

# Carpe Diem Chronicles



100% Inclusivity Guaranteed!!

September 2023







# Hi Inventure,

In a world that thrives on relationships, we at Carpe Diem Chronicles are incredibly excited to show you our new issue of the magazine: The Social Potion.

We're especially proud of this issue because it dives into the intricate realm of social interactions, shedding light on the multifaceted aspects of bullying and insecurity, and the transformative power friendship dynamics can hold.

This term, we celebrate the ever-present influences of friendship and community. Whether it's your close-knit friend group, your peers at Inventure, or even your family, the people we surround ourselves with enrich our lives in various ways.

*Muggle Memoirs* explores personal stories. Through *Inventure Buzz*, you can explore life at school. Our Counsellors have shared special practices that will help you to have a healthy social life in the *Advisory Spell*. *Amusement Charm* conjures the world of entertainment. In the *Creative Cauldron*, you will find some heartfelt prose and poetry, all from our very own Inventure students.

Amidst our rapidly interconnected world, yet at the same time more isolated than ever, forming authentic connections is a challenge that we all face. We, at CDC, hope that this issue gives you courage and support, inspiring you to promote kindness, inclusivity, and empathy.

Happy reading!

From,  
The Editorial





# Table of Contents

## Muggle Memoir

SOCIAL ANXIETY

SCHOOLS AS A CATALYST FOR HEALTHY RELATION

ISOLATION TO RECONNECTION

IS IT JUST ME?

THE COMPASSION CURRICULUM

ONLINE FRIENDSHIPS: ARE THEY MEANINGFUL?

THE MYTH OF MERIT

LUXURY FASHION & THRIFTING

FRANCHISING

## Inventure Buzz

MEET YOUR COUNCIL

THE IMPACT COMMUNITY OUTREACH HAD ON ME

THERAPY DOGS: BEHIND THE SCENES

CARPE DIEM, CARPE ANNUM







# Amusement Charm

IT'S BARBIE, IF YOU'RE STILL IN DOUBT

KAIJI: FRIENDSHIP AND BETRAYAL

SOCIAL MEDIA'S IMPACT ON TODAY'S GENERATION

## Advisory Spell

COUNSELLOR'S INTERLUDE

## Creative Cauldron

SEEING WITH THE HEART

THE NICE GIRL

YOU'RE WEIRD

EMOTIONS

BULLYING

THE BEST OF FRIENDS

OH SWEET SOCIAL BIRD

BREAKING BOUNDARIES

BREWING MEMORIES

YELLOW BUS RIDE

FUN AT SCHOOL

FRIENDSHIP AND LEADERSHIP

I SHALL FIND A WAY









Have you ever encountered someone who appeared visibly anxious in social situations, often struggling to communicate even in small gatherings? Did they fumble and stutter their words when they did talk? If you do know someone like this, they're likely not just simply awkward or shy—they probably suffer from social anxiety, something even prominent people like Harrison Ford have grappled with.

Contrary to common belief, social anxiety is not an aberration that can be magically cured by just being “*confident*” and “*relaxed*” in social interactions. It is a persistent, nagging mental illness that over 1 million people in India suffer from, by themselves. People with social anxiety can function adequately in many areas of their lives. However, in almost every social situation, they face irrational fears of being judged, humiliated and embarrassed by others. Symptoms such as blushing, chronic sweating, nausea and trembling often manifest during these interactions.

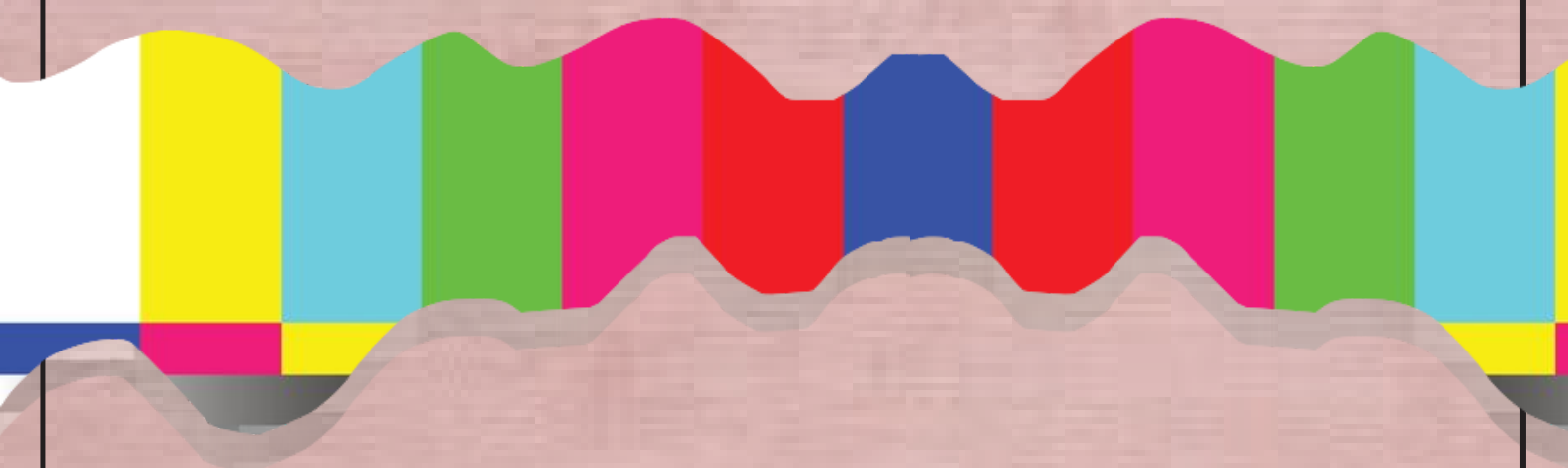
One reason why social anxiety remains overlooked is its conflation with introversion. People often can't tell the difference between these two or think they come hand in hand, and several trivialize peoples' struggles with social anxiety as something that doesn't take much time to cure.

However, this perception couldn't be further from the truth. While social anxiety is a mental illness that can significantly affect mental state and body, introversion is simply a preference for solitude. Most introverts possess well-developed social skills, lead fulfilling social lives, and feel comfortable around peers.

You might wonder why these people face such severe symptoms in simple conversations or what exactly makes them so anxious and nervous while talking to people.



There can be many answers to these questions: an overemphasis on how others perceive them, the fear of judgment, and over-analysis of the patterns and speech of conversations, thinking statements and gestures mean more than they really do. In a typical conversation, someone with social anxiety might have thoughts like *“I shouldn’t have laughed at that. I must’ve looked stupid.”* or *“I forgot to thank them for the compliment; they must think I’m rude.”* or *“I haven’t said enough, they probably find me really boring.”* Such insecurities carry on even when they aren’t in a conversation. While all of this might seem like the life of someone with social anxiety is really bleak, peers can offer crucial support.



First and foremost, maintaining a positive and empathetic attitude is important as their minds are already teeming with criticism of themselves. If they open up to you about their self-doubt, try to reframe and challenge their negative thoughts. In addition, you can gently push them to face situations that might cause their anxiety. You can help them start with small steps, like making phone calls and move on to slightly challenging situations.

However, no matter how helpful you are, the best person for this job will always be a professional. If you feel that this person’s social anxiety is truly getting in the way of their ability to lead an ordinary life and be successful, encourage them to seek professional assistance. Descriptions and ideas of social anxiety/shyness have been around since Hippocrates' time, yet it is still a taboo subject. People bully and torment those with social anxiety but refuse to understand what it really is. All that socially anxious people want is to be acknowledged and appreciated by their peers, so if you meet someone who seems shy or socially nervous, remember that a little kindness can make a world of difference.



# Schools as a Catalyst for Healthy Relationships

Aarav Kumar, 9D

According to the Centres for Disease Control and Prevention, a healthy and supportive school environment helps children develop the skills they need to recognise and manage their emotions, accept the perspectives of others, foster positive interpersonal relationships, and make responsible decisions. Research by Introvert Dear, a community for introverts and highly sensitive people, highlights that students engaged in creative activities and granted more freedom are more likely to grow into adults who are able to maintain healthy relationships.

I experienced this first-hand myself; when I was with old friends from my old school before Inventure (let's just say the school was highly conservative), I saw them lamenting about the absence of group projects and how by the end of the year, they barely knew their classmates' names due to limited interactions. And then there was me who was "stuck" in a group project every other week.

Of course, I can't be certain that more group projects and extracurricular activities do play a role in conducting relationships, but I am certain about one thing, I was the only one there who was trying. Schools, thus, emphasizing emotional and social development can significantly impact how individuals interact with people throughout their lives.

One crucial aspect of how schools influence social interactions is through fostering emotional intelligence. According to research published in the Journal of Applied School Psychology, schools that implement social-emotional learning (SEL) programs see a marked improvement in students' ability to handle their emotions effectively. These programs provide students with the necessary tools to handle stress, empathize with others, and maintain a positive outlook – all of which are essential skills for building healthy relationships. Social-emotional learning consists of 5 components: self-awareness, self-management, relationship skills, decision-making, and social awareness.





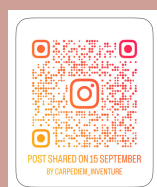
Moreover, schools encouraging inclusive interactions contribute to empathy and appreciation for different perspectives. Studies show that students who engage in diverse social settings at school are more likely to develop empathy toward people from various backgrounds. This, in turn, translates into more inclusive and open-minded interactions later in life.

Schools can also impact social interactions by providing opportunities for creative expression and freedom of choice. Research conducted by the American Educational Research Journal suggests that schools that integrate creative activities into their curriculum foster greater self-expression and problem-solving skills in students. When students are encouraged to explore their interests freely, they gain confidence in their abilities, leading to more assertive communication with others.

Another important point to consider is the role of teachers and mentors in shaping students' social interactions. A study conducted by the Harvard Graduate School of Education revealed that strong teacher-student relationships positively influence students' social skills and emotional development. When students feel supported by their teachers, they are more likely to form positive relationships with their peers.

Furthermore, schools promoting cooperative learning and group projects play a significant role in preparing students for collaborative interactions in their personal and professional lives. Cooperative learning fosters teamwork, communication, and problem-solving abilities in students. By working together on projects and sharing ideas, students learn to respect each other's contributions and negotiate differences, laying the groundwork for successful interpersonal relationships in adulthood.

