





Fika



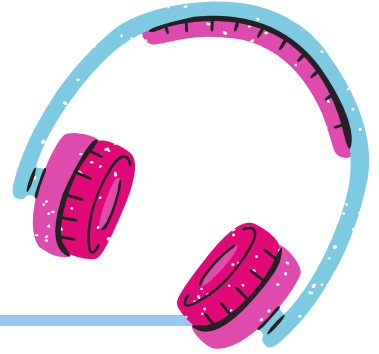
[FEE-KA] • SWEDISH

(N.) A MOMENT TO SLOW DOWN AND
APPRECIATE THE GOOD THINGS IN
LIFE

A small glimpse into how students from the IBDP
have been spending their time in lockdown



To Listen



BRIDGE OVER TROUBLED WATER

A BIS and Silly Point Production



"What started out as a simple project to cheer up the students of our school, somehow turned into a complete production with 23,000+ views!

We created a small group of talented musicians, comprising both singers and instrumentalists, and with the help of our teacher Danesh Khambata from Silly Point Productions, we put together an arrangement of Bridge Over Troubled Water by Simon and Garfunkel.

The lockdown regulations truly surprised me as I pushed myself to continue pursuing my love for music using technological means. While this meant breaking down every musical arrangement to each separate part, from melody to first and second harmonies to ensemble arrangement, I have never learned more about musical production than I have during this time. We used a software that allowed us to seamlessly bring our voices together and add special effects to the backing track, which truly made the end result as magical as it was.

As a regular performer, I have really missed being on stage and singing for large audiences, but YouTube live-streams, Zoom concerts and musical productions like this one are a great stand-in!"

By Aneesha Karwayun, Year 11

Here is the official post on Silly Point Productions Instagram!

https://www.instagram.com/p/CAXV28FpFvd/?utm_source=ig_web_copy_link

Here is Boman Irani's repost!

https://www.instagram.com/tv/CAXQX6pHlwG/?utm_source=ig_web_copy_link

MUSIC PRODUCTION

Vir Toshniwal



"Music production has changed. Today all you really need is a laptop, and you can make beats and melodies that are on par with the songs that are currently dominating the charts. Sure, there's nothing like playing a live instrument - and some sounds are virtually impossible to recreate - but a huge majority of hip-hop, pop, house and EDM songs are made using virtual instruments. However, that's just one part of the production process. The other parts, termed as mixing and mastering, are the same whether the sounds were recorded live or created digitally.

The goal of mixing and mastering is to get the best sound quality by a variety of methods such as removing unwanted frequencies, compressing and filtering sounds, and giving a sound more 'space' - to name a few.

A software that allows you to do all of these things (recording, composing, mixing and mastering) is known as a DAW or Digital Audio Workstation. All of you who use a Mac would have heard of GarageBand, and that is an example of a very basic DAW. More advanced and professional DAWs include Logic Pro, FL Studio and Ableton. Songs like Lucid Dreams, Ransom, BOP, and Rockstar were all produced using FL Studio.

My story begins in the 10th Grade where I started playing around in GarageBand. Eventually I discovered FL Studio, and at that point my life changed. I was really intrigued by and amazed at the fact that making music was so simple (yet so complex). Numerous YouTube videos, articles and interviews later, I'd say I'm pretty comfortable with using and navigating FL Studio. For me, what first started off as simply curiosity, has now become a huge passion of mine, and is extremely therapeutic. It's a really great way for me to relax and express my feelings, and the fact that it's saved as a file on laptop is just mind blowing. The best part, however, is being able to share it with the rest of the world.

Making music is one of the few ways I've kept myself busy during this unfortunate pandemic, and it's probably one of the only productive things I've done. I've also been teaching myself new techniques, so that I can become better and improve as an artist.

In addition to production, I've also been writing lyrics! I've released a couple of songs on Apple Music and Spotify, and I have a bunch of beats and instrumentals on YouTube and SoundCloud.

You can check them out using the links below!"

