

KLOUD9

INDIA'S EXCLUSIVE MAGAZINE FOR THE GEN - Z



CLIMATE CHANGE OR CLIMATE EMERGENCY?

VOLUME 7 ISSUE 23 MAY 2024

CLIMATE CHANGE OR CLIMATE EMERGENCY



STOP CLIMATE CHANGE



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KLOUD9 team

Founder

Prof. Achyuta Samanta

Editor-in-chief

Ruskin Bond

Editor

Dr. Mona Lisa Bal
editorkloud9@kiitis.ac.in

Marketing & Branding

Swati Chakrabarty

Design

Maulika Basu

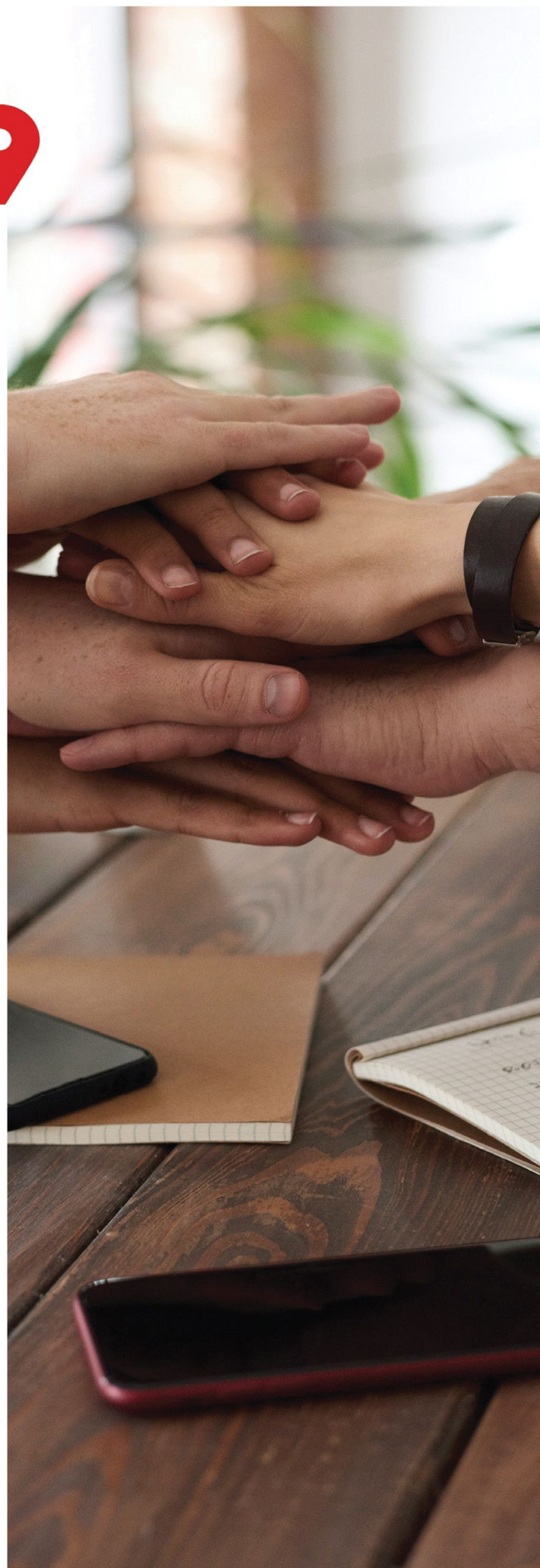
Associate Editor

Nandita Mishra

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EDITOR'S MUSINGS

We just lived in the hottest April in recorded history in several parts of India. Dubai in UAE was flooded with unprecedented rains twice in the same month, and the UK faced the worst heat wave in history last summer. Let's not forget the forest fires that plague us across the continent ever so often. What is worrisome is the increased frequency of these occurrences and how it has numbed us into inaction, and we gloss over it as a one off phenomena. What we are ignoring is that each of these natural aberrations is more potent than what the world has known so far. God's own country, Kerala experienced the worst floods and landslides recently and the dry lakes of Bangalore have brought the water crisis to the door of every resident in the area. Cyclone Fani in 2019 was more severe than the super cyclone in 1999. It not manipulated statistics that talk here, but our own experience of life. It is heartening that young students understand and value the need for a healthier planet. When I read how children who had read about Tsunamis in their geography class were able to anticipate it's repercussions in 2004 better than adults, it gives me hope. When I see imaginative poems and posters composed and designed by children, I have hope. It stems from the fact that they understand what we failed to recognize beyond the pages of our textbooks, is a serious catastrophe that has made inroads in our existence. But if we commit ourselves and act on it, a reversal of sorts is possible. To me, the hope is with the wisdom of the youth, and their belief in living in a healthy world. The youth are the 'free birds' of Maya Angelou's Caged Bird. So take the plunge now, deep dive into this mess and shake the world from this unhealthy somnolence.

A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.



DR MONA LISA BAL
Editor **KLOUD9**




TABLE OF CONTENTS

01 COVER STORY

05 THE MOTHER EARTH IS IN
ICU, BUT IT IS OUR MOMENT
OF CARPE DIEM

10 EMERGENCE OF
CLIMATE CHANGE

12 CLIMATE CONCERN

13 THE POWER OF PESSIMISM

17 CLIMATE EMERGENCY

19 THE CITY HAS CHANGED





TABLE OF CONTENTS

21

"HOT PLANET, COOL
HEADS: NAVIGATING THE
CLIMATE MAZE"

23

ARTWORK

24

CLIMATE CONCERN

25

CONVERSATIONS
WITH PATRIEK
KARAYIL

29

A RAINDROP'S
MONOLOG

33

ARTWORK

34

CLIMATE CHANGE OR
CLIMATE EMERGENCY?





TABLE OF CONTENTS

36

CLIMATE CONCERN

37

NATURE

39

DEAREST EARTH

40

ARTWORK

41

CLIMATE CONCERN

42

PATHOS

43

PRINCIPAL'S INTERVIEW





TABLE OF CONTENTS

50

WHAT THEN?

51

CLIMATE CONCERN

52

ARTWORK

53

CLIMATE CHANGE

54

EFFECTS OF EL NINO &
LA NINA OSCILLATION
AND CLIMATE CHANGE

59

CLIMATE CONCERN

60

ARTWORK

61

CLIMATE CHANGE – A
GLOBAL EMERGENCY





TABLE OF CONTENTS

65

CLIMATE CONCERN

66

PARENTS ARE MY
HEROES

67

PARENTS ARE MY
HEROES

68

CONVERSATION WITH
A VERSATILE SPORTS
LEGEND

70

20 BEST BOLLYWOOD
MOVIES FOR GEN-Z

80

STUDENT
AMBASSADORS

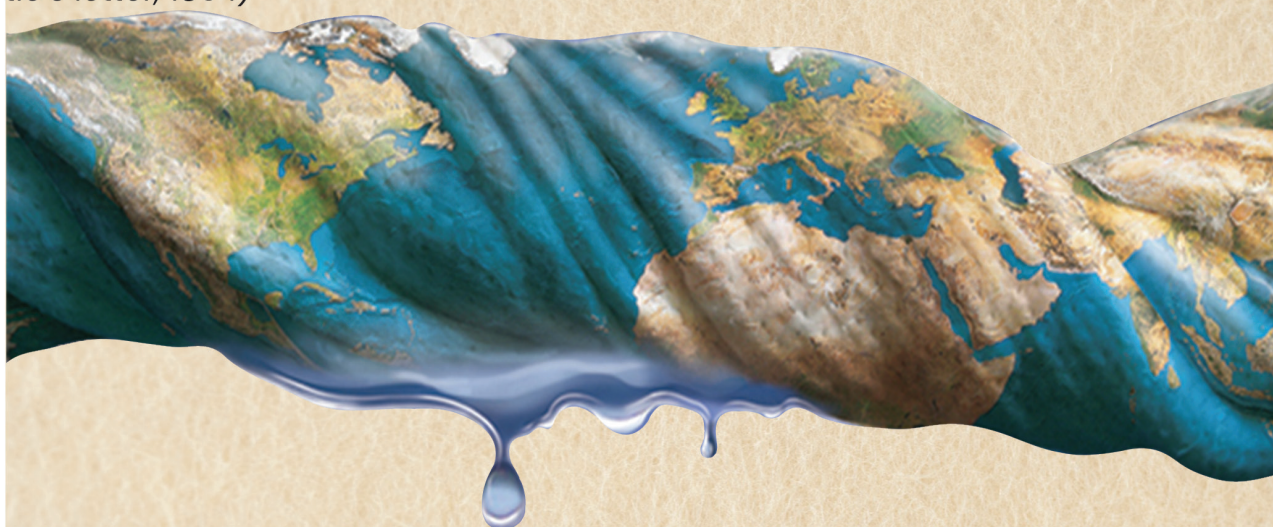
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CLIMATE CHANGE OR CLIMATE EMERGENCY

Nandita Mishra

Will you teach your children what we have taught our children? That the earth is our mother? What befalls the earth befalls all the sons of the earth. (Chief Seattle's letter, 1854)



The United Nations Environment Program says that climate change is a reality and most of it is caused by us, humans. As we constantly preach that rights and duties are two sides of the same coin, we obviously underline the fact that we are born on this planet, and it is our responsibility to protect it. The truth is we have failed miserably in the responsibility aspect, though the agency has always been with us. We have destroyed this planet and are unwilling to put a stop to what we have started, even though disastrous effects have manifested in many ways. Every tornado, cyclone, flood, earthquake is more destructive than before. Even the severity of seasons – heat waves, cold waves, avalanches, forest fires

is much worse than the previously recorded ones. And yet, most of our decisions seem to be for the future, rather than address the enormity of the issue in the present. The Climate Conference in Paris 2015 by the United Nations promised to tackle climate change as an emergency, and support under developed countries with funds. But in the 2023 climate conference, it was evident that precious little had been done even though it was legally binding on the developed nations to improve their own environments and help others.

As the world leaders seem to give the immediacy of this crisis a go-by, the youth has found a cause to pursue. It is no surprise that young climate change

activists have a huge following. They realize that climate change and its fallout is like the unwanted but forced to claim baggage thrust on them. Climate activists like Greta Thunberg inspired school and college students to strike school on Fridays and peacefully protest for climate action making Fridays For Future a buzzword for young people. Xiuhtezcatl Martinez, popularly known as X is passionate about fossil fuels is another youth icon. Ela and Amy Meek are a household name in UK for their crusade against plastic with their movement, Kids Against Plastic. India's Greta Thunberg, Licypriya Kangujam has been a crusader against fossil fuels. The list is unending and the world is fortunate that unlike

politics, where the youth fear to tread or are simply indifferent, environment and climate are issues that they are concerned about. Climate change is no longer a simply a threat. It is now climate emergency that calls for climate action. Climate change is a reality and the need of the time is to act on it with urgency like an emergency. What we need to ask is whether jargonization, debates, discussions, awareness campaign will suffice or is it imminent that there has to be a tectonic shift in the prioritizing for climate action by political leaders for us to be able to save the planet, and ourselves in the process. And if that is the way forward, how can we ensure it? With democracy being the favored form of government, do we need to look beyond economic growth, wealth generation, and employment in electoral promises? Is it not time for people to expect clearly spelt out and implementable

manifestos pledging protection for our natural environment? How can something so fundamental to the existence of life be inimical to development? Clearly, something is terribly wrong somewhere. We have distorted the parameters to define progress and prosperity to such an extent in our quest for power and incessant greed that we have destroyed anything that comes in the way. The price we have paid is scary and ominous as the same time. ***'This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.'*** (Chief Seattle's Letter)

Environment and climate related issues don't make good economics, and hence, get a royal ignore politically too. What the young people need to question about global

leadership is why haven't we found a happy union of these two aspects? Just like our health is the key to our survival and ability to contribute fruitfully to our surroundings, the health of the planet that we live in is our responsibility to protect and improve. It is a shame that short term gains override all else and it has invariably left us high and dry. So while a Severn Cullis Suzuki in the 1992 Rio Summit made the world stage her own for 5 minutes and perhaps inspired a generation of young activists to make their concerns heard at the highest forum, it has remained mostly there. It's a good speech that inspires you but there is no systemic effort to change. ***'What will happen when the buffalo are all slaughtered? The wild horses tamed? What will happen when the secret corners of the forest are heavy with the scent of many men and the view of the ripe hills is blotted with talking wires? Where will the thicket be? Gone! Where***

THE WORLD WITHOUT US

will the eagle be? Gone! And what is to say goodbye to the swift pony and then hunt? The end of living and the beginning of survival.' (Chief Seattle's Letter)

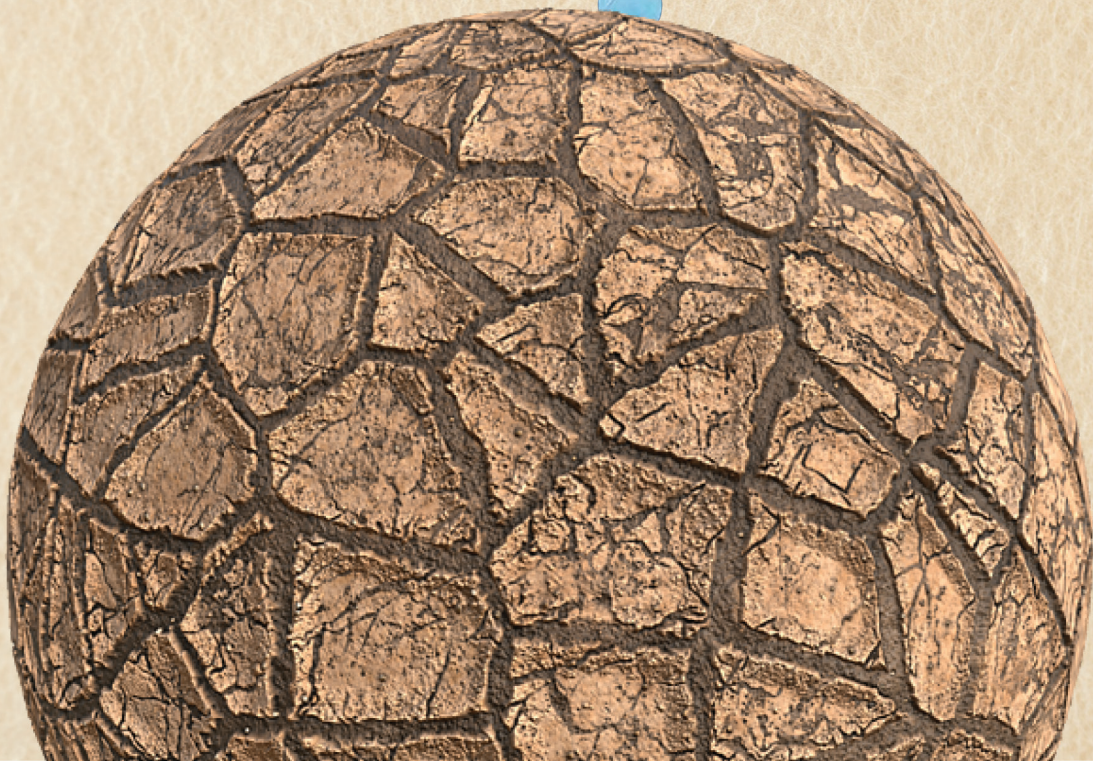
Clearly we need more than just a-flash-in-the-pan reactions by global leaders. When they are elected, they must commit and be accountable for their promises in their manifestos. We must engage more actively with indigenous people, many of whom are conservationists and adopt environment friendly lifestyles and sustain them. EVS must no longer be taught only in the primary and middle school level, to be pushed to the backburner as more 'important' subjects take precedence in the curriculum. Environment literature, history and geography must be included in school and college education spawning a large population of educated environmentalists. We need to look beyond

Earth Day, World Biodiversity Day, World Wetland Day celebrations to give this burning issue the desired gravitas. Sporadic campaigns, sloganeering and passionate rhetoric has done what it could, and now it's time for concerted action.

Chief Seattle's purported letter voiced the concerns of the Suquamish people in 1854. A lot of it resonates with us today too, almost like Nostradamus. Yet, indifference and inaction is all that we have got. Why is the Environment ministry relegated to the sidelines and its role remains limited to suggestions and recommendations only? Climate activists are not simply for good debates and bytes. They are visionaries who are genuinely concerned about life on the planet. It is heartening that artists across the globe have found a connection with this. It has

spawned a range of paintings, dance performances, songs and rap music.

