

Holy quacamole

Superior Ancient Wisdom Now Served As A Trending Fitness Essential

Advika Singh & Vanshika Srivastava
AIS VKC Lko, XII C

“Did you hear about the new superfood?”
“Oh, it’s just spirulina, right? Wait, is it kale? Or quinoa again?”

If you’ve ever found yourself in this conversation, you’re not alone. Superfoods dominate our plates, Instagram feeds, and even casual chatter, with words like acai, moringa, and spirulina being tossed around like confetti at a wellness parade. But what’s the deal with these nutrient-packed powerhouses? How did they become the stars of health culture? Brace yourself for an exciting journey through time and trends, as we unravel the superfood phenomenon - from its ancient roots to its modern-day magic.

“Did you know that quinoa has been a staple food for centuries?”
“Wait, quinoa? Isn’t that just the favourite grain of Whole Foods?”

Today, superfoods often come with a glossy Instagram aesthetic, smoothie bowls topped with artfully sliced fruits or powders with names you can barely pronounce. But their origins are far from trendy. Take quinoa, for instance, dubbed the ‘mother of all grains’, this protein-rich crop hails from the Andean highlands, where the Incas worshipped it as sacred. Celebrations of quinoa harvests were grand rituals honouring Pachamama (Mother Earth). Fast-forward to now, and quinoa has journeyed from ancient terraces to quinoa salads in Manhattan and grain bowls in Sydney. Its story is

a testament to how ancient traditions shape our modern plates.

Moringa, on the other hand, is often called the ‘miracle tree’. For centuries, its leaves have been a lifeline in Africa and Asia, treating malnutrition and inflammation. You’ll find it in everything from lattes to protein powders. And let’s not forget goji berries, cherished in Chinese medicine for over 2,000 years as a tonic for longevity and vitality. While the West markets them as antioxidant powerhouses, in China, they’re as common as your afternoon tea.

Each superfood carries its cultural significance,

blending ancient wisdom with contemporary wellness trends - a true global treasure hunt.

“So, superfoods now come in powders?”
“Wait till you hear about lab-grown ones!”

In the world of superfoods, innovation is pushing boundaries in exciting ways. Sure, many of these foods have ancient roots, but today’s technology is giving them a modern makeover, making them more accessible and sustainable than ever before. The most exciting advancement is the rise of powdered superfoods. From spirulina to matcha, these once-obscure ingredients are now available in easy-to-use powder form. You can toss them into smoothies, protein bars, and even salad dressings. With the spirulina market projected to hit 2.68 billion USD by 2027, it’s clear that convenience meets nutrition in a big way. Imagine drinking a cup of superfood coffee, or munching on a protein bar laced with chia seeds and matcha. This trend is evolving the way we snack, easing our daily dose of nutrients. The rise of cellular agriculture promises sustainable alternatives to traditional farming. For instance, lab-grown algae offer a resource-efficient way to produce high-protein foods without harming ecosystems.

“Wait, I can pick superfoods based on my personal health goals?”

“Exactly, welcome to the ultimate future of personalised nutrition!”

Superfoods are moving away from one-size-fits-all diets toward personalised wellness. For athletes, spirulina boosts endurance with its protein punch. If glowing skin is your goal, reach for avocados. Want to sharpen your mind? Blueberries have your back with brain-boosting antioxidants. And it doesn’t stop at goals, dietary preferences matter too. Vegans can lean on hemp seeds and moringa, while those on gluten-free diets have nutrient-rich options like chia seeds and quinoa.

Continued on page 4...



Illustration: Aalesh Kumar, AIS VKC Lucknow, IX B

Page editors: Advika Singh, XII C & Sargun Kalsi, XII A, AIS VKC Lucknow

THE GT POLL

Do you agree with CBSE’s decision to stop the practice of dummy schools and not allow students without 75% attendance to appear in Class XII board exams?

a) Yes b) No c) Can’t say

To vote, check out our Instagram page @the_global_times

Coming next

Vessels that swayed

Follow us on: @theglobaltimesnewspaper @the_global_times



This special edition has been brought to you by **Amity International School, Viraj Khand, Lucknow** as a part of the ‘GT Making A Newspaper Contest’.

Each page of this unique edition carries a special story handcrafted by the school’s editorial team as a part of the competition. The inter-Amity newspaper making competition witnesses different branches of Amity

schools across India churn out their own ‘Contest Edition’ which are pitted against one another at the end of the year, culminating with GT Awards. So, here’s presenting the **twelfth edition** and last edition of ‘GT Making A Newspaper Contest 2024-25’.

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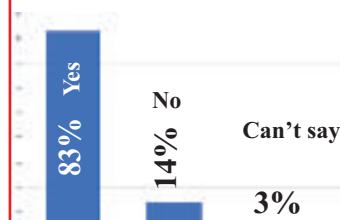
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POLL RESULT

for GT Edition April 7, 2025

Do you think that AI generated Studio Ghibli images are a threat to traditional artists?



