

Feel inspired, moved and your social conscience stirred as this time's GT Pullout unleashes upon you the extravaganza called Youth Power Grand Finale 2014-2015, that spelt leadership, selflessness, sincerity and team work.

Next: We are pulling out the memories of the outgoing batch.

**AMITEpoll**  
Is it possible to measure happiness?  
a) Yes b) No c) Can't say  
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## Twameva Sarvam

She's inspired you. She's enamoured you. She's stood by you. She's let you shine. Her words take the form of motivating quotes. Her actions become shining examples to lead life by. That's the magic of Dr (Mrs) Amita Chauhan, our revered Chairperson. She continues to enthuse her never-say-die spirit in Amity principals, who are leaders in their own right. On her b'day today, here's recreating the enigma that Chairperson is, through their eyes and words.

### THE ETHICAL LEADER

She leads by example. She practices what she preaches.  
"Once, ma'am noticed that a child's shoe laces were untied. Instead of calling a helper, she bent down to tie them herself! On another occasion, when she hugged a specially-abled child, a teacher mentioned that he is a study centre student. Ma'am simply said, 'All children deserve equal affection!'"  
**Ameeta Mohan, Principal, AIS PV**

### THE VISIONARY

She is a far-sighted visionary. She envisages a larger than life dream. She makes it happen.  
"While she is gentle, she expects discipline and precision. She once said, 'Great institutions don't happen by accident, its the teachers that make them great. Together, we are the dream makers of generations to come.'" **Rashmi Sharma, Vice Principal, AIS MV**

### THE GURU

She transcends knowledge. She expands your horizons and recognises your potential.  
"A special memory is when she said, 'A teacher should be like the sun that lights up the universe and holds all the planets with its gravitational pull. Have the same effect on your children.'" **Divya Bhatia, Principal, AIS Saket**

### THE PHILOMATH

She has an unbeatable zest for life.



"About children not having time for sports, she said, 'There is no age for learning. If you have the passion, you will find a way to do it. I learnt tennis and swimming at 40!'"  
**Sunila Athley, Principal, AIS Vas 6**

### THE BELIEVER

She has faith in you. She gives you the confidence to believe in yourself.  
"When I became principal, she told me, 'Remember, you are the pillar of strength for the school'. That gives me strength even today."  
**Vishakha Chitnis, Principal, AIS Gur 43**

### THE POSITIVIST

She spreads positivity, exudes warmth and believes in the contentment of the soul.  
"Ma'am often enquires about my family as she believes, 'If you are positively happy at home, it will reflect in your productivity.'" **V Balachandran, Principal, AIS Vas 1**

### THE REFORMER

She awakens the conscience. She reforms.  
"When a gross error in a child's conduct was brought to her notice, her response was, 'I want to reform and reconstruct, and give the



child many more chances to col-late his positive energy."

**Arti Chopra, Principal, AIS Gurgaon 46**

### THE MENTOR

She's a friend, philosopher and guide. She'll lead you from darkness to light.  
"Last month, my husband was admitted to the ICU. At the time, the conversation I had with ma'am filled my eyes with tears of love. She became the anchor I needed and gave me unconditional support."  
**Renu Singh Principal, AIS Noida**

### THE SUPERMOM

She comforts you. She cares like a mother.  
"During a difficult phase in my life, I had to resign and relocate to Lucknow after working at AIS Noida for 15 years. That's when she said, 'You don't have to leave Amity. I'll establish AIS Lucknow for you.' Her motherly instinct melted my heart!" **Mukta, Vice Principal, AIS VKC, Lko**



## From Amity to Miss India!

Her teachers know her as the perfect student. Her friends know her as someone dependable. Her colleagues vouch for her professionalism. **Aditi Arya, alumnus, AIS Gurgaon 46, went a step ahead to prove herself to be a true beauty with brains when she was crowned Miss India World 2015. The golden girl who has brought glory to her alma mater and is all set for Miss World pageant, interacts with Megha Jha, XI H & Mokshi Jain, XI E, AIS Gurgaon 46.**



Dr (Mrs) Amita Chauhan inducts Aditi Arya (R) into Amity Alumni Hall of Fame

### Rapid Fire

If not Miss India, what would you rather be: space traveller, chocolate taster or a strict teacher?  
**Space traveller**

Your favourite music era?  
**The 70's**

Favourite poet  
**Robert Robinson**

Your comfort food  
**Maggi**

Best compliment  
**In this world, imperfection is perfection and your imperfections make you more beautiful!**

Having spent most of your growing up years in the red brick building, what is your fondest memory from Amity?  
When I was studying at Amity, most of the school building was under construction. So, I can say that I have seen the building grow while I myself was growing up. The fondest of my memories include enjoying the challenges that came our way. We always dealt with them positively and sometimes, even made philosophical and amusing quotes out of them. However, more than anything, I cherish building loving relationships with my friends and teachers, for these bonds remain with you forever.

What were your interests as a child?  
I was mostly inclined towards olympiads, science projects and experiments. It was around this time that I honed and developed my expression and presentation skills. The school gave us ample opportunities to experience them. During school days, I wanted to be a scientist!

What has been your biggest learning on the quest to becoming Miss India?  
There was stiff competition throughout the journey, and not just in the beauty pageant. But I learnt the importance of not getting overwhelmed by it.

Instead, I began to admire it, appreciate it, learn from it and befriend it. This approach helped me evolve as a person.

A woman is the creator and one of the most versatile and revered beings. What, according to you, is the true essence of a woman?  
The essence of a woman lies in the fact that while she's everything, she manages to be nothing at all. For she is humble, unmindful of credit and appreciation, and is happy to work behind the scenes. The humility and selflessness she exhibits are extraordinary and beyond compare.

Everyone has some or the other X factor that makes them unique. What is yours?  
The only X factor that one needs is confidence and every person has that X factor hidden somewhere. So, always have the confidence to be who you are and shine with that unique quality!

What is your message to Amitians?  
You're fortunate to have the kind of infrastructure that Amity provides you. It gives you every platform possible to cultivate your talent. Just find your talent and work towards it. Work hard and grab every opportunity that comes your way. **GT**



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**Rachael Tuli**  
Delhi Public School, Mathura Road, New Delhi



“ The experience was phenomenal. The course really helped me progress in my domain of interest. I would love to be here next year too! ”

**Rhea Pandey**  
Mount Carmel School, Dwarka, New Delhi



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Ma'm, I want to be like you when I grow up. Wishing you a very happy birthday!  
**Kanishka Sharma, AIS Vasundhara 6, I B**

# Media and the rise of India

ASCO AUMP organised an engaging seminar that invited media professionals and academicians to discuss the role of media in nation building

**Sumit Narula**

ASCO AUMP, Deputy Director

## ASCO AUMP

Amity School of Communication, AUMP, organised a national seminar on the 'Role of Media in Nation Building'. The seminar saw 16 media professionals and academicians participate in the stimulating discourse and present their papers. On the occasion, noted health communicator, Dr Pratap Manglani, launched his book comprising research papers that contributed to the seminar. The cover of the bi-annual Amity International Journal of Media Studies was also launched. The seminar began with a keynote address by chief guest Rajkumar Bhardwaj, senior journalist and OSD to the chief minister of Haryana. He put forth his views on the significance of the Hindi language as a development tool. Guest of Honour Dr Pradeep Krishnatray, director - Research and Strategic Planning, Centre for Communication Programs, Johns Hopkins University, New Delhi, spoke at length about social media as a tool for nation building. Dr Archana R Singh, professor, School of Communication Studies, Panjab Uni-



Pic: Tapasya Singh, BJMC

The launch of the book on media studies

versity, chaired the first technical session and discussed the challenge of the glass ceiling confronted by female journalists and how they are working hard to break it. Dr Pushendra Pal, HoD, Journalism, Makhanlal Chaturvedi National University of Journalism and Mass Communication, Bhopal, spoke on media playing the role of a peacemaker. The first parallel session was chaired by Dr Neeru Johri, HoD of communication studies,

JIIMS, who established a relationship between the media and human rights. Dr Mukul Srivastava from Lucknow University enlightened everyone by discussing social media discourses with regard to media's role in nation building. Dr Surbhi Dahiya from IIMC, talked about media's significance in a democratic nation and the influential role that it can play as an agent of change. A discourse on cinema's role in developing a

healthy society was presented by Dr Amitaabh Srivastava from Galgotias University. In the last session, Dr Sukhnandan Singh from Centre for Journalism and Mass Communication, DSVV, Haridwar presented a talk that linked spiritualism and media, along with Dr Vijayalaxmi Iyenger, director BM College, Indore who co-chaired the session.

