

# DAILY DOSE OF CANDOR

A Window Into Our Learning Community

November 2025

**KATSEYE: WHAT  
MAKES THIS ICONIC  
GIRL GROUP WHAT  
IT IS?**

By Krithika Rao Kancharapu

**A 100 HOBBIES –  
WHAT STUDENTS  
LIKE AND DISLIKE  
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**5 TYPES OF  
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GROUP PROJECT**

By Priyanshi Upadhyay



# A MESSAGE FROM THE EDITORIAL TEAM

The Daily Dose of Candor is before you today through the efforts of 21 skilled and enthusiastic students of Candor International School. With the help of the Via News Didi team, we prepared and learnt to write and design our newsletter. Together, we've survived typo disasters, snack-break debates, and at least five arguments about which font looks "coolest."

The Daily Dose of Candor is a space created by 6-8<sup>th</sup> graders at Candor, for students. It's where we share our thoughts, experiences, ideas, and creativity with the people around us. Each of us writes about something different – from school life and personal opinions to hobbies, fun facts, and real issues that students deal with every day. Our goal is to make a place where we can express ourselves honestly, and where readers can relate, learn, or simply enjoy what we write.

Simply put, flip through reds, blues, and yellows as you enter a portal full of a LOT of info.

To tell you a little about how it all came together – well, it was a wild ride. We first had a 2-day summit {which everyone skipped for football}. Then we started our online classes, where we learned about designing, writing and etc. We might have annoyed the teachers with our online chatting and especially the amount of extensions they have given us for submitting our articles. But that's just what makes this newsletter perfect!

After making you read all of this {which was totally our plan}, we now highly recommend flipping through this magazine. Why?

Because sources say that 100 percent of readers who decided to read this magazine have been coming back to it for all their random questions!

Source: Trust us, bro

~ The Editorial Team

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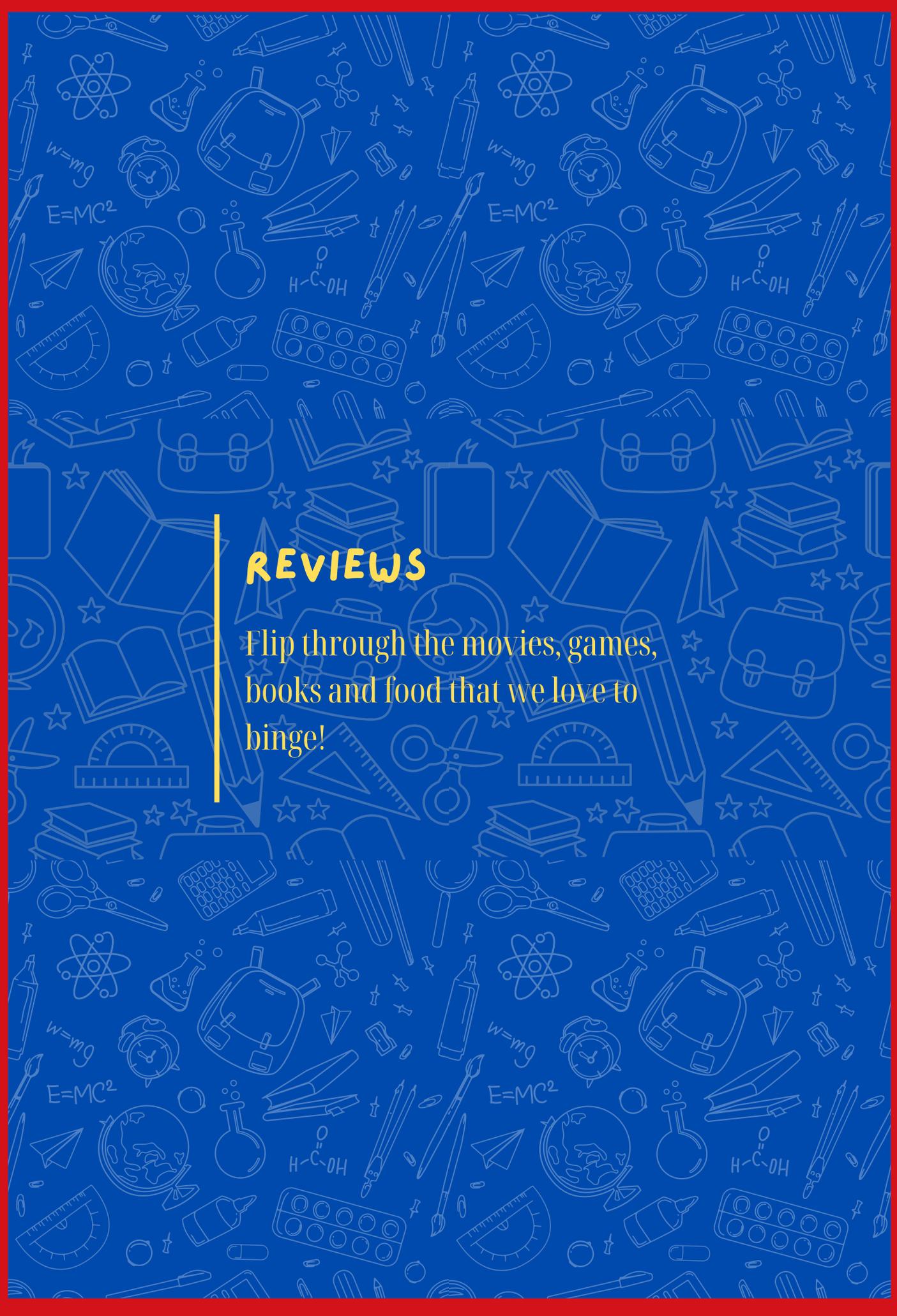
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## REVIEWS

Flip through the movies, games, books and food that we love to binge!



# WHY WATCHING SPY X FAMILY CAN BRING YOUR INNER CHILD TO LIFE...

By Sanvi Dharmaraju, Grade 7

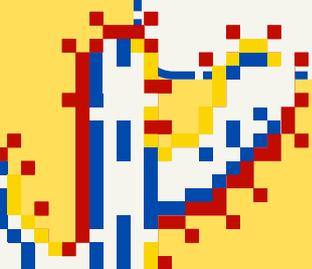


If you are interested and familiar with anime or other art media then it is likely that you have heard of SPY X FAMILY. I still remember the first time I watched it, I was just looking for something good to watch and suddenly ended up watching episode after episode because it felt so warm, goofy and exciting. That mix of chaos, joy and cuteness is what made me recommend it to others. This show is about Loid— an unbelievably skilled spy who has to complete his most difficult task and maintain a family. That’s how Anya, a small telepath, and Yor, an assassin with a gentle heart, come together to make an exciting family.

One of the best things about SPY X FAMILY is that it blends childish fun with deeper themes. It is interesting, funny and can be emotional at times. However, the pacing can be a little uneven due to the switches between silly family moments and serious spy missions.

Priyanshi, a 7th Grade student at Candor International, said “SPY X FAMILY is artistic, unique, and complex due to its interesting story and the bursts of comedy”, Michelle, another student who watches the anime regularly, said “I love SPY X FAMILY because of Anya’s funny and cute personality and the relationship between Yor and Yuri. But it can be a little slow at times.”

