

Food For Thought

HOPE

If you can look at the sunset and smile,
Then you still have Hope
If the smile of a child can
Still warm your heart,
Then you still have Hope
If, when faced with the bad,
When told everything
is futile,
You can still look up
and end the conversation
With the phrase "Yeah but..."
Then you still have hope
Hope is such a
marvelous feeling
Something to be cherished
and nurtured, and something
That will refresh us in return,
And it can bring light
into the darkest of places.
So, never lose HOPE!

Niharika Ohri, IX A, AIS Vas-6

INSIDE



Naugh-tee, P5



Green Games, P8

Stop crying...you're a big boy!

Centuries old views link women with emotions and men with rationality. GT goes digging...

Rishabh Jain, XII B &
Vagmi Sharma, VII A, AIS V-6

Remember ace footballer Cristiano Ronaldo being labelled as a crying baby by the media when he whined his emotions? Who can forget the strife between Indian cricketers Shree-santh and Bhajji when Shreesanth brawled like a baby in front of the camera? So what's unusual here? Emotions are the fabric of our life and come naturally to all of us! We often see girls pouring their hearts out in public and weeping over romantic issues, general sadness, loneliness or frustration. Should this indicate that girls are more emotional species and boys can't and shouldn't weep their heart out? Dr. Jitendra Nagpal (MD), Consultant Psychiatrist, says, "Usually in schools, if boys display emotions, they are subject to menacing bullying. It has been said that if girls hold the monopoly on discussions related to feelings and emotions, love and hate, then by implication boys are restricted from entering into these domains." Aishwarya Kansal, student of class XII asks, "Everybody should have freedom to express his/ her feelings, be it public or private. Then why do boys have societal restrictions to outflow of our emotions?" In this context Arushi Srivastava of AISV-6 says, "When I see a boy crying, I am bound to think that either the person is extremely sensitive or must have experienced something sad. It doesn't rob away his manliness in any case." Dr. Anshuman, a parent of AISV Sec-6 shares, "I very vividly remember that as a kid whenever my father scolded me, later he always sat by my side when he thought I had slept. He then caressed me and sobbed silently as if lamenting his deed. May be he felt that as a father he is supposed to be a stern figure and thus he expressed his emotions when he thought he will not be

caught!"

The rather stark bipolarisation of emotional =feminine and unemotional= masculine, influences men's ability to recognize their own emotional difficulties. Rightly said by Psychologist Josh Cole-

man, "Emotions live in the background of a man's life and the foreground in women's." But remember, that much of the world's greatest art, music and literature were created by the alleged emotionally challenged gender.

We must remember that much of the world's greatest art, music and literature were created by the alleged emotionally challenged gender.



Model: Sudiksh Srivastava, IX-B
Pic and Imaging: Bhavya Mehta, VIII B, AIS V-6

man, "Emotions live in the background of a man's life and the foreground in women's." But remember, that much of the world's greatest art, music and literature were created by the alleged emotionally challenged gender.

According to the book "Child Development" by Laurel Berk, parents encourage infants to suppress their negative emotions by appreciating and supporting their expressions of happiness more than their expressions of sadness and anger. We often hear parents telling their sons, "Kya ladkiyon ki tarah ro rahe ho? Be brave my son, don't cry! Agar tum rowge, toh tumko frock pehna denge." All these comments gradually lead to the mental construct-crying is feminine and being weak. As a result, the well known gender bias, females as emotionally expressive and males as emotionally controlled, is promoted at a tender age. Dr. Sadhana Parashar, Head, Research and Innovation at CBSE states, "I feel stereotyping a gender this way and attributing characteristics or so called desirable behaviour patterns is trying to straightjacket individuals to conform to preconceived notions of masculinity. Boys can and should have an outlet of emotions and if crying helps, so be it." Mr Aloke Kumar, (IPS) shares, "Denial to express emotions may result in developing boys into maladjusted and violent individuals."

Having an emotion and not expressing it can cause imbalances. Mr. Vineet Joshi, Chairman CBSE, strongly feels that, "Though at times one has to hold one's emotions, yet it is not a good idea to suppress them all the time. Shedding tears really helps to release the stress and boys shouldn't be denied of this."

So, all big and small, young and old boys out there...just seek a shoulder and set yourself free from self inflicted emotional atyachaar!

AISV6 News Network

Students of AIS V-6 with CBSE Chairman Mr Vineet Joshi, in a tête-à-tête...

How does the grading system keep students out of the 'marks syndrome'?

Earlier, the marks ranged from 0-100. As now there are only 9 grades, the students scoring 91, 95, 98 are on the same level. This has reduced unnecessary competition, students do not have the feeling of loss and this doesn't hurt their self esteem. It is not something like... one mark less and you are 'Fail'.

Please comment on CBSE-I which makes Indian education a global brand?

At present, CBSE-I curriculum has been introduced in CBSE schools abroad on a pilot basis. Through this we are trying to develop and offer an enquiry based curriculum which is flexible and at par with global standards and encourages students to do substantial research work on contemporary issues.

Do you think not having boards in X is in sync with having it in XII?

First of all the pressure in class 12th is more because of the content difference in class 10th and 11th, and that is a huge difference! With board examination in 10th, the pressure used to mount right from class 9th, now it is only in class 11th that the students need to think for the public exams scheduled at the end of 12th. This, thus, gives them two more years to know their strengths and weak-

nesses as well as get involved in meaningful learning pursuits.

How is the present youth different from the youth in your college days?

(Laughs) They are indeed very different. They are more energetic, aware and definitely more intelligent than us. They are very comfortable with new things coming up. They are ready to question everything they don't agree to. They live in a global world with infor-

mation outburst!

How do you like to spend your free time?

(Laughs) I wish I had free time! I used to play a lot in my school days, especially table tennis. So, I would have liked playing TT in my free time.

If not in CBSE, what other profession would you have been into?

(Smiles) I think I would have become a

good doctor, though I am professionally an engineer turned IAS. I realized much later in my life what I really wanted to be due to the lack of exposure. We used to do all those things that others were doing or what they told us to do.

What, according to you, is the benchmark for 'true' or 'ideal' education?

Education should be such which makes the students all rounders, good in all aspects, from academics to co-scholastics.

It should make us a good human being, one who is able to contribute for the betterment of the society.

What area or aspect of CCE is closest to your heart?

Co-scholastic activities! You know, everyone can do the scholastic activities depending on the exposure and support being provided by teachers and parents but more efforts have to be put in co-scholastic activities to be actually successful in life.

Beyond CCE & life skills, what other exciting things are in store for students?

Physical education, though important, is considered a wastage of time by many parents and teachers. So, we are trying to link physical education to scholastic learning. A topper may get great marks in all subjects but may not know his core strengths. So, we are also working on CBSE Aptitude Tests through which students will be able to discover their strengths at the right time.

As a parent, how can one make his/her child stress free?

The main problem with many parents is that they put pressure on their children from a very tender age which is not appropriate. They should allow children to do what they want to do. Let them play or dance or do whatever they want to.

Something that you would like to share about yourself.

I try to do things through which I am able to contribute to the society and try to put in my best in whatever I do.

"Education should be such which makes the student an all rounder!"

Mr. Vineet Joshi,
Chairman, CBSE





Ghaziabad not bad at all!



Facts You Didn't Know about Ghaziabad!

- Ghaziabad was formed way back in 1740. Earlier, Ghaziabad used to be a part of Meerut.
- There are innumerable malls in Ghaziabad. Watching a movie there would not mean burning a hole in your pocket.
- Ghaziabad is the city credited with giving highest revenue in the state of Uttar Pradesh and second maximum in India.
- Suresh Raina, the promising young face of Indian cricket team, is from Ghaziabad.



The city boasts of the peppiest malls, and its proximity to the Sahibabad wholesale veggie market gives it an edge.

Arushi Srivastava
X-B, AIS Vas-6

The wild west of UP is now up there among the 10 most dynamic cities in the world. A Newsweek survey conducted in 2006 put Ghaziabad on the global map, and since then the city has been hip and happening. The neighbourhood appears to be very civilized and cultured with the green environment, the upcoming sectors and educational facilities like the different groups of institutions that promise to satiate the educational appetite of the local society. The area boasts of the peppiest malls like Pacific, EDM and Shipra. The Ansal Plaza, Vaishali was the first fac-

tory price retail mall, and the proximity to the Sahibabad wholesale vegetable market makes sure that the local residents are not only provided veggies, but also at half the prices prevailing elsewhere in the NCR. In spite of being so well endowed, reasonable rentals prevail in Ghaziabad. The road infrastructure in the Trans Hindon Areas of Ghaziabad and the recent infrastructural developments have further improved road connectivity, making destinations in Delhi more easily approachable from this city. "Products of all price ranges are available in the market," says Sampurna Satpathy, Senior English teacher at AISV-6 who came all the way from her hometown Orissa to the city of Ghaziabad.

"As I walk around the streets of Vasundhara in Ghaziabad, I am greeted with folks starting the day at sunrise with Surya Namaskar at all parks, central roads and can also hear loud laughter from yoga practicing groups," says another resident Harpreet Oberoi who is happy with the lifestyle she has adopted in Ghaziabad. A wide range of cuisines can be found on the sidewalks. Ghaziabad's streets are a gastronome's delight. From the refreshing street lemonades to the extra fatty delicacies served onto your 'dona' by famous vendors, one can find everything here. Apart from providing us with tasty retreats, Ghaziabad's street food serves many purposes-it provides employment to thousands of local and migrant laborers!

News Digest Diseases or Devils?

Shreya Gupta
IX-A, AIS Vas - 6

Trapped in the web of bugs-the very haptic matter of today? Each passing day adds a prey to the list of sufferers making a disease like dengue, the most eerie word stuck on the tongues of people. Nowadays newspapers have been flooded with the news of disease outbreak like dengue, swine flu, viral infections and a flock of others. In India, Delhi is the most widely hit city under this group. No bed is vacant even in big hospitals like Apollo. Dengue cases are 120 times more when contrasted with that of last year. When it comes to swine flu, the occurrence is two times over. It's prevailing for over a year but the truth is that we are still nowhere. Taking precautions is the only way to snuff the disease.



