



choisee

ISSUE NO. 4

September 2023

SENIOR SCHOOL NEWSLETTER

Featuring

AAFREEN ABDUL SATHAR

Editor's Word

Dear Choice Pulse readers,

As we bid farewell to the vivid colours of September and usher in the changing leaves of autumn, it's time to reflect on the whirlwind of events that made our community pulse with energy. This month, Choice Pulse has been at the heart of not one, but three significant happenings - the Choice Cup, Impulse, and Fringes.

As we look back at the three distinct events that made September unforgettable, we are reminded of the incredible diversity of human achievement. From the heights of competition in Choice Cup to the boundless creativity of Impulse, the unquenchable curiosity of Fringes, and the dedication of our students in the Term 1 Exams, our community has shown that it is a beacon of inspiration and innovation. The events of September have left us with a deep sense of appreciation for the human spirit and the endless possibilities it holds.

We want to express our gratitude to the participants, organizers, and everyone who joined us in celebrating these remarkable events. The Choice School community is more vibrant than ever, and we can't wait to see what October has in store for us.

Here's to a future filled with more choice, more impulse, the joy of exploring the fringes of human potential, and the continued pursuit of knowledge and growth.

Sincerely,

Aditi Harikumar
Managing Editor



Cover Design
Veer Heman Kuruwa

Our master team

Editor in Chief: Mr Philip Jolly

Copy Editor: Ms Beena Issac

LEADING THE TEAM



Aditi Harikumar

Managing Editor



**Niya Mariam
Peter**

Quality Assurance
Manager



**Veer Heman
Kuruwa**

Creative Content
Director



Ananya Jha

Associate Content
Director



**Vania Eliza
Alexander**

Creative Design
Director



**Carol Mariam
Kuriala**

Associate Design
Director

Meet the Team 2023-24



Aafreen Sathar



Adithi Menon



Aimee Thampy



Ananya Ashish



Zarar Arshid



Daya Fathima



Devika Ranjith



Dia Meenattoor



Diya Dileep



Cyra Binoy



Ann Mariya



Arisha Rushda



Athen Varkey



Britney Anithanam



Elizabeth Pulinat



Faznam Jeyash



Diya Vinod



Jessy Meenattoor



Joanna Sachin



Tharika Sukumar



Joshna Julison



Kerrin Joseph



Kris Sebastian



Malavika Renjit



Maryam Farhaan



Nayana Navin



Nicole Abraham



Nikitha George



Rishika Neethu



Riya Kuruwa



S.Neelambary



Sailakshmi R



Sidharth Bijukumar



Sudeepthi Suresh



Tanya Rose Jikku

WE ARE HIRING

CANVA DESIGNERS



Are you a creative and talented Canva designer? The Choice Pulse is looking for you! We are a growing team and need designers who can create stunning graphics for our projects. If you have experience with Canva and are passionate about design, write to us and let's talk.

Send Your application to :

pulse@choiceschool.com

ILLUMINATING PATHWAYS

with Charisma and Compassion

For Aafreen Abdul Sathar, life has unfolded like a vibrant canvas, each stroke reflecting her dynamic spirit and unwavering dedication to creating a brighter world. A trailblazer and a beacon of hope, Aafreen's journey from The Choice School to the global stage has been nothing short of awe-inspiring.



Growing up amidst the transformative corridors of The Lawrence School, Lovedale, Aafreen imbibed the essence of community well-being, resilience, and a profound sense of belonging. Her tenure in the National Cadet Corps fortified her spirit, laying the groundwork for her transformative journey ahead. Amidst the turbulence of the pandemic-induced lockdown, she found solace in self-discovery, nurturing a profound understanding of inner beauty that transcends physical appearances.

During the trying times of the pandemic, Aafreen's altruistic endeavors illuminated her path. Volunteering at domestic violence shelters and orphanages, she was deeply moved by the resilience of the marginalized. This ignited her fervor for social justice, leading her to pursue a future in law, with a mission to advocate for the underserved.

Aafreen's relentless pursuit of excellence extends far beyond academia. From orchestrating Model United Nations conferences to securing top honors in prestigious competitions, her resolute spirit shines. Her brainchild, Mama's Deliveries, garnered acclaim for its innovative approach to address maternal malnutrition, earning her accolades and recognition on a global scale.

Her multifaceted talents extend to the realms of media and design, where she breathes life into The Choice School's cultural landscape. A maestro in communication, Aafreen's creative finesse paints each event with a kaleidoscope of colors, leaving an indelible mark on all who experience her artistry.





A testament to her unwavering dedication, Aafreen's academic prowess shines bright. Garnering top honours and accolades, she redefines the notion of success, breaking barriers and stereotypes with her unwavering commitment to the humanities. Beyond her achievements, Aafreen's effervescent personality and unwavering kindness have garnered her a legion of admirers. Described as lionhearted yet gentle, her leadership is defined by empathy and resilience, inspiring all those around her to strive for greatness.

Amidst the unwavering support of her family and friends, Aafreen stands poised to embark on the next chapter of her journey. With the Common Law Admission Test (CLAT) 2024 on the horizon, she is set to redefine the contours of legal advocacy, leaving an indelible mark on the world.

As she prepares to script her next chapter, Aafreen Abdul Sathar remains a testament to the power of resilience, compassion, and unwavering determination. Her story is one of inspiration and empowerment, illuminating pathways for generations to come. We eagerly await the unfolding of Aafreen's golden dreams, knowing that her journey will continue to inspire and uplift those fortunate enough to be touched by her light.

DESIGN: VEER HEMAN KURUWA



VALHALLA

IMPULSE 2023

As I wandered through the dimly lit entrance into the quadrangle in the early morning hours, I could hardly have prepared myself for the splendour that awaited at Impulse 2023, appropriately named "The Hall of Gods." Upon my arrival, I was swiftly directed to the kindergarten block to assist as a registration volunteer. It was in this role that I truly experienced the surge of excitement while enrolling the participating schools for their designated events. Observing the Grade 12 students proficiently managing the day's proceedings was truly awe-inspiring.

Following tradition, we initiated the proceedings with the renowned Spirit Walk, symbolising the victory of evil over good. The participants, dressed in intricate costumes and makeup, displayed their creativity and acting abilities, leaving the audience in awe of their theatrical talents. This unforgettable event was honoured by the attendance of two esteemed Chief Guests, Mr Indrajith Sukumaran and Mr Dhyan Sreenivasan, who captivated the students with relatable and amusing stories and imparted valuable life guidance.



REALM OF HEROES - MUSIC EVENT

To kick off the day with energy, the music event was one that truly evoked the sense of virtue and courage, as the participants vied to evoke the emotions and interpret the tales of the valiant heroes who met a brave end in battle. From the leadership of Odin to the depths of despair leading to Ragnarök, we witnessed captivating and spine-chilling performances that truly left a lasting impression on us.



ASGARD'S VEILED WALTZ- DANCE EVENT

Following that, we witnessed the dynamic dance event, which embodied the very essence of what makes the gods so divine, as it is their narratives and encounters that infuse a sense of divinity into our lives. The participants were tasked with dancing through the amalgamation of mystery, sorrow, love, and betrayal within these tales. An added enhancement was the inclusion of a narrator to vividly depict the enchanting stories for the audience. From Loki and Thor to the rise and fall of the legendary figures, it was truly a splendid array of performances.



VANAHEIM-A NORSE FASHION SAGA

In the era of fast fashion, reviving the timeless allure of the golden ages invokes a sense of nostalgia. The fashion event highlighted the exquisite attire worn by the gods and goddesses of Vanaheim. As the models presented their ensembles, each design genuinely encapsulated the essence of Valhalla's gods and goddesses, blending ancient charm with contemporary elegance.





