

Principal's Note

Metamorphosis is an effectively constant term in this universe. Knowingly or unknowingly, we are always a part of it. Though the Roman poet Ovid had to invoke the Gods to grant human transformation in his book *Metamorphoses*, contrarily, in his book *The Origin of Species*, Darwin spoke about 'natural selection'. Either we relish it, or we surrender to it.

Whatever the field of study or the learning process, we are constantly changing.

As an educator, I have always believed that it is my responsibility not only to make my children learn through the curriculum but also to help them learn 'how to learn'. School, being the holy edifice of learning, plays a major role. It is now time for the present educators to not only inculcate the rudimentary skills but also make the students future-ready. Academic competence can only reap rich harvests in the long run if the students are gritty, composed, and smart.

In the last few decades, the world has seen a sea change in the field of education and its application. Physical books are giving way to e-books; the chalk-and-talk method faces a strong challenge from the novel teaching aids; with reading tools like e-Readers, libraries might soon turn into historical monuments. The distinct signs of Metamorphosis are evident!

Even parents are going through a metamorphosis of parenthood. To see and guide their children in the desired direction, a tripartite movement has become essential. A concerted effort from teachers, parental guidance and academic counselling take the child towards the desired goal.

The job platter has a repertoire of job options. Tourism, sports, culinary arts, fashion, and media are industries with huge job opportunities. So students can now explore fields that were never there as career options.

As a motivator, an educator, and a guide, I strongly feel the need for a conscious acceptance



of evolution, supported by proper parental education and careful schooling, which will help the eager child to easily cross the different stages of metamorphosis and become a successful and responsible adult.

- Ashish Agarwal

Student Editorial Board



Sanjna Nair
Editor-in-Chief



Lavanya Kapoor



Paloma Jain



Prashasti Praveen



Sania Mirza Baig

TALE OF TRANSITION



In the midst of my graduation ceremony, while I stood next to my classmates and friends, waiting for the flash of the camera— dressed cap-a-pie in black robes and a hat— I realized that I was living in a moment that I would one day look back on and consider a marker, a flag. It was as if the blinding lights and unbridled energy all around us were catalytic in making us burst out of our cocoons as fresh adults, ready to be flung into the convoluted world right after our metamorphosis. It's miltonic in a way (can't call it Kafkaesque just because it's got something to do with metamorphosis, now can we?).

Graduation Day, for me, serves as both an end and a beginning; the day where my snug yet chaotic school life came to a close and morphed into one that, well, I'm not quite sure what it will be like yet but will hopefully ripen into something ingenious.

To stand on the steps of our school's entrance as a full-fledged graduate and future alumni collecting well curated mementoes instead of running down the stairs with *Copa Cabana* in mind or sleepily trudging across them in the mornings is visceral in a way I never would have expected it to be. Now, I savour every moment I spend at school instead of traversing down the corridors without a second thought.

'Sic transit gloria mundi', 'Dum vivimus vivamus', 'Veni vidi vici', 'Memento mori'- all of these are sublime phrases that are just as majestic as they sound; but they're naught if you don't live a life that gives meaning to them. I feel like I have conquered all my fears, made connections and bonds that will last a lifetime, shared notes, lunches, and laughter; and now the time for my inevitable departure, the final level of my school

life where I head on to bigger, better adventures has come.

This place which I have called my second home for twelve years, the fondness for Billabong that cultivated in me over the years- in all its childlike purity and adoration-will endure. After all, I'm not bidding a permanent adieu to this place, not in the literal sense anyway. I find comfort in the fact that I'm leaving behind traces of me even as I go. I will be present in the dog-eared library books, the dents on the band leader stick, the stories that teachers will remember me from, and maybe even in your hearts, dear readers.

My dear Billabongers, at some point, you will all struggle to find and express your own identity in a world of ever present, all-consuming obligations, but I hope that you can metamorphose and overcome them to live a life worth appreciating. There are a great many things we are required to do as we grow and go on living, but the most important of them all is enjoying life. We live in a world where pandemics don't hinder us anymore, technology branches out at sonic speed, and AI is not a fascinating revelation. Amidst it all, I hope you can find a way to stand out, hold on to creativity, and have enough love in your heart to share— you know there's a need for it. Consider yourselves your own heroes, don yourselves with your own badges of honour and make your life worth something of admiration and awe.

I hope all of you can undergo your own metamorphosis and sprout out of your cocoons in the forms of the most charming wasps, beetles, bees, mantids, and butterflies.

- Rida Aamir (Alumni 2023)

Creativity is seeing what others see and thinking what no one else ever thought.

- Albert Einstein

This is the unapologetic intention of creativity, to give shape to chaos and execute the mind's versatile ideas. Through the *Billabong Bulletin*, we encourage everyone to use their creativity, while it lasts, because like all good things, if we fail to cultivate and feed it, it will soon extinguish and die out, drowning life's enthusiasm with it. Do not fear its exhaustion because it is boundless. Much like what Maya Angelou said, "*You can't use up creativity. The more you use, the more you have.*"

Personally, creative expression makes life more worth living, and it brings fulfilment to

the soul, but I am sure those who practice it are no strangers to the feeling. So, my message to my keen readers and contributors to this newsletter is to trust your creativity's instinct and not shy away from giving us the chance to show the magnitude of its power to the world. I would like to wholeheartedly thank all the Bravehearts that sent us their inspiring interpretations on the theme 'Metamorphosis' and chose to transform or observe the transformation in their lives in one way or another. However big or small, change is omnipresent and its effects are inevitable. We have tried our best and will continue to put in our greatest efforts in future editions as well, to bring you a most delightful collage of ideas through each issue and we are more than glad to have your support in this journey.

- Sanjna Nair, Editor-in-Chief



Graduation Ceremony

Grade 12



Billabong High Bhopal commemorated its Graduation Day, for the batch of 2022-2023 in the presence of Major General Vikram Dev Dogra who energized everyone with his heartening words. This overwhelming day that culminated years of mirth, memories and magical amities that thrived in the premises of Billabong was marked by striking smiles, stunning attires, and a sense of oneness and warmth among all. Have a look!



Senior KG Graduation Day



Have a glimpse of the cheerful celebrations that took place at Billabong High at the graduation of our students graduating from preschool. Some have completed their joyous journeys in preschool, while others have completed their first year; nonetheless, it was a delightful day full of pleasure and pride for all!





SPORTS DAY 2022-23

Our astounding athletes and performers from Middle and High school displayed perfection and precision in the annual sports day 2022-23 where they performed spectacularly and left everyone awe-inspired. Ranging from a magnificent Musical Melange to terrific twists and twirls in Gymnastics and Mallakhamba, from robust races to ravishing routines, the Billabong High Soccer Park witnessed it all, take a look!





Fad diets are all the rage nowadays, especially on social media...

