

EPOCH

the dawn of a new era

EDITION 3 | OCT. 2018

Meet
the student
council

Plus:

Learn about
the school
clubs

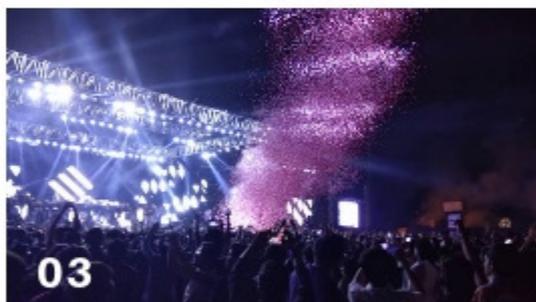
5 restaurants to
visit in Mumbai

**GRAND
SLAM!**

Epoch

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Epoch

Designer: Aaryan Mehta

Editors: Aaryan Mehta and Aryan Srivastava



E P O C H

Dear Readers,

I am proud to present to you the third edition of the Epoch – GICLM’s first official school magazine.

The word ‘Epoch’ is defined as a significant period of time and I believe that this is a name that is best suited to the magazine because we, in the present, live in a very crucial era: one that beholds within itself much needed change - change in mindsets, in thought processes, in the way people view other people – brought about by us students: the people of this epoch; by becoming student leaders, innovators and most importantly, open-minded. Here at Epoch, we, i.e. the entire team, believe that there’s nothing better than a magazine to provide a medium to aid the expression of you, the student’s valued opinions to help bring about change, not only at school but locally and globally as well. That is our goal with Epoch. After all, change is the only constant.

We come bearing changes, with a newer, bigger, much better magazine. With the third edition of the Epoch we hope that you, the readers will become as much a part of this journey as we are, as we venture new heights. Enjoy!

Warmest regards,

Aaryan Mehta

Founder, Designer and Co-editor of Epoch

Meet the student council

The day has arrived! The most awaited results have been declared. What is more exciting than finally seeing the people who will play an instrumental role in their respective houses? I am talking about the captains of the four prestigious houses: Agni (Fire), Prithvi (Earth), Jala (Water) and Vayu (Wind).

All the student council members have the incentive to put their houses as their priority and reach the sun with pride. But at the end it is not only their efforts that can make this dream possible, but also the hard work and endeavour of other students.

