

**Status of the week**  
 What a teacher writes on blackboard of life can never be erased. Thanks for being their every time. #HappyTeachersDay  
 Asad Ejaz, AIS Vas 6, Alumnus

**INSIDE**  
  
**GT exclusive**  
**4 page**  
**Hindi**  
**Pullout**

**AMIT e1poll**  
 Do you think ‘surge pricing’ introduced by ministry of railway for railway berths a good idea ?  
 a)Yes   b)No   c)Can’t say  
 To vote, log on to [www.theglobaltimes.in](http://www.theglobaltimes.in)

**POLL RESULT**  
 for GT edition September 12, 2016  
 Does the comment 'over-weight personnel- a public embarrassment' stated by an army official shows the calousness in army?  
  
 Results as on September 10, 2016

**Coming Next**  
 Sanskrit on the globe

# India-big & wide

The Indian army recently received flak for its overweight personnel. Who thought that the world’s third largest army would one day, battle against obesity. But are they the only one?

Vaishali Soni, GT Network

India has finally scored its position among the top three. No, we are not talking of Olympics, but a study released by a popular UK medical journal Lancet has listed India as the third most obese country in the world, after US and China. Yes, a country that has 269.3 million people below poverty line also shelters 30 million (approx) obese people, according to the research journal. Ironical but true!

**Cause:** The increase in QSRs  
**Effect:** Eating a potato and turning into a couch potato  
 The Quick Service Restaurant industry is expected to grow at the rate of 16% annually, thereby, increasing its revenue from 92 crore in 2013 to 198 crore by 2017. Their customers are mostly youngsters in the age group of 18-30 yrs. About 50% of them eat outside 8 times in a month as compared to US (14 times), Brazil (11 times) and China (9 times). This has led to a surge in fast food chains like KFC, Burger King, etc. Indian joints like Jumbo King, Goli Vadapav, Yo! China etc are also coming up with their version of Indian fast food. Studies have also shown that some of the ingredients banned in junk food abroad, are being used in full swing in food supplied by food chains in India, which means further damage to the body.

**Cause:** Chubby cheeks = Sign of wealth  
**Effect:** At least one obese kid in every Indian family  
 Obesity in Indian kids has increased from 16% in 2010 to 29% in 2015. And if the trend continues then India will be home to 70 million obese infants by 2025. With Sagar Balani, the youngest kid to undergo bariatric surgery at the tender age of seven, the future looks bleak. It is estimated that around 50,000 sur-

geries per year are being performed in India presently which means a ten times increase in five years. Since Indians are also more prone to Type II diabetes due to Asian Indian Phenotype, the need to be careful regarding one’s weight, from a young age becomes crucial.

grooms, now we have overweight-shaadi.com, meant especially for the big hearted and the large waisted. And since we adore the concept of ‘big and beautiful’, how can plus size fashion industry be left behind. With \$1.8 billion in 2015 to \$22.3 billion in 2017, the plus size industry is expected to grow at a rate of 25% per annum.

**Cause:** The will to fight  
**Effect:** Laws and legislation to control the epidemic  
 Not just India, but countries all over the world are facing and tackling the obesity epidemic albeit in different ways. While Kerala has levied a ‘Fat tax’ on fast food items and Indian army officials are barred from any medal of recognition if deemed unfit, Japan’s ‘Metabo law’ mandates a maximum waistline of 35.4 inches for women and 33.5 inches for men aged 40-75 yrs. The Government of Dubai launched a special program that offered financial incentive to people who shed weight by the end of Ramadan and awarded them with equivalent number of grams in gold. The need to fight obesity is predominant but what is more important for people is to realise its gravity. Doing away with ‘Fat is good’ mentality or demanding healthy options in the menu are some of the steps. Also, sweating out in the field instead of playing with Xbox can also help keeping your BMI in check. Because big can be beautiful, but not when it comes with a trail of risks and consequences. [G](#) [T](#)



Illustration: Ravinder Gusain, GT Network

# There is a judge in each individual



*...stresses Gyan Sudha Mishra, Former Judge, Supreme Court of India and a key member of the bench in Aruna Shanbaug’s euthanasia case. She sheds light on the Indian legal system and the challenges faced by women in a heartfelt conversation with **Utkarsh Singh & Rahat Marwaha, ALS II, AUUP***

**What was the greatest challenge faced by you in your career?**

The biggest challenge I faced is probably the same as almost every Indian girl. The wife has to accompany the husband; the husband never accompanies the wife (\*laughs\*)! It wasn’t tough to be in the law profession, but continuing it was tough as we both were living in different cities.

**Mirza Ghalib once said, ‘Marte hain aar-zoo mein marne ki, maut aati hai par nahi aati’. What were your thoughts during ‘Aruna Shanbaug’s euthanasia’ case?**

It has been one of the toughest cases of my career as Justice Katju and I were drifting in opposite directions. He was in favour of euthanasia; while I was extremely conservative. I believe it is not the job of a human being to decide life and death. After we reached a consensus, I raised a pertinent question - who takes the call? That is how we came to a balanced verdict. Active euthanasia was rejected, but passive euthanasia was considered – where the life support system is removed. It was tough to decide the matter because we didn’t have much precedence to guide us. It was our own sense of



Gyan Sudha Mishra with GT reporters

discretion which we had to rely on.

**Can the judicial appointment commission substitute the collegium?**

It’s an open secret that all is not well in the collegium. Everyone claims they want to reform the system, but then they have to do it with utmost sincerity. Both the collegium and the executive want to have the appointment procedure totally under their control; that can’t ever work.

**In India, people don’t have much faith in the legal system. Your views?**

Management of litigations is the biggest issue in India. Clients are pushing for speedy trials, lawyers have their own problems while judges have their own. Things go awry when lawyers hanker for publicity or make off-the-cuff remarks. Earlier, the lawyers focused on how their

arguments were refuted and if others’ arguments were better. But today, no one thinks their argument is weak. But the saving grace is, the courts still give first aid justice.

**How can a judge be impartial?**

If you have the basic sense of right and wrong, you don’t need a discourse or precept to guide you. There’s a judge in each individual, that will guide you at every step. What is judging? It’s basically your innate sense of right and wrong. Also, one should always think before speaking. It is better to speak less and think more, though exactly the opposite is happening today. I often heard my father talk about a judge who troubled the lawyers but never spoiled the case. I remember his words; I may have a heated discussion with lawyers but I wouldn’t let it affect my judgment. A judge has to take decisions independently and impartially. [G](#) [T](#)

Pics: Ravinder Gusain, GT Network



The two moons of Mars may be asteroids which were captured by Mars' gravity.



# Delhi rain: from friend to foe

With waterlogged rains and traffic snarls, the much awaited rains have turned into an enemy for city dwellers

Pranali Batra, AIS Noida, Alumnus

Rains in Delhi were always like a messiah. Bringing respite from the hot waves of the angry May sun, they were the one thing that everyone in a 'Kejriwal vs Jung' state could agree upon! But all good things must come to an end, and so the all-favourite rains turned traitor too. Et tu, Brutus? Fat drops of rain now seem like tiny bullets ricocheting around, and Delhiites all but duck to avoid them. From waterlogging to traffic snarls, the battle with rain brings the worst to the city. So much so, that our formerly beloved rains, were the sole reason for the recent national embarrassment- the US Secretary of State, John Kerry's good natured jibe at IIT Delhi, when he asked students if they had reached there via boats. Here's an attempt to gauge, how our former ally turned our enemy!

## Blaming Business

When more than one party is responsible for something, ideally it should double the accountability. But not in the capital! There are eight road-owning agencies in Delhi — Public Works Department (PWD), the three municipal corporations (east, south and north), New Delhi Municipal Council (NDMC), National Highways Authority of India (NHAI), Department of Irrigation and Flood Control and Delhi Cantonment. However, neither of them seem to have a common plan, nor is there any centralised agency to monitor their work. And thus, the rainy season marks the beginning of the blame game.

## Disappearing Drains

What would happen if you tried to pour water into an already full glass? Answer - exactly what is happening with Delhi drains. Filled with leaves, debris and concrete, the street drains refuse to absorb any of the excess water that the wrathful rains



## Raining Mayhem

- Gurgaon faced 12-hour traffic jam after heavy rains.
- The special traffic department received 150 complaints of waterlogging.
- US Secretary of State John Kerry's proposed visit to three religious sites in the city was cancelled as heavy rains lashed the national capital.
- Many passengers missed their flights after getting stuck in traffic jams while on their way to Delhi airport.
- The road from India Gate towards Ashoka Road caved-in due to incessant rains, disrupting traffic on that route.

bring. But that is just the fate of the existing drains. There are many others (200, according to a 2015 survey) that have ceased to exist simply because of being filled up to build shops and parking spaces.

## Construction Chaos

Poor and faulty construction of roads do nothing but aggregate the menace of the rain. Many roads have faulty slopes that don't allow rain water to recede naturally. The roads in low lying areas are the worst hit as they come with poorly designed drainage

system. Further on, the slip roads tend to flood easily due to bad design.

## Poor Plans

Delhi Rains brought two things - a) the city to a standstill, and b) the fact that Delhi lacks an integrated storm water/flooding management plan. An integrated plan is a comprehensive, eco-system-based approach to rainwater management. While many countries across the world are using similar plans to avoid flooding, India still needs to take cue.

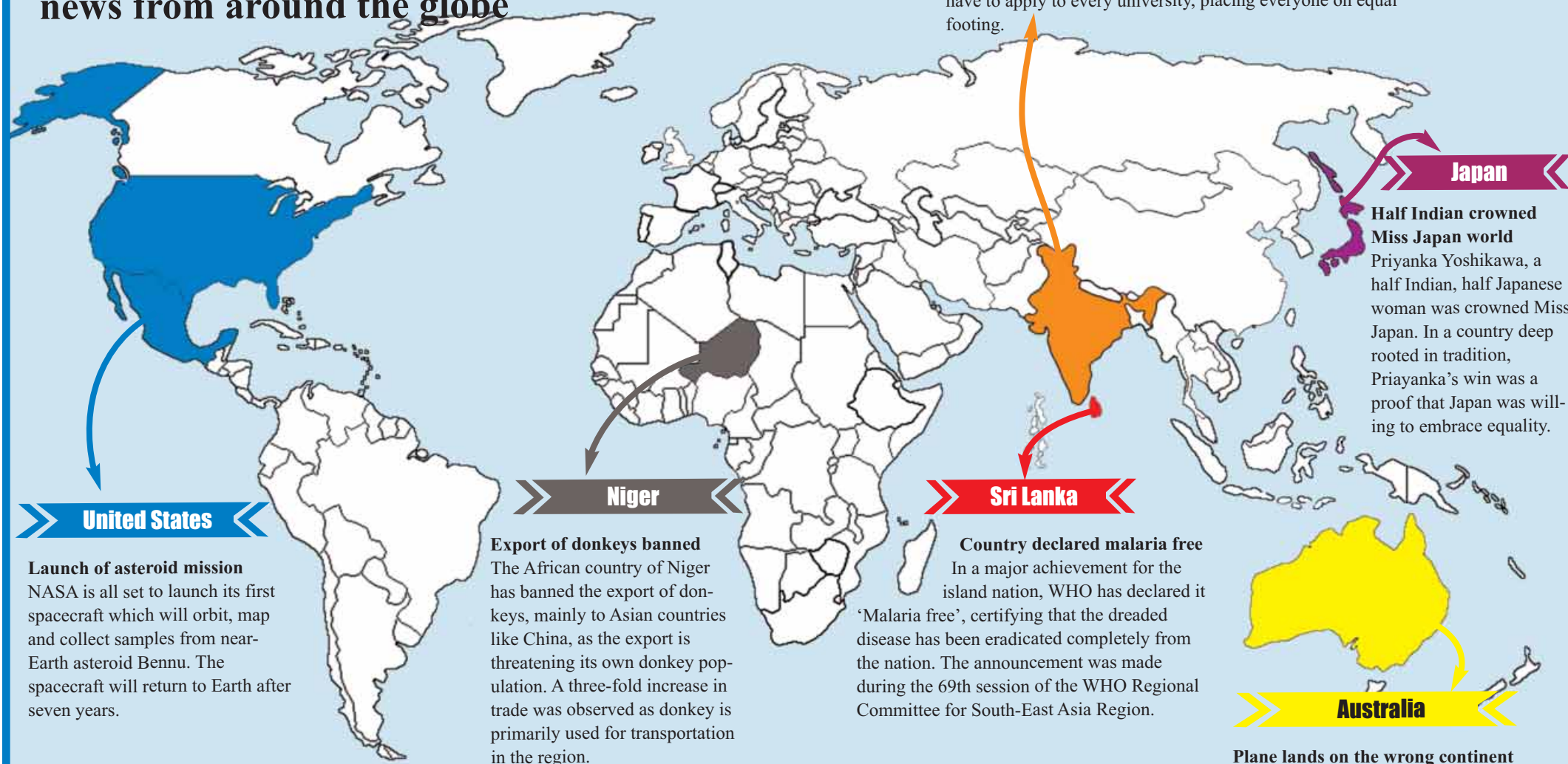
Because its better to be prepared than to repent later.

## Traffic Turmoil

Traffic signals are the first to be affected as soon as rains hit the green signal. At many busy junctions, they go off as soon as it rains, resulting in huge jams. Adding to the misery is the fact that traffic police department has a less number of personnel than required. Against a strength of 5,500, only 1,200 personnel are out on the streets on a busy day. The result - more chaos and disorder for the roads.

# World at a glance

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



## United States

### Launch of asteroid mission

NASA is all set to launch its first spacecraft which will orbit, map and collect samples from near-Earth asteroid Benu. The spacecraft will return to Earth after seven years.

## Niger

### Export of donkeys banned

The African country of Niger has banned the export of donkeys, mainly to Asian countries like China, as the export is threatening its own donkey population. A three-fold increase in trade was observed as donkey is primarily used for transportation in the region.

## India

### Common entrance test likely

In a major educational change, the government is mooting on a proposal to introduce a common entrance test for all central universities, a move that will end the unrealistic high cut-offs for admission. This also means that students will not have to apply to every university, placing everyone on equal footing.

## Sri Lanka

### Country declared malaria free

In a major achievement for the island nation, WHO has declared it 'Malaria free', certifying that the dreaded disease has been eradicated completely from the nation. The announcement was made during the 69th session of the WHO Regional Committee for South-East Asia Region.

## Japan

### Half Indian crowned Miss Japan world

Priyanka Yoshikawa, a half Indian, half Japanese woman was crowned Miss Japan. In a country deep rooted in tradition, Priyanka's win was a proof that Japan was willing to embrace equality.

## Australia

### Plane lands on the wrong continent

An Air Asia flight bound for Malaysia from Sydney was diverted to Melbourne, after its pilot entered incorrect coordinates of the plane's starting position. The plane travelled in the wrong direction for 1,000 kilometers, before the pilots realised their error.





