

THE SHISHUKUNJ GAZETTE

SEPTEMBER 2021



The Student Magazine of The Shishukunj International School

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EDITORIAL

Greetings!

In the words of Oprah Winfrey, “We can’t become what we need to be by remaining what we are.” With that being said, we welcome you to the first issue of the Shishukunj Gazette for the session 2021-22.

The Gazette has long since helped us grow as individuals, bursting the bubbles of each student by exposing them to the real world. Topics that transcend the ordinary classroom curriculum are being discussed vigorously, and with each issue, we have seen the progressive changes the magazine has gone through. Of course, nothing compares to the changes the world has gone through in the past year. Keeping change as the only constant in our lives, we welcomed September—the month in which seasons transition, from green canopies under rains to the warm tones of autumn among the pleasant coolness of winter.

September brings us the month of self-care awareness, reminding us to take care of ourselves. It does not reflect selfishness, instead, in its true form, is simply keeping yourself the focus of your own life, communicating clearly, and speaking up for yourself. You cannot fill another cup when your own is empty.

Our entire team is deeply thankful to have the opportunity to advance this dynamism. As we strive to discover the talents of every Shishyan, it will be our utmost venture to tirelessly give them a platform to voice their opinions. Keeping this in mind, we hope to do justice to the Gazette legacy.

This year has changed us all. We have grown, and we have survived. Some of us have thrived. Regardless, we should be proud of ourselves.

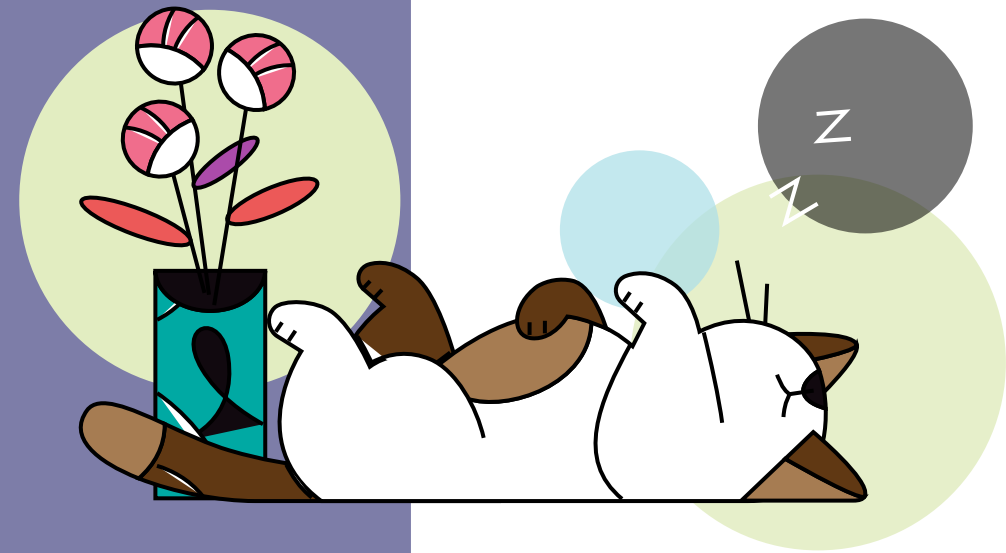
With that, our sincere hope is that the Gazette gives you another opportunity to better and express yourselves. Our team stands by you and hopes you enjoy this month’s issue as much as we had fun creating it!

*May your trials end in full bloom,
To new beginnings!*

Anwasha Ghosh (XI-F)
Rishika Jain (XII-B)

Clearing the Clouds

- Bheeni Jajodia (X-C)



The first word that comes to mind as soon as we say “self-care” is rejuvenation. This Self-Care Awareness Month, we beat around the aforementioned bush itself. Our state of mind can be free and burdened with the droplets of emotions as well as have many silver linings. Our job here is to regulate the hydrologic cycle of emotions and prevent any cloudbursts with the patch of self-care.



Different measures are being employed in different regions to allow people to explore their inner self and dig deep into ways of saving themselves from lassitude. So, here we take a look at how nations are encouraging citizens to ‘remember to turn on the light during the darkest of times.’

Australia, Netherlands, Pakistan and the United Kingdom are integrating physical and mental health care by increasing funding for general practitioners (GPs) and supporting patients in managing stress, anxiety, insomnia, and other common problems.

