

## From Jugaad to Delulu: English Is Transforming At 5G Speed

Harshita Udayashankar, GT Network

**Y**ou're not being delulu... English really has gone skibidi! That's not Hobbits muttering Elvish, it's Gen Z-Alpha slang that has exploded into everyday chatter. Recently, when Cambridge Dictionary unveiled its 2025 update with words like delulu (slang for delusional), skibidi (a TikTok-fuelled term that can mean cool, bad, or nonsensical), and tradwife (a woman who embraces traditional gender roles), it confirmed what many of us already knew: English is rapidly being shaped on our phones. The digital age has reinvented how words are born, spread, and legitimised.

### Loudest word lab: Social media

Not so long ago, dictionaries looked to poets, novelists, or academics for guidance. Today, a viral meme can set the agenda. The internet is basically a petri dish for new words - gaming lingo, WhatsApp acronyms, and livestream slang are breeding and seeping into real-life conversations at a speed that no 5G-network can match. Words like selfie and hashtag aren't just labels for the digital world - they've changed how we live our lives. Selfies have changed the way we capture memories. And hashtag is no more just a keyboard symbol, it's now a rallying cry from #MeToo to #BlackLivesMatter. Social media has contributed to the spread of digital vernacular. Twitter (or X) made brevity an art form, teaching people to pack a punch in 280 characters. Instagram trained us in visual texts via emojis and GIFs. A phrase can go viral on Tuesday and feature in a political speech by Friday. Australia PM Anthony Albanese casually dropped "delulu with no solulu" in parliament. His source: Not a policy paper, but a Gen Z podcast!

### Democratisation of language

Here's the magic of the digital age: anyone



can coin a word. Terms like 'bussin' (very good), 'sus' (short for suspicious) or 'drip' (stylish) don't wait for scholarly approval; they become English the moment netizens decide they're useful. What sticks, stays! The *khichdi* of English and other languages is also proving to be delicious in the digital

space. Hinglish was once scorned upon. Now it's a creative powerhouse. Words like jugaad (a clever hack) or timepass (casual fun) have jumped borders and found legitimacy online. There's also Spanglish, Chinglish, and countless other hybrids, proving that English is a mega hit as global remix.

### New rules, new fears

Purists grumble that punctuation is dying, sentences are shrinking, and emojis are replacing prose. A noticeable effect of digital communication is the rise of shortforms. While 'LOL' (Laugh Out Loud), 'BRB' (Be Right Back), and 'OMG' (Oh My God) enable faster texts, they reduce the richness of the language. But new-age linguists push back: language has always evolved. A word is born every 98 minutes - about 15 a day. Shakespeare coined 1,700 words still in use today. If not for him, we would have been 'in a pickle' when trying to describe how 'bedazzling' Shahrukh's 'swagger' can be.

### Next evolution: AI

Knock, knock! Who's there? AI! AI who? The new co-writer in internet-ville. Tools like ChatGPT, Rytr, and Anyword are now part of how people write. But lean on them too much, and you end up with writing that feels cold, generic, and mass-produced. The silver lining, however: formal tone is back! People are using AI to sound more polished - whether in WhatsApp chat or office mail. Another upside, real-time translation tools like Google Translate and DeepL have enabled words to travel across border instantly, creating a fluid global conversation.

### But the basics matter

The 2025 Cambridge Dictionary update proves English isn't controlled by a few gatekeepers anymore. It's a massive, global group chat: chaotic, funny, inventive, and very much alive. Whether you're typing in Hinglish, sharing a skibidi meme, or just being a little delulu, you're already shaping the language of tomorrow. But even as the dictionary keeps expanding, it's worth remembering - the basics still matter. English without the strong foundation of good grammar and clear expression is just a skyscraper waiting to collapse into rubble. [GT](#)

**THE GT POLL**

**K-pop Demon Hunters is now Netflix's most viewed film. Is Korean culture now more influential than Hollywood?**

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

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**Coming next**  
**Hindi Special**

**Science with a soul**  
Science is about finding the direction that speaks to you, says former top ICMR official Dr Mukesh Kumar as he sheds light on new role: mentoring.  
**...more on page 3**

**What's inside**  
**Post(al) mortem**  
Registered Post is being phased out & merged with Speed Post, closing a chapter that once defined connection. Read a letter that captures its nostalgia.  
**...more on page 6**

**Whispers behind the paint**  
From hidden symbols to personal messages, every painting tells a story. Delve into the secrets hidden within some of the world's most famous artworks.  
**...more on page 7**

**POLL RESULT**  
for GT Edition August 25, 2025

**SRK has finally won National Award! But the internet thinks he deserved it more for Swades than for Jawan. So which role deserved it more?**

Role	Percentage
Swades	72%
Jawan	17%
Can't say	11%

Results as on August 31, 2025

# Around The WORLD

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



USA

### Americans eye exit

Since Donald Trump's re-election, thousands of Americans have relocated to Europe, citing fears of authoritarian policies and social polarisation. Triggered by executive orders on gender identity and attacks on academia, the exodus spans France, Spain, Ireland, and beyond. European governments report surges in visa applications, with celebrities like Rosie O'Donnell and Ellen DeGeneres joining and lending visibility to the movement. Many say the shift is permanent, driven by safety concerns and disillusionment with the United States politics.



North Korea

### Imitation culture

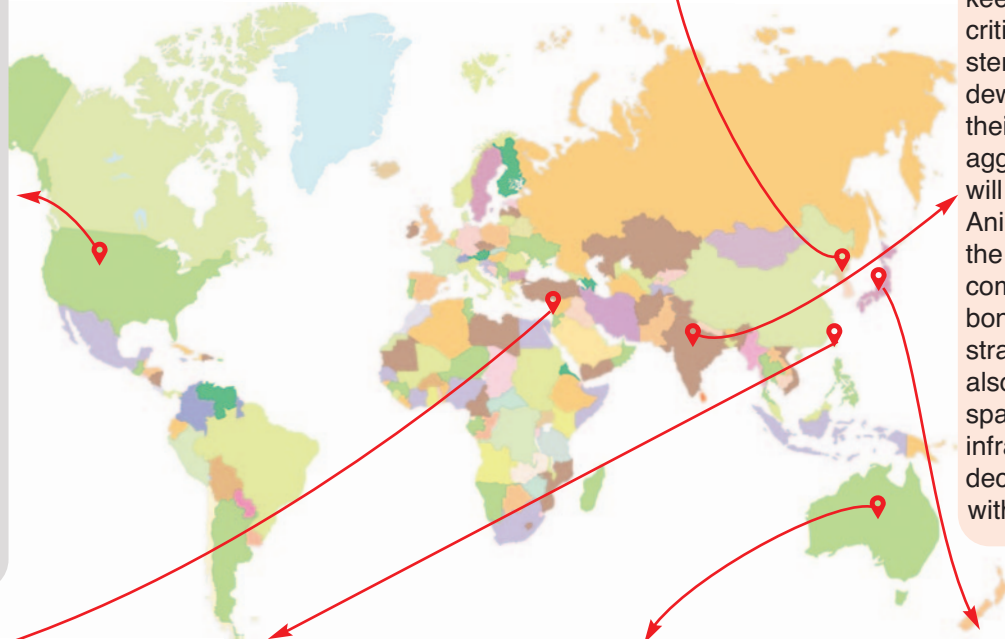
A Western-style consumer culture is emerging among North Korea's elite, according to testimonies from recent foreign visitors cited by NYT. In Pyongyang, 'Nangrang Aeguk Geumgangwan' is being called the 'North Korean IKEA' by Chinese students for selling goods with designs nearly identical to IKEA's. A café named 'Mirae Reserve' mimics Starbucks outlets, with coffee priced at 25 USD for three cups. Tourists noted widespread QR code payments and Western-style apps. IKEA and Starbucks clarified they have no official presence in North Korea.



