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VOLUME 1, ISSUE 02 2020

# HAPPY CIRCLE

The official newsletter of  
HOPETOWN GIRLS' SCHOOL

# COVID 19 – WHY THE NEWSLETTER IS CALLED HAPPY CIRCLE?

Being high on the trait of conscientiousness, I have always liked to have all my chores planned and settled before deadlines. However for all of us this year has been an ambush of uncertainties. It was last August that I was barely versed with the work of assigning tasks, editing article and later designing. As a junior member of this team, I only saw the complete publication but never knew the backdrop, therefore I had a different plan for working with the editorial board this August but life has been so unpredictable and therefore for the past 5 months we have not been able to publish the monthly magazine. However, I believe being on this stop for the past six months helped the team work together and engender the old but memorable BTPR into a new online newsletter “Happy Circle”, the first issue of which got immense love from the readers.

While crafting a name for any publication, there is so much thought that one needs to put in thinking of names that might sound cool and enigmatic to the team but also needs to have a wider reach to the readers. Therefore I would love to scan the reason why we called it ‘Happy Circle’.

Happy, is for the vibrancy we aim to bring about through the newsletter radiating knowledge and creativity, the happy stands for the happy girls that our institute aims to foster.

Circle, that is the quality of the newsletter, in order to remember in the coming times how far and distant people became during the time of the pandemic we have the circle hollow at the center, but the united effort of the students put in to connect and communicate with each other represents the circumference of the circle.

Each reader is a part of this Happy Circle and the Editorial Board is glad to bring to you the second issue of the Newsletter.

**- PUNEYA SACHDEVA**  
**EDITOR**

# DR. MIND- MENTAL HEALTH ASSISTANCE

## Identifying faulty thinking patterns:

More than often, the cause of your stress and worries are our own thinking patterns. Psychologists around the world have been studying thinking patterns for years. According to cognitive psychologists, we humans have a tendency to develop a negative thinking pattern especially when we feel threatened. Although, it a survival instinct but usually we get attached to those same thought patterns which eventually leads us to endless road of stress, anxiety and worry. So, how do we identify these negative thought patterns?

Negative thought patterns are those which cannot be verified or does not have any evidence in the real world nor any logic can support them. Psychologically, these are called "Cognitive Distortions". Cognitive Psychologists have been able to identify 10 cognitive distortions or thinking patterns. Getting to know about them can really help you to understand your own negative thought patterns and stop them from dictating your life.

- All or nothing thinking: things are black and white, completely without shades of gray. For example you may think, "the world is all chaos," "I am completely worthless," "I do nothing right," or "our country can do nothing right". "I am always alone." Or "Everyone hates me." "I never win." Always? Never? Everyone? It happens absolutely all the time, without exceptions? In the moment, it can feel like that, but those statements are actually rarely true.
- Overgeneralization: generalizations from one bad experience are made without context, experience or evidence. "I read a story of someone who died of Covid-19, therefore I will die of this."

- Mental Filter: focusing on the negative rather than the whole picture. After receiving multiple positive statements and one negative statement, all you focus on is the negative statement.
- Disqualifying the positive: When you do something good like get a compliment or award, you instantly find ways to make less of it! For example, if someone says, "You are looking good today," but instantly you assume that person is giving you a false compliment.
- Jumping to conclusions (without evidence): reaching conclusions (usually negative) with little evidence.
  - a. Mind reading: assuming you know what the person is thinking about you. Connection occurs from accurately knowing another, and with mindreading you blind yourself without evidence.
  - b. Fortune telling: predicting negative things in the future. "I will definitely get Covid-19. The world is heading into chaos," "things are never going to get better," or "there is no hope for the future"
- Magnification or Minimization: you make some weakness of yours much larger than it is or a strength much less than it really is. For example you see your friends as beautiful whereas you see your own beauty as very average.
- Emotional Reasoning: believe that your feelings reflect reality. For example, "I fear, therefore we must be in great danger."
- Shoulding: a thing that you believe you should or should not do, often created to try to maintain an image of yourself which is more in line with social pressures. For example, "I should be perfect," "I should never cry," "I should always win," "I should be able to do this on the first try."

