

Food for thought

“Don’t be discouraged by a failure. It can be a positive experience. Failure is, in a sense, the highway to success, in as much as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterwards carefully avoid.”

John Keats

INSIDE



Property Rights, pg 3



Doc Pills, pg 5



Mr & Miss DT, pg 10

Amit-E-Poll

Ragging is...

A Social Menace

77%

Freshers' Orientation Programme

8%

Tradition

15%

Last updated on 20/08/09

THE GLOBAL TIMES

August 16-31, 2009

Vol. 3, Issue 10

AN AMITY INITIATIVE

New friends, teachers, campus hot-spots, hostels, extra-curriculars, fashion and of course, studies – The Global Times chats up Amity freshers on their views...

Imaging: Pankaj Mallik



Shweta Jain

Over with boards and graduation exams, many a students enter a new campus with their own set of expectations. Fresh arrival Kushboo Sethi, who enrolled in MBA (HR) hails from Rajasthan and says that Amity was a natural choice to pursue this course. “I heard a lot of positive things about this university and its MBA courses, even though it’s a private one. After seeing the campus, I was more than satisfied and took admission.”

Unique courses

Some of the courses offered at Amity are one-of-its-kinds and hence they draw a lot of students from all over India. Richa Maheshwari from Amity School of and Communication (ASCO), a student from Ahmedabad has two years of work experience in journalism and when she decided to do masters, she thought of Amity.

“This was because not even the very renowned institutes offer a degree in masters in this course.” Similarly Tania Sadiq from Jammu had academic reasons to choose Amity University. She informs, “Amity is one of the very few universities that accept MAT scores. In my home state I missed taking CAT. So I only had MAT scores and since MBA placements are good I chose to study here.” MBA Rural management class has freshers from various cities like Bihar, UP, Jamshedpur and Kolkata. Mamta Gupta’s father runs an NGO and after graduation in psychology from DU, she chose to pursue this course to join her father’s NGO.

Hostel, thumbs up!

Air-conditioned hostel rooms with a pantry are a hit with the resident students. Pragya Vaidya, another MBA student feels it’s like coming back home. “I lived

in Delhi moved to Kolkata for some time and came here again. Amity is a good university but the hostel is strict. If we go out then we have to return by 7pm. However, maintaining a discipline like this is important and good for us.”

Safe and sound

Many students agree that security and safety and state-of-the-art infrastructure are other concerns that draw more parents to the Amity Noida campus than themselves. Hosteller Kamna Singh claims that her post graduation degree in MBA HR comes with a full package. “Sports facilities are excellent. We already go for swimming and yoga classes early morning and also have a 24X7 medical room.” B Tech IT fresher Abhinandan chose Amity as it was his father’s decision. “It’s only been two days here and I am still getting acclimatised to this new environment where I have to live in a hostel.”

Mouth watering

While many students complain about non-availability of non-veg fare inside the campus, nevertheless they love the food plaza that has Café Coffee Day and Domino’s besides the regular cafeterias that offer a wide variety of delicacies and nutritious food. A health conscious Aman Ahuja from Punjab has come to study MBA Agriculture and says that his new college has all the facilities expect that he doesn’t see much of fresh fruits around. “We have packed juices and other health stuff but I guess I have to buy fresh fruits from outside the campus. Otherwise the campus is at par with my expectations. Its a hi-tech place and I am going to enjoy my years here. I had visited a Russian University for 15 days during my internship in Graduation. The facilities at Amity University are at par with international standards.”

More on Anti Ragging, pg 5

“It’s not Conditions, but Decisions that decide your future”

Rapid Fire

My Role model:
I admire specific qualities in people.

My favourite sport:
(other than shooting)
Football

A quote I live by:
I CAN!

Favourite book:
Godfather

Favourite pastime:
Watching movies

Favourite holiday destination:
Greece

Olympic winner **Rajyavardhan Singh Rathore** on his achievements, setbacks and life altering moments in a candid tete-e-tete with GT Reporters **Mrida Lakhmani & Arushi (AIS Saket), Sachit Tandon & Satrajit Sahani (AIS Mayur Vihar), Gaurav Mohta & Ritika Mital (AITM, Amity University Noida)**

The career high you received in Athens Olympics was a matter of national pride. What were your immediate thoughts upon winning?
The immediate thoughts were a sense of achievement, a sense of calm. More than excitement, it was the satisfaction of seeing the positive outcome of something I had worked hard for. The joy, happiness

and ecstasy were expressed by other people, I was too tired to react. Everyone was telling me that I didn’t understand the magnitude of my achievement. Others were looking at it as what it meant to the nation as a whole. The sport of shooting requires such concentration and focus that you’ll rarely see participants jumping up with joy.
Define Rajyavardhan Singh Rathore - before & after Olympics.
(He jokes, “How many marks question?”) There’ve been phases in which I can slot my life; the first being 1998 -2002 when I first held a gun and tried my hand at shooting. When I started, I was already the Best Sportsman in the Military Academy. It felt that whatever sport I pick up, I’m good at it! So I

started shooting as well but then this doubt started clouding my mind that maybe I’m jack of all and master of none! That’s when I realised that I must push myself and started reading a lot of books. It was around this time that I received a mail from Anthony Robbins (author and motivational speaker) saying, “It’s not your conditions but your decisions that decide your future.” That changed my mindset; I worked hard and started winning in major international games including 2004 Olympics. Conserving energy and having a positive attitude is what I trained myself rigorously for. However, post 2006, I underwent a series of setbacks that set me down and affected my performance.●

...More on page 8



Green Games

vouch international standards

Sakshi Goel, VIII-A
AIS Gurgaon-43

With the zeal for next year’s Commonwealth Games in the air, preparations for the same are already on at a fast pace! Although Delhi already has many features of a modern urban metro, the Government has taken several steps to improve the city. Since these are the first Commonwealth Games to be held in India, the opening ceremony of which will be at the Jawaharlal Nehru Stadium, everything from transportation to security and tourism is being taken care of. Let’s take stock of the progress so far...

■ Almost 5,500 DDA flats in Vasant Kunj and Jasola are being fully furnished to be operated by the India Tourism Development Corporation (ITDC) to bridge the shortage of rooms for the 2010 commonwealth Games. The flats would be furnished by the ITDC to three star standards spending Rs 4.5 lakh for each flat.

■ A helipad is coming up in Noida. The spot, close to the Greater Noida Expressway, shall allow the residents an easy access to the helipad. It will come up at a distance of 6.5 km away from Amity Chowk and is on the main approach route to the Expressway. Take a helicopter from Noida and reach Agra in 20 minutes or Dehradun

in 35 minutes!

■ A four-lane underground stretch has been proposed from Ring Road to Lodhi, linking the Games Village to the Jawaharlal Nehru Stadium. The Games Village is a new, modern arena being built across the Yamuna bank in East Delhi by DDA.

■ Free accommodation, cutting-edge health facilities, security, a pollution-free environment, entertainment for non-competition times, transportation, and other amenities as well.

■ In preparation for a rush of English-speaking tourists for the Games, the Delhi government is implementing a programme to teach English to low-income individuals who will have to be in

close touch with tourists. This subset includes city cab drivers, waiters, gatemen and service staff. There will also be complete security, trained to handle tourist-related aspects. Despite the current Metro tragedy, E Sreedharan, Managing Director, DMRC, has promised that the ongoing Metro project will be finished before the Games.

Apart from this, India has declared the 2010 games as the ‘Green Games’, and has committed to prevent environmental degradation caused by the Games. Wow! These Games will be a must-watch for everyone, and will meet international standards too!



Hillary’s Conquest

Sara Miller

Perspiring yet full of excitement, hundreds of students, diplomats, foreigners and citizens braved the heat, long queues and traffic jams to reach Delhi University’s Convention Hall. However, whatever discomfort was caused to them vanished the moment they witnessed US Secretary of State, Hillary Clinton beginning to speak. Her lecture was surprisingly simple and it managed to inspire one and all – despite differences of age, nationality or political leanings. The concise yet eloquent speech stressed the importance of ensuring that the fundamental human rights worldwide are not violated for the sake of economic development. Clinton passionately proclaimed that the only way for a nation to realise its full potential is to empower its women. She applauded past political successes of Indian women. She also added that nations all over the world must come together to break the ‘chain of poverty.’ And she reiterated that nations must empower its poor women with education and nutrition in order to help them raise their families. The last segment of her lecture threw light on the immense importance of international teamwork, genuine cultural understanding and the responsibility of world’s youth to bring about positive changes in everything. Clinton then mentioned United States’ keen interest in having dialogues and discussions with India on matters of concern and ended her speech on a very positive note. (The writer was a special invitee at Hillary Clinton’s Talk, on July 20th ‘09, Convention Hall, Delhi University. Sara Miller (below) was in India from June 28 to August 8 to learn Hindi, under a special project sponsored by US State Government hosted by AIS, Noida.) ●



5,500 DDA flats | Helipad | 4-lane link road | Games Village



THE GLOBAL TIMES Brings

Inter Amity



Making a Newspaper

Contest

A good newspaper, I suppose, is a nation talking to itself - Arthur Miller

Get ready to discover the fun of making your own newspaper. Be a reporter, editor, designer for the fortnight edition and sail through the GT awards. Watch out for the special contest issues...

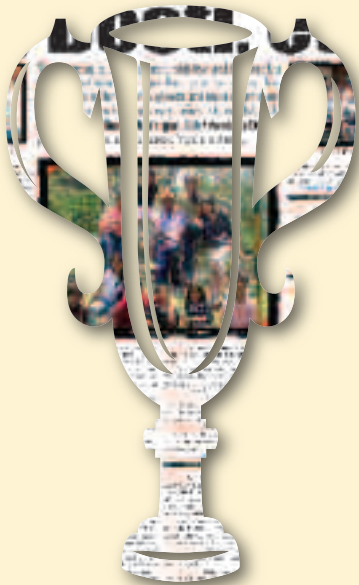
GT Awards

GT School Awards

- GT Best Newspaper Award
- GT Design Award
- GT Headline Award
- GT Best Editing Award

GT Individual Awards

- GT Outstanding Story Award
- GT Best Photographer Award
- GT Best Illustration
- GT Best Graphics



* The Judges Panel to comprise experts from the media.

