

Mirror Mirror On The Gram, It's Time You Show The Celebrity With Utmost Glam

Kamakshi Khandelwal
AIS Gurugram 43, XI D

Celebrities have long been trend-setters, and their influence extends far beyond their red-carpet looks. From Met Gala outfits to the latest haircuts or diets, we often feel the urge to follow their lead. This fascination isn't just about appearances, it reflects our deeper desire for confidence. The 'makeover' has been a universal pursuit, from 'Cinderella' to today. But this raises a question: why are we so captivated by the shape-shifting transformations of the rich and famous?

Decoding the desire

From the world-famous 'Rachel' cut to the tracksuits worn by Paris Hilton, we've all fallen prey to our image-centric culture. Why we crave 'The Celebrity Look', lies a potent mixture of factors fueling our desire: celebrities are often seen as tastemakers to the bland pack of noodles we all believe we are. Various studies show that we identify with what celebrities represent. Their seemingly effortless perfection becomes an aspirational goal for the masses. In a world where aesthetics are valued over principles, replicating a celeb-inspired look can feel like a shortcut to achieving their elusive sense of 'cool'. Beyond aesthetics, celebrity looks become increasingly intertwined with the characters they portray. Think of Angelina Jolie's powerful look amplified by her bob cut in 'Lara Croft: Tomb Raider' or Johnny Depp's swagger personified by his eyeliner-wearing, goatee-keeping look in 'Pirates of the Caribbean', and we all feel a sense of connection, power, and confidence these characters embody when we copy them. But is it all worth it?

The catch-22 though

While in the pursuit of our happiness, aspiring to achieve these looks may seem like a



Enamoured by the allure

cakewalk, but this pursuit can be a double-edged sword. First and foremost, chasing these unrealistic ideals can harm our self-esteem to umpteen levels. A 2019 study by the American Psychological Association shows that when a person constantly compares themselves to the flawless styles of celebrities, it can trigger feelings of self-doubt amongst individuals. Copying the style of our favourite stars can be fun but it can quickly turn extreme. An example of this is the change.org petition filed by content creator Ashley Leechin (who impersonates Taylor Swift for a living), against the trolling she receives from Swifties, who began harassing her online for doing so. Secondly,

from an economic perspective, celebrity-inspired looks create unrealistic standards. Celebrities have access to resources and airbrushing that most of us don't. Today, there exist multiple Instagram and YouTube accounts that highlight these digital and surgical enhancements, as seen in the 'Kategate' incident, where Kate Middleton's photos were heavily modified. Moreover, keeping a constant focus on appearance can harm our sense of self, overshadowing personal expression. The beauty of fashion lies in our unique expression of self. Otherwise, we all end up looking like badly made clones of each other or rather famous celebrities or characters.

Finding your own fabulous

Believe in the words of the wise, the next time you find yourself yearning for a celebrity's style on the internet, whether it is their signature outfit, or makeup, take a moment to appreciate the inspiration it brings to you. Well, they deserve it, don't they? But remember, true style goes beyond copying, even though Chuck Palahniuk says, "Everything is a copy of a copy of a copy." You don't have to be. Use the inspiration behind an original look, and make it a springboard to explore your imagination, and find what makes you beautiful in your skin. After all, the world needs your unique brand of fabulous, not just another Rachel. [GT](#)

THE GT POLL

Will the Centre's decision to provide five lakh INR free health cover for citizens aged over 70 under Ayushman Bharat PM Jan Arogya Yojna strengthen India's healthcare landscape?

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

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Coming next
Panel Discussion

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From core to code

An insightful conversation with Saurabh Bhardwaj, health minister, Delhi on shaping Delhi's healthcare landscape.

...more on page 3

What's inside



Kondo-ing through life

Flip through the pages to reclaim your serenity by exploring the best methods to transform your living space and your mindset.

...more on page 5



You can win this battle

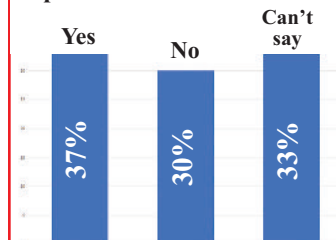
Read excerpts from the thoughtful panel discussion organised by the YP team of AIS Saket (2023-24) on the topic of 'Breast Cancer'.

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POLL RESULT

for GT Edition September 9, 2024

Will the restrictions on study permits in Canada leave the Indian students at a risk of deportation?



Results as on September 14, 2024

Around The WORLD

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



UK

Replica and record

Tech YouTuber Arun Maini, AKA Mrwhosetheboss, has set a Guinness World Record by creating world's largest working replica of the iPhone 15 Pro Max. The 6.74-foot-tall replica was built in collaboration with DIY Perks, to celebrate his career milestone of surpassing Apple's YouTube channel in subscribers. The gigantic replica, which weighs 119.6 kilograms, can send emails, SMS, and browse the app store. The functioning model also includes a flashlight, camera, and a charging port.



RUSSIA

Military drill launched

On Sep 8, 2024, Russia began a week-long joint naval military exercise with China, named 'The Oceans 24', aimed at enhancing cooperation between their naval forces, according to Russia's Defence Ministry. The drills will take place across the Pacific and Arctic Oceans, involving large-scale participation from both nations. Approx. 100 aircraft, 400 warships, and over 90,000 troops are involved in the exercises, which also include simultaneous joint air drills. Russian President Putin is expected to take part in the first phase of the event.



USA

Moment of bereavement

Legendary actor James Earl Jones, renowned for voicing iconic characters like Darth Vader in 'Star Wars' and Mufasa in 'The Lion King', passed away at the age of 93 on September 9, 2024. The distinguished actor, celebrated for his powerful voice and performances, was one of the few to achieve the coveted EGOT status, having won Emmy, Grammy, Oscar, and Tony Awards. Fans worldwide are expressing deep gratitude for the way he shaped their childhoods with his unforgettable roles.



FRANCE

Public rallies

Over 100,000 demonstrators took to the streets of France to protest the appointment of Michel Barnier, former foreign minister, as the PM. They further denounced the 'power grab' of President Macron and several of his other political misjudgment in the public's view. The protests were held in cities like Paris, Nantes, etc. after the rejection of Lucie Castets, a ministerial candidate of The New Popular Front Alliance.



INDIA

India's win in paralympics

The 2024 Paralympics concluded on September 8 in Paris, marking India's best-ever performance with a total of 29 medals, including seven gold, nine silver, and 13 bronze. India climbed to 18th place in the overall standings. Sports minister Mansukh Mandaviya lauded the athletes' achievements, announcing cash rewards of 75 lakhs INR for gold medallists, 50 lakhs INR for silver, and 30 lakhs INR for bronze.



VIETNAM

Catastrophe strikes

Typhoon Yagi struck northern Vietnam, including the capital region of Hanoi, triggering severe rains, landslides, and widespread flooding. The typhoon caused mass destruction, including the collapse of the Phong Chau bridge, leading to 60 casualties, surging the death toll to 141, with 58 people still missing. The rise in the water level of the Red River led to the evacuation of schools and neighbourhoods in Hanoi.



SOUTH KOREA

Deliberation on AI

The Responsible AI in the Military Domain summit took place in Seoul from Sep 9-10, 2024, drawing representatives from over 60 countries to discuss the governance of AI in military operations. Co-hosted by Britain, the Netherlands, Singapore, and Kenya, the summit created a non-legally binding 'blueprint for action', advocating for responsible AI use and preventing the proliferation of WMD.

