

Standards of wellness

Illustration: Advit Parashar
AIS Vas 6, XI E

Unleashing The Truth Behind The Unleashed

Avni Lalchandani

AIS Vasundhara 6, X A

Imagine sipping on a bottle of jet-black water, marketed as a miraculous elixir for detoxification and hydration. Or perhaps you've tried the ketogenic diet, a high-fat, low-carb regime that promises rapid weight loss. These are just a few examples of the countless wellness trends that have exploded in recent years. Wellness, which began as a focus on self-care, self-confidence, and prioritising personal needs, has evolved into a complex and often expensive pursuit of well-being. But as these trends continue to gain traction, a critical question arises: do they genuinely promote health, or are they merely products of a commercialised wellness culture?

The wellness bloom... ...a market at its peak

The global health and wellness market is thriving and is projected to expand at an annual growth rate (CAGR) of 6.9% over the next decade. Even after the pandemic's economic blow, the wellness industry rebounded swiftly, with market size climbing from \$4.5 trillion in 2019 to \$5.6 trillion in 2022. This phenomenal growth is driven by

three sectors: beauty, mental health, and nutrition. These areas have sparked the rise of sleep trackers, mood trackers, water intake trackers, and fitness gadgets galore. Meditation and mindfulness, once niche markets, contributed \$4.3 billion in sales alone. Similarly, the nutrition sector has gone beyond traditional dietary advice, offering innovations such as plant-based meat alternatives and personalised supplements tailored to individual needs. The beauty industry, too, has surged, boasting sales of \$1089 billion in 2022. While these advancements offer numerous opportunities to enhance health, they often lead people to err on the side of self-indulgence rather than self-care.

The evolution of self-care... ...from necessity to luxury

Once synonymous with simple acts like taking a day off or getting enough sleep, self-care has morphed into a luxurious, often indulgent pursuit. The commodification of

self-care has created an entire industry focused on selling products that promise enhanced well-being. Yet, the core principles of wellness, exercise, meditation, and healthy eating remain unchanged. The wellness industry's market size is expected to reach a staggering \$8.90 trillion in 2030, and this expansion is driven by the idea that self-care in itself is a lifestyle. The industry thrives on the principle that spending money on specific products guarantees certain results, but this is rarely the case. In reality, these widely endorsed organic products and popularised healthcare regimes tend to be a mirage, enticing yet elusive.

The dark side of wellness... ...a world of deception

Beneath the polished surface of the wellness industry lies a darker reality. Social media

influencers often curate picture-perfect routines that set unrealistic and unhealthy expectations for their followers. This isn't just about vanity, it's about the lack of regulation and transparency in the wellness sector, especially in nutrition. A glaring example is the documentary 'Bad Influencer', which exposed wellness entrepreneur Belle Gibson. Belle Gibson falsely claimed to have cured her terminal brain cancer through clean eating, amassing a large following of people with similar illnesses. She capitalised on her deception by launching a 'Whole pantry' healthy eating app, only to be exposed as a fraud two years later. The lesson here is clear: in a vast industry like wellness, some influencers and entrepreneurs prioritise profit over people's well-being. A 'cure' that you can buy doesn't always address the root problem.

continued on page 4...

Page editor: Avni Lalchandani, AIS Vasundhara 6, X A

THE GT POLL

What do you think can be done to conserve the declining bird population of India?

- Preventing electrocution
- Halting carcass poisoning
- Restoring habitat

To vote, check out our Instagram page @the_global_times

Coming next
Happy Diwali

Making A Newspaper Contest
AIS Vas 6
2024-25

This special edition has been brought to you by Amity International School, AIS Vasundhara 6, 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 **first edition** of 'GT Making A Newspaper Contest 2024-25'.

What's inside

- To a greener future, P3
- Find my spot, P4
- A microscopic success, P5
- Wasted wilderness, P7
- A pleasant buzz, P8
- Movies beneath the stars, P10

POLL RESULT
for GT Edition October 14, 2024

Ola Electric two-wheeler faces backlash over consumer complaints. Which of the following can address the issue?

Improve quality	76%
Discontinue the vehicle	9%
Switch to petrol/CNG	15%

Results as on October 19, 2024

Scan the QR code for a call back!



AMITY UNIVERSITY

AMITY'S INTERNATIONAL PROGRAMME

INTERNATIONAL AFFAIRS DIVISION

Study Part Programme in India at Amity, Transfer to Top-Ranked Universities In USA, Canada, UK, Australia, New Zealand & More, To Earn Foreign Degree & Career Abroad



AMITY'S INTERNATIONAL PROGRAMME ADVANTAGE

- Foundational Growth in India
- Substantial Savings on Fees & Living Abroad
- Profiling, Scholarships & Documentation Support
- IELTS, Visa & Pre-Departure Assistance
- Safe Accommodation
- Part-Time Work While Studying
- Post-Study Work Visa
- Career Overseas: \$60k+ Starting Salary

OUR TOP-RANKED UNIVERSITY PARTNERS:



WITH DUAL DEGREE OPTION

Pathways in Management, Engg., Biotech., Psychology, Mass Comm., International Relations, Food Tech., Design & Other.

Also Offering Direct Admissions Abroad to Amity Students

For more info contact: G08, I-3 Block, Amity University, Sector 125, Noida (Delhi NCR), UP, India
Call: +91 9560411667 / 7042800853 • Email: iad@amity.edu • Visit: www.amity.edu/international

To a greener future

Healing The Planet One Plant At A Time With Rohit Mehra

Manya Aggarwal, XI A &
Raunak Gupta, XII E, AIS Vas 6

“Growing plants is an old belief but healing plants is something unique,” says the Green Man of India, Rohit Mehra, an IRS officer, author, blogger, and motivational speaker. He is a passionate environmentalist and pioneer of vertical gardens in India for which he also holds a world record, having used 17,000 plastic bottles to create the largest vertical garden in Ludhiana. In the last four years, he has planted nearly 7.5 lakh plants, 550 verticals gardens, and founded ‘Panch Tatva’, an organisation which focuses on healing of plants. He speaks to GT about his life and journey.

A life of purpose

I hail from a middleclass business family and have grown up in a joint family set up. My grooming and my nature were majorly impacted by that. UPSC was my father’s dream when I was in Class VII or VIII, but when I failed in Class XI, it was an eye-opener. I realised my touchstone was no one but myself. I put my heart into it and believed that of all the seats, one was definitely for me. Success in life is a mix of 90% hard work and 10% blessings. I grew up believing that purpose of life is a life of purpose. Every moment of life should be your best moment. We shouldn’t feel that we can be happy only when successful, as

INTERVIEW

success is a relative concept. We should base our happiness on things we enjoy, rather than the process of winning.

A life of Panch Tatva

All living organisms are made up of five elements which are also the core elements of our planet - air, water, fire, earth, and space. If there is any imbalance between these elements, it can cause a disaster and may inflict a disease on us. This imbalance can be controlled by planting trees and maintaining them. This ideology of the preservation of the five elements inside every living thing around us provoked the name ‘Panch Tatva’. We’ve created over 40 micro-jungles using the principles of Vrikshayurveda and Miyawaki. These principles suggest that we plant various sizes of plants like big trees, small trees, herbs, shrubs, and creepers. Together, these create an ecosystem that is maintained when we water the soil.

