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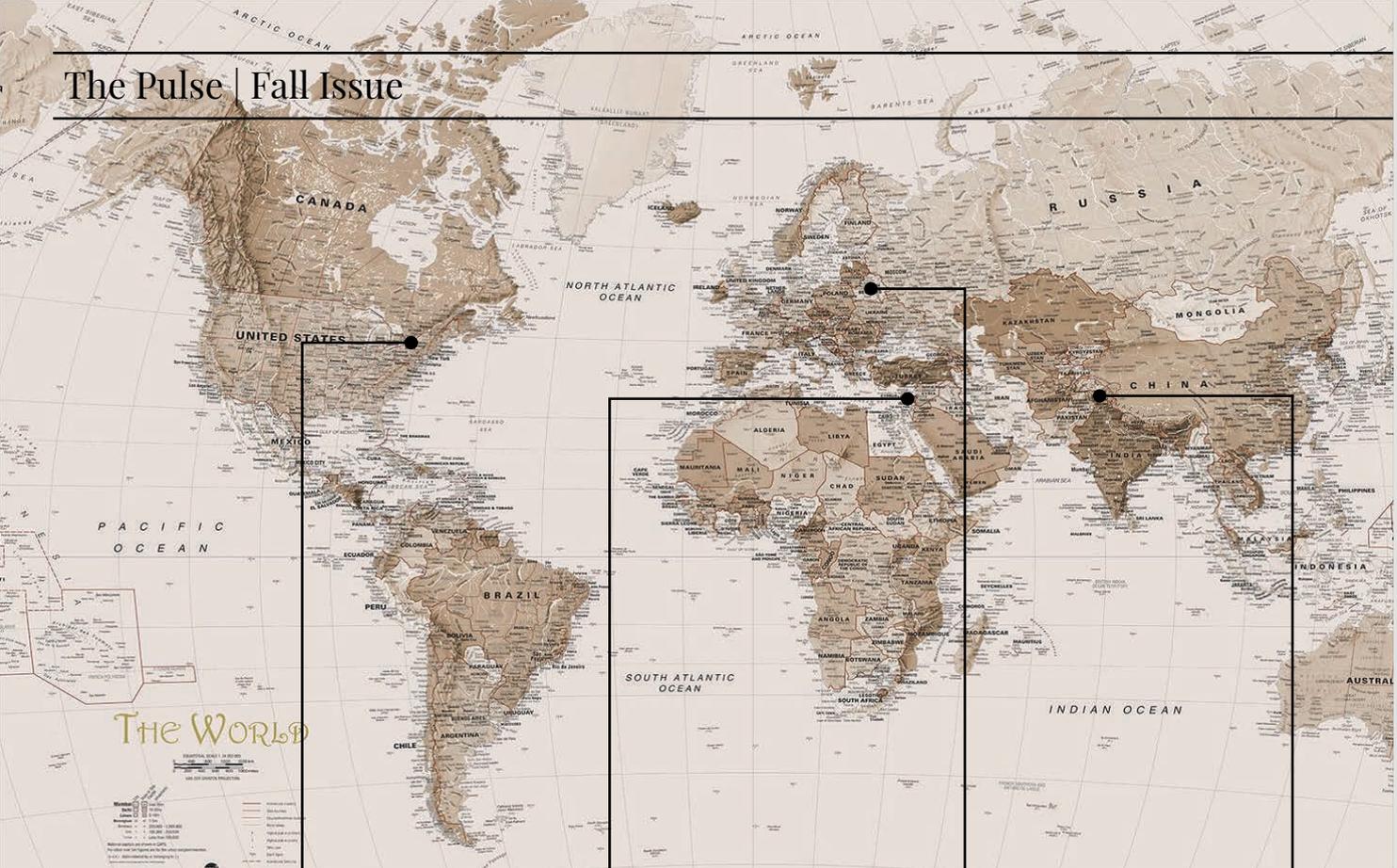
SOCIAL Movements

By Paavna Pannu (11-B)

At Strawberry Fields High School, we pride ourselves in our belief - "Ratione non vi" - with reason not force. Today, it is more important than ever to listen to the youth. Therefore as students, we have always been encouraged to give voice to our opinions, to question the mainstream and to challenge typical ideas without fear or interference. This gave birth to the idea of 'The Pulse', the bi-monthly magazine of Strawberry Fields High School. Compiled by the members of the Editorial Board, this magazine will feature informative articles, pieces of poetry, pertinent news from around the globe, lifestyle-related content and much more all written by students of the High School.

