

Aarna Sachdev, AIS MV, XII I

An average human spends around one-third of their life sleeping, making it an essential part of life. Howbeit, increased stress levels, screen time, and modern erratic schedules conspire to keep us counting sheep after sheep, but no actual sleep once we hit the sack. Enter sleep tech, a booming industry that is promising personalised inventions for our sleepless nights. The global market share of the sleep tech market is said to have been valued at around 60.35 billion USD in 2022 and is estimated to reach 102.07 billion USD by 2031. But can the sleep tech industry deliver on its promise of a good night's sleep?

The dreamland revolution

Increasing awareness regarding sleep quality and the benefits of a good night's sleep has given rise to the use of multi-modal technologies to monitor sleep. Sleep trackers provide insightful data on our sleep stages, disruptions, and potential underlying causes of a disturbed sleep. These smart devices track heart rate, breathing rate, movement, and blood oxygen levels, among other factors, to create an overall sleep score and provide actionable information. Sportsmen like Michael Phelps and Bollywood stars like Alia Bhatt swear by wearable devices such

Science of Slumber

Lala Lala Lori, Sleep Tech In All Its Glory

as the Whoop Band and Oura Ring to receive advanced sleep insights. Smart mattresses coupled with apps take personalising your sleep tracking one level further by adjusting bed temperature, light, and soothing sounds to create an optimal sleep environment. Companies like Sleep Number, Eight Sleep, Kingsdown, Coway etc., are some of the key players, having a market size value of over 1.25 billion USD in 2020. This tailored-for-each-person approach is working wonders for many, improving sleep quality, and duration like a personalised lullaby.


Dreamland to data-overload

But technology isn't all sunshine and rainbows. Obsessing over sleep data can quickly morph itself into sleep anxiety. Numbers

may tell us we're not achieving that 'perfect sleep', leading to hyperfixation and making

it harder to sleep. And while reviewing stats can be informative, it's possible to feel disappointed despite waking up feeling refreshed. According to Rosey Davidson, CEO, Just Chill Baby Sleep, a smart mattress can be a valuable tool in promoting healthy sleep habits, but it cannot fully replicate the natural sleep processes. And let us not forget the elephant in the sleep lab: accuracy concerns – since the market itself is in its infancy, it is hard to say which one is the most accurate. Due to lack of long-term research and the unreliability of devices, it can quickly lead to misleading data and incorrect interpretations. Then there's the issue of dependence and breach of privacy. Wearable technologies often collect information such as movement, GPS location, and sound, which could have potential applications beyond the tracking of sleep.

Finding the sweet spot

The sleep tech story is simply not a good-versus-evil story; it is a nuanced canvas woven with both threads of promise as well as caution. The notion of sleep itself, in fact, isn't universal for that matter, for what may look comfortable for one may not be so for another. Besides, where are we headed if technology is what we sought to indulge in something as basic as sleep? What's next? A tool that chews our food for us? Well, the key, as such, lies in approaching the whole issue with a healthy dose of skepticism and a pinch of critical thinking. One has to learn to prioritise a good sleep hygiene, consistent schedules, relaxing before bedtime, and using no screens before bed, before turning to technological fixes. Choosing our devices wisely, opting for reputable brands, and using data as a guide, not a rulebook, will help us avoid getting tangled in the web of sleep anxiety. Remember: the perfect sleep should feel natural, not engineered. So, put away your phone, dim the lights, and embrace the gentle lull of a good night's sleep, tech, or no tech. 

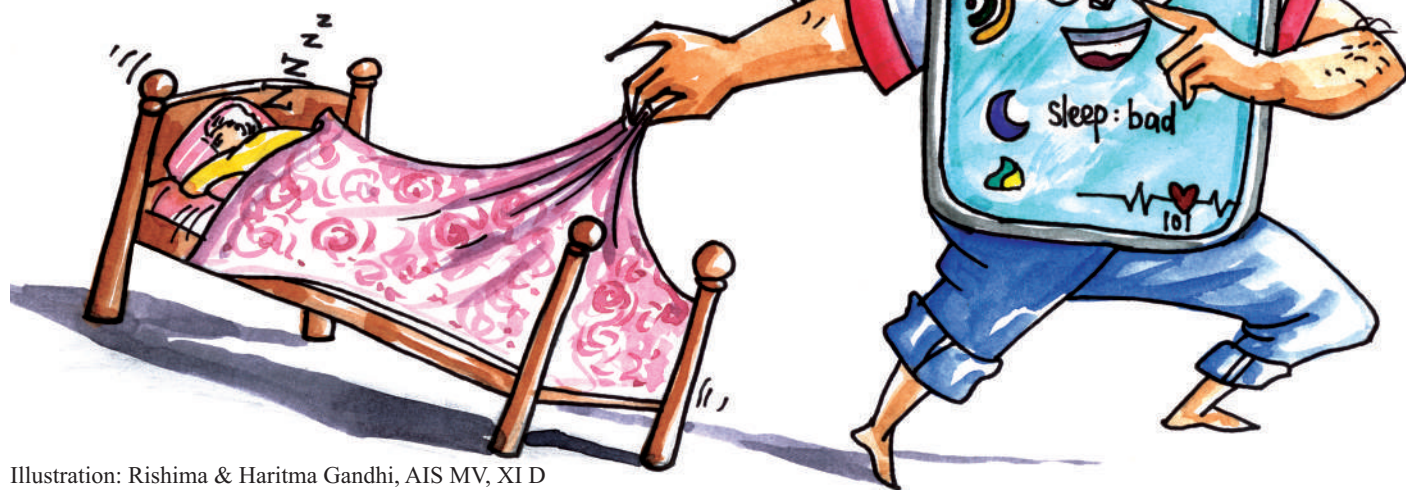


Illustration: Rishima & Haritma Gandhi, AIS MV, XI D

Page editor: Aarna Sachdev, AIS Mayur Vihar, XII I

THE GT POLL

Will MeitY's advisory on AI regulations in India limit the creativity of AI companies, or will it find an appropriate balance between innovation and security?

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

To vote, check out our Instagram page @the_global_times

Coming next

AIS Pushp Vihar CE



This special edition has been brought to you by Amity International School, Mayur Vihar, 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 eighth edition of 'GT Making A Newspaper Contest 2023-24'.

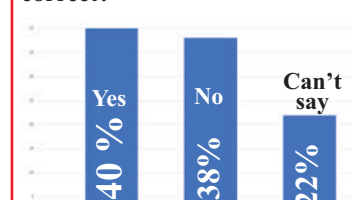
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POLL RESULT

for GT Edition February 5, 2024

Do you think RBI's decision to barr Paytm Payments Bank from accepting new deposits after Feb 29, 2024 is correct?



Results as on March 9, 2024



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*Results of the nationwide preschools survey rankings published in Education World (2014-2023)

Totally wicket

Knocking It Out Of The Field With Gautam Gambhir

INTERVIEW



Former Indian cricketer Gautam Gambhir

Chaitanya Roy, XI B & Avni Drolia, XI D, AIS Mayur Vihar

A philanthropist, current member of the Lok Sabha, Padma Shri recipient, opening batsman, former captain of Kolkata Knight Riders and Delhi Daredevils in IPL and Indian national cricket team – the legacy of Gautam Gambhir is marked by all these achievements and much more. From being the only Indian to have scored hundreds in five consecutive Test cricket matches and being conferred the Arjuna Award in 2008 to being ranked number one batsman in ICC Test ranking and marked as the recipient of the ICC Test Player of the Year award in

'09, Gautam Gambhir's tale is one of success and triumph, so let's hear it straight from the man himself.

