

# THE CROSSROADS

CIRS NEWSLETTER - ISSUE 6

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EXAMINATION ISSUE

# 09

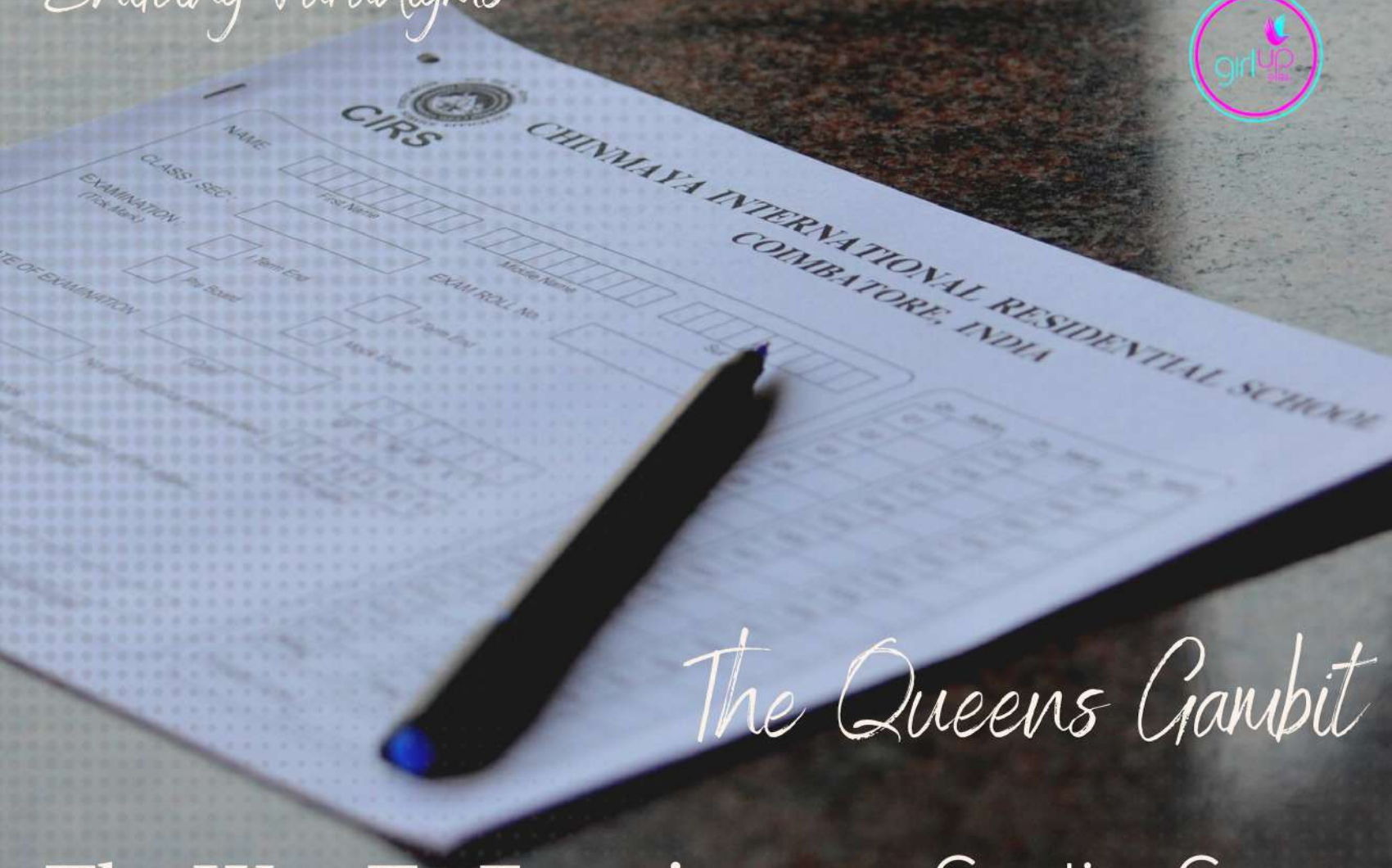
*Shifting Paradigms*



THE CROSSROADS

नित्यम् सत्ये प्रतिष्ठितम्

Ever rooted in the truth



*The Queens Gambit*

**The Way To Eternity**

**Creative Corner**

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"You may learn much more from a game  
you lose than from a game you win."