**By Riya Hirani
and Isha Shah**



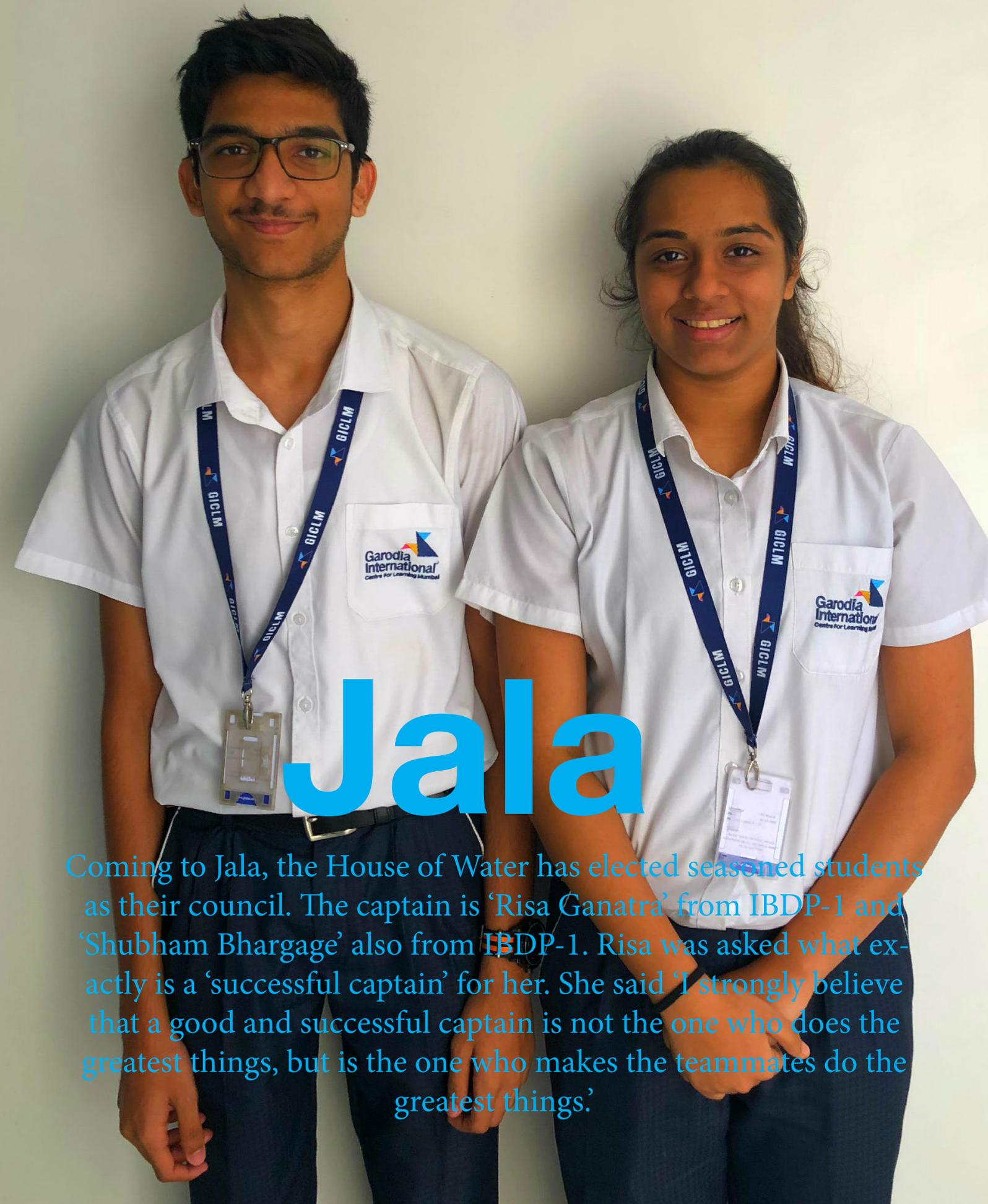
Agni

Agni, the house of Fire, who won last year through points, have elected our very own 'Ananya Bhat' from IBDP-2 as the Captain and 'Manav Modi' as the Vice-Captain from Grade 9. Ananya Bhat has shared her views about her house and the inspiration she got from them 'I think last year, when we had no official chain of command in a house, I was really proud. The ability to work in a team is remarkable and that's when I realised that this team has a spark. This influenced me to lead such an exciting team.'



Prithvi

Prithvi has taken a wise decision on choosing their Captains. They have chosen 'Manav Israni' from IBDP-1 as the Captain and 'Isha Shah' from Grade 9 as the Vice-Captain. Isha has taken the initiative to tell us what inspired her 'The people in my house have given me a lot support and I wish to have the same feeling when we achieve all the set goals.'



Jala

Coming to Jala, the House of Water has elected seasoned students as their council. The captain is 'Risa Ganatra' from IBDP-1 and 'Shubham Bhargage' also from IBDP-1. Risa was asked what exactly is a 'successful captain' for her. She said 'I strongly believe that a good and successful captain is not the one who does the greatest things, but is the one who makes the teammates do the greatest things.'



Vayu

Vayu has elected none other than 'Ayush Chanda' from IBDP-2 as the captain and 'Vaidehi Patel' from Grade 9 as the vice-captain. Ayush Chanda when asked why he stood up for the election told 'There is always a motive behind it, and mine was the thirst to win.'