A life of action

I believe action is always better than reaction - an anthem we all should abide by. With Panch Tatva, we had a very different starting point, one that imprints the mind.

In 2016, as a father, I was struck with wonder when my son casually mentioned the severity of climatic conditions, especially the excessive pollution levels which had caused his school to shut. I did not let this slip into oblivion and decided to act. I started with small vertical gardens, plastic bottles etc., and then eventually we started training students towards the same. They were trained to make seed-balls, where seeds are rolled into small balls of cotton with little soil and nutrients. These are thrown in the soil randomly and grow into trees whenever they get the right conditions, which is just a little water and air.

A life of inspiration

I want to tell you all that we are made up of our habits. Develop good habits, keep good company, and find a purpose to live. You are the ones who can ensure a better future for the planet as that would also mean a better future for yourselves. Learn to give, as what you give, comes back to you. Go on quantifying your purpose, so it stays forever, and helps to lead a fulfilling life.



Green Man of India & IRS officer, Rohit Mehra

Pic: Aditya Tyagi, AIS Vasundhara 6, XI A



Book Review

The true bravehearts

Synopsis: In Nazi Germany, during World War II, young Liesel Meminger is sent to live with the Hubermans, a kind-hearted foster family in Molching. After her initial distrust and resistance, Liesel becomes attached to her foster father, Hans Hubermann, who patiently teaches her to read, and to her tough but loving foster mother, Rosa. Her foster parents hide a Jewish man, Max Vandenburg, in their basement and he becomes like a brother to Liesel, his stories offering her hope and companionship. Liesel also finds comfort in books, which she begins to steal from various places. When the town holds a book-burning to cele-

Book: The Book Thief
Author: Markus Zusak
Published in: 2005
Genre: Historical fiction, young adult

brate Hitler’s birthday, Liesel steals another book from the flames. Tragically, Max is eventually discovered and taken away, escalating the threat to the Hubermans. As Molching is bombed and the family faces devastating losses, the story reaches a chilling climax.

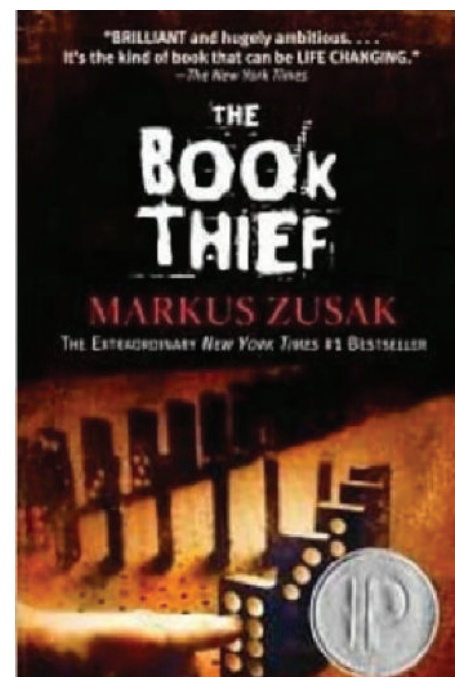
Why is it worth reading: The story is told from the perspective of a unique narrator - Death. It is a mov-

ing story about the impact of literature, the strength of human bonds, and the resilience of spirit during one of history’s darkest times. The end of the book delivers a profound and unsettling thrill, leaving readers to introspect about the impact of words amidst war. The book is crammed full of irony and humour, but it is also immensely sad. It’s a story that inspires and resonates with everyone on a deeply personal level.

Iconic quote: “Sometimes, you have to give up the life you planned to find the one that’s waiting for you.”

Rating: 4.5/5

Review by: Akshita Bansal
AIS Noida, IX L



WORDS VERSE

Scientific epiphany

Diya Jain
AIS MV, Alumna

Galaxies, stars, black holes
Coldness of the end poles
It is all about the science
Such a beautiful reliance
Who are the white dwarves
Part of a story; true or false
They do exist, but in the sky
Miles away from us high

What about Jupiter and Mars
Live hidden amongst the stars
Spot a constellation in the sky
Promise to must give it a try
Dare to leave the sky away
And come to the lab's way
Experiments and explosions

(Diya is currently pursuing BTech in Computer Science from Manipal University, Jaipur)

With chemicals and potions

Trust me it is really fun
Once everything is done
Science can make us cry
But it can also make us try
Do not forget the aliens
Who are the only villains
Who are cute and scary
Important for scientific fiery

Science can make us learn
How the stars and fire burn
And how to control our mind
When we have no way to find
Science is enemy and friend
It is a vital source of amend
Without a sense of end
Today's most advanced trend.

AdVision

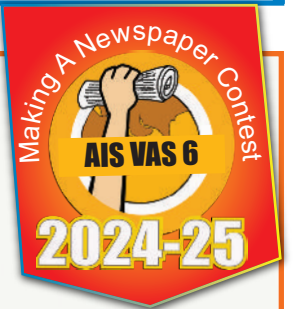
FIND SPOT
My

Graphic: Aashree Jha, AIS Vas 6, XII E
Text: Siya Makhija, AIS Vas 6, XII E

Stop circling. Start shopping
NO MORE CANCELLING WEEKEND PLANS FOR "NO PARKING".
FIND MY SPOT SCANS IN REAL TIME TO SHOW YOU AVAILABLE
PARKING SPACES IN YOUR FAVOURITE MALL. SCAN THE QR
CODE AT THE PARKING SLOT AND PARK HASSLE FREE
NOW AVAILABLE ON IOS AND ANDROID

- REAL TIME SPACE DETECTION POWERED BY SENSORS
- ENLISTING OVER 50 MALLS
- GPS TRACKING SYSTEMS ALLOWS USERS TO NAVIGATE TO THE NEAREST PARKING SPOT
- PREBOOK YOUR PARKING SLOTS

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



The standards of wellness



Continued from page 1

**Navigating wellness...
...a balanced approach**

At the end of the day, it's easy to be swayed by online trends and purchase a 48 USD face mask without questioning its ingredients or benefits. But true wellness requires a critical approach. A 2021 study by the Global Wellness Institute found that only 31% of consumers thoroughly research wellness products before purchasing, highlighting the need for more informed decisions. Ask your-

self, "Will this product genuinely improve my health?", "Will getting my nails done really alleviate my anxiety?" The reality is that wellness is highly individualised. What works for one person may not work for another. Intermittent fasting might be perfect for your favourite YouTuber but could be harmful for you. Research from the Mayo Clinic indicates that personalised health approaches like listening to your body, understanding its limits, and figuring out what works for you are crucial. Remember, taking a mudbath or drinking green juice for breakfast

won't necessarily resolve your health issues. The wellness industry has become a gamble with studies, showing that over 40% of wellness products lack substantial scientific backing. Consumers must tread carefully, critically assessing each trend before making decisions in the name of self-care.

While the wellness industry continues to evolve, consumers must remain vigilant. By approaching wellness with a discerning eye, one can navigate the industry's pitfalls and focus on what matters - your health, your terms. 🇮🇳

A microscopic success

From Invisible Threads To Iconic Luxury Of The Little LV

Shirali Bansal

AIS Vasundhara 6, X A

You humans have always wondered too much, always diminished your mind into thinking you're just a tiny grain of sand amid this vast universe. I, however, actually know what it means to be something so painfully menial – “smaller than a grain of sea salt” (though that may depend on how coarse you like your salt).

