

INSIDE



Bone of contention, P5



GT workshop glimpse, P6-7

AMITE poll

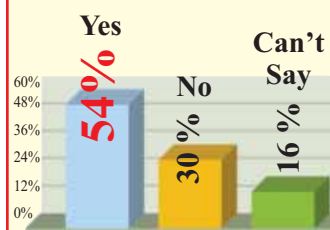
Do you think it was fair to declare England as the winner of ICC World Cup 2019 trophy?

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

To vote, log on to www.theglobaltimes.in

POLL RESULT
for GT Edition July 15, 2019

Do you think budget 2019 is progressive for our country?



Results as on July 20, 2019

Coming Next
Investiture Ceremony

Maansi Anand, AIS Vas 1, XII C

Pulwama terror attacks. A nation's sovereignty has been questioned. Freedom from fear hung by a question mark. Too many questions were raised, and the answer was sought in war, as has always been. Keyboard warriors nodded fingers in agreement. But was war truly the answer we needed. Or has it ever been?

Q: Who is the superior race?

A: Japan, with its imperial ambitions, set out to conquer China. Atrocities followed. US tried to curtail this wrecking ball by imposing trade embargoes on the former. Tired of Western influences in the Asian continent, Japan looked for a way to establish its supremacy. It found the answer it was looking for, or so it thought, with a military strike on Pearl Harbour where 188 US aircrafts were destroyed, 2,403 Americans were killed and 1,178 were wounded. What Japan started, America ended with the atomic bombing of Hiroshima and Nagasaki where 129,000-226,000 civilians were killed on the spot. Around 146,000 people died in Hiroshima and 80,000 in Nagasaki over the next 2-4 months due to the aftermath of the bombings. In the quest to see who had a bigger ego, war was chosen as the answer, an expensive one both in terms of lives and capital; the expenses estimated at \$1.944 trillion US Dollars. The damage consisted destruction of 1,710 cities, 70,000 villages, 2,508 churches, 31,850 industrial establishments, 40,000 miles of railroad, 40,000 hospitals, 84,000 schools and 43,000 public libraries.

With civilians still being affected by the leftover radiation in the bombed cities,

the glory of victory is lost amongst the cries of pain of innocent beings.

Q: Who will emerge as the winner?

A: The conflict between Syrian President Bashar al-Assad and the various forces that oppose him has shaped itself out to be the Syrian Civil War that has been ongoing since March 2011 and does not seem to be stopping any time soon. Started as a peaceful protest against the Assad government, it took the turn for war as countries took to either side. And why not? After all, war is the only answer when it is about overthrowing unfair governance or holding reins. While a solution is still awaited, the war in the first 5 years of its presence, killed more than 470,000 people and left 1.9 million wounded. No longer a domestic issue, the war was further fueled by foreign aids as Iran deployed over 70,000 troops in the country in support of the government. On the other side, US CIA operatives and Special Opera-

Questions: Many Answer: War?

How Many Wars Will It Take For Peace To Prevail?

tions troops have trained and armed nearly 10,000 rebel fighters at the cost of USD 1 billion per year since 2012. The ruins of the war also destroyed 5 out of the 6 UNESCO World Heritage Sites in Syria.

With European Union declaring 13.5 million Syrian refugees in dire need of assistance as they flee their country, what is the point in fighting for home when there is none left?

Q: Who has less to lose?

A: Completing a vicious full circle, America sought to cure Afghanistan of its violence and terrorism with the use of their own, but the fact that Taliban insurgency remains resilient even nearly two decades after, prove enough of USA's failure. Though the war is yet to be concluded, the truth of 106,000-170,000 civilians being killed, millions more injured, USD 6.7 billion a month wasted, and no long-term objective set by America being met, says all anyone needs to

know. With at least 62,000 Afghan soldiers and 2,400 American ones dying in the battle, the Al-Qaeda, according to UN reports, still is making territorial gains in the country despite the death of their former leader Osama bin Laden.

With Al-Qaeda and Taliban going strong as USA struggles to score a win, is raging a war on fire with fire really the best we could come up with?

As we flip from one chapter to another and derive the same lesson from all of them, how long will it take us to consider the thought that maybe, just maybe, war is not the answer we were looking for?



Imaging: Pankaj Malik, GT Network



Rajesh Khattar, actor, screenwriter & dubbing artist

A life of balance

Rajesh Khattar, An Actor Who Acts Well In The Play Of Life

Stuti Kakkar, XII E & Tanisha Chawla, XII G, AIS Saket

The world of movies, fashion and glamour is so enigmatic that sometimes people who are a part of it are blinded by all that glitter. But it is important to stay grounded and find your balance in your passion, work and life – and that balance is what defines you. In an exclusive tête-à-tête with GT reporters, Rajesh Khattar, actor, screenwriter and dubbing artist, who has been in the industry for over 25 years, gives an insight on how one can find the right balance.

Balancing the screen and stage

My first brush with the world of acting happened when I was in school. I got a chance to witness a film shoot and meet Rati Agnihotri, who was one of the reigning actors at that time. I was awed with her acting and asked for her autograph. The whole set-up - the lights, the cam-

era and all the glamour, left me mesmerised. A few years later, when I became a producer at a very young age, the first actress I signed to star in my first play was none other than Rati Agnihotri! I was amazed when she told me that she had stage fright; even after she had given brilliant performances in more than 40 films! It was then that I realised that acting in theatre and acting in films are two very different things and each comes with its own set of challenges.

Balancing the old and the new

Now, there are newer forms of media coming up, which enjoy a much larger viewership and appreciation for their niche concepts. Undoubtedly, web series are an upcoming fad, which the younger generation clearly has a preference for, over the more regular forms. Today, it is no more a challenge for a good actor to get recognised if they are able to grab a role in such series because they offer offbeat content. As actors, it is also important for us to move with the times and accept the contemporary and take it as it comes.



Rajesh Khattar shares his views with GT reporters

Balancing the trolling and the trending

The fashion industry is more or less linked with ours, and thus, we as actors have to maintain how we look all the time, even when we are not on the set. One can make a statement even with a fancy piece of clothing, but on the other hand, it can get very competitive with the media dissecting your gym and airport 'looks'. So, one needs to develop the knack of not caring on any occasion and learning how to be themselves!

Balancing the professional and the personal

This balance is the most essential

element in order to live a happy life. I have been very fortunate to find this early in my life. Taking out time for your family can sometimes be a challenge, but it really helps when you are free on a Monday morning and everyone else has to go to work.

Message for Amitians

Do not get bogged down by peer pressure and face all the challenges of life with courage. Today, one can easily voice one's opinions at a click through social media and it can be a boon if one uses it the right way. Propagate the right message in the right way. And most importantly, live your dreams.

Around The WORLD

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



FRANCE

Bastille Day celebrations in Paris
On the July 14, France celebrated Bastille day to commemorate the unity of the country. The celebrations saw French inventor Frank Zapata flying over the crowd of Paris, in his turbine engine-powered hoverboard while holding a gun to represent the future of French military. French President Emmanuel Macron applauded the army for their innovation.



QATAR

FIFA World Cup 2022 milestone
The work for FIFA World Cup 2022 to be held in Qatar has been in full swing. Recently, the project completed 200 million work hours, ever since the preparation began. 75% of the preparations of the tournament have been completed so far. A ceremony has been organised by the Supreme Committee for Delivery & Legacy, the organisers of the event, to celebrate the milestone.



THAILAND

An end to military rule
Prime Minister Prayut Chan-o-cha formally resigned as the head of the military government on July 15. The country will now function as a normal democracy, said the former army chief.



