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# Hakuna Matata



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# Editorial

**"सरफरोशी की तमन्ना, अब हमारे दिल में है।"**

August 15 is celebrated as the day of India's independence from British rule. Today, after 75 years of independence, we are so caught up with our daily lives that we barely get the opportunity to reflect upon the struggles of India's freedom fighters. On August 15, every year, the heart of every Indian citizen is filled with a sense of patriotic pride. If we think of all those soldiers and civilians of pre-independent India, who sacrificed their lives for the freedom struggle, and the people who had actually experienced the adversities of British-ruled India, we will realize how grateful we should be for being able to live in an independent country. Therefore bearing this in mind, we come to the theme of this year's Independence Day - **'Nation first, Always first'**.

Freedom or liberty is a state of the mind. How we think and what we think about can determine our freedom. According to the Bhagavad Gita, every life is autonomous and it is only by valuing one's own independence that man can be completely free. When a human regards himself as a living creature existing in harmony with Nature then he can truly be free. True freedom will never be realized as long as men do not hesitate to enslave their fellow men and will only exist when humans cease to be afraid of each other. When we stop thinking of humans as all powerful and begin respecting every living creature on this Earth, then we gain ultimate freedom.

August 15 serves as a reminder of the struggles as well as the great achievements of our nation. Let us take this opportunity to reflect on the obstacles and be grateful for the freedom that we have today. In the past few decades, India's development has progressed by leaps and bounds. Our continued determination and hardwork can help our country achieve a leading position on the global map.

**- Aaniya Choudhary, Aarshia Agarwal,  
Anya Krishna Sinha, Samaira Jain**



# Current News

## Another Day, Another Medal

India won another impressive set of awards, including twenty-two gold medals, sixteen silver medals, and twenty-three bronze medals at the Commonwealth Games, placing fourth overall in the medal count. The Indian team has spared no effort in the competition to make the country proud. India's performance in the current Commonwealth Games 2022 in Birmingham serves as an outstanding example of how consistent training and encouragement can inspire young athletes throughout the nation. With twelve wrestlers going home with medals, they made up the majority of India's medal haul. Table tennis athletes earned seven medals, including four gold medals, while weightlifters took home ten medals, including three gold medals. Our wrestling team has performed exceptionally well, bagging twelve medals out of the total sixty one medals won by India. On July 30th 2022, Mirabai Chanu claimed India's first gold medal at the Commonwealth Games 2022 in Birmingham and a prominent weightlifter from India broke quite some records, winning four of the competitions in a powerful display.



*Mirabai Chanu Saikhom*

On August 2, the Indian women's lawn bowling team created history by winning the gold medal at the games for the first time. Vinesh Phogat won her final group match against Chamodya Keshani Maduravalage Don of Sri Lanka in the women's 53 kg wrestling category. Bhavina Patel, a prominent Indian para table tennis player, won the women's singles class 3-5 gold medals at the Commonwealth Games in Birmingham in 2022. Nikhat Zareen brought home a gold medal in the 50 kg category for boxing, defeating Carly McNaul of Northern Ireland in the finals. Eldhose Paul brought home a historic Gold medal in the men's triple jump, while Avinash Sable earned India's first-ever silver in the men's 3000m steeplechase. India won as many as six medals in the track and field events. P.V. Sindhu and Lakshya Sen won the women's and men's singles badminton championships, respectively. In the badminton men's singles final, Lakshya Sen defeated Malaysia's Tze Yong NG in three games, while Sindhu defeated Canada's Michelle Li in the women's singles. The nation's potential to replicate their previous best tallies was questioned, as shooting, which had previously contributed 135 medals for India, was eliminated from the Commonwealth Games in Birmingham. However, the Indian contingent worked relentlessly to make the country proud.



