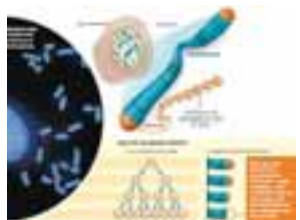


## INSIDE



Telomere debate, P 4



Meeting President, P 6



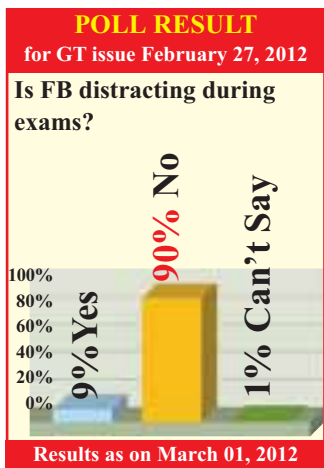
Disaster management, P 7

## AMITEpoll

Is black and white Photography making a comeback?

- a) Yes
- b) No
- c) Maybe

To vote, log on to [www.theglobaltimes.in](http://www.theglobaltimes.in)



# All the President's Children

As the nation celebrated its 63rd Republic Day, CNN-IBN got President Pratibha Patil to interact with a group of children from across the nation at the Rashtrapati Bhawan in a program titled - All The President's Children. Students from Amitasha, Amity's initiative for the underprivileged girl child, posed their questions to the President on the momentous occasion. Catch a glimpse.



*How does it feel to be the first woman President of India?*

It feels like recognition of woman's role in the society. It has been an honour and a matter of pride and great respect to

be the President. It also comes as a huge responsibility which one must fulfill with sincerity and diligence.

*Beauty, Amitasha Noida*



*After becoming the President of the country, what is the one thing you like and one, you dislike the most?*

I like the fact that I can travel across, meet new people and young kids. I get to know about their problems, their concerns. I am able to connect with the entire



nation. I don't like the tight security that comes as a part of the job. I would prefer less security, but it is their responsibility and one can't do much about it.

*Tanisha, Amitasha Saket*



*You are the role model for many women; who is your role model?*

All those women who fought shoulder to shoulder along with their brothers for the independence of the nation, are my role models. They are the ones who faced tough situations, punishments, risks and difficulties and yet exhibited courage, and fought with full might. Their courage and contribution needs to be appreciated by everyone. Another big inspiration are

the women toiling hard in factories and farms. They work hard the whole day, rear their children and inculcate good values in them so that they become responsible citizens of the country. They are good role models for everyone.

*Preeti Navaria, Amitasha Saket*



*As a President, what is your average day like?*

The day starts with meeting and interacting people who come to meet me. A lot of file work has to be completed. Then, I have other appointments, national conferences, seminars, etc to attend. Sometimes, I have to travel outside the state to attend convocation of universities. Almost everyday is

**What:** All The President's Children

**When:** January 26, 2012

**Where:** Ashoka Hall, Rashtrapati Bhawan

**Why:** To commemorate the day when India became sovereign

**H(ow)lights:** First ever televised unique interaction of President Pratibha Devi Singh Patil with children

jam packed with such activities. However, during my leisure time, I prefer doing a lot of reading, writing and playing with my grandchildren.

*Neha, Amitasha Noida*

Catch more on pg 6

Meet Raghav Bahl, Founder and Editor of Network 18. Winner of the Sanskriti Award for Journalism in 1994, Bahl has over 23 years of experience in television and journalism. Join Pravesh Parekh and Surya Dev Agarwal of Amity Institute of Biotechnology in a tête à tête with the media magnet as he talks about his foray into entrepreneurship, his success mantra, role of youth and much more

*Tell us about your student life.*

I hail from a bureaucratic family. My father expected me to follow his footsteps but in my early student life, I realized that my interest lay in broadcasting. Though, I pursued a course in management, I kept doing youth programs and moderating debates for the state broadcaster. But as there were only two state controlled television channels, it was difficult to pursue a career as a television professional. However, when I estab-



Raghav Bahl with Amity students

# India's future rests with youth

lished my television network, I combined the expertise and management skills gained from my previous job.

*TV 18 is the fastest growing television news network. Your take?*

I started my entrepreneurial life in the early 90s, when India was opening up to

many opportunities. So, it won't be wrong to term Network 18 as a 'child of India's economic liberalization programme'. TV 18 Network is a wonderful cross between the world of intellect and the world of commerce. It's always challenging to do something new, especially in the field of media. When you build

anything from the scratch, you know that the initial few years are going to be marred with failure and obstacles. The network has gone through its share of ups and down and has made its mark in the field. We aspire to become the largest television broadcast company and build a very large film studio in a short span.

*What do you have to say about the role of media in ushering in a social revolution?*

Media is the most important pillar of our society. It is undoubtedly the first information report on democracy. The legislation and judiciary come much later in the scene.

*What role can the youth of the country play in shaping the nation?*

The youth is the most important resource for any country. Nearly 50 percent of India's population fall under the age bracket of 30-32 years. It is the youngest country of the world. Undoubtedly, the youth of the country is going to be the vehicle and fuel for the growth of the nation in all fields. I am optimistic about the future of our nation and want the youth to contribute towards its growth.

*How has your experience at Amity been so far?*

This is my first visit to Amity and it has been truly an eye opener. The expanse, success and unparalleled standards of excellence set by Amity University have left me bewitched. I am going back deeply impressed and wish for unlimited success for all the students and professionals associated with the varsity.

*What is your message for Amitians?*

In life, one is bound to encounter adversities, which could be related to physical, financial, regulatory and circumstantial problems. And the one who has the determination and courage to get over these challenges is the one who emerges successful in life. Write your own success story.

My favourite colour in holi is green. I like it because it signifies progress and prosperity. Everyone looks lovely when this colour is thrown on them.

Rachita Khuntia, III A, AIS Saket



# GOOD MOOD FOOD

Spa, retail therapy or aromatherapy are not the only ways to deal with stress. Sometimes, a healthy and nutritious meal could be all you need to come out of those blues. Eat to de-stress!

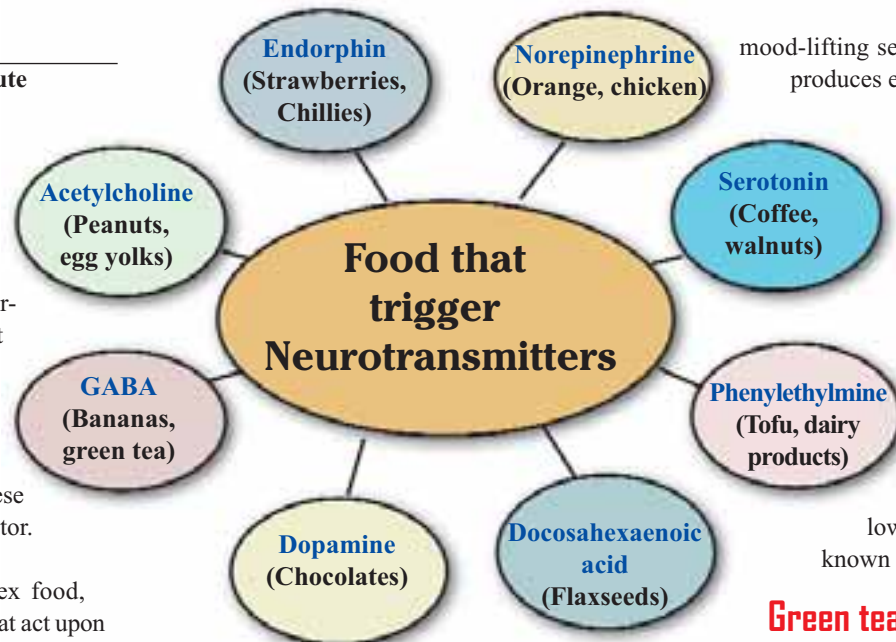
**Dr Monika Thakur**

Asst Professor, Amity Institute of Food Technology

**E**at. Maybe that is all you need to battle stress. Surprised? Don't be. Welcome to the land of good mood food. Clinical trials have shown that certain foods have various nutrients and bioactive factors that positively influence cognitive functioning and help uplift one's mood. These good mood foods, on consumption, release chemicals known as neurotransmitters in the brain. It is these chemicals that boast of a feel good factor.

**Chocolate:** Chocolate is a complex food, comprising of numerous compounds that act upon the brain, producing a sense of delight that no other substance can replicate. Cocoa butter and cocoa liquor in chocolates make for excellent antioxidants that make you feel better.

**Coffee:** Studies have shown the positive effects of drinking coffee on a regular basis, on various aspects of health, including psychoactive responses. Coffee stimulates the central nervous system and



mood-lifting serotonin. The iron in the fruit produces exclusive energy.

**Walnuts:** They have long been thought of as 'brain food' because of their wrinkled, bi-lobed (brain-like) appearance. Walnuts contain compounds like Vitamin B6, tryptophan, protein, and folic acid instantly lift the mood. High levels of omega 3 fatty acids in walnuts have been linked with lower rates of depression and are known for mood lifting properties.

**Green tea:** Drinking two to three cups of green tea everyday has shown to stimulate the alpha-brain waves. By increasing the frequency of these brain waves, the beta-brain waves associated with tension are lowered, making you happy.

the flow of blood in the brain, increasing the secretion of neurotransmitter serotonin, which is responsible for making you happy.