Jose Capablanca





# 01 Attachment

-Sia Rajiv

Attachment is a feeling that all living beings experience. It can be a tricky subject because it makes us question our actions. For instance, imagine you have a friend who is seriously ill. You might worry about them more than they worry about themselves. The fear of losing them can be overwhelming. Some people think that if they only get attached to things they cannot lose, they will not feel the pain of losing them. But why do we pursue things we are bound to lose when we already have what we need in the present?

It is essential to realize that we have everything we need in the present moment. Detachment helps us accept the inevitable sorrow and loss that will come in the future. For example, our bodies are imperfect, and sometimes attachment makes these imperfections more apparent.



It is okay to feel attached to people, things, and ideas. It is a natural part of life. However, it is essential to understand that our attachment should not control us. We should learn to let go when the time comes and cherish what we have in the present moment. This way, we can live our lives fully without worrying about what we might lose.

In conclusion, attachment is a powerful feeling that we all experience. It can be challenging to navigate, but we must learn to accept the inevitable losses and enjoy the present moment.

***'Attachment to the outcome destroys your creativity.'* - Nithin Namdeo**





# 02

## Picture Perfect

-Tanishi Agarwal & Prisha B



In a school with 580 students, security and comparison are common concerns. Whether you are a student or an adult, it seems like every day we are dreading BMI check-ups or carefully selecting outfits to hide our perceived flaws. It is no surprise that we often seek validation from others in everything we do.

After two years of online education and an unhealthy social media presence, we have lost touch with real-life people and become absorbed in the world of photoshopped models and celebrities. As we return to the real world, the reality hits us hard. Filters no longer exist, and we are now comparing ourselves to the entire world.

**WE  
DON'T  
JUDGE**

The thought of performing in front of a crowd used to terrify us. The fear of being judged by strangers consumed us until we could not even talk or perform in front of people anymore. We found solace in hiding away and distancing ourselves.

The worst part about it all is the "jokes" about our appearances and eating habits. Even though these jokes are meant to be funny, they often offend and hurt us deeply.



*Accept others totally, and you are free; then you discover love, which is yourself. -- Swami Chinmayananda*





# 03 The Art of Action – Now or Never

Vishwa Prem Nangia-

Have you ever heard the statement, “The past exists only in the present and the future also only exists in the present”? At first glance, it may seem confusing, but let us delve deeper into what this statement means.

Think about it for a moment: the only time we can think about or remember something is in the present. We cannot control the future, but we can control the present, which is the only time when we can take positive action. Present in fact is the only time when the future has tangible reality. Therefore, the future exists only in the present.

Now let us turn our attention to the past. Once a moment has passed, it has gone forever. While memories of that moment may remain, we can never go back to that exact moment again. This is why it is important to make every moment count, to make it matter. Memories are the building blocks of knowledge. They shape our experiences and teach us how to navigate the world around us.



Without memory, we would not be able to progress. Everything we learn is stored in our memory. From academic knowledge to practical skills, memory is the foundation of our understanding. That is why it is essential to exercise our memory, to keep it strong and capable of storing new information.

In conclusion, the past and future only exist in the present. The past has already happened, and the future is yet to come. The present is the only moment we have control over, so we must make every second count.

Memories are the keys to unlocking knowledge, and a strong memory is the foundation for success in all aspects of life. So, let us cherish the present, make the most of our time and energy, to create a brighter future.



# 04Life

-Pradyuth Senthilkumar



Life is the greatest mystery that we all experience. It is the force that drives us forward, gives us hope, and makes us who we are. However, despite all our knowledge and technological advancements, we still do not know the answers to some of the most profound questions about life.

Have you ever heard the saying that we humans consider ourselves advanced while there is something more advanced out there? It is true that humans are the most advanced species on Earth, but we are not the most advanced in the universe. This concept is often portrayed in movies and books about aliens. We do not know if aliens exist, but the possibility of other intelligent life in the universe raises some interesting questions about the nature of life itself.

