

September 5, the birthday of Dr S Radhakrishnan - a great philosopher, exemplary teacher and a stalwart leader is celebrated as Teacher's Day. A learned scholar with a penchant for reforming the education system, he believed that teaching should be a tool to develop a bond with the students and to gain the affection of the pupils. It fills my heart with immense pride and love to say that each one of my teachers at Amity is a reflection of the beliefs and philosophies of late Dr S Radhakrishnan. I see them engage with students to

enhance their critical thinking and to make sure they are focused and grow up to become sensitive global citizens of tomorrow. They have imbibed and inculcated BHAAG in the life of every Amitian. I congratulate every Amity educator for nurturing our children to be good human beings first and then an achiever in academics or co-curricular activities. I urge my teachers to keep innovating, keep nurturing, keep inventing new pedagogies, for we always teach to learn and, in the process, learn to teach. **Happy Teacher's Day!**

PRINCIPAL'S MESSAGE

"In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently." – Tony Robbins

Diligence, perseverance, grit, determination are qualities that empower a person to achieve success. Nothing worthwhile in life is ever achieved easily. Dreams become reality only with sheer assiduousness. Failures are an intrinsic part of life. And setbacks should not become the pretext for giving up. Consistent effort to improve and learn from failures and challenges is what differentiates a winner from a quitter. The world around us abounds with innumerable examples of inspiration and perseverance, from that little ant to the elders in your family. Whenever you come across a hurdle or feel exasperated, take a while to reflect, contemplate and introspect, I am sure you will find a stimulus to forge ahead with renewed vigour. Under the guidance of our honourable Chairperson, Dr. (Mrs) AmitaChauhan, we are preparing you as the future citizens, who are not



just academically sound but also resilient individuals adept with the life skills required to make a mark in the world. Here is the impressive work of our children, reflecting what has motivated and encouraged them. **Happy Reading!**

EDITORIAL BOARD

Here is yet another platform bestowed upon us by our unparalleled leader, Dr. Mrs. Amita Chauhan for our children to showcase their innate talents. We hope that our children will find wings and soar the highest as always. (Send us your contributions for AmiDarpan to sramaul@aisg43.amity.edu)

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Reflections of Amity 43

Budding Expressions

September Newsletter



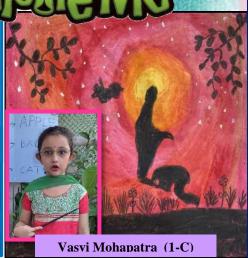




(KG-A)

गणपता





Panav Jain (Nur-D)

प्रोत्साहन एक संजीवनी

निराश क्यों हो गए भाई, इतना भी द्खी मत हो | मंज़िल पास में ही है बस , एक और कदम ले लो आगे ||

> गलतियाँ तो सबसे होती हैं , करने मे कोई हर्ज़ नहीं। होती क्यों है हमसे गलतियाँ , ताकि सीख मिले हमें सही ॥

कभी तो मिलेगी त्म्हें सफलता , और हाँ यह बात याद रखना | पहले जो गलती हुई थी त्मसे, उसे फिर से मत दोहराना ॥

कठिनाइयाँ तो बह्त होंगी , उनका डट कर सामना करना | और जब पाओगे सफलता को, तो सोचो कितनी ख़्शी मिलेगी ||

अब बैठे -बैठे मत करो समय बर्बाद , जागो -उठो और आगे बढ़ते चलो | और जब त्म सफलता को पाओगे, तब ख्द पर ही गर्वित हो जाओगे ॥

प्रेरणा

आगे बढ़ने की चाहत ने मुझे रुकने नहीं दिया, दूर थी मंज़िल पर मैंने खुद को थकने न दिया |

मुझे रोका बह्त टूटी हुई हिम्मत ने कई बार, होंसलों की भर उड़ान कदमों को थमने न दिया।

