



"Volunteers are the face of the CWG 2010 Delhi and we are proud to be the official partners in their training. The best of training coupled with the best of infrastructure and facilities offered by Amity will make this training project of volunteers a great success."

Dr Ashok K Chauhan
Founder President
RBEF

THE GLOBAL TIMES

The Global Times, July 16-31, 2010

AMITY NEWSPAPER

www.theglobaltimes.in



Amity showcases India at CWG training

Namrata Gulati

Amity is the privileged official trainer for the Commonwealth Games 2010. Thus begins the mammoth task of training 30,000 volunteers, manning a workforce as large as 2,000 who shall together ensure the smooth functioning of CWG 2010. Out of such a huge number of volunteers, some 1,000 are Amity students alone. *Ankit, BJMC, Amity University*, shares his thoughts, "Being selected for volunteering in the Commonwealth Games 2010 is a heavenly feeling. There is no other feeling than serving one's nation that can make one feel prouder. I'm proud to be a part of Delhi United."

Training the trainers

"Namaste is the best way to greet your guests as they walk in," said Andrews, the Communications Consultant while training a keen faculty from Amity University, getting ready to take on the prominent role of training volunteers for the upcoming Commonwealth Games. The jam packed conference room of Amity University, where Andrews held the interesting train-

ing session named 'Train the trainer', was bubbling with energy and enthusiasm. The zealous Amity faculty excitedly participated in discussions and responded to questions raised by Andrews. However, the training session became most engrossing when a series of role-plays between Andrews and faculty members began, evoking laughter from the onlookers every now and then. Andrews comprehensively explained as well as presented the resolutions and the ways to dealing with some awkward situations that may arise during the Games, "the best way out is," he suggested to his listeners, "not to panic."

Training the volunteers

Over thirty volunteers shout out in a chorus, "We are united!" They look eager to catch every word their trainers tell them, while the trainers look as excited as their listeners. One of the volunteers, *Guneet Ahuja, Business Development Head, Bio-Medicare Laboratories*, talks to The Global Times, "I chose to become a volunteer by choice. I wanted to help out with the Games and contribute as much as I'm capable of. It's important to me that our country is hosting CWG this time." In the



Trainer Talk

Towards the conclusion of the training session, GT chatted up with the good natured trainers from the OC:

"Once the session ends, we'll see who wants to volunteer for the very first day of the Games; it would depend on the kind of response we receive from them."

So far, they're all motivated."

Trainer Barkha Kedia

"It's great to see the volunteers so thrilled!"

Trainer Monica

"The response has been overwhelming; they're all very excited! I'm convinced they would greatly deliver in terms of their performances."

Trainer Prinapani

INSIDE



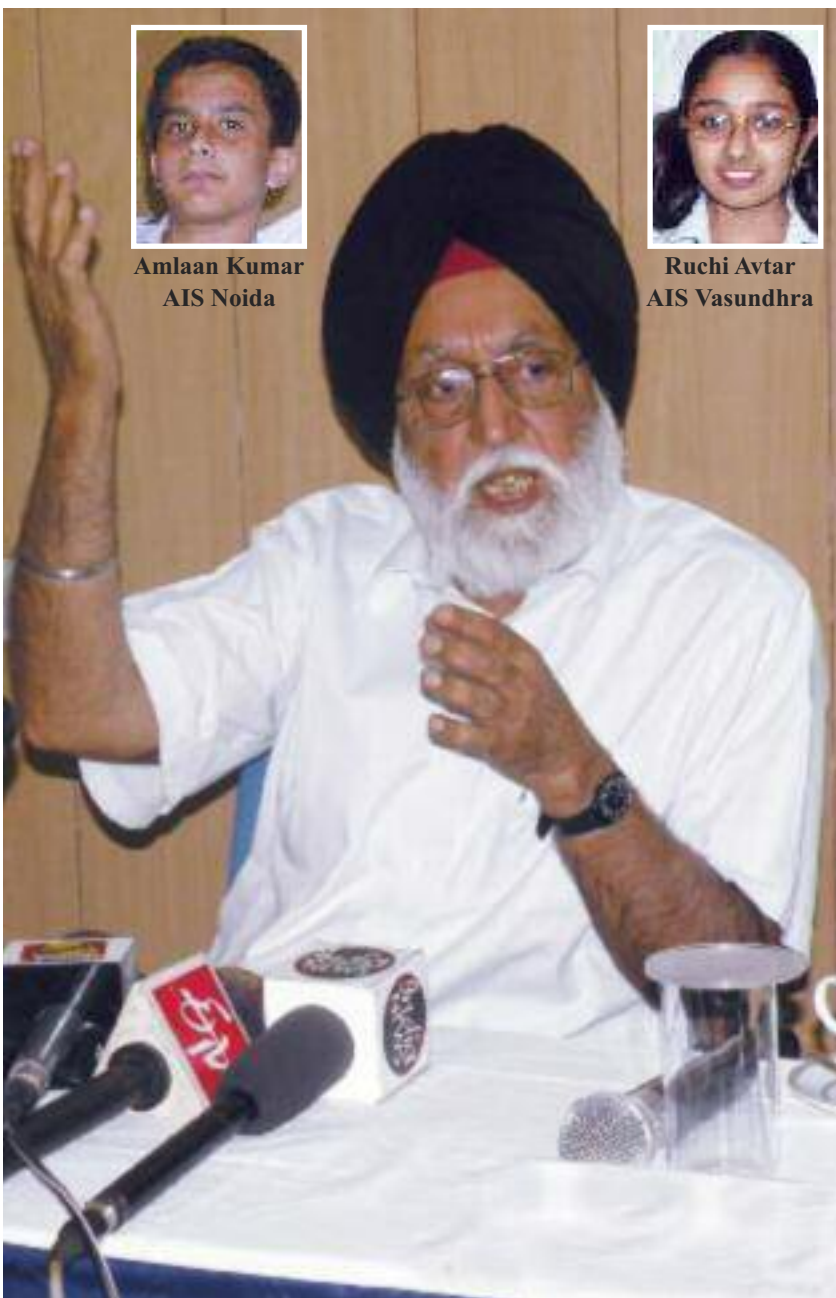
Hi-Five of AFYIP, P3



The leopard Messiah, P7



Book-ed for a cause P 11



Amlaan Kumar
AIS Noida

Ruchi Avtar
AIS Vasundhra

"Indian education system needs to be sports friendly"

....says M.S. Gill, Minister of Sports and Youth Affairs, as he talks about the upcoming CWG and more

Amlaan Kumar & Ruchi Avtar

What preparations are on for the Commonwealth Games 2010?

The Government of India is building as well as renovating the Nehru Stadium and the Indira Gandhi Stadium. Besides, the Sports Authority of India and the PWD are also making significant contributions. We are constructing the main stadiums and a few training grounds. The work on the Olympic Village, part of the Private-Public Partnership, is on too. The Delhi Government is constructing the Thyagraja Stadium. But because we have the responsibility of a large number of stadiums, we are working on it day and night.

How much money is being invested in the development of the CWG stadiums?

The basic thing I can tell you is that whatever money was needed according to calculations, requirement, examination, finance, expenditure, we have sanctioned it. Now, there is no money to be sanctioned. Even the money into training was sanctioned a long time back. In short, we have sanctioned everything. Currently, the focus is to get the stadiums complete and ready in good time, which is happening every

month.

What kind of training are the athletes being imparted?

There are nearly 1,300 CWG athletes, with 17 disciplines for the CWG. Each federation had selected some 20-30 athletes from all over the country for various sports like Gymnastics, Hockey, etc. Those camps are going on, and the Government had sanctioned Rs. 678 crores for training these teams for only two and a half years. Never before was there any

Never before was there any such budget for any sportspersons in the sports ministry. A huge amount of money has been invested into training.

such budget for any sportspersons in the sports ministry. A huge amount of money has been invested into training. At the same time, coaches for their training have been employed, some of which are from foreign countries. For training purposes, these camps are held regularly in different parts of India. In other words, the Government is spending all the money needed, very lavishly. So, we are spending on all the necessary expenses, including sending the athletes out to foreign countries.

Do you think Cricket has marginalized other sports in India, including our National Sport?

We had organized the Hockey World Cup in India this time. I was very happy to see such a large turnout of people to watch them, even when India and Pakistan were not playing. In fact, a lot of people went to watch the final match, including my family and they told me, they found Hockey very exciting because it's a game faster and more complex than Cricket. Of course, a lot of other games will come but don't worry, Hockey will not be killed. Hockey just

has to get an equal opportunity.

How can the arena of sports be developed in India? How does it fare at the global level?

The problem I see in India today is that there is too much learning right from the nursery class. There are way too many courses, too many classes etc. Often, teachers prevent students from going out and playing in order to have them study the books more. The focus has shifted only to learning. It's the numbers that prevail everywhere. In countries other than India, there is not such a huge burden of studies. In my view, Indian education is not sport-friendly.●

Holiday Homework should be fun

Youth Power aspirants from AIS Pushp Vihar speak out on the topic, Holiday homework should be abolished' during 'Round II - My Voice' of Youth Power 2010-2011



"Too much of holiday homework should be abolished, as it leaves us with no time to enjoy the vacations. Moreover, the kind of homework given should be fun, interesting and practical in nature."
Yamini Sejwal, VIII-B

"Holiday homework should not be abolished as it helps us put on our thinking caps even during our holidays."
Anirudh, IX-C

"Holidays are surely for enjoyment, but staying gainfully occupied is equally important. Holiday homework is a way to make us aware about some things we might not know."
Nikita Bakshi, IX-C

"Holiday homework shouldn't be abolished because it is the best way for the school and the teachers to ensure that students are practicing during the vacations."

Esha Swaroop, IX-A
"Holiday homework should be given, but it should be only in the form of a project work so that students do something useful and do not detest it."
Rahul Krishna, VIII-D

"Banning holiday homework would not be a life-changing decision! Holidays should be enjoyed for God's sake!"
Shenjit Basu, X-B

"Holiday homework should give students an opportunity to learn something new or visit new places."
Astha Gupta, X-B

"Instead of wasting time on the TV or computer, holiday homework opens a window of creativity for students; it increases their knowledge bank."
Surbhi Gupta, X-B
"Holiday homework keeps us

on our toes and enables us to refresh our knowledge so that we stay updated."
Rudresh Shildiyal

"These days holiday homework requires a lot of research work where we have to take help from our parents. In fact, it has helped me bond better with them as they also start taking interest in our work."
Shivam Mehta, X-C

"Holidays are the best time for any student to spend with their families and friends but it also disconnects him/her from studies; hence we need more initiatives like the CCE, out of which we learn something."
Kritika Dhawan, X-A

"For those who think holiday homework is a burden, it should be made optional."
Niharika Khanna, VIII-A

Word Verse

Holiday homework

Aishwarya Garg
XI-G AIS Noida

Holiday homework:a boon or a bane, students or school, whom to blame? It's productive, the authorities claim but the students retort "Its a pain!"

