

Nurturing Martial Arts



Dr. Amita Chauhan
Chairperson

Learning martial arts helps children to develop both physically and emotionally. This rigorous discipline not only teaches them self-defense, but also instills a sense of self-awareness, discipline, confidence and leadership skills since the mentorship dynamic herein fosters a sense of responsibility and leadership in younger practitioners. These, and many other positive outcomes, motivated me to make karate and taekwondo an integral part of learning at Amity since

1994. Having been myself conferred with Black Belt by Japan Karate Federation, I ensure that all schools have experienced and professional coaches and dedicated infrastructure, well-equipped with mats for practicing kata & kumite and sparring. Over the years, more than thousand Amitians have achieved National and International Black Belt (from Japan). Karate and taekwondo teams are sent regularly for various national and international competitions and have won numerous accolades. For instance, Sweekriti won the silver medal in Singapore in 2010; Moulika Jain clinched the gold medal during the Open Karate Championship in Malaysia in 2023; and students like Dhruv Grover, Bhasker Sen, Ankit Gupta, Ojas Gupta and Shreshth Srivastava are all international level players.

It's time to say Hip Hip Hurray

AIS Mayur Vihar has been declared as the ATL School of the month by Atal Innovation Mission and Niti Aayog for March 2024. The award is in recognition of various activities that foster curiosity, creativity, and imagination in young minds. The school has also nurtured young innovators who have won accolades during ATL Marathon, Youth Ideathon, Inspire MANAK etc.

Choose wisely



Vira Sharma
Managing Editor

It's a heartening thought that over the past few years, environmental awareness has seen a significant improvement. It's no longer just on Earth Day, which we celebrate on April 22, that institutions, activists and governments come together to create a better Earth for all, but now the approach towards sustainable living is visible all through the year. In fact, I have noticed many such ongoing efforts, one being that several delivery apps give customers the

option to choose no-plastic bags. A food delivery app ensures green packaging by using materials and manufacturing techniques that diminish energy use. Then, there is a food joint that uses cutlery made from sugarcane waste, and many clothing brands have even done away with plastic tags.

All this could not have been possible without an aware customer, and this has been the real change in recent years. Many consumers have become conscious of their carbon footprint and if more and more of us can make similar choices, imagine what a world of difference it could make. When it comes to mother Earth, the source of our existence and sustenance, it is imperative that we make better choices, whether it is the food we eat, the clothes we wear, or the mode of transport we use. So, ask yourself, am I willing to implement the 5 Rs of sustainability - reduce, reuse, recycle, rethink, and refuse - on a daily basis to live a more environmentally friendly and conscious life? As humans, we have been endowed with the wisdom to choose wisely, what is required urgently is the will to do so.

One nation, one poll

A Step Towards A More Streamlined Democracy



Prisha Verma, AIS Noida, XII I

‘One nation, one election’ is the proposal doing the rounds this election season and simply put, it means that all Indians will vote in the Lok Sabha and Assembly elections - to elect their central and state representatives - in the same year, if not at the same time. This proposal was submitted in the form of a report to President Droupadi Murmu by a committee led by former President Ram Nath Kovind. Set up in September last year, the committee took into cognizance ‘best practices from other countries’ and also consulted as many as 39 political parties, economists, and the Election Commission of India. Of course, the report also mentions categorically that to put this proposal into practice, a legally sustainable mechanism must be put in place before the existing electoral cycles can be altered.

According to the supporters of this

path-breaking proposal, the biggest merit would be huge financial savings for the nation as conducting each election, whether for the Lok Sabha or the state assemblies, sets the nation back by thousands of crores, due to the deployment of poll officials and security forces. As per official estimates, approximately 3,500 crores INR were spent in the 2014 Lok Sabha elections. It's a no-brainer that this number would be even higher in 2024. Another argument is that under the current system, the country is in a perpetual election mode. In certain states, given that there are multiple elections for panchayats and local bodies, in addition to assembly and general elections, as many as 200-300 days in the year could be consumed by polls. Also, when there are elections throughout the year, the code of conduct remains in force frequently, which affects the roll-out of welfare schemes, whether by the Centre or a state. Not to mention the fact that the

industrial and business machinery slows down due to elections and all policy decisions are put on hold till the newly elected establishment is in place. The net result is that the nation slows down due to multiple election speed breakers. Further, a one-time election will not only save time and resources, it will also improve voter turnout, which, at present, varies from state to state, even for the general election.

The move, however, would require multiple changes - from standardising of electoral rolls to amending the Constitution. Also, a widespread political consensus will be required for the same, which might be difficult to achieve as critics are already opposing the move saying this could marginalise regional and local concerns. Having said that, maybe it is time to move away from personal and political prejudices and move towards a progressive solution. ‘What is good for the nation must be done’ is the line that must be followed.

Dear Editor,

This is in reference to the article ‘Through the Time Machine’ published on page 9 of the GT edition dated April 15, 2024. As a science fiction enthusiast, I've always been fascinated by the concept of time travel. What truly captivated me about this particular short story was the protagonist's unique perspective. Unlike many time travel narratives focused on returning to the present, this character embraced their unexpected situation and actively sought to make a positive impact. The idea of using time



travel not just to explore the past, but to foster peace and harmony, challenged my preconceptions about the genre and opened my mind to the broader possibilities of time travel. I found the story's simple language and fast pace to be engaging, making it a thoroughly enjoyable read. Overall, the story was a refreshing take on the time travel trope, leaving me with a lasting impression and a newfound appreciation for



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the power of peace-making.
Vandita Sharma
AIS Saket, X B