



Food for Thought

The Dawn of a New Morn

Let together welcome the new morn
It's indeed the initiation of the new dawn.
Myriad vibrant hues scattered around
The new decade will bring happiness abound.
No more bloodshed, corruption, terrorism and tears
Now we'll live our lives sans fears.
The birds will serenade songs new
Life ahead will have inhibitions few,
May you see success in each facet of life
With your loved ones near, you'll strive
to live your dreams and set a new one
Very soon they'll see the light of the sun.
May you tread on a path meaningful
And your journey ahead becomes soulful.
Wish you all a wonderful year!!!

Meenakshi Sharma
AISG-43

INSIDE



Education @ home, p 3



Eye care, p 4



Fair enough...?, p 5

Statutory warning: Any resemblance to the characteristics of Amitians is wholly advertent and not coincidental. Ha-ha!
Fasten your seat belts to plummet down AMITY, this New Year to see what lies behind the veil of exclusiveness of Amitians!

Illustration by: Aarti Singh Teacher AIS Gur - 43



Shivangi Mittal, Meghna Ganesh,
Tanya Singh and
Gurkiran Kaur IX A, AIS Gur - 43

Aim

"I know what it takes
gonna make no mistakes.

I'm gonna get it done
and when it stops I'll know I've won"

Ever heard this song by David Woodward? It's called 'Determination'. Well you can see that the title speaks for itself. One may not have been the best since birth, but there is no harm in striving to be one, in no matter what field. And now, its time for some expert advice;

as a gifted student of class XII *Rishabh Binayak* Das says, "I'm targeting IITJEE by scoring excellent marks in the 12th boards as this is the career making year for us 12th graders. One can easily be designated the title of an ace by staying focused." *Raj Singh* the Chess champ of AIS-46 says, "To excel in any field one needs to have lots of confidence, concentration and a truck load of determination!!!"

Modesty

"Pride goeth before destruction
And a mighty spirit before a fall"

These two lines from the Bible must seem to be really short, but they hold a meaning as profound as the sea. The height of success unaccompanied by modesty must be intoxicating; however one must also acknowledge that it can give you the bitter sweet taste of a mighty fall. Amity might have reached the pinnacle of its success, but all is concealed by a veil of humility.

No wonder our motto is *Vidya Dadati Vinayam*. On reaching the pinnacle of success, it has not overlooked the plight of the underprivileged girl child and educates them through Amitasha.

Integrity

Amity is one big family where everybody loves each other and lives in harmony. We all work to bring out the latent creativity and talent present in every spirited Amitians heart. Together we can take the world by storm. After all, isn't it better to be a drop in the ocean than being just a drop of water? "School feels like home where teachers are like parents and my classmates are like my brothers and sisters", so says *Aditi Vemuganti* of class III A.

Trust

What goes into the making of a family as big and successful as Amity? Dollops

of love, truth and faith! A building can't stand without a sturdy foundation. Similarly, Amity couldn't have reached the heights it has without a strong bond amongst its members. *Rashi Bagadia* of class IX chirps, "We students, have a lot of conviction in our teachers and we know that whatever they do will benefit us."

Youth Power

The noble words of our former President Dr. Abdul Kalam—"You the youth of our country possess a spirit of victory, a spirit that will carry you to your rightful place under the sun, a spirit, which will recognize that you, as inheritors of a proud civilization, are entitled to a rightful place on this planet."

We, Amitians have a conscience of our own and this encourages us to go ahead and bring about a change in society and enables us to stand out as the Sun stands out among all other stars. As *Maya* of class X believes, "Our Chairperson, Dr. (Mrs) Amita Chauhan envisaged an India which would be led by Amitians. We the young ones at Amity pledge that we would hold hands and work towards fulfilling your endeavors for a better India."●

"Spirituality is expansion of oneself"

Nestled amidst the noisy junction of the busy thoroughfare of Paharganj and Panchsheel Road, is a serene temple with beautiful gardens surrounding it. Three young Amitians – *Saksham Aggarwal, Pallavi and Mitali Mathur* of AIS Gur- 43 had the privilege of visiting the Ramakrishna Mission and meeting the Head of the Delhi centre, *Swami Shantatmanandji*, who is a senior monk of the Order. Swamiji is an erudite scholar of Vedanta and regularly conducts discourses on the Bhagavad Gita and the scriptures.

Swamiji, children are under a lot of pressure these days. There is peer pressure as well as parental expectation to cope with. What is the importance of spirituality in a student's life?

You see, however bright one might be, the end results may not be desirable unless we follow the right path. Institutions teach us to excel in academics but do not prepare us for life. Spirituality is an attitude by which one learns to live a holistic life. Student life is a period of beautiful flowering of oneself; to be offered at the lotus feet of the lord. A student can excel in so many spheres but if he is motivated by the eternal values of truth, sincerity of purpose and dedication, only then can his education be worthwhile. Spirituality is actually an expansion of oneself! Let me give you an example. There was a brilliant MBA graduate, who was offered a lucrative job

with a multinational company. He rejected the offer and set up a low-cost, nutritious, hygienically packed lunch-meal service instead, called "Meals on Wheels". It proved to be a boon for thousands of office-goers who swear by the tasty food at affordable prices. He has generated employment to hundreds of workers in the process. This is expansion of the self.

Swamiji, why are moral values diminishing in today's society?

We have to build our character on the strong foundation of ethics and morality. If someone hits a jackpot in a lottery, does that mean we invest all our savings in buying lottery tickets? Short term success is not a benchmark in life.

Value education is very close to your heart. How does Ramakrishna Mission aim to impart value education to the youth?

We have a team of experts, valuable resource per-

sons who were successful in their own fields of life and have now dedicated themselves to this noble cause. They go to various schools and interact with students with multimedia presentations. It is necessary however, that parents, teachers and also the school managements are convinced of the importance of value education of our students.

One of the ideals of the Ramakrishna Mission is Sanatana Dharma. Could you please explain.

"Ekaha saha, Vipra vahudha vadanti" means, 'Truth is one; sages call it by many names.' Our paths are different; but the goal is ONE. Sanathan is the eternal approach to life; where there is space for everything - material success and pursuit of happiness but in a regulated manner. It helps to understand the true meaning of life.

Is the present system of education better than the Gurukul tradition?

The Gurukul system was very sound because life alone can teach another life. The students can observe their gurus at close proximity and learn high ideals. Since it is no longer feasible in modern times, teachers should go beyond the classroom and help students overcome their problems and inhibition. They must become their guides and close confidantes. Thus students will get additional values from their education and turn out to be truly enlightened beings.●



Swami ji accompanied
by (L-R) Saksham,
Mitali & Pallavi



The Copenhagen Sum-it!

Sakshi Goel, VIII A
AIS, Gur - 43

At last, the world noticed that rains no longer fall at a fixed time; monsoons are delayed and the world is warmer. That glaciers at the poles are melting, low-lying areas are getting flooded, animal species are becoming endangered; all leading to the submergence of the world soon. This is why leaders of 192 countries came together to discuss environmental issues like climate change and global warming on a common platform called the Copenhagen Summit.

The Kyoto Protocol for preventing climate changes expires in the year 2012, calling for an urgent addressal of climate concerns. The conference held to discuss ways to cool the world temperature, rather ended up generating a lot of heat. After no consensus was reached at the summit, tens of thousands of protesters took to the streets in Copenhagen on Saturday, demanding that the world's leaders take action on climate-change. The speeches by Helena Christensen, a supermodel, added star-power to the proceedings.



Mercury Rising!
200 Protestors, **968** Demonstrators detained;
10.6 Billion dollar EU pledge rejected by developing nations.
The draft global warming pact criticized harshly by industrial countries

ceedings. She talked of a Peru trip where she learnt how farmers and alpaca herdsman were already affected by melting glaciers that threaten their water supplies and ability to grow food. Amid criticism of their tactics, the Danish police have clashed with environmental activists as world leaders prepare for the final stage of talks in the climate meeting by having detained around 200 protesters and 968 demonstrators after several began vandalizing buildings.

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Developing nations have rejected an EU pledge of 10.6 billion dollars to help them tackle global warming. On the contrary, industrial countries criticized a draft global warming pact Saturday for not making stronger demands on major developing countries. In China's view, the U.S. and other rich countries have a heavy historical responsibility to cut emissions and any climate deal in Copenhagen should take into account a country's level of development, but it too has made voluntary commitments to rein in its carbon emissions. If implemented by all the countries, together they could reduce emissions by a range of 50 % to 95% by 2050, and rich countries by 25-40% by 2020.

As yet, no political draft has been finalized. And still unknown is how much the rich nations (US, Japan etc) would contribute. Neither the developed nor the developing nations are ready to oblige completely to the European Union's contribution demands...

So, are we nearing a catastrophe..? Will the scenario depicted in the movie '2012' turn real? We leave you to ponder...●



Ready for take-off!: India's largest airport

Pallavi Vemuganti, VIII-B
AIS Gur - 43

The Indra Gandhi international Airport terminal 3, which will be the largest airport in India is all set to be inaugurated in March 2010. This massive project will give wings to one of India's biggest ventures. More than 20,000 workers are sweating it out to construct the world's 3rd largest airport terminal which will cater to 27 million passengers in one year. It may get operational by July 2010. 78 aerobridges will take this airport among the coveted few to service all of its aircrafts through aerobridges. The entire terminal building covers an area of about 5 million square feet. The departure hall will have 6 check-in islands with 168 check-in counters. The boarding pier extends to about 1.2 kms with 48 boarding gates. About 90 travelators have also been installed (recall the moving sidewalk at the Singapore airport) along with a multilevel parking facility for about 4,300 cars. The deadline of March 2010 has been decided, keeping in mind the Commonwealth Games. The present international terminal might be used as a buffer for the games.

With its scale and size, the new terminal is set to change the travellers' perception. So get ready for a truly world class travelling experience in our very own Delhi!

News Brief

Old is no more gold!

Shivangi Mittal, IX-A
AIS Gur - 43

BJP veteran L.K Advani finally handed over the leadership of the opposition to the very clean politician, Nitin Gadkari. Though many people anticipated that Sushma Swaraj would get the coveted "Gaddi", his selection came as a surprise.

Never heard of him, have you? He is, at 51, the youngest leader of the party. Prasuna, p/o Pallavi V says, "Let's look forward to a fresh and younger start for the BJP. The age factor will definitely provide the BJP, an edge over the others."

And let's hope to know him better down the line. The freshly elected leader has enough time on his hands! Obviously, he'll stay up there till he's at least 90! It's time for the Congress to buck up...they've finally got competition.

State debate..!

