

Dr Google Rx



Caught Up In The World Wide Web Of Misdiagnosis

Jiya Arora, XI C & Ragini Singhal, XI S
AIS Gurugram 43

“Beta, Dr Google suggests that I have Cycling Vomiting Syndrome.” “Maa, I’ve told you not to search for your symptoms on Google!” This scenario sounds familiar to you, doesn’t it? Well, more and more people are making Google their go-to health advisor, often falling prey to incorrect self-diagnosis. According to a UN survey, 89% of the population searches for their symptoms on Google before consulting a doctor. Let’s delve deeper into this trending phenomenon which is raising alarm bells among health experts across the world.

The WebMD effect

“Grandpa, which medicine are you taking?” “I read on Google that if I take an antacid, the burning sensation in my chest will go away.” “Oh no, grandpa! Kohli uncle thought he had acid reflux based on a search and ended up needing emergency surgery for appendicitis.” “Really? I should go see a doctor after all.” Beneath the digital sky, where information rules, hides the WebMD Effect - an online hypochondria carnival. It turns a molehill into a mountain where a sneeze becomes a symptom of impending doom, and mild headache an incurable brain disorder. With over 3.8 million health-related searches in the last decade, people are getting medical advice from Google

instead of consulting a professional. In the US alone, internet-driven misdiagnosis reportedly harms up to 800,000 patients annually. A May 2024 research paper by Madras School of Social Work reveals that many college students resort to self-diagnosis, often misinterpreting day-to-day stress as symptoms of severe disorders. Who would have thought that a quick search could replace years of medical training and expertise?

The peculiar propaganda

“Mom, I’m depressed.” “You could just be worried about your exams, dear. If it would be so easy to diagnose depression, why would we need doctors?” “No, I read all about it online. I need a set of magic crystals to help me calm down!” Slick marketing in Dr Google’s realm has made us believe everything we read. People sell detox teas that promise to flush out imaginary toxins, waist trainers that can magically slim you down, and enchanting crystals that can make stress disappear overnight. Seeking health information online gave rise to what medical professionals term as ‘cyberchondria’, a disorder in which someone excessively searches for health care information online and diagnoses themselves with a terrible disease and then feels more anxious. Would you still want to be part of this circus of pseudoscience, where facts are optional and gullibility reigns supreme?

The reel-ity check

“Juhi, why do you look so pale and weak?” “I followed an influencer’s reel and ate neem leaves crushed with turmeric to become fairer. I had indigestion after that!” Ah, the captivating world of social media, where health advice is dispensed with the brevity of a 15-sec video clip. According to a Institute of Social Media study, 92% of users admit to being influenced by health-related reels, and 78% of individuals believe that health tips from Instagram reels are just as credible as advice from medical professionals. Fortunately, some countries have taken the lead in creating stricter guidelines for online medical information. In the UK, the Advertising Standards Authority has ruled that any health claims made by influencers must be backed by scientific evidence. However, what we really need is to focus on education through public awareness campaigns that focus on the perils of misdiagnosis.

So go forth, dear internet warriors, armed with your self-diagnoses and trusty search engine. Just remember, when the doctors finally roll their eyes and say, “Please stop Googling,” you’ll have a hilarious yet serious tale to tell and a newfound appreciation for the real heroes in white coats. [G.U.](#)

THE GT POLL

In light of the controversy over the alleged black marketing of concert tickets of British rock band Coldplay, should the govt take strict measures for transparency in such cases?

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

To vote, checkout our Instagram page @the_global_times

Coming next
Pro@Project

What's inside




Finding the right chord
Tune in to hum the melody with Sunanda Sharma, a classical vocalist who is carrying forward the legacy of the Banaras Gharana style of gayaki.

...more on page 3



Billy, the beloved friend
Flip through to read the story of Austin and his dear friend, Billy, who follows him around all day, and learn the science behind the secret of the shadows.

...more on page 4

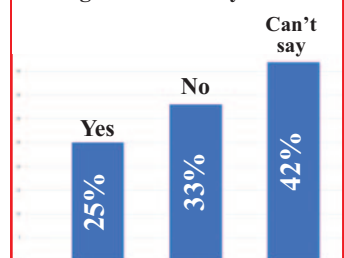


Making the most of millets
Read on to gain insight into the importance of 'Millets' as discussed during panel discussion organised by YP team of AIS Gwalior (2023-24).

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POLL RESULT
for GT Edition September 30, 2024

By implementing the 'ring road master plan', is it feasible to effectively and sustainably decongest Mumbai by 2029?



Response	Percentage
Yes	25%
No	33%
Can't say	42%

Results as on October 5, 2024

Around The WORLD

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



USA

Hollywood icon passes away

Kris Kristofferson, the legendary actor and singer-songwriter, passed away on Sep 28, 2024, at the age of 88. His family confirmed that he died peacefully in his sleep at his home in Maui, Hawaii. Kristofferson, known for iconic hits such as 'Me and Bobby McGee' and films like 'A Star Is Born', was a beloved figure in the entertainment world. Tributes from stars like Dolly Parton and Reba McEntire flooded in, honouring his contribution to music and cinema.



AUSTRIA

Revolutionary elections

Austria's far-right Freedom Party, led by Herbert Kickl, won the general elections with 29.1% of the votes. The elections, held recently, marked a significant victory for the party, although forming a coalition government may be challenging as rival parties, including the Austrian People's Party (26.2%) and the Social Democrats (20.4%), expressed hesitation in working with Kickl. This win is part of a broader trend of rising support for hard-right parties across Europe, as they continue to gain traction in various nations.



CHINA

Oldest known cheese

Chinese researchers made a groundbreaking discovery of the world's oldest cheese found during excavations at Xiaohe cemetery, which contained 300 Bronze Age coffins, in 2003. The cheese, dating back 3600 years, was found in a tomb in the Tarim Basin desert in the Xinjiang region, preserved in the arid climate. It was uniquely draped around a mummy's neck like jewellery, alongside the well-preserved body, boots, coat, and hat. DNA analysis revealed that the cheese, identified as kefir, was made from both goat and cow milk.



RWANDA

Fatal outbreak

A deadly outbreak of the Marburg virus has struck Rwanda, which has claimed six lives as of Sept 27, 2024. Health Minister Sabin Nsanzimana confirmed 26 cases since the outbreak, with most victims being healthcare workers in intensive care. The Marburg virus has a fatality rate of 88%, and no vaccine currently exists. Spread by fruit bats and human contact via bodily fluids, the virus has caused alarm in Kigali.



SAUDI ARABIA

A step towards peace

On Sept 27, 2024, Saudi Arabia announced the formation of a global alliance aimed at pushing for a two-state solution to the ongoing Israeli-Palestinian conflict. The move, led by Saudi Foreign Minister Prince Faisal Bin Farhan Al Saud, seeks to bring an end to the violence and suffering in the region. The first meeting of the alliance will take place in Riyadh and Brussels, as confirmed by EU Foreign Policy Chief Josep Borrell.



