

NEEV TIMES

.....
SEPTEMBER
2021

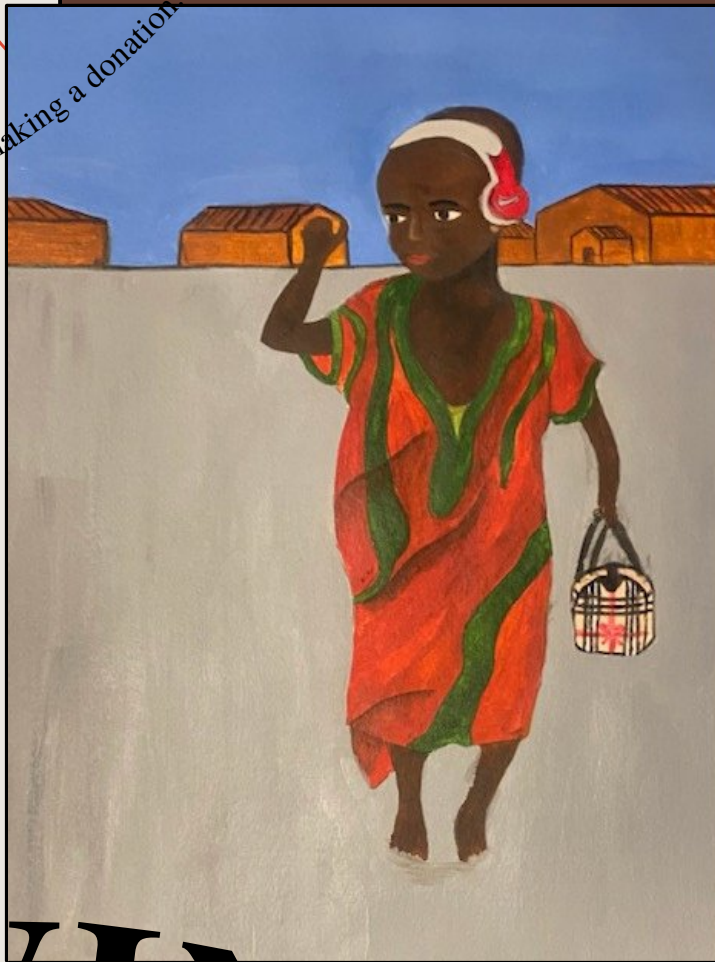
ISSUE No. 23
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"Giving is not just about making a donation. It is about making a difference" - Kathy Calvin

When you are alone by yourself,
Here is something nice to do
Think of making someone happy
Hop ahead of you.

The idea is big and bright
Its shadow is happy and gloom,
With the thought of giving
Make someone laugh and smile too.

POEM BY MYSHA
SARAF, G3



COVER ART BY ANANYA SINGLA, G11

A recreation of "Philanthropy I" by
Panos Antonopoulos

GIVING BACK

The piece seen is a recreation of 'Philanthropy II' by British artist, Panos Antonopoulos. As a part of a series, it intends to highlight the futility of charity and donations. In this, it shows that philanthropy can be deep and diverse, extending the meaning of giving back.

LEADERSHIP SPEAK

A wise woman once said that the two most important decisions a child in India makes are choosing your parents and pin code wisely. I surely did, and so did every Neev learner. From those to whom much is given, much is expected. We must give back. If not us, then who? If not now, then when?



There are three ways to give back; time, skills, and money. Let's not spend time on money, but connect with me when you get your first salary many years from now :)

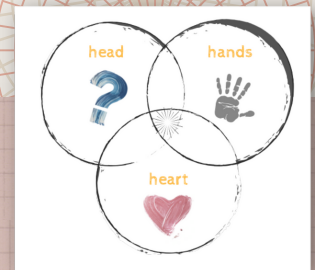
Spend time pursuing passions, livelihoods, and pleasures, but these joys will be amplified by giving some of your time to building community. Being present and mindful with our friends and colleagues are important but other steps could be helping elderly neighbors, younger children or others struggling with work you find easy, or creating a global community of writers, scholars or donors to serve a great need.

Use your skills for good; you have many as Neev students. Some of you are good with people. Some at writing. Some at Sport. Some at Music. Some with caring for and training Animals. Some with technology. Some with Art. Some with listening. Some with Math. I know we urge and expect you to use your skills at school but I hope you also use them for your city, country, family, or class.

We are one of 7 billion people on the planet, only 1 of 100 billion people who have ever lived, and our species is only one of 10 million species. Earth is only one of 100 billion planets in our galaxy, which is just one of 2 trillion galaxies in the universe. We are tiny but our lives are made significant when we give back. How can you make a difference?

- Kavita Gupta Sabharwal, Head of School

EDITORIAL



Curiosity, compassion, and action, as Mr. Balakrishnan said in the recent IDEAS@Neev session, encapsulate Neev's spirit of giving. We can and we must find where we lie in the circles of impact and engage our hands, head, and heart. Be it by reading books with government school students or supporting non-profits.

Frank M. Snowden, a professor emeritus of history at Yale, believes "Epidemics are a category of disease that seem to hold up the mirror to human beings as to who we really are." The pandemic has exposed the weaknesses, vulnerabilities, and inequalities in our society—the public health and education systems are broken. Along with our efforts as students, government spending, reforms, and public support are of paramount importance.

While the changes brought in by last year's National Education Policy are commendable, we are yet to see if it will change outcomes for India's children reliant on government schooling. COVID-19 made education difficult for underprivileged students who may not have access to a device and steady internet, or whose family now needs them to join the workforce. Why was it easy, almost effortless for us to shift to the online pedagogy? Isn't that unfair?

India was unprepared to tackle the pandemic. Our health care per capita pales in comparison to the world average. We have to ask, why is public health expenditure at a meagre 1.29% of GDP? Increasing spending, promoting impetus to research, improving accessibility, and establishing a homogenous standard of healthcare across states are all critical to improving outcomes and mitigating future pandemics. The question is, how will this happen, and when?

In reading more, informing ourselves, and then asking the hard questions—to ourselves, to our peers, to our family—we can create room for conversation. By being aware of the weaknesses, we can take steps to improve our system. If not now, then perhaps a few decades down the line as policymakers, businesspeople, civil servants, writers; innovative thinkers and leaders.

