

SnapsShot

APL Global School's e-magazine

July 2014

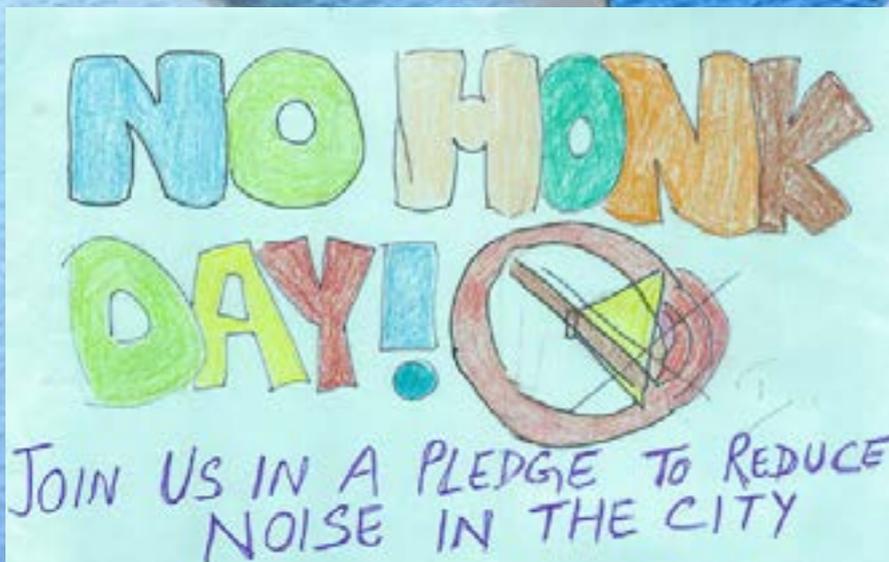
Issue 9

Check out our new section!

Eco-Connect
making the world a greener place to live in

POTPOURRI

Special days . . .



PROJECT DAY AT APL

JUNIOR CORNER



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EDITORIAL



LOOKING BACK...

Our team is back to bring you yet another interesting issue of Snapshot. As we greet another school year, we have collected the highlights of the past few months and featured them in this issue.

We want to make the best of Snapshot. So we would be most grateful if you could give your feedback on how to improve Snapshot. As you know, some of your responses will feature in our section Readers' Response.

This month, we have added a new section called 'EcoConnect', and in this issue we highlight the measures our school is taking to go green, ranging from a simple action like carpooling, to the possibility of installing solar panels.

In the 'Dazzling Science' section, you can explore 'The Lost World' to discover some fascinating new species that you might not have even heard of. You can also find out about the small side to technology by taking a look at 'Nanotechnology: Boon or Bane?'

From poems to advertisements, drawings to collages, the overflowing creativity in our young students becomes evident after just a quick look at 'Open Boat' and 'Junior Corner'.

With summer just a couple of months away, you can face the heat with some cool recipes in the section 'Potpourri'.

In 'SportStar' you get to learn about blind cricket. Or you can glance at 'ParentSpeak' to find out what a parent thinks of The Hunger Games and the life lessons it has to offer.

So please go ahead and read. Enjoy!

-Chittesh, Grade 8

Editorial Team

Content: Chittesh, Maaya, Zulaikha

Layout and Design: Chittesh, Poorvesh, Harish, Simha

Disclaimer:

We acknowledge that some of the images used are from the internet, modified to suit our educational magazine and not intended for any commercial purposes.

Readers Response

The latest issue of SnapShot is good but there must be more articles not only from the secondary schools but also primary. The section I liked the most is Junior Corner.

Jai Akshaya, Reader

I liked the sections Hot News, Voice, Dazzling Science, Open Boat, Junior Corner, Potpourri, TeacherSpeak, ParentSpeak, Expressions Unlimited, Editorial, Readers' Response in the last issue of SnapShot. On the whole the issue was okay.

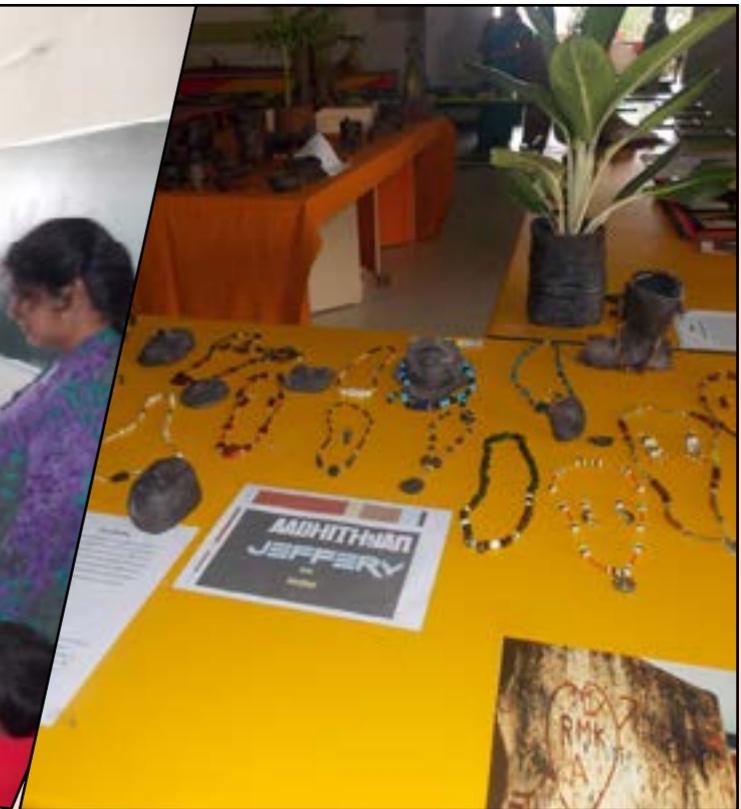
Shasha, Reader

I read the latest issue of SnapShot and I must say the writing is great! I enjoyed reading Open Boat, TeacherSpeak and ParentSpeak. The design is artistic and cool.

