



GT Picture It Photo Contest **4**

What I Love about India

From a rich culture to food that leaves your taste buds wanting for more, there is just so much to love about India. This Independence Day, Amitians bring you the love for all things Indian, captured in their lens




1st

I love India for hope shines right through its eyes

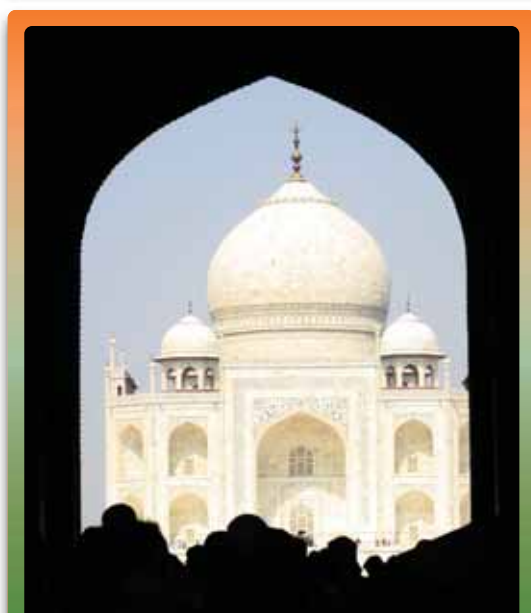
Vasundhra Kaul, XII F
AIS Gur 46



2nd

I love India for its balancing act

Raghav Paul, XI A
AIS Mayur Vihar



I love India for its majestic architecture

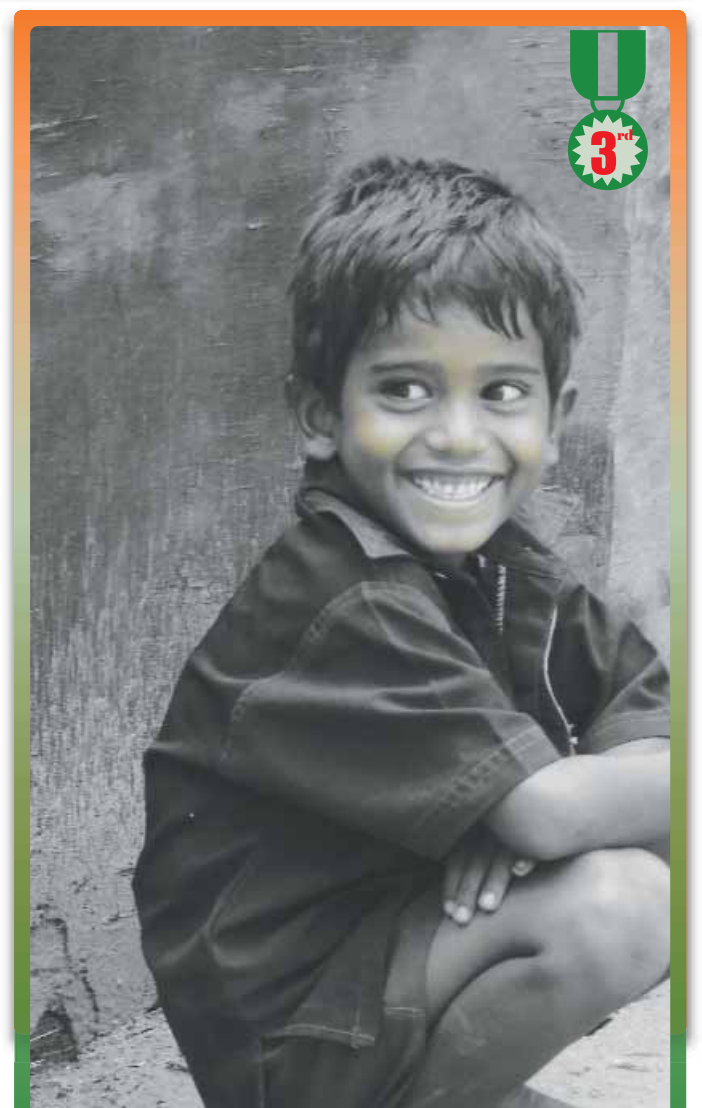
Vishruti Saraf, XII I
AIS Noida

Special Mention



I love India for its flavours

Shashwat Das, X A
AIS Mayur Vihar



3rd

I love India for it smiles even in poverty

Naman Arora, XII B
AIS Vas 6



I love India for its offerings

Dhruv Bindal, X G
AIS Gur 46

Special Mention



I love India for it lights up the spirit of belief

Jinesh Bothra, VIII A
AIS Gur 46



I love India for its brides gleam with tradition

Apeksha Rawal, XI
AIS Pushp Vihar



I love India for its soulful tunes

Aditya Thakral, XI C
AIS Gur 46



I love India for the spice it adds to life

Mahima Ramnani, XII I
AIS Noida



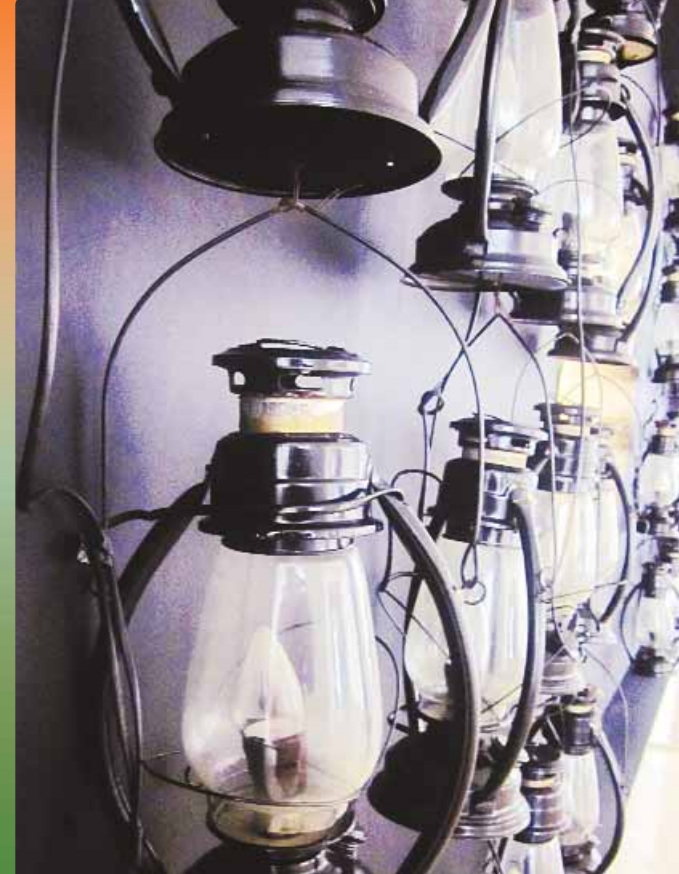
I love India for its ethnicity

Arushi Agarwal
AIS Noida



I love India for its colourful contours
that bind it together

Kushagra Sachdeva, XII B
AIS Gurgaon 43



I love India for it leads from
darkness to light

Heena Bahri, XI D
AIS Mayur Vihar



I love India for sleep here does not need
comfortable beds

Aditya Dash
XII F, AIS MV



I love India for here it's always
the nation first

Citruha Kumar
XI, AIS PV



I love India for here togetherness
is second nature

SM Anshuman
VIII D, AIS Vas 6



I love India for the delicacies it offers

R. Vishwakarthik, XII A
AIS Gurgaon 43



I love India for it is home to brave and courageous jawans

Harshal Dev, IX B
AIS Vasundhara 1



I love India for its youthful charm

Naman Sharma
X C, AIS Vas 6



I love India for its sweetness

Sanya, IX D
AIS Gurgaon 46



I love India for its bright festivals

Arnav Garg, KG B
AIS Saket



I love India for its spices;
even Gods love them

Shefali Riyal, X D
AIS Mayur Vihar



I love India for it is a
storehouse of talent

Rohan Nagpal, V B
AIS Pushp Vihar

MEET THE JUDGE



This photo contest has been judged by Kaushik Chakravorty, an acclaimed photographer, who started his career as a photographer and reporter with The Times of India. He went on to bag the prestigious title of

‘Photographer of the year’ (2009) by Canon. His work has won critical acclaim and has been featured in all major publications like The Times of India, Hindustan Times, Mumbai Mirror et al. While he continues to capture the world in his frame, he has also been imparting the nuances of photography through his venture ‘Breaking Rules’. He caters to a wide variety of clientele that range from corporate houses to publications, which includes names like Volkswagen, Disney, Taj amidst several others.

Status of the week

So after 5 months of hard work, we finally made the contest issue. We were VERY relieved. And now, after 8 months, when we heard our name on the stage, we jumped, hugged, cried. We felt everything we were capable of feeling. Thank you GT. It was a dream, and you made it come true!