Dodging the bouncer: I have always taken inspiration from our soldiers who put everything on the line to achieve their desired results. Whenever the stakes and rewards are high, the competition is also fierce. Because of this, it was extremely challenging to be considered as one of the 11 players in the national team, but like I said, I put everything I have in whatever I do, so I never thought about what would happen if I didn't make it. Also, being in the public eye can always lead to a lot of pressure, but the pressure only exists if you are too invested in how people perceive you. I say what I feel and don't really spend too much time trying to convince others.

O captain, my captain: Every player who gets the opportunity to wear the blue jersey wishes to lead the team, and I was no different. The experience I had as the captain of the team was phenomenal and beyond my expectation. I have always been a student of the game, so it was a great opportunity for me to put my understanding of the game to work. Leadership stems from clarity in terms of objectives; it is imperative to know what you want, create a plan for it, and then follow it no matter what. It is not that factors like luck don't play a role, but true leaders understand what they can control and focus all their energies on that.

Century marked: The one game that became a life-altering experience for me is definitely the final of 2011 World Cup, and the answer would be the same for every player who was a part of that amazing game. It truly altered all of our lives for sure because we were able to bring happiness to around 1.3 billion people of the country. Still, I do not let success or failure impact my life to a very large extent. I play to win and then move on to the next game. The main idea is to stay focused and to do the best in the present moment.

Behind the crease: Over the years, I have received so much love and affection, which is why I always wanted to give back to the society. Hence, I started with initiatives like feeding thousands of people every day through our community kitchens and supporting the education of children of martyrs. Howbeit, I wanted to give back to the society in a more structured manner and the only way to do so was to serve them as their representation. Therefore, this transition from a cricketer to a politician was natural and fulfilling. My years in cricket helped my role as a politician as both require leadership skills as well as determination in the face of uncertainty.

Man of the match advice: My advice for all aspiring cricketers is to get into the sport for the love and excitement of it, not for the glamour. Once you are in it, strive to make yourself the best every single day.

Book Review



The ghoulish encounters

Synopsis: This omnibus of spine-chilling stories is a perfect combination of the whimsical and whacky. From quaint Indian hill stations to sluggish English towns; from beaches in Hawaii to desolate Irish moors, these tales narrate the encounters that people have had with the supernatural. These are the tales that are murmured around campfires, passed from generation to generation. Among several stories in this anthology, a few thrilling ones are Sarah's Tomb and All Souls. It is guaranteed to find its readers at the edge of their seats. It is one of the most riveting collections of ghost stories.

Book: Rupa's Supernatural Omnibus
Author: Ruskin Bond
Published in: January 1, 2005
Genre: Fiction

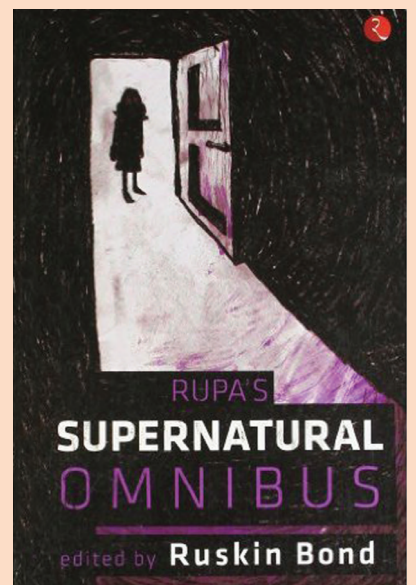
Why it is worth reading: Comprising a gripping collection of ghost stories, this anthology is a treat for those who seek adventure. Apart from enlightening the reader about the superstitions of various countries, it also highlights the perplexing imagination of those who created these ghost stories and fables. Besides

goosebumps-triggering moments, this book is an apt homage to the quintessential power of words to enhance one's imagination. On top of that, it explores the fascinating influence that the oblivion and the unknown have on us.

Iconic quote: "She understood now that she had never before known what fear was, and that most of the people she had met had probably never known it either. For this sensation was something quite different."

Rating: 4/5

Review by: Ranvijay Singh
AIS Noida, VIII E



Sunlight's sweet scar

The Origin Of How Sun Halos Came To Be

Marisshi Singhal, AIS Mayur Vihar, X C

Princess Sunlight was the beautiful and rebellious daughter of King Sun, the king of the sky. Every day, King Sun would ride his vehicle across the sky while Sunlight watched in awe. One such day, Princess Sunlight decided to accompany her father. As King Sun drove through the sky, Sunlight saw her neighbour, Madame Cirrus Cloud. "Good morning, Madame Cirrus Cloud! Are you floating well today?" asked Sunlight. "Ahh, tell me how can one feel while floating with these naughty children! Always throwing bolts around and who cleans the mess? It's me!" Sunlight chuckled.

"Papa, doesn't that sound fun? Can I throw bolts with her children?" she asked.

"Nay," replied the King, ending the conversation. As the King and Sunlight continued the drive, Sunlight, once again, asked the same question.

"Nay. Her family is too different than ours. You must never go there." Sunlight, always all alone in her palace, was distraught at the refusal. Sunlight wanted friends, and as she lay in bed that night, a thought came to her and she turned violet. "I can sneak out of the castle and visit Madame Cloud." So, when the King was sitting on top of the world, Sunlight tip-glowed away to her neighbour's house.

She huffed at Madame Cloud's open door, only to see her chasing her

children. Seeing Sunlight, all the children froze. The Princess had never visited them before, but seeing her filled their eyes with mischief. "A good eve to you, Princess. Would you like to play Twister with us?" asked Ice Crystal, the eldest, to which Sunlight readily agreed, not knowing what lay ahead.

The game started off easy, but as time progressed, Sunlight found it harder to play along. "Guys, can we please stop now?" cried Sunlight. "You, the daughter of King Sun giving up?" "No!" she cried and decided to make one last move. "Hand red!" cried one of the children, but as Sunlight placed her hand, she experienced pain in her body. She

cried out loudly. "What did you guys do?" asked angry

Madame Cirrus Cloud.

"You bent Sunlight! She's distorted," she cried. Weeping and

crying, Sunlight ran back to the palace, but was caught by the King. "You insolent girl. Why did you visit Madame Cloud after I told you not to? This betrayal I cannot tolerate. You, insolent daughter, you are banished from the palace.

From now on, you are cursed to stay on the outskirts of the palace but can never enter. You will stay outside, creating a ring of your sunlight around me, but you will never be able come inside the house again. This ring will be called a halo and will remind mischievous kids to be good." And so Princess Sunlight was banished, put away from her family forever.

From now on, you are cursed to stay on the outskirts of the palace but can never enter. You will stay outside, creating a ring of your sunlight around me, but you will never be able come inside the house again. This ring will be called a halo and will remind mischievous kids to be good." And so Princess Sunlight was banished, put away from her family forever.

The science of it

Sun halo is a ring light that forms around the sun as sunlight refracts off ice crystals present in the cirrus clouds in the atmosphere.



