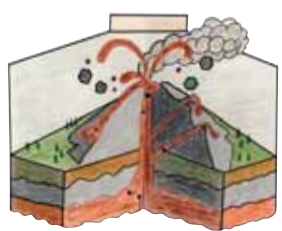


In Quotes

"I inaugurate projects that I launch. I don't think projects of such a tune were either inaugurated or their foundation stones laid in the past several years."

Narendra Modi
Prime Minister of India

INSIDE



Sleeping Giants, P4



Say Thank You, P6-7

AMITEpoll

Do you support MS Dhoni's nomination for Padma Bhushan award?

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

To vote, log on to
www.theglobaltimes.in

POLL RESULT

for GT Edition September 18, 2017

Do you think that an increase in women staff would improve safety in schools?



Results as on September 23, 2017

Coming Next

The story of Ramayana

THE GLOBAL TIMES

MONDAY, SEPTEMBER 25, 2017

www.theglobaltimes.in

Imaging: Deepak Sharma, GT Network

If there's something that has brought the world to its senses, it's coffee. As the world celebrates International Coffee Day on Oct 1, a lot is happening in India...

Sudeepti Naithani
AIS MV, Alumnus

Roasted coffee beans and smoky aroma; these are things any coffee lover finds hard to resist. So for a country obsessed with its indigenous tea, warming up to coffee is nothing less of a journey. But it's safe to assume that we have developed a taste for the product and the growing number of CCDs and Starbucks are only a testimony to that.

Production

Who would've have thought that the Chai loving nation would ever open its arms for coffee? As of now, India is producing approximately 3,20,000 metric tonnes (MT) of coffee, 1,00,000 MT of Arabica and 2,20,000 MT of Robusta. This makes it the seventh largest producer of coffee globally. According to the Coffee Board of India, area under coffee plantations in India has increased by more than three times, from 120.32 hectares in 1960-61 to 397.147 hectares in 2016-17. The export earnings from coffee have also shot up exponentially from \$177.26 million in 2001-02 to \$699.67 million in 2016-17. Meanwhile, the little boy moved over his glucose biscuits and is enjoying coffee flavoured cookies, a flavour that was equally enjoyed by his sister in her cake. And when the two could not get

...Over a cup of coffee

their hands on either, they enjoyed the good old Nescafe made by their mother at home.

Gourmet coffee

The land of tea-drinkers was never really oblivious to the art of coffee. Our story brews back to the time of "meter coffee" that derives its name from the method of combining and frothing the hot drink by pouring it back and forth between one receptacle and another, often at an exaggerated height. The indigenous method of making coffee has paved way to espresso machines and subsequently all that the world of cocoa beans has to offer - Latte, Cappuccino, Decaf, Espresso...you name it! And today here we are sipping gourmet coffee - from organic coffee to pulp sun dried variety. Coffee is being cultivated amidst citrus

cultivations, in densely forested areas et al to give us distinct cup profiles. The monkey kissed

harvested. No wonder consumers go bananas for the monkey-spit brew! Meanwhile, the humble chaisamosa in office meetings paved way for the sophisticated cookies and coffee.

Coffee chains

Our past is marred with rather stale coffee as the beans were imported from Europe, resulting in a brew that was anything but fresh. And just FYI, it was us, the Indians, exporting our own high quality beans to Europe, where they were blended with other beans. And the naive coffee connoisseurs that we were back then, we then imported them at higher prices. But even when we did have our own ground coffee, the coffee chains in India had little idea how to brew it and tried to dissolve it in hot water (suited

beans are a real testimony of our penchant for specialised flavours. What's special about this coffee is that caffeine addicted monkeys suck on the coffee beans once they are

Coffee Facts

According to the Coffee Board of India, area under coffee plantations in India has increased by more than three times, from 120.32 hectares to 397.147 hectares

for instant coffee, but not ground coffee). Things have changed and we have come a long way from traditional 'kaapi bars' down south to humble CCDs and slightly extravagant Starbucks. Our coffee chains know how to brew it right, if the growing numbers are any indication to go by. Cafe Coffee Day now has more than 1,200 outlets in 175 cities. Starbucks opened its first store in 2012 and now has around 75 outlets; Barista Coffee which had around 250 stores has plans for another 550 by 2019 and so on. Meanwhile, in a non-descript average Indian household as the guests arrived, the grandfather announced, "Aaj coffee banaiye." Not a word more was said for the scintillating aroma conveyed that it was a special occasion indeed.

Both Ram and Ravana are inside us...



... says **Raj Kumar Sharma** who has played Lord Ram on stage in 'Sri Ram' for the past 15 years. In an interview with GT Network, the 35-year-old shares his challenges of playing this revered figure, and how it has changed him personally



On playing Ram

I have been playing Lord Ram for more than a decade, yet every time I learn something new while enacting this role. His qualities have taught me the true meaning of life and motivate me to look at life in a different perspective. Also, I feel, that since Ram embodies qualities like goodness, kindness, generosity and respect for elders, we all need to imbibe these good virtues in our lives.

On body language

The biggest quality of Ram was that he was quiet and peaceful. In order to get into the skin of the character and keep my mind calm, I have got a separate green room for myself because there is a lot of noise in other green rooms. Also, to take on this multifaceted role, I rehearse quietly in my room. I also regularly go to the gym and do yoga to get a muscular body that resembles

Ram. Apart from this, I have also worked hard on having that mystical smile on my lips that Ram is known for. In fact, playing Ram for so many years has also helped me become a calm and patient person.



On Ramlila style

Every year, we try to keep our choreography fresh and innovative. We also try to add new scenes to bring out something

new for the audience. This year, we have mainly used martial art forms like Chhau and Kalaripayattu. Also, many people fear that Ramlila will go out of fashion, but this will never happen because we are incorporating contemporary storytelling to retell these tales.

On Ram's relevance

Well, it is difficult to find a modern day Ram. But we can always

make an effort to at least remove the vices within us to be better human beings. We all have to understand that both Ram and Ravana are inside us, we just have to work consciously to develop the good part. Unfortunately, there are more Ravana today. So, our younger generation has to choose the right path.  

(It is being staged at Shriram Bharatiya Kala Kendra's lawns at 6:30 pm daily until Oct 17)

Favourite dialogue: 'kaho maat pita dukh kaaran, karahu jatan jo dukh nivaaran'

Best compliment: My walk as Ram transports people to satyug.

Favourite character: Jatayu, because Anurag Jha plays the role from his heart. He takes as many as 15-30 backflips before jumping into the audience.

Best scene: Rajyaabhishek. It's a grand scene mounted on an epic scale.

Toughest act- When Ram gets angry after Jatayu's vadh. Portraying a sober, subtle Ram who transforms into this rudra roop is the toughest.

World at a glance

GT keeps the newswire ticking by bringing you news from around the globe

Santorini is an archipelago of five islands that is part of Greece. This island is located in the Aegean Sea, a part of the Mediterranean Sea.



Santorini

UK

'Anti-terror fund' to counter extremism



The search giant, Google announced to give a total of \$1.3m to fund projects dealing with extremism in the country. The fund would be distributed in partnership with Institute for Strategic Dialogue (ISD), a UK-based counter-extremist organisation. With such technology driven funding system, extremism could be countered both online and offline.

Russia

Three injured by military attacks



During a large scale military exercise, a Russian attack helicopter fired a rocket into a group of three people close to Nato's border. The seven day drills are taking place in Russia and Belarus, in order to simulate a Nato-backed separatist revolt in northern Belarus.

Japan



New satellite designed

A new observational satellite has been designed by Japan's space agency. The satellite 'Shikisai' would help in accurate predictions of global climate change. It is 2.6 metres wide and 4.7 metres high, equipped with two optical sensors to monitor aerosol particles in the atmosphere.

Mexico

Earthquake shakes the city



Nearly 226 people lost their lives when the strongest earthquake with a magnitude of 7.1 hit the city. The epicenter of the quake was close to state of Morelos about 130 km away from Mexico city. Rescue workers and emergency personnels are being deployed to find survivors trapped under debris.

USA

Threat to destroy North Korea



During the UN General assembly, US President Donald Trump made an aggressive speech stating, "The United States has great strength and patience. But if it is forced to defend itself or its allies, we will have no choice, but to totally destroy North Korea. Rocket Man is on a suicide mission for himself and for his regime."

