of achieving the target."

**Ananya Tiwari, AIS Vas 6, X A**

"As a result of rapid industrialization, both developed and developing countries have contributed significantly to greenhouse gas emissions. Hence, both must come together to lower the emission rate of carbon dioxide into the atmosphere. We ought to address these mistakes together so that we can be effective in finding solutions globally."

**Ananya Agrawal, AIS Jagdishpur, X B**

"Due to their larger populations, developing nations are more susceptible to contributing to climate change, so developed countries should support these nations to ensure global sustainability. Also, developed nations have relatively more natural resources which can enable them to provide greater financial support for developing countries. This will ensure fair responsibility and help face global climate challenges."

**Mohd Ali Jamee Khan, AIS VYC Lko, IX B**

"The issue of climate financing is complex with valid arguments on both sides. Developed nations have been the largest contributors to greenhouse gas emissions and have benefitted economically from carbon-intensive industries. This suggests they should bear a greater financial burden in addressing climate change. However, developing nations are now significant emitters and will be crucial in future mitigation efforts. A balanced approach involves shared responsibility, with developed nations providing substantial financial support to developing countries."

**Anvi Adita Mohanty, AIS Noida, XI C**

"Developing nations emphasise that developed nations have contributed to climate change. Developed nations flaunt their various financing endeavours for the cause and argue for complete transparency in such matters. This implies that there are two sides to every story. The only question we are left to contend with is how long until it is too late for climate action?"

**Shambhavi Sharma, AIS PV, XI D**

"The US alone is responsible for 25% of cumulative CO<sub>2</sub> emissions since 1751. Also, developed nations, with a GDP per capita of around 45,000 USD in 2020, have deeper pockets compared to the 5,000 USD in low and middle-income countries. However, climate change knows no borders. The entire international community has to shoulder this responsibility."

**Sanvi Bisla, AIS Gur 46, X J**

"Developed nations must show leadership on climate funding that will help developing countries address and adapt to the impacts of global warming. At the same time, a special emphasis should be placed upon contributions by lower income states according to their capacity."

**Aarav Deshwal, AIMC, XII B**

"USA, China, Russia, India, and Japan generate metric tons of carbon footprint and have failed to keep their promise of a hundred-billion-dollar compensation annually as per the goal of climate conventions 2010. Unfortunately, there is still no clarity as to who are the major stakeholders, whether developing countries should be included or the money to maintain sustainability should be obtained from public entities."

**Akshita Rosalia Gregory, AIS Navi Mumbai, VIII B**

"Although developed countries produce more waste and greenhouse emissions compared to developing nations, both are contributing to climate change. Thus, both should also contribute towards climate financing. However, their share can be calculated in proportion to their GNI (Gross National Income), and in accordance with the global energy being consumed by them."

**Anika Sengar, AIS VKC Lko, IX B**

"Climate change is no longer a far-off problem, we are the first generation and the last generation that can do something about it. The question is - who should bear the cost of financing such issues? Developed countries, which have more resources and which are also the most responsible for causing climate change, should shoulder more of the burden."

**Keerat Sandhu, AIS Mohali, XI A**

# For healthy life

## Amitians Learn All About Holistic Wellness



Students at AIS Gur 46 practice meditation



Dental camp at AIS Noida

### AIS Gurugram 46

School celebrated Swasti - The Wellness Week to promote holistic well-being among students from April 29-May 5, 2024. It featured an array of activities aimed at fostering physical, mental, and emotional wellness. Every day of the week was dedicated to a health programme. Mindful Monday had sessions on meditation and self-awareness practices. Transformative Tuesday fostered a culture of support, empathy, compassion, and connection. Wellness Wednesday focussed on promoting posi-

tive affirmations, gratitude practices, and language ethics. Thoughtful Thursday aimed at nurturing mindfulness and emotional regulation to enhance interpersonal relationships. Fitness Friday had students participate in yoga, aerobics, dance, and zumba sessions. All these days were also marked with special assemblies, and activities like poster making, *nukkad natak*, reflective stories, gratitude note writing etc. 🇮🇳