SCIENCE
BEDTIME STORIES

Illustration: Arnav Singh, AIS Mayur Vihar, X D



Pic courtesy: ASCO, AUM



Felicitation of Dr S Somnath, Chairman, ISRO with honorary degree

A grand graduation

Celebrating Academic Éclat

Amity University Mumbai

Harak Patel, AUM
ASCO, BAJMC

On February 29, 2024, at Amity University Mumbai, one witnessed a grand scenario where cheerful and excited faces donned in graduation robes, threw their square caps high in the air, as they came together for the convocation ceremony. The grand ceremony attended by esteemed guests and dignitaries, kickstarted with a procession led by the 15th Battalion of the Assam regiment, symbolising the significance of sacrifice and devotion to the nation.

A total of 118 medal recipients, 8 doctoral graduates, and 1500 graduating students were conferred with degrees in diverse sectors. Along with these students, distinguished individuals were conferred with Honorary Doctorate and Professorship Awards for their exceptional contributions in their respective fields. Dr S Somnath, chairman, ISRO, was conferred with Honorary Doctorate (DSc) degree for his exceptional expertise in launch vehicle design and systems engineering; Dr Santanu Dasgupta, senior vice president R&D, Reliance Industries and Dr Sanjeev Gupta, senior vice president & head, Biosimilar Division, IPCA Laboratories Ltd. were honoured with Honorary Professorship Award for their remarkable contributions in R&D,

biotechnology, and biosimilars, respectively; and Dr Manju Tanwar, principal scientific officer and head R&D, Organic Recycling Systems Ltd. was bestowed with Honorary Professorship Award for her groundbreaking research in environmental remediation. Further, the event featured the presentation of the prestigious Shri Baljit Shastri Award for Best Human and Traditional Values.

Addressing the gathering on the occasion, Dr Ashok K Chauhan, Founder President, Amity Universe, urged graduates to embrace their roles as catalysts for positive change. Echoing the sentiment, Dr Aseem Chauhan, President & Chancellor, Amity University, reiterated Amity's commitment to nurture responsible leaders.

Dr S Somnath, highlighted the pivotal role of collaboration between academia and industry in driving innovation. Reflecting on India's technological strides, Mr Abhay Chauhan, Senior Vice President, RBEF, urged graduates to seize opportunities and propel India to greater heights. Dr Selva-murthy, president, Amity Science Technology Innovation Foundation, underscored the transformative potential of India's burgeoning economy and encouraged the graduates to contribute towards India's development.

The event served as a testament to Amity's unwavering dedication towards academic excellence.

Beyond the Stitch



Jeans - A Symbol Of Rebellion And Style

Shantam Neogi, X B & Marisshi Singhal, X C, AIS MV

“*Ye phate huye jeans ke 3000 rupees?*” The battle cry of every mother is an anthem for those who wear their rebellious streak with pride. But let me unzip the tale beyond, where I am more than just a *phati huye jeans*; I am the warp and weft of cultural revolutions and timeless style.

I'm a symbol of rebellion, a fashion statement, and a piece of clothing transcending generations.

My origins trace back to the visionary collaboration of Jacob Davis and Levi Strauss, who crafted a tale extending from utilitarian workwear for miners, lumberjacks, and cowboys to the quintessential emblem of youthful rebellion, immortalised by James Dean. And yet my creator, Levi Strauss, never adorned a pair himself, deeming it intended for the less affluent. His sartorial preference leaned towards my rivals, the esteemed trio of three-piece suits. But that was way before I made my way up the

social hierarchy.

The trajectory of my existence since has been one of evolution. My journey started on the Silk Road, where I went on to become a commodity in the Middle East before making my mark in the West. From a humble beginning as a fabric to a symbol of teenage rebellion in 1950s, I rode the waves of change. During World War II, I was deemed vital to the war effort so much so that the US government asked citizens to donate their old jeans for recycling into tents and uniforms.

Not just this, but during the 1960s, patches-adorned jeans were used as a protest against the Vietnam war, transforming me into a canvas of political dissent. It was me who brought joy in the Great Depression. During World War II, I became popular among American soldiers. Not only that, I became a popular piece of clothing among women, too, as they started wearing me for the sheer comfort I offered.

I was even a symbol of revolution; I am talking about the Jeans Revolution. In the run-up to the 2006 presidential elec-

tions in Belarus, after police seized the opposition's flags at a pre-election rally, one of the protesters tied a denim shirt to a stick, creating a makeshift flag and giving rise to the movement's eventual name after me.

Despite so many of my accomplishments, I was not accepted as a fashion object until the 1930s. Today I am on every list of fashion must-haves. From acid wash jeans to bell bottoms and the ubiquitous skinny jeans, I've borne witness to a kaleidoscope of fashion. I've emerged as a symbol of individuality, embodying a democratic ethos that spans from presidents to the common populace. Embellished with patches, embroidery, and hand-painted designs, I serve as a canvas for personal narratives, carrying with me the stories of countless adventures.

No matter the era, I've remained a constant. So, the next time you put on a pair of jeans, remember that it's not just a piece of fabric, it's a piece of history, a symbol of rebellion, and a canvas for self-expression. It's more than just a piece of clothing, it's a reflection of who you are.

Autobiography



Models: Jasmeet Gandhi, III C; Shatakshi, III B; Nytsa, III A & Jaanvi, V B | Pic: Myshaa Malik, XI F, AIS Mayur Vihar



Struggles of...

...Every Movie Watcher

Shayori Dey & Shyla Basu
AIS Pushp Vihar, Alumnae

Some movies, while entertaining, have a range of glaring hitches in their storyline - either in the form of missing information or things that just don't make any sense. These unknowingly unleash the movie critic inside us, as we wonder how something so questionable slip past so many people. Here's to unravelling some of these common plot holes.

It's magic: When a movie is set in a magical universe, we tend to let most things slide as anything can happen with magic. But even the beloved fantasies aren't too logical. Pray tell, when magic can bring back people from the brink of death, why does Harry Potter still need glasses?

The biased bullets: When the hero is being hunted by goons with guns, it's given that they will fail to shoot him, but the hero will shoot down all the bad guys without missing a shot. Every other movie has a scene like this!

The one with Hinglish: In several Bollywood movies that are based in the western countries, white characters can be seen to understand Hindi perfectly up until that moment where it's inconvenient or till Kajol wants to badmouth her neighbour to her face (K3G, hello?).

All about the science: It's all about saying 'quantum physics' to explain bizarre phenomenon that contradicts itself. We're looking at you, Avengers: Endgame. George Clooney's character asking Sandra Bullock to let him go while hanging by the end of her security rope in Gravity was unreasonable, given the first thing we're taught in middle school is how there's no actual physical force in space?

(Shyla is currently pursuing Bachelors in Planning from School of Planning & Architecture, Delhi, & Shayori is studying in Shiv Nadar University, Uttar Pradesh.)

Nurturing chess champs



Dr Amita Chauhan
Chairperson

Chess is a game of concentration, forward thinking and rational decision making. With a vision to instill the same in our Amitians, chess has been an integral part of Amity's learning eco-system since 1991. It is, in fact, a compulsory indoor game up till Class III. Students are trained by certified and experienced coaches, as they regularly participate in various national/international competitions and tournaments organised by institutions namely CBSE, School Federation of India, State Associations and All-India Chess Federation. In addition, Inter Amity Chess Competition, is held every year, for both boys and girls. Our efforts have borne fruit as so many Amitians have done commendably well in the sport and achieved international ratings. There are as many as 123 international FIDE-rated players from the Amity universe and many of them are even pursuing higher education from prestigious colleges across the world on the basis of their performance in chess. Many are placed in leading corporate houses worldwide, with a notable few serving as transplant surgeon in Poland, and trading at Goldman Sachs etc. A noteworthy mention must be made of ex-Amitian Parimarjan Negi who is an Arjuna Awardee Grandmaster and presently working at MIT USA. Vantika Agarwal is another Woman Grandmaster and Asiad Silver medallist who recently received 1.50 crore INR as prize money by the Uttar Pradesh government.

