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## AMITEpoll

Do you think Citizenship Amendment Bill (CAB) is a fair move?

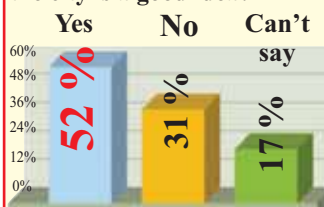
a) Yes b) No c) Can't say

To vote, log on to  
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## POLL RESULT

For GT Edition December 9, 2019

Do you think that Delhi government's initiative to install Wi-Fi hotspots around the city is a good idea?



Results as on December 14, 2019

## Coming Next

See you after the winter break!

# THE GLOBAL TIMES

MONDAY, DECEMBER 16, 2019

www.theglobaltimes.in

Sapriya Sharma, AIS Saket, XI E

While the world is still contemplating whether or not climate change is for real, cities all around the world are struggling to breathe. The Indian capital city of Delhi was regarded breathless as AQI clocked in to 'severe' category. Intriguingly, even when the cities were thus toxicated, entrepreneurs couldn't help but look at the crisis as a business opportunity.

## 'Can' you not?

**Business is up in the air:** Occupational Safety and Health Administration determined the optimal range of oxygen in the air for humans as 19.5-23.5%. Oxygen levels are depleting fast, paving way for artificial means to fill in the gap.

**Cashing on it:** Delhi Cryogenic Products Pvt Ltd asserts to be the only firm in India to manufacture portable oxygen cans and cylinders under the brand name 'Oxy99'. These portable cans, weighing just 120 grams, hold around 150 breaths and cost you 650 INR. The 75 to 1,700 litres cylinders, range from 8,000 to 27,000 INR. Considering that humans breathe in 8-10 litres of air per minute, you can calculate the cost of breathing. The idea for canned oxygen originally came from 'Vitality Air', a Canadian company that started after its entrepreneurs sold a ziploc bag full of air on eBay for US \$168 as a joke.

## Not your usual hang-out

**Business is up in the air:** Around 5 to 7 million people die from breathing in the smoke and soot in the air. A bar, albeit an oxy bar seemed to be the only way out.

**Cashing on it:** 'Oxy Pure' bar that opened in May this year at Select City Walk, Saket offers fresh air in different flavours, starting at 299 to 500 INR for



## A Breathtaking Business Opportunity!

a 15-minute session. The oxygen bubbles through aromatic liquids in flavours like lemongrass, orange, cinnamon, spearmint, etc. It "works like magic on those com-

plaining of sleep disorders, blood pressure issues and mental fatigue," claims the bar staff. Even though its effects are still unproven, the bar receives 25-30 people every day. They saw a significant rise in their attendance after Diwali due to a harmful spike in pollution levels.

## Mask the unmasked

**Business is up in the air:** WHO termed air pollution as the 'world's largest single environmental health risk'. Respiratory disorders are only one of its few repercussions, one that air masks claim to mask.

**Cashing on it:** Masks witnessed a complete 100% jump in sales this year. One can choose from a wide variety, ranging from N100 to a simple surgery mask, with their prices varying from 15 to 4000 INR or above. These masks claim to be capable of filtering airborne PM 2.5 with up to 99% efficiency. As if cashing in on an emergency wasn't enough, we are also making it look fashionable. Case in point - Urban Air Mask 2.0, a fashionable face mask that costs about \$100 a piece. The global mask market is expected to almost triple their sales by 2025.

## Pocket-air cleaners

**Business is up in the air:** At least 140 million people in India breathe air that is 10 times more polluted than the limit prescribed by WHO. Desperate for a few clean breaths, air purifiers were the only resort.

**Cashing on it:** By October 2019, the air purifier segment had already witnessed a 20% growth, and is only expected to grow further. Kent RO, its leading player, saw 50% growth this winter. With several companies approaching (Samsung, Xiaomi, Blue Star, etc., to name a few), one can choose an air purifier anywhere between 7000 INR to 1 lakh. This industry stood at 312 crore in 2018, and is expected to grow to a whopping 900 crore by 2025. But this is an upward (or downward) swing we would rather miss than swing along.

It's funny how people say that the best things in life are free because quite evidently, the very source of living will end up costing millions.



Illustration: Keshav Gupta, AIS Saket, XI C



Pic: Nandika Kumar, AIS Saket, XII G

Anshu Gupta, founder director, Goonj

# A 'goonj' of change

## Uncovering The Story Behind The Man Who Lends The Cover

Shhouraya Chadha, XI C &  
Tanya Ganguly, IX A, AIS Saket

Goonj, a name that has become synonymous with change and relief, is a non-profit organisation best known for its philanthropic initiatives. The organisation has touched many lives during its two decade long journey under the supervision of Anshu Gupta, founder director, Goonj. Recognitions like Social Entrepreneur of the Year (2012) and Ramon Magsaysay Award (2015) only bear testimony to his zest to make a difference. Read on as the changemaker shares his story.

## Once upon a time, there was a kind man...

I had moved from Dehradun to Delhi to become a journalist. Dehradun, although a small city, did not have as many slums as the capital. It was only here, in Delhi that I saw organised begging at red lights for the first time. I once met a cemetery worker's daughter, who told me that she hugged corpses to keep



Anshu Gupta with GT reporters

warm on cold winter nights. I heard several more stories like that and realised that people had taken clothing for granted.

**He began his journey to change...** Having heard so many miserable tales, I committed myself to bring about a change and established Goonj. My avid interest in poetry influenced the naming of the organisation. Our logo is just as beautiful. The two dots after the name signify continuity and hope.

**Helping people, one step at a time...** We undertook several projects, went to several poor localities. This one time, when we had just started out, there was a massive earthquake in the Chamoli District of Uttarakhand. We asked people for help and

ended up collecting 5 small gunny bags of clothes and half a bag of shoes. It was not a big one but it surely felt like a huge achievement. At Goonj, our focus has always been on listening to people, learning about them and trying to help them in whatever little capacity we can.

**And faced many obstacles on the way...** Changing people's mindset has been a major hardship for us. Especially in India, where everyone simply assumes that the people working in their homes won't mind eating their leftovers or wearing their torn clothes. Where, while we want to fully live our lives, we expect others to barely survive.

**But, he succeeded...** Some of our initiatives have been successful. Cloth for Work (CFW) has been my favourite till date. We ask people in a village to list out their problems. We guide them in solving those problems and provide them with clothing, in exchange for their labour. Through this, we have been able to put the idea of Goonj to reality, and our success has only scaled to new heights.

**Inspiring others with his journey...** To the youth of this country, all I want to say is that rather than trying to teach someone how to live their life, make an effort to learn how they live it.



“Pressure of deadlines, pushing down on me, pressing down on you, no man ask for.”

Tanisha Chawla, AIS Saket, XII G  
Page Editor



Contest Edition

# Because every drop counts

Story Of A Man On A Mission, Creating A 'Revolution In Human Kindness'

Pics: Mukund Arora, AIS Saket, XII F

## Ground Reporting

Tanishi Adhikari, XI D, Vibhu Khare & Resham Talwar, XI C  
AIS Saket

Meet Alagarathnam Natarajan, a 70-year-old man, who may seem like another 70-year-old but his work is beyond extraordinary. Quenching the thirst of countless underprivileged people, he has earned the moniker 'Matka Man'. But that isn't the end of the story. From offering free nutritious breakfast to women and children who leave home on an empty stomach daily to providing clean drinking water to those who cannot afford to buy water from the vending kiosks; his initiatives are impacting countless lives.

### The inception

Remember the story of the thirsty crow? Matka man's story is rather similar, for he continues to make efforts bit by bit, only not for himself. The idea to quell people's thirst struck him, when he saw a water cooler installed outside a bungalow in South Delhi. Thus, he started setting up water coolers at various places throughout the city. But the installation challenges that accompanied it soon made him replace them with matkas and hence was born the 'Matka Man', funded and curated independently by him- without any resources from NGOs or other agencies.



GT reporters interact with Mr Natarajan

### The endeavour

Near all his matka stands, he has set up long benches for the homeless people to sleep at night. The stands have a board with his personal phone number, so people can notify him when a matka is empty or when there's enough space for a new bench. The matkas are fitted about 2000 litres of water a day in summers, which is supplied by a school nearby and two other kindred souls along with the Matka Man himself. He fills all these stands daily with his own van, innovated with unique engineering systems comprising motors, pipes and a portable water tank. Van usually does four rounds a day to fill these matkas, with each trip taking three to four hours. He now also has an assistant who helps him in the task.



Reporters assist the volunteers

give poor people the flexibility to refill air anytime. Some cycle pumps are separate units and some are then part of the matka stands," he shares.

### The inspiration

A man of generosity, he calls sincerity the geometry of life. "All social work calls for sincerity and honesty, honesty towards ourselves, the world and our work. Helping an elderly woman to cross the road can also make a huge difference," he says. A simple living man, he inspires admiration for his commitment towards the selfless benefit of the mankind. Here's hoping that we too can fill the ocean of humanity with 'drops of love' from the matkas of the 'Matka Man'.



The refill van, designed with a unique concept

### The commitment

Along with providing free drinking water to the poor, he also distributes food and fresh fruits. He is very particular about the nutrition and hygiene of the food that he serves. "The lassi con-

sists of jaggery and the omelettes have about ten ingredients, each nutritious and wholesome," says Natarajan. He has also installed 100 cycle pump stalls around the neighbourhood for, "Delhi roads are hard on cycles. These pumps

Pics: Vidushi Bhardwaj, AIS Saket, XI E



### The best of leadership Editor-in-chief



## The burst of the best



### The best of craftsmanship Illustrator on the job



### The best of innovation Page editor on a roll



### The best of creativity Graphic designer at work



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"Hey, Jude, don't make it bad, take the first draft and make it better."