**Banana:** A super food and the best example of a good mood food, a banana generates long-lasting energy to help prevent blood sugar imbalance. Vitamin B6 in the fruit converts tryptophan into

**Flaxseeds:** Scientifically known as Linum usitatissimum usitatissimum (translating to 'most useful'), flaxseeds pack a punch of omega 3 fatty acids, abound in anti-stress properties.

## Food at its best

The nutritive value of food is easily altered by everyday practices like washing and freezing. Here's how we can preserve the nutrition

**Umar Zahoor**

Amity Instt of Food Technology

**T**he nutritional loss of food may be in two forms- quantitative and qualitative. Quantitative loss occurs when edible parts are discarded, for example, stems of fenugreek may be discarded due to unawareness of their use. Qualitative loss refers to loss of soluble constituents, as in the case of fruits and vegetables, when they are first sliced and then washed, leading to loss of soluble nutrients. Relish food at

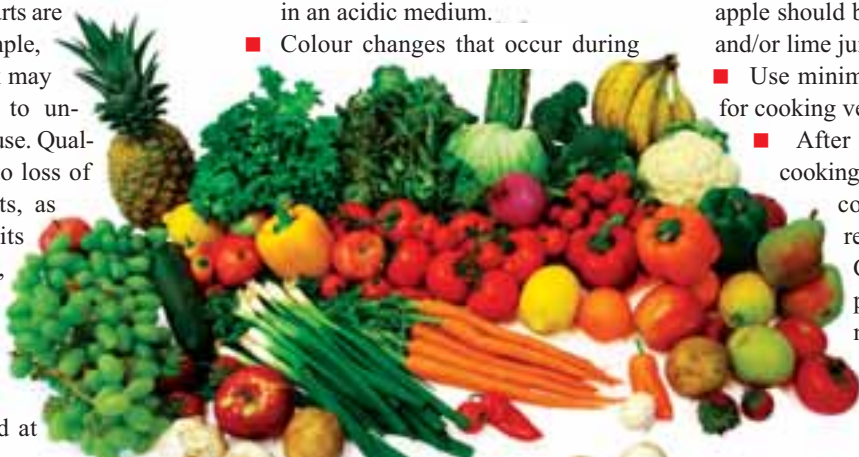
its best with these simple tips...

- Vitamin C is the most heat labile (destroyed by heat) vitamin. Use acidic foods such as lime juices, tomatoes or curd as additives to prevent loss of vitamin C, as it is stable in an acidic medium.
- Colour changes that occur during

food preparation are undesirable. For example, some varieties of apples and brinjals turn brown when their cut surfaces are exposed to air. To avoid this contact, brinjals should be cut in a pan filled with water and apple should be covered with sugar and/or lime juice.

- Use minimum amount of water for cooking vegetables.
- After first few minutes of cooking, cover vegetables and cook on low flame to reduce loss of nutrients. Cooking on high temperature destroys the nutrients.

With inputs from Alka Pandey, Faculty, AIFT



## Food for your genes

**Tawheed Amin**

Amity Instt of Food Technology

**W**hen deciding your platter from the menu becomes an uphill task, turn to your genes! An interesting application of nutrigenomics (a scientific study of the effect of nutrients on your genes) involves creating a personalized diet, tailor-made to suit your genotype.

To get your personalized diet, just prick your hand, get a blood sample and send it for genetic testing. The genetic profile generated through high density microarray technology (genes on a chip), makes it possible to examine tens of thousands of genes in an individual. The genetic profile determines a diet ideal for you.

Although an insightful stream of science, nutrigenomics has a major draw-



back, which is the misuse of private information from genetic testing. How the personal data is going to be used and who else can use it is something that needs to be looked into.

## Rude food

**Ananiah Blessing**

Amity Instt of Food Technology

**A** recent report released by the Food Safety and Standards Authority of India (FSSAI) stated that more than half the milk produced in India is adulterated. This comes as a huge jolt to the Indian consumers as India is the largest producer of milk in the world. Here's an insight into the fraudulent practice. Adulterants are prohibited compounds or preservatives added to food and food products, making them unsafe for consumption and sometimes, highly toxic. Some common milk adulterants are detergent, hydrogen peroxide,

### Milk adulteration test

**Pour a drop of milk on a vertical surface. Pure milk will either stop flowing or leave a white trail behind while the milk adulterated with water will flow without leaving a mark.**

skimmed milk powder, chalk powder and even urea, at times. The presence of urea in milk can cause nausea and gastritis and also harm the kidneys. The impact of adulterated milk is worse on children, as milk contaminated with caustic soda affects the mucus of the food pipes in kids. Some other food adulteration practices include addition of iron fillings in tea leaves; sugar solution in honey; chicory in coffee; vanaspati in ghee.



**Brought to you by: Sitting-Dr SC Jain (Director, AIFT), Alka Pandey(L) & Dr Monika Thakur; Standing (L-R)- Ananiah, Tawheed & Umar**



## Book your page



**AIFT**  
Special

Do you think your department/team is cool enough to feature in GT?  
Get in touch with us as @ G-02A, Ground floor, Amity University and fetch your department a special page in The Global Times. Rush, it's time to hog the limelight!



My favourite colour that I like to use in Holi is violet. It is eco friendly as it is made by soaking the petals of the pansy flower in hot water for two hours.

Khyati Ahuja, III B, AIS Saket

# Inspired to serve

First Person



Cadets march with their heads held high

Amity Cubs Leadership Camp not only instilled feeling of camaraderie among students but inspired them to become better citizens; **Aastha Mahajan**, Amity School of Engineering and Technology shares

John Quincy once said, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." His words



Aastha Mahajan (R) flanked by other cubs from Leadership Camp

echoed at the back of my mind for years because as an introvert, I was not much of a speaker, let alone a leader! Hence when Founder President of Amity University, Manesar from January 11-15, 2012. The camp was greatly peppered by the adventure sports opportunities it provided. In the beginning, I was quite apprehensive as I was painfully shy. But the camp helped me come out of my shell and was successful in instilling confidence and self discipline in me. The lecture on leadership delivered by Maj. Gen. G S Bal changed our outlook towards life. He taught us that a successful leader is not only outgoing but

also takes into consideration everyone's ideas. He briefed the students about career opportunities in armed forces. In spite of a rigorous routine, the camp offered opportunity for fun.

A magnificent ceremony marked the conclusion of the camp. About 138 cadets marched with their heads held high as Dr Mrs Amita Chauhan, Chairperson, Amity Group of Schools, Mr Atul Chauhan, Chancellor Amity University, Noida looked on.

# Where Science meets innovation

Manish Madhav  
Student Coordinator

Sciinnovation, 2012 organised by Amity University Rajasthan (AUR) saw innovation and creativity at its peak. The four day National Techno-Cultural Fest began on a splendid note on February 1, 2012.

The fest commenced with over 24 teams registering for Sixth Sense Robotics Workshop conducted by ARK Technosolutions. The workshop which lasted for 16 hours provided the participants valuable insight about how to construct and control a robot. The winning team was awarded certificates.

The second day witnessed Additional Director of DRDO, Dr Rajendra presiding over the event as chief guest. This was followed by an inspiring speech from the chief guest and Dr Raj Singh, Vice Chancellor (AUR). Next on the list was a Robo war titled 'Lord of the Rings'. The event witnessed armed robots taking on each other in the ring. Team Saksham emerged winner at the



end of the competition. LAN Gaming, FIFA 10 and TEKKEN 6 got an overwhelming response from the audience. Prototype (working model presentation) and Shaswat (paper and poster presentation) were some other activities held as a part of the fest. The day ended with performances by rock band Ved and dance groups Myth Busters & Impulse.

The concluding day saw the excitement soaring with events like Road Crusher (Robo hurdle race), Code o Mania (debugging), Simulation (circuit designing), Sudoku, etc. The event ended with presentation of certificates and awards to the winners by the chief guest.

## AMITY INTERNATIONAL SCHOOL ■ LUCKNOW ■

### Admission Open for Nursery-Class VIII for session beginning April 2012

Photograph of the state-of-the-art Amity International School, Lucknow



Be part of India's leading Education Group with 95,000 students, 5 Universities, 17 Schools & Pre-schools, 150+ Institutions and Global Campuses in London, Singapore, New Jersey, California, Mauritius, Dubai & Romania

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- World-class infrastructure spread over 40 acres
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- Air-conditioned transport facilities

#### Day-Boarding Facility also available

#### A LEGACY OF EXCELLENCE:

- Students selected in Top Global Universities: Harvard, Stanford, Wharton, Columbia, Carnegie Mellon, Cornell, LSE...
- Brilliant record in Entrance Exams: Over 500 students selected in IIT and Medical Entrance Exams
- Consistently good Board Results: 300 students secured 90%+ in CBSE Board Examination

Amity International Schools have been ranked amongst top 2 in India for Academics



(Ranked as per Education World-Cfore Survey '11 on India's Most Respected Schools)



AMITY INTERNATIONAL SCHOOL LUCKNOW

Registration Procedure: Forms are available online at [www.amity.edu/aislucknow](http://www.amity.edu/aislucknow) or at Amity International School, Gomti Nagar Scheme Extn, Malhaur. For registration please contact: 081-273-68742/43, 0522-6523892

## Amity Institute for Competitive Examinations

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**37**  
FOR CLASS XI-XII

Name:.....  
Class:.....  
School:.....