It's Time to Say, Hip, Hip, Hurray!
Ipsit Mittal of AIS MV and Aarav Bhatt of AIS Gur 43 have obtained 100 percentile in JEE Mains 2024. They are the only two students from Delhi/NCR, and amongst the top 23 from all over India to have achieved this ideal score. Both of them have beaten 12,31,874 candidates to clinch this desirable top spot. 🇮🇳

Vocal expression



Meenu Kanwar
Principal, AIS MV

"Writing is the art of vocal expression." The Global Times is one such beautiful canvas conceptualised by our esteemed Chairperson, Dr (Mrs) Amita Chauhan, and brought to life by the dedicated efforts of the GT Team. It serves as a captivating canvas, showcasing the literary prowess and artistic flair of our emerging wordsmiths. Beyond merely informing, it actively engages our youth in productive literary pursuits, keeping them abreast of

the latest developments within the Amity Universe. For our students at Amity, The Global Times holds a special significance. It serves as a unique platform where they can unleash their creativity and imagination, expressing themselves through words and illustrations. This edition, crafted through collaborative efforts, embodies the talent that Amity students are globally known for. The editorial board of AIS MV, comprising budding journalists and artists, has meticulously curated a blend of poignant poetry, insightful articles, and compelling stories that resonate deeply with readers. Through endless brainstorming sessions, the team has worked tirelessly to present the best of each contributor. My heartfelt congratulations to the entire team for producing such a remarkable edition, a testament to their dedication and the boundless imagination of our brilliant young minds. 🇮🇳

Not so unique

Is Everything Being Out So Ordinary?

Priyamvada Rao, AIS MV, X B

The existence of modern society is due to humanity's constant search for something greater. But, amidst this search for the shining pleasure of partaking in the good, better, best, humanity seems to have forgotten that uniqueness is not synonymous with good. Maybe, in our search of flight, we have ignored how good it is to walk. In our current society, due to decades-long suppression of things deemed to be outside the bounds of normal, there has been a shift in the appreciation for everything unique. While it is a welcome change that has opened avenues for people to be open about who they are, more and more people have come to realise that normalcy has slipped from the criteria of societal appreciation and that they must morph into something unique to get the same. One of the greatest examples of the same is the recent developments on Instagram and it being a content bomb of reels full of 'unique' ideas – weird food combos (chole bhature ice cream anyone?), outfits that aren't wearable (skirts over jeans and statement belts with four hundred accessories). This has picked up such momentum that even #Unique on Instagram has around 40 million posts and counting.

But if this so-called unique content occupies such a large chunk of what we consume, how much would 'normal' or run-of-the-mill content be? To mix well with this new chemistry of content, several creators have gone as far as faking emotions and experiences. Not just social media, but even longer-form content are full of manic pixie dream girls and politically incorrect heroes that add glamour to finding pleasure in unusual activities,

quirky outfits, and disregarding simple logic just to appeal to one's inner need to go against the grain. After all, who doesn't love the rebels like Luna Lovegood (Harry Potter), Willy Wonka (Willy Wonka and the Chocolate Factory), Houdlen Caulfield (The Catcher in the Rye) and Dr House (House MD)? Being bizarre and erratic rather than simply leading dull, boring lives is more fun, right?

But when all the bombastic side-eyes have been given and all the

criticism has been showered, the way away from this fake cover of unique is our duty to understand that in the quest to be different, we are losing who we intrinsically are.

It sure is fun living a life chasing the extraordinary, but that can also be achieved without compromising our gratitude for the simple things in life that bring us joy. You can enjoy exotic brews at upscale cafés with high-society people without looking down on the same old homemade chai. In fact, what fulfils you is something only you can determine, but do not disregard the beauty of normalcy while trying to stay afloat in this race towards unattainable uniqueness, because the grass always seems quirkier on the other side.

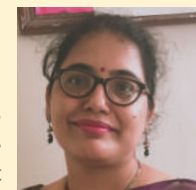


Models: Eshal Ahmad, IX C &
Subhav Chandra, XI F
Pic: Myshaa Malik, XI F, AIS MV

A worthy journey

As our contest edition marks the inaugural issue of the new session, we aim to ignite creativity for the coming academic year. Each edition beautifully showcases the creative synergy of the myriad skills of our students. Crafting it is an eventful journey albeit quite a bumpy one. But in hindsight, it was so tactfully managed by the GT team that it made it a worthwhile

experience. Today, when this journey has finally culminated, it is a bittersweet moment. It is pure joy to see the contest edition in print, but we're also experiencing withdrawal symptoms as we've gotten addicted to the adrenaline rush that contest edition generates within us.



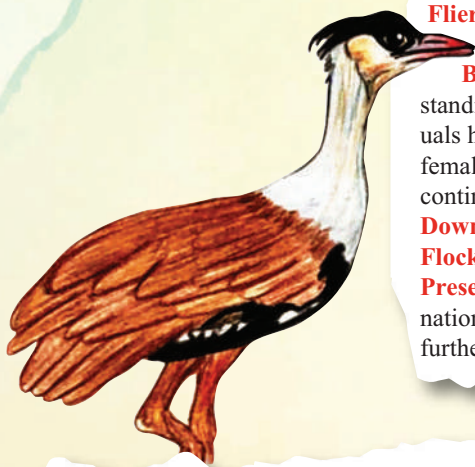
Manisha Batra
GT Coordinator

Words cannot fully express our gratitude to The Global Times team, who diligently listened to every idea from the editorial team, navigated through numerous drafts, and provided invaluable guidance for the visual elements. Throughout the journey, they have offered an invaluable experience to our students, giving them a firsthand insight into the complete and detailed process of preparing a newspaper.



Bird's eye view

The chirping of the birds starts our day to new beginnings, but with so many of them under the radar of being lost forever, the skies of India are starting to look a lot emptier. Read on as Ruchita Nair, AIS Mayur Vihar, XII I, walks you through the features of some of the beloved yet endangered birds of the country.



Flier: Great Indian Bustard

Nest: Rajasthan, Karnataka, Maharashtra, Madhya Pradesh & Gujarat

Beak: It is a tall bird with long legs and neck, with its tallest individual standing up to 1.2 metres tall and largest one weighing 15 kg. Male individuals have a small, narrow band of black feather across the breast whereas the females possess a smaller black crown, and the black breast band is either discontinuous or absent.

Downswing: The bird is on a decline due to heavy hunting and habitat loss.

Flock: About 200

Preservation: In 2012, the Indian government launched Project Bustard, a national conservation programme to protect Bustards and their habitat from further decline.



Flier: Jerdon's Courser

Nest: Eastern Ghats of Andhra Pradesh

Beak: It is a compact courser with two brown breast-bands, a yellow base to the black bill, a blackish crown, broad buff supercilium, an orange-chestnut throat patch, and a narrow white crown stripe on the top of the head.

Downswing: It remains endangered due to loss of habitat.

Flock: Between 50-249

Preservation: In 2022, the central government of India sanctioned 50 lakh INR to study and to preserve the bird.