Puerto Rico



'Monster storm' devastates island

Hurricane Maria, the storm of the century made its landfall on the island with 155mph winds. The debris left last month with Hurricane Irma hitting the island proved extremely dangerous as winds of Maria blew off the top roofs and doors. "The power from island is blown off, the entire system is down and could take several months to restore," Governor Ricardo Rosselló said.

India



Supermassive black holes discovered

Two scientists from National Centre for Radio Astrophysics, Pune discovered two closest ever black holes. The scientists, Preeti Kharb and Dharam Veer Lal revealed that the holes are located about 400 million light years away from earth in a super-massive binary black hole system.

Myanmar


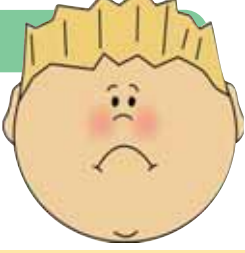
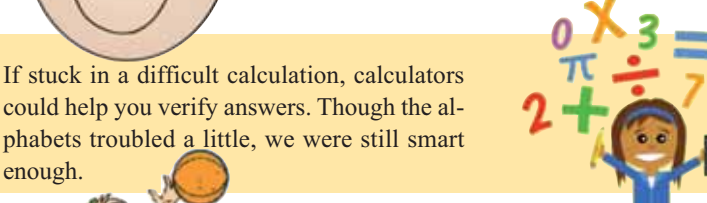

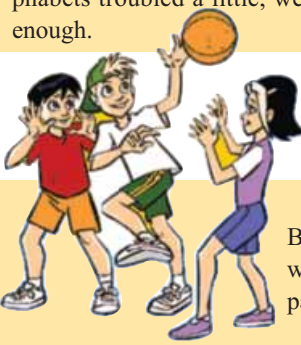
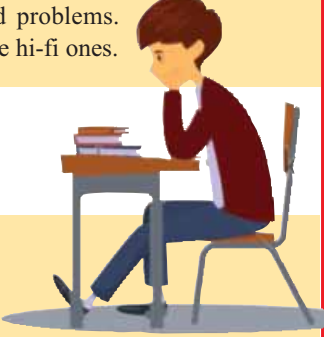

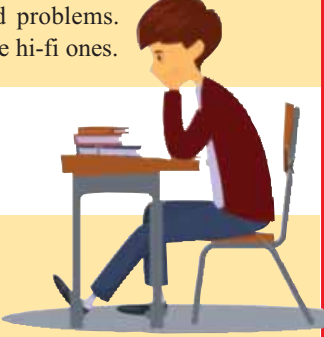
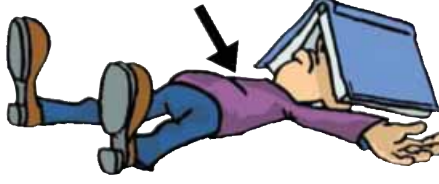

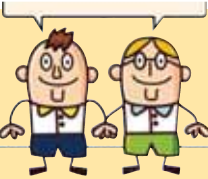



Committed to restore peace

The state counselor of Myanmar, Aung San Suu Kyi, assured the world in her first public speech that Myanmar is ready to take the necessary action to address the ongoing Rohingya crisis. She said, "We condemn all human rights violations and unlawful violence. We are committed to the restoration of peace, stability and rule of law throughout the state."

On the other side of 09

They say the grass is always greener on the other side, but not so much when you are in Class IX. With boards making a comeback in Class X, things take a turn as soon as you reach the other side of number 9. **Mudit Aggarwal, AIS MV, XI**, brings the before and after of this 'lakshman rekha'.

BEFORE		AFTER
 <p>We relaxed due to little syllabus; studied for the exams a day before the exam and prayed to get full marks. Courtesy - Internal exams!</p>	Exams	 <p>Week long cramming and unfinished syllabus- all a part of the exam routine and pray that we do not fail. Courtesy-Board exams!</p>
 <p>If stuck in a difficult calculation, calculators could help you verify answers. Though the alphabets troubled a little, we were still smart enough.</p>	Math	 <p>With tan, cos and sin coming in, no calculator could help us solve complicated problems. Not even the hi-fi ones.</p>
 <p>A great way to hang out with friends and reaffirm that nobody studies.</p>	Group studies	 <p>Group studies are almost redundant, due to the fact that the 'travel takes too much time' and 'it's boards'.</p>
 <p>Basically, a formal get-together of friends, with the teacher lecturing, which nobody paid any heed to.</p>	Tuitions	 <p>An actual place to study with notes, kilograms of reference books, and pens. Parents pay extra for the best teachers in town.</p>
 <p>Glancing over the books for one last time, just to make sure that no topic is left out.</p>	Revision	 <p>You have time for revision? Did you actually complete the humongous course?</p>
 <p>This becomes the best way to please your parents and make them buy you a new game, as all you had to do is chat with friends the whole night, with the lights on. Good luck if you are caught, though!</p>	Late night studies	 <p>Studying the entire night, hoping that you complete the syllabus tonight, and don't have to sacrifice your precious sleep the next night (Remember, not all hopes get fulfilled).</p>

Amity Institute for Competitive Examinations

Presents

Brainleaks-219 FOR CLASS VI-VIII

Find the area of the equilateral triangle which is inscribed in a unit circle.

(a) $\frac{3\sqrt{3}}{8}$ sq. unit (b) $\frac{3\sqrt{3}}{4}$ sq. unit

(c) $\frac{\sqrt{3}}{4}$ sq. unit (d) $\frac{2\sqrt{3}}{8}$ sq. unit

Last Date: SEP 29, 2017

3 correct entries win attractive prizes

Ans. Brainleaks 218: (d)

Winner for Brainleaks 218

I. Anchit Gupta, IX C, AIS PV

Name:.....

Class:.....

School:.....

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

Lost & not found

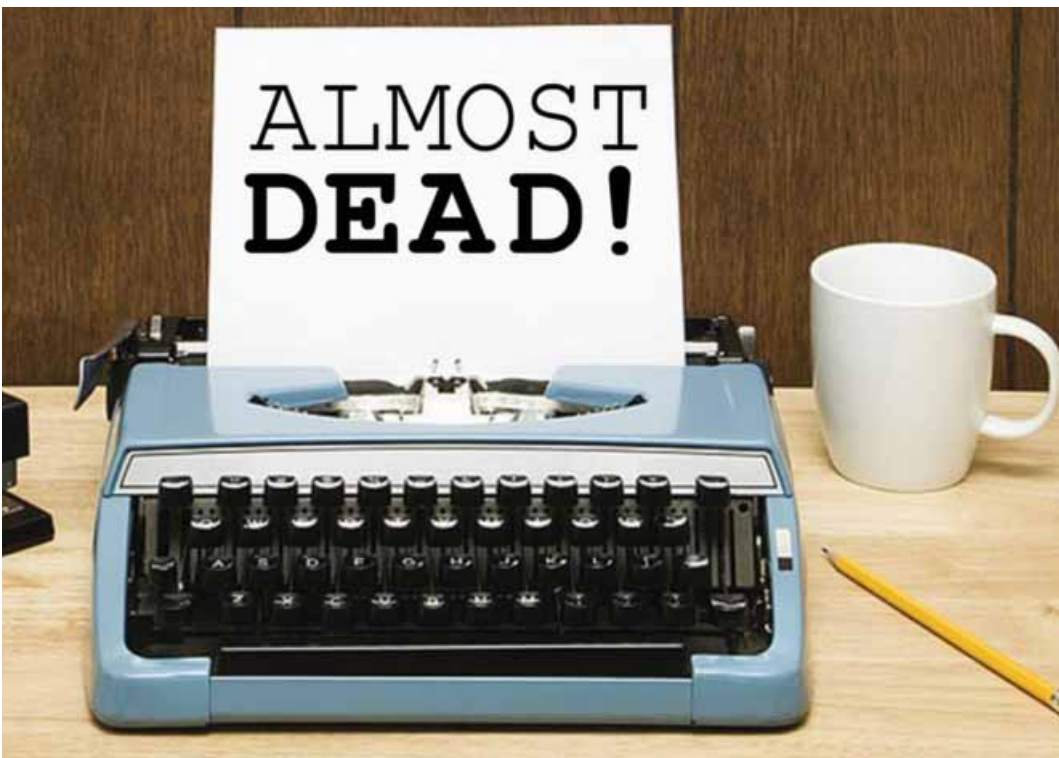
What if you are lost one day and no one makes an attempt to find you? Feels tragic? These professions feel exactly the same way

Gayatri R.
AIS Noida, Alumnus

Most of us in this new age society, like to become engineers, doctors or lawyers. These professions have always been important. It might sound unbelievable, but there was a time, when many aspired to practice professions other than these. These were not technologically progressive, but they sure had their own charm. But with technology taking over, all these charming professions have whether vanished or found place in obscure corners where no likes to look. Take a look at some dying professions, which once were a hit but now have been hit hard by technology.