UNLEASH THE ROAR OF GODS

This event unfolded in the mythical realm where formidable warriors and legendary beings united to display their cheering prowess. With intricate and advanced abilities, the competitors engaged in intense rivalry, vying to secure the title of Valhalla's ultimate cheer champions.

VALHALLA ODYSSEY: A Night Of Myth and Mystery

In the unexpected event, ancient enigmas awaited the participants. They were tasked with deciphering cryptic challenges, delving into heroic narratives, and immersing themselves in captivating tales recounted by mysterious figures. Culminating with a mythical Adzap, the surprise event intertwined the exploits of heroes and gods, leaving all those who witnessed it utterly spellbound.

THE GRAND CLOSING

The closing ceremony of Impulse 2023 was a spectacular grand finale. The seniors took the spotlight with a captivating music performance. They delighted the audience with a medley of English and Hindi songs that had everyone singing along and swaying to the beat. They also impressed the crowd with an energetic and graceful dance presentation. It served as a poignant farewell tribute to the graduating class, and their talents shone as brilliantly as the stars in the night sky. Adding an extra layer of excitement and inspiration to the evening was the attendance of Abhilash Joshy, our esteemed Chief Guest, alumnus, and director of the blockbuster film - King of Kotha. His words of guidance and motivation resonated with everyone present, leaving a lasting impression on the young minds.

Words: Aditi Harikumar
Design: Carol Kuriala

To culminate the day, the Spirit Walk made its return. However, this time, good fiercely battled against evil and emerged victorious. As the rainy weather slowly yielded to the clear evening sky, the atmosphere of the event was aptly mirrored.



Chinmaya Vidyalaya was honoured with the prestigious first-place award during the subsequent prize distribution. After most of the attendees had bid their farewells, the school had a special surprise in store for those committed students and volunteers who stayed until the event's conclusion: a live DJ. The earlier festive atmosphere was rekindled, and everyone was once again swept up in the contagious rhythm, dancing with unrestrained enthusiasm.

As the senior students returned home after a full day at school, their tired feet, weary bodies, and fatigued minds couldn't erase the smile on their faces, evidence of a job well done and memories deeply etched in their hearts.



Public Apathy and the Indian Psyche

The atrocious murder of a 16-year-old girl in Delhi on 28th May this year caused widespread shock throughout the nation because of the sheer brutality of the crime. Recorded on CCTV, the attacker callously stabbed the young girl several times and ruthlessly hit her with a large stone. Equally alarming was the indifference shown by the bystanders, her neighbours, who did not intervene to help the teenager. This troubling event is, unfortunately, not a solitary occurrence; it represents a wider problem of crimes occurring openly with spectators opting to remain passive observers.

On 29th April 2018, in Jehanabad, Bihar, a group of men harassed a young girl, an incident that went unchallenged. Just days before, a woman endured a brutal attack on a Mumbai local train. In 2021, a man carried out the appalling act of stabbing his wife in Budh Vihar, New Delhi. Going back to 2008, two women were subjected to harassment by a crowd within the premises of a prestigious five-star hotel in Mumbai. In 2002, an inebriated man committed the serious crime of assaulting a mentally challenged girl within a compartment on a Mumbai local train.

These instances represent only a small number of many that consistently raise a recurring question: Why did the bystanders not intervene? What prevented them from stepping in and stopping the perpetrator's actions?

Bystander apathy, also known as the bystander effect, is a social psychological concept suggesting that individuals are less inclined to provide assistance to a victim when others are present.

This theory is based on the idea that individuals within a group experience diminished feelings of responsibility and are inclined to refrain from taking action in challenging or demanding situations. It originated from the tragic case of Kitty Genovese in the 1960s, during which more than two dozen witnesses observed her murder but failed to come forward to offer assistance.





The bystander effect, frequently inhibiting onlookers from taking action, reflects the Indian mindset. From a young age, we are taught not to interfere in others' affairs. While it may be easy to advocate for justice within the family, people often refrain from getting involved in helping those outside their immediate circle of family or friends. The idea of taking a stand and challenging the existing state of affairs is not commonly embedded in our mentality.

Dr. Rohit Verma, an additional professor of psychiatry at AIIMS in New Delhi, underscores, "The bystander effect is more prevalent than we care to acknowledge, but there are collective steps we can take to counter it and extend help to those in distress."

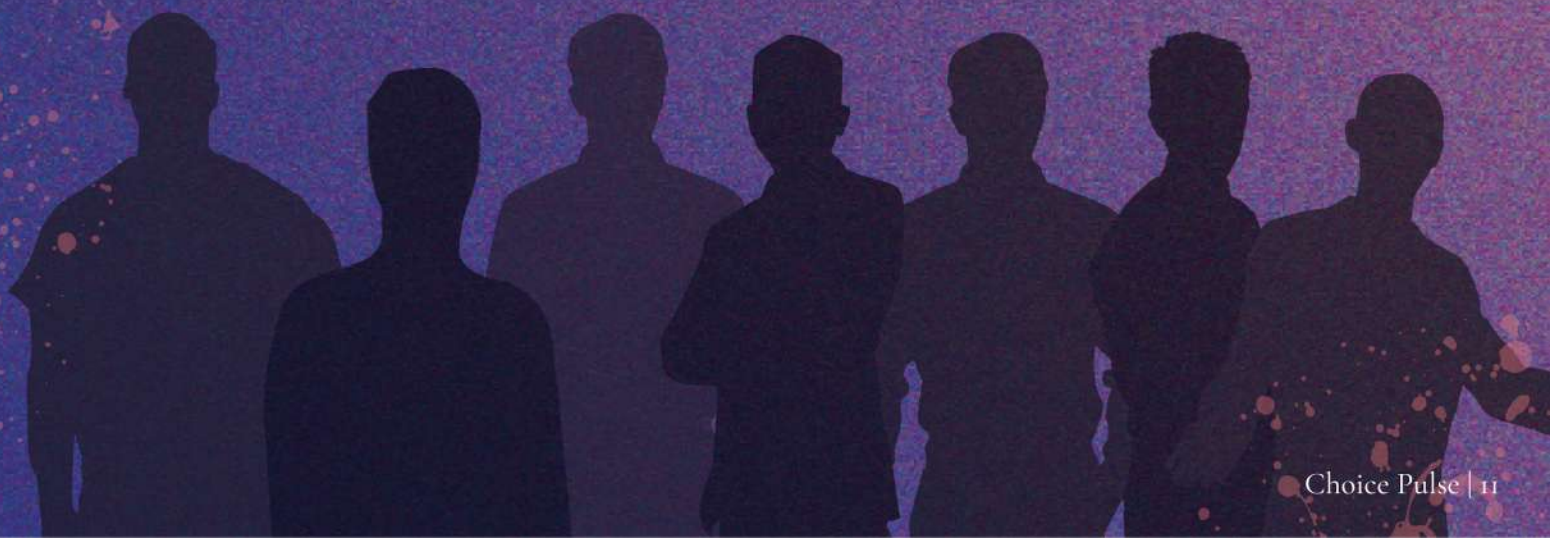
To combat this phenomenon, it is imperative to cultivate a culture of awareness, empathy, and active involvement. Each person must recognise their innate capacity to bring about positive transformations. This is how we can break the cycle of the bystander effect and establish a world where compassion triumphs. Integrating early education that instils moral responsibility during difficult circumstances, alongside techniques for collaborative action without risking one's safety, stands as a crucial method to enhance awareness at the educational level.