- Personalization: blaming oneself for a bad event without looking at external factors that contributed to the bad event. Attributing personal responsibility to things that you have no control over, or when you do not see all the things that caused something. For example, a friend is upset so you think it is something you caused or are responsible for.
- Error Messages: thoughts that are like obsessive compulsive disorder due to having thoughts that are repetitive, intrusive and not meaningful.

### **Ways to manage negative thought patterns:**

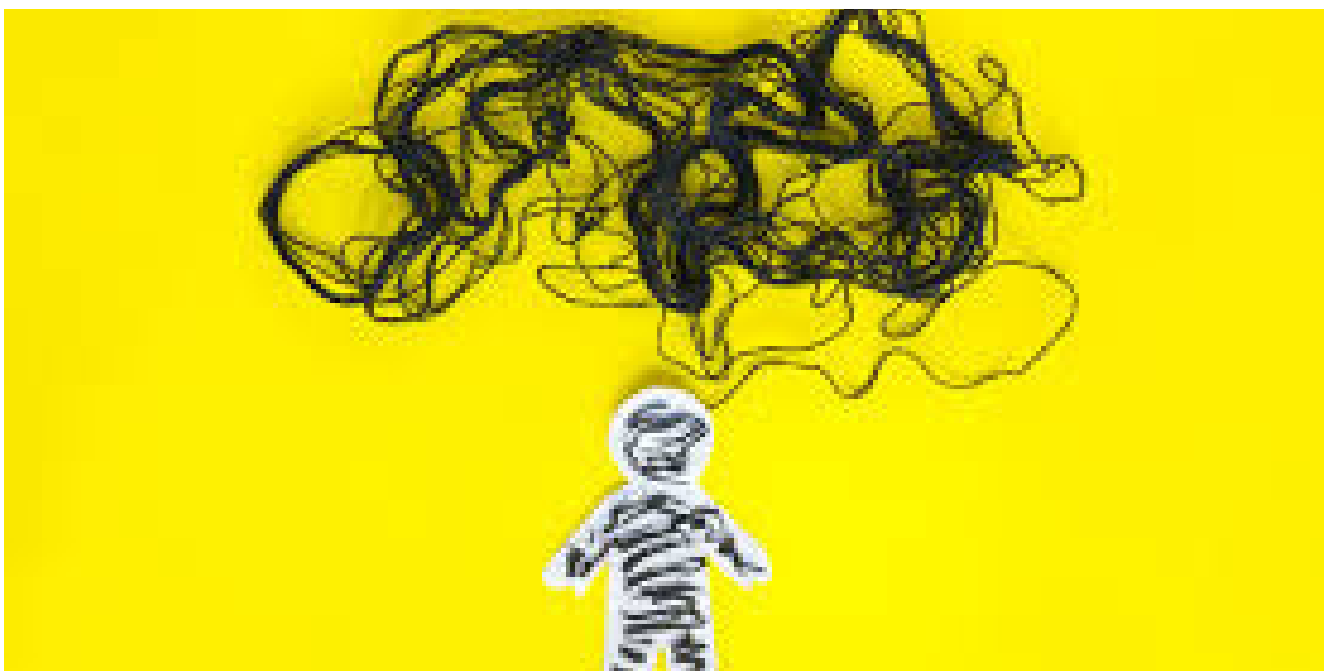
The first most important step for fixing any challenge is to clearly identify what the challenge is. In this case, it is important to identify which cognitive distortion is working inside your mind and how is it impacting you. Once, you are able to identify your cognitive distortion, the second step is to simply look for evidence to support for distortion. Here you have to be mindful as to how you are examining the evidences. Do these evidences actually exist or are they your assumptions and opinions?

Remember, sometimes all that is required from us is to be mindful about our own thought patterns and situations which can help us in living a stress free life.

#### **Sources:**

- David Puder- Covid-19 Edition on Psychotherapy (Cognitive Distortions)
- Getty Images (Cognitive Image Sketch)

Srinjoy Ghosh.







