

**Status of the week**  
 How to learn faster:  
 stop, and go do something you  
 really want to learn  
 Sarthak Batra  
 AIS MV , Alumnus

**INSIDE**  
  
 Rise of the apps, P 4  
  
 Homework woes, P 5

**AMITEpoll**  
**Is India doing enough for the conservation of wildlife?**  
 a) Yes   b) No   c) Can't say  
 To vote, log on to  
[www.theglobaltimes.in](http://www.theglobaltimes.in)

**POLL RESULT**  
 for GT issue September 21, 2015  
**Will the dislike button on FB discourage people from uploading pictures?**  
  
 Results as on Sept 26, 2015

**Coming Next**  
 Exploring wildlife

# Recycled Returns

Often considered an elite hobby, recycled, rather up-cycled decor has the potential to become the future of the industry very soon

Tulika Banerji, GT Network

Someone somewhere crafts an exquisite ottoman with a high degree of precision and artistry. An exceptionally functional piece of furniture, it can be used to relax on, rest your feet or store some knick knacks. Except, it’s fashioned from a recycled old tyre.

**The upside:** It can be customised as per your specifications.  
**The downside:** It is steeply priced.  
**The lowdown:** Is recycled decor only for the classes, not the masses?

**Point:** *Recycled decor = Niche clientele*  
**Counter point:** *If demand increases, so will the market.* Though the means (waste-that-can-be-recycled) is everybody’s business, the ends (products-recycled-from-waste) form the bread and butter of the high profile. Not only is such decor exclusively accessible to a niche clientele, the common man doesn’t even get a whiff of it. Environmentalist and photographer Ravi Agarwal defends, “Since awareness about recycled goods being manufactured and sold in commercial spheres is less, their demand is less and hence, the market is limited. If the government pitches in with subsidies and regulations to promote recycling commercially, it will surely lead to a bigger reach out.”

**Point:** *Recycled = Non durable/non appealing product*  
**Counter point:** *Aesthetics and durability are high on manufacturer’s priority list today.* Just how durable can something made out of junk be, is the common mindset. What blocks the average public’s mind is the perspective that up-cycled goods tend to lack lustre and mass appeal. Experts, however, beg to differ. For Eco-Wise Waste Management Company, which creates furniture and decor from recyclable material segregated from household

waste, compromising on aesthetics is a strict no. So it is for Green the Gap, Silver Nut Tree, Swechha and many others that create exquisite furniture, home decor and jewellery from cast-aways. “No one can question the durability of the rugs fashioned from pet yarn, a special yarn created by combining pet bottle strips with cotton wool and yarn. Abroad, pet yarn is used to manufacture garments too!” states Shailin Smith, art & public relations consultant, Raj Group - a company which deals in production and export of exotic rugs and carpets.

**Point:** *Recycled goods = expensive*  
**Counter point:** *When produced on large scale, it’s actually cost effective.*

If it is recycled, it will be steep - is how public perception goes. Perhaps, economies of large scale production could help bring down the prices. “Going large scale is the best way to be cost effective. When Raj Group began their unit, it was expensive. But with expansion, it has turned profitable for them and reasonable for the consumer,” gushes Shailin.

**Point:** *Recycling = just a fad*  
**Counter point:** *Recycling is THE future.* If you thought the reduce-reuse-recycle saga is a temporary figment of the starved imagination of students and NGOs, think again. Experts counter, it is the future - of everything. As things are today, resource crunch is likely to hit commerce in a big way; then there would be no other way to manufacture than recycle. Ravi Agarwal believes, “Recycling is not just the need of the hour, it is the future. Very soon, everything available in the market will be recycled, even water. Recycling is going to turn mainstream soon.”



# Every human life is important...

...says KR Ravindran, president, Rotary International. Read on as he talks about Rotary, his Indian connection, the need to reach out to everyone and the values in life that he believes in

Sudeepti Naithani, XII D &  
 Erica Gulati, XII C, AIS MV

KR Ravindran, president, Rotary International is a humanitarian par excellence. A third generation Rotarian and member since the age of 21, he has spearheaded numerous projects under the aegis of Rotary. He is also the founding president of the Rotary-sponsored Sri Lanka Anti Narcotics Association, the largest such agency in Sri Lanka. Recipient of The Rotary Foundation’s Citation for Meritorious Service, Distinguished Service Award and Service Award for a Polio-Free World, KR Ravindran’s contribution to humanity is indeed noteworthy. During his recent visit to Amity University, Noida for the intercity organised by AUUP on ‘New generations’, he shared his insights with students. Bringing to you some excerpts.

**Please provide us an insight into the Rotary International.**  
 Rotary International is a global organisation, perhaps the largest organisation of its kind in the world. We extend to over 200 countries and try and reach out



Dr Aseem Chauhan, Dr Ajay Chauhan and GT reporters with KR Ravindran and other dignitaries

to every human on the planet through our project - eradication of polio. It would not be an exaggeration to say that we have immunised every single child on planet earth. That, my friend, is the reach of Rotary International.

**A Sri Lankan by origin, how has your experience been thus far in India?**  
 I’m a part of India even though I’m from Sri Lanka. My relationship with India is not just an association, but a part of my life! A Rotarian stays a Rotarian.

**What has been India’s contribution to Rotary International?**  
 India is a significant part of Rotary International. The country has set many examples with a high success rate in some of the greatest projects of Rotary.

Indian Rotarians have shown a great resilience and ability to innovate.

**How do you plan to carry forward the legacy of Rotary?**  
 I am one of the soldiers of Rotary, so I don’t intend to create a status for myself. I only aspire to carry forward the momentum that has already been built up by my predecessors. When I hand over this legacy, I hope to leave it a bit better.

**What are your views on Amity ?**  
 I’m quite amazed by the fabulous place that Amity is! I am extremely impressed by the fact that you have some really good professors who are training you, teaching you, working with you and being your friends at the same time.

**What is your message for Amitians?**  
 Well, there are six important lessons in life that I have learnt and would like to share- we need the support of family and friends, always keep yourself productively occupied, money is not the only goal of life, do not be afraid when someone is disappointed with what you are doing, protect and cherish your family and every human life is important.



One thing I would like to recycle, is my toys and games, because this will not just help in reducing waste but can also be used for poor children, who don't have money to buy toys.

**Manveen, AIS Mayur Vihar, IV A**



# No, no and absolutely no...

... say Amitians to schools starting late as proposed in a recent study to overcome the problem of sleep deprivation in school going children

**Romika Chakraborty, GT Network**

**Reported:** Paul Kelly, a professor at Oxford University recently said that schools deprive children of sleep by starting early in the morning at the recently held British Science Fair in Bradford. Kelly suggested that children aged 8 to 10 should start schools at 8:30 am or later while 16 year old should start at 10 am whereas for 18 year olds, 11 am is the best time. In a research paper, Paul Kelly published that children in Britain lose around 10 hours of sleep every week due to early school hours. Even some Indian schools agree that many children are sleep look deprived in classes. So, is a 'starting school late' the recommended solution? Our readers have vehemently said 'no' to this proposal if it is ever considered.

## A hurdle for working parents

I completely agree that starting schools later will enable students to sleep more curbing sleep deprivation and its adverse effects. But starting schools later than 8:30 am will definitely be a hurdle for working parents who leave for office around 9:00 am and prefer to send off kids to school before that for all practical purposes.

**Debjani Das, AIS Saket, Teacher**



## Chaos, chaos and chaos

The suggestion of late starts for schools will create more problems than it solves. It would simply mean very late week nights, both for the parents and children. After reaching home at 6:30 or 7 in the evening, or even later, very few parents have the patience to help with homework for more than an hour, and most mothers also have to organise dinner. And in the mornings, if parents leave for the office earlier than their children go to school, who will drop off the kids? Are the children supposed to lock the house and catch the school bus on their own?

**Shobhna Gujadhur, P/o Many Tyagi, AIS Vas 1**

## A further reduction in their focus

Changing the school timings so that students can sleep more is entirely absurd. By delaying the time, we would actually allow children to spend more time on their phones and laptops late at night, a time when they

are supposed to sleep. This would reduce their focus levels so drastically that they won't be able to perform well. Moreover, the morning time is extremely pleasant and conducive for mental and physical activity.

**Disha Rawal, AIS Gur 43, XI D**

## Upsetting the schedule

Though it will be very exciting to go to school late as I will get to sleep more but it will make me feel lazy and indisciplined. With our school starting late obviously we will also reach our home late. This will disturb our daily routine. We will have to rush through our daily assignments as soon as we reach home and won't have any time for play.

**Aditi Banerji, AIS Noida, VII J**

## Academic pressure will always be same

Changing the school timings nationwide will not be beneficial because the amount of time students need



to put in for academics will not change. Even if you go to school late, you will still have the same chapters to study, same syllabus to finish, same marks to score...so how does it matter? Academic pressure, irrespective of the time will always be the same.

**Medha Mathur, AIS Pushp Vihar, XI E**

## Waking up late is for weekends

We all know what pleasure waking up late on a weekend gives us. But do we seriously want to give our younger generations the option of actually waking up late even on school days? Children who now sleep at 3 am will start waking up till 6 am. or maybe even 7. It will just take away the pleasure of waking up late we derive on weekends, making it a routine everyday affair.

