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About the Newsletter

A LETTER FROM THE EDITORS

Welcome to our last edition of Hakuna Matata! In this edition, we embark on a journey themed around "New Beginnings," where we embrace the freshness of starting anew and the excitement of uncharted paths ahead.


As we find ourselves amidst the earlier quarter of this new year and the rejuvenating embrace of the spring season, the timing could not be more fitting to explore the theme of new beginnings. Just as the new year marks a symbolic opportunity for renewal and growth, so too does the spring season herald a time of blossoming and transformation. It is a season ripe with possibilities, where nature herself whispers secrets of resilience and regeneration, inspiring us to shed the old and embrace the new with open arms.

Like a blank canvas awaiting the stroke of a paintbrush, new beginnings invite us to paint our aspirations, dreams, and ambitions with bold strokes of determination and optimism. It is a time to shed the constraints of the past and step into the realm of possibilities, where each step forward is infused with the promise of transformation and renewal.

In the spirit of self-discovery, let us embrace the lessons of the past while eagerly embracing the opportunities of the present. Let us harness the power of new beginnings to redefine ourselves, to pursue our passions with unwavering determination, and to cultivate a sense of purpose that ignites our souls.

As we turn the page to this new chapter in our lives, let us do so with open hearts, curious minds, and a steadfast resolve to seize each moment with gratitude and grace. For in the tapestry of life, every new beginning adds a vibrant thread, weaving a narrative of courage, growth, and endless possibilities.

- Shriyaa Poddar and Yashna Jalan





Travel

A JOURNEY ALONE

Embarking on a solo voyage is far more than just an expedition. It is a highway to self-discovery and personal growth. It gives one a chance to engage in new experiences and chart their own path.

Solo voyages offer freedom and independence. Every choice, from which destination to travel to or how to navigate the foreign streets, is decided solely by the traveler. Interacting with new people, aligning interests, savouring different cuisines and participating in local customs are the heart of such solo expeditions.

Most people are hesitant about travelling alone due to concerns of loneliness and safety. Simple things like doing prior research about the destinations, being aware of your surroundings, and even staying connected with friends and family through phone calls and text messages can help you feel more relaxed and excited about the journey.

This journey is a catalyst for new beginnings. It encourages individuals to escape their comfort zones, welcome changes and find their true authentic selves. Travelling without company is all about realizing who you are when no one you know is around.



OXFORD STREET

-Written by Yashica Jain

RECIPES- Apple oat crisp

FOR WINTERS

METHOD



- In a pan mix the apples, lemon juice, granulated sugar, and brown sugar and let it rest for 3-4 minutes.
- Cook on high flame.
- Once the liquid starts to boil, add in nutmeg and cinnamon.
- Let the apples cook till the liquid evaporates.
- In a bowl, mix walnuts, almonds, and oats.
- Spread a thin layer of the oat mixture on a sheet of foil and bake at 160 degrees Celsius for 25-30 minutes.
- Mix salt in the granola while it's still hot.
- Mix the flour with the cinnamon.
- Mix the soft butter with caster sugar
- Rub the butter mixture into the flour till it looks like breadcrumbs.

TO ASSEMBLE-



Spread the apple filling in a dish.

Top it with an even layer of granola and crumble.

Bake at 180 degrees Celsius for 15-20 minutes.

INGREDIENTS :

To make the apple filling :

- 3 apples (chopped)
- 1 tbsp lemon juice
- 2 tbsp granulated sugar
- 4 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

To make the crumbles :

- 5-6 walnuts (finely chopped)
- 1/2 cup oats
- 7-8 almonds (finely chopped)
- 1 1/2 tbsp honey
- Salt to taste

To make the granola :

- 1/4 cup flour
- 2 tbsp soft butter
- 2.5 tbsp caster sugar



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Mediterranean Bowl

A TASTY TAKE ON SOMETHING HEALTHY, FOR SPRING

METHOD



- Churn the roasted red pepper with garlic till it forms a paste.
- Mix the paste with red chili paste, molasses, cumin, lemon juice, salt and oil.
- Mix the cucumbers with salt.
- Squeeze out the water well.
- Mix it with the curd and lemon juice.
- Coat the chickpeas with olive oil, paprika and salt.
- Line them on a foil sheet and bake at 180 degrees Celsius for 10 minutes.
- In a bowl, assemble cous-cous, muhammara, roasted chickpeas, tzatziki, and the fresh vegetables.
- They can either be kept in the bowl separately or be mixed together.



