



*Never Forget
Your Roots*

Message from Principal's desk

Greetings to all our Alumni,

As we approach the end of the academic year 2021-2022, a lot of exciting things are happening. We wish to put on record that after almost two and half years of online/Blended education our school reopened with 100% attendance for students effective February 2022. What a welcome change this was for the entire DPS-Modern Indian School family.

Our Alumni has always made us proud not only with their achievements, but also by their wholehearted involvement with their Alma Mater. I take this opportunity to thank Ms. Devika Rajeev (Batch of 2010), Mr. Gaurav Ravishankar (Batch 2014) and Mr. Govind Haridas (Batch 2008) for actively engaging with our students and motivating them to perform and excel at whatever they do.

Ms. Devika is currently working as an Associate Programme Officer in the field of Trade Policy in Geneva with the International Trade Centre, which is a joint organization of the United Nations and the World Trade Organization). Mr. Gaurav Ravishankar is currently working in Qatar Islamic bank as the head of foreign direct investment) and Mr. Govind Haridas is currently working as an AGM in Ultra Tech cement limited - the biggest cement maker in India). The school appreciates them for their career guidance webinars for the current grade 9 to 12 students. We hope to meet all our Alumni during the virtual meet to be held on 24th March.

A big thank you to all the Alumni who have visited the school in person and kept in touch with our team virtually on various social media platforms. It means a lot to us.



Message from Vice Principal Senior Secondary School



Our greatest strength comes when we appreciate each other's strength, when we learn from each other and lean on each other. My dear students, what a unique opportunity life has given you. To come together as a family again and to share your experiences. To share with each other, your struggles, your wins and your success.

This community of brilliant minds with unique life experiences is a treasure chest of knowledge that only grows when shared. Cherish your visions and dreams since they are the blueprints of your ultimate goals.

I wish all my students the very best in life. May success be your companion in every turn and phase of your life. 'Never Forget Your Roots'

Message from Vice Principal Secondary School

Dear Alumni,

The joy of reconnecting to your alma mater is indeed very special and close to one's heart. School days carve a niche in 'everyone's' life. Our school is 'a home away from home' where you are moulded and chiseled to be a fine human being. The values inculcated from school will ever remain etched in one's mind.

The Alumni Portal of DPS Modern Indian School welcomes each one of you to be a part of this family, by sharing your knowledge and experience that can nurture the young generation for a bright future.

I wish all my loving students from different parts of the world to be the ambassadors of love, peace and happiness. Hold on to your school motto "Service before Self".

God bless you!



Message from Alumni Coordinator

'I think the success of any school can be measured by the contribution the alumni make to our national life.'

Rightly said, John F Kennedy.

The Alumni Community of DPS Modern Indian School dearly remembers you for your continued support and dedication towards your alma mater.

Let me congratulate all the alumni for their accomplishments and achievements in life and take this opportunity to request their continued association with their alma mater. We look forward to creating a vibrant space for our dear alumni to give back to their followers the most cherished moments of school life. This bond truly is unforgettable.

Connect to us via DPS Modern Indian School Alumni page or email. This will create a better bond between you and your Alma Mater. 'Never Forget Your Roots.'






 المدرسة الحديثة الحديثة
DPS - MODERN INDIAN SCHOOL
 Doha-Qatar
ALUMNI TALK
Spilling The Tea
On All Things Commerce


DPS - MODERN INDIAN SCHOOL DOHA, QATAR
ALUMNI TALK
 Mechanical engineer NIT Calicut (2012)
 Presently working as an AGM in UltraTech Cement Limited.
 Hands - on session by
GOVIND HARIDAS
 Batch 2008
 2022, Sunday
 , QATAR TIME


DPS - MODERN INDIAN SCHOOL DOHA - QATAR
ALUMNI TALK
"HOW BILLION DOLLAR DEALS ARE CLOSED: AN INTRODUCTION TO INVESTMENT BANKING"
 An Interactive Session By:
GAURAV RAVI SHANKAR
 Batch: 2014


DPS MODERN INDIAN SCHOOL DOHA, QATAR
ALUMNI TALK
"Paving the way to success through commerce"
DEVIKA RAJEEV
batch of 2010
 JOIN US ON ZOOM
 Meeting ID: 880 9435 5201
 Password: 117844
9 March 2022, Wednesday
6.00pm Qatar time
 4:30 pm (Qatar standard time)
 Platform: Zoom
 Meeting ID: 811 3923 3175
 Password: 345868
 On trial here:
 Unconventional law degrees
 Monday, 7th March 2022
 at 04:10 p.m. (Qatar Standard Time)




Session #1



DPS-Modern Indian School alumna, Ann Susan Abraham, the Head Girl for the batch of 2013 and chartered accountant with over 3 years of work-experience joined her Alma Mater for an interactive session "Spilling the Tea on All Things Commerce" on 14th June 2021 via Zoom platform. The webinar was a part of the 'Alumni Talk Program' which provides platform to the school alumni to share their success stories and inspire and guide the current batches of the school.

Ms. Ann Susan Abraham discussed in detail about the commerce stream and listed out various career opportunities related to the field. She advised the students to identify their areas of interest and pursue them with a focused approach.

Interested students from Grade X-XII joined the program along with their teachers. The Q & A session was an answer to all the queries of the participants. It was an engaging and informative session and was attended by around 100 students.

Session #2

DPS-Modern Indian School alumnus, Gaurav Ravishankar (Batch 2014) joined his alma mater to conduct an interactive and informative webinar "How Billion Dollar Deals Are Closed: An Introduction to Investment Banking" on 6th March 2022. It was a part of the 'Alumni Talk Series', a platform that connects the alumni with the students of his alma mater.

Mr. Gaurav Ravishankar talked about 'Investment Banking' and discussed insightful case studies of a few companies in detail. He helped the students understand the prospects of investment banking sector and the corporate world.

Principal Ms. Asna Nafees, Vice-Principals, Ms. Soma Bhattacharjee and Ms. Mary Cruz, the academic and activity coordinators along with the team of teachers and interested students of Grade IX and Grade XI commerce stream joined the event. It was an energetic and enlightening session and was attended by more than 150 students.