Don't let water accumulate near or in your house or it will create a stinking cesspool. Heed to the kind of food that's being consumed. Avoid taking it from street vendors. Some simple and precise means can contribute a lot in preventing you from the dark and dreary shadows of diseases.

Men's Fashion

Pallavi Ratra, VIII-B &
Arushi Srivastava, X-B, AIS Vas-6

The Fashion Design Council of India (FDCI) and Van Heusen organized Men's Fashion Week from September 2-3, at The Grand, Vasant Kunj. It showcased a wide range of men's fashion wear and accessories, providing buyers a great collection from leading designers including Rohit Bal, JJ Valaya, etc. The Men's Week was slated to be a world class event, showcasing the best of Indian talent through an excellent line up of designers, models and choreographers.



Doping in CWG

Harshit Singh
IX A, AIS Vas-6

The idea of doping in the XIX CWG is becoming a rising concern as athletes tested for dope come out positive for it, including national pride Rajiv Tomar, Mausam Khatri and Sumit. They had been tested for past 3 years but still no dope test had proved positive for them. Gursharanpreet Kaur was tested positive for dope from the women's category. All this is sure to give a give a bad name to the athletes but what is important is the fact that why these athletes did such a thing when they had remained loyal to ethical sports for such a long time? This and more such questions are sure to plague the future of Indian sports-persons in the CWG.

Fixing, but differently!

Pallavi & Arushi
AIS Vas-6

Looking at the recent 'Googly' in Cricket (with special reference to Pak match fixing scandal), wonder what's the difference between Spot and Match Fixing! They're different! Match fixing is where the result of the match is fixed, but spot fixing is where a certain delivery or section of the game is fixed i.e. you will bowl a no ball in the 26th over and on the 2nd ball of the over, etc. Spot fixing is unlikely to make the difference between a win and a loss in the match, but of course it is always a possibility that it could make a difference. Match fixing is when a country is deliberately going to lose a match regardless of the fact that they could easily win.

Edit Meet Moods



Short and sweet: Perhaps the smallest Edit Team, students of AIS Vasundhara -6 aptly prove that 'less is more' when it comes to editing!





Chai-Shai, Ho jaye... Tea tasting as a career

Aditi Sharma, X B
AIS Vasundhra -6

It's just 10 in the morning and the fifth cup of tea in your hand is all set to be gulped down. Well, the scene isn't as dreary as it appears to be because you could land up taking Tea Tasting as your career option.

Pre-requisites for being a Tea Taster:

- Must be physically fit, adaptable and self reliant.
- Need to develop the expertise to distinguish between the taste and aroma of different teas.
- Should have their taste buds alive and keep their sensitivities clean.
- Should have knowledge about cultivation and manufacturing processes of the tea industry.
- Should abstain from smoking, drinking and intake

of spicy foods.

**Modern Tea Tasting:
A flawless 'scientific art'**

A modern tea taster follows a standard reference to compare and fix the colour, taste and fragrance categories. He blends the goodness of traditional tea tasting with the reliable modern scientific methods which are capable of confirming the degree of qualitative and functional characters of select teas. This enables him to find their percentage or proportional utility in making the desired blends, so as to satiate the need of every section of the society.

Although some experts opine that tea tasting needs only natural talent and cannot be taught in any institute, tea tasters need to be trained to detect tea quality by looking at the brightness, colour and strength of the tea.

Eligibility criteria: A post graduate degree in Agricultural Sciences (Tea Husbandry and Technology) or a B.Sc. in Botany, Food Sciences, Horticulture or allied fields is preferable.

Institutes providing courses for Tea Tasting and Tea Husbandry:

- Assam Agricultural University, Jorhat, Assam
Website: <http://www.aau.ac.in/index.htm>
- Indian Institute of Plantation Management, Jnana Bharathi Campus, Bengaluru. Website: www.iipmb.com
- DIPRAS Institute of Professional Studies, Kolkata.
Website: www.diprasschoolofmanagement.com
- NITM, Darjeeling Tea Research and Management Institution, Darjeeling.

Tea Tasting undoubtedly seems to be quite a promising career with remuneration being nothing less than that of a software engineer today! So are you ready to make your morning cuppa your career?

Counsel's Korner Teen tattles



My son is 12 years old studying in class VI. Since past few days he is getting threatening messages through emails and he is also afraid to go to school. Please advice how should I discuss this issue with him?

If you discover that your child is being cyber bullied, be sure to discuss how he feels. Offer assurance that it's not his/her fault. Talking to teachers or school administrators may also help. But before reporting the problem, let your child know that you plan to do so, as he or she could have concerns about "tattling" and might prefer that the problem is handled at home.

Other measures to try

Block the bully: Most devices have settings that allow you to electronically block emails or text messages from specific people.

Limit access to technology: Although it's hurtful, many kids who are bullied can't resist the temptation to check websites or phones to see if there are new messages. Keep the computer in a public place in the house (no laptops in children's bedroom, for example) and limit the use of cell phones and games.

Know your child's online world: Check their postings and the sites kids visit, and be aware of how they spend their time online. Talk to them about the importance of privacy and why it's a bad idea to share personal information online, even with friends. Encourage them to safeguard their passwords. If your child agrees, you may also arrange meetings with the counselor at school who can work with your child and the bully.

My 14 year old daughter seems to be obsessed about her appearance all of a sudden. She spends hours in front of the mirror, constantly asks for reassurance, and can't pass a mirror without looking at it. Is it normal?

It's normal for teens to spend a lot of time grooming and it can feel like an abrupt change from school-age years when it was a challenge to get them to even brush their hair. Though teen boys tend to be less vocal about it than girls, they may be just as concerned. While you might feel frustrated with your teen, remember that underneath the lip gloss, a deeper maturation is occurring. During teen years, kids develop a sense of self-awareness, exploring who they are, trying out varying attitudes, and experimenting with different looks so much. Be empathetic and patient, but if necessary, set boundaries on how much time your daughter can spend on primping. After all, she still has to get to school, do homework, and help around the house. Setting limits can help teens learn to manage time, be considerate of others' needs, share resources, and exercise self-discipline. Unfortunately, it's common for teens to develop a negative body image. Parents play an important role here: besides complimenting appearances, praise the inner qualities that make your son or daughter a beautiful person. And be a good role model.

If you criticize your own looks, your teen is likely to see a harsh critic in the mirror too. Set a good example by talking positively, appreciating your body for what it can do, and accepting its imperfection.



Project to ho Gaya...!

Swapnil Tandon, IX- B, AISV-6

God! Give me a break! Is this the most cliched reaction of GenY? Well, while most are trying their level best to be perfect multi-taskers, masters of all trades, there is still a small part of student population which needs to learn this skill and technique. Swaraj Bose of class IX very staunchly opines, "CCE came up with this brilliant idea of teaching-learning process, going beyond the four walls of the classroom. Some students are falsifying the very purpose of such activities by using the all time available alternative of 'G-search' rather than 'research'. Anchal Jain of class X responds diplomatically by stating, "Though project making has increased the volume of work, yet at times it turns out to be an amazing experience acquainting us with issues that we would never have learnt within the classroom. Mrs. Shuchi Gupta, TGT (Chemistry) AISV, Sector-6, distinctly feels that students should be better time managers, with many yet to learn working as a team. Mrs Sudhi Bhatia, TGT (English), considers, "The concept of project making is an excellent way of incorporating

Project making is a problem for some while it is an absolute pleasure for many others. Check it out...

leadership traits in the students and helping them develop endurance and tolerance towards others." If executed in an appropriate manner, project making can undoubtedly give you quite a lot of excitement and help in unravelling those facets of your personality which are yet unexplored. Keeping in mind a few points, one is



Project-o-phobia

sure to treat project making a smooth sailing venture:

- Find adequate information on the given topic using a variety of resources.
- Discuss the methods, approaches and sources of information with as many associated people as possible.
- Concentrate only on the focal points of the issue.
- Organise the collected information into various sub headings.
- Keep a record of all the sources of information. For eg: Books and documents you have referred to, the organisations you have consulted, the places you have visited, etc.
- Be equipped with a back-up plan.
- Choice of colours used in the projects should be taken care. Brighter shades should be used over lighter ones.
- Required information should be imparted in bullet form rather than making it a paragraph.
- PPT should be a balanced blend of audio and visual.
- Avoid over-doing things because simple is nice.

Let us stop dreading this task, rather begin treading on the path of perfection by following these tips.

Every breath counts



Savi Khanna, XI B, AIS V-6

Come on! Get up! Eyes on your watch! Now focus on its hands and concentrate on your breathing rate. Start counting your breaths-1, 2, 3.....10, 11....22, 21. How many times did you breathe in a minute? 24? 30? 40? Excellent! I can predict that you are one of the fortunate people who would never see the face of old age! You are ecstatic now, aren't you? Don't you want to know how's this possible? It's because you'll be lingering in heaven before all this could happen! You would never be able to see the face of old age! Now, I am aware that after reading

this there wouldn't be a broad smile on your face....Oh! Don't give me that look! I have solid proof against my prophecy. Here's some data collected by zoologists about the breathing rate of some animals. Read this carefully without bickering:

Animal prepiration		
Animals	Breaths per min	Avg age yrs
Pigeon	30-40	6-10
Dog	15-30	10-15
Goat	15-30	14-15
Horse	8-16	30-40
Elephant	4-8	65
Tortoise	2-4	150

What? Are you amazed? Now do you understand how much precious each breath is? We have all been born with a specific number of breaths. If we waste them, by taking more than required breaths, we'll run out of breaths before time and this would shrink our life span. Bit if we slow down, by taking deeper breaths and filling our lungs with air, we can live longer. It is said that an average human being takes about 16-20 breaths per minute and lives for about 60-65 years. Our breathing rate increases when we are angry, diseased or agitated. As our breathing rate increases, our life span is reduced. Now, if we decrease our breathing rate, we can easily increase our life span! In ancient times, the