Stenographers
Gone are the days when people required a typist to get their work done. Nowadays, the keypads on laptops, or even better on our smartphones have rendered this profession obsolete. The typewriter is just an antique piece now, trying hard to make its way to the museums.

Calligraphy writers
Earlier in the royal courts, kings called calligraphy writers who in the most artistic way wrote the farmans and local letters. The



kings have surely bid us an airy adieu, and so have these professionals. The introduction of umpteen number of fonts on the web has rendered their job useless. So what do they do now? Fill cursive writing books?

Sewing machine operators
In today's time, with all fabrics made from automated looms, becoming a sewing machine operator is no longer a viable option. The sewing machine has

shifted from being the essential part of a well-paid occupation to just another household item.

Mail sorters
What happens to those thousands of letters and packages at a post office? In the fast moving world, nobody is ready to wait for people to sort letters to be sent. This is now done using advanced technology and no one is ready to take up the tedious job of sorting mails either! Most of us haven't visited a post office even once.

Photo processors
With the introduction of digital cameras, gone are the days when you could earn a living by converting negatives into photos. Though there are people who still process photographs, this occupation has evolved massively. At the same time, it is slowly declining with people preferring to save their memories digitally, saving the clicked photographs in drives rather than preserving those long pieces of paper for getting a copy.



Best Law Teacher Award

AUUP
Distinguished Jurist Chair, Professor of Eminence & Chairman, Amity Institute of Advanced Legal Studies, Dr Tahir Mahmood was honoured with prestigious 'Prof NR Madhava Menon Best Law Teacher Award 2017' in recognition of his service in the field of legal education and profession during the 9th Teachers' Day Award function organised by Society of Indian Law Firms (SILF) and Menon Institute of Legal Advocacy Training (MILAT). The event saw the presence of Dr Ashok K. Chauhan, Founder President, Amity Universe, along with other distinguished guests, Padmashree Prof NR Madhava Menon, Hon Prof and IBA Chair on Continuing Legal Education, NLSIU, Bengaluru; Prof Ranbir Singh, Founder VC,

NLU Delhi; RS Suri, Sr. Advocate and Prof Siva Kumar, Member, Law Commission of India and Lalit Bhasin, President SILF & Bar Association, India. Expressing gratitude, Prof Dr Tahir Mahmood stated that the honour bestowed upon him is very special as it bears the name of celebrated legal luminary- Prof NR Madhava Menon. He also thanked the esteemed members of the jury. During the ceremony, legal educators, lawyers, jurists and students were felicitated with awards in different categories such as 'SILF- MILAT Legal Education Innovation Award-2017', 'SILF- MILAT Institutional Excellence Award', 'SILF- MILAT South Asian Jurist Award', 'Best Law Students Awards' et al by the eminent guests, who were present on the occasion.

Courtesy: Amity Media Cell

Beauty goes bizarre

Aloe vera, essential oils, sandalwood, vitamin E... all of these are passe. New age beauty products have an ingredient list that is wacky to the extent of bizarre. We bring you some of them...

Ritwik Kar, AIS Noida, Alumnus

Whoever said “Beauty lies in the eyes of the beholder” perhaps did not anticipate the modern takeaways of the 21st century. Today, beauty lies inside tiny boxes, packaged under fancy names and is sold at exorbitant prices. If this seems an exaggeration to you, then a look at some modern cosmetics will perhaps make this story more believable. For those who do not believe hearsay, we bring you the proof.

Holika Holika Bird's Nest Gold Leaf Cream

It isn't just Patanjali that swears by ‘prakriti ka saundarya’. There are so many others out there in the market tapping the beauty of nature in ways none of us ever imagined. Case (oops, product) in point - Holika Holika Bird's Nest Gold Leaf Cream.

This miracle of a product offers everything you can ask for - skin radiance, glow, anti-aging, boosts elasticity and what not (Or at least that is what the makers claim). And it does that with a secret ingredient - bird's nest extract which contains amino acids, collagen, and vitamins. This cream also makes use of gold. No, not gold extract but 99.9% 24K pure gold fine particles that detox-



Imaging: Anju Rawat, GT Network

ify the skin and work as an anti-aging and wrinkle treatment.

Available: Holika Holika stores and online stores

Price: \$150

NuFACE Trinity Facial Toner

The ‘NuFACE Trinity Facial Toner’ is

an innovative device that does the task of rejuvenating and invigorating the face. The most eye catching feature of this product is its ability to use micro currents which makes the skin more supple and fluffy. During the micro current process, a low level of electric current stimulates Adenosine Triphos-

phate, a chemical present in the muscles which drives production of collagen and elastin. So, the next time you are wondering about the ill-effects of electricity, remember that it can do wonders to your skin.

Available: Sephora & Amazon

Price: \$325

Tonymoly Pure Eco Snail Moisture Gel

This product raises the bar to the highest level in the field of eccentricity. This gel contains snail slime that is supposedly known to provide a calming effect to the skin. Since, snail slime is rich in enzymes such as humectants, peptides, proteins and antioxidants, it aids in the treatment of skin problems such as acne, along with diminishing the appearance of blemishes and wrinkles. This new beauty miracle treatment leaves the skin nourished undoubtedly and has inspired several beauty companies in South America.

Available: Amazon and eBay

Price: Above Rs 3000

Besolbo's Salmon Egg Return Cream

Ever thought of applying eggs and that too Salmon eggs on your face? This food item is beneficial for treatment of skin issues viz acne, dark spots and rough skin. With salmon eggs as the key component, it regulates moisture, enhances the skin's colour, texture and improves overall appearance. The product promises to work wonders for those with hypersensitive skin and is extremely effective in treating sagging and dull skin.

Available: Amazon and eBay

Price: \$35

Illustration: Daksh Rawal, AIS PV, X

Sleeping giants

They can sleep for years. But once they wake up they wreck havoc. **Daksh Rawal, AIS PV, X, explains what a volcano is made of?**

1 Vent

The vent is the opening through which the magma flows out.

2 Conduit

This is the passage through which magma travels before it reaches the earth's surface.

3 Lava

The magma that reaches the earth's surface is known as 'lava'. It is liquid/semi-solid in state and flows down the sides of a volcano.

4 Ash Cloud

When a volcano erupts, an ash cloud is formed near the vent of the volcano. It comprises powder rock and lava.

5 Throat

It is the entrance of a volcano. The part of the passage that ejects lava and volcanic ash.

ACTIVE VOLCANO

7 Crater

It is a bowl shaped depression, like an open mouth through which the lava comes out. It houses the vent. The size of a crater depends on the type of explosive volcanic eruptions taking place.

8 Volcanic bombs

The explosion of volcano leads to the formation of lumps which are thrown out of the volcano in the air. These lumps cool down in the form of solid fragments before they reach the surface of earth. They can be as large as 64mm in diameter.

9 Fissure

Cracks that are formed on the earth's surface due to pressure exerted by molten magma. Lava can flow out of these fissures without any volcanic eruption.

10 Flank

This is the side of the volcano, on which the lava flows. Basically, this is like the side of any mountain.

6 Magma chamber

This is the place where the magma is stored before it erupts on the earth's surface. Magma is the liquid rock stored below the earth's surface. This molten rock is very hot. As a result of the heat, there is high pressure in the magma chamber.

What is a VOLCANO ?

A volcano is a vent or a 'chimney', which connects molten rock (magma) from within the Earth's crust to the Earth's surface.