Michael Jackson's **Heal The World** has a new and deeper meaning now. Environment literature is a new range of fiction and some of the best novels have found readership. The Memory of Water, Fish Ladder, Flight Behaviour and other such works have created a sub genre of literature that addresses climate change. Youth, artists, poets, novelists have committed themselves to this problem. Now it's the turn of the political leadership to take decisions that might mean short term loss of popularity, but surely leadership is more than simply winning elections. Like they say, there is no tomorrow, no procrastination, only decisions and action that is needed. We survived a pandemic, and today we know how it can paralyze life. We don't



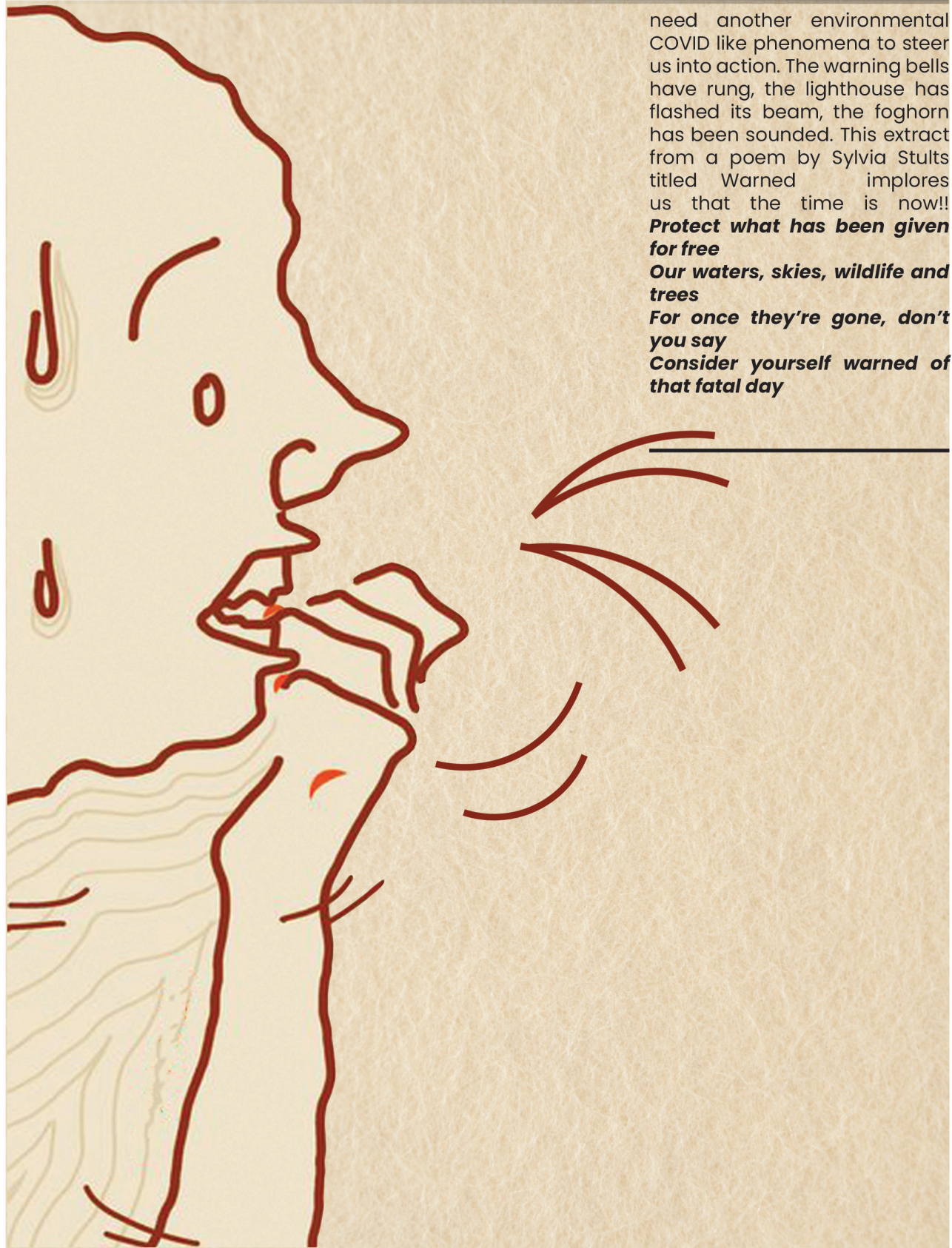
need another environmental COVID like phenomena to steer us into action. The warning bells have rung, the lighthouse has flashed its beam, the foghorn has been sounded. This extract from a poem by Sylvia Stults titled *Warned* implores us that the time is now!!

Protect what has been given for free

Our waters, skies, wildlife and trees

For once they're gone, don't you say

Consider yourself warned of that fatal day





The Mother Earth is in ICU, but it is our moment of Carpe Diem



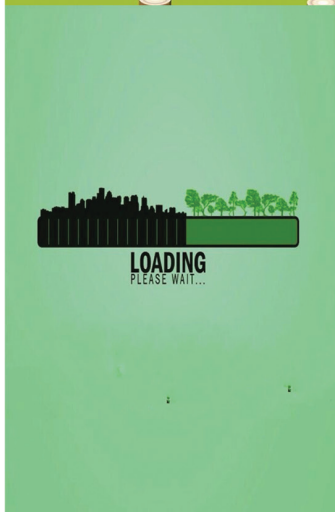
This article was authored by Ajeya Bandyopadhyay, Asia Head, Climate Change Advisory, International Finance Corporation, World Bank Group.

- **Climate, on the brink of collapse**

We have no doubt that the global climate is just not in danger, but it is in the dire state of emergency. The debate over the occurrence of climate change is nearly over and there is a broad consensus among the scientific community regarding human-induced climate change and the warming it produces in the earth's atmosphere. Many scientists and experts find this situation, and quite rightly so, 'infuriating, distressing' and 'overwhelming'. The present state of our climate raises critical concerns about the future of humanity – a future, in which famine, mass migration, and conflict triggered by rapid, more powerful and intensified climatic disasters might reverse the arrow of our civilizational progress.

The successive talks at United Nation's Climate Conferences (a.k.a The Conference of Parties, COP) failed to make any real progress on the ground to help the countries contain their rapidly growing 'anthropogenic' Greenhouse Gas (GHG) emissions resulting from energy generation, industrial production, transportation and construction related activities. This was a great disappointment, but also an important wake-up call. Governments' complacency stands in stark contrast to what is happening on the ground. The urgency of the climate crisis is clearer than ever: Australian forest was burning while Jakarta suffered the worst flooding in seven years, the city of Chennai, Bengaluru and Mumbai experienced the worst flooding in the last three years, Kolkata faced the devastating super-cyclone after 130 years.

In 2021 alone, climate change contributed to extreme weather events causing nearly \$100 billion in damages (however, this is a conservative estimate mainly based on insured losses and not taking into consideration loss of productivity or uninsured losses).





Records and estimates of deaths caused by these events unveil the overwhelming number of fatalities just caused by two major climatic disasters in India and South Africa, reflecting the heavy price the world's poorest and vulnerable population is paying due to extreme weather events. On the other hand, the financial costs of these disasters are equally burdensome for the richer and more developed countries. For example, U.S had experienced similar or perhaps more powerful such events several times in this decade. A recent study by the global insurance company Swiss Re shows that the total economic losses from disasters across the globe were an estimated \$280 billion in 2021, which is up from \$217 billion in 2020.



A rise in temperature would lead to harsher working conditions in some sectors, especially those needing outdoor operations, causing diminished worker efficiency and productivity loss. One recently published research indicates that 75% of India's labour force is engaged in heat-exposed work, and by 2030 there will be a 15% projected increase in number of outdoor working hours lost due to extreme heat conditions. In some poorer, drought-prone and water-stressed regions of West Africa, climate change has been triggering large-scale migration which can potentially lead to a massive humanitarian crisis in near future.

- **The world is in action (or inaction!)**



United Nations Environment Programme (UNEP)'s Emissions Gap Report, highlights that without immediate and sustained action, the planet could be 3.9 degrees Celsius (7 degrees Fahrenheit) warmer by the end of the century. The gap between the global GHG emission trends and the emission reduction targets has become larger over the past year, in part because of spikes in emissions from the world's two largest emitters, China and the United States. This report emphasizes that the countries will need to increase their commitments (to cut GHG emissions) 3 times more to keep warming well below 2 degrees Celsius, and 5 times more to hit the 1.5°C goal. This translates to reducing emissions by 2.7 percent per year (for 2°C) or 7.6 percent per year (for 1.5°C) starting next year. In fact, greenhouse gas emissions have risen by 1.5 percent per year over the last decade, with only a brief period of stabilization between 2014 and 2016.



Many countries are also starting to step up; 79 countries have committed to strengthen their climate targets in 2020, including Chile, Costa Rica, Ethiopia and Nigeria. Indian Government has pledged to achieve 'Net-Zero' (a stage when no unmitigated GHG emission is further added to earth's atmosphere) status by 2070, which is an ambitious but doable goal. United States Government, under the famous Inflation Reduction Act (IRA) introduced a first-of-its-kind massive financial assistance to promote green and zero-carbon technologies and provide economy-wide support to reduce their GHG emissions. For example, The European Council agreed to achieve net-zero carbon emissions by 2050, while the European Commission announced its ambitious new European Green Deal.



Strikingly, as we speak today nearly 49% of global GDP now falls under 'Net Zero 2050' pledges. But the more pressing question remains;



- How can the other 51% raise their ambitions?
- What is needed for all pledged parties to deliver on these targets in the near term between now and 2030?

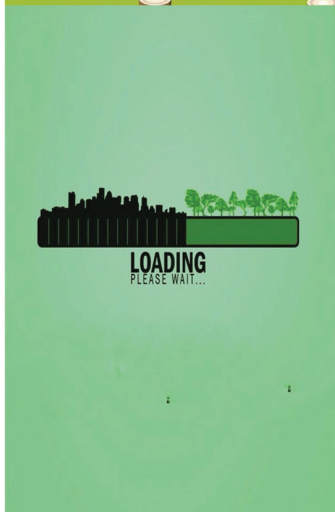
On the other hand, a small country like Indonesia, which is heavily dependent on coal-based thermal power, has identified a Low Carbon Development path that would deliver 6% annual growth until 2045 – higher than the current business-as-usual economic growth, while slashing GHG emissions down by almost 43% by 2030. For such small countries having abundant natural resources climate change is an existential threat.



• **New-age climate leaders:**

While politicians mostly engage in hyperbole and grandiose promises (with little action on the ground) there is an emergence of 'New climate leaders' – business leaders, philanthropists, start-ups, city authorities and most interestingly the 'youth climate activists' representing millions of young people who foresee climate change as the real threat to their future and well-being. Since the Paris Climate Conference, this trend has accelerated.

- In September, over 7 million people globally took to the streets in 185 countries demanding governments act on climate change, led by a growing wave of youth climate activists (Times Magazine). In one way, such people's movement and their growing voices became the conscience keeper of governments' actions and decisions.



Growing evidence highlight the impact and intensity of action by these so-called non-state actors.

- Some studies identified varied levels and categories of 'climate actions' in 9,149 cities and municipalities in 128 countries, home to 16% of the global population; and in 245 states and regions in 42 countries, home to 17.5% of the global population. Accounting for overlaps, this means that about a fifth of the world population lives in sub-national jurisdictions (cities, small towns, etc) that have pledged actions on climate change. This includes the cases where nearly 400 cities are working towards achieving 'net-zero CO2 emissions' by 2050.
- **On the business side**, climate actions are visible in 6,225 companies headquartered in 120 countries, representing US\$36.5 trillion in revenue, larger than the combined GDP of the US and China.
- A study by Yale University shows that in the US more than 500 cities and state governments have committed to climate action, representing nearly half the U.S.



population. Those were joined by nearly 3,000 U.S. businesses with over \$7.7 trillion in revenue and more than 700 universities with a total student population nearing 1 million and a collective endowment of more than \$250 billion.

Climate change has also caught the imagination of big billionaires – the so-called 'climate capitalists', who are committing serious funding to the research, innovation and commercialization of early-stage technologies for net-zero or negative emissions or deeper decarbonization in the energy, transport and industrial sector.



As one of *The Economist's* survey indicates that there are twelve such so-called 'climate capitalists' with notably climate-friendly dispositions representing a combined net worth of \$200bn. Some, like Elon Musk, Bill Gates and Michael Bloomberg, are household names. Their investment themes span across mature technologies (electric cars, energy storage, cutting-edge RE technologies), fast-maturing ones (high-voltage grids, meatless burgers) and a range of fanciful pre-incubation ideas. Some of them, with vision and foresight, investing strategically to secure control over the scarce minerals like Li, Cobalt etc which will turn into key competitive advantage to win a greener play.

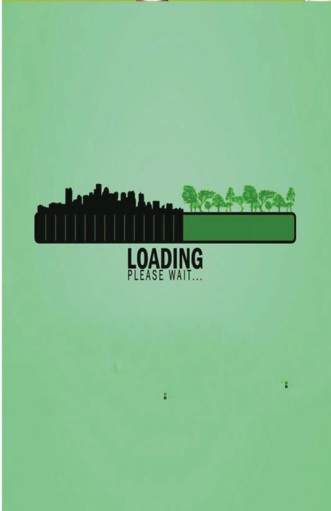
- **Acting in Alliances and Coalitions to make breakthrough impact:**

Covid-19 crisis and the vaccine discovery process highlight the need for early action on strong and effective public-private alliances and coalitions to mobilize funding at a scale and hasten breakthrough technological innovation to save the civilization from imminent destruction.

A recent study found that global emissions in 2030 would be cut by a third (15–23 GtCO₂e a year) if international cooperative initiatives such as Renewable Energy (RE)100, the Global Covenant of Mayors and the New York Declaration on Forests (a) meet their goals and (b) scale up to include new actors along their current growth trajectories. In 2019, the Coalition for Urban Transitions released a global report illustrating how compact, connected and clean cities can drive economic prosperity and address the global climate crisis. The report finds that investing in low-carbon measures in cities and agglomerated and collaborative infrastructure (such as industrial clusters) could be worth \$23.9 trillion by 2050 and could support 87 million jobs by 2030 while also creating space for implementing renewable and regenerative infrastructure, system and practices.

- **A new opportunity for growth**

Again, climate change is triggering a fundamental market shift for traditional commodities and products. A multitude of factors such as geopolitical uncertainties, trade tensions between countries and continents, growing risks of unpredictable climatic disasters and physical risks, national 'net zero' commitments and corporate-level sustainability goals, etc are reshaping the supply chain of commodities like coal, iron ore, petroleum oil, natural gas/LNG etc. Again, new supply chain dynamics are fast evolving for commodities such as rare-earth minerals (Li, Co, Mo), Silicon, or, say for example, Hydrogen – Grey, Blue and Green, which are likely to play a critical role in our transition towards a sustainable, and low-carbon and eventually a zero-carbon economy. Rising environmental concerns and, a consistent push through public policy intervention in many markets have given rise to new products and services such as energy-efficient electrical appliances (like energy star labelled ACs, fans, motors, LED lights, etc), smart and mobile devices, products made of bio-materials or alternative recycled materials (like bio-textiles, garments, bottles made of recycled PET, etc). Thanks to targeted policy interventions and programmatic support by most of the governments across the world, we are seeing a visible market transformation towards more efficient and sustainable alternatives for the products just mentioned above.





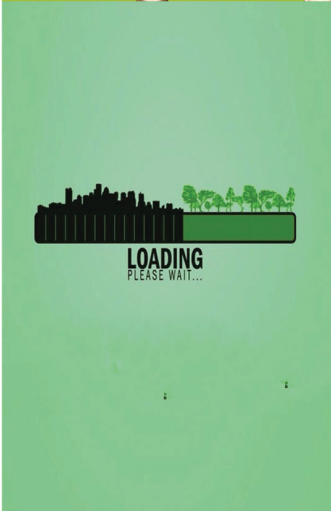
Such unfurling of new markets for green or low-carbon products, services and technologies along with the positive shift in public opinion and customer preferences for greener products are driving business leaders to take proactive actions to pursue, in the parlance of business, a 'low-carbon strategy' or 'net-zero strategy'.

According to the World Economic Forum, Generation Z cares more about sustainable buying decisions than brand names and, among these 'Gen Z' customers, the first generation of "digital natives" is inspiring others to act more sustainably.



As Mother Earth continues to fight her battle for survival in the ICU, several questions crowd in the minds of otherwise passive and disinterested observers like us. How hot will the world get and what will that look like? Why is the world failing to act fast even knowing the tipping point has perhaps reached for the global climate?

Frankly, we do not know the answers to these questions or rather honestly, even if we know the answers, we are too lazy to act, always waiting for others to take the lead before committing ourselves by swallowing the bitter pills of saving the planet. Moreover, we can hardly fathom what needs to happen for the people having all the money and power to start making changes soon and fast enough for the greater good of humanity. But our biggest hope lies in seeing the youth taking the streets and hitting the ground to welcome another profound revolution to change the world.





Name - Aaryan Budhia
Class - XI
School - Redhill School
Johannesburg, South Africa

CLIMATE EMERGENCY

Climate change, or what we now call the climate emergency, is one of the most important issues we face today. Our planet is experiencing serious environmental problems that threaten our way of life. This isn't just a topic for scientists or politicians to discuss; it's a call to action that we all need to pay attention to right now. The evidence of climate change is everywhere. We're seeing

record-high temperatures, huge wildfires, and more intense storms. Glaciers are melting faster than ever, and sea levels are rising, which puts coastal communities at risk. Many species are disappearing at an alarming rate. These are not random events but are all connected to a warming planet caused mainly by human activities like burning fossil fuels and cutting down forests.

Calling it a "climate emergency" isn't an exaggeration. It shows how serious and urgent the problem is. According to the Intergovernmental Panel on Climate Change (IPCC), we have a short time to limit global warming to 1.5 degrees Celsius above pre-industrial levels. If we go beyond this limit, we could face disastrous consequences, making some parts of the world uninhabitable.



and causing severe economic and social problems. But there is hope. We already have many solutions. Renewable energy sources like solar, wind, and hydropower are becoming more popular and affordable. We are also making advancements in energy efficiency, sustainable farming, and green infrastructure, which can help reduce our carbon footprint and make us more resilient to climate impacts.

What we need now is for everyone to come together and take action. Governments, businesses, and individuals all need to implement bold policies, invest in green technologies, and adopt sustainable practices. We must hold ourselves accountable and push for change in our communities.

In conclusion, the climate emergency is a major challenge of our time. We need to act now with determination and hope to ensure that future generations inherit a planet that is not only livable but also thriving. The time to act is now. By working together, we can turn the tide on this global crisis and build a sustainable future for everyone.



Name - Aanya Seksaria
Class - V
School - Washington School, New Jersey, USA

CLIMATE CONCERN

The world is becoming hotter. Glaciers are melting in an alarming rate, and the climate is being affected. Factories are producing an overload of smoke, and waste is thrown around randomly. All of these are aspects that tell us why there are so many climatic problems in our world. Many humans don't care about anything we cause, or all the damage we have done. Floods may occur in many cities as the water rises. We must do everything we can to prevent this from happening. We can start recycling, not buy plastic water bottles, and keep ourselves from buying too much plastic. We need to solve this battle instead of fighting it. Lastly, the most important message, we need to give back to the Earth so it'll give back to us.





Name – Aditya Srivastava
Class – XI
School – DAV Public School, BRS
Nagar, Ludhiana

THE POWER OF PESSIMISM

An optimist is a person who sees a green light everywhere, while a pessimist sees only the red stoplight... the truly wise person is colorblind."

–ALBERT SCHWEITZER

"Be positive" – A phrase quite heard in the masses, painted on walls, said in the assembly speeches, etc. But we profoundly neglect the necessity of being neutral to the situation. Everything in this universe, imaginable or not, is never perfect. This enthrals us to question the integrity of Optimism. Let us discuss the

significant qualities of being neutral or more importantly being Pessimistic of the scenario.

This ideology may be contrary to popular belief but trust me, it will help you stay happy in life in the long run!

