

SPARSH NEWSLETTER

EDITION #2

DEC/JAN | NEW YEAR SPECIAL | 2020~2021

Letter from the Sparsh Team

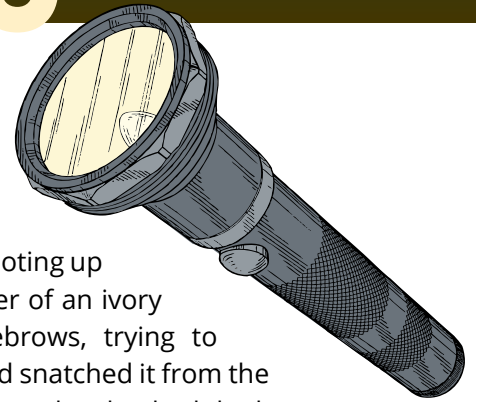
Welcome to this year's second edition of the bimonthly Sparsh newsletter! It's the holiday season, and towards the end of the year, it's easy to look back at all the negative things that may have happened in 2020. Of course, we shouldn't ignore anything negative, but at the same time, we urge you to think about any positive events that have happened to you this year. Trying to find some gratitude can go a long way. We hope that this issue of the newsletter will enthrall, entertain, and encourage you to find positivity as we look forward to this new year ahead of us!

**Shreya Challa
& Trina Tanuj**
Chief Editors

Torchlight

By Aradhya Srisai Malladi, 11B

Luca bit his lip, wincing as he stood on the stony floor. A shrill buzz from the corner of the room shook him out of his obsessive thoughts, pivoting him on his left foot. He fell with a thud on the dusty cement, a sharp pain shooting up his legs. As he limped towards his bed, the corner of an ivory envelope caught his eye. He creased his eyebrows, trying to imagine who would possibly send him a letter, and snatched it from the door, his eyes darting around the room erratically as he clutched the letter tightly to his chest.



"To pa." It said, written in calligraphy. He tilted his head, and his breath caught as he looked at the bottom right corner of the envelope, where "From Kaia" was written. He began to tremble, his surroundings growing hazy.

Luca walked home, whistling nonchalantly, a bag of groceries in one hand, and the other keeping his hair out of his face. As he neared the apartment, struggling to find his keys amongst his belongings, a scream echoed throughout the hallway. Without a moment's hesitation, he ran as fast as he could. The door was cracked open; and as he pushed it further open, the screams intensified as his wife pulled his daughter into a chokehold. He ran to separate them, his daughter's face growing paler by the second.

"Who's there? C...com...come out. I know it's you. I don't have any money for you. I tried. I really did. "Our little girl at home, sh...she's scared. I'm her papa I should be prot..."

----- ➔ **CONTINUED ON PAGE 2**

Learn the basics of
Photography!

► ON PAGE 5

Paraamarsh, the
newsletter's advice
column

► ON PAGE 7

Fresh, new playlist
recommendations that
are sure to be music to
your ears

► ON PAGE 15

Torchlight

His eyes widened maniacally as he warded off the assailant, his arms strangling nothing but the musty air in the room. A shrill buzz from the corner of the room shook him out of his obsessive thoughts, pivoting him on his left foot. He fell with a thud on the dusty cement, a sharp pain shooting up his legs. As he limped towards his bed, the corner of an ivory envelope caught his eye. He creased his eyebrows, trying to imagine who would possibly send him a letter, and snatched it from the door, his eyes darting around the room erratically as he clutched the letter tightly to his chest.

"Mina, what are you doing?? Please, don't. Please."

She ignored his pleas and strengthened her grip on his daughter, whose face had become ghastly white, her eyelids beginning to flutter. In a frenzy, he grabbed the knife from the fruit bowl, pulled his daughter away from Mina, and without thinking, plunged the knife.

"Kaia. Please. Wake up. Wake up and run far away. Go to Uncle Miguel."

Kaia's eyes widened, she swallowed hard, nodded, and ran without turning back.

Another shrill buzz brought Luca back to the present. He found himself holding the now crumpled envelope in a tightened fist. Carefully tearing it open, he pulled out a cream coloured sheet. His shoulders relaxed as he skimmed through the contents of the letter. She wrote to him about her new job as a school principal, how she loved working with underprivileged children who'd grown up without parents just like her. Again, and again, he read, "I miss you pa. More than you could ever imagine." He pulled himself onto his bed and reread the letter in his daughter's sweet and calming voice. His vision went blurry from the tears, and for the first time that night in many years, he slept soundly.

