

THE HAPPY CIRCLE

7th Edition



The official newsletter of
Hopetown Girls' School

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Case study: The Chinese economy

"THESE ARE THE WAYS IN WHICH THE CHINESE COMMUNIST PARTY IS EXERTING ITS INFLUENCE ON THE REST OF THE WORLD. CHINA, HERE, IS PLAYING THE GAME BY TRAPPING THE COUNTRIES IN DEBT TRAPS AND EXTORTING MONEY BY DUMPING."

WHY THE WORLD MUST BOYCOTT CHINA!

China joined the World Trade Organization in 2001. Certain conditions were imposed on China upon joining the WTO and China promised to liberalize and open its economy further so that trade could be easily conducted between it and the other countries. Today, 20 years later, it has opened its economy to some extent but broadly speaking, it has aggressively misused the WTO for its own benefit.

China's first weapon is called 'Dumping' in economic terms. Dumping refers to the export of a locally made product at such ridiculously low prices that it would drive the local industries of that country completely out of business. For instance, take the example of the toy manufacturers of India who manufacture toys at a certain cost and launch them in the market. At the same time, Chinese companies come in and sell these toys at much lower prices.

The consumer obviously prefers to buy the less expensive Chinese alternatives and hence nobody buys the Indian toys. The Indian toymakers are driven out of business and the Chinese gain monopoly over the Indian toy industry. You might wonder how China is able to manufacture goods at such low costs that enables it to indulge in dumping. The answer to your question is quite simple- The Chinese government supports dumping. The Chinese government provides export subsidies to these companies. They are provided with money and subsidies to export and dump stocks. For example, calculators, Vitamin C and E, caustic soda, kitchenware, solar cells and so on. The list of items that China is believed to be dumping in India is huge. The Indian government has begun to review the list and is not the only country to do so. Australia is investigating whether China is dumping steel and aluminium in their country or not. In fact, the European Union has already increased the import tax on the steel that is imported from China. Their investigation revealed China to be guilty of dumping steel in these continents. Hence, due to this reason and the dumping tactics, China can export so much more than what it imports today. The trade in China remains in surplus when compared to the other countries.

The second tactic is currency manipulation. China is accused of deliberately undervaluing its currency in comparison to the US dollar to maintain its cost advantage so that the cost-benefit of 30-40% is maintained whenever someone wishes to buy a "made in China" product. As a result of these unfair trade practices, dumping, pilferage and currency manipulation done by China, Donald Trump declared a trade war against China. He hiked the import tariffs to prevent China from harvesting these benefits.

We have only talked about the Western countries and India until now but even the Africans have not been spared. Taking advantage of the poverty of the African countries, China constructs highways, dams, and large infrastructural projects spending crores, that are loaned out to these African countries. China understands that these African countries will not be able to repay the loans. It is then that China takes over the strategic lands of the targeted country. It beholds them by physically occupying them. If there is an important port, China takes it over with the help of its huge army and then puts it to its own use. This is called the 'Debt trap of African countries by China'. It destroys a country by trapping it in debt. Take for example Zambia, a 2018 report revealed that the Zambian government was selling off the entire control of its National Electricity Company to China and the biggest and the most important port in Kenya, the port of Mombasa was forfeited. Both were the result of the debt trap. Nigeria is set to become the next victim. A similar thing is happening in several Asian countries as well. An island in the Maldives and a port in Sri Lanka were sold off to China. This port in Sri Lanka has a very strategic location and is extremely close to India. China can use it for its military warships, its navy or even its army.

These are the ways in which the Chinese Communist Party is exerting its influence on the rest of the world. China, here, is playing the game by trapping the countries in debt traps and extorting money by dumping.

The good news is that half of the world is against China!

Australia, Europe, the USA and the African continent are the biggest examples. If all these countries come together and unite against China then there is some hope that we can take down these unfair trade measures and restore the ethical trade balance in the world.

- ARPITA RAI
GRADE 9

GENDER-BASED VIOLENCE

Women- Who are we? Are we merely the other half of the society's traditional binary gender or are we more than that? Although, the real question is, will society ever allow us to be more than this?