OVER-OPTIMISM GIVES RISE TO OVERCONFIDENCE

A sanskrit shloka, "अतिसिद्धत्वं वर्जयेत्" lays significance on the point that excess of anything, no matter how good is it, is also bad and one should avoid it. In most cases, we see in real life, that students, men and women

who are extraordinarily smart in their fields often fail in life but are the least the one whom you'd expect to fail. Why does this happen? Well, it is because of over-optimism which leads to a superficial state of mind of a person who thinks of himself as the one who has no faults. This leads to overconfidence in most scenarios which substantially results in failure. You will always observe that a legendary successful person always looks for the fault in himself and tries to work on that.

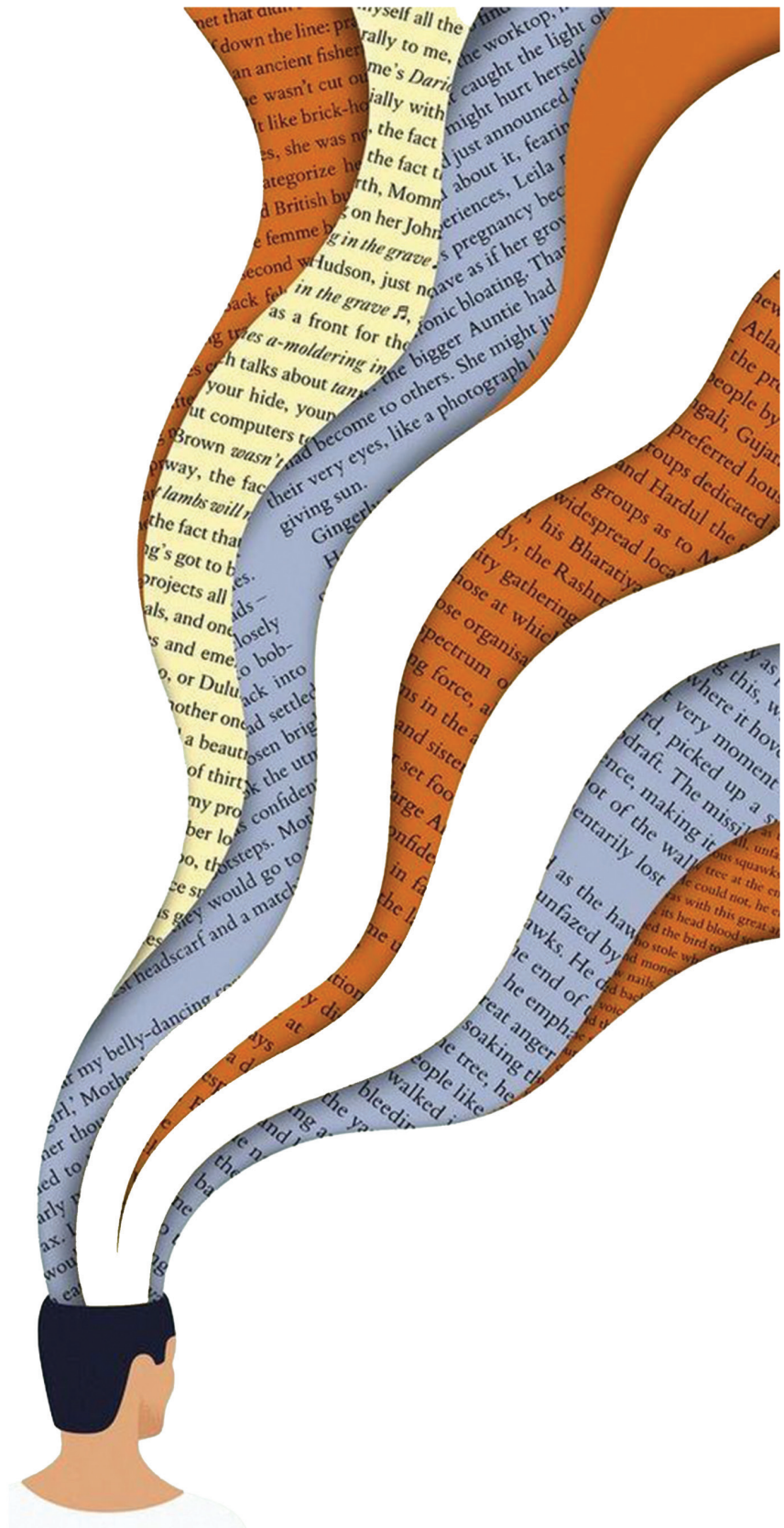


PESSIMISM LEADS TO CORRECT ANALYSIS

The World is not rainbows and sunshine always, there are shadows and thunders also. A well-said line among the wise proposes that not every time, everything in this world will be in the perfect order. There is always a glitch which is a part of nature. Pessimism allows us to correctly evaluate the situation in most cases. When we are optimistic, we often overlook the faults in the stars but a little bit of pessimism enables us to minutely judge the scenario and that is a crucial virtue of a natural leader. When we say that bugs in a beautiful garden are desecrators of its beauty, we overlook the fact that these are the bugs that help the garden grow.

PESSIMISM EXPEDITE SELF AWARENESS

Overthinking is not a sin if it is rightly targeted. Pessimism helps us to evaluate the situation correctly; similarly, it also assists humans in judging their strengths and most importantly weaknesses. Optimism is the realisation of our strengths but pessimism is the cognizance of our blemishes. It helps us realise the fields in which we are not as experts as we think of ourselves. Ultimately by this realisation, we can focus on our debilities and work on them for the betterment of the personality. As rightly iterated by Aristotle that, {Knowing yourself is the beginning of all wisdom}.

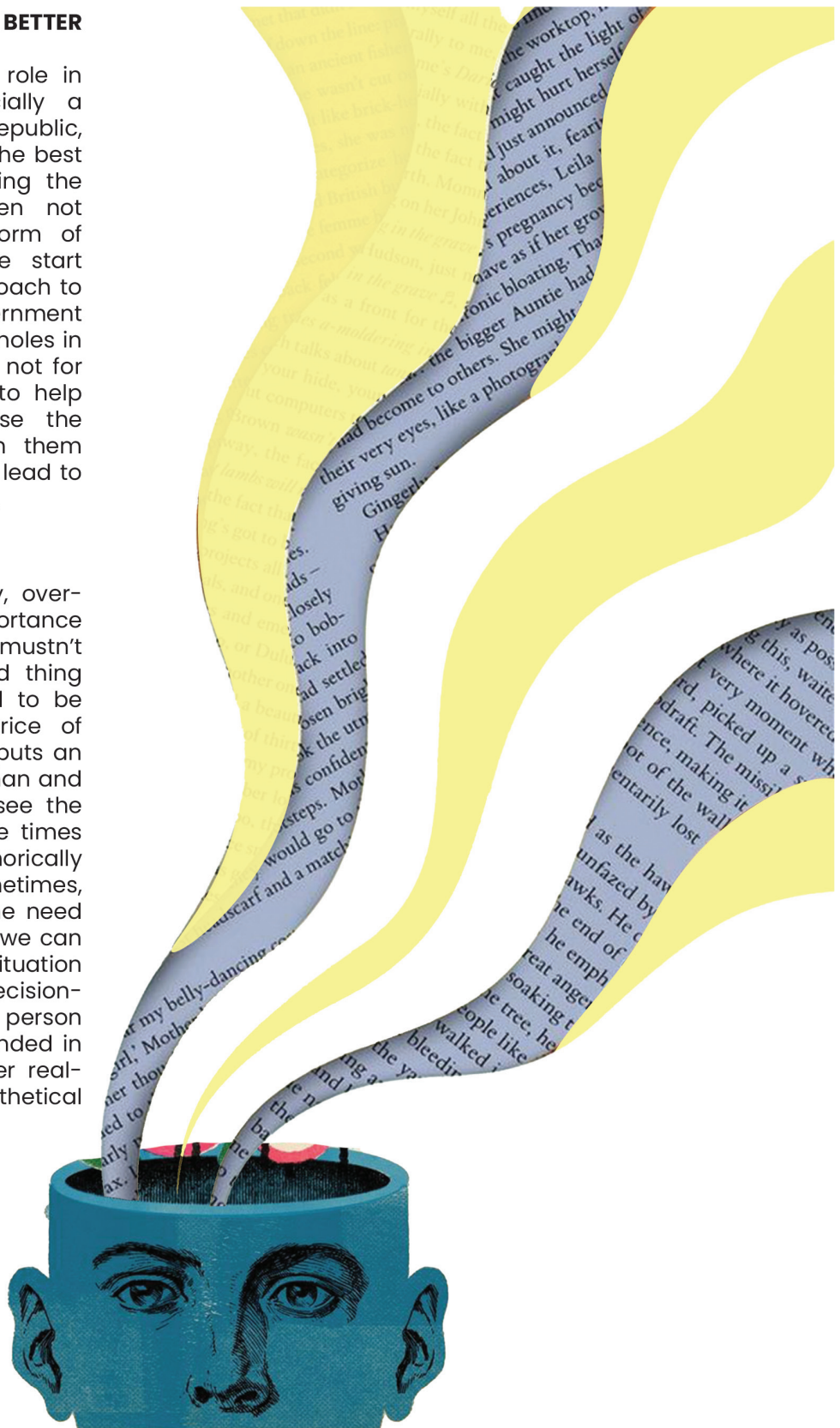


PESSIMISM TRIGGERS A BETTER GOVERNANCE

This also has a huge role in a government, especially a democracy. Living in a republic, we can all agree that the best feature of it is criticising the leaders which is often not possible in another form of government. When we start taking a negative approach to the workings of the government we can always find potholes in them. This sheer act is not for complaining only but to help the government realise the potholes and work on them which ultimately would lead to efficacious governance.

CONCLUSION

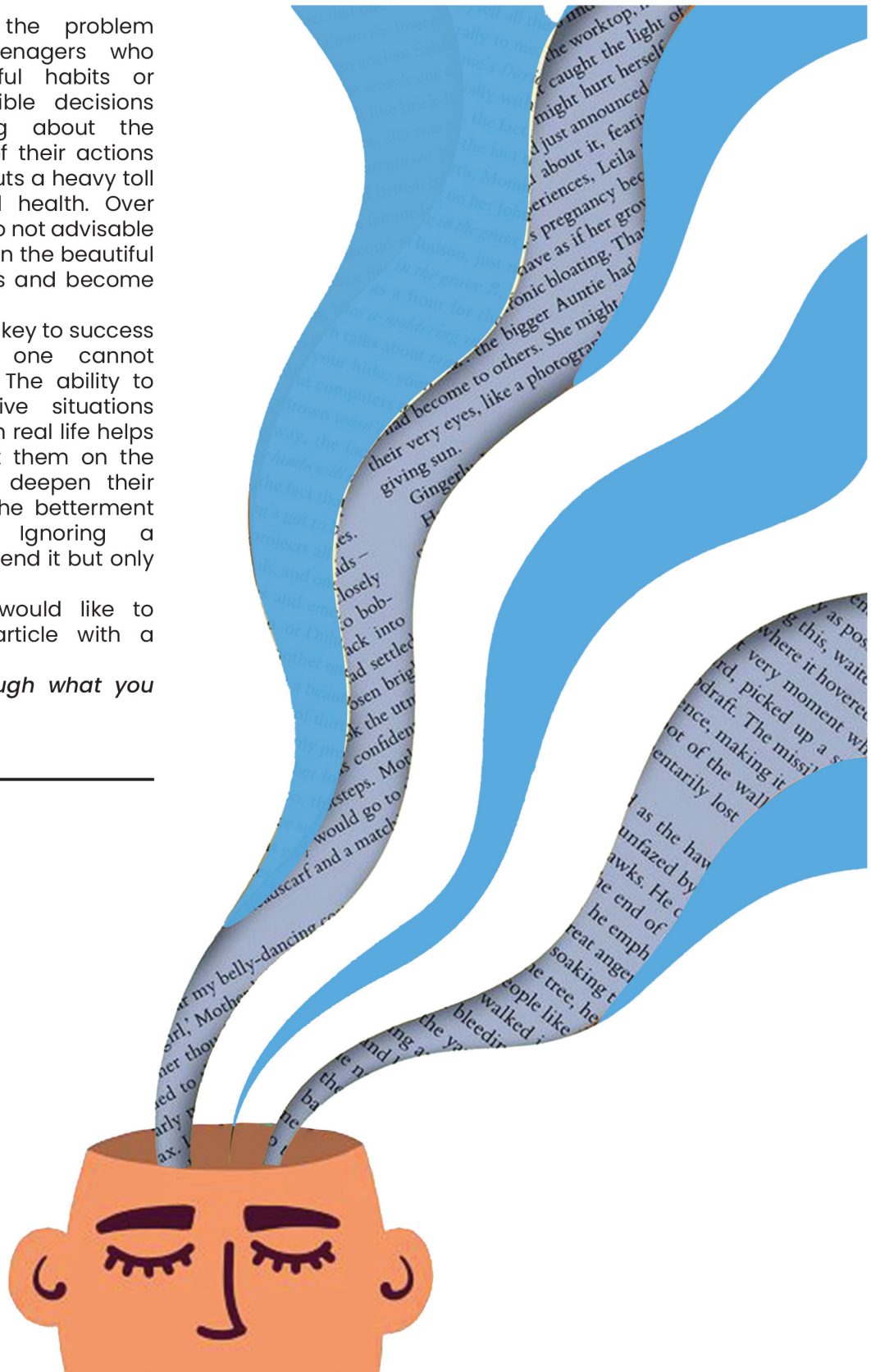
We have, as a society, over-popularised the importance of optimism but we mustn't forget that every good thing comes at a price and to be honest, this is the price of optimism that it often puts an eye cover over the human and disables a person to see the reality, especially in the times of virtual reality, metaphorically or literally. Sometimes, pessimism becomes the need of the situation so that we can efficiently judge the situation and enhance the decision-making process. A person should always be grounded in reality and not consider real-life situations as a hypothetical drama.



This is often the problem with young teenagers who dwell in harmful habits or make irresponsible decisions without thinking about the consequences of their actions which later on puts a heavy toll on their mental health. Over pessimism is also not advisable as we miss out on the beautiful parts of our lives and become ungrateful.

A balance is the key to success without which one cannot succeed in life. The ability to consider negative situations and face them in real life helps a person to put them on the right path and deepen their personality for the betterment of outcomes. Ignoring a problem will not end it but only deepen it.

In the end, I would like to conclude the article with a great quote,
"You grow through what you go through"

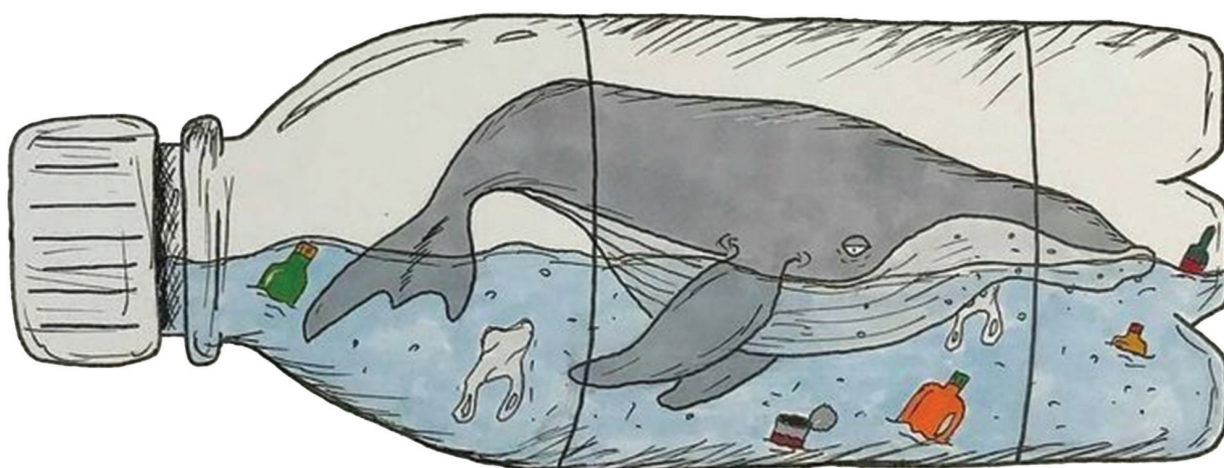




Name - Bhrithi Bhalla
Class - XI
School - Lotus Valley International
School, Noida

CLIMATE EMERGENCY

We are the first generation to feel the effect of climate change and the last generation who can do something about it.”- Barack Obama, former US president.



Climate change refers to long-term shifts in temperatures and weather patterns. It is a pressing global issue referring to long-term alterations in climate being caused primarily due to human activities and interference. The major aspect of this decreased state of our planet is greenhouse gases such as carbon dioxide, methane, and nitrous oxide, arising from burning fossil fuels, deforestation, and industrial processes. The scientific consensus is clear: the planet is warming at an unprecedented rate as a consequence of the greenhouse effect, which has been brought on by these gases trapping heat in the atmosphere.

The consequences of climate change are extensive and diverse. The most obvious repercussion is the rise in global temperatures, which has prompted the polar ice caps and glaciers to melt and raised sea levels. The ecosystems and populations along the coast are in jeopardy by this. The phrase “climate emergency” emphasizes how essential it is to deal with the growing effects of climate change. It acknowledges that life on Earth is in immediate danger due to the continuous increase in global temperatures brought on by greenhouse gas emissions from human activity. Declaring a climate emergency highlights the urgency of

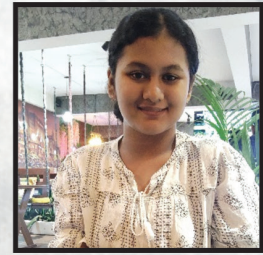
taking decisive, swift action to reduce the effects of climate change and prepare for it. Moreover, extreme weather events like heatwaves, droughts, and cyclones are made worse by climate change, leading to a significant negative impact on the economy and society. Biodiversity and ecosystems are also under threat. Variations in temperature and precipitation can cause habitat disruptions, which can result in changes in the distribution of species and even their extinction. For instance, coral reefs are widely experiencing bleaching due to their extreme sensitivity to temperature fluctuations.

Mitigating climate change requires a collective effort at global, national, and international levels. Mitigation efforts must focus on reducing greenhouse gas emissions through a transition to renewable energy sources like solar and wind, enhancing energy efficiency, and adopting sustainable agricultural practices. Adaptation strategies are crucial for enhancing resilience against climate change. Energy efficiency measures and sustainable practices in agriculture and industry also play a crucial role. Additionally, reforestation and conservation efforts can lower carbon emissions, burning fossil fuels, deforestation, and industrial emissions. Addressing the climate emergency requires a multi-faceted approach. This includes building infrastructure to withstand extreme weather, developing early warning systems for natural disasters, and promoting sustainable land-use planning.

