

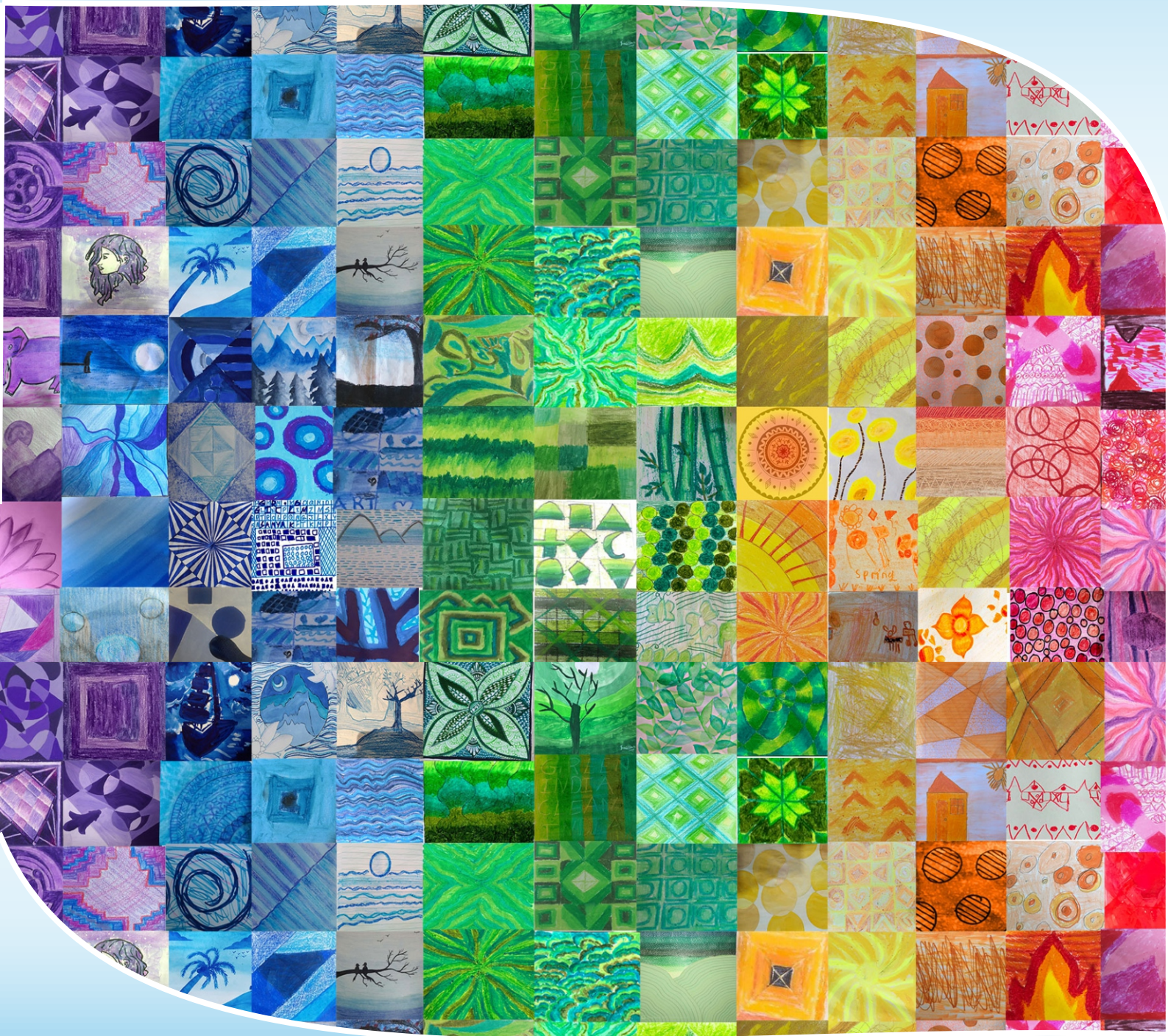
SURKHIYAN

सुरखिया

2019 - 2020 IBDP
SCHOOL TOPPERS

IBDP NEW STUDENT
REFLECTIONS

GRADE BY GRADE
BOOK RECOMMENDATIONS



AN INTERVIEW ON THE
TOPIC OF DEPRESSION

MAKING WEATHER
PATTERNS IN K1

ILLUSTRATING THE LAYERS OF THE
EARTH THROUGH EGG DISSECTION

***Cover photo is of Whole School 'Expressions of Colours' Art Activity**

Welcome to the New Academic Year 2020 - 2021!

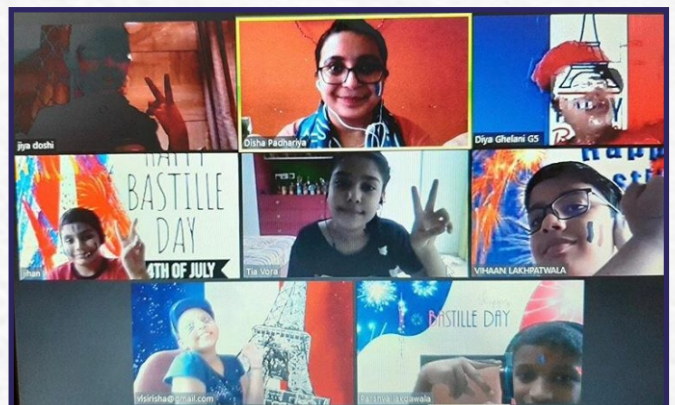


This academic year is special, as we start, or rather continue our teaching and learning activities on the online platform. Our IBDP students in the May 2020 session achieved a wonderful set of results with a school average of 36 points compared to the worldwide average of 32 points. We have been running the Diploma Programme for over 10 years and this is the first time that our students could not write their examinations, making this result very unique for students and staff.