Phobos, one of the moons, will crash into Mars in next 50 million years, forming a ‘ring’ system.

# Mediation & Arbitration

Amity National Med-Arb is a platform provided to the young students to mediate and arbitrate on legal disputes under the guidance of industry experts



Dr DK Bandopadhyay, Chairman, ALS



Lighting of the lamp by esteemed dignitaries on the occasion

**What:** 3rd Amity National Med-Arb  
**Organised by:** Amity Law School, Centre II  
**When:** August 9, 2016  
**No of teams:** 18 from all over India

Amity National Med-Arb is an analytical platform for students to test their ability to mediate and arbitrate a legal dispute. Mediation and arbitration (Med-Arb) is a form of alternate dispute resolution technique employed by lawyers to find a solution outside courts. The competition was held in the subjects of contract, intellectual property laws, taxation laws, environmental laws, labour laws and family laws. The valedictory ceremony of the 3rd Amity National Med-Arb was held on August 9, 2016 in Amity

University, Noida. The event was graced by chief guest Shahid Manzoor, Cabinet Minister, UP and guests of honour Salamat Ullah, Director, New India Assurance Company and Rahul Sinha, Deputy Editor, Zee News, besides other dignitaries of Amity University. The ceremony began with the lighting of the lamp followed by presentation of saplings to the guests by Dr (Prof) Balvinder Shukla, Vice Chancellor, Amity University, Uttar Pradesh. In their addresses, the dignitaries highlighted the significance of events like these in helping students come up with solutions to real life problems. The guests were all praises for Amity for inculcating practical learning among students. Cabinet Minister Shahid Manzoor emphasised the increasing role of private colleges in reducing the burden of the state in two areas, namely, education and

healthcare. He appreciated Amity University for its contribution towards nation building and expressed that all Amitians should be proud of being a part of their amazing alma mater. Students Aastha Mehta and Pallavi Prakash bagged the winner’s trophy with a cash prize of Rs 15,000 and MyLaw.net online subscription vouchers worth Rs 15,000 each. Anmol Stephen and Ritu Bagaria were adjudged as the ‘Best Student Drafter’ and ‘Enactor’ respectively. They received trophies and MyLaw.net online subscription vouchers worth Rs 2,000 per person. All the participants were given certificates of participation. The national level event was organised by Dr Aditya Tomer, Additional Director, ALS II. The faculty coordinators for the event were Tushar Ved Saxena and Ashutosh Tripathi.

Pic Courtesy: Shutterbugs, Photography Club, ALS II

## Amity Institute for Competitive Examinations



**Brainleaks-180**  
 FOR CLASS XI-X

Suppose we drop  
 (i) A 50 kg metal ball from a height of 100 m and  
 (ii) A 40 kg ball of silk from a height of 100 m, then:  
 (a) Both will reach the ground together  
 (b) Metal ball will fall first  
 (c) Silk ball will fall first  
 (d) Both will remain at rest

Last Date: Sep 15, 2016 **3** correct entries win attractive prizes

Ans. Brainleaks 179: (C)

### Winner for Brainleaks 179

1. Kavish Paul, VIII A, AIS Vasundhara I
2. Eshita Vani, VII- AFYCP, AIS Gur 4G
3. Medhavi Khandelwal, VI D, AIS Noida

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



# Celebrating sportsmanship

Week two of Sangathan mania packed in added excitement with games in full swing and young sportspersons going all out in the field to prove their mettle

## Sangathan Diaries

Aditya Sundaray, AUUP & Arushi Dayal, ASCO, AUUP

What’s full of enthusiasm, spells sportsmanship and brings students from all parts of the world together? Sangathan, of course. The 18th Inter Amity Sports Meet - Sangathan 2016 kicked off to an exciting start on August 24. An action packed week was scheduled for the onset of the sporting rendezvous and the teams could be seen prepping themselves up on the field for their respective games.

### Football frenzy

If there’s any sport (after cricket) that invites people’s frenzy in India, it’s football. The week started with some great football matches from the boys division which concluded with the elimination of 20 teams, allowing 8 teams to the quarter finals. The top 8 teams clashed on September 7 to lock their position in the semis and the best teams

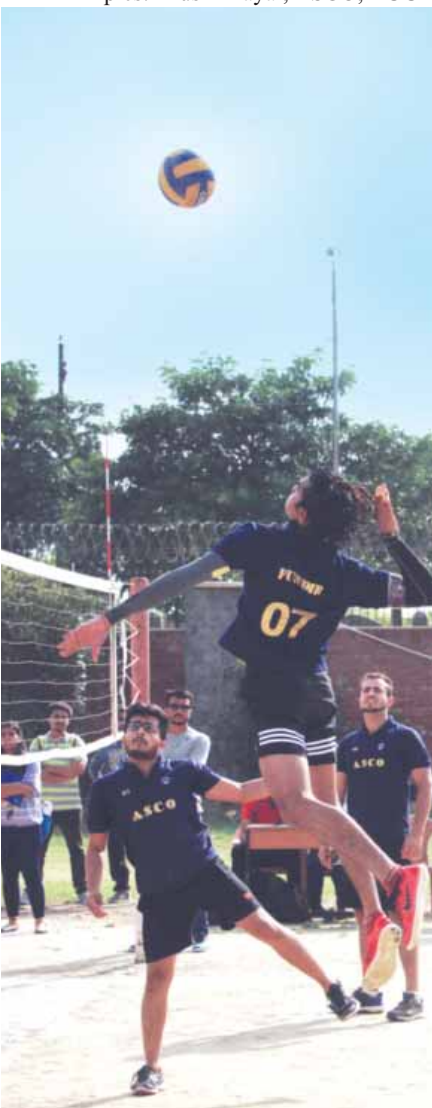
to make their way to the final four were AIPS, ASET, ASB and ALSN. By the end of the second week, the medal tally was unlocked with ASET grabbing gold, ALSN taking silver and ASB boasting bronze.

### Volleying off

The second week saw volleyball mania capture the field, in a terrific show of zeal and enthusiasm. Both boys and girls divisions showcased exemplary skills all through the games and by the mid of the week, the top eight teams of both the divisions were declared. AIOA bagged gold in volleyball (boys), followed by ABS at the runners up position. The girls from AIB/AIA/AIMST gave a tough fight to last year’s champs ASCO and grabbed gold, while ABS won bronze.

### Pitching for cricket

Cricket fever gripped the ground as the girls’ cricket teams hit fine shots and displayed quick running between the wickets. The action packed quarter final between ALSN and ASET was won by ALSN by 12 runs. Which team will grab gold in cricket and will ALSN retain their top slot this year as well? To know it all, stay tuned.



(L-R) Boys football match in full swing; Girls cricket team in action; Boys volleyball packs in a power punch

All pics: Arushi Dayal, ASCO, AUUP



# The rainbow river

When the rainbow decides to visit the earth, it is here it chooses to reside. Red, yellow, green, black, blue... yes, all of these are colours of a single river, considered as one of the marvels of nature

Satvika Kalia, AIS Gur 46, XII C

Rivers are an integral part of any civilisation. From the Ganga to the Euphrates, rivers have been immortalised and worshipped. But none of them can be compared to the beautiful and colourful Caño Cristales river, located in Colombia. Known as the ‘River of Five Colours’, it blossoms into myriad colours, leaving us humans bewildered with the beauty of nature.

**Where:** The river is in the Serrania de la Macarena province of Meta, Colombia, South America. The Serranía de la Macarena is located on the border of three large ecosystems, each of them with a high diversity of flora and fauna: the Andes, the Eastern Llanos and the Amazon rainforest.

**When to visit:** June to December or January to May.

**Why should you visit:** The bed of the river explodes into a variety of colours like yellow, green, blue, black and bright red. The sight of the river bed is a spectacle to behold.

**So why is it so pretty:** The plethora of plant life is responsible for this striking array of kaleidoscopic colours. The secret behind this river is a picky endemic aquatic plant called Macarenia



**Cano Cristales is also referred as ‘The river that ran from paradise’. The length of the river is 100 kilometers (62 miles).**

more enchanting and beautiful.

**How to reach:** To protect the river site from the threat of environmental damage, Caño Cristales is not accessible by road. Tourists must fly to La Macarena and then proceed to the Serrania de la Macarena national park by foot or horseback.

**Rules:** Environmental protection rules are firmly enforced, including mandatory guides, groups of no more than seven people, a cap of 200 people per day to the area, a complete ban on wearing sunscreen or insect repellent when visiting the river and limited areas where swimming is allowed.

**Along the way:** Get acquainted with bright red macaws and shiny, rust-coloured howler monkeys along the banks of the colourful river.

**Trivia:** There are no fishes in it.

Beautiful when calm, but harbouring enormous potential to destroy things, tsunamis have always been an enigmatic display of nature’s wrath. **Prisha Jain, AIS Gur 43, X** tries to explain the cause behind them.

## SWEPT BY TSUNAMI

**Landslides:** Underwater landslides can cause tsunami. When a large amount of sediment is displaced from the sea floor, it also displaces the water column thereby, creating potential tsunami waves.

**Volcanic eruptions:** They can cause tsunami in three ways. Firstly, causing immense landslides. Secondly, the residue left after a volcanic eruption displaces the water; hence, causing tsunami. Thirdly, the cavity formed after a volcanic eruption causes the overlying water to drop suddenly, thereby leading to a formation of huge waves.

**Earthquakes:** The shift in the tectonic plates below the surface of the Earth causes earthquakes, releasing a lot of energy into the water. And, the released energy produces ripples in water generating powerful tsunami waves that get higher as they approach the sea coast.

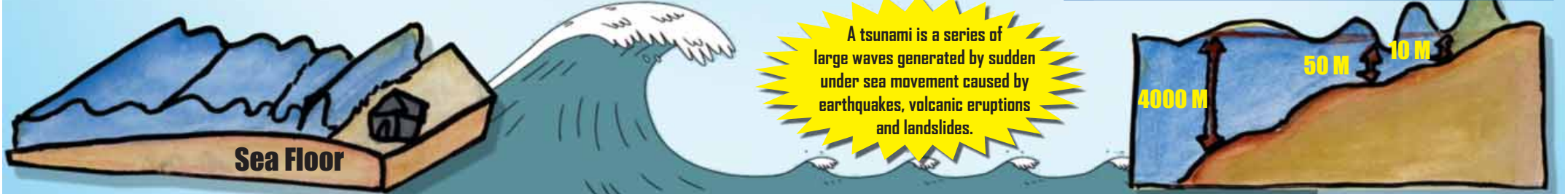


### Characteristics of tsunami

The waves travel at high speeds in deep ocean but slow down and grow in height as they come ashore.

There is no one giant tsunami wave, but a series of waves that result in the formation of tsunami. The time for formations of individual waves might vary, ie, 5 min to 90 min.

Tsunami waves can reach a maximum vertical height of 30 meters onshore above sea level, that is called run-up height.







Mars has frozen carbon-dioxide on its poles.

# To be a teacher...

...is to feel, un-feel and feel again. To hold on to that piece of your heart, to let it go only to see it bringing smiles to many faces and coming back one day as a doctor or an engineer and more gladly as a teacher. To be a teacher is to live and experience myriad roles - all in one life

## To move with the flock, to set them free

As a budding teacher, I realised that you take a flock of young students under your wings, nurture them, teach them to 'fly' and when they are ready, you release them into the world, set them free. You know that they might never come back, yet your heart wishes that they reach the heights that you couldn't, for nothing gives a teacher more happiness and contentment than a student excelling and surpassing the teacher herself. I remember Aniket Aga from my Economics class of 1998, for he would always be the one to set the ball rolling for any classroom discussion. It gives me immense pleasure that after passing out from IIT Kanpur and then Harvard University, he decided to become a professor, that he acknowledged the nobility and virtuousness of 'teaching'. I can never forget the little girl who came crying to the staff room, way back in 1996, shattered at her parents' separation. I decided to hold her hands then, to reinstate her faith in herself, make her feel that the separation would not and should not impact her, and made her feel empowered. Today, Indu is a doctor who acknowledges those hand holding years.

Dr (Mrs) Amita Chauhan often says, "I want to give my students a happy teacher who can kindle their heart with innovation, joy and generosity." A teacher at heart with boundless love, passion and warmth for humanity, she has been a source of rejuvenation and empowerment who makes us want to contribute a little more to the young lives each day. I am truly blessed to be in a profession where growing with the young keeps me alive and glowing from within.

Arti Chopra, AIS Gur 46

## Destined to teach, teaching destiny a little

"I was destined to be here" - this has been my earnest belief through the years I have been associated with Amity. When we relocated to Gurgaon from Kolkata in 2008, we were in search of good schools for my daughter and AIS Gur 46 was the first school to fall on our way; we were hardly aware of the Gurgaon roads. The school had our heart in our very first encounter with it. Luckily, my daughter got through the tests and the journey began. After a few days, I got a call from the school and was asked if I was



interested in teaching. My exhilaration knew no bounds as I prepared for my demo. Needless to say, I emerged with flying colours (I told you, I was destined to be here). In my interaction with the Chairperson a few months later, she asked, "Yes Mrs Biswas, tell me what do you like the most about this school?" 'Mrs Biswas' - I was being addressed with so much respect for the

first time. It made me feel mature and responsible but most of all, it reflected upon me the charisma with which I was to work. And it is this that I have been doing since then, trying to make the best out of my 'tryst with destiny', whilst pushing my destiny to the maximum with hard work, sincerity and the endless love I receive each day.

Arpita Biswas, AIS Gur 46

# Trendy or troublesome

From latest fashion trends to PS3 games to dieting fads - the young brigade is absolutely on trend. But in the process, they sometimes end up being silly than actually being 'trendy'. Are you one of them?

Sejal Arora, AIS Vasundhara 1, X A

Being in shape. Check. Updating wardrobe with the latest fashion trends. Check. Buying the latest PS3 game. Check. Gen Z is absolutely on point, when it comes to being up to date with the latest trends. But this trendiness comes at the cost of being troublesome to the poor parents, and of course, a certain degree of silliness. Read on as we bring to you the perceived-as-cool, yet stupid-in-reality statements uttered by most teens.

## "I want to lose weight."

Offer them a single 'chip', and there comes a vehement shaking of head, accompanied with a fierce 'no'. Counting grains of rice before scooping in a mouthful, mopping *paranthas* with tissues to wipe away even the tiniest particle of butter that may exist, or satiating cravings by looking at food wall-papers - all in the name of weight loss.

**Don't be silly.** Twenty years later, you'd be walking with brittle bones. Your body now accustomed to eating less, will not be able to digest even the few counted grains of rice for old age reduces a person's metabolism. And all this, if your anorexic and unhealthy body actually does manage to reach that age. Be smart. Aim for healthy, not skinny.