Agree? Disagree? Write a letter to the Editor (neevtimes@neevschools.com) voicing your opinions.

STUDENT GOVERNMENT SPEAK

“The best way to find yourself is to lose yourself in the service of others” - Mahatma Gandhi.

Service has always been an integral part of the Neev Community and culture. The news surrounding the pandemic and the stories of the less fortunate act as a strong reminder of the privilege we possess. Keeping this in mind, the Student Government collectively decided there was no better way to start the year than by giving back to the community. The Cuddles Move for Good initiative was our first service initiative of the year, conducted as a way to creatively collect funds to fulfil the nutritional needs of children suffering from cancer. The participation that we got in this initiative was encouraging to say the least and in the remainder of the year, the Student Government looks forward to your continued support and enthusiasm.

We also look forward to announcing many more service-related, cultural, and house initiatives that cater to the diverse interests of members of our student community. As always we would love to receive your inputs, feedback, and suggestions on how to take the Neev community to greater heights.

- Disha Ajit, President of Neev Academy

Get to know your Executive Council

Disha Ajit, President



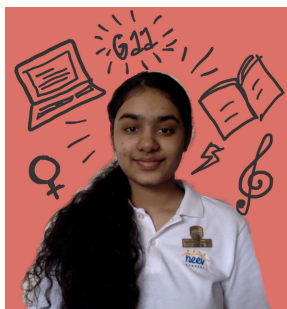
I'm an avid reader, pianist and history blogger. A student of Neev for several years, this year I was excited to have the opportunity to give back to the Neev Community through the student government. As President, my primary goal is to encourage transparency and create an inclusive environment that caters to a wide range of student interest.

Pranav Gupta, Vice President



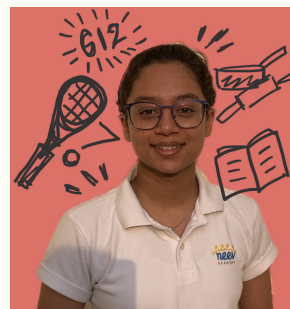
I am passionate about track and field, Mathematics, and Economics and have found that building anything from the ground up appeals greatly to me. Over the next year, I aim to learn the boundaries between delegation and micromanagement and help establish frameworks that last well beyond my time at Neev.

Gauri Padmanabhan, Programme Director



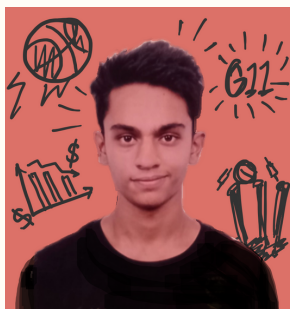
I love to spend my time reading, listening to music and researching issues surrounding women. My goal for this year is to create a stronger community by providing more opportunities for active discussion and collaboration. I hope that as the Programme Director, I can work towards making the school environment feel safer and more inclusive.

Anika Hiremath, Treasurer



I enjoy reading, testing new culinary recipes, running, playing squash, and binge watching crime/thriller TV shows. As treasurer, I wish to be the wind beneath the wings of Neev students, enabling them to pursue their own hobbies and interests. Additionally, I aim to work towards creating a long-lasting legacy for service at Neev.

Mudit Kohli, Sports Captain



My interests include sports (cricket and basketball), Economics, and Geography. I love facing challenges as it pushes me out of my comfort zone. My goal for this year would be to increase levels of participation and emphasize the importance of sports and wellbeing within the community.

Raghav Choudhuri, Vice Sports Captain



I enjoy reading immensely and am an avid guitar player. But, as my role insinuates, sports and fitness are what I dig the most. In my role as a sports vice-captain, I aim to instil the same passion for being fit among my fellow students at Neev.

Get to know your Editorial Team

**Mehr,
Chief Editor**



I love to read; my "book of the year" is *Munnu* by Malik Sajad. I enjoy cooking; I recently mastered cinnamon rolls! And I love to write; which is why I am thrilled to be a part of the Neev Times Editorial team. My goals this year are to increase Neev Times' presence in the school community, create more opportunities for students to express themselves, nurture serious readers and serious writers, and to enjoy the process.

**Noor,
Chief Reporter**



I spend my time beyond work reading, exercising, spending time with my family and friends, playing the flute, and delving deep into the struggles of our developing world. My goal as Chief Reporter would be to push students to find their viewpoint and uniqueness through a factual argument. I hope the Neev community engages more with this forum so we can look back in 20 or 30 years to see an accurate representation of who we were and who we were becoming.

**Mihika,
Books/Opinions
Editor**



Apart from being passionate about reading and writing, I'm also deeply interested in Physics and Biology. This year, I hope to make the Neev Times a safe space where people can freely express their opinions without a fear of judgement. I also hope to evoke an interest for literature in everyone at our school community, because I am sure that, there are books out there for everyone, no matter where your passion lies.

**Yuvika, Design
& Production
Editor**



In my spare time I like to experiment with baking, arts and crafts, and all things DIY. I also enjoy spending time with my family and friends, bingeing shows and playing cards. As Design and Production Editor, my goal this year is to make the design of the Neev Times appealing so its more compelling to read.

**Ira, Chief
Reporter PYP**



Hi! I'm Ira Dwivedi, the Chief Reporter PYP. Some of my hobbies are reading, cycling with my friends and solving puzzles. I am very excited to work with the incredible talent in PYP and showcase it in Neev Times. Let's make this our best Neev Times year yet!



IDEAS @ NEEV



On the 31st of August, Mr. Rathish Balakrishnan visited the Neev students virtually to discuss impact. As the co-founder and managing partner at Sattva, a consulting and implementation firm focused on social impact, Mr. Balakrishnan spoke of formative experiences and individuals. Mr. Balakrishnan's, as with all humans, were influenced by his time and life. From his father, he learned the value of hard work; from his mother, the importance of lifelong learning; and from his grandfather, the values of service and equality. He also said he has lived the way he has "thanks to the kindness of strangers". From scholarships and advice to national economic shifts, pieces fell into place. Sometimes the way out of poverty is "kindness, sometimes it's entrepreneurship, sometimes it's opportunity". In his case, all three came together to show him his Ikigai: his purpose to help alleviate poverty in his country.