*



Torchlight

Luca carefully carried his empty lunch tray back to the door, his stomach full for once, when he noticed another envelope stuck underneath the door. Immediately, his tray fell with a clang to the ground as he rushed to the door, desperately pounding his fists on it yelling Kaia's name. She had to be here. A loud buzz from the corner of the room sounded, and he shrunk quickly to the floor, kneeling to pick up the letter. This one was different. It lacked the cheery tone of the previous letter, and was more urgent. It told him to knock exactly 3 times on his door after the night bell rang; told him that she would find a way to help him escape.

Later that night, the sound of a buzzer reverberated throughout the halls of the prison. Luca, wide awake, crept towards the door, his eyes gleaming, and knocked 3 times. He waited. No sign of Kaia. He knocked again, louder this time. There was still no response. Anxiety began to overcome him as he grew restless and threw himself at the door, shouting her name as loudly as he could, pleading, and banging his fists until they grew sore. A buzz from the corner of the room began sounding. As he envisioned Kaia's face, all the bottled-up emotions inside him began to fly out in torrents of rage as he screamed louder, the sound of warning buzzer growing more faint in his mind. His fury soon turned into fatigue as he felt his vision dim, his last sensation being two guards dragging him back into his endless chasm of insanity.

Luca's eyes flew open the next day, darting to the door as soon as he awoke. His voice croaked as he faintly called out for Kaia, but the words came out garbled. Frustration overtook him as he bounded helplessly around the enclosed room, one bizarre thought after another creeping into his mind.

"He's never been like this before."

The psychiatrist studied Luca, chuckling as she said, "With all due respect, you can't expect for someone to be locked up in solitary and not face severe mental repercussions. Perhaps it's just Luca's time."

She leaned forward, murmuring to herself as she hastily scribbled in her notebook.

"It's clear that it's not a matter of violence or aggression that's causing him to act out. His paranoia and anxiety have engulfed him whole, the...they're the ones to blame. He's forgotten his past ways, that seems to be evident." With a final click of her pen, she swivelled around to face the prison warden.

"I think it's time you allow him to interact with me. If this," she turned to point at the screen where Luca now sat shivering in the corner, "goes any further, I'm afraid that he might do something to himself. The only way he can return to decency is if he's given some help." Glancing one last time at Luca, she shook her head, stood, and left the room.

*

It didn't feel real. He'd forgotten what sunlight looked like. His eyes gently came to a rest on the arcing rays of light illuminating the field beyond him. He stepped forward in wonder, tripping to a stop as his chained hands were yanked backwards. Instantly, he began searching the vast space for Kaia. Maybe she was outside; maybe she was waiting for him; maybe this had been her plan all along. In the distance, just outside the fence, he made out a slender figure – his heart began to race.

Torchlight

"Kaia? You came! You really came! My daughter's here everyone! For me!" He laughed as he rambled on, only pausing as he saw a woman that was entirely unfamiliar. He instinctively crouched, shielding his eyes and holding his hands up in surrender.

"This was a trick. Don't hurt my daughter. Please. I have a good job. I'll give you any amount of money you want." The woman slowly spoke:

"Luca. I'm not here to hurt you. Please, sit. I just want to talk. I want to know how you feel. I know it's hard. You must miss Kaia so much." Looking into her warm hazel eyes, Luca sat, tension slowly fading. As she spoke, he could only look into her brown eyes and notice how much they resembled Kaia's. So, he listened.

*

A few weeks later, a parole officer by his side, a beeping ankle monitor on his scuffed jeans and a clean shave, Luca stepped out. He felt himself beginning to tremble, but centred his mind onto visualizing Kaia, taking slow strides forward until it stopped. A smile edged its way up to his mouth as he continued walking, taking one last glance at the pensionary behind him. He was free, and he had to find her now. He had to see for himself what a courageous young woman she'd become, ridding him from a life of madness.

"I need to see my daughter." He pleaded with his eyes as he faced the officer next to him. The officer glanced briefly at him, nodding curtly, and walked beside Luca as his mind frantically searched for a familiar face, an address, a name, anything.

"Go to Uncle Miguel."

