

I Trade, You Trade, We All Trade To Our Aid, But Let's Try And Steer Clear Of...

Koyal Das, XII & Ishanya Sharma, Alumna
AIS Gurugram 43

Did you look away in fear when you saw this picture? Perhaps you were confused? Unhappy? Or anxious? Well, if you felt them all, welcome to the emotional spectrum of being in a toxic relationship. Surely the concept of toxic relationships isn't foreign to us in this modern world, but often times, we limit it only to romantic linkage. However, this toxicity runs deeper, seeping into various unhealthy liaisons – whether it is with social media, objects, emotions etc., – and leading to negative platitudes that only outnumber the positive ones.

Cause: Toxicity of objects
Consequence: Obsession, insecurity, and discontentment

In today's Indian society, consumerism seems to be on an all-time high, with private expenditure accounting for around 55% of the total national GDP. Even e-commerce giants like Amazon and Flipkart saw their revenue surge by 49% and 32% respectively in FY2021. All of this means that consumerism is booming and the economy is boosting. Great, right? Well...not really, especially when one cannot differentiate it from mindless materialism. How often do we buy things we don't need? All the time, right? When we buy things only to satisfy our vanity, we end up losing sight of humane principles that contribute to our



Illustration: Myiesha Malik, AIS Gurugram 43, XII D

mental health, and end up with adverse psychological effects like self-esteem issues. Not to mention the obsession leading to hoarding disorders where the mere thought of getting rid of our possessions causes distress.

This toxic relationship with objects makes us live beyond our means, further pushing us down the slope of economic and mental ruin, which is why we need to understand that owning less is feeling more – we own less stress and debt but feel more freedom and time.

Cause: Toxicity of food
Consequence: Anxiety, shame, and self-harm

Do you, too, hesitate in eating anything that isn't deemed super healthy on social media? Does it also make you anxious when you weigh yourself? Food – a necessity of life, it keeps us alive and gives us energy to carry our daily tasks. However, our love story with it is not so simple. Research shows that nearly one-third of all food that



Americans eat makes them feel guilty, leading to eating disorders like anorexia nervosa and bulimia.

IN A TOXIC RELATIONSHIP WITH....

- Objects:** Private expenditure accounts for nearly 55% of total national GDP
- Food:** One third of all food that Americans eat makes them feel guilty
- Social media:** 32% adolescents report having anxiety due to social media

On the other side of the scale, we have an alarming increase in obesity; in India, the rate of annual increase of adult obesity is 5.2%, while that of child obesity is as high as 9.1%. A report by World Obesity Federation warns us that more than half of the world's population will be overweight by 2035 unless urgent action is taken, but not much is being done to cure this virulent back and forth.

This toxic relationship with food can be a hard cycle to break. Only if we remember that food is nothing but fuel for the body, and treat it as just that, no more, no less.

Cause: Toxicity of SNS
Consequence: Fixation, denial, and intellectual decline

You are online. Your friends are online. Everyone you know and don't know is online, because online seems to be the new offline. With everyone constantly being glued to their phones, engaging in the virtual world and caring too much about it, our self-worth seems directly proportional to the reactions we receive on our social networking sites. However, searching for validation on the internet has started serving as a replacement for meaningful connections we might have made in real life, making us fall prey to the toxic cycle of unnecessary comparisons marked by envy, low self-esteem, and negative competition. Sadly, social media has become the perfect escape route to hide real problems under the pretense of exhibiting happiness all the time. It is, therefore, not a surprise that, in the modern world, social media has become the source for several mental health issues – about 32% adolescents report having anxiety due to social media. A 2018 British study tied social media use to decreased, disrupted, and delayed sleep, which is associated with depression and poor academic performance.

This toxic relationship with social media is eating away our physical and mental well-being, time, relationships, and more. However, one can always be mindful of taking everything on social media with a grain of salt, and not losing sight of what's important.

THE GT POLL

Do you think the US Republican party will pick an Indian-American as its presidential candidate in the year 2024?

a) Yes
b) No
c) Can't say

To vote, checkout our Instagram page @the_global_times

Coming next
Raksha Bandhan Special

What's inside

AI or educators?
With AI sneaking its way into everything, dive into the burning debate of Artificial Intelligence taking over the human teachers.
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Fun in the sun
Sunscreen is a lot more than just another part of your skincare routine. A closer look at the various facts and myths attached to it.
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Matters of the mind
Have a look at experts debating on Mental Health awareness, the cause chosen by the YP team of AIS Mayur Vihar (2021-22)
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POLL RESULT
for GT Edition August 14, 2023

Do you think the recently passed Digital Personal Data Protection Bill 2023 by Rajya Sabha will bring new reforms for data protection?

Yes	No	Can't say
58%	15%	27%

Results as on August 19, 2023

Around The WORLD

GT keeps the newswire ticking by bringing you news from around the globe



UK

Health alerts on cigarette packs

To encourage more smokers to quit the bad habit, the government has launched a consultation on adding health alert inserts in cigarette packs. The new messages will highlight the health benefits of quitting smoking like improvement in breathing, 50% reduction in heart attack risks etc. The measure will help in making people aware of the ways in which they can enhance their life expectancy as well as in saving around 2000 EUR per year.



CHINA

Fertility at record low

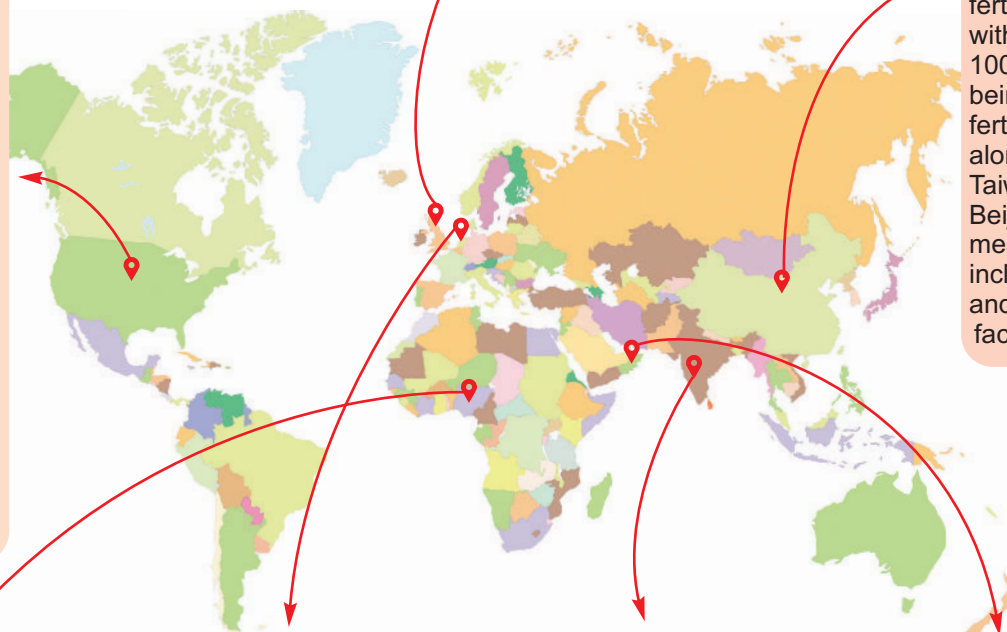
According to the newest figures from Population and Development Research Center, the fertility rate in the country dropped to a record low of 1.09 in the year 2022, marking China at the lowest fertility level amongst countries with a population of more than 100 million. With China already being one of the world's lowest fertility rate countries, alongside South Korea, Taiwan, HK, and Singapore, Beijing has been trying measures to lift the birth rate, including financial incentives and improved childcare facilities, but without success.



