

Everywhere there is fear,
so many people shed tears.
Every child cries,
when he hears of wars in
the skies.
On every floor there lies a
gun,
nobody can have a little fun.
Terrorism is getting
stronger,
and the road to peace is
getting longer.
There is so much bloodshed,
have we realised where are
we led?
Let's protect our world,
and stop the shedding of
blood,
Let's maintain peace in
every corner
Let's not fight any longer!
Rashi Bagadia (VIII-C),
AIS Sector-43, Gurgaon

INSIDE



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Shubham Mukherji, Chairperson Dr Amita Chauhan, Punya Prasun Bajpai & Santosh Yadav with 'Youth Envoy of the Year' Ruchi Avtar

Attitude determines altitude

This has been aptly proven by Pad-mashree Santosh Yadav, the only woman in the world to have conquered Mt Everest not once, but twice. She enthralled one and all by her invigorating words as Chief Guest at the 'Youth Power Grand Finale' beckoning them to follow their dreams with unrelenting zeal and enthusiasm. Joining her were Punya Prasun Bajpai, prime time anchor & Consulting Editor of ZEE News; Shubham Mukherjee, Features & Weekend Editor with Economic Times and Poonam Singh Jamwal, CMO Extramarks.com. Excerpts from the interactive session...

Santosh Yadav

While conquering Mt. Everest, did you realize that you were creating history?
I was not at all aware of my record breaking achievement because I have never han-

kered after glory. I wasn't deterred by the seemingly insurmountable hindrances while climbing Mt Everest, I just forged ahead determined to reach the pinnacle. Upon ascending the peak, I felt a divine vibration and the feeling of eternal peace engulfed me. For me mountaineering is like spirituality, being one with God. *It is said that 'One's attitude determines one's altitude.' Which altitude would you like to conquer now?*

I have my eyes set on the 14th route to the Himalayas, which is the fantasy route. Once my children grow up, I will target this very difficult path and if I'm able to keep myself fit, I'd like to conquer that. I'd want to be the first person to be up there! The motto of my life is to learn and enrich myself. I have been a curious and incessant learner throughout my life. *How can one pursue a career in Mountaineering?*

There are about five institutions which help in preparing students for mountaineering expeditions. Besides physical agility and fitness, psychological ability is equally important to get selected. There's a 24 day course for basic training, eligibility being is 17 years. There's no place for 'sorry' in mountaineering. There's no looking back, because one mistake and you're gone!

Punya Prasun Bajpai

How can the youth be sensitised to be better human beings?
What is lacking in the young generation is natural experience. They should learn to look beyond the text books, their family and their school. They should meet people from different walks of life to broaden their horizon. *Shouldn't the media be more responsible (ref. Arushi murder case)?*
Arushi's murder was really unfortunate.

Poll by AIS Gurgaon-43 & East Delhi

POLL OF THE YEAR

Newsmaker of the year 2008



The Magic Finger: Founder President launches www.theglobaltimes.in

But you'll find it hard to believe that after that case, 54 other cases were registered with Delhi police and 75% of the parents confessed to killing their children! It is disheartening that the purest of all relations, that of parents and children, is also decomposing. Children are unable to have faith in their parents. Media only shows what's happening around us. *What is media's role in improving the condition of women?*
The solution lies in everyone, including women being aware of their surroundings. We are too cocooned in our own lives, and do not bother about others around us. Today, money and market run the society making people increasingly lonely. The only way to break the vicious cycle is to connect with our deepest emotions, and look into our souls which will help us connect with others and solve all problems!●
(more on page 4)

I crave for revenge



Akhil Bhardwaj
AIS Saket

I don't want to light a candle to bury my remembrance for those who have died. My heart is full of anger, resentment, pain and a craving for revenge. I see no victory. I see no reason to celebrate. I see no reason to hoist my national flag outside the Taj hotel. 10 terrorists had the power to hold the nation hostage for 60 hours? We must fight back. If the government can't do it, then let the army rule this nation. The subtle speeches of Manmohan Singh and Pratibha Patil fail to extinguish my anger.

For the very first time in my 16 year life I don't feel proud to be an Indian. This nation is under attack. The scale, intensity and level of orchestration of terror attacks in Mumbai put one thing in perspective beyond doubt: India is effectively at war and it has deadly enemies in its midst. As in the case of the demolition of New York's World Trade Center in 2001, Mumbai's iconic monuments such as the Taj Mahal Hotel, the Oberoi Trident and Chhatrapati Shivaji Terminus have come under attack. The number of people killed in multiple attacks is 101 and counting, which includes foreigners and senior policemen. At least 300 have

been injured. The terrorists who carried out the attacks are well supplied, armed to the teeth and extremely well motivated. The question now is whether the nation can show any serious degree of resolve and coordination in confronting terror. This war can be won, but it will require something from the political class, from security forces and from ordinary people. It's time now to move beyond pointing fingers at one another or resorting to cliches such as 'resilient Mumbai'. It's also time to end the habit of basing one's stand on terrorism on the particular religious affiliation of terrorists, criticising or exonerating them

using their religion as a point of reference. Terrorists have no religion. Political bickering on this issue is divisive; what India needs now is unity. A host of institutions have been built since the 1980s when India first encountered terrorism. New agencies, special cells and commando units have come up since then. But how well do we run them, how well resourced are they and is there proper coordination among them to maximise and collate information? According to the home ministry, terrorists sneaked in from the Arabian Sea. They may have sailed past the naval headquarters to blast their way into the city. However, it took a while

before the National Security Guards and naval commandos in the city were pressed into action. What explains such delay? Was it a multiplicity of commands or plain bureaucratic lethargy? The point is even in circumstances when personnel and infrastructure are available, planning and execution are shockingly poor. We caught 10 terrorists- the 16 others involved in the plot are still out there. Where was Raj Thackeray when "Aamchi Mumbai" needed him? I feel the country is unsafe, volatile and corrupted. We want reaction. India needs leaders. It's time to wake up- that's the voice of the youth for you.●





Poll by AIS Vasundhara & Pushp Vihar



The Black Magic

Anantdeep Singh

AIS Noida

As India lay intoxicated in the arms of Raj Thakreys’ regionalism, the dalit philosophy of not so dalit (which means oppressed) Mayawati , and mass murder of innocent Christians, the USA woke up. Woke up to life, equality and freedom, as it elected a black person, with a middle name like “Hussein” it’s President. The election of Barack Hussein Obama as the US President elect ended the regime of centuries old racial discrimination, which had once excluded the most productive sector of US population from human privileges. The US citizens realized that rationale and not customs, change and not stagnation, could save them, from the fiascos in Iraq and hurricanes in the economy. Majority of Indians had been cheering for Obama, the man who wore a “Hanuman” lucky charm and looked more like them. ●

More on www.theglobaltimes.in

Media hype

Apula Singh & Arushi Paliwal

AIS Saket

Media plays an important role in transmitting information and in this process often crosses the line that separates ‘real news’ from ‘exaggerated news’. Over hyping has become a part and parcel of the media. In a country like India where cricket is worshipped, media tends to go overboard by treating them as Gods. The players are made the ambassadors of reputed firms, are asked to walk on the ramp, compete in reality shows and what not! Cases like the kidney scam, the Nithari scandal and Arushi murder were repeated so much that the audience got bored and the news wore off. A poll conducted on viewers clearly reflected their choice. A student said that she would rather watch political updates than Rakhi Sawant, who had no impact on her life. Another preferred CNN-IBN and BBC over Indian news channels. Thus, it is clear that over hyped reports ultimately fade off and people are no longer willing to see such overrated news.



The Big deal: Nuclear‘ed’

Kritik Soman

AIS East Delhi

Right after US eliminated Iraq and its presumed guilty leader Saddam Hussein for possession of WMDs (something the US thought only it had) in a dramatic war; Bush realized he was losing world support. So, what’s next? The only neuron in his brain exploded – let’s take on India! Now India is developing fast and definitely not a puppet nation like Iraq, so it cannot be blown up and cleared overnight. So if it cannot be ‘new-cleared’, let there be a Nuclear Deal. Exciting offer! Indians are exhilarated! Now we can all have uranium for dinner! Guess who’s the most excited – PM Singh (is king)! He loves Bush, and better still, this country L-O-V-E-S Bush. (Oh! He must be an ardent lover!) Now the two governments are having sleep-

Rajat Rai Handa

AIS Saket

Six months and 64 bomb blasts. From Mumbai to Malegaon, the terror train of bomb blasts seems to have moved through every part of India, making its presence felt with a louder blast with every passing station at the peril of innocent lives. What do the terrorists achieve- nothing but the curse of the aggrieved families who have felt the wrath of the blast! A dirty tug-of-war initiated by the terrorists but hurting those who have nothing to do with what they want. And do we know what is that they desire? This monster called terrorism will engulf all if not tackled in time, which seems to be



fast running out of hand like sand from a tight fist. As Ralph Waldo Emerson once said, “A foolish consistency is the hobgoblin of little minds, adored by little statesmen and philosophers”. And it is this hobgoblin in the name of bomb blasts, consistently exploding like fire-crackers. It’s imperative to weed out this evil from our lives and system while we still have the time for it. Anurag Sarawgi, AIS Pushp Vihar is concerned, “Terror-



ism has become a global issue. Though the police is doing a remarkable job, each one of us should step forward to curb the menace, only then can the world be a peaceful place.” Exclaims Anchit Som of AIS Pushp Vihar, “The police needs to be well trained and armed with proper ammunition to face such attacks. NSG Commandos should be placed at different cities instead of deputed as bodyguards of politicians!” Zohya Bakshi of V F, AIS Noida is appalled, “3 days of terror, 3 days of fear. This is what happened in Mumbai. How many attacks does India have to face before our politicians wake up? We are enraged and want to know how many

and beg. The malnourished children can eat uranium. Something great has happened, there’s hullabaloo all around. You can say bye- bye to your little farmland as uranium neither grows on trees nor needs monsoons (no farmer suicides anymore!). You learn to be happy and praise the progressive government. So the deal is done! India and US are much more than friends now – lovers! Pakistan, China and the like, are estranged – they are relationship incompatible, so no deal for them. But they too will have their day; maybe just like Iraq had it’s.....●

Terror strikes once again!

attacks is it going to take for Mumbai to act and save itself?” Says Ishani Goomer of VI-B, AIS East Delhi, “After this black trauma of Bombay blast who will vote for these inefficient ministers. The ministers who do not work for their country are no less than sluggards.” Deepti Ojha of VIII, AIS Gur 43 offers a solution, “Intelligence is the key to decide that tactics to be employed to deal with actual threat. The law enforcement machinery has to gear up, think faster and anticipate the moves of the terrorists, if it wants to meet the challenge. The face of tyranny is always mild at first.”●

For full story, visit www.theglobaltimes.in



Doomsday calling

Siddhant Chandel, Atreyo Mitra & Archit Bhatnagar, AIS Sec 46

‘Run, run the sky is falling!’ This was the cry that echoed in all directions on ‘A Wednesday’, the movie. No, we’re not in the ancient Gaul village of Asterix and Obelix sharing their simple fears. We are in the 21st century and being our usual hysterical selves! When the news of the Big Bang experiment (Large Hadron Collider) rippled across the world, the reactions were amusing, to say the least. With fears of the world coming to an end, children were confused

whether to be happy or sad (Would their exams be held? Even if they did, maybe they wouldn’t have to show their lousy grades to angry parents!). People withdrew their cash from banks and organized ‘hawans’ to save the Earth from (un)certain destruction. News channels blew the rumours out of proportion to up their TRPs, each channel outdoing the other to voice their predictions of doomsday. Astrologers raked in cash as the public rushed in to find out means to escape. “I agree that destroying the earth seemed rather drastic, but anything which would result in the cancellation of exams is welcome!” quips Anant Aggarwal of AIS 46. All in the name of scientific research....eh? ●



Doom & din of the plunging economy

Tanya Gupta & Saloni Gaur

AIS Saket

“People of India, do not worry,” assures PM Manmohan Singh. But do you think this instills a sense of financial security among the masses? India, which for the past four years had earned epithets such as ‘Shining India’ and ‘Incredible India’ is apparently not immune to the present global crisis. Bankruptcy of various leading US and European banks is majorly responsible for the ongoing economic crunch. The sensx has tumbled by 50% in 10 months. Rahul Yadav, Chief Investment Advisor of Fairwealth Securities Pvt Ltd claims, “Business has reduced due to huge losses suffered by clients.” Echoes Puneet Gupta, businessman, “The recession is going to affect my sales.” Almost half the world is now living on less than \$ 2.5 a day. A survey conducted among a cross section of people shows that 30% people fear that growth rate will go below 7%, and that the rupee will dip further! The drainage of wealth, threat to savings and vulnerability of incomes has driven the consuming classes into caverns of anxiety. People have lost their confidence in the market and are withdrawing their funds. The government must act to restore the virtuous cycle of investment led growth or destruction will run its course.●

Telly Talk

Sunaina Bhattacharya & Anukrati Agarwal AIS Noida

UN General Assembly proclaimed November 21st as World Television Day, to encourage “global exchange of television programmes focusing on issues such as peace, security, economic and social development.” The day recognizes that television plays a major role in presenting issues that affect the public. Today, television has crossed borders and become a key part of our society. It educates, promotes mutual under-

World TV Day

standing, tolerance and connects people. It relates to us stories of the powerful as well as powerless; it tells us about the world’s richest places and the most unprivileged pockets; it updates us with the latest news while entertaining us. It raises public issues and mobilises public action. TV is a medium that requires no literacy, presenting information in audiovisual form to its worldwide audience. It binds together people of all ages, religions, castes and nationalities.