INGREDIENTS :

- 1/3 cup cous-cous (boiled and salted)
- 1/4 cup boiled chickpeas
- 1 tbsp olive oil
- 1 1/2 tsp paprika
- Salt to taste

TZATZIKI :

- 1/4 cup grated cucumber
- 1/4 cup hung curd
- 1/2 tsp lemon juice
- Salt to taste
- 1 avocado (diced)
- 1 carrot (sliced)
- 1 zucchini (sliced)

MUHAMMARA :

- 1 roasted red pepper
- 3 cloves of garlic
- 1 1/2 tbsp red chili paste
- 2 tbsp olive oil
- 1 tsp cumin
- 2 tsp pomegranate molasses
- 1 tsp lemon juice
- Salt to taste

Recipes by Vishakha Jhunjunwalla

Guava Chili Sorbet

FOR SUMMERS

METHOD



- In a pan, cook the guava puree with sugar and water.
- Upon reaching a boil, add in the spices (red chilli powder, black salt, raw mango powder and salt).
- Let the mixture cool before transferring it into a dish.
- Cover it with cling film so that the film directly touches the mixture.
- Freeze for 2.5 hours.
- Take it out and churn the frozen mixture till it is thick and smooth.
- Freeze for another hour before it is ready to serve.
- Store it in the freezer.

INGREDIENTS :

- 500 grams of guava puree
- 100 grams of granulated sugar
- 100 ml water
- 2 tsp of red chili powder
- 1 tsp of black salt
- 1.5 tsp of raw mango powder
- Salt to taste



Recipes by Vishakha Jhunjunwalla

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Space Exploration



Space exploration is the quest to uncover the mysteries beyond Earth, propelling human curiosity to new frontiers. It is crucial for scientific advancement, technological innovation, and understanding our cosmic origins.

One of India's new space missions is the Aditya L1, India's solar observation mission, which is poised at the Lagrange Point 1, providing an unobstructed view of the Sun. This pivotal vantage point enables monitoring solar activities, aiding early detection of solar storms that impact Earth. Launched in 2019, Aditya L1 exemplifies India's commitment to space exploration and solar research, contributing vital data to unravel the Sun's mysteries and enhance space-weather prediction capabilities.

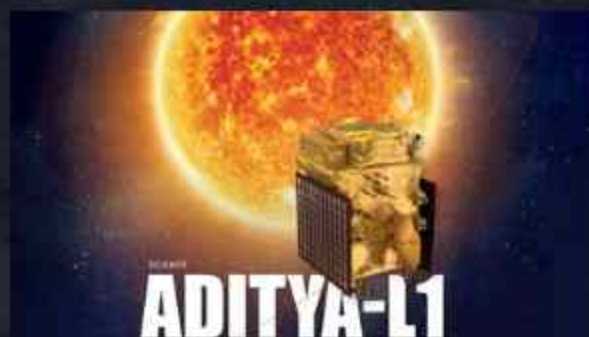
Recently a large influx of missions are being planned like Artemis 2 which is NASA's mission to send astronauts around the Moon, it aims to test lunar exploration systems for future crewed missions and beyond. Another exhilarating mission would be SpaceX's Starship which aims to launch its colossal Starship rocket system into orbit in early December.



Artwork by Tia Sarda



Artwork by Anika Goenka



Seasons

Jumping off cliffs, chasing an adrenaline high,
As sunlight slowly infiltrated the night.
The sea of continually crashing waves,
Witnessed as we vowed to never change our ways.
Sprinklers splashed, children squealed,
The flawless life of which I had always dreamed—

But no matter how tightly you clench your fist,
The sand held within is bound to slip.
Bullets of rain shot down from the skies,
Lightning struck; thunder silenced my cries.
The storms ruthlessly raged on and on.
Shattered my heart before they were gone.

The rains subsided. "Let it go," they all said.
But I was paralyzed in time, like the crimson leaves, I rotted;
The breeze now carried a slight chill,
Blowing through the void that time refused to fill.

