THE EAGLES' BULLETIN

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EDITOR'S NOTE

THE TEAM:

Dear Readers,

Welcome to the January issue of our school newspaper! As we kick off the new year, we're thrilled to present a diverse array of sections that cater to a wide range of interests and passions.

In our Politics section, we delve into the latest developments shaping our world, from local governance to global diplomacy. Our Economics section offers insights into financial trends and economic policies, providing students with a deeper understanding of the world of commerce.

In Health and Lifestyle, we explore topics related to well-being and personal development, promoting a balanced and healthy lifestyle. Our Science and Technology section showcases the latest innovations and scientific breakthroughs, inspiring curiosity and critical thinking.

Our Entertainment and Pop Culture section offers a delightful escape into the realm of movies, music, and trends, providing a colorful snapshot of contemporary culture. These are some of the many sections found within the pages of the Bulletin

We hope you enjoy reading this issue as much as we enjoyed putting it together!

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FEATURE ARTICLE

From Paper to Pixels: A Transformation in Book Design

 $^\sim$ Sheik Nashitah Hussain, Grade 11

In an era when digital media thrives, the craft of book design is experiencing a gripping metamorphosis. Instead of being outdated, book cover-making as a craft is experiencing rebirth and revival in the time of electronic books and audio materials. This change is beyond survival; it's a vibrant revolution in the pictorial narratives that team up with written text.

The role of book design is also increasing, as we venture further into the world of digital. It is no longer just to



make an attractive cover for the physical bookshelf. Instead, it is not about a book cover that grabs attention in the thumbnail view at an online bookseller but persuades readers to add to the cart from within this virtual world full of choices. This has pushed designers to adopt more radical, minimalistic designs that reduce a book's content into one strong image. Through the advent of audiobooks, book design has gained another aspect. Because there are no real pages to turn, the cover art is essential in keeping that imagination grounded. The auditory adventure is captured in a single visual symbol by

designers typically resulting in more abstract and conceptual patterns.

Notable designers in this field are redefining the discipline. Chip Kidd, the designer of covers for "Jurassic Park" and "1Q84", continues to break new ground with his stunning visuals yet intellectually rewarding works. On the other hand, designers such as Peter Mendelsund and Oliver Munday make graphic art popular by covering books that are not just visible but tangible. Book design trends, in turn, nowadays often reflect larger changes in the digital art world. Simpler designs, strong typography, and striking colors seem to take over digital shelves for the visual audience that is less inclined toward patient search.

Yet, amidst these changes, the essence of book design remains the same: to preface a narrative before the reader turns the very first page. However, in the digital age, this storytelling art becomes even more important. A well-developed cover is not only attractive but also creates an emotional link, making the reader enter a world created by its author.

Finally, it can be said that not only does the digital age book design survive but thrives. It remains a fascinating and constantly renewed interplay between art and technology of traditions versus innovation. From this point on, the combination of visual art and narration in book design is set to transform each reading or listening into a possession rather than an act.

SCIENCE & TECHNOLOGY

DALL-E 3: The Future of Art?

 \sim Ahana Kripalani, Grade 11

DALL-E 3 is an AI-based image generator that has been making waves in the creative industry for its impressive capabilities in generating unique and visually striking images. While some argue that AI-generated art lacks the emotional depth and nuance of human-created art, others see it as a new standard for artistic expression.

Artists engage and collaborate with audiences in many different ways today. The true value of art emerges when it inspires someone to have an emotional, instinctive experience. Though artists may never meet the people who are touched by their art, they are creating a relationship through their artwork. DALL-E 3 can complement artists but not replace them. While it can generate visually striking and detailed images, it



still lacks skill in certain scenarios. DALL-E 3 cannot produce images that evoke the same emotions as artists. Artists observe and view the world in a way that AI cannot.

The image shows Leonardo Da Vinci's "The Last Supper" recreated by DALLE-3. As seen in the paintings, DALLE-3 interprets the painting differently. In conclusion, DALL-E 3 is a powerful tool that can enhance and extend the creative process, but it is unlikely to replace artists entirely. The emotional depth of human-created art, along with the ability of artists to connect with their audience, make it difficult for AI-generated art to replace the role of artists in the creative industry.

