

KLOUD9

INDIA'S EXCLUSIVE MAGAZINE FOR THE GEN - Z
SPORTSMAN TODAY, LEADER TOMORROW

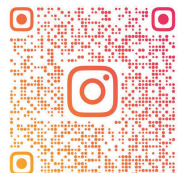
EXAM CORNER

*Important Exam Alerts to Look Out
For School Students*



***In a verdant field
where combat
takes place,***

*A sportsman gets up after learning
some lessons.*



VOLUME 7 ISSUE 25 SEPTEMBER 2024

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KLOUD9

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EDITOR'S MUSINGS

There is nothing more gratifying and joyful than a surprise 'free period' in school to play in the school grounds. All of us have thrived when we get a 'free period' and the teacher immediately tops the list in our favorite chart. Sports and games are easily the best and most affordable stress busters in our lives. We acknowledge that they are essential for physical and mental wellbeing, and should be intrinsic to our lifestyle. Yet, somehow it is relegated to the background as we get on with the business of living. Not only does it make us vulnerable to ailments and diseases, we also lose sight of basic skills that we need to traverse the journey of life.

Team building and being a team player is the springboard for any venture. There is no better way to develop team skills than in sports. The same is true of self and time management skills. A good sportsman knows how to take care of himself, his diet and exercise schedules to give his best in the field. Timing and time management is critical. A striker in football scores that decider if his timing and focus is perfect. Being in the game even when the ball is not within striking distance and retaining that awareness and focus is the key. We need the same to be successful in life too.

To be an effective and impactful leader and change maker, we need to be decisive and motivate others around us to explore new possibilities. It becomes that much easier if we have learnt this playing sport. Taking calculated risks and accepting and learning from the outcome is another leadership skill learnt in the field.

Most importantly, as we grow up, we seem to forget the importance of physical well being, exercise and fitness. We become unfit, unable to give our best in our life because of ailments and diseases, and then start to participate in fitness programs trying to reverse it all.

My appeal to you is that do not make the same mistakes as us. Lead more fulfilling lives and make balanced choices so that your future is better, happier and productive. Choose a sport or a game that you love, and devote a few hours every week to it. Be healthy; be strong and be happy as you surge ahead in life because your journey of resilience, fortitude and passion is more significant than standing on the podium after a photo finish!

As the Olympic motto says, Citius, Altius, Fortius – Communiter which translates as Faster, higher, stronger – together. May you live life with this motto as your mantra always!

DR MONA LISA BAL
Editor **KLOUD9**



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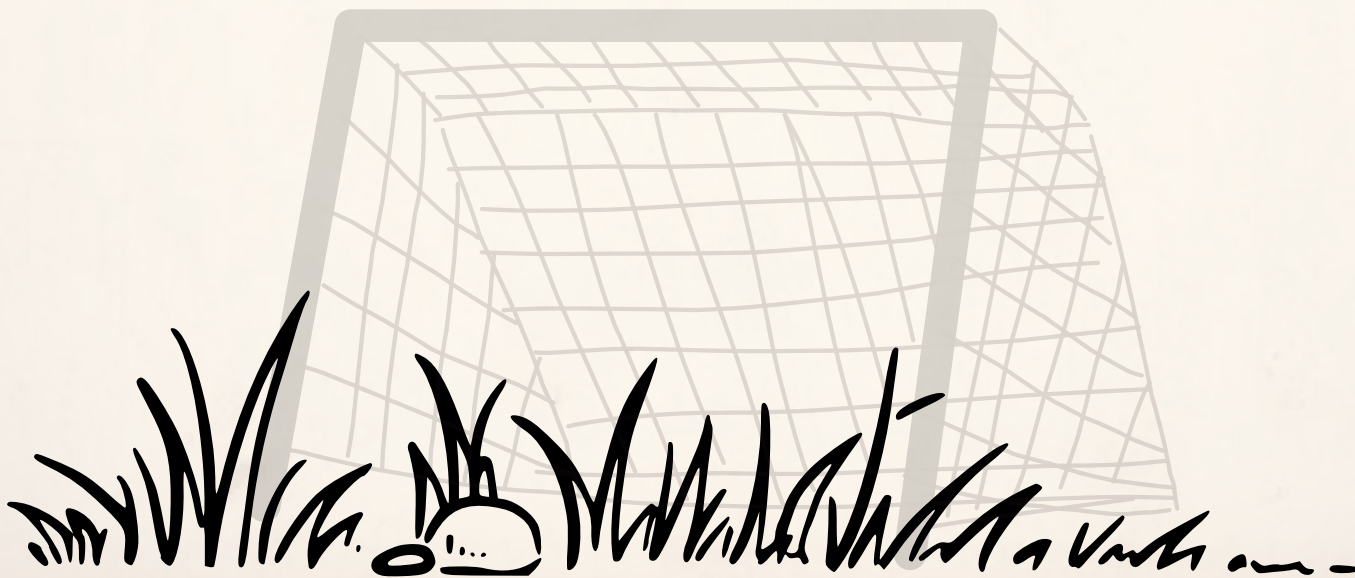
SPORTSMEN ARE LEADERS OF TOMORROW

Story

By Nandita Mishra

In the backdrop of the recently concluded Paris Olympics and the Paralympics that followed with its share of celebration and frustration, it becomes imminent that we dedicate one issue at least to sports and leadership. The Paris Olympics were an eye opener for India not simply because we won much less than our expected share of medals, but it opened our eyes to the stories behind several sports figures that made them both heroic and human at the same time. The unprecedented success of the Paralympians will open the doors of respect and appreciation for the differently abled and is also a reminder for sports administrators to focus on them equally.

Vinesh Phogat with her emphatic win against the unbeaten World No 1 Yui Susaki of Japan has etched her name in the pages of wrestling's history. The nation cried and prayed for a miracle that would honour her with at least a silver medal, but accepted the verdict of the Court of Arbitration of Sports like any true sportsperson would. That is the seesaw ride, the rollercoaster that we have to learn to ride when we play sports. Sports can be unpredictable and sometimes unprecedented because human potential as well as limitations cannot be anticipated. The tussle between the will to win and the body's caving in reminds us that sports teaches us to absorb intense pressure, accept victory and defeat in our stride, among other things. A billion plus prayers did not change the destiny of Vinesh Phogat because rules do not change with prayers. She came back empty handed, but she will always be remembered for her historic defeat of Yiu Susaki, for her in fortitude and humility.



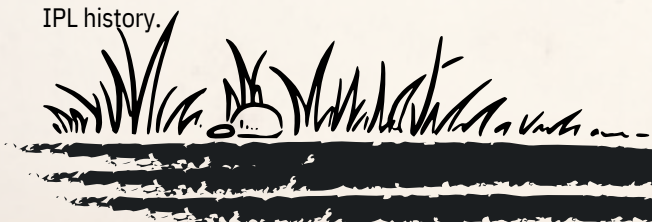
When Nadia Comaneci scored a perfect 10 in the uneven bar in gymnastics in the 1976 Olympics in Montreal, the scoreboard showed 1.00 instead of 10.00 because no one had scored a 10 before and the computer was programmed for displaying three digits only. Human potential has no limits and even technology can be caught napping.

But they are human too. We have seen sportsmen struggle to communicate with journalists after a game. Nowadays, with television capturing these moments worldwide, they have translators to help them. While we crack up and cringe when Asian cricketers talk about their struggles while communicating in English with sports officials and journalists, we have to appreciate that top sportspersons are excellent communicators – both verbally and through their body language. No Indian cricket fan can forget how Shane Warne, the Captain of Rajasthan Royals in 2008 weaved his magic of leadership and communication with a bunch of rookie but enthusiastic players to win the first IPL Trophy, beating the more fancied Chennai Super Kings in the final. It opened our eyes to the fact that transformational leadership is not limited to verbal language skills alone. In fact, most of the players struggled to understand English, and his pronounced Australian accent didn't make it any easier. Yet, a mix of key words, gestures coupled with his demeanour and body language on the field was enough to pave the way for one of the most exciting victories in IPL history.

Neeraj Chopra became the poster boy of javelin, the boy with the golden arm when he won the Olympic gold in the 2020 Tokyo Olympics and followed it with a silver medal in 2024 in Paris. Arshad Nadeem of Pakistan with a record breaking throw of 92 metres plus won the gold in Paris. Neeraj was Arshad's inspiration. He not only won at the highest level, but the duo showed the world that grace in losing to an opponent and appreciation of superior ability does not make one a loser. Lesson learnt – no one is invincible and excellence in sports knows no borders and political tensions.

Adapting to new situations and giving one's best even in less than optimal situations is the essence of sports and its lasting legacy for all its followers. The biggest innovators of the world like Steve Jobs, Bill Gates and Mark Zuckerberg were able to achieve the status of change-makers because of their ability to adapt technology and make it viable for its users.

The seed of such adaptability and innovation is sown in the field. Cricketers learn to play in test matches, one day matches and 20 over matches with equal expertise and flair. Not just that, vagaries of weather, rains push them to modify their strategies on the field for the best outcome. It is these aspects that crystallize the exceptional prowess of a Rohit Sharma as an all time great in all formats of the game.



Andre Agassi in his autobiography, *Open* writes poignantly about his tennis training in Florida at the age of thirteen to learn and hone his skills. He writes how this banishment impacted him and though his father thought it was the best place for Andre to be in, for young Agassi, it was frightening, lonely and traumatic.

Andre, the rebel tennis rock star icon was a by product of this banishment. His father's decision seemed cruel to Andre though his father believed that his son's prodigious talent because could only be polished in Nick Bollettieri's Academy. A sport is unforgiving and there are no shortcuts to success even if it means immense sacrifice.

PV Sindhu's father recounts he would wake Sindhu up at 4:30 am for her coaching classes. It was a 30 km drive every single day for 10 long years. Years of hard work, focus and unwavering preparation made her the greatest female badminton sensation of India. Just as leadership requires that extra edge that comes with exceptional preparation, sportsmen who excel at what they do accomplish it with preparation and preparedness.

Yet, with all the preparation, talent and performance, Sindhu has also failed on the world stage, most recently in the Paris Olympics. While all sportsmen seek and work towards sustained excellence, a sport also makes room for failure. However good you are, you will fail. The best do. Sindhu failed too, and yet no one can take away her achievements and she will always be an ambassador for the game for many youngsters.

Importantly, sportsmen also prepare for another lesson very early in life - life beyond sports and the podium; beyond the spotlight and the endorsements - life in retirement, when they are still young. That is again the hallmark of leadership – learning to accept the inevitability of failure and knowing when to step back and weave new threads of opportunity again.

Another key lesson of leadership is integrity. Vinesh was 100 grams overweight and her best efforts weren't good enough. She did not resort to unfair means and stepped back from that grand finale. It takes extreme courage and fortitude to remain honest when it is an all or nothing situation. It is also critical for good leadership to be honest and have utmost integrity.

To sum up, the theme seems a contradiction because we have all experienced the disdain and the negative attitude that children who are passionate about sports have to contend with. It is inevitably viewed as a passing phase, a whim, something that has no future. Sports is just fun and pursuing sports is regarded as frivolous. Most of us remember the days when we negotiated play time with our parents and teachers, especially during exams. It is no surprise that most sportspersons give up academics mid way in their careers, and should they have any setbacks to becoming professional sportspersons, their struggle to rebuild their lives is fraught with immense difficulty and resistance. This is a reflection of how we fail to capitalise on the journey and learning of sportsmen to make the most of their abilities and leadership skills along the way.

Leadership is often misunderstood as political leadership only. But leadership is essential in all walks of life. Decision makers and opinion builders are able to be agents of change because of leadership qualities, the seeds which are sown in the sports field, in that time we managed to squeeze in to play in a local tournament during exams. The unpredictability of sports and the ability to take decisions and calculated risks on the field is the hallmark of a leader.

If as a nation, we wish to build good leadership, we need to encourage sports and games in educational institutions to become a training ground for transformative leaders of this great country.





Name: Aanya Seksaria
Class: VI
School: Milburn Middle School
City: New Jersey, USA

They even start community work
 Coaches and referees
 Commentators of different sports
 games
 Building up their career is all part of
 their journey to becoming a leader
 Determination is what makes them
 strive for better!

