

COVER STORY:

The
SCIENCE
behind

LOVE



Editorial

To know that we know that we know, and that we do not know what we do not know, that is true knowledge.

Dear Reader,

For those who don't know where the word Delphic comes from, Delphic relates to the ancient Oracle at Delphi (Greece), the place where people went to ask the Gods for advice or information about the future. This edition is a cornucopia of various themes which we hope will interest everyone.

In this issue, we bring to you a myriad subjects ranging from 'The Science behind Love' to the controversial question about the existence of God. Also included is the debate probing into the futility of capital punishment and a very enlightening interview with Mrs. Sambasivam regarding her views on the brilliant discipline that Science is. The centerspread highlights some of the best fathers that exist in Nature.

Contrary to what the majority thinks, Science is not necessarily limited to Biology, Chemistry, Physics, or even Math. The word 'Science' has been derived from the Latin word for knowledge, 'Scientia'. Knowledge doesn't only encompass the four clichéd subjects that we think are 'The Sciences'. It is everything we do not know and it is everything that makes us thirst for more.

In this magazine, we hope that our readers are fascinated by the multiple facets of Science that we have captured in this issue. Science can be something really awesome if approached the right way. Stay curious and stay hungry.

Happy Reading !



Editor-in-chief
Manishka Banerjee

Mind(e)scaped

Here comes the man who thinks he can cure me. I loathe the look of sympathy on his face every time he lays his eyes on me. He checks my blood pressure and winces. My mother is going to burst into tears. I am burning with rage but I try to explain calmly to the doctor that I have no blood, no organs, nothing. Just a heart (which isn't really mine either); I am immortal. This makes my mother cry and in turn makes me hate this man even more.

It has been two hours since he's left the house, but mother refuses to leave my room. She has been coaxing me to eat. Clearly, there is no point in eating when I have no organs that would digest the food. I am condemned to eternal damnation! I probably deserve it too. I woke up dead last month in the hospital when my father and I met with an accident. He died in the hospital. There was no way that I survived when he didn't. I HAD to be dead. Then I learnt that my father, the closest to my heart, gave me his, to let me live. That is when I understood that we had both died but he had now made me immortal by giving me his heart. Obviously nothing could go wrong with the heart of a man who no longer roamed the earth! This is the reason I get so flustered explaining the same to the doctors, who ask me what according to me would happen to me if I was shot or fatally injured. "Nothing", I tell them. I already am fatally injured as I have been punished to be here forever; for my father and for myself.

My mother's arm around me brings me back to the present. It is time for me to sleep she says. I laugh grimly. I don't need sleep. That is so...mortal, I joke, only to see her bury her head in her hands and sob. Giving up she throws her hands up and screams, "You are going to die!" She begs me to let her help me. There is no way to help me. She doesn't understand this. However, I need to help her before I become the reason for her death- just like I was my father's. I need to prove to her that I and not the doctors are right. So, with one swift movement, I pick up the cheese knife she has brought along with the tray of food and place it against my throat. "Watch", I tell her and she

Cotard's syndrome also known as Cotard's delusion or the walking corpse syndrome is a very rare mental disorder that is found in middle - aged and old people mainly due to depression, severe guilt, self-loathing, intense delusions of negation. The afflicted person holds the delusion that they are dead, are missing certain parts of their body, are putrefying, no longer exist or have become immortal. It was first described by a French neurologist, Jules Cotard.

What makes this disorder so intriguing is that each case is different and more baffling than the other.



The Apocalyptic Truth

End of the world scenarios excite everyone. But then, how many of them are realistic?

Solar flares is one of the events which gets the doomsday preppers' juices flowing. While everyone is aware of the massive destruction the solar flares will cause to the power grid, it is impossible for them to end humanity. The scientists strongly believe that we will be experiencing a major solar flare before 2020, therefore all our curiosity shall come to an end.

