



## Shine On

Disappointment grabs hold of your tender heart,  
Don't allow it to hang on too long,  
You weren't born to be sad or born to blue.  
You were born to ever shine on.

Loneliness drops you in a deep, empty hole.  
Don't forget there's a place you belong.  
You weren't born in darkness or born to be lost.  
You were born to ever shine on.

Mistakes and false steps, shatter your confidence.  
Don't believe that you'll always be wrong.  
You weren't born defeated or born to stay down.  
You were born to ever shine on.

You're a symphony of light, a grand design.  
Don't transgress to a life without song.  
You were born to a promise, born to love.  
You were born to ever shine on.

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Sugar candies, lollipops, fairytales, happy endings and sleeping snuggled with a teddy- that was childhood for us. A never ending fairytale. The greatest catastrophe that ever fainted these golden days was when I was told that Santa Claus is not real. But let us broaden our perspective to also include those children who do not fit our bill of ‘the bright future of India’. Not because they are incapable but because their capability is preceded by a way more important factor – poverty. Life for those unfortunate enough to be born poor is never easy. From the day a child is born, he is nothing but another mouth to feed, one more pebble added to the already unbearable burden of expenses. “When my first child was born, I had dreams for him. When the second arrived, I had hopes. But when my youngest daughter was born, I felt fear and grief for

GT Reporter *Shubhangi* from AIS Saket visits a slum to discover how ‘the bright future of India’ as described by our ‘bill’ experiences its childhood.

her”, Rakesh Yadav added to my observation. And soon, these kids near an age when they are ready to start contributing to the meager family budget. The experience, however, is not all that traumatic for all kids. According to slum inhabitant Raju, “*Itna bhi bura nai tha*. When father told me that I was to start working, *mein bohot khush hua*. I would be joining my brothers, you know.” Another teenager quipped in, “We were too young to know how difficult life could get. Blissfully unaware of feet ulcers, beatings by the master and all the ill treatment, for

me it was another adventure.” It is often said that childhood is like spring. An enchanted place where colors are brighter, the air softer, and the morning fragrant. But for these little kids, there are no sweet sixteens, first dates, birthday celebrations or even the simple pleasure of playing in the rain; getting wet in the rain would mean illness and the tight financial conditions do not allow luxuries such as medication. What matters is another day of walking barefoot on the scorching construction rubble, another night of sleeping on an empty stomach,

another hour of cementing walls of buildings like a school’s symbolizing the childhood lost somewhere between a thatched roof and a pile of bricks. The involvement of non-governmental organisations (NGOs) in child labour is fairly recent but it is steadily growing in momentum. It is a matter of pride that well educated young Indians are taking up initiatives like ‘Teach India’ and ‘CRY’ to help out in their own way. Slumdog Millionaire captures the life of a child in an Indian slum brilliantly. Despite its upbeat ending and “rags to riches” Hollywood/Bollywood mechanism, Slumdog Millionaire depicts a side of India and a way of life that millions of children struggle to survive every day. Orphaning, abandonment, homelessness, begging, working, exploited and abused...this is real, daily life for hundreds of thousands of children in Mumbai alone. •

# “Desire to serve the people guided my career.”

GT Reporters *Poornima Kharbanda, Sanya Sud, Jigyasa Chauhan, Sukanya Natrajan & Urmimala Das* of AIS Saket in an exclusive interview with UNESCO Director *Mr. Armoogum Parsuramen* ...

**What has been your greatest source of inspiration for taking up this career?**  
I had a modest childhood where my parents invested in their children’s education. As a young boy in a village in Mauritius, I was inspired by my father who was member of a socio-cultural association and also, the temple association. So from a very early in life, I was keen on serving the community. I joined the Village Council, then got elected to District Council. As soon as I became Mayor, I started a pre-primary school which didn’t exist in rural areas then. Later, I joined national politics, became Member of Parliament and then, UNESCO. All along, it was the desire to serve people that guided me in my career.  
**What are the major global issues that need to be addressed by UNESCO in the near future?**  
Education and protection of our heritage and culture is high on agenda. The cultural diversity which UNESCO promotes is important for the restoration of equilibrium in the society. In the field of science, UNESCO has taken a number of preventive measures for disaster management. It plays a key role in protection of climate change and needs the active involvement of its member states.  
**The Right to Education Bill is going to be soon passed in**



Mr. Armoogum Parsuramen is the Director of the UNESCO Office in New Delhi, and UNESCO representative to India, Bhutan, Maldives, and Sri Lanka.

**the Indian Parliament; do you think education should be a right for children or be made just compulsory ?**  
I must first commend the government of India for taking the historic step and also for making provisions for the disabled students. However, the challenge lies in the implementation of the Act which cannot be done alone. Education concerns the lives of all the people and the future of all our children. Each of us has a contribution to make. Collective effort brings positive results.  
**What do you think is the biggest challenge of the Indian education system?**  
Firstly, one needs to increase the enrolment; getting every child to school is a huge challenge. Then, the quality of education has to be improved. Since independence, the population has increased manifold. The challenge is to widen the reach of education, and this can only be achieved if the whole nation is mobilised.  
**UNESCO’s prime concern is poverty alleviation. What can we, as students, do on our part in this regard?**  
Your attitude reflects the great saying, “Ask not what your country can do for you, but what you can do for your country.” I can see the sense of commitment you have for the nation. You just need to be well inspired by Mahatma Gandhi’s teachings. When I came here, my first visit was to Gandhi Smriti to draw inspiration from his life. I am very impressed with what you do here at Amity. You should take up some social work in your lives, and share it with your peers, only then you can call yourself successful. •



# Halla Bol on Pakistani players

First the cheerleaders and glamourization of IPL, then the location problem and now exclusion of Pakistani players. Indeed, IPL is full of controversies.

Preksha Gupta & Kashish Minocha  
IX, AIS Saket

In late June 2007, two men met in an English house, not far from the rain-drenched Wimbledon Championships, to discuss a very different sporting event. Finally, in April 2008, Lalit Modi and Andrew Wildblood developed the maiden IPL tournament. This was the time when cricket raised its eyebrows, held its breath and braced itself for a new era. IPL is in its third season and January 2010 saw the frantic player auction that created media frenzy. On one side, Keiron Pollard and Shane Bond attracted the highest bids, and on the other hand, it saw the exclusion of Pakistani players from all the teams.

**Boycotting Pakistan is humiliating:** Shah Rukh Khan, the owner of Kolkata Knight Riders, has re-ignited the controversy over the IPL auction, saying it was “humiliating” to see none of the Pakistani players being picked up. It’s easier said than done and it applies to you also Mr. SRK as we fail to see any Pakistani player in your team either.

**Political Stand:** Home Minister P Chidambaram commented that it was disservice to cricket that some of these



players were not picked and also ruled out any government hand in the issue. BJP minister Gadkari said, “I feel it is the fault of the cricketers. We also feel a cricketer is not an extremist nor is he a supporter (of terrorism). I think we should make all efforts for a smooth relationship, but at the same time, this will be fruitful only if Pakistan makes a com-

mitment that we will not do this (cross-border terrorism) and will prove this.” Did we hear someone call a spade, a spade?

**What the board has to say:** The treatment done to Pakistani players really infuriated them and so Ljaz Butt, Chairman of Pakistan Cricket Board stated that the ‘snub’ was deliberate. To this, Lalit Modi, Chairman of IPL defended by saying, “I don’t think that there’s any mis-handling, the franchises decide on their own.” Shahid Afridi was noted complained that he’d heard that prior to the auction, franchises were being advised not to bid for Pakistani players.”

**Our take:** The question which arises here is - will the exclusion of Pakistani players affect the IPL popularity? *Archit Puri of class X-D, AIS Saket* agrees, “Pakistani players are world champions and IPL being the best domestic T20 tournament in the world will be affected by the exclusion of Pakistani players. If included, these players will bring experience and add talent to the franchises in the tournament. I strongly feel that Pakistani players should be included.” Who cares about who’s right and wrong? We are here to watch cricket and want the game to be played in its true spirit. ●



## Glacier Meltdown or Research Breakdown!

Shubhangi  
XI, AIS Saket

**Overview:** The UN Intergovernmental Panel on Climate Change (IPCC) implied in its voluminous Nobel winning report that the Himalayan glacier is likely to disappear by about 2035 if the present rate of melting continued. This report published in 2007 had drawn little attention until The Sunday Times said on Jan. 17 that it seemed the projection was based only on a news report, not a study based on scientific review. The IPCC claimed that it had taken into consideration the observation of a renowned Indian glaciologist Mr. Syed Iqbal Hasnain who said so in his interview to a newspaper 10 years back. In his defence, Mr. Hasnain said that he saw the mistake 10 years ago, but did not seek a correction because it did not appear in a scientific journal!



**IPCC on the backfoot:** With the scientific communities around the world involved in the heated debate, IPCC seems to be on the back foot trying to defend its way back to the credibility it enjoyed before the controversy. Pachauri, who is now under attack over the IPCC’s report, said the mistake was “unfortunate.” “There are huge problems on climate change. Climate change is not limited to Himalayan glaciers. Rational people will continue to repose faith in IPCC,” he said.

**What next?** With the science community on cross fire over the issue, what concerns the general public is what to believe and what to discard. “These incidents make us, realize that when we take over the mantle of protecting the mother earth, we will have to start the process all over again instead of relying on the work of our previous generations,” quips a class XIth student. ●

### News Brief

#### Cadbury Kraft deal

Mahima Kaul, XII, AIS Saket

After months of fierce resistance, Cadbury- British Dairy Milk and Chocolate giant accepted a sweetened approximately \$19.5 billion takeover from Kraft Foods Inc. -forming the world’s biggest candy company- a partnership that has alarmed British unions, lawmakers and chocolate lovers. This multi-billion pound takeover has left chocolate lovers pondering: will it leave a bitter taste in the mouth? While Britons champion the creamy textures of Dairy Milk and Flake, Americans cherish the likes of Hershey - bemoaned this side of the Atlantic for its “sourness” and “gritty texture.” Cadbury is a taste we have all grown up with and, if anything, would not want to part with it!

#### F-16s to Pakistan?

Agrata Gupta, XI, AIS Saket

The Obama administration may be putting out a fire in Afghanistan, but the dynamite factory is next door, in nuclear-armed Pakistan. Pranab Mukherjee, had stated worryingly on the foreign policy matters once, “Nobody uses F-16 fighter planes to fight terrorists.” An F-16 aircraft, is used to let loose a missile on a cave or a militant stronghold but it’s mainly meant to wage war against a state. Pakistan under the F-16 fighter programme, is getting 18 new advanced F-16s to fight Taliban. This has been worrying the foreign affairs minister, as the range of F-16 would cover many civilian and military facilities in northern India.



#### Bindra-in or out?

Raveena Khanna, XI, AIS Saket

Avinav Bindra, the first Indian to win a gold in the 10m Air Rifle event in the Olympic Games held at Beijing, has inspired billions of Indians. However, due to his absence in India, Bindra did not attend the trials for Commonwealth Games 2010. So, NRAI has denied Bindra from participating in Commonwealth Games. Bindra is upset and feels NRAI should instead accept his scores in tournaments abroad for selection. Though



Sports Ministry washed its hands saying it had no objection to Bindra; NRAI claims that inclusion of Bindra was out of question as the squads for the events had already been approved by the Sports Ministry.

#### CR Park Land Issue

Urmimala Das, XI, AIS Saket

The Delhi High Court has dismissed pleas by CR Park RWA opposing allotment of land to a Buddhist missionary trust. The petitioners had argued that the “allotment is contrary to the applicable rules and bylaws” and pleaded that the land being allotted to Buddha Tri Ratna Mission (BTRM) be maintained as an “open area.” CR Park was originally a resettlement colony for refugees from East Pakistan. HC went by the stand adopted by the land-owning agencies, DDA and L&DO, that the open space was earmarked for religious purposes and hence it had been allotted to BTRM.