**Ishita Bansal, AIS Noida, XII B**

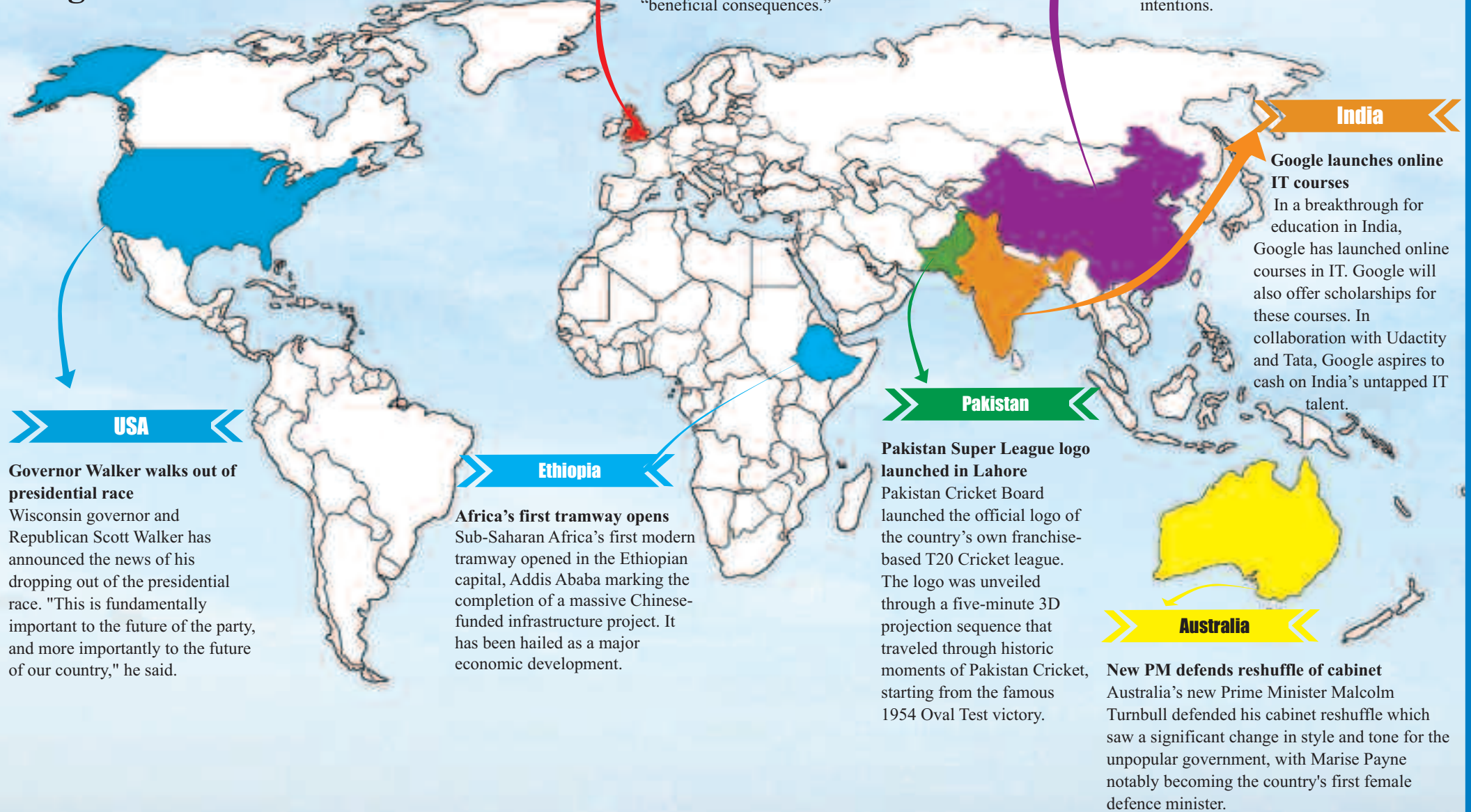
## Let's be in sync with nature

If you're into yoga, then you would know that our natural body clocks are aligned with the sun. So our efficiency throughout the day depends upon the intensity of the sun. Altering this natural phenomenon doesn't excite me even for a few extra hours of sleep. Instead we should inculcate the habit of sleeping early to ensure that we get enough sleep.

**Sudeepti Naithani, AIS Mayur Vihar, XII D**

## World at a glance

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







One thing I would like to recycle is laughter so that the world echoes with happiness.  
**Pranay Chadha, AIS MV, IV A**

# Forensic fervour

The team of students from Amity Institute of Forensic Sciences is going all out to encourage forensic science in India

**Amity Institute of Forensic Sciences**

A team of 26 college students, including students from Amity Institute of Forensic Sciences, has set out on a mission to spread awareness about forensic science. Towards this end, student Akash Singh, along with other students from the department as well as students of psychology from DU, has set up a Forensic Task Force (FTF) under the guidance of S K Shukla, director, AIFS; V C Mishra, faculty member, AIFS and Ramesh Madan, the founder of private investigation in India. “FTF aspires to protect women against crime, organise workshops in government and private schools and colleges to spread awareness about forensics,” says the founder of FTF, Akash.

In the last six months, the team has made a praiseworthy proposal to the police



personnel, of setting up a Forensic Council of India. “Renowned detective Ramesh Madan has been part of this movement. The response from the police force has been positive,” adds Akash. Under FTF, students Mitraj, Shubham, Nitin, Bhaskar and Saumitra, have even made a handy weapon for the protection of women. The weapon is nothing but a mobile cover that neatly holds a pepper spray nozzle. Team members Akash, Sonia and Maanya have also achieved a first for India by launching a forensic



jacket that has the necessary equipments to gauge a crime scene. The jacket contains a magnifying glass, a powder

that helps fingerprint lifting, UV lights, etc (inset). So far, it was only available abroad. Now, it is available with the department for Rs 1250 and will shortly be launched online. “We thank Dr Ashok K Chauhan, Founder President, Amity Universe, for setting up a department dedicated to forensics. Today, AIFS holds the second position in India for forensic study,” Akash concludes.

**For more on Forensic Task Force, visit <https://www.facebook.com/groups/380971288773650>**



## All about US laws

A visit by Prof Barnes from the Pennsylvania State University saw interesting deliberations on US laws

**Amity Law School Noida**  
**Asma Zaidi, ALSN**

Professor Stephen G Barnes, assistant dean for Graduate and International Programmes at Penn State Law, The Pennsylvania State University, visited Amity Law School Noida on September 16. Professor Barnes was accompanied by an alumnus of ALSN, Rujuta Mohanty, currently pursuing LLM under Professor Barnes at the Pennsylvania State University. The alumnus has played a crucial role in bringing Penn State Law University to her alma mater.

The occasion saw the presence of a large audience, consisting of law students, both from LLB and LLM, who were extremely keen to get an insight on the US landmark judgments such as United States vs Richard Nixon, offered by the professor. Professor Barnes enlightened the students and faculty members with

an informative presentation and lecture on judicial review in the US and the American constitution. The atmosphere was highly charged and the audience seemed extremely enthused as they raised many pertinent questions. Professor Barnes shared his happiness at the perspectives that the students and the learned faculty of ALSN had to offer in the discussion.

Major General Nilendra Kumar, Director, ALSN and Professor Barnes shed light on student exchange programmes and faculty exchange programmes, as well as a stronger collaboration on the research front between the two law schools of Amity (Amity Law School Noida and Amity Law School Delhi) as the Penn State Law University is keen to explore tie-up possibilities with the two institutions. In fact, ALSN is the first law school in India that the international university has visited.

**(With inputs from Mokshda Bhushan, ALSN, Faculty)**

# Pondering over Indian economics

**Amity School of Economics**  
**Soumya Verma, ASE**

On August 21, the students of ASE engaged in an important discussion with Lisa Peter-skovsky, advisor to GmbH, Germany, and the guest speaker of the day. The session discussed the problems faced by the developing countries, inclusive growth and environment sustainability. The young aspiring economists were enlightened about the functioning of capitalist economies at micro, mezzo and



macro levels. However, the highlight of the occasion was a discussion on the importance of the private sector in promoting development among emerging

economies. The lecture was made more interactive through the question hour session wherein the students asked intriguing questions surrounding market oriented companies. The guest also shed light on government policies and the issue of sustainability faced by private firms and startups.

The guest lecture ended on an informative note with answers to the questions raised by students and a hope for stronger economies to emerge, keeping in mind the various challenges that hamper the growth of capitalist economies and private sector initiatives.

# Recitation competition

**Amity Instt of Education, Saket**  
**Arti Anand & Sonia Jain**  
**AIE, Faculty**

On September 10, a doha recitation competition was held at Amity Institute of Education, Saket. The event was inspired by the supreme emphasis laid on the preservation of our culture and moral values by Dr Ashok K Chauhan, Founder President, Amity Universe, who strongly believes in the notion that values are the root of Indian legacy and children are the index of tomorrow.

Students from various eminent public and government schools across Delhi and NCR were invited to recite dohas by famous poets. A total of 45 students

from around 21 schools participated in the event.

The session witnessed recitations which were judged by a team of judges from different organisations. The young participants from secondary school mesmerised the audience with their recitals that were full of worldly wisdom and social messages. The winners of the event were felicitated and enthused by Dr Ranjana Bhatia, professor and principal, Amity Institute of Education, Saket. The second position was clinched by AIS Saket, in a tie with another school. Dr Ranjana Bhatia handed over the prizes to the winners and a certificate of merit to all the participants. The session concluded with a vote of thanks for everyone whose contribution made the event a roaring success.





One thing that I would like to recycle is my marks, with the hope that the recycled ones are better than the previous ones.

Akshat Jain, AIS MV, XI A



# Rise of the Apps

Uber, Zomato, YoucamPerfect, Amazon, Flipkart, Myntra ...and the list goes on. Mobile apps have become one of the primary ways people communicate, shop, organise, play and work. **Rhea Agarwal, AIS Noida, VIII G** tells us how apps have changed the way we use cellphones.