Blows on the body do not only tax you physically but can also impact you mentally. Violence against women prevails in almost every corner of our world, the same world which preaches how fortunate we are to exist in such an "accepting" society. Gender violence is rooted in gender inequality and knows no social, economic or ethnic boundaries. Victims of abuse camouflage with the rest, in the guise of normalcy, and are shrouded in a culture of silence.

Atrocities against women in the form of assault, mutilation, harassment, rape and other horrific acts have become a global pandemic affecting one in three women in their lifetime. It leaves them with life-altering consequences, some of them being injuries, sexually transmitted infections, pregnancy complications and chronic conditions. However, the scars run deeper than what appears on the bare skin. It undermines her sense of self-worth and self-esteem, leading to unsettling thoughts of self-harm, isolation, depression and suicide.

Women are strong. That is what the world says now, doesn't it? However, why put her in a situation where she will not survive if she is not brave? Why test her courage by dispiriting her fearless heart? Why not stop the predators and give her respite from this brutish world?

There is only so much a person can speak before her words start reaching deaf ears. Therefore, we must take action before the world falls more into this fathomless tragedy. It is essential that society starts believing the survivors instead of interrogating them about their choice of clothes and their faults for being in that situation. It is necessary for us to stop blaming women and start taking the needed actions against the men in question. We must stand up for those in need, and be the voice of the many silent sufferers. How do we make this world a place we wish to grow up in when we do not put in the effort to change it?

Be the change you wish to see.

- Chandra Verma
Grade 12

THE RISE OF NARCISSISM AND THE DECLINE OF KINDNESS

Most of you would think, "Why is being kind important?" or "What is the use of kindness?" Being kind is important and is of 'use' because it allows us to connect to people and build meaningful relationships. When someone extends his/her kindness, we find ourselves happy and connected, we are more willing to cooperate with that person. Similarly, when we are kind towards someone, we feel good about ourselves and the person in front cooperates with us better. Kindness is the only act where both sides are equally happy and content. It is important because it helps us, both, mentally and physically.

What is kindness?

Kindness can mean different things to different people. To some, kindness might be empathy, to some sympathy. Similarly, thoughtful gestures, acceptance, and being polite are all acts of kindness, the possibilities are entirely up to an individual. The core of kindness remains the same though and that is, to be considerate, polite, and helpful.

How can being 'Kind' help you?

Being kind boosts Serotonin and Dopamine, which are our body's chemical messengers in the brain, that make us feel good about ourselves. Endorphins, which are our body's natural pain killers, are released. Kindness is also known to boost self-esteem, empathy, and compassion, which is known to lighten up bad moods. It decreases blood pressure and Cortisol - a stress hormone, which directly affects stress levels.

If these are not good enough reasons to be kind, let me give you a few more. Making others feel good 'warms' your heart and I am not saying that as a figure of speech, I mean it. Scientifically, research says kindness releases the hormone Oxytocin. Oxytocin causes the release of a chemical called Nitric Oxide in blood vessels, which expands the blood vessels. This reduces blood pressure and protects the heart. It has also been proven that kindness prevents most illnesses. It practically helps us live longer. Science says that we live longer when we have a strong group of friends and family and without that group, we are at a greater risk of having heart diseases. Now, how are we supposed to have a strong group of people who are close to us?

Yes! you got it right! 'Kindness'!

There are so many good things that kindness does but what are the cons? There are always cons, right? Well, kindness only has one.

It is contagious!! Kindness is a chain reaction. It is like a wave, it keeps on rolling and rolling, it just needs one person to give it a start. Heard that saying? "Be the change you wish to see in order?"

That saying does not mean one person can be "the change" or bring "the change." What it says is that you can start the change.

However, there are always two sides of a coin. While some people believe that kindness is important, must be preserved and practised, some also think that it is overrated and honestly, things and thoughts like these are what make me worry about all the humanity in the world! Earlier, even if we were narcissists, we at least respected these ideologies and encouraged those who wished to follow them. Nowadays, in order to look anti-socially 'cool' and 'different' from the average crowd, what many teenagers are doing is disrespecting these very ideologies which keep the humanity or at least the hope of humanity in the humans of the 21st century alive. No criticism to these 'cool' people but I hope this article helps you to keep those rude comments which say, "Kindness is overrated." to yourself and I hope you can find it in your heart to be open to change.