**Arpit Gupta**, AIS Saket, XII D  
Page Editor

# A realm beyond

## A Profession That Truly Takes You Above And Beyond This World

**Sukriti Gupta**, AIS Saket, XI F

*As I sit glaring at the TV, watching the countdown for a spacecraft that is about to reach the moon, I feel proud of the one sitting inside that rocketship. I smile at the screen, remembering the day my 12-year-old daughter asked me how to reach for the stars...*

"Look, dad! Soon I'll make my own rocket and fly off to the stars. I'll be an astronaut," the young girl told me, 19 years ago, while playing with her toy rocket. Seeing her excitement, I decided to let her into the professional world she wanted to enter, because it is never too early, right? "Well, you'll have to study science in your higher classes and later get into a good engineering college and get a bachelor's degree in either Physics, Chemistry, Mathematics, Biological Science or Computer Science. To work at ISRO,

you will have to clear the JEE held by Indian Institute of Space Science Technology." "It all sounds so hard!" she whined gazing at the moon, "But the stars and the moon look so near, so how can they be so hard to reach? Oh, how I want to float in space with them!" she chuckled. "If you really want to be up there, you'll first have to complete two years of basic training that refines your survival training, language skills and experience in the field. Once you graduate, you'll be assigned a space mission or if you want to work at NASA, you'll be assigned to technical roles in the Astronaut Office at the Johnson Space Centre, Houston. First you'll help other engineers build the

spacecrafts. And if you want to be a part of an ISRO space mission, preference is given to experienced Indian Air Force pilots since they already have the mental and physical ability, which shortens their training period."

"So much wait and work!" she said and slumped her shoulders in disappointment. I tried to cheer her up by telling her that the day is not far away when astronauts would reach the red planet. "So, if you try, you could be the first one to walk on Mars."

"How amazing!" she jumped in joy. "But remember, kiddo, to achieve what you aspire, you must focus on your studies. You will need a postgraduation or even

PhD from a good university in Astrophysics, Geophysics or Metaphysics, because cracking ISRO or NASA is not a piece of cake. Recently NASA received more than 18,000 applications for a handful of spots, so you can imagine how tough it is. Hence, you need to work very hard." "Really?" she asked, "That much of study? This means no time for play?" "Well, playing and being fit is important too!" she looked at me, confused. "We want fit ones who can survive in space, which is why they have to pass the long duration physical tests, have a height between 4 ft. 10 in. and 6 ft. 3 in, and blood pressure of 120/80 and a distant vision of 20/20 for each eye.

So you know what that means? You need to eat veggies!" I remember her yelling in frustration, "I don't want to become an astronaut, it's so tough!"

*Who knew that she was throwing away the toy rocket to catch the real one.*

Pic: Vidushi Bhardwaj, AIS Saket, XI E  
Model: Aaliyah Agarwal, AIS Saket, II A

**Amity Institute  
for Competitive  
Examinations**

*Presents*

**Brainleaks-294**  
FOR CLASS VI-VIII

Mendel selected garden peas as his experimental material because

- (i) Pea plants possess a number of well defined contrasting characters.
- (ii) Pea plants contain unisexual flowers.
- (iii) Pea plants have perfect bisexual flowers.
- (iv) These are annual plants.

- (a) (i) and (iv) only
- (b) (i) and (iv) only
- (c) (i) and (ii) only
- (d) (i), (iii) and (iv) only

Last Date:  
DEC 20, 2019

3 correct entries with attractive prizes

Ans. Brainleaks 293: (b)

Winner for Brainleaks 293

1. Medha Tagra, AIS Gur 43, VII A
2. Sushant Dasari AIS Gur 46, V E

Name:.....

Class:.....

School:.....

Send your answers to The Global Times,  
E-26, Defence Colony, New Delhi - 24 or e-mail  
your answer at brainleaks@theglobaltimes.in

# A millennial's mirage

## This Generation's Endless Dilemma In The Education-Employment Paradox

**Sonsie Khatri**, AIS Saket, XI F

As countries like India develop economically, most of the young population begins to attend schools and colleges, both due to the efforts made by government to promote education as well as a growing awareness that it improves one's career prospects. But to what extent?

Most of the Indians believe in the benefits of education which is why one survey found 71% of them to be willing to even borrow money for the education of their children. The benefits of education in shaping up one's life cannot be denied. After all, it is the route for finding a well earning job. Or is it? Recent reports suggest, India's unemployment numbers are at an all time high. The Centre for Monitoring Indian Economy (CMIE) estimated that 11 million jobs were lost in 2018 – pushing the unemployment rate to 8.5%. A report by the Centre for Sustainable Employment at Azim Premji University states that unemployment among the well-educated is thrice the national average. The report says that there are roughly 55 million people in the labour market with at least a graduate degree, out of which approximately 9 million are estimated to be unemployed.

Although, India is not the only one. There are about 47 countries around the world, undergoing an unemployment crisis which is a product of this very education-employment paradox. In Greece, unemployment went up to 21.7% of the total working population and 17.3% in Spain. In contrast, India's 8.5% may look better. But given its high popula-



tion, that 8.5% is more than the overall workforce of many countries. So, the picture is pretty bleak.

Usually, students perceive foreign degrees as a fix to this unemployment. A solution which has worsened the situation further, the result- almost 40% of borrowers are expected to fall behind by 2023. Hence, in spite of a foreign degree, students have debts that they can't pay off as their dream jobs are now nothing but bleak prospects.

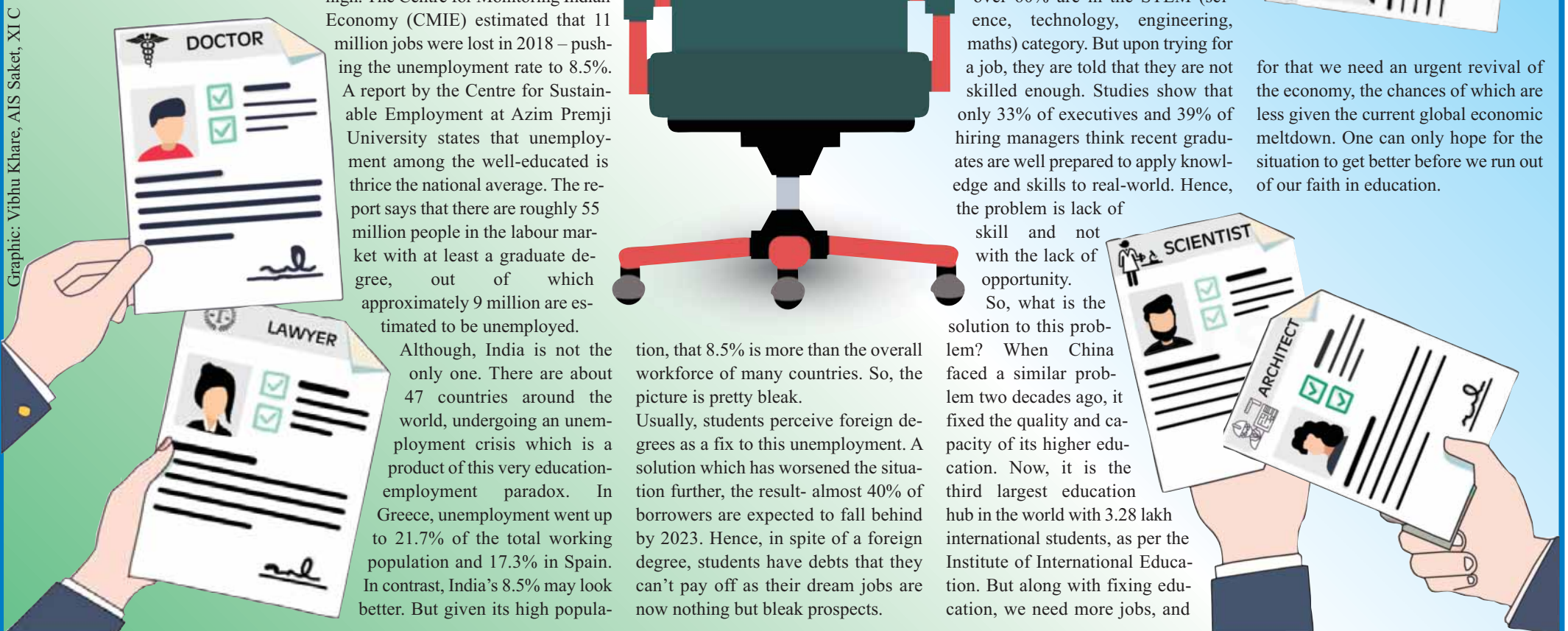
World Education Services (WES), a non-profit organisation that provides credential evaluations for international students planning to study or work in the US and Canada explains that the reason for this is that Indian students are heavily skewed towards postgraduate programmes (55%) with just 13% at the undergraduate level.

Indian students are also unique as over 60% are in the STEM (science, technology, engineering, maths) category. But upon trying for a job, they are told that they are not skilled enough. Studies show that only 33% of executives and 39% of hiring managers think recent graduates are well prepared to apply knowledge and skills to real-world. Hence, the problem is lack of skill and not with the lack of opportunity.

So, what is the solution to this problem? When China faced a similar problem two decades ago, it fixed the quality and capacity of its higher education. Now, it is the third largest education hub in the world with 3.28 lakh international students, as per the Institute of International Education. But along with fixing education, we need more jobs, and

for that we need an urgent revival of the economy, the chances of which are less given the current global economic meltdown. One can only hope for the situation to get better before we run out of our faith in education.

Graphic: Vibhu Khare, AIS Saket, XI C





“Did you make it to the milky way to see the lights all faded and that heaven is overrated?”

**Tanishi Adhikari**, AIS Saket, XI D  
Page Editor



Contest Edition

# An alter in nature

## The Ultimate Breakthrough In Genetic Engineering

**Deep Sehgal**, AIS Saket, XI C

Ever dreamt of riding a thestral like the ones we grew up watching in Harry Potter movies? Or wished for a metal arm like the Winter Soldier? Sadly, these dreams would have always remained just that but maybe not for long. Cue: CRISPR-Cas9! It consists of two key molecules that act as a pair of ‘molecular scissors’ that can cut the two strands of DNA in such a way that bits of DNA can then be added or removed. In layman terms, with the introduction of CRISPR-Cas9 technology, genetic engineering has become a reality and the possibilities it offers are...