School	Issue Date
AIS Noida	Sep 16-30, 2009
AIS Mayur Vihar	Oct 1-15, 2009
AIS Vasundhra	Nov 1-15, 2009
AIS Gur, 46	Dec 1-15, 2009
AIS Gur. 43	Jan 1-15, 2010
AIS Saket	Feb 1-15, 2010
AIS Pushp Vihar	March 1-15, 2010

Intellectual property rights

Some other patents India rules

Indian experts in Ayurveda and Yoga and scientists have come together to file patents of 600 yoga postures on India's Traditional Knowledge Digital Library (TKDL).

- Besides, data on 80,000 formulations in Ayurveda, 1,000,000 in Unani and 12,000 in Siddha had already been put in the TKDL, and is being made available in five languages — English, German, French, Spanish and Japanese.
- Internationally patents have been granted for tea, chutneys, soya, coffee, cotton, pepper, cauliflower, turmeric, cabbage, peas, melons, etc.
- There was a case against United States Department of Agriculture and a chemical multinational for filing a patent in Europe for a fungicide derived from the seeds of the neem tree.

But an Indian organisation, Research Foundation for Science, Technology and Ecology filed a case against it and won the case. It stated that the oil from neem has been used traditionally by Indian farmers to prevent fungus. It was neither a novel idea nor was it invented.

India certainly has the potential to make unprecedented breakthroughs in this field.



Imaging: Pankaj Mallik

Ishita Kaushik, VIII-C
AIS, Vasundhra

The words of Dr RA Mashelkar, former chief of CSIR, “Patent and prosper, publish and perish” make me wonder. What is patenting and how does it lead to prosperity?

What is patenting?

The word originates from the Latin word *patere*. It means royal decree granting exclusive rights to a person or organisation. The rights are granted by the patent office of a country – valid only for the same nation. It provides an enforceable legal right to prevent others from exploiting an invention.

How is a patent filed?

A patent application needs to be drafted first and then filed in every respective country wherein the inventor wants to register a patent. It takes 18 months before being published as an application and is granted only after a thorough examination. A patent is not granted to an invention if it is already available with the public either in the form of published literature or common knowledge.

How long it lasts?

A patent lasts for 20 years on regular payment of patent charges, which runs into lakhs. After it expires, it falls into public domain. However, restoration of a patent that lapses due to non-payment of renewal fees can be made within one

year of lapse. Till the validation period, only the patent holder can use the invention for her/his commercial use.

What are the components of a patent application?

The description of the invention is called specification. The complete specification (a provisional specification is filed before it) contains the full description of the invention and the best method of making it work. It comprises of title, field of invention, background, description of related art, drawbacks of prior art, details of preferred embodiments, claims and abstract. The extent of patent protection shall be determined by the terms of the claims.

A Promise Fulfilled Amity files-in 100 Patents

This is story of courage, single minded devotion, determination and vision. It had its designed laid 12 months back when the former President of India visited Amity University in August 6, 2008. Dr Kalam’s visit ignited the minds of youth giving impetus to the scientific innovations and research. Sharing the platform, Dr Ashok K Chauhan, Founder President RBEF promised Dr Kalam that Amity would file 100 patents within one year.

The year gone by witnessed its entire scientific machinery geared towards achieving this mammoth goal. The university abuzz with scientists, researches and academicians drawn from world renowned scientific and research organisations collaborated in unison.

The Promise fulfilled is an investment whose returns lie deep in the future. Today, Amity pioneers the public private partnership in research and technology. The promise fulfilled bears testimony to Amity’s commitment to impact the development and global image of the nation.

Does India grant patent in medicine?

Yes, such patents can be registered. With many path breaking initiatives undertaken in this direction, it is a field to be fully tapped. ●

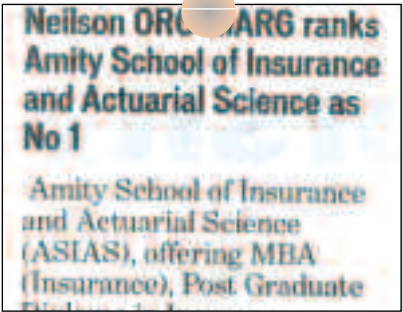
With inputs from Prapti Alok, VIII A AIS Vasundhara

Bank on Insurance & Actuarial sciences

Shweta Jain

After nine years of churning out qualified professionals for the growing insurance sector, Amity Institute of Insurance and Actuarial Science (ASIAS) has got the recognition of being the best in a recent survey conducted by Nielson ORG MARG. ProfRR Grover, Director, ASIAS, claims, “Amity was the first educational institute to have recognised the potential of this industry. Hence we started offering courses in insurance and actuarial science. It began with a post graduation diploma in insurance management and 43 students on the rolls.” By 2003, the institute started imparting

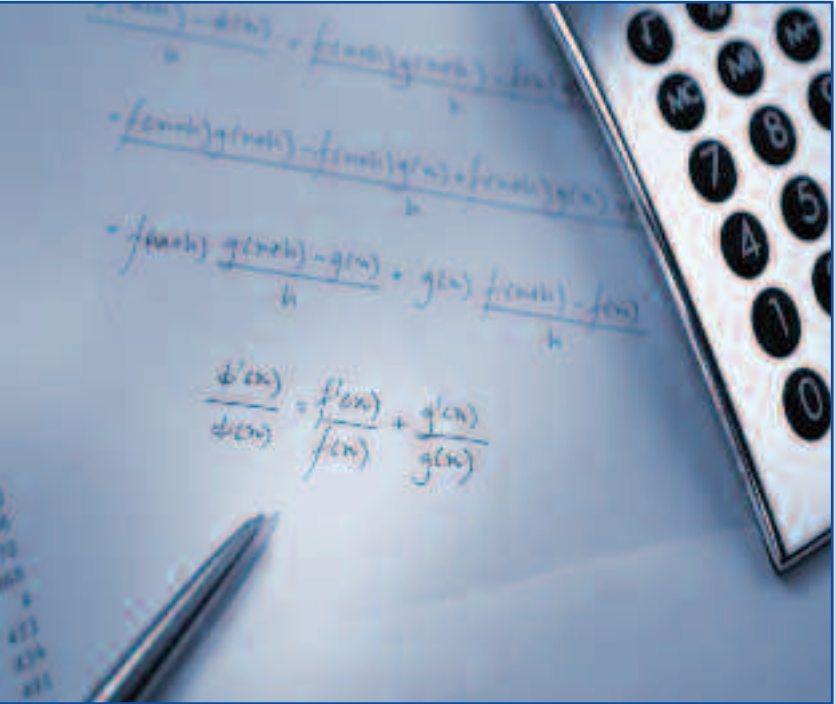
MBA degrees in Insurance and MSc in Actuarial Science. For those who cannot enrol for a full time course, ASIAS also has an option to pursue MBA Insurance part time. In the four masters programme a total of 240 students are taken in. Keeping a track record of 100 per cent placements is no mean achievement. Prof Grover says, “Only this year it was 76 per cent. But in this figure I am not counting those who scored poorly but still got a job. That I don’t consider as an achievement.” Amongst its alumni in all these years, some 40 students have gone abroad on various projects. Some of the major players in the field of insurance visit the campus for job hunting includ-



ing Max New York Life, Bajaj Allianz, General Life Insurance, HDFC, ICICI Lombard, etc.

Interestingly, ASIAS’ students are made to actively participate in its corporate social responsibility (CSR) programme. Here students have formed a cricket society of which 16 insurance companies are paid members. A cricket tournament is held annually and all the proceedings go to the NGO Amitasha – for girl child’s education. Prof Grover informs, “These students also go to old age homes and interact with the members there to understand the importance of savings. This way these youngsters will be able to sell insurance better.”

The institute is the only one to be recognised by the Insurance Regulatory and Development Authority. Prof Grover throws some light on the actuarial science as a career with vast potential. “There’s a huge demand and supply gap. Till year 2000 there were only 5 insurance companies in India, now there are 44. They all need actuaries. And so does banks. The best thing about the course is, you can be from any stream and can still join this course.”●



Pro@Project

Inspired Art



Deeksha with one of her Sunsign works

Shweta Jain

Master of Fine Arts 2nd year student at Amity School of Fine Arts, Deeksha Bhardawaj was given an interesting project by her teacher during summer vacations. Deeksha says, “I was asked to work on abstract theme, right from researching about this art form to finding a good abstract artist and finally imitating her/his work to get a hang of his techniques.” Deeksha who was always drawn to fine arts, says that her work was divided in various stages over six weeks.

“In the first week I had to search everything about abstract art – the what, when, how, where. Then in the next stage I had to identify as many artists working with this medium as possible.” When she jotted down names of nothing less than 200 abstract artists, then the game of selecting one out of them began. “It was pretty time consuming. And finally when I saw

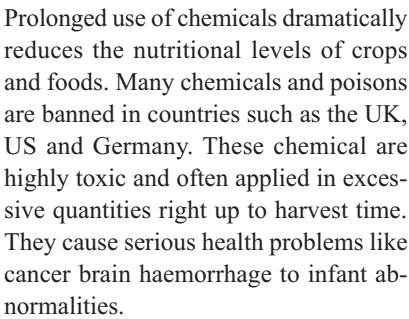
Paul Sinus’s works, I was like that’s it! He produces awe-inspiring stuff and this is what I wanted to imitate. His mix medium combining photography with painting is astonishing. Based on this collection, I have made two canvases, but I have refrained from mix-medium, so there’s no photography in my work.”

The project she informs includes two parts. One was to make a replica of artist’s original, and second was to use his style but produce my own idea on canvas. On being inspired by her father she says confidently, “It was my father who insisted that I pursue a career in fine arts because he himself is very good at drawing and sketching. I wasn’t too keen on academics as such. So he fully supported my aptitude.”

