

AMIT**C/pol**

Do you think Article 370 will help in the growth and integration of Jammu & Kashmir with India?

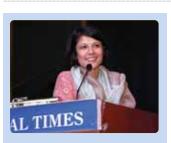
a) Yes b) No c) Can't say

To vote, log on to www.theglobaltimes.in

for GT Edition August 5, 2019

Do you stand by Zomato's owner's decision of not giving into the bullying done by religious fanatics?





"It is important to know the right things and invest in the diversity of education and knowledge. As a journalist, you need to be on top of everything happening in the world, which is something I can see in every Amitian!" Padmaja Joshi, Chief Guest Anchor & News Editor Times Now



"When I was told that I had to <mark>asses</mark>s 8 editions in two days, I thought it was easy since it was

a student newspaper. But when I read the first edition, I was so impressed by the quality and realised the challenge in judging them."

> Heena Rakheja Jury Member, Principal Correspondent, HT



"I was impressed brilliant work done by young Amitians because their work is

equivalent to professional designers. The Global Times is providing a brilliant platform to the students, something no one else in the world offers!"

Amit Kumar, Jury Member Asst Senior Designer, HT

Coming Next GT Picture It Photo Contest

THE GLOBAL TIMES

And the

AIS Gurugram 46 lift the winners' trophy at GT Awards 2018-19

We will rock you...

... For Years To Come, Like We Did at GT Awards 2019

Why: To announce the winners of GT Making A Newspaper Contest 2018-19

Who: Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools

Bhawna Tuteja, GT Network

he Global Times is the best newspaper of the century (not narcissism, it's called self-love!) It is informative, entertaining and even the smallest columns are very popular. What? Haven't you read 'It's me'? So, when they are organising the biggest event of the year, it has to be supercalifragilisticexpialidocious. Yes, yes, GT Awards, once again, was thrilling and rocking beyond belief; the event that marked the culmination of Inter Amity Making A Newspaper Contest had everyone rocking and rolling!

Rocking with talent

If you have rocked it with your talent, you will definitely get an award. As did the participants of Inter Amity Making A Newspaper Contest 2018-19. For those of you who have been living under a rock (we have completed 10 years already and you still don't know?), the competition witnesses eight branches of Amity churn out their own ex

Ms Pooja Chauhan, Vice Chairperson, Amity Humanity Foundation Ms Jaishree Chauhan, Vice Chairperson, Amity Finishing School ■ Padmaja Joshi, Anchor & News Editor, Times Now - Chief Guest Henna Rakheja, Principal Correspondent, HT – Jury Member Amit Kumar, Assistant Senior Designer, HT - Jury Member

What: GT Awards 2018-19

When: August 9, 2019

Where: Amity University, Noida

clusive editions. They are then pitted against each other at the end of the year, felicitating the very best in various categories viz Most Outstanding Story, Best Illustration, Best Educational Poster, Best Headline etc. AIS Gurugram 46 came out on top,

Rocking with fun

bagging the winners' trophy.

All black. Check. Eye-popping colourful ties. Check. Mike testing. Check check... and just like that, the school band of AIS Mayur Vihar checked every box of fun as they grooved to the beats of medley including Something Just Like This, High

Hopes, We Will Rock You et al (now you get the whole rocking analogy!) A stand-up act by Priyansh Mohan, AIS Saket, had everyone in splits. You should have seen the audience rolling with laughter as he nuanced the pains of an editorial team and making of a contest edition. (Come on, we ain't that bad!) The final act saw AIS Noida don their hats...not the thinking ones, the dancing ones and paint the story of the competition through dance moves.

Rocking with emotion

Enthusiasm, vigour, nostalgia... you name it and the event had it

all. You could breathe in the excitement as the audience cheered and roared. You could hear awwwwws as young cheerleaders from AIS PV took to the stage with 'If you're happy and you know it, clap your hands', each time an award was given away. Tears of nostalgia flowed as the GT School Time Achievement award was given to outgoing students.

Rocking with wisdom

While the show was a celebration extravaganza, it did come with its fair share of wisdom. Dr (Mrs) Amita Chauhan enlightened the audience on the 'opportunity' they had been bestowed with in the form of this newspaper. "This is not just any newspaper. We had to work so hard to give you a platform like this. Just getting the name 'The Global Times' was a challenge. Our Founder President himself worked hard to ensure that the newspaper gets this name since it was already registered." Chief guest Padmja Joshi lauded the students for their effort.



winner is...

Best School Newspaper Award

Winner

AIS Gurugram 46

First Runner Up

AIS Pushp Vihar

Second Runner Up

AIS Mayur Vihar

Second Runner Un

AIS Noida

Best Design Award

Winner

AIS Gurugram 43

AIS Noida

Second Runner Up

AIS Mayur Vihar

Best Editing Award

Winner

AIS Saket

First Runner Up

AIS Gurugram 46

Second Runner Up

AIS Pushp Vihar

School Time Achievement Award



AIS Pushp Vihar



Arushi Gupta **AIS Noida**



AIS Mayur Vihar



AIS Pushp Vihar



Khwaish Gupta AIS Gurugram 46



AIS Mayur Vihar



AIS Gurugram 46









India this week

Induja Tyagi, GT Network

hile we sit on our couch just breathing, a lot of things happen around us, and sometimes in our very own country. We bring you the ones worth mentioning.



Article 370 abolished

News: In a historic move, the government revoked Article 370, which gave special status to the states of Jammu & Kashmir. It has also been proposed that the state will be bifurcated into two different Union Territories. Under Article 370, the residents of the state had been living under separate set of laws, including citizenship and fundamental rights. Views: A state's unity, integrity and sovereignty is preponderant above everything else. Our country needs to be united in terms of administration. This decision will provide a direct contact channel between centre and the state, Kashmiris into rest of the country.

Gauri Dwivedi, AIS Vas 6, XII E

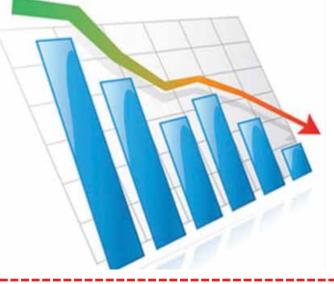


Magsaysay Award for Ravish Kumar

News: Ravish Kumar, NDTV journalist, has been recently honoured with the 2019 Ramon Magsaysay Award, which is the highest title conferred to individuals and organisations native to the Asian continent. His citation read that Kumar was elected to win the award for "harnessing journalism to give voice to the voiceless" and his "unfaltering commitment to a professional, ethical journalism of the highest standards."