What makes this show stand out for me is the way it balances humour with heart. My favourite episodes are the ones where Anya tries her absolute best to help Loid with his mission but ends up making things ten times funnier. My all-time favourite character is Anya because she just feels so real in her reactions: dramatic, mischievous, curious, and adorable. I recommend watching Spy X Family because it keeps viewers hooked and curious about what will happen next. It has humour and light-hearted moments that can brighten even the gloomiest days. If you ever need something comforting, funny, and exciting, this anime is definitely worth watching.





# KATSEYE: WHAT MAKES THIS ICONIC GIRL GROUP WHAT IT IS?

by Krithika Rao Kancharapu, Grade 8

-Find out more about what teens love about this multicultural band!

## What's Katseye?

This multicultural girl group has been going viral with their hit songs since mid-2024. They include the iconic members Sophie Laforteza, Megan Skiendiel, Lara Raj, Jeong Yoonchae, Daniela Avanzini, and Manon Bannerman. Each one of these members have contributed to this girl group with their different roles. From their catchy songs to the energetic dances, each member has put in a collaborative effort which helped them create several songs with over hundred million views.



## How did Katseye form?

This group formed through the reality competition, The Debut: Dream Academy, a collaboration between Geffen Records and HYBE. This contest started with 120,000 applicants, and these 6 girls were able to beat all 120,000 of them. This entire competition was narrowed down through various missions to a final six-member group chosen in November 2023. They named the band Katseye after a unique gemstone called "cat's eye" and made their debut in June 2024 with their first song "Debut".





## People's opinions of Katseye?

Through social media, this group was able to grow and rise in the music industry. An eight grader Iniya said, "I learned about Katseye as they were blowing up on my for you page on social media". Many fans cited they discovered this group through social media and from their peers. The iconic members Lara Raj, the lead singer of the group and Sophie Laforteza the leader of the group, are usually recognized as most fan's favorite members. While many fans have shown their love and affection towards this group and their music they have also have a set of fans who feel neutral towards them. 7th grader Michelle said, "The first song that ever listened to by them was the song Gnarly and is currently my favorite song by them". Many teens love their songs Gnarly, Touch and Gabriela.

## How do I feel about Katseye?

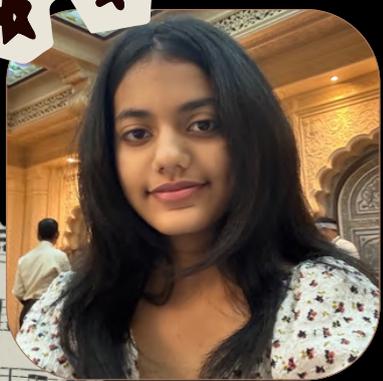
This group is truly a sensation and has a clear obsession from their fans. I believe that this band is so iconic because of their consistent effort and their diverse multicultural songs. I first found them through social media. I started listening to their songs and my first song by them was Gabriela. I instantly love that song and also started loving the member iconic dancer Daniela Avanzini. Though they have engaging songs and powerful dances, I believe that they could have more songs similar to the song "My Way" which is a catchy yet inspirational, which sends the message on personal freedom, authenticity, and growing up by living life on one's own terms, even if it leads to mistakes.



But other than that, I feel like this group is a rising phenomenon in the music industry and without each member doing their part I don't think they would be in the place that they are today.



## About Me!



Hi, my name is Krithika Rao Kancharapu! I am based out of Bangalore and studying in 8<sup>th</sup> grade. I have been passionate of singing and dancing since I was 4 years old and work very hard towards them. I love writing fictional stories about mythical creatures



# “HARRY - YER A WIZARD.” WHY HARRY POTTER AND THE PHILOSOPHER’S STONE IS MY FAVOURITE HARRY POTTER BOOK

by Siddharth Hari, Grade 6



## Why it is special

When Harry Potter and the Philosopher’s Stone was published in 1997, it was intended for ages 7–12. What happened however was that pretty much everybody who knew how to read were reading it, which encouraged the author, J.K. Rowling to write six more books in this series. Today, the Harry Potter series is celebrated with a globally dedicated fan base. However, some people forget where it all began. Here is a reminder of the first book, Harry Potter and the Philosopher’s stone. The plot is about an orphan named Harry who has a scar in the shape of a lightning bolt. Mysterious letters arrive and suddenly Harry is rescued by a beetle eyed giant of a man, finds out he is a wizard, enrolls at Hogwarts school of Witchcraft and Wizardry, learns to play Quidditch, and has lots of other adventures with his two best friends, Ron Weasley and Hermione Granger. Harry soon realises that he is no ordinary boy, even for a wizard.

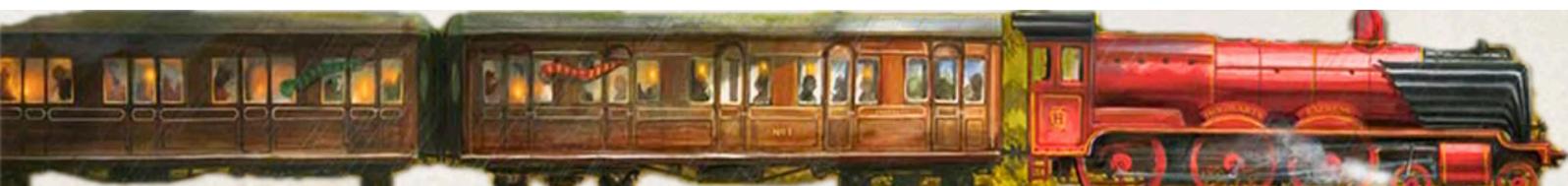
## Vasundhara (age 42), an avid reader says:

“I like Harry Potter and the Philosopher’s stone because it provided me a window into the

charming world of magic. It had interesting characters which kept me hooked. My favourite part of this book is when Harry, even at that young age was mature enough to understand people, a good example being how he turned down Malfoy’s offer of friendship. My favourite character is Hermione for her fierce loyalty and support towards Harry and Ron.”

## Why you’ll like it

If you read Harry Potter and the Philosopher’s Stone (which you probably should) and you like it (which you most probably will), then you have a high chance of reading the rest of the series. I love this book for the way the story keeps building and for making the story realistic with human emotions despite set in a magical world. J.K. Rowling also kept the book intertwined and that meant that every scene had a special meaning for itself. The characters were also great, with abstract names and unique stories, and they blended with the magical places extremely well. This created a book that was guaranteed to keep you captivated in every word. My favourite character is Harry, because he was brave in tough situations, because he was loyal, because he was selfless when in those situations.



# SOARING ABOVE THE SKY: WHY WINGS OF FIRE IS EVERY DRAGON-FAN'S FAVORITE

by Nikitha Viralam Viswanath, Grade 6

Wings of fire is a 15 book series grouped in three arcs {sets} with 6 extra background books, written by Tui T Sutherland. The graphic novel for the series has been designed by Mike Holmes. The books are about a group of dragons who try – and succeed – to bring everlasting peace to the dragon world, which is filled with war and hatred and consist of ten tribes – The NightWings, RainWings, SeaWings, SkyWings, IceWings, SandWings, MudWings, LeafWings, HiveWings, and SilkWings. The first book was released on 1st July, in 2012 and has an average rating of 4.63 stars on Goodreads.