**Curing cancer:** Our body creates a protein called Programmed Cell Death Protein 1, also

known as PD-1 and CD279, which harbours on the surface of the cells and down-regulates the immune system. While it helps in preventing autoimmune diseases, it also prevents the immune system from killing cancer cells. Through CRISPR-Cas9, the cells can be modified to remove the gene that encodes for PD-1, and these modified cells can then be reinfused into the patient, resulting in a higher capacity to destroy cancer cells.

**Animals as organ donors:** With around 5 lakh Indians dying every year due to unavailability of organs, scientists have been eyeing animals as potential donors. However, the challenge for this to be a reality is that human body’s immune system rejects foreign tissue. As a result, any human recipient of such foreign tissue becomes susceptible to infections. CRISPR-Cas9, however, claims to solve both the issues. Using pig organs that are similar in size to human ones, CRISPR can snip out a family of viruses found in them that could be passed to people during the transplantation. It would also insert desired genes in the pig embryo which will make the human body accept the organ.

**Newer and better fruits:** Peach flavoured strawberries and ground cherries will soon be a reality, all thanks to CRISPR-Cas9. It is not only being used to create new breeds of fruits by the simple trade of mixing and matching but is also employed to change the genetics of the fruits to make them bigger in size and increase their nutritional value. One of the processes to create a new fruit is to coat the surface of gold or silver particles

with a fruit’s DNA fragments and then bombard the particles into different plant cells, aiding them to mix and create a hybrid. If this sounds boring, you’d be glad to know that CRISPR is also being eyed to breed cacao trees to be resistant to the diseases that are increasingly affecting chocolate production. We bet you’re team CRISPR-Cas9 now, aren’t you?

**Goodbye mosquitoes:** Malaria kills around 584,000 people every year. A gene drive using CRISPR-Cas9 can be the answer to the problem. It could suppress the population of *Anopheles gambiae*, a mosquito that transmits malaria. CRISPR can directly target the ‘doublesex’ gene which is responsible for female development. When the modified gene is inherited by the mosquito, they are not able to lay eggs, making life mosquito-free.

Whilst the real effects of these experiments are yet to be experienced by us, the thought of what can be truly achieved by CRISPR-Cas9 is, in itself, enough to make us look forward eagerly to the future.

Graphic: Raghav Aggarwal, AIS Saket, X B

## Hide & seek: sugar rush

It’s Time For Some Sweetness In My Life

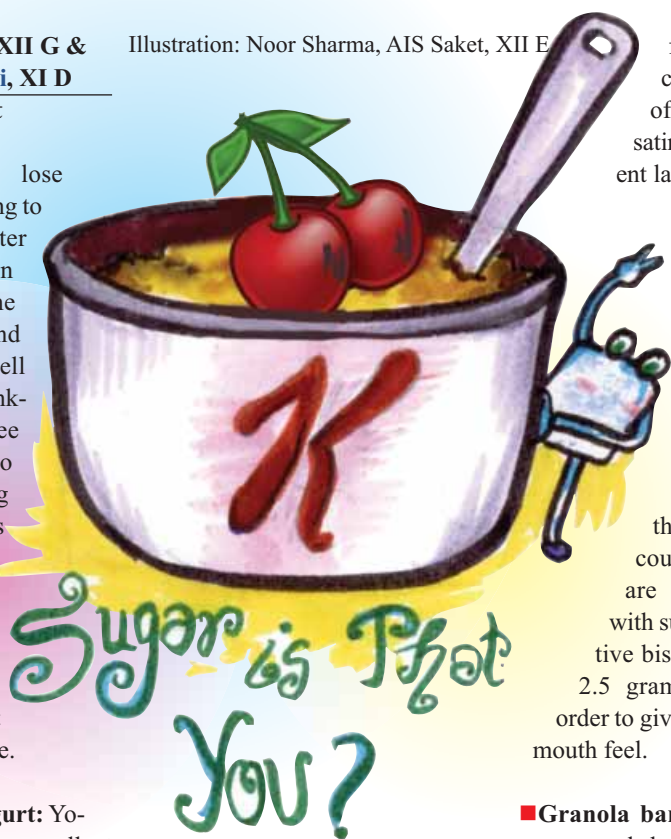
**Tanisha Chawla**, XII G &  
**Tanishi Adhikari**, XI D  
AIS Saket

Illustration: Noor Sharma, AIS Saket, XII E

Planning to lose weight? Wanting to take the fitter route? “Cut down on sugar” is what the health enthusiasts and fitness freaks will tell you. So you start drinking sugar free coffee and say ‘no’ to desserts, not realising that sugar, all this while, has proved to be smarter than you. Hiding itself in the foods you considered healthy, it has managed to outsmart you, every single time.

■ **Yours untruly, yogurt:** Yogurt is considered as an excellent source of protein, but can you turn it down when it is flavored with caramel, chocolate, blueberry, strawberry or your summer favourite, mango? A 6 ounce serving of your favourite yogurt contains nothing less than 28 grams, rendering your one hour at the gym useless.

■ **Cereal killer:** Aren’t these supposed to be in the good food list? Your supposedly healthy cereal shouldn’t contain more than 10 grams of sugar, but in reality,



fat’ sweet chili contains 6 grams of sugar (compensating for the apparent lack of fat).

■ **Deceiving digestive biscuits:** Those crunchy digestive biscuits that you might be munching while working throughout the course of your day are best buddies with sugar. One digestive biscuit contains 2-2.5 grams of sugar in order to give you a smooth-mouth feel.

■ **Granola bars:** One bite of your granola bar and you might feel those biceps getting puffed up. You would be disappointed after knowing that these bars that claim being protein-rich, contain 8-12 grams of sugar per serving. (Talk about tricking us into eating ‘healthy’? Huh!)

■ **‘Corn’fusing salad dressings:** Bottled dressings and marinades might be successful in making those dull veggies seem enticing enough but be warned as these come loaded with sugar. One table spoon of your favorite ‘low

■ **Are you nuts?:** Want to know the sugar count in your favourite dried fruits? Raisins are 59% sugar, dates 66%, prunes 38% and figs 48%, so for every 100 grams, you consume 58 grams of your enemy - sugar.

Illustration: Rachita Khuntia, AIS Saket, XI D

## Green gizmos

### Sustainable Solutions, Futile Operations

**Aditya Aeri**, AIS Saket, X B

As our generation becomes increasingly conscious about saving the face of the planet, we come closer to finding sustainable solutions. However, some of these ideas may not be feasible right now, mostly because they are still not the perfect alternatives we were hoping them to be.

**Invention:** Bamboo Laptops

**Upside:** With very less carbon dioxide emissions in its production, bamboo laptops use hybrid engines for providing durable devices in the fast world of technology.

**Downside:** Double the cost of a normal laptop, their battery life is less than an hour. Also, only the two plates of bamboo are recyclable. The rest is just as any other metal or piece of plastic.

**Invention:** PrePeat

**Upside:** This printer is fed with plastic sheets that are reusable up to 1000 times. The printer erases the printing on the sheet and reprints it without damaging

the paper.

**Downside:** The printer and sheets are extremely costly with the printer costing 5,600 USD. The printed material also cannot be preserved for later as the sheet is repeatedly erased to print new material.

**Invention:** Shrimp Shell Solar Cells

**Upside:** Chitin and Chitosan, the materials found in the shrimp shells are cheaper than ruthenium which is used in solar cells. Also, shells are widely available and can power everything of daily use so the chemicals found in these shells can be utilised to create electricity-generating solar cells.

**Downside:** Compared to silicon solar cells, these cells are barely efficient. They cannot fulfil the energy needs of the entire community.

In spite of the downsides, these developments show that there is vast potential for eco-friendly solutions. Here’s hoping that mankind taps into its creative potential only this time for the good.







“Hop on the bus, Gus. You don’t need to discuss much. Just write in a spree, Lee, and get yourself free.”

**Katayun Negahban, AIS Saket, XI F**  
Page Editor

Graphic: Kumar Aryan Saxena, AIS Saket, XI F

# AN ICY COLD TALE

## The Forever Frozen Folklore Of Inuits

**Shhouraya Chadha, AIS Saket, XI C**

It’s a cold winter night in Baffin Island, Canada. Olaf, the snowman too begins to shiver, wiping away the icicles that form on his eyelashes, as temperature dips to -30 degree Celsius. Suddenly, the sound of a gunshot breaks the eerie silence. Olaf runs to the site of sound, where he finds Martin and Dane, the father-son duo high-fiving each other. “Hey Olaf! Look what we are having for dinner today,” said Dave, running towards Olaf with two partridges in hand. Disgusted at the sight of dead birds, Olaf rattled, “You Inuits! Always shooting and killing.” The sight of a bewildered Olaf made Martin squeal with laughter. “We are Inuits. Remember? We hunt to live. Duck, goose, walrus...we just had seal yesterday.” “And polar bears...” chimed in Dave. “Yes, Polar bears. Too bad we are allowed to kill only two

every year,” said Martin. “But killing is bad,” said Olaf. “Yes, it is but what do you do when you inhabit an area devoid of a single plant,” Martin replied. With no answer to that Olaf turned around to walk away, muttering, “I hope this killing business ends soon,” when he heard Martin murmur, “It will, very soon.” A sadness evident in his voice. Olaf knew what this meant. He wanted to apologise for saying what he had, but Martin and Dave were already gliding away in their sledges. The sight of sledges made Olaf nostalgic. Made of animal bones and skin, it is used as a medium of transport by ancient Inuits or Inupiat, an indigenous community residing in the Arctic in Canada, Alaska et al. Today, the sledges have been replaced by skidoos, like most things.

A little sad, Olaf moved grudgingly to meet his friend Moe, the bootmaker. It had been a week since he had placed the order for ‘Kamik’, the traditional

sealskin boots. They took a while to be prepared since they were entirely handmade from start to finish and were only made on order.

As he approached Moe’s igloo, a sense of happiness washed over him. Igloo – it always brought back happy memories. Memories of the time when he saw his Inuit friends look for snow blocks that were created due to a snowstorm since they offered sturdier construction. Today, most igloos had changed to houses and tents.

