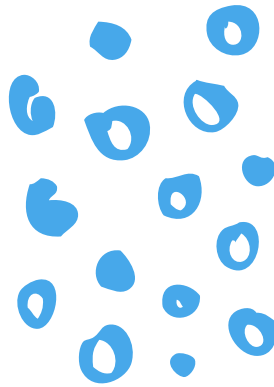


# Hakuna Matata

BY THE STUDENTS OF MODERN HIGH SCHOOL,  
IGCSE

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# Editorial



**“From every mountainside, let freedom ring.” - Martin Luther King, Jr.**

**Freedom. What is freedom? Well freedom is an emotion that is in everyone's hearts and means something special for each person. Every individual has their own interpretation of what freedom is. It is based on their feelings and opinions.**

**Right now, we are all tucked away in our homes as the world is in a longer slumber than it has ever been in. While we are all physically caged in our houses, yet our minds run rampant. Sitting in our rooms we can venture into the Amazon rainforest, tour Paris, go to the Times Square and admire the Taj Mahal up close. Our minds wander through the multiverse and we can run for miles on end.**

**The IGCSE curriculum has helped us open up our imagination and given us so many opportunities to let our minds soar. All the students of Modern High school have made the most of the lockdown. Our High School Fest, Maitree was recently held on a digital platform. We in the IGCSE section, also had the opportunity to collaborate with and do classes alongside people from around the world. The Felsted experience was unforgettable for us all.**

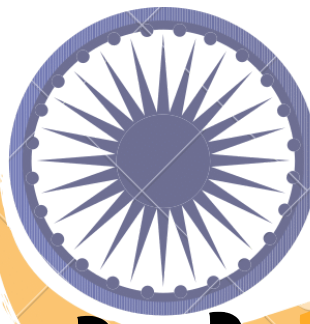
**We are never truly caged. As long as we have the will and determination, we can do anything. Freedom is but a state of mind. You can be free even while sitting within a closed room. It's the thought that counts.**

**We achieved our independence on 15th August 1947. Millions of people laid down their lives and built the base of what India has become today.**

**Today we take you to India and the journey to our freedom. We are taking a trip through the cultural wonders and diversity of our motherland, India.**

## Mr. & Mrs. Khaitan

I feel the IGCSE curriculum has opened out the world to my daughter. She is turning into a confident young lady with valid reasons for her opinion on a matter.



# Interview

## Mr. & Mrs. Rungta

This board is really helping my daughter to think out of the box with lot of different perspectives, for surely its opening their mind windows greatly.

## Mr. & Mrs. Paul

The course content provides opportunity to do independent research on topics and issues both technical and contemporaneous. At the same time they are required to present their thoughts for discussion and also put forth their convictions logically to substantiate their opinions.

## Mr. & Mrs. Bhalotia

She makes an effort to get into a conversation with her great grandparents who are 85, to her her younger cousins who are around 8 to know various perspectives to the same topic.

It has broadened her thinking horizon and made her more independent in her actions and thoughts

## Mr. & Mrs. Mitra

It has helped her big time since the curriculum does not involve rote learning. She has to understand the concepts to be able to respond to any questions that come up. Then the assignments involve application of the understanding, like writing a speech as if she were the personality in question. Research being a very integral part of the learning process in itself is allowing her mind to think things through & look at a scenario from more than 1 perspective.

## Mr. & Mrs. Poddar

# Independence

The Indian Freedom Movement was a series of activities and events with the main goal of ending British colonialism in India. After the revolt of 1857, the British monarchy issued a proclamation which stated that India would now come under the British crown and not the East India company. This marked the end of East India company's rule and the beginning of the British empire in India. The Indians were treated poorly in their own country and were considered inferior having their rights taken away. Thus, the freedom movement was born. The main events marking the freedom struggle was the Non-Cooperation movement under the leadership of Mahatma Gandhi and INC from 1920-22. It was a huge success and movements like the Quit India Movement in 1942, a civil disobedience movement, forced the British to leave. The Indian Army, led by Netaji Subash Chandra Bose also played a huge role.