INDIA

Sachin makes it to ICC Hall of Fame
Former cricketer, Sachin Tendulkar has been inducted into the International Cricket Council's Hall of Fame. Tendulkar makes his entry in the hall of fame alongside South African pace legend Allan Donald, and is the sixth Indian to be accorded this honour. Rahul Dravid was the previous Indian to be inducted on the list in 2018.



SOUTH KOREA

Law to fight workplace bullies
As per the new law, South Korean bosses who fire employees that complain of bullying could face a fine of 30 million or upto three years in prison. The law aimed at curbing toxic work culture and welcomed in the wake of increased accusation of workplace bullying and harassment in the country.



I liked this workshop as it was fun, and I learned a lot of things as well as how to work in a team.

Avishi Agarwal, AIS VAS 1, VI D



JAPAN



Worst mass killing in decades
33 people died in Kyoto, Japan as a man doused Kyoto Animation Building in what seemed to be petrol and set it ablaze. The incident being termed as the nation's worst mass murder in the past two decades was condemned by PM Shinzo Abe.



PAKISTAN



Over 8 billion lost
Following the Pulwama attack, when a Pakistan based militant group attacked India occupied Kashmir, Pakistan shut down its airspace, resulting in losses in the tune of 8 billion rupees. The airspace was used for both commercial as well as cargo flights.



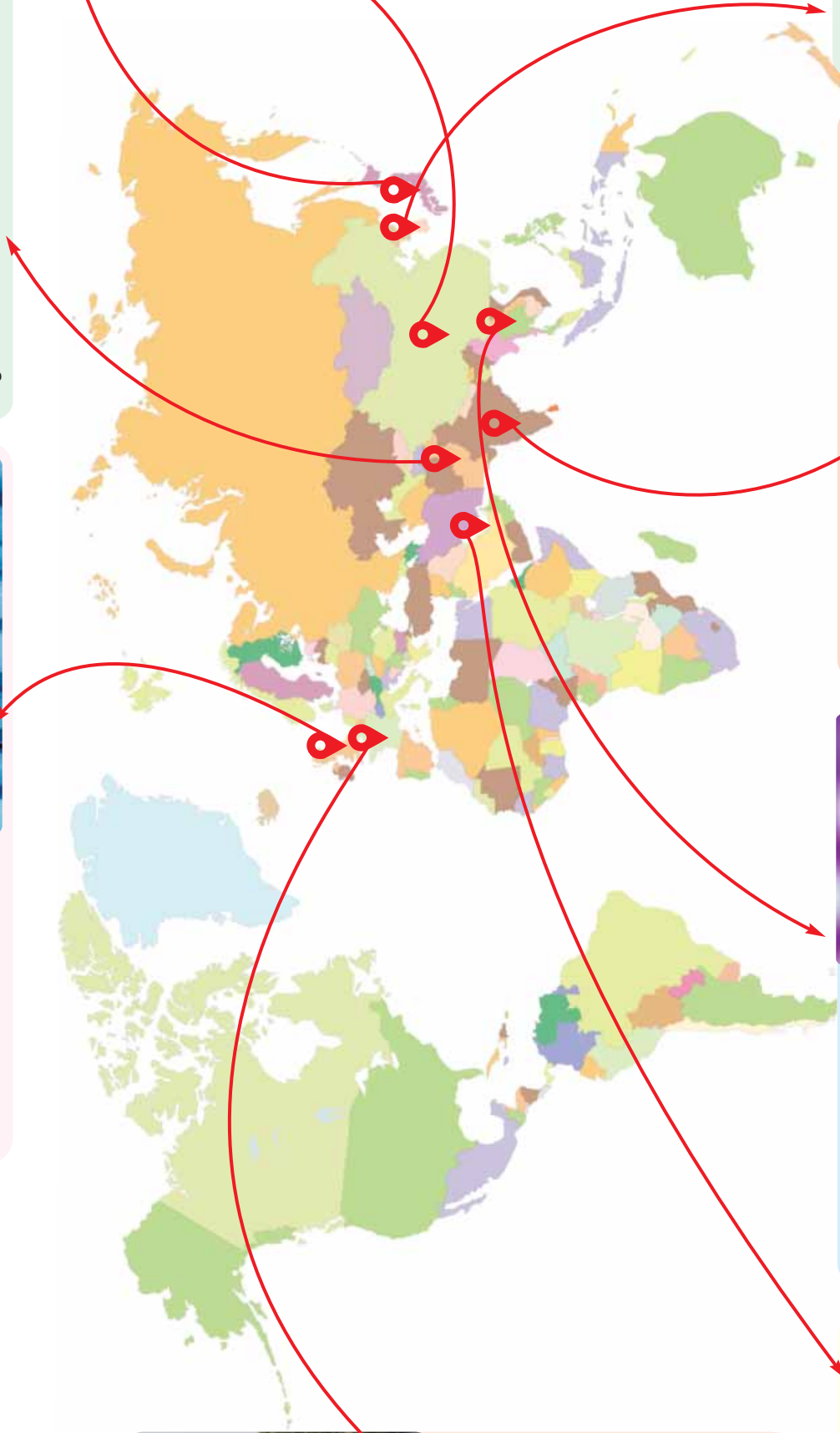
ENGLAND

England wins ICC 2019 cup
In a nail biting final match England lifted the cup of ICC cricket world cup 2019. England defeated New Zealand in the super over drama, to win the title of maiden World Cup at the Lord's cricket stadium in London.



CHINA

China's economy slows down
Due to the US-China trade war and the weakening global demand, China's economy has slowed down to 6.2%, its weakest expansion in the last three decades. According to reports, President Xi Jinping is finding it difficult to fight back against US due to the declining economy.





I loved the Gadget Review and the Mighty Mic workshop. Other activities were also very good.
Riya Srivastava, AIS PV, VI E

Macquarie visits Amity

An Educational Visit To Develop Strategies For Curriculum Enhancement



The team from Macquarie University, Australia, at Amity Institute of Psychology and Allied Sciences, Amity University, Uttar Pradesh

AIPS, AUUP

A team of eleven students and one faculty member from Macquarie University, Australia, enrolled in Post-graduate Programme in Industrial and Organisational Psychology visited Amity Institute of Psychology and Allied Sciences (AIPS) on June 15, 2019. The

visit was aimed at creating an interface between the students from Macquarie University and experts from Organisational Psychology Area at AIPS.

The team was given a traditional Indian welcome by the students and faculty members of AIPS. After a brief welcome address, Linda, the faculty member from Macquarie University, was given

a memento of Amity University by Dr Roopali Sharma. An introduction to Amity University was given by Dr Anurakti Mathur. Linda was then invited to share the details about Macquarie University and the programmes they offer. She, along with her student Hamish, gave a lively and informative account of the education and life at their university. This was

followed by a detailed insight into AIPS especially in the area of Organisational Psychology. The forum was then opened for an interactive session where PhD Scholars from AIPS shared their research ideas with the visitors. This event was aimed to develop productive strategies for curriculum enhancement and to gain in-depth knowledge about the

international standards of dissemination. Collaborative research projects, educational trips and visits, conferences, seminars and discussion sessions on a routine basis between the two institutions were established as an outcome of the visit. To sum up, the educational visit proved to be a fruitful and enriching one, opening vistas for exchange of knowledge. 🇮🇳

Amity Institute for Competitive Examinations

Presents

Brainleaks-278 FOR CLASS VI-X

Neelam was making tea in a kettle. Suddenly, she felt intense heat from the puff of steam gushing out of the spout of the kettle. The reason behind the intense heat felt by Neelam is -
(a) Due to latent heat of vapourisation
(b) Due to very high temperature of steam
(c) Steam has less energy than water
(d) All of these

Last Date: July 26, 2019

3 correct entries win attractive prizes

Ans. Brainleaks 277: (b)

Winner for Brainleaks 277:

1. Aryan Modi, X A, AIS Gur 46
2. Siddhant Singh, X D, AIS MV
3. Arshia, V D, AIS Vas-6

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

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

Digital beginnings

AUUP

Amity University in association with Accenture has launched 'Advance Digital Marketing Course' for the undergraduate students at Amity University Campus, Noida. The course aims at acquainting budding students with new techniques of digital marketing and will be pursued during 5th and 6th semester of respective programmes. 42 sessions will be conducted during the total duration of the course. Charulata, managing director, Accenture Operations; Girish Sharma, associate director; Sonal, recruitment manager, Accenture Operations; Puja & Subhanshu, Marcom Team, Accenture, were present during the launch of the course. Prof (Dr) Ajay Rana, advisor & director, Corporate & Alumni Relations, highlighted that the programme will prepare students to become Accenture certified digital marketing professional and provide them a chance to work with the company after graduation (on merit basis).
(Courtesy: Amity Media Cell)



Sumit Narula, Director, ASCO, AUMP, receives the award at Dialogue India

Coming together ...For A Progressive Future

AUMP

Amity University Madhya Pradesh, Gwalior (AUMP) was awarded the Best University of Madhya Pradesh 2019, the 10th Best Private University in India 2019, and the Best Media and Communication Department in Madhya Pradesh 2019, during an award function organised by Dialogue India at Taj, Dubai on May 2, 2019. A memorandum of understanding (MoU) was also signed between AUMP and Al Falah University, Algharhood, Dubai (AFU) on the occasion. It was signed by Abdelhafid Belarbi, president, AFU and Rajesh Jain, Registrar, AUMP. Executed as of May 1, 2019, this memorandum is valid for a period of five years.

The objective of this memorandum was to promote and enhance academic interest, provide advice for implementation of quality education, promote research and

continuation of educational activities. Both the universities agreed to collaborate in teaching, research & development and consultancy studies in the field. They also mutually agreed for exchange of academic material and publications, and conducting lectures and participating in seminar sessions, co-supervising post-graduate students, conducting study tours and joint consultancy work. Student exchange was also part of MoU, although the exchange students would be selected by agreement between the home institution and the host institute. A provision of cultural and intellectual enrichment opportunities for students of both the institutes was also included. This memorandum would not only give both universities the opportunity to learn more from each other but will also help them in understanding and implementing the concept of independence, mutual respect and shared responsibility. 🇮🇳

No falsities Goodbye To Rumours

AUMP

In a one-of-its-kind initiatives, a Centre for Detection of Fake News and Disinformation was launched in Amity School of Communication, Amity University, Madhya Pradesh on May 16, 2019. The centre with Dr Sumit Narula, director, ASCO, AUMP, at the helm as the Chairman, aims to keep a tab on the spread of misinformation among the masses. The members of the committee include assistant professors from ASCO- Dr Sandesh Mahajan, Ashish Sharma and Mehrnaz Neesa Haque; and ASET- Dr Varun Kumar Sharma and Dinesh Sharma.

Some of the main functions that will be exercised by the centre include - to remain updated with regard to technology for fake

news detection through any media; to train selected staff, students and media persons to be well versed with the latest software in the field; to conduct workshops on the subject as consultancy for other agencies and institutions; to undertake awareness drive within the university as well as in and around Gwalior; to identify and initiate best practices in the field and facilitate their implementation in media houses on consultancy basis, etc.

Chairman, Dr Sumit Narula will also be responsible for reviewing all the above functions once in every six months. This organisation is the first to be established in India and also strives to become a 'centre of excellence' by constantly improving upon the current skill sets and tools/software with time. 🇮🇳



Students being trained at Centre for Detection of Fake News



On the top



Dr. Amita Chauhan
 Chairperson

Immediately after the CBSE Board examinations results, BN Bajpai, advisor, Amity Group of Schools shared the long list of achievers to be felicitated, I was very happy.

With the achievers list extending each year, he felt that it would be difficult to call everyone one day, thereby proposing to hold it for two days. To be honest, this is one day, I wait the whole year to meet all my achievers, their mentors and parents to come together under the same roof and create a synergy of happiness and joys of achievement. So, we went ahead and organised the annual 'Topper's Felicitation Ceremony' (read page 11), in just 'one' day. When I entered the hall for the felicitation ceremony, the first sight of humungous gathering, was the happiest moment for me.

Every time, I saw the achievers walk on the stage; I could hear those thunderous applause fill the air. The emotional speeches by teachers and parents were heartwarming. The whole ambience was charged with energy and the spirit to win, win and win. The felicitation ceremony created a powerhouse of energy that oozed with inspiration, determination and wisdom. The ceremony culminated with a force of cheery euphoria, that acted as a drift beneath the wings of aspirations of every Amitian to fly higher and always be on the top.

While talking of 'being on top', I also want to tell my Amitians that 'topping' is just a milestone that you have achieved in the journey of many more victories and achievements which await you in life. While being on the top may sound difficult, what is even more difficult is to retain that position and work towards conquering new peaks and BHAAG is one such mantra to have success in life. 📱

Let's talk technology...

...With Corporate Leader, Lata Singh, Executive Director, IBM

Dhruv Jain, XII F & Aman Thukral, XII D
 AIS Noida

Life has its own mysterious ways of figuring itself out. One day you might be reading Chaucer and the next day you might be the executive director (GSI & CSI) of IBM. That's the story of Lata Singh, a woman who broke the glass ceiling and now stands as the beacon of success. GT reporters caught up with her for an exclusive interview during her visit to Amity University, Noida, for Confluence 2019.

Destined for technology: I didn't really want to make space in the field of technology. It was more of an accident. I am primarily a literature graduate. With masters in English literature, honestly, I am not a hardcore technology person. Even when I got associated to IBM, I was in the sales department. I wanted to do my Ph.D in literature but I couldn't get through and that's when I finally cemented myself into sales. You just need to find the link between business and technology. If you do that, you don't need to be a technology-oriented person to thrive.

Omnipresent technology: We are surrounded with technology. At IBM, it is no longer something that we are providing to our customers; it is something that we are trying to adapt in every facet of our business. Even on a personal level, I can feel technology everywhere. Social media, Netflix, Snapchat etc., technology has provided us with many good things. I'm an ardent admirer of technology.

People for technology: The field of technology needs all kinds of people. At IBM, we are looking



Lata Singh, Executive Director (GSI & CSI), IBM, with GT reporters

Pic: Ravinder Gusain, GT Network

for people from all fields not just for blue collar jobs, but white collar jobs, too. We constantly try to push our limits and do new things with available resources. You might have heard about Watson and our AIs creating sonnets which has been compared to Shakespearean sonnets. We are going beyond the 'core' activities.

Success in technology: Be it any field, looking at success from a materialistic point of view is wrong. Success is not the amount of money you earn or the job you have. It's about how much you love doing what you do. Success lies in the kind of impact you have made on the people around you, not just the

designation and the money that you are earning. Am I influencing others to look at a career that is important? Am I looking after my team members, who are looking at their career roadmap? All of that comes into being a successful person.

Message for the future: Education is important. Learn for the sake of learning, not only because you have to become number one or get high grades. You should be able to absorb what you are taught so that you can use it in the future. Always remember, empathy and kindness is the key in any engagement that you do, so learn to be smart and also street-smart, not just bookish knowledge per se. 📱

My newspaper



Vira Sharma
 Managing Editor

We all have grown up watching our parents begin their day reading a newspaper, while sipping a hot cup of tea. I loved that sight and often wondered what they read so intently. I tried my hands at reading their paper, but as a child, found it too boring and moved on. I secretly yearned to have my own newspaper. And so did many. This summer vacations, the secret wish of 37 middle school students came true when they became a part of the first ever summer newspaper making workshop (read page 6-7), organised by The Global Times. The workshop, a brainchild of Chairperson, Dr (Mrs) Amita Chauhan, helped young readers experience the world of journalism and also the love for printed words etched in their very own newspaper, they made.