A Leader

Sportsman Today, Leader Tomorrow
 A sportsperson, a runner
 Is an inspiration and model for all
 Leading in all spheres
 Heroes for their country

Cricket players
 Olympic medals
 What great respect gets shown for
 them.
 Different competitors

Discounts and a little bit of
 commercialisation everywhere
 Billboards and maybe even some in
 Times Square!

Rigorous practice!
 Sacrifice as sweat dripping down their
 tight skin
 Strict diets, restricted confectioneries,
 and sugar
 Hard work, lots of work out and
 exercise
 Nutrients and water consumed





Name: Hanshika Kasera
Class: XII
School: Rajasthan Vidya Mandir
City: Kolkata

Making the Country Proud

A sportsman is the one who plays for his country and makes the country proud. He works tirelessly to achieve his dreams and demonstrates to the world that no one can stop him, regardless of his financial status, as he remains determined and focused on his goals.

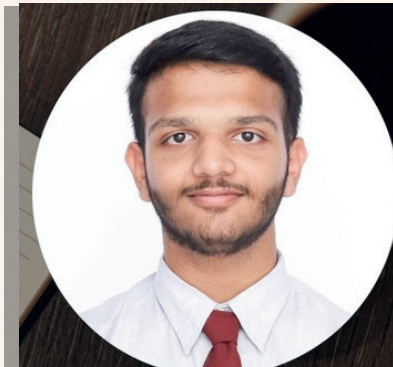


Sports and excellence are two different facets which they have to work on. While most sportsmen start playing a sport as something they love and pursue for relaxation, it is at a later stage that they focus on playing sports at a competitive level. This is never easy, and far more challenging than the other safe career options that we study for to become professionals with 9 – 5 jobs that are considered respect worthy and acceptable by society. We need to understand that sportsmen and athletes pursue a very difficult and unglamorous path in preparing themselves as athletes. Most of them face financial hardships and sponsorships are few and far between. Not to mention injuries and conditions that can shatter their dreams. Also, to reach to the level where one can get some sponsorship is difficult, and institutions need to support them. Their struggle toughens them and seeds of leadership are sown during this time.

Sometimes, people denigrate female athletes, believing they are incapable of accomplishing anything, yet their unwavering determination prevents them from losing focus. The Women's Cricket Team in India have so many stories of discrimination and lack of belief and respect for them at all levels. Yet, they have persisted and brought laurels to the country even though their earnings are much less than their male counterparts in India. This is not just true of India. Globally women have received less as prize money than men, even in established sports like tennis. Things are improving and today there is parity in the major tournaments, but we have a long road ahead.

A sportsman is a leader who serves as a role model for everyone, in every aspect. He motivates people through his hard work and the story of how he achieved his current position. He advises and prepares the newcomers with everything he can, so that they can also make the country proud. A leader reaches where he is by making sacrifices and facing failures. No one can reach anywhere until you learn from your failures. They fall down one after the other, but they stand up strong after everything. That is why the biographies of sportspersons are bestsellers, because they are stories of real life that inspire generations.





Name: Dharav Doshi
Class: XII
School: Anand Vidya Vihar
City: Vadodara

Sportsman Today; Leader Tomorrow

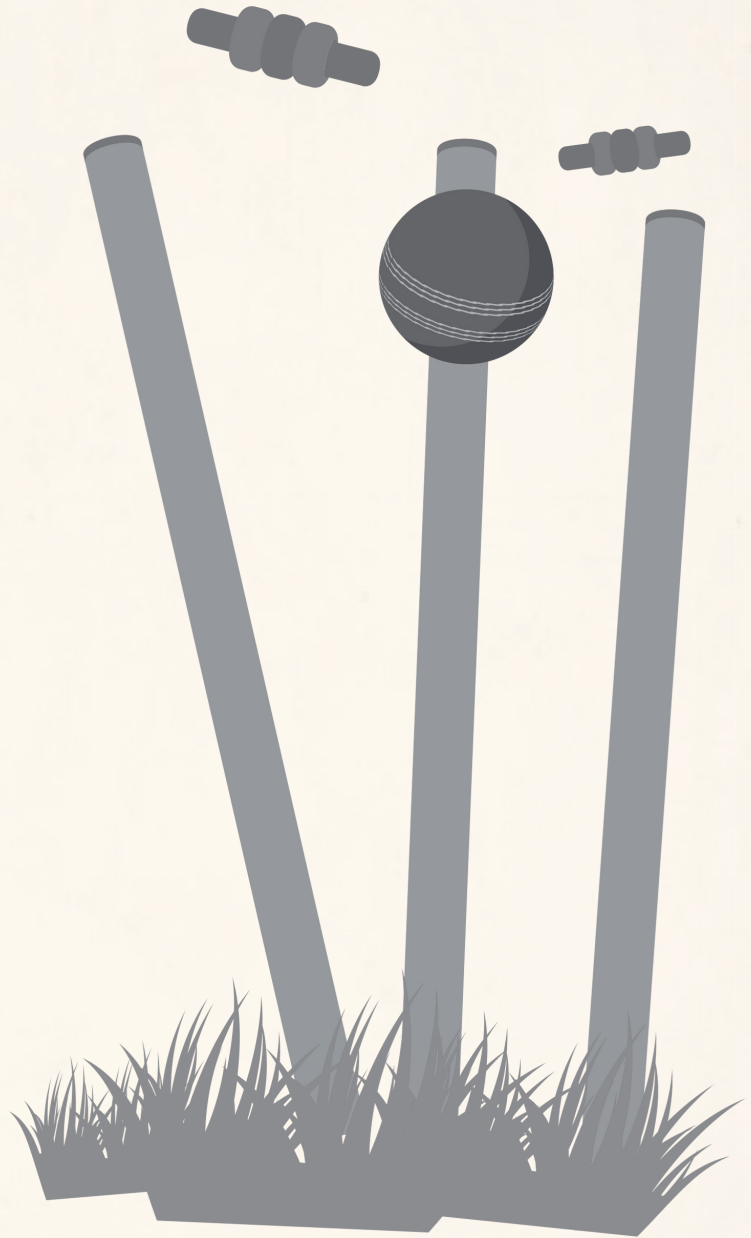
A sportsman is born when he has the passion, the commitment and the drive to pursue sports as the most important thing in his life. Sometimes, they discover this by accident, at other times, parents encourage them to play sports from a young age and excel in it. We are familiar with how Sachin Tendulkar started playing cricket as a five year old because he was a handful to manage at home. His brother is said to have introduced him to cricket so that he would channelize his excessive energy and the rest is history. It was a wonderful accident of history that the world witnessed for nearly two decades when Sachin, the batsman stood on those twenty two yards.

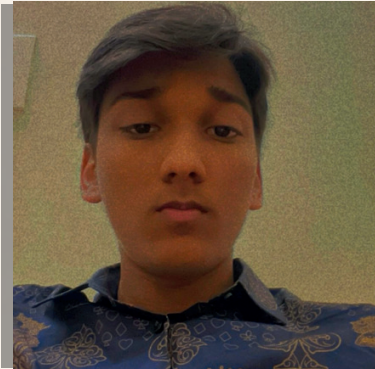


Yuvraj Singh, on the other hand recounts how his father, Yograj Singh threw his skates when he told him that he had won the Skating championships as a teenager. He wanted his son to focus on cricket alone and with his innate talent, he would make the world sit up and take note of the spark of genius in the left-hander. His six sixes in the inaugural T20 match against England in 2002 against Stuart Broad and his exceptional display of batting in the 2011 World Cup, as he was battling cancer is simply a once in a lifetime phenomena. His ability to fight the disease, make a comeback and continue only underlines his exceptional resilience, leadership and team skills.

With discipline, teamwork, and persistence, a sportsman can become a leader. The virtues that a person gains from sport, such as resilience, adaptability, and pressure-handling, are helpful when they become leaders. Athletes learn the skill to urge others to take the lead, set goals, and face challenges, all of which are the main qualities required for effective leadership. Their competitive nature encourages creativity, and resilience brings them together. When they transition from sports to leadership roles in society, their ability to motivate others and the demonstration of leading by example become essential. Business executives, as well as politicians as leaders, have attributed their leadership skills to the lessons they learn on the field.

After retiring from cricket, Navjot Singh Sidhu, an Indian cricketer, entered politics. His commentary and batting prowess were well-known. Sidhu joined politics in 2004 and was elected to the Parliament. He was able to navigate his political career and advocate for public issues in Punjab thanks to his charisma and leadership of the cricket field. Gautam Gambhir, the head coach of the Indian cricket team has made a mark not just as a batsman, but also as a successful member of the Parliament as well as a coach. We all have a lot to learn from their leadership roles as we take the country forward.





Name: Vihaan Singhi
Class: XII
School: Birla High School
City: Kolkata

Sportsman, A Perfect Leader

A person, after becoming a sportsperson, gets to learn various qualities that are not only about leadership but also about emotions and sportsman spirit. For this, one does not have to play professionally. The games that we play in our school or with our friends in the neighbourhood teach us that some games will be won and others will be lost, despite our best efforts. We have to accept it gracefully and the sadness we feel on losing is just as important to experience as the joy and thrill of winning.

Participating in sports teaches a sportsperson to embrace the opponent, while defeat instils emotional control. Leading a team in a sport teaches an individual how to make decisions about their teammates, the conditions of their team, and the sport itself. Others learn to comply with these decisions and follow their guidance. The leader also imparts leadership skills and knowledge about the sport, encouraging them to avoid arrogance and to always absorb as much information as possible.



When the Indian team lost in the World Cup finals in 2023, every eye was moist, because even in defeat there was a dignity, a resolution and strength to accept that the best team on the day deserved to win, no matter what the back story and the emotion may have been. And the same team won the T20 World Cup in South Africa in 2024 showing the world that accepting failure with humility had led them to reach their goal and win fair and square.

Therefore, the knowledge that the sportspeople have as well as their attitude on and off the field can be regarded as lessons for life for good leaders. Let us try to build a nation which values sports so that in the future we are also laying the foundation of strong resilient and effective leaders. Odisha's love for hockey is case in point as also the boxing and wrestling akhadas of Punjab and Haryana, and the love of Bengalis for football. It is embedded in the ethos and playing the game for the sheer love and enjoyment of it has successfully laid the edifice of good values and leadership.





Name: Adrija Saha
Class: VII
School: Modern High school for Girls
City: Kolkata

Spirit of an Athlete

In a verdant field where combat
takes place,
A sportsman gets up after learning
some lessons.
Every time you race or play,
He acquires the skills necessary to
forge his own path.
With each step, he strives to
improve his skills, occasionally with
a coach on his side.

He knows how to work from night
to morn,
To celebrate victories, to cope with
defeats head-on.
In every game, he learns how to
guide,
With reference gained from a
previous battle's tide.
People think he's not a player, but
with a voice so strong,
As if it can shape its own future, as
if it can right all its wrongs.



So, watch the athlete, being brave
and true,
Within his heart, a leader's spirit
grew.
With every sprint, with every play,
He'll try to lead the world in a
better way.
A sportsman today, a leader the
next day,
Someone who can keep the
troubles at bay.



Name: Karthiyayani CK
Class: X
School: PM Shri Kendriya Vidyalaya
City: Hebbal, Karnataka

Artwork: Manorama





Name: Ranveer Agrawal
School: Don Bosco School, Park Circus
Class: VII
City: Kolkata

A Games Captain, A Future Leader

Tom hated to study. All day, his mother said, "Study! Study!" and his father said, "Do your studies, T". Tom appeared to be deaf to their words. Both of Tom's parents were doctors and expected Tom to be a doctor too. Thus, they wanted Tom to excel in his studies and fulfil their dreams. Tom, however, had no intention of becoming a doctor; he wanted to become a footballer. His grandmother, who was a sportsperson, understood his God-gifted talent. He was an excellent sportsman. His grandmother took him to the park every evening. One day, after sending the poor boy to bed early due to his lack of studies, Tom's grandmother personally spoke with his parents. She said to them, "I was a sportsperson myself; when he plays in the evening with his friends, I don't see a ten-year-old boy playing football; I see a games captain, a future leader."