Results as on April 18, 2025

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A woman of substance

Jayshree Arora, A Star Beyond The Spotlight

Arishna Agarwal & Aaradhya Gupta
AIS VKC Lucknow, X B

Jayshree Arora is a renowned film, stage, and television actress who rose to fame with her iconic portrayal of Bhagwanti in Hum Log, India's first soap opera which aired on Doordarshan and boasted of a viewership of more than 50 million viewers per episode. Arora is also a trained classical dancer in Kathak and Manipuri styles whose career is full of impactful roles in successful TV serials and films like Yahaan Main Ghar Ghar Kheli, Sapne Suhane Ladakpan Ke, Chakde! India, Zid, Police Public, and Mujrim. She speaks to GT about her multi-faceted talents and her 'hunger' to keep going.

Call of destiny

I never thought I would become a professional actor during my childhood, even though I enjoyed participating in school plays. Growing up in a Bengali household, dance, music, poetry, and painting were integral part of my upbringing. My creative journey truly began when I started learning Kathak at the age of eleven. In fact, I received my first film offer when I was just twelve, but my father wanted me to complete my studies

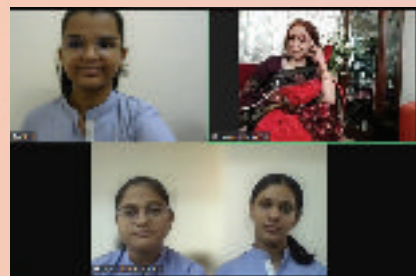
first. July 7, 1984 was a special day for me. I was working at Radio Kashmir, and on that day, I was asked to audition for Hum Log. There was no looking back since then.

Passion unlimited

I have always been dedicated towards my craft. I would often shoot for 12-13 hours a day. Yet, I found the time to pursue my other interests like gardening, cooking, yoga, and writing poetry. You can call me a 'hungry' artist; there is still so much more to achieve. Of course, I have faced challenges like every woman in my career, mainly because there is so much bias in the entertainment industry. When a man shows signs of aging, we think of him as experienced and handsome. But when a woman gets crow's feet, she is considered old. This attitude needs to change.

Substance over glamour

Whether it is films or TV, we need more diverse storytelling where older women also have important roles. Even though we have so many soap operas today, I can never forget the value Hum Log brought to the television screen. It captured the imagination of a whole nation. The reason was that the characters were relatable and



GT reporters with Jayashree Arora

there was place for all age groups in the story about a middle class family. I have been fortunate to get some meaningful offers, though. In Jhoomke Jiya Re, I portrayed a dancer whose conflict revolved around her granddaughter's untapped talent.

Message for Amitians

Life is a path filled with hurdles, but they are meant to be overcome. You must keep treading forward with determination and resilience. Challenges will come, but your passion will guide you through.

INTERVIEW



Jayashree Arora, actress

AUUP

Amity University, Uttar Pradesh, welcomed a high-profile delegation from Okinawa Association of Corporate Executives, Japan, on February 21, 2025, to enhance student placements, research collaborations, and industry training initiatives. The visit underscored Amity's commitment to global partnerships and innovation-driven education.

The Japanese delegation, comprising senior executives from leading corporations, engaged in strategic discussions with Amity's leadership. They explored opportunities for consultancy, advanced training, and interdisciplinary research. A campus tour showcased Amity's state-of-the-art facilities, including the Amity Centre for Artificial Intelligence (ACAI), Amity Drone Centre (ADC), and the Automobile and Aeronautical Labs powered by Tata Technologies. The visitors commended these centres for their pioneering contributions to AI, drone technology, and automotive innovation, recognising their role in equipping students with industry-relevant skills.

Facilitated by the Amity Technical Place-

Amity-Japan partnership

Fostering Global Education And Industry Collaboration



Dr Balvinder Shukla with the delegation from Okinawa Association of Corporate Executives, Japan

ment Centre under Dr Anjani Kumar Bhatnagar, head, ATPC, the visit saw key contributions from Anupam Singh, assistant general manager, ATPC, and Banita Sajwan, deputy manager, Amity Business School.

Discussions focused on fostering industry-academia synergy beyond placements, extending to joint research and consultancy. Miki Fuchibe, chairman, JCC Corporation, praised Amity's commitment to academic

excellence and innovation. She acknowledged vice chancellor Dr Balvinder Shukla's visionary leadership in fostering international collaborations. Dr Shukla emphasised Amity's proactive approach in building partnerships across all prefectures of Japan, with a particular focus on Okinawa.

The delegation also met with heads of departments from various interdisciplinary domains. Additional insights on Amity's global vision were shared by Prof (Dr) Sanjeev Bansal, addl pro vice chancellor & dean FMS, and Prof (Dr) SK Khatri, addl pro vice chancellor & dean academics.

The event concluded with felicitation ceremony, honouring Japanese delegates for their contribution and commitment to strengthen Indo-Japanese collaboration, marking a significant step toward a long-term and impactful partnership. 🇮🇳🇯🇵

Text: Aryaveer Singh & Bahaar Chandra, IX A | Graphic: Aryaveer Singh, X B; AIS VKC Lko



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ACCGC

Amity Career Counselling and Guidance Cell (ACCGC) organised a series of awareness sessions about various career options available at Amity University for Class XI & XII students across Amity Group of Schools in Delhi/NCR from July to October 2024. These informative sessions conducted by Amity University Noida, were led by Director Admissions, AUUP, who apprised the students about research excellence, faculty expertise, and student services at Amity University in detail. Students were informed about over 400 programs from undergraduate to post - doctoral levels spanning diverse fields like AI, biotechnology, forensic science, agriculture, law, healthcare, and management. They were also told



Director Admissions, AUUP, addresses the students

about university's strategic collaborations with industry leaders like Tata Technologies, DRDO, and CII, campus facilities, scholarships, integration of foreign language training and communication skills, personality de-

velopment in curriculum and Corporate Resource Centre (CRC) ensuring mandatory internships and placements. The event concluded with an engaging Q & A session, where students' queries were addressed.