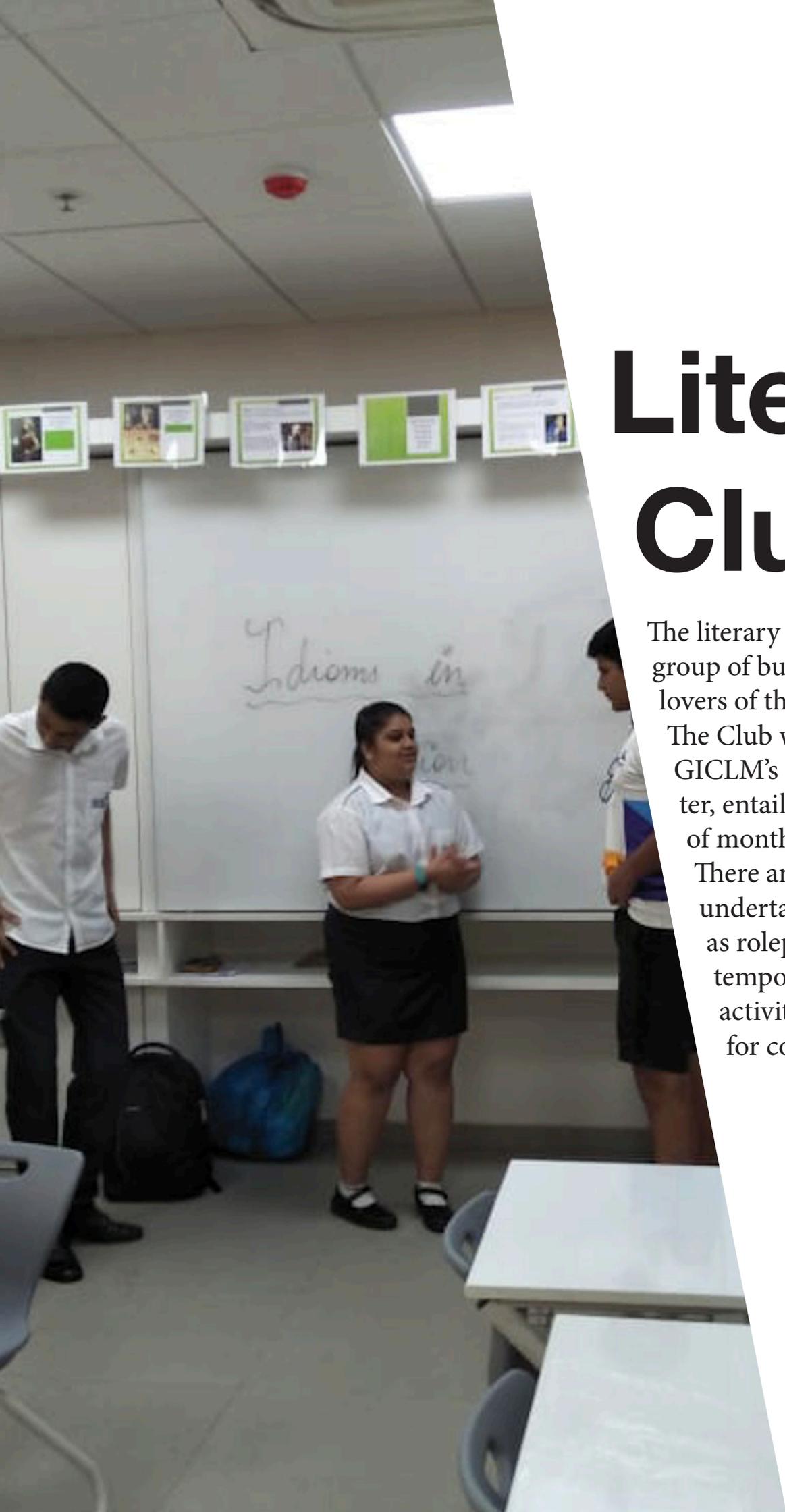
Learn about the **school** **clubs**

A black and white photograph of a modern school library or study area. The room features a large window with a grid pattern, several tables with chairs, and a bookshelf on the left. The floor is covered with a patterned rug. The text 'Learn about the school clubs' is overlaid on the top half of the image.

By Gurbani Bhatia,
Riya Venugopal
and Isha Shah

Eco committee

At the beginning of the academic year, our school vowed to work towards becoming an Eco-School. Eco Schools is a democratic programme that enables students to engage in active citizenship and foster environmental awareness in the wider community. The proposal of such an initiative has empowered students and staff alike, to evaluate their actions. Even at the simple grass root levels of switching off the A.C or lights in each classroom after respective classes.



Literary Club

The literary Club is an exciting group of budding writers and lovers of the English literature.

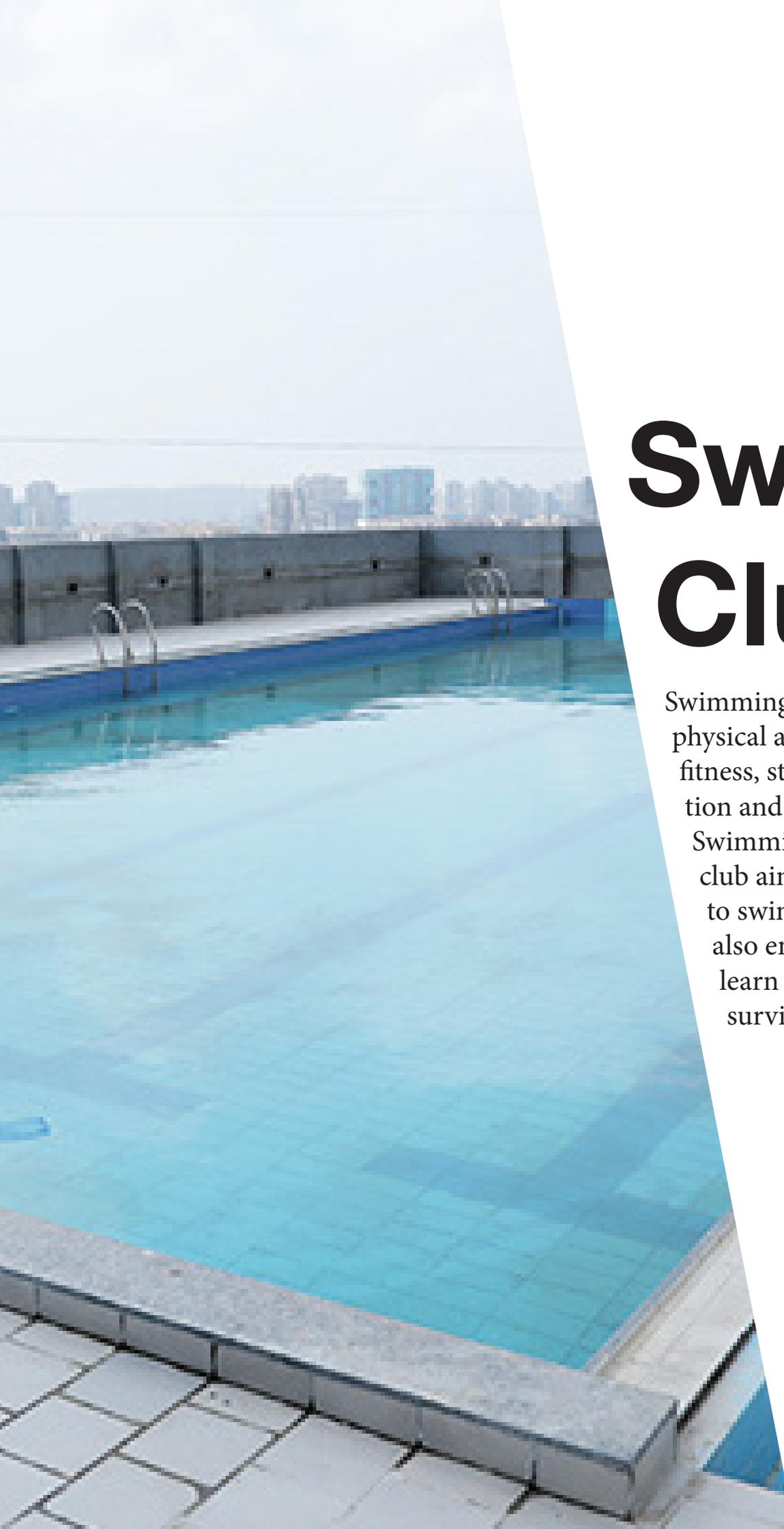
The Club will be organizing GICLM's first ever Newsletter, entailing exciting details of monthly school activities.