Meghna Ganesh, IX-A
AIS Gur - 43

All of you must have heard about the much hyped debate on Telangana. Telangana is currently a region of Andhra Pradesh state in India. On December 9, 2009, the Government of India announced that the process for the formation of Telangana will be initiated upon introduction and passage of a separation statement by the state assembly of Andhra Pradesh- this ensued a heated controversy. The name means "land of Telugus". It comprises the Telugu speaking parts of the erstwhile princely state of Hyderabad. The region lies on the Deccan plateau to the west of the Eastern Ghats range, and includes the north-western interior districts of Warangal, Adilabad etc, and the state capital, Hyderabad. The Krishna and Godavari flow through the region. Hope we wouldn't have to mug up a whole new map...again!

Delhi star-athon like never before!

Aditi Agarwal, IX-B
AIS Gur - 43



Fun, excitement, enthusiasm! All could be seen on the roads of Delhi at 6pm, November 6 as 3000 participants around the globe kicked off for the Delhi Half Marathon. Participants- be it youngsters or the elderly, all proved that age was no bar for them. Many wheelchair users, disabled took part in this run, giving them a winning edge.

If the electrifying atmosphere wasn't enough, the Bollywood stars made the crowd ecstatic with their presence with Shahrukh Khan being the showstopper. From the latest Bollywood numbers to the crowd applauding, there was everything to make this run a colourful affair and bring back alive the love for fitness.

The winners Deriba Merga from Euthopia in mens category and Kenyan Kitany among women were given \$4000 as prize money. From India, Mr Deepchand Saharan kept Indians head high by winning.

Delhi- half marathon indicated that Delhi is not only a place of 'Dilliware' but also of 'Runwale'. ●



Editorial wizards @ work



Nature has evolved man painstakingly over 3.8 billion years, but man has subsequently evolved culturally; not biologically. An individual is a biological man, constantly fighting and fending for his physical needs, whereas personalities are capable of feeling the sorrow of others or rejoicing in their happiness. They are also able to create beautiful things as teams – which no individual can ever achieve. The hallmark of a true personality is his capacity for teamwork. This special issue of The Global Times is the achievement of a group of enthusiastic and hard working students. Observing the passion with which they worked together and seeing their imagination take wings, has been a source of joy. It was breathtaking to see their personalities develop as the newspaper took shape. I am sure this experience will stay with them for many years to come.

Nandini Mukherjee
GT Teacher Co-ordinator
AIS Gur - 43



It was an awesome experience doing the illustrations for GT - Purva, AIS Gur - 43

The Global Times, January 1-15, 2010

Education @ home sweet home...!

Saumya Mittal, VII A
AIS Gur - 43

A couple recently pulled out their three children out of a school because their children spent extensive time commuting. They haven't shifted their children to some in-our-colony school. The family has resorted to home education. Sounds like Greek and Latin? This article is all about making this "Greek and Latin" some sense to you.

Home education means educating children at home (or elsewhere), without sending them to school. It is being wholly responsible for your child's education. It enables them to learn in freedom, at their own pace. So, instead of their "second parents" teaching them, their "first teachers" teach them. George, a parent posted on the website, "My son is committed to studying at least four hours a day, he often ends up doing more. Squabbling is down, discussions are up. My son chuckles with enjoyment as he reads 'As You like It' in two sittings. He finishes another prescribed text – Lord of the Flies – and we have a long late night telephonic discussion about the boys in the book. We do not wonder about the questions that might be asked in the examination."

But why opt for home education? The major reasons for home educating are the dissatisfaction with the school choice, concerns about children's spir-



It's on the web...!

www.infed.org/biblio/home-education.html
en.wikipedia.org/wiki/Homeschooling
www.homeeducationresources.com/

Shiv Mittal, father of two daughters at Amity- "Man is a social animal. Depriving him of social interaction, makes him just an animal. I'd never want my children to opt out of the school for home education."

Priya sharma, student- "I'd love to be home educated. It would be fun and stress free".

Deepali Chaudhary, teacher: I discourage home education since the constitution has not recognized it. It will be difficult for kids to get jobs or admissions later.

itual and character development, facing bullying and other pressures at school, and the inadequacies of conventional education. The best feature of home schooling is that it does not have a one-size-fit-all approach. It is up to the child and his family to decide what and how they want to study. One is free to experiment and change the method of

learning.

But for working parents, home educating their child can be difficult. However, residential home schools (like Isha Home School) offer a solution. Here, students of a vertical age group live together in home-style accommodations under the care of one or two house parents, emulating a home-like sibling environ. The Isha Home School Academic year comprises two terms,(Term I: Early - June to Mid - October and Term II: Early - December to Early - April) each of four months duration:

For an admission in a school like this, the parents must wholly support this educational process. Applications are reviewed and applicants evaluated on individual assessments and personal interviews.

This system of education is highly recommended for special children (those suffering from autism, dyslexia etc.) as parents are at their disposal all day long. But the picture isn't as rosy as it seems. Home education has its shortcomings too. It deprives the child of the much needed interaction with his/her peers and the society. It also robs the child of opportunities to work in a team, making him less cooperative and independent. Home educated children are unable to interact with children from diverse cultures and learn from them.

So now that you've decoded the Greek and Latin, ponder over it and as they say, to each his own.....!!!!●

Arunima Roy
English Teacher, AIS Gur - 43

The class XII English question paper is both comprehensive and exhaustive. Securing an enviable percentage is challenging in more ways than one. However, thinking logically and writing with precision can go a long way in realising the seemingly impossible dream. The following few steps can be kept in mind:

Practise your way to perfection to excel in the reading section. Comprehension and note making passages from sample papers can be solved. But remember to time yourself to 25-30 minutes for the entire section.

Be confident about your formats. Revise them often. Learn by association, the accurate style for composing various short and



How to crack



long writing skills.

Reading newspapers and keeping abreast of current affairs should be cultivated as a habit as it helps to think out-of-the-box. The content of letters, reports and articles can be qualitatively enhanced in this way.

Familiarity with the text is the 'mantra' for the literature section. Read the main and supplementary readers often enough to be able to refer to them closely. Also, quoting briefly from poems and fiction can help fetch more marks..

Answer to the point as far as possible. Be meticulous in answer script. Above all, be extremely patient and perseverant during those momentous 3 hours!●

CBSE- Not a Hard Nut To Crack!

The 'Other' Side of Mathematics

Saksham Agarwal, VIII-A & Karan Ganju X-B, AIS Gur - 43

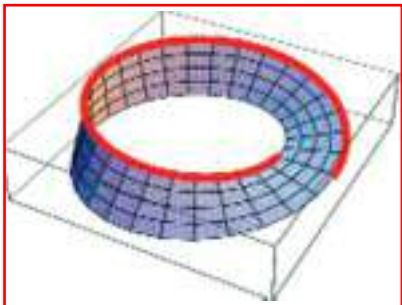
You would probably think of Mathematics as formulae, theorems, axioms, algebra and so on. But the world of mathematics goes beyond just numbers and theorems. Today, $1+1=2$ is basic knowledge but it was not until 1910, that a 300 page long theory could establish it Here is a list of such astounding stuff, that will certainly bowl you over...

The Four Colour Theorem: - The Four Colour Theorem says that using just four different colours, it is always possible to colour the regions of a map in such a way that no two regions that share part of a border will have the same colour. The



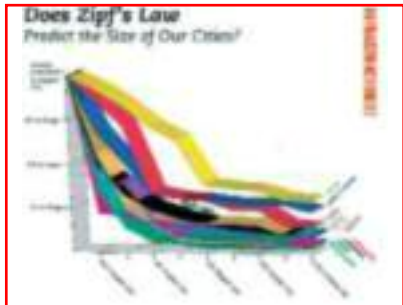
Theorem was eventually proved in 1976.

The Ishango bone: - The Ishango Bone is the world's oldest known mathematical object. The meaning of the bone is not clear, though. It may have been used as a lunar calendar or be considered evidence of early arithmetic. It may even



have been the first known table of prime numbers. The bone was found in 'Democratic Republic of Congo' in 1960. It is believed to be about 20,000 years old and consists of three columns each containing three notches.

The Friendship Theorem: - The



Friendship Theorem says that in any group of six people, it is always possible to find three people in the group that either all know each other or all do not know each other. Isn't it interesting!

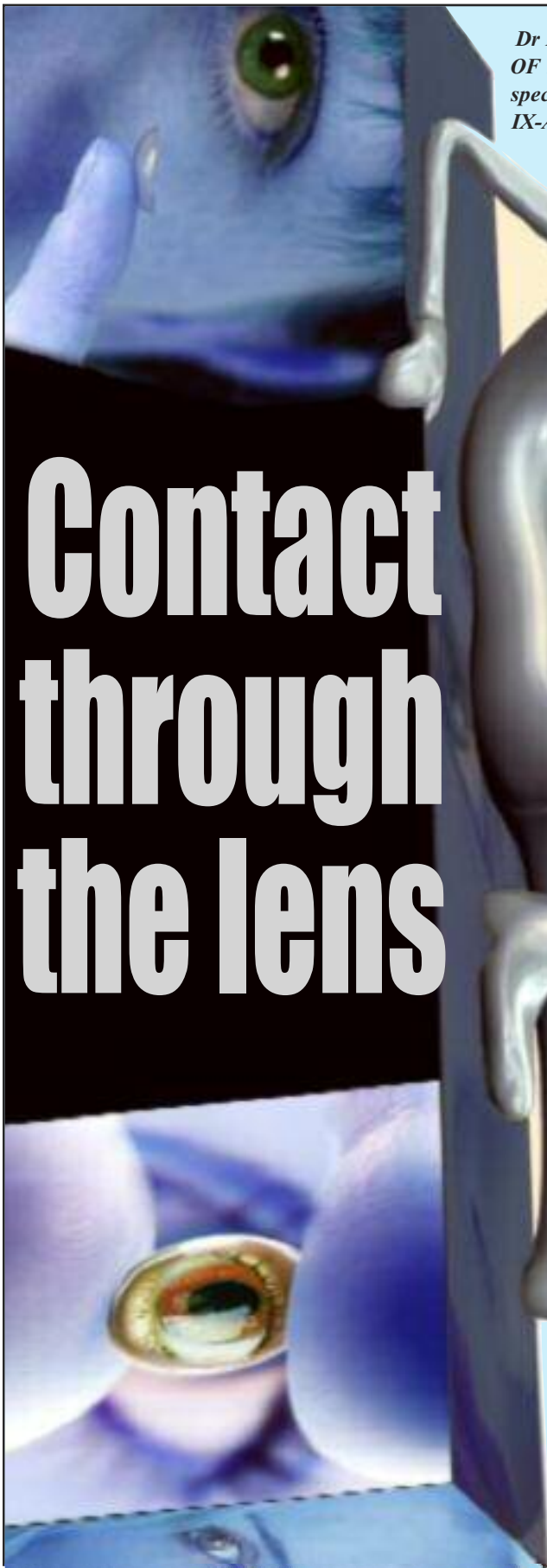
The Mobius Strip: - A Mobius Strip is a two dimensional surface whose funda-

mental property is that it has only one side. The Mobius Strip is named after the German mathematician August Mobius who first described it in 1858.