USA

Wildfires in Hawaii

At least 101 people have been confirmed dead while many remain missing as wildfires grip the state of Hawaii. Fanned by the strong winds from Hurricane Dora, the fires wreaked havoc in Lahaina. So far, the fire has caused a loss of about 3.2 billion USD and has damaged more than 5000 buildings, according to Karen Clark & Company. Though shelter has been arranged in all available hotels and AirBnBs, the fire is predicted to pose long-term health risks to all in contact.



NIGERIA

Google training camp

To help create one million digital jobs in the country, Google has partnered up with Data Science Nigeria and the Creative Industry Initiative for Africa to train 20,000 Nigerian women and youth in digital skills. With a grant of 1.6 million USD, "Nigeria plans to create digital jobs for its teeming youth population," as per vice president Kashim Shettima. The company is sure that these funds will aid the growth of startups, creating new jobs in the economy.



NETHERLANDS

Recession hits country

According to Statistics Netherlands, the Dutch economy shrank 0.3% in the second quarter of the year, starting the country's recession. This also marks the second consecutive quarter shrink for the country after a 0.4% contraction in the first three months of the year. Though Netherlands had recorded around 5% of growth per year in 2021 and 2022, this downfall is caused by a drop in consumer spending and exports and increasing inflation.



INDIA

AI for regulatory supervision

The RBI is set to partner with McKinsey and Accenture to develop supervisory systems using AI and machine learning. Though RBI had been using AI and ML for a while, the new project, costing around 91 crore INR, will explore the benefits of data analytics and identify its attributes that can create new and improved inputs. "The RBI is looking to use advanced analytics, AI, and ML to analyse its huge database and improve regulatory supervision," reported PTI.



OMAN

A new smart city

The country has unveiled ambitious plans to create a new 100,000-person 'smart' city outside its capital, Muscat. The plan includes 20,000 homes as well as a university, schools, health facilities, and mosques. The project will be completed in four stages and the new city namely Sultan Haitham City will span across 14.8 square km, equivalent of Beverly Hills in size, but will hold almost three times as many residents.

News Flash

► **New Zealand:** All of COVID-19 restrictions finally lifted ► **Russia:** Explosion at gas station in Makhachkal, Dagestan kills at least 35 people; 100 more injured ► **Japan:** Typhoon Lan makes landfall; flood and landslide warnings issued

Founder of Mahajan Imaging, a diagnostic imaging centre in India, Dr Harsh Mahajan is a pioneer who changed the world of imaging technology. Having been the former president of the Indian Radiological and Imaging Association as well as the director of the Department of Nuclear Medicine and Bone Densitometry at Sir Ganga Ram Hospital, he has even served as the honorary radiologist to the President of the country as well as the honorary consultant to the International Atomic Energy Agency. Awarded with Padma Shri, the fourth highest civilian honour, in 2002, Dr Harsh Mahajan is an inspiration, whose journey began with a small dream and culminated in one of the most renowned radiology chains in the country. As GT reporters caught up with him at Convocation 2022 at AUUP, we noted down his moving words that changed the world.

INTERVIEW



Dr Harsh Mahajan with GT reporters

Ace radiology...

...With Dr Harsh Mahajan's Expertise

The glorious start

For as long as I can remember, I wanted to be a doctor, but getting into radiology was a stroke of luck. I was actually on the waiting list for a PG course in Internal Medicine when I found out that I had ranked number one in the radiology exam, which is how my journey in radiodiagnosis began. It wasn't an easy ride though. At the time, India, as

compared to western countries, did not have access to better healthcare technologies, and our regulatory environment also made it difficult for us to have newer technologies; customs duties were high, and the equipment was expensive. So, when I came back to India after completing my fellowship in MRI in the US, I decided to change things.

Charting a new path

It was because of my parents' support that I was able to set up the GMR Institute of Imaging and Research in 1992. We worked with a missionary zeal and charged much less from patients of the lower income groups, sometimes even doing their testing for free. In 1997, we set up another centre

equipped with 1.5 Tesla MRI scanner, the first machine of its type in Europe and Asia, making us the first centre in whole of south-east Asia that conducted MRIs.

A new India

Despite being offered a permanent job in the US, I preferred coming back home to India with a dream of bringing the latest technology to the people of the country. We had entered the era of evidence-based medicine, so one needed to be sure of the diagnosis. Thankfully, India no longer lags behind. We are now the new India which houses the best in terms of technology and skill.

Honour with humility

It is vital to have goals, but one must never get bogged down by disappointment. One must try to excel in whatever life throws at them, for when you become the best in what you do, you achieve what you had always wanted. At the same time, it is important to be truthful, not only to yourself, but also in all your relationships. Having friends who can be your support system is necessary. Also, think holistically and pay equal attention to developing extracurricular skills as well as to becoming a complete person. [GFI](#)

Interview conducted by:

Suhani Chauhan, XI B, Moksh Gauri & Deetya Gambhir, XII D, AIS PV

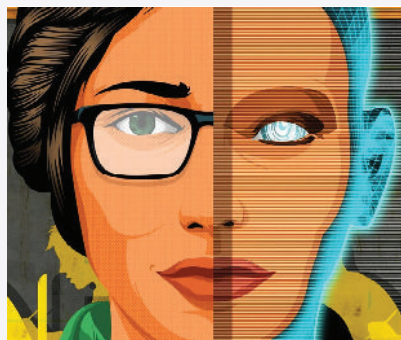
AI or educators?

With AI creeping its way into everything, one can only stop to wonder if it will soon spread to the education sector, taking over the human teachers who impart their valuable lessons to us. Some say yes, some say absolutely not; let's hear out both sides of this debate.

VIEW

As humans, we often make decisions based on emotions, and this can affect our learning negatively. AI is all about rational, accurate, and assertive decision-making. Besides, hiring teachers can be expensive. Since robots don't need to be paid salaries, healthcare or other benefits, they truly are a viable option. Also, teachers' personal lives, at times, can disrupt their teaching too, which, in turn, hampers the student's learning. There wouldn't be a gap in education if AI were to impart it. Humanoid robots, Boe-Bot robots, etc. are a few active robots in classrooms abroad that provide students opportunities to acquire hands-on learning experience on sundry topics. There's thus no doubt that AI is a strong contender in the field of education.

- Manya Aggarwal, AIS Vas 6, X C



COUNTERVIEW

AI may be very useful in several industries, but it can never replace its super-efficient inventors – humans. A computer cannot teach a toddler to hold a pencil, to have empathy etc. It can certainly be a catalyst in the process of learning, but it cannot be the only source of education. Moreover, as students, we need to nurture four types of capabilities – intelligence quotient, emotional quotient, social quotient, and adversity quotient, and the last three of these are completely missing in AI. Emotions and social skills need to be an integral part of learning, which AI cannot fulfill like teachers do. Also, learner-centric education can take place only with a human teacher who personally understands the needs of each student, and not AI with its standard answers to all kinds of problems.

- Sharanya Dobhal, AIS Vas 6, X C

What's Your Opinion?

