

Waste not, want not

Unveiling The True Prive Of Food Waste

Yuvika Satija, AIS Gurugram 46, XI J

With around 733 million people going to bed hungry every night, the food-waste paradox is becoming more troubling than ever before. While millions cry for food, approximately 1.3 billion tonnes of food, or nearly one-third of all food produced globally, goes to waste annually. According to a NABCONS study conducted from 2020 to 2022, India alone suffers a food loss of about 1.53 trillion INR (18.5 billion USD) every year. Apart from this sheer wastage of food, there is also a hidden cost that comes with it in terms of depletion of natural resources, increased greenhouse gas emissions, and the long-term impact on biodiversity.

From lush lands to harvests we foreswear Lost in heaps, we squander what's rare

Wastage occurs across various stages of the food supply chain, including production, processing, and eventually, at the retail and consumption level. In fact, it is a well-known fact that almost 45% of the world's fresh produce goes to waste each year. According to the United Nations, world population is set to reach around 10 billion by the year 2050, so it's a no-brainer that we cannot afford to lose this much food each year. Equally pertinent is the fact that agricultural practices utilise nearly 70% of the world's freshwater resources, and wasting this already scarce resource in this manner is a crime against humankind if food goes uneaten. When we waste food, we squander away the earth beneath our feet.

From engines loud to emissions sky-high Energy lost is a truth we can't deny

The food processing industry is energy-intensive and consumes around 30% of the world's available energy. From the tractors that till the soil to the electricity that runs our storage plants, food production and consumption use energy sourced from fossil fuels. So, when we waste food, we are also wasting all this energy. Moreover, fossil fuels are significant contributors to greenhouse gas emissions. The carbon footprint of food waste is estimated at 3.3 billion tons of carbon dioxide equivalent annually. In India alone, food waste results in the annual emission of 330 million metric tonnes of CO₂ equivalent, according to a 2021 UNEP report. This shows the strong link between food waste and energy inefficiency, both of which are unsustainable in a world threatened by climate change.

From clear skies to smog-choked haze Air pollution rises in the dark daze

When food waste decomposes in landfills, it doesn't magically disappear - it releases methane, a greenhouse gas which is far more potent than CO₂. According to the Environmental Protection Agency, nearly 8-10% of global methane emissions come from decomposing food waste. This not only accelerates climate change but also results in unbearable odours, parasitic infestations, poor water quality, and air pollution. Especially in developing countries, where rapid industrialisation is taking place without adequate waste management systems in



Imaging: Ravinder Gusain, GT Network

place. Landfills remain open, unorganised, and prone to spreading diseases posing a direct threat to public health.

From blue seas to toxic waste embrace Oceanic health blurs in the waste's trace

Our oceans are also paying a heavy price. When food waste gets into local waterways, it finds its way into the vast oceans, where it decomposes rapidly, using up oxygen in the water. This leads to 'dead zones' in the

oceans, with oxygen levels so low that most marine life can't survive. Moreover, food waste dumped in the oceans provides nutrients for harmful algae to bloom rapidly. These algal blooms are immensely harmful not only for marine life but also for humans as the latter can experience respiratory problems, skin irritation, and even death in severe cases. The UNEP has cautioned that ocean ecosystems are under severe strain due to pollution caused by food waste.

Continued on page 6...

THE GT POLL

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

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

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Coming next

Career Conclave Chapter II

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What's inside



Leading from the frontline
In conversation with Dr Neelam Mohan, a paediatric hepatologist and liver transplant specialist, as she tells her tale of healing.

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Whiffs of wonder
Wander into the aromatic lanes of the divine sandalwood grove and discover the varied variety of this fragrant wood grown across the globe.

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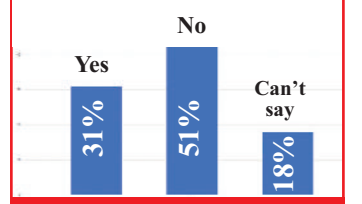
Clothing with a conscience
Have a look at experts discussing the topic of sustainable fashion as part of the panel discussion organised by YP team of AIS Vas 6 (2023-24).

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POLL RESULT

for GT Edition September 23, 2024

As Donald Trump's new crypto business, 'World Liberty Financial' is ready to hit the market, do you think crypto currency can become a mainstream form of payment?



Results as on September 27, 2024

Around The WORLD

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

GERMANY

Musical masterpiece discovered

A previously unknown composition by Wolfgang Amadeus Mozart, likely to be written in his early teens, was uncovered at the Leipzig City Library, Germany. The composition, dating from the mid-1760s, consists of seven miniature movements for a string trio, lasting about 12 minutes. The discovery of the masterpiece was made while researchers were compiling the latest edition of the Koechel catalogue, the definitive archive of Mozart's works.



UNITED KINGDOM

Wind energy system installed

BMW has installed the United Kingdom's first motionless wind energy system at Oxford MINI plant. Designed by Aeromine Technologies, the system harnesses wind power without visible moving parts. Installed on the building's edge, it is oriented toward prevailing winds. The plant will serve as a test site to evaluate the system's potential for improving energy efficiency at other BMW locations globally and in commercial buildings across the United Kingdom.



MALAYSIA

Coral fungus found

A group of secondary school students discovered the rare coral fungus 'Phaeoclavulina cokeri' at Universiti Malaysia Sabah Hill, marking the first regional sighting in over 60 years. This significant finding enhances research on fungal biodiversity in Southeast Asia. The discovery occurred during the Friends of BORNEENSIS (FOB 2024) programme, organised by UMS' Institute for Tropical Biology and Conservation (IBTP). Researchers believe this discovery will contribute to further understanding of the region's fungal diversity.



UKRAINE

Telegram banned

Ukraine has banned the use of Telegram on official devices issued to govt, military, defence, and critical infrastructure personnel. As per the National Security and Defence Council, Telegram is used by Russian forces for cyber-attacks, phishing, distributing malware, tracking user locations, and correcting missile strikes. The decision was announced to protect against further cyber threats.



INDIA

Hindi film for Oscars'25

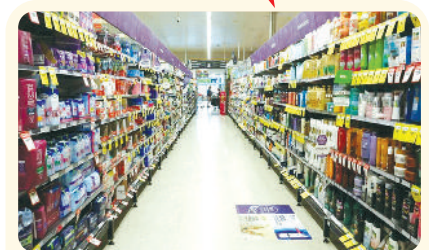
Laapataa Ladies, directed by Kiran Rao, has been chosen as India's official submission for the Oscars 2025. The film will compete for the Best International Feature Film category at the Academy Awards. A jury selected 'Laapataa Ladies' from 29 entries, including Payal Kapadia's 'All We Imagine as Light' and the Malayalam drama 'Aattam'. The FFI annually selects India's entry for the Oscars, recognising films with global appeal.



