



## Principal's Note

A sculptor gazes at a block of marble, envisioning the masterpiece hidden within. With each precise strike of the chisel, the form begins to emerge. But is it the innate nature of the stone or the craftsmanship of the artist, that breathes life into this evolving statue? This sublime interplay mirrors the age-old debate of Nature vs. Nurture: are we shaped by the raw materials of our genes or by the hands of experience that sculpt us into who we become over time?



Nature is the silent architecture, the essence of what we are born with. Like the marble waiting to be shaped, we arrive with a blueprint—our DNA—that sets our Nature. Nurture, in contrast, is the artist's hand—the external forces that shape, refine, and alter the raw potential bringing out the best (or worst) in the raw material.

A child born with a natural inclination for music will only become a maestro with hours of practice, encouragement, and exposure to instruments and instruction. The nurturing environment—encouraging parents, insightful mentors, and ample opportunities to learn—acts as the sculptor's chisel, revealing what lies within. Without such nurturing, the child's full potential might remain unrealised.

Nature and nurture, then, are not opposing forces but rather dual forces of creation. Epigenetics, the science that decodes how environmental factors can influence gene expression, reveals the complexities of human development and that genetics and environment are in a continuously evolving dialogue.

Educating the mind is extremely complex. Ultimately, the Nature vs. Nurture debate is not about choosing sides but about understanding the profound collaboration between the two. We are both the marble and the sculptor, shaped by our genetic heritage and the forces of life that chisel away at us.

Life offers each of us the choice to either be a torchbearer of our lineage or a changemaker for future generations. It is a grand celebration of existence, where each moment unfolds as part of the most magnificent, beautiful, and sacred journey. Embracing this path with awareness and purpose allows us to leave a legacy that transcends time, enriching our lineage and inspiring those who follow.

- Ashish Agarwal

## Student Editorial Board



**Kanishka Paltani**  
Editor-in-Chief



**Anandi Mitra**



**Anvi Dixit**



**Kainaat Kapoor**



**Siddharth Sachdev**

## THE BLUEPRINT OF OUR BEING

We often hear people tell us how much we resemble our parents or how our upbringing shapes us. Someone might say you have your father's temper, while another might recognize your mother's eyes.

This raises the age-old question: what influences our personality and development more—nature or nurture? Are we the product of one, or both at the same time?

Let's first understand what these terms mean. Nature refers to the genetic makeup we inherit from our parents. These hereditary factors influence traits like hair color, eye color, height, and even our susceptibility to certain diseases. Nurture, on the other hand, encompasses our environment, experiences, culture, and learned social interactions.

Imagine an oak tree standing tall in a windswept location. Its sturdy trunk and deep roots are encoded in its DNA (nature), but it's the storms it endures, the rocky soil it digs into, and the sunlight filtering through its leaves (nurture) that make it resilient. In the end, the tree's identity emerges from both its genetic makeup and the challenges it faces.

For instance, getting diabetes might not be directly related to your environment, but your genes certainly play a role. On the other hand, nurture aligns with the idea that "We are the mosaic of everyone we have ever loved."

Philosophers like Plato and Descartes believed some traits were innate, independent of environmental factors, and that evolution passed down genes that made each person distinct.

Conversely, John Locke proposed the concept of 'Tabula Rasa,' which suggests our minds start as blank slates. According to this view, everything we are results from our experiences. A derivative of this belief, behaviorism, asserts that conditioning shapes our actions.

Consider a nurse with a natural sense of empathy (nature), but it's her years of caring for patients, witnessing their pain and healing, and holding their trembling hands (nurture) that transform her into a compassionate caregiver. Her genes provide the foundation, but her experiences sculpt her heart.

Modern psychology recognizes that nature and nurture interact dynamically. Our genetics might predispose us to certain traits, but ultimately, our environment can amplify or suppress them.

Emerging research on epigenetics sheds light on the intricate dance between our genes and environment. We've learned that

environmental factors can modify gene expression, leaving molecular marks on our DNA. These subtle imprints influence not only our behavior but also our overall health.

While genetics play a significant role in shaping our traits, environmental factors can have a profound impact. Studies show that individuals with a genetic predisposition for depression are more likely to develop the disorder if they experience stressful life events. Cultural factors also shape our personality by influencing our values, beliefs, and behaviors.

It's important to understand that while our genetics provide a blueprint, our unique life experiences mold us. No simple formula exists, and each person's journey is a unique amalgamation of both nature and nurture.

As we navigate the complexities of identity, let's appreciate the combined essence of nature and nurture. Our genes may set the stage, but it's our environment that writes the script. Perhaps it's not a battle between opposing forces but a harmonious symphony that defines who we are. No matter how we are shaped, our humanity lies in the fusion of both nature and nurture.

- Prisha Arora (12B)

## Editor's Note

To create magic on paper with the stroke of a pen, or with the gentle sweep of a brush, is to express the deepest parts of ourselves. It's where our thoughts, feelings, and dreams take shape. Each line of poetry exquisitely captures emotions. And when we take a photograph, we are freezing a moment in time, preserving memories in a single frame. As Freud might suggest, the delicate balance of desire and restraint is where our inner worlds find release in art.

Dear Billabongers, this is more than just creativity—it's the purest expression of our essence, a delicate blend of both nature and nurture.

Michel de Montaigne, once mused that we are all born to act out roles shaped by these twin

forces. Nature, with its raw and untamed impulses, meets the guiding hand of nurture. The theme, "Nature vs. Nurture," flawlessly encapsulates this dialogue.

The myriad interpretations of this theme across the grades have surprised and inspired us. The Billabong Bulletin, crafted with shared laughter and endless exchanges of ideas, is more than a publication. This bulletin is a fragment of all of us—students, editors, and the school itself—meticulously woven together.

As the new Editorial Board begins its tenure, I hope this edition brings you as much joy as we experienced in creating it.