Views: It is a celebration of honest and responsible journalism as well as a much-needed reassurance that the news being presented to the masses is in safe hands. In the wake of an alarming rise in the number of cases wherein there are attempts to silence the truth, it is necessary to duly acknowledge the undying efforts of the likes of Ravish rendering greater amalgamation of Kumar. I believe this shall serve as an inspiration to thousands of aspiring journalists in the country.

Nandini Sukhija, AIS MV, Alumna



Country's economy in crisis

News: India is currently witnessing an economic slowdown. This comes after the government had committed to make the country a 5 trillion USD economy in the next five years. Companies like Hindustan Unilever Limited and Godrej have reported a downfall from double-digits last year to a single-digit growth this year. Automobiles like Maruti have also hit a historic low, indicating a clear

Views: Although this meltdown is deemed as short-last- AlIMS doctors call off strike ing, it is going to highly affect the employment rate of News: Following the protest against the the country, which is already going downhill. Automo- newly introduced National Medical bile Industry accounts for 7% of the country's GDP and Commission (NMC) Bill, the resident more importantly, employs 37 million people of the total population. So, even if this might seem as temporary strike post their meeting with the Health transition, employment is at stake and that is something Ministry. According to the Indian Medto worry about.

Khushi Saxena, AIS Noida, XII I





doctors of AIIMS ended the 24-hours ical Association, the NMC Bill licenses unqualified, non-medical people to practice modern medicine, and has been dubbed as 'anti-poor, anti-people and anti-democratic'. However, health minister, Harsh Vardhan has assured that the issues laid down by the doctors will be addressed duly and insisted that they resume duties immediately.

Views: While the NMC bill is a shortterm measure, it does not invalidate the argument of the protesting doctors. Their belief that this bill will promote 'quackery', along with the recent cases of medical negligence, highlight the inabilities of our crippling medical sector. Thus, a long-term solution that addresses development of medical education, infrastructure and skilled practitioners is necessary.

Ansh Deo Singh, AIS Gur 46, XII A



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

#UNITED KINGDOM

Majestic WWII plane takes off

The iconic Spitfire fighter plane that served in World War II took off from Goodwood Aerodrome on a four-month long journey around the globe. The 76-years

old plane revealed its shiny aluminum base after being restored and de-militarised.



RUSSIA

Gunpowder explosion leads to mass evacuation

A gunpowder explosion, triggered by a fire in a Russian military ammunition depot in Siberia, injured eight people. The authorities declared an emergency and further called for the evacuation of around 6000 people in the area. Air

traffic was also halted within 30 kms of the site.





SAUDI ARABIA

Sexist law abolished

The women of Saudi Arabia have been granted a historic right which permits them to travel without the guardianship of any male. This amendment will allow every woman of the country above the age of 21 to hold passports and travel abroad independently. The move is being hailed as a significant step towards fighting the long-existent discrimination against women.



Sushma Swaraj passes away

Former External Affairs Minister Sushma Swaraj passed away at the age of 67 due to a sudden heart attack. She had also decided to opt out of this year's Lok Sabha elections due to health reasons. Her demise is being grieved by the whole nation.



Man walks 700 kms to sensitise

Medi Bastoni, a 43-year old man, ventured into an in-reverse journey to draw the attention of the mass towards the rapidly shrinking forests in the archipelago. Set out from east Java, Bastoni will reach the capital Jakarta on Aug 16, 2019, a day prior to the country's Independence Day.



THAILAND

Drought reveals an old submerged temple

A Buddhist temple, known as Wat Nong Bua Yai, in the central part of the country was exposed to the public after a drought caused the water levels to recede in a dam reservoir. The temple was inundated during the construction of the dam 20 years ago. Buddhist monks walked through the temple remnants to pay respect to a 4-metre headless statue of Buddha.

News

▶ China: The country accuses USA of 'deliberately destroying international order' after US branded China as a 'currency manipulator' > USA: Barack Obama rebukes Donald Trump, asks citizens to reject normalisation of hate speech and racism

DIY: a business

Biz Guru Is Here With A Step-By-Step Guide To Being The Hotshot

Aditya Aeri, AIS Saket, X

ood morning, Amity! I am your rfriend on YouTube: Business Guru. And I know the pain of having a main job (which pays the bills) and a side job (which feeds the passion), but worry not! In today's tutorial, I'll teach you all about balance.

Step 1: Do not be a marauder

Working on your own project and being a full-time employee can be a tricky business, which is why, you must hire a lawyer before you start and ensure that your side hustle does not legally offend any contracts you might have with your current employer.

Pro-tip: Avoid any legal hassle by working on an idea that is completely different from your main job.

Step 2: Know which way you want to go With most of your time being invested in your main job, you do not have many hours to waste, which is why your side hustle must be something manageable. Do not pick a project that requires work 24*7 or will be a guaranteed failure.

Pro-tip: Start off with a small side project to test the waters and also your time management abilities.

Step 3: Post it on Instagram, win fans Networking, offline and online, will never cease to be a vital part of any business. It



is a part that can easily make or break the deal, so, make use of social media in the most appropriate manner to create a brand for yourself. It is much convenient and also less time consuming than actually having to go out and meet people.

Pro-tip: Jump on the hot hashtags, challenges and appeal to the audience.

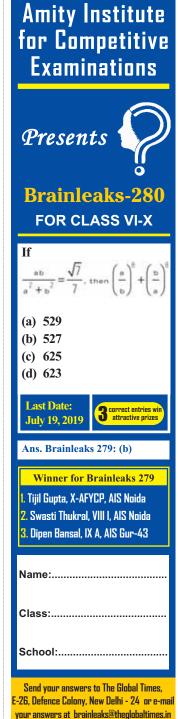
Step 4: Work faster, be a multi-tasker

Working two jobs can be a hard task but it is in those moments that you must put on your cape and become a superhero. Late nights and working weekends will become a regular part of your schedule, and it is your onus to make each effort count. You should be willing to make sacrifices

for your goals.