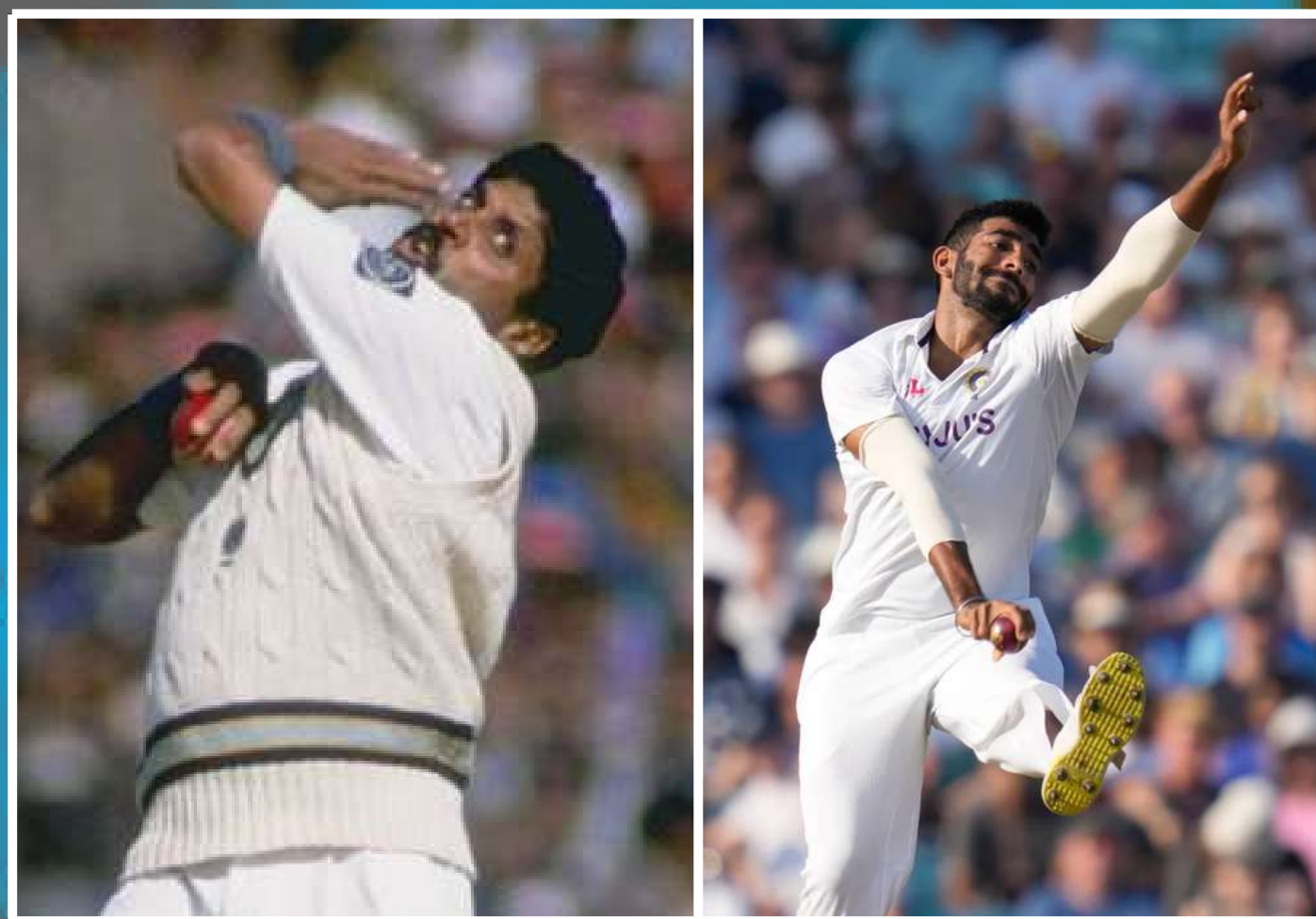
*Achinta Sheuli*



# Sports

*Mission I am possible*

Pacer Jasprit Bumrah performed excellently in the India vs England test match, becoming the sixth Indian bowler to complete 100 test wickets in the SENA (South Africa, England, New Zealand and Australia) series. The star bowler reached the milestone in the final opening on the fourth day during the fifth and final match of the series at Edgbaston Stadium. He bowled Zack Crowley, a skilled opener for 46 runs to reach this milestone and his consistent and excellent performance has left many cricket fans in awe. His highest bowling figures were against England, an exemplary five wickets for 64 runs.



*Kapil Dev*

*Jasprit Bumrah*



*Jasprit Bumrah*

Bumrah managed to break Kapil Dev's record for the most wickets taken by an Indian bowler in a series against England, set during a test series against England in 1981-1982. This achievement was a moment of great pride for all Indians as it set yet another significant record for the country in the Test Series. The most wickets taken by Indian seamers against England are twenty-three by Jasprit Bumrah, twenty-two by Kapil Dev and nineteen by Bhuvneshwar Kumar. This was a great triumph for our country and a moment of pride and honor for the legendary bowler as well. Although India did not win, we once again managed to create history.



# Down memory lane

In 1983, the Indian cricket team defied all odds and expectations and made history by claiming its first-ever '1983 Prudential World Cup', defeating West Indies by 43 runs in the finals at the Lord's Cricket Ground. The Indian Cricket Team included Kapil Dev (Captain), Mohinder Amarnath, Kirti Azad, Roger Binny, Sunil Gavaskar, Syed Kirmani, Madan Lal, Sandeep Patil, Balwinder Sandhu, Yashpal Sharma, Ravi Shastri, Krishnamachari Srikkanth, Sunil Valson, and Dilip Vengsarkar. Both teams played an intense and lively battle. This was a moment of great pride for Indians.



*The Indian Cricket Team of 1983*

Indian Cricket Team Captain Kapil Dev set a new global record in the one-day international (ODI) cricket match. Amarnath was awarded "Man of the Match" for his outstanding effort and performance. Roger Michael Humphrey Binny took the most number of wickets during the series. Recently, **83**, a film detailing both the struggles and incredible achievements of the Indian team during the 1983 test series was recently released on various streaming platforms. This was India's first championship for winning a 50-over International tournament. The Indian Cricket Team made history again when it reclaimed the title for the second time in 2011.



*Kapil Dev receiving the World Cup Trophy*



# Diversity & Culture

## One country, One people

On August 15, 2018, when India commemorated its 72nd Independence Day, the celebratory theme was "One Country, One People". In a nation that is as culturally diverse as ours, this theme reinforced our sense of togetherness. In 2018, when the Indian Prime Minister, Shri Narendra Modi, unfurled the tricolor at the Red Fort in New Delhi, he specifically emphasized the power of ambition, hard work, and aspirations of the 125-crore Indian population. In fact, if all of us join hands, is there anything we can not achieve?

If one is on a year-long trip from Kashmir in the North to Kanyakumari in the South and from Rajasthan in the West to Arunachal Pradesh in the East, one will find a wide variety of socio-cultural and religious traditions, including a multitude of languages dialects and festivals.

Despite so many differences, the Indian citizens have always been bound by a sense of unity, which is the essence of the phrase "Unity in Diversity".

Our diversity is our source of strength.

Throughout the period of India's struggle for independence, the people of our country have fought valiantly regardless of their backgrounds. The virtue of unity in diversity was so deeply ingrained in them that it gave birth to a sense of kinship. Every citizen was committed towards establishing a free country; countless freedom fighters sacrificed their lives in the journey towards achieving this goal. Their unified battle has led to the rise of the independent and thriving country that we live in today. Let us hold on to this strength, maintain peace, and continue to exist in harmony.



*India's Cultural and Religious Diversity*



# Diversity & Culture

## Woman power - Yesterday, Today, Tomorrow

Standing up tall in a male-dominated society has never been easy, but the stories of India's freedom struggle introduce us to brave-hearted women, like Aruna Asaf Ali, Sarojini Naidu, Madam Bhikaiji Cama, Sucheta Kriplani, and Captain Lakshmi Sahgal. They were all frontline warriors at a time when it took a lot of courage for women to step out of the boundaries of their homes. Hence, they form an integral part of India's history of women empowerment.



*Our inspiration from the yesteryears*



*India's Pride*

Today, we can proudly claim that women's empowerment in India has gained an important trajectory. A vast majority of women have access to basic education. They are asserting their presence in multiple industries such as media, politics, medicine, engineering, law, etc.

Women like Avani Chaturvedi, Mithali Dorai Raj, Mary Kom, Gita Gopinath, and Hima Das have excelled in their own fields and successfully upheld their powerful identity in spite of the struggles in their personal lives and all the criticism that they had to encounter.

As the future citizens of India, it is our responsibility to do away with all prejudices that pull down individuals only on the basis of their gender.

