

# Powered by Robotics



Dr. Amita Chauhan  
Chairperson

At Amity, fostering a scientific temperament and a spirit of innovation lies at the heart of our educational philosophy. Among the many initiatives that bring this vision to life, the National Youth Robotics Championship (NYRC) stands out as a dynamic platform that empowers young minds to experiment, create, and transform ideas into reality. Robotics, one of the most revolutionary technologies of this century, has seamlessly entered our

daily lives, transforming the way we live and work. From automated menus and ticketing systems to advanced diagnostics, robots are simplifying tasks, enhancing efficiency, and redefining possibilities. Hence, the aim of NYRC is to expose students to this ever-evolving field so that they can eventually create technologies they would like to use in future.

Children are curious, and when this curiosity is channelled with creativity, it sparks innovations that can shape the future. NYRC has been designed as a holistic platform that nurtures teamwork, perseverance, and the courage to embrace both success and failure. Now in its second year (read page 11), the championship has already showcased immense creativity and originality. The futuristic robots designed by participants have often left even experienced jury members - scientists and experts - intrigued by the complexity of their algorithms and programming logic. Beyond technical skills, the competition encourages students to discover their aptitude for mathematics and computational thinking. It is my belief that this platform will grow into one of India's leading robotics programmes, inspiring young minds, especially Amityans, to innovate and solve real-world challenges. **GT**

## Newsroom LIVE



Vira Sharma  
Managing Editor

Sunny summers are here - the season of a delightful variety of mangoes and, of course, our much-awaited summer workshops. Now in its sixth year, The Global Times Summer Special Newspaper-Making Workshop is specially designed for students of Classes VI to VIII, bringing with it the excitement of stepping into a real newsroom. What fun it is going to be playing a journalist, decoding current affairs, designing eye-catching ads, and

racing against deadlines before your piece goes to print. What is going to make this experience even more enriching is that we have eminent media professionals joining exclusively to share their journeys. Over five thrilling days, they will mentor and help improve your writing, communication, and presentation skills. Whether you capture a photograph that tells a powerful story or craft words that paint vivid pictures, this workshop opens doors to creativity. You will explore the glitz and grit of media, and even try your hand at designing advertisements inspired by iconic campaigns. Beyond learning, it is also about bonding - creating a newspaper together and memories you will cherish for years. Our respected Chairperson ma'am strongly believes that the ability to express oneself clearly and effectively is key to success. You will learn to present ideas in a way that connects and inspires. This early exposure ensures that your voice finds expression - through your pen, your camera, your creativity, and your thoughts - empowering you to become a true changemaker (check details on page 4). **GT**

# Obsess all you want...

## ...Just Not For Your Cold, Blue-lit Phone Screens

Kashvi Sharma, AIS Gur 46, XI J

*"Get off the phone, right now! The smartphone has turned into an OBSESSION and is ruining your brain".*

A clarion call you probably hear several times in a day - most often from your worried mother who thinks that the blue-lit screen will one day gulp you down into the dark abyss of hopelessness. And she's not exactly off the mark. Smartphones can shape the brain in ways scientists are still trying to fully understand. According to Adolescent Brain Cognitive Development study, which is tracking more than 10,000 children in the US, those who spend more time on screens tend to show earlier thinning of the cortex - a development which is supposed to happen much later in life.

### A pattern seeker

While smartphones open whole new vistas of knowledge, they can also drag us away from the present moment, like a beautiful day, because you're head down, WhatsApping. Surveys by organisations such as Common Sense Media suggest that teenagers spend more than seven hours a day on screen.

Despite knowing the ills of a phone-addicted lifestyle, why are we still so obsessed with our screens? The answer lies in how our brains are built. It is structured to reinforce and repeat rewarding experiences like scrolling reels or reaching a new level on a video game. These provide our brains with stimulation as well as tiny rewards called dopamine, the chemical responsible for pleasure and motivation. Human brain is fundamentally a pattern seeker, be it a daily routine or scrolling reels on Insta-

gram. It is an essential evolutionary survival skill for making sense of the world.