Stickin' Together The Splendor Glue



Samyak Ranjan & Siddharth, XII B, AISV-6

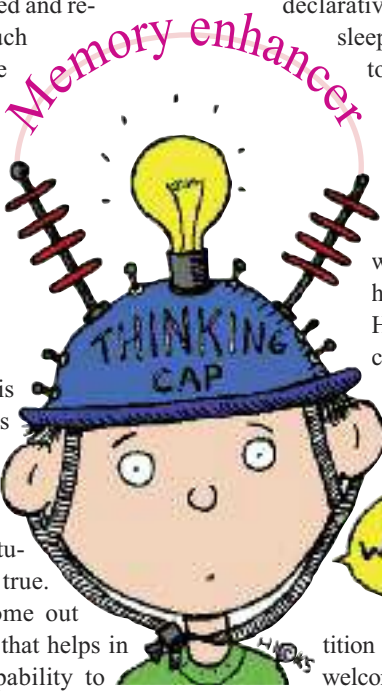
Ever wondered what holds things from falling apart? Oops I broke my mother's favorite vase. Don't worry, be happy. Super glue to the rescue! Today we can put together almost anything which breaks, cracks or tears. Screws, nuts and Bolts... what For? This is the contemporary era where all matter is glued together rather than drilled! From towel hooks to TVs, from mobiles to Sedans, everything is now stuck together with the wonder glue! Glueing stuff is not any recent finding; it has been there since the Stone Age! Hunters of that period made their weaponry like axe by using sticky tree gum or animal skin for sticking the blades to bamboo sticks to make a spear. Very little has changed from then to now with the use of adhesives. We use glue to stick together practically everything from our childhood till the time we get our pension. Even in high-tech laboratories, there are loads of boxes of glue tubes and bottles kept ranging from simple Fevi Quick to Super Glue. It's used in sealing off compounds and gadgets. If you try to pull the metal sheet covering your car, you'll probably fail, even if you use all of your strength. This is because super glue is used in the most complex ways by machines in industries to give a fine finished product. There is machinery in factories which are specially built to glue things together. There are even machines built to check the cohesiveness of the glued surfaces so that they do not fall apart! Sans broken hearts, for everything else, there's splendor glue!

If only I can remember...

Samyak Ranjan, XII B, AISV-6

‘E at almonds every day and your memory would be as sharp as a razor’, well we all wish if only this was true then maybe students can score cent percent in all subjects. Complicated mathematical and chemical equations on our finger tips! Long winding poetry and drama recitation to be memorized and recited without much efforts or nerve racking tensions before the exams, if only such magic was possible. History dates, details and long notes all to be recalled in a matter of minutes! Well, not all hope is lost. Science has made a giant leap and now the almost impossible dream of every student may come true. Scientists have come out with a nasal spray that helps in enhancing our capability to

remember. An experiment carried out in Munster, Germany, reveals that if a sniff of this spray is taken before sleeping, it helps in recalling things! A report featured in ‘The FASEB journal’ talks about scientists from the University of Lubeck who demonstrate that administering a spray with a molecule from the body's immune system- interleukin 6- helps the brain to retain emotional and declarative memories during REM sleep. Short stories were given to the Test Subjects to read. Some of them were given a puff of Interleukin-6 (IL-6) before their sleep. The following day they were able to recall the words of the stories they had read the previous day. However, the research is incomplete and lot of work needs to be done before this product can be marketed, but today the youth desperately needs such a wonder medicine to face the competitive world. With competition rising, such medicines are welcome indeed!



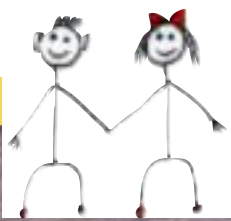
Mayank Tiku, XII B, AISV-6

Today, food supplements are a way of life. Every boy envies the body of Arnold Schwarzenegger or Salman Khan, and when Bipasha Basu promotes sugar free tablets as a secret of her well carved figure, girls rush to their nearest store to grab a pack for themselves. But how many people do actually know that an artificial sweetener like this contains Aspartane which causes headaches, dizziness, nausea, respiratory problems along with a definite hike in Bipasha Basu's bank account? Food supplements can be categorized into different groups such as additives which are meant to enhance the food, supplements

The Power Pills

Food or supplements?

taken in addition to normal diet and supplements taken in place of a normal diet. As long as a supplement is taken in established medical conditions, there is no problem. But the problem escalates when these supplements are taken as an escape from a normal diet, exercise or to get quick gains and results. For decades the natural health industry has been touting thousands of vitamin supplements. The truth is that most of vitamins are made or are processed with petroleum derivatives or hydrogenated sugars. Even though they are often called natural, most vitamins sold in health food stores are isolated substances which are crystalline in nature. Vitamins naturally in food are not crystalline and never isolated. But still we feel so healthy and nourished after popping in one of these tablets. Don't we? The market is flooded with diet pills or weight loss pills which supposedly gives a healthy body. Usually these pills contain extracts from the plant ephedra which cause heart attacks and directly damage the central nervous system. The cultivation of this plant is even banned in many nations. If we take a supplement in pill form, we get what we want and may be a few side effects as well. A vitamin E tablet contains only vitamin E, full stop. However healthy grains, fruits and vegetables contain many nutrients, some that we know about and others that we will eventually learn about through scientific discoveries. If we develop a pill popping mentality and become lax about our eating habits, we have only ourselves to blame!



Vagmi Sharma, VII-B, AISV-6

It was a blue morning. Well, usually all monday mornings are. I stepped out of my house to go to school. At the gate while waiting for my bus, I saw a lady who was out on the morning walk with a Tee which read, ‘Do not disturb... I’m disturbed enough already.’ Oh! There it was- the missing smile on my face.

Sure enough quotes like ‘I am in shape and round is a shape’ or something outrageous like ‘I can give headache to an Aspirin’ can make you smirk. “I like wearing one which has ‘Wrinkled Was Not One of the Things I Wanted to Be When I Grew Up’ written on it” tells Primary Coordinator Neha Sharma of AISV-6. One would at times wonder if the individual just loved the shirt, or actually wants passers-by to stop and take a look.

“I really feel stupid and question myself isn’t it wrong to stop and stare at someone’s chest for the amount of time required to process the humour? But just can’t help it at times!” says Mamta, teaching MBA at Amity University. People can express their individuality in various ways: an interesting bumper sticker on their car, an outrageous red Mohawk, tattoos, or body piercing, to name a few. Is it a ploy to harvest extra attention or simply

a means of expressing a sense of humor? “We aren’t going to wear a plain old pocket tee,” retort the 11thies of AISV-6. So it seems for sure that we all will keep crossing paths with the wearers of funny T-shirts, and wondering if they notice that our eyes linger just a little longer, trying to catch a glimpse of the message that is sure to leave us smiling as we walk away!

TEE QUOTES SPOTTED

- “I wont mind if you kiss me”- seen on a boy who came for a Nursery interaction at AISV-6
- “All Men Are Idiots, And I Married Their King” - Wife out on an evening walk with her husband wearing this one.
- “Two Rights do not make a Wrong. They make an airplane”- Swarnim Saxena, B.Tech (Civil), Amity University
- “Excuse me, but do I look like someone who cares”- College days favourite of Sudhir Gaur, National Head Marketing of Micromax Mobiles



RUD-O-METER

Friendly, churlish, rude or pesky, which one are you? Rud-o-meter will help you find out...

Arushi Srivastava, X B, AISV-6

Do you think you are one of the friendliest buddies? Scale yourself with the “Rud-o-meter” and measure your rudeness! Here are some simple situations. Just imagine yourself reacting to these!

1. *A stranger comes to you and asks your name. What would you do?*

a) Simply tell your name, and get back.

b) Tell your name and try to initiate a conversation.

c) Be abusive towards the person and then ignore completely.

2. *Your classmates ask you to lend him/her your textbook.*

a) Refuse at first, but lend him the book anyway.

b) Happily give your book.

c) Scold the person for not bringing his own textbook, and then refuse arrogantly.

3. *Your close friend confesses to you that he/she accidentally broke your favorite watch.*

a) Get really angry, frown at him but at last forgive him.

b) Just ask him the reason about how this all happened, and forgive.

c) Look at him with angry red eyes, shout at him and ask him to pay you.

4. *In a crowd, you suddenly bump into one of the pedestrians, and make him drop all his stuff on the ground.*

a) Just say sorry once and walk away.

b) Say sorry and help the person gather his stuff.

c) No apology; instead start arguing with the person, stating that he wasn’t looking the right way.

5. *In spite of constant pleading, parents refuse to get you your favourite gadget.*

a) Keep pleading until they start to scold.

b) Plead one last time, keep quiet and then gradually start convincing yourself that it actually isn’t worth it.

c) Keep requesting them and throw a tantrum until they get totally irritated and scold you.

Let’s come to the final thing, finding out how rude you are!

If your scores are b’s: Oh! You needn’t at all worry about being rude. You are a polite and courteous person. Keep up the positive attitude buddy!

If your scores are mostly a’s: You aren’t the rudest but you will have to take care of how you react to simple situations.

Mostly c’s: You need to control your frown buddy! Try to lower down your temperature when you find yourself entangled in your own created fuss!

S[COOL] TRENDZ

Pallavi Ratra, VIII B & Nikita Madan, VII B, AISV-6

Are those bizarre fashions just limited to the DU ‘fuchhas’? Fashion and style are as profound and critical part of the social life of a school going teenager as we all see the wackiest fashions on streets everyday but schools have their own set of fashion mantras! It’s morning time, school has just begun. Everyone’s trying to have the simplest look, wanting to be-seemed as the most disciplined and serious. But by the time recess begins, things change drastically. It just seems as if the lagging behind leftover columns of the shirt were waiting to get out of that tight fitting gap in between and then of course, the trousers too express their desire of letting them pushed down

lower, lower and lower! And how would one forget mentioning about the most ‘materialistic’ part of the whole uniform, yes, you got it right, definitely our ID cards, which are almost always out of place, probably resting firmly in the trouser’s pocket or maybe even in our bags for that matter, in fact sometimes hanging and swinging freely from the loops meant for the belt! Boys rushing out to the washrooms, to style the sweaty hair, treating the tap water almost like gel! And now some girly talk for sure! Do you really think it’s just about the funky earrings and watches they like to flaunt? Well, if asked to a girl, the answer would undoubtedly be ‘yes’! Those pretty little diamonds or those fancy hanging ones or just a cracking simple stud? What to choose from such an unavoidable variety?