SRI LANKA

New president elected

Anura Kumara Dissanayake was sworn in as Sri Lanka's new President, pledging to deliver 'clean' politics as the nation recovers from its worst economic crisis. The left-leaning leader's victory in this election, the first since 2022, signals a rejection of corruption and cronyism, say analysts. Dissanayake replaces Gotabaya Rajapaksa, who was ousted by mass protests over economic mismanagement.



AUSTRALIA

Two supermarkets sued

Australia's consumer watchdog, the Australian Competition and Consumer Commission, is suing supermarket giants Coles and Woolworths, accusing them of misleading consumers. The ACCC alleges the chains falsely claimed to have permanently lowered prices on hundreds of items, but temporarily raised prices before reducing them to the same. The ACCC aims to hold the companies accountable for this.

News Flash

► **Iran:** Explosion in Tabas coal mine led to the death of 51 people; 17 people feared trapped under a 700-meter tunnel
 ► **USA:** First woman in role, justice Debra Hembree Lambert elected as 7th chief justice of Kentucky

Leading from the frontline

Revolution And Compassion In The Words Of Dr Neelam

Twisha Prasad, XII I &
Arushi Soni, XII B, AIS Noida



Dr Neelam Mohan, advisor, NBE

Recipient of the prestigious BC Roy Award, Dr Neelam Mohan is a trailblazer in the field of liver transplantation, especially in paediatric care. She has pioneered paediatric liver transplantation in India, and as a distinguished academician and researcher, played a vital role in shaping global and national guidelines in paediatric gastroenterology and liver disease. Her vast expertise led her to establish India's first training programme in this super-specialisation, and she currently lends her invaluable insights as an advisor to the National Board of Examinations (NBE). She is also an outstanding orator, serving as associate editor of the esteemed journal *Transplantation*.

Fulfilling dreams

Becoming a doctor was like fulfilling my father's dream. Although I was offered ophthalmology at AIIMS, I knew that paediatrics would be my chosen field. At the time, liver transplant was never heard of, but when I heard ex-PM Rajiv Gandhi say, "It's time for India to focus on transplants," something felt

right! That's when I decided to pursue paediatric gastroenterology. After completing my training at AIIMS, I went to the UK to specialise in liver transplantation. The happiest moment for me was when my effort to make a difference in this field was recognised with the prestigious BC Roy Award for developing a new branch of medicine, which is paediatric hepatology and liver transplant.

Multi-tasking entrepreneur

I'm hugely inspired by Dr Abdul Kalam. When I was young, I had read his words, "A dream isn't something that you see in sleep; it is something that doesn't let you sleep." I took this message to heart, and it became a driving force for me. I can proudly say that the best results in liver transplant in the world have been at my centre, and I would credit this to the qualities that we have as women. We can not only micromanage, but we can also multi-task without losing our cool.

Keeping cool

We have had many complicated cases, but I vividly recall one of a little boy, whose parents were extremely anxious as they had lost children before. The boy was suffering from hepatic encephalopathy, a condition where the liver can't process ammonia properly, causing it to build up in the blood and affect the brain. This made

INTERVIEW



GT reporters

the liver transplant even more challenging. To ensure that I did not miss any detail, I revised all the basics again and even trained myself further by travelling to the renowned Pittsburgh Children's Hospital in the UK. The surgery was unique as after we successfully transplanted the boy's liver, we used that same liver to save a little girl as well.

Learning from life

I believe that we must enjoy the journey of life. While working towards our goals, we must remember that the process is as important as the destination. Also, one must stay true to one's nature as being good in your profession is not enough, one must also be humble and empathetic.

Message for Amityans

Keep learning constantly to improve yourself, and try to give back to society in whatever field you choose. Always believe in yourself and keep your sight on your goals. Most importantly, don't be afraid to fail.

Arpita Chakraborty
GT Network

The UK's decision to impose a ban on junk food advertisements before 9 PM has sparked a heated debate, touching on issues of public health, personal freedom, and economic implications. On one side, advocates for the ban highlight the growing concern about childhood obesity and the need to protect children from the harmful influence of unhealthy food advertising. On the other, critics argue that the ban undermines personal responsibility and limits consumer choice. Here's what Amityans have to say about the issue.

Health > Freedom

In the fight against childhood obesity and related health issues, the UK's restriction on junk food advertisements before 9 PM is a crucial measure. By the time they enter elementary school, one in five children in England is considered obese; this figure rises to one in three by secondary school. The bombardment of junk food ads during prime viewing hours greatly contributes to this epi-



Note: A Healthier Future Starts Before 9 PM

demic. By restricting these advertisements, society is sending a clear message: children's health takes precedence over corporate profits. Countries like Sweden have already seen notable success in reducing childhood obesity through similar bans. Moreover, this move could pave the way for a cultural shift towards healthier eating and a broader societal focus on well-being. Ul-

timately, prioritising the health of the nation's youth over short-term convenience is essential, and banning junk food ads before 9 PM is a prime step in that direction. [GT](#)


Kavya Gupta, AIS Vas 1, X C

Freedom > Health

While the intentions behind the UK's ban on junk food advertisements may be well-

meaning, we must ask ourselves whether restricting ads is the most effective approach. Limiting advertising doesn't address the core issues of personal responsibility, consumer freedom, and economic impact. The ban implies that individuals, especially parents, cannot make informed decisions about their dietary choices, which is a flawed assumption. Furthermore, the move could stifle businesses in both the food and advertising industries, threatening jobs and economic growth. There is no definitive evidence that such restrictions significantly influence eating habits on a large scale. Instead, a more effective approach would be to focus on promoting access to healthier alternatives. Additionally, the ban could lead to unintended consequences, such as more sophisticated, harder-to-regulate marketing tactics. In essence, this policy restricts personal freedom, hampers businesses, and does little to resolve the underlying health concerns. [GT](#)

Yoshita Chug, AIS Vas 1, X A



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The Midas potion

A Saga Of Mighty Sanitiser Killing Bacteria

Saksham Duggal & Misha Pathania
AGS Noida, Alumni

Once upon a time, in the magical land of ancient Greece, there was a glimmering city of gold named Phrygia. It was ruled by a benevolent and selfless king named Midas. One day, a plague broke out in the kingdom. None of the doctors had any clue what it was. Soon, Midas' daughter, Marigold, too caught hold of the plague. Midas rallied the best of doctors from all around the city, but none could cure his daughter.

When medicine had failed him, he turned to the gods. He prayed in the temples of Phrygia for long nights and longer days. Soon, the god of festivity, Dionysus, appeared before him. Dionysus was displeased with the turn of events that had taken place. There were no festivals for him to cherish as everyone stayed at home and no one talked to each other. There were no fruits or feasts for them to enjoy and he took pity on the people of the kingdom.

