





# Nature and learning





Dr Amita Chauhan  
Chairperson

The recent spate of rains in Delhi NCR made me think how the change of seasons is so closely related to learning. It all begins with spring when the air is resplendent with new beginnings. It is the time when schools begin their new session. There are new books, new hopes and new joys of learning. After a month, arrives summer, when the sun is harsh and earth is parched. Schools close down for vacations, but kids continue flitting around from one summer camp to another, exploring, learning languages, honing creativity and more. Two months down the line, arrives monsoon and the schools are raining numerous opportunities to learn. A case in point are the number of inter-school, national and international competitions, programmes, exhibitions, etc., that happen at Amity schools. Right from AIMUN Singapore to F1 in schools, Vasudha to Olympiads, Crescendo to Robotronics, GT Awards to Sports meet...there's plenty of learning. Just like rains rejuvenate life, these programmes rejuvenate young Amitians. Come autumn and the nature is blooming. Kids are immersed into the sea of skills and knowledge. Then arrives the winter when the cold winds envelope the earth and life goes into hibernation. For students, it is the time to ponder and prepare for competitions. It's enthralling to observe how with seasons learning also evolves. In spring you explore, in summers you engage, in rains you experiment, in winters you evaluate and imbibe whatever you have learnt and soar higher into new vistas.  

# Travel to evolve



Vira Sharma  
Managing Editor

Last week when PM Modi was addressing college freshmen in his 'Mann ki baat' programme, a young student asked for guidance on living a stress-free life in college. Prime Minister's answer enthused me to no end. He said that they should treat this as an opportunity to engage, explore, learn and grow. He asked them to travel their country, and understand it in all its beauty of diverse flora, fauna, foods, cultures, art, language, music, etc. How right he was. My recent trip to Singapore for an AIMUN conference was one such example of how young minds learn and evolve during travel. In classes, we only get to know about the world, but when we travel, we experience the world the way we can never even fathom. No matter how much planning and scheduling is done, each travel experience turns out to be a huge possibility. Events like AIMUN present limitless potentials. It was amazing to see how the young delegates not only lived on their own, but also became good communicators, intelligent decision makers, and quick problem solvers. Their tremendous tech-savviness and use of technology to solve seemingly large problems in no time and that too in a foreign land, left me in complete awe of these leaders and diplomats of tomorrow. In this trip to Singapore I also got to discover how technology can leave you in the lurch at the eleventh hour and how the same technology can help you sail through difficult situations. Both at the same time. One thing I have discovered about traveling in modern times is the fact that borders and fences now exist only on maps and politics. They do not exist in the hearts, minds and souls of youth.  

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# Reverberating rhythms

## An Intellectual Artist, A Loving Guru And An Exemplary Human

Pic: Pankaj Mallik, GT Network



Guru Saroja Vaidyanathan with Amitasha alumni

**Anushka Mishra**  
**Amitasha Noida, Alumnus**

It was indeed a moment of great fortune for Amitasha, when world renowned, eminent and glorious Bharatnatyam stalwart Padma Bhushan Guru Saroja Vaidyanathan graced the annual day of Amitasha as a special guest of honour. She holds the record of performing 'Nritya Akhandam', a non stop Bharatnatyam performance for 27 hours and is author of the book 'The Science of Bharatnatyam'. Guru Saroja Vaidyanathan is a strong supporter of girl's education and feels that love, compassion and care are the key tools with which we can build strong societies and nations. In her conversation with GT, she shares thoughts about the girl child and education in 21st century India.

### In 21st century, girls are powerful

The times are progressive now and there are many initiatives being un-



dertaken for upliftment of girl child. A lot of individuals and NGOs are coming forward these days to support and encourage girl child education, which is a must for women empowerment. I am really happy to see that girls these days are getting the education that they deserve, that they are aware and can fend for themselves.

### In 21st century, education is key

Education is very important. Everyone, be it a girl or a boy should be well educated and know the rights given to them by their nation. Apart from that, they should also be aware of their duties and responsibilities towards the family, society and also the nation. It is only then that the nation will

progress and there will be a harmony in the world. Both men and women have their own strengths and weaknesses, which basically depend on the kind of environment one is brought up in. Such things should be dealt with the powerful weapons of education and awareness.