Flier: White-Rumped Vulture

Nest: Gangetic plains of India

Beak: It is a typical medium-sized vulture with an un-feathered head and neck, broad wings, and short tail feathers. Its body is black, secondaries are silver-grey, and it has a white neck ruff. It weighs less than 7.5 kg, measures around 75-93 cm in length, and has a wingspan of around 2.6 m.

Downswing: The species has suffered a 99% population decrease due to poisoning by diclofenac and avian malaria.

Flock: Low hundreds

Preservation: Campaigns have been launched to ban diclofenac and to include reintroduction, captive-breeding programmes, and artificial feeding.



Flier: Bengal Florican

Nest: Uttar Pradesh, Assam, and Arunachal Pradesh

Beak: The male ones have a black plumage from the head and neck to underparts where its head carries a long lanky crest with entirely white wings except for the dark primary remiges. The females are buff-brown with a dark brown crown and narrow dark streaks with the wings being lighter and covered in fine dark barring.

Downswing: It is largely threatened by land conversion for intensive agriculture and poaching.

Flock: Less than 1000 adults

Preservation: Indian government initiatives include protecting the remaining grassland habitats as well as implementing measures to address threats induced by humans.

Flier: Spoon-Billed Sandpiper

Nest: Sundarbans delta, West Bengal

Beak: With its distinctive spatulate bill, the breeding adults have a red-brown head, neck, and breast with dark brown streaks. The non-breeding adults lack the reddish colouration but have the pale brownish-grey upperparts with whitish fringing to the wing-coverts.

Downswing: The main threat is habitat loss on breeding grounds, the loss of tidal flats through its migratory and wintering range, and reclamation.

Flock: 240-456

Preservation: Declared as Critically Endangered by IUCN, breeding programmes are being used to help the number.



Flier: Forest Owlet

Nest: Odisha, Chhattisgarh, Madhya Pradesh, Maharashtra, and Gujarat

Beak: Around 23 cm in size, it has an unspotted crown and heavily banded wings and tail with a large skull and beak. It is stocky with few and faint spots on its crown and back, and its upperparts are all dark grey-brown.

Downswing: Faces loss and degradation of habitat due to illegal logging, encroachment, forest fires, and construction of irrigation dams.

Flock: About 250 mature individuals

Preservation: It has been listed in CITES Appendix I, a multilateral treaty meant to protect endangered plants and animals from the threats of international trade.





The magic of the past

Vinayak Seth, AIS MV, XII C

Once upon a time in a quaint little town nestled among hills, there lived a young girl named Amelia. She had always been captivated by the stories her grandmother would tell her about the past, a time when life

seemed simpler and people gathered around the fireplace to share tales of adventure. Amelia's favourite story was about an enchanting garden that existed long ago. Her heart yearned to experience the magic of that garden, to engross herself in its beauty.

One day, as she strolled through a dusty attic filled with forgotten treasures, she stumbled upon an old and weathered photograph. It

depicted a family dancing joyfully in a meadow, surrounded by flowers. The word 'Anemoia' was scribbled on the back of the photograph. Intrigued, Amelia decided to embark on a quest to find out more about this mysterious word. She scoured books, asked her neighbours, and searched through the town's archives. Finally, after weeks of research, she discovered that 'Anemoia' re-

ferred to a deep longing for a time one has never experienced.

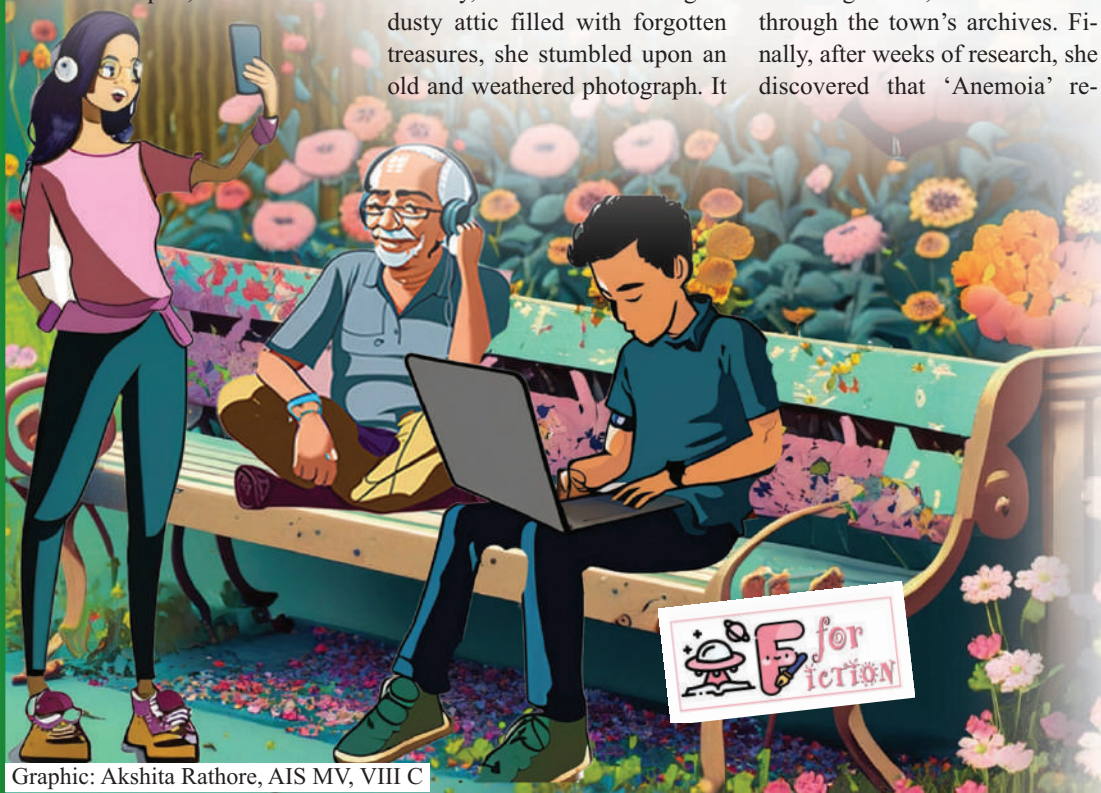
To fulfil her yearning, Amelia set out to recreate the magic of the past. She began by planting a garden, hand-picking each flower to resemble the ones in the photograph. Day after day, she toiled, nurturing her blossoms with care. Eventually, her garden flourished, and its beauty attracted people from far and wide.

Families were seen taking long walks together, children played with their pets and there was laughter and camaraderie all around. However, as time went by, Amelia noticed a change. The magic that had initially enveloped the garden seemed to be fading away. People did come there still, but their attention remained only on their smartphones.

Amelia realised that she had recreated the past without truly understanding its essence. The magic of the original garden had come from the people's genuine presence, their ability to be fully engaged in the moment. She, however, had focused on the external aspects alone - the flowers, the aesthetics - without cultivating the

One day, as she strolled through a dusty attic filled with forgotten treasures, she stumbled upon an old and weathered photograph.

internal connection that made it special. Determined to restore the garden's enchantment, Amelia set a new task ahead of her. She gathered some of her closest friends and every evening, they would sing, dance, or enact a skit, all focusing on real stories of people who inhabited the town at that point of time. When people began to connect on a personal level to these tales of love, generosity and companionship, the magic returned. Gradually, people began to listen and appreciate the beauty that they saw in each other. Amelia understood that true magic lies not in the past or the future but in the present moment. 'Anemoia', the longing for a time one has never experienced, can only be fulfilled by embracing the here and now. For it is in these moments that the most enchanting memories are made.