Now now, don't you make the mistake of thinking me invaluable, for I am anything but. I am an intricately and arduously created Louis Vuitton microscopic handbag. The good news? You cannot lose your keys in me. The bad news? You could lose me even in the slightest breeze.

Before you ask how I was brought to life, I'd like to reciprocate by asking you if any of you remember your birth. I have, however, overheard some humans speak about how I was just a stunt pulled off by the New York Collective MSCHF, calling out the luxury world for its excesses. The brand, previously having made headlines with its tongue in cheek projects like 'Satan Shoes' and 'Eat the Rich', was no stranger to controversial releases. Did you really think I was a real LV? Well, LV

never really gave permission for my designs, so I am not even an official collaboration. But who cares, when my price superseded even the originals!

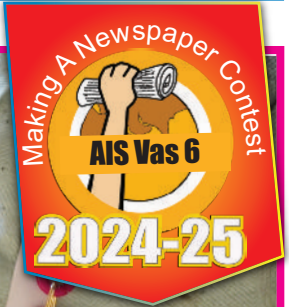
My design was inspired by some iconic OnTheGo Louis Vuitton tote bag, only in yellowish-green colour in order to enhance my visibility. I was made using a 'stereolithographic process' which in my opinion, sounds like something Iron Man would use in his suits. I think, from afar, I look like a radioactive poppy seed, but

a promotional photo shared by the Brooklyn-based art group, MSCHF (aka my creators), shows my intricate design in greater detail, revealing Louis Vuitton's signature 'LV' monogram.

The first memory I have is of blinding light threatening to burn my translucent handles that eventually faded into a gorgeous room with too many big handbags around me. They were giants, and I remember some human shouting, “We lost the other minis! This one is the only one left for the auction!” and a voice replied, “It doesn't matter. We'll just make it a 'brand signifier' and call it 'the final step in bag miniaturisation',” like I was just something to make fun of the 'mini' trend quite popular among social media. I felt inferior to the others, a joke that would never be taken seriously.

It was summer in Paris, and I think it was selfish and ungrateful to feel mocked then, for I had been fortuitously privileged with a house of gel and was kept in front of a microscope to be showed off to the world. Yet all I could think of was my worthlessness, for there was no one interested in me. Afterwards, I made my way into the Just Friends sale – an auction from Pharrell William's auction house, Joopiter. I remember thinking “Who would buy me for even 10 USD?” when the occasion was mentioned.

Then, on a single day, my whole world was turned as I soared to the sky, metaphorically obviously. Someone had finally seen my undeterred worth and had bought me, for freaking 63,750 USD! I was ecstatic; call me silly, or wise, but that day I realised how truly little appearance mattered. It has been a year since my amazing adventure, and every day I revel in pride that someday, some other bag might just be inspired by me to go and conquer the world, or atleast – Paris.



Pic: Aditya Tyagi, AIS Vasundhara 6, XI A
Model: Adeena Malik, AIS Vasundhara 6, IX A

Soulful universe

Album Review

Synopsis: Described as 'deeply personal' by BTS, this album is a symphonic ode to the seven-year chapter of their journey as music artists. Every song in the album has its own meaning, ranging from reflection and unity to introspection and individuality. It broadly underscores the message of optimism and teaches us the importance of 'self-love'. Meant to be an album that represents unquenchable thirst of an artist, it has bridged fine art and popular art through initiatives such as the global art project 'CONNECT, BTS' and the 'Black Swan' art film, featuring a modern dance interpretation of the early-release track.

Why is it worth listening: 'Map of the Soul: 7' provides the listeners with an

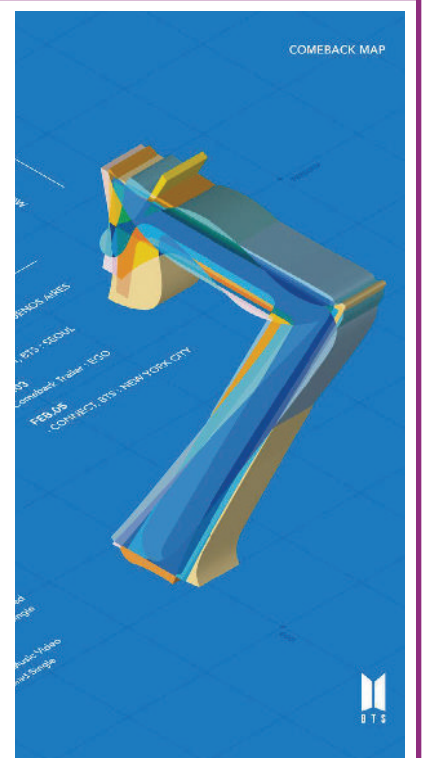
Album: Map of the Soul: 7
Artist: BTS
Released on: February 21, 2020
Genre: Pop, Hip-hop, Contemporary R&B

array of euphonic harmonies, catering to every taste such as electronics, pop, funk, synths, and even 80s rock element. Members of the band showcase their unique rhythmic styles through their solos in the album, combining it with Carl Jung's theory of psyche known as 'Map of the Soul' through the songs 'Persona', 'Shadow', and 'Ego'. The mellifluous tunes are meant to heal the listeners, especially artists and form

deep connection to their fans. The critically acclaimed album was supported by commercially thriving two pay-per-view streaming concerts 'Map of the Soul ON:E' which boasted an audience of 993,000 viewers from 191 countries. **Favourite song:** '00:00 (Zero o'clock)' is a comforting song which tells us that 00:00 is not only the end of a day but also the beginning of one. If the day didn't go well, we shouldn't dwell on it as there is a new beginning ahead when the clock strikes 00:00.

Rating: 5/5

Review by: Tannya Pasricha
AIS Gurugram 43, Alumna
(Tannya is currently pursuing Computer Science Engineering (Business Analytics) from VIT Chennai.)



Nurturing shooting stars



Dr Amita Chauhan
Chairperson

Shooting as a competitive sport made its Olympic debut in 1936, and has since become one of the most popular sports globally. India, too, has had its share of triumphs at the Games, with medal-winners like Abhinav Bindra, Rajyavardhan Singh Rathore, Jaspal Rana, Manu Bhaker and many more doing the country proud. Amity's journey to nurture this illustrious legacy of shooting championship began in 2000 at AIS Noida and gained momentum

in 2005 with the establishment of Amity Shooting Club at Amity University Noida. In 2008, AIS Vasundhara 6 joined the ranks, further strengthening our position as a hub for shooting excellence. AIS Noida and AIS Vas 6 both have 10 meter shooting ranges which are equipped with semi-automatic electric targets, while the University is equipped with an air-conditioned indoor range with electric target systems. These state-of-the-art facilities are supported by highly qualified, NIS-certified coaches who train students to compete in 10 meter pistol and rifle events.