Here are some of the freedom fighters who helped our country achieve independence-

- **Mahatma Gandhi-** Mohandas Karamchand Gandhi, an eminent freedom activist and an influential political leader who played a vital role in the Indian Independence. Using his prominent tools of Satyagraha and Non-violence, he not only got India its independence but also inspired many other world leaders to follow the same such as Nelson Mandela. Through his peaceful and non violent ways, Gandhi ji over a period of time set up many movements and protests such as the Non-Cooperation movement, Quit India Movement, Satyagraha Movement, the iconic Dandi March, the Swadeshi Movement and many more.
- **Bhagat Singh-** Bhagat Singh was another freedom fighter who played a vital role in India's Independence. He was an active member of the Naujawan Bharat Sabha and also joined the Hindustan Republican Association. Bhagat Singh is well known for the two acts he did. One of them was that in a peaceful protest against Simon Commission led by Lala Lajpat Rai, he shot another police commissioner instead of Simon Commission and was thrown into prison for this. After this incident, the British planned on passing the Defence of India act to give more power to its police and Bhagat Singh along with other members of the association planned on bombing the place where this act was supposed to be passed. No one was injured but Bhagat Singh and others were caught and executed.
- **Captain Lakshmi Sahgal-** 'Captain Lakshmi' as she was fondly called, was a brave freedom fighter, who was the commander of the all-women regime in Netaji Subash Chandra Bose's Indian National Army. She was also a social activist. She was a medicinal practitioner among the poor and even treated Indian, Chinese and Malay soldiers in Singapore, after the outbreak of World War II. She also became a part of the communist party of India and was the only woman member of the cabinet of the Provisional government of the Azad Hind, led by Bose.
- **Netaji Subash Chandra Bose-** A lot of us have heard about Netaji Subash Chandra Bose. He was one of the most courageous freedom fighters India had seen. He was arrested and freed several times by the British government due to his nationalistic activities and rebellions. However, this did not stop him. Soon, he and Jawahar Lal Nehru became the two general secretaries of the INC. He even moved on to become the leader of the Indian National Army, which was an outside force against the British government during World War II. Although his death is still shrouded in mystery, it is speculated that he died from wounds in a plane crash after the surrender of Japan with whom the INA was working in 1945.

# Felsted Summer School

Initially, none of us had expected much out of this course. It was just another programme that we were being enrolled into. It was a 2-week affair and we were excited because that meant 2 long weeks of lessened homework and no tests. However, it only took one hour of the first lesson to get us hooked onto the thought-provoking journey that Mr. Daniel Emmerson had intricately planned out for us. Not only did this journey act as a tool to broaden our perspectives and be more inclusive of other's opinions but it also encouraged us to question so many issues that we had unknowingly taken for granted. Additionally, we learnt the importance of several key values such as respect, empathy, friendship, dedication and commitment. The wide spread discussions and opinions gave us intriguing insights into issues that were till then tucked into a neat folder labelled 'not our problem'. The broad topics we discussed were:

- International Relations Theories
- Global Crises and Pandemics
- Environmental Protection
- Human Rights
- Communication and Public Relations
- Foreign Aid
- International Security
- Cultural Diversity
- Concepts of Justice
- Networked Information Economy



These topics were briefly introduced to us via pre-recorded videos that Felsted provided us with. Along with the videos, other resources (documentaries, reports, websites etc.) and essentially brain-rattling questions were assigned to us for our home study. The next day we would not only discuss the impacts, implications and repercussions of these topics with Mr. Emmerson, but we would also spend some time exchanging our view points with the other participants. Throughout the entire course, Mr. Emmerson was able to establish a safe space where we were not afraid to voice our opinions, keeping in mind the audience we were addressing. Not only was this course exceptionally planned but it tried to imitate a real-life experience. They held competitions, had online excursions and even brought in guest speakers to give us a more detailed understanding of other globally prevalent topics such as:

- Transgender History conducted by Sam Moir Smith (transgender activist, model)
- Climate Change conducted by Thomas Sparrow (journalist, researcher and former BBC correspondent)

During the sessions, not only did we discuss the topics, but we were able to receive several perspectives and opinions from individuals all around the world. We made new friends and it is indeed remarkable how these simple interactions stood as such a strong example of the collaboration of the youth of the global community. We were able to learn about the condition of countries, diverse cultures, traditions, international relations, opinions and several other aspects due to the constant socialising. Even though we were separated by miles, every single one of us contributed towards making this a fruitful experience. Not only did this programme engage us for the duration of the lessons, but they also kept in contact via social media platforms including Instagram and Twitter. There were regular updates, announcements and competitions which kept us on our feet. Shortly after the course ended, we decided to conduct a survey and record the responses we received from all parts of the world! Here are some of the results. I would like to conclude by saying that none of us could have guessed that this course would be so difficult to bid goodbye to and that we are extremely grateful for the opportunities that this programme opened up for us! We hope to make the most of this experience and transform it into a stepping stone for all that the future holds for us.