The Zipf's Law: - Zipf's Law is a statement about how the frequencies of different words in a language are ranked according to how frequently they are used, then the nth most frequent word appears roughly $1/n$ as many times as the most frequent word. For Example, in English, the most common word is 'the'. Zipf's Law tells us that 'of' (the second most common word) will typically be used as $1/2$ as many times as 'the' and 'and' (the third most common word) will appear approximately $1/3$ as often as 'the'.



Contact through the lens



Dr M.Vanathi, faculty at ALL INDIA INSTITUTE OF MEDICAL SCIENCES, New Delhi, a cornea specialist in conversation with Meghna Ganesh IX-A, AIS Gurgaon Sec-43

Imaging: Dinesh Kumar

Doc pills

What are contact lenses?

Contact Lenses are thin curved discs of plastic that are placed on cornea of the eye to correct and improve defective vision due to refractive error. They may also be used for various other reasons such as bandage contact lenses after surgery or corneal disease and for cosmetic reasons.

Are contact lenses safe to use instead of spectacles?

Contact lenses are a safe alternative to spectacles if we ensure proper care and handling of contact lens.

What are the different types of contact lenses?

There are basically two types of contact lenses: Rigid contact lenses (or hard contact lenses/ rigid gas permeable lenses) and Soft contact lenses. Both types come in varying materials with different levels of oxygen permeability. The higher the oxygen permeability, the better it is for the eye.

What are disposable contact lenses?

Disposable Contact Lens are soft lenses avail-

able for Daily, Weekly, Monthly, and Three Monthly disposable wear. The advantages of this system of prescribing is that, frequent infections due to protein deposits and environmental pollution are almost eliminated, the eye gets more oxygen and simple cleaning systems like multipurpose solutions can be used safely

What are coloured contact lenses?

Colored Contact Lens are soft lenses that are used for cosmetic purposes to change the colour of one's eyes as a fashion statement.

Please brief on handling and care of contact lenses. Contact lenses should always be kept clean, disinfected and soaked. Lens hygiene is the key to a comfortable wear. All contact lenses accumulate a variety of deposits, from the eye itself whilst wearing them, and from the environment.

- Daily cleaning by rubbing in the palm of the hand with a surfactant cleaner is important (not applicable for daily disposable ones)

- Contact lens wearers must take their lens out every night and soak them in fresh multipurpose solution-used for rinsing, disinfecting, cleaning and storing the lenses.

- Before touching the contact lens or one's eyes, it is important to thoroughly wash & rinse hands with a soap that does not contain moisturizers or fragrances.

- Long fingernails can damage the lens, so care should be taken. It may also damage the cornea while insertion and removal of contact lenses.

- Weekly protein/ enzymatic cleaning- used for cleaning protein deposits off lenses is mandatory.

How should one go about getting contact lenses prescribed?

Contact Lens trial and fitting are always best done under the proper care of an ophthalmologist or trained optometrist. Each eye needs to undergo a detailed evaluation and is then accordingly advised which lens would suit him/her the best. The health of the cornea, conditions such as ocular allergies or dry eyes have to be examined. Commonly complications arise due to allergies or infections.

Few common complications of contact lens are allergic giant papillary conjunctivitis, conjunctivitis, dry eye, corneal abrasions and ulcers.

These can be avoided with proper handling and care of your lenses. Excessive wear of contact lenses, particularly overnight wear, and poor hygiene is associated with most of the safety concerns. Never ignore any redness, itching, watering if you are wearing contact lens and seek advice from the ophthalmologist. Do not use cleaning solutions which have been opened a long time ago. Remember these have a short shelf life.

(Dr M.Vanathi may be reached at vanathi_g@yahoo.com for further queries)



Melodious medicine

Neil Limaye, X A
AIS Gur - 43

Music therapy is an interpersonal process in which a trained music therapist uses all of its facets to help patients improve or maintain their health. Music is used for treating various psychiatric disorders, medical problems, physical handicaps, sensory impairments, etc.

Brain Wave: Music with a strong beat can stimulate brain waves to resonate in sync with the beat. The faster beat brings sharper concentrations and more alert thinking. Music can bring about long lasting benefits to your state of mind, even after listening.

Breathing and heart rate: The bodily functions governed by the autonomic nervous system such as breathing and heart rate can also be altered by the changes that soothing melody can bring. This is why, music can be used to counteract chronic stress, promoting not only relaxation, but health.

State of mind: Music can also help to bring a positive state of mind helping to keep anxiety and depression at bay. Music can keep creativity and optimism levels higher. Music therapy can be used as sedatives or painkillers. Experts have found immense benefit in using music to help cancer patients, Alzheimer patients, etc. Indian music therapy centres have come to a conclusion that music certainly has a role in delaying ageing.

GO AHEAD! SING YOUR WAY TO WELLNESS!●

Internet Steady @ 40

Utkarsh Sahu & Shashank Aggarwal, VIII A
AIS Gur - 43

Internet has become a common name in every home and a threshold of knowledge for scientists and erudite people. Guess what! The internet has just turned 40. This large network began in a small room in CERN (European Council of Nuclear Research) where a placard still hangs 'Internet was invented here'. CERN's main aim was the requirement for a digital tool needed for fast data transfer between their talented scientists.

Cool Connection:

With the Advent of Globalization, the World today is a smaller one as we are better connected. Internet has filled the much needed gap of communication. Now we can get in touch with our friends and loved ones at just a click of this versatile device. Thanks to the Internet, a grandmother can talk to her children living abroad limitlessly. Our dependance on the internet makes it a lamp of light for the world.

Internet is a worldwide connector.

IT Industry is booming of wealth. Popular domains and sites like Facebook and Twitter who have no more than 60 employees are filling their pockets with huge amount of cyber money. Well! The work they have done of connecting people is consid-

erably commendable. Google is a knowledgeable resource for many people and provide lots of free knowledge links. Wikipedia provides sufficiently unbroken knowledge on internet. Blogging sites are the best way to express your views and ideas to a larger world on all current topics. From Obama's Nobel Peace Prize to Adolf Hitler's ideas, you can all sum up your thoughts in your own words.

A Phishing Bag

Life is a mix of good and evil, so is internet. Unlike conventional communities, where we have police regulating us: there are no such policemen patrolling the cyber space, leaving it open to any Trojan horse and antisocial hackers. Phishing is a major threat to online banking companies. The phishes hack people's credit and debit card and innocent people are bankrupted. Movies at Torrent are available at free cost which is not copyright from the company and are all pirated. Internet has become the center of piracy. Well hail, The Internet still rules and would continue to benefit people! ●

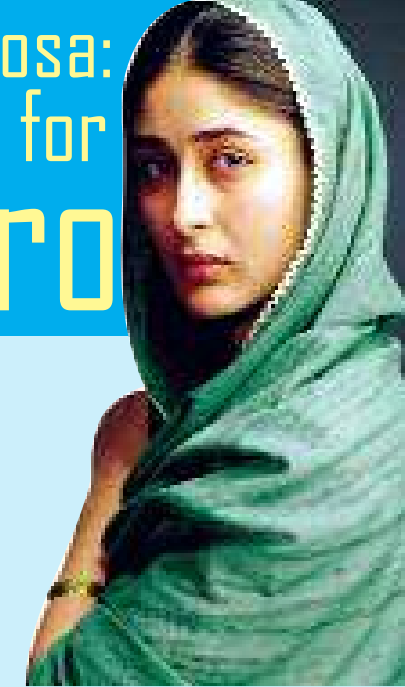
Anorexia nervosa: the new name for size zero

Gurkiran Kaur, IX-A
AIS Gur - 43

"I used to weigh 55kgs. I was not fat, but I felt that I could stand to lose a few pounds. I began exercising and eating healthy snacks. Within a couple of weeks, I had lost weight and felt good. I figured if 5 kgs gets this much notice, just think what 10 will do! That was the moment I took the road to anorexia," says Aditi Upadhayay of Class12.

"Moti", "elephant", "hippopotamus" etc are often used to tease children of our age group which ultimately leads to a life threatening eating disorder- Anorexia Nervosa. 95% of anorexics are women between the ages of twelve and eighteen.

The anorexics have a distorted body image of themselves of being overweight that causes a low self esteem and the symptoms are loneliness, inadequacy in talents, a lack of trust in people and themselves, insecurity and



sadness. Although these behavioral symptoms appear ordinary, they are dangerous because it leads to physical and psychological depression. Treatment must begin with an evaluation of the anorexic patient. Initially, antidepressant medication can help in treating an anorexic. With the increasing influence of the media for a perfect body, the kind splashed in fashion magazines has led to growing number of anorexic patients in urban cities. With support from family and society, we can identify the victims and give them the much needed poignant and corporeal support.



I have learnt the process of working in a team. - Pallavi V AIS Gur - 43

Imaging: Dinesh Kumar,
Pics: Pankaj Malik

Models: Saksham
Agarwal; Purva
Sinha, AIS Gur - 43



Uniforms - Kal Aaj aur Kal

Shivangi Mittal and Meghna
Ganesh (IX A) AIS Gur - 43

Time is accompanied by change. Situations change, perceptions change and so do people. And with the people change the clothes they wear. In fact, our very own uniforms have changed. So let's see what was, what is and what will be.....

Woh Bhi Kya Din The...

Once upon a time, the boys went to Gurukul for studying. The minimalist school uniform ensured the children did not stray from the focus and purpose. Draped in an orange or white dhoti and shaved heads with the exception of a small 'choti' (tikki), they offered their childhood to the pursuit of knowledge. The girls in salwar kameez dupatta and black polished ballerina shoes were the epitome of the perfect 'sundar and sushil ladki'. One can't miss out on the oiled hair, set into two braids

and tied at the ends with colourful satin ribbons.

We don't need no evolution...