News Flash

► **Bahamas:** Sculptor Anina Major wins the Pommery Award for Platform Section at The Armory Show 2024
 ► **Kenya:** Nairobi International Airport shuts down after airport staff strike; hundreds of passengers stranded

From code to care

Saurabh Bhardwaj's Blueprint For A Healthier Tomorrow

INTERVIEW

Anwita Agarwal, XII C
& Ruhani Chawla, XII E
AIS Saket

Saurabh Bhardwaj, health minister, Delhi is a leader who embodies the intersection of technology and politics.



Saurabh Bhardwaj, health minister, Delhi

Known for his sharp communication skills and a deep sense of responsibility, he has played a pivotal role in shaping Delhi's healthcare landscape. Under his guidance, the city has witnessed significant strides in community health initiatives. In a conversation with GT, Saurabh sheds light on the challenges confronting Delhi's healthcare system and the innovative solutions his administration is implementing to address them.

Representing people

Democracy thrives on diversity when individuals from all walks of life, be they engineers, doctors, or farmers, together contribute to the decision-making processes in Parliament or legislative assemblies. This variety ensures that our democracy truly reflects the people it serves. My political journey began with the Anna Hazare movement, and

I haven't looked back since. To me, a true leader is someone who not only represents the interests of their constituents but also upholds integrity and honesty.

Identifying problems

Our hospitals in Delhi are under significant pressure due to a large number of patients that they encounter, many of whom travel from neighbouring states seeking treatment. Although government hospitals are making commendable efforts, there remains a critical shortage of beds. We are addressing this challenge through innovative strategies and aim to double the bed capacity by the end of 2024. Moreover, women, particularly in rural areas, face significant barriers in accessing timely and adequate healthcare. Issues like cancer often go undiagnosed due to cultural stigmas, financial constraints, and deep-rooted gender biases. Addressing these challenges require a comprehensive strategy that includes targeted awareness campaigns, improved healthcare infrastructure, and empowering women in marginalised



GT reporters with Saurabh Bhardwaj

communities to advocate for their own health.

Finding solutions

One of our primary initiatives is the construction of more hospitals in Delhi to meet the growing demand. We are also expanding the network of Mohalla Clinics, a cornerstone of primary healthcare in Delhi. Additionally, we are working on digitising hospital processes to reduce paperwork, increase transparency, and enhance efficiency across the healthcare system. These steps are crucial in making healthcare more accessible and patient-friendly

Message for Amitians

Compassion is the key. Since most of you come from secure backgrounds, it's essential to cultivate a sense of empathy for those who belong to the marginalised sections of society. You must think about their problems and ways to solve them in any way possible by reaching out to them. A simple gesture of speaking with your house help, and finding out how they cope with day-to-day difficulties, is a good way to start. Always remember that even the smallest acts of kindness can light the way toward a brighter and more equitable future. 🇮🇳

Pic: Tamanna Bhola, AIS Saket, X C

Book Review

A tale of choices

Synopsis: The story follows Nora Seed, a woman feeling both unwanted and unsuccessful. One night, in a moment of profound despair, she attempts suicide. However, instead of dying, Nora finds herself in the Midnight Library, a mysterious place that exists between life and death. This library is filled with countless books, each representing a different life Nora could have lived if she had made different decisions. In the Midnight Library, Nora is given the chance to explore these alternate lives, starting from the moment she ended her own. As she steps into various versions of herself, she discovers paths she never imagined. Yet, despite the allure of these seemingly perfect lives, she soon realises that each

Book: The Midnight Library
Author: Matt Haig
Published in: 2020
Genre: Fantasy fiction

comes with its own set of challenges and sacrifices. Nora's journey through the Midnight Library is a profound exploration of self-discovery, as she grapples with the question of what truly matters in life and what she is willing to sacrifice to find lasting fulfillment.

Why is it worth reading: This book is an unflinching mirror to life's complexities, proving that not every path is lined with roses. The author masterfully navigates the delicate topic of mental health, weav-

ing it into a compelling narrative that resonates with the reader on a deeply personal level. The characters aren't just names on a page, they are reflections of our own choices, struggles, and the quiet strength we often overlook. What makes this book truly remarkable is its fusion of fantasy and contemporary fiction, creating a world that's imaginative yet grounded in real emotions. For anyone in search of a book that offers both substance and heart, this one stands out as a powerful, must-read experience.

Iconic Quote: "You can choose choices but not outcomes. So, the only way to learn is to live."

Rating: 5/5

Reviewed by: Atisha Indoria
AIS Vasundhara 6, X B



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A digital revolution

From the crack of dawn, technology stirs us with its reliable alarms, and caresses us with the cooling breeze of our ACs as we drift off to sleep, weaving its wonders into our everyday lives. GT pays homage to this silent saviour that simplifies and enhances our existence with a brand new series, unwrapping A to Z of iconic tech pieces, one letter at a time. Here's presenting the **Y** in this series that changed human life as we know and live it.

Sai Akshara Patnaik
AGS Gurugram, IX

The tech: YouTube
The inventor: Chad Hurley, Steve Chen, and Jawed Karim

How was it invented?
In 2005, Chad Hurley, Steve Chen, and Jawed Karim, former PayPal employees, encountered difficulties sharing videos from a dinner party and recognised the need for a simple video-sharing platform. They observed that there was no convenient medium to share videos on the internet. So, they developed YouTube and launched it in 2005, allowing

users to easily upload, share, and view videos online. In 2006, Google acquired YouTube for 1.65 billion USD, solidifying its status as a global video-sharing giant.

When did we get to know it first?
The first-ever video, 'Me at the Zoo', was uploaded on the website by co-founder Jawed Karim in April 2005, while YouTube was in private beta testing phase. It was first opened on a limited basis in May 2005, attracting nearly 30,000 viewers per day. The website was logging in more than two million views per day by the time it was offi-

Fun fact: Over five hundred hours' worth of video content gets uploaded on YouTube each minute!

How has it helped our lives?
YouTube has had a profound impact on our lives, transforming the way we consume content and interact with media. YouTube serves as a vast repository of knowledge and learning, offering educational content across various subjects and providing tutorials, lectures, and documentaries accessible to anyone with an internet connection. This democratisation of education has empowered countless individuals to develop new skills and expand their knowledge. Moreover, it has democratised content creation, enabling aspiring artists, musicians, vloggers, and filmmakers to share their work and earn money through advertising and sponsorships. It has also allowed for greater diversity of voices, fostering creativity, and providing opportunities for self-expression.



Weight of superiority

Redefining The Duty Of Homo Sapiens

Shachi Agrawal
AIS Gurugram 43, IX B

Homo sapiens have undoubtedly, for a long time, considered themselves as a superior species. Yet, science reveals a startling truth: humans are the sole species exempt from the food chain's delicate balance. Their absence would leave the world unscathed, but remove any other species, and the very fabric of life unravels. A sobering reminder of their place within the grand orchestra of existence. The natural world is a masterfully crafted symphony, where every creature plays a vital role. An ant can lift 50 times of its own weight; an eagle can see things miles away; dogs can listen to frequencies which humans can-

not; trees can live for hundreds of years; bears can hibernate or sleep for six months, which even if a human desires, he or she simply cannot. Then why do humans consider themselves superior?

