

Editor's Note

Rudyard Kipling said-

"Words are, of course, the most powerful drug used by mankind."

Words can change the harshest of opinions, soften the hardest of hearts, and weave the most peccable ideas into something completely taintless. Words hold the power that is greater than any sword can ever wield.

The pieces you read in this newsletter are the fragments of my fellow Billabongers' soul. They are not just any written expressions or illustrations of imagination, but the very essence of Billabong High, Bhopal.

'The Billabong Bulletin' provides a platform to all the budding poets, authors, photographers, and artists to express their hearts out, to voice their views, to let their photographs speak and to get their colourful hues recognised in the form of art work that bespeaks their heart.

The newsletter is a quarterly issue, which will include a variety of content carefully pruned, processed, and moulded by the School Editorial Board.

Coming issues will have a thread running through to stir and whisk a diversionary view pertaining to a particular matter of current global significance and a section devoted to the esteemed alumni.

Apart from the school proceedings, the newsletter also essays to provide quality topical news along with a range of sections that will review books, movies, shows, games, and the like.

This newsletter is a result of hard work poured in by the members of the Editorial Board who deserve all the credit and praise. I hope you enjoy this revered piece of ours!

- Ira Fatma Khan (11C)
(Editor-in-Chief)

Student Editorial Board



Ira Fatma Khan, Aditya Rajan, Rida Aamir,
Agrima Chopra (L to R)

'MIND' your health

Have you ever thought about mental health? I mean, really thought about it? It seems strange, how the mind works; its elusive nature, its sudden pangs of emotion. Why does the brain- a temple of logic and wisdom behave in such irrational ways? Why are we suddenly enveloped by sadness or feel hollow or hurt sometimes? And what sparks joy in our minds? These are just a few questions that the philosophers and psychologists have been asking themselves for ages. And many of us still do not realize that these might be the most relevant questions of all!

Our mental well-being is more than just a measurement of the neural activity or hormonal level. It's about how we, as individuals, respond to a situation. Unfortunately, the stigmatization of mental illness is further manifested by bias and lack of awareness on the subject.

Our good friend, William Shakespeare, (I hope you could understand the sarcasm there) through his character *Salarino*, put it quite eloquently- "*Then let us say you are sad because you are not merry.*" Well, it isn't that simple now, is it? It does make perfect sense though. This ambiguity and randomness is the only thing we have truly ascertained about the human mind. *Salarino* repeatedly tells Antonio to stop being sad, and be jolly instead. It would have given the therapists a run for their money if one could just switch off sadness at the click of a button. The generalized notion that mental illnesses are just mood swings is utterly wrong, derogatory even. People dealing with mental illness suffer incredible pain and to belittle the

gravity of their situation is outright bigotry. Many people have grown quite ignorant and often refrain from even calling mental health conditions 'illnesses'.

In the robotic and monotonous pace of modern life, we often forget that we are not machines, but humans! We feel, love, despise, laugh, cry, and hope! Mental health is not just a theory; it is ingrained within us, as a human tendency. Anger, sorrow, joy, jealousy, fear (it may sound like I'm listing 'Inside Out' characters, but it's a happy coincidence) are all veritable feelings that play a major part in our lives. In fact, one might even think that these feelings dictate our decisions in life, and suppressing them is not quite healthy. Be open about your feelings, be vulnerable at times. It isn't a sign of weakness; rather, acts as a catalyst for your growth.

Now let's talk about school. Ah yes, so very rife with social cliques, status quo, and stereotypes. The adolescent struggle of "fitting in" and "belonging" has been proved to be the principal source of mental illnesses like anxiety disorders, depression, eating disorders, and even self-affliction, according to the United States Department of Education and National Association of Secondary School Principals (NASSP). It's only natural to want to get in with crowds. But altering your own persona in order to appease someone else can prove to be problematic. Befriend people around whom you feel comfortable being in your own skin. Love yourself just the way you are, because you deserve it!

- Aditya Rajan (9B)

Living with mental illness isn't easy. It's a consistent problem without a clear solution. Our experts from the Psychology Department – Ms. Anuja Sharma (Consultant Psychologist, Masters in Counseling Psychology) and Dr. Roshni Khatri (BPT, M.A. Psychology) have some tips to share:

- 1. Acceptance:** The moment you accept yourself the way you are, everything changes. Accept yourself from the depths of your soul, with your heart and your mind.
- 2. Deep-breathing exercises:** It's an annoying cliché but can calm anxiety instantly.
- 3. 'Opposite-to-Emotion' Thinking:** Sounds difficult and confusing but try to act opposite to how your emotions tell you to act. If you have the urge to isolate yourself, try to go out and be around people.
- 4. Mental Re-framing:** Re-frame your thoughts; the negative ones, to be precise. If stuck in life, instead of cribbing about how horrible you think your life is, think that somehow you'll still get to where you're going, at your own pace.

5. Emotion Awareness: Don't live in denial of your emotions. Accept and embrace them, unapologetically!

We all go through tough times and people help us through them. Whether we are a friend, family member or colleague, there are many ways to support someone we really care about.

- Talking helps. This way you can find out what is troubling them and how can you help.
- Be respectful, compassionate, and empathetic towards their feelings. Listen without any judgments.
- Avoid criticizing, blaming or raising your voice at them.
- Ask them to meditate, listen to soothing music or read a good book.
- Acknowledge their work and good-deeds in public.

Through all of this, remember what Dumbledore taught us-

"Happiness can be found even in the darkest of times. If only, one remembers to turn on the light."



Events Extravaganza at BHIS

Besides excelling in academics, holistic child development is an integral part of Billabong High International School, Bhopal. As we gear up for the upcoming Annual concert, let us take you through some interesting inter and intra school events, encompassing social, emotional, intellectual, and physical well-being, which the school hosted and participated in.

Billabong High, Bhopal was a host to an array of exciting inter-school events including the **P. Aravindakshan Interschool Debate Competition 2019-20** where some of the brightest and sharpest minds of the city expressed their opinions on the topic- 'Immigration should be restricted', **CISCE Regional Meet 2019 (MP and CG)** in which over 550 participants competed neck and neck across Basketball,

P. Aravindakshan Interschool Debate Competition 2019-20



Rolling Trophy for Best School: BHIS, Bhopal

Football, and Swimming and **World Robot Olympiad (WRO) India 2019** in which 27 participating teams across cities like Mumbai, Panaji, Ponda, Bhopal, Indore, and Vadodara built their robots from the scratch. Over 450 students across 18 schools of Bhopal, took part in **Diplomathon 2019**, an intellectually stimulating event where 12 plenary sessions for WHO, BRICS, SAARC, UNSC, GCC, IFJ, MARVEL, HARRY POTTER, and FIFA were conducted.



Diplomathon 2019

Best School Delegation Award: BHIS, Bhopal

World Robot Olympiad (WRO) India 2019



CISCE Regional Meet 2019 (MP and CG)





BHIS students scattered their sparkle across various events of national stature. They left everyone in awe with their spectacular performance at **Pragyotsav 2019**, a national music competition held in Bhilai



Winners - Pragyotsav 2019

where they bagged 5 out of 7 awards including the 'Overall Champions'.

Our young boxers amazed everyone in the **11th National Thai Boxing Championship** organized by Telanagana Thai Boxing Association, held at Kotla Vijay Bhaskar Reddy Stadium, Hyderabad



Winners - 11th National Thai Boxing Championship

and brought home 2 gold, 1 silver, and 2 bronze medals.