Due to the current social and political landscape, social justice movements are becoming increasingly popular. Throughout history too, reform has been brought about through social movements, be it the Suffragette Movement or the Civil Disobedience Movement. Closer in time, from Black Lives Matter to the march for Climate Change. The right to dissent is one of the most cherished rights in any pluralistic society.

This month's edition of 'The Pulse' revolves around this theme and provides a refreshing view on the same.



By Chaharika Uppal
(11-A)

1

US Senate reveals final installment of the report on Russian Interference in 2016 Presidential Elections.

The newly released Russia Report solidifies the allegations against the Trump Campaign's collusion with the Kremlin. It identifies Konstantin Klimnik, a friend of Paul Manafort who was Trump's campaign manager, as a Russian spy. Klimnik was given internal polling data of the Trump Campaign by Manafort before the elections. The report also states that there was a high level of coordination between Wikileaks (the whistleblower agency), the Trump Campaign and Russian Intelligence, in releasing the Clinton-Podesta emails.

2

Beirut Explosion was caused by Ammonium Nitrate produced in Georgia

A Moldovan Naval Ship owned by MV Rhosus, a Panama-based company enshrouded in secrecy, sailing from Georgia to Mozambique, stopped at Beirut port for additional cargo. Ammonium nitrate is banned here. The captain of the ship, Boris Prokoshev said that he had no idea how the owner of the manufacturing plant, Igor Greshuckin managed to get a permit for this stop at Beirut. However, as Greshuckin could not pay the port dues, the ship and its cargo were confiscated by Lebanese authorities. Despite multiple notices from the Lebanese Customs, the cargo was not re-exported or sold to a Lebanese state-owned company.

3

Belarussian Crackdown on Independent Media

Belarus saw the eruption of protests against the rigged elections which have put incumbent President, Alexander Lukashenka in power for another 6 years. As ordinary protestors become victims of security crackdowns including mass detentions, independent media houses suffer a similar fate, with restricted online access to Radio Free Europe/Free Liberty (RFERL) website as well as Radio Svaboda amongst others. Moreover, after multiple state media employees quit their jobs to protest, Lukashenka admits to flying in, Russian state journalists for government-funded media coverage.

4

Army Probe Launched Into Alleged Fake Encounter at Shopian

After an operation launched in Shopian, in southern Kashmir, on 18th July 2020, regarding the killing of three militants. Reports were received on social media about the three men being innocent labourers from Rajouri. There were multiple missing persons' reports filed by family members leading to a Court of Inquiry and a public request for any inputs on the matter.