Vulnerable populations require assistance to deal with disruptions brought on by climate change, especially those in emerging nations. In order to handle the climate emergency, international cooperation is essential. Countries are making efforts to come together under agreements like the Paris Accord to commit to reducing global warming far below 2 degrees Celsius above pre-industrial levels. But achieving these goals will take a large amount of societal transformation, financial support, and political resolve. In conclusion, swift and decisive action is required in response to the climate emergency. By recognising the gravity of the problem and a dedication to broad solutions for prevention and adaptation, we can save our planet and secure a sustainable future for future generations.



Name - Ishita Mukherjee
Class - XII
School - Sant Nandlal Smriti Vidya
Mandir , Ghatsila, Jharkhand

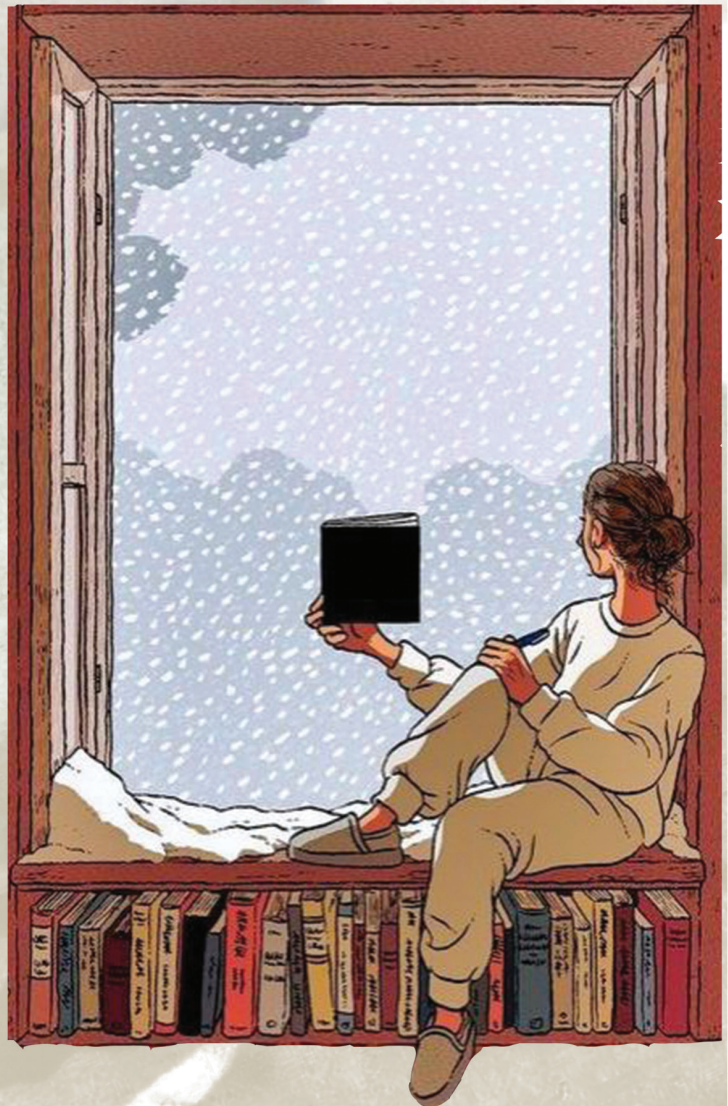


THE CITY HAS CHANGED!

I see the city has changed
I see the lurking around houses now vacant
I see new people walking down the same streets
I see the strongest of lives now faint.
Amidst those unfamiliar faces
I stood astonished,
Walking down the same garden
To which as a kid i used to come then.
Now my hip pain-bound
Could not as then jump around
But my eyes fell on that fear grasped child
And i tweaked my way onto him
Suddenly all the changes seemed to have been undone
Everything's absolutely the same it seemed.



I remember those old days when that
 bench was occupied by me,
 That exact way i used to sit over it as if it
 were my parental property,
 The same way i was left alone
 Being unknown between the knowns.
 The bench alike today was covered by
 fallen leaves,
 How i used to tuck around my village
 Being not so kiddish kid
 The same fear was embarked on my face
 The exact face as of his! Watching it all by
 my specs covered eyes i stood there
 all but astonished
 We fade and the world goes on
 The same things in a new form
 Comes onto the very same place,
 And hence we are given a life, to
 confiscate!





Name - Dishika Singh
Class - XII
School - Maharaja Agarsain Public
School, Ashok Vihar, Delhi.

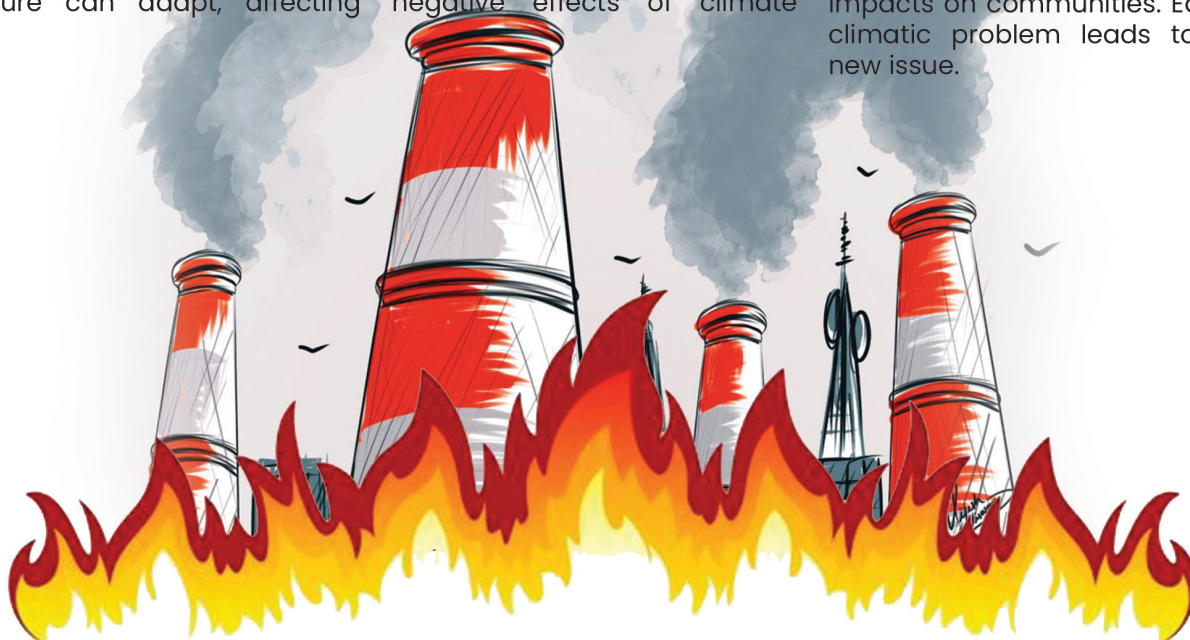
“HOT PLANET, COOL HEADS: NAVIGATING THE CLIMATE MAZE”

“Clean air and water, and a livable climate are inalienable human rights. Solving this crisis is not merely a question of politics; it is our moral obligation—albeit a daunting one.”

We have been warned countless times about the environmental challenges we face today. From rising global temperatures to flowers growing in Antarctica, our planet has borne witness to significant changes. The climate is evolving more rapidly than nature can adapt, affecting

not only ecosystems but also human societies. Presently, 2,356 jurisdictions across 40 countries have declared a climate emergency. While nations have taken steps to combat environmental issues, these efforts have fallen short. Contributing factors include disrupted weather patterns, ecosystem disturbances, ocean acidification, and, of course, the well-known phenomenon of global warming. As responsible citizens, we are duty-bound to work toward mitigating the negative effects of climate

change—for our own well-being and that of future generations. Behind this environmental crisis lie infinite problems. To list a few, the main issues are greenhouse gas emissions, which lead to increased global warming, deforestation, and feedback loops. Positive feedback loops amplify climate change. For example, the melting of Arctic ice reduces the planet's reflectivity (albedo), leading to more heat absorption. Furthermore, these changes will have social and economic impacts on communities. Each climatic problem leads to a new issue.



However, on the bright side, working on a single environmental problem will give rise to solutions for others. Since the climate crisis requires a collaborative effort, international agreements such as 'The Paris Agreement' can help foster a positive outcome. Moreover, the above-suggested information helps tackle climate changes on a larger scale, and as individuals, we are also obliged to work for a better environment.

First and foremost, the primary step should be to spread the word. People will only act if they are well informed about the seriousness of the issue at hand. This can be achieved through broadcasts, magazines, social media, and since India is a democratic country, public campaigns are the way to go. Furthermore, professionals, teachers, and healthcare workers can also help in informing students and people about the climate crisis. Secondly, pressuring political members is extremely important since they will be the only ones to act.

Hence, having reduced carbon emissions as one of the major demands as citizens will maintain political pressure. Thirdly, taking small steps such as car-pooling, installing solar-based instruments, windmills, experimenting with composting, and trying out water harvesting will also result in a positive outlook.

In summary, climate change is not merely a change today but rather an emergency that needs to be tackled as soon as possible. Henceforth, big organizations, countries, as well as we, as individual citizens, must work together in harmony and coordination to solve the above-mentioned problems. The root cause of climate change is not the 'climate' itself but our lack of sincerity to actually register the cause at hand and solve it.

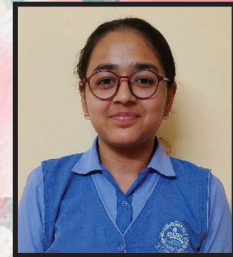
Once we have all realized the importance of this topic, working towards it will not be so difficult, and we will arrive at a healthy and sustainable future.



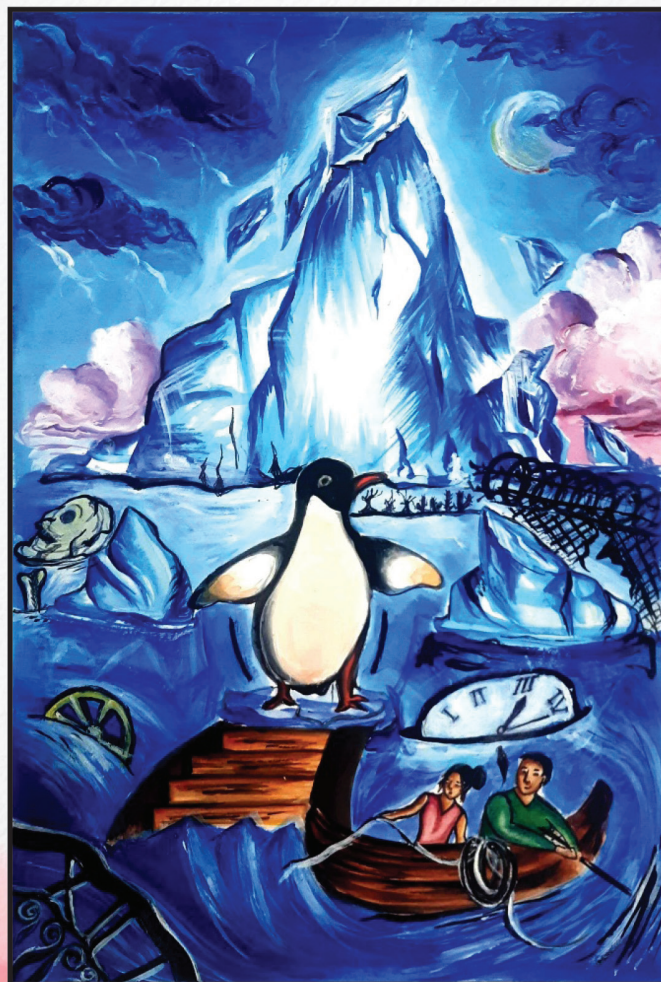
Name - Anjali Jindal

Class - XI

School - Maharaja Agarsain Public
School, Ashok Vihar, Delhi



Let's Save the World Together

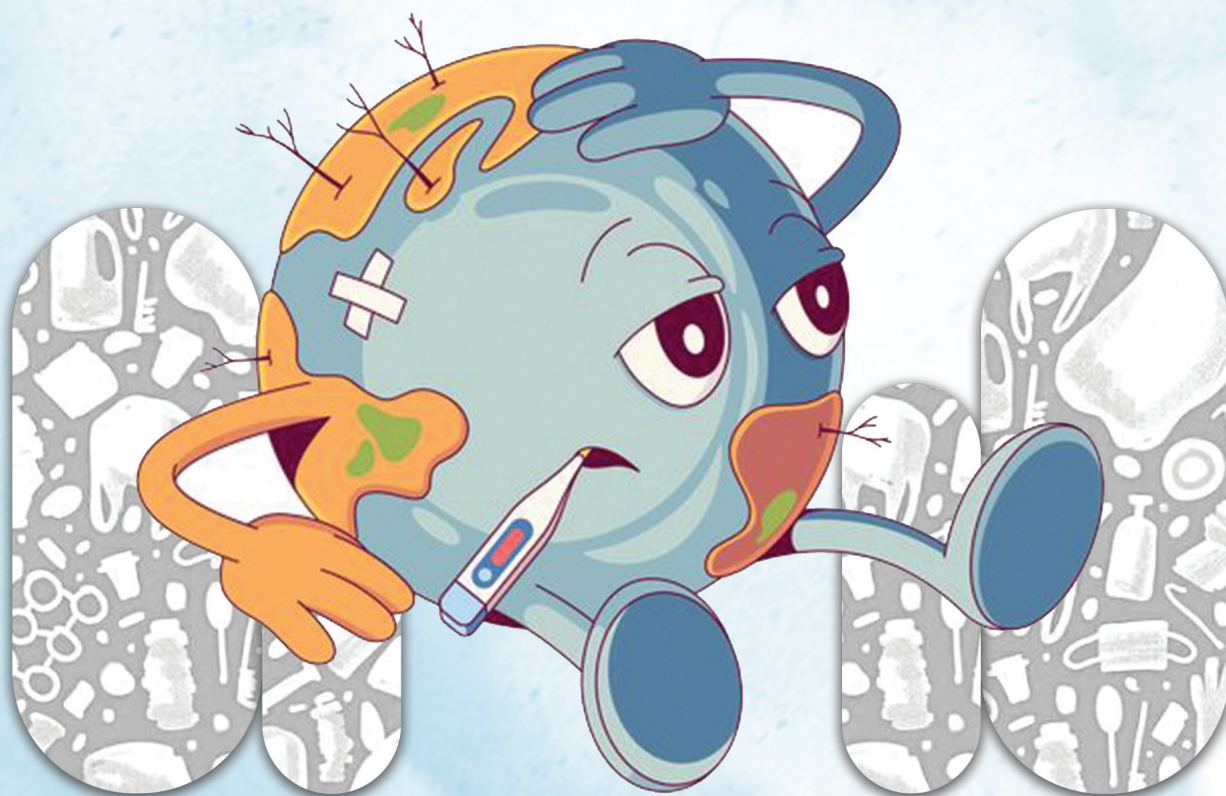




Name - Lavanya Basu
Class - VII
School - Delhi Public School,
Megacity, Kolkata

CLIMATE CONCERN

Our climate is one of the most important thing that we need to survive on Earth but nowadays there is a change in the climate that is causing a high temperature that in turn is causing harm to the land and its people. It causes damage to crops, affects the health of people and because of this the water level of the earth is continuously rising as the glaciers are melting. This climate change is caused due to some harmful chemicals that have been mixed in the atmosphere like CFC gases that are produced by air conditioners and refrigerators that have an impact on the ozone layer allowing harmful ultraviolet rays to enter the Earth's surface. So, to protect our Earth, we need to decrease the use of objects that produce harmful chemicals. To save our lives we need to save our Earth.



Conversation with Patriek Karayil on International University Education



1. As someone deeply involved in student enrollment and counseling, what advice would you give to parents and students navigating the complex landscape of entrance exams?

Navigating the entrance exams for studying abroad doesn't have to be complex - understanding the two main

types can simplify the process. Firstly, English proficiency tests like IELTS and TOEFL are crucial for non-native speakers. These are standard across many countries and essential for demonstrating language skills. Secondly, standardized testing for academic admissibility varies more by country and program. For undergraduate programs, many countries do not require tests like the SAT or ACT, focusing instead on your secondary school records. However, for master's programs, especially in fields like engineering, sciences, and business, taking the GRE or GMAT is advisable. Even as more universities move towards making these tests optional, scoring well on them can significantly enhance your admission chances and open up scholarship opportunities.

2. Given your experience with U.S. consulates in India, what insights can you offer to students seeking to study abroad, particularly in the United States?

The U.S. visa application process can be scary for students. A critical aspect to understand is Section 214(b) of the U.S. Immigration and Nationality Act. This section requires consular officers to presume that every visa applicant is a potential immigrant until they can convincingly demonstrate otherwise. Essentially, the burden of proof is on the applicant to show that they have strong ties to their home country, which they do not intend to abandon. This means that even before you speak a single word to the visa officer, they are assessing your application to reject it unless you provide compelling evidence to the contrary. Understanding this perspective helps students approach the visa interview with the seriousness it demands, ensuring they are thoroughly prepared to clearly articulate their academic and career plans in the U.S. and their strong connections to their home country. This preparation is key to successfully navigating the stringent requirements of the U.S. consulates.



3. Can you share some strategies for students to effectively manage their time and resources while preparing for multiple entrance exams?

When preparing for multiple entrance exams, students should strategically allocate their time and resources to maximize their impact on admission chances. Here's a focused strategy:

- **Prioritize Standardized Tests Over English Proficiency Tests:**

While English tests like the IELTS or TOEFL are essential, they typically serve as a threshold qualifier for universities. Achieving a score above the



minimum required (e.g., 6.5 on IELTS) is sufficient as these are generally considered pass/fail. Scoring much higher than the minimum does not significantly boost your admissibility.

- **Focus on Achieving High Scores in Standardized Tests:**

Unlike English proficiency tests, scores from standardized tests like the GRE or GMAT play a critical role in the admissions process. Higher scores on these tests can substantially improve your chances of admission and eligibility for scholarships. It's

crucial to invest a significant amount of your preparation time in mastering these tests.