Amity University | Greater Noida

Training on wheels

When Innovation Meets Education

To keep abreast with the technological progress in the fascinating discipline of mechanical engineering, Amity University, Greater Noida, hosted a workshop titled Training On Wheels on August 3, 2023. The workshop witnessed several students engage in a journey of problem-solving and hands-on exploration, getting an exclusive glimpse into the dynamic world of mechanical engineering. The session was graced by various dignitaries of Amity University, Greater Noida – Prof (Dr) Ajay Rana, director general; AK Choudhary, vice president (personnel) & registrar; Prof JS Jassi, dean academics; Prof HS Dhanny, dean management; Prof Prateek Chaturvedi, head of the Mechanical and Civil Engineering department, as well as other heads and faculty members. The programme, developed in collaboration with Eicher Motors, aimed to provide university students a firsthand exposure to the



Workshop in progress

world of mechanical engineering, as it focused on addressing BS 6 and BS 6.2 pollution norms and showcasing a unique training methodology that integrates theoretical knowledge with practical implementation. Students were also engaged in an interactive Q&A session by Suresh Bhatt, a trainer from Eicher Motors, piquing their interest further. The workshop as a whole facilitated the confluence of several fields of knowledge and stimulated the development of creativity, thus, empowering students to become visionary engineers while shaping the future of transportation with sustainable and cutting-edge solutions. [GFI](#)

Revolutionising fitness

From the crack of dawn, technology stirs us with its reliable alarms, and caresses us with the cooling breeze of our ACs as we drift off to sleep, weaving its wonders into our everyday lives. GT pays homage to this silent saviour that simplifies and enhances our existence with a brand new series, unwrapping A to Z of iconic tech pieces, one letter at a time. Here's presenting the **F** in this series that changed human life as we know and live it.

Naisha Parnandi, AIS Noida, IX

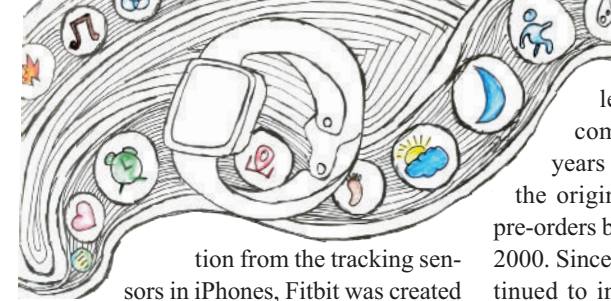
The tech: Fitbit

The inventor: James Park and Eric Friedman

How was it invented?

Recognising the potential of wearable technology in helping individuals track and improve their fitness and health, the very first Fitbit was invented in 2009. Taking inspira-

Illustration: Naisha Parnandi, AIS Noida, IX



tion from the tracking sensors in iPhones, Fitbit was created to develop a small, light-weight device that could be easily worn on the wrist. The aim was to incorporate sensors to track various metrics related to fitness and wellness, and provide users with accurate and real-time data about their physical activities such as steps taken, distance travelled, calories burned, etc. Over time, the design and the functionality of the device was fine-tuned, adding features like wireless connectivity and an interactive display.



When did we get to know it first?

To bring their vision to life, Park and Friedman formed the company Fitbit Inc., in 2007, and in 2009, the first ever Fitbit de-

vice, known as the Fitbit Tracker, was released. The product was quick to gain attraction as it provided users with valuable insights into their daily activity levels and motivated them to lead more active lifestyles. The company even spent the first two years ramping up their production as the original launch expected around 50 pre-orders but ended up receiving more than 2000. Since then, Fitbit has continued to innovate and expand its products with advanced features such as heart rate monitoring, GPS tracking, sleep analysis, and smartphone integration.

Why do we use it?

Fitbit serves as a comprehensive fitness and health tracking tool that empowers individuals to take control of their well-being, set goals, stay motivated, and make data-driven decisions to improve their overall fitness and health. It allows users to set personalised goals based on their fitness objectives like achieving a certain number of steps per day or getting a specific amount of sleep.

Fun fact: In 2015, a woman named Claire Wyckoff gained internet fame for creating 'running drawings' using Fitbit. She'd do her running routes in shapes of various objects or characters like a unicorn or T-rex, resulting in a GPS route that created a visual representation of the shape, which she then shared on social media.

How has it helped our lives?

Fitbit has had a significant positive impact on people's lives by fostering motivation, and providing tools for individuals to take charge of their fitness and well-being. It provides users with valuable information about their activity levels, heart rate, sleep patterns, and more. Fitbit's goal-setting features help individuals set specific fitness targets and monitor their progress. Such device can provide insights into various health aspects, such as heart rate variability, stress levels, and menstrual tracking. Fitbit's social features allow users to connect with friends, family, and the larger Fitbit community, which fosters a supportive environment.



Fun in the sun



Protect Your Skin Health with Sunscreen

Saumya Chauhan, AGS Gur, Alumna

Picture this – you, basking under the sun on a beach, blissfully unaware of the UV rays attacking your skin. Oh, wait! Your handy sunscreen comes to your rescue, a superhero in disguise. Sunscreen isn't just a skincare trend, it is what the science behind it proves it to be - one of the best ways to protect skin against harmful UV rays causing cancer. However, there are lots of rumours going around about it, so let's see which ones are facts and which are not.

“Getting sunburned once is harmless!”

Sunburn is a form of radiation burn that affects our skin, and getting sunburnt even once can increase the risk of skin cancer. When the skin absorbs ultraviolet radiation, it damages the genetic material of the skin cells. A short-term exposure leads to a sunburn, whereas long-term exposure increases the risk of skin

cancer. Don't forget to lather sunscreen on your body whenever you go out in the sun and remember to apply it to high-risk areas like your lips and even under your chin.

“There are different types of sunscreens!”

Sunscreens have been around for many years now, and different sunscreens suit different skin types. There are two major types – chemical sunscreens, which absorb the UV rays and convert them into heat, and physical/mineral sunscreens which reflect these UV rays altogether. So be sure to find a sunscreen that suits your skin type to protect your skin.

“A tan basically protects you from the sun!”

There's no such thing as a safe tan; tans are an indication of skin damage, which raises the risk of skin cancer. Most skin malignancies are caused by UVA and UVB rays, which are also responsible for our tan. Even groups with

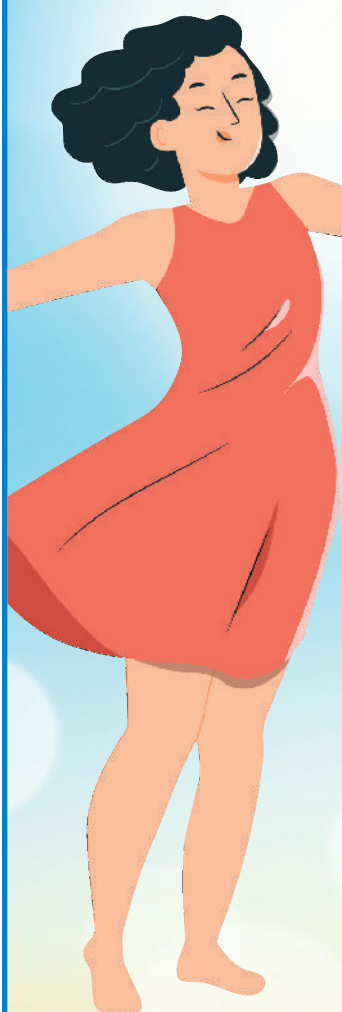
higher melanin levels should use sunscreen to limit the risk of cancer and skin damage.

“My sunscreen has a high SPF; I don't need to reapply!”

The amount of SPF has nothing to do with how long it lasts. A higher SPF number just indicates a higher level of UVB protection. However, the amount of SPF does not correlate to its duration of protection. All sunscreens only provide active protection for around 2-3 hours, so be sure to reapply it throughout the day.

“It's cloudy outside; I don't need sunscreen!”

Sunscreen is essential, no matter the weather or our geographical location. UV rays can easily penetrate through clouds and even our curtains. They also bounce off of concrete, sand, and snow and can penetrate our skin, so don't forget your sunscreen, even if you're in the shade or at home.



Eccentric much?

Weird, Crazy Or A Little Bizzare, Look At History's Most Eccentric People



Henry de la Poer Bessford, third Marquess of Waterford (1811-59): He is infamous for an incident where he was charged with speeding for galloping his horse down a crowded street. When called to court, he brought along his horse and demanded that it be questioned as, "only he knows how fast he was going".