Mr. Balakrishnan chose to put these thoughts into action and inspired us to do the same. When we think of poor people we often think of "people we don't meet", but in most cases, this narrative is "much closer to home, and sometimes within". The important question to ask ourselves is, *why are the poor disadvantaged?* India is one of the few countries in the world with both poverty and democracy, as economic and social deprivation is often accompanied by political inaccessibility. People are defined as poor because they are denied the right to essential services, the right to participation, they are both vulnerable and resilient, and their fundamental rights are not respected. The question this leads to is, *what can we do?* There are a few major approaches to this. First is economic growth: 105 million people came out of poverty in India 2005-2015, which is a phenomenal feat. By working consistently to create jobs, generate revenues, and provide products and services for all, equity is promoted. Next is through reform. Through this path, the interests of the poor can be safeguarded, and governance and the philanthropic ecosystem can be better organized. Lastly, while compassion may seem mere in the face of a problem of such scale, internal commitment is the first step to external action.

To start your journey with giving back, question your surroundings, hold on to an anchor that you believe in, and measure your distance from there. Remember, it is okay to fail because you're doing yourself a service. Neev is on its way to becoming one of the best schools in India, so let us do our bit for this cause.

- Neev Times Editorial Team



WHAT'S HAPPENING IN AFGHANISTAN?



Was it justified for Biden to withdraw US forces from Afghanistan?

"So, should President Biden have withdrawn troops? Yes"

The ongoing Afghanistan crises stem from the West's anti-Communist ideology; a thought process of the past. The rise of the Mujahideen and the Taliban; the harboring of terrorist groups in Afghanistan and the ongoing civil conflicts have a key uniting factor– the USA’s savior, and military-industrial complexes, hidden in its foreign policy. They caused absolute carnage and destruction with enough evidence seen in Iraq, Vietnam, Korea, and of course, Afghanistan. It’s a new world order, and the Cold War and its protracted conflicts have overstayed their welcome. **So, should President Biden have withdrawn troops? Yes**, he should have. Ineffective and unnecessarily rushed? Yes. And as seen with past parallel conflicts, who experiences the fallout? Enlisted soldiers, innocent men, women, and children of Afghanistan, whose lives are now under threat by no fault of theirs.

- Maithreya Karthik, Grade 12

"They should not have left "

Leaving Afghanistan when it is still not an independent nation was a foolish move by the United States. The unstable political climate caused by the USA was the unaddressed underlying issue. When the USA initially invaded Afghanistan, they were able to keep the country peaceful. However, in the last few years, poor management allowed a resurgence in tension. As the power controlling the country, the USA had a responsibility to make sure that the conflict within the country was resolved and the government could preserve its sovereignty. **They should not have left** until they made the country capable of surviving without them. As with their previous invasions, they created a power vacuum when they left, allowing for a radical overhaul. They were wrong, and the worst bit is that they don’t bear the consequences. They are borne by the little girls married off to middle-aged men, those least involved in the conflict.

- Vedant Rao, Grade 11

As the USA's forces left, the Afghanistan military fell to the Taliban in five days. The American intelligence estimated 90 days. This great miscalculation left many Afghans unable to escape. There are reports of public flogging, Taliban fighters forcing women to marry their soldiers, and to stay at home unless accompanied by a man. These patterns of oppression can be traced back to the Taliban’s treatment of women. In such a time, it is extremely easy to forget humanity. Afghanistan's hope in kindness and goodness is dwindling. It is our moral responsibility to help them not only escape such a place but remind them of the good parts of the world. So, in their time of struggle we need to do all we can, whether it is to donate to relief efforts or apply international pressure on the Taliban through petitions.

- Aditya Braganza, Grade 9

It is our goal and aim to educate you about the wonders of the universe. If you are another science enthusiast looking for the best way to enrich yourself with some knowledge, then this is the perfect magazine for you. In the words of Confucius: “He who knows all the answers has not been asked all the questions.”

- Akhilesh Balaji, Grade 9

Making Science Accessible to Everyone, for Free.*

An Expert Every Issue



Venki Ramakrishnan
Nobel Prize Winner
on the structure of the ribosome
Issue #6



Roopa Pai
Author
on plasma therapy
Issue #4

Articles written by students
and much, much more



www.thegeekly.net



*this is a student-led initiative

OPINION WRITING - PYP

How can you help your community and those around you during the pandemic?

This pandemic has hit us all, although to a few it was more unkind than others. Just because we are young, doesn't mean we can't extend our little hands and help others. Helping doesn't always mean doing something big or offering money and riches. It can be a small gesture like giving someone a mask for safety or sharing your sanitiser.

The security staff of my community faced a few challenges because of COVID. Due to fewer people working, the staff was given no holiday in a week at all. They had to work around the clock. My friends and I decided to take action. Even though we could not do much to change their situation, we tried to make them feel better. One of my friends wrote a poem dedicated to their hard work, the other suggested we stop by their cabin to thank them for all they have done for us. On my persistent request, my mother agreed to serve them evening tea and snacks everyday for the rest of the year.

We were not able to give them a day off or extra money, but we surely were able to lift their spirits. In my opinion, a small action can create a big difference. It created a domino effect by starting a cycle of happiness in the community. If we all help our communities in whichever way we can, we help the world overcome this pandemic with ease.

- Guneeva Kalkat, Grade 3

I will help my community and society in this pandemic by encouraging them to do all sorts of new stuff. For example, physical activities like playing table tennis and football instead of watching the screen all the time. I can help everyone become fit and energetic. I can also help them be active and creative by asking them to sign up for different classes like art & music classes online. This will improve their habits, reduce looking at the screen & becoming active and fit.

I will also help my class to start reading instead of looking at the screen. They will have more knowledge about different things, and that knowledge can be shared in class. I will also exercise & read myself so that I become a role model for the community & society.

I wish everyone a safe & healthy living!

- Esahaan Jaikhani, Grade 4

China has limited kid's gaming time to 3 hours a week. Is this a good decision?