The evolutionary dominance of humans

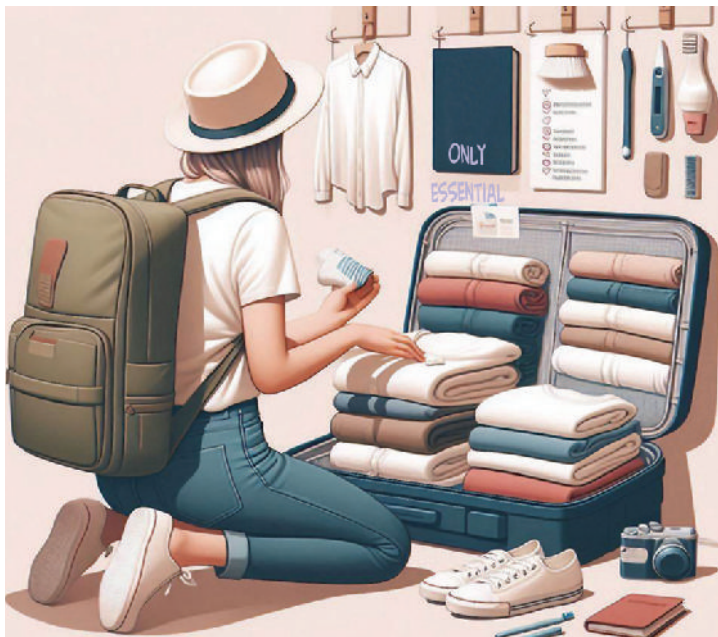
Having evolved from earlier human species like Homo erectus and Homo heidelbergensis, humans, over the centuries, developed upright posture, bipedalism, large brain-to-body mass ratio, and the capacity for language and complex communication. Irrespective of region or race, human's cognitive abilities stand unparalleled, determined by advanced problem-solving and critical thinking capacity. Humans have an inherent ability to work

together towards common goals. They exhibit altruistic behaviours like sharing, helping, sacrificing, and volunteering for others. This cooperation has enabled them to build complex societies, achieve great feats, and ensure mutual survival. They have superior intelligence through which they have invented things which allow them to do all these great things which other species can do. They have created cranes to lift huge weights and medicines and hospitals to cure diseases! They have created airplanes and automobiles to shorten the travel time. But while doing all these things, they forgot that superior intelligence comes with a responsibility.

Ignorance vs responsibility of humans
Humans have ignored the negative impact of their actions. Instead of being caretakers of the other fellow living entities, they have taken a path to exploit them and misuse them for petty benefits. They have polluted the land, the air, the water, making this world inhabitable for many. They continue to avoid taking remedial measure letting other species around suffer without much heed

to how their own generations to come will sustain in a world bereaved of natural resource. A joint effort of our forefathers has shaped the world we live in today, enabling us to express ourselves better and improve our lives. Creativity has enabled us to tell our stories, preserve our history, and inspire future generations. Now the duty to sustain this, correcting our anomalies as we face them, is the humane task the youth of this world must embark upon.





Kondo-ing through life

Create A Stress Free Space

Anarghya Panwar
AIS Noida, XII I

It's Friday night, and you're ready for the weekend - comfort food, cosy blankets, and your favourite show lined up. But as you walk into your room, you're met with chaos: clothes, books, and clutter everywhere. That peaceful weekend vibe is now gone. And what's the key to reclaiming that serenity? Decluttering. Organisation isn't just about tidying; it's about creating a space that lets you truly unwind. Let's explore some best methods to transform your space and mindset.

The KonMari method
Marie Kondo's KonMari Method is more than just tidying up, it's a mindset shift. Instead of simply deciding what to toss, you're invited to reflect on what truly brings you joy. Start by categorising your belongings into books, papers, clothes, miscellaneous items etc. Then, hold each item in your hands and ask yourself, "Does this spark joy?" If it doesn't, let it go. This method encourages you to part ways with those "maybe I'll use this someday" items, creating space for what truly matters.

The Four-Box method
Imagine sorting your life into four simple boxes: 'Put Away,'

'Give Away,' 'Throw Away,' and 'Undecided/Storage'. The trick? Don't let that undecided box become a black hole. Reflect on those items, but don't let them linger too long. For things that still have life left in them but aren't your favourites, consider selling or donating. This method helps you confront your belongings head-on, making decisions with purpose.

The Minimalists' Packing Party

Decluttering doesn't have to be a dull chore. Enter the Minimalists' Packing Party, a method that turns organisation into a social event. Here's how it works: pretend you're moving away and pack up all your belongings into boxes. Then, invite some friends over, order pizza, and make a party night. After the party, only unpack items as you need them. After a few weeks, you'll notice that many boxes remain untouched, those are the items you can live without. Sell, donate, or recycle them, and enjoy the new-found space.

With these exciting methods at your fingertips, decluttering doesn't have to feel like a chore. Instead, it becomes a journey to a more organised life. So, go ahead, welcome a clutter-free space where you can truly unwind and enjoy every moment.

THE CUCKOO CONUNDRUM

A Story Of How A Clock Learned To Tock

Anushree Khandelwal
AGS Gurugram, XI

Tick-tock. Tick-tock. Amidst a symphony of clicking gears and ticking escapements, I, a grandfather clock, awoke to the ever-constant sound of my beating heart. It was an unforgettable moment as the clock master meticulously assembled my parts, breathing life into my wooden frame. As the clock master fine-tuned me, I couldn't help but sense a connection with the countless clocks that had come before me, each bearing its own unique history. With every chime of my pendulum, I was transported through a psychological portal, stepping into the ticking shoes of my mighty ancestors.

Strike 1! The intimidating brass sound was similar to the gunshot before a marathon, cascading an array of curious thoughts that fogged my brain with enigmas. Why did I perpetually run in a clockwise direction anyway? As the steady hands of the clock master turned my mechanical cogs, the cogs in my head turned to form a fitting answer! My hands moved clockwise to mimic the way a shadow on the sundial moves in the northern

hemisphere, which is the most ancient timekeeping device.

Strike 2! Just as one chapter closed, the bell struck two, and I was transported into a flurry of ball gowns, masquerade parties, and nobles. This was the epoch where time itself was born - the Renaissance. Many grand marvels, such as the turret clock, the first ever clock to come into existence, brought about the evolution of mankind.

Strike 3! All was merry and the public was satisfied with my abilities, but the sun's capricious behaviour began to disrupt the harmony of timekeeping. The sun greeted different parts of the world at various intervals, so when people undertook a long journey and expected the bright sun to freshen up their day, they were met by the starry night instead. To facilitate coordinated travel without byzantine calculations, the concept of time zones was born.

Strike 4! In earlier days, I couldn't work without my winding

key. I needed regular attention and had to be tuned every night to perform my job during the day. Neglect to wind me, and I would regrettably cease operation. To rescue me from this dilemma, came the Quartz crystal! Since I was being regulated by a tiny, oscillating crystal instead of a swinging pendulum, I would never stop, or be late or early again. I would just be on time; a punctuality incarnate indeed!

Strike 5! It wasn't until 1847 that the general public realised that I could not only tell time but also wake them up punctually. Levi Hutchins, however, recognised this potential much sooner, and invented the alarm clock, in 1787, but he never shared his invention with the world.

Strike 6! You may see me everywhere, but don't underestimate my value. I can be worth millions, like the Duc d'Orleans Breguet Symphonique Clock, valued at approximately 6.8 million USD! I've stood alongside humanity through its highs and lows, witnessing creation of memories. As long as mankind exists, so shall I, leaving an indelible mark on the world and reminding everyone to treasure every second of their fleeting lives!