And, overnight, a blanket of snow materialized.
An undulating, pristine sheet of white.
The heart-wrenching pain seemed to dull,
The new life I had adjusted to seemed more bearable.


But today, as I look far into the distance,
Growing through the unforgiving layers of ice, I spot a strange emergence.
A weak, minuscule, strand of green—
The first sign of life, it feels like a distant dream.
Anticipating the coming of spring,
My heart blooms at the prospect of a new beginning.

-Written by Parthvi Kandoi



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Springtime Angst



She, who weeps in the treacherous winds of alabaster,
Awaiting the tempest to pass, lacking combat then.

Pasty hunger looms on anon,
Homes long gone in the ivory terror.

Yet, refusal remains prolonged,
Never does she let harm upon her own.

Flamboyant children she shields,
Revive she does from the ashes of solemnity.

Through the colourless hues rises anew
the strands of a virescent life.

She struggles, she prospers, she blossoms
and they contend for a better tomorrow.

Dreading familiarity seeping in through
reminiscence of the battles forlorn.

Forbidden land of the glacial being
reclaimed for a novel season of resurgence.




Saplings sit about the verdant grounds,
Meticulously viewing the occurrences.

Mortal souls of the living scurry about,
Some chaotic harmony possessed.

Songbirds of utmost melodies,
Moonlight serenades, chanted throughout.

Seeming to have joy last upon,
But when shall the douse come to threaten?

Written by Aratrika Basu





Embracing Change

A JOURNEY OF GROWTH AND RENEWAL

A lifeless wasteland stretched endlessly before her eyes, barren and bleak. The silence was suddenly broken by a light patter, as raindrops danced across the parched earth. With each droplet that fell, vitality was restored to the dormant ground. Amidst the renewal, a rare desert bloom emerged, unfurling vibrant petals that stood in vivid contrast to the ashen landscape.

Bearing witness to this phenomenon ignited a transformation within herself. Where once was a heart heavy with sorrow, hope now blossomed anew. The past could not be altered, but the future remained unwritten.

With cautious optimism, a journey of within commenced. Old wounds began to heal as compassion for others took seed and blossomed. Each simple kindness nurtured the soul. In still moments of solitude, inner peace prevailed over old pains.

The beauty of the world was unveiled in the most unlikely of places. Happiness was not conditional on circumstance but found through gratitude. As the winds of change gathered, fear was replaced with fortitude. A new chapter awaited, rich with promise and potential.

Written by Samridh Khater



Fashion

SHIMMERING DRESSES, NEW SHIRTS AND SUITS.

Each festival thrives in its own style of attires. These are common sights at a Gregorian New Year's Eve. However, various new year celebrations around the world boast unique dress codes.

The Chinese new year mandates brand new clothes; however, there is a catch. New shoes are a taboo! Traditional clothes such as the 'tang suit' for men or 'qipao' dress for women are usually worn in golden and red hues.

Islamic New Year (Muharram) urges that the entire body must be covered despite which the clothing is fashionable. Muharram usually features people dressed in intricately embroidered 'pathanis', 'sherwanis', 'kurta-churidars', 'kaftans', 'farashas', 'hijabs' and 'kurtis'.

Vishu, the Malayalam New Year, showcases men in 'dhotis' and 'ponnadas' and women are adorned in handwoven 'Kassvu' sarees. The colour palette is white and gold that signifies simplicity, elegance and purity.

From 'qipaos' to 'Kassvu sarees' – the wide range of fashion choices while welcoming the new year truly reflects the diversity of our world.