NEWS BLAST



Notes of Dissent

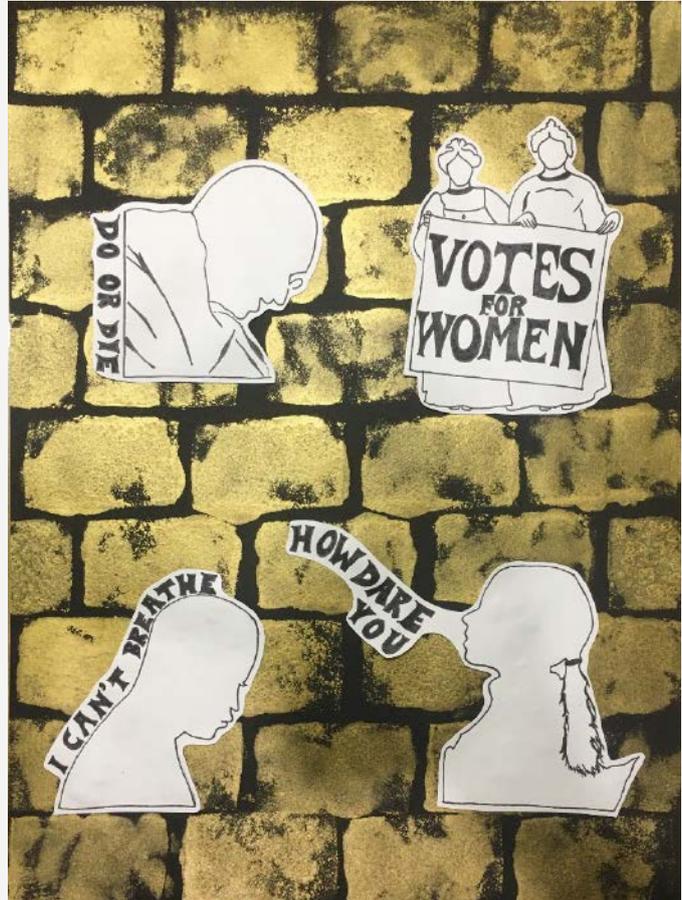
By Ishita Grover (9-A)

A Social Movement, to most, is a sudden uproar after a particular incident that awakens people from a deep slumber, or ignorance about issues concerning the world. It makes them want to get up and do something about it. Eventually, that initial zeal starts fading away, as everyone hides themselves in a cocoon and starts cosyng up in their comfort zone again. And where does this leave us? Back to square one.

But this is one of the biggest misconceptions, as the impact of such initiatives, when analysed correctly, will leave us awestruck. Even light staccato bouncing, has the power to disrupt a graceful melody in an unforgettable way, and that change is what we fear. As psychology proves, the human brain tends to live in denial even if subconsciously, it is aware. Change requires the courage to go through that rocky patch of uncertainty before yielding the desired result, and only the utopic phenomenon of having a rainbow without rain would make them believe otherwise.

This is why most people would rather maintain the status quo until something directly affects them, not realizing that we're all stuck in an endless cycle of life and death. Having a neutral or diplomatic stance towards global issues is like watching the world descend into a disaster, right in front of your eyes and not standing up against it, which makes your action the worst of them all.

At least that's what my interpretation of Isaac Asimov's theory of "Relativity of Wrong" highlights. It's like an orchestra, where a violinist who refuses to play, claims not to have ruined the symphony. However, both views are closely linked. Clearly, the power of even half of the 7.8 billion world population, standing up in unison, against a social evil is underestimated. Change may not be immediate, however this leaves a mark on the world which does not fail to remind people that passivity is not alright.



By Kaira Mahajan (10-C)
Mixed Media

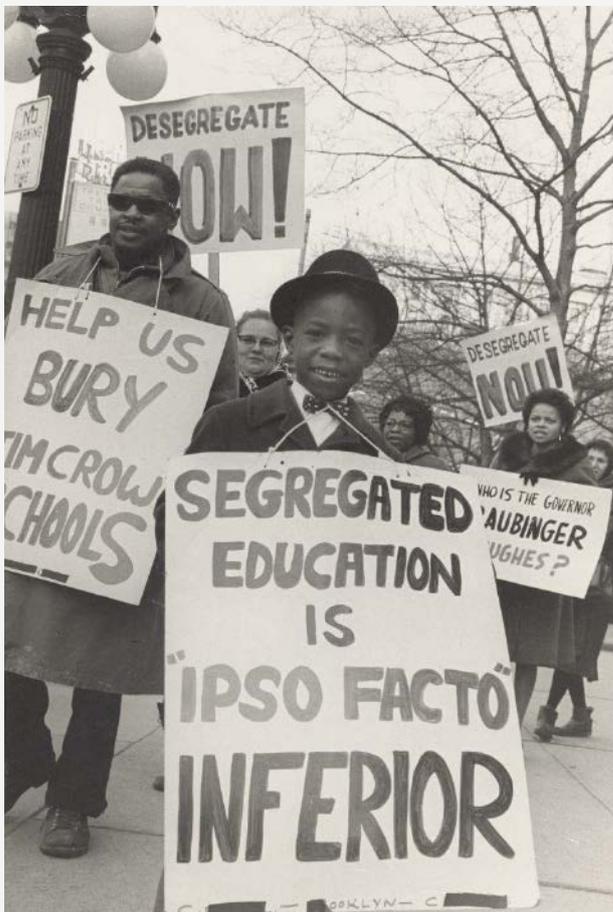
As history stands witness, social movements are definitely the cornerstone to reform in our society. They are the building blocks of change which we must keep stacking, one upon the other, till we finally get there. We need to stop accepting what we think we cannot change and must start changing what is unacceptable.