Name: Vaishnavi Harlalka
Class: V
School: The Newtown School
City: Kolkata

A Poor Boy Became A Leader

Once upon a time, a poor athlete struggled to afford the necessary equipment for his sport. He was an avid sportsman. He and his family used to reside in a tiny village.



He diligently worked as a servant, earning money to purchase sports equipment. He always made a point of saving the money he received. After accumulating a substantial amount of money, he purchased all the necessary sports equipment and began preparing to compete. Most of the time, he finished first in the competitions and won medals and trophies. He received an invitation to participate in the world's largest competition in Mumbai, representing India. He asked his friends whether they would play football with him on a team. They agreed and played against the next village to build up confidence. His team always won, and he became a team leader. He and his parents were thrilled to hear that, but they could not afford the ticket to Mumbai, and they had to confirm the department the next day. Luckily, his parents used to work hard and saved a lot of money for him. Finally, they informed the department that he would travel to Mumbai. He started practicing for the competition. After five days, he went for the competition, and his parents supported him. He felt a bit nervous while he was on the ground. Two days later, the results were unexpectedly released, and he secured the top spot. His photograph was featured in magazines. He gained immense popularity, fulfilling his parents' long-held dream. Both he and his parents experienced immense happiness, and his parents were also filled with pride.

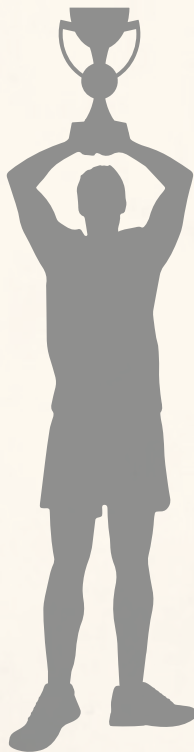


Name: Shradha Agarwal
Class: XII
School: Delhi Public School Megacity
City: Kolkata

Sportsman today, Leader tomorrow

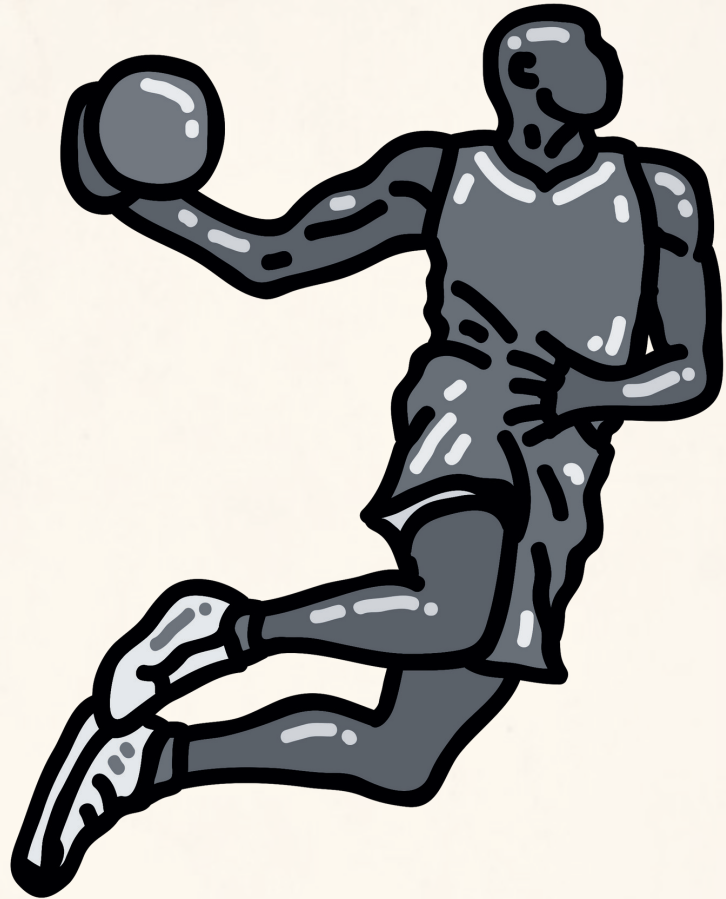
Sports have always been more than a physical activity; they go beyond just competing on the field or chasing victories. Sports is about confidence, discipline, focus, and optimism. It also focuses on a sportsman's determination, commitment, and passion for it. This is evident in the sporting icons of the nation. Neeraj Chopra, the javelin specialist, Manu Bhaker with her shooting and so many others reach the pinnacle because they embody these qualities.

Whether it's a modest upbringing, a career-threatening injury, or a classic underdog scenario, athletes are out to prove sceptics wrong. Sports teach resilience, how to accept failure, learn from it, and come back stronger. A kind of mental toughness is instilled in the minds that shape charismatic leaders. Fuelled by believers, they possess the ability to overcome adversity like no other.



One will always remember VVS Laxman's 281 runs in Eden Gardens in Kolkata in 2001 against Australia which propelled India to the greatest win when the prospect of a humiliating inning was staring at us. His belief that all was not lost, that he could make a difference and exceptional focus and talent created a moment in cricketing history that will never be forgotten.

The phrase 'sportsman today, leader tomorrow' encapsulates the idea that the lessons learnt by a sportsman in the field shape them to become leaders in society, business, and beyond. Success stories of sportsmen off the field and their unique leadership is something that we can all emulate. Steve Waugh, the Australian cricket captain has helped children and adults suffering from rare illness through his foundation along his wife. His philanthropic activities for Udayan, an organization for children suffering from Leprosy in India is also well known.



A leader, like a sportsman, exhibits self-discipline, self-control, and accountability. Their capacity to remain focused on goals, consistently apply efforts, and guide others is rooted in the discipline cultivated through sports. The core of ethical leadership: integrity, transparency, and fair play promote trust and uphold dignity. Sports teaches us to be ethical, fair and supportive of each other. Players who lack empathy are unable to make a mark despite their talent and capability. A Cristiano Ronaldo remains an icon because of his empathy, rootedness and dignity while respecting his opponent.

Lessons learnt by a sportsman provide a solid foundation for future success. A sportsperson is the epitome of courage and hardship, and like a leader, an athlete inspires one to defy all odds and succeed in life. Rishab Pant's comeback after almost two years because of a serious car accident is testimony to his physical and mental toughness, his love and passion for the game and his immense discipline and dedication. All these qualities are the hallmark of good leaders.



A Sportsman

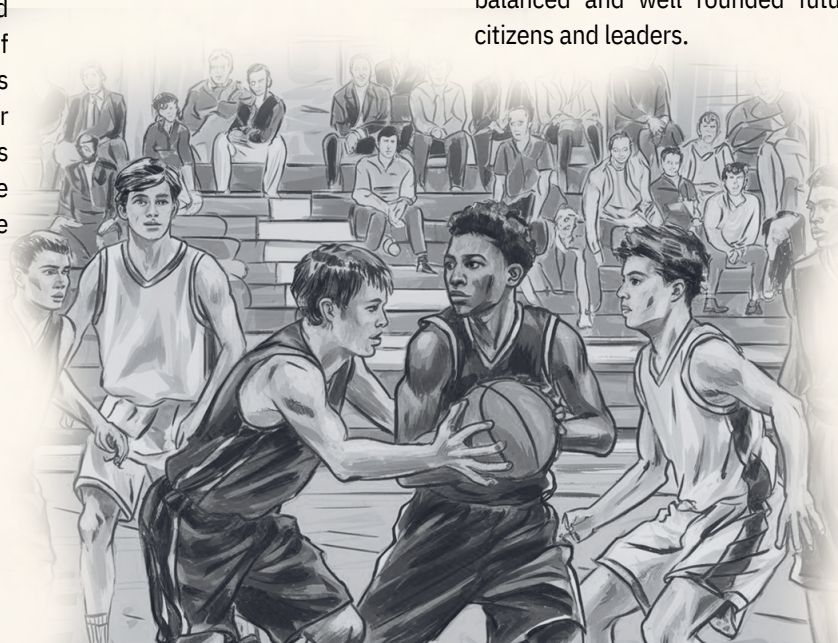
Name: Archit Tibrewala
Class : XI
School: Don Bosco School Park Circus
City: Kolkata



A person who becomes a sportsman today will have very high chances of being a leader in the future. I believe that the characteristics and qualities a sportsman and a leader possess are quite similar. Today's sports person requires a lot of qualities like teamwork, constant practice, time management, striving for improvement, hard work, patience, and persistence. Being a sportsman requires one to understand others from their perspective to ensure cooperation in the team. By skill and practice, one can become the captain of the team he or she was in, which helps him or her inculcate the values a leader requires further. The future leader needs to be experienced in the virtues one must possess in order to get the honorary role of a leader.

For instance, I believe, that in schools, the student council or the head boy or the head girl should not be selected only on the grounds of good academics but the co-curricular activities and sports. Leaders, even at the school level, are looked up to by students, and an all rounder is more suited in the role.

Thus, we need to give equal importance to sports in school and college, so that students who pursue sports do not have to sacrifice academics for athletics. Mind and body develop simultaneously and there is no need to overcompensate our strength in one or the other. A good sportsman can also do well academically if the system supports him. This will not dilute academic excellence but give us better, more balanced and well rounded future citizens and leaders.





Name: Archita Dhara
Class: XI
School: Salt Lake School (English Medium)
City: Kolkata

An Opinion

Sportsman today, leader tomorrow is indeed a very true statement in today's world. We must learn how to handle and manage things that are unavoidable and sometimes also become difficult for us. One must be very sporty in their behaviour and lifestyle, and then only something good will turn up from our inner soul. We should try to avoid things that are unnecessary, like sayings of people behind us, and try to get better each day instead of thinking about these kinds of people and wasting our valuable time.

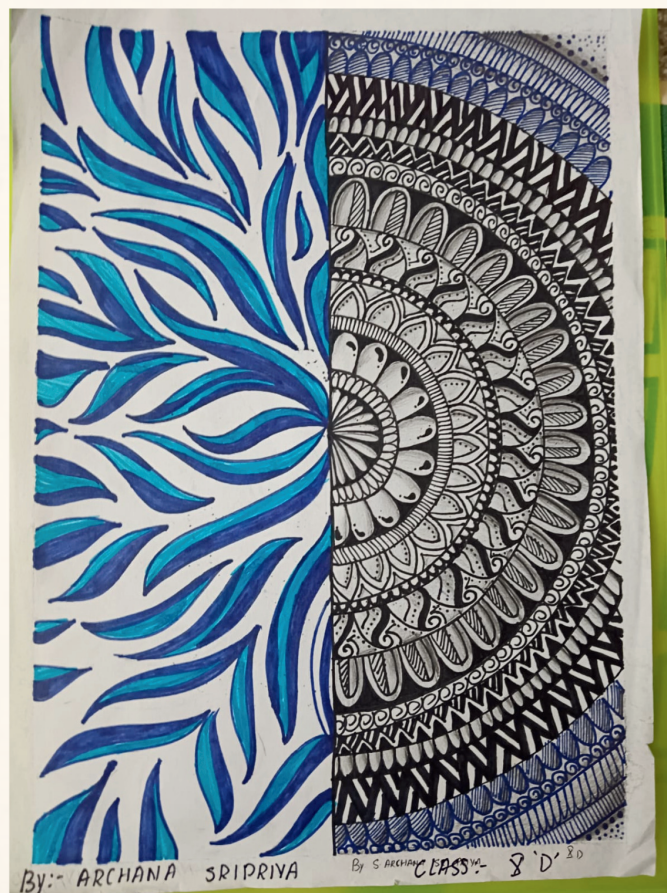
Another very important aspect of being a sportsman in practical life is to respect elders, try to learn something new from them, and then modify ourselves to a better extent. We should listen to them, rectify ourselves, and work hard to reach our goal like "real sportsmen" instead of arguing with them. If we follow this, one day we will see a bright future ahead of us, where we will find ourselves leading a team or a company, or maybe the world someday.





