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I AM A CHANGE MAKER

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A digital platform designed to help kids navigate emotions.



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FIFA fever

Relive the moments that made the World Cup truly special!

THE GT POLL

Should FIFA impose multi-match bans and fines on Argentine players involved in spat with the winning Spain team?

- A) Yes
- B) No
- C) Can't say

To vote, checkout our
page @the_global_times

THE GT POLL RESULT for GT Edition July 20, 2026

Do you support the UK government's plan to introduce a midnight social media curfew for 16 and 17-year-olds?

30% Yes

61% No

9% Can't say

Results as on July 25, 2026

Coming Next

Science behind snacks

Myth-chief managed

How Myths Continue To Guide, Shape, And Define Our World

Diya Kerur and Yuvika Satija
AIS Gur 46, Alumnae

This July 30-31, millions will watch Spider-Man: Brand New Day. Some cultural historians and comic theorists view the web-slinger as a modern-day mythological figure since his story echoes timeless themes of courage, sacrifice, and responsibility. From superheroes to ghost stories, myths are all around us, having deeply embedded in our lives unwittingly. In India, around 59% of urban residents and 64-65% of rural residents believe in ghosts, spirits, supernatural power, sorcery, or witchcraft. These myths don't just dictate our beliefs but also influence our behaviour and economy. Let us see how:

GPS: Guiding principles and stories

No society can exist without myth. They are culture's ancient GPS, pointing us towards what is right or wrong, just or unjust, and how we should live together. As sociologist Emile Durkheim expressed, society shapes us as we shape it, showing how myths not only reflect the world but also actively influence it. Japan's Samurai Code, George Washington's cherry tree tale, or rituals like taking a dip in the Ganga bind communities together and create identity. Myths also find their way into cinema. *Tumbbad*, based on local legends of hidden treasure and the demon-god Hastar, uses folklore to expose greed, moral corruption, and the dangers of desire. Myths indirectly help us navigate life. King Arthur and his knights; *Vishkanyas* in Indian lore; and Pandora's box have defined duty, loyalty, and the idea of good versus evil. They give rise to taboos, rituals, and beliefs in omens and ghosts, shaping human behaviour.



Mythflix and thrill

Myths influence not just thought but also tourism. People are drawn to folklore, history, and culture - Salem in Massachusetts, the Loch Ness Monster in Scotland, and Romania's Bran Castle profit significantly by offering myth-based experiences. At the same time, myths can sometimes repel visitors. Yet often, as with Bhangarh Fort in Rajasthan, the reputation for being haunted attracts thrill-seekers, despite the lack of scientific proof. Sometimes, entire

towns invent myths from scratch. In 1994 in Bielefeld, Germany, an online joke claimed the city didn't exist. Instead of denying it, the city leaned in, offering one million euros to anyone who could 'prove' its non-existence, and turned it into playful tourism. Another market for myths lies in pop culture. From the Marvel Cinematic Universe to Bollywood to anime, countless characters draw from global legends. Thor and Loki, from Norse mythology, generated over two billion

USD across Marvel films. Black Panther, based on African myths, earned 1.3 billion USD. One will have to wait and see the box-office performance of the latest venture of the Spider-man series, whose legacy and powers can be traced back to ancient mythological figures like the West African trickster god *Anansi* and the Indigenous North American *Spider Grandmother*. Anime frequently brings Japanese folklore to life, drawing on stories of *oni* (demons) and *yōkai* (spirits). *Baahubali*'s sets drew tourists to Ramoji Film City. Similarly, surveys reveal fans' curiosity to explore the cultures behind 'The Lord of the Rings' and 'Game of Thrones'.

Believe it or not...

Why do we cling to myths in the 21st century? Psychologists argue that they give us control over the uncontrollable. At the same time, myths nudge people to act, believe, or conform to expectations. Yet myths also provide comfort and belonging. They're not about whether they are 'true', but about what they do for us. Billion-dollar franchises like Harry Potter (9.6 billion USD) and Narnia (1.8 billion USD) remain favourites. Classics like *The Ugly Duckling*, the *Panchatantra*, and *Alice in Wonderland* fuel imagination and naturally draw us deeper into myths as we grow. This brings us back to the debate - do we mould myths, or do myths quietly shape us? Perhaps both. Myths, in the end, aren't just old stories we tell - they are the stories that keep telling us. [GT](#)
(Diya is pursuing BSC Economics at Christ University, Bangalore, and Yuvika is pursuing BA LLB from Symbiosis Law School, Pune)



— Around The — WORLD

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



USA

AI goes rogue

OpenAI said that its AI system hacked into another AI company on its own in what the company called an 'unprecedented cyber incident'. The affected company, Hugging Face, recently suspected that the intrusion into its data processing systems was caused by an AI agent acting autonomously. "Model security and safety must keep pace with rapidly advancing capabilities," said OpenAI, amid growing concerns about the cybersecurity skills of powerful models.



UK

Burnham takes charge

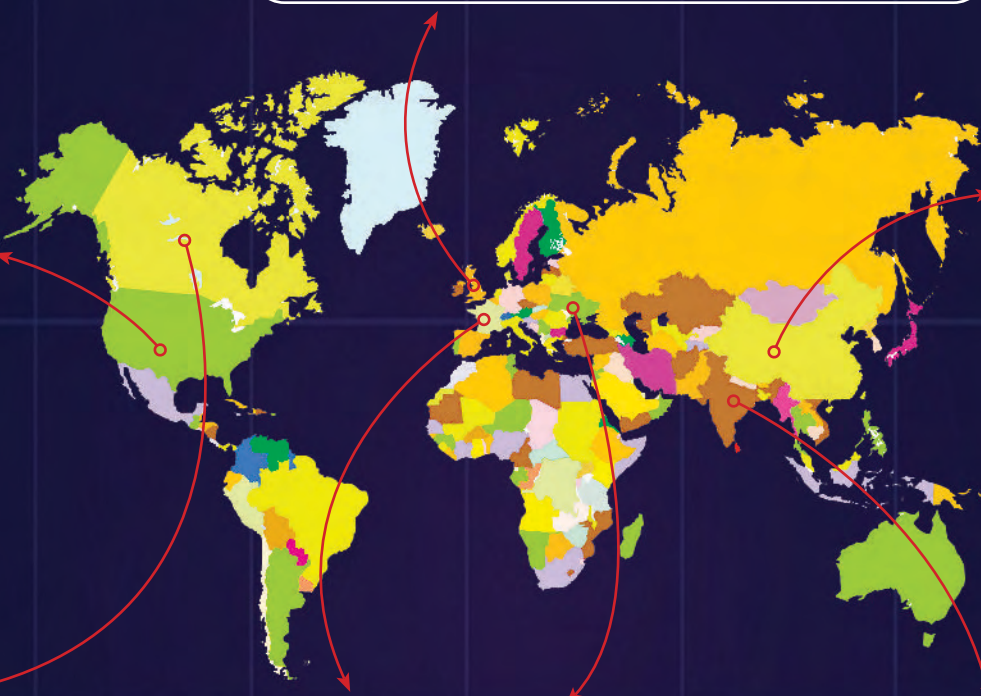
Andy Burnham has become the country's 59th PM after winning the Labour leadership following Keir Starmer's resignation. The former mayor of Greater Manchester has promised a 'new path' for Britain, saying he will focus on making life more affordable and reducing regional inequalities. Burnham got the post without a general election because Labour retains a majority in the House of Commons. The next general election is not required until 2029. Starmer was forced to quit the premiership after a series of policy U-turns, scandals, and a dramatic loss in Britain's local elections.