The GT Classroom

Class - IX

1. A body moving with uniform acceleration has velocities 6 m/s and 8 m/s while passing two points P and Q. The velocity midway between P and Q will be

- (1) $5\sqrt{3}$ m/s (2) $6\sqrt{7}$ m/s
(3) $5\sqrt{2}$ m/s (4) $2\sqrt{5}$ m/s

2. What is the unit of RAM (Relative Atomic Mass) of an element?

Class - X

3. The sum of a number and its reciprocal is $2\frac{1}{10}$. Find the number.
4. Write the chemical equation to show the process of photosynthesis in plants.

Class - XI & XII

5. Arrange the following compounds in order of increasing solubility
(i) MgF_2 (ii) CaF_2
(iii) BaF_2
(1) (i) < (ii) < (iii)
(2) (ii) < (i) < (iii)
(3) (ii) > (iii) > (i)
(4) (iii) < (ii) < (i)
6. The cell junctions which permit the

controlled passage of small molecules or ions between cells is/are

- a. Desmosomes
b. Hemidesmosomes
c. Gap junctions
d. Interdigitations
e. Tight junctions
(1) a, b, c (2) d only
(3) c, d (4) c, d, e

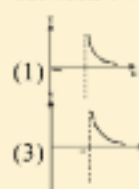
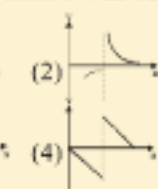
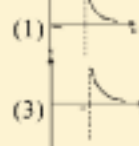
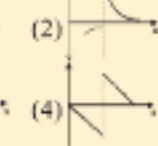
- (1) momentum = $\frac{mvM}{M+m}$
(2) kinetic energy = $\frac{mV^2}{2}$
(3) momentum = $\frac{mv(M+m)}{M+m^2V^2}$
(4) kinetic energy = $\frac{m^2V^2}{2(M+m)}$

Olympiad Level

9. A solution contains a mixture of Ag^+ (0.10 M) and Hg_2^{2+} (0.10 M) which are to be separated by selective precipitation. One of these metal cations is precipitated first and when second metal cation starts precipitating, % of the first metal cation remain in the solution will be (K_{sp} of $AgI = 8.5 \times 10^{-17}$ and K_{sp} of $Hg_2I_2 = 2.5 \times 10^{-26}$)

- (1) 0.17 % (2) 0.80 %
(3) 1.7 % (4) 4.8 %

10. As the position of the object (u) reflected from a concave mirror is varied, the position of the image (v) also varies. By letting the u changes from 0 to +f, the graph between v versus u will be

- (1)  (2) 
(3)  (4) 

GT Question Win SurPrizes

What is the minimum size of a mirror that is required to see your full image?

Send in your answers at
The GT Q, AKC House,
E-27, Defence Colony,
New Delhi-110024

Question courtesy: Amity Institute of Competitive Exams (AICE)

For answers, login to www.theglobaltimes.in

How to Crack



Home science

Suruchi Makkar, AIS Saket

Home Science can be very scoring if studied and practiced well. To secure cent per cent marks, you should follow some basic tips and strategize yourself.

Topics to care:

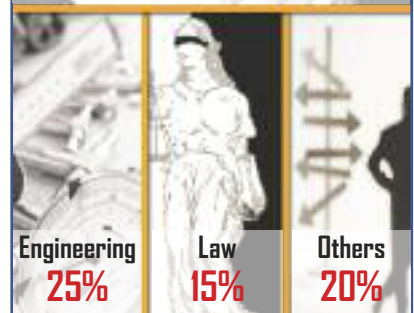
- 1 mark question on child development is routine, so you should be well versed with milestones from various developments. Step by step characteristics of various developments should be learnt thoroughly as it is allotted 3 to 4 marks.
 - Question is on the effect of radio, music, television, etc. is there, so be sure to prepare that.
 - Nutrients is a very important chapter. Revision of functions and sources of various nutrients should be done properly. Also, deficiency diseases and symptoms should be on your finger tips.
 - Concepts of germination and fermentation should be thorough, with examples.
 - A very important part of the syllabus is the chapter on 'Care of Clothes'. Topics like Stain removal (2-3 marks), laundering, etc should be learnt by heart
 - Proper revision of finishing agents should be done. Learn the specific points in workmanship of various garments.
- Practice application based questions that help score easily. Examples of ap-

Poll by AIS Noida, Saket & Gurgaon -46

POLL OF THE YEAR

Hottest career of the Year 2008

Management
40%



plication based questions are-

- 3 year old Seema got a new doll as gift. State four indicators to say that she is happy.
 - Sudha is cooking *Rajmah*. Suggest two ways of conserving its nutrients and give reasons why it helps in preserving the nutrients.
 - Elaborate common malpractices a ration shopkeeper adopts to deceive the consumers. What are your responsibilities?
- Keep the following in mind:
- Underlining of important words.

- Examples
- Presentation & neat writing.
- Do not leave any question..

Consult Text Book of Home Science (CBSE) class XI for chapters 4,6,7 & 8 of your syllabus and CBSE class XII for chapters 1,5,9 and 10. Practice all kinds of questions and sample papers thoroughly. If the question is unclear, read it by breaking it into parts, understand and answer accordingly.●



...where toddlers nestle

AMIOWN - a chain of preschools of the Amity Education Group was founded in August 2005. With a modest number of 130 students on its roll that year, today, it boasts of over 800 students in its 4 branches with several more in the pipeline. Read on to know more about this unparalleled growth...

The search for a preschool where your little one can feel at home ends at Amiown. With branches spread across the Capital & NCR, it is a preschool that dares to challenge the existing practices by setting its own parameters. Functioning from the premises of its leading sister schools at Pushp Vihar, Noida and Vasundhara to its own sprawling air conditioned one acre campus at Gurgaon Sect 27, Amiown offers the best infrastructural facilities essential for toddlers' holistic growth.

The foundation of Amiown rests on Founder President Dr Ashok K Chauhan's vision of providing education from "Pre-nursery to Ph.D" under Amity universe, and Chairperson Dr (Mrs.) Amita Chauhan's passion to nurture the most impressionable years of a child's life.

The journey of a thousand miles begins with the first step. Amiown makes sure that the toddlers' first step is put in the right place, thus ensuring a smooth, successful and joyous journey ahead in life. The feelings are reflected in the

Mission Statement

"At Amiown, we nurture our children to be happy, to be able to express themselves freely, to love themselves and others around them, to have a passion for life, to be the best they possibly can. This is not only our philosophy and goal but also our reward."



4 year old Shubhangini Pal, a student of Amiown, Sec. 27 Gurgaon (All children practice yoga in the school)

Best Practices

Amiown logo, a thoughtful expression of its Vice Chairperson Sapna Chauhan that conveys: "The little child is like the caterpillar that comes to Amiown and finds itself in the safety of the cocoon where the child is nourished and blossoms into a beautiful butterfly - ready to fly on its own wings."

What makes the school desirable is its scientifically researched experiential curriculum, a homely learning ambience and the carefully handpicked caretakers who undergo periodic training to keep abreast of the latest teaching methodologies, best practices and safety standards relevant to its target age group. The enriching classroom environment promotes independence in the children. Aptly termed as the 'Caring preschool' by Sapna Chauhan, Amiown aims to be a memorable preschool experience for the Amiown child. "At the tender age of three, children are still fairly new to the world. They have an inherent curiosity to know more about the world they live in. It is therefore, the role of adults to open the world to the child, to feed the curiosity of the child with utmost honesty and sincerity. At Amiown, we understand this huge responsibility and work towards fulfilling the same," she explains. ●

To learn more about Amiown, visit www.amiown.com

Dear Rishank, "In the New Year, I wish our country & the world gets true leaders in every field. Only then can we bring true peace & prosperity." Archit Talegaonkar, V D, AIS P. Vihar

Poll by AIS Gur-46, Vasundhara, ED & PV



Vasudha Projects reach nationals

Vasudha, marked the first school level initiative of Children's Science Congress in the history of 16 years of NCSC with 15,348 children from 10 schools of Amity displaying approximately 1700 projects with scientific observations, analysis and ideas to protect our planet. The best projects of Vasudha represented at Amity, were then exhibited at various levels of NCSC, winning laurels all the way. For the first time, as many as five select projects sailed through district and state levels to participate at the National level Children Science Congress to be held at Dimapur at Nagaland between 27th to 31st December 2008.

Senior Category

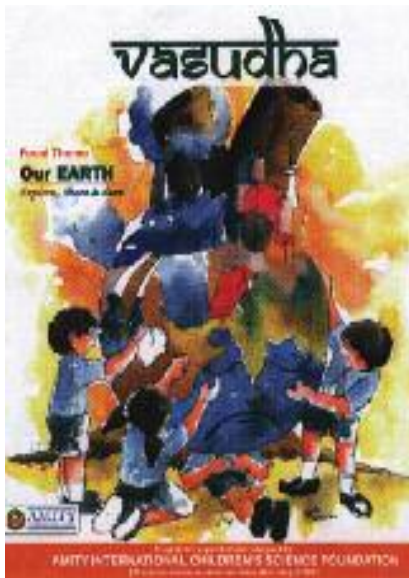
- **Solar Desert AC** prepared by Group Leader Sparsh Agarwal along with team members Vikalp Aggarwal, Amogh Sharma, Sidhant Panda and Sanskriti Srivastav of AIS Saket under the guidance of their teacher Alka Saxena.
- **A Self-Sustaining Household Model for Electricity Generation and Waste and Water Treatment** prepared by Group Leader Sargam Hans along with team members Arnimal Kaul, Yashvi Malhotra, Samya Taneja and Aneesha Kaul of AIS Noida under the guidance of teacher Vishakha Garg.
- **Medical Waste Management** prepared by Group Leader Prapti Alok

along with team members Shruti Kumari, Chhavi Garg, Sehaj Shukla and Harshit Singhal of AIS Vasundhara under the guidance of Veena Misra.

- **Household Green Energy Plant** prepared by Group Leader Ayush Sachdev along with team members Soha Chhaya, Kunal Ratan Arora and Karan Vaish of AIS Gurgaon (Sec- 46) under the guidance of Charu Maini.

Junior Category

- **Save Fuel** prepared by Group Leader Aditya Mathur along with team members Sarthak Agarwal, Rakshit and Yaduwanshi of AIS Gurgaon (Sec-43) under the guidance of Reena Gupta •



Gift happy!

Pranjal Jain
AIS Pushp Vihar

Ever wondered why you can't wait to rip open your birthday gifts in a frenzy of excitement at midnight, while your parents seem content to let the presents they receive on similar occasions to wait till later the next day? The reason boils down to the manner in which the ageing brain handles rewards, according to scientists at the US National Institute for Mental Health. They have discovered that a chemical in the brain governing the delivery and feelings of reward is altered physically as a person grows old. The findings help to explain



Science Digest

why we kids find it almost impossible to contain our excitement when gifts are exchanged, whereas our older siblings are less excited about gifts.

"Knowing how key brain circuits change as one gets older may help researchers to solve the public health challenge of ageing successfully," The Independent quoted Karen Berman, a scientist. The results could also lead to new treatments for conditions caused by defects in the brain. So if you find older friends not jumping with joy at the gift you brought them, its not that they don't like it; you can blame their ageing brain. •

Attitude determines (Contd pg 1)

Shubham Mukherjee

How can media contribute in the times of recession?

By writing facts, ie, what is actually taking place in the global arena and suggesting ways to tide over the crisis outlining where to invest prudently.

Doesn't media hype exaggerate facts during crisis?

Media is a reflection of the society and if the denizens of society handle crisis in an irresponsible manner, the same is reflected by the media.

At a time when the entire world is reeling under recession, what career can one choose?

Recession is not going to last any longer than two years. Insurance, Telecom and Entertainment sectors would be least affected and continue to grow despite the recession.

Ms Poonam Singh Jamwal

With the onslaught of technology, do you think that the student-teacher relationship is slowly dissolving? Technology comes and settles. Old things continue to stay; just that the



users get new choices with time. Technology in education brings out the element of choice, but teachers teach human interactions and values, which no technology can erase! I remember when the internet age arrived with a bang, everyone quickly wrote off the fate of newspaper industry. But that didn't happen. Everything creates its own space and evolves with time. I think it is the best time for the print media right now! •

(Inputs from Nikita Kapoor, AIS Pushp Vihar; Divya Vishwanath, Deeksha Sharma, Mallika Khera, Ruhi Kumar & Niharika, AIS Noida)

Winning projects

Challenge Junk Food- Ruchi Avtar, AIS Vasundhara: "The survey helped me know exactly how much junk food is a family consuming and how badly it is affecting everyone."

