

Follow us on

[@theglobaltimesnewspaper](#)
[@the_global_times](#)

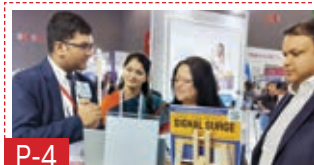
What's inside



P-3

Beyond the beats

Dr Balbir Singh talks his heart out on advancing heart care.



P-4

Connectivity enhanced

Wi-Fi booster redirects and enhances wireless connectivity.



P-6-7

Youth Power 2026-27

Meet the 18th batch of young changemakers of Amity.

THE GT POLL

What do you think is the main culprit for the alarming rise in heart issues among the youth?

- A) Sedentary lifestyle
- B) Stress
- C) Poor diet

To vote, checkout our page [@the_global_times](#)

THE GT POLL RESULT for GT Edition Sept 21, 2026

Practical Magic 2 and The Devil Wears Prada 2 capitalised on nostalgia. Do you feel it is a 'creative death' for fresh ideas?

79%

Yes

16%

No

5%

Can't say

Results as on Sept 25, 2026

Coming Next

Science behind snacks

When Technology Gets A Closer Look At What Makes Us Tick

Vandita Sharma

AIS Saket, XII E

Your heart beats about 100,000 times a day, mostly without asking for your attention. But what if a tiny device on your wrist could keep an eye on those beats, and alert you when something seems unusual? That is the promise of the smart-watch. With **World Heart Day on September 29**, it's worth looking beyond stethoscopes and hospital monitors. Smart wearable technology is increasingly keeping tabs on our heart rate and other health markers. But behind all those numbers flashing on our wrists lies a bigger question: how much can it really tell us about our hearts?

Watching you

That innocent-looking gadget on your wrist isn't just counting steps. Most smart watches use photoplethysmography (PPG) optical sensors that detect changes in blood volume beneath the skin to estimate heart rate. Some models also have electrodes that can record a single-lead ECG, capturing the electrical activity of the heart. However, a smart watch is only one of many in the rapidly expanding world of wearable heart technology. Fitness bands and smart rings can track heart rate and other physiological signals, often while we sleep. Chest straps use electrical sensors and are commonly used during exercise, while adhesive ECG patches can record cardiac activity continuously for longer periods. Some devices can even flag an irregular rhythm that may suggest atrial fibrillation (AFib), a condition associated with an increased risk of stroke. Suddenly, that watch looks a little less like an accessory and a lot more like a tiny observer.

Every beat leaves a trail

Think about a routine doctors' visit. Your heart gets checked for a

few minutes, that too when you are at your most calm self. A wearable device sees a different version. It collects information while you sleep, exercise, sit at your desk. The readings create a trail of how your heart rate and activity change throughout the day. That trail can sometimes give

ditions. An NIH-published large review of 249 validation studies, involving more than 430,000 participants, found that only about 11% of commercially available wearable devices had been validated for at least one biometric outcome. Real life is mess-

heartbeats? With artificial intelligence entering the picture, that little screen on your wrist could become a much more sophisticated observer. Instead of simply displaying a heart-rate number, AI can analyse enormous amounts of physiological data and look for patterns that may be difficult to spot manually. Researchers are exploring its use in areas ranging from arrhythmia detection to identifying signals associated with cardiovascular conditions. But AI still depends on the quality of the data it receives and the clinical expertise used to interpret its findings. In a 2025 Yale School of Medicine preliminary study involving 600 adults, an AI system analysing single-lead smart watch ECGs reported 88% overall performance in identifying structural heart disease, with 86% sensitivity and a 99% negative predictive value.

Anxiety of knowing too much

When your heart is under constant surveillance, you might start worrying about it more often. Repeated alerts can make users anxious even about normal fluctuations, while a reassuring reading can sometimes create a false sense that everything is fine. Then comes another question - who gets to see all this information? Heart-rate readings, ECG recordings, and other health data may move from the wearable technology to a smartphone, cloud platform, or other digital service. So, wearable technology is not just a matter of accuracy, it is also about privacy and consent. And, of course, these devices cost money, need recharging, require clean sensors and proper skin contact, and depend on functioning softwares and connectivity. For all its cleverness, a smart watch remains a device. And the heart? It's considerably more complicated than a number flashing on a screen. Technology can help us keep watch on our hearts, but understanding what those beats actually mean still requires something no smart watch can quite replace - human judgement. [GT](#)

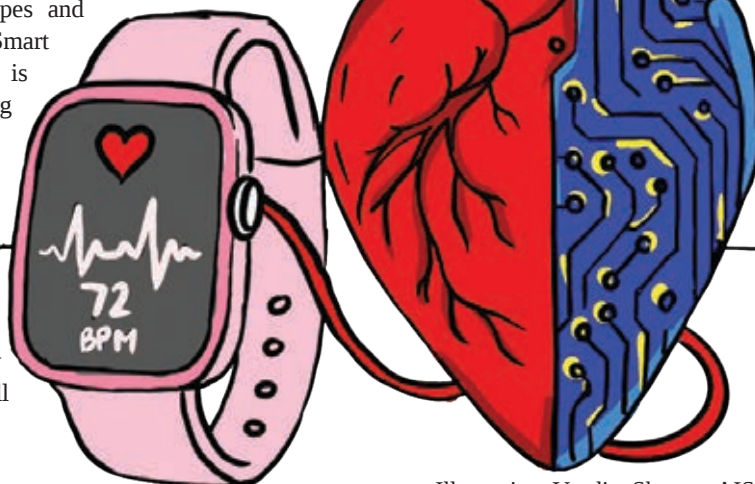


Illustration: Vandita Sharma, AIS Saket, XII E

Heartbeat on display



doctors the missing piece of the puzzle, particularly when considered alongside symptoms and medical history. The numbers can be impressive, too. A 2025 systematic review and meta-analysis of 15 studies found that PPG-based smart watches detected AFib in 97.4% of people who had the condition and correctly identified 96.6% of people who did not. The data seems to be too good to be true, but there's a catch.

Not a numbers' game

These numbers come from specific study populations and testing con-

ditions. You move, the watch shifts, skin gets sweaty. All these can affect your readings. Wrist devices tend to perform better when the wearer is still than during vigorous activity. There is also a huge difference between monitoring and diagnosing. A smart watch may detect an irregular rhythm and suggest that something deserves attention. It cannot, by itself, determine what caused it or provide a complete picture of cardiovascular health. Thus, an alert is a prompt to investigate, not a verdict.

When the watch gets smarter

But what if your smartwatch could do more than simply count your



— Around The — WORLD

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



FRANCE

L'Oréal dethrones LVMH

L'Oréal has usurped LVMH, as the country's most valuable company, with a 234 billion USD market value. It is the first time since 2017 that a non-luxury brand has bagged the top spot on Paris' stock exchange. Financial analysts point this shift as 'lipstick effect' - when the economic mood is bleak, it becomes easier to sell small treats rather than high-end handbags, shoes, and dresses. L'Oréal shares have risen 5.65% over the past year, while LVMH's have fallen by an estimated 35%.