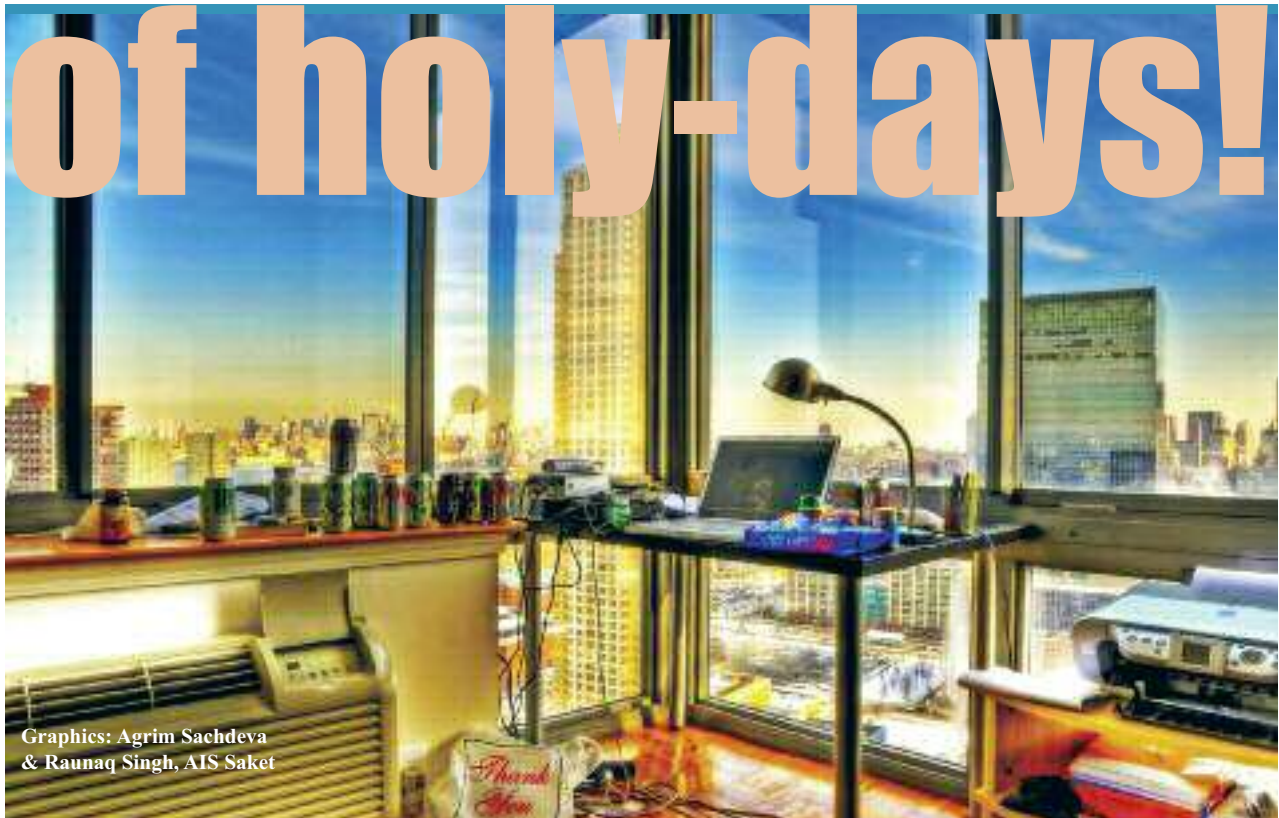




My journalistic journey was extraordinary, enriching and an unforgettable experience!! Agrata Gupta XI-D, AIS Saket, Page Editor

The Global Times, February 1-15, 2010

# Get the most out of holy-days!



Graphics: Agrim Sachdeva & Raunaq Singh, AIS Saket

Holidays are EXACTLY the time to do something that you haven't done or something which you won't be able to do once school restarts.

Agrim Singh  
XI, AIS Saket

Holidays are EXACTLY the time to do something that you haven't done or something which you won't be able to do once school restarts. Ah! The good old holidays- the time for fun, no studies and, to take up a hobby or that something you always desired to. As a student, using the holidays to start something new, to spend time doing something worthwhile,

to learn a new skill or gain work experience is the perfect time! **Internships make the way!** The long break following the board exams could prove to be extremely fruitful, provided you are ready to work as an intern. Last June, I interned with the Mathematical Science Foundation (a body of St Stephens) with which I undertook a research project regarding the Jantar Mantar. I worked with the professors, pioneers in their own fields who provided me with the necessary know-how and ex-

perience, besides giving me a stipend.

## Where to go?

After boards, most students are sure about what career path to follow which will decide what kind of internship one wants to do. How to go about it is the question. You could contact the firm or organization via e-mail or phone, however, the latter is always the best choice. Make sure to fix an appointment before you actually drop-in for the interview or the situation could be embarrassing; It is

## JUST-A-CALL-AWAY

**1** **Name :** Mathematical Sciences Foundation  
**Courses:** Offers courses, internships for school and college students in the field of mathematics, Science, Computer science.  
**Contact No. & Address :** 45, ground floor. World Trade Centre, Babar Road, Connaught Place, New Delhi, India 110001  
**Phone:** 91-11-65182616, 29230401  
**contact.mathscifound@gmail.com**  
**Fax: (91-11) 29230401**

Science Centre, Ministry of culture Near Gate No.1, Pragati Maidan, Bhabron Road, New Delhi -110001  
**Phone:** 91-011-23371297, 23371893, nscd01@gmail.com, nscd@bol.net.in

**2** **Name :** National Museum of natural History  
**Courses:** Summer programmes for classes 8-10 are held regularly. Exploring nature and environment was the theme in 2008  
**Contact No. & Address:** FICCI Building, Barakhamba Road Connaught Place, New Delhi, 10001  
**Ph :** 011-23314849

**4** **Name :** Nehru Planetarium  
**Courses:** Astronomy activities, workshops with Amateur Astronomers Association of Delhi  
**Contact No. & Address:** Teen Murti Bhavan, New delhi, Delhi 110011  
**Phone No:** 011-23014504

**3** **Name :** National Science Centre  
**Courses:** Several hobby camps are conducted by the centre twice a year, once during summer and then during winter. Some of the camps are mechanics, air and water (fluidics), electricity and magnetism, optics, electrical appliance use and repair, electronics, computers, clay modeling, screen printing, magic etc.  
**Contact No. & Address:** National

**5** **Name :** National Bal Bhawan  
**Courses:** Offers professional and hobby courses like Creative Arts, Library & Literature, Photography  
**Contact No. & Address:** 1, Kotla Road, Karol Bagh, Delhi- 110005  
**Phone No :** 011- 23216691

**6** **Name :** Shiamak Davar Institute of Performing Arts (SDIPA)  
**Courses:** From hip-hop to Indian Jazz, SDIPA offers something for everyone! Besides, experience the thrill of performing before a live audience in a stage performance called Summer Funk!  
**Contact No. & Address:** 8th Floor, International Trade Tower, Nehru Place, New Delhi, Delhi 011 26296590  
sdipadel@shiamak.com

always best to intern in the area of your interest, a budding fashion designer could work with fashion designers and those into computers could choose computer industries like Nokia Siemens Net-

work, Wipro etc. Utilization of holidays in a manner such as this can be great fun and at the same time, a baby yet giant step towards building your career. ●

## ZOOMING INTO GROOMING

Poornima Kharbanda  
X, AIS Saket

Just a while ago, I came back from the mall, fetching myself an exclusive pair of shoes coupled with a branded pair of jeans and my mom says, that maybe I'm doing that a bit too often. Probably that's the regular routine of all of us and why not, if we don't look 'the' best.. we're likely to be crushed upon by the better ones!

The time of bookish geniuses is clearly the past, today is the era of Globalization, street smartness and aware citizens, therefore making grooming extremely essential. Grooming is nurturing every skill and proficient building it into one's greatest strength extremely important to look good and feel good about your own self. Laid below are a few tips on grooming!

**Health :** First and foremost, one needs to be fit and perfectly healthy with a well toned body to look absolutely ravishing at the time of interviews, meetings and presentations.

**Dress code:** Your wardrobe should synchronise with the nature of job that you are looking for. If you are wishing to be a part of fashion related industries, you can afford to look glamorous yet professional. But for the business industry, you must be subtle and easy on vibrant colours. Greys, blacks and whites do the magic. But the trick lies in being confident and carrying-off whatever you wear with ease.

**Body language :** Walk straight, talk straight. Get your postures absolutely straight and smart. Lousy postures (like fiddling around) show lack of interest and under confidence.

**Oratory skills:** Do not beat around the bush, come to the point. Try not to fumble or use heavy words to impress the interviewer. Be fluent in the language you are speaking. Always maintain eye contact with the interviewer and.... Smile!

So, what are you waiting for? Spring-clean your engine and your grooming ride begins.... Vrrrrroooooommm!



## Breathe out the exam stress!!

Let's erase the exam stress most of the TEENS face!!

Kanika Sharma  
XI, AIS Saket

The spring season marks the onset of colors, hues of green that cover the landscape, the spunky yellow of Basant Panchami, and the exam blues.

## Symptoms!

Exam blues, the dreaded ailment (or should I say epidemic!) that affects the student patients of all age groups are rendered panic stricken and anxious. Early symptoms include huge piles of untouched homework, amnesia on hearing the name of the chapter and not recognizing the subject, an almanac filled with teacher's notes and low internals. However, with development of science and technology (supportive teachers and ready reference material) this condition is curable.

They say prevention is better than cure, and it is always advisable that you take a keen interest in school work throughout the year but for those of you who, like me, live in the illusionist world where "vellapanti" leads to surreal green pastures, I have devised a set of fail proof remedies to beat the exam blues:-

## Never Say Never

Unless it's 2am the night before the exam and you are still unsure of the syllabus, THERE IS STILL TIME to prepare. Take a deep breath, chillax (92.7 FM, I know!) Don't let the stress get you because your brain is pretty small and it can house either formulas or tensions, one at a time.

## Work Smart

Those of us, who don't study hard, should study smart. Now I need you to take your syllabus in one hand and your marking scheme in the other (You'll need your course books too but we run out of hands). Prepare the chapters worth more marks first. Then revise what you already know, thoroughly. Try and gaze your book from the eyes of a paper setter and presto... Rome is not so far.

## Take a break

For every hour that you work take a 10-15 minutes break. Let yourself do whatever you want to do ( check Facebook, call a friend!) then you can start working again!

## Concentrate

The Stiletos of the invigilator won't fetch you marks, so stop staring at them and concentrate. Utilize your reading time well, and mark all questions you know thoroughly to be attempted. Use presence of mind, and sending your best hopes to heaven put pen to paper.

## Best Of Luck!!!

This is a statutory declaration : The advice is subject to market risks ( unwillingness of students to study). The author does not take credit for any low marks – her own or somebody else's. (In case you score good marks, she doesn't mind claiming responsibility)●