Holy guacamole

...Continued from page 1

"Did you know India's own superfoods like amla and turmeric are getting a global spotlight now?"

"Yes! It is more like a fusion of ancient wisdom and modern wellness!"

While global superfoods have stormed the Indian market, there's been a rising movement toward celebrating indigenous superfoods like amla, moringa etc. Exports grew by 42% from 2020-22, driven by demand for curcumin supplements. E-commerce has played a key role in making superfoods more accessible, with influencers showcasing ev-

everything from amla juice to turmeric lattes. This has led to a dynamic fusion of global wellness trends with India's ancient, time-tested ingredients creating a wellness culture that's both modern and rooted in tradition. It's not about chasing trends but embracing a global story of nutrition and history. Whether you're adding spirulina to your smoothie or sprinkling chia seeds on toast, you're part of a revolution - one that connects local traditions with global trends. So the next time you sip on moringa tea, remember: it's not just tea - it's a celebration of wellness.

GENETIC INFORMATION



DNA, A Double Helix Hero Altering The Paradox Of Human Nature

Aditi Singh

AIS VKC Lucknow, X A

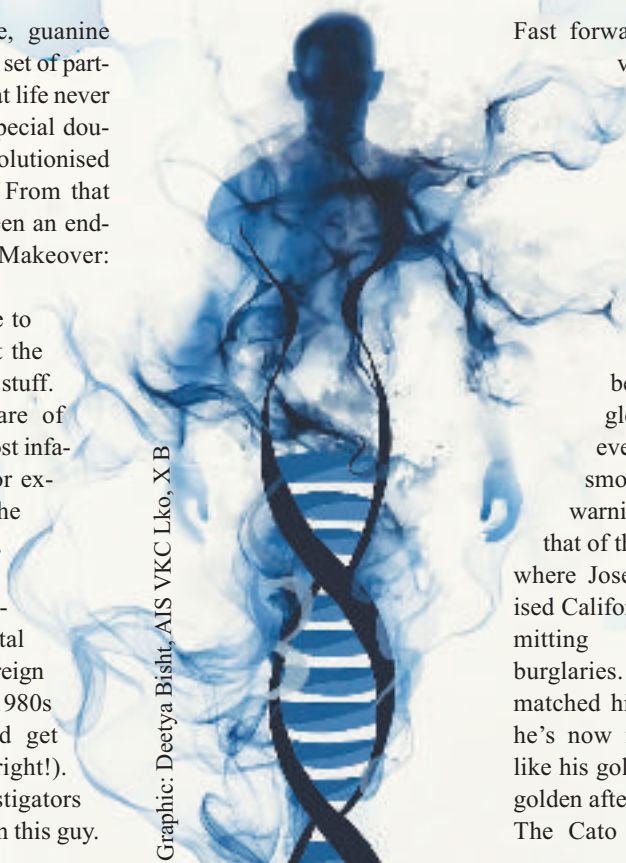
In a glamorous award ceremony, I step forward to take the 'Lifetime achievement award in heredity and bravery'. But hold on, I am not retiring as the world isn't done with me yet, my story is still loading. I have been here since the beginning of life and this enticing saga of my existence will persist till life itself exists. Talk about big personality in a microscopic package: I am DNA-Deoxyribonucleic Acid.

A million years ago, I was just a humble molecule. Initially, I didn't have a lot of organisation, just floating around, making friends with RNA and some proteins. It was all fun and games until the 1950s came along, which is when James Watson and Francis Crick blew my cover by revealing what? Base pairs!

Adenine and thymine, guanine and cytosine – the final set of partners who make sure that life never misses its cues. Our special double helix structure revolutionised the realm of science. From that day on, my life has been an endless saga of Extreme Makeover: Genetic Edition.

However, there's more to my narrative than just the usual experimentation stuff. I've had my fair share of solving some of the most infamous crimes. Take, for example the case of the Green River Killer, wherein a man named Gary Ridgway committed nearly 48 brutal murders, unleashing a reign of terror in the early 1980s and thought he could get away with it (yeah right!). Back then, the investigators had zero, zilch, nada on this guy.

Graphic: Deetya Bisht, AIS VKC Lko, X B



Fast forward to the 2000s and voila! Advances in DNA profiling

helped me link him to the murders and get him swimming in the prison. Ah!

Easily one of my favourite 'gotcha!' moments.

Who knew I could be extracted from a single hair follicle, saliva or even a cigarette butt. Yes, smokers, beware it's a warning! Yet another one is that of the Golden State Killer, where Joseph DeAngelo terrorised California for decades, committing murders, multiple burglaries. My DNA profiling matched him to the crimes, and he's now facing justice. Looks like his golden years won't be so golden after all!