## The journey

In 1993, IBM first started selling cell-phones with basic apps like address book, calculator, clock, calender, etc. This was followed by RIM launching the iconic Blackberry series in 2002. The phone eventually went on to become the first mass marketed smartphone optimised for wireless email. The biggest breakthrough came in 2007, when Apple released the first iPhone with default apps and consecutively launched the Apple store in 2008. Meanwhile, Google which had been researching on the App market for long, finally released 'Android market', now called 'Play store' in the smartphone HTC dream. Samsung and Nokia app stores followed soon after.

## Shopping from the store

Every smartphone comes with an app

'store', which varies from one operating system to the other. An android phone will have a 'Play store', iPhone an 'App Store' (which ignited the mobile revolution) and Microsoft Windows phone will have an 'App + Store'. However, 'Play store' by Google is considered to be the largest app store with 1.3+ million apps available for Android.

## Apps for every work and mood

- Food and Restaurants: Zomato, Burrrp
- Movies: Bookmyshow
- Shopping: Jabong, Myntra, Flipkart, Snapdeal, Amazon
- Games: Temple Run, Candy Crush, Fruit Ninja
- Travel: Ola, Uber, TaxiForSure
- Online Wallet: Paytm, MobiKwik
- Social media: Twitter, Facebook, Instagram, WhatsApp.

## It's an 'APP APP' India

- The average mobile app usage in India has grown by 131%
- The number of smartphone owners using mobile apps of e-commerce companies has gone up from 1,680 in May 2014 to 4,320 in May 2015.
- Nine billion apps will be downloaded in 2015.
- Indians spend an average of three hours a day on their smartphones.
- India is expected to have the largest number of software developers by the year 2017.
- India has around 300,000 app developers and is already the second largest Android developer community in the world after US.

## Scientist



## Watch

# Father of antiseptic surgery

Ananya Bansal, AIS PV, VI A

**Who:** Joseph Lister  
**Born:** April 5, 1827 in West Ham, England  
**Died:** February 10, 1912 (aged 84) Walmer, Kent, England  
**Nationality:** English  
**Field of expertise:** Medicine  
**Famous For:** Pioneering Antiseptic Surgery  
**Awards:**

- Royal Medal (1880)
- Albert Medal (1894)
- Copley Medal (1902)



**Early life:** As a teenager, Lister attended Grove House School Tonsofham, studying mathematics, natural science, and languages. He attended University College, London. He initially studied Botany and obtained a bachelor's degree in 1847. He registered as a medical student and graduated with honours in Bachelor of Medicine, subsequently entering the Royal College of Surgeons at the age of 26. In 1854, Lister became first assistant of surgeon James Syme at the University of Edinburgh, Royal Infirmary of Edinburgh in Scotland.

**His greatest invention:** While working as a surgeon at the Glasgow Royal Infirmary, Lister attempted to solve the problem of infection in wounds, which killed 45%-50% of all his amputation patients. Having studied some of the

work of Louis Pasteur, he promoted the idea of sterile portable ports. Lister then successfully introduced carbolic acid (now known as phenol) to sterilise surgical instruments and clean wounds. This measure reduced post-operation infections in patients and made surgery safer. Joseph Lister's work has saved countless lives all around the world, and is one of the biggest breakthroughs in medical history.

**Trivia:** Lister was president of the Royal Society between 1895 and 1900. Following his death, a Memorial Fund led to the founding of the Lister Medal, seen as the most prestigious prize that could be awarded to a surgeon.

# Healthy you = happy you

Aria Puri, AIS Saket, IV shares five tips to be healthy and awesome everyday

Illustrations: Aria Puri, AIS Saket, IV



Brush your teeth for two minutes, twice a day



Sleep for at least 10 hours each day, so that you remain alert and calm.



Run, swim and pedal! Physical exercise improves behaviour and boosts positive attitude.



Eat a total of 5 fruits and vegetables each day.



Play outside. Children who play outside have better balance and co-ordination skills.





One thing that I would like to recycle is polythene as it's non-biodegradable and also a big hazard to nature.

**Ekansh Gupta**, AIS MV, IV B

# Homework woes

The life of a student, is not an easy ride. Apart from loads of extra classes and a heavy bag, they have another enemy - homework. Let's learn how to deal with it

**Vigyan Lal**, AIS Noida, VII D

**M**orning 7:00 am-leave for school; afternoon 3:00 pm - return; 3:15- change and freshen up; 3:30-stuff your stomach and it's 4:00pm! Rush to the tuitions, study there-stay glued till 7; return home by 7:30; 7:45-freshen up; 8:00 - eat dinner and the clock ticks 9. The body starts slouching, the eyes become droopy, the bed becomes heaven! But as soon as you crash on it, you hear a voice from the back of your head - "Homework *kaun karega?*" and all your sleep goes away. So how do you escape the deadly trap of your strict teachers and handle your 'Homework woes'? Here are a few suggestions on how to excuse yourself for not completing your homework and save yourself from classroom panic attacks!

**I completed it, but left the notebook at home.**

This classic excuse has been saving students for years. 'I did complete my homework but forgot to put it inside my bag.' will perhaps just get you a scowl.

**You asked us to save paper in order to save trees; so I didn't do my homework and saved the whole forest.**

Since charity begins at home, I decided to start the initiative of saving trees by saving paper; so, I didn't do my homework.

**My ecologically conscious brother recycled it.**

Yes, I like imparting the same knowledge to others too. So I

consciously taught my five year old brother to recycle anything that is useless.

**My grandfather kept it in the mandir for God to**

Illustration: Deepak Sharma, GT Network



**bless it, so I couldn't bring it.**

Apart from the blessings of elders, we need a miracle from God to make this excuse work.

**I kept thinking about doing it and when I woke up, it was morning.**

Kindly refer to the schedule mentioned above.

**I had done it so well that my father took it to his office to boast about how smart his son was**

All parents need to show off their wards skills so that all the Sharmajis can keep quiet.

**My dog wanted to chew it up and you told me to be kind to animals, so I let him do that.**

I respect animal rights, so I didn't stop my beloved Tommy from chewing up my homework.

**My father asked me to choose one: watching TV or completing the homework; so I obviously chose the former.**

When it comes to visual knowledge v/s written knowledge, one will always prefer the former.

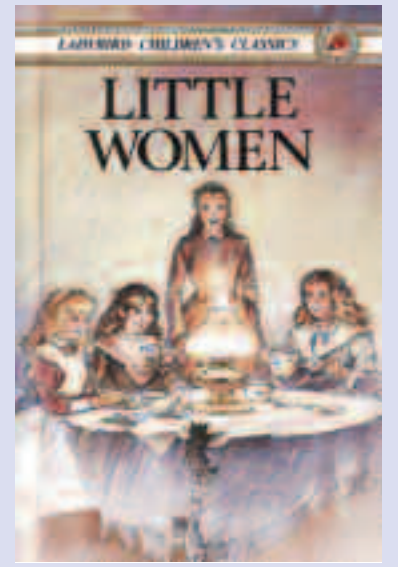
So you see, there are a lot of ways through in which you can deal with homework woes. But the best one that promises to help you sail through every homework storm is, completing your homework on time. 🇮🇳



## Book Review

**Vanya Tandon**, AIS Noida, VII D

The novel *Little Women* written by American Louisa May Alcott, is a 19th century classic story of a family during and after the Civil war. The story tells the lives of four sisters; beautiful Meg, feisty Jo, musician Beth and charming Amy who are not very wealthy, and has father who has gone to war. Left with their mother, they deal and struggle through life with love and loss. The novel is loosely based on the author's own life and her three sisters. It was a huge success when released and beautifully depicts the lives of the characters and the people around them. Reading the book gives an illusion of natural everyday emotions and feelings that anyone goes through. The author, through her writing addresses the readers and depicts life in 19th century America. This coming of age novel is highly recommended for all.



# Comical bonanza

*From communicating grim issues to providing relief from heavy text books, comics have been an integral part of our lives. Engaging with the readers and leaving a lasting impression with their messages, there are some that top the memorable list for various reasons.*

**Bhavya Mehta**, AIS Vas 6, Alumnus, recounts some of the best ones of all times

## Asterix

The famous French cartoon follows the exploits of a French village and its two protagonists, Asterix and Obelix as they oppose the Roman forces. They drink a magic potion that gives the recipient super-human strength. Written by Rene Goscinny and illustrated by Albert Uderzo, it was first published in 1959.

## The Adventures of Tintin

The very mention of this comic brings to mind images of the boy with golden hair and a white dog. First published in 1907, it was written by cartoonist Georges Remi, who wrote under the pen name Hergé. We

all love Tintin for his exhilarating adventures, Captain Haddock for

his famous one-liner 'Blistering Barnacles', detectives Thomson and Thompson and the eccentric Professor Calculus.

## The Adventures of Mr Obadiiah Oldbuck

Written by Timothy Crayon, this is the first comic book to be published in the United States in 1842. This strip is a hilarious presentation of an old man trying to woo his lady love and his constantly failing suicide attempts.