These people also believe that confidence, intelligence, and hard work are the only things required to be successful while kindness is just being nice and being a 'people pleaser.' That, my dear, is not true.

Kindness is not just 'being nice.'

Why? It is because being nice is doing the bare minimum, to be nice when you prefer to be nice. Kindness goes beyond that. Kindness is doing the right thing even when it is hard to do so; but again, isn't that people-pleasing, doing the "right thing" even when it is difficult and deep inside feel like you don't want to? The answer is: No.

Let me give you a situation.

Rishi wants a Burrito but is out of money. Seeing him hungry, Neil offers him food out of his lunch box, thinking that Rishi will appreciate it and that it is an act of kindness. During the next lunch break, Neil intentionally doesn't bring his lunch because he assumes that Rishi will return the favour and offer him his lunch, but Rishi only brings lunch for himself and does not share it. Is Rishi wrong for only bringing lunch for himself or was Neil wrong for expecting a return while he thought that he is being 'kind'? Yes, Rishi should have shared his lunch; but was what Neil had done an act of kindness?

No, it was people-pleasing.

People-pleasing is doing 'nice things' for others and expecting the same in return. It is a form of dependency. Kindness doesn't look for credit, people-pleasing does. The most usual form of this is seeking validation. These pleasers provide the help and do the nice things to be considered 'good people' and it often backfires. Instead of giving the pleaser what he/she wants, which is the help in return and validation, at the best of times, the pleaser is exploited and at the worst, is treated with hostility and is rejected.

Why does this happen? There is a simple explanation for this. We as humans are overly sensitive towards power dynamics. We are always looking at who is at the top and who is at the bottom of the totem pole. We award, reward, and admire the ones at the top because they are naturally confident and we want to be their friend. On the other hand, we are aware, on a subconscious level, of the people who are insecure, lack confidence and are paranoid.

People who want to be pleasing often come off as needy and weak and we tend to react negatively to them. The predators will be taking advantage, the insecure and paranoid will show them contempt and the bullies will abuse. Instead of getting what they want, the people who tend to please will be used, abused, and forced to live as recluses.

The solution to this problem is quite simple. The pleasers need to start taking responsibility for their self-worth instead of seeking validation; because you can only be loved and respected by someone if you love and respect yourself. Kindness means being generous and considerate towards everyone, including yourself, while people-pleasing is just not accepting yourself and doing wrong to yourself.

Always remember, kindness is a wave, anyone can start it, even you!

- Mariyah Dedat
Grade 12

FROM THE WORLD OF ENTERTAINMENT:

TOP 10 NUMBERS:

May, 2022

1. FIRST CLASS
- JACK HARLOW
2. SHIVERS - ED SHREEN
3. ABOUT TIME - LEZZO
4. AS IT WAS - HARRY STYLES
5. LIGHT SWITCH - CHARLIE PUTT
6. BAM BAM - CAMILA CABELLO
7. THE MOTTA - TIESTO, AVA MAX
8. 2 STEP - ED SHREEN, LIL BABY
9. BEG FOR YOU - CHARLIE XCX
10. GHOST - JUSTIN BIEBER

BOOK RECCOMENDATION:

"WUTHERING HEIGHTS"

"If all else perished, and he remained, I should still continue to be; and if all else remained, and he were annihilated, the universe would turn to a mighty stranger." —Emily Jane Brontë, *Wuthering Heights*

In a tragic romance between Catherine Earnshaw and Heathcliff, the brooding and enigmatic protagonist of the greatest book of all times - *Wuthering Heights*, Emily Brontë managed to perfectly capture the beauty in the destructive love between the central characters. Reading "*Wuthering Heights*" filled me with a multitude of emotions, leaving me baffled at what had exactly happened.

The literary classic, "*Wuthering Heights*", is a story about the passionate yet consuming love between Catherine and Heathcliff. Heathcliff was adopted by Catherine's father as a child, but upon Mr Earnshaw's death, was spurned and mocked by Hindley, Catherine's brother. Under the assumption that his love for Catherine is not reciprocated, he abruptly leaves the household, only to return in a couple of years as a revenge-seeking, wealthy and polished man.

The book is so wonderfully chaotic, that there is beauty in its complexity and charm in its misfortunes.