Vacations are for gallivanting around, assignments leave us work bound. However tedious it may sound, somewhere round the corner diligence is found.

It's time for peace and cooperation These could be the source of salvation. There is no good in debating for long duration, working as a team would build a strong relation.

Minimal quality homework is the solution, work hard and never give up is our resolution.



Quota Qualms

Reported: Last year, nearly 30% of the seats reserved for the OBC category remained vacant in the Delhi University. This year, the share of seats for the OBC category have gone up from 9,000 to 14,000. At the same time, the vacant OBC seats will be converted to the general ones by August 16. We Share our views:

"The news is yet another eye opener; despite the low cutoff margin, OBC seats are still vacant. In such a situation, allotment of seats to the students belonging to the general category based upon their merit was the only sane solution."

Mehak Zubair, AIEBC, AUUP

"I think here is where the differences come in opinion of people... Education should not depend on caste or the class system, or strata of society you belong to. People bringing 98% don't get admission in good colleges because in a particular college maximum seats are reserved and that is bad. It has adverse effects on society as well as youth

in general. Well, in my view people might think that it is a very clumsy answer but I would like to suggest that giving quota is OK but at the time when it is needed. I think colleges should keep a provision rather than keeping seats reserved...so that people get motivated to at least apply for it. I think the seats should absolutely be given to the general category."

Harshit Walia, BJMC, AUUP

"It is good to have some more seats for the general category. But because of reservation for the OBC category, the competition has hiked. However, I am in support of the reservation for the OBC category because those who want to study are getting good support from the Government. Thus, I am all for the reservation and also the transfer of seats for the General category in case the reserved seats go vacant. At the same time, it cannot be overlooked that a move like this may lead to greater corruption."

Deepayan Maitra, BFA Animation AUUP



NEWS BRIEFS

FIFA Fevah!

It's been all over the newspapers, magazines and TV shows. Besides, Bollywood celebs have been talking about it all the time on Twitter. And why not? Apart from a couple of interesting kicks and misses, the FIFA World Cup 2010 made headlines for a lot of other reasons. Let's enumerate:

The French Resistance: Nicolas Anelka's expulsion from the squad led to the French team's refusal to train. Déjà vu? Wak-a song!: Well really, Shakira's



"Waka Waka" had us all dancing to her tune! What a song! Psychic Paul: Octopus Paul flexed his psychic nerve and now, he is the most talked-about celeb! Vuvuzela: How can we forget all that noise that screeched and screeched our ears! Awed audience: FIFA 2010 attracted the largest TV audience ever eager to watch the final match. The Great Nelson Mandela himself showed up at the gala event. ●

Delhi's fattybelly

A series of surveys reveal that Delhi is at constant threat of diabetes and hypertension. It has been found that almost 60% Delhites suffer from both diabetes as well as hypertension. But now, Delhites are at risk of equal magnitude from heart attack and brain stroke, thanks to their diet dominated by lipids (or fats). The multiple-state survey shows that Mumbai does not believe in lagging behind Delhi in any matter, even when it is concerning diabetes. Isn't it time for a diet check?

Kashmir Valley withers

The tranquillity in the valley is once again shattered by gun-firing and stone pelting. The upsurge of separatist demands for J&K to secede from India, prompting the government to rush-in the army to restore law and order situation followed by accusations of killing innocent civilians have instigated the ruling government to re-evaluate its administration parameters. Admitting his failure to control the situation, Kashmir CM Omar Abdullah called for all parties meeting attended by Congress, NDA and BJP. Boycotting the meet PDP president Mehbooba Mufti said, "There is no point holding a meeting with a government that has lost its credibility." In an effort to restore the faith of the people in governance, Omar Abdullah promises to get closer to his people through more public interactions, to understand them better in resolving their grievances.

Dhoni affianced!



Indian cricket team captian M S Dhoni has finally found himself an arm candy; needless to say, it's Sakshi Rawat, Dhoni's longtime friend who hales from Dehradun,Uttaranchal. The engagement ceremony was followed by marriage ceremony the next day, supposedly a hush-hush affair, held in a Dehradun Hotel, with only the close ones being given an invitation. Cricketers, Ashish Nehra and Harbhajan

Singh graced the occasion with their presence. 20-year old Sakshi is a student of Hotel Management, Aurangabad. Reportedly, Dhoni and Sakshi met each other at a party organized at Bipasha Basu's house for the movie Race. It is also believed that Dhoni changed his trendy hairstyle at Sakshi's insistence. The two have known each other from school days.

AICE
Special Report

Competition-ready in

5 years!

Namrata Gulati

Introducing AFYIP

Here is another brilliant attempt of AICE's (Amity Institute for Competitive Examinations) to make Amitians excel in the face of competition; Amity Five Year Integrated Programme (AFYIP) is a programme that seeks to hone the talents, skills and knowledge of Amity School students to prepare them for various national and international level competitive exams in an atmosphere conducive to learning, all in a span of just five years. "There is a pre-AFYIP for students of class VIth and

The Salient Features of AFYIP...

- Pre-AFYIP for Class VI-VII
- Residential facility with home environment.
- Customized academic coaching for Class VIII to XII.
- Offers CBSE/IGCSE and A LEVE
- Provides training for IITJEE/PMT/OLYMPIADS/NTSE and other national & international examsProvides coaching for PSAT/SAT-I/SAT-II/AP
- Opportunity to acquire specialized training in particular sports/creative arts/creative writing/creative performance and creative science
- Preparing and guiding for admission in Indian and Foreign Universities

VIIth wherein they are taught Mathematics and Science at a much higher level alongwith Social Science and languages. In AFYIP, students are taught Maths and Science from VI-IIth onwards which trains them for competitive exams like NCERT, NTSE, ANCQ, Science & Maths Olympiads but the programme also encompasses international exams like Cambridge Check Point exams in Mathematics, Science and English. Any student who scores 80% or above is eligible to opt for this kind of professional training" explains *AFYIP coordinator, Vijayshree Naidu*. She further elaborates on the aim of introducing such a programme, "These training classes are held after school hours, within the school campus to save time and ensure the safety of the students. Besides, there is a residential facility that provides home-like environment with special arrangements for relaxation and personality development through theatre workshops, guitar classes and painting etc. Special arrangements for commutation are made by the school who do not want to stay." *Parent Ramita Taneja*, Editor of newspaper Samvad, is jubilant about the plusses of AFYIP after attending the orientation program and shares, "I'm happy that someone has taken an initiative like this. It's a wonderful programme for students

who are inclined to take competitive exams. It's a relieving idea for busy or working parents and mothers who do not have much time on their hands. Undoubtedly, the thought of providing food and residential facility is valuable. It is good to know that the programme has been well designed for both Science and Maths which form the foundation of a number of subjects. I want my child to be a jack of all trades, so let's see where he finally enrolls himself, the choice is all his."

Licence to a brilliant guidance

AFYIP is a student's most convenient access to some first-rate guidance, ensured through able faculty in an air-conditioned room with projectors to make studying not only a pleasurable activity but also an interactive one. *Mr Ritesh Priyadarshi*, Pre-AFYIP and AFYIP training faculty shares why he thinks Amitians, with an exposure to a programme like this, have higher chances of making the cut, "AFYIP focuses on vertical learning. Apart from concentrating on NCERT studies, students are taught a higher level science, that is, if an Amitian is in class VI, he is enlightened with the science of class VII and VIII level, while he simultaneously prepares for state, national and international competitive exams and Olympiads, all of which gives him an additional and extra advantage over his competitors. I'm glad to observe an amazing potential in these students. They can easily cope up with so much on their plates. I've been receiving an outstanding response from AFYIPians." Shiyali, a class VIII student who has enrolled herself for AFYIP says, "I'm very happy with what I'm learning here. It's quite useful and it's made me a lot more confident."



Repeating History

Nine years in the running, Synchro Programme by AICE has been an extremely successful one, *Dr Shruti Vashist*, Co-ordinator of the programme envisions AFYIP yielding similar results, "Synchro students have been performing excellently in CBSE and other competitive exams. The last three CBSE toppers have been part of Synchro. In a highly motivated environment which is conducive to regular study, students do deliver. AFYIP is another unique and well-organised approach of AICE, that should do equally well."●

Amity Five Year Integrated Programme (AFYIP) prepares students for various national and international level competitive exams in an atmosphere conducive to learning, all in a span of just five years.



Hi-Five of AFYIP

Pre-AFYIP Day Boarding Beginners Programme (Class VI-VII)

Conceived as a kindergarten level towards the fully developed AFYIP, the programme would apprise and prepare the students for various national/international level exams. The program lays emphasis on strengthening the concepts in Mathematics and Science which are the pre-requisites for a strong foundation for higher competitive exams.

First Year (Class VIII):

The first year focusses on the handling of regular school curriculum alongwith exposure to national and international competitions. A focused and rigorous training for competitive exams like NTSE conducted by NCERT, NSTSE, ANCQ, NSO, NCO, UCO and NMTC etc. Adequate guidance for International

exams like Cambridge Check Point exams in Mathematics, Science and English. This level marks the laying of foundation training for the Olympiads.

Second Year (Class IX)

Based on the aptitude report in the first year of the programme, suggestions are made for the right Board to pursue - CBSE or IGCSE. This level marks the beginning of foundation training for Engineering entrance exams like IIT-JEE/AIEEE and Medical entrance exams like AIIMS/PMT. Students are provided with the opportunity to participate in Junior Science Olympiad, Junior Astronomy Olympiad, Cyber Olympiads, NSTSE/ANCQ/NSO/NCO/UCO/IMO/NMTC besides National Balshree Contest and International Science Fair. Aspirants for foreign universities are trained for the PSAT exam of USA, National /International

Conferences and offered a wide range of choices to attend summer workshops abroad (USA/UK) with/without scholarship.

Third Year (Class X)

Prime focus is on preparing the students to excel in Class X CBSE, fulfilling the outlined grading parameters while continuing with the Foundation training for Engineering and Medical entrance exams. For the second consecutive year, they would participate in Junior Science Olympiad, Junior Astronomy Olympiad and National exams for an improvement on the earlier scores.

Fourth Year (Class XI)

Students are divided into different categories based on aspirations and interests. Indian aspirants continue with the CBSE

board and training for Engineering and Medical entrance exams accompanied by the participation in senior Olympiads. Foreign aspirants are offered AS/A level or IB Diploma as the curriculum to prepare for SAT-I/SATII/TOEFL/IELTS/AP exams will participate in National and International conferences, summer workshops in USA/UK and volunteering activities for universities of their choice.