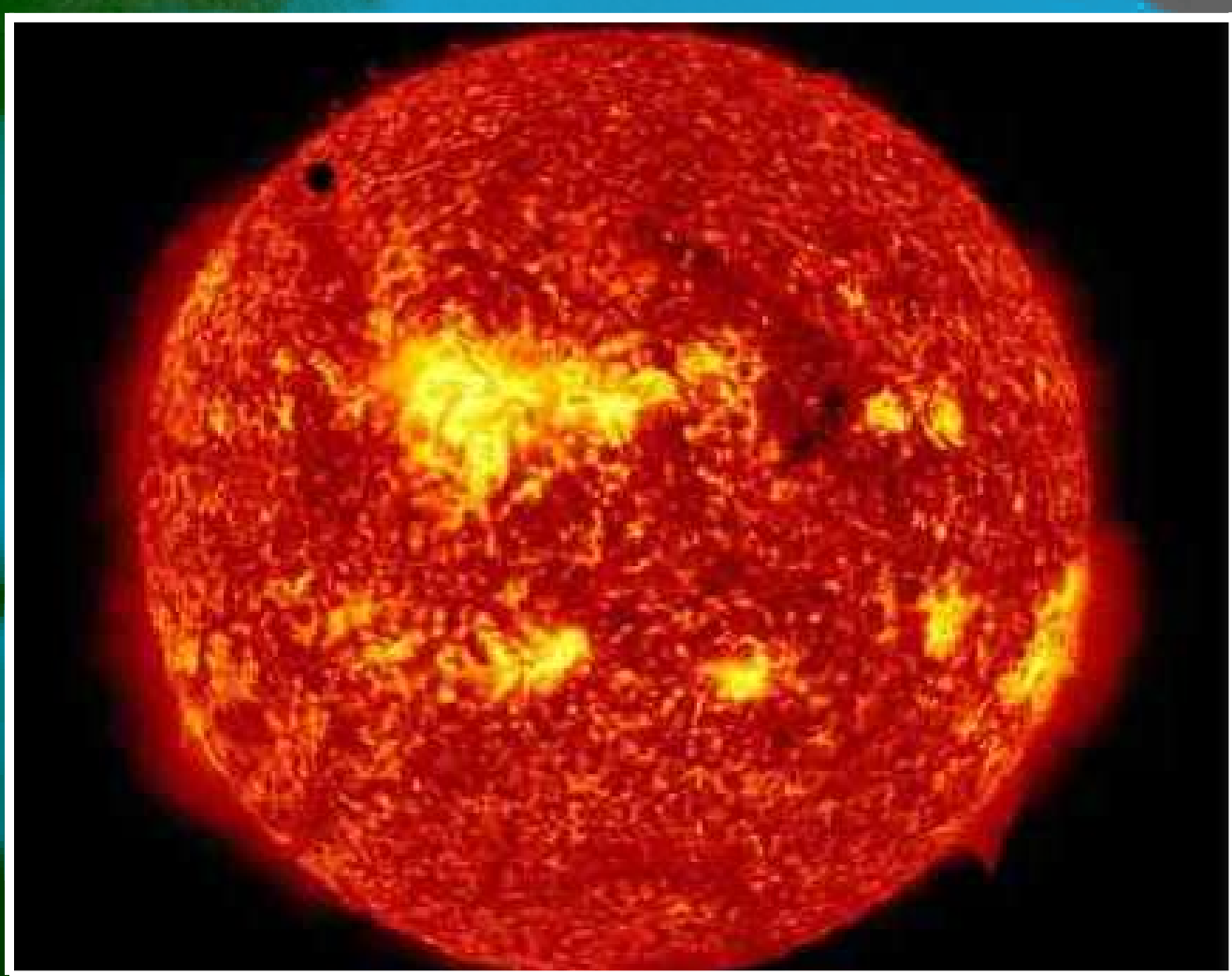


# Science

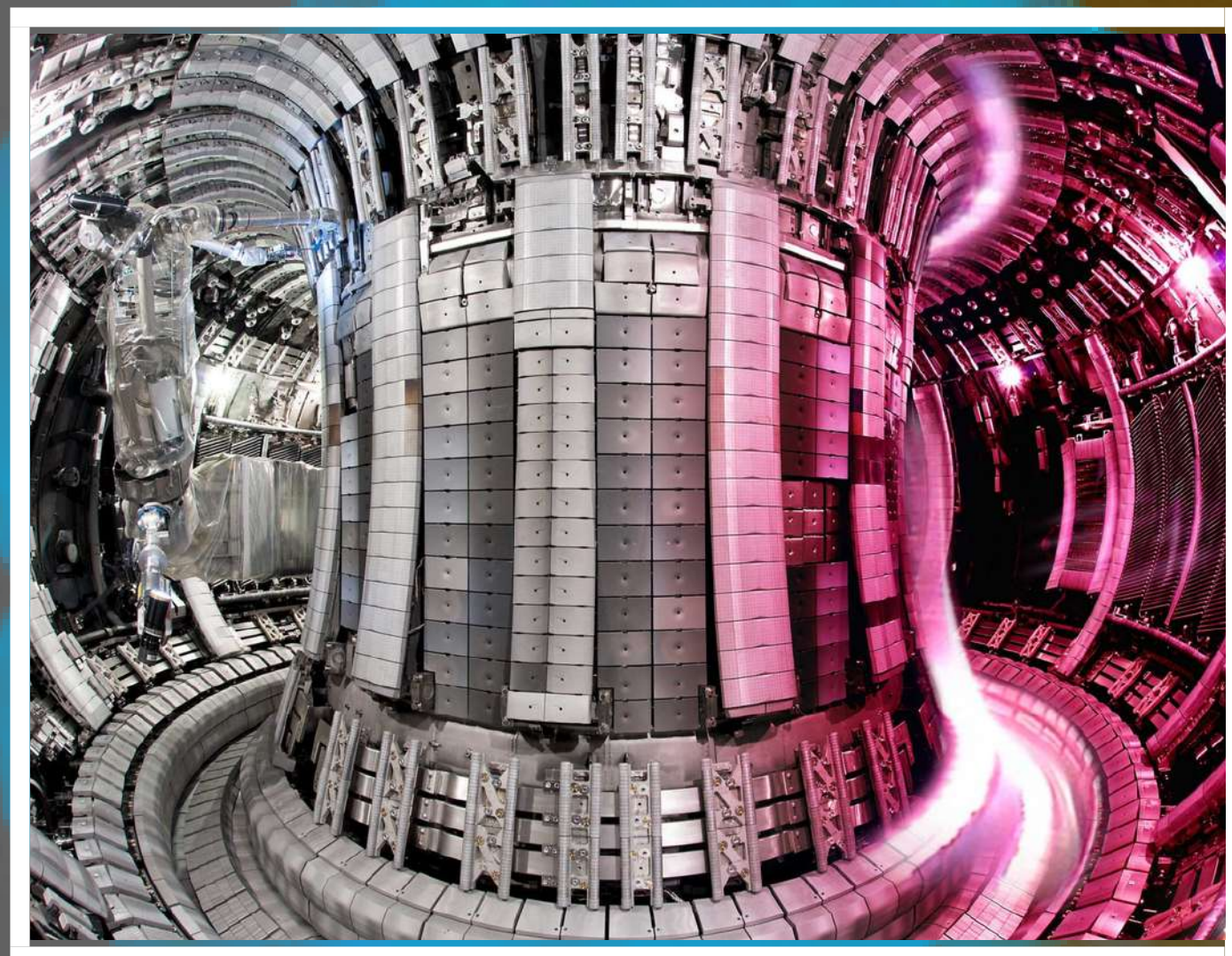
## "Element" of Surprise

Sejal Shah, a physicist at Gandhinagar's Institute for Plasma Research (IPR), is known as an adventurous wanderer, who prefers to explore the roads less travelled, and a passionate scientist, who believes that everything is achievable. According to her, attempting and failing are part of the same game. Shah is a member of the Indian team, which has collaborated on a global scale to attain an ambitious goal - to generate a piece of the Sun on Earth. An ardent learner, Shah applies her knowledge of physics and material science to help reconstruct the processes that occur within the cores of stars.