PAKISTAN

Seeking IMF bailout

Pakistan has taken drastic steps to secure a seven billion USD loan from the IMF by cutting down administrative costs, dissolving six ministries and eliminating 1.5 lakh govt jobs. These measures were part of an agreement to reduce expenditures, tax non-traditional sectors, and increase the tax-to-GDP ratio. The first installment of the loan, worth one billion USD, was disbursed after Pakistan's commitments were made.



INDIA

Concert ticket scandal

Ashish Hemrajani, CEO of Big Tree Entertainment, was summoned by Mumbai Police's Economic Offences Wing (EOW) on September 27, 2024, over allegations of black-marketing Coldplay concert tickets. BookMyShow denied the allegations and filed a complaint, stating that no foul play occurred during ticket sales. Hemrajani failed to appear for questioning and was summoned again.

News Flash

► **UK:** Britain to become first G7 country to end coal power as last plant closes ► **Lebanon:** Hezbollah Chief Hassan Nasrallah confirmed dead after Israel's airstrike on Beirut ► **Japan:** Sony Pictures CEO Tony Vinciguerra steps down

Finding the right chord

Sunanda's Fusion Of Dreams And Passion

Chhavi Gupta, XI C &
Kamakshi Khandelwal, XI D
AIS Gurugram 43

Music is a language that transcends all borders. To be an artist is to touch hundreds and thousands of hearts through your art, something Sunanda Sharma does flawlessly. Carrying forward the legacy of the *Banaras Gharana* style of *gayaki*, she has performed on multiple plat-



GT reporters with Sunanda Sharma

forms, including the Kumbh Mela of 2019. As Amity International School Gurugram 43, in collaboration with SPIC-MACAY, recently welcomed the mellifluous singer, she shared with GT, her glorious career and music as a whole.

The first note

Even as a child, my favourite outing would be to go to a music festival. I was hardly seven or eight when I decided to become a singer. During a performance in Jalandhar, I met a legendary classical vocalist and also my *guru*, Dr Vidushi Girija Devi, who invited me to Banaras to train under her. My father, who was also a musician, knew how big this opportunity was for me. From that moment, everything changed; my training happened throughout the day and she treated me like a daughter. There was no looking back after this.

Learning the rhythm

My most challenging performance was at the World Music Festival in Belgium. With groups from across the globe, the crowd was hyped after the performance



Sunanda Sharma, classical vocalist

before ours and getting them to settle was tough. But life is full of twists, and I pushed through. Moreover, I realised I wanted to be an artist while sitting among the trees in Himachal, dreaming of travelling the world. Life has taught me three things: work hard for what you want, there are no shortcuts, and trust the process. My *guru* inspired me, making me believe, "If she can do it, so can I."

Making fusion work

In real life, when two people from different backgrounds meet, they have to find a common ground to interact. Similarly, when it comes to fusion music, both forms of music need to be in synergy. Today, anything passes in the name of fusion music. I do like fusion music, but I'm very cautious about what works best for me.

Hitting the high note

If you aspire to be a singer, you must learn from a *guru* instead of referring to YouTube or Facebook tutorials. A *guru* will give you knowledge, but it's up to you as to how you connect and interpret it in your own style. The 'guru-shishya parampara' taught me a lot, including living on my own and facing tough situations. I firmly believe that if we adopt this teaching method in our regular education system, it will result in a better grooming experience for the kids. Apart from this, one must also learn to take feedback positively and work on the areas where one lacks perfection. It does not matter if someone appreciates you or not, you must keep going until you're not afraid anymore. A pinch of courage and a dash of determination is all you need to reach your dream goal.

Book Review



A journey of discovery

Synopsis: The book revolves around the 12-year-old Anoushka, who is affectionately known as 'Nooni'. She is a feisty tomboy who loves all forms of physical activity - whether it is walking, climbing, jumping, or hiking. If she can't be outdoors, she prefers to read books. She is also a self-proclaimed foodie. Unlike most girls, she doesn't care much about fashionable clothes or the way she looks. When she visits her grandparents' village in Karnataka, she is at first amused by the laid-back life of villagers, but she soon gets accustomed to this gentle routine and immerses herself in a flurry of activities, including papad making, organising picnics, and riding a cycle with her new friends.

Book: The Magic of the Lost Temple
Author: Sudha Murty
Published in: 2015
Genre: Adventure, fiction

Things become exciting when Nooni stumbles upon an ancient and fabled stepwell right in the middle of a forest near the village. As she tries to discover the mystery behind this well, the story takes a dramatic turn with Nooni discovering things she hadn't envisaged before.

Why is it worth reading: The author takes the readers on an unforgettable journey with the fearless Nooni and reminds us that there is a

'Nooni' in all of us. This delightful book also offers a valuable lesson for parents in today's competition-driven world, as it reiterates that life is not only about excelling in academics or extra-curricular activities, it is also about enjoying small moments of joy and building meaningful relationships. This book teaches us that the real-life lessons are far more important than what is taught in classrooms.

Iconic quote: "Vision without action is merely a dream; action without vision is merely passing time; but vision and action together can change the world."

Rating: 5/5

Review by: Ahaana Gupta
AIS Vasundhara 6, X D



A step towards safety...

...With Miracle Shoes That Can Save Lives

Pro@Project

Stuti Kalra, GT Network

An extraordinary invention in the field of healthcare and personal safety, Karisha Shoes are especially designed for vulnerable individuals such as dementia patients, small children, and those who require regular and real-time monitoring. Brainchild of a young duo, **Kavya Verma** and **Karen Khanna**, students of Class IX, AIS Noida, these miracle shoes are embedded with data that allows users to call or send notifications to their loved ones at the push of a button.

Inspired by family

The inspiration for innovating often comes from our surroundings, and for the creators of Karisha Shoes, it was no different. Kavya informs us how she was moved by the challenges faced by a relative suffering from dementia, who would often wander away from home without informing his family and there was no way to find out his where-



Karen and Kavya with Karisha Shoes

abouts. Karen shares that she had observed how her mother was always concerned about the safety of her two kids when they were out of the house. These personal experiences sparked the idea for bringing Karisha Shoes to life.

A remarkable journey

The process of creating Karisha Shoes began in March 2023, and a prototype was ready in just two months. Using the data embedded in the shoes and a GPS tracker, family members could monitor the exact location of the wearer. The main challenge, however, was to design a prototype that could cater to the needs of a diverse group of people. Hence, the duo diligently con-



ducted several surveys to determine the required features to serve more people. Karisha Shoes is now protected under IPR laws and is pending patent approval.