Nowadays, there's nothing called a uniform; it's just a distorted version of what it is supposed to be. For today's generation, the day starts with pulling their shirts out, wearing low waist skirts or trousers, rolled up sleeves and loose ties lazily lounging around the necks. Now, let me be specific. For gals, letting their hair open as well as wearing short skirts are a must! Long nails are in fashion, aren't they? Well, why should the eyes, ears and lips be left alone? They are instantly dipped in liners, dangles and gloss. Blurts Priyanka Rohatgi of class IX, "I love putting on black nail polish." And if you think there is nothing for boys, get ready for a shocker. From wearing branded shoes and watches, styling their hair to making spikes using gels, hair creams etc, there's a

lot more. Some even compete with girls to grow their hair longer or tie them in a 'pony tail'. Guys, just leave the girls alone. The colourless, "Sati Savitri" and "Champu's" have now been tossed and sprinkled to be presented as cool and smart trend setters!

Aane Wala Kal...

And now, let's zoom into the future. What's that? An oxygen cylinder!!! Every school going kid is seen walking into the school with an oxygen mask. After all, fresh air is scarce. The shirts have changed too. There are huge pockets on the sleeves for the books and the stationery. As Piyushi Yadav, IX A, predicts, "There just might be a calculator on every belt and a palmtop on every wrist, with Wikipedia on it all the time. There would be solar battery operated shoes for quicker transportation." And now, friends, it's time you chose your pick...!!!

Fair enough?

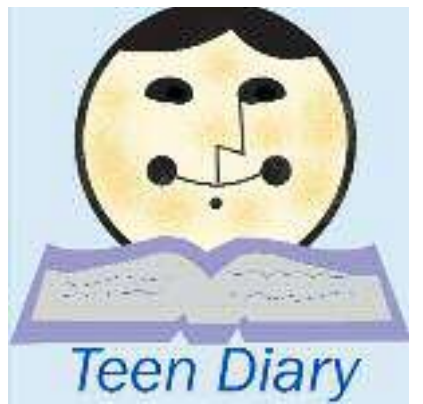
Mitali Mittal, AIS Gur - 43

Ponds, Olay, Fair 'n Lovely and other cosmetic companies are laughing all the way to the bank. Today's women seem to be obsessed with fairness and beauty, and act as a ladder to lucrative business for these companies. Girls especially youth seem to be badly smitten by the 'whitish' faces of the tall, charismatic models in the fairness cream advertisements. Spotlights, paints, foundation etc. result in the temporary fair look of these models in advertisements, magazines, hoardings etc. this is all a part of the companies' strategy to hoodwink the customers. Well designed fairness cream advertisements compel the viewers to buy the product. But, if you ponder, it's all senseless. They portray scenes which define confidence as a fair 'n' glowing face. Bollywood bubbles with the names of many dusky beauties- Bipasha Basu, sensuous Nandita Das and versatile Shabana Azmi fair better than many white skin beauties. So why do we need fairness creams?



Illustration by
Purva Sinha

One really cannot change the colour of one's skin; it's all original and natural so we should be proud of it. Science opines that the quantity of melanin (dark coloured pigment) in a person's body cannot be reduced. Medically, dark skin is believed to be less vulnerable to skin diseases and sun as compared to light skin. It's high time we realize that too. Our wheatish complexion, long black lustrous hair are our glorious trait. A dark face symbolizes Indian beauty. Stop being gullible to advertisements. Stop aping the West who specially visit India to 'tan' themselves. While fairness creams sometimes do give us temporary and quick results, applying them on a regular basis may cause skin cancer and end-up losing chunks of skin. Stick to safe traditional Indian ayurvedic beauty remedies as milk, cream, saffron, turmeric etc. They nourish the skin impeccably and improve its texture, giving you an eternal glowing face. Now the decision is yours! Like a book is not judged by its cover, the beauty of a face should not be judged by its colour! ●



Set to shoot

Aditi Upadhya
AIS Gur - 43

Alas! In a few months from now I shall be heading into the 'BIG REAL WORLD'. The thought keeps recurring in my mind and every other class XII student. Its become a mixed bag of emotions. While on one hand there is an excitement of entering the new world; meeting new people, pursuing my dreams, there is also a dash of sadness of parting ways with close friends. Plans for the future coupled with fear of survival in a world in flux, raises my anxiety. Ready to step out of a protected environment, where lives were confined to school and home into a world of opportunities sounds exciting. Exploring a world beyond books, shall enable me to take a closer look at life, understand it and live it independently. Unconventional avenues await us at our door step. We can dream big, nurture lofty ambitions and bridge the gap between our dreams and the reality. With hard work and means available to us to achieve those dreams, without forgetting the unconditional support and encouragement from our parents and teachers, my dreams seem so real. All I need is to trust my fate and put in all my efforts to shape my own future! Cheers to my new life! ●

Marvels Of Nature



Soumya Shkalya, XI A, AIS Gur-43

Sarisht Wadhwa VIII-A &
Soumya Wadhwa X-A
AIS Gur - 43

Ever been in the midst of a breathtaking scene where nature exudes a special magic in you? Ever noticed how the pristine waters of the sea take on the magnificent yet mellow colour of the setting sun? Ever marvelled at how a ship balances itself on waters that seem to effortlessly hold the huge vessel on its shimmering blanket? If yes, you would have discovered a rare beauty and serenity in nature. Next to God, nature is the greatest wonder of the universe. The palette of lights, the colors and shades of nature and the shadows and its eternal treasures thrill and soothe one's heart and dazzle the eyes. There lies a purpose in its every creation, a motive in its every action and above all, a

soul in every heart. From the waves in the ocean to the rocks in the hills, everything serves a reason for its existence. Nature has boundless beauty. The blue skies that span the entire world, the rivers that flow into the oceans, the snowcapped mountains, the soaring pines and wilderness that vary according to climate and character of terrain - all are a part of nature's divine plan. These provide energy and knowledge and the vigour to work with a new spirit. This beauty strikes the senses, the beauty of quality and appearance which a mind can perceive. We delight in it. As the seasons change from year to year, the life changes accordingly. The calm dark night gives way to the bright morning. And every mood has a message, a purpose and a special joy to offer. Let's learn to appreciate nature and savour its every moment! ●



New beginning

Ring out the old, ring in the new;/ Ring, happy bells, across the snow:/ The year is going, let him go;/Ring out the false, ring in the true.

- Lord Tennyson



Dr. Amita Chauhan
Chairperson

The custom of celebrating Jan 1 as the New Year day initiated by Julius Ceaser who founded the Julian Calendar in 46 BC, is a tradition today celebrated worldwide. It's a moment, when the world unites to leave behind all differences to usher in the dawn of a fresh beginning. Drawing strength from our past, building upon the values learnt and knowledge earned, we at Amity step together into 2010.

The New Year celebrations differ from one country to another, between religions and communities. Vietnamese celebrate it in-between January 21 to February 19. According to Vikram Samvat, Hindu New Year is popularly celebrated in the month of *Chaitra* which usually falls in the March/April. The Muslim New Year is celebrated on the first day of Muharram. Despite regional and cultural differences, Jan 1 symbolizes the end of 365 days and the beginning of a New Year. Let's join hands in prayer to welcome a new beginning...

"A new year is unfolding—like a blossom with petals curled tightly concealing the beauty within. Lord, let this year be filled with the things that are truly good—with the comfort of warmth in our relationships, with the strength to help those who need our help and the humility and openness to accept help from others. As we make our resolutions for the year ahead, let us go forward with the hope that all is possible—with Your guidance." ●

We, the Amitians!



Nandita Sahu
Principal

We, at Amity, prepare each student for academic, social and personal success by creating a community of empowered and diverse learners, striving to be global-minded citizens in an atmosphere of mutual respect, understanding and trust.

Our committed teachers recognize the need to mould our young generation to the new realities of the world. We know that if they are to succeed, students will have to be equipped with a pride in and sense of being Indian citizens. They will also need the skills and adaptability to function as global citizens. At our School, one learns about the totality, the wholeness of life. Academic excellence is absolutely necessary, but it is also a place where both the teacher and the student explore, not only the outer world, the world of knowledge, but also their own thinking, their own behavior. Here, the teacher and the student function at the same level - communicating through questioning and counter-questioning, till the depths of the problem are exposed and understanding is revealed, illuminating the minds of both.

A veritable prodigy at our School, Puru Pratap Singh of Class IV, who won the national art competition for designing the main page doodle art for the search engine, www.google.com has brought recognition, not only to the institution, but heartfelt joy to his parents, family and everyone who has met the sprightly young lad. His enthusiasm for his art and belief in himself, showcases all that is benign and wonderful in the vision of our Founder President Sir and our very own respected Chairperson Ma'am. I wish everyone a year ahead of cheer and peace, while we all hold hands to respect and care for each other and our environment. Jai Hind!! ●

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Bidding adieu to Amity

Ankita Dhawan, XII-B
AIS Gur Sec - 43

Things close to our hearts become closer only when we realize their worth. Now that only six months are left to finally bid 'goodbye' to my school, I'm caught in the turmoil of choosing an appropriate career for myself. We lose most of our time thinking about the friends we have made, the teachers we have looked up to, the wild insane things we have done in school for fun. Bursting crackers in the washroom, making our own British gang and talking on the phone in an English accent for hours, bunking math classes, these are just a few missing pieces of my incomplete puzzle. If I put them together, they reflect an entire picture of my past, defining each moment beautifully. Strange how fast time flies and brings years of fun and frolic to a standstill! I still won't forget the time when I went to school without a bag and how I began accusing everyone in the class for stealing it. "You must have forgotten it at home" said one of my friends trying to hide her laughter, to which I replied "you think I'm nuts?"

Huh?" At that very moment, my mom came into the class with my bag and said 'I think you forgot something at home'. I won't forget how everyone went into hysterics including me. Now after four years, whenever I repeat this incident with the same group of friends, all they say is "typically Ankita". Everytime my mind walks down the memory lane, I am reminded of the many beautiful and unforgettable moments spent at school. The thought of those times brings a smile on my face. At this age, we get to learn a lot from each other, from ourselves and most importantly from life as it comes. The one thing that I learnt staying in this school is that the years left behind us will never come back. These are some memories that I have created for myself which I will always cherish. I'll consider myself half as lucky as the luckiest man on earth if I'm able to stay in touch with my teachers and friends ten years down the line. After all, at the end of the day it takes only one to build a foundation of friendship, only one to break it, but two to maintain it for a lifetime. ●



Models: Shivangi, Meghna, Priyanka, AIS, Gur - 43

Humse achha kaun hai...?

Shivangi Mittal, IX A, AIS Gur - 43

When something is too close to the eye, it loses visibility. The same applies to our tradition, it is so close to us and yet so distant. Tradition and its different perceptions are so inextricably mixed with each other, that the idea of tradition that most of us have is entirely wrong. We think of our tradition as strongly conservative and overprotective. We think that tradition preaches prejudices and is discriminating. But is it really so?