This lockdown has been a great learning experience for all of us. Learning to work from home while managing ourselves, learning new online skills, acknowledging the efforts taken by teachers in delivering their lessons, teaching our parents or grandparents how to use Zoom and Google Meet to do video calls, trying out new recipes from YouTube, engaging in online courses which have been made free during this time by many institutions, and many more. This phase has given us all time to understand the importance of the small things in life like on the go coffee, greeting students as they enter the school, sharing lunch with colleagues in cafeteria, discussing football matches over a meal (this one's for Mr Ian), a Hello Ma'am or a good morning Sir from students, entering a class full of enthusiastic students who have so many questions as you enter the room, writing on the whiteboard, standing for the national anthem, marking handwritten books or papers, meeting parents in the reception, and simply engaging in the conversations that make our routines meaningful and complete. I am sure all members of the GICLM community are missing school and are looking forward to coming back.

Here's to a great year ahead and hoping to see you all back in school soon! Stay home. Stay safe.

Mrs Monika Koradia
Head of School Operations



Back with a Bang

Learning in Nursery began from day one of the academic year. Multiple different activities including stories, songs, science experiments, sensory experiences, gross motor, and fine motor skills were all done in the month of July. Learning life skills like sorting beans, cutting bananas, eating with a fork, folding napkins, and wearing socks that help children in the long run also took precedence. It was fun learning with our little ones while enjoying some hands-on activities like mixing colours, making Monaco toppings, and removing objects from the “feely bag”. All of these fun lessons had our youngest students engrossed in the learning, with their tutors encouraging them along the way. It was really heart-warming to see our little ones in Nursery getting used to this new learning experience. They were all very eager and enthusiastic to join in the fun!



- Nursery

Weather Forecast (Know Your Weather Pattern)

In this activity, the tutor set up a simple pattern of symbols, such as two suns and a cloud. The children were then asked to repeat the pattern. After this, they were asked to make their own patterns using the symbols. At the end of the lesson, students were encouraged to customize the pattern too. Overall it was a great lesson where kids were engrossed with the fun and anticipation of what was to come next!

Here's a glimpse of our K1 kids creating the patterns.



- Kindergarten I



Moong & Chana Chaat

Hands-on cooking activities help children develop confidence and skills. Following recipes also encourages kids to be self-directed and independent. Additionally, it teaches them to follow directions and develop problem-solving skills. Our K1 babies at GICLM enjoyed making their very own moong and chana chaat with the help of their mummies and daddies at home with their tutor online.

- Kindergarten 1

A New Academic Year And A New Beginning

With a smile on their faces, K2 children were eager to interact with their tutors and friends through virtual classrooms. They were thrilled to receive their own stationery kit and showed great interest in learning and adapting to the virtual environment.

Our little ones displayed great involvement and exhibited good motor skills in activities such as cutting, tracing and drawing, which helped in enhancing their concentration, finger dexterity, eye-hand coordination, right-left orientation, and visual-spatial skills. The activity which kept them most on their toes was when they moved buttons along zig-zag patterns using both hands simultaneously, trying to reach the ending point at the same time.

They also indulged in a magic trick with tissue paper, which ignited their curious minds to explore and experiment in an enjoyable manner.

It was also amazing to see our children relishing the spin wheel sandwiches during our non-fire cooking session. They got hands-on experiences as they followed the step-by-step instructions of their tutor and made their own sandwiches with little assistance from their parents.

- Kindergarten 2



Who doesn't like a Cuddly Bear?

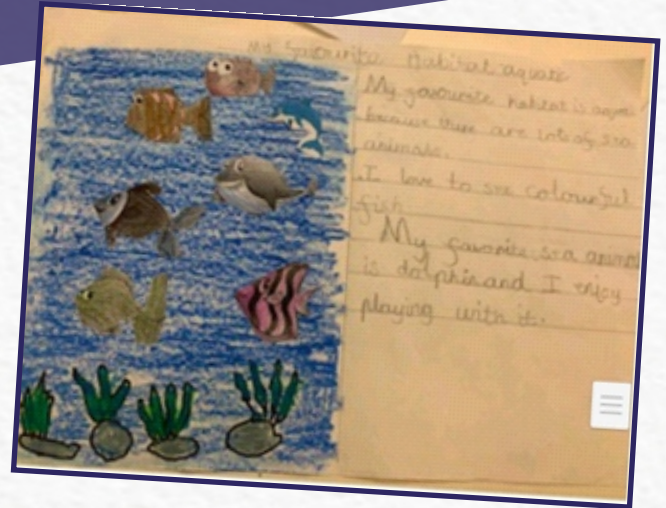
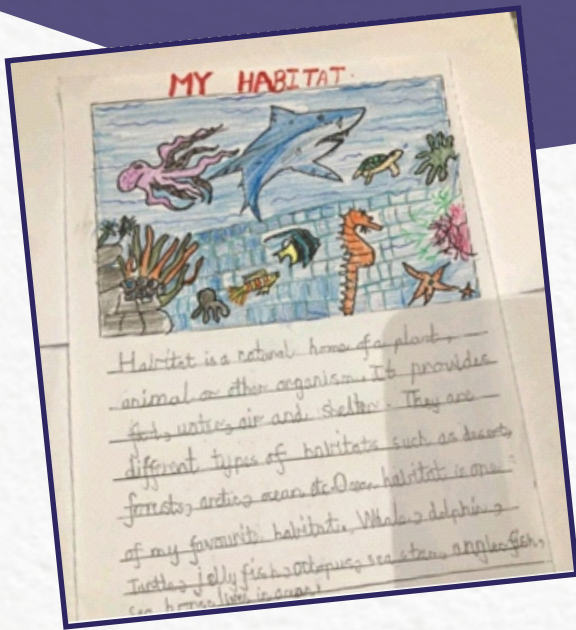
Fun Friday had all our Nursery, K1, and K2 children enjoying a combined story session of one of the most loved stories: Goldilocks and The Three Bears.

It was great to see the children engrossed as well as actively participating in the various follow-up activities.



Take a Look at Our Favourite Habitats!