First trace of humans on Thira (Santorini) is dated from 6,000 BC.



Santorini

Simple acts of gratitude

Dr. Amita Chauhan
Chairperson

As you read this newspaper, the last word that perhaps comes to your mind is ‘thank you’. Are you thankful for being literate enough to be able to read this newspaper? Are you thankful for studying in an institution like Amity

that offers great platforms like GT, the one that you are holding in your hand right now? Let’s pause and muse over this.

We often take a lot of things in our life for granted. Simply because we enjoy certain privileges, that we forget to acknowledge the fact that we are purely lucky to enjoy them in the first place. The quality of showing gratitude for all blessings in our lives allows us to stay grounded and appreciate the joy of small things. A school, for instance, is often judged primarily on the parameters of infrastructure and quality of the teaching staff, but what we often forget is the vital role our umpteen ‘didis’ and ‘bhaiyas’ play in streamlining its functioning. They are the ones who ensure that classrooms are clean before you enter the premises. Just imagine a day without them and probably you could foresee the chaos. So, you can just begin with acknowledging the work they are doing and thank them. Once you start being grateful for all the little things, as well as big things in life, you will automatically start feeling happier. Often, I see students complain about a strict teacher or about the amount of homework they are given. Instead of complaining, they should feel gratitude for being lucky to have a teacher who is interested in teaching them. So, my dear children start looking at the larger picture. You will slowly start appreciating everything and see your life improving at every step.

Scent of a coffee

Vira Sharma
Managing Editor

“It doesn’t matter where you’re from — or how you feel... There’s always peace in a strong cup of coffee.”

Whether you’re schmoozing with decision makers at ‘coffee conventions,’ turning the pages of a coffee table book, or simply enjoying ‘Koffee with Karan’...coffee is truly a versatile enabler of dialogue. Indeed, the word ‘coffee’ invites endless conversations with oneself and others – conversations that have been the origin of various ideas and even relationships. The magic of coffee lies in its intoxicating aroma which has had an impact on us.

Fighting loneliness? Go for a cup a coffee. In all probability you will find someone to join you. If not, no worries, the very fragrance of coffee will instantly lift your mood. Struggling to keep awake at night? Make a cup of black coffee and your neurons will respond promptly to the influence of caffeine for the next 6-7 hours. Want to lose weight? Have green coffee. There is a coffee for every occasion and all moods. Your coffee is the instant answer to many problems. It is this ‘feel-good’ quality of the aromatic coffee that explains all the inviting coffee shop taglines across the globe: “Your home from home” (Starbucks), “Make Life Better” (Saxbys), “A lot can happen over coffee” (CCD), and so on. No wonder this industry keeps adding outlets every day, as the world sips more and more coffee.

From South Indian filter coffee to the more humdrum instant, without forgetting the glamorous cappuccinos and lattes, coffee has a scent that stirs the emotions. This International Coffee Day, make your own coffee and let its aroma provide you with solace.

Published and Printed by Mr R.R. Aiyar on behalf of Dr (Mrs) Amita Chauhan from E-26, Defence Colony, New Delhi 110024 and printed from HT Media Ltd, B-2, Sec 63, Noida (UP). Editor Ms Vira Sharma.

■ Edition: Vol 9, Issue 28 ■ RNI No. DELENG / 2009 / 30258. Both for free distribution and annual subscription of ₹ 800.

Opinions expressed in GT articles are of the writers and do not necessarily reflect those of the editors or publishers. While the editors do their utmost to verify information published, they do not accept responsibility for its absolute accuracy.

Published for the period September 25- October 1, 2017

Still not perfect

Drawing from their personal experiences and stories, teachers continue to muse over what it really means to attain perfection and ponder over whether it can actually be achieved?

No stopping

No person in this world can achieve perfection, but if they keep on trying, then one may get closer to it. And, that is something that cannot be if one continues to

harp over obstacles that come enroute perfection. There are times in a teacher’s life when we try our best to do something, but fail at it. But this doesn’t mean that we stop trying. For instance, there are times when we try to bring a change in the life of



a student in our own way. Now, altering a student’s behaviour comes with its own set of challenges that start with instilling the need to change in the students. If we as teachers give up, we will never be able to achieve the

desired results in the lives of our students. And once we do the results we desire, there is certainly no matching the satisfaction we derive from it. So, let’s try and move towards perfection.

Pooja Kaushik
AIS Pushp Vihar

Ready, Steady...Goal

Perfection is truly unattainable. It is like a guiding light that allows you to stay focused on your path and achieve your goals. But the quest for perfection cannot be a one-off habit. It is something that you strive for day in and out. Colin Powell once said, “If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude.”

There are so many small and insignificant tasks that we perform on a



daily basis, some of which we attempt with a ‘chalta hai’ attitude. What we do not realise is that we can achieve perfection in bigger things, only when we try and achieve excellence in smaller things.

We must remember that excellence is not something that you are born with. In fact, it is an attitude that has to be cultivated. This may take years of hard work and dedication. A need for continuously improving your work attitude is also required.

Parul Talwar
AIS Pushp Vihar

Guru‘cool’

The word perfection has different meanings for different people. For some, even achieving 50 percent success is good enough. They might even think that they

have mastered perfection. However, there are some who are never satisfied with what they achieve and keep on trying. These are the people who manage to reach the closest to perfection. This brings us to the conclusion that trying is the only way one can near perfection. The first step in this process of trying is introspection, because only when we are



able to assess the situation at hand can we work towards improving it further.

As teachers, we need to think inwards and reflect upon our qualities as ‘gurus’. We must work on ourselves first and try to improve as a teacher, before we try to improve our students. We must remember that acquiring degrees doesn’t make us perfect. It is only when we understand our strengths and limitations that we can work towards helping our students maximise their strengths and work on their weaknesses.

Prabhat Kumar
AIS Saket

The noble way

Lives of all great personalities remind us that we can make our lives sublime. Fiction is a work of imagination but reading autobiographies gives one an insight into their incredible life. Reading these great realities, one often muses, if these miracles have happened once, why can’t they happen again, especially in our life? The tell-all stories of real people, their struggle and how they have managed to overcome all obstacles to achieve what they set their eyes on, are hard to believe. But they are narratives of reality. In the course of attaining perfection, our life is punctuated with imperfections. It is



said that ‘imperfection is more perfect than perfection itself’. To pursue perfection, we must aim high first and then start on the path. As one of the greatest seers of human life, Robert Browning had said, “The aim, if reached or not, makes great the life.” In this respect, the ‘will’ to chase perfection is desirable. The German philosopher of the last century preached the importance of ‘will power’. Those who want to chase perfection must have the supreme will to endure all obstacles or gaps in its path to be satisfied with nothing but the best.

Debosmita Mukherjee
AIS Vasundhara 1

Try and try

I would like to quote one of my favourite sayings, “Good, better, best. Never let it rest. Till the good is better. And the better, the BEST!” Seeking perfection is a habit or let’s say, an attitude. It is a way of thinking or style of performing an activity. This topic compelled me to consider what my mother taught me long ago. I was in the process of learning to make ‘rotis’. However hard I tried, they were never the perfect circle. My mother wasn’t happy about it and inspired me to keep trying. To this, I



replied what difference does the shape really make? After all, they would be broken into pieces and chewed before being gulped down. My mother listened patiently and then said, “It really doesn’t matter what happens to the chapatis afterwards, but they should look good when presented on the table.” So, it is important that we should strive for perfection in whatever we do. This statement by my mother has stayed with me forever. To date, I try not to give up easily.