I agree that it is a good decision for China to allow kids to play video games three hours a week.

If kids play video games every day for long hours, they will experience muscle pain, sleep deprivation, lack of vitamin D (because they won't play outdoors), dry eyes from staring at the screen, and children won't be able to focus on their studies.

I feel that when kids play video games for a shorter time, they can do educational activities like reading, playing outdoor games, board games, and drawing. This will help kids increase their knowledge along with playing video games.

- Anezka Iris Sequeira, Grade 2

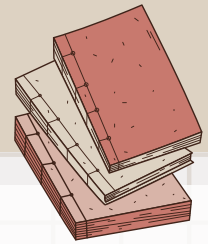


I think it is good to restrict gaming time for under eighteen year-olds because long gaming hours are not good for their physical and mental health. Children may become lazy and lead a sedentary lifestyle. They don't get any physical exercise or develop any sporting interests. It is also bad for their eyes because they are in front of the screen for 5-8 hours in the day for online schooling. While staring at a screen we do not blink, and that is very important for the eyes. Long gaming hours are also very bad for mental health since children do not get a chance to develop their social skills— they are not going outside, interacting with people and getting fresh air.

However, this rule it is not good for children who enjoy video games. As I am also a child, I understand they may be sad (but I don't play any video games!).

- Zaara Salvi, Grade 3

BOOKS AND LITERATURE



Book Spotlight

Watch Us Rise
by Renee Watson, Ellen Hagan



Watch us Rise is a spirited and thought-provoking novel about the struggles that modern women continue to face, even today.

Jasmine and Chelsea, 2 juniors at their high school in New York, are tired of the way people constantly judge them — for the shape of their bodies, for the colour of their skin, and of course, their gender. These young feminists establish a blog that soon transforms into a fully-fledged gender-equality club, which wreaks havoc onto the social hierarchy of their high school. Narrated beautifully through an interwoven mix of both Chelsea and Jasmine’s narratives, *Watch us Rise* is a hard-hitting novel that will urge you to question the social constructs that are unintentionally rooted in our day and age.

Neev Book Awards 2021 Winners



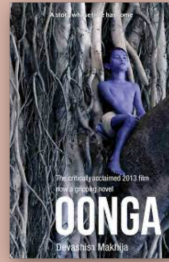
Early Readers



Emerging Readers



Junior Readers



Young Adult

Neev Book Awards in 2 minutes

Click to watch



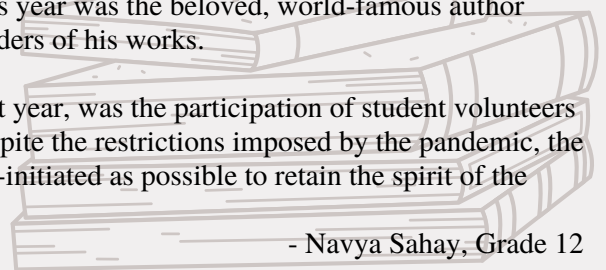
Neev Book Awards

This year's Neev Book Awards shortlist featured a wide variety of books from authors around the globe. From William Dalrymple to Karan Johar, the diverse narratives created by these authors are all available on Neev's Amazon page.

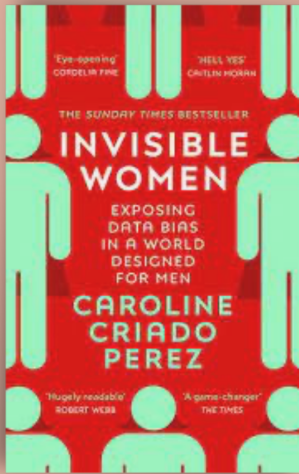
A celebration of all kinds of literature—ranging from fantasy to realistic fiction to non-fiction—the ceremony as depicted by our founder, is truly a global initiative. The jury consists of two children's writers, two school educators, two librarians, two university professors, and one anthropologist. All kinds of topics related to the humanities are explored in these literary works and were discussed in the panel discussions, carrying on the well-established tradition from previous years. Additionally, the keynote speaker this year was the beloved, world-famous author Ruskin Bond, whose appearance generated hype amongst eager readers of his works.

A new element in this year's Neev Book Awards, different from last year, was the participation of student volunteers who have signed up to promote the event and anchor it as well. Despite the restrictions imposed by the pandemic, the Neev Book Awards team made it as student-interactive and student-initiated as possible to retain the spirit of the Neev Literature Festival in the physical mode.

- Navya Sahay, Grade 12



Invisible Women by Caroline Criado Perez



Caroline Criado Perez's *Invisible Women* highlights the systemic oppression of women around the world. We often don't stop to question why things are designed the way they are and more importantly, whom they are designed for. Women tend to accept inconveniences as realities, and this book delves into those 'little' inconveniences to uncover a world of prejudice.

Women's rights activists are often pushed aside with many claiming they don't have enough evidence. This is where *Invisible Women* shines. This book analyses data, providing a clear, unbiased description of women's standpoint. The facts encountered in the book push us to see that we really do live in a world designed for men. They are assumed to be default humans.

In fact, if many of us were to imagine an unspecified person in our minds, we would immediately imagine a man. The ways in which we talk to each other, the way phones

are designed, the way roads are plowed when it is snowing, and most shockingly, the way airbags are designed are all based on male preferences or ideals. It took until 2011 for carmakers in the US to start using crash test dummies based on the typical female body. Females are treated as a minority, when in reality, they are a majority. We must realize that the female experience is not niche, it is something that must be taken into account in all aspects of society.

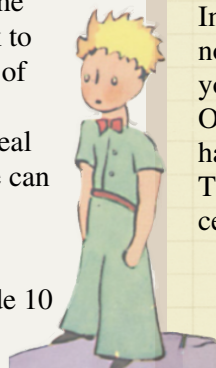
In the theme of 'Giving Back', this book asks us to pause and reflect on the treatment of women around the world while showing us possible solutions. As we diverge on our paths as students, we must be sure to educate ourselves on the struggles of women and help make systemic changes to ensure equity.