# News



## VACCINE DEVELOPMENT

### AGRIMA-JOSHUA CASE

Social Media is both means to voice your opinions and to stifle it. Agrima Joshua, a comedian from Mumbai received a lot of hate and lashes when online mobs started to attack her. A lot of it had to do with some comment that she had made a year ago on a proposed statue of medieval Maratha king Chhatrapati Shivaji. Several religious communities felt that Joshua was ridiculing Shivaji when she was just reading some actual comments from Quora. This had an immediate impact and Joshua started receiving rape, assault and death threats and the venue where she had performed was also vandalised. If this had ended a normal disagreement then there would not be a problem but it grew even further when Shubham Mishra from Gujarat released a youtube video talking about how he would rape not only Agrima Joahua but also her mother and her sister. He was soon arrested and released a sort of apology video stating that he had no idea what statements Joshua had made and that he did not mean what he said. Joshua even publicly sent in a complaint in which she tagged Aditya Thackeray, a cabinet minister in the Maharashtra state government. Instead, a Shiv Sena MLA demanded that Joshua be arrested. To add to that, Maharashtra Home Minister Anil Deshmukh instructed the police to take legal action against the comedian. This compelled Joshua to release an apology video for hurting the sentiments of the leader Chhatrapati Shivaji Maharaj. This case not only shows us how vicious online mobs and trolls have become but shows how normalised rape culture has become in our country where one can issue rape threats and dismiss it as well with no consequences.

With confirmed COVID-19 cases worldwide surpassing 9 million and continuing to grow, scientists are pushing forward with efforts to develop vaccines and treatments to slow the pandemic and lessen the disease's damage. Among the frontrunners are Oxford University's vaccine candidate, U.S drugmaker Pfizer's vaccine candidate, China's CanSino Biologics along with the vaccines developed by the Russian Gamaleya Institute of Epidemiology and Microbiology. In India, two companies which are Bharat Biotech and Zydus Cadila are developing a vaccine. Human trials using the vaccine candidates of these companies have started in six cities as well as several states. Part 1 of phase-1 of Made in India Covaxin coronavirus vaccine trial (Covaxin) has been completed. As many as 50 people across India were administered the vaccine. Looking at it globally, the vaccine developed by Oxford University is said to be the fastest developing vaccine in the world with which has already shown its potent efficacy in generating antibodies against the virus in its phase 1 and phase 2 trials in different parts of the world will undergo trials in India as well. One vaccine has already been said to be completed with human trials with effect and has started being sold in markets as well. Human trials of Russia's second potential coronavirus vaccine have also started from 27th July. This is being developed by the Siberian Vector Institute. These are just a few of the vaccines being developed worldwide to battle COVID-19 and bring life back to normal.



Agrima Joshua Case



Vaccine Development

## ASSAM AND BIHAR FLOODS

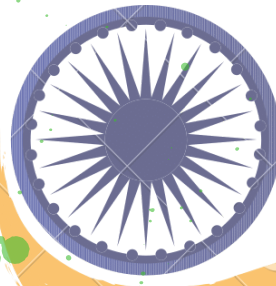
As the whole of India continues to fight the pandemic with lockdowns initiated again in some places, the states of Assam and Bihar faced extreme floods. These floods are some of the worst that the states have ever been hit with. The affected 26 districts of Assam and 10 districts of Bihar with over 3.5 million people affected so far. 96 deaths have taken place in Assam and around 10 deaths have taken place in Bihar due to these widespread floods. A total of 2,543 villages are reeling from the effects of the rising waters of the Brahmaputra, among its other tributaries, which have affected 1,22,573.16 hectares of crops. As many as 50,136 people have taken shelter in 496 relief camps in Assam. President Ram Nath Kovind spoke to the chief minister of Assam, and expressed solidarity over the situation in Assam. In Bihar, according to the state government, nearly 1 million people are affected and 12,023 persons are residing in shelter homes. The former Indian football team's captain Baichung Bhutia has urged the Government of India to declare the natural calamity as a national disaster through a video. In the meantime, help will be sought from the Indian Air Force (IAF) so that relief material could be dropped for people marooned in places, which have become inaccessible.



