

ENTERTAINMENT



FEBRUARY '24'

ENTERTAINMENT



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eu-noia

noun

Derived from the Ancient Greek words meaning “a well mind; beautiful thinking.”

If you have any questions for the Editorial Board, feel free to reach out to editorial.srj@owis.org

An Expert's Insight

BY HIMADYUTHI SIDHU

The interviewee for this edition is Director Palnati Surya Pratap. He mainly works in the Telugu film industry and has created movies such as 'Crrent', 'Kumari 21F' and '18 Pages'.

What does a day in your life look like?

My days generally start with a plan. I make a list of things I need to do and focus on things that interest me that day. Some days it's a screenplay, other days it's watching a movie for observational notes or other things.

What is the scope of your career?

Being a director, or working in the film industry in general, is an opportunity with no limits. There are 24 crafts involved in the creation of a movie; each of them has its own scope and varies from person to person as well. We can be as creative as we like; there are absolutely no boundaries. It's focused on a person's creativity and you can't put a limit to it. It's a field that requires a lot of passion, and that can take you quite far. The more you work, the more satisfaction you can receive.

What are some of your favorite things about your career?

I consider myself very lucky to have been able to pursue a career that I love, and I particularly like being able to create things out of my imagination. I love writing screenplays, I love directing, and I love being able to make my audience feel something through my movies.

What is your favorite movie that you created?

I don't think I can choose. As a director, each movie that I create is special to me so I can't pick. Some movies (not ones that I've created) have had a great impact on my life: 'Mayabazar' (1957) and 'Patala Bhairavi' (1951) are two of them. However, from a director's standpoint, I happen to enjoy most movies.



What words would you like to share with our current generation?

One thing that I love to do is to share. My thoughts, my views, my opinions. I'm a continuous explorer. I'm always sharing things with people; whether it be things I like or not. I think that's the best way of understanding other people and collectively learning. So, I guess that is what I want to tell the current generation: share. Things you like, don't like, your problems, your happy moments, everything. Share, learn, and grow.

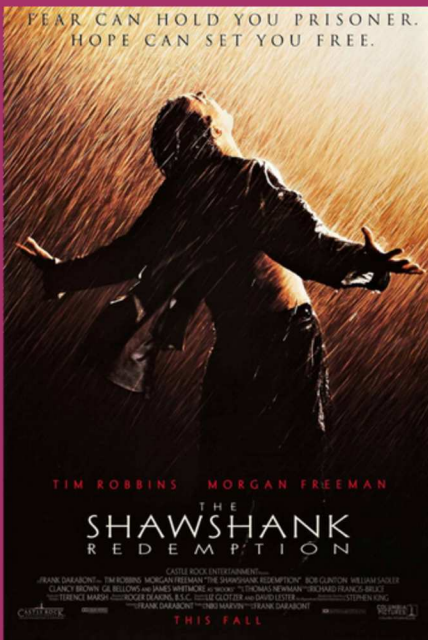
TEACHER'S CORNER

Personal motto:

*"Yesterday is history, tomorrow is a mystery, and today is a gift (of joy); that's why they call it present."
- Master Oogway, Kung Fu Panda.
(Originally said by Bill Keane)*



Mr. Chetan Mehta

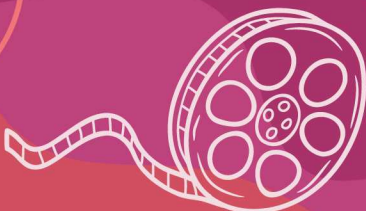


What is your all-time favourite movie and why?

The Shawshank Redemption. It's a complete package of everything you would want from cinema both in form and content. I have watched the movie countless times, and I have learnt so many things from the plot that I owe a lot of my temperament to it. Not only has it taught me how to retain my composure amidst adversities, but it has also given me hope to lead a better life.

How has entertainment changed from when you were a teenager to now?

There have been considerable changes due to the advent of technology as new forms have emerged and entertainment has become more accessible to everyone across the world. Back in my age, our entertainment was limited to weekend shows on TV, but that is not at all the case anymore. It has also become a very lucrative industry. Moreover, it generally seems that artists who can successfully oscillate between art and entertainment in today's world flourish in their careers by catering to a larger audience and feeding into the bandwagon effect.



TEACHER'S CORNER

What form of entertainment do you think deserves more recognition and why?