Fifth Year (Class XII)

Ensures each child pursues the vision envisaged by him/her when he/she first joined the programme. Indian aspirants focus simultaneously on the Board exams and Engineering/Medical entrance exams through a series of customized tests with constant feedback and improvisation techniques. Foreign aspirants are guided to apply for universities abroad and for scholarships in India and abroad. Preparation for SAT-II/AP exams continue.

RAM-AYANA Upgraded Version 2.01.0

All of you must have read, or heard about the **RAMAYANA**, the soul of Hindu mythology. Upto the day we’ve been following the train in which the two legends - Lord **RAMA** and **RAVANA**, fought with each other, apparently with bow and arrow, swords and all that old stuff. But now let’s change our track. What if these two legends fought with AK47s? Read on...



Jairaj Gambhir, IX A
AIS Vasundhara Sect VI

Our story accelerates from the scene when RAWvan kidnaps Mata Sita. No no, not in his *Viman* but in Boeing 343, that landed on Ashok Vatika, where Mata Sita was guarded with stringent Laser Security. When Lord RAM came to know about the kidnapping, he ordered haNEUMAN, to search for Sita Mata and ask her to come online on Yahoo Messenger. After doing some local search, ha-NEUMAN found Sita weeping

under the weight of a TREE structure. ha-NEUMAN said: “*Jo bole so nihal, Sita Mata satsriakal,*” and handed her the laptop, sent by Lord Rama. Sita believed in him and sent a STATUS-OK message to RAM through RING topology. Meanwhile all the *raakshasa* BUGS around Sita tied ha-NEUMAN and tried to terminate him using pyro-techniques. But ha-NEUMAN managed to spread chaos among the *raakshasas* by SPAMMING the fire using some special effects. Several *raakshasa* programmers were later called to restore the operational stability in LAN-ka. ha-NEUMAN happily escaped LAN-ka again and conveyed all the

STATUS messages to RAM and SU-greev. RAM felt happy with ha-NEUMAN's methodology of execution and embarked on a project code named EXPLORER to delete the netESCAPING RAW-wan. He even created a bridge and GATEWAY to access LAN-ka network. In the mean time, signs were apparent in LAN-ka about the imminent danger from RAM's project EXPLORER, but RAW-wan refused to budge. Sensing disaster, his own sub-program called vibhee-SHUN, executed a 'GO TO' statement and branched out to RAM's camp. RAW-wan still insisted on taking the powerful RAM head-on. He decided to use the boons given to him by SUN, sHIVa etc and prepared for the battle on a remote island on LAN-ka called JAVA. He thought that his presence in JAVA will give him victory over RAM. RAM and his entourage made small progress in the begining but the world community on the whole started watching them with awe. In the battle on JAVA island, it appeared initially that RAM had no chance. In fact one of the RAW-wan's SUN indrajIT(son) almost killed AM & LSI-man with powerful brahma-astra called JAVA-BEAN. It appeared for a while that the world had seen the end of RAM's MICRO SOFT touch. But ha-NEUMAN resorted to some ACTIVE-Xgradients from HILL GATES and concocted a potion using some herbs. His powerful HERBAL-COMPUTER aided him in making this potion which restarted RAM and LSI man. Appearing reluctant, RAM used the source code secrets of RAW-wan given by vibhee-SHUN and wiped out RAW-wan's presence from the earth. Before that he even SCHEDULED RAW-wan to come next day when all his resources were locked up by RAM's virus weapons. He proved again that the invincible RAW-wan can't be netESCAPED from his power. After the battle, RAM spreaded his MICRO SOFT WORKS and other user friendly programs to all users across the world and every one lived happily thereafter.●

Climate change

Priyanshaa Ohri, VI-D, AIS-43

Climate change is becoming one of the greatest threats on this place ‘How to control it?’ is the question on everyone’s face

The glaciers are melting-the polar bears & penguins are becoming homeless, Still some people are never bothered and are really careless.

Changes to India’s annual monsoon can lead to severe floods and droughts This may lead to destruction of many farms and crops.

When we’ll face a static problem, we’ll realize our mistake We would learn that bursting crackers was of no use but just fake.

Are we really heading towards this? If yes, then please try to discontinue things which lead to ‘GLOBAL WARMING’,

Even if you’re doing your tad, it would help the entire humankind So, to save the world get ready, set up your mind and find a new way for one and all.

The Joy of Life Lies in nature’s beauty

Aaradhana Gupta
AIS Pushp Vihar

It is said that everything in nature is lyrical in its essence, beautiful in its existence and tragic in its fate. Why tragic? It is we humans who are making it tragic by our greed. Gandhiji said that Mother Nature has enough for everyone’s need but not enough for our greed. In the modern world if someone loves nature and wanders in the woods most of the time, he is in danger of being regarded as a wanderer or a loafer. However if the same person spends his day by cutting trees and setting up industries, he is deemed as an industrious person. Humans are at the top of the hierarchy of all species. We therefore consider ourselves to be special and intentionally manipulate the environment for our benefit. In this race for technological development, we are too self-centered and short-sighted in the exploitation of nature. What is required in the present day is to develop an attitude for environmental sensitivity. Everyday we come across many proposals, projects, regulations and re-

We have to distinguish between environmental luxuries and environmental needs. There is only one rule to differentiate among these two: Fighting all human actions that threaten the health and safety of the human race is an environmental necessity. All else is luxury.

strictions made in the name of conservation of nature. We get confused with all this, don’t we? How do we deal with all this and still ensure that we take the right actions to conserve nature? I believe that there is a simple way. We have to distinguish between environmental luxuries and environmental needs. There is only one rule to differentiate among these two: fighting all human actions that threaten the health and safety of the human race is an environmental necessity. Everything else is luxury. Preserving the atmosphere, stopping ozone depletion and the green house effect, is an environmental necessity. Earlier this year, the scientists reported that ozone damage is far more worse than previously thought. Ozone depletion not only causes skin cancer and eye cataracts, it also destroys plankton, the beginning of the food chain atop which we humans sit. Humans should preserve nature because our fate and the fate of nature are bound together. Therefore urgent actions are required to ensure the safety of man’s habitat. The awareness of nature’s power and beauty is like a revelation. Then both rainfall and wind storms become celebrations



of nature’s might. Each season of nature has its joys to treasure, to lift one’s spirits and bring us pleasure. If we recall the popular grandma story of the golden goose then we can appreciate the importance of the preservation of nature. Nature is like the goose which gives us golden eggs everyday. It is better for us to have patience and benefit from these gifts of

nature. However, if we are greedy and kill the goose to get all the eggs in one go, then we will end up empty handed and it will be catastrophic for the human race. So look after the goose (Mother Nature) and it will take care of you. The joy of life lies in nature’s beauty and preserving it is our duty!●



Doc Pills

'FEET'ING FIT

Fungal Infection can be dangerous, take care of your feet!

Sheffi Tiwari, AIS Gur 46

Apart from protecting your face and skin, taking care of your feet is equally important to prevent fungal infection- the most common form of foot disease. Fungal skin infections can cause rashes. Some are red, scaly and itchy, whereas others can produce a fine scale similar to dry skin. There can be pain in the foot, fissures in the skin and a discharge from the skin is also possible. Another thing that can be possible is extra growth of the toe nail. Fungal infection in feet could be a major disadvantage in the long run.

Who's at risk?: One is at risk from fungal infections if:

- You have recently taken a course of antibiotics
- You are obese
- Have a history of fungal infections
- Continuous sweating of the foot
- Moist skin encourages fungal infections. This means fungal infections are more likely when the skin doesn't dry properly after sweating or bathing, or

when it is covered with a material that doesn't allow sweat to evaporate. Damage to the skin surface, such as a cut, can also encourage the fungi to grow.

Treatment & prevention: For most fungal skin infections, anti-fungal treatments are usually applied directly on the infected area. There are a variety of treatments available in the form of creams, lotions and medicated powders. In some cases, one can be asked to take tablets.

Reduce the risk of getting a fungal infection:

- Dry your skin carefully after bathing.
- Wear loose clothes.
- Avoid sharing towels, hairbrushes and combs which could contain skin fragments that harbor fungal colonies.
- Change socks or tights daily.
- Make sure to expose your feet in the air naturally.
- Choose fabrics that allow the skin to breathe – a mixture of cotton and viscose is fine. Avoid nylon and polyester.
- Sports people should wear synthetic fibers that help evaporate the sweat and keep the skin dry.●

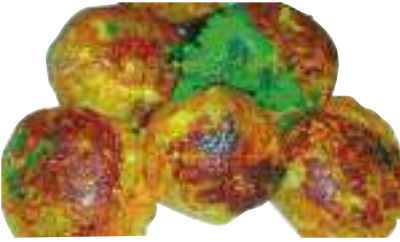


Crunchy Paneer

Ansh Kapur, AIS Saket

What you need: Paneer-500 gm, Semolina-4 tbsp, Salt- to taste, Red Chilli powder -1 tsp, Garam masala -1 tsp, Gramflour-2 tbsp, Cornflour-2 tbsp, Amchur (dry mango powder)- 1 tbsp, Ajwain-1 tbsp, Oil for frying

How to make: Cut the paneer into small cubes. Mix all the spices, semolina, gramflour and cornflour together. Add the paneer cubes into the mixture and cover the cubes properly with the mixture. Leave it for 5-10 minutes. Take oil in a pan for deep fry. Fry the cubes till golden brown. Crunchy cube paneer is ready to eat. Serve hot!●



The Miracle Plant

Tanya Kaur, Class II, AIS PV

Aloe Vera is a plant of many surprises. It is popularly known as the 'natural healer'. This plant has many uses. The gel of this plant is used as a cosmetic to soften the skin. It is also used for making herbal medicines and to cure different illness like stomach ache, minor wounds, skin irritations and burns. It can easily be grown in a home environment. So what are you waiting for, plant one in your home garden and enjoy its many uses.

Get ready for FIFA 10

‘Gamespot’, a website for video games that rates it as 4 ½ says: ‘FIFA 10 is the best of all the FIFA titles launched previously.’

Raunak Sood, VI-A, AIS, Gur-46

FIFA 10: PROFILE

Cost: Rs. 999, Genre: Sports, Rating: 4 ½ /5, Age Group: 3 years onwards, No. of players: Online multiplayer upto 8 players, Developer: EA Sports

Major leagues

England: Premier League (Barclays Premier League due to



sponsors), **Spain:** La Liga (Liga BBVA due to sponsors), **Portugal:** Portugese Liga, **Scotland:** Scottish Premier League, **Germany:** Bundesliga, **Italy:** Serie A and Serie B, **United States of America:** Major League Soccer, **witzerland:** Swiss Super League.