Pro-tip: Prioritise things and create deadlines for yourself and stick to them.

And with just these quick 4 steps, you are now a successful juggler. That's it for today, guys. This is the Business Guru, signing off!GII



Deep learning is the key

A Day For Comprehensive Learning



AIIT, AUUP

mity Institute of Information and Technol-Logy (AIIT) organised a faculty development programme on the topic 'Deep learning' on July 8, 2019.

The programme, held in association with Tata Consultancy Services, under the guidance of Prof (Dr) Ajay Rana, director, AIIT & senior vice president, RBEF, was designed to enable academicians to have in-depth knowledge of techniques and methods of deep learning. It also aimed at encouraging and motivating them to explore these techniques further for research work and apply such applications, case studies in the area of deep learning, data ana-

lytics and business intelligence. Prof (Dr) Ajay Rana highlighted the importance of such programmes as they assist academicians to keep abreast with the latest technologies and advancements in the industry. Thereafter, Rajit Sikka, head, training TCS, introduced the audience to TCS Academy Interface Program (AIP) which is a symbol of industry-academia cooperation.

The programme saw two indepth sessions by expert speakers. In the first session, Pankaj Bhardwaj, tech lead, focused his talk on business intelligence services, BI tools, ETL tools, and visualisation tools. He further explained BI related technologies like SAS, Qlikview, Power BI, Spotfire and Python. Second session delivered by Ankit Sethi, functional business analyst focused on analytics, artificial intelligence (AI) and machine learning models.

The two sessions, replete with information, were highly interactive as the speakers encouraged questions and answered queries of all present.

The programme also saw in attendance faculty members and research scholars from various Amity institutes.

The event ended with an open house session which had an invigorating discussion between the speakers and the audience. To sum up, it turned out to be an extremely enriching experience, widening the horizons of everyone present and opening them to a new perspectives.



Roll no.1 parody

Dilemma Of Being First On The List

Aadhithya Arvind AIS MV, Alumnus

his article is for those whose names bear a direct relationship with their report card (like the writer of this article). Like all aspects of life, this one too comes with a lot of perks which are equally matched by its side effects. Since the GT tradition demands that I end on a happy note, we shall glance at the side effects first.

The vanguard

Roll number one. Check. Sitting in the front row in the examination hall. Double check. Sitting on the front desk, under the direct gaze of the invigilator, there is no way you can even scratch your nose, without fetching their attention; let alone looking right or left. Ergo, you are kind of

forced to be the most honest person in the whole room, only wondering what the world at the back bench must feel like.

The example

Ever faced the weird situation when the teacher is collecting the holiday homework on a roll number basis? The teacher will take one glance of the cover page and unless it looks like an explosion of fireworks, she holds it up high and gives the whole class a brief on "101 mistakes that you can commit while making a holiday project" while utilising your project as a specimen.

The dibs

Moving on to the positive note. You are the first on the attendance register. Hence, the first one to be given a chance to be the monitor since the session has

just started and teacher barely knows all the pupils. Fair enough compensation for always being the first one to submit notebooks, examination sheets and what not...the list is long.

The reservation

When it comes to special occasions such as birthday of your classmate or best friend, the whole class gets happy and excited over the chocolates. The teacher starts distributing them, there is shine in your eyes *wink* perks of being roll number 1, you are the first one to relish the chocolate while others haven't got theirs.

Though our parents might not have given a thought before deciding our names; but like all the other people with roll number 1 we have learnt to live with it. GII



Awards matter



As we soak into the celebrations of GT Awards, my mind moves to the recent Ramon Magsaysay Award winner, the voice of the voiceless- Ravish Kumar. With his unfaltering commitment towards standing up for poor and needy who otherwise have no access to the

annals of justice and media, his fervent zeal for maintaining high standards in journalism has set a benchmark for all of us to look up to. Sometimes I wonder, what do rewards and recognitions mean for such dedicated and passionate journalists or do they matter at all? A little bit of thought and some readings about what makes such people going, I found that rewards and recognitions for them are not mere medals and citations. They are a token of love and appreciation, given to them by the people whose life has changed. They are like a platform for creating awareness in the world about the ground breaking work they have done and how they plan to take their work further in future to make world a better place.

This is exactly what GT Awards intends to do. GT encourages you to hone your creative skills and journalistic abilities, it gives you the opportunity to click and share that one story you believe in, it makes a platform for you to report what you believe and create your own newspaper, it intends to inculcate in you the passion akin to that of Ravish. I want each one of you to take initiative, come forward and rise above the mere competitive thinking and develop the attitude of involved, evolved and ethical journalism. The award you win should be an inspiration for you to be the 'voice of the voiceless' at every single moment of your life no matter where you go, no matter where you are. GII

Reviving art and culture

Chinibas Mahato, A Man Trying To Bring Back A Lost Art Form

Anika Joshi & Shreya Tuli AIS Vasundhara 1, X

hinibas Mahato, the leader of Chinibas Mahato and group, has danced all his life to exhibit an art form that runs in his blooda holy dance that depicts the culture, mythology and folklore of his motherland. On the occasion of Spic Macay he and his group visited Amity International School Vasundhara 1, where GT reporters got a chance to learn about the rare Chhau dance.

The genesis

Chhau dance is an exquisite form of dance that incorporates the whole human body. It showcases a unique fusion of martial arts and folk traditions. The most interesting thing about this dance form is that it is performed in three styles, named after the locations where they are performed, i.e., the Purulia Chhau of West Bengal, the Seraikella Chhau of Jharkhand, and the Mayurbhanj Chhau of Odissa.

The journey

The dance form has been in our family for generations. Beginning from my great grandfather, it traveled generations before it reached me and now I have passed it to my son. I started dancing and practicing at the age of eight. Originally, we performed when



Chadak Pooja was celebrated in our village. Later, we took to it as a profession and started performing all over the world. It took me a lot of hard work to reach where I am today and I'm grateful for all I've achieved. It was not all that easy. My dance gurus were strict and that's how it goes. Discipline is a key factor while learning an art form but if you keep working hard and listen to your guru, you get better and better with time.