Graphic: Akshita Rathore, AIS MV, VIII C

Illustration: Arnav Singh, AIS MV, X D

DAWN OF CARS

Suvigya Mathur, AIS MV, IX A

Down the meandering highways
They thunder their engines alive

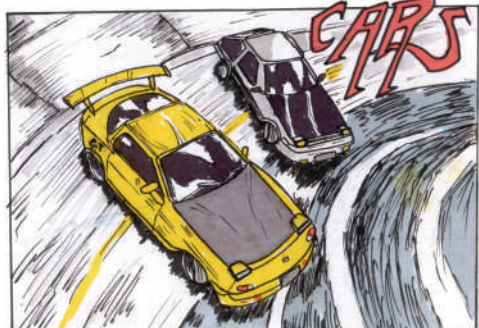
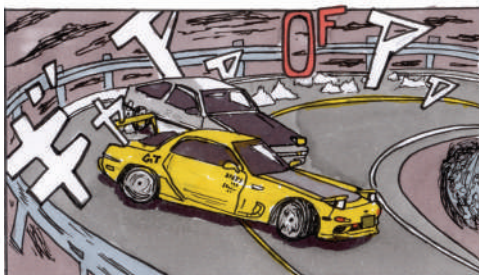
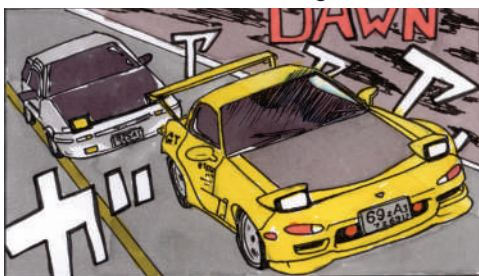
Metallic beasts in vibrant hues
Blazing through as they drive

From rural paths to urban sprawl
They answer the wanderer's call

Grumbling engines off to a start
Unveiling tales of every heart

Their tyre tracks on asphalt's page
Are myriad stories of this age

These explorers on roads untamed
Reveal adventures, lost and named.



Read Play and Win 45

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 Where can you find the white-rumped vulture in India?	Q.2 Name the princess in the story 'Sunlight's sweet scar' on page 4.	Q.3 Whose autobiography is mentioned in the story 'Beyond the stitch' on page 5?
Q.4 Who has written the story 'The magic of the past' on page 8?	Q.5 Name the two Amitians who scored 100 percentile in IIT JEE Mains?	Q.6 What is the headline of the article on page 12?
Q.7 Gautam Gambhir was the captain for which two teams in IPL?	Q.8 Which school has come up with this contest edition?	Q.9 Who is the founder of 'Clownselors'?

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

Results of Read Play & Win-44: Aditi Singh, AIS VKC Lko, IX A; Yuvika Satija, AIS Gur 46, X A; Aryan Chhabra, AIS Noida, VII A



The bridge of it all

There were not many wonders in the world that could put Eiffel Tower and Qutub Minar to shame. Key word: were, because now the Chenab Rail Bridge is in the scene. Join Avni Drolia & Shreya Chakrabarty, AIS Mayur Vihar, XI D, as they tell you everything about the world's highest rail bridge. So, it's time to note down...

THE HIGHS

1. At 359 m above riverbed, it is the highest rail bridge in the world, making it 35m higher than Eiffel Tower and five times higher than Qutub Minar.
2. It is 84 metres higher than the previous record holder for the world's highest bridge, a 275 metres high bridge across Bepanjiang River, China.
3. It is the 16th highest bridge globally.
 4. The title of this world's highest bridge is already being challenged by a dream project in

China – the Daduhe railway bridge at a height of 380 metres.

THE VITALS

5. The Chenab Rail Bridge is situated between Bakkal and Kauri in the Reasi district of Jammu Division, J&K.
6. 1.3 km is the total length of the bridge.
7. It weighs 10,619 metric tonne.
8. It is a part of the 35,000 crore INR Udhampur-Srinagar-Baramulla Railway Link (USBRL) project which aims to boost connectivity in J&K.

THE MARVELS

9. Former railways minister Piyush Goyal called it an “infrastructure marvel”.
10. It can sustain seismic fluctuations of up to 8 magnitude on the Richter scale.
11. The bridge is expected to withstand winds up to 266 km per hour.
12. Its expected lifespan is of 120 years, the longest in the five feet six-inch broad-gauge railway network.
13. The arch of the bridge is two-ribbed, fabricated from large steel trusses, and the chords of the trusses are sealed steel boxes, internally stiffened and filled with concrete to assist in controlling wind-induced forces.
14. Using special steel, the bridge has been made blast-proof, withstanding a blast of 30 kg of explosives.

15. The bridge will provide all-weather connectivity and 365 days transportation to J&K, which was only accessible via 300 km Srinagar-Jammu national highway, which had to be closed during harsh winters.

THE CONSTRUCTION

16. PM Modi hailed construction of the bridge as “India’s increasing strength in modern engineering and tech.”
17. The task of the design and construction of the bridge was awarded to Afcons Infrastructure, a part of the Shapoorji Pallonji Group, the third-largest construction group in India, with the help of IISc Bangalore.
18. Howbeit, the deciding hat on major construction decisions was given to Konkan Railway Corporation.
19. The humongous task of making of this construction phenomenon was achieved by the collaboration of prestigious scientific and tech institutions in the nation including IIT Roorke, IIT Delhi, Indian Institute of Sciences Bengaluru, Defence and Research Organisation, National Remote Sensing Agency, Geological Survey of India among others.
20. More than 1300 workers and 300 engineers were involved in its construction.
21. 28,660 metric tonnes of steel was used in the building of the bridge along with 10 lakh cubic metres of earthwork and 66,000 cubic metres of concrete.
22. Total cost of the bridge is said to be around 14000 crore INR.
23. Engineers had to construct 26 km

of approach roads having bridges and tunnels just to reach there.

24. The segments for the bridge were erected with the help of the world's tallest cable crane.
25. The structure's components were connected by around 584 km of welding, which is around the same distance between Jammu Tawi to New Delhi.
26. It took the engineers three years to construct the arch of the bridge.
27. Continuous construction has been used in the project to minimise the number of bearings to reduce the maintenance and inspection efforts.
28. The repainting of the bridge has been scheduled for every 15 years, unlike the usual five-seven years of renewal for most Indian railway bridges.

THE TIMELINE

29. It was declared a national project in the year 2004.
30. The bridge was originally intended to be completed in December 2009, but its work was halted in September '08 due to fears of its stability and safety.
31. Differences of opinion between the type of anti-rust paint to be used led to the infamous court case between the Chenab Bridge Undertaking and Konkan Railway resulting in a significant delay.
32. The base supports for the bridge were completed in November 2017, signalling the work for the arch to begin.
33. Construction of the bridge was completed in August 2022 but the project opened rail traffic in February 2024, two decades after its inception.





Humorous healing

Clownselors: Spreading Happiness With A Dose Of Humour In The Hospitals

Pic: Utsav Verma, AIS MV, X D



Chaitanya Roy, XI I & Akshit Kaul, X D, AIS Mayur Vihar

Amidst a flurry of white-coat doctors doling out bitter remedies, imagine a vibrant troupe of clowns bringing forth an oasis of joy in the corridors of a hospital. This is the essence of Clownselors, an NGO that aims to harness the age-old adage that “laughter is the best medicine” to support a comprehensive medical treatment procedure through laughter. Sheetal Aggarwal, the founder, and a big Clown at heart, is on a mission to spread smiles in the world with her team of volunteers.

