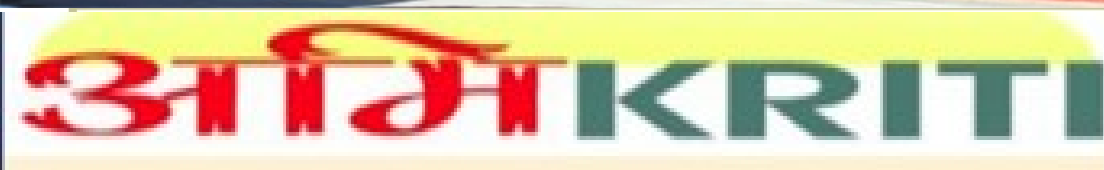




AMITY INTERNATIONAL SCHOOL SECTOR 46, GURUGRAM

JULY 2024



CHAIRPERSON'S MESSAGE



Dear Amitians,
Greetings!

"Peace of mind produces right values, right values produce right thoughts. Right thoughts produce right actions." Mark Richardson

Inculcating values is a monumental responsibility on the shoulders of the present day educators. It helps students develop a strong moral mind-set , prepares them for responsible citizenship, and contributes to the creation of a more ethical society.

With a strong value system , you will be able to determine your priorities and lead your life purposefully.

At Amity we do not merely impart knowledge; we guide our children towards right principles, ethics and moral values .We ignite the flames of lifelong curiosity, foster a reverence for values, and sculpt compassionate and responsible global citizens .

We, as educators have realised the urgency to forge a new path, one that is collaborative, interdisciplinary, and profoundly enriching in its approach to teaching and learning. Our mission is to equip our students with the tools they need to navigate the complexities of the modern world, to instill responsibility, discipline, fellow -feeling ,strong value system ,global harmony, tolerance and positive outlook. Values influence your behaviours, relationships, and everyday life. They adequately guide you in decision-making, influence personal development, and carve your ideal career path .

Dear students, delve deep into the realms of your mind and find some treasures there. Make the best use of opportunities , exposure and experiences provided to you to prove your innate capabilities. Prepare yourself in every way you can by increasing your knowledge and adding to your experience, so that you can give your best . last but not the least, have faith in your yourself because lack of self-awareness can lead to a less rational attitude to choices, and ultimately to undesirable behaviour.

With blessings

Dr. Amita Chauhan
Chairperson

PRINCIPAL'S MESSAGE



Dear Readers,

"Respect" is the virtue of the learned, only the ignorant can defy it...

Being respectful is often associated with wisdom and education, but individual behavior can vary widely regardless of one's level of knowledge or education. Our cultural heritage cites numerous instances of how people's beliefs, attitudes, and values were deeply influenced by the respect one held in his/her heart for an individual or teachings. It often permeates the emergence of various religions, sects, and philosophical thoughts.

Respect transcends personal interactions, extending to our relationship with the environment. It involves honouring nature with gratitude and recognizing the interconnectedness of life.

In our rapidly changing world, practising respect is increasingly essential. It means valuing diversity, promoting inclusivity, and creating connections of understanding across cultural boundaries.

As per our Vedic wisdom:

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम्

This means that a person who is polite, respects and serves the elders, will be benefitted in the four fields namely, longevity, wisdom, fame and strength. Therefore it is very significant for the young to inculcate the value of respectfulness. It is also important however that even elderly respect growing children's thought process, their emotions and decisions. But identifying and dealing with the generation gap should be the joint responsibility of the elders and youngsters as well.

It is however felt that at times, respect needs to be earned. Therefore, in order to earn respect, our students must be mindful of the following:

- 1 Respect the rules by which the society is governed, laws of nature, preserve and protect them.
- 2 Respect your family and its value system. Express gratitude for their contribution towards your development.
- 3 Respect all living beings.
- 4 Respect school, and teachers and acknowledge their contribution for laying a sound foundation of your good moral character.
- 5 Respect your body and spirit, as each one of us is a part of the whole, Universe. A part of God lies within us.

It is important to realize that one does not become worthy of respect simply due to age or height. As the renowned Hindi poet, Kabir Das ji says:

बड़ा हो तो क्या हुआ जैसे पेड़ खजूर?

पंथी को छाया नहीं, फल लागे अति दूर॥

Kabirji in this doha points out that being big or powerful is meaningless if it doesn't benefit others, like a date tree that provides no shade and bears a fruit that is hard to reach. It can be said that even a young one or otherwise powerless one, can inspire others due to their virtues and deeds to earn respect from the community. Our society realizes that the best way to teach children respect is to act respectfully towards them and others. Active listening and empathy are key in fostering and expressing respect. Respect is one of the Super Skills promoting Social and Emotional Learning (SEL).

The learned value respect because they understand its importance in human interaction and the functioning of society. They see respect as foundational to meaningful and constructive relationships. Conversely, ignorance can blind individuals to these values, leading them to act disrespectfully. The statement "Respect is the virtue of the learned, only the ignorant can defy it" means that educated and wise individuals naturally embody respect due to their understanding, empathy, and recognition of others' values. In contrast, ignorance often leads to a lack of understanding and intolerance, causing disrespectful behaviour. Stay ignited, give respect, and earn respect.

Happy Reading!

Dr. Arti Chopra

Principal

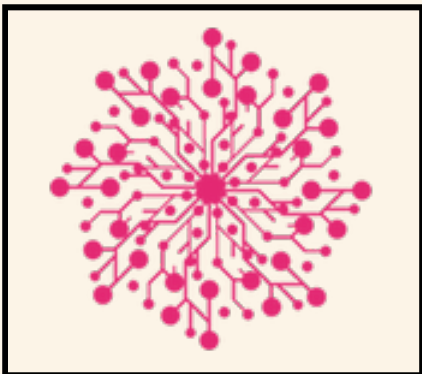
POETIC EXPRESSIONS - I

“Poetry is the rhythmical creation of beauty in words.” - Edgar Allan Poe

MY UNEARTHED WORDS!