## Richie Rich

Haven't we all dreamt of becoming Richie Rich one day? The boy with the sprawling mansion, a redhead girlfriend, his butler Cadbury and his loyal dog Dollar, made all of us long for a life similar to his. Created by



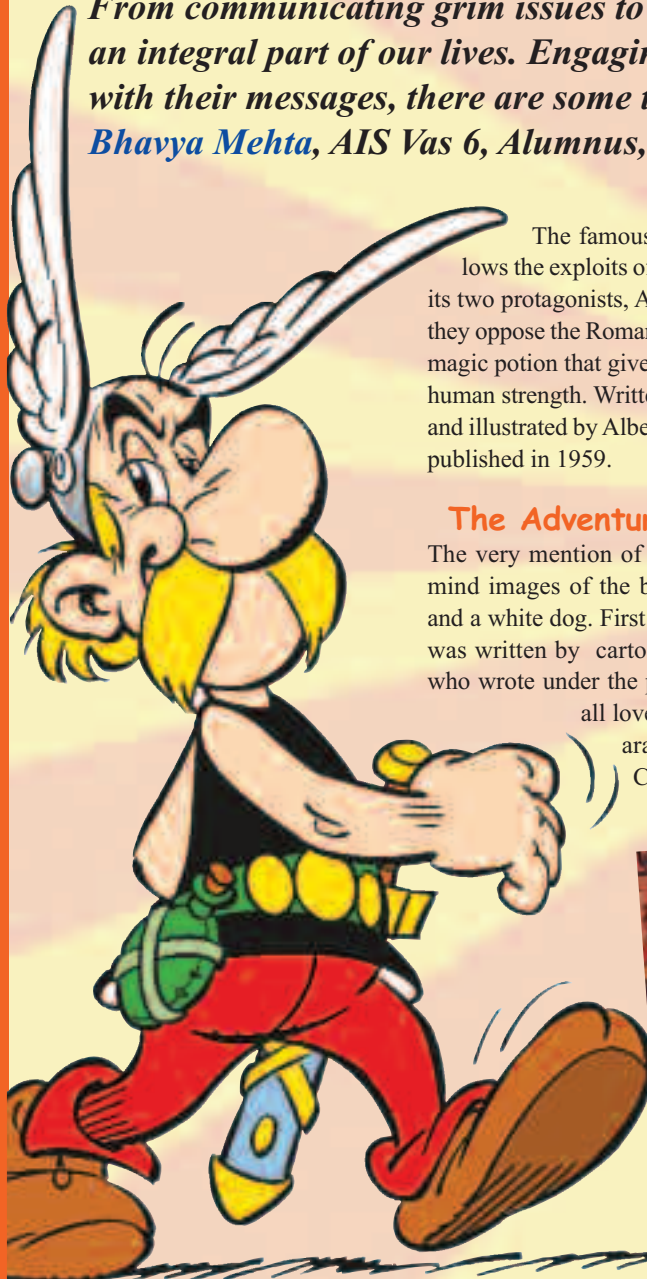
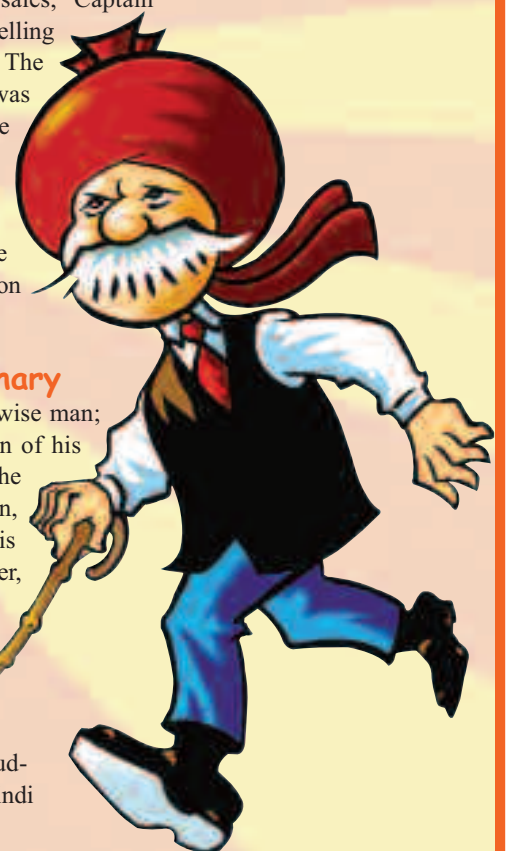
Alfred Harvey and Warren Kremer, Richie Rich debuted in September 1953.

## Captain America

With over 210 million sales, Captain America is one of the best selling comic books of all time. The first issue of this comic was released in 1941, some time before US entered World War II and showcased the superhero. Created by Joe Simon and Jack Kirby, the first issue sold over a million copies at that time.

## Chacha Chaudhary

Every family has its own wise man; Chachaji was the wise man of his village. The adventures of the old man with a red turban, white moustache and his giant friend Sabu from Jupiter, became a household name. With humour as the underlying theme, everybody loved this one. Created by cartoonist Pran, Chacha Chaudhary debuted in 1971 for Hindi magazine Lotpot.






# Recycle your happiness

“There is no such thing as ‘away’; if we throw anything away, it must go somewhere.”


-Annie Leonardo



The top story of this edition talks about something oft discussed today, and always practised at Amity-recycling. Even though it appears to be a fairly new development, recycling is not really a novel phenomenon, especially in our country. One visit to our villages, and you would know how nothing at all, is ever wasted or thrown away. They have mastered the art of recycling since time immemorial. Rapid urbanisation has given birth to one of the biggest foes of mankind - enormous amounts of waste and waste products. The pace at which novel innovations flood our existence, is directly proportional to the pace at which existing ones are rendered redundant. With an enhanced need for recycling, recycled decor has captured the imagination of the modern world. Decor, that is aesthetically appealing besides being contemporary and high in demand. Recycling brings satisfaction, it beautifies our surroundings, it begets happiness. It induces the need to care for the environment, and give back to the planet. As you recycle your household waste, take a moment to do the same with your troubles too. Take a deep breath and cast away whatever has been bothering you. Indulge in activities that keep you in a positive frame of mind. Reduce your worries. Recycle your negative emotions. Reuse your happiness. And you will be pleasantly surprised how it will automatically lead to a cheerful, calmer and optimistic you, and thereby, a more successful ‘YOU’. 

# Recycle live-in



When it comes to learning about recycling, there is a lot to discuss, read and see. Children are being taught to make ‘best out of waste’ at schools. Industries are innovating methods to reduce and recycle waste. The art industry has taken up this cause by reinventing recycle of waste, thus redefining the coming-in of a new décor age (Read page 1). The good news is that, urban dwellers are rising to the need for recycling of waste, to conserve the environment. A need, that comes naturally to rural dwellers. While recycling may seem a conscious effort for people in cities, it’s a way of life in villages. Living amidst nature, with no or minimal modern facilities at hand, it’s a delight and immense learning to watch them use every bit of waste to their advantage. As a child, we often spent our summer vacations with grandparents in the village, thereby learning the concept of recycling waste, they live-in, each day. Every kitchen had a huge iron utensil where all the kitchen waste was collected and recycled for cattle fodder. Old tattered clothes were stitched together into thick quilts with *kantha* stitch (fetching steep prices in cities). The small scale jaggery industry which was in full swing during summers that marked its harvest time, used the crushed sugarcanes to its utmost as fuel, heating the cane juice till it coagulated to form jaggery. From cowdung being recycled to plaster mud houses as antiseptic, and cowdung cakes being used as fuel to surplus vegetables being dried and stored to be cooked during rainy days, the art of recycling comes naturally to them. It’s a need to live. And till this need is felt, recycling for cities, shall remain an art for décor. 

# Journey of a journo

Journalist John O’Leary is the education editor of the British newspaper, The Times. He has authored the 2005 Times Good University Guide. *Himaanshu Poswal, Amity School of Engineering & Technology, brings you an interview with the British journalist...*

*Tell us about your journey as a journalist.*

I began my career as a correspondent in the field of education with a regional newspaper. Ten years later, I joined The Times as an educational editor. Soon, I went on to edit Times Higher Education for five years. Since the last seven years, I have been a freelancer, but I continue to edit The Times. I am mostly working for The Times, but at the same time, have often collaborated with various universities.

*How was being a student in your times different from being a student these days?*

There are certainly some differences. I was the student union’s president at my university and now, I



John O’Leary

am a trustee at the same institute. Today, students do most things online as the internet has increased accessibility to lectures and information.

*How can universities improve their rankings?*

New universities take some time to go global. International conferences and research collaborations can help young universities elevate their rankings.


*What are your views on Amity?*

Amity has expanded and progressed magnificently in the last few years and the results, I would say, are extremely impressive.

*What is your take on the Indian heritage?*

I visited the Taj Mahal, which is exemplary of Indian heritage, 30 years ago. However, there have been many positive changes from the time I last visited it and things seem to be more organised today. The entry into the monument has also become more streamlined. I have been to India a few times now, and I love the rich Indian culture. I especially like Indian food!

*What is your message for Amity students?*

The perception of studying varies from country to country. In the Indian context, however, I would say that studying is worthwhile. Some people question whether going to universities is of use any more. My answer based on my academic and life experiences, will be yes. 

# Shift-the-dump syndrome


Any attempt at improving the hygiene status of the country requires a change in the mindsets of all, from the common man to those in power

Meghna Tripathi, AIS Gur 46, XI

Hygiene- general and personal, is crucial to the well being of individuals, society and the environment at large. Sadly, the state of awareness is quite wanting in many countries. India is one such country that needs a phenomenal shift in alertness and sensitivity towards sanitation and importance of hygiene. On a closer introspection, one can deduce two things India faces: lack of awareness and lack of sensitivity. One would assume that it is probably the rural, uneducated and poor population which is the prime contributor to the deterioration of sanitary conditions in India. While that is partly true, it is often astonishing to see that the educated, affluent and urban population lack the sensitivity and understanding of the importance of sustenance and maintenance of proper hygiene and sanitation. Lack of sensitivity, to a great extent, is the outcome of people’s mindset. People feel it is the government’s job and not theirs to keep the surroundings clean. The ‘shifting-the-dump’ syndrome has become a very common phenomenon . ‘How do I care as long as my house is clean’ or ‘why should I pick it up when I didn’t throw it’ are common excuses people find for not cleaning their premises. In India, people consider cleaning, mopping, etc as menial jobs. Many Indians who travel to places like Hong Kong, Australia, USA, etc follow strict cleanliness and sanitation norms of those countries, but roll down the windows of their luxury cars to throw empty wrappers when they are in India. On the other hand, is the lack of sanitation facilities



and maintenance on the part of the government. The government really needs to earmark, plan, implement and monitor the expenditure on infrastructural hygiene. The ‘Swachh Bharat Abhiyan’ has surely found many takers and people are picking up the broom more unabashedly than ever before but in most cases, it is nothing more than a publicity stunt. If

we are to actually benefit from such a nation-wide drive, then we ought to change the attitude of people. Even if 60 out of 100 people adopt the right attitude, we will see a major change happen. It is high time the government identifies acts of littering as offensive and demand sizeable penalty. So clean up people, before you have no choice but to live in your own muck! 

