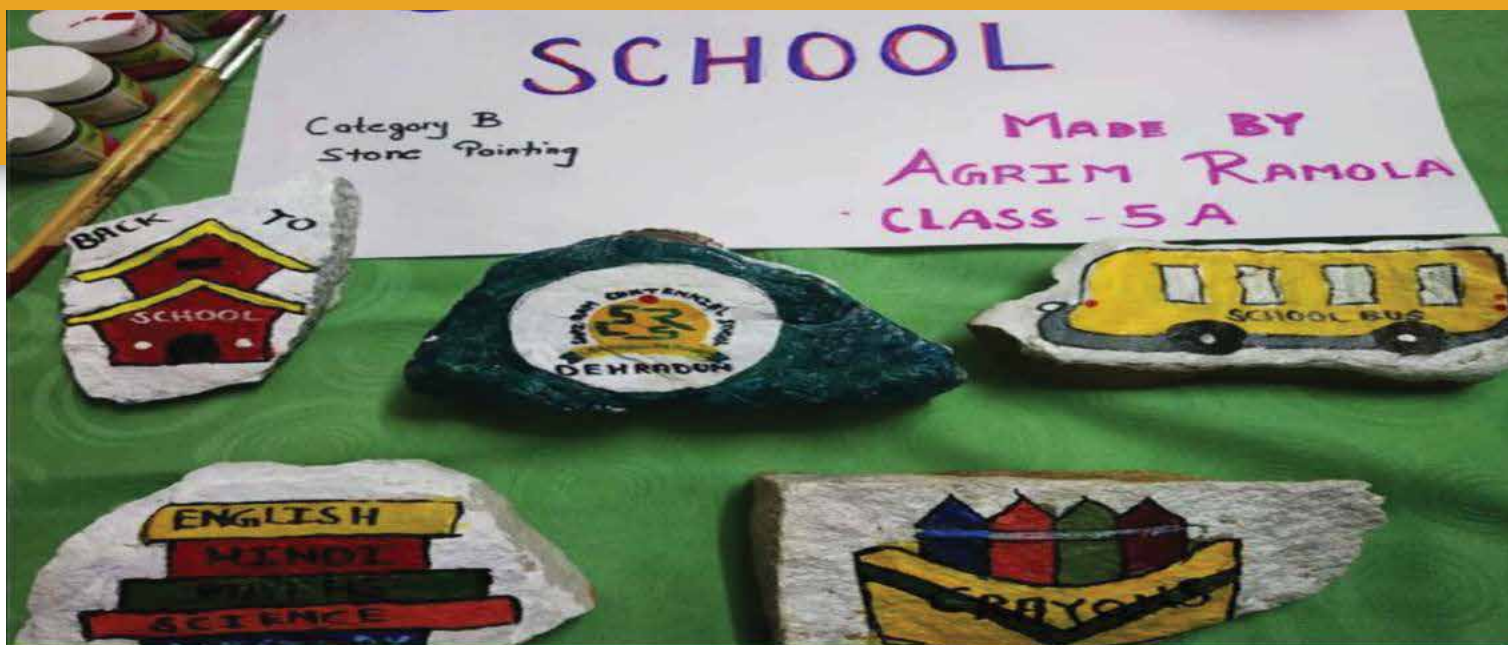


Monthly Newsletter

November 2020





Newsletter Issue 59 - November 2020

“Either write something worth reading or do something worth writing.”

This upcoming newsletter celebrates the young talents and acknowledges their diligence, sincerity and active participation in the vivid extra curriculum of SRCS. SRCS has always and will continue motivating students to strive for excellence in their various fields and be proud of young talented Srcians.

This newsletter displays write-ups, short stories and poems written by creative Srcians expressing their views and thoughts through the same. These spectacular articles prove that every student is unique in its own way. Students just need a little push from their mentors to embrace their hidden talents. This publication is a medium to exhibit their inventiveness and flair.

The journal also covers the educational, sports and other inter house and inter school competitions hosted by SRCS. Our school believes that these riveting and competitive events play a vital role in the growth of young minds and gives them immense exposure at the same time. These events are a vast learning ground for students and assist their overall development. They gain transferable skills such as communication, teamwork, time management and aids them to boosts their confidence.

The faith and confidence of teachers gave me an excellent opportunity to become the English Editor of SRCS. Our Principal, Mr. Desmond D' Monte entrusted his credence in me and gave me this wonderful chance to be a part of the spectacular editorial team of our school. I will be forever grateful to work under such experienced teachers and shall thank them and my fellow team members for helping me throughout this journey. I have acquired immense knowledge and exposure while working amidst such great talents and editing creative write-ups, which will surely help me in my future endeavours.

*Thank you,
VRINDA TULSIAN*

VISIT TO A CHOCOLATE FACTORY



Chocolate is a sweet relished by all including me. It had always been my dream to visit a chocolate factory and eat all the chocolates, I desire. Today, my dream came true. I got an opportunity to visit a chocolate factory on a school trip with my classmates. When we arrived, we found a huge building looming over us. Hardly able to contain our excitement, my classmates and I rushed inside. Inside, we found a guide waiting for us. She greeted us with a pleasant smile and gestured us to look around where we saw a huge round table with pots of liquid chocolate on them. Workers wearing white coats would taste the chocolate and if they found the taste to be accurate and good, the pots were placed on a conveyor belt. 'Kids this is the testing rooms,' said the guide. 'Our tasters taste the chocolate here and if they find the taste to be good, they put the pot in the conveyor belt that takes the chocolate to another room where it is given finishing touch. In case they catch any flaw in the taste, it is sent to some other room where the taste is fixed.' One of my classmates asked the guide, 'Can we also taste the chocolate.' 'She pulled off the packing tape and opened the box. We eagerly peeped inside and saw that it contained twelve small boxes. The guide with a sense of excitement pulled out a box out of the twelve and opened it. Inside the box there were three chocolates along with a folded sheet of parchment. This was for writing our reviews about the chocolate. I had no complains with the taste and wrote a positive review. Next, the guide showed us various sectors like the lab where the ingredients were tested and chocolates made. Then we saw the sector where various different designs were given to the melted chocolates and then at the end we were shown the sector where the tested and carved delicious chocolates were neatly packed in the boxes for sale. This was a short but happening trip to the chocolate factory. We all returned exhausted but at the sametime were extremely happy. I eagerly wish to have such an astounding trip to the chocolate factory again very soon.

VIHAAN NAGPAL

5 B

AN AUTOBIOGRAPHY OF A LAPTOP



Hello! My name is Roxy. I am an Apple laptop. I was born in a factory and then sent to a wonderful showroom. I was eagerly waiting for my new shelter. I am silvery and my form is metallic in nature. My brain has 8GB Ram. I feel elated that I am an electronic gadget and children feel proud to possess me. A young girl named Jessie purchased me. She took good care of me and cleaned me every day. I rendered her good service and we became best friends. She used to carry me to school. I tried my level best to help her with her homework. She used me for hours until my battery drained out. At times, I was tired and wanted to sleep. She fails to understand that just like human beings, I too need rest. With time, my body was damaged and my master had to get me mended. I had lost my strength and started to work very slowly. Now she has kept me in a corner of her room and I am no more attended to. I have become grubby, ragged and old. At times, I wish, I could speak to her about my state. I had to fight many dangerous viruses. Jessie fails to understand that how painful it is for me to suffer from harmful virus attacks. I wonder who will rescue me from this prison which was once my beautiful home that gave me warmth but is now just a filled space where I stay with a stranger with whom I have a zillion memories.

Prachi Dhawan
6A

LIFE WITHOUT ELECTRICITY



Electricity is very essential resource as we depend on it for most of our work. Our usage is extremely high in today's age and time- as everything works on electric power, from basic charging of the mobile to running other gadgets like- computer, laptops, oven, refrigerator and life saving devices like defibrillators, heart rate monitor etc. Electricity was first invented in 1879, and now 140 years later it is literally impossible to live without it. Without electricity the people who live on induction cookers will not be able to cook food, on a hot day the AC will not work, there will not be any television and there will be no switch off-switch on lights. Oh, hairdryers will not exist! We will not be able to charge our gadgets. With no lights - 'darkness will prevail' we will have to face challenges and hardships. Can you imagine living without your phone? We will not have any kind of phones. Photo-booths, telephone, bell telephones, mobile phones, etc..none of them will be there. We will not be able to communicate long distance. Yes, there will still be letters, but how would it feel to not be able to hear the voice of your loved ones? Without electricity, there won't be any normal gadgets like vacuum cleaners or Life savers like defibrillators. Electricity is a very important gift to humankind. We must value it and try to use it wisely so that we do not face problems and issues in the future. Sources of electricity are scarce and required to be used with measure. For this, we can switch to other substitutes like - solar energy, like solar panels, solar heaters that is direct source from sun and be used for many purposes. So value electricity and be a considerate user.