The challenges

We have a huge group and managing them sometimes becomes a problem,

especially because we are always traveling. Another thing that has proven to be a challenge is transportation. While traveling in a train, the authorities usually have problems with the masks and props that we have to carry for our performances. At airports too, we usually face communication problems as almost all of us are only fluent in Bengali and Hindi. But the sense of exploration and the opportunity to perform all around the world is what keeps us going. Our group has performed all over India and in Mauritius, Morocco, USA, Germany, Tunisia, Romania, Russia and Oman.

The prayer

The youth of today is a lot less inclined to promoting the culture of their own country. It is very disheartening to see children and teenagers not even trying to know about the rich past and heritage of our country. Rather than running blindly towards foreign art forms, whether it be dance, music or any other, the youth today should try to invest their energy and try to learn an Indian art form and keep the rich culture of this country alive. I hope, wish and pray that this dance form gets the attention and appreciation that it duly deserves. GII

GT legacy



Eleven years. And everything still looks the same. Or even better. Every year, at GT Awards, we recognise the best journos we nurtured through the year. The excitement, euphoria and cheers fill the audi-Their reverberations keep us on our

toes through the year till the next award. And yet, at every award when someone asks me, "Ma'am, why did I not get any award?" followed by "How can I do better?" its difficult to answer, but nonetheless I have to.

Through the year, its heartening to watch every school editorial board work hard to give their best. The process that commences with innumerable edit meets, follow-ups on the whatsapp group, chasing deadlines to editing and re-editing till it gets the final shape, and then juggling with the design team for the best look, is a complete journey. We all did well and put in our best. But perhaps, who got the award did a little better. Yes, awards do matter as they motivate you. But what matters more is your second question that shows, you still want to do better. For it is this are more than that, a friend in disthat will take you a long way towards your goal. And that is the biggest reward.

As for me, my biggest reward are messages like late at night. But is it really a friend the one I received from my former student or more of a foe in disguise? Yavnika of AIS Gur 46 who couldn't attend GT Awards as she had joined IIT Roorkie shared, "Ma'am, I am so happy for the trophy. Here at One can't be thankful enough to somy college, I have already been recruited to writing groups because of my past experience with GT and all the grooming in school is coming out in ways I never thought of. As an alumna, I am proud to be a part of GT legacy."GI

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Virtual or virtuous?

A Friend Or A Foe? It's All For You To Decide



Avi Prabhakar, AIS Vas 6, XII E

ocial media is no longer a bunch of websites hanging around in virtual reality. They guise. A friend that we wake up to and stay with shutting our drowsy eyes

To trust or not to trust

cial media. From giving us a platform to voice our opinion to letting us share our pictures with our near and dear ones, it has been a true friend. Only true friends don't betray your trust. Recently, over 5.6 lakh Indians lost these very precious moments to Cambridge Analytica, a British consultancy, with the affected Indians being in the age bracket of 13-21. In 2018, Quora, a community Q&A website, suffered a data leak which could potentially expose the personal data of

100 million users as a result of unauthorised access by a third party. But then we've all been through heartbreaks caused by our own friends.

A give and take bond

There is enough that social media has to offer. Ample information, proximity to near ones (even if virtual), a peek into the lives of our favourite celebs and what not. But what seems like a giving relationship, is more of a give and take. As we create accounts on various online platforms, these platforms in turn, click their way to banks. Our relentless pursuit for likes and shares makes these sites popular and they cash in on their popularity by way of advertising, paid promotions and premium accounts. Indians account for a good share of income of popular sites such as Facebook and Snapchat. To add salt to the wound, let's recall the time when Snapchat's CEO was audacious enough to say that the app wasn't meant for 'poor'

countries like India. Oh snap, it hurt. Didn't it?

Helping along the way

Ask a millennial and he is sure to tell you what good social media can do in times of misery (read: exams). As friends post statuses about important chapters and updates on what the teacher says is important, you get to keep pace. But here's news. A recent study revealed that students who constantly check social media while studying ended up scoring 20% lower in exams. According to another survey, 60% of teens spend an average of 9 hours on social media per day. Imagine how much you would have scored if you'd spent the same time studying. Now we know why parents go "humare zamane me toh hum..." because they actually explored, discussed and learned, in a way they understood the concept better.

Maybe that's why they say choose your friends wisely. GIT



Dear Editor, This is in reference to the top story

'Questions: Many; Answer: War?' on page 1 of The Global Times edition dated July 22, 2019. Since I joined Amity, writing for The Global Times has indeed been like a dream. When I saw my article in the newspaper, it made me realise that every time I had to write and rewrite a story, the efforts were worth it. Seeing the look of pride on my parents' faces when they saw my name in print is a moment I'll always remember. GT is one of the biggest reasons why I have decided to pursue journalism after school, and if I ever do get to be successful, I know for sure that I'll be accrediting a major chunk of my success to my beloved newspaper. For the past ten years, I've been writing for it, this is the second time a top story of mine has been published and yet, I can assure you that my happiness and pride remains unmatched. In spite of writing so many stories and for so long, every new story seems like a completely different adventure, a completely new challenge that I'm so ready to overcome because of your trust in me. Thank you, GT for every single time you motivated and encouraged me by printing my work and thus calling me good enough for a paper like you. Thank you so much for making me the writer that I am today. I

love you, GT! GT Maansi Anand, AIS Vas 1, XII C

Panel Discussion





Snakes have vomeronasal system in their mouth which enables them to smell using their tongue.

Youth Power is an annual social leadership programme organised by The Global Times. It witnesses ten teams from Amity schools work on 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 5** of this exclusive eightpart series, based on the panel discussions organised by YP teams, and a host of opinions as experts debate on 'Combating Malnutrition', cause chosen by YP team of AIS Pushp Vihar.



