

The strides to greatness



Dr Amita Chauhan
Chairperson

The announcement of the 2026 Nobel Prizes has once again drawn our attention to extraordinary minds whose work has transformed how humanity understands the world. Nobel laureates have, in fact, always intrigued me, making me wonder what it takes to achieve such greatness. Some years ago, an interaction with Sir Richard John Roberts, the 1993 Nobel Laureate in Physiology, at Amity University offered me some fascinating insights into this very question. His words helped me realise that what drives these exceptional minds is not the pursuit of an award, but a lifelong quest for knowledge. I vividly recall how he emphasised the importance of reading and clear communication, encouraging us to look beyond textbooks and classrooms. This is precisely the holistic learning eco-system I have tried to nurture at Amity. His Grandmother Test, in particular, is a simple yet powerful lesson - if you can explain your work or assignment to your grandmother in simple terms, and she can confidently explain it to someone else, you have mastered the art of communication. My dear Amitians, this is a timeless lesson worth imbibing.

We also know that Nobel laureates are drawn to art, music, and literature, proving that diverse interests enrich intellectual inquiry, and this is the essence of the inter-disciplinary learning at Amity as well - exploring new perspectives and discovering possibilities where others see limitations. We create this environment through a rich galaxy of academic programmes and opportunities that nurture curiosity, creativity, and independent thinking. I am convinced that, amidst my dear Amitians, a future Nobel Laureate is already beginning a journey towards greatness. **GT**

Canvas of words



Meenu Kanwar
Principal, AIS MV

'Writing is the painting of the voice.' The Global Times, the only registered school newspaper across the country, is a beautiful canvas envisioned by our esteemed Chairperson, Dr (Mrs) Amita Chauhan, celebrating the literary talent and artistic flair of our budding writers and artists. Beyond keeping us updated on the latest happenings in the Amity Universe, it inspires students to nurture their imagination and express their thoughts through words and illustrations. Reflecting Chairperson Ma'am's vision of nurturing academically accomplished, socially conscious, articulate, and creative Amitians, GT provides a unique platform for students across classes to think, create, and express. It is a matter of immense pride that many young Amitians already hold copyrights for their published works. May the tribe grow!

This contest edition of AIS MV is another step towards this vision. A collective endeavour of blossoming authors, poets, journalists, and artists, it brings together soul-stirring poetry, thought-provoking articles, captivating stories, interviews, and insightful ground reporting. As the first contest edition of 2026-27, it reflects the dedication, diligence, and imagination of our young editorial team, whose tireless brainstorming has shaped this wonderful publication. My heartfelt appreciation and best wishes to the entire team. May they continue to explore, create, and inspire through the power of words! **GT**

Death of boredom

How Constant Stimulation Stifles Our Creativity

Aadya Behl, AIS MV, X A

Think about the last time you stood in a queue with nothing to do. No conversation, no book, no music. Just you, a few strangers and five minutes to spare. Chances are, your hand reached for your phone before you even noticed you were bored. In the contemporary world, we seem to have developed an unusual fear of being bored. A pause in the day feels less like a pause and more like a problem to be solved. Waiting for the metro to arrive, sitting at a traffic signal, or standing in a queue has become an invitation to scroll. Short-form videos and push notifications offer an endless stream of tiny rewards, training us to choose instant stimulation over the discomfort of uninterrupted thought.

Income over idleness

There is, after all, an entire economy built around keeping us occupied. Companies compete for the one resource that cannot be manufactured; that's our attention. Behavioural economists describe attention as a gatekeeper to decision-making; whoever captures it can influence behaviour and, ultimately, monetise it. The numbers make the scale difficult to ignore. Industry estimates suggest that people check their devices around 96 times a day, while global internet users spend approximately 6 hours and 51 minutes a day on screens. So, the next time you instinctively unlock your phone while waiting for a lift, it is worth asking: did you actually want to look at it, or have you simply forgotten what waiting feels like?

Illustration: Yadvi Kumar, XI F &
Ashirya Srivastava, VIII C, AIS MV



When nothing happens...

Boredom, however, may not be the empty state we imagine it to be. When the brain is released from focused tasks and external stimulation, the Default Mode Network (DMN) becomes more active. This network is associated with processes such as autobiographical memory, reflection, and aspects of creative thinking. Sometimes, nothing happening is precisely when something begins to happen inside our heads. In one well-known experiment, participants asked to perform a dull, repetitive task of copying numbers from a phone book generated more creative uses for plastic cups than participants who were not given the same boredom-inducing task. The point isn't that phone books are secret creativity machines. But it is also true that without constant input, the mind wanders, leading imagination to somewhere unexpected.

Strive for stimulation

Studies illustrate that people would rather be electrically shocked than left alone with their thoughts. The human mind may be getting wired to find inner reflection unbearable. This, in turn, erodes our emotional resilience and attention span. When we lose the capacity to endure quiet moments, we lose the ability to engage with complex books, long conversations, and deep work. Reclaiming boredom is not a regressive rejection of technology; it is an act of cognitive preservation. Embracing moments of stillness allows our minds to wander, restore focus, and rediscover the profound creative insights that only emerge when the noise stops.

This brings us to the question: Is the 'death of boredom' a triumph of progress or the quiet loss of an essential part of human spontaneity? **GT**

GT, the constant creativity machine

It is rightly said that change is the only constant in life. Yet, in this ever-changing world, The Global Times has been a constant in the Amity Universe, an anchor that has given direction to young minds, bringing together diverse talents and helping them find their voice. While GT has



Manisha Batra
GT TC, AIS MV

evolved with time, its essence remains unchanged. It assures young writers, artists, and designers that their voices will be heard, their

creativity will find expression, and talents will find an audience. By keeping the students meaningfully engaged, GT nurtures invaluable skills - from writing, researching, and critical thinking to creativity, collaboration, and time management. But its biggest contribution is offering young minds an alternative to the chaotic, distracting, and ad-

dictive world of social media. So, this constant in our lives does far more than bring out a weekly newspaper. It is nurturing resilience, perseverance, and mental agility - qualities that will empower our Amitians to navigate the world with confidence and adaptability. I sincerely hope you find this edition as engaging to read as it has been exciting to create. Here's to the enduring spirit of GT, evolving with the times yet remaining a constant in the lives of young minds!