**Kanishka Paltani** - Editor-in-Chief

Theme: **Nature vs. Nurture**





# INDEPENDENCE DAY

The 77th Independence Day was celebrated marvelously at Billabong High International School. From powerful and impactful speeches to spectacular displays of Indian culture through dance and music, the day fueled our young participants' souls with patriotism, pride, and respect for our Nation.

In a heart-warming gesture of inclusivity, students from Nidaan Child Care, Therapy Centre, and Inclusive School joined hands with Billabongers to give a touching performance, making this celebration even more special. Their collaboration beautifully embodied the spirit of unity, echoing the values of freedom and togetherness that Independence Day represents.



# FRANCIESTA

Franciستا 2024 was an incredibly rewarding experience. The festivities provided our students with great exposure to French culture and its beauty. The entertaining performances and delectable treats made the event both enjoyable and memorable.



# P. ARAVINDAKSHAN Interschool Debate Competition

BHIS Bhopal hosted the 3rd edition of the annual P. Arvindakshan Inter-School Debate Competition, with participation from schools across Madhya Pradesh. From impressive discussions and intellectual rebuttals to graceful performances, the spirit of debate displayed by every participant truly inspired us all.







# Teachers' Day

Teachers, the ones who nurture and empower us to be the best version of ourselves, were honoured and celebrated graciously by our students who successfully assembled the event of the day and weaved it to perfection.



## CISCE Regional Sports Meet and National Basketball Competition 2024

The CISCE Regional Sports Meet and the CISCE National Basketball Competition 2024 were both proudly hosted by Billabong High International School, Bhopal. Our students displayed their athletic prowess and passion by giving it their all and winning us a total of 230 medals including 110 gold medals in the regionals. The National Basketball Competition added to the excitement, as teams from across the country competed fiercely on our courts, with students from different states standing tall and representing the spirit of true sportsmanship.



## Investiture Ceremony and The Annual Council Dinner 2024

While the Investiture Ceremony in the morning marked the beginning of a new chapter as the incoming Student Council 2024-25 took their oath and assumed charge, the evening Annual Council Dinner honored the outgoing council of 2023-24. The day came full circle as we celebrated the dedication and leadership of the past council, with everyone sharing heartfelt stories and reflections. The warm and nostalgic atmosphere of the dinner served as the perfect farewell, recognizing the contributions of the outgoing council as they passed the torch to the new council.







## “Is Renewable Energy a Scam Introduced by Capitalists?”



Renewable energy has been promoted as the way forward as climate change accelerates. The technologies include solar panels, wind turbines, and electric cars. Amid all the rhetoric surrounding the green energy revolution, one must ask: Is renewable energy truly an effective sector, or is it a cynical means for capitalism to open new markets and secure greater profits and power?

At first glance, renewable energy appears to be a promising solution, aimed at reducing carbon emissions and saving the environment. However, upon closer inspection, it becomes clear how this goal has been perverted by capitalism.

Corporations use green rhetoric to sell their products at higher prices, often without considering the actual environmental benefits. Businesses capitalize on sustainability buzzwords for economic gain, opening up new revenue streams while alleviating consumers' guilt about harming the planet.

One example is the electric vehicle (EV) industry. EVs have been marketed as pollution-free alternatives to conventional automobiles. However, the environmental degradation caused by the extraction of lithium and cobalt for EV batteries tells a different story. These processes cause significant ecological damage and often exploit workers in developing nations. Nevertheless, manufacturers label EVs as "guilt-free" to make consumers feel they are saving the planet, while companies reap the profits.

Similarly, the solar panel industry was once praised for harnessing solar power, but it too has its downsides. The production of solar panels involves hazardous chemicals and requires significant energy input, often derived from fossil fuels. The disposal of industry waste poses environmental risks, as much of it ends up in landfills, leading to the leakage of toxins. Despite these issues, the industry continues to market solar panels with a green image, obscuring the real environmental costs.

This type of greenwashing reveals how companies exploit the green movement as just another way to make money. By appealing to eco-conscious consumers, these companies exaggerate their environmental credentials without making meaningful changes. In doing so, they boost their profit margins while sustaining the myth of corporate commitment to the environment.

Moreover, as the world moves away from fossil fuels, large companies in the energy sector are shifting to new forms of energy that they can control. The vast capital required for renewable energy projects, such as solar and wind farms, ensures that only the wealthiest firms—many of which previously profited from fossil fuels—will dominate.

Although renewable energy is an important tool in the fight against climate change, we need to critically examine the interests driving its promotion. While some partnerships in the renewable energy sector may genuinely aim for sustainability, the question remains: Does green capitalism represent a truly sustainable and just future, or is it simply another business opportunity built on environmental degradation? As global citizens, we must remain aware of whether these efforts genuinely lead to a sustainable and equitable world.

- Hitarth Motwani (9C)



Imagine a green utopia powered by sunshine and windmills. Imagine a world where energy is abundant and clean, the environment thrives, and humanity prospers. That is the world where renewable energy thrives. Renewable energy is the cure to our environmental woes – a clean, limitless power source. It is not just a buzzword of the century but a catalyst for transformation. It is the sunlight harnessed by photovoltaic cells to light up our homes and the wind force captured by turbines to generate electricity. Beyond ecological benefits, renewable energy has significant social and economic impacts. It promotes energy security by providing multiple energy sources, reducing dependence on imported fuels. It also contributes to economic

development and is a major source of employment. According to the International Renewable Energy Agency, millions of people worldwide are employed in the renewable energy sector. These jobs provide wages and contribute to local communities, driving economic growth.

Moreover, renewable energy diversifies the energy supply, enhancing energy security and reducing the reliance on imported fuels. It boosts economic productivity and creates jobs. Dismissing renewable energy as a scam undermines its potential to benefit society and the environment. The reality of our climate crisis is undeniable: first, the planet's weather patterns are dangerously and continuously changing; second, if global action is delayed, humanity will suffer the consequences. Climate change cannot afford further delays. The increasing frequency of hurricanes, rising sea levels, and the loss of species demonstrate the destruction caused by human activity. In this context, renewable energy emerges as the only realistic and concrete solution for the future.