Magesh, Grade 11

The latest issue of SnapShot is superb! All the sections are amazing but I really liked the poems A Night on the Street, Superhero and Sunset on the Beach. The magazine design is good and it gave me the feeling to read it. The design team have once again given their best for the magazine.

Aaditya Sankar, Grade 11



HOT NEWS



Excursion to Mangalngombu

Neha Vasudevan, Grade 9

We often wish that we could be free in the open spaces, of trees and plants, birds and the green. The excursion is the perfect thing for that and that's why I chose to go on the excursion. This year we got to visit Mangalngombu, near the amazing hill station Kodaikanal.

After a night long train journey, we students from grades 6 to 9 boarded a



bus and headed to the CAF (Challenger Adventure Foundation) campus. There places were allotted for us to stay in for the next couple of days-- some of us got a tent, some a room. There were many things to learn, whether you took shelter in a tent (mine was tiny, but cozy) or room. Nights were

FREEZING COLD, which pushed us out of our comfort zone. At home we have air conditioners to make the torrid nights nice and cool. But in a tent? No heater. Same with a room. So we got ready to face the freeze.

A lot of demanding, arduous and challenging activities were planned for



us on the first two days. An out-stretched scroll would include: Rappelling, Rock Climbing, Jumar Climbing, Russian Ladder, River Crossing, Tree Climbing and of course, trekking! The names sound easy or maybe difficult, but I could

have fainted on the spot, because I AM NOT the "love for athletics" type.

Then I realized, and pulled myself together-- these activities aren't always available at home, in the world of electronics. It was scary, not just SCARY, but sweat-dripping, heart-throbbing SCARY. But once commenced, fun and encouraging.



Along the way when we trekked, there were lots of smiling, beautiful, emerald green plants. The green emeralds were shining, and of course, we were taking pictures. Lots of other interesting flowers were there too. I remember one was called a paper flower, with glowing autumn leaf-like petals in bright pinks and oranges.

The third day was spent roaming around Kodaikanal, shopping, cycling, walking, talking and visiting a science museum. Then we headed to the Dindigul railway station and came back to Chennai. This was an exhilarating trip where we met many people and increased our knowledge. This excursion had the BEST things to offer!



SPECIAL DAYS . . . REMEMBERED

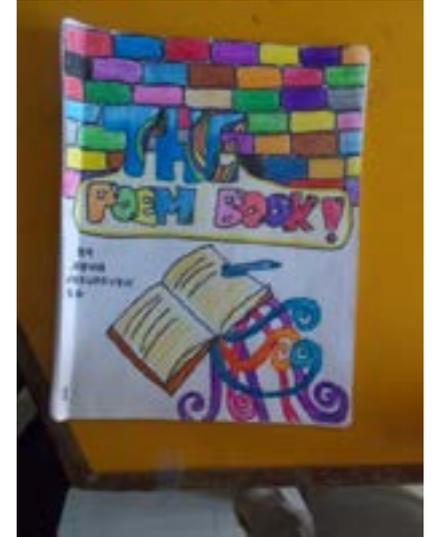
On Republic Day APL students engage in a Panel Discussion on “How do you identify yourselves as citizens of India?” and a heated Debate on “In today’s India our Unity is being undermined by Diversity”.



APL was bathed in blue on Autism Day as teachers and students show up in blue clothes to express their solidarity with the autistic.