- Gauri Padmanabhan, Grade 11

The Little Prince by Antoine De Saint-Exupery

The Little Prince, a fable written by Antoine de Saint-Exupery, is a modern classic that tells a story of a young boy who explores the universe. The novel has been translated into hundreds of languages, making it one of the best-selling books in history.

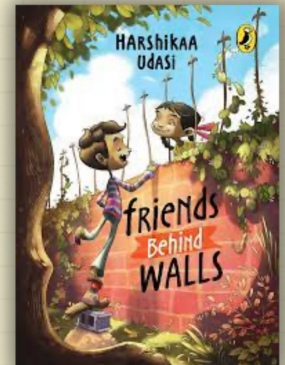
The Little Prince draws unflattering portraits of grown-ups as being narrow-minded in contrast to young kids who come with open mindedness and willingness to explore the world around them and within themselves. The main theme of the fable is expressed in the secret that the fox tells the little prince: "it is only with the heart that one can see rightly: what is essential is invisible to the eye." This can be viewed as giving back to the community because the main theme of *The Little Prince* is the importance of looking beneath the surface to find the real truth and meaning. It teaches us how we can truly help people.



- Suhaani Haque, Grade 10

Friends Behind Walls by Harshikaa Udasi

Inu and Putti, 2 kids, have created their own version of Mr. Om Namaha's (Real Name-Chimanrao Gadabade) recital because everyday he wakes up in the morning and evening to sing his prayers-'Om Suryaya Namaha...'



Friends Behind Walls is written by Harshikaa Udasi and is illustrated by Krishna Bala Shenoi. I would recommend this to kids from Grades 2-3 who love mysterious and adventurous books!

Friends Behind Walls is a very funny story which is about 2 children called, Putti and Inu (real names Neel-Putti and Indrani-Inu) who solve a mystery of why their parents do not allow them to be friends, and the reason behind it. Do you think they can solve this mystery with the help of Mr. Om Namaha and Dr. Solanki (A-know-it-all)? Or do they have to go to TM or Tekdichi Mhatari (A mind reader!) on Temple Hill? Read the book to find out more and you will certainly roll on the floor laughing!

- Aarika Natarajan, Grade3

ARTS

Tolu Coker: The Designer Bringing Autonomy in Fashion

“What I find most interesting in fashion is that it has to reflect our time. You have to witness your own moment.” - Creative director of Louis Vuitton, Nicolas Ghesquière.

Fashion is an instant language that constitutes a visual commentary of who we are and what our history is.

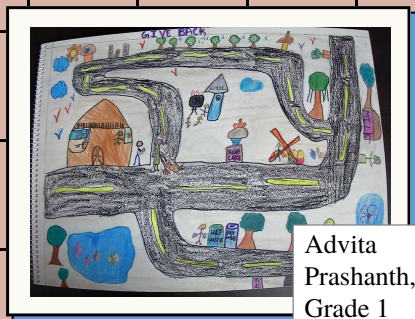
Tolu Coker, a British-Nigerian fashion designer, has always been fascinated by identity and the role of apparel in navigating and perceiving oneself and others in society. At 24, she launched her eponymous fashion label in 2018 and has used it as a vehicle for mounting equity and social change. Coker was recently named one of the 25 creative leaders of the future by Theaster Gates for her work that creates supportive, inclusive, and diverse spaces where people can explore autonomy in fashion. Her label is rooted in community, craftsmanship, and cultural inclusion, all while supporting ethical practices. The collections are locally manufactured, using sustainable methods and upcycling waste materials when possible.

Fashion is one of the most evident and tangible means to trace and influence societal change. However, the industry tends to design around consumers that we are expected to assimilate, but don't exist. Rather than catering to these unrealistic ideals, Tolu Coker draws inspiration from authentic experiences and interactions, making her work the epitome of cultural identity in fashion.

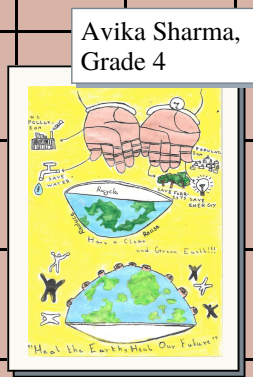


- Kriti Sarawgi, Grade 12

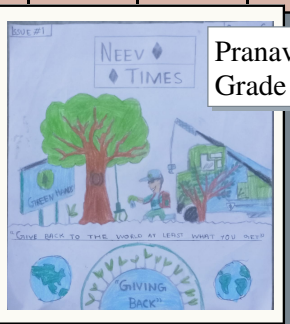
Art on the theme of Giving Back



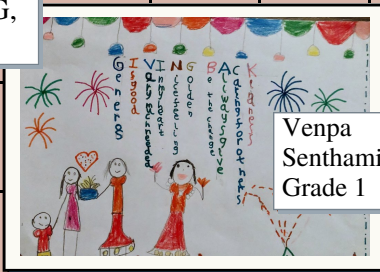
Advita Prashanth, Grade 1



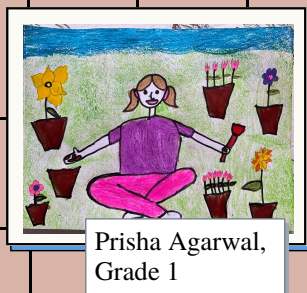
Avika Sharma, Grade 4



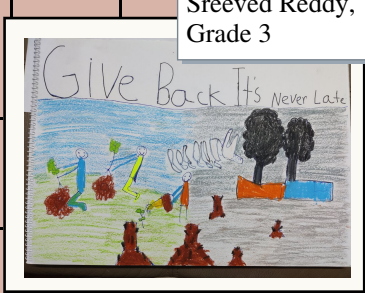
Pranav G., Grade 5



Venpa Senthamil, Grade 1



Prisha Agarwal, Grade 1



Sreeved Reddy, Grade 3

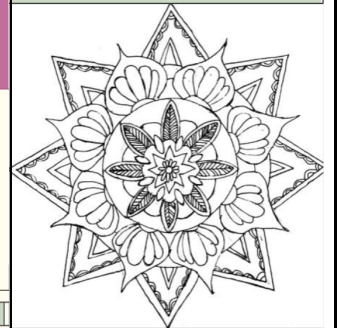
amarite
Art while apart

Amarte is a combination of "amar" and "arte" - the love of art

Hello from Amarte! We're a team of students running online art sessions, varying from sketching and doodling, to calligraphy, origami, and even game nights!