Come up! You are a plant, you are a plant
Effulgent Sun your father, Love your mother
Born from a seed,
You are the Chant!
Make your soil, make your base really very strong
Your roots, the outgrowth binding it
Let all be a part of that making,
Let compost and earthworms belong.
In that eminence,
Let all be stabled, let you be composed
In that effulgence, sometimes raging
Let you be hydrated & nothing more!!
In the midst of your abode and wattles,
Comes your way a brutal storm all along
Taking your father and mother away
Your journey to a bottle!
In that new abode, a new atmosphere, you saw
Your mother incarnated in that man
In that eld, you remember that shove,
Ah! but concomitantly, you remember your
life-saving man!

Niyati Sharma, 11-D



MIGRATORY BIRDS

High, High, High
Up in the sky.
With the change of weather,
They make a move together.
While taking a walk,
I saw them moving in a flock.
Flying across the world,
Yes! they are the Migratory Birds.

Manasvi Srivastav, 2-C



POETIC EXPRESSIONS - II

“To be a poet is a condition, not a profession.” - Robert Frost

EMBRACE THE JOURNEY

In the halls of learning, we take our stand,
As students with dreams, in a world so grand.
With every lesson, we seek to find,
The strength within, to light our minds.
Challenges come, they test our will,
But with each hurdle, we learn to thrill.
For in the struggle, we find our might,
And in perseverance, we take flight.
Through the pages of books, we roam,
Exploring worlds beyond our home.
With every word, a new frontier,
In the realm of knowledge, we have no fear.
We embrace the journey, step by step,
With courage, we rise, and doubts we shlep.
For we are students, bold and free,
Unveiling the wonders that we see.
So let us shine, in our own way,
In the realm of academia, let our voices sway.
For in these words, our hearts we lend.

Saamarthya Azad, 8-A



THE SEVEN CONTINENTS

Let's travel 'round the world today,
To learn the continents in a fun way!
Asia is the biggest one,
Where the journey has just begun.
Africa has deserts and savannas so wide,
With animals on a safari ride.
North America with mountains and plains,
From the Rockies to the great terrains.
South America has the Amazon River,
With forests that make you shiver.
Europe with its history and art,
Castles and stories that warm the heart.
Australia has kangaroos and the Outback,
A land of adventure, no need to pack.
Antarctica is icy and cold,
With penguins in the snow so bold.
Seven continents, now you know,
Around the world, let's go, go, go!

Arika Arora, 2-A



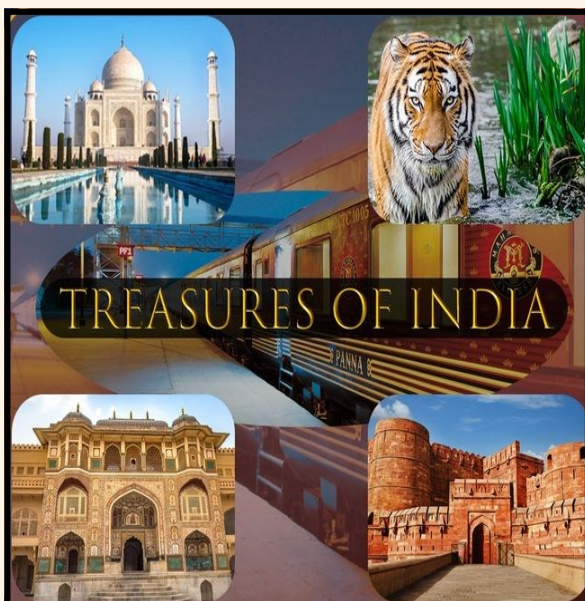
POETIC EXPRESSIONS - III

"Poetry is a way of looking at the world for the first time." - W.S. Merwin

INDIA'S NATIONAL TREASURES

Our flag has three colours, bold,
With a blue Ashoka Chakra in its fold.
The tiger, our national animal, strong,
Roams the forests all day long.
Peacock, our national bird so bright,
Dances in the rain, a beautiful sight.
The lotus blooms, our national flower,
Pure and pretty, in every hour.
Mango, our national fruit so sweet,
In summer, it's a special treat.
The banyan tree, with branches wide,
Offers shade, a place to bide.
"Jana Gana Mana," we proudly sing,
Our national anthem, let it ring.
"Vande Mataram," our song of praise,
Loves our motherland in many ways.
Now you know these symbols bright,
Celebrate India with all your might.

Avika Arora, 2-A



JOYFUL FAMILY LIFE

Six-year-old Keyansh is full of joy,
Running through life, laughing like a playful boy.
With bright eyes, he explores fearlessly,
In a world of adventure, so green and lively.
His little brother follows, wobbling with delight,
Reaching for sunshine, with all his might.
Keyansh, the protector, patient and kind,
Shares toys and helps the baby unwind.
Mom's gentle touch wipes away a tear,
Dad's playful tickle brings giggles near.
Love surrounds them, a forever embrace,
This family bond, a brand-new space.

Keyansh, 2-J



POETIC EXPRESSIONS - IV

“The crown of literature is poetry.” - W. Somerset Maugham

HEALTHY FRUITS

My name is mango
I have one seed
The king of fruits
Sometimes sour, sometime sweet

I am an apple
I have some seeds
Very crunchy, very juicy
People love to eat

Watermelon, watermelon
Many seeds inside
Green and red coloured
In the middle white
Eatable seeds fruits

Pomegranate, banana
Guava and strawberry
For a healthy body
These are necessary
Arjun Dixit, 2-D



WATER

I start as a drop
I end as an ocean
I can be still
I can be in the motion

I make the river
I make the rain
I give you bath
I wash your stains.

The plants need me
The animals need me
Humans need me
For life, I am the key

So, use me wisely
I am not in spare
Do not waste me
And please take care

Zuhaan Akbar Sofi, 2-C



POETIC EXPRESSIONS - V

“Poetry is nearer to vital truth than history.” - Plato

OUR INDIA

Land of diversity, land of unity,
Our India shines in all its glory,
From the mountains to the seas,
Our culture and heritage breathe.