Our planet has witnessed a desperate rise in its energy demand in the past few decades. The extensive burning of fossil fuels has led to production of greenhouse gases, such as carbon dioxide and methane, which in turn has caused global warming, and it seems that a catastrophe is on the horizon. Interestingly, the answer to our quest for energy sources might be found in the Sun. The Sun, along with a gazillion other stars in the galaxy, is a massive generator of heat and light. When a large amount of hydrogen gas, the most reactive component in the world, clumps together at extreme temperatures, supernovae emerge.



*A close look at the Sun*



*Tokamak*

*Tokamak is an experimental plasma physics machine, which is seen as a possible future fusion energy option*

However, it is not easy to recreate the supernova mechanism of nuclear fusion on Earth due to hydrogen's reactivity. Nuclear fusion is a reaction that occurs when two or more atomic nuclei combine to form one or two nuclei respectively. Energy is either released or absorbed, depending on the difference in the masses of the reactants and products as well as the changes in the binding energy between two atomic nuclei.

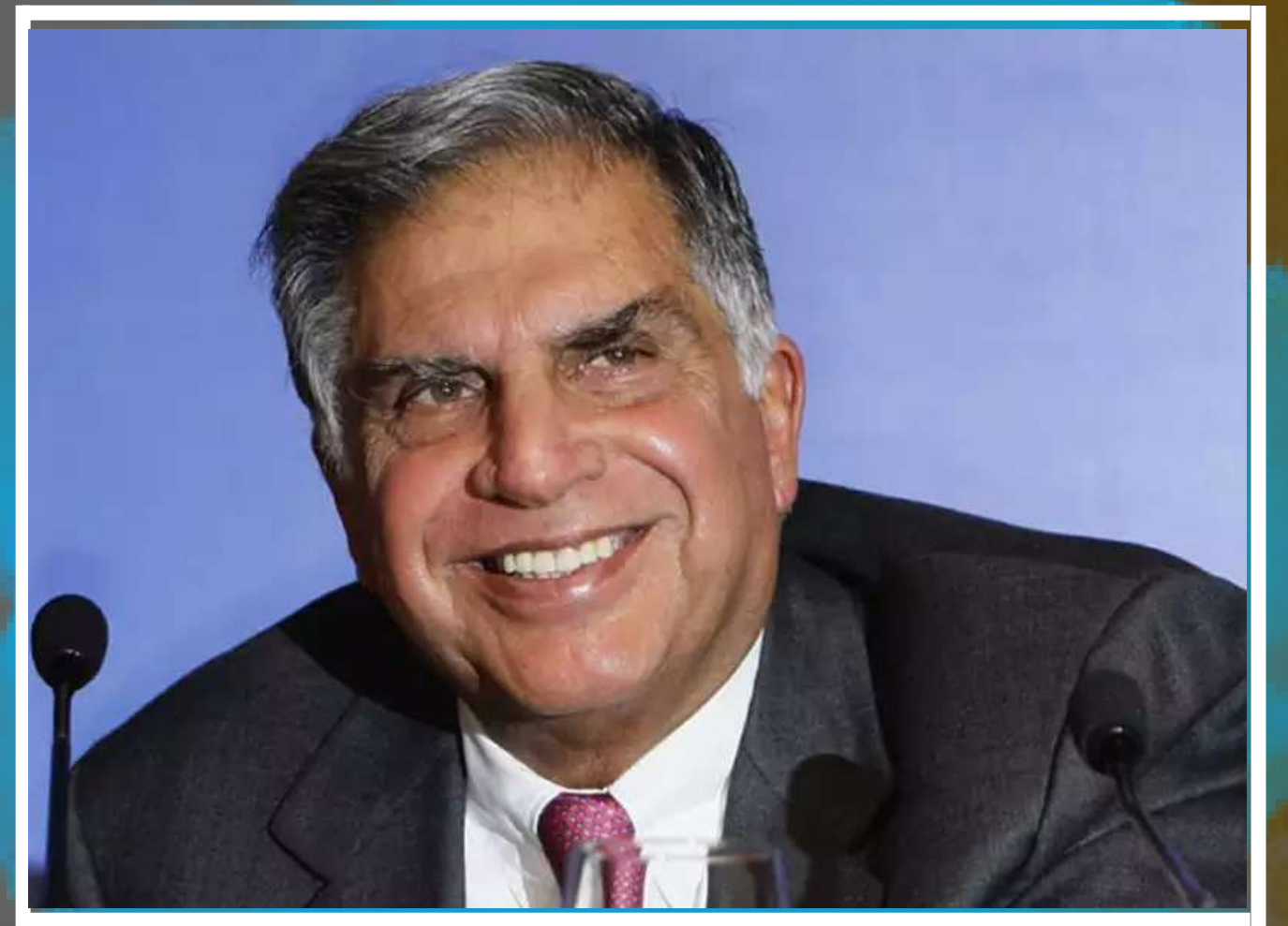
Shah is an integral part of a global team that is building the world's largest nuclear fusion experiment called International Thermonuclear Experimental Reactor. She has designed an electromagnetic and vacuum exclusion component using a battery that creates hydrogen beams and other supporting equipment. 'It was a rewarding moment to see the entire component, which was designed and developed for over a decade, work successfully,' Shah adds.



# Business

## *The prodigal son returns*

Jamshedji Tata launched the Tata Group in 1868, and it now operates in six continents and over 100 countries. Tata Group has twenty-nine publicly listed companies, with a total market capitalization of \$314 billion (INR 23.4 trillion). The Tata Group includes enterprises such as Titan, Tata Capital, Tata Power, Tata Communications, Indian Hotels, Tata Digital, Tata Electronics and many more. The aggregate revenue of all Tata companies is \$103 billion (INR 7.7 trillion). On January 27th, 2022, the Tata Group Chairperson formally announced Air India would once again be a part of the Tata group. This relieved the Indian government of an immense financial burden. The Tata Group now owns Air India and is the second largest company in the Indian aviation sector after IndiGo.