Saumya Kalra, AIS Vas 6, XI

INSIDE

Pro@project, P4

A date with history, P5

AMITe poll

If given an opportunity to go abroad, I would like to

- (a) Settle there
- (b) Stay there for a few years and then return
- (c) Not go at all

To vote, log on to www.theglobaltimes.in

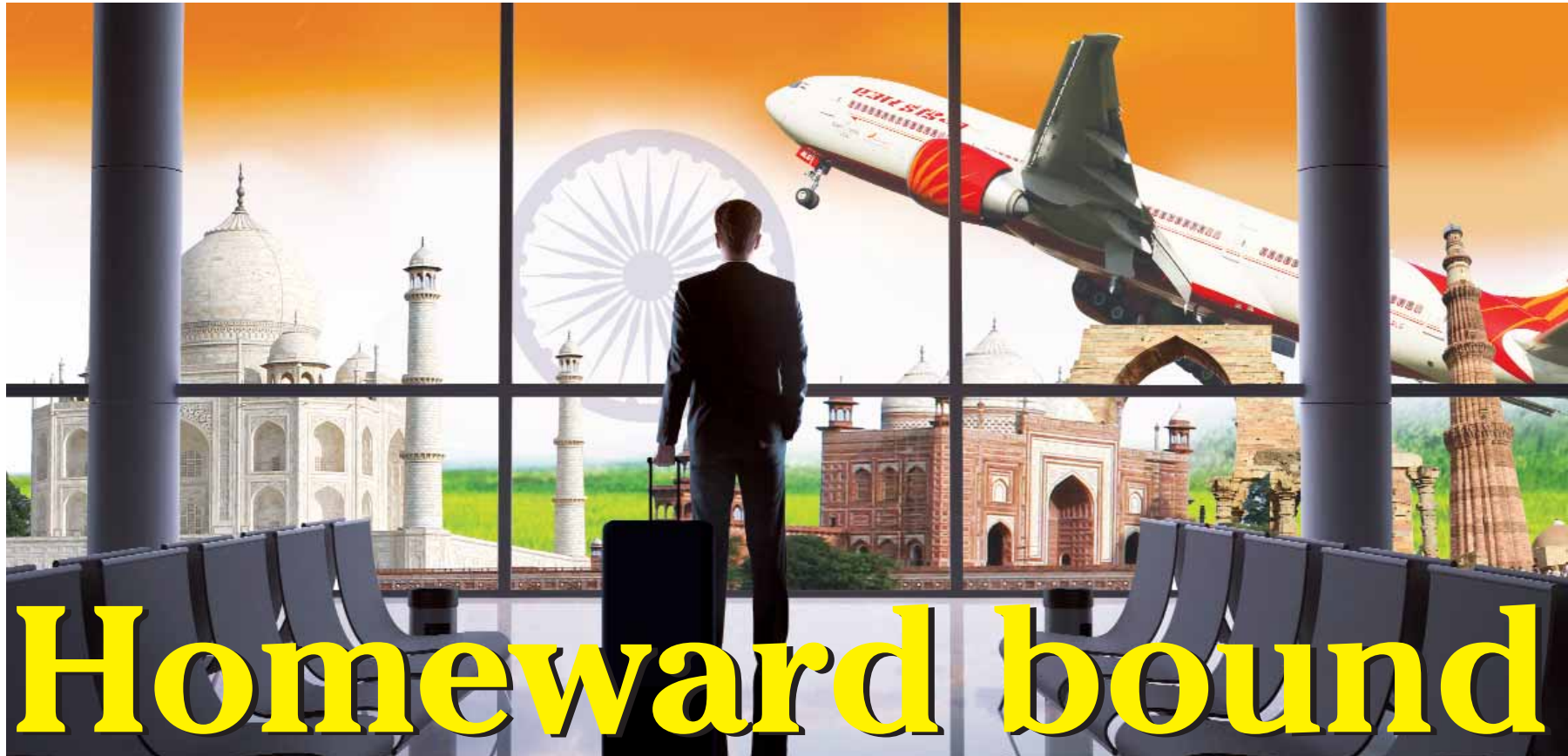
POLL RESULT
 for GT issue August 4, 2014

What do you like the most about India?

Results as on August 9, 2014

Coming Next
 And the GT award goes to...

Imaging: Ravinder Gusain, GT Network



Home, where my thought's escaping. Home, where my music's playing. That was the theme song of these NRIs before they returned to India. **Amlaan Kumar**, AIS Noida, XI J, brings you the story of two such Indians who were homeward bound

Meet Nilaya Deep, who came back to this country after a successful stint with Goldman Sachs, New York. At present, he is enjoying proximity with his roots and culture, as he performs his professional duties at Aadhaar Technology at HCL.

I left India in 1987 for higher studies. At that time America was the land of opportunities and I wanted to explore the opportunities it presented to me.

But as they say, your heart is where the home is. I missed my family and friends I had left behind. I wanted my children to grow up in India. I wanted them to understand their culture and be close to their roots.

However, my family was not too happy with my decision. Later on, it made peace with my decision. But resettling in India was not easy. The biggest challenge was dealing with government machinery here. Yet, there was something that made us feel at home. Life in America is great, without any doubt. However, capitalism runs deep in the American society which has made it impersonal. India, on the other hand, may not offer you that luxurious living, but it offers you warmth and affection that no other country does.

While America has everything one dreams about, one should not completely be cut off from one's roots. I am happy, I am back where I belong to.

Meet Manju Agarwal, who retired as a teacher at the Indian High School, Dubai, only to return to her homeland. At 63 years of age, she is presently enjoying her retirement in her country, revelling in its festivities and splendid culture.

My husband and I decided to move to Dubai for better job opportunities. At that point in time, Dubai was a very developed city with a stable economy and a lot of career opportunities.

While we made a good living there, I missed my society and my culture. I missed having a sense of social security in Dubai. Whether it was the lights of Diwali or the colours and happiness of Holi- all of

it was duly missed.

While Dubai was my *karmabhumi*, India was my *dharmabhumi*, and I missed my homeland. A bird can fly anywhere from the seashore but at the end of the day, it will return to the shore. This was exactly our story. We had to come back.

Our children, did not approve of our decision. In fact, they are still not very happy with our decision to live in India. Yes, there were challenges that we had to face like pollution, long queues etc, but these were just small hiccups. If your heart is set upon achieving something, there is no stopping it. India may lag in terms of infrastructure etc, but there is a sense of security that makes India so unique. 🇮🇳

The doctor with magic fingers

He is the only civilian to have been awarded the prestigious Padma Awards twice. Dr Anil Kohli, former president Dental Council of India and recipient of coveted BC Roy Award and Presidential Gold Medal, is a name to reckon with in the field of dentistry. In an interview to GT Reporters Devika Bassi, XII A; Devika Jain, XI A and Disha Kameldeep, XI A, AIS Pushp Vihar, he talks about the importance of oral hygiene, the threats posed by oral cancer and much more...

When and how did you choose to be a dentist?

I have done my schooling from Hapur, a small town in UP. As a kid, I always wanted to be a doctor, but when I couldn't get admission in a medical college, I decided to pursue dentistry. And today with all the acclaim and appreciation coming my way, I feel happy to have not made it to a medical college.

What does it take to be a Padma awardee like you?

The award holds a lot of significance in my life. It is the recognition of my services in the field of dentistry. I feel dedication and sincerity are the two pre-requisites to achieve success in life.



What has been the most challenging assignment in your career and how did you deal with it?

The most challenging assignment in my life so far has been my appointment as the head of the Dental Council of India (DCI). The absence of any proper rules and guidelines is what made my task tough initially. But, during my tenure as the head of DCI, I made three important contributions. Firstly, keeping in mind, the dynamicity of medicine, I made continuity in dental education compulsory. Now, it is mandatory for all dentists to upgrade their knowledge from time to time and stay abreast with the latest developments in the field of dentistry. Secondly, I made the submission of research papers by professors every year a compulsory exercise. This was due to the acute scarcity of published material and documents in dentistry. Thirdly, I also made standardization of machinery compulsory.

As a renowned endodontist, implantologist and also the former president of the Dental Council of India (DCI), what are your biggest achievements?

I have been practicing for the last 35 years. During these years, I have treated everyone... from political leaders and celebrities to poor peasants, earnestly. I have tried to give my best to the society. So, according to me, my biggest achievement has been to help out people.

What is your message for those who want to pursue dentistry as a career?

If you have made up your mind to become a dentist, you need to stay focused and be sincere. If you follow these two principles then the sky is the limit. You will be able to overcome all challenges with devotion, just don't give up. 🇮🇳

Continued on Page 7...



