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THE GT POLL

Amid safety concerns across social media platforms, would you be willing to share ID proofs with tech firms for stronger protection online?

A) Yes B) No C) Can't say

To vote, checkout our
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THE GT POLL RESULT for GT Edition Aug 17, 2026

Do you feel the US' decision to reject incomplete visa or green card applications without giving a warning or a chance to fix missing documents is fair?

19% Yes

67% No

14% Can't say

Results as on Aug 28, 2026

Coming Next

Hindi edition

Meet Pistachio: The Nutty Gem That The World's Calling...

Shailja Singh, GT Network

In the year 2026, a new green contender is ruling the flavour charts. Meet pistachio. Once seen as a premium, niche nut, it has moved far beyond gelato and *baklava*. Today, it appears in lattes, croissants, chocolates, cakes, ice creams, and even savoury dishes. From Milan and Istanbul to Tokyo and India, pistachio is everywhere. In the US alone, domestic pistachio consumption touched about 225,000 metric tonnes in 2024-25, while India consumed around 60,000 tonnes. But pistachio's rise is not just about its buttery, mildly sweet taste. It is also a story of TikTok, texture, aesthetics, luxury, and one very famous chocolate bar.

From Dubai to the world

The pistachio boom can be traced to the now viral Dubai chocolate, created by Dubai-based FIX Dessert Chocolatier. Launched in 2021, it remained relatively niche until late 2023, when TikTok influencer Maria Vehera posted a video titled 'Can't Get Knafeh Of It'. The video crossed 125 million views, turning the dessert into a global sensation. Soon, bakers began filling croissants with pistachio cream, cafés added pistachio lattes, and chocolatiers created pistachio-filled bars. By 2025, Google searches for pistachio had risen by 40 per cent. One viral dessert had turned an ingredient into a trend that's raging the world.

Looks matter too

For young consumers, food is no longer judged only by taste. It has to look good, feel interesting, and photograph well. One can say that pistachio was almost made for social media. The crunch of *knafeh*, the smooth pistachio cream, the snap of chocolate, and the dramatic green filling made it as excit-

GREEN GOLD



ing to watch as it was to eat.

Trend forecasting firm WGSN had already identified pistachio and *knafeh* as emerging ingredients in 2020, highlighting the growing popularity of contrasting textures such as crunchy, creamy, and flaky. After the Dubai chocolate boom, global conversations around pistachio rose by 10 per cent in 2024, while #DubaiChocolate went on to collect billions of TikTok views. The trend even moved beyond food. Beauty brands began using pistachio-inspired colours and tex-

tures in cosmetics and skincare.

Why the pistachio mania?

Pistachio is currently enjoying phenomenal market growth of 18.4 per cent. Its success comes from a mix of taste, versatility, health appeal and its premium image. On the nutritional front, it offers protein and fibre, along with vitamins, minerals, and antioxidants. Its subtle sweetness allows it to pair easily with chocolate, honey, coffee, matcha, fruits, and cream. It also fits the growing

demand for more natural, less artificial ingredients. Its sustainability appeal adds another layer. Pistachios grown in California, for instance, can be cultivated in drought-prone conditions, attracting climate-conscious consumers.

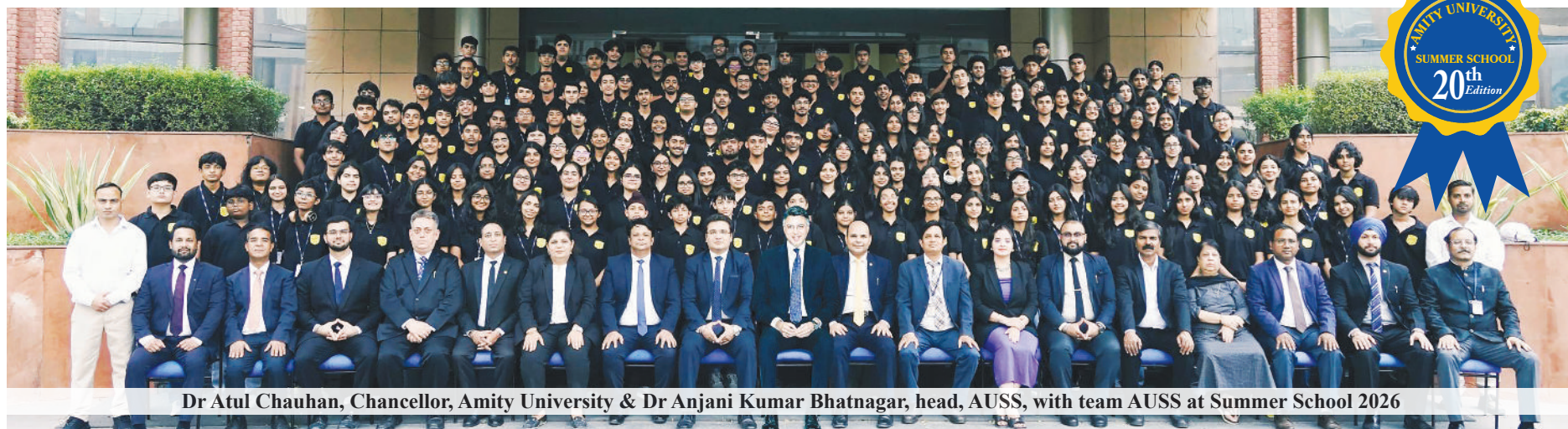
The new flavour code

Once the internet fell in love with pistachio, the food industry quickly followed. Starbucks expanded pistachio beyond its classic latte, while bakeries and dessert brands introduced pistachio tiramisu, macarons, brownies, marshmallows, ice creams, and spreads. Chefs are even taking pistachio beyond desserts and into savoury dishes. And the trend is backed by data. Taste Tomorrow reported in February 2026 that online interest in pistachio had grown 72 per cent over the previous year, with strong growth in markets including the US, India, the UK, Canada, and Turkey.

From viral trend to lasting flavour?

Food trends often disappear as quickly as they arrive. Pistachio, however, may have staying power. Unlike novelty trends such as rainbow foods or unicorn-themed desserts, it has centuries of culinary history behind it. It belongs equally in traditional *baklava*, Italian gelato, Persian sweets, and modern café menus.

The Dubai chocolate craze may have introduced pistachio to a new generation, but the nut itself was never new. Its strength lies in blending tradition with trend, indulgence with versatility, and nostalgia with novelty. From a viral chocolate bar to the coffee in your hand, pistachio has gone from supporting ingredient to starring flavour. Green may just be the new gold. **GT**



Dr Atul Chauhan, Chancellor, Amity University & Dr Anjani Kumar Bhatnagar, head, AUSS, with team AUSS at Summer School 2026

A summer to remember



Dr Atul Chauhan inspires the students



Students groove for dance club performance



In conversation with a coast guard officer



Audience attends the start-up session



Learners pose during the treasure hunt

Marking two landmark decades of pre-university guidance, the 20th Amity University Summer School welcomed 184 high school students from over 100+ leading schools across the globe for a memorable 12-day experience from June 1-12, 2026. The grand inauguration commenced with a high-impact orientation session especially designed to integrate and inspire the incoming batches. The inaugural day was elevated by a special visit from Dr Atul Chauhan, Chancellor and President, Amity University. Reflecting on the foundational core of Amitian values, the Chancellor shared the profound vision of Dr Ashok K. Chauhan, Founder President, Amity Universe, reminding students that: “Life is 20 percent of what you achieve academically, but 80 percent is how you connect with people.” He urged the students to break away from exclusive circles, encouraging them to immerse themselves with one another and forge lifelong bonds. The session commenced with a speech by Dr Anjani K Bhatnagar, addl director & head, AUSS, who emphasised the importance of learning beyond traditional classroom settings. The two-week fully residential programme gave students a unique vantage point to explore passion-driven career pathways before formal higher education. Participants chose from over 31 diverse learning streams spanning cutting-edge disciplines including Artificial Intelligence, Aerospace & Avionics, Biotechnology, Cybersecurity & Blockchain, Data Science, Forensic Science, Fashion Design, Law, and Management. Through student clubs, expert masterclasses, daily wellness activities, and peer mentor-