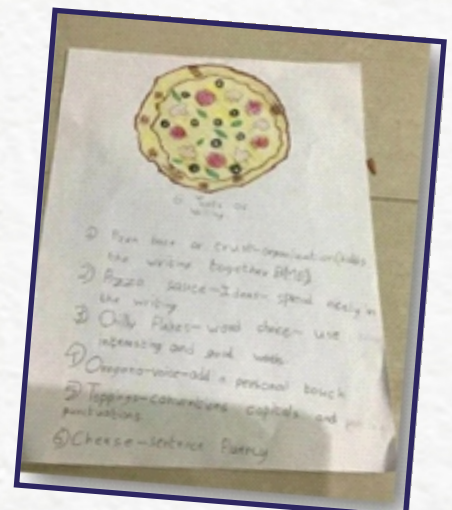
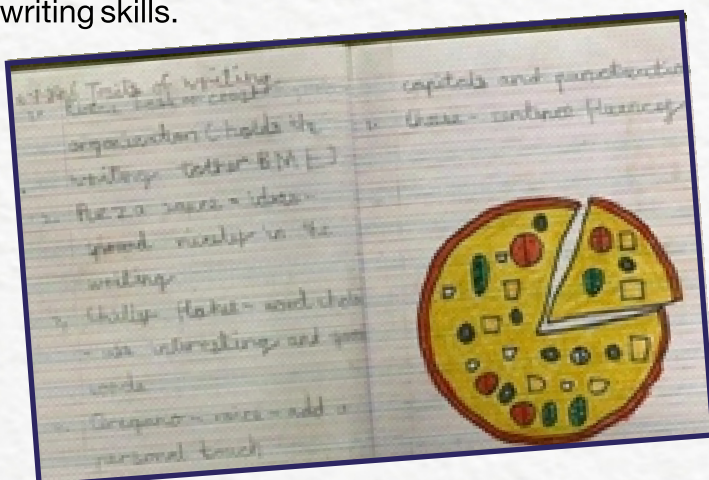
As a part of the learning journey, our newest members in Primary took a sneak-peek into different habitats found around the Earth. After this, they were asked to make a chart of their favourite habitat and explain their views on it. This activity helped develop students' thinking skills and concept understanding, as well as giving them a chance to show off their drawing skills.



-Grade 1

Learning English through a PIZZA!

Writing is a medium of human communication that involves the representation of a language with symbols. In this area of English, skills are developed by understanding what a good piece of writing looks like. With this in mind, students of Grade 2 learned the six important traits of writing by comparing them to the various components of a "pizza". Each trait was explained by linking it to different parts of a pizza, where the crust is the organization of the writing that holds the entire piece, pizza sauce is how the ideas are nicely spread, and so on. It was a wonderful opportunity to connect language with art as the students designed their own pizzas. This activity helped to achieve the learning goals of improving communication and writing skills.

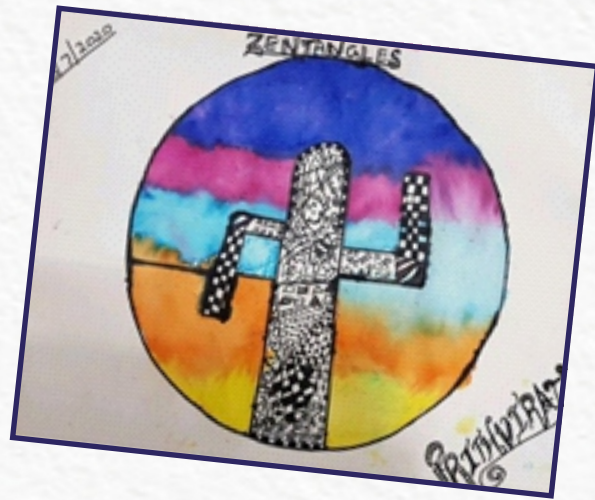


-Grade 2



Zen - Tangle Art

The Zen-tangle method is easy to learn and is a fun and relaxing way to create beautiful pictures by drawing structured patterns. We call these patterns tangles. During the month of July, some of the students in the Primary grades created tangles with the combination of dots, lines, and simple curves. They then created their own art piece with these different types of patterns.



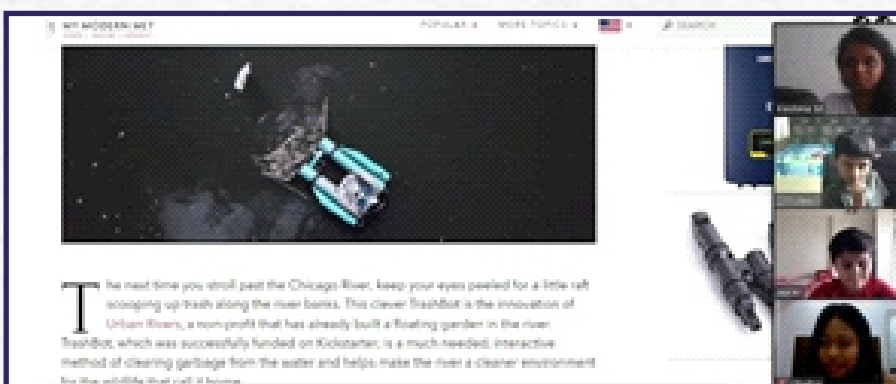
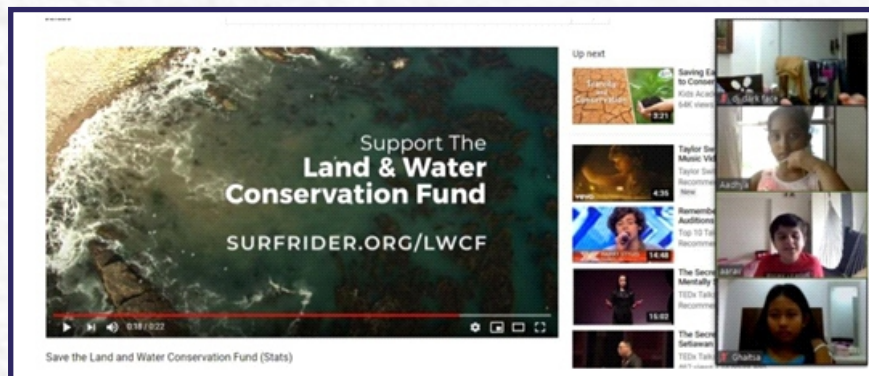
-Grade 3

Solutions For A Better Tomorrow

As the Grade 3 students concluded their habitat unit this month, students had a wonderful opportunity to research, learn and share their opinions about companies finding solutions to global environmental issues. They had previously learnt about the various ways humans have been causing harm to our planet. It was interesting for them to discover the range of initiatives people are involved with to help protect our planet.