तूफ़ानों ने खटखटाया दरवाज़ा कई बार मेरा , ऊपर चमकते आसमान ने कभी डरने न दिया।

> जो तेज़ आँधियों का झोंका है, उसको किसने रोका है, कायरों के लिए म्शिकल है ,हम सब के लिए मौका है।

शिखर तक पह्ँचने की ताकत ने , बाधाओं को ठुकरा दिया , प्रेरणा और बड़ों के प्रोत्साहन ने जीवन में संभलना सिखा दिया ।

समृद्धि अरोड़ा पाँचवीं-सी



My Grandpa is my Hero Aahaan Banerjee(Nur-B)



My father always encourages me to learn Archery. He has taught me how to focus on the target. I have learnt tactics of the game.

Advitiya Goyal (I-C)





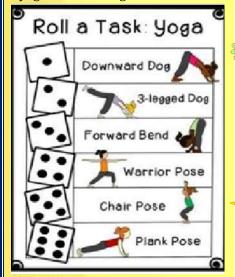
Maitrika Agrawal (KG-D)

Reflections of Amity 43



Motivation!

Motivating Mondays can be a family affair, roll a dice and implement the moves together #move your body #yoga #active living.



SIYONA GUPTA-IV-A

Encouragemen

Encouragement is a ROY ER FUL very powerful word. It can change one's life. It means motivating someone when he or she is doing a difficult task. One does work better, when one gets encouragement. Like, at the age of five when you learn to ride a bicycle, you need a lot of encouragement given by your parents. siblings and friends. Similarly, in the future when you take your 10th and 12th boards you need encouragement to do well. Likewise, in school, our teachers encourage us a lot to study hard and learn new things.

Encouragement is not an age bound word. Regardless of whether you are five years old, a teenager or an adult you need a lot of encouragement.

So, BE POSITIVE and DO YOUR BEST!

KANAK GUPTA-IV-D

Junior Montage

September Newsletter

THE MAGIC OF **ENCOURAGEMENT**

Encouragement is not just a word. It is a lifeline for those who are



depressed and who are going to fall into a bottomless dark hole. Really, encouragement increases people's trust in you and it also improves your relationships.

I, myself ask God to give a lot of power to people so that they can encourage themselves and others too. If everyone is encouraged to do good and honest work then this world will be transformed into a peaceful land, no thieves, no crime, just love and harmony.

To conclude, I would like to thank people like my parents who have encouraged me to work hard and always have faith.

SIDDHI GUPTA-IV-A

TRY YOUR BEST

If you always try your best, Then you'll never have to wonder, About what you could have done, If you'd summoned all your thunder.

And if your best was not as good, As you hoped it would be, You still could say. "Today, I gave all that I had in me!"

SHIVAM MISHRA IV-C

WE WILL SUCCEED **FOR SURE!**

Read but write more. Talk but think more, Play but study more, I promise we will succeed for sure.

Eat but chew more, Weep but laugh more, Sleep but work more, I promise we will succeed for sure.

Punish but pardon more, Spend but save more, Consume but produce more, I promise we will succeed for sure.

Hate but love more, Order but obey more, Quarrel but compromise more, I promise we will succeed for sure. **YUG BANSAL-IV-A**

Those words of **Encouragement!**

Catch hold of my fingers, you can walk!" When, I rose from a crawl with my first shaky steps, Those words of encouragement in my subconscious, still resonate, When my grandparents embrace me And inspire me to cruise onto success.

"You look perfect, even more cute." When I was upset to see that I had lost my tooth, Were the words of my mom, And still inspire me to carry

my flaws beautifully.

"Bravo! This time, you can surely do it!" When I got tired, while on the 'Monkey Bars', Were the words of my father, And still inspire me to push on and run that extra mile.

Those golden stars on my hands, Those smileys in my notebooks, Those encouraging words from my respected teachers, Carved my personality beautifully! The sounds of claps in my classroom;

By my dear friends Inspire me to believe, even more, in myself!

