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Eat smart, P 2

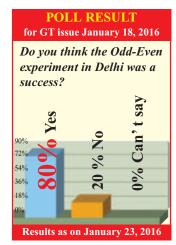
Indo-Pak War, P 7

AMIT CIPOL

Are the winterless winters a result of ambitious human activities?

a) Yes b) No c) Can't say

To vote, log on to www.theglobaltimes.in



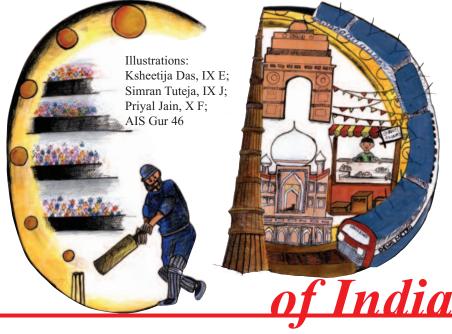
Coming Next

AIS PV Contest Edition

THE GLOBAL TIMES MONDAY, JANUARY 25, 2016 www.theglobaltimes.in

Times were bright, and sometimes dark, but we Indians, have been humbled to our roots. And thus, stand our eternal pillars, the ABCD of India, which were shining then, polished now, and will continue to remain instilled in our future generations, or will they? **Akshat Babbar, XII F & Vaishali Tikoo, XI A, AIS Gur 46,** bring to you the





for Astrology

From the country's independence to the release of a blockbuster, from the arrival of the first rains to that of the first child, a lot has been solicited in the stars. In 1947, the 'babas' of Ujjain predicted midnight to be the auspicious hour for India's changed destiny and it was in that very hour that Pandit Nehru made 'a tryst with destiny'.

We, the people of India, have always had cues to take, even from places where the firmest of our beliefs lie. Let them call it irrational belief; we see hope. For when paranoid, the soothsaying of the astrologer comforted us. For when despair haunted us; 'Pooja karwa lo' kept us from giving up. For when we asked "Why me?"; "the fault lies in your stars" gave us some content. Stars, thus, became indispensable.

But for how long do we rely on the answers offered by the stars? Indira Gandhi triumphed the 1971 elections, even after the Astrological Magazine, the world's longest-running English astrological monthly, predicted her defeat. Whom do we believe, and how much?

B for Bollywood

In 2012 alone, Bollywood was on top of the pile with a record number of 1,602 movies produced in the same year. US trailed behind with a meagre 476.

We, the people of India, have shown that passion is all it takes. For a country, where roti, kapda and makaan remain an unful-filled dream for many, creating a \$2.28 billion industry that rests on entertainment, is well, commendable.

Bollywood has taught us to live, think and dream big. Here, everything is heightened: the hero's heroism, the heroine's beauty, the villain's evil. A 'nobody' can become 'Shah Rukh Khan'. It has made us believe in 'happy endings', so as we trudge along a difficult path, we are reminded 'picture abhi baaki hai mere dost'.

But, we are still grappling with 'Is entertainment necessary?' Unlike any other business in India, movies must pay both entertainment tax and service tax. While the former classifies it as a frivolous activity, the latter puts it in the ambit of a necessary service. So much dilemma for our entertainment!

for Cricket

Cricket was officially introduced in India, by the British. Who knew the game would become a part of our existence. No ball? No problem. A stone became the ball. No bat? We played 'hand cricket'. No stumps? Go to the tree trunks. An Indian child could conjure up cricket paraphernalia from anywhere. India united every time Team India was on the field.

We, the, people of India, realised along the way that it takes very little to unite a heterogenous populace, sometimes a simple game. The game showed us that the 'individual' and the 'team' need not collide at all points, and that it is possible to shine at an individual level and yet win the game for the team. There have been times when unfailingly a Raina or a Dravid led the team single handedly to victory. They shone and the team shone with them.

But the gentlemen's game seems to have been belittled by its keyboard warriors. A scroll down the reader's comments section of any cricket article on the web will tell you what we've made of the game. Cricket fanaticism has reached its zenith (read low).

Pic: Daksh Sachdeva, AIS Gur 46, IX B

for Delhi

Pandava's Hastinapur, Shahjahan's Shajahanabad, Lutyen's Delhi; a city that accommodated anyone and everyone seeking refuge in it's warm embrace. Time and again, the city has lived up to 'Dil walon ki dilli'. Yes, it's a city of hearts and brave hearts, courage and valour.

We, the people of India, love Delhi, hate it, want it, rant about it, but we surely cannot do without it.

Delhi has seen it all and perhaps, seen enough. It prospered during the Mughals, it was ripped by Mohammad Ghori, it commemorated the defeat of the Revolt of 1857, and it rejoiced the victory of the 'Aam Aadmi'. A battle, a terror attack, an unfortunate 16th day of December, yet nothing could tear apart the city.

But while the city stands intact, are the pillars strong enough? Thousands came on the streets to fight against a heinous crime meted out to a woman, and as the memory faded, others suffered the same fate. In our road rages, electricity issues, modish cafes and traffic jams, did we leave behind the 'Dil in Dilli'?

My students taught me

...says Prof Dinesh Singh, vice chancellor of Delhi University. A man with a radical approach, he shares some valuable lessons he learnt along the way, in an exclusive interview

Vishal Kumar, AIS Gur 46, XI F

Prof Dinesh Singh, VC of Delhi University has been at the helm of the prestigious institution since 2010. A scholar beyond par, he is the recipient of the prestigious Padma Shri. A graduate in Mathematics from St Stephens, he was awarded the prestigious Inlaks Scholarship to pursue a PhD in Math at the Imperial College, UK. Awarded various honorary doctorates, Prof Dinesh Singh shares his insights with students of AIS Gurgaon 46. Bringing to you some excerpts.

"I wouldn't trade my undergraduate years in DU with anything."

I'm happy to be at the university; it does not matter in which capacity. My undergraduate years at Delhi University was the most memorable time of my life. Although I've been fortunate to see many institutions in the world, but Delhi University would always be the closest to my heart.

"Education should be about experiential learning instead of blackboard based learning."

We have a wide range of activities at the university aimed at experiential learning



of the students. The Gyanodaya Express that is a Wi-Fi enabled train, has a library and holds space for over 1000 people. The train stops at various stations where students get an opportunity to study about the place. The latest one was a

marvelous discovery of the northeast. Another hands-on initiative undertaken by us is a series of innovation projects, where teams submit a proposal and on selection, receive funding from us. Then they work on it for a whole year.

"The underprivileged students keep me optimistic about the new generations." Every year we have students from all

Every year we have students from all over the country and abroad. I have learnt new things from these very students each year. Also, there are a signif-

icant number of underprivileged students who apply for admissions too. These students have a hunger for knowledge, a passion to learn and a commitment to the country and that is why I remain very optimistic about their future and India's as well.

"The highs and lows of life teach you to think and reflect."

I've had all kinds of highs along with other things. As far as lows are concerned, I wouldn't call them lows but events that make you think and reflect. They teach you to be humble and you realise that you aren't what you think, but just an ordinary human being.

There are occasions that may disappoint you at times but when you look back later, you realise how much these incidents have helped you grow.

The one thing I've learnt is not to worry too much about yourself. There are higher powers that will take care of you. Put your heart in what you believe and then good things will happen.

"Good luck to Amitians."

Amitians will excel in life because they have one of the best platforms. You are studying in one of the finest schools and I hope you make the most of it.

Tanvi Goyal, AIS Gur 46, XI E, Page Editor



Dabba with a difference

Rushing to your work place *vs* cooking a nutritious lunch...it is always the former that ends up winning the game. CalorieSmart, a healthy tiffin service, is here to change the game

Ground Reporting

Tanvi Goyal, AIS Gur 46, XI E

urgaon, the corporate abode for millions, inhabits perhaps the busiest of people in the National Capital Region, people who gorge on work related documents for breakfast, lunch and dinner. From time to time, bored with their 'staple diet', they tend to find solace in KFCs and the Pizza Huts. Taste and availability have for long taken precedence over health and nutrition, adding up to the problems of a corporate lifestyle. It is in this moment of crisis, that CalorieSmart steps in, a one stop solution to all their dietary and health concerns!

Problem 1: Early morning meetings + Rush = No time to cook afternoon meals! CalorieSmart solution: Multitasking is failing people miserably in taking care of their diets. Getting lunch from the nearest food joint seems to be the easiest way out. CalorieSmart, an initiative of four nutrition conscious people, addresses this concern with it's calorieplanned tiffin service. The brainchild of Priyanka Verma, a member and nutritionist; it addresses the diet concerns of those in the corporate world.

Problem 2: We eat, but we don't count **CalorieSmart solution:** Eating at the



desk might make it hard to keep track of the calories one consumes. But Calorie Smart, that delivers calorie-counted meals, makes it simpler. About what goes into the dabba, Ashima Manek, director, Food Planning

says, "Our Nutriguide Program advises people on what meal option to select. We have Indian (700 calories), multi-cuisine (500 calories) and Gourmet (300 calories) boxes to choose from. They cost at par with market rates depending on the vegetarian or non-vegetarian options." Ashima puts forward the basic philosophy, "Every calorie counts but more than that, the nutrition in every calorie does."

Problem 3: Healthy = Boring!