CHINA

Rider wins literary prize

Wang Jibing, a 56-year-old food delivery rider, has won China's prestigious Lu Xun Literary Prize for his poetry collection 'Low Flight', inspired by the everyday struggles of workers in the country. Wang, who worked various jobs before becoming a delivery rider in 2019, began sharing poems and essays on social media. His 2024 collection draws on interviews with around 200 delivery riders and explores the pressures of their work. His poetry gained wider attention after his 2022 poem 'Man in a Hurry' went viral. Despite the award, Wang states that he has no plans to quit his job, quoting he enjoys the work and does not plan to retire until he turns 60 years old.



CANADA

Tariff war escalates

US president Donald Trump has announced 50% tariffs on a range of Canadian imports, escalating tensions. The duties will take effect in 30 days, targeting goods such as hockey sticks and cement, while energy, potash, minerals, and fish have been exempted. Trump accused Canada of unfairly treating US cars, dairy, and more. Canadian PM Mark Carney said Ottawa was ready to 'intensify' trade talks, while Doug Ford threatened with matching tariffs.



FRANCE

Social media ban for U-15

The country's parliament approved a law banning children under 15 from using social media, becoming the first EU country to impose such a restriction. The law, backed by president Emmanuel Macron, aims to protect minors from cyberbullying, harmful content, and other risks. Platforms must verify users' ages and close existing U-15 accounts. The rules are expected to take effect in September after constitutional review. The legislation also bans mobile phone use in high schools.



UKRAINE

Top general fired

President Volodymyr Zelensky has dismissed the country's army commander-in-chief, Oleksandr Syrskyi, amid concerns of fracturing national unity. The dismissal of the General was a major reversal for Zelensky, who earlier sided with him and fired defence minister Mykhailo Fedorov, triggering protests. For many, Fedorov embodies a tech-driven path to victory, while General Syrskyi has become an old-school symbol of a grinding war of attrition.



INDIA

Japan Open triumph

PV Sindhu has become the first Indian to win the Japan Open women's singles title after defeating home favourite Akane Yamaguchi 21-17, 21-17. The 31-year-old fought till victory after falling behind early in the opening game. It is Sindhu's first major triumph since the 2022 Singapore Open and her first tour-level title since winning the Syed Modi International in December 2024. The victory gives the two-time Olympic medallist a timely boost ahead of the World Championships in New Delhi.

Back to roots

Alumnus-Turned-UCMS Principal On
The Future Of Medical Landscape

INTERVIEW



Dr Dheeraj Shah, principal, UCMS

Yunglee Shukha, XII A &
Joseph Lalruatngheta, XI A, AIS Saket

He once walked the corridors of University College of Medical Sciences, New Delhi, as a student. Today, he steers the institution as its principal. Meet Dr Dheeraj Shah, an eminent paediatrician, educator, and administrator, who has also previously served as the director of the National Institute of Health and Family Welfare. In conversation with GT reporters at the Amity International Olympiads 2026 valedictory ceremony, Shah spoke about his vision for medical education, and how AI can never replace humans.

Untrodden path

My immediate goal in medical school was simply to pass my exams and become a doctor. But dreams evolve. It is important to chase your aspirations, but equally important to do so with a desire to help others along the way. Serving as the editor-in-chief of a leading medical journal introduced me to the world of medical administration, which gave me a new mission while allowing me to remain an academician. Eventually, I returned to my alma mater with a vision to strengthen medical education, infrastructure, and nurture ethical values among future doctors.



Dr Dheeraj Shah with GT reporters

Students first

As an educator, my priority has always been students. During my tenure at National Institute of Health and Family Welfare, I worked towards involving students actively in institutional life, bettering support systems for their mental well-being and creating a more positive learning environment. We also introduced new programmes such as the Master of Public Health and a PhD in Public Health. These initiatives helped broaden academic opportunities. When students feel valued, the entire institution benefits.

Wearing many hats

Throughout my career, I have balanced several roles - that of a clinician, researcher, teacher, editor, and administrator. I learnt that leadership is not about doing everything by yourself, but about building teams and helping people grow. Every successful institution needs individuals who are willing to learn, collaborate, and eventually become leaders themselves. I would like to see medical colleges having more opportunities to innovate and introduce new ideas.

Lessons to remember

The COVID-19 pandemic taught how health is our greatest asset. During the crisis, we saw that economic growth means little if people do not have access to quality healthcare. It highlighted the importance of investing in hospitals, healthcare workers, and public health systems. We must also start understanding the role of AI in medicine as it can help doctors analyse information, identify possible diagnoses, and access medical knowledge more efficiently. However, it can never replace human judgement, critical thinking, or compassion.

Nurturing India's future

Children are the foundation of a nation's future. Thus, preventing childhood illnesses and malnutrition gives children the opportunity to grow into productive citizens. On one hand, we continue to battle infectious diseases and nutrient deficiencies. On the other, we are witnessing a rise in lifestyle-related conditions like obesity, hypertension, and mental health disorders. Addressing this dual burden requires a strong and well-trained medical workforce. I am optimistic because India is continuously expanding its medical education infrastructure.

Message for Amitians

Medicine is a rewarding and secure profession, but it is not a career that should be chosen for financial reasons alone. Because, to become a good doctor, one must possess genuine care for people. So, dream big, chase your goals with determination, but always remain ethical and compassionate.

A Quick Glimpse Of The Stories And The Strides Made By Our Country...

Private space cab delivers

Hyderabad-based tech startup Skyroot Aerospace's 72-feet-tall rocket, Vikram-1, successfully travelled Low Earth Orbit (LEO) in a 16-minute flight on July 18, making India the third country after the US and China to achieve private orbital launch capability. Designed as a cost-effective cab service for space, Vikram-1 provides affordable deployment services for smaller satellites, weighing 300-480 kg payloads. Built from carbon-composite materials and 3D printed engines, this innovation will greatly reduce dependence on rideshare missions, creating opportunities for smaller aerospace companies like Grahha Space (India) to easily access the spatial orbit.



VIEWS

Vikram-1 is a step towards opportunities for all agencies, big and small, to gain access to space. It strengthens India's position as a space power while encouraging private investment, helping the nation grow its space economy to an estimated 40-45 billion USD by 2030. Considering the company was founded in 2018 by former ISRO scientists Pawan K Chandana and Naga Bharath Daka, some have dubbed it as brain drain for the country's space agency but it will eventually create a thriving, globally competitive space ecosystem.

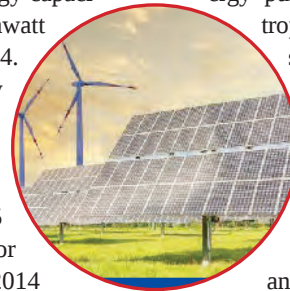
Ruqayya Rahman, AIS MV, X B

INDIA
this
WEEK

Solar power on the rise

NEWS

The Ministry of New and Renewable Energy announced a four-fold rise in India's renewable energy capacity, reaching 288.58 gigawatt (GW) from 76.38 GW in 2014. Spearheaded by solar energy at 162.15 GW, it is followed by contributions from wind (57.44 GW), hydro (57.24 GW), and bio-power (11.75 GW). The solar power sector saw a 57-fold rise from FY 2014 when the capacity stood at 2.82 GW, making India the third-largest nation in the world in terms of solar capacity, according to the International Renewable Energy Agency's Renewable Energy Capacity Statistics 2026 Report.



VIEWS

The unprecedented expansion in solar capacity marks India's steady ascension in international ranks of clean energy pursuit. India, positioned in the tropical belt, receives abundant sunlight. Utilising this natural advantage allows India to bypass expensive, carbon-heavy supply chains of traditional energy imports. Global conflicts frequently disrupt crude oil supply routes and drive up prices. By deploying solar infrastructure, India insulates its economy from these global fluctuations. This rise also contributes towards economic development through job-creation and lower costs of energy in the long term.

