

Express

YOURSELF

Did you go on a vacation with your family recently?

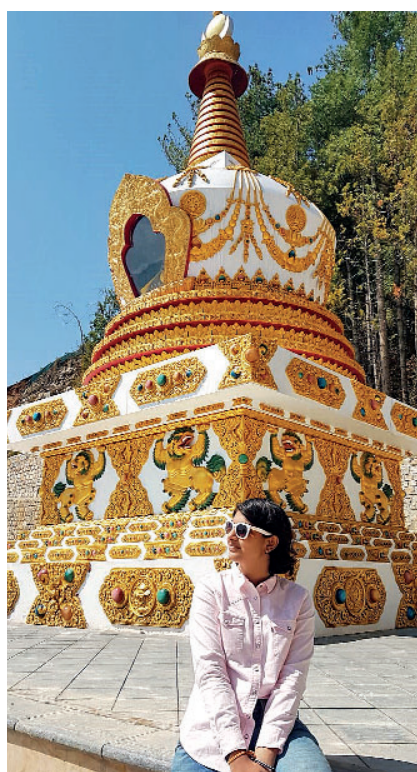
Do you wish to put down your thoughts about something that's troubling you? Did a speech or talk inspire you to be a better human being? Are you a budding poet or painter? Whatever be your interest, use this space to speak up.

BHUTAN - HAPPINESS IS A PLACE

Beauty and serenity come naturally to Bhutan. But what sets it apart is the vibe every little thing emits — from the air to the water, mountains, the bridges lined with prayer flags, and even the tiny little bustling lanes full of cafes. Bhutan says life is beautiful, what are you running around for?

We travelled from Bangalore to Kolkata and from there to Paro. Paro looms up through the fog, and instantly you are transported to a land from long ago. Here anyone can believe in fairy tales and magic. The rolling green hills, the lush paddy fields, the antique cottages dotting the plains, the mist, all hypnotise you to drop whatever it is you have left behind and just believe you can step into a deep magnetic energy.

The Bhutanese live by their happiness quotient and are quite oblivious to the fact



that wi-fi, data, Netflix, Amazon Prime are not household names, and probably the only place on Earth that wasn't waiting for the Avengers to open on Friday night as there are hardly any theatres. Besides breathing in the

pure mountain air, and serving the tourists, they follow in the sacred footsteps of the thousands of monks who are their spiritual guides.

Spirituality is not an afterthought in Bhutan or just another stressbuster. It's the heritage they are born into. Meditation, mantras, chanting and the ancient teachings of the monks are second nature for all Bhutanese and the key to their contentment and compassion.

Bhutan is a place that makes humanity believe that peace and oneness is not just a myth. That's why leaving Bhutan isn't easy. Needless to say it is a must visit country for all the travellers around the world and those who just love travelling.

SUNIDHI SAMPICE,
class X, The Brigade School,
Malleswaram

EVERYONE IS TALENTED

Photo: Getty Images



Would you ask Lionel Messi to teach you algebra? Would you expect RD Sharma to write a book on football? Would Apple make cricket bats? You might find these questions quite redundant. You might be wondering what I am hinting at. Some of you may have guessed it.

Every person is not good at everything. You may possess a gift that others don't have. This does not mean that we are endowed with all the gifts in the world. If everyone was good at everything, what would be the point of competition? Different people have different capabilities. Most of us don't heed this philosophy. If someone can do it, so can you. Generally speaking, this is not the case. We all have our own strengths and weaknesses. We should not demoralise anyone because of their incapability to perform an action.

Imagine yourself to be a talented and famous singer.

In an interview, you may fail to answer questions on mathematics. Then, the world would mock you as it expects

someone of your stature and fame to be good at every task you undertake.

I feel this mindset is unhealthy and needs to change. One must aspire to be the best in his/her field. Everyone is talented. It is what one makes of this talent that will decide who he/she is.

RUSHIL MITTAL, class IX, NPS HSR, Bengaluru

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Intersectionality the ultimate reality?

What is feminism? Most people feel feminism is just a woman-centric movement that supports women to prove their gender as superior.

But the question that arises is if this

is actual feminism? Or is it being inculcated in your mind by pseudo feminists? The simple answer is that feminism is similar to equality. If this is so simple then why is this so misunderstood? Feminism as a word itself is more controversial than the feminist movements. So, the mainstream feminism that we follow in India is the "Brahmin-Drija" feminism also known as the white feminism in the West. What this feminism believes in is that a man, a woman and a transgender should be treated equally on the basis of their gender. Now, this is where intersectionality comes in. Any one of them could be discriminated against on the basis of their gender, religion or caste. The ultimate aim of intersectional feminism is that all of us should be treated equally no



matter what. Intersectional feminism is very important in our society as all of us have spent enough time dividing ourselves. It is standing up for each one of your fellow humans regardless of their gender, caste or religion.