Dionysus offered to solve the problem by giving Midas a magical potion. He told him that the moment the potion touched a surface, it would rid it of all illness. If Midas was to wash his hands with it, his hands would be cleaner than water could ever make them. Dionysus called this potion of his, the 'Sanitiser'. "But how?" cried Midas.

A smile then spread across Dionysus's face. As he explained with the utmost content. "This sorrow, this illness, it is caused by tiny monsters known as

The science of it

Bacterial cells, like any other cells, have a plasma/cell membrane that encloses all the other organelles. The membrane acts as a barrier between the interior of the bacterium and the outside environment. Any damage to the cell membrane causes bacterial death. The alcohol present in the sanitiser destroys this membrane, consecutively killing the bacteria.

'Pathogens'. They are invisible to the human eye, but they cannot hide from me. They have strong shells that protect them from your medicine, but as soon as the potion drowns those shells, they dissolve. And the monsters cannot stand the medicine anymore."

Midas then went around to the people of his nation, benevolently gifting bottles and bottles of sanitiser to every soul that crossed his path. As he made his way to his castle, his face lit up with a hopeful grin. He rushed to his beloved daughter, and with the bottle of sanitiser, he cured his poor daughter of her wretched illness.

Peace, harmony, and joy returned to his kingdom. The king was overjoyed, his people even more so. But the happiest of them all was Dionysus, for the festivals and orchards were livid again, and the people were happy once more.





Inside the life of fitbit

From Tracking Every Step To Ultimate Retreat

Deetya Gambhir, AIS PV, Alumna

Chants of om resonate the distorted walls of a barren building amidst the chilly winds of winter.
Om Shanti. What goes up, must come down. At least that is what I have been trying to teach these newbies. I mean, if they haven't yet learnt that from me, then God only knows what can teach them these lessons. Smartwatches, fitness trackers, and wearable; they can call themselves whatever they want. But one day the party will be over and they will have to retreat to the Himalayas like me in quest for peace. Myself? I despise you for asking that, given that I was once the motivation for you to stop being a couch potato. But never mind, I am Fitbit.

Now don't you give me that sympathetic gaze. I may be a little low on popularity, but I am not obsolete, not yet. As of 2021, I still had some 111 million registered users, and my sales stood at 10.6 million. Sure that is a significant drop from 25.4 million in 2017, but you still can't ignore that number. Oh, unfortunately 2017 – that was when those tacky Apple and Xiaomi took over.

But I shouldn't be complaining for it's been a great run. Back in 2007, when my founding fathers James Park and Eric Friedman brought me to this world, they didn't expect me to be such a rage. In fact, Park, who was pretty much out of shape, just wanted to create something that fell midway between the basic \$25 pedometer and the pricier sports watches. So, at the

Tech 50 Conference held in Sep 2008, where they had gone hoping for a mere 50 pre-orders, but came home with 2000 orders in a single day. That year seemed to be a blessing for me. Using my brand name, my guardians managed to raise funds of 2 million USD in our first-ever round of funding. Years passed and now was the time for our family to extend a bit. A few months in 2011 and we introduced my younger brother to the world. My younger brother, the Fitbit Ultra, came with an altimeter, a digital clock and a stopwatch. The sales doubled and our revenue touched a new all-time high. Up until this point, my journey was nothing less than a fairytale. Everyone was happy until those cheaper Chinese smartwatches took over. And then there were multiple lawsuits. The one by Jawbone, my arch-enemies was the worst. But I put up a tough fight and they eventually had to pull out of the wearables market. My numbers kept falling, but I put up a tough fight, adding new features every year like GPS mapping, food logging, music control, challenges and my latest versions even keeping track of texts and calls. It's been a great ride and I still have credentials to boast of like a 40% market share as of 2022 and being one of Google's biggest buys ever at 2.1 billion USD. But the world has moved on, and so have I. Om shanti.

Chants of om resume.

(Deetya is currently pursuing BCom (Hons) from Shaheed Bhagat Singh College, Delhi University)

Rain's mischievous musings

The Magical Experience Of The First Drizzle

Ragini Singhal
AIS Gur 43, XI S

As the smoke-laden dark grey clouds roll in with the earthy petrichor of the season's first gentle drizzle, they bring with them a spectrum of inspiration for writers, a joy for farmers, and a revival of life for nature's creatures. Frogs and deer emerge to revel in the rain's blissful touch, while villagers peer out from their shelters, watching in relief as the rain quenches the land's thirst.

Farmers anxiously await its arrival, knowing their crops depend on it for the seasonal harvest. Each drop of rain carries within it essential nutrients like zinc, magnesium, and copper, seeping into the soil to make it fertile and ready for

growth. The rain, with its ethereal touch, strikes a rainbow of ideas in the minds of poets and writers. Like ink blots on paper, raindrops inspire creativity. Its ambient, and nostalgic sound has fuelled the imagination of literary giants like Emily Dickinson in 'Summer Shower' and Thomas Hardy in 'During Wind and Rain'.

Rain holds deep spiritual and cultural significance across the globe. In the Indian states of Assam, Bihar, Jharkhand, and West Bengal, the festival of Baisakhi celebrates localised rainstorms with great reverence. In Hawaii, the Makhani festival honours the rain God Lano through rhythmic music and dance. Across cultures, rain heals and purifies, blessing everything it touches.

Children giddily run in the rain, their laughter harmonising with the sound of raindrops. Villagers watch as the rainwater collects in their dugout ponds and wells, securing their future harvests. The gentle drizzle draws out the peacocks, who dance with vibrant grace, their feathers shimmering in the rain's embrace. Toads and deer thank the mizzle for quenching their thirst.

The rain transforms barren landscapes into thriving oases, creating ecosystems in the most arid of regions. Whether it is celebrated as Mao in Tahiti or Indra in India, rain is a universal spectacle, a sight to behold in any form or language. This mystical storm of raindrops will forever shower our beautiful world with boundless love.



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Dr Amity Chauhan
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India has produced some of history's most legendary warriors whose courage and heroism will be remembered for eternity, whether it is Maharana Pratap, Rani Laxmi Bai, Maharaja Ranjit Singh or Chatrapati Shivaji. And, sharing a pride of place in this glorious legacy are their loyal horses - Chetak, Badal, Pawan, Leili and Krishna - who have themselves been immortalised for their unwavering devotion to their masters.

To honour this precious bond between human and horses, Amity Riding Academy (ARA) was established by Founder President, Dr Ashok K. Chauhan at AIS Noida in October 2001. With one of the finest riding arenas in India and highly skilled trainers, ARA provides riding lessons to children from Nursery to Class III. Its key activities include tent pegging, show jumping, dressage, summer camps and gymkhana events. Students trained at ARA have competed in prestigious events like the Delhi Horse Show, Excellentia Horse Show and Janak Horse Show and won medals as well. Moreover, ARA's riders participate in the March Past during Sangathan celebrations and other ceremonies. The mission is to instill strength, solidarity, and compassion in young minds as they navigate life with their equestrian friends. Horse riding at ARA is not just a sporting activity, it's intrinsic to our goal of fostering holistic development by nurturing both physical and mental strength.

