

Nurturing Bharat of 2047



Dr. Amita Chauhan
Chairperson

India has just celebrated its 80th Independence Day, a moment that made us look back with pride at our nation's journey. The official theme, 'Yuva Shakti - Leading the Journey to Viksit Bharat @ 2047', was a reminder that the India of tomorrow rests in the hands and hearts of its youth. As India marches towards 100 years of independence, the aspiration is to become a self-reliant, self-sufficient, and exemplary Bharat. And the citizens who will contribute to this future are sitting in classrooms, colleges, and institutions, acquiring knowledge, skills, and values that will determine the destiny of our nation. As envisioned by our Founder President, Dr. Ashok K. Chauhan, Amitians will make a substantial contribution to the 'Viksit Bharat' of 2047. The achievements of our Amitians makes me believe that this vision is being fulfilled with each passing day. From athletes winning medals at the CWG and young innovators earning recognition at ISEF to students excelling in prestigious national and international competitions, each achievement is a beacon of hope and inspiration. Yet, these victories are not just moments of celebration. They are lessons in discipline, perseverance, passion, determination, ambition, attitude, and integrity. Our mission is to ensure that every Amitian carries these virtues alongside knowledge and skills. For Viksit Bharat will not be built by achievements alone, but by character. As we move closer to 2047, let every Amitian pledge to serve the nation with honesty, courage, and compassion. Let us honour the motherland that has nurtured us, by becoming worthy of her dreams. One step, one Amitian, one day at a time. **GT**

Happy clicking



Vira Sharma
Managing Editor

What is a world without scenic views, picture-perfect moments, and those fleeting frames that somehow stay with us forever? Thankfully, there is a camera to capture it all. Holding that fleeting moment and making it your forever, the camera has done a fabulous job of being the archival host, preserving time; a nostalgic friend, taking us back to times we hold dear; and sometimes, a stronger substitute for words.

So, as the world comes together to celebrate World Photography Day on August 19, it is a fitting tribute to this beautiful art form, and those behind the lens. And there was no way GT wasn't going to hop on to the celebrations. Welcome aboard GT's photography special edition. From paying an ode to legendary photographer Raghu Rai (page 1) to celebrating the best clicks of our own photographers (page 10), this edition captures the myriad hues of photography. And why not? For often, it is the picture that speaks before the story does. It is the photograph that makes us pause, look closer, and reach for the newspaper. It is difficult to imagine a newspaper without the visual language of photographs.

Which is why, while putting together this edition, we found ourselves wondering about the visual we missed for the story 'The multitasking fallacy' (page 6). What would you have seen in it? What image would best tell that story? We would love to see the story through your eyes. So, pick up your camera and share your perspective with us at editorial@theglobaltimes.in. **GT**

Get, set, capture!

The multitasking fallacy

The Myth Your Brain Is Too Tired To Bust

Nandini Rastogi
AIS Mayur Vihar, Alumna

Ever found yourself in front of the TV when the screen asks, "Are you still watching?" only to realise you've been scrolling your phone, texting your friends, pen dangling in one hand and a notebook lying abandoned on the table? Think you're a multitasking diva? Hate to break it to you, but your prefrontal cortex is judging you hard.

Multitasking is when we try to play circus performer. Think of it as juggling two or more tasks simultaneously or constantly switching between them in rapid succession. The truth? You're not multitasking, you're just task-switching. And task-switching comes at a cost, draining your attention, energy, and memory. That cost has two sides: time lost in switching, and focus occupied by your previous task. Ironically, multitasking makes us less efficient, slashing productivity by up to 40 percent. If you've been wondering why you feel burnt-out all the time, you might want to rework your brain's attention schedule. Big yikes if your mind is already sieve-like, as multitasking might just be your biggest opposition. Studies show that heavy media multitaskers have reduced brain volume in the cingulate cortex -

the part that regulates emotions and behaviour. The constant gear-shifting leaves your brain exhausted, more error-prone, and more vulnerable to anxiety and attention deficits. I hope you now know why your attention span is shorter than the Instagram reels you doom-scroll through daily.

But this isn't just an individual problem. Today's world is designed to thrive on a fragmented attention span. Open a website and you're bombarded by ads and notifications. Unlock your phone and you forget instantly why you picked it up. Our environment benefits from distraction, while we chase the multitasking mirage. Committing to a single task can feel as daunting as climbing Everest blindfolded.

The real mastery of multitasking lies not in juggling everything, but in knowing what to

juggle. In other words: monotasking is the new multitasking. Let your brain chill out. It isn't built to focus on multiple things. Instead of opening ten tabs on your phone, try focusing with intention. Methods like *Pomodoro* or the simple three-minute rule can get you started. Pair a high-effort task with a low-effort one, like listening to a podcast while folding laundry. This channels cognitive effort towards a singular task, while still setting that productive rhythm. Efficiency, in the end, is about quality over quantity. You could be half-asleep doing one task and still achieve more than juggling five with an appalling imitation of your full attention. Your brain is not a mirrorball scattering light in all directions. It's a spotlight built to steer your focus and energy to one task at a time. Treat it like the main character it is. **GT**

(Nandini is pursuing B A (Hons) Eco from Kirori Mal College, DU.)



Dear Editor,

I am writing to share my thoughts on the inspiring top story, 'Oye Lucky, Lucky GT!', published on page 1 of the August 10, 2026 edition. What stood out to me was how the 16th GT Awards were presented not merely as a celebration of winners, but as a celebration of curiosity, creativity, and the journey of young journalists. Reading the article felt like reliving the grandeur of the GT Awards; one could almost feel the thump of AIS Saket's vibrant, energetic opening performance and hear the crowd's



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laughter after the stand-up comedy by AIS Pushp Vihar. The article put my thoughts into words, that GT Awards are a reminder that true success lies in learning, collaborating, and storytelling. The article captures the spirit of GT and the memories it creates for every young storyteller. I am sure the article would inspire several budding writers like me to cultivate their ideas into future nominations.

Riddhima Sharma
AIS Vasundhara 1, XI C



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