The valedictory session was chaired by Dr Ambrish Saxena, director, Vivekanand Institute of Professional Studies, New Delhi, who shared his views on the freedom of press. Guest of Honour, Dr Umesh Arya, chairman, Department of Advertising Management and Public Relations, Guru Jambheshwar University of Science and Technology, held an interactive question-answer session for the students.

Dr Girija Shanker Sharma, HoD, Journalism and Mass Communication, Agra University, discussed how community radio can play a significant role in nation building and lead communication to the grassroot level. The event concluded with a report on the seminar and vote of thanks presented by Dr Sumit Narula, organising secretary of the seminar and deputy director, Amity School of Communication. [GFI](#)

## Amity Institute for Competitive Examinations

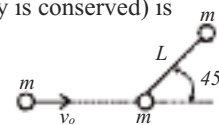
Presents



### Brainleaks 137

FOR CLASS XI-XII

A rigid massless rod of length  $L$  joins two particles each of mass  $m$ . The rod lies on a frictionless table, and is struck by a particle of mass  $m$  and velocity  $v_0$ , moving as shown. After the collision, the projectile moves straight back. The angular velocity of the rod about its centre of mass after the collision (assuming that mechanical energy is conserved) is



- (a)  $\omega = (4\sqrt{2/7})(v_0/L)$   
 (b)  $\omega = (2\sqrt{2/7})(v_0/L)$   
 (c)  $\omega = (4\sqrt{2/9})(v_0/L)$   
 (d)  $\omega = (2\sqrt{2/9})(v_0/L)$

Last Date:  
**May 7, 2015**

**3** correct entries win attractive prizes

Ans: Brainleaks 136

(d)  $abc/8$

Name:.....

Class:.....

School:.....

Send your answers to The Global Times, E-26, Defence Colony, New Delhi - 24 or e-mail your answer at [brainleaks@theglobaltimes.in](mailto:brainleaks@theglobaltimes.in)

## Scholastic Alerts

**Institute:** Armed Forces Medical College (AFMC) Pune

**Course:** M.B.B.S

**Eligibility:** AFMC MBBS admissions for the year 2015 will be through AIPMT - 2015. Candidates are required to register on AFMC website using AIPMT - 2015 Roll No; Websites: [www.afmc.nic.in](http://www.afmc.nic.in) / [www.afmc.dgld.gov.in](http://www.afmc.dgld.gov.in)

**Online Registration on AFMC website:** Starts April 21, 2015

**Last date for Registration on AFMC website:** May 15, 2015

**Entrance Examination:** AIPMT on May 3, 2015

**Website:** [www.afmc.nic.in](http://www.afmc.nic.in) / [www.afmc.dgld.gov.in](http://www.afmc.dgld.gov.in)

**Institute:** D Y Patil University, Navi Mumbai

**Courses:** M.B.B.S., B.D.S

**Eligibility:** 1) Candidate should have passed H.S.C. (10 + 2) or equivalent examination from a recognized board with English, securing minimum 50% marks (40% for all categories of backward class students) as an aggregate of the subjects namely, Physics, Chemistry and Biology (Botany & Zoology) for admission to MBBS / BDS. 2) Appear for AIET 2015. For details, please visit the website.

**Online applications available:** AIET 2015 Application forms are required to be submitted online by visiting university website under the section 'All India Entrance Test 2015'.

**Last date for online applications:** May 5, 2015 up to 5.00 PMIST

**Entrance Examination:** May 11, 2015, Monday, 10.00 am to 1.00 pm (IST)

**Website:** <http://www.dypatil.ac.in>

**Taruna Barthwal**

Manager, Amity Career  
 Counselling & Guidance Cell

For any query, write to us at [career counselor@amity.edu](mailto:career counselor@amity.edu)

# Lecture to remember

USA's first web expert engaged listeners with a talk on the web of things

## Amity School of Engg & Tech

**Himanshu Poswal, ASET**

A special lecture was organised by Amity School of Engineering & Technology. The lecture saw America's first world wide web expert Prof (Dr) Bebo White, Stanford University, USA talk about 'Preparing for the web of things'. Dr White was also part of the team that established the first American website at SLAC National Accelerator Laboratory. The session of expert talk witnessed a gathering of more than 650 attendees, which included faculty members and students from the various institutions of AUUP. The event began with an extremely motivational speech by Prof (Dr) Balvinder Shukla, vice chancellor AUUP wherein she spoke about the importance of technology. The dais was graced by the presence of Dr W Selvamurthy, president, Amity



Prof (Dr) Bebo White addresses the gathering

Pic: Shahnaz Khanam Choudhury  
 AIE, AUUP



Workshop in progress

# Integrating values in teaching

## Amity Institute of Education

**Priyanka Niranjana**

AIE, AUUP, Asst Prof

Amity Institute of Education, AUUP organised a workshop on March 19 and 20, titled 'Value integrated teaching and learning' for the students and faculty of AIE.

Conducted by Rashmi Bhandawat, Shweta Vyas and Arti Srinivasan from VITAL (Value Integrated Teaching and Learning), the first session of the workshop guided teachers on how to integrate 'values' into the teaching and learning process. The second session was activity based wherein students engaged in several games which highlighted the importance of constitutional rights and duties. The session

concluded with students sharing real life episodes that reflect values.

On the second day, activities were practical oriented where the experts shared the 'O.A.S.I.S' strategy for value integration in lesson plans. Practical examples were given from textbooks covering all subjects. The day also included a short yet impactful lecture from Hari Verma, CFO of a software company. [GFI](#)



What do motivation, inspiration, enthusiasm and encouragement have in common? We get them all from you!

Aarav Malhotra, AIS Vasundhara 1, III A



Prerna Diwas

**L**ic-lolly, scoop or cone, whichever is your favourite, one certainly can't stay away from ice creams, specially in the sweltering summers. Age and gender no bar, it's probably the only sweet treat that has crossed geographical boundaries successfully to reach out to every nook and corner of the world, spreading its creamy deliciousness across diverse ethnicities. Let's explore its delectable journey from its origin to fun concoctions!

### The first treat

Evidence links the origin of ice cream to the 4th century BC. The earliest reference of ice cream can be traced to Roman emperor Nero (AD 37-68), who ordered ice to be brought from mountains and later combined it with fruit toppings. King Tang (AD 97) of Shang, China too had a method of creating ice cream and milk concoctions. Most likely, ice cream travelled from China to Europe. Over time, recipes for ices, sherbets and milk ices evolved and were served in the fashionable courts of France and Italy. In the US, it was served by several famous Americans as George Washington and Thomas Jefferson. In 1774, a London caterer named Philip Lenzi announced in a newspaper that he would be offering various confections including ice cream in his menu.

### Ice ice baby!

The invention of the method of using ice mixed with salt to lower and control the temperature of ingredients during its making, provided a major breakthrough in the manufacturing of ice cream. Close on its heels came the invention of wooden bucket freezers with rotary paddles facilitating the freezing process. In 1846, Nancy Johnson patented a hand cranked freezer that established the basic method of making ice cream that we use today.