Over the years, Amity's shooting teams have won numerous medals at international, national and zonal competitions. Some of our shooting stars are Suhani Chauhan, Arpit Goel, Mohit Singh, Sumedha Madan, Soham Wahi, Garima Chauhan, Yash Miglani, Pranoy Chakrabarty, Hridyansh Sharma, Nakul Veerwal and Arunima Gaur. Looking at these commendable results, I am convinced that our shooting club is well-positioned to produce future Olympic champions.

It's Time to Say! Hip, Hip, Hurray!

Aditya Verma, of Class IX, AIS Noida, clinched gold medal in U-59 Kg category of the Taekwondo Championship North Zone-1, while Aryan Singhal, of Class IX, AIS Vas 6, won bronze medal at the National Junior Thang-Ta Championship. 🏆🇮🇳

For humanity



Sumita Athley
Principal, AIS Vas 6

As the world order is fragmented geopolitically, the young generation is the most vulnerable. The escalating skirmishes that dominate today's headlines have far-reaching consequences on children's educational, emotional, and social well-being. Children in conflict zones suffer incessantly and it's time that the world leaders and educationists must come together to voice this concern. As

educators, the onus lies with us to raise

awareness regarding this predicament and enlighten decision makers and world leaders towards peace, education, and compassion. Not only as educators, but as global citizens, we need to advocate children's well-being and education, and provide psychosocial services. Above all, the world must foster an empathetic culture, where understanding and peace prevail.

Under our respected Chairperson ma'am's philanthropic guidance, we take pride in saying that our motto is 'Vasudhaiva Kutumbakam'. We nurture children and build futuristic global citizens, whose purpose is to lead the world towards a peaceful future. The Global Times is an evidence of Amity's commitment to offering unparalleled chances for success across a range of domains. The editorial board of AIS Vas 6 deserve praise and recognition as they have worked tirelessly to produce this captivating contest edition. 🇮🇳

Our doubtful 'if'

The Good, The Bad, And The Truth

Kanav Kumar, X E &
Manya Aggarwal, XI A
AIS Vasundhara 6

The small, two-letter word 'if' encapsulates our innate tendency to question and explore life's possibilities. It opens doors to endless possibilities but can also cast shadows of doubt. Is this habit of questioning always beneficial, or can it sometimes lead us astray? Like a harbour that can either shelter a ship or a rock that can sink it, the word 'if' wields significant power over our decisions and lives.

A catalyst for critical thinking

Imagine standing at crossroads, contemplating your next move. The word 'if' becomes your guide. A study by the University of Toronto emphasises the value of 'counterfactual thinking', a cognitive process where individuals consider 'what if' scenarios. This kind of thinking has been shown to enhance problem-solving abilities, enabling people to anticipate obstacles and devise more effective strategies. This isn't just theory, it's a practice used by some of the most resilient companies in the world. In the Harvard Business Review, research highlights how scenario planning, which revolves around exploring multiple 'if' scenarios, helps organisations stay steady even when markets become turbulent. By imagining what might go wrong,

these companies build strategies that ensure they don't just survive, they thrive.

When 'if' becomes a trap

'If' can also be a double-edged sword. Picture this: you're at that same crossroads, but instead of confidently choosing a path, you're frozen, overwhelmed by all the possibilities. This is what psychologists refer to as 'analysis paralysis', a state where overthinking hampers decision-making. A survey by the American Psychological Association

found that over 70% of people experience decision fatigue when confronted with too many choices or possibilities. And the effects don't stop there. Another study from the University of California, Berkeley, reveals that those who frequently second-guess their decisions are more likely to experience heightened anxiety and stress. The constant questioning of 'if' can create a cycle of doubt, regret, and dissatisfaction, ultimately diminishing one's overall well-being. The word that once promised endless possibilities now feels like an anchor, dragging us down into a sea of doubt. The ultimate disadvantage of thinking in terms of 'ifs' is that it can lead to self-doubt and make us vulnerable to seeing too many options at once.

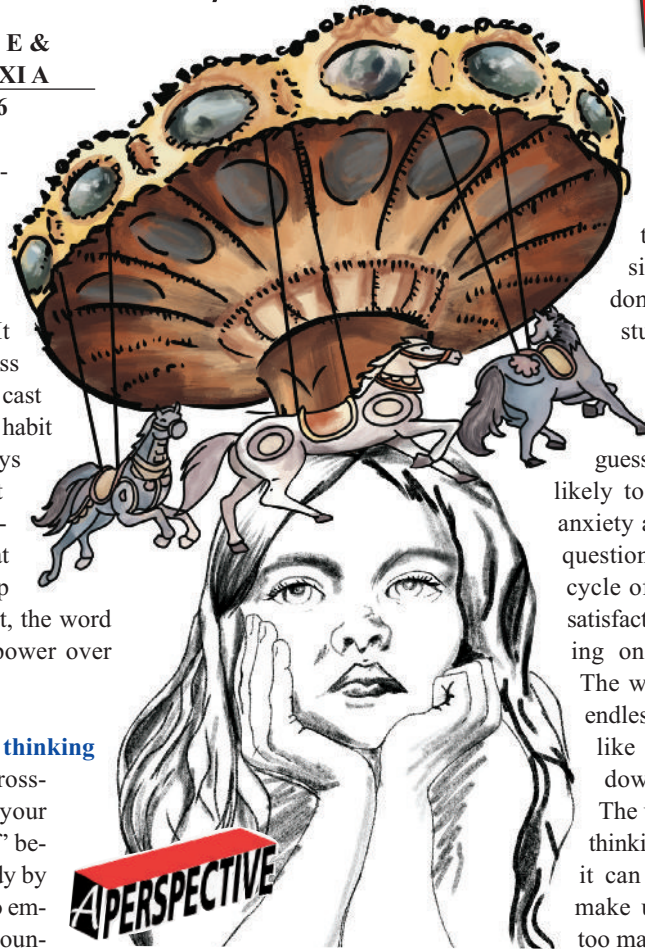


Illustration: Advit Parashar, AIS Vas 6, XI E



Inspiring minds

The GT Awards 2023-24 excitement has barely subsided, and we are already gearing up for the next set of newspapers in the contest edition series for 2024-25. These newspapers, crafted by our talented students, showcase their intellectual, literary, and artistic skills while highlighting their journalistic expertise. From brainstorming unique page ideas to skilfully penning ar-

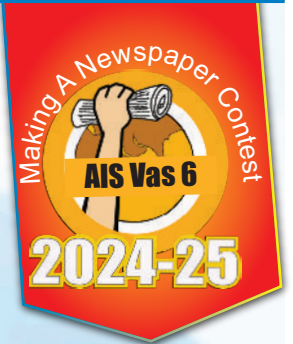
ticles, creating captivating illustrations, and editing everything to meet publication standards, a tremendous amount of time and effort goes into producing each CE. As a GT mentor for seven years, I believe The Global Times, an initiative by our respected Chairperson, offers stu-



Shweta Tomar
GT Coordinator

dents an unparalleled platform to embrace roles as writers, designers, photographers, and team leaders. Thanks to the invaluable guidance from the GT team, students gain insights that help them envision their future in today's competitive world. As we kick start the journey to this year's CEs and look forward to reading the magnificent editions, we hope that we meet the reader's expectations!

