

## GT Author's Desk

What if words could light the way when you're feeling lost? In

'Finding Yourself', **Harshull Grover**, a student of Class VIII D, AIS Gur 43, shares 21 poems that guide readers toward hope, and inner peace. In conversation with **Swati Negi**, GT Network, he shares how writing became his own journey of self-discovery, where each poem has the ability to connect with readers of every age.

## Finding oneself

Writing has always been my way of expressing my thoughts and emotions. I began writing in COVID lockdown, I wrote a lot on various themes like nature and motivation. In Class VI, I joined The Global Times Club and that really changed everything for me. I found that there was a common thread of hope. This journey has been about growth, and self-discovery, hence the title Finding Yourself. I hope readers find a personal connection with the poems. If my book inspires someone to work towards their dreams, then my message has

reached them. It took one and a half years to complete this collection.

## Creative force

GT is an awesome initiative, and it played a massive role in promoting my creative writing habits. I am also part of the 'GT Work X' club, and that's where I got the motivation to publish my book. I truly believe that everyone faces roadblocks in life – whether it is the occasional FOMO (fear of missing out), or not being able to handle too many responsibilities. I was overwhelmed at times, and to lighten this burden, I found myself penning down poems to express myself.

## Sweet surprises

My family had known about my interest in writing, so they were very encouraging. I would read a poem to them each day and they would give constructive feedback. As for

**Title**  
**Finding Yourself**  
**Author**  
**Harshull Grover**  
**Price**  
**199 INR**  
**Available on**  
**Amazon**  
**Kindle**

my friends, I shared with them only after the book was published. They were shocked. Of course, to see the book myself was a moment of great excitement.

## Balancing act

Writing does not hamper any schoolwork or academics. Writing as a recreational activity has only helped me in improving my focus and interest when it comes to school assignments. When you know you can declutter your mind through writing, you will open up to explore new things and ways.

## Support system

My teachers and mentors, especially my English teacher Anmol ma'am, played a key role in my journey. Back in Class VI, she told me I was meant to write beyond the pages of the GT notebook, and she

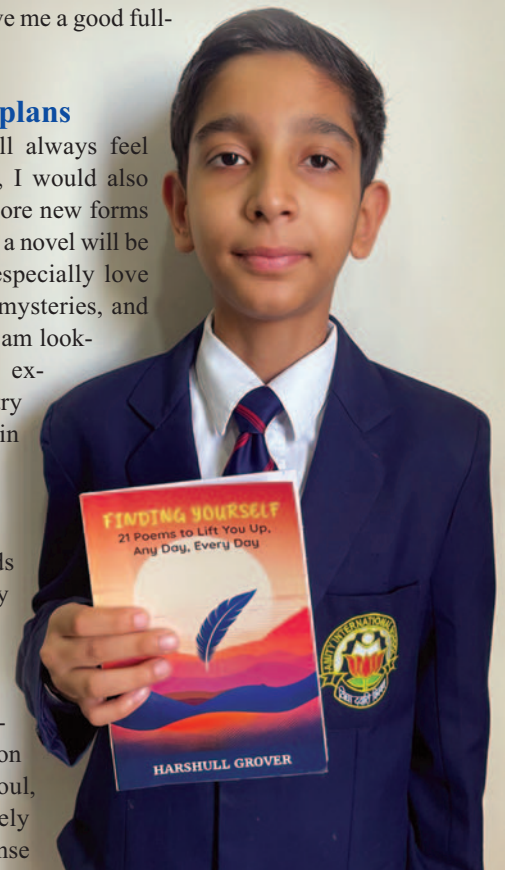
was the first to give me a good full-length review.

## Future plans

While poetry will always feel like home to me, I would also really like to explore new forms of writing. Maybe a novel will be my next step. I especially love fiction, thrillers, mysteries, and cliffhangers. So I am looking forward to expanding and try writing stories in the near future.

## Wise words

Share your words with the world. Try to compile your work and keep refining it. If you believe it can establish a connection with your own soul, then it is surely bound to make sense to others' hearts too.



Harshull Grover with his book



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INSIGHTS FROM AN EXPERT NUTRITIONIST

**SPEAKER: MS. LOVNEET BATRA**

Date : Saturday, 23rd Aug., 2025

Time : 4 PM – 5 PM

Platform : Zoom



A clinical nutritionist with expertise in therapeutic nutrition, Ms. Lovneet Batra helps reverse disease and reclaim health through food. From elite athletes to young students, her work spans across communities-emphasising quality nutrition choice and practical lifestyle guidance. An established author and a member of the Academy of Nutrition & Dietetics, USA, and the Indian Dietetics Association, she is one of India's most influential nutritionists.

Ms. Lovneet Batra will explore how nutrition impacts immunity, mental focus, and long-term well-being in children. With relatable examples and anecdotes, she will discuss building food awareness, debunking health myths, and understanding the deep link between what we eat and how we grow.

In the Q&A segment of the workshop, participants will get a valuable opportunity to ask Ms. Batra questions.

### About Ms. Lovneet Batra

- M.S. - Dietetics  
B.S. - Dietetics (USA)
- Cosmopolitan Nutritionist of the Year 2025
- Consultant at Fortis Hospitals & The British School, New Delhi
- Official nutritionist at the 2014 Commonwealth Games & Asian Games
- BW Wellbeing World 40 Under 40 Award & Bitya Gaurav Award (2019)
- Author of '50 Desi Super Drinks'

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## GT Travels to Kashmir



**Aarav Saxena, AIS Vas 6, V A**, poses with his copy of GT in front of Kongdori station gate, a key mid-point on the Gulmarg Gondola, the world's second-longest and second-highest cable car. The snow-covered Kongdori region, located at an altitude of 3,050 metres in Apharat range, is a top tourist spot in Kashmir.

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