INDIA

### Paw protection

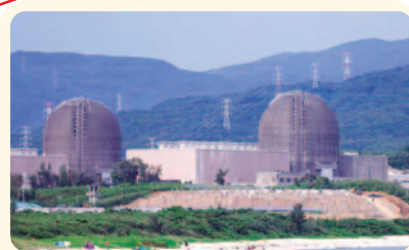
The Supreme Court has scaled back its order to remove stray dogs from Delhi, suspending the 'catch-and-keep' plan after widespread criticism. Instead, dogs will be sterilised, vaccinated, dewormed, and returned to their neighbourhoods. Only aggressive or rabid animals will be confined to shelters. Animal welfare groups hailed the ruling as a victory for compassion, noting community bonds between residents and stray dogs. Authorities were also asked to create feeding spaces, though critics cite infrastructure challenges. The decision balances public safety with animal rights.



PALESTINE

### Man-made famine

The Integrated Food Security Phase Classification declared famine in Gaza, confirming more than 5,00,000 Palestinians are starving. Israel restricted aid, blocked UN agencies, and conducted distributions where civilian-massacres occurred. WHO, UNICEF, and WFP called it entirely preventable. Aid groups accused Israel of weaponising food. UN chief Antonio Guterres labelled it a 'failure of humanity'.



TAIWAN

### Nuclear vote fails

A referendum in Taiwan to reopen the Maanshan nuclear power plant failed in August, falling short of the required five million votes despite majority support. Proposed by the Taiwan People's Party and backed by the Kuomintang, the initiative aimed to reduce energy imports. The plant remains closed as the government prioritises renewables and LNG amid safety and environmental concerns.



AUSTRALIA

### Guns rising again

Two police officers in Brisbane were fatally shot and another injured in rural Victoria by a 56-year-old man, sparking renewed debate over Australia's gun laws. Nearly 30 years after the Port Arthur massacre, firearm numbers have doubled to over four million. While the gun lobby resists reforms, officials emphasise that firearm ownership is a regulated privilege tied to public safety, not an inherent right, amid rising gun ownership.



JAPAN

### Osmosis powers future

Japan launched its first osmotic power plant in Fukuoka, which is only the second worldwide. It generates around 8,80,000 kWh annually, enough to power 220 homes. Osmotic power uses the movement of water across a membrane between fresh and salt water, creating pressure driving turbines for electricity. It provides energy continuously. Scaling up remains challenging due to energy losses in pumps and membranes.

## News Flash

► **Argentina:** House sale ad leads to the discovery of painting looted by Nazis ► **BOTSWANA:** President declares health emergency due to supply shortages ► **UK:** 100 people detained after arrival in small boats from France

# Science with a soul

## Dr Mukesh Kumar Sheds Light On The Importance of Honesty In Medical Research

**Aaryan Pradhan, XII O & Aadityaraj Kochar, Alumnus AIS Noida**

Science is about finding the direction that truly speaks to you. That's the message scientist Dr Mukesh Kumar shared with Amitians at the AICE felicitation ceremony on October 5, 2024. Dr Kumar has made significant contributions to medical research as the former head of the international health division at the ICMR and ex-director of CEFIPRA, the Indo-French centre for advanced research. In this exclusive interview with GT, he shares insights into his remarkable journey.

### Guided by service

With a belief that health touches lives in an immediate and meaningful way, I became inclined toward science from an early age. I didn't want to just study science but use it for the benefit of people. That's what led me to become a scientist. In fact, when I became part of the ICMR, I realised how this research platform would take me closer to my aim of serving the society at large. And I have tried my best to touch countless lives with my work.

### Beyond academics

I'm not a medical doctor, but a



GT reporters with Dr Mukesh Kumar

scientist by training. I pursued my MSc and PhD, and I've published my research as well. But beyond the degrees and qualifications, what truly matters are your values. Sincerity, honesty, and efficiency are traits that are crucial in every field, but even more so in the high-stakes medical sector. In science, your data must be completely reliable. International journals only accept work that's thorough and authentic. If you uphold these core values, they can take you far and beyond in this field.

### Meeting global standards

One of the greatest challenges in my career was to meet the international standards of research. Science today is highly competitive, and unless you're truly excellent, your work won't make an impact. Your research must be sound as well as useful for society. Most importantly,

you must keep yourself updated as you will forever be a student in this field. When the COVID-19 pandemic hit, we were all caught unaware. But through reading, inquiry, and research, we began to understand and respond accordingly. In science, you must be prepared as every day is a new challenge.

### India's medical evolution

The domain of Indian science has transformed significantly. Take the example of PM-JAY, Ayushman Bharat, and the National Health Mission - these are large-scale health initiatives that didn't exist earlier. Access to affordable generic medicines has increased, with over 4,000 government outlets making essential drugs available at low costs. Besides, our country is working to increase this number to 10,000. Plus, the funding situation has improved

drastically. Earlier, Indian scientists relied heavily on foreign aid. Today, if your proposal is strong and meaningful, you'll find ample support within the country itself. This is the real spirit of *Aatmanirbharta* - self-sufficiency.

### New role, new joy

In recent years, I've found great joy in mentoring the next generation of researchers. I enjoy helping young scientists identify their strengths and find their niche. Science isn't a one-track path as it has several branches. What matters is discovering what speaks to you personally.

When students start exploring their interests and grow through their own journeys, that's deeply fulfilling to witness.

### A message for Amitians

Always remain honest in your work. Learn from seniors, embrace challenges and persevere despite setbacks. Scientific research is a journey filled with challenges, but persistence leads to success. Great scientists like Newton and Einstein faced failures yet never gave up. Research demands patience and resilience. Keep working hard and success will follow soon. [GT](#)



Dr Mukesh Kumar, scientist



## 40 years, 300 cities, one story

**Synopsis:** 'Around the World in 40 Years' is not just a travelogue. It's Ram Sehgal, one of India's most respected advertising legends, narrating his four-decade-long life journey while exploring over 300 cities around the globe. At times, the book reads like a career diary; at others, like an op-ed filled with cultural observations and personal reflections. Each chapter ties back to one central theme: people, no matter where they are from. Despite differences in gestures, habits, or local quirks, Sehgal finds that whether you're in a bustling Indian market or tucked away in a quiet Italian café, people have more in common than we realise. He discovers humour in the most unexpected moments

**Book:** Around the world in 40 years  
**Author:** Ram Sehgal  
**Published on:** August 10, 2010  
**Genre:** Travelogue, memoir

and wisdom in casual conversations. One of the memorable anecdotes is his visit to Berlin right after the fall of the Berlin Wall, where he picked up a piece of the wall to take home as a souvenir.

**Why it's worth reading:** This book turns travel into a collection of human stories rather than a checklist of places. Ram Sehgal blends humour, insight, and history into each location, bringing it vividly to life. Whether he's describing a fragment of the Berlin Wall or the lux-

ury of Monaco, his words resonate with the readers. He doesn't just paint landscapes, he writes about people, cultures, and the small moments that reveal our shared humanity. The book also works as a time capsule, capturing a world transformed over 40 years - politically, socially, and technologically. By the end, you'll feel like you've journeyed alongside him, carrying your own invisible suitcase filled with memories, history, and experiences.

**Iconic quote:** 'No city on earth has gone through such a roller-coaster ride from villain to hero, from horror to heroics.'