Session #3

As a part of Alumni Talk Series, DPS Modern Indian School alumnae Sandra Ramachandran shared her knowledge and experience on the topic "On trial here: Unconventional Law Degrees" on 7th March 2022 via zoom.

Sandra introduced them to the field of law and inspired them to navigate the path to any good law school. She explained in-depth the difference between global law and traditional law degrees and inspired them to explore other promising fields beyond science. Sandra answered to all the queries of the law aspirants during the questionnaire session.

Principal Ms. Asna Nafees, Vice-Principals, Ms. Soma Bhattacharjee and Ms. Mary Cruz, the academic and activity coordinators, teachers, interested students of Grade IX, Grade XI Commerce stream and the Debate Club students joined the event. Overall, it was an insightful experience, with students and teachers learning more about the domain of global law and its career path.



Session #4



Ms. Devika Rajeev from the batch of 2010 talked at 'Alumni Talk' on 9th of March 2022, on the topic "Paving the way to success through Commerce". The event started with the welcome address of the Principal and the Vice-Principals. Ms. Devika shared her success story with the current students and explained how choosing commerce in high school opened up doors of opportunities for her. She got her undergraduate and MBA degree from Symbiosis Pune. She went to the international university of Geneva to pursue a Masters in Trade Policy to achieve her dream of working at the UN.

She now works as an Associate Program Officer in trade policy at the International Trade Centre in Geneva, a joint organization of the World Trade Organization and the United Nations.

The event was a grand success where students learnt valuable things that would help them make important decisions regarding their career in the future.



UNITED NATIONS  NATIONS UNIES

Session #5



DPS Modern Indian School alumnus Govind Haridas, from the class of 2008, shared his skillsets on the topic 'Planning for your future in a strange VUCA World' on March 20, 2022, via Zoom platform. The webinar was a part of the 'Alumni Talk Series', a platform that connects the alumni with the alma mater and was attended by 200 students.

Mr. Govind debunked the myth that "once a failure, always a failure" in his interactive session, explaining that "life is a marathon, not a sprint," and "if you have to fail, fail fast and move on." He stressed on the need of being adaptable, have genuine concern for others, and develop a personal network. He shared his life journey from his school days to his current position as an AGM in UltraTech cement limited to demonstrate how important an institute can be and advised to opt for the fundamental courses such as mechanical engineering, computer science engineering, and undergraduate programs.

Overall, it was an enlightening and interactive session and helped the students understand the real world.



News Corner

Debate Club -Alumnus pays back by conducting Motion Analysis Workshop

26 student debaters attended a special workshop on Analyzing QSDL-II Prepared Motions on 30th January 2022, by alumnus Farhan Sakkir, who is currently studying Economics at the University of Toronto and is an international debater, coach and judge.

The debaters explored the motion "This House Believes That the Mexican government should support vigilante groups operating in high crime areas", and "This House Believes That South Korea should give up on seeking reunification with North Korea." Farhan helped the debaters critically analyze their approach, arguments and overall case on both motions in a highly interactive discussion-based workshop. He advised debaters to strategically arrange their arguments from the most likely and least impactful to the least likely but most impactful to maximize persuasiveness.

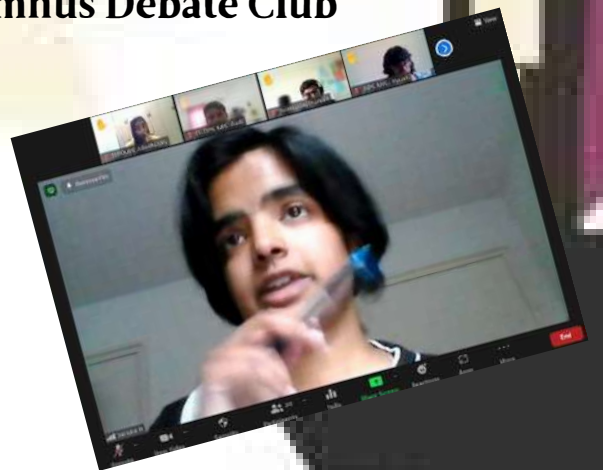
He pointed out the flaws such as how certain impacts were too contingent on some unlikely assumptions. He suggested that proving the likelihood of an impact is a prerequisite to proving its benefits or harms. This kind of programme helps the school and alumni to strengthen the bond of impeccable relationship -comments Ms Asna Nafees, the Principal of the school.



Tournament preparation workshop by Alumnus Debate Club

An interactive 'Tournament Preparation' workshop was organized by Alumnus Sandra Ramachandran who is studying Global Law at the Tilburg University, Netherlands on the 9th of December, 2021 via the web platform zoom. 18 promising debaters along with their coach Ms. Jaya Majumder participated in the workshop actively.

The workshop was divided into two segments. The first segment of the workshop focused on the motion 'This House Believes That space exploration programs should be primarily funded by private investments rather than by governments'. The resource person assessed debaters, cases and shared suggestions to further strengthen them. She gave deep insights into how private companies are more capable and how it's a mutual benefit for both parties. In the second segment, she focused on the motion 'This House Believes That all professional sports teams should be majority fan-owned'. She analyzed and characterized the motion, further showing fan profits and how it might be a suitable alternative to correct the flawed status quo. The stakeholder analysis on the fans and the private investors was discussed with its impacts right after.



Alumnus return to assist Debaters

DPS Alumnus and an international debater Fahad Ahmad Khan supported senior boys- debaters in their preparation for Qatar Secondary Schools Debating League - II from 1st February to 3rd February 2022.



He focused on "This house believes that the Mexican government should support vigilante groups operating in high crime areas", and "This house believes that South Korea should give up on seeking reunification with North Korea" motions apart from the impromptu session. Fahad judged the practice debates and provided insightful general feed- back on improving strategy and approach to the motions.

He stressed on the clarity of stance, stating and reiteration of both sides burdens throughout their cases, engagement with the others material through points of information, and relevant characterization of stakeholder and incentives to better define their behavior and reactions.