The Cato Road Murders were

Autobiography

another case I cracked or helped crack to put it humbly.

Speaking of revelations, my work doesn't stop at solving these crimes. I've even helped solve family mysteries. Benjamin Tarrant, for instance, who thought he could claim his right on Robert Tarrant's estate. But in a dramatic twist my analysis showed that they were not related by blood, so the poor guy got nothing. I also revealed the true identity of Anna Anderson, another imposter who claimed to be the Grand Duchess Anastasia Nikolaevna of Russia.

As I stand here accepting this award, I can't tell what new experiment is going to make its way into my life but one thing's for sure that life's a genetic comedy and I'm the ultimate scriptwriter, with my double helix in tow.

Page editors: Aditi Singh & Abhiraj Srivastava, AIS VKC Lucknow, X A



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Heritage sport



Dr Amita Chauhan
Chairperson

It is a well-known fact that chess and ludo are India's contributions to the world of games. Another such game that not many know is Kho-Kho, deriving its name from 'Kho' the voice signal sent to communicate to other players to indicate their turn to chase. The present version of Kho-Kho, originated in early 20th century and almost 25 countries have their national Kho-Kho teams. Moreover, it is a medal sport in the South Asian Games, having first been played in the 2016 edition. It is our government's endeavour to take Kho-Kho to the Olympics in 2036 as a demonstration game. Amity has always been dedicated to upholding India's rich heritage, and across all Amity branches, we have appropriate nationally recognised facilities like mats, playing arena and qualified coaches who provide professional training to the players. At the same time, students are also introduced to important facts relate to the games such as Kho's Kho's demonstration at the 1936 Berlin Olympics and the first rule book being compiled by Bal Gangadhar Tilak etc.

Amitians are encouraged to strive for excellence in Kho-Kho through an inter-Amity competition every year. Trained and confident they have been participating in various tournaments organised by CBSE and SGFI and have represented state teams also at the national level.

Kho-Kho, no doubt, is more than just a game – it is a powerful way to nurture well-rounded individuals. It enhances agility, strength and speed, while developing motor skills, flexibility, coordination and teamwork. What makes it truly special is its simplicity and by keeping the tradition of Kho-Kho alive, we ensure that India's sporting heritage is remembered for generations to come. 🇮🇳

Beyond bounds



Rachna Mishra
Principal, AIS VKC Lko

Triumphing prominence often comprises doing the unusual and venturing into unexplored territories. At Amity, we instill this quality in our students by encouraging them to think beyond the conventional, to explore new avenues, and to boldly renovate challenges into stepping stones for success. Under the visionary leadership of our Chairperson ma'am, potential of Amitians is being constantly unearthed, contributing to the creation of

numerous patents which are solutions to a few issues affecting the world, from a low-cost water purifier that needs no electricity to a low-cost LPG sensor that enhances household safety and many others. Here, students are not just prepared for the future – they are empowered to create it. They are taught that the courage to defy norms can lead to extraordinary outcomes. As true visionaries, for them, the sky is just the beginning. With a similar disposition, our editorial team has worked innovatively on cutting-edge articles like genetic information, celebrating highest honours, and reviving sacred blooms, among others for the contest edition that echoes the spirit of excellence we strive for. I encourage each member of the editorial board to continue inspiring themselves and doing best in their chosen fields. Keep breaking new ground, dear children! 🇮🇳

Age no bar?

United By Age, Divided By Prejudice

Ritisha Jaiswal

AIS VKC Lko, XII A

Ageism is a silent yet pervasive bias that fractures society, undermining the power of intergenerational unity. It paradoxically discriminates against both the young and the old, infiltrating workplaces, social circles, healthcare, and education. While older individuals are dismissed as outdated, the younger generation is deemed inexperienced. Breaking them is essential to unlocking the true potential of every age group.

Bridging the gap

Bias runs deep in the professional world, sidelining talent at both ends of the spectrum. Older employees are often cast aside as inflexible and technologically inept, their experience overlooked. A 2018 AARP survey revealed that 12% of respondents lost promotions due to age, while 7% were forced out of jobs. Access to training declines significantly with age, reinforcing the cycle of exclusion. On the flip side, younger employees, despite their fresh ideas and digital fluency, struggle against perceptions of immaturity. Many are dismissed before they even have a chance to prove themselves. The solution? A culture of mentorship where experience meets energy. By embracing

multigenerational strengths, workplaces can foster innovation, growth, and efficiency.

Graphic: Aryaman Pratap
AIS VKC Lko, XI A

APERSPECTIVE



Fairness for all

Ageism taints both education and healthcare. Unrealistic academic expectations burden the young, causing stress and burnout. Adults seeking education later in life face judgement and limited access to resources. Healthcare is equally skewed - older patients are frequently overlooked, their medical needs deemed less urgent. In 85% of 149 studies, age determined who received certain treatments. Such discrimination

denies individuals the dignity of proper care. Education and healthcare must ensure that no one is dismissed as too young to be wise or too old to matter.