And what will become of her canvases she has painted so far? “Besides this summer project I am working on a series on Sun Signs theme. If I get an opportunity in near future I’ll put up my exhibition to sell my art.”●

Dr P K Gupta

Effect of Chemicals on Health:



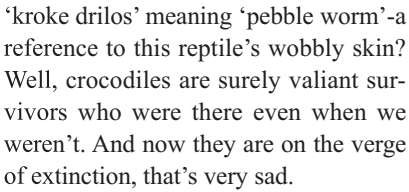
Organic food is better it has a high nu-

trition level and also because there are no chemicals and GMOs used in this farming. While cooking remains same, the meal quality is enhanced as the ingredients are of a higher quality, packed with flavour and nutrition. Besides, an organic diet is free of all poisonous chemicals. The appearance of organic products is better as the colours are brighter and shinier.

The Journal of Complimentary Medicine found that organic food contains higher levels of essential minerals, vitamins and anti oxidants. The relative differences between organic and Non-organic foods is shown in the table above.

Amity Institute of Organic Agriculture,
Amity University Campus Sector-125,
Noida offers various Organic Products
(rice, flour, pulses, cooking oil, honey,
gram, dalia, fruits, turmeric powder etc.)
for your sound health and social life.●
*(The writer is a senior Lecturer & In-
charge, Organic Promotion Program,
Amity Institute of Organic Agriculture,
Amity University Campus, Noida)*

One of the oldest species on the planet, having changed little over the past 80 million years, the Nile crocodile is a born survivor. Though it has suffered from habitat loss and persecution, its future now seems secure—all thanks to international protection. The gigantic creatures have been known to reach up to 6 meters (19.7 ft) in length! Most only reach till 5 meters (16.2 ft). You better stay away from them! Did you know that the word ‘crocodile’ is derived from the Greek phrase



Zoological name: *Crocodylus Niloticus*.
Related Species: 12. **Status:** Endangered. **Population worldwide:** 250-500,000. **Year protected worldwide:** 1970. **Outlook:** Wild population increasing in Africa but declining in rest parts of the world.

Where found: Sub-Saharan Africa, the Nile Basin and Madagascar. ●

Compiled by:
Nishant Saxena
AIS Vasundhara

Keeping track of the increasing swine flu scare, this is a short series to help you take care of yourselves and those around you.

What can I do to protect myself from falling sick?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. The virus can spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

What is the best technique for washing my hands to avoid getting the flu?

- Washing your hands often will help

A photograph of a woman and a man standing indoors. The woman on the left is wearing a white face mask, glasses, and a dark patterned top. The man on the right is smiling and wearing a black t-shirt. They are positioned in front of a large window that looks out onto a green landscape.

protect you from germs. Wash with soap and water or cleaning with alcohol-based hand cleaner.

- When you wash your hands with soap and warm water do it for 15 to 20 seconds. When soap and water are not

available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. Rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs. ●

Tulsi

Botanical Name	: Ocimum sanctum
Family Name	: Labiatae
English Name	: Basil, Sacred Basil,
Holy	: Basil
Common Name	: Tulsi
Used Part	: Leaves, Seeds
Active Principle	: Eugenol, Carvacrol, Methyleugenol

Botanical Description: Numerously branched herb. Leaves are dark green in colour & hairy opposite. Stem purple, hairy, giving out numerous branches. Flowers purplish-pink, small. **Propagation:** Propagated by seeds. It

grows in wide variety of soil and climatic conditions. Well-drained soil, humid weather, long days & high temperature are favorable for good growth. **Uses:** The herb is widely used in cough, cold and fever. It possesses anti fungal, antimicrobial, antiviral, insecticidal, activity.

**Amity Institute of Herbal Research
& Studies (AIHRS)**

GT Question: *How is stone apple useful in Ayurveda?*

Answer: Due to its digestive qualities, *bel sharbat* (drink made of stone apple) is an effective home remedy for diarrhoea and dysentery.

Ujwal Sachdeva
AIS, Saket

‘Hemoglobin’ is a goods train,
Responsible for carrying oxygen.
From lungs through vessel-tracks,
It supplies all organs.
Red colour it gives to blood,
Redness it gives to us.
Made of protein & iron,
It gives us strength & intelligence.
Be it IQ, be it alertness,
Exam performance or matches,
It improves all of them.
Let us know our Hb.

And keep it optimum.
Doctors advice healthy diet,
And keep sickness minimum.
Green vegetables, sprouts & jaggery,
Nuts & non-vegetarian.
Cooking in iron utensils,
Give us lots of iron.
So friends, you will agree,
That Hb is the 'foundation',
Of individual, of society,
And of a healthy nation.
And then you will also agree,
That anaemia is a 'termite',
So let's build a strong nation,
Preventing and treating this 'parasite.'

Combating Peer Pressure

Learn to deal with peer pressure and gain from its positive influence

Sakshi Goel, VIII A
AIS, Gurgaon - 43

Peer pressure is the key factor affecting adolescents of Gen Y. It is a term describing the pressure exerted by a peer group in encouraging persons to change their attitude and be-

haviour and conform to, for the group's actions, fashion and dress sense, taste in music and television, and outlook in life. Peer pressure can be both good and bad. The most common peer pressures today are being jealous of other's gadgets, their fashion sense and cool outlooks, and the peers' freedom.

Positive Peer Pressure: Good peer pressure pushes us into something that we were unable to do, something we just couldn't cross our mind into. From this, we can learn something totally new; we can overcome our fear and build self-confidence. It helps us in making friends, in socialising and making the

right choices.
Negative peer pressure: Bad peer pressure is what pushes us into something that we didn't want to do, but still did to be accepted by our peers, as they said that we should. It leads to trouble with law, with parents, and also affects our health. Apart from this, threats and punishments by parents put additional pressure on teens.

It ultimately leads to drinking, smoking, drug intakes, and affairs. It results in low self-esteem, lack of self-confidence, fear of one's peers, close bonds with bullies, poor academic performance, etc.

Learn to say 'No': To handle peer pressure, the first thing to be done is to learn to say the word 'NO' to fellow friends for something that we find unacceptable or uncomfortable. Although some people may not like you refusing them and you might lose some friends, the decision lies in your hands-you need to fight for your rights. However, to combat it, one must never start bullying to fit in the picture.

Talk to someone whom you trust - if not your parents. So buck up people! Try and abstain from this, and trust me, you will be better off!●



Anti Ragging

Students at Amity University are happy about not being ragged. The strict anti-ragging discipline has left many seniors scared to go after their juniors. At the same time, freshers like participating in rituals of *havan* and *pooja* that are a part of their orientation. Sakshi Chana a student of MA Advertising & Marketing Management has come from Coimbatore because she says this is the only university that offers a regular degree course in her subject and anti-ragging rule adds to my study experience. Talia Labi from Kashmir believes, "The MBA HR faculty is good and I've very helpful seniors. I like not being ragged. Though it restricts communication with seniors a bit, as we approach them in the first place."●



We need a sympathetic heart and a receptive ear

Ruhi Kumar, XI D, AIS Noida

The TRPs of *Sach ka Samna* are on a rise. Yet when it comes to confessing the truth before parents, most teens today still feel scared. This is either because they are afraid of a confrontation or they are not ready to listen to their answers. And all this arises because they firmly believe that their parents won't understand anything. It is wrong to generalise that all teens would respond to a situation in a similar way. Their response is governed by the situation and circumstances that they experience in their lifetime. The adults who have lived their life often try to undo the mistakes they made in their child. They try to live their unfulfilled dreams through their child's life. What they need to understand and accept is that the teens need their own space. Allow



them to make mistakes and learn from the same. We need to be watched and guided, not protected at every single step. We require our independence, so that when we move on to college, we are able to manage our lives without any pressure and stress. As we grow up, independence is an experience we need to acquire in installments so that when we are suddenly independent of curfews and set schedules, we know what to do and are not completely lost. Parents need to listen. Yes, it is true they were also kids and teens, but they are grown up adults now. They need to accept and adjust themselves with the changing milieu. They might be able to sympathise with us but they cannot empathise. We can, in no way, close the generation gap. However we can always make an effort to reduce the gap. All we need is a sympathetic heart and a receptive ear.

Tips to maintain healthy teeth



Dr. Geetika Sharma
Dentist

Do you remember your mother teaching you how to brush your teeth at one year of age? Most of you will say 'NO.' Parents usually are concerned with different milestones of children but neglect oral cavity whose development starts in the womb of the mother. According to the dental surveillance, 50% of the children under 5 years of age have carious teeth because they are

Doc Pills |

more prone to junk food than healthy food.

10 Vital Tips for keeping your teeth healthy:

- Drink plenty of water. Gargle with water after every meal. Chew sugar free gums. Try Orbit, it is sugarless.
- Always brush 10 minutes after you take acidic aerated drinks like Pepsi, Coca cola, etc.
- Brush every morning and night. Eat food rich in vitamins.
- Avoid junk food as it leads to staining and cavities. Floss as and when you get time.
- Use only IDA (Indian Dental Association) approved tooth pastes.
- Use a tongue scraper for added benefit and fresh breath
- Last of all, visit your dentist every six months.●

(Author is mother of Mrinal Sharma, II-C, AIS, Mayur Vihar)



The land of Lord Shiva



Abhimanyu Verma, XI-F
AIS Noida

Every year, I sojourn to Kathmandu, Nepal, the home of my maternal grandparents or *mamaghar* as the local lingo suggests. That's when I go for the ritual *darshan* at the Pashupatinath Temple. It is best to go to the temple by car or taxi. Getting to Kathmandu takes an hour and 20 minutes by several international carriers from New Delhi's IGI Terminal II. Pashupatinath temple, with its Pagoda style of architecture, is the most holiest Hindu shrine, housing the sacred deity, Shiva. The temple is located on the banks of the Bagmati river. Today, it has been declared as a UNESCO World Cultural Heritage Site. Only believers in Pashupatinath (mainly Hindus) are allowed to enter the temple premises. The two level roofs are of copper with gold

covering. It has four main doors, all covered with silver sheets. The western door has a statue of large bull or Nandi, again covered in gold. The deity is of black stone, about 6 feet in height and circumference. Mythology states, a bored Lord Shiva, went in search of a place to escape to, when he discovered the enchanting Kathmandu Valley. There he gained fame as Pashupati, Lord of the Animals. He disguised himself as a majestic deer and refused to help the other Gods, so Lord Vishnu

Travel Desk

shattered his horns. Vishnu established a temple and used the broken horns to form a *linga*. The temple was buried and forgotten until a cow, secretly sprinkled her milk over the mound. The cow herders found the lost *linga* and built a temple in reverence. Legend also has it that Shiva again returned to the valley as a Kirati hunter. Par-

vati, his wife, followed him disguised as a beautiful huntress. Shiva tried to seduce her, discovered who she was and returned home shamefully. The unique feature of this temple is that only four priests can touch the idol. The Brahmin priests are always from South India. This tradition was started by Sage Shankaracharya in the 6th century, to stop the prevalent human sacrifices. Shivaratri, 'The night of Lord Shiva,' is the most important festival celebrated in this temple.