## "I want the same lehenga as Alia Bhatt wore in Humpty Sharma ki Dulhania."

OMG! She is such a diva. She looks so princessy chic in that pink dress. I need to have that dress for my 16th birthday party. So what if it is expensive? A picture in that dress on Facebook and no-



body can stop me from achieving the 500 likes milestone. I will be famous amongst my friends and grab special attention too.

**Don't be silly.** She looked stunning, so can you; as long as you can get your hands on that beautiful lehenga. Sorry to burst your (pink) bubble, but FYI there is an entire team of people (hair stylist, fashion designer, makeup artist, personal stylist, etc) that works on these celebrities, besides photo-editing, to make them look unrealistically pretty.



## "I want X-box games and the upcoming PSPs."

All hell breaks loose the minute the latest version of the popular PS3 game hits the stands! It's a do or die situation. One needs to have it, at all possible cost. The simple fact that very soon, there will be another upgraded version of the same game, and this one will be outdated, seems redundant.

**Don't be silly.** Agreed that PS3 games are cool and so is the amount that your parents have to spend on them. Yes, it's the usual clichéd dialogue that you

hear every now and then, but it remains the truth, nonetheless. And what's more? Once the game arrives, you are going to spend endless hours playing the same, the time you should actually have been studying or doing other important stuff.

## "I am on FB, Insta, WhatsApp, Vibe, Line, Hike, Twitter and everything else."

Having an account on virtually every social networking site that exists is a must. Posting pictures with countless filters, putting up statuses that make you sound too-cool-for-school seems to be the need of the hour.

**Don't be silly.** Shut off those social media networking sites and meet your virtual friends in person. You will realise that nothing beats the experience of meeting your friends physically. No, not even overnight chats. And sometimes, you may just realise that everyone who appears nice in the virtual space, cannot be termed as a friend.

## "Mom, don't give me tiffin; instead give me money. I will have food in the canteen."

Opening a 'dabba' in school to have home cooked sandwiches is downright unacceptable. After all, the cool kids munch on the food served in the canteen, and binge on chips and cola.

**Don't be silly.** By constantly avoiding home-cooked food, you are contributing your fair share towards making India the third most obese country in the world. Also, you are missing out on 'maa ke haath ka khana', something you will miss once you are out of school, and will be pursuing higher studies away from home. 🍕🍔





## Part 10

## Prerna Series

This is part 10 of Prerna Series, a collection of ten stimulating posts about the life and beliefs of Chairperson, inspired from her interactive sessions with Amitians on Prerna Diwas - 2016.

## Inculcating discipline



Dr Amita Chauhan  
Chairperson

*“Once a student was not completing his project, even after repeated reminders. So I told the school, to make him stay back, make necessary provisions for his food and other requirements but ensure that he completes the project. However, I learnt that the child had gone home. So, I asked the child’s mother to be informed and got the child called back to the school. The child came, completed his project and submitted it on the same day – leading to a feeling of accomplishment for the child and a sense of fulfillment for the teachers. Sometimes, children need a bit of pressure to enable them imbibe discipline, for their own good.”*

\*\*\*\*\*

A life without discipline is like a ship without a sail; it might stay afloat for a while but without any direction and may never reach its destination. Perhaps, school is the place where a child is introduced to rules and regulations for the first time, which are established with the sole purpose of inculcating discipline in children. Coming to school on time, following the time table, eating at a designated time and place, playing in a demarcated area as per the weekly schedule, submitting work on time... are just a few of the things that hallmark a student’s life. All, with the deep purpose of bringing about discipline, and the larger purpose of providing direction and stability to the child.

The impact of a disciplined life are far reaching - the prime being learning to focus. For, nothing can be achieved if you lose focus; neither can you achieve anything concrete nor can you experience contentment. Once you learn to focus, you shall be easily able to complete your assignments and gain the respect of teachers. With respect, comes confidence; confidence in one’s capabilities and beliefs. This confidence helps you to pursue your goals. Discipline helps you to lead an active and healthy life, encouraging you to wake on time, follow an exercise regimen and consume healthy food, leading to a happy state of mind.

Through these simple and easy tips that I have shared in this ten-part Prerna Series, I’m confident and convinced that my Amitians will imbibe these life mantras to lead happy and successful lives; something I earnestly wish for each one of you.

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*Discipline is the cornerstone of life, the seeds of which are sown in school.*



Prerna Diwas celebrations at AIS Noida

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# Everyday psychology

Psychology is the study of human behaviour and mental state, and is thus, a subject of observation. Since we’re all humans, how about we take some time to study our own behaviour and see psychology in everyday life?

Shubhangi Kumari, AIS Gur 46, Alumnus

Human behaviour has always been a subject of intrigue and study. Sometimes, it baffles you with its weirdness, and on other occasions it can leave you in awe with sheer sensitivity. But why do humans behave the way they do? Psychology has often attempted to answer this question. Here are some excerpts.

## Fundamental attribution error

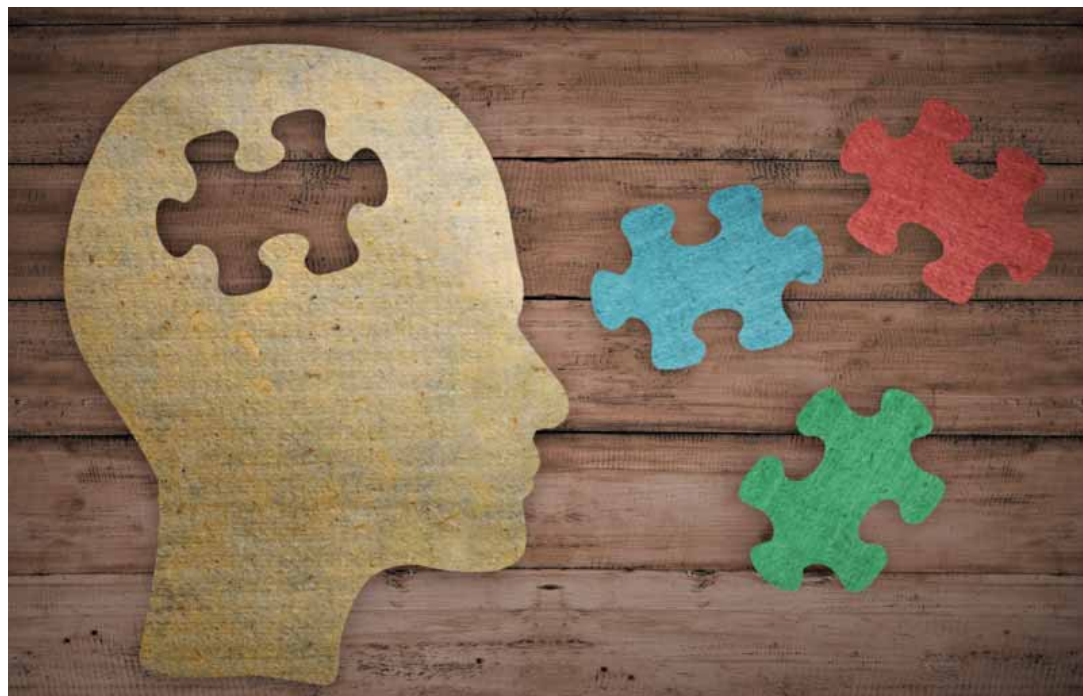
Remember the last time, when the obnoxious group leader dismissed your reason for not completing the project as an excuse because he thought you were irresponsible, while you were actually sick due to high fever? That’s fundamental attribution error, people’s tendency to blame another person’s internal characteristics for their behaviour rather than considering external factors affecting the behaviour.

## Suggestibility

Do you remember an incident when you kept your important stuff somewhere carefully? And then trying to recall where you kept it, your friend suggests that you might have left it in your cupboard and you start remembering everything just by following their suggestions? This is suggestibility - accepting false suggestions from others and incorporating them as you recall your memory, regardless of their veracity.

## Operant conditioning

Don’t forget to revise this one the next time your mother gives you a new phone for scoring well in



your finals. This conditioning is a form of learning in which an individual’s behaviour is altered with consequences such as rewards or punishment.

## Attention theory

When you read through a section of a book and a part of it is highlighted, you tend to focus on that part. It suddenly hits your memory and no matter how much time passes, you will tend to remember those lines. In this process, you concentrate on the

point that concerns you the most and is highlighted. This theory implies withdrawal from some things in order to deal effectively with others.

## Social learning theory

Did you notice your little brother imitate a stunt he saw on TV or a funny dance step? Here, the young one adapts a social learning theory in which the person learns via observing others’ behaviour, especially in childhood. 🇮🇳

# Foundation of a character

## Little pearls of wisdom

Anusha Garg, AIS Gur 46, VIII

Today, most of us lead very hectic and busy lives. School, activities, tuitions, extra curriculums... and the list goes on. We are always racing against time to meet our ever growing demands. However, in this race we tend to forget several things, one of them is the significance of a good character. Often, in order to compete and achieve certain milestones, we tend to be brash, resort to unfair means like cheating and forget simple virtues like kindness. This results in deterioration of character. But how does one form a good character? By imbibing simple values like love, care and respect, one can build a strong foundation for a good character. These qualities can be inculcated with a strong and positive outlook towards life. When these qualities are imbibed, you also start caring for the society. Presence of a good heart always makes the work easier. When you know you are not wrong, you can take on any obstacle on Earth. Another element of being a good person with a strong character is to have a balanced mind. It is the master of our thoughts and desires. A balanced mind and good values enable us to take thoughtful decisions, that



help us in achieving desired results. The personality emerging out of such decisions, will be loved by all. It will make us mentally fit to take on the world, and also help us to be the person we were always destined to be.



GT M@il

Dear Editor,

We wait eagerly for Wednesday to come, so that we can see the entries of the students in the paper. I personally take all my children to meet the Pre-Primary and Primary coordinators and inform the class teacher and parents too whenever an article of theirs is



published. This Wednesday, I took so many students to meet the coordinator as they featured in GT edition dated August 29. It’s a pleasure to see so many smiling faces. Children are a big fan of Read Play n Win. They look forward to GT editions and want to win the prize. Looking forward to many more entries.

Ruchi Jadoun, AIS Vas 6, Teacher



Vira Sharma  
Managing Editor

# A career in ‘Humanity’

*A student, confused with what career to choose, goes to a counselor for advice.*

*“Sir, kindly advise me on the career I should opt for?” The counselor said, “A career in ‘humanity’.” But the student was still confused and asked, “What is that and what’s the scope?” There is a plenty of scope in this career as today, there is a dearth of people opting for this career, and it has the least competition.*

The above was just meant to be WhatsApp humour, but it left me pondering. Imagine if that was actually a career option, I wonder how many would have opted for it? To pursue a career in ‘humanity’ (read: a good human being), one needs to be able to think

from the mind and listen to the heart, have the ability to differentiate between good and bad, act or perform with selfless love, learn to forgive, and move on with this balance in life.

If you reflect deeply, you will realise that this is the most rewarding and prestigious career, where people remember you even after you have left for your heavenly abode. Mother Teresa, who chose to devote her life to the welfare of sick and needy people, was remembered with reverence by the whole world even after 19 years of her death. She was declared a saint by Pope Francis at Vatican City last week. She laid the foundation of Missionaries of Charity in 1950, an organisation of nuns that is today functional in over 100 countries, providing care and support to the

sick, poor, orphans and the neglected.

The noble and humanitarian work of people who pursue this career, continues to live as long as society lives. Their satisfaction does not come from simply chasing a good package but building a peaceful and humane world. There are many who have pursued this path and are remembered by everyone, they have earned a special place in our lives. Be it our freedom fighters who gave us freedom or a philanthropist such as Bill Gates who gave up his billions for the welfare of society.

Whatever career one goes on to choose in life, being a good human being is a prerequisite. This precious foundation is laid early in life – in school and at home, with a good value education. 🇮🇳





Mars has been hit by large asteroids. This caused Martian debris to hit Earth.



# Old food new plate

From Pav Bhaji served in martini glasses to Jalebi Caviar, the traditional Indian delicacies in their reconstructed avatar have sent the foodaholics into a tizzy. Sample some love for the classics, albeit the modern way.

## The Old: Plain Pencil Kulfi

Kulfi served in a flask filled with liquid nitrogen, served with 5 flavours of syrup. Interesting!



## Modern Avatar: Bubbling Kulfi

**Food Fact**  
It originated in the Mughal Empire during the 16th century.



## Modern Avatar: Pav Bhaji Fondue



## The Old: Pav Bhaji



The simple dish Pav Bhaji has transformed into many avatars. Hats off to creativity!

## Modern Avatar: Pav Bhaji Martini



**Food Fact**  
The dish originated in 1850s as a quick lunchtime dish for textile mill workers.

## Modern Avatar: Mishti Doi Lollipop



## The Old: Mishti Doi



This Bengali delicacy is served as lollipops and stuffed in cannolis instead of being served in traditional kulhads.

## Modern Avatar: Mishti Doi Cannolis



**Food Fact**  
It is a rich source of protein, calcium and minerals.

## Modern Avatar: Scientific Pani Puri



Have a plate of these Gol Gappas the scientific way!

## The Old : Pani Puri



**Food Fact**  
The term Pani Puri was recorded in 1955.

## Modern Avatar: Paan Mousse



## The Old: Paan



**Food Fact**  
The betel leaf has been extensively used in ayurveda.

## Modern Avatar: Paan Shots



The quintessential 'paan' served in multiple ways.

## Modern Avatar: Paan Kulfi

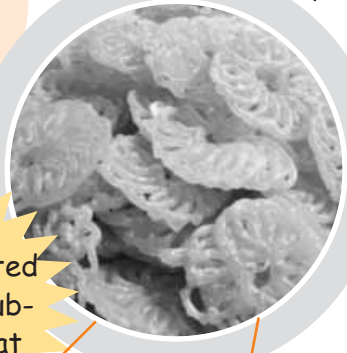


## Modern Avatar: Jalebi Cheesecake



Tiny molecules of Jalebi, Jalebi coated apple to a full-fledged Jalebi cheesecake - could we ask for more from Jalebis?

## The Old: Jalebi



**Food Fact**  
Jalebi has existed in the Indian sub-continent for at least 500 years.

## Modern Avatar: Apple Jalebi



## Modern Avatar: Chocolate Jalebi





# Bruno, my friend




**Pratishtha Kharbanda**  
AIS Mayur Vihar, XI H

I sat in the back seat of the car on our way back home. The fresh smell of mud as the rains dropped from heaven entered my nostrils, as I sat there reminiscing the good old times. A distant laugh, a bark and the sound of a truck abruptly hitting the brakes - the scene kept flashing before my eyes. It had stopped pouring outside, but not in the car. The tears were still flowing. I bathed in the tears of heaven. I didn't sleep for two days, didn't eat anything either. But

my heart beat loud enough to prevent the rumblings of my stomach from reaching my ears. Last year, this day, a new member had joined our family of four. A two-year-old pup. I had named him Bruno. Days turned into weeks, and weeks into months. Bruno became my best friend, my life, my everything. I remember how he used to stand there with his tongue sticking out and his tail wagging, ready to jump on me whenever I entered the house. He never ate anything until I was home. We would laugh and play together. Everything was just...perfect.