To begin with, I was a little apprehensive. Would such young children understand the world of newspaper? I was in, only to be corrected, for the workshop not only changed my opinion but was a great learning experience too. Watching little journo's don Press Card, take notes while attending workshops ranging from reviewing a gadget to creative writing about an art piece, taking an interview to reporting a current political, sports or entertainment news piece, it was all very exciting. Right from designing a page to creating advertisement, from clicking pictures to watching the process of printing of newspaper at the printing press, the workshop was a complete package that honed the journalistic abilities of all the participants. The workshop culminated with the young talented journo's taking away a 12 page newspaper, crafted by them in a span of five days which they can boast of as 'My newspaper'. 📱

Being senti'mental'

It's Time To Be Sensitised, Sensitive And Sensible



Aditya Das, AIS Saket, XII D

Language is a very dynamic concept; it constantly grows and evolves. Our words change with the times, and our mindsets adapt to these changes. What might have been offensive at a particular time to a particular person, has grown to become normal as time passes by. But that is not the case for everything. Some things, never change their meaning. Case in point: our references to mental illnesses.

Obsessive 'OCD'

This word is certainly a part of regular lexicon. Obsessive-compulsive disorder is a lot more than just being finicky about cleanliness. Using it for

normal people only makes the real disorder look comical and trivial. Think of it – it's pretty heartbreaking for those actually dealing with the problem to see the illness being associated with people who just like to keep their rooms clean and lead a well-organised life.

Seemingly 'schizophrenic'

This is our usual go-to word for someone who is mentally a little more 'hyper' than others. 'Schizo' and 'schizophrenic' are often used to describe something that has drained our mental resources, but that's not actually what schizophrenia is. It's a complex disorder that takes into account serious hallucinations and delusions. It would be great if you save this

word for the time you meet a real schizophrenic and not be scared while experiencing what they go through every day.

Not so 'mental'

Describing someone bizarre seems easier than it actually is. Just call them 'mental'. We throw the word around on anyone who just dares to do something differently. But this word is just not limited to people or situations, rather, it can be used to describe practically anything which makes it even more problematic. We need to exercise a higher level of caution while using the word, particularly about a specific person.

Lost 'lunacy'

The word has its own weird history: back in 1870s, it was used to refer to a whacky kind of hairstyle. As a phrase, it never got the seriousness it deserved, and rather became a catch-all term for those who were suffering from mental illness. Today, it has completely lost its meaning in a world where the number of people suffering from mental illness is higher than it has ever been before.

Derogatory 'depression'

This one may be controversial, but it's really important that people understand that it's not a synonym for sadness. Being sad is not really the defining experience of clinical depression. In fact, the problem is characterised by a wide range of symptoms. Let's keep 'depression' for the really serious stuff, so that if it does happen to you or somebody you know, you have reserved the proper vocabulary to talk about it. 📱



Gauri Singh, AIS Vasundhara 6

Resilient: You have constantly try to be better than who you were yesterday. Person-
Class: X
Aggregate: 99.4%
Issue: July 1, 2019; Page 3

Dear Editor,

This is in reference to 'Three cheers for AIR 3' interview on page 3 of The Global Times edition dated July 1, 2019. There are a lot of little things that end up changing our lives, and securing AIR 3 and getting featured for it in the school newspaper is definitely one of those life-altering things for me. To see myself in the newspaper I hold in my hand, the newspaper that I am Editor-in-Chief of for my school, it was a feeling I cannot put to words. I want to thank The Global Times for highlighting my achievement and for always believing in my talent. GT is an essential part of my life! 📱

Gauri Singh, AIS Vas 6, XI C

Dear Editor,

This is in reference to 'No two ways to AIR 2' interview on page 1 of The Global Times edition dated July 1, 2019. I am extremely grateful for the opportunity that The Global Times has given me. To see myself on the front page of my school's newspaper, even when I have never been featured before, was an amazing feeling. All my friends came up to me saying "Aaj toh Global Times mein teri photo aayi hai!" To be interviewed like a celebrity and to get a chance to be clicked with the one and only Chairperson ma'am was an experience I will never forget. Thank you so much, GT! 📱

Shivika Dudani, AIS PV, XI A



I loved the first day of the workshop. It was fun and not at all boring.
Koena Malhotra, AIS PV, VII D

Youth Power is an annual social leadership programme organised by The Global Times.

It witnesses ten teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part 3** of this exclusive eight-part series, based on the panel discussions organised by YP teams, and a host of opinions as experts debate on 'Bone Health', cause chosen by YP team of AIS Mayur Vihar.



Bone of contention...

...No More, For Everyone Knows That A Healthy Body Means Healthy Bones

For the entire body, entire country

The fact that Amitians have formed a whole team to work on the cause of bone health is quite praiseworthy and commendable. Focusing on bone health is truly the need of the hour, as taking care of bones is a holistic approach to body health. Quite contrary to what many people believe, bone health is not just important for the older generation but for the younger ones as well. If we are to consider the whole country as a



Dr VA Senthil
Orthopaedic Surgeon

human body, the elderly are the brain, but youngsters are the ones who represent the bones. Unless our bones are strong, we cannot have a functional and productive individual. And a productive individual is required for the productive functioning of a country."

Work for your bones

With increasing work pressure and hectic schedules, we end up neglecting the needs of our bones. The fact that most of us are involved in sedentary jobs and are required to sit for long hours only adds to poor bone health. The situation is such that many people are already suffering from lifestyle diseases that affect their bones,



Dr Aarti Sodhi
Health and Wellness Specialist

without even being aware of the same. Bones are the cornerstone of our body and must be taken seriously. I am extremely impressed that the Youth Power team has actually taken up the subject of bone health, something that the grown ups have come to neglect."

For your body

Shalini Jain
In-house Doctor

Bones protect the internal organs of the body. They act as an anchor to the muscles and facilitate our mobility. Healthy bones are essential for all bodily functions to be effective. It is for this very reason that the youth must take care of their bones. After all, a country with a sluggish youth can't go very far. I am



glad that team Bonetastic (Youth Power team of AIS Mayur Vihar) is helping people understand the role that bones play in determining the overall health of the body."

Healthy lifestyle

Poonam Singh
Yoga Expert

Considering the fast-paced lives that all of us lead today, maintaining a healthy lifestyle has become rather challenging. But a healthy lifestyle is the only way to maintain healthy bones. A healthy lifestyle is an investment that will pay back in the future. If you start taking good care of your body and bones at an early age, you can control the rate of degeneration at a later stage. I strongly recommend yoga for a healthy lifestyle simply because of its holistic approach. Yoga exercises not only strengthen your bones, but also offer peace of mind, which is a must for overall health."



Opt for a balanced diet



Arpita Acharya
Nutritionist

It is not just calcium that is required to build bones and keep them strong. Vitamin D is equally important in absorption of calcium. Similarly, vitamin C is important for the formation of

collagen, which is also essential for the maintenance of bone structure. Vitamin K, magnesium, and potassium are also important for mineralisation. It is important that we consume all the nutrients in an appropriate amount, and not just focus on the intake of the only nutrient that is conventionally deemed fit for the health of our bones."

Time to know your body



Dr Ruchi Varshney
Physiotherapist

An early awareness of our body is essential. If we start taking care of our body, then it becomes a little easy to manage the diseases that harm us later in life. Scientists are still understanding

the complex mechanisms of the human body. For example, we don't know which muscle functions for which body part. If there is a problem in the joints, one should diagnose the cause to it. It could be an imbalanced diet or the body posture. Know how to deal with any injury. If one follows the correct procedures, half the work is done before the doctor arrives."