Nevertheless, there is another aspect to consider: What should one do if they find themselves in the position of the victim? Nikita Benjamin offers a vital perspective, proposing that as a victim, it is effective to isolate a particular person in the group, make eye contact, and straightforwardly say, 'Help me.' This direct plea to an individual is more likely to motivate them to take action compared to appealing to a larger audience.

The interplay of diffusion of responsibility, adherence to social norms, and ambiguity within the context establishes a formidable psychological obstacle that restrains individuals from acting as bystanders. Grasping these underlying elements can promote awareness about this psychological phenomenon and foster the formulation of approaches to surmount it.

Words: Aditi Harikumar

Design: Carol Kuriala



The Parsi Obsession of Vintage Automobiles

The Parsi community in India is widely known for their affection for automobiles and their strong commitment to sustainability through the restoration of their vintage models, as opposed to purchasing new ones. Cars and motorcycles owned by Parsis are highly esteemed in the second-hand market, with their exceptional upkeep leading to them commanding premium prices. The Parsi community's deep-rooted interest in automobiles takes enthusiasts on a captivating journey spanning Mumbai, Pune, and Udvada. This voyage unveils an impressive assortment of iconic vehicles, such as Homai Vyarawalla's 'Dalda 13' Fiat Millecento, Anosh and Fram Dhondy's enduring Fiat 1100 Elegant with a mileage of 900,000km, Kooverji & Faridoon Gamadia's 1948 Invicta Black Prince, Marespand Dadachanji's treasured Morris 8, the Vintage Zorastrian Bikers of Bombay with their remarkable fleet of vintage motorcycles, and Adil Jal Darukhanawala's remarkable collection of scale models. This collection serves as a testament to the community's unwavering passion for classic cars and motorbikes.

PARSI PRAGMATISM

Once, when perusing the used car listings in newspapers, individuals used to particularly take note of advertisements marked with the phrase "Parsi-owned." This label served as an assurance that the vehicle, regardless of its age, was meticulously maintained and justified its potentially elevated price.

Karl Bhote, a 37-year-old Parsi enthusiast dedicated to preserving India's automotive legacy, attributes the longevity of Parsi-owned cars and motorcycles to the community's "pragmatic" approach, refraining from replacing a product unless absolutely necessary. He emphasizes that the sense of responsibility and respect towards one's possessions often dictates the careful treatment of such items. A notable illustration of this principle is his 1955 Fiat 1100 Millecento, famously referred to in Indian classic car circles as the "Dalda 13." This vehicle was previously owned by Homai Vyarawalla, India's pioneering female photojournalist, who drove it from 1955 until 2009, only relinquishing it in her mid-90s. However, the idea of simply replacing her functioning car with a new one was inconceivable.

DALDA 13



This sentiment is similarly shared by 69-year-old Fram Dhondy, whose 1957 Fiat 1100 Elegant has accumulated more than 900,000 kilometres (559,000 miles) and continues to be regularly used. Despite considerable pressure to sell it 25 years ago, he chose not to. Reflecting on his childhood memories of being driven around by his father, he acknowledged that the car had never failed him on any journey. Consequently, he concluded that if one possesses such a dependable vehicle, there is no reason to part with it.

Handed-down the generations

In the present day, Anosh, Fram's son, represents the third generation of the Dhondy family to drive that very vehicle and shares the same commitment as his father and grandfather, intending to retain the car indefinitely. Both Fram and Anosh credit the Parsi community's deep affinity for vintage and classic automobiles to their inherent appreciation for all things aged, exemplified by the fact that the refrigerator in their family home is still functioning admirably after 80 years.

Nevertheless, some argue that the Parsi community's infatuation with automobiles originated from their societal status. Despite their small numbers, the Parsis thrived during British rule in Bombay, now Mumbai. Consequently, prominent Parsis like Rustom Cama and Jamshedji Tata were among the first Indians to own cars, with Suzanne Tata becoming the first Indian woman to acquire a driver's license.

Contrary to this view, Bhote contends that the Parsi attachment to automobiles primarily boils down to financial resources. "The wealthy Parsis obviously had cars, but that's not because they were Parsi, it's because they were wealthy. So did the Gujarati merchants, Marwari merchants, and everyone else."



The Parsi passion for old machines

However, what distinguishes Parsi car enthusiasts is their unwavering commitment to their old vehicles, even among affluent members who could easily switch to newer models. Their dedication to maintaining these older machines, despite the increased time, effort, and attention required, remains resolute.

Yet, the origin of this fervor for nurturing vintage and classic automobiles prompts a question. Kooverji

Gamadia, a Parsi auto enthusiast who possesses a rare 1948 Invicta Black Prince, one of only five remaining examples worldwide, proposes a theory. "The Parsi characteristics are often attributed to the teachings of the Zoroastrian religion. Hence, it is possible that some of these inclinations stem from there."

While the specific origins of the Parsi affection for classic cars and motorcycles may remain somewhat mysterious, evidence of this distinctive passion is plentiful. To witness this phenomenon firsthand, one need only find a vantage point from which to observe classic vehicles passing by on a Sunday morning in Mumbai.

Words: Elizabeth G Pullinat

Design: Ann Mariya V Joseph

THE GREATEST SHOWMAN



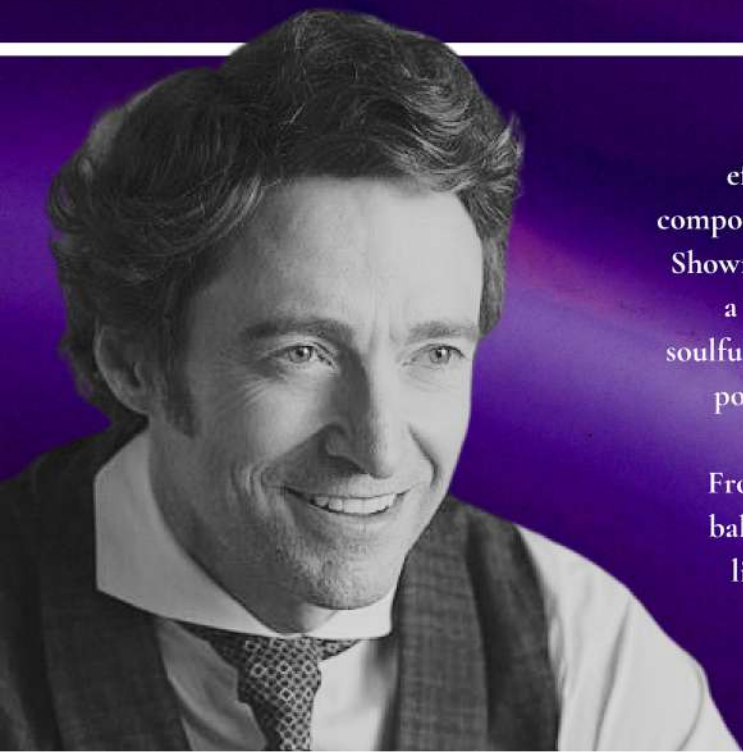
"The Greatest Showman" undoubtedly stands as the most emotionally resonant musical I've ever seen. Each song is infused with tremendous vigour and significance. While the storyline is undeniably magnificent, it's the theme of freedom that captivated me the most. The movie inspires one to dare to dream big and take risks, as even if your ship falters, you can still find your way back to safety. With that, ladies and gentlemen, I present to you the truly remarkable, the splendid, "The Greatest Showman."