Students of Grades 3 and 4 celebrated the 'gloriumptous' world of Roald Dahl on September 13, 2019 - **Roald Dahl Day**. After a week-



long reading session held at the Billabong Athenaeum (library), children commemorated this day through appreciation of literature. Students shared their views about Roald Dahl, their favorite books/characters authored by the prolific writer, incredible moments from the books that were filled with magic and mischief, followed by activities like creating personalized bookmarks and quiz.



Billabongers celebrating Roald Dahl Day

Members of the Organic Farming and Cooking Club (Grades 5 to 8) organized a lip-smacking event under the banner of **Billabong Chef Academy** with an array of preparations like garlic bread, bruschetta, cheesy canopies, thread paneer, bread dahi vadas, semolina sandwiches, chocolate mousse, donuts, coconut laddoos, cookies, and shakes. The young chefs took responsibility of the event right from deciding the menu to procuring the ingredients and dishing out delicious recipes.



Billabong Chef Academy

Middle and High school excitement for the heart-beating, **house Triathlon**, showcased agility, consistency, and reach the after swimming followed by km and running



was abuzz with adrenaline pumping, thrilling event **Inter-Participants** stamina, will-power to finishing line for 100m cycling for 2 1km.



Inter-house Triathlon

Hosted at the Billabong Athenaeum (library), the **Inter-house Scrabble Competition** witnessed an exciting wordplay as participants performed their best to make unique words that helped them fetch high scores, adding on to their house points.

Stay tuned, for the next issue will carry an exclusive coverage on the Annual Concert!



Inter-house Scrabble Competition





Earth's Paradise

I was walking into the forest,
All through the woods,
Looking at my peaceful
surroundings,
Spellbound, I stood!

I sat facing the lake,
Underneath the trees,
Just wonderstruck at nature's
beauty,
And feeling the breeze.



The flying birds and the winds
that blew,
Made me feel like I was in a
world so new!
I was gazing at the shapeless
clouds,
Somewhere short and somewhere
tall,
And then, I heard the sound of the
beautiful waterfall!

As I lay down on the grass and
closed my eyes,
And for some moments I forgot
about wrong, right, truth and lies!

I slowly opened my eyes,
And felt so elated,
I wanted to stay there,
But there was a lot to be created!

- Viha Kochar (6A)

In The World of Honey

She was looking at everything,
But nothing she could see,
Her mind was tossing,
In the world of honey.
Where everyone was sweet,
Where everything was fine,
She had no awkwardness to meet,
And claimed, "everything is mine."
Then whistled the wind softly,
Her hair knocking upon her face,
Said, "wake up you silly"
And see the world race.

- Sakina Saify (11B)



Image credit: unsplash.com

Emotional Chaos



Image credit: bbva.com

When hefty clouds pour their emotions,
With each water droplet telling the story of their struggle,
Rising from the sophisticated blandish impressions of commotions,
Abundance of colors of reassured calmness bustle.
It's okay to cry when there is too much on your mind,
These emotions drive you to the deepest of lows.
Lead your grief further and leave your bliss behind,
So, hide your insecurities and let your bright side show.

Serene rainbows follow the darkest rainstorms,
Without rain, no rainbow ever existed.
New beginnings shining through the window of gloomy downpour
inform,
After all, every night has to turn into day as the sun always insisted.
Every bad reveals the value of the good,
With ice creams tasting best in summers.

Everything is a moment, never to be misunderstood,
Either emphasize on the spectrum of life or give up on its wonders.
Some feelings have to be gone through to catch on others.
It's about moving ahead of the pretense of watching the stars on a dark
night,
Of compromising the comparison of your progress with other strugglers'
It's about you being the only star shining in the vanished light.

Let the false reality disappear with the past,
Make mistakes that you won't stumble upon again.
Create your vibe such that it lasts,
Even in the personality of a talent that is left in vain.
Others' pain can never be the reason for your happiness,
Karma always revolves around you.
Never give anyone the taste of bitterness,
Because everyone is gifted and so are you.

- Arayna Saxena (8B)

A Soldier



Image credit: The Panoptic

If I die in a war zone,
Box me up and send me home,
Put my medals on my chest,
Tell my mom I did my best,
Tell my dad not to blow,
He won't receive tension from me now,
Tell my brother to study properly,
Tell my sister to not be upset,
Tell my nation not to cry,
Because I am a soldier, born to die.

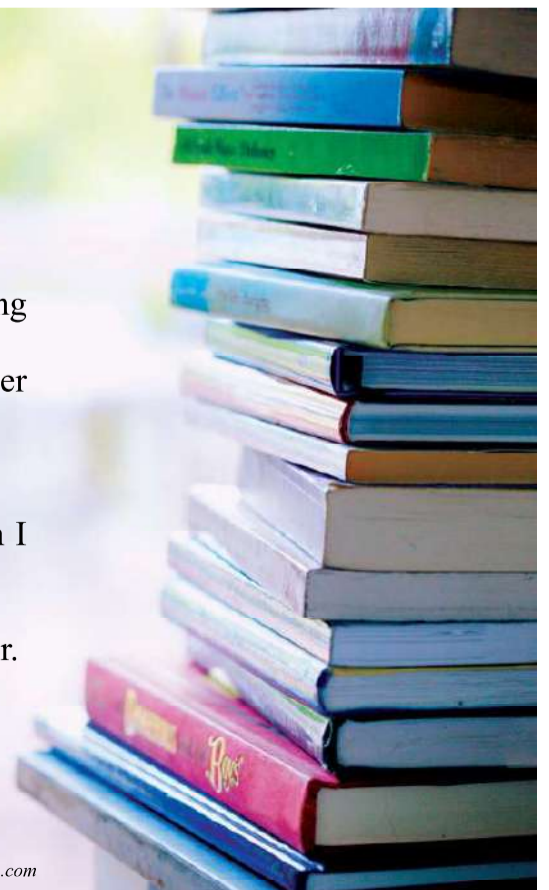
- Radhika Tharani (5B)

Books...

I love my books both light and bold,
They tell me tales both new and old.
I love my books both fat and thin,
I read all day, both out and in.
Books make me happy while some leave me feeling
sad,
But reading is a good habit, they say, and never ever
bad.
Some stories are simple, and some too complicated,
Fiction and non-fiction, both are awaited.
I open my book and make new friends, and when I
close it, I can never unfriend them.
I share their tears and laughter,
Always curious to know what comes before and after.
So read books and leave your dullness away,
Let your imagination brighten up your day!

- Krishanali Merchant (4C)

Image credit: pexels.com





People have no right to conduct medical research on animals

The use of animals in scientific research has long been the subject of heated debate. On the one hand it is wrong to use animals in this way solely for the benefit of human race but on the other hand, we cannot completely give-up on animal testing as it would impede our understanding of health and disease which can consequently affect the development of new age vital treatment and medicinal research.

According to Humane Society International, animals are commonly subjected to force-feeding. The United States Department of Agriculture (USDA) reported in 2016 that 71,370 animals suffered pain during experiments while being given no anaesthesia for relief,

including 1,272 non-human primates, 5,771 rabbits, 24,566 guinea pigs and 33,280 hamsters.

Genetically, animals are very different from human beings and therefore make poor testing subjects. Animal testing cannot be relied upon blindly but is a mere indicator helping predict the probable results on human beings. It is not only cruel and inhuman but also expensive than alternative methods and tends to be a wasteful expenditure of government funds.