Kick points

Manager mode: The most exciting part of the game is the 'manager mode' in which you can become the manager of the club you have selected to represent for the whole season and form your own team, manage finances and club transfers.

Transfer window: Every season, you have the facility of making a brand new team by transferring old players and buying new ones through the transfer window. You can also choose and sign a contract with a sponsor for your club.

Recommendation

And why you should pick up this game...

Represent your country: You can represent your country and be a national hero. You can participate in league, cup and continental competitions. You can even try to make it to the next FIFA World Cup.

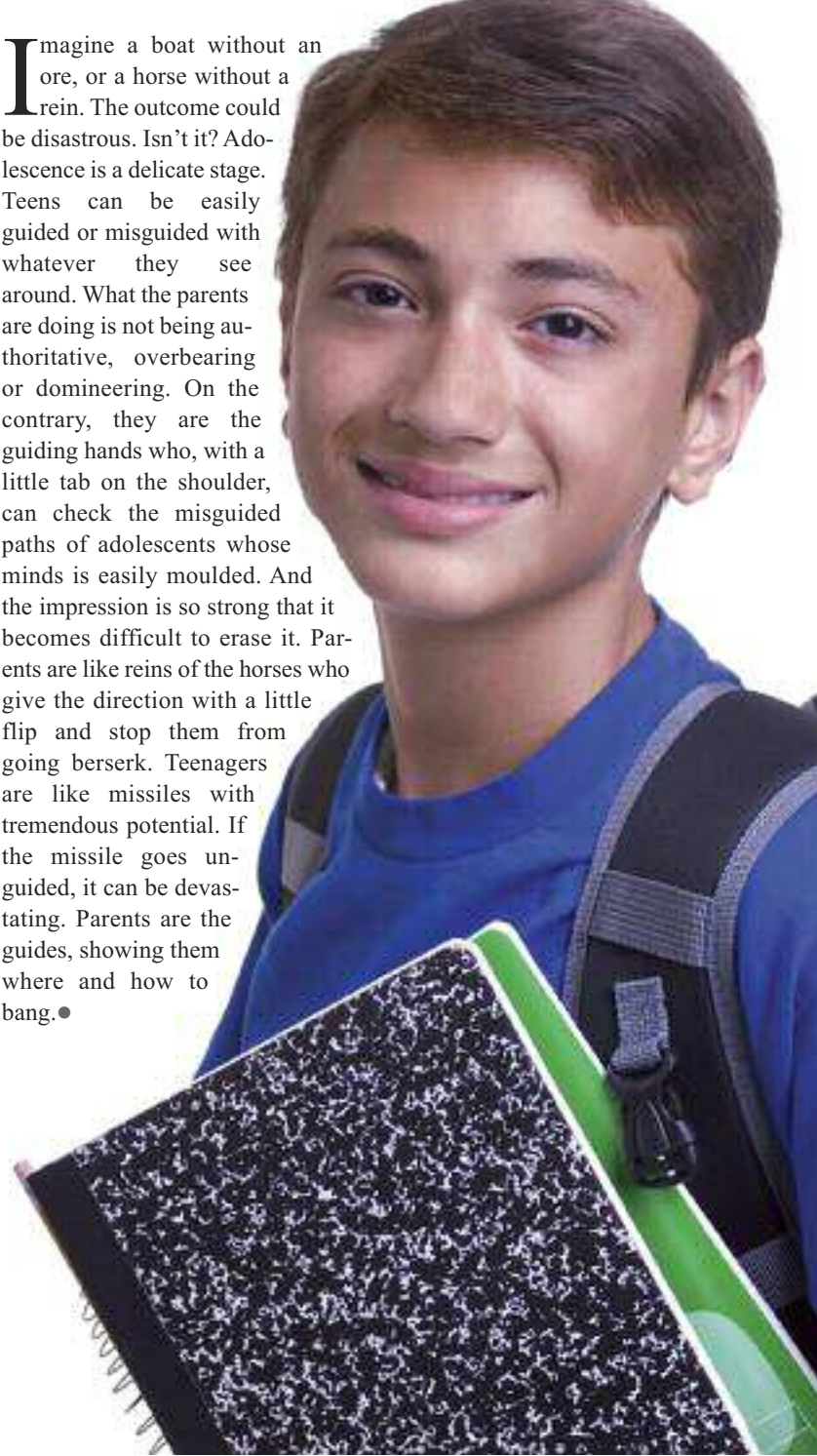
A Variety of Leagues: The game offers a variety of leagues which you can participate in with a particular club like the Premier League, Bundesliga, La Liga, Serie A, Serie B, A-league, Scottish Premier League, etc.

The Season: For the first time, you can take control of a football club and play through a full season campaign without worrying about managing finances, transfers and training your team.●

Parental interference in a teenager's life

Archita Goyal, X, AIS MV

Imagine a boat without an ore, or a horse without a rein. The outcome could be disastrous. Isn't it? Adolescence is a delicate stage. Teens can be easily guided or misguided with whatever they see around. What the parents are doing is not being authoritative, overbearing or domineering. On the contrary, they are the guiding hands who, with a little tab on the shoulder, can check the misguided paths of adolescents whose minds is easily moulded. And the impression is so strong that it becomes difficult to erase it. Parents are like reins of the horses who give the direction with a little flip and stop them from going berserk. Teenagers are like missiles with tremendous potential. If the missile goes unguided, it can be devastating. Parents are the guides, showing them where and how to bang.●



Quote unQuote

“Quotations help us remember the simple yet profound truths that give life perspective and meaning. When it comes to life’s most important lessons, we can all use gentle reminders.”

-Chriswell Freeman



A few good words, pep-up talks, inspirational quotes and positive thoughts every morning assure a good day. The prayers in the morning assembly or pearls of wisdom by young ones in the edit page or my regular columns are ways of sharing

this positive message with my readers.

Allow me to quote Benjamin Disraeli, *“The wisdom of the wise, and the experience of ages, may be preserved by quotation.”* Indeed, there is a quote for every mood, situation, age, that has been inspiring millions and giving the confidence to move on in life with confidence and strength. They come to your rescue when you want to express something. They empower your beliefs. They freshen-up your memory. They embrace thy self. That’s the power of quotations. Remember...

“It is a good thing for an uneducated man to read books of quotations. Bartlett’s Familiar Quotations is an admirable work and I studied it intently. The quotations when engraved upon the memory give you good thoughts. They also make you anxious to read the authors and look for more.”

Sir Winston Churchill●

Octopus Baba

“A nice blend of prediction and surprise seem to be at the heart of the best art”.

-Wendy Carlos



If Football is religion then Octopus is the God. The eight limbed oracle emerged the new FIFA hero. Where all predictions failed, Paul’s precise predictions created ripples across the world. Unbelievable! The media, twitter, book-

ies, fans...all were hooked to this squids strange ‘mannerisms’ that were linked with Football.

First it was Paul. Then comes Mani the psychic parakeet of Singapore. Earlier, it was the budgie Victor (parrot) that shot to fame with his predictions of Tsunami and Iraq war. What’s happening? Isn’t it strange that as the world is preparing to take a scientific leap, a huge chunk continues to be hooked to parrots and oracles for seeking answers to their future? Nostredum continues to haunt human mind with a new contender in Paul as man increasingly finds himself trapped in superstitions and suppositions.

Analyzing the whole scenario from a scientific perspective, most agree that animals are bestowed with senses that enable them to sense the changes in their environment faster than human beings. Some studies have even proved that the change in the behavioural pattern of animals can predict natural disasters as Tsunami and earthquakes. Their senses enable them to sense the changes faster and can be used to predict such accidents. Going by the studies, it has been proved scientifically that Octopus is an intelligent animal with quick learning ability, but in its new avtaar as a fortune teller, it certainly leaves the most impressive impressions. It’s crazy. The next time you place an order for a *Nakji Bokum* (Korean Octopus Dish), be careful that it’s not Paul ●

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All ‘miracles’ can be explained by science - if not today, then tomorrow.

journalist, author, publisher and public educator, **Mr. Sanal Edamaruku** is the President of Indian Rationalist Association and Rationalist International. The Rationalist, a Good Samaritan, strives to pave the way for an open society through the voice of science and reason. He speaks to **Kavya Sharma, IX A, Amity International School, Noida** on his novel efforts and effective ways to promote reason, scientific temper and independent thinking.

Do you believe in God or Superpower?

I am an atheist; we can be responsible, strong and compassionate without imagined crutches. All ‘miracles’ can be explained by science - if not today, then tomorrow.

What is your main objective?

My mission is to establish a just and social order where people are strong enough to take their fate in their own hands. Such an order will empower us; the first step is to break the shackles of irrationality and superstition.

How successful have you been in clarifying myths?

Rational and scientific explanations are bound to convince most people, if they only have an opportunity to be heard and discussed. I am regularly invited to explain ‘miracles’ on TV channels and encounter unholy godmen who make their living out of others’ gullibility. Such programmes spread public awareness. In the last



Mr Sanal Edamaruku,
President, Indian Rationalist
Association and Rationalist
International



Kavya Sharma
X, AIS Noida

10 years, I have experienced a lot of positive changes in the people. I am very happy when I see the young generation come forward and ask critical questions, searching for an answer. I get a great sense of satisfaction when I am of some help to them.

As Indians, what can we do to make India a better place?

There are many things that we can do. Our education and health facilities need to be reached out to the entire country. But there are a lot of obstacles in the way. Very often there is a tendency to resign to fate, bury hopes, suffer and wait for death. Some believe they have no right to rise because they have been born in the wrong caste or because of their past lives. Some believe the constellation of stars had designed a miserable life for them, or a powerful sorcerer has cast an evil spell on them. Some do enough pujas and give the little money they have to tantrics. Without fighting superstitions vigorously, many other improvements may not come into full effect.

What is your message for the youth?

Dare to think yourself. Be sceptical and curious. Resist fear and humiliation. Never parrot anything, even if it is “politically correct” and sounds highly rational. Take your time to really understand things. Never believe anything because the authorities say so. Be, under all circumstances, open and honest – at least to yourself.●

2 different mirror images 3 different willow inside

Ishika Bhagat,
Amity Institute of Biotech-II, UP

Oh! what a poor old man, crossing the street with so much luggage all by himself, may be I should go help him; no wait! What if he is a thief or a kidnapper? I don’t think it’s very wise to risk my life. Let me not throw the litter outside my car. I’ll wait to get home. I have been learning throughout my school life not to pollute my country. Wait, am I the only one who thinks this way? If the government itself does not care for its country, I don’t think I can alone do anything. Oh my God! I think I’m in love with this dress! I so want to buy it! But isn’t it a bit too tight and skimpy on me?