I personally believe that it's entirely a matter of personal choice, and so long as it recharges your battery your consumption of any form of entertainment is justified. However, I do believe that everybody deserves to absorb material that refreshes them and so the entertainment industry should strive towards becoming more accessible to people from all age groups and backgrounds. I suppose animation movies are something I enjoy which a lot of people at my age are unable to appreciate, but then again everyone is entitled to their preferences.

What prompted you to choose teaching as your career?

I honestly did not have a clear intention to pursue teaching as a career at first. While I was hunting for vocations that allowed me to explore my passion for music and art, I tried teaching and realised that I enjoyed doing so in the process, which stuck with me. But my primary attraction to this field was its ability to accommodate my need for uninterruptedly diving deeper into music alongside supporting myself through a collateral job.

What would the students be surprised to find out about you?

One thing that has surprised most of my colleagues and friends is that I conceived of a Music Library at one of my old schools for five whole years (2000-2005). I literally managed the whole project myself by compiling music from all genres under the sun, keeping in mind the kind of tracks that students at that age should be listening to as they enter new stages of life. This was a completely original idea, and given the fervour for music it inspired I am really proud of it in retrospect.

EXCITING EVENTS

The Pursuit of Happiness - Celebrating the Charm of Our Opera

By: Megha Karuthodi, M4 Persia

On a night bedecked by the glitter and glamour of entertainment, we celebrated the much-anticipated opera. The grand, almost massive stage that extended across the meadows was a testament to the size of the event. The months of stressful but hard-working preparation that surrounded the event were overshadowed by the sheer excitement that was felt by students who gathered at the venue. The green meadows, adorned with lights and colour, served as a beautiful backdrop to the theme of our opera – ‘the pursuit of happiness’.

To preface the event, our MYP Coordinator, Miss Radha Mishra, took to the stage to reminisce about the events of the past year, as well as acknowledge the work that was put into making the opera as remarkable and vibrant as it was. The opera commenced with an annual report presented by the president and vice president of the school government, Amodi Kulkarni and Dhivya Iyer respectively. The report outlined the numerous achievements of both the students and the school throughout the year, including various sports initiatives and the Street Store.

The parents and attendees of the event were met with a surge of enthusiasm as the performance began. The theatrical performance was titled ‘A Pursuit of Happiness’, inspired by the play ‘Tasher Desh’ by Rabindranath Tagore, and followed a prince’s journey through several lands in his quest for fulfilment, seeking to attain true happiness. It helps us understand happiness as a concept separate from superficial desires.



The performance featured various dances, each highlighting the vibrancy and essence of different facets of what we associate with contentment. In their energetic and powerful nature, each dance was a visual treat that showcased the incredible talent of the performers. The mesmerising backdrops for the dances were incredibly vital and complemented the theme of the play perfectly.

At the end of the show, our beloved MYP teachers put on a dance performance that added an unexpected yet incredibly welcomed finale that was a perfect way to conclude the event with a flourish.

Our associate MYP Coordinator, Miss Subha Manoj, concluded the event by wishing all members of the OWIS family her appreciation and acknowledgement for the individual efforts taken by the many teachers and students who helped make the event possible. The opera is far more than just a yearly production; it is a celebration of the unity of our school community and its commitment to ensuring a wonderful learning experience for all its students.

Crossing the Finish Line - OWIS Annual Sports Day

By: Srianshu, M4 Persia

As we entered the school, we could see the Green Meadows with freshly painted relay paths, and brightly coloured flags of all the different houses, tied at every corner. And as we listened to upbeat, popular music, we could see the cheerleading teams preparing to showcase their outstanding performances, as the whole school eagerly waited for the athletic event that occurs once every school year: the Annual Sports Day!

We started the special day by assembling in the Green Meadows, the students arranging themselves house-wise with their captains and vice-captains leading at the front. The march past started with an introduction to Nesara from MYP 5, the school's sports captain, and Dhivya Iyer from DP-1, the school's vice president.



As the houses of Willow, Flames, Wisteria and Acacia marched past the ground, the speakers introduced the accomplishments of each captain and vice-captain. As the students arranged themselves in the middle of the ground, the chief guest, Mr. Nitin Rao, declared the Annual Sports Day 2024 open, following it up with an inspiring speech about his love for sports from childhood up to this very day.