Laughter Rx

After watching the movie Patch Addams, Sheetal Aggarwal was fascinated by the idea of medical clowning. Starting her journey by seeking permission from the Health Ministry of Delhi in 2016, she along with a bunch of volunteers began helping patients by using improvisation, physical comedy, etc, to bring laughter, physical and mental well-being, and hope to patients. “Medical clowning, prevalent in India since the 70s, is a



GT reporters with the volunteers of Clownselors



Sheetal Aggarwal founder, Clownselors

therapy in which licensed medical clowns visit hospitals. It is a kind of distraction therapy that humanises the hospital environment by using humour. The healthcare sector focuses on the physical well-being of the patient, while the mind-body connection is not taken care of, and this is where medical clowns come in. The first time we went to a hospital, we were met with curiosity as to why there is a circus inside a hospital. But with positive results, both patients and doctors engaged in our acts,” explains Sheetal.

Clowning 101

Engaging with patients is a responsibility that entails navigating through many hur-

dles, “The first step of medical clowning involves securing permission from the hospital. In instances where our presence is less familiar, a nursing staff is usually assigned to us. Notably, many hospitals have a different procedure where they require us to seek permission for each ward separately. In government hospitals, the medical superintendent typically grants us permission, whereas, in private hospitals, it changes from bed to bed as the family with the patient has to sign forms to allow us clowning,” she shares.

Humor heal-a-thon

“There has been a lot of scientific research proving why laughter is the best medicine;

it reduces blood pressure and regulates the amount of oxygen entering the body. Apart from this, the release of happy hormones ‘serotonin’, helps in the healing process. We might not be able to save a terminally ill person’s life but we can instill in them a hope to continue living their life and to ensure the patient knows someone is there for them, even if just to listen,” surmised Sheetal.

The healer’s heart

Balancing the incorporation of humour into patient interactions, while simultaneously managing the well-being of volunteers, can be challenging. Sheetal explained, “Initially, I worked with pediatric cancer patients, and when I saw a 9-year-old kid post-op, I felt all this clownery was meaningless, as I couldn’t help him. That day I learned about helping patients yet being slightly detached. We have realised there needs to be a bit of sharing and quietness after the clowning, to process what we are feeling, because sometimes it gets subconsciously registered. One thing we have practiced since day one is, don’t let someone only observe, we ask them to join us in the clowning. And when we hear from parents or staff about the patient becoming positive and responding to the treatment, all of our blues go away.”

Pics: Sahaj Rana, AIS MV, VIII A



Writers, crafting art pieces



The editorial team of AIS Mayur Vihar, orchestrating stories with finesse



Photographer, freezing time



Editors, polishing the articles



Illustrator, painting ideas



The team, showcasing a creative synergy of skills

For more pictures, log on to www.facebook.com/theglobaltimesnewspaper or www.instagram.com/the_global_times

Space scientists

Amitians Orbiting New Ideas For The Moon



One of the winning teams from space design competition

ACSF

The second edition of Amity Space Design Competition was organised at Amity University, Manesar, under the aegis of Amity Children's Science Foundation from December 21-23, 2023. This one-of-a-kind competition envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, aims to develop skills like critical thinking, problem solving, collaboration, creativity and communication. The event was

attended by 250 students from different branches of Amity International Schools (Delhi/NCR) and Amity Global Schools.

The competition required students to design a settlement in orbital around the Moon and was conducted in two categories, junior (Class VI-VIII) and senior (Class IX-XII), and at two levels. In the first level, teams were required to submit their proposals of space settlement which were then judged by eminent space scientists and experts. Out of the total 38 submitted proposals, top 9 teams

from each category were short-listed for the second level. In this level, a boot camp was organised wherein Dr V Girish, deputy director, Space Programs, ISRO and Dr Pavitra Shekhar, asst. professor, Centre of Excellence, Astrobiology, Amity University, Mumbai, met the teams individually, gave inputs and guided them. After the boot camp, the teams showcased their presentations and top 3 teams from each category were awarded. In junior category, the winners were Team Marche Lunaire (AIS Gur 46) at first position, Team Spatium Incolae (AIS Noida) at second position and Team Selenial (AIS Saket) at third position. In the senior category first prize went to Team Loop (AIS Gur 43), the second prize was bagged by Team Amityraaan (AIS MV) and third prize winners were Team Selenix & Team Andrastea from AIS PV. [G T](#)



Top scorers, Aarav Bhatt (L) and Ipsit Mittal (R)



Hundred percent

AICE

Ipsit Mittal (AIS MV) and Aarav Bhatt (AIS Gur 43) emerged triumphant in the JEE Main 2024 as they scored 100 percentile in the prestigious exam. It is noteworthy that they are the only two students from Delhi/NCR and amongst the top 23 students all over India to have scored 100 percentile.

The students were mentored by Amity Institute for Competitive Examinations (AICE), an initiative of Dr (Mrs) Amita Chauhan, Chairperson Amity Group of Schools & RBEF, that strives to impart a competitive edge to the students to excel in life.

Aarav scored perfect 300/300 in (Physics, Chemistry and Math) and Ipsit scored (100 in Physics and Chemistry and 99.9872 in Math). The duo stand as a testament to Amity's commitment towards academic excellence as they competed with 12,31,874 JEE Main candidates.

Additionally, other Amitians too have scored 100 percentile in individual subjects. They are Arsh Gupta (AIS Gur 43) and Bhavesh Ramakrishnan Karthik (AIS Saket) in Chemistry; Adityavardhan Srivastava (AIS Saket) in Physics and Ayush Singhal (AIS Gur 46) in Math. Furthermore, over 22 students have scored above 99.5 percentile.

Ethics in action

AIS Gurugram 46

The school organised a workshop to sensitise students towards ethical treatment of animals on February 14, 2024. During the workshop conducted by Meenakshi Narang, senior education coordinator, PETA India, students met Ellie, Asia's first realistic educational life-sized animatronics replica of the elephant by the same name, that was rescued from the circus. Ellie shared her story of suffering and finally detailed her happy life

at a sanctuary after her rescue. She also informed them about how captive elephants are used for rides, wedding ceremonies, and other forms of entertainment, beaten into submission and kept in chains when not in use.

The workshop concluded with a question-and-answer session wherein students asked various questions fueled by curiosity to know more about Ellie's life. It was an enriching and eye-opening session for students who imbibed virtues like kindness and empathy towards wild animals. [G T](#)



A glimpse of the workshop



Athletes of AIS Vas 6

Lil' champs

AIS Vasundhara 6

On February 14, 2024, the school organised its annual sports day for pre-school students. The theme of the event was 'Unity and diversity of the Indian states', wherein the young ones were apprised on Indian culture, cuisines and heritage. The day began with a march past and torch relay followed by PT drills, yoga, and taekwondo demonstration by the little ones. The event was non-competitive in nature, wherein every student enthusiastically participated in sports activities like running, skipping, jumping, and hopping.

From the soul

AIS Pushp Vihar

To unravel the unique essence of the term 'Meraki' i.e. 'to do something with soul', the school organised TEDx AIS PV, a youth event on January 9, 2024, to highlight the significance of Meraki in the lives of humans. The event saw four speakers shed light on the application of Meraki in their lives and the transformation they experienced thereafter.