Unconditional support

The talented innovators attribute their success to their school and ACSF which provided them with various platforms to showcase their model. The school also assisted them with copyrighting the idea and is now helping them navigate the patent process. As for their future vision, they plan to introduce this life-saving product in the market as soon as they receive the patent. [G I](#)

Awards & Recognition

- Avishkaar Makeathon – Star Project'24
- Top 5 in National Children's Science Congress (Regional Level) 2023
- Smart India Hackathon'23 - Finals
- Inspire Awards'23 - District level
- Ami Hack'23 - Participated
- Presented at Innovation, Design, and Entrepreneurship (IDE) Bootcamp'23
- Presented at the ICC Regional Meet'23

Addressing UN SDGs

SDG 3 (Good Health and Well-being): The shoes are designed to support vulnerable populations, contributing to improve health outcomes and ensure well-being.

SDG 9 (Industry, Innovation, and Infrastructure): They promote sustainable industrialisation through the development of smart, data-integrated footwear.

SDG 11 (Sustainable Cities and Communities): The shoes contribute to make cities and communities safer and more inclusive by helping vulnerable populations.

SDG 17 (Partnerships for the Goals): Implementing this innovation will involve partnerships between tech companies and healthcare providers, contributing to the global goal of achieving the SDGs.

Billy, the beloved friend



The Secret Of The Shadows

Chavi Gautam, AIS MV, XII I

This is the story of Austin, a 12-year-old orphan who lived in Old Wood Square, a small village on the outskirts of the city. Being an orphan was hard enough, but what made matters worse was Austin's stammering. It was because of his stammer that no kid in the village wanted to befriend him. Thank God there was Billy, Austin's only friend.

Billy loved Austin and was always by his side. The two would laugh, jump, and play with each other. In fact, the former was so fond of the latter that he would imitate Austin and do exactly as he would. Sometimes, this would annoy Austin, but given that Billy was his only friend, he simply went along.

The only time Billy was not there for Austin was at night. He would slowly start fading as the sun

would set and eventually disappear at night. At first, Austin found this strange, but then eventually decided to let it slide, attributing the strange disappearance to Billy's fear of the dark.

One night as Austin was sitting alone on his bed, there was a power cut. The entire village went dark. The pitch-black darkness made him squirm, so he hurriedly lit up a lantern. What he saw next left him in shock. It was Billy, who had appeared right beside the flame. This was new, for never before had Billy turned up at night. Austin asked him about his sudden presence, but like always Billy simply imitated him and gave no answers.

Annoyed, Billy decided to get some food and took the lantern to the kitchen. As he took the pan, he realised that the pan had its very own Billy – a black object that impersonated its shape and size.

The science of it

A shadow is an area of darkness, where light from a light source is blocked by a given opaque object. The light rays that go past the edges of the object make an outline for the shadow. That shadow falls upon a surface right behind the object.

The more he looked around, the more he noticed that every object in the kitchen had a Billy of its own. But how was this possible? Seeking answers, he ran to the wise old man sitting under the village tree, whom he had often seen resolving people's queries. Listening to Austin's ordeal, the wise old man couldn't help but let out a loud laugh. "Oh dear boy! Everything on this planet has a Billy. It is called a shadow and is formed due to blocking of light.



Your Billy vanishes at night simply because there is no source of light."

While this resolved Austin's confusion, it also left him dejected for it occurred to him that his best friend was nothing but a shadow. Seeing his disappointment, the

old man muttered, "But you know what, our shadows are our best friend for they never leave our side," smiling at the little boy. Now everything was clear as day for Austin – the concept of shadows and the mystery of his best friend.

Nurturing career goals



Dr Amita Chauhan
Chairperson

When it comes to career choices, today's world is completely different from what it was a decade ago. Medicine has evolved to include specialists like immunologists, medical virtualists, while traditional engineering has made room for niche streams of bio-medical and environmental engineering. Humanities too has options to explore highly specialised courses. This is why the Amity Career Counselling and Guidance Cell (ACCGC) came up with the Amity Career

Conclave, with a mission to broaden students' perspectives through meaningful interactions with established professionals from different walks of life. Every Amitian benefits from this event since the conclave is held in Gurugram, Delhi, and Noida. Initially launched as Amity Open House in 2019, the event evolved into Amity Career Conclave in 2024, where more than 1000 students from Class XI and XII attended the conclave this year. In fact, the session Career Par Charcha - where experiences meet aspirations had an exciting lineup of speakers who provided the tools that students need to navigate their professional journeys. Considering that the training period in the professional world has become extremely short, the conclave equips Amitians with the self-belief and confidence needed to excel from day one. I hope Amitians will discover their inner calling through these events and explore the world with clarity and purpose.

It's time to say Hip Hip Hurray!

Vantika Agrawal, alumna of AIS Noida, has put Amity on the world map, as part of the Indian women's team that won FIDE Chess Olympiad 2024 in Budapest. She holds the FIDE title of Woman Grandmaster and International Master as well. [G I](#)

Surfing Google



Vira Sharma
Managing Editor

If I had to pinpoint one technological revolution that has truly transformed the way we live, it would have to be Google. We even call it 'Google Baba' affectionately, just as we would address an elderly, wise man in our family who bestows upon us endless knowledge and wisdom. Whether it's answering a random question, booking a flight, finding exotic recipes, or locating a lost phone, Google has a solution for everything. Yet, having this 'Google Baba' at

my fingertips is, at times, overwhelming for me as I come from a generation which explored libraries and debated endlessly with elders and teachers to find answers. I also recall how we were trained to cross-check any information before validating it as fact. So, when I see today's school-going children place blind trust on Google, it truly alarms me (refer to top story). To my mind, Google is a vast, deep ocean which we have to navigate daily with our own mental compass to get reliable and relevant information. But, the thirst for seeking the truth seems to be fading, with AI only complicating things further.

We all need to remember that despite all the apparent benefits of AI, the human mind is the real master. Google gives responses based on search words and mechanical algorithms, so the responses will always lack human nuance. Also, internet may be this huge reservoir of information we always dip into, but ultimately it has been created by human minds. So, some sources will be genuine, but many may be driven by vested interests. It is only human intellect that can extract the truth from this vast ocean of information. [G I](#)

From twigs to wins

A Sky Full Of Shared Responsibility; Khatri's Vision

Jayati Jain, XII D &
Bulbul Verma, XII B, AIS Gur 46

An acclaimed documentary filmmaker, environmentalist, and famously known as the 'Nest Man of India', Rakesh Khatri's relentless efforts have built over 4.75 lakh bird nests that have helped safeguard the local bird population. Through his initiative, Eco Roots Foundation, he also trains students and young professionals to work towards environmental conservation. The National Science Award winner spoke to Amitians at TEDx hosted by AIS Gur 46 about his passion for providing a safe haven for birds.