# *Birthdays and Personality Traits*

By Saisha Arora

*"Find out what your birth date says about you..."*

**1ST - CONFIDENT, VERSATILE, AMBITIOUS, INTUITIVE AND PRACTICAL.**

**2ND - ENTHUSIASTIC, GENTLE, CONSIDERATE, DIPLOMATIC AND MOODY.**

**3RD - SKILFUL, IMPARTIAL, FUN LOVING, ADVENTUROUS AND EXTRAVAGANT.**

**4TH - COURAGEOUS, ARTISTIC, TRUSTWORTHY AND PRACTICAL.**

**5TH - CREATIVE, TALKATIVE, INDEPENDENT AND FLEXIBLE.**

**6TH - EMOTIONAL, WARM HEARTED, CHARISMATIC, EXTRAVAGANT AND YOUTHFUL.**

**7TH - ANALYTICAL, PHILOSOPHICAL, SECRETIVE AND ORIGINAL.**

**8TH - POWERFUL, AFFECTIONATE, REALISTIC AND DOMINATING.**

**9TH - BROAD MINDED, CHIVALROUS, ENERGETIC AND GENEROUS.**

**10TH - PERSUASIVE, ARTISTIC, ATTRACTIVE AND FRIENDLY.**

**11TH - AFFECTIONATE, DIPLOMATIC, DREAMY AND INTUITIVE.**

**12TH - LEADERSHIP, COMMUNICATIVE, LOYAL AND GENEROUS.**

**13TH - DETERMINED, HARDWORKING AND SYSTEMATIC.**

**14TH - KIND, TALENTED, VERSATILE AND UNDERSTANDING.**

**16TH - INTUITIVE, SPIRITUAL AND LOYAL.**

**17TH - EMOTIONAL, HUMOROUS AND SENSITIVE.**

**18TH - POWERFUL, OPEN MINDED AND EMOTIONAL.**

**19TH - COURAGEOUS, IMPULSIVE AND STUBBORN.**

**20TH - SENSITIVE, ARTISTIC AND DIPLOMATIC.**

**21ST - INDIVIDUALIST, YOUTHFUL, INDEPENDENT AND ATTRACTIVE.**

**22ND - LOYAL, PRACTICAL AND GENEROUS.**

**23RD - PERSUASIVE, PERSISTENT AND PATIENT.**

**24TH - LOYAL, RESPONSIBLE AND LOVING.**

**25TH - INTELLIGENT, INTUITIVE AND LOVING.**

**26TH - INTELLECTUAL, PERSUASIVE AND GENEROUS.**

**27TH - FREE SPIRIT, DEDICATED AND DETERMINED.**

**28TH - INDEPENDENT, MULTITASKING AND A BORN LEADER.**

**29TH - GENEROUS, INTENSE AND DRAMATIC.**

**30TH - GREAT IMAGINATION, NAIVE AND LOVING.**

**31ST - SKILFUL, DETERMINED AND HONEST.**





AUGUST 2020  
ISSUE NO. 2

# STUDENT WRITE UPS

## INDIAN SOLDIERS

*By Urvi Dewan*

Salute to those men who fight at our borders, those waiting for their Commander's orders, Salute those men who fight in such rough terrain and weather. Salute those men who have pledged and sworn that no matter what they will fight. Some soldiers leave behind the joys of life. Some soldiers leave behind their families. However, they will not just sit back and see India getting divided. To all those soldiers who have lost their lives, they remain in our hearts telling us not to lose hope because they know that India will win.

**Dedicated to all those soldiers who have lost their lives in the Sino - Indian war .**

## WE ARE ALL PRISONERS

*By Navya Chaudhary*

We are all prisoners  
Of those feelings we cannot express,  
Of those habits we cannot quit,  
Of those photos we cannot burn,  
Of those bands we still wear,  
Of those sleepless nights ,  
Of those injuries that still hurt,  
Of kindness we still show,  
Of those wounds which cannot heal,

Of those promises we made, holding  
hands and gazing at the sky.  
And saying ay ay-  
I will be there for you.  
We are all prisoners  
Of the invisible prison.  
I say "the invisible prison"

## PASSION AND PURPOSE OF LIFE

*By Urvi Jain*

There will be days you will ask yourself-Where is all this going? What is the purpose? What is my purpose?

In high school, some might think they have achieved their life's purpose when they have answered the age-old question of what they want to be once they grow up but no that's not the purpose.

Some people assume that they have found their purpose of life when they are clear about what course they will take up in college. Some people might think that they will discover it when they find a good job or maybe after a few promotions. But these are all man levied stages for self satisfaction and these might not work but what will is your passion to achieve the greater heights you were born to reach.

Keep convincing yourself that it is just on the Horizon. Just around the corner.