Spotify: <https://open.spotify.com/artist/3mp6bqL5ygzAaiafUsI4Pv?si=ZA5TDwBpSRmUT8gXiin1Aw>

Apple Music: <https://music.apple.com/in/artist/ju5tice/1498292949>
https://www.youtube.com/channel/UCp_CfTxrRo_6-Hu5DS0WUQA

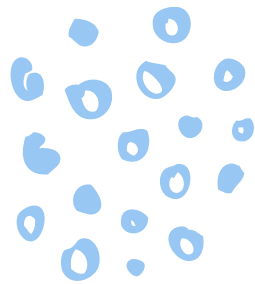


GUITAR COVERS

Siddhant Agarwal

"Hey! My name is Sid and i've been playing guitar for the past 9 years. During this pandemic, I decided to be productive and make a music account on instagram, @sident_music, because music is a way for me to relax and relieve boredom while having fun, so why not spread that joy to others too?"

Do yourself a favour and check out his Instagram page @sident_music



CLARINET COVERS

Shihan Palkhivala

"I decided to make the most of my lockdown time by practicing a lot of music and doing many collaborations with friends, family and well known artists from around the world!

I also decided to start arranging music for myself. For example, I arranged a star wars medley for a clarinet trio which I played myself.

I did many jazz works as well as modern classical and some movie themes!"

Check out Shihan's clarinet covers on Instagram @shihan_palkhivala



To Learn

STUDENTS FOR STUDENTS

*Dhruv Gurjar and Arnav Marda,
Grade 12*

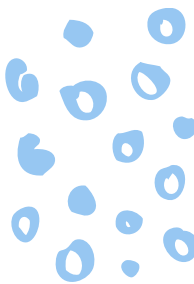
2 students from Grade 11- Arnav Marda and Dhruv Gurjar- created a website to provide students across India with the opportunity to combat boredom, uncertainty and stress by learning new things.

"Students for Students" is a commendable initiative students have taken to share their knowledge and skills in areas ranging from Origami and Public speaking to every imaginable academic subject and beyond, through live online courses.

What's even better is these courses are completely free of cost! If you enjoy them, however, you can donate to 'Helping Hands', an organisation which produces PPE's for India's healthcare workers in these adverse circumstances, through the link on the

Students for Students website
<https://www.studentsforstudents2020.com/>

Make sure you stay tuned for more updates posted on the @students4students_2020 instagram page.



CLASES DE ESPAÑOL

Diya Chitrabhanu

"I used to hear people conversing in Spanish in the corridors before tests and the language always intrigued me.

When the lockdown was announced and the IB exams were cancelled, I was overcome by boredom, duh. Instead of succumbing to this sense of weariness, I decided to take on the challenge of learning Spanish.

Learning Spanish made me feel like I was doing salsa- lively and invigorated.

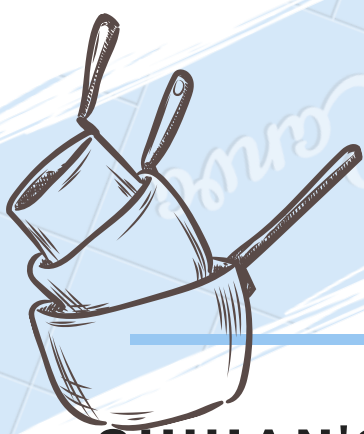
Although learning it seemed difficult at first, as I began to gain familiarity with the language, it became easier over time.

I've already started planning my trip to Spain! Wanna come? Hmu!

(Hope this compensated for the IB English paper which never ended up happening)

Aap bhi kuch caro na :) (See? Promise I haven't ditched Hindi yet)"





To Cook

SHIHAN'S BAKERY

Shihan Palkhivala

How often do you crave some warm, baked goods while you're curled up beneath your blanket with your favourite book as a shower of rain patters against your window? Shihan's bakery has your back! Shihan's decadent, homemade goods- ranging from cookies, brownies, and shortbread, to multi-layered cakes, tarts and cheesecakes- are sure to warm your soul and make your stomach smile.

