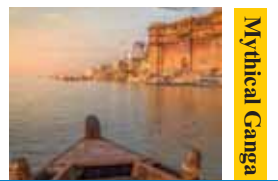


In mythology, Ganga's father is King Himavat, or the great Himalayan mountains.



## A proud mother



Dr. Amita Chauhan  
Chairperson

As I look back, nurturing young minds at Amity, I find that in these 27 years, numerous Amitians have passed out from Amity and transformed into global leaders. Whenever and wherever I meet an Amitian, I can see and feel their spirit of 'Once an Amitian, always an Amitian.' The value systems of 'Vidya Dadati Vinayam' and 'BHAAG' are so conspicuous in their day to day work life, that it makes me feel contented and satisfied. It's like you can take an 'Amitian out of Amity' but you can never take 'Amity out of Amitian'. This is what truly makes us different from others. At Amity we don't just learn, but we grow together. We don't just pass exams, but forge lifelong bonds of love, care and compassion. The way many Amitians donate their first salary to Amitasha, the way our alumnus keep visiting their school to share their experiences and guide their juniors, speaks volumes of the deep-rooted feelings for their alma-mater. I have always said that I work like a mother and to me every Amitian is my own child, and hence like any mother I love to see my children on the top. I love to see them live the spirit of Amity. I love to see them carry forward the legacy of Amity. This special 'Farewell edition' stirs nostalgic memories and yet fills me with pride to watch another lot of Amitians transition to dreams. As a nurturer, I want to say, fly very high, but keep coming back to us. Keep these bonds alive by sharing your achievements with your mother. It makes me feel proud to hear about you, no matter where you are. 🇮🇳

## Wanderlust



Vira Sharma  
Managing Editor

I am sure these vacations have been great for you and most of you must have been to different places, seen myriad cultures. This year, I too had the opportunity to spend some time in the lush green valleys, dense pine and cedar trees, neatly lined cottages, majestic mountains, pristine rivers and streams, pleasant sunshine, neat and clean roads, zero garbage, no plastic ie Pelling in Sikkim. A pristine and beguiling place, nestled in the glorious, mighty Himalayas, Pelling enchanted me the most with its amazing cleanliness on the streets, awareness towards environmental care and protection the people had. Nature is a part of their culture. I was enthralled to see that every person in Sikkim owes responsibility to maintain their surroundings and environment clean and they urge their tourists also to follow the same. They have banned plastic bottles and polystyrene products all over the state. They grow up with the value system that these mountains, rivers and forests are our parents and we need to care for them. Talk of responsible tourism and Sikkim is the crowning jewel of the same. Having experienced this, I come back imbibing a lesson that if a small Himalayan state can love and care for its environment and make even their tourists follow the suit, every state, every city, every town of India can do it. All we need is a strong will and determination to make it happen. I come back determined that I will take responsibility to keep my surroundings clean and not use plastic. I will make changes in my lifestyle and I hope my fellows, friends, colleagues and everyone will join me with their strength. In Miriam Beard's words, "Travel is more than the seeing of sights. It is a change that goes on, deep and permanent, in the ideas of living." 🇮🇳

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# A true love story

*Vasudhaiva kutumbakam' – the world is one family is a philosophy that Amity swears by. Home to countless exchange programmes, Amity has welcomed students from across the world with open doors and warm embraces. Two exchange students having experienced these emotions, share their love story with Amity.*

**Name:** Harry Cnops

**School:** AIS Saket

**Programme:** Italy One Year Programme

Initially, the idea of staying abroad for one year seemed a very far-fetched, impossible goal. The first part of any transition is usually the hardest. I was missing home and trying to adjust to a new culture. But thankfully, things worked out. When I arrived in India, I faced a few difficulties, but with the continuous care, compassion and guidance of Dr. (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF and mentorship of school principal Divya Bhatia and vice principal Alka Saxena, and my lovely host family, the journey became rather smooth. AIS Saket welcomed me graciously, on this beautiful journey.