Education - a cornerstone of social movements

By Kaveri Sharma (11-A)

A major effort was made during the Civil Rights movement to ensure the desegregation of schools so that each child irrespective of their race could get a fair and premium education. Not only this, but these efforts also contributed greatly to the success of the movement. The National Association for Advancement of Colored people brought many lawsuits to the courts in order to combat the segregation in schools. This battle was won after a very arduous struggle of students, teachers and parents.

Three years before the landmark, Brown vs Board case (which legalized integration of all schools), students of a segregated high school in North Carolina were asked to discuss the ideal features of a High School. After giving it a thought, their students decided to complain about the sheer inequality in the local high schools.



Source: www.hyperallergic.com

The Board, of course, ignored their request for more funding, which in turn resulted in a student-led protest. These students, each one of them picked a placard and marched downtown to protest. The students refused to go back to school for a week. Consequently, 18 months later; the high school created a brand new gymnasium and was desegregated in 1970.

The Catholic Church ordered the desegregation of Catholic schools in 1957 or '58. They allowed the students to choose between two programs:- ex-communication and integration. This is a firsthand example of how institutions have an impact on social policy.

The son of the civil rights activist, Gayle Jenkins became the first African American to attend the Bogalusa Junior High School in 1967. He has often stated that this way of education made him, in a way, part of both the black and the white community but, as a result of being scrutinized, he felt alienated by both. But he also went on to say that though it was an extremely difficult journey, he wouldn't have had it any other way since it was for a much greater outcome and cause.

While many court cases broke down legal barriers for the Afro-Americans to get an equal education, it was never unchallenging. Studying cases like the ones cited above is important today because the question of how to bridge the gap in achievement between the Black and Caucasian community still remains relevant. We have been dealing with the counterculture of education for many years now, but we haven't quite tried to understand the counterculture of education during segregation. It is imperative to do so now because it answers questions related to the role we can play in preventing the injustice being done with black students even today. The only way we can achieve the same is by learning from the past and asking pertinent questions to those who fought through it all.

The Deceptive Easiness of Cold Brew Coffee

By Raeka Sharma (11-A)

Cold brew coffee may seem confusing, new, and honestly pretentious, but it takes just two ingredients and 5 minutes (including grinding your own beans) for a week's worth of hassle-free, refreshing coffee.

So, what is cold brew? How is it different from a cold coffee or an iced latte? Unlike using hot water to brew espresso or even instant coffee (I won't judge!), a cold brew uses room temperature or cold water. This obviously will take a much longer brewing time, but because no heat is used, the chemical compounds break down in a completely different way- ensuring a much smoother, less acidic and bitterness free cup of coffee (Pro-tip: you can cold brew your favorite tea for a few hours in the fridge as well!)

For the Cold Brew Concentrate:

- 3 cups of water
- $\frac{3}{4}$ cup of whole beans (roughly 1 $\frac{1}{2}$ cups when grinded)

For the Vanilla Cream:

- 1 tbsp. cream
- $\frac{1}{2}$ tbsp. milk
- $\frac{1}{2}$ tsp. powdered sugar
- splash of vanilla essence

1. Optional: Start with grinding your whole beans in a small, ordinary grinder, until they reach a coarse, gravel-like consistency.
2. Transfer your grounds to a jar and pour the water over them. (Pro tip: remember this order whenever brewing coffee or tea.)
3. Give it a good mix, cover and refrigerate.
4. For your brewing time, a controversial subject in the cold brew community, (yes, that exists) you want a minimum of 12 hours but, I personally recommend sixteen to nineteen. Don't forget to set an alarm on your phone or you'll be stuck with bitter, gross coffee (Yuck!)