**Rating:** 4/5

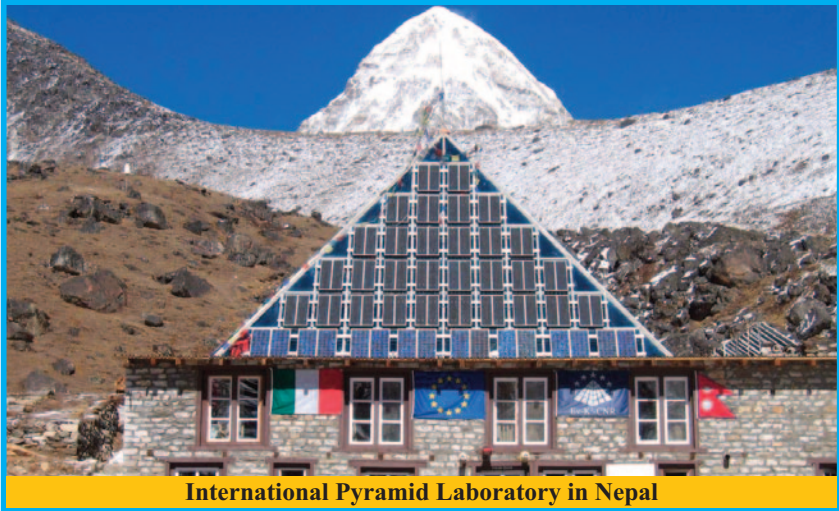
**Review by:** Lavanya Singh  
AIS Jagdishpur, IX A

AROUND  
THE  
WORLD  
IN  
40 YEARS



RAM SEHGAL

# Heights of knowledge



International Pyramid Laboratory in Nepal

When we think of pyramids, Egypt naturally comes to mind. But imagine a pyramid perched high on the slopes of Mount Everest, not built by ancient civilizations, but by scientists striving to understand the fragile Himalayan ecosystem and the growing impact of climate change. **Aadhya Praval, AIS Gwalior, VII A**, brings to you **part IV** of GT's Extreme Science Labs series, where we travel from the scorching arid deserts to sub-zero polar regions, from deep underground to towering mountain peaks, exploring laboratories that host the most daring experiments ever conducted.

### Where is it situated?

The Pyramid lab is one of the world's most remote and elevated research facilities. Built in collaboration between Italy and Nepal, it is located at an altitude of 5,050m above sea level, on the southern slopes of Mount Everest, in the Sagarmatha National Park, Khumbu Valley, Nepal. Temperatures around the lab, frigid year around, can drop to a teeth-chattering – 20°C (or lower) in winters. Besides, the site is battered by relentless winds and moody weather. Low oxygen levels and thin air further aggravate the challenge.

### Chasing the unknown

The lab's unique setting, high altitude and low latitude, makes it imperative to research on climate change and biodiversity, high-altitude physiology and the effects of pollution. Its main goal is to research on global environmental changes, particularly in the Himalayan region. A natural observatory, it offers data and insights into climate, environment, and ecosystems in one of Earth's most extreme and minimally disturbed settings.

### Built for the extremes

The lab, also called the Everest Pyramid or Ev-K2-CNR, stands out not just because of its high-altitude location but also for its distinctive pyramid shape, which is a deliberate choice. While the sloping sides help snow slide off, reducing structural stress, the aerodynamic form helps it withstand the fierce winds at that altitude. The lab produces its own energy through a hybrid system that includes a micro hydroelectric power plant and solar panels. It also has a weather station and proper communication systems. Operating the lab has many logistical challenges: unpredictable weather, difficult transportation, harsh terrain, and limited access to resources and skilled staff. Yet, these difficulties are precisely what make it scientifically valuable for conducting aerosol studies and ice core analysis.

### Lab legends

The Pyramid Lab is famous for revealing how pollution speeds up Himalayan glacier melt and for studying how Sherpas adapt to extreme altitude. Since 1990, it has hosted hundreds of missions under harsh conditions. Fun fact: its 1990 opening was attended by renowned explorer Ardito Desio, making it one of the highest-altitude scientific inaugurations ever.

### Why it matters

It connects to the wider world through its research on climate change, atmospheric composition, glacial retreat, and seismic activity in the Himalayas. Its location, in a remote and relatively pristine environment, allows scientists to study natural processes and their interactions without the confounding effects of urbanisation. It provides critical insights into global environmental change, future water security, and the health of mountain ecosystems.

## Read Play and Win 89

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](mailto:editor@theglobaltimes.in) or submit your responses by visiting The Global Times website (<http://theglobaltimes.in/readplaywin/>). Three lucky winners will win a prize every week!



Q.1 Who is interviewed on page 3?	Q.2 Where is the International Pyramid Lab located?	Q.3 What is the name of the comic strip story on page 8?
Q.4 Name the health platform being run by Ananya Grover.	Q.5 Rhythmic Raaga, the annual inter school dance and music fest was organised by _____.	Q.6 What is the name of the watchmaker's town in the story on page 9?
Q.7 What's the tagline for the perspective story on page 6?	Q.8 Who is the PM who dropped the phrase "delulu is the solulu" in parliament on page 1?	Q.9. Which school has participated in The Prompt Box for this edition on page 10?

Name:.....Class:.....School:.....  
**Results of Read Play & Win-88: Vibhav Goyal, AIS Gur 46, IV H;- Umamah Rahman, AIS MV, VIII D; Inaya Kamal; AIS G43; IV D**



## AMITY CENTRE FOR EDUCATIONAL RESEARCH AND TRAINING

A CENTRE DEDICATED TO EDUCATORS, STUDENTS & PARENTS

### RAISING HEALTHY & HAPPY CHILDREN

Insights from an international Child Psychology expert



**SPEAKER: DR. VANESSA LAPOINTE**

Date : Saturday, 6th Sep., 2025  
 Time : 9.30 am - 11 am  
 Platform : Zoom

In this session, Dr. Lapointe will uncover "Discipline Without Damage," addressing the challenges faced when children act out - from meltdowns in public to disruptive classroom behaviour. Participants will learn how discipline impacts a child's development, why connection comes before correction, and why many traditional strategies can cause harm.

Reflecting her mantra "See it, feel it, be it", this session will explore healthy approaches to discipline that respect the developmental needs of children. The session will conclude with an open Q&A, giving you the opportunity to get expert advice directly from Dr. Lapointe.

### About Dr. Vanessa Lapointe

- Parenting Expert
- Doctoral Degree in psychology with 20+ years of experience
- Founder of The North Star Developmental Clinic
- Best-selling Author
- Fellow of Canadian Institutes of Health Research



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# Turn down the volume

## Gripping Discussion On Not To Be A Noisemaker But To Be A Peacemaker

**Y**outh Power is an annual social leadership programme, organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part II** of this exclusive series, based on the panel discussions organised by YP teams for the year 2024-25, and a host of opinions as experts share their insights on **Noise Pollution**, the cause chosen by YP team of AIS Gurugram 43.



Panellists share their viewpoints on noise pollution

### Awareness is the key step

**Panellist: Alka Dalal**  
Social activist and advocate

"Change begins with us. If we take small steps, it can lead to a larger shift. However, the fact is that most noise pollution isn't from young people playing music, it comes from transportation, industries, and urban development. However, if the youth be-



comes more aware, the change is bound to happen. The government is doing its part like ban-

ning certain firecrackers and switching to silent machinery. Earlier generators used to be noisy, but not any more. What we need to realise is that it's not just the governments responsibility, our own contribution is important too. Long-term exposure to noise can cause health issues. Hence, awareness is the first step."

### Be responsible on roads

**Panellist: Sandeep Kumar, Traffic Inspector**

"Controlling noise pollution on the roads is tough but not impossible. We conduct campaigns, put up stickers, promote electric vehicles, and enforce rules at traffic signals. Even though



things are slowly changing, and awareness is growing. Still, we face challenges like un-

necessary honking and firecrackers, often illegally manufactured or imported. We've filed FIRs and cracked down on illegal firecracker storage. It's an ongoing process, and with public cooperation, we can make a difference. I urge all of you to follow rules and drive responsibly. Noise pollution isn't just a law enforcement issue - it's a societal one."