Nurturing soldiers



Dr. Amita Chauhan
Chairperson

It's a well-known fact that defence services shapes individuals into well-rounded human beings. The Indian defence forces, especially, are renowned worldwide for their poise, humanity and integrity while being assertive and fearless in facing any adversity. This vision, of nurturing such holistic personalities, is what inspired Founder President, Dr. Ashok K Chauhan, to establish the Amity Cadet Corps (ACC) which was based on the NCC model. He

firmly believes that ACC prepares cadets to successfully overcome life's challenges while instilling a sense of duty and responsibility towards the nation. ACC's motto - 'Duty, Honour and Courage' - reflects its steadfast mission to develop essential character qualities in students for their overall development.

ACC organises six-day camps, mandatory for all Class IX students, offering a glimpse into the life of the Armed Forces. These camps, held at the Amity Educational Valley, Manesar, are conducted under the guidance of retired military veterans. Students wear combat uniforms and experience the pride of being a soldier while learning values like teamwork, leadership and patriotism. Activities like PT, obstacle course, field craft and various adventure sports not only promote physical fitness but also cultivate courage, self-reliance and resilience. The camps conclude with a Kasam Parade, where young cadets pledge their commitment to 'Selfless Service to the Society and the Nation'.

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

Moksh Gauri, alumnus, AIS PV, scored a perfect 100 and won gold award in the first round (Individual Event) of WEC Continental Economics Cup, organised online by Meccademia. 🇮🇳

Monsoon chaos



Vira Sharma
Managing Editor

When I left home for an editorial meeting at AIS Gur 46 last week, I got caught in a torrential downpour. Expecting the inevitable traffic jams that have now become synonymous with monsoons in Delhi-NCR, I was apprehensive that I might get late, or even miss the meeting completely. I am someone who adores the rainy season, but these agonising traffic snarls and the sight of pedestrians wading through knee-deep water have taken the joy out of monsoons

not just for me, but for everyone else too. Yes, rains now mean a complete choking of the city's infrastructure - choked drains, blocked roads, and lives disrupted by the downpour. Every rainy season, we hear news channels and citizens questioning the authorities about solutions, but I believe that the same questions must be directed at us.

Undoubtedly, the government has a large role to play in maintaining the drainage system, but we must not dismiss the fact that citizens have also contributed in a big way to this problem. Our scant regard for traffic rules, impatience on the roads, and careless littering have also worsened the situation. Plastics and other waste material end up clogging the drains, leading to the overflowing gutters and severe waterlogging. The government can make rules, but it's not an omnipresent being that can teach civic sense to each and every person. While it's necessary to speak out about issues of timely drain cleaning and better transport, we must also take responsibility for our own actions. The solution to these choking rains lies in each one of us making a change as conscious citizens. 🇮🇳

The power struggle

Is It The Silence Of Confidence Or Loud Narcissism?

Imaging: Pankaj Mallik, GT Network



Renee Pramod Bayya
AGS Noida, A2

Suppose you're spiritedly nattering about something you're well-versed in and someone interrupts you to call you a narcissist. "Did I really sound like one?" you inquire, subjecting your self-confidence to scrutiny. This blurring of the line between confidence and narcissism is what most people tend to give free rein to owing to their failure to tell the two from each other. Here's how you can avoid making the blunder...

Situation I: Your exam went well as compared to your friends

A narcissist: Well, the exam was easy. I would've gotten full marks, had I been relieved of my duties.

A confident person: Wow! I knew you'd do well. Congratulations!

A narcissist tends to perceive another's triumph as threatening. If left unchecked, it can push one to do almost anything to fuel their urge to be above all. But a confident person

would always be supportive and secure enough to be able to applaud others for their achievements.

Situation II: When someone shares an unusual experience

A narcissist: Oh, this was nothing. I had a similar experience once; it was absolutely anxiety-inducing.

A confident person: I have had a similar experience! The way you handled it though was so smart.

A narcissist feels the need to make themselves the focal point, often dominating conversations to turn all attention towards them. A confident person is the complete opposite. They stay comfortable in their position and express their thoughts only after the person is done talking.

Situation III: Someone messed up an important performance

A narcissist: What? I did everything I was told. Not my fault that your instructions weren't clear.

A confident person: I realise that I messed up. I'm sorry. I'll make sure to not repeat that mistake.

A narcissist would try to hide away from their fault, never accepting their role in a negative outcome and quite often doing so by shifting the blame or gaslighting others. A confident individual, au contraire, is open to change; they accept their faults and actively work to fix them.

Situation IV: Reaction to opinions

A narcissist: You disagree? To me it seems like you're lost yourself.

A confident person: You disagree? May I know why? I'm sure you have a valid reason to do so.

Open-mindedness is almost non-existent in narcissists. They dislike people having conflicting views. Confidence is a sign of liberalism as it shows that a person is willing to listen to differing opinions – a sign of emotional maturity.

If you relate to the grandiose sense of self that comes with narcissism, work on it or seek professional help. If healthy confidence is all you got, don't let it cross over to the other side where narcissism reigns.

Dear Editor,

This is in reference to the article 'The cosmic connection' published on page 1 of the GT edition dated September 9, 2024. This piece masterfully captures the historical significance of the space race and the remarkable progress made by various Asian nations, as well as billionaires spearheading private space ventures. The section on India's achievements, particularly the success of 'Chandrayaan-3,' was truly inspiring and highlighted the nation's growing accomplishments in space exploration. Fur-



GT M@il

thermore, the billionaire-led space race offers an exciting new perspective, with their contributions reshaping the future of space exploration. While the idea of space colonisation is ambitious, it's one I eagerly anticipate. It's incredible to think that what once seemed like science fiction is now becoming a reality, and I thoroughly enjoyed reading this article!

Akshit Kaul
AIS Mayur Vihar, XI F



You can win this battle

With Resilience And Determination, Anyone Can Fight Breast Cancer

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part V** of this exclusive series, based on the panel discussions organised by YP teams in 2023-24, and a host of opinions as experts debate on 'Breast Cancer', the cause chosen by the Youth Power team of AIS Saket.



Panellists with the YP team of AIS Saket

Show compassion

Panellist: Saurabh Bhardwaj
Minister of health, Delhi



"Like any other form of cancer, breast cancer is also a source of great trauma for the patient and the entire family. Any woman can be susceptible to breast cancer, and even the strongest of women cannot tackle the disease without the support of her near and dear ones. It is imperative that a family member accompanies the patient for radiotherapy sessions and they must be with the patient throughout the treatment. Getting cancer treatment entails huge financial costs, so there is added pressure on the family. In this scenario, maintaining one's mental health becomes very important. As a society, we must show compassion for patients and their families and treat them with utmost love and understanding."

Emotional well being is paramount

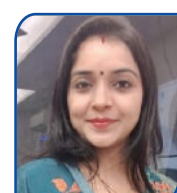
Panellist: Dr Prem Lata Chawla
Psychiatrist, Vimhans Hospital



"Ensuring the mental health of both cancer patients and their caregivers is crucial. Beyond treatment, survivors grapple with psychological challenges. Emotional well-being is paramount and building resilience is key. Professional counselling, peer support, and open communication with healthcare providers allow individuals to express their concerns freely. Transitioning to post-treatment life requires a lot of attention. The support of the family is of utmost importance during post-operative period. In essence, a comprehensive approach to mental health is integral to navigate the complexities of the cancer journey."