Nourish

It's Time We Come Together And Work Towards Combating Malnutrition

Use tech for health

echnology, though comes with abundant benefits, has had its fair share of drawbacks too; one of the most prominent being the effect it has had on our lifestyle. As we remain glued to our screens, we cut down on physical activity, which is extremely important for a healthy and nourished body. Children

are choosing to play video games instead of playing outdoors. Adults, too, are not far behind as they continue to watch Netflix as opposed to taking a walk outdoors. Furthermore, technology has simplified a lot of tasks, which earlier required manual labour. Now, we can take an escalator instead of taking the stairs, we have a washing machine that washes clothes, a task that was earlier labour-intensive. The result is that we are leading an inactive life, which leads to malnourishment. We need to understand that no matter how well we eat, it won't get us anywhere if we aren't exercising, simply



Sunil Srivastava Chief Business Officer Visit Health Pvt. Ltd

because the body needs some kind of exercise to be able to absorb and process all the nutritions. So, instead of technology hampering our health, we should use it to lead a healthy lifestyle. Use technology to find out more about what

you should eat and what you should not. We should minimise our screen time, add a session of exercise, cut out carbs and sugar from our diet and add heathier alternatives like vegetables and fruits. It's the easiest way to live a fully nourished life

Not just for taste buds

our lifestyle decides whether your body is undernourished, overnourished or perfectly healthy, which is why eating right is important. If your lifestyle does not offer the nutrients needed by your body, your body will no longer support you. There is a need to d use it to reach e technology to what

nutrients. So carbohydrates create a balanced diet chart that

nutrients: 50-60%

carbohydrates,

Dr Sanchayan Roy MBBS, DNB General Medicine **DNB Internal Medicine Consultant Physician**

20-30% protein, 10-20% fat, and the rest is covered by vitamins and other essential nutrients. The problem, however, is that we barely

care about our nutritional requirements. The focus is always more on taste, and these food items are a storehouse of empty calories. What's making things even worse is the easy accessibility of these foods. With various service providers like Zomato, Uber Eats and Swiggy to the rescue, these unhealthy snacks are available at the click of a button. As a consequence, one is not even giving a second thought before consuming them guilt-free. Thus, it becomes crucial that you plan out what you are going to eat for your breakfast, lunch and dinner to suit your body and not iust vour taste buds.

Fuel your body right

Anoop Gurung **Sports and Fitness Expert**

ur body is very

forgiving; it won't instantly fall ill or become obese if you drink one glass of Coca Cola, but it reacts when the question comes to its survival. Eating junk food over a prolonged duration of time will have its own consequences. Slowly, but steadily, the body will start to wear out. Understand that the body is like a machinery. The machinery may continue to work if not provided the right fuel for some time, but eventually its parts will start to corrode. That is exactly what happens with

our body. It keeps working, but slowly and

steadily the immunity of the body, its



strength begins to wear off. One becomes more vulnerable to diseases, feels lethargic and slowly it starts to lose its efficiency. If we keep filling our body with all the wrong things and

never provide it with the proper fuel, it won't be able to stay in its best shape. We must understand that our body has its own fuel system and we must follow it sacredly or we are the ones who will have to face the consequences. Give your body proper nutrition and it will take care of you; overfeed your body or deprive it and it will act against you.

Experts Speak

Radha Kumari Biology teacher, AIS PV

ne of the biggest misconceptions we have regarding malnutrition is that we believe it can only exist in the form of undernourishment, whereas, in reality, it is also prevalent in our society in the form of overnourishment. India is a country of extremes. On one hand,

we have a population that cannot manage three square meals a day. And on the other hand, we have the privileged section that is dealing with the problem of plenty. They are not just eating,

The truth unknown

but overeating, which results in a wide range of disorders. When there is an intake of high amount of fat and calories in your diet, you suffer from micronutrient malnourishment at the

same time because your body is not receiving the adequate amount of all the nutrients that it requires. For instance, excessive intake of calcium does not make your bones stronger but makes them brittle instead. Likewise, excessive intake of protein can make the body vulnerable to Osteoporosis, and too much iron intake over a long period of time increases

risk of cancer, heart diseases etc. The body requires nutrients in certain quantities; too much or too less of it – both have their own repercussions. Therfore, it is imperative to strike a correct balance.



AIS PV

Deeksha Puri, XI F

AIS Gur 43

Missing!

Not To Be Found

DATE

Samriddhi Agarwal, XII C

marks apered, add Gar 41, 308

AIS Noida

A (pr)iceless story

Anjanee Khosla, XI F

XII

Unlike humans, a snake's skin does not grow with their body which is why they shed their skin 3-6 times in a year.



The Black Mamba is the fastest snake in the world and can move up to 12mph per hour.

THE GLOBAL TIMES | MONDAY, AUGUST 12, 2019

THAT AWARTS 2018-19

Hall of fame

...and the Nominees are

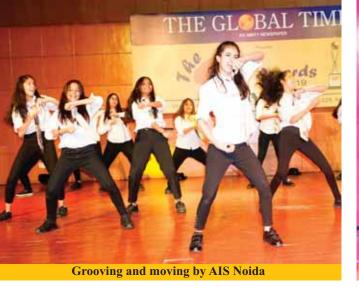
For the overwhelming cheers, for the many hearts beating with anticipation, for the glittering trophies waiting to be clinched, GT Awards 2018-19, saw countless emotions ranging from nostalgia to excitement to pride. One could see smiles on the faces, as the names of the deserving nominees were announced. Here's presenting the nominees for best stories and designs that made every page of contest edition worth a read.













AIS Vas 1

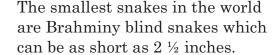
AIS Vas 6

AIS MV

Mudit Aggarwal, XII A &

Pranjal Jain, XI F

In bits and pieces





A lot happened over coffee

Let's Sit & Take A Sip From The Cup Of Memories

Rashi Garg, GT Network

et's catch up at Café Coffee Day!"- a phrase that each one of us has heard or said to someone, be it in the year 2000 or two

decades later in 2019. It was in 1996, that VG Siddartha sowed the 'beans' of coffee revolution, bringing people together. But as fate would have it, CCD is in news, but for an unfortunate reason. India's original coffee baron recently committed suicide citing financial irregularities as the reason.



CCD did to India what Starbucks did to the world. All the credit for the same goes to one man - VG Siddartha. He introduced the concept of branded coffee shops to a largely tea-drinking Indian population. Chai ki tapri(s) dotted the landscape of Indian cities in the 1990s when the first CCD opened up in 1996 in Bengaluru. With a man as talented as him leading the way, it didn't take long for CCD to emerge as a successful Indian enterprise with over 1,700 outlets across the country. As we mourn the sudden de-

parture of the man behind its success, there are a plethora of questions surrounding the death of VG Siddhartha. But what we can't ignore is his story of ambition and hard work which led to the building of one of the most successful enterprises in India.