There is a lot that can be done in this regard:

- Replacing the need for animals with alternative testing methods like vitro methods.
- The 3 R's can also help

Replace - Replacing, where possible, experiment using animals with alternative techniques such as cell culture, computer modeling or human volunteers instead of animals.

Reduce - Reducing the number of animals used, by improving experimental techniques and sharing the scientific findings with other researchers so that the same experiment is not conducted over and over again.

Refine - Refining the way the animals are cared for. Minimize any stress or pain, by using less invasive techniques wherever possible and improving medical care and living conditions. Animals should be given antidotes after the experiment so that their life can be protected.

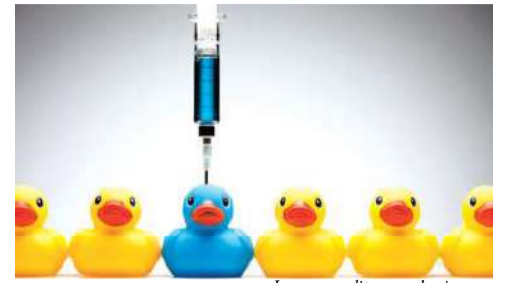


Image credit: somalogic.com

Around the globe, organizations like PETA and its affiliates are working rigorously to promote the development and use of modern, non-animal research and testing methods. It would be a good idea to stay abreast with alternate testing methods and ensure that we use 'cruelty-free brands' in our daily lives, where the disclaimer reads 'Not tested on animals'.

-Anant Hingorani (7E)

Let My Death Be My Choice

Horace rightly said, "To save a man's life, against his will is the same as killing him."

Euthanasia is the practice of intentionally ending one's life to relieve one from pain and suffering. According to me, euthanasia should be legalized in India as voluntarily or involuntarily, killing a person is better than making them suffer severely throughout their life.



Image credit: fozzine.com

People living with terminal or incurable illness have to experience hardship in their lives. The pain can be debilitating, and the only option for these people is to take copious amounts of drugs and painkillers to help numb the pain. The quality of life is extremely poor. It is here that euthanasia provides an option to put an end to the patient's suffering. People who are sick and bedridden are at the mercy of nurses, medical staff, and family. Giving them the opportunity to choose when and how they want to die lets them take charge of their own life.

Euthanasia is often referred to as 'death with dignity'

or 'mercy killing'. Sometimes, it is argued that taking away one's life is like sinning against God, who has bestowed us with the beautiful gift of life. But when this gift turns out to be a prolonged misery, isn't it necessary to put an end to it rather than go through this intense pain and suffering? Euthanasia shouldn't be confused with suicide.

Stephen Hawking aptly said, "I think those who have a terminal illness and are in great pain should have the right to choose to end their own life, and those that help them should be free from prosecution."

Dr. Philip Nitschke, who has conducted several euthanasia deaths, narrates the story of one of his southern Australian patients, who before dying, had a hearty meal and shared some intimate moments with his wife.

There are millions of people who suffer every day, every second, every moment and want to die in peace but the country does not allow them. I strongly feel that active Euthanasia should be legalized in India as it gives the sufferer an option to part ways with the world in a dignified manner.

- Kaashvi Mehta (8B)

Variety is the Spice of Life

The world is a stage upon which the drama of life unfolds. This drama is quite gripping because scenes keep changing every minute.

Light changes into darkness, childhood gradually turns into old age, life ends in death, dry seeds evolve into tall, shady trees, and rosy lips and cheeks transform into wrinkled faces.

Variety is an integral part of life. In fact, it is variety that adds different flavours to life and is the most essential component of our existence. It was because of a variety of valuable experiences and

exposure to changing lifestyles that the development of our civilization was made possible. Life would have been dull and dry, dark and dismal, monotonous and boring, had there been no variety.

Pleasure and pain, would similarly be meaningless. A man who has never seen poverty cannot count the blessings of prosperity.

It is therefore, variety alone that brings joy, adds colour, and makes life spicy and enjoyable. "Variety is the spice of life" was probably coined to express how variety, if added to our lives could enhance

our everyday existence. It does to our lives what spice does to our food.

So, wake up every morning to unwrap a different day and live life to the fullest. Experiment, innovate, accept, learn, and enjoy the variety that keeps life going!



Image credit: quotemaster.org

- Shivatmika Dwivedi (8C)

Earthly Smell



Image credit: desktopbackground.org

Beyond the forest, the trees are thinner; a clearing perhaps or a glade? As we draw closer, we can see that it is neither. The firm ground gives way to a march of tall needles, the soil submersed in water. The autumn sunlight falls directly onto a tree trunk, likely felled for just this purpose- a bridge. There is no hand rail, nothing to steady oneself. With one careful boost, I test the bark. It's damp with a smattering of moss, but the sun rays keep the worst of it off. It isn't too slippery, but it's no concrete sidewalk. It has a girth of about three arm spans, yet the top is still curved.

Time to take a deep breath and just let go; eyes on my feet, for the next half meter of tree, arms raised like walking on a tightrope. I lifted my face, letting the light and shadow across my skin. Bees hummed in and out of the penny royal. I inhaled its minty smell and continued on, delighting in the sound of my feet sliding through the leaves.

It seemed like the forest is the orchestra of my mind, playing one enchanting symphony after another. The leaves dance to an unheard beat, whispering their songs to the wind. In here, sheltered by the mighty trees, is every kind of life from the humble beetle to the enchanting birds of every color. I hold my hands up to feel the cascading light, a brilliant white shaft illuminating the path that takes me onward and home.

- Sunjana Singh (10D)



NO!



America has contributed a lot to the world especially in the sphere of technology but let's take a closer look at the facts. The CEO of Google, Sundar Pichai is an Indian. Steve Jobs, co-founder of Apple, was born to a Syrian immigrant. The CEO

of Amazon, Jeff Bezos was born in Mexico and is a second generation Cuban immigrant. There are many such men who have made tremendous contribution but are not from the USA.

Immigrants are more likely to start a business than a native-born, whether it is a corner shop or a high tech startup. Among startup companies that were valued more than 1 billion dollars in 2016, almost 51% were founded by immigrants. Immigrants have brought to us blue jeans, Google, tacos, Apple, hip hop and way too many things that we can list down here.

Without immigrants and their children, any country would face a demographic decline. Immigrants increase the sustainability of federal retirement by slowing the rise in the ratio of retirees to workers. Without a growing workforce, the global economy would be in a state of crisis.

Immigrants generally complement the local workers and do not compete for the same job. As immigrants supply labor, they also increase the demand for housing and other goods and services, creating employment opportunities for native born workers. Hence the number of jobs and size of workforce grow together.

Many believe that immigrants increase the danger of crimes but in reality immigrants are less likely to commit crimes or to be incarcerated than a native-born. Immigrants are less prone to crimes for a number of reasons. After surveying the evidence, a major 2015 study on immigrant integration by the National Academy of Sciences concluded, "Far from immigration increasing crime rates, studies have shown that immigration and immigrants are related inversely with crime."

Immigrants travel to new countries for a variety of reasons- to seek opportunities, to reunite with family and friends or to fulfill a dream. Refugees and asylum seekers on the other hand travel to other countries to escape life threatening situations. In all cases, people looking to resettle are seeking a better life just like people have done for millennia. Creating an environment, especially where they are allowed to build a better life, is a way to promote the general betterment of humanity. Immigration should therefore, never be restricted.

- Harshika Suri (10B)

Should
Immigration
be Restricted?