One of the other SQ’s (Style Quotients) are Specs frames, the newest trendsetters with different kinds available like the red one SRK wears, the black one that Sonam wears in Aisha or the brown ones that Megan Fox always puts on. Although school uniform has its own limitations as far as making a trendy style statement is concerned, there is ample scope for fashion by accessorizing your uniform to look cute and cool. But hey guys, do remember that the best thing to wear is a smile on your face!



Bring it on!

Aditi Sharma, X B & Osheen Shrivastav, X A, AISV-6

Friends in a teen’s life are so important that even a small fight can bring down the traitor tears. ‘Facebook’ and ‘Orkut’ are indeed indispensable. The arrival of teenage causes mayhem in one’s life. “What to do? Everything is so confusing!” Teens are often beleaguered. This is obvious because of the new “I will fight it” hormones. They sometimes talk gibberish, sometimes they are too somber. It’s not a cake-walk to empathize with the teens. It’s a real hardship to make people understand what we think. But the ‘Bring it on’ spirit never dies. Teenage is just the dawning of the beauteous life ahead of us! Throwing light on some of the biggest troubles of all time... wearing ‘salwar kameez’ in the era of shorts and skirts, dresses and cargoes! The embarrassment is surely something. It’s indeed beyond words! We wonder when we will ever find boys wandering in the corridors with ‘Kurtas’! Wow! It’ll be a must watch scene. ‘Throw the old and bring in the new’; by this you finally re-



Imaging: Ankush Jain, XI B, AISV-6



alize that we are all grown up. We know it’s very difficult to part with your old clothes. But, the next time you buy your apparels, do keep a check on your closet. Exams, dresses, movies, entertainment, friends, families...oh God! So much emotional attyachar, but out of all this stuff you will all come out with flying colors! Just believe in yourself and give your best. Rest everything will be okay. AAL-IZZ-WELL Boss!





Paying homage



Dr. Amita Chauhan
Chairperson

Ageing is inevitable. Even the best of human power and technological aid put together cannot reverse the universal law of nature ie, aging. The young fiery temperament shall give way to old grace. The toothless smile will express happiness

and wisdom will pour out. You – the young ones too will not remain the same as before. One day the walking stick will be your best friend.

But you have miles to walk before you forge a relationship with the walking stick. Before you move up the age ladder, it will be your parent's turn to grow old. As your parents stand witness to graying hair, the tables will turn and so will the responsibilities. Instead of them running around you, it would be your turn to hold their hand and help them walk. Instead of your mother raising her hand to feed you, it would be your duty to serve them meals, garnished with love and affection.

Our parents remain our infallible strength, our guiding lights that lead us through the topsy-turvy lanes of life. Even at an age when I am a proud mother and grandmother, my mother is my eternal strength. So, for all that our parents do, can't we give them a little love and attention at an age when they need it the most? Enjoy the love that you are receiving from your parents now because some years later you will be at the giving end and your parents at the receiving end. [GT](#)

On firm ground



Shashi Ranjana
Principal
AIS Vas-6

Our founder president sir's dream of making our nation a superpower in the near future, scarcely seems a vision today. We Indians rejoice for being on the threshold of a major transition- transition into a global society, the foundations of which have been erected by the breath taking advance-

ments in almost every field. Adding to it is the new orientation to knowledge, which is unfolding a promising future ahead. Keeping in mind, our chairperson ma'am's perspective of 'True education' wherein she emphasizes on inclusion of moral or value education at all levels of learning, I often try to justify this transition till the farthest possible extent. While almost everything seems to fall in place, with the present youth being more focused, curious, aware and streamlined in their accomplishments, the one thing that I would like my young leaders to be more emphatic about, is escalating their endurance and tolerance level. By and large, we need to draw out the best from both the worlds – patience, reverence and perseverance of the yester generations and passion, zeal, determination and competitiveness of the present generation. The amalgam is undoubtedly going to be a revolution in itself.

It would be quite enlightening to learn to become prudent enough so as to sieve out the old and worn ideologies that hinder your capacity of assimilation from the priceless values, which are our civilizational strengths and are indispensable to us. So, dear children gear up and arm yourself to be the change you want to see in this world. [GT](#)

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NEW AGE CASTEISM

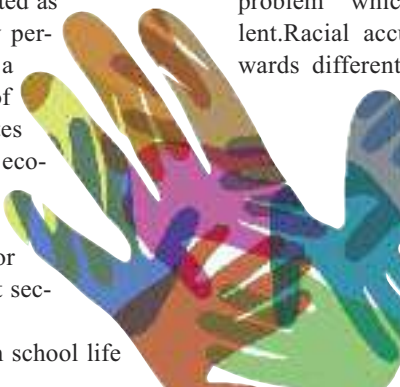
Kushal & Chitra Jain XI B
AIS Vasundhra-6

India has been an independent country or so we say. We have lived under the Britishers for nearly 200 years yet we have a lot to learn. Discrimination has always been a barrier in the development of the country. And among its worst sufferers are children who continue to pay for a system they neither know nor understand.

Statistics says that only 14% feel that they did not face racial discrimination but they face people calling them chinkies, Nepalis, Madrasis and other such regional names. While the other 86% said that they faced racial discrimination in various forms like molestation, physical assault, misbehave, teasing, passing vulgar remarks, have lived in Delhi or NCR. The majority of Indians in the northern part of the nation feel that lighter is better.

Telly world is full of 'fair', radiant miss goodie- two- shoes bahus and their dark skinned evil counterparts. Matrimonial ads boast of fair or very

fair skin alongside foreign visas and advanced university degrees. 7 in 10 ads mention skin color as a necessity. The average South Indian, also darker skinned is respected as a learned, brainy person. There's a quick mapping of visible attributes like ethnicity, economic/educational status and the behavior changes in a split second. Discrimination in school life



badly affects the mind of the students. Discrimination on the basis of caste, religion, race, height, weight, region, grades, Language etc. seems to be a problem which is globally prevalent. Racial accusations directed towards different cultures can hurt a student to the point of their lack of optimistic view of life. Grades which can't actually judge someone's intelligence has always been a reason for dividing the students

into groups. Although Schools are trying to find ways to reduce the racial problems not all students are willing to participate. There are a few programs that encourage students of different cultures to interact with each other which greatly help to lessen the tension and considerably reduce racism. A quarter of young disabled people report feeling discriminated against in school, says a new report from the Disability Rights Commission. One fifth of those polled said they had been discouraged from taking IGCSEs and 34% felt they did not get the help and support they needed from teachers and other staff. More than a third (38%) said they had been bullied because of their disabilities, with one in 20 saying their bullies had been teachers. In the same way those who are too short or too tall, fat or thin are always discriminated.

The caliber and ability of a person is often based on good looks and appeal to the eyes. What happened to "Beauty lies in the eyes of the beholder" or "Don't judge a book by its cover?" [GT](#)

Tomorrow may be brighter than today

The pen poised precariously over the paper and we wait patiently for the muses to bless us with the power of expression. Well, the opportunity came soon enough with the Global times Vasundhra edition. Questions, queries and ideas reverberated through the corridors of Vasundhara; one could literally hear the brain ticking.

The top story talks about the ubiquitous questions whether boys should cry. The student team went into a frenzy of activity and although much debated the truth is, yes they do! The world around us has this preconceived notion that only girls can shed the venerated tears. Emotional expression is a much needed vent and is not necessarily a women's forte and there is nothing wrong in doing so. The aim of the story is to sensitize today's youth about the proven fact that emotions are not gender biased. The quest for the big story continued till we zeroed in on the geriatric community of our



Subhashini Ramakrishnan
GT Coordinator,
AIS Vas-6

society and the lack of empathy by all and sundry. This is true with our fast paced lives where the eternal war between nuclear families versus joint families continues incessantly. The focus was on the indifference and callousness shown towards our elderly community. The other story being the much talked commonwealth scenario. No matter how unprepared we may be, but we Indians are resilient enough to spring back and claim what is their birthright which is their names

in the annals of world history. We have survived in the past and we will survive come what may! Ghaziabad, the futuristic city, was our next destination and students collated information about this major city. The cornucopia of words infused with creative and enthusiastic expression mingled with the exuberance of the students is evident in the edition. It aims at not just self-expression and awareness but also sharing ideas and feelings with one and all. [GT](#)

I really enjoyed reading through the GT issue of AIS, Noida. I was completely absorbed while reading the article about "Try to be a good human being", an article about philanthropic Ramakrishna Mission. When most people today have no mission in their life, there are such great people

[GT M@il](#)



who have realised their mission and are trying their best to achieve it and also propagate it. This article made me realise that at least one day of such selfless service in our life will be worth it. Let's give back to the society whatever best we can. It was pleasure contributing for GT. It was an enriching experience. There was a day I remember that I was learning ABC in Nursery and today I contributed for a newspaper as a part of the edit team.

Vaishnavi Sridhar, AIS Noida

Thank you for appreciating our son's writing and publishing "Holiday Spree" by Aryan Raj, V-A, AIS Pushp Vihar in the Sept 1-15 issue. Aryan was very excited to see the article and is thankful to you. The newspaper is a very good platform for kids to share their talents and experiences and it is also a rich source of information.

Anjali Raj, m/o Aryan

Parenting smart

Pallavi Ratra, VIII B
AIS Vasundhra-6

If you are tired of your boring regime of changing diapers or washing your toddler's underpants, welcome to the world of outsourcing parenting where you can trust your responsibility on others and have a ball. We assure you of the child's well being. The best package deal available is "Buy one and get one free", that means opt for one child and the second one is free. Hurry! Offer closes on 30th September."