Although earthquakes and tsunamis are both normal occurrences, a mega thrust earthquake is capable of bringing about major destruction to life and property. Such earthquakes occur when one tectonic plate is forced under another plate, releasing vast amounts of energy resulting in magnitude 9 earthquakes. When this energy is released on the sea bed, it causes deadly tsunami waves measuring 100-150 feet high to race towards land. Several countries can be affected at the same time, but these also have zero chances of bringing about an end to the world.

The scenarios which have been looked at so far are worrisome but a super volcano threat is a different story altogether. Super volcanoes are high magnitude, high intensity volcanoes capable of erupting anytime and emanating thousands of cubic miles of magma, ash and rock into the atmosphere. By comparison, the Mount St Helens eruption of 1980 ejected less than one cubic mile of ash into the atmosphere which killed 57 people.

An asteroid impact is - as discussed above - a possible dinosaur killer. It could render the human race extinct as well. Many scientists believe that the massive 10 kilometer wide asteroid collided with the Earth 65 million years ago, which is now the Yucatan peninsula in Mexico and wiped out the dinosaurs. If an asteroid were to hit the Earth today, most of the humans would be wiped out and due to its after effects, our civilization would be toast.

After all such cheery thoughts, lets divert our attention towards a nuclear war which sits high in the list of potential human civilization destroyers. The United States has 8000 nuclear missiles with 2000 of them ready to go at the touch of a button. Russia has over 10000 at their disposal with 1800 ready to launch missiles. Adding the nuclear warheads of India, Pakistan, China, UK, France and Israel the imminent threat of an all-out nuclear war is still a disaster waiting to happen. We just have to hope that the threat of Mutually Assured Destruction (MAD) will continue to keep such madness at bay.

With super volcanoes, asteroid hits and nuclear war currently being the front runners let's see who wins the race?



Nature's Bad Design

A little over two thousand years ago:

"I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well."

- Psalm 139:14

Present Day:

Sixteen years into the 21st century, the time has finally come for a bit of a reality check regarding the above statement. Brought up first by Charles Darwin, the argument of poor design, at its core, is a contradiction to the argument from design, according to which:

- ϕ Living things are too well designed to have originated by chance
- ϕ Therefore, life must have been created by an intelligent creator
- ϕ That creator is God.

Conversely, accordingly to the argument of poor design, creation has been designed too sub-optimally to hold the epitome of perfection (God) responsible for it. Also known as the dysteological argument, this argument can better be understood by considering the pharynx, a common passage used for connecting both the nose and the mouth, to the throat (sending both food and air through it). Invariably, it results in the consequent drastic increase in the risk of choking.

Another example of the flaws in our design is the presence of genes (For example: BRAC1, BRAC2) which increase a human's susceptibility to cancer. Why should such dangerous sequences be incorporated in the first place? Another flaw that should be highlighted is the existence of the blind spot. It's an awful design and is only present in vertebrates.

It is a not so well-known fact that 99% of our DNA doesn't code for anything, establishing it as Junk DNA. It has invariably been passed on to us from our ancestors and probably has primitive origins. It clearly serves no purpose and has been added to the list of flaws.

Counterstatements to this argument include facts like even bad designs require a designer. Evolutionists who do not believe in the existence of a designer have set their own standards for the quality of the design. However, perfection is based on the standards set by the design; even bad designs require intelligence. There are no engineers, biologists or any other scientists that can design life (yet).

Our saving grace has possibly arrived in the form of transhumanism – a cultural and intellectual movement that believes we can, and should, improve the human condition through the use of advanced technologies. After all, we are on our own in this universe, no matter who (or what) our creator is – God or evolution.



Capital Punishment

FOR

**“When you use murder to end murder you guarantee murder will never end.”
~ Richard Sherricky**

Before forming an opinion, we should be clear about this- Are death sentences necessary? Is a question I would like to answer first. Are such punishments; which not only ruin the life of the accused, but also of a number of people dependent on him- even vital?

There are various reasons why these capital punishments should be abolished . Firstly, punishment by death is a method that is irrational and provides an easy escape for criminals. It is a barbaric way to deal with murder. Morally, how are we any better than the murderers? It's hypocritical, which provides an easy way out to the accused. We always teach kids that two wrongs do not make a right. But here, aren't we doing exactly that?