DPS-MIS alumnus Farhan as trainer for QD National 2021-22

Eleven Junior debaters from DPS Modern Indian School along with their coach, Ms. Jaya Majumder attended a workshop on 'Motion Preparation' conducted by Qatar Debate on April 1 and April 8, 2021. The resource person was Farhan Sakkir, an alumnus of DPS-Modern Indian School who is currently working as a trainer at Qatar Debate.

The workshop started with a debate to obtain a general understanding of the motion. The interactive discussion helped the debaters understand the main themes and equipped them with strategies to build a stronger case. Mr. Farhan highlighted the general flaws in the case of both the sides and gave feedback and pointers to improve strengthen the case.

The workshop was quite educative and intuitive, and the debaters were delighted to get such an opportunity!



Alumni releases bestselling book, 'Test of Times'

DPS Modern Indian School Alumni, Mr, Yashaswee Raman published his bestselling book called 'Test of Times.' A tribute to the legends, it offers a trip down the memory lane to cherish all the ups and the downs the Indian Cricket team went through.

The book covers an encompassing journey of prosperity, success and legacy of the Indian cricket team, along with the struggles it undertook to reach where it is now. The book embraces the pathway of Indian cricket right from its birth, all the way till the 1983 World Cup victory. Various stories of the players who acted as catalysts and paved the way for the Indian team to flourish, the instances of the trials and tribulations the team faced, and the milestones it achieved have also been incorporated in the book.

Mr. Yashaswee Raman has aptly divided the book into small chapters with precise information on each topic. He has always been a big fan of Cricket and has an inclination towards knowing about and conveying all the different stories of Indian Cricket's history. He has taken a giant leap forward in his career by publishing this book.



Service Before Self-I: Report

“Fahad Ahmad Khan, former DPS-MIS student, has been a part of Qatar Foundation’s Afghan Refugee Volunteering Program.

Qatar Foundation called upon volunteers to assist the evacuated Afghan Refugees housed and cared in different compounds across Qatar. As a member of the volunteering program, Fahad interacted with refugees, with the purpose of comforting and supporting them, while they were away from home due to the unfolding humanitarian crisis. Volunteers from all walks of life combined their efforts to create a sense of normalcy and a more accepting environment for the vulnerable, unaccompanied Afghan children and adolescents.

Fahad lauds the QF volunteering program, which is continuing on a daily basis, with more activities and plans, supporting the Afghan Refugees. He is delighted to be a part of the program and makes valuable connections with the refugees.”



Service Before Self-II : Tribute

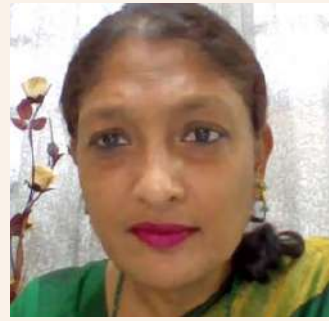
‘A hand to hold’

This portrait portrays an incredible junior doctor, Faid, who works in the Covid Assessment ward. A few days before Christmas this year, I had to return to hospital for a shorter stay than earlier in December. This time I was placed in the Covid assessment ward, before having other scans and procedures, as some symptoms I had overlapped with those of the virus. It was 22nd December, only 3 days before Christmas, and due to the circumstances, this time I was in a side room alone.

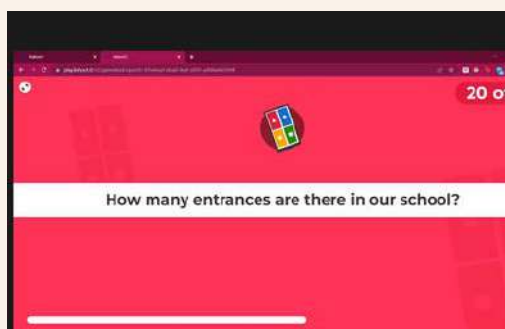
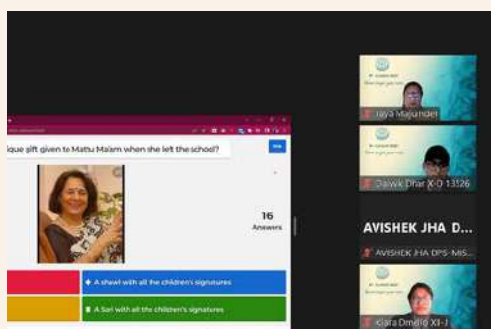
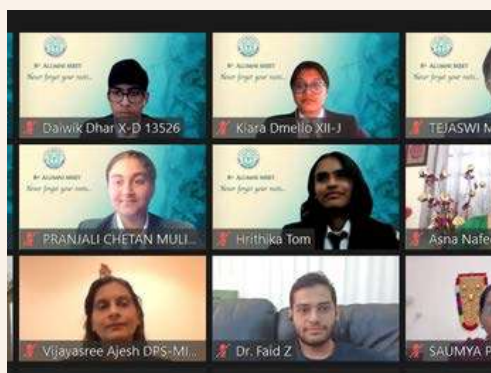
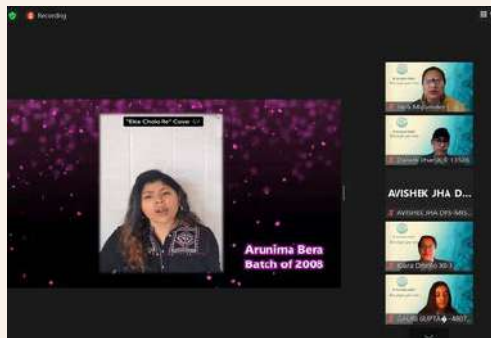
I thankfully tested negative for Covid, but it gave me a tiny glimpse of the isolating circumstances those with Covid face in hospitals. Again, however, the NHS staff who came into my room were beacons of light in my lonely side room. This portrait portrays a junior doctor, who, three days before Christmas, sacrificed his own and his family's health for mine. He didn't know if I had Covid or not. He stepped by my side to do the Covid test and held my hand, calmly guiding me through the tests, saying ‘you can shout at me or squeeze my hand, whatever helps.’ The sacrifice of this doctor echoes so many over the country, and world right now, and I feel blessed to have had such a kind and caring one sent to my room that day.