This year, Pashupatinath temple has generated fresh controversy. In January 2009, after the forced resignation by the chief priest of Pashupatinath temple, the Maoist-led Nepalese government hand picked Nepalese priests. This appointment was contested by the Bhandaris of the temple and overruled by Supreme Court of Nepal, leading to nationwide protest. However, after dissatisfaction was expressed by many, the government promptly reverted its decision and reinstated Indian priests.●

Educating Humanity

"Humanity needs practical men, who get the most out of their work, and, without forgetting the general good, safeguard their own interests. But humanity also needs dreamers, for whom the disinterested development of an enterprise is so captivating that it becomes impossible for them to devote their care to their own material profit."

Curie, Marie



Dr. Amita Chauhan
Chairperson

Today I am reminded of the views of former President Dr Abdul Kalam when he visited the Amity campus for the valedictory function of Vasudha, Amity's national science contest, that marked the first level initiative in the history of 16 years of National Children Science Congress. Sharing thoughts from the lives of great scientists, he outlined three important characteristics essential for nurturing world class scientists i.e. values of natural curiosity, scientific temperament and creativity besides having an aim in life, continuously acquiring knowledge, hard work and perseverance. The activities designed for Amitians at school level, be it Vasudha, Mathematy or Geomaty provide to develop these qualities. Every activity, based on intensive research work under the guidance of experts are showcased extensively for expert viewing. As students move from school to university, their scientific temperament is further developed. I feel proud to share that under the guidance of our Founder President, Amity Universe has facilitated several research initiatives. Within a span of one year, over 100 patents have been filed-in. We are all dreamers. But if you have the vision, this dream can be reality. With a little organised effort, humanistic goals and enterprise, Amity promises to turn them into reality.●

Pandemic warfare

In 1918, children would skip rope to the rhyme:
*I had a little bird / Its name was Enza.
I opened the window / And in-flu-enza..*



Vira Sharma

The influenza pandemic in 1918-19 is estimated to have killed 40-50 million people worldwide, approximately close to 5% of the population. Diseases caused by viral infections have plagued the world from time to time. They vary from less harmful ones as chicken pox and cold sores to serious ones as Aids, Avian influenza and Ebola that required to be tackled with international effort. Virals, in some form or the other, have continued to claim many lives. Realizing the need to tackle the issue with international co-operation, United Nations identified infectious diseases as one of the ten threats alongwith Terrorism, Poverty, Environmental degradation , Inter-state war , Civil war, Genocide, etc. Alarming headlines, public warnings, posters and boosters....the war against this pandemic is in full swing. But, the pandemic persists. First it was the bird flu, then dengue and now comes the H1N1. Every time, I leave my son to the bus-stop, there is a fear. Everyday when my husband leaves for office, there is a scare. As I watch hundreds of commuters jostle in buses and metros, I can feel the virus silently stalking its next victim. Do we stop living? The 2009 mantra hums...
*It's just a virus
Be cautious and not hyper
Eject Ignorance & Paranoia
Load-in Education
Install Protection
Delete the Flu
Awareness is the funda.●*

Printed by: HT Media Ltd, B-2, Sec 63, Noida (UP).
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.

The world, then and today



S. Siddharth
AIS Gurgaon- 46

"I wish it were winter," I said. "It would be nice with the temperature lingering around 22 degrees Celsius instead of this hot summer with temperatures around 55 degrees Celsius." "When I was your age, the temperature used to fall down to 5 degrees Celsius in winter," said my grandmother, smiling. It is May 23 in the year 2049, and my grandparents have come over. I am a ten-year-old boy. My grandparents and I am sitting at the dining table and my mother is cooking. "Mother, can you please give me water? I'm feeling very thirsty." I asked. "Not so frequently, son," said my mother. "You know that you're allowed water only once in four hours, presumably after each meal." I can't understand why I can't drink water as much as my grandparents did when they were children like me. "There wasn't water shortage then, as we have now," said my mother. "And why is there water shortage, now?" I demanded. "When I was born in 1980, there was no water shortage. TVs had just then started to gain importance. In fact when I was born, there was no TV in our house. We bought a TV a few years later. Air Conditioners were there only in a few houses. When I was around three or four years of age, I started playing on the road." "Do you mean to say that you did not play video games?" I asked, shocked. "Video games had just started to gain fame," said my Grandfather. "But it was not as important as it is now. When I was six, I joined school." "Did you join the kindergarten only then?" I inquired. "No, no. I joined the 1st standard at that time. My teachers said that one of the reasons why the days became hotter was because of the latest technologies." "What has that got to do with the increase in temperature?" I asked, puzzled. "Due to these technologies, many factories and buildings were built," said my Grandfather. "To build factories, land was required and people cut off trees to fulfill this requirement. Now, when you draw a factory, how do you draw it?" "I draw a long chimney from which smoke is coming out," I said, puzzled by the question. "We draw factories with long chimneys which emit smoke because that is what they do. Now do you know what the smoke consists of?" "No," I replied. "The smoke emits carbon dioxide. You know that trees need carbon dioxide for the preparation of food. Now, if there were trees, they would use up all the carbon dioxide. But as the trees are getting cut, the carbon dioxide is getting accumulated due to which it is getting hotter," he said. "I see," I said slowly. "But I still can't understand how this water shortage



is created." "Potable water i.e. water fit for drinking is limited," said my grandfather. Due to the growing heat, the water from lakes, rivers, seas and oceans is getting evaporated. This is known as Global Warming. Hence, the water shortage." "And no scientist foresaw this?" I asked furiously. "Scientists did foresee this and warned us too. But nobody paid much attention to this warning. And the result of all this is what we are all facing now," said he. "So, is it possible to go back to those days? I mean, can we solve this problem?" I asked, hopefully. "Of course, it is possible; the only problem is that

everyone should take this matter seriously and try to work upon it", said my grandfather. "We should reduce the usage of electricity as that would reduce the emission of gases. And we should plant more trees." The next day was a Saturday, and as my father was usually not working on Saturdays, we decided to go to Agra. We visited the Taj Mahal. That was the first time I had ever been there, so I was very excited. Of course, I had seen many pictures of it before, but seeing it in reality is very exciting. When I saw the Taj Mahal, I observed it carefully and asked my father "Isn't there something extra in the photographs of Taj Mahal that is actually not there?" "Ah, so you have noticed", answered my father. "Indeed, you are observant. There is nothing extra in the photographs of Taj Mahal; and yet something is missing which was here forty years ago. The river Yamuna is missing. It has dried up now."

Is all this real or I am dreaming? Thank goodness it's just a dream for it cannot go on like this. Due to global warming, natural beauty was fading. Who knows, maybe in another few years, there might be no person on this Earth as there might be no water and water is essential for our survival. I pondered over the situation day and night, and finally came to a conclusion. If nobody begins to start taking action against this calamity, then I will. I'd call upon my friends and form a group. We'll plant trees wherever land is available. But can just a bunch of guys make a difference? Certainly, we can. After all, somebody has to make a start. I acted upon this idea. I called upon my friends and we started planting trees here and there. When we went out of town for school projects, we encouraged the people around us to plant more trees and now we have taken the ultimate step; that of writing a book. Yes friends. We are writing this book not for the sake of writing a story, but to encourage my readers to take action on this mammoth problem. Together, we can make a huge difference. So, let us work together to go back to those good old days when there was enough water for everyone and when the weather was pleasant i.e. not too hot nor too cold. After all, "Old is Gold."●

(The essay secured 2nd position in the story writing competition titled "Global Warming" held by PRAYAS for the theme "Plant an Idea")



Times. My favourite page is The Big Story (Page 7) since it offers a complete low down on different topics. The Teen Diary offers a great range of experiences that have been shared by the students. Reading The Global Times is now my hobby.

Archita Goyal, X A,
AIS Mayur Vihar

The Global times Vol 3, Issue 8 had lots of interesting information. The article about Racism was really impressive and it has made Amitians believe that discrimination on the basis of colour is not justified. The monsoon articles were the right choice and it told us about how to stay trendy and healthy in monsoon season. The characters Zoo-Zoo, Chote-Bade were really cute and this article was liked by all my friends and classmates. I also want to thank you for sending me the prize for 'Know your GT-10.'

Sheffi Tiwari, VII C, AIS Gur- 46
I am an avid reader of your newspaper and enjoy reading the various issues covered. I especially enjoy the column written by our Chairperson. I find this newspaper an important medium to convey facts, emotions, knowledge and humour. It truly abides by our school motto "where modernity blends with traditions". Kudos to The Global Times.

Partha Haldia, IX A, AIS MV
It gives me immense pleasure to be a part of the newspaper that involves a complete knowledge of how to hone up our personality and be at par with the latest buzz around the world. I personally love to read the paper. I always ensure to take part in the contests organised by The Global

I am a regular reader of all the editions of this fortnightly newspaper. Though all the pages feature columns interesting stories, what I like the most are sports, College Campus and Wassup. However, I would like to add that the sports column should feature the ensuing international events.

Vineet Arora, XI A, AIS Saket

I am a big fan of Global Times. I eagerly wait for each edition and I read it as soon as I get it. I specially like reading the Big Story. I also like the sports section which is really worth reading. I feel that Global Times is already a packed newspaper and it does not require any more articles. However some crosswords, puzzles and more comics would make it more attractive.