CAST

The ensemble features a cadre of immensely talented actors, such as Hugh Jackman (P.T. Barnum), renowned for his iconic portrayal of Wolverine/Logan in X-Men, Zac Efron (Phillip Carlyle), acclaimed for his role as the teenage heartthrob Troy Bolton, and Michelle Williams (Charity Barnum), an award-winning actress known for her performance as Anne Weying in *Venom* and its sequel. Swedish actress Rebecca Louisa Ferguson (Jenny Lind), who has demonstrated her skill in the *Mission Impossible* franchise, and Keala Settle (Lettie Lutz), celebrated for her captivating vocal abilities and set to appear in the upcoming *Wicked Part I* in 2024. Last but certainly not least, Zendaya (Anne Wheeler), recognized for her versatility in portraying roles such as MJ in the *Spiderman* trilogy, Rue in *Euphoria*, and Chani in *Dune*.

MUSIC

Every musical requires an impactful soundtrack that effectively conveys emotions and sentiments through its composition of notes and chords. In this aspect, *The Greatest Showman* excels, as its soundtrack strikes a balance between a wealth of self-empowerment, infused with elements of soulful R&B rhythms, and enhanced by the weighty depth of power ballads that conjure images of singers filmed from below, wind machines billowing around them. From the resounding anthem 'This is Me' to the romantic ballads like 'Never Enough' and 'Rewrite the Stars,' to the lively and spirited jazzy tunes, *The Greatest Showman*'s soundtrack encapsulates the essence of the movie's multifaceted emotional journey.



From the upbeat and dynamic 'The Greatest Show' to the heart-warming and uplifting melodies of 'A Million Dreams,' each individual song from The Greatest Showman weaves its own captivating narrative. Perhaps this is why the film garnered only modest praise, while its soundtrack received an abundance of commendation. Produced by Justin Paul, Benj Pasek, Greg Wells, Kevin Weaver, and Pete Ganbarg, the soundtrack album features eleven tracks performed by the cast. In the United Kingdom, on March 23, 2018, it achieved a significant milestone by becoming only the second album in 30 years to maintain 11 consecutive weeks at the top spot, matching the record set by Adele's 21. As of January 25, 2019, the album has spent an impressive 28 non-consecutive weeks at number one, marking the sixth longest duration at the top, on par with the Beatles' Sgt. Pepper's Lonely Hearts Club Band.

SYNOPSIS

The Great Showman portrays the inspiring narrative of an individual who firmly believes in his destined greatness and goes to extraordinary lengths to realize his aspirations. Simultaneously, it sheds light on the harsh prejudice faced by those who are perceived as different, often labelled as 'freaks' among other derogatory terms. The storyline revolves around the journey of a young P.T. Barnum, ascending from a humble background to become a renowned circus impresario. Along his path to success, he encounters a series of challenges, including financial constraints, familial issues, and the complexities associated with fame. His devoted wife, Charity, selflessly sacrifices everything to support her husband in pursuing his dreams. The narrative delivers a rollercoaster of emotions, featuring heart-warming and poignant scenes intertwined with moments of laughter. Initially starting with a museum, financed by a bank loan, Barnum's venture fails to attract an audience. Determined to create an unprecedented spectacle, he gathers a group of extraordinary and talented individuals. Additionally, he collaborates with the affluent playwright, Phillip Carlyle, aiming to appeal to the upper echelons of society. However, complications arise when he becomes involved with the renowned singer, Jenny Lind, known as the 'Swedish Nightingale,' and engages her to perform in America, leading to the unravelling of his endeavours.

QUESTIONING THE BACKGROUND

While the cinematic experience of The Greatest Showman is undeniably delightful, it has sparked various debates and discussions comparing its portrayal of P.T. Barnum to the actual historical account. Questions have arisen, questioning whether P.T. Barnum truly embodied the values of acceptance and tolerance that the movie so fervently espouses. The film presents Barnum as a champion of inclusivity, embracing individuals considered outcasts and "freaks" by the society of the 1800s. However, the real P.T. Barnum's character is far more complex and nuanced. Many view his exploitation of individuals with abnormalities and disabilities, showcased publicly for profit, as a form of exploitation.

Despite holding anti-slavery convictions, Barnum's actions as a showman, including his controversial "freak shows," could be interpreted as racially insensitive. Furthermore, controversies surrounding the number of his wives and potential affairs, particularly with the renowned opera singer Jenny Lind, contribute to the multifaceted nature of his legacy. Moreover, discussions regarding the historical existence of Anne Wheeler and Philip Carlyle, as depicted in the movie, have also come to light, adding to the ongoing debate surrounding the historical accuracy of The Greatest Showman's narrative.

CONCLUSION

The narrative of *The Greatest Showman* delves into the dual forces that propelled P.T. Barnum toward achievement: his desire to support his family alongside his quest to discover a profound sense of purpose. Throughout his journey, Barnum emerges as a kind of hero—one who grapples with the exhilarating peaks and challenging lows that accompany the pursuit of ambitious dreams. The film encapsulates the essence of the American dream and the classic rags-to-riches tale, emphasizing the crucial moral that it's not only acceptable but also vital to embrace one's uniqueness and take pride in one's identity, underscoring the message that everyone, regardless of circumstance, has a rightful place in the world.

WORDS : DIYA DILEEP | DESIGN : DIYA V. THOMAS



THARIKA P R O M E T H E A N SUKUMAR

CHOICE PULSE 2023

PROMETHEAN

PROMETHEAN

PROMETHEAN

PROMETHEAN

PROMETHEAN

PROMETHEAN

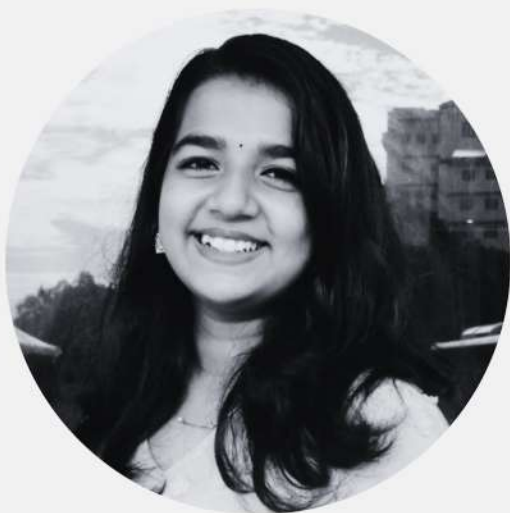
PROMETHEAN

JT PAC teems with vitality - as the dancers assume their positions. For Tharika Sukumar, it is a treasure trove of memories, laughter, and shared joy, where culture and camaraderie flourish. Petals and hues interwoven with devotion adorn her vibrant costume. Bharatanatyam, for her, represents a connection to our roots, narrating tales of courage, resilience, affection, and harmony. It transcends boundaries, cultures, and beliefs, uniting us in the spirit of togetherness. Within this tapestry of tradition and art, Bharatanatyam remains a melody that continues to reverberate. Tharika believes that classical dance is a splendid and serene experience that everyone can relish. It serves as the perfect medium for her to connect with her emotions.

Throughout her upbringing, Tharika's greatest inspirations have been her parents, who have consistently treated her with warmth and provided deep, unconditional support. They have always upheld the principle of equality for her. At the tender age of four, Tharika's mother would drive her across the bustling city to ensure she reached her dance institute. Over the years, she dedicated herself to the art form with unwavering discipline. In recent times, her school instructors have shown great patience as she delved into the unexplored realm of Mohiniattam. At least once in her life, she aspires to take part in the dance-drama of Kathakali. Her desire is to portray a story that resounds with thunderous drum beats, while her precise footwork captivates the audience.



While dance has served as a means to express her emotions, her genuine ardour lies in the realm of Science. Now, don't misconstrue this! During her middle school years, she certainly wasn't the studious type; rather, she was that one individual who utilized the fine art of classical dancing as a means to foster a sense of connection with society.