Alma Mater is proud of Dr. Faid who was appreciated by his patient for his service in a unique way. For more details check via the following link: <https://www.gillyartist.com/tales-from-portraits-and-tales-from-a-hospital-bed-series-1>

Online Alumni Meet 2021-2022



The 8th Alumni meet of DPS MIS, held on 26th March 2022, was a resounding success. The enriching online event which was held via Zoom enabled the alumni from different parts of the globe to attend the function and take part in the events. It was indeed a solemn occasion wherein the alumni eagerly interacted with their teachers and had a pleasant time catching up with their old friends and peers. The program was coordinated and presented by 3 enthusiastic anchors, Gauri Gupta, Hritika Tom and Pranjali. The event unfolded with the anchors laying the ground rules for the event and cherishing the nostalgic memories of the school days. The event progressed with various spectacular cultural events by the alumni interspersed with the invigorating speeches. Finally the spirit of competition spiked up when Tejaswi Manoj and Kiara D'mello, the budding Quiz masters, conducted the Kahoot Quiz leaving the audience spellbound. The event was graced by the presence and encouraging words of the Vice President, Mr. Yasir Nainar, Principal, Ms Asna Nafees, Vice Principal Senior Secondary School, Ms. Soma Bhattacharjee and Vice Principal Secondary School, Ms Hyacinth Mary Cruz. The grand release of the annual 'Alumni Newsletter' by Daiwik Dhar, added colour to the event, The Head Boy, Aarav Bedi and Head Girl, Soumya Murgai concluded the event with a vote of thanks. 'We are proud of our alumni and wish them all the very best for their future', the Principal remarked.





Some Thoughts...



Aadiya Chaturvedi
Batch of 2013

I was recently flying home from Denver, a high altitude city in the Rocky Mountains of Colorado. I had survived the many stumbles on an intermediate ski trail as well as the bone chilling temperatures of -15C. Even after all this, the most memorable part of this trip was grabbing a Falafel sandwich and a Karak chai with two school friends - both working in cutting edge industries in the city. One, a sustainable energy policy expert, and the other, leading a team producing necessary components for automating hardware manufacture processes. These are the DPS alumni of Denver.

I have liked traveling since 5th standard and over the past few years, notwithstanding the pandemic, have managed to get around a fair bit. I have had similar encounters with school alumni in New York City, Delhi, Los Angeles, Mumbai, London, Baroda, Seattle, Bengaluru, Boston, and San Francisco. And it includes people I didn't even know in school. The memories of Annual Days, Rendezvous and trips to the Sand Dunes by beach form a shared connection and allow most of us to become fast friends. While in school I couldn't have imagined how global this community would become in just a decade - which may sound a lot when you are in school but is pretty reasonable when you are a working adult.

It got me thinking how lucky I am - that by no action of my own, just by virtue of the school I attended, I will always have someone who makes a foreign, perhaps intimidating, city more familiar - at the very least, someone to get karak chai with. To meeting more of you, in interesting corners of the world..

The College Life Reality



Tamilselvan N.
Batch of 2020

Our minds stop thinking when we stop learning new information constantly. Although the human brains are capable enough to handle tons of new data regularly everyday, sometimes we feel as though we need to relieve ourselves of this pressure and stress, that gaining such data and knowledge can create, especially in us students who constantly study and prepare for exams, and I guess its pretty much customary for Medicos like me. However, there are many expectations that we keep in our minds that are totally different to what we actually experience, and what the new batches will eventually experience. So, I'd like to address a few of those expectations in this article with the reality using some of my own personal experiences so far in college.

Naturally, as students, we tend to think that once school is over then we can relax in college. But we also expect to experience somethings which will not set with what we think in our minds. For example, the most common misconception among students is that we think once school is over, we can pertain to enjoying ourselves in college, where we will not have much work to do and we can constantly spend our time having fun with friends. But the reality is that whatever college you go to, be it in the computers field or medical field especially, once the academic year starts, gradually or sometimes even exponentially the workload starts to increase so much that the students start to struggle with no reason whatsoever.

And the main cause for this is that preconceived notion of a relaxed life in college. Based on my experiences, shifting from Qatar to India in a very hot place to study medical, all the while completing the first year, was unbelievably hectic because of my own preconceived notion that I might I might have a relaxed life in college.

Although I was a little skeptical at first as to how a medical student might have a relaxed life or a fun time in college, I was still a little alert to keep my work in check. But naturally, I wasn't able to cope up with the speed of our Academic year, and I struggled in college for the first year. And as far as I've heard from my immediate juniors in school who have joined various colleges now, I've noticed that they too, face the same issue as well. Now to clear this preconceived notion, this is definitely not so in college and I would suggest anybody who enter college from now on should keep this in mind, that college is not a place where one can be leisure with life. Sure, you can have some fun times with your friends but that will not last for all the time. Since most of the students in our school tend to pursue their higher education in colleges in either the medical field or the engineering field, for them this is definitely the case where they do not have time for much other things, especially during exams, unlike other easy-going subjects. So please keep in mind that in college, studies are still much important and hoping to have fun all the time is just a mere fantasy which no student can experience. That being said it is possible to study everything in the last minute but the amount of stress that it generates is unbelievably high and I would highly advise anybody to not put themselves into such a situation.

Now, to address the next biggest issue at hand, is the fact that we students move far away from home, to pursue our higher education. Hence the obvious elephant in the room would be, Home Sickness. As I grew up entirely in Qatar, I felt it extremely hard to suddenly shift and manage myself alone, doing all the chores by myself, for myself and sometimes even for my roommate. Although it is manageable, I felt it much more burdening than my batchmates because I never did all those chores while at home. And moving away such long distances for the first time in our lives, naturally we tend to feel homesick and want to return home as soon as possible. Obviously, it helps to constantly be in touch with your family through video calls regularly to at least somehow reduce a little bit of the home sickness, but nothing beats the real life experience of staying at your own home. What most people don't realize is that once we move to college, we can no longer call ourselves at home when we are at our own home. We become students who stay at hostels, and that becomes our home and we go to our own homes only during vacations as a vacation stay, or during holidays. The only way to deal with home sickness is to naturally get attenuated to college life, and there's no two ways about it.