Students focused on a range of problems these companies were helping solve such as water pollution, land pollution, and deforestation. A few of the interesting companies with initiatives they found out about were: ChopValue chopsticks who reused old furniture, Adidas reusing plastic bottles to make shoes, SurfRider surfers collecting ocean garbage, the Trashbot robot collecting trash, among others. Take a look at some of their finds!

Through this activity, students not only gained a broader understanding of the many ways people are taking action, but also got an opportunity to think of creative ways they themselves can take action.



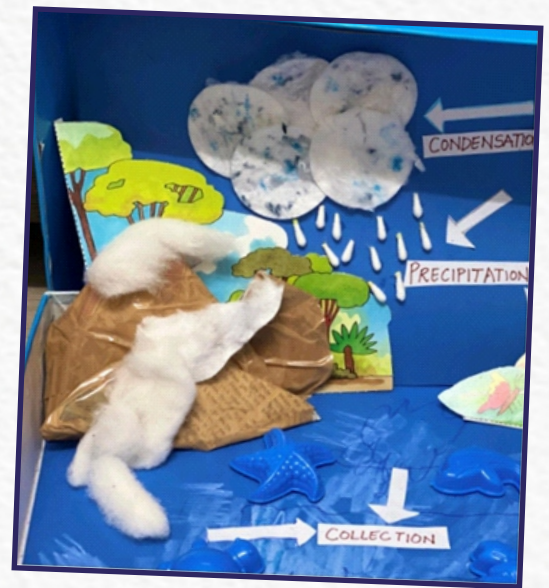
-Grade 3



Water Cycle Activity

The students of Grade 4 created a model of the water cycle to display what they had learnt for their Science unit, 'States of Matter'. Their model shows the continuous circulation of water in the Earth-atmosphere system. They then labelled their models using topic-specific vocabulary. Students also recorded a video on the same to speak about the importance of the water cycle and how it is necessary for all living beings.

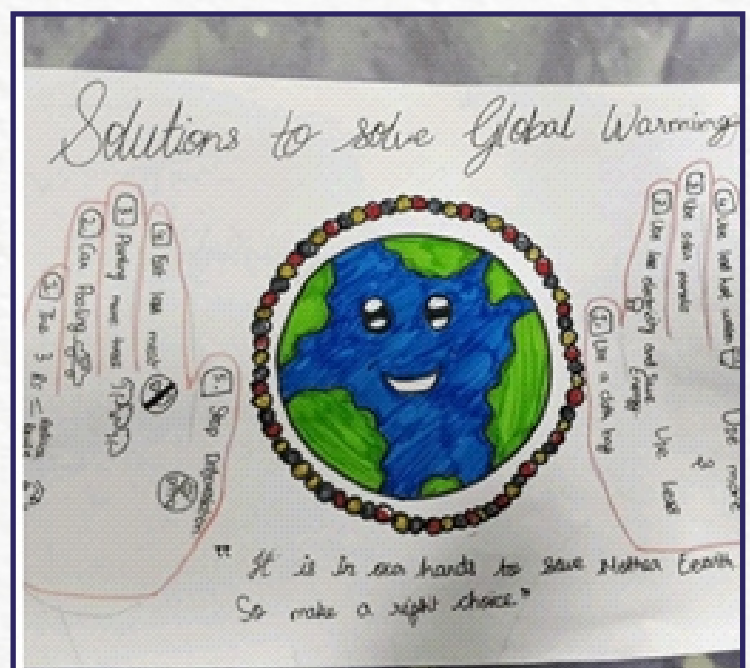
- Grade 4



Keep Calm and Stop the Greenhouse Effect

Students of Grade 5 learnt about the effects of Global Warming on our planet, and the different ways we can save our Earth from it throughout the month of July. To display their learning, they made a poster where they described how global warming occurs, and the different ways we can help resolve this problem. Students then explained how greenhouse gases such as carbon dioxide (CO₂), methane, nitrous oxide and other air pollutants collect in the atmosphere and absorb sunlight. They spoke about what happens to the solar radiation that has bounced off the Earth's surface. Students also discussed ways to resolve other problems, such as deforestation, by being environmentally conscious and sharing ideas to reduce, reuse and recycle daily items.

- Grade 5



“Happy Feet Will Dance”

I completely believe and live by this quote. For me, dance is not just about rhythm and movement. This sport balances my mental wellbeing and refreshes my soul. It helps me focus on my weight management skills and improves coordination and flexibility.

In the GICLM Dance Club during the month of July, we learned dance forms like whacking, Bollywood, and contemporary. We are trained to maintain a correct body posture and to keep our expressions intact at all times. I always look forward to the club, as we are trained under professional guidance. Our coach, Ms Shraddha, makes us watch different shows which enhances our learning. Every session is filled with new techniques. I am grateful that the school gives me a chance to develop my passion for dance and fulfil my dreams of becoming a better dancer with every passing day under my teacher's guidance and support.