National Science Award winner Rakesh Khatri

Wings of love

As a child, I used to see birds make their nests in the hollows of discarded footballs and cups, or even in the cracks on the walls of my house. But then, I saw these birds disappear, and I knew something had to be done. I founded Eco Roots Foundation in 2010 to spread awareness about nest making so that we could give back to nature in some way. Over time, the project has garnered significant acclaim, and we have since collaborated with actors like Ranbir Kapoor and Milind Soman. In fact, I got a lot of support from everyone, including the youth. The imperative for change starts with the present generation, as they are poised to represent India in the future. It is paramount that they cultivate awareness regarding the impending threat of bird extinction.

Winds of success

I once received a heartfelt letter from an 85-year-old gynaecologist who wrote she had found more satisfaction in constructing a nest than delivering thousands of babies. I did face scepticism initially whether birds would embrace human-made nests, but I always had an unwavering belief. It surely feels nice when I receive recognition from people. More fulfilling, however, is when birds adopt the nests we have built. This brings a sense of pure bliss. I always tell kids to keep some twigs in a quiet corner of your home. It's like rolling out a warm carpet for birds to build their nests. All forms of life deserve to feel safe and protected.

Message for Amitians

Students should take the initiative to educate their peers about the signifi-

cance of environmental conservation. Mere tree planting isn't enough; safeguarding wildlife is equally vital. The alarming statistics, such as the daily destruction of vast forest areas equivalent to five football fields, underline the urgency of protecting our ecosystems. Preserving our environment is not just a responsibility, it's a necessity. So, my message to all Amitians is to surround yourselves with friends who contribute to building a stronger community. I advocate for the youth to come together and collaborate as a unified force in supporting social causes. This collective effort not only benefits the present generation but lays a foundation for the well-being of all those to come. As I say, "Bachhaoge toh hi badhega." Mother Nature has been incredibly generous to us, and our duty is to reciprocate by ensuring its protection. [G I](#)

Art of living

Sonam Gurjar, AIS Gwalior, XII A

Life isn't always so smooth sailing
But it doesn't mean you start wailing
It gets better; you just hang in there
And learn to enjoy a life of solitaire

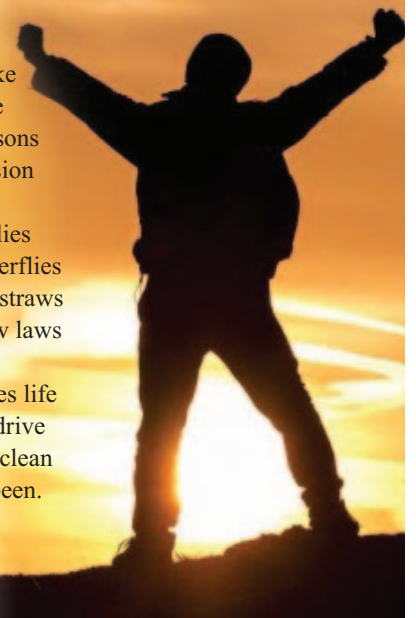
Beat your bad luck with hard work
Everything's got to be fine, I swear
Only you will pound the pavement
Run before life finds a replacement

You are an intelligent human being
Just find your prodigy and gleam
Let your work reveal your identity
Welcome the hurdles with ecstasy

A vicious cycle is not at all a joke
The crux of it is not to lose hope
The dark nights teach bright lessons
To march ahead without aggression

The purpose of writing this implies
Life isn't just rainbows and butterflies
You can make it by grasping the straws
Correcting flaws and setting new laws

Hang in there! Time flies, so does life
Don't fiddle around, enjoy this drive
So, go ahead and wipe the slate clean
Forget everything bad that has been.



Career Charcha Where experience meets aspirations

Under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, the Amity Career Counselling & Guidance Cell (ACCGC) hosted the Gurugram Chapter of Amity Career Conclave 2024, on August 30, at AIS Gurugram 46. The objective of this 'Career par Charcha' was to expose students to a diverse range of career experiences through discussions with distinguished panellists. With over 800 students and their parents attending the event, the conclave was a tremendous success.



ACCGC : Gurugram Chapter

Be ready to excel in life

Panellist: Lt Col Ajit Singh, Indian Army

"During the operations in Jammu and Kashmir, I learned that you must always have plans prepared for yourself. You must have your first plan, along with plan B, and plan C. Planning ahead is what saves you. If you want adventure, challenge, or a good social life, you can join the Indian Army. In the armed forces, they will ensure you are physically fit, because they teach you to be in the right place, at the right time, and in the right dress. Everything you learn in this organisation will serve you for a lifetime. No matter which field you choose to serve the nation - armed forces, paramilitary forces, police organisations etc., do it with passion. You, the people of excellence, are all the future leaders and commanders of India."



Be the captain of your ship

Panellist: Dr Ashima Gogia
gynaecologist

"MBBS opens the door to a myriad of career options, from administrative roles and policymaking to corporate ventures and research. It truly allows you to be the captain of your ship. The beauty of an MBBS degree is that it exposes you to all branches of medicine, anatomy, physiology, and more. As your journey unfolds, you'll naturally gravitate toward a subject you enjoy, though many students tend to choose fields based on market demand. It's crucial to explore different areas and find a balance between your passions and the trends in the medical field."



Embrace your creativity

Panellist: Nandini Chaturvedi, chef

"I initially pursued hotel management with an interest in hot kitchen cooking, but it was during my internship at Oberoi's that I discovered my true passion for baking and pastry. The creativity involved really spoke to me, and I believe that every creative student should explore this field. My father, also a chef, motivated me throughout my journey. One lesson I've learned is that if you choose a goal and dedicate yourself fully, success will follow. And for those who may face challenges convincing their parents, you can start by pursuing it with other commitments."



Your vision is your strength

Panellist: Sumedh Agarwal
director-research

"Exploring career paths and options early on is the key to developing focus, clarity, and a plan that aligns with your personal goals. Fields such as sustainable engineering, environmental engineering, data science, transportation, and public policy offer great prospect. Completing a degree in sustainable engineering and then pursuing a PG course in public policy could position you as an accomplished professional. One crucial skill that transcends any profession is communication, so it's essential to refine your public speaking abilities. Remember, fear of failure is natural, but it should never hold you back. You must never hesitate to seek guidance when you need it - success is often a collective effort."



Flying high begins with discipline

Panellist: Captain Rajesh Mirchandani
pilot

"Becoming a pilot and holding a commercial license requires excelling in both theory and medical. There were seven subjects in our curriculum, and we had to acquire 70% minimum in each. After that, we got five years to get flying experience from an aviation school. The minimum requirement was 200 hours of flying training. Then, medical fitness was checked by the Air Force doctors. Once you're through with that, you have class two & one examinations, and if you clear those, you apply to your regulator, which is the DGCA. After going through this meticulous process, you can apply to be a commercial/private pilot for airlines or fly an aircraft for charter services. It is a demanding field but with time management skills, anything is possible. If you decide this is what you want to do, you will go the extra mile to make sure the standard is met."