The next problem that most students will definitely face after entering into college from school life will be the number of portions that we study, we think that our school portions and it's vast syllabus crammed over an entire year to then be reciprocated on few sheets of paper at the end of the year to assess our quality of study is extremely difficult and stressful. But since entering college, I have realized, and would want everybody to realize, that as we move on in college, each exam's syllabus increases exponentially both, by sheer size and by difficulty, and what we have to prepare for our final exams is so vast, that our entire 12th syllabus feels like a tiny drop in the ocean. So, I wish for everybody who enter colleges in the future to be mentally prepared for this kind of study. I would also suggest to not slack off with the college portions once it has started, because that makes life extremely difficult in the end.

Some other suggestions to my juniors would be that I would recommend you to learn how to manage money, and would suggest that everybody should be able to manage their money wisely while at college as our parents will not be there to supervise us. Also, I wish for everybody to stay confident while at college and to not lose their hope. As the saying goes, "when the going gets tough, the tough get going." This is an honest expectation vs reality review based on my personal experiences in college so far. In conclusion I wish all the very best to all my juniors, stay confident, stay hopeful and be prepared! I honestly believe that since our school also allowed us to build and develop our characters, the students would get accustomed to the college life much sooner than other students, through a conscious effort.

The Growing Trend of Lifestyle Medicine



Aparajita Sarkar
Batch of 2020



Lifestyle medicine is a branch of medicine that aims for a holistic approach, and focuses on preventive healthcare and self-care. It mainly encourages people to switch to healthier options in the case of diet, along with maintaining their body fitness via physical exercise and balance between work and life. It is unmistakable that lifestyle plays a major role in guaranteeing health in general. A healthy lifestyle is not only effective in preventing and curing many diseases and disorders, but also in improving and enhancing the quality of life. It is also evident that lifestyle medicine interventions positively impacts mental health, thereby also effectively helping to prevent and treat certain mental disorders and diseases, such as anxiety, depression and dementia including Alzheimer's disease. There is substantial evidence from recent, as well as olden times, that support the fact that lifestyle medicine actually works in various other systems too. It is important that the doctors and care-givers understand that many diseases or disorders such as heart disease and diabetes are lifestyle-related disorders, and therefore lifestyle interventions should also be considered apart from medications (Morton, 2018).

The patients must also be open-minded and encourage the prescription of more lifestyle related changes as compared to pharmacological interventions. Lifestyle medicine does not only provide its benefits in regard to diseases or disorders. It also stimulates positive emotions such as happiness. There is evidence and an established causality that the consumption of 7 to 8, an ideal 8, servings of fruits and vegetables in a day leads to high levels of happiness and subjective and emotional well-being. This link was found to be independent of the various personal and socioeconomic factors that normally influence emotions. Diet also plays an important role. A plant-based diet has shown to improve mood, while the Mediterranean diet, emphasizing more on plant-based foods, has shown to reduce the symptoms of depression. It has also been shown that taking a day off to rest in a week has many added benefits (Morton, 2018).

There are various factors that influence the extent of lifestyle medicine that will be incorporated into the lives of the common people. People spend most of their lives at work, and return home tired, experiencing various kinds of stress and frustration. This influences their commitment to stick to their lifestyle-related interventions negatively. In addition, there is a tendency to choose immediate results rather than a long-term wait. People may choose to opt for fast-acting medications rather than wait for the results of lifestyle interventions to manifest. This may also be detrimental in a way as it is possible that the root cause of the illness maybe a lifestyle-related issue which can be solved by lifestyle-related interventions. Instead, the patient is given medication which can have potential side-effects. Nevertheless, there are other solutions that can be helpful in this regard. Technology is one such solution. Wearables such as Fitbit and Apple Watch may encourage the wearer to remain committed to their physical activity plan (Edington et al., 2015).

There is also a growing trend to shift to healthier life choices. Moreover, social groups also encourage their members to eat a healthy diet and stick to their daily activity plan. Organized competitions that motivate people to exercise more and maintain their fitness levels have also been proven to be beneficial. It is no secret that medications are expensive, especially if they are prescribed for a chronic period of time. Lifestyle medicine in association with the prescribed medication can effectively lower the cost and may also provide added benefits.

A periodic follow-up on the part of the doctor will be able to ensure that the patient has been able to keep up and if there have been any changes in the patient's condition. Many schools are increasingly integrating lifestyle medicine into their curriculum (Manez, 2020). There is growing awareness, and a change in mindset of the people. Lifestyle medicine can be seen as hope as its benefits are tremendous. This is particularly since lifestyle medicine is able to prevent and treat diseases and disorders that have no cure, and in general, improve the quality of life. Thus, the implications of lifestyle medicine is largely positive. Despite the challenges, the future of lifestyle medicine seems to be bright.

Observership



Pradipta Paul
Batch of 2020



I do not remember when I convinced myself that this was the path for me- perhaps, I am still not convinced. Some say that one's most life-changing decisions are often made in the blink of an eye; this was not the case when I walked down the path of medicine. What was interesting, however, was that I chose this path without much expectation or enthusiasm. Now, as I find myself three years in, I shiver at the thought of how things would have been different had I picked one of the twenty other kinds of programs around the globe- after all, we are asked to pick our lives before we experience almost any of it. Despite such discordant thoughts, I must admit- just a few months into my first semester, I knew I was not going to regret the next six years or the life after it. This is a brief narrative of my thoughts as an observer at a medical institution in December 2019.

My observership experience with the adult Anesthesia team signaled my first visit to a medical institution under the guise of a student, and as such, it will always occupy a special place in both my heart and mind, considering the hundreds of such future visits I hope to have the pleasure of having in my years as a medical student. Watching experienced physicians practice their art to the best of their capabilities in the third person, rather than through the eyes of a patient as it had always been before, was an experience I looked forward to during the winter.