In conclusion, schools play a pivotal role in shaping how individuals interact with people throughout their lives. By prioritising emotional intelligence through social-emotional learning programs, encouraging inclusive interactions, providing opportunities for creative expression and freedom of choice, nurturing strong teacher-student relationships, and promoting cooperative learning, schools create a supportive environment for students to develop essential social skills. These skills, acquired during the formative years, become the foundation for healthy and successful relationships in adulthood. As educators and policymakers, it is crucial to recognise the profound impact of schools on social development and invest in strategies that create emotionally and socially enriching learning environments for all students.



**Dear Inventure, can you highlight the healthy relationships that you maintain in school? Comment, please!**



# ISOLATION TO RECONNECTION

## EXPLORING LOCKDOWN'S INFLUENCE ON STUDENT SOCIALIZATION

TARA SRINIVASAN, 9C

11th March, 2020. The whole world shut down as an unseen virus killed millions all over the planet. Parents, teachers and students became prisoners in their own homes. Schools went online, and children were prevented from meeting their friends. Social interactions occurred over screen and many students lost social skills that were once familiar to them.

In 2022, when the world slowly came back to life, students went back to school and our method of social interaction changed drastically...but how?

During the lockdown, children spent most of their time at home, on their devices, be it laptops, phones or gaming consoles. They lost touch with their peers, forgetting how to make friends their own age as their screens became their only companions. The only social interactions they had were limited, expressed in pixels and sound bytes.

Kevin Sikali, a researcher, points out that lack of social interaction can have a long-lasting, negative effect on mental health, which has led to more adolescents reporting symptoms of social anxiety and depression.

Prolonged periods in which there are no social interactions, such as the COVID-19 lockdown, cause our basic social skills to dwindle and eventually, virtually disappear.

Secondly, while many students were excited and eager to return to school, others felt anxious about coming back. Child psychologist Sophie Pierce explained, "Some kids experienced increased separation anxiety as they had grown accustomed to being around their family. Other children felt overstimulated and socially anxious upon re-entering their school setting."



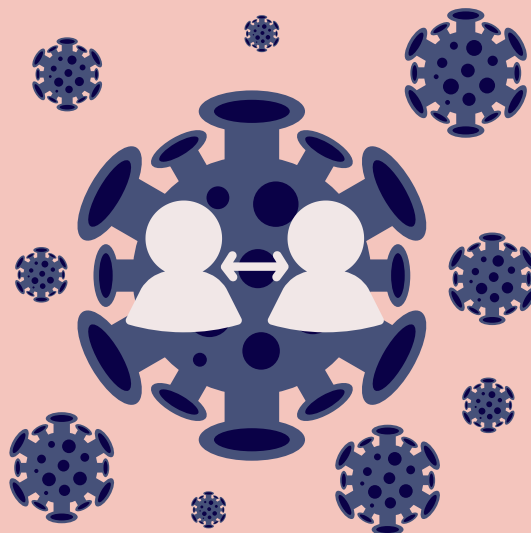
It was further intensified by the mask policy, which not only made children insecure about their looks but also made it harder to converse without being misunderstood.

At Inventure, it took a year for mask-related mandates to relax. However, as they did, students began to feel increasingly self-conscious and insecure about how they looked. There was also an increase in social anxiety among the students.

A student in Grade 9 said that he is now *“less likely to talk to people in person, and [his] social skills are more suited to talking to people online.”* A student in Grade 8 added, *“The lockdown made it harder for me to talk to my friends, making us grow apart, and when we got back to school, I had to start over and that was really tough.”* Another Grade 10 student stated, *“I was isolated and alienated from my peers for a long time which increased anxiety in me while talking to them after the lockdown was over.”*

The Coronavirus Pandemic affected everyone, young and old, in innumerable ways, and some of these effects may never go away. One of the worst consequences of the lockdown was the impact it has had on our ability to socialize. The effects of this pandemic will have a lasting impact on students' ability to interact and collaborate with others, both during their college years and in their future careers.

While these effects may be extremely prominent right now, people are slowly bouncing back, and in time, we will still have these incredibly important abilities, like making new friends and resolving conflicts, even though they may be an entirely different set of skills.





# IS IT JUST ME?

MIHIRA GUJRAL. SB

You walk into a room and everyone looks at you. Really looks at you. All your flaws and imperfections. Everything you don't want them to see. Your palms get all sweaty and your heart starts beating fast. At that moment, your hands start to tremble and you feel like hurling your guts. To me, this is a familiar experience and I'm sure many of you have too.

Social anxiety affects one amongst every three students so it's totally normal to feel this way. Recently, I was talking to my therapist about my anxiety because I felt like I was the only one going through it. I felt like it was just me.

Have you ever felt so petrified of speaking to someone that you can feel your heart beating in your chest? Like every time you have to talk to somebody, you want to disappear into the ground. Now that's one aspect of social anxiety. But what is social anxiety? It's basically the fear of social interactions or any social interactions and there are many reasons one could suffer from social anxiety.

We've all been bullied before. We've all been bullied for being too loud, too quiet, too excited, too uninterested, too social, or too unsocial. There have always been those people who make mean comments about you and when you confront them about it, they tell you it was "*just a joke*".

A lot of us have lost our confidence to re-enter any social interaction. That's normal. Usually, people who suffer from social anxiety have gone through something profoundly traumatic and when someone negatively comments on that one looming insecurity, your confidence can take a real hit.

And if it's not bullying, it's humiliation and if not that, it's the pressure to be perfect all the time and in most cases, it's all three together. Having to be perfect all the time has become the norm and so, when we make mistakes, we beat ourselves up about it so much that we start fearing failure altogether and hence when we try to socialize, we're plagued with thoughts like "*What if they don't like me?*" or "*What if I fumble and they laugh at me?*".

We're so worried about people's mocking laughter and the exaggerated images of us in their heads that we forget to live. It's normal to feel anxious in social situations because of traumatic experiences you've faced. But remember, social anxiety is something that a lot of people face, so don't worry. It's definitely not just you.





# The Compassion Curriculum

## The Role of Education in creating a space for Inclusion

Anshika Bansal, 11C & Kaira Gupta, 11B

In a rapidly changing and diverse world, the role of education extends far beyond imparting knowledge and academic skills. It serves as a powerful catalyst for fostering inclusion and building a more equitable society. Education has the potential to shape young minds such as ours, nurture empathy, and cultivate a deep understanding of diverse perspectives. We are indirectly taught compassion in our day-to-day lives as students. In this article, we will explore the crucial role of education in fostering inclusion.

Education acts as a transformative force by teaching empathy and understanding. By exposing us to diverse cultures, backgrounds, and experiences, education encourages us to embrace differences and develop a sense of compassion. Through inclusive curriculums and interactive discussions, open-mindedness is cultivated and we are taught to challenge biases and stereotypes. Schools play a pivotal role in creating inclusive learning environments where each and every one of us students feel valued and respected. Schools and educational institutions can implement inclusive policies and practices that celebrate diversity and ensure equal opportunities for all.

By creating an atmosphere of acceptance and appreciation, education empowers students to embrace their unique identities and contributes to our overall well-being. It greatly acts as a catalyst for social justice and equality by equipping us with critical thinking skills and a deep understanding of societal issues that challenge us today. Individuals gain the tools to challenge systemic inequalities, spread awareness, and actively work towards a more inclusive society.

Education allows us to become agents of positive change. By engaging in respectful discussions, we learn to listen to diverse perspectives, often finding and building common ground. These skills are essential for navigating differences and building bridges between individuals & communities. It gives us a sense of belonging, emphasizing the importance of collaboration in addressing societal challenges.



Education holds immense power in fostering inclusion and shaping a more inclusive society. By nurturing empathy, creating inclusive learning environments, promoting social justice, encouraging dialogue, and equipping students with inclusive mindsets, education paves the way for a brighter and more equitable future. Together, we can build a world where everyone feels valued, respected, and education brings us one step closer to doing so.



9:46 AM

# Online Friendships: Are They Meaningful?



Anirvin Srirajavatchavai, 11B

Last year, a friend of mine made an “online friend”. He doesn’t know how his friend talks, smiles, or even looks, yet he has developed a special bond with this friend. This is not just the case with my friend but reports from 2015 state that more than 57 per cent of teenagers, across the world, have online friends. This number has obviously come as a result of the world transitioning into the digital age, but, still, the number is shockingly high! 8 years later, the number would have certainly skyrocketed. However, many elders don’t believe that online friends are friends at all. They argue that online friendships aren’t real or meaningful. But online friends talk as much and spend as much time as real-life friends do. Do these friendships have the same value?

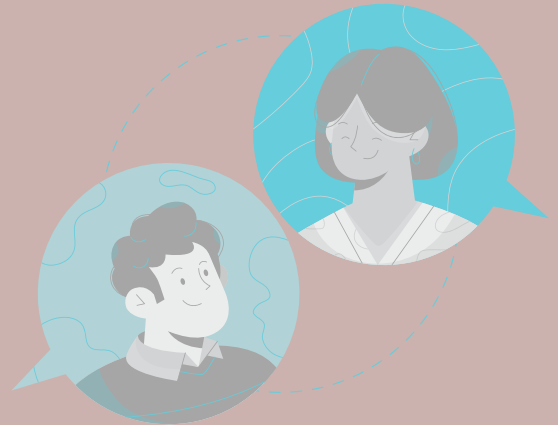
Research in psychology states that, generally, people are more open online; they tend to share experiences and feelings that wouldn’t be shared in real face-to-face interactions. This could be because people feel that the social pressure is much lower online (simply because when sending messages they don’t see anyone). This is also why many introverted people prefer online friendships to real-life friendships: they find it easier to start conversations. Additionally, the internet provides a gateway to meet all kinds of people across the world, so it is easier to find people with similar experiences. This makes people more comfortable to share their feelings, as there are others who have felt the same way. It helps foster support and trust between themselves, which are important qualities that friends should have.

A few years ago, a person named Shimon Hayut impersonated himself as an affluent businessman and befriended many people. Later on, he would claim that his rivals were coming for him, so he would request his victims to send him loans (which he obviously didn’t pay back). There is a documentary on this as well, *Tinder Swindler*. There are lots of people online who commit cyber crimes, such as identity theft, and this may not necessarily be for money, it could be for revenge as well. Studies show that in 2021 more than 24,000 online friendships were solely made for fraudulent purposes, so many argue that online friendships don’t carry much meaning because they aren’t always legitimate.





