Physical Training (PT) has emerged, over the years, as more of a ritual than a tradition in School. However, as most rituals do, it merely works on the principle that it is productive, without any substantial rationale. Despite my personal feelings towards PT, I understand that it is one of our longest standing traditions and is part of our identity. I respect that as I respect all those who hold PT dear and advocate for it to be continued. But, I write this piece as an appeal to the community, not only as a boy who is troubled by the current impracticality of PT but also in my capacity as a student representative who realizes the sacrifices boys make for PT.

I fervently request that whoever reads this piece grows to empathize with the plight of a boy who values his efficiency throughout the day and his academics over a ritual he does not believe in.

Before the shift to the ‘trimester’, it was convention that PT stopped post Founders due to the biting winter and the upcoming paramount final Trials. However, (much to the grouse of the boys) PT continued post-Founders under the excuse that there were no examinations. Fast forward to the present day and you realize that both the reasons for not having PT hold true, yet, PT continues. Doscos roll in and out early in the excruciating cold, move their hands and legs for 20 minutes and leave. These mere 20 minutes have more repercussions than one can foresee.

Firstly, PT leads to a 40-minute loss of sleep, and for most seniors in School teams: an hour. Reducing 40 minutes or an hour of sleep from the seven hours of sleep — and I am making the generous assumption that all seniors sleep at twelve (half an hour into lights out) — leads to the straying from the very goal of the new schedule: reducing lethargy and increasing productivity. With six hours or rather 6.33 hours of sleep, it is not only natural that boys will be drowsy during classes and throughout the day. This drowsiness further compounds the problem. Not only are they scolded by teachers for no fault of their own, but also having slept in class, they must stay awake even longer to get work done, getting even less sleep. This creates a vicious cycle where people continue to lose sleep and productivity. Thus, currently, the new schedule - with PT included - does not help students much but rather systematically condemns them to inadequate sleep and inefficiency.

Secondly, and in context of the upcoming Trials, toy time is to be considered sacrosanct by all boys. Yet, PT makes it almost impossible for one to study beyond ten; and naturally so, as we are already deprived of two hours’ sleep (a boy conventionally needs 8 hours of sleep—from 10 pm - 6am). Also, more often than not, senior boys are studying late into the night as the time for the exams draws near. This is the very reason why I appeal to the community to empathise with the prevalent opinion of the current impracticality of PT.

I write this piece as an appeal to the community to empathise with the prevalent opinion of the current impracticality of P.T.

<table>
<thead>
<tr>
<th>Opinion Poll</th>
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<tr>
<td>Should there be PT before Promotional Trials?</td>
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<tr>
<td>Yes 13%</td>
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Note: As per the Journalistic Code of Ethics for The Doon School Weekly, tampering or forceful alteration of facts or opinions will not be represented in the Weekly.
**CHIEF ORATORS**
The following are the various appointments for the years 2018-19:

**English Dramatics:** Milind Khemka  
**English Public Speaking:** Devang Laddha  
**Bharat Vani Society:** Abhyanshu Utkarsh

Congratulations!

**DIPLOMATS AND DEBATERS**
The following are the appointments for the Doon School Model United Nations:

- **Secretary General:** Ojas Kharabanda  
- **Deputy Secretary General:** Ranvijay Singh  
- **President:** Ritwik Saraf  
- **Under Secretaries-General:** Kushagra Bansal and Rohin Agrawal

We wish them a fruitful tenure!

**MEDIATORS**
The following are the appointments for the School Council and the Games Committee for the year 2018.

- **School Council:** Devang Laddha  
- **Games Committee:** Viksit Verma

Kudos!  