RJ Rohan, of 93.5 Red FM shared his journey from being a child RJ to becoming a prominent radio personality and further delved into the realm of mental health, emphasising the pivotal role of family. Next up, Raja Jain, a renowned photographer from Canon (India) gave insights on building self-confidence and self-awareness for success as well as highlighted the challenges in the field of photography, emphasising the need to adapt to situations. Nalin Jayaswal, alumnus (AIS PV), cur-



TEDx speakers in action

rently at University of California, Los Angeles (UCLA) reflected upon his personal transformation from introversion to visibility, encapsulating the essence of Meraki in his life. Divyansh Jain, alumnus (AIS PV) and researcher at Durham University, USA, centered his talk around sustainability and addressed the issue of stubble burning affecting Indian farmers, proposing solutions that integrate sustainability and technology. Furthermore, he introduced the Green Machine Project, showcasing the potential of e-bikes in promoting sustainable business across the globe. [G T](#)

The Indian in the



In Frame The Traditional Treasure Trove Of A Typical Indian Household

Chaitanya Roy, XI B & Akshita Rathore, VIII C
AIS Mayur Vihar

Growing up in Indian households, we have all witnessed our mothers practicing the peculiar *pratha* of collecting *dabbas*. Be it the ones she lays her hands on from your Zomato orders or those she procures from the gift hampers your *mausi ke bete ki bahu* gets for her on every occasion, she keeps it all close to her heart. To cap it all, the entire family gets compelled, either by force or otherwise, to contribute to the ritual. God forbid, if you don't!

The un-lid love

A wise woman once said, “*Dabbas* hold memories.” The woman in question – our legendary mom, because “*teri naani ne mujhko meri shadi par diya tha.*” With exact details of when and how that *dabba* spawned into the space-time continuum, she has the potential to make even Minkowski drop by the wayside, if you will! So if you truly want to be in her good *dabbas*... err books, you too would know where each *dabba* came from and the value it holds. It's pretty easy: the sheeny, extravagant, only-to-be-used-in-front-of-guests *dabbas* are from Diwali gifts; the transparent ones with coloured plastic

lids come free with grocery items; and the most powerful *dabba* that there is in the *dabbaverse*: the unmatched Tupperware, comes from her own money. Lose the latter-most and be prepared to be lost in

the space-time continuum forever.

The hidden lies

But regardless of where the *dabbas* come from, each of them has the same story to tell - don't judge

a book by its cover. Sample this – it's 3:00 in the night and you are starving. You go to the kitchen and spot your favourite cookie *dabba*. Seeing it as the ultimate solution for your sudden hunger

pangs, you open it, only to find a mix of condiments inside. The biggest betrayal of all times! If that weren't bad enough, the *dabbas* change their content every time. What was once a coffer of needles and threads, is now a case to store chestnuts, even before you could say Jack Robinson. How? Well, only a mother and her *dabbas* know!

The dabba crime

An Indian mom's love, thus, is directly, truly, madly, deeply proportional to how successfully you manage to bring the single-use plastic *dabba* she packed your lunch in back. Not even God himself can protect you from her wrath in case you misplace it, or worse, lose it. But there's a crime far more heinous. Your friend comes to your house, and you pack snacks for him. Days later, soldiers are sent, and troops assembled on the frontlines, yet even the bravest of the men fail to retrieve the *dabba*. It would be too daring a task for you to think she will allow that friend in again. Forget him, worry about your own abandonment because orphanages are full. Pro-tip (from personal experience): refrain from revealing the name of the perpetrator in front of your mom, and RUN FOR YOUR LIFE!

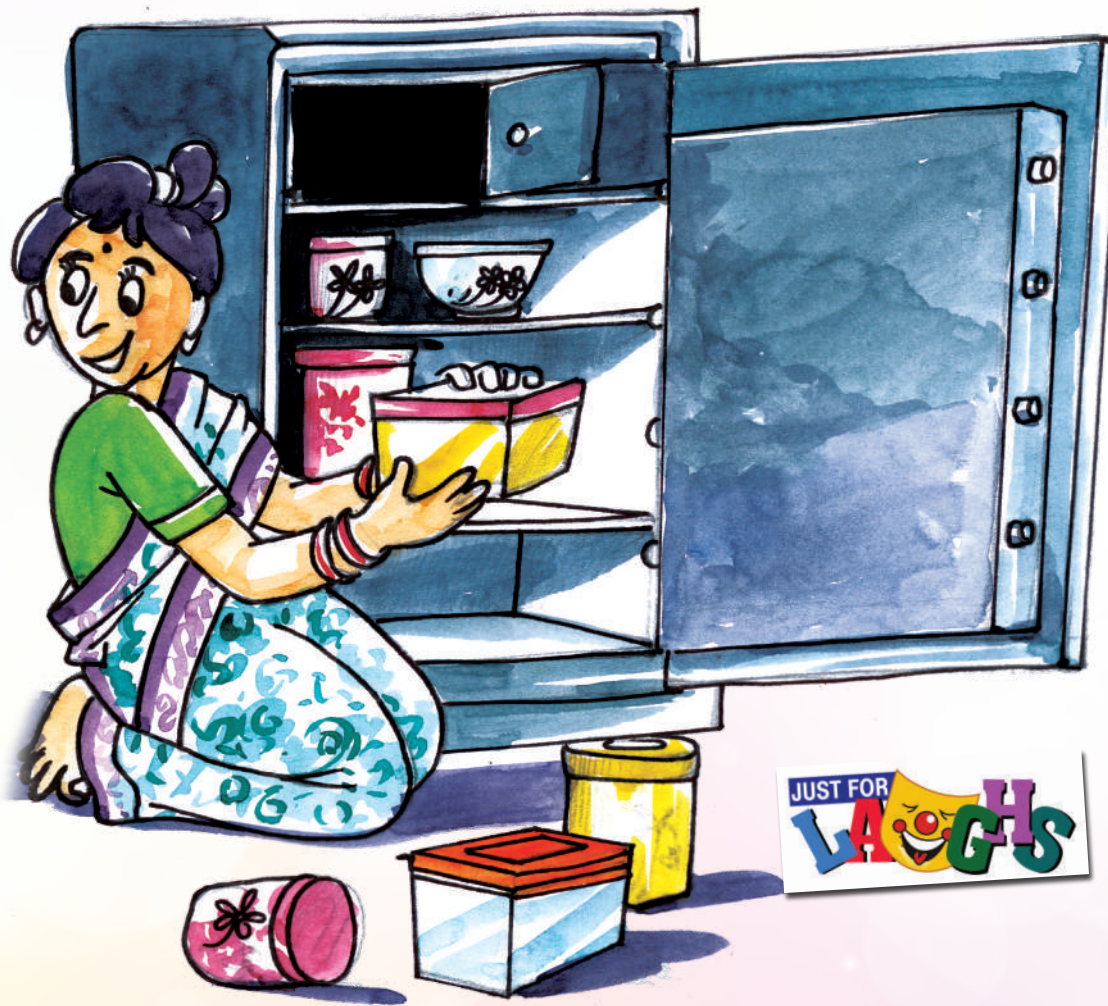


Illustration: Rishima, AIS MV, XI D

Pics: Sahaj Rana, AIS MV, VIII A

In Spotlight



Editor-in-chief: Ruchita Nair



Ready to take on the world, the astounding team of AIS Mayur Vihar