Nutritious food is a must

Panellist: Muskan Dhawan
Nutritionist



"Nutrition plays a vital role in supporting the overall health and well-being of individuals undergoing treatment for breast cancer. Maintaining a proper diet can help one manage the side effects of the treatment and promote recovery. A breast cancer patient's diet must be 100% sugar free. Cancer can be caused by both genetic and environmental factors, so everyone should be mindful of what food they are eating. As fertilisers are used for growing fruits and vegetables, these chemicals get accumulated on the outer skin. So, one must wash and peel the fruit and vegetables to reduce the amount of toxins going inside your body. Breast cancer is a very curable disease, provided we take care of our bodies."

Seeking support helps all

Panellist: Dr Waseem Abbas, On-
cologist, breast cancer specialist



"Regular breast self-exams and detection through screenings like mammograms changes must be encouraged. Awareness is key in identifying potential issues. By prioritising these simple measures, women can take proactive steps towards reducing their risk of breast cancer, even within their busy schedules. Also, dealing with the challenges of cancer treatment requires resilience. I, too, have learnt from my patients' strength and their perseverance has inspired me to remain steadfast in the face of difficulties. I have learned to prioritise my mental well-being and also that of my team. Taking breaks, seeking support, and fostering a positive work environment are crucial for sustaining resilience during difficult times."

Part V Expert Speak

Fight breast cancer

Panellist: Rekha Gulabani
Former president of Indian Cancer Society



"Many families lack the means and willingness to support a cancer patient either emotionally or financially. Such women experience grievous pain during their cancer treatment journey. To such women, I say that they must carry themselves with pride. Breast cancer is a very curable disease; it just requires one to have the right mindset. To uplift their spirit, I have reworked the term 'cancer' by adding the word 'I' to the name and making it 'I Can Cer (Sir)!'. The Indian Cancer Society has a special motto 'Conquest cancer by choice, not by chance' to motivate its patients to power through."

Practise regular self-checks

Panellist: Satinder Kaur
Breast cancer survivor



"I was diagnosed with breast cancer a few years after my marriage. During one self-check, I found a lump under my armpit. This phase of my life brought many challenges. I was under a lot of stress but I always had the support of my husband, close friends, and doctors. What I really regret is not being well-informed about breast cancer early on. If I had the knowledge about the symptoms, the treatment, or how to tackle the emotional and physical stress, my journey would have been a lot different than it was. I will ask every woman to be responsible. They must practise regular self-detection and be aware of any signs of cancer. Breast cancer is not a thing of embarrassment, every survivor should feel proud of themselves and their brave journey."

The invisible banana

Imaging: Ravinder Gusain, GT Network



Storywala

Saksham Duggal

AGS Noida, Alumnus

Chapter 1: The vanishing banana

Detective Larry McSleuth, renowned for his uncanny ability to solve the strangest of cases, found himself facing a conundrum like never before - the disappearance of a banana.

Chapter 2: The bananascape

Larry decided to visit the crime scene, a quaint kitchen in the heart of the city. With his magnifying glass in hand, he scrutinised every inch of the room. "I must be going bananas," Larry chuckled to himself, as he peered under the table to find the missing fruit.

Chapter 3: The witnesses speak

Larry interviewed all the witnesses, and even the resident parrot, Polly, who witnessed the strange event. But none

of them had seen anything.

Chapter 4: Slippery skins

Days turned into weeks, and Larry couldn't fathom how a banana could remain invisible for so long. He decided to consult Prof Victor Quirk, known for his expertise in invisible objects.

Chapter 5: An unexpected twist

As Larry sat in Prof Quirk's laboratory, he observed a device emitting strange whirring sounds. The professor explained, "This is my invention, the Banana Vanisher 3000. It's designed to make bananas invisible temporarily." Could Prof Quirk be involved in the banana's disappearance? He dismissed the thought, telling himself that a scientist couldn't possibly do such a mischief.

Chapter 6: A familiar voice

While pondering upon his next move, Larry received an anonymous tip, direc-

Larry decided to visit the crime scene, a quaint kitchen in the heart of the city. With his magnifying glass in hand, he scrutinised every inch of the room.

ting him to a local comedy club. He decided to follow the lead. As he entered the club, he noticed a familiar voice on stage, delivering a stand-up routine.

Chapter 7: The unexpected culprit

The voice belonged to none other than the magician, Charlie 'The Vanisher' Vortex. Larry's jaw dropped as he realised the truth. Unaware of Larry's presence, Charlie continued his act. Seizing the opportunity, Larry confronted Charlie. "I must admit, Detective McSleuth, you almost had me fooled," Charlie confessed. "But a magician never reveals his secrets until the grand finale!"

Chapter 8: The grand finale

Charlie, the mastermind behind the vanishing banana, revealed the hidden compartment in his coat where he had concealed the banana. The audience was astonished by McSleuth's effort in solving the mystery. As the curtain closed on the invisible banana case, Larry couldn't help but chuckle at the absurdity of it all. Sometimes, even the most baffling cases have an unexpected twist, and this one had certainly delivered a ripe surprise.

(Saksham is currently pursuing BA (Hons) Graphic Branding and Identity from University of the Arts London, UK.)

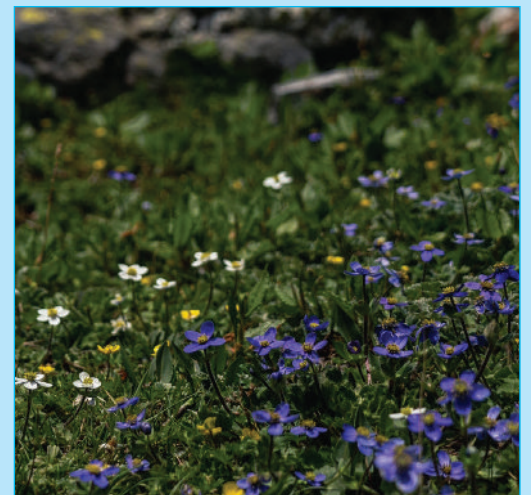
CAMERA CAPERS

Medha Shree

AIS VKC Lucknow, IX A



A moment captured in bloom



Beauty in the simplest things

Send in your entries to cameracapers@theglobaltimes.in

Read Play and Win 63

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 is the author of the book "The Midnight Library"?	Q.2 What is the headline of the article on page 1?	Q.3 Name any one method of organising and decluttering mentioned on page 5.
Q.4 Who invented YouTube?	Q.5 Name the cause chosen by the team of AIS Saket for YP 2023-24.	Q.6 Which school hosted AMIGMUN'24?
Q.7 Who has been featured in the 'It's me' column?	Q.8 Which Raftaar album has been featured in this edition?	Q.9 What is the name of the detective mentioned in the short story on page 8?