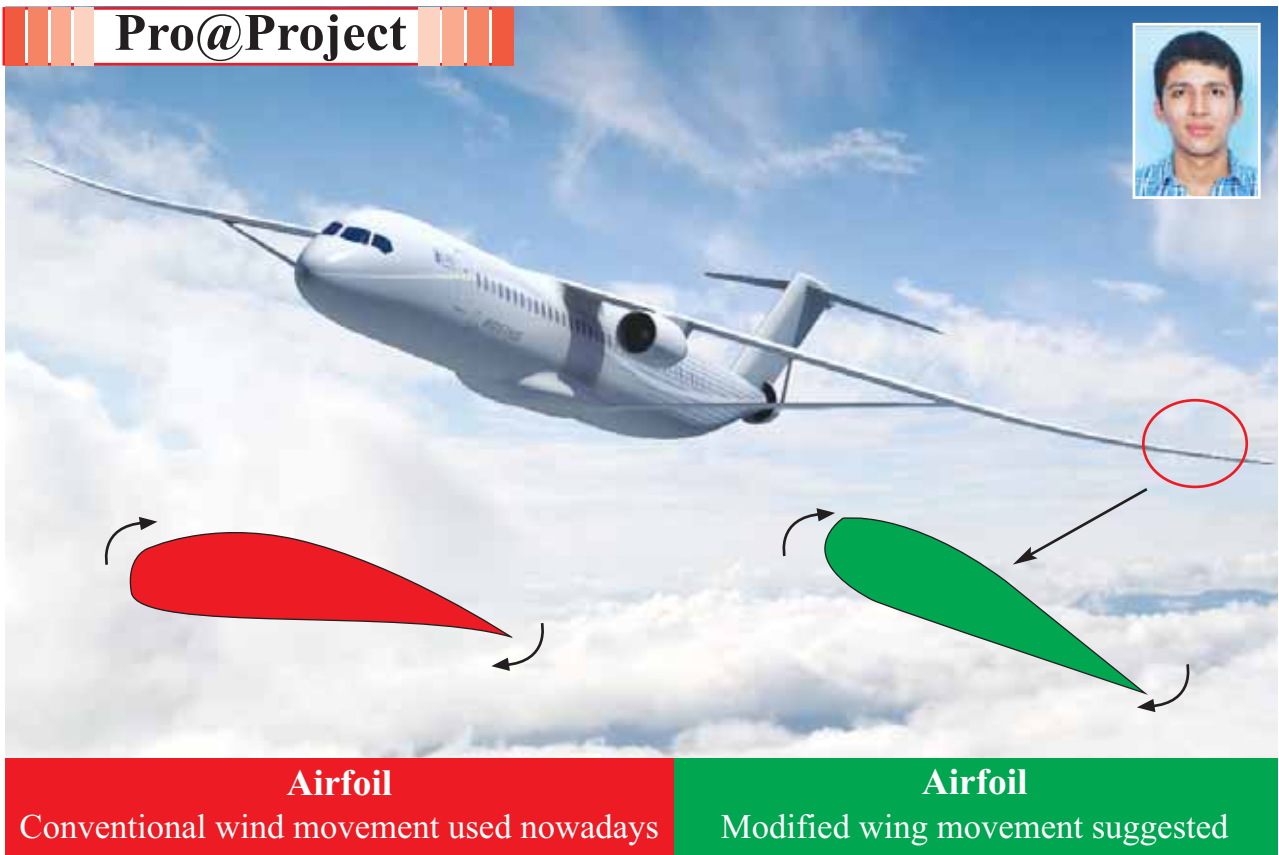
A step towards innovation

The biggest concern faced by the aircraft industry today is the cost of fuel. Heavy expenditure incurred on fuel by the industry drives up the cost of services provided to the customers. That aside, the aviation sector is one of the biggest contributors of CO₂. These challenges faced by the aviation sector got the grey cells of **Karan Inder Singh**, AIS Pushp Vihar, XI D, ticking. In an attempt to increase the fuel efficiency of aircrafts and reduce their CO₂ emission rate, he made a project which emphasizes modifying the aircraft wings

Aim
To increase the fuel efficiency and reduce CO₂ emission of an airplane.

Achieving the aims
The two ends can be achieved by modifying the wings of an airplane. The project suggests that for better efficiency, the wing needs to be movable from the fuselage joint, such that it is able to move along the horizontal axis. This can be accomplished by making use of hydraulics.

Hypothesis
The lift produced by a wing $(L) = \frac{1}{2} \rho v^2 A C_L$; where ρ is the den-



sity of the surrounding air; v is the true airspeed (the speed of the plane relative to the air); A is the planform area; C_L is the coefficient of lift. The coefficient of lift is a number that determines the lift produced based on the geometry, or shape, of the wing. This number changes with different angles of attack, and also with changes in speed or air conditions. In the prototype, the lift can be increased by increasing the angle of attack (the angle between the chord line of the wing and the flight direction) of the wing and therefore, the C_L is increased as $C_L = 2L / \rho v^2 A$. But an airplane in a particular stage of flight, requires a particular amount of lift as excessive lift can

cause complications. Therefore, velocity can be decreased in order to balance out the lift and this, in turn, can save fuel as the engines would have to do less work.

Methodology
FoilSim-3 by NASA (an interactive simulation programme that determines the lift & drag of an airfoil) was carefully selected as the software for wing analysis. FoilSim-3 is easy to operate, and is known for reliable output. Bombardier Q400- a propeller aircraft, was chosen as the airplane for the analysis. It is a mid-sized aircraft which has its dimensions within the range of the software. It was tested virtually.

The original wing's lift, drag, C_L and C_D were calculated. The lift was calculated in accordance with the weight of the aircraft and its lift requirement during the different stages of flight. Camber, angle of attack, altitude, relative wind speed and aerodynamic factors (like Reynolds correction, induced drag, lift correction and stall), were taken into account. The same procedure was followed for the prototype.

Findings
After comparing the results obtained for the prototype with the original wing, it was found that the prototype was more fuel efficient than the original wing. The

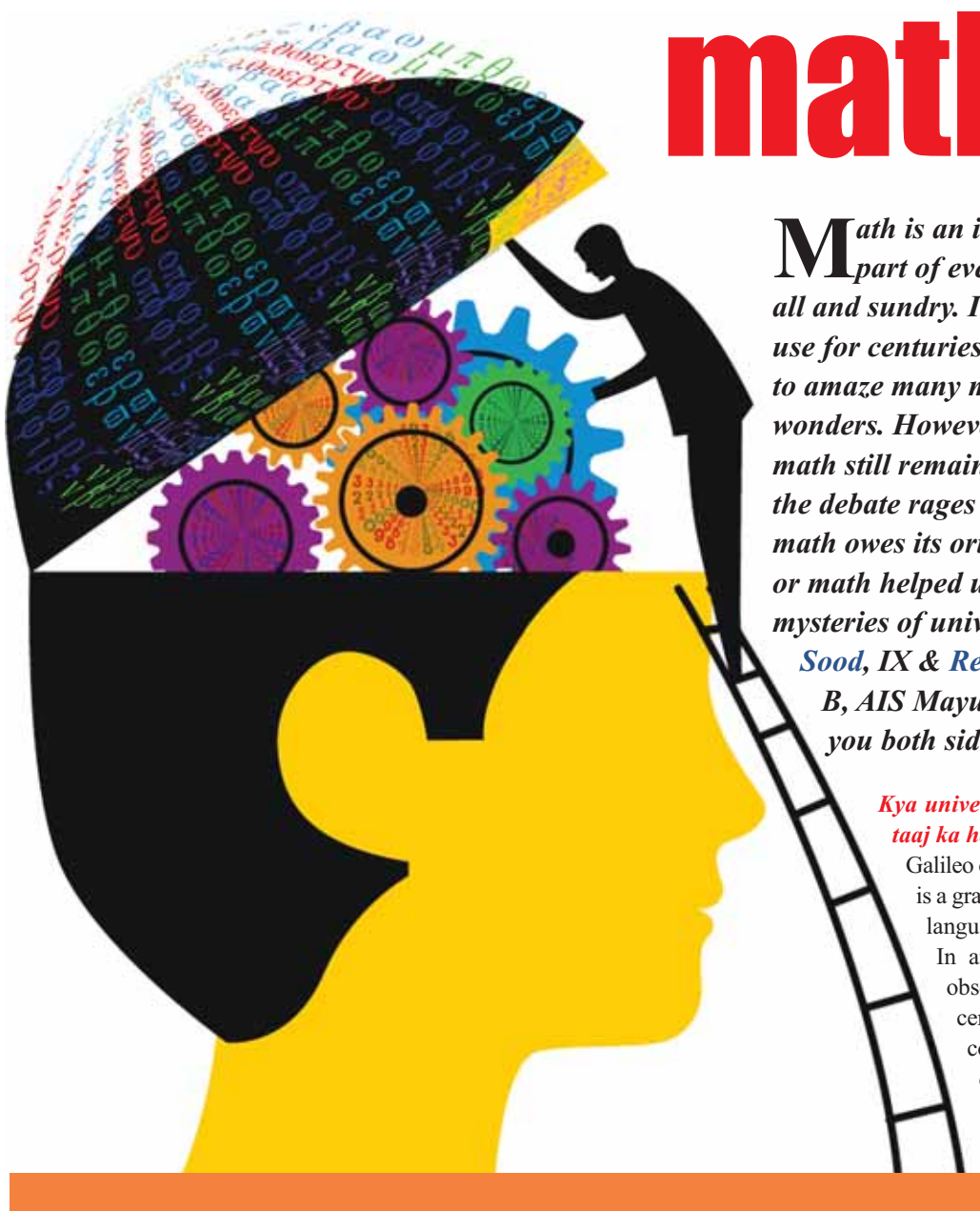
Great feat!

Karan Inder Singh's project on increasing the fuel efficiency of an aircraft by modifying its wing, was selected for Initiative for Research and Innovation in Science (IRIS) 2013 Fair held in Bangalore. IRIS is a research based national science fair for students, a nationwide initiative by the Department of Science and Technology (DST), Government of India, the Confederation of Indian Industries (CII) and Intel Education. It aims to infuse the spirit of discovery among school students.

prototype produced the same net lift (equal to the original wing) at lower wind speeds and also showed higher C_L . This decreased the work to be done by the engines, which in turn, saved fuel and decrease the carbon footprint. The cost of wing modification works out at around Rs 16 to 25 lakhs.

Conclusion
At a given time, with less relative speed and increased fuel efficiency, the prototype can generate the same net lift as the original wing. It can also perform in adverse weather conditions with the same fuel efficiency as provided by the original wing during normal conditions.

Kiske sir pe jayega math ka taaj!



Math is an indispensable part of everyday life for all and sundry. It has been in use for centuries and continues to amaze many minds with its wonders. However, the origin of math still remains unknown. As the debate rages on whether math owes its origin to universe or math helped unravel the mysteries of universe, **Rishik Sood, IX & Reeya Gupta, VIII B, AIS Mayur Vihar** bring you both sides of the story

Kya universe mein hai koi, iss taaj ka haqdaar?
Galileo once stated, "Universe is a grand book written in the language of mathematics." In ancient times, people observed that only after a certain period, did a day complete, or after some days did the seasons change. This propelled them to start studying these changes in the

universe which led them to a set of numbers. As per Christianity, God created the universe according to a rational plan that involved math. "Numbers are not necessarily a property of the universe, but rather a very powerful way of describing some aspects of the universe," says Brian Butterworth, professor, Institute of Cognitive Neuroscience at University College London.

Kya brain maarega baazi is baar?
Math probably evolved from the human brain involved in detecting and comparing the number of items while trading. The barter system, one of mankind's oldest economic activity, might be the finest example of this. The brain rightly pointed out then that one person would make profit, when the other incurs a loss due to unequal division of goods. With the realisation that measuring things is important, our brain came up with a number system which could equally divide two different units and relate them to each other. Humans have elaborated on the numbers to create the kind of mathematics that is needed to describe the universe. Scientists are busy exploring how mathematical skills vary from culture to culture. They suggest that math is a human construct rather than a phenomenon that determines how the cosmos is constructed. Numbers are not properties of the universe, rather they reflect how people make sense of the world.