He remembered, memories of a post office slowly coming into picture. He began walking faster, and faster, breaking into a sprint. As he ran through the town, all the good times they'd had together came into focus.

He could see her clearly now. He skidded to a stop in front of the post office. Holding his breath, he pushed the door open; a faint bell acknowledging his arrival. Past the desk, he saw a face. The aged face of a man that he'd known his entire life. Miguel looked up, a look of utter disbelief on his face, that quickly morphed into a smile, but just as quickly faded into worry.

"K...ka...kaia came to y...you that night. I t...told her t...to." Miguel looked away and ever so slightly shook his head.

"She never came, *mi hermano*. We found out the next day that," His voice broke.

"She'd been hit by a car just a few blocks away from the post office. I wanted to tell you. By the time I was at your apartment, you'd been taken away. I tried to visit you. But..." He trailed off, tears glistening in his eyes as he looked at Luca. Luca staggered backwards, into a wall, and sank to the floor.

"B...but the letters," He muttered under his breath.

CONTINUED ON PAGE 12

Photography Basics

By Shria Parupudi, 10C

Many of you must be passionate about becoming a photographer. Usually, it takes a minimum of two years to perfect it. Trust me, I am not a professional photographer either, but I can certainly teach you the basics.

For starters, it's important to know the three basic elements of photography:

1. Aperture

Aperture controls how much light is let in. You can physically see it when the camera lens is opening or closing. The important thing to note here is that the lower the aperture, the more the light is let in. This results in a shallower depth of field, reducing the area of focus. This is especially useful if you want a blurry background. However, if you want to shoot a landscape, it's usually recommended to use a higher aperture such as f/15 to get everything in focus. Generally, an aperture of f/2 to f/16 is used.



A lower aperture was used to blur the background image

2. Shutter Speed

Shutter speed is the length of time when the film or digital sensor inside the camera is exposed to light. Shutter speed is usually adjusted to not overexpose the shot. Lower shutter speed increases the motion blur. However, in some shots, it adds a depth effect like the one shown below.

Photography Basics



recommended to keep the ISO as low as possible. This is because as the ISO increases, the quality of the shot decreases. In this case, a lower quality indicates a more grainy shot and fills in extra pixels digitally. However, a higher ISO would be useful if you aren't getting any light and you want to digitally add light.



Many people believe that it's just simpler to use the Auto mode. However, if you use the Auto mode, you won't have control over aperture, shutter speed, or ISO. Every photographer has a unique style and to showcase that style, one shall utilize these three elements to produce a beautiful shot.

With a little bit of practice, even an amateur photographer can become a professional one!

The important thing to note here is that the adjustment of the shutter speed is dependent on the aperture. If the object to be shot is kept in a dark place, the shutter speed needs to be lower to compensate for the lack of light. If the shutter speed is increased in this scenario, the shot would become very bright. Similarly, if there is more light, you will need to increase the shutter speed.

3. ISO (light sensitivity)

In very basic terms, ISO is simply a camera setting that will brighten or darken a photo. As you increase your ISO number, your photos will grow progressively brighter. For that reason, ISO can help you capture images in darker environments, or be more flexible about your aperture and shutter speed settings. It is usually

paraamrsh

During quarantine, and self-isolation, I find myself using texting an indirect means of communication more and more. I feel a bit disconnected from society, and even wary. Whenever I text someone, I have no idea if they are honest or not, cause I can't even speak to them, face to face. How do I overcome this, and if there is a solution, can you please state it? Thank you!

-Scarlet Knight

Dear Scarlet Knight,

It is quite natural to feel disconnected and detached from society during this time of social distancing, we all have to use an online method of communicating, which can leave us unsatisfied. One reason for this is that, a lot of what we perceive while talking to a person is from their body language, and texting and calling your friends can make you question their truthfulness. Also, texting and calling people more often during this time is normal and okay to do, since you are not meeting people in real life, you still need to socialise one way or another.

To combat this you can do many things including:

- Setting a time for a video call to your friends and family every week- or whichever frequency works for you.
- Try interacting more in class, which could help you feel like you contributed and communicated more throughout the day.
- Host competitions online within your community, with your guardian's help and choose a few volunteers to judge.
- Cutting out time for family every day/ several times a week, for activities like movie night, playing games or cooking with each other.

Lastly, try and set time out for yourself, since communicating with yourself is also very important. You can do mindfulness activities such as meditating, mandala colouring and even mindful breathing (watch some directed meditation/ mindful breathing videos if you are unsure about what to do).

