

## Teaching to love



Dr. Amita Chauhan  
Chairperson

A young teacher trainee once asked, "Whom should a teacher be accountable to: The principal, the parents or the students?" "Students and your own conscience," came an instant reply from another trainee. True, teachers are accountable only to the precious

young lives they are going to mould and their own conscience. Children emulate the world around them. If they are treated with love, empathy and care they will also treat others in the same way. Such children grow up to be critically thinking, compassionate young adults who can change the world with mere love and care they hold in their hearts. Therefore, to be a good teacher one needs to be a good human being at the first place.

Good teachers are surely competent and know the art of teaching, the way a child would learn. They are also committed to shaping young lives and challenge young minds in a constructive way. And this is where the role of educators extends beyond the normal teaching and learning process. They are skilled communicators who value communicating with love and empathy better than the others.

"When educating the minds of our youth we must not forget to educate their hearts," said Dalai Lama. Following the same, we at Amity Universe constantly strive to build an environment where teaching and learning with love is the fundamental way of life. After all, competent teachers kindle minds, but compassionate teachers kindle hearts, and facilitate in building great nations because they nurture wonderful human beings. 🇮🇳

## Om Namah Shivay

"Every Mahashivratri is meant to wake up every particle of your body. The festival is a wake-up call to move away from conflicts and move towards truth, beauty, peace, and benevolence - the ethereal qualities of Shiva."

- Gurudev Sri Sri Ravi Shankar



Vira Sharma  
Managing Editor

The top story of this edition 'dance of progression' demystifies Lord Shiva, the most intriguing God among the Hindu deities. Known by different names as Mahadeva, Mahayogi, Pashupati, Nataraja, Bhairava, Vishwanath, Bhava, Bhole Nath, Lord Shiva is worshipped and accepted by all as the third ruler of the universe.

Shiva, symbolising 'shakti' multiplies manifold every year on the day of Mahashivratri that falls once a year. While there are many stories that this day hold a special meaning in terms of its cosmic positioning. On this day, the destructive part of the cycle of creation and destruction (symbolised by the waxing and waning moon), comes to a still. The planets position themselves in such a way that there is a natural upsurge of positive energy. Scientifically explained, the earth's centrifugal force begins to move forward. Therefore, it's one of the few Hindu festivals celebrated where people stay awake the whole night to bask and absorb this upsurge of energy that takes the seeker to a different level of consciousness where all knowledge is present. On this sacred night, devotees offer prayers to cleanse themselves from ignorance, overcoming limitations to enter and explore limitlessness that lies ahead. Mahashivratri in true sense is the night of awakening that beckons all to soak in the virtues of Lord for benefit of mankind. 🇮🇳

Published and Printed by Mr R.R. Aiyar on behalf of Dr (Mrs) Amita Chauhan from E-26, Defence Colony, New Delhi 110024 and printed from HT Media Ltd, B-2, Sec 63, Noida (UP), Editor Ms Vira Sharma.  
Edition: Vol 10, Issue 6 RNI No. DELENG / 2009 / 30258. Both for free distribution and annual subscription of ₹ 800.

Opinions expressed in GT articles are of the writers and do not necessarily reflect those of the editors or publishers. While the editors do their utmost to verify information published, they do not accept responsibility for its absolute accuracy. Published for the period February 19-25, 2018

# Don't be a 'feminist'

What It Takes To Be A Feminist Is Easy, The What Not Is Tough

Garvita Batra, AIS PV, XI F

Feminism - the one word that echoes from drawing rooms to elite luncheons. The same word that's capable of creating rousing speeches and make one sound in sync with latest trends. But as this over-used term tops the trending charts, its functionality seems to be misconstrued by those calling themselves 'feminists'. An instruction manual that defines what it definitely isn't.

### To hate men, or not to hate men

I hear from a lot of you; your shouts getting louder day by day, as you confine yourself to an 'anti-men' trend, something you refer to as feminism. I feel the urge to shake you hard, harder and then the hardest until you listen and agree that feminism is not against men, but it is against every human who thinks it is okay to downgrade the wonderful creation that we call woman.

### To be an equal or a feminist

I see throngs of people daily, withdrawing from being a feminist, for the ideology of 'Equalism' seems more appealing to them. Apparently



demanding equality for women makes one an 'equalist' and not a 'feminist'. How I wish I could. Equalism is a term used when somebody violates equality after it has been established. Feminism on the other hand, is used when people strive to attain the said equality, for both men and women. So, till the time equality isn't established, using 'feminism' seems just, doesn't it?