Queen Thorn {SandWing}



Clay {MudWing}



Cliff {SkyWing}



Tunami {SeaWing}



Kinkajoe {RainWing}



Sundew {LeafWing}



Winter {IceWing}



Moonwatcher {NightWing}



Blue {SilkWing}



Cricket {HiveWing}

## THE 10 DRAGON TRIBES

“It is a truly fascinating story,” Myra, a grade 6 student said “Dragons fighting for peace! Where wars are going on! What a wondrous change”

Chinmayi, a student from the same grade said, “Although I enjoyed reading the series full of suspense and fantasy, I think we have outgrown dragons.”

Nikkileswari, another 6<sup>th</sup> grader said, “There are some cons and pros, but I think it is very fun to read this series.”

Despite all the good reviews, there are some cons. For example, the series has some gay and lesbian characters, so reading the series at the right age is important, and if there is something you don't understand, I say you should go to your parents or a trusted adult. By the way, the age group is 8+, although I recommend you start at 10, or 9 if you are a daredevil {there are some gruesome details, which may be disturbing for really young kids}. I started reading Wings of Fire at the age of 10 and it was great. I like to read with details, so if you read the same way, I suggest that you start with the graphic novels, and then start reading the novels.

With all the pros and cons, I still think that Wings of Fire is an amazing book, for all ages because the story is engaging, not only that, it carries an important message; Peace is important, and we can have it if we set our hearts to it.

# MATH - PAIN OR PLEASURE? MAYBE BOTH?

Written by Chinmayi Ravikumar

What if I told you there was a math quiz, right now? Would you freak out, would you pull out your textbook at the last instant and start studying, or would you pull out your pen, eager? Math, for some, is a pain in the neck, something they want to get rid of. But for some others, math could mean new possibilities, interesting dimensions, and even more!

## The Pros (and Cons!) of Math

The pros and cons of mathematics as a subject are many. For example, Math can cause stress and phobia towards it and can take a toll on interest, performance and even health.

“Sometimes it is so complex that it breaks my head trying to solve it”, Nikitha, a student of grade 6 says. “However”, she continues “it helps with my problem solving and critical thinking skills”. Roohi, another student of grade 6, adds, “It’s an interesting subject”. She agrees with the fact that having a good teacher helps in developing your liking for Math as her favorite Math teacher, Ms. Aqsa, did for her. Another amazing thing about Math is that you can do it anywhere and at any time. Roohi shares that she helps her mom cook while practicing Math.

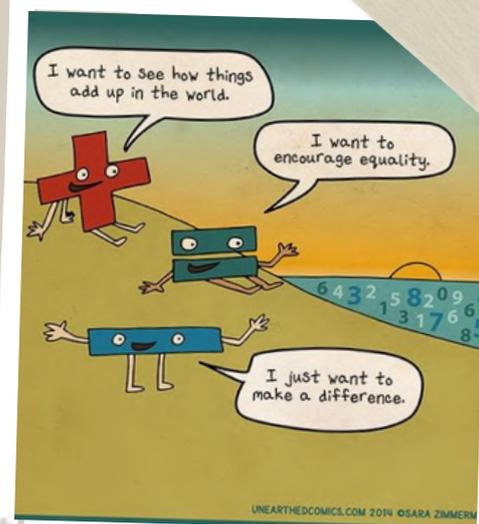
## A Teacher’s Perspective

Ms. Madhavi Sharma, a grade 5 math teacher, adds on to the fact that there are many who are frightened of math. “Around 30% of the students that I have taught or am teaching are afraid of math,” she says. But she also says that she “enjoys teaching math.”

## So, is Math helpful and Fun (for me)?

I think Math is one of the best subjects there is because it can be used in real life helping with day to day activities. Since I revise Math regularly, I feel confident and this is probably why I don’t break into too much sweat when it comes to math. Suchitra Sathyanarayana, my mom, talks about how she likes activities that use her head, like Math.

Even though I might sound weird to most, there are still many who find Maths the way I do – fun-filled, exciting and interesting, not dull, boring, useless, and frightening!



# How Can Anybody Find Percy Jackson boring?!

by Anwasha Joshi, Grade 7

The Percy Jackson series would be one of the best books I may have ever read. It smoothly puts together ancient greek mythology, modern day, humour and suspense, featuring a young boy named... You guessed it, Percy Jackson, a demigod that finds his way to Camp Half Blood after losing his mother. Together, Percy Jackson and his new found friends embark on heroic journeys to stop evil forces with their gifted powers.



My good friends Kyra and Iniya (From grades 7A and 8A) stated that they were either not really interested in fantasy, or were more busy lately, and had hence, not read the Percy Jackson books. Another friend of mine, Varshana, from Grade 7C, and Ms Sukriti, a teacher, said that they enjoyed reading and were intrigued at the nail-biting plot twists.

While it's an amazing storyline, its not very well known (in my perspective). It's also unrealistic for eleven year olds to be running around the world while being put into great danger, just because they are demigods. Online reviews state that some adults might find the writing style childish, and that characters gain their strength or power in their last moments, always overcoming the obstacle.

At the end of the day, (in my perspective) Percy Jackson books should be read atleast once in a lifetime, because of its hilarious conversations and teeth gritting suspense. I was originally recommended these books from my school itself during a break and my favourite character is Annabeth, a strong and courageous girl. Honestly the plot twists are crazy when they happen, and I think there was no need to have more than one villain. My other favourite from Rick Riordan is the three book Magnus Chase series which were about Norse mythology. Don't forget to try other books from Rick Riordan!

Hello! I'm the author of Percy Jackson and many other amazing books





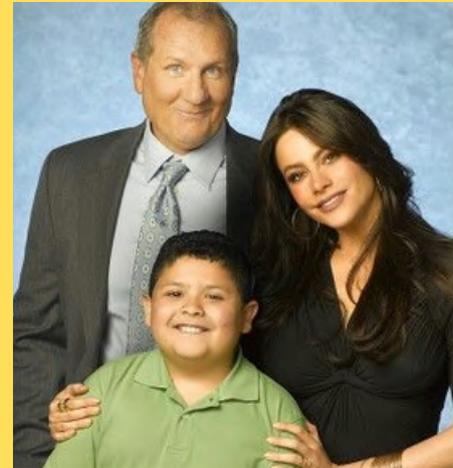
# Why Modern Family Steals Hearts (and Laughs!)



By Michelle Pais, Grade 7

Modern Family is a funny American TV show loved by many people. It takes place in Los Angeles, California, and first came out in 2009. The show is about three related families who share their everyday moments – The Dunphys, the Tucker-Pritchetts, and the Pritchetts. The show explains why family love and laughter matter even when people are different.

**“You can’t make everyone happy. That’s why there’s ice cream.”**



The Pritchetts – Jay, Gloria and Manny



The Dunphys – Phil, Claire, Haley, Alex and Luke

I talked to many people to get their reviews and piece together a picture. Here are some samples:

“I like Haley a lot because I kinda relate to her.” said Gnapika, 7th grade.

“I don’t like Jay because Gloria needs to be single!” Kyra said.

“Mitchell’s okay, but... Cam, I don’t like him! He seems shady.” Sahana said.

Krithika from 8th grade said, quite simply, “Modern Family is hilarious!”