Canada, Australia, Netherlands and Zimbabwe are using digital platforms— telehealth tools, chatbots and other forms of artificial intelligence— to make care convenient, customized and accessible, while at the same time bridging the gap in the workforce. The Canadian government has launched Wellness Together Canada, a digital portal that connects citizens of all ages to self-guided tutorials, text messaging, confidential chat sessions as well as phone counselling with psychologists and other professionals at no cost. Inuka, a similar app designed by a creative pair of colleagues in Zimbabwe, brought 82 percent of people belonging to the highest risk category, in merely four coaching sessions, to the lowest risk category. Initiatives such as Beyond Blue of Australia, which has engaged employers, schools, senior centres, and other community institutions in promoting well-being, also show the benefits a collaborative approach can reap by encouraging more people to seek help.

Many notable personalities have also spilt the beans on their self-care routines. While Camila

Cabello stated meditation as her go-to anxiety and stress reliever, Hilary Swank picked up on crocheting. Gwyneth Paltrow suggested writing, cooking, painting, drawing, learning a new language or an instrument and learning to code online- doing something one has always wanted to do. Lizzo declared playing the flute as her mantra to promote healing. Chris Evans indulged in a hair-cutting hobby. Laura Marano revealed her method of floating in her thoughts— by switching her electronic gadgets off and taking time off from social media. Some of the other useful tacks discovered after hours of mindless scrolling were 30-minute workouts, eating greens (no, my vision is not impaired), spending time with our natural surroundings and “just being”.

In today’s hustle, burning out has become commonplace. It’s important to respect the sanctity of our minds and not keep dumping the trash of everyday stress. Sometimes, even that trash of our mind needs to be taken out, and it’s something our moms won’t eventually be able to do after getting tired of badgering us several times.

Sometimes, it’s essential to expel the negative energy out of your system. Sometimes, it’s necessary to look at yourself in the mirror and contemplate what you want to see— the fire of exhaustion burning inside your eyes or the flame of warmth keeping your soul alive.

Self-care might not seem the most productive option most of the time, but when all is said and done, you’ll flashback to the times you did make yourself a priority, rather than the times you were busy rote-learning which European leader created which organisation in which year. They say multitasking is a myth. I say, walking on the skyline of life without unwinding a little now and then is a myth. You don’t need to sabotage your euphoria to be the perfectionist you strive to become. So, those ‘Friends’ binges, ‘Permission to Dance’ recreations and cute cats and dogs trying to get through obstacle courses might actually do you some good after all.

An ounce of “selfishness” is worth pounds of bliss— this aha moment should take place, like, yesterday.



05 But are you the Main Character of your own life?

Anwesh Ghosh (XI-F)