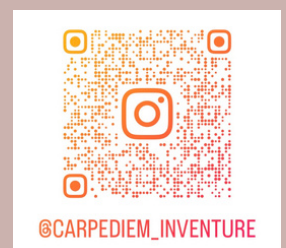
Online communication is generally faster over long periods of time. People can get to know each other more quickly online than in real life. This could be because in real life a lot of time is invested in doing social activities. For instance, real-life friends may spend most of their time together in football every day so getting to know each other takes a considerable amount of time, but on the other hand, online friends communicate a lot more than engage in activities together, so they get to know each other rather quickly. Many believe that this is the first step towards enriching their conversations and making their bond more meaningful. However, others argue that without social interactions even meaningful conversations may seem dull or boring after a certain point.



One of the most important parts of communication is missing online: body language. According to a study, more than 83% of a conversation is influenced by facial expressions and gestures. Many online users are content that the content of the message in online conversations is given the most importance, so it allows people to truly understand other people without being influenced by their body language, making conversations richer. On the contrary, others argue that online conversations can't tell how people are receiving the information because the reactions and body movements can't be seen. Not only could this potentially result in miscommunication but it could also lead to hurting other people's sentiments and feelings.

Many people have conflicting perspectives on these friendships because they depend from person to person. Personally, I feel that having some online friends along with real-life friends is important. This is because you can have enriching conversations and foster emotional connections with online friends as well. Even though the world is transitioning into the digital age, I believe that people should still make real-life friends, so that they don't lose the benefits of them, such as those amazing social interactions we all long for. Although making online friends has its own benefits, it is absolutely essential to be careful while sending any message to any stranger online to avoid being a victim of any of the commonly done cyber crimes. At the end of the day, you shouldn't feel that conversing with someone ended up being a waste of time. If you don't feel it is a waste of time, then that bond has some meaning to it.

*Author's Note:  
Let's be friends*



# THE MYTH OF MERIT

Tanish Hinduja, 12C

As students traverse the winding path of education, many grapple with a looming prospect: the weight of grades and the competition they hold. Schools are seen as arenas where students are pitted against each other, striving for the highest grade, the most accolades, and the brightest future. Yet, in this race, it is worth pausing to reflect upon the nature of merit and the true essence of intelligence. Can grades truly measure the entirety of one's intellectual abilities?

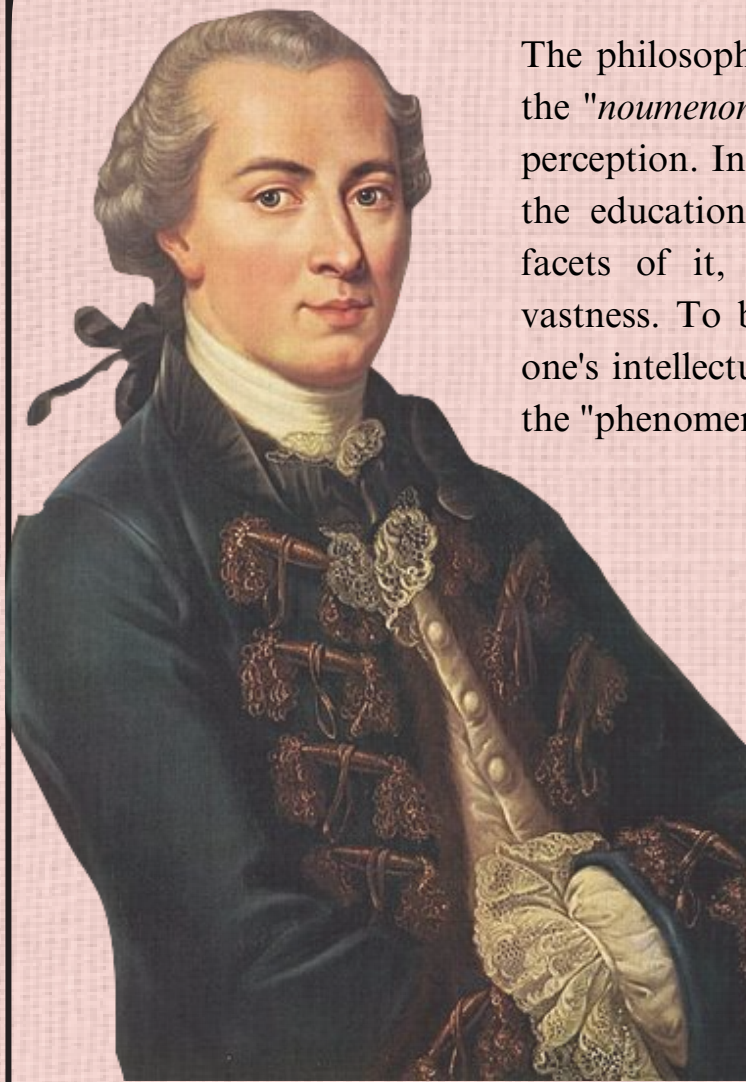
The ancient Greeks, revered as pioneers of thought, gave the world the term "philosophy", which means "love of wisdom". And it is wisdom that invites us to question our beliefs and assumptions. One of the deep-rooted assumptions in our education system is the myth of merit - the belief that grades and scores paint a comprehensive portrait of an individual's intelligence and potential.

In his magnum opus, *'The Republic'*, Plato, one of the greatest philosophers of all time, envisioned a society where people were divided based on their innate abilities. But even Plato, with his emphasis on a structured society, recognized the vastness and diversity of intelligence.

For Plato, intelligence wasn't just about how fast one could solve a Math problem or write an essay, but it spanned moral reasoning, artistic inclination, and the capacity for introspection. So, when schools reduce the complex tapestry of human intelligence to a single grade, aren't they oversimplifying a grand spectrum?



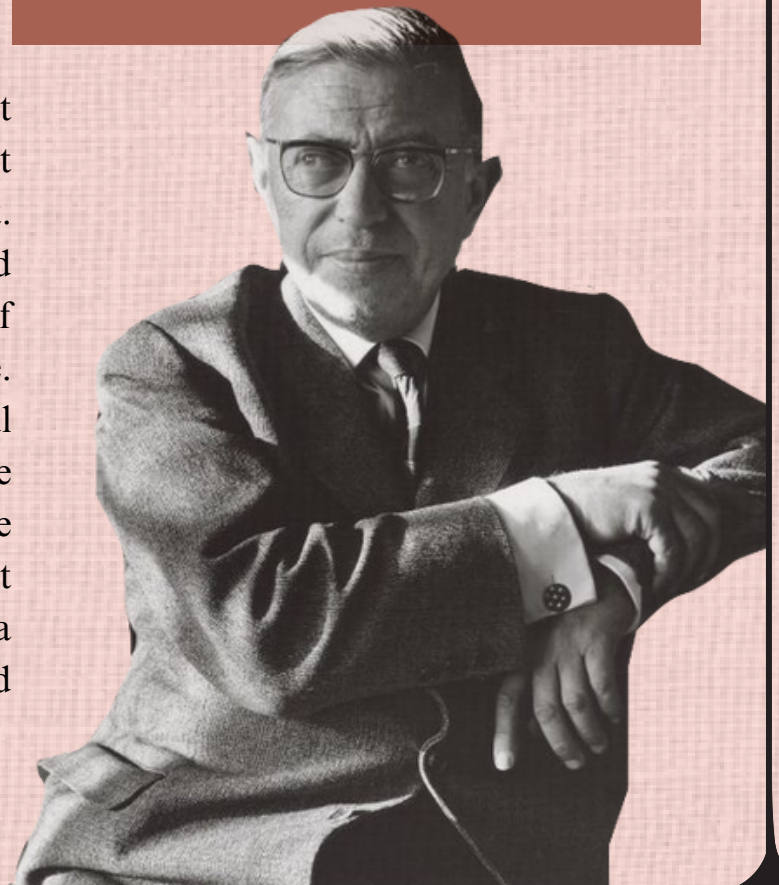




The philosopher Immanuel Kant proposed the concept of the "*noumenon*" – the thing-in-itself that exists beyond our perception. In many ways, intelligence is the noumenon of the education world. While grades may capture certain facets of it, they can never completely encompass its vastness. To believe that a letter or a number can define one's intellectual worth is to be ensnared in the illusion of the "phenomenon", the superficial representation of reality.

Moreover, when students are made to compete for these grades, what are they truly vying for? Isn't it akin to chasing after shadows, believing them to be the substance? Competition, when reduced to mere grade chasing, denies students the joy of learning, the thrill of discovery, and the satisfaction of personal growth. Instead of engaging with the material, they engage with the fear of not being "good enough".

However, the argument here is not against competition as a whole, but against a myopic interpretation of it. Competition, in its noblest form, should inspire us to become the best versions of ourselves, not just to outdo someone else. The French existentialist Jean-Paul Sartre said, "Hell is other people". In the context of our discussion, if we constantly measure our worth against others, we are perpetually trapped in a purgatorial cycle of comparison and discontent.



But how do we break free? The philosopher Friedrich Nietzsche provides an answer. He emphasized the idea of "*becoming who you are*". Instead of looking outward, we must look inward. The only competition worth engaging in is with our past selves. Are we better than we were yesterday? Have we grown, evolved, and transformed? That is the benchmark of true merit.

In conclusion, the education journey is not a battleground but a pilgrimage – a journey of self-discovery and enlightenment. Grades, while useful in certain contexts, cannot and should not be the yardstick of one's intelligence or worth. Competition, when directed inward, can be a powerful force for personal growth. But when it becomes a relentless race for ephemeral accolades, it robs us of joy and self-worth.

So, the next time you receive a grade, remember it's just a snapshot, a fleeting glimpse of the ever-evolving continuum of your intelligence. You are not an A, B, or C, but an ever-unfolding story of potential and possibilities. Embrace the journey, not the destination, and remember: true merit lies in becoming who you are.





# luxury fashion and thrifting

VARSHA REDDY, 12C



In Economics, luxury goods are goods for which demand increases as a person's income increases. They fall under the category of a Veblen good. These goods are demanded for their exclusivity and appeal as a status symbol. In short, luxury goods are not necessary but desirable. The demand for luxury goods is usually constant, even when the economy may not be stable. This is evident by how the sales of luxury goods in China continued to rapidly rise during the global economic depression that started in 2008. Bain & Company's recent study of the global luxury goods market also revealed that the "market reached €288 billion in value in 2021 and experienced a remarkable performance in the first quarter of 2022." This means that the luxury goods market allows the super-rich to spend money even during worldwide economic downturns.