But the happiness disappeared as soon as he entered the igloo and saw Moe’s daughter Martha eat canned food. “What are you doing? You are an Inuit. You are supposed to go out there and hunt like your ancestors did. It is a life skill they taught you, and you are

wasting it,” he shouted, seeming to have lost control. Moe realising the pang of nostalgia and sadness that had hit Olaf, just like it did for everyone of her generation, took her friend away.

“I’m sorry, I shouldn’t have....” stutered Olaf. “It’s alright. I know how you feel. But things are not the same anymore. The Inuit tradition is dying. It’s not like how it was before World War 2 – just a few of us. Today, there is more communication, better transport, not the kayaks we used to row for hours. Nobody wants to go out and hunt in a harsh climate or live in igloos, so things are changing,” Moe tried to explain patiently.

“But we can’t change. This land is what

defines us, our traditions, and our beliefs,” said Olaf, between sobs. “We will have to even if we don’t want. Look at

the ice, it’s melting. It’s not even one third of what it was a decade ago. Winters have become shorter. There are less seals and whales to hunt. Why do you think so many of us became alcoholics, until the community intervened and banned it?”

Olaf had nothing to say. He knew that the beautiful world of Inuits was nearing a rapid end. Things like globalisation and global warming were to blame. But when has a blame game helped. He let out a sigh, breathing in the cold wintry night.

# Firangi cuisine

## Serving The Bitter ‘Taste’ Of Betrayal

**Aadya Roy, IX B & Stuti Kakkar, XII E, AIS Saket**

A few days back we got to know that our very own *khiladiyon ka khiladi*, Akshay Kumar is not an Indian but a citizen of Canada. Well, Khiladi Kumar is not the only one with a foreign stamp on his passport.

**Dear Jalebi**, oh it is ‘Zalabia’, isn’t it? Or atleast that is what the Arabians call you. I kept dipping you in my creamy rabdi, thinking that you were a true Hindustani. Instead, you turned out to be Middle Eastern. You may entice me with your syrupy goodness but I will forever remember this betrayal.

**Dear Rajma**, whenever someone asked me about my favourite dish, without a doubt I took your name, along with your best friend *chaawal*. But then I saw your papers, and they said Guatemala and New World Mexico and well, it broke my heart. You had traveled with Spaniards and Portuguese sailors to come here, while I thought you were an invention of my mother. Even if you think of yourself as a true española, remember that it is only our spices that make you loved by all.

**Dear Gulab Jamun**, you know I would always choose you over rasgulla. But it took some time to digest that you are infact a firangi.

Your *chashni* was never pure Indian but a product of

Shah Jahan’s royal chef who was inspired by Persian/Turkish traditions. *Luqmat-al-qadi* is your actual name and I can’t even say it without fumbling. A part of our weddings, religious offerings and even guilty pleasures, now your rose scented syrup will forever be tainted by the smell of outside.

**Dear Samosa Sambosa**, my evening tea was never complete without your crunchy flavours melting in my mouth. But that extra ‘b’ in your name has ruined our relationship forever. No matter how much I dip you in *teekhi* chutney or *meethi* saut, now you will forever taste like the meals of the Arab traders. You are 14 centuries old but even an 18 year old me can tell that this deceit is unbecoming of you.

Truly not yours,  
A foodie 🍕



Pic: Abhi Chadha, XI D | Models: Raabia Ali Abidi & Tanush Dhatariya, VI A; AIS Saket

Illustration: Tanishi Adhikari, AIS Saket, XI D



## An Introvert’s Take On Unwanted Galas

**Sapriya Sharma**  
AIS Saket, XI E

“Speech!!” “Speech!!” The horrifying words rang in my ears as everyone stood staring at my face. I, an introvert who could barely blurt out 5 sentences, had to speak for 5 full minutes. “Well, h-hi, everyone! It’s...nice to see you all here and it’s great that at least some of us are enjoying ourselves. Woah! Not that I’m not, I swear I am! It’s awfully amazing to see all of you here. Don’t get me wrong; I am thrilled that year after year, all of you get together at a party which is obviously beyond my budget, but hey, it’s my birthday, right? With that being said, thank you for taking time out to celebrate my birthday. I have not conquered

much in life but I hope to make you all proud one day. I am sorry if I am being a buzzkill, but in my defense, it’s all because I am sleep deprived from last night, thanks to the hundred calls I received. It is more than the number of calls I receive throughout the year. Thanks for calling, but the problem is that I have to talk which you all know is not really my skill. So, my birthday, which is supposed to be my day, becomes more like a battlefield and me the warrior, is devoid of the weapons called words. I am not the only one fighting; my wallet too, attacked with countless demands of ‘treat’. Anyhow, the problem is not with the treat, but having to make that small talk as others gobble on samosas. As if an empty wallet is not enough, everyone feels the need to carry

forward the legacy of birthday bumps, because yes, by being born, I did sign up for being punched on my birthday. You’d tell me it’s all worth it because there’s cake and a lot of gifts. But that makes it only worse. Who on earth prefers to get their face smeared with cake? Isn’t it awkward? However, I do like my birthday due to the handwritten letters and cards too, the ones that I unfold peacefully after the party. I fondle through the words that you have written to describe me. And I smile because if you’d said the same thing to me in person, I wouldn’t know how to react. So, thank you so much once again for being here, and as usual, I’ll see you next year!” I smile. Everybody claps. And I’m only happy that it’s over. 🍕



“And the story said the words of the prophets are written on the subway walls and tenement halls.”

Resham Talwar, AIS Saket, XI C  
Page Editor



Contest Edition

# Breathe fresh



Dr Amita Chauhan  
Chairperson

Congratulations to AIS Saket for churning out such a beautiful contest edition. The third warriors, in this battle of creativity (GT Making A Newspaper Contest) have truly etched their presence. The top stories of every contest edition speaks volumes of the awareness, sensitivity and insightfulness of young Amitians. When I read about the business of air purifiers, my first reaction was - Is air the next water, wherein we first pollute the natural ones, then treat it and sell it in bottled forms as so called ‘pure’? While some of the innovators amongst us have found an opportunity to capitalise even this and came up with air purifiers. Innovation and economy is good, but we need to ask ourselves- Is this the kind of life we want for ourselves and our future generations? Artificial and polluted. Ironically, the very process of making air purifiers is making air laden with pollutants. First we set up factories to make air purifiers, then transport them to various parts of the world, thus increasing our carbon footprint. It’s time to ponder. What have we done to our environment? How atrocious have we been to our Mother Earth? Water, air, soil, the very progenitors of life have been polluted to the extent that we can’t drink water, our trees have fallen sick and now air- ‘Prana’, the very life itself has been rendered unfit to breathe. This is not how it should be. We are born because ‘Prana’ exists within us, and we have no business making the basic element of life unbreathable. In Vedas, humans have been described as the protectors of nature and not otherwise. It’s time to think and undo what has been done. From the vicious cycle of 3Ps (Pollute- Purify-Pollute) we need to move towards sustainable cycle of 3Rs (Reduce, Reuse and Recycle) and cleanse our air. Breathe fresh. Live fresh. 🇮🇳

## The change within



Divya Bhatia  
Principal, AIS Saket

“Perform all work carefully, guided by compassion!”

Veda Vyasa

Life is a clear reflection of our own thoughts, which is why we must light our thoughts well to witness its spectacular side. The process of picking a perception is like choosing a window to view the world from and our dynamic Chairperson, Dr (Mrs) Amita Chauhan, has taught us how to pick the right one. She firmly believes that the leaders of tomorrow are moulded in school by being imbued with academic excellence and superlative human values. It is these leaders who hold the reins of the future and usher an era of good will and happiness. The motto of AIMUN’19 conference, ‘Krivanto Vishwamaryam’ – ‘Lets make the world a better place’, was a gigantic endeavour to equip the leaders of tomorrow with an affinity for rightful human values. This exceptional holistic path for the youth is carved out by the vision of our esteemed Chairperson as she is the one who keeps teaching us that making the world a better place is indeed a clarion call. She is also the one who taught us that the solution to any crisis lies within us; let’s introspect and start with ourselves. Instilled with compassion and positivity, we must believe that nature needs our care, animals need our attention, people need our light and the world needs our love.

We all have the power to transform the world. We cannot go back and change the beginning, but we can start now and change the ending. As we draw the curtains on the year, the budding journalists of Amity Saket sing the swan song and present this brilliant contest edition. 🇮🇳

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# Reminiscing resilience

## Lessons Of Stouthearted Women From Yesteryear - Learnt?

Stuti Kakkar, XII E &  
Katayun Negahban, XI F, AIS Saket

India boasts of a glorified history replete with some of the greatest rulers of all times. However, our books run dry when it comes to recognising women warriors who wielded the sword. As the women of today still struggle to remove the veil of patriarchal oppression, here’s to remembering the ones who did it way back in the past.

### The rise of Raziya Sultan

The first and the last female Sultan of Delhi, she was known for her bold demeanor. Chosen by her father, Shamsuddin Iltutmish, to be the heir to his throne in 1231, she faced opposition from the nobles of the kingdom who could not accept a woman’s rule and rather crowned Ruknuddin Firuz, Raziya’s half-brother, as the king. The terror inflicted by her half-brother on the kingdom had people running to her for help. Stepping in like a true leader, Raziya raised her sword against the tyrant and won the kingdom. A benevolent leader, she presented robust skills in military warfare and administration, claiming the title of ‘sultan’ instead of ‘sultana’, a term used for the wife of the sultan.

**Ponder:** Even when Raziya Sultan carved the path for other women, women today still struggle to be accepted in leadership roles with only 78 female Lok Sabha Parliamentarians.

### The brave Begum Samru

A courtesan turned queen who commanded the troops like no other, Begum Samru ruled the kingdom of Sardhana in Meerut. Known for her military tactics, she received many requests from nearby kingdoms for military help. Wearing a turban and riding horseback, she led her troops into battle so fierce that she was soon believed to be a witch who could destroy her enemies just by throw-



Illustration: Rachita Khuntia, AIS Saket, XI D

ing her cloak. Forging smart deals with her opponents through diplomatic skills, she became a one-woman army.