As it has been rightly quoted, "When the flood of truth becomes a drought, the lush throats of liars shall shrilly fill the vacuum with their false fruit. None shall taste its maggoty putrescence and devour it whole." That

completely sums up the ever-popular and always-trending fad diets that periodically bombard social media. Fad diets are diets trendy for a short period, even though they are not based on scientific research or evidence. I firmly believe that fad diets are meaningless and mindless.

Fad diets often encourage deprivation and demonization of foods, leading to nutrient deficiencies. The impact of this social media frenzy is reflected in our eating habits and health stats. Research published in the journal *Frontiers in Nutrition* has noted that increasing numbers of young women are deficient in vital nutrients, mainly due to the diet trends hyped by social media. Women are getting only 68 % of iron, 69 % of potassium, 66 % of selenium, 80 % of copper, 97 % of calcium, and 89 % of iodine from the recommended intake. Men are found deficient in potassium, selenium, copper, zinc, and magnesium. High protein diets increase urine calcium and uric acid. It also lowers urine pH and citrate. People following a high-protein diet are at a greater risk of hyperlipidemia and hypercholesterolemia.

Fad diets focus on quick results- almost always on weight loss. Dieting culture also promotes lowered self-esteem, guilt, and the pressure to fit into societal standards. One often starts to follow these illogical diets to get the 'perfect' body image that is fit for 'social media'. There is a potential association between restrictive dieting and the development of eating disorders.

One's dietary habits and staple foods are usually based on availability or ingredients. That is why we find fish in coastal regions than in deserts. People consume fermented foods in hot and humid areas because the climate and weather conditions support them. Allergies and intolerance arise because the body is not used to such foods. However, this does not mean that a diet plan is fit for everyone. A Keto diet is for hard-core epilepsy patients. A dairy-free diet is for lactose-intolerant people. A gluten-free diet is meant for people who cannot digest gluten. Why on earth does everyone have to blindly follow a particular diet just to support a particular celebrity or community on social media?

There is more to what appears in fad diets. It is a huge money-making business. That is how companies sell their products and we fall victim to their schemes, damaging our health beyond repair.

It is high time we are mindful of the information social media feeds into our heads. Dieting and being health-conscious are fine only under the guidance of experts. One should try to be healthy and not fit into standards. The purpose of dieting should be mindful eating and not mindless forcing.

- Kanishka Paltani (9B)

Nowadays, social media plays a salient and crucial role in everyone's life. There are many individuals who are substantially influenced by the people they follow. Social media alters almost everyone's life to some extent. When

on social media, people try to live up to the standards set by various people based on their appearance and weight. Then, to meet such standards and for reducing weight, fad diets were introduced. These are plans that outline the pre-eminent and fastest way to lose weight. As a result, many people, especially the young, follow these plans and it becomes an obsession or a compulsion that negatively influences their health. Therefore, endorsing these diets to young people could have untoward repercussions on their physical health along with mental fitness. These diets can also lead to compulsive eating disorders, which can be

Should we endorse dieting culture to our YOUTH?



very detrimental to their comprehensive health and well-being. There are many rationales why we should not promote or encourage such diets to the adolescent cohort and why we should teach them the importance of eating healthy and balanced.

Firstly, these diets are impractical and unsustainable as well as unendurable in the long run. These plans are based on short-term results and do not provide adequate long-term weight redemption solutions. The human body can only perpetuate a certain weight, and following such diets fluctuates our weight which makes it very difficult to maintain it for a long duration of time. Furthermore, many of these diets are not recommended or endorsed by any professional bodies such as doctors, dietitians, or nutritionists, which leads to confusion about the credibility and reliability of these plans.

Additionally, these diets do not teach the person to follow a healthy meal plan for their continuing lifestyle, in lieu, the best solution provided by them is to starve or eat food with less fat and carbohydrates in order to be fit, which later can lead to copious deficiencies. This ultimately results in unhealthy weight loss practices that can be inimical for the rest of their lives. Also, some of the diet plans are very restrictive in nature making it nearly unfeasible to follow on a periodic basis without abandoning the plan altogether. Ultimately, many of the diets are based on unrealistic and non-viable goals set by the promoters of the plan, and eventually, with not being able to subsist, the followers resort to starting eating more than needed as a coping mechanism to being starved for a long time. Dieting culture and regimes, as well as the set beauty standards, which are ingrained in young people's mind, affects their mental and physical health and it reverberates as they grow old in a substandard manner.

To conclude, these diet plans should be discouraged and not promoted in society because not only do they fail to solve the real problem, but they encourage people to make poor choices about their health and life, which in the future results in their deteriorating health. They should take help from experts instead of blindly following the fad diets to understand their bodies better and make the necessary dietary changes to maintain a healthy lifestyle.

- Mariya Hussain (8D)





METAMORPHOSIS

Transition to a Beautiful Life

Metamorphosis is a biological process in which an organism transforms from one stage to another, often resulting in a significant change in physical appearance, behavior, and function. This process occurs in many species, from insects to amphibians, and is a critical part of their life cycle.

One of the best-known examples of metamorphosis is the transformation of a caterpillar into a butterfly. A caterpillar hatches from an egg and begins to feed, growing and molting several times. Eventually, the caterpillar creates a cocoon or chrysalis, where it undergoes a series of changes that result in the formation of a butterfly.

This transformation is not just physical but also behavioral. Caterpillars are primarily concerned with feeding and growing, but once they become butterflies, they are focused on reproduction, finding mates, and pollination.

Metamorphosis also occurs in amphibians, such as frogs and salamanders. In these species, metamorphosis occurs during the transition from tadpole to adult. During this process, they undergo significant changes in their anatomy, such as the development of legs and lungs and a change in the shape of their head and mouths.

The process of metamorphosis is controlled by hormones, which trigger changes in the organism. These hormones are produced in response to



environmental cues, such as temperature, light, and food availability.

Metamorphosis is an important aspect of the life cycle of many species and plays a critical role in their survival and adaptation to different environments. It allows for the development of new forms that can be better adapted to their environment and increase the species' chances of survival.

In conclusion, metamorphosis is a fascinating biological process that results in significant changes in the physical appearance, behaviour, and function of an organism. It is a critical part of the life cycle of many species and plays an important role in their survival and adaptation to changing environments.

- Alayna Pachouri (6B)

Nature and Inventions

I have always been an admirer of nature. Mother Nature is the creator of this amazing world. I have observed that many inventions are inspired by nature. Birds, animals, plants, trees or Insects, every natural being teaches us something which we can apply in our life for our well-being.