Mary "Princess Caraboo" Willcocks (1791-1864): In 1817, an oddly dressed woman showed up at a Gloucestershire village claiming to be Princess Caraboo from the island of Javasu. The villagers treated her like royalty, only to later find out that she was a Devonshire servant girl, Mary, who wanted to live luxuriously.



Hannah Snell (1723-92): In a stunning reveal, James Gray, a marine soldier, announced that he was actually a woman named Hannah Snell. James Gray aka Hannah joined the military for a while before joining the marines and sailing to Mauritius, India, and Britain, and having an illustrious career.



William John Cavendish-Scott-Bentinck, fifth Duke of Portland (1800-79): A reclusive personality with an intense hatred for social contact, this Duke built an underground mansion painted in pink right beneath his home. An underground road and tunnel was also built which was used by heated trucks to deliver food to him.



Joanna Southcott (1750-1814): A British prophetess, Joanna left behind a box of prophecies with a specific instruction – the box should be opened only at a time of distress by all 22 bishops of the Church of England. Curious to know what's inside it? A lottery ticket and a horse pistol.



Henry Cavendish (1731-1810): A renowned physicist credited with the discovery of Hydrogen, Henry had such a reserved personality that he avoided contact with people to a mystifying extent, especially women. Even with his maids, he communicated only through letters.



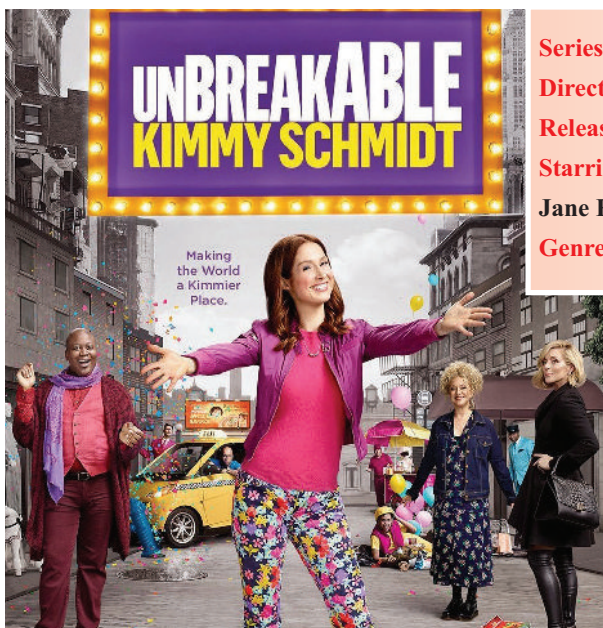
Peisistratus (560s BCE): A citizen of Athens, this politician claimed that he had been assailed. As a result, the city granted him protection by providing him bodyguards, but he used those very bodyguards to take over the city and grasp the reigns of the government.



Farouk of Egypt (1920-65): An Egyptian leader with a penchant for thievery, he enjoyed pickpocketing people whenever he was out on state visits. Rumour has it that he once stole a pocket watch from Winston Churchill.

Anika Bansal, AIS Vas 6, XII C

SERIES REVIEW



Series: Unbreakable Kimmy Schmidt
Director: Tina Fey & Robert Carlock
Released on: March 6, 2015
Starring: Ellie Kemper, Titus Burgess, Jane Krawkoski, and Carol Kane
Genre: Comedy

Synopsis: The series follows 29-year-old Kimmy Schmidt as she adjusts to life after her rescue from a doomsday cult in the fictional town of Durnsville, Indiana, where she and three other women were held captive by Reverend Richard Wayne Gary Wayne. Finally rescued after 15 years in the cult, Kimmy

Schmidt gets reacquainted with the real world in New York City. With her flatmate Titus Andromedon, landlady Lillian, and her employer Jacqueline Voorhees, she tackles the challenges of life and relationships.

Why is it watch worthy: After being trapped in a bunker for 15 years, it is interesting to see a 29-year-old go about her adult life in New York City with the cognitive and emotional level of a 14-year-old. Despite being dealt such sorrowful cards, she believes in the greater good in life as well as in people, but as the show goes on, she realises that it is time for her to become the protagonist and live for herself. Throughout the

show, Kimmy gets to learn about concepts like feminism, capitalism, and utilitarianism, enlightening the audience with each episode. The show depicts the magnificent story of Kimmy Schmidt and how she remains unbreakable despite so many challenges that life has thrown at her. And of course, one has to give this show some brownie points for the viral theme song, composed by Jeff Richmond.

Iconic dialogue: "Just take it 10 seconds at a time."

Rating: 4/5

Review by: Jaya Jha
 AIS Gurugram 46, Alumna
 (She is currently pursuing BA Honours from Hindu College, DU)

Nurturing scholars



Dr Amita Chauhan
Chairperson

It was only recently that Amity set the historic benchmark of securing AIR 1, 2 and 3, in both Class X and XII board examination. This achievement unprecedented for any institution is a testament to Amity's perfection in the teaching learning process. Over the years, we have seen similar success stories in our board results, which can be attributed to the dedicated efforts put in by Amity's Research and Development Department.

Established in 2009, the department prepares well-researched reading material for students, makes centralised question papers and conducts centralised exams. Its pivotal program - Mental Math, has done wonders in eradicating math phobia. It also conducts the Bazinga science quiz, which inculcates in students a scientific temperament and spirit of enquiry.

Teachers have benefited equally from this department. Under a professional development program, teachers are provided regular guidance about the CUET process, or any changes in the CBSE curriculum. The department also plays a counseling role by meeting teachers, students and parents to understand their requirements. A detailed result analysis of CBSE results and then felicitating our top achievers is also the responsibility of the department, a task it has fulfilled to great success.

It's Time To Say Hip, Hip, Hurray!

Excellence, indeed, is a way of life at Amity. Ishita Singh, of Class IX, AIS Noida, has won gold medal in the Traditional Yogasana individual event (Junior Girls category) at the Gautam Buddha Nagar Yogasana Championship.

Think better



Vira Sharma
Managing Editor

During his address to the nation on Independence Day, PM Narendra Modi made a significant remark that the decisions we are taking today and the events that are unfolding now in our country are going to impact the next 1000 years. He added that the trinity of democracy, diversity and demography will make India once again the powerhouse it was centuries ago. Most importantly, he endorsed the fact that it would be the youth who would bring about

this change. I agree with every word as we are, indeed, at the threshold of a remarkable era in India, with rapid developments in fields of science, medicine, technology, space, education etc. All we need is the right attitude and positive thinking to create the nation of our dreams.

In fact, at Amity we are providing this very foundation – to think and act constructively for a better future – with our newspaper The Global Times. We are blessed to be led by our visionary Chairperson ma'am who launched GT as a platform where students could express freely their dreams, ambitions, thoughts and much more. What they think today will shape how they will act tomorrow, and their decisions in turn, will shape the nation's future. That's why we encourage our young writers to have a positive outlook about the world around them so that they can inspire others as well. The vision of our Founder President, that of India becoming a knowledge superpower, motivates all of us at GT and we hope to give our nation capable thinkers and creators who will go on to mould the nation's destiny.

Price of freedom

A Salute To The Martyrs Who Gifted Us Our Liberty

Varnika Nagpal Nafees
AIS Noida, VIII D

In the spirit of freedom, India recently celebrated its 77th Independence Day with utmost zeal and enthusiasm. But as we were celebrating, did any of us stop to wonder how we had come so far? Who granted us this liberty and independence? Whom should we pay our tribute to? Well, the answer is quite simple. They are, indeed, our freedom fighters and martyrs; it is because of them that we unite as one. The road to a free nation was very long and hard; many battles were fought and many lives were sacrificed since the British set foot in India. Everybody lived in apprehension, unease, and dismay in those times. That was, until the freedom fighters, who were just as ordinary as us, voiced their protests against the injustice.