YES



The law of demography states that population is an asset till the government can feed it, clothe it, educate it and employ it. Otherwise it is just a liability.

Immigration does not benefit any of the concerned parties. It does not benefit the country to which people immigrate, the country from where they immigrate, and not even the immigrant themselves. Some of the reasons are:

- People coming from the developing world are ready to take lower wages than a local resident. This not only creates wage disparity but also reduces job opportunities.
- Besides taking jobs from local residents, immigration creates huge economic burdens on our health care, education, criminal justice system, environment, infrastructure, and public safety.
- Immigration leads to higher levels of security monitoring and even higher rates of crime. For example, the Jaipur and Kolkata Police have reported innumerable cases of dacoity, theft, and murder by the Bangladeshi immigrants.
- Many diseases transcend boundaries because of immigration. A very harmful and deadly disease-Ebola could be restricted to Africa only because of the stringent immigration laws. Had there not been any laws, it would have spread across the globe.
- As a result of immigration, the developing world is losing their skilled and educated citizens. This brain drain thwarts their prospects of economic and scientific development.
- Immigrants suffer too. They immigrate with the hope of being provided better facilities but in turn live in inhuman conditions and remain only partially employed. Approximately 90% of Syrian refugees live in makeshift shelters in overcrowded or dangerous locations.

Do you think we would be able to provide decent jobs, good educational opportunities, world class health care and housing for millions of additional residents? How many more million barrels of oil will we have to import from the Middle East? How many more million tons of coal will have to be burnt or nuclear power plants be built to generate electricity?

Immigration has very few advantages and for those miniscule advantages we cannot overlook the larger, darker side.

- Anhaaita Vijayvargiya (10A)



God of War (2018)



After playing through 10 of God of War's 20-hour story campaign, we find ourselves seated in a boat as Kratos, rowing effortlessly through The Lake of Nine, with our son, listening to a head spew old tales of Norse gods with the volubility of an experienced radio jockey. This serene moment between the game's several moments of violent, adrenaline filled set pieces, doesn't feel forced. It speaks volumes about the dedication and wholeheartedness the game's developer and creators have put into it.

Last time we saw Kratos was 6 years ago on PlayStation 3, a characterless one-dimensional killing machine whose personality could be surmised with one word – 'emotion-rage'.

The original games dealt with Kratos on his mission to eradicate the Gods of Greece who had wronged him. With the last entry before the inevitable reboot, Ascension, the creators realised that the franchise was running out of steam and needed a major change if they did not want one of gaming's greatest to dwindle into obscurity. Enter 2018, after 5 years of hard work, unbearable headaches and some major changes, they released God of War, with Kratos, now a father, in a faraway world, seeking refuge from his past.

The combat has been completely revamped for the new entry, with a fixed over-the-shoulder camera angle and Dark Souls-esque mechanics. The Blades of Chaos are gone, and so is the button mashing insanity of the old games. Kratos' new weapon of choice is the Leviathan axe which, once thrown can be called back Mjolnir style. The movement feels heavy, deliberate, and most importantly, brutal. One has to take their time to learn all that God of War has to offer. Dodging, parrying, sidestepping are all important to the core gameplay, and the end product is extremely satisfying.

The game offers a joy-dropping cinematic experience for which the technical finesse requires grand appreciation. At the beginning of God of War, you're introduced to Kratos, trying to cope with the loss of his wife and failing at fatherhood. The duo is to go on a journey to fulfil the mother's final wish, for her ashes to be blown off the highest peak in all the realms. This sets the stage for what can only be called a masterpiece in storytelling, with Kratos and Atreus' relationship at the heart of it all.

God of War is the system seller that Sony didn't need, but it deserved.

- Abdullah Arab (11A)



Wisha Wozzariter



Image credit: payalKapadia.com

Wisha Wozzariter is a children's novel authored by Payal Kapadia and illustrated by Roald Dahl's brother, Roger Dahl. The book Wisha Wozzariter (I wish I was a writer) is about a little girl named Wisha who reads books day and night.

This book is full of ingenuity and inventiveness like the marketplace of ideas, the imagination balloon, the superhero salon, the thought express, the bad circus, and the like. Payal Kapadia's imagination and creativity

left me dumbstruck. She perfectly captures the emotions of a 10-year-old girl who wants to become a writer. Wisha had two imaginary friends: a green coloured bookworm and a purple coloured mouse named Prufrock. This book is a simple yet amazing read for kids who would undoubtedly like to immerse in the world of reading. It is full of surprises that only a genius and playful mind like Payal Kapadia's could have crafted. Wisha Wozzariter is a highly addictive read wrapped in wittiness and served with love. India's most beloved children's author Ruskin Bond read this book and said- "Entertaining and full of witty dialogue. Never a dull sentence." Even Michael Hoeye, bestselling author of 'Time Stops for No Mouse' said- "Wisha has exactly what a writer needs, plenty of heart and nerves of steel!" The book is also a winner of the Crossword Award 2013. A must read for not just 8 to 10-year-olds but anyone who ever wanted to write!

- Anvi Dixit (6E)

Mindhunter



1970s, Braddock, Pennsylvania.

No reason works on this man, no possible word could convince him to not do what he's about to do. He's evidently very baffled and no negotiator has the capability to stop him from killing himself. The reason? He's simply crazy.

In this marvel of a show, David Fincher digs deep into the

psychological attributes present in the minds of serial killers and mass murderers. The possible reasons behind what they did or might do. This series revolves around two FBI officers namely Bill Tench and Holden Ford. Ford, a professional in hostage negotiation is assigned a full-time job to teach something which he so loathes but does anyway. After one of his lectures, he finds himself oddly attracted to a lesson being given in the next room about undecipherable motives behind some murders and how even after trying to understand and simmer out reason, we find that there is none. It's a void, a black hole.

Subsequently, Holden's interest widens, and he soon pairs up with Bill Tench from the Behavioural Science unit. Together they embark on a journey which could be

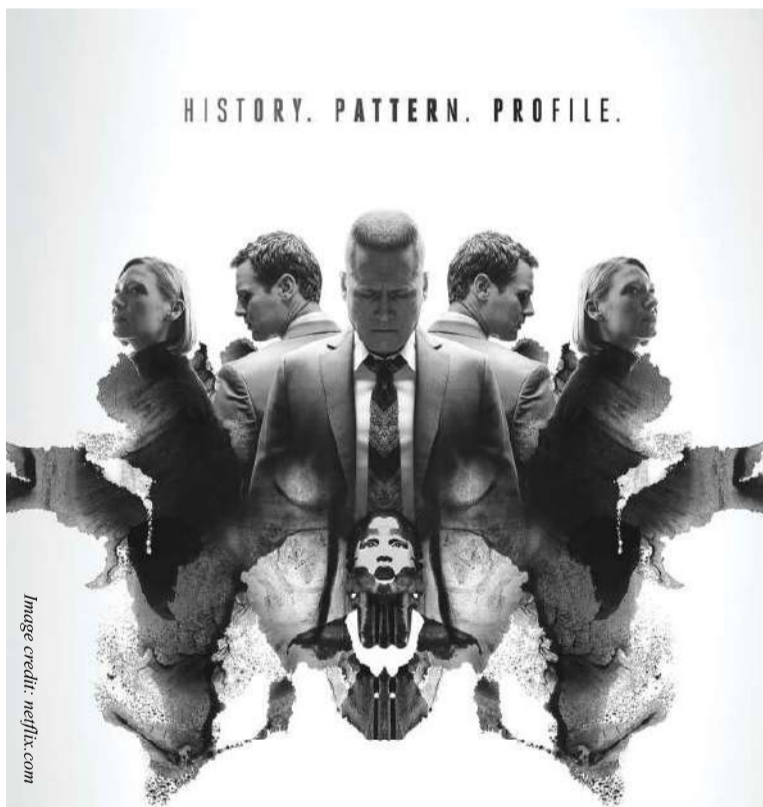


Image credit: netflix.com

considered both gory and fascinating at the same time.