Follow the principle of LLR

Panellist: Priya Chopra, IT professional

"The principle of LLR - Learn, Listen, and Respect has been pivotal in shaping my career, particularly when I chose electronics over computer science, a less popular choice during my time in college. It allowed me to carve out my path and voice my perspective. Today, in an era dominated by AI, which primarily provides answers, it's essential to actively listen to your seniors and clients to gain deeper insights into your work. The industry is rapidly evolving with a strong emphasis on standardising processes. By staying attuned to these shifts, you'll find numerous opportunities in IT."



The art of upskilling in life

Panellist: Dr Sachin Juneja, director of Admissions and Marketing, Amity University Manesar

"To achieve milestones in life, it's essential to understand your personality and choose a career that aligns with it. One must understand that every five years, industries evolve and present new challenges to the employees. Therefore, during your college years, you must focus on upskilling, improving your communication, building resilience, and developing perseverance, as these qualities will benefit you in any job. For personal growth, seek out a mentor who can guide you through tough times, cultivate friendships with those who support you, and trust the wisdom and experience of your parents. Whether you aspire to be the moon or the stars, strive to be the best version of yourself."



Confidence is the ultimate key

Panellist: Kanchan Chehal
HR professional

"The five pillars of a successful life and career are: building strong foundations, adhering to a code of behaviour, fostering collaboration, effective communication, and cultivating confidence. In the field of HR, roles such as compensation management or HR business partnering with leaders are a fusion of diverse skills, all rooted in principles like diversity, equity, sustainability, and corporate social responsibility. Success in HR requires keen listening skills, ethical judgment, and the adaptability to navigate emerging technologies. We often refer to ourselves as the 'Fevicol' of the organisation, seamlessly bridging the gap between management and the people. And with an HR qualification from India, you can thrive in any firm around the globe."



Follow the path you have built

Panellist: Arun Aggarwal
chartered accountant

"I became a chartered accountant because it's more than just crunching numbers—it's about shaping the economy and making a real difference in people's lives. One thing I have learnt is that success doesn't come easy; it requires hard work, persistence, and learning from every challenge along the way. You are the captain of your own ship, and the direction you choose defines your future. The last thing you want is to look back with regret. Choosing between CA and BCA was a tough decision, but my passion for accounting drove me to pursue CA. Setting clear goals and working relentlessly towards them is the key to turning your aspirations into reality."



Believe in your dreams

Panellist: Devender Suhag
company secretary

"There are two fundamental aspects in life that will set you apart from others. The first is career diversity. Don't get caught up in the rat race. While financial stability is important, true success comes from finding what truly fulfils you. Follow your dreams, not the expectations placed on you by others. The second key is self-belief. Your belief in yourself is what will ultimately lead you to your goals. Trust in your creativity, trust in your dreams, and don't shy away from taking an unconventional path. You have the potential to achieve greatness."



Create your unique journey

Panellist: Sourish Mohan Mitra, author & lawyer

"When I was your age, I was just as uncertain about my future as you all are right now. My father, an IIT graduate, had set a high benchmark, making it feel almost inevitable for me to follow the path of science after the tenth grade, but I quickly realised it wasn't my passion. I shifted to commerce, but that didn't resonate with me either. It wasn't until I found my way into law school that things truly began to fall into place. After my first semester, I remembered my father's words, "This is the first time you've chosen your own path, now let's see where it takes you." His unwavering faith in me sparked my drive, and from there, success followed. The lesson I've learned in this journey is clear- focus on what truly excites and motivates you. There are endless paths to explore, but it's your passion and effort that can transform the ordinary into something extraordinary. Don't be afraid to deviate from the conventional expectations."



Challenge and don't confine

Panellist: Shlok Sahni, actor

"You must always remember that your journey is unique, and you should never limit yourself to the expectations of others. Your personal brand is crucial - how you present yourself, matters in everything you do. Be versatile and always have a backup plan to tackle life's challenges. Embrace failure as an integral part of your growth. Think outside the box, tap into your creativity, and strive to stand out in whatever you pursue. While making your parents proud is important, and their support is invaluable, know that the true meaning and fulfilment of your journey lie in your own hands. Keep pushing forward, the future is yours to shape."



Stalking the mundane

WORDS VERSE

Dew of hope



Uvika Banerji, AIS Noida, IX L

In silver threads from the skies above
The whispers of clouds softly weave
Symphony of luminescent liquid grace
The rain descends to Earth's embrace

Pattering lightly on leaves and ground
Each drop a note of nature's sound
In every puddle, it is a mirror of skies
Reflecting all the dreams that arise

In the quiet of the night it softly falls
A gentle rhythm, so the nature calls
Murmurs of peace in its gentle flow
Welcoming the world in tranquil glow

With the morning light, rain departs
Leaving the traces of its elegant art
Sparkling dew on petals and grass
An honour to moments that will pass

Though the storm may have its way
The sun emerges to light the kind day
For every droplet that kissed the ground
A promise of growth is forever found.

Storywala



Yusra Zehra

AIS VKC Lucknow, XI C

Standing on the empty station, Sadie listlessly looked around, scrolling on her phone and sipping her coffee. The sound of a train horn was heard at a distance, approaching slowly yet steadily. A chilly wind blew around, Sadie shuddered and wrapped her coat tightly around herself. Boarding the train, she picked a seat and sat down.

The train was empty and Sadie was bored, so she took an aesthetic shot of the empty metro and uploaded it on her social media, captioning the picture "#empty morning".

Sighing, she looked around and noticed a man sitting opposite her. He looked familiar and was reading a book she was reading herself a few days ago.

Sadie rushed to say, "That book is excellent. I'm reading it too." The man glanced at her, and a small crease of a smile appeared on his lips.

"I know you're reading it," he said with an assurance. "Um, sorry?" Sadie was shocked. "Yes, I know you're reading it. Last week you read Stephen King's latest book." Sadie was struck speechless. A gnawing feeling of horror and uncertainty steadily rose in her gut.

"Well, I know a lot more about you," the

The train was empty and Sadie was bored, so she took an aesthetic shot of the empty metro and uploaded it on her social media, captioning the picture "#empty morning".

man continued. Keeping the book down, he said "I know you're going to work, and once you're done, you will pick up your niece from daycare as you like helping your sister. You will also probably stop for a hot chocolate before dropping her off." Instinctively, she took out her phone, ready to speed dial, and the man chuckled softly. "Oh, don't worry, dear, I have no ill intentions," he said. "You can send a message to your brother, though he may not see it right away. Isn't he participating in an important military exercise today?" "Sir, please," Sadie pleaded hoarsely, dissolving into tears. "Why are you stalking me, what have I done to y—"

"Stalking? Oh no, dear, you've got it all wrong," the man abruptly said, putting his hat back on as the train slowed down to a halt. He stood up and gazed deeply into Sadie's eyes with a blank face.