Then the Torch Ceremony took place, and we witnessed our school's skilled athletes, who won medals and trophies for competitions in swimming, skating, athletics, and even shooting! The day was packed with inter-house and individual competitions for 75 and 150 metre races. The cheerleading teams from each house showed off their creative dances with energetic moves as the crowd danced along.

Not only were the students participating and winning medals for running, relay, back throw, and broad jump, but the staff had activities to look forward to too. Watching our teachers compete in a 50-metre dash was truly entertaining, and so was cheering on our hard-working bus drivers as they tackled one another to grab each other's cloths. The Tug Of War was a challenging game, with students either pulling a rope towards victory or cheering those who were pulling on, but it did truly end the day on a great note.

“ As we conclude another day to celebrate sports, we must remember that Sports Day isn't only about receiving medals, or winning points for our houses. It allows students and staff to let loose, be in the moment, and have a ton of fun.

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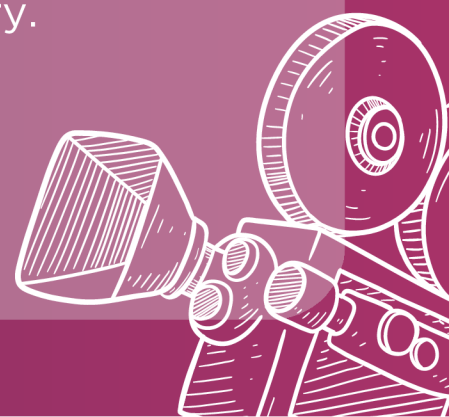
WHAT'S IN THE THEME?

Entertainment is anything that provides enjoyment, and it is fascinating how it has changed from form to form over the years. If you are keen on learning about the various forms of entertainment, this article will suit you well.

The oldest form of entertainment is storytelling; it has been present for thousands of years and leaves traces in every culture. Some of the oldest stories originated from ancient Egypt and Mesopotamia.

Stories can be told in many ways, including verbally, in writing, or through art. They can be about fictional or real-life events, and sometimes a mixture of both; they can be set at any time and place, but no matter how they are set up, they have the power to make us believe we are a part of them.

.Storytelling has also inspired and influenced many other forms of entertainment, such as puppetry.





Puppetry is done by manipulating puppets or mannequins. First used in the 5th century BC, puppetry has a long and rich history, which dates back to ancient Greece and Rome. In early times, puppets were often used for religious reasons such as rituals and ceremonies. Over time, this art became famous and was used for entertainment purposes.

According to one legend, the creator Bhrama gave life to Adi, the first puppeteer. Another legend tells the story of Lord Shiva, the patron of puppetry, with his wife, Parvati, as the protagonist. The goddess and her divine companions entered the puppets and began an exquisite dance; however, they abandoned their dolls after a while. The creator, sad at his dolls being lifeless again, thought up a system of strings to move the dolls (with the blessings of the gods), and so puppetry was born.

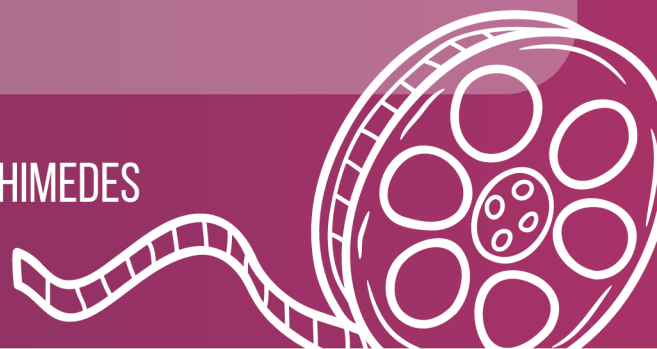
As the years progressed, different forms of entertainment were discovered and abandoned. The same cycle repeated when our generation appeared. We are so reliant on technology that our sources of entertainment completely depend on the internet. Our interest lies in TV, shows, and cartoons, either separating us from reality or deepening our understanding of our culture. Our current entertainment may provide more enjoyment than older times but can also have negative impacts.



However, it is beautiful to see how entertainment has taken the role of a shape-shifter and changed from form to form whenever needed.



BY : AMAY AGARWAL • M1 ARCHIMEDES





WHAT'S IN THE THEME?