- **Prepare Well and Aim for a Strong First Attempt:**

While many students take these tests multiple times, a stellar score on the first attempt can make a strong impression on admission committees. Universities often have access to your test history; a high score achieved on a later attempt is often discounted compared to getting that result on the first try.

4. What role do extracurricular activities play in the admissions process and how can students showcase their unique talents and interests to prospective universities?

Extracurricular activities can enhance a student's application, but their impact varies depending on the scale and relevance of the activities to the chosen field of study. When assessing extracurricular involvement, admissions

committees typically look for activities that demonstrate a student's commitment, leadership skills, and personal growth. However, unless these activities have had a significant impact (at a national or international scale), their influence on the admissions decision might be limited.

5. Are there any emerging trends or changes in the international education sector that students and parents should be aware of?

Several significant trends and policy changes are currently shaping the sector, particularly in Canada and the UK, which are critical for prospective students and their parents to understand:

- **Canada's Recent Policies:** Canada has recently implemented several policy changes that impact international students. For example, there's now a cap on the number of international student



applications, specifically targeting a reduction in new student visa approvals compared to previous years. Additionally, the introduction of mandatory provincial attestation letters adds another layer to the visa application process, requiring students to secure a sort of pre-approval from the province they wish to study in before applying for a visa. These changes are designed to manage the quality and quantity of students entering Canada, ensuring sustainability in the education sector.

- **UK's Dependents Policy:** The UK has also made a pivotal shift in its immigration policy regarding international students. Most notably, the UK government has decided to prevent most postgraduate students from bringing dependents with them during their studies.
- This significant policy change is likely to affect the decision-making process for potential students who are considering the UK for their higher education, especially those from countries like India and Nigeria, which have traditionally seen a high number of dependents accompany students.



6. Can you recommend some universities or colleges known for their strong support for international students and their commitment to academic excellence?

When choosing universities known for supporting international students and delivering academic excellence, several factors should guide your selection process.

- **Diverse International Student Population:** Universities with a substantial number of international students often provide robust support systems for them, including dedicated advising, international student offices, and specialized orientation programs. However, please note that universities with large international populations might also have heightened competition for scholarships, assistantships, and on-campus jobs, so it is double-edged. See HERE for my video on this.

(https://www.instagram.com/reel/C28_FQ2s2ia/)

• OPT and Employment Opportunities:

Another vital metric to assess is the number of students participating in Optional Practical Training (OPT), which reflects the opportunities for employment post-graduation. This data can often indicate how well a university prepares its international students for the job market. Look for universities with a high ratio of OPT participants relative to their international student body, as this suggests successful career support.

See HERE for my video on this -

<https://www.instagram.com/reel/C41AuMHPbMv/>

- **Financial Fit:** Beyond rankings, ensure the university aligns with your financial capabilities. Student spend too much time on rankings when in reality they will be better served by selecting universities that are within their financial reach and

ones that offer financial support options like tuition waivers, scholarships, and assistantships.

7. What are the key factors that students should consider when selecting universities to apply to, especially if they are considering studying abroad?

When selecting universities, consider factors such as academic reputation, program offerings, and location. Research each university's strengths in your desired field of study and evaluate their research opportunities, the likelihood of getting a graduate assistantship (tuition reduction), and international student employment opportunities. Consider your personal preferences regarding campus size, urban or rural setting, evaluate each university's support services for international students, including visa assistance, housing options, and on-campus jobs. Seek guidance from counselors, alumni, and current students to make informed decisions that align with your

academic and personal goals. Most importantly ensure that your selected university is within your financial reach.

8. In your opinion, how important is cultural fit when choosing a university, and how can students assess this aspect during their research and application process?

I would say that students don't need to worry about cultural fit within a university, because universities are inclusive and respectful of an individual's culture and identity. However, let me expand the question, and talk about culture fit by region - because the culture of a region can affect the students' interaction (outside of campus). The geographical and political climate of the area where the university is located can greatly influence the cultural atmosphere. For instance, universities in blue states or cities (democratic) in the U.S. tend to have more liberal policies and a diverse cultural environment, which might be more welcoming and inclusive for international students

from varied backgrounds.

9. How do American Colleges stay updated with the latest developments in the education sector, and how do you ensure that your guidance remains relevant and up-to-date?

American colleges stay updated with the latest developments in the education sector through continuous research, collaboration with industry experts, and participation in educational conferences and seminars. We are part of The American Education Board which maintains partnerships with educational institutions, government agencies, and industry associations to stay abreast of policy changes, emerging trends, and best practices in international education. By prioritizing ongoing collaboration, we ensure that our guidance remains accurate, reliable, and up-to-date for students and parents.

10. Can you share some success stories or testimonials from students who have benefited from the resources and guidance provided by American Colleges?

American colleges have played an instrumental role in the educational journeys of over 20,000 students who have directly engaged with us. However, our reach extends far beyond this, impacting countless more through our free resources, workshops and webinars, talks at universities, and high schools, and extensive social media outreach.





Name - KARTHIYAYANI CK
Class - X
School - Kendriya Vidyalaya
Hebbal, Bangalore

A RAINDROP'S MONOLOGUE

When I rolled down from the clouds,
To a forest... a mystical world below,
I found the moonlight struggle
To make the forest floors glow.

I sat clinging on to a leaf of the mahogany
Watching the Brook flow gently
And hearing the crickets plotting
To steal the show of night intently.

Whispered the Brook to me in the dark
"Come along to witness the other world,
A place where you'll see the sky, uncovered by
The canopies, and where the stars are heard."

Ignoring the mahogany leaf
And its request to spend more time,
I jumped from above and fell into the Brook
That took me along to help the river, to the
tropical clime.





We joined our dear river
And listened to its rhythm
And all its flattery
Echoing through its crystal clear prism.

We entered a temple town
And the river turned forlorn
As it received flowers and oil and wastewater -
That, though a liquid hurt the river like a sharp thorn.

I was deeply disturbed
At the sight of an unwanted guest
Wreaking havoc in the kingdom of the river,
By drawing between its ecosystem and beauty, a deep cleft.

There was no choice for my pal
But to flow away carrying
The impurities that came along uninvited
And to all their demands, silently tallying.





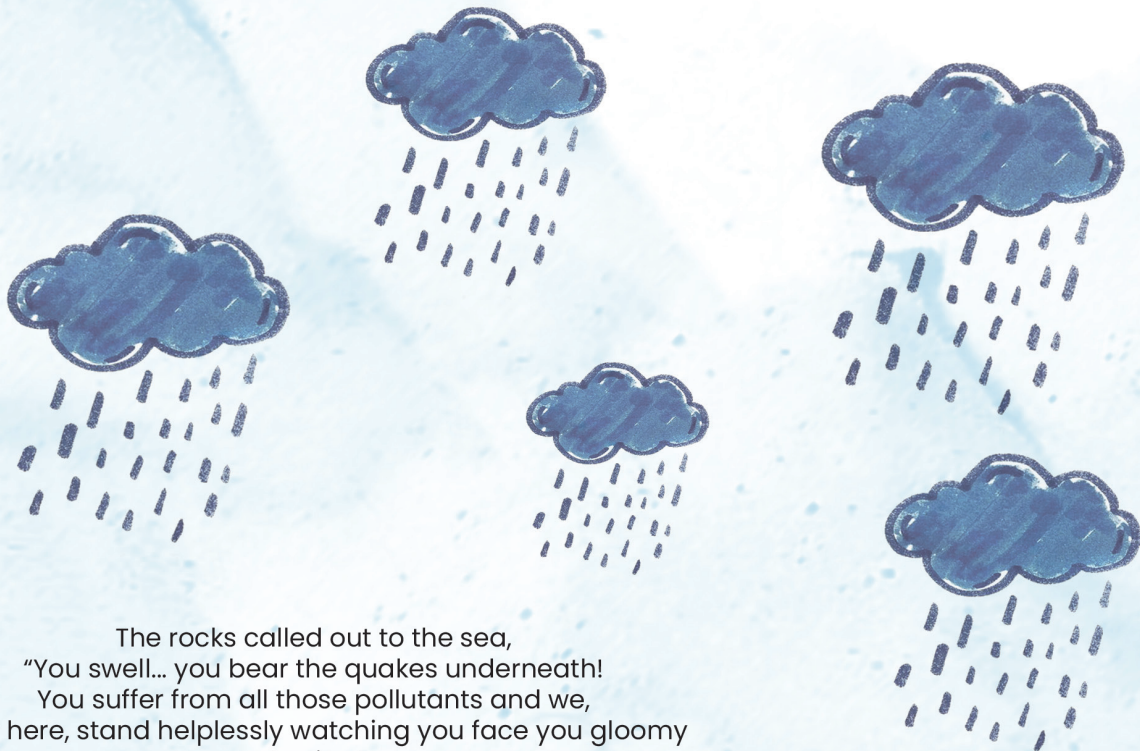
Millions like me
Who together would make a crystal necklace
Tanned before we entered the sea who sent
Silent messages to the shore, from its heart, its base.

The sea defines mystery
For its miseries are unheard and unknown;
We witnessed a fish entangled with something flimsy,
Something that's very well known.

Before I could sink deep into it
The generous sea sent me to the shore
Along with many like me
To open freshness' door.

Settled upon the seaside rocks
Scattered drop by drop,
Splashed apart we all inhaled fresh air
And felt as if we'd never go back to the top.





The rocks called out to the sea,
 "You swell... you bear the quakes underneath!
 You suffer from all those pollutants and we,
 Over here, stand helplessly watching you face you gloomy
 destiny."

Upon hearing their words
 I calculated the future of the sea
 And of its inhabitants
 And of millions of raindrops like me.

Are the mountains and forests just a farce
 For us raindrops, as they disappear after
 Some time, as we flow down through the river
 And come to help the sea, only to know a bitter matter?

Is there no path that will
 Forever remain unchanged and beautiful?
 Why should their path be bumpy?
 Why cause these water bodies an effect that's baleful?

I lay still like a diamond on the rock
 Till the sun rose next morning;
 Out came the sun that took me away
 Back to the sky, to the clouds that soared.

I'm indeed a priceless pearl
 As millions like me let you live;
 I've the right to have a clean path and a
 Happy journey from the clouds to the sea and back.

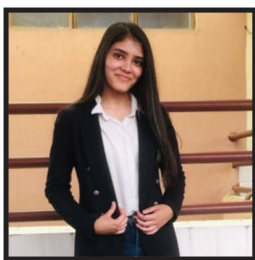


Name - Koninika Das
Class - XI
School - Tarasundari Girls High
School, Howrah



Heritage of Folk Culture





Name - Harshita Goel
Class - XII
School - Maharaja Agarsain Public
School, Ashok Vihar, Phase-4, Delhi

CLIMATE EMERGENCY

Very recently, the term “climate emergency” has become progressively widespread, both nationally and internationally, which reflects the need of the hour - addressing the climate change. But what exactly is climate emergency? It refers to the inherent threat posed by anthropogenic climate change, which is caused majorly by the accumulation of greenhouse gases in the Earth’s atmosphere.

The root causes of the climate catastrophe lie in human activities that give greater significance to short-term economic gains rather than long-term environmental sustainability and protection. Some of these human activities include burning fossil fuels, deforestation, industrial processes, and unhealthy agricultural practices, which lead to global warming and disruptive climate impacts.

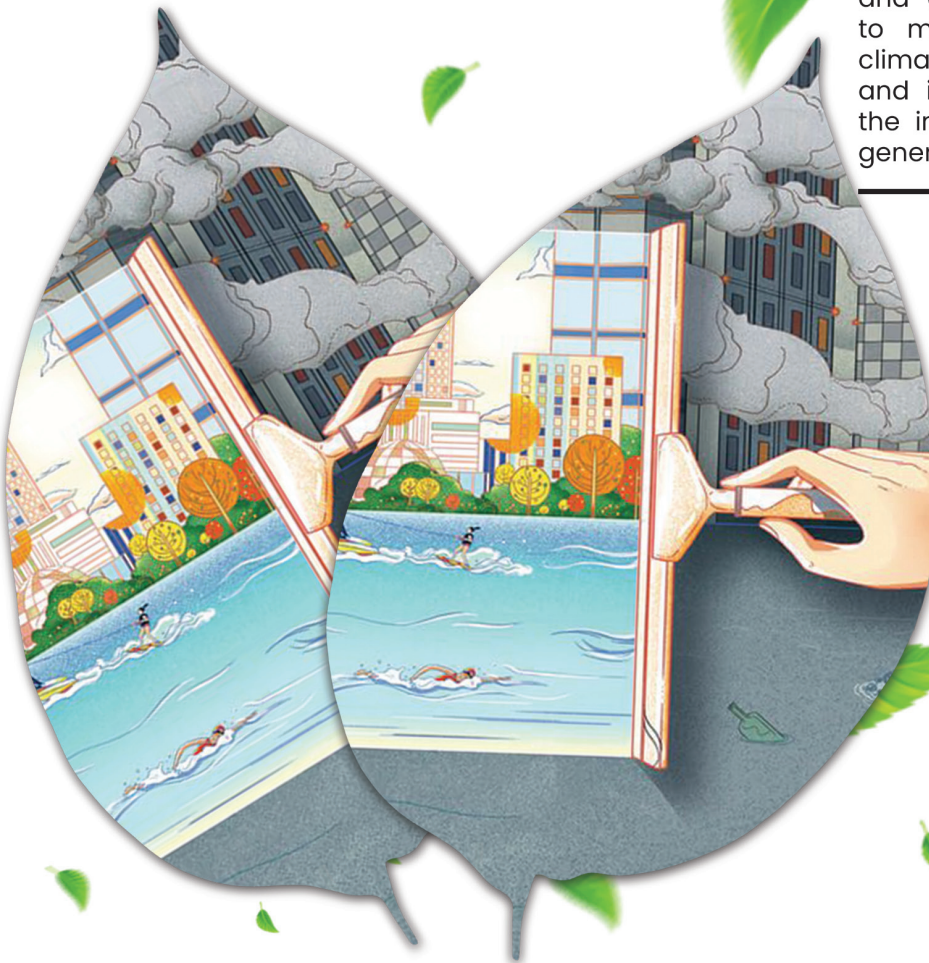
The consequences of rapid climate change are extensive and intense, encompassing rising temperatures, melting ice caps, rising sea levels, extreme weather events, biodiversity loss, and disruptions to ecosystems and livelihoods. Not only this, but the people of the community, the indigenous peoples, especially low-income populations, and small island nations, are severely affected. They face famines, water scarcity, and increased exposure to climate-related hazards.

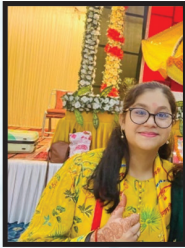


Addressing this climate crisis requires combined efforts at local, national, and international levels. Every economy should aim to transition to a low-carbon economy, reduce emissions from energy production, and industry, and invest in technologies that use renewable energy. These actions would help to significantly mitigate climate change. Individuals and communities too play an essential role in combating the climate emergency through concerted efforts and lifestyle changes.

By switching to sustainable practices such as reducing energy consumption, minimizing waste, and supporting climate-conscious policies, people can contribute remarkably to the broader effort to alleviate climate change and build a more resilient future.

The climate emergency presents the world with an explicit challenge that requires immediate and imperative action. By acknowledging the problem of climate change, embracing environment-friendly practices, and fostering collaboration across different sectors, we can face the climate emergency with perseverance and commitment. The power to minimize the impacts of climate change lies within us and it's our duty to preserve the integrity of our planet for generations to come.





Name - Namya Chaurasia
Class - IX
School - DPS Ruby Park, Kolkata.

CLIMATE CONCERN

Climate change is the defining crisis of our time and it is happening even more quickly than we feared. No corner of the globe is immune from the devastating consequences of climate change. Rising temperatures are fuelling environmental degradation, natural disasters, weather extremes, economic disruption, conflict, and terrorism. Sea levels are rising, the Arctic is melting, coral reefs are dying, oceans are acidifying, and forests are burning. As the infinite cost of climate change reaches irreversible highs, now is the time for bold collective action.



NATURE

In the whispers of a warming breeze,
The earth's lament, a silent plea,
Where glaciers weep in fractured seas,
And forests fall to memory.

The coral fades, a ghostly white,
Beneath the waves of rising tides,
While skies of soot obscure the light,
And nature's balance slips, divides.

The cries of creatures, once so near,
Now echoes in an empty field,
As mankind turns a deafened ear,
To wounds that time and truth revealed.

Name - Prina Daruka
Class - VII
School - Modern High
School, Kolkata



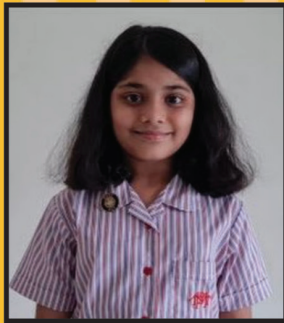
The storms now rage with growing might,
The floods consume, the wildfires gleam,
A world once vibrant, now a fight,
To save what lives within a dream.

Yet in this twilight, hope still sparks,
In hands that plant and hearts that strive,
The youth who march through fearsome darks,
With visions clear to keep alive.

For every action, every choice,
Can steer the course, can bend the flow,
If we but heed the planet's voice,
And rise as one to heal and grow.

So let us act, with love and grace,
For earth, our home, our shared embrace,
To mend the fractures, find our place,
In harmony, for all our days.