But my heart beat loud enough to prevent the rumblings of my stomach from reaching my ears.


But then, fate came to play its part. Just as it does whenever things are going on beautifully, and smoothly. Albeit, I never thought life could take such a sharp turn. What I had presumed to be just a bend in the road turned out to be the end of it. I wish I could go back and change it. What wouldn't I give to bring him back! I'd fight even death! I almost believed that he had come back, licking away the tears which the pain of his death had caused. But a zephyr gently caressed my face and brought me out of my dream-land. The vacuum it had created could never be filled. You know sometimes when you're driving and it's pouring, you drive under a bridge and it makes you feel that everything is perfect. But you cannot stay there forever and you have to go out again, where everything hits you a little harder than it did before. I wanted to be under that bridge again, forever and ever. But it wasn't there. Bruno wasn't there. He was my bridge. 



## Quoted canvas

### Material required

- Plain canvas (of any size)
- Acrylic paints
- Removable tape
- Your favourite quote
- Tweezer



### Method

- Take a canvas and paint it all over with any colour of your choice. You can use two different colours or even black.
- Let the canvas dry for an hour.
- Take a print out of the quote in bold fonts so that it can be cut properly.

- Cut each letter separately.
- Check the spacing of the letters on the canvas so that the quote fits in properly on the canvas.
- Once the paint dries, half-stick the letters on the canvas.
- Apply another coat of paint of a different colour over it.
- Allow it to dry for ten to fifteen minutes. Then carefully remove the letters using a tweezer.
- Voila! Your quote canvas is ready.
- Put it up on your table or keep it near your bookshelf. Make one or make many!

## Words Verse



## Sounds

**Mehul Sehgal**  
AIS Vasundhara 1, VIII C


Go for a nature walk  
and look around  
You will listen to  
many pleasant sounds  
You will hear the leaves rustle  
And you will hear the wind whistle  
All these sounds  
Will seem very pleasant

Birds may be chirping  
And it may also be raining

Tweet-tweet, pitter-patter,  
You'll be hearing  
The sounds of the bells  
Are also very sweet  
Listening to their tinkling  
Is indeed a treat

But there are unpleasant sounds  
That are loud and bothersome  
The sounds of cars and dogs barking  
People shouting and babies crying  
Loud music and crows cawing  
Yes, they can be very annoying!

There are several types of sounds  
Pleasant and unpleasant,  
Both can be found

Some are by nature  
While some by humans  
To listen to them  
Go for a walk with your mother!

## Winter woes

**Mansi Chaudhry, AIS Noida, X**


Hail and mist  
Cover the sky  
Which frighten me  
As I pass by

Now my socks  
Have covered my feet

Oh! I miss the warmth and heat  
And also the bright street

The bright sunshine  
Brought for me  
Has hidden in the clouds beneath  
And given me tattering teeth

Life has become dull  
As the night comes early  
Making the surroundings  
Woeful and eerie

These days of distress  
Make me stronger  
And I know that  
Darkness would remain no longer.

## Read Play and Win

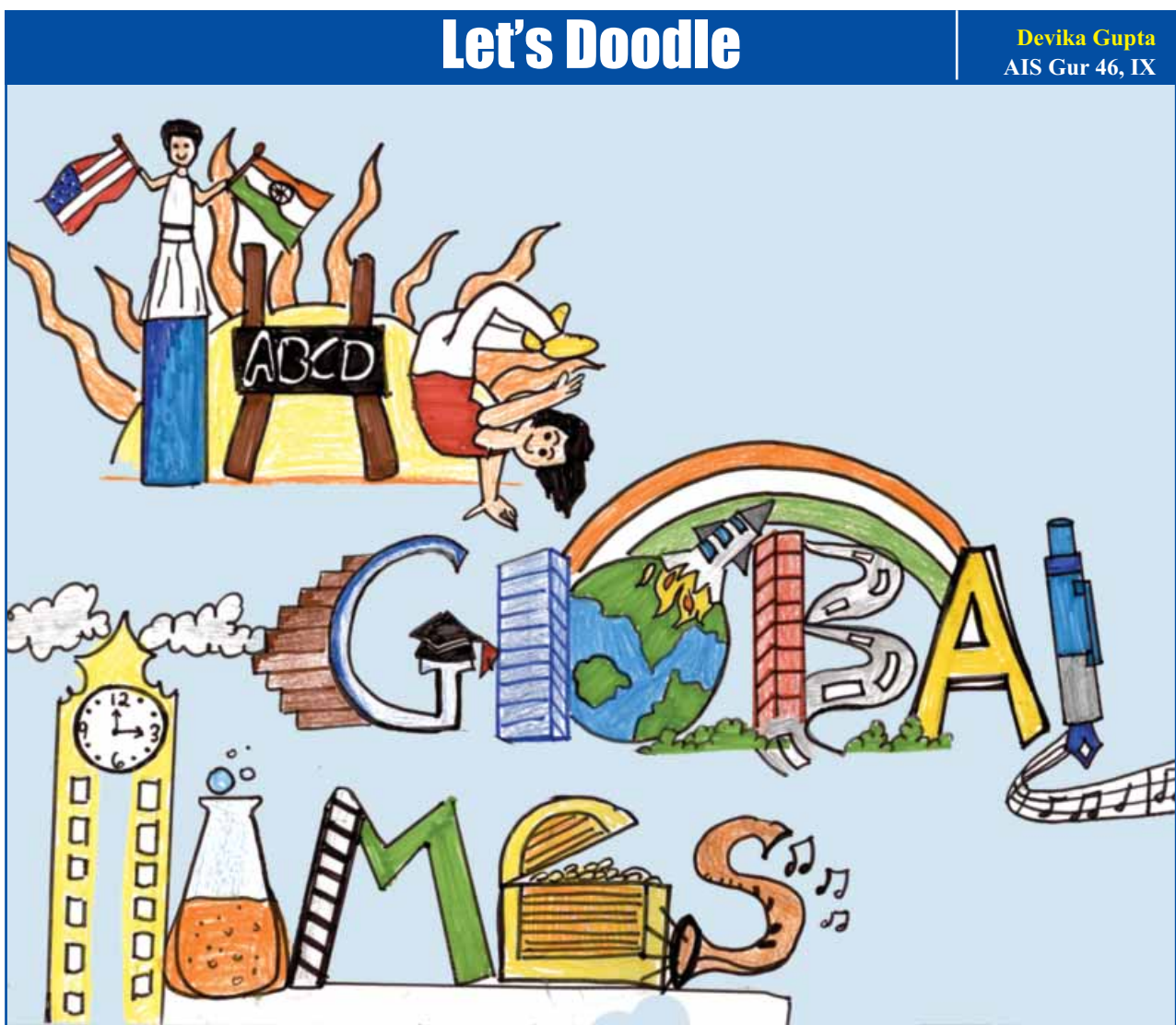
Reading your favourite GT can fetch you a prize too. Complete all the boxes below. Click a picture and send it to [editor@theglobaltimes.in](mailto:editor@theglobaltimes.in) or submit it to your GT Teacher Coordinator. 3 lucky winners will win a prize every week!



<b>Q:</b> Who is being interviewed on page 1?	<b>Q:</b> When did Sangathan kick start this year?	<b>Q:</b> Mention three causes of tsunami.
<b>Ans:</b>	<b>Ans:</b>	<b>Ans:</b>
<b>Q:</b> Who is the writer of the story 'Untangling the intonation'?	<b>Q:</b> Name one teacher who has shared her experience on page 5.	<b>Q:</b> Which recipe is featured in Little Chef?
<b>Ans:</b>	<b>Ans:</b>	<b>Ans:</b>
<b>Q:</b> What is the DIY activity on page 8?	<b>Q:</b> Which part of Prerna Series is featured in this edition?	<b>Q:</b> Which flight flew in the wrong direction after taking off from Sydney?
<b>Ans:</b>	<b>Ans:</b>	<b>Ans:</b>

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

Results of Read Play and Win-9: **Rishi Upadhyay**, IV B, AIS N; **Rishit G**, IV B, AIS N & **Vanshika Singh**, IV B, AIS N (Prizes will reach you within 15 days)







From Mars, the sun appears half the size as it does from Earth.

# The Delraks

## Short story



Imaging: Anju Rawat, GT Network

Soham Halder, AIS Saket, VI

In the small town of Willow Creek, people were enjoying a party to celebrate the first year of the new Mayor's leadership. Everyone was enjoying and talking loudly. The air smelt fresh, and the skies were clear. "What could go wrong?" thought the people of the town. In the middle of the party, the Mayor stood up to make a speech. "Folks, I would like to make a..." "Crashhhh!" a loud noise was heard. Following the source of the noise, people ran out to find a large crater in the middle of the lawn, and smoke and dust

everywhere. They thought they were hit by a meteor, as had happened several years ago but this was a huge thing, that resembled a spaceship! There was a hatch at the top. No one could open it. When the Mayor tried to pry it open, suddenly the doors blasted and something came out - it was quite tall, had four arms, one eye and very menacing teeth! It was an alien! Screaming, everyone ran. Over the next two months, no less than 11 more of the 'things' landed in Willow Creek. The media called them Delraks, (after a TV show on aliens). The Delraks started coming to Earth in hordes, the army and police tried to kill them but

They thought they were hit by a meteor, as had happened several years ago but this was a huge thing....

they were immune to any kind of weapon. Then one day, a lady drove by in her car playing loud music, when she noticed a hidden Delrak. She went to investigate further when the Delrak's head started spinning and suddenly it dropped dead on the ground. The lady realised that loud music had a strange effect on the Delrak. She immediately called the Mayor and told him about her discovery. Finally, the military deployed loud music speakers. They did not have to use a bomb or missile, but 80's classic rock music. The Delraks started dropping dead one by one. The remaining ones left and never came back again! The people of Willow Creek celebrated jubilantly for their planet was safe once again.

So, what did you learn today?  
A new word: Jubilantly  
Meaning: With great joy



## Baked potato wedges

Jasmine Ratra  
AIS Pushp Vihar, III

### Ingredients

Potatoes (half boiled).....4  
Spring onions (chopped).....¼ cup  
Olive oil .....¼ cup  
Garlic powder .....¼ tsp  
Black pepper .....¼ tsp  
Coriander leaves (chopped) .....2 tbsp  
Parmesan cheese (grated) .....¼ cup  
Salt .....¼ tsp

### Method

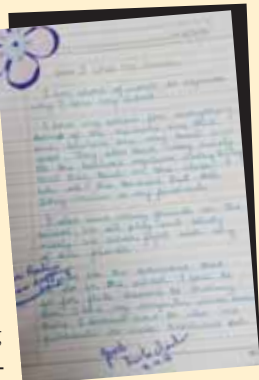
■ Preheat the oven to 190 degrees Celsius.

- Slice the boiled potatoes lengthwise in halves and then slice each half into three slices.
- Take salt, garlic powder and black pepper to a bowl. Add sliced potatoes and toss them together.
- Add olive oil and toss until potatoes are completely coated with it.
- Place potatoes on a baking tray covered with butter paper and bake for 30-35 minutes or until the potatoes turn brown and crispy.
- Toss baked potato wedges in a large mixing bowl with coriander leaves, spring onions and grated cheese.
- Serve with ketchup.

## I love my school

Roshni Debaja  
AIS Noida, V I

I love my school very much. I love my school for our teachers are very kind and good. They are very nice. I like all the teachers but Arti Jetley ma'am is my favourite. I like my school because it has given me many nice friends. I also like the activities that we do in the school. I love to go for flute lessons with Gurung sir. I love my Com-



puter class because there, I have learned how to use MS Publisher to make brochures. I really enjoy going for movies and picnics with my school-mates. I love the big field where we go for our games period and also learning karate from Raju sir. Annual Day and Sports Day are my favourite events in the school. The whole class has so much fun when we practice for these events. That is why my school is the best.



## Boy and the toy

Shriya Bansal, AIS Gur 43, VI B

Once there was a cute little boy  
Who had a lot of toys  
He loved to play football  
And also shopping at the mall

Once he saw a toy in the shop  
It was so amazing, his jaw would drop

## POEMS

He wanted it right away, anyhow  
Poor thing, his mother didn't allow

The cute little boy was hurt deep  
Sobbing and crying, he went to sleep  
And then he saw the toy on his bed  
He started jumping, he was overjoyed

He clutched his new toy  
Off went to sleep the little boy  
This time not sobbing in pain  
But with a big smile on his face again.

## Tech check

Ipsit Mittal, AIS Vasundhara 1, V A

Technology is everywhere  
Bringing the far ones near  
It is in office, college and school  
That's why it is so cool



Calculator can help you with calculation  
Internet will give you information  
Excel has become Math's best friend  
Technology is truly the new trend

Projects aren't dreaded anymore  
Creativity is increasing more and more  
We love technology that is everywhere  
Now nothing about studies we fear.

## It's Me



**My name:** Evanshi Chowdhary  
**My school:** AIS Gur 43  
**My Class:** I  
**My birthday:** June 16  
**I like:** Watching TV  
**I dislike:** Quarrelling  
**My hobby:** Painting  
**My role model:** My mother  
**My best friends:** My father and Nashita Jain  
**My favourite book:** Panchatantra, short stories for kids  
**My favourite game:** Building blocks, I love making structures out of them  
**My favourite mall:** Ambience Mall  
**My favourite food:** Stuffed garlic bread with cheesy jalapeno dip  
**My favourite teachers:** Meena ma'am and Alta ma'am  
**My favourite poem:** Old MacDonalds had a farm  
**My favourite subject:** Math  
**I want to become:** A pilot  
**I want to feature in GT because:** I love this newspaper and I want my friends to see me!

## Painting Corner

Ansha Nizam  
AIS Noida, VII



## Riddle Fiddle

Vishu Shukla  
AIS MV, V

1. What has a head and a tail, but has no legs?
2. What is black when you buy it, red when you use it and grey when you throw it away?
3. Different lights do make me strange, thus into different sizes I will change. What am I?
4. The more you take, the more you leave behind. What am I?
5. What travels around the world but stays in one spot?
6. What falls but doesn't break, and what breaks but doesn't fall?

Answers: 1. A coin 2. Charcoal 3. Pupil of an eye 4. Footsteps 5. Stamp 6. Night and day



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Since Mars has less gravity than Earth, you would weigh 62% less than you do here on our home planet.

# Literary fiesta

Literati 2016 groomed budding writers and artists to bring the best from the literary world, using language as a learning tool



Winners with their trophies at the literary festival

## AIS Gurgaon 46

Under the able guidance of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, AIS Gur 46 organised 'Literati 2016' - the festival of languages on August 11, 2016 dedicating it to Dr APJ Abdul Kalam. Over 30 renowned schools from Gurgaon and NCR participated in the event that encouraged writers and artists to bring out their best.