A BEGINNING WITH 'S' AND AN ENDING WITH 'P'
(A PEEP INTO CARNATIC MUSIC)


Be it 'Samaja vara Gamana' composed in Hindola, or the lyrics of 'Endaro Mahanubhavulu' set to Sri Raga, Carnatic Music has certainly mastered the art of enchanting the hearts of its million Rasikas. It is like an ocean that contains the sweet waters of all the rivers. It is like the night sky illuminated with a million stars.

Having said that, the description of this performing art can be challenging considering its intricacies and the variety of compositions that it beholds. Great composers like Tyagaraja and vocalists from all over South India have contributed significantly towards Carnatic Music, adding their own styles, emotions and improvisations bringing out the vibrant shades and colours of this amazing artform.




The salient feature of Carnatic Music lies in the idea of how emotions and moods (particularly devotion to a deity) can be expressed through the use of advanced melodic and rhythmic patterns. The pieces created are a feast to the ears of the audience and express utmost obeisance to the deity mentioned in the compositions. However, it is not merely about devotion or spirituality but also how a Raga can be explored through the means of a composition using vivid note patterns, the gamakas (embellishments), Manodharma (Improvisations) and of course the emotional connection of the artist which adds the magic.





My journey of exploring music started at the age of 10 when I used to hear my grandmother at home setting the Tambura (a Carnatic instrument) and practising religiously for an hour everyday. Her practice included voice training, playing with the notes and forming her own patterns, singing songs and always ending with a small and sweet Krishna bhajan which signalled the start of a positive day. I sang with her, understood my mistakes and improved them. My grandma will always have a special space in my life.

The various elements of this artform that have given it global recognition include:

1. Raga (Melody): Raga is the melodic framework that defines the pitch, scale, and musical motifs used in a composition. Carnatic music relies heavily on a system of ragas, each associated with specific moods, times of the day, and emotions.
 2. Tala (Rhythm): Tala is the rhythmic cycle or metre in Carnatic music. It is characterized by a specific number of counts (aksharas) and is essential for organising the rhythmical structure of a composition. Adi Tala (8 beats) and Rupaka Tala (3 beats) are examples of common talas.
 3. Svaras (Notes): The seven basic musical notes in Carnatic music are Sa, Ri, Ga, Ma, Pa, Dha, and Ni. These notes form the building blocks of melodies and ragas. There are also variations of these notes adding nuances to the melodic structure.
 4. Alapana (Raga Alapana): Alapana is the elaboration of a raga through improvisation. Musicians use alapana to explore the nuances of a raga, gradually introducing the svaras and establishing the mood of the piece.
 5. And of course Shruti (scale), which cannot be neglected at any cost. It not just forms the backbone of Carnatic Music, but any form of music around the world.
- 

Listening to a composition not only connects us with the song and its intended meaning, but also culture in its broader sense. It makes us cherish our identity, our roots, our ancestry and the land we hail from. You have a taste of the languages from the region, and feel proud about them, you get a taste of colours, festivals and ceremonies through the means of classical music. Carnatic Music revolves around emotions and these emotions are what makes us human!

On that note, attend a Carnatic Music Concert in your locality and feel the difference!





WHAT'S IN THE THEME?

PERCY JACKSON AND THE LIGHTING THIEF

As an avid reader, I am always on the lookout for new books to read. One day, I learned about this wonderful, thrilling series based on Greek mythology by Rick Riordan titled 'Percy Jackson and the Olympians'.

It is led by a protagonist named Percy Jackson, who describes himself as a "troubled kid" and sees things others can't, such as a group of centaurs galloping and his algebra teacher as a Fury.

He learns that these aren't hallucinations, but parts of the Greek world where Greek gods are the rulers. This world is separated from mortals (unlike Percy, a demigod) by the imaginary force that obscures the truth by creating illusions known as the 'Mist'.

Percy is the son of Poseidon, the god of the seas. As the son of one of the Big Three (Zeus, Poseidon, Hades), he gets powers such as breathing underwater, healing when water is around, sharper senses around water, manipulating water currents and even communicating with sea creatures.

Being a demigod means attracting monsters and because Percy is the son of one of the Big 3, he attracts stronger monsters such as the Furys, the Chimera, the Minotaur, and more. For his safety, he goes to the demigod haven, Camp Half-Blood.