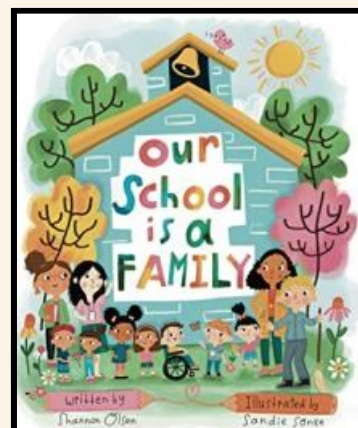
With traditions rich and history old,
We stand tall, brave and bold,
From the times of kings and queens,
To the struggles of freedom dreams.

We celebrate Diwali, Holi, Eid,
Our festivals bring joy indeed,
With warmth and love in every heart,
We play our roles, we play our part.

From north to south, east to west,
We are one, we are blessed,
With languages and customs diverse,
Our unity is our strength, our universe.

So let us stand together, hand in hand,
Guarding our India, our motherland,
With pride and respect, we shall strive,
To keep our nation's flame alive.

Aman Tripathi, 2-E



SCHOOL IS A FAMILY

In the halls where young minds grow,
School's a family, this we know,
Teachers guide with care,
Each student they bear,
Nurturing seeds they saw.

Classmates, like siblings, we find In each other, a
kindled mind

Together we learn and play,
In our own unique way.

In this family of a different kind.
Lessons go beyond books and pen

In the family, we learn to blend
Respect and love, hand in hand,

In this learning land, School's a family, until the
end.

Shreshtha Karan, 8-G



POETIC EXPRESSIONS - VI

"Poetry is the voice of the heart." - H. W. Longfellow

गरमी का अत्याचार

पारा हो गया ४० पार।
खाओ ताज़े रस भरे फल,
अब तो बस यही है हल।
गरम हवा में बाहर न जाओ,
जाना हो तो सर धक जाओ,
ज्यादा पानी हल्का खाना,
बस यही मंत्र है अपनाना।

Abeer Varshney, 2-C

ग्रीष्म ऋतु

गरम हवा का झोंका आया।।
गर्मी अपने साथ लाया।।
सुरजओढ़ेंआगआया।।
बादलों ने भी मुंह फुलाया।।
तप रही धरती तप रहाअंबर।।
जल्दीआयअब दिसम्बर।।
पर गर्मी का है एक उपहार।।
आम के प्रकार मिले हजार।।

Prakrit Chandwani, 2-C

गरमी की छुटियां

आईआई गरमीआई,
छुटियों की सौगात लाई।
नानी दादी के घर जाएंगे,
ठंडी कुल्फी खायेंगे।
भाई बहन के संघ मौज मस्ती करेंगे।
मिलकर साथ पढ़ेंगेऔर खूब शरारत करेंगे।
फलो का राजाआम खायेंगे, और एसी मेंआराम
फार्माएंगे।

Namandeep Singh, 2-C

झूला

उपवन में पेड़ के नीचे ,
बचपन में झूला डालते थे
पूरे दिन झूलते- झूलते ,
मीठे आम खाते थे ॥
चलो -चलो झूले के पास,
मस्ती के गुल खिलाएँगे
झूले पर चिल्लाएँगे ,
और मीठे गीत गाएँगे ॥
ज़ोर - जोर से झूलते - झूलते ,
आगे - पीछे जब यह झूला जाएगा,
जीवन में उतार- चढ़ाव का ,
पाठ हमें सिखलाएगा ।

Satvik Gupta, 6-I



CREATIVE EXPRESSIONS - I

"Fill your paper with the breathings of your heart." - William Wordsworth

INNER CHILD

As a kid our innocence makes us believe that nothing is impossible and hope is never ending. But as we grow up to the reality of the world we find our young, innocent selves idiotic...but, I think, that child inside us never dies, there is always a voice inside us telling us that there is still hope and it fade away.

Maybe that feeling is just weak and gets weaker as we experience the harsh truth of the world but I think if only we could make that feeling stronger, believe in those innocent, "idiotic" words of our inner child a little more it would become true. Maybe, even if just a little bit, the world would become a better, more peaceful place where people if not understand at least try to understand each other.

It is said children can't keep strong grudges for too long, their heart is too delicate and pure to store such negative emotions. If even as adults we refrain from engaging with harsh feelings of hate, revenge, vengeance, if we let it go and let our innocence take over, wouldn't the world be a more beautiful place, where everyone lives in harmony.

Undeniably, small conflicts will come and go but we can let go of the negativity and move on to the more positive things in life we can all live in a more beautiful, peaceful and unified world.

Vidhyanshi Singh, 12-D

PUMPKIN LUCK

Rick was very elated. He was a small farmer in a small town, south of Mississippi. He had just won the competition for the largest pumpkin in the town. The pumpkins he grew were unusually large, many times larger than the pumpkins grown by other contestants. As a result, he won the competition by a landslide. As Rick climbed on the stage to receive the award, he was met with an obvious thought in his head, "No, but really, how did these pumpkins grow this much? Was there something special, something different? Oh, I did eat a lot of pumpkin during this harvest, maybe that's the reason for this astonishing produce?" Rick now believed that eating pumpkin would lead to a good produce. So, as he reached home, he started devouring pumpkins after pumpkins until he could no more. In fact, he did this every day for six months! Six months of hard labour (eating pumpkins). However, the pumpkins were nothing like his previous produce. None of them were unusually large. Rick was really disappointed. Little did he know that the reason for his excellent previous pumpkins was... nothing, just pure luck.

Devanshu Roy, 8-H

TONGUE TWISTERS

"Sheep should sleep in the shed." - Kiara Kajal , 2-J

"Bat on the ball, ball on the bed, both on the bed." - Daiwik Kalra, 2-E



CREATIVE EXPRESSIONS - II

"The art of writing is the art of discovering what you believe" - Gustav Flaubert

SUNNY GARDEN WITH A LITTLE SEED

Once upon a time, in a sunny garden, there was a little seed named Suraj who dreamt of becoming a big, strong sunflower. But the other seeds in the garden laughed at him saying that you are a tiny seed.

Suraj felt sad but decided to believe in himself. Every day, he soaked up the warm sunlight and drank the fresh rainwater. He pushed his roots deep into the soil, even when it was hard.