But they don’t have a bigger size in it! So what? Just because it’s a little tight on me does not mean I let it go! I can make my own style statement and make others follow me for a change! This is how all of us talk to ourselves and make the right decisions, or sometimes, the wrong ones! What matters is how we first think of the



Pic: Shailesh Gandhi BFA Final,
Amity School of Fine Arts UP

society, the country or the people and how every thought later on boils down to us- our needs, our security, our well being, our personality, our looks, our behavior, our convenience. At a certain point, it just stops bothering us anything about a second person. It feels as if we live with ourselves in harmony. No wonder people manage so well even after their separation. Our brain is so complicated and yet so strong that

it can convince us into doing anything and everything! We satisfy ourselves, most of the times by talking to ourselves, sometimes by shopping, or eating, or reading. However, when it comes to taking decisions, there are two people who help us; no, wait, it’s the same person but two personalities of the very same person; the first is benevolence and yearns to help others and the society. This one is very short lived as it is displaced by the second personality which is brutally selfish and only thinks about gains and prosperity. We all suffer from a dual personality disorder, something very similar to the two sides of the same coin as perceived by the common man; I call it the two different mirror images.●

The recent issue had a couple of articles about high scorers, achievers, minimum percentage for IIT’s etc. I hate to be a whiner but what about the people who have passed the board examinations despite being slow learners or had some personal problems? Why cannot we applaud them too?

Akriti Aggarwal, IX C, AIS Gur-46

The article ‘A1 for Amity’ in the last issue makes me feel proud to be a part of the Amity family. It gave me oodles of information and encouragement and made exam seem like a less hazardous task and more of an achievable task. I agree that Amity does encourage students to give their best



and the teachers are a great source of encouragement and light. They are always ready to guide a student through the dark tunnel of ignorance to the light of knowledge. Rishab Binayak’s achievement of topping the school and getting an all India rank of 92% in IIT JEE is not just a sole effort. The school and the teachers stood by him like pillars of support and encouragement and the conducive environment paved the way for his success. It’s an eye opener for the parents and the student alike. Likewise even the self analysis of the other students gave us immense guidance and encouragement. Kudos to the Amity family for giving us such valuable gems.

Niharika Khanna VIII A, AIS PV

Pearls of wisdom An Intellectual Mind-Shift

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” Opportunity often strikes only once. Hence, it’s important to recognize it, grab it at the earliest rather than regret later. Instead of lamenting on the lost opportunity or scheming ways to get it back, one should look forward to new

opportunities lest they pass by you. Let me explain it through a simple example of a child who participates in a competition and loses it. Instead of regretting to lose the competition, the child should look forward to participating in more of such upcoming competitions. Most of us, sometimes in life have come across a situation like this. So let’s not feel sad about it. There are a lot of good opportunities awaiting us. Forget the past and rise to reach new heights.

**Sparsh Goel, VIII-C
AIS Gur-46**



At 3850 m above sea level, your breathing gets laborious and you can feel the blood pumping against your skull. Every step feels heavier than the previous one. But for **Aishwarya Maheshwari**, it's just another day at the office, busy at work, stalling the elusive Snow Leopard among the infamous hills

of Kargil. The Snow Leopard is a large predator cat, native to the high altitude mountain ranges of Central and Southern Asia. It is highly threatened throughout its range with a meager population of 45,000 to 7,500 and has been categorized as 'endangered' by the IUCN. Aishwarya Maheshwari is

a field researcher cum expert on Snow Leopards from WWF-India. As we start to get candid about his job as a wildlife conservationist, the first thing about him that strikes me is the immense passion for his work – almost immediately he opens up and recounts to us his experiences researching

the Snow Leopard. His immense love for wildlife is evident, for he especially emphasizes the fact that we humans are at fault for encroaching into wild habitat, not the animals and subsequently, we must also face its consequences. He considers himself very fortunate as he is getting paid to do what he loves doing!

GT-WWF Initiative

The Leopard Messiah

Maheep Tripathi
XI, AIS Noida

In an era where tigers are given utmost attention, what prompted you to go after the snow leopard?

The tiger is our national animal and hence, it demands great attention and full-scale conservation measures. 50% of the tiger population of the world resides in India. Even I was associated with tiger conservation for about 2 years. But the Snow Leopard is the 'Tiger of the Mountains' and the reason why very less is known and documented about it is its harsh habitat. The snow leopard's habitat is extremely rugged and inhospitable. It is very difficult to survive in such high altitudes and extreme temperatures and one has to trek for days and days together. Conserving the Snow Leopard is imperative because it is a top carnivore and conserving it conserves the whole ecosystem. Because when we talk about the top carnivore, we talk about the prey base, potential habitat, conflict status. So, I took up the challenge in 2008 and was even able to witness the first Snow Leopard sighting in Kashmir for over ten years.

I guess you'd agree that the greatest challenge faced by conservationists is tackling human-wildlife interaction. Can you tell us about how you went

about this problem?

That is very true; conservation is based on sound research and a huge part of the conservation process involves questioning the natives and shepherds as they have been around for centuries and are probably the only source of reliable information in poorly documented areas. As humans inch closer, encroaching more and more into the snow leopard's habitat, conflicts arise. It is a common case for shepherds to lose livestock to Snow Leopards or Tibetan wolves. And they often retaliate by killing the wild animal. But we cannot tell them to stop protecting their livestock as these people are extremely poor and their livestock is their sole source of income. The leopard is also hunted for its fur and bones. So, the forest officials, along with NGOs like WWF and Nature Conservation Foundation, have invented practical and innovative solutions such as livestock compensation and insurance programmes. Eco-tourism is encouraged to give alternative employment opportunities and engage the villagers in activities other than hunting. I have even learnt from my colleagues that livestock guarding schemes also exist in which a villager, elected by the village, guards the livestock of the village and is paid for that. A government that does not take care of its natives cannot succeed in maintaining its biodiversity.



Aishwarya Maheshwari

So you are saying that locals play an important role in conservation...

Oh yes, definitely. It is these locals who share the snow leopard's habitat, and

without their participation and concern, it is certainly impossible to conserve this majestic animal. I and my team filled up gaps of information for poorly researched areas and the locals played a vital role in the project. We got extremely useful accounts of snow leopard sightings through the locals. We would often have to trek hundreds of kilometers, resting in an occasional village or two. Villagers were educated about the importance of the snow leopard, commonly called the 'him tendua' for the development of tourism in Kargil and other regions.

Did you just mention Kargil ...?

Utter Kargil and people think of the battlefield for the 1999 war! But during this conservation project, I and my team identified it as a key area for conservation from where there was very little information available. We can think about the long term conservation of the species, only if we have complete information of it. Once we recognize the areas, they need to be filled up with surveys and then we can think about eliminating the problems faced by the species. In fact, the natives told us that after the war, many native birds had disappeared. The war had a bad impact on the ecosystem of the area. We surveyed the area and soon, I'll be going off for 3-4 months for another survey!

Your job seems to be a great adventure. But tell us about the problems you often face.

(Laughs and murmurs) Oh! Lots of them. Don't know where to start from... My research has taken me mainly to bordering areas of the country, and to work there, I have to do a lot of paperwork. The irony is that in these mountainous terrains, working in winters is very difficult but sightings of the snow leopard are regular, while in summers, surviving is fine but you can hardly sight a snow leopard. These areas are terribly lacking in basic infrastructure, sometimes even roads! You have to trek for days and days to find a suitable spot to camp. In Kargil, I had difficulties arranging food and last December, I camped at a temperature of minus 21°C!

Sir, does your job scare you at times?

Fear of what? No, never ever have I felt afraid. We must not think of animals as completely mindless. They attack only if they sense danger from you. So one just has to be very cautious and follow certain guidelines - don't go near a mother animal with her cubs, walk very stealthily and quietly, don't take photos in the evenings, never use the flash etc. You see, I love my job and love being paid for my passion. So I have never felt any sort of apprehension in doing what I love!●

Pitch-(w)in

A sneak peek into the pitches galore with Venkat Sundaram, Cricket Board’s Ground and Pitches Committee Chief

What exactly is the work of a pitch curator and pitch experts?

When you play Cricket, you play it in the open. There is a proper Cricket ground with all the facilities; therefore, a person is needed who can lead the team for such work. There is a lot of work in pre-season as well as during the saeaon. Even during the practices, good practice facilities are required, including a good practice pitch, almost an exact replica of the main ground. Besides, not only the main pitch, but also the outfield has to be of international standards. There are specifications, like the grass should be soft. 30-40 years back, the condition of the grounds was pathetic and we would bleed when slipped or rolled over the ground. Today, since there is a lot of money involved in cricket, we have to ensure facilities that the player are not injured; the soil, grass and the watering have to be looked after. The modern irrigation system and the drainage system needs attention, and so does the mechanized equipment. Thus, you can

say that a curator is a professionally trained manager who takes care of all such work.

Do the pitch conditions really play a role in a cricket match?

Yes, of course. Cricket is played outdoors so in conditions like dew, the ball swings a lot. In Australia, when it’s warm, the ball bounces more. A pitch greatly influences the quality of Cricket.

What steps have you taken to improve pitch conditions in Indian Grounds?

That’s a good question. For the improvement of grounds, every state has a team of curators and there are training programs for them. No other country in the world has as much equipment as we have in India. We have standardized the quality of soil, which is scientifically tested and there are irrigation facilities as well. Currently, we encounter the problem of acquiring good soil; the black cotton soil is not easily available.

The Indian players are equivalent to those of Australia and

South Africa, but the Indian Pitches on the other hand are not so bouncy and are also quite slow; what are your views on it?

Playing International Cricket should enable one to play under all conditions, that’s why it is International Cricket.

Do you think that lack of pace and bounce in the Indian pitches has made ‘short ball’ as a weakness for Indian players?

Yes, it has. We have had spinners since decades. With wickets on the slower side, we didn’t have fast bowlers; of late, we have been using better soils, tested for silt and their chemical composition, trying to get the ideal soil that will last. An ideal pitch should be one that helps both batting and bowling.

In your view, do you think in Test cricket, pitches should differ from that of ODI’s and T20 cricket?

Yes. A one-day pitch has to be different than a five-day pitch and has to behave differently. For T-20, a good batting wicket is generally preferred. For ODIs, there are circle restrictions for the boundary and the ground size is small.

Do you feel in the short format game of T20, pitches play an important role?

The pitch is crucial to a Cricket match. There are different types of pitches and one must know the techniques to master those. A test Cricket pitch is a wear and tear one because when the match lasts for five days, you can’t water it (the pitch). Playing Test Cricket is thus a big challenge, which is why it is known as Test Cricket.