Child Labour- Akhil Bharadwaj, AIS Saket: "I was appalled to find that the child labourers at Greater Noida didn't even know that they weren't supposed to work!"

Road Rage- Ashima Khanna, AIS Noida: "The best thing to do when one comes across a road rage case, is to mobilize people instead of trying to sort out things all alone."

Girl Child- Purushottam Sharma, AIMC Manesar: "We have pledged against dowry as the first step to safeguard a girl's future."

Bell the bully- Satrajit Sahani, AIS East Delhi: "From my survey, I concluded that bullies are victims of circumstances, not choices."

Firing Smoking- Utkarsh Rathi, AIS Pushp Vihar: "Bans suppress the urge of the youth, this leads to curiosity and breaking of laws."

Senior citizens- Procheta Chattaraj, AIS Gur - 43: "Educated sons leave their parents to live with their wives. The problem is not due to lack of education, but excess of it."

Towards literacy- Sayesha Bhattacharya, AIS Gur - 46: "The project opened my eyes. I plan to start a mobile school for the underprivileged with the Resident Welfare Society's help."

Be the change, bring change

Tulika Banerji

ANN

"The world's biggest power is youth."
-Chanakya

Youth Power 2008-09, an initiative of The Global Times, began the search for true leaders who bring about positive changes in the social milieu. The hunt with the theme 'Be the Change, bring change', that commenced in April '08 with the participation of 400 students across Amity schools in Delhi and NCR, culminated with the invigorating Grand Finale on 25th Nov '08, at Amity University, Noida. Post rigorous eliminations comprising group discussions, leadership tests and challenging mind games through July to October, 8 finalists competed for the title of 'Youth Envoy of the Year'. Youth Power Grand finale offered them a dais to interact with iconic achievers like Santosh Yadav, the only woman to climb Mt Everest twice; Punya Prasun Bajpai-Consulting Editor, Zee News; Shubham Mukherjee- Editor, Sunday Economic Times and Poonam Singh Jamwal-CMO Extramarks.com. A melodious rendition by students of Amitasha, the educational wing of Amity for the underprivileged girl child, followed by lighting of the ceremonial lamp by the guests heralded the stimulating event.



The finalists viz. Purushottam Sharma (XII, AIMC Manesar), Utkarsh Rathi (VIII, AIS Pushp Vihar), Satrajit Sahani (IX, AIS East Delhi), Procheta Chattaraj (IX, AIS Gur-43), Sayesha Bhattacharya (VIII, AIS Gur-46), Akhil Bharadwaj (XI, AIS Saket), Ashima Khanna (XII, AIS Noida) and Ruchi Avtar (VI, AIS Vasundhara) had selected social issues like junk food challenge, road safety, child labour, etc. and worked on them for a stipulated period of one month,

YOUTH POWER 2008-09
Youth Power was a simple contest to urge the students to involve themselves beyond the pages of the newspaper.

which they showcased as presentations. They underwent a grueling question answer session with judges Shubham Mukherji and Poonam Singh Jamwal. Reminiscing her own days of struggle,

Padmashree Santosh Yadav recalled, "I did not let the hardships of my upbringing in a fairly conservative family to deter my ambition in any way. High time the society changed its outlook towards girls!" Punya Prasun Bajpai reiterated the importance of learning in a person's life, "One must always ask questions; how much you learn depends on the kind of questions you ask." He urged them to broaden their outlook by involving themselves with activities outside the

school and immediate family. Founder President Dr Ashok K Chauhan added another dimension to the newspaper by launching the website www.theglobaltimes.in to a thunderous applause. "Youth power, if guided in the right direction can change the country and the world," he said and announced the launch of "Amity Institute of Mountaineering and Adventure Sports". Chairperson Dr Amita Chauhan lauded the efforts of The Global Times team for organising an event of such magnitude adding, "Youth Power was a simple contest to urge the students to involve themselves beyond the pages of the newspaper." Ruchi Avtar stole the show as 'Youth Envoy of the Year' and was awarded a trophy and Sony 7.2 mega pixel camera. The first runner up Akhil Bharadwaj from AIS Saket received a trophy and Britannica Encyclopedia CD while Ashima Khanna, second runner up from AIS Noida was awarded a collection of titles by Dr APJ Abdul Kalam. All others received 2 GB Moser Baer pen drives and participation certificates. All the finalists are Youth Envoys of their respective schools and the torch bearers of a new and brighter tomorrow. They shall continue to further the cause they have taken up, in their schools and surroundings. •

"Dear teachers, May 2009 adorn your lives with sweet memories. May all the dreams in your eyes & the desires in your heart give you the most spectacular New Year!" Pallavi, AIS Saket

The relationship grandiose

Vrinda Tandon
AIS Saket

Grand parents are special. The relationship they share with their grandchildren is unique. It is a special bond to be cherished and enjoyed at every stage. My siblings and I share an unshakable bond with our grandmother, a relationship that hovers between camaraderie and discipline and has the strength of emotions which effuse from the mutual respect we share for each other. Granny is the most welcome visitor at our place and a brief meeting is an outright no-no. Her visits, though planned for a few hours, are sure to stretch to a couple of days and sometimes even weeks if we kids have our way. When I asked my mother about the changes she had noticed in her mother since she became a grandmother, this is what she had to un-stock, “Never in my lifetime had I seen my mother as malleable in her decisions as she is now coaxed and cajoled by gen-next.” Granny is just a phone call away and has the capacity to pack up within minutes at the beck and call of her grand kids.



Mentally, my grandmother is just about as young as us. She enjoys the frequent trips to PVR’s and the snack-and-bite meals at our favourite haunts. Her focus is always on her grandchildren and wherever she is, we are the most important for her. My mother and aunt tend to be jealous as she is first a grandmother and then a mother. My granny is my world and will stay my role model for my entire life.●

Nikita Bakshi
AIS Pushp Vihar

My Nani and Nanu are the best in the world! They teach me the difference between right and wrong. My Nani is very religious, hardworking, kind and polite. She is a great cook, too; I relish the Punjabi dishes she prepares. My Nanu is an encyclo-

pedia; any doubt I have or information I need in History, English, Math, Science, Anthropology or religious matters, he’s the first to enlighten me. He’s my inspiration and I want to be a successful journalist like him. I salute my grandparents for being what they are. It is a treat going to Chandigarh to meet them - they are the treasures of my life!

Counsel's Korner

Aarti
Counselor AIS Pushp Vihar

I am scared to speak on stage and my teacher has asked me to prepare for the assembly. What do I do?
Anubhav, class VIII
You are not the only one, even George Bush is a bundle of nerves each time he has to make a public appearance. The common fear of public speaking is called glossophobia or stage fright. Constant practice of the material to be spoken will help you overcome your fear. Start with speaking in front of the mirror. Then practice in front of the family members and friends. Take suggestions from them to improve your speaking skills. It will help you to soothe your nerves. When you are fully prepared with your material, you will be more confident of your performance in the assembly.●

Put on your dancing shoes

Arushi Sharma
AIS Saket

Shake, twirl, tone up. The fun has entered exercising as well, with dancing becoming the new fab way to lose weight and get de-stressed. More than keeping the body in shape, dance also acts as a quick stress-buster. So, if you have ten minutes free during those hectic hours, then take fitness into your hands and shake a leg. All you need to start off is music and your dancing shoes! More than 500 professionals in the city have incorporated dance in their daily routine. Be it IT professionals, businessmen, students or housewives,



dances like Salsa, Jive and Cha cha cha have become regular features in their lives. Mahipal Patwardhan, businessman gives it a high five, “It is very entertaining to incorporate dance in one’s life. It keeps me active throughout the day helping me to relax and de-stress.” Dance teacher Vaishali Sohni recounts, “These days, many people join dance classes because it is a good calorie burner and quick stress-buster. Dancing is a process. One has to follow the beats and this particular aspect of dance boosts our personality.” The music soothes the nerves and takes away all the stress from your mind. It fosters self-confidence and good behaviour in a person. Taking part in dance parties frequently helps you to socialize with people and develop your abilities to integrate with communities. You get to know people from diverse professions & family backgrounds and widen your business circle. The chances of getting stressed out are low if you have a wide friend circle. At the end of the day, what better way to relax than to dance your way to the ultimate chill zone!●

Stress Buster

Teen Fashion Mantras



Malvika Bharadwaj & Ilina Luthra (VI-E)
AIS, Sec 46, Gurgaon

Teen fashion is making waves all over the place. It is a state of mind, a mindset; which cannot be changed or denied its individuality and identity. Gone are the days when parents forced the child to wear clothes which they didn’t like. Teens are no more just a classification of an age group. They are a major Consumer Group in the World Economy. Even today’s fashion magazines are different for adults and teenagers as most adults are in denial about what teenagers wear today. Parties, malls, sports events and other get-togethers are always a place to flaunt your fashion sense. The first appearance you make has to be a good one, because first impressions do matter. However most of us do not have the monetary power to buy designer clothes or new dresses, every time we want to make an impression. But

never fear, there’s always room for improvisation in your looks with the resources you possess! Always keep things simple and classic, nothing too ‘loud’, ‘jazzy’ or excessive. It’s okay to be a little trendy, but you have to adapt the trends to your personal style also, or you’ll end up looking like a trend-chaser. Wearing something that goes with your idea of style,

as well as emphasises your own style statement, will make you feel comfortable and give you the confidence to carry it off well. Look good, but don’t be too dressy or attention-grabbing.

Put on confidence! If you don’t have it, fake it. When you don’t doubt yourself, no one else will doubt you or your clothing choices.●

GT Style-O-meter

Ojaswini (IX B)
AIS East Delhi

All those fashion fantasy people who hate winters as it means heavy layers of sweaters, boring scarves and ugly-looking winter caps, here I come for your rescue!
● ‘Checks’ and ‘stripes’ are back in fashion and look great with light and dark combinations.
● Bold colours like red, violet, royal blue, etc. look smart and sassy.
● Velvet and the all-time favourite denim



short dresses look elegant on cold nights.
● For all those who reside in their jeans, pencil jeans (for both guys and gals) are what your wardrobe needs.
● Long black zipper leather boots are absolute must haves.
● Cozy sweat-shirts with rabbit hoods are very ‘in’.

Make a style statement!
● *Chic*: Black T-shirt with dark jeans, boots & an oversized necklace in turquoise, silver or coral.
● *Casual*: Distressed boot cut jeans, fitted shirt and fringed belt
● *Athletic*: A sleek, colourful hooded sweatshirt with a denim skirt/jeans, fitted top and bright new sneakers.
● *Updated Gypsy*: Combine serious chino trousers with an embroidered top. Throw in a few beaded bracelets and add a pair of semi-formal low-heeled sandals. (Inputs from Malvika & Ilina)

Poll by AIS Noida, Saket & Gurgaon-46

POLL OF THE YEAR

Hottest trends of 2008

Pranayam
63%

Dance Therapy
26%

Reiki
11%

Friends, not foes

Ruchismita Bhattacharjee
AIS Vasundhara

One day I had some argument with my society friends that ended up in a big fight with one of my best friend. Before I could resolve any dispute, she walked out of my life and I could do nothing. She ‘shoo-ed’ me off by saying that she didn’t want to talk to me. This was not what I wanted and stood dumb struck for long. Gradually I accepted my life without her. Yet, whenever I saw or did something that reminded me of her, I felt nostalgic and hoped that we could be friends again. But she never gave me a second glance even when we crossed each other. One evening, to my surprise she greeted me with a ‘Hi!’ I was about to respond with a ‘Hi!’, instead stopped and blurted, “You don’t even talk to me so what’s the use of greeting me?” She was taken aback as she did not expect me to retort like that (I am usually a very quiet person). She quickly regained her composure and apologised. When I told my friends about this, they were very happy and said that she deserved this. I was happy too, but deep inside I felt hurt. It hurt a lot! I could not sleep peacefully that night. I still wish we could be friends again!●



Change & Challenge

"A leader is like a shepherd. He stays behind the flock, letting the most nimble go out ahead, whereupon the others follow, not realizing that all along they are being directed from behind"

Nelson Mandela



Dr. Amita Chauhan
Chairperson

The Amitians have arrived. Be it science or any social issue, they are at it with mind and soul. It is heartening to share that five projects of Vasudha are going to participate at the National Science Congress this month. The success of Youth Power Grand Finale was a felicitation of young minds as they projected their views on a number of social issues ranging from road rage, aggression and junk food to child labour and care for senior citizens. I have always believed in the power of the youth and today I can see the change.