Weeks passed, and Suraj started to sprout. He grew taller and taller. The other seeds watched in amazement as Suraj's stem reached higher and higher.

One morning, Suraj felt something different. He looked up and saw a beautiful yellow flower blooming on top of his tall stem. He had become a beautiful sunflower

The other seeds were amazed, You did it!

Suraj smiled and said, "Always believe in yourself, no matter what anyone says."

And from that day on, all the seeds in the garden knew that with a little belief and hard work, they could achieve their dreams too.

Abir Sonkhla , 2-E

THE GREEDY BOY

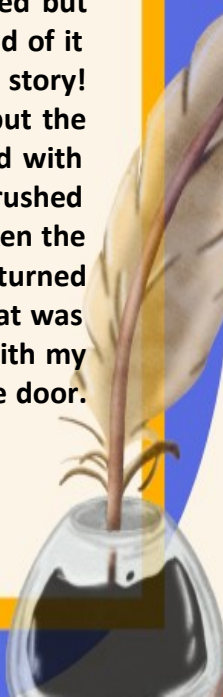
Once upon a time, there lived a rich miller who had a son named Akshay. Akshay was a very happy and playful boy; however he had a very bad habit of asking for things when he went to the market. The miller was very angry with this. The miller thought for some time and got a plan. They reduced their visits to the market. Since then, Akshay's market visit was limited and so was his habit of asking. He was also rewarded suitably by the miller because of his change in behaviour. He was delighted as now he was a good boy.

Shreyanvi Parida, 2-I

OUTSIDE THE DARK ROOM

I opened my eyes and I had no idea where I was. With blurry vision, I got out of my bed but couldn't make out where I was. Everything around me was so dark, soon, my eyes got hold of it and made out that this room in the middle of which I was standing came out of a horror story! A door, with no windows but with a bed and a lonely table. I tried to escape the room but the door wouldn't budge. In search of the key I walked towards the table and it was covered with millions of molecules of dust. Fortunately, I found a very interesting-looking key and rushed towards the door. 'Err...' the door opened on its own. I was pretty shocked by that but when the beams of the bright light hit my eyes I felt I was about to faint! From everything black, it turned into everything white. "Rise and shine! Dear", my mother said. I was perplexed about what was happening and realized that it was just a dream! I got up from my bed and felt Deja vu with my dream. I got ready for school and the entire day I was puzzled about what was outside the door. Man! This was one of the most suspenseful and thrilling days of my life!

Meghan Ahlawat, 8-C

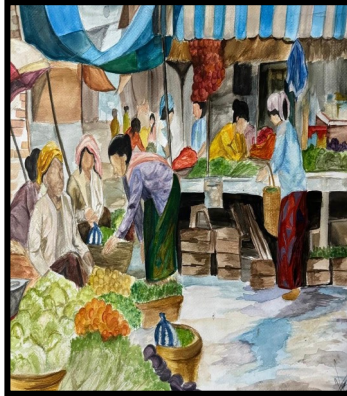


ARTISTIC EXPRESSIONS - I

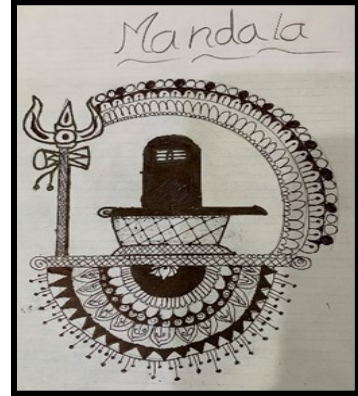
"Art washes away from the soul the dust of everyday life." - Pablo Picasso



Devansh (4 H)



Vidhyanshi Singh (12 D)



Ojas Goyal (4 F)



Jeevisha Jain (2 J)



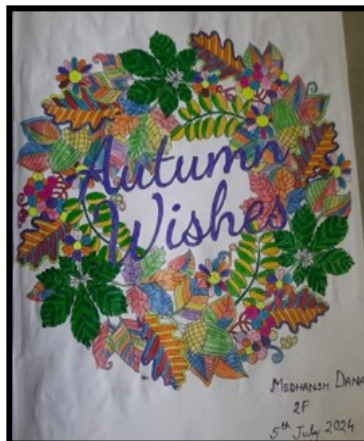
Radhika Sharma (4 D)



Rishiv Verma (2 B)



Ayansh Mamgain (2 C)



Medansh (2 F)



Arjun Singh (2 C)

ARTISTIC EXPRESSIONS - II

“Every good painter is what he is.” - Jackson Pollock



Namandeep Singh (2 C)



Viraj Vashisht (2 J)



Aashna Bhalla (8A)



Atreyi Roy (2 E)



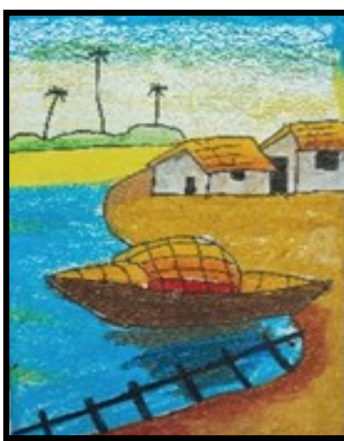
Myrah Akhtar (2 E)



Shambhavi Malhotra (2 E)



Tanush Rashmi (3)



Ruchika Kamal (3 B)



Pulkit Yadav (3 I)



AWARDS AND ACCLAIMS

Congratulations to our shining stars !

Our Swimmers Shine at District Swimming Championship

Aarohi Joshi from Grade III A achieved remarkable success at the 23rd Open District Sub Junior Swimming Championship by winning a gold medal and a bronze medal.



Kartik Sharma of Grade VIII H securing the 1st position in the 23rd District-level Championship, held at Champions Aquatic Academy, Sector 75, Gurgaon, on June 8th and 9th, 2024.

Kartik will participate and showcase his skills in the Mahakumbh State-level Championship, representing our school at the higher level of competition.