The literary fiesta celebrated the beauty of five languages - Hindi, English, Sanskrit, German and French, besides highlighting the importance of learning languages. The festival began with the lighting of the lamp by School Principal Arti Chopra and eminent judges from various walks of life, amidst the chanting of *shlokas*. The judges were visibly pleased, and congratulated the participants and applauded their efforts. Various competitions like Dubbomania,

Director's Cut, Curtain Call, Sanskrit Geet Kaavya Nritya, Voicing the Opinion, The Quest, Vaad Vivaad, German 'Chor' (German choir), French - 'Défile de caracteres' and other activities as rhymes, online competitions as story writing, essay writing, article writing and poem writing were organised, to test the language skills of the students. AIS Gur 43 lifted the overall winners trophy and the ceremony concluded with vote of thanks by School Principal. [G T](#)



Young delegates dress up in traditional attires at AMUN

# AMUN 2016

## AIS Vasundhara 6

AIS Vas 6 hosted its 7th AMUN session for the students of Class V on August 30 - 31, 2016. The agenda of discussion was 'Women in combat role in defence services' and 'Impact of El Nino on food security, agriculture and nutrition'. The young students posed as delegates of different countries, presenting the view of their respective countries, on the agenda. Students turned up not just well researched, but also well-dressed, donning the traditional attire of the country allotted to them. The session simulated the proceedings of Model United Nations

wherein students debated on the given topics, presenting various perspectives to the problem and also came up with viable solutions for the same. [G T](#)



Students discuss the agenda

# Learning through presentations



Tiny tots celebrate EVS presentation week to promote unity of colours

## AIS VKC Lucknow

To inculcate a sense of responsibility among students, AIS VKC Lucknow organised EVS presentation week in the month of August 2016. The theme for this year's presentation was 'Rainbow- plethora of colours'. As part of the EVS presentation week, various activities were held for different classes, viz, rainbow colouring, poetry recitation, rainbow head gear and wrist band making, picture composition,

speaking and creative writing.

The event began with the rendition of *shlokas* by the students of Class Nursery to I. On the occasion, a group poem and group song 'Counting colours in the rainbow' by tiny tots of Nursery and KG enthralled everyone. They also enacted a skit giving the message that the value of the rainbow lies in the unity of colours. As a befitting end to the celebration, School Vice Principal encouraged the students and together, they pledged to save the environment. [G T](#)

## AIS Saket

Learning at Amity is a fine balance of knowledge assimilated from books and meticulously designed activities that keep the children engaged. Keeping this in mind, AIS Saket organised project presentations for the students on different themes.

### Class VI

A project presentation on the topic 'Our government, desh ki backbone' was organised for the students on August 22, 2016. The presentation focused on how the Indian government is making progress while introducing new policies. The students emphasised the importance of the constitution and how it has helped the citizens, by putting up skits and reciting poems.

The students spoke confidently and participated with great fervour and zeal. School Principal Divya Bhatia highlighted the importance of value based education and appreciated the Amitians for their overwhelming performance.



Students recite poem as part of project presentation

### Class VII

The students of Class VII showcased a presentation on 'The Mughal Empire' on August 6, 2016. The timeline of the major rulers along with short stories related to them were brought forth. In order to relate it to contemporary life, the cartoon character 'Doraemon' was woven in as the anchor as the audience was taken to the classical period.

### Class VIII

On August 6, 2016, the students of Class VIII participated in a project presentation. Their supplementary reader 'Great Expectations' came alive when the young learners enacted scenes from it. They enthralled the audience with their acting skills. School Principal applauded the children for putting up a beautiful and timeless treasure of wisdom. [G T](#)



Dance performance by the students during the heritage assembly

# Heritage assembly

## AIS VKC Lucknow

With the aim to instill knowledge about Indian culture and heritage, AIS VKC Lucknow organised a heritage assembly on the state of Sikkim on August 29, 2016. The assembly commenced with a PPT on Sikkim, followed

by a brief skit showcasing Buddhist monks and the famous 'dragon dance'. The musical prodigies, viz, Arnab Singh Chauhan, Raunak Saigal, Vatsalya Srivastava and Saumitra Saran of Class VI presented melodious songs on the occasion. A scintillating Tibetan folk dance was also performed by the students. [G T](#)

## AIS Gurgaon 46



Shryans Goyal and Aditya Gupta of AIS Gur 46 won bronze medals in oral presentation at APCYS 2016 for their project 'Conductive cooling paints'.

# Sing along



Solo singing competition in progress

## AIS Gwalior

On August 27, 2016, AIS Gwalior organised solo singing and collage making competition at DD Mall, Gwalior. 104 students participated in the competition. The event started with a group song presented by the tiny tots of Classes Nursery - II. Talented young participants enthralled the audience with their mellifluous singing and beautifully made collages. The event culminated with the felicitation of winners as well as the participants. [G T](#)



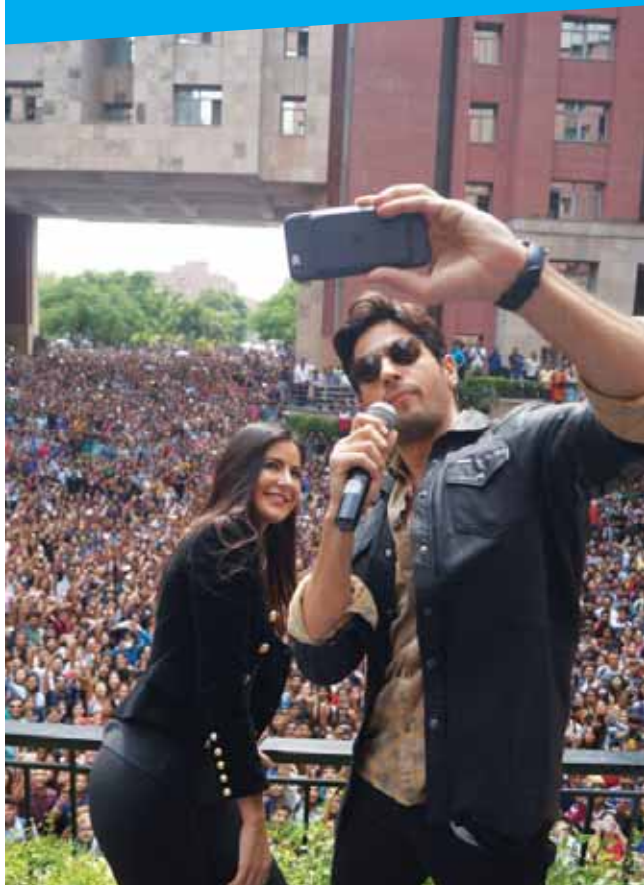


Pic Courtesy: Amity Media Cell



*Decibel defying shrieks, students jostling for space and sky high selfie-seeking hands, a possible result of students riding on each other's shoulders – was how Amityville received the dazzling duo Katrina Kaif and Siddharth Malhotra, who came to promote 'Baar Baar Dekho'*

# Baar baar dekho Amity



Sumitra Singh, Faculty, AUUP

“Hi Amity! I'm from Delhi only! You can cheer louder!” When the silken voice of golden boy Siddharth Malhotra resonated in the Amity campus, it sent hundreds of girls into a heightened frenzy. And if that wasn't enough, strode in Katrina Kaif with her 'Kala chashma' and neither guys nor girls could help swaying to the beat!

## Hazaar Baar Dekho Amitywalon

September 8, 2016 - The H block plaza at AUUP burst at the seams as students waited impatiently since noon, to catch a glimpse of their favourite stars. Even the foot tapping numbers from the movie blaring at full blast couldn't control the crowd as they hankered and screamed ardently. Their screams didn't go in vain as the young Bollywood actors walked in looking like a million bucks in their black ensembles, holding Amitians in awe.

## Tenu Kaala Chashma Jachda

Even before the oh-so-popular track 'Kala Chashma' played on the speakers, the crowd drowned the soundtrack with their loud cheer-

## Nachde ne saare!

ALS II shares its hysteria...

Katrina and Siddharth so close by - unbelievable! -Ojasvee Agrawal

I had seen them only in the movies; seeing them right in front of me was like a dream! - Anshulaiz Wilson

I went crazy! - Amit Bidhuri

I saw the film stars for the first time in my life. I am thrilled! - Shikhar

ing. And the moment Katrina and Siddharth took to the stage grooving to the popular number, their sparkling chemistry sent the students to another level of craziness. The fans gasped for more, as to see your favourite stars from this close was something, but to watch them perform exclusively for you, was another.

## Desi munda, Soni Kudi

When 'desi munda' Siddharth saw thousands

cheering for him with their smart phones up in the air capturing the entire show, he couldn't help sharing his Amity connect, "Amity is very close to my heart; I have come to Amity many times for my 'personal reasons'. Amity rocks! The jubilant crowd cheered even louder as Siddharth started rapping the famous Badshah number "Sadko pe chalen..." 'Soni kudi' Katrina was not to be left behind either as her flying kisses left the crowd in a tizzy.

## Kho gaye ham kahaan

If the crowd already couldn't get enough of the dazzling duo, their excitement knew no bounds when the stars flung music CDs of the movie in the air, sending the crowd in a frenzy! Excitement reigned as the lead pair obliged the freaking crowd with a raving groupie session. Alas! As all good things come to an end, the delirious bubble of excitement finally burst with students humming 'Kho gaye hum kahaan'.

*Baar Baar Dekho, is a romance-drama produced by Dharna productions and Excel Entertainment, and directed by debutant director Nitya Mehra. Based on the concept of time travel, it released on Sep 9, 2016.*

# Run-of-the-mill reels

From the 'Jaa Simran jaa, jee le apni zindagi' to 'The name's Bond, James Bond', Tarini Sharma, AIS Saket, XII, brings you all the over used plot lines in film making industry.

## The 'epic' saga

Have you met a guy named Raj or Rahul? Did you start dancing and singing with background performers? Yes! Then you might be living in a typical Bollywood romance where there is a perfectly timed rain, accidental collisions and love at first sight.

## Made for the masses

Bollywood is famous for its action packed movies, be it 'Dabaang', 'Ek Tha Tiger' or 'Singham'. The number of blown up cars should be in proportion to the budget of the film. Higher the budget, more the mechanical smashes.

## Drama draws dollars

Typically, the indispensable elements of these high school dramas are the good-looking popular guy, the malicious girl, the nerdy chick, et al. Without the aggressive, abusive and muscular bully, the movie cannot come anywhere near the label of a high school cliché. Our go-to girl has to fall for the popular guy or vice versa. In spite of the stark differences in their lives, they both end up together.

## Mission achieved

From James Bond to Jason Bourne, from Ethan Hunt to Jack Reacher, basically all of who save the world from nuclear threat. The minimum requirements include a hero who will never lose a single fight and have a witty comeback too. For example, Lachaise: "I'm giving you the opportunity to walk out with the money, Mr. Bond."

Bond: "I'm giving you the opportunity to walk out with your life." Boom boom, shots fired. And while we openly bashed and ridiculed all these typical movie clichés, they are our guilty pleasures and we could never do away with them.



Imaging: Anju Rawat, GT Network

## GT Travels to London



Uday Aeri, AIS Saket, III C, poses with his copy of The Global Times in front of the famous Royal Observatory where the longitude and Greenwich Mean Time (GMT) were founded. The observatory consists of several buildings and the oldest one 'Flamsteed House' was designed by Christopher Waren. The visitors can stand on the Meridian line at exactly 0 degree longitude and the centre of world time. It also houses a number of astronomy galleries for children to explore.

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# दो कर्मयोग का वर अन्नूप

परमेश्वर की शक्ति दैवीय और आसुरी शक्ति से बहुत ऊँची है। वह निराकार और सर्वज्ञ है। सुर-असुर से कहीं ऊपर। उसकी व्यवस्था दोनों के लिए एक जैसी है जो हमारे कर्मों द्वारा फलित होती है

दिनेश कुमार, जीटी नेटवर्क

कि ताबें समाज का आईना हैं। सारे देश-काल का ज्ञान इनमें समाहित होता है। अब बदलते समय के साथ यह किताबी ज्ञान उनके पन्नों से निकलकर टेलीवीजन के रूपहले पर्दे पर आने लगा है और किताबें कहीं पीछे छूट रही हैं। पर ज्ञान तो ज्ञान है, चाहे वह जिस भी माध्यम से हमें मिले उसे ग्रहण करना तो मनुष्य होने के नाते हमारा धर्म है। आजकल टीवी पर एक कार्यक्रम आ रहा है – ‘सिया के राम’। उसी का एक किस्सा प्रस्तुत करता हूँ। रावण और उसका भाई कुंभकर्ण अपने पूर्व जन्म में बैकुंठ निवासी श्री हरि विष्णु के द्वारपाल थे। एक दिन जब भगवान विष्णु क्षीरसागर में पत्नी लक्ष्मी के साथ आराम कर रहे थे तब ब्रह्म देव के मानस पुत्र उनसे मिलने बैकुंठ पहुँचे। उन्होंने विष्णु से मिलने की इच्छा की किन्तु बैकुंठ के द्वारपालों– जय और विजय ने उन्हें अंदर जाने से रोक दिया। इससे कुपित होकर ब्रह्म देव के पुत्रों ने उन्हें शाप दे दिया कि जिस विष्णु भगवान से मिलने से वे लोग उन्हें रोक रहे हैं, वे भी एक दिन मनुष्य के रूप में जन्म लेंगे और भगवान विष्णु से दूर हो जाएँगे। शाप सुनकर दोनों दुःखी हो गए और उनसे क्षमा–याचना करने लगे। तभी भगवान विष्णु वहाँ प्रकट हुए। दोनों ने अपनी व्यथा भगवान विष्णु को बताई और ऋषियों के शाप से मुक्ति करने का निवेदन किया। लेकिन ब्रह्म देव के मानस पुत्रों ने अपना शाप वापस लेने में असमर्थता जताई। इस पर भगवान विष्णु ने जय–विजय से कहा कि वे भी इन ब्रह्म–पुत्रों के शाप से उन्हें मुक्त नहीं कर सकते अलबता एक रास्ता जरूर है जिससे पुनः तुम मेरे पास लौट आओगे। दोनों ने कहा कि ठीक है। तब विष्णु ने कहा कि तुम सात जन्मों तक मनुष्य रूप में जन्म लेने के बाद आठवें जन्म में मेरे पास आ जाओगे। जय–विजय ने सात जन्म तक भगवान विष्णु से दूर रहने में अपनी असमर्थता जताई। तब विष्णु ने कहा कि, ठीक है। तुम तीन जन्मों तक मुझसे दूर रह सकते हो लेकिन मेरे दुश्मन के रूप में तुम्हें मेरा जन्म लेना होगा और मैं हर जन्म में तुम्हारा वध करूँगा। इस बात पर दोनों सहमत हो गए कि उन्हें तीन मानव रूपी जन्म शत्रु के रूप में उन्हें स्वीकार हैं ताकि कम समय के लिए उन्हें अपने प्रिय भगवान से दूर रहना पड़े। विष्णु के द्वारपालों के ये तीनों रूप– क्रमशः रावण और कुंभकर्ण जिन्हें श्री राम के रूप में अवतरित हो उनका वध किया, दूसरा हिरण्यकश्यप, जिसका वध भगवान विष्णु ने नरसिंह अवतार में किया और अंतिम शिशुपाल था जिसका वध उन्होंने भगवान श्रीकृष्ण के रूप में लेकर किया। तत्पश्चात् वे दोनों फिर से बैकुंठ के