But, why did they start a fight for our freedom when they knew they could lose their lives in the war? The reason was only one - sheer love for their country. Had it not been for these freedom fighters who gave India its wings of independence, we'd still be suffering. But our fight for freedom did not end there. Even after independence, our country has had to pay a heavy price



to keep this precious independence. We were attacked twice by Pakistan, in 1947 and 1971, and once by China in 1962.

Each Independence Day as discussions arise in the family about these valiant hearts, there is always a mention of my courageous uncle, Captain Haneef Uddin, a martyr of the Kargil War. It is because of the likes of him who have fought several wars that we continue to enjoy our independence to this date.

In these wars, the names of our war heroes were written in the annals of history with gold, to which memorials like India Gate and the War Memorial bear testimony. Heroes like Major Somnath Sharma, Rifleman Jaswant Singh Rawat, Bhairon Singh

Rathore and more etched a special place in our history and hearts. Now that we celebrate this independence every year, we must stop ourselves and realise that gaining this freedom was not the entire battle. The real battle in front of us is maintaining the harmony of our freedom at all costs, and that is not just the responsibility of the armed forces or the police, but also of every single citizen of the country. It is the duty of each of us to uphold the constitution, support one another, and unite as a family to defend our country in turbulent times. After all, as quoted by Lal Bahadur Shastri, "The preservation of freedom is not the task of soldiers alone. The whole nation has to be strong."



Dear Editor,

This is in reference to the article 'GT Awards '23' published on page 1 of the GT edition dated August 14, 2023. My first ever contribution to GT was for Making A Newspaper Contest 2015-16. And now fast forward to seven years later, I am on the front page, holding the trophy for Best Newspaper Award with my entire team on stage. The scream that left our throats at the winning moment was deafening. I still remember what our principal, Dr Anshu Arora ma'am, said when she was giving us our badges; "I am giving these to you only on the condition that you bring the trophy home for us." I am bursting with joy as I can proudly say that we emerged victorious and

I could be a part of and lead a team which was capable of doing so. All of this was possible because of my amazing team.

Ishanya Sharma
AIS Gurugram 43, Alumna



Dear Editor,

This is in reference to the article 'GT Awards '23' published on page 1 of the GT edition dated August 14, 2023. "No man steps in the same river twice," said Heraclitus, "for it's not the same river and he's not the same man." The truism emerged as we stepped into the F2 Auditorium a third time. The pressure was on as we had already bagged the Best Newspaper laurel twice. The swing of nominations tossed us between thrill and nervousness. Victories in individual categories signified deserved triumph, but nothing came close to the winning moment. As Vira ma'am declared the victorious *palat*, AIS Saket scored a hat-trick. Our team lifted the trophy as the stage roused in cheers for Saket.

Sarthak Sahoo & Nandita Bansal, AIS Saket, Alumni

Matters of the mind

Decoding The Ideal Balance Between Technology And Real-Time Interaction

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part VII** of this exclusive series, based on the panel discussions organised by YP teams in 2021-22, and a host of opinions as experts debate on 'Mental Health Awareness', the cause chosen by the Youth Power team of AIS Mayur Vihar.



Emotional well-being of children

Panellist: Ambica Warriar

Counselling psychologist and psycho-therapist, and founder, Aananda Centre for Counselling

Connection is of utmost importance

"In today's world, it is evident that people are not as connected to each other as they used to be. Even in education, where on-line teaching has become the new normal, the relationship between a student and teacher has become distant. The reason for this disconnect is that on digital platforms, one rarely goes beyond what is being written, but when we interact with someone physically, we get to observe their expressions, emotions, and body language.

Every human being is wired to have emotions, and such connections are important for our mental health. However, this emotional disconnect has impacted children the most. A huge number of children are suffering, and though they are not able to explain why they are anxious or troubled, they certainly know they are feeling uneasy. Children are, by nature, a curious lot and only a real-time interaction can satisfy their queries and concerns."

What the virtual world lacks

"When one sits in front of a computer, they only get the answer they seek. They tend to turn off the video,

or mute themselves, to remain in control of the situation. However, in an offline class, there is no escape. Students automatically get absorbed and involved in a physical classroom discussion as they are always being noticed by the teacher. Naturally, in the virtual world, a child begins to withdraw in situations that are not to their liking. The consequence is that they are not able to talk confidently, and hence, begin to question their capabilities."

Informal moments matter

"We like watching a sport on television, but to go out and play with our friends is a totally different experience. Similarly, beyond teaching, teacher-student bonding also happens between classes.



Interactions during school activities and heart-to-heart conversations during break time – they are necessary to develop a strong bond between teachers and students as well as between friends. Can you really hug your friends when the teacher praises them on the computer screen? This is why informal moments matter."

Balancing the digital world

Panellist: Mimansa Singh Tanwar

Clinical psychologist and head, Department of Mental Health and Behavioural Sciences, Fortis National Mental Health Programme

The importance of digital world

"While there is no substitute for physical learning, we also have to learn to make the most of what we have. If we did not have digital resources at our disposal, things could have been a lot worse. Digital is here to stay, so it is important for us to understand how to use this powerful tool to our benefit. Both children as well as adults must have the skills to use technology, but children need to be trained to use this tech-

nology before we hand it over to them. Otherwise they might end up on the wrong side of it."

Positive sides of tech

"The difficult years of lockdown showed us the importance of remaining connected with our loved ones. Parents were making multiple calls to their children, children began interacting with their grandparents over video calls, birthdays and festivals were being celebrated on Zoom calls, and so much more. This meant you were sharing your joys and sorrows with people who were not even in the same city, and all of that was possible because of technology. Here, we learnt how digital media

can help us to form direct connections with the world."

Excess is always harmful

"When you overeat, don't you feel sick? It's the same with technology. When we overuse technology, we are bombarded with so much information that we tend to feel both anxious and tired. Setting boundaries like how much we use it, for what purpose, and when to use it are important; these are the filters one needs to develop on one's own. One can minimise the time spent on social media platforms by engaging in more stimulating activities, like reading a book, going for a walk, playing games or even listening to his/her favourite music. In fact, parents need to do this together with their children so that their



energy can be directed towards more wholesome activities. They themselves need to draw a boundary when it comes to using technology so that they can be a role model for their children. Digital detox is the need of the hour. After all, technology and media are parts of our life, not our entire lifestyle."

Part VII



Expert Speak

Missing pink grapes



Storywala

Illustration: Priyanshi Maheshwari, AIS Gur 43, XII C

Dyuti Sood

AIS Gurugram 43, Alumna

Colourful crayons lay scattered all over the floor as Rosie concentrated on colouring a sheet. After twenty long minutes, she held up the paper to have a good look at her masterpiece – various stick figures with whiskers holding a bowl of juicy pink grapes. She stuck the drawing on the wall behind her bed, and tucked herself into her bed, falling asleep right away.

“The coast is clear, guys. She is fast asleep. We can come out,” announced a sailor from one of her drawings. He glanced down at

Rosie. Having doublechecked, he stepped out of the paper, signalling everyone else to do the same. One by one, each of Rosie’s creation jumped out, and the party began. Along with the sailor, the self-proclaimed leader of the gang, Mr Bear, a butterfly named Rose, and an ice cream that never melted were present. All of them had their eyes turned towards the newest addition to their club – the stick figures with their pink grapes.

The family of stick people stepped out of the paper shyly as cheers broke all around them in their welcome. The stick family thanked them for their hospitality by offering them all their pink grapes. The

“As the curtains on the window started giving way to light, all of them realised that it was time for them to go to sleep.”

sailor, Mr Bear, and Rose were more than happy to feast on the delicious grapes. Together they all sat, ate, and chatted away, becoming best friends overnight.