AADYA PANDEY- IV-A

The Power of **Encouragement**

'Encouragement' means to inspire courage, be spirited and hopeful. It is the act of giving someone support and confidence. It is important because:

- It builds confidence and motivates us.
- We will make true friends and live a better life.
- It helps change lifestyles and ideologies and provides us with energy to accomplish the goal.

Encouragement can help people enhance their effort, motivation, success and selfesteem.

When allow someone you make important decisions, you are encouraging them to lead. When they are empowered to make decisions that matter and can affect the organization, they see themselves as leaders.

Let us use these golden keywords as a practice:

Don't give up. Keep pushing. You can do it!

A word of encouragement during a low point in someone's life is worth more than an hour of praise after success.

AVISHI RAJPAL- IV-C



Feathers in Our Cap

September > Newsletter

"WINNERS MAKE A HABIT OF MANUFACTURING THEIR OWN POSITIVE EXPECTATIONS IN ADVANCE OF THE EVENT". -BRIAN TRACY

RANGAVALI (Online Drawing Competition)





Avni Bindlish- III D

PRATIBIMB





Poster making-**Arshia Consul-II-D**

Multiple Intelligence Fest





My Creative Screen-Mishika Bansal -II-A

ROLE PLAY COMPETITION Class-I



Topic: Our Helpers

- Jahanvi Kedia- I-A
- Aadya Awasthi-I-B
- Aadva- I-B
- Lavanya Fulara-I-C
- Kayna Agrawal-I-D



DRAWING COMPETITION **Class - Nursery**

Theme: My colourful world / Mother and Me



Samrat Singh Chauhan-Nur-A

Class -III

- Vaishnavi Sethi-Nur-B
- Aadya Sharma-Nur-C
- Advita-Nur-D







DRAWING COMPETITION **Class-II**

Topic: How I see my world / My pet



- **Garvita Rawat**
- **Pavit**
- **Parth Agrawal**
- **Aradhya Varshney**
- **Myrah Arora**
- **Prajit Pachigalla**
- Aadya Mehta
- Savya Bhakhan

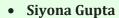
AATMANIRBHAR BHARAT ABHIYAN



Class -V

- **Shashwat Awasthi**
- Swadeepti Srivastava Yagya Dogra
 - Eva Gupta
 - **Rachel Robin**
 - Yashica Kapoor
 - **Angad Singh**
 - Jaivardhan Sisodia
 - Ahaan Rohilla

Class -IV



Arnav Vijay

Harnoor Kaur

- **Vaibhav Singh**
- **Bhavika Singh**
- **Anay Mahajan**



DRAWING COMPETITION Class -KG

Theme: My colourful world / Mother and Me



- Rishika Deo
- Shashwat Swarup Dash
- Sarvesh Karthick
- **Aarnav Singh**
- **Abdus Samad Khan**
- Gargi Tripathi
- Ridhaansh Jain
- **Akshay Durvasa**

FANCY DRESS COMPETITION Class -KG



Topic: Freedom Fighters

- RishaanBakshi
- **Aadwik Agrawal**
- Medhika Goel
- **Rudra Pratap Singh**
- Chaitanya Bilwani
- Ridhaansh Jain
- **Kavisha Singh**