Kriti Panwar, AIS Gur 46, XI F

A sip of memories

It was just a few days ago, when my father was telling me how a homemade cup of Bru was the only version of coffee people sought for variety once in a blue moon. But the lounge-styled stores, the plethora of varieties in coffee and free Wi-Fi, which was atypical in those times, created a strong pull that drew people to the outlets of Café Coffee Day quickly. The allure of sitting comfortably at a place for hours on end with food and beverages emboldened us to buy our first espressos. "It had swept us off our feet. It was the place to be for hangouts, mid-day meetings and more. Families too got glued into the new haunt," he told me, evidently feeling nostalgic. This is the legacy Mr VG Siddhartha has left for us to cherish.

Pia Tripathi, AIS Noida, XII I

A sip of irony

Coffee, once a luxury only available at international chains was unheard of by the middle-class man. Then came a man, VG Siddhartha. Some could turn water into wine, but Siddhartha turned coffee into a cultural icon and a commodity for the common

man. A beverage that would once cause someone to shell out the same amount of money for a complete meal cost less than a hundred rupees now. Today, the entire nation is mourning the death of the man who said 'I gave it my all' in his last note and I cannot help but wonder if we could have given something back to him. What an irony it is, the man who relieved us from stress all this while through his coffee, died of stress due to debts for the coffee he served us.

Aman Singh, AIS PV, XII B

A sip of thought

VG Siddhartha's suicide has shaken up



and revived the debate on committing suicide and whom to blame. We, not just as citizens, but also as probably the family members, neighbours and friends of the people who either have committed suicide or have suicidal thoughts, have a certain responsibility on our end. Victim blaming is a prominent question in itself-'Is suicide the right step?' We might want to take a deeper look inside the victim's mind. And with that, the only word that comes to mind is 'help'. We need to provide help. Let us not be in the mindset of 'you vs me'. Rather, it should be 'the problem vs all of us'. Let us ensure that everyone knows that this world is beautiful with them so that we do not lose pioneers like VG Siddartha just because we did not try. GT

> Mansi Chhabra AIESR, AUUP, Alumna



Discussing The Appetizer Of Hatred Nobody Ordered

not about what has happened but rather what could happen if we don't talk about it. At first glance, the controversy surrounding the food delivery app, Zomato, looks like another random row between two parties. But when you take a closer look you realise what ignoring such an incident could do to our country. When a man cancelled his order on Zomato citing the reason that the month of Shravan is going on and he cannot accept food from a Muslim delivery man, Zomato chose to stand up in favour of its employee and his right to work. As happens in a democratic country a lot of people had a lot to say about this incident.

The role of religion

Discrimination on the basis of religion has reached its peak with this controversy. This takes us back to the times when caste system was extremely prevalent and people of 'higher castes' won't even touch the same things as the Dalits. Are these

it is being promoted. Zomato took the correct step in standing up against these abhorrent acts.

Rimjhim Sayana AIS Noida, XII D

The role of social media

I believe the advent of social media is bringing religious issues to the forefront and forcing people to acknowledge them and working towards amending the situation. The recent controversy surrounding Zomato just goes on to prove how detrimental religious radicalism can be for our society, and I think that social media can play a huge role in unveiling such intolerance if used in the right way.

Nayesha Gandotra AIS Gur 46, Alumna

The role of humanity

I believe nobody has the right to stop someone of different religion from doing their job. We have the right to exist as human beings and live our lives, to earn and support ourselves, irrespec-

two situations not similar? tive of religion. I don't think What's even more disgusting prejudice should cloud us from ometimes, the debate is than the act itself is the fact that acting like decent humans and showing kindness to one another. While religious freedom is important, we shouldn't let varying religious beliefs create a cultural divide.

> Deeksha Puri AIS PV, XII F

The role of a brand

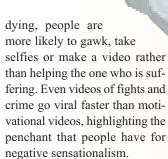
The face of any brand ie, the people associated with it, represent the beliefs and ideologies of those people. When a brand stands for something or against something it is their prerogative, and no one has the right to tell them otherwise. In return, the customers also have the right to choose whether they want to associate themselves with a brand when their principles don't match. But bashing a brand, in this case, giving a one star rating to the app is not really the way to go.

> **Kashish Gurang** Sem I, AIESR, AUUP

The role of negativity

People have never left so many

ratings on the Zomato app as they did on the day of the incident and all of them were 1star ratings. Negative actions get more publicity than positive ones. Even when we take all the incidents of the recent times into consideration, the sad reality remains that public's disapproval is always louder than their support. If someone



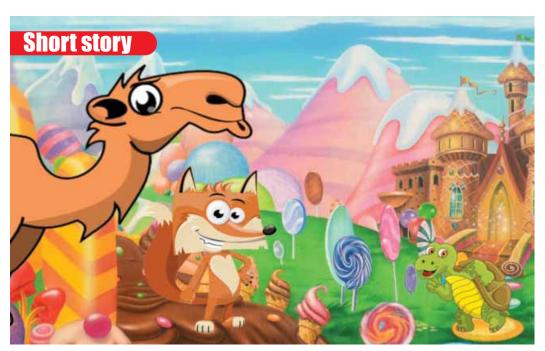
Dhriti Seth AIS Gur 46, XI E





without eating due to low metabolism rate.

The land of lollipops



King cobra can go months

Uvika Banerji AIS Noida, IV E

nce upon a time, in a forest far away, lived a tortoise, a fox and a camel. Tony the tortoise, Fury the fox and Clint the camel were the best of friends. The three friends were lying near a tree when something round and pink coloured fell on the tortoise. "Ouch! What is this?" Tony asked. "Don't you know? It is a very tasty candy called lollipop!" Fury replied. "Really, is it? Then give it to me; I want to taste it," said Clint. "No, no it fell on me so only I will get to eat it," Tony declared proudly.