Dr Atul Chauhan, Chancellor
Amity University

ship, it gave young learners an inspiring, joyful glimpse of university life. The grand talent show was a remarkable event, held at a large-scale, that highlighted creativity and uniqueness across various fields such as music, dance, acting, and comedy. Students stepped into the limelight and experienced the excitement of performing on a magnificent stage. Over the fortnight, students engaged directly with the Indian Air Force, Indian Coast Guard, and Indian Navy on careers in the armed forces, alongside master classes from the Amity Centre for Artificial Intelligence, Amity Institute of Psychology and Allied Sciences, Amity Rekhi Centre of Happiness, Amity Finishing School, and Amity Innovation Incubator, among others, bridging theoretical frameworks with real industry execution. The excitement also shifted outdoors with a thrilling treasure hunt which helped students navigate their way, solving puzzles with fellow students. The final day of AUSS'26 was a memorable celebration featuring project presentations, lively cultural performances, and highlights from various club activities. Winners of sports and vintage games were recognised, and certificates were awarded to all participants. A special highlight of the day was the launch of the AUSS magazine, capturing the unforgettable moments of this Summer School journey.



Dr Anjani presents well-earned certificate



Participants engage in cutting-edge AI lab



Blowing-off steam with sports



Students dig into vintage games



Shooting try-outs at the sports showcase

The road to entrepreneurship

Navigating The Crests And Troughs Of Building A Business

INTERVIEW



Chirag Jain, founder, WanderOn

Anaya Dogra

AIS Gurugram 43, XII S

Chirag Jain's journey is a testament to the power of vision, perseverance, and innovation. An alumnus of Amity International School Gurugram 43 and a BTech graduate from NIT Kurukshetra, he is the founder of WanderOn, a leading experiential travel company that has redefined group travel experiences. What began as an idea has today grown into a thriving organisation with over 300 team members, a digital community of more than one million followers, and a network of over one lakh travellers exploring destinations such as Ladakh, Europe, Bali, and Japan. Speaking with GT reporters at the TEDx event hosted by AIS Gur 43, he reflected on the challenges of building a business, and the lessons he learnt along the way.

Unconventional career path

I joined Amity in Class VII and soon realised how different and encouraging the culture was. It taught me how to think differently and solve problems creatively. Since I had no clear idea about what I wanted to pursue as a career, I took what seemed like the most logical route and began prepar-

Pic: Hridika, AIS Gurugram 43, XI C



Chirag Jain with GT reporter

ing for the IIT-JEE exam. After securing admission in NIT Kurukshetra, I immersed myself in co-curricular activities. Working in student societies, organising festivals, and securing sponsorships helped me develop valuable management and leadership skills. Looking back, I feel my engineering education laid the foundational groundwork for entrepreneurship. The environment of innovation at Amity and NIT helped me a lot because in the business world, there is no ready-made rulebook.

Calming the initial storms

Like most first-time entrepreneurs, I began the journey with immense excitement, curiosity, and ambition. One of the biggest challenges I faced was accepting that I could not do everything on my own. For any new founder or manager, learning to trust others and delegating responsibilities is difficult. However, once I started empowering my team, things progressed far more smoothly than I had imagined. Another major challenge was securing funding. The startup ecosystem

has evolved significantly over the years. Earlier, capital was readily available, but today investors examine business models far more carefully. Having a strong business model at the core of WanderOn played a key role in helping us attract investor interest and move forward.

The crests and troughs

For me, success is closely linked to freedom - the freedom to manage your time, pursue what you truly enjoy, and make choices that are not driven solely by financial considerations. I also believe that success is about creating a positive impact on society and giving back in meaningful ways, something I learnt at Amity. What has kept me motivated throughout my journey are the stories of the people who travel with us. Many choose to travel during the tough phases of their lives, and witnessing how those experiences transform them is incredibly inspiring. That is one of the reasons I love the travel industry so much. Knowing that our work contributes to someone's happiness, growth, or healing gives our efforts a deeper purpose.

Message for Amitians

The first step is understanding yourself - your strengths, your interests, and the skills that come naturally to you. Talent certainly matters, but only to a certain extent. Genuine interest, consistent effort, and dedication can often take you much further than talent alone. Once you discover what excites and motivates you, do not hesitate to take the first step. Every meaningful journey takes shape with the decision to begin.

A Quick Glimpse Of The Stories And The Strides Made By Our Country...

Roadmap to Viksit Bharat

Prime Minister Narendra Modi, in his Independence Day speech, announced a series of initiatives aimed at making India self-reliant and developed by 2047, focusing on technology, energy, and youth empowerment. The plans include AI training for one crore youth, 7-8 semiconductor plants within two years, a 100 GW nuclear-energy target by 2047, free online coaching for competitive exams, strengthening the semi-conductor ecosystem, an upgraded civil-defence network, a nationwide sports talent hunt, etc.

The address reflects a clear and ambitious roadmap for building a

Viksit Bharat by 2047, combining economic growth with technological advancement, energy security, and inclusive development. The emphasis on AI, semiconductors, nuclear energy, and hydrogen technology signals India's plan to strengthen its position in the global innovation and manufacturing landscape. Equally significant is the focus on upskilling the youth, which places India's young population at the centre of this transformation. Together, these plans present a vision of a more self-reliant, technologically advanced, and globally competitive India.

Kashvi Sharma, AIS Gur 46, XI J

INDIA
this
WEEK

Breaking barriers in the IAF

Squadron leader Bhawana Kanth became the first Indian woman to qualify as a Fighter Combat Leader after completing a 20-week combat course at IAF's Tactics and Air Combat Development Establishment (TACDE) in Gwalior, Madhya Pradesh. The prestigious programme trains select pilots in air combat tactics, mission planning, and leadership. Kanth, commissioned in 2016 as part of India's first women fighter-pilot batch, has achieved several milestones in combat aviation.

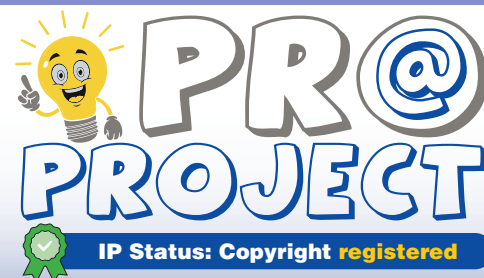
This achievement marks a defining moment, in India's push toward

gender parity in aviation. Since women fighter pilots, including Kanth, were first inducted in 2016, opportunities for women in frontline combat roles have expanded, now extending to even qualifying as a Fighter Combat Leader - one of the most demanding specialisations in the IAF. This reflects a major shift within the force. According to the International Society of Women Airline Pilots, in 2021, India recorded the world's highest share of female pilots at 12.4%, yet women fighter pilots remain a small fraction of that number. With judgment based solely on merit, the IAF is rewriting the societal definition of who leads from the cockpit.

Tapasya Aggarwal, AIS Gur 46, XI G

A smart irrigator

AI Drone Takes Precision Farming To The Skies



IP Status: Copyright registered

Stuti Kalra, GT Network

What if a drone could tell farmers exactly where their fields need water? **Akul Gupta**, a student of Class XII C, **AIS Pushp Vihar**, has developed **Hydrocopter**, an AI-powered agricultural drone designed to make irrigation smarter, more precise, and sustainable.



The Hydrocopter on full display

Aerial view of agriculture

Hydrocopter is an AI-powered agricultural drone designed to monitor the water requirements of different areas of a farm using soil-moisture, humidity, temperature, and thermal data. It collects and analyses information, then generates a colour-coded heatmap showing areas that are dry, moderately watered, or sufficiently irrigated.

Science takes flight

The project combines soil-water science, plant transpiration, thermal sensing, drone flight physics, GPS mapping, IoT, and AI-based data analysis. The Hydrocopter identifies variations in crop water requirements and provides farmers with actionable insights for precision irrigation, thereby providing the right amount of water to the right areas, which reduces wastage.