One of the most intriguing questions is about the origin of the universe. The big bang theory explains that there was once nothing, and then there was a massive explosion that created everything. However, this theory leaves us with another question: what caused the explosion? We do not have a clear answer to this question, which makes it an even greater mystery.



Another theory which people often turn to for answers about the universe is the idea of God. Everyone has their own interpretation of God, and it is a topic that has been debated for centuries. However, the concept of God though it has helped in creating more seekers still does not provide a definitive answer to the mysteries of life to a majority of the human populace who have divested themselves from any form of spirituality, religion etc.



In conclusion, the mystery of life is something that will continue to fascinate and challenge us for a long time to come. We may never know all the answers, and that is okay. The fact that we can still wonder and ask questions about the mysteries of life is what makes it so interesting. Perhaps the real beauty of life lies not in the answers, but in the questions themselves.



*'If the creation is so beautiful,  
how much more beautiful will be the  
creator!'*



# 05

## The Queen's Gambit

-Yash Baisya



Chess is a game that appeals to the human psyche due to its logic, reasoning, aesthetic, adventurous, and empowering elements. It is considered a creative quest with endless opportunities and an escape from the ills of life. Devotees of the game enjoy it like love and music.

People with little-to-no understanding of this topic often end up with a generic and incoherent demeanor of chess being a sport of the intellectuals, where the intellect and cognitive parts of our mind are trained. Although it cannot be denied that chess broadly operates in the frontal lobe of our brain, the game triggers a whole variety of emotions, exclusive not only to connoisseurs of this game, but even average players and spectators feel the intensity of the war on these 64 squares.

As an ardent follower of the game for more than half my life, I feel proud and exhilarated to write this article. Beneath the black and white of the board lies a harlequin battlefield, with shades of crimson, amber, ochre, and azure decorating it fittingly. The crimson represents the undying passion with which two players compete in this frenzy of tactics, exuding sparks because of the fierce exchange of ideas.

Players pin and skew to incapacitate the enemy, leading to forks and double attacks that are essential to decapitate the opponent's king, all while discovering and x-raying through this maze of a board just to overload pieces and exchange material to their benefit, merely for a minor advantage in the vast scale of just a game.



It is almost poetic how the minds of two players shape each other through the ideals and beliefs they have. They teach one another how to play the game according to their interpretation, reinventing one's mind every time they play a move, and understanding each other through the chaos that ensues on the board in a process where even the slightest inaccuracies can lead to fatal strikes. This is the amber painted on top of the crimson.



In the depths of the ochres, we see the viciousness of sacrifices and the savagery of traps and nets coming to life. From taking motivation from Tal to citing Marshal for a sacrifice, the storm in the mind of a player is inexplicable and enigmatic

This is where the moral and logical sides of one need to be convinced by the anarchic creative side through calculations and theory. This is where the conflict and anxiety in the human mind are brought out at their finest. Creativity and logic seem at odds, challenging one another on the board. This conflict is as destructive and powerful as that of two cyclones underneath the ocean surface, which seems calm and unmoved.

This brings out the shades of azure in their fullest. Contrary to the raging storm on the inside, chess players are supposed to be tranquil, with almost no expression of doubt or happiness. Elegance is how a chess player withers the pressure down and steels their resolve before even touching a piece on the board, knowing that this could very well be their last move if they miss even a single line of attack, racing against the ticking clock. In fact, every color and emotion can be witnessed on a chessboard if only we have the eyes to see it.

***"You may learn much more from a game you lose than from a game you win."***

***Jose Capablanca***



# 06

## GREED AND IT'S CREED

-Atharv Krishna

Most people say the same old boring thing, "Don't be greedy." But what is greed? Why should you avoid it? Let me explain in a few minutes. Don't worry; I won't bore you with deep philosophical ideas. Apologies in advance if you get bored.

Greed is a strong and selfish desire to possess more than what you already have. The worst part is that greed is so consuming that it blinds you. If you let greed consume you, day by day, part by part, soon you'll be willing to make the worst sacrifices without even realizing that greed has taken away your peace of mind.



Once upon a time, there was a bird that lived with its flock in a forest. The leader had assigned each bird to search for grain in different parts of the forest, which they had to share with the rest of the flock. Every day, a different bird would find grain and share it with the others.