Shweta Ghatak
AIS Vasundhara 6

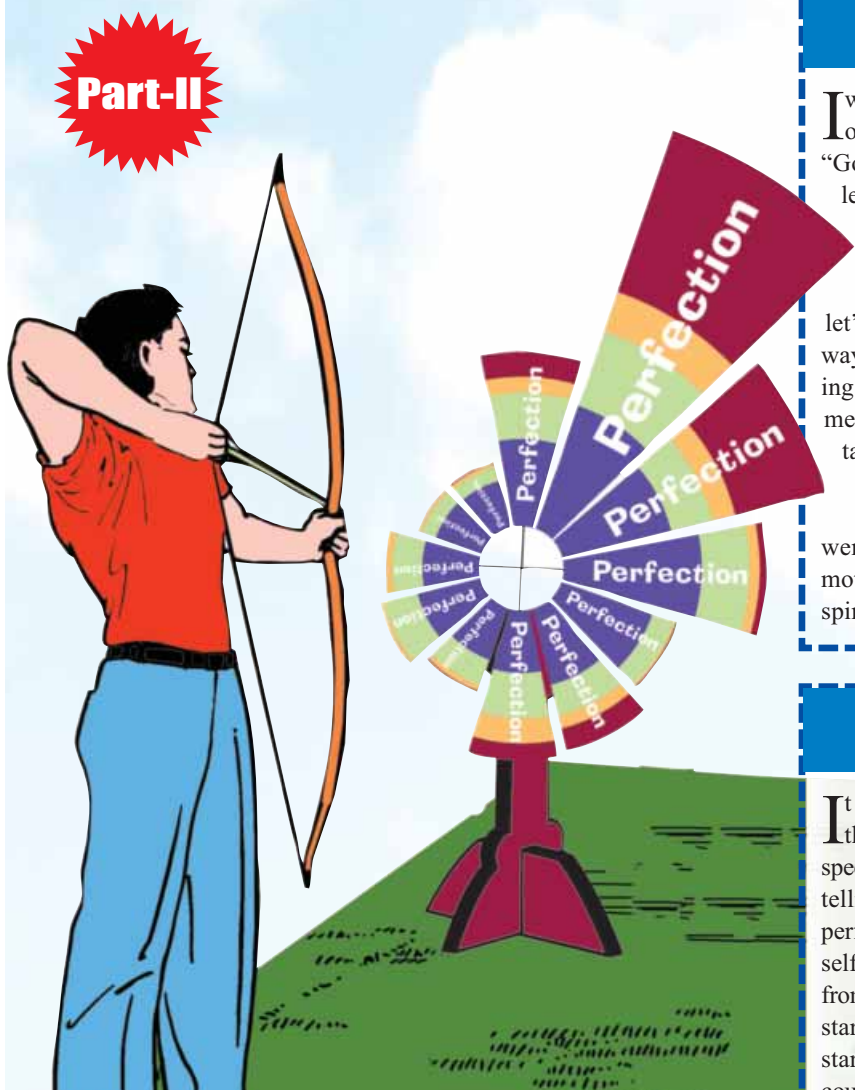
Secret mantra

It is an undisputable fact that every person irrespective of gender, age or intelligence strives for perfection, not only in himself but in others too. Early from our childhood days, we start setting our goals and start looking for perfect ways that could possibly make us happy. When we envision our adult lives, it is based on the dreams of childhood. Usually, we all set high goals that indirectly push us to have high standards. These high standards invariably push us to



reach our maximum potential. This helps us understand that perfectionism is a personality trait characterized by a person striving for flawlessness and excessively high performance standards. Even I have tried to perfect myself by trying different methodologies while teaching. Sometimes they work and sometimes, they don’t. So, there is no secret mantra to perfection. All we can do is try hard and find ways to improve.

Sumati Nayyar
AIS Saket



Continued from last GT issue...All the experiences shared here are extracts from the winning essays, penned by teachers as part of essay writing activity conducted for the teachers under the guidance of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, on the occasion of Teacher’s Day 2017.



A small village, 'Akrotiri' is located in the southern part of Santorini.



Say thank you...

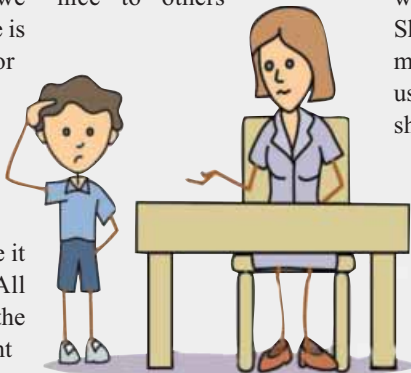
September is the month of gratitude for it brings along 'World Gratitude Day', celebrated across the globe on September 21. Amitians join the celebrations with their thank you notes

Meet my second mother

Isha Singh, AIS Vas 1, VII

Every day, she enters the room with a smile and we wish her good morning. She is the one who praises us for our efforts and also scolds us for our misbehaviour. She is my second mother, my teacher. Every single time, I did something wrong, she made it a point to correct me. All thanks to her, I now know the difference between the right

and wrong. She always encourages me to be a good human being, asking me to be nice to others



and help those in need. Even though I do not really enjoy studying, she makes it a whole lot of fun for all of us. She comes to the class with so much enthusiasm and teaches us in a play way. Of course, she is strict at times, but that only helps us become better and improve ourselves. I would sincerely like to thank my teacher for all that she offers - love, support, guidance, and friendship.

Meet the anchor of my ship

**Divya Upadhyay
AIS MV, VII**

Dear Nani,
"You dwell in my heart
Like a whiff of fresh air
Like a fragrant flower
You are present everywhere"

If life is a ship, then my nani is its anchor. She has always steered my life on the right track, guiding me at every step. Once, I accompanied her to a nearby mother dairy booth.



She saw a little boy shivering without any sweater and serving tea at a tea shop. She went

back home, got sweater and slippers for him and even scolded the tea shop owner for employing a small child. This small incident made me realise that we keep pitying unfortunate people and do nothing. Her prompt action taught me that mere sympathy doesn't help, and we should turn our compassion into action. And this is just one of the many lessons that my nani left with me, something for which I will be eternally thankful.

Meet my saviour

**Ishita Bhargava
AIS Gur 46, VII**

Dear Dr Shashidhar,

I am not sure if you remember me, but I am one of the many patients you have treated. I was suffering from severe asthma. I loved skating, but I had to quit because of asthma attacks. No matter where I went, I always had to carry an inhaler and spacer with me. I even had an adenoid face and snored loudly. My life was miserable. And then my life changed when I met you. I was a little scared when I met you for the first time, because I did not know what to



expect. But then you assured to help me out of the situation. You performed a surgery on me. I don't remember feeling any kind of pain. It has been months since the surgery, and my life has taken a U turn. Now, I can go anywhere I want and even play my favourite sports. My parents are not constantly worried about me anymore. You are my saviour and I don't think I can thank you enough for the same.

Meet my idol

Aryaman Singh, AIS Gur 43, VII

A man who worked for the nation, Dr APJ Abdul Kalam is the person I want to thank for his immense contribution to the field of research in space. He was also known as the 'Missile Man of India' because of his tremendous efforts in the development of missiles. From designing a mini helicopter to becoming the President of India, he achieved numerous feats during his lifetime, which average students like me can only dream of. His contribution to this country is commendable. APJ Abdul Kalam is my idol. He inspires me to work hard every single day with sincerity and passion. Had it not been for a motivating idol like him, I would have made peace with my mediocrity. I want to thank him for inspiring me and many others.



Meet my friends



Hridyanshu, AIS Saket, VII

Thank you for being there every time I call you
Thank you for always being my best supporter
Thank you for laughing at every joke I shared
Thank you for respecting my opinion even if you disagree
Thank you for fighting all life battles by my side
Thank you for celebrating exciting moments of my life

Thank you for ordering pizza at any time
Thank you for forgiving me for my silly mistakes
Thank you for all that you have taught me
Thank you for always listening to my crazy stories
Thank you for the moments of silence we share together
Thank you for reminding me to stay true to myself
Thank you for being strong when I felt weak
Thank you for sharing your closet with me
Thank you for sharing your secrets with me
Thank you for sharing your life with me.

Meet my support

**Anirudh Singh
AIS Noida, VII**

Dearest grandparents,

Today, I am writing this note to express my gratitude for all that you do for me. You have given me some of the best moments of my life. It is your love and affection that lights up even the gloomiest of my days. No



matter how tired you were, you always played with me. No matter how sleepy you were, you would make it a point to listen to my stories. I have been able to understand the meaning of true love only because of you.

Thank you for being my support system and the most amazing grandparents in the world.

Meet my know-it-all

Aarshia J, AIS Vas 6, VII

Today, I would like to thank my mother because she does something extraordinary for me everyday. I don't know how she knows everything about me. I don't have to tell her whether I am happy or sad, or if I want something, she automatically gets it on her



own. This is why I call her my know-it-all.