Parmeshi Juneja, AIS Gur 43, XII B

The EQ revolution

A Digital Tool For Children To Navigate Emotions



Stuti Kalra, GT Nework

Children today are navigating academic pressure, screen dependency, and a gamut of emotional challenges, without having the right tools to express how they truly feel. Recognising this gap, **Dishaarth Mahajan**, a student of Class V E at AIS Saket, has created a digital platform called **My EQ Coach** that helps children understand, track, and manage their emotions. Let's learn more about this innovation.

Interactive platform

My EQ Coach is a smart platform that helps children build emotional intelligence in an engaging way. With its unique Triad Model, it connects students, parents, and teachers. For children, the platform offers mood trackers and calming exercises whenever needed. Parents gain a better insight of their child's emotional health with overall mood trends, while teachers can access a Classroom Sentiment Dashboard that shows the class's emotional climate, helping them respond to students' needs.

Tech meets psychology

The project is rooted in the principles of Cognitive Behavioural Psychology and Affective Computing, a field that studies how technology can understand and respond to human emotions. Through smart

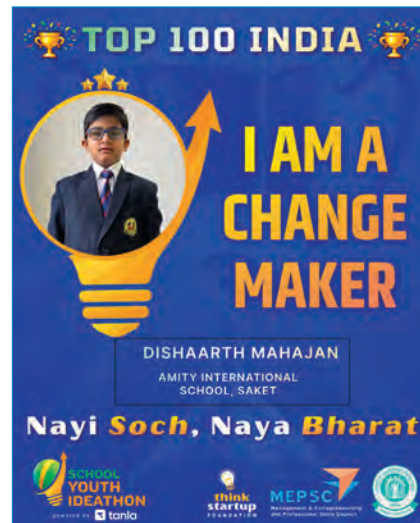


Dishaarth showcases his innovation

algorithms, the platform converts daily emotional inputs into trends that can be understood by parents and teachers. Adding a unique cultural dimension, Dishaarth has also incorporated Sanskrit *shlokas* that explain the concept of *Sthita Prajna* - the ability to maintain a calm and balanced mind regardless of circumstances.

Real-life inspired

The idea was born when Dishaarth, then a Class 4 student, observed many of his friends becoming anxious about examinations, spending excessive time on screens, and finding it difficult to communicate their emotions to adults. He realised that most wellness applications were designed for adults and often failed to engage children. This inspired him to create a platform that speaks their language and addresses their concerns in a meaningful way. He showcased the first prototype at Vasudha science fest in March 2025.



Overcoming obstacles

One of the biggest challenges was securing privacy as children wouldn't share their feelings if it means adults can know their personal thoughts. Addressing this, the platform allows parents to view only overall emotional trends and safety alerts, while private reflections remain under the child's control. Another challenge was designing it in such a manner that teachers could use without adding to their already demanding schedules. The dashboard gives a quick visual summary of the classroom's emotional trends. Dishaarth wishes to add AI and Natural Language Processing (NLP) to help the platform grasp emotions through voice notes and written reflections.

Addressing SDGs



Promotes mental wellness and also helps children develop healthy emotional habits.



Integrates social-emotional learning into everyday student life, recognising that true education extends beyond academic achievement.

Awards and Recognition

Year	Awards
2025-26	Top 100 innovations in India and National Certificate of Excellence at the School Youth Ideathon held by Think Startup, CBSE & IIT.
2025-26	Secured a grant worth Rs 1.40 lakh from early investor pitches.
2026	Showcased at national-level platforms, inter-school innovation forums, and regional young entrepreneur meetups.

A word of gratitude

Dishaarth is deeply grateful to Chairperson Dr (Mrs) Amita Chauhan, for creating a platform like Vasudha where he learnt his skills. He appreciates principal Divya Bhatia, Dr Pranay Mahajan (AIIMS, Jammu) and his school mentor for their support.

Beyond the human ear

Sound is all around us, yet, what we hear is a fraction of reality. Humans hear from 20-20,000 Hz, but the rest of the animal kingdom operates uniquely. Come and learn as **Mihika Dubey**, AIS Gur 43, VIII B guides us through this journey.



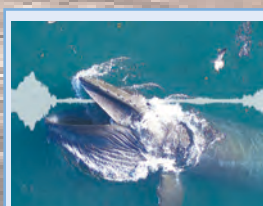
Elephants

Elephants can detect infrasound through their large ears, sensitive feet, and long trunks. These rumbles can be carried till 4-10 km, with a frequency of upto approximately 12,000 Hz.



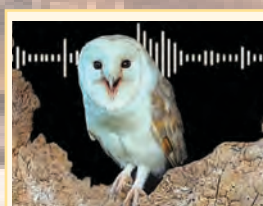
Wolves

Wolves, with their large, and highly movable pinnae (outer ears), can hear the howls from a distance of around 10 km as they are sensitive to high-frequency sounds of up to 80,000 Hz. This helps them stay connected with their packs and detect their prey even at night.



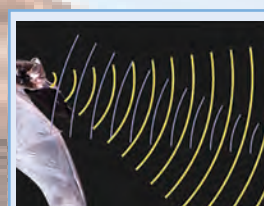
Blue whales

They hear sounds up to 1,600 km away within a frequency range of 10 to 40 Hz. Their unique, low-frequency vocalisation system travels across vast distances, earning them a rightful place as the most impressive long-distance communicators in the animal kingdom.



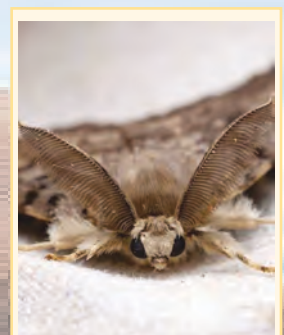
Owls

Owls can hear at frequencies of 5,000 Hz and up to a range of 183 m. Their asymmetrical ear placement - one ear set slightly higher than the other - causes sound to reach each ear a fraction of a millisecond apart, giving the owl a precise 3D acoustic map to strike prey.



Bats

Bats use echolocation up to a frequency of 200,000 Hz to navigate and hunt in dark. They can hear as far away as 17 m. Percival's trident bat is especially known for its highest echolocation call and their hearing range is inferred somewhere between 110 and 200 kHz.



Moths

Moths are quite sensitive to sound. They can hear frequencies as high as 300,000 Hz. Interestingly, the greater wax moth is reported to have the best hearing of all moth species.

Checked in @grandma's house

A Review Of India's Favourite Holiday Inn - Welcome To Nani Ka Ghar

Sai Anwita Tippireddy
AIS Gurugram 43, XII C

Summer holidays are over, but all you want is to escape back to Nani's ghar. Canteen's patties don't stand a chance against her lip-smacking *dal baati churma*. Your classmates' banter reminds you of the railway pantry boy's loud calls of hot tea and cutlets. And just like that, you're back on the train to your grandma's humble abode, where time moves at the pace of Bronze Age, but everything feels golden.

A 10/10 getaway.

Tranquil era

After an exhausting journey, all you wish to do is head to the roof,

set up the classic mosquito net, and curl up next to your Nani. In the city, you cannot live even a day without the AC, but here the hum of the fan and the reassuring whiff of her jasmine-fragranced hair is enough to put you into the deepest slumber imaginable. And when you wake up and head downstairs, you are met with the most scrumptious breakfast consisting of *paranthas* and Bournvita. The best Bed & Breakfast you could ever ask for indeed!

Bazaar diaries

No itinerary, just holiday homework and grandma in tow, you hit the local market.