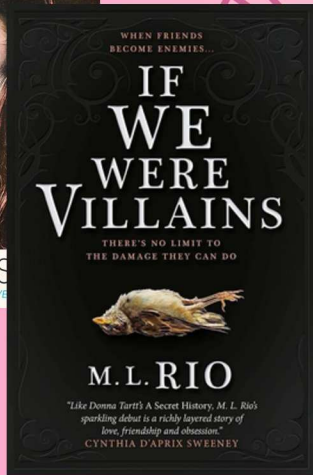
It's revealed that the gods are on the brink of war with each other, so Percy sets out on a cross-country quest with his newly found friends, Annabeth Chase, daughter of Athena, and Grover Underwood, Percy's Satyr protector. Together, they fight against the forces of evil and become heroes who save the world, not just once, but many more times.

BY : KRITHICK SABIRAJAN



MEDIA RECS

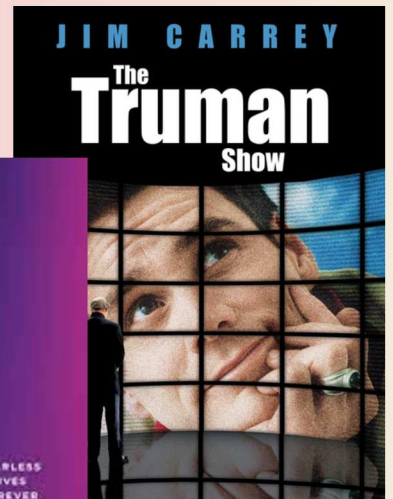
DHIVYA IYER



Media recommendations, entertainment. These two go hand-in-hand, and so I've prepared a special treat for you: a tour of Bangalore, through all the *entertaining* places that will, hopefully, leave you with ideas for your weekends.

If you don't feel like going out, why not pick up a book or watch a movie? The books I've got in mind are '**Daisy Jones and the Six**', a rock-and-roll book by Taylor Jenkins Reid. Poignant, funny, and a one-sitting read, it tells the story of the biggest (fictional) rock band in history and how they shattered. Also, '**If We Were Villains**' by M.L. Rio, told by a student from an elite Shakespearean college... who just served 10 years in prison, for a crime he may (or may not) have committed. (Please note that both books are 16+).

If you're not into books, I've got your back! '**Bohemian Rhapsody**', a biographical musical drama about Queen's Freddie Mercury and the band's journey. '**The Truman Show**', a psychological comedy-drama about a man who lives an ordinary life... on a reality TV set with actors as his family and friends. Finally, "**Om Shanti Om**", a movie with SRK and Deepika Padukone that I can't even *begin* to explain. You'll just have to see for yourself...



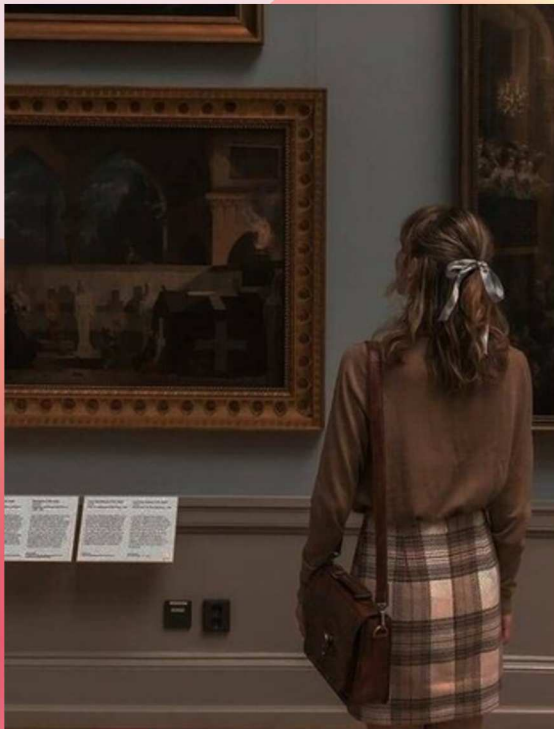
Let's move on to the tour. You book a taxi and as you're dramatically looking out the window, you play some music. First, Bon Jovi's '**Burning Bridges**', a song about his ending contract with Mercury Records, followed by Pink Floyd's '**Have a Cigar**'. *Music*, am I right?