The more passionate someone is about their task, the more inclined they are to work hard on self-improvement which increases their chances of success. As individuals we need to understand that if passion is found and nurtured then we are all bound to achieve fame, wealth and satisfaction. During this journey of reaching the final destination. You might get so numbed out that you forget who you truly are. Don't get lost. Remind yourself why you began and from where. Keep up with the enthusiasm because when enthusiasm and passion are present, people tend to be more resilient when encountering obstacles. Great ideas don't come fully formed. They develop as you work on them. The fact that you are alive today means that there is a mighty call which says that you have a purpose. Stay focused on what really matters. The day the human race realizes that the purpose of life is not material satisfaction but the purpose is to be sincerely passionate about anything that fans your innate fire.

# *"Where words fail, music speaks."*

ROLE OF MUSIC IN 2020 BY SANJANA MORE



The past few months have been like a series of turbulent waves impending towards each one of us. Curtains of uncertainty, despair, and anxiety have been drawn over the entire globe. Amidst this havoc, we have all found a way to keep our peace of mind.

Music has that power. It has the power to control the myriad of thoughts in our head, to heal, to take us through a nostalgic trip down memory lane, and most importantly, to keep us sane. It is limitless, it is unbiased and for everything ranging from stress and tension to boredom, we have our go-to playlist of all our favorite songs, which ultimately restores our peace of mind. It's a wonder how music, which is something so subjective and differs from person to person. It is also a common medium that unites us all together.

In hindsight, it is obvious that the past few months would have been tougher, without the hours we spent listening to music. Some people might even contrast the power to music to that of therapy. To encompass the entirety of music in any way is an unfeasible task. The lyrics and beats of a song alter our mood almost instantly.

The genre of music you listen to becomes your mood, and throughout 2020 I can undoubtedly say that it is a perk everyone needs. Moreover, listening to a particular song creates a vision in your head. A vision that fits perfectly with the song. Music allows your imagination to run free, it lights up your creative side and it makes you happy (yes, this is scientifically proven).

I think this year has made us appreciate the existence of music as a whole. Between all the uncertainty, there was a surety that you could put on headphones and block out everything but the music. Between the unreliability, you could rely on music to make you feel better. To everyone who is having a hard time keeping themselves sane through this, put on your playlist and groove!



## *HOOP: Finding new snapchat friends*

BY GURNAAZ KAUR

The Corona outbreak has limited the interaction between people and during these hard times it's difficult to maintain long distance friendships. In the last 6 months we have seen it all, broken friendships, losing touch with our peers and a whole new level of insecurity for our best friends. Socialising has become rare now that one hardly leaves the house.

Hoop- "the teenage tinder", however lets you make new friends within or outside the country. It is connected with your Snapchat id. The app works on its own currency, the diamonds. These diamonds help you swipe and discover people and get renewed when you share the app or upload your pictures. It is an easy app. All you need to do is connect the app with your Snapchat account, upload 2-3 pictures of yourself and hit discover. You get to see the pictures of people and if you want to be friends with anyone all you have to do is click the 'tick' and a request from your Snapchat account will be sent to them. Once the diamonds are over, you won't be able to swipe the pictures until they are renewed (diamonds also get renewed on a daily basis).

Hoop is a safe app and is currently on the second spot on app store charts this month with reportedly over 3 million downloads already. It is one of the most suitable and new social app to use while we are stuck at home as it helps in connecting with new people across the globe.



JUNE 2020  
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# HOPE IN THE TIMES OF CORONA

Hopetown Student Initiative

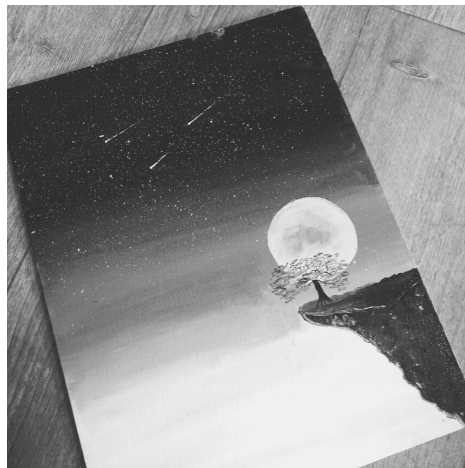
## AESTHETES!

