

# Nurturing swimmers



Dr. Amita Chauhan  
Chairperson

Swimming is more than just a hobby or sport, it is a life skill essential for the holistic development of children. Apart from providing health benefits, swimming also enhances cognitive abilities, builds mental endurance, hones decision making skills and develops a fearless spirit. This is why we have established world-class swimming infrastructure, both at AIS Gur 46 and Amity University, with facilities that are at par with international standards. Our Olympic-size swimming pools (50 meters x 25 meters) feature eight lanes - each 2.5 metre wide - designed for competitive training. Highly experienced coaches train students in techniques like butterfly stroke, freestyle, backstroke, breaststroke etc. Regular and thorough medical examination of swimming aspirants is also done to ensure excellent fitness levels. Guided by this expert mentorship, Amityans have won several awards in prestigious swimming competitions at state and district levels. For instance, Nikhil Sharma, of AIS Gur 46, clinched gold medal in open state water polo championship, while Aashmi Chaudhary, of AIS Noida, won two gold medals in the CBSE Nationals. It is Amity's vision of nurturing excellence that constantly motivates us to provide for our students the opportunity to excel on national and international stages.

## It's time to say Hip, Hip, Hurray!

Young innovators of Amity proved their scientific prowess at 10th IISF (India International Science Fair) where two projects by the students of AIS Vas 6 and AIS Gur 43 - won top awards in various categories out of 100 shortlisted projects. It is a matter of great pride that a total of 14 projects from Amity Group of Schools made it to the top 100 in the science fair. [G T](#)

# A way forward



Dr. Anshu Arora  
Principal, AIS Gur 43

*"The best way to predict a child's future is to create it." - Abraham Lincoln*

With immense gratitude, we acknowledge the visionary guidance of our revered Chairperson ma'am. Her unwavering commitment to holistic education has not only empowered our students to confront pressing global and youth challenges but also enabled them to pave the way for a brighter, more promising future.

The Global Times stands as a beacon of innovation and expression, encouraging our young minds to find their voices, articulate their thoughts fearlessly, and venture into uncharted realms of possibility. In a world grappling with environmental degradation, the unrelenting chase for success, and the omnipresent influence of social media, it is essential to pause, reflect, and reconnect with our roots.

This contest edition is a labour of love by our editorial board, bringing together a collection of thought-provoking narratives to inspire change and introspection. From an enlightening interview with Dr Naresh Trehan on achieving a fulfilling life to the remarkable story of a young woman entrepreneur uplifting her community, and an in-depth look at the pervasive phenomenon of FOMO, this edition aims to ignite meaningful conversations and spark transformative ideas. We hope you find this edition as enriching to read as we found it rewarding to curate. [G T](#)

# FOMO diaries

## Feeling Leftout? You've Got Company

Ragini Singhal, XI S &  
Chhavi Gupta, XI C  
AIS Gurugram 43

**H**ave you ever had rats run around in your stomach as you look at an Instagram post of your friends hanging out without you? That's called FOMO - fear of missing out. From something minute like getting the dress code wrong, to not being invited to a party, it doesn't take much for our paranoia-filled brains to snowball into a code-red disaster, something our friends below know about.

### Frazzled Fran

"Do we have enough party favours?" "Is Andy not coming to the party?" Running around in a half-dazed state, the need for everything to be perfect at her party had left Fran standing around awkwardly at the gate, greeting

guests while her friend's laughter echoed outside. The poor girl had spent all week patiently waiting for this day, yet even the prettiest dress or the perfect party favours could not stop her from feeling a terrible, terrible anxiety every time she heard laughter from her friends across the room. It was after all her party, but was she truly the belle of the ball?

### Anxious Andy

Ping! Ping! Ping! And yet another picture of Andy's friends enjoying themselves on a mountaintop bargaged his feed. Andy couldn't help but feel an overall sadness for the so called 'enthraling' sunset he had missed just by being at Fran's party. As he carefully considered his choice to miss the hike for the party when- 'Andy, are you coming? We're about to cut the cake.' Oh well, that

train of thought would have to wait. Was it too much to ask for a genie to grant him his wish of being at two places at once? Or perhaps a droid clone of him that would make him feel like there was no missing out?

### Catastrophic Charlie

The constant snapping of pictures filled Charlie's head with a rhythmic buzz as her friends once again called her to take their photos. Compliments like 'You're the best photographer' were familiar. Yet, when her phone pinged with a 'storage full' notification, not one picture featured the person behind the camera. Was it too much to ask, she wondered, as she sent off photos once again.

Later that night, Charlie read a text from Andy, "Do you ever feel like you're missing out?" It was then that she realised feeling left out didn't mean she had to face it alone. Over cake and laughter with her friends, Andy saw he didn't need clones to keep up, Fran realised that she needed to find happiness in being around it. And Charlie? She discovered it wasn't a big deal to ask for her own spot in the frame. It wasn't everyday that all of us felt left out of one thing or another, or was it every day after all?



Graphic: Dhriti Bhargava, AIS Gurugram 43, IX

# Enroute passion

The other day, a student approached me with an unusual confession, he felt envious of his classmate for having an article published in The Global Times. What a positive emotion, I thought. As a GT crusader constantly on the lookout for budding talent and expressive storytellers, I saw this as a moment of benign admiration that inspired another student to strive for self-improvement.



Shalini Ramaul  
GT Coordinator

In every GT meeting with my team, I witness a beautiful process of connection and encouragement, a moment where students are transported into a realm of endless creativity. Being part of this transformative journey each year is nothing short of extraordinary. The ever-evolving categories of articles continue to raise the bar, yielding results that surpass expectations.

The introduction of AdVision, the science advertisement, has created an electrifying buzz among students, igniting their passion.

GT is more than just a publication for all Amityans; it is a catalyst for self-actualisation, a nurturing force that encourages youth to dream bigger, express better, and achieve greater. The editorial board of AIS Gur 43 has made it its mission to outdo itself with each passing year, turning the pursuit of excellence into a tradition. This contest edition culminates passion, hard work, and innovation. We hope our tribe of scribes finds unparalleled fulfilment through this endeavour.