HARSHITA GUPTA, class X,
Mahadevi Birla World Academy,
Kolkata

MATHEMATICS

Mathematics is engineering of nature. But when I say the word 'maths', your mind automatically starts thinking about formulae, exponents, tables and strings of numbers arranged variedly. The phobia for this subject is natural because so many fail to practice it and end up getting confused with messed up basics and thus, perform poorly. Even if they study, fear clouds the mind which hampers their performance. The vicious cycle never allows them to see the beauty of the subject.

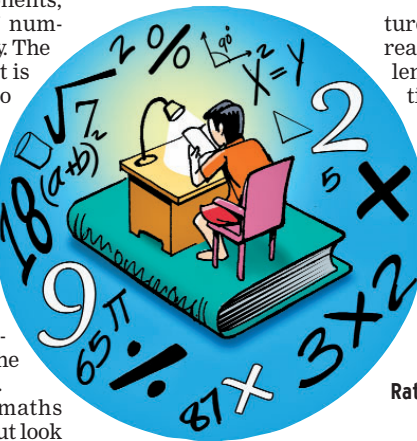
Never look at maths through your books, but look

for maths through your day to day life and you will realise that maths is everywhere. And yes, you can even understand and apply

it to life. The underpinnings of everyday life are increasingly mathematical and so this subject is indispensable.

Certain qualities nurtured by maths are power of reasoning, creativity, problem solving and even effective communication skills. With proper guidance, regular practice and clear basics, you will end up loving the subject. A maths teacher had rightly said that if you want to learn mathematics, do mathematics.

MANAN SHAH,
class X, Ram
Ratna Vidya Mandir,
Mumbai



DON'T TAKE ANYTHING FOR GRANTED

One cold winter evening, I was packing my bags for an outing with my cousins the next morning. I was in a grumpy mood, because my mom had forgotten to pick up the latest series of Monopoly that she had promised she would get me if I stood first in class. It had been a month since the results were out, but my mother had just not got around to buy it due to her busy schedule.

After dinner I went straight to bed without speaking to my mom. It was soon morning and a bright sunny day was what we wanted for our outing. Accompanied by my father and uncle, we cousins made our way to Nandi Hills. It was an amazing place full of lush green trees and we began to enjoy ourselves.

Soon a group of local children began to pester my uncle for mon-



ey or food. My uncle gave them a pack of biscuits. The children happily ran to their parents sitting not very far from us, dancing around like they had found a treasure.

Seeing this I realised how fortunate I actually am. I felt bad about the way I had behaved with my mom over something as trivial as a game. To make matters worse, by the time we got home my mother had bought it for me.

It was a wonderful surprise. That day I understood how lucky I am to have a fortune completely different from that of the children I had seen there. I learnt not to take things for granted.

SHARANYA M, class IX,
Amara Jyothi English
School, Bengaluru



THE CURSED POET

Words sprawl out on the vast white plains
And I cannot stop them
They sing to me tales
Long forgotten
Sometimes creating
tales anew
Of princesses and dragons
And the leaves that hold the morning dew
I see such strange pictures in my mind's eye
Of knights in gleaming armor jousting

For the honors of their pretty ladies with a sigh
I see lovelorn fools writing letters
For ladies who read them once
Before disposing of them in the gutter
These images are as fleeting as the monarch's whim
They come and go as they please
And oft I am but glad for the fact that they stem from within.

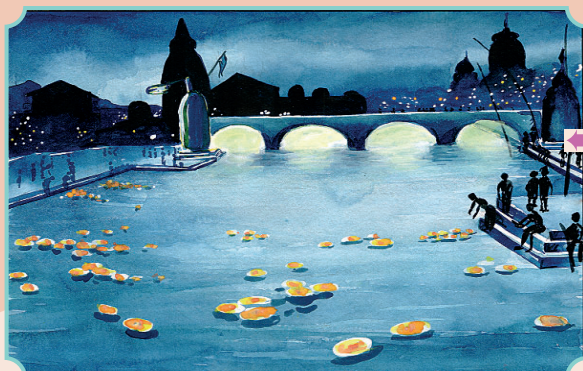
AARON MUKHOPADHYAY, class XI,
NPS - Koramangala, Bengaluru

IMP: All the articles and poems are published with bare minimum editing.