## EXPLORING TALENT

LETTING THE STUDENT CREATIVITY FLOW



*By Ishveen Saluja*



*By Saisha Arora*



*By Asmi Agrawal*



*By Asmi Agrawal*



*By Sukhman Waraich*

## CREATIVE!



# STUDENT OPINIONS

Expressing what you feel is the path to accomplishment.

## Would you like to succeed a popular or an unpopular leader?



True leaders always have future goals set and make positive changes outside their comfort zone.

I would like to succeed an unpopular leader so as to overcome the loss society has faced and to make positive changes for the betterment of the whole community.

After an unpopular leader, the public does not expect much and lose their faith that true leaders exist. I would come to power and would do everything which would help the society to improve. I would make sure there is peace and harmony everywhere and most importantly no discrimination on the basis of race, gender or colour. There are many leaders who make promises before they come to power and when they are elected they forget all their promises. However, I would make sure that I remember all the promises I have made.

*By Kirtana More*

"The key to successful leadership today is influence, not authority."  
Ken Blanchard

Five years ago, this is what one of my teachers told me. Since then I have always been wondering about how it would be if I became an eminent adult, the fame, the crowd of reporters outside my doorstep and workplace and the respect. But somehow, I always get stuck whether being famous would help me become respected. While penning this down I finally realized that whatever field I go into, it does not matter if I am prominent or not meaning if I am popular or not. This would not impact my work ethics and morals whether I succeed a popular or an unpopular leader. Being a good leader does not mean that we have to be a famous because leadership is not about stardom, it is about your character and excellence. Also leaders do not command excellence, they build excellence. One must not boast about his or her success and instruct others, instead he or she should include them and help them in finalizing the task.



*By Ishveen Kaur*

# *Harness your passion*

BY PRIYAM MUNJAL



## PASSION IS ENERGY

"Feel the power that comes from focusing on what excites you."

-OPRAH WINFREY

In today's world we have collectively evolved to believe in a number of societal myths, one of them being, "success means a vocation that helps satisfy all materialistic ends" but the pursuit of passion can be equally satisfying, which is something we often overlook. Our work is going to fill a large part of life and the only way to be truly satisfied in life is by doing what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking.

Without passion, we are incomplete. Our life has no meaning!

It's important to find our passion. This gives us a purpose, but it is not a magical potion that will make all the problems disappear. It might not make our problems disappear but having something that exalts us, helps keep us away from the demons and anxieties.

If you find your passion you need to remember there is no measure for it small or big, it should fill your life with contentment. If you are a bathroom singer, you will be a bathroom singer with a passion. And if you are a beatboxer, you will be a beatboxer with a passion.

We can't expect life to take a magical turn when there is passion in it because Life is still LIFE. You have to wake up, study even if you don't want to, eat to stay alive but along with all the daily chores there will be passion that will keep you going - sing, dance or play any instrument of your choice because you love to and deal with the other things that life brings with it.

You can't force passion, it's an innate fire within you. Instead of consciously thinking about your passion, let your passion come to you. It's somewhere hidden deep within you. You just have to trust that someday it will seemingly appear out of nowhere. When that day comes, dance happily, celebrate, and after that spend each day cherishing it and work on it.

Feeling stressed? Tired of studying? Projects? It's alright, it's just a part of your life. But make your passion a part of happiness. Take some time out from your busy schedule for yourself and do what you love to. Do what makes you smile. Follow your dreams, follow the path you created for yourself, follow your passion!



# STUDENTS' THOUGHTS

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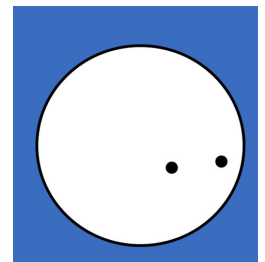
Hopetown Student Initiative

## A COMIC BY SYNA SAIGAL

## ONLINE STUDY BUDDY



STUDYTEE



## *"I dream of painting and then I paint my dream".*

VAN GOGH PLACIDLY DESCRIBED BY SANJANA MORE

Vincent Van Gogh. One of the most influential artists in the vast history of western art, Van Gogh is considered to be an illustrious yet grievous figure. He initially was drawn to painting after he had gone through a rather traumatic phase in his life which included unstable finances, failed relationships, and episodes of delusion.

