



Eyjafjallajökull volcano in Iceland has an ice cap covering its caldera.

Read NCERT religiously

The word ‘Entrance exam’ is self-sufficient to make one feel nervous because it brings along an array of questions popping in your mind. Well, how about you get to listen from someone who has experienced it already? To all the young aspirants, GT brings to you a special column ‘Amity Alumnus’, where star performers from AICE will share tips and tricks to put an end to all the nervousness and fear associated with entrance exams. Read on...



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great guideline about what to expect in the exams.

How did you manage regular studies and prep-ups for competitive exams?

Regular studies should be seen as a part of competitive exam preparations. They are not different from each other. The earlier you learn to integrate them, the easier these two crucial years (Class XI & XII) become. I solved CBSE assignments just like I solved practice tests. This helps clear basic concepts and increases efficiency and speed, both of which are crucial in an exam like NEET.

Are there some preparation strategies to crack NEET?

Read NCERT religiously and give enough time to your weakest subject. Finally, it is the aggregate score that will determine your rank.

According to you, when should an aspirant start preparing for competitive exams?

It totally depends on the individual. It’s vital, however, that they do not fall for false propaganda being promoted by several coaching institutes. Students should first ensure that their basic concepts are strong and only then should they start preparing for competitive exams.

What are the key learnings that you would like to share with young aspirants?

Study hard but also have fun. These two years will be tough but manage your workload effectively, and these might become the most memorable years of your life.

Rapid fire

One word to describe...
Your alma mater: Amazing
The motto of your life: Memento Vivere
Your passion: Medicine
Yourself: Focused

Name: Kavin Adlakha
AICE Batch: 2019-2020
AICE Programme: Accelerated Synchro Studies
Currently pursuing: MBBS
College/University: Government Institute of Medical Sciences, Greater Noida

How did your journey for NEET begin?

I started preparing for NEET from Class XI, unlike most of my friends who had begun a year earlier. I preferred to focus first on Class X Board examinations and started thinking about NEET only once the Board exams were over.

How did you prepare for NEET?

NCERT is the most important source material for NEET preparation. I ensured, I knew everything that was given in NCERT. I also solved previous years’ question papers, studied advanced topics from study packages and revised all my class notes from Synchro Classes.

What role did AICE play to help you crack the competitive exams?

AICE played a big role to help me crack NEET. The faculty was brilliant. They explained concepts coherently and their test papers were also a



Lifestyle and academics

Let’s Begin With Switching From Unhealthy To Healthy

Raaginee D Turki
AIS Vasundhara 1, XI A

Have you ever woken up in the morning and felt lethargic? Almost, every day. However, this feeling tends to disappear immediately as you’re presented with your favourite mummy ke haath ka parantha. Post eating which, you feel more alive, alert and oriented. Why does this happen, you ask? Read on to know more on these tested formulae that make healthy lifestyle a huge possibility for all!

Mummy’s dabba > Junk

A Norwegian study for children between 13-18 years of age reported that those who ate a healthy breakfast, had a high intake of fruits and vegetables, and were high on physical activity; also associated with increased odds of high academic achievement, upping it by 1.37 times. So, kids, remember- a regular meal pattern comes first and anything else for that matter

comes second, if you aspire for good marks that is! Contrariwise, those kids with a lack of nutrition, a higher intake of junk food (sweetened beverages, and salty food), and an irregular breakfast pattern were found to have low academic levels, with the youngest being subjected to a stunted mental and physical development. Well, now you know why you feel groggy the entire day post that two-minute Maggi breakfast!

Deep sleep > Late night shenanigans

A research group in Canada found out that those children who spent less time on their phones or other high-tech electronics like laptops, video games, tablets etc., got a proper sound sleep. For screen light from such devices mimics daytime; it delays melatonin release by several hours and disrupts our body clock, leaving us hormonally imbalanced and thus, sleep deprived. In addition to this, they overload our sensory

system, fracturing attention and causing unwanted stress. Additionally, the concentration level of children becomes less while attending classes and even the capability of understanding concepts sees a major drop. So, here’s a free advice - It still isn’t too late to listen to your parents! Go, hurry up and ditch that typing, tapping and swiping now! Don’t be wired and tired, sleep well and unshell!

For a good breakfast cannot be substituted by chips and burgers; physical exercise cannot be swapped with PubG and Fortnite; and no matter what, a good night’s beauty sleep cannot be replaced by a late-night Netflix binge. The sooner you realise, the better! So, the next time you don’t eat your tiffin or you feel the urge to eat a pizza, opt for a healthier approach. Otherwise, you might just end up falling into the pit of remorse and discontent, and well, it might take us a long time to derive a formula for that!