There are several activities undertaken at the Club, such as roleplay, poetry and extempore, with many more activities under the wrap for coming months.

Science Club

What could possibly be more exciting than racing cars or starting a business? It has to be the Science Club, of course! In one of their exciting activities The Science Club students are taking part in the F1 for school competition. This phenomenal activity was introduced so that the children can learn science, technology, engineering and mathematics (STEM) in an innovative way. This learning opportunity compels one to indulge in this with its unique way of teaching. Firstly, the students have to form a team of 3-6 people and assign roles. Then, they have to construct a model block on a software and implement it with a 3D printer. Secondly, the students have to pitch their cars and get sponsorships. Lastly, students finally get to race their cars with other competitors.

In a nutshell, the students are participating in a F1 competition to enhance their knowledge about STEM.

A photograph of a rooftop swimming pool. The pool is filled with clear blue water and has a grey tiled deck around it. In the background, a city skyline is visible under a hazy sky. The image is partially obscured by a white diagonal shape on the right side.

Swim Club

Swimming provides numerous physical and personal benefits: fitness, strength, co-ordination and physical awareness. Swimming is a life skill. This club aims to train students to swim professionally. It also encourages everyone to learn the basic life skill of survival in water.



Ganesh Chaturthi

What
actually happens
after Visarjan?

By Tia Singla

Ganesh Chaturthi is a very popular festival in the Indian culture where there are colourful idols of Lord Ganesh for everyone to pray and celebrate, all over the country. But has anybody thought what happens after the idols are immersed in the seas?

The Ganesh idols are made with Plaster of Paris (POP), and when immersed in the water, can prove to be very harmful to the creatures living in the water. Due to POP's insoluble nature, it deposits on the ocean-bed and sea-bed. The paint, oil, decorations etc. form a thin layer over the surface of the sea thus blocking the oxygen by 50%, leading to deaths of aquatic fauna and flora.

Once the Visarjan is over, devo-

tees are blissfully unaware of the environmental damage they have caused. The morning after Ganesh Visarjan, many roads are seen to be filled with dirt, rotting flowers, colour, garland and accessories.

While some idols go deep into the sea, a few have their parts lying around the shore or beaches, in a manner which no one would want their gods to be. The idols which once you prayed, now lie helpless with broken parts sprawled across land.

We, as a community that promotes values and international mindedness, should take a role, and spread awareness of the environmental damage caused in such events and festivals.



The European Migrant Crisis

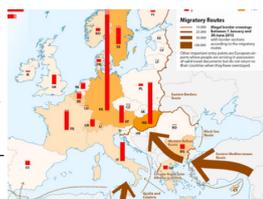
By Aryan Srivastava

Is the European Migrant Crisis a crisis at all?

Introduction

The European migrant crisis, or the European refugee crisis, is a term given to a period beginning in 2015 when rising numbers of people arrived in the European Union (EU), travelling across the Mediterranean Sea or over land through Southeast Europe. It is part of a pattern of increased immigration to Europe from other continents which began in the late 20th century and which has encountered protests in many European countries.

The image on the right shows maximum immigrants (813,599 in 37 European countries (including both EU members and non-members) travelling from Syria. The primary reason for most Syrians to evacuate is the Syrian Civil War, an ongoing rebellion since 15th March, 2011. As confirmed by the Refugee Council of Australia (RCA), in accordance with the United Nations High Commissioner for Refugees, the typical reasons people migrate are "Conflict, the disintegration of a state, persecution, environmental degradation, poverty and development."



History

Prior to the European Migrant Crisis (EMC), most of the immigration, with regards to Europe, was to the USA. Most were seeking greater economic opportunity, while some pilgrims arrived in search of religious freedom.