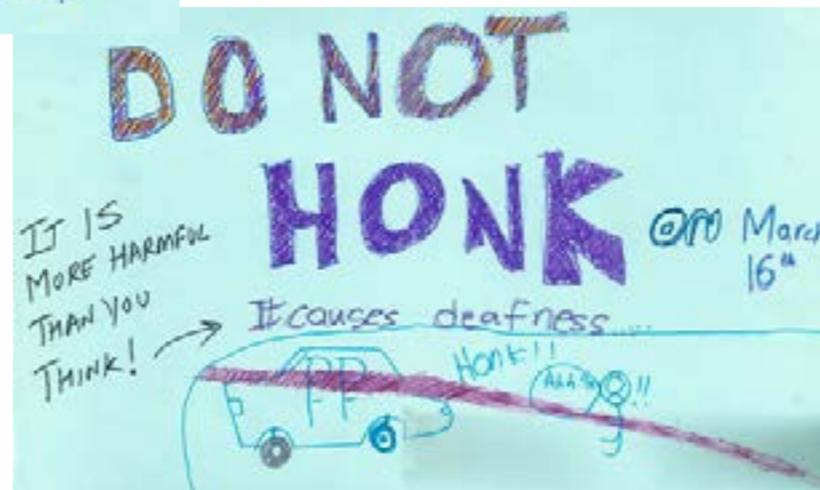
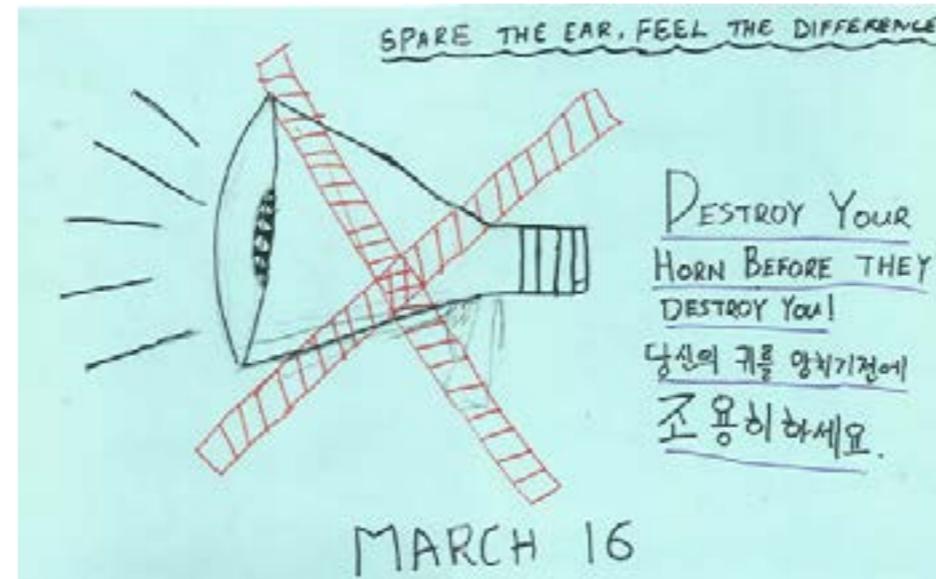
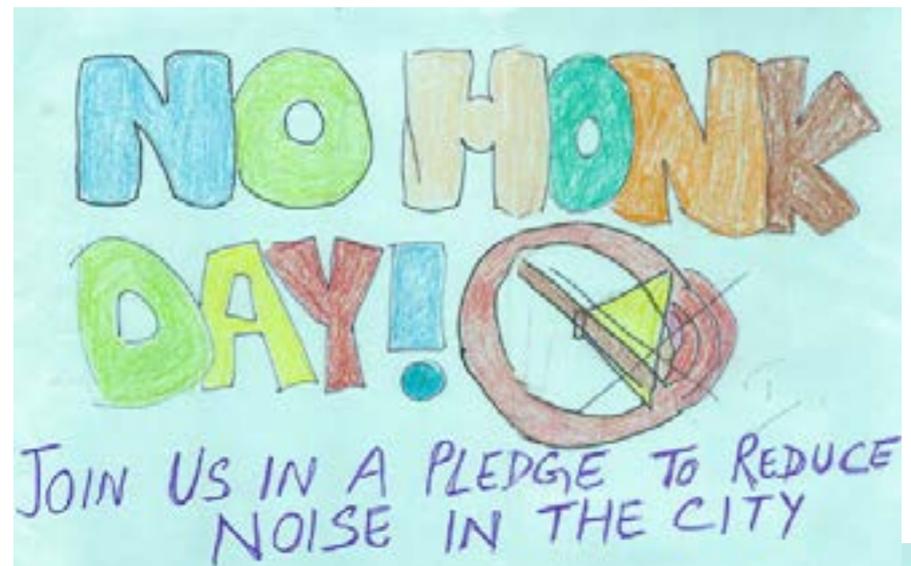
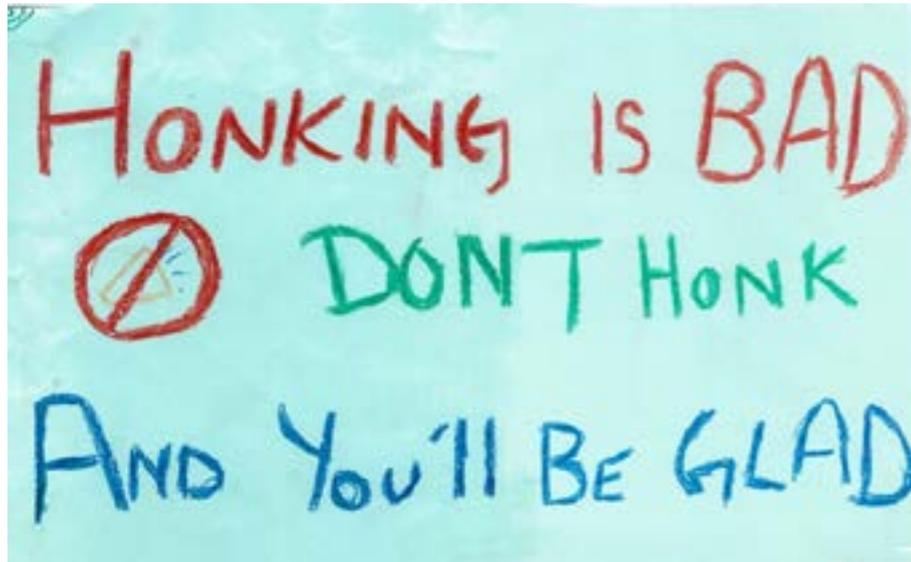


PROJECT DAY AT APL



NO HONKING DAY

On Sunday, March 16, APL students got together in a pledge to reduce noise in the city and show their support by not honking for one day. Posters exhibited catchy slogans to spread awareness on noise pollution.



IN THE MEDIA

Ms Dorothy shares her daughter Rhea's (grade 9) art work depicting the missing Malaysia Airlines Flight MH 370. This was telecast on CNN, US channel on March 10 during their news coverage of MH 370 stating that it was an expression of grief through art by a little girl from India.



Our students feature in Deccan Chronicle . . .



Our students Abhishek, Prahalad and Varshita featured on the front page of the Sunday Deccan Chronicle, in coverage of their photo blog Humans of Madras inspired by the famous blog Humans of New York. The photos on Humans of Madras capture people of Chennai in various moods and situations.

DAZZLING SCIENCE



Nanotechnology: Boon or Bane?