## Little pearls of wisdom

# Hard work pays

Saanch Gupta, AIS Vas 6, VII


Once upon a time, there was an old farmer. He had three sons who were very lazy. The farmer was quite fed up of explaining them the importance of hard work. But his sons didn’t pay heed. One day, the farmer thought of a plan. He called his sons and said, “There is a lot of gold hidden in our farm. I’m getting old, and will die

soon. What will I do with all that gold? I had thought of distributing the gold amongst you. But the problem is, I don’t know exactly where the gold is kept. So, all three of you will have to dig the entire farm to find it. Will you do it?” “Yes, we will!” The three brothers exclaimed together. The next day, they headed straight to the farm right in the morning and started to dig the soil. They dug hard and deep and

kept digging till the sun went down. But they found nothing. So, they went back to their father and said, “Sorry father. We dug deep and hard, but we didn’t find any gold.” The father smiled and said, “Take these seeds and sow them in the soil. When they will grow into trees and yield fruits, that will be real gold.” The sons were ashamed of their past behaviour, and finally understood the value of hard work.



Dear editor,

As Amitians, The Global Times was one of the things we used to wait for every Monday morning. The entire Class was engrossed in going through those pages with myriad shades and stories. And now, after having graduated from the school, I wait for the online edition because I am still hooked to it. It’s an added bonus when one of the pages carries some of my words too. Thank you GT, you will always be a part of me. 

Sarina Mulchandani  
AIS Vasundhara 6, Alumnus

Write to us at editor@theglobaltimes.in





One thing that I would like to recycle is my mistakes and become a better version of myself.

Sudeepti Naithani, AIS MV, XII D

# Digitally divided

As the world confronts the realities of various discriminations, it wakes up to another new form of inequality- the digital divide

Vishrut Anand

AGS Noida, Grade A2

## What is the digital divide?

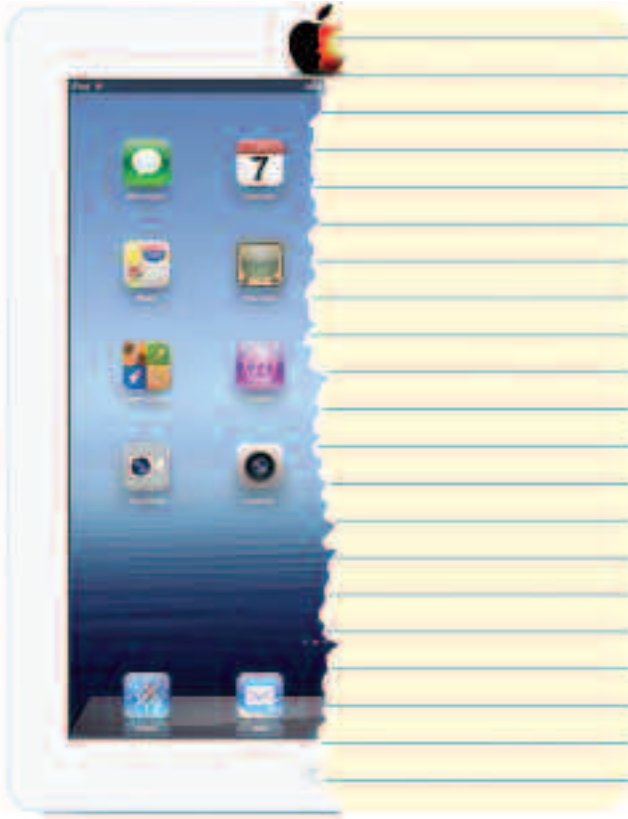
The internet is the world's largest tool that provides quick access to information at an instant click. However, not everyone has access to this powerful, digital world, which has created an unhealthy global divide. On one hand, is a group of people that do have easy access to devices that connect them to the world through the internet. And on the other hand, is a group that lacks the means to this interconnectedness. This emerging concept of the divide is being brought to international concern. It is the social, economic and political inequality between a population or a section of society that has access to Information and Communication

Technology (ICT) services that empowers them and a community that does not enjoy devices that link them to the internet and hence, to the world.

## Why is digital divide a concern?

Digital divide is an inequality that makes those

Imaging: Pankaj Mallik, GT Network



with access to information and ICT services more powerful, thus giving them a better socio-economic standing. In contrast, those with the lack of it have impaired awareness levels, placing them on a lower strata or position in society.

## The dividing numbers

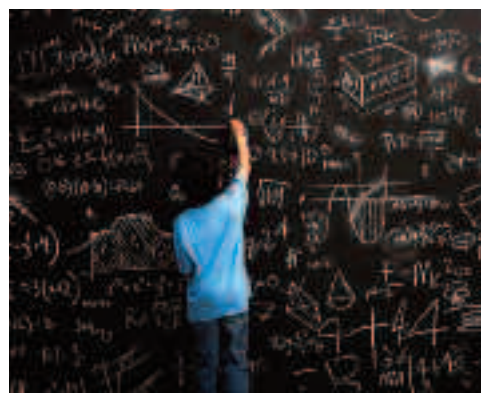
■ According to a study in 2013, Asia boasts of the majority of people connected to the internet with 45.7%, Europe with 19.2%, North America with a meagre 10.2% and Africa with an abysmal 9.8%. The number of people with internet access is, however, on a rise.

■ In developing countries, women are 23% less likely to be online than men.

■ Two-third of the world's population does not have regular access to the internet.

## A world with digital equality

In a world with digital equality, people will be vastly interconnected with information spreading like wildfire. The world will be a dynamic global village, but there could be an upsurge in internet exploitation and cyber crime might aggravate. Wireless technology may empower, but it may lead to data explosion. The digital world, thus, is destined with pros and cons.



# Are you



# smart?

*Do you think you know it all? Check out your fondness for science by answering questions related to inventions in this quiz by Amity Global School*

## 1) Evangelista Torricelli

- A) Petrol powered automobile
- B) Telegraph
- C) Atomic bomb
- D) Barometer

## 2) J. Robert Oppenheimer

- A) AK-47 assault rifle
- B) Penicillin
- C) Atomic bomb
- D) Periodic table

## 3) Karl Friedrich Benz

- A) Telephone
- B) Cornflake/breakfast cereal
- C) Powered airplane
- D) Petrol powered automobile

## 4) Alfred Bernhard Nobel

- A) Hot air balloon
- B) Dynamite
- C) Automatic handgun
- D) First successful machine gun

## 5) Mikhail Kalashnikov

- A) Mechanical printing
- B) X-ray machine
- C) AK-47 assault rifle
- D) Telephone

## 6) Tim Berners-Lee

- A) Waterproof raincoat
- B) Radio telegraphy
- C) Powered airplane
- D) World Wide Web