Name: S. Archana Sripriya
Class: X
School: PM Shri Kendriya Vidyalaya
City: Hebbal, Karnataka

Mandala Art



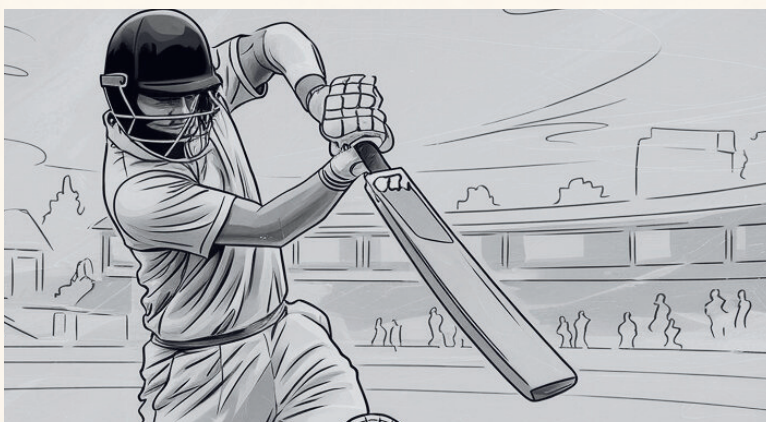


Name: Shourya Jaiswal
Class: XI
School: Delhi Public School Megacity
City: Kolkata

Inspiration

I've always found sportsmen's lives very interesting. I believe that a sportsman's life encapsulates in a short span of 10–15 years everything that normal people see in their lifetime. They almost live in a fast-forward mode. I just love the passion sportsmen exhibit on the field and the fire in the belly they have to win the game. Not many times do you see such fire in normal real lives or in corporate lives. So, I've always been very curious to learn life lessons from sportsmen and sports.

Sportsmen have great passion for what they do in such a way that makes them cry uncontrollably in the most extreme moments. In fact, I don't know of any top sportsmen who didn't cry publicly. Crying is not vulnerability; it shows how much they want to win and how much they want to go out there and do what they want to do. I respect that fire in any individual. They show great empathy and sensitivity towards each other and their common goal. They have a strong connection with the present and they give it everything. Many of us experience the same thing when we are part of a House or class tournament. We feel the emotions a lot more than we do when we succeed in an exam, because there is a certain energy, empathy and commitment in being part of a team, no matter how insignificant the event.



Sports teach a lot about life and encapsulate how life should be played and lived. It is said that one should always invest time in something that gives happiness, makes money, or makes you better. Sportsmen seem to do all three at once all the time while playing. We love to listen to podcasts and interviews of our favourite players because they are excellent communicators and have a certain honesty about them that is very inspiring. It is important to know that we may not have the ability to play sports professionally, but playing a sport for the love it will also make us happier, healthier and more resilient human beings.



Name: Mayank Jain
Class: XI
School: Delhi Public School Megacity
City: Kolkata

An Athlete

For all those who love sports, it is a passion that is hard to explain. We cannot pinpoint why a certain game or sport fascinates us because we may not always be good at it. Love for a sport is an emotion and rightfully so. The fascinating thing about sports is that it is not just about competition. It also provides adequate grounds for developing leadership skills that can be demonstrated anywhere, even off the field, which makes a distinction between an athlete and a leader.

It is very inappropriate for an athlete to ignore balance or give themselves too much space in their schedule and work rate. Opportunities to excel are few and far between and we need to have a great deal of preparedness to be able to make the most of them. Immense discipline, punishing schedules and working towards it with focus is the key. The same kind of discipline and preparedness to make the most of the opportunity ahead is also critical in leadership positions, which requires patience to see their dreams being fulfilled.

The majority of the games have common goals, which demand players to work together. This teamwork builds cooperation and enables the athletes to learn how to encourage and uplift their fellow players, who are the essentials for great leaders. Constructing a mindset of getting back up after falling down promotes resilience, which is an essential attribute in any leadership position.

Athletics also entails situations where there are time constraints and a lot of action that requires quick action or decision. Athletes tend to be trained in orienting themselves in situations and making relevant decisions, which is a core competency of leaders in this current seeking world.

Thus it is appropriate to say, Sportsman today, Leader's tomorrow.





Name: Dhanvi Todi
Class: XI
School: Modern High School for Girls
City: Kolkata



Path To Success

Sports is an immediate path to hard work and intermediate success. Every individual who has ever taken up a sport and worked hard for it has learnt something valuable from it that has helped them in the long run. Taking up a sport helps us to be resilient. It also helps in coping with loss and having the desire to win and work hard for it.

Being a sportsperson nowadays for a student is all about managing academic pressure along with sports practice. This imbues in them skills relating to multitasking, leadership as well as time management.

We live in a world where our attention span keeps decreasing as we move forward. Thus, having people who are not immersed in their devices or the technological world is a great feat achieved only by a few. This guarantees the success of the person as well as serving as the determinant for their capability as a good leader as well as their flexibility to adjust to the given tasks at hand.

Sportsmen live and perform on the ground and not in the digital space. To steer children away from getting addicted to their Ipad or phones is a challenge for both parents and schools. A wonderful way of ensuring this with proactive intervention would be by encouraging them to play sports and building themselves up both physically and mentally. This will provide the future with better leadership, new ideas and a more engaged and interactive generation of people.



**Name: Vartika Rathi,
Class: IX
School: DPS Megacity
City: Kolkata**

The Purest Feeling In The World!

Love, what is love? We should savor and cherish it forever. Love is an incomparable, unconditional, and internal feeling that defies explanation. Loving someone just does not mean being with them forever; it is the sacrifices that you can make to keep them happy no matter what. Purity in love can be challenging to find in this world; people always desire something in return, even if it's just time and effort. The purity of the relationship between a mother and her child, or even the best of friends, embodies pure love.





Name: Ananya Tiwari
Class: XI
School: Mother's Public School, Unit-1
City: Bhubaneswar

The Bittersweet Freedom

Think closely, and you will see
Freedom never comes for free.
Freedom hails from struggle and pain.
Freedom is sacrifice.

One can only be liberated.
After they pay their price

Since many ages, freedom has been
like a flame
that gets rekindled by the sacrifices of
people.
History itself is a testament to the fact
that it required the loss of family, love,
and countless lives.

It is essential for us to be free from the
rule of others.

Most of us consider freedom to be the
absence of restrictions, but that is not
always possible. Even freedom has
some limits to ensure that all
members of a society can stay safe
and coexist with each other, bound by
certain laws and regulations.



We do know that freedom comes at a cost, but another important question is: Are we truly free?

The concept of absolute freedom is nothing more than an illusion. For instance, after 78 years of independence, the women of our country still suffer from abuse. They are not safe in public or even in their homes. After letting them pursue their dreams, how do we expect them to progress?

When some individuals persist in bringing others down, what can we do? To be free as individuals and a society, we must know our moral and legal limits. Freedom is essential because it allows us to live our own lives.

Therefore, let us remember the sacrifices made by our people as we commemorate our independence each year. Let's work to create a society in which people can live freely and fearlessly.



PRINCIPAL SPEAKS



FLORINA FERNANDES
Principal
Ramniwas Bajaj English Highschool

How do you encourage students to select a career that aligns with their interests or passions?

I am delighted to tell you that I just graduated as an International College and Career Counsellor from the IC3 Institute as a member of their yearlong flagship programme. In this world of emerging and changing careers it is important to keep yourself updated and ensure that children are updated about the changing trends too. I have come up with certain programmes at school to guide students in their career paths.

- **I** have created a workbook for grades 6 to 8 titled Discovering You. The book is a guide to self-reflection and personal growth. This would in turn help them understand their interests in order to choose subjects leading to specific careers.
- **Project** work for internal assessment now lays emphasis on including information about careers and universities.
- **Series** of talks titled Career talks to invite people who have chosen to take on emerging careers and also alumni to talk about how they carved their paths. Special focus on armed forces and agricultural sector. Various universities are invited to conduct workshops in thinking skills while promoting their programmes.
- **Field** trips for higher grades are campus visits or visits of places like TOI or a news channel to help generate an interest in careers in those fields.

What are the criteria to keep in mind for students to select the right career path?

- **It** is important to know that the career aligns with their interests or passions hence there is a combination of self-reflection, exploration and guidance.

- **Identify** strengths and interests through journaling hence my workbook for the middle school. I go ahead and ask them about their favourite Youtuber or Influencer and that also gives me an insight into their interests.

- **Working** on their skills is what would help students understand the types of problems they enjoy solving. This can be done through various events at school.

- Exposing them to various career options and find the most impactful when they meet people from the field or visit campuses. Career fairs may not be too impactful as it is too much to choose from especially for a student who has not planned their career path.

- **Networking** works and hence I encourage my students to create their LinkedIn profiles and connect with people who share similar interests. I encourage them to read blogs and post comments. They are more aware of the thoughts and trends in the field and this encourages reading too to be more self-aware.

- **It** is important to involve and engage parents as we need to dispel preconceived notions about careers and align their expectations with their child's interests. I also encourage the students to discuss their career ideas with their parents through an excel sheet that they prepare and share with them.

- Lastly it is important be open minded as you cannot commit to one interest for life.



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

One of the best aspects of the National Education Policy (NEP) 2020 is its emphasis on flexibility and multidisciplinary education. This approach allows students to explore different fields, pursue diverse interests, and develop a well-rounded knowledge base. The key benefits for students are:

Multidisciplinary Approach: Students are no longer confined to rigid streams like science, arts, or commerce. They can combine subjects like physics with music, economics with design, or computer science with philosophy.

Flexible Curriculum and Choice-based Learning: The NEP promotes a system where students have the autonomy to choose their learning paths, allowing them to follow their passions while also gaining skills in different disciplines. This will likely reduce stress and improve student engagement.

Focus on Critical Thinking and Creativity: The policy encourages moving away from rote learning and promotes inquiry-based, experiential, and critical thinking-based learning. This is designed to foster a deeper understanding of concepts and enhance problem-solving skills.

Vocational Training and Skill Development: The NEP 2020 integrates vocational education into mainstream education, starting from a young age. This can help students develop practical skills and be more prepared for the workforce.



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

The impact of technology on the lives of school students cannot be ignored and when we speak about evolution, we cannot deny technology to students because of the fear of misuse or overuse.

Technology provides a lot of benefits, namely:

- **Access** to a vast array of learning platforms and resources
- **Adaptive** learning platforms allow personalized learning and allows flexibility and convenience to pace learning to self
- **Connecting** students to collaborate with others across boundaries
- **Learning** is made fun and effective through multimedia content, simulations and gamified learning

When technology is not monitored by home and school it can promote

- **Reduced** attention span and cause distractions for self and others
- **Over-reliance** can reduce critical thinking and analytical skills
- **Health** and emotional concerns caused by over-exposure and reduced social interaction
- **Cyberbullying** and privacy concerns

Technology is largely a boon and hence a balanced approach is necessary. This is where teachers, parents and policymakers need to ensure that it is use purposefully to foster thinking skills.

5. What according to you are the steps to be taken for cultivating critical thinking in children?

Cultivating critical thinking in children is a very important aspect of education and educators must create the environment at school to develop this.

- **Encourage** questioning and curiosity by asking the right questions – What do you think? Why? How? What would happen if... (hypothetical questions)? - This fosters a culture of inquiry. (Use the Socratic method of asking deeper questions)
- **Promote** problem-solving skills by presenting them with real-life challenges and let them come up with solutions. At my school, the best solutions to either hygiene or indiscipline issues have come from the students. I have encouraged them to survey, present their results, brainstorm solutions and evaluate. This makes them feel more responsible and problems are solved permanently.
- **Encourage** independent thinking by allowing them to analyse the information they encounter. This would also ensure that they would not be misled by information they are presented with and also to understand perspectives and form their own opinions.
- **Allow** them to experience failure and then to think about the next step.
- **Engage** in brain games (Sudoku, strategy games, and puzzles) to allow them to predict outcomes and analyse.
- **Encourage** reading and expose them to a wide variety of reading materials.
- **Encourage** self-reflection, expressing their thoughts and feelings and making choices especially at the completion of a task.

6. A few tips for students to improve and enjoy the habit of reading.

Unfortunately reading today is a dying skill and I rarely come across students who enjoy reading; the majority of students (and parents!) do not understand the importance of reading in their lives. Hence I would like to share some tried and tested strategies to inculcate reading that I have used on my own children and students and which have proved to be successful.

Teachers!