Aditya L-1: A Huge Leap for ISRO

 \sim Aashar Pamidiparti, Grade 9

India's first satellite to the sun, Aditya L-1 was launched on September 2, 2023 aboard the Polar Satellite Launch Vehicle. Aditya L-1 has finally started to orbit the Sun at Lagrange Point 1 in the first week of Jan 2024. L1 Lagrange point is where the Sun's and Earth's gravity cancels out. Aditya L-1 carries a suite of payloads that are expected to provide crucial information to understand the problems of coronal heating, dynamics of space weather, study of the propagation of particles, and fields in the interplanetary medium.



As the mission starts to unravel itself, the Aditya-L1 satellite will use coronagraph instruments to study the sun's corona in visible and ultraviolet

light. It has magnetometers to measure the sun's magnetic field which is crucial for understanding solar activity. With the new valuable data obtained from the mission, we will be able to almost correctly predict future weather events such as solar storms to effectively limit the impact and disruption in our daily lives.

Aditya L1 will herald a new era in Indian solar science. This mission is a testament to India's growing prowess in space research and has placed the country at the forefront of solar research. The scientific data and knowledge acquired by Aditya L1 will pave the way for future missions to unlock the secrets of the universe.

ECONOMICS & BUSINESS

The Impact of Strong BRICS Currency

 $^\sim$ Niyati Reddy, Grade 9

In the evolving tapestry of global economics, the envisaged advent of a robust BRICS currency has stirred contemplation and conjecture regarding its potential reverberations on the US dollar and global trade. The consortium of Brazil, Russia, India, China, and South Africa has been canvassing the prospect of crafting a common currency, aiming to assuage the resounding influence of the US dollar in international



commerce. This endeavor has led to discussions, encapsulating the potential implications for the global economic framework.

The predominant role of the US dollar as the world's premier reserve currency has conferred certain privileges upon the United States, notably in facilitating borrowing and wielding substantial authority through financial sanctions. A sturdy BRICS currency, however, could potentially present challenges to this prevailing paradigm in multifaceted ways. However, the durability and robustness of the proposed currency, the reactions of other major global powers, and the inclination of international markets to adopt and engage in trade involving the new currency will be pivotal in shaping its actual ramifications.

The contemplation of a formidable BRICS currency challenging the dominion of the US dollar in global trade represents a pivotal juncture with far-reaching implications. As the BRICS nations continue to deliberate on this initiative, the world watches with rapt attention, cognizant of the potential for a new chapter in the narrative of international finance and trade.

Stagflation Explained: Navigating Today's Economic Puzzle

 \sim Ansh Sonthalia, Grade 9

Stagflation is a term that's popping up more and more in economic discussions. It's when an economy experiences slow growth, high unemployment, and rising prices all at the same time. This situation is tricky because the usual ways to fix a slow economy such as lowering interest rates can make inflation worse, and the ways to control inflation such as raising interest rates can slow down the economy even more.



So, why is stagflation happening now? A big reason is the COVID-19 pandemic, which messed up how goods are

produced and moved around the world. This led to shortages and higher prices for many things. Also, people and businesses spent less money during the pandemic, which slowed down economic growth. Another factor is global issues like trade conflicts and regional disputes, which make things like oil and other important goods more expensive. This adds to the inflation problem without helping the economy grow or reducing unemployment. Governments have to find a balance between controlling inflation and encouraging economic growth. If they focus too much on one, they might make the other problem worse.

In short, stagflation is a complex problem with no easy fix. It requires careful planning and a mix of different economic policies to get the economy back on track without making inflation worse. Understanding these challenges can help us be better prepared for what's happening in the world economy.

POLITICS

2024 - The Year of Politics

 $^\sim$ Nitya Kashyap, Grade 10

As we welcome the new year with drinks and late-night conversations, we may not realize that a whirlwind of a year lies ahead of us. Whether these changes are beneficial for us or not may vary based on the beliefs of certain people. We will be witnessing key



events across the world that can shape global politics for the foreseeable future.