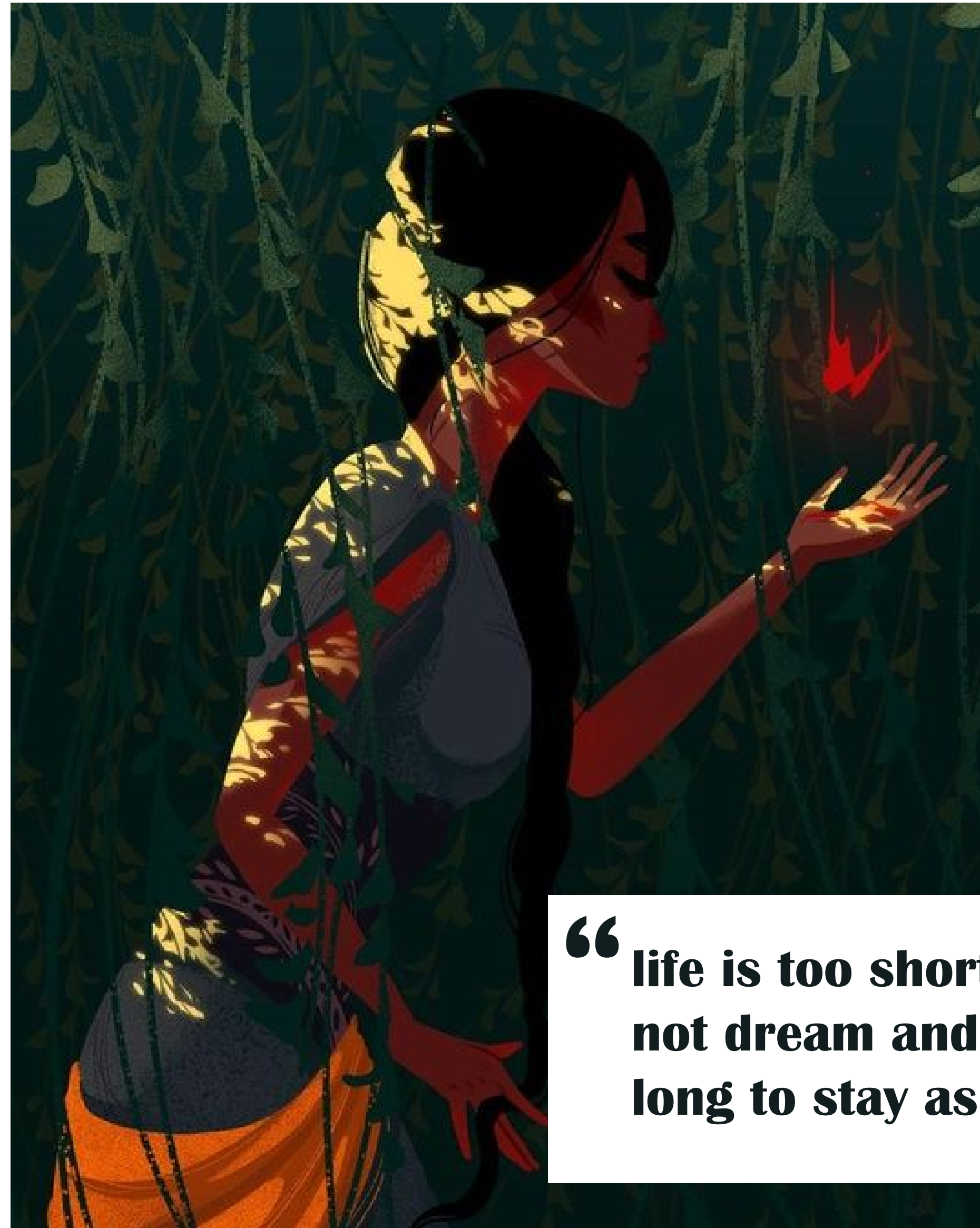
Rishika Jain (XII-B)

Romanticism, as an aesthetic in critical literature, emerged and gained momentum in the 1800s, as an artistic movement in Britain. It was also an aftermath of the Industrial and French Revolutions that took place in the eighteenth century, influencing countless generations, enlightening many, and giving rise to principles of liberalism, conservatism, and radicalism.

The movement emphasized on the reliability of intense emotions to correctly experience the beauty of nature and oneself. It argued on bringing back medievalism, for that was an ideal period with social stability, also becoming the basis for the early nineteenth-century Romantic authors.

As an approach, romanticism gave rise to heroic beliefs and cultures, believing them to raise the quality of society at large. It gave prime importance to an individual's imagination, assuming it to be the critical authority to decide how one wanted his life to flow. It stressed on believing in the common man, his intuition, his emotions, saying how everything in the world was connected by one force, nature. Romantic authors urged through their art, the importance of great faith in experience, inner voice, beliefs, and one's powerful imagination.

The concept of romanticism has however evolved over the years. The modern generation embraces the movement as a slice of life— through social media trends, online communities, and other media. The newer generation coins romanticism as “being the main character of your own life.”



“life is too short to not dream and too long to stay asleep”

With an emphasis on individuality, enhancing the mundane experiences of life as positive and fulfilling, romanticism can be looked at as another form of self-care. Loving and caring for yourself as you would do for the main character in your favourite movie.

Regardless of how glorious the concept of romanticism may seem and be, life is not a movie and sometimes, there are going to be episodes that cannot and shouldn't be romanticised. Things like mental illness, mental and physical abuse, genuine stress, and sadness need to be accepted and stood against. Romanticism helps you enjoy the tedious chores, and makes you feel like being stuck in the pouring rain without an umbrella is more poetic than it may seem to a passerby.

Your life is what you make it out to be. If the stars in the night sky are more than balls of gas in the abyss and society is not just a machine of cogwheels and screws for you— then so it is. Life is too short to not dream and too long to stay asleep.