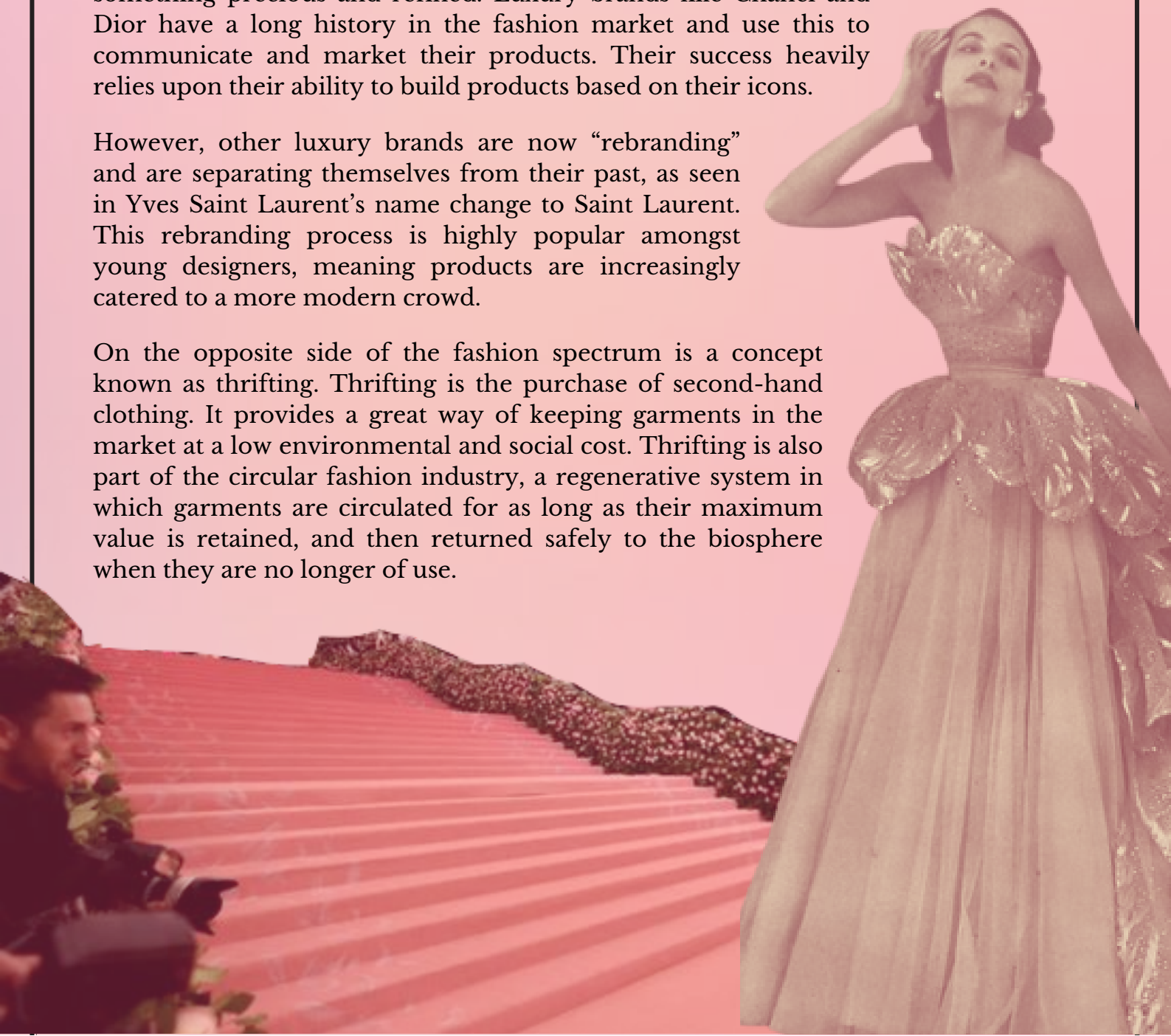


Luxury fashion is mainly aimed at the upper class and now increasingly the upper-middle class, as it provides expensive and high-quality products which flaunt elegance. It is often associated with Haute couture and is defined as a “creative industry.” In time, this traditional and sartorial approach to fashion began evolving. In the 1920s, designer Coco Chanel completely revolutionised the traditional luxury goods market, making fashion more modern and practical, catering to the wealthier section of the working class.

A key concept that affects the consumption of luxury goods is brand heritage. For most consumers, luxury products have a long history and a tradition to respect. This conveys the message of something precious and refined. Luxury brands like Chanel and Dior have a long history in the fashion market and use this to communicate and market their products. Their success heavily relies upon their ability to build products based on their icons.

However, other luxury brands are now “rebranding” and are separating themselves from their past, as seen in Yves Saint Laurent’s name change to Saint Laurent. This rebranding process is highly popular amongst young designers, meaning products are increasingly catered to a more modern crowd.

On the opposite side of the fashion spectrum is a concept known as thrifting. Thrifting is the purchase of second-hand clothing. It provides a great way of keeping garments in the market at a low environmental and social cost. Thrifting is also part of the circular fashion industry, a regenerative system in which garments are circulated for as long as their maximum value is retained, and then returned safely to the biosphere when they are no longer of use.





The industrial revolution of the 19th century led to the development of new technologies including the sewing machine, the spinning jenny, and a system of standardised sizing. This allowed ready-made clothes to be manufactured in bulk at low costs and sold at cheap prices. As prices dropped, consumption patterns changed.

Lower prices meant clothes were considered more disposable, even for people with lower incomes. In response to this, clothing manufacturers began to produce more seasonal sets of clothes. This helped in creating the highly consumerist fast-fashion industry. Governments had to implement central waste management systems to deal with increasingly consumerist lifestyles.

In the late 1800s, second-hand clothing stores began to appear in response. By the 1920s thrift stores were established businesses that continued to grow with a rise in immigration.

Thrifting reduces the number of new garments introduced into the economy and gives a garment a second life from its first owner. However, thrifting's main purpose has shifted over time.

While it was initially catered towards lower-income people, it is becoming popular among wealthier consumers as an alternative to buying from expensive sustainable clothing brands.

With the rising popularity of thrifting and as more consumers aim to live sustainably, luxury brands have decided to tap into the second-hand clothing market. This is a big step forward for the sustainable fashion economy. Luxury brands including Burberry, Stella McCartney and Doen have partnered with The RealReal, a luxury resale marketplace, in an effort to move towards a circular fashion economy.

Therefore, there is hope that moving forward these luxury brands will continue to value a more sustainable fashion economy over exclusivity.



# FRANCHISING

Akshat Jindal, 12C

McDonald's. Subway. KFC. Apart from their mouth watering food, these brands have one more thing in common. And no, it's not their dirt cheap prices.

In the business world, these companies are called franchises. A franchise is an arrangement between an established business owner and a prospective franchisee. The business owner (known as the franchisor) offers the franchisee localised business control in exchange for profit share. Franchising originated in 1851 in America, with the Singer Sewing Machine Company.

In this day and age, franchising is extremely popular, but why?



For starters, franchising is an effective way for an individual to reduce their risk in starting a business. This is because they would be supplying an established product. For instance, let's say a person wanted to start a fast food business. Instead of attempting to build their own brand, the person would be more successful if they purchased a licence from an existing fast food firm like Burger King. This is because Burger King is an extremely popular and widespread brand so consumers would be more likely to buy from the individual. Therefore, franchising provides a steady stream of income from its consumers. Being well acquainted with the product reduces the chances of business failure.



Franchisees also have the extra advantage of having a pillar of support in the form of their franchisor. They are provided with training and business decisions like price setting. Therefore the business is less likely to fail as the franchisee is receiving help from an experienced human resource. This also makes it simple for an amateur entrepreneur to start a business.

However, even though franchises offer immense benefits, they are not all sunshine and rainbows. Franchises often “choke” the creativity and independence of the franchisee. The franchisor often decides the pricing and layout of the business, thus stifling individuality. This may be a huge demotivating factor to a person who wants to run their business the way they want.

An individual may also end up earning more profits if they were to start their own business rather than entering a franchising agreement.

Despite the tremendous profits the franchise can bring, the franchisee must pay a hefty share to the franchisor annually. This reduces the available opportunities for using the profit, such as expansion into other locations.

Given these disadvantages, one may choose to opt for another type of business ownership such as a public limited company. However, the fact of the matter is that franchises remain popular in today's world - this can be seen through examples like 7-Eleven and Kumon.

In conclusion, franchising presents many opportunities and challenges for aspiring entrepreneurs. The decision to pursue a franchise hinges on individual priorities and long-term goals. However, one thing is for sure: franchising in the world of business is here to stay.



THE INVENTURE BUZZ

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# Meet Your Council



**Kavya Murugan**  
School Co-captain

Favourite Book: Roger Federer: The Biography  
Favourite Movie: Ocean's 11  
Favourite Musician: Shawn Mendes

Kavya is an all-rounder, following and playing cricket and football while dabbling in music where she plays the guitar. She aims to promote diversity in our community and is keen on promoting gender diversity in sports and BA. She's eager to learn student preferences and design enjoyable yet educational programs. To all of you, she says "Thank you for voting for me, and believing in me!"

**Aditya Narayan**  
School Co-captain

Favourite Book: A Promised Land  
Favourite Movie: Inglorious Bastards



Aditya, a passionate debater, actor, and peer mentor, founded Project Yantrika, a robotics program for underprivileged youth in Bangalore. He aims to build a leadership pipeline from lower grades, fostering dialogue, trust, and diplomacy. Aditya also plans to launch an inter-school Beyond Academic and Sports fest to highlight students' talents. His message: "Our Best Days Lie Ahead!"



**Thea Fernandez**  
School Co-sports captain

Book: 'The Brain: The Story of You'  
Movie: La La Land  
Musician: Brent Faiyaz

Throughout her 11 years at Inventure, Thea has cultivated several skills. Her involvement in state-level basketball player, club-level football and three school teams (basketball, football, and frisbee) displays her accomplished sportsmanship. Beyond the sports realm, she is a vocalist in the band 'Short Circuit' and participates in community outreach work with GirlUp. "My vision for our school encompasses fostering inclusivity and equity in sports while simultaneously nurturing unity", she says. She hopes to make this year's Annual Athletic Meet the best one yet by embracing non-athletic elements like tent decorations, mascots, and more, to make it more inclusive and encourage participation.

Click  
here



The start of a new academic year brings about the highly-anticipated Student Council elections, where our student body assesses, supports, and elects candidates that we feel will lead us effectively, and push our community to higher levels. Finally, after colourful campaigns, rousing speeches, and heartwarming displays of camaraderie and gratitude towards the Inventure community, the month of July presented to us, our Student Council - or StudCo - for the year 2023-24. Inventurers, take this opportunity to get to know your captains and prefects, and meet a few members of your council!