CalorieSmart solution: Broccoli and Almond soup, flax and sunflower salad,



whole grain *kulcha, mishti doi* for the sweet buds, CalorieSmart is all set to change the perception that healthy eating is boring. With high quality of ingredients and fresh dishes, they stand out. A revolutionary shift from the regular, oily and spicy tiffins, they offer food that rely on age-old herb seasonings as taste-enhancers. Offering the best of the healthiest from Chinese, Greek, Mediterranean, Kashmiri, Lebanese and many more cuisines, the service entails the delivery of around 700 tiffins daily to 200 odd companies in areas like Cybercity and Udyog Vihar.

Problem 4: Goodbye workout

= Hello extra weight!

CalorieSmart solution: "We cater to

the 30-plus age group since they are more conscious of what they eat. With their professional and personal engagements hardly leaving time to exercise, a good diet is their only saviour. The younger lot, with good metabolism and workout regimes, are still able to manage," says Ashima. The future might see



"Have started feeling better about myself by fitting this healthy diet into my crazy busy life!" -Natasha Sharma

"They offer flexibility of cancelling or ordering extra trays which helps in last minute travel plans."

- Suman Nandy

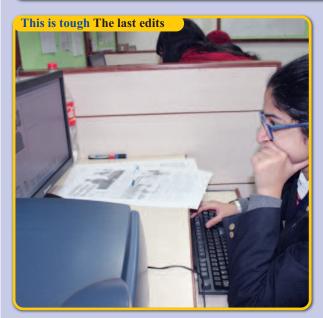
and the second s

them operating in the NCR region, Bangalore and Mumbai. Meanwhile, CalorieSmart is living the words "You are what you EAT – so DON'T be fast, easy or fake!"













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The democratic working of GT, where every idea is taken into account, has impressed me. Signing off, HRD Minister

Education & Enhancement

CNote) worthy jobs

Raunak Sood, AIS Gur 46, XI H, Page Editor

It's raining money and you could drench too! All you need to do is taste an ice cream, or hack a system. Just look for the right shoes and step into them

Yastika Biswas, AIS Gur 46, X H

till wondering how Sharma ji's son managed to buy a luxury car within a year of joining a new job, while you kept slogging hard in your late night working shifts? Bringing to you a quick peek into some of the really well paid jobs that can leave even Sharma ji's son baffled!

Ice Cream Taster

What it pays: Rs 30,00,000 to Rs 70,00,000 per annum

Requirements: Entering into a profession of this kind doesn't require any specialty. The sole requirements are you and your taste buds. A culinary degree can prove to be a big help, of course.

Why? Enjoying an ice cream to indulge in your sinful desires is one thing, and eating every scoop to check for texture, consistency, flavour, sweetness and a load of other elements is another.

Be Prepared: There is minimal job security, other than the obvious risk of obesity and diabetes and host of other diseases. And if you think that your love for ice cream will make you survive in this job, then ask yourself if this love will last after the 9,87,65,432th scoop of ice cream!

Body Part Model

What it pays: Rs 7,000 to Rs 1,00,000 a day Requirements: Flipping through a magazine, the manicured hands you see, aren't photoshopped but that of a body part model. Fine fingers, sculpted legs, perfectly pouted lips- that is all one needs for this profession. Wonder why celebrities like Ronaldo and Taylor Swift got their legs insured for millions? Why? MAC, Macy's, Vogue... all of them will be left stranded if the per-

fect hands or eyes didn't act as a canvas to display their high-end products. Be prepared: To face the initial struggle of getting into the industry and surviving the high investment in maintaining your body parts. And remember, beauty fades over time.

White Hat Hacker

What it Pays: Rs 40,00,000 to Rs 50,00,000 per annum

Requirements: One needs to be able to write programs in C, C++, Perl Python, Ruby and should have a basic understanding of TCP/IP protocols.

Why? Getting paid for 'legally' comcrime of hacking is quite tough as they shoulder the responsibility of safeguarding sensitive government and public data.

Be prepared: One needs to be a step ahead of the 'bad guys' to foil their plans. Maintaining cool in the trickiest of situations is also a must.

Data Scientist

What it Pays: Rs 3,00,000-Rs 18,00,000 per annum

Requirements: A data scientist is a perfect amalgamation of education, analytical, technical and non-technical skills. Intellectual curiosity, good business acumen and strong communication skills add cherry to the cake.

Why? Dealing with numbers is not everybody's cup of tea. The data scientists have to be part analyst and part artist to succeed.

Be prepared: Can you prepare an analysis and visualisation of an unknown data set, while impatient stakeholders watch over your shoulder and ask pointed questions? If the answer is yes, then you are good to go. GII

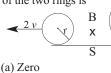
Amity Institute for Competitive Examinations

Presents



Brainleaks-161 FOR CLASS XI-XII

Two conducting rings of radii r and 2rmove in opposite directions with 2 ν and v respectively on a conducting surface S. There is a uniform magnetic field of magnitude B perpendicular to the plane of the rings. The potential difference between the highest points of the two rings is



(c) 4rvB

(d) 8rvB

(b) 2rvB

Ans. Brainleaks 160: (c)

end your answers to The Global Times, E-26, Defence Colony, New Delhi - 24 or e-mail your answer at brainleaks@theglobaltimes.in

Do or die, really?

The trigger has been pulled. To dodge or to take the bullet, it's upto you to decide

Vaishali Tikoo, AIS Gur 46, XI A

has to meticulously work towards them. But does that mean we make life a struggle, constantly dreading the milestone? Perhaps, we need to relax about these supposed stepping stones, that have for long been the epicenter of our existence. Here's a reality check on the timely 'death threats'.

The Class X Result

The society: Considers it the major deciding factor of one's career. Believes, that a 10 CGPA is the first step to perfection.

The death threat: "If you want to study the subjects of your choice (and live a good life), you will have to score a 10 CGPA."

The reality: It's a chill pill. Just another exam, only with a longer study vacation.

The Class XII Board Examination

The society: Considers it of utmost importance, for

a student to study 14 hours a day in order to score above 95%. The equation follows: <95% = 0

ure there have to be goals in life and sure one The death threat: "Mishraji's son scored a 98% in Class XII with PCM and is studying in MIT now. I hope I'll get to say the same about you."

> The reality: Class XII results are mere numbers that will help you analyse your potential in a particular stream and eventually decide your course of action.

College Admissions

The society: Hands you a list of the top notch institutes. So you either make it to any one of them, or spend your college life in utmost regret.

The death threat: "If you do not crack any one of these university entrances, then you might as well choose sitting at home as your profession."

The reality: The ever-growing competition and the current reservation norms make admissions to the premier institutes a tough task. So, as long as you get into a college that suits your interest, you are doing just fine. And smile, your exciting college life has just begun!



Pic: Daksh Sachdeva, AIS Gur 46, IX B Models: (L-R) Reema Gupta, Teacher; Avnish Roperia, X B; Samyak Aggarwal, XI C; Harish Sethia, Teacher



Illustration: Sarthak Gupta & Kanak Aggarwal, AIS Gur 46, X E

Bizarre schools

Tave you ever wished your school was a bit L 'hatke' from the regular brick-and-mortar building it is? Raunak Sood, AIS Gur 46, XI H, brings to you a few 'off the bandwagon'schools

Dongzhong Midcave Primary School Here's the twist: This school is situated inside a

The school, situated amidst a cave in the mountainous Guizhou province, China, was built in 1984 and was brought down by the government recently. It stood out for being built with very little government support and educating children of one of the poorest provinces of the country. Aping knowledge in the literal sense, eh?

Brooklyn Free School

Here's the twist: There's no fixed curriculum. Perhaps, the most liberal school of all, it gives its students autonomy, when it comes to decision

making. From wandering around to simply taking

a nap, you can do it all! Students also get to carry out independent studies and meetings can be called anytime to discuss an idea that may have occurred to someone.

Witch School

Here's the twist: It gives lessons on witchcraft and sorcery!

Originally built in Roseville, Chicago, Witch School provides lessons on witchcraft to aspiring witches from all around the world. Although mostly online based, students may also opt to attend classes in person. Rumour has it that Harry Potter had a hard time figuring out which school to go - Hogwarts or this one.

Boat school

Here's the twist: The school is a floating boat.

Built because of constant flooding and disruption of education, these boats that are modified to accommodate students, have water proofed library and internet connectivity. They also act as a bus; docking at the door of the students' houses, making education a 'smooth sail', literally!

So schools, are you ready to break the box and embark into an unchartered territory?

Sketching the tricolour in words with a creative global perspective and an altruistic hope.

Signing off, Minister of External Affairs



been blamed. For long has their dissimilarity remained a mystery. Anirban Biswas, AIS Gurgaon 46, X detangles their brain wires to give us the theory behind 'Mars' and 'Venus'.

"Honey, have we lost our way?"

If you need to know which way to go, ask a man. They make optimum use of the hippocampus, a part of the brain, which gives them a better sense of the four cardinal directions. It is for this reason that they use shorter routes to reach their destination. Women, might have a weaker direction sense, but they are better at finding objects locally. This is associated with the fact that women have stronger connections that run from side to side between their brain's left and right hemispheres.

So while men might be good at finding the house, women will find the things in it.

"Let's pack this, just in case!"

Psychological studies have shown that the tendency of over packing displayed by women is a trait exhibited to cope up with feelings of stress and to reduce uncertainty. Knowing that they have home comforts while they are away makes them feel secure. Hence, the extra weight of the baggage.