Ed Kemper, our first interviewee, standing at 6ft 9 inches with an IQ of 145 is undoubtedly one of the most intimidating and interesting characters in the show. Also called the Co-Ed Killer, he murdered 10 people including members of his own kin. Ford, obviously intrigued,

interviews Ed Kemper. The whole interview sequence is shown marvellously by the very talented Cameron Britton who plays the serial killer. The attention to detail and behaviour is commendable. So much so that one gets goose bumps being thousands of kilometres away.

Other such serial killers are also interviewed by Holden and Bill. What is interesting about the show is not the killings but the conversations our protagonists have with these 'psychopaths', which is indeed the clinical term to use here. Fincher, who spent his life studying these people, finds a way to make these words, these people crawl under our skin, and it can be argued that it is an art.

- Agrima Chopra (11B)



Gourmet: Chemical Version

Your editorial board's 'Team of science' brings to you a list of chemicals whose edibility has piqued their interest! So prepare your taste buds, for these chemicals will give you a lip smacking experience (if only you may like to taste death).

Potassium Chloride

Now everyone thinks that sodium chloride i.e. your friendly neighborhood table salt is pretty safe to eat and since the properties of potassium and sodium are nearly the same KCl has to be safe to eat. Well, you are nearly correct. KCl dissolves in water faster than NaCl and gives you a lovely salty solution which is – Salty... sounds safe right? The typical amount of potassium chloride found in the diet appears to be generally safe. In larger quantities, however, potassium chloride is toxic. It has severe consequences on the cardiac muscles, potentially causing cardiac arrest and rapid death. For this reason, it is used as the third and final drug delivered in the lethal injection process. Cool, right?

Hydrogen Peroxide

"Yeah, it is a relative of 'elixir of life' – water. So mind consuming it?" You might think—"Hey, it only has one extra oxygen so it might be safe. After all oxygen promotes life!" Yes, oxygen promotes life but after engaging with H₂O, everything changes. Regulations vary, but low concentrations, such as 6%, are widely available and legal to buy for medical use. Most over-the-counter peroxide solutions are not suitable for ingestion. In high concentrations, hydrogen peroxide is an aggressive oxidizer and will corrode many materials, including human skin. In the presence of a reducing agent, high concentrations of H₂O₂ will react

violently. Swallowing hydrogen peroxide solutions is particularly dangerous, as decomposition in the stomach releases large quantities of gas (10 times the volume of a 3% solution), leading to internal bloating. Inhaling over 10% can cause severe pulmonary irritation. So your insides being corroded into goo? Or you being inflated and blasting-off as a flesh bomb? Jumping off a building would be better!

Ethylene Glycol

It's in your car as anti-freeze. It's cheap. It looks so simple and has a moderate toxicity level, however, the sweet taste can make one easily surpass that boundary, leading the ethylene glycol to be metabolized into the more dangerous oxalic acid. Keep it away from animals and pets, as they are likely to lap up the liquid as a food source. If you do

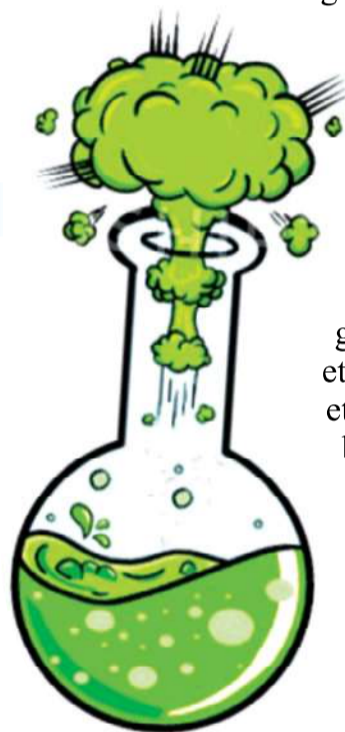


Image credit: spreadshirtmedia.com

ingest a large amount of ethylene glycol, death is slow, knocking out organ systems systematically over the course of 72 hours. The treatment is administration of grain ethanol, as the ethanol competes with ethylene glycol for binding in your body. So if you don't want 2 toxic chemicals racing in your body deciding your fate, you should control your sweet tooth.

Formaldehyde

You may think it is just an H₂O with a C so it is carbon in water. Cool! We are made up of carbon so no problem in gulping this down! This, the simplest of aldehydes, is complicated. It occurs naturally and is an essential intermediate in cellular metabolism in mammals and humans. It is not acutely toxic as ingestion of many milliliters is tolerated. The main concerns are associated with chronic (long-term) exposure by inhalation. Formaldehyde inhaled at 0.1ppm concentration may cause headaches, a burning sensation in the throat, difficulty breathing, and can trigger or aggravate asthma symptoms, but wait! There is a bonus. In 1987, the U.S. EPA classified it as a probable human carcinogen, and after more studies the WHO International Agency for Research on Cancer (IARC) in 1995 also classified it as a probable human carcinogen. So this extra C may cause- 'C'ancer.

Sodium Cyanide

Okay, things escalated pretty quickly. Now let me tell you what to do if you see a container with NaCN or Sodium cyanide written on it. If it is open then hold your breath and run in the opposite direction, hoping you don't die. Sodium cyanide, like other soluble cyanide salts, is among the most rapidly acting of all known poisons. NaCN is a potent inhibitor of respiration, an oral dosage as small as 200–300 mg can be fatal. So don't smell it, don't touch it, and better don't come near it at all though there will still be a possibility of you dropping dead if you are in a 100 yard radius from it. Yes! This is the chemical personification of death...

- Syed Arsalaan Nadim (12A)

FUN FACT

You can find out the temperature of a place at night, by counting the number of chirps a cricket makes and adding 40 to it!

Did you know that no 2 ears are completely identical, even if they belong to the same person! This means your left ear is not entirely similar to your right ear! (Mug shots in police reports are used for this very reason, so that criminals without any rap sheet can still be identified by forensics experts)

Dueling (sword fighting) is legal in Paraguay, as long as both participants are registered blood donors.

A professional chef's toque (hat) had 100 pleats, to represent the 100 different ways to properly cook an egg.

You are legally obliged to flush the toilet after use in public washrooms in Singapore.

The word 'alphabet' is actually a combination of the first two Greek letter, alpha and beta.

The Wizard of Oz's full name is actually Oscar Zoroaster Phadrig Isaac Norman Henkel Emmannuel Ambroise Diggs! (Try putting together the initials to see why he called himself Oz!)

The 1939 novel, Gadsby written by Ernest Vincent Wright, is the lengthiest book to be written without using the letter 'e' (which also happens to be the most commonly used letter in the alphabet). The book contains over 50,000 words and none of them have the letter 'e'!

The King of Hearts is the only King without a mustache. The king on the card depicts the ancient King David of Israel (who also doesn't have a mustache, in case you were wondering).

Pablo Picasso was an official suspect in the theft of the Mona Lisa in 1911 from the Louvre Museum in Paris (and yes, he was actually alive back then-shocking).