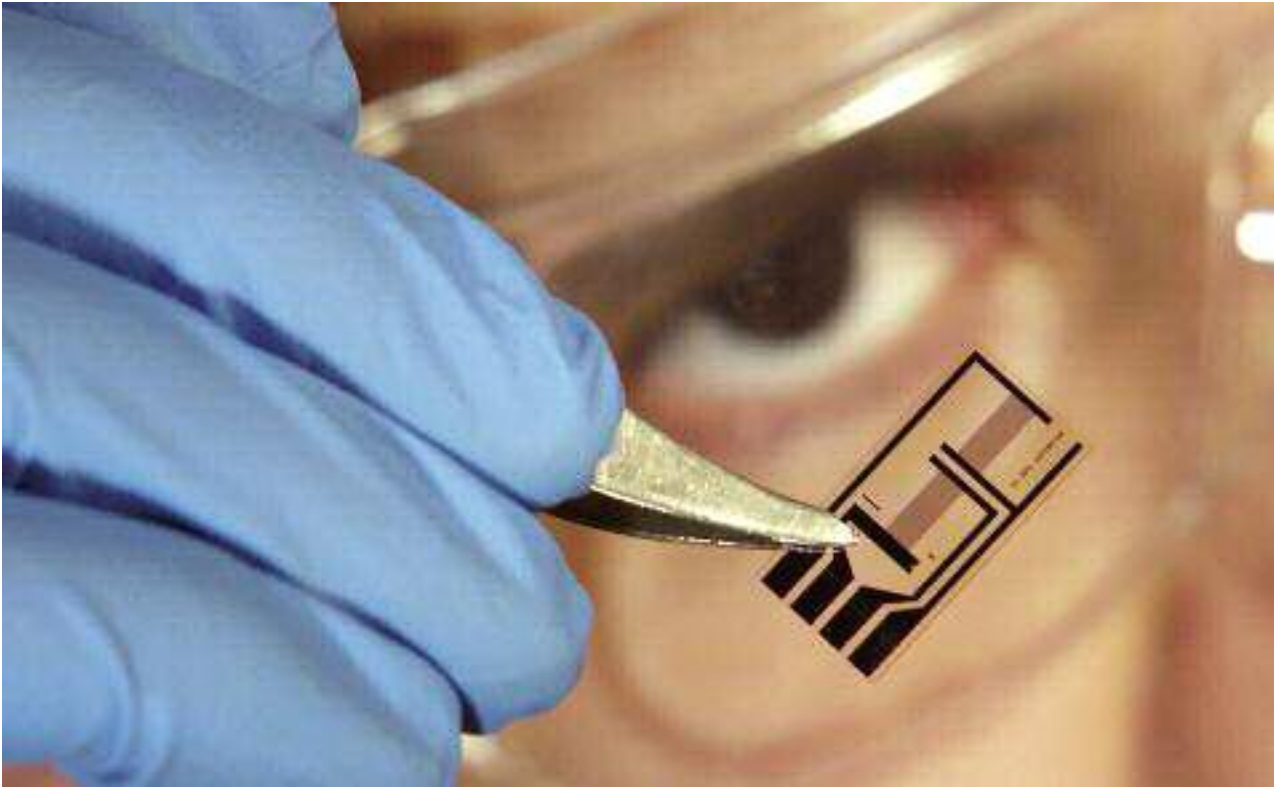


# Nanotechnology: Our Future Under the Microscope

Arjun Hans  
XI, AIS Saket

## What is Nanotechnology?

The acclaimed physicist, Richard Feynman, described a ‘direct manipulation of individual atoms as a more powerful form of synthetic chemistry.’ That was in 1959, at an American Physical Society meeting at Caltech. In 1974, Japanese scientist Norio Taniguchi coined and defined the term nanotechnology. Little did the world know about the future this science held... Nanotechnology is one of the most dynamic and promising fields currently under study. But just what is this arcane subject? Nanotechnology operates on a scale of nanometers. One nanometer is approximately a hundred-thousandth the width of a human hair. Nanotechnology basically entails the assembly of atoms and molecules into special structures.



dreams of nano robots, capable of entering the blood stream and rectifying any ailments or malfunctions. Carbon nanotubes may just be the answer to designing energy efficient vehicles and even the space elevator, a hypothetical, science fiction type device, capable of carrying people directly into outer space. Some scientists also consider replicators, devices capable of automatically duplicating any object, as feasible and pragmatic. In short, the sky is the limit when it comes to nanotechnology.

## Insidious dangers

However, with great power come great risks. Some people fear that nanotechnology will enable mankind to build weapons even more destructive and lethal than ever before. And then there are fears of apocalyptic scenarios. Eric Drexler, who is famous for popularizing the very term ‘nanotechnology’, has postulated of a ‘grey goo’ calamity, in which self-replicating nanobots inexorably consume all matter on Earth. Such apprehensions may appear ludicrous, but it would be perilous indeed to disregard such possibilities. After all, science has surprised mankind innumerable times in the past. Little do we know of the path that lies ahead in the field of nanotechnology. We must advance in a circumspect manner, eager to discover more of this enthralling subject, but vigilant enough to know when and where to draw the line. ●

## Nanotech today

Mankind is a good few generations from such surreal inventions. However, nanotechnology has already permeated several industries and features in numerable products and services. Did you know that a company named Pilkington has produced Active Glass, which uses nanoparticles to enable it to clean itself? Tennis companies have also used nanoparticles to make superior rackets

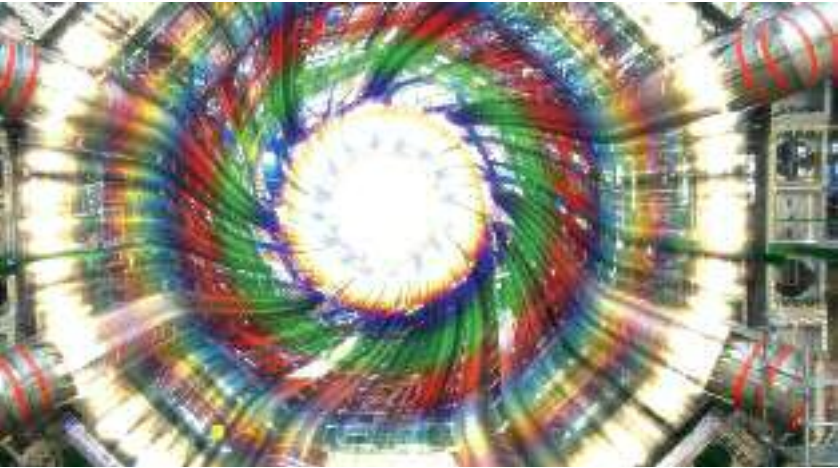
and tennis balls. This branch of science also finds applications in cosmetics, clothing, information technology and electronics. Nanoparticles may also be used in designing better solar panels and fuel cells. Nanosensors will also find value in food processing and medicine production. Household cleaning agents may also be superseded by disinfectants employing nanoemulsions. Eventually, nanotubes will find invaluable usage in industry

and construction. With better-cost efficiency and cheaper manufacturing techniques, nanotechnology will undoubtedly become ubiquitous and an integral part of existence.

## Future possibilities

Nanotechnology is predominantly focused upon imparting certain desirable qualities, including tensile strength, insulation/conduction, low density and

malleability, in new synthetic chemical compounds. For example, carbon nanotubes, a probable future product of nanotechnology, may be hundreds of times stronger than steel, but six times lighter. We can finally start to imagine the extensive ramifications and implications of this science. Although this field is still undergoing intensive research and experimentation, mankind is already predicting the possible applications that nanotechnology can be put to. There are



Graphics: Agrim Sachdeva & Raunaq Singh, AIS Saket

# Search for the God particle

Siddharth Sharma  
XII, AIS Saket

Imagine a world composed only of light! I know it’s difficult, but such a world would have been true had there had been the God Particle! The God Particle is a common name given to the Higgs Boson, an elementary particle that imparts mass to massless particles such as photons. What are photons? Photons are energy packets which contain energy but no mass. Photons make up light, so, if photons interact with the god particle it will become a substance with mass! Thus, the name- “God Particle.” Scientists at Fermilab in the USA and the European Organization for Nuclear Research (CERN) in Switzerland are hoping to discover traces of its presence. Fermilab’s particle ac-

celerator, Tevatron, and CERN’s Large Hadron Collider (LHC) are both engaged in finding the Higgs Boson. By smashing opposing beams of protons and antiprotons accelerated to 99.99% the speed of light, scientists aim at detecting the Higgs Boson in the resulting debris using gargantuan particle detectors. Presently, the existence of the Higgs Boson is the only reasonable explanation for the origin of mass. Its absence would also imply that humans could not have existed! Finding the Higgs Boson would not only fetch the discoverer the coveted Nobel Prize, but would also open up realms of understanding that were earlier unforeseen. The search for the ‘God particle’ continues, and its discovery would certainly change human perspective of the Universe and its functioning. ●

If the Higgs boson is proved to exist, it could rock the entire foundation of physics indicating the presence of particles and forces not yet imagined and paving the way for an entirely new set of laws.

# The Brain Game

## Is popping a pill an answer to memory problems?

Sanya Sud & Urmimala Das  
XI, AIS Saket

Balancing the stress of school-work and extra-curricular activities along with peer and parental pressure is a daunting task for many students. Pressure to perform in exams is causing high school students to eat junk food, smoke and pop memory-enhancing pills. This trend of using memory enhancers is encouraged by a number of on-the-counter pills such as “mented74” that are available to school children even without a doctor’s prescription. Most students speak in favour of memory pills. “These pills give me a sense of security and confidence to face the paper”, says Ashina (name changed), Modern School. However, there is ample cause for concern. “For me, these chemicals tamper with the natural balance of the body.

Moreover, my son’s behaviour is definitely more irritable after consuming these pills.” says a worried mother. These drugs often lead to serious side-effects such as nervousness, irritability, insomnia, anxiety and physical tremors. “Considering that these drugs are freely available without any prescription,” said Dr. Anil Sharma, “the parents must ensure that their ward does not get hooked on to these.” A quick enquiry at the pharmacist’s revealed that these medications are most popular among the age group of 17-25 and demand peaks during March and April when boards and other entrance examinations are in full swing. Prescriptions are hard to come by, and most youngsters use these without expert guidance. Some veterans still believe in the age old tested and tried (and safe!) ways of memory enhancement such as intake of almonds, carrots etc.

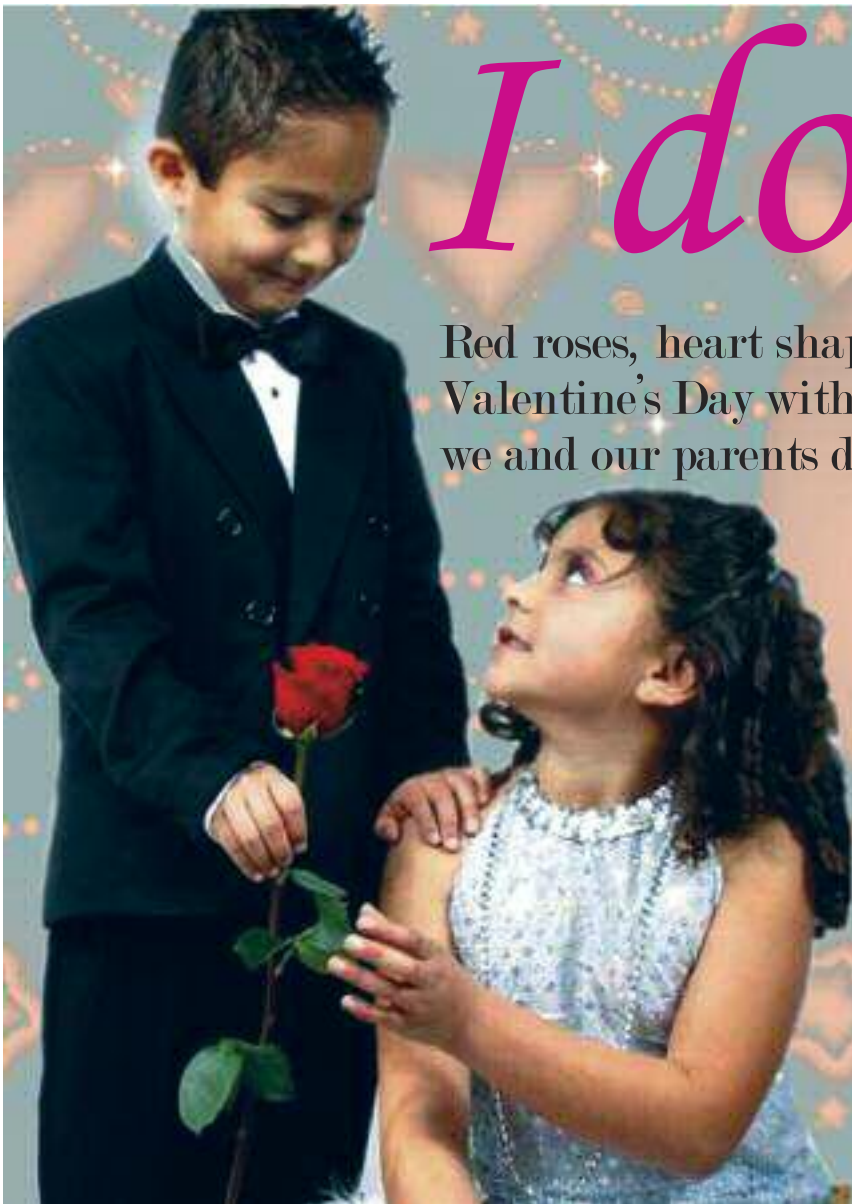
Moreover, changes in lifestyle such as sleeping for a minimum number of hours every day, minimising the intake of junk food and refraining from addictions like smoking and drinking greatly benefit information retention in the brain. “Anything that messes around with the brain can be dangerous,” says Ameeta Wattal, Principal, Springdales School (Pusa Road). According to Meenu Ratwani, Counsellor, Summerfields, “Children should concentrate on developing memorising skills. They could take the help of mnemonics.” Presently, an international team based in California is coming up with the pill that aspires to benefit students, dementia and brain disorders. The best advice that can be given to students is to trust their capabilities, have a positive attitude, be determined and follow the basic memory retention tips. So stay safe, and keep healthy... ●







Imaging: Dinesh Kumar



# I do, they don't

Red roses, heart shaped chocolates, teddy bears is what a teenager usually associates Valentine's Day with. It is a day eagerly looked forward to, to celebrate love. However, we and our parents don't seem to think alike on the matter of **Valentine's Day**.