Yours faithfully,

The girl in the blue mask



Dear Anonymous,

How do you cope up with the fact that every event you participate in, you do not get selected?

-Anonymous

I get how you feel. We feel really put down when we put all our heart and soul into the one thing we would want to ace in, but never get the expected results. My answer to you is, never give up. Giving up is never an option because, as a wise man once said, "Believe you can, and you're halfway there". Yes, it's hard to believe in yourself after a chain of failures, but that's the strong chain that can pull you out of the darkness.

-----▶ **CONTINUED ON PAGE 8**

A few points to work on in this situation can be:

- Write down your strengths and weaknesses. Embrace your strengths and work on your weaknesses.
- Try to take points on where you're losing, that can help you gear up in all aspects.
- If it's getting hard on you, talk to a loved person-family, friends, or tutors. They are always there

to clear your vision on certain things, which makes it easier for you to overcome your faults.

I hope I have helped you understand your issues and all the very best to your new, and scheduled journey!

Yours Faithfully,

The girl in the blue mask



How do you handle failure?

-COVID struggles

Dear COVID Struggles,

Failure is a natural part of life and the first thing to do is to acknowledge your feelings and embrace them, also, try to share these feelings with a trusted person. After this, develop healthy coping strategies such as:

Writing your feelings in a journal.

- Physical Activity- dancing/sports.
- Meditating/ deep breathing exercises.
- Painting/ Drawing.

- Spending time with your loved ones : a pet or your sibling.

Along with failure come irrational and negative thoughts, which can put you down even further. Try thinking about failure as challenging, but that you have the skills to deal with its hardships. Also try thinking about your goals and how strong you are to motivate yourself.

Yours Faithfully,

The Girl In The Blue Mask



CONTINUED ON PAGE 9



Living in a society where homophobia is still very common and micro aggression is prevalent, even within school, how can I come out and make sure my safety is not compromised?

-In a Pantry Life

Dear In a Pantry Life,

Coming out is a beautiful experience. You finally get to be who you are, so accept that you love who you love and that it is completely okay and you are finally relieved from the burden of keeping yourself a secret. But, I do agree that it can be a very stressful, frightening and sometimes heart-breaking event. People sadly are incapable of letting go of their prejudices and we cannot change everyone's views. There have been improvements in terms of law reforms for the LGBTQ+ community and there is more support than ever before. Still there is a long way to go. But you can definitely count on our school to have your back during the process and in providing you a safe space where you can come out and be able to represent yourself to the fullest.

But we understand even after all these assurances, coming out will still be hard no doubt. There is no exact answer to how you can ensure your safety, but there are ways to make your coming out journey smooth. Even just being aware of where you can get help from can really help you feel happy, safe and comfortable when embarking on this journey.

One can think about coming out in three stages :

Preparation :

Before you come out to everyone and anyone in the world you should address your feelings and concerns with a trusted individual. This is technically the first person you will be coming out to. Talk about your feelings, how you feel about coming out and voice your worries and concerns . Have a walk -through of how you want to come out, if you think it is the right time to come out and who you are comfortable coming out to. This is important so that you can feel confident before you come out and you can comprehend what is going to happen and know how to have healthy conversations about coming out. Also come up with strategies to end conversations or regulate them such as asking for a time-out or talking in turns [eg. having a ball - person with ball talks and others listen]. Also come up with healthy coping strategies such as reaching out to a close person, writing a story or description , art , writing in a diary, counting down from 10 for if you get angry or frustrated . You should also start practicing gratefulness to realise that life will get better or writing self affirmations to make sure you realise just how amazing you are and build that self-confidence.

Stage 2 part 1 : reading the room

Now that you have the guts and are full of anxious excitement, it's time to come out ! Actually not just yet. Before coming out , read the room. Such conversations should be had when everyone is relaxed , ready to be serious and is willing to listen. Try to have this conversation maybe on a weekend after pre-deciding the time and seating everyone in a comfortable position. Now you can begin the conversation. Tell them about how you are a part of the LGBTQ+ community and how you feel and what you are thinking. You will need to use your social intelligence and see where the conversation is headed and pick up cues to end the conversation before it turns messy. Just remember to give people space and handle the discussion with care so as to not offend or push others away.