In today's workshop I got to work with Roobina Mongia, learn new things and earned victory bands. Ananya Gupta, AIS Saket, VIII B



I love that we get bands for good work. Chinmay Tuteja, AIS Gur 46, VIII H

SUMMERS HAVE NEVER BEEN COOLER

Workshop. Say the word and the first thing that comes to mind is a lecture, bordering on wistful yawns. But GT is accustomed to writing its own stories, including the word 'workshop'. So, when a workshop was organised, it had to be a riot of learning, fun and entertainment, a close brush with renowned jourmos and a 12 page newspaper young jourmos could carry back home. Narcissist as it may sound, the 37 little ones who spent the last week of June enjoying the experience would agree. A slew of workshops that covered every spectrum of creativity and innovation. Loveena Garg, GT Network, recounts the story of GT WORKSHOP 2019 once again, just for you, letter by letter.

The GT Summer Newspaper Making Workshop Was Nothing Like Your Conventional Workshops



The workshop was a great platform for kids to satisfy their curiosity about the field of journalism. **Kamna Arora**
Deputy News Editor
Times Now



The kids were more tech-savvy than I could have imagined. Talking about technology with them was a whole new experience. **Roobina Mongia**
Sr Producer & Anchor, NDTV



I am delighted to see such enthusiasm in the children who absorbed and understood the topics that were covered. **Poonam Goel**
Journalist & Art Critic



It was my first workshop with such a young audience. I was extremely impressed with their intellect, knowledge and enthusiasm. **Sayantan Chakrabarti**
I Magic Advertising Agency



It was a completely new experience for me. It was heartwarming to be around such creative children and listen to their stories. **Aashna Agarwal**
Lawyer & Writer

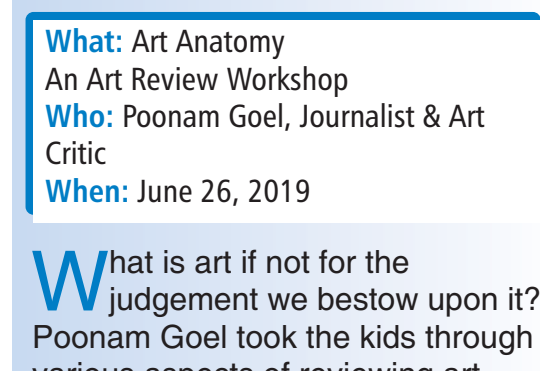
W hat's your story?



What: What's Your Story? A Story Writing Workshop
Who: Aashna Agarwal, Lawyer and Amity Alumni
When: June 27, 2019

Although every person has a story behind them, not all of them are capable of crafting one. Aashna Agarwal briefed the students about the various nuances of writing a story and gave them the task of crafting their own storyline. Every team was given a different genre, character and location that they had to use, which made the task more challenging and exciting. Kids had a lot of fun trying to build a plotline using the elements assigned to them. And while doing all of this, they had to coordinate with eight other people that were a part of their team.

O f all things creative



What: Art Anatomy An Art Review Workshop
Who: Poonam Goel, Journalist & Art Critic
When: June 26, 2019

What is art if not for the judgement we bestow upon it? Poonam Goel took the kids through various aspects of reviewing art. Paintings, sculptures, a book reading and a short film, all were a part of this interesting activity. Nayasha Gandotra, a published author read her own story to the kids as part of the book reading session. From understanding the theme of a sculpture showcase to knowing the philosophy of a painter, to exploring the creative nuances of a movie; the students were scuba diving into the vast ocean called 'art'.



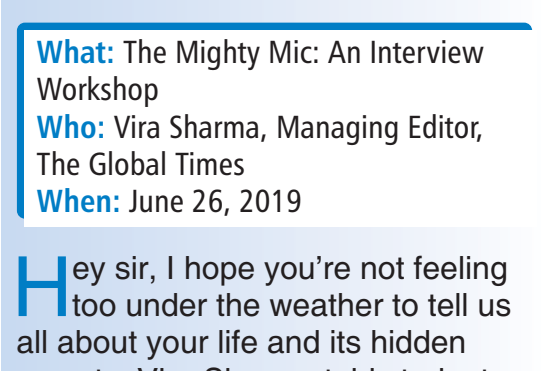
R ate and review



What: Get Set Gadget A Gadget Review Workshop
Who: Roobina Mongia, Sr Producer & Anchor, NDTV
When: June 24, 2019

Gadgets are a huge part of today's world but more than using the gadget, one needs to know the features as to how to buy and invest in the right one. This workshop taught students the right way of reviewing a gadget. For this one-day kids got to judge, criticise and rate various high-tech gadgets. While one team said 'hi' to Alexa, the other savoured the Nokia banana phone. One listened through the Galaxy buds and the last one strapped on the Apple smart watch. "Do we get to keep the gadgets?" asked one of the kids. Everyone else laughed.

K now thy guest



What: The Mighty Mic: An Interview Workshop
Who: Vira Sharma, Managing Editor, The Global Times
When: June 26, 2019

Hey sir, I hope you're not feeling too under the weather to tell us all about your life and its hidden secrets. Vira Sharma told students the various tricks of the trade that is interviewing. From framing right questions to creating a friendly environment for the interview, they were taught everything. Not only did students get to learn about the art of asking questions, they also got to practice it in a mock interview. The four teams met Cinderella, Salman Khan, Mukesh Ambani and Albert Einstein, not in real of course!



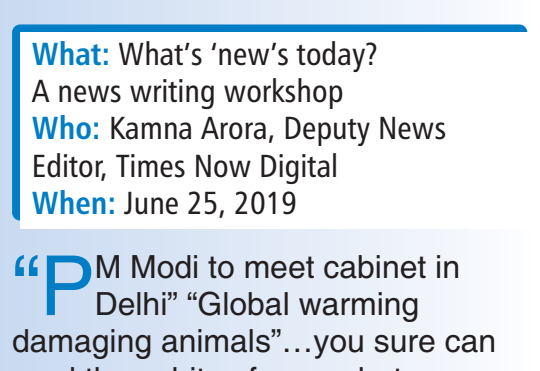
S ell it like a pro



What: Ad Attack An Advertising Workshop
Who: Sayantan Chakrabarti, I Magic, Advertising Agency
When: June 25, 2019

This workshop started with tracing the first advertisement and went on to highlight the most successful advertisements of 21st century. Elucidating the basic elements of advertising; the interactive session laid out everything that goes into making an advertisement. Later, students engaged in designing their own ad for a unique product that was assigned to them. Trivia: a yummy-licious ad of a fusion restaurant would've won, only if it had the location, too. "This ad makes my mouth water. But where do I find it? Sorry!," said the resource person.

H appenings of the world



What: What's 'new's today? A news writing workshop
Who: Kamna Arora, Deputy News Editor, Times Now Digital
When: June 25, 2019

"PM Modi to meet cabinet in Delhi" "Global warming damaging animals"...you sure can read these bits of news, but can you read the underlying format that each news follows? This is exactly what the students learnt in the current affair workshop. Entailing the 'Inverted pyramid' style of reporting, the students learnt the process of writing a news report. This was followed by an activity where they were allotted different beats viz environment, politics, sports and entertainment, and each group filed their own story.