Revisiting Dodo

Aryan Goswami
AIS Mayur Vihar, VI D

Most believe that dodo was a fat, ungainly bird, but as it got extinct in the late 1600s, nobody knew how dodos really looked like. The dodo skeletons found in some of the museums are actually made up of bones of different birds. Sub fossil remains show that the dodo was about 1 meter tall and may have weighed 10-18 kg in the wild. Here are some lesser known facts about it:

- The original Latin name of the dodo was 'Didus ineptus', meaning 'the inept dodo.'
- The main predators of these birds were Dutch sailors, who, en route to the Spice Islands of Indonesia, used to halt at the habitat of dodos.
- The famous dodo of Alice's Adventures in Wonderland was inspired by the remains of a dodo, kept in the Oxford University Museum of Natural History.
- A DNA testing of the last remains of the soft tissues of dodo proved that it was a close relative of the Nicobar pigeon.



Gandhi or Nehru? Dandi March or Sepoy Mutiny? Ahead of Independence Day, we asked Amitians, which famous personality or historic incident from pre-independent India they would like to revisit and the responses that we got were overwhelming. Here are some for you to sample...

Saving Mahatma

Saumya Verma, AIS Noida, X G



If given an opportunity to travel back in time, I would like to go back to the time when Mahatma Gandhi was killed. I would like to warn him about his assassination plan and ask him to remain cautious. Gandhiji, as we all know, was a man of substance and it's ironically he was murdered for the great values he believed in and held on to throughout his life. If Gandhiji would have lived longer, he would have found solutions to most of the problems that confront us today. I would have warned him not to step out of the safe confines of his house and put people who were hatching his murder plan, behind bars. I would have been very happy if I would have achieved this golden feat and the whole country would have been grateful to me for saving the life of a man who played a key role in struggle for India's independence.

Being Sarojini

Shinjini Biswas, AIS Noida, X E

We all have grown up hearing tales of valour and courage displayed by our great freedom fighters. The patriotic fervour displayed by the great martyrs has inspired many of us. From my childhood days, I have felt drawn to Sarojini Naidu, one of the most remarkable women freedom fighters of India. I would like to go back in time and work with her, support her in her endeavours for causes like emancipation of women, education, Hindu-Muslim unity, etc. She was bright and intelligent and it was her literary skills and an ardent desire to bring a change in the society, that inspires me greatly. I salute her courage to openly criticise the Britishers. This caught the attention of scholars and intellectuals even in England. I would have followed in her footsteps and made my country proud.



A date with History



The eventful day

Ankita Drolia, AIS Mayur Vihar, X C

The beliefs of Mahatma Gandhi have always inspired me to the hilt. I respect his ideals on peace and prosperity. I always wondered how a physically fragile person of small stature could inspire millions to fight for justice, that too with ideas of non violence. Yet he achieved all of these great feats despite such odds. If I could travel back in time, I would like to participate in the Salt March, also known as the Salt Satyagraha, which started with the Dandi March on March 12, 1930 under the leadership of Mahatma Gandhi, to protest against the British rule in India. It would have given me a chance to do my bit for the freedom struggle of my country.

Salt was one thing that was consumed by people of all castes and class alike. Imposing tax on it incited the Indian masses emotionally. This campaign garnered the support of over 80,000 Indians, who were imprisoned for participating in the Salt March. I would have supported this movement with great pride even if I had to get arrested for the same. Watching the entire country riding high on a wave of patriotism would have been such a proud feeling. I would want to be one of those 78 satyagrahis chosen by Mahatma Gandhi at the evening prayer meeting attended by over 1000 people at Sabarmati Ashram from where the march was to begin. That way, as an Indian, I would have contributed to the freedom struggle.

To join hands with Kamala Nehru

Anjali Ramesh, AIS Mayur Vihar, X B

I greatly admire Kamala Nehru, a freedom fighter and social worker who was deeply interested in promoting women's rights. She was also a great wife to Jawaharlal Nehru and supported him in many of his endeavours. She was a virtuous lady known to be patriotic, sincere and sensitive. I wish to go back to the historic event of 'Purna Swaraj' and witness it with Kamala Nehru at the Congress session in Lahore- an event that was charged with enthusiasm as the tricolour was unfurled and Jawaharlal Nehru read out the declaration for complete independence. I would also have liked to participate with Kamala Nehru in the Satyagraha movement where she organised groups of women in Allahabad and picketed shops selling foreign liquor and clothes countrywide. She played a great role in encouraging Indian women to join the struggle for independence. When Jawaharlal Nehru was put behind bars by the British for not cooperating with them, it was his wife Kamala Nehru who came to the forefront and with great courage, delivered the speech which her husband was supposed to deliver. I wish I could stand by her as she delivered that memorable speech!



India is a melting pot of people from different cultures and traditions.



An ode to India



Dr. Amita Chauhan
Chairperson

This week's issue of The Global Times will arouse your patriotic fervor and make you fall in love with your country all over again. While on one hand, the GT Picture-it Photo Contest, like every year, has captured well the essence and the spirit of India, the stories of a pair of Indian couples who returned to the country from abroad will have you immersed in an ocean of love for your dear country.

I am a proud mother as I relish the various flavours of India brought out by my young, talented photographers at Amity. The GT Picture-It Photo Contest is a great platform that inspires the young minds at Amity to give wings to their imagination and explore it on a canvas called The Global Times. I am sure the contest kindled the many emotions for your country as you mulled over how to portray just one hue of the various hues that our country stands for, all through a single click.

One look at the graphic of the story 'Homeward bound' and it sums up perfectly the nostalgia that envelopes one when they're not in the homeland, but miles away from it. The immense longing to visit the motherland is portrayed strikingly in the graphic and the story. The narration of the two couples who came back to India will touch all chords of Indian hearts, they certainly did mine. Whoever said, 'Home is where the heart is' perhaps experienced just the same emotions most of us do when away from our home, our country.

I would like to ring in the Independence Day with just a few words of pride, "Saare jahan se accha, Hindustan humara!" 🇮🇳

Love India



Vira Sharma
Managing Editor

The other day, when I stopped at a petrol pump for a refill, the man fuelling my car struck a conversation with me, "So ma'am, whom did you vote for this time?" I asked him too, "Whom did you vote for?" He grinned and said, "Modi".

Probing his pulse and interest in the political scenario, I asked, "Are you happy? Ever since this government has come up, the prices of essential commodities have been soaring. Isn't this pinching your pockets?" "Of course, it is. But we have to be patient and give them time to settle and I am sure things will brighten soon," he quipped closing the fuel door dutifully, with the same happy expression.

Here was an Indian, earning his daily bread, feeding his family of 10 with his meager income as a petrol pump worker, who had complete faith in his country's future. Here was someone exercising his right to vote for a better future, as a true Indian. His love for his country, faith in the system, showed on his face and his work. He made me ashamed of myself, who was cribbing just an hour ago about the rising petrol prices. How many of us perform our duties diligently without blaming the system for our misery? And how many of us work towards improving the same? More so, how many have the courage to quit the comforts of the West and come back to their motherland despite all its limitations?

With the Independence Day ahead, for the top story in this issue, GT reporter talks to people who have stayed abroad for long and what made them come back to India for good. They came back to India, because they all loved India. Reasons may vary as have been captured in the lenses of our budding photographers featured on the first two pages. Do you love your country? So, what are you doing for it? 🇮🇳

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 6, Issue 22 ■ 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 August 11-17, 2014

Laying the bricks to build



As five developing nations stand united to unleash their potential upon the world, **Kanchan Joshi, AIS Vas 6, X A**, brings you an exclusive insight into their goals and influence on the world...

Ok...so what is BRICS again?

BRICS, a term coined by the economist Jim O'Neill, is an acronym that stands for the association of five major emerging national economies, namely Brazil, Russia, India, China and South Africa. BRIC was revised to BRICS in 2010 to include South Africa. All the members of BRICS are either developing or newly developed countries. BRICS includes fast-growing economies that enjoy influence on affairs at both regional and global level.

Why are these nations forming an association in the first place?

The nations are tied together by a common thread, given their similarities, such as influence over world affairs, humongous size along with a burgeoning population. But what draws them together is their rapid rate of development. Over the last 10 years, BRICS nations have shown explosive growth, even as the world slowed down with the economic melt-down. The recent global financial crisis exerted relatively little impact on their economies.

Forecasts suggest that the five big nations will continue to drive global growth in the coming decades. What's more, they could replace giant economies of USA and the EU on matters of world importance. With cooperated efforts, the 5 countries can play an important role in world economy.



Representatives from the 5 BRICS nations join hands for progress at BRICS Summit 2014

The BRICS Impact

BRICS represents almost 3 billion people with a combined nominal Gross Domestic Product of US\$16.039 trillion and an estimated US\$4 trillion in combined foreign reserves.

The latest figures have shown that the BRICS nations together represent an overwhelming 18% of the world economy!

Why is it the latest talk in town?

That's because the 6th BRICS Summit was held recently from July 14 to 16 this year. Brazil held the chair of the summit. The meeting saw the presence of Dilma Rousseff, President of Brazil; Vladimir Putin, President of Russia; Indian PM Narendra Modi; Xi Jinping, President of the People's Republic of China and Jacob Zuma, the President of South Africa. The star guest was Cristina Fernández de Kirchner, the President of Argentina.

■ July 5, 2014 was indeed a remarkable day as the group signed a document to create the US\$100 bil-

lion BRICS New Development Bank in Shanghai. Additionally, a reserve currency pool of over US\$100 billion was also set up.

■ The NDB in Shanghai will work towards bridging infrastructure. Meeting sustainable development needs of the BRICS countries as well as other emerging markets will be another one of its goals. It will be open for other countries to join. The first president will be from India.