Inspired by possibilities

Akul's inspiration came from the rapid development of drone technology and its

ability to reach large or difficult-to-access areas quickly while collecting precise data. He wanted to explore how drones could move beyond their conventional applications. This led him to envision a system to bring the advantages of aerial technology to precision farming. He began working on Hydrocopter in June 2025, while he was in Class XI, and completed a properly functioning prototype by the first half of August. Within just a few months, he transformed his idea into a working system.

Navigating challenges

Developing the drone came with its own technical hurdles. One of the biggest challenges was calibrating the flight controller with the drone's Electronic Speed Controllers. Despite trying different approaches and consulting tutorials, courses, and articles, Akul was unable to identify the issue initially. He eventually sought the guidance of an expert mentor, whose support helped



Akul Gupta - the brain behind the tech

him understand and resolve the problem.

The power of support

It was the unwavering and steady support of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, who ensures a world-class infrastructure and innovative learning ecosystem at Amity, that encouraged Akul to participate in competitions starting from Vasudha at Amity and progressing to showcase his work at the global level. Akul's mentors provided continuous guidance throughout the project.

Looking ahead

Akul envisions Hydrocopter evolving into a fully autonomous precision-agriculture

Addressing UN SDGs

SDG 9 - Industry, Innovation and Infrastructure: Integrates drones, IoT sensors, AI, wireless connectivity, and automation to modernise agricultural practices.

SDG 13 - Climate Action: Promotes efficient water use and helps farmers reduce unnecessary irrigation, supporting more climate-resilient agriculture.

Awards and Recognition

Year	Awards
Aug 1, 2025	Reached Vasudha - Inter Amity Science and Innovation fest (Third level)
Aug 23, 2025	Creative Project Idea and the Best Researched Solution award by Microsoft Azure; received a certificate and gift hamper
Nov 28, 2025	National Youth Robotics Challenge - Innovation showdown round 1
Dec 5, 2025	National Youth Robotics Challenge - Innovation showdown round 2

system capable of monitoring farms and making intelligent irrigation decisions. Future versions could integrate advanced AI/ML models, thermal and multispectral cameras, and improved GPS mapping to detect crop water stress more accurately.

Vidushi Sawhney
AIS Mayur Vihar, VI B

Midnight bloom gala

Enter Your Garden's Most Exclusive Party

When the sun sets and most flowers close their petals, a special group comes alive. Distinguished guests include the moonflower, night-blooming jasmine, and night-blooming cereus. Let's step into the quiet magic of the night and learn about this discreet gala.

Venue: Twilight garden

The night provides cooler temperatures, helping flowers stay fresh for long. Lower evaporation means less water loss, while higher humidity creates comfortable conditions for delicate blooms.

The guest list: VIPs only
Pollinators like the Hawk moths,

with their long tongues, reach deep inside tubular flowers and collect nectar while carrying pollen. Beetles are also attracted to strong scents. Nectar-feeding bats use scent and moonlight to find large flowers, and they carry pollen over long distances.

Dandy dress code

Most night-blooming flowers wear cream, white, or pale yellow, making them stand out in the dark. While day-blooming flowers use bright colours to attract visitors, night-blooming flowers woo with fragrance.

The invisible organisers

Behind this magical gala are light-sensitive proteins and circadian rhythms. Proteins called photoreceptors detect changes in light and control when flowers open and close. Changes in temperature signal plants to adjust their biological rhythms. Meanwhile, circadian rhythms, regulate activities such as petal movement and energy use.

Special attractions

Listen closely! I am not supposed to reveal this, but many night-blooming flowers produce

more nectar after sunset. Their petals also open quickly at night, releasing strong fragrances that attract their special guests.

The celebrity guest

Every big party needs a star, and this one is incomplete without the 'Queen of the Night', the night-blooming cereus. Blooming for a short time, often just once a year, its large white flowers and powerful fragrance make it the centre of attention.

It's truly a celebration of nature even when darkness falls!



An elegant raconteur

The Fountain Pen Gets A Chance To Write Its Own Tale

Myra Gupta, AIS Noida, XI H

Allow me to introduce myself before you mistake me for an antique paperweight. I am Mr Fountain Pen. For centuries I've lived pressed against the hearts of poets. Breast pockets of the elite and the laymen were my first home; pocket watches and scruffy lint my first friends.

I am an 1880s fountain pen, finished in marbled 'blue pearl' that catches the light like a Mediterranean cove. My most prized possession is my tip - a gorgeous 14-karat gold tongue that has signed treaties, witnessed government secrets, failed mathematics tests, and probably given rise to a few family feuds.

I vividly remember the Victorian era - a time of delicious, ink-stained drama! My ancestors, the temperamental quills, hissed and squeaked, shedding feathers everywhere, requiring constant dipping into ink. But then came my creator, Lewis Waterman. In 1884, a leaking pen ruined an important contract, inspiring him to invent a more reliable fountain pen with a three-channel capillary

feed that balanced ink flow with incoming air. One can say I was born not from destiny, but from disastrous paperwork.

Oh, those were the times! I reminisce about being dipped into ink pots, the cool liquid rushing through my veins. I remember the tremble of writing by candlelight in 1925. My ink blurred slightly when a tear fell on the page. I moulded myself to my masters, bent and worn down to the angle of their grips. Yet, despite my elegance, I have always found humans remarkably messy. They spill coffee on essays, lose homework, and somehow misplace me every two business days. But then came my greatest tragedy, the arrival of the ballpoint pen in the 1940s. Suddenly, everyone wanted cheap, practical writing tools that didn't leak in shirt pockets. Apparently, not staining a favourite shirt became more important than artistry. Outrageous! The ballpoint was efficient, but had the charm of a parking ticket. Its oily ink rolled across paper without personality, while I glided like a figure skater

on fresh ice. Then came gel pens, copying my smoothness, with glitter and far too much confidence. But technology is my true enemy. Humans abandoned handwritten letters for emails, essays for Google Docs,

and diaries for social media. They began tapping on glowing rectangles all day. A shocking decline in standards. Today, I am a hobby; kept alone in a dry little box like a retired soldier. Yet I remain a serrated ghost of the

Victorian age, refusing to fade away. When screens crash and Wi-Fi disappears, I shall still be there, patiently waiting.

Because while others merely write, I leave a piece of myself on every page. I bleed for my art. In this modern era of rapid typing and fleeting digital notes, I stand as a testament to patience and craftsmanship. My ink flows deliberately, each stroke a dance of expression, far removed from the impersonal tap-tap of keypads. Though relegated to shelves and forgotten drawers, I harbour stories untold and emotions unspoken. I am not merely a tool but a companion to those who seek to slow down and savour the intimacy of writing. When a writer dips me into ink, a silent pact is made, one of trust and creation. I remember the careful hands that polished my body, the whispered words of inspiration I helped capture, and the quiet moments of reflection I witnessed. My legacy is not just in the words I help form but in the timeless connection I foster between mind and paper, a bond no technology can replace. So, as the world rushes forward, I remain, quietly waiting to inspire anew.



Towering TBR lists

The Unabridged Confessions Of A Serial Book Buyer

Ishi Pandey, AIS VYC Lko, Alumna

The sweet, compelling smell of a new book has once again convinced me to buy another one. 'I'll complete this one' - a promise that I make and break every time. This vicious cycle began harmlessly, with a few books my friend assured me would 'change my life'. They didn't. What did change was the structural integrity of my bookshelf. My to-be-read list is no longer a list; it's a lifestyle worthy of its own feature.

The collector syndrome

Acquisition is the true goal: colourful paperbacks, 'Buy 3, Get 1 Free' deals,

stunning covers I'd frame as art, and books bought as souvenirs on trips. I collect books the way some people collect antique teacups; not to use them, rather to admire the fantasy of one day doing so.