There is so much that she does for me everyday. Whether it is getting up in the morning, making breakfast for me or putting me to sleep at night, there is a lot that she does for me. Thank you mom for loving me unconditionally and for knowing me like none does or ever will.

Meet the selfless

**Jaineet Kaur Suri,
AIS PV, VII**

I still can't forget the day when my grandmother was admitted to the hospital. She had trouble breathing and the doctor recommended angioplasty. It had to be done immediately. My grandmother panicked slightly, but the nurses



tried their best to calm her down. They managed and once the operation was successful, the nurses took great care of my grandmother. She recovered well under their care. So, I would want to express my gratitude to all the nurses who patiently tend to patients and help them remain calm. They are doing a selfless job.



The night passenger


Asheesh Kaushik
AIS Noida, X L

It was my first year of college. I took up part time cab driving to meet my college expenses. It was my first night at work. It was late at night, and there were very few people on the street. So, I thought of going back home, but a man stopped my cab. He was dressed a little weirdly - a dark coloured coat, collars up, and his hat was pulled low over his eyes, as if he didn't want anyone to see his face.

The man got into the back seat of my cab. I was scared as hell, so I decided to drop him off and get back home as soon as possible. I tried to look at him in the rear view mirror, but could only see his eyes, just a black shadowy shape where his face should be. He tapped on my shoulder to give me the directions. I nearly froze to death. After a kilometre I asked him, "Where do you want to go?" The man muttered, "North Cemetery." Without speaking a word, I drove him to the destination. When we

got there, he got out of the cab and asked me to wait, "You better wait, and if you don't, you'll be sorry!" he said. Although, I was not comfortable with the idea, but I decided to wait, nonetheless. He was back in a while. It looked like he was wiping something from his hands. He slouched down back of my seat and said, "Head to South Cemetery." We followed a similar routine once we reached South cemetery. This time, I kept doing what he asked me to, out of sheer curios-

I tried to look at him in the rear view mirror, but could only see his eyes, just a black shadowy shape where his face should be.

ity. We headed to East Cemetery next. Now the curiosity began to get better of me. Despite my fear, I was determined to see what he was upto. So this time, I followed him into the cemetery. I kept following the man. He seemed to be looking for something in particular. I was holding my breath, scared of being caught. He stopped at a fresh grave, went down on his knees and started digging the soil with his hands, until he reached the coffin. I was barely breathing. Next he opened the coffin lid and as he bent over the coffin, I could see the skunked features of a fresh corpse lying. I wanted to run away, but I couldn't move in darkness. Suddenly, he stood up, perhaps he heard the sound of leaves underneath my shoes. He came straight to me, almost running, but looked like he glided towards me. He grabbed my collar and came closer to me. I smelled his terrible breath, and saw something sticky dribbling from his lips. I managed to stutter, "Are you a vampire?" "Yesss!" he screamed as he sank his fangs into the nape of my neck. 



Button heart on canvas

Materials required

Red acrylic paint1 tube
White acrylic paint1 tube
Canvas (8x10) 1
Buttons (Mixed colours)
Glue
Paint brush
Painter's tape



Procedure

- First paint the entire canvas with white acrylic paint and let it dry.
- Once the paint is dry, paste the tape in vertical stripes (refer to image on right). This is done to prevent the paint from spilling over.
- Paint red stripes on the white space left between the tapes.
- When the paint is dry, remove the tapes.
- Take glue and roughly create a heart shape on the canvas. Fill the entire heart with glue, this will make it easier for you to stick the buttons.
- Place buttons over the glue side by side. Press the buttons with hands and let it dry.



Read Play and Win

Reading your favourite GT can fetch you a prize too. Complete all the boxes below. Click a picture and send it to editor@theglobaltimes.in or submit it to your GT Teacher Coordinator. 3 lucky winners will win a prize every week!



Q: When is World Gratitude Day celebrated? Ans:	Q: Who is the author of the article 'Fan fiction saga'? Ans:	Q: What is the headline of the article written by Gayatri R, AIS Noida, Alumnus? Ans:
Q: How many types of coffee are mentioned in the article 'One Big shot'? Ans:	Q: In which year was the movie 'Traffic' released? Ans:	Q: Which school celebrated 'World Letter Writing Day'? Ans:
Q: Name the student who has been featured on the It's Me column. Ans:	Q: What are the two other names of Santorini island? Ans:	Q: Which country has designed a new observational satellite? Ans:

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

Results of Read Play & Win-36: Aditya Jain, AIS Vas 6, VI; Ahaan Ali AIS Vas 1, IV B; Divyanshu, AIS Vas 1, IV A

WORDS VERSE



Anika Joshi
AIS Vas 1, VIII D


The minute hand moved
Once more with a tick-tock
And unlike other times
There was an uproar

The father's chest puffed
With pride in galore
The mother seemed delighted
The boy jumped from side to side

The girl sat on the couch
Grinning from ear to ear
"It happened because of me!"

But no one wanted to hear
Even Pluto flashed curiosity
Anxiously waiting for his bite
Didn't move an inch
Glued to the door

After what seemed to be years
The doorbell rang
Everyone got quiet
It was the father who first sprang

He opened the door
With fingers crossed for luck
Snatching the pizza, he said
30 min over, no bucks to you 

Innocent tears

Khushi Rai Baranwal
AIS Noida, IX C

You kill me for my skin
This is what a deer feels

You kill me for my teeth
This is what an elephant feels

You kill me for my nails
This is what an owl feels


Be it a bird or a animal
What we do is painful

The animals may be different
But the conditions are the same

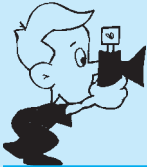
They are unable to live
Because of the pain we give

Hear the animals cry
See their tears, at least try

Oh cruel, mighty man
Don't let the animals fear

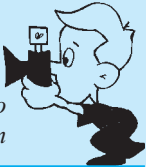
Be kind to them
They are a real gem. 







CAMERA CAPERS

Ananya Anil, AIS Gur 43, XI D




Send in your entries to cameracapers@theglobaltimes.in





Kaleidoscope of hues



Let there be light

The beautiful kingdom



Wisdom tale

Vardaan Aggarwal
AIS Noida, VI

Once upon a time, there was a king named Krishnadeva Raya, who ruled the kingdom of Vijayanagar. He had an intelligent and clever minister named Tenali Raman. Krishnadeva wanted his kingdom to be as beautiful as heaven on earth. So, he called upon many famous and skilled architects, sculptors and gardeners from all over the kingdom, and asked them to redo the entire place. Everyone worked hard to make Vijayanagar a beautiful place. Soon, many beautiful temples, forts and gardens were created. As a result, the

fame of the beautiful city spread far and wide. The king was happy to hear praises for his kingdom. One day, while the king was in his court with his ministers and courtiers, everyone praised the king's effort to turn the kingdom into a beautiful abode. The king thanked the workers who worked day and night to make Vijayanagar a beautiful city. Meanwhile, Tenali Raman was just listening to everything that was being discussed. Looking at the golden opportunity to embarrass Tenali in front of everyone, one of the ministers who was jealous of him said, "Your majesty, it seems that Tenali Raman is not happy by the fame that our kingdom has earned. He didn't acknowl-

edge the hard work even once." The king turned furious on hearing this and asked Tenali, "Is it true Tenali? Are you not happy to see the fame of our kingdom? Is Vijaynagar still not beautiful enough for you?" Tenali stood up and answered, "Your majesty, the city has been beautified...but..." "Yes, yes! Tenali complete your sentence. But what?" asked the king. "But, your majesty, there is one thing that you have overlooked." "Overlooked? Overlooked what? Will you tell me frankly?" asked the king again. "Your majesty, if you want to know about it, you will have to come with me," requested Tenali. The king agreed and both of them reached the city's outskirts. This was

"Your majesty, if you want to know about it, you will have to come with me," requested Tenali. The king agreed and both of them reached the city's outskirts.

the place where the labourers who had worked hard to beautify the city lived. On reaching the place, the king saw a vast slum area - small houses that did not have even the basic amenities. The condition of the people living there was miserable. They did not even have enough food to eat. To top it all, they had to give a major portion of whatever they earned as taxes. This saddened the king. People started to gather around the king and offered him whatever food and water they had. The king was touched and felt worse than he had ever been before in his life. After returning to his palace he thanked Tenali and said, "Thank you Tenali for showing me the real picture of my city. What is the use of a beautiful city, when the citizens are not happy. From now on, the people of my kingdom are exempted from all kinds of taxes." And once again Tenali vowed with his honesty.