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

Results of Read Play & Win-62: **Daiwik Madan**, AIS PV, VIII D; **Abeer Rastogi**, AIS Noida, IV H; **Lavanya Basist**, AIS Saket, VII D

WORDS VERSE

Nature's respite

Suditi Pal, AIS Saket, IX D

In the chaos of my daily life
As I am trying to find peace
I feel the need to slip away
In a country that's far away

I want to chirp like little birds
Fly to evergreen woodlands
Breathe in a lot of fresh air
To heal my weary tired self

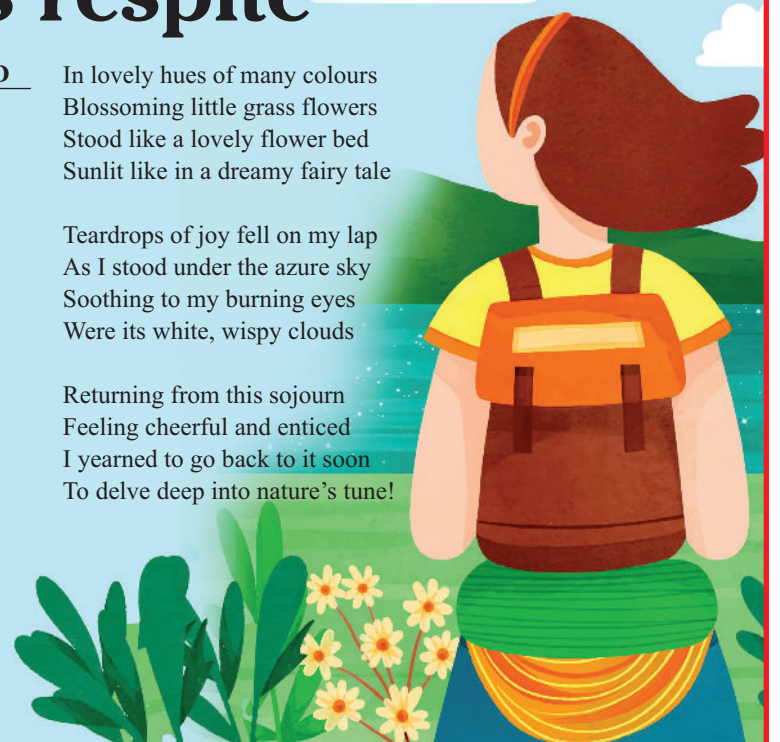
On the lap of Mother Earth
I felt as though I was reborn
Nurtured by sweet nature
Like moistened soft petals

I saw magnificent waterfalls
Its bright froth-lashing stones
Leading me into the unknown
Erasing angst and displeasure

In lovely hues of many colours
Blossoming little grass flowers
Stood like a lovely flower bed
Sunlit like in a dreamy fairy tale

Teardrops of joy fell on my lap
As I stood under the azure sky
Soothing to my burning eyes
Were its white, wispy clouds

Returning from this sojourn
Feeling cheerful and enticed
I yearned to go back to it soon
To delve deep into nature's tune!



Room of mirrors



Wisdom tale

It was a fluffy white dog with bent ears, a small tail, and bright golden eyes, with a name tag tied around its neck that read 'Jolly'!

room. The room was filled with the dog's warmth, while the mirrors all around kept reflecting an alluringly adorable sight. The museum's caretaker could sense that the dog must have had a fun time and was filled with happiness for the dog. He sent word for her owner who had been searching for her all night long.

Once Jolly's anxious owner arrived, he was filled with joy at the sight of her and tickled the slumbering dog from its sleep. He hugged her tight as the wholesome sight and its warmth reflected in the mirrors. Jolly, then, jumped off his lap and introduced him to her new friends, filling the mirror room with her cheerful echoes.

That day, the innocence of the dog spoke volumes about how just like the mirrors in the room, the world around us reflects how we act and feel. When we are kind and happy, kindness and happiness comes back to us, just like an echo. So remember to be kind, and friendly. Your actions can make the world around you a happier place. 🇮🇳

So, what did you learn today?
Happiness begets happiness.

Kyra Singh
AIS Vas 6, VI B

Once upon a time there was a less frequented museum, its wonders not well known. It had a special room made entirely of mirrors. The walls, the roof, and even the floors were covered in shiny mirrors that made everything look magical. Incidentally, a happy dog who loved to frolic and explore lived nearby the museum. It was a fluffy golden dog with bent ears, a small tail, and bright golden eyes, with a name tag tied around its neck that read 'Jolly'! One day, while running around, Jolly accidentally entered the museum. Jolly did not

care to understand where exactly she was headed and ended up in the less trodden, six-dimensional mirror room of the museum.

Once inside, she saw her own reflection in the mirrors all around her. Under the impression that she has just made lots of new friends who were waiting to greet her, she started barking in glee, wagging her tail happily at all her reflections. As the room got filled with happy barking, Jolly was filled with joy, and she went round and round trying to catch her tail. Once tired of playing with her tail, Jolly dozed off into a slumber!

The next morning, the person taking care of the museum came in and noticed the dog in the mirror



Moong dal nuggets

Siddhi Dwivedi, AIS Mayur Vihar, VIII B

Ingredients

Moong dal	1 cup	Turmeric powder	1/2 tsp
Chopped onion.....	1 bowl	Red chili powder	1/2 tsp
Bread slices.....	2	Garam masala	1/2 tsp
Chopped green chillies	1	Salt	1 tbsp
Ginger-garlic paste	1 tsp	Coriander leaves	1 bowl
Cumin seeds.....	1/2 tsp	Oil	3 tbsp

Procedure

First, soak the moong dal in water and keep it aside for at least two hours.

Transfer the dal into a pan and add one cup of water to it. Cook on medium flame for 10-12 min. Then, strain the water and let the dal cool down.

Take out 2-3 spoons of the dal and transfer the rest into a mixer along with 2 bread slices. Grind everything coarsely.

Now, in a bowl, combine the ground moong dal, chopped onion, green chillies, ginger-gar-

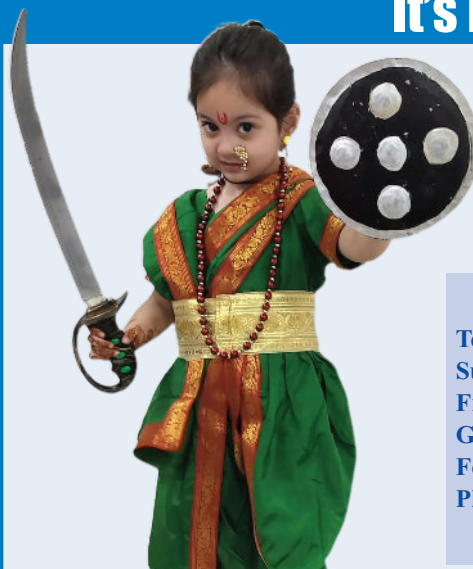
lic paste, chopped coriander leaves, and all the spices. Then mix well.

After the blend is prepared, take small portions of the mixture and shape them into small nuggets or patties.

Now, take some oil in a pan and heat it. Put the nuggets or patties on the pan and shallow fry it over medium heat until they are golden brown and crispy on all sides.

Enjoy these Moong Dal nuggets with chutney or ketchup!

It's Me



KNOW ME BETTER

My name: Anaysha Jain
My Class: UKG B
My school: AIS Noida
My birthday: March 28



MY FAVOURITES

Teacher: Seema ma'am
Subject: Art
Friend: Hridya
Game: Snake & Ladders and football
Food: Gol gappe, idli sambhar, and samosas
Place: Trampoline Park



MY DREAMS AND GOALS

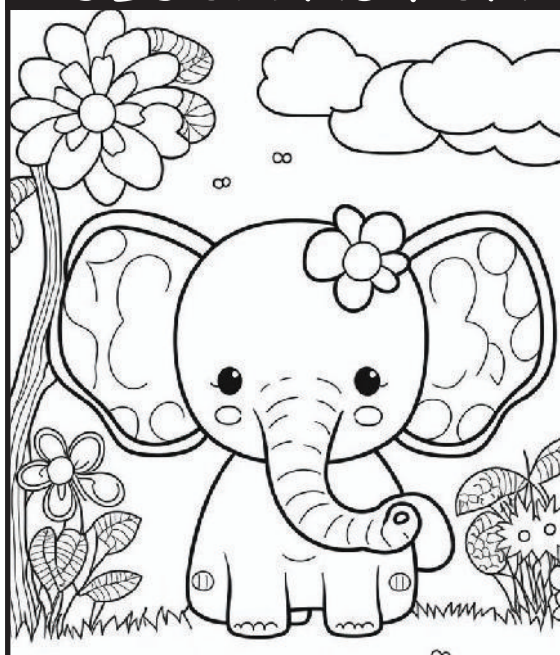
My hobby: Dancing
I like: Listening to songs and travelling
I dislike: Getting scolded and getting my clothes dirty

My role model: Jhansi ki Rani

I want to become: A make-up artist
I want to feature in GT because: I want to become famous amongst all my schoolmates.