The first secret to happiness is to fall in love with yourself and have faith in your feelings and imagination. Make yourself a priority once in a while — if not for you, for the main character in you.

हकीकत



या फ़साना ?

बार बार कोशिश करी मगर वो ना मिला जो मन ने चाहा था,
अब कैसे समझाऊँ खुद को की हर कोशिश केवल निराशा का बहाना था।

इस उम्मीद के साथ आगे बढ़ी थी की अपनी काबिलियत को कायम रखूँगी,
पर उसी उम्मीद ने ये सिखाया की काबिलियत का पहला मुक़ाम ही होता है मौत या ज़िंदगी

अब इस हिम्मत को कैसे दू सहारा?
जब आखें चारों ओर घुमाने के बाद भी नहीं दिखा मुझे कहीं भी जीत का किनारा

हार के करीब न आ जाऊँ,
ये डर है मुझे रोज़ सताता क्योंकि हारने के बाद किधर मुड़ना है, ये नहीं है कोई भी बताता।

इतनी मुश्किलें पार करके भी जब आखिरी पड़ाव पर रुक जाते हैं ये क़दम,
पीछे मुड़ के खोजती है ये निगाहें कोई हमराज़, कोई हमदम।

वो राज़ वो सीख जिन्हें सँवारती हुई आगे बढ़ी थी मैं,
लिख के मानो खो गए हों मेरी डायरी के कुछ पन्नों में

कुछ सवाल जो उठे हैं मेरे दिल में,
क्या उनका जवाब दे सकता है ये ज़माना?

मन के एक कोने में इकट्ठे होने लगे हैं कुछ शक,
क्या सब कुछ हासिल कर पाती मैं, अगर पहचान लेती अपनी हर बुरी आदत

ठेस पहुँची है मेरे जज़्बातों को,
हुई है मुझ से कई गलतियाँ,
अपनी हर आदत को कोसा है मैंने
जब जब टूटा है आगे बढ़ते रहने का मेरा हौसला

मेरी ये दास्तान ना है हकीकत,
ना है कोई फ़साना
ऐ मेरी मंज़िल क्या है तेरा इरादा?

Aftermath

what has the world been to you,
in the light places
and the dark.

what have the people done for you,
during wars
and amidst the peace.

what have the winds sung to you,
in between storms
and fits of breeze.

what have the waves brought for you,
after hurricanes,
wrecked ships and withering souls.

what have the fires fought for you,
over the hearth,
while cities burnt.

when has the earth stood for you,
underneath stones,
carved in silence.

what have the rains washed for you,
bitter dust,
across lost love.

when has the moon hidden from you,
with lone howls,
beneath the dark.

when has the sun bled for you,
in tears of rust,
and scars forged of wrought.

