

Learning to respect food



Dr Amita Chauhan
Chairperson

Nutritious food plays a pivotal role in fostering physical and mental health, and at Amity, we constantly strive to instil in our children a deep respect for food right from their formative years. Food clubs at Amity are a unique initiative towards this goal, as they teach students the value of food through a comprehensive curriculum spread over two terms. These clubs impart culinary skills alongside lessons on etiquette, nutritional value, heritage and moral virtues associated with the

food we consume. Students are encouraged to include nutritious ingredients like lentils, leafy greens and millets in their daily diet. During Diwali, Pongal, Eid, Guru Purab, Christmas etc., students prepare dishes associated with these festivals which further deepens appreciation for their cultural roots. In fact, the clubs conduct activities based on a chosen theme every month. For example, 'Millet Month' was celebrated during the International Year of Millet in 2023. Our students have also developed innovative recipes for heart and eye health, blending tradition with innovation. At the end of each term, students showcase their culinary skills through storytelling and role play. These presentations not only celebrate their journey but also highlight Amity's commitment to holistic education.

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

Amity has seen an amazing and sterling start to the new year with Vantika Aggarwal, an alumni of AIS Noida, being felicitated with the illustrious Arjuna Award, the second highest sporting honour recognising her contribution in the world of Chess. Last year, she did India and Amity proud as a part of the women's team that won the world FIDE Chess Olympiad 2024, held in Budapest. 🏆🇮🇳

Guided growth

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Divya Bhatia
Principal, AIS Saket

Reads the Bhagavad Gita. Lord Krishna emphasises that one's faith is the true reflection of their essence, for it is this very faith, that shapes their actions and destiny. Over the years, The Global Times has nurtured children's potential, turning ideas into reality. This year, as we embrace new opportunities and challenges, our students have once again shown unwavering dedication to excellence.

At the heart of this journey lies the mentorship of our Chairperson, Dr (Mrs) Amita Chauhan, whose vision cultivates a culture of compassion, creativity, and determination. Her wisdom and inspiring anecdotes have been the impetus behind this edifying edition.

The dedication of the editorial board and guidance of the GT team have brought these pages to life with depth and meaning. Witnessing the myriad of meetings, rounds of write-ups, assemblies of artwork, and a panoply of photographs by the editorial board of AIS Saket, I am confident our young journo's are ready to lead by example. I extend my gratitude to the GT team for allowing us to launch the first edition of 2025. May this year bring growth, learning, and excellence. Enjoy this issue, brimming with good wishes for a glorious New Year! 🇮🇳

Sow much to grow

Let's Talk 'Farm'ily: Growing At Home

Adhya Arora, XII F, Diya Arora, XII D &
Vandita Sharma, X B, AIS Saket

Boasting of lush, fragrant herbs like basil and coriander to refreshing cucumbers and ripe tomatoes, household agriculture in India is flourishing like never before. This leafy revolution is not only giving our balconies and windowsills an attractive and aesthetic makeover, but it is also changing the way we grow, consume and connect with food.

From farms to backyards

With world population expected to reach nine billion by 2050, concerns about energy and food security are on the rise. Unlike industrial farming which is energy-intensive and depletes biodiversity, small-scale farming can be both organic and sustainable, as it uses less energy and water, pro-

duces fewer greenhouse gas emissions, and maintains the ecological balance. Growing food allows families to reduce carbon footprint and preserves the soil's natural nutrients. The benefits of household farming are not limited to environmental gains alone. Food prices are touching the roof. In the mid of 2023, for instance, tomato had touched 200 INR per kilo, so, household farming can help save a lot of money.

Moreover, being around nature is a proven way to increase serotonin, offering a refreshing break from technology. In a study published in the journal PLOS ONE, University of Florida, scientists found that gardening activities lowered stress, anxiety and depression in healthy women who attended gardening classes.

For a greener nation

In a remarkable initiative to make the younger generation aware of values of small-scale farming, PM Narendra Modi announced the introduction of agricultural education at the middle school level in the National Education Policy 2020. In view of this policy, multiple initiatives have been launched to support farming among households and small communities. Programs like PM-KISAN provide financial support to small and marginal farmers, whilst the Rashtriya Krishi Vikas Yojana aims to make farming a remunerative economic activity through strengthening the farmer's effort. Also, during supply chain disruptions - whether caused by extreme weather, or economic instability - small-scale farming ensures that communities have access to reliable food sources.

A sustainable way forward

As we move forward, one thing is certain - the future of food will involve getting back to the soil. If we are concerned about food production, small farms are more productive. If our concern is efficiency, they are more efficient. Maybe this isn't a return to traditional practices, it is rather a forward-thinking strategy to ensure food security in an uncertain future.

APERSPECTIVE



Pic: Agastya Bahl, AIS Saket; XI E Model: Saisha Ahuja, AIS Saket, II C

Enroute passion

AIS Saket's contest edition is a vibrant mosaic, witnessing a harmonious convergence of youthful curiosity and tireless dedication. This edition celebrates intellectual pursuit and unleashed creativity. With every contribution - a compelling narrative or striking artwork - comes an assemblage of visions to connect with diverse voices. This is not merely an academic exercise,

but a sincere expression of passion for learning. The entire Global Times team are the silent architects, shaping this intellectual edifice. I bear witness to the journey that our students embarked upon, from the first spark of an idea to a polished product. It has finally come to fruition

through conceptualisation, design, and drafting. It is not a mere duty but true devotion - pushing boundaries and infusing warmth into creation. Truly, the Editorial Board has embraced challenges and turned them into triumphs, embodying the power of collaboration and passion. Our talisman lies in the famous lines, 'If you love what you're doing, you'll never work a day in your life' - yes, that's the strength of passion.



Debjani Das
GT Coordinator