Ratan Tata



Air India

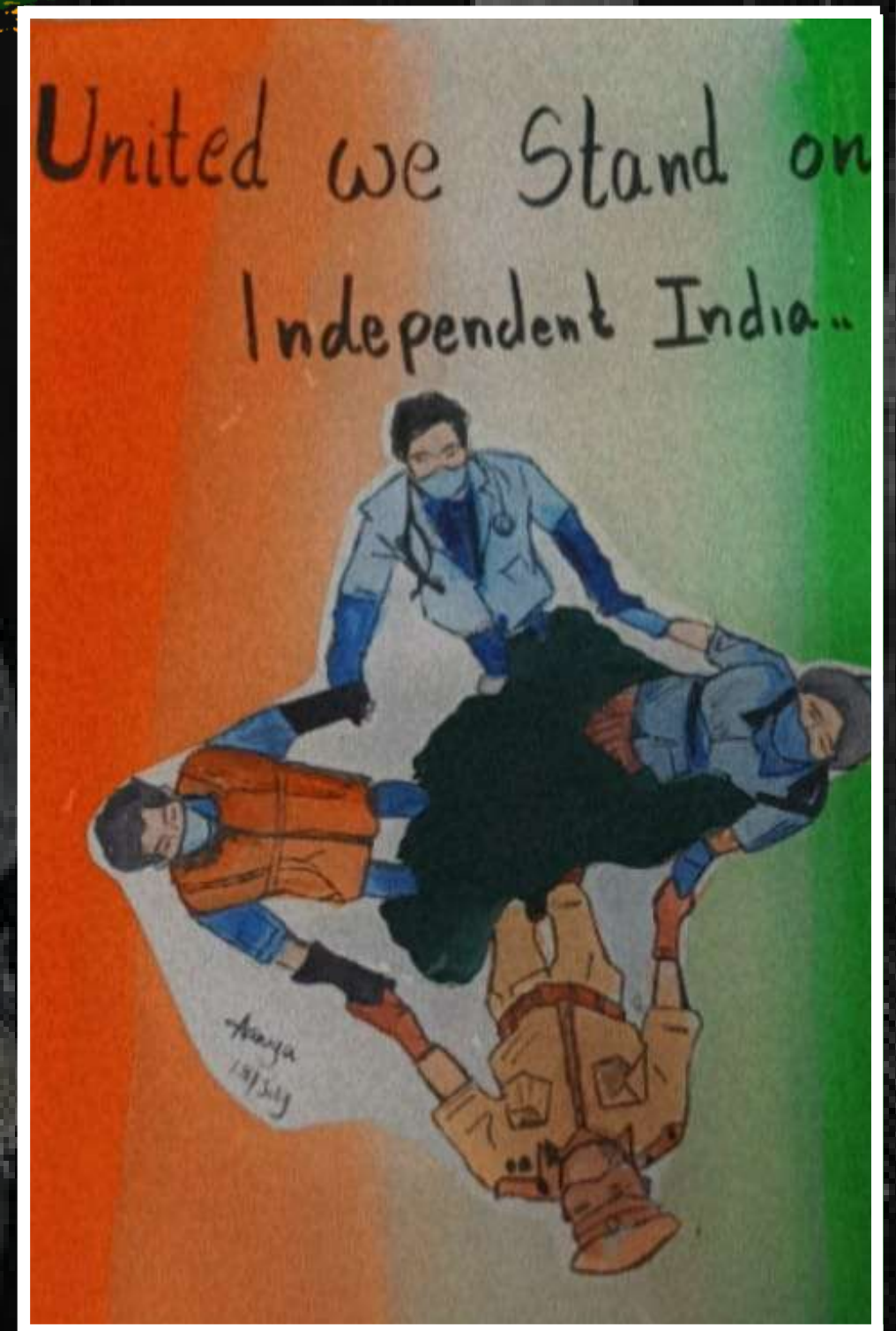
After privatization of Air India, the Tatas have brought about many changes to improve profitability and customer satisfaction. Many customers have noticed improved processes, such as ticketing, as well as a wider selection of food and beverages on board an Air India flight. Many frequent flyers hope that the Tata Group will be able to use its experience in the industry to improve service standards by increasing efficiency. Employees will be eligible for Voluntary Retirement Scheme with complete benefits being offered in the second year of operation, no existing employee will be made redundant. Employees will continue to be eligible for statutory benefits, such as Provident Fund. Air India has therefore completed an entire cycle of Privatization-Nationalization-Privatization and now looks forward to becoming a bright star in the Indian aviation sky.



# Artworks

The COVID-19 pandemic has reinforced the importance of unity in diversity. People from different fields worked together to fight the perils of this deadly virus.