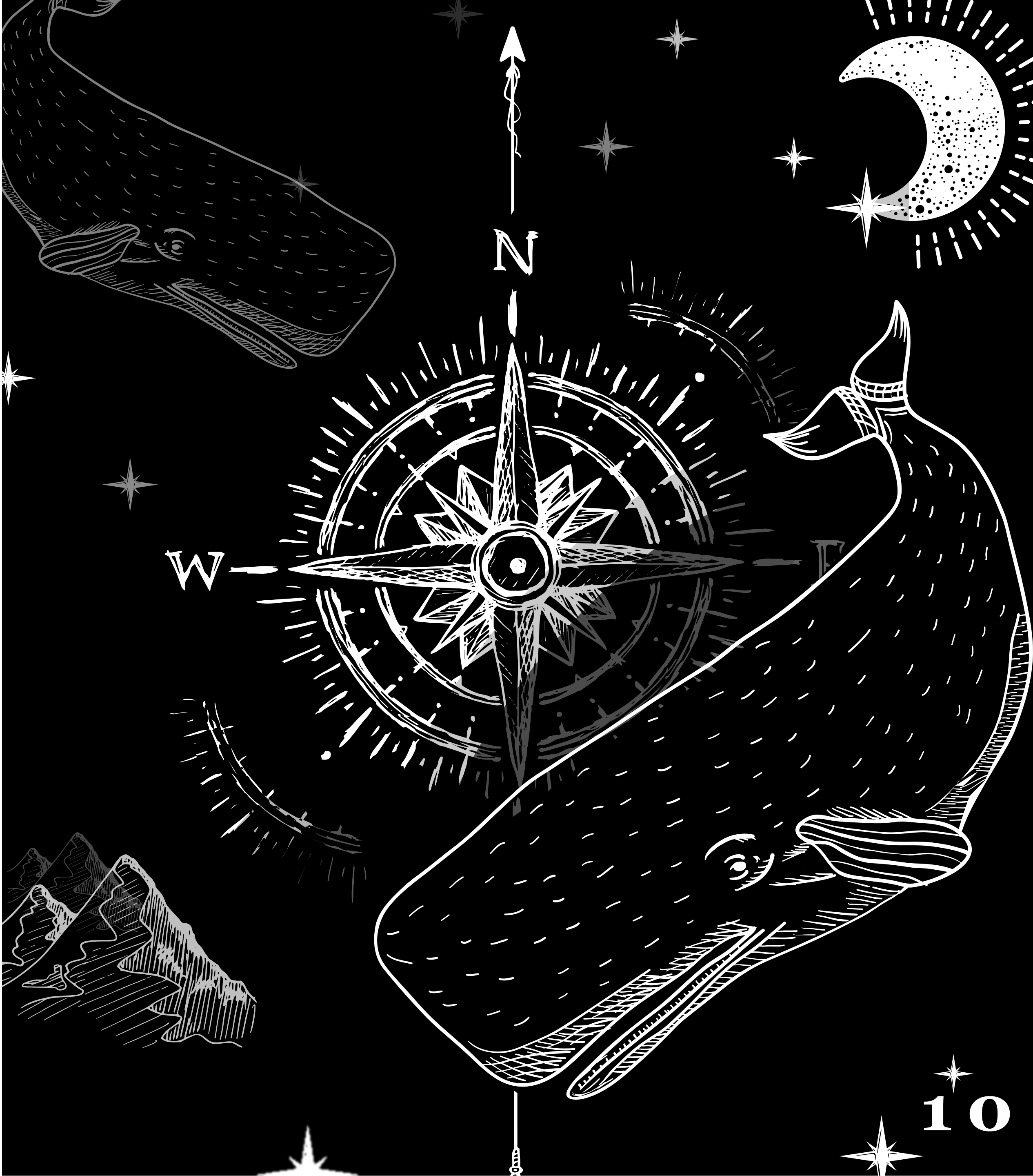
when did your breath fall in sync,

when did your colours blend in the
hues,

when did the sky reach its roof?

what has the world done to you,
in the light places,
and the dark.

- Anwesha Ghosh (XI-F)