Ans: Brainleaks-35:  
(a) 1

Phylogenetic analysis of 18s ribosomal gene revealed that Acanthocephala related to  
(a) Loricifera (b) Bdelloidea (c) Monogonata (d) Both b & c

Last Date:  
Mar 15, 2012

3 correct entries  
win attractive  
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## SCHOLASTIC ALERTS

**Institute:** Gautam Buddh Technical University

**Course:** B.Tech, B.Pharm, B.Arch/BHMCT/BFAD

**Eligibility Criteria:** UPSEE-2012 examination

**Application Form:** Available online from 28th February, 2012

**Last Date:** Online: 28th March, 2012  
By Post: 24th March, 2012

**Examination:** 22nd April, 2012

**Website:** [www.upsee.nic.in](http://www.upsee.nic.in),  
[www.mtu.ac.in](http://www.mtu.ac.in), [www.uptu.ac.in](http://www.uptu.ac.in)

**Institute:** The Company Secretary

**Course:** Foundation Program

**Eligibility Criteria:** 10+2 or its equivalent

**Application Form:** Admission is open through out the year

**Last Date:** March 31, 2012

**Examination:** Exams are held in June and December

**Website:** [www.icsi.in](http://www.icsi.in)

**Institute:** Hotel Management and Tourism (UIHMT), Panjab University, Chandigarh

**Course:** BSc (Hospitality and Hotel Administration) and BSc (Tourism Management)

**Eligibility Criteria:** Panjab University Tourism and Hospitality Aptitude Test (PUTHAT-2012)

**Application Form:** Feb 17, 2012

**Last Date:** March 26, 2012

**Examination:** April 22, 2012

**Website:** <http://uihmt.puchd.ac.in/>

**Institute:** Kasturba Medical College, Manipal and Mangalore

**Course:** MBBS

**Eligibility Criteria:** Manipal

University Online Entrance Test, 2012

**Application Form:** Mar 21-28, 2012

**Last Date:** March 28, 2012 (online)

**Examination:** April 15 to May 15, 2012

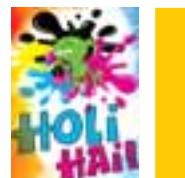
**Website:** [www.manipal.edu](http://www.manipal.edu)

**Institute:** University Institute of

Taruna Barthwal, ACCGC,  
Career Counseling Coordinator

I like to use orange colour which is formed by boiling Tesu flowers in water. I like to use it because it's eco friendly and has no chemicals.

Shweta Sahu, III B, AIS Saket



# New age O' meter Boon or Bane?

Can a blood test to gauge the longevity of life become an excuse for the boss to issue a pink slip?

Parul Jauhari

Amity Institute of Biotechnology

A simple blood test to predict life span...incredible? Not really, as this new blood test checks the length of telomeres (structures found on the tips of chromosomes), which are used to determine biological age. Longer the telomeres, longer the life span and vice versa. The test has not only evoked the interest of the common man but has opened the floor for debate whether such a test threatens to put an expiry date on people or would help them take informed decisions in life. Let's find out.

**For:** The test which is to be made available this year is a precious gift from science to the mankind. Doubts about lifespan of an individual have been per-

plexing civilizations from time immemorial. Research has been underway from a long time to slow down or reverse the ageing process and attain immortality. An accurate prediction about the lifespan can prove beneficial to people as it

would enable them to make informed choices about career, marriage and several other vital things in life. It would also help people set a deadline to achieve their goals. The test costing a whopping \$500 would not only help multi-millionaires choose their legal heir in advance but also put an end to nasty

legal battles. It would help people to plan their retirement and enjoy a relaxed life. It would also help people limit the size of their family because people won't prefer to leave behind orphaned children. The test would, however, spell doom for fortune tellers and soothsayers who are approached daily by hundreds

of people who want to know about the length of their life span.

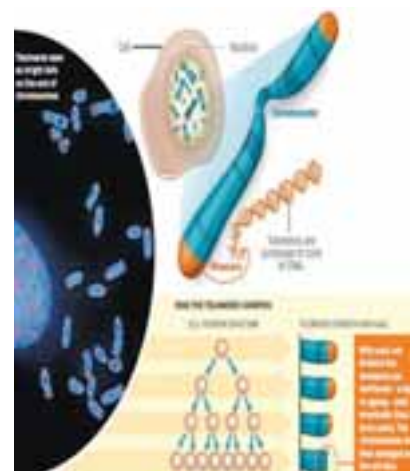
**Against:** A person's biological clock is governed by several factors which can hardly be measured. The telomere test only takes into account the length of the telomere and correlates it with the risk of getting diseases associated with ageing such as cancer, cardiovascular diseases and Alzheimer's. One grave threat associated with the test is that it is susceptible to human errors and then the findings can deal a fatal blow to the person concerned. Not knowing how long one would live helps in handling the uncertainties of life in a better manner.

It is the indomitable human spirit and hope that keeps human beings ticking in distress. But the test snatches away this little joy of life by putting an expiry cap on it. Such tests could crush this spirit and breed negative outlook amongst people. Other possible fallouts of the test are it could be misused to settle old scores. Employers could use it to fire employees. It could become an important criterion for fixing or turning away matrimonial matches.

It is the indomitable human spirit and hope that keeps human beings ticking in distress. But the test snatches away this little joy of life by putting an expiry cap on it. Such tests could crush this spirit and breed negative outlook amongst people. Other possible fallouts of the test are it could be misused to settle old scores. Employers could use it to fire employees. It could become an important criterion for fixing or turning away matrimonial matches.



Imaging: Ravinder Gusain



## Facts about telomere

- A telomere is a repeating DNA sequence (for example, TTAGGG) at the end of the body's chromosomes.
- A telomere can reach a length of 15,000 base pairs.
- Telomeres function by preventing chromosomes from losing base pair sequences at their ends. They also stop chromosomes from fusing into each other.
- Telomeres protect the DNA from unraveling and as they shorten, the DNA unravels and this causes the cell to die or mutate.
- Supplements rich in vitamins B12, C and E are known to increase the length of the telomere.
- They are of special concern in the cellular mechanism that underlies the development of some types of cancer. Most malignant tumours like breast cancer, ovarian cancer, bladder cancer and prostate cancer exhibit telomerase activity.

## Sports

Howzatt!!!

# 'IPL is all about channelizing adrenaline'

IPL player and sports critic Aakash Chopra in a candid conversation about Cricket with **Labani Biswas** of AIB



Labani chats with Aakash Chopra

*We have enjoyed seeing you play for Kolkata Knight Riders. Does IPL provide an opportunity to boys in blue to evolve while playing with renowned international players?*

IPL is a condensed form of cricket and one has to deal with a lot of pressure. As far as individual evolution of the players is concerned, you can't paint everyone with the same brush, you have to be selective in your approach. The game has really taught the youngsters to tackle pressure well.

*Some say IPL is all about adrenaline rush. Do you agree with it?*

No, I don't agree with this. In this game skills are paramount, adrenaline won't allow you to hit a six if you don't know how to hit one, it will not allow you to bowl a maiden over, if you don't have

the expertise to execute one. So one should possess the necessary skills to respond to pressure and above all channelize the adrenaline.

*How correct would it be to blame IPL for leaving players exhausted? How do you think this can be countered?*

It is practically impossible to eliminate IPL in the present times. This format of game has a huge fan following. However, we can minimize the exhaustion level by rotating the players and by having a bigger pool of cricketers who are always ready to play for the country.

*What do you have to say about Indian teams consecutive whitewash overseas?*

I would dub India's devastating performance at Australia and England as 'collective failure'. It would not be wise

to single out the seniors and blame them for the team's rout overseas. Unfortunately, the entire team became a victim of poor form at the same time.

*Do you think that Indian team is still solely dependent on its openers?*

I don't agree. It does help if you have good batsmen opening the game for you. But you cannot pass the buck on the openers or middle order batsmen if their bats fail to do the talking.

*What is your message to aspiring cricketers at Amity?*

If you have a dream, you should have the guts to chase it immaterial of whatever difficulties that come your way. You should not let the fear of failure stop you from reaching your destination and enjoying the journey to success.

All pics: Shobit Saxena, ASPES

## Hitting the right pitch

Indian Cricket team's health & IPL were some of the issues that were debated at the talk show chaired by Cricket legends



**Labani Biswas**  
Amity Institute of Biotechnology

India's consecutive whitewash in Australia and England, has forced the cricketing world to engage in a hair splitting discussion about what was responsible for the exponential fall of the team which once held number one position in test cricket.

