

Nurturing shooting stars



Dr Amita Chauhan
Chairperson

Shooting as a competitive sport made its Olympic debut in 1936, and has since become one of the most popular sports globally. India, too, has had its share of triumphs at the Games, with medal-winners like Abhinav Bindra, Rajyavardhan Singh Rathore, Jaspal Rana, Manu Bhaker and many more doing the country proud. Amity's journey to nurture this illustrious legacy of shooting championship began in 2000 at AIS Noida and gained momentum

in 2005 with the establishment of Amity Shooting Club at Amity University Noida. In 2008, AIS Vasundhara 6 joined the ranks, further strengthening our position as a hub for shooting excellence. AIS Noida and AIS Vas 6 both have 10 meter shooting ranges which are equipped with semi-automatic electric targets, while the University is equipped with an air-conditioned indoor range with electric target systems. These state-of-the-art facilities are supported by highly qualified, NIS-certified coaches who train students to compete in 10 meter pistol and rifle events.

Over the years, Amity's shooting teams have won numerous medals at international, national and zonal competitions. Some of our shooting stars are Suhani Chauhan, Arpit Goel, Mohit Singh, Sumedha Madan, Soham Wahi, Garima Chauhan, Yash Miglani, Pranoy Chakrabarty, Hridyansh Sharma, Nakul Veerwal and Arunima Gaur. Looking at these commendable results, I am convinced that our shooting club is well-positioned to produce future Olympic champions.

It's Time to Say! Hip, Hip, Hurray!

Aditya Verma, of Class IX, AIS Noida, clinched gold medal in U-59 Kg category of the Taekwondo Championship North Zone-1, while Aryan Singhal, of Class IX, AIS Vas 6, won bronze medal at the National Junior Thang-Ta Championship. 🏆🇮🇳

For humanity



Sumita Athley
Principal, AIS Vas 6

As the world order is fragmented geopolitically, the young generation is the most vulnerable. The escalating skirmishes that dominate today's headlines have far-reaching consequences on children's educational, emotional, and social well-being. Children in conflict zones suffer incessantly and it's time that the world leaders and educationists must come together to voice this concern. As

educators, the onus lies with us to raise

awareness regarding this predicament and enlighten decision makers and world leaders towards peace, education, and compassion. Not only as educators, but as global citizens, we need to advocate children's well-being and education, and provide psychosocial services. Above all, the world must foster an empathetic culture, where understanding and peace prevail.

Under our respected Chairperson ma'am's philanthropic guidance, we take pride in saying that our motto is 'Vasudhaiva Kutumbakam'. We nurture children and build futuristic global citizens, whose purpose is to lead the world towards a peaceful future. The Global Times is an evidence of Amity's commitment to offering unparalleled chances for success across a range of domains. The editorial board of AIS Vas 6 deserve praise and recognition as they have worked tirelessly to produce this captivating contest edition. 🇮🇳

Our doubtful 'if'

The Good, The Bad, And The Truth

Kanav Kumar, X E &
Manya Aggarwal, XI A
AIS Vasundhara 6

The small, two-letter word 'if' encapsulates our innate tendency to question and explore life's possibilities. It opens doors to endless possibilities but can also cast shadows of doubt. Is this habit of questioning always beneficial, or can it sometimes lead us astray? Like a harbour that can either shelter a ship or a rock that can sink it, the word 'if' wields significant power over our decisions and lives.

A catalyst for critical thinking

Imagine standing at crossroads, contemplating your next move. The word 'if' becomes your guide. A study by the University of Toronto emphasises the value of 'counterfactual thinking', a cognitive process where individuals consider 'what if' scenarios. This kind of thinking has been shown to enhance problem-solving abilities, enabling people to anticipate obstacles and devise more effective strategies. This isn't just theory, it's a practice used by some of the most resilient companies in the world. In the Harvard Business Review, research highlights how scenario planning, which revolves around exploring multiple 'if' scenarios, helps organisations stay steady even when markets become turbulent. By imagining what might go wrong,