# The Impact That Community Outreach Had On Me

Uma Mishra, 9D

Growing up, I've seen a number of people, especially young children, surviving in extremely harsh conditions, with very little or no access to food or water. However, while I observed it, I didn't pay much attention to it, as it didn't impact my life directly.

All this changed in the 7th grade when I started community outreach at a government school in Bangalore.

Community Outreach at Inventure is designed to expose students to people from different, less fortunate backgrounds and understand the world from their perspective. It introduced me to the idea that my way of living isn't the only way.

The students we volunteered with came from low-income homes and many were first-generation learners. Unlike me, they did not have access to many of the opportunities that I did. Each time we met, it struck me that these children deserved the same opportunities as anyone else.

This furthered my desire to make a change, however small it may be.

While 415 million people in India have moved out of poverty, millions still don't have access to basic amenities.

Community outreach helped burst the bubble I was living in and showed me what was actually happening in the world.

It has created a meaningful impact on my life and has made me realize that it isn't too late to start making a change.





# THERAPY DOGS: BEHIND THE SCENES

NEHA BHATI AND SANJANA PANDIAN, 9B

As Josh Billings, a famous American humorist once said, “*A dog is the only thing on earth that loves you more than you love yourself*”. Truer words have never been spoken. With their furry faces, wet noses and everlasting smiles, no one in the world could possibly have anything against these animals.

A few years ago, at Inventure, news spread that four puppies named Talia, Tasha, Mia, and Raksha would be arriving to serve as the school's therapy dogs. As young third graders, we couldn't wait to pet them! Although all of us were thrilled, we were also a little confused about what these dogs would do at our school.

And just recently many of these questions have risen once more as three new puppies enter our school lives. But before we get into what makes a dog a ‘therapy dog’, let's introduce you to Luna, Maya and Lola!

- Luna: Luna is extremely energetic and vocal. She just can't wait for anything.
- Maya: Maya may be quiet and lazy at first glance, but she's very intelligent. She's also a bit fussy about what she likes to eat.
- Lola: While Lola can get a bit naughty, she's extremely willing to learn.



Therapy dogs are used in various settings such as universities, schools, hospital communities and so on. They're chosen for their good temperament and are trained by handlers to be obedient and calm at all times. They are known to reduce stress levels and increase positive emotions in general and toward learning. It has been found that they facilitate social, learning, and reading skills in children. As a result it is extremely important for them to be calm particularly when they are around many people



Niveadha Nanjundeswaran, a middle-school counsellor at Inventure explained to us that the therapy dogs at school help students with co-regulation. When we feel anxious, spending time with one of the dogs can help us calm down. The dogs themselves are trained to not react to our stress, even when multiple people are around them. The dogs also help younger kids articulate what they want to say. Most students in middle and high school are able to communicate with ease, but primary students sometimes have trouble expressing themselves. With the help of the dogs, they stay calm and are able to get their point across.

But how exactly are our puppies trained to be therapy dogs? Ms. Deepthi AR, the trainer of the dogs, gave us an inside view of their training. The puppies are trained using a method known as 'reward-based training.' The name is self-explanatory. The puppy has a choice between doing what the trainer wants her to do or not. If she does what the trainer says, she gets a reward. Once the puppies get accustomed to receiving rewards for good behaviour, they start listening to their trainer without a prize as well.

The training that the therapy dogs have is an ongoing process since just like humans, dogs' behaviours change as they grow up. Refresher courses help reinforce positive behaviour in the dogs. After a few more months of training, Maya, Luna and Lola will be official Inventure therapy dogs! These adorable puppies are going to play a big role at Inventure soon!





# Carpe Diem, Carpe Annum

ADYA SINGH, 4C

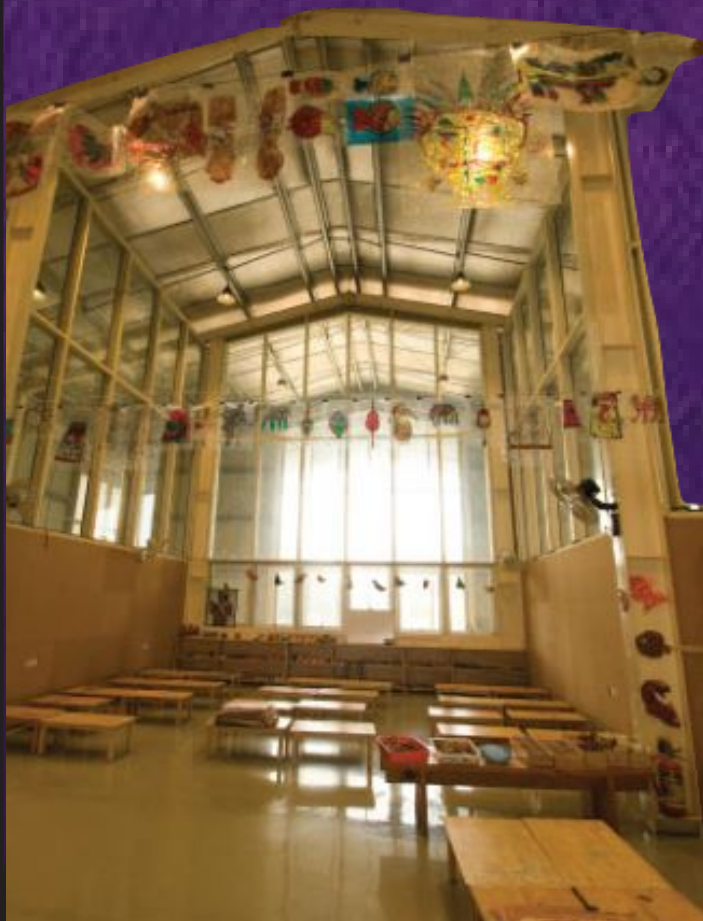
As I walked into the now familiar building, I felt a pang of anxiety and nervousness, accompanied by a little bit of excitement and determination. It gripped me like a monster, not wanting to let go. Exactly 419 days ago, at the start of the academic year 2022-23, I had taken my first step into Inventure. Little did I know that it was a new beginning. A chapter filled with learning, friends and fun.

However lost I was, I knew I needed one thing, and I knew I needed it urgently. Friends. Whenever you are in a new place, friends are your backbone. They are a group of unsung heroes. They are your weapon against the monster of nervousness and your key to happiness. I was very lucky to be assigned to a class with kind teachers and wonderful classmates who helped me in every way possible. I recall an incident which occurred at the end of my very first day. I had absolutely no idea how to get to my bus. One of my friends took me by the hand and gave me exact instructions on how to disperse and get to the correct bus. Inventure's first week, Inventuring Week, gave me the opportunity to expand my circle.

Being a new student, adapting was quite hard as well. So when I got the chance to write a short script for a skit during Project Time, I grabbed it at once. This opportunity came with the extra thrill of performing my skit in front of all of the primary students!



Throughout the first few months, all my teachers and friends kept me well informed about the do's and don'ts of Inventure, along with extra information about the highlights of the year ahead of me. So when opportunities like sports day and TOM came along, I was ready to grab them one by one and do my best in every way. I may have to give my friends, parents and teachers a big thank you for my 1st place in TOM! As many of you might agree, the main highlight of the school year is the Annual Production! I had the wonderful privilege to be a part of the Art crew, which was accompanied by the thrill of seeing my works up on stage. The Production was the perfect event for me to interact with people my age as well as people older than me. It was very kind of some of the seniors to take me under their wing and help me out.



I really feel like Inventure creates the perfect atmosphere for true friendship and bonding. There are always events lined up on the horizon, each one giving you the chance to interact with your fellow students and enhance your companionship. Also, when I first started at Inventure, I had a large 'gratitude jar' to be filled. I am happy to say that by the end of the year, it was filled to the brim. I would like to extend my heartfelt thanks to my teachers, Angeline Ma'am and Swathi Ma'am and to the Class 3D - 2022-23 for being such a welcoming and friendly class. This year, I hope to help out all the new kids and make this a memorable year for them as well. On that note, to all my fellow students, *Carpe Diem!*



THE AMUSEMENT CHARM  
THE AMUSEMENT CHARM  
THE AMUSEMENT CHARM  
THE AMUSEMENT CHARM  
THE AMUSEMENT CHARM  
THE AMUSEMENT CHARM  
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# It's Barbie, If You're Still In Doubt

Devyani Rao, 11C

We've all heard of Barbie. From the pink-clad dolls to the innumerable movies, she has evolved into a worldwide celebrity who has created a lasting impact on society. Yet, has this impact always been positive? Barbie was created by Ruth Handler, a co-founder of Mattel, a multinational toy manufacturing company. Ruth's intention was to create a figure that young girls could "*project their highest aspirations onto*"

The doll was then named Barbara Millicent Roberts (Barbara was the name of Handler's daughter) and was eventually given a sister named Skipper and a boyfriend named Ken.

Barbie's clothes were also based on the fashion of the time- many designs were inspired by Dior, Balenciaga, Givenchy and Saint Laurent amongst other brands. Ruth Handler's first vision of her wardrobe included "a bridal gown, a tennis dress, a ballerina outfit, and something for a football game" along with sleepwear.

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This variety was intended to allow each girl to project her own vision of Barbie yet also to coordinate the doll with high society. The research of psychologist and branding expert Ernest Dichter revealed that young girls adored Barbie dolls while their mothers were more likely to disapprove of them. The doll was criticised for its seemingly "adult" body as it was intended for very young children.

Another problem with the Barbie doll when it first came out was that it only represented one archetype: fair-skinned, blonde, blue-eyed, thin Caucasian female. This gave rise to unhealthy beauty standards and did nothing to promote inclusivity in the beauty industry. Eventually, the Barbie doll started to evolve. In 1980, the first 'Black' Barbie doll was created.

Consequently, different versions of Barbie evolved from different cultures. Latin American, Japanese and Indian Barbie dolls are just some examples of the many types that have evolved over the years. Yet the question remains: Does Barbie promote inclusivity or is she still associated with that blonde-haired, blue-eyed, plastic doll?

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# KAIJI: FRIENDSHIP AND BETRAYAL

RAKSHAN PANDIAN, 12B

*"I know you can do it. You can get back on your feet! Just take everything one step at a time."*

Where do you think this quote is from? Some redundant inspirational speech made by a celebrity? Something your parents say when you feel hopeless? Some addicted gambler who keeps getting himself into gambling-based death games?