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**UNQUOTEABLE QUOTES**

- You are an irritating.  
- Aayush Chowdhry, being short.  
- Open the keys.  
- Samarth Kapila, to lock your mind.  
- How long is you?  
- Kushagra Kar, inquisitive.  
- Act like a Doons.  
- JTR, uncouth.  
- I'll come out RATS!  
- Mahip Aggarwal, controversial.  
- Men don't needs rights.  
- Adit Chatterjee, an extremist.  
- Past present tense  
- Raghav Grover, confused.  
- Ronaldo gets older every year.  
- Ram Vikas Attri, stating the obvious.  
- There should be a ban on this cold!  
- Raihan Vadra, please contact Modi.  
- Did I go somewhere wrong?  
- Bharat Chowdhry, indeed.  
- You only watch Movie shows!  
- Ranvijay Singh, . tasteful.  
- A bowling alley is his Sprinting track.  
- Milind Khemka, yours?

**Around the World in 80 Words**
Kim Jong-un and Donald Trump impersonators were kicked out of PyeongChang Winter Olympics. India gained a $600 million stake in Abu Dhabi’s oil reserves. Pakistan violated ceasefire along LOC while battling terrorists. An Indian Mujahideen bomb-maker was arrested at the Indo-Nepal border. 17 people died in a high school shooting in Parkland, Florida. Trump’s new budget plan proposed funds for a wall along the Mexican Border. Manchester City’s Sergio Aguero scored four goals in the second half against Leicester City.

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**Dosco Doodle**

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**Heavy Hitters**

Krishnav Singhal
near and not being at maximum efficiency post ten only leads to subsequent late nights, scrambling to finish work. A trivial counter-argument made in response to this by many is that ‘if boys know that they can wake up late they will sleep late.’ However, this argument doesn’t address the lack of efficiency during night toye due to sleepiness. The fact that most boys would want to sleep for at least eight hours, or simply that School assumes that all boys follow the schedule and if the schedule itself allows only six hours of sleep, the schedule becomes, inherently, flawed.

The Headmaster always emphasizes the importance of boys being the best versions of themselves even in the prefect's workshop our job was defined as enabling people to be the best versions of themselves. So, I write this piece not only as a boy whose academic endeavors have been disturbed by a ritual but also as a student representative who has received many similar complaints. I understand that the PT competition is close to a lot of people’s hearts and is an essential part of any public School curriculum, but so is academics, efficiency, health, and general liveliness. Even during PT the senior boys don’t train for the competition but do some basic warm-up exercises, the purpose of which is still unclear, and by continuing with this, we are only institutionalizing reduced productivity. What we sacrifice for PT is a lot and I hope the community and the administration considers at least pausing PT till the end of final Trials. I do hope I haven’t hurt any sentiments in this piece as tackling a tradition is always tricky and leads to many raised hackles. However, I hope more so that all readers learn to empathize with those who are drowsy during the day, or can’t finish their homework in the night, and help alleviate the problems of the students of School.

PT before Promotional Trials is...

“Good and harmless because it is a part of normal School life and will end two weeks before March Trials.”
- Dr. Aravindanabha Shukla

“It’s the best thing ever. Keeps the boys suuuper brainy and completely awake through the day.”
-Ms. Priyanka Bhattacharya

“A quintessential tradition because it is not a barrier to academics, taking less than thirty minutes.”
-Ranjivaj Singh

“An unnecessary activity which isn’t questioned in the name of tradition.”
- Shiven Dewan

“Symbolic of discipline, which helps defy the Chalta Hai attitude.”
-Viksit Verma

“A great inconvenience that could be shifted for the time after Trials.”
-Ojas Kharabanda

“Part of establishing a helpful daily routine.”
-Mr. Matthew Raggett

“Useless, especially for S-form, who have very important examinations in March, which posed no problem earlier as Promotional Trials were held in November.”
- Siddhant Singhania

From the Editor's Desk

Zoraver Mehta

Whilst in the Music School on Saturday evening, I eagerly picked up the latest issue of the Weekly, being out of School when it came out. On reading page 1 (Kushagra Kar’s article), I was excited to hear the School's reaction. It was far worse than I had anticipated. Not only was the Chief Editor publicly labelled ‘lend’ and ‘slime’ but there were instances of Doscos—from across forms — tearing up the issue of the Weekly because they didn't agree with what was written in it. That reaction is not only a sad reflection on our society, but also a serious act of disrespect to our school. Several boys from Delhi—myself included — didn't like being associated with the word ‘cool’.

