

July 2020

Issue no.20

# monochrome.



4

"OUR HYPOCRISY  
KILLED A MAN" BY  
LOUIS AHMAD

8

THE MONOCHROME  
MUSEUM  
FEATURING AHANA  
DAS

14

'THE SLEEP LOSS  
EPIDEMIC' BY  
VARUN PILLAI

Artwork by  
Ahana Das

# TABLE OF CONTENTS

01

---

A letter from  
the editors  
Avika Sukhija  
and Varun  
Pillai

02

---

"OUR  
HYPOCRISY  
KILLED A MAN"  
by Louis Ahmad

03

---

"Wake up" by  
Kashish  
Sabherwal

04

---

'Black Lives  
Matter' artwork  
by Saanvi Singh

05

---

The Monochrome  
Museum featuring  
Ahana Das

06

---

'The Sleep  
Loss  
Epidemic' by  
Varun Pillai

# A LETTER FROM THE EDITORS

Hola amigos!

Today, we present to you a brand-new issue of Monochrome fresh out of our mind ovens. A cheesy Segway, but what's definitely helped us pre-heat these mind ovens or brought about its freshness has been a daily good night's rest. While study stress might reach the roof at times, we all have to promise ourselves not to skimp on our long-term good habits to deal with it. This time, we have Varun Pillai from grade 11 exploring the topic of sleep loss.

On another note, we are bringing to you a feature by the students of 11th grade on the George Floyd incident. While his untimely death was a tragic one, with these works, students have attempted to bring a positive change by spreading awareness on racism in general, providing you a short glimpse of its prevalence in our own country. Louis Ahmad and Kashish Sabherwal take this issue head on with their articles and also we are showcasing Saanvi Singh's artwork on the same.

Lastly, we're delighted to show you some beautiful pieces of artwork done by Ahana Das from grade 10. She says its her dream to save up money and travel to these places someday.

Finally, we hope that you all are also doing alright and working diligently towards your own dreams. Hoping you have a good read. Enjoy!



*Avika Sukhija  
&  
Varun Pillai*

# OUR HYPOCRISY KILLED A MAN

Louis Ahmad

On 25th May, George Floyd - an African American man from Minneapolis, was murdered under police custody by four police officers; three of whom pinned Mr. Floyd down with their knees on his body and throat, pressing down with full force. Mr. Floyd begged the police officers to let go, repeatedly shouting "I can't breathe"; they did not care. Bystanders joined in, shouting to let Mr. Floyd go; but the officers instead threatened the bystanders. The only thing Mr. Floyd felt in his last moments was the hot asphalt on his face and the crushing sensation on his throat. The officer had his knee on Mr. Floyd's throat for eight minutes and 15 seconds until the EMT (Emergency medical technician) arrived. Though it was also reported that Mr. Floyd was unconscious and motionless for a minute and 20 seconds before the arrival of the EMT.

This murder has rightfully sparked massive protests all over the world under the banner of "Black Lives Matter", from the US to France, UK, New Zealand, Belgium, Australia, India etc. The internet age has allowed the stories of George Floyd and countless other victims, of racial profiling, discrimination and police brutality to be shared all over the world. It truly is beautiful to see that people all over the world can unite for a cause..... but it also shows the ugly hypocrisy of it.

We know that police brutality, racism and discrimination of various forms has existed since the dawn of time. It is not a new revelation and we Indians are no stranger to it. Many times police brutality is depicted as comic relief in Indian cinema. Take a look at the numerous Indian celebrities, who advertise and endorse face whitening creams yet are still in full support of the black lives matter movement.

Forget the face whitening celebrities; many of our citizens fail to raise any sort of concern when North East Indians face extreme racism and abuse in the mainland; even more so now with the advent of this deadly pandemic. A woman from Manipur was spat on and called "Corona" in Delhi. In Kolkata, some students from Nagaland were harassed and forced to leave their houses by the local residents.