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

Akshat Shukla of Class VIII from AIS Vas 6 won third prize for his remarkable poem titled 'Universe in my book', at the Astro-Poetry competition organised by Space India as the part of Global Astronomy month celebrations. 🇮🇳

Blessings of love



Vira Sharma
Managing Editor

Recently, a close friend lost her mother-in-law, and I attended the prayer meeting. I learnt there that her children had spent much of their lives living with their grandmother and she believes that this had truly enhanced their emotional quotient. This conversation brought back memories of how my own grandparents always inspired me with stories of compassion, courage and honesty. Another day, I was attending an impromptu speech session with Class V

students where a majority spoke about their grandparents, making it evident that the elderly have a remarkable impact on the younger generation. From grandparents, children learn virtues like kindness, respect and patience and as emotionally balanced adults, they are able to give back to society what they have themselves received. However, nuclear families are now dominating the urban milieu, and the absence of grandparents has led to an 'emotional recession' - a decline in emotional stability and empathy. We are fortunate that our visionary Chairperson ma'am has always endorsed this loving relationship, with initiatives like Grandparents' Day celebrations. In fact, Amitians think of themselves as one big family, and this is evident in the way they deal with social issues. For example, the app Saarthi designed by Amitians serves as a connecting link between children in orphanages and the elderly in old-age homes. The students understand the value of the love they receive at Amity and ensure that others experience the same. Emotional intelligence, often cultivated through love and wisdom of grandparents, remains at the heart of Amity's ecosystem. 🇮🇳

Dooming diversity

A Creator's And Viewer's Perspective On Diverse Casts

Moksh Gauri, AIS PV, Alumnus

The Black Lives Matter movement of 2020 ushered in a wave of diverse representation across global TV shows and films. What began as a refreshing and genuine shift, however, quickly veered into the realm of forced diversity. Why exactly is this an issue to ponder about? Because a once authentic portrayal of different voices is now becoming reduced to superficial 'clickbait.'

Take shows like Euphoria and Bridgerton as examples. Their commercial success and critical acclaim are due in part to their unbiased casting, where diversity feels natural, rather than tokenistic. The inclusion of people of colour in such projects provides a vital platform for visibility, allowing marginalised groups to finally be seen in an industry long dominated by 'traditional' faces. Audiences, too, have grown more conscious and expect to see a variety of characters they can personally relate to. Diversity in casting is an important and progressive move, it encourages inclusivity. However, when inclusivity morphs into obligation, representation risks turning toxic.

These days, creators who don't necessarily select a diverse cast are often accused of racial intolerance, whether justified or not. When a writer or director conceptualises a story, their primary goal is to bring their imagination to life on screen.



But should they be compelled to tick boxes just to meet a diversity quota, even if it doesn't align with their vision? What if they can't find the right actor for a role? Our social media-driven society seems to demand a cast that checks off certain boxes, racial diversity being one of them, even when it might not fit the story's narrative. And if creators don't comply, their hard work risks being overshadowed by backlash, not because of the quality of their work, but because it failed to meet a pre-ordained checklist.

Art should be liberated from such constraints. True criticism should arise only when roles meant for people of colour or others who deserve them, are given to someone else. Consider the controversy when Scarlett Johansson portrayed an Asian character in 'Ghost in the Shell' (2015) or when Emma Stone was cast as a half-Asian character in 'Aloha' (2015). These are examples

of problematic casting choices where the outrage was valid.

Ultimately, the concept of racial inclusion is being misinterpreted by both creators and viewers alike. For some producers, diversity is less a matter of genuine representation and more a marketing tool to attract viewers. Many shows, though lacking in substance or critical merit, manage to thrive commercially simply because they exploit the appeal of diverse casting. But does such representation truly carry meaning? As viewers, we have also fallen into a trap. Our initial intent to support inclusivity has become muddled by the expectation that every show must feature a diverse cast or risk being dismissed at this cost. We need to recognise the delicate balance between genuine diversity and forced inclusion. It's a fine line, but one worth paying attention to. 🇮🇳

(Moksh is currently pursuing BCom (Hons) from Sri Ram College of Commerce, Delhi University.)

...continued from page 1

With forests and lands in distress Habitat worsens as waste excess

Forests not only provide a stable habitat for millions of species; they simultaneously play an important role in absorbing carbon-dioxide. And yet, they are being cut down to make way for agricultural land. This acute deforestation destroys complete ecosystems, releases stored carbon into the atmosphere, and contributes further to global warming. When large quantities of food are wasted, this creates an additional demand on the agricultural sector to produce more food. And the cycle continues - to produce more food, more deforestation takes place. It's a

Edible excess

constant loop of environmental damage that's reportedly getting worse.

Mindful steps mend the break From wasteful paths, futures wake

The global problem of food waste requires intervention across all levels - from personal behaviour to government policies. On an individual level, we can reduce food waste by planning meals more carefully, composting organic waste and opting for local foods. Global initiatives, such as the UN's Sustainable Development Goal (SDG) 12.3, aim to halve food waste by 2030, and sev-

eral countries are leading by example through progressive waste-reduction policies. For example, developed countries like France and South Korea encourage supermarkets to donate unsold produce instead of discarding it.

To work on reducing food waste in itself is one of the most effective and practical ways to address hunger, mitigate climate change, and preserve the precious resources on which our existence depends. In a world where every meal, every bite, and every grain counts, waste can never be an option.

Whiffs of wonder

From ancient temples to modern perfumes, the fragrance of sandalwood has graced the finest spaces with its divine aroma. But did you know that not all sandalwoods are created equal? From the 'King of Woods' in India to the sweet whispers of Hawaiian groves, each variety carries its own story, scent, and secrets. Get ready to dive nose-first into a world of exotic aromas with **Advika Singh, AIS VKC Lko, XII C** to explore the various types of sandalwood across the globe.

Indian Sandalwood

Scientific name: Santalum album

Native regions: China, India, and Indonesia

Common names: Chandan, true sandalwood, Srigandha, etc

Characteristics: Known as the "King of Woods," Indian sandalwood grows to a height of about 10 metres and has leathery leaves in pairs. Both trees and roots contain a yellow aromatic oil, called sandalwood oil, the odour of which persists for years.

Uses: Indian sandalwood is not just widely used in perfumes, essences, and incense but, its wood is ideal for crafting intricate carvings and high-quality furniture. The sandalwood paste has medicinal uses, and is also used as a beauty enhancer and skin protectant.

Fragrance: It has a deep, sweet, and woody scent with undertones of amber, and leather.