Wind, solar, hydro, and geothermal energy sources produce far fewer greenhouse gas emissions than fossil fuels. The use of clean energy reduces pollution, which is a major contributor to the greenhouse effect. Therefore, renewable energy directly mitigates climate change. The effectiveness of green energy is not just a hopeful idea but a proven reality. Numerous studies and reports confirm that increasing the share of renewable energy reduces greenhouse gas emissions. It is crucial to understand that renewable energy is not a distant dream concocted by capitalist interests, but an urgent necessity in our current climate crisis – a crisis that affects all of us, regardless of economic background.

We must recognize that renewable energy is the future we must embrace. For many, it represents the solution to global warming, the engine of development, and a symbol of hope for future generations. Let us switch to renewable energy sources for a cleaner, healthier future and a society with a more equitable distribution of wealth.

- Aarana Jain (9C)







# CHRONICLES OF DELAY: The Intricacies of Procrastination



As Christopher Parker once said, “Procrastination is like a credit card; it is a lot of fun until you get the bill”. Now, picture this: You have a week to complete an important assignment, but you have been delaying it, telling yourself that you will do it tomorrow, but TOMORROW never comes. You are wasting your time scrolling reels and playing with your friends. Sounds familiar, right? This art of delaying tasks is known as “procrastination.”. Procrastination is the act of delaying tasks or postponing activities, often by engaging in less urgent or more congenial activities instead. This derelict attitude leads to the loss of ingenuity and productivity, plus failure to meet deadlines.

People are significantly troubled by procrastination, which also affects a person's academic/professional performance, mental health, and self-esteem.

## EFFECTS OF PROCRASTINATION ON ACADEMIC PERFORMANCE:

- When students delay starting assignments or studying for examinations, they get less time, leading to low-quality understanding and poor grades.

- Procrastination can lead to superficial learning, where a student would opt for cramming the exam material rather than understanding it and applying it to real-world situations.
- Procrastination often leads to working under intense time pressure, leading to stress and anxiety.
- Procrastinators tend to have poor time management skills, which can lead to incomplete assignment and superficial study of material giving rise to inadequate grades and unsatisfactory performance.
- Consistent submission of assignments after the due date or getting deficient grades damages a student's reputation in front of teachers and peers, potentially affecting social life.

## OVERCOMING PROCRASTINATION:

- Break larger tasks into smaller chunks. It would make the task seem less gruesome and will give you a sense of accomplishment as you achieve it.
- Categorise tasks based on their gravity and importance. Plan when to do tasks that are significant but not urgent.
- Tackling the effortful and rigorous task first gives you momentum and reduces your urge to procrastinate.
- Write your tasks and deadlines in a planner which helps you be organised.
- Allocate specific time slots for particular tasks, activities, and study breaks.
- Choose a study environment with minimal distractions, and always keep your phone away unless it is used for study purposes.
- Focus on PROCESS, not PERFECTION.

“Overcoming procrastination is essential for academic success and personal well-being. Consistency, self-compassion, and accountability are key to making lasting changes. With these strategies, you can conquer procrastination and achieve your goals with greater efficiency and less stress.” - Christopher Parker

- Shreya Hotwani (7E)

# THE RISE OF

## KYLIAN MBAPPE

Kylian Mbappe was born on December 20, 1998. He lived in France in a place named Bondy. Since his childhood, he has loved to watch and play football. Mostly he would spend his time watching his idol, Cristiano Ronaldo on television playing football matches. Seeing Ronaldo score amazing goals, winning awards and titles, inspired him and he told himself that he, too, wanted to be like Ronaldo. Mbappe started playing football at the age of six. At the age of 15, he went to Clairefontaine Football Academy. There, the coach and everyone in the academy were shocked after seeing young Mbappe perform so brilliantly, leading to numerous clubs like Chelsea, Liverpool, Manchester City, and Real Madrid, AS Monaco wanting to sign him. Kylian Mbappe chose AS Monaco as his club. There too, he performed fantastically after scoring goals after goals. Soon he got invited to join PSG, which he did in 2017 at the age of 17. At the age of 19, he won the World Cup for France, and Mbappe finally completed his dream.

- Arman Minhaj (5F)

# NATURE VS NURTURE

Nature refers to the genes we receive from our parents, in other words, biological inheritance, while nurture refers to all that we have learned, for instance, through experience or education. For years, people have wondered about this perplexing issue.

The nature versus nurture debate revolves around whether it is what we inherit from our parents, such as eye color or height, that makes us who we are or whether it is the things that surround us that shape our growth. Physical traits are not the only characteristics passed on to us by genes; they can also pass on personal traits like personality and intelligence. For instance, twins with identical DNA tend to exhibit similar behavioral patterns irrespective of their upbringing or circumstances.

Everything that surrounds us and shapes our growth should be nurtured. Our friends, parents, and teachers influence how well we do in school. For example, when a child is raised in an affectionate home, they become brave, unlike those from difficult backgrounds.

In today's world, scientists have come up with a solution to this endless debate. Rather than arguing about which is better, nature or nurture, they say that both work together. It means that someone may be musically talented, but if there is no motivation and practice, chances are they may not achieve their full potential. Inversely, certain conditions from our surroundings affect the way genes manifest.

There are many ways in which understanding how much importance should be given to both nature and nurture can help us enhance education systems and address mental health issues, as well as provide a better quality of life for every person in society. It reminds everyone that though our genes matter a lot, experiences and environment are still equally crucial.

- Rajvi Sharma (12E)





## Roots of Growth.



The power of nature is embracing yourself,  
Showing that you care and understand,  
One should stay true to their heart, to themselves,  
But always looking to expand.