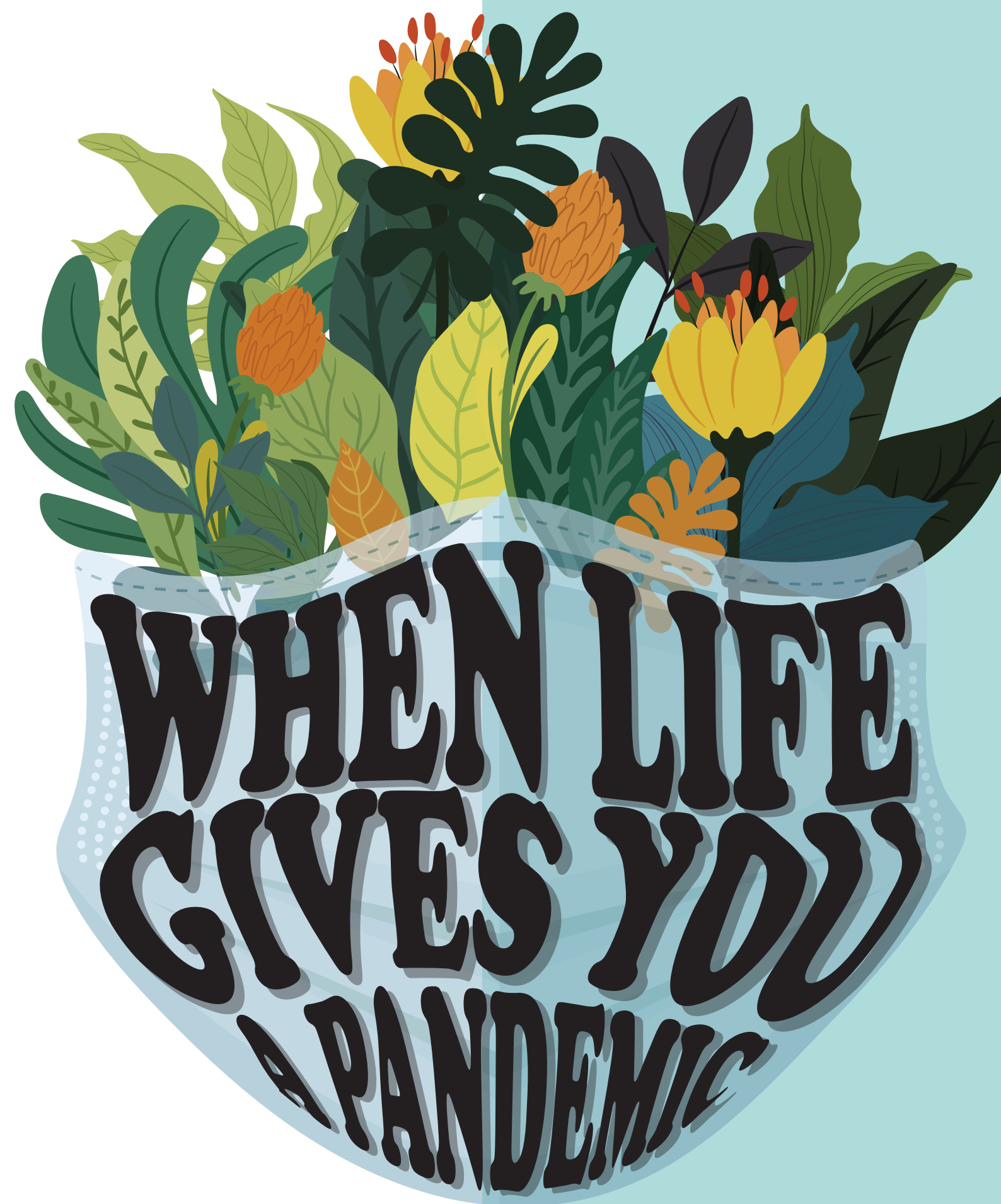


What comes to your mind when you think of “war”? Is it soldiers dressed in camouflage uniforms, holding rifles? Is it a dust-ridden land, when the air is filled with nothing but the scent of blood, bullets piercing through cries of women and children?

It has been almost two years since the outbreak of the COVID-19 pandemic, and although this may not seem any close to war— the psychological consequences are not far from the imagery.

A war unlike any we have seen in decades—crowded hospitals, doctors and nurses covered in blue protective gear from head to toe, empty theatres, stadiums, empty classrooms—cities devoid of life. Behind the masked faces on the street, the tired faces of all. A war fought at our homes, a war fought within ourselves, a war that is not over yet. With vaccinations underway, schools re-opening, it seems like the world is simply moving on.

Humanity is now well versed with the fact that wars will never perish, so we learn the lessons given during these times and move on with life. Although, sometimes you may doubt your future in the aftermath. How can one stand anymore when all they can see around them is uncertainty? The answer is quite simple - humour.



Anwasha Ghosh (XI-F)
Hrishubh Zatakia (XI-D)

When life gives you a pandemic, it's okay to laugh about it. Uncomplicate it sometimes and let's not overthink about the consequences. My father always says, "A joke here and there can turn misery into a comedy." It may not reduce your suffering, but give you strength to bear it. The more amazing and amusing life becomes, the more natural changes of life don't seem quite as overwhelming. Another coping mechanism in our toolbox to shift out the grasp of chronic stress is hope. While the aforementioned statement seems like a cliché, most people misunderstand hope as not doing anything. Hope has a cost. It is not comfortable or easy, it requires personal risk. It is not peace of mind, but an action. Hope is doing something.

We are in a state where green leaves are turning into an incredible display of vibrant shades of yellow, just as we are experiencing the change of season. Life starts all over again when it gets crisp in the fall, autumn shows us how beautiful it is to let things go. But before you start changing your colours, don't forget to give yourself a pat on the back saying,

"Be proud of yourself! You held up well all this time."

We have Ananya Saggi with us today. She is the Head Girl for the Session 2021-22. Let's start with the questions right away.