If you thought of the third option, you are right! But you didn't think it was that now, did you? You would never guess such a quote coming from an animated show about Kaiji, a young man forced to play several hair-raising, nail-biting, eye-widening gambling-based death games to clear his debt.

In the face of all these stress-inducing situations, there is a singular recurring theme that lets Kaiji win. Friendship. At every step of the way, there is betrayal and new beginnings as Kaiji is made to ally with others to win these high-stakes games.

From my initial description, Kaiji may seem to be an absolutely miserable character. However, first impressions aren't always honest. Behind his frosty exterior, Kaiji is warm. It's what makes watching the show worth it! Without his care for others and his empathy, Kaiji would be like every other grimdark show protagonist. But what makes him so special is how his character is built on his friendships with others and how his relationships shape him as a person. From saving Ishida on the Espoir to saving his fellow prisoners, the *45ers* after playing a deadly game of *pachinko*. Even with all the rules against him, he wins!

Kaiji is at a low point at all times and there is something very human and relatable about that. Especially to those who have been labelled losers or social outcasts. Kaiji is a symbol to prove that they are more than that. They are more than what people tell them or think of them. With a hint of luck and a dollop of strategy, Kaiji proves this! Yet his success is only possible because of his capacity to empathise, care and make friends. Friends who come to help and fund his success!



There have been many times where I can say that I was like Kaiji. Several times where I was with no friends. Where I've had little hope in life. Yet, I never gave in. I never gave up. In a sense I was like Kaiji and believed in myself no matter what. I believed that I could make friends. And this has always been true. Even when I felt like I was stumbling through a dark cave, I always chased the light. And every time I've been able to reach it! Every time I've been able to move on from these dark phases and make friends!

If he and I can do this, so can you! Be like Kaiji. Sure, he gets betrayed by a lot of people, but he doesn't stop trusting others. He doesn't stop trying. He doesn't stop empathizing with others. This is because it is important to show empathy to others. Even if your friends leave you there are still many people who you can be friends with. Even if you feel like you are in a lonely man-eating bog, know that you are not alone! That you are never alone! It may seem like you are walking along isolated steel beams never to intersect. Yet Inventure is a diverse school with many different kinds of people. Don't forget that. Your class batch is big. And you likely don't know all of them. So, learn about them. Show empathy. Make friends!

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*45ers*: A group of people that Kaiji was part of and had to clear the collective debt of  
*Pachinko*: It is pinball but gambling



# Social Media's Impact on Today's Generation

PRAGYAA KUMAR, 9C

Imagine a high school cafeteria full to the brim with people. Picture a new child feeling anxious and unsure about how to navigate through this unfamiliar territory. They approach a group of kids and peep out a hesitant “Hi”. Maybe in the flow of a new awkward conversation, they mention a catchy video they’ve found on TikTok. Thanks to social media, this seemingly mundane high school encounter becomes the catalyst for a long-lasting friendship built on bonds of common interests and passions.

Before the arrival of social media, such instant connections were not uncommon; they just took time to develop, especially for people who found it harder to establish a genuine rapport with strangers. Social media has bridged this gap. It provides a platform where one can disclose themselves to other peoples’ opinions on topics that interest them to learn more about their passions and hobbies. It’s much easier to foster connections and friendships in this way for some people, free from the judgment of meeting face-to-face for a first impression. Additionally, there are no geographical limits when it comes to interacting with peers online— people from various backgrounds can all meet on a single blog page on Tumblr, in their favourite Instagram historian’s comment section, or on a thought-provoking TikTok. A Hispanic teenager living in Texas could bond excitedly over a novel with a South Asian one living in Europe. There are no limits to the extent of social media’s reach.

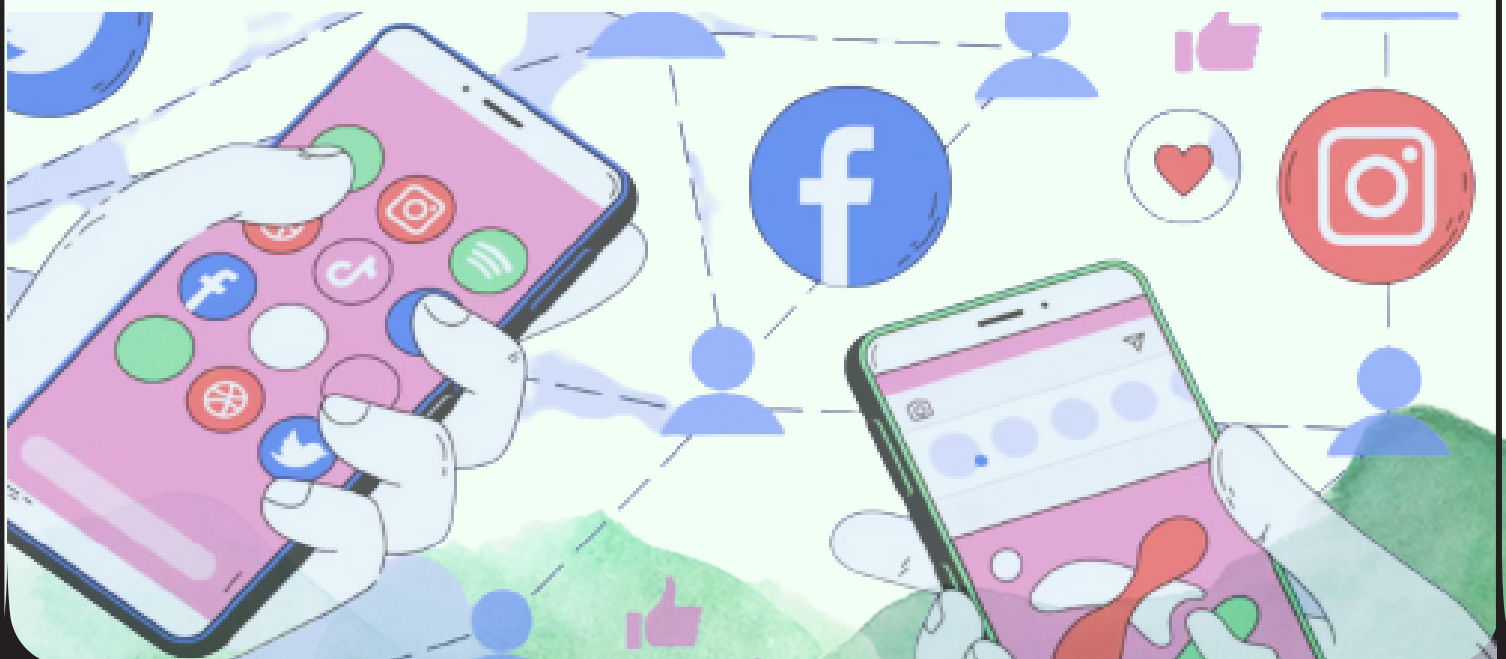
Critics may argue that with the advancement of social media came the rise in cyberbullying and faceless, intense online hatred. And while this may be true, to some extent, social media also came with the rise of social justice and, ultimately, a greater sense of human empathy. Movements such as #BlackLivesMatter and #MeToo sparked a fire of intrinsic change in humanity- suddenly, people shared their stories and struggles, and countless other individuals and organizations across the globe spoke up too and empathized. Bigotry is a terrible issue that’s depressingly prevalent in the world, but the empathy of other people online who have gone through similar experiences reduces that pain, in a way. It’s due to this that cyberbullying is an issue that people (both online and off!) are working hard to prevent- often with the help of social media.



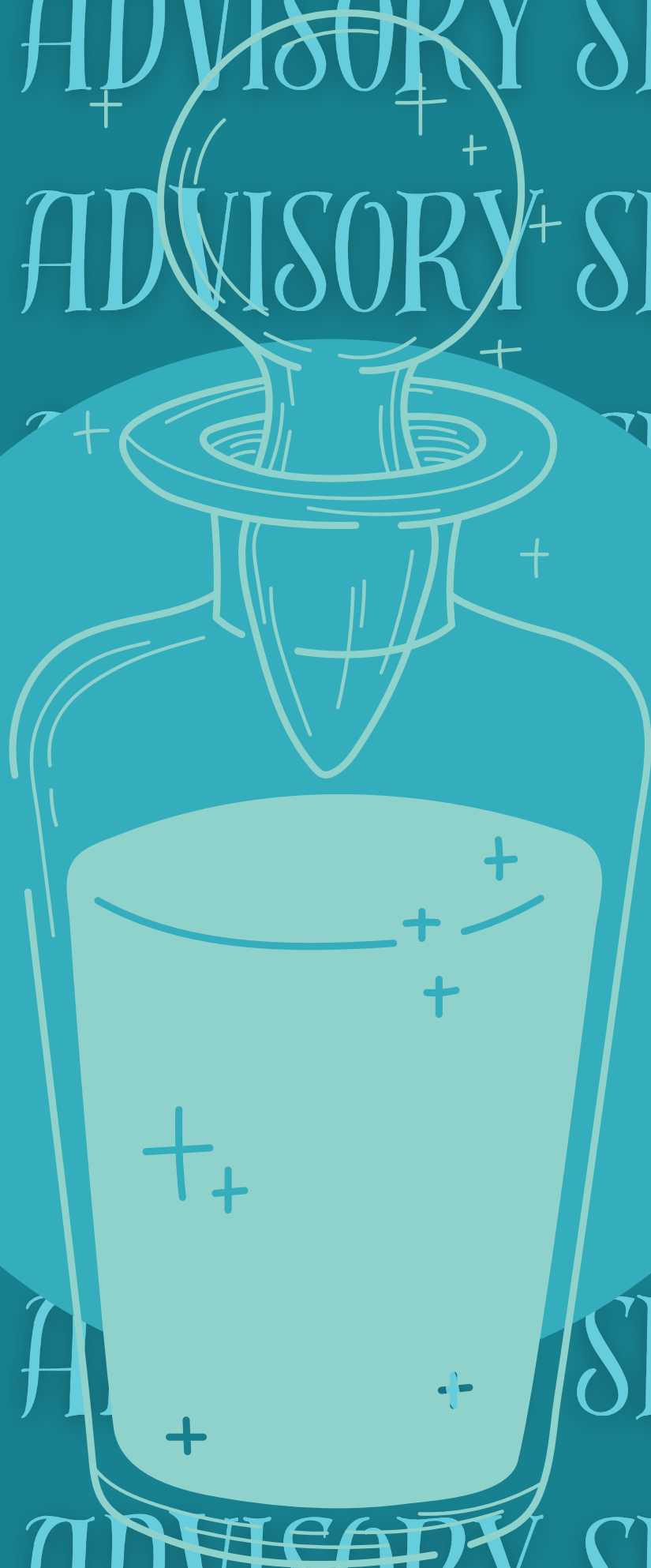
A responsible Discord admin will remove a user from a server if they use language that could hurt someone, send unsolicited pictures or bully anyone in any other way. Influencers online will spread the message about the kind of bullying people face. Social media did not cause the issue of cyberbullying—hateful people simply found a different way to take their negativity out on others. But make no mistake—social media will still fix the problem.