Part II

Expert Speak

### Learn to silence the mind

**Panellist: Rashmi Ahuja**  
Mental health coach  
Reiki practitioner

"Noise pollution severely impacts mental health. Scientifically, our brains can focus effectively for 30-40 minutes, and any loud noise disrupts that. Over time, this leads to memory issues, poor performance, and low confidence. When children start judging themselves, overthink and sometimes even spiral into negativity and depression. But I feel that noise is not just external, sometimes it's also the internal chatter that



harms us. We can block outside noise with headphones, but we must learn to silence the mind. We often give in to pleasing people and never ask what makes us happy. We play loud music to look cool, but it's another way to seek validation. True healing begins when we stop trying to please others."

### Relaxation techniques a must

**Panellist: Vipula Gupta**  
Clinical psychologist  
and career counsellor

"The best way to manage noise pollution is to avoid it. If that's not possible, use earplugs or invest in noise-proof windows. By doing this, at least you can still find peace inside your homes, even if the world outside is loud. When avoiding noise isn't an option, then you need to turn towards practicing relaxation techniques like meditation. You could also listen to soothing sounds. This will help reduce the frustration and irritation



caused by noise pollution. However, wearing earplugs or headphones in public can sometimes be risky. Youngsters with earphones, while walking or riding can be in danger because they can't hear the traffic. While earplugs reduce personal exposure to noise, they should also be used responsibly."

### Protect your ears at all costs

**Panellist: Dr Ann Maria Paulsen, ENT specialist**

"Noise affects us more than we realise. A study showed that students in a quieter building performed better academically than those near a metro station. After adding soundproofing, their performance improved. Noise pollution is like second-hand smoke - its harm builds up slowly. Your ears are fragile, and they need rest. Today, hearing loss is seen as early as in the 40s due to noise exposure. Peer pressure makes loud music and constant headphone use seem nor-



mal. But over time, this leads to permanent hearing damage and constant internal buzzing. Enjoy music, go to parties, but do it wisely. Use ear protection at concerts. Listening to natural sounds, like birds, is healthier. Be mindful, and you can inspire those around you to change too."

# Festivals as classrooms



Dr. Amita Chauhan  
Chairperson

India recently celebrated Janmashtami and is currently rejoicing in the festivities of Ganesh Chaturthi - each marking the birth of deities who hold a special place in children's hearts: Lord Krishna and Lord Ganesha. Their childlike forms make them relatable to young minds, turning festivities into a medium to instil virtues and values. For Amity, festivals are an extension of its educational philosophy. From the soulful 'Maiyya Yashoda' to the playful 'Oh My

Friend Ganesha', Amityans celebrated with song, dance, and joy, dressing up with enthusiasm. Yet beyond the colour and cheer, these occasions became living classrooms - where stories of Krishna and Ganesha translated into life lessons: Krishna inspiring courage, discipline, and devotion to dharma, while Ganesha teaching respect for parents, perseverance in learning, and resilience in facing challenges. The story of Krishna slaying demons while retaining childlike innocence, and of Ganesha encircling his parents as the world or writing the Mahabharata with Rishi Ved Vyasa without pause, are timeless illustrations of virtues made simple for young learners.

These festivals also carry deep historical resonance. While Janmashtami has long been celebrated traditionally, Ganesh Chaturthi - revived by Lokmanya Tilak during the freedom struggle - united communities and became a symbol of cultural strength. At Amity, they continue to be celebrated in this very spirit.

Amity is an ecosystem where tradition blends with modernity, and such celebrations reinforce our mission of raising not just successful professionals, but virtuous humans grounded in values and culture. By celebrating Krishna and Ganesha, Amity fortifies its commitment to nurturing children who will grow into accomplished, responsible, and compassionate individuals. [G](#) [I](#)

# Postmarked by change



Vira Sharma  
Managing Editor

So once again, another chapter of our postal service slips quietly into history - this time, with the discontinuation of the registered post, following the telegram and the postcard before it. For those of us who belonged to the world of letter-writing, this loss surely feels personal. I remember how my mother once longed to visit Vaishno Devi but was not able to make the trip for sundry reasons. In an act of faith, she sent a letter to the shrine's address to plead with the

goddess herself, and almost magically, the very next day her journey was arranged. Such was the power of a letter - an invisible thread of faith, emotion and connection. Letters, postcards, registered posts, telegrams - not merely services, but lifelines. They carried our anxieties, joys, and longings. While all this nostalgia filled my heart with tender emotions, it is also a fact that change is inevitable. Today, we've the boon of technology which gives us speed and reach that our parents could have never imagined. A message now travels across continents in seconds, and video calls are a godsend for families separated by thousands of miles. It is true that nothing can replace the articulation of longing, joy, or love carefully inked on blue inland letters. Yet, the other side of the coin is that the essence of communication - our need to connect - remains unchanged. Finally, it is not the medium that matters, but the sincerity in the message itself. [G](#) [I](#)

# Post(al) mortem

## Yours Lovingly... A Farewell To Registered Post

Diya Kerur, AIS Gur 46, XII J

Dear Reader,

There is a certain tenderness in the stories we inherit. Some of us never lived the postal era, never knew the wait for a letter that travelled across cities and seasons, yet we have heard enough about it to carry a faint understanding of the warmth it once held. And so, I write this to an audience similar to mine - not as one who has lived through this bygone age, but as someone who has gathered these stories like heirlooms handed down over generations, piecing together an image of a world where communication was slower, but perhaps, richer.

After serving the nation for more than five decades, India's Registered Post will be phased out from September 1, 2025. It will now merge with Speed Post, as fewer letters travel this way in the digital age. For many, especially older generations and rural families, this feels like the closing of a chapter that once defined trust and connection. Aged, yellowed pages dipped in nostalgia.

Back in the day, letters weren't just a medium, they were an art. There is something quietly sacred about the craft of writing them. Choosing the stationery, folding it right in the middle, pressing a stamp, and sealing it carefully - every gesture mattered. The pen carried intention and the handwriting reflected thought and mood. Writing wasn't just for communication, but to leave a trace of yourself behind, a presence someone could hold, smell, re-read, treasure. The ink slightly smudged, or the paper creased from its journey weren't flaws, but signatures of love.

And more than that, letters were an art of patience. Now, most people don't even write letters. We type, we click, we send messages that vanish into the ether the moment they're read. That intimacy, that slow attention to form and feeling, has quietly disappeared. With the retirement of Registered Post, it's not just a service that ends, it's an art form that slips away.

In rural India, where Registered Post was the cheapest reliable way to send something that mattered, this shift comes at an actual cost. For them, it isn't just nostalgia - it's the loss of accessibility. What we mourn in memory, they will feel in money. Speed Post may be efficient, but it is not affordable to everyone. And so, while in cities this feels like the end of an era that would be remembered in sepia tones, in villages it will be remembered as being



robbed of a comfort.

For our generation, these images feel almost mythical. We live in a world of instant replies, blue ticks, and notifications that lack the soul of paper and ink. Waiting is optional; anticipation is fleeting. Their world, however, thrived in slowness. Every letter was deliberate, every arrival meaningful. Letters were not just messages - they were experiences. You can store a file forever, but you cannot fold it into a drawer and revisit the faint scent of the person who wrote it for you.

Generations before ours knew this deeply - the telegraph fell, and with it ended one way of waiting. Now Registered Post bows out too. And so, I address this as the last letter, packed with the same warmth the postal service once carried everywhere. Perhaps these red postal boxes that still dot our streets will remain as quiet relics and reminders of a time when love and longing could be dropped through a slot and carried across miles. [G](#) [I](#)

Dear Editor,

Every week is filled with a new light when the pile of GT newspapers graces our tables. While each page carries a lesson, I particularly loved the article 'The art of consistency' on page 5 in the edition dated August 25, 2025. The write-up was a thoroughly empowering read. The idea of simply 'showing up' highlights that every effort that we make, counts. Even if it is as simple as just being there. The line which reads, "Forget perfection; focus on doing what requires action" deeply resonated



### GT M@il

with me. Often, we get swept by the tide of being 'perfect' and making no mistakes, which instead of helping, places more pressure on us. The article teaches us to focus on small steps and the significance of slow and steady. It gives us a profound outlook on inculcating discipline while enjoying the process. Thank you, GT, for providing us with such insightful and motivating reads.