For example, we were inspired to make helicopters by keenly observing dragonflies, while the making of bullet trains was through learning about kingfishers. The invention of Velcro,

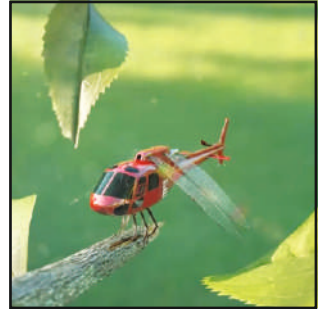


Image credit: Insta/taekgallery

is another great example of how when we relate our surroundings with nature and use innovation we can discover and make very useful things. When we go trekking, the sticky grass that gets stuck on our clothes inspired the making of Velcro. Nature is the most inspiring subject for many scientists.

I think if we engage in understanding nature and its way of working, we can get many solutions for the betterment of humans and the environment. The emulation of nature for the solution of human problems is called biomimicry.

- Avyansh Singh Gehlot (2F)



Teenage is the time of one's life that feels like a complete roller coaster ride, where one feels several different emotions and dives into a pool of unexplored things. The phase between childhood and adulthood can prove to be either the best or the worst years of your life!

Thirteenth birthdays are usually filled with the most anticipation and excitement. I am sure if we go down memory lane, most of us will relate to the rush we felt when we finally turned thirteen and thought we were no longer "kids".

Well, do we instantly become as mature and responsible as we thought we would magically become back then?

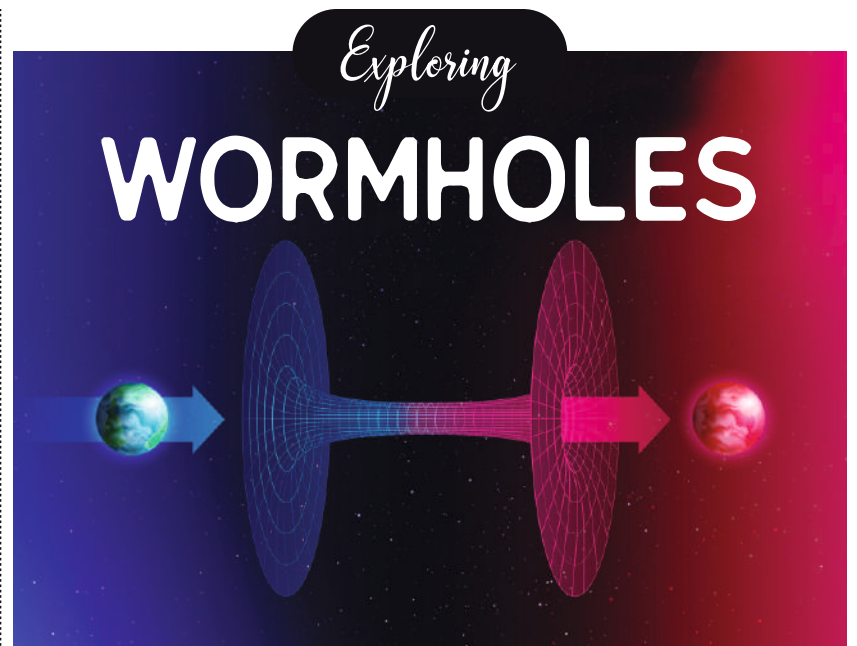
As we go through a plethora of not just physical but emotional changes as well, it can be overwhelming to deal with them sometimes. Constantly stuck between contradictions and hearing contrasting opinions on life, on the one hand, a teenager is considered too young to make daily life decisions, but on the other, they are also expected to be wise and

responsible under changing circumstances. Teenage anxiety and stress caused by opposing reactions, expectations, and peer pressure can be highly problematic.

As much as there are complexities in a teen's life, every teenager has an X factor. They possess novel thoughts that build and develop the future of society. They are scared of not being able to cope with pressure but also yearn to do something extraordinary. The teens of the 1950s and 1960s revolutionized British pop culture, as they were the ones who brought the iconic band The Beatles into the limelight.

Trendsetters, as they are rightly called, are teens who can broaden their horizons by viewing the obstacles they face as challenges and not difficulties. Acknowledging the changes and longing for growth will surely make even the low points of this phase a great experience. Make sure you ace everything you do and emerge as teens who are ready to not just face, but lead the world.

- Tanisha Tiwari (11B)



Wormholes are another myth that entered the spotlight when the theory of White Holes was rumoured about. They are simple tunnel-like celestial bodies connecting one space to another allowing space time travelling. It is said that when a Black Hole pulls an object inside it, it travels through a wormhole and comes out through a White Hole thrown into another galaxy. As White Holes have zero gravity, the object which has to come out through a White Hole will have to manage to get in first. There is a very complex theory which says that an object's location after it enters a Black Hole is unknown leaving the thought of a White Hole. The object can travel between these two by the means of a

celestial body like wormhole.

There are claims about space time travel. A man claimed that he found mysterious emptiness in his cupboard and after entering it, he found his seventy year old self. He then came back normal. People have accepted the fact that they have time travelled through a hole. Today, wormholes are just a theory most of the scientists do not believe. If White Holes are to be discovered, wormholes will be the first celestial body striking our mind with curiosity. White Holes may have a long time before they are discovered as it is another myth with theories. They break the laws of physics but what if we made the wrong laws?

- Rishi Wadhvani (7A)



A Beautiful Transition



Metamorphosis, a journey untold,
From a caterpillar to a butterfly bold.
Enclosed in a cocoon, its metamorphosis begins,
A transformation of body and soul, a story within.
The caterpillar changes, its old form does shed,
As it transforms into a beauty, delicate and spread.
Its wings unfurl, a tapestry of hue,
In a dance with the wind, its grace it ensues.
A symbol of change, a symbol of growth,
Metamorphosis shows us, what lies beneath the cloth.
It's a journey of self-discovery, a journey to find,
The beauty within us, that lies undefined.
So let us embrace the metamorphosis within,
And find the beauty, that lies hidden underneath.
And just like the butterfly, we too can soar,
With wings of courage, reaching for the shore.
So let us spread our wings and take flight,
Embracing the change, with courage and might.
For metamorphosis is a journey of hope,
And a reminder that we too, can learn to cope.

- Vaibhav Mishra (8F)

CHANGE IS INEVITABLE



Flashing lights fell on me
as I came out of my mother's belly.
After a few days, home came to me,
my eyes opened so I could see.
After a few months, I could crawl and stand up
and my milk bottle was replaced by a cup.
After my first birthday, I started to walk
And I said my first words which meant I could talk.
I went to the school when I was two and a half,
I could now understand words and started to laugh.
When I was four I became independent
which meant I could do things on my own.
I was no more dependent
and recognised letters and numbers which were shown.
I was growing!
I was learning!
I was doing!
And could identify whatever was taught to me.
When I was six my teeth fell,
I thought that I was now going to hell.
I then thought I could not eat
as tears of sadness ran down my cheek.
My mother convinced me and afterward, I came to my feet,
I got to know that I will grow new teeth.
Now I am ten and change went through me;
this has or will happen to you and everybody;,
But it's still happening to me and will never stop,
it will happen to you and you cannot skip over it and hop!
As change is inevitable...
change is for good.
change may or may not be destructible
and should never be misunderstood.