Mahendra Singh Dhoni sent a note of thanks and Rs.10, 000 to Green Park stadium’s pitch curator for preparing the turning track that helped the hosts clinch the series-leveling win over South Africa in the third Test in Kanpur last year. Do you think that these rewards motivate the curator and the ground staff to work whole-heartedly for the improvement of the pitch and the ground?



GT Reporters (L) Vansh Saluja, AIS Saket and (R)Karan Nag, AIS Noida

It’s a good gesture to appreciate and reward, but it cant be made as a standard for ‘good practices’. What would happen if the pitch conditions are favorable and you still lose a match? Would you still reward? It should not be blown out of proportion. A pitch curator cannot doctor a pitch only to win. One should be ready to play in all kinds of pitches.

Is there any educational qualification to becoming a pitch curator?

In this regard, a certification course is being encouraged. But it is also useful to have a good knowledge of clay, soils and grasses and how to water them. It largely resembles horticulture.

After Feroz Shah Kotla controversy, what were your immediate measures to

“The pitch is crucial to a cricket match. There are different types of pitches and one must know the techniques to master them.”

Don’t you feel Indian pitches are more spin friendly than pace-friendly? If yes, then what measures have you taken to make the Indian pitches more pace-friendly?

Yes, that’s the domestic advantage. Efforts are required to make it pace-friendly. Similarly, Australia does not make flat wicket. It is important to utilize home conditions to advantage.

Artificial turf is being considered for Hockey. Is it good for Cricket too?

Astro turf strains the knees and requires different shoes, hence it is not ideal for Cricket.

restore the pitch conditions?

I took charge of the situation on Jan 20, 2010 after the match got cancelled abruptly. We did a lot of repair work. We had to wait for a month to procure the seeds of ‘rye grass’that grows in cold conditions. In March the temperature touched 20-23 degrees and IPL commenced. In the last 5 matches, the grass once again caused problems, which was somehow managed with last minute finishing touches. Now we have procured Bermuda Grass that suits Indian conditions. Rain is around the corner and the pitch restoration work is in full swing for the next World Cup. ●



Countdown to Commonwealth Amity launches Commonwealth website

Commonwealth 2010 Countdown

Amity: Proud to be Indian

In order to unite people and express its support for the upcoming Commonwealth Games, Amity University has launched a website, www.proudtobeindian.org. The website has been launched keeping in mind values like patriotism and devotion to the country. So far, a strength of over one lakh has registered on the website. Through the website, Amity looks forward to initiating the ‘Proud to be Indian’ movement, founded for providing a vibrant forum for the exchange of thoughts and ideas and impacting discussions. Vasanth Kumar, one of the members of the website writes on the message board, “Proud to be an Indian! Jai

Hind!” and Prateek Kanungo says he wishes “to be an astronaut and hoist my Indian national flag on the moon.”

Following the Baton relay ... and the legends!

Enthusiasm and joy gripped the air when the Queen’s Baton relay took off from the Chandigarh Cantonment area and proceeded towards the heart of the city, Matka Chowk, in a convoy mode. While legendary sportspersons like Milkha Singh, Kapil Dev and Abhinav Bindra made the masses run along and enjoy the relay, the mascot chose not to stay behind and hopped into an open jeep with the two administrative heads of the state, SSP Joon and Director Sports and Administration Chandigarh LS Sharma. Milkha Singh, fondly called the Fly-

ing Sikh was the first baton bearer; needless to say, a huge crowd gathered to catch a glimpse of the first Indian gold medal winner in the Commonwealth Games held at Cardiff in 1958. On the next relay station, the baton was passed on to Rajinder Singh, who in turn handed it over to the power weight lifter, Nirmaljeet Singh, following which super walker-GS Viridi carried the baton.

A few relay stations later, the spotlight shifted to the celebrated cricketer Kapil Dev. The Baton relay consummated with Abhinav Bindra being the Baton bearer. Milkha Singh expressed the significance of being the first Baton bearer; Kapil Dev said he looked forward to a similar mass participation in Delhi and shooter Abhinav Bindra said he was eager to enjoy the Games. ●



The crows and the black snake

Parth Dipendra, IV-F, AIS, Gur 46

Once upon a time, a family of crows lived on a huge banyan tree. There was a Father Crow, a Mother Crow, and many baby crows.

One day a huge snake came to live in the hole at the bottom of the tree. The crows were unhappy about this, but could do nothing.

Soon Mother Crow hatched a few more eggs and some more baby crows were born. When the crows flew out in search of food, the snake ate up the babies. When the crows returned, they could not find their babies. They hunted high and low, but to no avail.

After a few months, Mother Crow gave birth to some more baby crows. This time Mother Crow stayed home when Father Crow went out in search of food. Ignoring the fact that Mother Crow was keeping a watchful eye on her babies, the snake still slithered up the tree and attacked the babies. Mother Crow tried to fight the snake off, but she was not strong enough. Other crows came to her aid, but the snake had already eaten the little ones and crawled back into its hole.

Short story



When Father Crow returned, he found all the crows weeping. He consoled his wife who wanted to leave the tree house immediately. Father Crow said that this tree had been their home for many years and they must live here. He thought of asking a wise old fox for help in

order to get rid of the snake.

The grand old fox came up with a brilliant plan. The crows employed the services of the courageous mongoose to take care of the snake. However, there was a slight problem. The snake would climb up the tree and stay there till the time the mongoose, unable to climb the tree, retreated back to its burrow.

Working around the problem at hand, the fox suggested that both mother and father crow would hold one end of the stick while the mongoose would grip the stick in its mouth in the center. The crows would then fly to the tree where the snake would be hiding and land the mongoose safely on to the tree branch. Both mother and father crow were ecstatic with the plan and immediately got on with it. The plan worked perfect and the three flew straight to the tree where the snake lived.

The crows flew straight for the tree and perched on top of a branch. The mongoose took off and went off straight to accomplish his task. The snake was caught unawares and was immediately dispatched to his heavenly abode.

The crow family fervently thanked the old fox and the mongoose for their considerate help and lived their lives on the tree happily thereafter.

My favourite Cartoon



Mighty Bheem

The Mighty Bheem, hero of the imaginary town Dholakpur who is loved by all for his might and intelligence is a popular cartoon character amongst children. **Vanshika Bal Class III student of AIS Gur-43** gives 10 reasons why Bheem is her favourite...

- Bheem is a small, beautiful child like us.
- He has very good friends like Chutki, Raju and Jaggu
- He is strong and brave enough to face any situation.
- He always helps both friends and foes even during races or games without thinking that he might lose.
- He always smiles and can handle any type of issue.
- He is always appreciated by the Dholakpur Kingdom.
- On many occasions he even helps the KING in solving the problems of his kingdom.
- He forgives 'Kalia' the bad boy for his nasty work.
- Last ly, he loves laddu which I like too.

The Effect of company

Strip By:Aman Chawla, VI-C, AIS Gur-46



That's Me

Divyam Singh Chauhan I-A
AIS Gur 46

B'day: 10-Feb-2004
I Like: Freedom, Flying, Cricket, Car Toys (different models), Drawing, Reading Stories, Listening Music, Cartoon Channels, Taking snaps etc.
I Hate: Being shouted at
My Hobby: Helping Mamma, playing with my cars, reading Stories, Listening Music & watching POGO
My Role Model: My father
My Best Friend: My parents
My Favourite Book: Panchtantra Stories
My Favourite Game: Cricket & Badminton
My Favourite Mall: Ambience Mall
My Favourite Food: Rice, Bread, Pulses, Pasta & Maggi
My Favourite Teacher: Priya Mam of Amiown
My Favourite Poem: Humpty Dumpty
My Favourite Subject: Math
I want to become : IAS Officer
I want to feature in GT because: I love to be noticed & always want to be the focus point.

If there would be no trees

Bhaawan Mathur, VI A AIS, Gur-46

If there would be no trees
How would we get blowing breeze,
Pollution would increase
And earth's crease would decrease.
The population would fall down
And the land would not be green
But brown

Trees give us everything in abundance
But think what would happen on earth
If they get no residence.
Without them we cannot survive,
And the other creatures could not thrive.
So, better save them
Otherwise there would be,
No life and no enviroment,

Nature

Yamini Rai, Class II, AIS PV

Green trees all around
Fresh and juicy fruit over them
Bird chirping all around
A flash of rainbow in the sky
Looking at such a sight is a delight.

Swings and benches all so nice
Filled with children all around
With mom and dad looking so nice.

Fresh air too good to breathe,
Giving life to everyone!

Animals, birds, plants and flower,
All need them Oh! Good heaven.
Save them all for future men.

Poems

The Almighty, a Discovery

Pratibha Gauri Nigam, VIII B, AIS PV

When I turned one, I witnessed who he was,
as a baby he visited and made me smile in my sleep,
When I turned five I was taught who he was,
I learned prayers, but unknown of their meanings deep.
When I turned teen, I doubted who he was,
with complains in my life one too many!
When I turned 20, I denied who he was,
I asked many questions but he never

answered any.
When I turned 30 I actually saw who he was,
when I first held him in my hands as my child.
When my hair turned salt -pepper, I forgot who he was,
with time his essence faded, and became very mild.
When I turned 60, I thought now I knew who he was,
with experience came faith more than ever.
When I took my last breath, I understood who he was,
someone who could be discovered never!
Well don't worry
this life of attempted discovery, did not go waste..... as I learned from age,
whoever he may be.....he was there at every stage.

The Social 7



Students in Free Enterprise

Namrata Gulati

Social Entrepreneurs

SIFE (Students In Free Enterprise), a non-profit, international organization, is a brilliant example of Corporate Social Responsibility. The enterprise seeks to establish a network of university students who can contribute to the community, through outreach projects, developed on the lines of social development. A group of Amity University Uttar Pradesh students- Pranshu, Maninder, Poorva, Tejasvi, Debolina, Rishabh and Kumar Mayuresh were chosen by SIFE to hone their sustainable entrepreneurial skills. Maninder simplifies the term, “Generating ideas, projects, aimed at people who are not economically sound. We intend to not only teach them how to earn well, but also sustain it- that’s sustainable entrepreneurship.” The team of social entrepreneurs conceived Project Arth (Amity Rural Transformation Habilitation) in 2009 to achieve the noble purpose.