## 7) Which one is India's first satellite exclusively used for educational purposes?

- A) SARAL
- B) RESAT -1
- C) HAMSAT
- D) EDUSAT

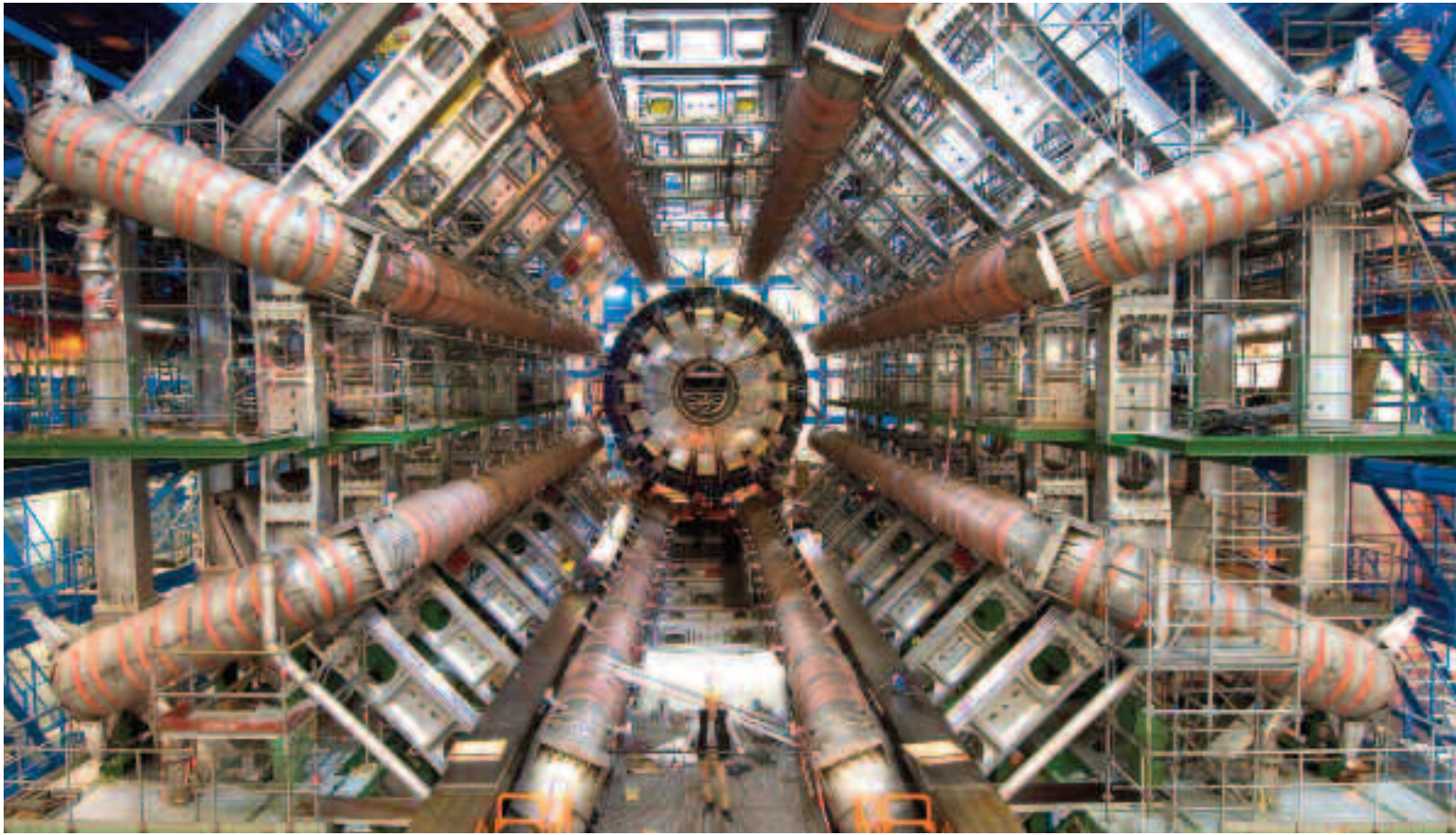
## 8) Who was the first chairman of ISRO?

- A) Vikram Ambalal Sarabhai
- B) Homi J Bhabha
- C) Satish Dhawan
- D) K Kasturirangan

## 9) Which one is India's second permanent research station in Antarctica?

- A) Maitri
- B) Agni
- C) Ganga
- D) None of the above

# Uncovering Higgs boson



In 2012, the discovery of the God particle or the Higgs boson amazed the scientists at CERN. Here's un-discovering what gives us life...

Neil Mitra, AGS Noida, Alumnus

## What is Higgs boson?

Simply put, Higgs boson is the particle that is credited with giving mass to other particles. This particle is found everywhere. The boson is known for making up the physical properties of all particles, except gravity. The mass of the boson stands tentatively at 125 gigaelectron volts (or GeV), which can be attributed to its immense lightness. The light mass of the boson has led to interesting theories about the instability of the universe. It is widely believed that if the mass of the boson and the mass of all the other particles is plugged into the standard model, it gives rise to an unstable universe.

## What is the standard model?

The universe is made of 12 particles and 4 forces (gravity, electromagnetic, strong and weak). Out of the 12 particles, 6 are quarks (elementary particle of matter) and the other 6 are leptons (building blocks which constitute matter). Scientists assume that each of the forces has a corresponding carrier particle (boson) that acts upon matter.

## How was Higgs boson discovered?

The carriers of the weak force are the W and Z bosons. However, until July 4, 2012, the carrier particle of gravity remained a mystery. Scientists knew that this God Particle existed but failed to prove it. And then, Higgs boson was discovered. The ultimate discovery was The Higgs Field. In the

1960's, Peter Higgs proposed a theory. According to him, there was an energy field that permeated the entire universe and this is called the Higgs field. The reason he proposed this theory was because no one understood why some sub-atomic particles had a great deal of mass. The Higgs field interacts with the sub-atomic particles giving them mass. So, massive particles will interact more with the field and mass-less particles will not interact at all. Let's look at an analogy where water is the Higgs field. A barracuda fish has a very streamlined body; interacts only slightly with the field therefore moving fast. But a boy who is heavy will swim slower in water, thus interacting more with the Higgs field. In this analogy, the heavy boy is a massive particle and thus, interacts a lot with the water.



# Overcoming fears



Soumya Sharma, AIS Noida, IX D

Cancer had taken the best of him. His strength, both mental and physical, had gone into beating it. He lifted his hands to run them through his hair forgetting what chemotherapy had done besides helping him beat cancer. He sighed as his hands caught nothing but air. His hair were all gone. He was scared, horribly scared that cancer might come back again, and with it would come sleepless nights, innumerable dosages of medicines, tiring chemotherapy sessions and the worst of all - the excruciating

pain. He looked around his room. He wanted to take his fear out on something. He ran to a plug and pulled it out fiercely. He instantly felt better. Another plug, then another and then the last one. Much better. Then he felt cold, his head felt cold; he reached for his head, no hair. He came down to his eyebrows and plucked them. Oh! How he felt, so better as if the fear had just vanished. He thought that this was a one time thing - pulling plugs and hair, but no. As days passed, his acts became more intense, the fear more acute. He couldn't eat, couldn't sleep and couldn't go out unless he per-

He wanted to take his fear out on something. He ran to one plug and pulled it out fiercely.

formed this ritual. "What is happening to me," he would wonder. When his mother noticed his obsessive behaviour, she took him to a psychiatrist. After several sittings, the psychiatrist diagnosed him with OCD (Obsessive Compulsive Disorder). A disorder of the brain and behaviour that causes severe anxiety, fear and compulsions. As the boy got to know about his new disease, he became depressed. "Will I ever be free of disease?" He wondered. After weeks of various therapies, treatments and medications; he was finally in control of his obsession. The fear had taken such a dominant place in his mind that it resulted in OCD. Cancer caused fear, the fear caused OCD and OCD gave him a new way to look at life. He did not fear it anymore, he finally felt brave. After all, he had beaten the bully in his mind. He finally realised that facing fears are a part and parcel of life. It may be the hardest thing to do but if one has the will, one can pull through any adversity, OCD or anything else.



## Bread bhel puri

Arnav Tyagi, AIS Vas 1, IX

### Ingredients

Bread slices .....8  
Potatoes (boiled and chopped) ½ cup  
Cucumber (chopped) .....½ cup  
Onion (chopped) .....½ cup  
Tomatoes (chopped) .....½ cup  
Peanuts (roasted) .....½ cup  
Green chilies (chopped) .....4  
Sev (*namkeen*) .....½ cup  
*Gol gappe* .....4-5  
Tamarind *chutney* .....6 tbsp  
Lime juice .....2 tbsp  
Oil .....to shallow fry  
Salt .....to taste  
Fresh coriander (chopped). to garnish

### Method

- Take the bread slices and cut them into small pieces.
- Heat oil in a pan and shallow fry the bread pieces till they turn golden brown. Keep them aside.
- Put the bread pieces in a bowl. Add potatoes, tomatoes, onions, cucumber, green chilies, peanuts and salt. Mix them well.
- Now, lightly crush the *gol gappe* and add them to the above mixture.
- Also, add tamarind *chutney* and lime juice to it and toss it well.
- Sprinkle *sev* on the mixture.
- Garnish it with coriander leaves.
- Serve and enjoy!

### words verse

## War of Hogwarts

Agamya Goyal, AIS PV, XI B

A cloaked figure by the name of death  
Edging closer with every breath  
Laughing at the wizards who shout  
And the loved ones who cry  
Waiting in anticipation for more to die.  
Screams can be heard  
Tears can be followed  
But the battle doesn't cease  
For the ones who are hollowed.

The risk of loss and its fear is great  
Like all the others, is this our fate?  
Dobby's last words and Fred's last smile  
These memories never leave my mind.  
Seeing them lie on the Hogwarts floor  
Makes me want to cry  
Oh Tonks, Snape and Dumbledore.  
Years later,  
When the impressions are gone  
I still ask this question to one and all  
Is all fair in love and war?



## Introspection

Annika Khullar  
AIS Saket, X C

Who am I you may well ask  
I really wish I knew  
If I am not myself at all  
Then may be, I am you.  
To discover who I really am  
Is really quite a task  
Maybe I am someone else  
Who wears a funny mask.  
I strive so hard to know myself  
To discover the 'real me'  
My thoughts and feelings all confused  
Yet still I cannot see.  
What makes me tick?  
What makes me feel?  
So very special and unique  
My purpose in this glorious world  
Is what I truly seek.  
I wish I could be creative and smart  
Not quiet, shy and insecure

Emotional at heart  
I wish I had the confidence  
To say what I really feel  
Instead of fearing criticism  
From known and unknown  
Uttering words that seem unreal.  
Why at times do I feel so alone  
And just yearn for a friendly face  
While at others I just long to be  
In some far off distant place.  
With no one else to bother me  
And disturb my rambling thoughts  
Until my conscience brings me back  
To do the things I ought.  
And so I continue on my way  
On this journey they call life  
I try to do the best I can  
Though at times the going's tough.  
I'll do my part to refine the world  
And make it a better place  
By being 'me' to my capacity  
With each trial I have to face.

COLOURFUL CANVAS

Search for some prominent artists in the history of art.