### Savour the flavour

Europeans began to experiment with flavours, trying everything from bread crumbs to grated cheese to candied

orange flowers in their frozen treats. They soon began to mould them into fanciful shapes, that paved the way to a wonderful range of flavours we enjoy in the present times. A special name in reckoning is that of Augustus Jackson, a candy confectioner from Philadelphia, who created new recipes for making ice cream in the 1800s, that continue to be fol-



**Its creamy texture melts in your mouth. Its icy coolness soothes your soul. Its delightful flavour brings you closer to saccharine nirvana. How would life be without the utterly slurpicious ice cream!**

lowed even today.

### Trucks to parlours

In 1851, dairyman Jacob Fussel of Baltimore established the first large scale commercial ice cream plant. A few years later, Alfred Cralle patented an ice cream mould and scooper in 1897. The frozen treat became easy to distribute and turned profitable with the introduction of mechanical refrigeration. The first ice cream parlour was

opened in New York city in 1770 by an Italian emigrant, Giovanni Bosio, which went on to garner immense popularity as 'Giovanni's Ice Cream' the world over. In 1920, confectioner Harry Burt invented the Good Humour ice cream and patented it in 1923. Burt sold it through a fleet of white trucks equipped with bells and uniformed drivers. In 1945, the first floating ice cream parlour was built for sailors in the western Pacific during World War

saw a young customer having difficulty in choosing between an ice cream sandwich and a chocolate bar. Nelson created a solution, a chocolate covered ice cream bar on a stick in 1934 and christened it 'Eskimo pie'.

**Ice cream soda/fountain:** Also called the coke float, snowball or spider, the ice cream soda was invented by Robert McCay Green in Philadelphia in 1874. It is said that Green once ran out of cold ice for the flavoured sodas he sold and used vanilla ice cream instead, thus accidentally inventing the ice cream soda.

**Sinful sundaes:** In response to religious criticism for eating 'sinfully' rich ice cream sodas on Sundays, ice cream merchants left out the carbonated water and invented the ice cream 'Sunday' in the late 1800s. The name was eventually changed to 'Sundae' to remove any connection with Sabbath (a weekly day of rest or time of worship).

**Ice cream cone:** The walk away edible cone made its American debut in 1904 at St Louis World Fair.

**Soft ice cream:** A British chemist discovered a method of doubling the amount of air in ice cream, thus creating soft ice cream. 🇬🇧

### Exotic to quirky: unique concoctions

•**Death by chocolate:** Vanilla scoops topped with brownies, nuts & wafers drizzling with chocolate sauce.

•**Fried ice cream:** A dessert made from a breaded scoop of ice cream that is quickly deep-fried creating a warm, crispy shell around it

•**Raspberry ripple:** This flavour is made by injecting raspberry syrup into vanilla ice cream.

•**Honey jalapeño pickle ice cream:** Chopped cakes, Colorado honey and spicy bits of fresh jalapeño are mixed with local cream to get a unique flavour that's salty and spicy with an underlining sweetness.

•**Sweet Corn Gelato:** Sweet Jersey corn blended with cream, sugar, sea salt and caramel corn topped with mascarpone whipped cream.



**Contributed by: Akriti Bhardwaj, XII C, Astha Mittal, XII D, Chhavi Reddy, XII D & Mugdha Mahajan, XII C, AIS Mayur Vihar**

**JUST SCOOP IT UP!**

- American colonists were the first to use the term 'ice cream'. The name came from the phrase 'iced cream' which was abbreviated to 'ice cream' later on.
- The third Sunday of July is celebrated as Ice Cream Day.
- Ice cream is known as gelato in Italy.
- In the US, ice cream and pie served together is called 'Pie a la mode'.
- Americans are the top consumers of ice cream worldwide followed by New Zealand.
- Vanilla is the most popular flavour of ice cream, accounting for 20-29% of overall sales of ice cream with chocolate coming in at a distant second.
- The biggest ice cream sundae in history was made in Edmonton, Alberta, Canada, in 1988. It weighed over 24 tons.

Source: Internet



# GT pull Out Youth Power

Pulling out Youth Power for a Healthy Nation

April 27, 2015

Pics: Uday Bassi, AIS PV, XI



*The month of April is a special one for it inspires us all to be agents of social change, as eight teams showcase their journey of nurturing a cause each, at the YP Grand Finale. These 4 pages, dedicated to YP will uplift you!*



Dr (Mrs) Amita Chauhan and Dr Sushma Dureja present the winner's trophy to the team of AIS PV

## The 7 vows of Youth Power

Bhawna Tuteja, GT Network

Seven notes on a musical scale, seven seas, seven continents and seven vows. So, when the magical number seven came knocking on the door of Youth Power, the magic had to be sevenfold. YP 2014-15 Grand Finale celebrated the conclusion of the seventh chapter of the socially sensitising programme and witnessed seven eternal vows.

### THE BASICS

**What:** Youth Power 2014-15 Grand Finale  
**When:** April 22, 2015  
**Where:** F-2 Auditorium, AUUP  
**Why:** To culminate the year long journey of Youth Power  
**Winner:** AIS Pushp Vihar  
**First Runner up:** AIS Noida  
**Second Runner Up:** AIS Gur 43 & AIS MV

#### ❶ I vow to make a difference.

Eight teams, eight social causes, one aim - making a difference. Youth Power, ever since its inception, has vowed to 'Be the

change. Bring change.' The YP teams this year took the legacy further, working for the cause of health. Each team championed a cause through various means. AIS Lucknow too vowed to be the change as it made its debut at YP 2014-15 as a special entry.

#### ❷ I vow to sensitise.

Feel. Empathise. Reach out. Sensitise. The YP teams went through each of these stages and when they hit the final leg, the passion for their chosen causes was discernible. The audience shared their passion as the teams presented their year long journey, highlighting their work for the causes. Sensitising videos traversing various genres like animation, docudrama and humour put the message across loud and clear. The teams also presented a 2-minute creative communication act, ranging from live puppets and slam poetry to dance drama and mime.

#### ❸ I vow to shine like no other.

YP 2014-15 Grand Finale twinkled with the presence of Dr (Mrs) Amita Chauhan,

Chairperson, Amity Group of Schools & RBEF. An eminent jury comprising Dr Mradul Kaushik, director - Operations & Planning, Radiant Life Care; Smita Priyadarshini, counsel director, Legal, Dell Services and Taposh Roy, director, NGO Hriday along with chief guest Dr Sushma Dureja, dy commissioner in charge, Adolescent Health, Ministry of Health & Family Welfare, added sheen to the event. Also in attendance were Ms Pooja Chauhan, Vice Chairperson, Amity Humanity Foundation; Ms Divya Chauhan, Chairperson, ASFT, ASFA & ASPA and Ms Jaishree Chauhan.

#### ❹ I vow to win hearts (and trophies too).

The brilliance of showmen and magnanimity of performers - a lethal combination that comes packed in a rare few. The YP teams proved their mettle with their work in the year gone by and put up a heart winning show at the finale. As they won hearts, they seized trophies too. Leading the winners was AIS Pushp Vihar who bagged the title of Youth Envoys 2014-15, for the second year in a row.

#### ❺ I vow to honour my roots.

The YP tree firmly rooted by Dr (Mrs) Amita Chauhan, bowed down in all humility to express reverence to its origins. A movie dedicated to her was shown on the occasion. The eight YP teams expressed gratitude to her with tokens of appreciation.

#### ❻ I vow to be human, replete with all emotions.

Joyful tears, sorrow stemming from the end of a journey, a

sense of achievement, motivational cheers, silent sobs ...YP 2014-15 Grand Finale was witness to all these emotions and many more.

#### ❼ I vow to WOW forever.

WOW - the expression that sums up when emotion meets action, the drive to make a change meets grit. Wow, then, is indeed synonymous with YP and always will be.



The debutant team of AIS VKC, Lucknow



1st Runner Up: AIS Noida



2nd Runner Up: AIS Mayur Vihar (L) & AIS Gurgaon 43





# The Rainbow Family

Youth Power 2014-15 Grand Finale stood witness to a myriad hues, each resonating through a different emotion in the heart of the audience

## A proud mother

A mother is the happiest when her kids perform well. Today, I am a proud mother. I was going through the reports of YP teams and I was moved beyond words to see that my children have worked so much for their chosen causes. I feel elated to see that my children have the desire to give back to the society and are already working towards it at such a young age.