As the curtains on the window started giving way to light, all of them realised that it was time for them to go to sleep. They quickly made their way as Rosie started to wake up. “Thank you for the amazing grapes, Sticky family,” called Mr Bear as he climbed into his sheet. “Yes, thank you,” said the sailor. “Thank you for such a warm welcome. See you tonight!” answered Mr Sticky. “See you!” said Rose and flew into her sheet. Rosie woke up refreshed and glanced at her wall, but was instantly surprised to see the empty bowl with her stick figures. “Oh? I was sure I had drawn grapes there!” she thought to herself. “Rosie, hurry up!” called her father. As Rosie realised she was late for school, pushing the drawing out of her mind. But little did she know that Mr Sticky was winking at Rose- behind her. 🇮🇳

Read Play and Win 29

Reading your favourite GT can fetch you a prize too. Complete all the boxes below. Click a picture and send it to editor@theglobaltimes.in or submit your responses by visiting The Global Times website (<http://theglobaltimes.in/readplaywin/>). Three lucky winners will win a prize every week!



Q.1 Dr Harsh Mahajan is the founder of _____	Q.2 In which year Fitbit was invented?	Q.3 Name the director of the series 'Unbreakable Kimmy Schmidt'.
Q.4 What was the theme of the panel discussion conducted by YP team of AIS MV?	Q.5 What is the theme of the article 'Toxic Trade'?	Q.6 Who is the author of the poem 'A soldier's heart'?
Q.7 Name the members of stick family in the short story 'Missing pink grapes'.	Q.8 Which country has partnered with Google to train women and youth in digital skills?	Q.9 Name the student who won gold medal in Yogasana championship.

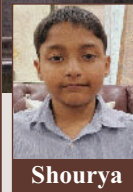
Name:.....Class:.....School:.....

Results of Read Play & Win-28: **Aanya Gupta**, AIS Vas 6, IX B; **Aditi Gupta**, AIS Vas 1, XI B; **Sabhya Aggarwal**, AIS Saket, IV D



Tongue Twisters

- Can you can a canned can into an un-canned can like a canner can, can a canned can into an un-canned can?
- A big black bear sat on a big black rug
- Near an ear, a nearer ear, a nearly eerie ear
- Brisk brave brigadiers brandished broad bright blades, blunderbusses, and bludgeons—balancing them badly
- Fred fed Ted bread and Ted fed Fred bread
- Imagine an imaginary menagerie manager managing an imaginary menagerie
- Fresh french fried fly fritters



Shourya

Veg kebab

Shourya Pratap Singh, AIS VYC Lucknow, Alumnus

Ingredients

Chana dal1 cup	Red chili powder1 tsp
Masoor dal.....1 cup	Coriander powder1 tsp
Green chillies4	Cumin powder1 tsp
Ginger.....1 inch	Salt1 tsp
Garlic cloves3	Refined oil1tbsp
Onion.....1/2	Coriander leaves(for garnish)
Oats1/3 cup	Chat masala(for garnish)

Procedure

- Soak chana dal and masoor dal in a bowl of water for two hours.
- Once done, drain the water and add the dal to a mixer grinder along with green chilies, ginger, garlic cloves, and onion.
- Blend them for 15 seconds.
- Now add red chili powder, coriander powder, cumin powder, oats, and salt into the mix. Blend this until you get a thick paste.
- Make circular patties of the paste and toast them in a pan at low heat until the patties turn golden brown.
- Sprinkle some chat masala and garnish them with coriander leaves. Serve them with a dip.

WORDS VERSE

Mystery of life

Daiwik Attri

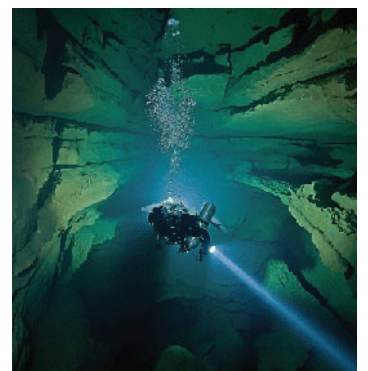
AIS Mayur Vihar, XII D

The world is full of mysteries
In the ocean’s deepest treasury
And the people full of misery
Die at the hands of the knavery

While the rich have honey buns
The birds keep on singing songs
And thieves are doing their jobs
You can hear when dog barks

The poor in tears, cries they send
Seeking a helping hand to lend
A beam of light slowly descend
The slayer of darkness is at hand

Light touches the wheel of life
Barriers vanish under his knife



Oh lord! Save us from this strife
And resolve the mystery of life

Mysteries are then resolved
And difficulties are dissolved
But with them, humans evolve
Thus the cycle stays unsolved. 🇮🇳

The gift of generosity



Short story

Raabia Ali Abidi
AIS Saket, X A

The town of Munnar was in deep gloom as ravenous floods had recently washed away millions of households, leaving thousands of people in trouble. Amongst these people was the Singh family. Like several other men in the village, Mr Singh worked in a factory on the far east side of the state and Mrs Singh toiled in the field and grew crops to feed the family. However, the recent floods had ruined all her hard work and the family was left with a handful of rice to survive on. As Mrs Singh lamented this tragedy, she received a letter from Mr Singh which stated that he had been promoted and gotten a raise


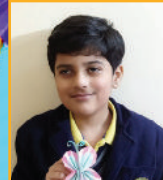
in his salary. The family was on cloud nine. The next day, as Mr Singh made his way home, he was broken-hearted to witness the aftermath of the flood. The place that once used to be filled with laughter and happiness was now destroyed, only cries heard all around. A loud sob grabbed his attention as he turned to see a familiar face. It was Mrs Lee, the wife of Mr Lee, his subordinate at work. "What's wrong, Mrs Lee?" he questioned. "The flood has washed away my house along with the crops. How will I live now?" she cried. Mr Singh was filled with sorrow, and without another thought, he thrust his hard-earned salary into Mrs Lee's hand. "This belongs to you. Mr Lee had asked him to de-

"A loud sob grabbed his attention as he turned to see a familiar face. It was Mrs Lee, the wife of Mr Lee his subordinate at work."

liver the money to you." With that, he made his way home, but as he stood in front of the door, he knew he couldn't break his family's hearts by showing up empty handed. So he snuck and stole some potatoes from his neighbour, Mr Khan's farm, but Mr Khan had seen him through the window. Angered, he decided to confront Mr Singh the next day.

The next morning, as the Singhs enjoyed a hearty meal, a loud knock was heard. Mr Singh opened the door and saw Mr and Mrs Lee. The couple, in tears, had come to thank Mr Singh for his generosity. Mrs Singh and the kids looked confused and so Mr Singh narrated the whole truth. Little did he know that Mr Khan, who was on his way to his house to fight, also overheard the tale. His anger melted away and he rushed back to his farm and came back with a basket of vegetables for both Mr and Mrs Lee and the Singh family.


A new word: Lamented
Meaning: To express grief


Vansh Rana

Paper butterfly


Vansh Rana, AIS VKC Lucknow, V A



Coloured origami paper - 2



Scissor



Glue

Method

- Take two different coloured origami papers, and on one of them trace two five cm circles and on the other, trace two three cm circles and cut them out.
- Using glue, paste one smaller circle in the centre of a bigger circle. Repeat this step with the other two circles as well.
- Accordion-fold one set of circles to create a fan-like pattern.
- Fold the accordion in half and apply glue to the inner center of the accordion wing so the two sides stick to each other.
- Once dry, gently spread the folds partially open. This will be one side of the butterfly's wing.
- Now repeat the last three steps with the other set of circles to create the second wing.
- Take these two wings and join them together in the middle using glue to create the shape of the butterfly.
- Take a coloured origami paper and cut two thin strips from it for the antennae. You can decide the length of your butterfly's antenna as per your wish.
- Roll these strips from left to right to create the two antennae.
- Attach them to the head of the butterfly using glue, and your paper butterfly is now ready to take flight.