Ridhima Anil Sreedharan
6B

ROLE MODELS



Role models are those who have the ability to change lives. Most of us have our models may it be a sports person, musician, choreographer, politician, artist etc. whom we look up to. We consider them as our inspiration as well as our guides in testing times. Sharing our difficulties and troubles with them is very soothing and comforting to the heart. They provide us a sense of faith and direction. My role model is my mother. She is the most magnificent, humble, docile, kind hearted, astounding and solicitous person I have ever known. She is my true inspiration. She dedicatedly wakes up early in the morning with a big smile that lightens up the whole day for me. She is very punctual in all her chores. People admire her for her zeal and dedication towards her work. Everybody seeks her advice in troubled times. She has changed many lives with her practicality and experience. Her warmth and affectionate personality is like sugar to coffee. She has taught me to have a positive attitude towards life because life is too short to be negative about everything. She taught me that life should be lived in the fullest way. I have always been encouraged and inspired by her to have an optimistic attitude towards people, life, situations etc.

Over the years her knowledge and experience has carved her into an incredible teacher who gives the right path to the vision of others including mine. When my mother is around me, I feel a sense of safety and zeal, which is something I would never want to lose. She is fond of reading. Thus, she enrolled me into reading with her as well. She taught me that books are a person's best friend and the most trustworthy source of knowledge. She taught me to build my own little world. She is a nature lover too. We both devote our time to take care of our plants and water them every day. She talks to the plants with the same tone of affection and treats them with compassion. I admire all her qualities and one day want to grow into a humble person just like her. Because of her, I am a helpful and positive thinker. She taught me to help the needy and respect all. She has encouraged me to meditate, which had changed my life completely. Her positivity, level of understanding, the way she expresses her philosophies; expressions, everything about her makes her beautiful in and out. I wish to be with her in all aspects. I would forever be grateful to God for presenting me with a mother like her. Her guidance is my biggest treasure, which I never want to lose.

ARNAV MAHANT
7A

I was to travel by the morning train.
However, I woke up late and then.....



I could not contain my excitement. The next day, I was going to begin my journey to visit my grandmother. I finished my dinner, packed my bags and set the alarm for 4 a.m. I dozed off, dreaming of all the fun I was going to have in the coming week. However, when I opened my eyes, I saw that it was already 5 a.m. I had cold feet and turned towards the side table where my phone was lying. To my horror it was dead as I had forgotten to charge it. I barely got fresh and rushed straight off to the station in panic. The arrival time of the train was 5:30 a.m. and it was already 5:37. I ran as fast as I could and had almost reached but unfortunately I missed the train. Disappointed and dejected I exited the station. A bus conductor then suggested that I take a bus from the bus stand. I inquired about the bus that could take me to the next station where the train would halt for 30 minutes and where I could easily board it. The only problem that occurred was that a bus was available but no seat. After a long conversation with the conductor, I finally succeeded in convincing him to take me along. But the condition laid down by the conductor was that I had to sit on the roof of the bus. When the bus arrived at the station, I jumped off and ran towards the platform. Again I was four minutes late but luckily the train was still there as it was waiting for a minister who was late. "Vipee! I exclaimed to myself. My experience was extraordinary. This incident taught me that one should never lose hope and never give up. Hope never dies, it is always with you as a shadow that does not lose its real self.

ARAV JAIN
7A

My Views on Online Teaching



Over the years, the concept of teaching has undergone a number of changes. The teaching practices have shifted drastically in order to meet the shifting environment, culture and interests of the youth today. These days, virtual classes give us the flexibility to study on the schedule that works best for us (students). Instead of reorganizing the lives of the students around the traditional teaching methods, online education has fit into the lives of the students in a much better and effective way.

Nowadays, I feel that teachers have a more important role to play in the lives of the students than the teachers of an earlier era did. These days, teachers take more pains and explore various methods to impart knowledge. Virtual classes have opened various methods of learning for students. They have tapped the creative side of learning like presentations, videos and e books keeping in mind the interest of the student. Virtual classes lead to virtual data which is much more easy to handle and efficient to work with. This is because software saving and handling is much more easy and accessible than notebooks etc. Online classes can be recorded which comes in help for later studies. They can be reviewed whenever felt the need like during self-studies and references before the exam when we cannot physically be in touch with our teachers.

Teaching is one of the most rewarding professions. Nowadays teachers are more patient, dedicated, and passionate and have the ability to do more for their students. Teachers today are very well aware of how to deal with problematic students. They help parents and students to achieve long-term goals. Teachers today are more compassionate and have a much positive attitude towards career and education. Thus traditional way of teaching has changed and took a drastic turn but in a much better and astounding manner.

NIRAV MARWAH

7C

The day had started like any normal day. We could never have dreamt about



The day had started like any normal day. We could never have dreamt about the drastic event that was to unfold before our eyes. I badly wish I could go back in time and change everything again. I was a high school student in South Korea. The school was organising a trip for us, and all of us were extremely excited, especially my friends and I. We immediately started making plans. After many tantrums, my mother finally agreed to send me on the trip. I went shopping with my friends, like everyone else. However, one of my friends, Daehyun, was quite skeptical about the trip. She said that Seoul MV Ferry, the ship our school was about to take us on, weighed more than it should, making it a little unsafe. We all laughed at her; after all, in South Korea no one listens to children over elders. We casually continued, but I wish I had listened to Daehyun.

The day of the trip arrived. I hugged my mother and said goodbye. The marvel of the ship was above our expectations, which left us awestruck. The food was delicious too. My best-friend Yoonwoon and I started exploring the huge ship. Everyone was happy including the Principal. For the first time, I saw a huge smile on her old saggy face. Days passed by on the ship. Everyone was content. But one morning, as we were having our soup, I noticed a slight tilt in the soup that was placed in a bowl on the table. I guessed we were turning or something, but then there was a whisper around the ship. Everyone was confused why they were gently, yet surely, rocking in the ship. Twenty minutes later or so, a voice through the speakers told us to get inside our rooms, and possibly put on our life jackets. Yoonwoon got scared, and so did I. Everyone rushed inside. We did not know what to do. We could not go out, as that would be considered shameful and disrespectful. All we could do was sit. I did not consider calling my mother. Surely, we would be safe. In addition, that thought was my biggest mistake. We were sinking. The water was touching our beds and my mind started racing with thoughts of the most horrific scenes that can happen to us right at that very moment.

Yoonwoon was crying. I realized it would be no good listening to the elders now. We had to do something. I said, "Yoonwon-ah! Follow me, we need to get out!". She did not listen.

I kept forcing her; tears ran down my pale cheeks. Slowly I saw my friends drown. I was frustrated, sad, angry, and possibly full of all negative emotions. Without ensuring our safety, the crew of the ship had fled away probably to safety, while all the students were here- afraid, trapped, and now, drowning. They could not do anything either. The water was freezing cold, we could have died.

There were no boats, we could have died. Moreover, all they cared about was we being 'disrespectful' in a life and death situation. The events of horror flashed in my mind. Yoonwoon sinking in the deep cold water. Many of my friends died in front of me.

In South Korea, one must always obey their elders. Is this what freedom for the youth meant?

The reporters were insensitive and had a barrage of questions. We had scarcely survived, and here they were, asking, "How do you feel after not obeying the crew?"; "How did your friends die?". The children were shivering in cold. A reporter stupidly asked a young girl, crying, wrapped in a towel, "How did the elders save you?"; I could not take it any longer. I went there and said, "They didn't save us. We saved ourselves."

(This article is based on the true story of the Seoul MV Ferry tragedy that occurred in South Korea on April 16th, 2014)

PREESHA JINDAL
7B

Online Classes



*Oh! Online classes, what should I say,
You have helped me out of boredom and helped me pass my day.*

*My lagging behind in studies, was my mother's biggest fear
Studying virtually is not as hard as it initially did appear.*

*Online classes have made my wish finally come true.
By meeting all my teachers and my classmates in a queue.*

*Locked indoors, cannot go out
However, my classes have told me, what it is all about.*

I get tired of sitting for hours on my desk.

For there is just a little time to take rest.

