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INDIA

ILLUSTRATING THE HISTORY

OF THE BATTLE OF PLASSY

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# Our Evolution

as an

# Independent Nation

"Can we really be called

Independent

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British Ideals?"

## Thoughts on the Colonial Mentality

by Myra Goyal

AUG '22







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# One Step Closer

*By Nayantara Singh, VIII - E*

India is a rich land filled with diverse cultures, ethnicities, and religions. It is home to 1.3 billion citizens, each one of whom adds something unique and valuable to this country.

Let's chart the course of our journey till this day

From the 1800s, for its own sovereignty, India struggled in numerous battles with the British. This went on for over a century and it was a tragic time for our country. Many lives were lost, and the people who remained were robbed of their independence. Our freedom as basic right, was taken away.

However, there is a silver lining to everything. The British rule taught us a harsh but important lesson – that the people of a nation must stand united. Prior to the British invasion, Indians had divided themselves into kingdoms that were in constant combat with each other. After India worked together to successfully overthrow the British rule, the people of this country realized that being united as one nation was the key to remaining as an independent one.

Since the end of the British rule in 1947, India has evolved in myriad ways. The country became a sovereign, democratic republic. A constitution was created, which still binds, every citizen to the same fair and just laws. In order to place the control in the hands of the common people, the country became democratic. It was a hard-won freedom, that became a reality only because of the sacrifices of the people of the time, who felt helpless and captive during the British rule.

India has come a long way since the British rule. And while the country is not free of all its problems, it is still developing and evolving. It's been 75 years and today India is one of the fastest growing major economies in the world – no small feat for a nation left impoverished by the British rule. True that a large number of its people are still living in poverty, but change and growth are slowly taking place, in order to develop India to its full potential and lift millions out of poverty.

Today, India's youth is forward thinking and accepting of everyone, no matter their profession, race, beliefs, religion, or ethnicity. Living in constant peace and harmony, in a country where everyone is happy is the ideal scenario. It is a goal, which every single Indian will have to collectively work towards, by making little changes in their lives. We may be still far from that goal, but every time someone makes a change, we move one step closer.

As I look at the past and the present, I am reminded of our first Prime Minister, Jawaharlal Nehru's speech that he delivered on the eve of India's Independence. He said, "At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to new, when an age ends, and when the soul of a nation, long suppressed, finds utterance"

Our nation's soul continues to find its utterance.

*Do you agree?*

*Tell us what you think.*

( [editor\\_sbsmag@stu.sbs-school.org](mailto:editor_sbsmag@stu.sbs-school.org) )