- **Read** to your students daily – a poem, a story, a chapter – let them want to hear more, wait for your next session.
- **Suggest** a book carefully selected for your non-readers; make it appear special to them. They will enjoy this attention and bound to read the book.
- **Have** students advertise their books to the class and put up a chart to see how often that book has been read by the classmates. Students are more influenced by their peers.
- **Walk** around with a book in school, let your students find you reading during your free time. Let them ask you about the book you are reading. This would make you a role model.

Parents!

- **Read** to your child everyday till they develop the joy of reading (even if it means reading to a teenager!)
- **Dedicate** 15-30 minutes of family reading time everyday where everyone reads seated in one room. Set the timer.
- **Let** them copy you, so you need to start reading first.
- **Outings** at malls can begin at a bookstore where you spend time reading, you may decide not purchase a book.



9. How can students strike a balance between sports, hobbies, and studies?

A balance between all 3 are equally important as they play a major role in shaping the person. Each of these enhance the other. It is important to plan your schedule which must be a skill taught to children early in life. I have always been taught that if you have one task to be completed, the 24 hours seem less, but when you have 10 tasks you will learn how to use the same time more effectively.

It is also important for parents to know that you cannot choose one over the other.

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

I have always advocated that interests and passions drive careers. You can turn your dream into a career if you showcase the unique talent you have. I would suggest to research into the scope of the profession in the next 5 years and also the added skills that they would need to prepare themselves for changing trends.

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

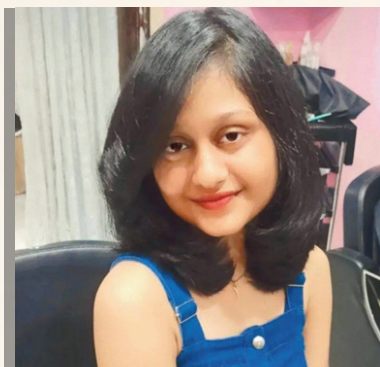
Life skills are essential to navigate the complexities of life and handle challenges. Here are some must-learn life skills that I feel are important:

- **Critical** thinking and problem solving to be adept at facing academic and real-life challenges with confidence.
- **Emotional** Intelligence or EQ as one needs to better relationships, reduce stress and handle failure.
- **Communication** Skills to be able to articulate thoughts clearly, be confident and collaborate better.
- **Time** Management to set priorities, manage work and use time efficiently.
- **Adaptability** and Flexibility to handle unexpected challenges and embrace change.
- **Financial** literacy to understand money management, make informed financial decisions and plan for the future.
- **Decision** making to be able to make informed and independent choices, gain more personal satisfaction and fewer regrets.
- **Self-care** and Health awareness as it is crucial for long term well-being.

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

As a member of Gen Z and Gen Alpha, there is no doubt that today's youth are facing unique challenges and opportunities that previous generations didn't experience in quite the same way. When it feels overwhelming to navigate it all remember

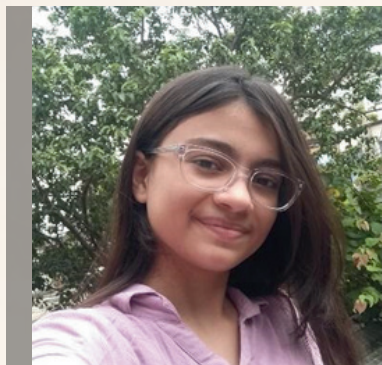
- **that** you are a unique being and love yourself
- be confident
- **tell** yourself that everything is possible after a break to rejuvenate.



Name: Purba Parul
Class : XI
School : Mother's Public School, Unit-1,
City: Bhubaneswar

Sailing Beyond the Sunset





Name: Anayaa Banu
School: Stewart School
Class: VIII
City: Cuttack, Odisha

The Courage To Fight For Freedom

The old lady in the village, steeped in orthodox tradition, shouted, "It's a girl." Parents were disappointed. We have a liability in life; a son would have been a support in our old days.

Elina, a baby girl as innocent as an angel with sparkling bright eyes looking at everyone mysteriously, melted her grandfather's heart with her innocence and bubbly face.

Brijbhusan, "Why are you smiling?" Does it bring cheer to your life?" exclaimed Mukhiya.

Your granddaughter will not give you an heir, but your grandson will. Brijbhusan responded, "I am overjoyed to see my brilliant generation." Hearing that, the villagers burst into laughter. Brijbhusan lost temper and yelled, "I will educate her." He took Elina with him, educated her until her teenage years, and then died in peace.

There was no one to protect Elina after the death of her grandfather; her parents took custody and forcedly married her to a young, struggling businessman named Rohan, a kind-hearted, loving husband but son of a Satanic-minded mother, Mrs. Chandan, who was a cruel lady.

At sixteen, Elina became the mother of a charming girl named Diana. Diana was like an upgraded version of her mother; she was a princess to her father. Rohan was determined to educate Diana, so he went against his own mother, the village, and Mukhiya.



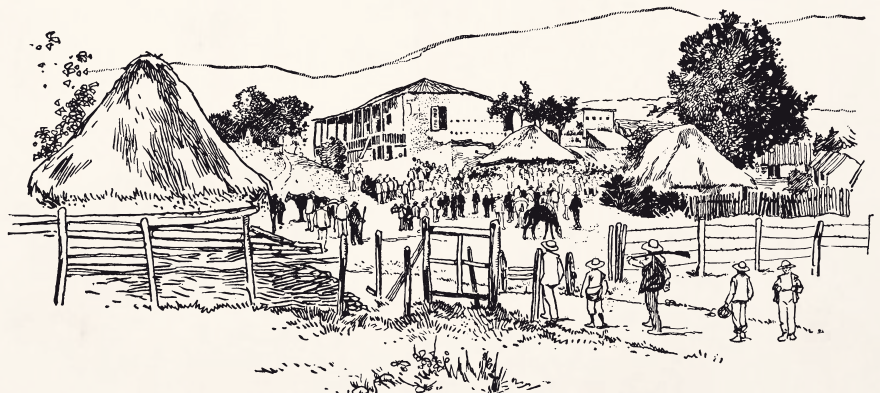
The Mukhiya arrested Rohan and his family. Mukhiya was a hypocritical leader. He was against women's education and liberation. When his family threatened to burn Rohan alive, he risked his life to ambush the guards and escape with Elina and Diana.

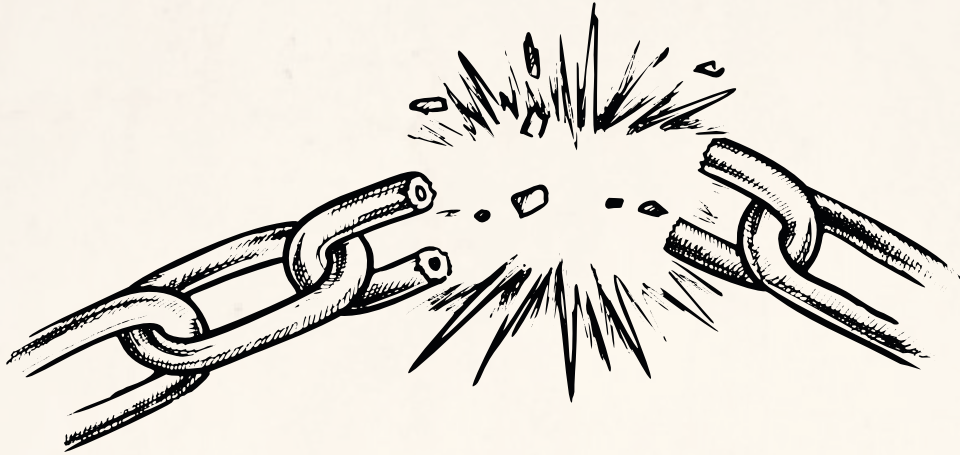
Elina and Rohan consistently placed their trust in the Government of India, relying on a contact number Rohan had provided for backup emergencies. The government provided an SOS emergency toll-free number for women's security, known as the Fastrack service. Within three hours, the Special Security Force neutralized the situation by releasing Rohan with family and taking immediate, necessary action against the culprits.

The court found Mukhiya, Mrs. Chandan, and about 24 villagers guilty of several charges and sentenced them to six years in prison with Rs. 500,000 compensation to Rohan and his family.

After 21 years, Diana cracked the UPSC exam. Within the span of a few years, she got her posting as a collector in her own district and transformed the primitive, orthodox place into a flourishing, developing, and safe zone of the country. Under her tenure, she opened about 18 schools for girls, started a women's empowerment program, a special scholarship for girl child education, banned child labour and gender discrimination, a right to choose or refuse program, and a rapid action force for the safety of women.

Elina retired at the age of 60. Elina's farewell speech was, "I have seen my mother sacrifice everything to fight for gender equality, and I have witnessed my father's struggle to support my mother." Their courage allowed them to fight injustice and defend their beliefs. Religion, caste, creed, or gender violate freedom, a fundamental right whose true value lies in the courage to claim it.





My parents have given me every liberty that a girl wants. Their sensible teaching helped me to know the bitter reality of present-day society.

My parents have always supported me, which is why the happy ending of my story is a testament to my belief and confidence in facing every counterattack from society's ridicule and challenging situation. No matter what it takes, I will earn my freedom to give my story a very pleasant and happy ending.

But we still have the same question in our minds. Do we have the courage to fight for liberty?





Name: Janvee Mandal
Class: X
School: D.A.V Public School, Unit 8
City: Bhubaneswar

Is Freedom Really Ever Free?

“Freedom is not worth having if it does not include the freedom to make mistakes.”

-M. K Gandhi, Father of the Nation

All of us are dreaming to have freedom in any kind. Whether the freedom for anything to do for our society or freedom for choosing our own career. But the real truth is that we are not completely free. We need freedom in doing and showing respect to our country. Many women are still fighting for their own rights and people below poverty line wants much resources from the government. Even people from STs, SCs and OBCs wants equality and freedom for living.

Not only in politics, freedom can be shown in different contexts. Here are the contexts as shown below:

Historical Context:-

Many years ago, people from various countries fought for freedom and equal rights through movements, demonstrations and protests. Along with that, many wars and revolutions took place to achieve freedom. The American War of Independence, the French Revolution and many wars associated with the high human and material costs for gaining political freedom.

Not only wars, movements such as Civil Disobedience Movements in United States, struggle against apartheid in South Africa and women's suffrage movement in worldwide countries required immense sacrifice and perseverance from countless individuals.

These movements and wars are the prime examples where people faced oppression, violence and even death to secure freedoms for themselves and others.



Modern Political and Social Costs:-

Well, our country needs much security for protection from terrorist attacks. Military forces are installed in various borders for defense and improvement of national freedom. There is a functioning legal system that protects the individual rights and freedom which involves substantial costs related to law enforcement, the judiciary and the prison system.

Economic Contexts:-

Economic freedom involves costs such as taxation, regulation and compliance. Businesses and individuals often have to navigate these economic structures in the market as taxes are the burden for individuals and businesses. Businesses must comply with rules and regulations that ensure fair competition, protect consumers and safeguard the environment. These regulations, while sometimes restrictive, are necessary for a stable and fair economic system. Hence, economic freedom is well supported by basic public facilities such as education, healthcare and infrastructure, funded by taxes.

Personal Responsibilities:-

On a personal level, freedom comes with the responsibility of making choices and facing the consequences of choices. As I have already told you about choosing our own career, our parents may or may not be satisfied about your choice. If they are not satisfied, don't worry! Let me tell you how you'll do it. True freedom requires an informed and educated populace. Individuals must invest time and resources into education to understand their rights and responsibilities fully and to participate meaningfully in democratic processes. Personal freedom is accompanied by moral and ethnic responsibilities. The freedom to act according to one's own will must be balanced by a consideration of how those actions affect others at a large. So, if you want to choose your own career, tell the reason and convince to your parents so that they can agree with it.



Philosophical and Ethnic Dimensions:-

Philosophically, the notion “freedom isn’t free” can reflect the idea that true freedom requires vigilance, self-discipline and moral responsibility. Maintaining a freedom involves constant effort and awareness to ensure that it is not eroded by internal and external forces.