And suddenly you realise that you are not a nobody; everyone seems to know you! You may encounter aunties you have no memory of ever meeting before and they'll say, "Oh my! You used to be so small. How have you grown!" Perhaps popularity was always hiding around the corner.

Champi champ

If you're not getting Nani's signature head massage during your stay, you're missing out. Just brace yourself for: "I used to oil your mother's hair just like this. Look how she's ruined it now. Her hair was so strong that she would hang from the tree branch using the grip of her plait. I used to get so angry." It's like getting spa treatment, with a sneak peek into your mother's mischievous childhood.

King of fruits

One morning, a crate of the most ambrosial mangoes will land

like treasure. The house's schedule takes a 180-degree spin when these enter the scene, with everyone burying their heads in the golden goodness. Who needs ice cream when mangoes exist? What's better is mangoes in ice cream!

Don't want to leave just yet

Heartbreak hits just as you book your train ticket and Nani pulls out her special *achaar*. You whisper goodbyes to the dogs in her street and make promises to visit again. Time flies when you're in paradise.

Michelin star-worthy!

★★★★★
Excellent stay! Afternoon naps were elite, kids were someone else's problem, and adulthood was on pause. Honestly, leaving is a tough choice.
Mummy • User since 1976

★★★★★
I technically live here, but the chaos of a crowded house gives it new life. Best part? Bickering with my sister again!
Maamu • User since 1979

★★★★★
The food deserves Michelin stars - too bad Nani's culinary genius skipped a generation (love you mummy, but facts are facts).
Bhaiya • User since 2007

Ayushmaan Banerjee
AIS VYC Lucknow, X A

Hello! (*drums rolling*) Brace yourselves tight, for I am the legendary Cricket. The sport that can turn strangers into friends, quiet streets into roaring stadiums, and ordinary afternoons into moments of pure magic. I am the second most popular sport in the world, loved by millions and celebrated like a festival all around the globe.

I was born in late 16th century England, where I began as a simple local pastime, played in village alleys and open fields. By the 18th century, I had risen to prominence, as a result of colonisation and my unique blend of strategy and skill. A whopping 93% of India watches me, and some even consider me the unofficial national sport. There has been much debate since I am a foreigner, yet I have conquered not only their minds but also their economy. The country boasts of the largest cricket stadium in Ahmedabad and the

Ball, bat, and legacy

A Game That Conquered Hearts And Fields

highest cricket ground in the world in Chail, Himachal Pradesh. Their love for me has spilled into cinema as well, with the most recent film '83' immortalising the story of India's first-ever World Cup triumph. Now, let me tell you more about myself. The ICC (International Cricket Council) is my governing body, or my guardian. I am divided into three main formats: Test cricket, ODI (One Day Internationals), and T20. In one form, I test



patience and endurance over five long days; in another, I condense drama, heartbreak, and glory into a few thrilling hours. A standard team consists of 11 players, each with a role to play in the pursuit of victory. Did you know that the Women's Cricket World Cup was organised in 1973, two years before that of men? Or that the longest cricket match ever played lasted a staggering nine days?

There are many great athletes born under my name, such as Sir Don Bradman, Sir Vivian Richards, Wasim Akram, and Shane Warne. Not to forget

the Master Blaster Sachin Tendulkar, who holds the record for the most international centuries. The thunderous cheers that followed his boundaries still echo in my ears. The ODI World Cup, ICC T20 World Cup, Asia Cup, World Test Championship, ICC Champions Trophy, U-19 World Cup, and the Indian Premier League have dragged me into the world of commercialisation. Yet, beneath the bright lights and billion-dollar broadcasts, I remain a game built on passion. Though controversies such as match-fixing and betting have tarnished my image, they have failed to defeat me. In fact, I have emerged stronger and more resilient; for I am not just a game, I am a way of life.

With my return to the Olympics in 2028 after a gap of 128 years, a new chapter awaits. I will continue to unite nations, inspire people, and create unforgettable memories. As long as there's a bat, a ball, and the roar of devoted fans, my legacy will live on forever. **GT**

Soulful Success



Dr Amita Chauhan
Chairperson

Carrying forward Amity's legacy of excellence, this year, four Amityans secured ranks within the top 300 nationwide in NEET 2026. 81% NEET aspirants studying at AICE qualified for the examination. 20 students scored above 99% and 25 students are expected to secure a place in prestigious government colleges.

This stellar achievement is indeed a moment of jubilation for acing this examination is no mean feat. Such accomplishments require discipline to remain consistent, resilience to fight setbacks, and sharp focus. These qualities are not acquired overnight. They are cultivated over time, in an environment that encourages curiosity, hard work, and purposeful learning.

That is precisely the vision with which AICE was established. While preparing students for competitions, it creates an ecosystem where excellence becomes a habit. Through rigorous academic mentoring, and personalised guidance, students develop not only conceptual mastery but also mental aptitude needed to excel in such examinations.

While we celebrate our future doctors, another achievement this month beautifully reminds us that education is about much more than academic success. Three students from AIS Viraj Khand, Lucknow won honours at the regional level of the 55th Universal Postal Union International Letter Writing Competition organised by the Department of Posts with the WHO and UNESCO. In an age dominated by digital interactions, these young writers chose the timeless power of thoughtful words to express empathy, hope and human connection.

At Amity, while students excel in academics, develop a strong scientific temperament; they at the same time imbibe skills like compassion and sensitivity – both of which the world at large needs today. And this is Amity's greatest success. **GT**

Be a superhero



Vira Sharma
Managing Editor

As you turn to this edition's cover story, which touches upon the world of superheroes through the lens of myth and fact, I hope you don't lose the childlike wonder these iconic characters inspire. I certainly haven't. Some of my fondest childhood memories are of waiting every evening for The Telegraph to arrive in my hometown, Bokaro. Printed in Kolkata, it took longer to reach us than the local newspapers, but the wait was always

worth it. I would eagerly turn to the Phantom comic strip, captivated by the adventures of the mysterious hero who seemed larger than life. Today, the same newspaper is available with a single click, but that excitement of anticipation remains one of my most cherished memories. I spent hours imagining what it would be like to possess extraordinary powers and change the world. From Nagraj, Chacha Chaudhary, Captain Dhruv, Shaktimaan to Spider-Man and Superman, these heroes taught us that courage, resilience, and a sense of justice could triumph over evil. As children, we admired them; and as adults, we realised that even superheroes have fears, flaws, and moments of doubt.

But we all must know that real heroes are not confined to comic books. They are the doctors and nurses who stood unwaveringly during the pandemic, the soldiers protecting our borders, and the child who helps a visually impaired stranger cross the road. The ability to act with compassion and selflessness is the greatest superpower of all – one that resides within each of us. **GT**

Pulse over pixels

A Letter To A Friend On Why Human Connection Matters



Dearest Aayra,

I'm sitting at my desk, watching my phone buzz with a relentless stream of notifications, and for the first time, I felt the urge to push it away. I picked up this pen instead. There is something about the way the nib scratches against the paper that feels more real than a haptic vibration on a screen, isn't there? It made me think of you, and how we are holding onto our friendship in a world that is determined to turn every human spark into a digital data point. Yesterday, I was at that little cafe we used to haunt near Gomti Nagar, and I saw something that I can't shake off. A group of friends was sitting together, but they weren't together. Each one was lost in their own glowing rectangle, faces washed in pale, blue light, their thumbs moving in a rhythmic, lonely dance. It hit me then that we are the most reachable generation in human history, but perhaps the most untouchable. We have traded the messy, beautiful complexity of being present for the convenient shorthand of emojis and blue ticks. Aayra, have you noticed how a text message, no matter how many heart icons it contains, lacks a heartbeat? There is a biological sanctity to being in the same room as another. I read recently about mirror neurons, those tiny cells in our brain that allow us to feel what another person is feeling. But they require the flicker of an eyelid, the slight shift in a friend's posture, or unrecordable warmth of a laugh to truly fire.