That reaction is not only a sad reflection on our society, but also a serious act of disrespect to our school.

That does not justify going up to the Chief Editor, and tearing up the issue on his face. That was the author's opinion, and he has the right to express it. While criticism may not be agreeable, it is necessary, because we learn from it. The explosive reaction to this article discourages people in the future from 'sketching their world exactly as it goes'.”

Parts of the article castigated ‘rash behaviour, not suited to a boy studying in the best school in India’. It is ironic that this was the exact reaction to the piece being published. If our society cannot take criticism without acting out then Kushagra Kar’s article holds even more pertinence now than it did last week.
A New Order

The Doon School Weekly (DSW): The School Captain election is considered a highly politically charged affair. Do you agree with this?

Viksit Verma (VVA): The School Captain’s election should ideally be a very dignified affair. However, when people try to bring about change, they try to get into the system. When they try to get into the system they tend to get political, and three weeks into the job I have realized that we can avoid politics by providing everybody with an equal platform. Be it our form-mates or our juniors and giving people the independence to function, by stressing on the fact that you don’t need a tie or a blazer to do what is right.

DSW: On the topic of the SC form, can you give us some reasons as to why the SC form or even the prefectorial body may not want to function with you?

VVA: The reason for this may not be because they are disappointed, but because of the careless attitude, the chalta hai attitude you get when you come to SC form, as people think that is the end of their tenure as Doscos and that it is their right to come late for meals and to not follow the rules. And although I don’t want to take their authority away, I want to give them their space, I will lead by example and I want them to work with me, so we can sort out all the rifts (and the prefect’s workshop has helped me with that).

DSW: A prominent discussion amongst the prefects is how you plan on dealing with the disciplinary problems in the SCL form. What is your plan in this regard?

VVA: I have a very friendly relationship with the batch senior to me, so I think that I have gained their respect, and when they say that they are not going to be involved in any kind of substance abuse or cause any trouble, I trust them.

DSW: Looking at the issue of substance abuse, what do you think needs to be done?

VVA: It is an increasingly relevant issue, but I would like to thank Divij for eradicating this mess and I have had to do relatively less work, but I have dived straight into the job and I have come across about eight to ten cigarettes which I have thrown into the bin and I have also submitted some to the authorities, and this is because I enjoy a very friendly relationship with the batch above me, and they have shown their faith in me and submitted a few cigarettes to me.

DSW: There is precedent for groups coming into conflict with other groups during S-Form. Do you think this is inevitable, or can it be avoided?

VVA: I won’t say that there are groups against groups, I just think that there are friend circles and there are other friend circles and people could be strong supporters of their own friends. Because of their love and affection for their friends, they may go out of the way to help them and it may have repercussions so I think that’s what has happened. So I won’t call it groups against groups but friends being rather nice to their own friends but not realising what they’re doing.

DSW: How do you think negative experiences such as substance abuse reflect on School today?

VVA: I think these are issues that could be addressed but not stopped. While we could try to improve the situation, we cannot stop these issues altogether. Learning, is beyond the four walls. While we say that people were smoking, people were shouting, I think we should not forget these issues, we should address them we should learn from them and that’s the biggest part of the learning a Dosco goes through.