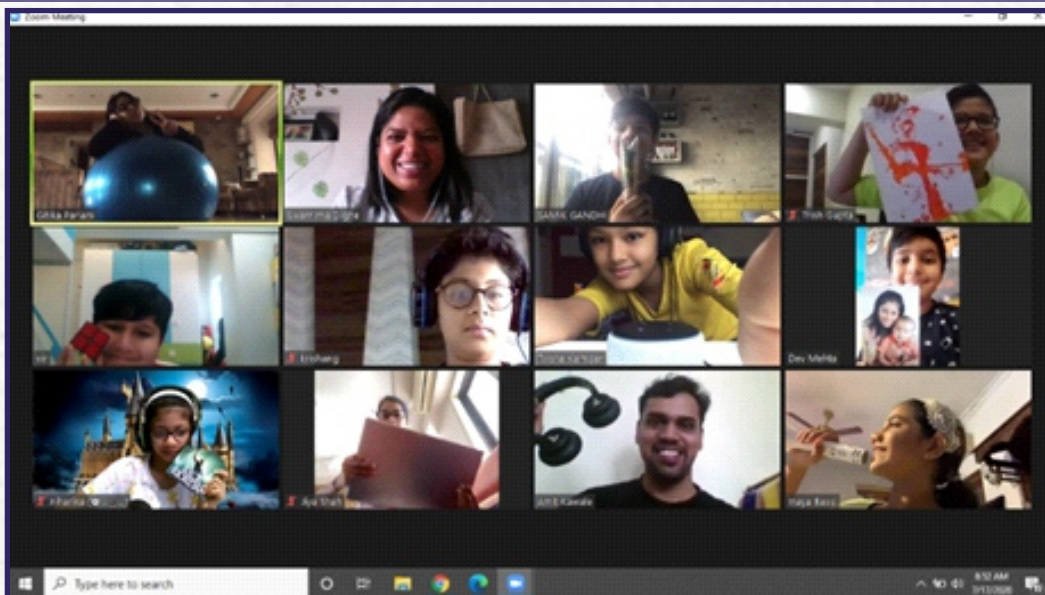
Gitika Pariani
Grade 6

Show and Tell

Students of Grade 6 have been playing the game of 'Show and Tell' with their class tutors once a week. They get objects or things related to the topic given for the session and spoke about their connection with those items.

One of our topics was 'What kept you sane during lockdown?' Some examples of what students brought included: a Rubik's cube, an exercise ball, headphones, their paintings, books, a mic, and pictures of their family members, among others. Basically all the things that made them happy. This activity has helped the class understand their friends better in order to create a stronger bond with their classmates and tutors.

Grade 6



Illustrating the Layers of the Earth through Egg Dissection

The Earth is split into three layers: the crust, the mantle, and the core. The mantle and the core are further subdivided into an inner and outer layers.

To learn the structure of the Earth, Grade 8 students boiled eggs that modelled the three layers of the Earth. The inside of the Earth is layered something like an egg, as both have a thin, brittle shell. The crust of the Earth is broken into pieces, like the cracked shell of a hard-boiled egg. The mantle of the Earth is like the egg white, and the core of the Earth lies in the centre like an egg yolk. Following this activity, students drew a diagram of the Earth's interiors and labelled all the parts.



- Grade 8

Giving Back in a Time of Need

The Pandemic has caused great devastation and the economy has been declining to an extent never seen before. This got me worried, and I was desperate to help in any way possible.

The NGO - Shrimad Rajchandra Love and Care (SRLC) came up with novel ways for helping COVID patients with their launch of a holistic programme for fundraising. The major activities being undertaken included providing support to front liners, distributing ration kits and essentials to daily wagers, assisting hospitals with medical supplies like PPE kits, sanitizers, masks, and feeding stray animals and birds.

With the grace of Pujya Gurudevshri, I decided to become a fundraiser -- "COVID WARRIOR". Initially, my target had been 25,000 rupees. My family, relatives, and most of all, My Gurudev- Shri Rakeshbhai Jhaveri's support not only helped me attain my target, but exceed even my own expectations.

The "Circle of Love and Care" movement began with "THEPLA (Masala Roti) Drive" in which seekers prepared Theplas from homes and distributed them to migrant workers. It soon turned into a movement with hundreds of Mumbaikars joining in. This action led to 22.70 lakh Theplas in just 21 days with 9.80 lakh migrants.

- Dhriti Ajmera
Grade 8



COVID 19 and The Environment

2020 isn't exactly what we expected it to be. We all had plans for summer this year, but unfortunately, they were all cancelled due to the major crisis all over the world. Indeed, 2020 didn't start well at all. Forest fires in Australia were not a good beginning to the year. Several koala bears and kangaroos lost their lives in the fires. Next, the Coronavirus took a toll on all of us. It's a virus that has come from animals. This I believe reflects on us, the most intellectual and powerful species on Earth. Had we not been the keen meat eaters we are today, perhaps we would not be in this predicament.

The way we have been treating animals has finally come full circle. Yet another troubling aspect is that millions of animals have been used for our benefit. People use horses for races just for their entertainment. Well, have you ever thought if the horses like to run around the field with a person sitting on them? Of course none of us has had that thought because we just want to have fun. People in the olden days used donkeys to carry all their luggage on their backs. Bullock carts were also used for travelling in the past. We humans have been using animals for a long time just for our convenience. Humans need to stop using/harming animals for our entertainment.

We also cage and capture animals, be it in zoos, safaris, or even our own homes. This works against the laws of nature; animals have their own homes; homes we have spent years destroying. Speaking of habitats, the world has seen severe changes over the its lifetime. However, the last century has hit our planet the hardest. Pollution and the development of technology have caused global warming, leading to temperature rises throughout the globe. This has caused several species to go extinct and has damaged the world severely.

Luckily, the current situation is providing mother nature time to heal herself and stand up back on her feet. The ozone hole over the arctic has closed, the beaches are much cleaner, and we can once again see the blue skies of Mumbai I forgot we once had.





What an incredible journey this has been! From a tiny toddler who joined Garodia International at the age of five to a confident teenager who has achieved academic excellence, I have gone through a gamut of emotions as I leave this institution with memories to cherish. Being a part of the IB program at GICLM has been an amazing experience for me as I have evolved as a person through my two years at this institution. From entering GICLM as a budding gem to leaving it with a secured admission at the University of Ottawa with a \$25,000 annual scholarship, these two years have been no less than extraordinary for me.

Even though I always loved studying all my subjects through the IB program, the subject that was exceptionally interesting to me was mathematics. Even though I struggled with it initially, after hours of hard work, determination, and continuous support from my teacher, I was able to cope with the complex nature of the subject. To pursue my passion for the subject, I shall continue with mathematics at the university level along with computer science as my major.

My journey through the IB wasn't all smooth sailing. There were times when I struggled to cope with the rigorous nature of the curriculum, particularly trying to keep up with the IA and EE submissions while maintaining high academic grades simultaneously. To surpass these challenges, I had to inculcate the attribute of time management into my routine. Therefore, I'd like to recommend my juniors to manage time effectively and space out their schedule to balance academic stress with extracurricular activities. While procrastinating may seem the easy way out for most students, submitting your IAs and EEs before time is the best thing an IB student can do to receive constructive feedback and improve their grades. To conclude, my experience at GICLM has been phenomenal and my teachers and peers have majorly contributed to it.