**For delivery, contact
+91 992971690.**



MALHAR'S CULINARY VENTURE

Malhar Narain

"Cooking & Baking is something that i've enjoyed doing since I was young but until this quarantine I never had the time to truly immerse myself in the experience and spend the entire day baking just to put up a single dessert. During the lockdown, i've spent my time ideating and executing complex desserts like caramel domes, mille feuille's as well as simpler dishes like lemon bars, all sorts of cakes and tarts. I've found joy in the entire process and not just the part that includes eating.

Upon a couple of requests, I spent a week during quarantine teaching young kids how to bake simple dishes like fudge, cookies, cupcakes and mousse. Teaching others and sharing the my passion for cooking with other young ones has made this quarantine as fruitful as it could be."



THE GOODNESS OF GANACHE

Lea Sorabjee, Grade 11

Lea is a passionate baker whose gooey chocolate brownies, cookies and cakes of all the varieties under the sun are famous for tantalising the tastebuds of anyone and everyone!

What's special about her is that she is happily willing to bake new recipes off the menu to suppress any craving!

A percentage of the profits she makes are donated to charities dedicated to Covid-19 relief.

Visit her website www.ganache.shop/ to order her scrumptious desserts!

FOODISM AND MORE

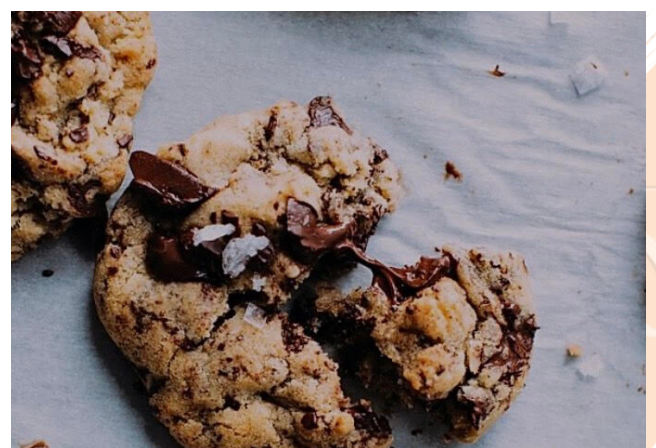
Vedant Parekh and Navya Shah, Grade 11

Vedant and Navya, from Grade 11, have created a social media platform to share some simple, tried and tested recipes of dishes from all around the world with their fellow foodies!

All the ingredients can be easily procured and the cooking procedure is fuss-free and easy to follow- to curb your food cravings instantly!

Follow @foodism_and_more on Instagram for mouth-watering photos and content of everything food related!

To order delicious home-cooked meals, freshly prepared by Vedant, delivered at your doorstep, visit www.holychomp.com.