Secondly, the risk of executing innocent people exists in any judicial system. Every year thousands of people are put on death row. Out of these, there are bound to be people who are innocent. No matter how developed the judicial system is, it will always remain susceptible to human failure. Forfeiture of life is too absolute, too irreversible, for one human to inflict on another, even when backed by legal procedure.

Thirdly, and most importantly, death penalty is incompatible with human rights and human dignity. It violates the right to life which happens to be the most basic of all human rights. Furthermore, it undermines human dignity which is inherent to every human being.

Death penalty takes away the chance for a criminal to improve. As the famous saying goes- “Every saint has a past, every sinner a future.” Capital punishment ensures the death of the guilty, leaving him no chance for penance and making amends.

**“It should be clear that the death penalty does just the opposite of promoting decency and respect for life. It dehumanizes people and promotes murder. It can never be applied fairly.”
~ John Morrison**

- Supriya Jawrani(12th)

ent Should Be Abolished

AGAINST

It is easy to preach idealism and take a holier than thou stand on something as complex as capital punishment. We have all heard the endless sermons on moral propriety, firmness of values. A moral high ground is usually taken by one who is not all that embroiled in the complexities of it. Ask a mother who has lost her son to a terrorist unit; ask a wife who has watched her husband being beheaded in a video. Would they preach forgiveness? Blood begets blood and we are but human. While some may be capable of forgiveness, countless victims of crime seek closure for the injustice they have suffered.

We live in a society where anarchists dominate. By letting such radical components dominate our society we are doing no good to it. We are letting more and more people get influenced and morphed into something that is detrimental for society. Therefore by doing this we are letting destructive forces deteriorate world peace. Capital punishment brings about a sense of social justice which is important for any civilization to evolve and flourish.

Civilians who sit and discuss such topics have no right to decide whether capital punishment should be abolished or not. It is not one of us who has gone through the trauma of being sexually harassed or of losing a loved one in a terrorist attack. The decision pertaining to such an issue should be at the discretion of the victim's family.

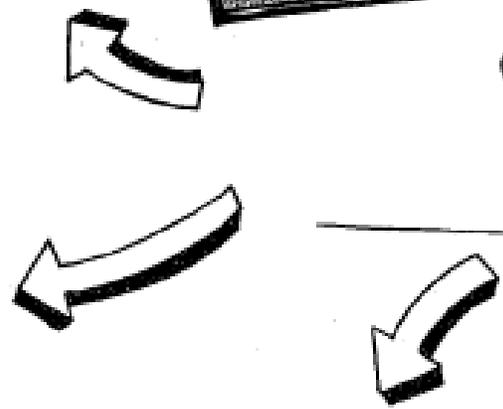
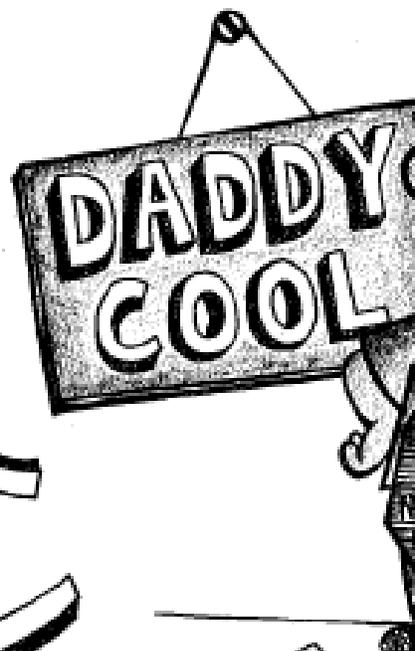
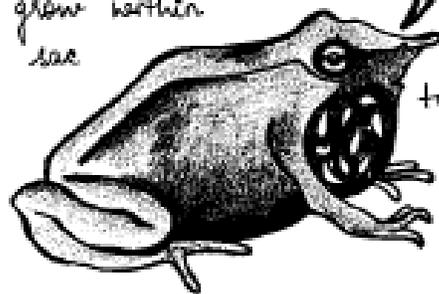
We've heard that justice delayed is justice denied. Yet our country believes in keeping the accused in jail for years, delaying and denying social justice. One instance is of the infamous Ajmal Kasab, the face behind 26/11, who was treated like royalty when he was a prisoner. Believe it or not, he was served Biryani. Some even joked that high levels of cholesterol would do what capital punishment couldn't.