Men, in contrast, are good with packing a little more than a toothbrush. Perhaps, women need to understand that it is okay to start packing even a few hours before departure.

So women may take longer to pack for a vacation than men would, to move to a new city.

"I'm gonna shop till I drop."

One of the major, unsolved wars between the opposite genders is related to the hours spent at the mall. Who knew that genetic evolution was to be blamed! In the early ages, men would do the hunting and women would gather fruits and berries which required observation and concentration. And as human beings evolved to become the modern day beings, they retained this trait. Thus, women observe more to choose the best of what's available.

So while men might shoot at the right store and buy a suit in 5 minutes, women take a lifetime in selecting the right shade of pink.

"What do you mean?"

None of them are psychics or have crystal balls, but women are more intuitive than their male counter part. Insula, a region of the brain, is essential for empathy and is more active in women than men. It mimics what the other person feels, senses the patterns and then comprehends the person's feelings. Men in comparison are awful at reading emotions. They sense feelings for a moment, then tune out of emotions and switch to other brain areas that try to solve the problem.

So while women might understand the unsaid, men prefer "I don't see a problem".



llustration: Urvi Gupta, AIS Gur 46, X

Turn the poles

Unlearn the world map for it may soon be revised. Coming soon: a new world; courtesy: a 'shift'

Mokshi Jain, AIS Gur 46, XI E

magine the globe, shrinking and shifting at this very point while you hold this newspaper and read it. Sounds scary, doesn't it?

A huge possibility reflects upon the fact of this scary thought to come true, if the attractive forces of Earth start defying the laws of nature. That's the new theory and concept of the equatorial shift.

The pole shift

The south pole acts as a gyroscopic anchor (disc) which maintains the global balance. As the ice on the south pole melts, it shifts the axis of the Earth. Thus, the pole shift theory suggests that there have been geologically rapid shifts in the axis of rotation of the Earth, creating calamities such as floods and tectonic events.

Since when?

From 1982 to 2005, the pole drifted southeast toward northern Labrador, Canada, at a rate of

roughly 6 centimeters per year. But in 2005, the pole changed course and began drifting east towards Greenland at a rate 21 centimeters per year.

Welcome, to the new shape of the Earth

The more the ice melts, the more the axis shifts. Thus, at some point, we will reach the tipping point and the Earth will slip the rest of the way onto one of its sides. This dramatic view assumes more rapid changes, with dramatic alterations of geography and destruction caused due to earthquakes and tsunamis.

Revising the geographical map

Based on these assumptions, Harvard researchers claim that India might become the new South Pole and Boston, the new city on the equator. The current world map, might just be a opposite to the presumed map of 2089.

Thus, we might just have Australia, celebrating Christmas with polar bears, and the United States of America, celebrating New Years with rainfall. Looks like geography is tricking Mother Nature!

Good morning science shine!

Sarthak Rajpal, AIS Gur 46, X A

very morning starts with the love-hate affair with the snooze button, the struggle with the shower, an attempt to fix breakfast, prepping up like Milkha Singh....and yet you are late. But thank God for some scientific wonders that will help you win the early morning battle on time.

Step 1: Morning coffee

A hot cup of coffee is every person's dream. The truth, however, is that you need to first get out of bed, move into the kitchen and then stand near the stove for minutes.

Steps in coffee maker with a timer:

Just the way you set an alarm every night, set this coffee maker for 10 minutes before you wake up. Enjoy your hot coffee in your bed.

Time saved: 10 minutes

Step 2: Ironing clothes

No matter how much you plan yourself so as to get your clothes ironed on time, you always end up with a mess in the cupboard in the morning, from god knows where!

Steps in Wrinkle releaser: Thanks to the science gods for wrinkle releasers that allow you to iron your clothes quickly and easily. All you need to do is spray the wrinkle releaser on the clothes and hang them while you take a shower.

Time saved: 10 minutes

Step 3: Taking a shower

Dodging between hot water and cold water to get water at the ideal temperature is something all of us struggle with every morning.

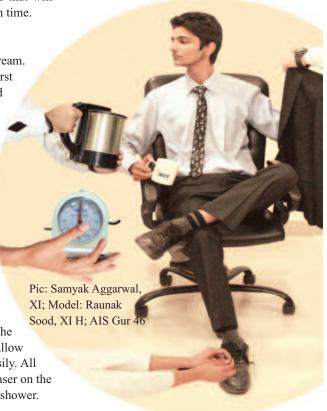
Steps in a programmable shower: A programmable shower contains a thermostatic valve which controls the temperature which you set up for you, connecting your device with a touch screen.

Time saved: 5-7 minutes

Step 4: Preparing breakfast and lunch Difficult than choosing what to wear, is deciding

what to cook in the morning. **Step in cooking apps:** Ther

Step in cooking apps: There are countless cooking apps that will help you cook with whatever you have in your fridge. And what's more – some of these even dish out recipes depending on the time



you have. AllRecipes, Cookbrite and Supercook are some of the best picks.

Time saved: 10-15 minutes

Step 5: Self-tying shoe laces

When already late, getting tangled with shoe laces is the last thing we'd want.

Step in shoes with self-tying laces: Nike has come with one of this kind which has an ability to sense the wearer's motion and ties the shoe for you! Just like in the movie 'Back to the future'.

Time saved: 2-3 minutes.

also need to file a complaint." But I was usurped by an accented voice and a Gucci bag. "My puppy, she's lost," Said

the accented voice, with a look of pure horror on her face. The

Inspector discovered his long lost English. "Not to worry,

Madam. Indian police always there. Very quick find all

puppies." "You've got to be kidding me. So, now the puppy is

also more important than me. So, what if I don't wear pink

I stood up, losing all my patience, only to be interrupted again,

this time by a taut voice. "What's going on?" said the man who

The transformation of the Inspector from a snoozy bored

police officer to a zealous man was nothing short of magic.

Slouching does make a difference, I guess. The owner of the

voice was the police commissioner. With my hopes regained

on his arrival, I once again approached the desk and said (this

time with an accent), "I need to file a complaint!" But my

breathed authority. The staff fixed their uniform in a hurry.

ribbons in my hair?" I thought to myself.



I hereby unfurl yet another encapsulating edition of Global Times, for my dear readers. Signing off, Prime Minister

Megha Jha, AIS Gur 46, XI H, Page Editor

Graphic:Sanchit Bhat, AIS Gur 46, XI G



Pause. Ready. Backflip

Have a laid back family? Lookout for some flips. Caution: Reversibility is not guaranteed

Raunak Sood, AIS Gur 46, XI H

hen God made families, he endowed every member with a particular syndromethe poker face syndrome, the NRI syndrome, the party animal syndrome and so on. But then he carefully taught each member the art of 'Backflip', just in case your predictable family starts to bore you.

A sneak peek into how the backflip theory adds the much needed spice to our sometimes bland family time.

- The stern, disciplinary father who you would usually have trouble communicating with, does a backflip and turns into 'Raj, naam to suna hi hoga' on his anniversary. From showering your mom with gifts to narrating stories from their newlywed days, he does it all.
- The timid, introvert 'Chachi ji' who hardly speaks a handful of words at family gatherings does a backflip as she hears the tune of 'Didi tera dewar deewana'. Showcasing her Bollywood moves, she amuses with her perfection

of the signature step.

- The *dharmik dadaji* who smells of incense sticks and talks mythology does a backflip and in the middle of a family dinner teases you about the girl he saw you with. The "Beta apne zamane mein, hum bhi Dilip Kumar the" leaves you red faced, doesn't it?
- The accented, 'refined' bua (it's not Pooja, it's Poo) who just returned from abroad does a backflip and pronounces Canada as 'kaneda' without any embarrassment whatsoever. Courtesy: the aroma of sarso da saag and makke di roti and the panju family.
- The classic grandmother who usually has chronic pain in her joints does a backflip to turn into Usain Bolt as you steal her precious laddoos.
- The distant relative who only calls you when in your city takes a backflip and is the first one to call you as soon as your board results are out, giving you statistics more accurate than that on the CBSE website.

So, keep enjoying family time and keep looking; the backflip may happen anytime. Don't miss it!

Chaos @ Dial 100

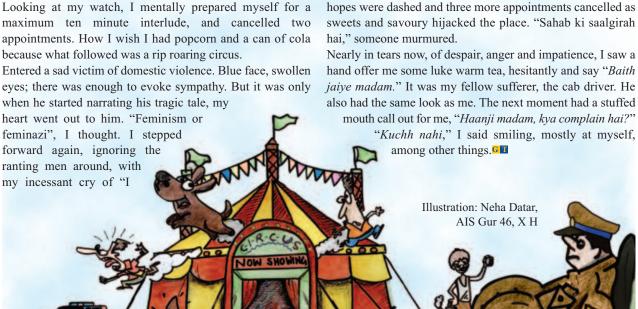
I expected tall cops and blaring sirens. I got protruding tummies and silly cries instead. Entertaining though!