Science held a special place in her heart, as it intrigued her. The pandemic provided her with a pause, during which she perceived life from a different perspective - one that opened up new opportunities for her to explore and experience Science. She toiled tirelessly during her high school years, altering the trajectory of her academic life from average to a level of excellence. Realizing that there was no looking back, she now aimed only to move forward, as the expectations she had set for herself were now exceedingly high. Throughout her childhood, the reverence everyone held for medical science fostered a profound connection within her. Throughout her life, she believed she had it all planned out - to become a doctor, and a good one at that. However, life is unpredictable. It places obstacles in your path that make you question whether you truly had everything figured out. It took Tharika just a month of exploration to realise that research was her dream career.

Tharika finds Synthetic Biology to be a field of science that deeply intrigues her. Despite India being a country where science and technology are admired, she believes that research remains an underexplored resource. In countries such as Australia and the USA, gene therapy is employed to prevent disabilities in children by repairing the damaged DNA. However, this feat is far too expensive for the general population in India. Tharika aspires to delve into gene therapy and uncover its mysteries. Her fascination with synthetic biology has provided her with a gratifying understanding of the connection with and appreciation for nature, which is a fundamental aspect of synthetic biology. Her current research revolves around harnessing the power of nature to address medical issues. She is actively investigating blue-green algae, whose genes have been modified to break down plastic. Additionally, she is exploring the concept of edible vaccines derived from common vegetables in our daily diet.



Her role as the representative of the World Wide Forum of Kerala has contributed significantly to her current research in the field of synthetic biology. She still vividly recalls the date of June 7, 2022, as if it were only yesterday, when Ms. Mangala had summoned her to the office to inform her and her fellow teammate, friend, and colleague, Atheena, that they were travelling to Delhi as state representatives of Kerala. The experience proved to be enlightening as Tharika and her teammate devised action plans for a sustainable environment for all, a project she is still actively engaged in.



Contemporary environmental advocacy embodies a biocentric perspective that enables individuals to perceive the environment from multiple perspectives. While youth activism is gaining momentum worldwide, Tharika believes that although students at school comprehend the concept of global warming and the urgency to take action, few truly grasp the severity of the situation. To quote Tharika, "While waste may be perceived by many as a collection of unsavoury organic matter, for environmentalists, it represents nothing less than a collection of 118 elements."

Words: Ananya Jha
Design: George Terry

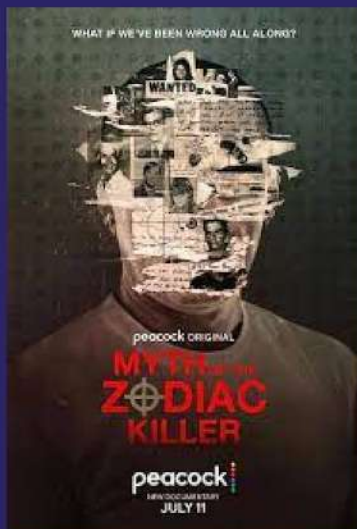
Tharika is undoubtedly a formidable presence, effortlessly and enthusiastically navigating the confluence of synthetic biology, research, and her passion for nature.



Choice Cup



THE CASE OF THE ZODIAC



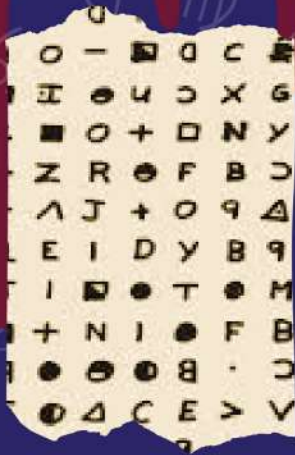
Ensnared within a labyrinth of potential suspects, the investigators remain uncertain as to where to direct their suspicions. Amid the chilling saga of the Zodiac killer, eluding the grasp of law enforcement, the perpetrator has garnered significant notoriety among the masses for the sheer brutality of the murders.

The foreboding tale of the Zodiac Killings commenced during the late 1960s, unsettling the San Francisco Bay Area with its series of heinous homicides. The perpetrator's modus operandi involved targeting young couples in secluded locations, executing the victims with a precision that perplexed law enforcement. Despite the calculated efficiency, the Zodiac Killer also exhibited a disturbing sense of whimsy, employing tactics like using a flashlight to disorient the victims before the lethal assault. This combination of brutality and methodical approach intensified the fear instilled in both the victims and the general public. Yet, it was the murderer's inclination for theatricality that truly distinguished this case from others.



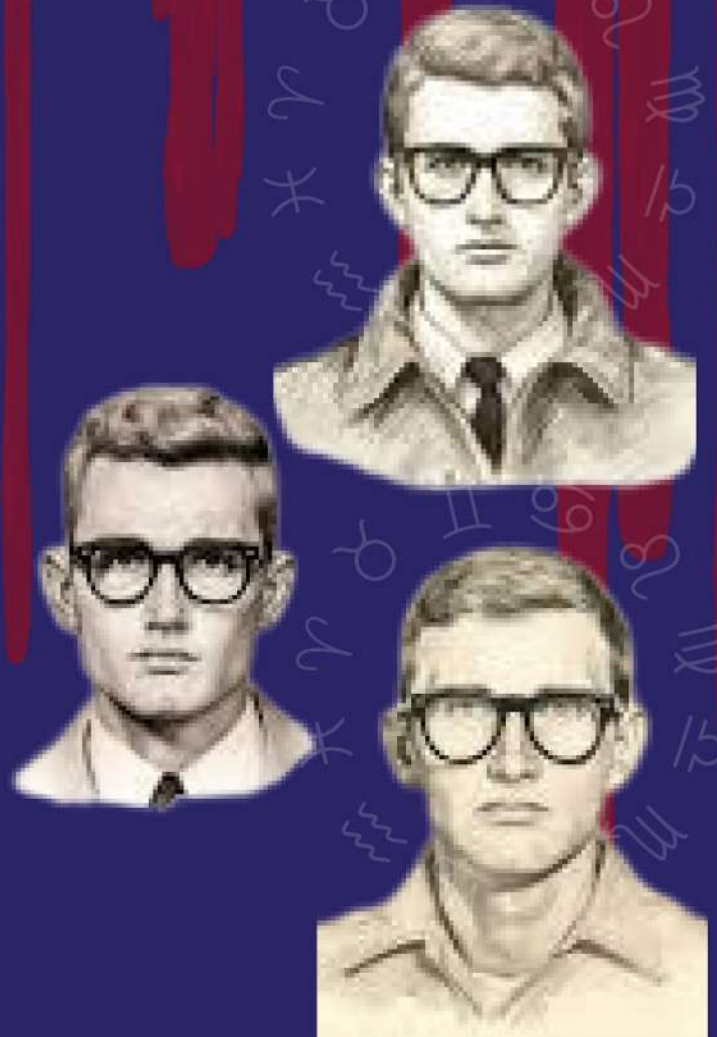
The onset of this ominous period was signalled by the tragic demise of high school students Betty Lou Jensen and David Arthur Faraday, considered the initial homicides linked to the Zodiac killer. In contrast, Darlene Ferrin and Michael Renault Mageau emerged as the sole known survivors of the killer's assaults, leaving behind a trail of footprints that have yet to be correlated with any identifiable suspects.

The Zodiac Killer, as he became known, aimed not only to take lives but also to establish a legacy of terror through his communication with the media and police. He dispatched letters to newspapers in which he issued threats of killing sprees and bombings unless they were published, functioning both as a platform for his distorted ego and a puzzle for authorities to unravel. The lack of a verified identity fuelled the elaborate process of deciphering this enigma written in blood.