Javagal Srinath, Ajaz Menon, Aakash Chopra and Joy Bhattacharya, four eminent faces of Indian Cricket in an engaging discussion on the talkshow 'Hitting the Right Pitch' at Amity University, Uttar Pradesh on February 17, 2012 invited suggestions from students on how to improve the form of Indian team. As the anchor set the dice rolling, the discussion focused on a debate whether it was time for the seniors to hang their boots. However, they replied in unison, "The seniors alone cannot be blamed for the debacle



**Cricket aspirants should first develop passion for playing in ODIs and later, when they acquire maturity, they**

**should think of registering a berth in the test team.**

**Javagal Srinath, former cricketer**

of the team. It is correct to term it as a collective failure"

Srinath said that the country needs to revive its sportsman vibe to churn out more outstanding sportspersons. The dimensions of the conversation took a 180 degree turn when the audience held IPL responsible for shifting the focus to T-20 format of the game. The anchor concluded by saying that the Indian team has the capability to bounce back and would soon regain its old glory.



I like to use pink colour in Holi because it is herbal and can be made using rose petals. I use only herbal colours.

Tijil Jha, III A, AIS Saket

# In God's own country

Travel Desk  
Kerala



Damsel in delight:  
Preeti at Neyyar Dam

Just like this young traveller, explore Kerala to find out what makes it a traveller's delight

Preeti Panigrahi, AIS Noida, V G

Our journey to Kerala began on a chilly December morning of 2011. It took us over three hours to reach the state capital Trivandrum. The next morning, we visited the Padmanav Temple and the Neyyar Dam in the capital city. But I instantly fell in love with the scintillating Kovallam Beach, fondly called the Paradise of the South. Next day, after watching the spectacular sunrise, we went to Kanyakumari, where we marveled at the architecture of Kanyakumari Temple and felt enlightened at Gandhi Smriti Bhavan and the Vivekananda Museum. We finally took the short motor boat trip from the sea shore to visit the Vivekananda Rock Memorial. The memorial of Swamiji on the meeting point of the three seas on the southern

tip of the sub-continent makes for a must watch. On our return trip to Trivandrum, we visited the the historical Circular Fort and Suchindran temple. It was an out-of-the-world experience to spend a day in a houseboat while relishing the native delicacies of Kerala. After visiting the Periyar Tiger Reserve and delighting in a joyful elephant ride at Thekaddy, we proceeded towards Munnar, famous for its scenic beauty and spices. Our next destination was the beautiful city of Kochi, where we visited the Hill Palace Museum, the port and finally the Cherai beach, where we enjoyed the breathtaking view of dolphins and the elephants, decorated with the ceremonial ornaments, marching along with traditional drum beating. Now I know why beautiful Kerala is called God's own country. 🇮🇳

## URBAN DICTIONARY

Akash Chaudhary, Amity Instt  
of English Studies & Research

**Mandal:** Man + Sandle  
**Meaning:** A sandal worn by men.  
**Sentence:** Mandles are common among models as height enhancers.

**Wiktionary:** Wikipedia + Dictionary  
**Meaning:** An online software where meaning of the word is given along with its etymology.  
**Sentence:** Many find solace in a Wikitionary while reading novels with difficult words.

**Tanglish:** Tamil + English  
**Meaning:** A new form of language that combines Tamil and English.  
**Sentence:** *Kolaveri Di* abounds in Tanglish words.

**Fanzine:** Fan + Magazine  
**Meaning:** A booklet where fans share their views on their favourite celebrities.  
**Sentence:** A fanzine keeps fans and celebrities well-connected. 🇮🇳

# Mumbai at its Cultural best

Your quest for India's finest cultural festivals would be incomplete without a visit to the extravaganza that is the Kala Ghoda Festival, held at Mumbai every year

Snigdha Shahi, X & Gautami Raju,  
XI, AIS Noida

**What:** Kala Ghoda Festival, a stimulating cultural festival that celebrates arts, photography, cuisines and handicrafts from around the world.  
**Where:** Colaba, on the Kala Ghoda Street, Mumbai.  
**When:** February 4-12, 2012

The Kala Ghoda annual street festival 2012, like always, attracted a diaspora of people not only from Mumbai city, but also from all over the country and across the globe.

The week-long festival is known for its encouragement to artisans who showcase their arts and crafts through the popular handicrafts *mela* on the vibrant Kala Ghoda Street. Needless to say, the *mela* continued to be a crowd puller with its exquisite collection of craftwork. The regular features of the fair, namely the heritage walks, street and cultural performances as well as art exhibitions easily enticed the growing number of onlookers. What really stole the show, however, was the street art, wherein the streets were devoted to artistic expression in the form of larger-than-life graffiti. In the spotlight, this year, was the

graffiti of a *Bharatnatyam* dancer. The fest was an array of dance workshops in hip-hop, jazz and classical, along with band performances by Salaam Mumbai, screening of Hindi and Marathi films and a cheese tasting exhibition (let's wipe that drool off our



Sculpt it: Anti-noise pollution

faces!). Intellectually stimulating book launches and discussions at the National Gallery of Art, Mumbai (one of the venues of the festival), were much admired by literature lovers. The much-awaited fiesta was a universal treat as kids found an ideal training ground through various drama and art workshops, while revellers from all age brackets indulged in the photography workshops. The scenic location, the bright hues of the arts & crafts and the celebratory mood upped the contagious excitement in the air, calling for numerous clicks on the camera, even though they might never be able to do the actual atmosphere any justice. 🇮🇳

## In the limelight

Certain features of the Kala Ghoda Festival 2012, made it stand out among its predecessors:

- **Chumbak:** The stall that offered cartooned souvenirs like flip-flops, t-shirts and mouse pads.
- **Eco factor:** Artists flooded the streets with eco-friendly and innovatively painted cars. A *bhool bhulaiya* made out of recycled water bottles sent out a message.
- **Eye Catcher:** The Mumbai Police stall that sold portraits of the Indian PM and President was an instant hit.




Galloping along: Popular trademark representing the festival



Gold rush: A car on exhibition invites the crowd


# You can do it!



March is a many splendoured month. Some are breathing a sigh of relief with their exams just over or a few papers left; while the students appearing for their boards are neck deep into preparations. It is time for their untiring efforts to bear fruits. This is a crucial phase, to dip into the deepest reserves of your faith and have the utmost confidence in yourself. Believe that you can do it and give it your best shot. It is the time to set your goals and decide the future course of your life. I have full faith in the capabilities of my Amitians. I know they are capable of doing whatever they want, and bring laurels for their alma mater and family. This is a tricky time when unnecessary distractions may cause you to deviate from your path. Circumstances like these are the true test of your resolve. If you commit to yourself that come what may, you will follow the path of your dreams; then nothing in this world can stop you from achieving your goals. Tell yourself everyday that you are capable of doing what you set out for. Write down your goal and read it several times a day. Break your goal into multiple steps; with each step having its own sub-goal. And then, work hard with a single minded determination towards achieving it. As you climb the first step on the ladder of success, pat your back taking stock of the path that lead you there. Sit back, enjoy your mini success and thank those who helped you reach thus far. Refreshed and rejuvenated, start again. Do not let failures dampen your spirit; remember, even the most successful have faced the worst of setbacks. Best of luck! 

# Tipi tipi tap



What colour you want? I want red, albeit sometimes, when the romantic senses take over and prevail over everything. I want yellow on the days when it is gloomy and the cheerful face goes into hiding. I want white, when I see images of lives shaken by a terror attack flash across my TV screen. Every colour has a story to narrate, a feeling to share or an expression to convey. A different colour, a different story. Sometimes, the story being YOU. Come on, haven't you had your that's-my-colour moment yet? Haven't you appreciated something you did not really care about, only because it was drenched in your favourite colour? No, you need not be wearing the colour that you like to call your own, all the time. If a colour excites you and makes you feel alive on the gloomiest of days, then go ahead and tag it as your favourite. The psychologists however, would like to call this your personality colour. As the thinkers have it, the personality colour speaks volumes about the kind of person that you are. Those who like white have a desire for simplicity; the ones in love with red look out for warmth; blue happens to be the colour of self control. Now, you don't have to force yourself to pick one of these colours just because you exhibit similar trait. Like I said, this is what years of research and studying has boiled down to. So, what's your colour this Holi? 



# Meeting Madam



# President

**How was your journey from being the first woman governor of Rajasthan to being the first lady President of India?**

While it is a matter of great pride to be so, when it comes to performing your duties, it's not a question of being a man or a woman. You are the head of the state and you have to discharge your duties like any other head. Therefore, I discharge my responsibilities as the state head and as the Supreme Commander of the three forces with honesty.

**Have you ever felt a little helpless about your position as the nominal head of the state?**

It is a constitutional post. It comes with its share of responsibilities and functions. So you have to discharge your duties with due care and attention. So there was no question of feeling helpless. But the actions undertaken by the head should justify the post you are heading.

**What's your message to women for fighting perils like female foeticide and domestic injustice?**

Every girl should be self confident and should not tolerate injustice. A girl should firmly believe that she can defend herself and move ahead on her own. She should discuss it with teachers and elders in schools. Social evils like dowry and female foeticide should be done away with it. Wherever I go, I talk to people about these evils and how all of us should get together to fight against them. The most important thing is that, women must empower themselves and fight against all the evils.

**Did you ever think that you'll become President?**

I hadn't thought so, but when I was young, my father asked me what I wanted to become. I asked him what can one become? He replied, one can become a collector or governor. Then I asked which is the higher post? He said governor. So I replied that I wanted to become a governor. The day I was ap-



pointed the governor, I felt if my father was alive, he would have been very happy.