To begin with, the year 2024 will be well infamous for its

multiple electoral battles, especially with the general elections in India, the USA, and Russia. Along with this 2024 will consist of events such as the Paris Olympic Games, and Euro 2024. A potential space race also enters the calendar for this year as ISRO and India continue to increase their number of space missions along with NASA restarting their Artemis Program.

With a particular focus on the electoral battles this year, the chosen heads of such large and significant nations can heavily impact international relations and decisions. In the USA the electoral race seems to be between President Joe Biden (with Kamala Harris as his running mate). The 2024 Indian general election will see the Narendra Modi-led National Democratic Alliance.

With differing ideas, ideologies, and beliefs the possible new presidents/prime ministers all have varying visions for their country. Our choices all play a key role in determining the heads of state sitting, waiting for the best possible outcomes for not only our country but our future as well.

Navigating Change: Telangana Elections and the Economic Landscape of Hyderabad

 \sim Roopa Veeramalla, Grade 11

The countdown to Telangana elections has officially ended, leaving the general public with the aftermath of several implications about the future of our state through the results. There's been chaos and a plethora of opinions being discussed on the viral topic; elections of Telangana. However, a pressing issue is the impact of the elections on the economy.



As the general rule, elections are known to have changes over the state's economy through broad areas such as policy changes, infrastructure

development, change in employment policies, shaping of welfare programs, policies of agriculture sector, trading relations and also long term effects of the winning party's decision. There were key changes observed in the economy of Telangana through the 2023 elections. A notable area that is in focus is Hyderabad, where there is a potential change in land use, environmental regulations, and investment patterns is under scrutiny. Industry insiders are monitoring these developments, eagerly understand the potential effects on property prices, construction activities, and the overall real estate sector.

As the ripples of the Telangana elections settle, the economic landscape experiences changes. Hyderabad's potential shifts and predictability regarding the topic are particularly intriguing, drawing attention to the grey area in the widely discussed region of politics.

OPINIONS

Catwalks Amid Chaos: When Stilletos Stole the Show

 \sim Ishanvi Tupili, Grade 10

In the tumultuous era of World War II, the emergence of the first-ever fashion week stands as a bold testament to the transformative power of fashion in the face of adversity. While the world was consumed by conflict and chaos, this sartorial spectacle provided more than just a distraction—it was a defiant

declaration of resilience, creativity, and the enduring human spirit.



Amidst rationing and scarcity, fashion became a symbol of defiance, a means of asserting individuality and preserving an illusion of normalcy in a world turned upside down. The inaugural fashion week in New York City in

1943 was not merely a diversion but a beacon of hope in disturbing times. Designers facing the challenges of wartime restrictions, rose to the occasion, showcasing their ingenuity and versatility on the runway. Fashion Week was more than just a showcase of garments; it celebrated artistry and the unwavering pursuit of elegance amidst destruction. In a world torn apart by conflict, fashion served as a unifying force.

Fashio was a powerful weapon of resistance, a reminder that even in the darkest of times, people's spirits can soar above adversity through creativity and self-expression. Fashion week during World War II was not a mere distraction—it was a statement of defiance and a testament to the enduring power of art in the face of turmoil. It stands as a poignant reminder that even amidst the chaos of war creativity will always find a way to shine through.

The Impact of Remote Work on Productivity and Work Life Balance

 \sim Samarth Golash, Grade 10

The widespread adoption of remote work has sparked a profound shift in the way individuals approach their professional lives. As organizations embrace flexible work arrangements, the discussion surrounding the impact of remote work on productivity center stage.



Remote work has redefined traditional notions of productivity, offering employees the autonomy to structure their workday

according to their individual preferences.

However, the blurring of boundaries between professional and personal life in a remote work setting has raised concerns about work-life balance. The absence of a clear delineation between work hours and leisure time can result in an "always-on" mentality, potentially leading to burnout and decreased overall well-being. While virtual communication tools have enabled seamless connectivity, some argue that the spontaneous exchange of ideas and serendipitous interactions that occur in physical workspaces are irreplaceable. As organizations navigate complexities of remote work, it is evident that a nuanced approach is required to optimize productivity and preserve work-life balance.

While remote work offers newfound flexibility and potential productivity gains, it also necessitates a reevaluation of boundaries and support structures to safeguard employee well-being. As we continue to adapt to evolving work paradigms, a holistic understanding of the implications of remote work is vital in shaping the future of work.