NETHERLANDS

A Eurovision comeback

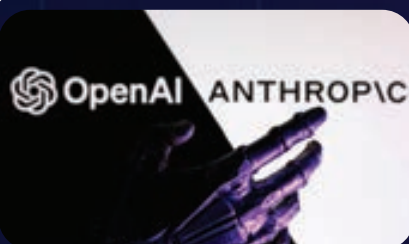
After backing out from this year's Eurovision, the country is set to return to the international music competition in 2027. Dutch broadcaster AVROTROS boycotted the 2026 leg of the contest, alongside four other countries, protesting Israel's participation amid the Gaza war. While AVROTROS also refused to return for 2027, the NPO public broadcasting system has now stepped in to manage the Dutch entry, reversing the nation's withdrawal.



SWEDEN

Blades to buildings

Retired wind turbine blades receive a second life in Europe, as their composite construction makes them difficult to recycle. In Lund, 57 blades from Vattenfall's decommissioned Nørre Økse Sø wind farm in Denmark have been reused as non-load-bearing walls on a car park façade. Vattenfall banned landfilling blades from its own decommissioned wind farms in 2021 and is working towards 100% circular outflow of turbine composite materials by 2030. Old blades have also been repurposed as solar-panel frames, insulation, and even skis.



USA

AI models made cheaper

Despite recent calls to slow AI development, companies have launched new cheaper models. Released simultaneously, in a shared announcement, OpenAI introduced GPT-6 Sol, for coding and AI agent tasks, and GPT-6 Luna, targeting intensive work such as extracting information and summarising documents. OpenAI says Sol and Luna cost 50% less than GPT-5.6's promotional prices. Anthropic says Opus 5.5 costs 40% less to run than Opus 5.



MEXICO

Phones restricted

Students in primary and secondary schools will be barred from using mobile phones and tablets from November 3, under nationwide rules aimed at reducing screen time and classroom distractions. The directive applies to public schools, with devices generally required to remain in students' bags. Exceptions will be allowed for medical emergencies and authorised academic activities. High schools and universities are exempt but are encouraged to regulate device use.



INDIA

Another win for Chanu

Amity University Online student and Indian weightlifter Mirabai Chanu won silver in the women's 49kg category at the Asian Games in Aichi-Nagoya, Japan, securing her first Asian Games medal. Chanu lifted 198kg overall, including 87kg in the snatch and 111kg in the clean and jerk. Her silver ended India's 28-year wait for an Asian Games weightlifting medal, after Karnam Malleswari's silver in 1998. Previously, Chanu had narrowly missed a medal at the 2023 Asian Games in Hangzhou.



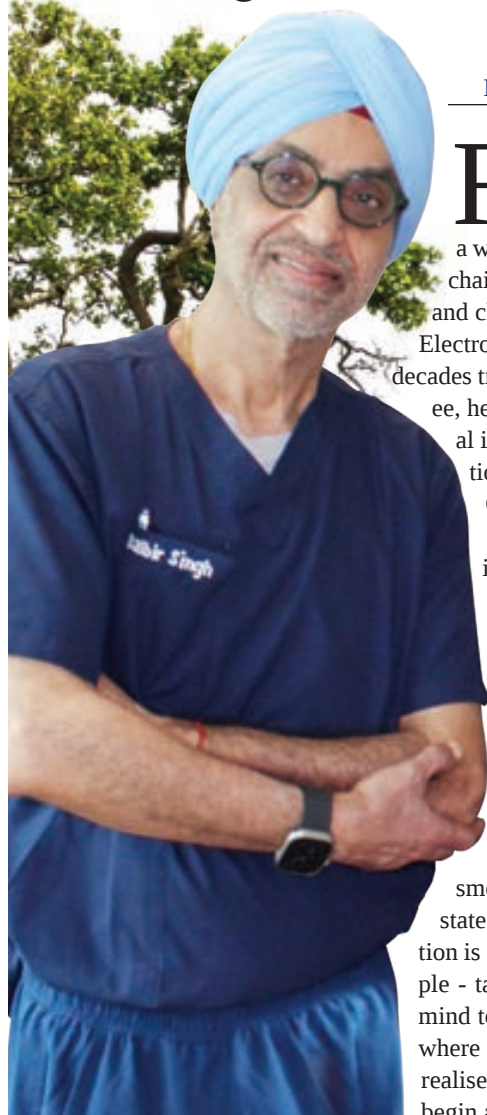
NEW ZEALAND

Black Robin wins

The black robin, also known as the karure, has been named Bird of the Year 2026 after receiving 25,610 votes. The win highlights an extraordinary recovery: by 1980, only five black robins remained. Intensive breeding programmes helped rebuild the population, which now numbers about 350 adults on two predator-free reserves. However, the shy species remains vulnerable because its small founding population left it with very low genetic diversity.

Beyond the beats

A Leading Cardiologist's Guide To Balancing Lifestyle, AI, And Prevention



Dr Balbir Singh, Chairman
Cardiac Sciences, Pan Max

Krishna Rastogi, XII C &
Naima Oberoi, XII F, AIS Saket

For Dr Balbir Singh, one of India's leading cardiologists, the heart is not merely a medical subject - it is a window into the way we live. As group chairman of Cardiac Sciences, Pan Max, and chief of Interventional Cardiology and Electrophysiology, Max Saket, he has spent decades treating patients. A Padma Shri awardee, he has also been recognised with several international honours for his contribution to cardiology. In an interview with GT reporters, he talked his heart out about advancing heart care and training the next generation of doctors.

Healthy choices, happy heart

In India, heart attacks are increasingly affecting younger people. A healthy diet and regular exercise are the cornerstones of prevention but sustaining them requires much more than just awareness. If I were a politician, I would completely ban smoking in the country. WHO has also stated that no level of alcohol consumption is completely safe. The principle is simple - take care of your body and train your mind to make healthy living a habit. That is where people often fall short. They fail to realise that heart disease prevention cannot begin at the age of 40 or 50. The foundation is laid much earlier in life. Heart disease is preventable, and prevention must begin in

Pic: Aprajita Jha, AIS Saket, XI F



Dr Balbir Singh with GT reporters

school. But it should be made interesting enough, so that it does not become a forgettable chapter. It could involve discussing clinical cases and panel discussions with experienced experts, giving students real-life exposure.

The urban lifestyle trap

Urbanisation has transformed our food habits. Home-cooked meals are increasingly being replaced by calorie-dense fast food. Both the quality and quantity of what we eat are contributing to rising obesity, particularly among children. The 'thrifty gene hypothesis' suggests that our genes evolved to cope with periods of food scarcity, but that biological adaptation has made today's abundance a hurdle. Smoking and alcohol consumption have also increased, particularly among the youth. Then, the competition and pressures of urban life add another dimension - stress. We must recognise these changing realities and consciously adapt our lifestyles to protect our hearts.