First of all, the most prominent question—How do you juggle between the Council work, your academics as well as your other engagements so efficiently?

My day or week requires a tad bit of planning. I basically jot down all the events that are fixed, that is, those that can't be postponed. I schedule my flexible tasks accordingly—say my study hours, my informal meetings with the Council, etc. I set interim deadlines for my tasks. That really helps because I know that I have a buffer time in case an unavoidable task pops up. One more thing is that I don't plan my day to the minute, I keep a buffer time of a minimum of two hours in case there's some issue or I'm not able to reach somewhere on time.

ANANYA SAGGI
head girl



BURNING OUT, WINDING DOWN AND MORE

INTERVIEWER: Bheeni Jajodia (X-C)

When you schedule your day, do you specifically designate a timing for when you just want to exit the loop of your daily commitments?

Yes. I stay up at night—that's how my circadian rhythm works. I would like to have say half an hour to myself at night when I either read or think about my day. I take out half an hour to nap in the afternoon. These are two times I don't like to be disturbed at all because that is necessary for me to function properly *(laughs)*.

I know that you were the President of the Shishukunj Literary Society last year. You published your own book called 'Kaleidoscope' this year. You have a blog called 'Midnight Musings'. You've also written myriad articles for the Gazette. Even amidst all these co-curriculars, you found time for self-care. So, what methods did you employ to rejuvenate?

Self-care for me is in two ways. One that I'm physically tired and not mentally exhausted on some days. I'll need to soak my feet in warm water and sit peacefully with my eyes closed. I take extra time for the nap. And then there are days when I'm mentally exhausted. So my way of rejuvenating is I'll let that creative energy out in the form of writing something, reading my favourite fiction novels, drawing or creating something. That's what makes me happy and relaxed. On some days when I'm not tired, I just dance because that's when my mind is completely blank and I'm just listening to the music and moving accordingly. I am not able to do self-care every day, but I make it a point to at least do it either on the weekend or on alternate days. I really take time off.

Looking at the greener grass on the other side of this fence named ‘pandemic’, what are some positive things you never thought you’d do but you actually did or are doing due to this crisis-turned-opportunity?

After this pandemic, mental health really became an important issue and people started talking more openly about it. One thing I realized is how I have been neglecting my mental health over these years. I devised and read about ways that one can use to calm oneself down when you feel that everything is going astray. That’s one thing I thought I’d never do. Now that I’ve started prioritizing my mental and physical health, I’m able to function better because I know that I’m calm, I’m strong and I’m ready to face any stress that comes my way. That’s one very important thing I realized during this pandemic because I also got infected during the second wave and I only had myself during the quarantine; sure, my parents used to talk to me through video calls but I had the whole day with me confined in a room. That was a really good time for analysing what I’d been doing wrong and how I’d been neglecting myself. That is something I definitely learned in the pandemic.

Well, we all know that there’s always room for improvement. What are the challenges you face while managing everything on your plate and what practices do you plan to inculcate in your routine to become an even better you?

They say that you can’t have it all when you’re at a position like this. If I decide that I have to do everything on my to-do list, what ends up happening is I don’t get time to spend with my family or my friends as much— that’s a pang of guilt I live by every day whereas they never complain. I think I plan better, in the sense that I’m the kind of person who wants to do the task then and there and get done with it. I’m not the sort of person who’d keep it for later and be fine with doing it afterwards. That’s something I need to bring in myself because if I take up something in a limited time then it gets really stressful and I’m not able to give it my hundred percent. So, one thing I need to change about myself is I want to take it slow.

Last but not least, do you have a few words to convey to the readers?

Yes, to the Gazette readers, I’m really honoured that the team asked me for this interview and I’m excited to be here and talk to you all. I just want to tell you that nothing in this world is more important than you are. Don’t think that you’re being selfish. It’s for the fact that if you are your own strength and you know that you’re going right, you’ll be able to support people better. For you to be the cushion of others, you should know that you are your own pillar. That’s something you have to develop over the years because in some way or the other, at some point in time, you will be alone. There will be people who will want to be there for you but the circumstances will be such that they can’t. So, always keep this possibility in mind that someday you’ll be the only one for yourself and be prepared for that. This doesn’t mean that you’ll cut off from your friends and become completely self-dependent— that is not human nature. But if we’re aware of the possibility that something like this can come, we’ll just be better human beings. We’ll be able to support other people better and I think that’s what the council, the school, the student community and the world is all about— supporting the people you love.