The point being made here is that if this punishment is to be given, it must be done swiftly. The meaning of the punishment is lost when it is delayed. An eye for an eye does make the whole world blind but a blind world is better than a world in which discernibility is fogged by cruelty.

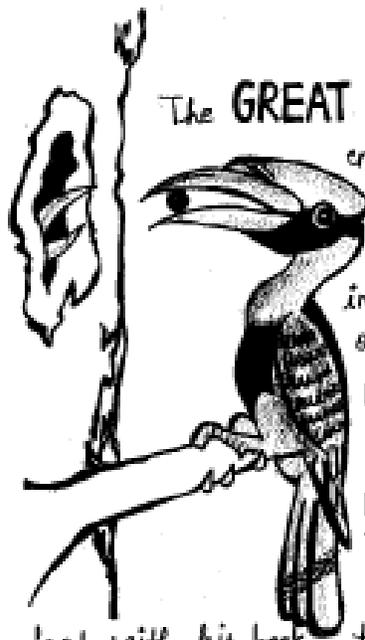
- Shraddha Rai(12th)

The eager **DARWIN FROG** dad swallows the eggs laid by the female, allowing the babies to safely grow within his vocal sac until they turn into frogs.

CAN'T TALK RIGHT NOW. BABYSITTING !!

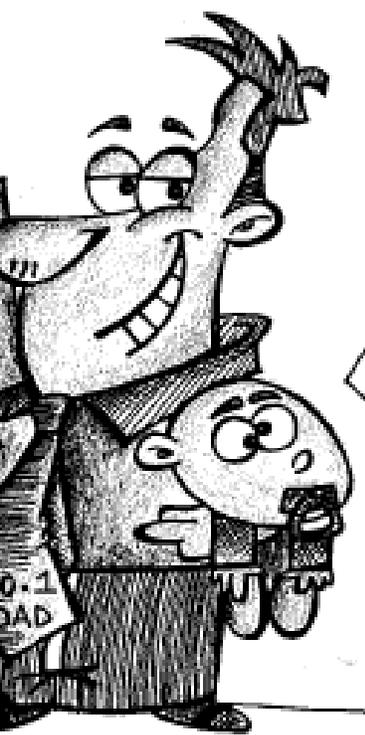


The **GREAT HORNBILL** encloses his 'wifey and their eggs in the hollow of a tree to keep them warm and protected from predators. He passes the food with his beak through a small opening in the tree.



MALE SEAHORSES are known for male pregnancy! The moms deposit their eggs into the male's pouch, then he fertilizes and incubates them for 45 days until they are born. Dads have to endure contractions as they go through labor.





EMPEROR PENGUIN

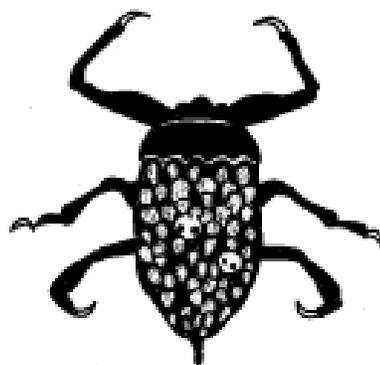
dads keep the egg warm by carefully balancing it between the top of his toes and his belly. He doesn't move 2 months. feed the chick milk which he produces from his esophagus the



eat or even during these Dad will which milk which produces from his if it hatches before mom returns.



Daddy WOLF stands guard for his helpless pups and hunts for food to share with his progeny when the female refuses to do so.