Name - Vaanya Sethia
Class - VII
School - Modern High School for Girls, Kolkata

DEAREST EARTH

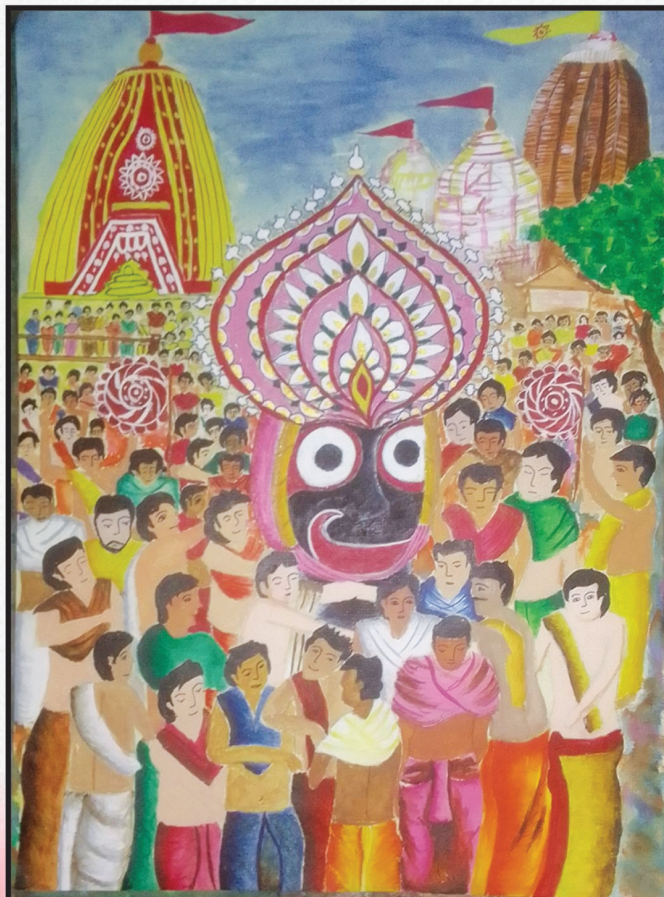
Dearest Earth why are you so sad?
I know that global warming for you is bad.
Humans are destroying the place they live in,
And think of Mother Earth like a bin.
I can't even imagine a bare land,
Where rainfall is banned.
But, no worries for you Earth,
Because we humans will try to give trees birth.
Less usage of air conditioners will be made,
And all the difficulties you bear will gradually fade.
We humans would take care of you,
So that the climate for the future remains new.



Name - Sayani Basak

Class - X

School - Bagbazar Multi Purpose
School, Kolkata,





Name - Lakshya Jain
Class - XII
School - Apeejay School Salt Lake
Kolkata

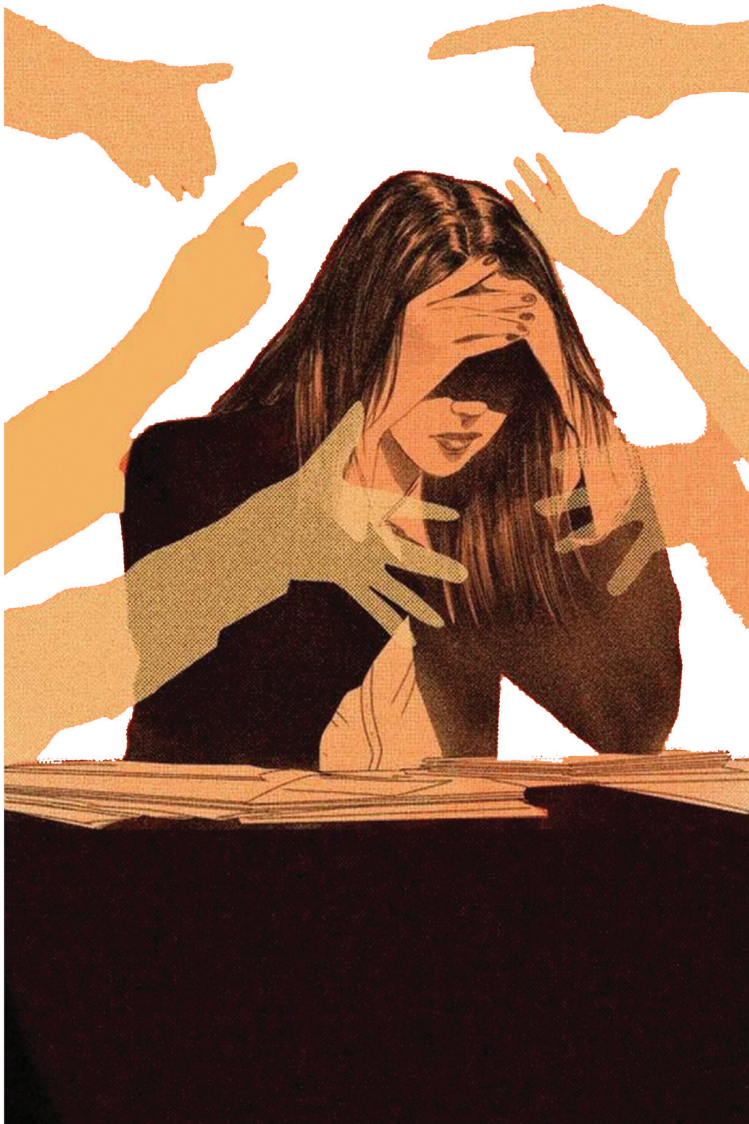
CLIMATE CONCERN

Climate change is no joke. It's happening right in front of us. The experts are all saying the same thing - human activities, like burning fossil fuels, are causing the Earth to heat up like crazy. And that's causing some serious problems, like melting glaciers and more intense natural disasters. It's gotten so bad that people are declaring a climate emergency. This means we need to take immediate action to deal with this crisis. We have to stop burning so much fossil fuel and start using clean, renewable energy sources. It's going to take all of us working together to make a real difference.





Rajveer Singh
Class - XII
School - The New Town
School, Kolkata



PATHOS

I cry, when I didn't intend to
 They look at me
 Wondering, why now?

They cut me, then complain
 Why is it so dusty and blurry?
 Didn't I have a life too?

They make me dirty,
 then complain,
 Why is it so dirty?

I ebb



Principal Speaks

Meghna Ghoshal

Principal,
Aditya Academy

1. How do you encourage students to combat climate change by making minimal changes to their lifestyle?

Schools, being the hub of a learning ecosystem, play a crucial role in fostering a generation of environmentally conscious individuals who fathom the significance of sustainable living and establish its connection to building sustainable cities. We have incorporated the UN SDGs into our curriculum implementation process, and we impart teachings about the key components of sustainable urban development.

Through our Eco club, we nurture green infrastructure and renewable waste management systems. We allow students to explore real-world challenges and encourage them to come up with different types of scientific models as well as innovative solutions that foster critical thinking skills. We also have a MUN club, and through them, we encourage speakers from different grades to come forward with their viewpoints on climate action process to empower our students to become next-generation change-makers who are committed to a resilient future.

2. How do you believe India can utilize the power of youth in combating the climate crisis?

Harnessing the power of youth in combating the climate crisis is a strategic approach that India can possibly take. To begin with, inculcate the approach of "sustainability" in the curriculum so that the young generation understands and fathoms the extent of climatic disruptions. This will be followed by a nationwide awareness campaign to educate the youth on their lifestyle and practices to adopt a sustainable approach. The Government must support young entrepreneurs in developing green businesses and sustainable technologies.

“

To begin with, inculcate the approach of “sustainability” in the curriculum so that the young generation understands and fathoms the extent of climatic disruptions.

”

Principal Speaks

“

Media needs to create appropriate platforms where young voices can influence policy and action plans.

”

Promoting activities such as tree planting, cleanliness drive, and other conservation projects where the young generation is engaged in environmental work. Leveraging digital immigrants to develop innovative solutions for climate challenges is another important task. The appropriate usage of social media and digital platforms to drive the young generation to spread awareness and organize campaigns will be able to boost the drive towards training in advocacy and activism. Encouraging the youth to adopt lifestyle changes where practice reducing waste,

use of public transportation, and support of sustainable products are prevalent. Owing to the era of living in a globalized world, it is also pertinent to engage with international youth networks and climate organizations where the youths will be able to share the best practices and support global climate initiatives.

3. According to you what is the best aspect of NEP 2020 and how will it benefit the student community?

The best aspect of NEP 2020, I feel, is its focus on the holistic and multidisciplinary aspects of

The companies may set up various training programs that help the youth of our country to get equipped with skills that are needed in the green economy, such as renewable energy technology, sustainable agriculture, conservation of the environment, etc. The youth leadership plays a significant role and the government must foster the same, that is, by involving the youth in decision-making processes at all levels, be it local, regional, or national. Media needs to create appropriate platforms where young voices can influence policy and action plans.

Principal Speaks

“

The focus on the “learning by doing” approach from the foundational stage will help the children to get acquainted with the practical skills relevant to the job market.

”

The policy emphasizes the development of social, ethical, and emotional capacities, which aim toward the overall well-being of students. The clearly defined shift from the rote learning to assessments of skills and knowledge, promotes deeper understanding. The incorporation of technology in the teaching-learning process prepares the students for the digital age. The inclusive focused learning is another aspect of NEP which I feel is important for the student community to grow with to become better leaders of tomorrow.

education. Students are given the choice to choose subjects across different streams, foster a broad knowledge base as well as the development of diverse skill sets. The ability to tailor the educational choice in accordance with career aspirations, motivations and engagement. The focus on the “learning by doing” approach from the foundational stage will help the children to get acquainted with the practical skills relevant to the job market. The essentials of 21st-century learning, such as critical thinking, problem-solving, digital literacy, and creativity, have been stressed in NEP.

4. Given the rising shift to digital learning, do you think technology is a boon or bane for school students?

To consider whether shift to digital learning is a boon or a bane depends on various factors such as how it is used, the context of its application, the various measures that are taken to mitigate potential downsides. Technology makes learning more engaging and interactive through multimedia resources, educational games, and virtual simulations, and students can access a vast array of information and resources online, facilitating research to broaden their knowledge base.

Principal Speaks

“

Excessive dependence on technology can hinder the development of basic skills like handwriting and mental arithmetic.

”

underserved areas, providing access to quality education and assistive technologies to support students with disabilities, making education more inclusive. With these advantages, digital learning also comes with a lot of worries. Easy access to non-educational content, such as social media and games, can distract students from their studies. Excessive dependence on technology can hinder the development of basic skills like handwriting and mental arithmetic. Not all students have equal access to technology,

leading to disparities in learning opportunities and outcomes. Schools with limited budgets may struggle to provide adequate technological resources. Prolonged use of screens can lead to eye strain, headaches, and other health issues. Increased technology use can reduce time spent on physical activities, contributing to sedentary lifestyles. It can also raise concerns about the security of student data and privacy breaches. The online environment can expose students to cyberbullying and other online risks. So as educators, we need to collaborate with parents as partners in education and guide the students towards safe browsing.

Edtech tools can tailor educational content to individual student needs, allowing for personalized learning paths that cater to different paces and styles of learning and online assessments provide instant feedback, helping students understand their mistakes and learn more effectively. Familiarity with technology equips students with essential digital skills needed in the modern workforce and technology enhances critical thinking, problem-solving, collaboration, and creativity. Technology can bridge gaps for students in remote or

Principal Speaks

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Consistency helps in building a habit. Start with short reading sessions (10-15 minutes) and gradually increase the duration as the habit becomes more ingrained.

”

judgment. This will build their confidence in sharing and exploring ideas. Facilitate open discussions where children can share their perspectives and listen to others. This helps them to understand different viewpoints and develop their reasoning skills.

(4) Introduce basic concepts of logic and reasoning, helping children to understand how to construct and evaluate arguments. Engage children in problem-solving activities and puzzles that require them to think critically and develop solutions.

5. What according to you should be the basic requirement for cultivating critical thinking in children?

(1) Encourage children to ask questions and be curious about the world around them. Respond to their questions thoughtfully and encourage further exploration.

(2) Provide opportunities for children to explore new ideas, environments, and experiences. This helps them to develop a sense of wonder and a desire to understand how things work.

(3) Create an environment where children feel safe expressing their thoughts and opinions without fear of

(5) Encourage children to reflect on their own thinking and learning processes. Ask them to consider why they think a certain way and how they arrived at their conclusions.

6. A few tips for students to increase their habit of book reading.

Set aside a specific time each day for reading. This could be before bed, during a commute, or after school. Consistency helps in building a habit. Start with short reading sessions (10-15 minutes) and gradually increase the duration as the habit becomes more ingrained. Pick books on topics that interest the majority of students. Whether it's fiction, science,

Principal Speaks

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In this age of collaboration, it is important that students learn to work effectively in group settings, contributing positively and collaboratively.

”

students towards their different career goals and guide them appropriately.

8. What according to you are the must-learn life skills for every student and the reasons

Communication Skills: Students need to express their ideas clearly and confidently in both formal and informal settings, and write effectively, including emails, reports, and essays. Practice active listening to understand others' viewpoints and respond thoughtfully.

Time Management: It is imperative that students are

able to identify and focus on the most important tasks first. Use planners, calendars, or apps to organize tasks and manage deadlines. Develop strategies to overcome procrastination and maintain productivity.

Financial Literacy: Students are required to create and stick to a budget, tracking income and expenses. Understand the importance of saving money and the basics of investing. Learn how to use credit responsibly and understand credit scores.

Interpersonal Skills: In this age of collaboration, it is important that students learn to work effectively in group settings, contributing positively and collaboratively.

history, or fantasy, reading about something you enjoy makes the habit easier to develop. Designate a quiet, comfortable space for reading with good lighting and minimal distractions.

7. Your suggestion for students who are willing to pursue unusual professions as a career in future.

As educators, we need to encourage the students and help them out to find out options suitable to their needs. For this, career development cells should exist in all the schools in order to motivate the

Principal Speaks

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I would encourage all the students to read the magazine, subscribe and also contribute their literary creations or artistry in order to share the same to the fraternity.

”

CBSE hosts. I think every school should motivate their students to take part in sports. This helps in rejuvenating their brain cells and helps them to concentrate in academics well.

10. Please share some suggestions/insights for the students/readers of Kloud9 as a mentor

Handle conflicts constructively, finding solutions that are agreeable to all parties. Build and maintain professional and personal relationships.

9. What is your suggestion for balancing sports and studies simultaneously for school students?

Sports is an important part of the growing up process of every child. Our school management gives a lot of stress on sports. Our timetable is done in such a way that our students get ample opportunity to go to the field and play. Many of our students take part in interschool sports and also the ones that

Kloud9 magazine is a platform that brings out the creative side of the people engaged in the academic circle, be it the students, teachers, and the like. I would encourage all the students to read the magazine, subscribe and also contribute their literary creations or artistry in order to share the same to the fraternity.



Name – Sabikshya Rath
Class – XI
School – Harvest International
School, Bangalore

~WHAT THEN?~

I think I'm lost
 No "you're just lazy"
 Then look at what it's caused
 Just sitting here achy?

I do my best
 To make them proud and happy
 But I guess I'm on a plateau
 Nothing seems to be working sadly

Can't think straight
 Because of the numbers on the weight?
 Every time I eat I hesitate
 Why is this my mindset?

"You're just overacting"
 "there's no point in trying"
 thank you very much
 Now all my life I've been crying

I wish every human could be insecure
 Too occupied with themselves before
 causing others doubt
 Or maybe just stop bothering?
 Then hopefully no one would be
 smothering





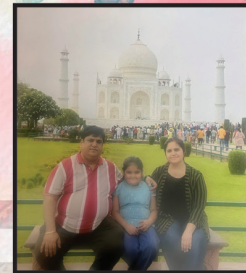
Name Archita Dhara
Class -XI
School - Salt Lake School (English
Medium), Kolkata

CLIMATE CONCERN

It's definitely a climate emergency according to the present situation. The tall buildings stand majestic destroying the beauty of nature. The trees and saplings seem to "suffocate" in the atmosphere of CO₂-rich and other toxic gases. The modern world has given birth to a new era of climate variation which is not at all a boon for us. The "lively blue planet" needs to be taken care of immediately and it's our responsibility to do so. The trees around us are another form of our lives as it give us an abundant supply of life-saving oxygen gas. Keeping in mind the pros and cons of today's environment one should try to "SAVE NATURE!"

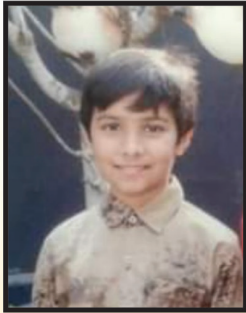


Name - Ishadhya Rajput
Class - III
School - Ahlcon Public
School, Delhi



Ishadhya with
her Parents





Name - Harshit Duggar
Class - VIII
School - Apeejay School,
Salt - Lake, Kolkata



CLIMATE CHANGE

Climate change leads to fetch
a million tons of water
Some are turning hot,
Where some are turning colder
Climate change is the reason why we
are turning older
The temperature is killing us from the
waves of solar
Scientists are finding ways to cure this
disaster
People are turning greedy and it's
increasing faster
To fight the war against global warming
We have to face a lot of scorching
Global warming is coming soon
We should be prepared and clean our
shoes
To save our mother earth
We have to protect our four spears
Our earth needs some peace
We should hug our earth and give some
kiss
At last, I want to say you something
Plant trees as much as possible and this
is the most important thing





Name – Purba Parul
Class – XI
School – Mother's Public School,
Unit 1, Bhubaneswar

Effects of El Nino and La Nina Oscillation and Climate Change

What Is Climate Change?

Climate change refers to long-term shifts in temperatures and weather patterns. Such shifts can be natural, due to changes in the sun's activity or large volcanic eruptions. But since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of fossil fuels like coal, oil and gas, and other industrial activities.

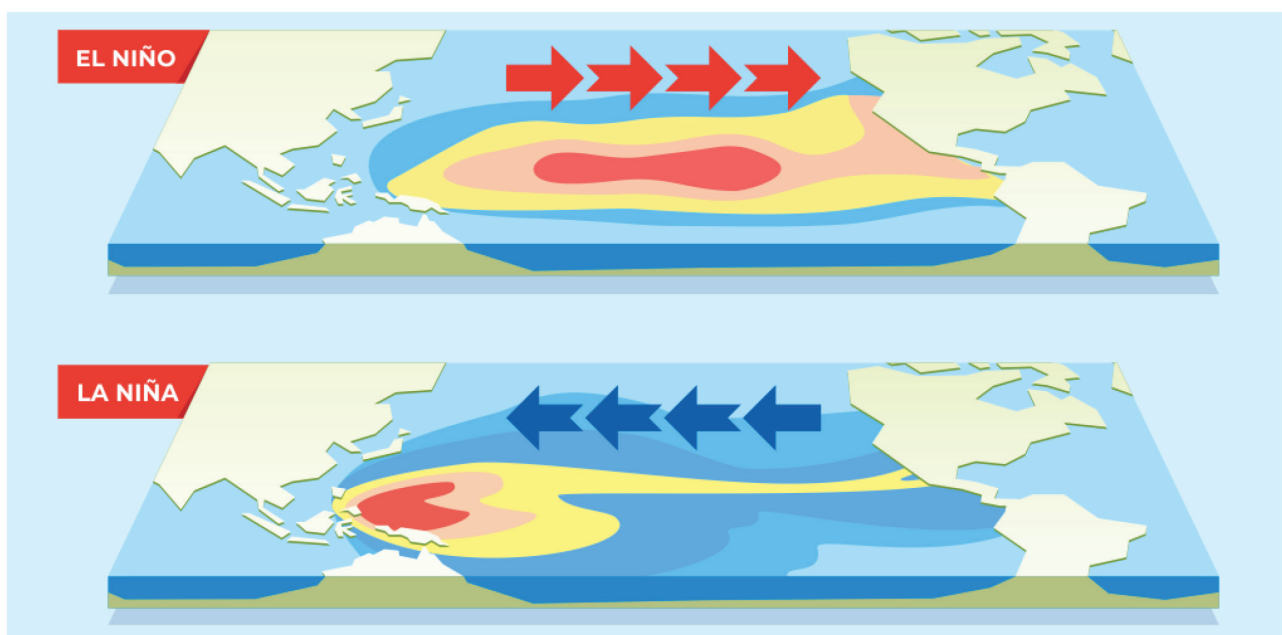
A few months ago the World Meteorological Organization (WMO) declared that "Indian farmers need to prepare themselves for decreased rainfall conditions due to the El Nino."