**Urmimala Das & Srishti gupta**  
AIS Saket

## I say

"Parents consider anything that was not a part of their growing up as immoral."

## They say

"They may forget days of national significance like 15th August but never the VALENTINE'S DAY!"

## Gen Y speaks

For us "Youngistanians", Valentine's Day is the "it" day. The day to make memories and celebrate love. Sneha, a Modernite says, "Valentine's day means spending time with my boyfriend." As far as disrespecting Indian culture and values is considered, Gen Y feels that Valentine's Day is not a blasphemy.

"There is nothing immoral in this, if we can have inter-caste marriages, then what's wrong about this?" says Puneeta Ahuja of AIS, Saket. "Times are changing and the Indians are breaking out of the norms. There is a mother's day, a father's day, then why not a day to celebrate love?" asks Akshay.

## Parents speak

"It is immoral and against our values", says Mrs Sugandha Sharma, who feels love "needs no declaration". Some parents feel that the V-Day culture in India is an emulation of the West. Another parent, Mrs. Sharma feels similarly, "The Valentine's Day has alienated our children from their own culture". "In India, love is important in our every-day-lives. Then why single out one day to mindlessly ape the west?" Mrs.

Rawat, argues.

Other parents fear the consequences of having a Valentine's Day: "today's youth is vulnerable. They get carried away on such occasions. So, they need guidance" says a parent. "It is unsafe and there's always an element of anxiety when granting extreme freedom- the reason why I think twice before allow my daughter a boyfriend", agrees one of many such parents, apprehensive about the V-Day.

## The generation battle

It all comes down to - "a communication gap"; what we want, our parents don't, what they want, we don't. There is a no-man's land between our parents and us and neither of us is willing to take an initiative to talk. The only way out of such a situation is to understand the other's point of view and adjust accordingly.

## The zing of spring!

**Sukanya Natrajan**  
XI, AIS Saket

The mood of spring rightly calls for a celebration (the exams are over, you see!) And at a time like this, who wouldn't want to dress to kill! This spring brings with it, a variety of hues, sure to give you and your wardrobe a colorful makeover....

*Some must-haves for spring...*

- 1. SHORTS, HOT PANTS, CAPPRIES:** get them in checks, geometric prints and combine with a long shirt and loafers to look cool.
- 2. Call it FLIP FLOPS, SLIPPERS OR CHAPPALS,** they are essential to your wardrobe. Shock them with reds & purples!
- 3. SUMMER TUNICS/DRESSES** in floral, tribal and geometric prints, are 'in'. Accessorize with flip-flops and a hair band
- 4.** Try the most bizarre combinations. Get vibrantly **colored belts** and team with your tunics or shorts. Don't forget the **scarf-like belts!**
- 5. SKIRTS-** straight line or a-line, skirts suit every body type. Get all-printy! For smaller women, abstract prints are suggested while the larger frames can carry off the bold ones.
- 6. SPAGHETTIS:** Look ultra-sporty by teaming two spaghettis with shorts.
- 7. ACCESSORIES:** Everything chunky is in- neck pieces and bangles, in particular. A dramatic neck piece with a white ganji and shorts and.... voila!
- 8. SNEAKERS-** for everyone!
- 9. SHADES:** Suit your face structure and look glam.
- 10. HAND BAG:** Go for cloth bags instead of leather ones to lighten the mood. Always remember to carry a bottle of fresh water because no amount of make up works if you look drained. Now, You glow girl !



(L to R) Meera Anand, Manvi Raina, Naviya Singh, Vedant Sandhu, Raghav Agarwal

## Changing seasons

Do changing seasons simply refer to the change in AC temperature; is there any connect of seasons to our life?

**Akhil Bhardwaj, AIS Saket**

Outside my window, the seasons are about to change once again. The leaves have turned luxuriant autumn shades. Soon, they will be tumbling to the ground from their high perch atop the tree's branches. Not long ago, I watched as tiny green buds began to sprout on the barren branches, heralding the arrival of spring. It seems like the older I become, the faster the seasons revolve, progressing almost at a dizzy pace. The bare trees become full of life, luster and hope, only to fade away, returning back to the earth, gone. Some branches develop more colorful foliage than others, but in the end, each eventually arrives at the same destination- with a final descent to the ground.

I think about how each of us, too, has those personal moments of glory in our lives when we're in full bloom, sharing our abundant shade with others. But these moments, too, wither away, as the wheel of life turns and our moments of accomplishment deplete. We start off our lives of wonder, expecting too much, full of hope and belief in our unlimited potential; only to have our dreams and idealism tumble down into reality with the passage of time. Looking out of my window, I wonder if there is any point or purpose to these cycles. Is our world progressing forward, or are we just in a cycle of endless and meaningless repetition? Is there a purpose to these revolving seasons or is it merely an aimless, incessant sequence? Yet, the fading tree seems to be whispering its message. When we moved into our home several years ago, this

tree was but a small sapling, so weak and hapless that it was almost blown about by the raging winter winds. Over the changing seasons it has grown taller, thicker. Its branches now reach up to the heavens; its roots firmly grip the earth. Though its leaves have fallen away throughout each of the seasons, its core has developed to a fuller and more mature stature. And I think how the changing seasons in our own lives, too, leave their impact on us as individuals, and on our world as a whole. Through the passage of time, we develop into stronger people, with deeper convictions and a surer sense of who we are. And looking back into history, it is clear that the world as a whole is developing into a better humanity, standing tall and sure- while awaiting the time when our branches will actually touch the very heavens. ●

## Electronic-ised aren't you?

'The wired generation'- Today's teenagers spend long hours multi-tasking with their electronics toys: TV, laptop, mobiles, ipods, and the list continues....

**Jigyasa Chauhan**  
AIS Saket

**Electronic-ized:** Aarti Sinha is a chirpy 15 year old who exudes today's teen spirit: confident and outgoing. You'd often spot her chatting with a swarm of friends at the neighbouring Barista. She spends an average of eight hours in her room-cum-home engaging with her electronic tools. Her TV and Ipod are never given rest except when she dozes off to sleep at around 2am or the time when the machines are muted when her stylish Motorola Razr rings. Somewhere in between, she juggles with computer games on her laptop.....hmmm... sounds like your story? Doesn't it?

**'Tuned-in' to tune-out:** God-like is how we could describe these rectangular instruments! Forever plugged into our ears, they are more than just a stylishly encased portable hard drive for storing music. The electronic world of Ipods, mobile phones and videogames have now become a part and parcel of our lives, without which, life would perhaps cease to exist!

**Highly-Priced:** Many such high-end life style gizmos and gadgets cost more than money. The ipod's ear buds elevate the sound pressure directed into the ear canal, damaging irreplaceable hair cells over time- permanently. Perhaps unknown to most of us is that cell phones, generally kept in the chest or trouser pockets, even when not in use, interfere with the nearby connection towers and emitted radiation and harm the area of human body close to the phone. This could cause disturbances in the heart beat patterns as the natural electrical pacemakers interfere with the artificial radiation generated through mobile communication. Time to think





# I can see the change

*“That some achieve great success, is proof to all that others can achieve it as well.”*  
**Abraham Lincon**



The Youth Power 2009-2010 journey that I undertook with my students makes me feel very proud. I have always believed in the power of the youth and the Grand Finale of the Youth Power 2009-2010 on Jan 21 has only strengthened my belief in their immense power. I can see the Change. The platform given to you through The Global Times, is an opportunity to give voice to your vision and become the wind beneath your wings. Rise and soar. Newspapers provide relevant connections to curriculum and the world community. Students who read newspapers regularly become familiar with the many writing models that form the basis for communication in a democratic society. Newspapers extend students' understanding and literacy beyond their classrooms. No river can return to its source, yet all rivers must have a beginning. The Global Times is the beginning of the river-Youth Power. After an extremely fulfilling run last year within Amity, Youth Power Level 2 extended the reach to leading schools across India. Our world is constantly changing. It's our duty to provide the youth with the right guidance. The address by our esteemed panelists and the interactive open house question answer session has been very enlightening. Amity that signifies Youth Power shall walk the path shown by you to Be The Change and Bring Change.●

# Design your own destiny!

*“Destiny is not a matter of chance, it is a matter of choice, it is not a thing to be waited for it is a thing to be achieved”.*



It's often debated, “what makes some people masters of greatness while others languish in the obscurity of mediocrity?” VISION- is the answer. It is vision that decides whether one soars or sinks in the flight of life. Superb winners are the ones who display a mastery of their vision before their competence at a task is demonstrated. The architecture of vision is truly the quintessential giving tangibility to aspirations. Why then, do we condemn fortune for our success or mediocrity? Fortune is but a child of our own vision-an edifice sculptured by our very own hands. Success is directly proportional to how impeccably we act on our vision. So equip your life with a four angled camera and start the odyssey – don't worry if the initial steps are the baby steps. With a steely determination and an unwavering commitment, be gradually a marathon runner of actions. Armoured with optimism, enjoy the journey and gift yourself an iridescent future ! Indeed , Amity owes its saga of success to the futuristic vision of Founder President Dr Ashok K Chauhan and Chairperson Dr.( Mrs) Amita Chauhan. Amity bears testimony that the magical power of vision can metamorphose the mundane to meaningful-the latent to laudable. Today, let's all salute this vision. So here's a clarion call-“The past is over, the future is awaited; The only time to design your destiny is NOW!”●

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# Its Youngistaan Times!

*Media has always connected the layman to the happenings across the globe. So what's different today? The difference lies in its new approach to embrace the youth. ... never has it communicated with youth, in their language, so effectively. Today, it compels you to think with your mind and soul and become an eminent part of a “Better World” campaign.*

**Poornima Kharbanda**  
**XI, AIS Saket**

Is it the freshness in the writings or the new slangs? Or shall we blame it all on Gen Y's happening routines? Its wide range of multi facet issues spell aloud the current urging demands of the youngsters. Youngistaan definitely knows how to keep its audience glued to the media and it is a breeze of fresh air!! Blossoming buds surely have something extraordinary in their approach. It is just not the flowery words or the fascinating diction, it has evolved much above that. Youngistaan truly believes in all that it does and therefore lives up to “Being a very pleasant change.” Media has always connected the layman to the happenings across the globe. So what's different today? The difference lies in its new approach to embrace the youth. Never in the history has it been such an integral part of a citizen's life, young and old. Never has it had links with such a wide ranging audience. And never has it communicated with youth, in their

language, so effectively. Today, media leaves an inerasable impression on whoever it reaches out to. It compels you to think with your mind and soul and become an eminent part of a “Better World” campaign. Reports of a news write-up fired off by 13 year old Savitri Sharma that restores the only hand pump in front of the grain storage at Chanpura village in Tonk district of Rajasthan lying un-repaired despite several complaints or youth joining in a mission to clean Yamuna sees the resurgence of youth activism.



The media going to Youngistaan has led to an appraised generation, with an opinion of their own. Each of whom ignite in their hearts a zest for a better living for their own society. Those who wouldn't crib about something they cannot change, but those who'd initiate a change in their own little space. Youngistaan experiences the thirst for urging every individual to be more conscious of the happenings and contributing in whichever way they can. It beautifully enwraps the varying aspects of every individual's life, withholding their powerful thoughts that blend with instant actions mostly for the betterment of the society. The media going to 'Youngistaanis' has already proved beneficial to dealing with different social issues in a much impactful way. Be it the 13 year old Yugranta Srivastava addressing the UN Climate change summit or a young Aradhana's battle for 19 years to seek justice for her friend Ruchika...the change has begun. If Youngistaan can laundry the lungs of millions and rejuvenate them to act as Path markers, to refine lives, then let us all invigorate this change.