Like – one who is bold and fierce, but stutters when necessary,  
Or shy and timid, but says what is needed at the right time.  
Internally, the same soul, but on the outside, just the contrary –  
Your roots grow in your heart, waiting to shine.  
But the roots you have will rot if you don't let them thrive,  
A little water can help them spread,  
More importantly, ensure they survive –  
For without care and nurture, the poor tree ends up dead.  
So – embrace yourself with a little care,  
Nurture and nature, hand-in hand.  
Evolve to be better, whilst keeping your flair –  
At least, this is what I have planned.

- Pawni Rohani (4C)

## "Nature's Gift, Nurture's Strife"

Born with brown eyes and hair so fine,  
Nature gives us traits in a line.  
Genes and instincts, precise and true,  
Guide us on what we can do.

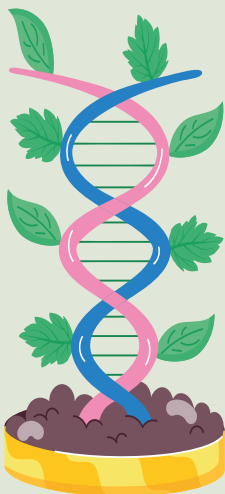
But nurture shapes us day by day,  
It helps us to confidently play.  
Family, friends, the world we see,  
Build the person we will be.

Together they make their way into our lives,  
Nature and nurture, both dive.  
Hand-in-hand, they both confer,  
Like a real-life choreographer.



- Aarna Maheshwari (6B)

## Nature VS Nurture



Nature gives me sunshine bright,  
Nurture hugs me every night.  
Nature makes the flowers bloom,  
Nurture fills my heart with room.

Nature's trees reach for the sky,  
Nurture teaches me to try.  
Nature whispers, winds that blow,  
Nurture helps me learn and grow.

- Adhvik Tiwari (2D)

## WHISPERS AND GUIDANCE: THE SYMPHONY OF NATURE AND NURTURE

In the hearts of every child, a question lies,  
A timeless debate beneath the skies.  
Is it Nature's hand, so wild and free,  
Or Nurture's touch that shapes destiny?

Nature whispers with a primal call,  
Genes and instincts standing tall.  
A tapestry of traits, woven deep,  
In every cell, secrets keep.

Yet Nurture steps in, soft and kind,  
With guiding hands and a caring mind.  
In the cradle of love, we learn and dream,  
Shaping lives, like a flowing stream.

In the end, it's not a fight,  
But a union of day and night.  
Nature's gifts and Nurture's grace,  
Together, they create our place.

- Anamitraa Neeraj Choubey (7C)

## NATURE'S SCULPTOR AND NURTURE'S CANVAS



The lifelong debate rages on, a tale so fine,  
Of nature's way and nurture's design.  
A question posed, a new mystery to define,  
Can we shape fate, or is it predetermined in time?

The earth provides a stage so grand,  
Like a canvas painted by an artist's hand.  
The stars up high, they twinkle and gleam,  
And guide us back home, when life is a scheme.

But what of us, with hearts so bright,  
Do we create, or is it all in sight?  
Do we learn, or is it instinctive and right?  
The answers-or a puzzle, to unravel through each night.

The mind is malleable, like a chisel in hand,  
A sculptor's art, to shape and to stand.  
But what of the genes, that code our fate,  
A predetermined path, or a journey to create?

In nature's heart, we find our peace,  
A refuge from the world's increase.  
But nurture's care— it sets us free,  
To soar on wings of destiny.

As life goes, the debate rages on, a tale so fine,  
Of nature's way and nurture's design.  
A question posed, a new mystery to define,  
Can we shape fate, or is it predetermined in time?

- Laaibah Faisal (9B)





## Born of Nature, Forged by Nurture

“This boy is a genius”, Dr. Aiden Locke muttered under his breath as he witnessed a glimpse of sheer human finesse. He glanced at the bottom of his glasses: 12:31 a.m., 27th February 2081. The date would be important for his journal. He rubbed his eyes under his comically thick spectacles, completely exhausted from his work as a terrible guardian, but a proficient scientist.

He believed whatever he was doing was crucial to the integrity of humanity itself, and without his work humans would cease to be, well, humans. It was a time of technological advancements, where genetic engineering was at its pinnacle. Natural conception was practically extinct, and all babies were tailored by their parents, which in the doctor's sole opinion, left behind physically perfect but emotionally lacking clones indistinguishable from one another.

Amidst this pond of filth that was the present-day society, a single teeming lotus stood intact. The sole masterpiece of Dr. Aiden Locke, his own offspring, born naturally to his late wife Emily.

Although termed cruel and savage, Locke subjected Icarus to intense situations that demanded peak physical fitness, to artificially induce 'greatness'. He believed that

true greatness wasn't a manufacturable product, but stemmed from the amalgamation of Nature and Nurture.

Dr. Locke had set up a frighteningly convincing simulation deck, capable of putting individuals in the most surreal environments. Icarus was cyclically placed under the care of artificial caretakers with heavily contrasting ideologies and philosophies. Some were nurturing, while others were harsh

and barbaric. Some taught the young soul to hunt for food, some taught it to seek survival on its own.

As Icarus was approaching adolescence, he turned out to be a brilliantly talented individual. He could track predators across dense forests, and compose symphonies capable of bringing his A.I. guardians to tears. However, with such a caliber of skills also came independent thinking. Icarus, now capable of and adamant towards rebellion, began to question his suspicious lifestyle. It was only a matter of time before the astute boy figured out the bitter truth. His natural curiosity led him deep into the forest he called home, where he stumbled upon what the doctor had been hiding from him for 15 whole years.

As he stepped into the extremely advanced outside world, he seethed with rage, not at its creator, but at the world around him. Icarus sparked quite a rebellion amidst the masses. People who had been weary of the status quo began to question whether it was truly in the hands of the species to command every aspect of individuality. This spark of renaissance was not digested by the capitalistic world leaders, who viewed Icarus as a threat to the genetic engineering industry.

However, Icarus knew he had left his mark on history, for a battle of this scale is fought not by cavalry, but by philosophy. A young boy stood before the mighty world, filled not with brawn, but with revolutionary ideas. Icarus, akin to his namesake, soared to heights where no one dared to take flight.