O	A	F	M	G	N	A	B	A	S	D	T	I	S	H
Q	L	J	R	H	V	I	O	D	H	E	G	L	M	S
U	A	E	E	I	Q	F	T	Q	N	X	Z	A	E	L
L	U	O	G	Y	D	Y	G	O	L	S	U	D	V	U
U	H	Z	K	N	Y	A	M	I	T	N	I	R	A	J
W	C	T	F	M	A	E	K	X	L	B	M	O	R	D
L	L	T	O	N	D	L	I	A	D	L	V	D	S	F
O	Q	E	M	U	G	J	E	U	H	P	I	A	F	E
T	Z	F	A	Q	H	P	A	H	J	L	J	V	V	L
N	E	L	J	N	I	L	G	B	C	D	O	L	A	T
G	C	Q	V	C	P	F	J	W	X	I	Y	A	N	G
E	D	W	A	R	D	M	U	N	C	H	M	S	G	K
E	R	S	U	T	I	B	L	W	D	I	Q	J	O	S
W	S	R	L	D	V	N	I	R	Z	X	S	X	G	D
O	W	T	J	M	F	Z	C	F	N	U	W	Q	H	F

CLAUDE MONET	VANGOGH	FRIDA KAHLO
MICHELANGELO	PICASSO	SALVADOR DALI

Brush 'n' Easel

Mridu Pant  
AIS Mayur Vihar, VII D





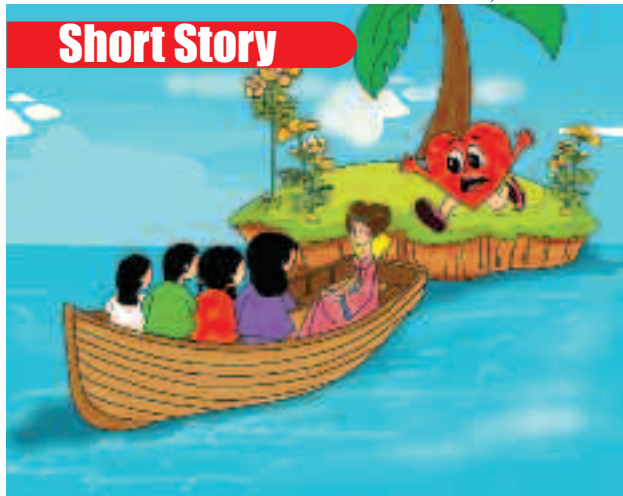
One thing that I would like to recycle is paper, because the books and notebooks thus created can help in the education of poor children.

Anoushka Raj, AIS MV, X C

# Together forever

Illustration: Ravinder Gusain, GT Network

## Short Story



All the feelings except Love somehow managed to reach a new island. Everyone was happy and relieved as they managed to save themselves.

you, you are all wet and might damage my boat,” answered Vanity. Sadness was close by, so Love asked, “Sadness, will you let me go with you?” Sadness replied, “Oh...Love, I am so sad that I need to be by myself!” Love thought of asking Happiness too, but he was so happy that he did not even hear. All the feelings except Love somehow managed to reach a new island. Everyone was happy and relieved as they had managed to save themselves. However, soon everyone started missing Love. Richness was not enjoying the luxuries. Happiness also felt something was amiss. Even Vanity found no pleasure in looking at the mirror as there was nobody to appreciate. Sadness too missed Love. And then one day, Love emerged. Someone called ‘God’ had saved Love. Everyone was **ecstatic**. They hugged Love and lived happily together forever.

Fable retold by Sarthak Devlal, AIS Vas 6, VA 🇮🇳

So what did you learn today?

A new word: Ecstatic

Meaning: Full of joy

## Mango ice cream cake



Vaanya Chawla

AIS Vasundhara 1, III

### Method

#### For Mango ice cream

- Blend sliced mangoes and sugar in a blender.
- Add milkmaid to the mixture.
- Keep it in refrigerator for 4 hours.

#### For cake

- Mix flour, milk, baking soda and vanilla. Mix well with a beater.
- Pour the batter in a baking tin and bake in a pre heated oven for 10 min.
- Take a tall glass, put a layer of cake in it. Add mango ice cream on the top. Serve and enjoy!

### Ingredients

#### For Mango ice cream

Mango (sliced) .....1  
Milkmaid .....100 gm  
Sugar .....2 tbsp

#### For cake

Refined flour (maida) .....250 gm  
Milk .....1 cup  
Sugar .....5 tbsp  
Baking soda .....1/2 tbsp  
Vanilla essence .....2 tbsp

## POEM

# My lovely mother

Vedanshi Srivastava

AIS Noida, VIII I

God made a gift for us  
who clears all my fuss  
born in her arms  
she gives me warmth.

She is my mother  
and I love her  
she means the world to me  
and is such a wonderful guide to us.

When I'm in sorrow  
her happiness I borrow  
she gave me birth  
that is more than worth.  
If you were not there  
I couldn't stay here  
I wouldn't have clothes to wear  
and I alone had a lot of pain to bear.

Everything for me you get  
you are the best mom I bet  
your eye shadows are pink  
you look so beautiful when you blink.

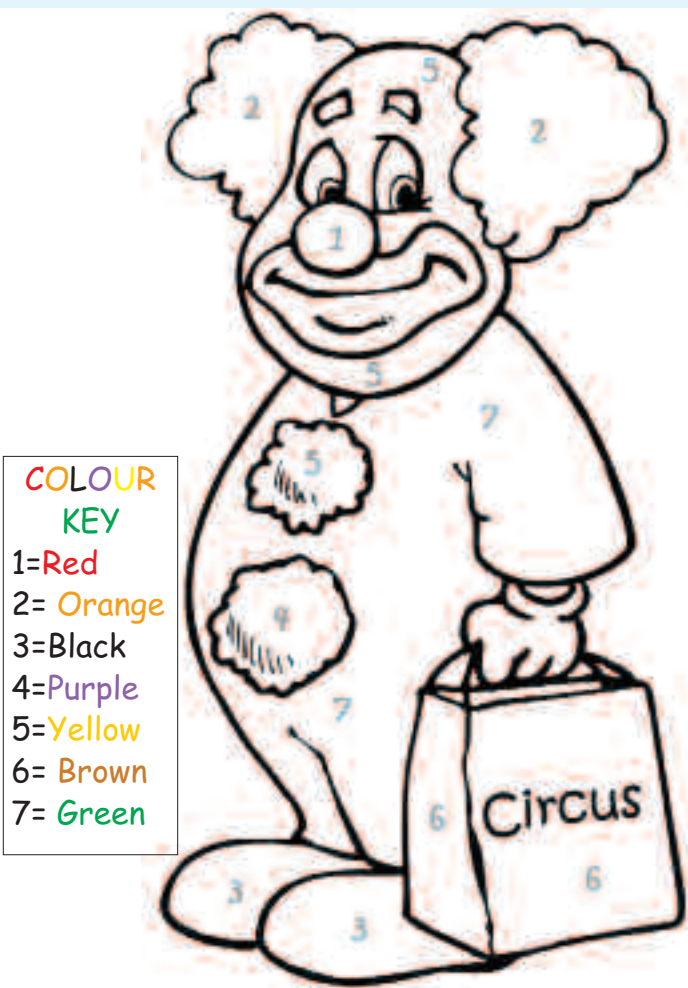
Our late night talks  
all our paths together we walk  
you are happy when I'm happy  
you are sad when I'm sad.  
Your melodious voice



you want everything to be of my  
choice  
you helped me grow up from dawn to  
dusk  
I love you with all my heart, my dear  
mother. 🇮🇳

## Colouring fun

Here is Mr Clown. Colour him by following the colour key in the picture and the remaining portion according to colours of your choice. Have fun with Mr Clown!



## It's Me



**My name:** Vaishnavi Yadav  
**My school:** AIS VYC Lucknow  
**My Class:** I  
**My birthday:** October 2  
**I like:** Dancing and painting  
**I dislike:** Loud noises  
**My hobbies:** Watching cartoons and drawing  
**My role model:** My mother  
**My best friend:** Adishi  
**My favourite book:** Comics and Snow White  
**My favourite game:** Playing with dolls  
**My favourite food:** Chole bhature  
**My favourite teacher:** Ankita Ma'am and Jasmine Ma'am  
**I want to become:** An IPS officer  
**I want to feature in GT because:** It's the best place to be featured.

## CAMERA CAPERS

Zoya Negi, AIS Noida, I K

Send in your entries to  
cameracapers@theglobaltimes.in



Little drops of hope



Lighting up the light



Unfurled freedom





# AMITY

Day Care & Activity Centre

AN INITIATIVE OF AMIOWN PRESCHOOLS

## Where fun never ends and learning never stops.

REGISTRATION OPEN FOR  
**FUN-FILLED ACTIVITY CLASSES** AT

**SOHNA ROAD,  
GURGAON CENTRE**

### THE AMIOWN KAHAANI TREE

1 - 9 yrs.

Listen to enchanting stories under the travelling, talking & magical Amiown Kahaani Tree

### ROBOGENIUS™ ACADEMY

6 - 9 yrs.  
Once a week

A unique Learning-by-Doing approach where children learn real-world application of theoretical concepts of Computer Science, Maths, Science, Technology & Engineering (CS-STEM) by building & programming autonomous robots and models using the LEGO platform.

### VEDIC MATHS

5 - 9 yrs.  
Once a week

The ancient Indian system of mathematics of 16 basic sutras, in addition to creative and useful calculating strategies that can be applied in arithmetic & algebra. Classes by instructors from Winaum Learning Centre

### HANDWRITING CLASSES

3 - 9 yrs.  
Once a week

This comprehensive programme will help improve your child's handwriting, & prepare your child for the Handwriting Olympiad (HWO), an international level competition. Classes by instructors from Winaum Learning Centre

### RHYTHMIC XPRESSIONS

7 - 9 yrs.  
Twice a week

Theatre, Movement, Music, Games & Exercises combined with Mindfulness techniques to develop self-awareness, cultivate inner strength & emotional intelligence.

### SPANISH CLASSES

3 - 9 yrs.  
Once a week

Let your child fall in love with the second most spoken language in the World. Join Spanish language and creative classes with César Lorente Ratón, Spanish Theatre Director for Instituto Cervantes.