**Dr (Mrs) Amita Chauhan**  
Chairperson, Amity Group of Schools & RBEF

## An ecstatic winner

Winning Youth Power was like a glazed cherry on top of our double decadence chocolate cake like journey, clearly out of this world. Youth Power has not only given us the happiness of the victory but a thousand memories to cherish and moments to treasure for a lifetime.

I am grateful to Youth Power for teaching us so much throughout.

Thank you GT.  
**YP Team, AIS PV**

## A content first runner up

Youth Power was a journey so fruitful for all the 32 participants as each one of us has touched the lives of so many people. The past 8 months have transformed us into confident leaders. We got overwhelming gratitude from the villages we had adopted. We had the time of our lives working for YP. It has given all of us memories to live by because sometimes it's not about winning trophies but hearts.

**YP Team, AIS Noida**

## A smiling second runner up

We had only five months, and we had a heavy baggage to carry forward. We decided that if we were to lift it up and start walking, we would get exhausted soon. So we decided to empower the baggage with the wheels of assistance, the handle of support and the ramp of direction, so that even when our time lapses, the equipped baggage can be carried forward, towards a new future with ease. Having done this made our eyes smile, but being awarded made these smiling eyes moist with pride.

**YP Team, AIS Gur 43**

## A satisfied second runner up

Being the second runner up of Youth Power 2014-15 gives us and our school immense pride and satisfaction. The happiness we experience when we see little children run around with their sanitizers cannot be described in words. We congratulate other teams for their achievements and we also aim for the first position the next time. With uncountable mistakes, innumerable memories and thousands of lessons learnt, the journey of Youth Power is impossible to forget.

**YP Team, AIS MV**

## A nervous participant

When I walked towards the stage to give my first speech ever, I could not stop thinking what would happen and how would people react after the speech. But as I looked around, I could see a thumbs up from all my teachers and friends in the audience. Even though, at one point of time, I believed that I couldn't do it, the support and the 'all the best' that I got helped me face my fear and achieve my goal. For the first time, my nervousness worked in my favour.

**Kirti Wadhwa, AIS PV, then YP**  
Finalist and now Youth Envoy

## A pleased mentor

Mentoring the AIS Mayur Vihar team has been an extraordinary journey. Constantly staying in touch through their nights of crazy ideas and days of spontaneous *jugaad*. I have grown to feel responsible for my four kids – they love it when I call them 'Mere Bachchon'. Thanks to GT for this year's growth.

**Sarthak Batra, AIS MV, alumnus & mentor, YP Team**

## A nostalgic alumnus

Three cheers for Amity! I heard this and memories of the 14 beautiful years I had spent in that red bricked building came rushing to my mind. I had attended Youth Power as an Amity student earlier and now attending it as an alumnus made me even happier. It made me realise the significance of wonderful platforms like Youth Power that Amity has given me and many others.

**Eklavya Malvai, AIS Noida, alumnus, currently studying at ALSN**

## An overwhelmed programme head

As I stand on the threshold of completion of another fruitful journey, I feel a myriad emotions; gratitude for Chairperson ma'am for giving me the chance to be a part of something so powerful; respect and love for the eight YP teams who with their small steps have ushered the way for a big change, and thankful to the GT team who worked meticulously to make the event a huge success.

**Signing off**  
**Vira Sharma,**  
Managing Editor, GT

## An awed audience

If I had to sum up the event in one word, it would be WOW. The speeches, the videos, the performances; everything was phenomenal. As the teams spoke, you felt inspired, wanting to do something for the society. Some of the performances gave me goosebumps. YP Grand Finale is one event everyone must attend at least once.

**Sudeepti Naithani,**  
AIS MV, XII



# Keep YP memories close to your heart

..shares Dr Sushma Dureja, chief guest, YP Grand Finale & Dy Commissioner in Charge, Adolescent Health, Ministry of Health & Family Welfare, with [Sudeepti Naithani](#), AIS MV, XII



**How effective do you think are programmes like Youth Power in ushering change?**

For any change or development, a society needs to grow holistically and equally. The government has implemented many welfare schemes, yet there continue to be loopholes and gaps. These gaps are best addressed with great initiatives such as Youth Power. Programmes like Youth Power not just empower students but also help reach out to those margins of the society that the government cannot reach, facilitating an even growth, which in turn, lays the foundation for ushering change.

**How can such programmes help in shaping the youth, who are the future leaders?**

Platforms like Youth Power provide you an opportunity to discover yourself. They help you understand your strengths and weaknesses, and also enable you to work on them. Besides, working for a socially sensitising programme such as Youth Power is likely to have a positive impact on

the attitude and behaviour of children as it teaches them to empathise with the less privileged sections of the society.

**What did you find most striking about the programme?**

The entire programme was heart winning! The novelty, the sheer simplicity of the show was captivating. The sincerity and dedication of the students for their chosen causes is commendable. I am extremely impressed with the efforts they have put into the initiative. It was amazing to see young children brimming with passion about a social cause. Other than that, I also liked the causes taken up by the students. Whether it was health of rag pickers, dental health or health of senior citizens... all the causes are extremely relevant and deserve attention.

**Your message for YP enthusiasts...**

Keep up the good and inspiring work. The memories you have created, the lessons you

Pic: Shashwat Das, AIS Mayur Vihar, XI F



Dr (Mrs) Amita Chauhan & Dr Sushma Dureja with GT Reporter

have learnt and the growth you have achieved as a person while working for Youth Power, is something that nobody can take away from you. Keep these Youth Power memories close to your heart and cherish them, for opportunities like these come once in a lifetime. I would also like to extend my best wishes to the students who would be participating in the competition next year.

## Stay in touch with your YP initiatives post the finale



...advises [Smita Priyadarshini](#), jury member of the Youth Power Grand Finale 2014-15 and Counsel Director, Legal, Dell Services, in a candid interview with [Amlaan Kumar](#), AIS Noida, XI K

responsible, honest and patriotic. This would ensure that they are indoctrinated in these issues at an early age and these become a part of their DNA.

**What role can the youth play in the development of a nation?**

The greatest wealth and strength of any nation is its youth. The future of a nation lies in the hands of its posterity. The quality of its youth determines the kind of future the nation will have. However, for the youth to propel a nation on the path to development, it must be channelised in the right direction. We first need to strengthen and empower our youth for them to ensure a better future of the country.

**What is your advice to YP enthusiasts?**

Participants invest a worthy amount of time and energy in YP. I urge the participants to continue with their initiative even after the completion of the calendar year, as this is important for any initiative to bear fruit in the long run.🇮🇳

**What are your views on Youth Power?**  
YP is a platform for the youth to educate themselves on a social cause, stand for it and spread awareness on the same. Other than inculcating a spirit of social responsibility, it reinforces the importance of team work while developing the art of public speaking and social media engagement.

**How effective are programmes like Youth Power in shaping the youth?**

The Youth Power initiative is a platform that helps in strengthening the moral foundation of our youth by providing them with awareness of important issues affecting our nation. In a nutshell, the varied gamut of activities undertaken by the youth provides them with the right kind of education, which makes them scientific, logical, open-minded,

Pic: Kartik Arora, AIS Noida

Pic: Kartik Arora, AIS Noida



**What are your views on Youth Power?**

Youth is the largest stakeholder in the future of India, given the fact that India has the greatest youth population in the world. Therefore, it becomes imperative to groom them as future leaders. YP is a great leap in this direction of honing these future leaders, who are going to be future CEOs, managers and planners. With programmes such as YP, we can be assured that our future lies in safe hands.

**What did you find most striking about the YP programme ?**

YP participants are extremely fortunate for the programme has given them the chance to give back to the society at such a young age. The programme gives students an opportunity to explore, feel, to do something and to learn from it. But above all, it lets them take back something home from the experience. These takeaways in the form of numerous learnings will stay with them forever, helping them grow into humanitarian leaders.