# Thoughts on the Colonial Mentality

By Myra Goyal, IX - E

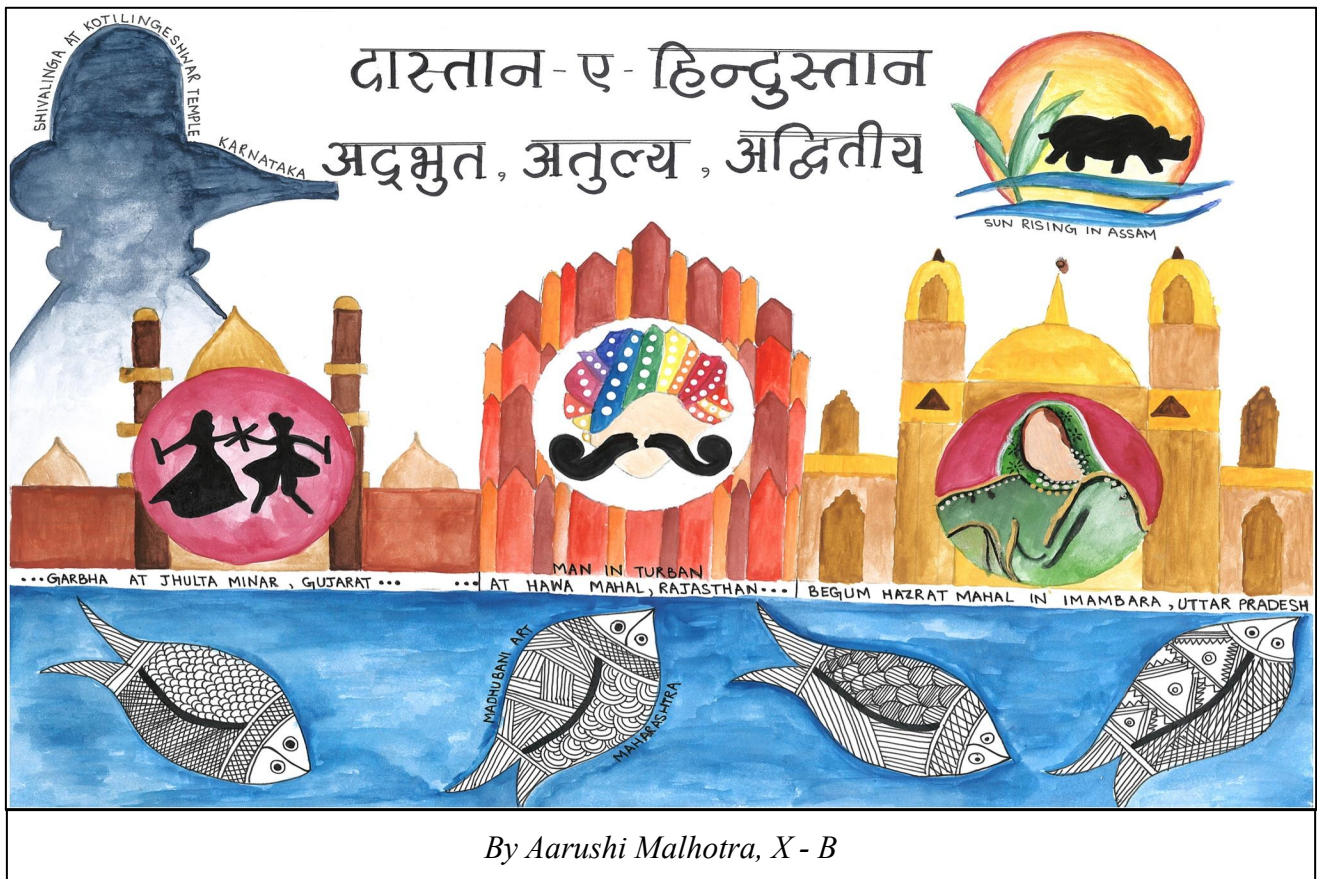
15th August 1947 was the day India finally got its long-awaited freedom from British rule. After centuries of colonialism and an immensely long freedom struggle, India and all the people in it officially became independent. However, can we really be called independent when our thought processes are still governed by British ideals?

The eighteenth century saw the rise of the Orientalists, this was the term used to describe the British who believed that oriental learnings were important, and promoted their teaching in India. However, by the early nineteenth century the British officials who vehemently opposed orientalist arrived. In 1854 came Wood's Despatch, which emphasised the need for European learning, citing reasons such as improving the 'moral character' of Indians, so that they would be willing to work for the British, and changing the Indian thought process to believe that European ways of life and goods were better. This would create a market for their rapid industrialisation. Thus, Indian education institutions and systems were phased out, replaced by British institutions.

For the British, this was simply a process that would make their rule in India easier, while also contributing to their economy. What they didn't care about was what its long-term impact would be on the lives of Indians.

Almost 75 years after gaining independence, most Indians still follow the belief that everything from the West is better. We see this belief in practice every day. People who speak English are seen as more educated, foreign clothes are considered superior. It is not uncommon to hear people of our age, in our school, comment on how they want to leave India to settle abroad, because 'things are better there.' Pride for our own country and culture has been diminished to the extent where we have started looking at ourselves through the view of the people who reduce us to mere stereotypes. All of this is a direct impact of the British education system.

So, this Independence Day, let us try to free ourselves from the holds of this kind of thinking, and learn to embrace and celebrate our identities as Indians. Let's extend the process of evolution to our thought processes, and become citizens who are proud of their nation.



By Aarushi Malhotra, X - B

# The Ultimate Encyclopaedia of Excuses

*By Mehr Gambhir, IX - C*

Yes, yet again we reach to the same topic we have been hearing through the past 2 years of our school life. First, I want you to be honest to yourself, did you or did you not use an excuse at least once in this never-seen-before online school era? Pretty sure you have. I'll be truthful and say that I have.

I'm sure 99% of us would be found guilty if we start digging up evidence on our big brained genius excuses which we didn't even know we could come up with! Trust me it's an art, not everyone can come up with excuses, or if they come up with it, they don't have the courage to use them with the confidence we did with our teachers. How many of us actually feel bad for our teachers now that we're back to being in the not so iconic old-school offline mode? I do.