### New learnings

Being in the country for a year, I learnt a lot of things. I want to thank AIS Saket, for it taught me not just academics but lessons in culture and life. At school, I kept learning different things, made new friends, attended Home Science classes where I learnt to cook new cuisines. During the year



Harry Cnops plays tabla

I've been able to study Hindi in which I made some improvement and it has helped me a lot in my daily life. I also participated in AIMUN as a delegate of General Assembly of Jamaica and ACC Camp in Amity University Gurugram. Other than these new lessons, I also learnt to be a better person because of the community services, which I did at Aruna Asif Ali hospital, with Amitasha students and with the children of Asha Deep Foundation for three months. It made me feel like I am a part of this community.



Harry Cnops attends havan ceremony

### New culture

India is known for its numerous festivals, and I've been lucky to experience most of them, like Navratri during which I went to Ahmedabad. Diwali and Holi are my favourite ones. I also had the pleasure to learn tabla, in which I still have to practice a lot. I visited many places like National War Museum and Taj Mahal and cities like Ahmedabad, Ajmer, Jaipur, Bangalore, Pondicherry, Chennai and Coorg. All these opportunities helped me in becoming a part of the community, learn Indian culture and appreciate how diverse India is which you can't understand as a tourist. I truly thank Amity for being my host, providing me a host family and giving me the opportunity to be a part of Indian society and culture.

### New me

This programme has been extremely

beneficial as it gave me a new perspective towards things and made me more open minded. It gave me a chance to know so many people from all over world, changed my opinions and shed all the stereotypes that I had in the past; making me a real global citizen in the process. One year down the line, I have understood Indian culture and integrated myself into it, so much so that now I can call India 'My home'. For me now Italy and India are not very different from each other. This experience of living in a far flung country with a different language made me more responsible, careful, emotionally strong and adaptable. My life has changed forever, I have changed for the better and I don't think I'll ever be the same again. All of these wonderful people have worked so hard for me this year. I will always be grateful to them for welcoming me into the Amity family. 🇮🇳



Luka Wohl with Amitasha students



Luka Wohl makes a sculpture

On July 3, 2018, myself along with 6 other fellow Americans landed at the Indira Gandhi International Airport, Delhi. I didn't know, where I would be staying for the next ten months, except for in Delhi-NCR, but nevertheless, I was bustling with excitement. I remember my first thought when exiting the airport at midnight was that it was unbelievably hot, crowded and the cars were always honking. Now, looking back at my departure from the US and my arrival in India, it is unbelievable how much I've grown as a person.

### That's how it progressed

During the first two weeks in India, I stayed with a teacher Rupinder and her family. As everything Indian was new to me, over the two weeks they introduced me to different Indian foods and places. After another two weeks, I switched to my permanent host family. I felt at home since the

**Name:** Luka Wohl

**School:** AIS Gur 46

**Programme:** USA YES Abroad Exchange Program

first day of being there. My first day at AIS Gurugram 46 was on July 9, 2019 where I was welcomed with open arms and eager smiles. I was introduced to the staff and participated in the traditional lamp lighting ceremony with school principal, Arti Chopra. With such a warm welcome, a garland around my neck, tikka on my forehead; I truly felt at home. I was shown the whole school, the sculpture lab, the ATL lab and I was impressed.

### That's what I learnt

Throughout my ten month stay at Amity, I participated in many extra-curricular activities such as sculpture making, tabla percussion, Home Science practicals, yoga, kho-kho, and many more. I am tremendously grateful for the flexibility of Amity for allowing me to participate in these activities – things I would never have been able to do back in the US due to my course load. I also participated in Interact Club, Youth Power and Amitasha – an initiative for less privileged girl child of the school. Most memorable experiences I had at school were, celebrating many Indian festivals with the Amitasha students. It has given me a lot of good things to remember and take back home.

### That's who I am today

Now reflecting that I've been in India for 10 months, it is unbelievable how I've changed and grown

into the person that I am today. Having spent an academic year abroad, I can now say it was all I could have imagined and more – I have Amity to thank for it, who made my journey easy and comfortable in India. I would like to extend my deepest thanks to Amity for the generosity and kindness extended to me throughout. Thank you for allowing me to become a part of the Amity family during my stay at Amity International School Sector 46, Gurugram. I would also like to thank my host family. They really helped me to immerse in the new culture fully and in adopting Indian traditions, culture, and customs that I will take back to America. I will carry every experience, no matter how small, back with me to the United States, where I hope to continue to spread joy and these values. No matter where life may take me, I will always be an Amitian at heart. 🇮🇳