Taking the time to brew coffee might seem unnecessary or boring, but sometimes it's the best part. Having those few minutes in the kitchen to express your inner Starbucks Barista™ really changes the way you look at your daily dose of caffeine. Sure, it's not crucial, but putting that extra effort towards something that makes you happy can't hurt.

For your cold brew, you can opt for whole beans (my favourite from Blue Tokai) or grounds. Beware! Instant coffee is designed for hot water and will not bring the characteristic smoothness of a cold brew. Once brewed, it lasts around a week, and it is ready to be heated in the microwave or poured over a glass of ice and milk. Here's how I love drinking mine, with a frothy vanilla cream for a subtle sweetness:



5. When you're ready to strain, use a fine-mesh sieve and a handkerchief over a bowl or jar and your concentrate is ready to go! Just remember, it is a concentrate and needs to be diluted with equal amounts of cold water and served with a generous amount of ice.
6. Optional: For the Vanilla Cream combine all ingredients mix with a milk frother or just a whisk and pour over a glass of diluted cold brew, for a perfect, summery pick-me-up!

Peace or Enemies ?

By Anoushka Prasad (12-A)

Loud cries of pain,
bodies scattered around
the street where people gathered
to spread love and celebrate
happiness.

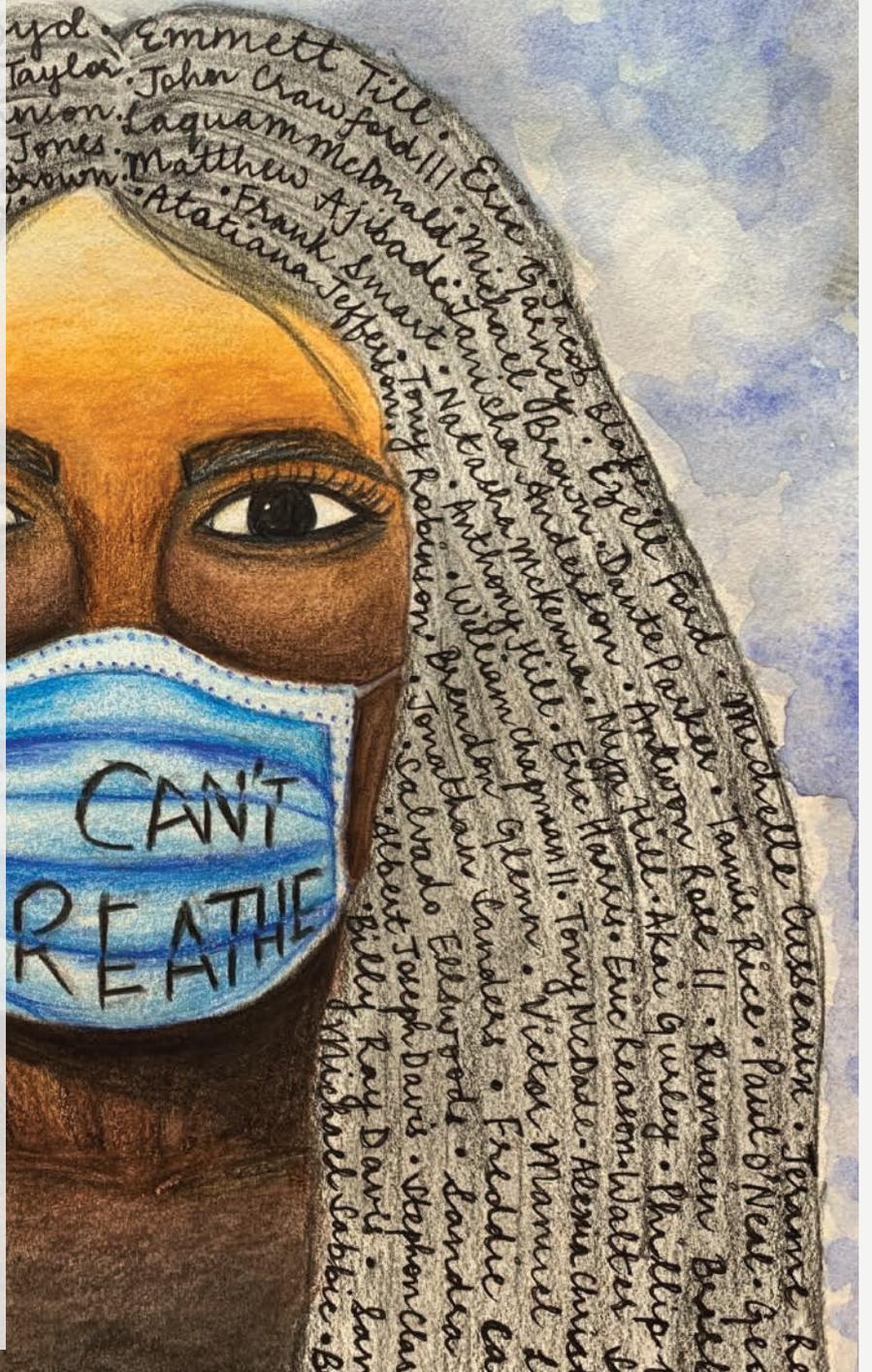
Heart hurts to see,
dozens of innocent people
running away in horror from the
nightmare none could
foresee.