In recent times, Europeans have stopped migrating to the USA, the reason being equal opportunities and resources in both places. Unlike before, there is no need for a physical presence in order to expand economic interests. Trade relations between USA and most of Europe are strong as ever with the helpful oversight of the North Atlantic Treaty Organization (NATO).

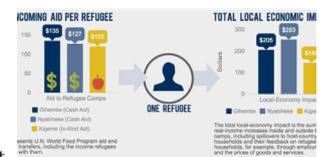
The EMC began at some point during 2015, when matters in North African and Middle Eastern countries started to worsen to a point where it was unsustainable to live in said regions. Refugees had been seeking shelter in European countries since 1953, but the crisis came into place when the high influx of refugees significantly affected the viewpoint of many EU countries

Analysis of the Crisis

Many believe that migrants are a load on the country's economy and use resources at an unsustainable rate. However, according to a study based on economic booms done by Sallie Poggie from UC Davis, it shows that the economy grew relatively exponentially with correlation to an increase of immigrants. The image below narrows it down to one refugee when he/she is given aid, and hence an incentive to work.

There are, however, some troubling details most tend to overlook. The EMC is a crisis for a reason.

According to a study conducted by the Zurich University of Applied Sciences and paid for by Germany's Ministry of Family Affairs, police witnessed an increase of 10.4 percent in reported violent crimes in 2015 and 2016. More than 90 percent of the increase (not of total violent crimes) was said to be attributable to migrants. While this doesn't confirm that migrants may be behind these crimes, it is based on some truth. While 90% is an approximate, 13% increase has been confirmed and attributed to migrants.



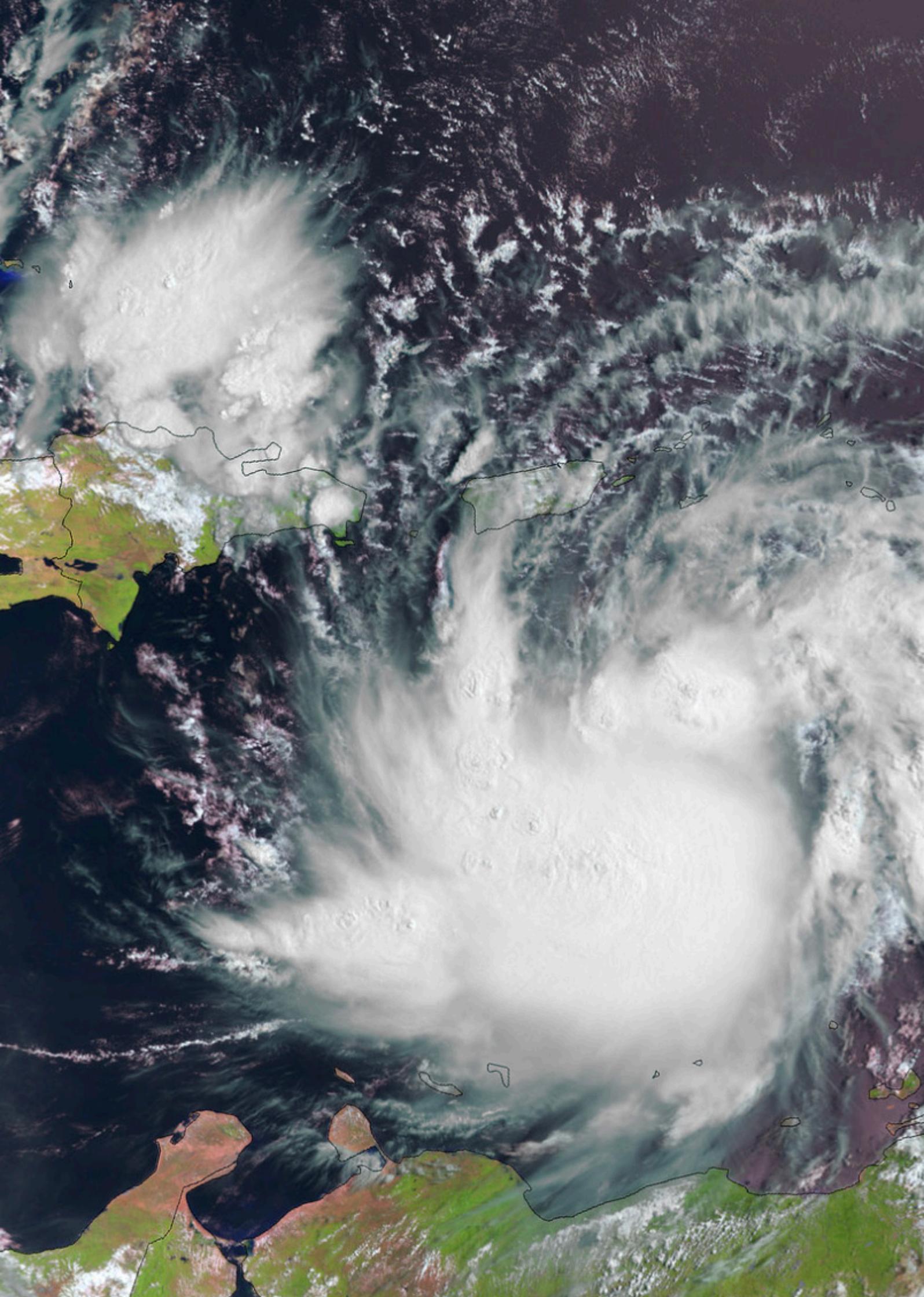
The increase of terrorism is another fear for many EU countries. Perpetrators of such crimes have significantly increased, with UK being a target of seven of those attacks, killing more than a 100 people. Loss of cultural identity is another factor. Most of the refugees are from an Islamic origin and hence propagate different beliefs and cultural values. Assistant Commissioner of UK, Neil Basu, states that UK has seen an increase in Muslim population. He had foreseen economic problems, but hadn't anticipated refusal to co-operate with law enforcement in accordance to their culture and region, where Sharia Law is practiced.

