

# Timeless teachings



Dr Amita Chauhan  
Chairperson

On December 1, 2025 our nation celebrated Gita Jayanti, the day that marks the moment Lord Krishna imparted the timeless wisdom of the Bhagavad Gita to Arjuna. Amidst the chaos of the battlefield and Arjuna's deep inner turmoil, Krishna revealed a truth that remains profoundly relevant even after 5,000 years later: transformation becomes possible when we rise above the self and commit to a purpose greater than our own interests. The Bhagavad Gita is not merely a sacred scripture; it is a guidebook for living a meaningful, conscious, and balanced life. Its teachings help us navigate stress, overcome self-doubt, and make choices grounded in clarity rather than ego. Across the world, the Gita is embraced as a universal manual for purposeful action and inner equilibrium. One of its most cherished shlokas (कर्मण्येवाधिकारस्ते मा फलेषु कदाचन...) reminds us to pursue our goals with sincerity and discipline, without attachment to the final outcomes. When our efforts are pure and selfless, the results naturally align with a larger good, something which we can experience only after putting in effort. Krishna's message encourages us to become 'karmayogis', individuals who strive for excellence not for personal reward, but for the upliftment of society. In an age defined by intense competition, the teachings of the Bhagavad Gita hold particular significance for our children. Integrating its principles in Amity, through activities like Gita chanting competition help nurture resilience, emotional intelligence, empathy, and mindful decision-making. This philosophy also aligns seamlessly with Founder President's vision of BHAAG (Behaviour, Hard Work, Ambition, Attitude, and Faith in God). Together, the wisdom of the Gita and the values of BHAAG strengthen Amity's mission of inspiring students to pursue excellence with humility, purpose, and inner strength. [G I](#)

## Curious intent



Renu Singh  
Director Principal  
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"A word after a word after a word is power," said the great Margaret Atwood. Every small effort made by the learners builds their strength as a writer. Under the unmatched direction of our distinguished Chairperson, Dr (Mrs) Amita Chauhan, The Global Times gives Amitians strength, fosters critical thinking, sensitivity, and eloquent expression. Her dynamic leadership is the reason ideas are nurtured with curiosity and conveyed honestly at Amity. The culture of excellence in both academics and co-curricular activities is deeply rooted in the visionary leadership of respected ma'am and the glorious vision of our esteemed Founder President, Dr Ashok K. Chauhan. This edition of AIS Noida reflects the same ethos. It stands out for its diversity of thought and craftsmanship. The cover story, 'When the devil wore Kolhapuri', offers an engaging cultural perspective. 'Voxora', an imaginative science advertisement, highlights how design and innovation work together. 'Obituaries we never write', a contemplative poem, shows how language can hold memory with strength. Turning the pages of this edition feels like exploring through a wealth of thought-provoking perspectives and captivating visuals. It is a compelling reminder that growth begins when curiosity meets intention. [G I](#)

Pic: Sehaj Grewal, XI G | Model: Grisha Gautam, XI C; AIS Noida

# The qui(e)t

## True Presence Or Just Pretence: A Trial

Ishaani Chaudhary

AIS Noida, XII B

**Y**our Honour, amid the fluorescent hum of offices and muted Zoom calls, a quiet revolt brews: 'soft quitting'. No dramatic exits, but a slow disengagement — present in body, absent in spirit. Today, this honourable court must determine whether soft quitting is a way of energising agency or a symptom of a generation stretched thin.

### Exhibit A: Burnout paradox

WHO classifies burnout as an 'occupational phenomenon', marked by chronic workplace stress. Surveys by Gallup routinely show that employee engagement has hovered below 25% for over a decade, meaning most workers are disengaged long before they walk out. Coupled with rising job insecurity and intense digital work surveillance, 'soft quitting' emerges as a coping strategy. Disengagement isn't confined to offices as educators report declining participation. Psychologists note rising cases of 'avoidable detachment' — staying on autopilot to avoid emotional overload. It's strange how in this age of infinite choices, avoidance has become easier than resolution.

### The defence: Shield, not sloth

According to reports from the APA and LinkedIn, 74% of young adults report feeling pressured to be 'always available',

and over 60% of employees under 30 believe their boundaries are not respected at work. In such environments, soft quitting, the defence argues, is a pause button that allows individuals to conserve energy in systems built on hybrid work and 24/7 messaging apps.

### Expert witnesses take the stand

Yet the prosecution warns: momentary relief won't resolve deeper problems. Research from

quitting, then, risks becoming emotional procrastination: avoiding difficult conversations and postponing decisions.

### Verdict: Presence is a choice

Upon weighing the evidence, this court announces that soft quitting is neither villain nor hero, but a signal revealing a mismatch between human capacities and modern expectations. It protects people from unsustainable environments, yet warns that drifting



the UK's CIPD indicates that sustained disengagement reduces creativity and long-term career progression, as detachment becomes habitual, re-engagement becomes harder. Economists point out that low engagement costs companies billions annually in lost productivity. Hovering between staying and leaving brings more anxiety, as clarity is psychologically better than limbo. Soft

is not the same as healing. Boundaries matter, but they must be expressed, not implied. Outgrowing jobs, relationships, and routines is allowed, as long as we remember that clarity, not quiet disappearances, lead to healthy endings. So, the next time you feel scattered during a meeting or abandon a half-written draft, ask yourself: Are you still there... or have you quietly quit already?

# Keep writing, keep growing

When AIS Noida began ideating on this year's contest edition, the idea was to celebrate a forum where varied voices find both direction and purpose. We express our boundless gratitude to our respected Chairperson, Dr (Mrs) Amita Chauhan, for giving this excellent foundation for growth to Amitians. The Global Times is a



Priti Khullar  
GT Coordinator

lighthouse - guiding ships through the fog and nourishing human imagination that no machine can replicate. In these times, when the world is in the grip of Artificial Intelligence, organic writing for the edition has proven to be cathartic for all the learners. We are grateful to the entire GT team, whose invaluable

guidance gave the young journalists a steady direction. Creativity was honed and authentic ideas transformed into powerful narratives under their navigation. The young journalists consistently chose curiosity over convenience and excellence over ease. This year's contest edition stands apart for its wide-ranging themes, emotional insight, and editorial courage. Dear students, keep writing, keep growing!