Our sessions range from casual to instructional, and it's okay if you don't know how to do art, because we require no prior experience!

Our lives aren't the easiest and Amarte hopes to provide a space for you to take a break and relax, even if it's only for a bit.



Unwind session!



The next session in our Unwind series will be Blackout Poetry! All you need to do is select written pieces of text from parts of a poem, and black out the rest. This session will happen on September 17th and is free to join! Everyone is welcome and we hope to see you there!

Follow us for more!

Instagram: @amarite.in
Facebook: @amarite.in

SPORTS

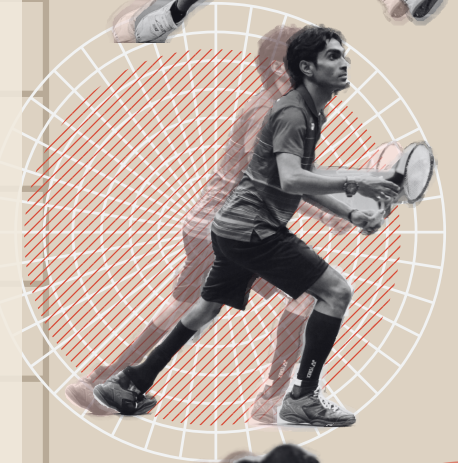
2021 Paralympic Games

The Paralympic Games are amazing. It gives athletes a chance to show their passion and enthusiasm while doing something they love. Although all the athletes have disabilities, they have fought through the odds. After a historical performance in the 2021 Paralympics, it is now time that we pay tribute to them.

The recent Paralympic games have brought to fore India's need for good training facilities that can give everyone - young and old, hurt or healthy, poor or rich - the opportunity to achieve their sporting ambitions. Athletes' performances have encouraged many around the world to start playing sports, and not be discouraged by their disabilities or any other obstacles. The legacy of these athletes can only continue if future generations have better access to infrastructure, facilities, and opportunities that enable them to reach the same levels of success.

There has been an observable change in India's attitude towards sports. It is no longer just about watching cricket on the television. Parents are now much more open to the idea of their children pursuing a wide variety of sports. With the help of NGOs, many people who face the hardships of disabilities or poverty can also confidently follow their dreams. All athletes would like to pass on their love of the sport to future generations, and we should take it as our responsibility to help them do so.

- Naman Shastri, Grade 5



Ronaldo Is A Red Devil Again!

Ronaldo, named after President Ronald Reagan, recently made headlines with his return to Manchester United. For those of you that don't know him, Cristiano Ronaldo dos Santos Aveiro was born on February 5th, 1985, and is a Portuguese soccer superstar. He had a difficult childhood with an alcoholic father and a mother with breast cancer working as a cleaning lady. He didn't attend football classes but he loved the game so much that he would miss meals and escape out of his window to practice. Even a heart surgery at the age of fifteen did not keep him away from football. He is over 6 ft tall and he can jump 44 cm in the air, which generates five times power of a wild Cheetah in full flight.

He lifts a total of 23,055 kgs during his weight training, which is like lifting 16 Toyota Prius cars. He started as a right-winger, developed into a forward with a free-reined attacking style and slight-of-foot style. Ronaldo was only 16 during his first stint with Manchester United. He was paid a record fee of 12 million pounds. Today he plays as a left-sided striker. His return to Manchester United has inspired many while leaving others in doubt. Many argue that at the age of 36 he has crossed his prime.

However, others say that because he is 28, he dared to stay in the English Premier League unlike other aging players in the past (Eg: David Beckham). In his debut match on 11th September 2021, he scored two goals. In 2012 he sold the Golden Boot that he won in 2011, for 1.5 million Euros, and gave the money to "go fund schools in Gaza". This is the side of Ronaldo that is least talked about.

- Avyay Agarwal, Grade 6



The Science Behind Gratitude

Many people consider gratitude a product of polite society, perfunctorily performed, with no tangible reward towards oneself. However, this may not be completely true. Studies show that gratitude benefits you more than you realize.

One such test was carried out on three groups of people. The first group was instructed to write letters of gratitude, the second was instructed to write about their daily concerns, and the third was instructed to not write at all. One might think, "Gratitude letters? What difference would such an insignificant act make?" Well, surprisingly enough, the group using words of gratitude reported better mental health for nearly 12 weeks after this exercise. But why? How can five minutes of letter writing rewire the brain to improve a person? The 'Greater Good Magazine', a science-based online journal, analyzed the results of the experiment, to find that the group that wrote the letters used a higher percentage of positive words in their future communication than the others, resulting in a more positive mindset.

To further this experiment, a Functional magnetic resonance imaging (fMRI) scanner measured the brain activity of these participants during a particularly interesting activity: their brain function was monitored as they donated sums of money to charitable causes. During this experiment, the scans revealed that people who had written gratitude letters and felt truly grateful had increased neural sensitivity in the medial prefrontal cortex. This section of the brain is responsible for decision-making and learning. This means that those who had experienced gratitude had increased capability in decision making and judgment. Clearly a benefit.

A similar experiment was carried out by psychologists Dr. Robert Emmons and Dr. Michael McCullough, who discovered that along with the medial prefrontal cortex, the anterior cingulate cortex also showed increased neural sensitivity during experiences of gratitude. The anterior cingulate cortex is primarily associated with morality, empathy, and judgment. Yet another benefit. Additionally, subjects also reported lower fatigue, depression, anxiety, and inflammation, reducing the chances of heart failure.

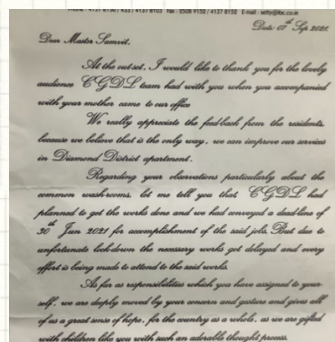
So what can be made from this study? Gratitude can change the way you think, and the moods you go through, obviously, for the better. So, if your brain was a machine, gratitude would be a pint of oil to grease its gears.