One day, this bird went to its designated part of the forest, which was at the edge of the forest, next to a road. It saw a bullock cart coming from a distance. The cart had exactly what the bird was looking for: grains.

The bird realized that it couldn't just fly down and start eating, as it would have been hit by the owner. Plus, it had to alert the rest of the flock of the presence of grains.

It decided to eat all the grain it wanted from what had fallen off the cart and then alert the others. That day, the bird ate to its heart's content. When it returned to the flock, no one else had found any grains. Out of greed, the bird decided not to tell the flock about what had happened and instead claimed that it was also starving and had no luck finding grains.







The other birds became weaker, thinner, and hungrier, while the greedy bird gained weight from eating so much.

One day, the greedy bird flew down to the road to eat grains, and a car became visible from the distance, coming at great speed towards it. The bird didn't bother too much about it, thinking that it would fly off at the last second. Finally, just as it was about to fly, the car crashed straight into it. The rest of the flock never found any grains or the greedy bird again. They slowly died of starvation.

The result of the bird's greed was the loss of its own life and that of its flock. Greed is a serious matter. Stay clear of it.



**Did You Know?**

*An eye-opening Japanese concept which can transform your life!*

**改善**

**Kaizen**

*Always seek to improve in all areas of your life.  
Even small changes can add up to make a big impact.*



# 07

## FICTION OR FUTURE

-Hemanta Pati



Science fiction movies have always been popular among the audience, but have you ever thought that these movies might be more than just fiction? They may be a glimpse into the future. Iron Man, Star Wars, Star Trek, Interstellar, Gravity, Dune, and many other popular sci-fi movies might be portals to future innovations. Maybe in 50 years, we might have people with space suits flying about in the sky? Maybe we will have Elysium capsules which can cure any disease and bestow health and longevity?

In fact, many recent innovations were inspired by science fiction. For example, a scientist recently invented a flying suit, and in an interview, he mentioned that his inspiration came from Iron Man 2. After watching the movie, he was inspired to make a flying suit, and he succeeded in making it.





Even in the 1800s, authors dreamed of flying machines, and the Wright brothers later invented the airplane. Similarly, some people dreamed of living in space, and as a result, all the countries got together and made the International Space Station (ISS). Imagination has even made nuclear rocket engines possible, known as "nuclear electric engines."

Innovations require deep thinking and creativity. Many authors in the past have imagined things that were considered magic in their time, and later, someone read it and invented it. Therefore, credit goes to both the thinkers and the inventors. Human beings have always been curious and have wanted to make machines to make their lives easier. Thus, the root of every invention is creative thinking, curiosity, and imagination. Without these qualities, the world would not be as advanced as it is today.

So, are sci-fi movies just fiction or the future of reality? I think they are a path to the future. However, it also depends on what the future holds. Nonetheless, it is essential to be scientific and live scientifically.



In conclusion, science fiction movies have not only been a source of entertainment but also a source of inspiration for the invention of new technologies. It is crucial to have an open mind and to keep exploring and discovering new possibilities in the world of science and technology.



# 08

## THE WAY TO ETERNITY

-ARNAV AGARWAL



Sanatan Dharma is an ancient faith whose origins can be traced back to the Vedas. Its practitioners believed that their religion was eternal, with its roots in heaven, and originated directly from God in the very beginning of creation. This faith, also known as Hinduism, is the eternal faith, the ancient law, which is based on the Vedas, sacred books given to men many long ages ago.

The term "Sanatan" means eternal, and "Dharma" means duty, law or principle. According to tradition, duty is not only for humans, but for everyone, including celestial beings, demons, and even God himself. This ancient religion is based on one strong foundation, on which the walls of its structure are erected. The foundation is called "Shruti," meaning "that which has been heard," and the walls are called "Smriti," meaning "that which has been remembered."



The ancient sages of this Dharma describe the most effortless way to bond with the Universe and fulfil our desires is to act in accordance with the laws of nature, which is the primary principle of this religion. When this knowledge is incorporated into our consciousness, it gives us the ability to create unlimited wealth with effortless ease and faith to experience success in every endeavour.