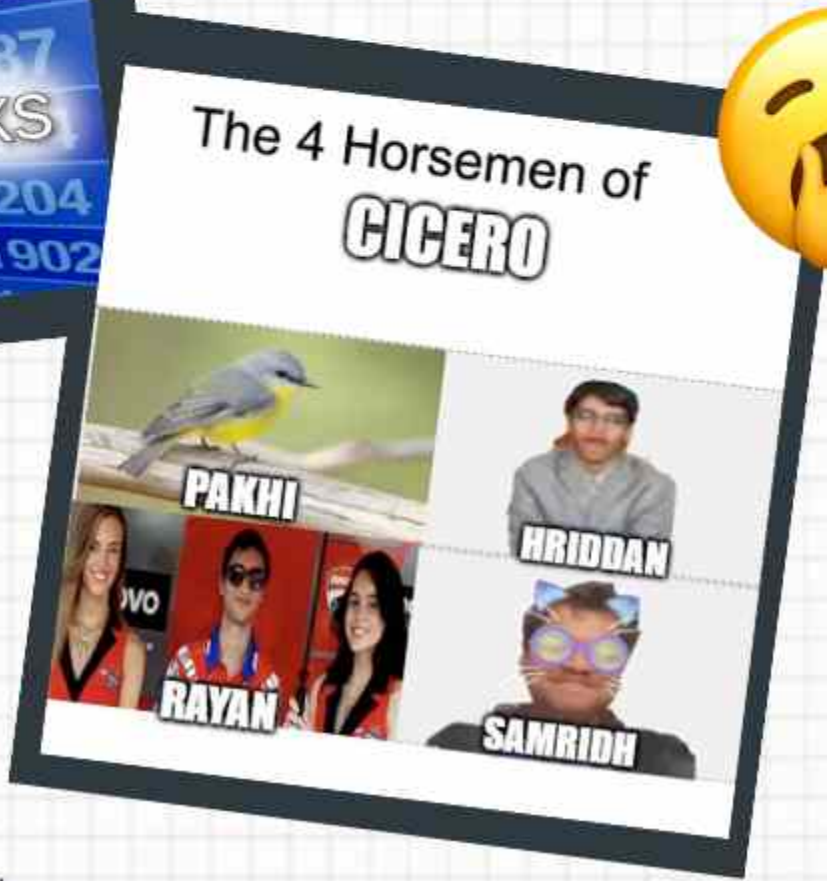
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Memes





Memes



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The World of Tech

As we step into a new era of technology, a world of possibilities awaits us. The making of the first 3D printed working brain tissue marked the beginning of the most promising technological advancements. The tissue was printed using a special substance called hydrogel. This development can help us to study and discover treatments for many brain-related diseases.



This brings us to the point that the first developed brain chip has the power to recover lost abilities such as movement and sight for patients, if implanted into them. This development highlighted a huge advancement in neuroscience. It can also help treat disorders like Parkinson's. The person with this implanted chip can control a computer mouse by merely using his mind.

Major progress has also been made in astrophysics. A new communication system called the Optical Space Communication system is being developed and used. This system has the capability of sending more data, a hundred times faster than any previous space communication system.

Written by Utkarsh Bajoria

Keeping Up With MHSI

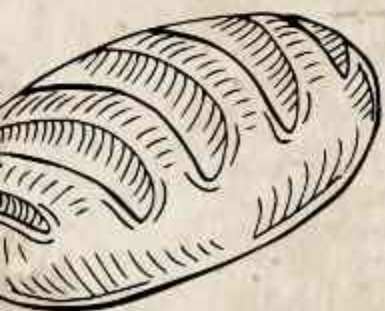


INAUGURATION DAY - 16TH DECEMBER

On this momentous day, our school building was inaugurated with immense pride, in front of our founder and esteemed guests. This special day is recognised as one of the most important days for us. It signifying the start of a new journey the school will venture upon for years to come by. This day also laid the foundation for our school band, Badamtish. With an engaging dance performance by members of our dance society, Footworks, and an inspiring speech by our principal, Ms. Ghatak, the audience was truly amazed. This grand accomplishment shows the extensive capabilities we hold as students at this school.

GERMAN EXCHANGE - 28TH OCT TO 11TH NOV

Students from our school as well as Modern High School for Girls went to Gelsenkirchen City in Germany where they stayed with families of the students at the partner schools. They had an enriching experience which played an vital role in German being a language subject. This experience led them to create unforgettable new bonds.



Written by Aratrika Basu

Keeping Up With RCSI



SPORTS DAY - 5TH FEBRUARY

This historic day played a crucial role in establishing the sports talents of this school. On-field events including flat race, tug-of-war, obstacle race, relays, and more took place where students displayed their zealous spirit along with camaraderie. The commendable drive participants showed in pursuit of the prestige which comes with the foremost position. Our partners from the Dhakuria NGO also participated in the relays with our students. One of the key takeaways from this day was the essence of community and perseverance. These remain as few of the priceless lessons learnt which nurtures us into better individuals.