ENTERTAINMENT & POP CULTURE

The Downfall of TikTok Influencers

 \sim Anika Bhupatiraju, Grade 8

In the not-so-distant past, TikTok influencers like Charli D'Amelio and Addison Rae were at the forefront, shaping trends and captivating millions. However, their prominence has slowly waned, with several factors contributing to their diminishing

impact in pop culture.



One significant reason for their downfall is the oversaturation of content on the platform. With millions of creators vying for

attention, TikTok has become inundated with repetitive and formulaic videos, leading to user fatigue and a desire for more original content.

Moreover, the fast-paced nature of TikTok has fostered short attention spans among users. The platform's bite-sized videos encourage rapid scrolling, making it challenging for influencers to establish meaningful connections with their audience. Changes to TikTok's algorithm have also played a role in the decline of influencers. The algorithm, once favorable to smaller creators, now prioritizes content from established and verified accounts.

Audiences now crave authenticity and relatability, gravitating toward creators who showcase their genuine personalities and experiences. While TikTok influencers may have experienced a decline in relevance, it exemplifies the dynamic nature of pop culture. As new platforms and trends emerge, there are opportunities for influencers to adapt and innovate, reclaiming their position in the ever-evolving landscape of social media.

Pop Culture's role in Destignatizing Mental Illness

 \sim Saanvi Marappa, Grade 11

From characters in popular films to speaking out on social media. Pop culture has had a significant role in destignatizing and spreading awareness about mental

health and illnesses. The taboo placed on mental health and its impact is being lifted by voices of the 21st century. However, pop culture's habit of glamorizing



serious mental illness issues raises questions about the responsibility of film.

Various characters have gone from portraying and humanizing different illnesses to presenting the impact of one's mental health on their lifestyle. Characters such as depression-ridden BoJack Horseman – who has gone on to become an icon and idol for teenagers and young adults today – and Luna Lovegood in the Harry Potter franchise, suffering from Asperger's syndrome, have each had a profound impact on those struggling with similar problems. 1989 cult classic 'Heathers' explored a wide range of different personality disorders and severe problems such as bullying, and the obsessive need to be popular.

There are a few negative repercussions pop culture has on the treatment of mental illnesses. A few even argue that pop culture's role in making mental illnesses 'accessories' to glamorize and make one's personality more interesting has turned out to have more negative outcomes than positive. In today's social-media-controlled world, young adults may even go as far as 'faking' a mental illness just to be like their favorite character, or stand out.

Leadership and Service

Leading the Green Change: Service and Sustainability

 \sim Leisha Agarwal, Grade 11

Rapid population growth has resulted in increased farming and manufacturing, leading to more greenhouse gas emissions, unsustainable energy use,



and deforestation. For the future of our planet and the humans who populate it, it's vital to weigh the competing needs of environmental protection and human

development so both the natural world and society are able to flourish.

Both service and leadership play crucial roles in fostering positive change and sustainability. Service and leadership in the context of environmental issues involve actively engaging in activities that contribute to sustainability, while also guiding and inspiring others to take part in the collective effort to protect the environment for future generations. Through engagement with internal and external stakeholders, leaders align business and sustainable strategy into a unified strategy. Education also provides awareness about the protection and conservation of the environment, which is essential for the benefit of the whole of mankind.

Succeeding in environmental sustainability is critical for the overall wellness of our planet and its people. We can ensure that humanity and the environment coexist peacefully by incorporating sustainability into organizational practices, inspiring action, and raising awareness.

Unveiling the Power of Small Acts of Kindness

 $^\sim$ Sahanya Reddy, Grade 11

In the fast-paced world of leadership, where decisions carry significant weight and the pressure to achieve results is constant, it's easy to overlook the impact of

small acts of kindness. However, these seemingly insignificant gestures can wield a profound influence, shaping organizational culture and fostering a positive work environment.



Leadership is not just about making big decisions or driving major initiatives; it's also about creating a supportive and empathetic atmosphere. Small acts of kindness, such as expressing appreciation, actively listening, or offering a helping hand, can go a long way in building trust. These actions create a sense of camaraderie. Small acts of kindness showcase a leader's emotional intelligence, a crucial component of effective leadership. By acknowledging the challenges faced by team members and responding with empathy, leaders demonstrate their ability to connect on a human level.