We parade ourselves by supporting 'Black Lives Matter' on social media but fail to protect African expats and students who are harassed and sometimes killed out of pure hatred and racism. It is estimated that 80% of African students leave without their diploma for that very reason. One such case is Mr. Masonda Ketada Olivie, a French teacher from Congo living in Delhi who was beaten to death in 2016. It is painful to know that he was not the first victim nor is it unlikely that he will be the last. As a matter of fact, we fail to protect our own Indo Africans - the Siddi community who have inhabited India and Pakistan since the 7th century. It would actually be a disservice to call them African, when they are just as Indian as we are. They are among the countless religious minorities and indigenous Adivasi tribes, who face persecution, racism, mob lynching; and are just as systematically oppressed.

Now this isn't to say that one is more important than the other. There is no hierarchy to discrimination, yet we still support the "Black Lives Matter" movement while wilfully ignoring the dirty truth in our backyard.

Issues that get traction on social media, are very much like shows on Netflix; you are hooked and engaged with one, and before you know it you are already onto the next. You can generate an infinite amount of awareness but all of that means nothing if one is not willing to self-reflect on one's own behaviour. It starts right where you live; it is not just an American issue, it's a global pandemic.

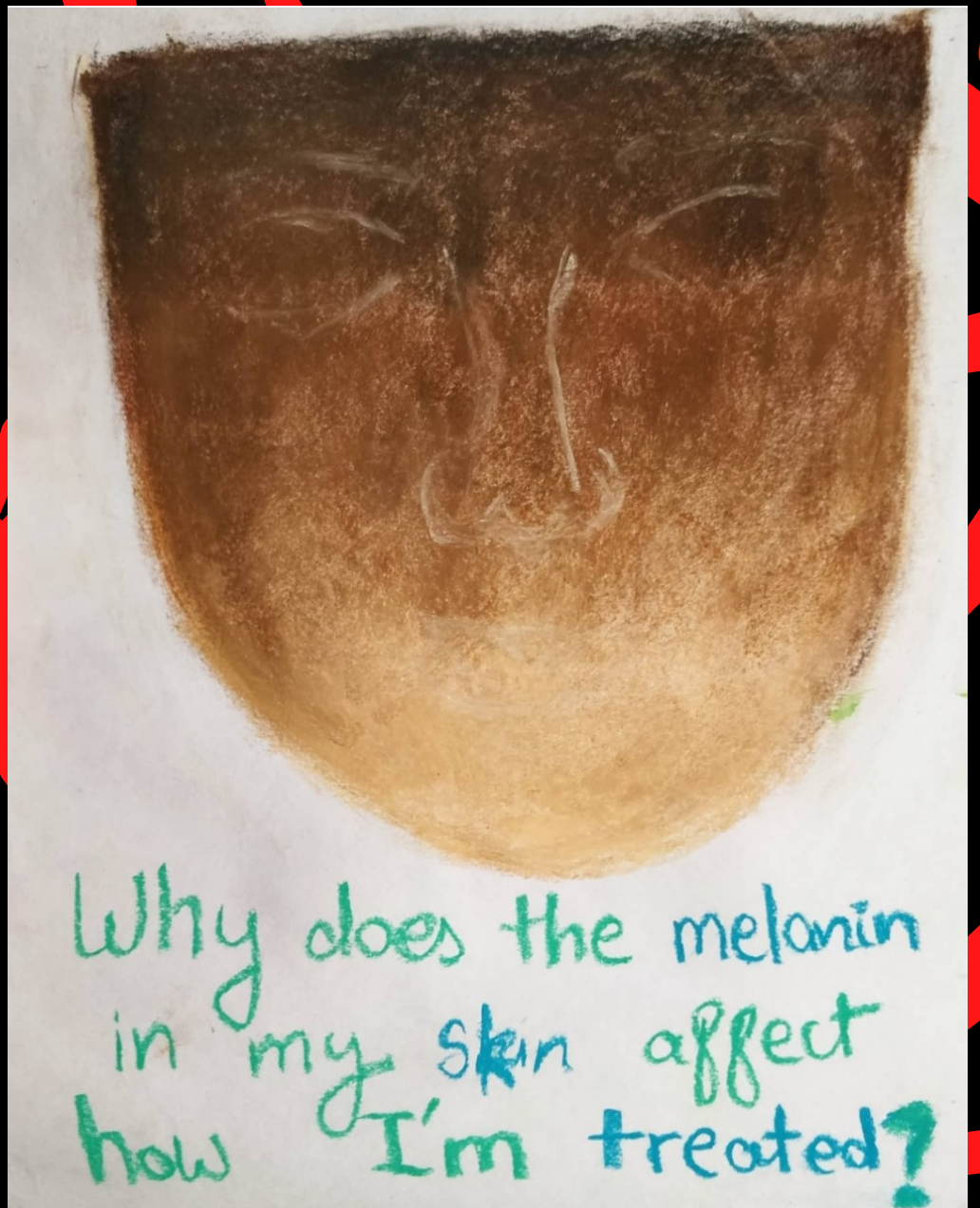
# WAKE UP

Kashish Sabherwal

Racism and prejudice have been a prevalent issue dating back to when early man recognized variety in skin color. While at first glance, the past decade has been the most progressive time period mankind has ever seen, the horrifying and inhumane events that have occurred over the past few months have brought to light just how far we truly have to go. 2020, the beginning of a new decade, should be a period of acceptance and progression; globalization being bigger than ever. One shouldn't face prejudice as a result of their skin color, consumed by fear and anxiety to do something as trivial as go outside to get groceries.

With the pandemic, we have all gotten a glimpse of what it is like to fear for our lives every time we step out of the house. Such is the predicament of any Person Of Color daring to hope for a normal life outside their hometown.

As the youth, as the harbingers of a new age, we need to speak up. We need to help in every way we can- signing petitions, spreading awareness, doing everything we can, to abolish racism for good.



**ARTWORK  
BY SAANVI  
SINGH**

# THE MONOCHROME MUSEUM

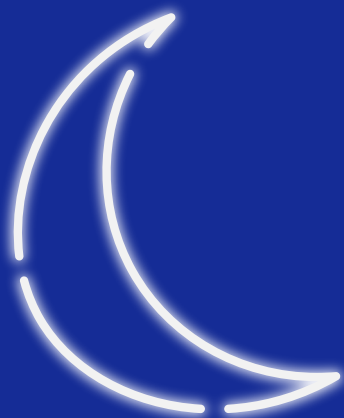
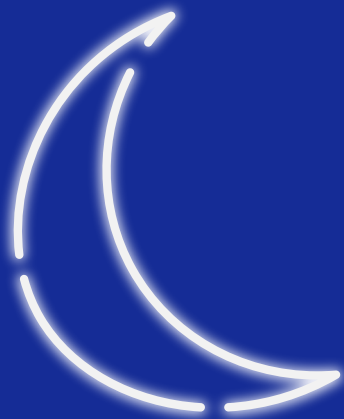
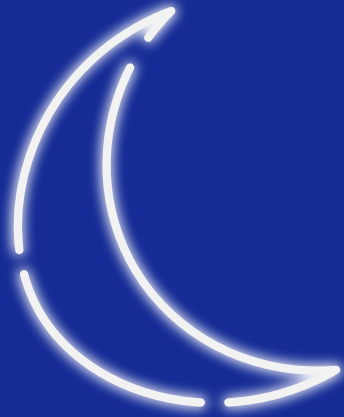
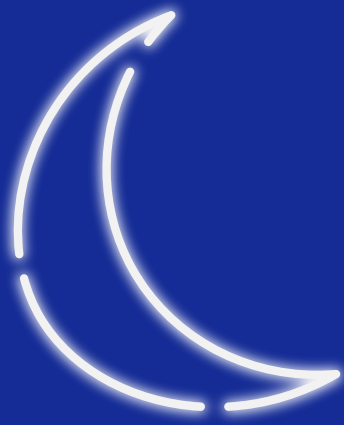
*Featuring  
Ahana Das*