El Nino and La Nina are the exact opposite process of the climatic phenomenon called the El Nino southern oscillation (ENSO) cycle, which takes place in the Pacific Ocean. It involves temperature changes in the waters of the eastern

and central Pacific Ocean. It got its Spanish name after the phenomenon was first identified by Latin American fishermen in the early 17th century.

To understand the evolution of El Nino and La Nina we first need to understand the ocean-weather conditions of the Pacific Ocean. The ocean-weather conditions of the Pacific Ocean are as follows:

- In normal conditions, the



trade winds flow from Peru's coast to the Western Pacific Ocean. Due to this, the hot water streams flow to Australia and Asia, and create low pressure at those regions.

- Due to this the temperature on the Peru coast drops and creates a high pressure due to the direction of the trade winds (East to West) from the Peru coast to Australia and Asia. 'Deep upwelling' occurs on the Peru coast, due to which the micronutrients of the sea floor come to the surface of the sea. This deep upwelling process is a huge factor for Peru's rich fishery sector.
- Due to the normal flow of the trade winds from the Peru coast to the Western Pacific, low pressure occurs in the Western Pacific Australian and Asian regions and results in a good amount of rainfall.
- This low-pressure region also strengthens the Indian monsoon and results in good Monsoon rainfall in India.

What is El Nino?

El Niño means Little Boy in Spanish.

South American fishermen first noticed periods of unusually warm water in the Pacific Ocean in the 1600s. The full name they used was El Niño de Navidad, because El Niño typically peaks around December. El Niño can affect our weather significantly. El Nino event:

As explained earlier- During the normal ocean-weather conditions of the Pacific Ocean, the trade winds flow from the Peru coast to the Western Pacific, from East to West.

However, during the El Nino event, the whole process is reversed. During El Nino, the

VOLUME 7 ISSUE23 MAY 2024



trade winds travelling from the Peru coast to the Western Pacific weaken. Due to this, the hot water streams don't travel from East to West, rather they travel from West to East i.e. from the Western Pacific to the Peru Coast. Due to this the warm water gets collected at the Peru coast and causes low pressure. Upwelling significantly weakens and Peru's fishery sector has to bear a loss of several million dollars. What is La Nina? La Nina means Little Girl in Spanish. La Niña is also sometimes called El Viejo, anti-El Niño, or simply "a cold event." La Nina event: La Nina event is the total

opposite of El Niño; hence it is also called anti-El Niño. During La Nina the trade winds travelling from Peru coast to the Asia Pacific get very strong. Hence in the region from East to West, low pressure occurs and upwelling increases at the Peru coast.

Effects of El Niño on India and the World:

You must be wondering how a phenomenon occurring in the Pacific Ocean and the Peru coast affects India. But yes, is a fact that El Niño oscillation has a huge impact on India's monsoon.





In fact, according to the released data from the Indian Meteorological Department (IMD) – in the past 123 years India has faced El Nino situations 22 times. 16 of 22 El Nino years in India resulted in harsh drought-like situations. According to IMD – In India in the years 1902, 1905, 1951, 1965, 1972, 1982, 1987, 2002, 2004, 2009 and 2015 due to El Nino less than 20% rainfall occurred. El Nino is not a regular cycle. It is an event that occurs every 2–7 years. El Nino's biggest impact on India is the delay in the onset of monsoon, due to which drought-like situations arise in India. Due to drought, the whole Indian agricultural

sector gets affected. In India the agriculture sector contributes 45% of the employment, hence disruption in the agricultural sector also affects other sectors of the country. Due to El Nino, heat waves, forest fires, heat stroke, etc., problems are seen. This year too India has faced lots of problems due to El Nino oscillation. Cases of heat stroke, wildlife deaths and heat waves are seen. IMD suggests that this year March–May ends are likely to be hotter due to El Nino. The political parties and government are facing problems as elections are being conducted this year and due to the scorching heat most of the people aren't going to vote,

hence the voting percentages have been low. Not only India but the whole world is affected by El Nino. Recently, Amazon's evergreen rainforest, which is the world's largest rainforest, burned over 12,000 sq. km. between Jan and Apr, making it the largest fire on record. A severe drought from El Nino created dry conditions fueling the fires.

In North America, tragic deaths of Howler monkeys are seen, due to the El Nino effect. The Howler monkeys have been dropping dead from the trees in Mexico's southeastern tropical forests amid a nationwide drought and heat wave. These Howler monkeys are classified

as vulnerable on the International Union for Conservation of Nature (IUCN) red list. The reasons for the death of most of the monkeys are heat stroke and dehydration.

In Arabia, El Nino has affected 71% of drought years in the southern and south-western parts of the Arabian Peninsula. La Nina was linked to 38% of this area's floods. Middle East and North Africa (MENA) and the Gulf Cooperation Council (GCC) will see shifting weather patterns soon, according to the experts.

La Nina oscillation effect:

In comparison to the El Nino oscillation's effect, La Nina has a positive effect on India. But it has some bad impacts too. La Nina brings a good amount of rainfall to India. But heavy rains could result in some regions witnessing riverine and urban flooding, mudslides, landslides and cloudbursts. This affects people, livestock, street animals and tourism. East and northeast India region, during La Nina years, receive below average seasonal rainfall. Therefore, there may be a shortfall in water reserves there this year.

La Nina causes bad impacts worldwide. La Nina affects patterns of rainfall, atmospheric pressure, and global atmospheric circulation. Atmospheric circulation is the large-scale movement of air that, together with ocean currents, distributes thermal energy on the surface of Earth. These changes are the main sources of variability in climate for many areas worldwide.





Name - Roshni Bhatt
Class - VII
School - Sardar Vallabhbhai Patel
Vidyalaya, Mumbai

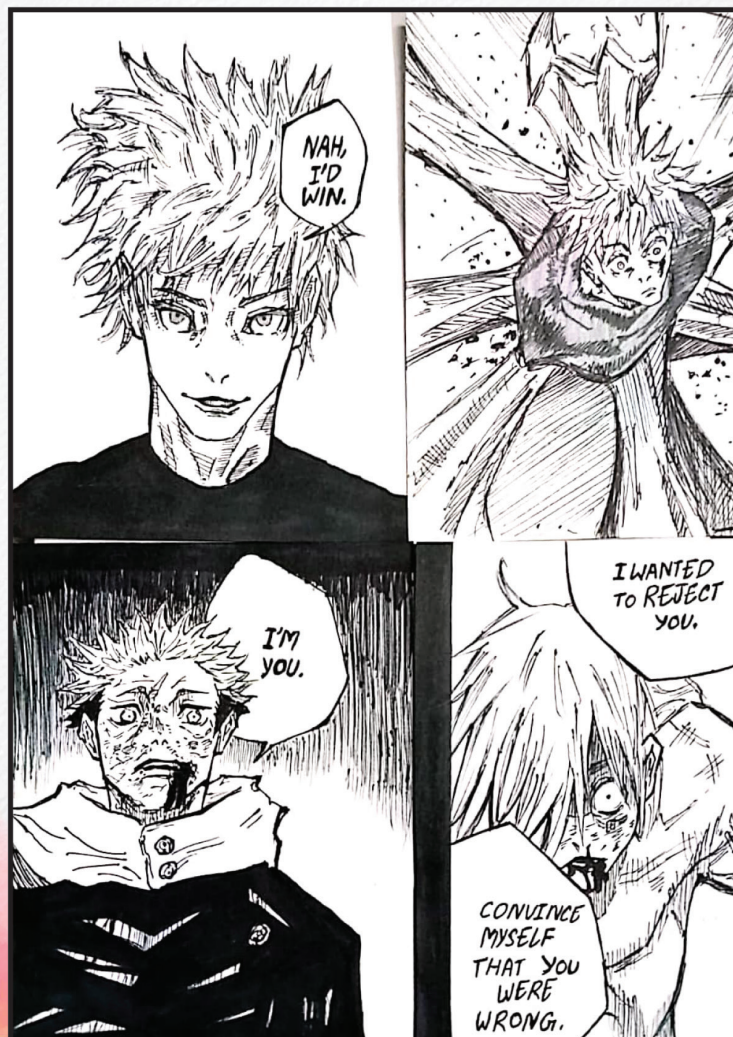
CLIMATE CONCERN

Climate change is a serious global emergency
Which is threatening our lives on earth
These days all over India climate change is occurring
There is extreme hot all over India
But who is responsible for this?
None other than humans
We are using so many vehicles which are the main source of pollution
And due to this dirty smoke, there is such a terrific change
My opinion is to use as less vehicles as we can
And save our lives on Earth from being damaged.



ARTWORK

Name – Sayari Saha
Class – XI
School – Lycee School, Kolkata





Name - Arya Jadhav
Class - X
School - P.M. SHRI School
Jawahar Navodaya Vidyalaya
Akola, Maharashtra

Climate Change - A Global Emergency

Climate change, often referred to as a climate emergency, represents one of the most pressing challenges humanity faces today. It encompasses significant changes in global temperatures, weather patterns, and environmental conditions, primarily driven by human activities. This essay delves into the causes, impacts, and urgent need for action against climate change, supported by extensive research and pivotal dates that mark our collective struggle against this global crisis.

The Science Behind Climate Change

The primary driver of climate change is the increase in greenhouse gases (GHGs) in the Earth's atmosphere. Carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O) are among the most significant contributors. Since the Industrial Revolution, human activities such as burning fossil fuels, deforestation, and industrial processes have exponentially increased GHG emissions. According to the Intergovernmental Panel on

Climate Change (IPCC), CO₂ concentration have risen from about 280 parts per million (ppm) in pre-industrial times to over 417 ppm in 2021. The IPCC's Fifth Assessment Report (2014) established that it is "extremely likely" (greater than 95% probability) that human influence has been the dominant cause of the observed warming since the mid-20th century. This warming is linked to numerous environmental impacts, including more frequent and severe heatwaves, melting polar ice, rising sea levels, and disrupted ecosystems.



Significant Milestones and Events

Several key dates and events highlight the growing recognition and response to climate change:

1. 1988: The formation of the IPCC marked a significant step in global cooperation to understand and address climate change. The IPCC provides comprehensive assessments of scientific knowledge on climate change, its impacts, and potential solutions.

2. 1992: The Earth Summit in Rio de Janeiro led to the creation of the United Nations Framework Convention on Climate Change (UNFCCC), establishing a framework for international cooperation to combat climate change.

3. 1997: The Kyoto Protocol was adopted, committing industrialized countries to reduce their GHG emissions. Although it faced challenges, it represented the first significant international agreement to reduce emissions.

4. 2015: The Paris Agreement, a landmark accord within the UNFCCC, was adopted by 196 countries. It aims to limit global warming to well below 2°C above pre-industrial levels and pursue efforts to limit the increase to 1.5°C. The agreement emphasized the need for nationally determined contributions (NDCs) and regular progress reviews.

5. 2021: The IPCC's Sixth Assessment Report issued a stark warning, stating that global temperatures are likely to reach 1.5°C above pre-industrial levels by 2030 unless there are immediate, rapid, and large-scale reductions in GHG emissions. The Change (IPCC), CO₂ concentrations have risen from about 280 parts per million (ppm) in pre-industrial times to over 417 ppm in 2021.

In addition to these milestones, numerous institutions play pivotal roles in climate research and advocacy:

National Aeronautics and Space Administration (NASA): NASA provides critical data on climate change through its satellite missions and climate models, helping to understand the planet's climate systems and predict future changes.

National Oceanic and Atmospheric Administration (NOAA): NOAA monitors the Earth's atmosphere and oceans, providing essential information on climate trends, extreme weather events, and sea-level rise.

World Meteorological Organization (WMO): The WMO coordinates global meteorological and climatological efforts, facilitating the exchange of data and research among countries to address climate change.

Environmental Protection Agency (EPA): The EPA in the United States implements policies and regulations aimed at reducing emissions and protecting the environment from the impacts of climate change.

United Nations Environment Programme (UNEP):

UNEP works globally to promote environmental sustainability and coordinate international efforts to combat climate change through policy, science, and advocacy.

World Wildlife Fund (WWF):

WWF focuses on conservation and climate action, advocating for policies to reduce carbon emissions and protect natural habitats.

Greenpeace: Greenpeace is an international environmental organization that campaigns against climate change, deforestation, overfishing, and pollution through direct action, lobbying, and research.

Impacts of Climate Change

The consequences of climate change are widespread and severe:

Rising Temperatures: The Earth's average surface temperature has risen by about 1.2°C since the late 19th century. This has led to increased frequency and intensity of heatwaves, affecting human health, agriculture, and ecosystems.

Melting Ice and Rising Sea Levels:

The Arctic Sea ice extent has decreased by about 13% per decade since 1979. Melting ice contributes to rising sea levels, which have risen by about 20 centimeters (8 inches) since 1880, with the rate accelerating in recent decades.

Extreme Weather Events:

The frequency and severity of extreme weather events, including hurricanes, floods, and wildfires, have increased. The 2020 Atlantic hurricane season was the most active on record, with 30 named storms.

Biodiversity Loss: Many species are facing extinction due to habitat changes and climate-related stresses. A 2019 UN report estimated that around 1 million species are at risk of extinction within decades.


Urgent Need for Action

The concept of a "climate emergency" underscores the urgent need for immediate action. Delaying efforts to mitigate and adapt to climate change will result in more severe impacts and higher costs. The following measures are critical:

Transition to Renewable Energy: Shifting from fossil fuels to renewable energy sources such as solar, wind, and hydropower is essential. Investment in clean energy technologies can reduce emissions and create sustainable jobs.

Enhancing Energy Efficiency: Improving energy efficiency in buildings, transportation, and industry can significantly reduce GHG emissions. Policies and incentives are needed to promote energy-saving technologies and practices.

Protecting and Restoring Ecosystems: Forests, wetlands, and other natural ecosystems play a crucial role in sequestering carbon. Protecting existing natural areas and restoring degraded ecosystems can enhance their capacity to absorb CO₂.



Adapting to Climate Impacts: Communities need to adapt to the impacts of climate change that are already unavoidable. This includes building resilient infrastructure, developing early warning systems for extreme weather, and supporting vulnerable populations.

International Cooperation: Climate change is a global issue that requires collective action. Strengthening international agreements and ensuring that countries fulfill their commitments is vital for achieving global climate goals.

C o n c l u s i o n

Climate change is not just an environmental issue; it is a profound threat to human societies, economies, and the natural world. The scientific evidence is clear, and the impacts are already being felt around the globe. The 21st century must be defined by decisive action to combat this crisis. From international accords like the Paris Agreement to grassroots movements advocating for climate justice, every effort counts in our collective endeavour to safeguard the planet for future generations.

Recognizing the climate emergency and responding with urgency, innovation, and cooperation is imperative for securing a sustainable and resilient future.



Name - Shayori Dey
Class - VII
School - Assembly of Christ School,
Barrackpore, Kolkata

CLIMATE CONCERN

Nowadays, we feel really hot during summer months even winter months are not so cold. Do you know why is this happening? and what is this? It is not climate change, its climate emergency. It is happening because of us. Yes, because of human beings. We are cutting trees and growing big buildings. Thus, heat is not getting absorbed by trees and the temperature is increasing causing GLOBAL WARMING. Due to global warming, glaciers are melting increasing the water level. Scientists believe that Earth will drown in water after a few years. So, to save our Earth we need to plant more trees to decrease the heat. Leave heat and melting of glaciers we will not get oxygen if there are no trees left on Earth. We are cutting trees without thinking about the consequences we will face. Imagine yourself walking with an oxygen cylinder everywhere you go. Why? Because there is no oxygen left on Earth to breathe. Global warming is very dangerous and there are many more consequences. I picked up some of them. It's better for us to be aware of this and stop cutting trees. If we can't stop cutting then at least we can plant more trees. So that we don't have to suffer in the future.



PARENTS ARE MY HEROES



Name – Akisha Batra
Class – 3
School – Ahlcon Public
School, Mayur Vihar
Phase 1, Delhi

My parents are my heroes, so strong and so true,
 They're always there for me, no matter what I do.
 With love in their hearts and kindness in their eyes,
 They guide me through life's journey, under clear or cloudy skies.
 My mom is like a gentle breeze, calming all my fears,
 She wipes away my tears and whispers sweet words in my ears.
 Her hugs are warm and comforting, like sunshine on a rainy day,
 I'm grateful for her love that never fades away.
 My dad is like a mighty oak, sturdy and tall,
 He teaches me to stand tall and rise above it all.
 With laughter in his voice and wisdom in his words,
 He helps me navigate life's twists and turns.
 So here's to my amazing parents, my heroes through and through,
 I'm grateful every day for all that they do!



PARENTS ARE MY HEROES



Name: Samvit Gangwani
Class - III
School - Ahlcon Public
School, Delhi

My parents are my heroes,
 After any number, worth billions & trillions of Zeroes
 Name anything on this planet;
 They fetch it somehow for sure I can bet
 They are the magic lamp of my life,
 Like an ATM card to Swipe
 Never ever let me fear even in my dreams,
 For they sleep on either side listening to the slightest of screams
 My heroes, my best friends are the real Avengers to salute
 Making me their confident, happy-go child in gratitude



Conversation with a Versatile Sports Legend

**Naresh Naik,
Valsad, Gujarat.**

Naresh Naik is a dynamic 65-year-old with a vibrant family and an unrelenting drive. His day starts at 4 am with core exercises and includes supporting my family and working in the pharmaceutical industry. He describe himself as a "Health ICON" and a "Raymond's Perfect Man." His journey, starting at 58, is marked by numerous achievements: completing my first Cyclothon in 2015, a triathlon in 2017 despite a leg fracture, and becoming a Super Randonneur in the same year. He also earned medals in swimming and running at state and international levels, and in 2022, and received the Valsad city Best Nagrik award for Sports.