He made about 2100 paintings in his lifetime, some of which are among the most expensive paintings to be sold to date. Throughout his life, he was considered to be a failure and a madman, primarily because he suffered from psychotic episodes and went through depression. To cope with his health, he found solace in art.

"I often think that the night is more alive and more richly colored than the day".

Van Gogh painted "Starry Night", which is one of his most valued works, in an asylum where he stayed a year before his death. His other notable works included about 35 self-portraits, out of which only one has survived. He expressed that he was trying to capture something above what a photographer could capture in his picture. His self-portraits also showed signs of his illness. As a result of his first mental breakdown, he cut off his ear in a state of confusion. However, Van Gogh never portrayed himself to be a weak man who needed pity, he drew self-portraits as they helped him heal.

The credit of his fame goes to his brother Theo's wife, who after Theo's death, fulfilled his dying wish of publicizing all of Vincent's work.

Van Gogh wanted to be known as the painter of sunflowers. He painted various paintings with the sunflower as the highlight. After his death, his friends bought sunflowers and the flower became synonymous with Van Gogh, just as he had wanted.

Today there is an entire building dedicated to him in the Netherlands which as of 2017 was the 23rd most visited museum of the world.

## *These celeb. graduation speeches will make you tear up*

BY PUNEYA SACHDEVA

Our young students did miss out on proms, senior nights, and ceremonies but got an extra dose of love from celebs around the globe.

### **Barack Obama**

You don't have to accept what was considered normal before. You don't have to accept the world as it is. You can make it into the world as it should be and could be.

### **Khaled**

This is history in the making but it is yours to make. Now go out there and make it. Stay healthy, stay safe, and stay blessed . . . Most importantly, stay you.

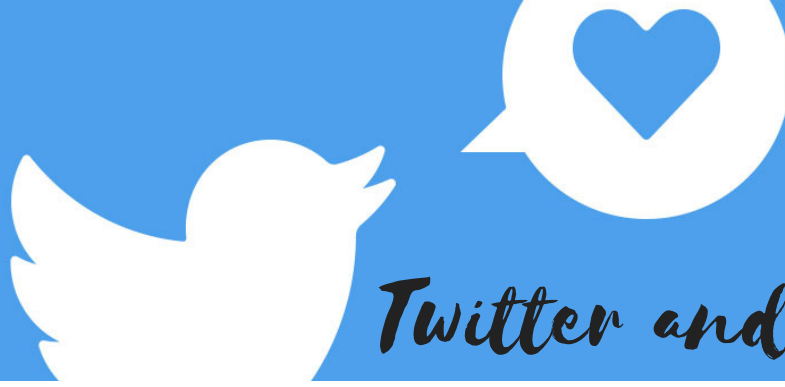
### **Selena Gomez**

It's okay not to know what to do with the rest of your life. It's a journey to find your direction or your passions, so don't get frustrated by mistakes and setbacks as they happen to all of us.

The virtual world has been a boon to bring together the commencement speeches for the young students ready to grab all opportunities and make the most of the world that lies in front of them. As Max Ehrmann quotes in the last lines of his poem, "With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy."

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# Twitter and diplomacy

BY SUKHMAN WARAICH

Diplomacy depends on peaceful means, persuasive methods for promoting the interests of the state and this is often indeed a crucial non-political objective. It is one such aspect of the globalized world that social media has transformed. Many politicians and diplomats worldwide have already embraced social media as a tool to speak with the general public .

'Open covenants of peace, openly arrived at, after which there shall be no private international understandings of any kind, but diplomacy shall proceed always frankly and in the public view.'  
- Woodrow Wilson

Twitter has served as a flexible sort of political public square for domestic and international affairs. Digital diplomacy may be a groundbreaking renovation within the methods of conventional diplomacy, with twitter poised to become the language of digital diplomacy. Combining digital diplomacy, traditional diplomacy and twitter comes a term Twiplomacy, or Twitter Diplomacy. Traditional diplomacy is usually restricted to formality and decorum, but twitter diplomacy isn't. Twiplomacy breaks through the restrictions of traditional diplomacy. From the President of the USA taking jabs at his counterparts, to India's former External Affairs Minister using Twitter to supply assistance to Indians across the planet , social media has led to a paradigm shift within the craft of diplomacy.