- Varad Dharkar (5B)

CHANGING INTO A BUTTERFLY

I am a little egg on a tree,
Hatching in a couple of days and I am free.
Finally, a caterpillar I turned in,
Having six legs and they are very thin.
I make a pupa that lasts 8 to 15 days,
I come out of my pupa and soar in the sun's rays.
I have wings and I fly in the sky,
And now I have turned into a pretty Butterfly.

- Yashaswi Singh (4G)



GROWING THOUGHTS



The way people doubt you,
If you are good or not;
Don't listen to them,
As it's their own thought.
When you grow up,
You learn new things;
Nobody notices,
As it's common in human beings.
When you help someone,
From their heart they bless;
Then you realize, by helping,
You have given rise,
To the forgotten graciousness.

- Yashvardhan Sharma (7D)

Metamorphosis



Image credit: openai.com/dall-e-2

Metamorphosis, a journey long,
A transformation something really strong,
Forget the afflicting past,
A pain that's not going to last.
Saw a cocoon on the tree,
Seeing a butterfly set free,
From the cocoon to a beauty's stage,
The butterfly spreads its wings with grace.
In life too we undergo change,
From childhood innocence to maturity's range,
Embracing challenges, Growing strong,
Finding ourselves where we belong.
So let us learn from the butterfly's flight
To embrace change, to reach a new height
For just like the metamorphosis grand,
Our journey of change will always expand.

- Aaditya Sharma (7D)



METAMORPHOSIS, the law of life

One night, on the lonely streets of Manhattan, I was crying my eyes out, trying to figure out why God would do such a horrible thing to such a good person. This person had spent her entire life devoted to God, and yet there I was earlier that day, at her funeral, giving her eulogy.

As a young girl, I personally never really believed in the idea of a higher power looking over us because if he did, the world would be a much better place. But look at us, you know, we're just a bunch of clueless humans trying to fix a broken world. This idea probably originated after my parents died in a car crash. I was not sent to an orphanage because of my grandmother, who was my rock, but after she left me too, I went back to my old patterns. I started being compulsive and overbearing, which made other people not want to be around me, and that obviously didn't make the pain go away any faster. Eventually, I lost my job, so I walked all the way to the Manhattan Bridge to look at the view when suddenly, I saw a man trying to jump off the bridge. I rushed towards him and pulled him off the ledge while simultaneously hitting my head on the ground because the suicidal stranger fell on me. In that moment, before I fainted, I thought to myself, 'I am really unlucky, and the universe has no reason to prove me wrong.' The next morning, I woke up in a hospital bed with the man I had saved the previous day sleeping soundly in an armchair next to my bed. Then a nurse walked into my room and told me that I got twelve stitches on my forehead and that I was very brave throughout the procedure. I replied by saying, 'Wasn't I unconscious the whole time?' The nurse quickly changed the subject by telling me that the



man sitting next to me saved my life. Apparently, he was a doctor, which made me wonder why he tried to kill himself. After the nurse left, the man swiftly woke up and introduced himself. His name was Henry, and when he was about to explain the reason behind his situation, I told him to stop right there and to tell me only if he wanted to. He held back, and then there was an awkward silence, which turned out to be the blossoming of friendship. After that day, my mindset automatically changed, as did my personality, and I realized that bad things may happen to good people but good things happen too. I wouldn't exactly say that it was a change; it was a transformation.

- Diksha Nitin Chotrani (9C)

From Little Seeds Grow Mighty Trees

The quote "*From little seeds grow mighty trees*" is my inspiration. I have learned that it is true. My creative writing was not up to the mark. I thought I was never going to write nicely. Suddenly I realized: What if I wrote? What if I can be a splendid writer? All these questions came to my mind again and again. So, I sat and wrote a short story with all my strength. I showed it to my teacher, and she told me that my short story was nice, but I need to write it again using attractive words, so I wrote it until I didn't make a mistake. Luckily after a few days, I got chosen for a creative writing competition. This time I wrote it in a neat and clean handwriting. Few days went by, and luck struck me again. I won a trophy for my creative writing. That was not where I was going to stop, I am going to write and write and that is a promise I made to myself. I am going to do lot of hard work just like a caterpillar. A caterpillar forms its cocoon with its hard work and waits patiently for the day to come out as a beautiful butterfly and spread out its wings and fly with glee. So, it is our perseverance, curiosity, patience and determination in our lives that will lead us to our success.

- Kimaya Tarte (4F)

(Quote by Aeschylus)

Beautiful butterfly having unlimited possibilities!

Once upon a time, there was a caterpillar named Crawler who lived in a lush green forest. Crawler spent most of his days eating leaves and growing bigger, but he dreamt of a life beyond the forest floor.

One day, Crawler overheard two butterflies talking about their incredible journeys and how through metamorphosis they transformed from caterpillars into beautiful creatures with the ability to fly. Crawler was amazed and decided that he too wanted to experience metamorphosis.

With determination in his heart, Crawler found a safe place to spin a cocoon and began the process of metamorphosis. It was a difficult journey, filled with pain and uncertainty, but Crawler persevered.

Eventually, Crawler emerged from his cocoon as a beautiful butterfly, with bright wings and the ability to fly. He was filled with joy and amazement as he flapped his wings and lifted them off

the ground.

Crawler's journey was not just physical, but also emotional. He had transformed from a small and uncertain caterpillar into a confident and graceful butterfly. He was no longer limited to crawling on the ground but could soar above the forest, exploring new places and meeting new creatures.

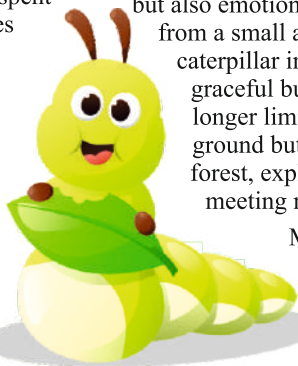
Metamorphosis had given Crawler a new life, full of endless possibilities and adventures. He was grateful for the journey and was ready to embrace his new life as a butterfly.

And so, Crawler flew off into the sky, never to be seen again, but always remembered as the brave caterpillar who underwent a metamorphosis and became a beautiful butterfly.

Moral of the story-

Change is beautiful and brings endless possibilities and adventure!

- Alayna Pachouri (6B)



My Farm House

My father bought a barren land. My mother said, "What are we going to do with it?" My father said, "We are going to build a farmhouse." So, we arranged the workers and started to build the farmhouse. It took seven months to complete it.