We've reached our first destination: Ranga Sankara, Bangalore. You watch two notable plays by notable artists, based off the works of a *seriously* notable playwright: '**What's Done is Done**' (inspired by Macbeth), and '**Nothing Like Lear**' (inspired by, you guessed it, King Lear). Shakespeare, baby!

Heart, mind, and soul refreshed, you decide you want some brunch. You can turn into any street in Bangalore and you'll find at least one eatery. A favorite is **'The Hole in the Wall Cafe'** in Koramangala. It's got an outdoor seating area, towering bookshelves, stunning decor, and food so good you just can't wait to indulge in it. You order a sandwich, a drink, and... okay, let's grab a waffle while we're at it. Lip-smacking stuff. You linger for the books and atmosphere, and then you're off towards exhibitions!



The Hole in The Wall Cafe,
Koramangala 4th Block, Bangalore



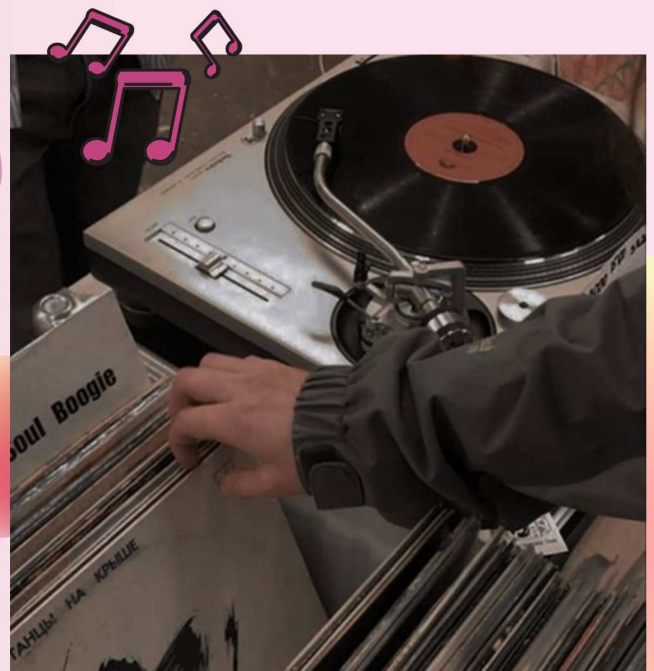
This is a bit of pick and choose. Cartoons? The **'Indian Institute of (not Technology, but) Cartoons'** is for you.

Heights? **'Sublime Galleria'** is literally on a sky bridge and presents digital art and photography.

Craving music? The **'Indian Music Experience'** is an interactive musical experience with music ranging from classical to Indian to contemporary.

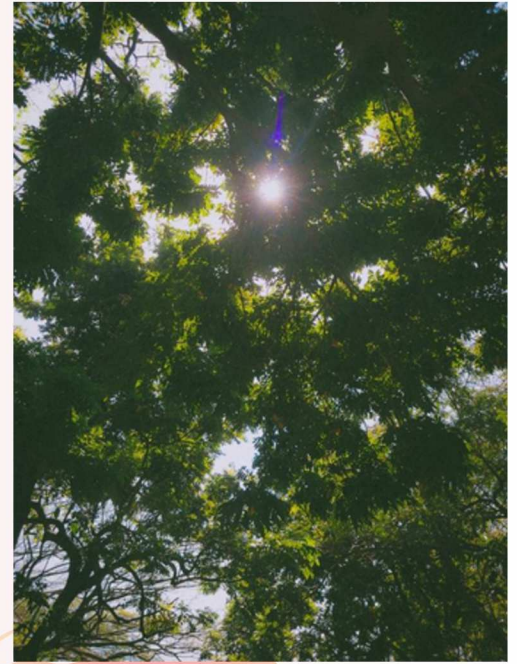
And if you enjoy modern art, the **'National Gallery of Modern Art'** beckons your name, with over 14,000 paintings and sculptures.

On the car ride there, you play some classics, some oldies-but-goodies (I can already see all the adults raising their eyebrows at the word "old"). Some Queen of Soul: Aretha Franklin's record-breaking and highly acclaimed albums **'Young, Gifted and Black'**, **'A Rose is Still a Rose'**, **'Aretha'**, and so many more. **Dolly Parton** and **Billy Joel** too. Seriously, any of their songs are worth listening to.