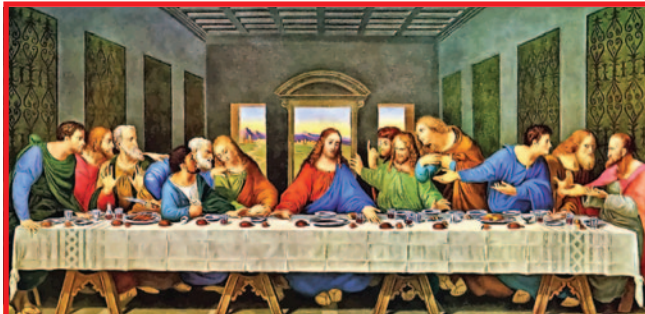
Sharanya Dobhal, AIS Vas 6, XII E



Issue: Page 5, August 25, 2025

# Whispers behind the paint

From hidden symbols to personal messages, every painting tells a story. **Anushka Manoj, AIS Noida, XII D**, delves into the intriguing secrets and mysteries hidden within some of the world's most famous artworks.



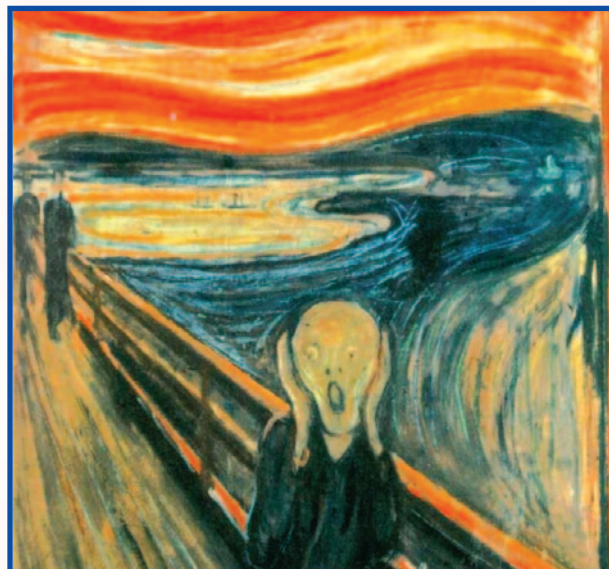
**The Art:** *The Last Supper*  
**Creation period:** 1495–1498  
**Brushstrokes by:** Leonardo Da Vinci  
**Composition:** The 12 apostles are arranged as four groups of three, there are three windows, and Jesus is at the centre, forming a triangle. Bread and wine are carefully arranged on the table. Judas Iscariot is depicted as having knocked over a salt cellar.  
**Decoding the secret:** Da Vinci repeatedly interpreted three because the number is sacred in Christianity. The bread and wine symbolise Christ's body and blood, while the overturned salt suggests misfortune and foreshadows Judas's betrayal. The positioning of hands and bread has also been interpreted musically. Read right to left mapped on a staff — in keeping with the artist's mirror writing, the arrangement produces a somber 40-sec melody.



**The Art:** *Netherlandish Proverbs*  
**Creation period:** 1559  
**Brushstrokes by:** Pieter Bruegel the Elder  
**Composition:** People, animals, and objects in a village acting out over 100 Dutch proverbs and sayings.  
**Decoding the secret:** Bruegel literally illustrated 16th-century proverbs to highlight the absurdities of human behaviour. For eg, we see a man is 'banging his head against a brick wall'. The painting is a visual puzzle that catalogues human follies and encourages viewers to reflect on their wisdom — or lack thereof. The artwork has an alternative or descriptive title: 'The Topsy Turvy World'.

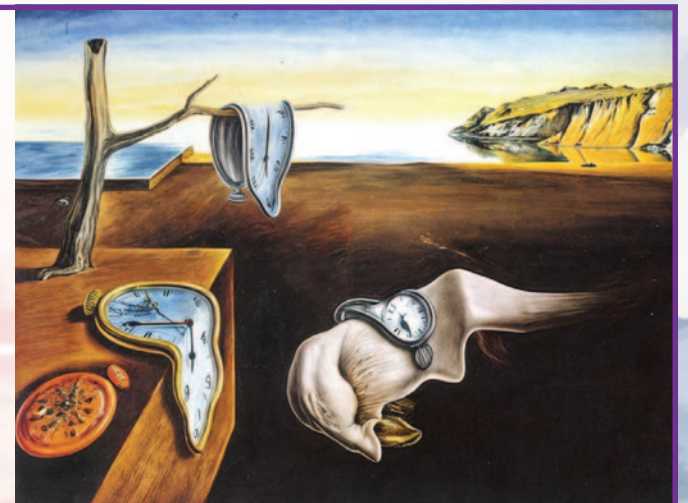


**The Art:** *The Arnolfini portrait*  
**Creation period:** 1434  
**Brushstrokes by:** Jan van Eyck  
**Composition:** The Latin phrase 'Johannes de Eyck fuit hic 1434' (Jan van Eyck was here 1434) is written on the back wall above the mirror, behind a betrothed couple.  
**Decoding the secret:** The inscription is often read as van Eyck's statement that he was present as a witness to the marriage. In the 15th century, such elaborate signatures were unusual. Experts also claim it might be van Eyck's way to assert both his presence and rising status as an artist. The convex mirror reflects the backs of the couple and two figures at the door, one of whom may be Jan van Eyck himself.



**The Art:** *The Scream*  
**Creation period:** 1893  
**Brushstrokes by:** Edvard Munch  
**Composition:** A figure in anguish, with a blood-red sky above a fjord. On top-left corner of the painting, a faint pencil phrase reads: 'Could only have been painted by a madman'.  
**Decoding the secret:** The inscription, first noticed in 1904, is believed to have been written by Munch in response to criticism following the 1895 Oslo exhibition. A medical student had publicly called him 'a madman'. Experts see the inscription as his ironic, yet sensitive, commentary on how society viewed him and his work.

**The Art:** *The Persistence of Memory*  
**Creation period:** 1931  
**Brushstrokes by:** Salvador Dalí  
**Composition:** Melting watches drape over surfaces in a dreamy landscape. Ants swarm on a closed watch.  
**Decoding the secret:** Dalí used the melting clocks to challenge the conventional notions of time as rigid and mechanical. He suggests that time loses meaning in dreams and the subconscious. The pocket watch covered with ants in the lower left corner symbolises decay and the inevitable passage of time.



# Tail as old as time

*This comic is not about humans, but those who too call Delhi their home: street dogs. It is a story from far in the future - passed down from one generation of pups to the next - long after the events of 2025, when a court case almost erased their place on the streets. Over time, it turned from history to a fairy-tail. The world moved on, the dogs didn't. Tonight, under the moonlight, the dogs remember it, once more – as a bedtime story.*

Written by: **Diya Kerur**, AIS Gur 46, XII J  
 Illustrated by: **Vedangana Grover**, AIS Gur 46, IX J

The day was August 11, 2025. Supreme Court judges said all of the street dogs in the city must be caught and put in shelters. Sterilised, vaccinated, never sent back home! A betrayal to the dogs by their 'bestfriends' humans.



Little ones... let me tell you a tale - of our survival - carried from paw to paw.



The humans said there was no escape: "No lane, no street should belong to dogs."



The dogs were scared as shelters were few in number. But kind voices spoke up: "Mass confinement is cruel."



Then, on August 22, the Supreme Court revisited its decision. The judges this time said: "Safety must stay, but compassion too."

Sterilised, dewormed, vaccinated... and returned to their streets. Only rabid dogs will be kept in shelters.