When the construction of the farmhouse was complete, we bought fruit trees and other tree saplings from the nursery to plant in our farmhouse. The tree saplings are just two years old; however, after three years we will be enjoying and eating the fresh fruits from our own orchard. We also grew some vegetables, and we relished those organic vegetables. But I noticed something was amiss. I told my

mother that our farm has no flowering plants. So, we again went to the nursery and bought 25-30 rose plants and other seasonal flowering plants. The flowers bloomed very well and were full of fragrance.

After a few months, we heard that there is a rose competition. We participated in the competition. Our farmhouse roses bagged the first prize. The luck of once a barren land changed into a beautiful green land. The metamorphic transformation was tremendously visible. Now we are enjoying the tranquil ambience of our farmhouse.

- Nachiket Chandwaskar (3C)





Very few games have created a good follow-up with as much excitement as the previous one as the game 'God of War: Ragnarok' - a sequel to The God of War Saga. "God Of War: Ragnarök", is an action-adventure game developed by Santa Monica Studio and published by Sony Interactive Entertainment.

With its breathtaking graphics and unbeatable gameplay, this game has become the most popular game of this generation.

'God of War Ragnarok' is a long game based on mythology. The two leading characters are, Kratos, the divine personification of strength and Atreus, the Norse God of Mischief. It is a sprawling epic that always keeps things on the move without ever becoming

disorientating. As the game moves, one develops an intimacy with the characters and empathizes with them. The long runtime is justifiable -the game keeps me glued to the edge of my seat as it repeatedly brings plot twists that make me want to play the game even more.

Apart from the crisp and perfect graphics, the excellent and engrossing storyline has been one of the reasons why it had been nominated for "Game of The Year 2022" and even won awards such as "Best Narrative" and "Best Action/Adventure Game" and more. In my opinion, it is an excellent game and I will give it a perfect rating.

- Uddish Sharma (7E)

Image credit: playstation.com



IDEA 10



Idea 10 is a beautiful instrumental by Gibran Alcocer. This instrumental music contains wholeness, sweetness, and that feeling of love that would make any sad person joyful in just two minutes.

It is said that music is the greatest healer, and this song proves it. The piano played in this song is soothing to the ears. Every time I listen to this, my heart is filled with glee, and any person who is an avid music lover like me would understand exactly what I mean by that.

Music of this genre is so catchy that it becomes trendy very quickly on Social Media apps such as Instagram.

To listen to music, I go to my terrace with a warm beverage like coffee, look at the wonderful view around me, plug in my earphones, then I just close my eyes and let the music do its magic.

Music has always been my best friend - the song Idea 10 -tops that list -listen to it – it can be a warm friend of yours too.

- Saayalee Anand Aphale (10A)

'Greenhouse Academy', an original Netflix tween series, features Hayley Woods (Ariel Mortman) and Alex Woods (Finn Roberts), who lose their mother, an astronaut, Ryan Woods (Selina Giles), in a rocket disaster when a NASA rocket launch goes wrong. Eight months after the planned catastrophe, Alex and Hayley are accepted at the Greenhouse Academy, a school known for training and educating future leaders.

The two houses of the Greenhouse, the Ravens and Eagles, run into a lot of problems, as a result of the severe competition and intense rivalry which exists between the two houses. Shortly after being in the academy, they discover a mysterious case of an earthquake detonation under a high magnetic range, solely for the purpose of monetary gain.



Image credit: netflix.com

This series, created by Giora Chamzier, consisting of 4 seasons and 40 episodes, was highly eulogised and endorsed by scrutineers. It portrays how these teenagers vanquish their problems and become close friends regardless of their hardships.

- Mariya Husain (8D)



Image credit: primevideo.in

Dr. Seuss has been my all-time favourite author because of his unique style of writing- his sentences rhyme so well and his books are like a poem to me. He makes me laugh with his amazing rhyming skills. I love the new words he creates and his wild imagination. I love him for his wild imagination and his creativity with language -he creates new words!

Accidentally, I found a TV series (on Baking) on Amazon prime Video last month based on different books by Dr. Seuss. I am sharing my review of this series. I hope all Dr. Seuss fans

enjoy watching it as much as I did.

All episodes had different challenges, based on different books of Dr. Seuss, which the pastry chefs and the cake artists had to carry out. The participants had their workstations in a set called 'City of Seuss.'. The set was magical for viewers and also for the participants.

The show was in a similar format to other baking shows where 1 team out of 9 won, however, the Dr. Seuss magical world setup made a difference in this show for me, who adores Dr. Seuss' world. The last show which I saw, 'Is it cake?' was fantastical.

There are two challenges in each episode, the first one is when the participants are given a special ingredient to use in baking like Green Lemon, Mint, Garlic, and Cauliflower. Yikes! I am glad I did not have to taste them. And for the second challenge they had to create a character from the Dr. Seuss books presenting a situation in the story. I wished I was the judge for this part

so that I could have got to taste it all.

The participants were judged on the taste, creativity, and looks of the dish. The recipes of the winner of the challenges in each series are shared on Amazon. That was interesting for us but unfortunately, many ingredients are not available in Bhopal.

From my favourite Team – Green Team with Christina and Kerrie - Kerrie truly inspired me, She was born with one hand but she never thought that she cannot do something. She is just wow with her skills.

All that said, Dr. Seuss' Baking Challenge makes for an especially fun family viewing, something I can vouch for as my sister and my mom also joined me in watching the show and found it so interesting that they too were glued to the screen.

It was a delight seeing the characters I know and love take shape in sugar, flour, and butter. Dr. Seuss Baking Challenge is not breaking any new ground in television, but it is truly a wonderful, exciting show fit for whole-family viewing.

- Raaghav Saboo (2A)



Map of The Soul

7 By BTS



Image credit: gocorps.org

Map of the Soul: 7 is an album by BTS released in 2020. The album's concept centers around self-discovery and growth, with the group exploring their past experiences and emotions to come to a better understanding of themselves.

The Metamorphosis theme in Map of the Soul: 7 can be seen throughout the album, as BTS reflects on their own experiences and the changes they have undergone as individuals and as a group. The album explores the idea that growth

and change are a natural part of life and that embracing this journey is key to finding happiness and fulfillment.

The songs on Map of the soul: 7 are a testament to the power of self-belief and perseverance, and they inspire listeners to have faith in their own abilities and to never give up on their goals.

- Yousha Lokwani (8A)

Keto Raspberry Mojito



Ingredients:

- 3/4 cup granulated sugar
- 3/4 cup soda
- 1 cup of raspberries (you can take any berry of your choice)
- 6 fresh mint leaves
- Juice of 1 lemon
- 4-5 cubes of ice.

Method:

Add the mint leaves, lime juice, and raspberries into a tall glass and muddle them together. Mix the remaining ingredients i.e., ice, sugar, and soda with the muddled raspberry juice. Garnish with a few mint leaves and raspberries. HAPPY SUMMERS!!