Stage 2 part 2 : coming out to loved ones and close friends

So you have to sort of come out Is this the end? Well, coming out is a process, an ongoing discussion and you have just opened a door to conversation so this didn't just end. Coming out to your family or friends is a stressful period of time and a very slow process, so be patient . When you come out to them parents and close friends might be happy, sad, confused, shocked , angry and usually will have mixed feelings and will need their time to process all this. Don't take their initial reaction to heart and wait for them to come around. They may have questions for you and you should try to answer ones you are comfortable with . I would advise you to not do this all in one sitting and you should break apart the discussion (in case if it gets too heavy, reaches an awkward silence or tempers rise).

Some people might evade the situation, or ignore what you said or call you confused. But remember that this is your choice. Lastly, try to come to an agreement, especially with your loved ones. It is essential that you as a family reach mutual understanding, even if it is to agree to disagree. This will help return some stability to your life and help you find a new normal while also being able to rely on your family for support.

Stage 3: Coming out to the world [well school really]

It can be hard to come out at school. Try to take it step by step, first family or close friends and then peers. This way you will have a bit of practice and support. In school, some of your classmates might not agree with you or might not understand. But you are not answerable to them [unless you want to respond]. Furthermore, you can choose to come out to only some of your peers or all of them and it's completely your choice. Again maybe doing this in small groups first and using direct methods of communication like a video call is better [since we cannot be right next to each other right now]. This way you can gauge their emotions and see how the conversation is going. Hopefully most of your friends will understand and respect your identity. But some might not want to continue with you on the journey of life. Let them choose a new path and you forge your own new path with other people. The friend may or may not come around and but you should still give them the same respect you want them to give you in day to day life.

So that's the three stages. And, coming out is completely your choice. There is no rush but there is also no right time or age to wait for. So, find what you are comfortable with. You can spend more time on one stage or another and these are not written in stone, so you do you. I mean some people come out to everyone at once, some people come out to friends then family or vice-versa, some people might only tell a few people, some people choose to come out to an older sibling or another relative, some people have a big gesture, some do it privately, sometimes it's accidental. Whatever way you come out we are by your side and we will be here to help you further. Just know that you shouldn't be afraid of being who you are. Everyone deserves to be themselves and soon will be your time to shine.

If you ever have any concerns or face any problems you can reach out to Shalini ma'am or Kriti ma'am (the school counselor) and as a school we will respect your sexual identity and will help you the best we can with your coming out journey. As a school we have an anti-discriminatory policy in place and will ensure steps are taken to combat any discrimination towards you.

Here I have listed some useful numbers and websites which can look at to gain more info or just talk to if anything is impacting your mental health or weighing you down (you will be anonymous on most of these):

- iCall helpline by Tata Institute of Social Sciences : **022-25521111** [10 am to 8pm - trained to work with LGBTQ+ individuals but cater to everyone .telecom provider charges apply] You can also email them on icall@tiss.edu
- SAHAAY helpline : **1800-2000-113** { works 24/7 and is free, specifically caters to the LGBTQ+ community, can gain more info on coming out and discuss your personal struggles/concerns }

You can also find other Indian support groups on the web if you want to research further.

- Indian Child Helpline: **1098** { works 24/7 and is free, please do not hesitate from contacting them if you are being physically, mentally or verbally abused and/or will be harmed. They will ensure your safety and protection. Other readers in similar situations are also urged to reach out. }

I hope this helps,
Girl in the blue mask



The Lost Claus

By: Aditi Chegu, 11B

The historic ambiguity of Father Christmas has allowed generations of story-tellers to anthropomorphize him. One of his defining characteristics is his laugh. That which, upon hearing without context, would drive any sensible person into the arms of Hobbes' theories that laughter is the only sinister escape from the cold realities of being human. Having said that, I would like to propose- a laugh that sounds like one is experiencing trepidation as to whether or not one should use a gardening tool ("ho ho ho") is not accurate to the conceptualization of Father Christmas.

To further analyze why it cannot be right that Father Christmas's laugh sounds the way it does, more context must be provided. Father Christmas is portrayed as a portly man, with ample fat hugging all his bone and non-bone areas with more adipose tissue being generously layered as he eats his spouse's delectable desserts. This would indicate that a considerable amount of stress would be placed on his human-sized lungs. For the sake of killing the idea that fictional characters are not subject to the same rules as human beings, I shall explain how being well-upholstered is exactly why "ho ho ho" cannot be how Father Christmas sounds.