*My eyes really hurt, looking at the screen for too long
This is just a phase of life; I have known it all along.*

*My concern about studies had crossed the limit.
Then these classes secretly said, 'that's not the spirit.'*

I cannot thank my teachers enough.

For all their efforts without a single cough.

It has been a difficult time for everyone.

These classes have taught me, we are all united-one.

Having every part of my curriculums taught online,

My brain has no time to go offline.

I know these classes are to strengthen my base

Yet nothing is better than face-to-face.

Can't replace my regular school

Still, online classes are cool.

SSANVI AGARWAL

8C

Online teaching will soon replace the traditional classroom teaching.



This is an era of technology and technology has evolved rapidly and revolutionized our lives. Phones, televisions, smart watches, laptops and all the technology around you is evolving and has completely changed the functioning of our lives. It has conditioned our lives in a better and much faster manner. It provides a palette of uses that help us accomplish our various tasks.

The next thing which is going to change or rather has changed tremendously is the way of teaching. I strongly support the statement that online teaching will soon replace traditional teaching.

Firstly online teaching is a way of teaching where knowledge can be imparted even if the student and the teacher are physically distant. Today technology is used extensively to deliver teaching. I am very delighted to tell you that online teaching has paved a way in various fields and now has found a path in schools and colleges as well. This can be called as the 'EVOLUTION IN TEACHING'. Think of online teaching, and at once we think of youtubes, google classrooms, zoom, google forms, padlets, etc all part of the teaching methods online. Online institutions like Merit Nations, Vedantu, Unacademy and Byjus, etc are online teaching edtechs. So this is how online teaching has started with assistance from these edtech companies. One of the advantages of online teaching is that even though the circumstances occur for classroom teaching to be suspended (taking the example of this pandemic) but through online teaching the learning for students never stops. The online portals and career guidance have majorly helped to carry their career plans and not let any suspension in physical classroom teaching cause a hindrance in the path of their vision. Some people have a mindset that online teaching is hard, but ask a question to yourself that in what way are you learning, is it any different from the contact classes. Projects, assignments, research etc. were used in physical contact classes and are being used in online teaching as well. Every data can be obtained online. Online

teaching isn't hard, if you have the perseverance and determination. Online teaching is helping children to get a grip of technology which is going to be helpful for them in the coming future. Online schooling for long hours can seriously affect our eyes, but for that particular reason, anti glare glasses are made.

Now I would like to put light on the advantages that will make online teaching a truth very soon. Studying online saves you a lot of time which would otherwise be used in travelling. Thus online teaching is time efficient. Secondly, children get to record all the lessons and can see the videos later for their better understanding. Online teaching improves visualisation which in turn improves learning. When children used to submit notebooks for correction, for that time period they were bound to not study that subject, but because of the online teaching methods, you can study any subject any time as the notebooks and assignments are checked online. The data always stays with the student and their doubts and queries can be solved anywhere and at anytime, which is the biggest advantage.

I would like to conclude that online teaching will replace traditional classroom teaching entirely very soon due to the overwhelming advantages and response.

AVIRAT KAUSHIK
9C

I See The Rainbow Even When It Rains.



I woke up by the gentle sound of the raindrops tapping against my windowpane. I swiftly drew the curtains of my bedside window and looked outside. It was a beautiful sight to look at. I was the only person in my family, who loved staring out of the window for hours and enjoying the rain. I put my slippers on and headed straight down to the ground floor where my family was eating breakfast. I wished them all good morning and started preparing for a cup of hot chocolate, one of the reasons I love the rain during winters. I love the winter rain, mostly because of hot chocolates and a cosy blanket.

All my family members looked tired and lazy, sad that they could not go out of the house as it was pouring heavily. Right after preparing a cup of hot chocolate in which I added extra whipped cream, I went upstairs to my room and covered myself with the huge, warm blanket on the armchair right next to my window. Then I sat in a comfortable position in the armchair and looked out at the most beautiful sight of the falling raindrops.

As I took a sip of my hot chocolate, I looked up at the clouds. One-half of the sky was covered with pinkish-white clouds and the other side had dark grey, thunderous clouds. It seemed as if the sky had two sides, merry and angry just like any human being in which dwells both, the positive and the negative. I turned my head down towards the road. It was wet and had some puddles of water on the sides. The rain continued pouring, as the wind tickled the trees causing them to shake and start a shower that was being enjoyed by three young boys.

In the rainy weather, you can see all sorts of people- frustrated, calm, impatient, and kind. People in suits, wearing shiny, black shoes frustrated and regretted not bringing an umbrella

with them. Some people wore raincoats or carried umbrellas with their hands in the pocket and a calm look on their faces. People who did not have umbrellas waited under the shelter provided by the shops in the area and kind people shared their umbrellas with them. The set of people who were impatient pushed their way through and got wet in the rain.

After drinking my hot chocolate, I pulled on an oversized sweater and noticed the little birds who had a nest somewhere next to my window. The parents birds fed their little ones and protected them from the cold, though they were a little wet themselves. Their chirping along with the pitter-patter of the rain was like music to my ears.

Nature is a beautiful creation of God. I took a deep breath in and exhaled, feeling the calmness as the raindrops trickled down my windowpane. For me, the sound of the rain is a beautiful lullaby to sleep to and that is what I did after hours of staring and observing.

MAULI NAUTIYAL

9A

My Favourite Room

My favourite place at home is my room. I like to keep my room clean and tidy.

*It is quite big. On the left side of the doors stands my beautiful furniture,
which looks good.*

On the right hand side, is my study table where I sit and attend my online classes.

There is a television, a laptop and a video game in my room;

*I like to watch my favourite program
while playing with my toys.*

*There is a unique clock above my television that not only tells time,
but also month, year, day, date and even the temperature of my room.*

*There is an AC installed above my bed. Next to my bed, I have a book corner
where I have kept storybooks, comic encyclopaedia.*

I do all my activities there. I like to play and spend time with my friends and my brother too.

*On the other side, I have a bed where I like to relax. I have kept a small aquarium
with two golden fish in it.*

I like to watch them; it is my duty to feed them before going to school.

*Outside my room, there is a garden full of flowers, the view is mesmerizing it is a
small room but I feel very comfortable and cosy there.*

I always keep my room clean. It is my favourite place.

I love my room.

Superstition

The Indian society is fast progressing but we still have a large section of our population who believe in superstition and keep a strong faith in local beliefs. One such incident recently took place in Bundi district of Rajasthan where a 5-year-old girl was restricted to enter her own house for 11 days. Her only mistake was that she accidentally stepped onto and broke the eggs laid by the sandpiper bird which is believed to be the messenger of rain. The village heads considered her act as a sin. Interestingly, she was later allowed to enter the house only after following several rituals and purification at a temple.

If we look at the damage caused by the existing superstitions it is way more than what can be imagined. Superstitions have given rise to gender discrimination and stereotypes. Most of the people have to agree to the superstitions just because of the fear of the atrocity they might face if they do not. They live in constant fear of un-acceptance. Stereotypes against widows, working people and girls are very common and widely accepted. Stereotypes against women are one of the vital reasons that lead to assaults and harassments against women. Myths on the supposed character of the lady which is ethically approved is a reason why so many women living in the modern era still are either denied justice or their character is dragged through murky waters and sullied or they live in the fear of being shamed in front of the world.

The main causes of superstitions are ignorance and lack of sound education. The government bodies should plan to educate the public. Healthy discussions should be encouraged in masses. Scientific knowledge and thinking must be popularized. Various means of media can contribute to bring change in the attitude of viewers towards these beliefs. They must strive to maintain the

positive factor in the story, which in turn will motivate people to follow the right direction rather than being guided by the dogmas of superstition.

Non-government organization should enlighten the biased minds of people by organizing campaigns. Minds of kids must be handled with care by their parents. They should teach them to follow a positive approach by giving them real life examples. People should understand that believing in oneself is far better than believing the false belief. They should realize the power of making their own choice. This is what is called Power of karma (action). This will help people to acquire the art of making logical decisions. It is difficult but not impossible to change the whole community. As an individual one can adopt changes in one's own life style and thinking. The only medicine to superstition is knowledge. Remember just one change and the whole world changes.

FREEDOM Vs INDEPENDENCE



"I am no bird; and no net ensnares me: I am a free human being with an independent will."

☒ Charlotte Bronte

'Freedom and Independence', very similar words; and having almost similar meanings, to the point where we often use them interchangeably. One might think that if we have freedom, then we also have independence, or if we are independent then we are free, right? Okay, then think about differently-abled people, they are socially and politically free but usually depend on their families for their day to day needs and activities like walking, eating, and cooking, or think about prisoners, they are pretty much independent, in the sense that they can do their daily tasks on their own, but they can't go or live wherever they want to, they are confined to their prisons and need to abide by the strict prison rules and routine. One cannot consider prisoners free.