Another prevalent fear is the refugees will take the opportunities and resource aids for granted and will sop up benefits which have not been earned. But it can be said that these claims may be unfounded as even with the high influx of refugees (almost a million every year), they still make less than 1.5% of the total population of Europe and hence aren't a real threat and it can't be called a crisis of any sorts.

Brexit

While Brexit brought huge personal costs to Britain, one of the reasons they left was their hostility towards refugees. Britain is a small island, and hence was unable to sustain the increasing refugee population. This says a lot about immigration and its dependence on specific geographical locations. Since GB has severed ties with the EU, terrorism in the country has noticeable decreased, and while, initially, the economy took a hit, the Great Britain Pound is becoming stronger by the day and it may seem like a good decision. Not only this, but due this, fragmentation has taken place in the EU, with various blocs formed, and recent chatter states that Germany and France may follow Britain's path.

To conclude, it can be clearly stated EMC is a crisis as it seems to have more adversities than upsides. With religious intolerance at an all-time high due to extremist organizations such as ISIS, the situation is dangerous for all European nations, and their concerns are likely valid. However, this also led to the increase of racial profiling, and hence leads to indecision of the EU.



Tropical Storms

The 'What', 'Why', 'Where' and 'How'

By Ananya Bhat

One of the questions during our news quiz on 21st September asked us to name three countries which had been recently hit by tropical storms. These countries were the United States, Philippines and China. The US was just hit by Hurricane Florence, and the Philippines and China were just hit by Typhoon Om-pang/Mangkhit. With this article, I hope to give some insight into these phenomena and why their occurrences have been more frequent recently.

What are tropical storms, really?

Well, we see it as a swirling column that destroys everything in its path. This definition isn't all that wrong. The formation of a tropical storm can be simplified to the following steps:

1. Increased temperatures at the sea surface increase rates of evaporation
2. This generates a low-pressure zone just above sea level (due to all the vapour rising upwards)
3. The rotation of the Earth generates the Coriolis effect, which causes wind to swirl either clockwise or anticlockwise depending on the hemisphere – the circular motion has been created
4. Wind speeds can now exceed 119 km/h

The issue isn't just that of the deathly column, but what accompanies it. Tropical storms are characterised by torrential downpours and intense storm surges in coastal areas which can reach up to 6 metres higher than usual. (I know 6 metres doesn't sound like much, but it is equal to about 20 feet; the height of the storm surge would be equivalent to stacking four average 13-year-olds on top of each other.)

Hurricanes, Typhoons and Cyclones: What differentiates them?

They are all tropical storms; the only difference is their location of formation.

- Hurricanes: North Atlantic and Northeast Pacific Oceans
- Typhoons: Northwest Pacific Ocean
- Cyclones: South Pacific and Indian Oceans



This is why such storms are known as hurricanes in the US, typhoons in China and the Philippines and cyclones in India.

Is the recent increase in occurrence a cause for worry?

When we look at this situation in a short frame of time, like the

events over the past few months, it may seem like the phenomena are occurring at an alarming rate. Especially when we consider all the events together; multiple occurrences all over the globe do raise some concerns. But looking over trend-lines made with data collected over the years, we can establish certain patterns, and that's exactly what the Atlantic Hurricane season is.

The Atlantic Hurricane season is a period during a year when an increased number of tropical storms are observed in the Atlantic Ocean. This season usually lasts between June and November, with peaks during late August and September. In 2017, we had Harvey, Irma, Maria and Nate; 2016 saw hurricanes Matthew and Otto. In 2018, Florence has made its presence felt, with a few more predicted storms in the near future.

Similarly, every storm-prone zone has its annual seasons when conditions that enable hurricane formation are optimum (like higher temperatures). Globally, September seems to be the most active month for tropical storms.

But, global trends also show increases in tropical storms within these seasons; the cause of this is the age-old foe: Global Warming. Research has linked the increasing greenhouse gas emission to the change in temperatures at sea surfaces, which has in turn led to the formation of an increased number of storms.