“In the name of my beliefs,
I’ll shoot you thrice, to further my
misguided causes you all
have to miserably
die”.

An utter disgust to
humanity, whatever happened to
mankind and his decency?
Who is to blame and
who is not?

Will we ever find
a way to resist this situation?
will we keep fighting to keep peace
or will we lose and let the
world be plagued?

Will we join hands,
no matter the religion, colour and
ideology to build a world
filled with peace or will we see
enemies everywhere?



By Sanya Singal (11 - A)
Mixed Media



Change

By Bharti Mehra (9-D)

voices left unheard
and minds left unexposed
a story had been left unscrutinized
a reform had been left unrecognized

another call of change
another unpopular opinion
the ones that refuse to settle within the range
were the only ones who championed for the
need of change

for when could non-violence win a war
for when could black satin equal the white pearl
for society was ready for another reformation
and history was set to be rewritten

as all came together for a single notion
the movement as it was set in motion
got its support from all ends possible
and gently aimed to shake humanity's
very foundation

their noble ideas revoked
only just thoughts ratified
the ends had been met
the voices had been heard

POEMS

*By Abhineet Gulati (9-A)
Acrylic & Digital Media*



Sharing our Planet

By Nirmun Aulakh (IB DP Y2)

We have witnessed our homeland, silent and dying like a small candle, losing its light, sitting on the swing of loneliness, unhappy with our destiny. You are my home, yet I see you wounded and broken. I am a mountain, steadfast before the storms, longing to see the sun of peace rising in my heart.

Our young souls demand calm, without blame, without weapons, without blade or flame or how guns fire out in a furious dance. By shooting people, you wounded the sky.

Return the sun to its sparkling light. We bear the memory of a happy time, within us and nostalgia, agitates my heart. Raising our heads to the sky and hoping there'll be a change tomorrow.

Where has hope gone, and how has peace eluded you, my homeland. Everyday, people are being buried and with them their hopes and dreams.

All that pain, we've had enough. Our country needs life and peace. It is something that we pray for when we think we have nothing left. A child, running under the sun, with a smile so bright, that it lights a dull night. I can imagine such a day for hours and hours.

Every one of us, dreams of living in peace and stability, Peace is not seeing blood of men, women and children, Peace is rooted in our words in our smiles, in our fingers that have braved the pain. Peace is living in a world without hate. If one can rest in peace then, why can one not live in peace.

Source: www.soseul.pe.kr