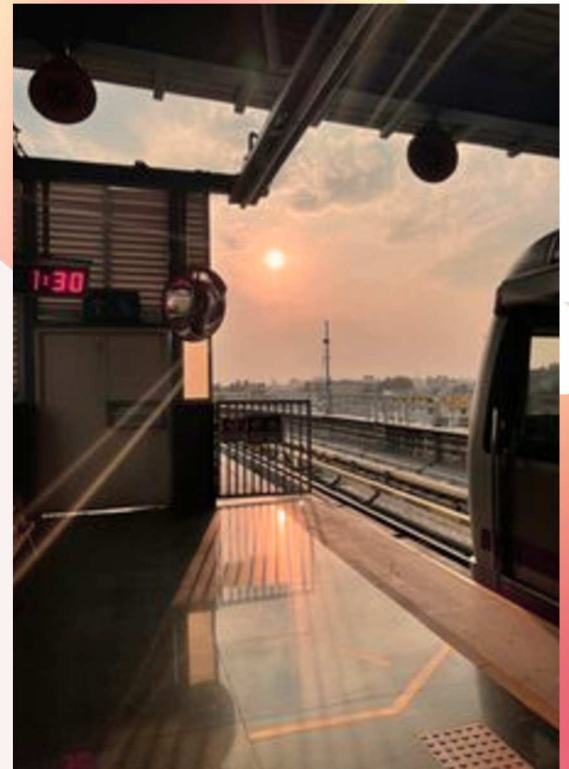




You're now satiated with food and art. But... you've been indoors all day. Some fresh air would do you good. The same names come to you: **Church Street, MG Road, Cubbon Park.** Look, they're great! Easily accessible by Metro, walkable, food, entertainment, everything. I might have sold you on these places already. Oops. Before you go rushing off, though, I want you to consider **Lalbagh.** Acres of green. Lush, blooming flowers. The sun shines down as you inhale fragrances and listen to the wind blowing through leaves. Nature. Nice.



You collapse on your auto seat as it takes you home. The driver probably has an earphone in, there's traffic and horns and bright lights. You're exhausted; your limbs ache, you're stuffed with food and sunshine, and you're, importantly, **entertained.** In the loud way, of theatres, chaotic Bangalore streets, and in the quiet way, of good food, a solitary walk through nature, a book. You head home and your head hits the pillow. Zzz.



Thanks for coming on this journey with me and I hope you enjoyed it. My pleasure..
[Tips hat]



ARTIST SPOTLIGHT

"SHOWSTOPPER"

ART



DIVISHA
AGARWAL
MYP 3
PICASSO

A COMMENT

10k

on social media and mental health

Worldwide social media use has increased from 90 minutes per day in 2012, to 147 minutes per day in 2022. In 2023, the number went up to 151 minutes. This comment discusses the effects these increasing numbers have on our mental health and is divided into two parts: first, when we spend the time we do on social media, and second, how we spend our time on social media.



First, the when. In a study by Fahdah Alshobaili and Nada AlYousefi, 98% of their participants owned a smartphone with 90% of them checking their phones before sleeping. The most used service was social media. How does this relate to sleep?

Well, our sleep is regulated by our circadian rhythm, an “internal clock” that responds to changes in our environment—simply put, daylight. It does this with the help of melatonin. Screens emit a type of light called blue light, which, particularly at night, affects the body’s melatonin levels and can disrupt the body’s circadian rhythms. A Harvard study shows that blue light mimics daylight, suppresses the body’s melatonin production, and so shifts our rhythm by three hours.

142 37 27

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Social media use, or screen time in general, particularly before we go to sleep, can lead to interrupted or less sleep. Sleep deficiency leads to a host of problems: struggling with controlling emotions, anger, impulsivity, stress, lack of attention, depression, and anxiety. To combat the effect late-night screen time can have, it’s recommended to put down our phones at least two to three hours before we go to sleep, and wear glasses or activate apps that block blue light.

Next, the how. Multiple studies have revealed that it's not so much about the use of social media in itself, but rather how we use it. Social media is not inherently harmful. But passively using social media can have a negative effect on our mental well-being. At the same time, actively interacting with social media can create a positive effect. A study by Verduyn, Gugushvili and Kross concluded similarly: "When engaging actively with social network sites, one may feel more connected, which positively influences mental health, [but] the passive use of social network sites is negatively related to mental health, especially when this use results in feelings of envy or inferiority rather than social connection."