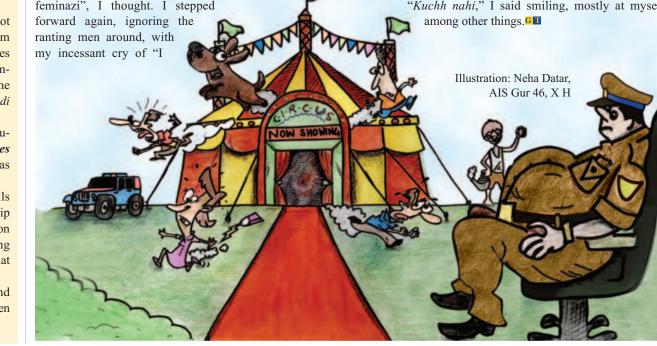
Tanvi Goyal, XI E & Poorvi Kar, X C, AIS Gur 46

ood weather, a full fuel tank and smooth roads; the The perfect ride to the office. But it just took a handful of minutes for the car to go from Vroom to *BOOM*. There goes yesterday's paint job, I sighed. I don't know who was more hurt - my car or my ego for what followed was "Madam, pati se lad ka aayi ho kya?" "Police station chalo, batati hun."

The tiny place was jam-packed. I somehow made my way to the front desk and confidently spoke up, "I need to file a complaint." Burying my expectation of a quick action, the Inspector waived me to a bench as if I was nothing more than a pesky fly. I placed myself on a chair, trying to ignore the unpleasant sight before me - an unhygienic tea-seller, scaly walls, dishevelled and unkept people with scratches and fresh bruises, (thanks to the hawaldaar's danda); I had seen better. Looking at my watch, I mentally prepared myself for a maximum ten minute interlude, and cancelled two appointments. How I wish I had popcorn and a can of cola because what followed was a rip roaring circus.

eyes; there was enough to evoke sympathy. But it was only





Lravel travails

The best things about a vacation require no prior bookings. The company of a co-traveller, for instance, comes for free. 'Traveller'- does the word ring many bells at a time?

Megha Jha, AIS Gur 46, XI H

surely tourists should also be made to Lorder given the endless variety of options and their idiosyncrasies. If you who have travelled to some place in their lives, chances are high that you might have met some of them the ones who made it difficult for you to suppress a giggle and others who made your trip a disaster. Read on to find out what kind of a tourist are you.

The Committed Shopper

Crazy addiction to Shopping and shopping and even more shopping.

They live to shop and travel to shop. For them there is less beauty in the Taj but more joy in the shops selling knick knacks outside. Price, necessity are all given a short shrift as they buy everything within their sight.

The Overexcited One

Crazy addiction to Catalogues, travel guides, scrapbooks, anything and everything that makes them love their dream destination even more.

f vacations are made on online sites, then They can give the travel guide a run for his money with their knowledge about the place. They know which places to go to, which includes almost every nook and cranny. Leisurely holidays are not meant for them as they'd rather spend time wandering than enjoying their executive suite.

The Overpacker

Crazy addiction to Luggage bags, hand luggage and more bags.

"I'm going for 4 days but I'll pack 11 outfits, just in case!" is their mantra. They pack everything in their sight, not paying heed to the purpose. Who knows, the trip to Europe might just get converted to a world cruise with ball room parties thrown in. Their battle cry-when travelling; be packed for any and every eventuality

The Photographer

Crazy addiction to Their DSLRs and the over expensive lens.

This particular species is identified by grim looks and a face full of concentration. They want to capture everything, the landscapes, the monuments, the sunset, the people, the cow...the list never ends. The eventual victims of their obsession are the friends and relatives bound by decorum to see and appreciate every picture.

The Social Media Addict

Crazy addiction to Their smartphones and its million apps.

"Is there a wi-fi here?" is the first question these people will ask, even if the place of visit is the Arctic. Facebook and Instagram are their holiday companions. Every fortress of privacy is breached with pictures and status being uploaded @ 10/sec. We won't be surprised if they plan a trip just to get a new status!

Nonetheless, a holiday wouldn't be as memorable without each of these species. So look out for the best in them. Who knows, you might relate to one of them. And if you don't we'll have a new category- The Loner.



Reaching the pinnacle of success is what we aim for, and that's what we achieved.

Signing off, President Akshat Babbar, AIS Gur 46, XII F, Page Editor



Towards freedom

"I feel that the constitution is workable, it is flexible and strong enough to hold the country together both in peacetime and in wartime. Indeed, if things go wrong under the new Constitution, the reason will not be that we had a bad Constitution. What we will have to say is that man was vile "

BR Ambedkar



Every year, this day fills everyone with a sense of gratitude, for the founding fathers of the constitution, gifted people a set of rights to call their own. Rights, which gave them the freedom to express, freedom to travel, freedom to practice any faith, freedom to

reside anywhere, and most importantly, freedom to do anything.

In a bid to enjoy a sense of liberation, the constitution was brought; but they forgot to act as responsible citizens of the country.

The meaning of democracy was misinterpreted when people stretched their freedom to encroach on unauthorised land, flouted rules which were meant for their own safety and tweaked laws to suit their purpose. They defamed other people's prestige in the name of freedom, acted irresponsibly and gifted a polluted environment to the future generations, all in the name of freedom. Republic Day is not just a national holiday; it is a day to take a fresh look at ourselves and see if we have been worth of the rights bestowed on us. The reality is, we have taken our rights seriously and our duties too lightly. We should walk towards making our country what it deserves to be: free of crime, pollution and malice.

creation



is the vision of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, to provide holistic education to Amitians. Thus, the education imparted here is based on mutual affection, affiliation and attachment amongst the 'learner' and 'fa-

cilitator'. Children of 21st century who have easy access to technology, require information - sifters and guides who could enable identification of 'right' from 'wrong'. This is where the role of the facilitator begins.

At Amity, the transformation of student's explicit 'book knowledge' into implicit or tacit knowledge takes place through a four-step process. First begins socialization, with building a 'field' of interaction wherein students discuss projects assigned like Mathamity or Vasudha with their teachers. The seeds of lateral thinking and problem solving are sown here. At stage two, externalization is triggered through 'dialogue or collective reflection' through brainstorming sessions in programs like Amity Vuva Vichar Manch, AIMUN or Youth Power. Next comes the process of 'combining' different bodies of explicit knowledge through PBL (problem based learning) or flipped activity, leading to creation of new knowledge. Lastly, through 'internalization' or 'learning by doing', explicit knowledge transforms into tacit knowledge. The making of GT is one such process where knowledge is verbalized or diagrammed into articles, illustrations and graphics.

Kudos to Amitians for being blessed with such visionaries. Happy learning and innovating! GII

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The art of being a gentleman

Tall, dark and handsome to chivalrous, sweet and soft; they've tried it all. Who knew that the key to being a 'gentleman' lies in the word itself

Akshat Babbar, AIS Gur 46, XII F

Tho is a gentleman? A sturdy male figure with a black tux and an unassailable attitude? What happened to bringing flowers to her doorstep? Pulling out a chair for her? These are some allies and anecdotes that the classics have left for the true gentleman to look up to. Unfortunately, there has been a shift, and a rather confusing one.

The days of standing up when a woman enters the room are long gone. In fact, I can't even remember the last time when a guy came to a girl's door to pick her up, instead of texting her that he is outside. This got me thinking: what happened to being a gentleman? Many centuries ago, when the kings ruled and knights of valour tread the land; they left behind a legacy of chivalry and love. Women still want that. Unfortunately, the men of today don't know what that legacy was all about. But, before that you need to know what a woman expects.

When a gentleman goes out with a woman, he will choose the place they're going to, but at the same time, should also be considerate to her interests and liking. He is the man who will elect to let her walk in front, while he protects her from behind when navigating through a dark alley. And yet the



Pic: Samyak Aggarwal, AIS Gur 46, XI C Models: Gia Sharma, II H & Akshar Yadav, II A, AIS Gur 46

most common description of being a there's actually much more to it. gentleman comes down to- bringing flowers for a woman, opening doors,

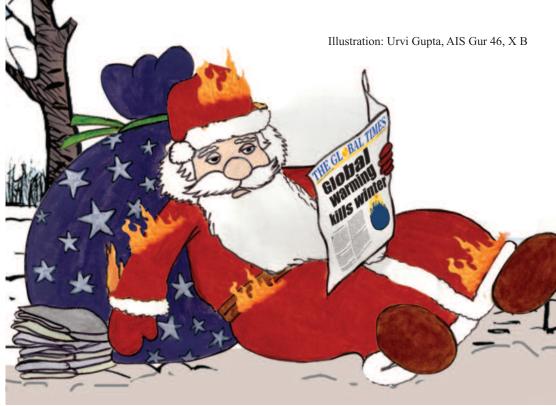
There's a myth that is perpetuated in the modern world: Gentlemen can't exist and pulling a chair out for her, but because women are capable of taking care of themselves. That's all fine but that's no reason to not be a gentleman. In fact, take that one extra mile just for one simple reason; making women happy, because that's what being a gentleman ultimately boils down to. They all do accept feminism but still prefer gender roles. They would still want a guy to volunteer a massive spider or lift that heavy box. They love their modern independence but deep down they want their men to treat them like a princess. It does not take a grand gesture or a costly display of affection to be a gentleman; it just takes a display of genuine interest, honesty and respect will do. Yes, and they do love chivalry.

Sometimes, you're going to offer to help with those bags she's carrying and get a biting glare. And yes, the chauvinistic judgments will no doubt shine through that stink eye she gives you, but please—ignore it. Truth is, women are wired to expect chivalry. But, they don't need you to stand up when they leave a table, or open every door.