So, the dogs came back home. Tagged, safe, part of the city's hum.



The street dogs of Delhi not only survived, but thrived....



...and they always will.

THE END

## WORDS VERSE



### Culture binds us all

Akshit Kaul, AIS Mayur Vihar, XII F

Culture is an invisible force  
 Which binds us all tight  
 It's a golden thread shining  
 Providing us, a guiding light

Found in tales of folklore  
 Shared during wintry nights  
 Or in a melodious folk song  
 Sweetly sung, feeling so right

Culture exists in all lands  
 Whether it is East or West  
 It brings love and harmony  
 To those who understand it best

Infinite philosophy and wisdom  
 Enriches our heritage everyday  
 It is not just a mere symbol  
 Nor will it ever lead us astray

Revealed shyly in a palm leaf  
 Or through engravings on stone  
 Different dialects and belief  
 Culture exists on every shore

When our heart is redrawn  
 It cares about where we belong  
 This ancient rhythm goes on  
 And culture become our home.

### Uphill battle

Anuradha Arora  
 AIS Vasundhara 1, XII B

Beneath the load of thousand dreams  
 A girl carved her way through streams  
 Every stone cut and put a lot of strain  
 She rose because of hard work and pain

Her ambition was a fire with eager spark  
 Which guided her path through the dark  
 She climbed and fell, but got up for more  
 Until each trial had led her dreams ashore.

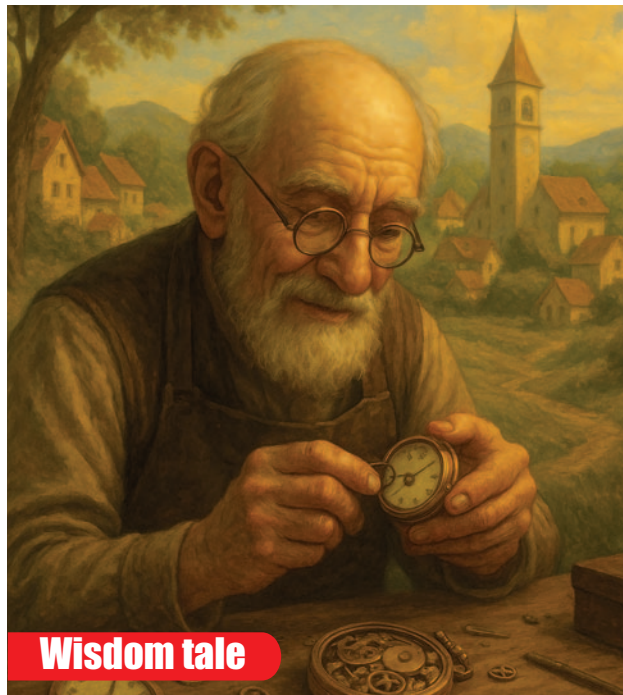


# A testament of time

Gaurika Rana

AIS Noida, XII M

In the idyllic town of Horologium, surrounded by picturesque hills and lush meadows, lived an elderly watchmaker named Tobias. Known for his skilled hands and a keen eye for detail, Tobias had dedicated his life to the art of watchmaking. Born into a humble family, Tobias's passion for watchmaking began as a young boy when he stumbled upon an old, broken pocket watch. Entranced by the intricate gears and mechanisms, he spent countless hours restoring it to its former glory. By 14, he was apprenticed to the town's expert watchmaker, Mr Pendleton. Though Tobias possessed a natural talent, Mr Pendleton was a harsh taskmaster, demanding perfection in every piece. The young apprentice worked hard, enduring rigorous practice, which left his hands calloused and bruised. Yet, his determination only grew stronger, fuelled by an unwavering belief in his purpose. However, tragedy struck when Mr Pendleton passed away suddenly, leav-



Wisdom tale

ing Tobias with an unfinished masterpiece and a dream unfulfilled. The townspeople, skeptical of his abilities, deserted him, leaving him to shoulder his mentor's legacy alone. Undeterred, Tobias toiled in solitude, perfecting his watchmaking skills. After few years of toil and hardwork, he managed to master the art of watchmaking. Over time his work gained recognition, and people from neighbouring towns sought

his services, captivated by the precision and beauty of his creations. His hands, wrinkled with age, but he continued to create timepieces that were functional works of art. Each watch told a unique story, embodying the trials of its creator. For Tobias, it wasn't just a profession - it was a testament to his indomitable spirit. At the twilight of his life, Tobias finally received the recognition he deserved.

As the townsfolk gathered around him, their eyes glistening with pride and gratitude, Tobias could not help but feel proud.

Tobias's watches became famous all over. The town of Horologium honoured him with a memorial and a grand ceremony to applaud his efforts. As the townsfolk gathered around him, their eyes glistening with pride and gratitude, Tobias could not help but feel proud. The watchmaker's journey was fraught with hardships but his unwavering faith had carved a way for his success. Tobias had not only conquered time but also the hearts of those who had once doubted him. Tobias became a more popular name than Mr Pendleton and his legacy as a watchmaker would continue to live on, his name synonymous with perseverance and transformative power of human spirit.

So, what did you learn today?  
Perseverance is the key to success

POEM

## Starry nights



Avika Pandey, AIS Saket, X D

Every day, the same thought echoes in her mind  
Through tunnels and taverns, it keeps you blind  
Words circle, twist and twirl to change its shape  
Every day, for thousand times, you can't escape

Running through those memories all over again  
Breaks and moulds her roving thoughts in vain  
So much so, that mind must surrender and quell  
What her blurry future holds, only time can tell

Amidst the confused chaos, thoughts move slow  
Thinking over same dilemmas, ceasing it's flow  
In a starry night, her thoughts are lying in plight  
Untold and unexpressed to peer yet under sight.

### It's Me

KNOW ME

**My name:** Satvik Tyagi  
**My Class:** LKG A  
**My school:** AIS Vasundhara 6  
**My birthday:** July 28

MY FAVOURITES

**Teacher:** Jaya ma'am & Aasha ma'am  
**Subject:** Art & craft  
**Friend:** Parth  
**Game:** Tag  
**Cartoon:** Leo Ranger  
**Food:** French fries  
**Mall:** DLF Mall of India  
**Book:** Peppa Pig storybook



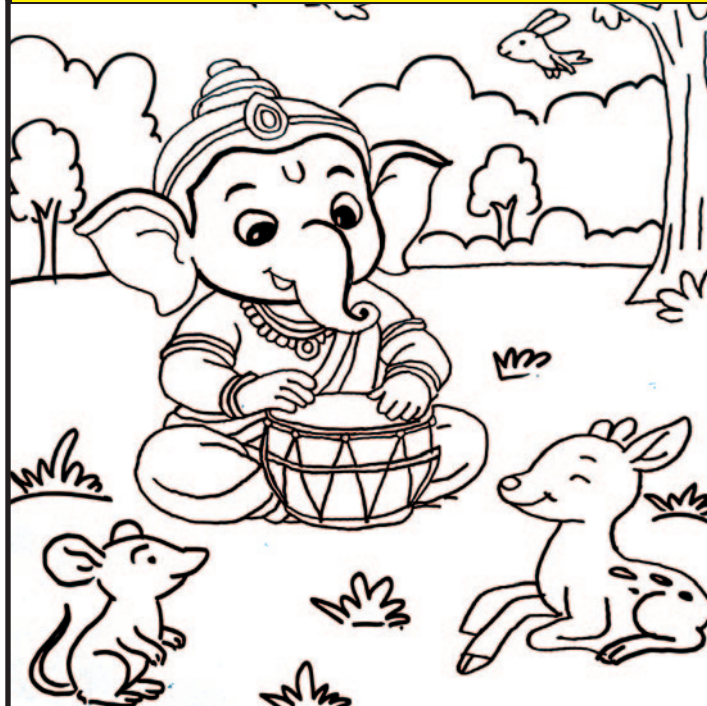
MY DREAMS AND GOALS

**Hobby:** Simple crafts  
**I like:** Travelling  
**I dislike:** Loud noises  
**My role model:** My dad  
**I want to become:** A doctor  
**I want to feature in GT because:** I want to share my adventures with everyone



### COLOURING FUN

Sketch by: Pranav Kakkar, AIS Gurugram 46, V A



Click a high resolution picture (1 MB or more) of the entry and mail the same to: editor@theglobaltimes.in. The best entries will be published in GT.