How about we recall some of those ideas that we came up with in these past two years? If nothing more or nothing less, it will definitely bring a smile to our face as we float in our little pool of nostalgia over the thought of us students being child prodigies specialising in online school excuses. Hardly any of us switched on our cameras without the teacher forcing us to, at least that was the case in my classes and I may or may not have been one of them...oops. Anyway, let's list down the excuses we used for not switching on our camera –

1. My camera isn't working (such a classic)
2. The Wi-Fi is too weak for me to able to switch on my camera
3. My screen is frozen
4. You won't be able to see me since a black screen comes when I switch it on
5. I am on a PC that doesn't have a camera
6. I'm in bed, sick
7. As soon as I switch it on, I get disconnected
8. My voice will be distorted if I switch it on
9. My camera is glitching
10. My camera is on, you can't see it? That's strange.

Or simply when the teacher told them to switch it on - \*the person has left the meeting\*

So those were some targeted ones on one particular sub-topic in our world of commendable excuses. Imagine if we put together all of them? We could definitely write a hefty book filled with these excuses. I'm sure all teachers will hate me for this because I am making work easier for the kids to just look up any excuse and not wrack their brains every lesson like we did. And yes, I will be adding the most absurd ones too, like the one my classmate sent last year about how a cobra entered her house and that is why she cannot attend the class.

Inevitably this book would be a blockbuster! For students and teachers both... students will buy to find excuses but teachers will buy it to catch the students using these excuses.

I personally am very enthusiastic about writing this book since the list of things we have done are immensely funny and ingenious!



**We're sorry—we've run into an issue.**

**Restart**

If that doesn't work, try signing out and back in.



# Optimistic Nihilism: Transforming Meaningless into Determination

*By Vanisha Khetrapal, XI - E*

If you're 16 right now, assuming you'll live till 80, you've got 3328 weeks left. Then your biological process will break down and the dynamic pattern that is you will stop being dynamic. You'll start to decompose and you will evaporate from the face of the earth. Some believe that there is a part of us we can't see or measure but there is no way to know. This life might be it. We might end up dead forever. Where does optimism come within this negativity?

It seems very unlikely that 200 trillion stars have been made for us. We became self-aware only to realise that this story isn't about us. Science doesn't do a lot to make this less depressing. You only get one shot at life, which is scary, but it also sets you free. If the universe ends in death, then all the humiliation you suffer in your life will be forgotten,

every mistake you made will not matter in the end, every bad thing you did will be voided. If our life is all we get to experience, then that's the only thing that matters. If the universe has no principles, the only principles relevant are the ones we decide on. If the universe has no purpose, then we get to dictate what its purpose is. Optimistic nihilism is a philosophy that acknowledges the purposelessness of the universe, but looks at it as an opportunity. It's easy to think of ourselves as separated from everything, but this is not true. We are as much the universe as a neutron star or a black hole or a nebula. We are free in a universe-sized playground. It's as though we've found out everything there is to know. We don't know why the rules of the universe are as they are, how life came into existence, what life is. We have no idea what consciousness is or if we are alone in the universe. But we can try to find answers.

If this is your one shot at life, have fun, experience it. Because you've probably used up a chunk of time available to you. In the words of an optimistic nihilist, 'Just because we're all doomed, doesn't mean we can't have a good time'.



*By Suhana Nath, X - E*

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Having perfected and polished my craft  
I finally sat back and laughed  
After hours of grief  
This was such a relief  
Then Word deleted my draft

# Using Nudge Theory to Encourage Pro-Environment Activities

By Alana Agarwal, XII - B and Mahika Bafna, XII - D

Nudging is a strategy for altering behaviour by little changes in information. It impacts customers' decisions without robbing them of their autonomy. According to the nudge hypothesis, indirect suggestions and positive rewards are effective in influencing people's decisions and behaviours, and businesses may use them to boost profits or even save the environment.

Let us understand this using an example; in fast-food restaurants, the employees are trained to up-sell, meaning they will offer you more alternatives to complement your meal. Drinks, desserts, and other extras are sometimes given as part of a meal to entice customers to buy them. If you order coffee and the barista recommends a pastry, you are more likely to purchase it than if offered separately.

Given that human behaviour is the primary cause of environmental problems, encouraging pro-environmental behaviour is vital for environmental protection. One of the most serious threats to our environment today is plastic. Plastic reduction is critical, and nudge theory can assist.



An effective nudge to reduce plastic bag usage is to make them chargeable at convenience stores. People tend to use more plastic bags because almost all grocery stores offer them free. However, if store owners make plastic bags taxable, consumers are more inclined to bring their reusable bags. This nudge encourages retailers to keep fewer plastic bags on hand, which reduces plastic consumption, and consumers to utilise reusable bags, which reduces waste overall.