Thank you so much for sparing your valuable time and allowing us to get an insight into your routine.

"Frida's paintings are like a ribbon around a bomb," the leader of the surrealists, Andre Breton, mentioned with awe as he stood spellbound by Frida Kahlo's artistry and depiction in *The Two Fridas*. Created in the year 1939, the painting did a little more than merely portray the artist's life. It stood as a symbol of change in traditional art form, the position of women in a male-dominated, post-revolutionary Mexico, and in Frida as a stronger person.

Frida Kahlo is one of the most popular female artists in history. As enchanting as it sounds, fame did not come easy. It was at the age of 18 when she was severely injured due to a bus accident. This was just the beginning of 30 major operations she went through over her lifetime. After the accident, she spent a year on her bed recuperating. Her father gave her paints and had a

mirror placed above her so that she could paint herself. When she wasn't able to get up from her bed, she spent hours expressing herself in the form of paintings. She made a virtue out of adversity; and astonishing original art out of her agony. At a time when few Mexican women had the opportunity to express themselves at all, Frida was exploring multiple identities. She became an inspiration not only for women, but everyone throughout the world. In the year 1929 she got married to Diego Rivera, one of Mexico's most famous painters. "There have been two accidents in my life," she once stated, "one was the bus accident and the other one was my marriage." She divorced her husband in 1939. The painting is considered to be the realization of major changes in her life.

In the painting, on the viewer's right side is the Frida who Diego likes, the one with a traditional Mexican attire. On the left side is the divorced European Frida who, although has gone through a lot of changes in her life, still hasn't reached a stable state. This has been well represented through the turmoil and chaos in the background. The inference of the painting can be related to the impermanence of life. Life is never going to be constant or reach a stage where everything is stable, deviations will always be there.



THE TWO *interpreting masterpieces* FRIDAS



Mexican Frida's heart is intact to her belongings (she's holding one in her left hand) whereas European Frida has detached her heart from her past belongings.

An artery connects the portrait to her exposed heart. It is then linked to European Frida's heart which is exposed to a greater extent. With the help of surgical forceps, this Frida is trying to stop the flow of the blood that runs through both their veins. She is failing at this task as she bleeds profusely onto her skirt, mimicking a pattern, conveying that no state of change is easy. Double figures, clothing and the blood have been used to portray the inner struggle in understanding her identity as an individual.

Although the two of them are suffering and are broken, they are supporting each other. They are holding each other's hands and a connective vein represents their bond. The first thing that we notice in the painting is her face and her head, distracting us from her disabled body. Her confidence, mental strength, strong personality and talent hide her disabilities. She often used to say, "Appearances can be deceiving."

This is a painting about a loss of relationship, but the duality of her identity, which she had developed over years of suffering, is central to the painting. No matter what the circumstances are, she has always been there for herself. She took the positive approach to deal with the loss and change which kept adding to her way of living life. Her work was her own, but it emerged from a number of varying circumstances that she had experienced in her life. It was those unfortunate moments in her life that had shaped her character. She had constructed her own identity around her politics, culture, and disability that would inspire generations of mankind.

SEPTEMBER
GAZETTE
PLAYLIST



Soon You'll Get Better
-Taylor Swift

Permission to Dance
- BTS

To Build a Home
- The Cinematic Orchestra

Waqt Ki Baatein
- Dream Note

You Are Loved
- Josh Grobran

It's My Life
- Bon Jovi

Swim Away
-KIM SEJEONG

Rainbow
- Kacey Musgraves

Vienna
-Billy Joel

Fix You
- Coldplay

Falling
- HAIM

Kashti
- Desert Rock

Bloom
- Dabin

Numb
- Linkin Park

SONGS THAT
HELPED US
IN DIFFICULT
TIMES

The Gazette is a place for you to express your creativity as well, so we'd love to showcase your artworks, poems or any writeup you want to share!

We are accepting submissions, and you can always talk to us as well. You can mail us your submissions on gazette@shishukunj.in or reach out to us on our instagram: [@theshishukunjgazette](https://www.instagram.com/theshishukunjgazette)

Hope to hear from you soon, see you next month!

SEE
YOU
SOON

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