## YP participants are quite fortunate

...says [Taposh Roy](#), one of the eminent jury members at Youth Power Grand Finale 2014-2015 and director of NGO Hriday (Health Related Information Dissemination Amongst Youth) in a tell-all interview with [Amlaan Kumar](#), XI K & [Mehak Bawa](#), XII I, AIS Noida

**What is your advice to YP aspirants?**

Make sure that you take back something from the programme because if you don't, the whole idea of YP is rendered powerless. Whether it is a lesson learnt, affinity to the chosen cause, association with the target audience...ensure that the programme stays with you in some or the other form.

**How can the youth contribute to the development of the country?**

A very important pre-requisite to development is listening to those around because only when you listen, you devise plans keeping their needs in mind. If you look around, there are so many malls cowering above slums. Then there are other issues that warrant attention like safe drinking water or empowering the voiceless. Youth can play a significant role in addressing these important yet often ignored social issues. They can reach out to people at the grassroot level and help draw attention to problems that affect us at the lowest rung of development. 🇮🇳



**What are your views on Youth Power?**  
It is an insightful endeavour that offers a platform to the youth to raise their voice on issues that plague the society. I was amazed to see that students in the age group of 12-18 years were working so relentlessly for various social causes. The students had not only rallied for these issues in their own school but also transcended the

## Youth Power is a continuous evolving process for the students

...says [Dr Mradul Kaushik](#), one of the members of the judging panel at the Youth Power Grand Finale and director- Operations & Planning, BLK Super Speciality Hospitals, in a tête-à-tête with [Nikita Ahooja](#), AIS Saket, XII F

boundaries of the school, something that is commendable at such a young age.

**How can youth contribute to the development of our country?**

It is the youth who shall carve the future of a great nation. They are the ones who will take on the mantle of tomorrow. However, it is imperative that we empower the youth for them to pre-

cursor development. Programmes such as Youth Power go a long way in empowering the youth.

**Which aspect of the programme impressed you the most ?**

While everything about the programme was good, what impressed me the most was the choice of topics. All the issues raised by the participants this year are certainly pertinent. The

programme encompassed a wide range of social issues that ranged from universal problems such as maternal health to the less spoken and discussed ones like dental health. Other than that, I personally feel that all the eight teams have put in a fair amount of passion driven hard work.

**Considering that the theme for Youth Power this year was health, what according to you is the future of healthcare in India?**

Today, the healthcare sector of India is replete with umpteen possibilities for unprecedented growth. Indian doctors are running the British health system, the NHS, the US health systems and the entire Middle East. India is witnessing the same level of competence at one-tenth of the cost. As such, there is a huge potential for our country to become a leading healthcare provider in the world.





# Youth Power Photo Gallery







You are the perfect epitome of love and dignity. Wishing you many happy returns of the day!  
**Kriti, AIS Vasundhara 1, V B**

# The magical pearl

Illustration: Ravinder Gusain, GT Network



## Short Story

Manya Singh, AIS Gur 46, VII

Once upon a time there lived a girl called Shyma, who made friends with a big golden fish named Sona. One day, when Shyma was upset, she went to the river bank and sat quietly. Sona asked her friend who looked unhappy, “What makes you sad, Shyma?” Shyma replied, “Nobody loves me at home. Everyone calls me slow and lazy.” She continued, “But it is my own

fault. I don’t like studying. I don’t like doing anything.” Sona’s heart went out for Shyma. She asked, “Can I help you? I have a magical pearl which will set everything alright.” Shyma was very excited as she took the pearl home. At night, she helped her mother chop the vegetables. She also helped out with other household chores. Next morning, Shyma woke up early and was ready for school well in time. She was attentive in class and even answered the questions asked by the teacher.

Sona said, “Calm down, Shyma! The pearl didn’t have any magical powers. It was your own hard work and sincerity.”

Her mother praised her for her changed behaviour. Shyma was **jubilant** and thanked the magical pearl. One day, while Shyma was drawing water from the well, the pearl suddenly slipped and fell into the well. Tears started rolling down her cheeks. Suddenly, Sona appeared on the surface of the water and asked, “What happened dear?” Shyma replied glumly, “I have lost the magical pearl. Now, everything will be the same as before.” Sona laughed and said, “Calm down, Shyma! The pearl didn’t have any magical powers. It was your own hard work and sincerity.” Hearing this, Shyma smiled and went back home happily. **GT**

So what did you learn today?  
A new word: **Jubilant**  
Meaning: To be very happy.



# Halim laddoo

## Ingredients

Garden cress seeds .....3/4 cup  
Ghee .....1 tbsp  
Chopped jaggery .....1/2 cup  
Semolina .....1/4 cup  
Desiccated coconut .....1 tbsp  
Almonds .....1/4 cup

## Method

- Soak the garden cress seeds in ½ cup of water in a deep bowl for around 3 hours.
- Heat *ghee* in a deep non-stick pan. Add soaked garden cress seeds, jaggery and semolina.
- Mix well and cook on medium flame

for 6 to 7 minutes or till the jaggery melts, while stirring continuously.  
■ Add the desiccated coconut and almonds. Mix well.  
■ Transfer the mixture to a plate. Keep aside to cool slightly.  
■ Divide the mixture into 16 equal portions.  
■ Shape each portion into a round ball.  
■ Serve immediately or store in an airtight container for best results.

This iron rich recipe is contributed by the Youth Power team of AIS Noida, as part of their initiative towards the cause ‘Combat Anaemia’.

## It's me

**My name:** Paanya Jha  
**My school:** AIS Vasundhara 6  
**My Class:** II C  
**My birthday:** September 28  
**I like:** Drawing and reading  
**I dislike:** Being scolded  
**My hobby:** Painting and dancing  
**My role model:** My father  
**My best friend:** My mom  
**My favourite book:** Goldilocks and The Three Bears  
**My favourite mall:** Shopprix Mall  
**My favourite food:** Pizza  
**My favourite teachers:** Meera Ma’am  
**My favourite Poem:** If you’re happy and you know it, clap your hands!  
**My favorite subject:** Math  
**I want to become a:** Doctor  
**I want to feature in GT because:** I love GT!



## Acronyms

Pranjal Jain, AIS MV, VIII A

Guess what these acronyms stand for:

1. NEWSPAPER
2. CHESS
3. COLD



4. BYE
  5. AIM
- Answers:**
1. North East West South Past And Present Event Report
  2. Chariot Horse Elephant Soldiers
  3. Chronic Obstructive Lung Disease
  4. Be with You Everytime
  5. Ambition In Mind



## POEMS

### Chairperson Ma’am: our guiding star



Sanjana Saxena, AIS Vas 1, VII A

You are a wonderful guide to us, helping us from dawn to dusk.

A loving mother that’s what we call you, and your promises to us are so very true!

A child from the little age of three, starts to climb the Amity Tree!

You are the one who holds us together, Chairperson ma’am, you are our fairy godmother! **GT**

### Down the memory lane

Khwaish Gupta  
AIS Gur 43, IX E

I walked in blanced, my mood perfectly flinched.

It wasn’t like the dream that arose, rather it seemed a place of chaos.

Children just sat inside, No one paid attention to any rule.

The classroom wasn’t a jewel, where no thoughts could dwell.

It looked more like a fish market, where paper planes were always on target.

Someone opened the door and a beautiful breeze blew, who she was, no one had the clue.

Days passed by and the door opener was teaching us, more than a teacher, she was a ray of trust.

She helped the bud grow into a flower. She was knowledgeable and wise, full of love, like a fresh shower.



She converted the boring into beautiful, the corridors echoed with her voice, so youthful.

She helped the dismayed and made them happy, in her class we had the freedom to be sappy.