These are a few of the many examples of how a person can be independent but not free, and vice versa. Well, this makes us conclude that there is indeed some difference between both terms. So, what is the difference? As stated by the Oxford dictionary, freedom is the power to act,

speaking, or think as one wants and, independence is the condition of not depending on another for livelihood or subsistence. In simple words, freedom is the right to do what you want to do, whereas independence is the state of not requiring help from someone for your daily needs. Let me explain this further by giving an example of India because the first thought which strikes my mind when I hear either of these words is India's struggle against British rule. On the 15th of August, 1947, after great upheaval and sacrifice, India gained Independence from the British. After that day, India did not need any foreign help to govern it. On this day, India also gained its freedom, which meant that Indians could do whatever they wanted to and could decide the destiny of their country without being bullied by the British.

However, Freedom and Independence always come with a caveat. Do you think as individuals, we should have complete freedom? Freedom is doing whatever we want to but does that mean we can go around the streets protesting against the Nation or the army? Can we refuse to stand up during our national anthem just because we have the right to freedom? Or does that mean that we can spread hate against the other communities, religions, races, regions, castes or genders and abuse our constitution and our freedom fighters just because we have freedom of speech and expression? If people have absolute freedom there are going to be no rules, no regulations, no laws and no justice. Running a country would become impossible and the whole society will plunge into chaos. Therefore, absolute freedom is a myth.

But what about independence? Can one ever be fully independent? Let us take the example of a person who is the Chief Executive Officer of his company. He has his own house, car and earns good money, but would you consider him fully independent? No, he isn't. He is dependent on his shareholders to have faith in his company, on his employees to do their task earnestly, on his helpers for cooking food, cleaning his house and watering his plants and most importantly he is dependent on his family for love and intrinsic support. It is a universal truth that human society runs on inter-dependence. Therefore, absolute independence is also a myth.

The society of a nation needs the optimum balance of freedom and independence. Though both are the essential and basic life support of a healthy democracy, they should not be taken for granted. As Brighton Young rightly said "True independence and freedom can only exist in doing what's right" In the end, be it, children or adults, we all want to become independent and free. It is a basic human tenet to initially be independent and then strive for freedom. Independence and freedom are very different, but the truth is we cannot distinguish which one is better or more important because both are meaningless without each other.

MYRA NAWANI

9B

DEMONETIZATION

Demonetization is one of the most talked topics over the last few years. Demonetization refers to the act of stripping a currency as legal tender. In demonetization, the current form of money is removed from circulation and retired. Furthermore, the replacement of this form of money occurs with new notes or coins.

On November 8, 2016, at 8:15 p.m, the Prime Minister of India, Shri Narendra Modi announced the Cabinet decision to ban 500 and 1000 denomination currency notes. However, this was not the first time, and earlier demonetization was effected in India in 1946 and 1978. The common misconception about demonetization was that it was not a planned decision. But the fact of the matter is that the government had started the preparation long before the announcement of demonetization. The Indian economy was not only doing well but was on the path to be one of the fastest growing economies of the world.

This big decision impacted each and every Indian. Some felt this decision was in the positive direction whereas some felt negatively. I personally feel that demonetization has some merits as well as some demerits. First, we will focus on the purpose of demonetization in India. The government's vision behind demonetization was way back in 2016 and the aim was to make Indian economy corruption-free. Demonetization stoked at the unaccounted cash of the corrupt people who hoarded it by accepting a bribe or by saying taxes unlawfully. Demonetization helped the government officials to track source of unaccountable cash. After demonetization, the trend of cashless transaction has increased. The cashless transaction is a transparent way of money transaction and in this method of money transaction, the buyer and supplier both cannot hide any detail from the income tax department. As every coin has two sides so the demonetization also has some merits and some demerits. Daily wage workers were among the most affected citizen of the country at the time of demonetization. Due to cash crunch, their employer could not pay them for their daily wages so either they had to stop working for days or they choose to work and receive the payment when the things normalized and the new currency denomination issues sorted. In all this chaos they could not fulfil their daily requirements of their family. Many financial experts find it a revolutionary step taken against back money and many others consider it as a failed experiment. Black money was the main target of demonetization but according to banks approx 99 percent of old currency has been deposited back in banks so this could target only a fraction of black money. But its positive and long term effects can be seen as more and more cashless transactions which are taking place. Since demonetization, a rise can be seen in direct tax payments and e-returns of individual taxpayers. The decision of demonetization may have inconvenienced the common people but it certainly had national interest and economic development at its core intrinsic value. India has been under fatalism and terrorist activities for decades, demonetization, although putting the interest of the country in danger for a certain period, has simultaneously attacked the problems of black money and naxalite financing. Now it is ensured that most of these problems have been eliminated and in future, we will see no decrease in India's growth rate due to these problems, that is, our country will grow faster.

So to conclude, the effects of demonetization on Indian economy we have to agree that it totally depends on how you look at this step as a revolutionary and a bold step or a failed experiment. Though the decision might have caused inconvenience to the general population, it definitely had the national interest and economic growth at its core. After reading this article what do you all think, was it a failure or a success?

ANYA RAWAT - 9A

Social media a luxury or a necessity (The reality).



The COVID 19 pandemic has really impacted our lives, socially distanced us from our loved ones and ushered a new way of living which is very alien to us. We are flummoxed and confounded with this new routine of life. This has intensified the use of social media to reach out to our friends and relatives. As a consequence to this trend, everyone is debating whether social media is a luxury or a necessity. The answer to this question will be different for different people in different age groups and before coming to a conclusion we need to summarize all opinions of different people before pronouncing our opinion.

Social media for a child: Social media in the eyes of a child is nothing more but a mere tool and medium for entertainment. A child will not use social media as a platform for information or as a platform for finding friends or to impress people; he will use it as a platform for entertainment. For example, a toddler who needs a lot of attention but parents may not be able to give much attention due to various reasons, so the parents let their child watch shows on YouTube. The toddler is then glued to this gadget giving the parent time to finish his/her chores. The toddler will not need or care for other platforms like Facebook, WhatsApp etc.

Social media for a teenager: The value of social media for a teenager completely changes when compared to needs of a toddler. For a teen, social media is a necessity. Social media is a way for teenagers to stay in touch with their friends. Teens have always talked after school, long before social media – hanging out at the bus stop, at the local park, chatting on the phone – now they just have a different platform to do so. Through social media he/she feels connected to friends when they feel lonely. By connecting with others through social media, a teenager develops better social skills. Hence, for a teenager social media is a platform to connect with other people, which makes it somewhat of a necessity for them.

Social media for an adult: For an adult (30 – 59 years old) social media is more of a platform of information than a platform of connection. Adults use this facility to find out what is going on all around the world more than to connect with new people. They use social media to connect with loved ones who live away from them, but not for finding new people to be friends with as they have lived most of their life. Adults use social media wisely and unlike teenagers are not very desperate to make friends. They think of social media as a luxury that helps them remain informed and also connected to friends and relatives who live far away from each other.

As the adage goes man is a social animal and social media gives us a platform to live this innate feeling of being part of society. Social media is a luxurious platform of infotainment created by us to help connect with others, and so with this we can conclude that social media is a luxury and if we get addicted to it, it will be harmful for us. Social media, if used wisely, can help us remain a part of society even through this socially distanced pandemic.

SARAH KESAR
9B



Leadership

Leadership can be defined as an activity that influences people to strive willingly for group objectives. It is referred to the quality of leading people. Without good leadership no group or organisation can succeed.

In today's competitive world, leadership skills are crucial for both personal and professional development. A leader's actions inspire others to dream, learn and do more as well as become more. It is the leader who shows the right path, a path towards success. They are like a role model for their followers. Leaders are considered as an inspirational character for the society. He/she not only has the quality to lead the group but also to keep a constant eye on all the group members as well as to keep them united and disciplined. To gain respect leaders should always be ethical. Good leadership is a door to success whereas bad leadership is a guarantee of failure.

It is not always true that 'leaders are born', leadership can be learned with practice too. To be an effective leader, one should have a strong desire and will power to attain their goals. A leader should have the power of perceiving and taking precautionary steps to overcome the challenging situations effectively and successfully. Leadership is an ability to build confidence and zeal among people as well as creates an urge to be lead. Leaders inspire support among other group members to achieve their goals.