Manav Isrrani
GICLM Class of 2020



I have been a part of this school for around fourteen years and have certainly grown as an individual. Taking up the IB program only helped accelerate this growing process. With the many advantages that the IB curriculum brings to students, such as ensuring a holistic education, sculpting an individual to become more open-minded and knowledgeable, etc., it also introduces several challenges that can be strenuous to overcome. One of the main difficulties I faced during the two years was scaling the infamous Mount EETOKIA (Extended Essay, Theory of Knowledge, Internal Assessments). These three components resulted in several sleepless nights and the loss of faith in my time management skills. However, I found that treating these tasks as ways through which I can extend my knowledge boundaries, and not solely thinking of them as tedious submissions that I needed to get over with, helped

me stay focused and manage my time better. Additionally, I rewarded myself with small goodies (like my favourite chocolate) every time I completed my target which motivated me even more.

As I am an aspiring psychologist, one of my HL subjects was Psychology, which was both my favourite and the most difficult. Nonetheless, I never felt like giving up due to my love for the subject. It's reassuring to know that as long as you have a passion for something, hard work inevitably follows.

To all those students who just started their IB journey, I'd like to point out that long, stressful hours of studying and constantly pressuring yourself aren't the keys to achieving success. Striking a balance is what matters. Set goals, set rewards, and set some time aside to embrace your other interests/hobbies as well. After all, all work and no play makes Jack a dull boy; all play and no work makes Jack a mere toy.

Mishti Raveshia
GICLM Class of 2020

IBDP New Students Reflections

Q. What are your first impressions of the school, how is it different from your previous school, and how well have you settled into GICLM so far?

Lopamudra:

My first impression of this school was that it is really similar to American high schools that I've seen on television shows. This school is considerably different from my old school because of the difference in the board. The IB programme is more practical and application-based. In the past month, I have learnt a lot while settling down in this new curriculum.

The SSC board in my old school did not give me the kind of learning opportunities I have encountered thus far at GICLM. I enjoy all of my classes. All the students here are great. Additionally, all of my teachers have been very welcoming, especially Ms Rumana. It is my wish to have the best education and make life long friends here at GICLM.

Tanish Chedda:

I feel like this school is really great. I love all the teachers and students. All of them are very open and friendly. Every student is very kind and helpful. I think the main difference between IB and CBSE is that the analysis, application, and understanding are given much more attention. Managebac has also been great in helping me organise my tasks, and the PSHCE program is something that I look forward to each week.

Dia Shah:

At first I was a bit worried about coming to GICLM, but when I joined and started with the online classes, I realised that all my classmates are extremely helpful and welcoming, which was very comforting. All the teachers explain their corresponding subject extremely well and are very understanding. I feel like GICLM is a lot more organised and experienced in terms of IB since it was my previous school's first year of IB. I feel that I have settled extremely well and can't wait to meet everyone once our school starts. I am glad to be a part of the GICLM family!

Aindri Kala:

As any new student would be, I was really scared of the sudden change. It was a new course with new people and I was nervous that I wouldn't be able to fit in. However, both teachers and students have been very welcoming and helpful. I felt comfortable in almost no time.

The differences between my old school and GICLM are as follows:

- 1) The teachers give a lot more attention to student's opinions and progress.
- 2) We have been introduced to sources of information beyond our textbooks (eg: labs and simulations)
- 3) the school helps students indulge in a variety of extracurriculars (MUNs, university intros, after-school activities, etc.)

Personally, I'm more of an introvert so, it is still a little difficult to talk to new people, but everyone in the GICLM community has been so easy to talk to and sweet that I think I will be completely settled in a few weeks.

Arunima Deb:

I first had the chance to visit GICLM when I came for a university fair with my previous school. To be honest, though this school had more to offer than any other school I had seen in India, and I knew it would be a great place to learn, I never thought I'd join the school. I had a complicated relationship with my last school. There were a lot of issues, personal and public, and it wasn't a great environment to learn; however, I think GICLM will give me a much better opportunity to work on my sports profile, which my previous school failed to provide.

Overall, I have settled in pretty well I would say. I am a social being, so I genuinely reached out to lots of people and everyone helped me settle in and get used to this new environment. I made a lot of new friends, some of whom are very close to me. I think this school year is going to be very intense due to the pandemic, but it will all be worth it.



Expressions of Colours

'Colour is a power which directly influences the soul'.—Wassily Kandinsky

Just like Kandinsky, we all know the importance of colours in our lives. Just imagine our life without colours, it would be a dull and boring canvas. So to fill some positivity and colours in our lives, our Art teacher, Mr Amit Kawale, planned an interesting art activity for everyone (including students, teachers and support staff), wherein we all created a piece of art using one colour and its shades.

Everyone expressed their own feelings and emotions in their work through their favourite colour. In the end, we made a digital collage using all the artworks to create one true masterpiece. The title of this wonder is "Expressions of Colours".

This masterpiece represents the positive energy of every single individual who has given their valuable time and energy for it. So go ahead and create your own masterpieces of colour.

Entrepreneurial Workshop Held At GICLM

The hard-earned joys are the sweetest. One such joy I experienced was when I won a Business Plan competition. My business plan was PawLove, a startup idea where we provide unique services and innovative products to cater to the needs of pet owners/pet parents, especially of dogs and cats.

I thought of conducting an online survey regarding the likability of the idea and further the details of the idea. The response was very good and drove me to give my best effort. This also encouraged me to do further detailing of the idea. It was very time consuming and difficult to bring about the intricate details of this plan. In the process, I learnt a lot.

It was the first time that I was actually visualising in my mind about opening my own business and becoming an entrepreneur. The experience and knowledge that I gained during this competition will help me a lot in my future endeavours. I want to thank our school for constantly supporting me and wishing to bring out the inner talent in each and every one of us.