Shelf-introspection

My shelf resembles a leaning tower of literary ambition: part self-improvement plan, part identity crisis. If my TBR list could talk, it wouldn't whisper poetic encouragement but sigh like a disgruntled teacher. "Another one? Really?" My Goodreads shelf is a graveyard of ambitions. At last count, I'm 'currently reading' 14 books. Those are 14 very good lies, for my reading ability is currently limited to tweets and food menus.

The purchase of potential

Here's the thing though, readers are dreamers. We don't only buy books; we buy potential. A book isn't just paper and ink. It's a doorway to a wiser, more interesting version of ourselves. Owning many of them feels like a life full of possibilities. But books require time. And presence.

Yes, my TBR list is taller than me. It judges me every night as I watch sitcom reruns. But it also represents hope. Every unread book holds a version of me I could become. And one day, I'll read them all.

(Ishi Pandey is currently pursuing BA (Hons) English from Maitreyi College, DU.)

The evolving educators



Dr Amita Chauhan
Chairperson

As an educator, I have always believed that the greatest teachers are those who never stop learning. To guide, shape, and inspire young minds, teachers must always remain curious, open to new ideas and willing to grow with every generation. Hence, at Amity, learning is not confined to students alone. It is woven into the very fabric of the Amity universe, creating an ecosystem where educators, too, learn, reflect, innovate, and evolve.

Our teachers have nurtured generations of doctors, olympians, sportspersons, scientists, entrepreneurs, and achievers who have made India proud. To ensure that our educators nurture the India of tomorrow, Amity meticulously curates Professional Development Programmes (PDPs) that enrich them with the latest pedagogical practices, classroom methodologies, and assessment strategies. We also have sessions addressing their emotional, physical, and mental health as their comfort and well-being is equally important. But PDP is much more than a training programme. It is a vibrant platform where educators come together to share experiences and gain fresh perspectives from experts beyond Amity. PDPs ensure that the Gurus stay enlightened - with transformative knowledge, renewed purpose, and a passion for life-long learning.

As educators, we hold the extraordinary power to shape not merely the future of a child, but, through that child, the future of our nation. Let us, therefore, remain continuous learners of life who can inspire all their students to learn, lead, and transform the world with compassion and courage. **GT**

Beyond labels



Vira Sharma
Managing Editor

Last week as I wandered through the hustle-bustle of the market, I spotted rows of vibrant Rakhis, adding colour and festive cheer to the streets. I was both delighted and amused by the excitement of sisters looking for that perfect thread! And why would they not be? For generations, Rakhi has been associated with a brother's promise to protect his sister. But this festival is unique because it goes beyond all labels. In Rajasthan, sisters tie lumba

rakhi to their brothers' wives, which symbolises embracing a new member as an integral part of the family. For many years, sisters have been tying Rakhis to their sisters, and brothers to their sisters, making the festival a celebration of mutual care and protection. Our GT edition this week brings to you many such timeless stories; from Yamuna tying a sacred thread to her brother Yama, to Maharani Jindan Kaur seeking refuge through a rakhi, and Queen Karnavati sending one to Humayun in her hour of need. This thread has strengthened relationships and crossed kingdoms as well as borders. The stories of soldiers receiving Rakhis from sisters they have never met is another poignant dimension to this bond. Across India, the festival takes diverse forms - in Maharashtra, it coincides with Narali Purnima, in Andhra Pradesh and Tamil Nadu, with Avani Avittam, while in West Bengal and Odisha, it is part of Jhulan Purnima. One thread, hundreds of customs, thousands of stories and countless emotions - perhaps that is the beauty of every Indian festival: its timeless message of love, protection, and harmony, much needed in today's world. **GT**

Sent, via letter

The Handwritten Network Before The Digital Age

Tapasya Aggarwal, XI G &
Parneka Chowdhry, XII J
AIS Gurugram 46

To whom it may concern,

You may be reading this letter through the medium of this tabloid-sized sheet but print news didn't begin like the newspaper we are familiar with today. News travelled across oceans as letters, from correspondents to editors, on politics, literature, matters of significance, passed from one 'dear reader' to another. It echoed the hoarse dialect of ploughmen and the crooked grammar of grandmothers by the hearth. In fact, newspapers didn't even routinely employ full-time reporters until 19th century. Before that, a 'journalist' simply meant the keeper of a journal.

The rise of the Republic of Letters (Res Publica Literaria) helped fuel the Age of Enlightenment in the 17th and 18th centuries, with handwritten correspondence serving as the literal lifeline connecting thinkers such as Voltaire, Locke, and Descartes. They engaged in quasi-public exchanges of philosophical, scientific, and political thought - one letter at a time, each one copied, forwarded, and answered by hands that the original writer would never get to shake.

In this bygone era, a letter belonged neither solely to its writer nor its intended recipient. That frayed piece of parchment acted as a shared possession, belonging to everyone. A philosopher in Paris would scribble a thought to a friend in Prague, who would copy it, add a biting note, and pass it to a physician in Edinburgh, who would then read it aloud to his

Illustration: Adwita Hukeri, AIS Gurugram 46, X I



cat and many others. By the time a working man's account of factory fumes reached his mother, it would've been recited in taverns, churches, and barns, each retelling adding a fresh stitch of outrage or hope. Twenty-first-century scholars such as Janet Altman have described letters as threads connecting individuals separated by distance, social class, and even gender. As she puts it, "The letter is a uniquely flexible instrument," with the power to bridge the gap between private and public worlds. So, when the printing press arrived, it had to borrow a familiar identity to carve out its place. Early printed pieces were often disguised as personal letters - signing its polemics with ingenious names like 'A Gentleman in Town' or 'Your Loving Cousin from the Country'.

And now, we, the modern folk, with our glowing rectangles

and penchant to scroll, strut about as if we blurred the line between public and private; as though our feeds and notifications are without precedent. But long before any algorithm, brilliant minds sealed a thought in wax and trusted it to travel all the way to its destination. And it did, almost every time, acting as a messenger of information from one corner of the earth to another. So, this World Letter Writing Day (September 1), perhaps we ought to remember that mass media was once knitted from borrowed needles and tangled yarn - one thought, one hand, one letter at a time. The medium may have changed, but the impulse remains remarkably familiar: to put a thought into words and send it somewhere, never quite knowing how far it might travel.

*Yours by proxy,
The unaddressed wanderer* **GT**

Dear Editor,

I read the article 'The multitasking fallacy' on Page 6 of the August 17, 2026 edition with great interest, and I found it both insightful and relevant. The writer effectively challenges the common belief that multitasking makes us more productive and steers us to the reality of how it involves rapid task-switching, draining our souls. And then at the end of the day we reflect, what is the need when we only have to go back to repeating the same the following day! The relatable examples of phones, no-



GT M@il

tifications, and social media make the message especially meaningful for students. I agree with the suggestions of focusing on one task at a time and using techniques such as the Pomodoro method and following the three-minute rule. Overall, I feel the conversational tone of the article is engaging and worth reading. I wish to congratulate you and your entire team for encouraging creativity to the hilt.

Mili Garg
AIS VKC Lucknow, Teacher

6 | Muse ► Editorial

Nurturing Bharat of 2047

Indus, a river that flows through the heart of India, has been a source of inspiration for many generations. It has been the cradle of civilisation, the source of life, and the symbol of unity. In the year 2047, when India will celebrate its 100th anniversary, it is time to look back at the journey and look forward to the future. The Indus River has been a witness to the growth and development of the nation. It has seen the rise and fall of empires, the birth of new ideas, and the triumph of the human spirit. Today, as we stand on the brink of a new era, we must remember the lessons of the past and strive for a better future. The Indus River is not just a source of water, but a source of life. It is a symbol of the resilience and strength of the Indian people. Let us cherish the Indus River and its legacy, and let it inspire us to build a better Bharat for the future.