Have you ever wondered how many tiny units of substance are gathered to make your clothes, backpacks, shoes? How about in the automobile? It can all be done with nanotechnology. This new technology is a dexterous way of creating new useful objects using small particles on a large scale. Heading the Department of Metallurgy, IIT, Madras, Dr. Prof. B.S. Murty, an acclaimed professor, has pioneered research on nanotechnology and is the co-author of the book *Nanotechnology*. He explains that by putting atoms and molecules together in different ways, we can create new materials. Nano, in fact, is not an object, but a measurement. Nano means extremely small. Nanotechnology can assist humans in many different ways.

Nano particles may be present in many materials that we use every day. For example, pants, rugs, bed-sheets and sunscreen. There are also nano coatings to prevent scratches on car bumpers or anti-slip steps on vans and buses. With nano materials you can also make self-cleaning glasses. Moreover, nanotechnology can change many electronic products like nano transistors, plasma display, computers, etc. It can benefit the energy sector as well. Batteries, fuel cells and solar cells can be built smaller, but more effectively, with nanotechnology.

Nanotechnology can also benefit and transform the field of medical treatment for human beings. It creates smart drugs that cure patients faster without any side effects. It may help fight cancer and cure its symptoms and diabetes (by inserting nano particles into the body) and other life threatening diseases. For example, nano particles and drugs are mixed and injected into tumours of cancer patients. This mixture of chemicals will highlight (in order to differentiate normal cells from cells that divide rapidly) the cancerous growth. These nano particles increase the surface area of the tumours. This helps oncologists remove or treat the tumours in a relatively effortless manner. The remarkable progress in the above fields due to nanotechnology is evidence that current technological invention is at its pinnacle in the history of humankind than ever before.

However, all good things come as a package deal with its own drawbacks. Farmers and factory employees may lose their jobs because of the nanotechnological products that may replace fresh produce and other products from natural substances. Diamond and oil will lose their value because they can be developed through nanotechnology. Using nanotechnology is very expensive. The products with nano materials take a lot of time and effort to manufacture. It is certain that with progress of the human race, there is also the danger of abusing technological advances by using them to make weaponry that will be devastating not only for the human race but for the cosmos itself.

“Nano” is definitely the “way to go” in almost all fields of work. Use of nano particles has its advantages in the field of fashion and fabric, electronics and medicine, other everyday items, and many more. However, it is important to carefully consider the effect of abuse of this great technological innovation. Do you think it is a miracle or a curse?

Nikitha Sreekant, Grade 10

What a Vast Subject, Biology!



What a vast subject,
a subject vast indeed.

The truth of existence
lies hidden in the cells of leaves!
Theories and explanations,
given for us to see.

The importance of the smallest things,
and how significant they might be.

Coordination and response,
our brain, eyes and their functions!
Information about the ecosystem,
drugs, enzymes and reproduction!

So many different topics,
each with a new story.

The study of life on its own,
What a vast subject, Biology!

Varshita Ramesh. Grade 11

Did you Know? - Latest Technology

- The latest edition of the apple franchise, the apple iphone 5s is the second ever phone to have a fingerprint scanner? It is also the most advanced.
- Scientists are working on the fifth generation of computers, artificial intelligence. So robots will be laptops in the next generation.
- Athlete Oscar Pistorius's controversial prosthetic legs known as cheetah flex foot lets the sprinter run at the same speed as strong and agile athletes without exerting as much energy.
- The new Google glasses which are a more portable and efficient version of a Smartphone allows the user to search information on anything and utilizes Google apps.
- Scientists are working on a way to make phones that are interconnected and can interact with other items.
- Scientists are experimenting with ways to control remote control helicopters using brain waves.
- The NVIDIA shield gaming device allows the user to stream games from the internet and download them
- Martin aged 13 invented a device called the iUpooch which allows owners of dogs contact their owners when they have gone out.
- One of the top inventions of last year was the Smartphone driven toy car.
- Stevin Hawkings's computer curser works when he moves his cheeks. It also allows him to search the web.
- Korean architects are making a structure known as the invisible structure which is invisible as light reflects it in such a way it becomes invisible.

Tharun Rajasekar, alumnus



THE LOST WORLD

A world of wonderful new species was found about just three months ago. This world consists of many new creatures - big and small.

The lost world is a big stretch of rain forest with so many new things to learn about.

It was found on a four-day trek through a mountain range in Queensland, Australia led by Dr. Conrad Hoskin from James Cook University and Dr Tim Laman from Harvard University. In just one day they found 3 new species of amphibians-- the golden skink, the blotched boulder frog and the dazzling leaf tailed gecko. All the three species are unique unlike the rest of their kind.

The golden skink is a lizard-like creature, is unlike its brethren that walk around on leaf piles and are herbivorous. This skink hunts insects by jumping around on mossy boulder fields.

The blotched boulder frog is found in cracks of boulders in the dry bit of summer and breeds in the rainy bit of summer. But the most amazing thing is that it does not need a river to lay its eggs, instead it lays them in a boulder crack and they develop into froglets before they even hatch.

Finally, we have the dazzling leaf tailed gecko. It is very large for a gecko at a length of 8 inches with long spindly legs and big eyes. It also has a broad, thin and leafish tail.

Dr Hoskin had said that he would plan a return trip because he studied only about 1/10 of the area during this short journey.

He said, "If we were to find a mammal it would be amazing."

Austin Paulraj, Grade 7



OPEN BOAT

OPEN BOAT

Spots' The Cat

Spots is my favourite cat.
She chases fat rats
And gobbles them,
I feel I should give her some milk.

Every day we meet
And give her something to eat.
She's quick on her feet
And plays hide and seek.

We love her purr
And her fur.
She likes it clean
And makes it gleam.