September Newsletter



भाषा संवर्धन

हिंदी एक वैज्ञानिक भाषा है । इसमें जैसा बोला जाता है, बिलकुल वैसा ही लिखा जाता है । पिछले अंक में हमने बात की थी, भाषा के चार कौशलों की । जिनमें एक है - वाचन , अर्थात् बोलना । इसलिए जब हम शुद्ध एवं स्पष्ट बोलेंगे तभी शुद्ध -स्पष्ट लिखेंगे । अकसर हमने देखा है , मेडिकल शॉप के बाहर लिखा होता है - 'दवाईयाँ' जो अशुद्ध है ।जबिक शुद्ध शब्द होगा - 'दवाइयाँ', अपवाद स्वरूप एक- दो शब्दों को छोड़कर बहुवचन में (इ- ि) का प्रयोग होता है । ऐसा ही अकसर ट्रकों - गाड़ियों आदि के पीछे लिखा होता है - 'माँ का आर्शिवाद या आर्शीवाद ' जो अशुद्ध है । जबिक शुद्ध शब्द होगा - 'माँ का आर्शिवाद या आर्शीवाद ' जो अशुद्ध है । जबिक शुद्ध शब्द होगा - 'माँ का आर्शिवाद या अर्शिवाद ' जो अशुद्ध है । जबिक शुद्ध शब्द होगा - 'माँ का आर्शिवाद या अर्शिवाद ' जो अशुद्ध है । जबिक शुद्ध शब्द होगा - 'माँ का आर्शिवाद या अर्शिवाद है , कि जब 'र' स्वर रहित होता है तब वह रेफ़ (ऽ) के रूप में अपने बाद में आने वाले वर्ण के ऊपर लगता है जैसे -आकर्षण , कर्म आदि । अतः हमें उच्चारण पर विशेष ध्यान देना होगा ।

मम प्रोत्साहनस्य कारणम्

उत्साहवर्धनम् प्रोत्साहनम् प्रेरणा च चमत्कारयुक्तपदानि सन्ति । मानवजीवने एतेषाम् आगमनेन एव जीवनस्य प्रयोजनमपि परिवर्तितं भवितुं शक्यते । संस्कृतसाहित्ये तु वयं नैकाः दृष्टांताः पश्यामः युत्र प्रेरणां प्राप्य जनाः किं किं कर्तुं समर्थाः अभवन्। अत्र मम नवमीकक्षातः छात्राः स्वानुभवान् लिखन्ति -

भारतस्य संस्कृत्याः ज्ञानं तु वेदेषु निहितम् । वेदानां ज्ञानाय संस्कृतस्य ज्ञानम् आवश्यकम् यतोहि ते तु संस्कृतभाषायां निबद्धाः। अपि च संस्कृतसाहित्येषु या ज्ञानगंगा विद्यते तासां ज्ञानाय अपि संस्कृतस्य ज्ञानम् आवश्यकम् । अतः अहं संस्कृताध्ययनं करोमि अपरान् च संस्कृतम् प्रति प्रेरितं कर्तुमिच्छामि । कक्षानवमीतः आशना अग्रवालः एकदा अहम् मनुस्मृतिग्रंथात् केचन् श्लोकाः अपठम् । माम् अतीव आनन्दानुभृतिः अभवत् । अहम् अचिन्तयत् यत् प्राचीनकालस्य या विद्या विश्वप्रसिद्धा अस्ति सा त्

संस्कृतभाषायामेव। यथा वेद-पुराण-उपनिषदादयः । अतः अहं संस्कृतभाषाम् प्रति आकर्षितम् अभवम् । अधुना अहं तां पठित्वा अति प्रसन्नः अस्मि ।

कक्षानवमीतः अर्थाः गुप्ता

आधुनिकपरिवेशे आवश्यकता वर्तते यत् वयं विज्ञानेन सह आध्यात्मिकताम् अपि ज्ञातुं समर्थः भवेम । संस्कृतसाहित्ये विज्ञानसंबन्धीग्रंथाः तु नैकाः । तेषाम् अध्ययनं कृत्वा वयं ब्रह्मांडविषये अपि ज्ञातुं समर्थः भविष्यामः । इति मम निश्चयः । अतः अहं संस्कृताध्ययनं प्रति आकर्षितम् अभवम् । कक्षानवमीतः भास्करः वशिष्ठः