Letter to the Editor

Dear Editor,

I have been reading the Weekly for quite a few years, sometimes missing out an issue or two but other wise I look forward to read news about the School. Unfortunately I find that the School Weekly instead of reporting primarily on School activities like debates, dramatics, cricket and other sports matches and GK talks given to the boys by Visitors, mid term expeditions and various other happenings in Chandbagh has decided to give excessive weight to politics and international events. I think the sense of proportion is completely missing. To give an example, take the issue of February 10th, No. 2492. It talks about the Yemen Crisis (Adit Chatterjee views), Budget 2018 (An Ansh Raj View), Donald Trump (a Kabir Subbiah view) , then Affeto - an Aryaman Kakkar view, Transformational Change in the education system - a Rajesh Majumdar view and so on. There is hardly any coverage of School Games and Matches, Mid term Adventure stories or Debates and any happenings on Cricket, Hockey, Athletics, Swimming, Shooting, Boxing and various other activities happening in the school itself.

I think the editorial team is becoming too verbose and opinionated and deviating from its main purpose as to report what is happening in the School itself. The kind of political and international events coverage and opinions that the Weekly is trying to give is available in various magazines and online. There is nothing refreshing or new.

I hope future issues will be more balanced and give sufficient coverage to the exciting happenings in School itself.

Yours Sincerely,

Inder S. Bedi (Ex 43-T, 1957)
Member IPSS
In Vein

Last week, the Weekly published ‘An Aristocracy of Self-Service’, a piece which has once again plunged Chandbagh into debate over its contents. In the same as the author of this article, we firmly believe in stating the undiluted truth, free of any conforming euphemism, and thus we will not hide the fact that this piece has cleaved the School Community in two. The article asks whether Doscos today are truly living up to the responsibility of being ‘India’s Best School’, followed by a multi-layered analysis of why as things stand, they aren’t. While many agreed with it and echoed its ‘undeniable’ sensibility, others heavily opposed the arguments the author made. We, in a sense, have our feet in both camps. Upon reading the article, we found numerous discrepancies, but we believe it would be ignorant to say that all the author’s arguments have fallacies — they do not. Much of what he has written does make sense. His gripe with the rampant abusing in School is a justified one and has been substantiated, and no one can argue that the “animalistic cackle” was anything other than insubordination.

However, the issue at the heart of this article can be explained with one point; the article hasn’t clearly answered the question that forms its premise: Why are Doscos today not living up to their reputation? Instead, the author has strung together a series of individual arguments in an attempt to provide an answer. Moreover, he holds juniors responsible for partaking in a “fundamental destruction of the qualities that School stands for.” This accusation is not only one we completely oppose, but one that stands upon exaggeration and factual inaccuracy. One of the primary issues raised in the piece were these “overly-argumentative and self-satisfied” juniors, who in the eyes of the author intentionally take advantage of the leniency their seniors provide. In making such a claim, the author suggests that juniors who question their seniors are a by-product of School’s “degradation”, whereas in reality, this couldn’t be further from the truth.

Doon has made a conscious and very intentional effort to reshape its hierarchy over the past years in order to lend a greater level of autonomy to juniors, and for good reason. In conveniently passing such a sweeping statement, the author has overlooked the fact that greater autonomy provided to juniors in reality led to much healthier senior-junior relationships. We aren’t suggesting that obstinate juniors don’t exist; they certainly do. We are merely saying that it is illogical to pick up a few cases and use them to define everyone else. Doing so is broad generalisation, and even if the author may have had a personal experience with such juniors, applying that to the larger community isn’t justifiable. To that end, one would think that it is always the juniors who are failing in their task, or are the seniors too erring in their “impartment of values” and “instilling of stakeholder-ship” from time to time?

We aren’t suggesting that obstinate juniors don’t exist; they certainly do. We are merely saying that it is illogical to pick up a few cases and use them to define everyone else.