She walks through the cafeteria door
Looking for some food on the floor.
She loves getting in Thavaayi akka's way
And surely gets shooed away.

Praveena
Grade 7

A Fading Memory

She grabbed a pen and started to write,
Midway - she stopped with a sigh.
How do you write about what you miss,
If what you miss never existed?
She picked a colour and started to jot,
But she couldn't go further than that little dot.
Regretting the fact that she'd broken the seal,
She didn't try to create what could never be real.
She took a crayon, and a piece of paper,
But all they did was stare right back at her.
For how do you refresh; start over, repeat -
How do you hold on to a fading memory?
She sat back upright, and let her eyes roll,
Avoiding the sight of her disintegrated soul.
The walls she'd built - a brick per mistake -
Would take a lot more than a man to break.

Varshita Ramesh
Grade 11

Autobiography of a Spix Macaw

I woke up. After realizing that I was born, I found the world of the jungle full of misery and pain. Not many birds were free from those bird catchers. They were netting almost every bird out there. On March 16, 2005, my parents got caught. Only my dad managed to escape. I was very different from the other babies as their species were not endangered. As life went on, I learnt to fly. This was the best moment of my life as it granted me the sense of mobility.

After about 2 years, my life took a different turn. My Dad was killed by a huge eagle soaring in the heights. I felt like an orphan, and I was one. With this burden in my heart, I flew away to a completely different place - from Vandalur jungle to Kolli Malai forest. This was about 150 kilometers away. There I was caged by a man who was very friendly and he provided me shelter and food. This was my life for about a year.

During the sixth month of my stay, I met a female Spix Macaw. She was very rude, but beautiful. Since I was the only male in the same species, I was let into her "cage". It was more of a mini jungle. She was flying towards me, and then she strangled me like a ninja. After four months, she started to like me just like how I liked her. So two months later, we made a breakout. We flew back to Vandalur jungle and we lived together happily ever after.

Aditya
Grade 7

Line Kolam



Samyuktha of Grade 8

Pallavi of Grade 8



ARTWORK

OPEN BOAT

Amritha of Grade 8



Samyuktha of Grade 8

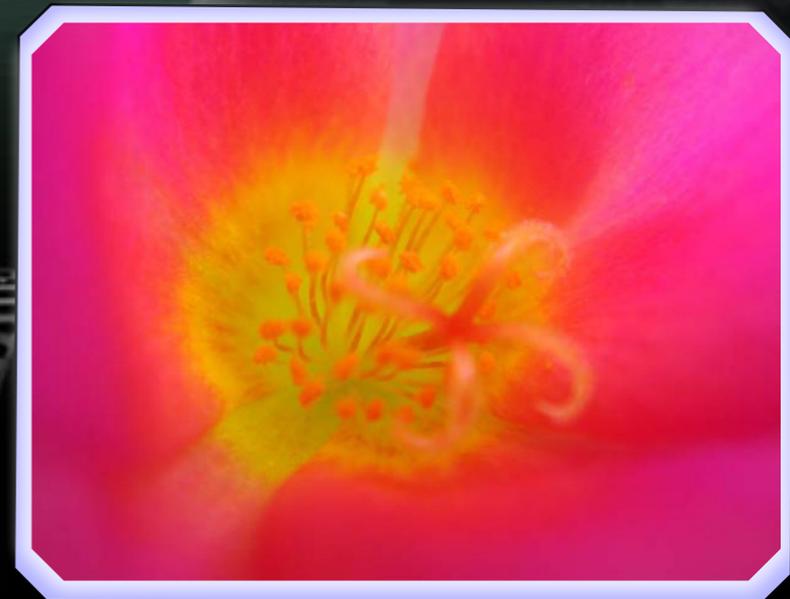
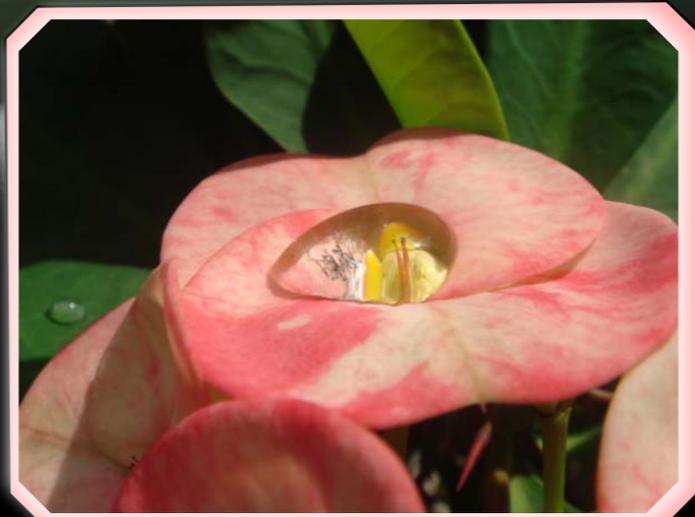
Slagyashree of Grade 8





PHOTO CORNER

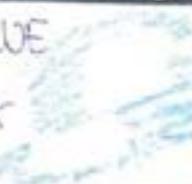
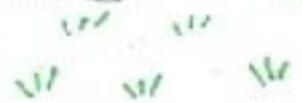
KHUSHAL, GRADE 10





JUNIOR CORNER

Things I like . . .