Assam & Bihar Floods



Assam & Bihar Floods



# Art

## MADHUBANI ART

The Madhubani or Mithila art is one of the most known Indian folk art forms and was started in Mithila, region of Bihar and Nepal. The town of Madhubani derived its name from the abundance of honey found in the forests nearby ('Madhu'- Honey and 'Bani'- forest). They are characterized by convoluted geometrical patterns and bold colours. Interestingly, the colours which are used in these beautiful paintings are acquired from natural sources such as plants. These colours are indeed very bright and bring life to the entire painting and intriguingly, pigments such as ochre and lampblack are used to create brown and black. Turmeric, pollen, indigo, flowers, powdered rice, sandalwoods and leaves are often used to create Madhubani paintings. The Madhubani artists use unusual tools like twigs, matchsticks, fingers, etc to paint. The Madhubani paintings are divided into different styles- Tantrik, Kohbar, Bharni, Godna and Katchi; these varied styles have been merged by contemporary artists. Mostly, these paintings portray the Hindu deities such as Rama, Lakshmi, Durga, Shiva, Krishna, Saraswati, etc. Also, celestial bodies such as the Sun and moon form the centerpiece of these art works. These paintings also portray scenes from royal courts, events such as weddings and also rituals and religious events. The artists fill empty spaces of the paintings (if they find any) with birds, leaves or flowers. Some famous Madhubani artists like Sita Devi, Ganga Devi, Mahasundari Devi, etc have tried to keep this art form alive and fortunately, this art form has received international recognition. The Madhubani works are not just art works but are stories that are conveyed to us by the means of paintings.







## LECTURE BY MRS DEEPSHIKHA KHAITAN

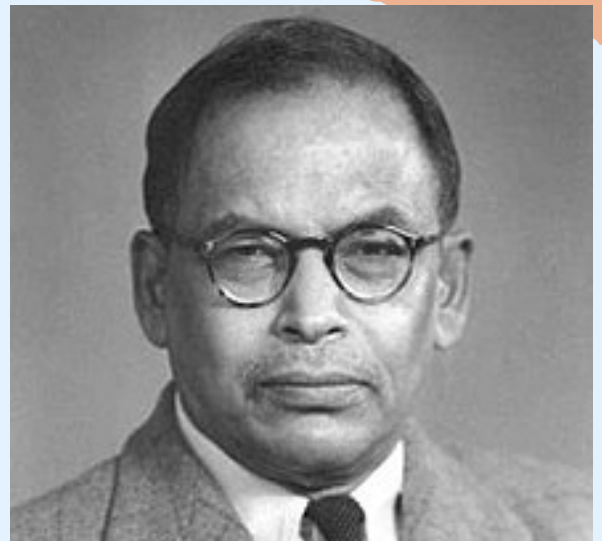
The lecture by Mrs. Deepshikha Khaitan, an art historian focussed on the various nuances of Impressionism and Post-impressionism. We were shown several artworks by various artists which made the concept of impressionism clear to us. Impressionism started in the 1860's. The artists who followed this style used bold marks and bright colours and were way ahead of their time. They were interested in the effects of light and did not use much of black. This style had a very slow acceptance and started when Claude Monet's painting, The Impression Sunrise was insulted by a few others and was described as being nearly filled with impressions. This style of painting was only admired after the 1880's. The artists who worked with impressionism were influenced by realist painters in their choice of subject matter. They chose to live in the present and paint day to day scenarios. They used very few details. After impressionism came post-impressionism. In this style artists experimented with brush strokes, colours and shapes. Their colours were mostly used to indicate depth. Post impressionism was a period of great artistic innovation. The artists from this period, explored shapes and objects and this also gave rise to abstract art. They even used pointillism to fill up their paintings. In the modern days, impressionism and post impressionism is still used and many people even do it digitally on devices like i-pads. Few impressionists and post impressionists from both the modern and the olden times are Auguste Renoir, Van Gogh, Claude Monet, Georges Seurat, Edgar Degas, David Hockney and many more.

# 'Element' of Surprise

The British came and the British went. However, Indian science has flourished and evolved over thousands of years, shaped by our diverse and vibrant culture. India's brilliant tradition of science dates back to the 2500-year-old writings of the Indian philosopher, Kanada. These writings go far beyond philosophy and introduce the theory of atomism and is considered to be the pillar of modern science that has influenced several Indian scientists. The contribution of these scientists to astronomy, science and mathematics is unparalleled. This article focusses on some of these great minds who have struggled in the colonised India and have still provided us with some of the most marvellous studies.