■ The Bank will raise equal amounts of capital from all five BRICS members. Equal votes will be given to the member nations in order to avoid the dominance of the Chinese over the Bank.

It's hard to believe that everyone could get pally!

The five countries are far apart from each other, both geographically and politically. Some of them are locked in diplomatic or economic stalemates (such as India and China). These differences could make it difficult for them to make decisions. Also, China and Russia are the only nations in BRICS who belong to the UNSC. China is economically superior in the group. But then, bigger the aim, bigger the challenges!

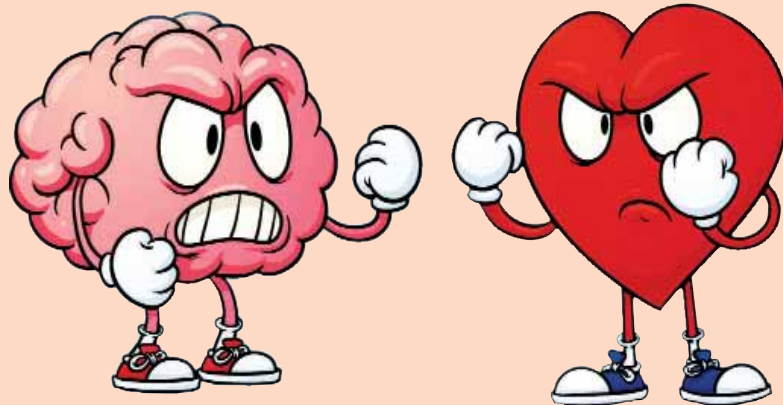
What next?

As Russia is taking over the position of the BRICS Chair, the next summit will be held in the city of Ufa in the Republic of Bashkortostan in July 2015. 🇮🇳

Pearls of Wisdom

The conflict between heart and head

In the duel between the heart and the head, it is often the latter that is made to win. Why can't the two co-exist, asks Ayushi Ahuja, AIS Mayur Vihar, XI C



Preachings on leaving emotions out of practical decisions are not uncommon. Our teachers, parents and sometimes even friends, tell us to make decisions based on pragmatism, the definition of which, by default, excludes emotions. However, there's one fundamental question that I would like to ask; why does this society perpetuate the ideology that one can only be realistic by leaving emotions out of the picture? Why do emotions and pragmatism have to be at constant loggerheads? This ide-

ology, quite contrary to what it promotes, is totally impractical. How can, we, humans, be oblivious to the voice of the heart while making a decision? At the same time, such a decision would be clouded, with consideration of one perspective and absolute ignorance of the other. As the decision maker inches toward his 'biased' goal, he might begin to regret not following his heart, feel remorseful and end up being in a black hole that allows no escape.

The only logical reason that I could

identify for this extreme approach is fear. The conventionally-yours society is uncompromising towards change and inadequate to new thinking, dreams, aspirations and ways of living. So do not nurture the herd mentality, instead, put up a brave foot forward and take the bold move to have passion and the prudence to pursue your goals; the prudence which is not devoid of the emotions that make us who we are. Never let the fear of striking out keep you from playing the game!



Dear Editor,

I read the heart touching top story on Hiroshima Nagasaki, Japan. All the international exchange students who had given their write ups were euphoric upon seeing their names published. They are excited about writing in again, so I would love to be the medium once again!

Riya Arora, AIS Vas 6, XI

Thank you for publishing my article on gratefulness on the editorial page in the edition dated July 21, 2014.

I am glad to share that I quite like the way it has finally turned out. Above all, the most important goal of delivering the message in the most effective manner has been achieved. 🇮🇳

Jayant Kumar Baloch
Amity School of Engg & Tech



India is home to different kinds of people, animals, birds, and other living beings.

Oral health & India

Continued from Pg3...

Dr Kohli touches upon different facets of dentistry as he educates about the importance of oral health, the overall oral health in India, the immense scope of this profession and the myths surrounding the same.

What is the importance of oral health in the wellbeing of a person?

Oral health is the most critical and yet, most overlooked aspect of our health. Dental caries, gum diseases and oral cancer have emerged as global health problems, especially in industrialized countries. Shocking but true, oral problems can restrict activities in school, office, playground, etc. It also diminishes the quality of life in adults, especially amongst the lower income group. There is a stark difference in the health status, especially in the oral health of urban and rural population. Although there have been impressive advances in dental technology and scientific understanding of oral diseases, disparities remain in the number of cases of dental diseases and access to dental care among sub-group population. If a person does not possess good oral health, his self esteem suffers a setback. In today's competitive world, the younger generation wants to look attractive and have a good smile, which is only possible if we maintain good oral health.



Dental health: A window to overall health

Where does India figure in the oral health index vis-a-vis other countries?

India stands extremely low in the oral health index as compared to other countries. The prime reason behind this is the lack of awareness regarding oral health and its importance. Almost every citizen suffers from a dental problem at least once in their lifetime. With easy access to medical facilities, the lifespan of an average person has risen from 45-65 today. Thus, every individual now needs to maintain better oral health and hygiene.

What are the most common dental problems specifically related to India?

The most common problem is that of

oral cancer. It is quite common among people who chew *paan* and tobacco. Of all the cancers reported in India, one-third of them account to oral cancer and if this is not treated on time it can prove to be life threatening.

What are the most common dental problems faced by children?

The two main dental problems from which children suffer are dental caries and irregular teeth. Changing eating patterns in young children have led to rise in the cases of dental caries. And now-a-days it is quite common for children to have irregular teeth. This irregularity is the result of changing jaw

size in children. Evolutionary process and genetics is leading to reduction of jaw size.

How can schools today help to resolve this alarming problem?

Schools need to educate the students from day one about the importance of good oral hygiene just like they are taught to respect elders or be honest. They need to encourage them to eat healthy food, brush twice a day and visit a dentist at least once in six months. If the schools are successful in making these habits as a part of their everyday life, then a lot of oral problems will be eradicated.

What is the right age from which a child should start visiting a dentist to possess good oral health?

Babies are around six months old when they grow teeth. However, when they turn three they can be taught the right technique to brush.

How serious is the problem of oral cancer?

Oral cancer is a life threatening disease, but curable if detected on time. One third of the cases of oral cancer in India are a result of wrong eating habits, such as consumption of tobacco. It can lead to disfigurement of the face and also lower self esteem of the people. Most people who have oral cancer are not able to undergo treatment due to financial constraints.

Almost everyone visits a dentist once in their lifetime. Yet, the government does not give too much attention to it. Comment.

I would like to begin by highlighting some shocking figures. In India, the total amount spent on medical services accounts for just 4.1% of the GDP and out of this, 80% of the money is invested in the private sector while only 20% is allocated for the government hospitals. Moreover, the lack of awareness on importance of oral hygiene prevents people from frequently visiting dentists. Now, with the economy looking up and better access to medical services, more and more people have started realising its importance and have started making a beeline to dentists.

Pic: Deepak Sharma, GT Network

Dentistry as a profession

The field of dentistry has evolved over the last 10 years. What are the new areas that one could pursue a career in and what is its scope?

At present there are nine areas, one can specialize in. They include; cosmetic, implants, laser, dentistry for children, orthodontics, endodontics-the study and treatment of maxillofacial diseases. These fields are still untapped. Once people realize the scope of each field, it

is bound to pick up.

What are the skills required to be a good surgeon? Are these skills inborn or they can be learnt?

To be a good surgeon one needs to be sincere and dedicated. And I sincerely feel that girls possess magical fingers. 80% of the girls who choose to pursue dentistry end up becoming excellent doctors and surgeons.



Dr Kohli shares notes on dental hygiene and its importance with GT reporters

Padamshree and Padmabhushan awardee Dr Anil Kohli is an eminent endodontist and implantologist, having a rich experience of over 35 years. A recipient of several awards, Dr Kohli was awarded a gold medal for being the 'Best House surgeon in King George's Medical College, Lucknow.

Dentistry facts and fads

Although modern dentistry has come a long way, there are still a lot of myth associated with it. Is it true that good dental health has a lot to do with good genetics?

No. Genetics can only influence the size of the jaw. All other oral problems are a result of our habits. A child is most likely to suffer from fluorosis, if his mother stays in a place where fluoride content in water is high. Other than that, genetics has absolutely nothing

to do with oral hygiene and problems.

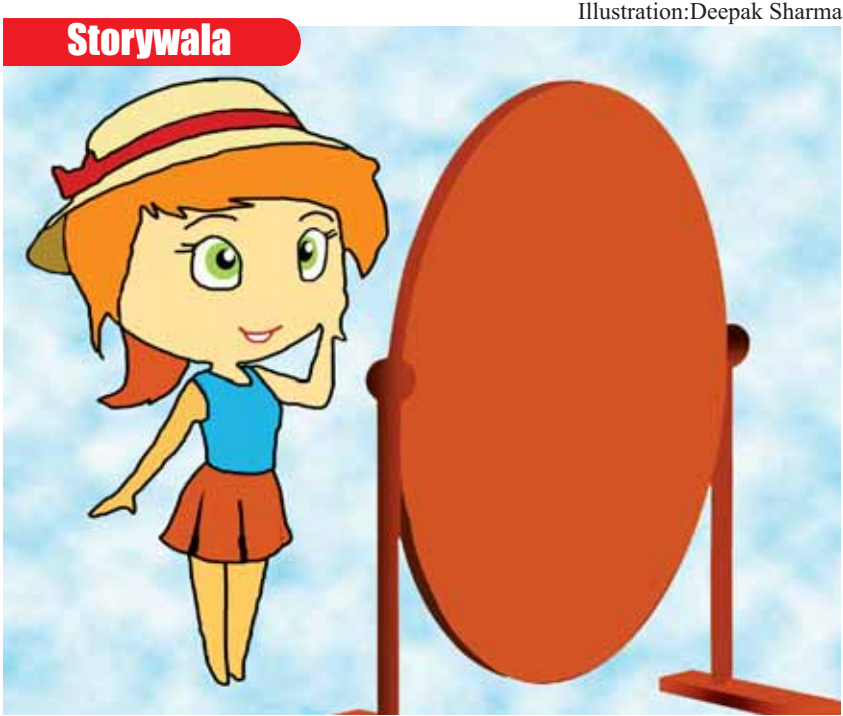
There are so many toothpastes in the market with each one claiming to outdo the other. How does one know which is the best?