- Agreya Shukla (9C)



## The Little Seed



Once upon a time, a little seed was planted in a garden. The seed grew into a beautiful flower. But one day, a strong wind came and carried the flower to a new garden. In the new garden, the flower saw different plants and trees. Some were tall, some were short, and some had big leaves. The flower wondered, “Will I grow like them?”

A wise old tree said, “You will grow like your parents, the seeds that made you.”

But a friendly gardener said, “No, you will grow like the garden you are in now.”

The flower was confused. But as it grew, it realized that it was a mix of both. It had the same colour as its parents, but it also grew strong like the trees in the new garden.

The flower learned that it's not just about where we come from (nature), but also about where we grow up (nurture) and that's what makes us special!

- Ananya Singh (2F)

## THE DOON TALE

Two baby girls, Riya and Mansi were born on the same day to different families in the city of Dehradun, Uttarakhand. Riya was raised by the adventurous Rais, who took her on hiking trips, introduced her to a variety of sports, and encouraged her to explore the outdoors. Mansi, on the other hand, grew up with the studious Agrawals, who valued academics, discussions, and quiet activities. As the girls grew, their environments shaped their interests and skills in several ways. Riya excelled in sports, developed a love for nature, and became known for her adventurous spirit. Mansi, meanwhile, thrived in academic competitions, had a deep love for reading, and was praised for her analytical skills.

One summer, the Rais and the Agrawals decided to have a family picnic together. The children played, talked, and shared their experiences. Riya and Mansi, though having different interests, found they had much in common. They were both curious and enthusiastic about the world around them. As the families chatted, they reflected on how their daughters had turned out so differently despite being born on the same day. The Rais marveled at Riya's love for the outdoors, attributing it to the active lifestyle they encouraged. The Agrawals were proud of Mansi's academic achievements, crediting her environment and the importance placed on education.

Their story highlighted the intricate dance between nature and nurture. Riya's innate love for adventure was nurtured into a lifelong career, while Mansi's natural inclination towards introspection was supported and developed into a successful scientific career. In the end, both nature and nurture had played pivotal roles in shaping their paths, proving that the essence of who we are is often a harmonious blend of both.



- Aradhya Choubey (5F)





## Chandu Champion: A Movie About Never Giving Up

Kartik Aryan plays the role of 'Chandu' in the movie, Chandu Champion, which is a classic story of grit, resilience, and determination. Directed by Kabir Khan, the film chronicles the life of Murlikant Petkar, India's first Paralympic gold medalist.

Born in a village in Maharashtra, Petkar nurtured a vision of winning a gold medal at the Olympics since his childhood. Taking inspiration from the successful Indian wrestler, Dara Singh, he sets out to become a wrestler himself. However, he is ridiculed mercilessly by his entire village, which nicknames him 'Chandu', which means loser. The remaining film chronicles Murlikant's inspiring journey. The narrative alternates between past and present, showcasing Petkar's determination to achieve his Olympic dream. Despite facing numerous challenges and setbacks, including being shot nine times in the war with Pakistan, he perseveres through various sports including wrestling, boxing, and swimming, wherein he won a gold medal in the 1972 Paralympics, to finally being awarded the prestigious Padma Shri in 2018.

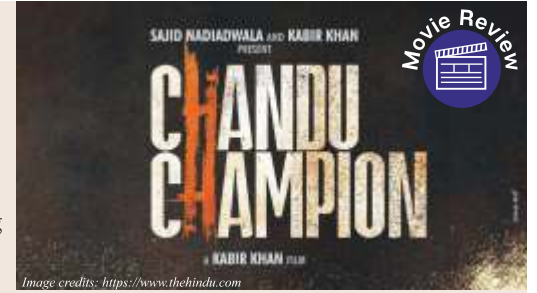
Kartik Aryan, most popularly known for his light-hearted comedies, delivers an emotionally mature performance. The physical transformation he

underwent for the role is particularly impressive. The supporting cast, including Bhuvan Arora, Rajpal Yadav, and Vijay Raaz, adds depth to the narrative.

While the movie is engaging and heartwarming, it occasionally becomes repetitive. However, it effectively portrays the theme of resilience in the face of adversity. The film's music, though pleasant, fails to capture the true essence and the inspirational dynamic required for a movie solely focused on sports and resilience.

What stands out most is the movie's message about never giving up. Petkar's resilience in the face of adversity is truly inspiring. I recommend this movie as a must-watch as it serves as an important reminder that with dedication and hard work, one can overcome seemingly insurmountable obstacles and achieve greatness.

- Suyansh Lalwani (4D)



"But I know, somehow, that only when it is dark enough can you see the stars."

'Io Capitano' is a one-of-a-kind film. It follows a migration odyssey integrating several themes such as brotherhood, hope, perseverance, self-discovery, and struggle for survival. It beautifully describes the suffering of people who want to move out of their homes in search of a better life, longing for a brighter future.

The film starts by depicting the life of Seydou, a 16-year-old boy, who lives with his widowed mother; He has been saving cash along with his cousin Moussa in Senegal, with hopes of living in Europe in the future. Both of them aspire to be musicians hoping to one day make a name for themselves so that they can earn enough to provide for their family. The film revolves around Seydou's departure from his home without informing his worried mother who wants to protect her child and doesn't want him to leave Senegal. What follows is the harrowing journey of Seydou and Moussa to Italy.

There are several themes that we can see throughout this film. One theme which stands out is self-exploration and life without family. Seydou initially isn't able to understand how drastically his life will change once he leaves his motherland. He decides to go across the Sahara Desert in search of a purpose for his life. He thus embarks on a quest of self-discovery to understand the realities of the harsh and dark world. The film also explores darker themes of torture and slavery which Seydou and Moussa face. They strive to maintain a positive outlook despite the overwhelming odds which is truly inspiring. It tells us about the life of people in African nations like Senegal and how there is no scope for a unique career such as music, despite the rich culture and tradition of their community. It also probes into the torture faced by travellers like Seydou and their indomitable spirit. The film keeps you on the edge of your seat with its plot and storyline.