"I'm just a person who uses social media and coincidentally happened to follow your account. I did not look for any information, but you gave it to me," he stated and left the train. Sadie looked at her phone and saw 50 likes on her story. She realised that through social media she had created her own demise.

Answers: 1. Bihu 2. Garba 3. Bhangra 4. Ghoomar 5. Chhau 6. Lavani

Read Play and Win 66

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 The poem 'Illusion of steps' on page 9 is written by _____.

Q.2 Who is the main protagonist of the story 'Stalking the mundane'?

Q.3 What is the headline of the interview on page 3?

Q.4 What is the tagline of page 1 top story?

Q.5 Rakesh Khatri is also known as _____.

Q.6 Who are the inventors of Karisha Shoes?

Q.7 Which school chose 'Millets, the elixir of life' as their cause for YP 2023-24?

Q.8 What is the FIDE ranking of Vantika Agrawal?

Q.9. Ashish Hemrajani is the CEO of _____.

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

Results of Read Play & Win-65: Shivam Kumar, AIS Gurugram 46, VI E; Anwasha, AIS Saket, VIII C; Akshita Rathore, AIS Mayur Vihar, IX C

WORD SCRAMBLE

Hint: Challenge your knowledge of Indian folk dance

- HIBU
- RBAGA
- HBANRGA
- ROOMGAH
- ACHUH
- AVLAIN

Answers: 1. Bihu 2. Garba 3. Bhangra 4. Ghoomar 5. Chhau 6. Lavani

BRUSH 'n' EASEL



Rudrakshi Joshi, AIS Pushp Vihar, IX B

A collector's tale



Short story

Prisha Verma, AIS Noida, XII I

Samir was busy segregating the trash collected along with his father, Ramesh, eyeing for anything valuable that they might find. "No luck today. Just trash," said Samir. From his early years, he had been able to track down things of value with ease. He had an inexplicable ability which only got stronger as he aged. One Sunday, Samir had a sudden urge to take a dip in the sea. So, he started swimming and went deeper and deeper. Upon reaching the sea floor, he started digging. After 20 minutes he felt something black and slimy on his hands. He had struck oil! Samir came back to the surface confused, yet excited and rushed back home to share

it with his father. "We could sell the oil for money, we will be rich!" his father exclaimed. What followed was a stream of excavators drilling the spot. Oil started spurting out like water! As the news of Samir's ability spread quickly, other oil company officials lined up outside his small shanty in the slum. Everyone wanted him to find oil for them. Finally, he went with the highest bidder, a Sheikh from Dubai. It was clear that their days of scavenging were over. Five days later, he left for Dubai. Upon his arrival, Samir was taken to the Sheikh. "We have 20 exploration sites. Which one is most likely to have oil?" he asked. Samir looked at the displayed sites and shortlisted two locations in the sea that might have oil.

Everyone wanted him to find oil for them. Finally, he went with the highest bidder, a Sheikh from Dubai. It was clear that their days of scavenging were over.

At the first site, he couldn't sense anything. So, he was then taken to the second site. This was it. He nodded in affirmation and expressed them to dig a bit further than where they were. The official's geo-tagged the location and began the process. In the meantime, Samir flew back to Dubai where the Sheikh advised him to enjoy his stay in the luxurious hotel while they were exploring the site. After ten days, Samir heard back from the officials. They had struck oil at the spot identified by him and it was a massive find. Samir, by now had started spending money like water. The money was spent as soon as it came in. When nothing was left, he called the officials to take him back to Dubai and let him visit the other sites. However, he just couldn't sense oil anymore. He returned home empty handed. The family was back at the slum and barely surviving. Samir had lost his special gift, as if God had taken it away and he did not deserve God's largesse. Ashamed, Samir took out his trash rickshaw and headed out shouting, "Kabadi wala!". He hoped that one day God would find him worthy again.

So, what did you learn today?
A new word: Largesse
Meaning: Generosity in bestowing gifts upon others.

POEM



Aadya Goswami, AIS Vas 1, VIII C

The cold, bright surface
 Shining into my eyes
 On my way to the moon
 The lovely home of mine

Stars blocking my way
 Like the still, gravel streets
 Where the stray dogs stay
 Waiting for their treats

Up and down, as I float
 The moon is moving away
 I think I will need a boat
 And sail through my way

I often thought to quit
 But remembered my home
 If I decide to leave, then
 I'll just wander all alone

Then I saw my foot
 Too close to the moon
 I couldn't believe my eyes
 All I could do was swoon

For once, I thought that
 Maybe I was truly free
 But then I looked around
 And it was another dream.

Mission of Steps

It's Me

KNOW ME BETTER
My name: Taarush Choudhury
My Class: III A
My school: AIS MV
My birthday: January 16

MY FAVOURITES
Teacher: Suja Vinod ma'am
Subject: English
Friends: Aadit, Daksh, and Vivansh
Games: Football and chess
Cartoon: Doraemon
Food: Pizza
Mall: V3S Mall
Book: Charlie and the Chocolate Factory

MY DREAMS AND GOALS
Hobbies: Watching TV and reading books
I like: Playing chess
I dislike: Getting hurt

My role model: My friends
I want to become: A soldier
I want to feature in GT because: I want everyone in the school to know about me.

COLOURING FUN

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

Best entries for colouring fun
Dated: September 23, 2024

Samaira
AIS Pushp Vihar, VI D

Bhaavya Krishnani
AIS Noida, UKG C

Making the most of millets

The Magical Grains For The Daily Dose Of Nutrition And Sustainability

Youth Power—an annual social leadership initiative organised by The Global Times, brings together teams from Amity schools across India to drive meaningful change through a structured, multi-stage programme. A key stage of the programme is the ‘Panel Discussion’ where experts from various sectors come together to engage in insightful debates on pressing social issues. This exclusive series spotlights the panel discussions organised as a part of YP 2023-24. In **Part VII** of this series, we spotlight the critical issue of ‘Millets, the elixir of life’, a cause championed by the Youth Power team of AIS Gwalior.



Panellists with the YP team of AIS Gwalior

Creating a millet-friendly future

Panellist: Dr Sudheer Singh Bhadauria, deputy commissioner, Crop Ministry of Agriculture and Farmers Welfare, Government of India

“Millets not only enrich the soil by improving its structure and productivity, but they also play a crucial role in mitigating carbon dioxide levels. Compared to other crops millets emit low levels of methane, addressing pollution concerns. The government of India has recognised the importance of promoting millet cultivation and has initiated several projects to support it. I’m particularly inspired by the support provided to farmers through schemes like NFSM and PMFME, as well as the thriving millet startup ecosystem. With the Indian Institution of Millets Research aiding 250 startups under its RKVY scheme, the potential for growth is immense. Additionally, efforts are underway to



create healthier millet-based recipes and biofortified varieties. Millets represent more than just crops; they embody a sustainable future for agriculture in India. Let’s cultivate millets, for our planet.”