Project Arth

Centered on rural transformation and habilitation, Project Arth is aimed at uplifting small farmers in rural pockets, neighboring NOIDA (Raipur, Yamuna Banks). The group of seven will introduce the farmers to new technology that will help them increase their yield as well as create a market for their produce. “Currently, these farmers produce limited crop, vegetables and resources, one of the major challenges on the path to sustainable agriculture. We wish to conquer this problem by teaching them new ways and techniques like crop rotation,” Pranshu explains. “We will study a variety of seeds brought in from the village and improve upon them in the Amity labs. Then, we would train them, here at the University itself on how they can better their yield. Once the seeds grow, the farmers will get a sustainable market. Amity is open to buying their produce and the price mechanism will have no mediator, we would teach the farmers to set a price for their products. All these measures

will greatly help the farmers reap profits,” adds Poorva. In case there is an excess of vegetables leading to wastage, the team is ready with another idea, “We would make pickle out of them and sell it off. The marketing offer would be to a discount of Rs 5 on the return of the plastic jar. ARTH believes in the policy of zero wastage of crops; besides, the pickle would be based purely on organic farming.”

Social Empowerment

The next step to follow would be a giant leap towards social empowerment. Debolina, Rishabh and Mayuresh take turns to explain, “We would identify the farmers who do well and have their kids admitted into Amitasha, so that some girl children get educated too. For the ones who do not do well, we shall find out the reasons. For the good farmers, we will try and have the Gramin Banks to provide Government grants, in case of crop failure. However, one of our primary goals will be to educate them. “A significant sub-part of Project Earth

shall be Women Empowerment. Tejasvi, a sprightly, new team member says, “We will teach them how to make artifacts, like mats. And then, we’re also planning a fair for them at Amity with the intention of establishing a market for them.”

“India lies in its villages”

So far, Amitians have done well. Their last project, “Auncashew”, won them laurels, taking them to the National level since the project fulfilled the minimum criteria like market economics, financial literacy, success skill, environmental sustainability, business ethics, sustainability, etc; Auncashew was focused on facilitating the production of mushroom in Uttarakhand. “We’re happy when we look back; we’ve helped people learn about agricultural practices, gain economic stability, plan resources and understand bank policies,” tells Poorva; At this point, Maninder concludes beautifully, “After all, the real India lies in its villages.”●

Learning more about Pharmacy

Dr. Avadhesh C. Sharma, Chair and Associate Professor, Department of Pharmaceutical Sciences, PCOM-School of Pharmacy, Suwanee, GA, USA visited **Amity Institute of Pharmacy, Amity University** to enlighten his listeners on the subject of “Professional Pharmaceutical Research: Objectives, Opportunities and Resources”. During the interactive session with stu-

dents & faculty members of AIP. He discussed the importance of Pharmacy as a Profession, both in India and abroad, clearing doubts on the finer details of the Pharm D program in United States of America and the essential requirements by the Pharmacy Council of India, PCI to implement Pharm D curriculum to be at par with the International Standards.



138th Lecture Series

Analyzing Microbes

Amity International Centre organized an intriguing lecture aptly titled; “Exciting world of Microbes.” The 138th lecture of the AIC lecture series was graced by the presence of Dr. Ashok K. Chauhan, the Founder of Amity Group. Prof. (Dr.) Ajit Verma, Director General, Amity Institute of Microbial Sciences analyzed the intriguing subject at length, arousing interest and curiosity around the world of microbes. Dr Verma then went on to puncture some myths and perceptions that generally

hover around the existence of microbes. He threw light on how microbes can facilitate digestion apart from providing to make food more tasteful. He also shared how some microbes are of great help to us. Clearing the air by disclosing the universal truths of microbes, he said, “Microbes can inhabit in extreme conditions. It is not necessary that all microbes are microscopic. It can be of various sizes varying from a tennis ball to a banyan tree. Microbes can grow anywhere.”●

Enviro-conscious

A half day faculty programme titled, ‘Conduct of Environment Study Course’ in Under Graduate Programmes was organized by Amity Academic Staff College under the guidance of Dr. Balvinder Shukla, Pro VC (A) & DG, ASET, AUUP. The programme participants included 21 faculty members from 11 institutions of Amity University. The programme started by Dr. B K P Sinha, Director, Amity School of Natural Resource & Sustainable Development explaining the significance and diversity of teaching the Environment Study Course in UG Programmes of higher education. Dr Shukla inspired the faculty by making the study on environment more exciting by going beyond classroom teaching and providing an exposure to students through field trips and visits to places that make for a practical learning. Dr. A L Verma, HOD, Amity Institute of Applied Sciences emphasized cultivating an interest in students through various mediums like forming clubs and committees, holding quiz, competitions,



seminars, conferences and organizing Environment Day celebrations. For effective course delivery, various issues and methodologies were worked out during the programme, followed by Dr. Nidhi Gauba, faculty from ASET enlightening on the subject of Session Planning and Academic Delivery of the Environment Study course through various lectures. Ms. B.Vidya Kaumudini,

faculty ASCO and Ms. Meenakshi Gural, faculty ASB presented a number of case studies that could be taught while teaching them the course on Environment Sciences. The programme concluded with Dr Verma summarizing as well as accentuating both the decisions and the strategies discussed. The session was wrapped-up by HOD of Amity Institute of Applied Sciences (AIAS). ●

Conducting value added courses

A Faculty Development Programme titled ‘Conduct and Evaluation of Value Added Courses’ (VAC), was organized at Amity University Novia and attended by more than 90 faculty members. Dr. Balvinder Shukla, Pro Vice Chancellor (Academics) & DG, ASET and Programme Director of the Faculty Development Programme, Directors of VAC

presented the welcome address. She also provided significant academic and administrative inputs in order to make the courses more effective across the institution. The teaching methodology and pedagogy of their respective VACs was touched upon by Prof. Abha Singh, Director, AIPS & Acting Head, AIBHAS, Dr. Madhulika Jha, Director, AIEBC and Senior Faculty member

Mr. Rajkumar Joshi from ASFL. They continued to answers important questions pertaining to the same. Later, the new evaluation scheme of VAC including the registration of Guided Self Study Courses was comprehensively explained by Ms. Suneet Soni, Asst. Registrar-AUUP. The programme consummated with several rounds of discussions.

Amity BOOKed for a cause

...as it encourages reading amongst the underprivileged with more books and workshops



Project : Donate a book

In keeping with the ethos of the school, which aims at engendering in each student an unquenchable thirst for knowledge, Amity Educational Resource Centre organized the launch of UNESCO's 'DONATE A BOOK' project in Amity International School, Saket on December 18, 2009. The occasion was marked by the presence of Mr. Armoogum Parsuramen, Director UNESCO, who teed off the project with the symbolic donation of books. Project Incharge Ms Shaguna Gahilote, was also present for the launch.

The inauguration was attended by students from all Amity International Schools and parents in large numbers. Each one of them, armed with books in varied languages and diverse subjects, participated in the programme enthusiastically. Students from class Nursery to XII donated books on this occasion. These books will be donated to Amitasha and other non-governmental organizations working in the field of child education.



AERC-UNESCO Initiative

Promoting Reading

Amity participated in a Discussion on the 'Importance of reading books in schools and promotion of reading' held at the American Centre on April 24, 2010. The discussion was organized in the wake of

the 'Donate a Book' Initiative launched by UNESCO in partnership with the Times Foundation and with the implementation of the Right to Education Act which emphasizes on libraries and reading material in all schools.

The discussion was led by Mr. Armoogum Parsuramen, Mr. Pooran Chandra Pandey, Chief Functionary, Times Foundation and Mr. Michael Macy, Culture Secretary, American Centre. The first woman chief justice of the High Court, Mrs. Leila Seth honoured the occasion.

The Panel Discussion touched on varied topics as books in schools, promotion of reading, using books and libraries in schools, training of librarians and the culture of reading amongst children.

The panel discussion was chaired by Dr. Anand P. Gupta, Former Professor of Economics, IIMA. The participants in the discussion were- Ms. Parvinder Kaur (Katha), Dr. Kalavati (KVS), Ms. Malini Sen (Education Times, TOI), Ms. Sayoni Basu (Scholastics), Ms. Saroopa Mukharjee (Hindu Collage), Ms. Geeta Malhotra (Read India) and Ms Vira Sharma (Managing Editor, The Global Times)

The mission continues

The noble initiative to donate a book and promote reading amongst kids, conceived by Chairperson Dr. (Mrs.) Amita Chauhan ensured that a drop-box for books was stationed in every Amity school. Students have been generously dropping books into this box to be shared by the less privileged ones. These books are then distributed to Amitasha Students and other NGO's. On May 7, 2010, as part of Donate-a-book campaign, Amity participated in 'Kids day out with books' with children of MCD Primary school, Andrewsganj. Amity donated books collected through this initiative to the school and even interacted with the children telling them stories through puppets. ●

YOUTH CAMP for German students

Lakshay Sharma of AIS Noida topped the German Olympiad conducted by Goethe Institute New Delhi (Max Mueller Bhavan) on April 2, 2010. He has been selected to represent India at the International German Olympiad at Hamburg, Germany in July 2010.

Sarthak Vaish and Aniket Sharma of AIS Noida who made it to the top nine along with Raghav Kochhar who performed well too, were given the golden opportunity to participate in a youth camp organized by the Goethe Institute. The camp held at in Thekkady, Kerala from June 21 - 27, 2010 was a great learning experience for the stu-

dents as well the teacher, Ms. Milan Sharma, who accompanied them.

The camp hosted 70 students in the age group of 11 to 19 years and teachers from Delhi, Trivandrum and Japan. The students were divided into five groups according to their level of the knowledge of German language. Their day was packed with various activities where they not only learnt German in an interactive and play-way method but also made friends for a lifetime. The school teachers got an opportunity to be trained hands-on in conducting interactive and interesting classes during which emphasis is given on communicative German.

The fledgling Diplomats of tomorrow



UNA USA MUN 2010

Name of the competition: United Nations Association the United States of America Model United Nation Conference 2010 (UNA USA MUN)
Venue: United Nations and Grand Hyatt hotel, New York, USA
Date: May 13 -15 2010
Country Represented: Kazakhstan
Number of Students: 14
Team Adviser: Sumedh Kapoor
Team Members: Arjun Hans, Puneeta Ahuja, Sawan Chawla, Vivasvaan Srivastava, Agrata Gupta, Kriti Mishra, Meenakshi Singh, Sadhvi Sood, Ishita Mishra, Akshat Boobna, Samarth Singal, Sukriti Singal, Neha Ahooja, Charu Jindal
Prizes Won: Agrata Gupta - Best Delegate Award
Kriti Mishra- Best Delegate Award/ Ten Best Delegate Commendation / Honorable Mention

problems, the fledgling diplomats of tomorrow were indeed highly privileged to hear the enlightening words of Ban Ki Moon, the Secretary General of the United Nations. He left the aspiring leaders spellbound by his motivating words, as he emphasized on the necessity to bring peace and harmony to a world left ravaged by the horrors of war, nuclear weapons, poverty, discrimination and other horrific indignities that threaten to bring about an apocalyptic end to civilization.