After hearing everyone’s thoughts, I noticed that most students enjoy Modern Family because it is funny, relatable, and full of interesting characters. Many liked how each family member has a different personality, making the show fun for all ages. Some said they could see themselves in characters like Haley or Mitchell, while others liked how the show mixes humor with real-life situations. A few had strong opinions about relationships, such as wanting Gloria to be single or finding Cam a bit too much. My favorite character is Phil Dunphy because of his cool dad energy—he’s funny, kind, and always tries to make everyone happy. My favorite episode is Season 5, Episode 18 (“Las Vegas”), because it’s full of chaos and surprises that show how close the family really is. That episode truly has my heart because it’s both hilarious and heartwarming at the same time.



The Tucker-Pritchetts – Mitchell, Cameron and Lily

# THE ONLY SITCOM WHICH CAN BE DESCRIBED AS AN EMOTION

By Maurya Kota, Grade 8

When FRIENDS first hit TV screens in 1994, no one expected a simple sitcom about six twenty-somethings hanging out in a New York coffee shop to become one of the biggest hits in television history. But somehow, it did, and nearly 30 years later, we're still watching, laughing, and quoting every "How you doin'?" like it never gets old. Friends wasn't just another show; it became a part of pop culture itself, shaping how people saw friendship, relationships, and even apartment living in the 90s and early 2000s. With its perfect blend of humor, heart, and relatable chaos, the show managed to stay timeless in a world where most sitcoms fade fast. In this review, we'll look at what made FRIENDS so special, why it still connects with audiences today, and whether it truly deserves its legendary status.

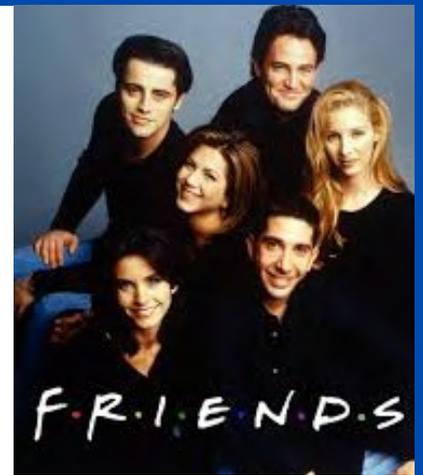
## WHAT MADE IT SO LOVABLE

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HOW YOU DOIN'?

THEY DONT KNOW THAT WE KNOW THAT THEY KNOW

PIVOTT!



What made FRIENDS stand out was its humour and the way it felt real. The jokes were sharp but never overdone, and the characters' personalities bounced off each other perfectly, from Chandler's sarcasm to Phoebe's quirky charm and Ross' perfection at awkward scenes. It wasn't just about laughs, though; the show also captured the ups and downs of friendship and adulthood in a way that still feels relatable today.

Many interviewees felt the same;

## “Undeniably, one of the best sitcoms”

Ms. Sukriti, a teacher (in charge of the Young Writers Program), said. “Havent watched everything but so far its great”, quoted Prithvi, an 8th grade student and many more people.

That said, FRIENDS isn't without its flaws. Some jokes haven't aged well, and a few storylines can feel predictable, abrupt and sometimes a bit random. Still, its charm, chemistry, and heart make it one of the most rewatchable sitcoms ever. Even with its imperfections, FRIENDS continues to remind us why good writing, great timing, and genuine emotion overcome whatever life throws at it.





## FEATURES

Flip through these articles to explore what us student journalists (and other teens around us) are truly passionate about!

# The fear of MATH and how people live with it...

Why do so many people fear math? Is it because it's hard, or because we're told it's hard? For years, students have been trying to survive math classes, but some have found clever ways to live with it.

by Sanvi Dharmaraju, Grade 7

Math. The one subject that can make even the bravest and most confident students doubt themselves, wondering if their answer is right or wrong, and break into a cold sweat. Whether it's an endless equation or a tiny formula, math always leaves you questioning if it was created just to confuse you to death.

But you're not alone—many people feel this way, including adults, so it's not just students who struggle. Math has always made me nervous, even when I'm solving the simplest sum, and I still end up questioning my answers. But why does math scare so many of us? Is it because we fear being judged by how fast we can answer, or is it the pressure of exams?

The two people I interviewed showed me how common the fear of math really is. Dhattri, a 7th grade student, said her fear began in sixth grade and that the way her teacher taught math made a huge difference in how she felt about math. Mistakes made her even more scared of exams, and even though she goes to tuition, she still finds math the hardest subject, especially expressions. She also felt embarrassed when others pointed out her mistakes. Tanishka, also in 7th, felt that math would be less overwhelming if students only learned the basic topics needed in daily life. She said the way math is taught makes her frustrated, and mistakes make her want to give up. She doesn't prepare

much for tests because math feels too stressful, and her classmates sometimes make fun of her. She's felt nervous about math ever since she was a child.

Only 26% of undergraduate students have the level of numerical understanding needed for everyday life and work.

1 in 5 parents have arithmophobia — a fear of numbers.

40% of parents wouldn't be able to show their children how to split a bill at a restaurant

## DID YOU KNOW?

Women are more than twice as likely as men to feel anxious about maths and numbers.

## So, what can one do to reduce their fear of Math?

- Practice daily
- Use relaxation techniques
- Use different learning styles
- Break down problems
- Adopting a Growth Mindset
- Combating Negative Self-Talk
- Starting with Easier Problems
- Try to work with a tutor



# Harry Potter: What's Better The Movies, Or Books?

Find out more about one of the biggest controversy in the Harry Potter fandom

by Krithika Rao Kancharapu, Grade 8

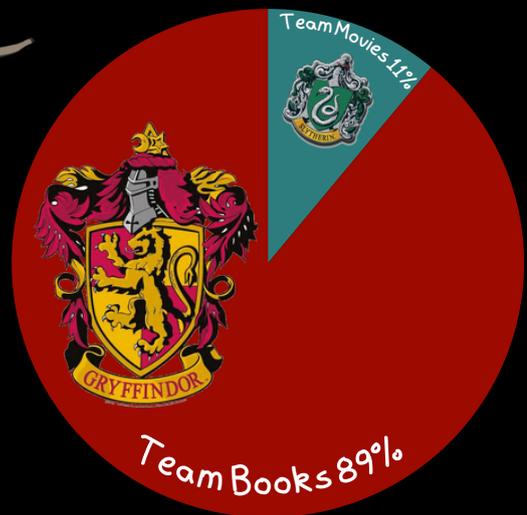
## Introduction

When you're a Potterhead (A Harry Potter Fan) the most controversial question that you could be asked is, do you prefer the books or the movies? This question still lurks in the fandom after 20 years of the series release. For some, this question might be the easiest to answer, for others however, much more difficult. So one of the few controversial Harry Potter Fandom questions is going to be answered.

General surveys were conducted to ask the Harry Potter Fandom whether they liked the books or the movies better after the 8th and last movie was released. 89% of the Harry Potter fandom stated that they like the books better than the movies. However many more people have watched the movies compared to the books. 61% of Americans have watched at least one movie while 31% of Americans have read at least one book.

## Do Potterheads like the books or movies more?

While many people first watched the movies from the series to get a glimpse of the stories, people have stated that they enjoyed reading the books more than the movies. While few others have latched onto the movies because of its visuals and it having less important information, majority of the fandom agree that the book is detailed and has depth which interests them most. Also with many fan discussions many people recommend that reading the books gives a more richer imagination while the movies miss out on important plots.