Spurthi Challa

The U.S. Centres for Disease Control and Prevention (CDC) claims that people with a Body-Mass Index (BMI) of more than 30 i.e., Father Christmas, are at a higher risk of getting asthma. According to the statistics, eleven percent of people with this BMI have asthma. This is because the extra weight constricts the lungs, making it harder to breathe. Additionally, fat tissues secrete substances that are inflammatory in nature, which affect the lungs adversely. As everyone is adamant that Father Christmas is indeed human, it would also mean that he is subject to this incredibly cruel statistic.

Some might argue that eighty-nine percent of obese people do not have asthma, meaning that it is unlikely Father Christmas would have asthma. And to that I have to say, as humans, we have all thrown ourselves pity parties on occasion, wailing that our peers have it better than ourselves. Father Christmas too, must have to throw himself such a pity party, and as he must be content with all the other areas in his life, one can only believe that he threw the party to despair his ill-fortune of having asthma.

Now that it has been established Father Christmas has asthma, it can also be postulated that he, like the rest of his asthmatic comrades, has an unnaturally raspy laugh (perhaps, like that of an ill-humored hyena). Hence, demolishing any pre-existing and incorrect beliefs that Father Christmas could ever have an unrestrained laugh that sounds like him being contemplative about his choice of tools to fix the flora in the North Pole.



Torchlight

By: Aradhya Srisai Malladi, 11B

CONTINUED FROM PAGE 4

"Kaia wrote them. She sent them to me. She saved me." He held his head in his hands, trying to piece everything together. His psychiatrist's words echoed in his head.

"Luca, you have to know that all of this, everything that's happening to you, is your mind trying to protect you, trying to cope. None of this is real." Luca's breath wavered as he realized what'd happened. It was all a figment of his imagination. All the letters, everything, was fake. He'd saved himself from a life of confinement. But for what? He couldn't live knowing that he'd never see his daughter's smile again. He slowly leaned his head against the wall, a wood-framed picture hung at the top of the room, a pair of bright blue eyes looked back at him. Eyes he had seen so long ago. Eyes that he never thought he would see again.

"Kaia." He let out the breath that he'd been holding for so long. Her contagious laughter seemed to fill the room. He had to stay; he had to live; he had to move on. A sense of newfound determination embodying him, he picked himself off the floor and stepped out into the summery breeze.



INTERVIEW

Your Turn Now

Interviewed by Kashvi Pallapotu

Meet Rushabh Turakhia: author, businessman, motivational speaker, and life coach. He is the founder of "Your Turn Now" which is a global kindness movement that has reached out to millions across 45 countries. He has conducted numerous workshops in schools, communities, and corporates with the sole intention of promoting love and kindness.

This month we have our reader Kashvi Pallapotu from Hyderabad talking to Rushabh in his kindness movement.

How did your writing career start and was writing always your hobby as a kid?

I wouldn't say writing was always my hobby. Writing, for me is a way to express emotions

and feelings. So I started writing about things in and around my life. I began by writing a couple of small articles and my readers loved them. It's their appreciation and encouragement that motivated me to continue writing.

What is the aim of "YTN" and how did you get the idea to start such a movement? Did you ever imagine then that you would reach out to millions someday?

"Your Turn Now" is a global kindness movement. A little blue card which is passed on to the other person whom you're kind to now has the vision to reach 7.2 billion people. In fact, my writing is the prime factor that led to the birth of this movement



Your Turn Now

Interviewed by Kashvi Pallapotu, 9D

I wrote (and still write) about real-life experiences and while doing so I realized how people have become self-centered, unkind with changing times, which in my opinion needs to change. The world needs kindness. When I started the movement, the intention was to make a small difference, spread smiles and this gradually gathered momentum and today has touched millions across 45 countries.

What is exactly the 'little blue card'? Tell us more about it.

The little blue card called Your Turn Now is like a visiting card that needs to be passed on or given to the person whom you are kind to or when you help someone. YTN is a simple movement that makes you act on a philosophy of making this world a better place by performing simple, random acts of kindness. Once you receive your YTN card, it's your responsibility to further keep the kindness chain going. Every time you're kind, especially to strangers, you need to pass on the YTN card, so that in turn, that person gets the inspiration and a concrete reminder to be kind to someone else. More than half a million cards have now reached 45 countries and these cards are available in 10 different International languages- English, Hindi, Spanish, Mandarin, Arabic, French to list a few.