Privilege or distraction

An Earnest Look At The Pitfalls Of The Modern Day Technological Advancements

Kanu Garg, AIS Gur 43, Alumna

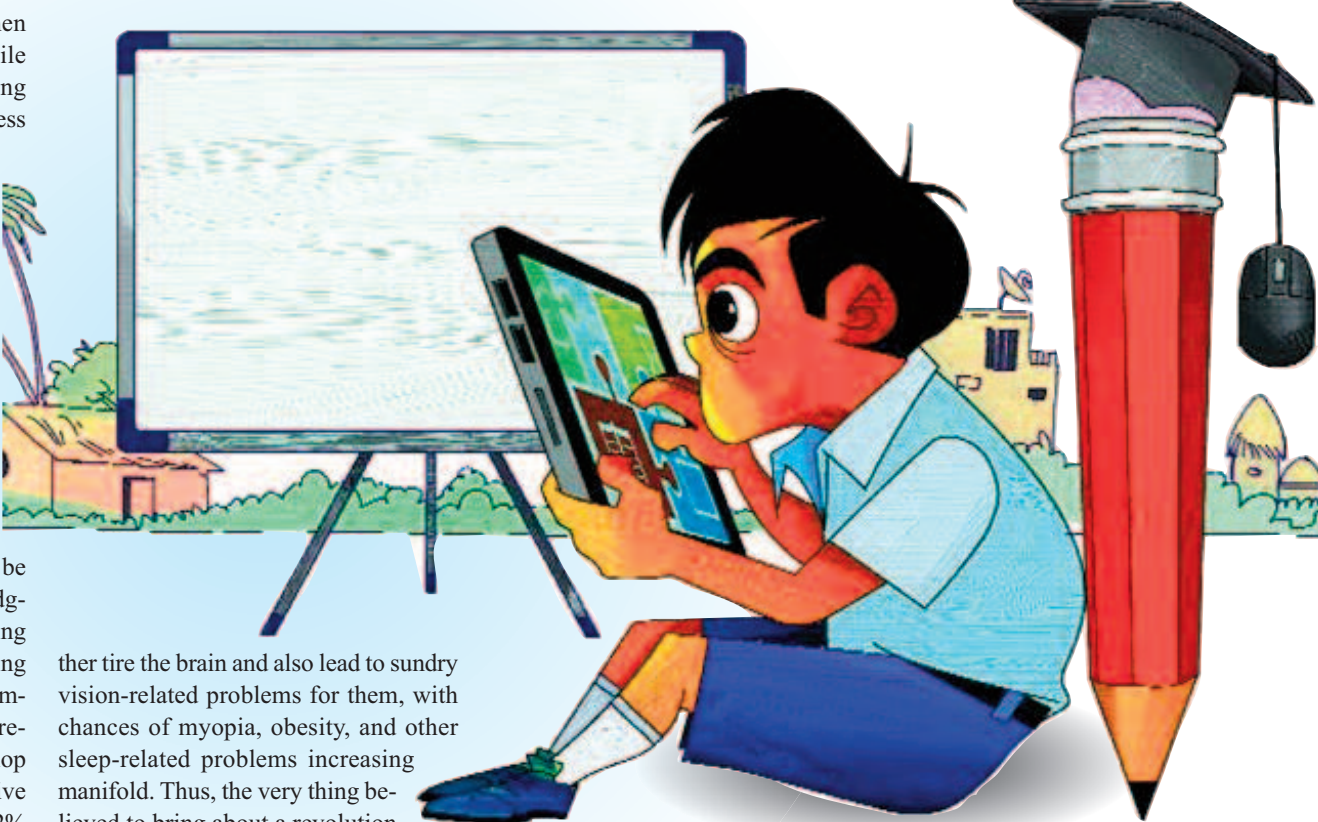
Our world on the brink of a technological revolution, is a fact well-known. Whether this revolution is the be-all or the end-all of this constantly evolving world is something we humans need to figure out before humanity capsizes, never to return, in the bottomless chasm of despair and melancholia. No, we aren’t exaggerating, not even a bit. Driven by the principle of ‘the more, the merrier’, we humans are trying our hands at anything and everything, be it a driverless car or a remote-controlled house, to facilitate and further enhance our way of living. But is it worth all the hype? Or are all our efforts actually going down the drain? The hard truth is that the more privileged we are or the more access we have, the more we are distracted and go wide off the mark.

A look at how these gadgets “revolutionise” (read: detract) the way our children receive education today would make the whole debate even more limpid. A survey in 2015 found out that 91% children own or have access to a smartphone by the age of 12. Pop up info- There is absolutely no legal guid-

ance for a parent to determine when their child may be ready for a mobile phone, while there’s one for driving though. Ask yourself- Is the former less significant? No or no?

In 2018, Daily Mail reported that 29% toddlers can easily use the gadgets, and the remaining 70% master the art, if that is what we think it is, by primary school, and that an average child spends about 8 hours a day watching electronic screens like laptops, tablets, etc. Well, it does not just end here! As they grow older, this usage increases simultaneously.

This apparent luxurious access, be it for education or otherwise, proves to be a burden rather than a boon. With gadgets and increased amount of time being spent on them, students are developing conditions like ADHD, etc., which hamper their abilities for life. A survey reported that about 37% students develop a shorter attention span due to excessive technological usage, and that about 42% students deal with withdrawal-like symptoms, ranging from distress to confusion and isolation, when separated from their gadgets for long. The blue light rays of these electronic devices fur-



ther tire the brain and also lead to sundry vision-related problems for them, with chances of myopia, obesity, and other sleep-related problems increasing manifold. Thus, the very thing believed to bring about a revolution in the education sector is actually rocking it to its foundation. With the times we are living in today, the pandemic and the consequent shift to the virtual world, the fallout is even more

execrable and lamentable.

The question thus doesn’t come down to the restricted use of technology, but to how we let it control us. Are we really going to roll over and play dead? Or are

we ‘woke’ enough to understand its repercussions if we are aware that being privileged might not mean being privileged at all? In fact, sometimes it might mean the very opposite. 🇮🇳