द्वारपाल बन अपने प्रिय ईष्ट भगवान के पास जा सके। इसके उलट एक और कथा भी सामने आई जिसमें, भगवान विष्णु को मनुष्य रूप में जन्म लेना पड़ा और सीता से उनका वियोग हुआ था। भगवान विष्णु ने किसी ब्रह्मऋषि की पत्नी का वध किया था जिसके परिणाम स्वरूप ऋषि ने विष्णु को शाप दिया था कि जिस तरह वह अपनी पत्नी की विरह वेदना को भोग रहे हैं एक बार मनुष्य रूप में उन्हें भी अपनी पत्नी लक्ष्मी से दूर रहना पड़ेगा। सीता वाले जन्म में ही विष्णु भगवान का सीता के रूप में जन्मी लक्ष्मी से वियोग हुआ। यह सब देखकर बड़ा आश्चर्य हुआ कि सारी दुनिया के पालनहार विष्णु भी शापित हो सकते हैं। इन सब से एक बात तो समझ आई कि ब्रह्मा, विष्णु और शिव भगवान से ऊपर भी एक परम शक्ति है जिसके आदेशों का पालन ये तीनों महान भगवान भी करते हैं। ब्रह्मऋषि वशिष्ठ, और विश्वामित्र इन भगवानों से भी ज्यादा शक्तिशाली और ज्ञान के भंडार थे। गायत्री महामंत्र ब्रह्मऋषि के हजारों वर्षों की तपस्या से ही जन्मा है।

जब हम वेदों का अध्ययन करते हैं तो हमें ज्ञात होता है कि असुरों की भूमिका कहीं खलनायक की नहीं रही है। भारतीय सभ्यता में वेदों का समय करीब 4000 वर्ष पुराना है और शायद वेद ही मानवीय सभ्यता का पहला स्रोत भी हैं। इन्हें साक्षात ईश्वर की वाणी कहा जाता है। अनेकों बह्मऋषियों, महर्षियों की कठिन तपस्या के फलस्वरूप ईश्वर के माध्यम से उन्हें जो ज्ञान प्राप्त हुआ वही मानव सभ्यता के विकास के लिए आज तक उपयोगी रहा है। भारतीय संस्कृति में सबसे पुरातन ज्ञान की धारा वेदों से ही निकली है। इस सर्वाधिक पुरातन पुस्तक में भी असुरों के खलनायक होने का वर्णन कहीं नहीं मिलता। इसके विपरीत असुर एक दैवीय प्राणी है। इंद्र, वरुण, रुद्र और ज्यादातर वैदिक देवों को असुर की उपाधि दी गई है। लेकिन पुराणों तक आते–आते बात वेदों के काफी उलट हो जाती है। पुराणों का समय वेदों से करीब 2000 वर्ष बाद का है। पुराणों में असुरों को बुरा माना गया है। उन्हें देवों का दुश्मन बताया गया। दरअसल, असुर और देव दोनों एक ही पिता लेकिन दो माताओं से जन्मी संतानें हैं। देव, अदिति से पैदा हुए थे इसलिए उन्हें आदित्य कहा गया और दिति से जो



रेखांकन: अंजू रावत, जीटी नेटवर्क

संताने पैदा हुईं उन्हें दैत्य यानी असुर कहा गया। देव और असुर हमेशा आपस में लड़ते रहते थे। उनके बीच स्वर्ग के राज को लेकर लड़ाई थी। देवों के पास अमर बना देने वाला अमृत था तो असुरों के पास जिंदगी लौटा देने वाली संजीवनी विद्या। ये दोनों ताकत और जवाबी ताकत की तरह थे। लेकिन इन्हें आपस में पूरक की तरह देखने की कोशिश होती थी, दुश्मन की तरह नहीं। एक और बात पर गौर कर सकते हैं कि देवों के राजा इन्द्र की पत्नी शचि असुर–पुत्री थी। मतलब असुर की पुत्री देव की पत्नी हो सकती थी। यानी पाताल में रहने वाले असुर तमाम संपदा के जन्मदाता हैं और आकाश के स्वर्ग में रहने वाले देवताओं के स्थान पर उस संपदा को उसका मोल प्राप्त होता है।

जब हम वेदों का अध्ययन करते हैं तो हमें ज्ञात होता है कि असुरों की भूमिका कहीं भी एक खलनायक की नहीं रही है। भारतीय सभ्यता में वेदों का समय करीब 4000 वर्ष पुराना है और शायद वेद ही मानवीय सभ्यता का पहला स्रोत भी हैं।

पुराणों में स्थिति असमंजस में डालती है। यह साफ नहीं है कि देवता हर हाल में अच्छे होते हैं और असुर बुरे। एक ओर जहाँ कई असुर अच्छे हैं तो वहीं कई देव बुरे भी हैं। असुर–सम्राट बाली बहुत उदार थे, विरोचन बुद्धिमान और प्रह्लाद ईश्वरप्रेमी। दूसरी तरफ देवों के राजा इंद्र अहिल्या के पीछे पड़ गए और उन्हें शाप झेलना पड़ा। यह भी असमंजस की स्थिति है जिसमें यह वक्तव्य प्रस्तुत होता है कि असुर पिछले जन्म में देव थे। भारतीय ग्रंथों में इस बात का कहीं स्पष्ट पता नहीं चलता है कि अच्छे देवता और बुरे असुर हैं। मेरे विचार से तो यह विवाद ही गलत है। सच्चाई तो यह है कि बिना असुरों का साथ लिए देवता क्षीरसागर का मंथन नहीं कर सकते थे। देवता साथी वेन से रह सकते थे, जब उस मंथन से निकले रत्नों को वे असुरों के साथ ईमानदारी से बाँटेंगे। सबसे ऊपर यह बात कि परम पिता परमेश्वर की शक्ति दैवीय और आसुरी शक्ति से बहुत ऊँची है। परमेश्वर निराकार और सर्वज्ञ है। सुर–असुर से कहीं ऊपर। उसकी व्यवस्था दोनों के लिए एक जैसी है जो हमारे कर्मों द्वारा फलित होती है। कर्म फल के कारण ही भगवान विष्णु को भी मानव रूप में आना पड़ा था और सीता से वियोग झेलना पड़ा था। दोनों जय–विजय तथा श्री हरि विष्णु भी कर्म फल भोगने के लिए ही धरती पर अवतरित हुए। 🙏🇮🇳

# विचारों द्वारा संस्कार परिवर्तन

कोई भी संस्कार दृढ़ व मजबूत होने से पहले कर्म का रूप लेता है और कर्म में आने से पहले विचार के रूप में आता है। अर्थात् संस्कार की उत्पत्ति विचार से होती है। किसी भी रोग को समाप्त करने के लिए उसकी जड़ में जाना होता है

ग्राफिक्स: अंजू रावत, जीटी नेटवर्क



डॉ. विनीता भण्डारी

ऐमिटी इंटरनेशनल स्कूल विराजखण्ड, लखनऊ

संस्कार! ये शब्द हमने कई बार सुना है। आइए आज इस पर कुछ देर विचार करें। ‘संस्कार’ शब्द को जब हम सरल शब्दों में व्यक्त करते हैं तो इसका अर्थ हमारी आदतों से होता है। साधारणतया जो कार्य हम प्रतिदिन करते हैं, वे प्रतिदिन किये जाने के कारण हमारा स्वभाव–संस्कार बन जाते हैं। उदाहरण के तौर पर किसी व्यक्ति का संस्कार अपना कार्य समय पर करने का होता है तो किसी का समय के बाद, किसी का सच बोलने का संस्कार होता है तो किसी का झूठ बोलने का। वास्तव में ‘संस्कार’ या ‘आदत ’ एक दिन में नहीं बनती, इसकी एक लम्बी प्रक्रिया होती है। कोई भी

संस्कार दृढ़ व मजबूत होने से पहले कर्म का रूप लेता है और कर्म में आने से पहले विचार के रूप में आता है। अर्थात् संस्कार की उत्पत्ति विचार से होती है। कहते हैं किसी भी रोग को समाप्त करने के लिए उसकी जड़ में जाना होता है तभी उसका उपचार संभव होता है। अतः वे संस्कार जो हमारे लिए हानिकारक है, रोग का रूप लेने वाले हैं, उनका उपचार करना हमारे ही हाथों में है। यहाँ हमने यह जान लिया है कि संस्कार की उत्पत्ति विचार से होती है इसलिए हमें बीमारी की भाँति लगने वाले संस्कार जैसे– क्रोध, लोभ, आलस्य आदि के उपचार अर्थात विचार पर जाना चाहिए। उदाहरण के लिए हम क्रोध के संस्कार को लेते हैं। क्रोध आने के अनेक कारण होते हैं जिनमें मुख्य है कि जब कोई हमें बुरा–भला कहता है या हमारे साथ बुरा करता है तो ऐसे समय में प्रायः हमारी प्रतिक्रिया उत्तेजना

से भरी और नकारात्मक होती है क्योंकि उसके पीछे हमारे द्वारा निर्मित यह विचार काम कर रहा होता है कि ‘जब कोई हमारा अपमान करेगा तो हम उससे बदला जरूर लेंगे, उसे नहीं छोड़ेंगे।’ इस बदला लेने के कारण ही आज अनेक हिंसात्मक घटनाएँ बढ़ रही हैं। परन्तु इसके बाद भी बदला लेने वाले का मन शांत नहीं होता अपितु बदला लेने के बाद अशांति की मात्रा पहले से ज्यादा बढ़ जाती है जबकि बदला लेने का उद्देश्य खुद को शांति पहुँचाना था। यहाँ पर यही कहा जाएगा कि ‘आग’ को बुझाने के लिए ‘पानी’ का प्रयोग किया जाता है, पेट्रोल का नहीं। अब यहीं पर हमें अपने विचार, जो क्रोध का बदला क्रोध द्वारा व्यक्त करने वाले थे, को बदलना होगा। यहाँ पर हमें एक सकारात्मक विचार का निर्माण करना होगा कि– ‘मैं एक शांतिप्रिय व्यक्ति हूँ और शांति मेरा वास्तविक गुण है तथा इस शांति के बदले मुझे खुशी मिलेगी।’ जब हर बार, इस प्रकार स्वयं को विचार दिये जाते हैं तब धीरे–धीरे कर्मों में परिवर्तन आने लगता है और हर परिस्थिति में शांत रहना हमारी आदत बन जाती है जो हमारे भीतर शांति के संस्कार को प्रकट करता है। 🙏🇮🇳

संस्कार की उत्पत्ति विचार से होती है इसलिए हमें बीमारी की भाँति लगने वाले संस्कार जैसे– क्रोध, लोभ, आलस्य आदि के उपचार अर्थात विचार पर जाना चाहिए।



## कहानी

## जन्मदिन का तोहफा



रेखांकन: रवीन्द्र गुसाईं, जीटी नेटवर्क

गुंजिका कौशिक

एमिटी इंटरनेशनल स्कूल गुरुग्राम सै0 46, 9 बी

आज भी याद है मुझे वह दिन जब रजत सड़क के किनारे पड़ा हुआ था। बहुत चोट लगी थी उसे। खून बहुत बह चुका था उसका। घायल था वह बुरी तरह। उसकी पत्नी राखी उसकी तरफ बेतहाशा भागी जा रही थी। वह रो रही थी और अपने मन को समझा रही थी कि रजत ठीक है और उसे कुछ भी नहीं हुआ है। अब थोड़ी देर में ठीक हो जाएगा सब कुछ। राखी अपने मन को बहलाने की लगातार कोशिश कर रही थीं। वह अपने मन को समझा रही थी कि यह सब तो एक बुरा सपना है। आँखें खोलते ही सपना टूट जाएगा और सब कुछ पहले की तरह ठीक हो जाएगा। लेकिन जो सच था उसे वह मानना नहीं चाह रही थी। या शायद उसका मन नहीं मान रहा था।

उस दिन एक सड़क हादसे में रजत की मौत हो गयी थी। वह अपनी पत्नी और बेटी को छोड़कर हमेशा के लिए चला गया था। कहीं दूर। उस सड़क हादसे में एक बस तथा एक कार आपस में टकराए थे। रजत कार चला रहा था। उसने सीट बेल्ट नहीं लगाई थी। कार की गति भी नियमित सीमा से अधिक थी। रजत जल्दी में था क्योंकि वह दिन उसके लिए बहुत मायने रखता था। उस दिन रजत की पत्नी राखी का जन्मदिन था और रजत उसके लिए तोहफा खरीदकर वापस घर आ रहा था। हादसे से पहले रजत अपने एक दोस्त से फोन पर बात कर रहा था। वह उसे बता रहा था कि वह रास्ते में है और जल्दी ही जन्मदिन पार्टी में पहुँच रहा है। लेकिन उसकी जगह एक पुलिस इन्स्पेक्टर रजत के घर आया था उसकी गाड़ी के एक्सीडेंट की सूचना देने। इन्स्पेक्टर ने रजत की गाड़ी के एक्सीडेंट की सूचना के साथ एक लाल डिब्बा उसकी पत्नी राखी को देते हुए कहा, 'मैडम यह डिब्बा मिला

है उस गाड़ी से। यही एक चीज है जिसे कोई नुकसान नहीं हुआ एक्सीडेंट में। बाकी सारी गाड़ी चकनाचूर हो गई है।'

सुनकर राखी सन्न रह गई थी। उसे महसूस हुआ कि रजत ने यदि ट्रैफिक नियमों का उल्लंघन न किया होता तो शायद आज वह उनके साथ होता। राखी ने उसी क्षण दृढ़ निश्चय किया कि जिस वजह से उसकी बेटी के सिर से बाप को साया उठा है राखी उस वजह को समाप्त करने में जान लगा देगी। राखी ने पुलिस विभाग की परीक्षा दी तथा पुलिस में उसका निर्वाचन हो गया। सालभर की ट्रेनिंग के बाद राखी को दिल्ली यातायात पुलिस में पोस्टिंग मिल गयी। राखी ने जी जान से कोशिश की कि जनता को यातायात के नियमों के बारे में जागरूक करे। यातायात के नियमों को अनदेखा करने के दुष्परिणामों के बारे में बताये और जनता को समझाये। उसकी यह कोशिश धीरे-धीरे रंग लाने लगी। लोगों ने बहुत हद तक उसकी बात को समझा और उस पर अमल भी किया।