You'd be lying if you said that this doesn't worry you. The examples I've used are of countries we have no connection with, but this instability in the ocean and atmosphere is also the cause for one of the most recent disasters right here in India: the Kerala floods. Because global warming doesn't just affect one aspect of nature; it has knock-on effects on phenomena in every way possible.

This brings us back to the lengthily discussed issue of fossil fuel consumption and deforestation rates.... I'm sure I don't have to keep giving you the whole spiel. This is a situation we all know very well, and are familiar with. Tropical storms are just one part of the madness of nature which have been accelerated by human activity.

Will we ever successfully make a change?

That's something that's really on us, right? We have a responsibility to this planet, and it's up to us to make sure there exists a world which hasn't been completely ravaged for the future. Like Michael Jackson once said, "If you want to make the world a better place, take a look at yourself and then make a change."



Game, Set and Match

By Shivank Ganesh

History

The sport was invented by the French in the 11th century, and is a direct descendant of the sport “jeu de paume”, which translated in English means ‘racquet’. By the 16th century, we developed the racquet which saw the transition from bare hands to the current game. Interestingly, the origins of the game lie within the name itself, since ‘Tennis’ was derived from the French name ‘tenez’, meaning ‘here it comes!’.

How to Play?

The rules of tennis are fairly straightforward. Tennis is played on a rectangular court, either by two player (singles) or four players (doubles). Players stand diagonal to each other during the serve, separated by a net. Once the ball has been hit by the opponent, each player has a maximum of one bounce before they have to return the ball over the net within the boundaries of the court (on the line is considered to be inside).

During serve, if the ball goes over the net and is missed by the opponent, it is considered an ace.

If the player fails to serve correctly twice, then it is considered a double fault and the opposition is awarded the point.

Scoring System

One needs to score 4 points to win a game in tennis.

The scoring system for the points go as per the order: 15(1 point),30(2 points),40(3 points) and the fourth is the winning point and end of that game. When the game reaches a points total of 40-40, it is called a deuce. The player must then win two consecutive points in order to claim that game. Once a player wins 6 such games by a margin of more than 1 game to his or her opponent, they have won the set. A men’s singles match consists of a maximum of 5 sets, where the first to win three sets wins the match. Likewise, a women’s singles match consists of 3 sets, where the first to win 2 sets wins the match.

Grand Slams

A Grand Slam is a set of major championships of a particular sport. In tennis, there are 4 Grand Slams held each year- The Australian Open (January), Roland Garros- French Open (May-June), Wimbledon (June-July) and lastly US open (August-September). Each tournament is played on different courts; for instance, the Wimbledon is played on grass whereas the French Open is played on clay. In between these major tournaments, players participate in the Association of Tennis Professionals World Tour (ATP World Tour) in order to achieve a ranking and be eligible for the championships.



Famous Tennis Personalities



Roger Federer



Serena Williams



Steffi Graf



Boris Becker



The importance of breakfast

By Aaryaa Chabria

“BREAKFAST” means breaking your fast that you did during your sleeping hours by consuming the first meal of the day.

Breakfast is the first source of energy that we receive during the day. It boosts our metabolism and is a perfect kick start. Breakfast should be consumed within maximum 2 hours of waking up. Otherwise, this can cause lack of concentration, irritation, acidity and more. To sum it up, no breakfast could lead to a sluggish start to the day. The first meal of the day should include all the nutrients: proteins, carbohydrates, vitamins, minerals, and fat. Some research suggests that regularly eating a healthy breakfast may help you lose excess weight and maintain your weight loss.

A few foods that are ideal for breakfast:

1. Fruits and Vegetables: there's nothing better than to start your day with a vitamin-packed meal
2. Oats: full of fibre and fun to eat!
3. Pancakes: these can be extremely healthy and scrumptious if made with wheat.

So, eat breakfast everyday!



5 restaurants
to visit in
Mumbai

By Neva Singla



JW Café

Location: Chhatrapati Shivaji International Airport Area, Vile Parle, Mumbai, Maharashtra 400099

Rating: 4.6 stars out of 5

Cuisine: North Indian, Asian, Continental, Italian, Desserts

Average cost: around ₹ 4,000 for 2 people (exclusive of applicable taxes and charges, if any)

Kebabs & Kurries

Location: ITC Grand Central, No. 287, Dr Babasaheb Ambedkar Road, Parel, Mumbai, Maharashtra 400012

Rating: 4.3

Cuisine: North Indian, Mughlai, Lucknowi

Average cost: around ₹ 3,000 for 2 people (exclusive of applicable taxes and charges, if any)





Romano's

Location: JW Marriott Mumbai Sahar, IA Project Road, Chhatrapati Shivaji International Airport, Sahar, Chakala, Mumbai

Rating: 4.6

Cuisine: Italian

Average cost: around ₹ 5,000 for 2 people (exclusive of applicable taxes and charges, if any)