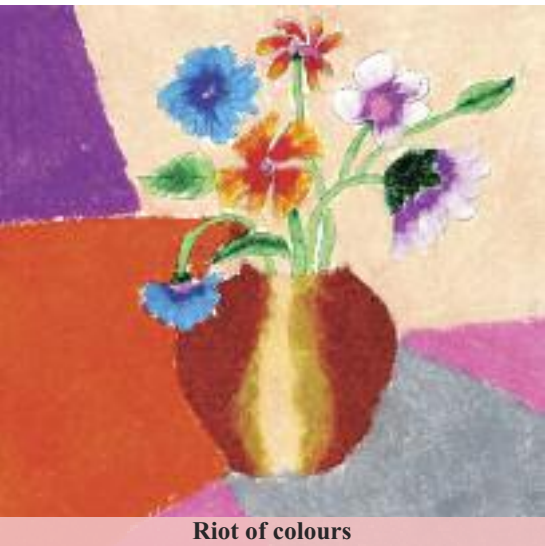
A year is about to finish, and happiness is about to vanish.

This classroom is the best leaving behind all the rest!

Together with my teacher and friends, I pray to be in this classroom everyday. **GT**

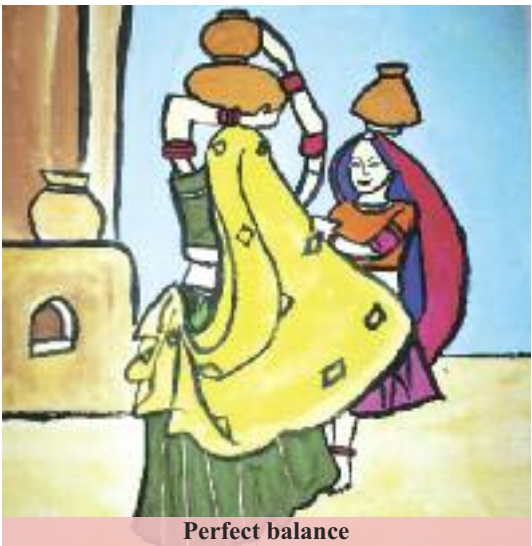
# Painting Corner

Manya Tyagi, AIS Vas 1, V D



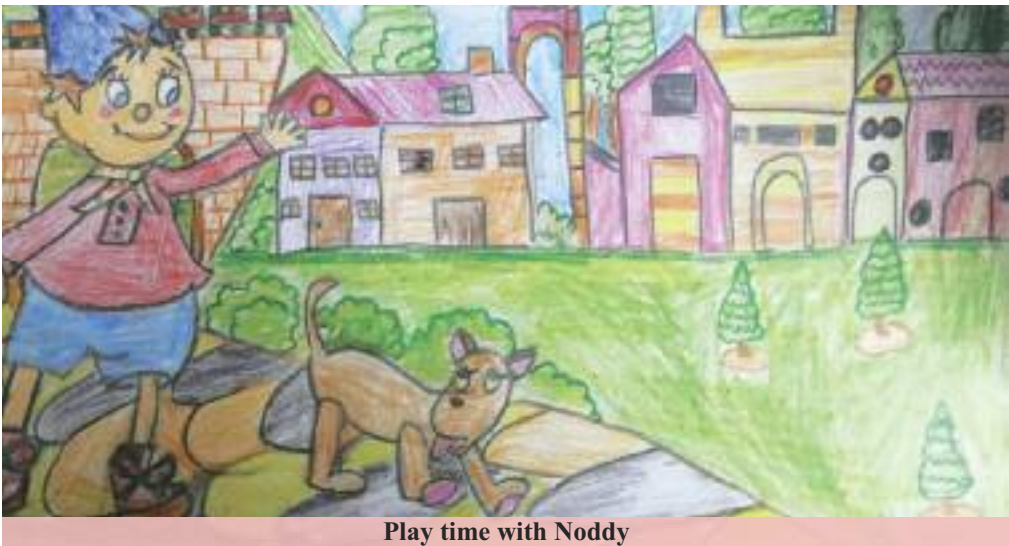
Riot of colours

Bhavya Batra, AIS Noida, XI



Perfect balance

Anirudh Jain, AIS Vas 1, III B



Play time with Noddy



Excitement takes over anxiety as little Amies embark upon their journey in pre nursery, in the nurturing world of Amiown, wherein all apprehensions, insecurities and fears of the little ones and their parents come to an end, marking the beginning of a new journey in the arms of new caregivers



School time fun time!

# Little footsteps

**Snigdha Dwivedi, Manager**  
PR & Comm, Amiown & ACERT

Tiny feet stepping into the portals of Amiown for the first time, heralded a new journey of exploring horizons, building relationships, learning important life skills and having fun at the same time. Leaving their homes for the first time, some little Amies experienced transition jitters, while others took no time in adjusting to the new set up. However, Amiown left no stone unturned to ensure a smooth and comfortable process for the little ones to settle down in the new world. Parents were allowed to spend a few days along with their children in the classrooms during Open House to get a feel of the system and help their wards overcome any anxiety in the new environment. The facilitators went out of their way to ensure that children felt welcome in their new school. Amies are given ample time to spend with their parents in order to feel comfortable. Once the parents leave, the little gems are engaged in various activities that facilitate their familiarity with the new environment to create an atmosphere of trust with their teachers and helpers. The children get used to their daily routine soon. And in no time, Amiown becomes a home away from home.

## Amiown Gurgaon



Having had a fantastic experience at Amiown with our elder son Vedant, we couldn't think of a better preschool than Amiown for our younger son, Rehaan. Like all parents, initially, we were quite worried about his settling down period. But Amiown minimised the separation anxiety of my child with a workshop, which proved to be a great support to help him prepare for his first day at school. We are grateful to Rehaan's class teachers, the faculty and bus staff who helped him settle down so comfortably. It turned out to be easier than we thought it would be! To our utter surprise, Rehaan has not only started loving it, but is excited to go to school everyday. There couldn't have been a better preschool for our son.

**Nitika Papneja, parent of Rehaan Papneja**



Together we create



The teachers at Amiown are well trained to help children feel comfortable in the new environment. To make the transition period smooth and easy, we organised a workshop for the new parents a month before the session started, which proved to be quite helpful. As teachers, we feel fully responsible and committed to our little Amies towards providing them a secure, loving and caring atmosphere. To understand them better, we arrange interactive sessions where children come with their parents to get familiar with the new class and teachers. We try and find out about the child's interests, eating habits, likes and dislikes, so that we can take care of them better once they are with us in the classroom.

**Indu Kapur, Teacher**

## Amiown Pushp Vihar



The school is my child's first real connect with the outside world - a world away from the cocoon called 'home'. It is a testing time for parents too, who feel extremely nervous about their offspring's first day at school. For the child, who has to suddenly adopt to a new surrounding with unknown faces and other children clamouring for the same toys and an equal degree of attention, it is even more



Together we observe

traumatic. Amiown transformed this traumatic period into an exceptional experience through a well structured initiation process. For the first few days, I could sit in class with my son, Akshat. This helped him get familiar with the new environment. The fact that I was around, allowed him to explore and familiarise himself with his surroundings much faster. Observing his mother on cordial terms with his teachers in the class, evoked a certain level of trust in him as well. Besides, activities like free hand painting, building blocks and puzzles, helped him to settle into school with minimal angst.

**Chetna Khuller, parent of Akshat**



The first few weeks when a child is settling into the new environment is of crucial importance. All children are separate individuals and while some adjust fairly easily, others take longer to feel comfortable and secure. During initial days, we design certain activities that cater to the interests of all children and facilitate settling down. Water play, exploratory activities and multimedia games ease them out. When children have choices, they are able to develop the skills and abilities necessary for effective learning along with positive self-esteem. This phase is very important as this is the time when the faith between the child and the teacher is established.

**Anupreet Kaur, Teacher**



Together we learn

## Amiown Noida



The Open House session was a positive start to the transition process. The way all the teachers were standing at the door to welcome the children, was very heartening. All the classrooms were given interesting names like Terrific Turtles, Bright Bunnies, etc. and decorated colourfully to make the children comfortable. I was so happy to see my child chanting Gayatri mantra just after a few days at school! I'm happy to have chosen such a colourful beginning for my son.