EYES	EARS	NOSE	TONGUE	HANDS
I LIKE THE SIGHT OF...	I LIKE THE SOUND OF...	I LIKE THE SMELL OF ...	I LIKE THE TASTE OF ...	I LIKE THE TOUCH OF...
A beautiful flower 	BIAT MUSIC 	Ramendes FLOWER 	STRAWBERRY JAM 	Peach Skin 
A PURE SNOWMAN 	PIANO SONATINEN 	HONEY Smell 	FISH 	SNOW 
A BLUE SKY 	AC SOUND 	Chocolate Smell 	CANDY 	WATER 
My family 	Rain Sound 	Chicken Smell 	SASIMI 	Grass 
A Small BABY 	Newspaper Sound 	Perfume Smell 	Sugar brown 	Cotton

Chaeyon, Grade 6



The Sea

*I can see the great blue sea
I can hear the wild sea
I can smell the fish
I can taste the little rain drops
I can touch the slimy fish
It has been so fun today!*

Ruthesh, Grade 4



ART TIME



SECONDARY COLOURS



Red + yellow = Orange
Yellow + blue = Green
Blue + red = Purple

Chaeyon, gr 6



SIVA DARSHAN
Siva Dharshan, gr 2



Harsha Vardhini
Harsha vardhan, gr 2



Angela
Angela, gr 2



Vibha, gr 2



Raghav Iyer



Vibha, gr 2

The background is a solid pink color. Overlaid on the left side is a graphic of a film strip. The film strip is dark purple with white sprocket holes along its edges. It is shown in a perspective view, appearing to curve and overlap itself. The text 'Adorable Ads' is written in a large, black, serif font across the top of the image, partially overlapping the film strip graphic.

Adorable Ads

Arjun's

BOSSY BONY BROWNIE




nutty chocolate
Brownie
with extra caramel

Bubble gum
brownie
with extra
blueberry sauce

only \$2

Menu

- nutty chocolate brownie with extra caramel
- bubble gum brownie

Bumper Offer!
70% off + Flavoured fizzy drinks.

Note: do not throw the plastic on the ground.

2/12/14

DREAMS

DREAM ABOUT DREAMS!

TASTE IT WHEREVER YOU ARE

Delicious.
Rejoice.
Energetic.
Awesome.
Milky.
Super.

YUMMY!

LOVELY Wonka OH!

SWEET. DR

ALL WORLD CHOCOLATE ARE IN DREAMS!
CHAENYONG

Give 10 wrappers and take in Lucky contest!

1. LED TV
2. Smart phone
3. Cannon camera

TAKE BEST BEFORE 12 MONTHS

ICEY FREEZY ICE CREAM

Menu

- Icey Freezy special
- Chocolate coco Icecream
- Cherry blossom Icecream
- All flavors icecream with beans topping
- All flavors icecream with chocolate stick
- All flavors icecream with nuts topping

YOU CAN HAVE YOUR ICE CREAM IN A CUP OR CONE

1 Cone or Cup is £1 only

Buy 1 get 1 free

Iceyfreezy special is only on week ends. Not to be away

PEETS PEPPY PEPPERONI PIZZAS

Menu

- 1) Peets Peppy Pizza
- 2) Meat Pizzas
- 3) Vegetable Pizzas
- 4) Farm Fresh
- 5) Beef Pizzas
- 6) Veggie (at all times)
- 7) Cheese (on any)

freshly baked!

OFFER for each Pizza

WORLD'S BEST!

Yummy, tasty, awesome, and Super!

only £4 (per 2)

colorful

Laura's Guavas

Menu

- Guava Juice
- Guava Float
- Guava Ice-cream
- Ice-cream special
- Guava, raw Mango or cucumber with Chilli powder

Open from 11pm

Your sweetest mate is here!

Buy 2 get 1 free

Must wear comfy clothes otherwise pay Rs 100 extra

Mummy's Yummy Pizza

Menu

- BBQ square pizza
- Apple Pizza
- Kimchi Pizza (spicy)
- BBQ square pizza
- Chickpea pizza
- Bubble gum pizza
- Candy pizza
- Apple pizza
- Spaghetti pizza
- Kimchi pizza
- Sea food pizza
- Cheese pizza

Call me! 9199656303

only \$6 each

Buy 2 get 1 free

Eco-Connect

making the world a greener place to live in



Shobha - Plant more trees!



Aruna - Going green means a healthier lifestyle.



Gita - Greenery soothes the eyes and the soul.



Sarija - Use renewable energy.



Kiran - It calls for zero wastage.



APL Gets Greener

Garbology, a training program in environmental awareness, an interesting assembly on noise pollution -- Of late, there have been more and more school activities related to going green. We talked to our teachers and management to find out more.

Maya Mahadevan & Zulaikha, Grade 9

Why is it important for our school to adopt green practices? Our Principal Ms Kiran asserts, “As a thinking institution, it is our responsibility to educate the students on the resource crisis and its implications.” Our MD Ms Gita adds, “School is a small model of the real world. It is easier to start in a smaller community before moving on to a larger community.” Ms Sarija, Head of Middle & Senior School, says that it builds a good citizen in each of us. “It is a healthy lifestyle,” says Ms Aruna, Head-Quality & Process, who is deeply involved in our school’s Good Citizenship Program.

“APL keeps trying new things to sensitise our students towards the environment,” says Aruna, “This academic year we are introducing Garbology, a program that raises awareness on waste issues.” “We encourage students to carpool,” says Ms Shobha, Head of KG & Primary School. “We practise the three Rs – Reduce, Reuse and Recycle. We also plan to use renewable energy,” states Sarija. “Our building design optimises natural light and saves electricity”, Kiran shares, “We reuse one side papers and plan to reuse and recycle notebooks and textbooks. Discussions are on to install solar panels.”

And yet it has not been without its challenges. “Bringing together the thoughts and ideas of so many different students has been a challenge,” explains Sarija. “We often come up against lack of awareness and motivation.” says Aruna. Shobha is confident that if we start early to educate our students, there won’t be many challenges.