If you ask me my answer, though it's a hard decision, I would answer the books. Though I love the fact that my favorite book series was able to be converted into an amazing thriller movie series, the books have so much depth and details that makes you just imagine the whole series in your head. Especially since I watched and read all the movies and books, however, I read the books first with no expectations. But I watched the movies with some expectations which wasn't met. That's why I choose the books.

"The movies don't give a full overview and miss out on a few important events. So the books are way better." -Potterhead

# WHAT FOOD CAN DO TO YOUR MOOD

by Priyanshi Upadhyay, Grade 7

I used to wonder why some foods were called “comfort foods” and why teachers would find tea so calming and ice cream such a bane of this world. Plus I needed to hand in my math homework. So, say hello to this article!

Have you ever wondered why you feel sleepy after a heavy lunch or suddenly cheerful after eating chocolate? It’s not just in your head – the food you eat can actually change the way you feel. From happiness and energy to stress and focus, every bite you take has a direct line to your brain.

As of 2025, the global food industry has peaked at around \$9.37 trillion, with estimates to reach around \$11.37 trillion by 2030, with a good chunk of this revenue eaten up by students and children. So what kind of food does the average Indian child eat, and how would this affect their mood and productivity? I decided to dive deeper – and got some surprising results.

## Interviews (it might not just be me)

Kuvira from grade 7B said, and I quote: “I skip lunch sometimes if the options aren’t good but I eat popsicles,” and that her lunch consists mostly of carbohydrates and protein, (which can result in a lack of fibre and minerals).

Gnapika from 7A said that she, “doesn’t really eat breakfast, and if I do then I eat bread. For lunch, the school normally gives me chicken so I eat that with rice. I’m not that picky so if there’s veg, I’ll just eat whatever’s there.”

So, in conclusion, what you eat DOES matter – beyond just gut health. What you choose for lunch today could have an impact on your math assignment tomorrow; so maybe skip the ice-cream sandwich?



Do you have lunch at school?

“I only eat food that tastes good. Since the school doesn’t have good food, I don’t eat it.”

Through these interviews and surveys, I found that most middle school students take smaller portions of food in addition to an ice cream or snack from the tuckshop. The lack of proper nutrients in this food choice leads to less productivity, mood swings and general misbehaviour due to malnutrition.

After seeing these, I realized that in our school, the number of kids eating school lunch is in fact dwindling – and productivity is being affected too. Most kids find it hard to concentrate, feel sleepy, or generally irritated during normal class, and this is probably because of their food choices.



# 1 APP, 1 Million Games : Roblox

By Raanan Samrat, Grade 6

Roblox is a gaming platform where there are millions of games to play. People play Roblox when they are bored or want entertainment. The type of games students play are action games, horror games, RNG games, tycoons, simulators etc.

I decided to write this article because I have 3 years of experience of playing Roblox. I have played games for hours, I know many things about Roblox like how the community is, how Roblox games are, child predators, hackers/ exploiters, game creators, etc. Roblox impacts students in a good way, and also in a bad way.

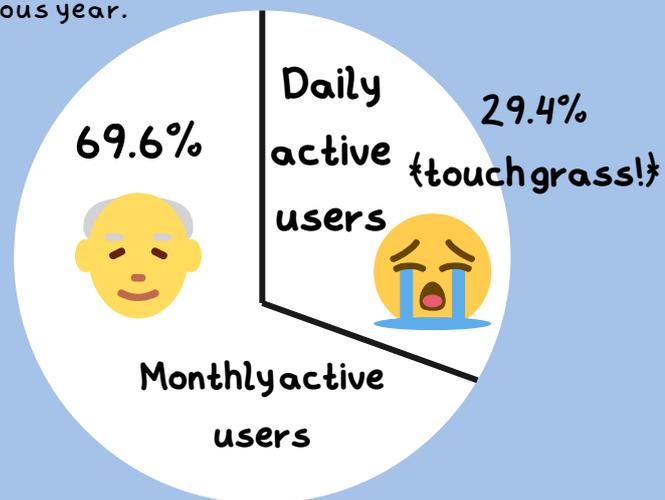
“My favorite moment in Roblox was when we used to play Brookheaven together. I was afraid to meet new people,” said Zenith, my online friend in Roblox.

Playing Greenville was my favorite moment in Roblox.

“I felt scared when I was playing Roblox for the first time,” said Mercy, another online friend in Roblox.

As of October 2025, research suggests that Roblox has approximately 380 million monthly active users according to the recent reports. This

number represents a 16.5% increase from the previous year.



## My experience

I first started playing Roblox on 16th of August, 2022. I like that there are so many different types of games to choose from in Roblox, like action games, horror games, simulators, tycoons, fighting, RPG {role playing game}, FPS {first person shooter, action}, Asymmetrical survival horror, first person survival horror, etc.

My favorite Roblox games are Blox fruits {Action}, The Strongest Battlegrounds {Fighting}, Fisch {RPG}, Rivals {FPS}, Forsaken {Asymmetrical survival horror}, etc.

# How Sports Impacts Kids in India

By Siddharth Hari, Grade 6

I came across this topic as I was asking my parents about how sports was in their childhood. I asked them how the sports infrastructure was then, how the coaching was, how sports impacted them in general, and how they found sports. I found that sports infrastructure was far less developed in India at that time, whereas now it is a lot more developed. I also compared sports development in India over generations, and found BIG differences. To learn more about it seeing as I play sports too, I decided to research more about the subject. Here's what I discovered.

## What I Found Out

In 2014, several Government policies were implemented by the Ministry of Youth Affairs and Sports. One such initiative was the Khelo India initiative in late 2017, which opened 1045 sports centres in both rural as well as urban areas across the country. Another initiative done was the Assistance to National Sports Federations in early 2011, which brought money for hosting national and international sporting events, training camps, hiring coaches and getting sports equipment. Now 50,000 athletes are participating in the Khelo India Games since 2018, with 23,000 of those athletes getting supported.

Out of these 23,000 young athletes, around 10% of the Athletes picked up Sports as their profession and represent India in various International Sporting Events and in which many medals have been won for India. In the remaining 90% of those athletes, they most probably learned a lot while playing sports and find it really useful in their day to day lives. Proof that they do? Here's some.

In an interview of a 14 year old kid who plays sports, he said: "I play football as I find doing activities where I'm moving and running very enjoyable. I find it a good way for me to use my

energy." On being asked on how sports impacted him, he answered: "I've made a lot of friends through sports, by playing with, or against them on different teams. I also have very less free time, as I generally train 3-4 times a week with gym and a match on the weekend.

**"Sports has made me a more active person. I like going out and playing any type of sport as I find it a good way to spend my time."**

Sports also has a good impact in kids' holistic development. Teenagers who played sports had better self-esteem and lower depression levels, based on a study published in the Journal of Adolescent Health. Further studies in the Journal of Pediatrics showed that kids who participated in team sports were more adept at communicating and solving problems than kids who did not play sports.

Overall, I think kids grow physically, mentally and emotionally while playing sports. Sports help in physical strength, growth and wellbeing, they help in confidence and character building, and they also help in the ability to take defeat, learn, and persevere. This is why I think sports makes kids prepared for anything in life!