To Move

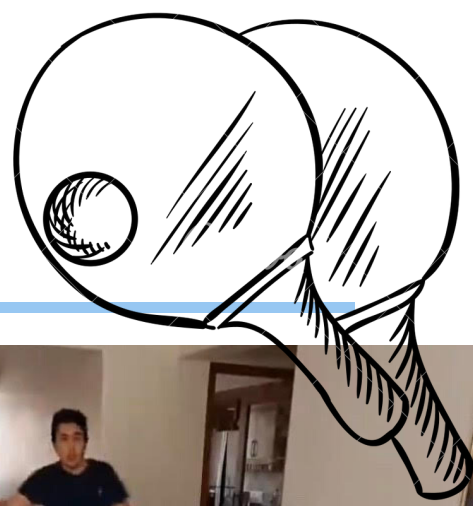


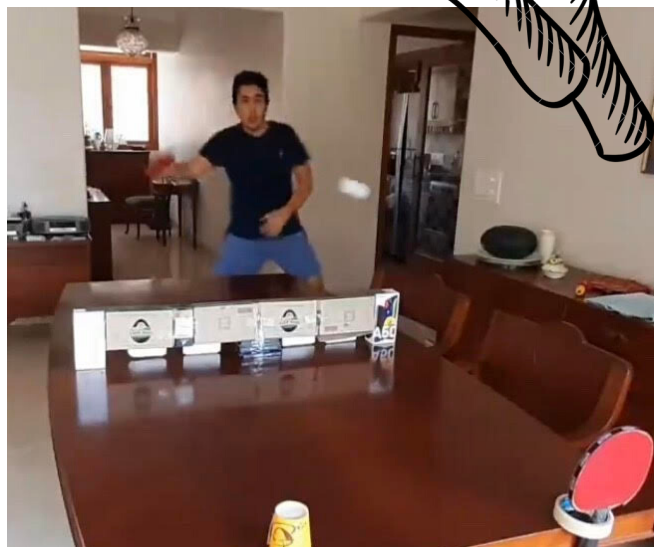
TABLE TENNIS TRICKS

Shihan Palkhivala

"As a result of the lockdown, I was not able to play table tennis as the clubs and training centres were closed. Unfortunately I did not have a real table at home, and the thought of me not touching a racquet in months was something I couldn't bear!

I fashioned a TT net with egg cartons and some thin boxes and started playing some Table tennis on my dinning table with my Dad. But, I realised that getting used to playing on this table (much smaller than a TT table) could be problematic once I restart playing proper TT. Hence, I decided to go with the next best....TT trick shots! I started a Instagram page on it and it took off quite well! I post awesome and innovative trick shots around twice a week! It has made my lockdown life more interesting, meaningful and a lot more fun!"

Follow @shihan_tt_tricks on Instagram for more cool table tennis trick shots!



VIRTUAL DANCE CLASSES

Tanisha Luthria

"When lockdown started, it seemed impossible for people to dance together, go to the gym and workout together or go for any of the routine classes that broke the monotony of their weeks.

Even teachers started missing these classes as much as their students. Thanks to platforms such as Instagram and Zoom, you can now learn from teachers all across the world!

Some exciting classes to check out for dance lovers: Shiamak Davar has started teaching zoom classes for people of all ages. They teach several different styles in 1 week ranging from Bollywood to hip hop, jazz and contemporary!

For more information check out their instagram page @shiamakindiaofficial!! "



DANCE

Aria Panchal

"Once IB exams were cancelled I suddenly had more time on my hands than ever before, so I was finally able to spend time doing things I love!! I started out learning a dance a day - whether it was hip-hop or Bollywood from online tutorials, Salsa or Bachata on Instagram live-streams, or even Urban, a style I've never tried out before. Dance was much needed break active rest from Chloe Ting challenges and the music always put me in a great mood. Beyond working on steps and form, it's a great way to feel like you're in the outside world - I learned new routines with with my best friend, and even got a chance to dress up for a video or two! ☐☐"



DANCING TOGETHER, SEPARATELY

Tanisha Luthria

"It's the time to disco...."

Have you been missing dance parties with your friends? Same here!

Girls of Grade 11 and 12 respectively came together to dance away their worries and boredom by compiling videos on 'Jaane Kyun' and 'Kudi Nu Nachne De'.

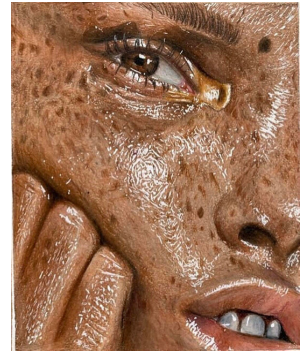
AMRITA'S ARTWORK

Amrita Vora, Grade 11

"I don't actually know why I started an art account. Maybe it was because I was tired of rewatching Grey's Anatomy or maybe it was because I got a new set of color-pencils and desperately wanted an excuse to use them.

It's now been 3.5 months since I started my art account and it has become such a dominant part of my life. I usually work on a piece for a couple of days before posting a picture of it. My favourite drawing took me well over 8 hours. I primarily use color pencils but I also enjoy experimenting with new mediums such as gouache and oil paints. What's the most mind blowing to me is that people actually care about my art and that inspires me to keep creating!"