Nobel Laureate Indian scientist, C.V. Raman is known for his ground-breaking works in the field of light-scattering. He was honoured with a Nobel prize in Physics for discovering a phenomenon which is now called Raman scattering and is caused by the Raman effect – this research was carried out in the IACS in Kolkata. In his later years, fascinated by nature, Raman began working at the Raman Research Institute before it had even officially opened – exploring the science behind the vibrant colours of flowers and rocks and sounds of the various instruments. His investigations were carried out using simple methods and instruments and under the effect of sunlight. He researched greatly on optics, specifically luminescence, phosphorescence and fluorescence. Besides believing in scientific inquiry and investigation, he felt the need for simple laboratory set ups.

Another such coveted scientist was Meghnad Saha. Born in pre-partition Bangladesh, Meghnad Saha's contribution in the field of astrophysics and astrochemistry was incomparable. He is famous for the thermal ionization equation, which was later revised by British astrophysicist Edward A. Milne. This famous equation is relevant in all work on stellar atmospheres. His incredible studies explain why the sky is blue and how to calculate the temperatures of bodies by exploring the nature of light they emitted. In his later years, Meghnad Saha focussed extensively on science and its relation, with society and culture.



MEGHNAD SAHA



PROFESSOR C.V. RAMAN



SIR ACHARYA JADISH CHANDRA  
BOSE

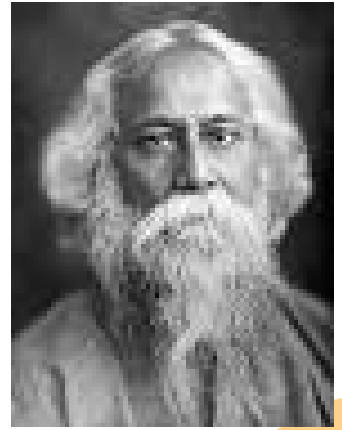


INSTITUTE OF CULTIVATION OF  
SCIENCE

**Sir Acharya Chandra Jagdish Bose did extensive research on the field of biophysics. He is known for inventing instruments for detection of minute responses by living organisms to draw comparisons between animal and plant tissues. After earning a degree from the University of Cambridge, J.C. Bose returned to India and contributed to the development of solid-state physics. Like several scientists of the time, he did not receive recognition for demonstrating transmission via wireless microwaves.**

**Like the aforementioned Indian scientists, there were many more whose contributions to the field of science is highly appreciated. Unfortunately, many such scientists were never recognised. Other renowned scientists who lived in the pre-independence India are S.N. Bose, Har Gobind Khorana and P.C. Ray. Often these scientists facilitated their research in universities set up by the British, of which the three most notable ones were the Medical College of Bengal, the Presidency College and St. Xavier's school, all in the then capital of India – Kolkata. Besides these institutions, the gem of all education centres of the time was the Institute of Cultivation of Science (IACS), founded by Dr Mahendralal Sarkar. When it was almost closing doors, C.V. Raman revived its legacy by carrying out his experimentations there, the same for which he won the Nobel prize. Owing to scientists like C.V. Raman, S.N. Bose and Meghnad Saha, the IACS is regarded as one among the best research institutes in our country and continues to pose as a symbol of India's legacy.**

# Music



**“The world speaks to me in colours, my soul answers through music” -Rabindranath Tagore**

These timeless words were spoken by none other than the exceptional Rabindranath Tagore. He believed that music was the purest form of art, and that the singer drew the melodies from the colours of his own life. He was one of the most incredible and exemplary musicians in the history of Indian classical music. He created a new form of music and started a musical renaissance, starting from India and then spreading all over the world. Other legendary artists and musicians such as Zakir Hussain, Ali Akbar Khan and many more have revolutionized the world of Indian classical music and brought about a new era to this form of art. This gave the music a spontaneous freedom, encouraging every artist to come forward with their own unique styles, whether it's the percussion expertise of Zakir Hussain or the soothing notes of Ali Akbar Khan. A popular icon of Indian classical music would be Lata Mangeshkar. Her struggles through the lows of her life and her intense emotions reflected in the smooth flow of her perfect voice. Her vocal 'flair' clashed with the mainstream tunes of her time, making her unique. Let's explore her musical journey further.