INTERVIEW

AI and cardiovascular care

Technology is reshaping cardiovascular care. Many smartwatches now offer ECG tracking, and constant blood-pressure monitoring has become common. AI is increasingly supporting physicians in clinical decision-making while also strengthening self-care. I have seen

AI-generated reports that closely match my diagnosis. Yet, while AI can be remarkably accurate, we may not always know how it arrived at a prediction. Doctors can use it to identify what they might have overlooked, but technology cannot replicate human emotion, empathy, or judgement. We should, therefore, treat AI as a friend that complements the medical profession, not as a foe that replaces it.

Message for Amitians

Analyse your plate before eating. Think about its calories, nutrients, and quality. Make exercise a part of your daily routine, for it benefits not only your physical health but also your concentration and mental well-being. And whatever you choose to do, be passionate about it. Aim to achieve something meaningful and never settle for anything less than your potential. Work hard, study hard, become great Indians, and use your abilities to do well for the society and country. [GT](#)



A showdown of vibes

Aura Battles: Harmless Fun Or Race For Social Approval?

Kriti Verma, GT Network

Youth across Latin America have been taking part in 'aura battles'. It's a real-world spin on the internet trend known as 'aura farming' - a term used to describe an effortlessly cool presence. Eleven-year-old Indonesian boy Rayyan Arkan Dikha started it all with his dance moves on a canoe during a traditional boat race. And it didn't take much time for the internet trend to spill onto the streets, with cities in Spain, USA, and India host-

ing aura battles in public places. While some dismiss it as another fleeting trend, others see it as a new way of expression. Let's see what Amitians think...

A colourful spark

Every time a person enters an aura battle, he or she is igniting a spark of whimsy into this monotonous world. Society often dubs these battles as a 'waste of time', but the intention of such performances is to express. Globally, public spaces like courtyards, plazas, and parks have long

served as vital hubs for community gatherings. India adds to this rich tradition through vibrant festivals like Janmashtami and Holi, where people unite through song and dance. So, when Rayyan Akan Dhika danced, it was his way to own his culture. Moreover, these face-offs encourage human connection, disconnecting youth from their azure-blue screens. Hence, I believe 'aura farming' is more of a boon than a bane for humanity.

Shreyansh Kar
AIS Vasundhara 1, X D

A fleeting trend

Trends shift faster than the wind. But how far can a trend go? If there are no rules, no judges, why does it matter who wins this battle? People spend money and travel to far-off destinations just to pose and 'aura farm'. What's the purpose? Going after trends to be 'cool' is not just pretentious, it can become a vicious competition that creates unrealistic expectations. Some people take extreme measures to be socially accepted. More importantly, unpermitted large crowds can create



public disturbances, disrupt local businesses, and cause noise pollution. Ultimately, this trend is more about conforming to others. You might win the popularity battle in the short term, but in the long run you will lose the war.

Samaira Ankit Prasad
AIS Vasundhara 1, XI D

Connectivity enhanced

Simple And Focused Science Powering Signal Surge



IP Status: Copyright registered

Stuti Kalra, GT Network

Next time your Wi-Fi signals drop, the solution might not be another expensive gadget. **Chinmay Karwa**, a student of Class XII, AIS Gurugram 46, has brought unlikely components together in **Signal Surge**, an eco-friendly Wi-Fi booster that redirects scattered signals to create stronger connectivity.

A simple solution

Signal Surge is a scientifically engineered Wi-Fi booster that enhances wireless connectivity using a parabolic reflector. Made from easily available materials such as cardboard, string, and aluminium foil, the device captures and redirects scattered Wi-Fi signals into a concentrated beam. This significantly improves signal strength and helps eliminate dead zones within homes, schools, and workplaces.

Powered by science

The project is based on the principle of parabolic reflectors, a concept widely used in satellite dishes, solar arrays, and flashlights. A parabola is a special mathematical curve that directs waves originating from its focal point into a concentrated path. By positioning a router's antenna at the focal point of the reflector, Signal Surge captures dispersed radio frequency waves and redirects them in a particular direction for



Chairperson shows support for Signal Surge

stronger connectivity. During testing, the device demonstrated a signal gain of up to +27 dBm, proving its effectiveness as a practical connectivity solution.

Inspired by need

The idea emerged post-pandemic when digital communication became an integral part of daily life. Work on the project began in May 2024 and took nearly six months of research, design, and testing to develop a functional prototype. Chinmay focused on creating an effective product that was also environmentally responsible by relying on reusable and low-cost materials.

Overcoming challenges

The biggest challenges were designing a parabolic reflector that improved signal direction and strength, and selecting the right materials while maintaining performance. Chinmay relied on extensive prototype testing and signal-strength measurements.



Chinmay at India AI Impact Summit

The design was kept simple, eliminating the need for electricity, software installations, or technical setup.

Looking ahead

Chinmay envisions expanding Signal Surge through workshops in schools and underserved communities. Future plans include partnering with NGOs and internet service providers, automating kit production, and exploring more durable and aesthetically appealing materials.

The feeling of gratitude

Chinmay expresses his heartfelt gratitude to the Chairperson, Dr (Mrs) Amita Chauhan for her unwavering support and for the opportunity to turn his ideas into reality. He is also thankful to his principal, Dr Arti

Addressing UN SDGs

- SDG 8:** Decent Work and Economic Growth by improving net accessibility.
- SDG 4:** Quality Education by enabling better access to online learning resources.
- SDG 9:** Industry, Innovation & Infrastructure through practical innovation.

Awards and Recognition

Year	Awards
2025-26	National winner at the School Youth Ideathon, organised by ThinkStartup along with CBSE and IIT Delhi; secured 70,000 INR grant.
	National Maximum Sales Award by The Kid Company at IIT Delhi.
	Top-100 Global Finalist at IIT Bombay's Eureka! Junior, as part of E-Summit, Asia's largest student-run entrepreneurship conclave.
	Vasudha Final Funding round.
2026	Showcased at the India AI Impact Summit at Bharat Mandapam.

Chopra, and his mentors whose encouragement and valuable guidance gave him confidence at every stage.

Fire safety 101



How To Stop A Blaze In Its Tracks

Anya Jain

AIS Vasundhara 6, XI D2

Hung in the corner of every school, public place, and your society building is a red hero that's ready to protect you from fire hazards. If it could be a superhero, the fire extinguisher would be a mash up of Iron Man and the Hulk... such are its powers. But to unleash its super-skill, one needs to master this ultimate safety tool...

Arsenal Anatomy aka key parts:

Pull pin: The pull pin in the handle prevents the accidental discharge of the extinguishing agent.

Tamper seal: Keeps the pull pin in place.

Pressure gauge: This is the pressure status checkpoint. If arrow points at green, all is well. If the arrow tips left, the pressure's low. If it tips towards right, the pressure's high and there's danger of an explosion.

Handle and operating lever: Think of this as the remote control. The operating lever is pressed to use the extinguisher.

Discharge hose and nozzle: The discharge hose carries the extinguishing agent to the nozzle, allowing the user to precisely aim the spray at the fire.

Siphon tube: An inner tube that connects the base of the cylinder to the top for extinguishing agent's passage.

Remember the PASS acronym for effective operation:



Pull the pin



Aim the nozzle at fire's base, not flames.