POEM

A soldier's heart

Swara Mohit Thakkar
AIS Noida, VII N

Only one thought in their mind
Our flag proudly hoisted, all fine
Or wrapped in it they shall come
And a war cry we shall all hum

A few lend their valiant hand
To serve the great Indian land
They decide to worship it all
Hold it up and never let it fall

They give their life and blood
To protect it from war and flood
"I shall bear faith to my nation
Or die without any acclamation."



COLOURING FUN

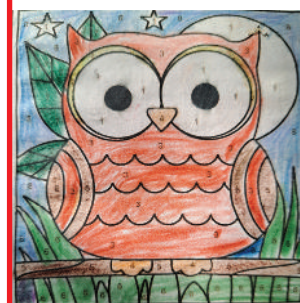


Click a high resolution picture (1 MB or more) of the entry and mail the same to: editor@theglobaltimes.in. The best entries will be published in GT.

Best entries for colouring fun



Yashvika Sinha
AIS Noida, KG E



Viraj Gupta
AIS Mayur Vihar, I A

Writing is an art and there's no better platform to exercise it than your own beloved GT! To unleash the writer in you, GT brings you a new topic every time and asks for your views on the same. Here are some intriguing responses from the young writers at Amity for the prompt...

What is your favourite GT page and why?

The prompt BOX

"The page I look forward to the most is page 2 for its section Around The World, because it has helped me stay updated with interesting news pieces from different parts of the world. All thanks to page 2, I recently learnt that PM Narendra Modi was awarded with the Lokmanya Tilak National Award. Isn't that so exciting! This page definitely helps us increase our general knowledge."

Devina Singh, AIS Jagdishpur, IX B

"My favourite GT page is 8; it's because my heart feels connected to each line of the amazing poems and beautiful stories published in the Senior Mosaic. It's like we're entering a new world altogether. My favourite part of the page is Read, Play & Win, Amity's own Kaun Banega Crorepati. Indeed this page is a mixture of new and fascinating things."

Samaira Verma, AIS Vasundhara 1, XI C

"In the sea of engaging articles, I always find myself gravitating towards the Science & Technology section on page 4. My adoration comes from the fact that the articles on this page untangle the intricacies of science and tech to form beautifully pieced narratives which also remove the stigma we have placed on science and technology as being too hard."

Tarush Bhalla, AGS Gurugram, XI

"My favourite page is page 5, which has a wide range of articles and features that cover everything from movies and music to theatre and even literature. This section helps me discover new forms of creativity, whether it is a movie review that introduces me to my new favourite film or an album review that expands my horizons with new music genres."

Rushali Gupta, AIS Mohali, VIII B

"Page 12 has stolen my heart! Out of all the intricately designed pages of GT, Bag Pack has me hooked – barrels full of humour, a tinge of reality checks *insert Salt Bae signature* and whatnot. Stories drenched in puns and evergreen dad jokes find a way into our hearts. The well-thought humour is praiseworthy and will surely have you rolling with laughter."

Bulbul Verma, AIS Gurugram 46, XI B

"Page 11 of The Global Times holds a special place in my heart. Being a student with a packed schedule, I often find it challenging to participate in multiple extracurricular activities. However, thanks to page 11, I get to see so many of my peers who are balancing it all and being amazing all-rounders. It is also great to see Amitians receive remarkable and noteworthy accomplishments."

Ruchita Nair, AIS Mayur Vihar, XII I

"I look forward to GT for all new stories, news, drawings, and collection of tales, but the most for page 4. It's exciting to stay updated on the latest discoveries and advancements. Plus it's always interesting to explore how science and technology impact our daily lives."

B. Siddharth, AIS Gwalior, VIII A

"My favourite page is 4 for its Science Bedtime Stories. Explaining scientific concepts to a kid is no cake walk, but the writers of this newspaper do it so skilfully. GT has covered a plethora of topics and even after being a science student, I always find it informative and always learn something new out of it. It is the page I look most forward to reading."

Chitralakha Achinta Borah, AIS Vas 6, XI B

"My favourite GT page is 4 because if you ask me, nothing is better than bedtime stories combined with science. The writing for this section is intriguing, and it is also worthwhile for students as it has a perfect blend of real explanations and scientific facts. The stories are not so lengthy, which makes them better for youngsters to read and comprehend."

Avantika Shukla, AIS VYC Lko, IX B

"My favourite GT page is page 12 - Bag Pack as it contains the most hilarious and relatable stories, ranging from sibling struggles to odd yet comical conversations. The recent comeback of GT Travels has lifted the page's aura. Each story is like a treasure trove of happiness and laughter. This page literally ends the newspaper on a happy note."

Yash Wadhwa, AIS Pushp Vihar, XI F

"Although all the pages of GT are worthy, the one that stands out for me is page 4. The Gyan Vigyan section tells us about the evolution of technology and reminds us about how far we have come. It encourages the reader to go deeper into the information about latest advancements in the field of technology, thus invoking new ideas in the minds of the youth."

Vidhi Singh, AIS Raipur, X A

"My favourite page in The Global Times, without a doubt, is page 4 for Science Bedtime Story. Writing and reading for this page always leaves me mesmerised at how easily such complex, convoluted, and intricate topics can be explained. As a science student, I am always drawn towards the new concepts that I may learn from the page."

Roshni Debaja, AIS Noida, XII E

"GT has a wide-ranging variety of narratives and facts, but my favourite is page 3 with its Mentor Talk. The interviews published here are truly a gem for readers seeking inspiration, guidance, and emulation. It provides us with a direct link to the wisdom and knowledge of experienced individuals followed by real-world benchmarks and practical advice."

Chhavi Gupta, AIS Gurugram 43, X B

"Amid the plethora of remarkable sections, I find myself particularly drawn to the enchanting realm of F for Fiction on page 8. The page transports me to an alternate dimension of captivating tales, suspenseful plotlines, and intriguing characters. It is like a portal to the limitless world of fiction, where every word crafts a fresh expedition."

Ruhani Chawla, AIS Saket, XI E

"An eye-catching, creative, and informative article is what I go to as soon as GT lands in my hands. Yes, it is none other than page 7 with its Educational Poster. The visuals of the page are what draws the readers to it, but that's just the beginning. The information here is bite-sized and easy to retain, and the page sparks curiosity and motivates us to explore it further."

Manavi Chandra, AIS VKC Lko, X B

"My favourite page in GT is page 4 with Science Bedtime Story. It offers a unique way of combining education and entertainment. It takes the reader on an absorbing journey through the world of science, presenting complex concepts in a simplified approach, thus making learning fun. It sparks curiosity and encourages deeper understanding of the world."

Rishit Agrawalla, AGS Noida, A 2

Empowering the educators

Upgrading, Updating & Sharpening Teaching Skills

HR & Training

More than 1600 educators from Amity Group of Schools pan India participated in the sixth Professional Development Programme 2023 held from June 28-30, 2023 by the HR and Training department. The programme held under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, endeavoured to hone the teaching skills of educators and enhance their competence as per the international standards for nurturing the learners as global citizens.

This year, the focus of the programme was to enrich, enable, and empower the educators to adopt teaching skills as per the guidelines of NEP 2020 and adapt themselves to the fast-changing tech enabled education scenario.

There were 171 sessions in total comprising 35 hybrid and clubbed sessions, and 136 offline sessions undertaken by experienced resource people. Sessions for pre-primary and primary teachers was hosted by AIS Noida, sessions for TGTs (middle), language teachers, arts and music teachers, librarians, and counsellors was hosted by AIS Saket, and AIS Pushp Vihar hosted the session for TGTs (secondary) & PGTs (senior secondary).