“Our main challenge has been to work out a structured approach,” says Gita. “For our Garbology program we have collaborated with a Pondicherry based NGO. We also take the help of other outside sources to educate our children on what’s happening in the real world.” Shobha stresses the importance of involving not just students but also their parents in the steps being taken at school. “It should be student driven. When students take the initiative to go green, that’s when everyone gets involved,” asserts Aruna.

How can we students help? Sarija urges us to segregate garbage, reduce the use of plastic bags and recycle them. Shobha says, “Take the bus and carpool to reduce the use of fuel.” Kiran suggests buying local products to reduce carbon footprints. Aruna says, “Don’t keep changing your phone model. Stick with what you have for as long as you can. The phone parts are made by stripping the earth of its resources.” Kiran adds, “Let us change the cool quotient from ‘I got the latest’ to ‘I am happy with what I have’.”

How do we go the extra mile? Sarija shares, “For many years I’ve been collecting rainwater for drinking and cooking. If I can do it, anyone can.” She points out, “Even though solar panels are expensive, over time the price evens out and you would save a lot.” Gita says, “There are things we don’t really need but just want. Most of these things take from the earth. Modifying what we consume can really help.” Aruna stresses that increasing greenery in our neighbourhood will reduce our dependence on airconditioning, which in turn will save energy. Kiran urges us to go organic. She also points out, “We should not be lured by fancy advertisements. Before making any purchase we need to pause and think: Do I really need it?”

But who really cares? How do we raise awareness? Sarija says, “We can’t spread awareness by screaming and shouting. We need to believe in ourselves that we can do it before preaching to others.” Kiran asserts, “People think that eco friendly practices are expensive and time consuming, but a consistent and sustained effort will show results and change their ways.” Gita says, “When you live your philosophy, it influences people around you and makes them think, why am I not doing this?”

POTPOURRI

DID YOU
KNOW



There are only four words in the English language which end in 'dous' (hazardous, horrendous, stupendous, tremendous).

The meaning of Blue Chip comes from blue casino chips which have a high value.

Music was sent down a telephone link for the first time in 1876, the year the phone was invented.

DVDs are physically the same size as a CD but can store 13 times more data.

A hawk called Rufus is responsible for protecting Wimbledon from pigeons and works four hours a day from 5.30 to 9.30. Rufus even has a badge titled 'Bird Scarer'.

Question
Time!



Guess the Figures of Speech:

1. *His heart is a cold iron.*
2. *You smile like a blooming flower.*
3. *"Bitter-sweet."*
4. *Pretty Parrots prefer pickled pears.*
5. *I am so hungry, I can eat a horse.*

Answers: 1. Metaphor 2. Simile 3. Oxymoron
4. Alliteration 5. Hyperbole.

Compiled by
Manasa Jayanthi
Grade 7



CHEF'S CORNER

Beat the heat with these cool and simple recipes.



Madonna of grade 10 won the *Second Prize* in the event Eco-Chef: Cooking Without Fire of our Inter house competitions held on Children's Day last year.

Go ahead and have a sip from your drink!

Ingredients

- | | |
|---------------------|-------------|
| 1. Strawberry crush | 1/2cup |
| 2. Soda | 400ml |
| 3. Lemon | 1 |
| 4. Ice cubes | As required |
| 5. Mint | As required |

Preparation

- Mix the strawberry crush with soda.
- Add a few drops of lemon and mix.
- Pour in a tumbler.
- Add a few ice cubes to chill.
- Finish with a mint leaf on top.

Ingredients

- | | |
|-----------------------|-------------|
| 1. Custard Apple Pulp | 1 cup |
| 2. Milk | 250 ml |
| 3. Sugar | As required |
| 4. Vanilla Icecream | A little |

Preparation

- Finely mix the custard apple pulp, milk and sugar.
 - Top it with a scoop of vanilla icecream to get alluring foam.
- Serve cool and fresh!

Nutritional Benefits:

Custard apples contain anti-oxidants like Vitamin C, which helps to fight free radicals in our body. They are also high in potassium and magnesium that protect our heart from cardiac diseases.

Zafar of grade 12 won the *First Prize* in the event Eco-Chef: Cooking Without Fire of our Inter house Competitions held on Children's Day last year.

It is best to use seasonal fruits.

Ingredients

- | | |
|----------------|--------------------|
| 1. Apples | 2. Guavas |
| 3. Bananas | 4. Oranges , a few |
| 5. Sapodillas | 6. Pomegranates |
| 7. Dates | 8. Honey |
| 9. Chat Masala | 10. Salt |
| 11. Sugar | |

Preparation

Just mix all the ingredients together to make a delicious salad!

Nutritional Benefits:

Fruits are low in calories and fat and are a source of simple sugars, fiber, and vitamins, which are essential for optimizing our health. They provide plenty of soluble dietary fiber, which helps to ward off cholesterol and fats from the body and to get relief from constipation as well.

APL ZEST

a stimulating experience



APL Zest, our after-school program, is a refreshing mix of fun activities and practices that complement any school curriculum. Our students, along with students from other schools, are exposed to a valuable combination of insights and hands-on practice under the guidance of industry professionals and practitioners of various disciplines like Theatre, Movement, Vedic Math, Astronomy, Digital Art, Football & Fitness, Drums and Youth Leadership Program.

Youth Leadership Program, conducted by Toastmasters International, helps young people build their communication and leadership skills through speech presentation, impromptu talks, training in listening, use of voice, vocabulary and gestures in speaking. On successful completion of the program, participants will be awarded the internationally recognized Youth Leadership Course Completion certificate by Toastmasters International. Our students have benefitted immensely from this program.