Our tradition is not about child marriage; It's not about the



GT: Child's best friend

Like all parents, I have been actively involved in my child's development in school. And I have realised, **The Global Times** has been a key factor. As Amity Sector-46 releases its own edition, I take this opportunity to express my views on your magazine.



For a child, growing-up means physically, intellectually and culturally. The Global Times is one newspaper that provides fuel for such wholesome growth. There are informative articles from stem cells to child stars. Not only education, GT hones the child's cultural tastes, with reviews on books and movies in good taste. I especially appreciated the cover article on the blind school visit. Such articles initiate development of a more humane side to our children. GT is a growing child's best friend. Hope it will keep reaching new heights.

Sohini Chhaya, Parent
(Mother of Soha Chhaya, Head Girl AIS Gur-46)

caste system; It's not about idol worship and it's definitely not about moral policing. Indian tradition for me, evokes images of graceful, sari clad ladies with the rustle of silk and thick, lustrous hair adorned with jasmine flowers. Our tradition is about celebrating Diwali two weeks before and after it really is. It's about living with all your chachas and mamas as one big family. It's about respecting our parents and teachers and touching their feet before an exam. But leaving aside all the fun, joy and happiness that this tradition of ours can bring, we are crazily following what we see others doing. Women on T.V. wear saris that look like Christmas trees, we oft ape that. And no, we don't think twice before doing so. But we do think twice before playing Holi because it will spoil our hair and skin. We are running after things which are nothing in comparison to what we have inherited. Isn't that silly? And it's high time we stopped being silly. There is an urgent need for us to open our eyes and see, recognize and understand what our tradition really is and then to realize how wrongly we have perceived it. Let's be contented with what we have. Dil maange more? Well, we always have the option of emulating what we think is good and does not violate our moral codes. So lets start mixing and matching, and we'll certainly come up with a wonderful combination. ●

India of my dreams

Prankur Arora, AIS, Gur - 43

"India is the cradle of the human race, the birth place of human speech, the mother of history, the grandmother of legend and the great grandmother of tradition".

Mark Twain

India has withstood the ravages of time and upheld its identity as an independent, self-reliant nation. It is a land of diversity, where variety is the spice of life. It is a nation i.e. vibrant with the dream of its people. India of my dreams, is of countless souls aspiring to belong to a strong, self-reliant, powerful and developed nation.

Over the last 62 years, India has been progressing in many fields.

In spite of its countless developments, the India of my dreams still needs to augment its position in many aspects as follows...

● Food, clothes and shelter for all.

"I strive for an India wherein there are no differences of high and low; people of all castes live in harmony with one another."

- Quality Education for all.
- Employment opportunities for all
- Alleviate poverty
- Increased International participation
- Reduced corruption.
- End terrorism.

Launch satellites 'Made in India' India of my dreams is a country

wherein the poorest of the poor feel that this is the country where his voice has its due importance. I strive for an India wherein there are no differences of high and low; people of all castes live in harmony with one another. In such a country, there shall be no place for the social evil as untouchables. The India of my dreams is beautifully rendered in the words by Rabindranath Tagore
*"Where the mind is without fear and the head is held high
Where knowledge is free.
Where the world has not been broken up into fragments by narrow domestic walls.
Where words come out from the depth of truth...."* ●



Double Trouble!!



Saksham Agarwal (VIII A), AIS Gur - 43

An ass is an ass, if so, what is a donkey? How do we differentiate a turtle, a tortoise and a terrapin? The nomenclature for an animal differs from place to place. In Britain, a salt water form of this reptile is known as turtle, a freshwater form as terrapin and a land living one as a tortoise. In America, all these aquatic reptiles are called turtles and land living ones as tortoises. In Australia, there is no confusion at all since all these reptiles are known as tortoises. Why the difference? The names of animals differ because of morphological, anatomical, ecological, physiological or even genetic features. Americans, African, Europeans and Asians differ in their morphology, yet they are all technically called Homo sapiens. They differ in their race. Likewise many animals differ at the generic or species level. The subtle differences in species level help taxonomists give these animals different names. Crocodile and Alligator; Duck and Goose, Pigeon and Dove, Crow and Raven, Rat and Mouse, Dolphin and Whale show subtle differences. Unlike scientific names, common names are not

unique. As a result, common name usage can often lead to confusion. Let's take a look at some of these names and the subtle differences between the look-alikes. Of course, they may not always be the rule everywhere.

Alligator & Crocodile

Alligators are subtropical, live in freshwater, are grayish black in colour, docile, with broad U-shapes snout. Males grow unto 14 feet, teeth are not visible when mouth is closed, salt glands are absent, they hibernate, and make nests of vegetation in freshwater. Crocodiles are tropical and live in salt or brackish waters, are light brown in colour, aggressive, with long narrow V-shapes snout. The males grow up to 20 feet, lower jaws are always visible when the mouth is closed, they have functional salt glands on their tongue and lay eggs in mud or sand in saltwater.

Turtle & Tortoise

Turtles live in or near the water and swim holding their breath underwater. They are omnivorous, front teeth are webbed to help in swimming flat shell. They migrate to warmer places. Tortoises live in arid regions walking on sandy ground. They are herbivorous, feet are hard scaly and they crawl across rocks and sands. They have round dome-shaped shell and migration is very rare.

Crow & Raven

Crows grow up to 13 inches long, the wing is blunt with narrow span, fan shaped tail, flat bill without hairs on it, their wings flick while calling. Ravens grow from 24 to 27 inches long; the wing is pointed with wide span, long and wedge-shaped tail, curved bill with tufts of hair on it, wing flicking is absent while calling.

Duck & Goose

Ducks are smaller in size, sexes have different colours, they exclusively feed in water, are carnivores, webs are not well developed, make a call similar to 'Quack', and do not migrate. Geese are larger in size with a long neck. Both male and female have the same colouration and graze on land. They are generally herbivores, webs are well developed, make a honking call, and migrate.

Pigeon & Dove

Although there are no true scientific differences between these two birds, yet they differ in their appearance and manner. Pigeons are usually grey in colour, domesticated, fly around parks and multi-storied buildings in cities. While doves are usually white in colour and live in forests.

Rat & Mouse

Rats are medium-sized rodents with long thick tail and heavier bodies; ears are small relative to the head, the tail is shorter than the body and six pairs of nipples. Mouse is a sparrow-sized rodent with long thin tail; ears are large relative to the head, tail same length or longer than the body, five pairs of nipples.

Wolf, Jackal & Fox

Wolves have a long powerful muzzle, larger than the jackal, long-yellow eyes, smaller orbital angle and a larger cerebral capacity, bigger teeth, larger paw size and can be tamed. Jackals have broad rostrum with a robust denture with curved thick canine and a long molar, long legs, golden yellow coloured eyes, black strip at the back and tail, the orbital protuberances are arranged obliquely to the sides and forwards, are scavengers,



nocturnal, fast runners, seen in pairs and can be tamed. Foxes have a sharp pointed muzzle, short legs, long bushy tail; orbital protuberances directed perpendicular to the longitudinal axis of the skull. They feed on live prey, are solitary and not social animals and do not breed in confinement.

Whale & Dolphin

Whales have fish-like body, thick and rounded head, lack a distinguished beak, spade-shaped teeth about 50 in number, have black and white pigmentation pattern on the underside of the hump back, batch feeders and cannot chew, and have double paired blowholes. Dolphins have head with projecting beak, homodont cone-shaped teeth about 250 in number, single blowhole.

Rabbit & Hare

Rabbits are smaller, hide in burrows or depressions in the ground, often found in pairs, young ones are called bunnies and they are hairless and blind. Hares are larger with longer hind legs and ears, hide among plants, come together only for mating. Young ones are called leveret with full coat of fur and open eyes.

Chimpanzee, Gibbon, Gorilla & Orang Utan

Chimpanzees are anthropoid apes, inhabit tropical rainforests of Africa, they are intelligent and arboreal, have long arms, short legs, body is covered with black hair with no hair on the face and have no tail. Gibbons are smallest arboreal apes. They have long arms with no tails, found in Southern Asia and East Indies. The wrist comprises ball and socket joint allowing for biaxial movement and are most agile. Gorillas are the largest of the living primates; they are anthropoid apes, terrestrial, vegetarian, found in the forests of West Africa, mandibles protrude farther out than the maxilla.

Oran Utans are large long armed apes found in Borneo, Sumatra; they are arboreal with short bowed legs and no tail and with reddish brown hair. ●

For more information on Hawk, Eagle, Falcon, Kite & Vulture login to www.theglobaltimes.in