So what did you learn today?
We should always stand by truth, no matter how difficult it may be.



Banana Chia Smoothie

Viraj Kumar, AIS Gur 43, III

Ingredients	
Banana (medium)	1
Oats	2 tbs
Chia seeds	1 tsp
Ground cinnamon	5 tsp
Honey	1 tsp
Milk	3/4 cup

- Method
- Peel the banana and cut it into pieces.
 - Combine all the ingredients in a blender.
 - Blend on high speed until smooth and creamy.
 - Pour in a tall glass and sprinkle some chia seeds on top.
 - Serve cold.

Riddle Fiddle

Shirin Kaur, AIS Saket, II

- What has a single eye but cannot see?
- I'm light as a feather, yet the strongest man can't hold me for more than 5 minutes. Who am I?
- Which are the two things that you can never eat for breakfast?
- How many apples grow on a tree?
- I am the only organ that named myself. What am I?

Answers: 1. Needle 2. Breath 3. Lunch & dinner 4. All apples 5. The brain

POEM

I dream of a clean India

Ridhi Chopra
AIS Vasundhara 6, V B

I have a dream of beautiful India
Where the roads are spotless and clean
Where proper public toilets are made
And the fields are always green

I have a dream of India free from diseases
Where hygiene is maintained by all
Where people take care about sanitation
And realize that clean India is the nation's call

Till when will we defecate in the open
Is this the India we have chosen?
The youth will become the nation's guide
And together will fight for every right

Gandhiji said, "We are the country's scavengers"
He himself cleaned the streets
I salute Bapu for his deed
For a spotless India indeed

A clean India is what he preached
His teachings should not be breached
Keep your country clean and green
And soon happiness will be seen













Match it

Tisya
AIS Gur 43, III

Animal-Bird-Fish

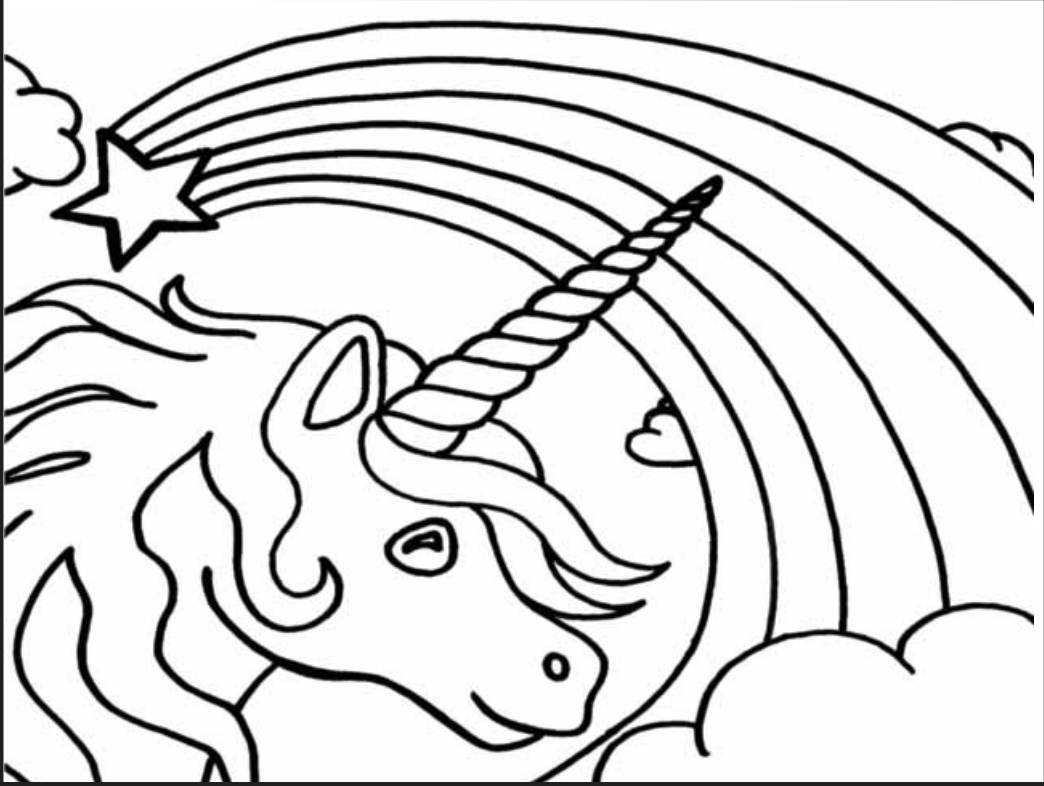
They live in ?





Answers: (1. C) (2. E) (3. A) (4. D) (5. B)

COLOURING FUN



Send us the entries by post @ The Global Times Office, E-27, Defence Colony, New Delhi-110024 or click a high resolution picture and email to: editor@theglobaltimes.in and the best entries will be published in GT.

It's Me



My name: Anant Kashyap
My school: AIS Saket
My Class: I
My birthday: June 4
I like: Rajma chawal
I dislike: Curd
My hobby: Dancing
My role model: My grandmother
My best friend: Daksh
My favourite book: Comics
My favourite game: Cricket
My favourite mall: Select CityWalk
My favourite food: Biryani
My favourite teacher: Reena Ma'am
My favourite poem: 'Churmur-churmur'
My favourite subject: Mathematics
I want to become: A doctor
I want to feature in GT because: seeing my picture in GT will make me happy



AMITY CENTRE FOR EDUCATIONAL RESEARCH AND TRAINING

FOR A PROMISING **CAREER** IN **TEACHING**

APPLY FOR PROGRAMMES IN
**PRE-PRIMARY, PRIMARY AND
ELEMENTARY TEACHER EDUCATION**



PROGRAMMES OFFERED

**PG Diploma in
Early Childhood
Care and
Education
(0-8 yrs.)**

**PG Diploma
in Elementary
Teacher
Training
(0-14 yrs.)**

**Certificate
Course in
Teacher
Training**

**Certificate
Course in
Montessori
Method**

**Certificate in
Management of
Children with
Learning
Difficulties***

Eligibility: For PG Diploma Progs. is Graduation and for Certificate Progs. is 10+2

**Part time programme for in-service teachers.*

**REGISTRATION
OPEN**

To download Application Form and for more information on programmes & schedules, visit www.amity.edu/acert

ACERT branches: **New Delhi:** 88-266-98199 • **Gurgaon:** 98-733-98164 • **Noida:** 98-733-98129

Email: admissions@acert.amity.edu | www.amity.edu/acert |  FOLLOW US ON FACEBOOK



The island has been reconstructed after the terrible earthquake that destroyed the island on July 9, 1956.

Unparalleled target

Amitians shine bright as they qualify to represent India in the Archery World Championship



Sanchita and Tanya (L) with Chairperson Dr (Mrs) Amita Chauhan and School Principal (R)



AIS Vasundhara 1

Sanchita Tiwari (Cadet Compound girls team member) along with Tanya Bansal (Cadet Recurve girls team member) of school have been selected to represent Indian Archery Team in the Youth Archery World Champi-

onship 2017 to be held at Buenos Aires, Argentina from October 1-13, 2017.

Prior to the selection, the archers underwent a month long rigorous training and a drill trial under the guidance of experts provided by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF. They played a total of

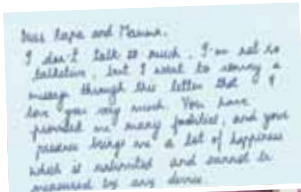
15 matches with the select archers in each category before making it to the final team. Chairperson and school Principal Valambal Balachandran wished them success in the upcoming matches to keep India's banner flying high in the World Sporting Events and earn more laurels for Amity. [GFI](#)

World Letter Writing Day

AIS Vasundhara 6

September 1 is celebrated in a unique way all over the world as the World Letter Writing Day to mark the significance and importance of letters then and now. AIS Vas 6 conducted a 'Letter-a-thon', wherein 600 students from Class VIII to XII wrote heartfelt letters to their parents expressing their feelings, gratitude and promising them to fulfill their expectations. The activity aimed at making students realise their love for their parents and the goodness of having a family.