मम मातापितरौ मम प्रेरणास्रोतौ स्तः।" सफलता वा असफलता वा अस्मिन् विषये निर्भरा न भवित यत् तव समीपे किमस्ति, सा तु तव चिन्तनस्योपिर निर्भरा एव।" अतः एतस्य विचारस्य स्मरणं कृत्वा अहम् मम सर्वाणि कार्याणि करोमि। संस्कृतम् पठनाय मम संस्कृतस्य अध्यापिका माम् प्रेरयित सदैव प्रोत्साहितम् करोति। यत् वयम् आङ्ग्लभाषया सह संस्कृतभाषायाम् अपि वार्तालापम् कर्तुम् शक्नुमः। संस्कृतस्य ज्ञानेन एव वयम् अस्माकम् देशस्य संस्कृतिम् जानीमः। सर्वान् प्रति समरूपाचरणाय प्रकृतिः माम् प्रेरयित।

संस्कृतविभागाध्यक्षा डॉ. छवि जैन

N'ABANDONNEZ JAMAIS

"Le secret pour avancer c'est de commencer." Dans les moments difficiles du coronavirus d'aujourd'hui, pour m'inspirer de ne pas abandonner, j'ai récemment vu un film « LIFE OF PI ». Santosh et Gita Patel décident de vendre leur zoo en Inde et de déménager au Canada, avec leurs fils et quelques animaux. Après un naufrage tragique, seul humain, le fils de Patel, Pi a rescapé de ce naufrage. Cependant, Pi n'était pas seul; un tigre du Bengale était avec lui .Après quelques mois, Pi et le tigre avaient appris à se faire confiance pour survivre tous les deux.



Et c'est la même circonstance où chacun doit faire confiance à nos gouvernements et à nos médecins. Comme eux, nous devrions tous être ensemble dans ce combat. L'histoire nous apprend à ne pas abandonner, même dans les conditions les plus dures. Pi n'a pas perdu son espoir et il a continué à bouger. A cause de la pandémie de coronavirus, nous restons chez nous pendant une si longue période. Nous aurons de la patience, de la volonté, de l'amour et de la confiance pour gagner les moments les plus difficiles de l'histoire humaine!

Nitya Malhotra, 10-B



SENIOR MELANGE

September Newsletter

A TALE OF ENCOURAGEMENT By Arsh Gupta IX B

Among the towering peaks of the Alps, Covered by a vast stretch of white snow. In a small cottage, a young man Not older than 14 stood, looking through his window.

Nervous he was, for today was the day, To show those who saw him as a loser. That he was not a failure, not a flop. And just wanted to put up an awesome show.

Today was his first competition, The one for which he had been training for years. So, he picked up his snowboard and set out Wiping his tears for he was ready to face his fears.

> Hurriedly, he arrived at the course, He braced himself and nervously bent A long breath and all stress gone. 1! 2! 3! Go, and off he went.

He raced through the trees, through the wind, Confident that he'd win as he neared the end But something very unexpected happened, Something he had never fathomed!

One wrong move and he slipped, Across the mountains, his scream echoed. He lost his right arm! And despair overshadowed.

He lost all the hopes he ever had, He wished never to see the snowboard again. As now, it was a forgotten friend, But someday he had to get out of his den.

His mother saw his innate love And the talent for the sport. And the cloud of despair started Disappearing around him as she talked.

> "My boy, I know you are feeling Pained and distressed. But please, don't pretend To forget your bosom friend."

"Your snowboard is waiting right there For you to create memories. As you zip past the houses, Dodging the Conifers blissfully through the breeze!"

At that moment, he felt the surge Pushing him to pursue his lost love He had finally been rescued from renouncing That he had been at the verge of.

Ten years hence, at the Paralympic Games, A tear fell down Alex's cheek while he moaned And recollected this story as he proceeded.

Chocolate Swiss Roll

A Recipe Encouraging Sibling Camaraderie By- Inika Makhija (Vi-B), Samiksh Makhija (V-D)

Ingredients:

200 gm digestive biscuits 1 tbsp butter to make dough)

- 1 cup desiccated coconut
- 1 tbsp butter
- 2 tbsp powdered sugar





- Crush all the digestive biscuits and transfer them into a bowl.
- Add butter, cocoa powder, chocolate syrup and milk (as needed) to

- Refrigerate it for 10-15 mins.