- Aarna Maheshwari (4F)

Idli Pizza



Image credit: curlytales.com

Ingredients:

- Idlis- 4
- Pizza sauce- 1/2 Tbsp
- Grated Mozzarella Cheese - 1/2 cup
- Oregano and Chili flakes - 1/2 Tbsp
- Finely chopped veggies - onion, green/red capsicum, boiled corns- 1/2 cup

Method:

1. Apply pizza sauce on each idli and top it with some chopped onions, capsicum, cheese, oregano, and chili flakes.
2. Place the idlis in the Idli-maker and steam for 3-5 minutes or till the cheese melts. Enjoy this new dish with cheese spread.

- Poorvi Verma (4E)

Oreo Ice Cream

Ingredients:

- 2 packs of Oreos
- Half a cup milk
- Choco chips
- Chocolate syrup
- Ice cream cup
- 6 toffee (shots)

Instructions:

1. Take a bowl and crush the Oreos.
2. Pour half a cup of milk into it.
3. Mix until smooth.
4. Cling wrap the mixture.
5. Freeze it overnight.
6. Scoop it out, and serve the ice cream in an ice cream cup or in your favourite bowl.
7. Garnish with Choco-chips, chocolate syrup, and toffee (shots).
8. Enjoy!

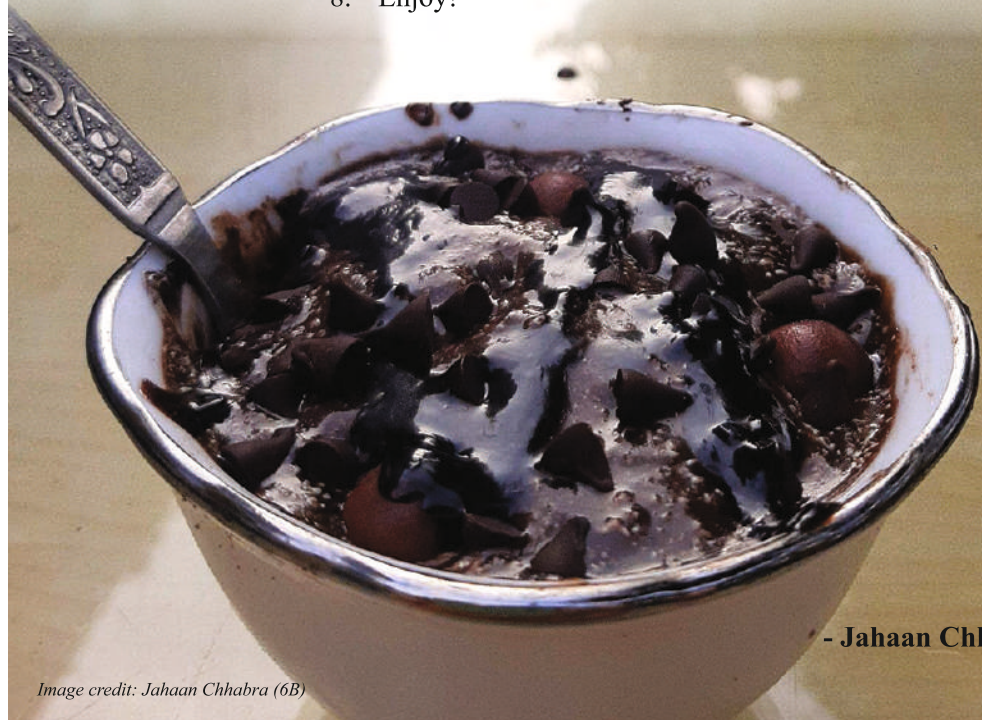


Image credit: Jahaan Chhabra (6B)

- Jahaan Chhabra (6B)



Tête-à-Tête with

Rashmi Shami

Excerpts from the Interview

Q You have expertise in a significant number of fields, be it management, school education, history, or the environment. How did you discover your passion in life, and how did it lead you to where you are today?

I, personally, don't think one discovers their passion just by going with the flow. I like reading a lot about various subjects. I think that using the knowledge that reading gave me led me to the realization that I was most passionate about the environment and education. While working in this field, especially in rural areas, I realized how much the environment impacts the livelihood of everyone. So, I think that's one of the reasons why I am so passionate about it. As for education, the school visits because of my posting in the education sector have contributed to it, as well as my upbringing. I understand from my parents' experience that if there is anything that can transform a person's life, it is education. It is the main reason why I am so passionate about that.

Q As an ardent environmentalist, which environmental issues pose the greatest threat to India and what are some possible measures that can be taken to curb this?

I am seriously worried about two things- global warming and air pollution.

Climate change, especially in the last few years, has started deeply impacting our lives with unseasonal rains and irregular seasons, which in turn affects food crops. It is, of course, a cause of great concern. We all need to work in unison to prevent it from wreaking more havoc.

Most of India's big cities, unfortunately, including Bhopal, are facing rapidly deteriorating air quality. We really need to sit down and work out solutions for these problems and think about what can be done because the elderly and young children are starting to feel the effects associated with air pollution. These two problems, for me, are the most pressing. Nevertheless, I sincerely believe that new innovations like renewable energy and more are going to make the next ten years a very exciting time to be alive. Most of the problems we see in the world today will be taken care of by the upcoming technological advancements.

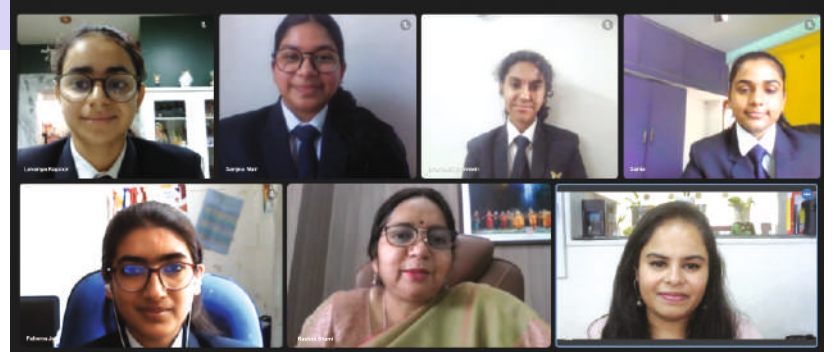
Q Education is the founding pillar for the growth and progress of a nation, yet girls and women in India are still found struggling for proper education. Madhya Pradesh ranks 15th in the education sector according to the most recent NITI Aayog survey. What measures are currently in action to increase the literacy rate of our state, especially for females and how is it going to uplift the underprivileged?