**Pinky Joshi, parent of Devaansh**



Every new session is a new experience and brings along a new set of challenges. I believe in providing hands-on experiences and creative learning opportunities. I support each child in his/her own individual path and strive to give them the care and resources necessary for their own independent growth. It is important to provide a consistent and secure environment to the Amies. Children need to form secure attachments with their caregiver. One of my primary jobs as a teacher is to help every child discover his or her individuality.

**Ritu Kashyap, Teacher**



United colours of team work



Learning time with activities galore







If excellence and dignity were to take the form of a human, they would be born as you. Happy birthday Ma'm!  
Anvay Arora, AIS Vasundhara 1, V A

# Embracing holistic health

The junior annual day of AIS Gurgaon 46 was an eventful ceremony that highlighted various aspects of universal well being and health



Dr. Ashok K. Chauhan, Dr. (Mrs) Amita Chauhan & Arti Chopra felicitate Dr. Harsh Vardhan

## AIS Gur 46

Amity International School, Gurgaon 46 held its annual day for the junior school on April 18, 2015 in the school premises. Dr Harsh Vardhan, Honourable Union Minister for Science and Technology and Earth Sciences, graced the occasion as chief guest while Dr Sonal Mans-

ingh, Padma Vibhushan and cultural icon of India, was guest of honour. The theme of the event 'Sarv Kalyanam - embracing holistic health' was an effort to spread universal wellness by adopting a holistic approach to being healthy which includes physical, social, spiritual, cognitive and emotional aspects of a child's development.

The programme commenced with 'Sur Sangam', an enthralling musical performance by the students of Amitasha, a philanthropic initiative of Dr. (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools, for the less privileged girl child. The highlight of the day was the dance drama 'Kalyanam' that gave the audience glimpses of global traditions and cultures, thereby revealing the secrets of healthy living in a vibrant manner. An exhibition, 'Jharokha', depicting Jharkhand - the land of forests, was put up by the students to give an insight into the rich tribal culture, living style and beliefs of the people of the state. The occasion marked the felicitation of students who excelled in academics, extracurricular activities and sports during 'Protsahan'. School principal Arti Chopra presented the annual report highlighting the achievements of students in scholastic and non-scholastic fields. Dr. Ashok K. Chauhan, Founder President, Amity Universe and Dr (Mrs) Amita Chauhan, enlightened the children with their gems of visionary ideals and lauded their vibrant and enthusiastic performances on the occasion. The cultural programme performed by more than 1200 children from Classes II-V, was a visual treat appreciated by one and all, including the guests for the day, as it created awareness about the benefits of holistic health amongst children. The health themed annual day impressed everyone.



The Physics meet in progress

# Physics meet

## AIS Noida

Amity International School, Noida, hosted the Head Examiner's Physics Meet 2015, on March 24. CBSE appointed 47 head examiners in Physics from Dehradun region for the same. Dinesh Bartwal, vice principal, Doon International School, Dehradun was appointed as subject expert to discuss the marking scheme for evaluating CBSE's Class XII Physics paper. Shekhar Chandra, assistant secretary, CBSE and school principal Renu Singh administered the meet. Bartwal discussed the marking scheme in detail for all 26 questions in the paper and also emphasised on step marking, so that students can secure some marks even if the question is not answered completely. The marking scheme thus developed was comprehensive and student friendly.

# Peek-a-boo into space



Budding astronomers (R) explain the secrets of space to fellow students

## AIS Gur 46

Astronomy enthusiasts of AIS Gur 46 celebrated Astronomy Day on April 9, 2015. School principal, Arti Chopra, inaugurated the event that aimed to generate interest among students through practical experiences, and exposure to technical training in the field of astronomy and space science. The day, packed with learning and knowledge, comprised activities like comet cooking, crater making, launching hydro-rocket and tattoo mak-

ing. The participating students helped other students, to observe the sun through telescope, pin hole projector and solar view goggles with necessary precaution. They also explained concepts of time and direction, and helped locate stars, planets and constellations using stellarium. Arti Chopra visited the stalls set up by students and launched a hydro rocket. She said that such events trigger enthusiasm and confidence among students and help create avenues for budding astronomers. The event culminated with an astronomy quiz.



Students partake in the fire drill

# Mock drill

## AIS Saket

The sound of the hooter echoed at AIS Saket, as the school conducted a mock fire drill on April 7, 2015. The entire school evacuated the school building within four minutes and gathered on the sports ground. As advised by Col B S Ahluwalia, senior consultant-Sports, Amity Group of Schools, the students of Classes KG, I and V were assembled at a common place. Prior intimation was given to the police personnel and necessary arrangements were made for blocking the road. Teachers and support staff accompanied the students and acted as per the evacuation plan of the drill.

# Indian army exhibition



AIS Vas 1 students enjoy a ride on an army truck

## AIS Vas 1

### Agneev Das, AIS Vas 1, XII A

Class XII students of AIS Vas 1 got a chance to witness an exhibition of military weapons by Indian Army on March 24-26, 2015, at Amity University, Noida. The three-day exhibition started with a march-past by Bihar Regiment, followed by a mock drill, creating an emergency situation and demonstrating how bravely and tactfully the soldiers destroy militant camps.

This was followed by an exhibition which continued for the next two days. The exhibition displayed weapons like rifles, snipers, rocket launcher, missile launching tanks, grenade launcher, AK-47, MG-40, etc. Students interacted with the Indian army personnel, and put forth queries which were answered satisfactorily by them. They also got an opportunity to ride on army trucks and tanks. After the thrilling rides, the students witnessed various emergency situations faced by the regiment, that were displayed in the photo gallery section.

# Taekwondo Championship

## AIS Vas 6

Working on the belief of Dr (Mrs) Amita Chauhan, Amity Group of Schools & RBEF, that a healthy mind resides in a healthy body, AIS Vasundhara 6, hosted the 4th Inter Amity Taekwondo Championship on April 16, 2015. The championship witnessed participation of boys and girls under ten weight categories ranging from 27 kg to 52 kg. Chief guest Lalit Tirkey, treasurer, Delhi Taekwondo Association, is a national referee and coach, with numerous gold medals to his credit in various national and international taekwondo championships. AIS Vas 6 bagged the winner's trophy in both the girls and boys categories. The host school scored a hattrick as this is the third consecutive time that the school has been the overall winner in the championship. Chief guest Lalit Tirkey awarded medals and certificates to the winners.



Students in action during the taekwondo championship

# KVPY Fellowship

## AIS Noida

Two diligent students of AIS Noida, Chittaranjan Prasad, XI and Milind Srivastava, XII, bagged the prestigious and coveted Kishore Vaigyanik Protsahan Yojana (KVPY) Fellowship. KVPY is a fellowship programme, initiated and funded by the Department of Science and Technology, Government of India and run by Indian Institute of Science, Bangalore. The objective of the programme is to recognise students with talent and aptitude for research, help them realise their academic potential, motivate them to take up research careers in science and ensure the growth of the best scientific minds



Chittaranjan Prasad Milind Srivastava

for research and development in the country. Chittaranjan and Milind appeared for the fellowship examination in 2014 and attempted the SA and SX level exams respectively. They cleared the written aptitude tests and interviews with flying colours to win the prestigious scholarship.



You are our teacher, you are our guide.  
We want to bring you, honour and pride!  
Shrey Yadav, AIS Vasundhara 1, I B



Perna Divyas

# A role model, not just a model

**D**rop dead gorgeous looks, perfect abs, a pair of dimples, a great modelling career, unconventional roles in Bollywood and now, a successful career in production—John Abraham has given us more than one reason to adore him. *Ojaswi Gupta and Unmuktman Singh, XI, AIS Mayur Vihar, bring you a glimpse into his life as the heartthrob unravels his real self*

**How were you as a child - mischievous or studious?**

I was a naughty student who gave precedence to sports over studies. In a class of thirty-five, I stood seventh. I was an average student, but very good at sports. I was the captain of the football team, an athletics champion and excelled at javelin and shot put.