Oishee Bhattacharyya,
IX-B, AIS Gur-46

I am a regular reader of your paper and even get inspired by many of them. The articles on global issues are really inspiring and needed to be praised. My favorite is 'sports page' as it gives me a lot of information on many sports events. From this column I come to know about the personal and professional lives of many great sportspersons.

Ateek Singh, IX-A, AIS Gur-43

Ignorance is bliss

Vasudha Singh, XI – G AIS Saket

Ignorance is bliss and education is not doing anything to teach otherwise. There is no proper training of crisis management as to how should a responsible citizen react. No basic evacuation techniques, self-defense tactics, strength of character, selflessness and presence of mind are incorporated in the students. There has been a lot of debate about including survival skills against man-made hazards in our courses since long but it has always been deleted by some communists, who state the reason that this kind of curriculum will have quite a negative impact on the children. The only impact it is going to have on students is that they will stop blaming others and learn to take up responsibility. An impact of that kind should surely be harnessed.

There should be compulsory drills and practice sessions ensuring the protection of each mind against the terror. Students may initially resent it but later these skills will help them come out of dire situations. It is high time that we accept these situations as a part of our life and we should learn to protect ourselves from what is out there - the attack that threatens to put us at unease and our false sense of security. It is time to come out of our cocoon and embrace the responsibility our nation seeks from us. Let us show her that Chacha Nehru and Gandhiji weren't her only sons but we are worthy of her too. India is what makes me all that I am.●

Pearls of wisdom

- Weak can never forgive. Forgiveness is the attribute of the strong.
Rabindranath Tagore
- Always forgive your enemies – nothing annoys them so much.
Oscar Wilde
- The real test of power is not capacity to make war but capacity to prevent it and forgive your enemy.
Anne O Hare Mo Cormick
- A man may die, nations may rise and fall, but an idea lives on. Ideas have endurance without death. So

- one need to forgive other to broaden ideas.
John F Kennedy
- To learn to forgive one needs to learn old ABC – ability, big heart and courage.
Charles Luckman
- To forgive is to set a prisoner free and discover that the prisoner was you.
Lewis B. Smedes
Akansha Mathur
VIII C, AIS Mayur Vihar

Is Potter magic evanescent as the dawn breaks the Twilight?

Kanchan Joneja
IX-J, AIS Noida

“He went down for breakfast the next morning to find the three Dursleys already sitting around the kitchen table. In a zap of a moment, hundreds of letters started pouring in from the fireplace and the door slit, incidentally delivered by owls. He picked one up from the floor to see the red seal of Hogwarts, a smile spread from ear to ear.”

Sounds familiar? Yes it is indeed what you’re thinking of... Harry Potter-The Chosen One.

As we slipped into a new year, the number of Potter fans waiting fervently outside bookstores increased. Whether it is our PC wallpaper, our stationery or our very own pillow ‘The Boy Who Lived’ ruled our world. Right from the very beginning, when JK Rowling wrote ‘The Philosopher’s Stone,’ the craze for this ground-breaking novel spread like wild fire across the globe. Ever since, every book of the series has been coming back with a bang.

When the last book of the fantasy series was released in 2007, it was hard to ignore the immense number of children, teens as well as adults burying their noses in it, reading obsessively. The factor that keeps every one hooked on is Rowling’s writing style which is so captivating.

THE DEATHLY HALLOWS: Apparently Rowling’s decision to

end the series with the 7th book *Deathly Hallows* met with world-wide disappointment and despair. But as it is well known, all good things come to an end. Through out the series of unfolding events, the last book *Deathly Hallows* showcased a very predictable ending – a happily ever after! But then we are all accustomed to such a climax for no one wants a sad one, that too for Harry Potter! Rowling stated that she could not change the ending even if she wanted. “These books have been plotted for such a long time, that they’re all leading to a certain direction. So, I really can’t.” She also commented that the final volume related closely to the previous book in the series, *Harry Potter and the Half-Blood Prince*, “Almost as though they are two halves of the same novel.”

THE 6TH MOVIE: With the release of a new movie each summer, the fans would be booking their tickets two months in advance. Such was the enthusiasm. Moreover as the series ended last year, the much awaited 6th movie that released this July awaited the same gusto.

It was unbelievable that just in the first 5 days *Harry Potter and the Half-Blood Prince* generated \$159.7 million in sales in US and Canadian theatres itself. Good news for all Potter fans is that the 7th movie is going to be filmed in two halves for everyone to relish all details deeply, as the series ends. Part I is slated for release on 19 November 2010, and Part II on 15 July 2011. Now that’s some good news for Potter fans.

TWILIGHT AND HARRY POTTER: Living in the Muggle World, we all were used to spells like ‘Petrificus Totalus,’ the amazing game of Quidditch [imagining the Firebolt chasing the golden snitch], chocolate frogs, subjects like Defence against the Dark Arts and the various kinds of potions and magic wands. But it seemed that at the end of the horizon, we could see the breaking of a dawn, but the question is whether it would really brighten up the gloom as Rowling ends her series?

Last year, the *Twilight* saga was such a rage among teenagers all over the globe that some might think it would surpass the Potter glory. But even though the *Twilight* series has been phenomenal selling 53 million copies worldwide, whereas Harry Potter has sold more than 400 million copies, I believe that it would not do justice to compare the two awesome novel series.●

Movie Review

Harshita, AIS 43 Gurgaon

In July 2009, the magical world of Harry Potter returned with an all new movie, much to the delight of the fans of the young wizard across the globe. But what is all the crazy hype about? Read on to find out. The film in reference to the book, begins on a happy note, by Harry receiving an owl which brings up his O.W.L (Ordinary Wizarding Levels) results which are fairly good and make him relieved. He is also made the Quidditch Captain for Gryffindor. But soon the tightening grip of Lord Voldemort on both the magic and the Muggle world pops Harry’s happiness like a soap bubble. Hogwarts is no longer the safe haven it once was. Harry suspects that dangers may even lie within the castle, but Dumbledore is more intent upon preparing him for the final battle that he knows is fast approaching. Together they work to find the key to unlock Voldemort’s defenses and, to this end, Dumbledore recruits his old friend and colleague, the well-connected and unsuspecting Professor Horace Slug horn, whom he believes holds crucial information, who turns out to be an important key in conquering Lord Voldemort for temporary peace and harmony. The film ends on a shocking note, which I think you all must wait to find out!

Ruchismita Bhattacharjee of AIS Vasundhra saw the movie right after its release. She says, “I liked *The Half Blood Prince* quite a lot. It is a must watch film for all. Whether you are a Harry Potter fan or not, watch it for the romance, comedy and adventure and the fantabulous performances by Daniel Radcliffe, Emma Watson and Rupert Grint!”●

Wands vs Fangs

Asmita Singh & Sanobar Khan, IX-J
AIS, Noida

Meyer’s *Lion Who Fell in Love with the Lamb* or Rowling’s *Boy Who Lived*, which one do you prefer? We love them both. Both the series have great plots, are terrifically-written and very gripping. Their characters seem real and move you. They are both bestsellers, and their movies are blockbuster hits. It is not appropriate to make judgments based on comparison between the two as they have very different plots, which means that the main topic of comparison between them is their authors.

The theme:

- According to Rowling, the major theme in the series is death: “My books open with the death of Harry Potter’s parents. There is Voldemort’s obsession with conquering death and immortality.
- The major theme in Stephenie’s series is love. The story is about a girl who falls deeply in love with a dangerous vampire.

Origin:

- Rowling spent ten years plotting the story of her series including the 7 books.
- Meyer dreamt the famous ‘Meadow Scene’ from twilight and felt compelled towards starting a book which further went on to become a saga of 4 books.

Caters to:

- Rowling’s books appeal to people of all ages, from children to adults.
- Meyer’s books are not really recommended for children neither are they liked by boys.

Writing styles:

- Rowling puts a lot of mystery in her books and is

able to take readers by surprise very often. Since her aim was to publish the books, her writing has a professional edge to it.

- Since Meyer’s aim in the beginning was to write the book for personal entertainment; her writing style is more easy to understand yet interesting.

Sub-themes:

- Rowling’s books comprise many other themes, such as abuse of power, love, prejudice, and free choice they are, as Rowling states “deeply entrenched in the whole plot.”
- Meyer has exactly done the opposite and written the whole series based mainly on these themes (power, abuse of power, love, prejudice and free choice).

Fiction Vs fact:

- Besides the characters, the places around which the story is spun and all the small details such as the Flying Car and Hogwarts etc. are also fiction. Rowling literally creates a new world.
- The places around which Meyer’s story is set are real along with some other details like Forks or The Quileute Reservation and the characters are also derived from well-known myths.

Intriguing:

- The most exciting thing that Rowling introduced in her books was the game of Quidditch about which every child was found fanaticizing.
- The biggest thing in Meyer’s books was that she changed the image of vampires to a great extent. These were vampires without fangs, heartbreakingly beautiful, vegetarian, impossibly fast and strong and did not burn in the sunlight but sparkled.

Views:

- Some newspapers such as The Scotsman said that

Harry Potter Series had ‘All the makings of a classic’ and called it ‘Magic Stuff.’

- Many people think that Meyer’s writing is underdeveloped but that is only because she is a newcomer in the world of authors and is not as experienced.

Addressing readers:

- Rowling writes her books in the third person which though does not stop us from being engrossed in it, somehow makes it difficult to accept all the thoughts of the characters the way we would have of Bella in the *Twilight* Saga.
- Meyer writes her books in the first person that makes it easier to accept her prose because you think of it as Bella’s thoughts.