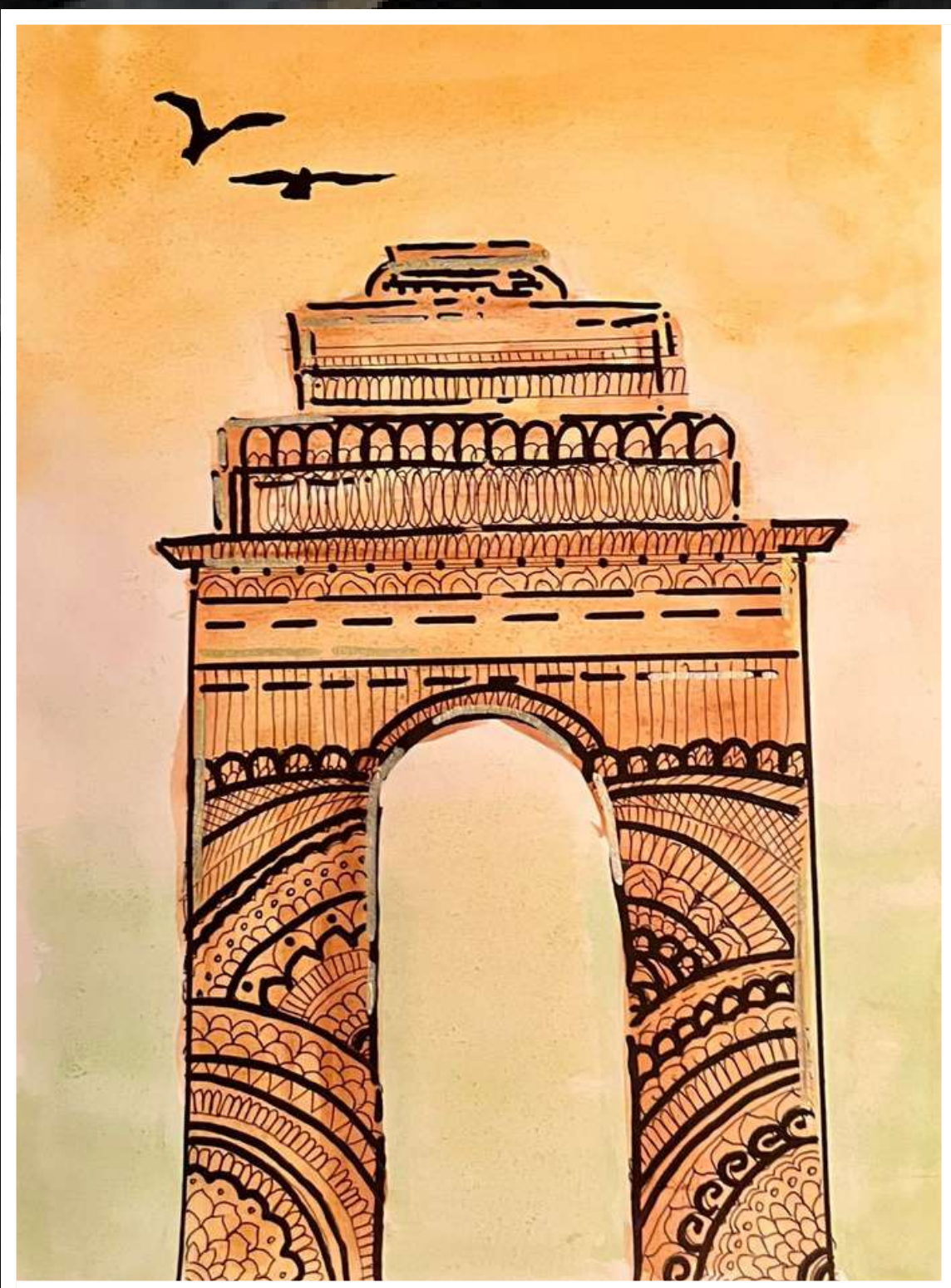
Mixed media artwork



Aaniya Choudhary

India Gate commemorates and honors the contribution of the 70,000 members of the British Indian Army who sacrificed their lives during World War I.

Mixed media artwork



Aarshia Agarwal

“At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance.” - Jawaharlal Nehru

Mixed media artwork



Anya Krishna Sinha



# Artworks



Avishi Gupta

This year, on 15th August, we celebrated our 76th Independence Day. This artwork is a tribute to some of our freedom fighters - Gandhiji, Netaji and Rani Lakshmi Bai, who fought bravely in the struggle for India's independence. We will always be grateful to them.

Mixed media artwork

Sketch of Pandit Jawaharlal Nehru, the first Prime Minister of our country. Nehru was a freedom fighter, a philosopher, a politician, a secular humanist, a social democrat and an author.