### A psychological crossroad

Phone obsession may be unhealthy, but does obsession itself deserve such a bad reputation? Philosopher Friedrich Nietzsche viewed obsessive, consuming passion as a powerful force that could either lead to profound creation or self-destruction. A kid who is obsessed with science today might be tomorrow's Nobel prize winner, and a kid who spends their days doodling in the margins of their workbooks might be the next Van Gogh. Even the most gifted individuals, like Virat Kohli, Michael Jordan, and Bill Gates, tend to exhibit passionate behaviour that hinges on total fixation.

### The choice we can make...

Hence, one can say obsession isn't always destructive: It can fuel personal growth, shape careers and even build communities. From Swifties and Blinks to Potterheads to Otakus, many who felt lonely have found connection through their passion. When directed in a healthy way, obsession can become the starting point for ambition, creativity and perseverance. Addiction, on the other hand, is obsession on steroids. It can have wide-ranging negative consequences that severely damage a person's physical health, mental well-being, relationships, and overall quality of life. Recognised as a medical condition, addiction is about loss of control. For many of us, phone obsession is beginning to slip dangerously close to that line. The challenge, then, is making sure that a healthy obsession doesn't turn into an unhealthy addiction. So, the next time someone tells you to put down your phone, maybe don't just roll your eyes. Try turning toward something that deserves your obsession: Paint badly, learn about dinosaurs, or dive into whatever sparks curiosity. **GT**

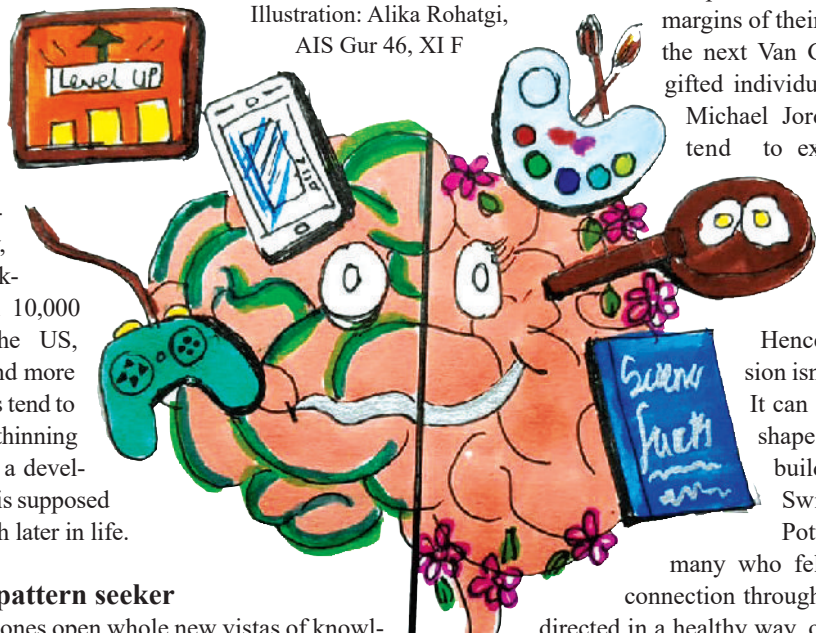


Illustration: Alika Rohatgi,  
AIS Gur 46, XI F

Dear Editor,

'Conscious Celebrations', the coverage of AIS Gur 46's YP panel discussion, published on page 10 of the GT edition dated May 4, 2026, was deeply insightful, especially from an educator's standpoint. In today's fast-paced and consumer-driven world, it becomes important for schools to nurture not just academic excellence, but also responsible and value-driven mindsets among students. When students learn that celebrations can be meaningful without being



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wasteful, they begin to understand the essence of responsible living. What resonated with me most was the emphasis on small, consistent actions: reducing waste, choosing sustainable options, and celebrating with intention. These are lessons that stay with learners for life and influence their decisions as future citizens.

Rekha Monga, AIS Saket  
GT Coordinator



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