Is the real Rushabh Turakhia same as the founder of 'YTN' Rushabh Turakhia?

The real Rushabh Turakhia is a happy, go-lucky, humorous individual who loves to play harmless pranks on his friends which eventually makes them smile. He feels life is too short to be serious and is always in a cheerful, positive mood. Most importantly, Rushabh is an individual who wants to make each day worth it and special for someone through small acts of kindness.

Did you have a turning point in your life? If yes, when and what was it?

I won't exactly say a turning point, but yes there would be a series of events that eventually

helped me evolve. One of such defining moments was watching the movie "Pay it Forward" which led to the inception of the Your Turn Now movement. The movement itself taught me that life isn't all about self. Yes, you need to be happy but not at the expense of someone else is sad. It's the giving that you receive joy and happiness.

Talking about kids, what is your favorite moment you can recollect with a little fan?

There are many, but my favorite one was my recent visit to Hyderabad, where I actually got to spend time with them, answering their questions, clearing their doubts, understanding their interest in making the world a better place; that filled my heart with joy. I am happy that they have the right role models in their life.

You inspire many but who is your inspiration and why?

Any kind and compassionate individual is my inspiration and I think even the books I read in my growing years were inspirational.





COOKBOOK

Three Mouth-watering Vegan Recipes

By: Shria and Anushka, 10C

Vegan diets have been pretty popular lately. However, they can sometimes have a bad reputation for not being tasty. The pandemic has granted us more time to beg our parents to treat us to outside junk and then have our hearts broken when they reject us with their scoldings. Well, instead of sulking, try out these tasty and tempting recipes for a sweet or savory craving while channeling your inner Masterchef!

Chocolate Banana Ice Cream

Who doesn't love chocolate? It's the classic delicacy for every occasion. Here, we have a blend of chocolate and nutritious bananas- the rich chocolate melts in your mouth while the banana gives the ice cream a nice finishing touch.

For this dessert, you would only require two ingredients which are: two bananas (preferably chopped and frozen) and one tablespoon of (raw) cocoa powder.



Instructions:

1. Peel and cut the banana into small pieces
2. Place a sheet of parchment paper on a plate
3. Freeze the sliced banana pieces on the plate (for approximately one to two hours)
4. Add the frozen pieces to a blender to make a smooth, creamy paste
5. Next, add the cocoa powder to the paste
6. Place the mixture into the freezer for at least an hour before serving



Vegan Burritos

This is a nutritious alternative to junk food. These vegan burritos are easy to make and are quite delicious. Some of the ingredients required for the burritos are rich in fiber which fills your stomach easily.

For this meal, you would require four tortilla wraps, two large handfuls of spinach leaves, one avocado, hot sauce, 1 tbsp. oil, 1 crushed garlic clove, 1 tbsp. chipotle paste, 400g chopped tomatoes and black beans, one chopped bunch of coriander, 250g of whole grain rice, 1 juiced lime, half finely chopped onion, and 50g of roughly chopped hazelnuts.

Instructions:

1. Heat the pan and fry some garlic in it. Add tomatoes and some salt. Stir the ingredients and let it simmer until a thick paste is formed.
2. Add the beans and cook briefly; stir in the coriander.
3. Warm some cooked rice and stir in lime juice, red onions, and nuts- season this well
4. Spread the tortillas and sprinkle some spinach. Add some avocado slices, rice, and the bean mix (made in step 1). Add hot sauce and roll the tortillas in aluminum foil.



Three Mouth-watering Vegan Recipes

By: Shria and Anushka, 10C

Vegan Sausage Rolls

Going out on an unplanned picnic? Don't worry, vegan sausage rolls have come to the rescue! These easy-to-prepare snacks are light and best for gatherings with friends.

For this dish, you would require 250g mushrooms, 3 tbsp. of olive oil, 2 finely chopped leeks, 2 crushed garlic cloves, 1 tbsp. of finely chopped sage leaves, 1 tbsp. of brown rice miso, 2 tbsp. Dijon mustard, 30g of finely chopped chestnuts, 70g of fresh white breadcrumbs, 320g of ready-rolled-puff pastry sheet, plain flour (for dusting), and dairy-free milk.