Tête-à-Tête with Seema Raizada



Dr. Seema Raizada

Aditya Rajan, Member, Editorial Board in conversation with Dr. Seema Raizada –President, Club Literati and Professor of English at Govt. MLB Girls PG College, Bhopal.

What is Club Literati all about?

Well, Club Literati is an organization, a society, revolving around literature. It's pretty informal and I, for one, think it is also a platform for many people who are interested in literature and are looking for a like-minded group, to which they can share and express their opinions on any literature, be it English or Hindi (even regional dialects sometimes), freely. Here, literature-buffs can speak their minds, discuss books, write, read, and also talk about the very essence of literature. In a nutshell, here at Club Literati, we explore the depths of literature together.

How did this endeavor begin?

I started Club Literati in 2012, after I had noticed that many of my college students were losing touch with literature. Students who had shown immense interest in the subject were now slowly drifting away from it because of their graduation, different career paths and several other reasons. So I thought, why not establish some sort of fraternity where people interested in literature can gather to discuss, participate, and simply enjoy and celebrate the literature that unites them! And lo and behold, Club Literati is just that (and so much more!).

Now that you have a greater participation, what do you think the future holds for Club Literati?

We haven't really planned much, but I

believe that is the beauty of this society-its spontaneity. I recall, once a student of your school requested me to host a book discussion on Agatha Christie, and within 10 days we had organized the Agatha Christie Fest. So, if any member requests for a particular session to be organized, we would gladly do so. As for the future, we can only hope to make this initiative an even larger success and with the help of students, we can achieve this dream that much faster.

Who would you say is your favourite author, playwright or poet and why?

I think it'll have to be Shakespeare because every time I read a Shakespeare piece or watch a Shakespeare play, no matter how many times I've read or watched it before, I always find a fresh perspective, and that to me is the beauty of his style and frankly, it still leaves me in awe! His plays are a rollercoaster of emotions, one might say. They range from happy and amusing like 'Much Ado About Nothing' to downright devastating like 'Hamlet' and 'Julius Caesar'. His writing is definitely quite complex and I often see students discouraged or frustrated after coming across his 'old English' but if you actually try to understand the underlying meaning, you will undoubtedly be amazed!

You were the esteemed chairperson in the P. Aravindaksham Inter-School Debate hosted by our school, and you listened to many eloquent and convincing speakers. In this regard, what advice would you give to students who are interested in public speaking and are striving to get better?

The foremost thing public speaking

demands is confidence. While it is necessary to have flawless grammar, and a substantial content, without speaking confidently, it bears no fruit. A good speaker speaks in such a way that his speech and manner of speaking alone should be able to grab the audience's attention. While the diction and grammar compel the audience to think about the matter at hand, the confidence, body language and the way of speaking compel the audience to listen and connect. So to build confidence, one should not be afraid to say what one thinks. Once you feel you're confident enough, your speech will automatically have a conviction that allows the audience to understand what you're actually saying.

We talked about speaking, so it would only be appropriate that my last question to you should be about its counterpart: writing. What advice would you give to our young and budding authors or poets?

Start writing. I say this because many a times students come across an intriguing idea, and think a lot about it, but end up not actually writing anything. The more you delay jotting down an idea, the harder it is to build around it. Try developing your own writing style that stands out. To do this, you can read classics and refer to the writing styles of these classic authors like Jane Austen, Charles Dickens etc. You can pick up interesting tidbits and can modify them as per your liking. Lastly, I would say find a genre you are comfortable with when you begin writing, but don't be afraid to explore more as you progress.

Technology



Originally formed for crypto-banking and transfer of cryptocurrency, blockchain is an ingenious invention. Created by the group of people known by their pen name Satoshi Nakamoto, it was meant for the world's most valuable crypto currency- bitcoin.

"The blockchain is an incorruptible digital ledger of economic transactions that can be programmed to record not just financial transactions but virtually everything of value." – Don & Alex Tapscott, authors Blockchain Revolution (2016).

Blockchain refers to a transparent and decentralised

system of data transfer and there are no limits to what that data can be, which is what makes blockchain so exciting. Any and all forms of data can be sent or exchanged without a central body of governance. No one besides the sender receives or is accountable for the information sent or exchanged.

So, how does it work?

Blockchain



Image credit: mhlnews.com

A blockchain carries no transaction cost. It is a simple way of passing information from A to B in an automated and safe manner. One party to a transaction initiates the process by creating a block. This block is verified by thousands of computers present all around the net. The aforementioned block is added to a chain, which is stored across

the net; it creates not only a very unique but also a distinctive record. A single false record could result in the tainting of the whole chain, but with blockchain it is virtually impossible. Bitcoin uses this model for monetary transactions.

For example, booking movie tickets online. Currently, online vendors take 'internet handling fees' as a way of earning money. Movie theatres could cut those prices down using a blockchain purchasing system, where the ticket is the block. This model of data transfer can be applied to virtually anything, which is what makes it exciting and will have potentially far reaching effects.

-Abdullah Arab (11A)

Source: blockgeeks.com

Catastrophic Climate Change

Jay Inslee rightly said, "We're the first generation to feel the impact of climate change and the last generation that can do something about it."

The next eighteen months will be critical in dealing with the global heating crisis and other environmental challenges.

Eighteen months hence, many of us would have already watched 'Black Widow' making it the 'highest grossing film of 2020' probably to atleast a billion dollars!

NASA spends millions and millions of dollars on space exploration while we still remain unaware about more than 80% of our rich

oceanic resources. If we are able to set aside mammoth sums for the cause of climate change, we might be able to arrest the dangerous levels.

A mushroom called 'pestalotiopsis microspora' is capable of eating plastic. It contains a chemical which breaks down poly-urethane, the key ingredient of plastic and turns it into organic matter. This could potentially be used to clean up landfills but our governments are way too busy in raging wars and involving themselves into pillorying other political parties. Likewise, seaweed is capable of absorbing carbon dioxide five times more than land based plants. It can also

combat climate change and ocean acidification. Seaweed farming can become a successful occupation since it does not require any land, feed, fertilisation or freshwater to grow. Seaweed is also protein rich and nutritious. If only the world increases seaweed harvest by 14% every year, then by 2050 food supply will increase by 10% and employment opportunities to 50 million people but we are pro-deforestation and we consider

oceans as our trash bins. All we really care about is "money and fairytales of eternal economic growth", in the words of Greta Thunberg, a sixteen year old climate activist.

Rumour has it that the government of Brazil had purposely lit the forest of Amazon to clear that area, so that they can rear cattle on the ruins of 'The Amazon'. This rumour gained popularity when Brazil rejected an offer from G7 of \$20m to help fight fires in the Amazon. "We appreciate (the offer), but maybe those resources are more relevant to reforest Europe," Onyx Lorenzoni, the chief of staff to President Jair Bolsonaro, told the G1 news website.

In September, Indonesia also suffered from forest fires. Hectares of virgin rainforest were burned to the ground. The Indonesian island of Sumatra was enveloped in a red



Image credit: beltandroad.news

Students' inputs

The Brazilian city of Sao Paolo was overcast with smoke clouds after a fire broke out in the Amazon rainforest, blocking the sunlight to an extent that even noon looked like midnight!

- Richa Adwani (11C)

If bees vanish from the face of the globe, men would have only four years left to survive. Bees provide us with one third of our global food indirectly, by pollination. Use of pesticides, erection of radio signal emitting towers, and other human activities are adversely affecting bees, leading them to a possible extinction.