### To give opinions, not verdicts

I read along as a lot of you vent out hatred in the name of opinion, with every click and share. When you publicly put forward your stand about a certain issue relating to women rights, remember to not humiliate a man just because he belongs to the male race. Though, you have the right to form an opinion about him in context with his stand, you do not

have the liberty to mortify him based on any generalization, because you simply cannot generalize every man under a particular category.

### To be like a woman

I urge all of you to understand, that feminism works towards getting the same recognition as our male counterparts, but what it does not work for is women trying to be 'like' men. Many wannabe feminists often take offense to the statement "like a woman", claiming how it is wrong to generalize women under a set identity. But isn't that contradictory to the very tenets of feminism - to be 'like a woman'. Feminists are not fighting so that they can lose their identity; they are fighting so they can officially announce that they have one.

Feminism doesn't ask you to ignore your femininity, but it will make you embrace your skin the way it is. It won't make you choose between fighting and working, it will come and tell you how you are a paradigm of yourself. So, clutch your feminism the way it is, because it is yours, and it emancipates your soul.

Everyone's, Feminist Rani 🇮🇳

# Reach out and talk

Listen When The Mind Calls, Before The Time Hauls

Nivedita Kapoor  
AIS Noida, X B

A majority of 7.6 billion apparently healthy people in this world are suffering from some form of mental illness or the other and they don't even know that. People have mental illnesses, which have symptoms, like any other illness. These symptoms can be behavioural, emotional, or even physical. They could be crystal clear, or like the visibility in Delhi during winters. But they're there and need to be identified, and treated by a professional. But we all know that it isn't as easy to go to a psychologist as it is to a physician. While only a few sneezes are enough to convince your parents to take you to a physician, even weeks of begging won't make them take you to a therapist.

For someone living in India and suf-



fering from a mental illness, encountering one of the three scenarios is likely. In the first scenario, your parents are pretty close minded and would rather take you for a 'soul cleansing' to remove any 'bad spirits' than to a therapist. Try convincing them by making them watch movies like 'Dear Zindagi' or read articles

like this one right here. It will all be futile and you'll just learn to suffer in silence, until you grow up and afford a therapist on your own. In a slightly more optimistic second situation, your parents will probably be a bit more considerate than others and will actually take you to a doctor. You'll talk to the therapist and feel

better. Therapist will then give your parents a few tips to make things easier for you. But then, your parents will just brush aside those tips and won't follow the therapist's advice. Well, a ray of hope is that at least you will feel a little better and get an appointment for the next week, because your therapist will be quite considerate of your problems and that will be a major win for you.

In a third and an almost impossible scenario, you go to a therapist, with your parents and follow the tips given by your doctor and you eventually improve your mental health. Sounds like an alternate universe but if you're lucky enough, it can be your own. So what should you do? Well, talk. Reach out and talk when you think your mind needs help. Talk to your parents, talk to your school counselor, talk to your teacher, but talk. Make the call of your mind, be heard. Talk. 🇮🇳

## Little pearls of wisdom

# Be heard! Not a herd

Sapriya Sharma, AIS Saket, IX

There's a time in our life when we just want to run away, run away from all the work, all the problems and drama in our life and live peacefully. We wish to be on cloud nine. We wish to throw a dart on the map and travel to wherever it lands. We wish to sleep under the stars, or we wish to go to an adventure camp with all our friends. Now obviously we don't do this, instead, we just ignore and brush aside such thoughts. But still somewhere in

some corner of our heart there's always a wish we all long for to come true. Be it shopping in New York, or visiting the Skydeck in Chicago, or even an early morning stroll on a quiet street, we want everything to be worth it. Why do we have such wishes? Because we all know that one day our life will flash before our eyes and we want to make sure that we don't regret missing out on anything. But stop. Ask yourself whether you want to do all these things because you want to do, or because the world also does it. Yes, it's the most

important thing to ponder before calling such wishes your own. Because being yourself is the biggest favour you can do to yourself. In today's world when everyone wears a mask to conceal one's real self, it is a matter of great strength to accept your real self. So, kill all the fears and do what you want, be what you want to be. It's OK to be wishing to stay home rather than trot the globe. It's OK to be alone than be surrounded by a bunch of fake friends. It's OK to love luxury and it's equally OK to love lush green pastures. It is OK to



be sad, and it is OK to not be fine. Leave the herd mentality and take your own decisions. Love yourself down to the last imperfection you have and live your life to the fullest.