## **Lata Mangeshkar-**

This cultural symbol was born on 28th September, 1929 in Indore, British India. She was the eldest of 5 siblings. Lata was introduced to music at an early age because of her father, Dinanath Mangeshkar's associations with the Indian music and entertainment industry. When Lata was about five years old, her father taught singing classes to a young boy. One day, he left the room to attend to something, but the student continued to sing. Lata listened for a while, then went inside and proceeded to show him how to sing it 'the right way'. The next day, her father handed her a tanpura and started teaching her music. Lata never enjoyed these lessons much and made excuses to avoid them. She would pretend to have a stomach ache or a headache and run out of the room. She always did this because she was afraid to sing in front of her father, who was beyond the mastery level in the music industry. She then went on to record her first song at 13 for the film 'Kiti Hasaal'. The song, however, did not make the final cut. She struggled to support her family by establishing herself as a playback singer, especially with her strong hatred for live audiences listening to her perform. Her days in the sun began when she recorded her hit "Uthaye Ja Unke Sitam", causing her career as a singer to take off. She won four filmfare awards but refused to accept them- she felt that she needed to give younger singers a chance to be recognised. She was even awarded the Padma Vibhushan and the Bharat Ratna. All those who have sung with Lata hold her in high esteem. Infact, Manna Dey even said that he had to improve his singing while recording with her because of her flawless voice. Throughout her whole career, she has recorded songs in thirty six Indian and foreign languages.



## বাংলা ও বাঙালি

সমৃদ্ধ বাঙালি সংস্কৃতি ভারতের সাংস্কৃতিক বৈচিত্র্য বৃদ্ধিতে এক বিরাট ভূমিকা পালন করে। বাঙালি ঐতিহ্য, উৎসব, খাদ্য, শিল্প, সাহিত্য, নাটক, গান এবং লোকনৃত্যগুলি আমাদের পশ্চিম বাংলাকে জীবন দেয় - এটিকে রঙিন করে তোলে। ভারত বর্ষের দীর্ঘ ইতিহাসে বহু প্রবাদপ্রতিম বাঙালি নারী ও পুরুষ তাদের কীর্তি রেখে গেছেন | রাজনীতি, স্বাধীনতা সংগ্রাম, দেশ গঠন ও দেশ চালনায় তাদের কীর্তি অবিস্মরণীয় | শরৎচন্দ্র চট্টোপাধ্যায়, রবীন্দ্রনাথ ঠাকুর, কাজী নজরুল ইসলাম এবং বঙ্কিমচন্দ্র চট্টোপাধ্যায়ের মতো স্মরণীয় লেখকদের উত্তরাধিকার বাংলা সাহিত্যকে বিশ্বসাহিত্যে ন্যায্য অংশদান করেছে। পশ্চিমবঙ্গে যাত্রা নামে পরিচিত লোক নাটকের দীর্ঘকালীন ঐতিহ্য রয়েছে। থিয়েটারের এই রূপটি একটি সংগীত নাটক যা গল্পকে সুন্দর উপায়ে চিত্রিত করে। এটি এক কালে শ্রীকৃষ্ণের গল্প মানুষের কাছে ছড়িয়ে দেওয়ার অন্যতম উপায় ছিল। পশ্চিমবঙ্গের টালিগঞ্জ অঞ্চলে পশ্চিমবঙ্গের নিজস্ব চলচ্চিত্র শিল্পায়ন 'টলিউড' নামে পরিচিত। এটিতে জাতীয় ও বিশ্বব্যাপী প্রশংসিত চলচ্চিত্র নির্মাতাদের দীর্ঘ তালিকা রয়েছে, একাডেমির পুরস্কারপ্রাপ্ত চলচ্চিত্র পরিচালক সত্যজিৎ রায় সহ। দুর্গা পূজা বাংলার বৃহত্তম উৎসব - রাজ্য জুড়ে সর্বাধিক প্রাণবন্ত সারা বছরের আকাঙ্ক্ষিত সময়। দেবী দুর্গার পূজা করার জন্য অস্বাভাবিক প্যান্ডেলগুলি সর্বত্র উত্থাপিত হয়। স্থান, রীতিনীতি এবং বিশ্বাসের ভিত্তিতে দুর্গাপূজা উদযাপন আলাদা হয়। বাঙালি অতন্ত খাদ্য রসিক। মাংসের ঝোল, আলু পোস্টো, চিংড়ির মালাইকারি, ভেটকি পাতুরি, ছানার ডালনা, লুচি, ডাল ও বিভিন্ন রখম ভাজা সাজায় বনেদি বাঙালি খাবার থালা। এই রক্ষম ই বৈচিত্র্যে পরিপূর্ণ আমাদের বাঙালি জীবনের আঙ্গিক।