Plastic is utilised in packaging as well as in bags. A "repositioning nudge" can be used to minimise packaged-goods consumption. To make sustainable items more accessible, move bar soaps, fresh vegetables, organic cosmetics (such as bamboo toothbrushes), unpackaged cereals, and other sustainable products to the front aisles, while non-eco-friendly products can be moved to the back of the store. When individuals see more of these things, they are more likely to buy them. Furthermore, when individuals are in a rush, they typically pick the first item they see.

Posters and information can assist not just with the plastic quandary, but also with trash reduction. Putting up photographs in public places depicting the condition of the landfills and workers might elicit sympathy from the public. People will almost certainly prefer a reusable/recyclable alternative, even if only temporarily. Placing more dustbins with segregated compartments will also help increase recycling and decrease littering.

Nudges can also be used to encourage sustainable travel. City development and beauty may be an effective strategy for increasing walking, cycling, and other environmentally friendly modes of transportation. Cycle stands can be placed throughout the city to encourage people to start cycling. Moreover, health benefit posters and slogans can be created to motivate more people to use such methods of traveling.

For further reading on experiments conducted in nudge and an analysis of its effectiveness:

<https://www.sciencedirect.com/science/article/pii/S2667010021003383#bib0029>

# Let's Talk about Roe vs. Wade

*By Aryana Bhadauria, IX - E*

In the year 1969, Texas resident Norma McCorvey (anonymously known as “Jane Roe” for safety reasons) was pregnant and wanted an abortion. She was turned away due to the law making abortion in Texas illegal unless the mother’s life was at stake. Her attorneys instituted federal action against district attorney Henry Wade, claiming that Texas’ abortion laws were unconstitutional. This marked the beginning of the Roe vs Wade case in 1973.

It has been six years since Norma McCorvey passed away, two decades since Henry Wade left this world, and half a century since this case began. It has been nearly a month since the United States Supreme Court overruled Roe, banning abortion in the states of Alabama, Arizona, Arkansas, Michigan, Mississippi, Oklahoma, West Virginia, and Wisconsin.

The main argument that “pro-lifers” use to justify their opposition to abortion is that terminating a pregnancy is cruel and painful for the foetus. However, scientifically speaking, a foetus in its early stages has not yet developed the neuroanatomical apparatus required for feeling pain and sensation. The process is not complete until about twenty-six weeks into the pregnancy. In places where abortion is legal, the time limit is twenty-four weeks (six months), so most legal terminated pregnancies take place long before the foetus has even developed a nervous system. A foetus is not a child, the same way a log of wood is not a birdhouse. It is my understanding that you cannot kill something that was never alive.

As aforementioned, abortion is only permitted when it is a matter of saving the parent’s life. This could mean an ectopic pregnancy, a septic uterus, a miscarriage, etc. But for those with no fatal health conditions, the states listed above have banned all forms of safe abortion, with no exceptions for victims of rape, incest, or paedophilia. It seems that the people fighting for abortion to be banned haven’t thought about what this could mean for the those who are liable to pregnancy.

Adults and children as young as (and younger than) eleven years old can be impregnated against their will and robbed of their lives. Many people cannot afford the expenses that come with raising a child. The foster system is already swarming with parentless children being abused and mistreated by their guardians. There are many who cannot survive without abortion, even if they survive childbirth. So, the burning question is: Does a fully grown, perfectly healthy, and financially stable woman also have the right to an abortion?

One thing that you hear often is that you should only get an abortion if you ‘need one.’ But in my view, if someone *wants* an abortion, they *do* need one. The choice of having a baby which would completely change the trajectory of their life, should be up to *them*. At the end of the day, *they* will be the ones carrying this baby for nine months. *They* will be the ones going through the painful and often traumatic process of childbirth. *Them*. No one else. What happens to *them* should be *their* decision. If women’s bodies are still being controlled by the government in a ‘progressive’ first-world country like the United States, who’s to say what this means for countries like ours where the patriarchy is still so prominent?

People don’t hesitate to call themselves ‘pro-life’ until it comes to the lives of the people they are robbing of their bodily autonomy. It’s time we spend less time worrying about unborn foetuses, and more time worrying about the women being forced to have them.



# Hymn of Freedom

*By Aashna Nayyar and Anoushka Gupta*

Many years ago, when I too was young,  
I can recall a tune being sung,  
Across the rivers and over the hills  
This echoing tune drowned all ills.