GIANT WATER BUGS

display the most dedicated paternal care in the insect world by carrying the eggs on their wings until they hatch.

Supriya

The Science Behind Love

The Biblical tale of Adam and Eve being lured by the serpent of sin and their successive action of tasting the forbidden fruit is close to the point of creation but not quite. I talk of the fall from grace. What is the force which propels life, here on Earth?

Love, of course! The Bard moved mountains with his eloquence on the subject and Browning enlightens us of our own limitations in “infinite passion of finite hearts that yearn.” Does it not seem ironic then that while love and literature are synonymous to the extent of one not being discussed without the other that love isn’t very literary at all? My dear friends, the irony does not end here. Love, after all, out of all the abstract feelings that constitute the spectrum of human emotions, can be explained scientifically !

We are all familiar with the gooey-eyed, (and frankly, unbelievable) capsuled doses of love that movies have been blatantly trying to feed us for years. We have scorned the believers, laughed at the lovers and tried to brainwash the hopeful. However, dear cynics all your nonsense of “love being a reaction of hay-wire chemicals” is not a bogus claim!

If you have survived this cliff dive into a bottomless abyss then, I can only show the path here on and point with my crooked finger as to where it might lead you. Next is a lesson on the stages of attraction. Pay close attention dear friend because you have never seen Chemistry and Biology this err...romantic before!

STAGE1: LUST

This feeling is instigated by the Estrogen and Testosterone hormones that are present respectively in women and men which on their release have health promoting and stress reduction benefits but primarily ensures inclination towards the mating process and this initiates attraction.

STAGE2: ATTRACTION

This is the exciting stage quite literally. The three stages of attraction are Adrenaline, Dopamine and Serotonin. The initial symptoms of attraction show a spike reaction in the stress response, Adrenaline and Cortisol. Anybody who falls in love will undergo drastic changes but this change is mostly positive. It is for this reason that whenever you bump into your crush, your senses decline, your heart beats like a drum and your mouth is so dry that it feels like sandpaper but you already knew that, didn’t you? A physical experiment was conducted to prove the veracity of this claim. It was observed that the brains of a new couple struck (down) with love show large spikes of the neurotransmitter Dopamine that stimulates the feelings of “happiness”. (Trivia for the readers: Dopamine elicits the same reaction in the brain as Ecstasy does!) Moreover, there is a surge of energy, sleeplessness is common and attention span is longer compared to what it used to be.

FINAL STAGE: ATTACHMENT

In this stage we take the relationship to the “next level”. This includes the feeling of littering or child-bearing and immersing oneself in the “higher love”. While scientists played Sherlock they realized that the “attachment factor” has two sub-stages which help in retaining the feeling of love namely Oxytocin and Vasopressin.

Oxytocin or the “cuddle hormone” is released equally in men and women. It has been observed that the frequency of intimate encounters is directly proportional to the increase in affiliation. Moreover, while your mother has often blackmailed you by using the “I kept you in my womb for nine months” line, it is

oxytocin which has been laboring away to create this bond which interestingly boosts the ability of individuals to interpret body language cues. Truly, science has proven “Mother knows best!”

Dear soldier, you have succeeded in your mission 007 and you might finally spread your charm everywhere with my precious knowledge guiding your way but remember that love is blind and one never knows when Cupid’s arrow strikes!

- Akanksha Naithani(12th)

Psychology

The Psychology behind Terrorism

If I were to ask you on a scale of one to ten where would you rate terrorists with respect to their fanaticism, you’d probably tell me I’m stupid for restricting the scale to ten. Well to begin with, (and to avoid any further judgment) terrorists are stable individuals. As a matter of fact, they aren’t delusional or crazy. What makes them peculiar is their ability to neglect their sentiments and emotions in order to achieve their ulterior motive, being that of mass destruction (sounds cool, right?). However, the real question is, what draws good, naive, people towards something so deadly that makes them lose all sense of humanity and morality? A major ingredient in the making of terrorists is a sense of “perceived injustice, need for identity and a need for belonging”. Potential terrorists are initially, highly vulnerable people who were mostly subject to childhood abuse, trauma and humiliation and who felt the necessity to avenge themselves; this being the only way to boost their self-esteem and enhance their individuality (being the worst way though).