Another theme displayed is the importance of being economical. While Seydou and Moussa leave Senegal for a better life in Europe, they aren't wealthy and must lead a frugal lifestyle.

Despite the many challenges the two of them face, from leaving behind their families to enduring torture, they don't give up and believe that there is still hope, that one day, they can provide money for their struggling families. Seydou is shown battling heroically against a cruel fate while growing miraculously into his captain status. The film involves scenes that flawlessly depict the tragedies of their lives. It has marvelously choreographed scenes which left me simply amazed. I recommend this movie to everyone who enjoys drama and adventure that provokes deep reflection on the realities of life and leaves one contemplating the gravity of the circumstances.

- Uddish Sharma (9C)

## DEAD POETS SOCIETY

"Dead Poets Society," directed by Peter Weir, is an emotionally stirring film set in the 1950s. It follows the story of John Keating, an unconventional English teacher at Welton Academy. Keating inspires his students to embrace poetry, think independently, and "seize the day". The film centers on a group of boys, the main characters being Neil Perry, an eccedentesiast yet excelling student, and Todd Anderson, the new student who has expectations to live up to. As they explore their identities and passions with the help of a secret club, 'The Dead Poets Society', initiated by Keating, they face conflicts with authority and societal expectations. The movie takes a dramatic turn at the end and leaves the viewers stunned. Over the years, this movie has been worth watching for anyone who seeks inspiration, a compelling storyline, or simply a sad ending with a meaningful exploration of human complexities.

Over the years, this movie has been worth watching for anyone who seeks inspiration, a compelling storyline, or simply a sad ending with a meaningful exploration of human complexities.

- Sumayya Faiz (9D)



**A Wrinkle in Time**, a novel written by Madeleine L'Engle, is science fiction, and it is set in a world where time and space are out of order. The cover features abstract and fantastical elements, such as spiraling galaxies and a tesseract, which entice the readers to expect an extraordinary journey. The novel is a seamless narrative of an unbelievable journey, courage, and a showdown between the forces of good and evil. The protagonist, Meg Murry, feels like she's always out of tune with the whole world but that changes when she, along with her brother Charles Wallace and friend Calvin, is taken away on a mission to save her father, by some mysterious beings.

The novel is a mix of science fiction and fantasy and introduces readers to concepts like time travel, alternate worlds, and a fight against a cosmic evil force. As the story unfolds, the characters are confronted with obstacles that demand from them courage, intelligence, and the strength of love. Quotations from the novel reflect its major themes, discuss their significance, and delve into the author's representation of the characters' emotional trajectories.

One of the most memorable quotes from the book is "Like and equal are not the same thing at all!" This quote is a reflection of the novel's larger commentary on the importance of individuality, the acceptance of differences, and the critique of classism.

L'Engle uses a quote to have the reader reflect on the meaning of equality and the problems of a society that imposes conformity. Another inspiring quotation is, "We cannot take any credit for our talents. It is how we use them that is important", stressing the fact that power and ability are not privileges but moral responsibilities.

In brief, A Wrinkle in Time is a timeless masterpiece of literature that resonates with readers of all ages, forcing them to reflect on the world and the place they belong. It is a must-read for its creative storytelling and insightful moral insights.

- Rit Sumisha (8F)







## Quitt - Free Choco Bliss

Who doesn't love ice cream, especially chocolate ice cream? Unfortunately, many recipes use a lot of artificial sugar, which makes it unhealthy. To solve this, here's a healthy alternative!

### Ingredients:

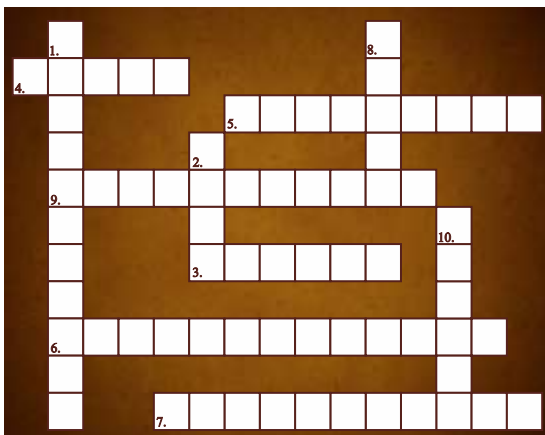
- 1 cup of rolled oats
- 1/4 cup of almonds (soaked)
- 1/4 cup of cashews (soaked)
- 10-12 dates (pitted)
- 1/2 cup of dark chocolate
- 1 cup of milk (any kind you like)
- Chocolate chips (as many as you want!)

### Directions:

1. Blend all the ingredients together in a blender until smooth and creamy.
2. Pour the mixture into a container and tap it to remove any air bubbles.
3. Top with chocolate chips.
4. Cover with plastic wrap and place it in the freezer overnight.
5. When ready to eat, take it out of the freezer and let it sit at room temperature for 10-15 minutes.
6. Scoop into bowls or cones and enjoy!

Note: Ask a grown-up for help with the blender.