Chivalry is a way of life, and it can help you show the woman with you that you respect her and appreciate her company. Understanding how to be chivalrous isn't just a way to impress woman. It makes you a man of principle. So, don't get discouraged by a few dirty looks. Be a gentleman. You'll stand out in the crowd and will surely find a lady who would appreciate you. [1]

Knowledge When Santa came

...something was amiss, something he had not foreseen. A different christmas awaited him



Vishal Kumar, XI F & Prisha Singh, XI A AIS Gurgaon 46

hristmas! One word that can get everything in place and bring smiles to everyone's faces. This year was no different, I was again decked in my reds and all set to go. I checked my itinerary and Delhi was my next stop. I packed my bag of goodies, fastened the reindeers to my sleigh and set out on making everyone merry.

As I approached my destination, I realised that something was amiss. I could see the decked up Christmas trees, even feel that festive spirit in the air; and yet nothing felt the same. My entry, which was usually grand, with the misty clouds forming the perfect foil for my red attire, fell flat. The sky was a dirty

yellow and I looked like a cherry on top of a bowl of mango ice cream.

Soon, I started feeling hot, my overcoat and boots were making me feel heavy. The cold breeze that usually greets me had also escaped on my arrival this time. As I looked around, I realised that even people weren't wearing snuggly clothes and lighting bonfires. What had happened to this city?

Nonetheless, I decided to continue with my job and headed towards a slum. Last year, I had heard that many people had died of cold in the harsh winters of Delhi and so I had decided to gift each one of them blankets this year. But standing in the sweltering sun, I realised the fruitlessness of my gifts. No one was shivering, no one was feeling cold.

I groped to find the answers to the mystery of the

to Delhi dramatic change in the weather. The truth

came to me in a blinding flash as I laid my hands on a newspaper. The headline 'Global warming kills winters' put together all the pieces of my puzzle. I was appalled to read how man had cut down trees, burnt fuels and indulged in activities that had led to the deterioration of ecological and environmental balance. It's a tradition which I fear will continue for years to come because the way things are going, global warming will be around for long.

I felt extremely disheartened by the fact that man still does not realise his mistake as this would not affect just him but also his future generations.

With a heavy heart I took off my trademark red coat and packed all the goodies along with me. Man had not been nice after all! GII

Exploring yourself



GT Teacher Coordinator

The journey of this year's contest edition was an enriching experience for the entire team. As the

journey commenced, every day, every meeting, had a new lesson to offer. Right from brainstorming on distinctive story ideas, to taking interviews and working on visuals, we donned many hats and in the process learnt the intricacies of making a newspaper. The students displayed infectious energy, high morales and even higher spirits all through the way.

It was truly a rich experience to be part of such a talented and enthusiastic team. Every challenge, every ordeal was dealt with conviction, only to become better. I feel proud to be associated with The Global Times for it provides children with a platform to channelise their creativity and to express themselves via stories, poems, illustrations or even a headline for that matter. And as this journey has come to an end, we all seem to have nurtured our innate talent, while discovering new ones.

Siddharth Bagga **Educational Poster** AIS Gur 46, XI C, Page Editor

As India commemorates 50 years of the Indo- Pak War of 1965, here's tracing the skirmishes that led to a full fledged 17-day war and the largest tank battle, ending in a ceasefire largely in favour of India. A tribute by Satvika Kalia, XI C, and illustrations by Siddharth Bagga, XI C, AIS Gurgaon 46

Instigation Point, January 1965

It all began in Rann of Kutch. Pakistan laid claim on the region that belonged to India after partition, giving way to skirmishes, military maneuvers and casualities. UK intervened to resolve the conflict but Pakistan launched Operation Desert Hawk.

Highlight: Though Kashmir remained the main reason for the Pak attack, it triggered India to launch Operation Ablaze as a retaliatory measure.

Pak Infiltration, August 1965

The first phase of the war was marked by Operation Gibraltar where over 30,000 Pak soldiers crossed the LoC deceptively dressed as Kashmiri locals with the aim to spread discontent across the valley, in disguise.

The picturesque link between my experience in GT and as an

Indian is all in one word-freedom. Signing off, Culture Minister

Highlight: The operation backfired as Pak miscalculated the discontent among Kashmiri locals.

Prepping the Ground, Sep 1965

To counter the annihilation faced in Kashmir, the Pak army launched Operation Grand Slam with the purpose of capturing Akhnur - the supply point of the Indian army.

Highlight: Despite initial success due to technological superiority, the enemy was thwarted by IAF.

ssing Boundaries, September

As a response to Operation Grand Slam, PM Lal Bahadur Shastri announced that India would launch a simultaneous offensive at several strategic points, to counter Pak's infiltration.

Thus, IAF began with Operation Riddle.

Highlight: This marked the official beginning of war.

Sep 8-23 saw three consecutive battles- Battle of Asal Uttar (one of the largest tank battles), Battle of Phillora and Battle of Dograi. For the first time, India followed an unconventional attack strategy by attacking three regions leading to India's

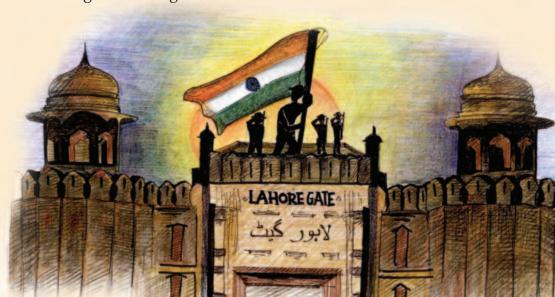
victory. Soon after, the UN called for ceasefire on Sep 23, fearing a spill-over war with other nations.

Highlight: These encounters tilted the balance of the war in favour of India.

The peace agreement between Indian PM Shastri and Pak PM Ayub Khan, signed on Jan 10, 1966, resulted in a ceasefire.

Highlight: It stated that both forces would pull back to their pre-conflict positions and would not interfere in each other's affairs.

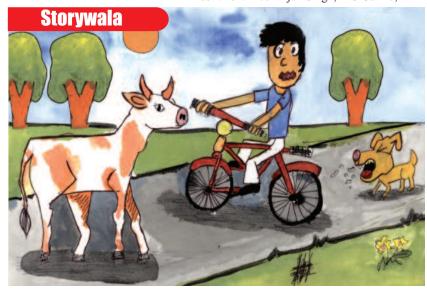






My psy(cyc)ological ride

Illustration: Medhanjali Singh, AIS Gur 46, IX H



Sarthak Rajpal, AIS Gur 46, X A

s my newly bought bicycle stood gleaming in the sun, I couldn't wait to sail out on it riding in triumph and glory. With great disdain I had spurned all offers of help. Riding a bicycle wasn't a Herculean task, according to me. Two hands on the handle, a seat, two wheels, and whoosh! Off we go!

"Let's get wheeled away, my friend!" I somehow managed to get on the bicycle. I got a firm grip of the handles and peddled up for the first time and decided to go straight to my friend's house. But after a second and a loud bam, I saw myself lying on the ground, and honestly, I never felt so down-to-earth ever before in my life. People gathered around to see me. According to one of the spokesman, the wheels of my bicycle were larger than they were supposed to be. I promptly went to the shop, from where I bought the cycle and put my problems across. After all, riding the bicycle was supposed to be a stroll in the park. So the fault had to be with the bicycle. He gave me a peculiar look and an extra set of wheels for support. I wanted to give back to the environment and recycle so I got back on my bicycle immediately. I gave it another try, this time with more dedication. My happiness lasted for just two minutes that I stayed on the bicycle ... as out of nowhere, a dog came barking with a furious expression. This dogmatic idea in that dog's mind seriously made

This dogmatic idea in the dog's mind seriously made all 'animality' go to the dogs! The ground and I met yet again.

all 'animality' go to the dogs! The ground and I met yet again.

I went to conquer another street and started all over again. I drove my bicycle again and surprisingly this time I went a little farther than before and could really feel myself light and swinging in the air. But this time my waterloo was caused by a wandering cow who expected me to display Schumacher's skill set and evade her. As I hit the ground again and the cow looked at me reproachfully while chewing its cud; I gazed at her with a mixture of accusation and apology. If Cinderella didn't know how to ride a cycle, I understand, as she had a pumpkin coach, but here in my case, I am willing to learn but I don't have a coach. So, finally I decided to call up a bicycle riding school to find a coach for myself, as I understood that achieving a psychological transformation is surely not a cakewalk for me. But now, I have passed my bicycle riding test and have got my degree in 'Cyclogy', if not psychology! But hey, mind you that I am psychologically fit! If you know what I mean. GI



Magical Maggi

Mansha Jain, AIS Gur 46, X E

Herbed Maggi fritters

Ingredients

Ingi carents
Maggi noodles1 packe
Capsicum (chopped)1/4 cuj
Bell peppers (chopped)1/4 cuj
Processed cheese (grated)1/4 cuj
Cornflour2 tbsj
Dried mixed herbs 1 ts
Dry red chili flakes1 ts
Saltto taste



Method

- Cook Maggi as per instructions on the packet.
- Transfer it into a deep bowl and allow it to cool completely.
- Once cooled, add capsicum, bell peppers, cheese, chili flakes, mixed

herbs, cornflour, and salt.

- Mix them well.
- Heat oil in a pan and drop spoonfuls of the mixture and deepfry, till they turn golden brown.
- Serve immediately with a dip of your choice.