Another extremely common phenomenon that leads to terrorism (as well as a plethora of other problems), is the “mob mentality”, popularly known as herd culture. This practice describes how people are influenced by their peers to adopt certain behaviors, follow trends, eventually aiding them to act collectively without a centralized direction. For example, the growing excitement to take drugs. So, when adolescents reach the “*I’m a rebel*” and “*Do they think I’m an idiot?*” phase (yes, I’m counting you and me) they tend to diverge from the right (face the reality folks; however harsh this may sound) path. The feeling of constantly being nagged, shouted at and repeatedly being corrected, bottles up, eventually leading to an emotional outburst. Some might resort to “*smoking up*” while some socially isolate themselves, as this is the only way they feel *free*. When one friend leads (you’ve got to agree with me here) they all follow, irrespective of whether they really want to. “*What’s so bad in it anyway? We’re just trying it out*” is what they all say.



This parasite of indoctrination sucks the empathy out of people, hence manufacturing terrorists (voila!). Terrorists are humans who have been brain washed to such an extent that they believe that human eradication is being done for the betterment of their religion, hence the world (because in their view, religion=world); which does not make sense *at all*; probably because it isn’t meant to. Keeping it plain and simple, terrorists are just like us, except for the fact that their brains *are cleared* of emotions. After knowing the reasons behind their strange disposition, we can neither forgive them, nor can we jointly call them psychopaths; for everyone has a reason for what makes them the person they are today.

- Shruti Kaul(12th)

Why me?

It all started when one of our Delphic sources narrated to us how everyday Mrs. Gita Sharma would be rummaging through her bag for her office keys, would then fetch out the wrong key and say, without fail, "every time the wrong key comes out, uff!" That's when the thought hit me, why do we always feel that the worst of worst only happens to us? As if the universe is plotting against us? Is it just bad luck or something else?

This is where Murphy's law comes into play. In fact, Murphy's law is not a law at all! It is an adage or epigram which states that *if anything can go wrong, it will*. For example, you're sitting in eight lanes of bumper-to-bumper traffic. You're more than ready to get home, but you notice, to your great dismay, that all the other lanes seem to be moving. You change lanes. But once you do, the cars in your new lane come to a dead halt. You notice every lane on the highway (including the one you just left) is moving -- except yours. Welcome to the aggravating world of Murphy's Law. This isn't because of some mysterious power that the law possesses. In reality, it's us who give Murphy's Law relevance. After all, we expect that things should work out in our favor. But when things go badly, we look for reasons.

Murphy's Law taps into our tendency to dwell on the negative and overlook the positive. The days we do

our homework the teacher never checks it, and the days we don't do our homework we are the first ones to be criticized. It seems to poke fun at us for being such hotheads, and it uses the rules of probability - the mathematical likeliness that something will occur - to support itself.



But this epigram of bad luck is not exactly a physical law as it is basically subjective. Accidents do happen, some people call it bad luck, others just call it Murphy's law. Let's say a buttered slice of bread drops from my hand. We would notice that it would have a tendency to land on the buttered side, could this be Murphy's law telling us that the worst will only happen to us, OR could it just be the fact that the buttered side being heavier turns and faces the ground?

We put five similar stones in a bag with one stone bearing a cross on it, signifying the correct stone and asked 50 girls to pick a stone from the bag. 38 of them picked the wrong stone and said, "This only happens to me!", "What? Why?", "What? Is Murphy's law going to favour me now?" and "How did I manage to have such bad luck!".

All of us fail to understand that it's all just a mind game and not bad luck. Every time someone picks a stone there is a $1/5^{\text{th}}$ chance that they would choose the correct stone.