### AIS Noida

A dental awareness camp and program was organised for the pri-

mary wing from July 22-23, 2024. A team of qualified dentists conducted thorough dental check-ups for the children, providing personalised feedback and recommendations. They also shared with them importance of dental care and role of good diet in managing overall health and well being. Insights about brushing and flossing techniques were also shared by the dental experts. The session witnessed young children sing rhymes based on dental health and proper brushing techniques. The initiative enhanced awareness about oral hygiene and good dental habits among students. 🇮🇳

## Laughter challenge

### AIS Saket

An inter-house Hindi Hasya Kavita competition was organised for Class II-IV giving young students a platform to showcase their creativity, humour, and oratory skills in Hindi language on July 12, 2024.

Each house had six participants, two from every class. The enthusiastic and confident, humorous poem presentation by young poets, captivated the audience with their witty expressions, clever wordplay, and animated gestures. The participants were evaluated on their fluency, humour, recitation skill, stage presentation and costumes. Alaknanda house emerged as winner with Mandakini house bagging the second prize, and Pawani house receiving the third prize.



A recital of laughter



Young poetess on stage



Math genius Vedanshi

## Golden win

### AIS Vasundhara 6

Vedanshi Teotia of Class-V has been awarded the prestigious Gold award at the Singapore Math Olympiad (SASMO) for her impressive country rank 7 and global rank 333. Only the top 8% participants are awarded the gold award. Created in 2006, SASMO is one of largest math Olympiad in Asia, aimed at instilling love for math in students. Every year this unique Olympiad witnesses enthusiastic participation from schools across Asia. 🇮🇳



An expert shares insights on POCSO with parents

## Staying safe

### AIS Pushp Vihar

A workshop for Protection of Children from Sexual Offences Act (POCSO) was organised on April 27, 2024, in association with the South District Legal Services and Directorate of Education. Madhu Jain, district judge, graced the occasion as chief guest while Jyoti Maheshwari, DLSA secretary (POCSO Act), Komal DCPU, POCSO cases and child rights, Preeti, Delhi Police Inspector, Cyber security and Dr Ashok Tyagi, Department of Education, were the

speakers for the event. They highlighted the important role of an educator in spreading awareness about POCSO Act and explained the role of schools and shared guidelines for school police verification of the staff. They also shared insights on cyber bullying and emphasised on learning self defence, implementing an online POCSO e-box where children can file complaints anonymously and role of doctors and counselors, etc. Children were informed about the toll-free child helpline number, 1098 and a short film 'Komal' was screened for them.

## Know Japan



Students at Hello Japan programme

### AIS Vasundhara 6

Forty students from Class VI participated in Hello Japan programme held at Embassy of Japan on July 9, 2024. During the three-hour session, students participated in several activities that provided them with an overview of Japan's rich cultural heritage, landmarks, traditions, and modern influences. The interactive event included wearing Yukata (traditional Japanese attire),

getting familiar with Japanese fashion and etiquettes. In the origami (paper folding) and the Tanabata festival, students wrote their wishes on colourful strips of papers (Tanzaku) and hung them on a bamboo tree. Also Shado - the Japanese calligraphy enriched their understanding of Japanese culture. The day concluded with all the students singing Japanese song Shiawase Nara (If you are happy) as a tribute to Indo Japanese ties. 🇮🇳

# The quick fix

Chित्रलेखा A Borah, XII B &  
Anika Khosla, Alumna  
AIS Vasundhara 6

Crocin. It's a wonder how one word consisting of only six letters becomes the lifeboat everyone desperately hangs onto when lost in a sea of pain or discomfort. When the going gets tough or even if it doesn't, we all, irrespective of the age group we fall into, go looking for the high altar of crocin to fall upon and pray, don't we now?

For leaning over our books till 3 am and burning the midnight oil like the green lo-fi girl is surely not the path to the Instagram-worthy photogenic skin we all dream of. To remove the pigmentation under our eyes, a crocin facial has entered the market. Dermatologists may not love it like they love Ponds, but Indians do.