## स्वतन्त्र भारत

भारत एक स्वतन्त्र देश है और इसकी स्वतन्त्रता इसके देश वासियों से सम्बंधित है। विभिन्न प्रकार के धर्म, जाती, सभ्यता, रिति-रिवाज, पहनावा, खान पान, उत्सव आदि इस देश को बनाते है। हर जाती का व्यक्ति अपना त्यौहार अपने हिसाब से मनाता है, जैसे हिन्दू अपना होली और दिवाली आदि सारे त्यौहार धूम धाम से मनाता है। मुसलमान ईद और मुहर्म्म आदि सभी जोर-शोर से मनाता है। ईसाई क्रिसमस, थैंक्सगिविंग अपने तरीके से मानते है और सिख बैसाखी आदि सभी उत्सव शान और शौकत से मानते है। सभी एक दूसरे की हर्ष और खुशियों में शामिल हो जाते है। भारत में सारे लोगो को बोलने की, लिखने की और राय देने की स्वतन्त्रता है। हर नागरिक अपने जन्म सिद्ध अधिकार के लिए आवाज़ उठा सकता है। अगर किसी को ऐसा महसूस हो कि कुछ गलत हो रहा है, तो वह अपनी राय दे सकता है और विरोध भी कर सकता है। भारत का संविधान दुनिया का सबसे बड़ा संविधान है जिसके अनुसार सब नागरिक को इस देश का एक महत्वपूर्ण हिस्सा माना गया है। स्वतन्त्रता का हक़ उसे है जिसे देश भक्ति कि भावना स्वीकार्य हो। देश द्रोह से भरे हुए बुरे व्यवहार पर सजा अनिवार्य है। क्यूंकि जहाँ इतनी स्वतन्त्रता मिलती है, उसका उलंघना भी होता है। देश को बाटने की बाते होती है, कानून का उलंघन होता है, हिन्दू और मुस्लिम के बीच दंगे होते है जो गलत है। यह सब करके स्वतन्त्रता का हनन होता है। हर साल १५ अगस्त के दिन सारे देश वासी इस दिवस को धूम धाम से मानते है और सब हर्षोलास से शामिल होते है।

# Sports

The history of sports in India dates back to the Vedic era. Physical culture in ancient India was encouraged by religious rights. The mantra in the Atharvaveda, quotes, "Duty is in my right hand and the fruits of victory in my left." These words hold the same deep-rooted sentiments as the traditional Olympic Oath: "For the Honour of my Country and the Glory of Sport." India has a very rich sporting history which has sadly gotten lost in the hysteria of the newer foreign-born sports. This Independence Day why not appreciate and pay our due recognition to some of the lesser appreciated traditional sports of India!

- **Kho-Kho**- Kho-Kho is one of the most popular traditional sports in India. It is essentially a 'run and touch' game that is very simple and can be enjoyed by people of all ages. Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. It would not be a mistake to say that Kho-Kho was a recognized sport in the ancient times even earlier to the oldest mythological writings of classics such as Mahabharata.
- **Kabbadi**- One of the most popular sports in India, it is played by the people in villages/small towns as well as professionally, on a national level. It is a sport which requires both power and skill for its play. The origin of Kabaddi can be traced to pre-historic times when man learned how to defend themselves in groups and/or individually against attacks or to ambush weaker animals for survival and food.
- **Kushti-Pehlwani**, also known as kushti, is a form of wrestling contested in the Indian subcontinent. Developed in the Mughal Empire it is a form that was derived by combining Persian koshti pahlevani with influences from native Indian malla-yuddha.
- **Mallakhamb**- Mallakhamb is an ancient traditional Indian sport. 'Malla' means gymnast, and 'khamb' means pole. Thus, the name 'Mallakhamb' stands for 'a gymnast's pole'. The origin of this ancient Indian sport can be traced to earlier part of the 12th century. A mention of wrestlers exercising on wooden poles can also be found in the Manasholas, written by Chalukya in 1153 A.D.
- **Vallamkali**- Vallamkali is a well-known snake boat race carried out in Kerala. It is an interesting traditional sport held on the occasion of Onam. It is a famous water sport and one of the main attractions found in Kerala. The extravagant race is truly a unique experience for both the inhabitants and visitors.
- **Jallikattu**- The beginning of the four-day harvest festival of Pongal also marking the start of jallikattu, a controversial bull-taming "sport" that involves aggressive confrontation between cattle and humans and is popular in Tamil Nadu. The term 'jallikattu' is derived from the tamil words 'jalli' and 'kattu'. Jalli refers to gold or silver coins. Kattu means 'tied'. Therefore, combined together it refers to coins being tied to the bulls' horns, which is considered the prize for whoever tames the bull. The sport is more than two millennia old.
- **Kambala**- This sport involves a jockey driving a pair of buffaloes across a paddy field. Kambala has been popular in villages of Dakshina Kannada, Uttara Kannada and Kasargod in Kerala for centuries. It is an annual buffalo mud race conducted by various religious and social organisation in the coastal part of Karnataka. It is believed to be celebrated to please the Gods for a good harvest.