So, at the end I think it's just better to keep the correct key in a different pocket and save ourselves from bad luck or, to be more precise, Murphy's law. Be optimistic and love Science!

Shreya Bahukhandi (11th)
Survey credits- Arena Makker(11th)

A Book, A Movie, A Paradox, A Dilemma

While writing his book in 1961, Joseph Heller did not consider the unsolvable logical dilemma the title of his book would create.

“You mean there’s a catch?”
“Sure there’s a catch,” Doc Daneeka replied
“**Catch-22**”

Consider a situation. Every time you apply for a job, all they ask for is experience but the problem is that to attain that level of experience, you first need a job. That’s exactly what “Catch-22” is all about. It’s a paradox. A situation which you cannot escape simply because it is dependent on such mutually conflicting conditions that to attain one you need to fulfill some requirements but the requirements themselves are dependent on the goal. The title of Heller’s anti-war novel was found so intriguing and appropriate that it is now part of dictionaries. In his book, Heller with the help of Yossarian has introduced such complications at various instances. One such instance is when Yossarian realizes that his life is in danger though no one is at fault. He spends a great deal of his time in the hospital, faking illnesses in order to avoid war. The only possibility of getting discharged from military service is by pleading insanity. He claims that he is insane only to find out that by claiming that he is insane, he has proved that he is obviously sane- since any sane person would claim that he or she is insane in order to avoid flying bombing missions. The recurrence of similar ironical situations is what makes “Catch-22” an integral part of our lives. The book is equally phenomenal and recommended as a must-read. Catch-22 situations are worth laughing at because they manage to confuse us, complicate us, humor us, puzzle us and eventually leave us in a dilemma.

- Shristi Khemka (12th)

Science of Stupid!

- **Etorre's Observation** - The other line moves faster.
- **Acton's Law** - Power corrupts, absolute power corrupts absolutely .
- **Clarke's Law** - You always find something in the last place you look.
- **Patton's Law** - A good plan today is better than a perfect plan tomorrow.
- **The Murphy Philosophy** -Smile... tomorrow will be worse.
- **Murphy's Constant** -Matter will be damaged in direct proportion to its value.
- **Franklin's Rule** - Blessed is he who expects nothing, for he will not be disappointed.
- **Cole's Law** - Thinly sliced cabbage

Witreous Humour

Shruti: Why do we use ‘nitrates’?

Era: Because they are cheaper than ‘Day rates’

Shruti: (-_-)

Bhavika: Did you guys know Unicellular Organisms don’t have a brain?

...*When did you last go for a CT Scan?*

Sarah A.: I’m going to have 14 kids!

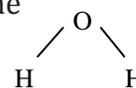
Vrinda: But don’t you have a weak stomach?

...*And they are obviously digested there!*

Mr. K. Agarwala: What is the shape of a molecule of water?

Era and Shruti (in sync) : It takes the shape of the container.

...*HOHOHOHO!*



L-OH (alco-LOL)

A Mélange of the Ends

“So I do not ever think that Science and Arts are two different poles. In fact, the best comes when both converge at a point.” - Mrs. Sambasivam

Delphic: Ma'am, how did you get interested in Science?

Ma'am: I think I had a home which was very nurturing. Both my parents and all my siblings, they didn't quite believe in teaching something because it's ... they didn't stop with facts, there was always a why to things. And I was also curious by nature. *[Smiles]* In fact, people used to get a little bugged because I had a lot of whys. *[Laughs]* But I had a family which actually started it off very well for me and when you have older siblings, it's fun because you get exposed to things faster. You don't have to wait for it to happen in school or otherwise. Science is fun simply because I think... it's something that you can perceive also. It's not like somebody is telling you something happened some time ago and I have to trust them. A lot of things about Science are something that you keep perceiving all along. So it's a lot more tangible.

Delphic: 'Divergent and Creative Thinking' can be inculcated on a day to day basis. Please elaborate.