## *Raison D'Etre*

*"Digital artworks are all the rage these days and therefore I thought I'd try my hand at it. These are a just few artworks I made recently"*



## *Fun Fact!*

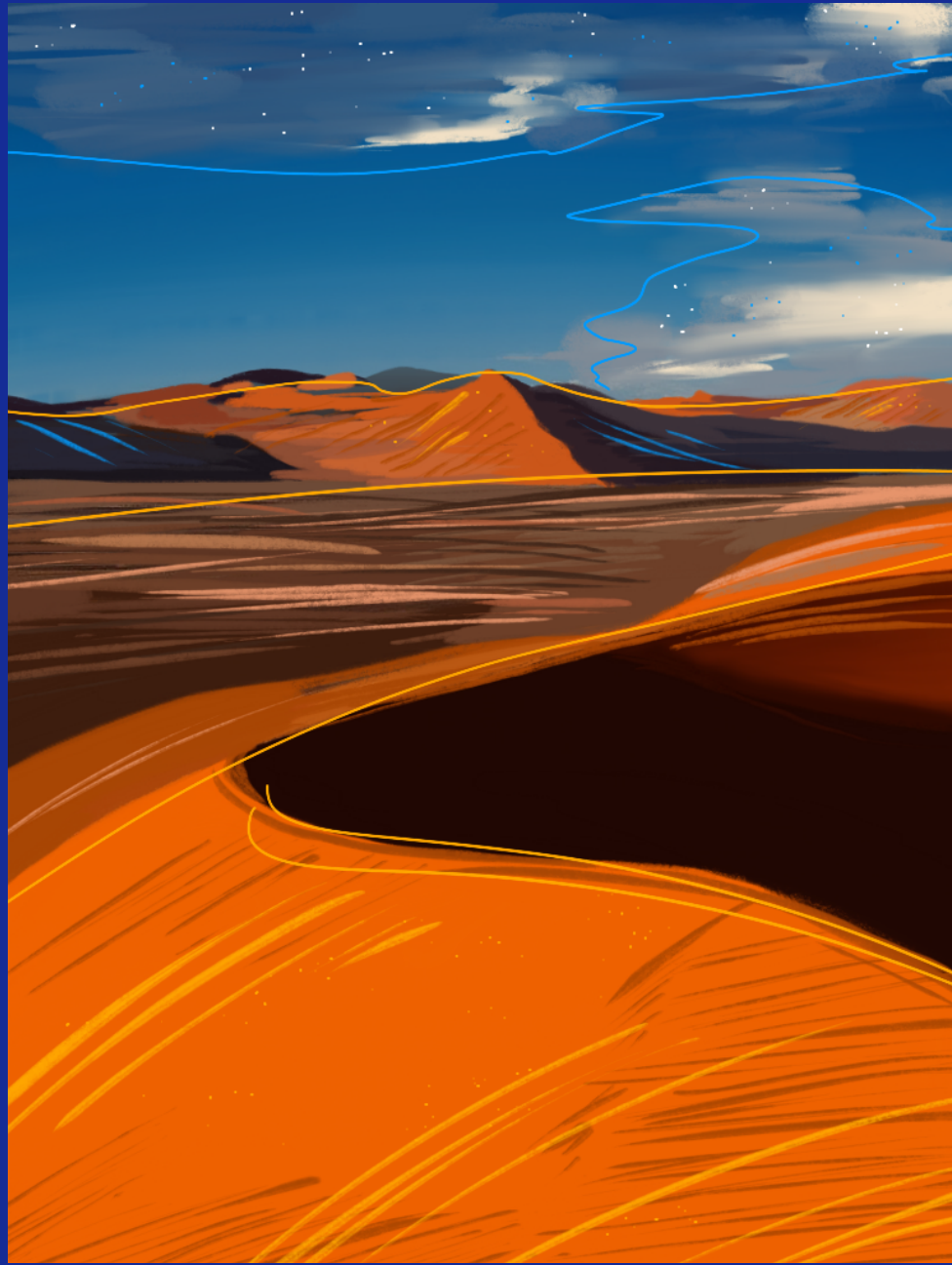
*All Ahana used to create her masterpieces was an iPad and an apple pencil, on Autodesk.*