Newspapers provide relevant connections to curriculum and the world community. Students who read newspapers regularly become familiar with the many writing models that form the basis for communication in a democratic society. Newspapers extend students' understanding and literacy beyond their classrooms. The launch of Global Times and now e-paper, is a big leap towards this change. The launch of Global Times website by our Founder President shall provide a wider forum to the youth to reach out and be heard.

The biggest challenge that this change poses is providing the youth with the positive guidance to make the right choice.

I am confident that Amity, which signifies Youth Power shall build its own path to be the change and bring change. •

Wah!Taj



Vira Sharma

It's December. There is a chill in the air, but the heat waves do not seem to die. The heat of anger and despair continue to burn within us. The flames that engulfed the national heritage carry on charring our souls. We all experienced the insecurity, helplessness and threat.

The anguish in Akhil Bhardwaj's pen, writhing verses of Ashish Magoo and the numerous outpour of young hearts through unending mails, voices the concerns that impacted their tender minds. As adults, it gives us some solace and strength to survive. They are torn, antagonised and shaken. Their innocent appeals are craving for action. The voice of youth power can be heard at the tunnels' beginning. The echo shall bring the change.

For a moment, let's pause and reflect upon the year gone by. 2009 that commenced with hope and happiness, witnessed meandering moods, disasters (natural & manmade), sensitizing criminal acts, economic breakdown, etc with some saving points as nuclear deal and Olympic acclaims.

Mull over the results of the annual poll. 60% of Amitians vote 'Terrorism' as the most sensitizing event. Over 50% salute the spirit of Ratan Tata and aim for Abhinav Bindra's strength of mind. Self discipline through Pranayam and entertainment with a message is what they want. The youth cannot be lured. They are alert and aware.

We know, there are tough times ahead. Let's stop blaming politicians and fundamentalists for our misery. Enough is enough.

Stop. Think. Ponder. Individulism, groupism, factionalism, regionalism... we have no space for them. Together we shall and together we will build our lost glory. Awaken your sense and sensibilities.

Take a deep breath and speak aloud: Wah! Taj •

Teach them well; They're not truants

Yogesh Kumar Sharma
AIMC Manesar

In the changing times like most good old things, teaching is also changing. Is the change for the better or the worse ?

The art of teaching lies in motivation, innovation and a spirited search for the truth. Society hails teaching as a noble job, thanks to our worthy predecessors and the rich heritage. Have all teachers proved themselves worthy of such venerations may be a question more of conviction than contention. But here, of late an assessment and evaluation of their modus operandi has started in the teacher-taught circle, more so in the universities, IIT's, management, medical, engineering and other professional colleges where teaching and learning have fully blown to the proportions of corporate business houses spinning in big buck. The value-instilling and reformatory design of teaching has suffered a severe jolt as education like other economic activities of man is increasingly becoming a commercial venture of a laissez faire economy.

Teachers do not hold the same authority and awe over their students as they used to in their nostalgic past. Now, they can be easily dragged in the law courts as the media-parent outcry is louder and fiercer these days.

If the meaning, dimensions and direction of the ever-revered term Guru is changing fast and terms like 'corporate gurus', 'management gurus' etc. being coined for the ancient Acharyas or teachers, then the onslaught of the westernization in education can be clearly understood.

Notwithstanding all the glamour and clamour of a vivacious receptionist, the fleet of air-conditioned buses,



state-of-the-art buildings, well-equipped labs and other facilities, one paramount prerequisite for any educational institution is a good, knowledgeable and skilled teacher.

What is a teacher's forte? The first and foremost yardstick is his or her mastery over the subject, a deep knowledge and erudition.

Besides, a complete command over the subject, the teacher should have an

eye for the hidden traits of his or her students including their strength and weaknesses to render them effective teaching. The teacher needs to practice patience, perseverance and punctuality in the classroom even when some students seem unwieldy and unruly. The golden rule is, be polite but firm and assertive with them and take a regular feedback on home tasks, etc. In the age of globalization and information-knowledge revolution, parents are ready to pay heavy fees for their career-conscious wards. So they have the right to claim quality education. Today, teachers simply can't afford to be conventionalists, conformists and complacent zombies.

Is the season of old, foggy and cane-wielding teachers past ? It is about time we teachers, each and everyone of us introspected and asked ourselves before proclaiming "Aye, I can teach easily" because teaching is changing rapidly and getting

more and more challenging, practical, activity-based, audio-visual, interactive and eye-opening now than ever before. So dear and respected teachers, assess yourselves fairly as your students are keenly looking up to you with great expectations. Aren't bells ringing in your heads? Good beginning! •

*For complete story visit
www.theglobaltimes.in*

On the roads



Ashima Khanna
AIS Noida

The news of some bizarre incident on the roads confronts us every morning. No sooner we read the newspaper or switch on our TV sets and come to know that it was nothing but a result of "Road Rage". "Road rage" has therefore caught the public eye and become embedded in the common vocabulary. Based on a well devised questionnaire, I contacted a cross section of the society, interviewed and studied the feed back taken. I realised that the response to a stressful situation is often anger and anger, as has been rightly said, is the most seductive form of negative emotions. In some cases, road rage is caused by simple misunderstandings between drivers. A driver may make a

momentary error of judgement but the perception of another is that he is driving aggressively.

Increasing levels of congestion on the roads, ever deteriorating and numerous environmental issues have undoubtedly played a role in raising tempers amongst drivers and may partly explain why the majority of contacts surveyed feel that the behaviour of drivers has changed for the worst in recent years. Whatever the cause may be, it is much more important as to how this menace should be tackled. There are well researched and scientific methods

"Creating awareness at the very elementary stage amongst students by fellow students themselves, will go a long way in nipping the problem"

for this such as avoiding long hours behind the steering, maintaining the vehicle in good condition, de-stressing yourself, having a positive attitude of mind, adopting psychological "Cooling Off" by allowing the momentary rush of adrenaline to dissipate and proper training/appraisal of drivers before grant of Driving License amongst many others. Most importantly, creating awareness at the very elementary stage amongst students by fellow students themselves, will go a long way in nipping the problem.

Having been involved personally while handling this project, I aim to contribute whatever best I can to the society by getting attached to the organization 'RAAHI' (an NGO for this cause) to begin with. •

Visit www.theglobaltimes.in to read how Amity Noida Youth Envoy celebrated Children's day.

Foul Fidayeen

Ashish Magoo
AIS Saket

Whirling corpses in ebbing blood flow
Clove families burning in inferno
The terror-wraith shrieked along
While a shaken India hummed a plaintive song.

Falling prey to no mercy
Writhing in anguish; bestowal of a legacy
Of fiendish fighters, battling for long
While a shaken India hummed a plaintive song.

'twas the roar of terror
Deafening silence with hounding horror
Sweeping the bloody air of Jihadi-jungle, all along
As a shaken India hummed a plaintive song.

And while the media quenched the mob
The ripping roar drowned in their sob

Gashed with the cuts of a siege-prong
Still a shaken India hummed a plaintive song.

The macabre mayhem then called upon
Brave black cats who daringly donned
A saviour mantle to punish the wrong
Thus sighed a shaken India, humming a plaintive song.

A fierce battle now triggered aloud
And blood rained down the war-cloud
Hurtled the air and shuddered the throng
The shaken India no longer hummed the song.

For now the soldiers fought death itself
And risked their lives to save the rest
Welcomed their doom with open arms
To salve the country with a healing balm.

Oh thou! Who hearken this terrible tale
See how the brave had set their graves
Sacrificed their lives to live forever
In the hearts of their countrymen,
now devoid of terror.

A terrible terror, indelible forever
In living memory, forgotten never
Cause even though the battle was won
The wrecking war had just begun!

The trumpet of war had already been blown
A war whose ravages are yet unknown
So brace yourself, before you step
Before you swirl in another tempest.

Rise Oh Lords! Rise to the call
A clarion call to one and all
Lift your spirits, don't let them fall
And you can change what may befall.

A modern army with professional dynamism
Our tool to fight this modern terrorism
Oh mighty warriors! Behold just not
Pick the weapon that humanity has sought.

Not a gun, not a grenade
Just a pair of coloured shades
With a shade of unity and a shade of morality
And the beautiful shade of Amity. •



Hearty congratulations for the November edition of The Global Times. You have left no topic untouched, be it environment, sports, science or computers. The edition is truly very informative not only about the Amity World but the entire world. There are certain things which I myself didn't know for eg. sports like Malkham. After going through the contest corner and then the article I came to know that it is of two types! Please accept my congratulations for compiling the informative articles and passing on the information to us.

Shalini Khanna, Co-ordinator (KG)
AIS Noida

It was a pleasure being a part of Youth Power contest. Apart from being very well organised, it was a true eye-opener, which gave a feeling that a lot needs to be done to make our nation reach the zenith of success. Let us all join hands to be a part of this noble mission which The Global Times has undertaken.

Punam Mehta (TGT Computer)
AIS Vasundhara

I visited the GT website www.theglobaltimes.in and it rocks. Now we can send our paper to our friends in any corner of the world!

Ojaswini, AIS East Delhi

It is indeed a pleasure to read the editorial column in The Global Times because it is informative as well as interesting. The articles on the editorial page are very thought provoking. The topics enhance our critical thinking skills and writing prowess. In the November edition, I specially liked the article 'Scrumptious Scandals' as it depicted the true picture of the world around us. It's time that we learnt our lessons and stop terror from spreading.

Ishani Goomer, AIS East Delhi

Tributes to all the defence personnel and policemen who sacrificed their lives for the nation during the 2008 terrorist attacks. Let us make a resolution that we will contribute towards protecting our nation from such barbaric attacks by being more vigilant and brave. May we have a peaceful New Year!

Vibhuti Chhokra, VII D,
AIS Sec-43, Gurgaon

Terrorism has become the most disturbing element which has destroyed the harmony and peace of the world. This inhuman act is a slap on the face of the civilized word. It is a phenomenon which must be condemned universally and unequivocally.

Riya Sharma, VI-A,
AIS Gurgaon-43

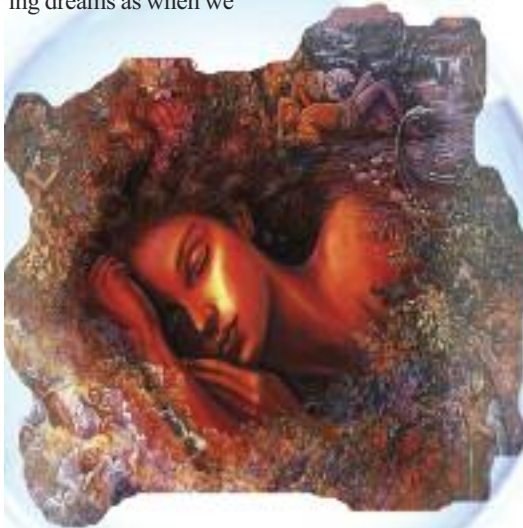
Tell me your dreams

What's the best thing to do on a cozy winter afternoon...sip a cuppa of hot chocolate, play soft soothing music, snuggle into a warm blanket and plunge deep into a world of dreams! What's so magical about dreamland that we want to be there again and again? From recurring dreams to nightmares, GT unplugs the mystifying yet convivial dreamsville...

Dare to dream

"The full moon appeared as the wolves howled. A pair of creepy, bloody hands fastened around my throat. I leapt back and tried to shout for help but my voice choked inside me when suddenly the alarm went...Trrrrinnnggg!"

Haven't you had a similar experience sometime in your life? Dreaming, a common and distinctive phenomenon of sleep has since the dawn of human history given rise to myriad beliefs, fears and conjectures, both imaginative and experimental, regarding its mysterious nature. The contents and purpose of dreams are poorly understood, though they have been a topic of speculation and interest throughout recorded history. When scientists first measured activity in our brains during Rapid Eye Movement (REM) sleep, they found that brains are as active during dreams as when we



are awake. Dreams are representations of thoughts that occupy our mind, usually for the day or two, prior to the dream. People dream during REM sleep, which occurs about every 90 minutes throughout the night. We may only dream 5 -10 minutes in our first REM period, but by morning we all dream for about 30-40 minutes, right before we wake up! Dreaming helps our brains grow, by exciting our neurons. Dreaming is a figment of pure imagination, attesting in all men a creative power, which if it were available in waking, would make every man a Dante or Shakespeare. So dare and dream!

Prerna Sahni & Kriti Gulati, AIS Saket

Brain is a watchman

How do dreams come into our mind only when we are asleep? Our brain has two parts. One part works in the morning and sleeps at night and his brother, the other part sleeps in the morning and wakes up at night like a watchman! What ever work we do in the morning which is experienced by the first part of the brain, is shown through the other part



Imaging: Dinesh Kumar

of the brain to us at night when we are sleeping. When the body decides that it is time to sleep, neurons near the eyes begin to send signals throughout the body. According to scientist J. Hobson, these neurons cause the eyelids to grow heavy. Glands secrete a hormone that induces sleep and neurons cause the body to relax. Dreams are ever-present excitations of long-term memory, even during waking life.

