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EN GMA

HOPETOWN GIRLS' SCHOOL



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HELLO from the Editor



Millennials are often criticized, specifically by baby boomers, for being “too soft.” Our politically correct culture and our incessant protesting is frequently cited as evidence that we’re all just a bunch of “crybabies.”

But when it comes to mental illness, stereotypes like these can be especially harmful.

The sentiment that “nowadays, everyone has a disorder” invalidates clinical problems that are actually occurring in our generation.

Sometimes life can be a struggle, and finding calm in the face of life’s challenges doesn’t always come naturally. Anxiety is universal. It’s uncomfortable and unnerving feeling of worry or concern. Often we feel anxious about an actual thing, but anxiety can also be free-flowing or undirected.

Most of us experience anxiety about something that might happen in future (Anticipatory anxiety) or about something that happened in the past (Restropective anxiety).

On a more profound level, there is ‘existential anxiety’ - those discomforting feelings we have about our place in the world, the meaning of life, big life choices, changes, ageing, and the knowledge that someday we will die.

While it is natural to feel anxiety occasionally, it can impact negatively on your life if you feel it constantly or especially strongly. Sudden bouts of anxiety are called panic attacks.

The good news is that you don’t need to be powerless in the face of your anxiety. You can learn to control it, some of the ways to do that are actually quite simple. You can also learn to expand your tolerance of anxiety, so when you do experience it, it isn’t so bad.

Anxiety can be a fact of life- but by keeping it in perspective, it doesn’t have to get in the way of you enjoying your life.

Dear Hopetavians, don’t stress about your examinations. They are just there to assess your academics strength. Enjoy it.

With that, I leave you to explore the latest edition of Enigma.

I.T. Captain
Shreya Khetan



On Sunday, August 4 our students from various grades appeared for a Karate exam through the International Academy of Martial Arts, India.

Karate is one of the most widely practiced martial art forms in the world. Martial arts rely on acute physical coordination and mental focus.

KARATE EXAMINATION

“Spirit first,
technique second”

-Gichin Funakoshi

Modern karate developed out of martial arts forms practiced in Okinawa, an island that is now part of Japan. For hundreds of years, Okinawan martial arts experts honed a variety of combat styles, in part due to the political situation in the area. From time to time, the ruling authorities would ban peasants from possessing any weapons, leaving them with only their own bodies and household items to protect themselves

Congratulations to all our students who took part in this exam. With their consistent hard work and hours of practice with their sensei they achieved:-

- 13 yellow belts
- 2 yellow (1) belts
- 14 yellow (2) belts
- 5 green belts
- 3 green (2) belts
- 2 green (1) belts
- 5 brown belts



CURRENT HOPETOWN

**The Junior Prefectural body
for the year 2019-20**

Emerald House Prefect: Saisha Arora
Sapphire House Prefect: Anvi Singhla
Ruby House Prefect: Ishika Jaiswal
Diamond House Prefect: Amaisha Bains
Mess Prefect: Navya Batra
Mess Prefect: Ruhani Kapoor
Sports Prefect: Asmi Battoo
Cultural Prefect: Vedika Lall
G2 Prefect: Nandini Chowdhary
ED Board Prefect: Ishveen Kaur Saluja



AROUND THE WORLD IN 80 WORDS

BRUSHED!

Artist of the Month

Sidhiksha Lahkar, Art Captain

Maj Dhoundiyal of Dehradun awarded Shaurya Chakra posthumously. Himachal ex-armyman 'turned away' from felicitation ceremony at Rashtrapati Bhavan. The Amazon chat box now speaks Hindi. India beat England, win World Series. Federer, Djokovic win, Serena pulls out. Ratul Puri gets relief from arrest. HC police over pollution at Goa's largest garbage dump. 918 auto drivers lose licenses for saying 'no' to commuters. New Delhi Encroachments on more than 40 acres of forest land in Dera Mandi village area of south Delhi were cleared. Female Suicide bomber kills six in Chad.

There are times when we compare ourselves to others, when we're unsatisfied with our work, and we begin to question why we are even doing it to begin with. This is human nature.

But there's one thing that can keep artists from giving up, from putting away their tools of the trade and succumbing to the average life of those who don't partake in something that creates discussion, beauty, or personal satisfaction: passion. This month, the artist that has amazed all of us with her skills in detailing and passion for fine arts is Jiya Keyal from class 8th.



