

Lets play



Dr Amita Chauhan
Chairperson

A child's formative years are the most crucial for overall growth and development. At Amity, we recognise our immense responsibility as educators to nurture the physical, mental and emotional well-being of young learners who join us in Nursery. Sports play a vital role in this journey, and that's why we introduced our very own PEC (Physical Education Card) program in 2011 from Nursery to Class V. Originating in the

UK, PEC games are simple and inclusive, where every child can play and enjoy fun games like hopscotch and peek-a-boo. The primary goal of PEC is to enhance physical activeness, limb coordination, flexibility, confidence, stamina and neuro-motor development. Conducted in small groups in each class, the games foster teamwork and healthy competition. Every session ends with laughing, clapping and cheering, thus enhancing joy and social bonding. The fact that PEC was initiated by CBSE for primary classes shows how valuable these games are for the holistic development of children. These games use specially designed light sports equipment, made of rubber and plastic for safety reasons.

These tools help physical education teachers identify students' interest and talents early on, so that these skills can be honed in higher grades. Lessons are designed as per age and interest of children and regular workshops, clinics and counselling sessions are also held for a synergised outcome. More than just games, PEC is an ecosystem of holistic learning. It nurtures teamwork, bonding, focus, resilience, and decision making. PEC inspires children not only to stay fit but to also chase their dreams with confidence and courage. [GT](#)

The YP triumphs



Vira Sharma
Managing Editor

Sixteen is truly sweet, and the finale of the 16th Youth Power, held on April 30, was a beautiful reminder of how far we have come. This edition brings you an extensive coverage of the visionary program, which has grown from a dream envisioned by our Chairperson Ma'am into a vibrant platform that nurtures ambassadors of change. Looking back at these 16 years, brings a wave of nostalgia for me - from conceptualising the program under Chairperson Ma'am's extraordinary guidance and inspiring leadership to selection interviews of YP teams and their year-round mentoring, and then, meticulous planning of the electrifying finale. It is the collective spirit of the entire Amity family that has made YP such a resounding success year after year. Each and every member of this family has encouraged and supported our young changemakers every step of the way, giving wings to their dreams. This year, too, YP witnessed innovative initiatives, like preserving heritage, campaigning for 'Make in India', and promoting handwriting while also addressing important social causes like saving birds, respecting women, tackling noise pollution etc. Each cause reflected not just awareness, but a powerful transformation of young students into critical thinkers, compassionate humans, and inspiring global citizens.

As you read and celebrate the triumphs of YP, I urge you to embrace the same spirit of service above self. Every small act - being kind to others, spending time with elders, petting a stray, saving water, or saying no to plastic - creates ripples of change. Let us all be the sweet change the world needs. [GT](#)



A candid letter

To The Ones Who Find Power In Inflicting Fear

Priti Khullar, AIS Noida, Teacher

Pahalgam, a paradise on Earth with towering pine forests and snow-capped mountains, offers breathtaking natural beauty, where the cool breeze whispers softly to the trees. Young lads chase the meandering river's path through lush green meadows. However, this serene place has become a backdrop of tragedy that has rattled everyone. The river still flows, but listlessly, laden with the tears of the victims. We are left with so many questions for you, yet certain of the fact, that there are no answers. What kind of a heart is capable of tearing apart innocent lives who, away from the chaos of the city life, chose to immerse themselves in the tranquility of this place? What could possibly justify the loss of innocent lives? What have you gained by taking away so many dreams? How can you still breathe the same air, which became dense with the howling screams? Do you hear the cries of a mother who lost her son or a wife



who lost her husband? Can you fathom the disrepute you have brought to your own community? By annihilating one particular group, you have unwittingly damaged your own existence.

You shattered innocent lives with countless bullets, but what echoes louder is the silence you left behind. The peaceful haven now bears the scars of violence. Calmness has turned into mourning. Many homes, once filled with laughter, have the haunting silence of unspoken pain and a sense of helplessness. Someday, you will realise that the pain you have inflicted on so many, will never fade and the weight of your deed will continue to plague you for years to come. The cascading effect of your horrific deed is more horrific than the act itself.

Prayers will rise from where the blood has been spilled. You can

never break humanity. Ah! You feel you are invincible, all you've truly done is strengthen India's resolve to stand against terror. You found triumph in the sound of bullets, but we saw courage in the hands that pulled survivors from rubble, irrespective of the religion or region. That is the real faith; faith in humanity. The spirit of India is unshaken. Cutting across different beliefs, political ideologies, and religion, we, as a nation, stand united. Unity isn't just a word, it's the essence of who we are. Brotherhood and harmony aren't bound by time; they are eternal. It is commendable that the families of the victims have shown remarkable dignity and have urged others not to turn this tragedy into a communal issue. Numerous tourists have begun returning to Pahalgam once again. Just so you know, once and for all, together we can heal the wounds of each other and build a future where peace and love are no longer threatened by hate. Your malicious plot will crumble before your eyes. It's just a matter of time. [GT](#)

Dear Editor,

As the words 'And the winner for YP 2024-25 is AIS PV' echoed through the auditorium, our hearts swelled with pride and joy. We are grateful to our respected Chairperson Ma'am for creating a platform that empowers youth to drive meaningful change. To have our efforts recognised, especially in reviving the fading art of handwriting in today's digital era, was both humbling and affirming. We aimed not only to preserve a cherished cultural practice but also to reconnect the youth with its



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artistic and personal value through various engaging workshops, awareness drives, and interactive activities. This journey has been nothing short of an incredible learning experience that has shaped our perspective about the social causes taken up by the YP teams. Winning this competition has deepened our commitment to this cause, and we are more inspired than ever to carry it forward."

Youth Power team, AIS PV



Team Hastkala, YP team of AIS PV