**How did you feel when you flew in Sukhoi (battle tank, naval warship)?**

People were nervous about my flight. I wasn't scared. I was looking forward to the experience. I put on the suit and helmet and sat in Sukhoi. I felt like a bird with my wings spread, soaring high into the sky. Flying on Sukhoi was a unique experience.

**Did you like to study when you were young?**



When I was young, I liked to study but found mathematics very difficult. I was also scared of maths because I had a very strict teacher. Once, I didn't do my homework, so she punished me. Teachers in our country should teach in a way that creates interest.


**What is your vision for India 2020?**

I have great hopes from our young generation. Young kids go abroad and reach great heights. This is quite similar to kite flying where the kite flies high up in the sky yet the string is in your hand, the more you let loose the more it soars higher. But if the string gets disconnected, the kite goes astray or directionless finally ending in a dump. The same holds true for youth too. The string of character and values should be taken wherever you go. This is the vision for 2020 where our nation will be a strong democracy and a stable country with a good international reputation, yet have values intact so that we can fulfill the dream of Mahatma Gandhi.

**Are you on a social networking site?**

Right now I'm not but I might join sometime soon. I believe that striking a social contact is better than being on social networking sites. I travel to far off places in the country, talk to people and to know more about them. There is nothing wrong with social networking but I feel the youth should utilize their time optimally by building social contact as they can learn a lot by interacting with people. They can also learn real values.

**Do you think youth has lost on patriotism? What message would you like to give them?**

Educate yourself, try to do good things in life. Work with honesty, sincerity and hard work in whichever field you are. Always fulfill your duties towards your parents and country. Fulfilling these responsibilities with honesty would automatically classify them as patriotic feeling. 

# Nature Gives and Forgives, People Get and Forget


What if one fine day, the Sun stops shining bright and asks us to get our own light? Well...if we keep taking nature for granted the way we do...who knows!



**Kritvi Methi, AIS Noida, VIII B**

How many times have we actually wondered what will happen if we waste water? It will rain, would it not? So why bother. How many times have we wondered what will happen if we cut trees? Oh! My neighbour is a plant lover, he wouldn't mind planting one more sapling and anyways, that tree was spoiling the view from my window! Most people are selfish, cruel and mean. They just don't care, sometimes without even realizing it! But as they say, 'You never realize the value of something till you lose it.' The day is not very far when nature gives up... when nature stops to care. When it's going to say, "Go get your own oxygen!" or "Why

don't YOU go to the heavens and ask God to make it rain?" and most importantly, when nature stops giving and forgiving. Well, all of this is going to have a large impact on our future. History is replete with examples of three kinds of people: those who let it happen, those who make it happen and those who wonder what happened. And right now, all three of them are as bad. Those who let it happen are the ones who are the most care-free. They know that is wrong and they know that there's something that can be done about it and yet they don't care. Those who make it happen are the real culprits. And those who wonder what happened are the ones who were so lost in their own world that they don't even seem to know why their life

has taken this dramatic turn. They don't realize it now but they would really regret it later. In reality, it's not that hard to change things and it's never too late. Even if we plant just one shrub or maybe save just one drop of water by closing that dripping tap, it WILL make a difference! We should stop demanding from nature but learn from it, and know that nature can very well stop giving but it doesn't. Just the way the sun never tells the earth after all this while that "You owe me". And do you know what will happen if people stop taking nature for granted? Less landslides, less floods...less droughts... no extreme winters and summers! In short, the world will become a beautiful place to live in...forever! 



In Holi I like pink colour which is made in my house by boiling onion skin in water. It is very eco friendly and doesn't harm anybody.  
Disha Grover, III A, AIS Saket

# MANAGING DISASTER

The first of its kind mega mock drill carried out by National Disaster Management authority in the national capital has again brought to fore two contradictory words - *Disaster* and *Management*. Can disasters be really managed? Amit Tuteja, an Amity parent\* and Senior Manager at Seeds India provides valuable insight

## Understanding disasters

Disaster is an event that leads to sudden disruption of normal life, causing damage to life and property. The mag-

nitude varies from one to other. Disasters can be classified into Natural and Manmade Disasters.



### Natural Disasters

The destruction of life and property caused by forces of nature is termed as 'Natural Disasters'. These include earthquake, cyclone, drought, flood, tsunami, volcanic eruptions, etc. Though, there is no mechanism to prevent them, but adequate preparedness can reduce the impact.



### Manmade Disasters

A disastrous event caused directly or indirectly by negligent human actions is called 'Manmade Disaster'. These include industrial accidents, rail, road, air accidents, fire, terrorism, etc. These disasters are preventable. However, they usually occur due to violation of safety standards.

## Tick-tock, tick-tock...goes the time bomb

India leads the world in natural disasters. It is vulnerable to a large number of natural as well as manmade disasters due to its geographic location, climate and geological setting. In India, 68%

area is drought prone, 59% area is earthquake prone, 12% is flood prone, 8% is cyclone prone and hilly areas (especially Himalayan region) face threat from landslide and avalanche. What in-

creases the risk more is rapid urbanization, population explosion, unplanned development and environmental degradation. India is the largest recipient of foreign aid for natural disaster relief.



**Activity 1.** Would you classify Uphaar tragedy as manmade disaster? Discuss it in your class.

**Activity 2.** Identify the country which is most prone to earthquakes. Find out the measures taken by them to cope with the disaster.



## Prevention is better than cure

Disasters not only disrupt progress or destroy the hard earned fruits of development; it pushes the nation back by several years. Government agencies, both in India and abroad have started giving more importance to disaster management plans. The mock drill conducted in New Delhi is an example of its serious intent. They have realised it

is essential to have response strategies in place before the disaster strikes. It is essential that all the agencies work in tandem not only at the time of crisis but also undertaking measures to avert disasters. Disaster management can be classified into pre disaster stage, during disaster and post disaster.

**Pre Disaster:** The pre disaster stage involves taking measures to sensitize public towards measures to cope when the disaster strikes. This can be achieved by conducting awareness drives, mock drills and training programs.



**During Disaster:** This demands helping the victim, taking steps to minimize losses and cooperating in rescue operations.



**Post Disaster:** This stage involves post disaster settlement. It calls for undertaking reconstruction activities and taking steps to restore the damaged infrastructure.



## A stitch in time saves nine - Don't panic, Act instead

### Flood



- Listen to radio or TV broadcast for the latest information and evacuate timely, if required.
- Move your essential items to elevated areas.
- Turn off utilities, disconnect electrical wires and equipments.
- Don't walk through moving water as chances of encountering snakes and insects in flood water are high.

### Earthquake



- Move to open areas at the time of quake. Never use lifts during or after quake, prefer stairs to elevators.
- If evacuation is difficult, then follow Drop, Cover and Hold. Drop/duck to the ground, Cover yourself under the table/bed and Hold until the tremors stop.
- If you are driving, then stop the vehicle away from poles and trees.

### Cyclone



- Listen to radio and TV broadcast for warnings.
- Check the house for loose tiles and remove debris close to the house.
- Leave immediately from low lying areas like beaches.
- Carry extra food and keep some non perishable food items and water.
- Switch off the power supply and other utilities to avoid any damage.

### Fire



- Open the windows for ventilation to evacuate smoke.
- When you notice fire, hit the alarm, and call the fire brigade and police.
- Always keep a fire extinguisher at home/workplace.
- Do not use LPG cylinder as it is highly inflammable. Switch off the power supply, in case the fire is caused by some electrical fault.

### Terror strike



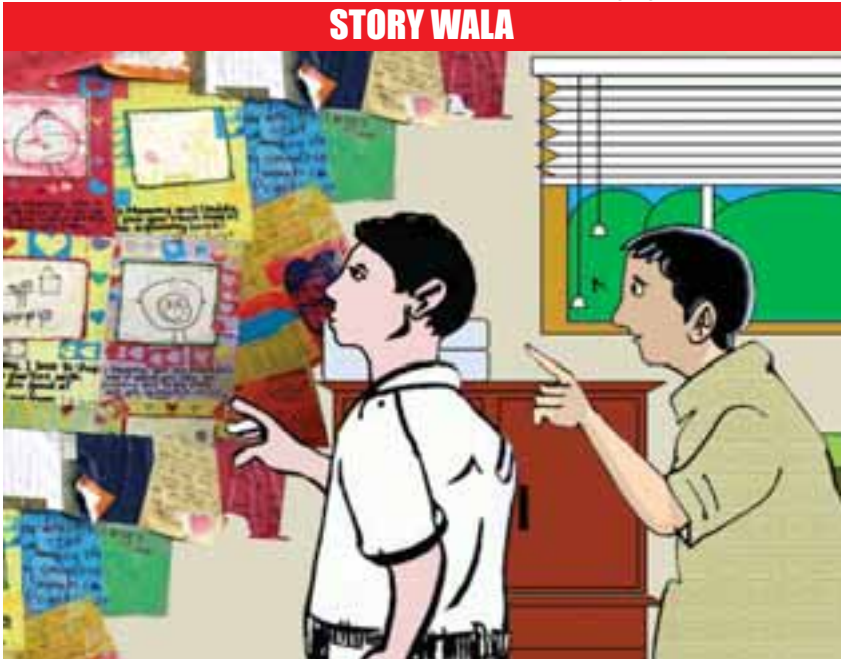
- Do not touch any unclaimed handbags, mobiles and other objects.
- Dial the concerned helpline numbers, depending upon the situation.
- Help the victims before the arrival of any external help. Sometimes, the administered preliminary first aid can save lives.
- Leave the site quickly so that the necessary investigations can begin.