- Kabir Basu, Grade 8

WALL OF FAME

"In effort to make positive impact in my neighbourhood community, I wrote a letter to my building management authorities about hygiene and sanitation condition of the complex."

- Samvit Desai, Grade 1



Anezka Iris Sequeira (G2) attended the Grade 1 Music Theatre exam conducted by the London College of Music and scored a distinction.

Request: Please fix the common restrooms and surrounding area as soon as possible.

Suggestions:

1. Deep cleaning.
2. Regular water supply.
3. Soap and other accessories.
4. Dedicated housekeeping staff.

My responsibility:

1. I will make posters to spread the message and distribute in all the block.
2. I will discuss the importance of hygiene with friends and others in block.
3. I will keep the washroom clean after use.

So let us all come together to make Diamond District clean and beautiful. Kindly do the needful. Waiting for you.

To: The office Diamond District.

Dear Sir,

Hello. How are you? I am Samvit. I am 6 years old and stay at L-43. Diamond District is a lovely green building. It has huge park, pool, clubhouse, sports courts, fish pond and lots of trees. I have made lots of friends in DD. I love it.

But there is a BIG PROBLEM!

- * The restrooms and washroom area near the clubhouse are very dirty and smelly. There is no soap or tissue paper near the basins. The floors are filthy and wet. Also there is no drinking water facility in the public space.
- * This problem adds a lot of inconvenience.

Floors stay dry!

Leave the door closed.

Use toilet paper wisely.

Soft voices, please.

fold down the flusher!

Vaccine Mandates And The Power Of A Community

The monumental American vaccine mandate has been all over the news this month. Depending on where you get your news, you have likely seen opinions that range from hearty approval of the move to rage at the Biden administration for stripping away the freedom of choice for getting the vaccine. The mandate has brought with it a domino effect: countries like Greece, Italy, and France are following the lead of the USA, though their mandates are aimed primarily at care workers rather than federal employees.

We must first understand why the mandate was announced in the first place. In America, only about 40%-60% of municipal employees have opted to get a vaccine. According to WHO, "Reported side effects to COVID-19 vaccines have mostly been mild to moderate and short-lasting.", so negative side effects, other than a possible fever, are short-term and mild. These employees interact with a large number of people on a daily basis, so unvaccinated employees mean that there will be more chances of the virus spreading.

Many were unhappy and angry with this turn of events. Religious and philosophical beliefs have long been accepted as reasons for not getting vaccinated. However, with these mandates, those reasons become null and void. This is why some people believe that their freedom of choice, which is an essential right, is being stripped away. This outrage is being used by Republican leaders to paint democrats and by extension the liberal "left-leaning" side of politics as a force that wants to take away freedom. This is a bad image for any administration to have, let alone during a pandemic.

Getting this safe vaccine is the best way to ensure that the pandemic ends quicker. It brings the US one step closer to herd immunity, with the rest of the world following its wake. The raging debate sparks interesting questions: What comes first - giving back to the community for the good of everyone, or your belief system and philosophy? In situations like these, can you compromise between them, or is it set in stone?

- Aditi Magesh, Grade 10

The Warming Climate is Causing Animals to "Shapeshift"

Climate change is something that everybody around the world has to face. But do you think climate change is a war with only humans? Well if so, then you are wrong. It affects the birds and animals that live with us on this planet too! Well, the downside is that the warming climate is causing animals to shapeshift.

Climate change is a multifaceted phenomenon on Earth that we have known for centuries. But until the 21st century, we have known what the side effects can be to animals and birds. Strong shapeshifting has particularly been reported in birds. Several species of Australian parrot have shown, on average, a 4%-10% increase in bill size since 1871, and this is positively correlated with the summer temperature each year. North American dark-eyed juncos, a type of small songbird, had a link between increased bill size and short-term temperature extremes in cold environments. There have also been reported changes in mammalian species. Researchers have reported tail length increases in wood mice and tail and leg size increases in masked shrews.



A starling sits in the cherry tree blooms along the Tidal Basin in Washington, DC. Researchers say some starlings has seen an increase in bill size.

Some warm-blooded animals are shapeshifting and getting larger beaks, legs, and ears to better regulate their body temperatures as the planet gets hotter. Some species of mice are getting larger ears which can be a downside to their population. This could affect humans due to certain mutations in the human DNA. Apes and humans are connected as well and sources notify us that human-like mammals may be next in line!

We also have signs that no cold blooded animals have been affected by the shapeshifting problem as of yet because of body temperature and DNA structure. We have yet to find out what is coming next in the line of climate change. Would it be possible for cold blooded animals to start shapeshifting? Would humans start shapeshifting? Let's find out!

- Pranav G, Grade 5

Strengthening India's Neev

Neev means foundation. As a nation, we need to work towards strengthening this by giving back. But giving back does not only exist in the form of philanthropy and there are numerous individuals who have demonstrated that.

The co-founder of Infosys, Nandan Nilekani, drove the Aadhaar initiative, revolutionizing the Indian government's welfare programs. He started this journey in 2009 when he left Infosys to supervise the government scheme aiming to provide identification for all Indians. A year later, ten people from Tembhli, Maharashtra received the first Aadhaar numbers in the country. A decade later, this program has 1.2 billion enrollments. This important technological tool allowed the poor to receive benefits without any middlemen via direct benefit transfer (DBT). This concept has saved the government about Rs 49,000 crores so far. The project identified almost every citizen in a country of 1.39 billion people.

Another significant individual is 2014 Nobel Prize winner Kailash Satyarthi. Since 1980, he has been at the forefront of the global movement to end child slavery and exploitation. By establishing Bachpan Bachao Andolan, he liberated, educated, and rehabilitated around 85,000 Indian children. He also started the Bharat Yatra march in 2017 in which 1.4 million people walked to end child sexual abuse and trafficking. He said that "on the first day of [his] schooling, [he] saw a boy, the same age as [him], sitting outside the school and looking at [his] shoes. [He] was very disturbed." Something sparked inside of him, and the desire to help these children never left him. Satyarthi says that the dreams he sees in the eyes of the children motivates him to keep fighting for their rights.