All toothpastes are equally effective. Mainly all brands adopt 'advertising gimmicks' to sell their products, however, the basic aim remains the same, that is to make you brush your teeth! 🇮🇳

Schools need to educate the students from day one about the importance of good oral hygiene just like they are taught to respect elders or be honest. They need to encourage them to eat healthy food, brush twice a day and visit a dentist at least once in six months. If the schools are successful in making these habits a part of their everyday life, then a lot of oral problems will be eradicated.



The Hall of Mirrors



Ahlaam Rafiq, AIS Noida, VII H

Lisette was having a bad day. She sat in the cafeteria of the amusement park, bitterly marveling at her bad luck. She travelled down the memory lane to the time when she was six. She visualised herself envying her classmates from elementary school as they showed off their expensive brooches, cars and dolls while the 6-year-old Lisette only had a tattered teddy bear, which looked like it had just lost a boxing match, and that too badly.

Illustration:Deepak Sharma

And then she was twelve, staring at her friends as they happily went for a sleep-over. Her mother was rather strict and would never let her go. Suddenly she was back to the present and remembered the previous day, when a few of her friends left for a class and she was all alone. Lisette opened her eyes. The realisation hit her like the waves crashing against a cliff. She was talentless. Sitting in the cafe with her mother, she felt like the most useless person in the world. Soon enough, she had tears in her eyes. Her mother asked, “What’s wrong, Lis?”

The Lisette in the mirror had straight shoulders, a firm chin and a determined face.

“Everything!” cried Lisette. And she poured out all her grief. “Casey’s an ace pianist,” Lisette said. “Rachel tops the school. Tiffany’s Miss Perfect. Michael can play around 20 instruments. Everyone’s so talented! It’s just me, Lisette Valdez, so boring and stupid and good for nothing.” Her mother stared at her. “You are not useless, Lisette! Come with me.” Lisette got up and followed her mother into the Hall of Mirrors in the park. The hall was cool and well-lit. Her mother led Lisette to the centre of the corridor. She told her daughter to look around at the mirrors. While some made her look as inflated as a balloon the others made her look as thin as toothpick. Her mother took her to a tall and narrow mirror. Lisette gazed at it. The girl found herself looking at a new youngster. No, it was her! The reflection smiled back confidently. The Lisette in the mirror had straight shoulders, a firm chin and a determined face. Lisette realised that the mirror showed what she could be. She only had to try! Slightly guilty, Lisette became conscious that she wasn’t really persevering. The first step to being amazing was believing it. Lisette always had the potential to shine; all it took was a mirror to help her recognise it.



Tri-colour Chocolate

Kashvi Singh & Prachi Chhabra
AIS Vasundhara 6, VIII B

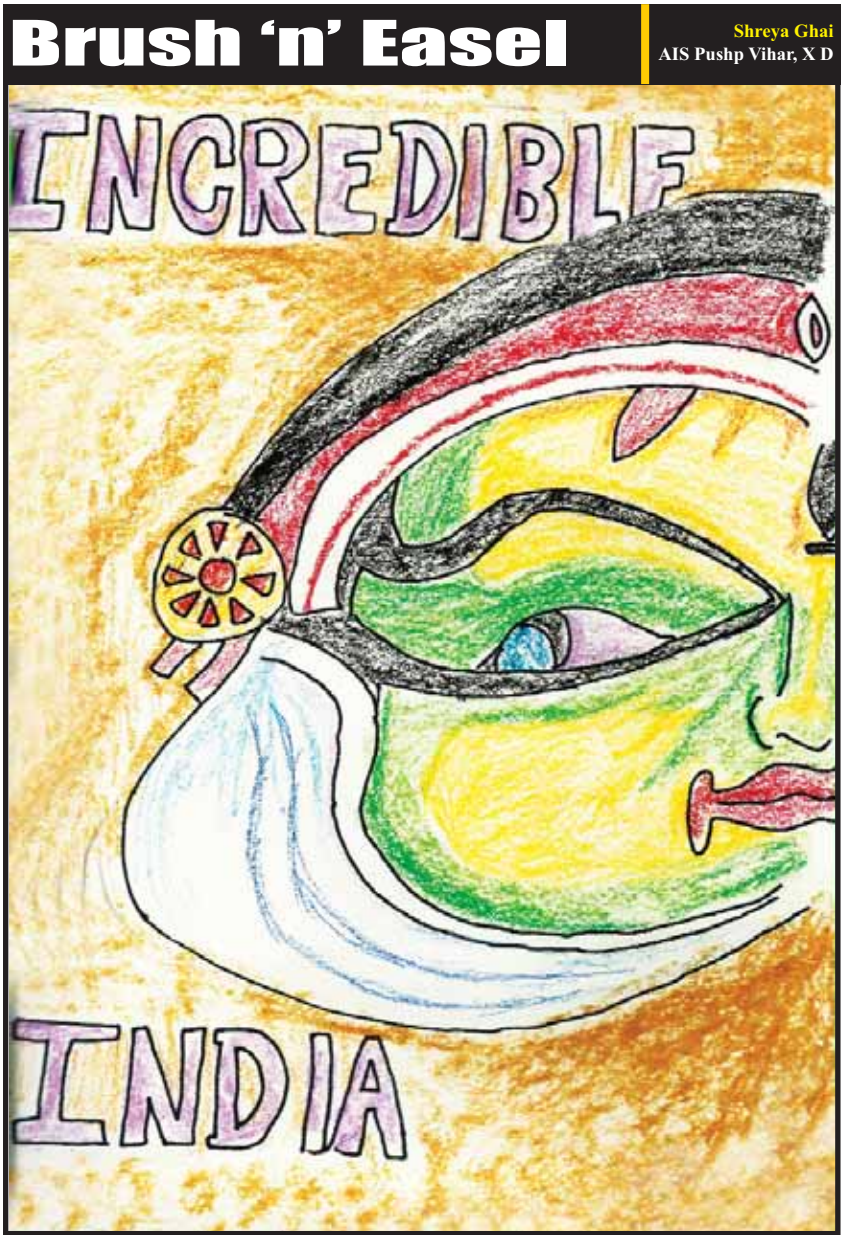
Ingredients

Milkmaid1/2 tin
Cocoa powder1½ tbsp
Marie biscuit20
Butter50 gm
Desiccated coconut powder1/2 cup
Edible colour (tri-colour).....few drops
Gems / dry fruitsfor decoration
candied fruits(for decoration)

Method

- Heat milkmaid, cocoa powder and butter in a pan on medium flame.
- Cook till the mixture starts leaving sides of the pan. Remove from fire.
- Divide coconut powder into three portions and colour one portion each with green and orange colour.
- Decorate each biscuit by applying the cocoa paste and decorate with gems, dry fruits, candy peel as per your taste.

Students are members of the meal planning club



Jumble Bumble

Unjumble these jumbled-up proverbs:

- 1) Joy is a thing of beauty forever.
- 2) The heart makes absence grow fonder.
- 3) Most vessels make the empty noise.
- 4) Make sun shines while the hay.
- 5) War does not determine only who is left—who is right.

Answers:

- (1) A thing of beauty is a joy forever
- (2) Absence makes the heart grow fonder
- (3) Empty vessels make the most noise
- (4) Make hay while the sun shines
- (5) War does not determine who is right – only who is left.

POEMS

Independent India ?

Anoushka Chakrapani
AIS Saket, IX B

The struggle for independence, was gained through our persistence, our unanimity and anger, depressed the British's banner, but still a flame inside me burns, how can some one abuse us girls! We are strong, we are power, but are still seen as neither, can you call a country independent, if we ourselves are so violent ? Discrimination and stereotypes, this is what independent India looks like, this anger blazes in each one of us,



We can achieve true independence, when I as a girl can walk alone, brave and safely, when we accept each other for who we are, When we don't get shadowed by those in power, When we will break free from these bonds, only then will an independent India be formed.

Mothers are better than others



Sameer Dutt AIS PV, VIII C

If the person who helps you every time is God, then why are mothers not called lords. They are the sacrificing ones, who are always there for their sons. Their love for us is never-ending,

they are there for us even when their work is pending. For us, they keep themselves aside, they make all kind of foods for us, boiled or fried. Children still misbehave with them, they don't understand the value of this gem. She is the one who gives us motivation, she is a child's closest relation. She is there to help me every time, she always appreciates my rhymes. Don't know why mothers take so many responsibilities, when she does my work, I feel guilty. I curse myself sometimes, but then she makes me understand every time. She is not even paid for the work she does, I hope love keeps on increasing between us!

Tee quotes



T-shirts are like mobile billboards that turn the street into world's biggest art gallery! So, go grab one and flaunt some witty and head-turning one liners.

Sudoku 56															
		4		5										3	
9		6	4												
1	3			6											
	2		3	1											
	9									8					
				4	7					5					
				7						3	8				
					2	7					9				
6				9		1									

Log on to: www.theglobaltimes.in for solution



India offers a variety of delicious cuisines from different regions.