Mixed media artwork



Aayush Dugar



# Join the dots



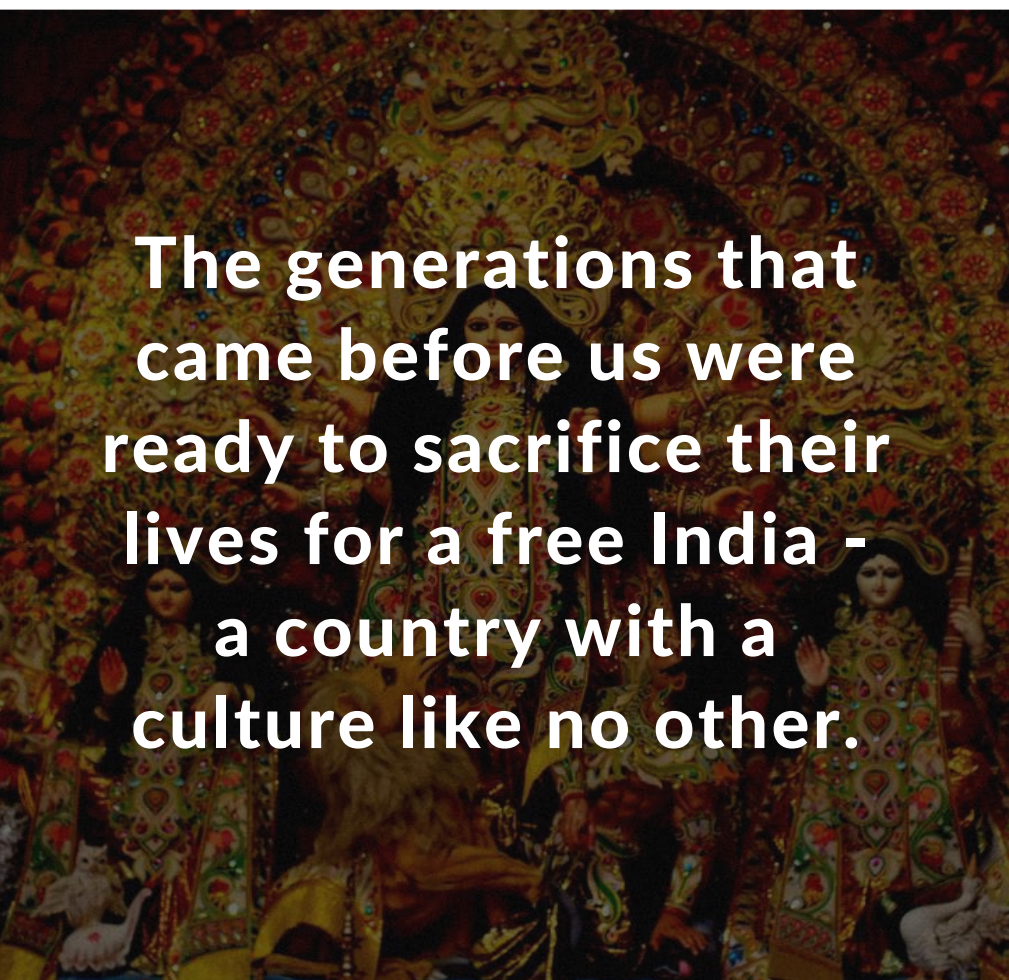
**Reflections...**



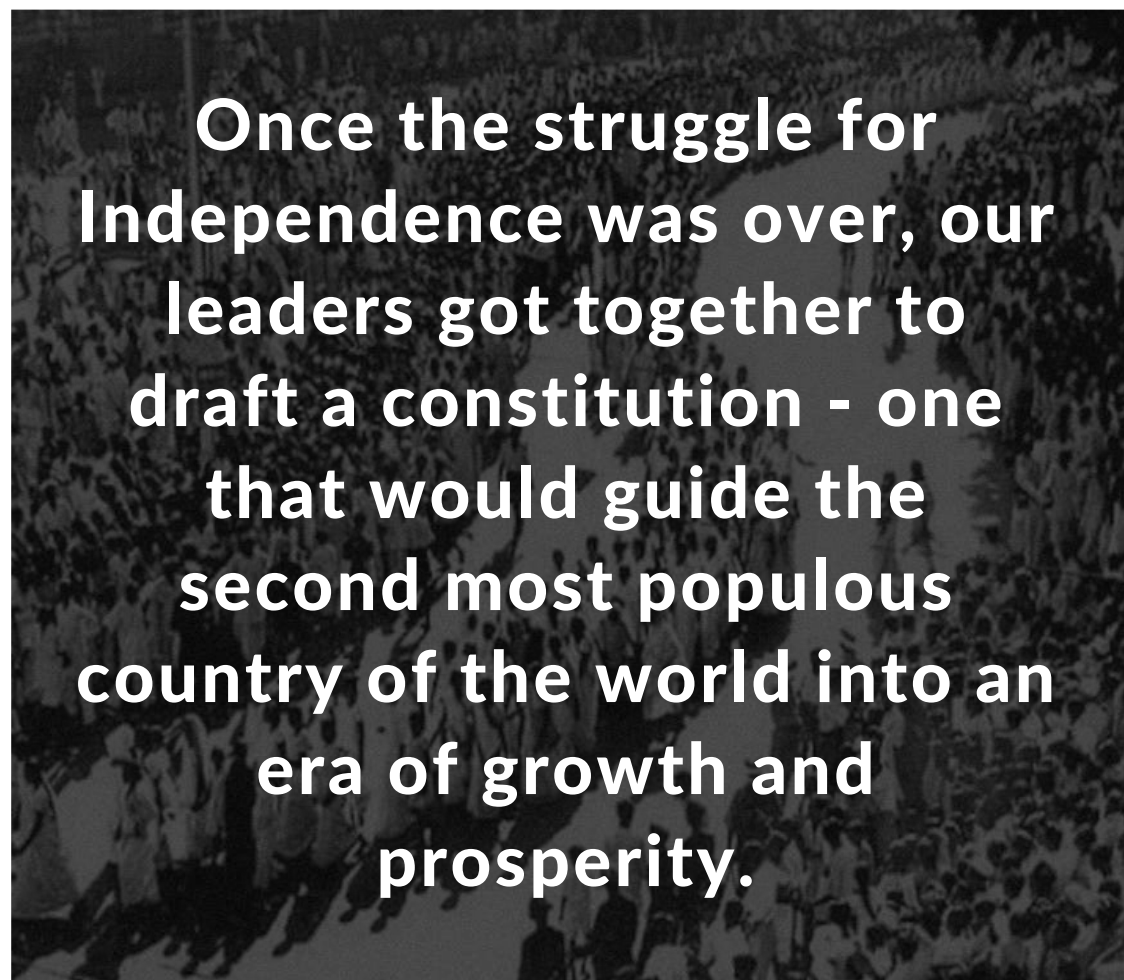
**As Indians, we are extremely proud of the rich and diverse heritage of our country.**



**When we sing "Jana Gana Mana" every year, on Independence Day, we get goosebumps - this reflects the patriotism that connects us.**



**The generations that came before us were ready to sacrifice their lives for a free India - a country with a culture like no other.**



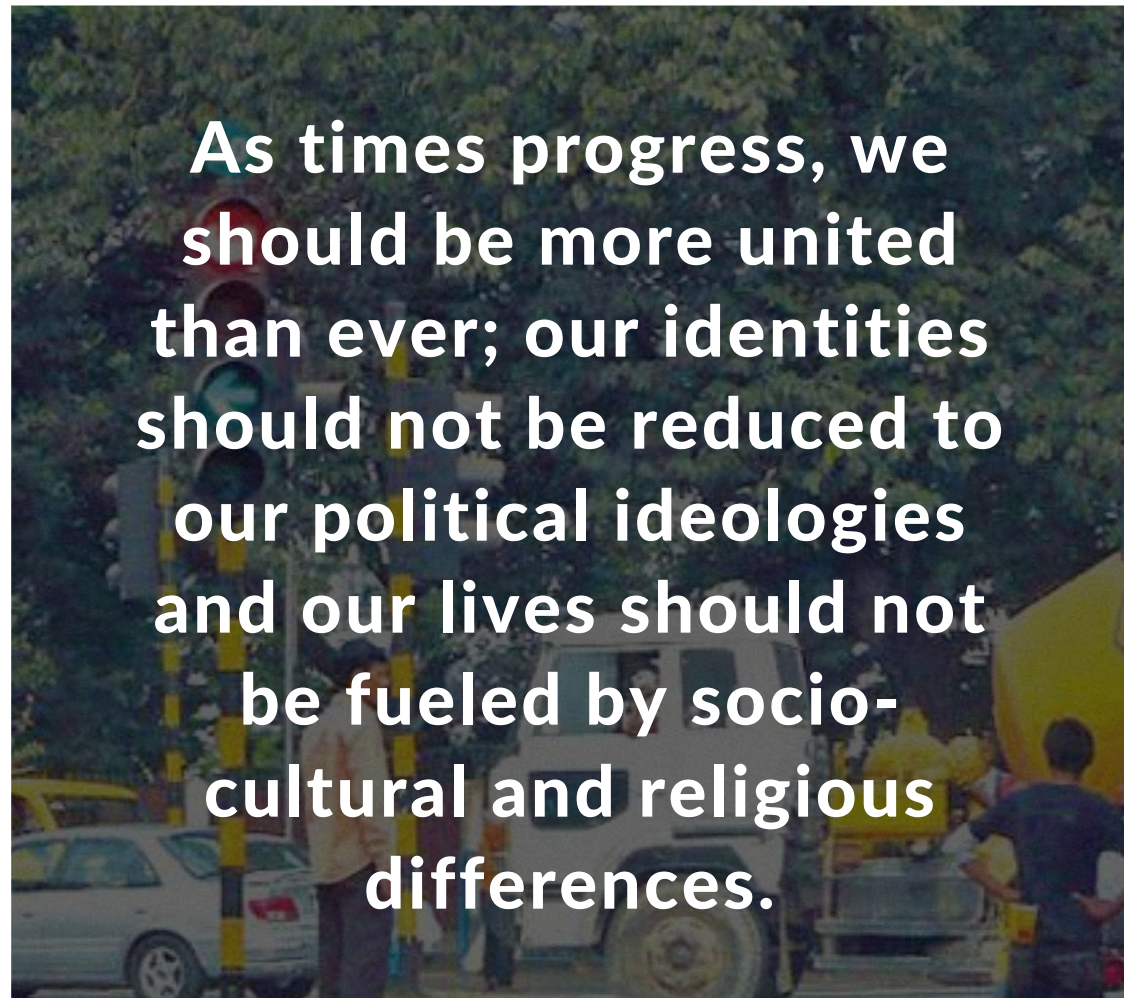
**Once the struggle for Independence was over, our leaders got together to draft a constitution - one that would guide the second most populous country of the world into an era of growth and prosperity.**



**Soon, our economy grew by billions and our industries multiplied ten-fold. India, which was once a colony of the British Empire, was now being given importance in the global forums.**



**Even today, we continue to work towards a better India.**



**As times progress, we should be more united than ever; our identities should not be reduced to our political ideologies and our lives should not be fueled by socio-cultural and religious differences.**



**Let India remain the same country that we grew up loving.**



# Meet The Team!



Vanya

"There is nothing impossible to them who will try."  
- Alexander the Great



Kasshvi

"You define your own life. Don't let other people write your script."  
- Oprah Winfrey

"Imagination is everything. It is the preview of life's coming attractions."  
- Albert Einstein