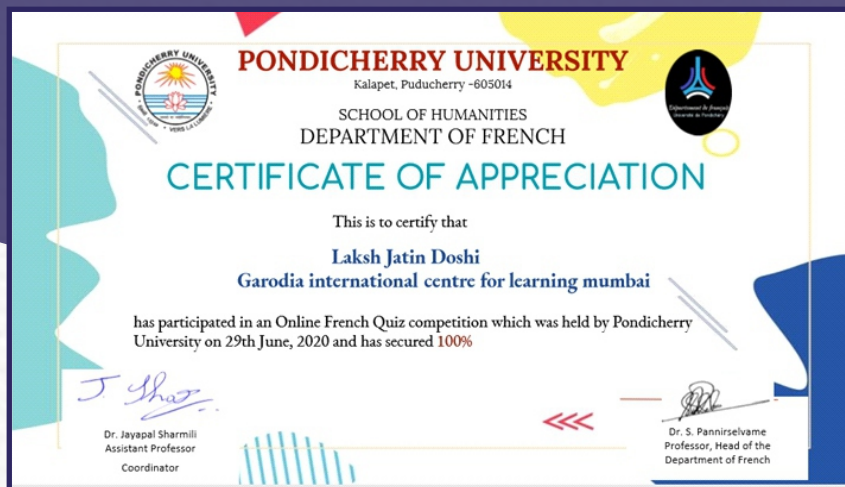
Lopamudra Bareja
Grade II



Un Concour Pour Les Jeunes

Bonjour!!! The French National Day is the anniversary of Storming of the Bastille on 14th July 1789, a turning point of the French Revolution. On the occasion of Bastille Day or Fête Nationale de la France, Euroschool Airoli organized a creative writing competition for French learners in Grades 6 to 10 all over Mumbai. Many of our GICLM students participated in this competition and the results were announced on the 14th of July through a virtual celebration session conducted by Euroschool. Out of 300 entries received by Euroschool from Mumbai, two of our students did us proud and won prizes. Gitika Pariani won 2nd place in the Grade 6 category and Devam Desai won 3rd place in the Grades 9 and 10 category. The broad underlying theme for all grades was 'evoking the life of people after the pandemic of 1920 and what ensues now'. Our students persevered and performed well while representing GICLM.

There was also a French online quiz that many of our students participated in. It was held by the prestigious Pondicherry University and it involved questions regarding vocabulary and grammar. "The majority of questions that stumped me were those related to France. It was a fun experience to show where I stand when it comes to French language and culture," said Sanjana Lakhatwala, an IB student at GICLM, one of the winners of the online quiz. The other winner was Laksh Doshi from Grade 10. He scored an outstanding result of 100% and made us all proud here at GICLM!



Drawing By **GITIKA PARIANI**



Book Recommendations

Grades 1 to 3: *New Age Fairy Tales*, a collection of fairy tales by Ariana Gupta

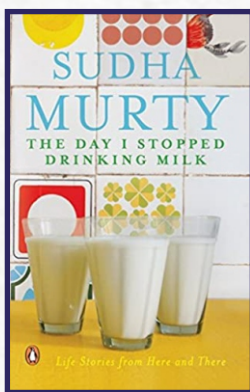
We have all read fairy tales such as Snow White, Cinderella, and Rapunzel, where a princess in distress is rescued by their knight in shining armour. We have all accepted these characters as a norm, but it is time to change our perceptions of these fairy tales and to teach children to write their own destiny.

Ariana Gupta's book is a collection of modern-day fairy tales that teach children that the aspiration of young girls shouldn't only be to find their prince charming but also to be independent. Gupta has touched upon issues faced by girls ranging from gender discrimination, discrimination based on complexion, and shaming girls for being career-oriented.

The book has been suggested for all kids and parents because it is important to bring light to modern-day issues.



Grades 4 to 5: *The Day I Stopped Drinking Milk*, a collection of short stories by Sudha Murthy

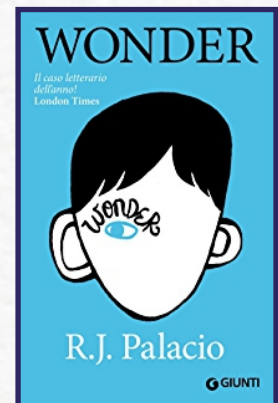


The Day I Stopped Drinking Milk is a collection of 23 short stories that recollect the heart-warming stories that Sudha Murthy has encountered through several years. She intertwines the everyday lives of men and women in India into stories that have unique and unforgettable values. Stories about Vishnu, who achieves every material success, but never knows happiness and Venkat, who talks so much that he has no time to listen. There is also a story about a young girl who goes on a train journey that changes her life forever. All of these stories and more have been explored to teach valuable life lessons.

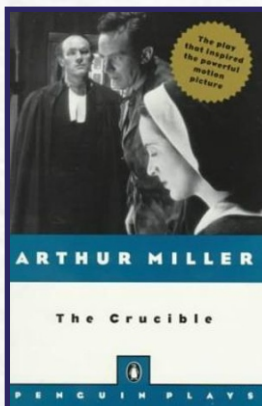
Grades 6 to 8: *Wonder*, a novel by R. J. Palacio

Wonder is a book about a boy named August who does normal things like any other ten-year-old would do. However, despite 27 surgeries, he still cannot look normal. When Middle School began, August wasn't even able to walk down the corridor without getting cruelly stared at.

Palacio tells the story through the eyes of different characters in the book which allows the reader to get acquainted with all of the characters. Even though the book has been recommended for ages 8 to 13, themes like bullying and identity make it an attractive book to a wider audience as well.



Grades 9 to 12: *The Crucible*, a play by Arthur Miller



The Crucible is a chilling play written by Arthur Miller which studies the actual events that led to the Salem witch hunt trials in 1692. This Tony Award-winning play has powerfully described the effects of accusations of witchcraft made by a young group of women on the local townspeople. The selfish behaviour of Abigail and the ruthlessness of the church and the state teaches a valuable yet painful lesson to the readers. Arthur Miller also includes his own insights into his characters through the usage of stage directions.

Dheemahi Udapa
Grade 11



IS DEPRESSION WHAT WE THINK IT IS?