Funny, but true! We now live in a highly revolutionized world, in the so called modern families where parents are becoming busier in their professions. Rise of disposable income, shift towards nuclear families, high aspirations and less patience are trends which have been noticed on the family front. You don't need to be an economist to understand why outsourcing has become so popular. Thanks to credit cards, mobile phones, fast food outlets, swanky malls, coaching cen-



ters, tutors, crèches, day care centers and broadband internet connections; a new breed of consultants, popularly known as 'Parenting Coaches' have come up, who are hired by celebrities as well as local families across the nation. The perplexed parents are spending loads of money on these strangers for raising their kids. There are agencies which will send a day care provider at your beck and call to your

house when the child is ill so that moms can go to work. On weekends, they provide overnight care so that parents can go out. Experts say that increased reliance on crèches, coaching centers and daycare centers demonstrates that parents have outsourced parenthood. "The hectic, career centered lifestyle has forced them to adopt this culture where even the most treasured moments like having

dinner together at home has become a luxury. As a result, the quality time spent with the children has become a casualty," says Bela Verma, teacher in KR Mangalam School, Gurgaon. New age parents are busy gathering silver and gold medals but in the process they are forgetting their real treasure, their own children. According to Mrs. Shashi Ranjan, Principal, AISV-6, "Children are living confused lives where there are too many choices for them, life seems short to enjoy, and as a result, parents want nothing but the best for their children. However, they remain unaware of their children's needs and desires due to the some reasons." Exclusive parent-child time is a concern area today. Quality time spent with the children reaps results later. "Materialistic pleasures cannot compensate for emotional bond between the child and parents. Time is the most precious gift you can present to your child," says Neha Sharma, AIS V-6 primary coordinator. Parents have to seriously rethink about their roles as "parents". [GT](#)



The Lost Generation



Our survey reveals...

- 90% of India's old population is without any support.
- 22 Million are widows
- 10% have some kind of pension or financial support
- 30% of them die due to lack of medical care

‘Retired’ Age group-most experienced and respectful yet most unwanted and dejected

Shreya Gupta, IX-A
AIS, Vasundhara

Ankita: I have only my Grandma who is living with my uncle. She comes over occasionally, but with my busy schedule I am unable to give quality time to her.

Debosmita: My mom is the only child yet my grandparents are unwilling to stay with us because of the stigma of not staying in their daughter's house.

Manav: They are rigid on not leaving their ancestral mansion and coming and staying with us.

Karan: My parents are working, therefore they have put my granny in an old age home.

These varieties of responses instigated us to look into the statistics of the so called ‘retired’ age group. Shocking, yet true, the statistics about the plight of old people in today's so called Modern India gives a horrendous picture...

• 90% of India's old population is without any support.

- 22 million are widows.
- Less than 10% have some kind of pension or financial support.
- 30% of the elderly deaths are on account of lack of medical care.

The very thought of the old and elderly moistened the eyes of the children and urged them to work for the betterment of the elderly to strengthen the love and care for them. This strong urge landed us in a old age home in Noida.

Their agony and pain seemed immeasurable! Kamla a 78-year-old says, “I don't want anything except some time from my own people, my

children. Is it a huge cost to give me some moments filled with happiness?” Who is to be blamed for such circumstances? Behind the traumas of these people, there is a distressing story of broken relationships where the families are fragmented due to some reasons and the shadow of westernization is doing a hard slog to dominate the Indian culture and values.

My distant relative Mrs. Ahuja aged 75 years says, “Mera beta pure hafte kaam mein busy rehta hai, aur Sunday ko bhi vo apne parivaar ke saath ghumne chala jaata hai. Teen hafton

se usse baat hi nahi ho paayi.” Today old parents are overlooked as if they are a loaded lumber upon their own children. The statistics compiled by Helpage India, the leading organization working for care of disadvantaged elderly, say that in times to come, many elderly people would like to settle in old age homes! This thick skinned and empty hearted generation must understand, the mirror of life bounces back our misdeeds. They will be treated the same way they treated their parents. Because Almighty has made a rule of life, ‘Tit for Tat’. This is the time for us to take a pause, look back and realize their pain and acknowledge their efforts of nurturing our lives. This is a matter that questions the existence of humanity!

Let us also understand their craving to spend some moments of togetherness with their offsprings and make them feel special by giving them the warmth of comfort and companionship. Remember what the old proverb says, ‘Old is Gold’, let the gold not loose its shine! 🇮🇳



“Value education on age care should be integrated with school curriculum...”

.....says MR Mathew Cherian , CEO of Help Age India foundation, as he talks about various programmes and services for the welfare of the less fortunate elderly.

In today's world we find old people being harassed and abused by their own children. In that case, do you think resorting to old age homes is a good idea?

No, I don't think so it's a good idea as it is very difficult and a sad situation for them to live away from their children when they need maximum care and support. So, the young generation should look after their parents so that they feel secure in their homes.

What do you think is the main reason for negligence, abuse and isolation of elderly these days? The reasons are different in all cases. It could be due to nuclearization of families, urbanisation, working parents, etc.



Do you see disintegration of values somewhere in this issue? What is your take on this?

Yes, it could be because we are now living in a materialistic world, and the traditional values in the family are, degenerating to some extent. Help Age's initiative of ‘Value Education on Age care’ will help with the same. It aims at including value

age education on age care in school curriculum. **What are the various programmes and services offered by Help Age India for the welfare of the elderly?**

Help Age is working with senior citizen associations to fight against isolation and negligence of elders in our society. Project Kiran, Project Karuna, Physio Care, Relief work, Old age homes, Elder helplines, Mobile Medicine Care are some other initiatives being taken.

How do you get your funds for the organisation? Individuals are our biggest contributions. We have also now established our footing firmly among corporates, who are willingly meeting our Corporate Fund Raising needs.

What is your message to the society? I would like to request the young generation to give due respect and care to their grandparents and make them feel important by sharing with them the warmth of their companionship. 🇮🇳

Philosophy of Life



Shreya Gupta, IX A
AISV-6

The genius paused in the middle way
Trying to squelch the matter soon!
But couldn't find the answer when,
Asked if life was a bane or boon!

Then claimed the average instantly,
“Of course a boon, of course a boon!
You are such a brilliant guy,
Though entangled in life's cocoon!”

Replied that self conscious genius,
“Ultimately the oblivious accepted the fact
Let me add on to the philosophy,
Life is a serious and a murky track!”

“Life is just the game of perception,
Either monotonous or miraculous!
You ought to opt for one of them,”
Said the average, “life is marvelous!”

“No, life is a trap full of gloom,
Life is a path full of pebbles!”
Saying this, the genius murmured,
“A lot is missing and everything's feeble!”

“The pebbles steer you for challenges,
The murk empowers the merry way!
Listen you genius, do have gratitude;
For all you have and try to make hay!”

“Until you find the happiness within,
You are simply a dead alive!
Though you are genius but the truth is that;
You don't know the simple philosophy of life!”





Green our Games are!

Harshit Singh, IX-A, AISV-6

Commonwealth Games 2010, said to become the greenest games ever in the history of the Commonwealth Games, are just going on the right track. Planting missions, nature walks, green cover enhancements, reduction of carbon footprints, laying of the landmark ecological code, etc. prove that the government is doing something for the sake of the environment, which we usually forget in much of our events. The games held earlier at the many vivid locations had always been concentrated on sculpting the beauty of the area. Whether it affected the environment, had not been of any concern earlier. However, this time, a change of attitude can be seen in Mr. Kalmadi's thought 'Ped hai to Sher hai' in consideration with Shera, the Games Mascot.

The new projects undertaken such as

tree transplanting, growing of green cover, etc. have become a booming success in the present time. Such an effort works out the losses made earlier and helps in getting profits on the trees lost. All new Games venues have also been constructed in the manner so as to reduce the carbon emissions while at the same time conserve as much energy as possible for the times to come. The landmark ecological code for the games also focuses upon the very important aspect of increasing the bio-diversity of Delhi and making the games sustainable for the environment. The games also focus on making the transport and management of the games pollution-free, one thing has already been done with the introduction of the new green-thought low level Marco Polo buses.

However criticism does find its way in every event that happens and so do the flaws that are inevitable. Dr. Faiyaz

Khudsar, Director of the Yamuna Biodiversity Park speaks out on how Yamuna, that forms the major scenery of the village, is in one of its worst states.


Moving on other aspects, he reflects, "It is strange how people have started to raise voices against the Village construction on the Yamuna flood banks while they were least bothered when the metro station and the Akshardham landed at the same spot."

He also mentions that the greenery planted should include native species only and must serve the purpose of ecology, education and finally, recreation. Which it seems, is actually being done. Whatever may be felt for the games, from being slow on infrastructural development to the corruption cases, know one thing for sure, that environment was put first for the event and that effort's value accounts for more than anything else!

So aren't the games green? **GT**



shera



Sheen Sarup, II B

AIS Vasundhara-6

Shera is here, Shera is here,
Look at him, he is so dear.
Commonwealth Games are coming this year,
The joy is filled in the air.
Let us show the world there is nothing to fear,
Come and enjoy in Delhi dear!

Manvi Goel, V – D, AIS Vasundhara-6

[illegible]

ACROSS

1. Headquarters of Commonwealth Games are in _____.
3. ____ Games in Edmonton saw this multi-sport event changing it's name to Commonwealth Games.
5. The most winning team is _____.
7. The Commonwealth Games are held every ____ years.
9. _____ was awarded the right to host the 2014 Commonwealth Games.
11. In 2006, the Games were held in _____.
13. In 1930, the first Commonwealth Games were held in _____.

DOWN

2. The Commonwealth Games are the _____ largest multi-sporting event in the world.
4. 2010 Commonwealth Games are to be held in _____.
6. _____ left Commonwealth Games in 1972, but rejoined in 1989.
8. Bobby _____, a major player in athletics was the driving force behind the event.
10. The _____ of Commonwealth is humanity, equality and destiny.
12. The short form of the Commonwealth Games Federation is _____.

ANSWERS: 1. England 2. Third 3. 1978 4. Delhi 5. Australia 6. Pakistan 7. Four 8. Robinson 9. Scotland, 10. Motto 11. Melbourne 12. Canada 13. CGF

Saathi Baton Badhana

Delhi baton is made of aluminium, with an 18 carat gold leaf

Arushi Nagpal, XII A
AIS Vasundhara

The countdown for the Commonwealth generally begins with Queen's Baton Relay. This relay is held around the world prior to the beginning of the CWG. The Queen entrusts the baton to the first relay runner. At the opening ceremony of the Games, the first relay runner hands the baton back to the Queen or her representative who reads the message aloud to officially open the Games.

History

The relay was introduced in the 1958 British Empire and Commonwealth Games in Cardiff. The 2002 Relay covered over 100,000 kms and went through 23 nations.

Auckland, New Zealand, 1990: The baton was a two piece affair. Each piece went on its own relay run; only to be joined back together in the final week before the Games began.

The Commonwealth Baton relay was introduced in the 1958 British Empire and Commonwealth Games in Cardiff.