Sanatan Dharma emphasizes that there is one Infinite, Eternal, Changeless existence, the all. From that all comes forth, and to that all returns. This concept includes within itself all that ever has been, is, and can be. As a wave rises in the ocean, a universe rises in all, and as a wave sinks again into the ocean, a universe sinks into the all. The faith believes that just as the ocean is water, so is there one existence, and the Universe is a manifestation of that existence.





The ancient sages of this Dharma describe the most effortless way to bond with the Universe and fulfil our desires is to act in accordance with the laws of nature, which is the primary principle of this religion. When this knowledge is incorporated into our consciousness, it gives us the ability to create unlimited wealth with effortless ease and faith to experience success in every endeavour.



The faith also believes in Karma, which is both action and the consequence of that action. But it is generally used to mean a certain definite connection between what is being done now and what will happen in the future. Things do not happen in regular succession; they follow each other in a regular order. Therefore, the law of Karma implies that the action that brings happiness and success to each other, and the fruit of our Karma is happiness and success.

Sanatan Dharma also teaches that when Ishvara (God) shines out on "Prakriti" and makes it fall into shapes, the first forms that appear are those of "Trimurti," the three aspects of Ishvara manifested to cause a "Brahmandam," a universe, or orderly system of the worlds. The aspect of Ishvara in which he created the world is named Brahma; Brahma is the creator. The aspect of Ishvara in which he preserves is named Vishnu; Vishnu is the preserver. The aspect of Ishvara in which he dissolves the worlds, when they are worn out and of no further use, is named Shiva or Mahadeva; Shiva is the destroyer of worlds.

These are some basic principles and ideologies of Sanatan Dharma that practitioners follow to manifest joy and success in their lives. This eternal way is filled with teachings that make living worthwhile. The principles, teachings, and ideologies help us connect with the universal mind, which choreographs everything that is happening in billions of galaxies with elegant precision and unfaltering intelligence. Its intelligence permeates every fibre of existence- from the atom to the cosmos. This intelligence operates through the knowledge of the Dharmic religion, the timeless faith, The Eternal Way - Sanatan Dharma

From an Indian perspective, Sanatan Dharma is not just a religion but also a way of life. But then, as Swami Chinmayananda said, how can there be a religion without it being a way of life?

*'I am convinced that everything has come down to us from the banks of the Ganges - astronomy, astrology, metempsychosis etc.*

*Voltaire (French Philosopher)*





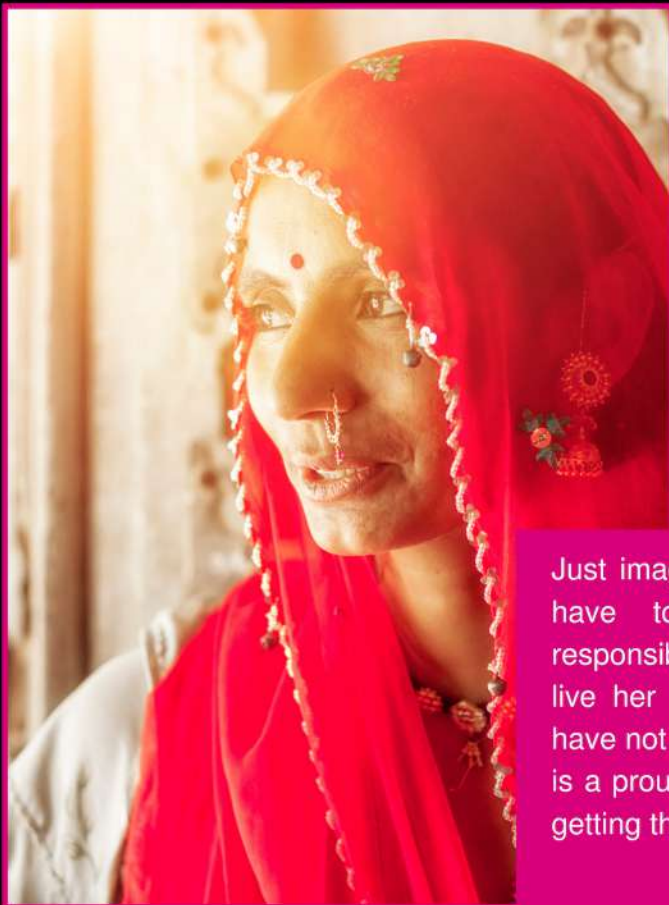
# 09 SHIFTING PARADIGMS

GirlUp CIRS - Parveshh Prabhu and Ziya Ghodasara

“Our women might wear crowns and sit on thrones; but they also wear armour and wage wars.”