**Ponder:** As Begum Samru’s contribution to women power stays unnoticed, women still are not allowed in the combat units of Indian Army like the Infantry, the Armoured Corps and Mechanised Infantry.

### The reign of Rani Mangammal

A famous queen who ruled the Madurai territory during the 17th Century AD for 15 years, she took over the crown after her husband Chokkanatha Nayak’s death. A kingdom that was put through various wars and financial distress by the king saw a

complete change in the regime when she was coronated. Making treaties with her former foes, working arduously for the welfare of the kingdom, building roads, avenues, temples etc, to achieve infrastructural development, she was a diplomatic queen with admirable military skills. The Mangammal Salai Highway she built from Kanyakumari to Madurai still stands tall being named after her.

**Ponder:** Rani Mangammal – a leader that sparked our history notebooks, and yet, even today, out of 14 presidents India had, only one has been a woman.

For, history has time and again taught us a lesson. It is only us, who refuse to learn. 🇮🇳

# The art of giving up

## Sometimes, The Right Thing Is To Let Go

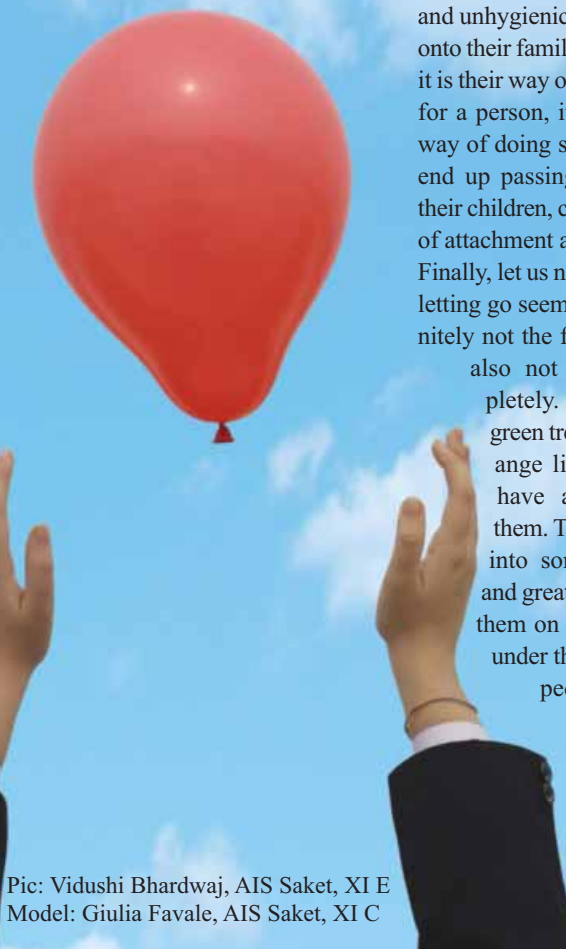
Tanisha Chawla  
AIS Saket, XII G

The only thing constant in space and time is continuity. We continue on the journey called life, facing obstacles that come our way. But there are times when even the most fearless have to back down- when the line between sanity and insanity gets wrapped up in the murky sheen of time. However, in a world where being a ‘quitter’ is an insult and perseverance is romanticised, knowing when to move on may seem like a mammoth task.

Amidst all the things that people hold onto, the most prominent ones are memories. We hold them close to our hearts, even the bad ones. In fact, what is life if not a sequence of memories? The memories of one’s childhood are something one clings onto, in order to find solace and feel loved when in reality it is not so. But when some memories intrude in our daily lives, it is time to let them go. Like, for example- a person with a fear of heights stemming from traumatic memories may restrict himself from living his life to the fullest. Leaving such memories behind may help us move on with our life. It would even give us a head start for a better future. Most of these

tainted memories are usually that of people rather than situations. Relationships, be it platonic or romantic, leave a big impression on our lives. They need to be worked on, for there is no relationship that doesn’t require time and effort. However, when certain people start becoming toxic and

stop making us smile, they need to be cut off from our lives. The lack of understanding of the ‘art of letting go’ is the primary reason why social evils like domestic violence are tolerated and are still prevalent in the society. The next step to cutting ties with a person is to let go of things and places that remind us of them. People sometimes end up living in the most unsafe and unhygienic areas in order to hold onto their family homes. Even though it is their way of expressing their love for a person, it is not the healthiest way of doing so. Decades later, they end up passing on this emotion to their children, creating a vicious cycle of attachment and dependence. Finally, let us not make the process of letting go seem bitter. It is most definitely not the first resort, but should also not be eliminated completely. Even the luscious green trees that slowly turn orange like the afternoon sun have a strange beauty to them. They let go, and change into something older, wiser and greater. Even what’s left of them on the ground scrunches under the feet of thousands of pedestrians, adding to the beautiful cacophony. So, let’s learn from Mother Nature one more time and adopt the habit of giving up if time calls for it.



Pic: Vidushi Bhardwaj, AIS Saket, XI E  
Model: Giulia Favale, AIS Saket, XI C

# The magic of words



Debjani Das  
GT Coordinator  
AIS Saket

It is said that 5 minutes before Martin Luther King Jr. was to give a speech on August 28, 1963, he changed the opening sentence to “I have a dream”. As we finish

compiling this contest issue after so many sleepless nights and changes that I have lost count of, I cannot help but feel a certain kinship with him. History is filled to the brim with instances where words, carefully chosen and powerfully delivered, changed the world. It comes as little surprise when some of the most influential leaders of today are first described as exceptional wordsmiths, skilled in the art of storytelling and persuasion. In this contest issue, we have made an attempt not to replicate but embrace the words of these legends and create something uniquely ours. The effervescent editorial team indeed took on a herculean task, plunging into the pool of ideas, surfacing with only the most avant-garde and enthralling creative expressions, trapped through a net of tenacity and innovation. So, I invite you to sit back with our humble attempt at creating a newspaper and lose yourself in the magic of words, conscientiously chosen and woven together. For, it’s a parting gift from the Santas of Saket as this memorable year slowly slips into history to be tucked away in its warm folds.





# What's the time?

As The Clock Ticks, We Bring You The History Of Some Ancient Timekeeping Devices

## Hourglass

**Time begins:** Came into being in the late 16th century

**Mechanism:** It comprise two glass bulbs connected vertically by a narrow neck that allows a regulated flow of sand from the upper bulb to the lower one.

**Time's Up:** The biggest drawback of the clock is to find free-flowing sand not affected by humidity. Secondly, it must be turned upright every time the sand is completely transferred to the lower bulb.

## Water clock

**Time begins:** Around 1600 BC in Babylon and Egypt

**Mechanism:** Also known as Clepsydra, the clock comprise a wide vessel marked with hour lines and the bottom having a small hole. The vessel is filled with water, which drains slowly and the marks on the inside walls of the vessel tell the precise hours with the decrease in water level.

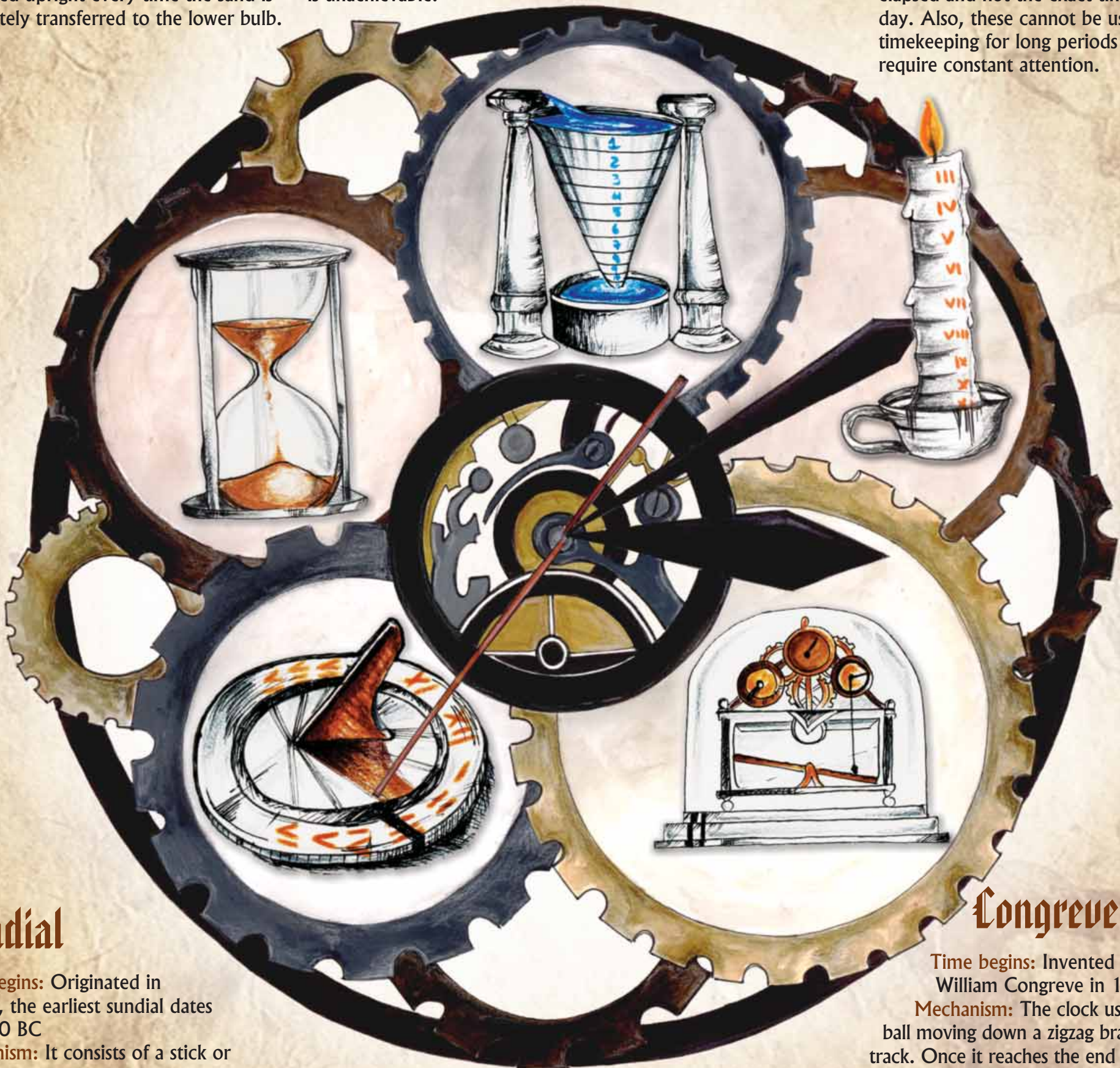
**Time's Up:** Variation in temperature causes the viscosity of the water to differ. For instance, a water clock would run about seven times faster at 100 °C than at 0 °C. Therefore, accuracy is unachievable.