On the occasion, students got an opportunity to speak their hearts out by penning their emotions on a paper and garnered the courage to communicate to their parents through inland letters what they otherwise couldn't do so in words. They expressed themselves through the letters. The activity saw many teary eyes as the students talked of the selfless love and care of the parents for



Children write heartfelt letters to their parents

them in form of various gestures and actions.

Students were enamoured to see what an inland look like and were taught how to three fold them and glue them. They also penned a letter to Dr (Mrs) Amita Chauhan, Chairperson, Amity

Group of Schools and RBEF, thanking her for the motherly love and affection and pledged to make Amity proud. Letter writing helped children convey their deepest emotions and communicate their inner most feelings with the ones they love. [GFI](#)



Students with their certificates and medals

Fit Champions

Amitians won many medals in the championship held in Goa

AIS Gurugram 46

Students from school won third prize in the National level competition of International Sports Aerobics Fitness and Hip Hop Championship, organised by International Sports Aerobics Fitness Federation (ISAFF) from August 11-13, 2017, in Goa.

At zonal level, the school won the championship with 8 gold

and 2 silver medals in various categories in the month of February 2017 and qualified for the Nationals. For the National round, students won gold medals in trio and Fitness Under-17 category. In Individual categories of Under-19, Under-14 & Under-10, the students won gold, silver and gold medals, respectively. School Principal Arti Chopra congratulated the students on their astounding success. [GFI](#)

Razzmatazz 2017



Participants perform

AIS Pushp Vihar

The school held its annual inter-school music festival 'Razzmatazz' on August 24, 2017, to provide music lovers with a platform to hone their singing skills. The competition judged by well-known Jazz musicians Benedict Lazarus, Laura Santana and Alex Fernandez, saw over 13 schools taking part in it. In Band category, second and third prizes were bagged by AIS MV and AIS Saket, respectively. In Duet category, AIS Saket bagged the first prize while AIS MV secured the third position. AIS Noida bagged the Best Vocalist award.



The Footballers with their coaches

Inter-house Football Tournament

AIS VKC Lucknow

On August 5, 2017, the school witnessed one of the most enthusiastic events ever, the Inter-house Football Tournament. The four houses, Alaknanda, Bhagirathi, Mandakini and Pawani houses assembled in the ground and practiced for the battle. The first semifinal match was played between Bhagirathi & Pawani, in which Pawani won with a score of 5:1. The second

semifinal match was held between Alaknanda and Mandakini houses and turned out to be a nail biting match where none of the houses could score a goal. The match's fate was decided with a penalty shootout where Suryash and Ameesh of Mandakini house scored a goal each whereas the opposition team did not score a single goal. Mandakini house won the match with a score of 2:0. The final match called for a battle between Pawani and Mandakini

houses on August 15, 2017. The first 10 minutes of the finals saw Nimesh Negi from Mandakini house score a long shoot goal. Pawani house could not match up to the strong defense of Mandakini and hence lost the battle against it. The final whistle blow declared Mandakini as the Champions of the Inter-house Football Tournament 2017-18. The Juniors Football Competition (Classes VI to VIII) was won by Pawani while Bhagirathi bagged the second position. [GFI](#)



Children use Zebra crossing

Road Safety Week

AIS Vasundhara 6

The students of Class Nursery & KG participated in Road Safety Week activity comprising various activities related to traffic rules & safety measures. Through power point presentations, the little ones were familiarised with changing colours of the traffic lights, Zebra crossing and other safety measures. They were encouraged to tell their parents to drive safe, wear seat belts & helmets, not use mobile phones & follow rules, while driving. [GFI](#)

Swiss Exchange Program 2017

Student's exchange programme is a unique concept to familiarise students to different cultures and traditions of various countries in the whole wide world

AERC

Six students from different branches of Amity Group of Schools visited the reputed IB school Kantonschulle in Switzerland as part of the Swiss student exchange programme from June 26 to July 3, 2017. The programme initiated in 2011 by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, under the aegis of Amity Educational Resource Centre (AERC), that allows Amitians to experience student life in a foreign country, thereby pick up



Students take part in the Swiss Exchange Programme and learn from their culture and traditions



a new language, absorb new cultures and make new friends. The students were accorded a warm welcome by the host school and were introduced to their host

families with whom they stayed throughout their visit. The exchange allowed students to participate in the school's academic and cultural lessons. They also

got an opportunity to visit Cathedral Church, see the intensive research at PSI research institute, sail in Lake Lucerne, climb Rigi hills and do a lot more.



Exchange students

Himika Ghoshal, AIS Noida
Srishti Rawat, AIS Noida
Surekha Srinivas AIS Gur 43
Ashita AIS Pushp Vihar
Dhwani Bhargava, AIS Vas 6
Himanika, AIS Vas 6

Fira is the capital of Santorini. It is built on the edge of the caldera at an altitude of 250 meters.

All top quotes composed by
Riya Sehgal, AIS Saket, TV



One BIG shot

How do you like your coffee? Black and no sugar? Or milky and frothy? What about a single or a double shot? Would you like to add some whipped cream or try an added flavour? There is more to coffee preparations than what meets the eye. **Mihika Srivastava, AIS Vas 6, XI A, takes you on a blended journey in this aromatic world of coffee.**

Espresso

Espresso is a type of coffee and also a brewing method that becomes a base for other popular coffee drinks like cappuccino and cafe latte. The brewing method requires high pressure. It is prepared by forcing steam through dark-roast ground coffee beans. It has Italian roots and quite a few siblings too.

•**Ristretto:** This means limited in Italian. It uses the same amount of ground coffee, but half the amount of water. Also, its shortened brewing time gives a stronger coffee. It's brewed only for 15 to 20 secs compared to the usual 25 to 30 secs for an espresso.

•**Lungo:** For this, the process of extraction/brewing is usually for more than 30 secs. Lungo means long in Italian and is a 60 ml beverage. It has an acidic taste and is slightly dry.

•**Doppio:** It consists of two espresso shots in a cup. And no points for guessing, Doppio means double in Italian.

Whipped Cream

Espresso

Espresso con Panna

It means espresso with cream in Italian. So simply put, you can either order a single or a double shot of espresso, topped with whipped cream. Traditionally served in demitasse cup, this type of coffee comes with several names. It's known as cafe Vienne in the US and in France and the UK it is popular as cafe Viennois.

Steamed Milk

Espresso

Short Macchiato

Similar to espresso, it is made with a dash of steamed milk and is served in a demitasse glass. The addition of milk subdues the bitter flavour of espresso.

Steamed Milk

Espresso

Long Macchiato

There isn't much of a difference here except the fact that two espresso shots are used and a dash of steamed milk is placed on top of espresso.

Espresso

Water

Americano

It is a combination of water and espresso. One shot of espresso is placed on top of a cup filled with 2/3rd ml of hot water. Not that strong, but good enough to give you a kick.

Café Latte

This is one of the popular drinks because of its sweet and mellow flavour. Popularly known as latte, it is made with steamed milk, topped with foam. If you want it stronger ask for a double shot of espresso.

Milk Foam

Steamed Milk

Espresso

Cafe Mocha

Based on espresso and hot milk, cafe mocha is a mix between a cappuccino and a hot chocolate. The big difference is that chocolate powder/syrup is added to the espresso shot and then steamed milk is poured over it. Topping it up with foam makes the drink ready to be served.

Steamed Milk

Espresso

Flat White

Similar to cappuccino, it is quite popular in Australia and New Zealand. Just remove micro-foam and only add steamed milk to a single shot of espresso and you are good to go.

Chocolate Powder

Milk Foam

Steamed Milk

Espresso

Cappuccino

Very much similar to café latte, it simply is a shot of espresso with steamed milk, slight foam on top of the milk followed by sprinkling of chocolate power — another main marker that differentiates it from latte.

Espresso

Ice Cream

Affogato

It can easily be classified as a dessert coffee drink which is great for summer and after dinner sweet temptations. The preparation is simple. Add one scoop of vanilla ice-cream in a cup and pour a single or double espresso shot over it.