All Imagings: Dinesh Kumar

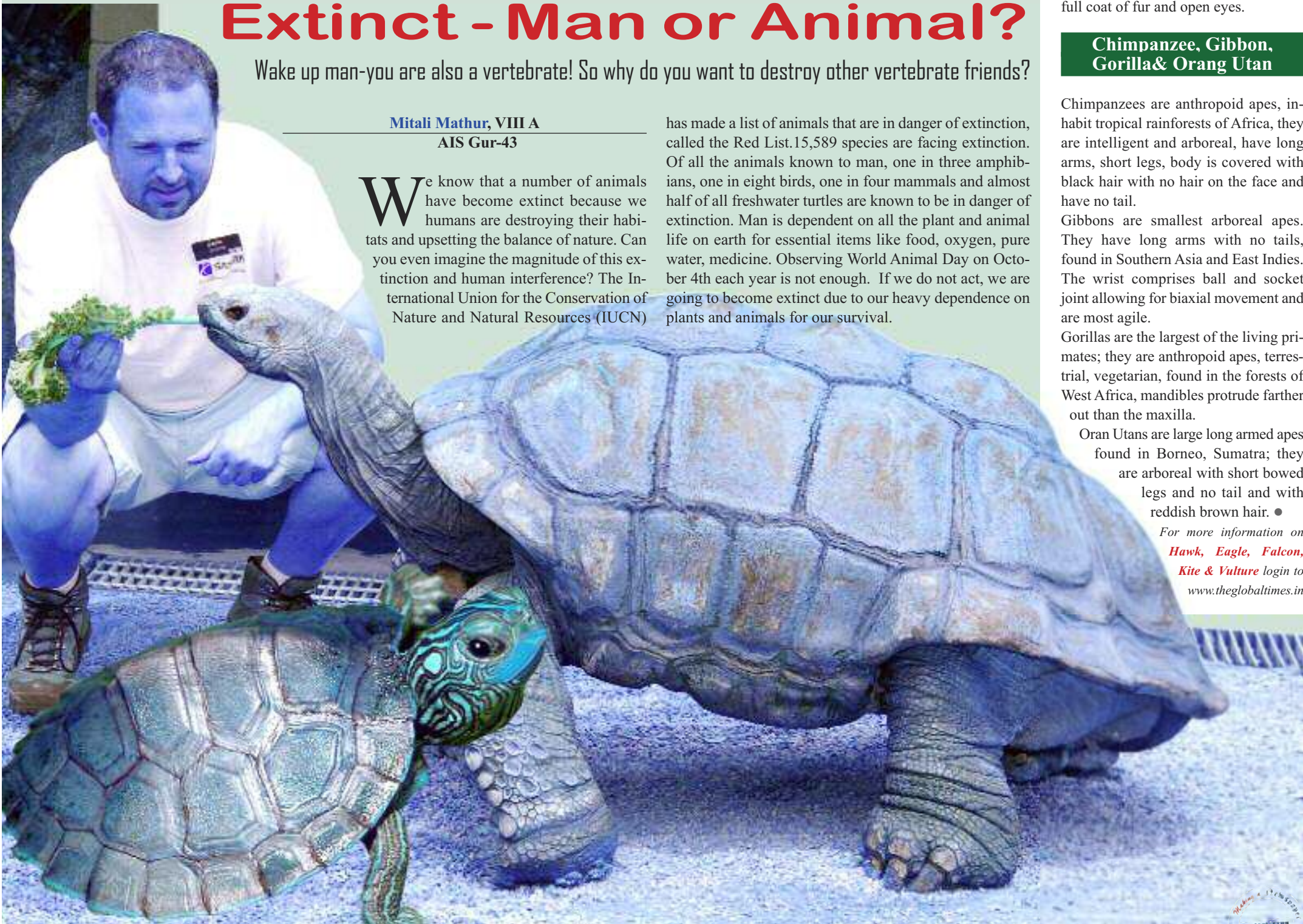
Extinct - Man or Animal?

Wake up man-you are also a vertebrate! So why do you want to destroy other vertebrate friends?

Mitali Mathur, VIII A
AIS Gur-43

We know that a number of animals have become extinct because we humans are destroying their habitats and upsetting the balance of nature. Can you even imagine the magnitude of this extinction and human interference? The International Union for the Conservation of Nature and Natural Resources (IUCN)

has made a list of animals that are in danger of extinction, called the Red List. 15,589 species are facing extinction. Of all the animals known to man, one in three amphibians, one in eight birds, one in four mammals and almost half of all freshwater turtles are known to be in danger of extinction. Man is dependent on all the plant and animal life on earth for essential items like food, oxygen, pure water, medicine. Observing World Animal Day on October 4th each year is not enough. If we do not act, we are going to become extinct due to our heavy dependence on plants and animals for our survival.





Sports

A Money Spinning Biz?



Imaging: Dinesh Kumar

Akshat Saxena VIII-A
AIS Gur - 43

Breaking News: *Manchester United Transfer budget: Two hundred and Fifty million Euros*
The Indian Premier League: Fetched Ninety One crores as the income tax

Newspapers and media frequently report that sports today are all about big bucks and business. Well, they finally have a point there! Haven't all of us read about Cristiano Ronaldo going to Real Madrid only for some ninety four million euros!

Sports on Sale: The rising passion

among fans can be seen in their willingness to empty their pockets just to sport their favourite club merchandise. A cotton shirt with the club logo imprinted on it are sold for as much as Rs 2000, earning more than hundred percent profit. Embossing the names of sports stars on boots on demand, at a huge price have heightened the fan frenzy. Real-estate company DLF Ltd, bagged the exclusive title sponsorship rights of the Indian Premier League as 'DLF Indian Premier League' for Rs 60 crores, yes you heard it right, Rs 60 crores.

Performance Impact: The lure of making big money has attracted many to the world of sports. However, it is often detrimental to the spirit of sports.

The finest example is football. Rich individuals with little or no history of interest in the game are buying up football clubs; players abetted by greedy agents demanding (and getting) huge sums of money to join clubs and play. Many are more interested in the players' performances rather than their welfare and there is a huge disparity between the earnings of "star" players and the rest of the team. Not to mention the many thousands of players in other teams and clubs around the world who earn a pittance.

But does it really matter? Does talent come with a price tag on it? It's time to put on our thinking caps and think wisely!●

Saksham Agarwal, VIII-A & Mayank Manchanda X-A
AIS Gur - 43

Have you ever wondered how the sports that we play today like cricket, football, rugby, etc came into existence, or of the unique symbols of various sports. Ever heard about how a sport was recommended to King Louis XIV to cure his indigestion?
Around the end of the 17 century, King Louis XIV made the game of billiards popular overnight due to indigestion! The royal doctor seems to have prescribed him mild exercise after a meal, so the king tried billiards to help relieve his digestive distress after meals. The

A sporty history

king loved the game and became an avid player. The game became popular and no sooner was the favorite of the entire Europe!!!
Did you know that Cardinal, the beautiful red bird is the symbol of the American Football franchise based near Phoenix, Arizona and also of the National Football League, Games of racket and ball originated from a 12th- and 13th-century French handball game called jeu de

paume ("game of the palm"). In 1873, Major Walter Wingfield invented a game called Sphairistikè, from which the modern outdoor tennis evolved.
Before Iran and Iraq were countries, the area was known as Babylonia. And this is where the game of badminton began. Although it technically wasn't a game for them, it was more like hocus-pocus fortune telling. The Babylonians were big on this sort of stuff, and would go to

a priest to get their future told. The priest would do it in several ways: Dice, Cards, Tea Leaves, Dreams, and a few others.
The Memphis franchise, founded in Vancouver in the year 1995, is a basketball franchisee based on the city of Memphis depicted by a 'bear' and has adopted the name 'Memphis Grizzlies'. Indeed the Marlin is a type of fish that belongs to the taxonomic family Istiophoridae. Surprising is the fact that the

Marlin Fish is the symbol of the Florida Marlins, the famed Baseball team.
The well known story of how rugby developed goes along the lines of William Webb-Ellis picking up a football and running with it! Whatever its history is, the sport has spread worldwide since the mid-19th century including the European nation of France.
The mythical beast: Dragon was the symbol for the Catalans team based in Perpignan. The Catalans Dragons were a French rugby union team that was represented by the head of a red dragon with a flame escaping its jaws. So, the next time you have a great time playing any of these sports, dont forget to thank its founders!!●



Disha Purwar VI-C AIS Gur - 43



Add 'em up quiz

All you need to do in this quiz is calculate the answers – it’s that simple. And you can even use a calculator if you want! Now, isn’t that easy?

Saksham Manaktala, III- A
AIS Gur - 43

To begin with add 26 to 34.

- 1. How many bones are babies born with? (Multiply your last answer with five.)
- 2. How many muscles do you have? (Add 350.)
- 3. How many joints do you have? (Add 50 and divide by seven.)
- 4. How many kilometers of blood vessels do you have? (Multiply by 1,000.)
- 5. How many times can your nerves stretch round the world? (Minus 99, 996.25.)
- 6. If you used all the power produced by your muscles in one day how far in

meters could you lift your dad’s car into the air? (Add 1.25 and multiply by three.)

7. How many red blood cells does your body make in a minute? (Just in case you didn’t know – cells are the tiny jelly- like living objects that make up your body.) (Multiply by 100,000 and take away 300,000.)

8. How many strands of hair do you lose in a day? (Take away 200,000 and divide by 10,000.)

9. How many germs live in each square millimetre of your armpits? (The posh word for germs is bacteria.) (Multiply by eight.)

10. How long in millimetres is the smallest muscle in your body? (Divide by 800.)

Childhood

Himadri Mukherji, VI-B, AIS Gur- 43

Childhood is a golden period of everyone’s life,
A child has no worries and can say whatever he likes.
He has no ill will or evil thought against anyone,
He is innocent and enjoys complete freedom.
Nobody gets annoyed at his uttering, Sometimes he speaks words with no meaning.
He is unaware of the pangs of life, Childhood memories have a permanent effect on our life.
Wish I could be a child forever, I will forget my childhood never.

Stop and stare

Souparnika K., VII-A, AIS Gur- 43

Stop and stare
For you beloved,
Are the roses vibrant red.
Maunder sometimes
For you dear mate,
Is undiscovered still, the paradise and its gate.

Amble about now and then
And maybe,
You will find burnished gold in the glen.
Take time to age
For you my friend,
Still is green the foliage.
Count the stars
My dear,

Maybe you will spot life on Mars.

Thought you should know;
That it is always a blessing in disguise,
When it storms
As further along you will always spot the edelweiss
Dancing merrily in the sunshine.

Winter Mornings and Summer Days

Rishab Darbari, XI-A, AIS Gur- 43

Used to be a daily routine
At the break of dawn, I could be seen
Riding my cycle to my school
Covered in layers and layers of wool

It was cold, as cold as ice
But against my face the wind felt nice
I would lose all my senses
Wiping the tears from my lenses

Winter, why so late this year
Almost December and still no tears
In my eyes as I rushed to school
It isn’t chilly anymore, just plain old cool

The coldness used to numb the pain
It used to relax all the strain
Now it just keeps hurting and
Nothing left to feel but bad

But still there is that glimmer of hope
Though it may be a few months away
We know we can hold on to the rope
Knowing that tomorrow will be a summer day.

The enlightened one

Meghna Ganesh & Priyanka Rohatgi, IX-A, AIS Gur - 43

Gautam Buddha was passing through a forest when he saw a cool stream where he washed his hands and meditated under a tree. A king on horse back was passing by the same way. He always harboured feelings of hatred in his heart. He shouted, “Oh Sanyasi, open your eyes and see who stands before you. You Sanyasis preach idleness...” and continued to shower hot words of anger on Gautam. Gautam opened his eyes and said calmly,

“Sit down, my son. You are thirsty. May I fetch you water from the stream?” The king, stunned by soft words, realised that the Sanyasi was Prince Siddhartha, the Enlightened One, who had renounced worldly pleasures for peace. He fell at Buddha’s feet and said, “Please forgive me. How is it that you are so loving towards me inspite of my anger?” “My son,” said the Buddha, “Suppose you offer someone a plateful of sweets which he rejects. Where does it go?” The king replied, “back to the giver.” The Buddha said, “Similarly, I have not accepted a single word of all you said.