Shattering prejudices

Ageism isolates individuals, eroding confidence and self-worth. Young voices are shut out of decision-making - less than 2% of members of the European Parliament are under 30. Meanwhile, older adults, labeled burdensome, suffer declining self-esteem. It's estimated 6.3 million cases of depression worldwide are linked to ageism. The consequences are clear: anxiety, stress, and detachment. A world that values every generation is not just fair, it's essential. Ageism is a systemic barrier that stifles progress. When we embrace age as an asset rather than a limitation, we lay the foundation for a future where wisdom and innovation thrive together. Let's build a society that doesn't just tolerate every stage of life - but celebrates it. 🇮🇳

A creative expression

In a world where reading is becoming increasingly sparse due to constant distractions, The Global Times plays a pivotal role to foster creativity, providing a platform for diverse ideas and perspectives to take shape. Each approved idea, published work, celebrated illustration or graphic, sows the seed of artistic excellence and instills the confidence in our students to follow the literary path for life.

We extend our heartfelt gratitude to

Chairperson ma'am for providing this opportunity to students, giving wings to their literary and artistic aspirations. Our sincere appreciation for our principal, Rachna Mishra for her unflinching support in all our endeavours. Lastly, thanks to the GT team for their guidance during the entire creative process. Our editorial board gained insight into the unique initiatives



Nidhi Barthwal
GT Coordinator

and accorded an exclusive flavour to this contest edition. The designers, illustrators, and photographers have fashioned the right potpourri of colours, patterns, and designs to create a beautiful concoction of visuals. It gives us immense pleasure to finally bring our ideas to fruition in this contest edition.





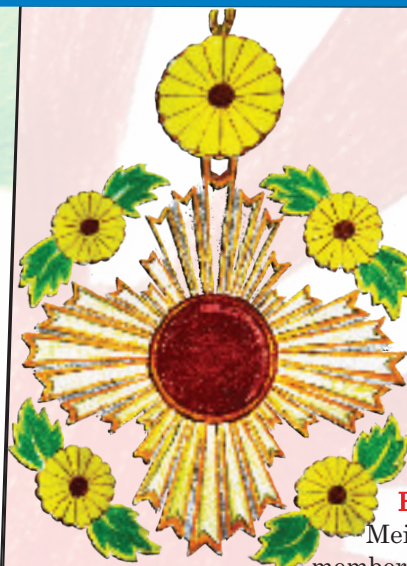
Bharat Ratna

Date of establishment: January 2, 1954

History: It's the highest civilian award in India and was announced in the form of a press communique released from the office of the secretary to the President. The award was briefly suspended twice in history from 1977-80 and then again in 1992-95.

Conferred to: Mainly for Indian citizens with exceptional achievements in the field of arts, literature, science, and public services but since December 2011 the criteria for award were expanded to 'any field of human endeavour'. Till date only two non-Indians have been felicitated with this award.

Notable recipients: Mother Teresa, Dr CV Raman, Sachin Tendulkar, Zakir Husain and Indira Gandhi



Supreme Order of the Chrysanthemum

Date of establishment: December 1876

History: It was founded by the emperor Meiji of Japan and awarded mainly to the members of Japanese Imperial family, foreign royalty and head of states. Besides the members of Imperial family only seven Japanese citizens have been conferred with this award.

Conferred to: Both Japanese citizens and foreigners for their exceptional achievements or services to the nation. It's Japan's highest order and unlike European counterparts can also be awarded posthumously.

Notable recipients: Shinzo Abe, Charles III, Prince Arthur (Duke of Connaught).



Celebrating

HIGHEST HONOURS

*Great nations celebrate greatness, and the highest civilian awards stand as symbols of profound gratitude. These accolades not only recognise exceptional contributions but also inspire generations. **Bhaavya Asthana, AIS VKC Lucknow, XA**, takes a closer look at some of the most prestigious honours across the globe.*

Illustration: Ritisha Chaturvedi, AIS VKC Lko, IX A



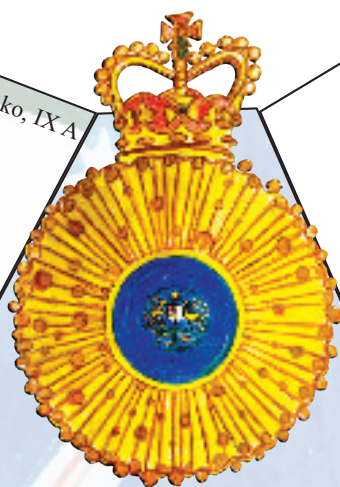
The Order of Merit of the Italian Republic

Date of establishment: March 3, 1951

History: It was founded by the second president of Italian Republic, Luigi Einaudi. This Order replaced all the previous honours including the Civil Order of Savoy, the Order of the Crown of Italy, the Order of St. Maurice and St. Lazarus, and the Order of the Most Holy Annunciation.

Conferred to: Both Italian citizens and foreigners for their exceptional contribution in the field of literature, arts, economy, public service, social, philanthropic and humanitarian activities. It is the highest honour awarded in Italy for 'merit acquired by the nation'.

Notable recipients: Mario Badino Rossi, Giorgio Armani, Claudio Abbado and Kabir Bedi.



The Order of Australia

Date of establishment: February 14, 1975

History: It was founded by Queen Elizabeth II. Before 1975, Australians were awarded under the British honours system, also known as Imperial awards. But as the criticism of the aristocratic nature of the awards grew 'The order of Australia' was introduced under the Australian society of honour.