*Inspired by the Tian Zi Mountains*



*Inspired by the Antelope Canyons*



# Ahanna's Inspiration

*I basically drew a few backgrounds of places I wanted to visit some day.*

*These are places surrounded by nature like the Antelope Canyons and Tianzi Mountains.*



# THE SLEEP LOSS EPIDEMIC BY VARUN PILLAI

For very long, especially with the prevalence of smartphones people have slowly shifted to skimping back on sleep, not taking it as seriously as the other activities they participate in. While, in the short term the effects aren't that visible, I wanted to show you in the long term why sleep is going to be the primary determiner of the health of a person. Here are a few nuggets of knowledge I picked up while reading, 'Why do we sleep', by the neuroscientist Matt Walker. Do consider these facts and look further into them. I want people to start researching and experimenting to perfect this aspect in their life. This is not just to scare you, but to make you aware so that you take the path of prevention instead of cure.

Without further ado, here are few facts about sleep you probably don't know-

## Testosterone-

Lack of sleep greatly affects the hormone, testosterone. Men who sleep 5-6 hours have the testosterone of someone 10 years older, thereby affecting the proper development of the body. It will age you by decades in terms of muscle mass, bone mass, virility etc.

## Cardiovascular health-

Daylight-saving time is an annual ritual where clocks are pushed forward 'increasing' the evening by an hour. But every year on the Monday after the springtime switch, hospitals report a 24% spike in heart-attack visits around the US. So, just 1 hour's sleep loss can increase your chances of getting a heart-attack. In a study, participants who slept 6 hours compared to those who slept 8 hours per day in a week had increased activity in their genes associated with stress and therefore cardiovascular disease.

## Carcinogen-

In the same study, participants who slept 6 hours also had their immunity against cancer gene activity suppressed and tumorous gene activity increased. In another study, it was found that those who slept for 4 hours only on 1 night had a 70% reduction in anti-cancer fighting immune cells that the body produces.

## Aging-

The participants of the study who slept only 6 hours per day in a week also had an increase in long term chronic inflammation gene activity.

## Alzheimer's-

The metabolic toxin, beta amyloids are a sticky protein that builds up in your brain during you're awake, and with a lack of sleep isn't flushed away. With a chronic lack of sleep, this brings the onset of Alzheimer's, a disease associated with memory loss, a lot earlier in life.

Constant brain damage-

Being awake and conscious itself is medically considered a type of low-level brain damage. Sleep acts as a reparatory function to this.

Muscles loss-

If you're on a diet and not sleeping properly, 70% of all the weight that you lose will come from lean body mass muscle and not fat.

A few facts to keep in mind to get better sleep-

-If you sleep in a foreign environment, half your brain is still awake. Therefore, always sleep at one place.

-Using a light emitting screen before sleeping delays the release of the hormone melatonin, that is necessary for sleep, by 3 hours and this too is reduced by 50%. This also disturbs and decreases deep REM sleep.

-You can't get back all the sleep lost previously by sleeping for longer afterwards. Since. It doesn't work like debt, sleep sufficiently.

-Don't use the snooze button as it brings about cardiovascular stress. Instead sleep sufficiently and keep only 1 alarm to wake up.

What would bring you the best possible sleep would be to lie down every day at the same time, stop the use of screens 1 hour before, and lower the temperature through a fan or air conditioner.