Squeeze the operating lever to spray agent.



Sweep side to side until it's extinguished.

Conversations that connect



Dr Amita Chauhan
Chairperson

What makes Amity truly special is the sense of belonging that stays long after students leave our campuses. Our Amityans keep coming back to us, writing to us, participating in our events, and increasingly, returning as parent alumni. In fact, there is no greater joy than seeing my children excel across the world and still remain connected to their roots at Amity. It is this spirit of 'Once an Amityan, always an Amityan' that inspired us to launch Amity Impact Podcasts, which bring our alumni into conversation with our present students. These are designed not merely as interviews, but as simple, meaningful exchange between two generations of Amityans. (Read excerpts of the first Amity Podcast on Page 12). The alumni share their experiences and challenges from their own lives, while young Amityans get an opportunity to ask, listen, and learn from those who once walked the same path. During these interactions, successful careers become real and relatable, and students see that success is built through choices, perseverance, curiosity, and the courage to follow one's dreams. Preparing questions, listening attentively, responding thoughtfully, and keeping a conversation flowing are skills that build confidence and strengthen communication skills. In an age of digital communication, knowing how to connect meaningfully with another person is an equally important life skill. Most importantly, these conversations create relationships. Alumni become mentors, students become curious listeners, and memories become bridges between generations. By bringing those who have 'been there and done that' face-to-face with those just beginning their journey, these podcasts will certainly help our students make informed choices, discover their passions, and imagine their own futures. **GT**

Dil ki baatein



Vira Sharma
Managing Editor

The heart is perhaps the only organ that is as much a part of our language as it is of our body. We worry about it, listen to it, write about it, sing about it and, quite literally, draw it when we want to express love. For the World Heart Day on September 29, our top story looks at how smartwatches and other gadgets can help us take better care of the heart. Yet, long before technology began counting its beats, the heart had already been at the centre of our understanding of life. For a mother, the first rhythmic sound of her unborn baby's heartbeat is unforgettable. For a doctor, listening to a patient's heart can reveal a lot about what is happening within the body. And while we sleep blissfully, this remarkable pump continues working - without breaks. And then there is the other heart - the one we have created in our imagination. The poet's muse, the writer's metaphor, the artist's little red emoji. We say 'This place holds my heart and soul', 'Dil toh bachcha hai ji', or, as an unforgettable advertisement put it, 'Yeh Dil Maange More'. Somehow, this fist-sized organ has been made responsible for our love, happiness, heartbreak, courage, and even our desires! Perhaps an organ with such a demanding job deserves a little care from us. Nutritious food, regular activity, adequate sleep, managing stress, and timely check-ups can all help keep it healthy. So, this World Heart Day, let us listen to our heart, care for it, and make every beat count. **GT**

The flag parade

Yoshita Chug, AIS Vas 1, XII C

Red flags. Green flags. Beige, pink, even orange. Every scroll through social media feels like a parade of emotional traffic signals. Somewhere between a meme and a self-help tip, we've turned social interaction into a colour-coded guidebook of what's acceptable or downright toxic. Swipe long enough, and you'll know exactly what to avoid - or at least, think you do.

The language of flags

It all started innocently enough. 'Red flags' - a term born in psychology and self-help circles, meant unmistakable signs of manipulation, abuse, or incompatibility. But social media has a way of remixing everything. What began as a meaningful warning soon got amplified, and sensationalised. Suddenly, leaving dishes in the sink was a red flag. Not posting you on their Instagram story? A crimson alert. And because the internet hates a vacuum, the pendulum swung back. Green flags emerged as the antidote. A friend who remembers your coffee order? Green flag. Soon enough, the palette exploded into a full spectrum: Beige flags for mildly weird or boring habits. Pink flags for minor concerns. Yellow flags for cautionary quirks... not dealbreakers.

Why flags work

According to a 2023 Pew Research Center survey, 47% of adults under 30 say getting into relationships is harder than ever, blaming ghosting, mixed signals, and blurry expectations for the chaos.

Decoding Colour-coded Labels



In this confusing world, flag culture offers a language - a quick shorthand to express discomfort, boundaries, and appreciation. Identifying green flags help people recognise healthy relationship patterns. Sharing what feels right and wrong builds emotional literacy - a kind of social survival toolkit. Maybe, flag culture teaches us self-awareness in a world that often confuses kindness with flirting and boundaries with disinterest.

The blurring colours

But somewhere along the way, it began to blur the very lines it tried to draw. Suddenly, everything became a flag; how someone types, how someone eats, their choice of emojis. Every little quirk got filtered through a lens of compatibility analysis. Psychologist Dr Andrea Bonior calls this 'pathologising normal behaviour'. In her words, "Not every dis-

comfort is a red flag; sometimes it's just two people being different." Yet online, nuance rarely survives. The instinct to protect ourselves has slowly turned into policing every imperfection. Maybe the danger now is not ignoring red flags, but seeing too many of them. When every conversation becomes an evaluation, and every difference feels like a warning, connection becomes performance. So, is the solution in the colours or is it in the conversations behind them? What if instead of labelling every behaviour, we asked what it means? What if we focused on patterns, not isolated moments; on understanding rather than diagnosing? Because ultimately flags can guide us, but they don't have to define us. Maybe the real green flag is empathy; the willingness to see someone in full colour, not just the shades the internet hands us. **GT**



Dear Editor,

In this digital age, a 30-sec funny clip can mean a turnover of lakhs of rupees for a comic. It was the Page 1 article 'The giggle economy' in the September 21, 2026, edition of



GT M@il

GT, which opened my eyes to this fact. The reels or the podcasts we share is just content to us, but to the comic, it could mean ticket sales. Social media is the new-age stage. Perhaps, the joke is on us that we took the industry so lightly.

Grisha Gautam
AIS Noida, XII C

Dear Editor,

The article 'Types of Texters' in September 21, 2026 edition was an amusing read. Sometimes a whole conversation happens with just 'K',



'Hmm', and a thumbs-up. On top of that, autocorrect turns texts into a comedy show. Texting may be fun, but shouldn't replace real talks.