The ripple effect of small acts of kindness should not be underestimated. A leader who consistently practices kindness sets a positive example, encouraging team members to emulate such behavior. This creates a culture where compassion is not only appreciated but expected. In conclusion, the power of small acts of kindness in leadership lies in their ability to transform the workplace. By recognizing the significance of these seemingly small gestures, we unlock a powerful tool that can shape the future of leadership and, consequently, the success of organizations.

HEALTH & LIFESTYLE

The Importance of Peer Relationships

 \sim Anya Maryala, Grade 11

In the vast landscape of emotional development in



teenagers, many factors are at play in building character, peer relations being one of them. A strong support group emerges as an essential factor in fostering resilience and

wellness. Adolescence, with its various challenges, necessitates an in-depth understanding of the tremendous impact that peer relationships have on adolescents' emotional well-being.

Whether dealing with the burden of academic expectations, familial conflicts, or the never-ending process of self-discovery, the resonance of shared hardships forms a distinct kinship. These shared experiences can reduce isolated feelings. A community of friends serves as an emotional refuge, allowing children to express themselves openly and honestly.

Relationships become a synergistic process of learning multiple viewpoints and methods for dealing converge within a group, generating a sense of shared understanding. Understanding that your peers have similar issues promotes a culture in which open conversations regarding mental health are normalized, resulting in a generation unafraid to seek support.

At its core, peer support promotes compassion and empathy. As teenagers develop skills for navigating the complex emotional landscape, these relationships become increasingly important for developing personal mental toughness and contributing to the bigger picture of teenage well-being.

Sleep Hygiene: A Crucial Step Towards Attaining a Wholesome Lifestyle

 $^\sim$ Medha Koppula, Grade 9

Sleep hygiene, although it might sound like something that makes you yawn, is actually a step that can be taken towards your well-being. In simple terms, it refers to your practices and environment that can completely affect how you sleep. Originally, sleep hygiene was introduced clinically to treat insomnia, but now is used as a method in general to aid in improving sleep quality.

But why is sleeping so important? According to John



Hopkins, sleep can heavily impact the brain and its ability to input information. Apart from that, sleep also impacts health, as lack of sleep can

damage mental health, immunity, metabolism and so much more. A study had found that rates of excessive or severe daytime sleepiness were higher with individuals who had bad sleep hygiene practices, with 22.5% versus 11.7% experiencing these issues.

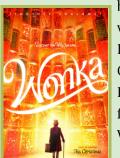
The first step of sleep hygiene is to maintain a proper sleep schedule: have a set time of when you wake up and when you go to bed every day. In addition to a sleep schedule, there are other habits one can develop, those include: being physically active, cutting down on caffeine in the afternoon and evening, dining early and avoiding electronics before bed. Finally, the environment you sleep in is also important. These are all a few simple steps of sleep hygiene that can alter your entire lifestyle.

Reviews

Movie Review: Wonka

 \sim Rahul Iyer, Grade 9

Not many of us have ever wondered about the



backstory of Willy Wonka, the wizard-like confectioner from Roald Dahls classic children's novel Charlie and the Chocolate Factory. However, given the nature of the film industry, a backstory for Willy Wonka was not unexpected.

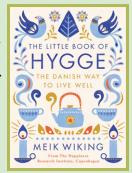
The obvious route for such a movie would be to recount how Willy built his factory and how he found his Oompa Loompas to staff it. But the writers veered off into another direction, creating a fresh family movie for Christmas. Wonka is a tale of a starry-eyed young Willy who tried to set up a chocolate factory in a fictional city during the middle 20th century. Willy is opposed by Slugworth, Prodnose, and Ficklegruber: the three rival chocolate makers mentioned in the original novel. These characters are by far the most humorous because of their hilarious delivery of dialogue. That's not all, there are also subplots where Willy has to learn to read, works in a launderette, borrows a giraffe from a zoo, and more.