I was a child no older than three,  
But the hymn of freedom affected even me.  
On the faces of many I saw tears of joy  
And to celebrate the occasion I was gifted a toy.

I remember my family sitting down together,  
Exchanging stories about those who will remain with us  
forever.

There was a sense of tranquillity in the air,  
As though of the current circumstance it was aware.

As this country grew so did I,  
As I smile through the good times and through the bad times  
I cry  
The road had obstacles – quite a few  
But we faced them head on and with each experience we grew.

Now many years later when I am no longer young,  
The echoing tune is still being sung,  
And as I sit with my family and reminisce about the past,  
I hear the glorious hymn of freedom and smile, knowing it  
will last.



*By Mehr Gambhir, IX - C*

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## Self-Love

*By Parissa Sikand, IX - A*



*By Akaiesha Goel, IX - E*

This one is for those of you out there who think  
nobody cares about them,  
Those who haven't found their special someone.  
Those who sometimes have to sit alone at lunch,  
Those who feel lonely in a city full of beating  
hearts and working minds.  
Those who get side-lined by other people.  
I see you and I hear you because I was you.  
Please, allow me to remind you that there are more than a  
billion cells in your body,  
And all they do is love you, fight for you and care for you.  
You are their home and the only person they care about,  
So whenever you feel lonely or unheard,  
Peep into yourself  
And greet living organisms inside of you.

# Her Plight in This World

*By Durga Vasumati, XI - F*



*Illustration by Akaisha Goel, IX - E*

It's a cruel world.  
A world filled with lies.  
It's a cruel game  
Where people choose if she lives or dies  
It's a cruel sea  
Filled with tragedy  
Her imagination isn't free  
Not the world she thought it would be

It's a cruel law  
Putting her to blame  
Another undeserved blemish on her name  
It's a cruel system  
Where every stumble  
of hers is perceived as a giant mistake  
Unequally compared, she's about to break for they  
burden her with more than what she can take

These are cruel lands  
The strings of her life have lost their way  
into foreign hands  
These are cruel men  
waiting for her to trip  
so that they can blame her again  
These are cruel skies  
she crumbles beneath them  
Falls  
wondering if this was the world that He made



# Interview with Samya Sikand

## *Sports Captain 2022-23*



*On 15th August, the school's sports teams played football and basketball matches against the alumni teams*

**Q: How do you interpret your responsibilities as a sports captain ?**

A: In all my years of senior school, being the Sports Captain was the one thing I always wanted. I remember looking at our previous Captains and getting so motivated to try and achieve the same. Now, that my wish has been fulfilled, I plan to take this responsibility very seriously. One of the main aspects of Sports is effort, be it as a team or solo. Sports is also about inclusion and trusting each other. I, along with the entire sports department and sports

council plan to work together to produce solutions and new creative advancements in the field of sports for our school.

**Q: Due to coronavirus pandemic, many of our school team's players have gotten slightly out of touch with their sports and have become slightly unfit. What are your plans to restoring them to the same match fitness and ensuring our school retains its prestige in sporting events?**

A: I myself playing a sport professionally realize the importance of regular training and practice and the effects due to long-term breaks. As we had for the previous years, morning practice has been re-introduced for all sports. In these morning practices, every coach makes it a point to have good warm-up sessions specific to their sport. When we give them the opportunity to train along with their team and get them back on the field, half the work is complete. We will be restarting friendly matches as well as inter-school tournaments which we will participate in as well as conduct in our school.

**Q: Is it difficult to manage your responsibilities as a core council member with school work, extracurriculars etcetera?**

A: Definitely, I am hardly in school because of my tournaments and regular training which makes it unavoidable to miss important events and discussions of the council. Also, being unavailable in school, makes me work harder outside. Still, I have a great support team with me as well as the head of the department who makes my job much easier and less demanding.

**Q: Apart from common sports such as football cricket and tennis are there any plans to introduce new sports teams for sports like Table Tennis etc.**

A: We are in the process of introducing new sports teams. Currently, for every sport a student is playing competitively in our school, there is a sports team available. Will update you on new advancements!

**Q: Lastly would you like to give a brief message/advice to the students who aspire to be in the school team but have not been able to make it so far?**

A: Never stop believing and never give up! One major aspect of any Sport is the drive, determination, and motivation an individual can produce from within. To get up every day and continue trying is what makes a champion so you are already there halfway. Just believe in yourself first and let your success do the talking. Keep trying champions!