## Candle clock

**Time begins:** Earliest reference occurs in a Chinese poem written by You Jiangu (AD 520)

**Mechanism:** The candle is marked with measurements. Thus, as it burns down, the marks disappear, one can measure how much time has passed.

**Time's Up:** The clock can only be used to tell the time interval that has elapsed and not the exact time of the day. Also, these cannot be used for timekeeping for long periods as they require constant attention.



## Sundial

**Time begins:** Originated in Greece, the earliest sundial dates to 1500 BC

**Mechanism:** It consists of a stick or pillar called gnomon attached vertically on the platform (base), labelled with different hour lines. With the sun changing its position over the course of a day, the shadow of the rod changes as well, hence, reflecting the change in time.

**Time's up:** Its use is limited between sunrise and sunset and the sunlight must be intense enough to cast a deep shadow.

## Modern Day clock

**Time begins:** Appeared first around 14th century as a standard timekeeping device until the pendulum clock was invented in 1656

**Mechanism:** The timekeeping element in every modern clock is a harmonic oscillator, a resonator that oscillates at particular intervals. This object can be a pendulum or the vibration of electrons in atoms as they emit microwaves.

**Time's up:** Not yet! With over 70 different styles, from table clock, wall clock to wrist watches, modern day clocks will never go out of style!

## Congreve clock

**Time begins:** Invented by Sir William Congreve in 1808

**Mechanism:** The clock uses a rolling ball moving down a zigzag brass plate track. Once it reaches the end of the track, it hits a lever and a spring raises the end of the plate, reversing the tilt of the plate and sending the ball rolling back the other way. The lever also advances the hands of clock by the same amount of time the ball takes to run down the tracks.

**Time's up:** Movement of the ball depends on the cleanliness of the track. Also, the metal expands or contracts with changes in temperature, altering the length of the track and size of the ball.



“Is this the real life? Is this just fantasy? Writing a fiction is but an escape from reality.”

Prakriti Chitkara, AIS Saket, XI E  
Page Editor



# A soldier's tale

Illustration: Tanya Sachdeva, AIS Saket, XI E

## Storywala



Aditya Aeri

AIS Saket, X B

9:00 pm: **NEWSFLASH**

Officer Suresh Mehra posted on LoC reported missing.

9:00 pm: Somewhere in a narrow valley in the Kaksar region, close to Kargil, Suresh crawled, trying to get out of the enemy's vicinity. While he had managed to single handedly gun down three terrorists, he knew there were more around. He could still see flames in the distance. He

tried to elope but with his jeep destroyed, he had no option but to walk on foot, despite of his countless injuries. He limped, losing blood at an alarming rate.

12:00 am: **NEWSFLASH**

Intelligence suspects Pak involvement.

12:00 am: It had been three hours, but his destination seemed nowhere near. The pain was unbearable now. With his throat parched and each part of his body aching, he collapsed.

He muttered a silent apology to his nation for being unable to serve further.

2:00 am: **NEWSFLASH**

Pakistan denies involvement.

2:00 am: As he struggled to keep his eyes open, he could hear the sound of a truck at a distance. Somehow managing to squint his eyes, he saw an army truck stopping right beside him and jawaans jumping out of the truck. Disoriented, he could barely see silhouettes of human

Somehow managing to squint his eyes, he saw an army truck stopping right beside him and jawaans jumping out of the truck.

figures. The man seemed oddly familiar to Suresh, but his exhausted mind could not place him anywhere. “Water...” he managed to murmur, as he was handed a bottle. The gradual flow of the liquid down his throat managed to spur some life back into him. He felt a bit rejuvenated, but he was still exhausted and fell unconscious.

4:00 am: **NEWSFLASH**

Tension between India-Pakistan escalates.

4:00 am: After what felt like years to him, he finally woke up. He could see the army base camp of Kargil at a short distance. Looking around the truck, he was greeted by the smiling faces of the six jawaans who had saved his life. He muttered a faint thank you. The jawaans got inside the truck and the engine revved up. As the truck departed, Suresh's eyes fell on the badge his leader was wearing. It read “Saurabh Khan, Commander, Pakistan Army”.

5:00 am: **BREAKING NEWS**

Officer Suresh Mehra turned up at the Kargil base camp last night. He confessed to having been rescued by the Pakistani Captain, Saurabh Khan. In this time of war, Pakistan's act of kindness has left the people speechless. Talks of calling off the war are now in motion...

## WORDS VERSE

# Fri(end)ship

Sapriya Sharma

AIS Saket, XI E

All these years have gone by  
Remember the tears we cried?  
“Worry not! Distance won't change us  
We will still have memories  
We won't become strangers!”

Was this some truthful lie?  
Or was it a compromise?  
For despite of it all  
All the laughter and tears  
Our friendship faced a downfall

Do you ever wonder what's next?  
Do you miss receiving my texts?  
Do you miss who I was to you?  
What we used to be once  
And what we've been through?



Pic: Vidushi Bhardwaj, XI E | Model: Nandika Mukherjee, VIII B; AIS Saket

You'll still remain in my heart  
Because you used to tell me  
We could never grow apart  
With this, I say goodbye  
Still hoping you'll come by

We know time has affected us  
Our friendship has become endangered  
So, although, we are now strangers,  
I still laugh at how you said  
“Nothing will ever change us!”

Pic: Vidushi Bhardwaj, AIS Saket, XI E



## Soothing smoothies

Arunima Gulati, AIS Saket, XI E

### Mango banana smoothie bowl

#### Ingredients

Banana ..... 1  
Mango ..... 1  
Yogurt ..... ¼ cup  
Honey ..... 1 tbsp  
Walnuts & almonds.....to garnish



#### Method

- Chop the fruits into small pieces. Freeze them in the freezer for approximately two hours.
- Blend ¾ of the frozen fruit pieces, yogurt and honey in a blender, until the purée has a thick consistency.
- In a bowl, add the purée and garnish it with the left over frozen fruits pieces, walnuts and almonds. The smoothie bowl is ready!

### Kiwi banana smoothie bowl

#### Ingredients

Banana ..... 1  
Kiwi ..... 1  
Coconut milk ..... ¼ cup  
Honey..... 1 tbsp  
Cornflakes & coconut shavings.....to garnish



#### Method

- Chop the fruits up into small pieces. Freeze them in freezer for approximately two hours.
- Blend coconut milk, ¾ of frozen fruit pieces and honey in a blender, until the purée has a thick consistency.
- Pour the purée out in a bowl and garnish with remaining fruit pieces, cornflakes and sprinkle coconut shavings on top. Your smoothie is ready!

### Apricot banana smoothie bowl

#### Ingredients

Banana ..... 1  
Apricot..... 1  
Low fat milk ..... ¼ cup  
Honey ..... 1 tbsp  
Cornflakes..... to garnish  
Almonds and dates..... to garnish



#### Method

- Cut fruits into fine pieces and let them freeze in the freezer for approximately two hours.
- Blend ¾ of the frozen fruit pieces, low fat milk and honey in a blender, until the purée is thick and smooth.
- In a bowl, add the purée and top it with the rest of fruit pieces, cornflakes, almonds and dates. Voilà! Your quick meal is ready!



## CAMERA CAPERS

Triyan Pratibimb, AIS Saket, X A

Send in your entries to  
cameracapers@theglobaltimes.in



Faith on the edge



Flexibility is the way of life



A mask of expressions





“Oh, when I look back now, edit meets seemed to last forever.”  
**Vibhu Khare**, AIS Saket, XI C  
 Page Editor

# THE PAINTBRUSH

Raghav Sharma, AIS Saket, VII A

**14** year-old Amir lived with his family in the village of Rampur. But he wasn't any ordinary 14 year old, for he was born with-

*out arms and legs, in what doctors called a rare deformity. While he had become accustomed to snide remarks and being laughed at; the rudeness left him disheartened. But amidst the sadness, one thing often ignited a ray of hope in him – the paintbrush.*



## Wisdom tale

Seeing his love for the paintbrush, one fine day, his mother put a blank canvas, some paints and a paintbrush in front of him. “Is this a joke?,” he said, angrily. His mother, understanding his pain, replied, “Nothing is impossible if you try.” And with that she left him to it. Uncertain, Amir picked up the brush with his mouth and started to paint, when he heard giggles. It was the village boys again. “You are really going to try that?” asked one of them. Amir had enough of people making fun of him. “Look what I drew,” he replied haughtily but just as the boy bent down to look, Amir jabbed the brush into the eye of the boy. Later police came and he was sent to a juvenile delinquent centre.

dreams for the future. “I want to be an artist,” he would proudly say to his parents. They were nice to never point out that he did not have any hands to draw. The people outside were not so nice though. Everyone in his class had laughed, mimicking his effort to pick up

a brush with his mouth. He had stopped going to school after that, choosing to hide in his room instead. He was not proud of how cowardly he had acted, but still would never accept that his decision was in anyway wrong. But sometimes he did wonder, what if?