Ashish Sharma, Pushp Vihar

Sweet dreams = Good day

After a full day's work, the only thing to look forward to is getting cozy and cuddled up in bed and dream. I think a lot depends on the way your day has turned out. If you have a good day you will have pleasant dreams, but if you had a bad day, you will have horrible dreams. When you have nightmares you twist and turn the whole night, you may keep on getting up at night or even sleepwalk! When you have a nice dream it means you had a good sleep, which is exactly what you need to have a good day. You tend to remember dreams which you see early in the morning. You often don't remember bad dreams. Dreams reflect one's deepest thoughts and are projected at night when the mind is empty. One usually dreams about the people one loves. People one hates come in nightmares, do all sorts of bad things, the creatures one fears haunt us.

In good dreams one meets idols, and does those things that one normally can't do in real life. Unfortunately, sweet dreams have to end. The sun comes up and you have to wait till night to complete your dream.

Vir Saran, (VI D) AIS Sec-43 Gurgaon

Dreams unplugged

Lucid dream: That in which the person is aware that he or she is dreaming. During lucid dreams, it is possible to exert conscious control over the dream characters and environment, as well as to perform otherwise physically impossible feats. Recalls graphic designer Dinesh, "I have conceptualised some of my best layouts in my dreams!"

Recurring Dreams: Many people experience recurring dreams i.e. the same dream narrative is experienced over different occasions of sleep. Up to 70% of females and 65% of males report recurrent dreams. Media professional Tuhina reminisces, "I often dreamt of lions and tigers all over my house. Though they never managed to harm me (at least in

dreams!), I remember waking up sweating in the middle of the night!"

Nightmare: It's an unpleasant dream arousing fear or painful sensations like falling, drowning or death. "That night, I was coming back from a party with my best friend. Suddenly he turned into a witch with long white hair, scary nails and red eyes and was about to kill me...when my sister woke me up. For once, I wasn't mad at her for waking me up!" recalls Agam Bedi (1A), AIS ED.

Day dreams: The contents in our daydreams help us in the understanding of our feelings and helps in fulfilling our goals. Quips Gitanshi Sharma (9 B), AIS, ED, "Once in my history class, I dreamt that I got the role of Aditya in 'Jaane Tu Ya Jaane Na' and was enjoying myself with Imran Khan, when Ma'm knuckled me back to senses!"

Mallika Khullar & Mohita Das, IX, AIS Saket

Good night, sleep tight

Do you ever feel sleepy or 'zone out' during the day? Do you find it hard to wake up on Monday mornings? If so, you are familiar with the powerful need for sleep. However, not many know that sleep is as essential for our well-being as food and water. Our brains are actually very active during sleep. During sleep, we usually pass through five phases: stages 1, 2, 3, 4, and REM sleep. During stage 1, which is light sleep, we drift in and out of sleep and can be awakened easily. Our eyes move very slowly and muscle activity slows. People awakened from stage 1 sleep often remember fragmented visual images. Some experience sudden muscle contractions, often preceded by a sensation of starting to fall. In stage 2 sleep, our eye movements stop and our brain waves become slower. It is very difficult to wake someone during stages 3 and 4, which together are called deep sleep. There is no eye movement or muscle activity. People awakened during deep sleep do not adjust immediately and often feel groggy and disoriented for several minutes after they wake up. Some children experience bed-wetting, night terror or sleepwalking during deep sleep. When people awaken during REM sleep, they often describe bizarre and illogical tales. Infants require about 16 hours of sleep a day, while teenagers need about 9 hours on average. For most adults, 7 to 8 hours a night is best, although some people may need as few as 5 hours or as much as 10 hours of sleep each day.

Getting too little sleep creates a 'sleep debt' which is quite like being overdrawn at a bank. Eventually, your body will demand that the debt be repaid. We don't seem to adapt to getting less sleep than we need!

Dhruv Chawla, AIS Pushp Vihar

Dreams unlimited

A dream that embarrasses you: signifies hidden weaknesses and fears.

Dream where you're angry: warns that you will be involved in a dreadful and tense situation.

Seeing others as cartoon characters: indicates that you are not taking them seriously.

Your brother in your dream: Symbolizes some aspect of your relationship with him.

You see your own eyes: It represents enlightenment, knowledge, comprehension, understanding and intellectual awareness.

Bones in your dream: Suggests the discovery of your personal, family, or cultural secrets. It is also symbolic of your underlying strengths that you have not yet recognized.

Bleeding or losing blood: It signifies exhaustion or bitter confrontations between you and your friends.

A dog in your dream: It indicates a skill that you have ignored or forgotten, but needs to be activated. Dogs also symbolize intuition, loyalty, generosity, protection and fidelity.

Mallika Khullar & Mohita Das, IX, AIS Saket

Tell me why?

Science has made major breakthroughs in all the fields known to us. But there are still many things which have no logic behind it. Many such things are experienced by us in our everyday life.

Déjà vu: It is a French phrase meaning 'already seen', referring to the distinct, puzzling and mysterious feeling of having experienced a certain set of circumstances before. Says Dr. Manisha Bansal, "Déjà vu is a very common phenomenon which most people are facing nowadays. They have reported seeing a particular event before, exactly in the same manner. Though researchers are trying to crack this mystery of nature, however, its cause and nature itself remains unsolved till date."

Intuition: Call it 'gut feeling' or the 'sixth sense', we have all experienced intuition. Psychologists note that people subconsciously pick up information leading us to sense information without knowing exactly how or why we know it. Recalls Pallavi, a student of class IX, "Once I was walking along a street when suddenly I felt that I should stop and get aside. Implementing this thought, I learnt that I had just saved myself from being hit by the garbage thrown out of the window of a house overhead!"

Body-mind connection: Medical science is only beginning to understand the ways in which the mind influences the body. The placebo effect, for example, demonstrates that people at times can cause a relief in the symptoms or suffering by believing the cures to be effective - whether they are actually or not. Using processes only poorly understood, the body's ability to heal itself is far more amazing than anything modern medicine could create.

Raghavi Maheshwari, IX B AIS, East Delhi ●

Bisht & Bisht Burning Bright Up & above with tennis stride

Rohit and Ronit Bisht, ace lawn tennis national champs of India, have played 28 matches against one another with the former winning 15. “Every competitive match we play against one another, only complement our skills,” says Ronit as he looks up to his elder brother Rohit with pride.

Road to success

Popularly known as Bisht brothers, Rohit (16) and Ronit’s (13) journey to success commenced with their first victory at DDA Sports Gala in 2003 at the age of 8. Five months later, they were

playing at Delhi State and National level in Under-12. Four years later, Rohit was ranked Asia’s No 1 Boys U-14 (2007). In April 2008, Ronit was crowned Asia’s No 1 Boys U-14. Complementing and supplementing, they moved on, winning one competition after the other. Rohit became the 3rd Indian to win the Asian ITF Under-14 championship in 2007 followed by Ronit the next year as the fifth Indian to claim the title.

Father’s Dream

Behind the series of titles and trophies lies immense struggle &

strive. Sons of a DDA clerk Rajendra Singh Bisht, the success of Bisht brothers is a result of his dream and hard work. A former national hockey player, Mr Bisht chose Lawn Tennis as a sport for his children fully aware of the financial constraints. “I wanted my children to pursue an individual sport that has many advantages over team sport. Besides it offered them an opportunity to interact with people of intellect and quality. I introduced them to Lawn tennis and they began to show fabulous results. I could not deny them a chance to prove themselves and I did not look

back,” says Mr Bisht.

Organizational Support

Explains Mr Bisht, “While many organizations and schools have come forward to promote the talent, it’s not sufficient. To achieve world ranking, we require world class training which is very expensive to afford. The quality of trainings offered abroad is far superior than in India. Sports in India have a long way to reach the world standards.” The talents spotted by Dr (Ms) Amita Chauhan, chairperson of Amity International Schools were instantly offered Amity Scholarship of Rs 1 Lakh per annum besides free educational support extended.

Balancing education with sports

Students of Amity International International School Saket, Rohit and Ronit are in all praise of their school. The rigorous training schedule that commences from 9.00 am each morning at Sirifort Sports complex to continue till late afternoon followed by numerous matches to be played through the year, leaves then with little time to attend classes. “This year I could barely attended school for a month. However our teachers are very supportive and provide us with the necessary study material for self-study at home,” said Rohit, currently studying in class X. While the ‘boardees’ slog 8-10 hours a day, how does Rohit manage? “Sports sharpen your memory skills. I study for 1-2 hours daily, enough to score between 60-70%,” he says with confidence.

Equipped with champion’s qualities of hard work, sincerity and punctuality, Bisht Brothers are definitely the rising sportstars of India. ●



Bisht Brother browse...

Rohit Bisht

- Represented Asian Team in Europe (2007)
- Represented IndianTeam in World Junior Championship Final in Czech Republic (2007)
- Represented Indian team for World Junior Championship in New Delhi (April 2007)
- Selected amongst top eight players in Asia for Asian Masters held at Melbourne, Australia
- Ranked India’s No 3 Boys U-16 on January 1, 2008

Ronit Bisht

- Represented Asian Team in Europe (2008)
- Selected in U-14 for World Championship in Shenzhen, China (2008)
- Represented Indian Team in ITF Asian Championship in Jakarta (winner)
- Selected for Indian Junior Davis Cup Final at Czech Republic (2008)
- Ranked Asia’s No 1 Boys U-14 (2008)
- India’s No 1 Boys U-12 and India’s No 1 Boys U-14 (2008)

A date with cricketers

Raunak Sood (IV A) of AIS Sec 46 Gurgaon, reveals some unforgettable moments shared with his favourite sport stars

I am an ardent cricket fan. Watching various matches on the TV has been my favourite pastime. My joy knew no bounds when one fine day, my father surprised me with two tickets to the third test match of the Border-Gavaskar Trophy between India and Australia. I couldn’t wait to be at the Ferozshah Kotla Ground to see my heroes in action. Little had I known that my father had a few more surprises in store for me. Before the match commenced, he took me to the place where the entire Indian and Australian teams were putting up. I couldn’t believe my luck. I was on cloud nine to see all players live. I quickly

grabbed the opportunity to not only get their autographs but also capture them in frames, posing with them. To my surprise everyone including Anil Kumble, Rahul Dravid, MS Dhoni, Harbhajan Singh, Saurav Ganguly, Zaheer Khan, Brett Lee, Mitchell Johnson, Ricky Ponting, obliged me instantly. But my day was made when Simon Katich not only shook hands with me and asked my name but said that he will always remember me as his little friend from India. I cannot thank my father enough for giving me this once in a lifetime experience. ●



Sporty drive in fifth gear

Srishti Prasad
AIS East Delhi

Man and the wheel have always been an exuberating combination. Men on wheels are considered the true daredevils. Motor racing is a sport for those who wish to fire on all the cylinders and take the first road out. Karting is the best start for a driving aspirant. It is a platform for the driver to learn the basics and then join the race for the biggies. Rallying is the best edge for a racer to enter the tracks of the global racers. It is a dangerous yet exciting experience riding in the scorching heat and kicking up the dirt on the road. Formula One Grand Prix has brought packed stands and is the current obsession for racers across the globe. It is a thrilling ride driving the car on the limit, breaking hard for a corner, blipping the throttle on down- shifts, all the while making engine noises at your desks and trundling down the pit lane on the shins in the desperate conquest to take the chequered flag and reach the tall block on the podium in a mad rush. The drivers have a rough and bumpy

ride with the other cars close on their heels looking for every opportunity to overtake on the inside line and then pull away to the finish line at a neck breaking speed. The spectators truly enjoy the bumper-to-bumper driving. The constructors and tuners have a tough time assembling the sophisticated parts in a very complicated way to make the car, the picture perfect vehicle, the best on the grid. Although India hasn’t had the opportunity of possessing a Formula one track, the Indian drivers are continuously making a mark abroad. Karun Chandok and Narain Karthikeyan are two Indians with international acclaim in this field. Liquor Baron Vijay Mallaya and the Indian Olympic Association have announced that India will host an F1 race in 2009 which is good news. In a country like India, it is not going to be easy. We hope for the best! But for now its up to all Indian drivers to zoom ahead into the global racing arena. And for you, there is more action lined up on the road. So put your car into fifth gear and just overdrive. Because you can’t smell the burning rubber while you read, be where the action is!●

Poll by AIS Noida,Vas, ED, PV, Saket, Gur-43 & 46

POLL OF THE YEAR

Sportperson of the year

Abhinav Bindra 40%

Vishwanathan Anand 25%

Yuvraaj Singh 20%

Vijender Kumar 15%

The olympic review

Karan Ganju
AIS Sec 43, Gurgaon

Beijing Olympics was a showcase of talents, a thrill both for participating athletes and various spectators who had their eyes fixed on the competition. India too had sent 56 athletes out of which 3 won medals. Abhinav Bindra won a Gold medal in the 10m Air Rifle Shooting and did the country proud. This is the first time that any Indian individual has won a Gold in the Olympics and yes, he was treated no less than a hero when he returned.