Samaira

Aarshia



"Try to be a rainbow in someone's cloud."  
- Maya Angelou

"You may not control all the events that happen to you, but you can decide not to be reduced by them."  
- Maya Angelou



Avishi

"Nothing is greater than one's courage."  
- Aayush Dugar



Aayush



# Meet The Team!



**Anya**

"The future belongs to those who believe in the beauty of their dreams."  
- Eleanor Roosevelt



**Varnika**

"To shine your brightest light is to be who you are."  
- Roy T. Benett



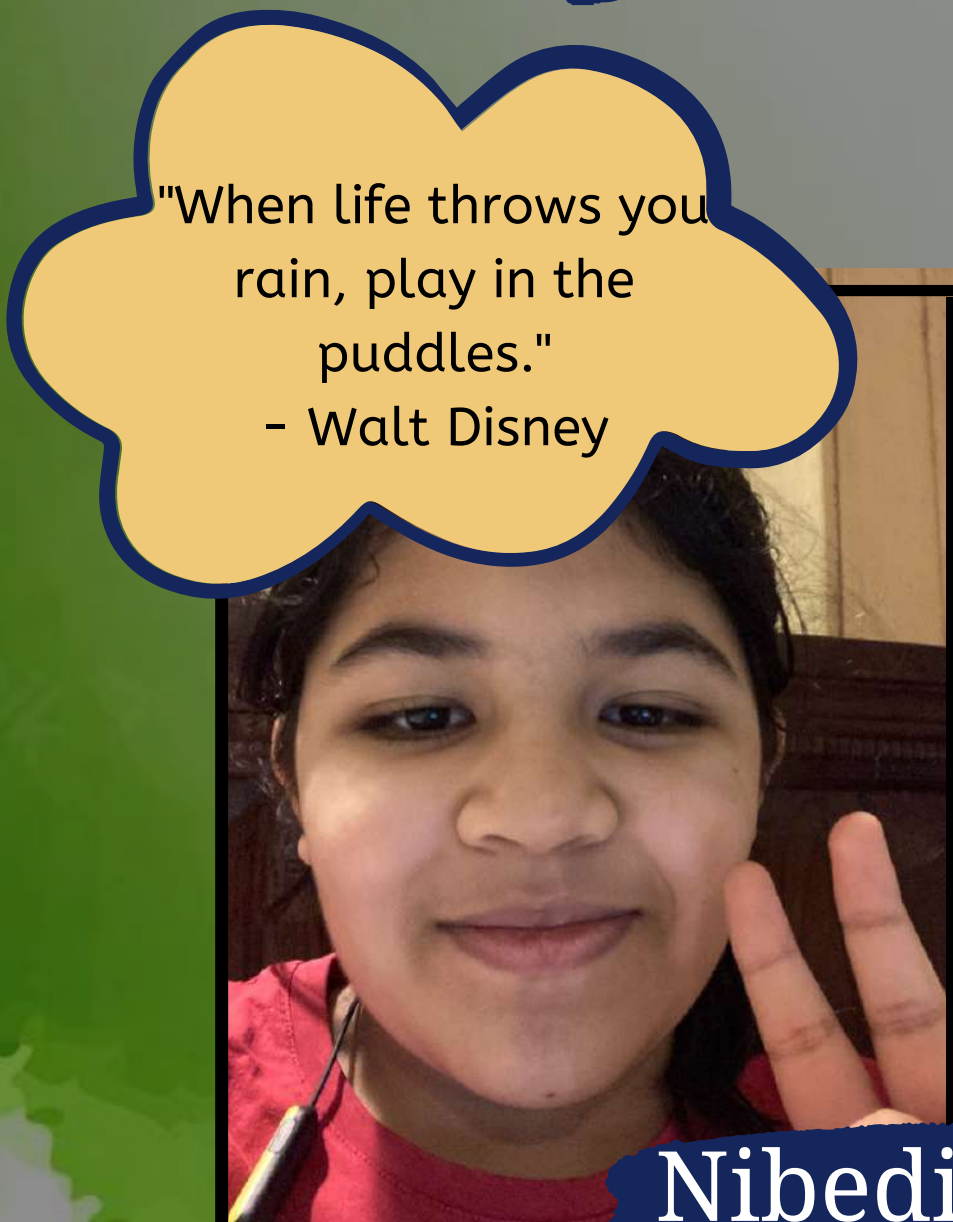
**Vidushi**

"Good things take time."  
- Benjamin Franklin

**Sneh**

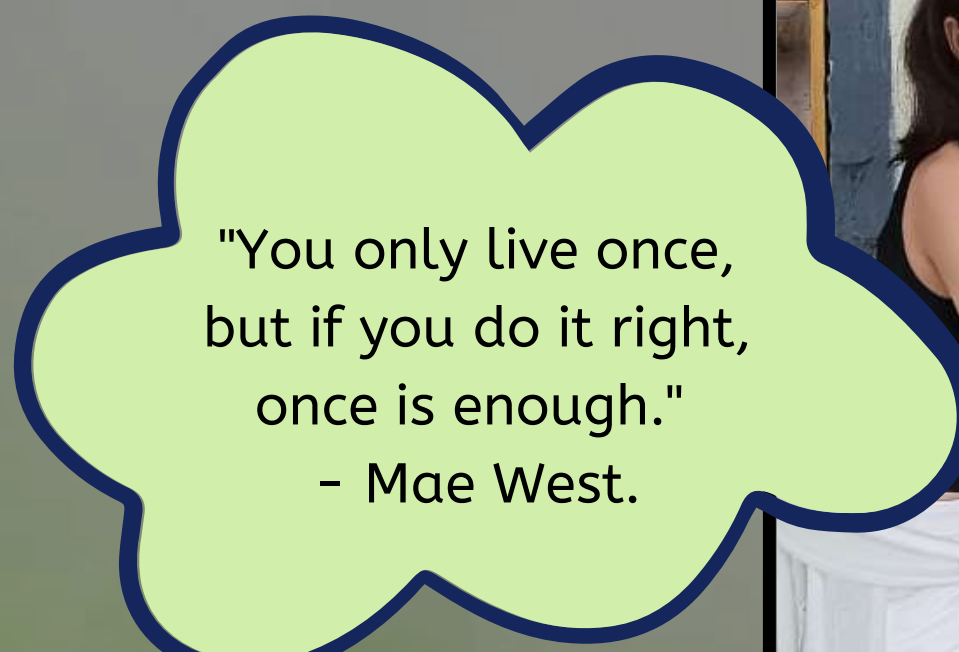


"Life is about accepting the challenges along the way, choosing to keep moving forward, and savoring the journey."  
- Roy T. Bennett



**Nibedita**

"When life throws you rain, play in the puddles."  
- Walt Disney



**Aaniya**

"You only live once, but if you do it right, once is enough."  
- Mae West.



# Team Credits

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