उस दिन एक सड़क हादसे में रजत की मौत हो गयी थी। वह अपनी पत्नी और बेटी को छोड़कर हमेशा के लिए चला गया था। कहीं दूर। उस सड़क हादसे में एक बस तथा एक कार आपस में टकराए थे। रजत कार चला रहा था। उसने सीट बेल्ट नहीं लगाई थी। कार की गति भी नियमित सीमा से अधिक थी।



रेखांकन: रवीन्द्र गुसाईं, जीटी नेटवर्क

## चीड़ और नरकुल

तनु धिगान

एमिटी इंटरनेशनल स्कूल मयूर विहार, 4 ए

पा हाइों में एक पेड़ का नाम चीड़ होता है और बाँस परिवार की घास का होती है जिसका नाम नरकुल होता है। यह कहानी चीड़ और नरकुल की है। चीड़ का पेड़ हमेशा तनकर खड़ा रहता था। झुकना तो जैसे उसने सीखा ही नहीं था। धूप में आस-पास के पेड़-पौधे अपनी पतियाँ ढीली कर लेते, पर चीड़ अकड़ कर खड़ा रहता। चीड़ को किसी से भी बात करना पसंद नहीं था। चीड़ के पेड़ के पास ही नरकुल की घास की बहुत-सी झाड़ियाँ थीं। नरकुल सदा हवा के साथ झूमती रहती थी। चीड़ को उसकी यह आदत अच्छी नहीं लगती थी। एक दिन चीड़ ने नरकुल से कहा, 'तुम हमेशा सबसे दबकर क्यों रहती हो। जब देखो तब झुककर सबको प्रणाम करती हो। मेरी तरह गर्व से सिर उँचा रखा करो।' 'परन्तु दादा जी! मेरे गुरुजी ने कहा है कि विनम्रता एक बहुत अच्छा गुण है,' नरकुल ने कहा।

'यह बकवास है। अकड़कर रहो तो सब तुमसे डरेंगे,' चीड़ ने कहा। चीड़ और नरकुल आपस में बातें कर ही रहे थे, तभी आँधी-तूफान के साथ वर्षा होने लगी। नरकुल झुक गई। परन्तु चीड़ अहंकार में निडर होकर खड़ा रहा। बहुत तेज बारिश आई। नदी-नालों में बाढ़ आ गयी। तभी बहुत तेज आँधी चली और उस चीड़ के पेड़ को उखाड़कर जमीन पर गिरा दिया।

अगले दिन सबने देखा कि चीड़ धरती पर पड़ा कराह रहा था। नरकुल उसे देखकर रो रही थी। चीड़ ने कहा कि तुम ठीक कह रही थीं विनम्रता अच्छा गुण है। 🌿🌿

## राघव की फसल

यशोवर्द्धन सिंह

एमिटी इंटरनेशनल स्कूल नौएडा,9 एफ

एक गाँव में राघव नाम का एक गरीब किसान रहता था। उसके पास खेती के लिए कम जमीन थी उसके बावजूद खेती करने में वह मेहनत नहीं करता था। यही कारण था कि उसकी फसल हर बार खराब हो जाती थी। इसके लिए वह हमेशा ईश्वर को दोषी मानता था। राघव का एक बेटा था रामदास। वह बहुत पितृभक्त था। फसल खराब होने पर अपने पिता को ईश्वर पर क्रोधित होते देख उसे बहुत बुरा लगता। एक बार अपने पिता के पास जाकर उसने पूछा, 'पिताजी आपके इतना खेती करने के बाद भी हमारी फसल खराब क्यों हो जाती है?' राघव ने दुःखी होकर कहा, 'बेटा रामदास हम पर ईश्वर की कृपा नहीं है क्योंकि हम निम्न जाति के लोग हैं और अच्छी पैदावार के लिए ईश्वर की कृपा होनी जरूरी है।' यह सुनकर रामदास का मन खिन्न हो गया। उसने निश्चय किया कि वह ईश्वर की साधना करके उसे प्रसन्न करेगा और उससे पूछेगा कि वह हमारी फसल ठीक क्यों नहीं होने देता। पक्का इरादा करके वह ईश्वर की तपस्या करने निकल पड़ा। वर्षों तक वह ईश्वर की घोर तपस्या करता रहा। इस बीच रामदास के पिता का देहान्त भी हो गया पर उसने ईश्वर की आराधना बंद नहीं की। अंततः एक दिन ईश्वर उसकी तपस्या से प्रसन्न होकर रामदास के समक्ष प्रकट हुए। ईश्वर ने कहा, 'रामदास! मैं तुम्हारी तपस्या से बहुत प्रसन्न हूँ। बोलो क्या कष्ट है तुम्हें?' रामदास ने

विनम्रता से कहा, 'हे ईश्वर! हम निम्न जाति के लोग हैं इसलिए आप हमारी साधना स्वीकार नहीं करते तो क्या यही कारण है कि हर बार हमारी फसल खराब हो जाती है?'

ईश्वर उदारतापूर्वक बोले, 'पुत्र रामदास! मैंने तो सभी मनुष्यों को बनाया है, जात-पात का जन्म तो तुम मनुष्यों ने ही किया है। मैंने इस धरती को बनाया है और इसे देशों में विभाजित तो तुम मनुष्यों ने किया है। मैं तो सभी का रचयिता हूँ। मेरे लिए सभी समान हैं। उच्च और निम्न का मेरे लिए कोई औचित्य नहीं। मैं किसी में कोई भेदभाव नहीं करता। सभी के लिए एक ही तरह के नियम बनाए हैं। मैंने और ये नियम मुझ पर भी उतने ही लागू होते हैं जितने तुम मनुष्यों पर और जहाँ तक तुम्हारी फसल खराब होने की बात है तो एक मौसम की सारी शक्तियाँ छह माह के लिए मैं तुम्हें देता हूँ। तुम जैसे चाहो इसका इस्तेमाल करो। छह माह पश्चात् मैं फिर से आऊँगा, तुम्हारे पास, तुमसे अपनी शक्तियाँ वापस लेने।' इतना कहकर रामदास को सारी शक्तियाँ देकर ईश्वर अंतर्ध्यान हो गये। रामदास खुशी-खुशी वापस आया। हर बार की तरह इस बार भी खेती तो की परंतु खेती पर मेहनत नहीं की। छह माह बीतने पर ईश्वर पुनः रामदास के समक्ष प्रकट हुए। ईश्वर ने देखा रामदास खेत के एक कोने में खड़ा रो रहा है। इस बार भी उसकी फसल खराब हो गई थी।

ईश्वर ने रामदास को समझाया, 'तुमने अपनी फसल को बिल्कुल भी मेहनत नहीं की। यही गलती तुम्हारे पिता ने भी हर बार की थी। जब तक किसी चीज को पाने के लिए मेहनत नहीं करोगे तो उसका फल नहीं मिलेगा। आग में तपाने से ही कुंदन बनता है। फसल



रेखांकन: रवीन्द्र गुसाईं, जीटी नेटवर्क

ईश्वर उसकी तपस्या से प्रसन्न होकर रामदास के समक्ष प्रकट हुए। 'रामदास! मैं तुम्हारी तपस्या से बहुत प्रसन्न हूँ। बोलो क्या कष्ट है तुम्हें?' रामदास ने विनम्रता से कहा, 'हे ईश्वर! हम निम्न जाति के लोग हैं इसलिए आप हमारी साधना स्वीकार नहीं करते तो क्या यही कारण है कि हर बार हमारी फसल खराब हो जाती है?'

की तरह ही इनसान भी जब तक कष्टों का सामना नहीं करता, उसका विकास नहीं होता और इस पर ईश्वर को दोष देने लगता है। पुरुषार्थ ही इनसान की सफलता की सीढ़ी है। फिर चाहे वह फसल हो या मनुष्य।' बात रामदास की समझ में आ गई थी और उसके बाद उसने अपनी फसल पर बहुत मेहनत की और उसे कभी खराब नहीं होने दिया। 🌿🌿



दृष्टिकोण

# संपूर्ण विकास का आधार नारी

शिक्षित स्त्री जानती है कि परिवार की जरूरतों को कैसे पूरा किया जाए। घर की आवश्यकता की पूर्ति के लिए वह बाहर से सामान मँगवाना, हर चीज को सहेजना, हरेक की आवश्यकता को समझना, पति के सुख-दुःख की भागीदार बनना, अतिथियों का सत्कार आदि ये सभी सभ्य स्त्री की पहचान है

**दिविशा मेहता**  
ऐमिटी इंटरनेशनल स्कूल नौएडा, 9 जे

नारी तुम केवल श्रद्धा हो,  
विश्वास रजत नभ-पग तल में  
पीयूष स्रोत सी बहा करो,  
जीवन के सुंदर समतल में।

जयशंकर प्रसाद की ये पंक्तियाँ भारतीय नारी के गुणों को दर्शाती हैं तथा साथ ही यह भी स्पष्ट करती हैं कि भारतीय संस्कृति में नारी को कितना उच्च स्थान प्राप्त था। प्राचीनकाल में गार्गी, मैत्रेयी, अत्री, अनुसूया जैसी अनेकों विदूषी स्त्रियों का अस्तित्व इस बात का पर्याप्त प्रमाण है कि तब भी स्त्रियों को समाज में श्रद्धेय स्थान प्राप्त था। वे अपने पति एवं घर के कार्यों में बराबर हिस्सा लेती थीं। इसी कारण उन्हें अर्धांगिनी कहा गया। प्राचीन भारतीय समाज में नारी प्रधान परिवार हुआ करते थे। बाद में ऐसा समय आया जब घर के समस्त कार्य नारियों को सौंप दिये गए और पुरुष ने अपना कार्यक्षेत्र बाहर चुन लिया। परिवार में नर और नारी को रथ के दो पहियों की उपमा दी गई है। रथ के दोनों पहिये यदि समान हो तो ही रथ ठीक प्रकार से चल पाएगा अन्यथा संतुलन बिगड़ जाएगा। परन्तु आज नारी पुरुष की सहधर्मिणी के साथ-साथ अपने व अपने परिवार तथा समाज या कहें राष्ट्र तक की भाग्य-नियंता भी है। जीवन



इमेजिंग: रवीन्द्र गुसाई, जीटी नेटवर्क

के हर क्षेत्र में स्त्री, पुरुष के समकक्ष है। आज की नारी शिक्षित है, गृहस्थी की कुशल संचालिका के साथ-साथ सार्वजनिक कार्यों में भी योगदान कर रही हैं। बाह्य कार्यक्षेत्र में अपनी उपस्थिति दर्ज करा कर नारी ने सर्वांगीण होने का प्रमाण दिया है। इतना ही नहीं, परिवार में भी स्त्री की भूमिका पुरुष से अधिक महत्वपूर्ण है। सबसे पहले तो स्त्री जननी है। तत्पश्चात् माता के रूप में वह दुग्ध की गंगा रूपी स्नेह की धारा बहाकर सन्तान को पोषित करती है। पत्नी के रूप में वह पति के कष्टों को हर लेती है। स्त्री ही पुरुष के जीवन में सरसता, आनंद का समावेश करती है। पुत्री के रूप में वह गृहकार्यों में बढ़-चढ़कर हाथ बँटाती है। बहन के रूप में वह अपने सभी कर्तव्यों का निर्वाह करती है। इस प्रकार वह एक बेटी, बहन, पत्नी माँ के रूप में संपूर्ण परिवार की सहायिका सिद्ध होती है। शिक्षित, सभ्य, कर्तव्य परायण और दक्ष स्त्री जानती है कि परिवार के भोजन, वस्त्र, विश्राम और स्वास्थ्य का पूरा ध्यान कैसे रखा जाए। घर की हर आवश्यकता की पूर्ति के लिए बाहर से सामान मँगवाना, घर की हर छोटी-बड़ी चीज को सहेज कर रखना, परिवार में प्रत्येक व्यक्ति की आवश्यकता को जानना-समझना, पति के सुख-दुःख की भागीदार बनना तथा उसके कार्यों में हाथ बँटाना, संतान की भावनाओं को समझते हुए उनकी उचित इच्छाओं की पूर्ति करना, घर के बड़े बुजुर्गों और अतिथियों का समुचित सत्कार करना आदि ये सभी कार्य सभ्य एवं सुशिक्षित स्त्री की पहचान है। परिवार में जो नारी श्रद्धा, सात्विकता, प्रेम, करुणा एवं ममता की भावनाओं से पूर्ण होती है वह अवश्य ही आदर की अधिकारिणी होती है। ये भारतीय नारियाँ ही हैं, जो घर के साथ-साथ बाहरी कार्यक्षेत्र में भी निपुण हैं।

**दिवा सिंह**  
ऐमिटी इंटरनेशनल स्कूल पुष्पविहार, 10 सी

‘नार्यस्तु पूज्यते रमन्ते तत्र देवताः।’

इस श्लोक का अर्थ है कि जहाँ नारी को सम्मान दिया जाता है और उसके अधिकारों को प्रोत्साहित किया जाता है, वहाँ देवता वास करते हैं। इस बात में कोई संदेह नहीं है कि जिस स्थान पर ईश्वर का वास है, वहाँ तरक्की, खुशहाली और पवित्रता अवश्य होती है। भारत में लिंग अनुपात हमेशा से ही एक महत्वपूर्ण मुद्दा रहा है। स्त्रियों की संख्या पुरुषों से कम होना एक बहुत ही गंभीर बात है। प्रतिदिन अखबारों में इस तरह की सुर्खियाँ छाई रहती हैं कि फलों जगह आज फिर एक अजन्मी बच्ची को मार दिया गया। या पाँच वर्ष की आयु में ही लड़की की शादी कर दी गई। हैरानी की बात तो यह होती है कि ज्यादातर ऐसी घटनाओं में किसी महिला का ही हाथ होता है। एक महिला अपने ही हाथों से दूसरी मासूम बच्ची का जीवन तबाह कर देती है। हमें इस बात को कभी नहीं भूलना चाहिए कि यह दुनिया चलती है तो केवल स्त्रियों के कारण। स्त्रियों के बिना तो हम इस दुनिया की कल्पना भी नहीं कर सकते। स्त्री ईश्वर की बनाई सृष्टि को आगे बढ़ाने का जरिया है। इसी तरह यदि स्त्रियों का अनुपात कम होता गया तो वो दिन दूर नहीं जब धरती से हमारा अस्तित्व ही खत्म हो जाएगा। धीरे-धीरे मानव जाति का धरती पर मिलना भी दुर्लभ हो जाएगा, ठीक