Characters:

- The background of each character is so ingenious and deep that Rowling could write a book on each.
- In Meyer’s book only the two main characters have been laid emphasis on and thought upon, as far as their background is concerned. The others have a vague or simple origin. ●



Self belief and focus make a good sportsman



...continued from Pg 1
Please shed some light on your practice regimen.
I wake up at least 3 hours prior to my practice schedule which generally begins at 9 am. I kick start my day with a light, healthy breakfast and practice till 2pm. My practice generally consists of training exercises like aiming, triggering, holding and focusing, one at a time. The afternoons are relaxed. I prefer reading a book or catching a movie. Around 5 pm, I begin my gymming which takes care of my muscle training. An early nutritious dinner followed by an evening stroll sees the end of my day. And I don't forget to meditate before hitting the bed!
With the official duties that go with an

army career, how has it affected your love for the sport?
It is difficult to have your legs in two boats - I started my army career in Kashmir in 1994-96. Having to live in different cities devoid of material comforts, I realised the sportsman within me. Being an army man, I also had the option of being a golfer and was also in the army team but there were two flying targets in my life - shooting, which thrilled me or pushing my army career. I was lucky to be in a career that allowed me the freedom to pursue my favourite sport.
What are the essential qualities required for a shooter? How does this sport enhance one's personality?
For a sport like shooting, one needs to

be able to control one's emotions; have positive outlook and good concentration power. Self belief, continuous practice and most importantly, focus help one become a good sportsman.
India has had a winning edge in shooting, in 2004 (you) and now in 2008 (Bindra), do you think Indians have an eye for shooting vis-à-vis other countries?
Indians are very good in skill based sports. We were the undisputed hockey champions and we are the best in chess. Indians are also good in snooker and billiards. Power and speed, to some extent, is because of genes. An event like shooting requires skill, determination and concentration, which we Indians have

Rajya Mantras

Use and reflect positive energy:
There's an enormous amount of energy in all of us which is spent reacting to different stimuli around us. For eg, when someone says something bad about us, the first reaction is to get back at him; that takes energy out of us. The other option is to ignore it and walk away, obviously that takes away energy as you forcibly control yourself, but you save a bit of energy there. If you don't even encounter an unpleasant situation like that, you save a lot of energy. So it's important to avoid negative people and situations. I learnt to think positive and surround myself with positive things to conserve my energy.

Visualisation: It's a technique through which helps you train your mind and nerves. On the night before an important event (eg. Exams), close your eyes and visualise yourself doing the task. If it's an exam, think about the entire sequence of events beginning from waking up, getting ready, taking your I Card and writing the paper. (In my case, before a shooting event, I would visualise the hits and misses, the referee's comments and my own reactions to them.) That way, you've already been there, done that in your mind. It prepares you for the event even better.

enough of.
With two Olympic medals, what has Indian government done to boost this sport?
I think the Indian Government has definitely brought about certain changes. A decade ago, there were barely a couple of shooting ranges and there wasn't much craze among people as well. Today, across the country you find as many as over 25 ranges with an ever-increasing membership. Of course, we need to come up with even more shooting clubs that allow the members to come and practice the sport; this can only be achieved if the government takes up the responsibility.
The countdown for Commonwealth has already begun. With the current scenario of traffic jams, security lapses and unmet deadlines, do you think India is ready to host an international event of that stature?
Right now the nation's prestige is on stake, I'm sure we will be able to pull it

off. It is known that India does things at the 11th hour. Given India's wealth, I believe we can host ten simultaneous commonwealth games.
Which events are you preparing for now?
The year 2010 has a lot in store: Commonwealth Games, Asian Games and a couple of more competitions. I will start my preparations for them very shortly.
You are looked up as a Youth Icon, what is your message for the youth?
At this point of time, I feel that if I were you I would have changed this world with the kind of learning experience I've undergone. If all of you are able to learn at this stage what I have learnt over the years, then the world's yours. Each one of you should learn how to communicate both verbally and in writing. It's very important to know and speak your mind, how to enjoy life, how to make good friends, maintain a good reputation and most importantly, one should know how to conserve energy. ●

Bend it like Amitians



Tulika Banerji

“Some people think football is a matter of life and death. I assure you, it's much more serious than that,” said Bill Shankly, Britain's most respected footballer and manager. That speaks volumes of the affinity

youngsters all over the world have for football. To tap the potential of young football aficionados, Amity United Football Club (AUFC) and Indian Nationals Football Club (INFC) organised an eight-day fully residential summer camp at the picturesque Amity Education Valley campus at Manesar. The camp, held under the tutelage of Mr Aseem

Chauhan, President AUFC and INFC and guidance of Chief Coach AUFC Mr Rohit Parasher, Chief Coach INFC Mr O Bernard and Manager & Coach Mr Hansraj, was an out and out success. Approximately 60 students from various schools in Delhi/NCR including Amity, St Columbus, Modern School, Pathways International, GD Goenka, etc. participated in the camp. Coach Mr Hansraj informs, “The day began at 5 am with yoga and warming up exercises followed by training. From 10am to 12:30pm were theoretical classes, aimed to provide a sound base to the game. The regime had other interesting activities like rock climbing, visit to the herbal garden, indoor and outdoor games, and TV time.” Students who attended the camp were mighty pleased. “You get to learn many sports nuances from expert coaches. The food is sumptuous, fresh from the farms. And then, the freedom to be away from the parents!” exclaimed Amol (class VI) of AIS Pushp Vihar. Chaitanya of Cambridge School Noida claims, “I learnt new skills like passing the ball at others in the right position and working in groups with friends.” The icing on the cake was a Camp organised in association with Magic of Football Club held at Amity University, Noida on the last day where the participants got to learn the fine nuances of the game from celebrities like Sunil Chettri, Vice Captain of Indian Football Team and Rahul Bose, actor and avid Rugby enthusiast. ●



The world's best loved sport

My favourite game

Amlaan Kumar
VI F, AIS Noida

My favourite game is football. It's generally played outdoors. Two teams, comprising 11 players each, are pitted against other and they try to control the ball. Whichever team scores more goals against it's opponent wins the game. I like the game because it is all about technique, control, concentration and stamina. It's played for 90 minutes. There is a break after 45 minutes. It's a game about mind-feet coordination. Whoever is able to blend the two perfectly is the master of the game. The game is played all across the world. But

it's more popular in Europe and South America. Now, even Africa is catching up with the sport. There is a difference between European and South American football. While the latter is more about flair, artistry and attack, European football is more physical and defensive. Brazil, in South America has won the maximum World Cups – 5. Neighbouring Argentina has won it twice. My favourite player is an Argentine – Lionel Messi, known as the Golden Boy of football. This 21-year-old also plays for FC Barcelona. He was voted as the second best player of the world last year and is tipped to win the award this year. He helped his club win the Champions league and Spanish Primera Liga this season. ●

A True Friend

Sanjana Singh
V B, AIS Saket

This is a story about a girl named Sinduja who was eight-year-old. She was a very fussy eater. She was a nice child quite intelligent for her age. One day her mother gave her curd rice which she hated. She refused to have it and started crying. Her father came and said, “Take a mouthful of it, Sinduja just for my sake.”


"Okay dad, but if I finish the entire curd rice; will you give me whatever I ask for," replied Sinduja. Her father agreed to it. After finishing her meal she said to her father, "Dad, I want my hair to be shaved today." Her father was shocked to hear it and asked her to change her opinion. She refused his suggestion and was adamant on her decision. The next day she went to her school with her clean shaven head. Just then a

boy came shouting, "Sinduja wait for me." Her father saw that the boy had no hair.

"Your daughter is a wonderful person," a lady came forward and addressed Sinduja's father, "that boy walking along with your daughter is my son Harish. He is suffering from Leukaemia. Harish could not attend school whole of last month. He lost all his hair due to chemotherapy. He refused to come back to school fearing his school mates’ taunts. Sinduja had visited him last week and promised that she would make sure that no body would tease him. But I never imagined she would sacrifice her own lovely hair for the sake of my son. Sir, you and your wife are blessed to have such a wonderful daughter." Sinduja's father stood transfixed with tears in his eyes and said, "Thank you Sinduja for telling me how selfless real love is."●



Short Story



1. Who won Mr. & Miss DT contest in Amity University?

2. How long does a patent last?

3. Mention one legend related to the Pashupati Temple.

4. Give one reason why we should consume organic food.

5. How many Twilight series have been released so far?

To submit your answers, log on to www.theglobaltimes.in
(Postal/courier entries will not accepted.
Last date: August 31, 2009)

Laugh Inn!

Mehr Gupta
VI B, AIS Mayur Vihar



Wife: Do you want to have dinner?
Husband: Sure, what are the choices?
Wife: ‘Yes’ and ‘No’

Santa Singh: Why are so many people running?
Banta Singh: This is a race and the winner will get a prize.
Santa Singh: If only the winner will get a prize, then why are the others running?

Teacher: “I killed a man.” Convert this sentence into future tense.
Junior Santa: The future tense is, “You will go to jail.”●



Isha Singh, I-D, AIS Noida



Yashvi Malhan, V B, AIS Mayur Vihar

Did You Know?

Yaashika Mahajan
VI B, AIS Mayur Vihar

- Giraffe is taller than any other animal. Yet its long neck has 7 bones, the same number as men.
- If the sun was as big as a football, the earth would be as small as a pea.
- To make just one spoon of honey, bees have to visit about 5000 flowers.
- The most frequently sung song is.. Happy Birthday to You.
- An alligator’s jaw is actually quite weak. A man can easily hold an alligator’s mouth shut.
- Lungs have an area of 70 m, over 30 times greater than the area of skin on the body.
- Out of 2400 species of snakes, only a few dozen have venom powerful enough to kill a person.



Deeksha Singh, II-C,
WG-B, AIS Noida

Picture Writing Contest

Get creative. Jot down five lines on the picture given and win exciting prizes. Post your entries to: Picture Writing Contest, The Global Times, E-27, Defence Colony, New Delhi 110002. Last Date: September 5, 2009.

Attention: The contest is open for students upto Class III only)

School Maze Contest

Thanks for the overwhelming response to this contest.

Winners: Aanchal, IV B, AIS Gurgaon Sect 46 ● Khyati Aggarwal, IV A, AIS Gurgaon Sect 43, ” ● Hridyansh Yadav, KG E, AIS Pushp Vihar ● Prisha Singh, V B, AIS Gurgaon Sect 46 ● Renu Kumari, VI, Amitasha Saket ●



What? Where? How?