Hawaiian Sandalwood

Scientific name: Santalum haleakalae

Native regions: Endemic to the Hawaiian Islands

Common name: 'Iliahialo'e

Characteristics: Hawaiian sandalwood is a small, multi-stemmed tree, typically bushy in appearance, and reaches heights of 5–10 meters. It thrives in open, dry forests and woodlands, contributing significantly to the unique ecosystem of the Hawaiian Islands.

Uses: Its nuts are consumed as food, while its oil is valued for medicinal treatments, waterproofing, and as a fragrant scent for clothing and bedding. The wood is used in crafting musical instruments and tools.

Fragrance: Hawaiian sandalwood exudes a rich, woody, and sweet aroma with subtle hints of exotic fruits and flowers.

Australian Sandalwood

Scientific name: Santalum spicatum

Native regions: Semi-arid areas of Australia

Common name: Waang or Dutjahn

Characteristics: Australian sandalwood typically grows to a height of 3–4 meters, with rough, grey bark. Its wood is fine-grained, yellow, and dense, known for retaining its aromatic properties for decades.

Uses: Its essential oil is widely used in skincare products to treat acne, blemishes, and other skin conditions. It is also valued for its anti-inflammatory properties, helping to relieve muscle and joint pain. Additionally, it boasts antibacterial and antifungal benefits.

Fragrance: Compared to Indian sandalwood, Australian sandalwood has a lighter, more delicate aroma, with subtle notes of citrus and floral undertones. Its scent is often described as fresh, green, and gently woody.

Red Sandalwood

Scientific name: Pterocarpus santalinus

Native regions: Red Sanders is a native species to Andhra Pradesh

Common name: Red Sanders, Red Saunders, Rakta Chandana, etc

Characteristics: The Red Sandalwood tree can grow to a height of 5–8 meters. Its wood is exceptionally hard and dark red in colour. The sapwood is white and scentless, while the heartwood ranges from yellowish to brown and has a strong fragrance.

Uses: Red Sandalwood is highly valued for its timber, which is used in carvings, furniture, poles, and house posts. It is also exploited for the extraction of santalin, a red pigment used as a dye and colourant in food, as well as in medicine and cosmetics.

Fragrance: The wood of Red Sandalwood releases a sweet, woody aroma, similar to incense, especially when freshly cut or sanded.

African Sandalwood

Scientific name: Osyris lanceolata

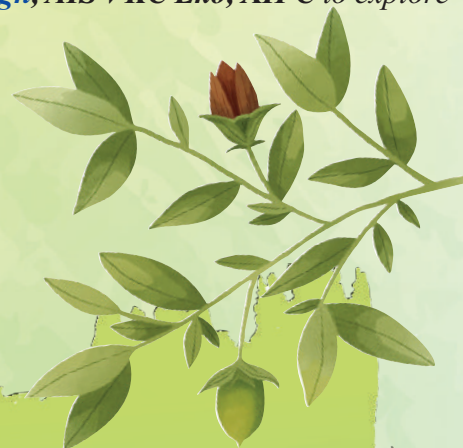
Location: South Africa, Zimbabwe, Northwest Africa, and the Southern half of the Iberian Peninsula

Common name: Watta bush, camwood

Characteristics: African Sandalwood oil contains approximately 32% santalols and 35% santalyl acetate. It is a pale yellow to golden-yellow liquid, known for its smooth, tenacious, and woody aroma.

Uses: Due to its therapeutic properties, African Sandalwood oil is commonly used as an astringent, anti-septic, emollient, and a sedative.

Fragrance: African Sandalwood offers a warm, woody scent with earthy undertones.



Red monster

Percival and Beatrice, not quite courageous, ran away, with a lingering sense of dread and guilt. And Edmund was left all alone in the murky forest.



Storywala

Eashaan Yadav, AGS Gur, XI

The night was shrouded in darkness. A ghostly whisper of wind blew into investigator Reginald's face as he gazed at Dampwood forest. He was accompanied by police guards and vicious German Shepherd search dogs. The search for Edmund Weasley was on.

A week before, three best friends Edmund, Percival, and Beatrice were playing hide-n-seek. Edmund was the only one left to be caught, which led him to run away into the forest. Percival and Beatrice, not quite courageous, ran away, with a lingering sense of dread and guilt. And Edmund was left all alone in the murky forest.

A search party was sent by his mother,

but he was not found and the whereabouts of the search party were unknown. As they delved deeper into the forest, one of the police guards stopped and read a sign, "You are in the heart of Dampwood. Turn back now or forever cease to be."

Everyone remembered the whimsical tales that surrounded the forest. The Ogre King arrived in the forest centuries ago. He was vicious and slaughtered everyone. In time, he was banished by a wizard to a secret temple in the depths of the forest. Hours passed, but there was no sign of Edmund or the search party. Out of nowhere, a faint sound was heard, "Please help me!" It was Edmund. He sounded weak and had bruises all over his arms, but was alive. "What happened son?" questioned

Reginald. "I... I ran away b-but i-it to-ook them," mumbled Edmund. "What took them?" asked Reginald. "An enormous red monster... He captured the search party too..." He huffed, his pupils wide and quivering. Reginald watched in disbelief.

Reginald felt something to be off. After ensuring that Edmund was sent back safely, he ventured into the depths of the forest. The forest became foggier, and the leaves were a lighter shade of brown. His heart stopped when he saw a man with red paint smeared across his face heading towards him with an unidentifiable weapon. Following him were a large group of similar-looking men. He knelt and bowed his head in a reflex and all the men stopped. This simple act humbled the men.

As it turns out, many natives were wiped out of their town, and they retreated to the forests to keep their traditions and customs alive. Whenever city dwellers entered the forest, their first attempt was to point their guns at them. The natives took violent measures to defend themselves. Edmund and Reginald were amongst the first to avoid attacking any of them and hence they were spared. Reginald, having grasped this truth, returned to his town with newfound wisdom. He confirmed the existence of monsters in the forest, urging everyone to heed his warning: no one should dare to step foot into Dampwood again. **GT**

CAMERA CAPERS

Nandani Dubey
AIS Gurugram 46, XII A



The heart of Udaipur



Falls from paradise

Send in your entries to cameracapers@theglobaltimes.in

Read Play and Win 65

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 When was the album 'Evermore' released?	Q.2 Who invented the handheld mobile phone?	Q.3 Akshat Shukla won third prize at Astro Poetry Competition for his poem _____.
Q.4 What is the tagline of the page 6 article 'Dooming diversity'?	Q.5 As of 2021, how many registered users did fit bit have?	Q.6 Which country has proposed a ban on junk food ads before 9 PM?
Q.7 Who is the author of the article on page 1?	Q.8 What is the headline of the educational poster?	Q.9 Which Hindi film has been chosen as the India's official submission for Oscars?