# A 100 hobbies - What Students Like and dislike doing in their free time

By Chinmayi Ravikumar, Grade 6

Did you know that the online game Pinball is one of the most popular hobbies in the world? Free time is the time for students to chill, wind down, and take their mind off of things that are either stressing them out, or some unenjoyable experiences. It's the time they have to pursue their dreams, and to cheer up.

But sometimes some students have so many hobbies that they need to carefully manage their time as well. For example, Abhignya, a student from Candor International school in grade 6, shares that she does classical dance (Bharatanatyam), classical music (Carnatic), practices math, learns French on Duolingo, and also plays badminton! That's a LOT of activities.

However, she adds, "I like to do these activities, and I try to do them every day, but some days, studies eat up my free time." This shows the fact that for some, studies can really take a toll on how much time they spend with themselves.

When asked for a little history about her talents, Abhignya says, "When I was 5 years old, I used to dance randomly and freely. My parents observed this and decided to join me to dance

classes. However, they thought, 'Why some random style of dancing?'

Since Bharatanatyam was not only just a dance but also a divine art form, I started classes. When I started, I thought of it as just a hobby, but later on it became my passion. But when I progressed in this hobby, I realized that music was mandatory in order to understand dance properly. This is how I started learning carnatic music. And of course to do dance I need to maintain fitness, so I started learning badminton. It's all very connected. When it comes to math, my

interest grew in grade 3, where my math teacher, Ms. Noelin gave me confidence by saying, 'You're the best!' and things like that. I started to practice more, getting high grades as well as math being one of my many hobbies."



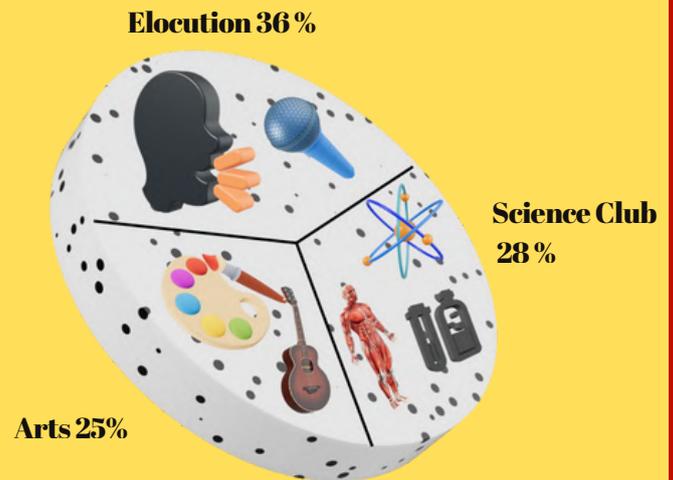
Abhignya dancing Bharatanatyam

Sahana K, a student of grade 7, has a lot of hobbies as well.

“I love playing the carnatic violin, doing python coding, drawing my own original characters {OC s’}, playing board games with my brother, and crafting with paper. I do what I love and love what I do,” she shares. She gets time to do most of the things, but her time for coding isn’t that much because she is more serious about practicing violin than all the others. She dislikes doing complex paintings, but she isn’t forced to do them. “Some time ago, initially, I started learning Western piano. However, I felt that it wasn’t my thing. So my parents joined me for Carnatic violin lessons, and I loved it a lot. In grade 6, I got an additional booklet from school and read about Python coding over there. Then I felt curious and signed up for a course for Python coding,” Sahana says.

## Playing With Numbers

Did you know that 72% of students pursuing extracurricular activities are Indians? Some of the most popular activities, according to a 2024 study, are debating {36%}, science club {28%}, and arts {25%}. However, there are also other activities, like media {95.3% of men and 90.7% of women following}, sports {swimming – 41%, table tennis 32%, cycling – 23%, and tennis – 22%}, and some other popular activities like listening to music, watching TV, and online surfing.



When it comes to gender – based interests, girls generally prefer dancing {40%}, and singing {25%}, while a fewer percentage do yoga {15%}. Boys, on the other hand, much rather prefer photography {35%} and playing online as well as sports {30%}. Yoga is slightly more popular {19%}, while dancing occupies the least percentage {13%}.

My hobbies are also a large collection – playing the carnatic violin, singing, painting, pencil sketching, yoga, playing tennis, and spending time with my family {parents, grandparents, and younger brother}. I started learning carnatic vocal first, at the age of 4 1/2. So that is 7 years of singing now. As for violin, I have been learning for 3 years now. Art came to me naturally. I initially started with origami, then learnt acrylics on Youtube. I also do watercolour paintings, and when my best friend gifted me a pack of gouache paints for my 11th birthday, I tried that as well! And of course, family time is a must! It’s such a thrill when my dad and I beat my mom and brother at a game of Boggle!

I want students to love what they do and do what they love. And the credit for blocking most student’s dreams shut goes to their respective schools, who, in my perspective, overemphasize studies. I want these schools to support these students in their dreams.



## LISTICLES

Read our advice (and humour!)  
on gaming, school events, books  
and more!

# 5 MOST WELL-KNOWN PASTAS THAT YOU CAN MAKE

By Aarya Nayakar, Grade 7

Pasta is one of the easiest and yummiest things you can make at home. There are so many shapes and each one tastes great with different sauces. Here are five super popular pastas that almost everyone knows and loves—and you can totally make them yourself!

## Spaghetti

Spaghetti is the classic long, thin noodle everyone knows. It's super fun to twirl on your fork and goes well with almost any sauce—like tomato, cheese, or even just garlic and oil.



## Penne

Penne looks like tiny tubes with slanted edges. The cool part is that the sauce gets trapped inside the tubes, so every bite tastes extra good. It's awesome for creamy or spicy sauces.

## Fettuccine

These are long, flat noodles that are thicker than spaghetti. They're perfect for heavy, creamy sauces because the noodles hold the sauce really well. Fettuccine Alfredo is the most famous one.

## Macaroni (Elbow Pasta)

Macaroni is the small, curved pasta you usually see in mac and cheese. It cooks fast, mixes easily with sauces, and is great for cheesy recipes or pasta salads.

## Farfalle (Bow-Tie Pasta)

Farfalle looks like cute little bow ties. It works great in dishes with veggies, light sauces, or even cold pasta salads because it holds its shape and looks fun on the plate.

# HOW DO PETS CONTROL OUR LIVES???

By Sanvi Dharmaraju, Grade 7

## Are We Owning Pets... or Do They Own Us?

From dog parents to cat lovers, every pet owner knows the feeling of being guilt-tripped by adorable eyes. You could be eating in peace, but suddenly, there they are – staring deep into your soul like you’ve betrayed them by not sharing your food.



## The Early Morning Alarm Clock

Who needs an alarm when you have a pet with a built-in breakfast radar? Whether it’s a dog nudging your face or a cat sitting on your chest, pets make sure you’re up way earlier than you planned. They don’t care if it’s the weekend – if it’s morning, it’s morning. And no, there is no snooze button.

## The Guilt-Trip Masters

Every pet owner knows the feeling of being guilt-tripped by adorable eyes. One single look – wide and dramatic – is enough to make you question your entire existence. You try eating without sharing, but when they stare at you like you’re the villain in their story, resistance becomes impossible.

## The Snack Thieves (and Taste Testers)

Trying to enjoy a snack? Not happening. The moment you open a packet, pets appear like magical ninjas. Suddenly, they’re sitting next to you, pretending they’re starving even though they just had a full meal. You break off just a tiny piece, “Accidentally” – They win. They always win.