It seemed as if thousands of Amitians, both freshers and seniors swarmed towards the I-block auditorium of Amity University, Sector 125, Noida Campus, to be a part of Mr and Miss DT Contest held on July 11. On entering the auditorium, one's own voice became inaudible, as the only thing that fell on ears was the blaring music and shouting cheers of students.

The event started with a round of getting 'jiggy-with-it' session, where the auditorium turned into a mini discotheque. The contest was divided into three rounds. The first round gave platform to every student who wanted to do 'just anything' on the stage. Songs, poor

jokes, senseless one-liners, mimics, dance movements, gymnastics and other loud antics were performed on stage. Most of the participants of course got 'boo-oos' and thumbs down. And rest of them, to the count of 25, got selected for the second round. Amidst all frolic and laughter, emcee Manav kept everyone's attention right there on the stage. Siddharth Chauhan from BJMC said, "This is a rocking show. The atmosphere is so lively. I am here to sing a song, as that's my passion." His classmate Sankalp Raj said that it was just the right platform and he grabbed the opportunity to be in front of the entire college. ●

Judges perform



Radio Mirchi RJs Anant and Saurabh performed both on stage and off it. They did a round of gags grabbing every one's attention. Not to mentioned, they congratulated Amity for providing a state-of-the-art infrastructure. Off stage they asked all sorts



of fun questions to the semi-finalists in the third round. Just for sample, 'What if your girlfriend is cheating on you and dating your best friend?' or 'What if your boyfriend turns out to be gay?' Another judge was model Sangeeta from Shoot Talent Management. ●



Stage Ablaze

In the second round, contestants were given two choices, either they could ask the audience to give them an option to perform what they want or the participant can do their own thing. Most of them of course loved to gyrate to the most unexpected music, belted by the DJ. A very hep-dressed girl would be put to her wits end by being played sarkai lio khatiya, or dhak dhak karne laga; or a young dude would be made to dance on choli ke peeche and other such kinky numbers.

Some of the real talents sent audience

doubling up with laughter, a sports enthusiast did some gimmicks with football; somersaulting and gymnastics was one's key talent while another boy rapped away to applause.

Making sounds of tabla from mouth or beatboxing or playing guitar, the talent was varied and immense. Gurkriti Sharma, from B Tech-ECE, who performed beatboxing (vocal percussion) said, "It's a well organised event. The host and DJs are entertaining. I participated because I wanted to promote beatboxing in India." ●



And the winners are...

Ritika Gupta, BJMC says she was on stage because her friends forced her to. And friends can't be more wrong in spotting her talent, as the girl went on to win the second Miss DT runner-up title. The Mr title in this category was awarded to Himanshu who stunned every one with his football antics (He said "it was a dream he was waiting to realise"). The Ms DT female first runner up is Monika who sang a Sufi number in talent round. And the Mr DT first runner up is Saurabh.

And the one's who took the crown were Ruchika BA (Gen) for her flexible waist movements to Shakira's Hips Don't Lie and Yajur BA LLB for his uber cool hip-hop dance and personality.

Aditya Gupta, B Tech Mechanical sums up the whole experience as "A sort of learning experience very different from traditional classrooms types. It's a great platform for freshers like me to mingle with the rest of the college mates." ●



Mathematical Musings



Mathamity'09, held at Amity International Schools Noida and Saket, conducted under the aegis of the Amity Centre for Excellence in Mathematics, promotes exceptional standards in mathematics and encourages students to explore mathematical concepts through research and survey.

An Amity initiative – the event is a brain child of Dr. Amita Chauhan. The various displays by the Primary, Middle and Senior wings highlighted Amitians' ingenuity and creativity exhibiting the prowess of the students in exploring the journey of Maths.

Amity International School, Noida: The school organised Mathamity on July 16 and 17 based on the theme, 'Maths Around Us.' Principal Mrs. Mohina Dar in her welcome address stated that 'Mathamity' is hosted with the objective of making students understand fundamental mathematical concepts by stress-

ing on different problem solving techniques.

Common mathematical concepts like volume, capacity, weight, ratio proportion and statistics were innovatively presented through 3D effects. Mathematics in architecture and astronomy, trade, sports and music were some of the topics researched by the students. The PowerPoint presentations by the Class XI and XII students provided new and fresh insights into relevant and contemporary topics like Maths Doppler Effect, Mathematical Modelling for Disease Spreading, and Maths in Economics and Commerce among others.

The Chief Guest Dr. Ajit Iqbal Singh, visiting professor at the Indian Statistical Institute, applauded the efforts of the students. Two Senior school students gave presentations on interesting topics like 'Maths in Nature' and 'Mobius Strip.' Vice principal, Mrs. Renu Singh proposed the vote of thanks.

Amity International School, Saket: 'Mathamity-Aakriti' – a unique platform presenting a fresh and refurbished manifestation of Maths was inaugurated at AIS, Saket on July 24, 2009. It witnessed an overwhelming and whole-hearted participation of students from nursery to Class XII. Dr. Hukum Singh, Prof. NCERT graced the occasion as the Chief Guest. Dr. T V Venkateshwaran, a Scientist at Vigyan Prasara presided as the Guest of Honour.

A galaxy of eminent guests included Ms. Shweta Khurana, Regional Manager North-East India INTEL, Ms. Divya Arora from the Americal Field Service. The jury panel included Dr. Biswaranjan Behera, Asstt. Prof., Dept. of Maths IIT New Delhi; Mr. Robin Kumar & Ms. Monika Bahl, eminent faculties at the Dept. of Nanotechnology – Amity University. School Principal, Mrs. Bharati Sharma accorded a cordial welcome to the august gathering. ●

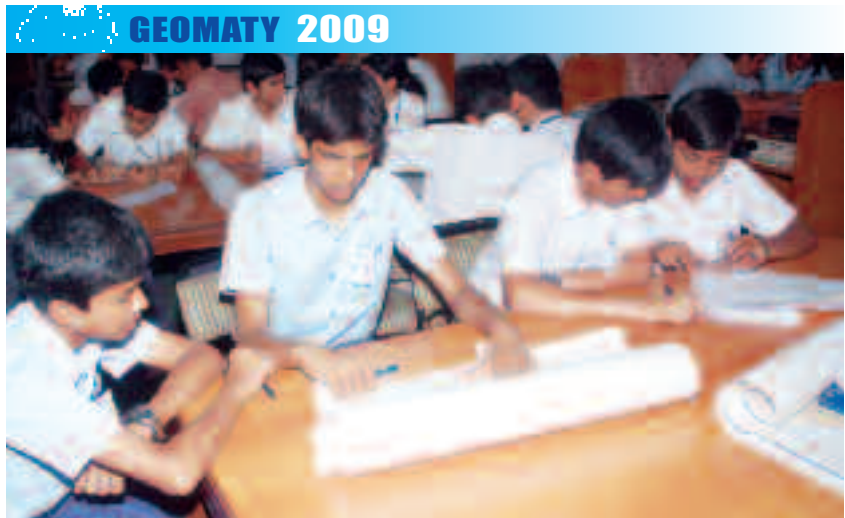
The Geography Challenge

Usha Verma

Amity International School, Noida successfully hosted the third consecutive Geography inter-school competition, GEOMATY 2009 for the students of Classes III to X on August 1, 2009. Brainchild of Chairperson, Dr. Amita Chauhan, it was also Amity's novel commitment to cultivating holistic education. A total of 600 students from 37 prestigious schools from Delhi and NCR participated. Forty teachers from various schools in Delhi and NCR attended the 'enrichment' workshops on 'Digital Mapping' and 'Climate Change and Low Carbon Future.'

This year, the GEOMATY challenge for Class III students was 'Dresses of India' that included a presentation on customary attire of any one State, region or tribe using dramatic enactment and artistic props. 'The People of the World' segment for Classes IV and V included distinct cultural forms as a special means to celebrate 'unity in diversity.'

A Geography quiz, both oral and written, including map reading, marking and identification were for the older stu-



dents. 'On the Spot Model Making' displayed inventive use of recycled material. Questions from the allied subjects of Astronomy, Geomorphology, Climatology and Hydrology were asked in the form of general awareness, crossword puzzles and jumbled words.

PowerPoint presentations were made on topics such as the retreating Himalayan Glaciers, lessons to be learnt from receding Arctic Ice, Increasing ocean temperatures and their impact failed

monsoons, global warming, etc. Ten prominent judges Dr. Sudhanshu Singha (British High Commission), Dr. Ruma Shukla, (Geographic Information Systems), Mr. Anurag Khandelwal (an architect), Dr. Kakoli Singh (Geographer), Mrs. Gargi Seth (Artist and art promoter), Mrs. Princy Kaul (Free-lace Artist in Fine Arts), Mrs. Manisha Trivedi (Geographer), Mrs. Manju Tandon (Educationist), Mrs. Neeru Rao (Geographer) and Ms. Suparna Sood

(Danuse of Bharatnatyam), amongst others, judged the event.

School principal, Mrs. Mohina Dar gave a brief talk on the concept and purpose of GEOMATY 2009.

Amity Performance Results

Dress of India (Class III): Consolation: AIS Mayur Vihar, ■ Delhi People of the World (Class IV & V): Second: AIS, Mayur Vihar ■ Written Quiz & Map Study (Class VI & VII) First: AIS, Saket (C1 Team) ■ Model making (Class VI & VII) - First: AIS, Mayur Vihar (C I) ■ Oral Quiz (Class VIII & IX) First: AIS, Vasundhara (D1) ■ Map Making (Class VIII & IX) - First: AIS, Vasundhara (D1); Third: AIS, Pushp Vihar, ■ Delhi PowerPoint Presentation (CL 10) - First: AIS, Vasundhara (E1); Second: AIS, SEC 46, Gurgaon (E1); Third: AIS, Mayur Vihar (E I)

Ruchismita Bhattacharjee & Chitra Jain of AIS, Vasundhara won the first prize in PPT competition. Their topic was 'Desertification.' Ruchismita said, "We didn't even have the time to practice properly; our teacher saw our presentation for the first time in the competition itself!" ●



AIS Vasundhara

Kite making workshop

Sudhi Bhatia

Children have always had a fascination for kites. They remind them of unfettered freedom. To make learning more enjoyable, a kite making activity was conducted in the premises of AIS Vasundhara on 16th July, 2009. The resource person was from NIE, and gave learners creative inputs on making kites. Participants were from classes VI-VIII and made kites from bright coloured papers in varied shapes and sizes creating a plethora of hues. The workshop honed and showcased the creativity of young Amitians. ●



United Nations is synonymous to idealism, unity and utopianism. Today's world faces grave and complex challenges which can best be resolved when all the nations come together and work for the people. The Amity Model United Nations conference, held from August 1-3 '09, was an important step in understanding the global issues and responsibilities. It provided a platform for the coming together of new ideas and beliefs; and all these were channeled into a common thought, that someday somebody might compel the change towards a better world.