Conferred to: Australians for outstanding achievement and merit in service to Australia or humanity. It has two divisions: The general division and the military division.

Notable recipients: Professor Sally Lewers Dunwoodie for medical research and Margaret Fink for film and television production, Les Abbott for sports.



The National Order of the Legion of Honour

Date of establishment: May 19, 1802

History: Initiated by Napoleon Bonaparte during the French Revolution to felicitate honoured civilians and soldiers, this award is still retained in France with minor alterations and a motto of "Honneur et patrie" meaning honour and fatherland.

Conferred to: Both French citizens and foreigners for exceptional service to the nation. It is the highest French order of merit recognising both military and civil achievements. It is awarded to those who have supported causes defended by France with a minimum active participation of 20 years.

Notable recipients: Nelson Mandela, Celine Dion, Angela Merkel as well as Shah Rukh Khan, Lata Mangeshkar, and Amitabh Bachchan.

Maya and the Quiet Seed



Naisha Tripathi

AIS VKC Lucknow, VIII B

As the mist and chill enveloped the city of Nainital, it fell under a strange melancholy. The beautiful Naini Lake, usually sparkling with colourful boats and laughter, was still and grey. The tall pine trees, that usually whispered in the wind, stood silent and sad. Even the people, who loved to talk and laugh, spoke in hushed voices, their smiles gone. Only the tourists, taking pictures and talking loudly, didn't seem to notice the sadness of the lake.

Maya, a young girl with eyes like the deep blue lake, felt the intensity of this sudden cloud of gloom. So, she decided to visit her great-grandmother, who lived high up on a hill. "Dadi!" she cried, her voice shaking. "The quiet... it's taking over the city!" Dadi Amara, her face lined with age and wisdom, stared at the silent lake. "Yes, child," she said softly. "The 'Quiet Seed' is growing strong. If allowed to grow, it will gradually consume the city with gloom and darkness."

"But why is it here?" Maya asked,



Illustration: Shubhanshu Singh, AIS VKC Lucknow, XII C

filled with confusion. "It's a sadness that grows when we forget the stories of our past," replied Dadi.

"Is there any way to stop it?" Maya asked, her eyes worried. "It's not a monster that you can fight. You can only defeat it with old forgotten songs and ballads," Dadi answered.

Maya discovered that a long time ago, a singer named Leela lived in Nainital. Her voice was as

beautiful as the lake. She loved a boatman who died in a storm on the lake. Since then, Leela's sadness has filled the lake with a mist, which the locals call 'The Quiet Seed'.

At the same time, it was also growing because the people of Nainital were forgetting their traditions, narrated through old stories. The tourists didn't care much about the traditional stories and locals had already forgotten

them because of their involvement in day to day activities.

"We must remember all the ballads of our town to defeat it," emphasised Dadi.

Determined to help, Maya visited the old library, with dusty books. She spoke to the oldest people in town and walked through the forgotten lanes of Nainital, finding echoes of the past in old buildings and forgotten shrines.

In her quest to defeat the gloom,

"The 'Quiet Seed' is growing strong. If allowed to grow, it will gradually consume the city with gloom and darkness."

she learnt each story by heart. One night, when the moon was full and bright, Maya went to the lake shore and started to sing Leela's sad song. To her surprise, the mist around her began to move and shimmer.

Encouraged, she sang loudly and as her voice filled the air and unfolded the stories of the past, the mist started to lift. The stones shimmered with light and the lake sparkled like a thousand stars. The Quiet Seed, which was thriving under the mist of forgotten memories began to fade away. The trees rustled, and people of Nainital began to sing along.

As the songs echoed, so did the joy, filling Nainital with life again. The locals learnt that the foundation of happiness is in drawing lessons from the past which are beautifully woven in old stories.

Read Play and Win 81

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 Which popular film and TV actress has been interviewed on page 3?	Q.2 Who is the author of article on page 12?	Q.3 Name the product featured in science advertisement on page 4.
Q.4 Name the highest civilian award conferred in India as mentioned on page 7.	Q.5 As per the article on page 5, the full form of DNA is _____.	Q.6 What is the length of India's first hyperloop test track mentioned on page 9?
Q.7 What is the tagline for article 'Age no bar' on page 6?	Q.8 Which city is mentioned in the short story on page 8?	Q.9 Which organisation preserves temple traditions and biodiversity?

Name: Class: School:

Results of Read Play & Win-80: **Shlok Sharma**, AIS Saket, X B;
Deeyanah Jangra, AIS Vas 1, VIII C; **Nayonika Jain**, AIS MV, X E

Makeup

Tanya Rai, AIS VKC Lucknow, X A

It starts off with chapstick here and there
Then you wear lip gloss - no harm, no care
It adds some colour, a subtle hue
But soon, you find you want more too

You reach for blush, just a little bit
And wear it to school - it starts to stick
Now you can't go anywhere bare
You need that flush; you need that glare

Then highlighter calls, a shimmering trace
Inner corners, nose, lighting your face
Just blush, gloss, and a radiant glow
It's nothing bad, you tell yourself so

You want your lashes bold and long
Mascara, curlers - what could go wrong?
It's just a touch, a simple grace
A tiny change - no harm to embrace

But acne strikes, you start to conceal
A dab here and there - what's the big deal?
Just minor flaws, a soft disguise
Yet soon, the mirror whispers lies

You hate your face, it feels so bare
Foundation, contour - layers of care
And now you're lost beneath the paint
The real you fades, a masked restraint

Looking back, you start to wonder
If you never began, would you still be under?