Like this, a fight broke out between Tony and Clint. "Quiet both of you!" Fury's loud voice boomed, "If you want more lollipops, then go to Jingleland." "Jingleland?" Both of them asked. "Yes, it is the land of lollipops. There you can eat all the lollipops you want." "Have you been there?" asked Tony. "No, but I know a white bunny who can help us," said Fury. "Oh, then let's go!" Clint replied happily. "Yes, but first let me eat the lollipop I already have." Saying this, Tony gobbled the lollipop

while Clint sadly looked on. Next day, the three of them started their journey to Jingleland. They went to the white bunny named Bruce who helped them find the way. As the three friends reached the kingdom, they were shocked. The land was full of lollipops. Blue lollipop, big lollipop and small lollipop, star shaped lollipop and heart shaped lollipop...all kinds of lollipops were hanging from the trees. Just then a peacock with a crown on her head came there. She was the queen of Jingleland. "Welcome to Jingleland. Bruce told me you want to eat lollipops

The three friends were lying near a tree when something round and pink coloured fell on the tortoise. "Ouch! What is this?" Tony asked.

from our land." The three friends nodded happily. "Then go on, eat as many as you want," the queen said before walking back to her castle. Clint the camel, quickly plucked a few lollipops for himself and started eating them. Since Fury and Tony were both short, they looked at him asking him to give them some, too.

"You did not share your lollipop with me, so why should I help you now?" he asked. Tony hung his head in shame. "I'm sorry my friend. I will always share everything with you from now on." This time Clint happily gave a few of the candies to his friends, too. They all ate the candy happily. After a few hours, it was time for them to go back home, but all of them were sad. How would they eat lollipops after this? Just then the queen came back and gave them a few seeds to grow their own lollipop tree and relish them everyday.

So what did you learn today? A new word: Plucked Meaning: Quickly remove something from its place



Lush dora cakes

Hemakshi Grover, AIS Vasundhara 1, VII

Ingredients

	wdered sugar1/2 cup Water nilla extract1 tbsp Bakin	y
--	--	---

Method

■ Mix all-purpose flour, baking soda, powdered sugar, milk, honey and vanilla extract in a bowl. Let the batter rest for at least 15 minutes.

Pov

Vai

- Grease a non-stick pan with oil and then pour a pancakesized portion of the batter into the pan.
- Cook the pancake till it turns golden brown. Flip and repeat the same process with
- the other side.
- Ensure the pancakes turn golden brown on both sides.
- Make two more pancakes using the same method. ■ Spread nutella on one side of
- each pancake. ■ Sandwich the two pancakes with the sides with nutella
- Your delicious dora cakes are ready to be loved.

facing each other.

It's Me KNOW ME BETTER! ABOUT ME My name: Swaranjali Singh Role Model: Grandparents My Class: KG Best friend: Ayansh School: Amity Interna-Likes: Dancing and cycling tional School Vasundhara 1 Dislikes: I don't like anyone being sad MY FAVOURITES **Book:** Bedtime stories A photographer Game: Hide and seek Mall: Mall of India I want everyone Food: Chocolate donuts, to know me and become burgers and yummy famous in my school. french fries Teacher: Nidhi ma'am Poem: Old MacDonald

Saransh Gupta,

AIS Gur 46, VIII

What do you call a dinosaur that is sleeping?

A dino-snore!

What do you think is fast,

loud and crunchy? A rocket chip!

Why did the teddy bear say

no to the dessert? Because he was stuffed!

ପ୍ରସ୍ତ What did one plate say to the other plate?

Dinner is on me!

What do you get when you suddenly cross over a vampire and a snowman?

Frost bite!



My strength

Supriya Jajoriya, AIS Gur 43, VIII

He works day and night Quietly bearing, he is the One who brings me light!

He stands unwaveringly He withstands all Storms with me willingly!

He envisions a future bright Standing with me He supports me like knight

He seldom has any demands

Listening to my qualms He never has his own rants!

His cries are all in silence Hiding his tears, his smile Covers up all things tense!

It's not easy earning a dime But hiding his efforts He goes unnoticed at times!

Through thick or thin He is there, expressing His pains with a grin!

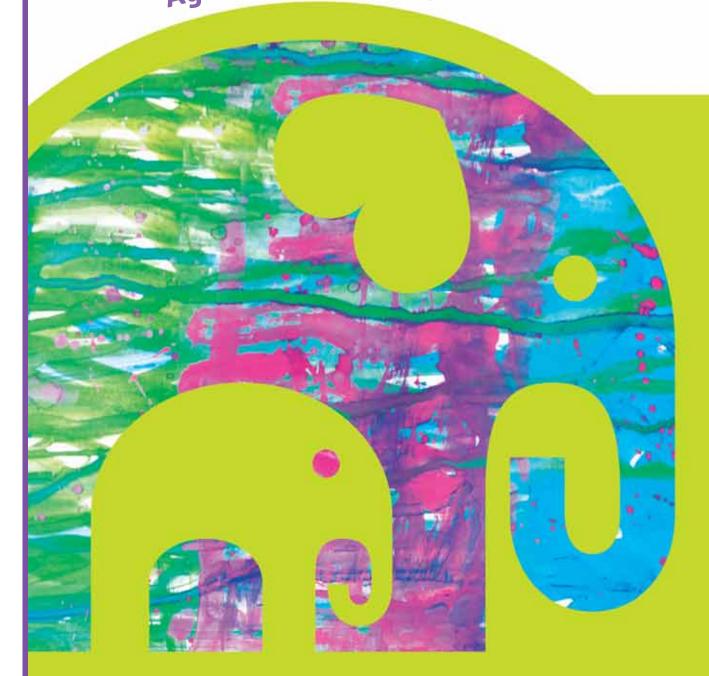
He uplifts me when I'm sad My pillar of strength I call him my dad!GI







Ages: 14-28 months



Learn, Laugh, Explore!

Share precious moments of bonding with your little one!

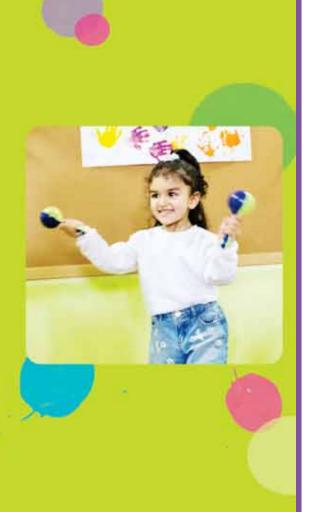
75% of your toddler's brain develops before the age of 3 years.