A key point to focus on is the phrase "feelings of envy or inferiority rather than social connection." Valkenburg et al displayed that those who felt envious while browsing experienced a greater negative effect on their well-being compared to those who didn't feel envious. Those who felt enjoyment browsing experienced a greater positive effect on their well-being, than those who didn't feel enjoyment while browsing.



All this reveals to us is that interacting actively (commenting, sharing, interacting) with and using social media, is beneficial to our mental health—particularly when we derive enjoyment from what we're doing. However, interacting passively (just browsing without interacting), and experiencing feelings of envy, or inferiority, is detrimental to our mental health.

So, maybe it's not that we're using social media. Maybe it's about when we're using social media, and how we're using social media. Maybe it's what Meta [owner of Facebook, Instagram, and Threads] has written: "Giving people the power to build community and bring the world closer together"—it's interacting with others, spreading love and joy, and building connections. Bringing the world together.



DHIVYA IYER

FINANCES AND FORTUNES

KAARTHIK IYER, DP1

Mastering Money Management: What do banks do?

Banks are financial institutions which receive deposits and grant loans. They also provide **financial services**, such as checking accounts, savings, mortgages, to people who need them.

Depositing is giving money to the bank for the bank to keep. If you look at the formal definition for depositing, it is putting or setting something down in a specific place—depositing in a bank works exactly like that.

What exactly do banks do?

They are the mediators between lenders and borrowers: they take money from people, pool that money together and then lend those funds to people in need of funds. Banks never give out their own money; instead, they take the money they get from deposits and then reinvest that money into other activities, such as profitable business and lending the money to other people.



Key terms and definitions

Loans: A sum of money that is borrowed from a lender which is usually expected to be repaid with interest.

Interest rates: The price you pay to borrow money. Usually, you must pay back the original amount of money you borrowed plus a percentage of the loan amount (known as interest).

Potential topics to research/learn more about:

- How do banks make money?
- How can you connect the current financial situation in Sri-Lanka to taking out loans and paying it back?
- What do bank failures mean for a country?

FUN FACT: Saddam Hussein stole about a billion dollars from the Iraqi central bank just a day before the Iraq war started. One of the biggest bank robberies in history took place here.



Disclaimer: This section is only meant to disseminate information regarding Finances as a subject, and does not wish to make any recommendations for decision-making in that regard. Please seek professional advice before undertaking any financial actions.

FOR THE LOVE OF FOOD



Sometimes, all we need while curling up with a good movie or show is a good old, steaming hot plate of Mac 'n' Cheese. This recipe is from Mommy's Home Cooking.

Equipment:

- Large pot
- Casserole

Ingredients:

- Salt
- 455g macaroni
- 3 cups shredded cheddar cheese
- 3 cups shredded cheese: consider mozzarella, raclette, or gruyere cheese
- $\frac{3}{4}$ cup unsalted butter
- $\frac{3}{4}$ cup all-purpose flour (maida)
- 3 cups milk
- 2 cups heavy whipping cream
- 1 teaspoon mustard
- 1 $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon paprika

Method:

- Preheat the oven to 165 degrees and grease a baking pan.
- Fill $\frac{3}{4}$ of the pot with water and bring to a boil, seasoning generously with salt.
- When the water boils, add macaroni. Cook according to the package, but subtract 1-2 minutes of cooking time. Drain and set aside.
- Combine the shredded cheddar cheese and the shredded other cheese.
- Melt the butter and add the flour. Whisk. Cook for 1-2 minutes, whisking all the while.
- While whisking, add in half the milk. Stir until it thickens. Add the rest of the milk, all the heavy cream, and the spices (mustard, salt, black pepper, paprika).

- Stir and heat until the mixture turns glossy and is lightly thickened.
- Turn off the heat. Whisk in half the cheese mixture, and stir until the cheese is melted or the sauce is glossy.
- Fold the cooked macaroni into the cheese mixture and mix until completely coated. Pour half the cheesy pasta into the greased baking pan, and then add the remaining cheese mixture. Add the remaining cheesy pasta and then the remaining cheesy mixture.
- Bake for 13-15 minutes, or till it's bubbly and melted. Serve while hot. Enjoy!



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