## The Couch Commanders

The couch may be yours, but pets act like they pay the rent. They stretch out like royalty while you sit on the very edge, careful not to disturb their comfort. And if you dare to move them? The offended look they give you could put you in emotional jail for a week.

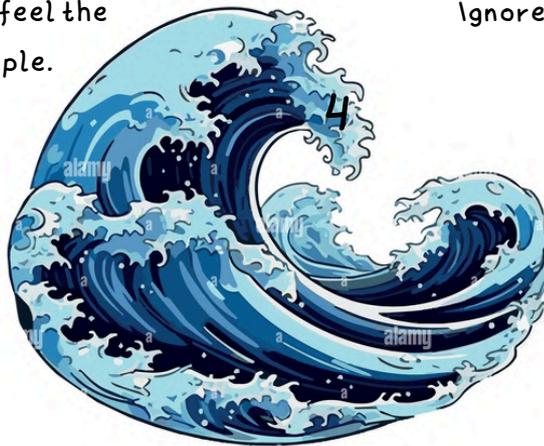
# Top 5 Ways to Stop a Tsunami

By Prithvi Venkateswaran, Grade 7

So, a massive wall of water is charging toward you like it just found out you ate its leftovers. Don't panic—well, okay, panic a little—but before you start Googling “how to breathe underwater,” here's a list of totally foolproof (read: absolutely not foolproof) ways to stop a tsunami. Scientists may not approve, but your inner chaos gremlin will.

## Drink All The Water

Make sure to drink it slowly to feel the joy of saving millions of people.



## Ignore the Tsunami

Ignore it like your student loans

## Tell the Water to Stop (Politely)

Talk in a polite manner so that Poseidon won't be angry and turn your town into smithereens.

## Convince Poseidon it's his Problem

You should look tuff and cold and full of aura to make Poseidon scared

## Ask the Water to a Date

You should look like you are actually interested in the water. As it is in liquid state make sure to use a lot of molecule attraction.



# 4 SECRETS TO GETTING GOOD GRADES WITHOUT PULLING AN ALL NIGHTER!



By Krithika Rao Kanchrapu, Grade 8

~Find out what all the class nerds do to get those marks

Now that we are in middle school we have to go through the worst thing ever. EXAMS! Don't you just hate all the all nighters you have to pull just before the exam and still not get good marks. And we are still living out our childhood, we should be enjoying ourselves. So, I'm going to give you 4 secret tips to studying for our End of semester without feeling pressured and still living out your life.

## 1. Do Homework

{Sorry to all the Homework Haters out there}



Homework is something that is already mandatory for us. So do it anyway. Homework usually asks us questions or makes us do activities that were already done in class or going to help you for upcoming classes. Take advantage of it being mandatory and learn additional information.



## 2. Start studying

{and not just the day before the exam}

We all hate pulling an all nighter, and pulling one just before the exam day isn't going to be enough to get a high score. So, after completing a lesson at school, study the subject for 5-10mins. Consistently studying topics a few days before the exam means you would automatically register the topics in your mind, so the day before the exam, all you need to do is revise the topic.

## 3. Make a cheat sheet

{but not for cheating!}



Who likes reading long paragraphs especially if it's boring! So take a notebook and write, point by point, what you believe is coming in the exam. This is the best way to review them before you write your exam, so the big paragraphs in your textbook don't overwhelm you.



## 4. Know your Test Paper

{not the actual questions though}

On test day, if you don't know the format or what kind of questions can be asked, then there is a high chance that you're not doing well. So if you do know the kind of questions that are going to be asked in the exam {definition, word problems, etc} then you would be able to quiz yourself, and the paper doesn't come as a surprise!

# 5 TYPES OF PEOPLE IN A GROUP PROJECT

By Priyanshi Upadhyay, Grade 7

Group projects: the ultimate test of patience, teamwork, and your ability to do everybody's work except for your own. No matter what the subject is, one thing is guaranteed -- the cast of characters is always the same. From the overachiever who's constantly tweaking other people's work to the ghost who vanishes until the end, here are 5 people you must have definitely met in a group project before.

## The Ghost

They realized their casserole was burning the minute the teacher said "group project". You'll only see their name when it magically appears on the submission.



## The Perfectionist

Will not rest until every font, margin and transition slide is flawless. Be prepared to see your work disintegrate with their "little tweaks".

## The Complainer

Doesn't really want to do anything, but has a monologue worth a 40-slide presentation on how unfair the project is and how likely the group is to get a bad grade.

## The Distractor

Keeps the group entertained with two hours of memes and side conversations, but doesn't really get anything done.

## The PowerPoint Magician

Doesn't say much until their mind-blowing, Nobel-Prize-winning presentation graces the classroom, saving the entire group's grade.

# The Top 5 (oh yes!) Homework Excuses *You Should Definitely Use*

By Siddharth Hari, Grade 6

DISCLAIMER: THESE EXCUSES ARE NOT CONSIDERED CONSISTENTLY RELIABLE. ANY PUNISHMENTS LINKED TO THESE EXCUSES ARE THE PERSONAL RISK OF THE READER.

Do you forget your homework all the time? Well in my experience, loads of people do. So rather than getting annoying punishments for your not submitted work, or getting a speech about unfinished homework from your not very understanding teacher, I suggest you look at my top 5 handpicked homework excuses:

Kid forgets he has no homework to hand in



Uses one of these excuses

1

## **Excuse number 1: Pretend that your homework worksheet flew out of your bag as you were going to school**

OK. This is a restricted excuse. The main reason, it only applies to worksheets. But no matter. In school, you are bound to get worksheets. In my experience, at least once a week, and most probably more if you don't finish the class worksheets as well. And also you might have left your bag zip open. Your worksheet flies away, and you won't get yelled at. But the thing with all excuses is that you will most definitely at least get told off. But you can never avoid that unless you actually DO your homework. And if you did that, you wouldn't need these excuses.

2

## **Excuse number 2: Say that you had to practice for a concert/ competition/ test, etc., etc., BACK TO BACK (e.g practice music, then for test, no time to do homework)**

Now I've seen people say that they just didn't have time to do their homework. That is a BIG mistake. Why? Well, basically most teachers will say that this piece of homework which you find never ending only takes 5 minutes and that you have to have at least that much time to spend. Still refuse? They will make you list out everything you did last evening, and if the day is Monday (after a weekend), you're cooked. So instead of getting total humiliation, you should use this version. This means that you will only have "important" things to do so if it's an exam, and you have an unsympathetic teacher who gives you exams AND homework, this is (hopefully) a response fit for them.

3

**Excuse number 3: Accidentally-on-purpose put your bag in a different lesson, walk as slow as possible and bring it back to class, and take your time in looking for it, the bell rings and you promise to that teacher you'll leave it in the staff room, avoid that teacher, do homework at home, bring it back to school, slide it under a pile of books for correction, and walk away, (hopefully) completely scot-free**

Now this is more of a procedure than an excuse, but it'll work just the same. Now first things first. DO NOT use this in the first lesson of the day, as teachers have an irritating habit of asking for homework at the start of the lesson then. In other lessons they usually ask later in my experience, which makes it perfect to use this process. Now this sequence of steps is ALL necessary, because if you forget ANY of these steps, it is completely useless. But if you do this properly, there is a good chance you can walk away {hopefully} completely scot-free.