If a leader is confident, inspiring, and honest, it is easier for the people to trust him/her. Good communication and decision-making are also must for good leadership. Even a small gap in communication can lead to chaos. For a good leadership one must be social, intelligent, hardworking, and courageous. The leader is not always the best from the group but the one who thinks for the whole team as 'we' and not 'I'. A leader is a self-motivator whose dedication is towards the betterment of the society or group not for his/her greed for power.

To lead effectively, a leader should have his/her mind open like a parachute for it works only when it's open. John Maxwell once said, "The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails."

AMEESHI GUPTA
9B

HOW LACK OF CULTURE IS AFFECTING OUR GENERATION



"When we were young, we never used to behave this way."

By – Parents/Grandparents

Society is the essential foundation stone of a country. Society is formed through the customary beliefs, social forms and social groups. Society also has shared attitudes, shared values; shared goals and has an integrated pattern of human knowledge, belief and behaviour, which transmits knowledge to succeeding generations. To lose any one of these threads from the fibre of culture, means having a weak foundation for the generations to come.

Natural calamity, wars, erupted volcanoes, slavery are some of the known disruptions that wiped out the culture of particular geographic regions. However, now we are living in the times where global connectivity is alienating us from our foundations. The youth feels more connected to viral dance moves than to people living next door. We know about the outfits of celebrities like Kim Kardashian and Gigi Hadid but have no interest in exploring the weavers who weave the finest cotton in the world close to our homes. We find ourselves sitting hours at a stretch finishing our favourite Netflix series but find difficulty in striking a real conversation without getting awkward. Many of us do not "enjoy" visiting religious places and let alone learning and getting influenced by the old proven thoughts, ideas and the marvellous architecture.

We consider ourselves apolitical whereas the truth is we lack interest in political matters as we are too mesmerised by our smart phones, smart televisions, smart appliances. Slowly everything around us is becoming 'Smart' but are we? As a teenager who has heard endless stories from her grandparents, I have always adored and have been awed by their creativity. The knowledge and dedication they had is unmatched. The reason is nothing but the fact that their childhood was not spent gazing at the screen all day long, closed within the four walls of cosy living rooms, instead, it was free and independent; living in close communion with nature. They were groomed and infused with the beliefs and ideas of their mythology and culture by their elders which made them see this world from a whole new perspective. That kind of exposure their era was blessed with endless thinkers and philosophers that made many discoveries, carried on with thousands of researches, and now their contributions have made the human race advanced and developed. Is it discernable and do you feel that impact and influence?

Their curiosity was like a thirst yet to be quenched and satiated. Their youth was filled with questions, and their desperate need to find answers. India has the highest number of young population in the world . . .IMAGINE having a young brigade of intelligent , energetic , resolute people connected to the roots and culture of the country -- we will have better ideas, thoughts, advancements, economy , growth and the list can go on and on. IMAGINE if we start living in the free and bold reality of this world with an appreciation of past achievements and understanding of our culture. Now with the correct use of the advanced technology, hundreds of opportunities, we will be able to create and engineer a better future for India. The present generation need to be deeply rooted and true to our roots, taking pride in our culture and ingraining the very essence and beauty of all that India stands and represents. The only way we can make a difference is by embracing criticism of our alienation and divorce of Indianness and by making the necessary changes in our attitude, championing our values and connecting to our roots.

Quoting Guruji Rabindranath Tagore here

"Into that heaven of freedom, My Father, let my country awake"

ARSHIYA KULCHAND

9B

THE ROLE OF JUDICIARY IN INDIA



In any society, disputes are bound to arise between individuals, between groups and between individuals or groups and government. All such disputes must be settled by an independent body under the principle of rule of law. This idea of rule of law implies that all individuals — rich and poor, men or women, forward or backward castes — are subjected to the same law. The principal role of the judiciary is to protect rule of law and ensure the supremacy of law. It safeguards the rights of the individual, settles disputes following the law and ensures that democracy does not give way to individual or group dictatorship. To be able to do all this, the judiciary must be independent of any political pressures.

The Supreme Court of India plays a pro vital role in the Indian political economy. The judiciary in India, especially the higher judiciary has been assigned a vital role in various areas-Like upholding the federal principle, interpretation of the laws made by respective legislatures, testing the validity of such laws and more importantly in protecting the fundamental rights of the citizens. The Supreme Court stands at the top of the hierarchy of the court constituted under the constitution. It is the final arbiter as to the upholding to the federal principle, the validity of a law or executive action and as to the enforcement of fundamental rights of the citizens.

In a welfare state like India the judiciary especially the apex court plays an important role. An important issue that has assumed significance in recent times has been the activist role played by the Indian judiciary especially the Supreme Court. The expression "Judicial activism" has excluded a precise definition as it means different things to different people. It might mean dynamism to judges, judicial creativity to some, judicial legislation to some others and it may be an effort to bring "social revolution" through the judiciary.

It is well-known fact that Indian constitution provided fundamental rights to promote rule of law. So, to protect these rights Indian judiciary by judicial review power extended its powers which are evident in many cases. According to Article, 21[7] by which the court started to recognize all human rights as fundamental rights. In 1978, the Court added reasonableness, or non-arbitrariness, the requirement to article 21. In doing so, it created natural justice or substantive due process in Indian jurisprudence. The next few years saw article 21 used to outlaw cruel or unusual punishment, relax pre-trial bail requirements, and restrict the conditions under which a debtor can be imprisoned, create rights against custodial violence and inordinate delays in criminal trials, and provide legal aid.

In any society, disputes are bound to arise between individuals, between groups and between individuals or groups and government. All such disputes must be settled by an independent body per the principle of rule of law. This idea of rule of law implies that all individuals — rich and poor, men or women, forward or backward castes — are subjected to the same law. The principal role of the judiciary is to protect rule of law and ensure the supremacy of law. It safeguards the rights of the individual, settles disputes under the law and ensures that democracy does not give way to individual or group dictatorship. To be able to do all this, the judiciary must be independent of any political pressures.

NANDIKA SHARMA

11

Fitness



What is fitness exactly?

FITNESS to every individual means something different but has the same goal. It means the condition of being physically fit and healthy. Again, we come across the word "fit". It means being in good health. Fitness not only keeps us in good shape but also brings happiness. It keeps us in a happy and refreshed mood. Fitness helps us be physically and mentally strong.

How can we stay fit?

Being fit is not only about keeping ourselves in good shape, but also includes a healthy diet, good sleep, and physical exercises.

Daily Physical Exercises

Being fit is not a stage of being totally thin or fat it lies somewhere in the middle, that's why it's called a perfect shape of the body and to achieve this goal we need to exercise daily. We should have a workout routine and follow it daily. If you are not aware of what a workout routine is, here is the information:

Workout Routine

Now, we do not know what a workout is. It is a session of vigorous physical exercises. It is a set of exercise we follow one by one collectively. Even running, swimming, etc. are included. These exercises are effective for our body. E.g. planks, squats, pushups, etc. You can also do yoga for staying healthy and fit.

A Healthy Diet

What we eat in a day affects the way we look. We should have the right amount of food that our body needs. We do not need to eat excess and neither do we need to eat too little food. Everything is important in our diet, even carbohydrates but in a fixed amount. Here is a chart explaining what amount of which kind of food is needed for our body.

Age Range	Daily Calorie Range
Children Age 2 - 3	1,000 calories
Children Age 4 - 8	1,200 calories
Boys Age 9 - 13	1,800 calories
Boys Age 14 - 18	2,200 calories
Girls Age 9 - 13	1,600 calories
Girls Age 14 - 18	1,800 calories

This explains that we should have the maximum amount of fruits and vegetables, a good amount of wheat, bread, etc. About 25% of protein and the least amount of fats. This is a balanced diet. In addition, we should have a fixed amount of calories. We should keep track of what we are eating in a day. Here is the amount of calories children should intake according to their ages.

Contd...



The Right Amount Of Sleep

Our body uses a lot of energy throughout the day not only physically but also biologically e.g. digestion. At the end of the day, our body is exhausted and needs to rest. This is where the role of pleasant sleep takes place. If we do not give our body time to rest it may lead to damage and certain illness. Lack of sleep can also lead to insomnia, obesity, increased blood pressure, etc. We should sleep for at least 7-9 hours per day. We should not oversleep either. We should sleep enough for our body to repair and function properly and by this; we are able to get up on time the next day. This is called a healthy sleep.