Pic: Ipshita, AIS VKC Lucknow, X A

HYPERLOOP OR 'HYPED' LOOP?



India Steps Into The Future Of High Speed Travel With Hyperloop

Anoushka Sahney, AIS VKC Lko, XI A

With IIT Madras developing the world's longest hyperloop test track, India is making a bold bet on the future of high-speed travel. A game-changer or just another futuristic dream? Let's find out.

What is a hyperloop?

A hyperloop is a futuristic transport system that uses magnetically levitated pods inside a vacuum tube that travels at extremely high speeds. Since there is no air resistance or friction, the pods can move much faster than trains, potentially reaching speeds of over 1,000 km/h. This could make travel much faster and more efficient. Simply put, the pods are suspended above the track using magnetic forces, eliminating friction between the pod and the track, while the electromagnets propel the pods forward along the track, enabling high speeds.

Where did it all start?

In 2013, Elon Musk published his white paper - 'Hyperloop Alpha' - which initiates a high-speed transit system aiming for speeds of up to 760 mph. He called it the 'fifth mode of transportation' and put it in the public domain to encourage innovation. Since then, several countries, such as the United States, the UAE, Canada and China have experimented with the hyperloop technology. Some tests have been successful, such as Virgin Hyperloop's passenger trial in 2020 at its DevLoop test site in Las Vegas, where people travelled

safely in a test pod. But many projects have struggled due to high costs, technical difficulties, and infrastructure problems. In the UAE, for instance, plans for a hyperloop between Dubai and Abu Dhabi were announced, but the project has been delayed due to cost concerns. The hyperloop corridor between Calgary and Edmonton in Canada is still in the early stages, while both China and Netherlands are struggling with full-scale commercial implementation due to funding and regulatory challenges.

Why is it futuristic?

Apart from achieving exceptionally high speeds, hyperloop has many advantages over traditional transport. It is more sustainable since it runs on renewable energy sources like solar power, reducing carbon emissions. The vacuum tube system eliminates air resistance and minimises friction, making it a quieter and smoother ride compared to trains and airplanes. Additionally, hyperloop systems need less land space than highways and railways, reducing infrastructure congestion.

How did India step in?

In 2017, the Maharashtra government signed an agreement with Virgin Hyperloop to explore a hyperloop corridor between Mumbai and Pune, reducing travel time from 3 hours to just 25 minutes. The real hyperloop revolution is being led by IIT Madras which has developed, in collaboration with the Ministry of Railways, India's first hyperloop test track, a 422-meter-long facility at its Madras campus.

Initial tests on the hyperloop track demonstrated that a distance of approximately 350 km could be covered in just 30 minutes. This could allow passengers to travel from Delhi to Jaipur - a journey of around 300 km - in less than half an hour if implemented on a larger scale. IIT Madras has already received two grants of \$1 million each, and is all set to receive a third grant of \$1 million to continue its work on the hyperloop project. A collaboration with the Research Designs and Standards Organisation (RDSO) is ensuring top-notch research and high-precision engineering. Chennai's Integral Coach Factory (ICF) is playing a pivotal role in crafting the essential electronic components, cementing India's position as a key innovator in the hyperloop domain. Collaborations with university researchers in Munich and Neoways Technologies are helping fine-tune propulsion, levitation, and infrastructure.

What makes us different?

India's approach is focused on affordability and large-scale connectivity. Unlike other countries where private companies are leading the project, India is working with government initiatives and academic institutions to find efficient solutions. India is also looking to utilise existing railway corridors to reduce land costs, whereas many Western projects require expensive new infrastructure. India envisions a comprehensive Hyperloop network spanning major cities, like Delhi, Mumbai, Jaipur and Indore, making the country a high-speed hub. It is reported that the Indian Railways



News

IIT Madras and Indian Railways launched India's first hyperloop test track

Location

IIT Madras campus, Tamil Nadu

Track length

422 meters

Technology

Electromagnetically levitated pods in vacuum tubes

Speed potential

Up to 1,200 km/h

Travel impact

Reduce intercity travel under 30 minutes

Next step

Identify a 40-50 km stretch for commercial deployment

Significance

Positions India at the forefront of futuristic transportation technology

would launch the first commercial hyperloop project once the technology is fully tested and ready for deployment.

If India succeeds, it would turn the tide in transportation, proving that research, innovation, and bold ambitions can make high-speed travel, ours to claim.



Reviving sacred blooms

It's Time To Preserve And Protect Indigenous Flowers



Manavi Chandra, XI A & Advika Singh
XII C, AIS VKC Lucknow

India's rich culture is deeply intertwined with its flora and fauna. The temples, specially, are sacred places where people offer flowers to deities as symbols of devotion and love. To preserve these traditions and also protect biodiversity, the CSIR-National Botanical Research Institute (NBRI), Lucknow, has launched an initiative to revive indigenous flowers by positioning several operatives across different states who identify, procure, and preserve them.