In winter, when we leave our warm nest of blankets, many of us find ourselves sneezing and coughing. Lo, behold! Here

comes crocin - the first response to even the slightest of inconveniences. It won't keep you from falling asleep over your maths textbook, but it'll surely relieve the inevitable crick in your neck. Assemblies are never complete without the scorching heat, long-winded speeches, and of course, the familiar thud of a fainting



## It's Time We Acknowledge Crocin For Being The Knight In Shining Armour

student. Fear not, for the all-new crocin juice is here. Hydrating and refreshing, it'll have even the most faint-hearted ready to sit through gruelling hours of history lessons.

Studying is hard, but relaxing is harder. When the intake of information becomes too much, we all turn to the comfort of nature. Taking care of the little saplings is a guaranteed stress reliever. What better way to nurture the herbs than with crocin infused manure? Crocin may not mend our seasonal bouts of cough, but it never fails to serve mother nature.

Still stressed? How does a long drive sound? The passing scenery, the wind in your hair, and the rejuvenating sound of your car skidding against the divider. Great!

Your dad's going to be thrilled. Relax, just reach for crocin's new range of automobile products. A quick spray will have your car actively back on its wheels in no time.

Remember your first visit to the

dentist without your mom? The one which made you long to be ten again? Oh, of course, you do. All because of that incorrigible sweet tooth. Clutching the small tooth-like battle prize in one hand and a small pink bottle of crocin in the other, that may have been the very first time you were acquainted with the wonders of crocin.

A rite of passage into adulthood; being invited to your friend's housewarming party. Ugh! If only you could figure out a good gift. Oh, what's that? A crocin gift pack? Perfect! Nostalgic, practical, and comforting, what more could one ask for?

Alright, alright. Let's get back to work. The day has finally come. Your first presentation! Your boss looks at you expectantly as you wipe down your clammy hands. Oh, no! Is that the beginning of a sore throat you feel? Fret not, crocin's new challenger to vicks is here. *Crocin ki goli lo, anxiety door karo!*

In summation, crocin is the main character among all other aids, the knight in shining armour, the altar we all pray at!

## Album Review

### Beyond the blooming playlist

**Album:** Walls

**Artist:** Louis Tomlinson

**Released on:** January 31, 2020

**Genre:** Indie Rock, Britpop

**Synopsis:** The British singer Louis Tomlinson's debut solo album, Walls, produced by Syco Music and Arista Records, expresses his concerns and frailties, especially the song 'Two of Us', which reflects on darkness kept at bay by the certainty of his mother blessing him from another realm. The entire record is a tribute to picking up your heart and maturing. The sudden passing of his sister after the release made it more impactful. The music of the album is extremely diverse, ranging from rock songs like 'Kill My Mind' to softer songs like 'Too Young' and 'Fearless'. Not to

mention, emotional songs like 'Always You' and 'Walls' give the album a well-rounded structure. Despite the variety, it is well balanced and meaningful. It discusses the challenges of life and relationships and how they make you stronger in the long run.

**Why is it worth listening:** The singer displays his most sincere insight over the years; the importance of having patience and understanding the lesson of growth. The album is a breath of fresh air for the listener in a time when everything tends to sound similar. The record is outstandingly lyrical, with bursts of well-defined acoustics. Overall, Walls is a fantastic debut album that is worth checking out.

**Favourite Song:** 'Don't Let It Break Your Heart' is my favourite as the song portrays resili-



ience and the idea that one should take out the time to heal. With words like "Oh, whatever tears you apart, don't let it break your heart," the song is like a balm to an aching heart.

**Rating:** 5/5

**Review by:** Kashika Pasricha  
AIS Gur 46, Alumna

## GT Travels to Uttar Pradesh



**Tripti Rajoriya, AIS Gwalior, VI C, poses with her copy of The Global Times in front of Ram Temple in Ayodhya. Epitomizing the Nagara style of Hindu architecture, this three story marvel, spans across 380x250x161 feet, boasting 392 pillars and 44 doors.**

Got some clicks with GT while on the go? Get them featured!  
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