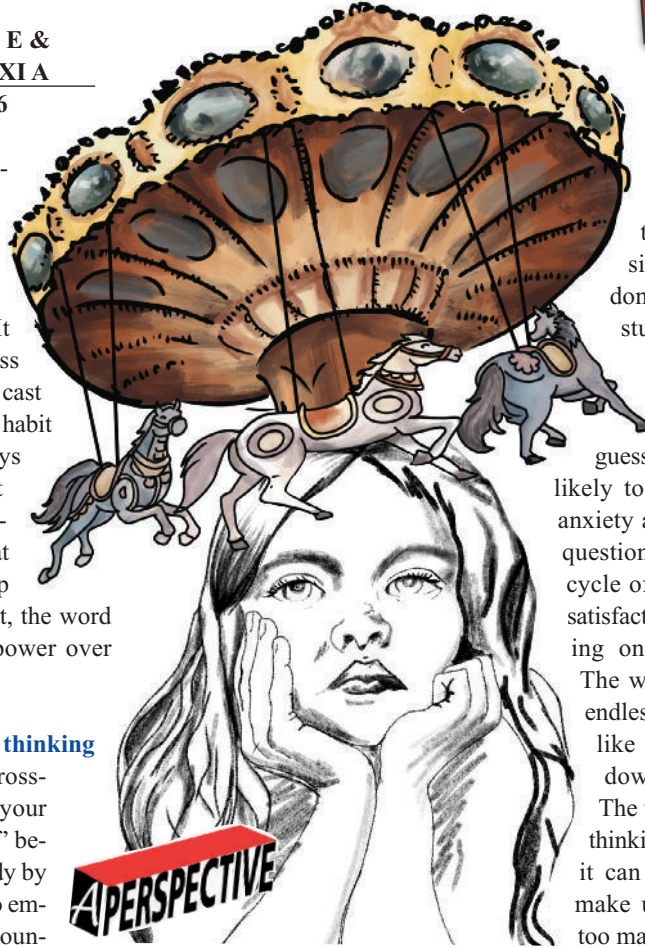


Illustration: Advit Parashar, AIS Vas 6, XI E

these companies build strategies that ensure they don't just survive, they thrive.

When 'if' becomes a trap

'If' can also be a double-edged sword. Picture this: you're at that same crossroads, but instead of confidently choosing a path, you're frozen, overwhelmed by all the possibilities. This is what psychologists refer to as 'analysis paralysis', a state where overthinking hampers decision-making. A survey by the American Psychological Association



found that over 70% of people experience decision fatigue when confronted with too many choices or possibilities. And the effects don't stop there. Another study from the University of California, Berkeley, reveals that those who frequently second-guess their decisions are more likely to experience heightened anxiety and stress. The constant questioning of 'if' can create a cycle of doubt, regret, and dissatisfaction, ultimately diminishing one's overall well-being. The word that once promised endless possibilities now feels like an anchor, dragging us down into a sea of doubt. The ultimate disadvantage of thinking in terms of 'ifs' is that it can lead to self-doubt and make us vulnerable to seeing too many options at once.

So, how do we navigate this complex relationship with 'if'? The key lies in balance. Like a skilled sailor who knows when to steer the ship and when to drop the anchor, we must learn to use 'if' to our advantage, questioning just enough to be prepared, but not so much that we become paralysed by possibilities. 'If' is neither inherently good nor bad. By recognising when 'if' is guiding us toward better decisions and when it's pulling us into the depths of overthinking, we can ensure that this small word serves as a compass rather than a weight.

Inspiring minds

The GT Awards 2023-24 excitement has barely subsided, and we are already gearing up for the next set of newspapers in the contest edition series for 2024-25. These newspapers, crafted by our talented students, showcase their intellectual, literary, and artistic skills while highlighting their journalistic expertise. From brainstorming unique page ideas to skilfully penning ar-

ticles, creating captivating illustrations, and editing everything to meet publication standards, a tremendous amount of time and effort goes into producing each CE. As a GT mentor for seven years, I believe The Global Times, an initiative by our respected Chairperson, offers stu-



Shweta Tomar
GT Coordinator

dents an unparalleled platform to embrace roles as writers, designers, photographers, and team leaders. Thanks to the invaluable guidance from the GT team, students gain insights that help them envision their future in today's competitive world. As we kick start the journey to this year's CEs and look forward to reading the magnificent editions, we hope that we meet the reader's expectations!