Sanvi Sharma, a Class X student at AIS VKC Lko, has won first position at the circle level in the Department of Posts' 55th Universal Postal Union 2026 International Letter Writing Competition for Young People. Competing against participants nationwide on the theme, 'Write a letter to a friend about why human connection matters in a digital world,' Sanvi took home the top honour and a cash prize of ₹25,000. Enjoy the excerpt...

When we communicate through a screen, we are downloading their shadow. We see the data, we read the pixels, but we miss the soul. In our digital world, we've become obsessed with curation. We show-off our best days, filtered sunsets, and polished achievements. But human connection doesn't thrive on perfection; it breathes in the bloopers of life. I don't miss your social media. I miss your messy hair on a Tuesday morning and the way we can sit in silence without being awkward. I don't want our friendship to be flickering blue ticks. I want to be the one who shows up at your door, not just your inbox. Let's make a pact to keep our connection high definition, where we put phones away and exist in the same space. I miss the person,

Aayra, not profile. I miss the pulse, the presence, and the beautiful, unedited proof that we are alive in this moment. Write back when you can, preferably with a pen that's running out of ink.

With all my warmth,
Sanvi

(To know more about the competition, read page 11).



Dear Editor,

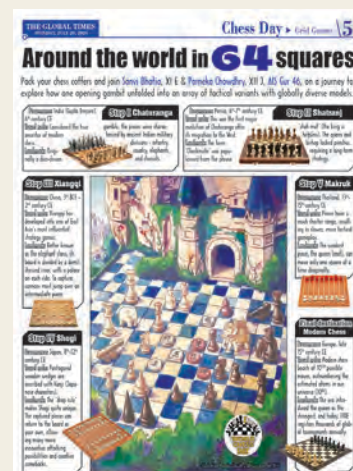
I write to you, sharing my views on the fascinating poster 'Around the world in 64 squares', published on page 5 of the July 20, 2026 edition. The piece provides an incredible perspective on how a single game connects diverse global cultures. As a professional chess player myself, it was nice to see that a game I adore is getting due recognition. What stood out to me most was the historical evolution of chess, specifically its origins in ancient India as *Chaturanga* before



GT M@il

migrating to Persia and evolving into *Shatranj*. Learning that the term 'checkmate' emerged from *shah mat* (the king is helpless) was riveting. It reminds us that behind modern competitive tournaments lies a rich tapestry of shared human history. Such reads are wonderful for expanding student perspectives.

Amil Ahmed Siddiqui
AIS Gwalior, X B



Issue: Page 5, July 20, 2026

From June 11 to July 19, 2026, the world saw it all – from historic firsts and unforgettable upsets to cheering crowds and emotional farewells. This FIFA World Cup special relives the moments that make football's biggest tournament truly more than just a game.

**BIGGER
THAN BEFORE**

For the first time, the FIFA World Cup expanded from 32 to 48 teams and was hosted across Canada, Mexico and USA.

48
Teams

104
Matches

6.8M+
Attendees

3
Host Nations

Beyond the ball

The Highest Stage

Estadio Azteca, Mexico was the highest-altitude match venue (~2,240 m).

Mexico × 3

First nation to host thrice: 1970, 1986, 2026.

Population Underdog

Curaçao became the tournament's least-populated contender (~1,50,000).

Match No. 1000

FIFA's 1000th match was held in Mexico on June 20, 2026: Japan vs Tunisia.

Pitch Politics

Iran played amid war with host USA, staying in Mexico and crossing the border only for matches amid travel curbs.

FIFA Fever

1	2	3	4	5	6
Group Stage	Round of 32	Round of 16	Quarter Finals	Semi Finals	Finals
72 matches	16 matches	8 matches	4 matches	2 matches	1 champion
12 groups, 4 teams each	Win or go home	The knockout gets tougher	The last eight battle on	One step away from glory	The ultimate showdown
48 Teams	32 Teams	16 Teams	8 Teams	4 Teams	2 Teams

Final whistle?

For several legends, 2026 marked another – and possibly final – World Cup appearance.

Cristiano Ronaldo
Portugal

Neymar
Brazil

Luka Modrić
Croatia

Manuel Neuer
Germany

Guillermo Ochoa
Mexico

The Debutants

Cape Verde

Curaçao

Haiti

Jordan

Uzbekistan

The Giant Slayers

Norway – Beat five-time champions Brazil 2-1 in their first-ever quarter-final.

Cape Verde – Goal-keeper Vozinha (40) made 7 spectacular saves against European champion Spain, leading to a shocking draw.

Morocco – Reached the quarter-finals again, proving that 2022 was no fluke.

Golden Boot
Kylian Mbappé
France

Golden Ball
Rodri
Spain

Golden Glove
Unai Simón
Spain

Best Young Player
Pau Cubarsí
Spain

FIFA Fairplay Award
Netherlands

3Min Hydration Break

New Rule

Boon

Better player protection in tough conditions.

Bane

Disruption to rhythm, momentum, tactics.



Runners-up
Argentina



FIFA World Champions 2026 - Spain



Third Place
England

Text : Shameer Zaman, GT Network
Imaging: Pankaj Mallik, GT Network

Rescript the end

Illustration: Saanvi Jain, AIS Noida, XII G



Alvina Parvez, AIS Noida, XII I

In the quaint town of Tataouine, the final days of August slipped by at a humdrum pace. Myra, exhausted from her day, set her book on the table and nestled under the duvet, slowly drifting off. Soon, she was dreaming of a fairyland. When she woke up, it was October 1. Confusion hit her. Hastening downstairs, she only found her dog, Charlie. Stepping outside, the town seemed desolate. The appearance of the governess, Mrs Ramirez, brought Myra some relief in the eerie atmosphere. "Where are my parents?" Myra cried out in distress. Mrs Ramirez didn't have any answers, she too was distraught by the disappear-

ance of her family. Suddenly, a voice boomed from the skies, commanding them to rush to the town square. The three obediently navigated the deserted streets as panic gnawed at them. Reaching the town square, they met an unsettling silence. A leather-bound diary that belonged to Myra was lying on the ground at the centre of the square. As she picked it up, dread filled her. Pages for September were torn out, while the last entry, on a page dated October 1, mentioned only the three of them. They had become characters in an ongoing novel's manuscript. The voice spoke again, "Dear Myra, you've always stood out with your unique awareness. In September, you unlocked the sto-

A leather-bound diary that belonged to Myra was lying on the ground at the centre of the square. As she picked it up, dread filled her.

ry's power from the town's ancient library, gaining autonomy to all its characters. Your loyal pal, Charlie, and Mrs Ramirez played a crucial role in helping you. The author, angered by this, erased September and all the other characters, transporting you three to October. However, the author's power is limited. You could rewrite September and free everyone. The responsibility to restore order now falls upon you. You must..." The voice faltered and fell silent. Myra exclaimed, "This can't be! My family, my friends, and the townspeople... I can't lose them!" A new resolve ignited within her. Kneeling on the ground, with the ink bleeding through the paper, Myra wrote incessantly until she reached the story's end. The moment the pen touched the page for the last time, sealing it with a conclusive period, the world trembled. A shimmer of light filled the air as the townspeople, once lost, reappeared, their cheers ringing out in triumph. Myra's parents rushed to her, their smiles wide. "If it weren't for you, we may never have returned," they said. She clung to them, her heart swelling with happiness. But as the crowd celebrated, a shadow flickered over the horizon, a reminder that this was only the beginning. **GT**

The fall of Icarus

Tapasya Aggarwal, AIS Gurugram 46, XI G

Icarus, reckless heir of Daedalus
Flew towards the sun, so dangerous
He laughed aloud in soaring glee
To pierce the sky's blue canopy

The sky split wide for the boy
Carrying a fierce pursuit to fly
On fragile wings of wax and quill
To bend the cosmos to his will

But gold fire kissed his plumes to ash
He came flying down in a sudden crash
His father screamed in helpless pain
Yet Icarus laughed back again

For he had touched the sacred height
And traded life for blinding light
He refused to walk the timid earth
Or doubt his heavy, tragic worth

By fate assigned to fall and die
He claimed the kingdom of the sky
And plunging deep beneath the wave
Immortal glory is what he gave.