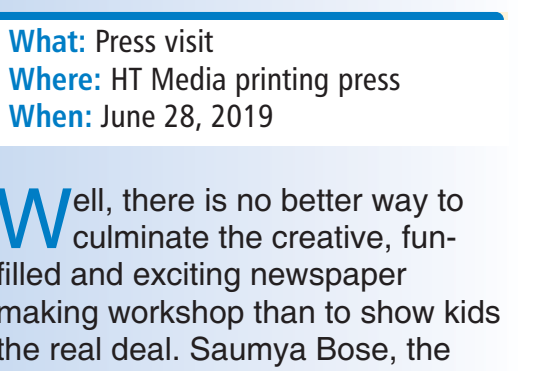
O n a design- ing spree



What: Design it! A newspaper designing workshop is
Who: GT design team
When: June 24, 2019

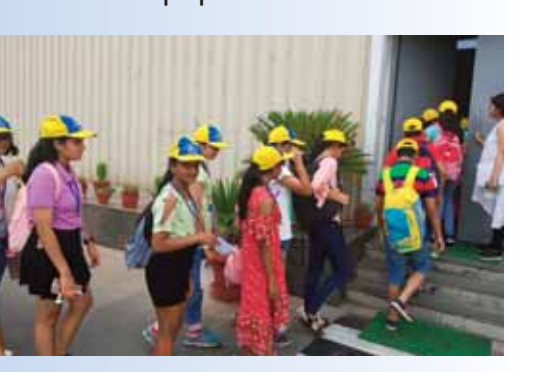
The workshop took children through the nuances, basically technical of making a newspaper, illustrated on the process of designing a newspaper. Students enjoyed a hands-on experience of the software used for making the newspaper. And that's not all. An in-depth analysis of the types of visuals – illustration, graphics, imaging, photographs, et al and their further sub categories left the students looking at the newspaper with an all new understanding. The workshop, infused with a variety of activity sheets, had the students learning and then being tested for what they just learnt.

P ressing matters



What: Press visit
Where: HT Media printing press
When: June 28, 2019

Well, there is no better way to culminate the creative, fun-filled and exciting newspaper making workshop than to show kids the real deal. Saumya Bose, the senior manager of the Printing Press of Hindustan Times warmly welcomed the students, who seemed to be brimming with elation and curiosity, to their humble abode where the children got to see up and close how a newspaper is made. The students were more than eager to grasp and learn whatever they can from the session. They were delighted to get insights into the laborious process that goes into the making of the whole newspaper.



The workshop was good. I had a lot of fun and learnt a lot of new things.
Sera Mendiratta, AIS Saket, VI C



A secret untold

Imaging: Deepak Sharma, GT Network



Storywala

Sreya Suresh
AIS Gur 46, XII G

Leena was waiting for her daughter Sarah, while preparing supper. She lived in a quaint town by the river on the countryside with her daughter, while her husband worked in the city. She looked out of the kitchen window and saw Sarah running back home with the most vibrant smile she had seen on her face in days. She remembered all the days she had seen Sarah sad and lonely. But

today, she was grateful that her daughter was finally smiling. "Mom, I am back!" a silvery voice interrupted Leena's thoughts. "Where have you been?" she cried out. "I was out with my new friend. Her name is Renee. She lives on the other side of the river" said Sarah. This was rare and despite her concerns, the mother could only smile at her little girl. Yet her mind was pondering. She hadn't seen anyone living on the other side of the river. "Maybe some new family has moved from the

city for fresh air," she thought. Sarah had been complaining for long about not having friends, and her wish was fulfilled. But lately, things were starting to get suspicious. Whenever Leena questioned Sarah about her new friend, the response she mostly gave was, "Mom, she doesn't talk much." Besides, Renee had never even visited their home. When curiosity got the better of her, one day Leena followed Sarah discreetly to uncover her mysterious friend. But what she saw left her flabber-

gasted. "Sarah, who are you talking to?" She couldn't see anyone with her. "Mom! Why are you here? You scared Renee away! Now she'll never talk to me!" wailed Sarah, as she ran back home with tearful eyes. Leena stayed back and looked for Renee, in case she was really scared of her, but there was no sign of anyone.

gasted. "Sarah, who are you talking to?" She couldn't see anyone with her. "Mom! Why are you here? You scared Renee away! Now she'll never talk to me!" wailed Sarah, as she ran back home with tearful eyes. Leena stayed back and looked for Renee, in case she was really scared of her, but there was no sign of anyone. She returned home, worried and unsure of what to do. After an exhausting day, having put Sarah to sleep, Leena called up her husband to narrate the whole incident. There was a pause at the other end. "Leena, what is wrong? Aren't you seeing your doctor? Did you miss your PTSD medicine again? Our Sarah is dead, love...remember you took her boating on the river...the boat crashed into a rock and flipped...you survived but Sarah..."

Leena dropped the phone. PTSD* had now taken full control of her mind.

*Post Traumatic Stress Disorder (PTSD) is a mental health condition triggered by a terrifying event. Around 8 million people suffer from it every year.



Raindrop suncatcher

Material Required

| | |
|-----------------------|------------------------|
| Blue crayons | (2-3 different shades) |
| Green crayons | (2-3 different shades) |
| Sharpener | 1 |
| Parchment paper | 2 sheets |
| Thread..... | 1 |
| Scissors..... | 1 |
| Wooden rod | 1 |
| Hair dryer | 1 |

Method

- Sharpen the different blue and green crayons.
- Spread the crayon shavings on a parchment sheet.
- Place another parchment sheet over it and seal them from all four sides using tape.
- Bring a blow dryer close to the parchment sheet and blow hot air all over it. The crayon shavings will melt and create a colourful spread on surface.
- Now, remove the tape from the sheets.
- Draw raindrops on the parchment sheet.
- Cut out the raindrops with the help of scissors.
- Take the wooden stick and tie 6-7 pieces of thread spaced at equal intervals.
- Stick 2-3 raindrops on a single string using tape.
- Your suncatcher is ready! Hang it on your window sill.

WORDS VERSE

The guard and the door

Aman Thukral, AIS N, XII D

Man stands at an unlocked door
His face in the air with pride
He is a guard, and is determined
To not let anyone inside

He watches as a newcomer
Walks in from the door
He glances at the guard, curious
"I must know what's indoors!"

The guard held up his hand
"I cannot let you pass

I am the guard of this door
This is my simple task."

"Just a little look? Nay, a glance
At what all lies in there?"
"It's nothing, go away
Since now you are aware"

"Oh big guy, no need to lie
Without a rhyme or reason
Just tell me what is kept inside
It surely can't be treason?"

"I said, behind the door is void



Please be along your way"
The guard stood his ground
As he knew nothing else to say

"You're lying." "I'm not"
"Then answer just this once

You're guarding this place
It must be of significance"

"Tell me the truth! Believe me
Nobody needs to die"
He took out a gun and said
"I must know what's inside!"

He shot the guard in the heart
And while his life did fade
He still inched to the door
To serve as a blockade

"O guard, you were a noble man
But you shouldn't have lied"
The guest opened the door
Only to find nothing inside!

Read Play and Win

Reading your favourite GT can fetch you a prize too. Complete all the boxes below. Click a picture and send it to editor@theglobaltimes.in or submit it to your GT Teacher Coordinator. 3 lucky winners will win a prize every week!



| | | |
|--|--|--|
| Q: Who is the author of the short story 'A secret untold'? | Q: Which article has been written by Aditya Das, AIS Saket, XII D? | Q: What is the headline of little chef recipe on page 9? |
| Ans: | Ans: | Ans: |
| Q: Name the student who has been featured in It's Me column. | Q: In which year, International Literacy Day was celebrated? | Q: On which page, a glimpse of GT Summer Workshop has been shown? |
| Ans: | Ans: | Ans: |
| Q: Which actor has been interviewed on page 1? | Q: What's the name of the young golfer featured on page 12? | Q: When and where did the felicitation ceremony of toppers happened? |
| Ans: | Ans: | Ans: |

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

Results of 74: Kabir Sharma, AIS MV, VII A, Nishchay Verma, AIS Gur 43, V C, Aahana Singhal, AIS Noida, IV F

BRUSH 'n' EASEL

Avisha Saxena
AIS MV, Alumnus





I loved the food, activities and interactions.
Mayank Yadav, AIS Noida, VIII K

Illustration: Ravinder Gusain, GT Network



New heights

Wisdom tale

Aakash Aggarwal
 AIS MV, V

Aakash was an ideal child – he was kind hearted, hard-working and great at both studies and sports and was liked by everyone. To an outsider, it seemed that Aakash had everything going for him. But that was not really the case because of his fear of heights. Aakash was so scared of heights

that he would never fly a kite or even go to the terrace. On occasions when his friends were playing on the terrace, he would refuse to join them. Each and every attempt by his friends to get him to the terrace were futile. Aakash's mother would often tell him how heights signified our success and the things we achieve in life, but all in vain. One fine evening, Akash was playing with his frisbee. He

threw the frisbee at a greater height each time and tried to catch it. During one such throw, the frisbee hit a nest on a tree. The nest suddenly fell and got entangled in the branches of the tree. At first Aakash didn't give it a thought, but then he could not overlook it for long when the momma bird started to swirl helplessly around the nest. Aakash realised that it was his mistake and that he should help

To an outsider, it seemed that Akash had everything going for him. But that was not really the case because of his fear of heights.

the bird. But, how could he? The boy was too scared to climb up the tall tree in front of him.