**Do you recall any memorable anecdote from school life?**

I had a teacher called Miss Martis, who was very strict. I used to bunk school lunch in third and fourth grade! Once, Miss Martis asked, “Did you go for school lunch?” “Yes,” I replied. She asked me again and I said yes. She knew I was lying, so she gave me a tight slap and asked again, “Did you go for school lunch?” I replied, “No, ma’am.” Years later, when I was out of school and had just finished shooting for Kabul Express and Dhoom, I was lying in the hospital with broken bones. When Miss Martis came to meet me, my first reflex was to sit upright and wish her. Yes, she was very strict but she taught me discipline.

**What is the importance of education in your life?**

My parents always told me that studies are important because they make you a knowledgeable person. They would give me the example of Stephen Hawking, who cannot lift a finger, yet thousands wait impatiently to hear him talk. I took my parents’ advice in earnest and completed my honours in economics. Next, I pursued MBA and stood seventh in the university. I owe my success to my upbringing; it’s a combination of good parenting and great education.

**How did modelling happen?**

I was working for an ad agency at that time. One day, my boss asked me to fill in for a model who did not turn up. I agreed. I was liked and that’s how I got my first commercial

## John’s favourite 5!

**Movie:** Schindler’s List

**Holiday destination:** Lahaul Spiti Valley

**Co-actor:** Abhishek Bachchan

**Dialogue:** From Dhoom—“Hum jo bhi karenge, style mein karenge.”

**Stopover in Delhi:** The Imperial Hotel

for a pair of jeans. Things happened one after the other. I went on to win Gladrags and came second in Manhunt International.

**Was Bollywood a part of your plans?**

Honestly, I never planned to be in Bollywood for I wanted to be the best in modelling, just like Arjun Rampal, Milind Soman or Marc Robinson. But destiny had different plans. One day, Mahesh Bhatt called me and offered me my debut film. After that, I signed Dhoom because I like riding bikes. One thing led to the other and here I am!

**What challenges did you face in your Bollywood journey?**

During my growing up years, I was a pimpled guy. It was a challenge to make myself look presentable with so many pimples on my face. I get pimples even now! The next big challenge was to succeed in the competitive film industry. It was an even bigger challenge to make people believe that I could think, which propelled me to make movies like Vicky Donor and Madras Café. With meaningful cinema, I made a statement of having graduated to the level of a producer. Yet, I totally enjoy acting, the very reason I am doing Hera Pheri 3 and Welcome Back.

**Who is your biggest inspiration?**

My architect dad! He’s the most honest man. He’s never offered or accepted bribe in spite of having faced really difficult days when survival appeared to be a distant dream. My dad has always told me to keep my head high, be honest and never cheat. Somewhere down the line, my brother and I have inherited this trait from our father. If your credibility is in place, you become a role model and not just a model.

**How do you make time for the many social causes that you have taken up?**

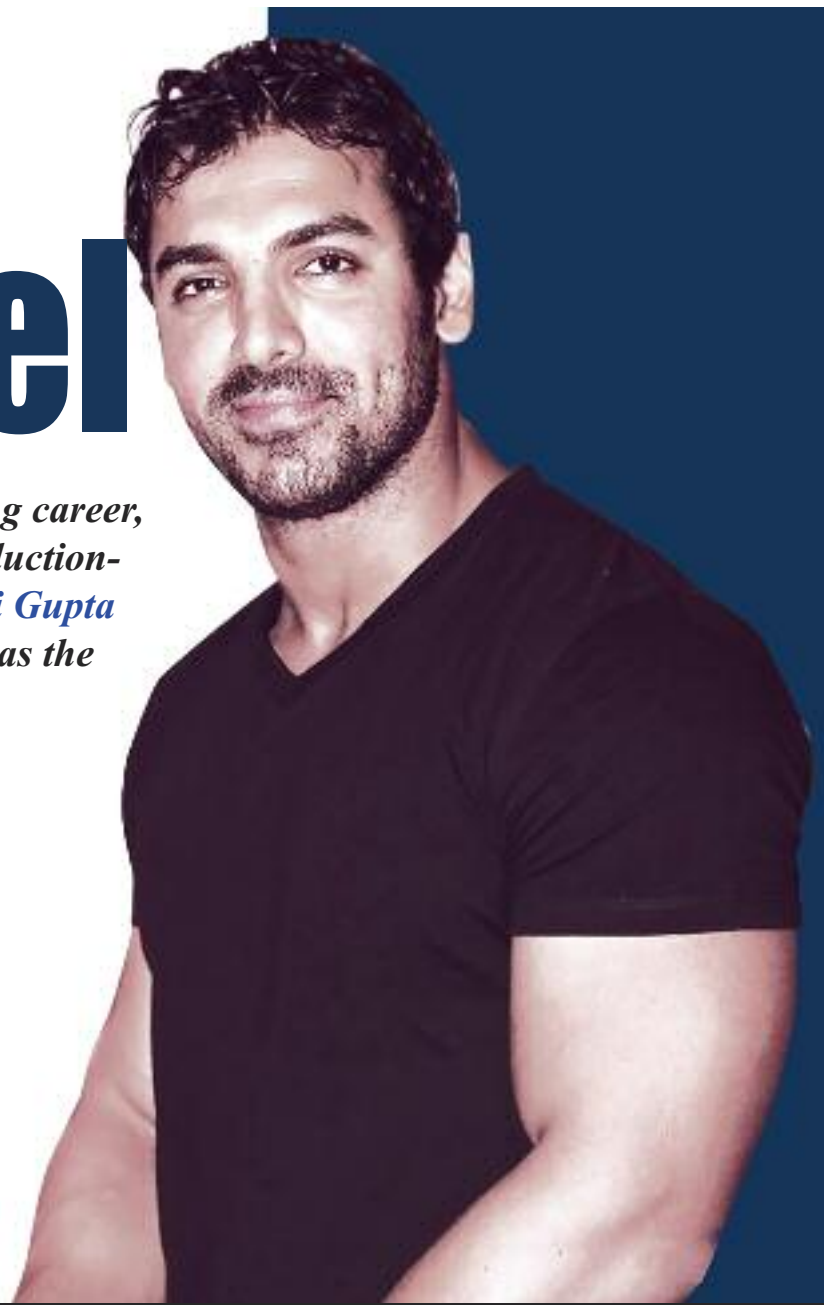
I love these causes, that is why I make time for them. I am passionate about football and animals. I also want to do something about children suffering from cancer. But one person cannot make a change. You require many to bring a change. I’m just trying.

**What is your daily routine like?**

I wake up, work out, I shoot and I eat right. I try to sleep early and wake up early. Usually, I wake up at 4:30 am and sleep by 9:30 pm when I am not shooting late in the night. When I don’t have shooting schedules, I go to office, brainstorm with my production team or my football team. I try to do as much as possible in the available 24 hours. If God gave me 28 or 29 hours, I’d be happier!

**You introduced the trend of fab abs, which quickly caught the fancy of the youth. What is your advice to them?**

My advice to today’s generation is not to imitate actors who have to go through extreme measures to develop a body. Instead, always focus on healthy living. When I was growing up, I saw Rocky and wanted to be like Sylvester Stallone. I started eating 12 bananas in a day, but realised that it isn’t the right way. I finally understood how to do it right and the biggest compliment I got was from Stallone himself, who told me, “This guy is in better shape than I ever was.”



**“My advice to today’s generation is not to imitate actors who have to go through extreme measures to develop a body. Instead, always focus on healthy living.”**

## GT Travels to Somnath Temple



**Dakshita Malik, AIS Noida, III I, flaunts her copy of GT at Somnath Temple, located on the western coast of Gujarat. Also known as ‘Shrine eternal’, the temple is a significant pilgrimage and tourist spot.**

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(LtoR) Shaurya Chopra, Vinayak Seth, Ojaswi & Unmuktman presenting a painting to John Abraham