As an observer, the absence of a doctor's responsibility and a patient's anxiety and nervousness allowed me to truly appreciate all the dynamics of medicine uninterrupted- from the first desk appointment to the operation theatre and back to post-surgery care- each with their own secret to unravel. Under the umbrella of expertise and kindness of my preceptor and the rest of the Anesthesia and Surgery team, I've had the distinct opportunity to witness multiple Cesarean sections- among one of the first surgeries I've witnessed.

However, the highlight of the procedure remains the unquestionable role of Anesthesia, not only in the context of those surgeries but in medicine from a historical point of view. Anesthesia seems to me, with vaccination and antibiotics, one of the major strides in the field of medicine, precisely because of the countless benefits it alone manages to provide in a way that we now perhaps take for granted.

Dissecting one's abdomen and extracting another living being and stitching the tissues, muscles, and skin back up, all while the patient remains conscious to experience the special occasion- was one of the first beautiful episodes that made me appreciate the depth and breadth of Anesthesia. Catering to the complexities of the procedure and the excitement in the OT, non-technical skills under patient care proved to be one of the most important aspects in healthcare, a fact I may not have grasped from textbooks. Instead, it is this opportunity that served as an eye-opener to what a patient may consider "background noise" in healthcare.

To those of you who may be interested in pursuing an M.D. in medicine, whether here at WCM-Q or another US-based system, feel free to reach out to me at prp4005@qatarmed.cornell.edu with questions that Google is being vague about. I do not have any financial interests to disclose.

Application of Riggs' Model in Qatar



Hritika
Batch of 2019



The State of Qatar is a peninsula located along the west coast of the Persian Gulf. Qatar follows a constitutional monarchy system wherein the Amir Sheikh Tamim bin Hamad Al Thani holds complete executive power. The constitution of Qatar facilitates the men of the Amir's branch of the Al Thani family to inherit the throne. The administrative bureaucracy is rested with an appointed council of ministers presided over by the Amir. The laws and resolutions for the smooth functioning of the country are drafted by the council of ministers and subsequently approved by the Amir. The council of minister's goal is to achieve utmost economic, social, cultural, and administrative development for the state. Over the past decade, the legal system in the country has been significantly reformed to bring Qatari laws in line with international laws, standards, and practice. Accordingly, Qatar aims to focus on fruitfully utilizing its resources towards a national development program.

This program, namely Qatar National Vision 2030, is built upon four pillars- human development, social development, economic development, and environmental development. Riggs theory of prismatic model Fred Riggs explained the idea of public administration by taking an ecological approach. He aimed to create an effective model by analyzing the relationship between administrative models and ecological factors including history, traditions, customs, economic situation, etc.

With a structural-functional approach, Riggs defined societies on the terms of its differentiation and integration. A society with low levels of both differentiation and integration was functionally diffused and tagged as 'fused'. When the level of differentiation and integration are high, he termed the society as 'diffracted'. Societies which entailed high levels of differentiation and low levels of integration was termed as 'prismatic society'. Essentially, as the societies transitioned from a fused model to a diffracted model, they were prismatic. He metaphorically related this ideology to a ray of light passing through a prism. The initial ray of light symbolizes a fused society that is highly based on agrarian models. The rays of light that pass through the prism crafting a 'vibgyor', captures the essence of a 'diffracted' society where industrial institutions are predominant. As the ray of light passes through the prism, it symbolizes a prismatic society that is continuously expanding and developing. This model is characterized by three features namely, heterogeneity, formalism, functional overlapping.

Tourism sector in Qatar – a cross-sectional analysis under Riggs model

The tourism sector in Qatar has experienced incremental growth over the past decade. After winning the bid to host FIFA 2022 in tandem with Qatar National Vision 2030 (QNV 2030), Qatar has diversified its largely oil and gas-based economy, by exploring various other sectors, especially tourism. According to the latest data available, the tourism sector, which holds more than 3.3% of the GDP (2018) grew by around 11% year on year. Analyzing Qatar tourism sector with a Riggisian approach, we can classify the sector as differentiated and integrated due to various developmental achievements.

The development of Qatar tourism sector was initiated by the QNV 2030 and Qatar National Development strategy 2011-16. Prior to this, the sector was in its nascent stage as there were no structured developmental goals. The blockade faced by Qatar in 2017 had a catalytic effect on its tourism sector. The industry was majorly controlled by the public sector. Qatar transitioned from a 'fused' format to a more 'diffracted' model through measures like privatization, improvements in infrastructure, and opening its borders to many nationalities.

At the current stage, the tourism sector can be classified as ortho diffracted, as tourism in Qatar has noticed high growth in a short span of time. The opening of various Qatar National Tourism Council offices in the United States, and various other countries across Asia and Europe, has contributed to this achievement. Moreover, the World Tourism Organization has classified Qatar as the 8th most open country in the world. The sector has commenced its journey towards a neo-diffracted model by introducing various investment opportunities, for both private and public contributors.

Qatar's public administrative developments and the fundamental systems underpins the back bone of the economy. Analyzing the public administration under the Riggs approach has its short comings as Riggs aims to offer a distinctive understanding of organizational behavior in a complex system. However, Riggs ecological approach of analyzing public administration has proved to be quite important in various studies.

Distrust for Digital Currencies



Rufus John Kurian
Batch of 2021



Are digital currencies a craze destined to die? Digital currencies are a form of virtual money traded online without any government influence. Electronic currencies have been around for a long time but have not yet become established currencies in most countries due to distrust in these currencies. The main reasons for distrust in digital currencies are non-adoption by governments and most trades, limited advantages, and unpredictable nature.

The leading cause of distrust in digital currencies is non-adoption by most public and private institutions. No authorized institution monitors digital currencies. As a result, most organizations will not approve these currencies, which leads people to distrust them. Moreover, digital currencies compete with the national currencies and hinder national growth instead of enabling growth. For instance, if digital currencies become prevalent in a country promoting these currencies, it proceeds to challenge the financial order set by that country's government by competing against their national currency and lowering the national currency value. Hence, people worldwide are skeptical about switching from long-trusted currencies to virtual money, which is not established, secure or trustworthy. Digital currencies offering limited benefits to their users is also a reason for distrusting digital currencies.