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

Results of Read Play & Win-64:-Akshita Bansal, AIS Noida, IX L;
Shreeya Gunupur, AIS Vas 6, VIII C; Divij Agrawal, AIS Vas 1, VIA

WORDS VERSE

Universe in my book

Akshat Shukla

AIS Vasundhara 6, VIII

When I see the sky at night
With glittering pearls strewn all over
O look what a heavenly sight
Could have touched them if they were closer

Made of metals, gasses, rock, and ice
They hang in their orbits far and near
From Earth, they look all shimmery and nice
It's magic they don't collide but glide past clear

Each star and planet has a mystery of its own
What are their secrets we want to know
How was our Earth and its seven sisters born
How did our solar system come to grow



Do people like us live on planets like Earth
Or are they aliens light-years away
How do they look and how do they talk
Like us do they have seasons with nights and days

Universe will be my book in the years to come
The secrets of space I will try to unravel one day
Who knows, to shoot into space I'll be the one
Or I will help launch a Brihaspatiyan someday.

(Akshat Shukla won third prize nationwide for his poem 'Universe in my book' at the Astro Poetry Competition for middle wing students. His exceptional poetic skills earned him both a certificate and a trophy, recognising his sublime achievement in this competition.)

Martin, the inventor

Short story

Sampriti Mohan
AIS Saket, XI F

The year was 1942. A young boy named Martin lived in the countryside of Denver with his father. Ever since he was a child, Martin was fascinated with the idea of inventing things, but could never decide what he wanted to invent. He would often be caught daydreaming by his teachers. However, despite being absent-minded during the entire class, he managed to pull off an important exam and scored an A+. When Martin told his dad about his result, his dad asked, "How would you like to celebrate your achievement today, Martin?" Martin wanted to go to the city, so, his dad accepted his request. When they reached the city, Martin's father asked him to play outside while he booked a hotel for them. On the street, Martin found a little kid looking intently at a big trash bin. Out of curiosity, Martin peered inside the bin, and as soon as he



did, he was sucked into it. Once he landed, the place around him seemed like another country. But everyone he asked said that it was Denver. A few minutes later, he saw a big poster on a wall: "Welcome to Carnival 2024". "How can I be in 2024?" Martin wondered. He soon **ventured** around, observing every little change. His curiosity knew no bounds and

his inquisitiveness led him to a boy named Harry, who was of his age. They decided to hang out at Harry's place. Harry asked, "Are you doing cosplay?" Martin gave a puzzled reaction. Harry noted that Martin's clothes were old fashioned, and it looked like a fancy costume. Martin smiled, but didn't respond. He had many doubts about the year 2024, and

Harry noted that Martin's clothes were old fashioned, and it looked like a fancy costume. Martin smiled, but didn't respond.

Harry was calm enough to explain it all. Harry narrated the two World Wars, the Cold War, technology boost, etc. Martin couldn't believe it! But what stayed with Martin the most was the handheld mobile phone. To be able to communicate with anyone from anywhere seemed like a blessing! Five hours passed and Martin knew it was time to go back. He went back to the trash bin, hoping it would transport him back to 1942. And it did! Martin was on cloud nine when he saw his father waiting for him. "I'm here dad," he said, while thinking in his mind, "I will be the person to invent a phone. But first, I must study hard and grow up!" And he surely did. Our little Martin Cooper was the one who invented a handheld mobile phone and changed the face of communication forever! 📱📞

So, what did you learn today?
A new word: **Ventured**
Meaning: To undertake a daring adventure

POEM

Treasures

Yashvi Goyal, AIS Gur 43, Alumna

It's the little things that truly matter
The simple joys are so much better
They bring us happiness and peace
And help our troubled souls cease

Sound of birds chirping in the morn
Smell of brewed coffee that's born
It's the warmth of blankets at night
Or the stars that are shining bright

It's the feel of sand between our toes
Or the leaves as a gentle breeze blows
The taste of mother's food so dear
The sight of a rainbow that's so clear

It's the laughter of our friends and kin
Or the hug that makes us feel so akin
The kindness shown when we're down
The comfort of love when it's around

These little things may seem so small
But they have the power to heal us all
To bring us hope and light and cheer
Make life's journey a little less severe

Cherish these things with all your might
Hold them close and keep them in sight
For they're the ones that truly matter
And can make our lives a little bit better.



It's Me



KNOW ME BETTER

My name: Bani Negi
My Class: II A
My school: AIS Mayur Vihar
My birthday: October 17

MY FAVOURITES

Teacher: Meghna ma'am
Subject: Maths
Friend: Samarth and Divyana
Game: Basketball
Cartoon: Tom & Jerry
Food: Biryani
Place: Pacific Mall, Subhash Nagar
Book: Pinocchio by Carlo Collodi



MY DREAMS AND GOALS

My hobby: Drawing
I like: Singing and dancing
I dislike: If someone shouts at me
My role model: My mother
I want to become: A doctor
I want to feature in GT because: I want everyone to know about me through GT.



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.

Clothing with a conscience

Sustainable Fashion: A Call For Repair, Repurpose And Recycle

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 VI** of this series, we spotlight the critical issue of ‘Sustainable Fashion’, a cause championed by the Youth Power team of AIS Vasundhara 6.



Panellists with the YP team of AIS Vas 6

Understanding textile ecology

Panellist: Dr Anjana Mathur Jagmohan, professor Geography, Delhi University

“Even if you feel you are buying or wearing natural fibres like cotton and not synthetics, the fact is that it takes 20,000 litres of water to produce just one kg of cotton. It’s over-consumption that must be controlled. Incessant textile production has contributed to environmental degradation and the fact that about 92 million tons of textile waste is produced every year makes it even more concerning. The proliferation of microplastics, chemicals, and dyeing materials from textile production poses a significant threat to marine ecosystems. The rise of fast fashion has escalated the problem, with several brands now manufacturing double the volume of clothes in comparison to what they produced two decades ago. However, there’s



hope if we start cultivating a culture of promoting refurbished garments. Initiatives such as repairing old clothes into a smart and chic attire showcase the potential for sustainable fashion practices.”

Embrace your individuality

Panellist: Avernita Srivastava, dean, School of Fashion & Design, Asian Academy of Fashion and Technology

“We all must stop chasing what is deemed fashionable and instead choose to create our own sense of style. Film stars like Rekha and Vidya Balan exemplify how staying true to one’s style can make a lasting impact. Embracing individuality over fleeting trends promotes sustainability. Transitioning from the allure of fast

fashion to cultivating a signature style allows for a more conscious approach to clothing consumption. For the younger generation, a capsule wardrobe offers a practical solution, comprising essential pieces that can be mixed and matched to create numerous outfits, reducing the need for constant purchasing. The fashion industry can bring



out new clothing patterns which are sustainable leaving negligible environmental footprint. By prioritising style over fashion, individuals can live more stylishly while also minimising environmental impact.”