The Zodiac Killings have deeply impacted popular culture, serving as inspiration for books, documentaries, films, and television series. The Zodiac murdered 5 confirmed victims but has also asserted responsibility for 32 additional killings. Cryptograms or ciphers were employed in some of the letters where the killer purportedly indicated that he was gathering his victims as slaves for the afterlife. Two of the four ciphers he devised remain undeciphered, while one was only successfully decoded in 2020.

Words: Cyra Binoy
Design: George Terry Joe



His capacity to mock law enforcement and elude capture has cemented his status as a true crime puzzle, leaving behind a lasting legacy of fear and captivation. As the investigation persists, the prospect of revealing the true identity of the Zodiac Killer endures, even decades after his reign of terror commenced. Whether the enigmatic Zodiac's identity will ever be revealed remains a haunting query within the halls of justice, maintaining the world's involvement in a timeless pursuit for truth amidst the shadows of history.

A Glimpse of Hope in Misery

The ground serves many purposes - to tread upon, to plant seeds, and to look down at with regret as you pass by the tenth beggar of the day. Gazing into their solemn and weary eyes, with no spare money to offer, is akin to confronting the darkest aspect of yourself. And if life has graced you with even a hint of empathy, they linger in your thoughts long enough to yearn for a rainbow at the conclusion of their tale. Every time you blink, there is likely a man desperate to provide for his family or a child left to fend for themselves, stretching their arms out to yet another oblivious individual who will dismiss them.

Homeless individuals in India take up residence on the streets of cities, under bridges, or along highways, seeking shelter wherever they can. These wanderers are in constant motion, searching for better protection from the often harsh Indian climates. If women who traverse the pathways for just an hour or so are not safe from heinous crimes, then the experiences of these homeless women are better left unspeakable. Residing in slums is directly linked to the absence of fundamental resources, and they live in constant fear of eviction. The number of homeless individuals has reached 1.77 million, with those in poverty, the mentally unwell, and those grappling with substance abuse contributing to this figure.

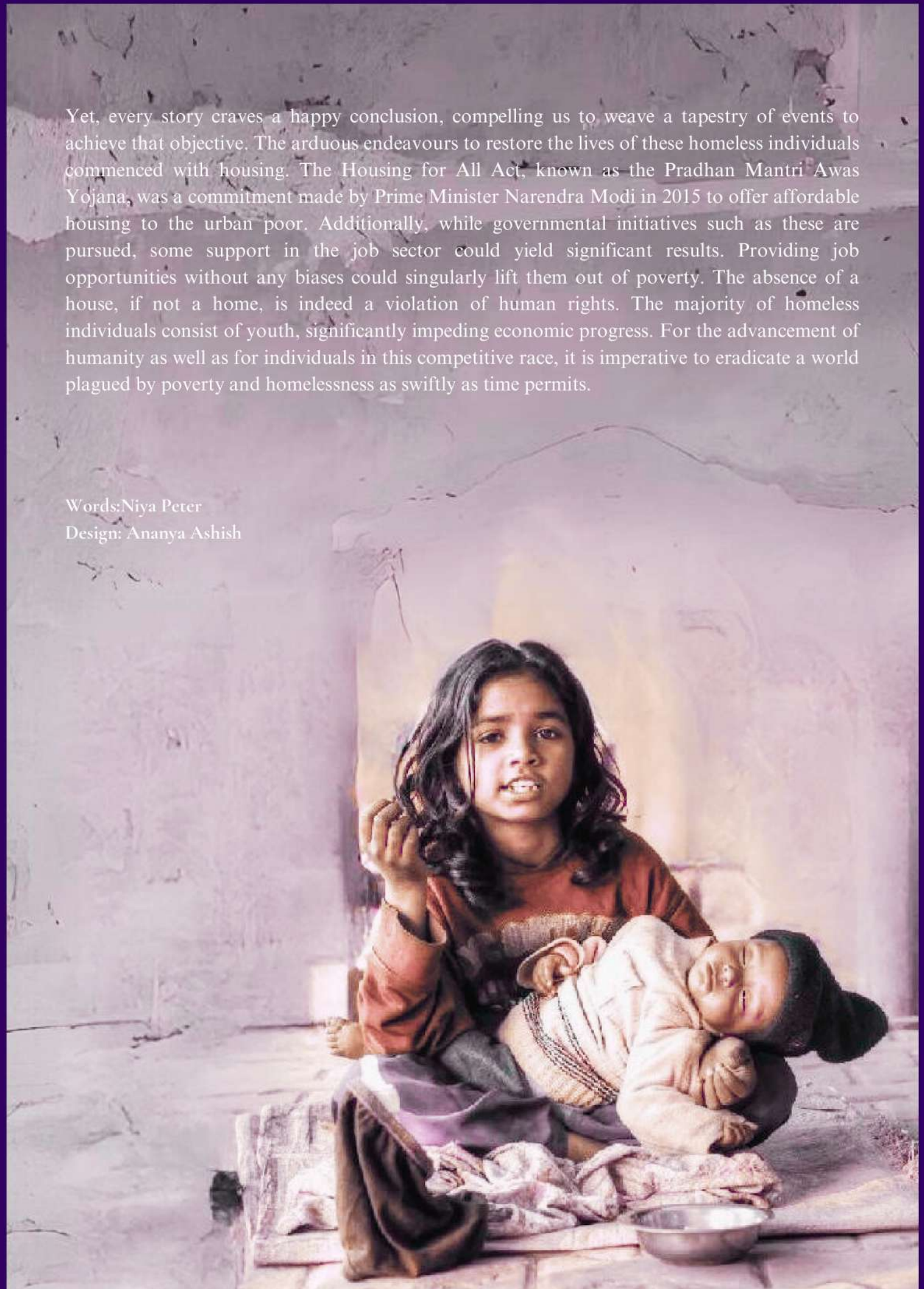
The threat of COVID-19 led to streets devoid of beggars due to safety protocols. Prime Minister Narendra Modi's three-week nationwide lockdown not only made it challenging for them to secure meals. With no means of earning a livelihood, the plight of these impoverished individuals was truly devastating. Considering the disproportionate number of homeless people in our nation, the government did not adequately plan before implementing such stringent measures. Delhi and Chennai were among the few cities where homeless shelters provided accommodation for the desperate. If this virus wasn't already the bane of their existence in the economic realm, they certainly suffered in terms of their health. Since most of them lacked access to primary healthcare or suffered from malnutrition, their bodies were more susceptible to being affected by this dreadful virus. Their poverty catalysed the decline of their health.



Yet, every story craves a happy conclusion, compelling us to weave a tapestry of events to achieve that objective. The arduous endeavours to restore the lives of these homeless individuals commenced with housing. The Housing for All Act, known as the Pradhan Mantri Awas Yojana, was a commitment made by Prime Minister Narendra Modi in 2015 to offer affordable housing to the urban poor. Additionally, while governmental initiatives such as these are pursued, some support in the job sector could yield significant results. Providing job opportunities without any biases could singularly lift them out of poverty. The absence of a house, if not a home, is indeed a violation of human rights. The majority of homeless individuals consist of youth, significantly impeding economic progress. For the advancement of humanity as well as for individuals in this competitive race, it is imperative to eradicate a world plagued by poverty and homelessness as swiftly as time permits.

Words: Niya Peter

Design: Ananya Ashish



FRINGES 2023 unfolded as a stunning spectacle, a shining manifestation of artistic and theatrical talent, and a true testament to the abundance of skill we possess at the Choice School. This year's theme, 'The Archaic Walls of Hollywood', commemorated the celluloid memories of the bygone years, bringing the silver screen back to life and serving as a reminder that the enchantment of Hollywood's vintage charm still deeply resonates within the hearts of those who opt to recollect. Meticulously coordinated by the Cultural Secretaries alongside the Student Council, supported by an extensive team of student leaders, FRINGES 2023 was an unquestionable triumph!