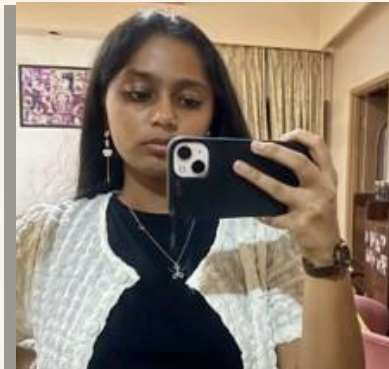
The distinction between positive freedom (the capacity to act upon one’s free will) and negative freedom (freedom from external constraints) highlights the complexity of achieving true freedom. Positive freedom often requires social structures and supports that come with associated costs. So, freedom must be balanced properly.

Cultural and Social Dynamics:-

Cultural and societal norms can both enable and constrain freedom. The struggle for freedom often involves challenging established norms and facing social and ostracism or backlash. In an interconnected world, the freedoms enjoyed by one country or region can be affected by global dynamics such as economic policies, environmental issues, and geographical conflicts. International cooperation and compromises are necessary to maintain and extend freedom globally.

At last, I would like to conclude by saying that the multifaceted nature of freedom entails various costs and responsibilities. Whether through historical struggles, economic contributions, personal sacrifices or philosophical considerations, freedom demands to attain, maintain, and acknowledging these complexities help appreciate the true value and price of freedom. In essence, while the concept of freedom is highly valued and desired, achieving and maintaining it often requires significant effort, vigilance and sometimes sacrifice.





Name: Ekas Kaur Oberai
School: KiiT International School,
Class: VIII
City: Bhubaneswar

Hell In Disguise

As soon as I was awake in my head, Lying there on the heavenly bed

I found myself running through the clouds, As the mother of heaven called out loud

I remembered all those letters I had written, Sitting on the skyline,

Thinking how better it could have been

All those warm hugs, laughs and cries they gave, Vanished as soon as I reached my grave

Suddenly it felt dark in these clouds, It was just as I called out loud

Seeing the demons and the God of clocks, Hearing that clicking sound of locks

Saw the fire rise from the ground, Feeling my legs burnt all unbound The howl of the wolves,

The heat of tartarus, Eating me up

Reminding me of the world

All the rooms of fire and seas of blood, In front of my eyes like an uncontrollable flood As the heavenly bed turned into a bed of fire,

I found the mother of heaven being a liar And I saw all those letters fly like dust, Locked in a cage covered with rust As the skyline fell,

I dropped into an endless well A single tear escaped my eyes, Remembering all the warm hugs, laughs and cries



I slowly realized,
Waking the demon that's hiding inside
This was not perfect paradise
It was, in fact, Hell in disguise.



Name: Nitika Mohanty
Class: X
School: D.A.V Public School, Unit-VIII
City: Bhubaneswar

A Priceless Jewel I Seek

On that maudlin eve, The Sun had dipped his head
into the swirling, thalassic clouds,
The locks of the drooping sap were streaked in the
shades of fire and carmine.
We sat 'pon the horizon,
Placid blue lapping at our feet as we sent frogs to
their shrouds;
When I caught wind first of that worthless jewel,
That coronet moulded for all heads but fashioned
for a few
As the adults fussed
About this jewel they had won in a bloodless duel.

The inquisitive wastrel questioned which precious
crystal adorns this orn
And I was promised a diadem
With youth for the crones,
Inebriation for the sober and righteousness for the
vain.
Sensationalised eyes gawked at the newly erected
symbol of liberty's reign,
As the unthinking, puerile ghoul behind them was
quietly executed
And took his place,
The ever thirsty paranoiac that forms the essence of
all men.



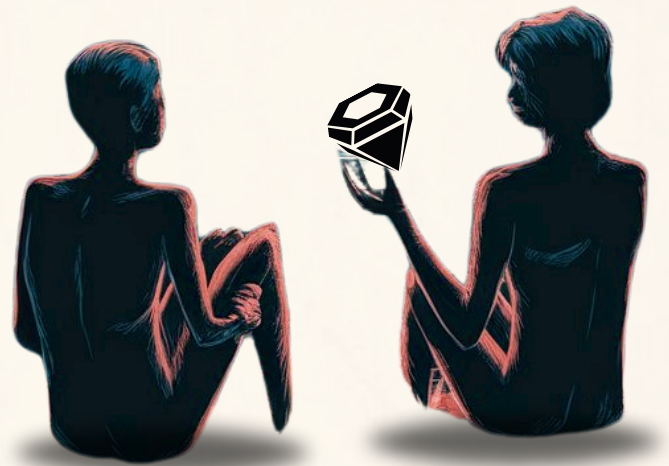
Yet, as the fool ran through the days and years,
Here the protégé, there the master;
That promised sautoir seemed to never grace my neck
To curb all my hopes and fears.
As the infantile nation sprung and crept alongside,
The elusive bijou shaped its shift.
Someday, it was the key from the shackles of life;
On others, the crutch that the feeble use to walk in stride.

As the aquamarine streams turned carmine and
dark strands faded to whites;
They told me that the valued cabochon had already
been won,
Yet it was society's disapproving gaze that formed
the bars,
Their shadows carved into my deep ravines.
We tread along the thinning truss,
Along the wheels of time, drawn long before;
Trying to grasp at that trinket plastered on every ad,
every tagline
Blind to the fact that it lies outside the radial clutch.

Now, as the tired Sun turns his glance away from
the disgraced world,
I sit again, where the odious sands hide their faces
in the folds of the rippling blue.
Yet, the air that swirls now is daubed with cynicism
and murk,
The opal skyline scraped by the skyscrapers,
unfeeling and cold.
I reflect. All these years, the worthless ornament I
have chased,
The elixir of life,

The crafter of content,
Has never even my eyes, it graced.

Why has this basic tenet of life been dubbed a
coronal to be bequeathed?
And the closer we reach it, the further we seem to
stray from damned conventions.
Oh Icarus, flown too close to true happiness, hath
you?
In your quest for the real jewel, from society, you
must be pulled!
I look at this "modern" nation, a supposed paragon
of the jewel,
And I conceive, aggrieve, that perhaps the freedom
I sought for years now,
Had mouldered and slipped away like the sand
grains in the shattered hourglass,
Long before it could reach the hands of the
Sisyphean fool.





Don't our women and girls deserve freedom?

Name: Arunita Sahu
Class: VIII
School: Stewart School
City: Cuttack

Scary? Yes, it will be too scary if you will not fight for yourself!!!

Scary? Yes, it will be too scary if you will not speak for yourself!!!

This world is full of dirt no one is as pure as God

No one is as wonderful as God...

Everyone is cruel in this world!!!!

Every man is safe in this world but are women really safe? I need the answer to it. Are they?

I don't know if I should cry here or just be quiet...

Are women safe to go anywhere?

Are women safe to talk to a stranger?

By giving education to a woman or a girl doesn't give them freedom...if you want to give them freedom then please protect them...

It's not a war between a man or woman...the boys or the men please protect the women and girls...

It's not your wish to protect them. It's your responsibility to protect them and you have to!!!

There are forests of feelings inside a woman or a girl. They may find someone who knows how to water their soul...

I think they treat a woman or a girl like a room they visit on random days. So, please don't do that. They are like soft flowers. Please handle them carefully...they deserve respect, they deserve freedom, they deserve love...

Women and girls are the ones who wish good for a person who has done them wrong, hurt them...

They are just as innocent as a small new born baby....

And this responsibility of taking care of a woman or a girl is not only of the men or the boys, the women should also protect women in each and every possible way....



Concerts To Look Out For

Upcoming concerts in India

India is gearing up for a series of electrifying concerts, with global superstars like Coldplay, Dua Lipa, Bryan Adams, and many more set to perform across the country. From pop icons to rock legends, here's everything you need to know about the upcoming musical events in India, including dates, venues, and ticket prices.

Coldplay – “Music of the Spheres” Tour

Coldplay is returning to India with their Music of the Spheres tour for a two-night performance at DY Patil Stadium, Mumbai, on January 18-19, 2025. Fans can expect to hear timeless anthems like “Fix You” and “Yellow.” Ticket prices range from Rs 2,500 to Rs 35,000, with limited Infinity Tickets available for Rs 2,000.

Dua Lipa – Zomato Feeding India Concert

Dua Lipa will grace the stage at Mumbai's MMRDA Grounds on November 30, 2024, as part of the Zomato Feeding India Concert. While ticket prices started at Rs 4,999, they are currently sold out due to high demand.



Diljit Dosanjh – India Tour 2024

Punjabi superstar Diljit Dosanjh will be performing across India from October 26 to December 29, 2024, hitting cities like Delhi, Bengaluru, and Mumbai. Ticket prices for his India tour start at Rs 3,500.

Bryan Adams – India Tour 2024

Rock legend Bryan Adams will be performing in India in 2024, delivering hits like “Summer of ’69” and “Heaven” to fans in cities like Mumbai and Delhi. Ticket prices for this nostalgic experience range from Rs 3,000 to Rs 10,000.

Boris Brejcha – India Tour 2024

Techno sensation Boris Brejcha is set to bring his high-tech minimal sound to India with performances in Delhi on December 7, 2024, and Mumbai on December 8, 2024. Tickets for his concerts start at Rs 4,500.

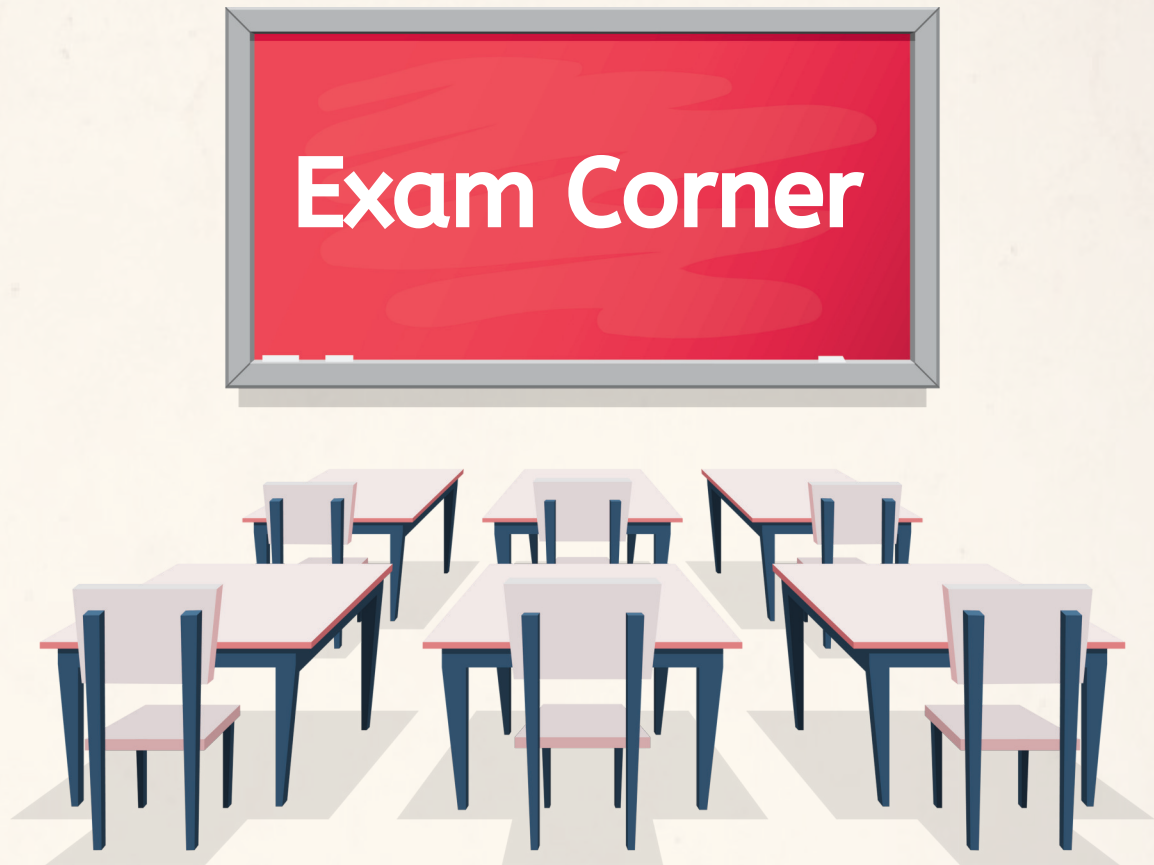
Cigarettes After Sex – India Tour 2025

Dream-pop band Cigarettes After Sex will be performing in India in early 2025, with shows in Delhi on January 24, Mumbai on January 25, and Bengaluru on January 28. Tickets start at Rs 3,000, offering fans a chance to enjoy their atmospheric, emotive performances.