### In 21st century, women are leaders

I have met many people in my life and have learnt a lot from all of them. I highly admire and revere Saint Mother Teresa, a well-educated and very loving woman who devoted her entire life to the care and upliftment of the poor and needy. She served the underprivileged people selflessly and healed so many lives. Besides, I also greatly admire Indira Gandhi who was a very strong leader during her period and a very powerful woman. She had immense knowledge and was also a connoisseur of art. Even in the present times, there are so many women leaders who motivate you to move forward and excel in life.  

# Buddhism: the path to peace

## You Yourself Must Strive, The Buddhas Only Point The Way

**Hridyanshu, AIS Saket, VIII A**

Buddhism is one religion which purely works on the principles of peace, non-violence and enlightenment. Over the past 2500 years, it has deeply influenced the character and evolution of Asian civilization. Even today, it continues to evolve as a living faith in many parts of the world, with a following stronger than ever before.

### The 'Peaceful' Beginning

The religion of Buddhism emerged in the sixth century BC in the northeastern region of India. The word 'Buddhism' derives from the Hindi word 'Budhi', which means 'awakening'. And Buddhism as a faith is an implementation of just that. When a soul awakens, it moves past worldly pleasures and attains salvation or ultimate peace.

### The 'Tranquil' Pioneer

Buddhism is largely based on the teachings of Lord Buddha. He was born as a prince in Lumbini, Nepal and was named Siddhartha Gautama at birth. But very early on in his life, he realised that the worldly pleasures and materialism are not suited for him. He decided to give up his lavish livelihood and go out into the world to experience the 'real' pain and suffering, which he had never come across during his princely life at the Lumbini palace. When he realised that the world was full of suffering, he went into meditation to find peace within himself and thereafter, achieved enlightenment.

### The 'Serene' Teachings



Buddhism became very popular for its mass appeal with its message of compassion, love, self-restraint and non-violence. The ultimate goal in Buddhism is to reach the state of enlightenment. The fundamental teachings of this religion are based on the Four Noble Truths. These are:

**Dukkha:** The first truth is that life is suffering, including pain, aging, disease and ultimately death.

**Samudaya:** The second truth is that suffering comes through whims and desires, and the need to control

the action taking place around you. The desires are manifold: it can be for fame, materialistic pleasures or to avoid unpleasant feelings and sensations.

**Nirodha:** The third truth is that suffering can be overcome and happiness can be attained. This stage is also known as Nirvana. It is when we let go of worldly whims and live in the present, ceasing the day and not worrying about the past or the future.

**Magga:** The fourth truth is that the Noble 8-fold Path is the path which leads to the end of all suffering that there is.  

## Little pearls of wisdom

# Crushed roses

**Saanika Banga, AIS Noida, IX F**

Cindy was a beautiful girl and the apple of her father's eye. Since she was the only child, her family fulfilled her every demand. As a result, while growing up, she became very arrogant. She was always rude to her servants. Whenever her parents tried to make her understand that her rude behaviour towards other people was disgraceful,

she would shun them and their advice would have no effect on her.

Cindy loved roses. She would always have fresh roses in her room to fill it with their scent. One day, her father came to her, handed her a bunch of roses, and said, "Cindy, I want you to do me a favour. Every time you talk rudely to someone or hurt them, take one rose from this bunch and crush it." Cindy found this request very strange, but accepted it anyway.

Two days later, Cindy had already crushed more than ten roses. While doing this to her favourite flowers, she felt awful. She told her father, "Daddy, I can't do this anymore. It hurts me when I crush these roses." The father told his daughter, "Cindy, people are also like these roses. They spread their scent when they are treated with love and care, and are crushed with rudeness. Being kind to people doesn't take much, but it leaves a smile on their faces." Cindy understood the lesson and promised that to be a kinder person. We must be kind and polite to people. Arrogance



and rudeness only hurts people. So, the next time you are being rude to someone, remember you are destroying the fragrance that they could have spread in your life.