Our Swimming Champions Bring Us Laurels

Following students showcased remarkable feat and bagged top positions in Inter School Swimming Tournament held at Satya School , Gurgaon , on 19th & 20th July.

Satya School, Gurgaon sector 49:

1. Satvika (Grade 3I) - 1 Bronze
2. Samaira Goyal (Grade 6H) - 1 Gold
3. Aaradhya Beri (Grade 5F) - 1 gold
4. Shrida (Grade 6I) - 1 Gold & 1 silver
5. Pranaya Bajaj (Grade 7C) - 1 gold
6. Rudra Pratap Tyagi (Grade 9C) - 1 silver, 1 bronze





AWARDS AND ACCLAIMS

Congratulations to our shining stars !

Lavanya's Monumental Prowess at National Kickboxing Championship 2024

Lavanya, a Grade 6 student, who clinched the Bronze medal at the National Kickboxing Championships 2024. The event was held from May 22nd to 26th at the Boxing Hall, Shivaji Maharaj Sports Complex in Pune.



Outstanding Performance of Our Players

In

Inter Amity Table Tennis Competition

The 12th Inter Amity Chess Championship-2024-25 held at AIS Vasundhara 1, Ghaziabad, from 16 to 19 July 2024, witnessed a remarkable display of talent and sportsmanship from our team which secured following awarding positions:

1st Position was bagged by our Girls Team comprising Saanvi Dewan (Grade 9), Chetaniya Gupta (Grade 10), Ishita Madaan (Grade 12), and Tanvi Bibra (Grade 8 Sync).

3rd position was bagged by our Boys Team consisting of Jivitesh Kanwar (Grade 12), Kartikeya Chaturvedi (Grade 9), Yukt Vats (Grade 8), Anurag Pande (Grade 8) and Rushil Sehra (Grade 7 Sync).



Stupendous Performance at E-Colosseum 2024

Eleven students participated in the E-Colosseum 2024 IT Event organized by DAV Public School, Sector 49, Gurugram and won the outstanding positions.

1st Place - Decode To Learn

- Prisha Bhatia (X)
- Ishit Rastogi (X)
- Bhavit Grover (X)
- Aryan Soni (XI)

3rd Place - TechTrivia

- Ishit Rastogi (XI)
- Aryan Soni (XI)

3rd Place - Perspective

- Akshar Yadav (XI)
- Parag Verma (IX)

Special Mention - 3DesignDynamic

- Kanishk Verma (IX)
- Guru Khanna (IX)

2nd Place - DocuDrama

- Yuvraj Aggarwal (V)
- Vihaan Aggarwal (V)

First Place - TechAttire

- Aradhya Jain (II)



Our Students Shine at BYTE.IT MATRIX

Our students distinguished themselves at the BYTE.IT MATRIX event hosted by Bal Bharati Public School, Pitampura, on July 6, 2024, by winning the outstanding positions.

Our team of 11 students from classes 9th to 12th participated in the event, earning positions of distinction.

1st Prize in Event Surprise.IT - Jai Dugal, Ronith Taneja

1st Prize in Event Make.IT - Bhavit Grover, Jai Dugal, Shyamak Seth, Kanishk Verma, Swastik Seth, Ishit Rastogi

1st Prize in Event Crypt.IT- Jai Dugal, Bhavit Grover, Shyamak Seth, Ishit Rastogi, Prisha Bhatia

2nd Prize in Event Snap.IT-Arnab Verma

2nd Prize in Event Code.IT-Prisha Bhatia, Moksh Agarwal

2nd Prize in Event Innovation Fest-Kanishk Verma, Akshar Yadav

3rd Prize in Event Gaming-Udayan Chowdhary

Congratulations to all the winners !



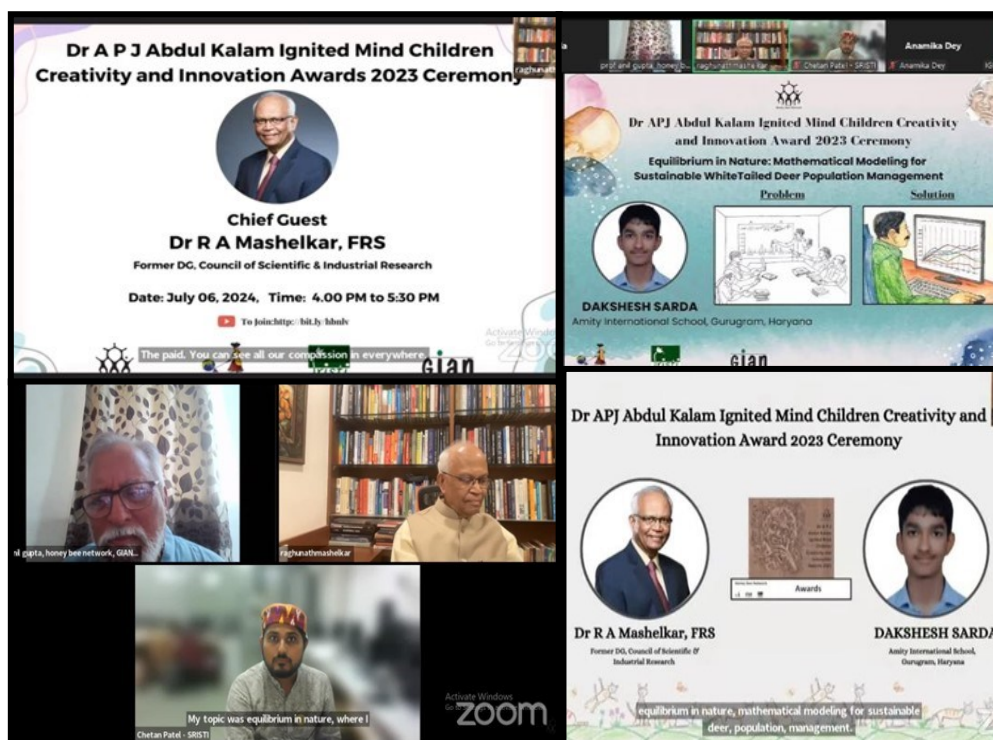
Dakshesh Sarda Wins Dr. A.P.J Abdul Kalam Ignited Mind Children Creativity and Innovation Award 2023

With the blessings of Chairperson Dr. (Mrs.) Amita Chauhan, the visionary guidance of Founder President Dr. Ashok K. Chauhan, and the support of school Principal, Dr. Arti Chopra, Dakshesh Sarda of Class X from our school won the prestigious 'Ignited Mind Children Creativity award'

The 2023 competition received a total of 16,575 entries from 23 states. Out of these, 16 entries were awarded as the most outstanding and creative. Dakshesh Sarda was one of the awardees for his science project titled "Equilibrium in Nature: Mathematical Modelling for Sustainable Animal Population Management."