Follow @amu.draws on instagram for more mind blowing artwork!



NIHARIKA'S ARTWORK

Niharika Agarwal, Grade 12

Amongst Niharika's many talents, painting is one of them.

During the lockdown, she started selling her paintings to raise funds for an NGO called United Way Mumbai (UWM). UWM is an organisation that helps essential workers including medical professionals, who are risking their lives to help fight this disease, by providing them with PPE kits, sanitiser dispensers and hospital equipment which can be used in government hospitals.

Niharika's paintings are mesmerising and unique, **make sure to check them out on her website** <https://niharikaagarwal.wixsite.com/the curious canvases> and **Instagram** [@the curious canvases](https://www.instagram.com/the curious canvases)



To Give

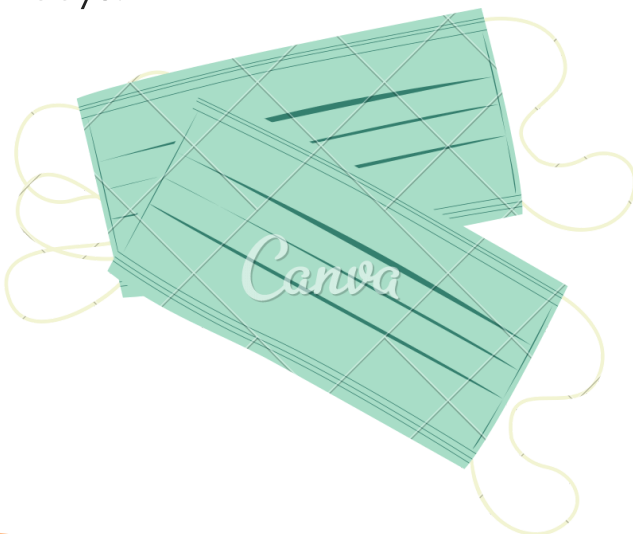
MIRACULOUS MASKS

Keya Bajaj, Grade 11

"Realising how a mask, any mask, can help curb the spread of the virus, I launched a five day campaign in April to raise funds to buy 25,000 reusable, cloth masks from out-of-work artisans.

At the end of six days, I had, to my surprise, raised enough money for 32,100 masks and was invited to speak on RadioOne as the city's "youngest COVID warrior!"

These masks were distributed in densely populated slum communities across the city and at the People's Mobile Hospital (Worli). Additionally, the project provided much needed employment to six local artisans, working two shifts a day for 20 days."



STEPUP FOR THE COMMUNITY

Navya Shah and Anirudh Jhunjhunwala, Grade 11

On 6th June, Navya and Anirudh from Grade 11 organised 'STEPUP'. The purpose of this event was two-fold. Firstly, to raise funds to support healthcare workers by providing them with warm, nutritious meals daily and secondly, to give people an incentive to contribute to the community by being fit and active.

80 people were registered to participate after a small monetary contribution and their number of steps were recorded and shared with the organisers. Bronze, silver and gold certificates were awarded to the participants based on their number of steps.

This unique event was tremendously successful, raising ₹ 4,78,377 and providing 17,000 meals. The funds went directly to the Rotary Club of Mumbai, Nariman Point.

SCHOOL GAMES

Praniti Vakharia

"Who doesn't miss the hustle of school, especially now when life seems awfully quiet without your friends' laughter ringing in your ears?"

I'm sure for many of us, playing games with our friends made up majority of what we did at school. There's good news for all you game lovers!

Check out the following online multiplayer games that you can beat your friends at:

Declare/Least Score:

<https://leastscore.com/web/login.htm>

Codenames:

<https://www.horsepaste.com>

Psych:

App Store: <https://apps.apple.com/us/app/psych-outwit-your-friends/id1005765746>

Play Store: https://play.google.com/store/apps/details?id=com.wb.goog.ellen.psych&hl=en_IN