4

**Excuse number 4: You say that your bag has a hole and your homework fell out on your way to school**

Now this has got your teachers covered. The best part is you can use any bag with a hole and pretend your homework fell through. Just make sure your bag can still carry the other books.

5

**Excuse number 5: Do your Homework**

OK, this is not an excuse, this is a piece of genuine advice, JUST DO YOUR HOMEWORK. I know it takes the time you would much rather spend doing something completely unrelated to the topic work, but it would probably be much easier in the end. Trust me. But if you don't, or you really don't want to do your homework, you forgot about your homework, or forgot to bring it, use THESE.

# 4 WAYS TO KNOW IF YOUR FRIENDS ARE FAKE

By Anwasha Joshi, Grade 7

We all have had at least one fake friend, and most of us may have some at the moment. You want real friends that are there for you when you need them. I can help you find those special people, and to identify the fake ones

## Do you feel unheard?

You don't feel comfortable, heard or safe around them, but you feel attached anyways. When you feel uncomfortable with what your friends are doing, you either confront them, or avoid them.



## Do you feel offended by their words?

They make rude jokes about you in ways that may hurt your feelings, making you change your personality and yourself just for them. You should be you, and if people don't like you for who you are, it's not your problem.

## Could I borrow your pen? Only for today!

They only come up to you if they need a favor or are too lazy to do it themselves, if you say no, they start making you feel a little guilty about it, you should sometimes learn to say NO

## REAL FRIENDS >>>

They are the ones that will always support YOU no matter what, never changing to the winning side. Around these special people, you feel understood, heard, and feel like they lift your mood when you see them. They have deep conversations with you and

## UGH! not again!

Whenever you guys are having a conversation, you talk for a few minutes about something hard you are going through, and suddenly they start talking about themselves for the next half an hour. This can make you feel unimportant.

include you in all their activities. These are the kind of friends you should have, and should learn from, a fake friend will almost never benefit you. Focus on your self worth, and if the friendship is too emotionally draining, end it. They didn't want to be near you anyway



# Reviewing THE TOP 5 Best Sleeping Postures During Class

By Raanan Samrat, Grade 6

Classes are for teachers giving us students knowledge. However, most times classes are either boring or students raising their hand every few seconds. And of course, there are days when you are just feeling all gloomy and tired and you need a nice relaxing sleep, so you close your eyes for a few minutes, but right after 5 seconds the teacher scolds you and gives you a brief lecture.

The reason I'm writing this article is that I am trying to give you all some tips for sleeping during class, free period and also for entertainment purposes.

## 1. The Thinker

### *Medium chance of succeeding*

Don't lean back too much sit straight a little, put your hands on your desk, touching your head, make sure you have the best possible timing for waking up and answering the teacher, reply that you were thinking about the topic. † Or whatever you were discussing in class †

## 3. The Thinker 2

### *Low chance of succeeding*

Lean back gently and sleep – you have a few seconds. If you are unlucky, get ready to wake up immediately as the teacher calls you, act innocent and reply that you were listening and just thinking deeper about the topic. Sleep peacefully for the couple of minutes, or a small chance that you might be able to sleep the whole class if you have good luck.

## 2. The Book

### *Medium-high chance of succeeding*

Angle the book perfectly making sure it's not upside down, tilted a little, showing your face. You need perfect timing when the teacher calls you, lower the book down † not too fast, not too slow †, reply that you were listening and reading more about the topic you were supposed to read.

## 4. Comfort

### *Negative-low chance of succeeding during an actual class*

Do this only during a free period, because if you're doing this in class you're cooked. Line up 2 or 3 desks vertically or horizontally and sit in the middle of the desks and lean back, ignore distractions and sleep peacefully.

## 5. Arm pillow

### *Extreme-high chance of succeeding during class*

Place one of your arms on the table right or acute angle place your head on your elbow or on your elbow sideways. First make sure the teacher thinks you are paying attention to the class, then once the teacher thinks you are paying attention and his/her focus shifts away from you then sleep comfortably for as much as time as possible. However, close your eyes and open them every few seconds, so they don't catch you!

# MEET THE EDITORIAL TEAM



**Aabha Nathan, Grade 6**

I am Aabha from Candor school Wassup? I hate math and I love animals.



**Arya Nayakar, Grade 7**

Wassup, Name's Arya. I despise math, and I love legos



**Anika Manikantan, Grade 6**



**Anwesha Joshi, Grade 7**

Hi there! My hobbies are drawing, singing, and karate. I take interest in space, anime, and in the color black. I like animals, and decorating is one of my favourite activities.



**Chinmayi Ravikumar, Grade 6**

Hey! I'm Chinmayi Ravikumar, a proud grade 6 Candorian. I love to play the violin, sing, write, and draw. Books are my best friends, and I look forward to nature trails with family.



**Iniya Arun, Grade 8**

Hi! My name is Iniya, and I'm from Tamil Nadu, Krishnagiri. I like reading books and animating. I like romance and comedy books!



**Krithika Rao, Grade 8**

Hi, my name is Krithika Rao Kancharapu! I am based out of Bangalore and studying in 8<sup>th</sup> grade. I am passionate about singing and dancing. I love writing fictional stories about mythical creatures



**Kyra Sinha, Grade 7**

Hi! I'm Kyra in 7<sup>th</sup> grade and I'm from Bangalore! My hobbies are listening to music, eating and etc. My fave genres are fantasy, horror and rom-com!



**Maurya Kota, Grade 8**

Hello! I'm Maurya, a newly joined student in Candor! I'm very kind and fun, and my hobbies include football, drawing and just binge-watching tv shows.



**Michelle Florein Pais, Grade 7**

Hi! I'm Michelle, a 12-year-old 7<sup>th</sup> grader in Bangalore. I absolutely love good food and am passionate about piano.



**Nikitha VV, Grade 6**

Hi Readers! I'm Nikitha, a proud 12-year old Candorian. I like reading and playing basketball with my friends. I like exploring different stuff, like cultures and wildlife.



**Param Preetham Dinesh, Grade 6**

# MEET THE EDITORIAL TEAM



**Prithvi Venkateswaran, Grade 7**

I like potatoes and football and Fortnite and I'm 11 years old



**Priyanshi Upadhyay, Grade 7**

Hey there! I'm just a nerd who likes to write about anything and EVERYTHING cool!



**Raanan Samrat, Grade 6**

Hello readers, I am Raanan one of the writers who created this newsletter. I did this for entertainment purposes and to make readers smile. 😊



**Roohi Chandra, Grade 6**

I am a 11 year girl who is from Bangalore. I love art- sketching and painting, designing, skating and building legos. I also love comic books.



**Sanvi Dharmaraju, Grade 7**

Hii! I am a 7th grader at Candor International who loves reading, sketching, and writing about anything interesting.



**Shriyanshi Malajure, Grade 7**



**Siddharth Hari, Grade 6**

Hello readers, my name is Siddharth, and I am 12 years old. I love reading, doodling, playing cricket and guitar and I love swimming as well.



**Surya Raja Reddy, Grade 6**



**Vedant Bhardwaj, Grade 7**



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[www.vianewsdidi.com](http://www.vianewsdidi.com)