The Right Attitude & Energy

According to me, along with all the exercises, diet, and sleep the right attitude and energy are also important. Attitude means how and what we feel about something. If you are exercising daily, eating properly, and sleeping enough but do not have self-confidence or do not motivate yourself and do not have a positive attitude, you may not get your desired results. So always, remember to have positive energy and attitude. This may help you to be attached to your habits and motivate you every day.

Why Is It Important To Be Fit?

Do you think it's important to stay fit? Yes, it is. Our growth depends on this. The exercises we do daily are for our body to function properly, which includes growth. If you are thinking how exercising can help our body to function better, well here's the answer-

Exercise strengthens our heart and improves our blood circulation. The increased blood flow raises the oxygen levels in our body. This helps lower our risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower our blood pressure and triglycerides (these are the main constituents of natural fats and oils) levels. Staying fit and eating the right food also builds our immunity (the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells) to fight against germs and bacterias.

Benefits Of Exercising

1. Weight Management

Exercising daily helps, you maintain your ideal weight. Some people during puberty are worried about weight gain while some are too thin, exercising and the right food is just the cure for this. Exercising daily also helps optimize our metabolic rate.

2. Makes Us Happier

Exercises not only makes us feel energized but also boosts our mood. Hormones like endorphins that are released during exercise evoke positive feelings and push away negative ones. That is why people suffering from depression and anxiety are often suggested to exercise.

3. Better & Healthier Skin

In adolescent years may teens get acne and irritated skin. Exercise is also a cure for this. While exercising some anti-oxidants are produced by our body, which repairs skin cell damage and stimulates blood flow. In addition, when we sweat while exercising the pores in our skin open, which causes acne to reduce. It also results in glowing skin.

Contd...

4. Strengthens Our Muscles and Bones

Exercise plays a major role in maintaining strong muscles and bones. Exercising helps in releasing hormones that promote the ability to absorb amino acids that helps in muscle growth. It also helps build bone density to prevent osteoporosis (a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D) in the future.



5. Promotes a Better Sleep

Exercise also helps us to sleep better. This is a very good activity for people struggling with insomnia (a medical condition of inability to sleep) or people who do not fall asleep fast. Exercising makes our muscles busy, after which we feel tired and are able to fall asleep faster and better. It improves the quality of our sleep and helps us with a night of dreamless, deep sleep.

How To Create Your Own Workout Plan?

Let us start with the basics. To create your own workout routine you have to focus on your body first. You have to observe where you will need to put more effort. You do not have to do a high-intensity workout right in the beginning, start with the basics like jumping jacks, jogging, stretching, etc. Before any kind of workout, you should always warm up to prevent ankle twists, etc. Here is a list of exercises you should do for a warm-up:-

- Jumping jacks
- Knees lift
- Arm circles
- Swinging toe touches
- Neck circles (anti-clockwise & clockwise)
- Jogging in one place

Here's a Basic Full-Body Workout

-Jumping jacks

Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position. Repeat.

-Jump Twist

Begin standing with your feet wider than hip-width apart. Lower your body into a squat, and on the way up, jump and twist your body 180 degrees and end in squatting position facing the opposite direction. Jump back to the front to complete one rep. Repeat

-Lunges

From standing, take a big step forwards with your right foot and lower until both your knees are bent at 90°. Push back up through your right foot to standing. Do all your reps on one leg, then switch to the other.

Contd...

-Crunches

Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale. Exhale and lift your upper body, keeping your head and neck relaxed. Inhale and return to the starting position.



-Squat

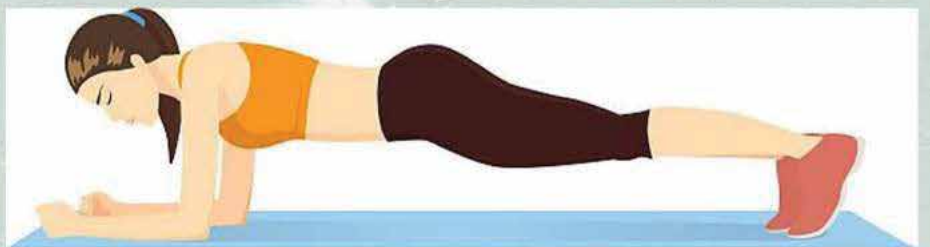
Stand facing forward with your chest up. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head. Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral, and do not let your lower back round. Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position.

-Plank

Start on the floor on your hands and knees. Place your hands directly under your shoulders. Step your feet back, one at a time. For more stability, bring your feet wider than hip-distance apart, and bring them closer for more of a challenge. Maintain a straight line from heels through the top of your head, looking down at the floor, with gaze slightly in front of your face. Now, tighten your abs, quads, glutes, and hold. Hold for a maximum of 60 seconds as a beginner.

You can also add your own choice of exercises. Make sure you follow these things every day to stay fit and make it a habit. Stay fit and stay happy.

Muali Nautiyal
9A



Change



What is change? Change is something that forces us out of our comfort zone or in other words a general transition or a shift from one phase/state/condition to others. Change can occur in different ways and can be dealt with by different means. Change compels us to do our personal best. Change impels improvement in the mind. Change is like driving in fog, you cannot see very far, but you can make your whole trip that way.

At the age of 16, I understand that all these years I have been exposed to a challenge called 'CHANGE'. The concept of change is relative to time. It is for those who desire improvement in their life. Improvement starts in the mind. You are the only person who can change your mind. No change will take place unless you allow it.

If it does not challenge us, it will not change us. Change makes us ready for new challenges, for different ways of doing things, it creates a disruption of the normal way of living for most people, and it is because we do not allow ourselves to face the natural change. Avoiding the natural changes of life only adds more suffering. It creates such a deep feeling that one is not being true to themselves and not living according to the natural order of the world. This in turn creates inner turmoil as their resistance to change does more harm than good.

We all go through change of emotions/feelings. The people we adore love us so much that they want us to remain the way we are forever. Like how mothers always want us to stay as the same little child but we all grew up. My mother still wishes that I could be her same little daughter and never grow up. I just want to point up that we all need to accept changes. Changes can often be difficult to accept, no matter how big or small, sadly many of us fear it. Change is something that should be embraced rather than feared. You are the only person who can change your own mind. Change makes us aware that we need adopt new ways to achieve our goals. It makes us prepared for the drastic changes of life. Resisting natural change not only affect us but the people around us as well. As when they adapt to the change and we do not, then that causes resistance and friction.

My grandfather once told me that life is a whirlwind of events, situations, lessons all wrapped into one. There is no way to live life correctly or to the greatest ability because each person has a different perception of it. Throughout the whirlwind, some of the lessons will be either churned or learned but at the end of the day, life waits for none. Life change is what we desire ourselves to be and works towards carving ourselves into that person but embracing the required changes is essential. Changes can be intimidating at first.

ASHIE KHANDELWAL

11

Attitude



Attitude, defined as one's feelings or mood toward things, circumstances or people. Attitudes are evaluative statements favourable or unfavourable related to person, object or event. They reflect how one feels about something. Attitude is a way of thinking. People are often identified by positive or negative emotions, right or wrong, good or bad, optimistic or pessimistic mind-set. For example, if someone says that he likes his job, this statement expresses his attitude towards his job. Each person has a different attitude in different conditions and at different points of time.

Attitude plays an important part in person's life. It is important to remember that attitude is everything. Many people say attitude is more important than experience or education. They often use attitude as the tiebreaker between two equally qualified candidates.

Person's attitude determines the state of world he/she lives in. It is the foundation for every success and every failure one has had and will have. Attitude is important because attitude truly is everything. It drives virtually every decision one makes and how one lives each day of life. Attitude will shape a person's career. A great attitude will propel him forward, while a poor attitude will get him fired. It has been found that people who have a good attitude remain healthier than their counterparts do. This is because an optimistic attitude helps in preventing sadness, depression, anger, stress, anxiety and this in turn helps in preventing various medical problems.

I am not much of a TV watcher, and when I do tune in, I am usually half-watching, half-working on something else. However, sometimes you learn things from unexpected places, and it so happened that recently while scrolling a social media website a Gatorade commercial grabbed my attention. The advertisement shows some of the world's best athletes, like Michael Jordan and Peyton Manning, remarking on their failures—Jordan's inability to make it to his high school varsity team. Manning's abysmal rookie season—and how those defeats redoubled their drive. What a powerful message! Even Atlanta Falcons quarterback Matt Ryan makes an appearance, acknowledging his team's mind-blowing, fourth-quarter Super Bowl fall to the Patriots in 2017 and implying that he, too, would grow from the experience. Attitude, whether positive or negative, shows in person's daily lives.