A storehouse of nutrients

Panellist: Ankita Sengupta, associate professor, senior dietician, KPC Medical College and Hospital; scientific advisor and consultant, WHO; academic counsellor, IGNOU

“Normally, 60% of our food intake consists of cereals such as rice or wheat. However, the calorie count in rice and wheat is quite high. In the case of millets, the calorie count is minimal. Additionally, millets are one of the richest sources of both soluble and insoluble fibre, which we need for maintaining heart

health. Millets are also a rich source of antioxidant vitamins, minerals, and vitamin B complex, which are required for many other bodily functions. Thiamine (B1), niacin, and riboflavin are present in large amounts in millets, especially in Ragi and Bajra, which are commonly found in India. Due to its lower fat content as



compared to rice and wheat, millet-based snacks make for a healthier alternative. Moreover, incorporating millets into children’s diets through rotis, parathas, and bread will ensure both taste and nutritional benefits.”

Emerging as the new age choice

Panellist: Narendra Singh Tomar, director, Cham-bal Farmers Produce Company Gwalior; farmer

“Millets play a pivotal role in our agricultural landscape, especially in regions like Rajasthan and Madhya Pradesh. The demand for millets like Bajra is soaring, signalling a significant shift in dietary preferences. Traditionally, millets were staples in many households, only giving way to wheat on special occasions. Millets are disease-resistant, rich in nutrients, and their cultivation promotes environmental sustainability by reducing chemical usage. But it’s not enough to just cultivate millets; we must also focus on processing to add value and increase profitability for our farmers. Collaborating with paramilitary forces for training in bee-keeping and millet cultivation is just one way we’re expanding opportunities in this sector. I urge the youth to embrace millets as a path towards re-



vitalising our agricultural sector. Let’s work together to create a corporate model that empowers farmers, fosters unity, and ensures fair prices.”

Awareness in farmers needed

Panellist: Gyan, farmer, Bihar

“To revitalise millet cultivation, we must prioritise spreading awareness and knowledge among farmers, particularly in Bihar. Addressing labour shortages and providing support for mechanisation could help rejuvenate this vital aspect of our agricultural heritage. Living in Bihar, I’ve witnessed firsthand, the challenges faced by farmers in culti-

vating millets, particularly Ragi, known locally as Marjoram, due to labour shortage and decreasing rainfall. The labour-intensive nature of millet farming poses a significant hurdle, especially in a region where farmlands are small, and mechanisation is limited. Harvesting, particularly handpicking, proves especially challenging. Many lack the re-



sources to hire labourers, further contributing to the decline in millet cultivation. Despite the inherent advantages of millets, such as their minimal water and fertilizer requirements, the economic viability of cultivation remains uncertain.”



Part VII

Expert Speak

Green award honour

Amitians Celebrate Environmental Excellence

AIS Mayur Vihar

The school was awarded prestigious Eco School Green Flag Award and Global Sustainable School Certification for the years 2024 - 2026 by Centre for Environment Education under the Foundation for Environmental Education (FEE) on July 31, 2024. FEE is a global sustainable programme that aims to raise students' awareness on sustainable development issues through classroom study as well as school and community action.

Achieved under the leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, and guidance of school principal Ms Meenu Kanwar, this award recognises the schools' exceptional commitment to environmental education and sustainable



School principal Meenu Kanwar receives Eco Schools Flag

practices. The school registered for the programme in December, 2023 which was followed by its implementation in January 2024. A seven step methodology was adopted which included formation of the Eco Committee, carrying

out environmental review, mapping activities to curriculum, implementation of action plan, evaluation of the activities, involvement of parents and community, and formation of the school Eco Charter. 🇮🇳



Winners from AIS Gurugram 46 lift the trophy

Commerce conference

AIS Gurugram 46

The school organised its first edition of Vanijya Sangam 2024, an inter school Commerce Fest on September 2, 2024.

The event witnessed participation of 75 students from 15 schools of Delhi/NCR and aimed to empower trailblazers of tomorrow and promote entrepreneurship, aligned with vision of 'Hamara Sankalp Viksit Bharat'. The distinguished judges included Rajesh Kumar Mahajan, renowned author, trainer, and subject expert of Business Studies and Accountancy, and school alumni Ojasvi Khare, Sudiksha Sorcar, and Yajur Lath. A mesmerising musical presentation on the occasion by the school orchestra team left everyone spellbound. The competition comprised exciting rounds based on business, entrepreneur-

ship, innovations, and economics. Amitians bagged numerous laurels at the event.

In 'Biz Quiz', AIS Gurugram 46 secured first position, followed by AIS Noida at second, and AIS Mayur Vihar at third position. In 'Case Conquest', first position was bagged by AIS Gurugram 46 while third place went to AIS Mayur Vihar. For 'Policy Play', AIS Gurugram 46 again clinched first position, with AIS Noida and AIS Mayur Vihar stood at second and third position respectively; additionally, the Best Interjector award went to AIS Gurugram 46. In the 'Start-Up Sprint', AIS Gurugram 46 topped the chart once more, followed by AIS Saket at third position. In 'Trade Wars', AIS Vasundhara 1 finished at third position. The event was a resounding success, promoting innovation, entrepreneurship, and financial acumen in students. 🇮🇳

A nutritive life

AIS Vasundhara 6

Students of Class IV marked the National Nutrition Week observed annually worldwide from September 1 to 7, through various activities to raise awareness on the importance of nutrition and healthy eating habits on September 6, 2024. The theme of this year's celebration was 'Nutritious Diet for Everyone' and the event also targeted SDG 3 (Good Health and Well Being).

Students engaged audience with lectures on nutrition deficiencies, malnutrition, critical role of nutrition on cognitive development, lifestyle related diseases, importance of micro-nutrients etc. This was followed by a compelling street play on malnutrition. The young ambassadors of well being also took a pledge to play a vital role in promoting good nutrition for everyone. 🇮🇳



Advocates of nutrition



Acrobats team of AIS Pushp Vihar

A test of agility

AIS Pushp Vihar

The school hosted Verve 2024, an inter Amity Aerobics competition on July 25, 2024. The event comprising six competitions showcased the talent of 50 young athletes from various branches of Amity Group of Schools Delhi/NCR. It was judged by Seema Saini, sports coach, Department of Education (DoE); Kiran Sharma, gymnastics coach, Ramjas School, and Sushila Chaudhary, retired gymnastics coach, DoE.