After dwelling on it for good ten minutes, Aakash decided that he must defeat his fear. He started to climb the tree but, he stumbled. He didn't give up and after a few attempts, he reached the branch where the nest lay, ready to topple over. Aakash carefully picked the nest and put it back in its right place.

While he was on top of the tree, Aakash noticed how beautiful his house looked from above. He also got a close view of the nature. The chirping of the birds, the clatter of the leaves, the cool breeze- all left him in great awe of the world around him. He then came to understand that his fear of heights had kept him away from something so grand and beautiful and he was happy that now he had overcome it.

Aakash went home and told his parents about the incident. His parents were both relieved and happy for their son. Today, Aakash is no longer scared of heights. In fact, he loves the thrill of touching new heights; after all, he is a pilot. 🇮🇳

So what did you learn today?
 We all must try to overcome our fears.



Diksha Mullick
 with her burger

Burger blast

Diksha Mullick, AIS Vas 1, VI

Ingredients

| | |
|--------------------------------|-------------------------------|
| Burger bun.....1 pkt | Cheese slice1 |
| McCain's potato bites....1 pkt | Sweet chili sauce.....5 tbsps |
| Cucumber1 | Green chutney5 tbsps |
| Tomato.....1 | Butter2tbsps |
| Onion1 | Oil.....for frying |

Method

- Cut burger buns into half, apply butter on each side, and toast them on a *tawa*, on low flame.
- In another pan, heat oil and fry potato bites until they turn golden.
- Spread some sweet chili sauce on one bun and green chutney on another.
- Press a potato bite onto the bottom bun with a spoon.
- Cut circular slices of cucumber, tomato and onion.
- Place a slice of cucumber, tomato, onion and cheese on the top.
- Place the top bun above and voila! your mini burgers are ready to eat.

Riddle Fiddle

Shanay Vikram Singh
 AIS VKC Lucknow, V

1. What has to be broken before you can use it?
2. What has one eye but can not see?
3. What is hard as a rock but melts in water?
4. What grows in the winter, dies in the summer and has roots on its top?
5. Which word is always spelled wrong in all the dictionaries?

Answer: 1. Egg 2. Needle 3. Ice 4. An Airticle 5. The word 'Wrong'

My mother

Shobhit Sinha, AIS Vas 1, VI B

She taught me honesty
 She taught me modesty
 My mother is always right
 She taught me never to fight
 She gives me pleasure
 She is no less than a treasure
 She treats me with care
 She taught me to be fair
 She is one of my best friend
 Without her, there is no fun
 You are like water in drought
 Mother, I love you a lot 🇮🇳

POEMS

Summer holidays

Samanyu Nandi
 AIS Gur 43, V

It is summer holidays now
 Time to rest and enjoy, wow!
 To get out and meet friends
 To buy clothes of recent trends

A time to sit and read stories

A time to sit and watch movies

A time to visit aunts and grannies
 Enjoying mangoes, delicious dishes

But do finish school assignments
 With full devotion and fulfillment

It will be a good and new learning
 Filled with fun drawing and writing



It's Me

KNOW ME BETTER!

My name: Vihaan Badhwar
My Class: I
School: AIS Vas 6
Born on: August 1

MY FAVOURITES

Book: Pepa Pig
Game: Snakes and ladders
Mall: Mall of India
Food: Noodles
Teacher: Parul Khaitar ma'am
Poem: Wheels on the bus
Subject: Mathematics

ABOUT ME

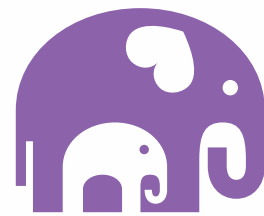
Role Model: Virat Kohli
Best friend: Arham
I like: Cars and swimming
I dislike: Fighting
I want to become: A car designer
I want to feature in GT because: I want to show my picture to everyone



COLOURING FUN



Send us the entries by post @ The Global Times Office, E-27, Defence Colony, New Delhi- 110024 or click a high resolution picture and email to: editor@theglobaltimes.in and the best entries will be published in GT.



amitots

AMITY'S TODDLER PROGRAMME

Ages: 15-28 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



Festival of awards & recognition

Amity Rewards Toppers And Their Mentors At The Felicitation Ceremony 2019



Chairperson felicitates toppers from AIS Gurugram 43



KWHS Wharton 2019 winners with glittering trophies



Amitasha toppers from Class X & XII pose with their medals

Stuti Kalra, GT Network

Hardwork, dedication and sincerity always pay high rewards and Amitians who shone bright in CBSE Class X and XII 2019 board examinations and various prestigious competitions stand a testimony. To recognise the dedicated hard work and stellar achievements of these young winners and their mentors, a felicitation ceremony was held on May 28, 2019 at Amity University, Noida. The event was a celebration of major academic, extra curricular and sports achievements of Amitians, graced by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF. The chief guest on the occasion was Dr Amitava Bandopadhyaya, director general, NAM, S&T Centre and Dr Sujeeet Banerjee, director, scientist F, National Council for Science and Technology Communications, DST, was special guest.

The festival of rewards and recognitions began with lamp lighting by Chairperson and eminent dignitaries amidst mellifluous rendition of *shlokas* by students of Amitasha, Chairperson's initiative for the less privileged girl children. In her address, Chairperson congratulated all the young achievers and expressed her desire to see the answer sheets of students who have scored 100% and 99% marks as their perfection amazes her. She expressed her immense pride and delight at the wonderful performance of students of Amitasha who overcame all the odds and scored sterling marks in CBSE board examinations.

She urged all the students to keep following the mantra of BHAAG given by visionary Dr Ashok K Chauhan, Founder President, Amity Universe. And always strive to win and be on top in everything they do in life. Following the address, BN Bajpai, advisor (R&D), Amity Group of Schools presented the result analysis in which he apprised the

audience that this is the fifth consecutive year in a row where Amitians have bagged top 3 positions at all India level in CBSE Class X & XII board exams.

This year more than 18 students secured all India ranks between 2-4 and total 640 students secured perfect 100 score besides bagging top most positions in Delhi and Haryana.

He also mentioned the bright results of Amitasha students who scored whopping 96.6% and 89.6% in Class XII and Class X respectively. The ceremony saw parents sharing their happy experiences of being Amity parents for all these years. Awards, certificates and medals were then awarded to CBSE Class X and XII board toppers, state toppers, school toppers, stream toppers, perfect 100 scorers, toppers from Amitasha, etc.

The ceremony took an emotional turn, when Chairperson felicitated the parents of Vinayak, student of AIS Noida, who unfortunately passed away during his Class XII board exams. He had scored a

perfect 100 in English, Psychology and Home Science. Vinayak suffered from muscular dystrophy since childhood but kept on fighting every odd to emerge victorious in the examination of life.