How can those words hurt me?” Bowing down, the king said, “Oh Enlightened One, show me the way to real happiness.” The Buddha’s eyes reflected the light of divine wisdom. “My son,” he said, “anger, greed and all such passions rob a man of his happiness. Love is true happiness. He who has no contentment and peace is a beggar. He who does not serve others with love is an idler. He who always wears the crown of contentment is the king.” The king prostrated before the Buddha and said, “Oh Buddha, accept me as your disciple. Lead and I will follow.”●



Short Story

Guiding Angels

Mishika Sharma, III-A
AIS Gur - 43

I don’t have just one teacher. My teacher is a person or experience that helps me to become better and wiser. According to me, my mother can take the form of a teacher because it is she who first taught me the true values of life. My father helped me realise the true meaning of hard work and progress. My grand parents helped me understand the importance of warmth. My school teacher guides me and instills in me a love for learning. She helps me

realise that with knowledge, life can be meaningful and worthwhile. But the best teacher is one who can help me to have the knowledge of the secrets of nature and of life, to discipline myself to be more generous and truthful. Mother nature is one such teacher, who teaches me to respect what has been given to us in the form of water, land, birds and animals, all the creatures that make up our beautiful planet. She teaches me lessons with patience for, she only gets angry when we have greatly disturbed her. She has taught me that the sun, like god’s glorious head watches over us and gives us life asking for nothing in return. The moon and the stars twinkle and shine and help me understand the true meaning of beauty. So you see in life, I have many teachers and will continue to have them, so long as I am willing to learn.●

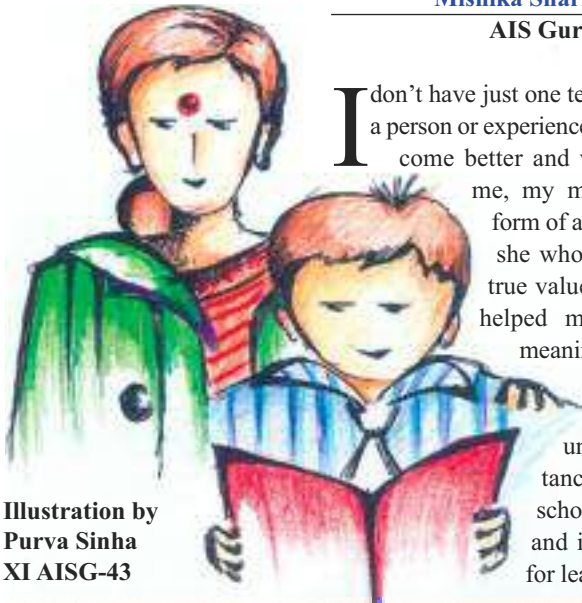


Illustration by Purva Sinha XI AISG-43

Books:Medium of Communication

Aditya Mathur, VI-D, AISG - 43

Books are a medium of communication, They are made for the people and their nation. Some books have information of Edison’s light, Edison’s effort made the world bright at night. Some books write about the planes of Wright Brothers, You will find about music and fun in others. Books are of many types, Some are on animals and their lives. If Mahatma Gandhi didn’t write about his life, How would you know about his free-

dom fight? Books are trains and libraries their station, Their passengers are all types of information! Books are a medium of communication!

Adjudged as 'Best poems by Kidsfreesouls readers: 2008'

My best friend

Aditi Vemuganti, III-A, AISG - 43

My best friend is sweet
She is tidy and neat
Everyday she comes to play
She brings a smile on my face
She and I like to race
She likes to sing songs
And tells me right from wrong
We share a lot of secrets
And have loads of fun.

Amity Polo Cup gets its 2009 winners!

The prestigious and widely successful Amity Polo Cup organised at Jaipur Polo Grounds was as exciting in the year 2009 as it is every time. The Amity Polo Cup is organised every year with a participant list that includes the who's who of Delhi. The Amity Polo Cup 2009 attracted some big names from diverse backgrounds like Mr. Shiv Khara, Mr. Naveen Jindal and Ms. Sushman Seth. The event was initiated with an ambition to contribute to Amitasha, a project led by Dr. (Mrs.) Amita Chauhan- Chairperson, Amity International Schools. It is another spectacular step towards bringing a smile to the faces of the under-privileged girl child of the country.

The tournament, this time, witnessed participation from six teams. Pool A comprised Sahgal Stud-Sona, Rickstone-Cavalry and Cavalry (Black) and Pool B included APRC, Cavalry (White) and PBG-Jindal. The Polo Cup finals took off with an exhibition match between Le Meridian and Team Amity. This match was won by the Amity team



by 5 goals over Le Meridian on 2 goals. The match was then followed by Dr. Ashok K Chauhan, Founder President Amity Group, Mr. Atul Chauhan,

President, Ritnand Balved Education Foundation, Dr. (Mrs) Amita Chauhan, Chairperson, Amity International Schools and Ms. Pooja Chauhan, Vice

Chairperson, Amity Humanity Foundation (AHF) honouring the winning team. The final round was played between Sahgal Stud-Sona and PBG- Jindal. The match made for a treat to the eyes of the spectators who included Mr. Levent Bilman, Ambassador of Turkey, Mohammad Ghali Umar, Nigeria High Commission, Mr. Oleg Laptenok, Ambassador of Belarus, Mr. Thang Yang, Ambassador of China, Dr. Tamevlar Karayev, Ambassador of Azerbaijan, Professor Piotr Khodkowski and Ambassador of Poland. PBG- Jindal won the final match by 8 goals over Sahgal Stud-Sona on 7 goals. Mr. Naveen Jindal himself lifted the winning trophy with his team-mates.

The event neared its end by the "Best Dressed Male Award" being awarded to Mr. Sachin Guar and the "Best Dressed Female Award" to Ms. Arunima Kukreja. The event concluded by the unforgettable speeches delivered by Mr. Atul Chauhan and Ms. Pooja Chauhan. The Amity Polo Cup 2010 is now eagerly awaited! •

ABS win quiz at Collge fests

@ Vibgyor by International Business School of Management

Amity Business School won second position at VIBGYOR, a fest organised every year by International Business School of Management. held at Worlds of Wonder, NOIDA on December 18, 2009.

The business quiz hard to crack tested the business awareness through questions on current affairs, taglines, business news and visuals. While Jaypee Institute bagged the first position, Upasna Tyagi, Sweeny Kumar of MBA Amity Business School scored the second position. Several teams qualified for the quiz, namely, Amity Business School, Jaypee Institute, IILM, Amity International Business School.

and @ Serveskriti by FMS Delhi

The team Jigyasa comprising Ronak M Asrani and Gaurav Goel of MBA class (2011) Amity Business School secured second position at Quiz Competition held during SERVESKRITI - The Annual Management Fest of FMS Delhi. They received a prize of Rs 10,000.

The quizzing event titled CERTAMAN-09 conducted by Grey Cells Co was attended by 50 odd teams who participated from corporate and B-schools. The quiz being conducted from the past 5 years has a great following in the world of business.

Six teams that qualified for the finals were 2 teams from corporate:- Accenture, Reliance ADAG, and the 4 B-schools:- ABS, FMS (team 1), FMS (team 2), and IIT-DMS.

The 4 rounds in final included Infinite Ideas (infinite bounce-part 1), Video clips and buzzer round, Infinite Ideas (straight forward questions) and Infinite Ideas (part 2). The first position was bagged by Accenture.

Them Clones rocks Amity University!



Amity University came alive as the famous Indian rock band- Them Clones swayed its followers with 15, 000 watts of energetic rock beats. As it began to dark, the smoke, fog and laser added a glamour quotient to the evening and the fervour in the unity of the guitar, the drums and an appealing voice revved up The young rock group that boasts of a number of hits left no stone unturned in order to entertain hundreds of students, faculties and officials of Amity University present at the performance. The event was organised by FM Station - Radio Mirchi, exclusively for the Amity students. •

Sr. Editor, Financial Chronicle enlightens Amity School of Communications

The students of Amity School of Communications were extremely fortunate to have the Sr. Editor of Financial Chronicle, Mr. Rakesh Khar encourage their talent.

The interesting subject of 'Business Journalism in the age of Convergence' drew a large number of spectators in the form of students and faculty members.

Mr. Rakesh enlivened his effective speech by giving various examples from the field of business journalism, thereby attracting the views of both students and lecturers.

Learning to share!

A select few students of Amity University NOIDA joined hands to participate in Students Mess in order to prepare a delicious dinner for the hostel residents. The very tempting menu for the included a host of dishes: Moong Dal, Aloo Matar, Zeera Matar Rice, Special Raita, Butter Roti and Salad. Needless to say, the food was enjoyed immensely by the hostellers while the hands...oops! we mean the students behind it relished the dishes as well as the rare learning experience. •



Amity Institute of Organic Agriculture Organises Meet

A one day meet was organised by the Amity Institute of Organic Agriculture to discuss issues concerning organic farming. The meet was attended by a number of organic farmers and the District Horticulture Officer, Ghaziabad. Besides, organic farming experts had also been invited. The panellists (Dr JN Kaul, Mr KS Bains, Dr DP Yadav, Dr PK Gupta) shared their vision of the future of organic farming with the participant farmers.

Amity Mumbai Participates in O2 Fest 2009

A management event named O2 Fest 2009 was organised by Bhavans College in Mumbai. The event witnessed massive participation from 46 institutes like Narsee Monjee, St. Xaviers, Mithibai, Sydhnem and a group of students from Amity Mumbai itself.

Amity did us all proud by winning various prizes in the challenging competitions. The first prize for the business quiz was bagged by Kalpesh Gada and the second one by Umesh Gupta, both from Amity University; Shoaib Alim won the ad-making competition. The Amity team emerged champions of Street Football too.

AITTM students win trophy for fencing exhibition match

Since 2009, an event held every year to celebrate the birthday of Dr. Ashok Kumar Chauhan, Founder President, witnessed a series of enjoyable sport activities. One such interesting activity was the fencing exhibition match. The match was organised between Carl Lindgren and Paramjit Singh, students of MBA Telecom Management, Amity Institute of Telecom Technology & Management. Both the students received trophies from Lt. Gen PD Bhargava, Director General - AITTM for displaying spectacular fencing tactics. Carl is an International Level Player with a national ranking of 20, Paramjit Singh holds the ranking of 6 all over India.

Amity Chandigarh Organizes Confluence

The Industry Summit themed Vision 2010: Beginning of a new era was organised at Amity University, Chandigarh. The event began by Prof. Shifali, Head, Amity Chandigarh welcoming and presenting a note of thanks to the esteemed judges for sparing their time to address budding corporate leaders.