Alan Walker – India Tour 2024

EDM superstar Alan Walker will be touring India from September to October 2024, with performances in 10 cities, including Mumbai, Bengaluru, Delhi NCR, and Kolkata. Fans can expect to dance to hits like “Faded” and “Alone.” Ticket prices range from Rs 2,500 to Rs 8,000, depending on the city and venue.





The registration process for the Common Admission Test (CAT) examination is over. It is necessary to pass the CAT exam for admission in the country's top management college like IIM. CAT is a national-level entrance exam conducted annually in India for admission into the prestigious Indian Institutes of Management (IIMs) and other top business schools (B-schools). It is one of the most competitive exams for pursuing a Master of Business Administration (MBA) or related postgraduate management programmes.

The CAT exam will be held in exactly two months from now, that is November 24. To prepare for CAT in 2 months without going to coaching, a smart strategy has to be made. With these tips, you can prepare for the examination by sitting at home.



Exam Alert For School Students

1. National Talent Search Examination or NTSE

A national level examination cum scholarship program, it is one of most prestigious competitive exams for school students. NTSE's focuses on students who have high academic talent and exceptional intellectual ability. It follows the NCERT prescribed syllabus covering Science, Maths, Social Science and Mental Ability. The students who qualify this two-tier exam receive cash scholarship for the complete academic year. The examination will consist of Mental Ability Test(MAT) and Scholastic Ability Test(SAT)

2. National Level Science Talent Search Exam or NLSTSE

NSTSE is a diagnostic test from classes II to XII and helps them improve their overall learning ability and educational performance. They include thinking process questions. NSTSE provides a detailed skill-wise feedback, highlighting the strengths and weaknesses of students so that immediate action can be taken to correct the aberration and pave a path for improvement.

3. Indian National Olympiad (INO)

Financially supported by the Government of India, this programme aims at promoting excellence in science and mathematics among students at school level. This Olympiads involve a five-stage procedure. The first stage for each subject is organized by the Indian Association of Physics Teachers (IAPT) in collaboration with teacher associations in other subjects. All the remaining stages are organized by Homi Bhabha Centre for Science Education (HBCSE).

4. Science Olympiad Foundation

This was established to promote science, mathematics, introductory computer education and English language skills amongst school children in India. The foundation conducts separate exams for subjects like Computer (National Cyber Olympiad), Maths (International Maths Olympiad), Science (National Science Olympiad) and English (International English Olympiad).

5. GeoGenius

To cultivate the understanding of Geography among the school students, GeoGenius was established. Students from Class II to XII are eligible for these exams. This test is conducted in two phases. In Phase I, children participate in their respective schools throughout the country and then on the basis of cut-off, students are selected for Phase-II where they are invited to the National Finals.

6. Kishore Vigyan Protsahan Yojana (KVPY)

It is a national level competitive exam for students of classes XI and XII which is conducted with an aim to encourage students to take up research as a career in the field of Science, Engineering and Medicine. The selected students become eligible for admission to the five-year integrated MS program at the Indian Institute for Science Education and Research.

8. National Interactive Maths Olympiad (NIMO)

This national-level test includes interactive activities like interactive olympiad, workshops and seminars. Thus, NIMO works for a sole purpose to improve the mathematical skills and mental ability of school students.

10. Assessment of Scholastic Skills through Educational Testing (ASSET)

ASSET is conducted for students of classes III-X, have multiple-choice questions to focus on measuring how well skills and concepts underlying the school syllabus have been understood by the students thus breaking the concept of rote learning. The test is mainly based on the CBSE, ICSE, IGCSE, and major state boards' curriculum.

12. NSO-NATIONAL SCIENCE OLYMPIAD

ASSET is conducted for students of classes III-X, have multiple-choice questions to focus on measuring how well skills and concepts underlying the school syllabus have been understood by the students thus breaking the concept of rote learning. The test is mainly based on the CBSE, ICSE, IGCSE, and major state boards' curriculum.

13. NSEJS- NATIONAL STANDARD EXAM IN JUNIOR SCIENCE

NSEJS is jointly conducted by IAPT (Indian Association of Physics Teachers) and HBCSE (Homi Bhabha Centre for Science Examination). All Indian students of class-I to X. Subjects and curriculum of CBSE and ICSE boards. Mainly focussed on science and generic content. The selection is first made at the school level. And the qualifying students then are then appeared for the national round.

7. Silverzone Olympiads

This Olympiad aims to promote competitive awareness of academics in school students in India and abroad. Conducted for classes I to XII in various subjects, the test aims to develop creative thinking and enhance the problem-solving ability among students.

9. National Biotechnology Olympiad or NBO

NBO is conducted for class I to XII with an aim to enhance the students' knowledge about Biotechnology issues and to test their aptitude for taking up career in Biotechnology in future. The test comprises of 50 questions for 50 marks.

11. UCO-UNIFIED CYBER OLYMPIAD

The Unified Council conducts UCO every year. UCO is a test that helps students improve their mental ability, logical reasoning and computer skills. Students in class-III to class-XII of recognised schools are eligible. Subjects are more generic and is suitable for CBSE, ICSE and state boards. The selection is done in two stages.

STAGE I: An aptitude type of exam is conducted in school level. And the selected students from each class appear for the second exam.

STAGE II: Students selected in school level appear for state level selection exam. Toppers are announced based on the stage II performance

14. HBBVS-DR.HOMI BABA BAL VAIDYANIK SPARDHA

The main aim of this exam is to search for science talents in students. Only students studying classes VI and IX are eligible for this exam. The exam covers the subjects and topics covered in curriculum up to class VI and class IX.

STAGE I: Written test

STAGE II: Practical skill test

FINAL STAGE: Oral test i.e. the interview and submission of action research report.

BID ADIEU to Internet Addiction

1. Controlling Your Internet Usage

Develop a personal inventory of things Internet addiction is keeping you from.

Make a list of activities you used to enjoy or need to take on but can't because of all of the time you've been spending online. This isn't meant to make you feel bad, but rather to provide motivation for cutting down on your Internet usage.



Make a new schedule. If Internet usage is taking up too much of your time, you can block the problem by filling your schedule with alternative activities.[3] Disrupting your schedule with neutral activities can break the habit.[4] For example, if you find yourself compulsively browsing online at home every evening, change your schedule so that during that time you go to the grocery store, clean your house, or some other activity that will keep you away from your computer.

Set goals for an appropriate time. Unlike some addictions, total abstinence may not be the answer for Internet addiction, since the Internet is used for so many purposes in daily life. However, you can and should decide on an appropriate amount of time to set aside for personal Internet usage.

- Omit any time that you must use the Internet strictly for work, business, or school.
- Make a list of all of the other obligations you have and desired uses of your time, such as sleeping, time spent with friends and/or family, exercise, commuting, working or studying, etc.
- Determine how much time per week you would ideally devote to these needs.
- Consider how much time you have left per week, how much time you want to set aside for relaxing or personal use. From the remaining time, set aside an appropriate number of hours for personal Internet use. You can then apply this information to other methods to cut back on the time you spend online.
- Set a timer on your phone so you only stay plugged in for a specific amount of time.

Use external stoppers. Having someone or something interrupt your Internet use can be very effective. Since the stopper is external, it will take some of the pressure off of you, and it can also lead you to fill your time with alternative activities.[5]

- You can set an alarm clock to go off at a certain point when you think you should get offline.[6] It might be difficult at first, but stick to the goal.
- Plan necessary activities or events so that they will prevent you from being online. For instance, if you know you tend to start browsing aimlessly in the afternoons, schedule important meetings and appointments for that time.
- There are a variety of apps you can use to cut back on your Internet use.[7] For instance, some of them work by shutting down Internet capabilities for a predetermined period.

Abstain from any particular problem apps, sites, and habits. If you know that you spend a significant amount of time on a particular kind of Internet usage, you may want to cut it out entirely.[9] Internet games, social media, gambling, and shopping are common culprits, but any kind of Internet use can become problematic.

Exercise. Getting enough exercise has many benefits. Regular exercise can help keep you healthy, boost your mood, make you more self-confident, sleep better, and much more. If you are struggling with Internet addiction, exercise will also serve as a good alternative use of your time.[11]

- **Set priorities.** Internet addiction can be curtailed if online activities are put in perspective in comparison with the rest of your life. Make a list of all the offline things you want to or need to do, and rank them in importance relative to time spent online.[8] For example, you may decide that you want to get around to that book you've been meaning to read rather than spend another hour shopping online for things you really don't need or want.
- Prioritize offline versions of activities over online ones. For instance, set a goal of spending more time with friends in person instead of interacting with them via social media.
- You can also set priority tasks that you want to do prior to spending any personal time online. For instance, tell yourself that you will spend the weekend cleaning out the garage before getting online.

Use reminder cards. Creating visual reminders can help with your Internet addiction. In addition to that, your determination to stop it can be a powerful way of cutting back time spent online as well.[10] Using an index card or sticky note, write down messages for yourself and leave them in obvious places (like on or near your computer, on your refrigerator, on your desk, etc.) or carry them around. Try messages like:

- "Playing X game is taking away time I could spend with friends."
- "I'm not happy when I spend all night online."
- "I won't take my laptop to bed tonight."

2. Getting Help

Find a support group. Awareness of Internet addiction is growing, and there are now sources for help in many locations. Support groups for Internet addicts can provide an understanding community, strategies for successfully overcoming your problem, and information about additional sources of help. Check with a local community center or ask a trusted person, such as a family member or doctor, to help you find a support group in your area.

Engage in family therapy. Internet addiction can have detrimental effects on both you and your family, depending on your situation. If this is the case, family therapy can help both sides understand and deal with the problem. Family members can also provide emotional and practical support to help you overcome your addiction.

Go to a treatment center. As recognition of Internet addiction grows, addiction treatment centers have begun to develop programs to help those afflicted with the problem. In addition, there “digital detox” camps are available in some areas. These provide an Internet-free space to reflect and learn to overcome addiction to the Internet.



See a counselor. Professional assistance from a specialist trained in treating Internet addiction is helpful in many cases. A counselor can help you develop a plan of action for reducing the time you spend online, increasing your involvement in other activities, and understanding the habits or motivations that caused you to become addicted to the Internet. Support groups or a doctor may be able to refer you to a counselor.

- Motivational interviewing and reality therapy are techniques sometimes used by counselors to treat Internet addiction.

These methods involve a therapist providing open-ended questions, reflective listening, and other techniques to help you understand your problem better.

Try drug treatments. Specialists are still studying the causes of and treatment methods for Internet addiction. There is still no universally accepted drug treatment for the problem. However, medications such as escitalopram, bupropion SR, methylphenidate, and naltrexone have been used to treat Internet addiction in some trials.



3. Identifying the Problem

Track the time you spend online. Some amount of time spent online is common in much of the world. Internet addiction, however, implies spending more time online than is needed for work, school, or a healthy personal life. You can start to think about whether you are addicted to the Internet by recording the number of hours you spend online each week as well as the impact that time has on other activities in your life. Too much time online might cause you to:

- Be online longer than you intended. Checking your email, for instance, turns into hours of browsing.
 - Think about being online even when you are doing other activities.
 - Need to use the internet more and more just to have the same level of satisfaction or enjoyment
-
- **Watch for signs that Internet use is harming your health.** Internet addiction can cause a variety of physical problems. However, these symptoms might not appear suddenly or be obviously connected to being online. Significant problems caused by the addiction might include:^[18]Weight gain
 - Weight loss
 - Headaches
 - Backaches
 - Carpal tunnel syndrome
 - Neglecting sleep to get online



Look for evidence that time spent online is negatively impacting your mood or mental health. Using the Internet too much can cause a variety of emotional problems. If you notice any of the following, you may have Internet addiction:

- Feeling restless, angry, irritable, etc. when you don't have as much time online or try to cut back.
- Using time online to escape or to relieve an emotional problem.
- Getting online instead of other activities you need to do or used to enjoy.
- Feelings of guilt, shame, or disgust due to time spent online.
- Inability to cut back after repeated attempts.