# ...And that's why we have floods

**Kanika Sharma**  
**XII, AIS Saket**

Through the small glass, he stands on tiptoe and peers on the Iron Gate that separates him from heaven. What he sees is a sight spectacular, so mystical that he stands spellbound for a little while, unaware of the presence of a bemused stranger watching him from a little distance. “Ahem! Narayan Narayan Son!” Startled, he jumps back to find himself face-to-face with (you guessed it) Narad Muni. “And why don't you proceed inside, further spectacles await

you.” “Narad ji”, I am not a resident of heaven, I'm here with some queries” comes the meek reply. The bemused smile changes to an irritating frown as Narad ji reconciles to the knowledge that MAN was to subject

*“Humans made termites of divisions, of colour, culture, religion and have rendered the pillars of love, trust, understanding and brotherhood hollow.”*

everyone, even GOD to his scrutiny. Doesn't he? Poor, pishposh Brahmagi gave man a mind and a heart .Those two forces combined are the most pre-

cious things on Earth but NO, man wants it easy. He still wants to know why he was born so poor. Naradaji replies, “Maybe you wonder why you are a dalit or why there is disease and war. Well, let me tell you son,

God made the world with love, trust, understanding and brotherhood as the four pillars which support life. But the human made termites of divisions, of

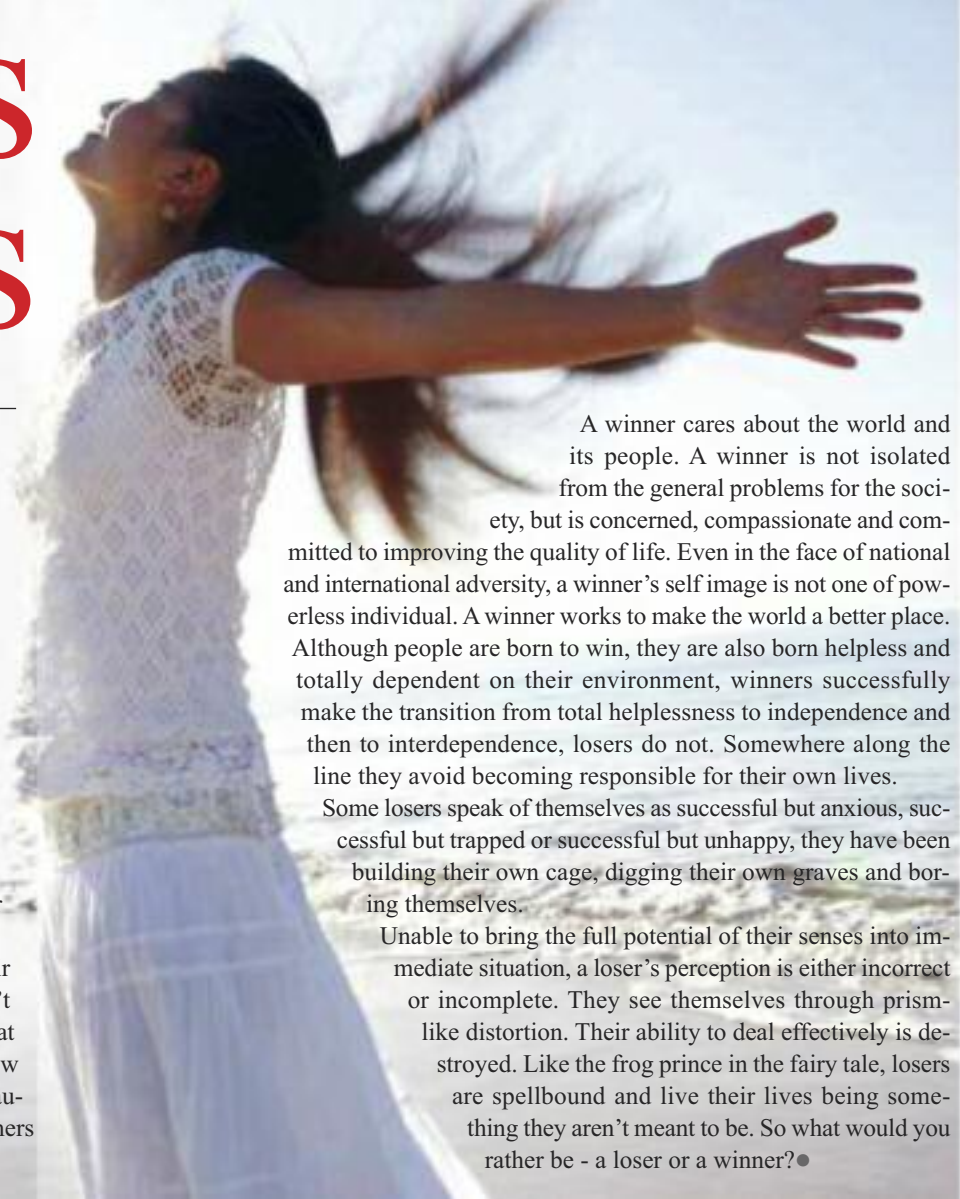
color, culture, religion have rendered these pillars hollow and hence the wars. Did I satiate your curiosity or must I go on?” “I apologize for wasting your time Narad Muni Ji. Actually based on Karma I have been sentenced to hell but I was just wondering...” “What?” “Is there a quota for SC's and ST's in heaven? I'm a dalit, you see!” blurts man. The weather forecast that night: The world is receiving excessive thunder-showers. It appears as if the heavens all are crying their hearts out.●

# Winners & Losers

**Kashish Minocha**  
**VIII, AIS Saket**

*“You cannot teach man anything, You can only help him discover it within himself.”*  
**-Galileo**

Each human being is born as something new, something that never existed before, each is born with the capacity to win at life, each person has a unique way of seeing, hearing, touching, tasting and thinking. Each has his or her unique potentials, capabilities and limitations, each can be a significant, thinking, aware and a productive person and therefore a winner. Winners have different potentials. For them, achievement is not the most important thing, authenticity is. The authentic person experiences self reality by knowing, being and becoming a credible, responsive person. Authentic people actualize their own uniqueness and appreciate the uniqueness of others. Winners are not afraid to use their own thinking and to use their own knowledge. They can separate facts from opinions and don't pretend to have all the answers. They listen to others; evaluate what they say, but come to their own conclusions. Winners learn to know their feelings and limitations and to be unafraid of them. Being authentic, they know when they are angry and can listen when others are angry with them.



A winner cares about the world and its people. A winner is not isolated from the general problems for the society, but is concerned, compassionate and committed to improving the quality of life. Even in the face of national and international adversity, a winner's self image is not one of powerless individual. A winner works to make the world a better place. Although people are born to win, they are also born helpless and totally dependent on their environment, winners successfully make the transition from total helplessness to independence and then to interdependence, losers do not. Somewhere along the line they avoid becoming responsible for their own lives. Some losers speak of themselves as successful but anxious, successful but trapped or successful but unhappy, they have been building their own cage, digging their own graves and boring themselves. Unable to bring the full potential of their senses into immediate situation, a loser's perception is either incorrect or incomplete. They see themselves through prism-like distortion. Their ability to deal effectively is destroyed. Like the frog prince in the fairy tale, losers are spellbound and live their lives being something they aren't meant to be. So what would you rather be - a loser or a winner?●





I thought editing was a piece of cake until I rewrote this page 9 times!!- Jigyasa Chauhan, XI-D, AIS Saket, Page Editor

The Global Times, February 1-15, 2010

# THE JUDGEMENT DAY: The Beginning Of An End

Apocalypse.... The end of the world... sounds farfetched?? Read on.....

**Jigyasa Chauhan XI-D, Agrim Sachdeva X-D  
& Raveena Khanna XI-D, AIS Saket**

Many questions often pop up in our minds. Would there be a global war — possibly triggering a nuclear holocaust? Would the planet's life forms finally succumb to the ecological quagmire that's been building up in our soils, oceans and atmosphere? Or would the current steady increase of previously unknown diseases overcome our ability to defend against them? Scientific inputs from around the globe are predicting that almost 3 years from now, all life on Earth will come to an end. The religious folks say that it'll be God himself who'll melodramatically press the stop button. There are many, many reasons in favour of the fact that the world shall come to a catastrophic end in 2012, some of them being:-

**Earth's Magnetic Field:** The magnetic poles, North and South, have a nasty habit of swapping places every 750,000 years and right now, we are about 30,000 years overdue. The poles are drifting apart roughly 20-30 kms every year, which indicates a pole shift. While the pole shift is under way, the magnetic field is disrupted, resulting in enough UV radiation to crisp your skin in seconds.

**Super volcano:** Yellowstone National Park in United States is sitting on top of the world's biggest volcano and it has a pattern of erupting every 650,000 years or so, and we're many years overdue for an explosion that will fill the atmosphere with ash, blocking the sun and plunging the earth into a frozen winter that could last up to 15,000 years. The geologists have set 2012 as a likely date for the big bang.

**Atom Smasher:** Scientists in Europe have been building the largest particle accelerator which is a 27 km long tunnel designed to collide atoms together to find out what makes the universe tick. However, the scientists are predicting that when this machine is fired up for its first serious experiment in 2012, the world could be crushed into a super dense blob of matter.

**Sun Storms:** The energy of the Sun with most things in nature, is cyclic and was, until recently, in a period of relative stability. However, recent sun storms have been bombarding the Earth with a lot of radiation energy. These activities are predicted to increase and reliable calculations suggest it'll reach its peak in 2012.

**Mayan Calendar:** The first to predict the end of the world were the Mayans, a primitive blood-thirsty race. Thousands of years ago, they predicted the end of the world on Dec 21, 2012.

## Ancient Theories and Arguments

The Christian Scriptures in particular talk extensively about the return of Jesus Christ to this earth. This is usually called his "Second Coming," or "parousia." A literal interpretation of the Bible shows that four important events are predicted:

**The Millennium:** Revelations describe an im-

portant interval lasting for 1000 years when Christ rules. This is a golden era; a time of universal peace. The concept was first proposed by the ancient Persian religion of Zoroastrianism.

**The Tribulation:** This is a 7 year interval when a world religious-political leader called the Antichrist takes power.

**Armageddon** is a terrible war provoked by the Antichrist. Most people on earth will die. God's anger, hatred, and wrath are poured out over mankind and the earth at this time. A series of violent events will occur.

**The Rapture:** 1 Thessalonians 4:16-18 describes a miraculous event when Christ will descend from the heavens towards the Earth. Many conservative Protestants believe that faithful "born again" Christians who have previously died will be resurrected, rise from their graves, and ascend to meet Jesus in the sky. Immediately afterwards, "born again" Christians who had not died will also ascend into the air.

**End times beliefs among Protestants:** Historical Premillennialism: This belief is found in the works of Papias, Irenaeus, Justin Martyr, Tertullian, Hippolytus, Methodius, Commodianus, and Lactantius. The Antichrist first appears on earth and the seven year Tribulation begins. Next comes the Rapture. Christ and his Church return to earth to rule for a Millennium. The faithful will spend eternity in the New Jerusalem. The forces of evil will have been conquered.

**The Nostradamus Prophecy:** French physician and astrologer Nostradamus, wrote a collection of prophecies, entitled Centuries, which were published in 1555. His followers say he predicted the Great Fire of London (1666), the French Revolution, the birth and rise to power of Hitler, the assassination of John F. Kennedy, the destruction of the space shuttle Challenger and 9/11 among many others. He predicted that the world would come to an end somewhere around the year 3797.

## Experts speak

**Nir Shaviv, professor of physics at the Hebrew University of Jerusalem** — "Every few decades, a giant star in our galaxy runs out of fuel and explodes (supernova). Cosmic rays are spread in all directions. If the Earth gets caught in the middle of the shooting, it could cause an ice age. If Earth already has a cold weather, an extra discharge of cosmic rays could make things really worse and perhaps cause the extinction of a number of species."

**Reinhard Stindl** — "At the tip of an animal's chromosomes are protective caps called telomeres. Without them our DNA would become unstable. Every time a cell divides, almost never fully copies the telomeres. During our lives our telomeres get shorter and shorter as our cells multiply. Eventually, when they are very short, we begin to see age-

Graphics: Raunaq Singh & Agrim Sachdeva, AIS Saket

related diseases: cancer, Alzheimer's, heart attacks, strokes, etc..."

**Virologist Maria Zambón, Health Protection Agency's Influenza Laboratory, UK** — "Over the last century we have had 4 major flu epidemics, along with AIDS and SARS. The 1918 flu caused 20 million deaths in just one year, even more than the First World War. A similar outbreak today could have a more devastating impact."

**Predictions and Prophecies continue.....**

*2014: Pope Declaration*

In the year 1514 Pope Leo IX wrote "I will not see the end of the world, nor will you my brethren, for its time is long in the future, 500 years hence."