The following days saw the young representatives attempt to solve the multitude of agenda posed to them, ranging from the proliferation of nuclear weapons to the situation in Afghanistan, from the growing threat of HIV/AIDS to the role of MNCs in the global economy. A highly intensive debate ensued, as the delegates touched upon all nuances of their respective topics and strived to draft effective and promising resolutions.

The Indian team was remarkably successful, as the archetypes of Amity bagged 10 commendations and 2 best delegate awards. ●

Puneeta Ahuja & Arjun Hans
AIS Saket

More than ever before in human history, we share a common destiny. We can master it only if we face it together. And that, my friends, is why we have the United Nations. – Kofi Annan

Under the sagacious guidance of our esteemed Chairperson Dr (Mrs) Amita Chauhan, Amity International School, Saket traveled to New York City to compete in the acclaimed and prestigious forum of UNA-USA MUN. The Amityan delegation, represented the country of Kazakhstan in 7 committees. After months of intensive and comprehensive research, from writing speeches to drafting position papers under the guidance of Mr. Sumedh Kapoor and blessings of principal Mrs. Bharati Sharma, the Indian contingent departed for the United States with a firm conviction to succeed and bring honour to their country.

The opening ceremony was conducted

Is Obesity a disease?

Obesity – an aesthetic rather than medical condition? A question most of today's information flooded and junk food crazy generation would answer with an emphatic NO! Well then, would it be fair to classify it as a lifestyle disease of the west - if WHO is to be believed the rate of increase of obesity cases are no less in developing nations than in the industrialised world - a "rising epidemic" is what they choose to call it instead! Beyond public sentiment and what meets the eye at first glance there are issues far more technical which need answers. Would it be fair to call obesity a disease and allow "patients" to claim weight reduction pills off their medical insurance?

Would it be fair to force governments to allocate scarce funds for setting up labs and research centers to find a cure when there are bigger more serious problems which require attention instead? The verdict is split and leaves both the medical world and the voices from the street rather polarised. No doubt that recognising obesity as a disease would stigmatise it and reduce the acceptance barrier which in turn would encourage people to seek treatment much as in the case of alcoholism.

Contributed by
Poonam Chaubey (Vice Principal)
Amity International School, Vasundhara,
Sec 1, Ghaziabad

Principal wins essay contest

Poonam Chaubey, Vice Principal Amity International School Vasundhara, Sect 1, Ghaziabad is in her best of health and spirits. She won an essay competition for principals organised by the Times NIE on the occasion

of its 25th anniversary. The essay selected from amongst 700 schools across Delhi was published in The Times of India issue dated May 13, 2010. She was awarded a certificate and gift voucher worth Rs 4000. ●

Dance *pe* Chance!

Anoushka Arora, Class VI student of AIS Gur-43 shares her experience of escorting the Indian Team to Providence Stadium, Guyana West Indies during T-20.



“I was not at all nervous on the day; it was a great feeling to hold hands with such great and wonderful cricketers and sing our National Anthem, being covered live in about 185 countries all around the world!” chirps Anoushka Arora, a student of class VI, AIS Gurgaon, who was selected among the 15 participants out of the 10,000 from all over India, to visit the West Indies and the UK and accompany the Indian Cricket Team to the Cricket Field (Stadium) to sing the National Anthem.

The idea of participating in such a competition struck Anoushka as she watched Disney channel one day, “I saw an advertisement about the ‘LG LEAD XI LEAD YOUR CHAMPS’ contest. Then, I opened its website and uploaded my dance videos and won the contest purely on the basis of my dancing skills.”

Along with the opportunity of meeting cricketers like Suresh Raina and Gautam Gambhir (she excitedly describes them as ‘the back bone of our cricket team’), Anoushka won herself ‘a world wide exposure to media and a little bit of fame.’ Next, the lucky girl describes her experi-

ence at length, “My experience was a really great one! I made many new friends there too! I was on cloud nine when I met the Indian Cricket Team at St. Lucia during their practice session. Apart from the Indian Cricket Team, I also met the Australian, England, West Indies, Sri Lankan, Afghanistan and South Africa Cricket teams. It was a great feeling to meet legends like Gary Kirsten, Sir Garfield Sobers, Brian Lara, Sunil Gavaskar, Allan Border. I also met Mr Ravi Shastri and Mr Harsha Bhogle.” Besides, Anoushka visited some exhilarating places that she lists out almost breathlessly, “I visited Barbados’ oldest natural artifact-Fresh Water Bay Coral Reef, we explored its majestic dancing shallow-water sea fans; I enjoyed the only drive-in volcano in the world- St.Lucia volcano or Sulphar Springs and the extensive Botanical Gardens wherein I hiked through the lush green rain forest and walked among man-sized ferns and giant trees. In the city of London, I did a city tour and I must say that the beaches in West Indies were fantastic! It was truly a great trip!”

To conclude, there’s one song that fits Anoushka’s achievement, “Dance pe Chance maar le!” Isn’t it? ●



DEEDOES CASTLE...

Check out Deedoes Castle, a family entertainment center at CR Park with GT's food critics

Ritika Sharma X A & Ishita Bedi IX B, AIS MV
and Tanya Goel & Vansh Saluja AIS Saket

Deedoes Castle. Never heard of it? Then follow us to this new kingdom specially designed for kids. The name “Deedoes Castle” increased our excitement levels, as it sounded very interesting and thus we set out to hunt this place hoping to share something new with our readers this issue. Located in CR Park, the first impression of the castle with the cartoon character Deedoes may disappoint you a little, but wait till you walk inside, only to be charmed by the ambience and especially the host - children’s favourite Krish Uncle (the manager - Mr. Krishna). The two floored castle has everything a child needs to pull his parents’ arms and force them to enter. Follow us closely.

First Floor : This is the restaurant-cum-bar section. And don’t confuse the ‘bar’ with an area serving alcoholic drinks. BAR defines Mr. Krishna, is the ‘beverage’ area. Designed specially to attract teenagers, it serves exotic mocktails and soft drinks to be enjoyed over high stools with yummy food!



Deedoes Fav
Kids Kitty
Gaming Zone
Bar Section
Krish Uncle

Second Floor: This is the gaming zone with a difference. “Mind you” says Mr Krishna, “They aren’t ordinary games. Carefully selected, they tickle the mind and test your skills.”

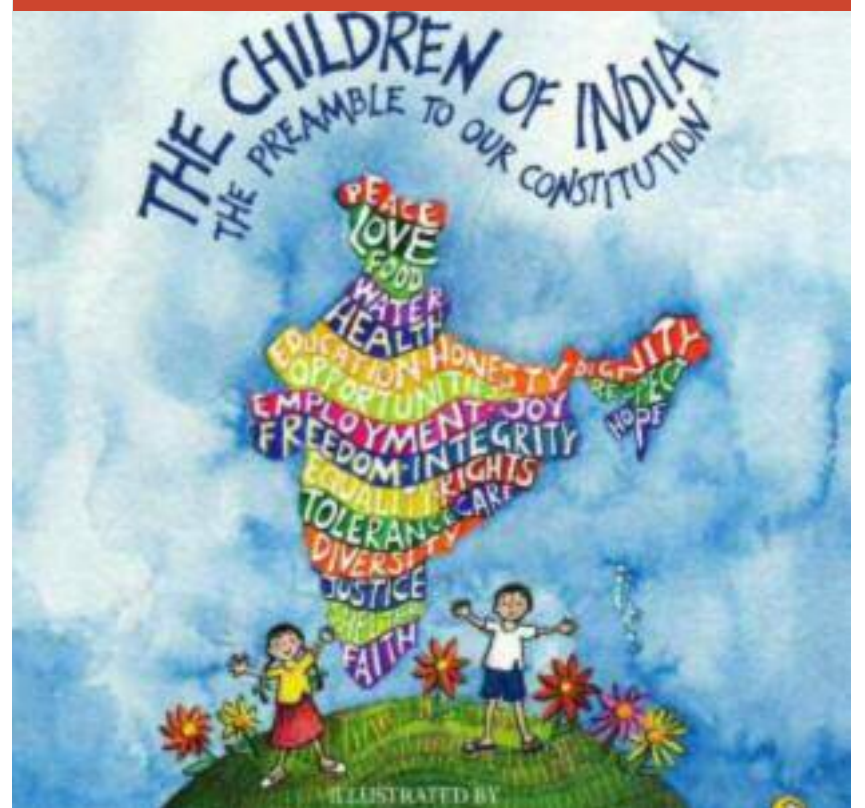
Kids Kitty: ‘Kids Kitty’ the new concept has been attracting many kids to this place. These are held every Sundays where 4-5 mothers come along with a group of 15 children and they all have a gala time. In fact the place has been holding one birthday party everyday on an average. Wonderful, isn’t it? Very soon Deedoes proposes to have a make-up change too. Shares Mr. Krishna, “The castle awaits an ethnic touch. There is a lot done to engage adults into spiritualism but no one is there to guide the kids. At Deedoes we wish to depict Indian deities in cartoon forms, so that kids could get to know about their culture and heritage.” So, the next time, you need to celebrate your birthday or generally hang out with friends, take a break from the overcrowded malls and check out the new family entertainment center- Deedoes Castle!●

The bar serves
exotic mock tails and
soft drinks. Food is
yummilicious!!



Mind you, they aren't
ordinary games. They
tickle your mind and
test your game skills.

Book Review



Preamble Gamble

Apurva Talluri, X, AIS MV

“Let’s be equal just and free, strong in our diversity...” begins a poem in its simple but true words designed to appeal to the uncomplicated outlook of children whether 8 or 14. Leila Seth’s work regarding the Constitution of India and its preamble is an edifying but fun read that breaks down words like Democracy, Fundamental Rights and reduces them to lucid phrases that can be easily understood by teens and children alike. Eye-catching illustrations by Bindia Thapar are sure to fire up the readers’ imagination. In fact, even if you’re feeling too lazy to read the words, you can always look at the pictures because they present the message of the book ex-

Title:
We the children
of India: The
Preamble to our
Constitution
Author:
Leila Seth
Rating:*****

quisitely. The carnival of colours that adorns the pages makes the book difficult to put down. The author intelligently packages the most intricate workings of our country into a fun filled journey enabling children to understand laws, rights and duties without just mugging them up and hopefully abide by them. The narrative is also peppered with incidents like that of Nehru not leaving any space for Rajendra Prasad’s signature on the Constitution and an image of a child saying she would like to vote for longer holidays (which most of us would agree with!). All in all, We The Children of India: The Preamble to our Constitution makes for an interesting, enjoyable read that will leave you with a better understanding of our country’s most sacred document.●