Ma'am: *[Hmmm]* This is actually the bane of education today. Fundamentally, I think people have... the type of exams we write is extremely convergent because everybody understands that for this particular question, you are supposed to answer with these keywords, which means it's convergent. Hugely convergent. So therefore, I feel that even when people read Science today or anything or even the Social Sciences, we all know something. When I say know, it means somebody's giving you a set of facts, you know it. Because you are just repeating it. But understanding means you have to learn to apply what you know in another context. But we use 'know' and 'understand' as if it's synonymous and we believe we understand if we've got good scores. And that too if we've answered exactly the way the teacher has taught us. And most of the questions also don't allow divergent thinking at all. But, having said that, every educational institution will talk about creative thinking, logical reasoning, and out-of-the-box thinking... all these things we say. But then, unless you have questions put forth in which you have different ways of answering, I don't think divergent thinking, you can suddenly develop at an older age. You'll become convergent thinking or conforming folks. Folks who will conform to everything. And such people obviously will not question and when you don't question, you don't have to search for a new answer, and therefore you will just live like any other... you can't have an individual coming across that way. You'll be one among the flock. So divergent thinking, if it is lacking at the lower end, and if opportunity is not given for different ways of reasoning, I do not think that it is fine education at all.

Delphic: What are your views on reservation? Is Science education being hampered by this government policy?

Ma'am: *[Nodding]* It's a two-fold thing. *[Ummm]* I know why reservation came up, because of the societal disparity that hampered a lot of members from growing. However, I fully agree that those who were not given prior chances must be offered a lot of opportunities today. But I think today, the quota system should also take care of the economic background, because many a times, somebody who's offered a place on scores much lesser, are very forward and pretty much rich so they actually had enough opportunity like us. Or anybody else who is away from the system. But instead I would say,

we should have many such institutions that will offer fantastic education for all. I do not think that offering education must be based on anything. It is a right of every child, every individual in a nation. And I think, we should have more number of institutions that will give quality education for all who seek it. Quota is good if you can one way look at it economically or the best part of it would be if we can have number of quality institutions which will offer anybody education who seeks it. So, I feel sorry for people who are fine actually, but they lose by a few scores because they belong somewhere and they haven't been part of the societal disparity we are talking about .

Delphic: There is a general perception that the Humanities stream caters to an artistic mind while Science students are 'nerds'. Is this not a fallacy?

Ma'am: I'll completely disagree. If you take Da Vinci, he was everything. In fact, even for Art, you have to have a perception that is very, very high. We say teaching is an art. It is not. It is also science. Art and Science are hugely connected and no individual can be away from art in any form. Because your simple interaction, your love for Music, your love for Art... it's not that they do not have any aesthetic sense. Even a building, an architect, he is...it's a science. But then he has that in him. So the best of bridges, if you see, which have been actually put forth by all our scientists, and there are so many types of bridges. Just imagine, and each bridge will be so beautiful technically. And if you look at all your architecture, that you go sight-seeing as part of tourism, it's Science. The arch that was actually, to get a hall without beams and pillars, it was a huge movement. But then, it almost changed the culture of how to create buildings. But without the science of an arch, you can't get an artistic understanding of your Taj Mahal or anything that you're talking about today. So, both are so interconnected and I do not think that the people who have taken Humanities have to have a very analytical mind. In order to make inferences from the past or even to discuss about poetry or literature, I think you have to have enormous lateral thinking to give a review of what you feel. To have an opinion itself is extremely analytical. So I do not ever think that Science and Arts are two different poles. In fact, the best comes when both converge at a point.

From the Archives

The notion that butter causes weight gain is a sad misconception. The short and medium chain fatty acids in butter, are not stored in the adipose tissue, but are used for quick energy. Longer chain fatty acids, which compose the adipose tissue, come from olive oil, polyunsaturated oils and refined carbohydrates.

Butter contains lecithin that assists in the proper assimilation and metabolism of cholesterol. Butter also contains a number of anti-oxidants including Vitamin A and E that protect against free radical damage that weakens the arteries. Saturated fats and conjugated linoleic acids present in butter have strong anti-cancer properties.

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