In order to bring to light the seriousness and prevalence of depression in our society, Grade 10 student Suividhi Bhushan sat down with our school counsellor, Ms Sakshi, for an in-depth interview.

What is Depression?

Depression is the absence of hope. It's like living in a body that fights to survive with a mind that tries to die. It is the feeling of being wrong, every second! Depression is getting up every day just to go back to bed again, it's a feeling of being numb.

Most people feel sad or depressed at times. It's a normal reaction to the loss of life. But when intense sadness — including feeling helpless, hopeless, and worthless -- lasts for many days or for weeks, and keeps you from living your life, it may be something more than sadness and can be said to be depression.

What are the Symptoms of Depression?

A person needs to have a certain kind of connection of symptoms which need to exist for a particular amount of weeks and months to get diagnosed with depression, these symptoms can include:

- Loss of interest in activities that felt pleasurable
- Loss or gain of appetite
- Sleep deprivation or excess of sleep
- Frequent suicidal thoughts
- Feeling worthless
- Poor concentration
- Restlessness or slowness

It's a common understanding among people about that depression is treatable, can a person diagnosed with depression overcome it? Can we fight it?

Depression is more like cancer, There's no CURE for depression. Depression is also not a choice, but there are a lot of effective treatments. You cannot stop cancer or depression; however, you can reduce its impacts on your physical and emotional self. Depression can be treated by taking medications, or if it is more serious, for instance, if thoughts of suicide or hurting themselves are frequent, taking help from professionals, therapists, etc. who will help.

Are there any causes of depression?

There can be two causes: biological and psychological. There are some biological underpinnings, like inheriting trauma, which can be carried into the genes. Another cause is psychological. This occurs when feelings of defeat, worthlessness, or losing hope become constant thoughts, causing depression. Lastly your social identity, the way you are treated, can also have a huge impact on your mental abilities.

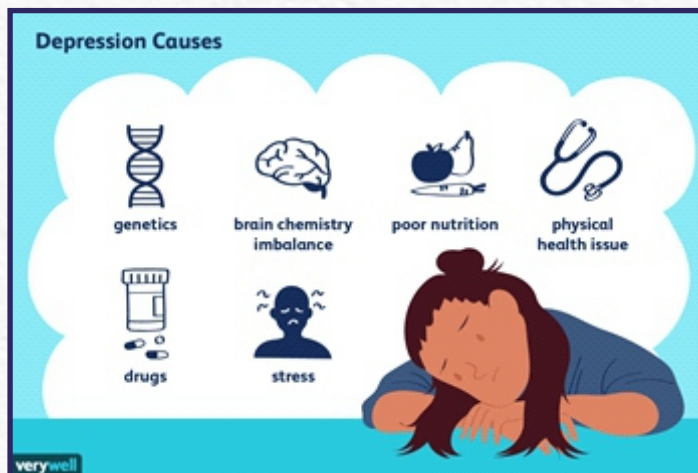
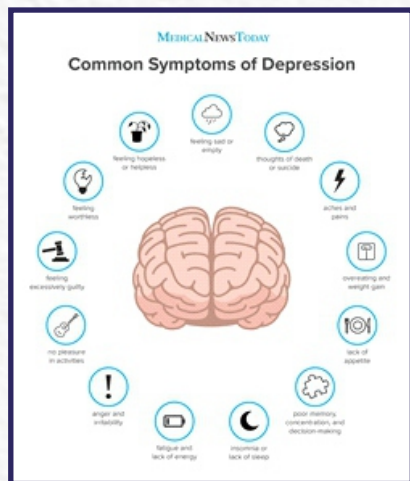
What did I take away from this interview?

This interview with Ms Sakshi made me think about how little we know about depression, and how vague our knowledge is on this vast topic. This taught me that the term depression is more serious than we may think, and how it needs more attention. Awareness is needed, as the amount of suicide and self-harm cases continue to increase worldwide. Never ignore someone who comes and tells you that they are depressed. Think about this, would you ever tell someone "It's cancer, get over it"? No one would think of doing that! As depression thrives in secrecy, it shrinks with empathy. SHOW EMPATHY.

Helpline numbers to contact in case of depression:

1. 91-9820466726 - Aasra foundation
2. 1860-266-2345- Vandrevale Foundation



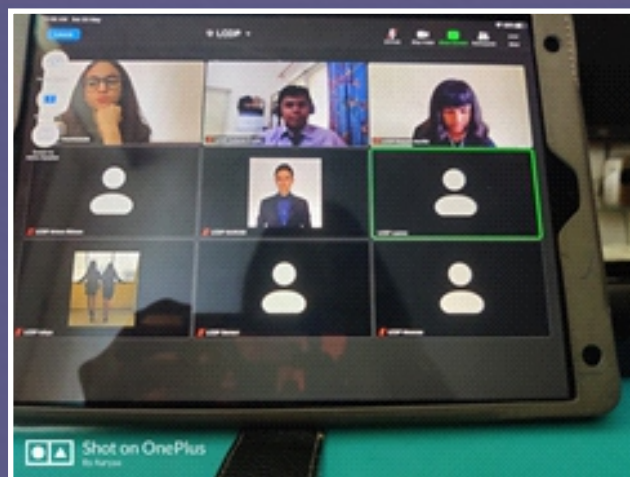


MUN ONLINE

At the end of June, I attended the Artemis Model UN as International Press.

Delegates of an International Press observe and analyse the debate during committee sessions, conduct interviews, and hold press conferences to challenge the course of the committee. The IP supposedly acts as the means of communication between the committee and the outside world.

As an IP member, I believe in questioning delegates about essential areas of the agenda that have not been addressed in committee yet, hence expanding the focus of the debate. An IP member develops a variety of skills during conferences, such as being able to work with words. We were required to write a total of seven articles during the course of the two-day conference. Developing formal ways of conducting themselves, the reporters single-handedly conducted a press conference with 20-25 delegates and were required to formally communicate with the participants, controlling any commotion that might occur. Developing a dynamic approach, reporters were not allocated their committee until the morning before the conference and were supposed to improvise their presentation and interviews. I look forward to attending more such conferences in the future and encourage every individual to engage in such events.



Aaryaa Chhabria
Grade 10

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