The most stupefying thing about the book is how unlikeable each character is, be it the protagonists, or the side characters. It exceptionally exhibits the flaws in each character's personality, which leaves the reader to either hope for a redemption arch, or simply pity their existence. At several points in the book did I want to strangle Heathcliff! However, understanding his torments at the same time, besides the fact that he's a fictional character, made me reluctant.

I have heard frequently how some dislike the unreliability of the narrator of the story - Nelly Dean, the sole eyewitness to the book's numerous central events. They believe her own emotions to have altered the actual story, but I fail to understand how this doesn't excite people more. To know what the book tells you for once is not the truth, and certain events can be interpreted in whatsoever way it pleases us.

The book uses countless poetic lines, with romantic imageries. The dialogues used by Emily Bronte are noteworthy, compelling the reader to memorize them. Another prominent quote from the book is, "He's more myself than I am. Whatever our souls are made of, his and mine are the same." But an underrated quote which is my personal favourite is, "I have not broken your heart - you have broken it; and in breaking it, you have broken mine."

My absolute favourite character from the book has to be Catherine Earnshaw. Despite her flaws and narcissistic behaviour, her complexity is what drew me in. The first word that comes to my mind thinking about her is "berserk". She was a naturally selfish person, but her love ran deeper than most.

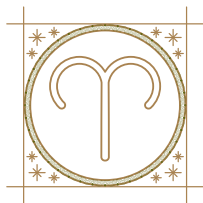
Although the book completely shattered me, it was somehow worth it. "*Wuthering Heights*" is a brutish masterpiece which both impressed and appalled me.

- Chandra Verma

Grade 12

SUMMER VACATIONS!!

WHAT DO THE STARS PREDICT?



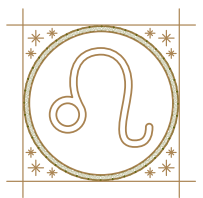
- **Aries:** Arians are known to be impatient and short-tempered. The summer heat is just going to make things worse for people around them because Arians will be found throwing tantrums all over the place!!



- **Taurus:** Taureans are stable and patient. They will exceed their reputation by being calm and composed through the heat and will successfully fulfil their responsibilities effectively.



- **Gemini:** Geminis will find ways to reduce the effects of heat. They will be the ones literally making umbrella hats or fans which release water because they are innovators!!



- **Cancer:** Cancerians are persuasive and manipulative. They're most likely to talk their way through work and sleep all day in a cool room away from the heat!!



- **Leo:** People belonging to this sun sign are fun-loving, lazy and inflexible. They are likely to be the most dysfunctional with all the heat around them.



- **Virgo:** Virgos are overly critical of themselves and hence would be busy worrying about whether they're smelling because of too much sweat or not!!



- **Libra:** Librans are cooperative and would be nice to you no matter how much the heat irritates them, they would be ever so gentle.

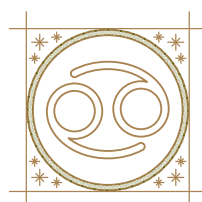
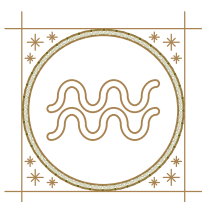
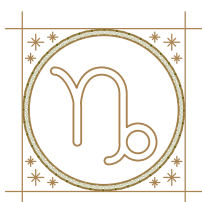
- **Scorpio:** Scorpions are passionate about everything that they do and would not use heat as an excuse to NOT be perfectionists. They will maintain their charm and continue to excel at everything they do.

- **Sagittarius:** Sagittarians are known to be rash and will say anything that comes to their minds. Look around you and be aware of them or you might get publicly humiliated!!

- **Capricorn:** A Capricorn is responsible, and disciplined and is known for his/her self-control. Just a Taureans, a Capricorn will keep cool and be composed irrespective of the heat.

- **Aquarius:** Aquarians are temperamental and hence no one knows how they might act! They can be calm seas or destructive storms!

- **Pisces:** Pisceans hold strong desires to escape reality!! During summers they will choose to ignore the heat and will focus their energy on wearing the best summer outfits!!



Humans of Hopetown

Let's hear what the 'pre-Covid' members have to say...

Harpreet Kaur

1. How long have you been a student at Hopetown? How do you feel?

Answer: I joined Hopetown five years ago and I feel grateful for everything Hopetown has taught me. Passing through those gates and stepping into Hopetown is the best thing that has happened to me to date.