Baked cheese Maggi

Ingredients

Maggi1 packet
Mozzarella cheese1/2 cup
Sweet corn (semi boiled)1/4 cup
Seasonal vegetables (sliced)1/2 cup
Butter (for greasing)1 tsp
Oregano and chili flakesto taste
Saltto taste

Method

- In a pan, boil Maggi, add boiled
- corn and salt. Cook till half done. Grease a flat baking tray with butter and pour Maggi over it.
- Level it and spread cheese all over.
- Sprinkle oregano, chili flakes and place sliced seasonal vegetables.
- Preheat the oven at 180 degree Celsius and cook till the cheese melts and the crust becomes light brown in colour.
- Serve hot and enjoy your Maggi with a twist!

WORDS VERSE

Illustration: Kanak Aggarwal, AIS Gur 46, X E

Where are my ear plugs?

Muskaan Sandhu, AIS Gur 46, X A

Out in the countryside What do you hear Birds chirping far away The sound of a tractor, oh so near

It is quite and tranquil all around Here calmness makes no sound My friend took me to the bustling city It made me question its serenity

The cars crammed the roads And they just roared and roared More than people, screamed the horns Loud as if they sat on a thorn

The air was full of smoke So hard it was to take a breath Trees and plants almost died Poor nature surrendered to death

So let me get back home And call some friends Make people aware of noise pollution And help them make amends

Fiery glory



Patience is what we need to maintain And never should we complain Leave ten minutes in advance Escape the cars and their crazy dance

Step up my friends Let's make the city peaceful Let's not beep horns and shout But let's just be careful!

The pearls called eyes

Devangi Sharma, AIS Gur 46, X G

Stories narrated by your eyes Never really lie It tells me, the state of you Which could only be seen by a few

I drown in them, as I see them spark Like a diamond in the dark I talk forever about your eyes But it's a sensation that never dies

Now that I have realised Those are the pearls That make me hypnotised When you say something you adore

The contentment I acquire I couldn't ask for anything more Sometimes they come forth as bubbles Which reflect what I feel

Like the magic of a dark curse Like the light of the stardust I look at them shine Could they be mine? GI

SHUFFLE 'EM UP! 2. Suit of Diamonds 1. Suit of Spades Class: _ e _ _ _ a _ _ Class: _i _ i _ a King: _ a e _ a _ King: _a _ i _ Illustration: Siddharth B AIS Gur 46, XI C 4. Suit of Clubs 3. Suit of Hearts Class: _ e a _ a Class: _ _ u _ _ . King: A _ e _ a _ _ e _ King: _ _ a _ _ e _ a _ _ e 3. Church, Charlemagne 4. Peasants, Alexander Answers: 1. Military, David 2. Merchant, Caesar



Aastha Mittal, AIS Gur 46, X A

Do more of what lights up your soul









All broken, the light gets in

Toyam Khanna, AIS Gur 46, VII A, Page Editor

Fright of a tiger's cub



Toyam Khanna, AIS Gur 46, VII A

The Sundarbans Jungle Bengal India November 6, 2015

Dear Lionel

I hope you are in the best of your health. Winters have started and I am like a cold creep. But you know what, today my mother taught me how to climb branches. After learning how to climb, I was on cloud nine. Mommy told me that she will take me tomorrow to the outskirts of the jungle. I am so tumultuous to go with her. I have given this letter to the wise owl and I hope it reaches you

> Yours affectionately Georgia, tiger's cub

November 7, 2015

Dear Lionel

Today, we went to the outskirts of the jungle and I got to know many facts about the jungle. Earlier, the jungle used to be till the end of the river, but now it is just till the Pinewood tree, which is halfway on the river's course. It must have been glorious to be a tiger in those good old days. Do you know that many years ago humans were scared of the tigers? But today, my mother tells me to hide if I see any human approaching. Earlier, all my uncles and aunts had a separate part in the jungle for their family, but now we live huddled.

> Yours affectionately Georgia

November 15, 2015

Dear Lionel

Today, when my mother went out of the jungle to get food, I was panic stricken. Negative thoughts started coming to my mind. I wondered whether she will come back or not. I am terrified of these roads. I remember that last year my father had also gone out like this but he never returned, he was killed by a hunter. After sometime, when my mother didn't arrive, I started crying and went out to find her. On the way, I met her. Oh! I was relieved. I heard other animals talking about some new law to clear this jungle for constructing a highway. I don't know what a highway is. Do you know? Everyone was confused. Yours affectionately

Georgia

November 17, 2015

Dear Lionel

I got to know there was a human attack in your jungle. It was terrifying to know that your mother couldn't escape from the attack. I can understand your feelings. It must be a tough time for you as now you will be going to a zoo. Maybe it will give you a new start and you might just like it. Today, I am scared to roar but I hope both you and I will again be the Kings of our world someday. Only if we survive.

> Yours affectionately Georgia GII





■ Slice carrot in semicircles and spread

■ Slice a grape in two halves. Place

one of them on the eye. Cut the other

one in half and place as nose on the

■ Take a piece of bread and cut it in the

shape of fox (as shown in the pic-

into halves and place each on the top

Cut a grape in two halves and place

each on top of the eyes. Take another

grape and put it at the bottom as

■ Place beans at the sides of the plate.

scales of the Foodie fish.

edge of the bread.

ture) and place

cheese slice on it.

ber into two cir-

cles to make the

eyes of the fox.

Slice strawberry

corners as ears.

Slice the cucum-

For fruity fox

on half of the bread to make the

Saksham with his sandwich (Right)

Animal sandwiches

Saksham Khanna AIS Gurgaon 46, IV C

Ingredients

For fruity for

Bread	.1
Cheese slice	.1
Cucumber	.1
Strawberries2-	-3
Grapes4-	-5
Beans-	

For foodie fish

■ Take a slice of

cheese slice.

bread and place

Slice cucumber

into circles of

different sizes.

ner of the plate.

the corner of the plate.

For nutritious owl
Bread1
Cucumber and Carrot1 each
Cheese slice1
Grapes4-5
Boiled egg1
Lettuce1

Method

Place the biggest circle as an eye on

any one of the corner of the bread

and three small circles as bubbles in

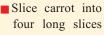
■ Take another big circle, slice it in

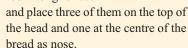
two halves and place them opposite to each other as tail on the other cor-

For nutritious owl

■ In a plate, spread lettuce leaves and place a piece of bread with a cheese slice over it.

Cut the boiled egg in two halves and place as eyes.





■ Slice a grape into two halves and place them on the eggs as eyeballs.

Slice cucumber in circular shape and place them on the side of the bread.

POEM

Festivals of India

Prabha Jha

AIS Gurgaon 46, VI E

Festivals are like colourful rangoli Be it Diwali, Eid or Holi On Holi, we love to play with toy guns And our mothers make tikkis and buns

On Eid, no one is big or small With equality amongst all We distribute sweets among our natives

My name: Manasvi Panwar

My school: AIS Gurgaon 46

My birthday: September 27 I like: Reading books I dislike: Capsicum

My role model: My father

a part of the best newspaper.

My best friend: Avni My favourite game: Chess

Shweta ma'am

boots

My Class: II G

And eat delicious meals with our relatives

On Diwali, bursting crackers is a delight Everyone is happy, there are no fights On Diwali, we love to wear new clothes And capture images in different poses

This is how festivals in India are celebrated With lots of joy and happiness Everyone wishes to celebrate these festivals With high enthusiasm and fervour.





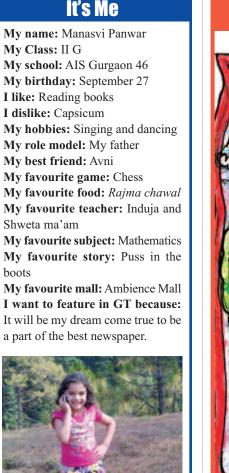
It's Me

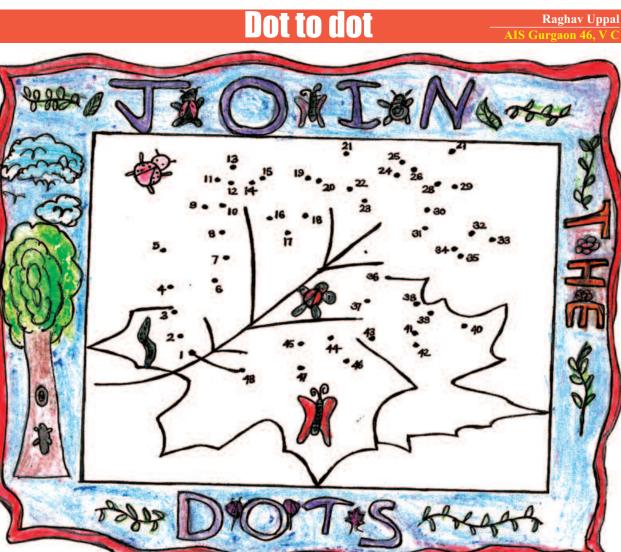
Riddle Fiddle

Nishtha Aggarwal AIS Gurgaon 46, VII A

- 1. What is easy to get into, hard to get out of?
- 2. What can run, but never walks? Has a mouth, but never talks? Has a head, but never weeps? Has a bed, but never sleeps?
- 3. In a one-storey pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower. What colour were the stairs?
- **4.** I'm the most slippery country in the world. Who am I?
- **5.** Which is the longest word in the dictionary?

Answers: 1. Trouble 2. A River 3. There weren't any stairs; it was a one storey house 4. Greece 5. Smiles, as there is a mile







Parenting made easy

From the first time you hold your baby to the day you drop them off at school, parenting takes you through myriad emotions. ACERT is there to hold your hand at every step of the way...