The multitasking fallacy

The Myth Your Brain Is Too Tired To Bust

Ever noticed how you can't focus on one task for more than a few minutes? You're not alone. In a world where we're constantly bombarded with notifications, it's easy to get distracted. But what if I told you that multitasking is actually a myth? Your brain isn't too tired to bust; it's just too busy. Multitasking is a cognitive illusion. When you think you're doing multiple tasks at once, you're actually just switching between them. This switching takes time and energy, leaving you feeling exhausted and less productive. So, the next time you feel the urge to check your phone while working, resist it. Focus on one task at a time, and you'll be amazed at how much more you can accomplish. Your brain is a powerful tool, but it needs to be used correctly. Stop multitasking and start focusing. You'll be surprised at how much more you can achieve.

Happy clicking

Photography is a beautiful way to capture memories and share them with the world. It's a hobby that can be enjoyed by anyone, and it's a great way to express your creativity. Whether you're a professional photographer or just a hobbyist, there are always new techniques and tips to learn. One of the most important things in photography is to be patient. Don't rush to take a picture. Take a moment to observe the scene, to see the light, and to feel the moment. When you're ready, click the shutter. The magic of photography is in the moment between the click and the reveal. It's a moment of pure joy and discovery. So, grab your camera and go out there. Capture the world around you, and share it with the world. Happy clicking!

Issue: Page 6, Aug 17, 2026

Tied with love

Long before it became a day of sweets and gifts, the rakhi was a vow whispered on a battlefield, sent across a besieged fort, tied by a river goddess for a brother she rarely saw. Some ties were made between siblings by blood. Others were made between strangers who needed one. And today, it stands for a truce between sibling squabbles over Kaju Katli. Retold by students of AIS Noida, each story shares the same promise of love and care.

The protection shield

The world went still for a count of ten when the word came that the Kauravas had refused to make a treaty. For who wouldn't be worried about the declaration of one of the greatest wars of mankind? Krishna smiled when he saw the worried expression on Yudhishtira's

face. It was understandable; everything Yudhishtira cherished was at stake. "How do I protect my family, my army, and my subjects, Krishna? The war is too uncertain," Yudhishtira said. "There is a way, friend." Krishna waved his hand and a spool of shining golden thread appeared, reflecting the rays of the sun. "Ask all the people you love, all the ones you wish to protect, to tie this thread. It will be a symbol of their protection, their raksha." Yudhishtira agreed,

asking his family to join him on the terrace. He explained the procedure of the ceremony and performed the ritual of Raksha Bandhan. Kunti, the mother of the Pandavas, tied the glowing thread onto her grandson Abhimanyu's wrist. Draupadi, the wife of the Pandavas and sister of Krishna, smiled as she tied the thread around Krishna's wrist.

Anika Tripathi, AIS Noida, VIII M



Illustration: Nishika Saxena, AIS Noida, VIII F

Unbreakable bond

Yamuna, the river goddess, shared a deep bond with her brother Yama, the god of death. Though she loved him dearly, his endless duties kept him away. She wished for nothing more than to see her

brother and talk to him. Yamuna's desire was fulfilled when Yama finally came to visit her. She greeted him with a delicious feast and performed a ceremonial welcome to honour his presence. As a culmination of their ceremony, she tied a sacred thread around his wrist, a thread that may have seemed simple, yet its message was priceless: 'May you always be safe, and may our bond never fade.' Yama blessed Yamuna and vowed to protect her. He declared that brothers who received their sisters' love would be blessed with long and prosperous lives. What began as a sister's simple gesture became a symbol that has demonstrated loyalty through generations.

Nivriti Maurya, AIS Noida, VIII F



Illustration: Atharv Swaroop, AIS Noida, VIII F

The rakhi that crossed kingdoms

Bahadur Shah of Gujarat had his eyes on the Chittor Fort of Mewar and threatened its widowed Queen Karnavati that he would invade and seize the kingdom. Left with no other option, the queen decided to seek help from the Mughal emperor Humayun. She sent him a rakhi asking him to be her brother and help her in her hour of need. Feeling the weight of Queen Karnavati's trust, Humayun carefully tied the rakhi around his wrist and rose from his throne and set out for Mewar. But the journey was so long

that by the time he reached Chittor, the fort had already fallen, and Queen Karnavati was no more. Though he was unable to protect her, he restored her kingdom to her son to respect her courage.

Story & illustration: Aarna Bijlwan
AIS Noida,



The rakhi that gave hope

Maharani Jindan Kaur, wife of Maharaja Ranjit Singh and mother of Maharaja Duleep Singh, was not a woman who went down without a fight. When the British gathered courage to take over Punjab, the Maharani was separated from her dear son and imprisoned in Chunar Fort, near Varanasi. But the Maharani did not step down so easily. She staged a daring escape in April 1849 and quietly travelled to Nepal. It was a long and frigid journey to reach Kathmandu but it was the place where she hoped to find a safe place to stay. She sent a rakhi to the then

Prime Minister of Nepal, Jung Bahadur Rana, and asked him for protection. Jung Bahadur Rana accepted her request and gave her refuge in Nepal. He also provided her support, both financial and emotional. Several years later, she and her son were reunited.

Story & illustration: Vivaan
Nigam, AIS Noida, VII M



Revival of bloom

Graphic: Shatakshi Agarwal, AIS Vasundhara 1, XI D



Samaira Ankit Prasad
AIS Vasundhara 1, XI D

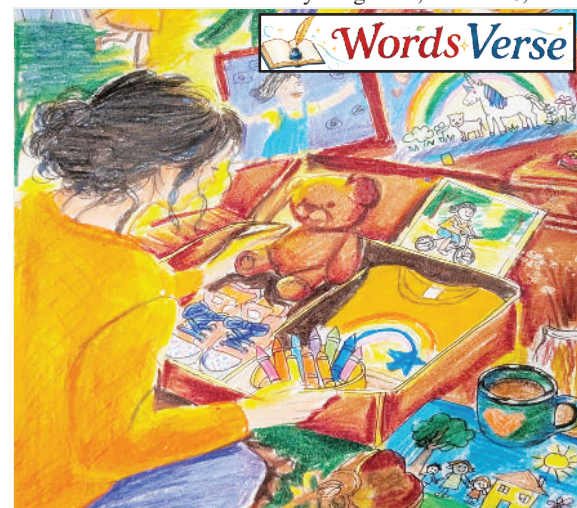
One windy evening in the town of Gulnaar, Avni set off for a quiet walk, letting the cool breeze brush past her face. As she strolled along, something gleamed in the corner of her eye - a faint shimmer from the depths of the forest. Intrigued, she moved towards the strange sight. The trees were dense, their branches like gnarled fingers, but Avni pressed on. After a short while, she stopped in her tracks. There, behind a thick veil of moss, stood an iron gate. Its surface was covered in patches of age. She tried to pull the handle, but it did not budge. She yanked harder, her fingers slipping on the ice-cold metal. The garden's gate creaked, groaned,

and finally gave way, sending her tumbling forward. She landed softly. Looking up, she realised she wasn't in the forest anymore. She had stepped into a forgotten garden, wild, untamed, and eerily beautiful. Vines coiled around weathered benches, roses and tulips bloomed in chaotic bursts of colour, and ancient trees stretched their branches toward the sky. At the centre of the garden stood a sundial, frozen in time. As Avni wandered deeper into the garden, she noticed a small greenhouse tucked away behind a tangle of vines. Inside, the air was thick with the scent of wildflowers. On a wooden table near a pot of lavender, something caught her eye: a notebook. She flipped it open. The first page read: "Property of Suman Sharma". Avni

Inside, the air was thick with the scent of wildflowers. On a wooden table near a pot of lavender, something caught her eye: a notebook.

froze; she had heard that name before. She had been the former mayor of Gulnaar. Her tenure was loved by all. Avni felt a rush of surprise and intrigue. As she read on, she discovered Suman's deep love for nature and her desire to restore the garden to its former glory. The words spoke of a garden that once basked in sunlight and bloomed with life. Avni was captivated by Suman's passion. Determined to honour Suman's legacy, Avni shared her discovery with the townspeople. The news spread quickly, and before long, the entire town rallied together. People brought tools to clear the overgrowth, repair the gate, and breathe new life into the garden. The sense of community was overwhelming. It had been years since Gulnaar had united for a cause, and yet here they were, working together to restore the garden to its former glory. With everyone's combined effort, the garden blossomed again. The wild vines were tamed, and the flowers began to bloom in a riot of colours. Suman's dream had been resurrected by the hands of Gulnaar's people. On the gate, in elegant golden letters, a plaque was placed. It read: "In memory of Suman Sharma, a mayor whose love shall always bloom in this garden." The garden was no longer just a hidden secret; it was a testament to the power of community and the enduring legacy of one woman's dream. **GT**