A negative attitude is the result of negative thinking. It focuses on the problem and stops looking for solutions or opportunities. Negative attitude can only survive on a steady diet of negative

Thinking and negative self-talk. A negative attitude is habit-forming, and it has an impact on you and the people around you. A negative attitude affects you physically. A person with a negative attitude will usually lose to a person with a positive attitude. A positive attitude is not native, and it does not sugar coat problems. Rather, it sees and acknowledges problems and then focuses on finding solutions and opportunities. It looks for the opportunity within the problem.

A positive attitude is a person's passport for a better tomorrow. Unshaken positive attitude propels us forward to reach our goal. A person with a positive attitude will usually outperform a person with a negative attitude. Positive attitude is essence and elixir in life path. It conquers the crown of success whatever assignment one undertakes. Nevertheless, negative emotions always lurk behind one's mind and keep on pricking to make dents is common and inevitable. The quantum of attack of negativity is so enormous and vulnerable it leads to fall in the gorge.

Everything that you achieve in your lifetime flows from your thoughts and beliefs. Negative thinking yields negative result and positive thinking produces positive results. Keep your attitude's window clean and bright so that the positive thoughts can come shining through. Your mind is most receptive to visualization when you are calm and not thinking about many things simultaneously.

An old man had once said, "Erasers are made for those who make mistakes."

A youth had replied, "Erasers are made for those who are willing to correct their mistakes!"

ATTITUDE MATTERS

ASHIE KHANDELWAL

11

"Today's youths are more practical and wise and do not get swayed by emotions."



Today's youths are more practical and wise and are not swayed by emotions. Today's young generation is very optimistic about their future and ambitious too. They want to achieve and fulfil their dreams. They do not mind leaving their parents or friends behind in order to achieve their goals and fulfil their dreams. Earlier the sons mostly stayed with their parents. Today's

youth in a hunger and craving to earn more money do not mind going far away from their parents. Moreover, they do not get carried away by emotions and have a more practical outlook. Today's youth have been able to balance his/her emotions.

Even though today's younger lot is considered to be impatient, their impatience is because they don't want to waste time. They wish to explore all possible horizons and for that they do not mind going away and leaving their family behind. The younger generation are connected and neck deep with social networking, thus their ideas are more enterprising and they are willing to take risk. Their ideas are practical also and their practical perspective leaves them with no time for ethical issues like ego, attachments, emotions, loyalty, devotions, closeness etc.

Young people can sometimes be impulsive, but they can be very good decision makers, as they completely understand the pros and cons before they make a choice. They have better access and are more familiar with technology and internet, so they are capable of making well-informed choices. In today's society, youngsters understand themselves and their needs better than their parents or anyone else. If they have questions or doubts, they do not hesitate to get them cleared. They also have a better understanding of what they must do to get the required result. Therefore, I think youngsters are more capable of making pragmatic and practical choices.

Now days, even older people have started following younger generations, as they now realize the importance of being practical in various phases of life. With the advancement of technology, luxury and a palette of options available, the younger generation are naturally practical. They need not take extra efforts to a practical approach. They are optimistic and ambitious. Earlier, people were highly influenced with emotions and attachments to family or friends. But today's youth can equally balance emotions.

Science has made life very easy for the generation today. Accessing someone today is not as difficult as it was earlier, when people relied on telegrams!

The young generation wishes to explore all possible horizons. Their ideas are practical. Due to the stiff and fierce competition, their practical perspective leaves them with no time for ethical issues like ego, arrogance, emotions etc. With passing time, people change and so their values and thinking i.e. their ideology towards life. In the 21 st century, it is seen that the youth are more practical and straightforward in their life unlike their parents or grandparents who have different perspective towards life. Younger generations do not believe in caste or religion difference unlike the older generations who are more concerned and strict.

There are many reasons to conclude that life is not easy as it was earlier so it is essential to be practical in the world. Youth today thinks about quick solutions to the problems they face. As far as being emotional is concerned, they are very much concerned about their near and dear ones.

It is tough to conclude whether the youth is more practical or emotional but quite evidently, we can say a generation requires balance of both and today's generation has it.

Being carried away with our emotions will not let us reach the stars but if we use our practicality and emotions in a balanced way, we will reach heights. Everything in balance works out, it is the nature's rule, and if do not keep nature and its surrounding in balance it will make its own way to create equilibrium.

"Be practical as well as generous in your ideals. Keep your eyes on the stars, but remember to keep your feet on the ground."

AVUSH UNIVAL

12H

The Conspiracy



Everything went horribly wrong that evening, I was mortally wounded while my comrades lay dead all around, along with the terrorists who started all this.

This all started nearly nineteen months back when I was but a teenager. I lived a normal life in America like any other American. A house situated in the suburbs with an amazing mother, and a great father. I had the most conventional life. Normal studies with just good enough marks for a university. A group of likeminded friends, and a dream of doing something big, with nothing really to back it up. However, it all changed abruptly on a specific day.

It was a hazy afternoon when I was sitting in front of the TV and breaking news came up. "This is Alison Goodman live here from the twin towers. We can see that a plane has crashed into one of the building as you can see- wait another plane is inbound head for cover!"

Then we heard a boom on the TV. My mother lost consciousness from the shock. The reason being that my father worked as a secretary on the topmost floor, which was the very place of the plane strike.

Father was never found and mother never smiled again. We held a funeral with an empty casket. All the people looked at me with pity. The rain soaked my suit as I was going through turmoil. That was when I decided that I was going to join the Special Forces. Moreover, 16 years later I was inducted as a member of the Navy Seals after much training. We participated in many raids that killed many of these terrorists.

But one day my world was rocked once again. I had become a well-distinguished soldier for my bravery in the field hence many of my higher ups asked me for help in small works. However, one day when I was about to enter a leader's office I overheard something.

"Yes sir, we will effectively terminate delta squad and there will be no evidence. Just like last time sir" then I heard laughter. I hid in a container until the leader left, then entered the room. I

searched the desk only to find a classified document. The document stated that many of the so-called terrorist attacks were actually orchestrated by the government themselves and they would periodically eliminate whole camps of Special Forces to reignite tensions to justify their conflicts.

This information shocked me to the core. I stood there dazed. When I came out of this entrance, I decided what was to be done. I took photos of these documents and showed it to my comrades in the barracks who were shocked. We decided that night to kill the higher ups.

That is when the alarms sounded and higher ups on the radio told us that infiltrators had attacked us. Therefore, the squad and we donned our gear and started eliminating the threats. Many of our own also died, I was heavily wounded and when I came to my senses, I noticed all my comrades were already dead and only I remained. I looked towards the last infiltrator who also looked at me. Then I noticed something.

"Wait, are you from Charlie squad!"

The infiltrator was shocked

I realized then that they were also our soldiers and they were told we were the infiltrators. Just then he got shot, when I looked towards the source. It turned out it was the leader of the camp.

He looked at me and solemnly said

"Sorry, I had orders"

But as he was saying this, one of my comrades who was miraculously alive shot him and looked at me while dying.

"Get them, it's my last request." Then his eyes lost life.

I wept in silence and rage as I staggered towards the exit, constantly promising myself that I would get every single one of them.

ABHINAV DHASMANA

12



It is Easier to Preach than to Practice

The most important quality of a personality is to have integrity, abide by and live up to your words. Be the man of your word. A person whose actions and words do not match is a person whose integrity is always questioned. Yes, I completely agree with the statement that preaching is easier than to practice because preaching is just thoughts and words whereas practice is words in actions. In today's world, action has the highest value. Again, preaching can become very effective and a true source of learning if it is practiced first.

It is very essential that what you say is implemented otherwise it puts a big question mark on a person's personality. We can take the example of politicians today, they preach a lot about dos and don'ts' whereas they themselves practice bribery and corruption.

Many a times it happens that a preacher goes on a very unrealistic road and preaches about hypothetical situations rather focusing on the crux or the basis of the problem.

A true preacher is a person who stands by his words. A preacher is a person who does not blame others but give realistic solutions to problems. Knowledge looks good when it is preached but when we look at a broader picture the one having the ability to practice what he says, is the true preacher. For example the US President Barack Obama was the person of dignity, he preached what he practiced. All the years of struggle he proved his worth and then he imparted to other people what should and should not be done. He preached that being humble is never being weak. He preached this while he himself was a humble man. It is not difficult to practice what you preach one must have the zeal to do that. The integrity to stand firm on the position and not run behind fame makes a person great and that comes through practice. A person's preaching should be a revelation to the people in need, not a guilt trip. Nobody is perfect, everybody has their own flaws and everybody needs to know how to embrace them. A true preacher has this capability to reach out to others, make them aware of the reality, and that can be done through practice.