Twitter lets everyone communicate their views on topics they wish to express and lend a more participatory character to foreign policy debates. It has lent a degree of transparency for the people on foreign political debates. It also encourages the citizen to actively participate in such topics. Furthermore, interactions among diplomats from different countries act as a precursor to official negotiations, thereby helping build bilateral and multilateral relations. In the age of social media, a leader's presence and activity on social media are integral to public perception. When someone tweets to a state head or any other politician and gets a reply from them, whether positive or negative, it can help create an image of the politician being a 'people's politician'.

Twitter is a good platform to communicate your views. It's not only used in political ways but people post their thoughts, hobbies and the most random stuff on this platform. One gets an original view of politicians and celebrities from this app but you can be misled by fake accounts also. So before reading check the accounts are verified. The new normal can be defined in terms of the informal messaging service catering to a mass audience and has further adapted itself to being accepted by the mass market.

"Digital diplomacy may be a groundbreaking renovation within the methods of conventional diplomacy, with twitter poised to become the language of digital diplomacy"

-Sukhman



## *Is it fair to call it the chinese virus?*

BY NANDINI CHAUDHARY

I do not believe it is fair to call Covid 19 the Chinese virus, and so I would like to write about how it is both wrong and dangerous to be using this term. Although I have been unable to identify who originally coined the term I do know that it has been casually thrown around a lot lately and really made the rounds when the American President, Donald Trump used it in a tweet and at a conference. And it was then that the discussion about it being inappropriate and ultimately, racist or not really kicked off.

Now, before we get into it being technically racist or not, I just want to point out that this term has made a real impact and has affected people. Proof being the many instances that took place recently where Asian-Americans, Asian-Canadians and other people of Asian ethnicity found themselves being subjected to discrimination for the way they look or their ethnicity, and I am sure we can all agree that that is unfair.

While Trump defended his statement at the conference he said, "It's not racist at all, no, not at all, it comes from China" and technically he is not wrong, that is where the virus came from and in fact there are other viruses that have been named based on their place of origin for example; the Spanish flu, the Zika virus or the Middle Eastern respiratory syndrome.

But keep in mind that these were all named in the past and we are all now more aware of the damage our words can cause.

Back in 2015 the World Health Organization set new guidelines for how they would name infectious diseases, as they started to understand the negative impact it had on a certain section of the population when you implied the association of a virus with its location of origin. And similarly in this case, the term Chinese virus evidently puts people of Asian ethnicity in a target-able position.

I hope that it has been established that the term Chinese virus is severely unfair.

And the better question you want to ask yourself is that, when we have more accurate, more inclusive terms for the Coronavirus why would we actively choose one that ostracizes people?

## *National Green Tribunal*

MEHAK BAJAJ



What is National Green Tribunal (NGT)?

It is a specialised body set up under the National Green Tribunal Act (2010) for effective and expeditious disposal of cases relating to environmental protection and conservation of forests and other natural resources.

With the establishment of the NGT, India became the third country in the world to set up a specialised environmental tribunal, only after Australia and New Zealand, and the first developing country to do so.

NGT is mandated to make disposal of applications or appeals finally within 6 months of filing of the same. The NGT has five places of sittings, New Delhi is the Principal place of sitting and Bhopal, Pune, Kolkata and Chennai are the other four.

# MIDDLE SCHOOL

**19/09**  
**WED**

# INVESTITURES

**ANEESHA DE**

**Editorial Prefect**

The investiture ceremony is one of the most awaited events for all our preordained prefects. On this day, a few chosen students from Grade 8 are badged and given certain responsibilities. Even though this ceremony was not like every other regular ceremony, it was an online ceremony, the school hosted a webinar where all prefects took their oaths and talked about what leadership means to them. The prefects were filled with equal amount of nervousness and excitement. Even though there were several issues while practicing online and attending the ceremony, our prefects did not leave any stone unturned. The ceremony ended with a beautiful speech by our principal, Maya Ma'am and the air was filled with pride and excitement yet there was a tinge of nervousness and thrill. With this, began the journey of our Middle School Prefect Council.

## GOOD LEADERS

**"Do not follow where the path may lead. Go instead where there is no path and leave a trail."**



Thank you for all for your support. None of this could have been accomplished without your interest and contribution.

BELIEVE  
*in yourself*



If you have questions, ideas or comments do write back to us.