

# Amitians get sport-ready



Dr Amita Chauhan  
Chairperson

As a pioneer of holistic education, Amity has always believed in nurturing the academic, mental, emotional, social, and physical development of every child from the moment they join the Amity family. But with the world changing rapidly, rising pollution levels, increased screen exposure, reduced physical activity, and a fast-food driven lifestyle; children today face challenges that didn't exist a decade ago. Recognising this shift, the Amity

Sports Department decided to make fitness not just a routine, but a way of life for every Amitian.

Beginning academic year 2025-26, Amity is introducing the Students' Wellness Report Card. The primary wing report cards will now feature a dedicated School Health Record section, offering parents a clear, detailed picture of their child's physical fitness, monitored and updated regularly. Students will be assessed on a five-level scale i.e. from Sport Fit to Need to Work Harder with scores ranging from 10 to 1. This initiative is supported by a professionally-designed battery of fitness tests, developed after evaluating fitness norms of over 8,000 children across Classes I-VI. These norms have been carefully standardised according to age and gender after extensive research. The tests measure essential motor skills such as agility, balance, strength, stamina, running efficiency, and coordination. With systematically maintained records, teachers can track each child's progress easily, while parents gain meaningful insights into their child's fitness journey.

With this forward-thinking initiative, Amity once again reaffirms its commitment to nurturing strong, confident, and resilient future citizens, who are not only academically capable, but physically empowered to thrive in a changing world. 🇮🇳

## A holistic view



Divya Bhatia  
Principal, AIS Saket

In a world that is evolving faster than ever before, our children do not need only knowledge, but also resilience, compassion, and a strong sense of purpose. At Amity, we strive each day to nurture these qualities - helping every learner discover their unique strengths and step forward with confidence. As the ancient wisdom reminds us: "उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः" Goals are always achieved

through effort, not wishful thinking. This timeless message guides our philosophy. We are deeply inspired by the visionary guidance of our revered Chairperson ma'am, whose leadership continues to steer us towards excellence, innovation, and holistic development. Her belief in empowering both learners and educators enriches every initiative we undertake. I also take this opportunity to congratulate our editorial board and their mentor teachers for their creativity, commitment, and hard work. My gratitude to The Global Times team for their guidance.

Let's enjoy this captivating GT contest issue brought to us by AIS Saket and allow it to bring in the much-needed warmth during these chilly winter days. Together - teachers, parents, and students - we will continue to build a community where curiosity is celebrated, values are strengthened, and each child feels seen, supported, and inspired. 🇮🇳

# Scroll, research, believe

Aarrna Maheshwari  
AIS Saket, XI C

In the age of hyperconnectivity, a 30-second reel can shape public sentiment faster than a thousand-word editorial crafted by a seasoned journalist. But this isn't just a change in how we package information; it's a change in who we believe has the right to deliver it. What we consume, how we consume it, and most importantly, who we trust to tell us what's true; these are being rewritten in real time, by people who didn't need a press pass to get there.

### The convenience trade-off

Between skipped meals and never-ending to-do lists, nobody has the time to read long articles. That's where reels and shorts come into play, sharing worldwide news within minutes. They create an illusion of spreading information, but no credibility hovers over these sources. Still the real danger isn't the misinformation, it's the comfort we find in it. These reels fit in our busy schedules, becoming the deciding factor for what information we consume. But

in exchange for this accessibility, what facts are we missing out on?

### Influence sans accountability

Scroll long enough, and you'll meet your new healers and philosophers. Their voices fill the void once reserved for experts. Influencer marketing has exploded into a multi-billion-dollar industry. While disclosure rules exist, transparency is often blurry when the same post that recommends a product also claims to believe in it. When reels start offering medical advice, mental health diagnoses, or financial 'hacks,' the stakes change dramatically. So, as consumers, we must ask: Who is funding this information and why? Behind many of these seemingly personal insights are sponsorship deals and marketing strategies designed not to inform, but to influence. The platforms have a role to play, yes, but so do we. Recognising when engagement becomes manipulation is a form of digital self-defence.

### The global trust shift

Once, journalism operated on a slow but steady rhythm: verify, cite, cross-

check, and publish. It was built on transparency and accountability. But that model now struggles against the dopamine economy of social media. Research shows that social media has become the primary news source for millions worldwide, not because it's more reliable, but because it's more available. And that's exactly where misinformation finds its foothold, in the cracks of convenience. So how do we navigate this age of instant influence? Yes, some creators verify, research, and reject the easy lure of paid promotion. But finding them takes effort. And that effort is the new literacy. The responsibility doesn't rest solely on platforms; it rests on us. On our willingness to ask: 'Who is this person?'; 'Where is their information coming from?'; 'What are they trying to sell me?' The solution isn't to abandon short-form content altogether. It's to pair speed with scepticism. To let curiosity interrupt convenience. Because in a world where everyone has a mic, the most radical act might be to listen more carefully, to question, to verify, and to keep searching for the full story beneath the soundbite. 🇮🇳

## The power of collaboration

*"Coming together is a beginning. Keeping together is progress. Working together is success."*

I couldn't agree more with this iconic quote by Henry Ford. Any endeavour, no matter its significance, is strengthened when its fulfilment is the culmination of the collective effort of zealous minds, driven by a desire to prove their worth. The



Debjani Das  
GT Coordinator

Global Times is an initiative for which we are eternally grateful to our honourable Chairperson, Dr (Mrs) Amita Chauhan. Through GT, she has helped students to have a perspective on matters beyond their textbooks and expand their creative horizons. As the editorial board worked to make this year's Contest Edition a success, one

thing was made clear: it was this unity of purpose that transformed challenges into opportunities. From lively discussions to the vigorous clashing of ideas, I can confidently say that none of us could have imagined the outcome alone. This edition, brought to life under the guidance of the GT team, reminds us that achievements arise when determination, imagination, and teamwork intersect, leaving a lasting impact on everyone involved.



Graphic: Sera Mendiratta, AIS Saket, XII D

## An Unwavering War Between Viral And Verified