Lastly, social media has an interesting unprecedented aspect; its professional impact! Platforms such as LinkedIn help users establish a place for themselves in terms of their careers and allow them to list out and properly expand on their resumes. Platforms like Instagram allow users to share vast information about themselves and give an insight into their lives. This includes activities like passion projects, organizations they've founded, or simply accentuating their hobbies and interests. It impacts their professional lives by making them who they truly are behind their lists of qualifications, apparent to the world and humanizing them, fleshing them out into real people.

In conclusion, Instagram, TikTok, Twitter, LinkedIn, and other social media platforms have undeniably enriched Gen Z's ability to communicate and connect. By embracing these platforms, young people have found their voices, formed deep friendships, and rallied for positive change. Social media has opened doors, broadened horizons, and empowered a generation to make their mark on the world. As long as we approach it with mindfulness and empathy, social media will undoubtedly continue to be a force for good, empowering the communicators of tomorrow.



THE ADVISORY SPELL  
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# COUNSELLOR'S INTERLUDE

An interview conducted with Ms. Sneha Binoy, the School Counsellor, by  
Sravya Nimmagadda, Rhea Misquith, and Asees Kaur.

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**Sravya:** Our theme for this term's CDC issue is "The Social Potion". In honour of our topic, are there any commonly held myths about friendships, social issues or bullying at Inventure that you would like to bring light to?

**Ms Sneha:** Certainly! In the context of friendships, social issues, and bullying at Inventure, there may be some commonly held myths that we should address to foster a more supportive and inclusive community.

**Myth:** Friendships should be perfect and drama-free.

**Reality:** Friendships, like any relationship, have ups and downs. It's normal to experience disagreements or misunderstandings with friends. Instead of seeking perfection, we should focus on communication, empathy, and supporting each other through challenges

**Myth:** Bullying is just harmless teasing.

**Reality:** Bullying can have serious and long-lasting effects on individuals. It's crucial to differentiate between harmless banter and hurtful behaviour. Promoting compassion and empathy can help prevent and address bullying.

**Myth:** Being popular equals happiness.

**Reality:** Popularity doesn't guarantee happiness or meaningful friendships. The quality of connections and being true to oneself matter much more.

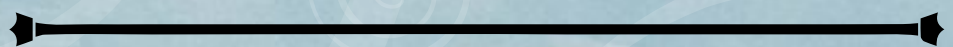
**Rhea:** One of the most common misconceptions a student holds about a counsellor is the perceived lack of privacy, and that all their information is being sent immediately to their parents. How do you deal with confidentiality as a school counsellor, and what are its limits?

**Ms Sneha:** Confidentiality plays a crucial role in creating a space where the student can explore sensitive topics and experiences in the knowledge that the counsellor will not disclose or misuse the information outside of the counselling room. Anything said in the counselling session is confidential and will not be revealed to the school or a parent, except for the following limitations:

i. **Child Abuse:** Child abuse and/or neglect, which include but are not limited to domestic violence in the presence of a child, child on child sexual acting out/abuse, physical abuse, etc. if the child reveals information relative to child abuse or child neglect, the school counsellor is required to report this to the school and the parents by law.

ii. **Self-Harm:** Threats, plans or attempts to harm oneself. The school counsellor may be permitted under such instances to take steps to protect the child's safety which may include the disclosure of confidential information to either school or your parents as deemed appropriate.

iii. **Harm to others:** if the child threatens bodily harm or death to another person, or knows about someone who is planning harm to another, the school counsellor may be permitted by law to report this to either school or the parents.





**Asees:** Exams season is coming up, and most of us are, understandably, stressed. Are there any bits of wisdom you can share about practical coping strategies students can use to manage anxiety and academic burnout?

**Ms Sneha:** We completely understand how stressful exams can be and stress during this time is absolutely valid. To help you deal with anxiety and academic burnout, we do have a few coping strategies that can be useful!

### DEEP BREATHING

One of the most common and effective coping strategies! This helps in slowing your heart rate, lowering blood pressure and increasing oxygen intake resulting in feeling calm. Common exercises are belly breathing and the 4-7-8 breathing exercise (inhale for four counts, hold for seven, exhale for eight).

### GROUNDING

Grounding can distract your mind from anxiety you are experiencing and keeps you grounded in the present. Common exercises include the 5-4-3-2-1 senses technique (five things you can see, four things you can feel, etc.), counting how many things in shades of a particular color can you see around the room as well.

### JOURNALLING

Journaling helps you clarify your thoughts and feelings, gaining valuable self-knowledge. You can use journaling to process your anxiety by fully exploring and releasing the emotions involved.

### POSITIVE SELF TALK AND AFFIRMATION

This helps you challenge your self-sabotaging and negative thoughts. You can practice this through journal writing as well. Select affirmations of your choice, repeat these affirmations everyday. Once you get into the practice of saying positive affirmations to yourself, you will start believing in them which can result in positive changes.

**Sravya:** There are many students who wish for help but are reluctant to reach out for help or talk to a counsellor. What are some words of reassurance or advice you have for these students?

**Ms Sneha:** If you ever feel hesitant about reaching out for help, just know that it's totally okay to feel that way. We get it; it can be scary or overwhelming sometimes. But guess what? You're never alone, and support is right here whenever you're ready to talk.

We want you to know that seeking help is actually a sign of strength, not weakness. It takes courage to open up about your feelings and experiences, and it can be super empowering too. So, if you ever feel like talking, whether it's to a counsellor or a trusted friend, go for it! They'll be there to listen and support you without any judgment. Remember, we're all in this together, and it's okay to lean on others when you need a little extra support.

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**Rhea:** Finally, how do you think students can best support each other's well-being and mental health within the community?

**Ms Sneha: Empathy and Understanding-** Take the time to listen and understand each other's experiences and emotions. Show empathy and offer support without judgment.

**Be Inclusive and Respectful-** Create an inclusive and respectful environment where every student feels valued and included.

**Be an Upstander-** If you witness bullying or harmful behaviour, be an upstander and intervene safely. Offer support to the person affected and report the incident to a trusted adult.

**Be Mindful of Language- Avoid** using hurtful language or making jokes that might unintentionally harm others.

**Promote Help-Seeking Behavior-** Encourage your peers to seek help when needed, whether from school counsellors, teachers, or other trusted adults.



A stylized illustration of a cauldron with flames and smoke, set against a circular background, with the text "THE CREATIVE CAULDRON" repeated in the background. The cauldron is a three-legged pot with a handle, filled with a fire. Thick, billowing smoke rises from the fire, filling the upper half of the circular frame. The entire illustration is rendered in a dark brown color on a light beige background. The text "THE CREATIVE CAULDRON" is repeated in a serif font, creating a pattern behind the central image.

# Seeing with the Heart

Sifat Arora, 4E

Once upon a time, there was an 11-year-old girl named Lily who lived in the small town of Sleepy Hollow in New York City. Lily had been longing for a furry friend for years, but her parents were hesitant to bring a pet into their house because they felt Lily was too small to take care of a dog.

One evening, Lily was sitting in her room by herself. Her parents noticed how upset she was about not having a dog. They saw how much she longed for a furry friend. Her parents sat down with her and had a conversation about getting a dog. They explained to her that having a pet was a big responsibility and that a dog would require a lot of care and attention. Lily assured them that she was ready for the responsibility and would take care of the dog to the best of her ability.

Lily's parents, after seeing her enthusiasm and commitment, decided to give her a chance. They set some ground rules, such as Lily being accountable for feeding, walking, and grooming the dog, and they agreed to start looking for a small dog that would be easy to take care of. After a few weeks of searching, they found a small, adorable puppy that seemed perfect for Lily. They brought the puppy home and surprised Lily, who was overjoyed with excitement. The puppy had big, innocent eyes, and Lily fell in love with him at first sight.

But as the puppy grew, Lily started to notice that he had a long face and a very long tail. She didn't like the way he looked and started to distance herself from the dog. She stopped playing with him and stopped taking him for walks. The puppy noticed the change in Lily's behaviour and felt sad. He would follow her around the house, trying to get her attention, but Lily would ignore him. The puppy didn't understand what he had done wrong and became increasingly anxious and unhappy.

One day, there was a photoshoot in Lily's school, which she had been looking forward to for weeks. She had spent extra time that morning getting ready, picking out her favourite outfit, and brushing her hair. But when she reached school, she was met with unexpected criticism. The photographer instructed everyone to smile, but when Lily did, some of the other kids started making fun of her because of her braces.

Feeling embarrassed and hurt, Lily ran back to her home, locked herself in her room, and started crying. But then, she heard a scratching sound at her door. She looked up and saw her puppy wagging his tail and looking up at her with big, soulful eyes. She opened the door and let the puppy run to her. He licked her face, wagging his tail in excitement, and made her feel so much better. Lily realized that the puppy didn't care about her appearance or what others thought of her, he loved her just the way she was. From that moment on, Lily's bond with her puppy grew stronger each day. She started taking him for walks again and played with him every chance she got.

The puppy was overjoyed to have his best friend back, and Lily felt grateful to have such a loyal companion. Lily's puppy had taught her a valuable lesson, and she carried it with her wherever she went. Lily made sure to always be kind and compassionate to those around her, just like her puppy was to her. She knew that even the smallest act of kindness could make a huge difference in someone's life.



# the nice girl

I'm worried about what people might say,  
Will they mock me? Belittle me?  
It's so tiring to suppress my emotions; not let them  
display,

My face is a portal into how I am feeling  
I used to be proud of how transparent I was,  
But now I wonder - is there such a thing as too  
revealing?

I hate that their insults sting,  
I hate how their words alone have the power to  
unravel me,  
I hate how lately, I'm just being dragged along by a  
string.

I want to butt in,  
Tell them that what they're doing to me isn't right,  
Tell them how horrible it's all been,

But I'm too busy playing the nice girl,  
The girl who'd smile at someone berating me,  
Even if it meant watching my own life unfurl.