Illustration: Priyal Agrawal, AIS Vas 6, XI C



Box of memories

Soujanya Pandey, AIS Vasundhara 6, XI A2

Childhood drifts away, not a shout
Fading glee with a soft breeze
Slipping out before the rising dawn
I wonder if it was all but a dream

Long years flew on gentle wings
As I stumble upon a dusty box
Not brimming with rats or rubble
But traces of time I thought lost

In there, sits a brave teddy bear
Brown in colour, a lopsided smile
With one arm loose and an ear lost
A weight that no spine could hold

All crayons snapped in half, alive
Creating unicorns and calves alike
Painting my world in rainbow arc
Mirroring memories of my growth

A t-shirt fretted by seasons' glare
Snug and warm, a hug from the past
Holding in laughter of carefree days
I grab these affairs with no despair

Sifting smiles, my heart understands
Of a summer not quite vanished
Childhood will forever bloom within
Eternal gardens, joyful lands.

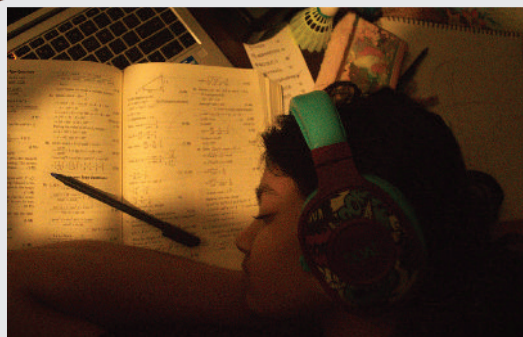
The multitasking fallacy ...through your lens



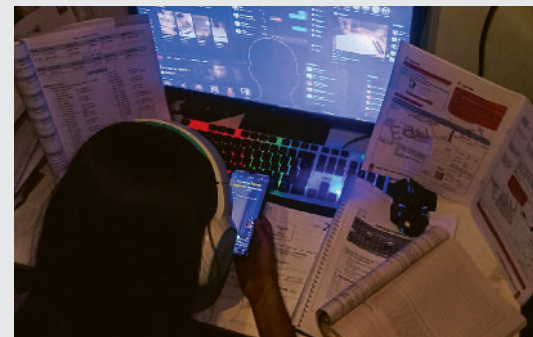
For the World Photography Day contest featured in our August 17 edition, Amitians were asked to click photos that complemented the Page 6 article, 'The multitasking fallacy'. Their lenses have brought the chaos of multitasking to life. Take a look:



Ariana Dhandā, AIS Gurugram 46, VII A



Devyash Jain, AIS Noida, X K



Sakshika Pathak, AIS VKC Lucknow, X B

A noteworthy ride



Illustration: Tabassum Khan & Monisha Dangeti, AGS Noida. AI

Angel Devel, AGS Noida, Alumna

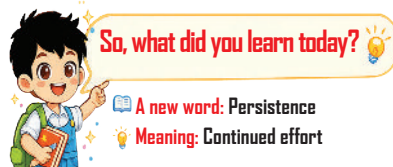
Leela opened the first page of her new composition notebook, ready to dominate the world. Fresh paper, no creases, no scribbles, just untouched potential. "This year, I am on top of it," she told herself as she pulled out her highlighters and began jotting down the neatest notes ever. The first week went like a dream. She was that girl, the one with colour-coded tabs, tidy handwriting, and every assignment finished before it was to be submitted. She placed carefully designed and cheerful doodles in the corners. Her friends looked at her pages with admiration and slight jealousy. Leela felt proud of her sense of

control and balance. Life felt perfectly arranged, but then the midterms arrived. Almost overnight, her once-perfect notebook began to spiral into chaos. The smooth handwriting turned hurried and uneven. Now there were crowded paragraphs with half-finished sentences and stray equations that seemed to crawl across the page. Sticky notes covered entire sections of text, clinging desperately to the edges. A small coffee stain appeared on one side of the notebook after a particularly long revision night. Leela sighed at the sight of it, but she had no time to start over. As the weeks passed, the notebook began to reflect the truth. The pages carried the marks of sleepless nights and small tri-

Life felt perfectly arranged, but then the midterms arrived. Almost overnight, her once-perfect notebook began to spiral into chaos.

umphs. Somewhere between the chaos, Leela noticed a quiet kind of comfort. The once-perfect notebook now told the story of her trying, learning, and pushing through. By the time final exams arrived, the notebook was a patchwork of scribbles and bent corners. Still, Leela kept it close. When the final bell rang at the end of term, she turned the last page and smiled. The book had become a record of her hard work and **persistence**. Afternoon warmth greeted her outside. Later, at the pool, she dived in to allow the cool relief of water wash over her. Floating on her back, with the sun glimmering above, she thought about her notebook. It was imperfect, but it was hers. And that, she realised, was enough. **GT**

(Angel is currently pursuing eBBA from IIM Jammu, J&K.)



Khakhra chaat

Jiyanaa Thareja, AIS Vas 1, UKG B

Ingredients

Khakhra (medium size).....	1
Chopped onion.....	1/2 cup
Chopped tomatoes.....	1/2 cup
Chopped cucumber.....	1/4 cup
Pomegranate.....	4 tsp
Chaat masala.....	1/4 tsp
Lemon juice.....	1/2 tsp
Green coriander.....	To garnish
Bhujia.....	1 tsp
Sweet corn.....	1 tsp
Roasted peanuts.....	1 tsp
Grated cheese.....	To garnish

Procedure

- Break the khakhra into small pieces in a plate.
- Add chopped onion, tomatoes, cucumber, and pomegranate.
- Sprinkle chaat masala over the khakhra and veggies.
- Squeeze and add lemon juice according to taste.
- Garnish it with freshly chopped coriander and grated cheese.
- Add bhujia and roasted peanuts to enhance the taste.
- Healthy khakhra chaat is ready to serve.

READ • PLAY • WIN

Answer • Participate • Win Prizes

1 Write answers of all the questions below

2 Click Photograph

3 Mail: editor@theglobaltimes.in or Visit: <http://theglobaltimes.in/readplaywin/>

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Name: Class: School:

Q.1 Name the town featured in the short story on page 8.	Q.2 Which nut has been dubbed as the 'Green gold'?
Q.3 What is the name of the AI-powered agricultural drone designed by Akul Gupta of AIS PV?	Q.4 Which Maharani, as mentioned on page 7, escaped to Nepal in 1849?
Q.5 Who has drawn the illustration for the short story on page 9?	Q.6 Which Youth Power team conducted the panel discussion on page 10?

Winners 116

Result of Read Play & Win: **Vivaan Sharma**, AIS Noida, IV L;
Tanush Mittal, AIS Gurugram 46, V E;
Anmol, AIS Pushp Vihar, VIII B

Name: Class: School:

Outline by: **Yadvi Kumar**, AIS Mayur Vihar, XI F
Please send your entry to editor@theglobaltimes.in

Best entries for ColouringFun

Dated: August 10, 2026

Vihaan Srivastava
AIS Gurugram 46, II F

Chhaavya Rohra
AIS Pushp Vihar, I D

Brewing balance

Experts Spill The Beans On The Bitter Truth Of Excessive Caffeine Intake

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion', where experts from different walks of life discuss various aspects of the chosen social cause. Here's presenting **Part VIII** of this exclusive series, based on the panel discussions organised by YP teams for the year 2025-26, and the host of opinions and insights that experts shared on '**Reducing caffeine intake**', the cause chosen by YP team of AIS Gurugram 43.