“It’s only one straw,” said 8 billion people. Anywhere, everywhere, all around us, garbage is a ‘gift’ from us, that Mother Nature never asked for. There is not a single place that isn’t plagued by it, however, some have it worse than others. Let’s uncover a few fascinating places that are appalling reminders of our heedless garbage disposal habits with **Pavani Bahal, X C & Sharanya Dobhal, XI E, AIS Vas 6.**



Graphic: Aashee Jha, AIS Vas 6, XII E

Wasted wilderness

World’s unique space graveyard

Place: Point Nemo
Location: South Pacific Ocean
Area: 22 million km²
Fact: Point Nemo is so far from land, the nearest humans are astronauts on board ISS, flying 400 km above the zone! It’s precisely this remoteness that makes it the world’s space graveyard. Spacefaring nations have been dumping their junk in the area since the 1970s, entailing 263 pieces of space debris that includes Russia’s Mir space station, and NASA’s first space station Skylab. The ISS, once it retires in 2030, will join the other space debris here.

World’s highest garbage dump

Place: Mount Everest
Location: Nepal
Area: 1243 km², 8850m high
Fact: At least 600 people attempt to summit the mountain every climbing season, leaving behind an average of 50 tonnes of waste. With climbers littering the slopes with tents, food, and human faeces, the fragile environment stands threatened. The government and NGOs are taking active measures with the popular deposit initiative where anyone visiting the peak needs to deposit 4000 USD, which is refundable if the person returns with 8 kg garbage.

World’s largest e-waste dump

Place: Agbogbloshie
Location: Ghana
Area: 1.1 km², 45m high
Fact: This one puts the spotlight on the darker side of the global tech industry and the massive waste it generates. It is a central economy centre of Ghana with deplorable working conditions. Receiving 237,000 tonnes of e-waste from Europe and North America, mostly on the pretext of ‘second-hand’ or ‘reusable’ electronics, Agbogbloshie has become the world’s largest e-waste dumping site, earning itself a spot in the top 10 most polluted places in the world.

World’s exploding fashion dump

Place: Atacama Desert
Location: Chile
Area: 105,000 km²
Fact: The area has been labelled as the ‘driest fashion factory’ as towering piles of discarded clothing spanning 741 acres, roughly the size of Central Park, litter the desert. Fashion giants like Zara, and H&M are among the common culprits. Each year, around 59,000 tonnes of second-hand clothing arrives at the Iquique port in Chile’s Alto Hospicio free zone. While some of it is sold, a staggering unsold 39,000 tonnes end up dumped in the Atacama Desert.

World’s largest ocean dumpsite

Place: The Great Pacific Garbage Patch
Location: North Pacific Ocean
Area: 1.6 million km² approx
Fact: This patch is generated by 79,000 tonnes of garbage, with litter dating back to the 1960s, and 100,000 tonnes of plastic floating in it. It comprises the Western Garbage Patch, located near Japan, and the Eastern Garbage Patch, located between Hawaii and California. This patch is very difficult to clean without disturbing the sea life. However, The Ocean Cleanup, a non-profit org, has removed 206,00 kg of plastic from it.



Diya Mishra, AIS Vas 6, XII B

A pleasant BUZZ

“A lright, honey, time to give some honey.” I murmured, carefully extracting honey from the comb. While most people collect coins, stamps, or shoes, my grandad, whom I call Gigi, collected flowers. This riot of colour inevitably drew butterflies, moths, and of course, honey bees.

That particular afternoon, I dozed off in the garden. When Gigi came to call me in for lunch, he stumbled upon an extraordinary sight - bees swarming around me. Instead of fear, it sparked my life-long fascination with bees. From that day, my playful connection with them began. By the time I was an adult, I knew I wanted to be a beekeeper. My parents were hesitant, but in the end, they chalked it up to the family’s penchant for eccentricity.

“Bumble, how much did you collect today?” Gigi asked, using his affectionate nickname for me. “500 grams!” I grinned. “Good progress, but it’s not enough,” he said in a serious tone. “Let’s get straight to the point. If you don’t

collect 50 lbs of honey by the end of the month, I’ll have to sell Buzz Inc to Winfrey Honey Ltd.”

My heart sank. “But, Gigi-” “No buts. We don’t have enough funds to keep supporting this hobby of yours. They’re offering good money, and if we don’t take it, we could face bankruptcy.”

It hit me like a brick. I’d been

treating beekeeping like a leisurely pursuit, unaware of the strain it was putting on Gigi and the family’s finances. Our once thriving business had suffered, and while I pursued a field I loved, I hadn’t noticed the toll it was taking.

I sat in the garden, overwhelmed with guilt, tears slipping down my

cheeks. Suddenly, I heard a soft voice, “We can help you.”

Startled, I looked around, but no one was there. Then I heard it again. “Bumble, it’s me.” I glanced at my shoulder and there sat a bee. “Am I losing it?” I whispered. “No, you’re not,” it replied. “We’re here to repay a favour. Remember when you saved our hive from being destroyed by that construction company? You moved us to a safer place in Gigi’s garden.

I sat in the garden, overwhelmed with guilt, tears slipping down my cheeks. Suddenly, I heard a soft voice, “We can help you.”

Now, it’s time for us to return the favour.” “But how?” I asked, incredulous. “How can you possibly help me collect 50 lbs of honey?” “Not just 50 lbs,” the bee said, “I’ll bring my cousins from nearby forests, and together we’ll create hundreds of honeycombs!” And so, as promised, the garden buzzed to life. Every tree was soon crowned with honeycombs, and by the end of the month, I presented Gigi with 10,000 lbs of honey. The sight of that much honey left him speechless. With the financial crisis averted, we rejected Winfrey’s offer, and Buzz Inc soared to new heights. Even though that first bee and its generation have since passed, their descendants continue to thrive in our garden.



Illustration: Saahya Pisipati & Medha Jain, AIS Vas 6, XII E

The oyster’s ballad

Siya Makhija, AIS Vas 6, XII E

And never seemed to be pale

There was once a white oyster
Who lived deep under the sea
Whose little story you’re about
To enthrallingly hear from me

But alas, comes an awful day
Disaster washed onto his way
For a teeny tiny grain of sand
Just came and ruined his day

The oyster enjoyed a jolly life
He lived all hearty and hale
Was never under the weather

The grain got under his skin
And refused to ever clear out
Try as he might, poor oyster

Couldn’t even scream or shout

He suffered inexplicable agony
Evoked sympathy from the sea
Suddenly, he thought of a plan
To improve the grain of sand

Then turn and lo and behold
In sparkles, what do we see?
The grain turned into a pearl
Beautiful and bright as can be

Like this tale of white oyster
There is also similarity in life
It is inevitable that we endure
Some suffering and some strife

Luckily, this does not mean
That there isn’t any remedy
All that you really have to do
Is have fervent faith in Thee

And so, I shall now conclude
But before parting I must say
At the end of the dark tunnel
There is always a bright ray.