Overall, while the movie has plenty of laughs it fails to provide the audience with a gripping plot to add momentum and emotion to the story. Rather than a finely crafted chocolate cake, the movie feels like an assorted box of brightly colored chocolate bars. This may be a result of the overwhelmingly wacky and silly script and Timothée Chalamet, who may be a talented actor but lacks the comedic and musical prowess required for a movie like this.

Book Review: The Little Book of Hygge

 $^\sim$ Riyanka Reddy, Grade 11

"The Little Book of Hygge" by Meik Wiking is a delightful exploration of the Danish concept of hygge, a term that encompasses the idea of coziness, comfort, and well-being. Wiking, the CEO of the Happiness Research Institute in Copenhagen, provides readers with a charming



guide to incorporating Hygge into their lives. The book offers practical tips and insights into creating a warm and inviting atmosphere, emphasizing the importance of simple pleasures, such as enjoying a cup of tea, lighting candles, and spending quality time with loved ones. Wiking highlights the significance of cultivating a sense of community and fostering connections, whether through shared meals or intimate gatherings.

Throughout the book, Wiking interweaves anecdotes, statistics, and cultural observations to support the idea that Denmark consistently ranks high in happiness. He breaks down the key components of hygge, including atmosphere, presence, pleasure, equality, gratitude, and harmony. The incorporation of beautiful illustrations adds to the overall sense of coziness. While some may find the concept of hygge to be idealized, the book serves as a valuable reminder to slow down, appreciate the present moment, and create a more fulfilling and contented life.

In summary, "The Little Book of Hygge" is a delightful handbook that encourages readers to embrace the Danish art of happiness through simple, and mindful practices. It's a charming guide for anyone seeking to infuse their life with a sense of warmth and well-being.

Sports

Nasir Hossain Faces Cricket Ban Amid Allegations

 \sim Samvit Punnam, Grade 9

Bangladeshi cricketer Nasir Hossain, a familiar name in Bangladesh cricket, is now grappling with a cricket ban amidst serious allegations. The ban has sent shockwaves through the cricketing community, casting uncertainty over the future of the talented all-rounder.

Nasir Hossain, who debuted for Bangladesh in 2011,



earned recognition for his versatile skills. However, recent challenges, both on and off the field, have led to his suspension from cricket, with the allegations reportedly involving corruption,

match-fixing, or breaches of cricketing protocols.

While specific details remain undisclosed, the Bangladesh Cricket Board (BCB) launched an investigation into Nasir's conduct to determine any wrongdoing. The ban has cast a shadow over Nasir's career, jeopardizing not only his international prospects but also his participation in domestic and franchise cricket. The cricketer faces the challenge of clearing his name and rehabilitating his image.

Cricketing authorities must ensure a fair and transparent process. The outcome will not only shape Nasir's future but also influence the broader fight against corruption in cricket. The incident serves as a reminder that the sport's integrity requires constant vigilance and a collective commitment from players, administrators, and fans alike. The cricketing world awaits the outcome, hoping for clarity and justice.

A Tale of Triumph To Turmoil

 $^\sim$ Gaurav Arutla, Grade 9

The 2021–22 Indian Super League (ISL) champions, Hyderabad FC, have faced a tumultuous journey, transitioning from success to significant challenges. The club, which clinched the ISL trophy in 2021–22, has been grappling with internal and financial issues, leading to a series of setbacks.



Despite initial financial aid from the owner of the league, the club's struggles persisted, resulting in a transfer ban and non-payment of dues to players. This led to a cascade of problems, including the

departure of high-profile foreign recruits and requests from Indian players to terminate their contracts due to unpaid dues. But what was special in these terminations was that some players even asked them to let go of them without paying their dues.

The club's lower-tier employees also suffered, with reports of delayed salaries and personal hardships. Some players who had some money to spare even helped the lower-tier employees get by. Internal politics and favoritism further exacerbated the situation, culminating in the removal of the head coach and a decline in the team's performance. The club's ISL 2023-24 campaign has been marred by a lack of communication, player dissatisfaction, and financial difficulties, with the team currently at the bottom of the league standings. Despite talks of new investors, the club's future remains in need of urgent financial support. The situation at Hyderabad FC reflects a distressing combination of financial instability, management issues, and human suffering.