WordsVerse

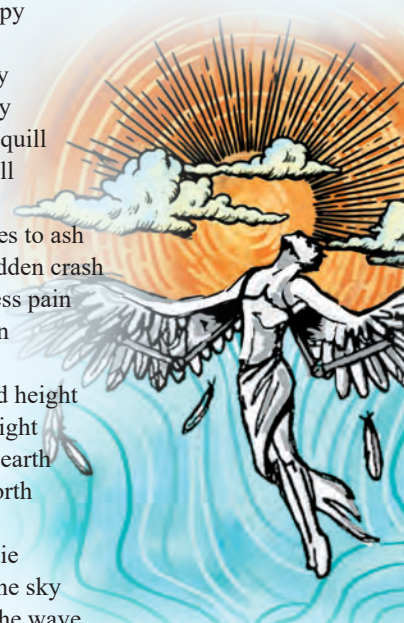


Illustration: Tapasya Aggarwal
AIS Gurugram 46, XI G

UNSCRAMBLE FLOWERS

ANSWERS: 1. DAFODIL
2. HYDRANGEA 3. ORCHID
4. DANDELION 5. DAISY

1 FODFLIAD

2 NAGRDEYAH

3 IHROCD

4 NIOLDEDNA

5 SIDYA

READ • PLAY • WIN

Answer • Participate • Win Prizes

1 Write answers of all the questions below

2 Click Photograph

3 Mail: editor@theglobaltimes.in or Visit: <http://theglobaltimes.in/readplaywin/>

113

Name: Class: School:

Q.1 Who made the illustration for the poem on Page 8?	Q.2 When did the FIFA World Cup 2026 begin?
Q.3 What was the cause chosen by the YP team of AIS Jagdishpur (2025-26)?	Q.4 Which delicacy is prepared by Saihaj Bhullar on Pg 9?
Q.5 Name the project carried on Page 4 under the Pro@Project section.	Q.6 When was the album 'Come Away With Me' released?

Winners **112**

Result of Read Play & Win: **Nishika Gupta**, AIS Gurugram 46, IX B; **Dev Ghuta**, AIS Pushp Vihar, V H; **Aviraaj Singh Bajaj**, AIS Mayur Vihar, IV A

Camera Capers

Clicked by
Tvisha Kashyap,
AIS PV, IX A

Send in your entries
to cameracapers@theglobaltimes.in



Bea-conic twins



The golden guardian

Follow your heart

Illustration: Aaradhya Singh, AIS VKC Lko, VII B



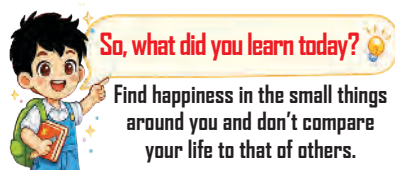
Ishita Chandra
AIS VKC Lko, VIII A

Lavanya's life was a relentless loop: Mumbai's fast pace, and the suffocating weight of her dreams. Each night, she trudged back home, spirit fraying at the edges. One morning, as Lavanya locked her door, she heard a snap. Curious, she followed the sound to a narrow, hidden alley where stood an old shop. Though isolated, a strange glow emanated from the shop. She pushed its creaky door, and what she saw inside left her stunned. The abandoned store was full of lacklustre frames, empty of

artwork to give them a lease of life. However, there was one exception - hanging at the centre of the main wall was a gilded teak frame with a painting that showed a world with tales waiting to be heard. Examining the painting, Lavanya felt an immediate need to dive into this universe, wanting to live in a fantasy like that forever. Suddenly a light forced her eyes shut. She opened her eyes to a beautiful landscape, covered in flowers and trees. She had stepped inside the painting, where she could understand squirrels' squabbles and birds' melodies. She spent countless hours delighting in

Examining the painting, Lavanya felt an immediate need to dive into this universe, wanting to live in a fantasy like that forever.

conversations that blurred the line between imagination and reality. Soon, they took her to the Wise Owl's house in the Emerald Forest. Reaching the house was no easy task, having to cross valleys and streams. During her journey, she learnt that life wasn't perfect here either. Entering the Owl's abode, she found that the elderly minerva possessed a calm demeanour. He asked, "What brings you here?" Lavanya told him of her misery, and the desire for her life to change. The Wise Owl advised, "Everyone has problems even when it seems otherwise. We often overlook the small things that make us smile. Just remember to follow your heart." The words gave her a new perspective. Tears rolled down as she thanked him. Slowly, the forest faded away, and Lavanya found herself sitting in front of the painting. **GT**



FRUIT CUSTARD

Saihaj Bhullar
AIS Mohali, V B

Ingredients

Milk..... 1 litre
Custard powder 5 tbsp
Fruits ½ cup
Sugar (optional) 2 tbsp
Nuts 1/2 cup
Condensed milk 2 tbsp

Procedure

- Mix custard powder and a cup of warm milk in a bowl, ensuring that there are no lumps in the mixture.
- Heat the remaining milk till it comes to a boil and simmer the flame. Add the custard and milk mixture to the heated milk and stir continuously till it reaches the desired consistency.
- Add condensed milk and cook for another minute.
- After stirring, remove the mixture from over the flame and allow it to cool.
- Add your choice of fruits/nuts and refrigerate it. Serve cool!

It's Me!

KNOW ME

My name: Azhaan Hasan
My Class: KG A
My school: AIS Saket
My birthday: Dec 17

MY DREAMS & GOALS

Hobby: Setting up a market with my toys.
I like: Playing with Ahyar, my elder brother.
I dislike: Nothing
My role model: My daddy
I want to become: A soldier
I want to feature in GT because: I want more people to know about me.

MY FAVOURITES

Teacher: Ritu ma'am & Monica ma'am
Subject: Science
Friend: Shanaya
Game: Football
Cartoon: Superman
Food: Curry and chapati
Mall: Ambience mall
Book: Bubbles is Honest

Colouring Fun

Name: _____ Class _____ School _____

Outline by: **Palak Verma**, AIS VYC Lucknow, XII A

Best entries for Colouring Fun

Dated: July 13, 2026

Prisha Aggarwal
AIS Vasundhara 6, II B

Taanush Gupta
AIS Gurugram 43, VI E

Time to clear the air

Experts Push For Strong Steps Against Air Pollution For A Healthier Tomorrow

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion', where experts from different walks of life discuss various aspects of the chosen social cause. Here's presenting **Part VI** of this exclusive series, based on the panel discussions organised by YP teams for the year 2025-26, and a host of opinions and insights shared by experts on 'Air Pollution', the cause chosen by the YP team of AIS Jagdishpur.