**Activity 3.** Find out the immediate threats that you perceive in your immediate environment. How well prepared are you to tackle the crisis? Prepare a list of all the emergency numbers.

\* Father Daksha Tuteja  
I E, AIS Pushp Vihar

# Art Town

Imaging: Ravinder Gusain



Nandini Rajput, AIS Vas 1, VII B

Mickey was a nice, cheerful, optimistic boy. No one could remember ever having seen him angry; he didn't mind whatever people said to him. He seemed incapable of abusing anyone. Even his teachers admired his good disposition, which was so unusual that a rumour was doing rounds that Mickey's goodness must be due to some special secret. Everyone failed to arrive at any other genuine reason for his good behaviour. They interrogated Mickey so much that, one afternoon, he invited his favourite teacher, Mr Anthony, to tea. When they

The huge wall was a unique collage of thousands of colours and shapes. It was the loveliest creation he had seen.

had finished, Mickey showed Mr Anthony around the house. When Mickey opened the door of his bedroom, the teacher froze, and a big smile spread across his face. The huge wall was a unique collage of

thousands of colours and shapes! It was the loveliest decoration Mr Anthony had ever seen. "Some people at school think I never think badly of anyone. However, it's not true. Like other children, there are several things which bother me and I also get annoyed with people. I'm just like anyone else," Mickey explained. He further explained that I used to get very angry like other kids. But years ago, I learnt how to overcome it with the help of my parents. I started making a small collage. I used all kinds of material and colour for it. With every little piece I used to get rid of a bad thought or act. The teacher looked closely at the wall. In each one of the small pieces he could read, words like 'fool', 'idiot', 'pain', 'bore', and a thousand other negative things. "This is how I started turning all my negative vibes into an opportunity to add colour to my collage. Now, everytime someone makes me angry, I feel happy as it gives me an opportunity to make my art more colourful," Mickey added. The two discussed many things that day, but what the teacher never forgot was how an ordinary boy had shown him the secret of getting rid of destructive emotions and becoming a cheerful person. Without telling anyone, on that very day, Mr Anthony silently began work on his own collage. He would recommend it so often to his students that, years later, they called that neighbourhood 'Art Town'. Each house contained its own magnificent works of art, made by a cheerful and optimistic child.

# Chocolate Cup Cake



Harsimran Kaur, AIS PV, X A

### Ingredients

Butter (softened) ..... 150g  
Castor sugar (superfine) ..... 150 g  
Self-raising flour ..... 175g  
Eggs..... 3  
Cocoa powder ..... 2 tbsp  
Vanilla extract ..... 1 tsp

### Method

■Pre-heat the oven to 350F(180°C).

Line a 12 cup cake pan, with cup cake papers.  
■Crack the eggs into a cup and beat lightly with a fork.  
■Put all ingredients in a large bowl.  
■Beat with an electric mixer for 2 minutes, until light and creamy.  
■Divide the mixture evenly between the cake cases.  
■Bake for 18-20 minutes until risen and firm to touch.  
■Cool for a few minutes and serve.

SUDOKU-15

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# The Indian exam fever

### POEM


Akanksha Gupta, AIS PV, XI B

Studying hard all the night  
In the blankets cold and white  
In the thicket of books  
Eyes glued and eyes hooked  
Mouthing *Sheila ki jawani*  
EKA's superb *neembu paani*  
Munching popcorns and pizzas  
Some cough, few sneezes  
Rolling up every word  
Adding them to our brain  
Seems like the numerals  
Have made us insane  
We go on reading words  
Till the chirping of the birds  
That mark the drowsy dawn  
Has the exam just begun?




It's 10 on the clock  
And the questions are oh gawks  
INDESCRIBABLE  
JUST just INDESCRIBABLE  
Oh yeah? INDESCRIBABLE  
JUST just INDESCRIBABLE  
We finish scribbling much sense


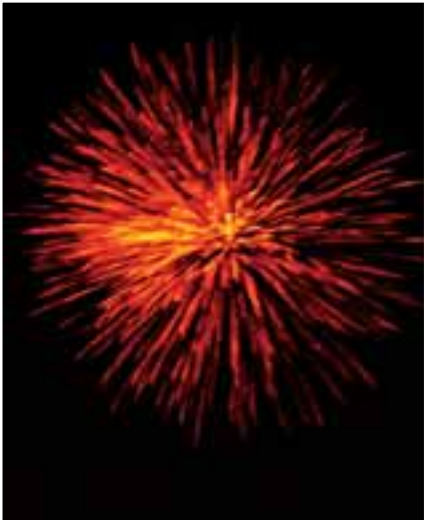

On paper through 2 thick lens,  
Stamped with the school name  
Hoping to pass yet again  
The pressure in our veins  
Reaches a six once again  
Next exam's a day later  
We gotta study even better  
We zoom through the text  
With full-on zest  
Telling ourselves every second  
That we're the best  
We sit for hours at the desk  
Missing all the burlesque  
Solving a few sample papers  
When our hearts begin to quaver  
But we can't be flummoxed  
for the questions are oh gawks  
INDESCRIBABLE  
JUST just INDESCRIBABLE  
Oh yeah? INDESCRIBABLE  
JUST just INDESCRIBABLE!



CAMERA CAPERS



Pics by: Etti Bali, Amity School of Communication



Myriad hues define the beauty of evening sky



My favourite colour is tomato red. I like to throw tomatoes on others and see their faces become red!

Sanjimi Kaur, III A, AIS Saket

# The tale of a Clever man

## Wisdom tales

Arpit Sehgal, AIS Noida, VI D

Once there was a rude king whose name was Nishthar. He ill-treated his subjects. One day, a poor man came to the king and complained that everyone was disappointed with the quality of his work and wanted him replaced. Nishthar felt ashamed of himself and decided to appoint a new king who would be clever enough to take care of his kingdom. However, choosing a new king was a daunting task. So, the king decided to appoint anyone who took best care of his most precious statue as the new king. A number of people lined up everyday claiming that they could take proper care of the statue. When a naughty boy heard this news, he decided to play prank on anyone who came to take care of the statue. He daily broke a piece of the statue and stole it without making any noise. The king was very disappointed



to see the broken statue. He felt aghast to learn that everyday, a piece of the statue was getting stolen. When only the last piece of the statue was left, a clever man turned up to protect the statue. As a part of the plan, he stole the last piece and kept it with himself. When the naughty boy came to steal the last piece, the clever man caught him

red handed. He took the boy to the king and had him put behind the bars. The clever man was rewarded with 100 gold coins by the king and also appointed the new king. 🇮🇳

So what did you learn today?  
Be clever, not cunning.

# Mint Squash



Sukhda Monga  
AIS Gur 46, VII D

## Ingredients

Sugar .....500g  
Water .....250ml  
Fresh mint leaves ..... 250g  
Roasted cumin powder..... 5tsp  
Black salt .....5tsp  
Citric acid .....3tsp

## Method

- Put water and sugar in a vessel. Warm the mixture till the sugar

- dissolves and a thin sugar syrup is ready. Add cumin powder to the prepared syrup.
- Finely chop the mint leaves and blend them well.
  - Add the black salt and citric acid to the mint mixture. The mint concentrate is ready.
  - Put a teaspoon of the concentrate in a glass, add the syrup as per taste and fill the glass with water.
  - Add ice cubes. Garnish with mint leaves and slice of lemon and serve chilled. 🇮🇳



Reeti, AIS Noida, X A

Holi or 'Phagwah' is the most colourful festival celebrated by followers of the Vedic religion. It is celebrated as harvest festival as well as the festival to mark the arrival of spring season in India. Holi can be regarded as a celebration of the colours of unity and brotherhood - an opportunity to forget all differences and indulge in unadulterated fun. It is one occasion when sprinkling coloured powder (*gulal*) and coloured water on each other breaks all barriers of discrimination as everyone looks the same and universal brotherhood is

reaffirmed. 'Holi' comes from the word *hola*, meaning to offer prayer to the Almighty as Thanksgiving for good harvest. Holi is also associated with the divine dance known as *Raaslila* staged by Lord Krishna for his devotees of Vrindavan commonly known as *Gopis*. Colours are the most joyous part of the Holi celebrations, with each colour signifying something unique. They add life and vitality to the festival making it most vibrant of all. The streets reverberate with the chants of "Holi Hai" and vibrant hues colour the sky. The festival brings joy to our life. Wishing you a Happy Holi! 🇮🇳



Rishik Sood & Saiyam Gupta  
AIS Mayur Vihar, VI C

Dhruv: What is your dad's profession?  
Vishesh: He is an ICS in summer and PCS in winter.  
Dhruv: What do you mean?  
Vishesh: He is an ice-cream seller in summer and potato-chips seller in winter. 🇮🇳  
Teacher: What is the future tense of 'I sleep'?  
Ritwik: I wake up.  
Teacher: How?  
Ritwik: Because after I sleep, I wake up. 🇮🇳  
Press reporter (to a businessman): Who is responsible for making you a millionaire?