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.

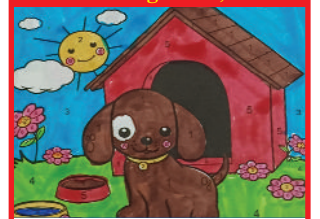
Best entries for colouring fun

Dated: August 26, 2024



Anaisha Rastogi
AIS Noida, Nursery J

Dated: August 12, 2024



Avik Roshan
AIS Gurugram 43, V A

EMPOWERING learners & educators

AMITY CENTRE FOR EDUCATIONAL
RESEARCH AND TRAINING
A CENTRE DEDICATED TO TEACHERS, STUDENTS & PARENTS

ACERT is a leading centre dedicated to children, parents, and educators under the passionate leadership of Chairperson Ms Sapna Chauhan Batra. The centre now in its 19th year was founded with her visionary goal of transforming teaching and learning practices, nurturing and training empowered educators, providing a positive community of support and mentorship to parents and supporting students in their journey as happy and lifelong learners.

Here's an overview of some of the ACERT initiatives and programmes conducted in the months of July and August, 2024.



Ms Sapna Chauhan Batra, Chairperson ACERT with batch of 2024-25 and team

English Language Development Program

ACERT organised the English Language Development Programme for students of Amitasha - Amity's empowering initiative focused on the education and upliftment of the less privileged girl child. Aimed to build self-confidence and self-esteem, the programme saw exclusive sessions that helped Amitasha students in speaking English fluently. To further augment the learnings of the programme, students went on to anchor school events confidently and embrace the stage with growing confidence.



Amitasha students participate in confidence building exercise

KidZania Zupervisors Immersive Training

KidZania India, a global entertainment and learning center, collaborated with ACERT to seek training support for over 75 Zupervisors.

ACERT's meticulously crafted three-day training program aimed to support Zupervisors with skills to deepen their connections with children and parents.

Through immersive experiences and in-depth exploration of educational theories, Zupervisors were empowered to nurture imagination, foster problem-solving, and support cognitive growth in their respective play zones. The training emphasised embracing diversity and recognising unique learning styles, ensuring every child feels understood and supported.

This comprehensive approach empowered Zupervisors to create impactful, inclusive learning environments aligned with the shared vision of ACERT and KidZania.



KidZania supervisors receive training from ACERT experts



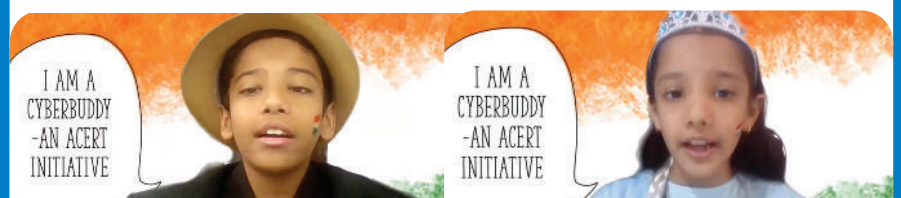
Amitasha teachers learn the art of puppet making for story telling

Amitasha Teacher Training

As part of a continued initiative, ACERT extends support to educators from Amitasha across various branches in Delhi, Noida, and Gurugram. This includes specially curated training programmes that equip Amitasha teachers with skills and knowledge essential for 21st century learning. Teachers are empowered to bring creativity into their lessons, designing their own "Jadui Pitaara" (Magic Box) and filling it up with materials and resources as useful classroom teaching aids. This comprehensive approach ensures that educators are equipped with the tools and passion needed to add value to children's engagements, ultimately contributing to the holistic development of the learners.

Cyberbuddy Competition

Commemorating India's 78th Independence Day, ACERT hosted an engaging online elocution competition for young learners aged 7 to 14 years, as part of the ongoing 'I Am a Cyberbuddy' initiative. The event aimed to promote a safe and bullying-free online environment, empowering students to share their ideas on creating positive digital spaces. Dr Mrs Amita Chauhan, Chairperson, Amity Group of Schools & Ms Sapna Chauhan Batra, Chairperson, Amiown, ACERT & ADAC, encouraged and motivated the students as well as facilitators with their presence and vision to create awareness about the impact of social media and technology in students' lives. Participants took responsibility for their actions and collaborated as cyberbuddies, building a community committed to making a meaningful difference. Dressed in creative costumes, from AI detectives to freedom fighters, students passionately spoke about safe practices, empathy, and respect. The competition, judged by alumni from Amity International Schools, inspired youth to lead with compassion and awareness in the digital age. The winners were awarded a KidZania pass while all the others received a participating certificate.



L to R: Aarush Bishnoi (11-14 years) and Avika Bishnoi (7-10 years), winners of the elocution competition in their respective category

Fest of fusions

Art, Literature, Fun And More At Geomaty 2024



One of the winning teams of Geomaty 2024

AIS Noida

The school hosted its 17th Geomaty, an annual inter-school social science competition on August 9, 2024. The event saw participation by 23 schools of Delhi / NCR including the 10 branches of Amity Group of Schools, totalling 350 participants from Class IV-XII.

Students competed in various categories, including group dance, puppetry, fireless cooking, web designing, face painting, quiz and documentary filmmaking. The event also featured stalls displaying traditional clothing, palmistry,

mehndi, hair beading, and games which were open to all. Highlights of the programme included vibrant folk dances such as *ghoomar*, *dandiya*, and *bhangra*.

All the competitions were based on different themes. The group dance for primary students emphasised sustainability, wherein AIS Noida stood first. Puppetry show based on theme creating awareness on millets had AIS Mayur Vihar secure first position. While the competitions, fireless cooking and web designing, based on the theme promoting millet, had AIS Pushp Vihar and AIS Gurugram 46 clinch the first prize respectively.

In the face painting competition themed harmony in nature, AIS Noida, stood first. It also bagged the first position in quiz which focused on transforming the world through SDGs. AIS Mayur Vihar bagged first position in documentary filmmaking, addressing themes like hunger and health.

The event for Class IV and V saw each school presenting a unique portrayal of one of the SDGs, demonstrating its importance, the challenges associated with it, and how it can be achieved. The participants, adorned in costumes emblematic of their selected goal, used expressive dance movements to communicate powerful messages about poverty, inequality, climate change, and more. AIS Noida clinched first prize in this category with AIS Vasundhara 6 securing second position.

All the competitions were judged by eminent personalities and experts from various fields ranging from IT industry to filmmaking, art, and choreography. The overall winner's trophy was lifted by AIS Noida for its exemplary performance in all the competitions. 🇮🇳



A discussion on sports and its economic importance

It's all about sports

AIS VYC Lucknow

On August 29, 2024, Class XI students conducted a special assembly to celebrate National Sports Day (Khel Divas), commemorating the birth anniversary of the hockey legend Major Dhyhan Chand.