Never break someone’s trust

Ashmit Bhardwaj
AIS Saket, IV C

My name is Tim. I am the 21-year-old official chef of the town. I have always loved cooking for myself and my best friends Zach and Tach. But sadly, not anymore since our friendship is not the same anymore and this is how it happened. On a nice and peaceful afternoon, the three of us decided to go camping on a holiday for two nights. We reached the destination after an adventurous journey and set up our camp. My friends wanted to have a nap but I said, “I’ll quickly cook dinner and then join you guys!” While Zach and Tach dozed off, I cooked. I divided the food in three parts and slept. When I woke up, I was surprised to find nothing on the plates except for crumbs. I was angry upon not finding Zach and Tach next to me the following morning. I called out for them and asked who ate my share. They made up a story and said that they were



attacked by a bear and had to use the food to lure it. But I was already aware of the fact that there were no bears in the desert where we were camping. I was

Imaging: Ravinder Gusain

Short Story

When I woke up, I was surprised to find nothing on the plates except for crumbs.

deeply hurt because of their lies, but did not say anything. Next morning, I left early for home. After a few days, Zach and Tach came to see me and asked why I left early from the camp. I replied, “The bear, came back and wanted to return the favour, so he kindly dropped me home.” Zach and Tach had nothing to say. We should always remember what was once said: Never break four things in your life; trust, relation, promise and heart because when they break, they don’t make noise but cause pain.🇮🇳

So, what did you learn today?
A new word: Lure
Meaning: To attract



Mixed veggie corn salad

Shreyas Pandey, AIS Noida, III

Ingredients
Corn (boiled)1 cup
Capsicum (diced).....1/2 cup
Bell peppers (diced).....1/2 cup
Tomatoes (diced)1/2 cup
Onion (diced).....1/2 cup
Cucumber (diced)1 cup
Carrots (diced).....1/2 cup

Fresh lemon juice.....2 tbsp
Saltas per taste

Method
■ Take a large bowl, mix all the vegetables with corn.
■ Add lemon juice and salt, mix thoroughly.
■ Serve as it is or keep in refrigerator if you like it chilled.

Riddle Fiddle

Asmeher Kaur Rahi, AIS PV, II

I have a tail, I can fly,
I am covered in colourful feathers,
I can whistle and I can talk.
Who am I?

Feed me and I live,
give me something to drink
and I will die.
Who am I?

I have four legs but no tail,
I can be heard only at night.
Who am I?

Ans: 1. Parrot 2. Fire 3. Frog



Megha Chattopadhyay
AIS Vas 1, VII B

Once our mother came to our school, and showered blessings and many good wishes. She taught us to

To our mother, with love

work hard and achieve success, as doing that is the best. She is the lady whom I always admire, to learn more from her is what I always desire. Our mother is more special than other women, sacrifices are what she has always done. She is the one whom we always love, she is also the symbol of peace just like a dove. She is as sweet as honey, and is always working for us like a bee. Amita ma’am is the one I’m talking about, she is truly amazing, there’s no doubt!

POEMS

Rainy season



Lavanya Senthil, AIS MV, IV A

The rainy season has come with loads of fun,
it’s time to play, jump and run!
Many rainbows will appear in the sky,

you can see it for yourself, it’s not a lie.
The ground will be wet, you’ll definitely like it, I bet!
The lakes and rivers will be filled with water,
India will be filled- more than a quarter!
The trees will turn greener and the flowers will bloom,
I’ll surely watch the rain from my room!
The rainy season has come once again with loads of fun,
it’s time to play, jump and run!🇮🇳

Painting Corner

Suhani
AIS Vas 6, III B



It’s Me



My name: Mahir Aditya Singh
My school: Amity International School, Saket
My class: KG C
My birthday: December 12, 2009
I like: To play, listen to stories and tell stories
My hobby: Making aeroplanes
My role model: Professor Dumbledore from Harry Potter
My strength: All the people who

love me and are in my heart
My best friend: I have many- Shivanjali, Aseem, Abhigyan, Arnav, Hunar and a few more
My favourite teacher: Nidhi ma’am
My favourite food: Palak paneer and bhindi with roti
My favourite game: Snakes and ladders
I want to feature in GT because: All Amitians can then see me!

Mythology Quiz

Shardul Pundir, AIS Vas 1, IV A

- Who were the parents of Ghatotkach?
- According to mythology, Kerala was created by the axe of a sage. What was his name?
- What were the names of King Dashrath's three wives?
- Which weapon did Bheema use?
- Which dhanush did Lord Shiva give Arjuna?
- Who was the son of Sun God?
- What is the name of the avatar of Lord Vishnu who is expected to incarnate at the end of the world?
- Where in Lanka did Ravana keep Sita after abducting her?

- Answers:**
1. Bheem and Hidimba
2. Sage Parashurama
3. Kalkay, Kausalya and Sumitra
4. A Mace
5. Gandiva
6. Karina
7. Kaili
8. Ashok Vatika

First steps with Amicots!

Research says, a child’s learning begins right after birth. To give the perfect head start to the child’s mental and physical growth, Amiown has launched Amicots - a unique programme for infants

Sharda Dudani
Amiown Pushp Vihar, Teacher

Adapting the best practices in early childhood education and establishing new benchmarks is Amiown’s forte. Following the success of Amitots, its special parent-toddler bonding programme, Amiown has extended its warm and loving care and opportunities for joyful learning to infants via its unique programme - Amicots. This joyful new initiative, which has piloted at Amiown Pushp Vihar, is specially designed to support


and build on the developmental needs of infants aged 9-14 months. Amicots is the brainchild of Ms Sapna Chauhan, Vice Chairperson, Amiown.

Why Amicots?
 Children begin learning from the moment they are born by looking, listening and interacting with people and objects. It is now an established fact that experiences during early years play a crucial role in a child’s growth and development, laying the foundation of skills that a child will use for the rest of his life. In the earliest years of life, babies’ brains

are wiring themselves through their experiences. Giving a perfect head start can boost mental and physical growth in later years, enhance the acquisition of skills, facilitate attainment of critical developmental milestones, and ensure success and enjoyment during further school years. This is where Amicots steps in, to facilitate the process of learning in a joyfully playful way.

The Amicot advantage
 The basic processes of learning emerge during infancy, including engagement, gathering and making sense of sensory

inputs, developing security, exploration and an emerging sense of identity. Amicots offers the joy and benefits of stimulating play and enhanced precious bonding with parents. Accompanied by a parent, the infants in this rich-in-music programme, enjoy fun moments of innovative musical games and activities. Stimulating the infants’ senses enable them to reach developmental milestones faster, as well as aid in the development of motor skills. Amicots offers an environment rich in language, as it helps build up the receptive as well as expressive skills of the infants whose brains are

stimulated by sound patterns. Providing opportunities to experience different stimuli further pique the infants’ natural curiosity and make them want to actively participate and explore. The appealing classroom environs are sure to capture the attention of infants and parents alike. Amicots is an exceptional place where infants can thrive and grow, making the transition from home to school with ease. Parents can look forward to this unique opportunity to enjoy playful fun with their child, nourish their infants’ growing brain and stimulate their growth! 



Aryaveer (R) with his mom



Amitots with their moms welcome Aryaveer



Centre of attention

Amicots’ first joyous infant!
 Aryaveer Chauhan became the first infant to join Amicots, thus beginning his wonderful journey of school life. The little one excitedly turned into a curious explorer as he crawled all over the class to explore the colourful toys. Aryaveer took no time to adapt and loves spending time at Amicots.



It’s fun and games all the time



Making friends with words



Age appropriate toys keep little one busy

Key development areas

Amicots aims to provide high-quality child care, boost brain development and support their developing skills in all domains including:

- Motor skills – both fine and gross
- Independence and self confidence
- Sensory awareness
- Social and emotional growth
- Creative expression
- Language acquisition: talking, listening, early communication skills
- Appreciation of music & movement
- Cognitive growth

Fun time activities

The youngest of learners will be involved in myriad enjoyable and developmentally appropriate multi-sensorial activities like:

- Simple physical activities to support crawling, standing and walking
- Fun games as peek-a-boo that makes movement fun and exploration exciting
- Exploring and playing musical instruments
- Singing fun songs and rhymes
- Using hand/body movements through action-based songs/games
- Developing pre-reading skills by reading/exploring picture books
- Moving from receptive to expressive skills
- Feeling different textures
- Imaginative play such as bathing/rocking a doll
- Simple games for developing thinking and problem solving skills
- Activities for visual focus & tracking
- Exploratory/free play sessions
- Creative expressions
- Fun with slides, rockers, etc in state-of-the-art play room

Special cornerstones

At Amicots, parents can rest assured that their bundle of joy will receive:

- Responsive care
- Cheerful atmosphere
- Happiness,engagement in a variety of fun activities, and security
- Warm and nurturing interactions
- Play-based and child-directed multi-sensorial experiences
- Individualised attention
- Learning to meaningfully bond with parents
- Music rich environment

Cherished moments for parents

- Parents and infants can play, sing, dance, giggle, laugh and share together numerous joyous and interactive moments, which will help deepen the bonds and provide memories to treasure forever.
- Parents will get opportunities to get familiar with activities that are developmentally appropriate for their infants, thus help facilitate skill and milestones acquisition.
- Parents can share the joy of watching their child’s talents unfold.



India has beautiful beaches, mountains, deserts, lakes and rivers.