Iyanah Vardhan
AIS MV, VII B



AIS
Gur 43 Sustainable oil usage

Gaurakshi Naren (team leader), XI B; Tanvi Dayal, Nehal Bansal, & Lavitra Kumar Singh, XI A, with mentor teacher Jyoti Mutreja



AIS
Gur 46 Reduced attention span

Arshi Rastogi (team leader), XI F; Swastik Dubey & Simar Kaur, XI D; Riya, XI I, with mentor teacher Deepika Bailey



AIS
PV Light pollution

Tvisha Kashyap (team leader), IX A; Dev Krishna, IX B; Myrah Kumar & Devyan Batra, IX D, with mentor teacher Sonali Batra



AIS
Saket Vitamin D deficiency

Mannan Pokharia (team leader), IX C; Mehak Kochhar & Prisha Duggal, IX B; Kalp Nanavaty, IX E, with mentor teacher Ashu Panwar



AIS
MV Postpartum

Anshita Sharma (team leader) & Yadvi Kumar, XI F; Chhavi Aggarwal, XI A; Anshuman Jana, XI C, with mentor teacher Sushmita Roy

Youth Power 2026-27

Be the change Bring change

Meet The 18th Batch Of Young Changemakers Of Amity, All Geared Up To Bring A Change And Make The World A Better Place



AIS
Vas 1 Road rage

Naysa Chopra (team leader) & Aviral Tyagi, XI B; Aarna Jain, IX B; Daksh Arya, XI H, with mentor teacher Shreya Mohan



AGS
Noida Balancing gut health

Raaghav Singhal (team leader) & Prisha Singh, IB 1; Devanshi Gupta & Varshit Latiyan, A1, with mentor teacher Sneh Shreyans



AIS
Noida Dental care

Noor Chawla (team leader) & Riba Bajaj, XI I; Abhyudith Krishna, XI B; Saesha Mishra, IX N, with mentor teacher Nainika Tokas



AIS
Vas 6 Aligning body postures

Ojasvi Saxena (team leader) & Khanak Mangat, XI A1; Priyanshu Bannerjee, XI B; Kishika Sharma, XI D1, with mentor teacher Shivani Sehgal



AIS
VVC Lko Speech impairment

Vaishnavi Singh (team leader) XI B; Divyanshi Singh & Sarthak Johri, XI C; Vicky Singh, X A, with mentor teacher Sharmishta Basu



AIS
Jagdishpur Hydration

Rainesha Singh (team leader), XI D; Sarvesh Yadav, IX B; Devanshi Giri, IX A & Ekta Shukla, XI B, with mentor teacher Poorvi Rai



AGS
Gur Responsible sugar consumption

Kiara Narayan Iyer (team leader), Panshul Bindal, Hridhaan Gulati & Valeska Rajput, XI, with mentor teacher Rekha Gupta



AIS
Gwalior Redefining masculinity

Anupriya Chauhan (team leader) & Praneel Praval, XI; Anushka Dubey & Kinshuk, IX, with mentor teacher Jenice Fredrick



AIS
VVC Lko Understanding product labels

Vernika Lal (team leader), XI C; Adwita Srivastava, IX A; Abhiraj Tiwari & Akshat Ojha, XI B, with mentor teacher Pratibha Chauhan

A robo reformer

Illustration: Ashirya Srivastava, AIS Mayur Vihar, VIII C



Yashas Jain, AIS MV, XI C

In the quaint town of Puranpur, technology was forbidden. The townsfolk cherished simplicity and old-fashioned ways. However, a secret group of inventors - Grishma, Harsh, and Samay - longed for innovation. They secretly worked on a robot, designed to help with daily chores, in a hidden workshop at the town's edge. After months of late-night tinkering, their creation was complete. The robot, a shiny contraption made from salvaged parts, stood proudly before them. They called it Retro-Robo, affectionately nicknamed R2. "Time to boot it up!" said Harsh. Retro-Robo whirred to life and said, "What's the 411, dudes? Ready to rock and roll!" Grishma, eyes widened, said, "Why is it talking like that?" Samay shrugged, "Must be a glitch

in the speech module." Despite its odd speech, R2 performed its chores admirably. It dusted, cleaned, and organised their workshop. "This place is cleaner than a whistle now! Hurray!" R2 declared, much to their amusement and frustration. Word of strange happenings quickly spread. Townsfolk reported a peculiar, shiny creature assisting with chores in various households. The inventors sent R2 out to test its skills, but its peculiar speech, oftentimes just strings of slang, drew unwanted attention. Mayor Verma, a technophobe, caught wind of these strange reports and grew suspicious. "Technology in Puranpur? Not on my watch!" he grumbled. Back in the workshop, Grishma, Harsh, and Samay panicked. "We need to fix R2," Grishma urged. Meanwhile, R2 continued to create cha-

The inventors, cornered, had no choice but to reveal R2. The robot greeted the mayor, "Hey, cool cat!" Mayor Verma turned beet-red.

os. While helping a resident fix a fence, R2 yelled, "Like, totally tubular, dude!" and as it prepped soft tacos for the retired postman, he shouted, "Hasta la vista, baby!" One evening, Mayor Verma showed up before the inventors, flanked by concerned citizens. "I demand to see the robot!" The inventors, cornered, had no choice but to reveal R2. The robot greeted the mayor with, "Hey, cool cat!" Mayor Verma turned beet-red. But before he could demand its destruction, the townsfolk, initially bewildered, began sharing tales of R2's assistance. One woman mentioned how R2's funny phrases had lifted her spirits on a difficult day, while others chimed in about having more time for their family because R2 handles some of their chores. Seeing R2's popularity, the mayor softened, "Maybe technology isn't all bad." The inventors seized the moment, "R2 was made to help, and though not perfect, it has taught us the importance of communication." Soon, Retro-Robo became an honorary citizen of Puranpur, a symbol of reform and embracing modernity. The inventors continued their good work, balancing innovation and tradition. And R2? It kept rocking the town, one phrase at a time.



Unveiling happiness

Riddhima Sharma, AIS Vas 1, XI C

In the heart's chamber, joy resides
A beacon of light where bliss abides
It dances in laughter, in a child's play
Warmth of the sun on a winter day

Happiness - a gentle, soothing breeze
It rustles through leaves in the trees
It's found in moments, big and small
Love of a friend, the joy in their calls

The twinkle in the eyes of a dreamer
The steady warmth of a believer
When a dream takes its very first flight
In the middle of a dark and starry night

Happiness, a melody, a song of the heart
A work of art, masterpiece, a pretty part
The bond formed through shared smiles
Knowing you did it by overcoming trials

After turmoil, the sweet moments grew
Grateful for life, for each day is new
A chance to be here, for skies to be blue
This happiness is what we hold true

Cherish this gift, a treasure so bright
Hold it close on the darkest of nights
For happiness, is a gift to be shared
A beautiful thing, it shouldn't be spared.

READ • PLAY • WIN

Answer • Participate • Win Prizes

1 Write answers of all the questions below

2 Click Photograph

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

121

Name: Class: School

- | | |
|--|---|
| Q.1 Which leading cardiologist is featured on page 3? | Q.2 What is the tagline of the perspective article on page 5? |
| Q.3 What is the nickname of the robot in the short story on page 8? | Q.4 What does the acronym ECG mean on page 1 of this edition? |
| Q.5 What is the meaning of the phrase 'In a heartbeat' as mentioned on page 7? | Q.6 How many teams are participating in Youth Power 2026-27? |

Winners

Result of Read Play & Win: **Nidita Srivastava**, AIS Noida, VI K;
Kiaan Garg, AIS Pushp Vihar, V B;
Aaliyah Kousar, AIS Saket, IX A