FRINGES 23'

Words: Maya Theresaa

Design: Daya Fathima

"Fringes was an absolutely exhausting rollercoaster, and I loved every minute of it. It screamed of all the hard work that went on behind the scenes. It was an extremely emotional day, being the first big event both Raybel and I coordinated together, and there were definitely moments where I was very angry, but I was extremely happy and proud of what we made it to be. People left Fringes with huge smiles on their faces, content and satisfied, and as Cultural Secretary, what more could I ask for?"

-Tamanna Maryam Michael, Cultural Secretary.



FRINGES 2023 marked the culmination of nearly 3 months of behind-the-scenes work — the Committee Heads of the Finance department laboured tirelessly and successfully obtained funds amounting to 13 lakhs for all the Cultural events of this academic year within a month. "The combined effort exerted by our team, whether during the weeks preceding the event or on the actual day, demonstrated an exceptional commitment to making the event as outstanding as possible," stated Parichay Prabhu, Assistant Head Boy and Head of the Finance Team.

The Fringes filler programmes were organised by the Entertainment Heads. Overseeing the music section, Atheena Rajesh and Tanya Alex managed three distinct bands, all selections based on the top hits from the 1960s to the 1990s.

It was challenging at times, and overseeing and assigning responsibilities to three different bands was stressful, particularly with the standards we aimed to uphold. However, even amidst the pressures and expectations we set for ourselves, the passion of the various bands shone through, and I am delighted to say that all the effort put in behind the scenes paid off," stated Atheena, who also performed as the lead vocalist for 'Mixtape'.

The two dance coordinators, Diya Dileep and Diya Binod, dazzled on stage with their respective troupes. Diya reminisces about her experience, "The Decoration Committee for Fringes was undoubtedly one of the most exceptional teams the Choice School has ever witnessed. From the Walk of Fame in the JTPAC foyer to the posters adorning the Kindergarten walls, they indeed transported everyone walking through that path back to the 1960s.



"Being the head of decoration wasn't an easy responsibility, particularly when considering all the previous events we had to measure up to. It was a somewhat demanding experience for me, especially as I had the Choice Cup to host as well, but with the assistance from my colleagues and the volunteers, we managed to execute the decoration in an incredibly impressive manner. Their diligent work deserves commendation," Andrea chuckles.

The Finance Heads were exceptional, working months in advance to secure the funding that allows our Choice Cultural events to truly shine amidst a plethora of student programmes. "Fringes was an event marked by both triumphs and challenges. Being the first event organised and managed by our cohort, it brought a fresh and exhilarating experience. The combined effort exerted by our team, whether during the weeks leading up to the event or on the actual day, demonstrated an exceptional commitment to making the event as outstanding as possible," stated Parichay Prabhu, Assistant Head Boy and Finance Head. They effectively raised the required funds to support all cultural events this year within a single month, rendering this year's Fringes one of the most prosperous to date.



And what do our Head Boy and Head Girl have to say about it? "I thoroughly enjoyed working with the Fringes team - they were all incredibly supportive and hardworking. All the teams, from dance to fashion to music, did a fantastic job, and thanks to the efficient coordination by the Fringes Heads, our (Yousuf and mine) role was considerably simplified. I believe it was a tremendous success! A massive shout-out to the Cultural Secretaries, Raybel and Tamanna; they were absolutely brilliant!" Zoha beams. "We faced a bit of a rough start because, frankly, Zoha and I had no idea how we were going to pull off Impulse and Fringes on two consecutive days, but the Senior School pulled through, and I think both events were absolutely amazing! Rachel Ma'am, Preetha Ma'am, Mangala Ma'am, and Padma Ma'am, thank you so much for all your support and assistance, and to all the supporting staff as well," adds Yousuf.



Looking back, Fringes 2023 was more than just an event; it was an immersive voyage through time, a sincere homage to the realm of cinema, and evidence of the potency of creativity, imagination, and theatre. As the event drew to a close, it left a profound impact, sparking a fresh admiration for the enduring tales and legends that have been woven into the very essence of Hollywood's history.

Lastly, we conclude with the words from our Cultural Secretary, Raybel John Justin. "At first, I was utterly terrified for Fringes, I won't deny it. For the initial couple of weeks, it was all about hectic schedules, calls, meetings, Tamanna and I darting through the school blocks, arranging practice rooms, and just overall chaos. It felt like an insurmountable workload, and it seemed never-ending. Then, in the last few days, things began to settle down gradually; sponsors started to show up, decorations were put up, the music was set, the dance routines came together, and suddenly everything fell into place. The stress dissipated, and then I was having a good time, and I could see everyone else was too. I couldn't be prouder of all the Event Heads and my fellow Cultural Secretary Tamanna. Fringes 2023 is certainly an event to be cherished."



CULINARY ARTS AS A CAREER

The Home Science and Food Production students of Year 9 and 10 had the opportunity to engage with Ms. Daniella Jessica Hardy, an alumna of The Choice School. She currently works as a Chef at GIji Restaurant in Mumbai and specialises in Japanese and European Cuisine, with a keen interest in Italian Cuisine.

The online session took place on Thursday, September 7, from 7:45 am to 8:25 am. It was an engaging and informative experience featuring a professional who shared her inspiring journey from The Choice School to her current position as a Chef, with a focus on various aspects of Restaurant Sections.

She discussed her passion for cooking and how it flourished during her school days, ultimately shaping her career. Chef Daniella recalled her early culinary influences and travel experiences that sparked her curiosity about different cuisines and flavours. She talked about her educational path, including her enrolment in Culinary School and the pursuit of a BSc degree in Culinary Arts. She emphasized the significance of a formal culinary foundation for aspiring Chefs and acknowledged the role of her mentors in her learning journey.

Furthermore, she provided insights into the interconnected and vital roles of kitchen management, front-office operations, and customer service in the success of a restaurant. Chef Daniella openly shared some of the challenges she faced, such as long working hours, high-pressure situations, and the constant need to adapt to evolving culinary trends. She highlighted the importance of perseverance and learning from setbacks.

The session concluded with an interactive Question-Answer segment, allowing students to inquire about her experiences and perspectives on various cuisines and culinary trends.

The online interaction with Chef Daniella was an inspiring and educational experience for the students. Her journey from school to becoming a chef exemplified the dedication, hard work, and passion required to excel in the culinary industry. The insights she provided into the diverse aspects of restaurant management offered valuable knowledge for those considering a career in this field.

Overall, the session was successful, leaving students with a newfound appreciation for the art of cooking and the intricacies of restaurant management.



Design : Devika Ranjith Pai

Words : Joanna Noby Erailil



CULINARY TIME WITH

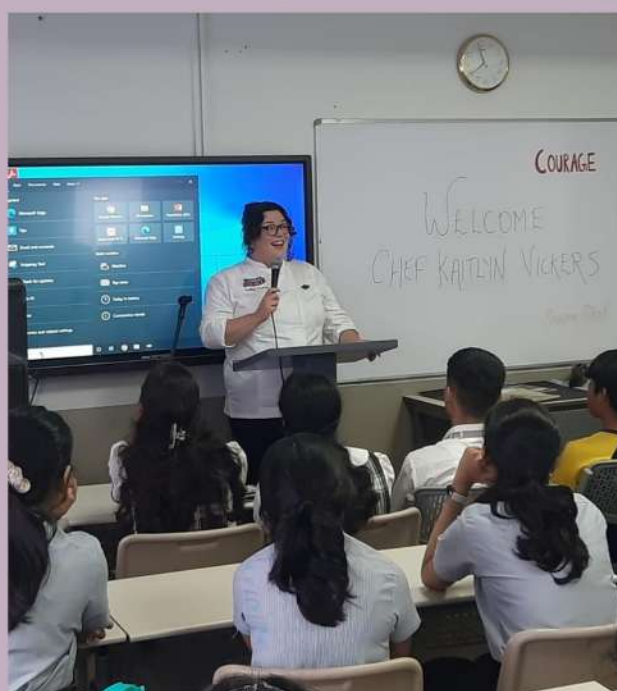
Kaitlyn Vickers

The students of the Epicurean Club, along with the Home Science and Food Production students of Year 11 and 12, had the opportunity to engage with Chef Kaitlyn Vickers, Corporate Chef in Research and Development at Taste Choice on September 12, 2023.