However, his Gold, I believe had not come easy. Years of dedicated, focused and single-minded training and sincere effort of his family and the coach had a hand in it. We also have Sushil Kumar with a Bronze in Wrestling and Vijender Kumar with another Bronze in Boxing. These 3 men went as ordinary athletes and returned as superheroes to India, wearing the Olympic medals proudly on their chests. These 3 have now become inspirational role-models for many. However, something strikes me; does a nation of over a billion people deserve merely 3 medals? Compared to USA’s total of 110 medals and China’s total of 100 medals, India, too, ought to have got a vast collection of medals but 3 is all we get this time. Ironically this is India’s best performance ever in the Olympics. The athletes blame it all on bad coaching, poor organization and financial problems. They do have a point. India does not have sufficient and proper training facilities to nurture the hidden potential of youngsters, plus, government contribution is nil. These talents need to be recognized and developed at an early age. Adequate funding in this field, experienced coaches and government contribution might just be enough to bring about a change. Hopefully, we will have a better rank in the following Olympics. After all, the Commonwealth Games are to be held on home grounds in 2010, which may be an opportunity for India to reveal its hidden talents.

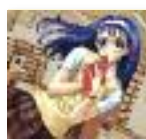
Dear Ankur, “May 2009 mark the beginning of pleasure and discovery. May each day hold something special, that is wonderful and new.” Harsh Aggarwal, AIS PV

The Broken Promise

Ojaswini, IX-B
AIS, East Delhi

Roma's dream was to be fulfilled. She had been waiting for this day for the last 12 years. She could not hide her excitement. She was not ready to believe that her reverie was for real. Only this time it actually was. Oh God! Her heart was pounding with excitement. Her heart beat was racing with the train's speed. She couldn't believe that in just a few moments he'll come out the train, all dressed up in his heroic military uniform. What did he actually look like? Roma tried to remember his face. She was only four when her father had left. It's been 12 years

since then. But still, she remembers fiddling with his thick mustache, sitting on his shoulders and playing *aata bori*, fishing together...and yes, that cold winter day when he had to leave her and go to serve the army. He had promised that he'll be back soon, so she waited, patiently for 12 years.



Spin-a-Yarn contest Winning story

'Kuuuuuuuhhhh!' Roma's thoughts were disturbed by the blowing of the whistle. Oh! She was so lost in her own world that she hadn't realized that the train had already stopped! Her mother and other family members rushed towards the train. Roma hurriedly followed them. She tried to find her dad in that crowd but had no success. More and more people came but he didn't! Where was he? Her patience was losing out now. She felt like screaming. She felt betrayed. She felt her heart bleeding! Why was her father doing this to her? Suddenly, the weather became bad and the sky turned dark. Roma looked up and saw a figure in uniform walking amidst the dust. She wiped her tears and went forward. Her dream had at last come true.

A h !

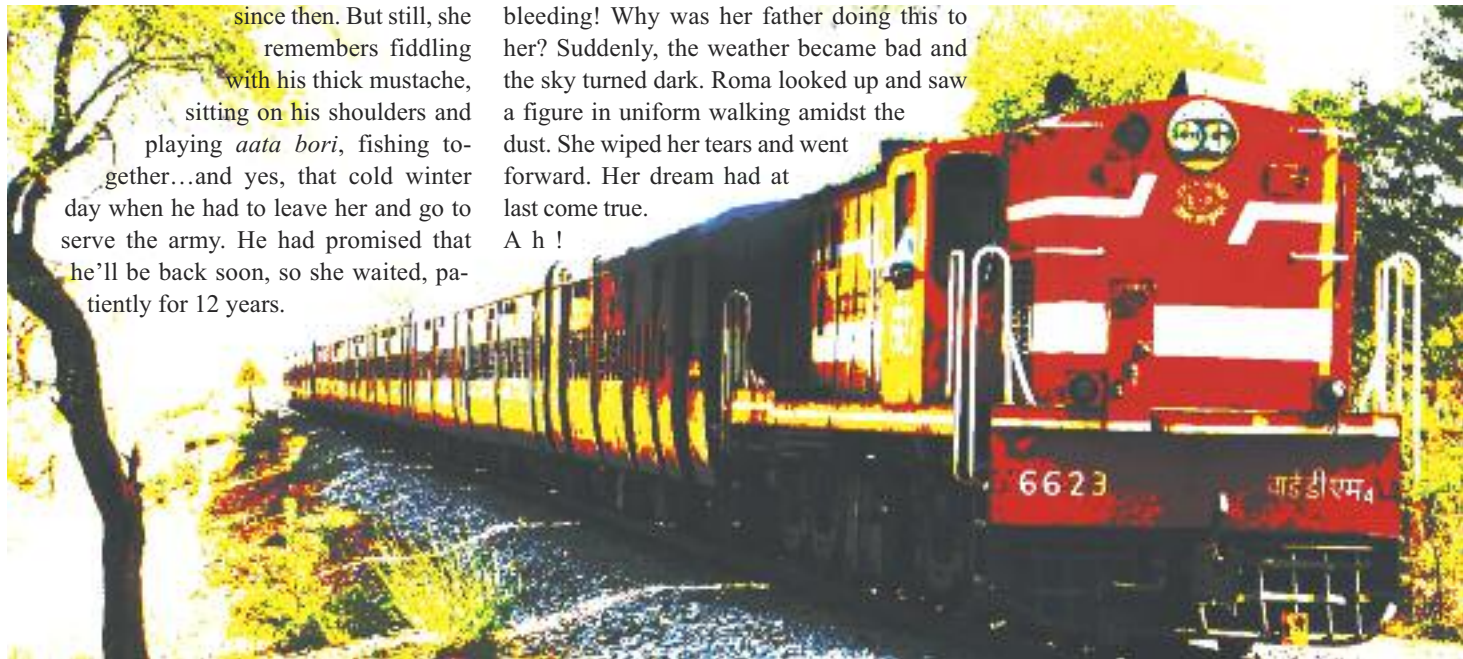
She signed in relief. Slowly and steadily the dust disappeared, making the person's face visible. Roma realized that that he didn't have moustache, he didn't have her father's eyes, nose or lips, and then it struck her, that he wasn't her father at all!

Then who was he? And where was her father? Roma rushed towards that man, who was now talking to her mother. The man was gone and her mother was left crying.

She needed no more explanations there at that time, she understood that her father had broken his promise...he was no more!●

1st Runner-Up Vithika Bisht |AIS East Delhi
2nd Runner-Up Nishita Khattar | AIS Noida

For complete stories, log on www.theglobaltimes.in



Unveil Me

Here, you find the faces of two celebrities morphed into one. Identify who they are and win exciting prizes.

Send in your entries to...
Unveil Me Contest
The Global Times
AKC House
E-27, Defence Colony
New Delhi - 110024



Know THE GLOBAL TIMES CONTEST

Friends, by now you must have browsed through this issue of The Global Times. Answer the following questions and check out your GT quotient

1. When is World TV Day celebrated?
2. What has been voted as the hottest trend of the year?
3. Expand the abbreviation REM.
4. What do Sushil Kumar & Vijender Kumar have in common?
5. Where has piracy been nearly eradicated?.

Send your answers for
Know Your GT - 5 to:
The Global Times, AKC House,
E-27, Defence Colony, ND - 24

Five early bird entries will win special prizes.

Winners of Know the GT Contest (November):
Vinam Suri, VIII C, AIS East Delhi; Anubha Misra, VII C, AIS Gur 43;
Rupali Acharya, VII A, AIS Pushp Vihar; Ishan Goyal, VI B, AIS Vasundhara;
Sanchita Gupta, VII C, AIS East Delhi

The prizes will be delivered to the school



Anugya Gupta, VII B, AIS Pushp Vihar

I woke up and found myself surrounded
By the voice of someone groaning,
I got up and ran in that direction
A tiger I met who said, "It's time for action."
"Action! What action?" I questioned
"Action to save us from dying", someone mentioned
I turned and saw a lion sway
Big and fierce it was, coming my way.
I flinched and took a step aside
Only to find a rhino standing by my side
It was pleading me to save its life
And stop the cutting of its horns with a sharp knife.
Then the ground began to shake
I saw some elephants followed by a snake.
The elephants cried for their tusks of ivory
And the snake pleaded me for victory
"Victory! What victory?" I asked
Victory of telling people who are masked
Telling them that without us
They'll die, and will only fuss!
I ran as fast as I could
To gather friends from my neighbourhood
I told them the story of the ill fated creatures
Together we fought along with our helpful teachers
And now that they are all free
Living with happiness and glee
Then suddenly I asked, "Where am I?"
"Where is the fox that was so sly?"
"Fox! Which fox?" said my mom with an ice-cream
"You must have had a very bad dream!"
Dream? Was it all a dream?
Weren't those animals living down the stream?
Oh! How I wish this dream came true
And all could get back to work without much ado
To save these animals from destruction
Come on everybody, it's time for action!●

Ringling in the New Year

GT Message Board

HAVE A JOYOUS NEW YEAR!

Priya Jindal, AIS Saket

Dear Akshat, Saket and Ayush,

Merry Xmas! May the grace of Our Mighty Father be with you all during this eve of Christmas. Have a blessed Christmas and a happy New Year.

Manas, VI-D, AIS Sec-43, Gurgaon

Dear Priyanka,

Yes, its time to herald the beginning of the New Year and cherish the memories of the year gone by! As another year draws to an

25th December is a wonderful day, when we can decorate our houses, stay awake till late midnight, gather gifts from our relatives and do everything that we want. CHRISTMAS: The day when Santa comes to fulfill the requests of millions of children is celebrated in a different way in NCR. We have party bashes, lots of lighting, and of course a lot of fun. But we don't have the characteristic sledges and snow of a typical western Christmas. Still, it's the nature of Delhi-ites to celebrate a festival with joy and happiness, no matter what the conditions are. Merry Christmas!

Sachit Tandon, AIS East Delhi

A Christmas candle is a lovely thing;
It makes no noise at all,
But softly gives it self away! Merry X-Mas!

Anushka Singh, VII-A, AIS Pushp Vihar

Dear Principal Ma'm

What better time
And what better season,
What greater occasion
Or more wonderful reason
To wish you, our dear Principal Ma'am
A prosperous and Happy New Year
As the New Year dawns, may it bring for you
The beginning of a new, brighter tomorrows
Hope your dream of making our school the best become a reality.
Here's wishing you a life of pure bliss and pleasure and totally devoid of sorrows

Nikita Khattar, XI-E, AIS Noida

Dear pals,

New Year is a time for celebration of love, of life, of friendship, and of humanity. When the clock strikes twelve on December 31st this year, I wish you forget all past regrets. May the New Year bring new hopes, new promises and new reasons to celebrate life. May your right hand always be stretched out in friendship, never in want. Hoping that this New Year leads you towards path of new found glories.



end, I thank God for having made it so wonderful and memorable. The time is right to jot down the New Year resolutions and hopefully abide by them too! I wish that the New Year brings with itself surprises and a plethora of opportunities that fill your life with joy and happiness. Happy New Year!

Damini, AIS Noida

Dear Apurva Talluri,

May the fire works of this New Year illuminate your future and light up your relationships. May each and every wish of yours be fulfilled and all your desires are satiated. New Year is like spring, which melts the frost on trees with love. May it wash all your malicious memories and turn bitter foes into fast friends. So, let the count down begin...

Samridhi Vij, VIII-A, AIS Saket

For more messages, visit www.theglobaltimes.in

Dear Tanya,

New Year is a universal celebration which encircles every heart with cheer, joy and happiness. There's a smile on every face, the celebration mood swings every mind-set and warm exchange of greetings can be seen everywhere. The world never seems so beautiful the way it does on the New Year Eve. Every continent, country and city in the world drapes in the colours of celebration. Glittering fireworks, New Year parties, loud music are the common sightings of the day. Happy New Year!

Gursukhman Kaur, Pushp Vihar

Dear friends,

Ring out the old, ring in the new, ring happy bells, across the snow! The year is going, let it go; ring out the false, ring in the true! With all the rose's perfumes and with all the lights in the world and with all the children's smiles. I wish that all your dreams come true. Have a Joyous New Year. May this New Year bring many opportunities your way to explore every joy of life.

HAPPY NEW YEAR 2009

Shreeya Arora, AIS Pushp Vihar

I wish a year of good health to all teachers. I wish that my country progresses well. I wish that we have a disaster free year. I request God to melt the heart of all terrorists and make them saints.