The way forward

Panellist: Rishi Goel, international sales & marketing manager, JK Yarns, Panipat

“Since my company focusses and specialises in manufacturing recycled yarns by collecting textile waste from various parts of India and other countries, I know for sure that textile waste is a significant issue. It stems from the vastness of the textile industry and its overproduction over the years. From manufacturing plants to consumer usage, accumulated waste is often neglected, ending up in landfills. Promoting sustainable alternatives like khadi proves challenging due to production costs and competition from cheaper materials like polyester. However, embracing khadi’s durability and environmental suitability is crucial. Changing mindsets towards long-lasting clothing and appreciating khadi’s cultural significance is essential. Despite challenges, advocating for



khadi’s virtues and its integration into our cultural heritage remains vital. Let’s champion khadi and sustainable textiles for a greener, mindful future.”

Guided by sustainability

Panellist: Nain Baboo Jaiswal, founder Powher NGO

“In our endeavour towards sustainability, mass production is how costs are being reduced. We have also adopted several sustainable practices. By engaging local communities, especially with women seeking employment, we mitigate labour costs. Flexibility in working hours allows individuals to contribute as per

their availability, thereby reducing production expenses. While the trust procures textile waste from local garment industry, we upcycle textile waste into articles like bags, pouches etc. Variety in fabric selection ensures efficient resource utilisation. Utilising machinery like choppers and pulper machines streamlines the



process, converting fabric waste into handmade paper and other products. Through these efforts, we aim to make sustainable practices economically viable, empowering women and the specially abled, while fostering environmental stewardship.”



Part VI

Expert Speak

Vasudha 2023-24

Young Scientists Of Amity Bloom With Ideas



Students share their ingenious ideas with Chairperson at the finale of Vasudha

ACSF

The finale of 17th Vasudha was hosted by AIS Noida in hybrid mode on May 4, 2024, under the aegis of Amity Children's Science Foundation (ACSF). Envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, the event aims to foster the spirit of scientific inquiry and innovation in Amityans. The annual science fair witnessed participation of around 5062 students from 18 branches of Amity Group of Schools, pan India. Top three projects class wise from each branch were selected to compete in the final inter - Amity round. The final round saw 400 shortlisted projects by 1500 students. Top three innovations from every class were selected as prize winners in the finale.

Vasudha Winsome Innovations

Class VI

- First:** Fueling the Future by Atriksh Jain & Avni, AIS Gurugram 43
- Second:** Moving Robot by Shambhavi Singh & Samyra Manocha, AIS Noida
- Third:** Policy Hub by Swasti Sharma & Stuti Sharma, AIS Vasundhara 6
- Plant Growing Box by Sahitya Sharma, AIS Gwalior

Class VII

- First:** Solar Operated Bird and Cattle Scarer by Siddid Juneja & Ayushaan Singh, AIS Vasundhara 6
- Second:** Medihelp by Ananay Walia & Ayan Mittal, AIS Gurugram 46
- Third:** Tech Radiance by Arshvir Singh, Jasjot Singh Kohli, Jaideep Singh, Vivaan Ton don & Kavish Vig, AIS Pushp Vihar

Class VIII

- First:** Air Cooler by Prisha Shekhar, AIS MV
- Second:** Soil Estrix by Aarav Jain, Priyansh Jain & Nevedhya Alok, AIS Noida
- Third:** A Mute Aid by Garv Agarwal Dishaan Bakshi & Ahan Aggarwal, AIS Gur 46

Class IX

- First:** Turbine Powered Wireless Charging EV by Chirag J, Avisha S, Atharv Srivastava, Artarva SD & Tejaswi Bhatt, AIS Noida
- Second:** Land Mine and Chemical Detector by Shrey Srivastava & Aarav, AIS Gur 43
- Unmanned Marine Vehicle by Adhiraj Chauhan, AIS Pushp Vihar
- Third:** Kaper by Advait Pandey, AIS Saket
- Sensewise by Vaishnavi, AIS VYC Lko

Class X

- First:** Corn Brew - A Natural Herbal Iced Tea by Tulika Guha & Tejaswa Pratap, AIS Noida
- Second:** Blind Specs and Step Sense by Anushka Singh Pandey & Piyush Sharma, AIS VKC Lucknow
- Ayurcare Go Cough by Yuvika Satija & Vanshika Srivastava, AIS Gurugram 46
- Third:** Smart Eye by Utsav Lal, AIS Vas 1

Class XI

- First:** Visionaire by Bhavya Jain & Aarth Shah, AIS Gurugram 46
- Second:** Ameliorating Crop Yield Using Keratin by Samridhi Manoj Tiwari & Anika Garg, AIS Gurugram
- Third:** Hydravac by Pranavi Mendirata, Aryaman, Aysha Rawat & Aadit Sahay Verma, AIS Pushp Vihar
- Green Energy Reach by Kevin Peer, AIS Noida

Class XII

- First:** Mass Mobility as a Service by Amogh Singh, AIS Mayur Vihar
- Second:** Tera Green by Viraj Khanna & Aditya Gupta, AIS Saket
- Third:** Digital Marketing by Nishant & Prisha Bhatia, AIS Gurugram 46
- Musiqor by Mridul Balani & Avika Kumar, AIS Mayur Vihar



Innovators with Chairperson and dignitaries

Rewarding gems

ACSF

Amity Children's Science Foundation (ACSF) held prize distribution and felicitation ceremony to recognise and honour outstanding achievements of approximately 600 students in the field of science and innovation at different national and international level on August 12, 2024, including the ones who have filed patents and copyrights during session 2022-2024.

The event designed by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBE, aims to celebrate Amityans' spirit of innovation and their dedication towards creating groundbreaking changes in the field of science and technology. It was graced Pooja Chauhan, Chairperson, Amity Humanity Foundation and ASFD, along with Dr Rajeev Ranjan, former Chief Secretary, Government of Tamil Nadu, as the chief guest. The key highlight of the event was the announcement of Vasudha 2023-24 Science Fair

award winners. This prestigious award recognises the most innovative projects presented at the annual science fair of Amity, showcasing the students' ingenuity and commitment to scientific inquiry. In addition to honouring the prize winners, the ceremony also involved distribution of completion certificates to more than 100 students who successfully completed short-term courses in cutting-edge areas such as semiconductor, green fuel and quantum computing. These courses provide students with knowledge and skills in emerging scientific fields. The event also recognised contributions of science coordinators and principals of Amity, wherein, special awards were presented to them for their invaluable support in fostering a conducive environment for scientific exploration and learning. In their address, the chief guest underscored the importance of rewarding excellence in science while Chairperson highlighted the value of creativity, perseverance, and resilience.