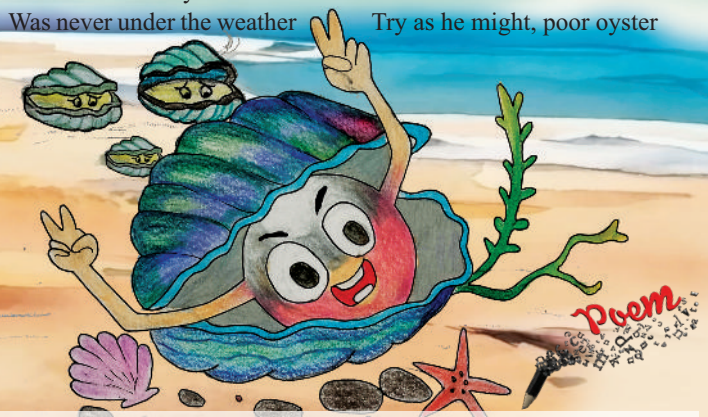


Illustration: Yashvini Jain, XI E & Raunak Gupta, XII E, AIS Vas 6

Read Play and Win 68

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 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 Who has been interviewed on page 3?	Q.2 Who wrote the poem ‘Scientific epiphany’?	Q.3 What is the tagline of top story on page 1?
Q.4 What is the genre of the album ‘Map of the Soul: 7’?	Q.5 _____ reached the summit of Tibet’s Shishapangma.	Q.6 ‘Like this tale of white oyster, there is also _____ in life.’
Q.7 The ‘Just for laughs’ article is a guide to throwing a _____.	Q.8 What is the headline of the educational poster on page 7?	Q.9 Who came up with the unique concept of ‘Sunset Cinema Club’?

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

Results of Read Play & Win-67: **Hansika Sharma**, AIS MV, VIII A; **Bhavya Kumari**, AIS PV, III D; **Udbhav Kumar**, AIS Saket, V B

Ticket to mayhem



The highly anticipated Coldplay concert, part of their *Music of the Spheres World Tour*, is set to take place at Mumbai's DY Patil Stadium in January 2025. Despite three scheduled shows on January 18, 19, and 21, with a total venue capacity of 1.5 lakh, over 1.3 crore fans logged in to BookMyShow for the sale. The rush overwhelmed the platform, resulting in tickets selling out within 30 minutes. Fans were left frustrated as they encountered glitches, virtual queues, and a limited supply of tickets, sparking concerns about scalping and ticket resale scams. **Maira Shadab, AIS Vas 6, XA** highlights a growing trend of ticket scalping in India.

What: Scalpers' paradise

The original ticket prices ranged from 2,000 INR to 35,000 INR. However, the resale market saw massive markups. For example, a 12,500 INR ticket was listed at 3.36 lakh INR - a 2,700% increase - while standing tickets priced at 6,450 INR were being resold for 50,000 INR. Lounge tickets, initially sold at 35,000 INR, were found on secondary platforms like Viagogo for 10 lakh INR, marking an almost 30-fold hike. Or in other words, ticket scalping at its best. Ticket scalping relies on the economics of limited supply and ex-

cess demand, and refers to the illegal flipping of ticket prices in order to financially exploit the buyers. Also known as ticket touting, it is the act of buying tickets in bulk for an event and then selling them at inflated prices. This creates an artificial shortage in the market and leads to disappointment for the genuine fans. In 2023 alone, the global secondary ticket market was valued at approximately 15 billion USD, proving that this illegal activity is growing at an exponential rate.

Where: Other affected events

The issue of ticket scalping isn't limited to Coldplay's concert. Similar scams have emerged around Diljit Dosanjh's Dil-Luminati tour in Delhi, where tickets were resold on Zomato for 14,000 INR - a massive increase from regular prices. Even the 2023 IPL season saw scalpers arrested by Chennai Police for selling 10,000 INR tickets at 50,000 INR. With India's massive fan base for music and sports, scalpers see significant opportunities to exploit ticket shortages and drive up resale prices. In the 2008 Beijing Olympics, scalpers used stolen identities to buy hundreds of tickets for resale, and today, India faces very similar challenges with the lack of strong anti-scalping laws.

Who: Impact on fans

Coldplay's concert tickets went on sale at noon on BookMyShow, and the overwhel-

ming demand caused technical disruptions almost immediately. Many users, including content creator Simone Khambatta, reported being pushed to the back of the virtual queue despite accessing the sale early. BookMyShow acknowledged the disruptions, citing 'suspicious and malicious traffic' as a cause, but assured that they resolved the issues within minutes. Despite these efforts, fans expressed frustration, feeling disadvantaged by the flawed system. The resale market was active just hours after the official sale, with tickets surfacing on platforms like Viagogo at exorbitant prices. Social media also saw individuals offering 'extra' tickets at inflated rates, creating risks of fake or invalid sales. This quick escalation from official sale to black market highlights how scalpers are capitalising on high-profile events in India.