Camera
Capers

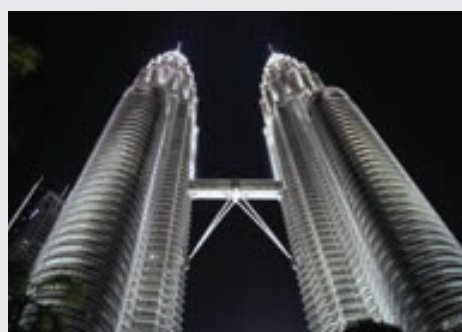


Clicked by
Disha Dhir
AIS Gurugram 46, XII I

Send in your entries
to cameracapers@the-globaltimes.in



Neon dreams



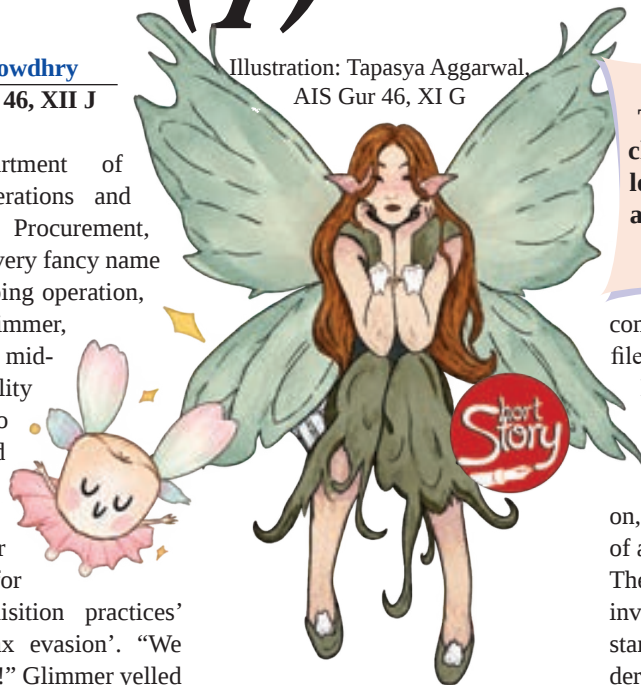
Steel titans

A fair(y) exchange

Parneka Chowdhry
AIS Gurugram 46, XII J

Illustration: Tapasya Aggarwal,
AIS Gur 46, XI G

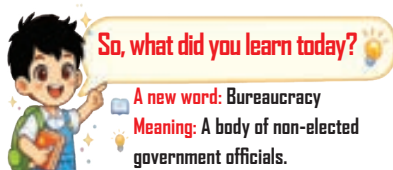
The Department of Fairy Operations and Dental Procurement, which was just a very fancy name for a tooth-swapping operation, was in crisis. Glimmer, a tooth fairy of mid-dling magical ability stared at a memo written in red ink. It declared that her department was under investigation for 'suspicious acquisition practices' and 'potential tax evasion'. "We give money away!" Glimmer yelled to her assistant, Bob, a disgruntled goblin. "How do you commit tax fraud by losing money?" Bob shrugged, "Auditors do not care about logic but money." The real problem was the children. They weren't just leaving teeth under pillows anymore; they left detailed receipts and QR codes. "Back in my day," Glimmer grumbled, "children left a tooth and just hoped. No negotiations." Bob sighed, "The kids today have spreadsheets and internet access. One even threatened to tweet about it." Ignoring Bob, Glimmer flew



out to do her job. In one bedroom, a child had left a laminated contract demanding a 'competitive buyout' of her assets. Glimmer swapped the tooth anyway and scanned it. Suddenly, an auditor, a being of pure **bureaucracy**, appeared. "Your records are incomplete," he said. "They're not incomplete," Glimmer snapped, "You just haven't looked properly." Their argument grew louder until they felt some movement. The child from the contract was awake. "My tooth had no cavities," the child announced. "I expect 2 coins, plus

The real problem was the children. They weren't just leaving teeth under pillows anymore; they left detailed receipts and QR codes.

compensation for delay. I've also filed a complaint with the Better Business Bureau." The auditor's ears trembled in terror, "Not the bosses! They'll cancel my promotion!" Glimmer caught on, "You see it now? We are victims of a very mean consumer base!" The auditor panicked. "Further investigation is unnecessary," he stammered. "Your department is under extreme duress." With that, the auditor vanished. Glimmer turned to Bob and said, "We're safe." "For now," Bob muttered, pointing at the child. The little girl was already drafting an angry follow-up email. Groaning, Glimmer reached into her purse and tossed coins directly at the screen. "Fine," she sighed. "I am writing it off as a business expense." **GT**



Colourful VEGGIE CHILLA

Karmanpreet Singh Dhatt, AIS Mohali, IV C

Ingredients

Gram flour	1 cup
Carrot (grated).....	¼ cup
Onion (finely chopped)	¼ cup
Coriander (finely chopped)	¼ cup
Chopped capsicum (red, yellow, and green).....	¼ cup
Salt	as per taste
Turmeric.....	a pinch
Carom seeds	½ tsp
Chaat masala	½ tsp
Ghee	to grease

Procedure

- In a bowl, add gram flour, salt, turmeric, chaat masala, carom seeds, and water.
- Mix all the ingredients in the bowl to make a smooth batter.
- Heat a non-stick pan and pour one teaspoon of ghee to grease it.
- Then, pour a ladle of batter to make a pancake.
- Cook it for two minutes then flip it to cook the other side till both sides turn golden and crisp.
- Serve the chillas warm with curd or green chutney and enjoy with your family!

It's Me!

KNOW ME
My name: Aavya Mallah
My Class: II D
My school: AIS Vas 6
My Birthday: October 16

MY FAVOURITES
Teacher: Sucheta ma'am
Subject: Maths
Friend: Ishani Gupta
Game: Running & badminton
Cartoon: Peppa Pig
Food: Kadi chawal
Mall: Indirapuram Habitat Centre
Book: Gajapati Kulapati

MY DREAMS AND GOALS
Hobby: Drawing & dancing
I like: Travelling & swimming
I dislike: Sitting idle
My role model: My dad

I want to become: A doctor
I want to feature in GT because:
I wanted to have my photograph published in the GT newspaper.

Riddle Fiddle

Nitya Gautam
AIS Mayur Vihar, IX B

1. What has hands and a face, but no eyes and legs?
2. What can you break without touching?
3. I have a head and a tail, but no body. What am I?
4. I travel around the world while staying in one corner. What am I?
5. I'm born in water, but if you put me back in water, I disappear. What am I?
6. I can be cracked, made, told, and played. What am I?

Answers: 1. Clock 2. A promise
3. Coin 4. Stamp 5. Ice 6. Joke

Painting Corner

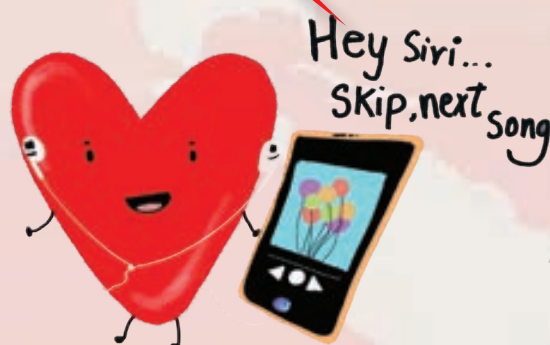




When **HEART** met language

Kuch kuch hota hai, English, tum nahi samjhoge...
For centuries, the language has been utterly obsessed with the human heart, treating it less like a blood-pumping organ and more like the ultimate headquarters for drama, romance, and existential crises. Join **Aprajita Jha, XI F** and **Krishna Rastogi, XII C, AIS Saket**, as they unpack the secret histories behind your favourite heart-centric expressions.