In individual men event, AIS MV, AIS Noida, and AIS PV secured first, second, and third position respectively, while in in-

dividual women, AIS Vas 6, AIS Saket, and AIS PV bagged first, second, and third position, respectively. Mix pair event had AIS Noida at first place, AIS MV at second place, and AIS Saket at third place. Trios saw AIS Noida at first, AIS MV at second, and AIS Saket and AIS PV both at third place. In Aerodance (Senior), AIS PV won first prize, AIS Gur 46 won second prize, and AIS Noida won third prize. AIS PV won first place, AIS Gurugram 46 got second place, and AIS Saket bagged third place in Aerodance (Junior). AIS Noida lifted the overall trophy for the senior category, while in junior category, the overall trophy was bagged by AIS Pushp Vihar.



Winners of Quizzat with school principal and dignitaries

It's quiz time

AIS Saket

The school staged its 7th Quizzat'24, a two day annual inter school quiz fest from August 2-3, 2024. Envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, as a platform to kindle the spirit of enquiry and quest for knowledge in young minds, the quiz was conducted by Quizcraft Global Knowledge Solutions. Around 34 schools of Delhi/NCR participated in the quiz which comprised two rounds namely,

preliminary and stage round. Preliminary round required the students to submit written answers and was conducted for all the registered teams. Based on this round, the top six teams were then selected for the stage round wherein, the students answered various questions related to built heritage of India (ancient to contemporary), culture, history, tourism current affairs, world leaders, and entertainment. The overall winners trophy was lifted by DPS Noida followed by AIS Gurugram 46 at the first runners up position. 🇮🇳



Vantika Agrawal, Indian chess player

Kashvi Bajpai

AIS Noida, XII C

Vantika Agrawal, alumna of AIS Noida, is an Indian chess player who holds the FIDE title of Woman Grandmaster and International Master. As a part of the Indian women's team that won 2024 FIDE Chess Olympiad in Budapest, she is a shining star for other Amitians to follow. With a peak FIDE ranking of 2435, a silver medal in Asian Games 2022, and silver and bronze medals in The World Youth Championship, she shares with GT her power moves to outshine on the chessboard and in life.

Budapest brilliance

From Pawn To Queen, Vantika Reigns Supreme

The first move

As a child, I participated in numerous extracurriculars such as music, dance, art, skating, and many others. In fact, our school had a 'zero period' where you had to choose a sport to participate in. My brother and I chose chess. Upon the first glimpse of the chessboard, we felt such fascination that we told our mom we wanted to learn it better.

So, we enrolled in an academy and started home coaching. At first, I played for enjoyment, but after each tournament, I kept winning prizes, which motivated me to achieve more. Over the next few years, I began to win national, Asian, world, and Commonwealth championships. I owe a lot to my school. Our Chairperson, Dr (Mrs) Amita Chauhan, took personal interest to ensure I get all the support to pursue my passion and that my low attendance did not affect my results.

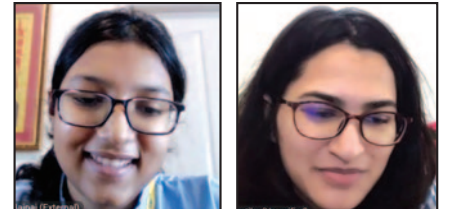
Life altering win

In the Olympiad, the loss against Poland left me in a poor state of mind because my

one mistake cost us that match. Later, my mom consoled me and reminded me that three rounds were still left. So, I went into the USA match - one of the most crucial ones - with a positive mindset, determined to give my best for Team India. Another critical match was against Georgia, the four-time Olympiad champions. My win against Bella Khotenashvili, a grandmaster, in the seventh round helped us secure the crucial victory for India. For the first time, both the men's and women's teams won together, which significantly influenced our lives. We've been receiving increased recognition and acclaim; it's been a continuous celebration.

Essence of chess

Chess is more of an intuitive game than a calculated one. The better your intuition, the quicker you can make decisions. It's the result of spending time learning, analysing games, and watching other top players. However, in dynamic positions, intuition may not always be right, so you evaluate all options carefully. But in simpler positions, intuition is often correct, thus you rely on that to make decisions quickly and effectively.



GT reporter with Vantika

Lessons from the chessboard

Professionally, chess has provided me with opportunities to travel, meet new people, and experience different cultures. Personally, it has improved my time management skills, decision-making skills, and confidence. Time management is very important in both chess and life. Decision-making is another key skill. In chess, as in life, there's no right or wrong decision - you only know if it's right or wrong later. I've also learned the importance of patience. Much like in life, there are bad phases in chess, but if you don't give up and remain patient, things will work out. If you feel passionate about something, you should keep working hard to achieve it. You shall never give up on your dreams and keep moving forward, when the outcomes don't align with your expectations.

Album Review

Mastermind, indeed

Album: **Midnights**Artist: **Taylor Swift**Released on: **October 21, 2022**Genre: **Pop, Synth-pop, Electropop**

Synopsis: 'Midnights' is Taylor Swift's tenth studio album that covers the themes of anxiety, self-criticism, self-assurance, and self-confidence. This album captures the essence of tumultuous relationships one faces in their adulthood. The songs echo themes of loss, heartbreak, and self-doubt which helps the audience combat their personal issues. The lush instrumentals, meticulous arrangements, and clever production choices create a captivating sonic landscape that keeps the listener engaged from start to finish. Each song is a tale caught between a love story and

a revenge plot weaved into lyrics. Tagged as one of her most confident works, this album is cool, collected, and mature.

Why is it worth listening: 'Midnights' seamlessly represents Taylor Swift's amorphous pop sound, blending her signature style with a fresh, experimental edge, and showcasing her versatility as an artist and reminding the listeners of the dazzling synth-pop of records like '1989' and 'Reputation'. From the glossy 80s rock of 'Anti-hero' to trap and house-inspired beats of 'Midnight Rain' and 'Labyrinth', from unapologetically defiant tones of 'Karma' to the introspective homecoming in 'You're on Your Own, Kid', Swift puts her best foot forward to give the listeners a mellifluous and relatable experience. 'Midnights' is highly



individualistic and unique in its approach. It is a powerful piece of music that speaks to the listeners to reflect and immerse themselves in its melodic depth.

Favourite song: 'Karma' is my favourite song as this kaleidoscopically tuneful song is largely based on the 'You reap just what you sow' philosophy.

Rating: **5/5**Review By: **Eesh Saini**
AIS Saket, X C

GT Travels to Rajasthan



Suyashi Sehgal, AIS Vas 6, VII D poses with her copy of The Global Times at Longewala War Memorial in Thar Desert, Rajasthan. The place has witnessed one of the major decisive battles fought on the Western sector during the Indo-Pak War of 1971, on which the renowned movie 'Border' is based.

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