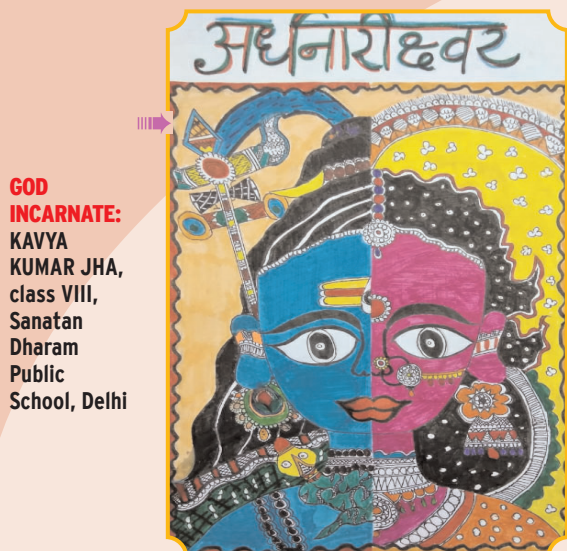
Painters' Gallery



PRETTY LITTLE BIRD:
SHRAAVYA SHETTA,
class VII,
Presidency School NLO,
Bengaluru



MAGICAL MOONLIT NIGHT:
ASHWIN C,
class XII, Hari
Sri Vidya
Nidhi School,
Thrissur

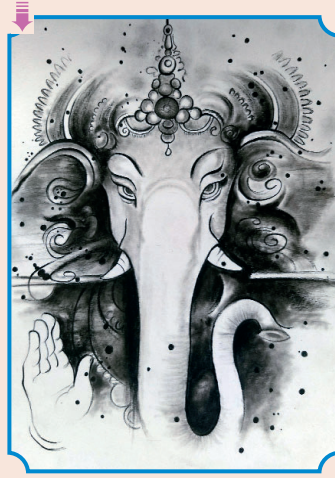


GOD INCARNATE:
KAVYA KUMAR JHA,
class VIII,
Sanatan Dharam Public School, Delhi



NETAJI: **SAMARTH UMASHANKAR,**
class V, National Public School KRM
Bengaluru

JAI GANESHA: **VISHWA MENPARA,**
class XI, K D Ambani Vidyamandir,
Ahmedabad



LIFE IS BEAUTIFUL, LIVE IT WITH JOY

From my mother's womb, I emerge
Right to the very first phase
Of my life; from where
I started my journey of life.
Right before the world I stood
To reach out as far as I could.
And touch the lively rainbow,
Without bending my frisky elbow.
Among the blooming flowers I play



Photo: Getty Images

And to the tiny creatures I say
"How fascinating it would be
If I had the whole world right on my knee!"
The only thing about which I fret
Is the shivering fear of being dead!
My exciting wish is to live forever
As one among the things which
fade never.

TISSY J R, class X, Holy Angels' Convent, Vanchiyoor, Thiruvananthapuram

A NEW WORLD FOR WOMEN

Yes, I am a boy
Here to make sensible noise
Mindsets I attempt to shape
On a social sensitive issue:
rape
The intent is to bring a change
It is for us to gauge
Help bridge a gap
Of insensitivity
And lack of humanity
Of some males sinister
Who would turn into ugly monsters
They prey, they hound
They hunt, going wild round and round
Some of my poor sisters they target
So easily they forget

That in every girl lies a mother
A sister, a lover, a friendly other
Don't invade her space
Brothers let's respect the woman race
Let us make the change
Let us be the change
Let us strive to protect
A movement we resurrect
Girls, women, dress in pink
Together we think
Of shaping a world that respects
Women in all aspects
Safe and sound, all year round
A new world for girls and boys; and for everyone to rejoice.

APURVA SINGH, class VIII, Bombay Scottish, Powai

FUEL LIFE WITH PASSION

The path in your life
May never be straight
May have many humps and curves
Where many are steep
May contain a few humps and curves,
Where many are a bit too steep
Your personal experience,
Lends shape to you
Embrace your mistakes,
And each unique scar,
There are always new things,
In life we may learn
With every page

And chapter we turn,
There's just one simple,
But important rule,
Your passion for your life
Should be your fuel.



Photo: Getty Images

SUMEET SAHOO, class XI, Kendriya Vidyalaya No.2, Ernakulam