# Dance

India is one culturally nation, where pretty much every state has its own language, food, and dance forms. With regards to dance, India has traditional, classical, folk and tribal dance styles and all are basically astounding. All the amazing traditional moves began in the nation during the ancient times, Bharatanatyam being the most seasoned and one of the most well-known ones. Today, how about we travel through India by means of its renowned famous classical dance forms.

Bharatanatyam, otherwise called the mother of all other classical dance styles, is considered as the most established dance forms in the nation that began from the sanctuary artists in Tamil Nadu. The move is a pure combination of articulations, music, beat and rhythm.

Another mainstream and perceived type of traditional Indian move is Kathak that begun from Uttar Pradesh in north India. This one is derived from the word katha meaning story, and during the entire dance, the artists narrate stories through their eyes and expressions.

This one is presumably one of the most appealing, emotional and expound types of traditional Indian dance. Kathakali began in the south Indian territory of Kerala, otherwise called God's Own Country during the seventeenth century. The craftsman playing out the dance needs to have point by point make-up, wear overwhelming outfits and, above all, take a shot at their motions.

Kuchipudi is viewed as perhaps the hardest type of Indian old style move that started in the south Indian province of Andhra Pradesh. The structure is considered the hardest on the grounds that it requires a whole lot of rituals, from lighting the incense sticks to sprinkling holy water and worshipping god.

Manipuri dance form originated in the north-eastern territory of Manipur and is a pure ethereal encounter. This is a subject based old style move structure that portrays Raaslila or the sentimental demonstration of the Hindu divine beings Radha and Krishna. Outfits and cosmetics assume a significant job here.

Odissi dance forms rose up out of the east Indian territory of Odisha and is for the most part inspired by the antiquated Hindu sanctuaries in Odisha. The entire move depends on motions and developments or mudras. The move is performed to communicate the legendary accounts of the Hindu divine beings, for example, Lord Shiva and Surya. It is likewise considered as the most seasoned enduring dance forms of India.



ISSUED ON: AUGUST 15

# Poem



## THE CAGED HUMAN

Has man vanished?  
Or from Earth has he been banished?  
Why does the sky seem so blue?  
Oops! About this I really have no clue.

From flying high in the sky and not seeing a crowd  
To swooping down low and not hearing anything loud.  
As I observed from my nest,  
I hoped that all this was for the best.

As the days passed,  
I noticed people walking masked.  
As I flew freely,  
People came out of their houses meekly.  
I wondered what had happened,  
Had people really quietened?

Then I heard, there was a virus  
Which had made the whole world seem lifeless.

Now man has become the caged one,  
Look at what he has done.  
While I spread my wings high in the sky,  
This pitiful creature can only cry.





# Awards & Accolades

**Adya Nathany-**  
Featured in The Telegraph for Social Initiatives

**Akshita Poddar-**  
Verbal Mention in SRCC MUN

**Anvita Ghosh-**  
Merit in ABRSM piano theory exam

**Debashmi Chakrabarti-**  
Featured in the newspaper and won the Felsted Summer School Scholarship for 2021

**Suhani Kothari-**  
High Commendation in SRCC MUN

**Trisha Chakravarty-**  
Got distinction and first division marks in Fine Arts theory and have been awarded the diploma of Chitra Bhushan Final Conducted by Pracheen Kala Kendra, Chandigarh.



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# Team Members

**CHIEF EDITOR - SANJANA C MITTRA**

**DESIGN AND LAYOUT - ADYA NATHANY**

## **COLUMNISTS AND CONTRIBUTORS-**

- **AKSHITA PODDAR**
- **ANANYA BUTANI**
- **ANVITA GHOSH**
- **DEBASHMI CHAKRABARTI**
- **DHWANI BACHHAWAT**
- **KARISHMA CHOTRANI**
- **LEPAKSHI BASU**
- **MANVI BAGLA**
- **MEHER PAUL MEHMI**
- **NAVYA BHALOTIA**
- **NIKITA KHAITAN**
- **PRASHANSA PASARI**
- **SUHANI KOTHARI**
- **TRISHA CHAKRAVARTY**
- **VASHITA RUNGTA**

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# Acknowledgements

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ISSUED ON: AUGUST 15

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