Victoria, British Columbia, Canada

1994: The baton was engraved with traditional symbols of the creative artists and culture.

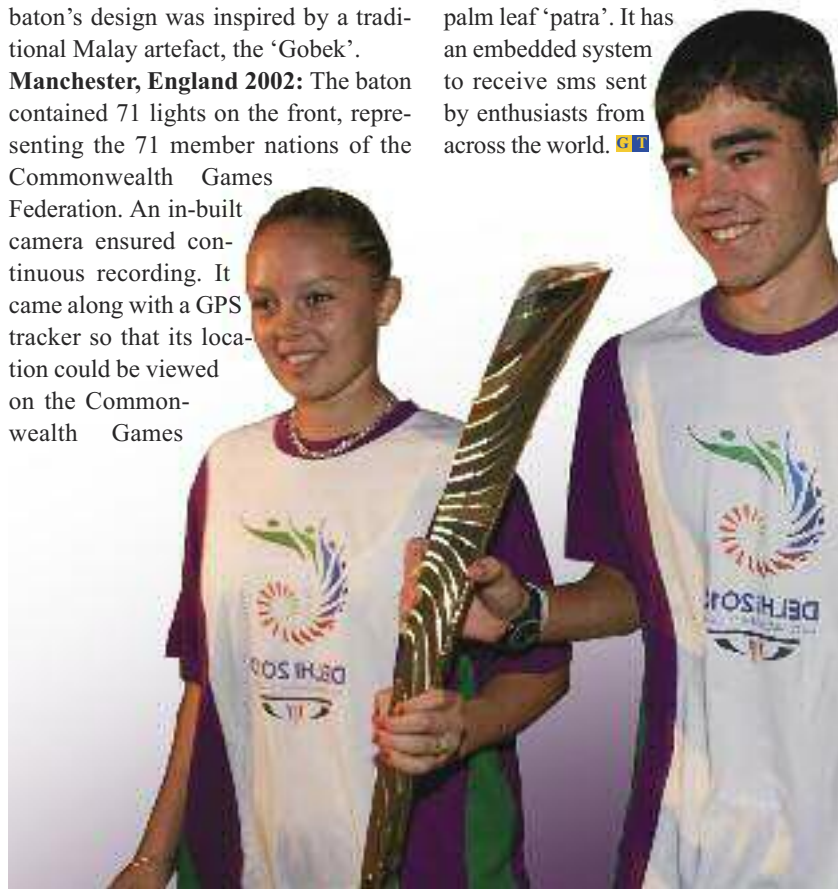
Kuala Lumpur, Malaysia, 1998: The baton's design was inspired by a traditional Malay artefact, the 'Gobek'.

Manchester, England 2002: The baton contained 71 lights on the front, representing the 71 member nations of the Commonwealth Games.

Federation. An in-built camera ensured continuous recording. It came along with a GPS tracker so that its location could be viewed on the Commonwealth Games

website.

Delhi, 2010: The baton is made of aluminium, with an 18 carat gold leaf carrying the Queen's Message. It is symbolic of the ancient Indian palm leaf 'patra'. It has an embedded system to receive sms sent by enthusiasts from across the world. 



Commonwealth Games: A Golden Opportunity

Chhavi Srivastav

XI – B, AIS Vasundhra

The Commonwealth Games will be the largest multi-sport event to be conducted in India, with a budget of approx US \$1.6 billion. With so much money and less than a fortnight in hand, India must tighten its belt to make the Games a success.

The Games have provided an opportunity to India for showcasing its sporting capabilities. With the Indian sportspersons not known for being at the top of the world (other than cricketers) and India being short of multiple



medals at the Olympics, the Games would be a good chance to motivate our new generation of sportsmen. The Games can be used to revise our cricket-centric mindset and develop interest in other games so as to develop a diverse and accomplished sports community. The Commonwealth Games are also expected to bring a boom to the tourism industry. Apart from the tourism industry, the Games will also boost our culture and heritage, providing a global platform to our ancient treasures.

We all know that time and again, India has proven itself and has sustained most of the challenges effectively. So, even this time, despite criticisms regarding the developments for the Games, India will prove that it surely can give the biggies a run for their money! What say, guys?[6](#)[1](#)

Short Story

The Scar Remains

Vasvi Sridhar, V C, AIS Vas-6

Once, there was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn’t loose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, “You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger they leave a scar just like this one. You can’t put a knife in a man and draw it out. It won’t matter how many times you say “I’m sorry”, the wound is still there. A verbal wound is as bad as a physical one. Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to us.” So we should make sure that we don’t hurt our friends with our temper. 🇮🇳

Yoshita Jeswal, VI, AIS Vas-6



Laugh Riot!

Krishna Dhasmana
II E, AIS V-6

Manoj: I’ve got a wonder watch. It costs only Rs.50/-

Krish: Why is it a wonder watch?

Manoj: Because every time I look at it, I begin to wonder if it is still working!



Mother: Put some water in the fish tank.

Son: But Mom, I put some yesterday and the fish haven’t drunk that yet!



Patient: Sister, will the doctor stitch up the wound well?

Nurse: Don’t worry; he was a tailor before he joined us! 🇮🇳



All about ants

Shreya Manchanda
IV-A, AIS Vas-6

From the clues provided find words that end in ANT

1. This ant is on a slope.
2. This ant is ever watchful.
3. This ant is openly disobedient.
4. This ant is an officer in the army.
5. This ant has entered a competition.
6. This ant is very submissive to command.
7. This ant can charm and delight you.
8. This ant is far away in space and time.
9. This ant has left a small portion behind.
10. This ant gets angry, especially at injustice.

Slant
Vigilant
Defiant
Commandant
Contestant
Compliant
Enchant
Distant
Remnant
Indignant

Alphabet Quiz

Garvit Verma,
Nur. – D, AIS Vas-6

Which letter is a drink?
Which letter is a vegetable?
Which letter is a body of water?
Which letter is a part of the face?
Which letter is an insect?
Which letters mean vacant?



Answer: 1. T (Tea) 2. P (Pea) 3. C (Sea) 4. I Eye
5. B (Bee) 6. MT (Empty)

Poem

Keep smiling

Antas Gupta, AISV-6

Let a smile always light your face
It adds to your grace
Always smile, don’t be sad
Even though things may have turned bad.

A smile can change your life trends
It can turn enemies to dear friends
If you want to have a good profile
Always carry yourself with a sweet smile.

If you want to win hearts of others
Just keep smiling in all weathers
If you want a happy life
Always keep up your lovely smile.

The Magic Of Three

Anmol Kasera
III-A, AIS V-6

Three people to respect:
Mother, Father, Teacher.

Three people to remember:
Neighbors, Elders, Siblings

Three things to maintain:
Friendship, Affection, Promise.

Three things to admire:
Beauty, Reality, Intelligence.

Three things to control:
Tongue, Action, Temper.

Catchy Quotes

Vagmi Sharma, VII-A, AISV-6

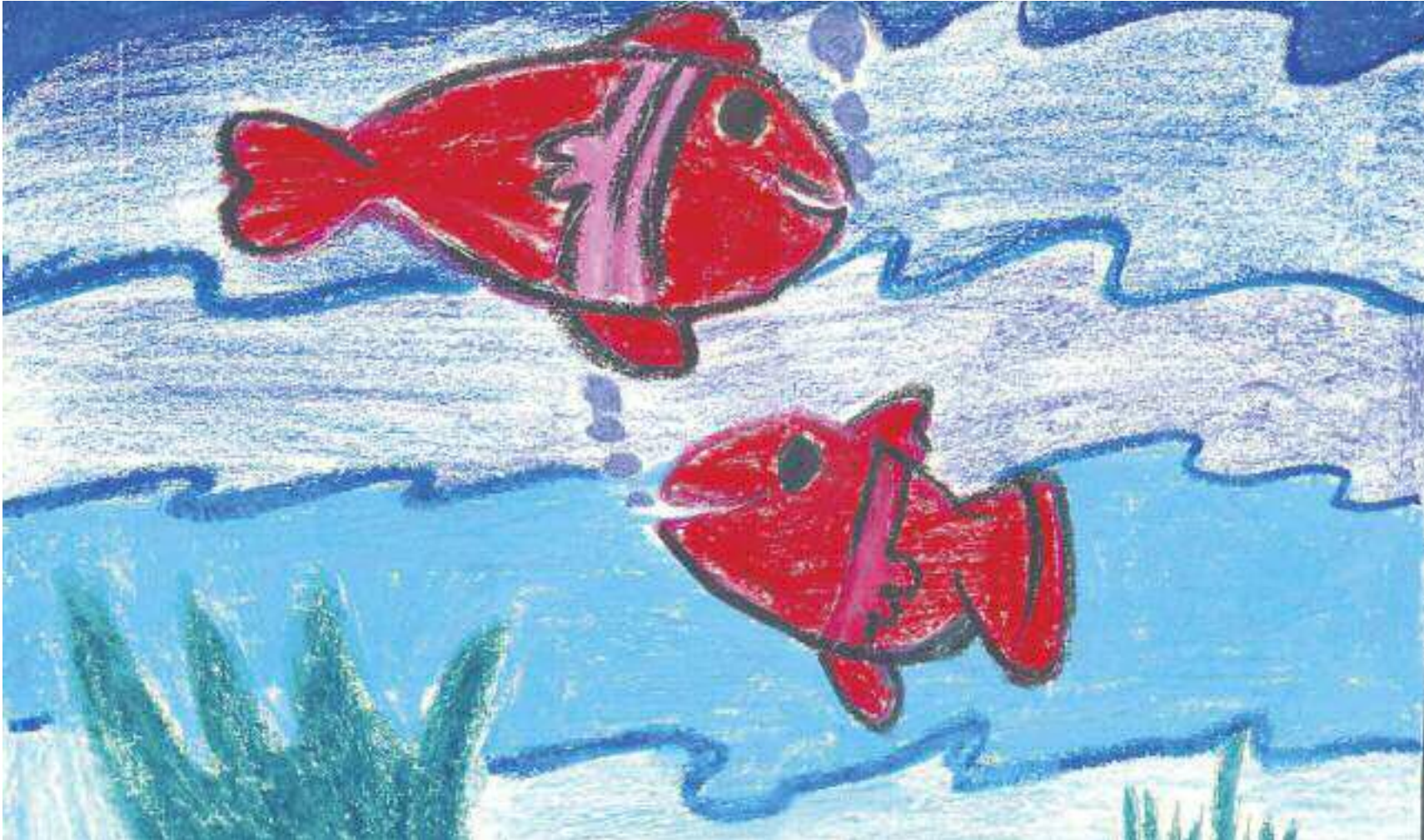
“Whenever you think you can or think you can’t, either way you are right.”