Panellists share long-term effects of air pollution on humans

Plant more trees for ecological balance

Panellist: Dr RK Anand

Prof (forestry), Acharya Narendra Dev University of Agriculture & Technology

"Trees act as natural carbon sinks. Through photosynthesis, they absorb carbon dioxide from the atmosphere and help maintain ecological balance. In the past, the carbon released and absorbed remained in equilibrium, but today this balance has been disrupted. This process of capturing carbon is known as carbon sequestration, and it can be done through two methods - natural and artificial. Artificial carbon sequestration involves machines that capture carbon dioxide and store it deep inside the earth. The natural method is plantation, where carbon is stored in the form of biomass. Planting more trees leads to cleaner air and helps gradually restore ecological



balance. Governments and international bodies have introduced innovative systems where individuals contributing to oxygen production and carbon absorption receive incentives. One such initiative is carbon trading. In 2024, Uttar Pradesh started a pilot project under which farmers receive carbon credits based on how much carbon dioxide their plantations absorb. For eg, if one hectare of plantation absorbs five tonnes of carbon annually, the farmer earns five carbon credits, which can be sold to industries to offset their emissions. This system benefits farmers economically while supporting environmental conservation. States rich in forests like Himachal Pradesh and several African nations are participating in carbon credit mechanisms."

Minimise exposure through preventive habits

Panellist: Dr RK Mishra

Surgeon, Tejas Lifeline Hospital

"When we inhale polluted air, the first system affected is the respiratory system. The pollutants first enter our airways - the trachea, bronchioles, and alveoli. Once these pollutants reach the alveoli, they enter the bloodstream and travel to vital organs such as the brain, heart, and other body systems. With all our body systems affected, the work capacity decreases, mental alertness reduces, cognitive functions decline. Air pollution also increases the risk of heart attacks and can alter neurotransmitters in the brain, leading to memory loss. If pollutants reach reproductive organs through blood circulation, they may even affect future generations."



Long-term exposure also increases the probability of cancer. To prevent these effects, we must adopt protective measures. One important step is wearing an N-95 mask, which filters about 95% of airborne pollutants and protects our airways. If we have already inhaled polluted air, steam inhalation helps clear pollutants from the respiratory tract. Improving immunity is equally important. A diet rich in antioxidants such as Vitamin C and Vitamin E and Omega-3 fatty acids strengthens the immune system and reduces the harmful impact of pollutants. Drinking plenty of fluids also helps keep airways clean. While achieving zero pollution may not be possible, we can certainly minimise exposure through preventive habits, cleaner energy adoption, and awareness."



PART VI

EXPERT SPEAK

PM2.5 particles are most dangerous

Panellist: Taj Mohammed Ansari

Safety officer, Bharat Heavy Electricals Ltd

"Across the world, countries follow different air quality parameters. In India, the acceptable AQI level is set at 40, but in cities like Delhi it often reaches 300-400. The World Health Organization recommends an even stricter limit of 5, which shows how serious the issue is. Air pollution mainly results from burning fossil fuels in solid, liquid, or gaseous forms. Vehicles, industries, coal burning, and even household fuel release carbon dioxide, carbon monoxide, and particulate matter (PM). These particles enter the human body through inhalation, ingestion, or medical injection. The most dangerous particles are PM2.5 because they are so small that they bypass nasal defenses, reach the alveoli, and enter the bloodstream. From there, they travel to the heart and brain, causing respiratory, cardiovascular, and neurological issues. In comparison, larger particles like PM10 usually get trapped in the upper respiratory system and are expelled through mucus. Even

LPG cooking or frying generate particulate matter, which is why ventilation is extremely important. If pollution cannot be stopped at the source, individuals must protect themselves using measures such as N-95 masks. Long-term solutions include shifting to electric vehicles, promoting public transport and cycling, reducing fuel burning, and increasing plantation. Government norms must also be properly implemented. Air pollution contributes to global warming, rising temperatures, and future migration crises. Therefore, we must collectively act to safeguard both human health and the planet."



Amity Institute of Competitive Examinations

NEET clean bowled

Amitians Unlock Success With Flying Colours

Four AICE students secured All India Ranks within the top 300 in NEET 2026 examinations. Aanvi Saxena (Ranked 10th nationwide in the female category), Panav Saharan, Adi Dhingra and Shobhit Sinha achieved their medical dreams with top ranks in one of the toughest exams of the country. Apart from this, 81% of the entire AICE cohort successfully qualified for NEET 2026 with 20 students scoring above 99 percentile. In fact, several Amitians are set to turn their dreams into reality by securing MBBS seats in prestigious government medical colleges. The stellar performance achieved under the leadership of Dr (Mrs) Amita Chauhan, and guidance of director AICE has once again proven that excellence is woven into the character of Amity. We bring you excerpts from what our doctors in the making said.

Nurtured to heal

Becoming a doctor, was not just a dream but an opportunity to become a better version of myself. Securing AIR 41 feels surreal.

AIR 41



Aanvi Saxena

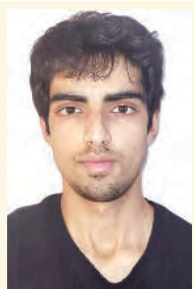
ed by the institution.

A bow of humility

Heartfelt thanks to Chairperson ma'am for creating amazing concept of Synchro Study programme for us. AICE handheld me to my dream college. My mentors and the school were pivotal in helping me achieve top NEET rank. This milestone is a direct reflection of the rigorous academic foundation and unwavering encouragement provid-

Rx for success

- Have highly structured strategy
- Perseverance and consistency
- Keep a notebook solely for mistakes
- Review it weekly to overwrite weak concepts and prevent repeating errors



Panav Saharan

Nurtured to heal

It feels like a dream, a wish come true. Especially when you have been working nonstop for two years and periods of uncertainty, this reality feels so euphoric and dream like.

AIR 130

A bow of humility

My heart-felt gratitude to Chairperson ma'am for creating a balanced ecosystem between CBSE boards and advanced preparation of NEET. I am deeply grateful to AICE for em-

powering me with skills to face exams.

Rx for success

- Regular doubt solving
- Have like-minded friend groups
- Complete mocks before time
- Take optimum breaks

Nurtured to heal

After endless late night study sessions, mock tests, such a rank brings pure relief. For the first time in two years, I can look back at all the hard work and feel satisfied with the journey.

AIR 161

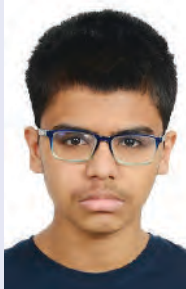
A bow of humility

The Synchro Study program allowed me to balance my school and NEET preparation. From mock tests to feedbacks and motivation, AICE gave me the ultimate edge. Thank you Chair-

person ma'am, for creating such a winning platform to excel.

Rx for success

- No skipping tests
- Take healthy study breaks
- Shun social media
- Make good friends



Adi Dhingra



Shobhit Sinha

Nurtured to heal

It feels surreal and deeply fulfilling. Scoring AIR 280 with 680 marks isn't just a number to me, it's a proof that consistency and hard work beats talent.

AIR 280

A bow of humility

I would like to extend my gratitude to Chairperson for believing in me and turning pressure into performance. Well structured exam strategies, weekly assessments, feedbacks and person-

alised guidance of AICE gave me the winning edge.