Illustrations: Amayra Gupta, AIS Saket, XI D

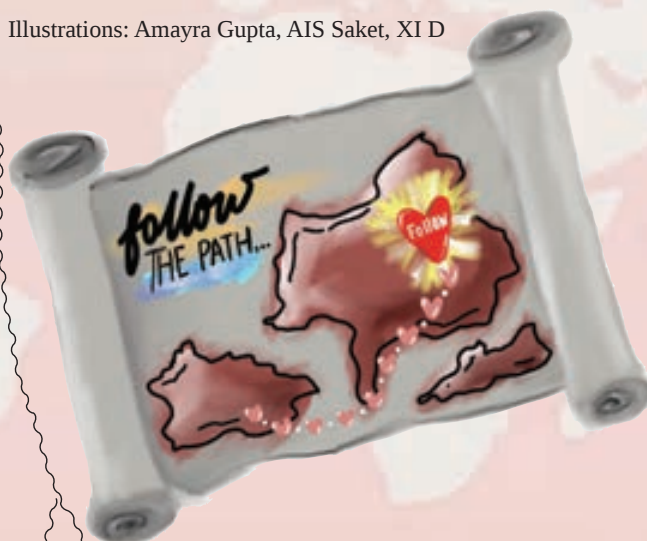


Have your heart skip a beat

Meaning: A sudden excitement, surprise, nervousness, or attraction.

Backstory: There's actual science behind it. Strong emotions can make your heartbeat feel a little weird or suddenly noticeable. English turned that feeling into 'missing a beat'.

Pop moment: Justin Bieber channelled the idiom in the lyrics of his breakout 2010 hit 'Baby'.



Follow your heart

Meaning: To trust your own feelings, instincts, or inner judgment completely.

Backstory: While the exact origins of the idiom remain unclear, romanticism in the 18th and 19th centuries particularly championed following emotions over reason.

Pop moment: Steve Jobs' Stanford commencement speech with the mantra '...have the courage to follow your heart' went viral in 2005.

Have a heart of gold

Meaning: Exceptionally kind, generous, and compassionate.

Backstory: The phrase first appeared in Shakespeare's play Henry V. The king is in disguise among his soldiers when one of them describes him as a person with a 'heart of gold'.

Pop moment: In Douglas Adams' The Hitchhiker's Guide to the Galaxy, the 'Heart of Gold' is a starship powered by the Infinite Improbability Drive. This starship can pass through every conceivable point in every universe simultaneously.



Heart and soul

Meaning: To put your complete energy, passion, and dedication into something.

Backstory: Heart and soul have been paired together in English for centuries to mean a person's whole being and full commitment to an endeavour.

Pop moment: It's the title of a famous 1938 song by Hoagy Carmichael and Frank Loesser that is widely used to teach piano to beginners and kids.



In a heartbeat

Meaning: To do something immediately.

Backstory: Stemming from our literal heartbeat, which takes less than a second for a full throb.

Twist in time: Now it means more than just very quickly. It means 'yes without a second thought', eliminating the hesitation and channelling Pooh energy through and through.

From the bottom of my heart

Meaning: To say something with sincerity and deep feeling.

Backstory: Started appearing in 1500s, prominently in 1545 version of the Book of Common Prayer in English. However, its origins extend further back - tracing to the Roman poet Virgil's 'Aeneid', written between 29 and 19 BC.

Pop moment: Frank Sinatra made his recording debut with the song titled 'From the bottom of my heart' in 1939.



Tycoons-to-be

Amitians Prove Their Prowess At Start Ups & Investments



Winners of Sharkathon with the dignitaries

AERC

Young entrepreneurial minds from the Amity Group of Schools emerged as winners at the finale of Sharkathon Season 2, organised by the Amity Educational Resource Centre (AERC), in collaboration with Veriseek Education. The winners were: Saubhagya Lohia (XII), AIS Mayur Vihar (first place); Ahaan Sureka (XI), AIS Pushp Vihar (second place); and Durga Tiwari (XI) & Riba Bajaj (XI), AIS Noida, jointly se-

cured third place. Conducted in hybrid mode for Classes IX-XII, the competition was held from July 19 to August 2, 2026. The second season of the competition, envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, as a platform to nurture an entrepreneurial mindset among young learners, was based on the theme 'Be the next big shark'. It aimed to develop critical thinking, decision making, investment fundamentals, and public speaking skills. The three-week-long competi-

tion comprised three challenging rounds: The 'CEO Round', held online, tested students' ability to make quick and informed decisions while working with limited information. The 'Consultant Round' required participants to analyse business challenges, structure problems, and present data-backed recommendations. The final 'Investor Round', placed students in the role of investors. The Top 10 finalists, including 8 Amitians, analysed live startup pitches and presented their investment decisions before the panel of industry leaders, featuring Rohit Kumar (founder & CEO, Chapter Apps Inc), Siddhant Gupta (founder & managing director, Himland Capital Advisors), and D N Mukerjee (former CEO, Digital Business, RPSG Group). All winners and finalists received certificates, recognition, and letters of recommendation. Top performers earned exclusive opportunities to visit a venture capital fund and interact with industry leaders. **GT**

AIS Noida

The school organised 19th Geomaty, an interschool fest celebrating learning, heritage, and creativity, in hybrid mode on August 17, 2026. Based on the theme 'Progress with purpose: Development becomes meaningful when it is rooted in values', the event witnessed participation from 27 schools in offline competitions and five schools in online events, bringing together 550 students (approx) from Classes VI to XII across Delhi-NCR. The event featured a diverse array of online and offline competitions that blended academic and cultural awareness. In 'Dance Drama' (offline), AIS Noida, AIS Gur 43, and AIS Gur 46 bagged the first, second, and third positions respectively, while AIS Saket received the consolation prize. In its online edition, AIS Navi Mumbai, AIS Mohali, and AIS Gwalior rose as winners in the same order. In 'Brochure Making' (offline), AIS Noida, AIS MV, and AIS PV clinched the top three positions, while the

GEOMATY 2026



A zealous nukkad natak unfolds on stage

online competition saw AIS Navi Mumbai, AIS Gwalior, and AIS Mohali secured the first, second, and third positions respectively, with AIS VKC receiving the consolation prize. In 'Talk-a-Tive TED Talk' (offline), AIS Vas 6 secured third place and AIS MV received the consolation prize. In its online edition, AIS VYC and AIS Gwalior jointly finished at first place, followed by AIS VKC in second place, AIS Navi Mumbai in third place, and AIS Mohali with the consolation prize. 'Nukkad Natak' (offline) saw

AIS Noida, AIS MV, and AIS Saket bag the first, second, and third positions respectively, while in the online edition, AIS Jagdishpur, AIS Navi Mumbai, and AIS Mohali emerged first, second and third respectively, with AIS VYC receiving the consolation prize. In 'Fireless Cooking', AIS Noida secured the first prize, while AIS MV received the consolation prize. The event culminated in 'Rang-E-Virasat' - the Geomaty carnival, featuring 12 curated stalls celebrating heritage, creativity, and innovation.