Question 1: How did you become an expert in cycling, hiking, swimming and running, in short, an Iron Man of Gujarat?

Everything in life begins with a few small steps. I started cycling for my job purpose at the initial stage and took it as a sport. Further, I extended my muscle strength towards regular walking and running and next was swimming. Though this was not a readymade recipe for me, with my team and coaches I learned with all my dedication towards achieving the half Iron Man.

Question 2: Which sports are the best for being fit at an early age according to you?

Sports that fit at an early age depends on many parameters. If I say swimming, one should reach the pool every day. Whatever sports you pick up see that you do on a regular basis.

Question 3: How can school children maintain their fitness since childhood?

The most important aspect is physical activity. Decide on your physical activity schedule and follow it religiously. Reduce your screen time, take proper food and proper sleep. Work on your mental health.





Question 4: Which sports do you think every school student should pursue and why?

In my perspective, it is better to start with swimming and then develop an interest in other specific sports.

Question 5: Describe your fitness regime.

I start early in the morning with stretching which includes yoga, then core exercise followed by a routine scheduled workout. I have a proper diet plan in place and pay proper attention to sleep properly.

Question 6: Do you also provide training to school students?

We have a group SSC which consists of school students also, who maintain the same regime. I do learn from them also. With my experience, I do develop them to the next level.

Question 7: How can parents ensure that their children take an interest in sports at an early age?

Parents should ensure that their children have a scheduled time slot for outdoor games. It is also essential that the parents play with their children. I believe the motivation towards sports for the child comes from their parents. As a parent, you should keep a check on the performance of your child and support them in the form of a good coach to push them to the next level.

Question 8: Your suggestion to students for pursuing a career in sports.

1. Check your inner strength, if physically and mentally fit then look for a good coach who can bring you to the next level.
2. Sports will help you to achieve your milestone at a very young stage in life, with enough monetary gain.
3. Also have a proper path post-retirement as a sports personality.
4. A sportsperson never retires, he can utilise his expertise then as a coach, trainer, mentor and many more roles to play.

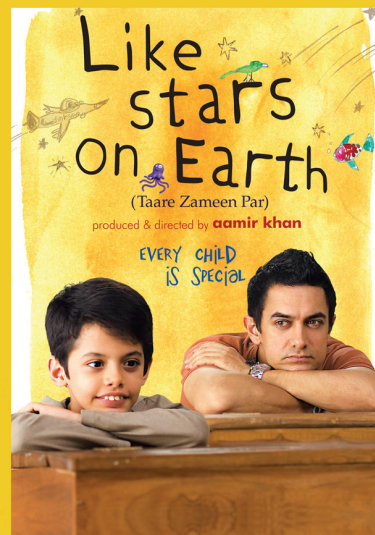
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CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

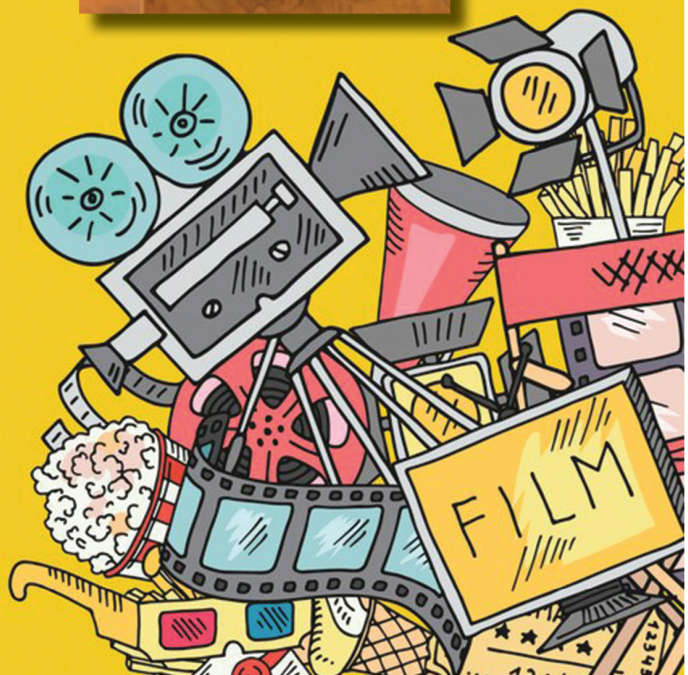
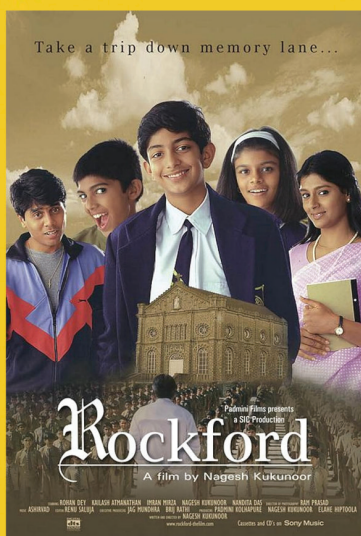
TARE ZAMEEN PAR

2



1

ROCKFORD



CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

STANLEY KA
DABBA

4



3

MAKDEE



CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

JAJANTARAM
MANANTARAM

6



5

ZOOTOPIA



CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

KOI MIL GAYA

8



7

MINIONS

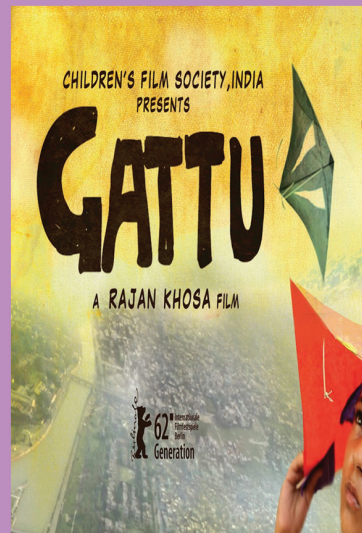


CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

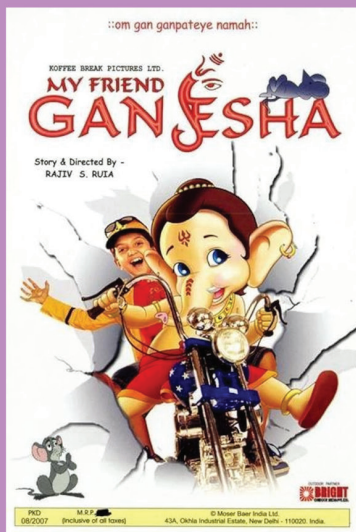
GATTU

10



9

MY FRIEND GANESHA

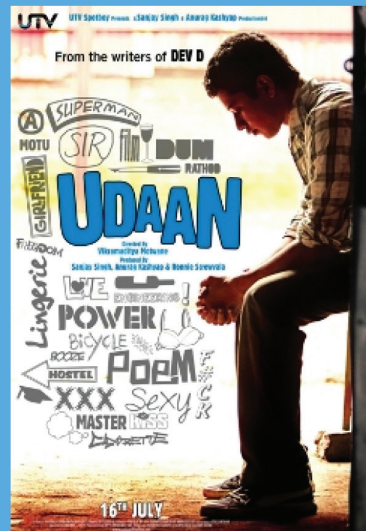


CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

UDAAN

12



11

RANG DE BASANTI



CINEMA

20 BEST BOLLYWOOD MOVIES FOR GEN - Z

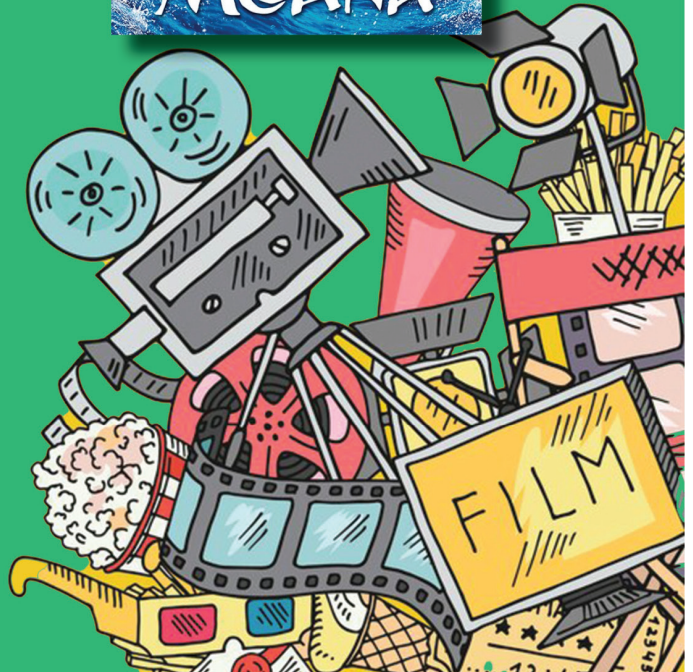
MOANA

14



13

PIKU

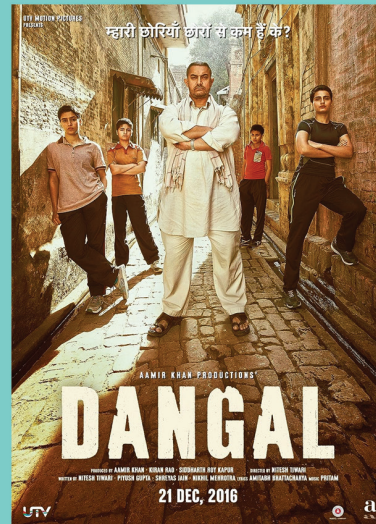


CINEMA

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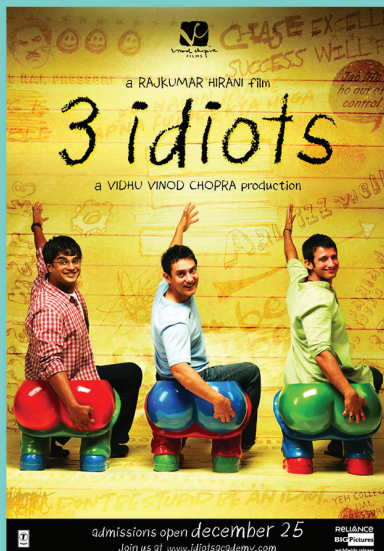
DANGAL

16



15

3 IDIOTS



CINEMA

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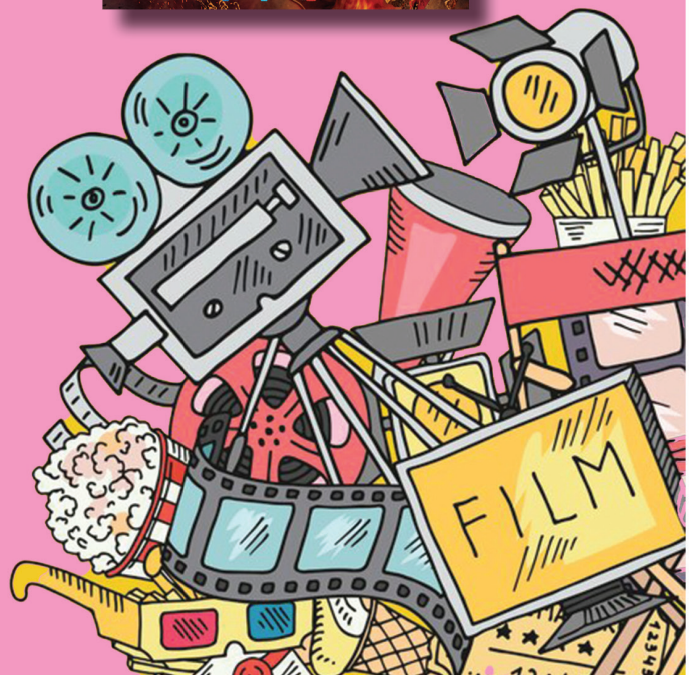
BHAAG
MILKHA
BHAAG

18



17

TANGLED



CINEMA

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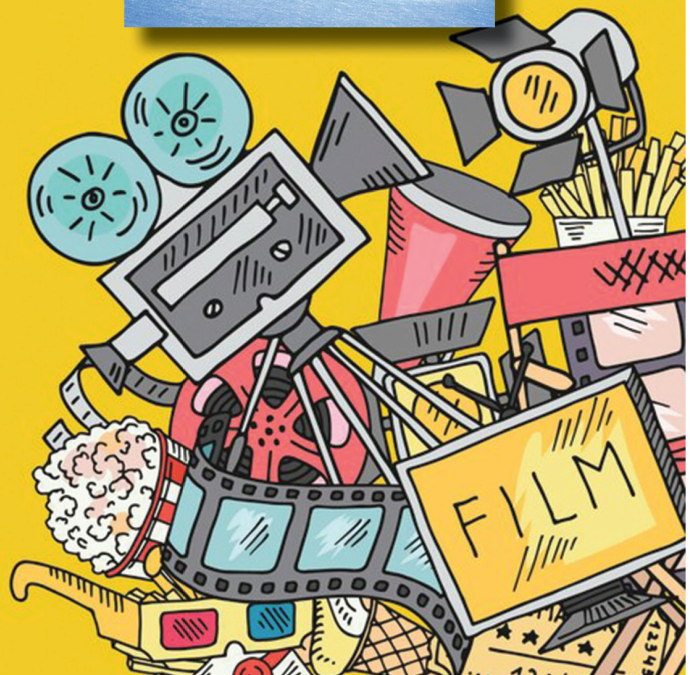
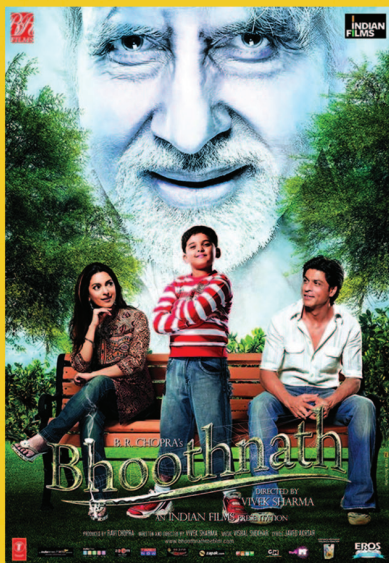
FROZEN

20

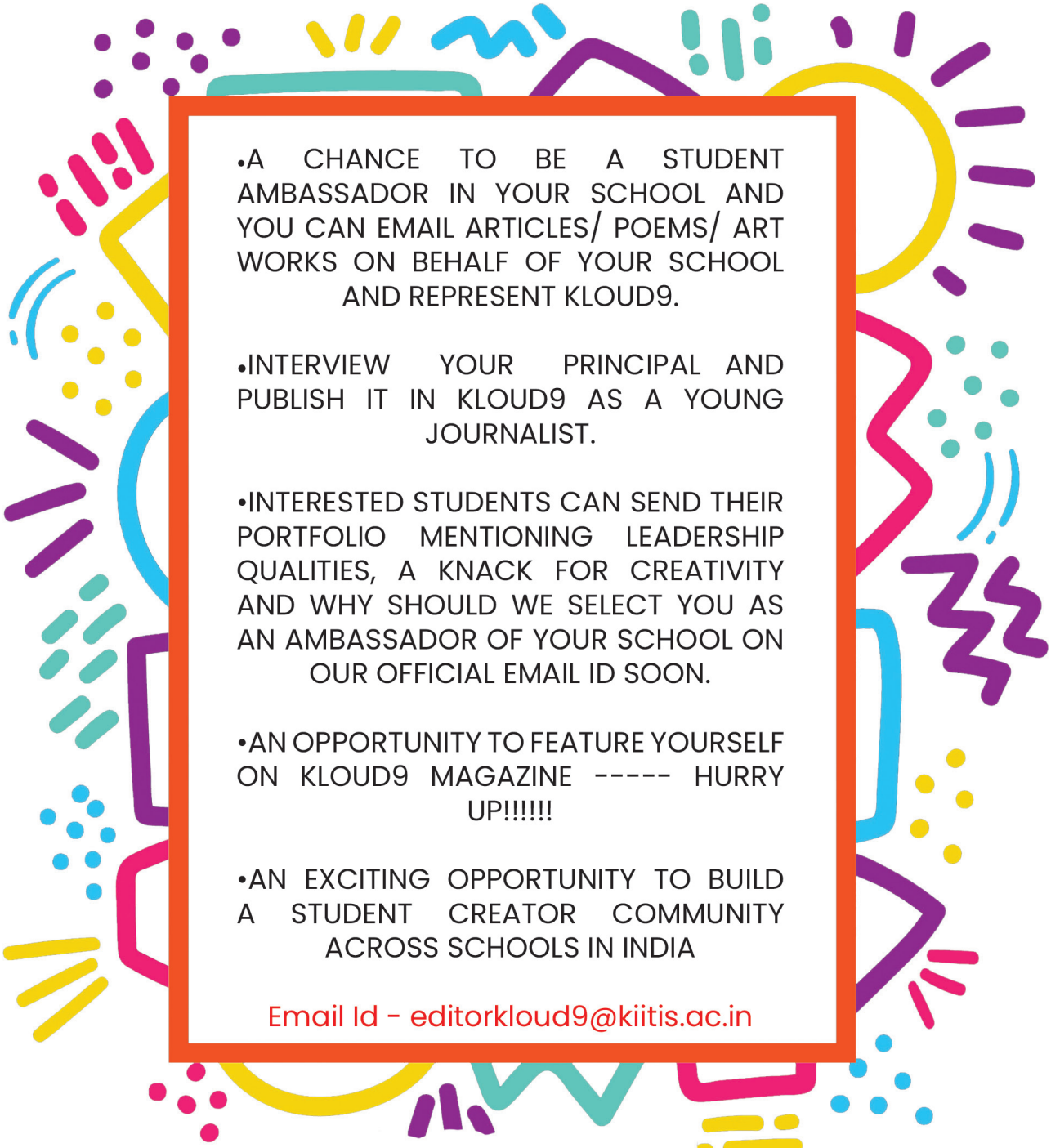


19

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