It is important to give back to the country from which we take so much. We must work hard for our community, whether this be our school or our country. The examples of Nandan Nilekani and Kailash Satyarthi display that however high we soar, appreciating and giving back to the community to which you belong and care about is what keeps one grounded. A tree absorbs water and minerals from its roots, but its' leaves also prepare food and transports it back.

- Pihu Saraff, Grade 8

STUDENTS' VOICE

Save The Environment! Stop Garbage Accumulation!

What is garbage accumulation?

It is what happens when an area is littered with various sorts of waste which are not disposed of properly, leading to piles of garbage dumps.

In some communities, there are often no bins and so we end up littering. That waste is then dumped in another area, creating pollution. Garbage accumulation happens because of the ignorance and carelessness of people, and sometimes unavailability of trash bins. Although humans are the most powerful and intelligent animals on this planet, we are sadly the primary source of generating waste. By not following simple rules and disposing garbage properly for garbage segregation we are not only creating a problem for ourselves, but also for other living things through no fault of their own. These toxic and unsegregated piles of garbage become feeding areas for the animals which is extremely harmful. For example, when we throw our waste in water bodies, the aquatic or marine animals eat the garbage, which can make them choke or even die. This is also one of the causes of global warming as decomposing waste releases carbon dioxide into the atmosphere.

Imagine a place full of landfills. Would you like it? Think sensibly and act now, before it's too late.

- Avika Sharma, Grade 4



Mother gives us Life
Parents give us Love

Sun gives us Light
Earth gives us food and fabric
Sea gives us water and whales
Sky gives us rain and rainbow

Forest gives us trees and timber
Writers give us fables and fairytales
Technology gives us roblox and robots
Books give us education and entertainment

Why Oh Why
Should we hesitate to give to others?

- Aishwarya Sandy Sree, Grade 4

Giving back to the planet means that if you take water from rivers or the ground, you have to give water back to the plants. When plants give you oxygen you have to leave your windows open so that you can get oxygen and the plants get the carbon dioxide you breath out.

- Ananya Jayanti, Grade 1

The month of September, designated as National Save a Tiger Month, serves as a reminder that the largest cat in the world is struggling for survival. In India, there are around 3,000 tigers left in the wild.



- Ishika Mehta, Grade 3

Deforestation

By cutting the trees, We kill the breeze!
The pain we cause makes Mother Earth weep!
The time they take to grow,
And in no time we cut and throw!

The shade they provide with purity,
Is bladed down with no humility!
The beauty is stolen by being mean,
from the nature of golden green!

The amount of trees that are fallen,
Will have no life for raising new humans!
It's time we take some action,
Bring back the greenery with compassion!

Check out for ways to plant in place,
Bring in the awareness and spread them to grace!
Choose to nurture this gesture,
And embrace the blessings of nature!

- Hammad Saad, Grade 6

10 Simple Ways of Giving Back:

1. Donate your old books to the library
2. Read aloud with children who can not read
3. Lend your books to your helper's children
4. Donate your outgrown shoes
5. Donate your outgrown dresses
6. Help set up the dining table
7. Help clean the garden
8. Help water the plants
9. Help fold clothes
10. Help clean stuff after class

- Bharka Chandra, Grade 1

HEARING FROM OUR SENIORS



***Shashank Prabhu,**
Student at Eindhoven
University of
Technology*

Recently having moved abroad, there is one thing I'd say all of you must do. At the expense of sounding cliché, spend time with your family and friends. Go out on holidays, cook together, go hiking, have a game night. Do anything, have fun and make memories. Trust me, when you are in a foreign nation burdened with bureaucratic work, missing home-cooked food and trying to figure out life, these memories will provide you with much-needed comfort and joy.



***Dhruv Sabharwal,**
Student at Ashoka
University*

After the controlled environment that comes with being in school, the freedom of college is often a welcome relief. This can however have an adverse affect on students, as with no one to hold them accountable for things like submissions, it is easy to slack off. I made such mistakes in my first year but was luckily caught in time and put in place. Make sure you don't slack off at the beginning, while the newfound freedom might be fun, ignoring your work completely can come back to bite you later.



School on Boat

In the small flood-ravaged town of Manihari in Bihar, some teachers have come up with an innovative solution to ensure that learning can continue for students - school on boat!

Due to heavy monsoon rains affecting India and South Asia, Manihari has become more or less submerged. Many of the schools in the area have been destroyed. With the pandemic already affecting the education of children, these rain showers are yet another factor adding to the difficulty of teaching students.

Some teachers, however, refused to let this stop them, and have now started taking class over the flooded water. They say that there was no other safe and effective way to educate their pupils.

Every morning, they collect their students on a boat, then start teaching them right on the vessel, blackboard and all. Working like a classroom, students of all ages sit down right on the boat, and get right to work, on whichever subject they are being taught!

Students are grateful for the effort taken by their teachers to ensure their education continues in this extreme situation. 15 year old Amir Lal Kumar told reporters “The teachers have guided us. So we are studying on the boat, as there is a flood. We do not fear flood water. After completing my studies, I want to join the Indian Army”.



The novel initiative launched by teachers is praiseworthy and is a great example of giving back!

- Kabir Singh, Grade 5

Paddington 2 - Movie Review



On most family movie nights, all four of us spend too much time arguing on what we should watch. But last week we saw a movie that all of us enjoyed equally! (ages 4 – 44).



Paddington 2 is a super fun, funny movie about the adventures of a Peruvian bear called Paddington. It also ties in with the theme of giving back. Let me tell you why!

Paddington is a small bear who was raised by his aunt, Lucy, in the deepest and darkest places of Peru. For some time now, Paddington has lived in London. And now he wants to give back to his dear aunt Lucy for everything she did for him.

He finds a pop-up book about London that he knows his aunt will love. But there is a bad villain called Phoenix Buchanan who steals the book and frames poor Paddington! I thought things would get sad and tense from here, but they got hilarious .

I highly recommend you watch the movie to see what happens. Enjoy the jokes and adventures!

- Avi Raichand Rawar, Grade 3

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