वैसे ही जैसे आज अन्य पशुओं का होता जा रहा है। इसलिए हमें प्रयासरत रहना चाहिए कि लिंगानुपात कम न हो। स्त्री वह है जो दिन-रात अपने परिवार को खुश रखने में तत्पर रहती है। स्वयं को भुलाकर किसी अन्य के जीवन को सँवारने का अविरल प्रयत्न करती है। तभी तो कहा जाता है कि ‘हर कामयाब आदमी के पीछे एक औरत का हाथ होता है।’ पर एक बार अगर वह सोच ले तो उसी हाथ से वह अपनी सफलता की सीढ़ी चढ़ सकती है और अपने परिवार को, अपने देश को गौरवान्वित कर सकती है। स्त्री के अंदर एक ऐसी ऊर्जा है जिसे अगर सही रास्ता दिखाया जाए तो वह किसी भी ऊँचाई चढ़ सकती है। वह बखूबी अपनी बुद्धिमत्ता से दुनिया का नक्शा बदल सकती है। इस बार भी रियो ओलंपिक खेलों में स्त्रियों ने ही भारत का नाम गौरवान्वित किया है। आज भी कल्पना चावला, अरुंधति राय, इंदिरा न्यूी जैसे सैकड़ों हमारे समक्ष आज भी हैं। इस सबके लिए स्त्रियों को शिक्षित करना अत्यन्त आवश्यक है। उचित शिक्षा के अभाव में स्त्रियों का विकास थम जाता है। इसीलिए उन्हें शिक्षा दी जानी चाहिए जिससे वह अपने अंतर की ऊर्जा का सही प्रयोग कर सकें और दुनिया में एक अलग बदलाव ला सकें। हमारे प्रधानमंत्री नरेंद्र मोदी ने हमसे कहा भी है- बेटी को बढ़ाएँगे, बेटी को पढ़ाएँगे, साथ मिलकर भारत को, आगे हम ले जाएँगे। आज मिलकर प्रण लेते हैं, बेटी को अपनाएँगे। आकाश से भी आगे, चाँद पर ले जाएँगे। 🇮🇳

# स्वस्थ आहार सुखी जीवन का आधार है



**खुशबू तिवारी**  
ऐमिटी इंटरनेशनल स्कूल साकेत, 10सी

अजकल की व्यस्तता भरी जिंदगी ने हमारी जीवनशैली को पूरी तरह बदल दिया है। हम कोई भी काम समय पर नहीं कर पाते। न हम समय पर खा पाते हैं, न सो पाते हैं। संतुलित भोजन जो हमारे स्वास्थ्य के लिए बहुत जरूरी है, उससे हम कोसों दूर हो गये हैं। यदि हमारा खान-पान अच्छा रहेगा तो हमारा स्वास्थ्य भी अच्छा रहेगा। हम निरोगी जीवन जीने में समर्थ होंगे। संतुलित भोजन हमारे शरीर के लिए अत्यन्त जरूरी है। हमारे दैनिक भोजन में

संतुलित मात्रा में प्रोटीन, विटामिन और कार्बोहाइड्रेट्स का होना बहुत जरूरी है। संतुलित आहार हमें निरोगी और दीर्घायु बनाता है। हमारे दैनिक भोजन में निम्न खाद्य पदार्थों को सम्मिलित करना जरूरी है: **हरी सब्जियां**: हरी सब्जियाँ हमारे स्वास्थ्य के लिए बहुत फायदेमंद होती हैं। हमें अपने भोजन में हरी सब्जियों को जरूर शामिल करना चाहिए। हरी सब्जियों में एंटीऑक्सीडेंट की मात्रा अधिक होती है। पत्तेदार हरी सब्जियों, जैसे पालक, मेथी, चौलाई आदि में आयरन की मात्रा अधिक होती है। इसके साथ ही लौकी तथा कद्दू आदि को भी अपने भोजन में शामिल किया जाना चाहिए। खीरा, टमाटर, हर प्याज को कच्चा भी खाया जा सकता है। हरी सब्जियों में विटामिन भी प्रचुर मात्रा में होता है जो शरीर के अंगों में फुर्ती लाता है।

**अंकुरित अनाज**: अंकुरित अन्न सेहत के लिए बहुत उपयोगी है। इससे शरीर को ताकत और उर्जा मिलती है। फाइबर युक्त अन्न आसानी से पच भी जाता है। यह पाचन तंत्र को भी मजबूत करता है। अंकुरित अनाज को हरी मौसम में खाया जा सकता है। इसमें चना, सोयाबीन, मूंग आदि में बहुत मात्रा में प्रोटीन होती है। **सूखा मेवा**: सूखे मेवे का रोजाना सेवन भी बहुत फायदेमंद होता है। इससे शरीर को ताकत मिलती है शरीर की रोग प्रतिरोधक क्षमता बढ़ाती है। मुट्ठी

भर नट्स खाने से हम दिनभर तरोताजा और सक्रिय महसूस करते हैं। सूखे मेवों में बादाम बहुत शक्तिदायक होता है। इससे शरीर में खून की मात्रा बढ़ती है और दिमाग भी तेज होता है। दैनिक आहार में हमें कम से कम बादाम और अखरोट को शामिल करना ही चाहिए। **फल**: शरीर को स्वस्थ बनाए रखने के लिए फलों को भी हमें दैनिक आहार में शामिल करना चाहिए। इनमें विटामिन, आयरन तथा दूसरे तमाम तरह के पौष्टिक तत्व होते हैं। हर मौसम के अनुसार आने वाले फलों को हमें अपने दैनिक आहार में शामिल करना चाहिए। सेब, संतरा, अंगूर, अमरुद आदि सभी फलों को खाना चाहिए। **दूध**: शरीर के संपूर्ण विकास के लिए दूध को भी हर दिन लेना चाहिए। इसमें प्रचुर मात्रा में प्रोटीन, कार्बोहाइड्रेट्स, विटामिन और मिनरल्स होते हैं। दूध को दही अथवा पनीर के रूप में भी दैनिक आहार में लिया जा सकता है। **पानी**: यह बात तो हम सब जानते हैं कि पानी के बिना रहना मुश्किल है। पानी हमारे स्वास्थ्य के लिए बहुत उपयोगी है। हमारे मस्तिष्क का 85 प्रतिशत भाग पानी से बना हुआ है। शरीर में पानी की कमी एकाग्रता और याददास्त को प्रभावित करती है। हमें दिनभर में कम से कम 8 से 10 गिलास पानी पीना चाहिए। इन सबके साथ-साथ हमारे लिए कार्बोहाइड्रेट्स भी बहुत जरूरी होता है। यह हमें गेंहूँ, चावल, बाजरा आदि अन्न से मिलता है। इसलिए इसका सेवन भी स्वस्थ शरीर के लिए आवश्यक है। 🇮🇳



## चित्रकथा/अमिताशा

चित्रकथा

## गाने वाला गधा

त्रिनय शर्मा, ऐमिटी इंटरनेशनल स्कूल वसुंधरा सेक्टर 6, 4 बी

एक गाँव में घोबी रहता था। वह सभी गाँव वालों के कपड़े धोता था। उसके पास एक गधा था जो घाट पर कपड़े ले जाने में घोबी की मदद करता था।

①



एक दिन घोबी बहुत ज्यादा कपड़े गधे पर लादकर घाट की ओर जा रहा था। बोझा कुछ ज्यादा था जिससे गधे को उसे लेकर चलने में परेशानी हो रही थी।



अगले दिन गधा घास चर रहा था, तभी वहाँ एक लोमड़ी आ गयी।

③



वे दोनों बाग में चले गए और वहाँ उन्होंने ढेर सारे फल खाए।

④



अगले दिन



शाम को बाग में फल खाने के बाद

पेट भर ही गया है। अब गाना गाने का मन कर रहा है।

⑥



गधा नहीं माना और गाना शुरू कर दिया।

⑦



गधे का गाना सुनकर बाग का मालिक वहाँ पहुँच गया और गधे की खूब पिटाई की।

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## हिन्दी की गरिमा

डॉ. मनोरमा सक्सेना

कोर्डिनेटर, अमिताशा स्कूल्स

चमके तारे अगणित नभ में,  
पर ध्रुव तारे की है बात अलग।  
हर भाषा है सम्मानजनक,  
पर हिन्दी की है बात अलग।

बन सुहाग हर भाषा का,  
चमके मस्तक हिन्दी का।  
सौन्दर्य अधूरा जैसे,  
माथा हो बिन बिन्दी का।

सहज सुबोध सुगम सरल,  
है यह निर्मल भाषा।  
भावों की अभिव्यक्ति में निपुण,  
दक्ष और सक्षम है ये भाषा

ये जोड़े तार सभी के मन के,  
उतरे पार दिल के सबके हिन्दी भाषा।  
विनती है अपनी तो जन-जन से यही,  
ज्ञान अपूर्ण है उनका जो न समझे हिन्दी भाषा।

हिन्दी भाषा माँ हमारी है,  
सेवा कर लो तन-मन से तुम।  
हाथ में लेकर ध्वज हिन्दी का,  
छा जाओ जग जीवन में तुम।

## हिन्दी है सबसे प्यारी

साक्षी, अमिताशा मयूर विहार, 5

हिन्दी है सबसे प्यारी  
इसकी रक्षा धर्म हमारा,  
जागो लोगो अब तो जागो  
यही है बंधु आज का नारा।

हिन्दी का करो विस्तार  
सबका होगा बेड़ा पार  
हिन्दी है हमारी भाषा  
यह है हमारे मन की आशा  
हिन्दी भाषा है सबसे प्यारी  
हम करेंगे इसकी रखवाली।

## हिन्दी मेरी शान

साक्षी, अमिताशा, गुरुग्राम, 46, 5

हिन्दी दिवस आता है 14 सितम्बर को  
पर मत भूलो इसके महत्व को  
संस्कृत की लाडली बेटी है हिन्दी  
सुन्दर मीठी बोली है हिन्दी।

अँग्रेजी से इसको बेर नहीं  
हिन्दी भी साथ-साथ चलती है  
अपनेपन से सबको रिश्ताती है  
भारत का मान बढ़ाती है।

मत भूलो हिन्दी से है हिन्दुस्तान  
हिन्दी से है हमारी शान

विदेशी इसको सीखना चाहते हैं  
हिन्दी कर गुणगान कर हमें हर्षाते हैं।

## अँग्रेजी का भूत

हिना, अमिताशा साकेत 6

सब पर अँग्रेजी का भूत चढ़ा है,  
घर-घर इसका प्रचार बढ़ा है,  
हैलो-हाय के बुखार चढ़ा है,  
नमस्कार बेचारा! लाचार पड़ा है।

कभी कृष्ण, कभी राम हुए,  
अब डिस्को ही भगवान हुए,  
दूध-दही से टूटा नाता,  
कॉफी-कैक से दिल लग जाता।

सब दाल, भात से बचते हैं,  
बस पिज्जा ही चखते हैं,  
गीत-भजन अब समझ न आए,  
माइकल जैक्सन सबको भाये।

सब ओर अँग्रेजी की आई बहार,  
हिन्दी-संस्कृत पर हुआ प्रहार,  
गर हमको है हिन्दी को बचाना,  
इसका प्रयोग कभी भूल न जाना।

## आओ हिन्दी दिवस मनाएँ

शांति सरोज, अमिताशा नौएडा, 6

श्रद्धा के दो फूल चढ़ाएँ,  
आओ हिन्दी दिवस मनाएँ,

विद्या, बुद्धि, विवेक जगाएँ,  
पशु से मानव हमें बनाएँ।

दूर भगा देती आँधियारा,  
जला ज्ञान का दीपक प्यारा,  
क्या-क्या कितनी करे बड़ाई,  
हिन्दी ने जिन्दगी बनाई।

राधा-कृष्ण के गुण गाएँ,  
आओ हिन्दी दिवस मनाएँ।

## सबसे प्यारा अमिताशा

आरती सरोज, अमिताशा नौएडा, 12

सबसे प्यारा सबसे न्यारा,  
अमिताशा स्कूल हमारा,  
दूर-दूर से विद्यार्थी यहाँ आते  
शिक्षा और अनुशासन पाते।  
खेल-कूद से मन को बहलाते,  
कठिन परिश्रम से जी न चुराते,  
परीक्षा फल में चार चाँद लगाते।

सदा मीठे बोल बोलते  
शिक्षकों का वे आदर करते,  
बच्चे हैं हम वीर सिपाही,  
करते न हम कभी लापरवाही।

नन्हीं-नन्हीं कलियों से है  
बन जाएँगे फूल एक दिन  
जो महकाएगी अमिताशा स्कूल हमारा  
सबसे प्यारा सबसे न्यारा,  
अमिताशा स्कूल हमारा।

## मैं क्यों पढ़ती हूँ

रश्मि कुमारी

अमिताशा गुरुग्राम सेक्टर 43, कक्षा 6

**मैं** क्यों पढ़ती हूँ- यह सवाल बड़ा साफ है मेरे लिए। मैं इसलिए पढ़ती हूँ कि मैं बड़ी होकर एक अच्छी इनसान बन सकूँ। अपने माता-पिता का नाम खूब रोशन कर सकूँ। मैं पढ़ना चाहती हूँ ताकि अपने भविष्य को लेकर जो सपने मैंने देखे हैं, उन्हें पूरा कर सकूँ और समाज में चारों ओर फैले दकियानूसी विचारों के खिलाफ लड़ सकूँ। इसके साथ ही अच्छी नौकरी कर सकूँ। मैं अपने खुद के पैसे कमा सकूँ और दूसरों पर बोझ न बनूँ। मैं पढ़कर डॉक्टर बन सकूँ और गरीब तथा असहायों का इलाज कर सकूँ। मैं इसलिए पढ़ती हूँ कि दुनिया को बता सकूँ कि मैं भी लड़कों जितना ही अपना भविष्य उज्ज्वल कर सकती हूँ। मैं चाहती हूँ कि बड़ी होकर मैं उन लड़कियों के लिए काम कर सकूँ जिन्हें लड़कों से कमजोर समझ कर नहीं पढ़ाया जाता है। मैं समाज में फैले अशिक्षा अंधकार को प्रकाशित करना चाहती हूँ। मैं इसलिए भी पढ़ती हूँ कि दुनिया में फैले अशिक्षा के अंधकार को मिटा सकूँ तथा मेरे जैसी तमाम न पढ़ सकने वाली लड़कियों को शिक्षित कर सकूँ। यदि मैं पढ़ जाऊँगी तो अपने से पीछे आने वाली पीढ़ी को शिक्षित और सभ्य बना सकूँ। शिक्षा से जीवन में रौशनी आती है जो खुद को तो प्रकाशवान करती ही है साथ ही संपर्क में आने वाले हर इनसान को भी प्रकाशवान करती है। मेरी अमिता मैम कहती हैं कि लड़कियों की शिक्षा बहुत जरूरी है। शिक्षित लड़की दो कुलों को रौशन करती है। एक तो अपने पिता का घर और शादी के बाद अपनी ससुराल का।