Nandini Juneja, ACERT Pushp Vihar, Meghna Monga, ACERT Noida, Ambikashree Nanda & Neerupama Sharma, ACERT Gurgaon

Being a parent is a beautiful experience. However, along with the joys of parenthood, come the anxieties that accompany the journey. Amity Centre for Educational Research and Training (ACERT) is all too familiar with parents' 'why's, how's and but's', especially when it comes to bringing up children and helping them cope with the challenges of joining school. Under the guidance of Ms Sapna Chauhan, Vice Chairperson, Amiown, ACERT conducts enriching workshops to smoothen the bumps on the parenting journey. Here are simple solutions to the frequently asked questions by parents in these workshops.

Behavioural issues

How can I help my child get along with other kids? Parents are important role models for developing the right behaviour in the child. If you show generosity and fairness in your dealings with other people, children will eventually follow suit. You can also role play difficult situations, connect the child's experiences to those of others, provide opportunities for children to comfort one another ("Let's get

Amity Centre for Educational Research &

Training (ACERT) offers diverse programmes

of international standards in 'Teacher Train-

ing'. It is an innovative, contemporary and

unique integration of various international

methodologies focusing on child centric meth-

ods of teaching. Since its inception in 2005,

ACERT at Pushp Vihar, Noida & Gurgaon has

groomed hundreds of students who are suc-

cessfully placed in the leading schools of India

and abroad. ACERT also organises workshops

ing tips Workshop in progress

for parents, offering tips on better parenting.

About ACERT

a band-aid for Nitya") besides choosing activities that emphasize cooperation and compromise.

How can I prepare my child for the first day of junior school?

For a child, leaving the comfort zone of home is not easy. It's best to start preparing for the separation well in advance. Read stories about the fun attached to school, buy a new tiffin or a bag of the child's choice. Discuss how there would be so many friends they can play with. Assure them that once school is over, you would be waiting for them. Such small gestures will help reduce the separation anxiety and make the transition comfortable.

Confidence building

How can I find out if my child lacks confidence and how to help him?

If your child fidgets when s/he's asked to do a task, asks too many questions while performing a task or takes a lot of time to answer questions, it is a sign of low confidence. All children learn or perform a given task in different ways because each child has a different learning style. Parents should know the preferred learning style of the child as it helps to lessen or eliminate classroom struggles, and helps them build and regain their self-confidence.





Expressions Colouring fun

Is writing of letters as mirror images normal? Yes, writing of mirror images especially for letters like b, d, p, etc is absolutely normal for toddlers.

Picky eaters

How can we get picky eaters excited about food? Preschoolers rarely follow a traditional meal pattern. They need small but regular snacks. This suits small tummy sizes and provides them energy

to keep moving all day. Involving your child in planning the menu and buying groceries makes them look forward to meals.

What is the best order to introduce letters and their sounds?

Education and learning

Some feel that the most natural way to introduce the alphabet is from A to Z, but introducing letters as per their sounds is a much logical way. Introduce each phoneme one at a time, setting aside from a day to a week for each one. Use meaningful names for each sound, eg., buzzing bee for /z/. You may use tongue twisters too, like "Nobody was nice to Nancy's neighbour Nick, but he was never nasty." Split the target phoneme from the rest of the words, like - "Nobody was n-ice to N-ancy's n-neighbour N-ick."

How can we teach letters without flashcards? Try using a multi-sensory approach. Your child

sual one, or s/he may just need a variety of sensory inputs to learn best. Help her identify how each sound feels on her mouth. Use a mirror to show how your lips come together for /m/. You may create a rhyme or song about each letter. You can use

alphabet magnets or alphabet cookie cutters, too.

may be a tactile learner instead of an auditory or vi-

Play time and good habits

What are the best toys, games or play equipments for my preschooler?

Creative play helps children develop physically, intellectually and emotionally. Many parents buy expensive toys only to find their toddlers are happier beating on pots and pans. For a child, play can even be pouring water in different tumblers. For preschoolers, basic play materials include blocks, sand, stacked and nested containers, and non-toxic art material. As children play, you can stimulate their creativity by expressing interest, asking questions and encouraging them to talk about what they are doing.

How can we develop and encourage healthy reading habits in children?

Love for reading is one of the best gifts you can give to your child. If kids see their parents excited about reading, chances are they will catch the enthusiasm. Construct a reading corner with enough lighting and comfortable seating. Create lots of reading moments, like reading road signs, grocery lists or recipes. Regular trips to the library go a long way in inculcating the reading habit.







Wassup

Amitians make it to Guinness!

Students of Amity register their names into the Guinness Book of Records for the 'Largest science practical lesson'



Amity's Children Science Foundation

n a prodigious first, 400 students of Amity were part of the 2000-strong contingent of Indian students who registered Latheir names in the Guinness Book of World Records when they performed two practicals together. 50 senior school students from each branch of Amity International Schools, created history along with Indian students from 40 other schools, when they conducted the 'largest science practical lesson' at IIT Delhi, on December 7, 2015. With this stupendous feat, they surpassed the current record holder, Northern Ireland, which had conducted a similar experiment with 1,339 students. The young scientists were encouraged by the presence of Smriti Irani, Union HRD minister and Harsh Vardhan, Union Science and Technology minister.

The students performed two experiments: the 'Elephant Tooth Experiment' in which hydrogen peroxide underwent catalytic decomposition in the presence of iodide, resulting in the release

of a large amount of oxygen which foamed up to resemble a giant toothpaste being squeezed. In the other experiment, the students turned methylene blue into 'reddish brown'. The 65minute-long session was observed by 40 stewards. The event was organised by Vijnana Bharati in association with the Ministry of Science & Technology, Ministry of Earth Sciences and Technology Information, Forecasting and Assessment Council, as part of the India International Science Festival (IISF). Dr Arvind C Ranade, Scientist 'E', Vigyan Prasar applauded the achievers, "All your efforts have made the country proud. Congratulations to stewards, teachers and students." A Jayakumar, secretary general, Vijnana Bharati sent in congratulations, "We hope this feat triggers rising tides to energise the youth of India towards greater scientific achievements. We congratulate the students and teachers who participated in the event." With the blessings of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, the experiment was conducted under the aegis of Amity's Children's Science Foundation (ACSF).



Annual symposium

Smart presentations marked AFYCP's 5th Math & Science Symposium

mity Five Year Conceptual Programme (AFYCP) hosted their 5th annual Maths and Science Symposium on December 19, 2015 at AIS Noida, under the aegis of Amity Institute of Competitive Examinations (AICE). AFYCP is an integrated academic programme initiated by Amity Institute of Competitive Examinations, for Class VI-XII, wherein students are trained for national and international Olympiads and competitions besides being groomed for a fulfilling life ahead. The symposium began with the lighting of the lamp, followed by an introductory presentation by Vijayashree Naidu, AFYCP Coordinator. The event was graced by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF besides many dignitaries including Dr S V Eswaran, emeritus scientist, UNESCO DBT Regional Centre for Biotechnology, Faridabad; honorary professor, AUUP and advisor, AICE. The guests of honour were Dr Deepak Bhatnagar, secy. general, Pellet Manufacturers Association of India and Dr Rajiv Sharma, executive director, Indo-

US Science and Technology Forum (IUSSTF). The chief guest was Neeraj Sharma, head of division, Technology Development in Transfer State Science Technology Programme, Drugs and Pharmaceuticals Research Programme, Policy Research in Science. Meenakshi Rawal, director AICE, welcomed the guests and set the ball rolling.

The symposium saw students from different AFYCP centres put forth meticulously designed presentations on interesting topics, which were adjudged on the basis of scientific creativity, thoroughness, skill and clarity. The event was judged by expert faculty members of AICE, viz, Dr V Verma, Dr SK Srivastava, Dr SK Buddhiraja, Dr Raju Singh, Ashok Kumar, Ramesh Dalakoti, Anurag Kashyap and Dr S Mehrotra (ad-

The first prize was bagged by AFYCP Noida for their presentation on 'Seismology and Earthquake resistant Buildings'. Two presentations of AFYCP Noida on 'Probiotics' and 'Topology' bagged the second prize. The third prize was won by AFYCP Pushp Vihar for their presentation on 'Waste Heat Thermo Electric Generator'. GII

Korean conquest

AIS Pushp Viha

he girls aerobics team of AIS Pushp Vihar participated in the 3rd Aerobics Korean Open 2015 held in Seoul on October 29-30, 2015. More than 400 athletes from seven Asian countries, viz, Korea, Japan, Vietnam, India, Mongolia, China and Indonesia participated in various categories of the tournament. The following students of the school participated in the competition: Shreya Grover, XII; Rishita Paruthi and Vidushi Rastogi, IX and Ayshna Sagar, X. They were accompanied by their coach and manager, Anoop Gurung.

The Indian team ranked 4th in aerobics gymnastics in age group 2 (14-17 years). FIG Federation De International Gymnastics was the official judging panel of the event. Amity coach Anoop Gurung was also a part of the panel of judges and gave away medals in the prize distribution ceremony. The competiton, broadcast on the Korean National Channel, gave the students great exposure.