JACK DORSEY

Twitter CEO Jack Dorsey's account hacked, racist tweets posted

1 Twitter said the account of chief executive Jack Dorsey had been "compromised" after a series of erratic and offensive messages were posted



2 The tweets containing racial slurs and suggestions about a bomb showed up around 2000 GMT on the @jack account of the founder of the short messaging service before being deleted.

THINK ABOUT IT

"The only way to do great work is to love what you do"
- Steve Jobs

FRAMED!

Photographer of the Month

Sejal Jain, Photography Captain



It is true that a picture holds thousands of messages and untold stories. Adding the word document with photography has made itself a genre of photography. A picture is meant to tell a story which has not been told by anyone, it describes the hidden meaning behind something. A very famous photographer once said “defining documentary photography is like trying to capture a bird’s free flight by trapping it inside a cage”. Documentry photography includes all kinds of genres in it for example portrait, landscape, street and more, but through it’s captivating powers it takes us to the world of education, journalism, art, history, politics etc.

Documentary photography has been defined by various terms like practice, a genre, style etc, but truly it is a vehicle which is an ultimate source of exploration

and information. In more precise way it can be described as the frame of untold stories. Furthermore, documentary photography is used as a rhetoric means to acquaint the general public with issues such as shameful discriminatory, or harmful working or living conditions associated with a particular group of children or adults, environmental problems, disappearing cultures, violation of human rights, socio-economic divides, the effects of climate change, festivals, celebrations, new cultures, different lifestyles, love etc and thus make way for strong social change in the society.

This time the photographer of the month is **Nandini Agrawal** of grade 11. She has been an active part of the photographic society since grade 9 and has never failed to impress others with her work, she holds immense interest for documentary photography. Her work depicts her dedication and hard work towards photography in all genres, she is not only a passionate photographer but a keen learner as well, she has taken various workshops on videography and photography during her summer breaks. She never fails to inspire others and help juniors with their work and her loving nature. Nandani has been a great help to the society and has captured some astonishing pictures. As a part of the society she has always contributed to the best of her abilities and hopes to do the same in the future.

HARMONY

Annual Inter-School festival held at Unison World School

On the 10th of August, our students participated in harmony held at Unison World School. Our school's Indian orchestra as always was melodious. Their performance got a standing ovation from the audience. Hopetown's rock band using a variety of instruments were also appreciated. Our talented girls entertained the audience with dances from various Bollywood songs. "Where words fail music speaks." Hans Christian Anderson..

Last and certainly by no means the least our beautiful Odissi dancers with their graceful and captivating performance mesmerized the audience. They bagged the first position for their outstanding performance.

"Positive action combined with positive thinking results in success."



MILESTONE

Milestone has always been the cultural fest to look forward to. As a platform for schools in Dehradun and neighbouring vicinities to celebrate art and culture, it excels as a student highlight of the year. On the 31st of August, 2019, St. George's College, Mussoorie yet again outdid themselves by organising the fest of a lifetime.



Hopetown's band performed an extremely well-improvised rendition of Believer by Imagine Dragons. The school's stylist and fashion photographer stood out with the model among other participants.

Our young photographers made the school proud by earning the first position in the photography segment. Hopetown secured the second position in the painting segment and our students stood third in the drama and

portrait drawing segment. Among the 21 participating schools, Hopetown Girls' School defeated the defending champions and secured the Overall Milestone Cup for the first time.

Congratulations to all the participants and staff of the Performing and Fine Arts Department for having worked tirelessly to achieve this trophy.



Odyssey

The 8th International Literary English Fest organised by City Montessori School, Rajajipuram, Lucknow



Our students took part in the video conferencing global colloquial on the topic “Girls’ and Women’s Rights.” The senior team added a twist to Shakespeare’s The Merchant of Venice (The casket plot) in La Masquerade.

Congratulations girls’ on your commendable performance in Thespian’s dream.

The cultural dance and march performed by our students brought alive the culture of Uttarakhand. Last but by no means the least our students were awarded the second consolation prize and were judged as the most endearing team.

Congratulations to all our students and members of staff who worked hard for this event.



WHAT'S IN	WHAT'S OUT
Psychology Fest	Photography Fest
Sports Day	IS Hindi Elocution
Result Stress	Exam Stress
Robotics Workshop	Movie Workshop
Gelatos	Crocs
Milestone	Harmony



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