Businessman: My wife.  
Press reporter: Oh! How nice. What were you before you were a millionaire?  
Businessman: A billionaire. 🇮🇳  
Q: What is the fastest means of communication?  
A: Tell a woman! 🇮🇳  
Ananya: How would you rescue a man from drowning?  
Aditi: That's easy. First take out the man from water and then take out water from the man. 🇮🇳  
Tom: Where do cows go on a Saturday night?  
Sam: To mooovies. 🇮🇳  
Q: What day do fish hate the most?  
A: Fry-day! 🇮🇳

## Poem

# Our class

Aryaman Kashyap, Amna Ali, AIS Saket, V B

It's 8 in the morning, the shouting starts  
As the teacher enters the class,  
The heart starts beating fast.  
We go bananas as the teacher goes out  
Woo Hoo Yeah! We start to shout.  
Tired of working I want to go home  
Too much studies pains the backbone.  
Looking out of the window, there's none to stare,  
Waiting for break time, I'm as hungry as a bear.  
Dispersal time, dispersal time we shout in delight  
All the happy children it's such a great sight.  
Our class is very nice  
Some are like sugar and some are like spice!  
And no matter what you may say  
Together we have fun and together we all play! 🇮🇳



# Brush 'n' Easel

Umang Yadav  
AIS Gur 46, IV C



# It's Me

**My name:** Nandika Majumdar  
**School:** AIS Gurgaon 46  
**Class:** I D  
**B'day:** 7th July  
**I like:** Playing and Swimming  
**I hate:** Lizards  
**My Hobby:** Drawing  
**My Role Model:** My papa  
**My best friend:** Sara and Khushi  
**My favourite book:** My Princess Treasury  
**My favourite game:** Badminton  
**My favourite mall:** Ambience  
**My favourite food:** Rajma chawal  
**My favourite teacher:** Kanika Ma'am  
**My favourite poem:** Where the mind is free  
**My favourite subject:** English  
**I want to become:** Pilot  
**I want to feature in GT because:** I want to make friends through it. 🇮🇳



# Jumpin' Joy

## The Little Caterpillars



Active children lead a healthy life. The sports curriculum at Amiown reinstates the same ideology

### Sporty benefits

- Encourages positive social skills
- Builds confidence levels
- Enhances physical fitness
- Improves mental alertness
- Fosters better team work
- Enhances vocabulary
- Ignites a passion for sports

Sports are an integral part of life. They are not only a source of entertainment, but also give us an opportunity to explore our outdoors and stay fit. Sports curriculum at Amiown is carefully designed in such a way that it helps children develop life long sports skills and grow up as healthy, strong, wise and confident individuals.

**The 'Game' plan:** The sports activities conducted at Amiown are aimed at not only helping little Amies acquire fundamental movement skills but also develop other essential life skills. Research suggests that these fundamental skills are essential for children starting with school, as it helps them to participate in sports and other physical activities. While such physical activities help the children in their initial years, they also prove to be beneficial in the later years. To achieve this aim, a well planned sports curriculum has been designed that constantly integrates and engages children in meaningful and fun-filled activities. The sports classes also focus on enhancing gross and motor skills, eye-hand-foot coordination and balancing skills of the tiny tots. Above all, the classes also aid in the development of leadership skills and ability to work as a team. Sports activities like football, taekwondo, horse riding, running, obstacle races, etc are conducted each week so that Amies become comfortable with the routine and gradually acquire a mastery in the sport.



Healthy, wealthy and wise

**Play's the way:** Sports and physical activities are an integral part of the monthly academic curriculum followed at Amiown. The sports curriculum has been meticulously designed to help children learn the fun way. They learn new words, express their emotions, giggle, laugh, run, jump and bond with each other while walking like different animals, flying and moving like different means of transport. These activities enhance and solidify the learning process. All these sports activities are performed by children under direct supervision of a caring physical education trainer and teacher. The teachers not only keep a watchful eye on the children but themselves keenly participate in various activities. Amies look forward to these fun filled activities with their teachers and trainers.🇧🇩



Amies' date with Oluguti and Toluguti

# Hello Oluguti Toluguti!

Stories, songs and rhymes are very important for the overall development of a child. They not only help in understanding words but also give wings to a child's imagination. They encourage them to get involved in group activities, enhance concentration and develop their memory and vocabulary. The intriguing and fascinating rhyme session organised at Amiown, Pushp Vihar had the parents and children in splits. Read on to know the little Amies' adventure with Oluguti and Toluguti.

**The world's a song:** Fancy stories, colourful characters and vivid language of rhymes describe the performance put up by a well known Delhi based theatre



Sharing the world of rhymes

group in collaboration with Tulika books, held as a part of Amiown Saturday Club activity. The play revolved around two characters 'Oluguti' and 'Toluguti', who travel across the

countryside collecting rhymes and songs in different languages.

**Sack full of rhymes:** The programme began with the entry of Oluguti and Toluguti with a sack of rhymes. Other characters which caught children's fancy included an old man, elephant and bird. They shared wonderful rhymes with the little ones. Their performance left the audience spellbound.

**Let's dance n' play:** Oluguti and Toluguti took the audience on a fun filled journey, singing rhymes and sharing hilarious moments. Children and parents enjoyed the session. Thank you Oluguti and Toluguti for a wonderful session! We look forward to more of such sessions.🇧🇩

# ACERT's Letter Patter

Innovative and creative, best describe the sessions conducted by ACERT trainees for little Amies

The innovative learning sessions conducted by Amity Centre for Educational Research and Training (ACERT) trainees are always a fun filled experience for little Amies, who enjoy diving into the ocean of learning the fun way. These training sessions enhance listening skills and reinforce phonetics, along with providing adequate exposure to trainees in the real classroom setup. Here are few language presentations made by ACERT trainees in Amiown classrooms.

**Feed the hungry dogs letter bone:** The children were given pedigree biscuits with letters written on them. The dogs being selective about the bones, would only eat the sound they like. The activity also taught the children to care for animals.

**Meet my friends:** A trainee narrated a story with the help of a scenery made with felt paper. As she introduced each character, she fixed them on the paper. For each character, she had various cut-outs, each with a different expressions. The story telling session was very interesting.

**The letter farm:** A farm scene recently visited by the children was recreated. Amies identified various animals and matched them with their names.

**Theatre story:** The story 'We are going on a bear hunt' was enacted by a trainee. She painted mountains, grass, mud and bear's cave. She took the children for a bear hunt and they loved it.

**Letter musical chair:** Each chair had a letter written on it and when the music was stopped, the sound of a letter was made. The chair with the same letter was taken out of the arrangement.

**Passing the parcel with letter toffees:** The attractive packing of the toffees had the children excited. When the music stopped, the child with the parcel had to pick a toffee with a letter written on it and identify its sound.

**Jumbo, the elephant:** This activity reinforced the sound 'e'. It was followed by a story session on an elephant named Jumbo. 🇧🇩



Feed the dog activity in progress



Learning the fun way



I like to throw blue colour in Holi. I like mixing it in water and then throwing that blue water on everybody. It makes everyone look so funny.  
Shourya Chadha, III A, AIS Saket

# Fun-da-Mental Math!

The essence of Mathematics is not to make simple things complicated but to make complicated things simple. The Mental Math Quiz did just that, in a fun way!



Mental Maths refers to performing calculations mentally without the use of paper and pencil or any computing devices. It is an excellent way to stimulate one's mind by improving number sense. Mental Maths, an ongoing project of Amity, was initiated by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools, with the objective of improving numeric skills among class I to VI students of all Amity International Schools.

Mental Maths Quiz is a way to make math fun and sharpen one's precision and ability related to 'time' and 'accuracy'. Keeping this in mind, Mental Maths Quiz competition was organised at Inter School level on February 8 & 9 in which all eight Amity schools took part at the following venues: AIS Pushp Vihar (class I & II), AIS Mayur Vihar (class III & IV) and AIS Saket (class V & VI). Four students, per class, per school, took part in this competition. It was held in two groups of 4 teams.

### Project objectives

- Making Math enjoyable, interesting and fun
- Removing Math phobia
- Enabling students to do simple calculations without paper and pen, thereby encouraging mental calculations
- Developing better reasoning and logical skills
- Improving speed and memory

First and second winner teams from both groups took part in the final round. Various interesting rounds like the oral round (Mentelomatics), 'See and Tell', 'Activity', 'Brain Teaser', 'Rapid Fire', etc kept the students on the edge. AIS Pushp Vihar performed the best, bagging the maximum number of prizes including four Gold and one Silver medal out of six classes. The esteemed panel of judges, who have had a long experience in the field of Math, greatly appreciated this project and thanked Chairperson and B N Bajpai, Advisor (R & D) for their efforts. Impressed with the quality of the quiz, former principal Commercial School and judge for the day, Mr I C Ahuja suggested that that the entire program recorded in a CD should be shown in all schools so that every school and student can prepare for the competition. Another judge Mr Chibber congratulated the teachers and students for the quality of questions, the manner in which it was conducted and the speed with which the students responded.