This is because digital currencies can only be traded online and cannot be used for daily transactions or to pay for government services due to non-adoption by nations. Digital money is also not as easy, fast, or reliable as the currency system in place. The mere exchange of national currencies of different denominations is enough to complete a transaction compared to the over-complicated unique transacting systems for different digital currencies. These factors increase the distrust for digital currencies among people. The subsequent cause of distrust in digital currencies is their unpredictable behavior, thanks to extreme fluctuations in the value of digital currencies. The value of digital currencies can vary highly in a short period compared to national currencies, which remain stable all year long with only minor fluctuations.

In conclusion, digital currencies are not trusted due to non-approval by worldwide organizations due to the challenges in embracing these currencies, reduced advantages compared to the currency system in place, and their volatile nature, which causes drastic changes in their values. Critics indicate that digital currencies may soon die without improvements and advise maintaining caution. Hence, people should be aware of the long-term disadvantages of electronic money before using it as a quick fix.

ethereum

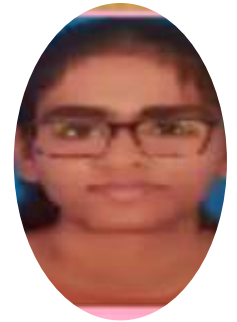
Paving Our Way to Success

Every single one of us has been brought up and trained since our childhood to strive for a successful life. We are constantly driven by a desire to succeed, to an extent that everything else does not make sense unless we hit our goals to a successful life.

But what does success mean? To the popular belief of the middle-class success is hitting the benchmarks of an idealized lifestyle- studying in the most prestigious schools, getting a high paying job, and a car, dog, and family that goes along with it. There is a constant and consuming pressure on each of us be it from our family or society itself for hitting these 'goals' by the time we reach certain stages of life. We fall under the pressure of achieving goals set by someone else and in the process, we often make sacrifices we end up regretting.

Life shouldn't have to be about making every effort to take perfect strides just to wind up in a destination that we never wanted to reach. Success should be defined by what best suits your temperament. It is a comically relative term that molds itself in accordance with the individual that carries it. Success best favors hard work, and discipline so regardless of what definition of success you hold on to, always aspire for the best version of it.

Don't hold on to the wrong notion for success for too long, create your own definition of success and enjoy your life, regardless of where you are in life.



Nandana Tom
Batch of 2020



Why community matters.

The community we surround ourselves with shapes the way we react to certain situations, or make major life decisions. Community is a driving force that keeps us all alive and inclined towards progress. This can be in the form of professional development, or social interactions or even both simultaneously.

The biggest takeaway from one of the greatest epics, Mahabharata, focuses on the significance of having the right community. Challenging our own professional limits by learning new skills each day can improve our social community and increase our standard of living

Charles Darwin's Natural Selection is entirely based on the idea that one's ability to fit in with the community is entirely dependent on their willingness to adapt & overcome challenges.



Aaditya Thakur
Batch of 2020





Abhinav Sujal
Batch of 2020

The Good Ol' Days

At a distant shore, stood a wave of tears,
Waiting to sweep through the crescent of emotions,
The clocks are ticking with a rage and commitment,
While the mind and heart are reminiscing the good ol' days of
yore at school.

Swiping through the tiny collection of laughs and cheers that
bloomed along the time,

The presence of a young excitement stroked a chord, while
holding back the fear of pain,

The pain that defines the reality that the days have passed.

Yet taking a hopeful leap to go back and relive those moments that crossed.

The memories at school, from noon to the moon,

Engraved with inspirations, conclusions and aspirations, has
melted into a sweet melody to cherish on and on.

The footsteps along the journey from a child to an adult, has
been a mere insight,

That grew with the support along the strong shoulders of the
school, giving the space to fly and dive along the depths.

The lessons learnt were the pillars of growth, both from the
books and the experiences,

Teaching the failures and mistakes of every step, to correct
them and succeed outside the school walls.

The seconds spent have channeled like a series of photographs,

Waiting to be hung on a wall that recalled compassion and
respect.

The glittery twine of a pipe dream has come to a halt, trans-
porting the thoughts back to the reality,

The reality of adulthood,

The reality of nostalgia, and

The reality that the good ol' days have already passed long
ago...

Delight in the dive!



Harsh Mahajan
Batch of 2020

In the dingy dive, where I oft' spend me time,
Was an unfamiliar sight pouring mine pint.
Like the sunrise aft' a long drive,
Worked a Delight, in that dive.

In a sea of empty booths, empty were they
seldom.

Sat I, sipping my virgin Temple.
"Twas then, that Delight sparked talks...
Like a sunrise aft' a long drive,
I acquainted with a Delight in this dive.

Mesmerizing eyes did she carry;
Stunning black pearls - so starry.
An intriguing Lady was she,
Wanted to learn more 'bout me.
In that dingy dive, where i oft' spend me
time,
I found a Beauty, in Delight.

The booths soon filled,
And Delight bid adieu to my Sight..
Alas, this tantalizing feeling en me,
Wondering where now would she be;
Pondering, when & how would she 'gain bless
me.

Thy grace brought her to me,
And i pray for Thy favor that she meets me.
In the dingy dive, where I oft' spend me time,
Was a Blessing pouring mine pint,

Lovers passing by



Alanaah Felix
Batch of 2020

A poem inspired by the Greek legend of Orpheus
and Eurydice

Orpheus, inches from the sun,
Leads on his hopeful bride.
He strides, for there's no need to run -
His world follows behind.

The mist is creeping, sure and slow.
Clouds crowd and grey the sky,
But nothing here can dim the glow
Of lovers passing by.

"Such beauty, yet so strange an ache."
Sigh the shades as they gaze
Upon the lovers as they make
Their way to golden rays.

But these young lovers, do they know
Their love is not for Life?
Beautiful doom, and yet they go
As man and loving wife.

Lyre in one, love in the other,
His hands have all he needs.
But all too soon he turns to her,
Too soon - for so he pleads.