The online award ceremony was held on June 6, 2024. The chief guest was the renowned Dr. R.A. Mashelkar, former Director General of the Council of Scientific and Industrial Research. Dr. Mashelkar is the recipient of prestigious awards such as the Padma Shri, Padma Bhushan, Padma Vibhushan, and various international honors.

He also got an opportunity to interact with Dr Mashelkar about his project.



TRIUMPH AT VVM NATIONALS

Stellar Performance

With the blessings of Chairperson of Amity Group of Schools and RBEF, Dr. (Mrs.) Amita Chauhan, and the steadfast support of School Principal, Dr. (Mrs.) Arti Chopra, our students excelled on a national platform.

Three students showcased their brilliance at the Vidyarthi Vigyan Manthan (VVM) National Level Camp held at IISER, Bhopal on May 18th and 19th, 2024.

Govardhan, a Grade VI student, secured the first prize at the North Zone level, demonstrating exceptional knowledge and skills. In Grade X, Siddhant Kaura achieved a remarkable feat by clinching the second prize at the National Level, showcasing his profound understanding of scientific concepts. Pakhi Bisht, representing Grade 10, secured the third prize at the National Level, reflecting dedication and excellence in scientific acumen.

Their achievements at the VVM Nationals stand as a testament to their hard work, determination, and the unwavering support provided by their teachers. Congratulations to the winners!



Sustainable Innovators Showcase Their Brilliance

Under the continuous motivation of our Chairperson, Dr. Ms. Amita Chauhan and the guidance of our dynamic Principal, Dr. Arti Chopra, our students participated in the Sustainable Innovators, Inter-School Science Exhibition organized by Dainik Jagran and Amrita University.

The Exhibition was judged by a panel including Assistant Professor Dr. Shobhit Saxena from the Chaudhary Charan Singh University, Meerut, Department of Electronics, and Communication and Engineer Mr. Bharat Singh. One of our teams represented by Bulbul, Sanvi and Mihika, all students of class XI presented their project, Dori- a robotic fish (Tarangini). Their team was awarded the Second prize as Challengers with a Cash prize of Rs. 10,000/-



International Yoga Day

Embracing Harmony of Body and Mind

International Yoga Day was celebrated with great enthusiasm, on June 21, 2024, in the school auditorium, with an aim to promote physical and mental well-being of students, staff, and the entire school community. The event commenced with a warm welcome by the school Principal, Dr. (Ms.) Arti Chopra, who emphasized the importance of yoga in daily life.

Yoga session was conducted by trained yoga instructors. Students from all classes participated enthusiastically. The session included various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques. Special emphasis was placed on postures that improve concentration and reduce stress.



Session on Study at Canada



With the blessings of Honourable Chairperson Dr. (Mrs.) Amita Chauhan and dynamic principal Dr. Arti Chopra, Amity International School, Sector 46, Gurgaon organized a session on Study at Canada under the umbrella of Amity Career Counselling and Guidance Cell on 18 July 2024. It aimed to provide detailed information on educational opportunities, career prospects, and the application process for studying in Canada for University of Waterloo and University of British Columbia.

The students of classes XI and XII attended the session guided by Ms. Taruna Barthwal, Head- Amity Career Counselling and Guidance Cell. The session featured two keynote speakers- Ms. Tanushree Bhattacharya and Ms. Seetha Dronamraju who talked about the universities and the various courses and admission process provided by them. The program concluded with a Question and Answer session where the students cleared up their doubts regarding admissions abroad.

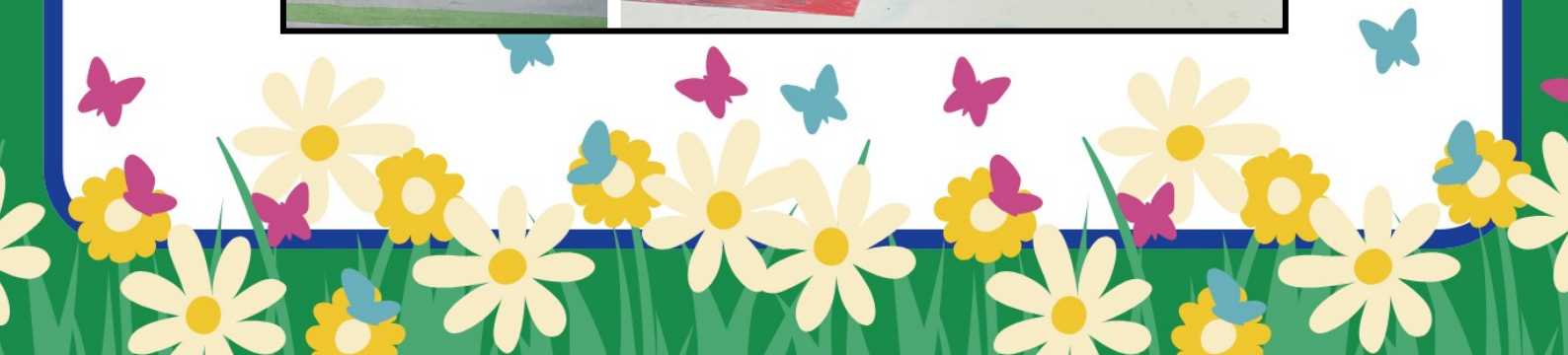


CAMP VERANO 2024

Unleashing Summer Fun

Camp Verano 2024, in the school campus was a vibrant summer experience aimed at nurturing students' creativity and physical fitness. From May 20th to May 31st, 2024, students from classes 1 to 8 immersed themselves in a variety of indoor and outdoor activities. Indoors, they explored Art & Craft, sculpture, theatre, music (Tabla, Keyboard, Guitar, Western Vocal), and semiclassical dance. They engaged in sports like Football, Cricket, Badminton, Table Tennis, Taekwondo, Skating, and Chess.