## It's story time folks!

AIS Saket

All human beings have an innate need to hear and tell stories and to have a story to be inspired by because life itself is the most wonderful fairy tale of all. At AIS Saket, it is a constant endeavour to enhance the creativity of tiny tots by organising interactive story sessions. Keeping with this tradition, eminent story writer Kiren Babal was invited to AIS Saket to conduct a story telling session with the children of classes Nursery - I on December 8, 2011. Kiren Babal is a well known educator, voice modulator, freelance writer, radio artist and project coordinator. She successfully captivated the attention of the audience, who watched her narrate wonderful stories using props and puppets. It was a joyful extravaganza, full of fun, music and laughter. The teachers benefited from this session by learning various techniques of voice modulation and expressions, which they could use during their own story telling sessions with the children. Children enjoyed the session immensely.

# Colours of life

AIS Vasundhara-6 organised its Annual Day for 150 Nursery kids on February 17, 2012. The theme was "Colours of Life" which depicted the cycle of seasons and the other colours of life namely, sadness, hope, joy and warmth. Principal Sunila Athley welcomed the eminent guests and worthy parents. The event began with the ceremonial lamp lighting. The annual report was

presented by Headmistress, Anjleen Berar and later taken over by the students who apprised the audience of their achievements through the year. Chief Guest for the day was Dr Rajan Kumar, Assistant Professor, Centre for Russian and Central Asian Studies, Jawaharlal Nehru University. The audience was left spellbound by the little Amities who presented a musical drama 'Colours of Life'. It drew atten-

tion towards an important human value that every change gives us a new lesson in life and encourages us to live happily in the lap of nature without harming its beauty and originality. So, one should cherish each moment and live life to the fullest. Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools, showered her blessings upon the students and encouraged them to become good humans.



Students of AIS Saket enjoy during the Manesar trip

# Manesar calling

AIS Saket

Day picnics and excursions bring enthusiasm and thrill, especially when one learns about heritage and culture at the same time. The day trips to Manesar Valley for classes Nursery to class IV, provided a complete training of the body, mind and soul. There, an adventure camp was organised wherein they participated in a number of thrilling and exciting activities after being briefed on the rules and

regulations. The children were divided into groups and taken for different activities - camel riding, rock climbing and several others. The children visited the organic farms and learnt about various crops like spinach, guava etc. They enjoyed fun activities and the best performers for each activity were rewarded. The trip made them more aware, active and physically stronger, thus enabling them to face difficulties with levity.

children indulged in para sailing, rock climbing, rappelling, camel ride etc. They lived new experiences and enjoyed opportunities to develop lasting friendships which serve as inner resources for building character later in life.

As part of Amity's belief in providing holistic education, trips were organised to Education Valley, Manesar in February for Primary

students. The rendezvous with nature helped them rest, recuperate, recharge and rejuvenate. Values such as camaraderie and bonhomie were learnt as

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My favourite colour of Holi is orange which is made from Tesu flowers. I like it because it's herbal and has a good fragrance.

Kunaal Gautam, III A, AIS Saket



All pics: Gaurab Misra, Amity Law School

# "We play on people's nerves"

Alumnus of Amity University and the lead singer of his band 'Nasha', Akhil Sachdeva stole many a heart with his soulful voice at Amity Youth Festival 2012



ASCO students chat with Akhil

Suruchi Khanna  
Amity School of Communication

*How does it feel to be back to | perform live at Amity?*

It's always a great feeling! Last year I performed here for the event Big Picture. Back then, I was relatively new, but this year has been very good indeed. After performing at Amity, my name and band have picked up very well.

*How did you develop an interest in music?*

Honestly speaking, I have never learnt

music. I'm an untrained musician. I completed my graduation in Economics, after which, I was fascinated by the artistic side deep within me. So I took to music. After that, I turned to anchoring. But I felt this was not what I wanted to do as I couldn't give it my 100%, but music is my biggest passion in life. I realized that, took it up and now I am doing it really well with all my heart.

*Is it cool to be in a rock band?*

I don't know if it's cool, but that's the only thing I can do, and that makes it cool for me.

*How did you decide upon such a distinctive band name?*

Nasha is a title song I wrote two years back. Our first show was in 2009 with singer Mohit Chauhan in Patiala University. Before the organizer could announce our name on the stage, he asked me, "What's your band's name?" and I didn't have any name in mind, so I randomly said, "Nasha".

*What makes you so lovable for*

*your audience?*

We play on people's nerves. As the lead performer of the band, I ensure that I don't just stand on stage and sing. I am more of a performer than a singer. I establish a connect with the crowd and make sure that the connection is never broken. Besides, we choose the songs as per the liking and interest of the audience.

*Do you feel that a relatively new genre of music, Sufi rock is catching the fancy of the youth?*

Of course, and I can proudly say that we are the first ever band in Delhi to be called a Sufi rock-band. Sufi music appeals to the masses because it has different meanings for different people. For me, Sufi is soulful. For example, whenever I sing, there is a divine connection with God. And rock is a popular genre because we are living in a modern contemporary era. My band, being a very young one, combines the qualities of both.

*Any message for Amitians?*

Always follow your heart and be passionate about everything you do. Amity is a lovely place to be, so love it! 🇮🇳

# A stinging thriller

## Book Review

Dakshata Sahni, AIS Noida, XI H

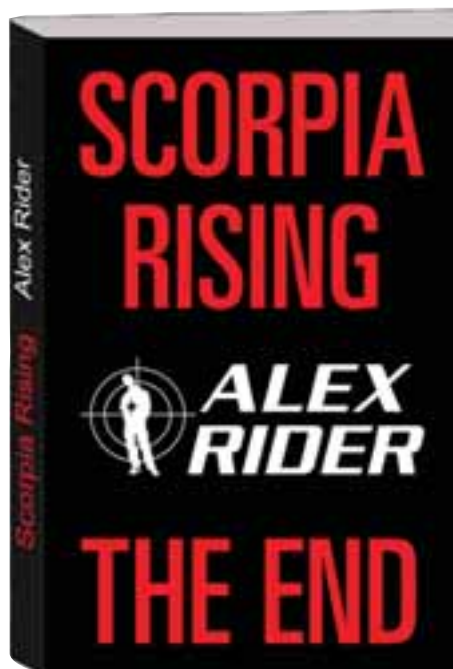
Scorpia Rising is the ninth book in the much loved Alex Rider series by Anthony Horowitz. Known for his racy storyline, Horowitz delivers another spine chilling book in the series about the boy spy protagonist.

Months after his horrific mission to stop Desmond McCain from destroying the world, Alex is relieved to be leading the life of an ordinary schoolboy again. But to his displeasure, the MI6 are back to recruit him and send him off to Cairo to keep an eye on the shady Erik Gunter, head of security at the prestigious Cairo International College of Arts and Education. What MI6 do not know is that they have been lured to do so by Abdul – Aziz al- Razim, a member of the sinister committee known as Scorpia, and Julius

Grief, Alex's arch nemesis. On reaching Cairo, Alex makes use of hi-tech gadgets and spies upon Erik Gunter, only to discover that there is a far bigger conspiracy going on than the kidnapping of some wealthy child. Now it is up to Alex to destroy Scorpia's precarious plan.

The book moves at a breakneck speed and leaves you asking for more. It is different from all the other Alex Rider books as it explains the villain's plot right at the beginning, whereas in most other Alex Rider books, you have to work out what the villain is up to. It is slick, interesting and makes every kid desire to be a spy one day. Alex's bravery inspires you and Razim and Julius' eccentricity bordering on gruesomeness, makes you hate them even more.

The ninth version from the author truly proves to be a lot darker than it's predecessors and can be really heavy duty for young children under ten. Nonetheless, this one definitely makes for a must read this season for its hair-raising suspense. 🇮🇳



**Tanvi Sethi, AIS Gur-46, X A, is at your rescue as she takes you through the do's and don'ts while choosing the perfect footwear**

■ What makes most of us commit a fashion faux pas is that we end up spending our hard-earned money on the wrong footwear with the wrong dress. For instance, girls, if you think wearing flat sandals with a gown is the in-thing, then think again. It's a big no-no.

■ If you stutter around in very high heels, just don't wear them. Else, it will not just be a spoilsport to your gait, body posture, but will also send out a wrong impression vis-a-vis your body language. However, if your feet can afford heels, then plain-coloured stilettoes with plain dresses is an old idea. Patterned heels are the 'in' thing

and apt for your dress too, as they add zing to your personality and attire.

■ All you cute young teens can never become trend setters by flaunting high heels or boots. You could instead experiment with kitten heels or colourful bellies, appropriate for the occasion and your costume.

■ Stiletto heels can set you a class apart, but only with straight slim-fit jeans.

■ And guys, crocs are meant for beaches. Teaming them with casual/semi-formal wear is a big fashion faux-pas.

■ Remember, fashion is a state of mind and the right sense of colours can uplift your personality. 🇮🇳



## GT Travels to Goa



Sisters **Anusha, I E** and **Avni Gupta**, Nursery, AIS Pushp Vihar, dip into the pages of GT at a Goa beach.

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