At this crucial formative stage, a lot of learning happens naturally during a toddler's play and exploration. However, research indicates that some explicit instruction from observant and sensitive adults is required to build on a toddler's emerging literacy, numeracy, social, creative, musical, physical and cognitive skills.

At **amitots**, we create enriching learning opportunities for you and your toddler by setting the scene for developmentally appropriate activities through free play, circle time, creative arts, music & movement and storytelling under the guidance of our experts.







Registration Open for 2019 Session

Pushp Vihar (Delhi) 99-100-36580

Sec 27, Gurgaon 99-711-33582 Sec 44, Noida 98-187-04663

Gurgaon (Sohna Road) 99-990-39992



All top quotes contributed by Shailja Gauniyal, AIS Gur 46, V

Crescendo 2019

Celebrating Tunes, Melody And More At The Festival



AIS Mayur Vihar

Hannah Mubarak, XI G **AIS Mayur Vihar**

humping of drums, strumming of guitars and waves of keyboard notes. That is exactly what happened at the 13th Crescendo, an inter school western music competition held from July 25-26, 2019. The popular Amity annual event is a boulevard of western music in which over 25 schools from Delhi /NCR participate to showcase their musical talent. The two

day long musical match of musiwas graced Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF. Renowned names from the music world, Ashton Vaz and Ronald D'Silva were special guest and jury member of the musical competition.

The festival of music and melody began with the lighting of lamp by Chairperson and esteemed dignitaries followed by an invigorating speech by school principal Meenu Kanwar. The event saw participants sing a variety of songs and mashups with some

being sung as a tribute to the legendary musicians. The musical competition was divided into four categories namely solo song, group song, duet and a band performance.

On the first day of the competition, the participants of solo song and group song categories staged their mellifluous musical presentations. Every performance was very soulful and captivating. A capellas sung by students in the group category was appreciated by the audience.

The second day of the competition saw participants from differ-

ent schools sing soulful duets and give rocking band performances which made the gallows of Amity resonate with melody and music. The musical match gave jury members a tough time to select the winners.

In solo singing category, AIS Pushp Vihar bagged the third position and also won the award for Best Bassist. AIS Gurugram 46 bagged first position in duet singing category while AIS Mayur Vihar won the award for Best Guitarist and Best Drummer. Overall rolling trophy was won by DPS Vasant Kunj. GII

The victory galore

THE GLOBAL TIMES | MONDAY, AUGUST 12, 2019

AIS Noida

nother golden feather was added in the cap of Amity when Anjanee Khosla of Class XII won a bronze medal in the International Economics Olympiad*, held at St. Petersburg, Moscow, Russia from July 23-31, 2019. A total of 24 countries and 166 contestants competed in the final round of this prestigious olympiad. With this victory Anjanee also secured a 100% scholarship to pursue her higher studies in Russia. She also met the Nobel Laureate, Eric Maskin and many other eminent economists. Her trip to Russia was completely sponsored by Higher Research University for Economics, St Petersburg, Russia.

This unique opportunity to compete at a world level economics competition, was extended by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF who envisions to see Amitians on the top in every sphere. In the competition, top 5 best brains of India in Economics were shortlisted out of 15,000 students. Anjanee was one of those top 5 contestants to represent India in the final round of the olympiad

The finalists were selected on Economics, Moscow, Russia. It the basis of the economic, conceptual, analytical and case studies application from the syllabus of Class XI and XII.



Anjanee was declared a winner on the basis of her performance in three rounds. The first round comprised a business presentation on hyperloop technology in Russia. Anjanee received special mention from judges for using SWOT analysis in this round. The second round was based on economics exam comprising MCQs, small and big caselets, where she scored 86% and the final round was based on finance and online simulation.

*The International Economics Olympiad is an annual competition in economics, for senior school students conducted by Higher Research University for aims to prompt students to do creative problem solving and analytical case studies in economics, business and finance.

Marine festival

Learning About Aquatic Life

AIS Gwalior

o make students aware about the importance of marine life in a fun and interesting manner, the school organised a marine festival for students from Class I-V. During the festival, students of Class I dressed up as different aquatic animals and described the characteristics of the vibrant animals they portrayed.

On the other hand, little ones of Class II introduced the audience to a variety of colourful sea animals such as starfish, crab, lobsters, whales, etc., through an energetic dance performance. Adding on, students of Class III came up with interesting facts about aquatic plants. They shared that apart from adding

beauty, aquatic plants have myriad of benefits, both natural and man-made ecosystems and also their significant role in maintaining the ecological balance.

Students of Class IV presented a skit based on theme 'Save Oceans', leaving the audience spellbound Through their skit, they drove home the message that oceans play an important role in every day life because they are one of the major sources of sea food, medicines and are part of the biosphere.

A foot tapping song titled 'Froggy Froggy' was performed by students of Class V to depict the life cycle of a frog. School principal Manju Singh addressed the students and blessed them for their efforts in making marine festival a success. GIT



Amity Indian Military College cadets pay a tribute to the martyrs of Kargil war

A tribute to martyrs

Special Assembly To Commemorate Kargil Vijay Diwas

AIMC

special assembly was held to celebrate Kargil Vijay Diwas at Amity Indian Military College on July 26, 2019. The event, held to pay tribute to the respected martyrs of Kargil war, commenced with a speech by headmaster Col R C Patial SM. In his speech, he

enunciated that Kargil Vijay Diwas is a day of pride for every Indian. It's a day to remember the martyrs and their unconditional sacrifice in the service of nation. He shared how these 20 years stand witness to bravery of the soldiers who overcame all the challenges to win back one of the most difficult terrains on the earth. Speaking about the mar-

tyrs and veterans of the Kargil war, he explained the background of the war, how it progressed and mentioned about how 'Operation Vijay' culminated into the victory and occupation of the Kargil heights by the Indian soldiers. Col Ravinder Singh, administrative officer, AIMC as well as a Kargil war veteran shared his on ground ex-

periences of the war zone especially the Arty (gun) fire power. A motivational movie on Kargil Vijay Diwas named '20 years of Kargil victory' was also screened for the cadets. The movie was followed by a heart rendering song as tribute to Kargil soldiers by the cadets of the academy. The special assembly concluded with the national anthem. GT