### Best entries for colouring fun

Dated: August 18, 2025



Manvi Takher  
AIS Gur 43, IV D



Kinjal Pandey  
AIS Jagdishpur, UKG A

Writing is an art, and there's no better platform to exercise it than your own beloved GT! To unleash the writer in you, GT brings you a new topic every time and asks for your views on the same. Here are some intriguing responses from the students of **AIS Noida** for the prompt...

*Has social media ever inspired you to try a new diet, recipe, or fitness routine? Share how it influenced your life, for good or bad, and would you advise others to follow health hashtags?*

The prompt

**BOX**



Social media hasn't directly influenced me to try a new diet or workout routine, but it has definitely made me more conscious of my eating habits and motivated me to exercise regularly. This shift has brought positive changes in my life. However, I believe health should not become an obsession; there should be a balance. Overfocusing on it can lead to toxic mindsets and negativity. We must be mindful of what we follow online and how we choose to apply it in our lives.

**Naisha Parnandy, AIS Noida, XI I**



Social media has been a driving force in my life ever since the lockdown, when everything, from friendships to entertainment shifted online. With every new trend, from dalgona coffee to fitness hacks, I found myself exploring new activities. Recently, I've discovered how health journalism on social platforms offers innovative fitness routines tailored to personal needs. My advice is to follow health hashtags only from authentic and credible sources, because that's when they truly become beneficial.

**Grisha Gautam, AIS Noida, XI C**

During COVID-19, social media had a negative impact on my mental health. I used to sleep late, eat unhealthily, and not exercise, which eventually led me to feel sad and insecure about myself. The toxic trends and ideas on social media has shaped how children from ages twelve to eighteen should be. Now, I am a healthy person. I wake up early, eat well, exercise five times a week, play sports and have multiple hobbies. But for this, I give credit to the influence of the good side of social media.



**Inaya Farida Imam, AIS Noida, XI I**

Recently, social media has inspired me to adopt healthier routines and take my fitness more seriously. Fitness is the key to leading a healthy and content life. Simple habits like regular walks or learning a new sport can truly transform one's lifestyle. Personally, I feel healthier, happier, and more at peace with myself. What amazes me is how these small initiatives have impacted not just my physical health but my mental well-being too.



**Agrima Swaroop, AIS Noida, XI I**

Thankfully, I have kept myself away from the flood of misleading health posts trending online. Surrounded by people blindly following random diets, recipes, or routines, I have seen first-hand consequences - depression and eating disorders caused by so-called 'Instagram diets'. I urge everyone to stay cautious because these seemingly reliable hacks can be far more harmful than they appear, perhaps even worse than eating junk food or living a lethargic lifestyle.



**Saumya, AIS Noida, XI I**



Social media has influenced me to experiment with different health trends. I once stumbled upon a viral smoothie bowl trend, which turned out to be a game-changer - nutritious, refreshing, and surprisingly delicious. On the other hand, I tried the viral Keto challenge, which left me nutrition-deficient and did more harm than good. While social media can be an inspiring source, it's important to remain cautious and critical - one size never fits all. I recommend following health hashtags only after verifying the information with qualified professionals rather than following them blindly.

**Ishaani Chaudhary, AIS Noida, XII B**



No, social media hasn't influenced me much. I believe most health regimes online aren't designed for diverse audiences in ways that are genuinely beneficial. While some diets or fitness routines may work for individuals, they are rarely suited to everyone's lifestyle. Fitness goals differ from person to person, so what works for one may not work for another. I suggest learning about healthy living from varied sources and using social media wisely - but most importantly, one must build habits tailored to their own wellbeing.

**Alvina Parvez, AIS Noida, XI I**

Yes, social media has inspired me to add sprouts to poha for extra protein, switching chips with roasted makhana, and jaggery instead of sugar in desserts. These simple swaps have retained the familiar taste while making the food more nutritious. However, not all recipes online are healthy; some may even cause deficiency if not balanced correctly. Verifying with reliable sources is essential.



**Anushka Manoj, AIS Noida, XII D**



Recipes passed down from a mother's nurturing hands carry a unique flavour across generations. And nowadays social media creators often borrow from these family traditions and cookbooks, re-inventing recipes with modern twists and healthier, or even vegan alternatives. Many promote plant-based diets and balanced nutrition while making food look effortless yet visually and aesthetically appealing. I believe social media is currently the strongest weapon to inspire healthier choices amongst all age groups around the world; watching others eat and live mindfully can positively influence a society that is otherwise hooked on quick and easy junk food and sedentary routines.

**Zoya Negi, AIS Noida, XI I**



Yes, it did, but I must admit, it wasn't the wisest decision. I lost thirty kilograms last year, which boosted my confidence, but the physical toll eventually caught up with me. Suddenly, people started noticing me, talking to me, acknowledging me, yet I realised self-worth should never come at such a cost. It is crucial to embrace ourselves as we are. I strongly advise everyone, especially teenage girls, not to indulge in extreme diets. Instead, focus on small and feasible, healthy choices - play regularly, eat balanced meals, and don't let stress dictate your wellbeing.

**Saanvi Pruthi, AIS Noida, XI I**

# A presidential bond

## Rakshabandhan Celebration At Rashtrapati Bhawan



Students present painting to President Draupadi Murmu



Amitians pose with their copy of GT

### AIS Mayur Vihar

It was a momentous day for a team of 5 students, Utkarsh Bora (X), Samarth Gupta (VII), Srishti Narayanan (X), Akshaj Singhal (VIII) and Ipshita Kochhar (VII) as they had the honour of meeting the President of India, Draupadi Murmu, at the Rashtrapati Bhawan on August 6, 2025. They were among 600 school students from 17 states across the country, and the only five

representatives from the entire Amity fraternity, selected to celebrate the festival of Rakshabandhan with the President. Accompanied by their school principal Meenu Kanwar, the students witnessed grand celebrations that began with the President's inspiring address. She urged them to play an active role in conserving the environment by taking responsibility for nature and planting at least one tree every year. Thereafter, the students got a

chance to tie rakhi to the revered President. Amitians also presented a self made painting depicting Santhali dance using acrylic on paper as a medium, along with a copy of The Global Times, the registered student weekly newspaper of Amity. Such a unique and enriching opportunity was made possible only due to the constant encouragement, and visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF. [G](#) [I](#)

### AIS Gurugram 46

The school organised the 9th edition of Rhythmic Raaga, its annual inter-school music and dance fest on July 28, 2025. The event, envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, aims to ignite creativity and rhythmic awareness among young minds.

This year 18 reputed schools across Delhi/NCR participated in six categories, which included western and Indian vocal contests, western and Indian instrumental performances, and Indian dance competitions. The fest was conducted in two stages: the initial screening round through online video submissions, followed by the finale held offline. All competitions were judged by a panel of distinguished experts from the respective fields.

While AIS Noida lifted the overall winner's trophy, students from other Amity schools also left their rhythmic imprints. Ensemble (Western Vocal) had AIS Gur 46 win the first prize and AIS PV earn the consolation prize; Rhythm (Band Competition) witnessed AIS MV & AIS Gur 46 both secur-



School principal Dr Arti Chopra and dignitaries with the winners

## Rhythmic Raaga

ing the first place and AIS Saket came second; Brahm Naad (Indian Vocal) had AIS Noida and AIS Gur 46 at the first and second place respectively while AIS MV earned the consolation prize; Dhvani (Indian Instrumental) had AIS Gur 46 at the first place, AIS Noida came second and AIS Saket bagged the consolation prize.