Instructions:

1. Add mushrooms to a food processor until they are finely chopped
2. Put half the olive oil in a frying pan along with leeks and a pinch of salt. Sautee gently for 15 minutes until they are golden brown. Set the leeks aside to cool
3. Heat the oil in a pan and fry the mushrooms for ten minutes. Add garlic, sage, miso, and mustard, and then leave the pan to cool for a few minutes.
4. Heat the oven to 200 degrees Celsius.
5. Add the mushroom mixture to a bowl along with leeks, chestnuts, and breadcrumbs. Season and mix everything together
6. Roll out the pastry on a floured surface. Mould the mushroom and leek mixture down the center of the pastry.
7. Seal the pastry and cut it into ten pieces.
8. Brush each piece with milk and lay the pieces on a baking sheet.
9. Bake for 25 minutes and leave to cool before sprinkling sesame seeds for serving.

Dr's
PLAYLIST
RECOMMENDATIONS



Beach Party

Sure, you probably can't visit the beach right now, but why not bring it to your home? These tunes will transport you to a carefree beach party- and after all, we all need some relaxation and head-bangers right now



bit.ly/sparshplay3



Mint

Get off your feet and dance! Here is some of the world's top dance music, delivered to your ears.



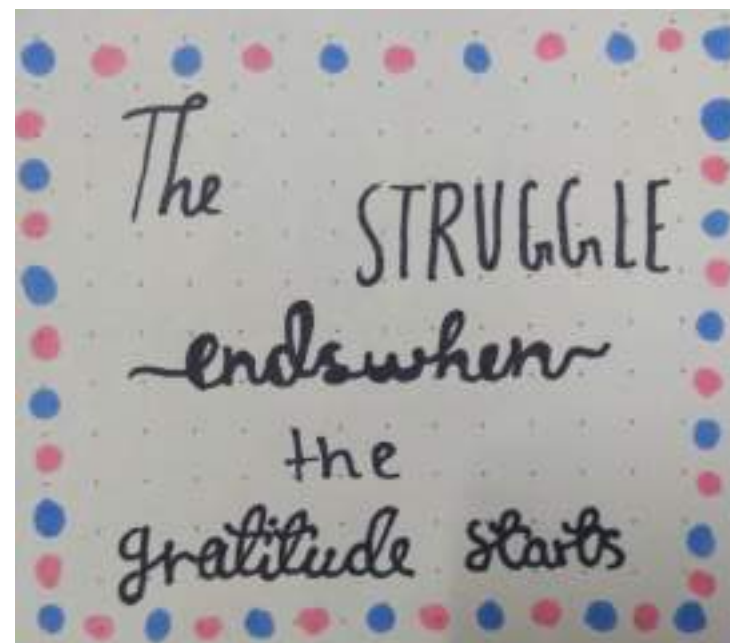
bit.ly/sparshplay4



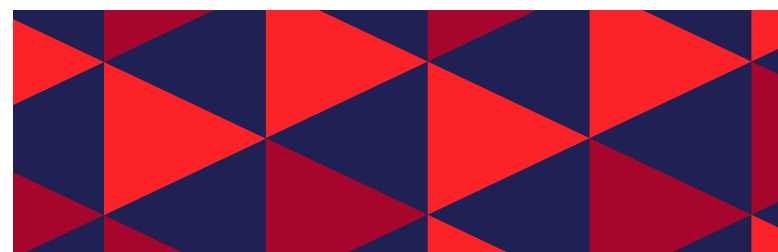
Spurthi Challa



Kavya Pothapragada



Dakshi Saldi



Trina Tanuj | Chief Editor
Shreya Challa | Chief Editor
Suhaas Godavarthy | Graphic Designer and Layout
Kashvi Pallapotu | Editor
Kashvi Saldi | Editor
Dakshi Saldi | Editor
Spurthi Challa | Comic Artist, Illustrator, and Editor
Sirinagasanyasa Shria Parupudi | Editor
Anushka Lingareddy | Editor
Arushi Gupta | Editor
Sriya Ammanamanchi | Editor
Disha Garg | Special Mention for Curating Playlists and Articles

Teachers

Shalini Reddy Ma'am
Ramakrishna Reddy Sir
Priya Saxena Ma'am
Sharada Prasad Ma'am
Sayona Bose Ma'am

Happy New Year and thank you for reading!