Floriculture mission

"Globally, India ranks 14th in floriculture, but with only 0.6% of total exports," says Dr Ajit Kumar Shasany, director, NBRI, while sharing details about CSIR-NBRI's 'Floriculture Mission'. Launched in 2021, the mission aims to increase farmers' income and encourage entrepreneurship by leveraging scientific advancements in the floriculture sector. While the sector has both



GT reporters with Dr Ajit Shasany



CSIR-NBRI

organised and unorganised production channels, NBRI focuses on streamlining the unorganised sector for maximum impact. Through 'Participative Rural Appraisal', NBRI identifies and trains rural farmers to take part in this mission.

Temple economies

"During ceremonial functions - whether formal events, weddings, or religious ceremonies - there's always a huge demand for flowers," shares Dr Shasany. NBRI has, therefore, established farmer clusters around major Hindu temples, providing training in

Pics: Siddharth Tripathy, AIS VKC Lko, XII B

gardening and nursery management. They cultivate flowers for temple use, creating a sustainable temple economy. The Jagannath Temple in Puri, Odisha is a successful example, with local farmers cultivating 13 acres of land for temple flowers. NBRI provides a variety of flowers, including lotus, murraya, jasmine, rajnigandha, chrysanthemum, sugandharaj, davana, and marjoram.

Namoh 108

The Namoh 108 Lotus holds great cultural and scientific significance. As the first lotus species to have its genome fully sequenced,

it is considered a miracle flower in Hindu culture, symbolising the universe. It is offered during worship at the Jagannath Temple. The Namoh 108 Lotus has various uses beyond worship - roots have nutritional benefits, petals can be used to make tea and fibres are suitable for clothing. NBRI strives to commercialise agrotechnology used to create these unique products.

Future plans

NBRI aims to build a thriving 'Temple Economy' by utilising local flora for commercial products like liquid sindoor, gulal, natural dyes, and biofertilisers. As per Dr Shasany, a portion of the revenue from product sales is proposed to be reinvested in the temple's upkeep. The Jagannath Temple and Shirdi's Shri Sai Baba Temple are examples of successful collaborations with NBRI, demonstrating the potential of this initiative. "Our primary goal as a government organisation is to improve quality of life for people while preserving our cultural heritage," Dr Shasany signs off. Through its dedication to preserving biodiversity and fostering economic growth, NBRI is ensuring that India's sacred blooms continue to flourish.

Pics: Siddharth Tripathy, AIS VKC Lucknow, XII B



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Girls' Party Sparkle With Pink While The Boys' Is Energetic Chaos



Utkarshita Bajpai
AIS VKC Lko, X A

The age-old question: Do boys and girls experience outings differently? Spoilers alert: One is a rollercoaster ride and the other is a well curated work of art. The idea of fun for both differ; right from planning a party to the outcome, in amusingly profound ways. Girls' hangouts are as carefully planned operations as military strikes while boys' hangouts are more like random dodge games. So, are you a girl trying to plan a fun hangout? Well, then let's start planning right away, because it will take three months to come through. You're a boy? Well, let's party tomorrow!

A challenge of sorts

Girls: Look, we only have three months, not a lot of time to think about the guest list, reservations, venue, theme, food, activities, decorations, colour scheme... (Phew! this list is endless so let's just move on). We need to be so

From heels to HIGH FIVE!

planned that even if Godzilla suddenly decides to crash our party, we are ready!

Boys: What planning? Just call everyone, order pizza and hey, get Spotify and Xbox and we are done. Everything planned! And, by the way, Godzilla is a mere fiction. So just chill!

Planning in progress

Girls: First things first! A theme for the party. What about 'A tropical paradise'? Sounds good. (Well, definitely there were more suggestions. What were you thinking? After all, it's girls' party. And it doesn't end here.) Let's make a Pinterest board about the vision for this beach themed party. Everything needs to be planned precisely!

Boys: A theme? 'Just chill!' - Well, there it is - as spontaneous as the party. Let's have some good food, good music, a good time, and leave the rest to the flow.

Get set go

Girls: An invitation on a beautiful floral pink colour handmade paper- like a mood board. What do you think?

Boys: Just send them a text- 'party at 7, you know where?' They'll understand. (Just a little secret they will arrive by 8.)

One for the buffet

Girls: For food, let's order from the gourmet restaurant. It's a little pricey, but it's worth it.

Boys: Pizzas are good! Get us anything that is edible.

Girls: But let's be real. The games should be beach related. Fun, unique, and planned.

Boys: The new Xbox is sick!

The aftermath

Girls' party: (After three months) Meticulously planned to the last sprinkle! Beautifully decorated, smelling of sweet candles, matching colour schemes, well-choreographed music, theme coordinated outfits, amazing food, and of course, group selfies every five minutes. Never short of drama.

Boys' party: Zero planning, clean clothes, random music, and impulsive competitive challenges. Never short of chaos.

Perhaps, the girls could care a little less and the boys need to care a little more. In reality, if boys and girls collaborate one can expect pure entertainment where spontaneous entertainment meets organisational perfection leading to one magnificent goal: maximum fun!

Pics: Siddharth Tripathy, AIS VKC Lko, XII B



Editor-in-chief: Advika Singh



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