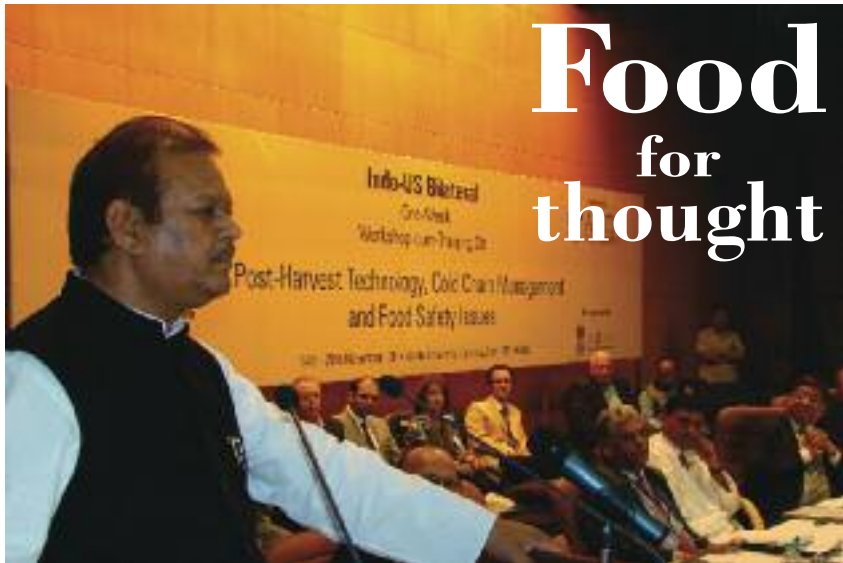
Sifat Singh Khalsa, III B, A I S Saket

Dear Dev,

Wish you hapiness and every thing too, to make this New year, a wonderful one for you and then the kind of happiness desired by your heart and family, filled with peace and joy, right from the start. HAPPY NEW YEAR, 2009

Aman Mandia, AIS PV

Dear Preeti Kapoor, "May this New Year bring happiness & prosperity in your life! Happy New Year 2009! All the best for your future." Sadhika Sehgal, VII D, AIS Pushp Vihar



Food for thought

“India, a land of farmers, has over 70% of its population engaged in agriculture but it contributes a meager 7- 8% to the world’s produce as compared to US where just 4% of the population is engaged in agriculture and claims to feed the entire world. Given the vast agricultural lands and less produce, India not only needs to upgrade its yielding capacity and increase the shelf life of its produce but also sustain the farmers in agriculture sector through value addition”, remarked Subodh Kant Sahai, Minister of

State for Food Processing Industries (I/C), Government of India while sharing his concern over the post harvest loss of horticulture and agriculture produce

Workshop

during the inauguration of the Indo- US Bilateral workshop cum Training on “Post Harvest Technology, Cold Chain Management and Food Safety Issues” held at Amity University, Sector- 125, Noida. The workshop is supported by Indo-US Science Technology Forum,

Ministry of Food Processing Industries, Government of India and Global Agri-System.

Minister of State for Agriculture, Consumer Affairs, Food and Public Distribution-Government of India, Dr. Akhilesh Prasad Singh called for the establishment of adequate number of pack houses, ripening chambers, cold storage units, refrigerated vans, etc. to fight the post harvest loss of perishable produce.

Expressing his thanks to the erudite speakers, Founder President, Dr. Ashok K Chauhan, said that the workshop will provide a platform to the speakers and delegates from US and 17 states across India to share the topical expertise and developments in the area of Cold Chain Management.

Speaking on the occasion, J.N.L Srivastava, IAS (Retd.)- Ex Agriculture Secretary, Government of India and Managing Trustee, IFFCO Foundation opined that post harvest care of agricultural produce should start from production and not just after harvesting.

Also present during the inauguration were Mr. Daljit Mirchandani, Dr. Arabinda Mitra, Dr. Adel A. Kader, Dr. Elizabeth Mitcham, Ronald P. Vallort, Dr. Farbod Youssefi, Carlos Secrist, Mr Anand Chauhan and Dr. Sunil Saran.●

Amity Bhubneshwar celebrates Founder’s Day

While ten students of MBA and MRM accompanied by Paresh Kumar Singh, Deputy Director (Administration) participated in the Inter-Amity Institutions Meet, ‘Sangathan’, those at Bhubaneswar celebrated the day with a tiny tribal village Bhalunka, 35 kms away from the Amity campus. 89 students along with 16 faculty & staff members interacted with the tribal students of Barada Binayaka Bidya Mandir, who accorded them a warm welcome. They also participated in fulfilled activities like mimicry, monoacting, dances, etc. Director-Dr. Satapathy, gave away the prizes to school children who won various competitions held earlier. School uniforms and stationery items were given away to regular students. This was followed by ‘pangat’, community lunch. The travel was coordinated by Dr. S N Padhi, Dr. Birajit Mohanty, Zakir Hussain and Prabhat K Singh, Ashok Mohanty, Ashok Nayak, Munna, Sudhir, Subhas, Subrat and Ranjan. The event under the leadership of Dr Satapathy, Dr. Ashok Das and Mr Paresh was a grand success.●



Active Inter-Action

Plantation: An Amity supported plantation programme under the guidance of Amity Scientist N K Rath was taken up.

Women Empowerment: Faculty Member S Parija and girl students interacted with tribal women to know their culture, means of livelihood, lifestyle, health, sanitation, etc.

Income Generation: Faculty Member Sayed Zakir Hussain and students discussed the possible wage labourers, Agriculture, Livestock rearing, migration during the lean periods etc.

Protection of Eco-system: N K Rath with 20 Amity students gave inputs on protection of eco-system.

Amity International Lecture Series

Economic Outlook

Under Amity International Lecture Series, Dr. Shankar Acharya-Honorary Professor and Board Member of the Indian Council for Research on International Economic Relations (ICRIER) and Former Chief Economic Adviser to the Government of India delivered a lecture on “Global Financial Crisis and Impact on India” at Amity University, Sector-125, Noida.

He spoke elaborately on the impact of recession on India, measures to be adopted by India to minimize the impact of recession, what the Global front needs to fight recession and the causes of US recession.

Sharing World Economic Outlook Projection of IMF (November 2008), Dr. Acharya predicted that GDP of US will witness a sharp negative decline from 1.4% in 2008 to -0.7% in 2009. The GDP of India will also decline to 6.3% in 2009 but will surely not witness a negative decline.

Dr. Ashok K Chauhan- Founder President, Amity Universe announced that



Amity University will soon start courses in areas like ‘Financial Supervision’ wherein students will do a thorough analysis of unprecedented economic meltdown and help the economy to tide over the crisis of recession.

Also present during the lecture were Atul Chauhan, Chancellor-Amity University, Uttar Pradesh; Aseem Chauhan, Chancellor-Amity University, Rajasthan; Maj. Gen. K Jai Singh, VC Amity University and several other senior directors and faculty members of the University.●

Amity Institute of Renewable & Alternative Energy and Amity Institute of Advanced Research and Studies (Materials and Devices) together with Defence Research and Development Organization (DRDO) organized a Technical Meet and Seminar on “Fostering Solar Energy Research in India” at Amity University, Sector- 125, Noida.

Inaugurating the seminar, the chief guest Dr. Prahlada, Chief Controller (S.I) and Distinguished Scientist, DRDO applauded Amity for not just churning out graduates but ‘Nation Ready Graduates’ and proposed the collaboration between DRDO and Amity for joint research projects.

Dr. Bibek Bandyopadhyay, Director, Solar Energy Centre, MNRE called upon the institutions like Amity to take up extensive research in the area of solar efficient technologies.

Welcoming the august gathering Dr. Ashok K Chauhan, Founder President, Amity expressed his hope that the deliberations and discussions of the seminar will result in some fruitful proposals to be submitted to the policy makers for successful implementation.

The seminar included two technical sessions focusing on themes “Solar Energy – Present Status & Futuristic Trends and Solar Energy”, “Government Policies &

Solar strength



Industries Perspective” followed by a Panel discussion chaired by Dr. Vikram Kumar, Director, NPL New Delhi.

The eminent speakers for the seminar included Prof. K. S. Narayan, Dr. R. S. Anand, Dr. Chetan Solanki, Dr. P. K. Singh, Prof. Ram Prabhu, Dr. Vijay Kumar, Dr. Aiyagairi Rao, Dr. Amitabh

Verma, Dr. B. Bhargava, and Dr. R K Bogra. Also present during the inauguration of the seminar were Dr. S. Sankaran, Dr. Chandra Prakash (ER and IPR), Mr. Ajay Chauhan, Maj. Gen (Retd.)K Jai Singh, and other distinguished senior members from DRDO and Amity University.●



An Agreement of co-operation was signed on Tuesday 18 Nov 2008. Professor Peter Gregson, President and Vice Chancellor signed the Agreement on behalf of Queen’s University Belfast, Northern Ireland (QUB). Major General K. Jai Singh, Vice Chancellor, Amity University Uttar Pradesh, signed the Agreement for Amity University. The ground work for this partnership was spearheaded by Dr. Balvinder Shukla, Pro Vice Chancellor (Academics) AUUP.

Surging ahead

In its endeavour to churn out Nation Ready Graduates and well informed professionals, Amity Institute of Telecom, Technology & Management (AITTM) organized Industry – Academia Interaction on “Dimension & way forward” at Amity University, Sector-125, Noida. Lt. Gen. PD Bhargava- DG, AITTM outlined the importance of industry-academia in such a scenario where both the domains have become inseparable bases for assuring each other’s success. Mr. Sukanto Dey- President, Emerging Business Tele Services Ltd. called for an increased penetration of broadband in India, in the absence of which Indian Telecom Sector is not able to deliver to it’s fullest. Mr. Kapila, Head, Alcatel Lucent University and Mr. Vimal Kumar- Head, Strategy and New Business Solutions, TCS outlined the macro- trends in the Telecom Sector. Also present were Maj. Gen. KJ Singh, VP Sandalas and other senior members of Amity University.●



Cricket for a cause

Amity School of Insurance and Actuarial Science

Amity School of Insurance and Actuarial Science is organizing its seventh annual Amity Insurance Cricket cup inaugurated by cricketer Robin Singh Jr, Sameer Bahadur, Zonal Head, Star Health and Allied Insurance, Mr. MKP Rao, Regional Head, SBI Life Insurance, Maj Gen K.J. Singh, Vice

Chancellor, Amity University at Amity Sports Grounds, Amity University Campus, Sec-125, Noida. The Amity Insurance Cricket Cup is dedicated to support the NGO arm of RBEF, ‘Amitasha’, working for the education and up-liftment of ‘girl child’ belonging to the disadvantaged sections of the society.●

Dear Mayank, “May 2009 bring you lots of happiness & prosperity. Let’s make a New Year resolution-to make our world peaceful and eco-friendly for all of us.” Anuj Agarwal, V C, AIS PV

Patriotism flows musically

Amity Noida bags the first prize in National Group Song Competition for the eighth consecutive year



Amity Noida surfed high on the wave of success when they bagged the First prize in the National Group Patriotic Song Competition, held at Bhubaneshwar, Orissa from November 15 to 16. The mega event, organized by Bharat Vikas Parishad, a socio-cultural organization established

in 1963, saw 42 teams comprising over 700 children from prestigious schools all over the country vying for the coveted trophy. The Amity choir comprising eight mellifluous singers, namely, Sarvasheesh Sarkar, Shivek Saklecha, Bhuvan Ravindran, Tanishque Jairal, Vanika Prakash, Kriti Goel, Anamika Tiwari, Sonali Mittal and one student percussionist, Ishan Banerjee, with their tireless and dedicated gurus, Sumita Sarkar, the classical vocal music teacher and Gautam Biswas, the Pakhawaj maestro, qualified for the national level after getting the first prize, both at the district and state level, held in Noida and Sahibabad respectively. The school choir has been winning prizes ever since its participation in the competition in 2000. ●

man student Sophie Balzuweit shared her thoughts with the students. The meritorious students were awarded over 370 prizes were awarded in all. Divya Sohal, Ashima Khanna, Sarvagya Vaish and Shibani Sondhi of Class XII were felicitated with the Founder's Day Special Award. Vice Principal Renu Singh proposed the vote of thanks. ●

Founder's Day Celebrations

AIS, Noida organized Founder's Day on November 7. Dr. Ashok K. Chauhan, Chairperson, Dr. (Mrs) Amita Chauhan, members of the Chauhan family & heads of institutions graced the occasion with their presence. The programme included a beautiful composition, 'Ab Jaag Utho', a skit titled, 'Amity Universe-2030,' and a be-

fitting song by Mrs. Mankotia's choir, 'Mubarak Ho Saalgirah'. Students presented the Founder President with flowers and hand-made cards. Dr. Chauhan in his address urged the students to "Have a mission in life, make a difference to the society and utilize education to make a meaningful contribution to national growth." Ger-

man student Sophie Balzuweit shared her thoughts with the students. The meritorious students were awarded over 370 prizes were awarded in all. Divya Sohal, Ashima Khanna, Sarvagya Vaish and Shibani Sondhi of Class XII were felicitated with the Founder's Day Special Award. Vice Principal Renu Singh proposed the vote of thanks. ●

Puppet expression

Twenty two select students from Class VII-VIII and four teachers viz. Sarita Sekri, Rita Joshi, Madhu Manglik and Usha Verma of AIS, Noida attended a 4 day puppetry workshop conducted by avant-grande artist, Dadi Pudumjee, under the aegis of SPIC-



MACAY. They learnt how to make puppets and also about the history of puppetry. The experience went a long way in coming out of one's shell, speaking one's mind, intermingling, working in a team, cooperating and creating. ●



Amity on Times editorial board

Prkriti Sethi, a vivacious student of class XI, AIS 46 shares her experience of working as a 'shadow editorial board' member with the Times of India for the 'Gurgaon Plus' Children's Day special...