-Henry Ford

“All that we are is a result of what we thought.”

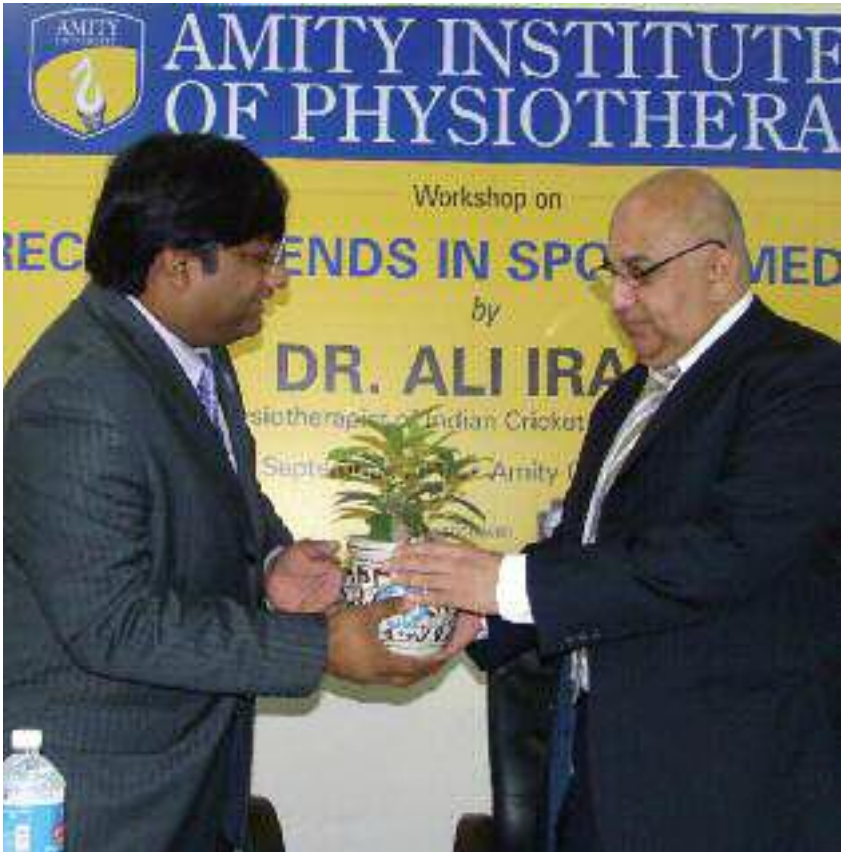
– Buddha

Anushka Gupta, III-C, AIS V-6





Celebrating World Physiotherapy Day



Amity Institute of Physiotherapy

It was celebration time recently at the Amity Institute of Physiotherapy. The institute celebrated World Physiotherapy Day in a bid to increase awareness about the significance of fitness. World Physiotherapy Day is celebrated globally on September 8 every year. Welcoming the distinguished guest, Dr. Nitesh Bansal (PT)- Director, Amity Institute of Physiotherapy (AIP) said, “Amity Institute of Physiotherapy is observing World Physiotherapy Day on Sep 8-9, 2010 to raise awareness about fitness and the vital role played by physiotherapists in combating lifestyle-related diseases and disabilities.” As part of the World Physiotherapy Day celebrations at Amity Institute of Physiotherapy (AIPT), the institute organized an interactive session with Dr. Ali Irani-Former Physiotherapist of Indian Cricket Team and President, Indian As-

Event Attendies

- Dr. Deepak Kumar- HOD, Dept. of Physiotherapy, Capri Institute
- Dr. Dinesh Samujh- HOD, Dept. of Physiotherapy, Metro Hospital
- Dr. Ashish Bawa, HOD, Dept. of Physiotherapy, MKW Hospital
- Dr. Megha Arora, HOD, Dept. of Physiotherapy, IRMAS College
- Dr. Niti Jain, HOD, Dept. of Physiotherapy, R.K. Hospital
- Dr. Meenal, HOD, Dept. of Physiotherapy, Noida Medical Centre, Noida
- Dr. Vikash Virmani, Ortho Neuru Physiotherapy Clinic
- Dr. Bhaskar Munjal, G.B. Pant Hospital

sociation of Physiotherapists (IAP). The interactive session took place at Amity Campus, Sector- 44, Noida. Sharing his thoughts about the increasing reach of physiotherapy, Dr. Ali Irani said, “Physiotherapy has even reached Pan African Countries and rural areas of Maharashtra through Tele Medicine consultations and treatment. In the next 2- 3 years, Tele- Medicines and Tele-Physiotherapy will be available on mobiles through 3G and 4G based technologies. Three years back, Physiotherapy was the

second best profession in USA and Indians will make it the first best profession in their country.” He also spoke about the increasing number of physiotherapists in the country. “The World Confederation for Physical Therapy (WCPT) has 101 countries as its members, who collectively represent over 3, 50, 000 Physiotherapists in the world out of which 35, 000 are in India, which means that 10% of world’s physiotherapists are from India,” he added.

Amity Institute of Training & Development

Achievement time!

Amity is a hub of achievements across various fields. It was achievement time again for Amity with Maj Vinod Krishna-Director, Amity Institute of Training & Development being felicitated with the Best Trainer for Corporate Communications Award by Journalist Association of India (JAI). With 42 years of rich corporate experience, Maj Vinod Krishna-



made for the perfect recipient of the award. Maj. Krishna has served Corps of Engineers of Indian Army for 16 years and had taken part in the Indo-Pak War of 1971. He has also worked as Head, Corporate Communications - ONGC and Head, PR & Training - Oil India Ltd. He has also organized corporate events in USA, Canada, Azerbaijan and Vietnam besides several in India. He has trained officers and men of Indian Army and corporate professionals of leading Public Sector Navaratnas and private sector organizations including Air India, ONGC, ONGC Videsh, Power Grid Corporation, Oil India, Oriental Bank of Commerce, etc.

HR Summit – Understanding the significance of human resources

Amity School of Insurance and Actuarial Science

Amity School of Insurance and Actuarial Science recently completed 10 years of its existence. To commemorate the occasion, an ‘HR Summit’ was organized, which served as the perfect industry interface. The summit included a ‘Workshop on IT in Insurance’ and a ‘Seminar on Grievance Redressal.’ Prof RR Grover- Director, Amity School of Insurance and Actuarial Science (ASIAS) welcomed the delegates and participants to the summit that involved various informative sessions. Some of the interactive sessions covered in the summit included “How to groom young leaders for 2012 for productivity enhancement” and “Gap between Corporate policy and implementation at ground level.” Inaugurating the HR Summit, Mr Rajesh



Kalra- MD, RMSI shared several employee retaining initiatives with the audience. RMSI has been ranked as the “Best Employer in India” for three years in a row, as per “Great Places to Work for” survey conducted by Great Places to Work Institute, USA. Mr Kalra, who is also an internationally renowned Geo-spatial expert, emphasized on the need for treating employees with respect and dignity for successful

employee retention. He also suggested management personnel to acknowledge the employee’s drive to succeed and provide them adequate opportunities to achieve the same. Sharing his views during the session, Mr. Devi Singh- GM (Personnel), Oriental Insurance Co., opined that in every industry, customer satisfaction is paramount. He said that relationship building is the first step towards customer satisfaction. He shared how the attrition rate of his organization from the time he joined fell from 3% to a meager 0.4% at present through the effective use of communication channels, feedback system, timely promotions and increments. The HR Summit reinforced employees as the most important resource for an organization. All in all, it was a great learning experience for everyone.



Amity School of Engineering and Technology

Competitive motivation

Amity School of Engineering and Technology organized Corporate Forum to motivate the students for competitive examinations and make them aware of the importance of the same. Mr. Ankur Jain, Chief Knowledge Expert, T.I.M.E, Noida and Mr. Prakash, Marketing Executive, T.I.M.E were the guests of ho-



nour for the occasion. Mr. Ankur Jain, Chief Knowledge Expert, T.I.M.E, gave various tips and tricks for group discussions to the students. He also offered technical advice to crack competitive exams. Mr Jain emphasized the need for working in a group by stating that a person is not faceless if he or she works in a group. While speaking about the importance of group work, Mr. Jain said that formal group work starts from the school level. Individual brilliance is also counted since school days but along with individual brilliance, team work must be given equal value. The session was very informative and will help the students to decide their career in the long run.





Vasudha 2010 takes off Stage I

Amity International Schools Children Science Congress: An effort to develop skills of children through hands-on activities



**Dr Madhu Phull, Advisor
Science Communication, Amity**

Amity International School is envisaging year long Science based activities under the umbrella of Vasudha 2010. It is planned to organize different participatory activities involving youngsters of Amity capacitating them to grow as resilient members of the society. Learning by research/

problem solving method is one such format. For children in the age group of 10-17 years, participation in these project mode activities leads to their participation in National Children Science Congress activities (a regular program of Department of Science and Technology, GOI) and other national and International competitions viz, 'Initiatives for Research and Innovation in Science' (IRIS), a combined effort of CII, DST

and Intel for motivation of children, IG-NITE a program of National Innovation Foundation (NIF), Kishore Vaigyanik Protsahan Yojna (KVPY) and so on. It is the vision of Chairperson Dr. Amita Chauhan that these activities are introduced at Kindergarten level. All children in the age group of 5- 10 are involved in these projects and do small activities/dorable experiments according to their capacities.