Amir was only 5 years old when he decided to be an artist. “And how will you even draw without hands, Mr Artist?” his brother asked, laughing. Promptly, Amir picked up a pencil with his mouth, giving his brother a toothy smile. And from that day onwards, he kept painting, only improving with each passing day. Of course, his classmates continued to poke fun at him, but the joy of painting was much more than the hurt caused. He even won some national competitions. One day, the chairman of an international Art Academy came visiting his school for a competition. Seeing Amir's talent, he offered him a fully paid scholarship to one of the best art schools in the world. Today, he is a renowned artist.

**So what did you learn today?**  
**Our choices make us who we are.**

Illustration: Keshav Gupta, AIS Saket, XI C

Pic courtesy: Vidushi Bhardwaj, AIS Saket, XI E



## Flying binoculars

Shreya Gupta, AIS Saket, V D

### We will need

- 2 empty toilet paper rolls
- White chart paper
- Different colour paints
- Paint brush
- Hot glue gun
- Decorative materials like stickers, stars, pearls, etc.
- Handmade paper
- Newspaper
- Colourful tape
- Scissors

### What to do

1. Take a white chart paper and with a brush and paints of different colours, draw random patterns on it as per your lik-

cure them and leave it for 1-2 hours to dry.

6. Take a handmade paper and draw two butterfly wings on it. Cut them out.

7. Now paste these wing cutouts on the inner edge of both the rolls, one wing on each roll.

8. To make the holding stick, take a newspaper page and roll it tightly from one corner to the other, so that it is only 1 cm thick at the end. Wrap



ing. Let it dry.

2. Now take an empty toilet paper roll and wrap it with the now painted chart paper. Repeat the same with another roll.

3. Take a colourful tape and paste it on both ends of the roll. Do the same with the other roll.

4. Now stick these rolls together side-by-side along the length with hot glue to form the base of the binoculars.

5. Press them together for 10 to 15 seconds to se-

it with a colourful tape.

9. Stick it on any one side of the binoculars.

10. Decorate your binoculars with stickers, stick on stars, flowers, pearls etc. Voila! Your binoculars are ready for spying.



## POEMS

# Nature our lifeline

Illustration: Vedanshi Sagar, AIS Saket, XI F



Arav Jain  
 AIS Saket, V D

Nature is so beautiful and giving  
 With flowers blooming and gleaming  
 Rivers, lakes and seas all around  
 It's so refreshing to hear their sound  
 Animals of various shapes and sizes  
 Surprise me with how their range rises  
 Trees are the kindest beings I know  
 Giving us things as long as they grow  
 Oxygen, food, clothes, the list endless  
 Earth without them would be lifeless  
 But sadly we keep destroying nature  
 Without giving a thought to the future  
 So, let us come together and take a vow  
 To protect nature tomorrow and now.



Illustration: Abhishha Kuba, AIS Saket, X A



Pic: Mukund Arora, AIS Saket, XII F

## IT'S US

### Know us better!

**Our name:** Rudraksh Bharat and Rudransh Bharat  
**Our school:** AIS Saket  
**Our Class:** I B

### Our favourites!

**Food:** Rajma rice  
**Teacher:** Shreya ma'am  
**Movie:** Jungle 2  
**Mall:** Select City Mall, Saket  
**Cartoon:** Peppa Pig and Shiva  
**Book:** Jungle book and The Arab and the Camel

### About us!

**Role model:** Chairperson ma'am  
**Best friend:** Prairit and Arav  
**We like to play:** Ludo and cricket  
**We want to become:** Pilot and doctor  
**We want to feature in GT because:** We want everybody in the school to know us.



## We girls!

Vandita Sharma &  
 Aarna Bhasin, V C, AIS Saket

You think girls can't play cricket  
 Think that we can't take a wicket

You think we only play with dolls  
 Who are you to restrict us all?

Our world is not in the kitchen  
 Crossing that line is our mission

Girls are capable of every job  
 We don't just sit at home and sob

We can participate in competitions  
 And even win the first position

Changing the rules at our pace  
 We girls have traveled to space

We girls not only cook in a pan  
 But do everything the boys can!

## PAINTING CORNER

Aarna Behal  
 AIS Saket, III A







Ranked **#1**  
for Innovative Teaching,  
Leadership Quality,  
Infrastructure Provision,  
Value for Money, Teacher  
Welfare & Development,  
Safety & Hygiene and  
Special Needs Education\*

## ADMISSIONS OPEN FOR 2020-21 SESSION

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“Look into my eyes, you will see, what GT really means to me.”  
**Stuti Kakkar**, AIS Saket, XII E  
 Page Editor

# The Russian connect

## Amitians Exchange Learnings With A Legendary School



**Dr (Mrs) Amita Chauhan, Chairperson and delegates of Amity with Director Principal and students of Rabindranath Tagore School**

### AERC

A delegation comprising five students along with principal, director and advisor, under the leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools, visited Rabindranath Tagore School, St. Petersburg, Russia, from September 27- October 1, 2019, for the first education exchange programme with the latter. Participating student delegates were Teesta Itilekha & Atriya Singh (X), Arshita Misra & Sunidhi Kapoor (XI) from AIS Noida and Tanishqa Dua (XI) from AIS Gurugram 46. The five day learning exchange commenced with a traditional welcome of Amity delegates by Elena Shubina, Director Principal, Rabindranath Tagore School. Dressed in traditional Russian and Indian costumes, the students greeted Amitians with a traditional Russian welcome ceremony of offering Karavy



**Amity delegates with Consulate General of India, St Petersburg**

‘Bread with Salt’. A special programme, graced by the eminent dignitaries from the Department of Education Kalinska, the vice consul general of India and representatives from the Indo-Russian Friendship Society, was presented by the students of the host school. They performed Bharatnatyam, danced on Bollywood songs, presented a sitar recital and rendered Hindi poems. Students of Amity gave a presentation highlighting the vision and philosophy of Amity

Group of Schools and their key achievements. They also gave a presentation on life and times of Gurudev Rabindranath Tagore, sang a motivational song and presented a traditional dance. Amity delegates took a tour of the school to see the infrastructure. They were enthralled by visit to the museum room where informations about Gurudev Rabindranath Tagore, Mahatma Gandhi and a collection of award and souvenirs collected by the school were put on display. The

school also had a special room dedicated to the promotion of Indian culture. In her address, Chairperson emphasised on the importance of enhancing Indo-Russian bonds through cultural exchange programmes. During the five-days exchange of learning, the students stayed with the host families and attended Hindi and Russian language classes. They also visited Russian Cultural Centre and the city of St Petersburg, where they saw places like Grand Market Rossiya, the State Hermitage, Isaac Cathedral, Kazan Cathedral, Bronze Horseman, the Summer Garden and Riverside. The delegates also met and interacted with Deepak Miglani, Consulate General of India, St Petersburg. All the students were felicitated with certificates and souvenirs. An MoU was also signed between both schools for further collaboration in curricular and co curricular areas including AIMUN. [G](#)[T](#)



**Winners of the tournament with their certificates and medals**

## Soccer champs

### AIS Gurugram 46

Fourth Amity Cup Football Tournament was held from Nov 16-20, 2019, to celebrate the spirit of soccer. The tournament saw 12 teams from different schools of Delhi / NCR play over 15 matches for the

coveted Amity Cup. Captain Indu Boken Kasana District education officer, Gurugram graced the event as the chief guest. AIS Gurugram 46 won the cup by defeating Vedas International School in a very closely contested final match held between the champions. [G](#)[T](#)



**Students participate in nimble feet at Amity Utsav**

## Utsav of creativity

### A Celebration Of Talents

### AIS Vasundhara 1

The interschool event ‘Amity Utsav 2019’, comprising a host of competitions was held from November 29-30, 2019. Ms Pooja Chauhan, Chairperson, Amity Humanity Foundation, graced the inauguration ceremony. A total of 23 schools from Delhi/NCR par-

ticipated in various competitions like story weaver, talking titans, nimble feet, mathsmith, quiztopher, poster mania, young innovators, light camera action, S2C, bout to knock, *Shlokavali*, and *Indradhanush* - a palette of colours. Amitians won prizes in all the categories, bagging most of the laurels at this festival which celebrated creativity. [G](#)[T](#)



**Ms Pooja Chauhan, Chairperson AHF at Amity Utsav**



**Felicitations of sports champions at the ceremony**

## Sports fiesta

### A Day For Sports Champs

### AIS Gurugram 43

The senior annual sports day for Class VI-XI was held on November 18, 2019, to reward the young sportsmen in various sporting events. The celebration consisted of various field and track

events. The best athletes and sporting champions were awarded medals and trophies. The overall rolling trophy for sports was lifted by Mandakini house. Alaknanda House and Pawani house bagged the first runner up and second runner up trophy respectively. [G](#)[T](#)

### AIS VKC Lucknow

Annual sport's day ‘Amity Udaan’ on the theme ‘Swasth Bharat-Sashakt Bharat’ was held on November 28, 2019. Rachna Govil, executive director, Regional Centre Sports Authority of India, Lucknow, graced the event as the chief guest. The occasion also saw dignitaries from Amity Universe and prominent schools mark their presence. The event commenced with traditional lamp lighting ceremony amidst the chanting of shlokas followed by a prayer and a welcome song. All the four houses, led by the head boy and the head girl, presented the march past. Many entertaining races were held on the occasion. Relay races, 50 m, 100 m and 200 m dashes were held for the students from Class VI-XII. Over 100 students from Class V-VIII performed a bamboo drill titled ‘Unity is strength’, Class IX-XI presented a fitness drill



**Sports champions pose with their glittering medals**

and Class II-III performed bhangra and dandiya. A combination of yoga and cleanliness drill titled ‘Little steps towards fitness & hygiene’ was also presented. The highly coveted ‘Cock house’ trophy was lifted by Bha-

girathi house. The day closed with students presenting different games highlighting their origins to convey the message of attaining fitness in order to build a strong and healthy society and nation. [G](#)[T](#)

# The flight of champs

## Annual Sports Day: Honouring Sportsman Spirit



“Newspaper taxis appear on the shore, waiting to take you away.”