Written by Aratrika Basu



Keeping Up With MHSI

MHSI celebrated Saraswati Puja on 14th February, 2024. There were performances held in the MHSI building to commemorate this day and pay our respect to goddess Saraswati.

The students from grades 8, 9, and 11 participated on this auspicious day through various performances like dancing, singing, and reciting religious hymns.

The idol looked heavenly and divine with a colorful string of yellow and orange flowers strung around her neck. The vast multicolored alpana drawn in front of the idol added to the essence of this propitious event.

The atmosphere of the event was serene and filled with divine energy. All the teachers and students present during this puja had a smile of respect and a look of devotion for the goddess.

An aarti was performed by our guest of honor, Ms. Nirmla Birla, to pay her respect and to show her devotion towards the goddess. After the aarti, all the teachers and the grade 12 students present paid their respects to the goddess by performing an aarti and sought her blessings for their bright future.



-Written by Aryahi Shah

Keeping Up With MHSI

On 26th January, 2024, MHSI celebrated Republic Day. The students of grade 8 and 9 along with all the teachers were present to commemorate this special event.

The day started off with the march past of the Guides and the security guards to the beat of the drum. This was followed by the flag hoisting. As the flag rose up and waved to its glory, everyone paid respect to it. Then came the speeches and songs highlighting the importance of Republic Day. The air was filled with enthusiasm, happiness and a sense of pride.

The event came to an end with everyone singing the national anthem.



Written by Utkarsh Bajoria

Interview with Sanjana

(FOUNDER AND EDITOR IN CHIEF OF HAKUNA MATATA VOLUME 1)

Q1. WHAT INSPIRED YOU TO CREATE HAKUNA MATATA?

During the pandemic I really wanted to explore and express my creativity as I didn't have any inclination towards journalism back then. That time was the height of my movie-watching seminars where I saw all these schools who had their own newspapers, so I thought, "Hey, why not us?" This idea did kind of stem from boredom, but the main aim was a creative yearning and an outlet to express ourselves outside academics.

Q2. WHAT ADVICE WOULD YOU GIVE TO FUTURE EDITORS AND HOW WOULD YOU WANT THEM TO CARRY YOUR LEGACY?

I would advise everyone to work with passion. It may feel tedious sometimes but at the end of the day, it's just one hour you're spending with your classmates. You might even find your biggest passion through this, like me. Be confident in yourself and don't be shy. Most importantly, be happy being you!



Interview with Jiah

(EDITOR IN CHIEF OF HAKUNA MATATA VOLUME 2)

Q1. DID YOU GAIN ANY IMPORTANT SKILLS WHICH ARE HELPFUL IN YOUR LIFE NOW?

Yes, for sure. The entire process of managing Hakuna was online: overlooking editing, photographs, artworks and more. It was hectic, but I became a more efficient leader and learnt how to work closely with others. Writing skills, time management and keeping deadlines are some other skills which still help me in IB.

Q2. IMAGINE A FUTURE VERSION OF YOURSELF LOOKING BACK UPON THAT TIME. WHAT WOULD YOU ADVISE THEM ON?

Reflecting on that time, I think there were moments when I could have been kinder. I realised that you need to be firm but also understanding at the same time when you have the responsibility of the chief editor. Finding a balance between these values is something I still struggle with that I should have recognised when I was with Hakuna.



by Aratrika Basu and Samridh Khater

Did you ever feel like you just need to take a break from your life and restart it by doing something fun, something new?



What emotions do you feel when you start something new or push past your boundaries by facing your fears?

Does meditation help you feel like you have found your inner peace and found a new you?



What are some new hobbies or interests that you would like to learn to help cultivate and help your inner growth in this new chapter of your life?



JOURNAL PROMPTS

What are some things that you have always wanted to do and have finally decided to give those things an opportunity to challenge yourself?



What are two new priorities that you would like to keep as you start your life afresh?



Have you ever felt like you need to leave this boring life behind and go meet new people and discover yourself again?

By Aryāhi Shah

Spotify Playlist



OPEN SPOTIFY AND CLICK ON THE CAMERA ICON AND SCAN THE CODE!



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