Furthermore, the author has also targeted a very specific group of people — the so-called ‘Cool Gang’. We personally do not support this concept in the first place, and believe that it shouldn’t exist at all, but even Doon isn’t spared entirely from the clique-mentality. While this gang could certainly be problematic by adolescent standards, to accuse them of something as abhorrent as “21st Century Racial Discrimination” is a whole new extreme. The term in of itself is incorrect — boys can coalesce over a variety of factors in Doon, but race isn’t one of them. The author needs to be clearer as to what he believes is happening in these forms, rather than using an implicit phrase which has far more serious connotations. In doing so, the author is straying from discourse and venturing into actively attacking a group of what, at the end of the day, are young boys. Yes, ideas such as the Cool Gang need to be discontinued, we completely agree with that, but there is a way to address such an issue, and outright targeting these people simply isn’t it. In doing so, the author becomes no better than the individuals whose supposed actions he calls out.

To conclude, we would like to say that although the author certainly had good intentions, his manner of expressing them is far too personal. Throughout the article he uses a challenging and aggressive tone which feels like it doesn’t promote discourse but instead beats it into submission. A more moderate tone would have benefited the entire community and would not only start the discourse the author so desperately wanted to promote in his articles but encourage it. While we appreciate pieces like these, we believe it was our duty to point out their inaccuracies. At the end of the day, what matters most is that students continue to engage in debate such as this so as to ensure that we remain conscious of ourselves as a community.

Warm Regards,
Aviral Kumar and Nirvair Singh.

Saturday, February 17 | Issue No. 2493
The Week
Gone By

Mr Matthew Raggett

Back from their Rishikesh holiday, the Housemasters and Prefects came to Chandbagh full of action worthy of respect, which we all hope will be here to stay. They also came back with a bagfull of plastic discs that were seen flying across the main field for much of weekend. Saturday evening’s Spic Macay concert in the Music School with Pt. Vishwa Mohan Bhat gave some entertainment that you can see on some Facebook page or other.

Kasiga School, home of the greenest cricket pitch in the country (on paper), hosted our seniors and sent their mediums here for the day on Sunday. Whilst the boys were battling it out (well done) I had the pleasure of a late lunch at the local police lines where Kasiga’s promoter was sharing his love of the game.

Monday started with rain which meant the assembly was washed away, the MPH being full of exam desks. Some of the masters were seen sat on their own that morning writing what looked like lines; what could they have done?

Tuesday’s holiday started with a late breakfast for four out of the five main houses (did they have an outing?) and the day of play, frisbee and study passed almost idylically.

Wednesday started with a little more pace than usual, thanks to the orchestra’s new arrangement of song 13. Prof. Sugata Mitra, the TED 2013 prizewinner, visited classrooms after assembly to show the students and teachers (how many can you get into one classroom?) what a Self Organised Learning Environment looked like… Blockchains and Murmurations.

The fields have given way from plastic discs being thrown at each other to red balls being thrown at sticks… with some considerable skill. And in between the cricket… the board exams have begun. Let’s hope that both go well.

I must say, it was good being here for a whole week!

Crossword | Football Transfers

Across
3. This Spanish striker moved to his former club after an amazing form in the previous season.
6. This young French defender was signed by current leader’s in the PL for 57 million pounds.
9. He was the top scorer for Borrusia Dortmund and made a move for 56 million pounds this transfer window.
10. This recent FIFA Puskas award winner moved to last season’s ‘champions’ side.

Down
1. The Brazilian who moved from Ligue 1 giants to join the likes of Lloris, Son and Eriksen.
2. This versatile Egyptian attacker moved from Serie A to join the PL and is now widely recognized for his amazing skill.
4. This Brazilian midfielder moved to La Liga giants becoming the second most expensive transfer of all time.
5. This popular player has never been transferred from Barcelona to any another club.
7. The Chilean winger who replaced an Armenian midfielder at Old Trafford.
8. This decorated defensive midfielder left Barcelona for the Chinese League and goes by the nickname El Jefecito.
11. Most expensive defender of all-time, from one PL team to another.

Note: All answers to this crossword are the concerned person’s surnames.

Source: http://worksheets.theteacherscorner.net/make-your-own/crossword/