India is a country that boasts valorous stories of formidable women and numerous female idols. In 1857, Rani Laxmi Bai fought the infamous war and emerged as an ideal for all Indian Women. Such stories inspire the younger generations about the glorious country from where such women emerge. Since that paradigm shift from post Mughal and British rule, we have been looking forward to a change - a change in our thoughts, ideology, and attitude towards women and their abilities.

Just like an army General in war needs to manage resources, so does your mother at home. They create strategies and come up with innovative ideas, just like our mothers, who cook up new recipes out of leftovers every day so that we eat well. An army General needs to make decisions under immense pressure, just like how your mother has the job of making decisions for you. The chauvinistic society that resists this change fails to realize that, ideally, in an Indian family, men are expected to have jobs outside their homes, while women work inside the house. This ideal creates a delusion of inferiority among homemaking women. They work just as hard, yet they are seldom appreciated.



Why must we dedicate a special Women's Day or Mother's Day to appreciate and express gratitude to these women? At the centre of every family, you will find a combined effort of the husband and the wife, and yet we find the woman's effort to be undermined by the glorification of the men in some societies. However, we have now begun to progress to a different era, where a woman also has the opportunity to pursue her dreams and aspirations while simultaneously fulfilling her duties as a mother. She doesn't have to compromise.

Just imagine the drive a woman would have to not only take up the responsibility of an entire family but also live her dreams. Not to say that men have not been doing this for years, but it is a proud feeling that even women are getting the opportunity to live this life.

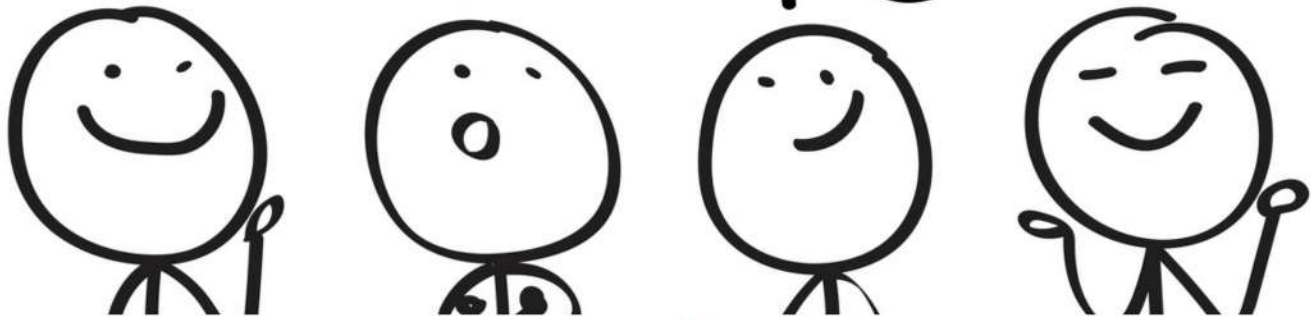
She deserves your respect in whatever tasks she takes up. Indian culture looks upon women as Shakti, the divine feminine. She, in herself, and every contribution they make, is a blessing, and we should learn to appreciate it.

Every woman also deserves to know that working a job is not the only way to gain respect. Different people have different dreams and different core competencies, and it is completely justified for a woman to want to be a housewife. A woman doesn't need to have it all. She doesn't need to fulfil the expectations people have of an ideal 'new age wife' to not only perform all her duties as a wife but also be a source of income for the family.

In conclusion, through this article, we wanted people to focus on our views as "feminists." What is feminism? We define it as bringing women up to the level of men and looking at them as equals. Our goal is to make people understand that women in the society are already empowered because they have the choice of what they take as their profession, whether to be a housewife or an astronaut. Through our writings and other program, we seek to bring about this change in perception amongst the students of CIRS.