The panellists included some extremely popular names from various organisations: Mr M S Dhaliwal, GM, Groz Beckert Asia Pvt. Ltd.; Mr. R S Khokar, GM, Sigma Vibracoustics; Mr Pankaj Asrija, Cluster Head, ICICI Bank; Mr Mankesh Dadhwal, Director-Operations, Altruist Technologies; Mr. Ankur Nayyar, Regional Head- HR, Max Newyork Life Insurance and Mr Harkamal Mangat, Senior Manager-Sales, Tata Motors. The guests of honour imbued vigour of optimism in the students by discussing the revival of industrial growth across India. Besides, the corporate gurus shared mantras of success with the students to ready them for the year ahead.

A new friendship begins...



AIS Pushp Vihar

Namrata Gulati, ANN

A group of 11 members belonging to the Incheon Association of the UNESCO Club, South Korea (volunteers for issues taken up on the global level) visited AIS Pushp Vihar on December 15, 2009 for a cultural exchange programme. The delegation comprising renowned politicians, teachers and academicians was accorded a warm welcome by primary students of the school with garlands

and traditional teeka.

The Korean guests were then ushered to the school auditorium where they lighted lamps amidst the chanting of hymns by school students. This was followed by a scintillating song especially prepared by the students for the occasion. The audience accompanied the choir by clapping to the enthusiastic beats of "Open the eyes of my heart Lord"; a charged-up aerobic dance presented by students emphasized the significance of the need of the hour that is, physical fitness.

The programme concluded with a patriotic dance performance by young little girls dressed in white, with their palms coloured in orange and green to represent the Indian flag.

The head of the Korean delegation introduced his UNESCO fellow members and addressed the gathering. This was followed by an invigorating interactive session with the young audience. All in all, the event was a thoroughly enjoyable event underlying a message of peace and brotherhood.●

Amitasha echos national solidarity

Amitasha students participated in the 'National in solidarity programme' held at India Gate on November 28, 2009. Amitasha student's along with two other schools, especially trained at Saraswati Music Centre presented a melodious rendition of the National Anthem and popular hindi number 'Itni shakti hame dena data'. The programme organised in the memory of people who died during terror attack in Mumbai was attended by eminent personalities as Home minister P Chidambaram, Ms Nandita Das, Sharukh Khan, Javed Akhtar etc. The students got an opportunity to interact with the illustrious guests who extended their appreciation for their concern towards the cause through their participation. The platform provided by Chairperson Dr (Mrs) Amita Chauhan and Dr Atul Chauhan was a powerful platform that built the confidence of the students. The programme co-ordinated by principal Dr Manorama Saxena and teachers Ms Satinder Kaur and Ms Neena was a grand success.

Primary Annual Day

Value education imbibed through cultural display

Kindergarten and class I students of **Amity International School, Noida** celebrated their annual day on November 20 & 21 and December 5 & 11. Students presented a rich display of cultural programmes on different days. 'Krishnaleela' (presented by Class 1 A,B,C, D and G, of Wing B) depicted in true ballet style with an accompaniment of 4 graphic Scenes—Janam, Makkan Chor, Kalia Nag & Goverdhan Hill and Raas Lila was highly applauded by the chief guest Mr Ashok Kumar Singh, SSP, Gautam Budh Nagar. The cultural extravaganza, "Adbhut Vasundhara" displayed (by Class 1, Sections A,B,C, D and G, Wing B) in narrative style, delightfully depicted childhood innocence containing elements needed to heal the world in the form of the power of love to rekindle the golden threads that bind us together in humanity. The cultural piece, "Madhur Bandhan"

(by KG-4 and 8 of Wing A & KG-2, KG 4 and 5 of Wing B) poignantly depicted the superiority of uplifting friendships based on shared values, interests held in common, intensity in social affiliations, lifelong supportive associations, sibling attachment or educative enlightenment. The ballet 'How We Made a Rainbow' (presented by Class 1, Sections F and G of Wing A & Sections E and F of Wing B) celebrated the diversity, inclusiveness, hope and yearning with the message: Beauty exists inside everyone and we live to discover this through unconditional love. The Western Music Choir delightfully greeted the guests with their song titled, "We Welcome, Welcome You". Dr. Amita Chauhan, Chairperson, Amity Internationals Schools, graced the occasion and appreciated the talents and efforts of her Amtians and teachers. Headmistress, Mrs. Swapna Paul delivered the vote of thanks.



Spreading warmth in the winter

Anila Kaul
Interact Club-in-charge

Moved by the plight of the underprivileged members of the community around us, the Interact Club of **AIS Gur - 46** carries out a donation drive of woollen clothes and blankets etc every year. This is a small but warm gesture from our hearts to make the

life of a few people bearable in the face of the severe winter round the corner. As usual, circulars were issued and thanks to the generosity of the families of Amitians, we collected an awesome amount of woollen garments. This year we contacted the NGO 'Goonj' and set out in an overloaded bus to deposit the same at the headquarters of the organization in Delhi on 22nd December 2009.

The visit to the collection centre was an eye-opener for the Interactors who were overwhelmed by the innovation and creativity displayed by the organization in recycling, repairing, sorting and distributing the donated material. On behalf of the Interact club of AIS 46, I'd like to thank the parents for their support in making this and all our other attempts a success.●

A winning smile

AIS Vasundhara

Chitra Jain (X), Aditya Negi (IX) and Prapti Alok (VIII) of Amity International School, Vasundhara, Sector 6 participated in Dental Health Utsav and Youth Festival 2009. The event was conducted for classes VIII – X at Maulana Azad Institute of Dental Science, Delhi on December 16, 2009. The event comprised of four rounds i.e., warm up round, Multiple Choice Question Round, Rapid Fire round and Spell Bee round. The team bagged the winning trophy followed by St. Thomas School (Mandir Marg), St. Froebel School (Pachim Vihar) and Adharshilla School (Pitampura) respectively. ●

Event: Dental Health Utsav and Youth Festival 2009
Venue: Maulana Azad Institute of Dental Science, Delhi
Date: December 16, 2009.
Winners: AIS Vasundhara



CBSE Heritage Quiz 2009

Quizzing Moments

After several grueling rounds of Quizzing – Written round, Zonal pre-final round, Zonal final round, National pre-final round, National final round and competing with 1200 CBSE schools from both India and abroad, **AIS Noida** secured second position (a prize money of Rs. 12000) in the quiz, missing the first mark by a margin of 5 points in the tie-breaker round. Amity team represented by Digant Pandey (XI-B), Parth Singh (XI-B). Vaishnavi Sridhar (X E) put up a brilliant show, despite losing it to Sri Kumaran's Childrens home, Bangalore.

Rockin' n Rollin' to the King's beats



Tanya Singh, IX A
AIS Gur - 43

It was like a whole new era to himself. In fact, it still is and will remain so. Elvis and his music continue to reverberate. Immeasurably handsome, charming, chivalrous, tender hearted and a voice so rich and aesthetic, it just can't get any better. Elvis T-shirts, hats, glasses, bobby-sox and even lipsticks in colours named 'Hound Dog Orange' and 'Heartbreak Pink' but the most significant, he's engraved in our hearts. His famous hit singles such as 'Jailhouse Rock', 'Blue Suede Shoes', 'All Shook Up', 'Hound Dog', 'Heartbreak hotel' and so on make you swing away to glory. His songs makes the influxes of emotions buried deep down in one's heart, hasty to thrive their way out. I still can't seem to forget that soppy number at Barista when the cafe was playing Elvis's 'That's When You're Heartbreak Begins'. A sniffle here and a whimper there, various customers whose eyes were swim-

ming with tears to the touching melody and libretto of this song. Quite a scene eh? It is, as the legends of 70's put it, "There was absolutely nothing before Elvis." The myriad repertoires of his albums were sold worldwide in a plethora of millions and continue to rock everyone's soul and make the feet tap including his box office hit movies such as 'King Creole', 'Change of Habit', 'Blue Hawaii', 'G.I. Blues, and 'Speedway'. Elvis was indeed a fascinating and drop dead gorgeous actor too. You might not have known, but he's mastered in Karate and also served in the American Army for pretty good years. A huge part of his charm was his dance, which made girls and women go bonkers with admiration. I recall one of his lines he had belt out at one of his interviews. "Some people tap their feet,, some people snap their fingers and some people sway back and forth. I just sorta do'em all together I guess," His talent, good looks, sensuality, charisma and good humour endeared him to billions, as did the humility and human kindness he demonstrated throughout his life. ●

What's in a name?

Pallavi V., VIII B
AIS Gur-43

What's in a name? That, which we call a rose by any other name would smell as sweet. Shakespeare said it right, but a lot is in a name. Especially if it is a name of a place that is well known. These days, it has become a fad to change the names of places. If you didn't already know- Uttaranchal is Uttarakhand, Orissa is Odisha, Travandrum is Thiruvananthapuram, Alpe is Alapuza, and Nasik is Nashik. Call it eccentricity or loyalty to one's

own country, but the first time I heard these names, I was aghast and attempting to find a way with my tongue to pronounce the words right. God forbid, if Patna is named Pataliputra and Guwahati Pragiyotishpura (like in the times of Mahabharata and emperor Ashoka!), imagine our plight. I can well imagine the helplessness of the tiny tots trying to learn state and state capitals! The good old Bangalore is Bengaluru setting the techies of the Sillicon Valley in a tizzy. Next time, catch the news reader on prime time struggling to say that.

Now that we have just adapted to the anglicized bit simple names, it is very difficult for us to learn them again. It might be easy to change the names but they should keep in mind these burdened children who have to slog it out to learning the new names again and again. I feel that the country should have done the makeover a long time ago so as to not cause inconvenience to others. This name changing bug has even bitten the youngsters of today. None of them seem to have come to a decision on a perfect name that suits them. Whydon't we know Pooja as Pooh and Laxman as Lucky....

REALITY FIXING!

Priyanka Rohatgi, IX A,
AIS Gur - 43

Reality is the last thing that strikes me about reality shows. I'm sure many people identify with the so-called 'reality' shows. They have largely conquered India's television screens since it allows the audience to

enter the world of 'reality' on T.V. A popular show on Colours (oh c'mon! you're glued to it at 9 PM, you know it and so do we!) is often accused to be scripted. Recently, it was K.K., ex-participant of the show and a self-proclaimed many-talents-rolled-into-one preceded by a Rakhi Sawant rival who claimed her comeback was planned even

before the show was aired. And yes, the judges who quarrel endlessly to spice up the programme. The participants, asked to build up drama by casting aspersions against their competitors, are not spared either in the race for TRPs. Anyway, real or unreal, how does it matter. That all of us watch it and enjoy it, is no secret now!●

Imaging: Pankaj Mallik