Chef Kaitlyn Vickers obtained her Bachelor's Degree from the Culinary Institute of America. She initiated her career as a Fry Cook at McDonald's and has held various positions in the Food Industry.

The main aim of the interaction was to provide students with an understanding of Chef Kaitlyn's professional journey, her experiences in the culinary world, and the evolution of the American culinary scene over the years. Chef briefly shared her background and how her passion for cooking led her to pursue a career in culinary arts. Emphasising the influence of diversity on American Culinary, she highlighted how the amalgamation of various cuisines and cultural influences has contributed to a vibrant and diverse food culture. She offered valuable advice for students aspiring to enter the culinary industry, stressing the significance of passion, perseverance, and continuous learning. The session concluded with an interactive Question-Answer segment, enabling students to pose questions and seek further insights from Chef Kaitlyn. This session facilitated meaningful interaction and provided a deeper comprehension of the culinary world.

The students conveyed their gratitude for the insights and inspiration they gained from Chef's experiences. Many found her journey relatable, and her advice served as a source of motivation. Chef Kaitlyn Vickers' talk on her culinary experiences was a resounding success, offering students a unique opportunity to acquire valuable insights into the realm of culinary arts.



APOSEMATISM

Aposematism represents a noteworthy and crucial survival tactic seen in various animal species, involving the utilization of vibrant and striking colors to deter potential predators. This evolutionary strategy underscores how animals have developed intricate defense mechanisms to protect themselves within their habitats. Species employing aposematism typically possess poisons, venoms, or other defense mechanisms that could potentially harm or eliminate predators. Instead of relying solely on camouflage or stealth, these animals employ vivid and contrasting hues to conspicuously stand out in their surroundings. The primary objective of this display is to convey a straightforward message: "I am a threat, stay away."

The benefits of aposematism are twofold. Firstly, it significantly reduces the likelihood of predators targeting these particular species. The conspicuous colours prompt an immediate association in predators' minds with a negative encounter, likely linked to the effects of the associated poisons or venom. This association fosters a lasting memory, dissuading predators from repeating the same harmful mistake. Secondly, aposematism proves advantageous for the predators themselves. Predators that learn to steer clear of these brightly coloured species minimize their risk of harm, conserve energy, and enhance their overall chances of survival. This dynamic engenders a form of "mutual understanding" between the vividly coloured animals issuing the warning and their predators over time, an occurrence commonly referred to as "aposematic learning."

The monarch butterfly serves as a notable illustration of aposematism. Its distinctive pattern, featuring a combination of black, orange, and white hues, serves as a clear warning signal to birds. When a bird attempts to prey on the monarch butterfly, it falls sick due to the toxins present within the butterfly's body. This unpleasant encounter educates the bird to associate the butterfly's colors with toxicity, prompting it to steer clear of similar-looking prey in the future.

Aposematism represents a captivating evolutionary strategy that underscores the diverse and ingenious adaptations in the animal kingdom. Utilizing vibrant colors as a cautionary indication, animals equipped with poisons or defenses effectively deter predators, safeguarding their own survival while also fostering ecological balance through shared learning. This phenomenon serves as a testament to the remarkable array of adaptations that have emerged within the intricate fabric of the natural world.

Words: Sidharth B.K

Design: S. Neelambary

teachers day



THEY'RE DEAD.

BECAUSE OF

BOOK

REVIEW

I DO VERY BAD THINGS
AND I DO THEM VERY
WELL

Verity

Bold, gripping, and twisted, this thriller novel will captivate readers from the very first page. 'Verity', written by Colleen Hoover, diverges from her typical contemporary romance genre. Hoover adeptly weaves an enthralling narrative that challenges concepts of truth and morality by delving into the deepest recesses of the human psyche.

"I'm sure it's mostly in my head, but that doesn't put me at ease, because the things lurking around inside the mind can be just as dangerous as tangible threats"

The story is narrated from the perspective of the protagonist, Lowen Ashleigh. Lowen is an aspiring writer who seizes a once-in-a-lifetime opportunity to ghostwrite the remaining books of the bestselling series by the author Verity Crawford, having been hired by Jeremy, Verity's husband. As Lowen delves into Verity's manuscripts, she unexpectedly uncovers an autobiography that was never intended to be read, revealing crippling truths narrated by Verity within its pages.

"Who needs guns to kill, when you have words?"

While becoming increasingly immersed in the manuscript and growing closer to Verity's family, Lowen grapples with a decision: should she expose the contents of the manuscript or keep them concealed? If the truth is revealed to Jeremy, how will it impact the already grieving father, to whom Lowen feels inexplicably drawn?

If you're seeking a thriller that will challenge your perceptions and leave you pondering the nature of truth, "Verity" is a must-read.

"I needed for the imaginary version of my world to be darker than my real world. Otherwise, I would have wanted to leave them both."

So, are you team manuscript or team letter?

Design: Dia Meenattoor
Words: Britney Liz Anithanam

PERSEID METEOR SHOWER

The New Light that Showers the Sky

Each year, we witness meteor showers that scientists deem to be an extraordinary occurrence, happening only once in a billion moments.

Eagerly, we anticipate these celestial spectacles, poised with our smartphones, eager to capture a snapshot that serves as a testament to our participation in a historic event. Yet, often, what unfolds appears as nothing more than a faint glimmer in the night sky, rather than the awe-inspiring display we had envisioned. Over time, this experience can dampen our enthusiasm for such occurrences, leading to a diminishing interest in these celestial marvels. Perhaps this explains why many remain unaware of the mesmerizing Perseids, the breathtaking shooting star display that graces our skies from July to September. Astronomers, however, regard this as a highly anticipated annual event, eagerly anticipated by stargazers and sky enthusiasts alike. The Perseids are caused by Earth passing through debris — bits of ice and rock — left behind by Comet Swift-Tuttle which last passed close to Earth in 1992. The Perseids peak when Earth passes through the densest and dustiest areas.

If you didn't manage to see any Perseids this year, 2024 should be a good year for the Perseids as although the moon will be 50% illuminated, it will set at midnight, providing dark skies through the wee hours until dawn. According to NASA, you can expect to see up to 100 meteors per hour during the Perseid's peak. The next Perseids shooting star display will peak around the night of Aug. 12 and before dawn on Aug. 13, 2024.

Meteor showers are named after the constellation from which the meteors appear to emanate. From Earth's perspective, the Perseids appear to come approximately from the direction of the Northern Hemisphere constellation Perseus. You can see the Perseid meteor shower best in the Northern Hemisphere and down to the mid-southern latitudes, and all you need to catch the show is darkness, somewhere comfortable to sit and a bit of patience.

CHOICE

Issue 4 | September 2023

Pulse

CHOICE PULSE
FOR PRIVATE CIRCULATION ONLY

Designed and Published by
Senior Secondary Section, The Choice School
Editorial correspondence: pulse@choiceschool.com