# COMMUNICATION



## 10 MIND THY WORDS

SHUBH HOLANI

Effective communication is crucial for success in all areas of life. Whether you're trying to advance in your career, build meaningful relationships, or simply improve yourself, mastering the art of communication is essential.

Here are three communication rules that can help you enhance your day-to-day interactions:

### The Salami Tactic for Job and Career Success

Imagine I offer you a whole loaf of bread and ask you to eat it all at once. Chances are, you'd decline. But what if I slice the bread into pieces and give them to you one by one? You'd probably be more inclined to eat it that way, right? This is the essence of the Salami Tactic.

Instead of presenting all your ideas at once, break them down into smaller, digestible pieces. This allows everyone in the room to explore and discuss each idea, making your overall pitch more effective. If someone tries to use this tactic on you, simply keep asking for more information to encourage them to present their ideas more quickly.

### Understanding Different Types of Lies

Lies are an inevitable part of human interaction, but it's important to understand the different types of lies and their potential impact. There are four main types of lies.

**White lies** - These are selfless lies told to benefit someone else, often to spare their feelings. For example, telling children that tooth fairies exist. However, these lies are usually exposed over time.

**Grey lies** - These lies benefit both the liar and the person being lied to, and are often used as social formalities. For example, praising a team's performance even if they didn't perform well.

**Black lies** - These lies benefit only the liar, who denies an accusation made against them. For example, denying responsibility for a crime.

**Red lies** - These lies benefit no one, as both the liar and the person being lied to know that the statement is false. For example, a new brand claiming to be the most trusted in town.

By understanding the different types of lies, you can be more aware of when people may be lying to you and act accordingly.

### Improving Your Communication Skills

Communication is a skill that can always be improved. Here are some tips to help you become a better communicator:

**Listen actively:** Pay attention to what others are saying and ask questions to show that you're interested in their perspective. Be clear and concise: Avoid rambling and get to the point. Use simple language and avoid jargon or technical terms unless necessary.

**Be aware of body language:** Nonverbal cues like eye contact, posture, and facial expressions can convey just as much as spoken words.

**Practice, practice, practice:** The more you communicate, the better you'll become. Look for opportunities to speak publicly, engage in conversations, and practice active listening. In conclusion, communication is a complex art that requires practice and patience to master. By implementing these tips and techniques, you can improve your communication skills and enhance your personal and professional life.



# 11 NATION FIRST ALWAYS FIRST

-Rajeshwari Kejriwal

Bharat is not just a country, it is a rich tapestry of culture, heritage, and traditions that form the very essence of our identity. It is a symbol of what we stand for, a testament to the obstacles we have overcome, and a beacon of hope for generations to come. The nation's history is our history, the nation's values are our values, and the nation's identity is our identity.

"Mein rahu ya na rahu, Bharat ye rahna chahiye...". This powerful verse reminds us that our country will always endure, no matter what happens to us. India is not just a place with boundaries surrounding it, it is a home for the people who call it their own. We must put our nation first because it is our responsibility to preserve the rich cultural heritage that has been passed down to us from generations before. Our forefathers have worked hard to maintain a unique national identity, even after countless invasions.

and innumerable wars. We owe it to them, we can do so by continuing to protect and cherish this beautiful heritage that has survived all this oppression.





"Yuddh ye sammanta ki, maan rehna chahiye...". This Hindi verse tells us that we are fighting a war for respect and hence, we must always uphold the honor and dignity of our nation in all our actions. Our culture is unique and vibrant, where people are taught to give respect to everyone, including elders, youngsters, and even inanimate objects. We honor age, wisdom, and all things good. Our traditions and practices have been passed down through generations and hold an esteemed place in the eyes of the world. We cannot disregard these incredible practices when the world needs them more than ever



Sometimes, we may not be aware of our Bhartiyata (Indian-ness). Even if we do not wear traditional Indian attire or speak an Indian language, Bhartiyata runs much deeper than just superficial aspects of our identity. It is a feeling that is ingrained in our minds, blood, and memories. It is a part of us that we cannot shake off, even if we wanted to.