Panellists all set to talk about consuming caffeine responsibly

No shortcuts to health

Panellist: Dr Vinayak Agarwal, senior cardiologist, Fortis Memorial Research Institute, Gurugram

"The claims that caffeine is good for the heart, the liver, are often driven by commercial interests. Medically, caffeine increases heart rate and blood pressure, and it can precipitate dangerous arrhythmias, especially in people with underlying heart disease.



In such individuals, excessive coffee consumption can be disastrous. In India today, heart disease is appearing alarmingly early - every second heart attack occurs below the age of 55, and every fourth below 40. Cardiac deaths among young, fit-looking individuals are increasing. Health doesn't come from shortcuts. Sleep is critical - relying only on coffee, drops your efficiency."

Spirituality controls senses

Panellist: Jay Bhagtani, youth forum director, ISKCON; motivational speaker

"Caffeine addiction is essentially an addiction of the senses - a demand for stimulation. The Bhagavad Gita teaches that the mind can be our greatest friend if controlled, and our greatest enemy if it is not. Humans, however, are blessed with higher consciousness, allowing us to choose what is beneficial over what simply feels good. Scriptures describe two paths: *Preyas* - instant gratification, and *Shreyas* - long-term well-being. Instant pleasure gives temporary satisfaction, but discipline brings lasting happiness. True freedom does not come from stimulation, it stems from self-control."



Sun, O₂, as energy sources

Panellist: Dyutima Goel, senior Yoga teacher, Sivananda Centre, Gurugram

"For students your age, the bigger issue is not coffee but energy drinks. Many brightly coloured energy drinks contain high amounts of caffeine, which should not be your 'go-to' source of energy. The primary source of energy on this planet is the sun. So, spend time outdoors in the sunlight, to naturally boost energy. Then there is oxygen, the best energy-unlocker for us all. Conscious breathing can instantly increase alertness. When you feel tired while studying, pause and take a deep breath - you will notice the difference immediately. Even such small habits can boost energy."



Turn to natural alternatives

Panellist: Khushboo Kumari, coordinator & dietitian, VataVriksh Senior Care, Gurugram

"The key question is: how much caffeine is too much? For adults, caffeine intake should not exceed about 300 mg per day, but for adolescents it should stay below 100-150 mg. The problem is that many foods and drinks contain hidden caffeine - cold coffee, chocolate shakes, desserts, cakes. A single café-style coffee often contains more than one serving of caffeine. Many people believe caffeine boosts metabolism. While it may give temporary alertness, it does not actually increase metabolism in the long term. Relying on caffeine before exercise creates a false sense of energy. Natural alternatives - physical activity, proper sleep, and balanced meals - are far more effective and sustainable."



Energy from exercising

Panellist: Kuldeep Diwan, former Indian first-class cricketer

"For me, health is very simple - sweat it out. Run, cycle, work out, and your body and mind will thank you for it. I have seen people of all ages transform their health through physical activity. With regular exercise, your heart rate regulates, digestion improves, and your body starts to heal. Today's generation is largely sedentary. Long hours of sitting with devices damage bodies more than people realise. Many try to compensate for low energy with caffeine, but that is not the ideal solution. The more preferable solution is good circulation. Simple habits like walking daily also help. Indulging in light exercises results in energy levels being high, thus reducing the dependence on caffeine."



Read your food labels

Panellist: Sweety Behera, director, Food Safety and Standards Authority of India

"From school years to corporate life, the pressure to stay awake and deliver quick results pushes people toward caffeinated beverages. There are clear standards for caffeinated products, and these are mentioned on food labels. I always urge young consumers to read labels carefully - check caffeine content, added sugar, fats, and preservatives. This information is provided for your safety, and understanding it is your responsibility. No food is inherently bad. The problem lies in excess and lack of awareness. Caffeine, sugar, and salt must all be consumed in moderation. Balanced consumption, informed choices, and an active lifestyle are the true foundations of health - not stimulants."



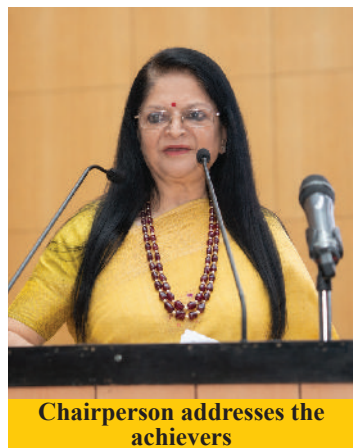
PART VIII

EXPERT SPEAK



Honouring the achievers

Amity Felicitates Its CBSE Board Exam Toppers And Their Mentors For Excellence



Chairperson addresses the achievers



Chairperson with the awardees of 2025-26 smile for lenses

R&D Department

The outstanding achievers of the CBSE Class X and XII Board Examinations 2025-26, were honoured at a special felicitation ceremony organised at the Moot Court, Amity University, Noida, on July 31, 2026, under the aegis of Research and Development Department, Amity Group of Schools.

The event was graced by Dr Ashok K. Chauhan, Founder President, Amity Universe as the Chief Guest (virtually), along with Dr (Mrs) Amita Chauhan, Chair-

person, Amity Group of Schools and RBEF; Guest of Honour Dr W Selvamurthy, president, Amity Science, Technology and Innovation Foundation and director general, Amity Directorate of Science and Innovation; Dr Atul Chauhan, Chancellor, Amity University, Noida; Pooja Chauhan, Chairperson, Amity Humanity Foundation; and Prof Dr Balvinder Shukla, vice chancellor, Amity University, Noida. Principals and heads of different Amity Institutions also graced the occasion.

The ceremony commenced with the lighting of the lamp and wel-

come address by Renu Singh, director principal, AIS Noida. In her address, the Chairperson shared valuable insights into the evolving educational landscape and reaffirmed Amity Group of Schools' unwavering commitment towards providing holistic and future-ready education.

Advisor (R&D) shared about the glorious journey of Amity since 2015, wherein Amitians have secured first, second, and third position at all-India level in board examination almost every year, including 500, 499, 498 out of 500 in both Class X and XII in 2022,

similarly 500, 499, 498 out of 500 in Class X 2026 and first position in 2017 all over India.

The highlight of the ceremony was felicitation of National toppers, State toppers, Subject toppers, and students from across 15 Amity schools who secured a perfect score of 100 in various subjects. The perfect scorers and toppers of Class X (2026) - Tanay Srivastava (AIS Gur 46) and Daksh Vasudeva (AIS Vas 6), both of whom scored 500/500 - were felicitated along with the toppers of Class XII (2026) - Aanvi Saxena (498/500 AIS Pushp Vihar) and Adya Garg

(497/500 AIS Mayur Vihar).

The remarkable performance of Amitasha students was also celebrated. Class X toppers Shruti Pandey (Amitasha Noida, 96%) and Chaman Kumari (Amitasha Gurugram, 94.60%) were felicitated, while the Class XII topper and awardee was Priya Singh (Amitasha Noida, 95.4%).

Continuing the streak of excellence, Amity Global Schools also registered remarkable achievements, with Lakshya Narula and Khevna Pankaj of AGS Gurgaon emerging as World Toppers in IBDP (Class XII equivalent), scoring a perfect 45/45. Vidhi Swami achieved A* in all subjects of IGCSE (Class X equivalent).

Principals, teachers, advisors, and consultants from across Amity schools were also felicitated for their mentorship.

Addressing the achievers, parents, and mentors attending the event, Founder President reiterated his BHAAG mantra and urged the students to strive for excellence and channelise their potential towards the larger vision of making Viksit Bharat by 2047. **GT**



Awardees of Rajya Puruskar with the dignitaries

Amity's pride

AIS Vasundhara 6

Five Guides of the school - Anvi Tripathi (XII), Megha Rana (XI), Tvisha Mahajan (XII), Mehul Kaur Kohli (XII), and Aadya Singhal (XII) - have been conferred with the prestigious *Rajya Puraskar* 2025-26 (the second-highest award in the scouting movement in India) by Governor of Uttar Pradesh, Anandiben Patel, in recognition of their

outstanding contributions to community service.