I wish I were bolder,  
And that I didn't have to constantly worry about  
someone laughing  
Behind my shoulder.

I wish I never have to go to school scared,  
That I had the guts to butt in at their taunts,  
That is, if someone even dared.

I wish I could learn to love my own self,  
To truly admire all facets of what makes me me,  
Then maybe, just maybe - my soul would learn to  
love itself.

KASHVI ARYA, 11D



That's what she said to Moonu. "You're weird. And your name is childish and stupid sounding. I bet you have no friends. Well, you shouldn't. You should be like me. I'm great, I'm popular and practically the whole school knows me. Not you, you little freak." She walked off.

Tears threatened to well up in Moonu's eyes. She tried to be brave, to ignore annoying Ananya. But sometimes, everyone needs to let it all out. Moonu ran quickly out of sight to the gardens. Everyone and everything was a blur to her. Finally, Moonu slowed down and sat on a bench. Kaveri Ma'am was there, reading her book titled '*All of Us*'. It wasn't a sorrowful, sad book. No, it was filled with happiness, explaining that each and every one of us were unique and special, with a purpose in life. .

# YOU'RE WEIRD

But, Moonu felt the exact opposite that minute. Kaveri Ma'am looked up and gaped. "Oh, Moonu! Why are you crying?" she said, standing up. She embraced Moonu in a warm hug. Moonu sobbed with jerks, snot flowing freely. "I-I-I" she struggled to speak. "It's ok." Kaveri ma'am said. "Ananya was so rude and mean and-and-and she uh-uh insulted me and said I was a freak and weirdo." Moonu managed to say.

"Oh Moonu! Every now and then, you will come across a person who doesn't care about others, only themselves. And to them, these bullies, you must stand up to them and make them speechless." she said, smiling gently. Moonu dried her tears and smiled. "Thank you, Ma'am, for reassuring me and explaining how to move on" Kaveri Ma'am just smiled, her eyes twinkling knowingly.



# EMOTIONS

**ANOUK GUPTA, 3A**

There are so many emotions  
we feel every day  
Anger is a demon slipping  
from person to person  
the invincible demon turns people into monsters  
It will never stop.

Sadness is an infection catching people's throats  
Excitement is a bird soaring in our minds  
But its wings break  
when something unfortunate happens.

Excitement is medicine,  
healing the damage of anger and sadness and pain.  
Happiness is a clock,  
with only few hours to go  
Until the other feelings take over  
Happiness is a gift wrapped with knowledge.

Pain is a wire snaking  
all over everyone's bodies  
Pain is an angry hornet  
but the sting lasts for only a day or so  
Confidence is a book of courage  
That never ever ends and when  
humankind refuses to read it  
it forces them with immense bravery.

Annoyance is a cocky Pegasus  
Twisting and looping in the sky  
But the Pegasus touches down  
when happiness comes into life.

Laughter is a gentle finger  
that strokes us every day,  
Hatred is a bulky toad  
that jumps in when it has the chance,  
But good feelings pin it down t  
o an isolated lily pad

So many emotions we feel every day  
But always walk past  
Without emotions  
Life is a broken leg  
With no healing cast

# BULLYING

**ANVI SUNIL, 4A**

Bullies, bullies  
All so mean  
They're as mean  
As a banana peel

They make you feel bad  
Like you're rotten food  
They hurt your heart  
They ruin your mood

When I get bullied  
I feel bad  
Their mean behavior  
Makes me mad

They treat me like backup  
So I have to pack up  
I go home crying  
and my feelings crack up

When you get bullied  
Bullies get to win  
If you stop being their friend,  
their head goes for a spin

Bullies stop bullying  
If you stay strong  
and let them know  
that what they did is wrong.

# THE BEST OF FRIENDS

**ANAHITA MATHUR, 5C**

The best of friends are always kind,  
They are the best things you can find.

The best of friends are here till the end,  
Whenever they fight they will make  
amends.

The best of friends are there for each  
other,  
If they feel sad they talk to one another.

The best of friends wouldn't fight,  
They'd always do what's right.

The best of friends will always share,  
Their secret dreams,  
Because they care

The best of friends will never lie,  
In the race, they will win as a tie.

The best of friends can tell each other  
their secret,  
If you did something good, they would  
never take credit.

The best of friends would never be a  
bystander,  
Instead they would be an upstander.  
Now you go and make a friend!

# OH SWEET SOCIAL BIRD

**NIESHA SHETTY, 6A**



Oh sweet social bird, will you come here  
tonight?

Please bring your sweet nectar. It would be  
a delight

I always desire a sip of your potion  
Its texture is as soft as a lotion!

You hum such a sweet song!

My head feels like a gong!

Oh sweet social bird would you come here  
tonight?

The other day I had a sip of your potion I  
would love to portray that emotion

I wrote this poem for you to realize Oh  
sweet social bird, please come in my sight

One day, you fed me that potion It felt like  
an explosion!

I helped people and socialized

I made new friends and never cried As I  
socialized I realized

I was not sitting at home I was idolized

So please, dear bird, feed me that potion I  
want to change the world and help the  
environment

I know, I know you help only the people in  
need. But please help me I beg and I plead.

Oh sweet social bird, please come home  
tonight.

Feed me this potion and help me make  
others excited



# BREAKING BOUNDARIES

**AASHI DUBEY, 9A**

In a world that spins at rapid pace,  
Where hearts connect in a boundless faze,  
Amidst the chaos, let's take a stand,  
Extend a gentle, helping hand.  
Through positive interactions we ignite,  
Embrace each soul with empathy,  
Caring words to make spirits bright,  
A turmoil of thoughts, let's set it free.

In every smile, a soul glows,  
A ripple of joy that truly grows,  
A single gesture, a spark ignites,  
All with just a single invite

Reach out to strangers, forge the link,  
Break down barriers, walls we've built,  
A bridge of warmth, no soul shall sink,  
Together, in unity, love is rebuilt.  
Extend compassion to those in pain,  
A healing touch, their hearts regain,  
The simple act of being there,  
Comforts wounds and shows we care.

Forgive the slights, the human flaws,  
Let's foster bonds that build a better sphere  
In every heart, a tempest raw,  
With love and kindness, may we persevere.

So, hey listen, you, yes you!  
You can make a change in someone's life,  
And yours too!!



# BREWING MEMORIES

**VAANYA BHATIA, 5A**

I get off my car and enter the school  
Having the shivers and feeling as cold as a pool  
What would I say? Where would I go?  
Would I make new friends or maybe no?  
I miss and miss and miss my old school!

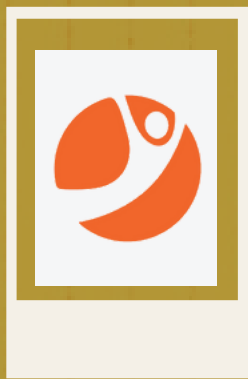
My teachers I wonder, how would they be?  
Kind or strict and that I shall see  
Would they demean me or make me cry  
Or would they let me soar into the sky.  
I miss and miss and miss my old school.

The students here are generous  
The teachers are too  
They understand me, despite I am new  
The friendships I have made, I find it cool  
I guess and guess and guess  
I might be liking my new school.

The first week went by rather fast  
I guess time flies when you are having a blast  
Gardening, Pecha kucha, Sports and sleepover  
The shortest week that I would love to do over  
I now love and love and love my new school

The friends I have and the bonds I have built  
Allows me to express myself with no guilt  
Inventing is filed in the section "Happy Memories"  
Thinking about it fills me with positive energies  
I love and love and love my new school

If I were a witch, the social potion I would brew  
Would be filled with a bottle of this happiness or maybe two  
Thank you Inventure for all you do  
I love and love and love you





At the first rays of dawn  
The yellow bus arrives and home is gone  
I see new faces all around me  
As one of them smiles back at me,  
I'm filled with glee

Times passes, new friendships are born  
Happily chatting away  
louder than the bus horn  
At times a Birthday, we get chocolates  
and shout 'Hurray'  
Other times a discussion on exams,  
that last from the bus seats to the hallway.  
Not to forget there is always someone to tickle,  
we hold on to our seats as all of us giggle.

When there's a traffic jam,  
and boredom sets in  
what's better than exchanging books  
and munching on snacks  
from our good old cooks

Once our friend shed a tear,  
"I didn't get selected for the elections this year"  
We consoled her by saying,  
" You did great, don't fear peer!"  
After all, we all need a hug,  
as snug as a rug.

As we look back at the year that has passed,  
the memories rush in so fast.  
Our bonds grew strong and will last long.  
As we welcome the new faces,  
we will always remember the old.  
This is Clear  
Friendship is Dear!

# YELLOW BUS RIDE

**SARGAM RATH, 4A**



Share your favourite  
bus memory!



# FUN AT SCHOOL

**ATISHAY SHINGAL, 4C**

In the early mornings when the cool  
winds rule,  
I wake up in a rush, realizing I'm  
running late for school!  
When I board the bus, I'm still pretty  
sleepy,  
But the kind bus Didi helps me settle  
in a jiffy!

My teachers make me have fun,  
But they also make sure to get the  
work done!  
Our PE teachers make us stretch, hop  
and run,  
Whether there is pouring rain or  
shining sun!

At school, we have lots of fun in the  
swimming pool,  
The yummy food in the dining hall  
always makes me drool!

At first making any friends wasn't  
easy,  
But now, their tricks and pranks  
drive me totally CRAZY!

In the school, we have had such a  
lot of fun,  
It's time to go home, and off to the  
bus we run!  
The journey back home feels like a  
thousand miles,  
But in the company of each other,  
our day ends in big smiles.

# FRIENDSHIP and LEADERSHIP

**NISHKA BANSAL, 5D**

A friendship,  
The anchor never goes down,  
Leadership,  
The wheel never turns back  
around,  
These two ships go well  
together,  
Side by side handling any  
weather,  
When their paths intersect,  
These two ships, they  
connect,  
Anywhere they wander,  
Their bonds make them  
stronger







# **I Shall Find A Way**

**RITHVIK SIRUGUDI, 12A**

When I am there with you  
My worries crumble away,  
I am no longer afraid,  
I am on top of this world

I will always be there  
So that you can glow brighter  
Even if you go away,  
You'll continue to live each day

I shall find a way  
To spend time with you,  
For you saved me  
And I love you

I hope you understand the child inside the man  
And continue to remain  
As my life is in your hands  
And there is no one in my place

I shall find a way  
To spend time with you,  
For you saved me  
And I love you



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