Without our Bhartiyata, we would be like someone without a face, body, or voice. An individual devoid of identity, this is why we should prioritize our nation before ourselves. We must take an oath to never neglect our national identity, feel pride and honor towards our nation, and never let the sacrifices of our martyrs go to waste. Let us pledge to work towards a brighter future for our country, where every citizen is proud of their heritage and works towards building a better future for generations to come.

#### From The Crossroads With Gratitude





# CIRS CAPTURES









# CREATIVE CORNER!





## Exam Time

*Stress, Stress, Stress*

*Its clearly not the best!*

*As soon as exams come near,*

*We are always full of fear!*

*All the people says its like a ride,*

*but why aren't the masks on our side!*

*We studied and studied all night,*

*but still could not get anything right!*

*So we'll try our best*

*to make it to the crest.*

*-Daiwiik Patel and Hritik Bhageria of VIII*



## The Golden Myth Advay and Atharv Grade VIII

*The dream of man,  
with a bold, gold tan.*

*The seas and Earth he conquered too,  
with a word so true.*

*Day and night he stays awake,  
with the enemies lives at stake*

*The man of legend,  
whose gold is never to end.*

*He was given a boon,*

*he regretted that he chose too soon.*

*He was gifted with a touch of gold,  
The one and only midas, from young to old*



## CIRS IMPACT

*Prakriti Sarawgi - Student*

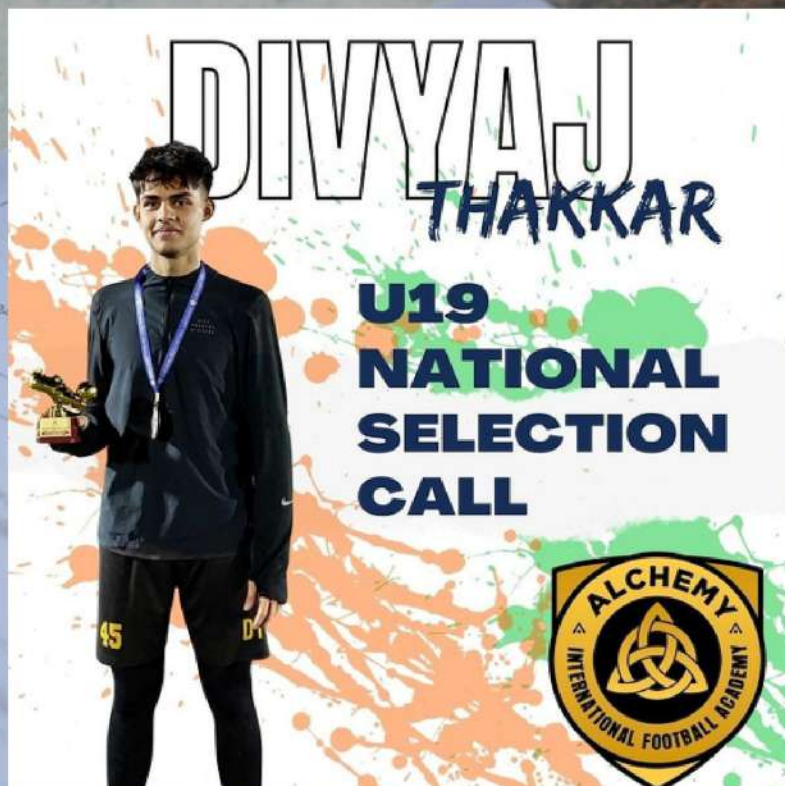
CIRS was like living your entire life in a few months for me, it still is. I have experienced and learnt so much here in my 7 years here than I could have ever and these values and experiences are going to stick with me for a lifetime. The circumstances it pushes you to face made me a better and stronger human being. But most of all, CIRS has taught ne to live to the fullest in every possible and the toughest of situations. Thank you CIRS for being a wonderful mentor and guide to me.





## THE EXAMS ARE HERE AND SO ARE WE.

In this issue we would like to offer our congratulations to Master Divyaj Thakker - Alumnus from Batch 23, on being one of the selected few to attend the trials for the U19 Indian football team.



Alumni Achievement



#Tweetsthatmatter

Facilitator : Br. Sanatan Chaitanya  
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