The camp not only provided a platform for learning and skill development but also fostered friendships across different age groups. It aimed to keep children engaged during summer vacations, enhancing their artistic abilities and physical well-being. Principal Ms. Arti Chopra awarded certificates to all the campers to acknowledge their dedication and achievements, celebrating their growth in leadership, confidence, teamwork, and creativity.



Strengthening Partnerships Round Table Conference for Grade XII Parents

A two-day Round Table Conference was held at the senior library of our school from May 28th to 29th, 2024, focussing on academic excellence, social, and mental well-being of grade XII students. The conference was segmented with science stream parents participating on May 28th, and commerce, humanities, and synchro wing parents on May 29th. Principal Ms. Arti Chopra highlighted crucial points necessitating parental and school collaboration for the holistic development of students.

Parents were encouraged to spend quality time with their children, respect their decisions, and foster a supportive home environment. The importance of safe commuting and digital detox was emphasized to reduce distractions and enhance focus on studies. Career counselling resources at the school were promoted for effective goal-setting. Mental health awareness and physical fitness through sports were also prioritized.



Ms. Chopra also celebrated the Class XII (2023-24) outstanding Board results, attributing them to the strong parent-teacher partnership. Following her address, an interactive session allowed parents to voice concerns, which were navigated collaboratively towards solutions. Parents expressed gratitude for the enlightening session.

Session on "Rethinking Innovations" Ignites our Juniors



The "Rethinking Innovations" session on 12th July commenced with an insightful address by our esteemed Principal, Dr. (Ms.) Arti Chopra who emphasized the significance of nurturing ideas, transforming them into prototypes, and ultimately converting them into successful, patent-worthy models. Students were encouraged to identify pressing problems in their daily lives and propose innovative solutions.

To inspire and motivate the young minds, videos showcasing remarkable innovations by senior students of Amity International School were screened. These videos exemplified the power of creativity, perseverance, and determination in turning ideas into reality.

Round Table Discussion For Grade X (2024-25)

Grade X is the first stepping stone in the life of students towards making a career. Keeping this in mind, a series of round table discussions were planned with parents of Grade 10, which was convened by the Principal, along with the coordinator, class rep, counsellor, synchro coordinator and all subject teachers.

From 20th May to 22nd May, 2024, three sessions were conducted each day for the parents .

Principal Arti Chopra laid stress on mental and emotional well-being of the students. Swasti -A mental health week was celebrated to give importance to emotional wellbeing. Parents were made aware about Amity Career Counselling and Guidance Cell (ACCGC), which is a centralized Amity career cell which conducts plethora of career activities to apprise and guide students about various foreign universities and their admission process . She also emphasized that every child in Grade X should map a goal for themselves that will help them to work towards achieving the goal. Parents were informed that school registers students for AP exams and even conducts these exams in the school.

Synchro Study Program was also shared which helps students prepare not only for CBSE boards but also provides preparation for medical and engineering competition.

Most of the parents raised their concern about excessive use of mobiles by their children. Principal ma'am shared an innovative idea of having a mobile detox hour and a designated space in every house, where every member of the house will not use mobile for the agreed time frame .

Parents were encouraged to regularly visit Amitranet so that they are connected with the child's academic progress. Students should be motivated to use Moodle (LMS platform) as that would help children reinforce the concepts and use internet in a positive manner.

Principal ma'am reiterated that parents need to promote a conducive and happy home environment which will prove adequately helpful for the over-all well-being of their wards.

Parents were very appreciative of this effort of the school.



Workshop on Smart Goal Setting For class IX Students

On 4th July, 2024 an insightful session was conducted by principal Dr Arti Chopra, on the topic of Smart Goal Setting, for the students of class IX. The session focused on enhancing their goal-setting skills that are crucial for academic and personal growth in today's rapidly evolving world.

Dr Chopra began the session by interacting with the students regarding their goals in life. She emphasised upon the importance of setting goals and highlighted several key benefits as direction, focus, motivation etc.

The workshop featured an interactive Q&A session where five challenging questions were posed to the participants. These questions required deep thought and reflection, stimulating a lively and engaging discussion. The questions were designed to encourage students to think critically about their goals and the steps needed to achieve them.

A systematic approach to goal setting was outlined, emphasizing the following steps:

1. Identify Your Goals
2. Devise a strategy
3. Create an Action Plan
4. Monitor Progress
5. Adjust if necessary
6. Reflect on outcomes
7. Set new goals

One of the most captivating segments was the discussion on the heading, "Why teach goal setting? If they think they can't, they are probably right.". Ma'am emphasized the importance of instilling a growth mindset in students, encouraging them to believe in their abilities and potential to achieve their goals.

The S.M.A.R.T acronym as a guideline for effective goal setting includes

S: Specific.

M: Measurable

A: Achievable

R: Relevant

T: Time-bound

The session emphasized a systematic and steady approach to achieving goals. Begin by jotting down your goals to reinforce your dedication. Next, display these written goals in prominent locations. Then, regularly review your goals to monitor your progress. Finally, celebrate your successes by rewarding yourself to sustain motivation.

Students participated enthusiastically and drafted their own SMART goals. The session included group activities and individual reflections, enabling students to practise and enhance their goal-setting techniques.



Cultivating Entrepreneurial Spirit

Our school hosted a two-day Entrepreneurship Development Workshop on July 11th and 12th. The sessions were conducted by alumnus Yajur Lath, from the 2018-19 batch, who holds a dual degree in Business and Law from National Law University, Jodhpur. Yajur is currently pilot testing innovative educational initiatives in institutes across Delhi and NCR and recently launched an engaging board game centered around startups, "Startup High." He is also the founder of EntrePi, a pioneering startup at the intersection of entrepreneurship, education, and gamification.