GRISHMA GANDANI

12

THOUGHT POLLUTION



POLLUTION. . .the intervention of unwanted substances or particles in the environment that affects the purity of any medium it enters is called pollution. Like any other issue, pollution unveils its effects at a much longer run and the suffering is at a greater loss. We are all aware of the various forms of pollution that exist in the environment around us. But here I am talking about what pollution is mnemonic for in humans. Paying attention to the environmental issues, we have neglected the issues within us. We never think about the pollution in our minds. This pollution in every individual's mind today has taken up the space for any positivity and most importantly any humanity.

Today people think that our generation works on PRACTICALITY and NOT EMOTIONS, but have we ever cared to think that at what cost is that practicality being exercised.

Referring to the question again – WHAT IS THOUGHT POLLUTION ?

One bad thought, intervention or bad influence on a good mind that has its impact in a negative way on the personality of a person.

- Thought pollution is something that contaminates the character of a person .*
- It leaves a negative imprint on the sense of individuality of a person.*
- The sense of individuality corresponds to the loss of sense of self.*

Why would I use the terms CHARACTER and SELF?

Character and self of an individual evolves a great deal over the years. Life experiences, situations, culture, family, friends, social life etc. become the major influencers that help you alter and constantly modify your personality and thought process. Nobody takes birth with a polluted mind. The personality of a person never evolves to be disastrous from the womb. To be very specific it is we who choose our own stimulus, because we are the only ones who choose our company.

I would like to state the vital causes of thought pollution. :

1). INFLUENCE OR COMPANY – we all have our own social groups of people we trust and spend most of our time with. Today youth works under the influence of peer pressure. Children who wish to be recognized in a social group convince themselves to do anything and everything that gains them acceptance, without giving a second thought that whether their actions for mere social acceptance are ethically correct or incorrect.

• A focused person who has laid out goals and has a definite vision to achieve , has a sense of individuality because that person is completely determined to find and make paths that lead him to his goal. Such person has a defined character, but this character, taken the culture of influence today, can be altered within no time. All it takes is detachment from the goal of life.

• The immoral influencers never straggle behind to defocus a good mind rather they strangle the growth of the person who befalls their company. Thus a person's individuality is lost in order to follow the action of the masses for social acceptance.

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SOCIAL INFLUENCE is one of the most vital causes of thought pollution. DRUG ABUSE, SUBSTANCE ABUSE, SOCIAL MEDIA MISHANDELLING ETC. have become casual acts and a trend which is proudly being carried forward. Not to forget the increasing number of rapes and physical assaults which have crossed all bars of BRUTALITY and INHUMANITY. The intensity of horrors has touched the skies. At a larger picture this is the result of social influencing. What some people practice to make themselves appear as 'COOL', is carried forward as a trend which sooner or later becomes a benchmark for acceptance among the youth.

Where everybody follows an erroneous trend under a particular bad influence either from the peers or the environment is called LOSING OF INDIVIDUALITY. This is because here they lose their true, focused and opinioned self as social acceptance for them becomes a priority.

EXAMPLE - Youth today uploads pictures of themselves enjoying their lives to the fullest and being at the epitome of happiness, which is majority of the times only a sugar coated illusion. Their major concern is the number of views, likes or comments they would receive. This is a clear indication of the lack of SELF-LOVE, as rather than loving themselves, they wait for the people to appreciate them just so they can feel good about who they are. The people who themselves are confused like each other, who are just the mirror reflection of the other person would make the latter feel good about themselves while their own self confidence being at the minimum and dependent on the social world, THE IRONY PREVAILS. Here again we can see the sense of self is long lost.

Not gaining enough likes and views on social media has turned out to be one of the most common causes of suicide attempts in youths today. Kids are suffering through depression because they don't get enough compliments and attention from the people they barely know and start demeaning themselves for not being good enough.

BULLYING has become a trend for recreation and appearing as a 'STUD' as said in layman language. Cyber - Bullying has taken uncountable lives but there is still no end to it because fun and social acceptance is much more important than humanity and lives of innocent kids who wish to lead a successful life.

While we are at it, I would like to touch a very heart wrenching topic here of HIPPOCRACY AND ANIMAL ABUSE. The youth is frustrated from within. Thus, that frustration is exempted on innocent, speechless animals who cannot even express themselves in spite of the severe infliction of pain. These acts are carried out under the tag of 'FUN'. This is where the humanity today needs to be questioned, where seeing someone in pain is a source of enjoyment for the youth. If this isn't thought pollution then I don't know what is. A very well known incident took place in Kerala, where some youngsters fed a pregnant elephant pineapple stuffed with crackers, just for their leisure. The crackers burst in her stomach causing excruciating pain to the mother.

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The mother elephant and the baby growing inside her died standing in the very river in pain. They were just wandering through the forest and happened to reach this village. People made a hue and cry about it but nobody felt an itch of guilt or never the thought crossed anyone's minds that what happens to the pain the cows, chickens, pigs, goats etc. feel when they are slaughtered to just fill the tummy of the people who can survive on vegan diet rather than taking lives of innocent animals and giving it the name balance of nature.

This is where I prove my point that humanity is lost in the spirals of thought pollution today. Brutality, hypocrisy, abuse, lack of faith and shame are the babies of thought pollution.

- The good works consisting of some rare and appreciable content posted on social media content posted on social media are not even viewed where as the pictures exposing the skin of people get a million views.

2). REALITY SHOWS—Shows like Big Boss, Splitsvilla, Roadies etc. use the word 'REALITY' which was completely 'NO REALITY' but just to portray the negativism and garbage filled in the minds of the people. The shows work because audience wants them to. These shows are one of the prime influencers on the mind of the children. The ostentatious content will have the maximum views. This shows the intensity of aggression which is filled in the people.

3). CULTURE AND FAMILY- the third major cause of thought pollution is the environment in which the child is brought up. Where does the importance of social acceptance and the need for fitting in the society, comes from? It starts from home. Today's youth has lost culture and by culture my indication is not towards the religious culture but the one that incorporates values and manners. When children do not get attention, affection and understanding from home, parents and family, they seek for all these outside in other people to fill in the emotional needs. Social acceptance and fake adoring provides them with that emotional satisfaction and they call themselves contended, while not realizing that it is eating up their personality from within. When parents are not open about certain issues concerning the teen age and they fail to guide their child in the right direction regarding the same then these children go and seek someone to talk to and they never know what company they might get into. If the social group and the person they rely on, lead them in the wrong direction that can even lead to a child ruining his/her life. We have often noticed that children who have had broken childhood and disturbed house situations end up making wrong decisions or have further more broken relationships with friends and partners. Sexual urges and hormonal imbalance are a taboo in certain families.

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Thus, they don't guide their children through these stages which later leads them to seeking help from outsiders who might influence them in a wrong way and condition their minds to all the dirt including seeing excessive amount of porn and abusing to an extent which is ethically inappropriate.



This is where the rape culture kicks in, because nobody guided them on how to control their urges. Certain demeaning family values also play an important role in polluting a child's mind. Example of such values are,

- Girls are never equal to boys
- Girls are meant to handle the household and be the silent person to obey all orders
- Boys have all the responsibility of handling the expenses of the house
- A girl child is a responsibility
- A girl child should be killed in the womb etc.

Restrictions to general acts leads to a rebellious nature in children and they use unethical roads to fulfill their wishes and thus fall in the claps of wrong company, and make decisions that ruin their lives.

Giving my point of view along with appropriate comparisons I would lastly like to state that character is something that defines people. It gives everybody a sense of individuality, that every person is different in their own sense (DIFFERENT AND NOT WRONG, OPINIATED AND NOT AGAINST). Character gives a self to every being today and thought pollution is something that kills the very self of an individual. AWARENESS to it is the beginning towards eliminating thought pollution. This is where my belief stands.

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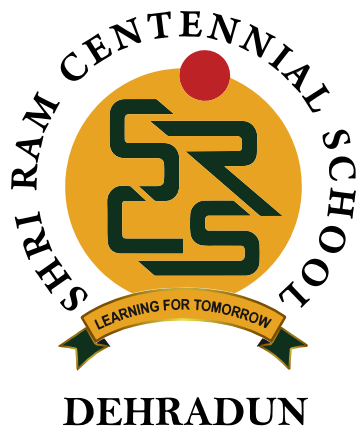
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