Amity coach at Turkey

The tennis coach of AIS Noida experienced global glory at an international sports conference

AIS Noida

aising the Amity baton high, the tennis coach of AIS Noida, Dinesh Rai partook in the 19th ITF Worldwide Coaches Conference held at Antalva. Turkey from 24-28 November, 2015. Rai was the only Indian coach to attend the conference which was attended by the trainers of top seed players like Roger Federer and Rafael Nadal. Organised by the ITF and Turkish Tennis Federation at Hotel Riu Kaya Plazzo in Antalya, the five-day conference witnessed leading international experts in coach education, player performance and sport science, presented the latest developments in these fields through practical on-court coaching and lecture presentations.

Sharing his experience, Rai says, "Participating in

the conference was a matter of prestige for me, and a great learning experience too. International programs as this are platforms that not only give us exposure but also an opportunity to learn about the latest developments in our work arena, besides allowing us to meet and interact with coaches from different parts of the world." He adds, "As teachers, we need to keep learning and upgrading our techniques so that we can guide our students on the path to success. As Isaac Asimov says, 'Education isn't something you can finish.'

Col B S Ahluwalia, Sports Advisor, Amity Group of Schools, has words of commendation for him, "Dinesh Rai is a very dedicated and professional coach, who is always trying to upgrade himself with the latest trends of coaching methodology. Under his training, students have shown encouraging results."

Winter carnival

AIS Mavur Vihar

he much awaited winter carnival of AIS Mayur Vihar finally unfolded on December 19, 2015 with great enthusiasm, fun and frolic. The students of the school, along with their parents and families, enjoyed the carnival thoroughly. Christmas carols and dance performances held at regular intervals added to the festivity. The fun rides -the giant wheel, columbus, merry-goround and the bouncy - caught everyone's fancy. Other stimulating games like pyramid making, hoopla ring throw, Tail-the reindeer, etc kept the carnival goers engaged. The icing on the cake was the DJ, which kept everyone in high spirits. The event concluded with the raffle draw by school principal Dr Priyanka Mehta, who announced the lucky winners of the attractive bumper prizes. She also thanked everyone who graced the occasion with their presence to make the first attempt of the school a distinguished one.



Tanvi Goyal, AIS Gur 46, XI E

not just a world full of chicken and more chicken

hy did the chicken cross the road? Be-

cause the vegetarians decided not to eat

him! The price paid for this decision is

From the pages of The Global Times, evolves a latent seed, unbridling its true potential in this free land.

Signing off, Agriculture Minister Mokshi Jain, AIS Gur 46, XI E, Page Editor

Don't tell me you are

"I taste mucchhh better," says the chicken to the paneer. Here's presenting the glitches and hitches of being a veggie lover

but also so many other travails that the vegetarian suffers to date. And the question always looms who is actually nature's friend; the one who eats the greenery or the one who eats those who eat the greenery?

Menu Card: Shakahari pe bhari

The menu card turns into a bite-sized battleground, where the chicken lords dramatically outnumber the saviors of the soul- mushroom and paneer. Finding vegetarian options in a menu card is like finding needle in a haystack; Chicken tikka, Butter chicken, Murg massalam, sushi, grilled salmon... the options are never ending. And as soon as you shift your eyes to the veg side of the menu -Chili paneer, Mushroom tikka, the list ends before it starts. Bahut naainsafi hai!

FAQs: Kha kasam, tu vegetarian hai!

If you are a vegetarian, chances are that you will turn into a 24X7 enquiry centre, with constant queries hurled at you. Sample some: "Where do you get your proteins from?" "Is Tuesday and Thursday your every day meal?" What takes the cake are the brilliant advices which cannot be ignored. Vegetarians are casually suggested to take out chunks of fish from their Caesar salad and pieces of chicken out of their birvani and behold; the meal is supposed to turn vegetarian.

Foreign Trips: No samosa, only aloo

Quite excited for your US Trip? You pack your best clothes, update your status 'Flying to US' and as you land, wham! US bells, US bells, visa all the way! French fries is coming to town, and salad's on the way, Hey! With baked beans on your plate and water in your glass, breads are your fate, on whom you will last. Hey!

Breaking Fast: Dreams of a good breakfast "Eat your breakfast like a king," or so they say be-

cause if you're vegetarian, you'd probably be eating one like a beggar in case you choose to eat out. Eggs, bacon, ham, sausages dominate the breakfast buffet. The vegetarian stands silently in queue, passing by each of the platter, till he

reaches the dry bread and ends immediately at butter and jam.

Whenever a vegetarian goes out looking for food, all they can see are red dots and green dots marking their proceedings of choosing what to eat. But we are sure that one day the green dots will be equal to the red dots and vegetarians will finally find their place in the sun. Mann mein hai vishwaas; pura hai vishwaas!GII

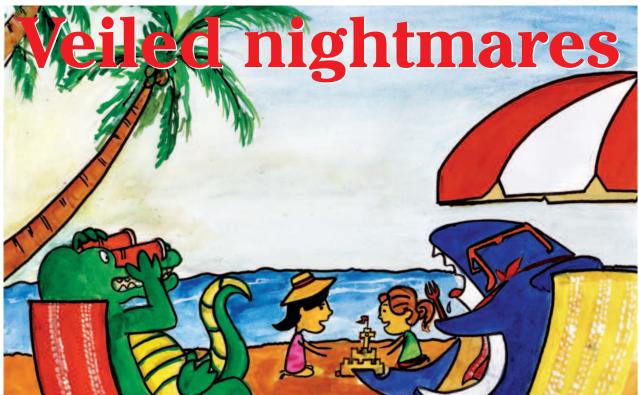


Illustration: Santosh Krishnan, AIS Gur 46, XI

The Catch: Ever wondered what your liquid version would look like? Head to

Afar Triangle for the temperature here goes above 120 degree Fahrenheit.

Lake Nyos, Cameroon The Beauty: Large, still and blue; the

Lake Nyos looks like the perfect backdrop to sail away all your anxieties The Catch: Lurking beneath the surface is a pocket full of magma, that leaks carbon dioxide into the water, bringing with it the poisonous cloud of slow death, and a promise of a forever long sound sleep.

Ilha da Queimada, Brazil

The Beauty: This beautiful, dreamy island surrounded by deep blue waters of Atlantic ocean leaves you wide eyed with its beauty.

The Catch: The island is inhabited by the world's deadliest snakes, five per square meter. If you're still considering, the fact that their fast-acting poison melts the flesh around their bites may convince you otherwise. This place is so dangerous that a permit is required to visit.

Barren Islands, Andaman

The Beauty: A trip to the picturesque serene wilderness of the Andaman Islands is worth every penny spent. The crystal clear waters, interesting basalt formations, coral gardens are few of the things that add to the scenic beauty.

The Catch: It is the only active volcano in South Asia, with the ever impending danger of a volcanic eruption. And as the name suggests, it is 'barren'. So, if you are stranded, you will have to spend your life collecting wood to light fire a la Bollywood style.

Cape Cod, Massachusetts

The Beauty: This hooked shape peninsula is a popular summertime destination for all the right reasons-quaint villages, seafood shacks, lighthouses, ponds, bays and ocean beaches.

The Catch: In the last 10 years, the local seal population has exploded. And where there are seals, there are great white sharks, so keep a good lookout while you are in the water during your East coast summer vacation.

Why is the world not ready to end yet?

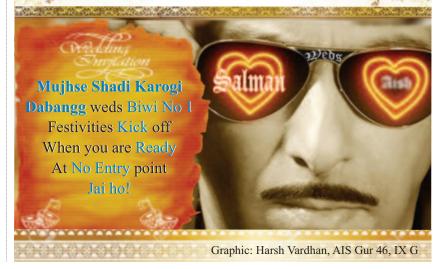
Komal Talwar, XI A AIS Gurgaon 46

hink about it, there have been countless claims of the world ending and destroying, on this date or that. We are already past the 2012 apocalypse, the blood moon prediction along with many more. And now we stand here at the beginning of a new year, and yet the end of the world is nowhere in sight.

So what is it that we are holding on to, what are we waiting for? What is standing between this day and the doomsday, altering the cosmos, the heavenly course of action? The answer lies in these mutually agreed upon events that are yet to happen, before which the world shall not cease.

■ Every Potterhead, and that means more than half of the world is waiting for it's author JK Rowling to provide us with a Marauders Prequel, and without that none of us are going anywhere.

- Former PM Manmohan Singh is yet to speak, and when he does, we all certainly want to take the first row, and witness the legendary moment.
- Leonardo DiCaprio is still to win an Oscar. Now that may take years or even decades (considering the past), but he's got to hold that coveted golden Oscar statue.
- Salman Khan, the heartthrob of millions, has turned 50, and hasn't tied the knot yet, one thing not letting the world end that easy.
- We want to know who will sit on the throne in Westeros. Armageddon is not taking me anywhere until Game Of Thrones is concluded, no matter how many 'winters' come.
- We are still waiting for Apple to release an iPhone that holds its charge.. at least for a few more hours. Not a very big thing to ask for, we believe.
- And most of all, GT is yet to print an article without shortening it!



The Beauty: This picturesque destination with its tectonic serendipity, sparkling slabs of 'white gold' (white salt residue) has a lot to offer.

The Afar Triangle, Ethiopia

dventurous

vacation to an

exotic locale. Doesn't

don't be deceived for

Megha Jha & Mokshi

Jain, AIS Gur 46, XI,

bring to you some

in the veil of a

beautiful dream.

exotic locations that

are nightmares dressed

get any better! But

there is a catch.