### MUSIC TOGETHER® GURGAON

2 - 5 yrs.  
Once a week

Experience the joy of an internationally renowned music & movement programme, as families sing, play instruments, engage in rhythmic movement activities, while the research-based curriculum at Music Together® nurtures your child's inner musician.

### KINDERDANCE®

3 - 6 yrs.  
Twice a week

This is a developmental dance, motor development and fitness program taught on 3 levels - teaching the basics of Ballet, Tap, Acrobatics and Creative Movement while blending educational concepts.

### BALLET

4 - 12 yrs.  
Twice a week

Classes conducted by teachers from the Imperial Fernando Ballet Company, the only Ballet preparatory and performing company in India

### REGISTRATION ALSO OPEN FOR DAY CARE CENTRE

**FULL DAY CARE**  
9 am - 7 pm

**EXTENDED DAY CARE**  
Between 3 - 7 hrs.

**FLEXI DAY CARE**  
On an hourly basis

CENTRE TIMINGS : 9 am - 7 pm  
**OPEN ALL YEAR\***

*\*Except for Sundays and national holidays*  
*\*\*Sundays open for Birthday Parties*

### BIRTHDAY PARTIES\*\*

At Amiown birthday celebrations become unforgettable! Schedule a birthday party at our centre and have a blast. Space available on Sundays.

For further details contact us at  
**99-990-39992**





One thing that I would like to recycle is kitchen waste and use it for creating lush and beautiful gardens.

Rishik Sood, AIS MV, X D

# MUN ki baat



AMIG MUN delegates with the Executive Board

## AIS Gurgaon 46

**A**IS Gur 46 organised AMIG MUN conference 2015 on August 3 and 4, 2015 within the school premises. The two-day event witnessed the participation of more than 550 students representing 128 countries. School alumni also participated in the conference as members of the Executive Board. During the conference, the students simulated various bodies of the United Nations. The two-day event kickstarted with an opening ceremony, where school principal Arti Chopra along with the Execu-

tive Board lit the ceremonial lamp. The conference spanned across eight committees, each focusing on a separate agenda: DISEC (Disarmament and International Security Committee) - 'The role of Russia in militarising the Arctic', OIC (Organisation of Islamic Cooperation)- 'Rise and Creation of ISIS', UNC-TAD (United Nations Conference on Trade and Development) - 'Greek Debt Crisis' and the possibility of 'Grexit', AIPPM (All India Political Parties Meet)- 'Creation of Smaller States', UNESCO (UN Educational, Scientific and Cultural Organisation)- 'USA investment on women empowerment',

OPEC (Organisation of Petroleum Exporting Countries)- 'The US shale oil', NATO (North Atlantic Treaty Organisation)- 'Fight Against Terrorism' and IAEA (International Atomic Energy Agency)- 'Strengthening International Cooperation in Nuclear Transport & Waste Safety'. The delegates fiercely debated on the burning international issues. The closing ceremony was graced by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF and Satyaprakash, deputy commissioner, Gurgaon. Awards and certificates were distributed in categories like Best Delegate, Best Position Paper, etc. [GFI](#)

Amity International Schools were gripped by the MUN fever as the young delegates discussed global issues with enthusiasm and zeal

## AIS Vas 1

**A**IS Vasundhara 1 organised an intra school AMUN for students of Class VI-XII on August 3 & 4, 2015. The two-day event was conducted within the school premises. Amity Model United Nations (AMUN), a programme instituted under the guidance of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools & RBEF, aims to promote better understanding of global issues amidst students. Over 83 students participated in the first session of AMUN. The agenda was

'Protection of refugees and internally displaced persons'. Students took up the roles of delegates, representing different countries. During the two-day event, students could be seen drafting resolutions, negotiating with other delegates, resolving conflicts and in the process, learning the rules and procedures of the UN. The students were mentored by the social science department of the school. Valambal Balachandran, school principal, congratulated the students and teachers on the successful culmination of the event. AMUN was an enriching experience for the students. [GFI](#)

## AMUN session in progress



Chess champion Vantika Aggarwal with Principal Renu Singh

# Chess prodigy

## AIS Noida

**V**antika Aggarwal, a student of Class VIII, AIS Noida has brought laurels to her school besides making the entire nation proud by qualifying to represent India in the World Youth Chess Championship (2015-16) to be held in Greece.

Vantika's glorious journey began when she represented India in the Under 14 Girls category, at the Asian Youth Chess Championship, held in South Korea and secured a bronze medal for India. Thereafter, she took part in the prestigious 29th National Under 14 Girls Category held at Gurgaon from August 30, 2015 to September 7, 2015. [GFI](#)

# Food festival

## AIS VKC Lucknow

**A** special class activity 'Food Festival' was organised on August 25, 2015 by students of Class IV of AIS VKC, Lucknow. The aim of the activity was to stress upon the health benefits, the nutritional value of good food and hygiene. The students participated in the activity in groups. The classroom was

given a restaurant-like appearance with students wearing chef caps and aprons. Attractive menu cards were made by the students with some easy-to-make, yet interesting recipes. The little chefs made lemon juice, fruit chat, and different types of salads. Conducted under the guidance of teacher Sangeeta Tandon, the activity enhanced the awareness of the students about healthy eating. [GFI](#)



Little chefs on the roll



Students of Atulasha with Interact Club members

# Celebrating Rakshabandhan

## AIS Pushp Vihar

**T**he Interact Club of AIS Pushp Vihar organised Rakshabandhan celebrations with students of Atulasha, Amity's educational wing for the underprivileged male child, on August 27, 2015. The event saw the students of Atulasha decorating *rakhis* with the help of Interact club mem-

bers. This was followed by a ceremony wherein the girls of the Interact Club tied *rakhis* to their little brothers from Atulasha, and gifted them presents which included chocolates and hand-written messages.

The event concluded on a happy note, with the members of the club and the students of Atulasha playing together and forging new ties. [GFI](#)

## AIS VYC Lucknow



**Fancy Dress:** Little ones from AIS VYC Lucknow participated in a Fancy Dress competition - 'Nature's Nest' organised by Delhi Public School, Indira Nagar. The competition centered on the theme 'nature', elicited an enthusiastic participation from the renowned schools of Lucknow. Arnav Sharma of Class I dressed as 'Giraffe', won the third prize in the competition.



One thing that I would like to recycle is my memories and transform the not-so-nice ones into happy ones.

Jyoti Nagpal, AIS MV, XI I



# eat smart

How many of us have vowed to start eating healthy food and begin dieting and then ended up in the middle of a supermarket stacking all junk items. Worry not anymore as here are some tricks and tips to switch to healthy eating and master the art of eating smart...



## Salty mixed nuts

**Reason:** Artificially salted nuts contain high amount of sodium intake whereas pistachios contain natural salt crunch.



## Roasted pistachios

Imaging: Pankaj Mallik, GT Network



## Cheese



## All forms of mustard

**Reason:** Used as sauce or flavouring agent, mustard has about 100 grams calories at just 66 kcal. It is rich in selenium, magnesium and omega-3 fatty acids. While, cheese has approx 500 kcal per 100 grams, no healthy fibers and very less nutrients.



## Soft drinks

**Reason:** The substitutes have vitamins, minerals and natural sugar required by the body as compared to soft drinks that only consist of fizz and an overdose of artificially added sugar.



## Lemonade, ginger beer, green tea, juices



## White pasta



## Brown rice pasta

**Reason:** A great source of protein and magnesium, brown rice pasta is a way for people who are gluten-resistant to get their pasta fix. Adding zucchini, cabbage and beetroot can do wonders to the flavour. This tasty substitute is loaded with antioxidants, vitamin-B and potassium.

When the above options displease you, then try deceiving your senses visually by following these simple tricks

**Unhealthy:** Using a large plate to put your food

**Substitute:** Use smaller plates or bowls.

**Reason:** A large plate ends up storing large quantities of food as compared to small bowls and plates which make you feel more full and avoid wastage of food too.

**Unhealthy:** Eating right from the container

**Substitute:** Choosing small plates or bowls that serve your desired quantity

**Reason:** Eating straight from the container leads you to forget keeping tab on the quantity of the food, it's like eating from a bottomless packet which has no end.

**Unhealthy:** Keeping the food within your reach

**Substitute:** Keep your food far from your reach.

**Reason:** As per a study published in the Journal of Public Health, researchers found that convenience and visibility affected how much we eat. So, a snack kept far = less calories.



## Potato Chips



## Baked apple or banana chips

**Reason:** Apple chips fill you up with fiber and give you a nice shot of vitamin C. As for the baked banana chips; they have no cholesterol and are very low on sodium.



## Ice-cream



## Creamy banana delight

**Reason:** One medium-sized banana contains around 105 calories, loaded with potassium and other vitamins and is naturally low-fat. What do you have to lose?

**TIP** Blend a banana with milk, and freeze. Serve with fresh fruits.

Text: Vaishali Soni, GT Network



## Potato fries

**Reason:** Baked (not fried) sweet potato fries are sweet, crunchy and loaded with vitamin A. Also, they are high in fibers which provide 'bulk' to food and help keep your digestive tract healthy.



## Baked sweet potato fries

## GT Travels to Italy



Ishaan Ghosh, AIS Vasundhara 6, I E poses with his copy of The Global Times at the Leaning Tower of Pisa, Italy. The construction of the tower took 199 years. The tower's iconic tilt was caused by an inadequate foundation.

Got some clicks with GT while on the go? Get them featured! Send them to us at [gtravels@theglobaltimes.in](mailto:gtravels@theglobaltimes.in)