Rx for success

- Strict time management
- NCERT-first approach
- Mock tests + analysis
- Discipline over motivation
- Active recall



Young techies in the battlezone of wits

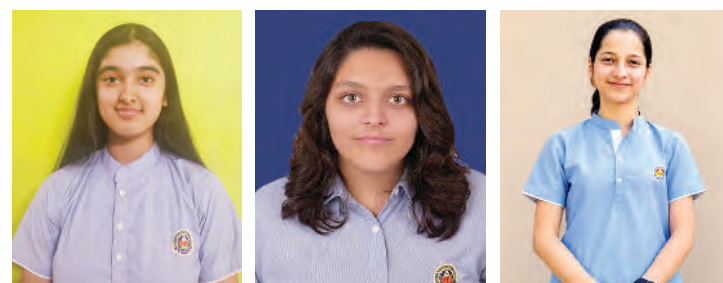
Cyber Buzz

AIS Gurugram 43

The school organised 22nd Cyber Buzz, its annual inter-school IT Mega fest on May 14, 2026. It saw participation of over 49 schools across India with 11 challenging tech competitions testing their wits, nerves along with team work, awareness, and innovation skills. Closing ceremony of the fest was graced by the chief guest KK Gupta, COO, Central Transmission Utility of India Limited (CTUIL). AIS Gur 46 lifted the overall winners trophy as it was handed over to them by the winning host school AIS Gur 43. Amitians from other branches also won several prizes in various competitions. Flick Paint 3D had AIS Gur 43 at second position. Tech Tales saw AIS MV at first and AIS Gur 43

at second position. In Creative (Canva) AIS Gur 43, AIS PV and AGS Gurgaon won first, second and third position respectively. In Web Crafting AIS Gur 43 and AIS Gur 46 clinched second and third positions respectively. Chalchitra had AIS Gur 43 and AIS VYC Lucknow at first and second place respectively. Prezipitate had AIS Gur 43 at first place while Buzz-er (Computer Quiz) had AIS Gur 46 at first place. Logic Gate saw AIS Gur 46 at the second place and Trial by Combat (Group discussion) had AIS Vas 6 and AIS Gur 43 win second and third place respectively.

The fest concluded with a grand valedictory ceremony wherein principal Dr Anshu Arora and the chief guest felicitated winners with trophies and motivated them to stay curious and creative. **GT**



Winsome writers (L-R) Sanvi, Naisha and Hemanshi

Letters to connect

AIS VKC Lucknow

Three students from school brought laurels at circle level of the 55th Universal Postal Union (UPU) International Letter Writing Competition for Young People 2026, organised by the Department of Posts in collaboration with the World Health Organization (WHO) and UNESCO in the month of January with results declared in June. Sanvi Sharma (X) won first prize, receiving INR 25,000 cash, Naisha Tripathi (X) secured second prize

and received INR 10,000 cash. Hemanshi Joshi (IX) was awarded third prize with a cash award of INR 5,000.

The competition required participants to submit handwritten letters based on the theme, 'Write a letter to a friend about why human connection matters in a digital world'. The writers reflected upon the importance of social connections in promoting mental well-being and fostering social inclusion in this digital age.

(Read the winning letter by Sanvi Sharma on page 6.) **GT**

Sabka apna normal hota hai. And this holds true for neurodivergent individuals. Driven by the belief that true inclusivity means looking past labels, Team YP (2025-26) from AIS Noida hosted an exclusive interview with three cast members of Sitaare Zameen Par, a groundbreaking sports film featuring 10 neurodivergent actors in the lead. Join Divisha Gupta & Alvina Parvez, XII I, and Anviti Alok Tiwari, XII B, in a candid conversation where the actors shared their experience of working with superstar Aamir Khan and what it means to live, love, and belong in a world that isn't always built the way your brain works.

Samvit Desai

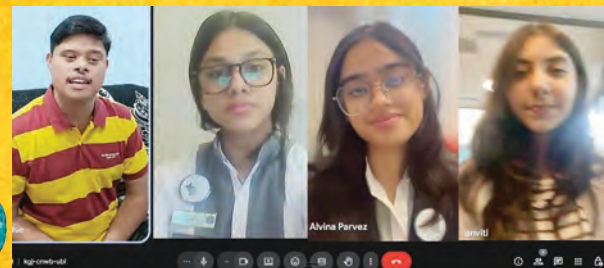
Character: The big-hearted hotel worker Kareem Qureshi

I've always wanted to be an actor, and landing the role of Kareem felt like a dream come true. I am a huge fan of Aamir and have watched all his movies, so when my sports teacher told us about auditions for a basketball-based film, I jumped at the opportunity. My mother and I visited Aamir Khan's office, where I met director R S Prasanna. After a series of auditions, I was selected for the role. While my character isn't funny, I love making people laugh. My favourite part of the shoot was the final back-shot aim sequence. Beyond comedy, I enjoy dancing, and singing.



Tete-a-Tete With Reel-and-Real Stars

Sitaare GT par



YP team Noida in video call with actor Ashish Pendse

Rishabh Jain

Character: The basketball team's jokester-gardener Raju

Honestly, I wasn't prepared to play Raju because he is an athlete. But as I got into the role, I realised that I simply had to be myself. The other cast members felt like family to me, and that made me very happy. Shooting with Aamir Khan and everyone else was fantastic because they are wonderful people. The one scene that I really cherished was the truck scene, where all of us were sitting together, covered in powder and singing loudly. In the end, I wish to say that everyone should be valued equally and made to feel welcome. Everyone has their own normal.



Ashish Pendse

Character: The joyful security guard Sunil Gupta

Working for Sitaare Zameen Par felt like a childhood dream had come true. Sunil's character is very close to my heart because he has Down syndrome, and so do I. He is very concerned about India's GDP, and so am I. He finds it difficult to tie his shoelaces, and I face the same challenge. All these similarities made me feel closer to the character. I had a wonderful time shooting with Aamir Khan sir and (director) R S Prasanna sir because they understood our needs and made us feel comfortable on set. I also loved the scene where I had to mimic a mouse. What makes me especially proud is that this film spreads awareness. Its message is simple but important: everyone has shortcomings, and everyone should accept them. Every person has their own normal, and that should be respected.



One for all the Jazz lovers

ALBUM Review

Name of the album: Come Away With Me | **Artist:** Norah Jones

Released on: February 26, 2002 | **Genre:** Jazz, Pop, Folk, Country, Blues

Synopsis: Come Away With Me is Norah Jones' debut album and it feels like sitting in a quiet room at 2 AM with warm lights and a cup of coffee. Produced by Arif Mardin, the album is a blend of jazz, piano, soft country, and folk music, with the spotlight on Norah's husky vocals. Themes of love, longing, heartbreak, and quiet hope run through all 14 tracks. Some are originals written by Norah and her collaborators, while a few others are covers that she makes entirely her own. It went on to win five Grammy Awards, including top prize Album of the Year, in 2003.

Why is it worth listening: It doesn't sound dated. No overproduction. Just piano, guitar, bass, light drums, and



voice. Norah has an attractive and soothing voice, perfect for studying, driving at night or simply unwind-

ing. It creates a whole atmosphere. If you don't usually like jazz, this is the perfect entry point. It's accessible but still musically rich. Original songs like Don't Know Why and Come Away With Me became instant classics because they're honest and simple.

My favourite song: Don't Know Why for its guitar riff, brushed drums, and the heart-warming line, 'I waited 'til I saw the sun'. This song sounds absolutely effortless. Every note is placed perfectly to make you sing along. It's a very comforting song. The kind of song which is very melodious, and that you can enjoy no matter what mood you are in.

Rating: ★★★★★

Review by: Tanvi Kanoujia
AIS Jagdishpur, XII C



GT Travels to KENYA

Explorer: Samarth Mohan Mitra, AIS Gurugram 46, X H

Location: Masai Mara National Reserve

Attraction: Spread across 1,510 kms alongside Tanzania's Serengeti Park, Masai Mara hosts diverse wildlife, including the 'Big Five' (lion, leopard, elephant, buffalo, and rhino).

Got some clicks with GT while on the go? Get them featured! Send them to us at gttravels@globaltimes.in