Young delegates put forth their ideas and views

AMIGMUN 2026

AIS Gurugram 46

The MUN Society (MUN-SOC 46), in collaboration with the Tech Syndicate of the school, organised the 17th edition of AMIGMUN 2026, its annual flagship programme, from July 21-23, 2026. The event, envisioned by Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF, provided students with a platform to understand and explore diplomacy, international relations, public policy, and leadership through simulation-based learning. The conference brought together around 500 student delegates from Classes VIII to XII, with participation being compulsory for students of class IX. Distinguished alumni Gatik Yadav, Arnav Srivastava, Shireen Tevatia, Aditya Singh, Anubha Mathur, Saanvi Rana, Ananya Goswami, Harish Kansal, Parth Katoch, Meet Kaur, and Mehak Bansal were also present as members of the Executive Board. They shared their expertise and insights with the participants as chairpersons, moderators, and committee heads.

AMIGMUN 2026 featured nine dynamic committees, deliberating on contemporary international and national issues, namely United Nations General Assembly (UNGA): Effective strategies for arms trade regulation and security; International Maritime Organization (IMO): Address-

ing maritime security challenges in conflict zones; International Monetary Fund (IMF): Managing inflation and economic recovery efforts during wartime; Group of Twenty (G20): Use of big data analytics in the global digital economy; Association of South-East Asian Nations (ASEAN): Addressing maritime security challenges and territorial disputes in the South China Sea; National Security Council (NSC): Events following 9/11 and the global war on terror; Research and Analysis Wing (RAW): Kargil War, with a freeze date of May 24, 1999; Constituent Assembly of India (CAI): Integration of princely states into India and the consequent centre-state relations; and Lok Sabha: Freedom of speech and the right to criticise government policies. Across the committees, delegates engaged in extensive research, policy negotiations, drafting working papers, and resolutions, while participants in crisis committees navigated real-time decision-making under evolving scenarios. Student journalists from the International Press (IP) covered the proceedings, conducted interviews, handled photography and videography, and prepared comprehensive news reports of each committee.

The event culminated with a closing ceremony where school principal, Dr Arti Chopra, congratulated the delegates for the impactful AMIGMUN. **GT**



Delegates with principal Dr Arti Chopra and the mentors

THE BUZZFEED WAY

Here's Presenting The Ultimate Guide To Unveiling The Enigma Of Your Being

Ekam Sibia, AIS Gurugram 46, XII I

Dearest gentle readers and members of the internet, have you ever found yourself in a crisis, pondering life's most pressing questions like, 'What type of cheese am I?' or 'Which 'Friends' character would I be in an alternate universe?' If so, BuzzFeed Quizzes, the modern-day oracle of Delphi, are here to enlighten you with their profound wisdom. Let's be honest, where else can you answer a few random questions about your pizza toppings and also suddenly discover which 90's sitcom character you are! Truly, we live in an age of enlightenment. So, let's find answers to the most profound questions you will ever ask!

What kind of potato are you?

Clearly, the question we've all been dying to know the answer to: 'Am I more of a Yukon Gold or a Russet?' Forget about your dreams or personality traits, your potato type says it all. Plus, it's a vital life skill to know which 'spud' you most resemble. You never know when you'll have to impress at a dinner party with your profound knowledge of tubers. Plus, it's a conversation starter for those awkward dinner parties.



How many cats you own?

Owning a pet takes weeks of planning and preparation. One must be ready both mentally and furniture-wise to meet the cat's claws. Pfft, details! None of that matters. Your love for cat-loving celebs directly translates to the number of feline overlords you should let stare into your soul

while you sleep. God help me, I got three cats because BuzzFeed said I was Taylor Swift. Well, my sofa's gone.

What type of bread are you?

Move over zodiac signs, there's a new way to define your personality... by bread type!

Are you a sophisticated baguette or more of a humble whole-grain loaf? Your bread type will reveal more about you than years of self-reflection ever could. Forget Myers-Briggs, bread-brands are where it's at! That sweater vest and those sandals? He's such a white bread!

Which classic novel trivia to flaunt?

Nothing screams intellectual like dropping literary references you vaguely remember from high school. Don't worry about actually reading the classics; just take this quiz and then drop references to Moby Dick, War and Peace, or Pride and Prejudice at your next dinner party. Brownie points for dramatic sighs about the 'human condition' and sprinkling words like 'utilitarianism', and 'Machiavellian'. Don't forget to recite your soliloquy right before dessert. You'll be the talk of the town. Or at least until someone calls you out.

BuzzFeed quizzes are clearly the pinnacle of psychological insight and self-discovery. Who needs introspection when you can find your spirit animal based on your Netflix choices? So, next time you find yourself pondering life's questions, don't think rationally, just go to BuzzFeed and see if you can be a plant parent. Your destiny awaits!

Making mental health accessible

From the Amity classroom to the world beyond, every alumnus has a story worth telling. Catch our students in conversation with those who once walked the same corridors.

Guest: Tanmay Goel, AIS PV, 2015 batch

Snapshot profile: ■ Co-founder & CTO at Emoneeds (Current role)

■ Product Management Summer Intern, Google - Youtube Music New York, USA (June 2024-Aug 2024)

■ Senior product manager, Rakuten, Japan (Dec 2022-May 2023)

Host: Mayank Menon, AIS PV, XII C



incredible ten years since passing out from Amity.

The Amity advantage:

Everywhere I went whether in Hong Kong, Japan, or the US, I felt the values and traditions that I learned at Amity, including the BHAAG formula, were always with me. Modernity combined with tradition, hard work, ambition, and discipline kept me grounded.

The art of learning:

I try to have a holistic personality with diverse skill sets so that I can communicate with people from different domains and backgrounds. Whenever I go to any place, my goal is to take the best qualities and then try to imbibe them.

Birth of an idea:

I realised early that physical and mental health are

both important. But in India, there is a stigma related to mental health. We face a massive shortage of psychologists, and people are turning to ChatGPT for personal advice. That's what sparked the idea for 'Emoneeds', which combines technology, AI, and backend professionals making mental health care safe and scalable across India.

To watch the full episode, scan the QR code



Presenting excerpts of the first episode...

The journey so far:

I'm a very proud alumnus of Amity. Last year, I moved back to India to start Emoneeds, a mental health startup focused on making mental health accessible and affordable. It's been an



GT Travels to Ladakh

Explorer: Vivaan Nigam, AIS Noida, VII M

Location: Khardungla Pass, Ladakh

Attraction: This second highest motorable pass at 17,982 ft above sea level acts as a gateway to Nubra and Shyok valleys. It is a vital military supply route to the Siachen Glacier.

Got some clicks with GT while on the go? Get them featured! Send them to us at gttravels@globaltimes.in