*2028-Oct 26th Asteroid 1997 XF11*

Initial calculations suggested that asteroid 1997 XF11 will pass dangerously close to the Earth and would result in its destruction. However, current analyses suggest that it will come no closer than 0.00636 AU (951,000 km) or about 2.5 times farther than the moon. If these latest predictions are correct then the probability that the asteroid will impact the Earth is effectively zero. Just in case the initial predictions were correct it, would be safer to stay indoors on this day.

*2280 Quran Code*

"When the horn is blown once, the earth and the mountains will be carried off and crushed; utterly crushed. That is the day when the inevitable event will come to pass." The end of the world is coded in the Quran, according to the translation by Dr. Rashad Khalifa, and will be destroyed in 2280. The signs, of it's impending destruction, given in the Quran have already been fulfilled.

## Students' verdict

I think what has to happen will happen. No one can prevent what is going to happen in the future. It is a well known fact that the world is going to end sometime or the other. Instead of predicting future dates, what we should do is improve our lifestyles and act in a more eco-friendly way. **Aditi Seth- XI-G**

I am very well aware of the prophecies of Nostradamus and their habit of coming true. I have strong faith in what he has predicted. So 2012 being the calamity year is completely out of the picture. **Archish Aggarwal- XI-A**

The end may be nearer than expected. The chaos prevailing all around us in form of poverty, destruction, lethal weapons etc. forces us to believe that the end may come sooner than expected.

**Bhavya Jad-XI-B**

As the man gets greedy, looks like the days to doom are numbered. We are only bothered about today without realizing that future generations will be deprived of the life we lead. Our greed is doing irrevocable damage to the planet which we call our home. **Srishti Luthra- XI-D**

But at the end of it, we can't really do much about it. What we can do is sit back and wait. Wait till the dark forces unravel themselves and the much anticipated mysterious cause for the catastrophic destruction of Mother Earth is unfolded! ●

"Spring is adorable, days are enjoyable, children play and all is gay."- Akshay Kailash, II-B, AIS Saket





Making this newspaper was so interesting and so engrossing. We can say that now we truly know it!-Kashish Minocha (VIII) *Left* & Preksha Gupta (IX) *Right* , AIS Saket, Page Editor

The Global Times, February 1-15, 2010



# Tracks & their rulers

Shivani Chopra & Kashish  
VIII, AIS Saket

Sprint races are the oldest recorded form of athletic competition, dating at least to the Olympic Games of 776 B.C. They were first seen at the Athens Olympics and lately at the 2008 Beijing Olympics. Some great sprinters who can be named at this juncture are Jesse Owens (1936 summer olympics at Berlin, Germany), P.T Usha (1985 asian track and field meet), Milkha Singh (1958, asian games), Carl Lewis (1984 olympics at Los Angeles), Archie Hahn (1904 olympics), Michael Johnson (1996 summer olympics), Ben Johnson (1984 aolympics at Los Angeles), Usain Bolt (2008 Beijing Olympics) and many more. Usain Bolt is an all-time record maker and record breaker. In the Olympic 100 m final, Bolt broke new ground, by winning in a time of 9.69 s with a reaction time of 0.165 s. In the final round of the 200m event, he won Jamaica’s fourth gold of the Games, setting a new

world and Olympic record of 1930s. The feat made him the first sprinter since Quarrie to hold both 100 m and 200 m world records simultaneously and the first since the introduction of electronic timing. The first modern Olympics (for men) in 1896 included 100- and 400-meter races and a 110-meter hurdles event. The 200-meter dash and 400-meter hurdles were added in 1900, with the 4 x 100 and 4 x 400 relays entering competition in 1912. Women’s events were added in 1928, including the 100-meter run and the 4 x 100 relay. Further additions included the 80-meter hurdles in 1932, the 200m in 1948, the 400 in 1964, and the 4 x 400 relay in 1972. ●

## Name of race : What is it ?

100m	The shortest outdoor sprint race distance in athletics.
200m	An outdoor sprint with a distance of 200mtrs.
400m	A common track running event with a sprint distance of 400m.
800m	A common track running event. It is the shortest common middle distance track event.
5000m	A popular running distance also known as 5K or 5km.
10000m	The longest standard track event.
Marathon	A long distance foot race with a distance of 42.195kms that is usually run as a road race.
Decathlon	An athletic event consisting of ten track and field events. Hep-tathlon It is a track and field athletic event made up of seven events.

# Betting-a sport, a hobby or a gamble?

Kashish Minocha  
VIII, AIS Saket

For many, sports betting is a hobby and others have reaped millions from it. But betting increases the likelihood of match fixing and there have been numerous point shaving scandals. For instance, Federico Luzzi was suspended for 200 days and fined \$50,000 for betting 273 times on matches. Another famous case is the involvement of cricketer Ajay Jadeja who had close relations with a number of bookies, including Rajesh Kalra, Krishan Kumar (implicated in the Hansie Cronje case) and Ajay Gupta. It has emerged in the enquiry that Jadeja met MK Gupta in 1996 and offered to “do” matches for him. However, the deal did not materialise. Jadeja denies meeting any bookers. For college student players, the conse-



quences at a young age may lead to a lifetime addictive behavior. This addiction to betting is the same as addiction to social networking sites. Labanya Maitra of class VIII-B, AIS Saket says, “Betting is an unhealthy addiction. Just imagine children spending long hours before the TV, away from studies, watching the match because they have betted on it. This affects their health also.” Raveena Nayyar says, “There are many instances of daily-life betting, like one friend says ‘you can’t get full marks’ and the other one says ‘I will’ and a bet follows.” But the betting which takes place these days is killing the spirit of sports. If people want to pursue betting then it should be done in a healthy way. So, being the upcoming generation of today, come, lets change the stance of betting. ●

# Sports+Environment No confusion , great combination!

Preksha Gupta  
IX-A, AIS Saket

“A lot has been promised, but little has been done” is our perception of the initiatives taken by the government to combat the dooming danger of climate change. But we surely need to break this prejudice of ours, because now India will be the first country to host a green Commonwealth Games! Global sporting events have a large ecological and consumption footprint. Hence the Organising Committee Commonwealth Games 2010 Delhi has an objective to host Green Commonwealth Games by using effective carbon emission mitigation, reduction and offset techniques. The Delhi government has launched a major drive to show its green face. The construction and renovation of the ven-

ues being constructed for the XIX Commonwealth Games 2010 Delhi are planned, keeping in mind the Green vision of the Games. The Games Village, housing over 8,000 athletes and officials for the Games is also expected to be setting new standards for the innovative green infrastructure. The Thyagaraj Stadium, built over an area of 16,000 square meters is believed to have employed all the latest green technologies like **fly ash bricks** in construction, **effective water management systems**- rainwater harvesting, sewage treatment (with a capacity of 2 lac litres per day), dual flush systems, sensor based faucets, etc. **Innovative landscaping**, namely, reduction in soil toxicity. **Solar energy** for lighting purposes. In addition, the implementation of the building integrated with photovoltaic concept **An Efficient public transport** to minimize the pollution to a great extent- construction of footpaths and cycle paths alongside the roads as a priority. Lets hope that this great combination of sports+environment yields super-great results, encouraging nations to win over climate change! ●



Illustration:  
Parmita Mukherjee  
VIII-B, AIS Saket

# Venture into adventure

Kriti Misra  
IX, AIS Saket

The movie Princess’ Diaries reminds me of a scene where the coach tries persuading Mia to prevent a goal. And Mia quickly replies, “I am a rock climbing, yoga doing, hiking kind of girl with zero hand eye co-ordination.” That got me thinking. Not all of us are born Michael Jordan, who slam dunking with oozing confidence, making it look like child’s play until we go into the court to realize how

big the post actually is. Nor are we like Michael Phelps to whom setting records is like breathing. Times are changing. I know a person who takes off at the tiniest of opportunity to the unknown in the mountains, hoping to catch a hike and go rappelling and who knows, Camp. Americans are known to be die hard vacationists. Most prefer to take off to a random place (which might not be even recognized on the road map!) and rappelling, white water rafting, etc. Take rock climbing for instance. You

may have seen the magnificent Dead Horse Rock point in the opening scene of Mission Impossible which Tom Cruise succeeds in climbing. Rock Climbing has its perils but it can be endlessly thrilling, taking you to the awesome nature spots in the world. The Dead Horse Rock point (Colorado) is not only beautiful but also one of the toughest terrains to climb. The bottom line is that adventure sports not only provide thrill to the thrill mongrels and a scenic beauty to nature lovers but are also meant for anyone and everyone!





Global Times erupted in me an insatiable hunger to transform into an intelligent editor:- Mahima Kaul, XII-G, AIS Saket, Page Editor

The Global Times, February 1-15, 2010

Mind GYM

Abhilasha Banerjee  
IX, AIS Saket

Put your thinking caps on and deduce the quotes from famous books and movies

- 1. “Every step I took since the moment I could walk was a step toward finding you.”
- 2. “Storm clouds may gather and stars may collide, but I love you, until the end of time.”
- 3. “Well, it’s not the men in your life that counts, it’s the life in your men.”
- 4. “There’s No Place Like Home.”
- 5. “I’m the King of the World!”
- 6. I’m scared of walking out of this room, and never feeling the rest of my whole life the way I feel with you.”
- 7. I am just a girl standing in front of a boy, asking him to love her.

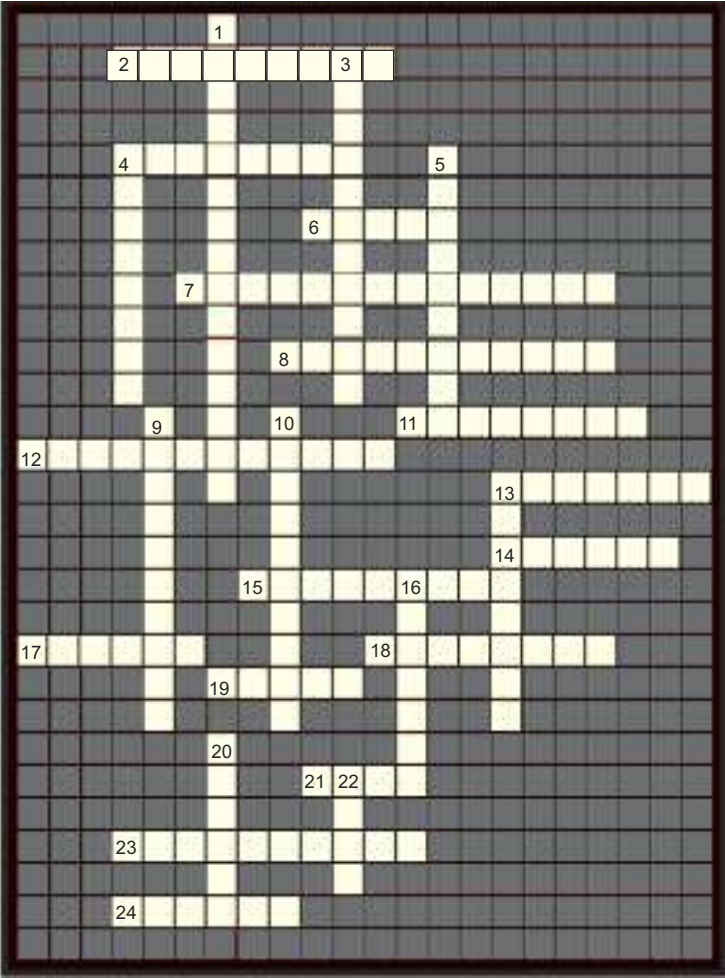
For answers log in: www.theglobaltimes.in

Cross word

Crossword by Mayank Kaul, VIII, AIS Saket

- Across
- 2 Spring Festival of Assam, 4 Vijayadashmi, 6 New Year Festival of the Mahayana Buddhists, 7 The festival important to Brahmacharis & wrestlers, 8 Birth Anniversary of Prophet Mohammad11 Most important festival of the Jews, 12 Lord Vishnu is invoked in his human incarnation as Krishna on his birth anniversary, 13 Spring festival of Rajasthan, 14 The first day of the festival is called Naraka Chaturdasi 15 New Year’s Day in Punjab, 17 Important festival of Tamilians, 18 Muslim festival that follows one month of fasting, 19 Celebrated as the New Year festival in Andhra Pradesh, 21 Festival of colors, 23 Sindhi New Year,24 New Year for the Parsis
- Down
- 1. Festival celebrated in the honour of the God of wisdom & prosperity, 3 An annual festival held at Anandpur Sahib in Punjab, 4 Holi celebrated in West Bengal, 5 Nine-day festival celebrated in West Bengal, 9 A Jain festival, 10 Birth Anniversary of Prophet Zoroaster, 13 A popular festival of Maharashtra, 16 Festival of the royal family of Tripura, 20 A Christian festival celebrated to mark the resurrection of Jesus Christ, as it is told in the Bible, 22 Most important festival of Kerala.