While the NITI Aayog report puts us in position 15th, we are hoping that in the next report, we will fare better. However, there is also a survey called the National Achievements Survey. Madhya Pradesh performed very well on this survey, ranking 5th overall in 2017. This is a massive jump from the previous survey as far as the quality of education is concerned. Your question focuses more on female literacy. Literacy is not as much of a problem now as the number of children coming to school is constantly increasing and in many government schools, the girls often outnumber the boys! This, however, sometimes also means that whenever the family has money to spare, they send the boys to a private school while the girls go to a government one. The good news is that if I were to look at a twenty-year time span, the number of girls coming into our system has gone up significantly. This can also be attributed to the fact that we have a lot of female teachers and good infrastructure. However, it remains a challenge in certain areas, particularly in the tribal or backward areas as girls are expected to look after their siblings, etc. This is why we are even trying to open as many hostels as we can for young girls so that they can receive their education. When more girls study, it automatically acts as a catalyst for social change.

Q You are presently the Principal Secretary of the Education Department, how is the government planning to reform the education system in the near future? Do you think that in the coming years, digitalization and government schemes will speed up the progress of the education system in our country?

I think that this is a more pertinent question. Firstly, the New Education Policy is going to be a game changer if implemented properly. Besides this, all state governments are working to implement this policy properly.

I would briefly talk about two key focuses of the policy. First is Early Childhood Care and Education. If we provide a 5-year-old child with the right stimulation, then the brain develops better. That is one of the main focuses of the policy. Second is Foundational Literacy and Numeracy: An Urgent & Necessary Prerequisite to Learning. Studies have shown that children who learn basic foundational literacy skills and basic math skills till



the age of 8-9 generally do well in their life. Those children who do not acquire these skills during childhood suffer throughout their life. The government has taken certain initiatives in this direction, like at the National level NIPUN Bharat Mission and in Madhya Pradesh Mission ANKUR which strive for Basic Literacy skills among children.

Talking about Digitalisation in the education sector: COVID has brought the role of Digitalisation in the education sector to the forefront. There are more and more tools available in the digital arena for the students to make better use of technology and also for the teacher to figure out interesting ways to teach. Private schools are doing great in this direction and the Government is planning to equip every government school with a smart class or computer lab. Over the next 10 years, we will see amazing things happening in the education sector.

Q What kept you motivated during your preparation for the civil services and what advice would you like to give to budding aspirants?

In my time, there were only three options; you either become a doctor, an engineer, or a civil servant. Since there weren't many options, one had no choice but to keep themselves motivated. But my parents and brother were also very supportive. Since my brother was also preparing for this exam, we used to prop each other up. We also had a very close group of friends who were all preparing for the civil services. This also helped us because whenever one of us would feel low, the others would help us out. I think that when people are studying for civil services, one has to remember that it is a very tough exam. It is tough, not exactly due to the academics but because of the one-year process that it requires. At any moment in time, you can fail. But you have to pick yourself up and start working again. The fact that you have to put in such long hours for a sustained period of time is what makes it so tough.

You should not worry about the competition. You have to believe in yourself and stay consistent. My advice to all the aspirants is to not wallow in sadness for too long. Life is larger than the UPSC. A lot of people don't get in and that does not make them any less. I, very firmly, believe that this exam is not a test of your intelligence. Luck, in fact, also plays a very important role in it. Failing in the UPSC should in no way make a person feel any less than others. It simply means that they are meant for better things.

Q Having passed the civil services examination with flying colours, what are some of the challenges you face now in your career on a daily basis?

Firstly, you should not worry about the competition. In addition, you should believe in yourself that you are going to clear the exam. This is for sure that this examination needs courage and mental toughness. During the preparation, there will be highs and lows but you have to be consistent with the preparation irrespective of how the last day passed. Moreover, make a plan and stick to it. Procrastination won't work in this preparation. Motivation is also an important factor that keeps you on track with preparation and you should not stop trying even if you fail. Learn from your failures as they provide your insight into mistakes committed.

Challenges after being a Civil Servant: I have spent most of my years working in the social sector. With post, a huge responsibility comes on the shoulders of a civil servant. Social sectors are more difficult to deal with as this sector involves human beings. In addition, bringing about a change in the social sector is not easy, like women's illiteracy, as it took almost 70-75 years for women to reach the place where they are now. So, again consistency plays an important role as passion to bring about change in society.

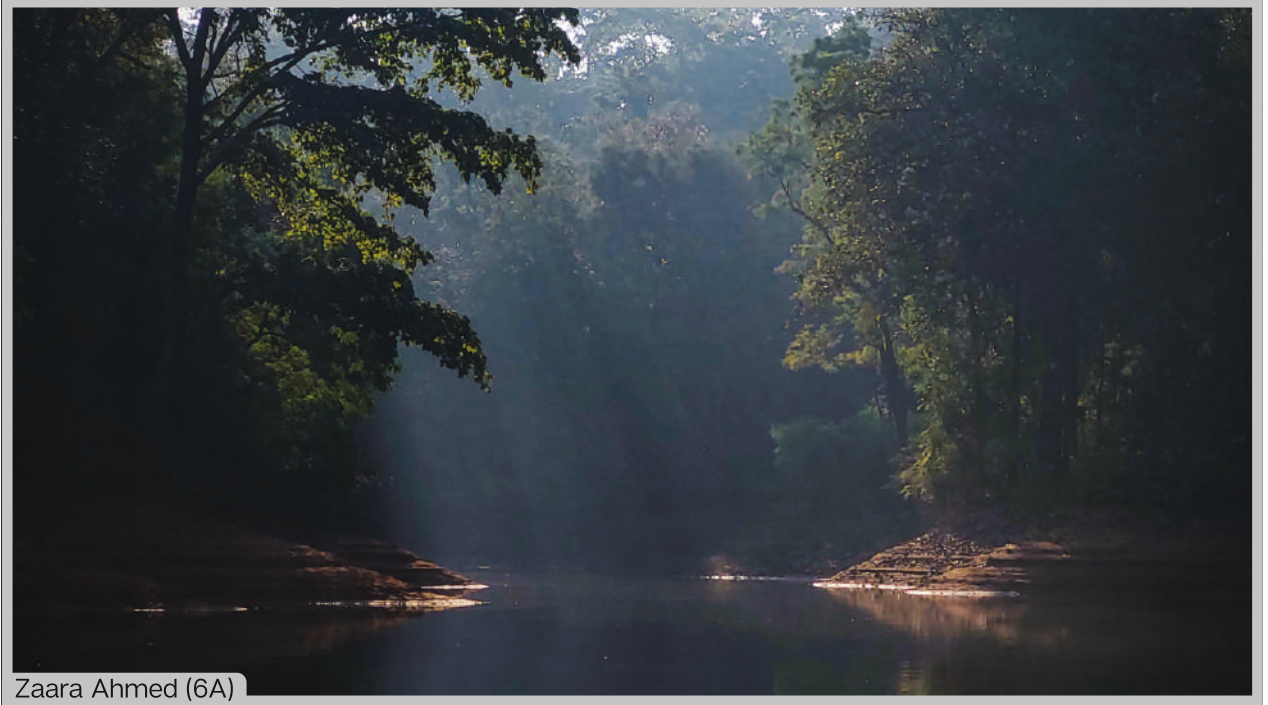


“PHOTOGRAPHY IS AN AUSTERE AND BLAZING POETRY OF THE REAL.”