- Tia Gaurav Rege (7F)



Line Pencil

## MIND BENDER

1. Way of regarding a situation / a mental view or prospect
2. Usual or accepted ways of behaving in society
3. A person's social surroundings
4. Unit of heredity carrying traits and characteristics
5. The process by which people learn to adapt to the norms and customs in society
6. The attributes of a person that distinguishes them from others
7. Surroundings or conditions in which we live that impact our growth
8. The process of change by which one becomes better suited to their surroundings or environment
9. Characteristics and unique behavioral patterns which differ from one person to the other
10. Value systems and high moral thinking



Image Credits: <https://encrypted-tbn1.gstatic.com>

Every child dreams of visiting Disneyland, and so did I. Imagine living your dream – a place surrounded by beautiful castles and filled with Mickey characters! Recently, my family and I visited Hong Kong's Disneyland. Everyone was dressed as some cartoon character or another. Everything there was colorful and vibrant. One can't imagine the amount of joy that place offers. There were huge rides. I rode all of them. Each one was fascinating and adventurous. I watched the famous parade of all the cartoon characters; they were playing with water, and I got completely wet. The characters were dancing and jumping around. I could feel the happiness in both kids and adults. The Minnie Mouse themed ice cream at Disneyland looked tempting, so I bought one, and it was delicious. The only drawback was the long queues for the rides-you could easily take a nap or sit on the floor for an hour. Even though the rides only lasted a few seconds, they were exciting and fun. While waiting in line, I made a cute little friend. She didn't know how to speak English, so she used Google Translate to communicate. She also sat next to me on the ride. Last but not least, we watched the grand fireworks show that started at exactly 8:30 p.m. The sky was glowing, and Mickey shows were projected onto the castle. It was all a magical, surreal scene. It was a day filled with laughter, wonder, and unforgettable memories. We all enjoyed it immensely and had the most wholesome experience at Disneyland. Leaving Disneyland felt like saying goodbye to a cherished friend. Honestly, dreams do come true!

- Tisha Vijaywargia (5E)



## SAVE YOUR WALLET AND THE PLANET!



Online shopping is the new craze! What we once had to scavenge our local markets for, now lies a button away. But, are we aware of the negative effects of our online shopping spree on the environment? The orders we receive are often transported from hundreds of kilometers away, producing significant carbon emissions. Let's not forget that the cardboard and paper used to wrap these items are made by cutting down our planet's trees! By making a small shift in our online shopping habits, we can save both our wallets and the planet. Combining multiple purchases and ensuring that packaging materials are properly recycled is an excellent way to tackle these issues. Buying from local businesses can also reduce the carbon footprint associated with long-distance shipping. Remember, every order you place has a hidden environmental cost. By taking the steps outlined above, you can help save our planet.

CLIMATE AMBASSADORS

- Roopsi Chawla (11C)  
- Parth Jhawar (9C)





## Tête-à-Tête with Dr. Priya Bhave Chittawar

Excerpts from the Interview

**Q You are a woman with accomplishments in athletics, research, gynaecology, and obstetrics. What advice would you like to give us students on balancing academics and extracurriculars?**

- Kanishka Paltani

It is very important that you focus on extracurriculars along with academics. I made this mistake myself; I was focused solely on academics for a very long time. But we have to understand that we only get one life, we're not going to get a replacement or a redo. I think physical activity would also help our minds engage in a different way than it does in academics and it's a very important aspect to consider. I hope other students don't make the same mistake as I did.

**Q September is PCOS awareness month. With the rising diagnoses of PCOS among young females. What advice would you like to give young girls to maintain their hormonal health?** - Anandi Mitra

I think that we have to understand that hormonal health is beyond our periods. Whatever we eat, our sleep schedule, and our consumption all contribute to our hormonal imbalance. It's not only important to maintain weight and exercise regularly but also mental stress and the quality of sleep you have, that also has a very close relation to our hormonal balance. The gland that controls our sleep cycle, the pineal gland, is right behind the gland that controls our period cycle, the pituitary gland,

so their work is actually interconnected. Many times, patients come to us with irregular sleep cycles, whether it's due to difficulty sleeping, working late into the night, or working

according to the US shift, and we find that this greatly affects their menstrual cycle. I think a great deal of importance should be given to what we consume, exercising regularly, managing stress levels, and maintaining good sleep quality.

**Q Your bio mentions you are an Ironman Triathlete and there are so many myths about sports, gym workouts, and weightlifting affecting women's fertility and what advice would you give to young girls on maintaining their reproductive health, especially since it's a topic often surrounded by silence and misconceptions?**

- Kainaat Kapoor

We don't realize that God has given us muscles because we are meant to use them. We have made our lives so easy that almost everyone questions why they should go to the gym but those muscles require activity and if they aren't used, then like any other thing that's not used, our muscles will start breaking down. Earlier, our lives were such that all muscles were being used on a daily basis and that doesn't happen anymore but the body still demands that kind of exertion and working out. It is not just physical health but mental health also improves when one works out. Regarding periods and fertility: Yes, it has an effect on periods and fertility, but these are positive effects, so anyone who has issues with periods and fertility should start working out.

**Q What are the potential long-term effects of the rising caffeine intake on reproductive health, particularly in young people?**

- Aamyia Tuteja

The safe amount of caffeine is 400 milliliters, which is roughly one medium drink. Now the problem lies in the fact that caffeine often comes to us in invisible forms, so that means it's not just in the coffee that you have, it's there as an additive in a number of things like the Carbonated drinks that we consume. What caffeine does is, you think you've just had one coffee, but the cumulative caffeine that is ingested through the day is way more than the recommended amount. That's what makes you jittery or unable to focus, and it often disturbs your sleep cycle without you realizing why, as you've consumed it in various forms without much thought. While it is probably the best legal drug to enhance performance but like everything- It is the dose that makes the

poison. It is very important to be mindful that the consumption of caffeine remains in control to not hamper our sleep cycle.

**Q You specialise in, gynaecology, a field that largely deals with women's health, but generally women's health concerns are dismissed as simply their periods or pregnancy. What are your opinions on this as a healthcare professional?** - Anvi Dixit

I think it is not somebody else because it is women themselves who tend to trivialize their problems, hence more than anything else we have to understand that even if we are women, we may be the stronger sex but our bodies too need a checkup and advice from a doctor and we should avoid self-diagnosis. We wouldn't do that to men; whenever they have a little sneeze, we make sure they go to the doctor. But when it comes to us, we push through until it is absolutely impossible to continue, and only then do we consider seeing a doctor.