For answers: log in: www.theglobaltimes.in



Laugh out loud



Sanjana Singh  
V, AIS Saket

- 1. What do you get if a steam roller smashes BAT MAN and ROBBIN? Ans. FLAT MAN and RIBBON
- 2. Why was the cross-eyed teacher so angry? Ans. He couldn’t control his PUPIL.
- 3. A psychologist for a school is asked to see a pupil who draws all his pictures with black and brown crayons.

He talks to him. Nothing obvious. He gives him projective tests. Nothing shows up. Finally in desperation, he gives him some paper and a box of crayons. “Oh goody,” says the boy,”I get an old crayon box in school and only black and brown were left.”

4. Two cockroaches were munching on garbage in an alley when one engages a discussion about a new restaurant. “I have been in that new restaurant across the street,”said one.”It’s so Clean! The kitchen is spotless, and the floors are gleaming white .There is no dirt anywhere it’s so sanitary the whole place shines.” “Please,” said the other cockroach frowning “Not while I’m eating!”

5. God was sitting in heaven one day when a scientist said to him, “God, we don’t need you anymore. Science has finally figured out a way to create life out of nothing –in other words, we can now do what you did in the beginning.” “Oh, is that so? Explain …” replies god. “Well, “says the scientist, “we can take dirt and form it into the likeness of you and breathe life into it, thus creating man.” “Well, that’s very interesting …show me.” So the scientist bends down to the earth and starts to mold the soil into the shape of a man. “No .no, no …” interrupts god, “Get your own dirt.”

Short Story  
The Enchantment

Anuva Bajpai, III, AIS Saket

Once upon a time, there was a small village in the land called Far Far Away Land. There were two best friends whose names were Sunshine and Sunset. Sunshine was very polite and helped everyone, on the other hand, Sunset was very mean and harsh. No one liked her. One day Sunshine went to the forest to pick some dry logs of wood for her mother. As she was picking up the logs of wood, suddenly an old woman appeared and said, “Dear child! I am too old. I cannot bend to pick up the logs, please help me.” “Sure! I would be pleased to,” replied sunshine. After she had picked up the logs, the old woman took them and said. “Thank you.” Now she disappeared. Sunshine returned home. Now whenever she spoke flowers, jewel and rings would fall out of her mouth. Seeing this Sunset asked sunshine where she had been. Sunshine told the story of the old woman. Now sunset went to the forest too and started picking up logs. Again the old woman appeared and said, “Dear child! I am too old. I cannot bend up to pick up the logs, please help me.” “No, why should I? Do your work on your own,” replied Sunset rudely. The old woman was a fairy! She gave Sunset a curse that whenever she spoke, insects, toads and leeches would fall out from her mouth. Now Sunset could not speak!  
**Moral:** We should be polite and courteous to all.



Spring is a breath of Fresh air which enthalls our mind and body -Antara Sen ,III-A , AIS Saket

Poems

‘SPRING’acular

Ria Chopra, V, AIS Saket

The season of spring  
The weather seems to sing  
Lovely beautiful days  
Are coming our ways.

The season of spring  
Birds unfold their wings  
Diving high into the sky  
We wish we could fly.

Listen listen to my words  
The season of spring is near  
A look on nature’s wonder  
And spring is already here.

The Echo of Spring

Sifat Singh, III, AIS Saket

When the wintry sun  
begins to turn warm.

And there is a whole lot of fun  
then one must know that  
spring has come.

The whole atmosphere becomes  
bouncy  
because it’s time for the  
festival “holi”

Time when flowers are  
blooming in full splendour,  
hurry the winter is gone and  
days are a bit longer.

Spring is the queen of all seasons  
Trees have newly born shoots and  
gardens blossom with multi hues

Not only the butterflies or the bees  
but the whole human spirit is at glee.

Dreams

Tejas Oberoi, V, AIS Saket

Dreams are sometimes really scary  
and sometimes really funny,  
Sometimes you are killed by a monster  
and sometimes you become a  
rabbit named bunny.

Dreams are stories made by your  
own imagination,  
Sometimes you miss your train in a  
railway station and sometimes you  
become the president of the nation.

The world of dreams can’t be  
measured and is unlimited,  
Sometimes you go to see Wake up  
Sid! And sometimes you become a  
donkey and by all the people you  
are hated.

The system of dreams is really  
weird,  
As some people wonder that how  
come my imagination reaches that  
far, till that old man’s beard?

Dreams are very enjoyable and interesting,  
Sometimes you become the king  
and sometimes you make the  
world’s largest ring.

Sometimes in a war you get shot,  
And sometimes in a cricket match  
get caught.

In the world of dreams, nothing is  
impossible,  
Anytime, any place, anything can  
happen.

Sometimes a dream turns into reality,  
That is really a mere chance of luck  
and of course has a touch of divinity.

I love to live in the world of dreams  
where there are no limits and  
bounds,  
From the vast and blue sky to the  
wonderful and colourful grounds,





"The Synergy Card is reliable. One can enjoy discounts on various products and services through it. I myself have used it at VLCC and restaurants and many other places. The card has helped me avail huge discounts." Rishita Ghosh, Bachelor of Physiotherapy at Amity University.

Model: Saurav Kumar, Pic: Namrata Gulati, Imaging: Dinesh Kumar

# Synergise with your trump card!

Namarata Gulati

Now don't go looking around for it! As an Amity University student, each one of you has the privilege of a trump card. Why! Where's your Synergy Card? With discounts up to 40% on around 200 leading brands, who wouldn't call it the winning card? Your Synergy Card offers valuable discounts on 20 different categories, like Footwear & Apparel (Impressions, Kazo, Uni Style Image..), Entertainment

(Adventure Island, Worlds of Wonder..), Book Stores (Om Book Shop, Tekson's, Galgotias..), Food and Beverages (Pizza Hut, Domino's, Café Morrison, Elevate..), a cool discount on the membership to dance studio Big Dance ... .phew! I'm tired... let's hear it from a frequent Synergy Card user (or Synergiser!), Vishesh Sharma, Amity School of Communications, "To have something like the Synergy Card (SC) is nothing less than a privilege for the Amitians. I'm not aware of any other university or

college providing a benefit like this to its students. I have reaped innumerable advantages out of SC at Kazo, Adventure Island, Golden Dragon and Tekson's. The best feature of the Synergy Card is that there are no off-seasons for discounts but always an on-season for them! I will soon use my Synergy Card at Devil's Tattoo and then on the Valentine's Day to buy some gifts for my friends!" "My savings have surely increased!" Samridhi Chadha, HR, Amity University adds to the list of advantages

spelled out by Vishesh and Rishita, while an elated Himalay Sharma, another Amity University student reminisces his favourite Synergy Card moment, "I bought my Sony I pod at a 10% discount!"

## Faculty plays card

Apart from students, Amity staff and faculty members too enjoy the benefits of the Synergy Card. "I used my Synergy Card at Papa John's some time back for a good concession" says Dr Monika Prakash Rai, faculty member at Amity Institute of Biotechnology; she expresses her keenness to use the Synergy Card again, "Let me know the list of places where the card can be used!" HR Executive Khushbo Nagpal, Amity Global Business School shares her own experience of using the Synergy Card at Pizza Hut, "The pizzas seemed a lot tastier," she tells us, of course, with a smile at the thought of double the treat! Dr Rajni Singh, faculty member, Amity Institute of Microbial Biotechnology sums up, "A very good concept indeed, for the stu-

dents, the faculty as well as the staff members." Anupriya, part of the Amity Communication team, that is behind this unique concept shares, "The Amity Synergy Card is a brilliant concept and an excellent gift to all the students, staff and faculty members of Amity University. The card is a huge success and is very popular amongst the student fraternity. Since the very inception of the Amity Synergy Card, it has been our constant endeavour to keep on adding more value to the card by associating with more and more merchandise outlets which are of interest to the students, at the same time, our clients are also very appreciative as the card brings ample business opportunities to them."

The Synergy Card, your life-long partner (yes! your lucky card will remain yours even after you pass out of Amity University!) is the sure shot way to bring sunny days into your life! Now you know what makes the card yellowish-orange in colour!●

For more, check out  
[www.amitysynergycard.com](http://www.amitysynergycard.com)

## Amity Lucknow floors Sharmila Tagore

Amity School of Communications, Lucknow organised UP Media Schools Summit on Child Rights and Education in collaboration with UNICEF at Amity University, Lucknow. Chief Guest Sharmila Tagore, Chairperson Central Board of Film Certification, was felicitated by Amity University on the occasion. Sharmila was impressed with the enthusiasm and discipline exhibited by Amity Lucknow students, "What I find amazing is the way they have balanced the old and the new." Director General Major Gen KK Ohri (AVSM), ASCO Director Sanjay Johri and Deputy Director Naresh Chandra were also present. As part of the initiative with UNICEF, 15 students of Amity University Lucknow went to a village in Malihabad, and captured the lives of children through their camera. Each of



the pictures displayed in the exhibition 'Shades of Childhood', had a story to tell. The efforts put in by the students are likely to bear fruits with the module of Child Right Education to become part of the media syllabus, as discussed in the summit.

## Experts sum(IT) up at Confluence

Amity School of Engineering & Technology, Amity University in association with EMC India, leader in Information Infrastructure Solutions started two day "Confluence - The Next Generation Information Technology Summit" at Amity Campus, Sector-125, Noida. The two day Summit was an initiative to bring together industry and academia to foster innovation by showcasing experiences, ideas, research results and making opportunities in the industry.

Welcoming the distinguished gathering, Dr. B Shukla- DG, Amity School of Engineering and Technology (ASET) and Pro VC (A), Amity University, Uttar Pradesh remarked that challenges for Information storage and Management are different and therefore different solutions have to be devised to meet the myriad challenges. Inaugurating the Summit, Manoj Chugh, President, India & SAARC, EMC Corporation commented, "The combination of complex IT infrastructures and enormous growth in the volume of information to be man-



aged is creating a huge demand for highly skilled storage professionals. The inauguration was followed by a panel discussion on "Technology landscape in India - Is India Inc. ready for the next Era?" by eminent panelists as Mr. PK Gupta- Director, BURA, EMC Data Storage Systems (India) Pvt. Ltd., Mr. Rajesh Janey- NTAP and Mr. George Paul- HCL. The discussion was moderated by Mr. Manoj Chugh. Technical sessions unfolded during the day focussed on new emerging technologies

such as "Technology Tracks I to VI", "Cloud Computing: State of Art Data Centres", "Data De-Duplication and Virtualization" and "Web 2.0: IT & Compliance". The summit was attended by senior executives from industry, government and academia including Alok Shrivastava - EMC, Manoj Chugh - EMC, Rajesh Janey - NTAP, George Paul - HCL, Dr SK Gupta - IIT Delhi, Pradeep Kumar - Cyber Media and Dr Chandan Choudhary - IFS India amongst others.●





# Sweepstakes at the Future Cities India 2020 Competition

Arjun Hans  
AIS Saket

**The competition:** Future Cities 2020 is an initiative of the Ministry of Science and Technology, in collaboration with Bentley Systems and the American Center. Started in 2006, the competition strives to foster creativity and ingenuity among students by granting them an opportunity to propose conceptual models of India's future cities and metropolitan areas.

**Qualification:** Amity International School, Saket was amongst the 15 schools that qualified the first level of the Future Cities 2020 competition that kicked off in early July 2009 based on the essays submitted by the school teams. Following the official inauguration in mid August, the teams started working on the concepts they had devised, as well as their physical and computer models depicting their proposed plans.