Too soon - for she is gone, his bride.
"Gods below and above!"
Indiff'rent shades, they watch his pride
Rip out his life and love.

No music nor ambrosia sweet
Could heal him of such pain
As watching her to mist retreat
Ne'er to see light again.

From then on, his music became
Saltwater on the wound.
Ev'ry note tortured, set him aflame,
So he played, wept and crooned.

For ages he would mourn and sing
Of love and tragedy,
Until his soul the Fates would bring
To his Eurydice.

Tenacity



Sanjana Somnath
Batch of 2020

Digging my nails
through her skin

Trying to ignore
the battles within

Her tear-stricken face
Repeats my name

You're Beautiful
Independent
& Strong
I say

I remind her of
her happy place
She realizes
she's not there

I look at her,
my red puffed face
With deep breaths
I survive another wave.

Reflection

To the world
She seems to be
A strong, confident woman

Loved by all,
Life figured out
The perfect role-model

But she sees
A little girl
Crying in the cupboard

Lost her way,
Afraid to be brave
Afraid to be a coward

Screaming in her head
Quiet in a noisy crowd

Can't get out of bed
Running till she fell down
Hiding in her shell
Fake smile, make up and glow

Stare at her mirror
A million pieces
Just like her soul.

Stories

My name is Raghav Sengupta. After graduating from DPS-Qatar in 2018, I received an admission offer and a scholarship from Jindal Global Law School (India) from where I have been pursuing the integrated B.A., LL.B (Hons.) degree. I remember my time in DPS-MIS as a shy debater and avid quizzer who was never able to keep up with the voluminous assignments allocated to our batch.

Fast forward to my life as an undergraduate student, the law school curriculum is quite challenging with a significant emphasis on developing one's research, writing, and speaking skills. Apart from academics, I have also developed a keen interest in extra-curricular activities such as mock court trials. I have represented my University in a few national mock trial tournaments and was also recently a part of the Indian contingent that represented the country at an international mock trial tournament. While participating in some of these tournaments, I often find myself reminiscing about the practice sessions and debate tournaments that I participated in several years ago as a student at DPS-Qatar and how it made us young students, more receptive towards accepting critical feedback and working extremely hard to achieve our potential.

I am extremely grateful for all the time and effort that my teachers at DPS-Qatar invested in helping us understand the importance of continuing to seek growth and improvement, regardless of the outcome.



Raghav Sengupta
Batch of 2018

This pandemic has really changed everyone's life around the globe, so now we all are home trying to change our lifestyle, trying to make our routine work and to make sure we are not bored sitting at home doing nothing.

Learning is really important to me. I want to continue learning techniques to make sure I am productive and doing well during this crazy time. I am doing things that will actually move the needle and get closer to where I want to be. I am trying to educate myself with COVID because there is a lot of information but we do not know what is right, what is wrong, so I think being safe is the only option such as washing my hands, having hands sanitizers and do it more often. I have also been doing housework that I meant to do for so long; rearranging/redecorate my room. I am also learning a new skill set that can be used for career and hobby; thinking to learn French online - eLearning. As now I have got time to do it, I have started workout at home every morning then stretch myself for another at least five minutes while playing some music or listen to my own thoughts.

Sometimes I try to relax and listen to music rather than deal with anxiety, worried about how long this will last but I know that, if I am surviving, I am doing more than enough. STAY SAFE & HEALTHY!



Vraj Dineshchandra
Batch of 2018

Stories

I graduated from DPS-MIS in 2015. For the six years that I was part of the school, it had been my second home. It provided me with several opportunities for my academic and holistic development. The school promoted an atmosphere where I could grow, and the teachers were always willing to put in extra effort to help me improve. It has given me countless memories and will always hold a special place in my heart.



Kaushiki Mishra
Batch of 2015

What could be better than a school, that lays the foundation of success in your life!

Besides academic success, some of my fondest memories are the time I spent with friends and teachers of DPS. I cherish every moment at DPS and I am thankful to my teachers for their effort and support to make me what I am today.



Shad Amir
Batch of 2008

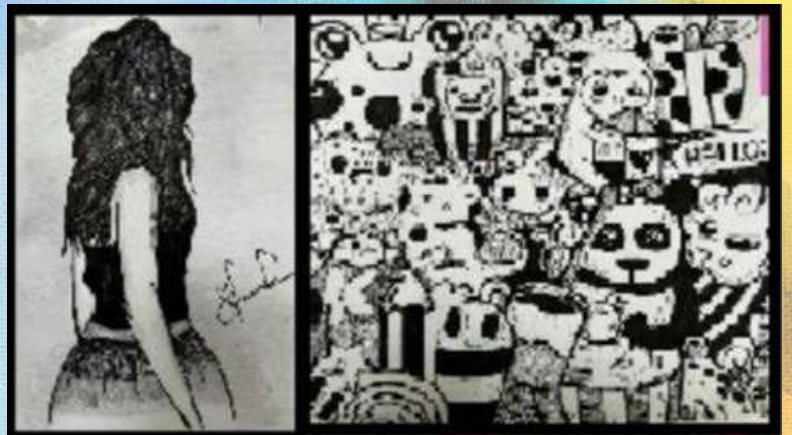
Art Corner



Sanjana Somnath Sannamari - Batch of 2019



Suhani Singh - Batch of 2021



Tanisha Chakraborty Jurwa - Batch of 2018



Tejashwini Ravishankar - Batch of 2017





Ritvik Johnson George
Batch of 2021



Samiksha Arora
Batch of 2020



Harini Paranikumar
Batch of 2015

Message from Editors

Working on the newsletter that helps DPS Alumni connect, understand and share their experiences with hundreds of budding students and even teachers, is truly a unique experience and we are extremely privileged to be a part of it. Whether it be meticulous crafting every little detail or helping to add just the right shade of cyan, we believe in trying our best to overcome challenges and putting our best into anything. We sincerely hope you enjoy this year's newsletter and would like to wish the Alumni all the very best for their future endeavors.



Anitha Kharim



Daiwik Dhar (Student)