Recognize when Internet use is harming relationships. In addition to harming you emotionally and/or physically, Internet addiction can have detrimental effects on your personal and professional relationships. Signs that you might have a problem include:

- Loss of a job or poor work performance due to time spent on the Internet
- Decreasing performance at school
- Trouble in a personal relationship (fighting because of time spent online, for instance)
- A relationship has ended because of your Internet usage
- Lying to others (significant others, family, coworkers, etc.) about your Internet usage
- Neglecting time with family or friends in order to be online

- **Learn the signs of internet addiction in children.** Because the Internet is so readily available in many areas and at many ages, all kinds of people can become addicted, including children. Parents or guardians have the ability to help control a child's Internet use, however, so treatment is possible, especially when a specialist is consulted. Signs a child may have Internet addiction include:^[19] Sneaking around to get online
- Lying about time spent online
- Anger or irritability when electronic devices or Internet privileges are taken away
- A strong desire to get back online as soon as possible
- Staying up all night to be online
- Refusing or forgetting to do chores, homework, or other tasks
- Forming new bonds with people online (especially when offline relationships deteriorate)
- Loss of interest in activities the child previously enjoyed



Shopaholic's Paradise

Head to these Indian cities for a perfect shopping spree

Delhi

Delhi, the capital of India, is a shopper's paradise! From traditional bazaars to swanky malls, Delhi caters to all budgets and tastes. You can go shopping in Chandni Chowk, Connaught Place, Palika Bazaar, Janpath, Majnu Ka Tilla, and malls like the Select Citywalk.

Mumbai

Mumbai, the fashion capital of India, is a shopper's haven. From trendy boutiques to sprawling malls, Mumbai offers a wide variety of shopping options. For trendy clothing, footwear and accessories, try out Colaba Causeway. You can also visit Crawford Market, Zaveri Bazaar, Heera Panna market for your shopping spree.

Jaipur

Jaipur, the "Pink City," is a shopper's delight for those seeking traditional Indian handicrafts, textiles, and jewellery. The city is famous for its colorful bazaars and royal heritage. Head to the iconic Bapu Bazaar for suit sets, handblock kurtas, bags, bed linen and more. Visit Johari Bazaar for stunning kundan jewellery.

Kolkata

Kolkata, the "City of Joy," offers a unique shopping experience. From colonial-era shops to bustling markets, Kolkata has something for everyone. Visit New Market for selling clothing, electronics, books, and more. If you love sarees, Gariahat market is the perfect place for you. Visit Esplanade market near New Market for dupes of your favourite sports teams' jerseys.

Hyderabad

Hyderabad, the "City of Pearls," is a shopper's haven for those seeking pearls, gemstones, and traditional Hyderabadi crafts. The city also offers a variety of modern shopping options. Laad Bazaar, Begum Bazaar, Shilparamam and the Perfume market are not to be missed if you are in the city.



Game of Comms

Shahzeb Zafar

Corporate Communications
Officer, Bajaj Allianz life



When I first started my career as a journalist, chasing stories, deadlines, and occasionally politicians, I never anticipated I'd end myself on the "other side"—in corporate communications. Yet here I am, directing communications for a major life insurance firm, crafting narratives that shape how the world perceives us. This transition was more than just a career change; it was an epiphany. Corporate communications, particularly in India, is a field that young professionals should seriously examine. And believe me, it's not as uninteresting as it sounds.

For starters, business communications is far from routine. If you despise boredom, this field will keep you entertained. You could be writing a press release for a product launch one day and then handling a crisis or organising a corporate function the next. I recall one day walking into the workplace expecting a slow day, but a social media crisis came up. Let's just say the coffee became cold while I was busy extinguishing fires. The unpredictability puts you on edge, but that's what makes it intriguing.



One of the greenest pasture about this job is how much it improves your capacity to persuade. You're essentially the company's storyteller, creating storylines that influence how people see your brand. I've had to explain difficult insurance products to journalists while making them sound as thrilling as the next Nolan movie. If you enjoy storytelling and believe in the power of words, corporate communications provides an opportunity to make a significant influence.

Another fascinating feature is how you function as a connector. You are the link between the company, the media, consumers, and internal teams. Sometimes, as a communicator you're tasked with telling offensive things in an inoffensive way. I once had the enjoyable duty of explaining to a room full of engineers how toning down their jargon would make them appear smarter to the rest of us. After a few laughs, everyone was on the same page. This work requires you to interact with a wide range of people, which is both demanding and gratifying.

Corporate communications will never make you a king, but you'll always be the hand if you enjoy this game of comms.

India is experiencing an increasing demand for professional communicators. As businesses grow abroad, reputation management has become crucial. In today's digital world, where a single tweet can impact a company's stock price, firms are investing extensively in communications professionals. If you're seeking for a profession that will allow you to advance and be relevant, this is a field to consider.

Now, I'm not going to pretend everything is going smoothly. There will be times when you must be available 24 hours a day, seven days a week, particularly during a crisis. But most of the time, the work-life balance is achievable, and the occasional late night is worthwhile when you see the results of your efforts.

Throughout my journey, I've discovered that corporate communications is more than simply a profession; it's a dynamic, ever-changing career. You may not always be in the spotlight, but you are responsible for altering it. If you enjoy storytelling, working in fast-paced workplaces, and interacting with people, corporate communications could be the perfect profession for you. And who knows. One day, you may find yourself thinking, as I am now, on how you got here—and loving every minute of it.

CONTRIBUTE TO KLOUD9

As a youth driven platform, our primary aim is to provide you with an inclusive platform that plays host to your pioneering and ingenious insights and opinions.

Writings should be original and in English.

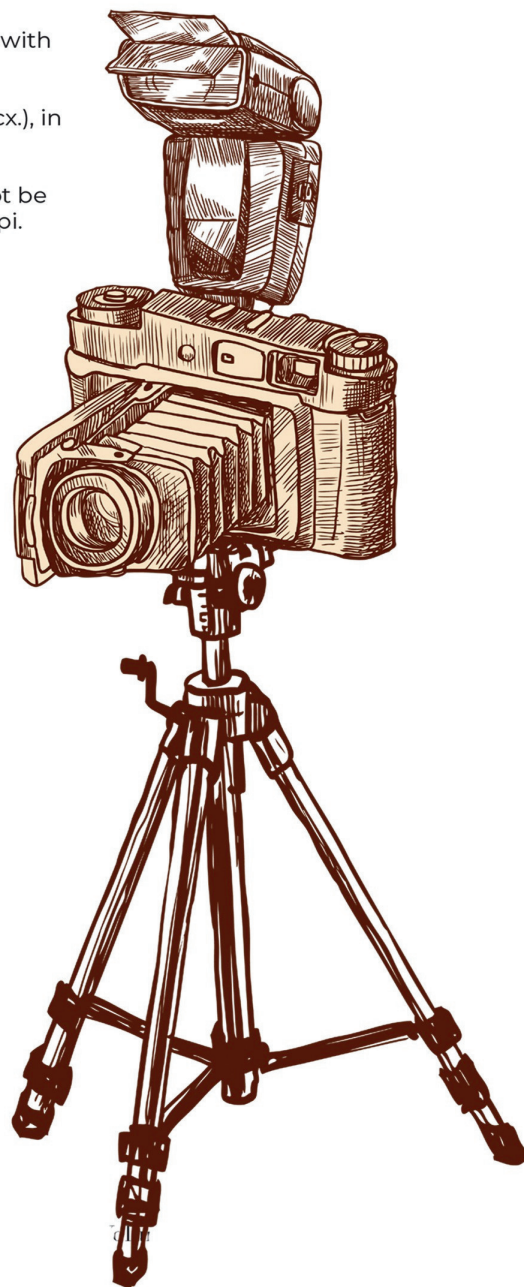
Your submissions may take the shape of a short story, opinion, photograph or just your take on any general topic of your choice. Ideally your pieces should be in the span of 600-2000 words.

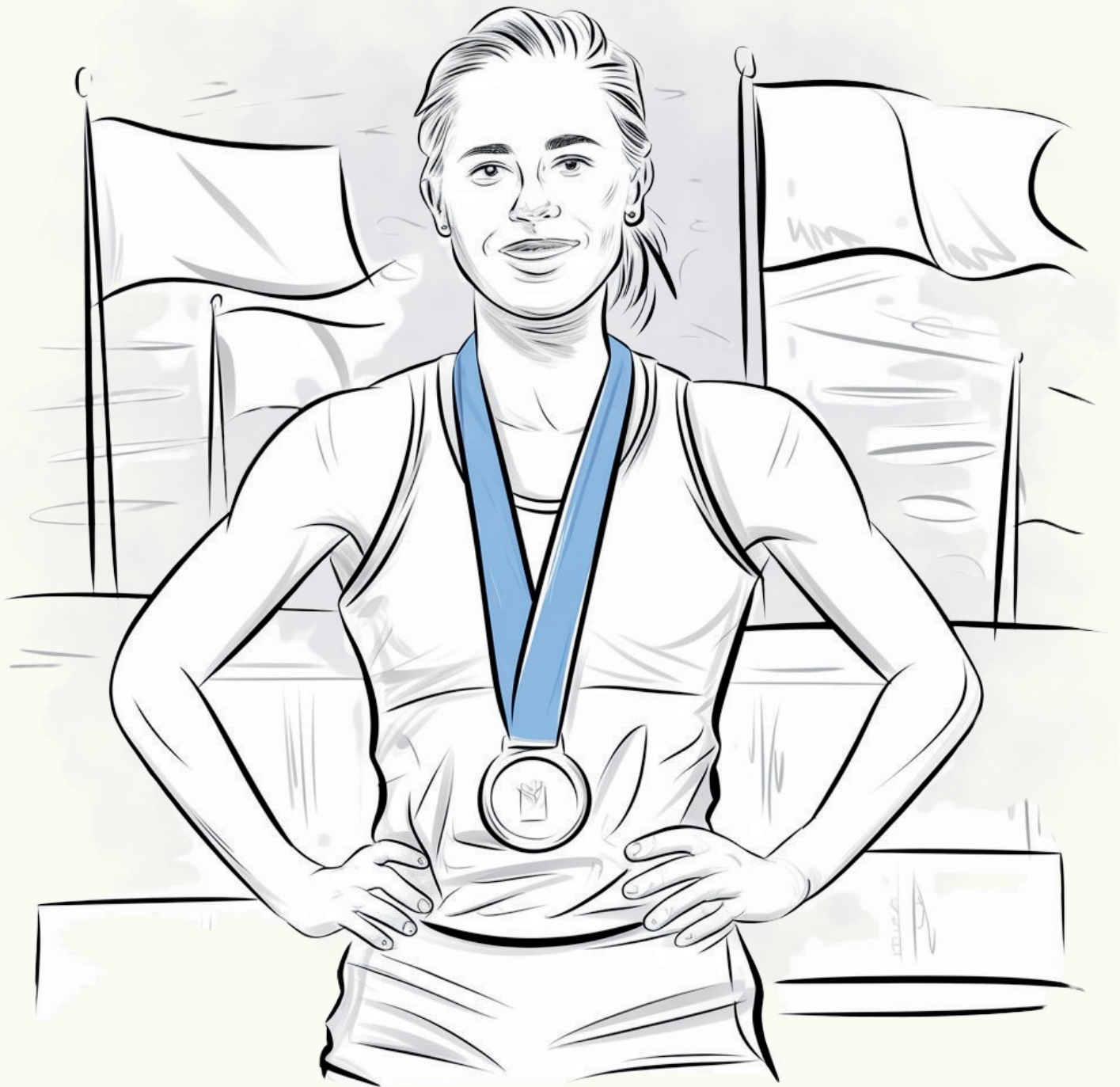
All submissions should have the writer's name in full, job/workplace designations or educational qualifications and educational institution with city, e-mail ID and contact number.

If you send by e-mail, your work should be in Word Format (doc. or docx.), in blank, 12-point Times New Roman.

Pictures and photographs should be sent in jpg. format and should not be those downloaded from the Internet. Scan resolution should be 300 dpi.

The decision of the Editorial Board will be final.
Reach out to us: editorkloud9@kiitis.ac.in







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