The workshop primarily were primarily organized for Grade XI students, providing them with hands-on experience through interactive sessions and gameplay. On the first day, the alumnus introduced a specially designed board game tailored to develop entrepreneurship skills. The students participated enthusiastically, playing the game that simulated real-world business scenarios.

The second day focused on imparting foundational knowledge of entrepreneurship. Through interactive discussions and case studies, students related their gameplay experiences to broader business aspects, fostering a deeper understanding of entrepreneurial dynamics.

The Entrepreneurship Development Workshop proved to be a resounding success in nurturing entrepreneurial acumen among grade XI students.



CHITRANKAN-2024

Art Festival Unleashes the Artistic Excellence

With the blessings of Chairperson of Amity Group of Schools and RBRF, Dr. (Mrs.) Amita Chauhan, and mentorship of School Principal, Dr.(Mrs.) Arti Chopra, AIS 46, organized Chitrankan - The Inter-School Art Fest on July 16, 2024.

This year, 41 schools from Delhi and the NCR region participated in the event, which featured nine art competitions: Tile Painting, Round Sculpture (Junior), Round Sculpture (Senior), Clay Relief, Caricature, Traditional Art, Traditional Art Form, 2D Pop Collage, and Photography Storyboard. The 9th edition of Chitrankan was graced by the presence of the Chairperson, Dr. (Mrs.) Amita Chauhan, who illuminated the prize distribution ceremony and awarded the winners. In her address, she commended the students for their creative and aesthetic artwork, encouraging and motivating them to excel in the field of art and achieve great heights. AIS Pushp Vihar and AIS Saket were declared the joint winners of the overall Championship trophy.

All nine competitions were judged by eminent figures in the art world: Sangeeta Kumar Murthy, a highly accomplished artist and researcher, has received numerous awards and honours for her contributions to Indian Art, including the Senior Fellowship from CCRT (Cultural Ministry) for the period of 2018 to 2020. Ravinder Singh, a passionate painter, artist, arts installer, exhibitor, garment designer, arts and crafts trainer, and jury member at competitions, is currently the Creative Director at 'Ravvies,' an art studio. Ms. Anushka Nayak, an alumna of Amity International School, is a freelance artist pursuing research in history and art. She completed her masters in History from Jamia Millia Islamia and is currently pursuing art appreciation from the National Museum.



SANRAKSHAN - Towards Sustainable Living

Grade VI Class Presentation

Under the inspiring guidance of Honourable Chairperson Dr. (Mrs.) Amita Chauhan ,Grade VI students of Amity International School presented "Sanrakshan - Towards Sustainable Living" on May 17, 2024. This captivating event aimed to explore and promote the United Nations' Sustainable Development Goals (SDGs), inspiring actions to preserve the planet for future generations. The occasion was graced by Honourable Director Academics of Amity International Schools, Mrs. Mohin Dar.

The programme commenced with the lighting of the lamp and prayers, invoking positive energies. School Principal, Dr.(Mrs.) Arti Chopra, highlighted the school's recent achievements and emphasized the students' role in addressing global issues like sustainability.



Students creatively portrayed key SDGs such as Zero Hunger, Life Below Water, Life on Land, and Good Health and Wellbeing through theatre, songs, dances, yoga, cookery shows, and a fashion show representing all 17 SDGs. The interdisciplinary presentation left the audience enthralled.

Nurturing Emotional Intelligence

Workshop by Dr. (Ms.) Arti Chopra



An engaging workshop on Emotional Intelligence was conducted by Dr. (Ms.) Arti Chopra, Principal of AISG-46, on July 6, 2024. The session aimed to strengthen students' emotional resilience and equip them with skills to manage their own emotions and empathize with others.

Dr. (Ms.) Arti Chopra delved into the significance of emotional awareness and its impact on learning, drawing insights from Daniel Goleman's book on Emotional Intelligence. The workshop incorporated anecdotes, activities, videos, and PowerPoint presentations, including a compelling story about a shark in a fish tank to illustrate key concepts.

Participants explored strategies for fostering social awareness and self-awareness among students. Dr. (Ms.) Arti Chopra emphasized cultivating a growth mindset over praising intelligence, advocating for character-building initiatives and integrating positive affirmations into daily teaching practices.

Fostering Self Discipline

A workshop on 'Fostering Self Discipline' was conducted by Principal Dr. Arti Chopra, on 12 July 2024. The students of **Class VII** learnt the basic tenets of life skills required in all aspects of life.

The highly interactive workshop aimed to understand, engage and steer the mindset of young Middle School students into a positive direction, so that they are mentally enabled to think out of the box, to allow students to develop self discipline as a tenet to adapt, learn and overcome troubles in their lives.

Students were taught techniques, use of habits, and use of little steps to achieve their life goals.



Workshop on Avoiding Maladaptive Coping Strategies



On July 23rd, Dr. Natasha Khullar, a renowned Senior Consultant Neuropsychologist, conducted a relevant and informative workshop for the students of Grade XI on 'Avoiding Maladaptive Coping Strategies'. Honourable Principal ma'am, Dr. Arti Chopra, welcomed Dr. Khullar and encouraged students to benefit from her expertise.

The workshop equipped students with effective stress management techniques. Dr. Natasha emphasized the importance of early detection of stress triggers and introduced the 'pebble approach' to address stress before it escalates. She discussed the causes and symptoms of stress, its link to

addiction, and shared case studies from her rich experience. She also cautioned against the misleading impact of social media and advised students to manage their time effectively, avoid time wasters, and incorporate physical exercise into their routine. The workshop provided valuable insights and practical strategies for students to navigate academic and personal stressors.

PLEASE VISIT THE FOLLOWING LINKS

School Website: <https://amityschools.in/gurugram46/>

Facebook Link: <https://www.facebook.com/amityinternationalschool46/>

Twitter Link: <https://twitter.com/ggn46/>

LinkedIn Link: <https://www.linkedin.com/in/amity-international-school-619813161/>

Glocal Amitian Link: amity46.com