Projects displayed				
	No. of Projects in Round 1		No. of Projects in Round 2	
	V - VII	VIII - XII	V - VII	VIII - XII
AIS V- 6	100	50	13	15
AIS Noida	181	322	67	77
AIS Gur-43	86	80	17	31
AIS Gur-46	77	160	31	31
AIS MV	122	118	29	34
AIS Saket	90	120	32	53
AIS PV	99	72	19	33
Amitasha	-	18	-	-
AIS V-1	10	-	6	-

Usually the theme for Children Science Congress is discussed and announced in the National event held in December every year. In the NCSC 2009 held during December 27- 31, 2009 in Gandhinagar (Ahmedabad), it was decided that the issue to be focused is 'Land Resources and its Uses.' Thus, the core issues to be covered in Vasudha 2010 were discussed with experts from Soil & Land Use Survey of India, Noida, Dept. of Science & Technology, and Amity University. The discussions resulted in deciding the basic issues of focus and certain activities

The screening of projects of children in the age group of 10 -17 years was done in 2 rounds..

Round 1 – Internal screening using a panel of evaluators to be formed using the teachers of the same school. Care was taken that Guide teacher of a

class did not become part of the panel for the same class. The panel marked them on the basis of content of the Report, log book and a few questions from the group.

Round 2 - Science fairs were organised in the schools. Projects were displayed along with presentations during the Science Fair which were open to parents, visitors and evaluators. The work of nursery and primary were also on display. Other activities like small skits, *nukkad nataks*, etc. were part of the festivity. The Inter Amity competition and a common valedictory function is planned in September end. The top projects selected in the 2 age groups will participate in the district level of National Children Science Congress. To check out the most outstanding Vasudha projects selected from all Amity schools, log on www.theglobaltimes.in.

Amity students sweep NTSE

National Talent Search Exam is a flagship activity of the NCERT started in the year 1963. The purpose of the scheme was to identify talented students and nurture their talent. The scheme covers areas like Sciences, Social Sciences, Engineering, Medicine, Management and Law. It honours and helps talented students by providing financial assistance in the form of a monthly scholarship. Amity students who cleared NTSE...

AIS Gur-43

Karan Dwivedi, IX
Sarisht Wadhwa, IX

AIS Gur-46

Chirag Agarwal, IX

AIS Noida

Nishant Roy, IX G
Mayank Mittal, IX I

AIS Saket

Akshat Boobna, VIII
Anant Jain, VIII
Yash Chowdhary, VIII

AIS Vasundhara-6

Khushboo Sharma, IX

AMUN nurtures young leaders

Arjun Hans, AIS Saket

AIS Saket

Amity has been a champion in fostering and nurturing the eager young leaders of tomorrow, under the sagacious guidance of Dr Amita Chauhan, Chairperson Amity Group. Amity Model United Nations 2010 is merely an affirmation of this truth. This renowned event is a focused pursuit to usher awareness and passion about international affairs among students. The Student Council of AIS Saket, in conjunction with Teacher in-Charge, Mr Sumedh Kapoor, conducted the fourth edition of this annual conference from 21st-23rd August, 2010. This forum played host to a dazzling 300 students ranging from class VIII-XII, including

several venerable alumni. This year's conference featured several unique and revolutionary concepts. The assembly was presided by an impartially selected executive board, composed of experienced and accomplished MUN delegates the school has produced over the years. Two new committees were added to the lineup: G8+5 Summit and Crisis Committee. The other three councils were General Assembly, Security Council and Human Rights Council. For three straight days, from early morning to late afternoon, these passionate and energized delegates discussed, assessed and solved some of the most intractable and implacable problems facing the international community, from the impending threat of climate change to the volatile

situation in Middle East. In this simulation of the United Nations, our Amityans proved to be capable future ambassadors in their inimitable and fervent approach to tackling the world's challenges. The event concluded with a well-coordinated and perceived closing ceremony, which showcased several captivating dance numbers and an uproarious video crafted by the Global Press, reminiscing some of the memorable moments witnessed by the participants. In the award ceremony, meritorious and exceptional delegates were awarded. The executive board and organizing committee members were felicitated. The future looks bright for this conference, a manifestation of every Amityan's thirst for knowledge and empathy for humanity.

Meri Dilli Meri Yamuna

The citizen awareness campaign titled "Meri Dilli. Meri Yamuna" launched by Art of Living and further collaborated with CBSE was taken forward enthusiastically by young campaigners of AIS Vasundhara, Sector 6, Ghaziabad Under the guidance of our Chairperson Dr Amita Chauhan, the young crusaders worked taking up the cleanliness drive at Max Hospital, IP Extension. They along with teachers rendered a self composed song with fervor and enthusiasm instilling in the people a desire to take up this cleanliness campaign. The students urged the shopkeepers to maintain cleanliness, distributed awareness pamphlets and made the people take a pledge on a Clean, Green and Vibrant Delhi-NCR! They further picked up polythene, wrappers and other litter from the area. These young leaders of change, sensitized the public and inculcated a sense of responsibility towards community and the nation at large by their very act.



Have wings, will fly... Have eyes, will see...

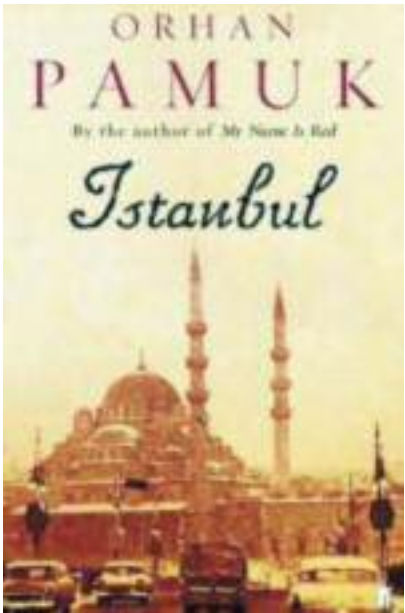


Through the looking glass: Harshit on one of his bird trails

Harshit Singh, IX A, AISV-6

The truth is I might fall for a bird (from a ledge...) rather than fall for a girl! At least, that's what I believe. And this is what actually happens when something people take up as a place to reside in their solitude becomes a passion and a dream to live for, and that's what happened with me! At the age of six in 2002, I made my first ever birding trip with my maternal uncle to the Okhla Industrial Area and that was something that made my life. It was just a lovely hobby until the next day of our visit when it came out in the newspaper '3000 birds dead at Okhla due to Industrial Waste.' Hadn't it been just yesterday I had gone to that place? This was something that made me realize my dream to work for birds. I finally realized after participating in the 2nd Great Himalayan Bird Count in 2009 that my dream to become an Ornithologist had become a passion, especially after meeting with people who specialized in the field. Ornithology is a whole new world of opportunities. In our country, where Wildlife in abun-

dance is least bothered about, Birding and Ornithology are the best options to turn people's attention towards Conservation. The best part about Birding is that just about anyone can do it, you only need a pair of eyes or if not, a pair of ears for it! Rural Youth all over India are being made part of Birding and in reality, they are much more aware and concerned than urban inhabitants in the field of conservation especially, Avian. I have also started an Inter-Amity group known as 'Magpies & Tree pies' exclusively on Birding with some professionals in the league too and with a success of 83 members yet. One can join the group by finding us on Facebook as 'Magpies & Treepies' or from our site 'www.magpiesandtreepies.hpage.com.' **Ornithology as a Profession:** It's quite easy to become an Ornithologist; all you need is 10+12 (PCB), a life sciences degree and a year long course from the Bombay Natural History Society on Ornithology (mind you, it's a tough competition out there with only 30 annual seats!). Your expenses for the course can be anywhere between Rs. 20,000-50,000 per month within India, but in countries where the field has developed, the offer itself starts from 20,000 pounds and ends at a whopping 50,000! Birding is an art of extreme concentration and there is extreme brainstorming waiting for you at points where you need to decode evolutionary theories, feeding prowess, etc. More so, I sometimes feel it is birds that demand more attention than our Tigers for now with a very important vulture species having a population below 200, it's like a wake up call. Try Ornithology! You'll find Heaven... ☺



Istanbul Memories and the city

Viplav Acharya, XII B, AIS V - 6

Istanbul is the story of how Orhan Pamuk (a noble laureate) grew up and how deeply he connected all that happened with him to what had happened with his city Istanbul. In the book every phase that the author goes through in his life is intricately compared to what the city went through and surprisingly the connection established always makes you read more. In his loneliness, Orhan is addicted to Istanbul. In the book, the history of the city, its glory and sadness can be felt. Istanbul's vivid beauty has been truly captured in every page. We all have a mentor in life, for Orhan, its Istanbul. The language of the book is innocent a factor that binds you to the book. It's a serious piece of literature and its author has been rightly awarded the Nobel Prize. A must read for those who wish to study the bridge between east and west. Deeply moving, the book stays with you long after you've read it. ☺

Last ka BLAST



Ayushi Tayal, VIII B & Ruchi Avtar
VIII B, AISV - 6

Taking out a friend's notebook to complete last night's homework, our first glance goes to the last

page. You want to know why? Just to see their *Kalakari*. The last page is one of the most interesting pages one can find in a copy. It is full of notes, question/answers and different types of junk. Only in an average student's copy, you can find amazing doodles. This includes comics, cartoon characters, secrets (you guys know what I am talking about), and surely the age old tic-tac-toes! Open last page of anybody's maths notebook and you'll find it full of calculations. This is the most "*Khatarnak*" page. Often, children also practice their signatures and try writing their names in different styles on the last page. We must say that after a lot of practice, we can write our names in beautiful 3-D styles. Every page ends but one page never ends and that is the last page. That's because when it is full with all the *Kalakari*, we just tear the page and get a new last page! ☺



They're back

Viplav Acharya, XII B & Tishya Roy
Choudhary, VII B, AISV - 6

Maroon 5 is an American rock band from Los Angeles, California. While they were in high school, vocalist and rhythm guitarist Adam Levine, keyboardist Jesse Carmichael, base guitarist Mickey Madden, and drummer Ryan Dusick formed a garage band called Kara's Flowers in

1995 and released one album in 1997. They reformed, with guitarist James Valentine, in 2001 and pursued a new direction as Maroon 5. Their third studio album "Hands all over" releases on September 21 but Maroon 5 have planned a month long tour before the release. Misery, the brand new track, is so far the best. I am utterly convinced this track will go #1! The much awaited new single from Grammy Award winning

group Maroon 5 has a music video already! I know most of you are in shock and are hyperventilating right now, but yes, I have to say this is my favourite video from them so far. **Top 5 songs**
1) She will be loved
2) This love
3) Wake up call
4) Won't go home without you
5) Harder to breathe. ☺