- Tanisha Agarwal (11C)

haze caused by the pollutants that emerged from the raging fires. These micro particles of pollutants were equal to the wavelength of visible sunlight which scattered sunlight in the air by 0.7-micrometer particles causing the afternoon sky to look like a future utopian mars sky- 'blood red'. We are left with only 11 years before we can prevent



Image credit: dreamstime.com

Climate change is abnormal variations in the climate of earth largely due to human activities, which we cannot afford if we still believe in sustainable development. Although the governments realize the gravity of the situation, they still rant about economic development, ignoring this fact, thinking they will get away with it. The worst is yet to come; when they will probably be in their graves!

- Lavisha Balwani (11C)

Climate change is not unanticipated, but it seems sudden and baleful because we are just clock watchers.

- Sakina Saify (11B)

irrecoverable damage from climate change. And terraforming Mars is not the solution. If we have the means to terraform Mars, we surely can still save the human race from the predicted extinction and the earth from global warming and its devastating effects. To make it easier to comprehend, "We are in the endgame now" and if we do not act NOW, our grandchildren may cease to exist!

- Ira Fatma Khan (11C)

World News

WHO officially declares 'excessive gaming' a disorder.

- May 28, 2019

China praises Chandrayaan 2 Mission, wants to work with India for outer space exploration.

- July 24, 2019

Jack Ma to step down as chairman of Alibaba.

- September 10, 2019

"Say Greeen" - as Boris Johnson, Prime Minister of UK calls himself "The Incredible Hulk".

- September 16, 2019

Carbon-Neutral 'Artificial Leaf' could help replace Fossil Fuels in industries.

- October 29, 2019

Disney and Sony reconcile on their feud as they reunite to produce the third Spider-Man movie.

- September 28, 2019

Hellish scenes as wildfires engulf Lebanon.

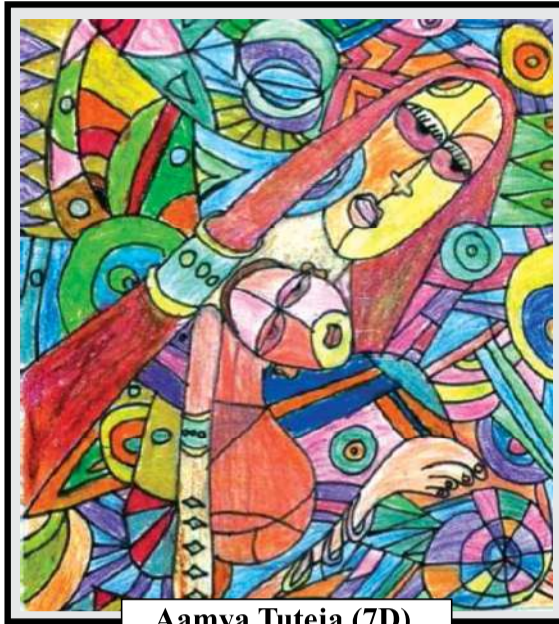
- October 15, 2019

Indian Govt. is all set to build the world's largest Facial Recognition system.

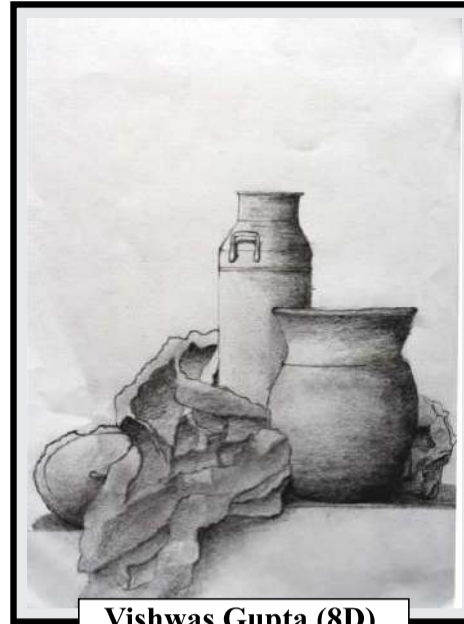
- October 26, 2019



Rhythm Rohani (5B)



Aamya Tuteja (7D)



Vishwas Gupta (8D)



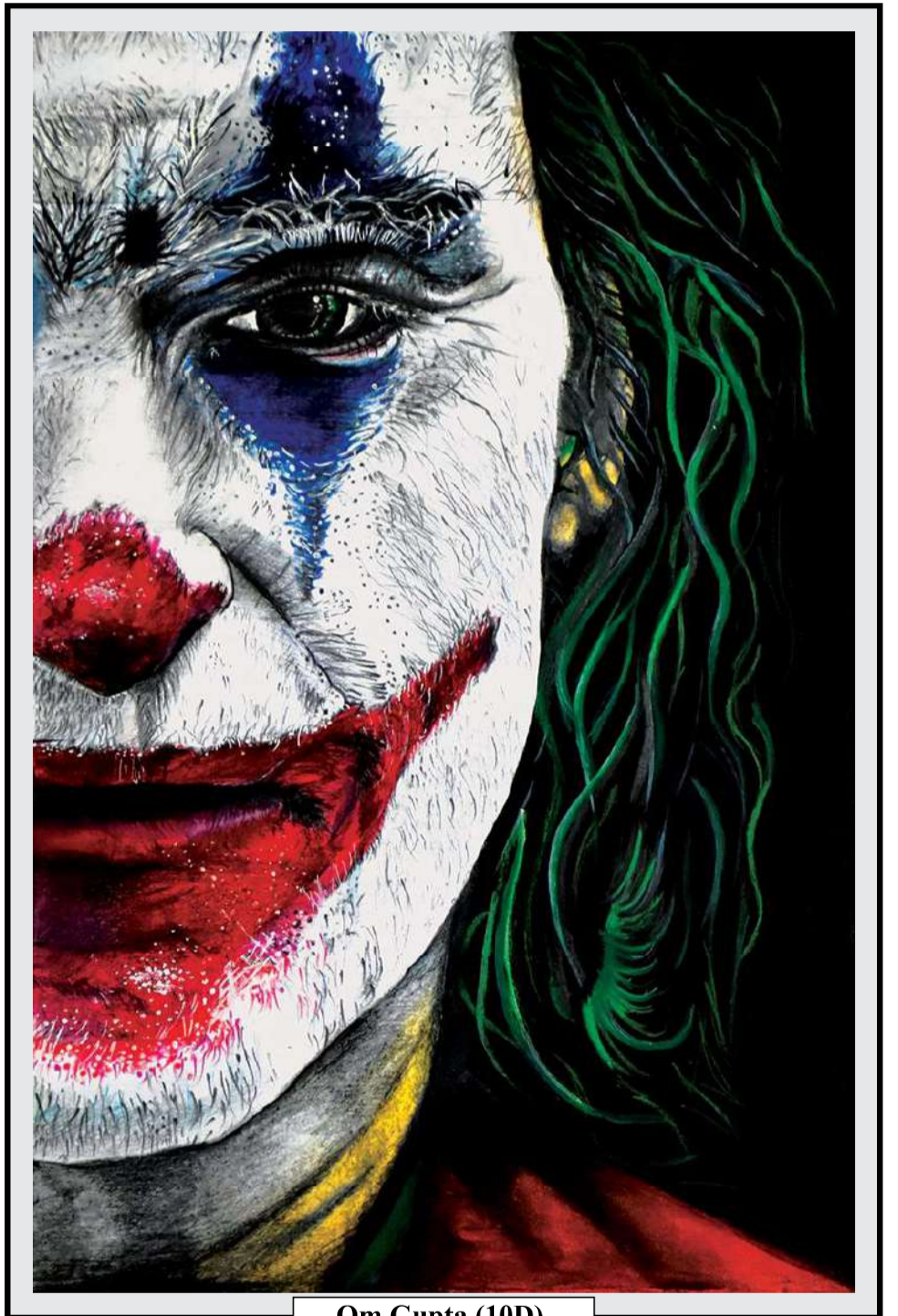
Ayushi Rai (4B)