Nrityanjali (Indian Dance) was won by AIS Saket, AIS Gur 46 and AIS Vas 1 at first, second and third place respectively while AIS Noida earned the consolation prize; Taal Tarang (Percussion Instrument) had AIS Gur 46, AIS Noida and AIS MV at the first, second and third place respec-

tively with AIS Saket securing the consolation prize. Groove Warfare (Western dance) saw AIS Gur 43 and AIS Gur 46 at the first and second place respectively and AIS Saket earned the consolation prize. The event concluded with a glittering valedictory ceremony. [G](#) [I](#)



Anushka with fellow winners of IRIS at the ceremony

## Amity @ ISEF in US

### AIS Noida

A young innovator from the school, Anushka Manoj of Class XII, was felicitated with the prestigious Grand Award by Akash Patil, director, Dr Ambedkar International Centre, for her outstanding achievement in the IRIS National Science Fair – 2nd Cohort. The felicitation ceremony was held on May 9, 2025 to honour IRIS 2025 winners before they left to represent India at Regeneration International Science and Engineering Fair (ISEF) 2025, the world's largest pre-college science competition held at Columbus, Ohio, USA,

from May 10-16, 2025.

Anushka's pioneering project, 'RetinoScan: A Portable Fundus Imaging Device with Integrated Machine Learning for Automated Diabetic Retinopathy Detection' was chosen among the top 20 innovations from 3000 projects submitted across India at IRIS 2025, securing her place in Team India @ ISEF 2025.

A flag-off ceremony was held at the Indian National Science Academy (INSA), after the felicitation wherein the awardees were honoured by Prof. Ashutosh Sharma, Padma Shri president of INSA, as they prepared to represent India on the global stage. [G](#) [I](#)

## Winsome writer

### AIS Vasundhara 6

Adrika Singh, a Class XII student, emerged as the national winner of Kizuna Katha 2025, the national essay writing competition organised online by Experience Japan on May 10, 2025. The event witnessed enthusiastic participation from 1481 students representing 151 school across India.

Adrika's essay, titled 'Cultural Diplomacy: The role of soft power in strengthening Indo-Japan ties', was adjudged the best for its insightful exploration of the deepening relationship between the two significant countries.

In her essay, she highlighted the



Adrika with school principal

role of cross-cultural communication, shared values and the rise of technological start-ups as vital pillars of the bilateral cooperation. She was heartily congratulated by school principal Sunila Athley for her achievement. It not only underscores her academic brilliance but also reflects the growing interest and awareness of Indian youth in international relations and cultural diplomacy. [G](#) [I](#)

### We also spotted!

Yana Suresh from Class XI of AIS Noida was felicitated by the Chief Minister of Delhi, Rekha Gupta, for her Bharatanatyam performance at Connection 2025 held at India Habitat Centre on Aug 10, 2025.

# Cycle of care and healing

## Ananya On Making Women Health A Priority - From 'Youth Power' To Global Stage

Praneel Praval, X A and  
Anushka Shrivastava, X B  
AIS Gwalior

**A**nanya Grover, alumna of AIS Noida, wears many hats - software developer, writer, and menstrual health activist. She co-founded PravahaKriti, a social initiative to spread period positivity; started youth-focused Reflections Magazine; and built Maitri, an app connecting seniors in nursing homes with children in orphanages. Armed with her Amity roots and a Princeton degree, she's turned ideas into impact. Her latest venture, HealCycle, is a digital solution for women's mental and reproductive health issues. Ananya shares how Youth Power sparked her crusade against period stigma and beyond.

### Solid start

It all began in school. Growing up, I witnessed the stigma around menstrual health. This inspired our Youth Power project in 2018 -

PravahaKriti - focused on menstrual health equity and fighting stigma. Due to all the work we did as a YP team, I got the opportunity to talk at Amity Noida's TED-Ed club. My talk was selected by the global TED youth conference, and in February 2020 I was sponsored to New York as the only speaker from India. My TED talk 'A Campaign for Period Positivity' got almost 2 million views! After graduating in 2024 from Princeton University, where I majored in Computer Science with minors in Cognitive Science, Tech Policy, and Creative Writing, I was awarded a post-baccalaureate fellowship to build HealCycle - with the mission of alleviating hormonal health struggles.

### Health with HealCycle

HealCycle is a hormonal and mood companion app that guides you through your healing journey with symptom insights and science-backed knowledge. Our 24x7 AI companion, 'Tara', provides emotional support during

every phase, every cycle - focusing on precise mood tracking for conditions like PMDD and PMS. We offer a digital health programme with nutrition guidance, mental wellness tools, and educational content from gynaecologists, psychiatrists, and dieticians. The app, available on iOS and Android, currently has over 1000 users worldwide. The aim is that it will give fertility wellness and menopausal support in the future.

### Inspiration to impact

An initiative like Youth Power really impacted me and strengthened my conviction about women's health. Later, time with The Pad Project - the NGO behind the Oscar-winning documentary 'Period' - gave me the chance to build educational toolkits and join their ambassador programme, where I became a public health track adviser. This work deepened my interest in menstrual disorders like PMDD and menopause and taught me how reproductive health affects women's mental

wellness. Insights from doctors and experts showed me how traditional health systems often miss this intersection. That's what HealCycle strives to address - focusing on both reproductive and mental health, a gap in traditional healthcare systems.

### Message for Amitians

Whether it's a fellowship or pitch prize, you need to answer: Why this project? And why you? Be clear about your goal. Learn from your teachers, and make the most of every opportunity at school.



Ananya Grover, founder, HealCycle

## Album Review

### Notes from the heart

**Album:** this is what \_\_\_\_ feels like (Vol 1-4)

**Artist:** JVKE

**Released on:** Sep 23, 2022

**Genre:** Alternative/Indie Pop, Pop, Mandarin Pop

**Synopsis:** JVKE's 'This is what \_\_\_\_ feels like' is more than just an album, it is a four-part sonic diary chronicling the full spectrum of human emotion - raw, polished, and irresistibly catchy. From the aching vulnerability of heartbreak to the euphoric highs of love, the series moves through introspection, healing, and empowerment. With lush production and emotionally charged lyrics, each volume captures a different shade of feeling and emotions, inviting listeners on a captivating journey through the heart's every twist and turn.

**Why is it worth listening:** This album is a cinematic experience for the ears. The seamless transitions between tracks create the feel of an unfolding story, fluid and immersive. JVKE masterfully blends each track with intention, allowing the listener to be swept into a flawless narrative of love, heartbreak, reflection, and healing. The thoughtful choice of instruments and carefully selected keys add depth and character to every song, making the emotions not just heard, but deeply felt. The production is polished yet heartfelt, creating a soundscape that is both beautiful and relatable. It's an album you can listen to for hours on end - and still discover something new each time.

**My favourite song:** 'Save Your Breath', stands out as a fan favourite for its emotional intensity



and lyrical sharpness. JVKE's voice is raw yet controlled, with haunting vocals that enhance the song's emotional weight. The stripped down arrangement lets the lyrics shine, turning pain into quiet strength. It's a cathartic anthem for anyone who's walked away from toxic love, making it not just a song, but a moment of empowerment and closure.

**Rating:** 4.5/5

**Review by:** Pramith Singh Gupta, AIS Saket, XII A

## GT Travels to USA



Raabhya Pandey, LKG B, AIS Gur 43, poses with her copy of The Global Times at Legoland California Resort. Opened on March 20, 1999, it was the first Legoland to open outside of Europe. The sprawling 128-acre resort boasts of more than 60 rides, shows, and attractions like water park and aquarium.

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