Universe in my book

AIS Vasundhara 6

Akshat Shukla of Class VIII won third prize nationally for his remarkable poem titled 'Universe in my book', at the Astro Poetry Competition organised by Space India as part of Global Astronomy Month celebration in April. Result of the competition was declared in the month of September. Akshat received a certificate and a trophy to mark his achievement. [GFI](#) (You can read Akshat Shukla's winning poem titled 'Universe in my book' on page 8).



Astropoet Akshat with school principal Sunila Athley

Entitlement for eternity

Fusion Of Steel And Soul, Vikash Kalra's Way Of Sculpting Art

Stuti Kalra, GT Network

Renowned contemporary Indian artist Vikash Kalra has captivated audiences with his ability to fuse industrial materials like steel and acrylic with organic forms, creating a vivid commentary on the human experience. In an exclusive conversation with GT, he delves into his latest exhibition, 'Urban Thoughts,' currently on display at the India Habitat Centre, his inspirations behind his craft, and...

...Listening to inner voice

Though Kalra found success in business, he wasn't truly fulfilled. After deep introspection, he realised his true passion lay in art. At 30, he embraced his calling, supported by family and friends. As he says, "It is only for seven to eight hours in a day that we are awake and this time must be spent doing what we love, and what we are destined to do."

...Finding inspiration

During his travels around the world, Kalra found that everyone is attracted to what 'shines', whether it's the su-



perfluous glitter of precious metals and steel, or the light that radiates from someone who has attained true knowledge and wisdom. It was this observation that inspired him to choose steel as his primary medium. "Steel doesn't rust and is highly durable. It was the perfect medium for me to convey both the inner and external 'shine' that we are all seeking as human beings" he explains.

...Overcoming challenges

Working in steel came with its own set of challenges. It is a tedious and labour-intensive medium. In fact, Kalra suffered from a temporary vision loss from exposure to welding sparks while sculpting his work for Urban Thoughts. He further says that he wanted to create art that would live forever in everyone's mind.

...Strength in divinity

Kalra credits his success to the blessings of the three divine gurus in his life - Lord Shiva whom he reveres as his father and gets his inner strength from; Lord Krishna who guides him to live in present and work selflessly towards his destiny; and Lord Rama who teaches him the wisdom to

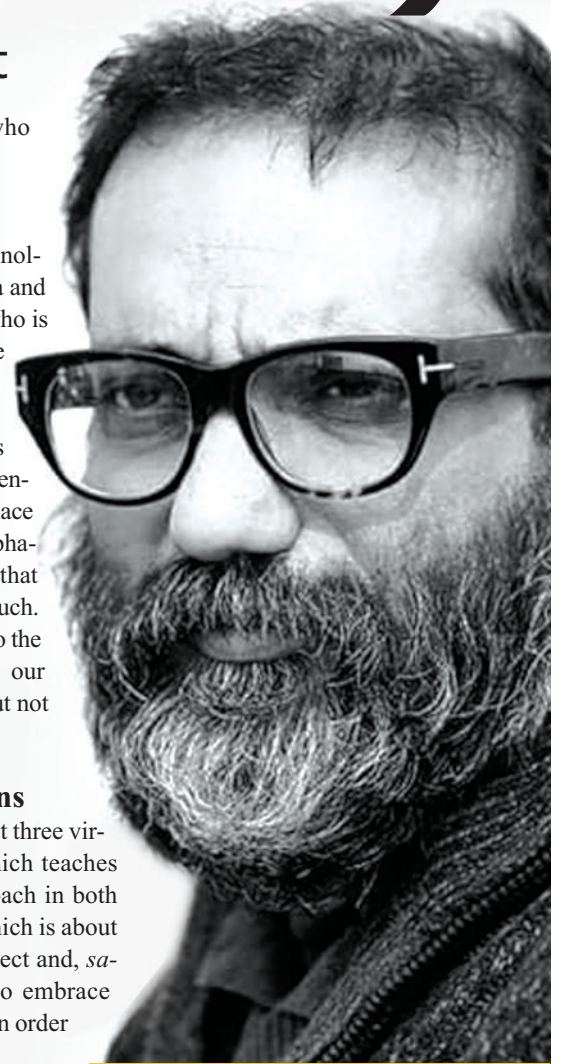
work with dignity with those who support and love him.

...Role of technology

While many artists think of technology as a threat to creativity, Kalra and his friend Virendra Shekhawat, who is also the curator of the show, have a differing view. For them, technology is a tool that has made art accessible for the masses, and has simplified the process of art authentication. "However, AI cannot replace human creativity," they say, emphasising that artists must ensure that their art doesn't lack a personal touch. "Adopt social media in life only to the extent that fingernails exist on our body, it should be a part of life but not life itself," they caution.

...Sharing life lessons

Kalra urges young minds to adopt three virtues - *sam bhaav* (balance), which teaches one to maintain a balance approach in both joy or sorrow, *viraam* (pause) which is about taking the time to pause and reflect and, *saralata* (simplicity) that tells us to embrace simplicity in thought and action in order to nurture our innate creativity.



Vikash Kalra, artist and sculptor

Album Review

A soulful lore

Album: Evermore
Artist: Taylor Swift
Released on: Dec 11, 2020
Genre: Indie-folk, country folk, alt-rock

Synopsis: 'Evermore' was released as the 'sister album' to Swift's previous album 'Folklore'. Each song in the album embraces an indie-folk sound besides an acoustic alternative instrumental 'soul' rhythm. Though lyrics were strung in continuation of the 'Folklore' lyrics, it incorporates more of nature, landscapes, and elemental symbolism. Each piece individually explores a wider emotional range and features a mix of melancholy and a dreamy countryside experience of the seasons in life, introducing distinct new characters.

This record further highlights her stepping away from autobiographical songs and composing ones that are either pure fiction or lyrically symbolic.

Why is it worth listening: The album embodies an enchanting theme, immaculate storytelling, and the excellent lyricism at its core. The melancholic tracks of the album are an example of extraordinary sonic experimentation, worth traversing through for a rich experience of finely woven new sounds. 'Evermore' opens with 'willow', a chamber folk song with a strong flow, coupled with eloquent vocals supported by piano, which creates a soulful fictional tale. The songs in the album explore themes of love and hate. Themes of self-reflection and the passage of time



create a sense of continuity in Taylor Swift's exploration of personal growth.

Favourite song: 'Dorothea' touched me the most. Its lyrics are from the perspective of an unnamed character reminiscing an old friendship with the titular fictional character when they were in their adolescence.

Rating: 4.5/5

Review by: Bhaavya Asthana
AIS VKC Lucknow, X A

GT Travels to Bali



Mahaveer Singh, X A & Abhay Singh, VII B, AIS Gwalior, pose with their copy of The Global Times in front of Tanah Lot Temple, Bali. Dedicated to Dewa Baruna, the temple was built in the 16th century on a tiny island on Bali's southwestern coastline. It is only accessible during low tides.

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