**Q The unfortunate event in Kolkata has once again raised the issue of women's safety at workplace, specifically in the healthcare sector. What do you think can be done to make a woman's workplace a safe environment?** - Mohammad Shayaan Khan

I think this was something which has shaken the entire community of doctors because we always knew that women are not safe on the roads, women are not safe while going out at night. As a doctor I have

personally spent nearly 48 to 72 hours at a stretch in a hospital and I never thought about it. The fact that the hospital should be considered as our home and the doctors who work at a hospital are called

residents, meaning that they reside at the hospital. However, if our hospital is supposed to be our home, and yet we are subjected to rape within its walls, that is something extremely serious, and as a society, I think it affects all of us. It is absolutely unacceptable.

**Q One out of every five women in the world suffering from cervical cancer belongs to India. More than three-fourths of these patients are diagnosed at advanced stages, leading to poor prospects of long-term survival & cure. What are some symptoms that women can look out for and some cautionary measures to take?** - Aparajita Singh

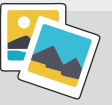
Our prime minister, Mr. Narendra Modi has just announced that there is a very big budget for cervical cancer vaccination and I think that was long overdue because in other countries like in the UK, cervical cancer vaccine has been available for the last 20 years. I think the steps that need to be taken to prevent cervical cancer are vaccinating young girls and, secondly, ensuring regular pap smears for all women starting from the age of 30. If we do these two things, we will probably prevent and detect cancer before it worsens because the problem with most cancers is that they are asymptomatic in the early stages. We have to be proactive and it is a tragedy that totally preventable cancers are causing so many deaths and I'm now very happy that the government has woken onto this track but the change starts with us, we have to get vaccinated, make our friends and family aware about this and most importantly take our mothers for pap smear check-ups.

**Q Discussions about menstruation, contraception, and sexual health are often considered taboo. How do you handle sensitive topics with patients and how can conversations about such topics be encouraged at home?** - Siddharth Sachdev

I think as there has been a lot of effect of cinema in our lives and I think the movie "Padman" actually initiated such conversations and when we talk about it, we normalize it. I'm actually very happy that this question has come from your end because if we exclude all men from these conversations then it is ultimately one-sided. When we discuss these topics in hushed tones then we are actually making a normal physiology a taboo so I think the biggest thing that we can do to normalize is to talk about it more often.







"Photography is about capturing souls not smiles."

- Dragan Tapshanov



Leeza Khan (10A)



Pahal Nayak (7B)



Maanas Jotwani (7F)



Divisha Priya Banerjee (10D)



Tia Gaurav Rege (7F)



Samridhi Saini (3F)



Zaara Ahmed (8F)



Vigyanghan Kedia (10C)

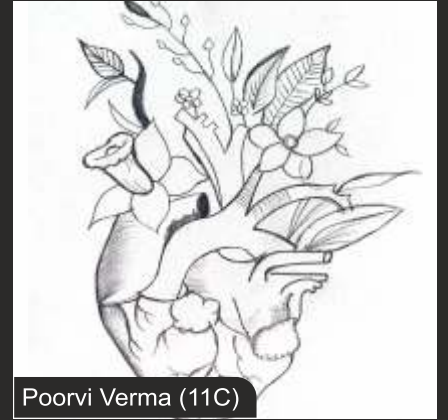




Dikshita Mamtani (7B)



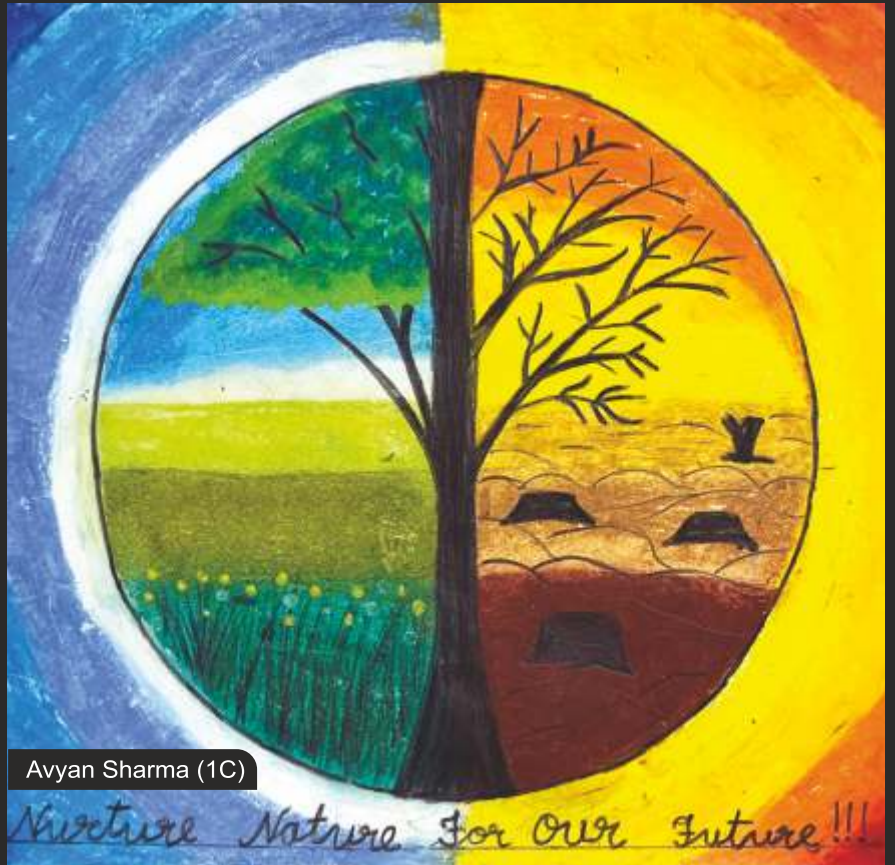
Nimrat Kaur Sandhu (5G)



Poorvi Verma (11C)



Shanvi Shrivastava (2D)



Avyan Sharma (1C)



Keertika Verma (6D)



Hrishab Jatav (6A)



Aarushi Bhagat (9C)



Advita Sarathe (4F)



Kartika Jain (7C)