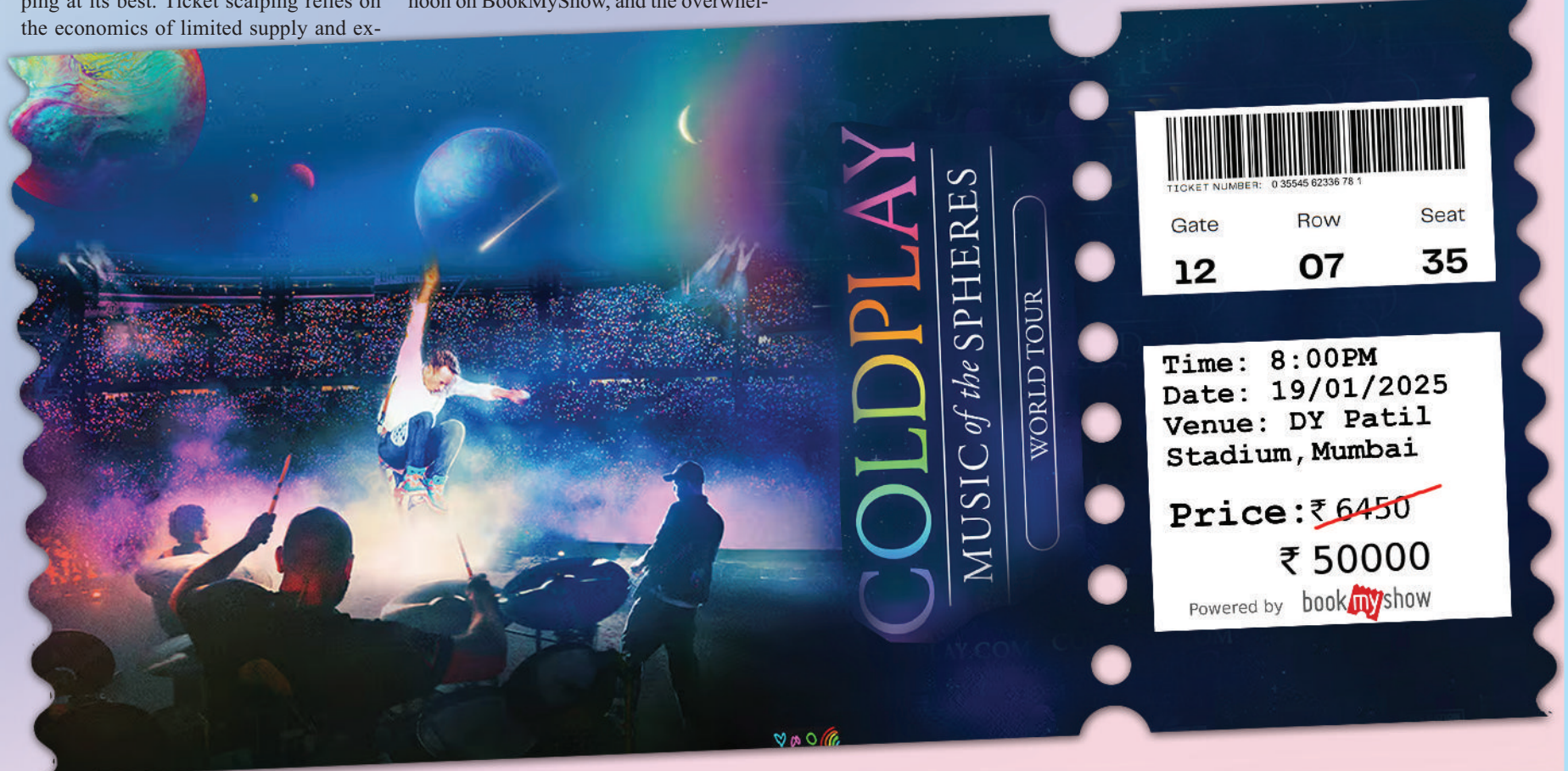
Why: Scalping and systemic loopholes

Scalping thrives on the economics of high demand and limited supply. Scalpers use automated bots to bulk-buy tickets from platforms like BookMyShow, bypassing virtual queues and human buyers. According to industry reports, bots can purchase tickets 1,000 times faster than human users, with estimates suggesting that up to 40% of online ticket purchases are made by these automated scripts. Scalpers then resell these tickets on secondary platforms

at significant markups, creating an artificial scarcity to drive prices higher.

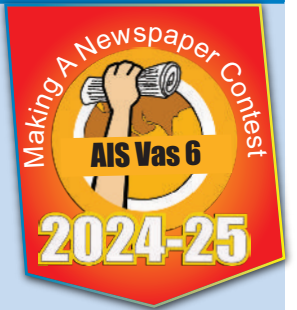
How: Solutions and lessons learned

Countries like the US and UK have implemented legal frameworks to combat scalping. The US introduced the Better Online Ticket Sales (BOTS) Act of 2016, which bans bots from buying event tickets and imposes penalties on violators. The UK limits resale prices to a maximum of 10% above the original value to protect consumers. However, India currently lacks similar legislation, making it difficult to curb this growing issue. BookMyShow has taken steps to improve its platform, but fans need to stay vigilant. To avoid scams, buyers should only purchase tickets directly from official sources. BookMyShow also advises against relying on resale platforms and warns that significant deviations from the original prices are red flags. Until stronger regulations are implemented, fans are urged to exercise caution and patience when booking tickets for high-demand events. With ticket scalping on the rise and events like Coldplay and IPL attracting massive crowds, the situation calls for tighter control over ticket sales to prevent exploitation and ensure that fans can enjoy their favourite performances without breaking the bank.

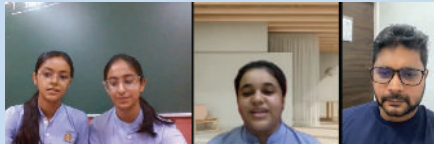


Movies beneath the stars

A Club That Redefines Movie Nights And Brings Cinema Closer To Nature



Arunima Singh, XI A, Charvee Sharma & Raghavi Sharma
 XI D, AIS Vasundhara 6



GT reporters interact with Sanchit

Entertaining ourselves in today's world has become simpler than ever. With a touch on our smartphones, we can instantly watch movies from any era or listen to songs from any artist. And yet, there are some things from our past that this digital revolution can't replace – the joy of watching films in an outdoor setting. To revive this cherished tradition, Sanchit Gupta came up with the unique concept of Sunset Cinema Club to create an unforgettable experience under the open sky. Let's find out more.

No fun like outdoors

Since its inception in 2017, the club has shown animated films, old classics, documentaries, short films, sporting events, and musicals as well, all accompanied with

food and beverages to provide a complete experience. "We wanted to bring cinema closer to nature and take it to venues which people don't normally access. This really breaks the monotony of going to a crowded mall," explains Sanchit Gupta, co-founder, Sunset Cinema Club. In fact, within a short span of time, the Club has been able to integrate itself with mainstream cinema-going experience and has also invited social media influencers. The venues are special too, ranging from public parks to luxury hotels and mall roofs.

Where audience is king

The key to the Club's success lies in the fact that the team has an insightful understanding of its audience. "There are three primary



Sunset Cinema Club in action

groups that we have been able to identify, couples who are in their 20s, a group of friends, and families with children aged 8-12," Sanchit reveals, "And we customise our screenings for each group, usually it's romantic comedies for couples, Bollywood films with songs and dance for friends, and animated films for families." The Club also ensures that it honours its audience's preferences through social media polls. This feedback helps them customise programming accordingly. And sometimes, the audience gives them the

brightest of ideas. "My favourite memory is of our first screening at Akshara Theatre in late 2016. It was a packed show, in an open-air amphitheatre, and people brought their own chairs and bean bags! This inspired us to have a similar set up at future events," he shares.

Focused on the mission

When it is about providing a service, the biggest test is creating a market. "Creating demand for this sector was our biggest hurdle. Educating consumers through digital marketing helped us overcome

this. Also, maintaining uniformity across all locations - since we operate in seven cities without franchising - was critical. Operational efficiency and keeping in touch with the ground realities are key," Sanchit explains. The Club plans to explore new frontiers, including private cinema experiences and more immersive fan parks. "Sports is going to be a big focus for us, as well as creating customised experiences for brands," he shares, adding, "We don't need to compete with OTT platforms. People come to Sunset Cinema for a cosy, memorable evening - something they can't get from watching at home."

Words of wisdom

"Show up every day if you want to achieve your dreams. It's not just about having ideas, execution is key. And while it's important to focus on the exciting parts of a business, doing the boring stuff every day is what truly leads to success," shares Sanchit.

Pics: Aditya Tyagi, AIS Vas 6, XI A



Curating vibrant art, the illustrators



Creating masterpieces and memories that last a lifetime, the editorial team of AIS Vasundhara 6



In focus, the photographer



Putting thoughts on paper, the writers



Polishing the pieces, the editor



Brainstorming ideas together, the EB

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

Excellence rewarded

Amity Felicitates Its Future Doctors And Engineers



Chairperson with director AIIMS and dean MAMC at the event

AICE

Amity Institute of Competitive Examinations (AICE) felicitation ceremony for top achievers in various competitive examinations (JEE-Main/Advanced/NEET/National & International Olympiads) for the academic year 2024 was held on October 5, 2024. The ceremony was graced by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF along with Dr Srinivas M, director,

AIIMS as the presiding chief guest; Dr Poonam Narang, dean, Maulana Azad Medical College and associated hospitals as the chief guest, and Prof (Dr) Kushal Verma, dean Academics, professor and head, Dermatology and Venereology, AIIMS as the guest of honour. Principals of Amity Group of Schools Delhi/NCR and dignitaries from Amity University also marked their gracious presence. The event began with the auspicious lamp lighting ceremony performed by the dignitaries amidst

mellifluous chanting of *shlokas* by the students of Amitasha, and a soulful prayer by them. The chief guests and the guests of honours were felicitated with citations and token of appreciation.