**The task:** This year, students had to pro-

pound solutions for the redevelopment of Chandni Chowk. The centre of Mughal power centuries ago, this fabled gem of Delhi has suffered a slow, but inexorable fall into squalor and ruin due to poor urban planning and population explosion. The teams had to formulate innovative yet pragmatic ways to mend the decrepit city while simultaneously maintaining the grandeur and invaluable heritage of Chandni Chowk

**Presentations:** After months of tireless, diligent efforts, on Jan 13, 2010, the students presented their models to journalists and news reporters. His was followed by a gruelling judging session the next day. Teams were judged on the basis of their summations, as well as their presentations. The fruits of their labour were on full display and the judges constantly commended the students on their creativity and technical skill.

**Award ceremony:** Amityans proved their mettle and consummate skill. The date - January 18 and venue - Taj Hotel shall always remain etched in the minds

of the participants. Amity International School, Saket, was awarded the 'Best Concept' award and a whopping cash prize of Rs 88,000. The meticulous and industrious labours yielded great dividends. The top three teams awarded on the occasion presented their models to a celebrity panel of judges and luminaries including honor Kapil Sibal, Minister for Human Resource Development and representative from Chandni Chowk.

**Vote of thanks:** The team comprising Agrim Singh, Neha Ahooja, Shruti Sahrawat and Arjun Hans extend their heartfelt thanks to the unwavering guidance of the Chairperson Dr Amita Chaudhan and Principal Bharti Sharma for the magnificent accomplishment. The guidance of their teacher in-charge Alka Saxena and support of Suhani Bedi, Rishabh Ambwani, Akshat Boobna and Ayush Jain for the support extended at every stage. The others who stood by the team included Naman Ahuja, Naman Oberoi, Nishant Jain, Gautum Prakash, Sanskriti Srivastava and Moulshree Kumar. ●

# Felicitation & celebrations

The school auditorium at Amity International School, Vasundhara turned into a Happy Meeting Place when students, teachers and parents of class X (2008-2009) gathered for their Felicitation Ceremony on the January 19, 2010. The students were awarded with certificates of merit and a token of appreciation. The meritorious students received the scholarship of Rs.8400 from Chairperson Dr. Amita Chauhan. Ankit Singh and Skand Bharadwaj were felicitated with a special certificate for being amongst the .1% . A vibrant foot tapping dance presented by the girls of class XI set the stage on fire. This was followed by the cake-cutting ritual to celebrate the occasion. ●



Amity International School Noida, held its Investiture Ceremony on January 18, 2010 to elect the new Student Council. The office bearers pledged to uphold the unique Amityan ethos and to serve as perfect role models for the student community. School principal, Mrs. Mohina Dar congratulated the new appointees and urged them to shoulder their responsibilities with utmost sincerity and commitment. Vice Principal, Mrs. Renu Singh blessed the new appointees and advised them to be ideal leaders with a clear vision in mind.

# Office bearers take charge

Headboy Mohammed Qureshi, headgirl Kritika Dusad, Karanjot Singh and Charu Gupta of the outgoing batch of Class XII reminisced about their formative years at Amity that helped mould them into capable and confident students. The new office bearers are as follows:  
**Head Boy:** Anantdeep Singh, **Head Girl:** Arushi

Bhatia, **Discipline Captain (Boys):** Sarthak Vaish, **Discipline Captain (Girls):** Ambika Vadehra, **Discipline Prefects:** Kartik Mehrotra, Anant Agarwal, **Sports Captain (Boys):** Gobind Deep Singh, **Sports Captain (Girls):** Ambika Narayan, **Sport Prefects:** Arindam Banerjee, Shrutika Misra, **Cultural Captain (Boys):** Mayank Joneja,

**Cultural Captain (Girls):** Vidushi Kaul, **Cultural Prefects:** Charita Arora, Sanjana Mathur, **Student Editor:** Karan Sahariya, **Student Sub-Editors:** Chitrangada Singh, Arunima Sodhani  
**HOUSE CAPTAINS:** **Alaknanda:** Sargam Hans, **Bhagirathi:** Prachi Pandey, **Mandakini:** Ruhi Kumar, **Pawani:** Radhika Goel  
**VICE CAPTAINS:** **Alaknanda:** Anusha Gupta, **Bhagirathi:** Rajat Agarwal, **Mandakini:** Manav Lakhina, **Pawani:** Mehek Mehandiratta. 30 Prefects and an equal number of Vice- Prefects were also among those chosen.

## THE AMITY INDIAN MILITARY COLLEGE

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Fulfill the dreams of your son / ward to become a brilliant Defence Officer.

The AIMC, run on the pattern of Rashtriya Indian Military College (RIMC), Dehradun, provides quality education based on C.B.S.E. pattern to boys from Class VIII / IX level upto Class XII. They are also groomed and prepared for the entrance examination and Services Selection Board (S.S.B.) Interviews for entry into the National Defence Academy, Khadakvasla, Pune. The cadets are housed in a sprawling residential campus at the Amity Education Valley, near Manesar, with all facilities for outdoor activities.

**ADMISSION TO CLASSES VIII, IX & XI**  
**Session Commencing from 05 Apr 2010**

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**Last Date for submission of application – 20 Feb 2010**

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**Dr (Mrs) Shabnam Pandit, Principal, AIMC.** Off : 0124-2337 650 / 642/ 643  
Mob: 98106 99633  
**Col Ravinder Singh, (Retd) Adm. Officer, AIMC.** Off : 0124-2337 642 / 643  
Mob: 98106 99595

# Adolescent Education



Nidhi Nayyar

Amity Vasundhara organised a two day workshop on Adolescent Education for classes VI and VII on December 23 and 24, 2010. Resource person Akansha Shah and Meenu Bhargav conducted a session exclusively for the boys on topics like features of adolescence and understanding of the factors influencing adolescent behaviour (peer pressure, school, parents and society, media etc.). Concerns of adolescents were also shared with students like company of friends, comfort and luxury, re-

sisting authority etc., besides discussing some growing up issues.

A separate session for girls conducted by Meenu Bhargav and Nidhi Nayyar discussed issues as puberty, the physical, emotional, social and biological changes in girls. Myths and queries with regard to monthly cycles, female reproductive system and how to maintain menstrual hygiene were also discussed openly.

A separate session was also conducted for both boys and girls together where topics related to eating habits, anaemia, pimples, good touch and bad touch were discussed. ●





Pic and Imaging : Pankaj Mallik



# Golden years of our band

Sagnik Kar

XI, AIS Saket

From gigs at Ansal plaza and Durga pujas to competitions like ‘thunder’ we have done it all. Before I go on, let me start by introducing the band. The current line-up goes like – Gautum on the drums, Ibanez boy Abheek, Nirjhar Bhat-tacharya on the bass and yours truly. Yes, we have had a revolving door musicians including Madhav who has been amongst us throughout, Agrim, Akshay Jaggi and Vidur.

## How it all began

The first time any of us played together was in the 8th grade, when Gautum and I played for the school orchestra on our annual day. Eventually, the band started to take shape when Gautum got the nod for drummer, I was asked to back Manak and Nirjhar got the green signal because of his excellent bass skills that he possessed. From then on, there were several noticeable changes. With Manak passing out, I took on the mantle as Lead Guitarist, Nirjhar turned into a somewhat more credible bass player and Gautum became a constant on the drums. Then Abheek joined the band as rhythm guitarist.

## Naming The Band

The drama that transpired when it came to naming the band isn’t something I’ll forget in a hurry. Firstly, we decided *silversnow* and *firestone* to be the potential names for our Band. Then, on our way to a competition in East Delhi, one of our seniors suggested ‘synapse’. Later that day, we guys were unjustly denied a top three finish, which triggered the inspiration for our current name, ‘Heroes Of Failure’. I remember Nirjhar’s words, “This is our name because we play our socks off everywhere, but never manage to win anything.” Unlike the name, the band went on to win many prizes later including qualifying for the top 5 bands in Delhi. Well, whether it be me, considering myself among the Guitar Gods or Gautum tossing his sticks after every performance just to let people know he’s there behind his drum kit, or Nirjhar pulling off all his jumps and other forms of showmanship on stage perfectly but forgetting the little matter of playing his bass now and again, it is what makes us unique. We will surely take this forward, work hard to turn our dreams into reality and transcend the sweet memories of Amity to the world musically. ●

# Sufi music

## A fad or fantastic?

Krutika Dash  
XI, Saket

Sufi is the new kind of music that is catching the attention of everyone, be it the youth or the older generation. This music has been generated from Sufism which refers to the teachings of Muhammad, believed to be a path leading to a strong bond between one and the divine. To put it precisely, a Sufi song

is said to be a collection of poems composed by the greatest saints of Islam. Sufi music is considered to be a truthful demonstration of the most pure state of mind. Mostly sung in Sufi gatherings, concerts and mosques, the theme of this music is generally based on one’s love for and devotion to God.

In the last few decades, the popularity of Sufi songs has increased by leaps and bounds. One of the reasons for its popularity is the message of harmony it sends out to its admirers. Itself being derived from Islam, Sufism is founded on the principle that hurling one’s sentiments at other religions is a sin and therefore, punishable by God. Sufi songs are thus sung in praise of both Ram and Allah. Abida Parveen, Barkat Sidhu, Bibi Nooran, Hans Raj Hans, Miraj Khan, Iqbal Bahoo, Nusrat Fateh Ali Khan, Wadali brothers, Riaz Ali Khan, Ustad

Juman are few of the flabbergasting and incredible Sufi singers today. Sufi has gained the popularity it deserves after some decades and its time

we realize its importance to perceive the divine truth and become one with Him. ●

- Top 10 Sufi songs
1. Mann lago yaar-Abida Parveen
  2. Saahib mera ek hai- Abida Parveen
  3. Jab se tune mujhe- Abida Parveen
  4. Chaap tilak - Abida Parveen
  5. Lambi judaai-Richa Sharma
  6. Ma rewa – Indian ocean
  7. Tune deewana banaya-in-dian ocean
  8. Chehra mera yaar-wadali brothers
  9. Tere Nai Khayal bhumde- Nusrat Fateh Ali Khan
  10. Tere bin nahin lagda-nus-rat fateh ali khan



# Life unplugged?



Rekha Jain, past life therapist and tarot reader with Vaishali Mahajan

Vaishali Mahajan  
XI, AIS Saket

*Before the sun, the moon, the earth  
Before the stars or comets free,  
Before e’en time has had its birth,  
I was, I am, and I will be.*

Swami Vivekananda

Have you ever been to a new place that seems familiar or met a stranger that you are sure to have met somewhere before? These moments happen to us all and can often be a memory from a past life. The fact that past life shows such as *Raaz Pichle Janam Ka* have been able to allure so many people

is because of the healing it offers. Past life therapy claims to provide a quick and effective method of healing present life issues. Another reason cited is the ‘curiosity’ to enjoy the experience of tracing their past lives. “All my life, I was constantly looking for reasons why I felt so scared of the dark, I found the source of my problem in my past; the fear went away and I feel a new found sense of freedom now. I am ever so thankful!” quips Alisha Juneja who recently underwent a session of past life regression. “It has put a lot of “issues” in my life into context and enabled me to look at the bigger picture in terms of the journey of my energetic soul,” states

Vikas Saxena who has had a view of the four lives he lived in the past.

On the other hand, sceptics say that the past life memory is just an imagination. “It’s all bogus. I don’t understand how people get misled and believe in something that might not be true” commented Nijatam Arora, alumnus, AU.

Condemning the therapy of propagating blind superstition, Dr. Yusuf Match-eswala, a practicing psychiatrist was quoted in a national daily, “While past life regression claims to heal people, it has no scientific basis and there is no evidence to show that hypnosis help recall past life events. The scientific community has labeled past life therapy to be an irresponsible propagation of blind superstition. The concept of past life regression is more of a cultural and religious belief. This so called past life regression therapy has been tested and debunked and besides, it is dangerous.” Mrs. Rekha Jain, who has many TV shows to her credit, *Mangalsutra* on NDTV India, horoscope predictions, *Samohan* on Aaj Tak among them, takes a holistic view that our body, mind and emotions have fundamental interconnectedness. Opines the reiki, vastu and the past life regression expert, “I believe that it can bring you a step closer to the timeless in you that can never die. Dispelling the darkness of ignorance through knowledge and therapy, the mind becomes lighter and positive. The therapy helps us to understand a lot of things that otherwise may remain a mystery. It’s like pulling a thorn buried deep under the skin for complete healing to take place.”

While the bygones become a debated therapy tool, the present awaits us! ●