The event progressed with felicitation of advisors, principals of Amity Group of Schools and mentor teachers of toppers for their meticulous guidance. Also, not forgetting their support through well designed state of the art study materials which comprised exemplars, question banks and personalised practice questions. The continuous monitoring of teachers through class room teaching, observation and feedbacks of teaching methods, regular counseling and sharing of exam tips further enhanced already rich exam support system of Amity for its Amitians.

The final leg of the felicitation ceremony saw winners from AIS Noida, who bagged global first position at the prestigious KWHS Wharton investment competition 2019; young sportsmen of Amity

Toppers in Numbers

| | |
|---------------------------|-----------------|
| Perfect 100 scorers | Class X - 402 |
| | Class XII - 238 |
| CBSE AIR 2 Class X | 2 |
| CBSE AIR 3 Class X | 5 |
| CBSE AIR 2 Class XII | 2 |
| School Toppers | Class X - 11 |
| | Class XII - 9 |
| Differently Abled toppers | 10 |
| Amitasha School toppers | 6 |
| Stream Toppers XII | 25 |
| KWHS | 7 |
| Khelo India | 8 |
| Synchro toppers | 7 |
| AFYCP toppers | 3 |
| Syn Connect | 5 |
| Total Felicitations | 738 |

and scholarship holders of Khelo India Games, taking to stage and receiving certificates, medals and awards for their immense win, making Amity proud. 🇮🇳

Welcome to 'Study @ abroad'

The First Ever, Amity Open House Gives Wings To Foreign Dreams Of Amitians

ACCGC

In an endeavour to provide guidance to the students of Class XII across all branches of Amity Group of Schools and realise their 'foreign dreams', Amity Career Counseling and Guidance Cell (ACCGC) hosted its first ever Open House Program - 'Study @ Abroad' on May 18, 2019. An initiative of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, aims to facilitate Amitians in making correct and informed career choices, choose the right study programmes in

foreign universities and make them aware of collaborative foreign study programmes at all Amity University campuses.

The event was graced by Dr Gurinder Singh, group VC, Amity University. The open house was attended by numerous students and parents from different branches of Amity Group of Schools. It also saw Embassy representatives from various education hot spot countries like Canada, Spain, New Zealand and education advisors from organisations like USIEF, British Council and the College Board steered the programme. It was a

unified boulevard for parents and students to have one-to-one interaction with country representatives about foreign universities, curriculum, job opportunities, country specific queries, etc.

The occasion began with lamp lighting ceremony followed by welcome address by Taruna Barthwal, head, ACCGC. During her address, she shared the ten year long journey of ACCGC and how it has successfully guided the students dreaming of making career abroad, without promoting any university, course or country.

On this note of collaborative and

PARTICIPATING PANELISTS

- Amity University, Overseas Campuses
- The College Board
- Embassy of Spain
- Embassy of New Zealand
- High Commission of Canada
- British Council
- The United States-India Educational Foundation (USIEF)

participatory platform, commenced an interactive session which saw representatives from

different countries presenting information about education programmes and career opportunities available in their countries. Their presentations showcased information about scholarships, part time work opportunities, SAT/ TOEFL scores, study permits, visas, etc. The unique aspect of presentations was experts attention on cultural, linguistic and lifestyle aspects of the countries to enhance the benefits of studying in a particular nation. Following the presentations, the students and parents clarified their doubts with the experts.

During the interactive session, Dr Gurinder Singh shared the parameters to look for while selecting a country and the course one wants to study. He also mentioned about collaborative and flexible, study abroad programmes like Amity 3 continents programme, Start@Amity and Study abroad programme available at Amity University. Special kiosks and interaction desks were set up for one-to-one interaction of parents and students with foreign education experts. Interested parents were also taken for a tour of Amity University Campus. 🇮🇳



Students have one to one interaction with foreign education experts at one of the kiosks



Dr Gurinder Singh, Group VC, Amity University with foreign education experts and advisors



SWING IT LIKE SAMAIRA

8 Year Old Proves That She Is Not Another Kid On The Block

Induja Tyagi, GT Network

When other kids were fumbling with a ball in their hands, this little girl was busy hitting it with a stick. When other kids were developing their cognitive skills, this little girl was busy getting her balance for that perfect shot. When other kids were getting a star on their notebooks for good marks, this girl was winning medals. Meet eight-year old **Samaira Tomar**, a young golfer from Amity Pushp Vihar, V D, who proved that she is not just another little kid.

It's in the family

For Samaira, playing golf was carrying forward a family tradition. In a world that is rather inclined towards mainstream sports like cricket and football, Samaira was charmed by golf instead; courtesy, her father who introduced her to this sport. However, her inspiration lay in her grandfather, an ace golfer himself, whose countless trophies ignited Samaira to follow the footsteps of her grandfather and make him proud.

It's called passion

"If you love something, it will never be a task", said every man passionate about his art. Samaira's passion too speaks for itself. Right after school, one can find her in the golf course. So far, she has not missed her practice even for a single day. Even her weekends are taken up with golf practice. Samaira's mother, a keen partaker in this budding champ's journey ensures that she is always on time and that nothing comes in the way of her routine.



Samaira with one of her glittering trophies

It's a coach you need

While a good coach can change the game, a great coach has the power to change lives. The same

holds true for young Samaira, who found her mentor in her coach, Romit Bose. Samaira's parents credit Bose for helping the young golfer realise her true potential. He was featured as one of the 'Top Coaches' in Forbes magazine and is in awe of Samaira's sheer talent and hardwork. "Even at the tender age of eight, Samaira is as driven in the sport as any ardent professional is. She is self-motivated and enjoys every moment she spends during her training sessions," says the coach about his best student.

It's the support that matters

Winning IGU Feeder Tour Chandigarh, 90th Junior Albatross, Digvijay Junior Golf, 6th Ace Golf junior are just a few of the many milestones of Samaira's golfing journey. While Samaira credits her grandfather for drawing her into the sport, she is equally grateful to her teachers at Amity, who have been extremely supportive of her sporting endeavours. Helping her balance her academics and sports, her teachers have been the true beacon of support. Inevitably, with each achievement, she wishes to make Amity proud, which undoubtedly, she has succeeded in doing.

After reading about what all Samaira has attained at such a young age, we sure know about an array of glittering medals and trophies adorning her shelf. However, she chooses to remain grounded about this fact and aims to reach new heights by working harder. She wishes to carry her passion forward and become a successful professional golfer in the future. We wish her all the very best for her endeavours in the coming years.



GT Picture It Photo Contest flavours of india



From hot and spicy chhole bhatures to steamed tender idlis; from crispy samosas to sugar dripping gulab jamun; from the street food of Chandni Chowk to fine dining at Lodhi; India offers something for every palate; a flavour for every taste bud. And what better way to celebrate India's independence, than celebrating the myriad tastes it has offered to the world. Capture these scrumptious flavours in your lens and you never know you could be the winner of GT Picture It Photo Contest 8.

**Last Date Extended
July 30,
2019**



All photographs should be •High resolution (1 MB or more) • Attached as JPEG file • Original/unedited pics only • Photographs taken using cellphones will not be considered • Mention your name, class and school in the subject line of e-mail • Give a caption to the picture • You can submit your entries to your school GT coordinator or e-mail them at gtphotocontest@gmail.com

GT Travels to Antarctica



Dr Abhishek Chauhan & Laxmikant Bhardwaj from Amity Institute of Environmental Toxicology, Safety and Management & Amity Centre for Antarctic Research and Studies pose with their copy of The Global Times at Antarctica. They had participated in the 10th Indian Southern Ocean expedition, a project related to microbial diversity.

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