Nawwab Saheb

Location: Renaissance Hotel, 2-3B, Near Chinmayanand Ashram,
Powai, Mumbai

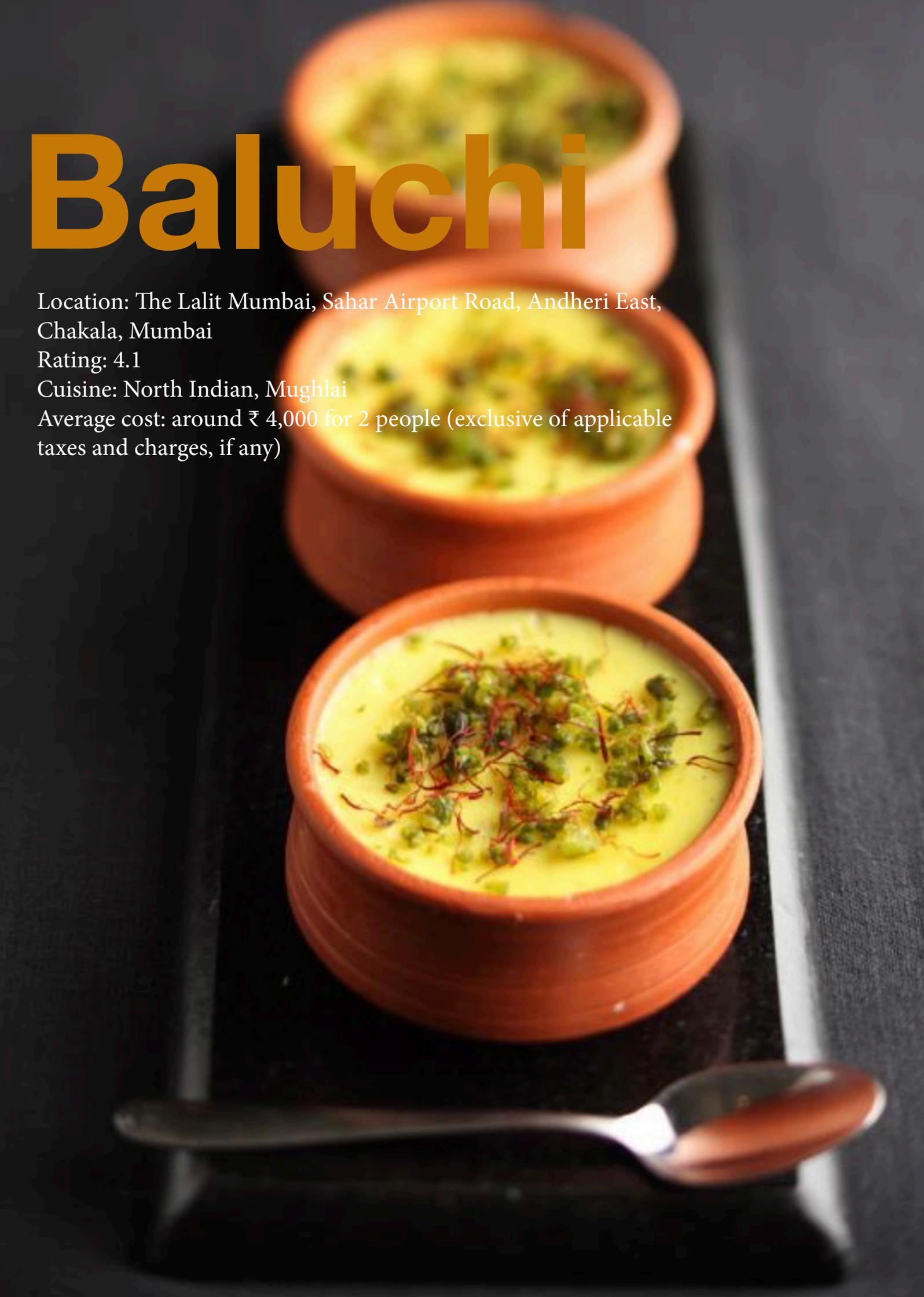
Rating: 4.2

Cuisine: North Indian, Mughlai

Average cost: around ₹ 4,000 for 2 people (exclusive of applicable
taxes and charges, if any)



Baluchi

The image shows three terracotta pots filled with a yellow Baluchi curry, garnished with green herbs and saffron strands. The pots are arranged in a diagonal line on a dark, reflective surface. A silver spoon is placed horizontally in the foreground. The background is dark and out of focus.

Location: The Lalit Mumbai, Sahar Airport Road, Andheri East, Chakala, Mumbai

Rating: 4.1

Cuisine: North Indian, Mughlai

Average cost: around ₹ 4,000 for 2 people (exclusive of applicable taxes and charges, if any)

The **Team**



E P O C H

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Tennis: Shivank Ganesh

Science and Technology

Tropical Storms: Ananya Bhat

International Affairs

Migration Crisis: Aryan Srivastava

Food

Restaurants in Mumbai: Neva Singla

Breakfast: Aaryaa Chabria

In conjunction with
the literary club



**NEW ISSUES
OF THE
MAGAZINE
EVERY
MONTH,
UP UNTIL
APRIL!**

E

EPOCH



**GICLM'S OFFICIAL
SCHOOL MAGAZINE**

We're back, better than ever!

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