Total 87 students were felicitated with cash prizes and trophies for their stellar performance in various competitive exams. The toppers of JEE Advanced included Bhavesh Ramakrishnan Karthik (AIR 46) and Ambar Gogia (AIR 82) making it to IIT Bombay and IIT Delhi, respectively. The NEET topper was Nimay Rastogi (AIR 315) making it to Maulana Azad Medical College. Another highlight of the ceremony was felicitation of 38 faculty members including director, AICE for nurturing excellence in young minds. In their address, Dr Narang emphasised upon the value of life and being happy, while Dr Srinivas heartily lauded the motto of Amity 'Vidya Dadati Vinayam' and urged the students to be humble and hard working. The Chairperson, in her address, commended the faculty members of AICE and congratulated students and parents for their stellar success. [G.T](#)



Children dance to the tunes of Bihu at MI Fest

Let's sieze the day

AIS Gurugram 46

The 12th edition of inter school multiple intelligence (MI) fest titled 'CarpeDiem: Let's Seize the Day', was organised on August 29, 2024 based on the theme 'Patriotism: A multifaceted love for one's country'. The fest comprising a plethora of zestful competitions witnessed participation from 15 schools across Delhi/NCR in seven competitions including skits, dance, radio jockeying, junk band, instrumental music, cooking, story narration, and Indian dance forms, etc. The competitions were conducted in two rounds, the first round required participants to send their video entries for screening. The shortlisted ones were then further called for the

finale, which was conducted offline. All the competitions were judged by eminent experts from respective fields.

Amitians showcased their prowess in various categories and bagged several prizes. AIS Gur 46 bagged first prize in Junk Band and Echo of Valour, while Radionics had AIS Gur 46 in first and AIS MV in third place. Epicurean Haven had AIS Gur 46, AIS Gur 43, and AIS Vas 1 in first, second, and third place respectively while Katha Manthan had AIS Gur 46 in the first place with AIS Saket and AIS MV in second and third place respectively. AIS Gur 46 won the first place in Think Tac Toe and AIS Gur 43 won second. In Folk Dance AIS Gur 43 clinched the second place while AIS Gur 46 ended up in third place.



New members and leaders of Interact Rotary Club take oath

Service above self

AIS Pushp Vihar

The school organised the installation ceremony of its Interact Rotary Club on September 3, 2024, reiterating its commitment towards raising socially responsible children. Ms Pooja Chauhan, Chairperson, Amity Humanity Foundation; Rtn Bimlesh Kumar Singh, president, Rtn Amit Kumar Saraogi, honorary secretary, and other senior members of the Rotary Club of Delhi, graced the occasion. The event kicked off with a captivating performance of Indian classical music followed by

a mesmerising theatrical presentation by the students.

The ceremony inducted 66 new members into various leadership positions within the Interact Club, in which Suhani Chauhan (XII) was inducted as the president of the Interact Club for the year 2024-2025. Each new member received their badge of office and took a solemn oath to serve humanity positively and uphold the club's motto of service above self. The ceremony culminated with a group photograph, capturing the day that celebrated the spirit of community service, and leadership. [G.T](#)

Martial arts champs



Taekwondo champ, Aditya

AIS Noida

Aditya Verma of Class IX clinched gold medal in U - 59 kg category of the Taekwondo Championship North Zone - 1, organised by CBSE, from September 12 - 16, 2024. He was honoured with a medal and a certificate for his outstanding performance. [G.T](#)

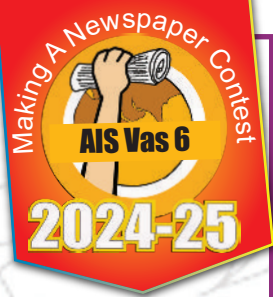
AIS Vasundhara 6

Aryan Singhal of Class IX became the proud recipient of bronze medal in National Junior Thang-Ta Championship, organised from October 6-8 at Lakshmi Bai National Institute of Physical Education, Gwalior. He participated in the 80 kg category and faced tough bouts before emerging victorious. Thang-Ta is a traditional martial art form of Manipur which involves fighting with swords, spears and wrestling. This martial art form, which also featured in Khelo India Games 2021, is primarily for self-defence and holds social, spiritual, physical, and cultural value for India. [G.T](#)



Aryan with his medal and certificate

BORED TO PERFECTION



Throw A Party So Terrible, That The Damage Is Unbearable

Avni Lalchandani, AIS Vas 6, X A

We've all been to those mind-numbingly dull parties where time seems to stretch on like a bad movie marathon. But what if you could be the mastermind behind such an event? Yes, my friend, this is your guide to hosting the ultimate snooze-fest, a party so boring, that your guests will talk about it for years (mainly about how fast they ran for the exit). Buckle up, because we're about to make boredom an art form.

Step 1: The invitations

Forget sending invites to people who actually enjoy each other's company. Where's the fun in that? The secret to a truly dreary party lies in bringing together complete strangers with nothing in common. Your neighbour's cousin who only speaks in cat memes? Check. The colleague who can recite the entire terms and conditions of a software update? Double check. By all means, avoid inviting people with any shared interests, they might accidentally bond and enjoy themselves.

Step 2: The venue

Pick a venue that's not only hard to find but harder to leave. A run-down basement on the

edge of nowhere. Maybe a venue located one bus, two trams, and a 15-minute walk away. Bonus points if there's zero cell-phone reception, ensuring no one can Uber their way out. Parking? Ha! Make them park three streets down and hike back like it's a survival reality show, minus the thrill.

Step 3: Decorations

Who needs Pinterest-worthy décor when you can have - nothing? Or, better yet, just blow up three balloons and let them slowly deflate in the corner as a metaphor for your guests' enthusiasm. Scatter a few sad, half-torn streamers here and there.

Step 4: Seating

Not enough seating is the key. Force half your guests to stand awkwardly while the lucky ones battle over a mix of uncomfortable chairs, beanbags that deflate on impact, and a suspiciously sticky couch. Extra points if the furniture looks like it survived a yard sale.

Step 5: The food

They say food brings people together, but you're aiming to keep them apart, both emotionally and gastronomically. Offer dishes so bland that they make cardboard taste gourmet. Plain boiled pasta with no sauce, crackers with a mystery spread, and, of course, the pièce de résistance: a veggie platter with exactly two types of vegetables, both raw and both terrible. For drinks, lukewarm water in solo cups.

Step 6: The big finale

Most parties end with a slow fade of guests trickling out. When it's time, you will end it with an abrupt and unapologetic flick of the lights. Begin cleaning up around your guests while they awkwardly stand, trying to decide if you're serious. Remember, it's all about extinguishing even the faintest glimmer of fun. With these tips, you'll be the talk of the town...or at least the whisper of it.

Illustration: Aashee Jha, AIS Vas 6, XII E



Pics: Aditya Tyagi, AIS Vasundhara 6, XI A

In Spotlight



Editor-in-chief: Diya Mishra, AIS Vas 6, XII B



Masters of the pen, dreamers of the page, presenting team AIS Vasundhara 6