Amitasha culinary queens with Chairperson and dignitaries from Amity and hospitality industry

Culinary queens

The valedictory function of the short term culinary workshop at Amitasha saw the who's who of hospitality industry in attendance

Amitasha

Rahul Kapoor

Amitasha, Coordinator

Giving wings to their culinary passion, Amitasha and organised a two-week Culinary Certificate Program for students of Class VIII, IX and X, in association with Amity School of Hospitality. The valedictory function for the short term workshop, was organised on June 20, 2014. Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools, graced the occasion. Also present on the occasion were Sapna Chauhan, Vice Chairperson, Amiown & ACERT; *Ammaji* and Major General KJ Singh, group vice chancellor, Amity University. Rashmi Singh, executive director, National Resource Centre for Women (NRCW), National Mission for Empowerment of Women, Ministry of Women & Child Development was the chief guest for the valedictory function. A galaxy of eminent educationists and



Dignitaries lighting the lamp

professionals from the hotel industry were also present to boost the morale of the students. Among them were Monica Jaiswal, HR manager, Fortune Inn Grazia, Noida; Jagdeep Chauhan, HR director, JW Marriot; Yogesh Sharma, HR & training manager, Crown Plaza, Greater Noida & Sudhanshu Sharma, chef, Crown Plaza, Greater Noida. Welcoming the gathering, Dr Vaskar Sengupta, deputy director, Amity School of Hospitality, said that the short-

term culinary art programme was conceptualised to provide opportunities to students to cook and learn about nutrition in a safe and happy environment. During the ceremony, the guests were treated to delicious delicacies like pasta, cold soup, chocolate cake, sandwiches, etc prepared by the Amitasha students. Rashmi Singh, who was greatly impressed with Amitasha said, "From ancient times, it is believed that girls have limited opportunities but such stereotypical thoughts are changing due to initiatives like Amitasha which gives opportunities to underprivileged girls to scale great heights. Many debates on gender equality take place during international conferences but here at Amitasha, they are practiced at ground level." Appreciating the efforts of the talented chefs, faculty and students, Dr (Mrs) Amita Chauhan said that the culinary workshop provided the students exposure to the working environment of a professional kitchen. Amitasha students and ASH staff members were felicitated with certificates. [G](#) [I](#)

All for aerobics!

AIS Pushp Vihar

The 3rd Inter Amity Aerobics Meet- Verve was organised by AIS Pushp Vihar on July 15, 2014. The meet was declared open by Col Ahluwalia, sr consultant, sports, Amity. Over 120 students from all the Amity Schools took part in several events for both seniors and juniors in individual, duo, trio and group categories. The performance of the students was judged by

an esteemed panel comprising Sonika Yadav, Monika Yadav and Sukbhir Kaur, who have represented Delhi at the national level and are executive members of the Delhi Gymnastic Association. The winning trophy for the junior section was bagged by AIS Pushp Vihar, followed by AIS Gurgaon 46 and AIS Saket at second and third position respectively. In the senior category, AIS Pushp Vihar stood first while AIS Noida and AIS Saket shared the second spot. [G](#) [I](#)



A beautifully synchronised aerobic performance

Little soldiers

AIS Noida

The primary wing of AIS Noida organised its investiture ceremony on July 9, 2014. A total of 54 prefects were formally inducted into the council. Dr Ashok K. Chauhan, Founder President, Amity Universe and Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools, sent their heartiest congratulations to the young

leaders. Principal Renu Singh blessed the council members. Vice principal Soma Mukherjee encouraged the young leaders to lead with their heads and hearts. Head boy, Xyan Bhatnagar, administered the oath and head girl Aastha Singh, gave tips on how to be perfect prefects. The ceremony, witnessed by the proud parents of the new council members, concluded with the school song followed by national anthem. [G](#) [I](#)



The young leaders with flags and badges, heralding their new responsibilities

Students of the year!

Showers of blessings by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and beaming parents, made the felicitation ceremonies for Class X & XII achievers very special



Where: AIS PV
When: July 16

Highlights: Principal Ameeta Mohan presented the excellent board results. Chairperson felicitated the teachers and exemplary students with letters of appreciation. Teachers received letters of appreciation sent by union minister for human resource and development, Smriti Irani. Students who stood among top 1% CBSE scorers, were felicitated with CBSE appreciation letters. 5 students were awarded scholarships by Dept. of Science and Technology.

Where: AIS Gurgaon 43
When: July 21

Highlights: Chairperson presented the students with mementos and commendation letters for their meritorious performance. Class XII teachers were honoured for their hard work. Parents spoke highly about the dedicated approach of Amity towards achieving excellence. Principal Vishakha Chitnis expressed pride on the spectacular results. Vice principal Alka Awasthi, proposed the vote of thanks.



Where: AIS Vasundhara 1
When: July 18

Highlights: Principal Valambal Balachandran welcomed the students, parents and guests. Chairperson blessed the students who brought laurels to the school and encouraged them to achieve greater feats in future. The commendable students as well as their teachers were awarded with letters of appreciation. The Class X perfect CGPA scorers thanked their alma mater for enabling them achieve noteworthy results.

Where: AIS Mayur Vihar
When: July 22

Highlights: Chairperson congratulated the meritorious students and encouraged them. Principal Debjani Sengupta applauded the students for bringing laurels to their alma mater. Top scoring students were given letters of appreciation and mementos. Also present were Dr TPS Chauhan, sr advisor; B N Bajpai, advisor, R&D, Amity and Mohina Dar, director, academic projects, AIS and AGS.



Where: AIS Noida
When: July 11

Highlights: Principal Renu Singh presented a report about the education system of the school. The toppers thanked the school for shaping their academic success and personality. Chairperson shared her dream of seeing Amitians work for the development of the nation. She congratulated the teachers for their dedication and presented them with books. Vice principal Aparna Seebaluck proposed the vote of thanks.

Where: AIS Gurgaon 46
When: July 15

Highlights: Subject toppers and top scorers of Class X & XII were honoured by Chairperson. The teachers were acknowledged by school management, students and parents for their efforts. A beautiful dance recital further showcased the importance of teachers. Principal Arti Chopra congratulated the meritorious students and wished them success. Sr advisor Dr TPS Chauhan graced the occasion as a special guest.



India has many beautiful monuments like the majestic Red Fort.

All top quotes contributed by:
Manya Tyagi, AIS Vas 1, IV C



It's your Day

Foodies

Each one of us waits for that one free day to do whatever we want, however we want. However, when that fateful day does roll around, we find ourselves... lost. But not to worry, here's your very own guide customised to suit your tastes. In this **part 5** of ten part series, we bring to you a day planned for foodies.

Whether you are the “Aunty ne tiffin me kya bheja hai?” type or the cheese connoisseur who takes nothing less than exactly three gratings of parmigiano reggiano on their fusilli, this one is a must read. Read on as **Venika Menon**, AIS Noida, alumnus takes you over the gastronomic essentials to reaching culinary paradise



Theatre for food



Yes, you got that right. Here are some of the movies that exemplify the struggles of chefs and their art. **WARNING:** Don't go into these movies on an empty stomach otherwise you may find yourself drooling onto your shirt.

Ratatouille (2007): No, this is NOT a children's film and yes, this is a definitely a must watch. Put your legs up and just enjoy as our little rodent Remy does all the cooking!

Big Night (1996): This is a movie about two brothers who run an unsuccessful restaurant in New Jersey, despite the elegance and uniqueness of what they serve. In an attempt to save their dream, they have to gamble their all on one special night.

Chef (2014): A movie with Iron Man, his chauffeur and personal assistant, Hogan, and the Black Widow?! Sorry, this isn't a Marvel film but don't you give up hope just yet. Considering its star cast and self-explanatory name, we will let you check this one out on your own.



Quick n Cheap



These street side eateries and semi-dhabas are easy on the pocket and are every dilliwaala's staple!

Chandni Chowk/ Chawri Bazar: Yes, this is a huge location, not a particular joint, but there is just so much to eat here that you cannot simply pick one place! The all-time favourites are- Dariba ki Jalebi, Kake Di Hatti, Karim's, Diwan Chand Fruit Cream.

Delicacy, Assam House: This may sound expensive but it's not. Under Rs 500, you get enough for two. Huge portions and authentic Assamese cuisine are a given and that's why this place is full of people, come Saturday lunch time.

Bengali Sweet House, Bengali Market: One of the oldest establishments in Delhi, this place doesn't need an introduction. Just land up and ask for their golgappas!

Bookin' the Cookin'

Walk into a bookstore, ask the help desk for the food section and you don't know which one to pick up? Here's help with some of the must-haves.

Cooking for Geeks: If you like to get all science-y on what goes in your stomach, pick this up!

On Food And Cooking: With charts and graphs and illustrations, this goes into the history of food and the role it has played in culture.

Larousse Gastronomique: It is, simply an encyclopedia of gastronomy. Originally containing French recipes, it has been republished several times since its first appearance in 1938.

In your kitchen

If you crave for that perfect dish at any time of the day, then make sure you have these versatile ingredients stocked in your kitchen.

Vinegar: Balsamic/ Apple cider

Spices: Garlic salt/ Lemon pepper

Herbs: Thyme/ Parsley/ Oregano

Nuts & seeds: Pumpkin seeds/ Sunflower seeds/ Macadamia nuts

Cheese: Feta/ Cheddar/ Parmesan



Breaking Bread

You already know about MasterChef Australia and Hell's Kitchen but there is much more to “cooking shows” than that.

Good Eats with Alton Brown: This old school show is an absolute delight to watch because of the detail Brown goes into, explaining every fact about



food and his funny one liners.

Heston's Feasts: As Heston wades through the different periods in history searching for what unusual dishes our forefathers ate, he tries to present the most palatable recreations for his six celebrity guests.

Floyd on Fish: Floyd became a cult personality as soon as he hit the TV screens of Britain. He was the first to throw the original format of cooking shows out of the kitchen.



Pocket drainer

These are the places you go to when you want to celebrate. These are also the places your parents come along to because you can't afford them alone.

Shiro at Hotel Samrat: It's buzzing with life at all times of the day.

Indian Accent at The Manor: This may be a tall claim but the Accent is often considered the best fine dining restaurant in India.

Zerruco By Zilli at Hotel Ashok: The ambience is partly the appeal of this place apart from the excellent Italian and Mediterranean cuisine.



COMING NEXT

A day for environment enthusiasts

GT Travels to USA



Sneha Singla, AIS Gurgaon 46, III, poses with her copy of The Global Times in front of the Capitol Hill, USA. Aside from being a metonym for the United States Congress, it is the largest historic residential neighbourhood in Washington D.C.

Got some clicks with GT while on the go? Get them featured! Send them to us at gttravels@theglobaltimes.in