Some of the key workshops were:

- Unboxing the star teacher based



Professional Development Programme 2023 in session

on integrating fun teaching and mantras like KYC (know your child), NCLB (no child left behind), 3Cs (communicate, connect, and comprehend).

- Accountancy workshop on the latest changes as per the CBSE curriculum 2023-24.

- Four Cs (creativity, critical thinking, collaboration and communication) of creative writing.

- Power of effective communication for adapting diverse communication style, fostering empathy, and resolving conflicts constructively.

- Break, make and take toys for fostering cognitive, emotional, and social development in children through toys.

- Impactful ICE (image, communication, and etiquette) for good manners, professionalism, and cultural sensitivity.

- Quality assurance in teaching for

understanding adolescents, inclusion, preparation beyond board, and character building.

Apart from these, sessions were also conducted on health and wellness of school children, engaging the learners, thinking maps, neuro-linguistic programming (NLP), cyber security, theatre in education, mental math tricks, integration of CUET in classrooms, enabled and empowered teachers, integration of CBA, MOODLE, and DIKSHA, identification of SLD (specific learning disability) and ADHD (Attention Deficit Hypersensitivity Disorder) and their inclusion in classroom, inculcating art in education, information literacy and instruction, role of science for 21st century learners, and habits of mind. The PDP updated teachers to ensure efficiency and best results in Amity classrooms. [G](#) [I](#)

Resonating melodies

AIS Saket

The school organised Break Out, the annual western music extravaganza, on July 25, 2023.

The euphoria of melody witnessed participation from over 20 schools across Delhi/NCR. All the young musicians mesmerised the audience with their captivating voices. The event comprised individual competitions like keyboard, piano, electric guitar, acoustic guitar, bass guitar, drum, and unique instrument. It also had competitions like duet song and band song. The young musicians of AIS Mayur Vihar bagged the prizes for Best Lead Guitarist, Best Keyboard, and the second prize in Band Song. [G](#) [I](#)



One of the winners at Break Out



Felicitation of winners at Yogasana championship

Yoga champion

AIS Noida

Ishita Singh, a student of Class IX, bagged gold medal in the Traditional Yogasana (individual) competition in the junior girls (14 to 18 years) category at District Gautam Buddha Nagar Yogasana Championship 2023 held from July 26-27,

2023. She was awarded with a certificate and medal. A total of 23 students from the district participated in the competition which was organised by the District Yogasana Sports Association of Gautam Buddha Nagar affiliated with Uttar Pradesh Yogasana Sport Association and Yogasana Bharat.

Care & service



The young environment saviours with saplings to serve planet

AIS Gurugram 46

Students of Class VIII and IX showcased their service learning projects on July 31 and August 3, 2023, to raise awareness about various social and community issues, and to make a positive impact.

They presented their thoughts and ideas on multitude topics via videos, skits, charts, and various other visual media along with a group presentation on their vision, aim, mission, and endeavours for the society. The topics undertaken by Class VIII were community kitchen service, first aid kit aware-

ness, elderly assistance, yoga awareness, bird feeding, and stray animal care. Class IX covered topics like cyber security, health and wellness, elderly assistance, helping the underprivileged, environment care, and the care for various stakeholders of education like parents, teachers, and students.

The presentations were deeply appreciated and lauded by the parents who were also a witness to the event. School principal Arti Chopra commended the commitment of the young minds towards the well-being of the society and encouraged them to become socially responsible citizens. [G](#) [I](#)

TESLA Roadster for race and space

A Car Cruising Through The Universe

Nitya Jain, AIS Saket, Alumna

“And I’m floating in the most peculiar way/ And the stars look very different today/ For here am I sitting in a tin can...” Excuse you! That’s a terrible choice of a song. I am so much more than a tin can. Me, the Tesla Roadster, the only car that was able to make it to space; that has an experience of both worlds! It’s funny how a simple tweet led to the birth of an idea and my eventual launch into space. For those living under a rock (read – what are you people doing?) I was the payload for the February 2018, Falcon Heavy Test Flight, which led to me becoming an artificial satellite for the Sun. Pretty cool huh?

An average car can either taste the smooth tar of the roads or get cramps from the bumps. I, on the other hand, have had the once-in-a-lifetime adventure of traveling into space. The sense of euphoria that I felt looking out at the Terra will remain unmatched through-

out my life.

The concept of an automobile out in space was considered ‘alien’, if you’ll pardon the pun! And within minutes the excitement took over the anxiousness. After all, if you were traveling into the galaxy, you’d want to be reassured that every possibility was being investigated, right? But lucky for me, I was well taken care of. The entire team of SpaceX worked hard as they upgraded me and I underwent a bunch of technical checks. And of course, they did not have to work on my looks. I am a stunning red colour that begs a second look. All thanks to my parent Elon Musk, I consider myself to be the ideal vehicle with a beautiful, comfy interior and an elaborate, beautiful exterior. After announcing the launch, I gained notoriety quickly! It felt amazing, like I was floating in space (I love my sense of humour, don’t you?) What more could I ask for, with memes, tweets, Instagram posts, and even a Wikipedia page? A phenomenal response was received for my launch, which was



broadcast live on YouTube.

The outer space is a gigantic place, but don’t worry! I wasn’t alone! Do you know that classic driving pose? One hand on the steering wheel, another out the window and wind blowing in your hair – that’s exactly the position of Starman. The life-sized mannequin on my driver’s seat. I know he’s not a real person, but spending four years in space with him developed an emotional connection. I’ve been in space for about a quinquennium and have orbited the space twice. Phew!

It isn’t easy, staying parked on that rocket. But I think it is all worth it. While passing the Van Allen Belt, I saw the Earth. And while orbiting the Sun, I felt proud that I’m the only one who can boast about it. Maybe one day, they’ll launch another spacecraft or starship to catch up with me, or to bring me back. Till then, I’ll stay up here.

Far above the Moon, Planet Earth is blue
And this is the story, from me to you
As I see both the views, being a part of
the lucky few!

The rough ones

Acknowledging All The Constants Of Our Lives

Sara Maheshwari
AIS Noida, Alumna

All of us love keeping our notebooks neat and clean, even going to crazy extents to ensure the same. But in the midst of it all, in our school bags, there usually lays one copy that isn’t shiny like the rest of them. That is our rough copy, contains all kinds of notes, rough calculations, caricatures, and all the Xs and Os we play when we are bored. From being our personal diary to a scribbling notepad, from the first draft of our love-lorn poems to all the Name, Place, Animal, Thing we have engaged in, this rough copy tells the tale of who we are. It becomes our mirror image, our personal space that lets us to be who

we are without any judgement. Now pause and think. Just like this non-complaining rough copy, we have people in our lives who do not judge us and accept us for who we are without any qualms. Sometimes this personified rough copy foregoes their last piece of cake for you, and sometimes they invest their savings in buying you a new laptop. Sometimes this rough copy themselves fall down

trying to make you learn how to ride a bicycle, and sometimes this rough copy becomes the training wheel of your life that supports you in every situation.

We know these rough copies exist in our lives, supporting us in silence, but many a times, we do not think to thank them until it is too late, so let this article be a reminder to you. Thank your rough copies before they are overburdened with responsibilities. Look around and you shall find your own rough copy, supporting you to survive through this roller-coaster ride called life. They may be your friend, parent, teacher, sibling or anyone else. Go find them to say ‘Thank you!’. They may be rough, but they are the fairest for us all.



THE GLOBAL TIMES

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TOP 3

overall entries to win attractive prizes

Topic Use Plastic Responsibly

BEST 2

entries from each school to be awarded

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Open for all students of

AMITY INTERNATIONAL SCHOOL

Participation Certificate
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Category
Junior (Class I-VI)
Senior (Class VII-XII)

Last Date
August 30, 2023

For any query
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