Sristi Mitra VI D



- 1. What begins with T, finishes with T, and has T in
- 2. What is always in front of you, but can't be seen?
- 3. Where can you find cities, shops, and streets but no people?
- 4. What word is spelled wrong in the dictionary?
- 5. What is full of holes but still holds water?
- 6. What begins with an 'E' but only has one letter?

Kritik Kant VII D

1. Teapot, 2. Future, 3. Map, 4. The word 'wrong' itself, 5. A sponge, 6. An envelope



OUR WORLD OUR ACTION



ENCOURAGEMENT AND RAISING BENCHMARKS

In the words of Martin Luther King Jr., encouragement can be described as a stone of hope in a mountain of despair. When we feel that we are in the middle of a trial with ourselves, words of encouragement can make all the difference. It can do wonders for one's outlook on life. One question, however, which lingers in our minds is that how does encouragement help people in raising the benchmark?

Words of encouragement are morale boosters. They help us muster the strength required to overcome the obstacles which lie ahead of us. Moreover, encouragement also acts as a fuel for one's self-esteem. This allows us to revaluate our capabilities and reset our benchmarks which would help us tackle and achieve our goals more efficiently. Encouragement is the healthiest motivator. It gives us willpower and aids us to persevere and look at our endeavours of past, present and future in a positive light.

With this, we've answered the question that we started with. Encouragement helps people in raising their benchmarks as it is the ultimate source of inspiration, self-confidence and willpower

CHEESY RICE CASSEROLE

"Before you complain about the taste of your food, think of someone who has nothing to eat" With millions of people being underfed and malnourished around the world, it is imperative that we make the most of the food we have. Before putting food on our plate, we should think about those who sleep without eating. We should only take as much as we can eat without wasting. Today I will share with you an amazing way of using the leftover rice to make a Cheesy Rice Casserole

INGREDIENTS

1 tsp. tomato ketchup

1 cup cooked basmati rice

1/3 cup finely chopped onion

1/3 cup finely chopped tomatoes

1 tbsp. crushed garlic

1/4 cup finely chopped capsicum

1/2 cup boiled corn

1 tsp. tomato ketchup

1/2 cup grated mozzarella cheese

salt to taste

SPICES:

1/2 tsp. mixed herbs 1 tsp. oregano

1/2 tsp. chilli flakes

INSTRUCTIONS

To a pan add olive oil then add garlic and onion. Sauté till transparent. Then add tomatoes and capsicum. Sauté until mushy and it cooked. Add all the spice powders along with salt. Further sauté for 2 minutes. Add boiled corn. Give a quick toss. Finally add tomato ketchup. Give a quick mix and switch off. Reserve a little of the mixture as topping. To the remaining add leftover rice and mix well. Preheat oven at 180 degree C for 10 minutes. Grease a baking dish with butter. Add the rice mixture and top it with the mozzarella cheese .Bake for 10 minutes, add the reserved topping and serve hot!.

Avni Munjal IX-D









Ishanya Sharma, X-B

There is a dark cloud called COVID looming over us, but the silver lining is the time it has given us to boost our immunity.

• A (fruit) punch to COVID

Fruits like apples and oranges are rich in nutrients, including fibre, vitamin C and antioxidants. The time is ripe for incorporating them in our diets.

All work and no play puts Jack at risk.

Work from home, online education and Zoom meetings are all very exhausting. Physical exercise stimulates both mind and body and also serves as a recreational activity.

• Stress on mental health

Our mental health too has been affected due to such an unprecedented change. Something as ordinary as good sleep can do wonders when it comes to relaxation.

• Mask the virus

Wearing a mask reduces the scope of transmission drastically. Inexpensive, reusable and washable; it shields us from the virus.

Our best bet for being safe is our body's immune system as it will help to tackle the invisible, minuscule enemy known as the Corona virus.

DYUTI SOOD .X- B







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