2. What was it that you loved the most about Hopetown as a new girl?

Answer: In 2017, as a new joiniee, I found Hopetown a very welcoming place. It was warming in ways my previous school never was. One could literally barge into Maya ma'am's office to make a call to her parents or just crib about basically everything!!

3. Due to Covid, a lot has changed at Hopetown. Which change has affected you the most?

Answer: As a House Captain, I found it very difficult to build the foundation of my house from scratch. Due to the two-year gap, everyone had lost their house spirit and enthusiasm. To bring the zeal back into the house was a big task! Another task was to bring the new girls into the loop of everything that was happening, from IH Basketball to IH Music and Dance. All of them were so confused to a level where they had started to doubt themselves. To make them believe in themselves and their house required a huge amount of patience.

4. What is the first thing after Covid you want to change about the school?

Answer: There are many, many changes I wish to bring to the school post-Covid, like having more MUNs or having an offline Izhaar-e-Hunar but what I do understand is that change takes time. While my heart aches for a normal offline year, my mind understands that getting back on track is not easy and requires baby steps and patience.



5. Do you ever sit back and question your choice about staying at Hopetown after Covid?

Answer: No! Of course not! After spending five years at Hopetown I cannot imagine being in another school and turning my life upside down! The support system we have at Hopetown in the form of peers and teachers is unmatched!



Mrs. Mona Shukla

1. How long have you been at Hopetown? What is the memory that you will always associate with Hopetown?

Answer: I have been a part of HT for 19 years. I have beautiful memories that I will always cherish but the best ones were in my old Kathak room when we didn't have the PA building and used to take classes in small rooms in the block. My room used to be filled with little girls with beaming smiles!

2. What has Covid taught you as a teacher?

Answer: Covid has taught me that nothing in life is permanent and as a teacher, I cannot hold onto my old teaching methods firmly. I need to adapt according to circumstances and find out new ways to teach my students 'online'. Art doesn't stop for pandemics!

3. What are the changes that Covid brought along that you do not wish to see anymore?

Answer: I want the normalcy of life back! I want a world without covid protocols, RTPCRs, masks and social distancing!

4. What is your advice to students during these uncertain times?

Answer: My advice to each student is to realise their worth! Their capabilities are beyond the classroom! They can do just as well at home as they do in a classroom. They should not let a pandemic stop them from learning and achieving.

Hopetavian of the month: DEEPIKA DAHIYA



The Hopetavian of the month is Deepika Dahiya. Deepika has been working hard to achieve her academic and co-curricular goals. She excels on the Badminton court each day. During IH Music and Dance she went out of the way to learn *Sitar* for her house! She not only made special efforts to hold high her house but won the competition!

To her peers, Deepika is kind and gracious. She respects her elders and loves her juniors. Everyone who knows her holds a high opinion of her. She truly exceeds her reputation and has earned the title of 'The Hopetavian of the Month'.

Photographer of the month: ANUSHKA AGARWAL

Anushka is a charismatic photographer with an eagerness to learn more each day. She is fearless and is not afraid to experiment and have some fun. She is observant and when she looks at an object of beauty, she makes sure to capture it in her camera from every angle. Her specialisation is 'Self-expression' because it allows her to be her truest self in the form of a piece of the art that she captured. She has an eye for detail, which is what makes her 'The photographer of the month'. Her focus on the minutest features of an object is what brings true beauty and elements to her photographs.



ART UNLEASHED!!

Artwork by our senior school students



Aaditi Shree G-12



Aadhy Shree G-12



Lavanya Sarda G-12

The Asac Presents:

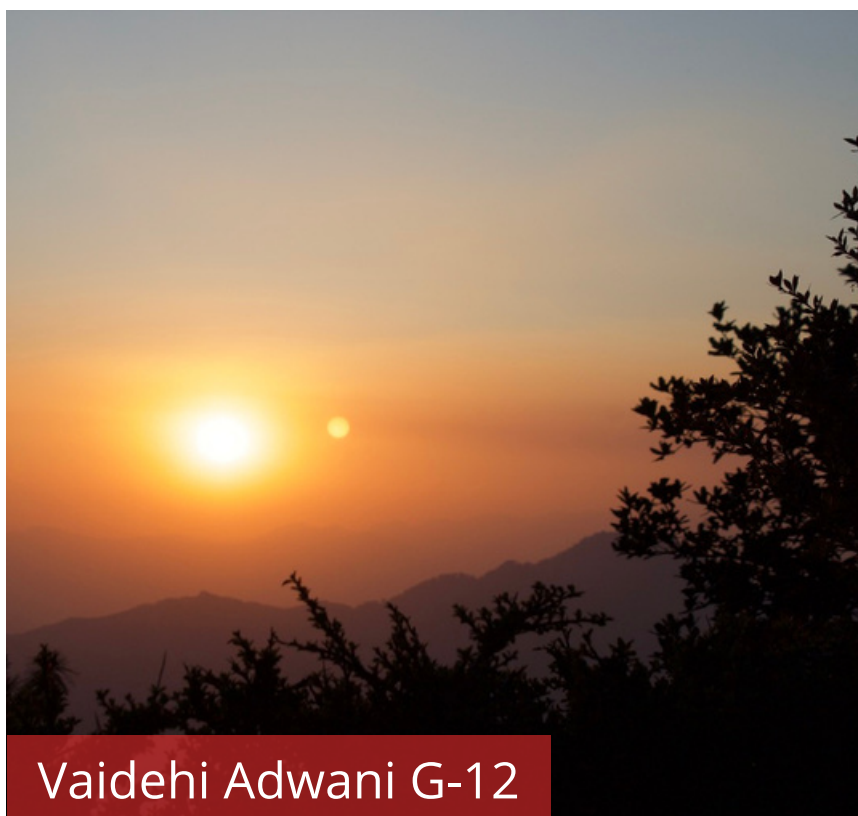
Sky Hues



Nandini Mittal G-12



Nandini Mittal G-12



Vaidehi Adwani G-12



Harshveen Bhatia G-12

THE CONTRAST

How with a blink of an eye everything changes

The most loved is the most hated

The most loyal is the biggest traitor

The happiest person you see is the most sad

**Well contrast is just not used to pick colors but is the other
meaning of life**

**Where you don't even know
that what contrast will be tied to next happening in your
life**

The contrast can be good

The contrast can be bad

**But what you have to do is...never stop
Remember these contrasts are nothing but
Barriers and wonders of your life
You cross them, you live up to them,
And you live the contrast of your life.**

**But in case you are scared, you little one,
And decide to live a margarine life
Then no contrast, no color,
Only black and white.**

**To succeed you have to taste the sweat,
Smart work is the key to this gen
At last, contrast is nothing but What you name
A contrast most important to your life
A contrast most important to your life
You are here to fit in
Any word in the place of contrast
And have a meaning of your own.**

- Poorvi Chawla

TEDIOUS EMOTIONS

**Why does one look so emotionless,
When one is so full of emotions,
Why does one feel a surfeit of happiness,
Then suddenly lack any happiness,
We, humans, are such fickle creatures,
And I can't help but wonder why,**

**Our emotions are ever-moving,
We change and sway like the sky,
Sometimes we are confident and outgoing,
Other times we remain timid and shy,
No emotion can be rendered for long,
As, when we are accustomed to one,
We shall suddenly possess none,**

**Can a human remain constant?
Or is this thought unreachable?
No 'twas not possible,
Human feelings are always in motion,
Just like a dandelion seed flowing through the wind,
The intriguing waves in constant commotion,
Or thoughts running wild in our minds,**

**So from this, we ought to learn,
That to attain such emotions is normal,
When we are in pain and grief,
Joy and happiness,
Or anger and resentment,
We should remember this is the basic predicament of our nature,
And it is ok to render such tedious emotions.**

- Avanya Dev

What's been happening at HT?

E v e n t s D i a r y :

Talent Hunt



MUN Workshop



Inter-House Music and Dance



OVERALL WINNER: RUBY HOUSE

Izhare-e-Hunar



OVERALL WINNER: ST. GEORGES COLLEGE



CREDITS:

TEACHER-IN-CHARGE:

Mrs. Sonia Singh

EDITOR-IN-CHIEF:

Mariyah Dedat

TEACHER EDITOR:

Ms. Perna Gurkin

PICTURE CREDITS:

Nandini Mittal