They received the award from UP State Chief Commissioner of Bharat Scouts & Guides, Dr Prabhat Kumar, IAS (Retd), on May 6, 2026, at a ceremony held in the school campus. To qualify for this honour, the guides attended a five-day Governor's camp, participated in national and international jamborees, and completed *Tritiya Sopan* certification. **GT**

Learning never ends...

HR & Training Department

In an endeavour to empower the educators of Amity with the latest pedagogical practices and to align classroom instruction with the recommendations of NEP 2020, CBSE, and the National Curriculum Framework (NCF), a Senior School Professional Development Programme (PDP) 2026 was organised from July 17 to 18, 2026, in a hybrid mode for educators of Classes IX to XII across the Amity Group of Schools (pan-India). The two-day programme featured 76 sessions conducted by both external and Amity resource persons. The sessions were hosted by AIS Saket for Classes IX-X and AIS Pushp Vihar for Classes XI-XII.

Organised by the HR and Training Department under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity



The two-day teachers' programme featured 76 sessions

Group of Schools and RBEF, the programme witnessed a dynamic exchange of ideas and best practices. It covered a wide range of topics, like 'Technology for Humanity: Re-imagining Learning in the 21st Century', 'Human Health and Diseases: Respiratory Disorders in Children and Adolescents', 'Mathematics in Real-Life Applications', 'Handling Anxiety among Secondary School Children', among others. Thoughtfully curated and led by eminent acade-

micians and experienced educators, the PDP, through interactive discussions and demonstrations, focused on practical strategies for competency-based education, experiential learning, technology integration, and assessment reforms. Addressing the educators, Chairperson Dr (Mrs) Amita Chauhan urged them to cultivate a spirit of continuous learning and a passion for teaching, for it is they who have the power to shape the nation through their students. **GT**

Jiya Nagpal, AGS Gurgaon, X

Dear Diary,

Date: Lost count after the 1500th swing.

Hi! I'm George, a golf ball. Yes, round, dimpled, and constantly smacked around. Basically, I live the life of every golf ball, i.e. chaotic with a side of discomfort. But it wasn't always like this. The bumps and curves of my life are fairly new. To give you a better picture about the 'course' of my life, mind the pun, let me take you on a golf-cart ride about my journey so far...

From the Jedi Order...

Back at the factory, my friends called me Obi-Wan Kenoball. When I was pulled out of my packet for the first time, my golfer, whom I call Mr Slicer, held me up like Simba from The Lion King. I had dreams. Big dreams. I pictured myself on a trophy shelf or being gently hit by professionals. I was supposed to be perfect 'fore-ever'. But alas, fate had other plans. My real journey, or professional life as you humans call it, began in a smelly, cramped golf bag filled with stale socks, a broken tee, half-eaten energy bars, and sweaty gloves still bragging about Tiger Woods. Believe it or not, Diary, I sometimes wish to be forgotten.

The swing of doom

It wasn't long before I was yanked out of that smelly prison. "Freedom!" I thought. Little did I know my doom was being plotted. Mr Slicer placed me on a tee, muttered something about a birdie (still not sure what birds have to do with golf) and whack! I

Hit hard!

The Life Of A Tired Golf Ball

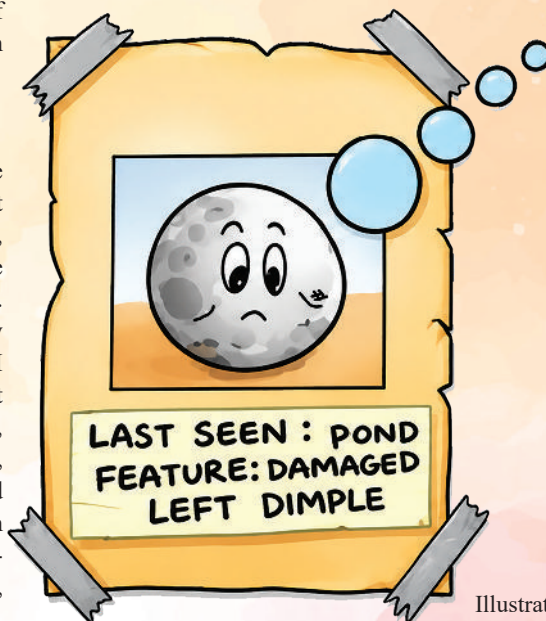


Illustration: Sriya Nagpal, AGS Gurgaon, VI

soared through the air like a tiny, dimpled superhero. From up there, I saw the entire course and even a couple arguing. Then, bam! I slammed into a tree (my left dimple still hurts). A squirrel chased me, nibbled me, and tried to crack me open like a nut. Ugh. If I had a mouth, I'd have screamed. Instead, I just rolled as Mr Slicer smacked

me twenty more times. No hole-in-one. No perfect landing. Just endless whacks!

The desert of despair

Golfers call it a sand trap. I call it the Desert of Despair. One wrong shot and I tumbled straight in, sinking slowly and finally getting some me-time. "Perfect for a quick

nap!" I sighed, before a caddy angrily began digging with what looked like a giant garden tool. I'm atom-sized compared to that thing, yet he was determined to unearth me like buried treasure. Second shot, and déjà vu, I was swung again. This time I took half the beach with me, feeling like I'd built a children's sandbox.

Deadly water hazard

My other nemesis: the water hazard, aka The Pond. I sank in - glug, glug - that's the sound of my dreams sinking with me. At least I wasn't alone. I found my long-lost siblings, the same broken, dimpled balls from my packet. Before I could say hi, a slimy duck swam around, inspected me, and sat on me, assuming I was a peculiar egg. And then, as always, the caddy arrived with his ridiculous tool.

Final thoughts

I'm not dying... well, maybe figuratively, which means I have lost my original round shape. Right now, I am lost near the pond, reflecting on my unpredictable life. That's been my life... One moment I'm shining bright, the next I'm stuck in a puddle.

But life is about bouncing back, even if you're hit a little too hard. So, if you are able to find me, remember I know ball. For I am George. Survivor. Legend.

PS: Rescue me! Bring a surgeon with you too. My left dimple needs fixing! I am desperate to be my majestic self once again.

MOVIE REVIEW

Wizardry, war, and wonder

Movie: Howl's Moving Castle

Directed by: Hayao Miyazaki

Released on: November 20, 2004

Starring: Chieko Baisho, Takuya Kimura, Tatsuya Gashuin, Akihiro Miwa

Synopsis: Howl's Moving Castle takes you on a magical journey with Sophie, a young hat maker, who crosses paths with the wizard Howl and gets pulled into a turbulent, magical adventure that upends her quiet life. The most life-changing of them all is her encounter with the witch, who turns young Sophie into an elderly woman. Her apparent age fluctuates throughout the film, showing her young when she feels brave, confident, or passionate, and old when she feels insecure or depressed. One



can say that her age acts as an optical cue for her self-worth. Unable to set herself free from the curse, she seeks the help of several significant characters - a scarecrow called Turnip

Head, Howl's apprentice, Markl, and the fan-favourite, fire demon Calcifer. The plot line is weaved around the backdrop of a senseless and nameless war that Howl resists being forced to fight in. Sophie and Howl share a mutually transformative bond, greatly helping each other through the same.

Why is it worth watching: The whimsical details of the hand-drawn animation turn art into deep human emotions. From animation to soundtracks, this movie is a perfect comfort film that emphasises on the importance of personal growth.

Iconic quote: "They say the best blaze burns brightest, when circumstances are at their worst."

Rating: ★★★★★

Review by: Ishita Chandra
AIS VKC Lucknow, VIII A



GT Travels to Japan

Explorer: Vihaan Badhwar, AIS Mayur Vihar, VIII A

Location: Osaka Castle, Japan

Attraction: It is a famous fortress that played a major role in the unification of Japan during the 16th century. It houses a museum with over 10,000 historical artifacts.

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