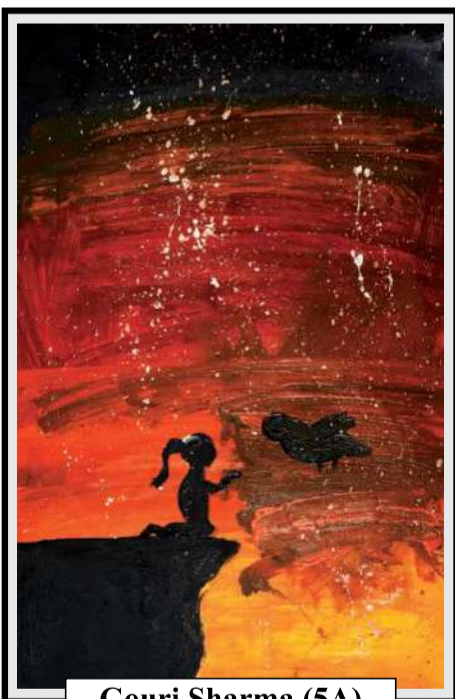
Dakshita Dehalwar (11C)



Vaani Dosi (3A)



Om Gupta (10D)



Gouri Sharma (5A)



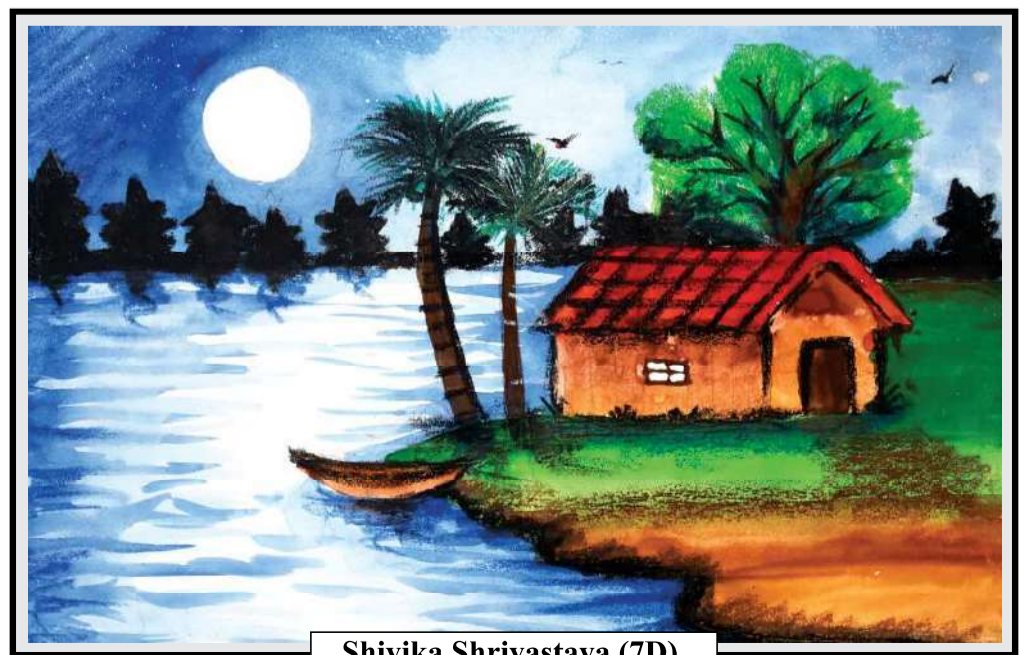
Iha Prasad (8B)



Niti Modi (6B)



Garima Asnani (8B)



Shivika Shrivastava (7D)



"I started sailing when I was eight years old. It soon blossomed into a passion. For me, sailing when the wind blows at an incredible speed (5-7bft) is the most fun. The wind surges the boat forward and you can hear the swashing of the seawater very clearly. You know you're in heaven when the cool breeze entraps you in a world of peace and serenity. When you lean backwards it feels as if you're flying directly over the surface of the water with the waves splashing in your face. I took this picture in my hometown Kiel, Germany. It shows teenage sailors leaving the harbour for a race. It is the largest sailing event after the Olympics."

- Hannah Quint (11A)
AFS student from Germany



Beautiful canoes Majestic Sunbird in Bhopal.
- Sunjana Singh (10D)



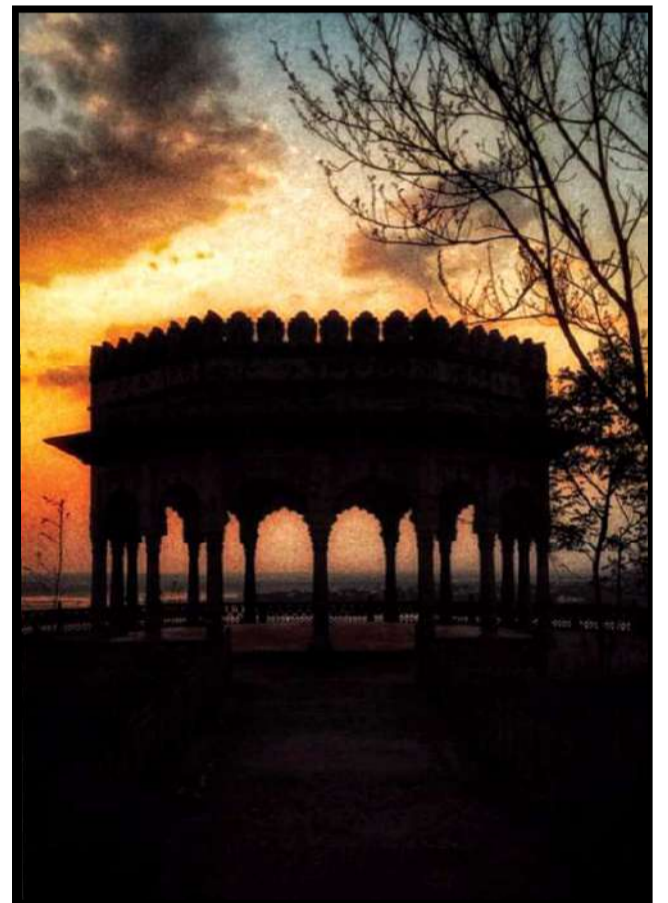
Sunbird stealing food from a spiderweb.
- Sunjana Singh (10D)



Peruvian lilies in all their glory, Ridge Flower Park, Sikkim.
- Neelansh Khare (11A)



Paragliders in the sky against the amazing backdrop of snow-clad mountains, Manali (IAYP) - Aditya Das (12A)



Serenity. Shot at Union Carbide, Bhopal, MP.
- Siddharth Kataria (11C)



"The earth has its music for those who will listen."
- George Santayana

- Pranil Goel (8E)



In unity, there is strength. Shot at Gir National Park, Gujarat.

- Prashasti Praveen (8B)



Climb every step to your goal. Shot at a photography camp in IGRMS.

- Paloma Jain (8B)