Sports captain (senior wing, girls) Rishika Chaubey, delivered a presentation on Major Dhyhan Chand's achievements augmented with a short video that highlighted India's illustrious history in hockey, including the six consecutive Olympic gold medals from 1928 - 1956. The event's anchors,

Faiza Khan and Shrivalli, shared a detailed overview of various sports awards and their history. Sports captain (senior wing, boys) Yash Tiwari, announced sports results for the session 2023-24.

An inter-house group presentation competition based on the topic 'Analysis of economic aspects of sports and its implications on sports development' was also held in which Mandakini house secured first position and Alaknanda house bagged the second place. Varad Shrivastava of Class X (Mandakini house) was recognised as the best speaker for his outstanding presentation. 🇮🇳

Sikkim comes home

AIS Mayur Vihar

An inter-house Sikkim dance competition was organised for Class VI-VIII on August 7, 2024, in collaboration with the *Ek Bharat, Shreshtha Bharat* initiative of CBSE. Ten participants from each house (Pawani, Mandakini, Bhagirathi and Alaknanda) dressed up in vibrant costumes and presented their unique performances, showcasing the different dance forms of Sikkim, reflecting its cultural heritage. Mandakini house secured first position followed by Pawani house at second place and Bhagirathi house at third place. All the participants were awarded certificates. 🇮🇳



Rhythmic call of Sikkim



Delegates at AMIGMUN voice their concerns

AMIGMUN' 24

AIS Gurugram 46

The MUN society of the school hosted the 15th Amity Gurgaon Model United Nations (AMIGMUN), from July 30 to August 2, 2024, in hybrid mode. The conference witnessed participation by over 450 students, who engaged in rigorous debates and discussions across six committees. The event was guided and evaluated by a team of 14 experienced alumni and senior school executive board members, with Aditya Rajesh Singh being the secretary general. The International Press team, created outstanding newsletters daily with an eclectic blend of professionalism and creativity. Over the course of three days, the student delegates debated upon various issues

like Weaponisation of AI and weapons of mass destruction (UNGA), Right to self-determination with a special emphasis on Palestinian statehood (UNHRC), Challenges of digital public infrastructure in social and political spheres (ECO-SOC), Indian intervention in Sri Lanka (IWC), Impact of AI on environmental conservation and global warming mitigation (UNEP) and University entrance exams with special emphasis on the responsibilities of the NTA (AIPPM). These topics enhanced the understanding of international affairs and fostered skills like diplomatic negotiations and leadership among participants. Awards like Best Delegate, High Commendation and Special Mention were also given to the best performing candidates in each committee.



Moksh Gauri (centre) with Chairperson school principal & his parents

Golden victory

AIS Pushp Vihar

Moksh Gauri, from the batch (2023-24), scored a perfect 100 and won the prestigious gold award in the first round (Individual Event) of WEC Continental Economics Cup, a level of World Economics Cup (WEC), organised online by Meccademia, from August 11-16, 2024. Additionally, his team also secured 8th position out of 60 competing teams in the second round (Team Event). It is notable that Moksh had also previously won gold medal in International Economics Olympiad, whose best rankers qualify for the World Economics Cup every year.

This extraordinary feat of Moksh stands as a testament to the continuous support and commitment of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, towards nurturing world-class professionals and changemakers at Amity. 🇮🇳



Spotify bouquet



A Playlist Is Worth A Thousand Flowers



Remember the days when writing poetry and attaching a bouquet of flowers to your letters for loved ones was the ultimate grand gesture? Well, fast-forward to 2024, the digital mixtape is the new bouquet, where every track screams your innermost feelings. So, let's decode what the musical bouquet signifies with **Siddharth Kishore**, AIS Gur 43, Alumnus, one floral throwback at a time.



Amaryllis

The flex playlist

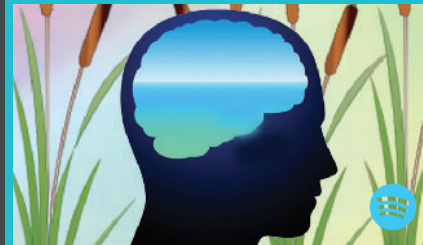
There comes a time in every playlist creator's life when their little digital baby must leave the nest and enter the wild world of the internet. Sometimes, miraculously, it gets more love than anticipated and becomes a beacon of your superior taste, blessed by the gods of music. Much like the rare and pride-inducing Amaryllis, these playlists are your personal flex. If someone gifts you one, consider yourself the VIP in their life, no backstage pass required.



Laurel wreaths

The workout playlist

You can practically hear the clanging of barbells just by looking at these playlists. With high-tempo beats and motivational anthems, these playlists make you believe you can lift the world. Much like the Bay Wreaths of old, which symbolised victory and a bit of vanity, sharing this playlist means "I want to share my gym glory with you, bro." You don't choose a Bay Wreath playlist, it chooses you, with a side of protein shake, of course.



Typha

The lo-fi chill beats playlist

Lo-fi beats are the audio equivalent of a cosy blanket on a rainy day, soft, soothing, and slightly hypnotic. These are the playlists that make you forget you were stressed five minutes ago. Like the Typha flower, which symbolises tranquility, these playlists are for the zen masters among us. If a Typha playlist is your jam, you probably spend a lot of time in your head, dreaming of simpler times, sleeping under the tranquil winter sun or maybe just procrastinating.



Lilacs

The nostalgic playlist

You know that moment when a song instantly transports you back to your childhood? One minute you're a stressed adult, and the next, you're singing along to your favourite 90s jam. Enter the Lilac playlist, your personal time machine. Lilacs represent nostalgia, and these playlists are the musical equivalent of digging out your old photo albums. So, when a Lilac playlist pings on your phone, it's like a long-lost friend saying, "Let's go back, if only for a few hours."

So just like those old flowers you used to pick apart petal by petal, you now sift through your personal playlists, plucking out soulful songs.

(Siddharth is currently pursuing BA LLB (Hons) at Symbiosis International University, Pune)

Album Review

A rhythmic journey

Album: Mr Nair
Artist: Raftaar
Released on: April 13, 2020
Genre: Hip-hop, Rap
Record company: Zee Music

Synopsis: This album by Raftaar is a heartfelt compilation that encapsulates his journey as a Delhi boy. The title serves both - an acronym for his surname and stands for 'National Ambassador Of Indian Rap'. With 16 tracks, all composed by Raftaar, the album is a fusion of musical styles enriched with Delhi and Bombay slang. Each song reflects the artist's deep gratitude towards his fans and the powerful sense of freedom he feels. Raftaar delves into his life post-fame, sharing

candid moments about hitting rock bottom, his love for his parents, and the pain of being misunderstood by people. The album also offers several glimpses into his school days.

Why is it worth listening: This album offers a rich variety of tracks, making it appealing to listeners across genres. It features amazing collaborations with artists like Shah Rule, KRSNA, and Brodha V, showcasing Raftaar's ability to blend technical lyrical prowess with accessibility. Even those who aren't typically drawn to rap music will find something to appreciate in this album.

Favourite song: My favourite song is Superman. The beat of this song is really catchy

Rating: 4/5



Review by: Sparsh Agarwal
AIS Vasundhara 1, Alumnus

(Sparsh is currently pursuing Electronics and Communication Engineering from Jaypee Institute of Information and Technology, UP)

GT Travels to Lucknow



Dhairya Singh, IX B and Samridhhi Singh, VI A, AIS VYC Lucknow, pose with their copy of The Global Times in front of Bara Imambara, Lucknow. A famine relief project, this Awadhi architecture is the second largest Imambara in the world, built by Asaf-ud-Daula, Nawab of Awadh, in 1784.

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