Here is a speech by Sukirthi of Grade 12.

The New ABCD

A decade back ABCD had a definition - especially with the NRIs. It meant American Born Confused Desi - a term used to define someone who was stuck between an American citizenship and Indian roots. In the present generation - I would say it has a new definition - the Angry, badmouthing and Cynical Desi.

Recently, BBC conducted a survey on national pride among Indians and the result was startling - only 70% of the people surveyed said they were proud to be an Indian - what a shame! Many of us constantly complain, bad mouth or pass cynical comments about our country. Some common ones - this is India, dude - we are like this only. Look at the other countries, see how clean they are - we are dirty and polluted, India will never change. I wish I was born in some other country, my life would have been better. We are the most corrupt nation. Why bother - no one follows the rules in India, man. How can a country that has such negative people ever become a better country?

Nowadays, all people discuss about India is the pollution, corruption, poverty, etc. How many of us acknowledge or appreciate the fact that India is the only country in the world that has more than 2000 different languages and dialects spoken within the same country. It is one of the most religiously diverse nations in the world. It is also the birthplace of religions like Hinduism, Sikhism, Jainism and especially Buddhism that is influential across the world. The interesting part is that culture is not the only thing that's diverse in India...it's also the food!! We have such a variety...

We are also the third nation in the world after USA and Russia to have a successful indigenous space program.

But instead of looking at all this and being proud of our country, the only things we seem to keep count of is the amount of money our politicians swindle, the number of crimes, all the failures and problems. And we use these as an excuse to convince ourselves that India is unworthy of living in.

When kings used to rule this nation centuries ago - there used to be a saying - yatha raja, tatha praja - meaning 'as is the king, so will be the people' - if the king is not good, the nation will be a failed nation. However, in a democracy, there is a different saying - yatha praja, tatha rajya - meaning how the common man is what defines how the ruler or the nation will be. Each of us has to be INDIVIDUALLY accountable - to build a successful nation. It is not someone else's responsibility. Not poor Manmohan sikh-jis , Modi-jis nor our new hero Kejriwal-jis. It's ours, friends... only ours.

Mahatma Gandhi, who many of us remember thanks to his presence in our currency notes, said these powerful words - be the change you want to see. I want to see our generation - this generation- stop complaining about our country, start taking responsibility for our actions and lead the change for a better nation. Jai Hind.

LIFE LESSONS IN THE HUNGER GAMES

The Hunger Games: Catching Fire, the recent movie, is based on a trilogy of books by the same names – *The Hunger Games*, *Catching Fire* and *Mockingjay*.

The story is based in post-apocalyptic settlements where The Capitol, a highly advanced city, oppresses the rest of the nation. It forces them to send 2 child tributes to an arena where they fight to the death like gladiators. At a crucial point in their lives, the normal teenage protagonists reject the limited choices they're offered and create new options for themselves. Drawing support from other teens and some adults, they make difficult decisions that open the door to a new and better way of life.

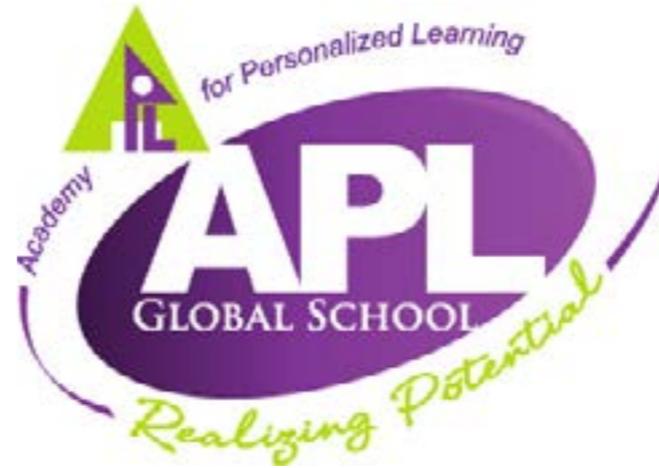
I've read all three books of *The Hunger Games* – multiple times. My husband and I watched the second movie *Catching Fire* on the day of its release. We were probably the oldest people in the theatre! All around us were 'young adults'. To me, this movie is rich in symbolism, subtle abstractions and fictional rendering of real world struggles. I wondered what the youth took away from this movie. Here are five things I would like you to think about while reading the books or watching the movies. (Spoiler alert!)

1. **Be Brave** – All the teenage protagonists, Katniss, Peeta and Gale, exhibit great courage in the face of crises, underscoring the theme of bravery in helping one's family, friends, team and allies.
2. **Be Yourself** – Peeta talks of wanting to retain himself and not get influenced by The Capitol into performing terrible acts of violence. Ultimately, Katniss and Peeta triumph by being themselves and playing to their strengths.
3. **Build Allies** – The tributes in the arena are expected to fight each other. Instead, they form allies! The allies help each other survive. The team with better allies wins. The story revolves around turning adversaries into allies.
4. **Know When to Break the Rules** – The characters don't break every rule! Nor do they follow every rule dictated to them. The message—it is important to think about the intention of the rule and then make a decision on following or breaking the rules.
5. **Keep your Eye on the Goal (Always remember who the real enemy is!)** – This phrase is the defining concept of the second book. The other tributes were not the enemy – The Capitol was. The essential lessons – Don't get distracted. Think of the big picture.

Happy reading! Happy Watching! "And may the odds be ever in your favour."

Pallavi Narasimhan, Mother of N.A. Raghavan (Grade 4) and N.A. Rangan (UKG)





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photographs or

whatever you feel is interesting. (150-300 words)

We would love to have your feedback too!

Write to us at editorial@apl.edu.in or

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