- Ansel Adams



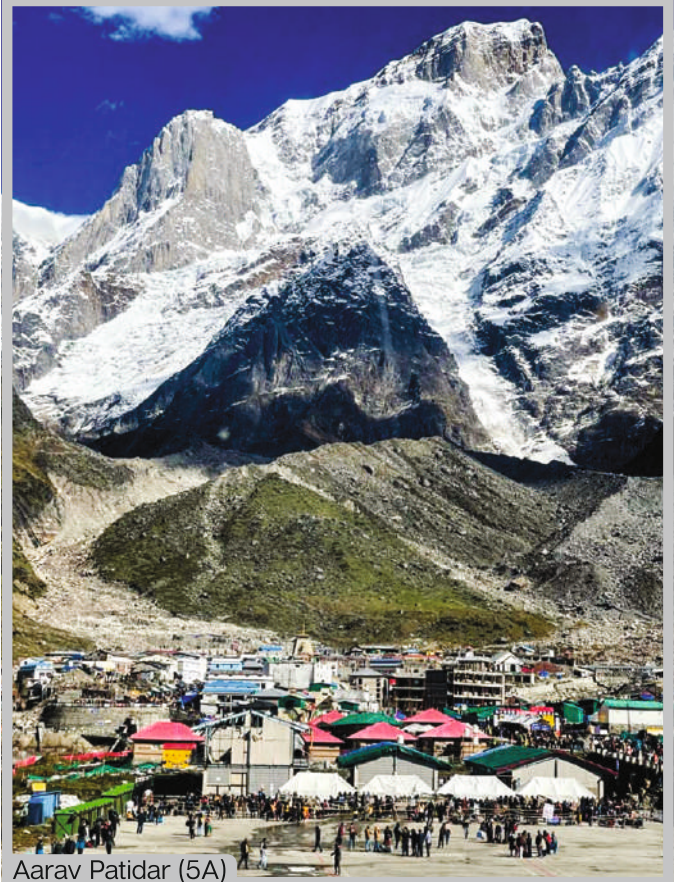
Lakshya Gayakwad (8B)



Zaara Ahmed (6A)



Rudransh Patidar (9A)



Aarav Patidar (5A)



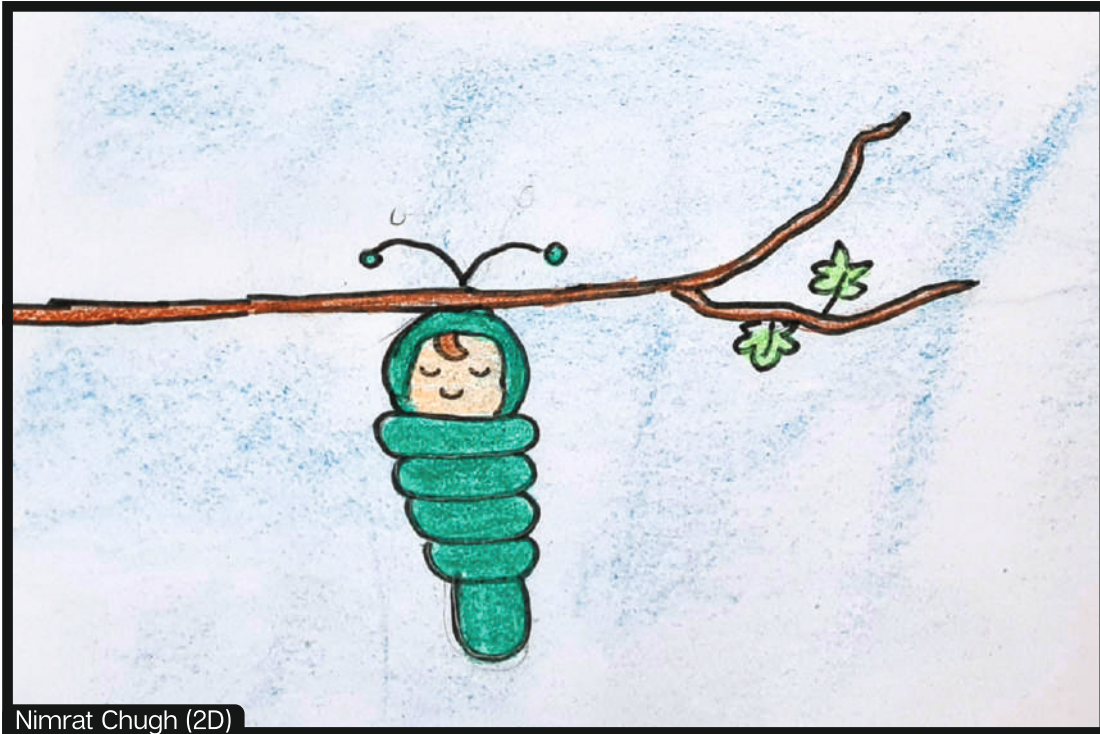
Tia Gaurav Rege (5A)



Sarthak Kumar (12B)



Lakshya Malpani(4A)



Nimrat Chugh (2D)



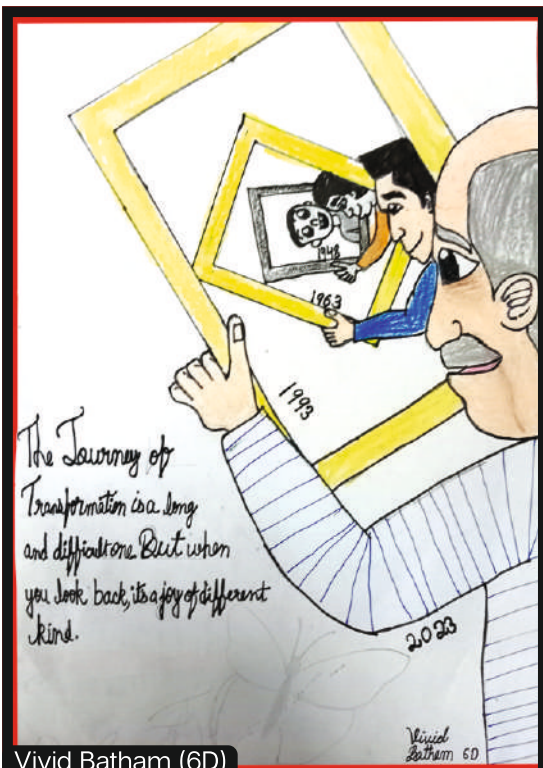
Arzoo Hajela (8C)



Tavish Kotgirwar (4G)



Mysha Jain (8E)



Vivid Batham (6D)



Priyanshi Patel (10A)



Rhythm Rohani (8B)