"I was amongst the chosen guest editors for the Children's Day special. The entire experience was exciting, fun, tiring, crazy, wacky, tough and a bit bugging because of the deadlines. We were given a few days to write and submit our articles. The next few days were spent interacting

with people, discussing the joys and sorrows of Gurgaon. I also made new friends besides using the opportunity to feature my friends in the special edition. Posing for the photo session outside the mega mall was quite amusing. Working under the guidance of Rakesh, Rajashori and Vinod gave me a fresh perspective to view a newspaper from the other end. It provided me with the right kind of exposure which children need at this point of time. It was a Children's day that I shall cherish all my life." ●



ECOM Forum

The Commerce Department of Amity International School, Saket organized an Economics & Commerce symposium titled 'ECOM FORUM' on November 18. Over 27 schools took part in different competitions ranging on issues like Farm Loan Waiver, 'Is inflation the right battle', Volatility in Oil, Stock & Gold, Corporate Social Responsibility, etc. Students from all schools discussed various issues with great enthusiasm.

The judges for the day included O M Aggarwal, Anuja & Dr. S K Laroia from Delhi University and Dr. Rajni from College of Vocational Studies. Sanskriti School bagged the rolling trophy. The Prize for the Best Speaker (Economics) was bagged by Shomit Sirohi of Frank Anthony School, and Nidhi of Sanskriti School bagged the prize for Best Speaker in Economics and Commerce symposium respectively. ●

Soaring spirits of AIMC cadets

First Shot at Success: Prateek Tiwary of Class XII became the first proud cadet of Amity Indian Military College (AIMC), Manesar to crack the prestigious UPSC-NDA entrance exam held in September '08. His success will guide, motivate and inspire many other cadets to repeat the feat in the future.

Laurels at Inter-Amity Debate: Purushottam Sharma of class XII, was adjudged the best spokesperson at the Inter-Amity school debate held at AIS sect 46, Gurgaon on November 21. He outwitted the other participants on the topic: 'Today's media has become more of a melodrama'.

Children's Day celebrations: The spirit of the cadets soared with an amalgamation of surprises and gift galore. Teachers presented a mind-enriching power-point presentation and staged a short skit on the value of education. Scrumptious refreshments, fun games and inspiring address by Principal Dr Shabnam Pandit, set their day complete. ●

Poll by AIS Noida, Vas, ED, PV, Saket, Gur-43 & 46

POLL OF THE YEAR



Jal Rakshaks on the move

AIS Vasundhara and Pushp Vihar hosted a workshop organized by Forum for Organised Resource Conservation and Enhancement (FORCE) under the aegis of Amity Educational Resource Centre. Conservation of water has been included in the syllabus to create awareness. Resource person Jyoti Sharma provided information on rain water harvesting and its various aspects. She also pointed out the significant role that students can play in arousing mass awareness in making rain water harvesting a success. A documentary on the topic was also screened. An exhibition on water conservation was put up. Children were quizzed on the display and prizes given to the winners. Jal Rakshak badges were given away too.

Security for PC tightens



Amity Educational Resource Centre in Collaboration with Microsoft (India) celebrated the Computer Security Day (Nov 30) by organizing workshops on "Internet Security". Over 550 students attended the workshop organized at AIS, East Delhi. Resource person Sanjay Behl, Chief Security Officer and Deepak Maheshwari, Director-Corporate Affairs, educated the children about threats like viruses, worms and other malicious software that can cripple or control the computer.

Rooting out corruption

AIS Gurgaon Sector 43 hosted the prestigious inter-school debate organised by the Power Grid Corporation to mark the Vigilance Awareness Week (3rd to 7th Nov) on November 4, held in the memory of the Iron Man of India - Sardar Vallabhbhai Patel to promote work ethics and root out corruption from our country. The topic for the debate was 'Transparency in Judiciary will help curb the menace of Terror'. The CMD of Power Grid, Mr. Chaturvedi and other dignitaries praised the standard of participants from various schools of Gurgaon and awarded many trophies and cash prizes.



Junoon for success

Amity International School, Pushp Vihar celebrated its Senior Annual Day and Prize Distribution ceremony for the session 2007-08 on November 15. HE Miguel Angel Ramirez Ramos, the ambassador of Republic of China, was the chief guest. Rashid Mairaza Mahmoud Al Mulla was the Guest of Honour. The Principal, in her welcome address, expressed her vision for the school's future. Students were awarded for academic and co-curricular excel-

Annual Day celebrations

lence. Inspired by Founder President to make India a super power by 2030, 'Junoon' was incepted and presented on the occasion. Junoon reflected a man's focused pursuit, his perseverance and 'never-say-die' attitude. The entire event with cent percent participation from classes IV-IX, was applauded by all.

Valuing relationships

Amity International School, Power Grid Complex, Sec- 43, Gurgaon celebrated its senior Annual Day on Nov 22. Chairperson, Dr. (Mrs.) Amita Chauhan exhorted the students to scale greater heights and to imbibe human values. Principal Dr.(Mrs)Rekha Ranade, in her annual report, highlighted the achievements of the students in myriad fields. This was followed by a prize distribution ceremony. Four special awards namely Dhananjay Mohan Cup, Baljit Shastri Shield, Vedvati



Vidyalankar Shield & Europa India Foundation Cup were awarded to Shubham Sharma, Namita Sethi, Gayathri Sreenivasan, Abhishreshth Deswal respectively. Chief Guest, first lady of Power Grid Corporation of India, Dr. Shobha Chaturvedi awarded the prizes instituted by the Power Grid Corporation for the winners of various competitions held on The National Education Day. The highlight of the evening was a spectacular musical play 'Mrig Trishna', that conveyed the message that we must value our relationships as we advance in life.

Poll by AIS Noida, Vas, ED, PV, Saket, Gur-43 & 46



Gulf of ransom

Anantdeep Singh & Digant Pandey, AIS Noida

For all those who feel that pirates are hypothetical creatures that exist only in novels and movies, and that seas are silent, splendid and peaceful areas, wake up! While cruising on a Japanese merchant vessel (MV-Stolt Valour), 18 Indians were taken hostage by Somali pirates. And this is not a rare case; such incidences have now become a common phenomenon, especially in the sadistic waters of the Gulf of Aden.

Many of these pirates are former fishermen, who used to attack foreign vessels for polluting, and fishing in their waters. However after attacking a few vessels, discovering and possessing the wealth fortune, they soon converted it into a business, involving mafias, militants, planning and modern weapons. The pirates first approach the ship from their own mother ship. They then launch a number of speed boats loaded with armed men, towards the cargo ship. These men climb the ship with ropes and ladders, and hold the crew hostage with the help of their rocket launchers and machine guns, mostly smuggled from Yemen. The cargo ships are then held in the Somali waters, till ransom is obtained.

cation the pirates attacked INS Tabar. The vessel was the first hostile ship to be sunk by the navy after the 1971 Indo-Pak War.

In barely three weeks, INS Tabar has successfully escorted around 35 ships through pirate-infested water. ●

Captain crooked nose

Akriti Gupta, AIS Sec 46, Gurgaon

Once there was a captain of pirates called Crooked Nose, His teeth were yellow and had stinky toes! Even though he had teeth yellow, He was a jolly good fellow. Equipped with a map and good diction, To find the treasure was his only mission A hard task master who was also strict, He was found always holding a brown stick. He liked to drink black coffee, And couldn't bare simple tea or toffee. He sailed and sailed for many days, He had grown a long beard on his face. Waves and storms troubled him a lot, Against them he bravely fought. After sometime he saw something golden in the sea, At last I've found the treasure he shouted in glee! The treasure chest floated up, In surprise he dropped his black coffee cup. He scooped up the box, And found some rusty locks. And to his glee, He found the treasure key. The room was lit with golden light , It was a wonderful sight, And it gave the captain delight!

Treasure hunt in sea

Shivani & Aishwarya D AIS East Delhi

Imagine a pirate captain with bad teeth, a maniacal grin, earrings, a beard and an eyepatch making you 'walk the plank'. Seems like a thing of the past, doesn't it? But it's true; pirates still do exist in the 21st century. The pirates who once had a glorious past in the medieval ages are back to rule the unexplored waters of seas and oceans. In the past few weeks, the pirates have started attracting media attention with their recent conquests on various sea routes. Modern pirates are usually successful because of the large amount of international commerce that takes place via shipping. Major shipping routes take cargo ships through narrow bodies of water such as the Gulf of Aden and the Strait of Malacca making them vulnerable

to be overtaken and boarded by small motorboats owned by sea pirates. Small ships are capable of disguising themselves as fishing vessels or cargo vessels when not carrying out piracy in order to avoid and deceive inspectors. A recent surge in piracy off the Somali coast spurred a multinational effort led by the United States to patrol the waters near the Horn of Africa to combat piracy. While boats off the coasts of North Africa, Iran and the Mediterranean Sea are still assailed by the pirates, the Royal Navy and the US coast guard have nearly eradicated piracy in the Caribbean Sea. **A few notable cases:** On November 12, 2008, pirates hijacked a chemical tanker in the

Gulf of Aden.

On November 13, 2008, six pirates in speedboats fired upon a bulk carrier with automatic weapons. The bulk warship was rescued by a coalition warship which chased away the pirates. On November 15, 2008, Somali pirates seized the Saudi Aramco super-tanker MV Sirius Star which was carrying around \$ 100 million worth of oil and had a 25-man crew. This marked the largest tonnage vessel ever seized by the pirates.

On November 19, Indian Navy's warship INS Tabar sank a Somali pirate vessel in the Gulf of Aden. The pirates were cruising on a 'mother vessel'. On being intercepted and asked for identifi-



Celeb Shine: A bubble life line

Anoma Damle AIS Saket

Popular Hindi film actress Parveen Babi, who dazzled Indian movie goers with her trend-setting glamour and westernised good looks, died alone in death as in life. From routinely belting out chartbusters, massive popularity and lavish endorsements, Britney Spears suffered the weight of her crown by her erratic ways and people questioning her sanity. Hate them or love them, celebrities are a

part and parcel of our life. They set our pulse racing. Our adulation for them often ends up with celebs paying a heavy price for the life they live. The aura of their success and existence in society is transient. Yesterday it was Aishwarya Rai endorsing Nakshatra diamonds and today it's Katrina Kaif. A few hits and Katrina is ranked world's best looking woman by New York Times, a title once adorned by Aishwarya; a new face replaces the old one. Consider this, once a super star, Manoj Kumar files a petition in court against

Farah Khan for making fun of him in her movies. No action is taken. Where are the fans who were ready to die for him after the success of 'Roti, Kapda aur Makaan'? Fans changed loyalties and patriotic 'Bharat Kumar' lost his sheen. We all love stars, but the love is not for life. Fame, money, time and stars keep changing. The starry existence linked to media hype, their action accountability and choice of Godfather decide their bubble life line. The bubble bursts and all is gone! It's good to wear the crown. Better to carry it with élan. ●

Good things come in small packages

The youngest finalist of 'Youth Power 2008-09' turned out to be the smartest by bagging the coveted winner's trophy. Meet Youth Envoy of the Year – a student of class VI, AIS Vasundhra- Ruchi Avtar

Who inspired you to participate in Youth power?

My English Teachers-Alpna Maam and Sudhi maam inspired me to participate. The biggest challenge that you faced in the project- 'Challenge junk food'?

At the time I got the project, I realised that junk food is something that everyone eats and only a few people can stop themselves from not consuming it. That was the biggest challenge! It set me thinking out of the box, as to what can I do without sounding like a preacher. Thus I conducted the 'Healthy Tiffin Contest' in my school and the students surprised me with a nutritious assortment of interesting lunch box options! It just proved that healthy food needn't be boring!

Junk food is an inseparable part of kid's lives. How do you intend to convince them to switch to other

healthier options?

I am telling everyone about the unhealthy effects of junk food. They don't have to stop junk food completely, but lower its intake. They can try fresh and healthy salads topped with some home-made juice such as carrots'. Since junk food is so attractive, it's best to generate interest in normal food also by making variations like - a sandwich with the toppings in a smiley face design.

What has been your greatest learning through the contest?

As a student, I was aware that junk food harms our body. But after conducting a survey first hand, I learnt about the real junk in all types of food that we consume, not only junk food!

How do you prepare yourself for the role of 'Youth Envoy of the year'?

I believe in doing before preaching. To begin with, I have made a strict diet plan for my family which I intend to follow, like restricting junk food to twice a week. I will circulate pamphlets about the pros and cons of junk food, to generate awareness. Whatever I do, I will give it my 100%. ●