**Shhouraya Chadha**, AIS Saket, XI C  
Page Editor



# China to Chandni chowk



## The Love Story Of Indian-Chinese

**Stuti Kakkar**  
AIS Saket, XII E

This is a love story. A love story that transcended borders. A story that may have begun in the 18th century, but continues to make people fall in love even today. This is a romance between Chinese food and Indian flavours that has Indians saying “I’m loving it...” every single time. Here’s bringing you the story of Indian Chinese.

### Straight outta Hakka

It all began in the 18th century when British rulers started importing goods from China to Calcutta. A byproduct of this trade was an influx of Chinese flavours into the Indian mainland. Owing to increased trade, more and more Chinese immigrants (mostly Cantonese from regions of Fujian, Hunan, Sichuan, etc) began to settle in Kolkata. These immigrants created their own Chinatown in the city and started cooking to sell to fellow Chinese, but it soon attracted Indian stomachs, marking the origin of what has now become our comfort food. Momos anyone?

### Chinese in Chowringhee

As Indian Chinese made its way into by-lanes of the coun-

try, it was Tiretti Bazaar (Old Chinatown) and Tangra (New Chinatown) in Calcutta, where the aroma of this cuisine could be first smelt. To rope in Indian customers, Chinese food vendors experimented with bold Bengali flavours and Indian condiments like ginger, coriander and kasundi. Adding more spices, grease and veggies (instead of non-vegetarian options), Indian Chinese made a unique name for itself, standing apart from its origins but being a perfect blend of both. It was accepted with open hearts by the locals, so much so that there have been the times where noodles and chop suey were presented as *bhog* to Goddess Kali.

### The Chinatown fever

True love is often hard to contain. Similar was the case with love for *desi* Chinese that had now amassed enough to be contained in hawkers’ wok and made its way to chefs’ kitchen. Nanking, the first Chinese restaurant in India, opened in 1924. As the restaurant drew the likes of Raj Kapoor and Dilip Kumar, the rest of India too wanted a bite. Catering to the popular demand, Taj Hotel, in 1974, opened the first Sichuan restaurant, making the cuisine popular in Mumbai. To cash in on

the increasing demand, a string of Chinese restaurants mushroomed in Mumbai, with the rest of the country following suit. Instead of unaffordable tropical spices, they had to make do with Indian *mirch masala*. With a touch of pungent sauces, paneer became sichuan paneer, chilly chicken supplanted chicken curry and *aloo bhindi* was popularised as kung pao potatoes with okra.

### Indi-chini: bhai bhabhi

Today this *jodi* has come a long way, their offspring more a symbol of the land they grew up in, rather than the one they were born in. Inventions like chicken machurian, created by Nelson Wang whilst he was experimenting with garlic, ginger, and Chinese ingredients like soy sauce, were still unheard of in China. Chilly chicken and Indian version of chowmein are other Chinese delicacies only found in India. Also, there are newer fusions like szechuan dosa, Chinese chaat, etc.

Today, theirs is a tale of happy marriage that has resulted in a beautiful a la Sooraj Barjatya family; from momos dipped in garlic *chutney* to Chinese idli to gobi manchurian to manchow soup. Here’s hoping they remain always *janmo ke sathi...*

# Useless... maybe not!

## The ‘Purpose’ Lies Hidden Beneath

**Resham Talwar**, AIS Saket, XI C

Everything comes to this world with a purpose. But there are some things that had a purpose we didn’t realise, discarding them as useless. But let’s not delve deep into the profundity of the theory of usefulness. Here’s cutting to the chase to know the actual purpose of some items that are seemingly ‘useless’.

### #LeaveSomeSpace

If you think that margins in your notebook are just space mongers, you’re wrong. Earlier, it was tough for people to protect notebooks from starving rodents. Space near the edges ensured that important information was not completely lost. These spaces evolved into margins over time.

### #CoiningTheRidges

Back in the 16th century, coins were made of precious metals. So, people would often chisel out metal from these coins in order to sell them. To curb this, reeding was introduced. Reeding involves the process of the carving of grooves on the edges of a coin to prevent any tampering. Even though the need to continue reeding does not exist anymore, the practice of reeding continues even today.

### #DimplyPerfect

Ever noticed those tiny indentations on a golf ball? You might have thought they were supposed to be a cool design, or that it was the work of an idle man. However, they are, in fact, one of the most advantageous components to winning the game. Earlier, the golf balls manufactured were smooth, but it was ultimately concluded by golf enthusiasts that old balls were the ones with the best properties. This soon became a widespread belief, which led to balls being made with dimples and demarcations to improve performance.

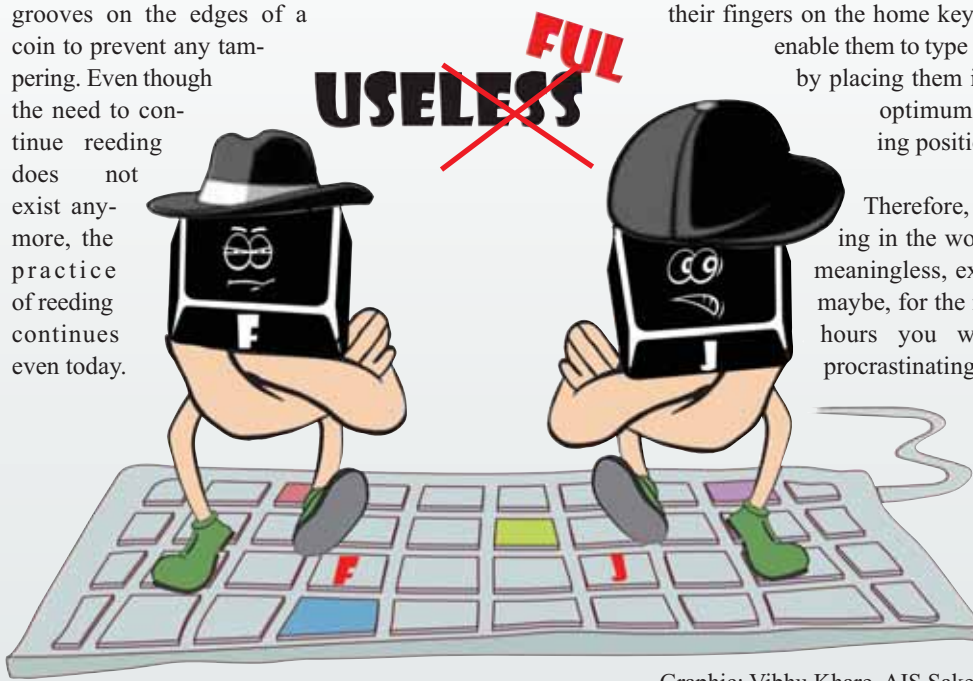
### #SurvivalHackQuiteLiterally

If you thought that holes on your Reynolds ball-point pen was a manufacturing defect, then you’ll be surprised to know that the actual purpose of it is simply genius- it reduces the risk of choking deaths in children who often chew on pen caps.

### #TheKeysToYourKeyboards

Contrary to the popular belief, the ridges on the F and J keys on your keyboard are not useless. They actually help a user to place their fingers on the home keys and enable them to type faster by placing them in the optimum typing position.

Therefore, nothing in the world is meaningless, except, maybe, for the many hours you wasted procrastinating! 🇮🇳



Graphic: Vibhu Khare, AIS Saket, XI C

# Little things

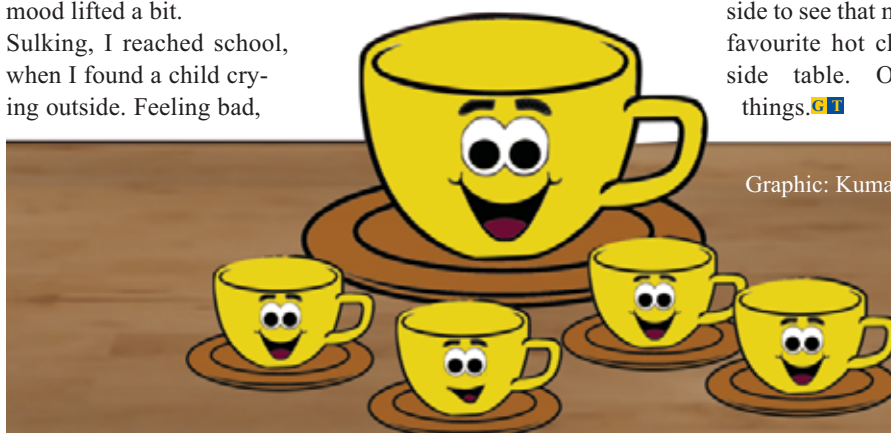
## Noticing The Delight Of The Unnoticed

**Asyah Kapur, IX B & Katayun Negahban, XI F**  
AIS Saket

When I woke up in the morning, I had a bad feeling about this day. I woke up groggy, not having slept enough, the coffee was not sweet enough, I could not find my favourite shirt and ended up fighting with my mother about it. Angry about all those things, I stomped away to school, late for the day, just when the *autowallah* agreed to go at a cheaper rate and my mood lifted a bit. Sulking, I reached school, when I found a child crying outside. Feeling bad,

I offered him a candy. The child smiled and I smiled too. Suddenly, I recalled all the times my mother would bribe me with chocolates. But my anger at her was still there. I went inside. As I took the stairs, I could see raindrops on the window pane. “That was close,” I muttered to myself, realising I would’ve got wet if I was a minute late. Inside the classroom, I was greeted by my best friends trying to mimic some latest dance move, making me smile. The day rolled by. I

wasn’t as angry anymore. Infact, I felt a little cheery. The bell for lunch rang, when my friend sprung up my favourite lasagna. I tried to eat as much as I could, fighting for my share. It’d been a great day and the fight with my mother now seemed trivial. Back home, I hugged my mother and apologised to her. Her instant forgiveness made me smile once more. That night thinking about my day, I realised that it is the little things that matter. Nothing exceptional had occurred today but I was still happy. I turned to my side to see that mom had left my favourite hot chocolate on the side table. Oh! The little things. 🇮🇳



Graphic: Kumar Aryan Saxena, AIS Saket, XI F