The first day brought with it the enthusiasm and passion of bringing about a revolution of 210 delegates. The executive board of committees helped the delegates learn the language of an MUNer and get acquainted with the methods and proceedings of the forum. The delegates seemed well informed on the second day. The way they spoke, the content and the confidence in their voice-they were completely into their characters. Emergencies tested the knowledge and alacrity of the participants. On the third and the last day participants were excited and elated since all their efforts were going to yield titles, prizes and certificates. ●

Our Experiences In 'Wunderschön' Germany

Picture yourself sauntering on cobbled boulevards, castles looming grandly on sprawling lawns, the cerulean sky and icy lakes floating - that's Germany in a nutshell. Anant Agarwal, Rohan Chandra, Raghav Mittal and I, Karan Saharya, along with Mrs. Mira Sharma, our teacher, were fortunate to be selected for the Student Exchange Programme between Amity International School Noida and the Jawaharlal Nehru School in Neustrelitz. Neustrelitz is a town about 150 km east of Berlin, quaint and elegant, with a population of just over 20,000! It is a town that once lay in the 17th century Duchy of Mecklenburg-Gustrow, and today lies in the state of Mecklenburg-Vorpommern. Once in Germany, we were to stay with German families in their homes, people we had never met or heard of, to observe their routines for two weeks.

Initially communication was a challenge, as English is not widely understood, but quickly we got accustomed to the life there, the native accents, food, and soon the carbonated water and the absence of locks in the bathroom doors did not



bother us anymore! The teachers and families took excellent care of us! They were all very helpful, accommodating and loving. Everyday we would have hour-long conversations about Indian traditions, and it was really enjoyable.

Infact, three German newspapers also took our interviews, and we were more than happy. We had never imagined that so much fun could be had in an alien land. We went strolling in the woods, swimming in the lakes, and visited

Berlin, Dresden and Schwerin - all breathtaking and panoramic. We saw the horrors of the Concentration Camps, the Berlin Wall and the Nazi Bunkers. We were taught about the War, the Unification and the lifestyles of the contemporary Germans.

Since our return we cannot stop talking about all the fun we had there and I am sure many years down the line we will continue to remember it all with fondness and nostalgia! ●

Coining a stamp story



Tulika Banerji

When I sought out for our next I-Zone contestant, I thought I was going to meet a Numismatist (one who collects coins) but there I was, looking at the most exotic collection of stamps! A philatelist and numismatist rolled into one, **Vaishnavi Sridhar of X E, AIS Noida**, appears to juggle many hats quite effortlessly. **My I-Zone:** Vaishnavi has 1000+ stamps and an ever piling collection of coins from all over the world. Her favourites are 3-D stamps from Bhutan and animal ones from Germany and India. Among coins, she's

fond of half and 1 anna, one paise and half rupee from India.

Treasure trove: Her stamp collection dates back to 1999; when she was five and her father entrusted her with a stamp collecting diary for the first time. Vaishnavi is fortunate to have inherited not only her father's but also her grand father's and grand uncle's burgeoning collection. Stamps of animals, birds, freedom fighters, oil paintings or first day releases, you name it and she has it. Displaying her collection in neatly stacked albums, Vaishnavi takes pride in carrying on the family legacy.

My piggy bank: Fondly christened 'dumb boxes', sturdy briefcases store Vaishnavi's treasure trove of stamps. She uses CD boxes to store her coins which belong to more than 19 countries including Sweden, Singapore, Indonesia (where she lived for two years), US, etc. **All that glitters is 'coins'!** When her ancestral house in Chennai was being sold, Vaishnavi's grandma asked her to check out some old books in her grandpa's cupboard. It was dark in the room and as she groped around to find the books, she spotted something glittering. Looking closer, she was overjoyed to spot 2 and 3 paise coins in there, which needless to say, find place of pride in her collection.

Tell me your dreams: Her ultimate desire is to build a museum for her assemblage! This is not all. Winner of Heritage Quiz at AIS Saket for four years consecutively, Full Attendance Award from class II (with a break only in class VII) and Academic Topper, no wonder Vaishnavi has been bagging the 'Best All Rounder Trophy' as well!.

iZone

Leisure in Modern Age

Mehak Gautam
AIS Gurgaon-43

TV, video games and movies; what do they have in common? Well, no prizes for guessing that they are recreational activities. Leisure is neither idleness nor non-activity, but it implies an activity which is meaningful, fruitful and enjoyable. The modern age of automation, better standard of living and longevity has further broadened and liberalised the concept of leisure. The wonderful scientific and technological inventions, discoveries and developments have reduced the hours of working and consequently, man has more time to enjoy leisure and hobbies. Different people spend their leisure in different ways. Some people have no definite idea or plan in this respect. To many others, it is a time of some creative



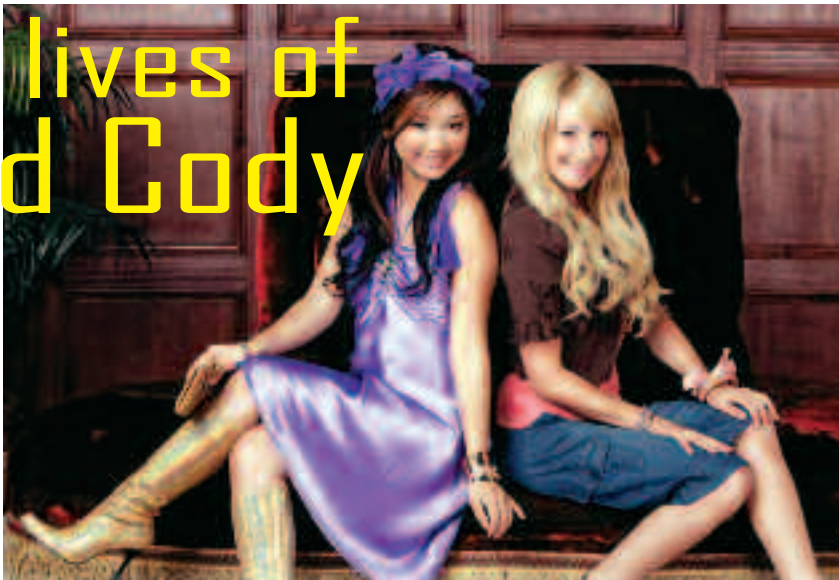
and aesthetic pursuit and inner fulfillment and growth. These days leisure has grown into a big business and industry. People have invested huge sums of money in developing luxury hotels, motels, holiday homes, video games, resorts, health clubs, etc. Our life is now far more free and leisurely than it was for our forefathers. Leisure provides us with a rare opportunity to satisfy our inner spiritual and aesthetic demands. ●

The suite lives of Zack and Cody

Angad Singh, Saumya & Ishita Tyagi
AIS Gurgaon- 46

The Suite Life of Zack and Cody depicts the tricks played and the fun had by twins Zack and Cody who stay at Hotel Tipton in Boston. They tease the employees of the hotel and love to skateboard in the hotel. They have a sweet mother who always stops them from doing wrong things. In the entire series, there are different backgrounds and different places to visit which make it interesting.

The suite life on deck: The suite life on deck is quite similar to The suite life of Zack and Cody; the difference being that the twins are studying on a cruise ship. It focuses on love and relation-



Sitcom review

ships and it should not be viewed by children under eight. Here, they don't have their sweet mom. So they can do things which they should not do; that's interesting! The ship travels through several countries adding to the fun element in the sitcom.

What Amitians say

Rohit: 'Suite life of Zack & Cody' is better.

Upasna: The 'Suite life on deck' is cool.

Ayush Shah: The voice of the twins does not match their characters in the 'Suite life on deck.'

Ishita Sahai: Both are equally good. ●

A look at how cinema might appear in the next 40 years!

Bollywood 2050

A close-up of a person's face, smiling. The person has dark hair and is looking towards the camera. The background is blurred.

Sachit Tandon, AIS Mayur Vihar

- Harman Baweja gives his 2050th flop.
- Hrithik Roshan releases his 50th sequel of *Krrish*.
- Shah Rukh Khan releases *Chak De! Kabadi*, in which he plays the role of Fakeer Khan, who gets disqualified from the team because in every game he says, "Eeeehhhhhh KKKKKKkabadi KKKKKKKkabadi."
- Dev Anand announces, "*Abhi toh main jawan hoon*".
- Akshay Kumar jumps from a 50-storey building to promote Thums Up, and his fake teeth fall out. Geegs!
- Himesh Reshammiya praises his remake, *Hummmm* just like *Karzzzz*.
- Darsheel undergoes plastic surgery for his teeth!
- Big B falls ill again. Amar Singh's party falls due to this reason.

- Angelina-Pitt adopt their 99th child. They say, "We expect to hit a century in a couple of months."
- Daniel Craig signs another Bond flick at the age of 82. Sylvester Stallone is ready to do Rambo once again.
- After the success of *Kung Fu Panda*, come *Kung Fu Doggy*, *Kung Fu Mouse* and *Kung Fu Elephant*. The Kung Fu master, Jackie Chan Kung Fus himself after seeing so many films on Kung Fu.

For more such news, keep reading TGTBN (*The Global Times Bollywood Network*)

A baby is sitting in a blue plastic chair. The baby is smiling and looking towards the camera. The background is white.

Hollywood 2050