

The world of poetry



Dr Amita Chauhan
Chairperson

We are one of the oldest cradles of civilisation, and our nation has always attracted world's attention for its rich heritage of art, music, dance, theatre and of course, poetry. In fact, poetry is one of my favourite things too and I am truly amazed how our diverse culture has given birth to several eminent poets. From the poets who wrote for the royal courts of medieval India to the Sufi and Bhakti saints whose hymns are sung even now, from the Veer Ras writers who

inspired us towards acts of patriotism to modern writers who portray day-to-day realities in their work, there has never been a dearth of poems and poets in India. With the hope of keeping this vibrant legacy alive, I have always encouraged Amitians to express themselves through the medium of not only poetry, but also essays, articles, books, etc. It's, therefore, gratifying to see that our young Amitians have, time and again, proved their expertise when it comes to penning down their thoughts.

Harshita Pareek, a student of Class XII from AIS Vasundhara 6 composed a poem 'Yoga: Making India Global' (read on page 8), which has been declared as the 'Best National Entry' at Expression Series - an online literary event, on the topic 'Yoga for Fitness'. Organised by CBSE, the event was part of the celebration of 'Azadi ka Amrit Mahotsav'. Harshita's victory proves that age has nothing to do with having a vision. It also reflects that our youth will lead India into a future that is rich in cultural values. Our Founder President always dreams of making India a superpower, and I am happy to see that Amitians are on this path of realising that dream. [G](#) [I](#)

Timeless Gita



Vira Sharma
Managing Editor

On December 3, we celebrated Gita Jayanti to mark the day on which Lord Krishna revealed sacred teachings in the form of Bhagwad Gita to Arjuna. I believe that Gita is as relevant to humankind now as it was back then, and it must continue to be the source of inspiration for all of us.

The ultimate goal of human life, according to the Gita, is to follow the four-fold path of Raja (meditation), Gyana (knowledge), Bhakti (devotion), and Karma (action) in

order to achieve Moksha (enlightenment) that leads to salvation. Indeed, modern life is full of restlessness and unhappiness, and we often react to the external world based on these emotions. Gita helps to strengthen us emotionally and intellectually to face challenges in life and fulfill our duties. Professional excellence, fame, and wealth cannot make a person complete because one's mental strength is very important to adapt and adjust to the uncertainties of this world. If we are guided by Gita's eternal principle which states that we only have the right of action and not towards the fruit of action, there will be no conflict or competition with others. If one studies Gita, it can definitely shape one as an able and courageous person who can help many others to reach the same goal. I have myself often surrendered to these teachings whenever I have been filled with self-doubt. Whether in my personal life or professional life, Gita has always guided me towards action, compassion, and self-introspection. Indeed, Gita is beyond the distinctions of space and time. [G](#) [I](#)

The masquerade

To A Teenager Trapped In The Cruel 'Cool' World

Saanvi Goyal

AIS Gurugram 43, Alumna

Dear Nyra,

Mad still, are you? I know you are, but please hold on a minute before you toss away this letter. I know you don't like your boarding school, and you think of me as a heartless soul for sending you away from home. But believe me when I say this, my heart breaks even more each time I don't find you around. On second thoughts, maybe you weren't really around when you were staying here. Now, now, hold on before you lose your cool. I am not blaming you here. But let's face it; things did change between us. I think it all started in high school. Yes, I know, that high school these days is different and nothing like what we had; you've told me that plenty of times. But is it so different that it makes you a completely different person? I know we have been over this multiple times, but now that I am not around and the scope of a shouting match is down to zero, you can perhaps compare your pre- and post-high school self. The pre-high school you was a bubbly, chirpy, full of energy girl who went about

without a care in the world, but high school changed you. You now only cared about 'looking good' and 'trendy'. You may disagree, but I do understand the pressures of being a high schooler. In fact, looking at the changing you worried me so much that my internet history is filled with 'pressures of being a high schooler', 'how to be cool in high school' etc. Thanks to Google, I now know that 29% teenagers feel the pressure to look good amongst their peers, and 28% to fit in socially.

I could put up with the mountain of makeup and trendy clothes that you had piled in your room. But it was hard for me to fathom what went wrong each time you would choose to stay in your room or talk to a friend rather than talk to me. Everyone told me it was just a 'teenager' thing, that most teens outgrow their parents, that at least 50% put their

friends' opinion before their parents' (again, courtesy: Google), so I guess I should have seen this coming.

I was still willing to let all things slide, labelling them as teenage issues, but when your principal called to inform me that you were bunking classes, I knew something had to be done. And what blew my lid was you telling me that it was 'cool' to bunk classes. No, Nyra, messing with your future is never cool; that is something you will realise only when you grow up.

We may have had our differences, but both of us want nothing but the best for you. I hope you will understand and let go off your anger. And the next time we meet, it would commence with a hug and not your devil-may-care attitude, even though you think it looks 'cool'.

Waiting for you,
Mom



For femme power

Gender Equality - A Dream & Goal

Deetya Gambhir

AIS Pushp Vihar, XI D

From unequal pay scale to "Oh, you are not good enough for this," the prejudice against women still lingers in the 21st century. Gender equality, as a cause, was adopted by the UN and was placed fifth in the list of 17 Sustainable Development Goals, with 2030 as the deadline set to realise it. However, the progress on the said matter has failed to move forward as intended. Currently, women amount for a majority of the world's unpaid labour,

meaning that even when they are sowing the seeds, they do not reap the benefits. According to International Labour Organisation, women in the Asia-Pacific region perform 76.2% of total hours of unpaid care tasks as compared to men, and the actual value of this unrecognised contribution is equivalent to 9% of the global GDP - almost 11 trillion USD. Besides, as per the latest statistics mentioned in UN Women report, it will take another 286 years to compose legal frameworks, and enforce and monitor gender equality in public life. In



2020, women represented nearly 45% of global employment losses, and up to 10 million more girls are likely to become child brides by 2030 due to COVID-19 pandemic. With such eye-opening facts, it seems like we have neglected women long enough. So, it's time to take bold steps to accelerate the progress and achieve the goal. [G](#) [I](#)