

NOVEMBER 2022



CHAIRPERSON'S MESSAGE

Greetings!

As we stand on the threshold of bidding adieu to 2022 and welcoming the New Year 2023, I go down the memory lane introspecting the challenges we have faced this year. When School opened Post-COVID, we all had to overcome the obstacles of transitioning from online to offline mode of teaching and learning.

Yet we all rose to the challenge, climbing the ladder of success with utmost dignity and respect for each other, leaving no stone unturned to achieve our goals.

The New Year 2023 is synonymous with PERSEVERANCE and HOPE, hoping that all my students who are back in school physically amongst their teachers and friends, have been able to bridge the gap fostered by COVID Lockdown. I am filled with Gratitude for all that was well in 2022 and HOPE that 2023 will unveil a new and promising chapter in all our lives and enable us to deal with the challenges ably. I am proud that my students spared no efforts in dealing with academic challenges, meeting the deadlines and learning in offline mode once more. I wish all of you success in completing your goals in 2022 and a Very Happy New Year in 2023; and may God Almighty gives you immense strength and courage to overcome all hurdles and evolve new and innovative ideas to make our nation proud. You all are blessed by God and have conquered our hearts with your indefatigable efforts to rise victorious with flying colours; a phoenix from the ashes of COVID'19!

PRINCIPAL'S MESSAGE



PROGRAMMING' THE FUTURISTIC MINDSET

As rightly said, it is all in the mind, as a great thought can change perception, augment innovation, transform attitude, revolutionize society and even save humanity. Each one of us has a powerful driving force with in us that protects our goals, keeps us sane and assertive and crushes all excuses of inaction or negativity. In the constantly evolving world that we live in today, we need to have a mind capable of unlocking the immense potential that remains hidden within us, due to lack of self-awareness. Amity empowers students with disciplined, synthesizing, creative, respectful and ethical minds, so as to enable them to become futuristic global citizens who can take charge of their lives.

The Disciplined mind guides in bringing structure and efficiency to the way we work, instilled through daily practice of chanting Gayathri, yagna, value-based assemblies and adoption of BHAAG formula in life. Practicing Chess, Trigonometry, Archery or violin, just to name a few activities, in a disciplined manner has given us immense recognition, be it at state, national or international level. The rigor to practice open ended questions, MCQs, quizzing etc. enables our students to critically analyze information received from a variety of sources and helps in developing a synthesizing mind. This paves the way for seeing the bigger picture in one's life and make learning lifelong.

Creating new things but also finding new ways of doing the tasks at hand by finding creative solutions to the problems they relate to, helps in inculcation of Creative Mind. There are structured efforts made continuously in these directions. Respecting parents, teachers, environment, community, the nation and the universe comes effortlessly to our students as they have a respectful mind that understands differences between individuals by valuing and accepting ideas that are different from their own. By working for Amitasha students and others in community, students learn to find purpose beyond self-interest. Youth Power, Service-Learning projects and Interact Club initiatives help in developing an Ethical mind that empathizes with others.

Mind programming is the latest fad of this century. A healthy mind, nurtures positive thoughts, that work as catalyst in forming desirable habits, that sublimates into one's work profile much needed for scripting a success story of a student's mission in life.

Students can plan a preferred future by staying pragmatic and honest with themselves. It is important to decide the 'who' one socializes with, along with, the 'what', one actually does in their free time, as friends is the family 'you' choose and by bonding with the right people, everything is possible. Not only this, developing a futuristic mindset entails considering the 'tools' around you, like taking the help of your teachers, making the most of the progressive environment created by participating in scholastic & co scholastic activities to enhance your IQ, EQ & SQ.

An Amitian must endeavor to indulge in self-reflection and self-awareness discourses offered by school both offline in the classrooms and online through the LMS platform. लोका समस्ता सुखिनो भवन्तु !ॐ शान्तिः शान्तिः शान्तिः शान्तिः This is an apt Sanskrit mantra from the Upanishads that resonates with the power of the mind, saying, "May the thoughts, words, and actions of one's own life contribute in some way to that happiness and to that freedom for all and let all beings be happy and free."

Wishing all the readers the ability to develop futuristic mindsets that are progressive towards peace and harmony for all.

Happy Reading! Arti Chopra

Creativity -Junior School

WHAT DO SANTA'S ELVES DO ON THEIR DAY OFF?

Do you know how hard the elves work? Do you think Santa gives them a day off? What would they do on their day off? I think Santa and elves take few days off after Christmas and start working again after New Year's Day. I think the elves would do nothing but be lazy on their day off. They would sleep till late morning and even after waking up would feel lazy. They would just sit in the soothing sun and eat a big tub of ice cream for breakfast. After reading a book for sometime they would fill in the tub with nice hot bubbles and take a long relaxing bath. I believe after a quick lunch they would nap for a long time. In the evening they would order their dinner and enjoy a relaxing massage by an expert. Refreshed after the massage and dinner, they would just sit by the fireplace on comfortable couch and watch Netflix and have some hot chocolate. This is how elves would relax and chill on their day off.



CHRISTMAS



I am so happy because
It's the season of Santa Clause
I wait eagerly for the gifts
And will be thrilled to bits
Wish this time would forever pause.

Stars

Once there was a wonderful star
It looked so close but was quite far
I thought it was winking at me
As it hid behind the tree
Putting my thinking cap on
I caught it in a water jar.

RIYAARTH SARAOGI(CLASS 41)

THE CHRISTMAS MYSTERY

Cairol, Holly and Finn were having a wonderful picnic with their parents in the misty woods. The sun was shining brightly and the air was blowing gently. Holly picked up the crumbs of bread to feed the pigeons when suddenly a gull dropped a letter at her feet. She opened it and it said -

Visit 4 most famous monuments of India and if you visit them, you'll find any letter like A, B, C on the roof. Unjumble the letters and visit it thereafter.

Holly hurriedly told Cairol, Finn and her parents. Her parents decided to visit the Taj Mahal, Golden Temple, Khajuraho and the Konark Sun Temple. The children were incredibly happy to go as they wanted to solve the mystery. Before they



knew it, they had visited all of them. At the roof of the Taj Mahal, Golden Temple, Khajuraho and the Konark Sun Temple they found the letters **N**, **W**, **S**, **O**. They unjumbled the letters and formed the word **SNOW**. They felt extremely excited on making progress. Cairol said that they should go to the north pole as there they will find snow. Their parents booked the tickets to the north pole and they arrived at a spot. After a few minutes of waiting, they heard big heavy footsteps. They looked up and what do you think they saw? Santa Claus! Santa Claus hugged the children tightly and gave them presents for solving the mystery.

It was the best winter vacation of Cairol, Holly and Finn.

SHAYNA GOEL -4J

Creativity -Junior School

RECIPE TO IMPRESS SANTA

Here's how you can impress Santa this season Ingredients –

1 teaspoon of promises

1 tablespoon of prayers

1/2 a cup of discipline

1 cup of understanding

5 cups of chores

4 cups of listening

8 ladles of love

25 cups of goodness

3 cups of manners

50 cups of laughter

Directions -

- 1] Finish your homework, brush your hair, have a shower, show love and care.
- 2] Wake up fresh, do your chores, don't forget to sweep the floors.
- 3] Attend school, pay attention, do not get yourself into detention.
- 4] Help out, keep your promise, clean up, show your goodness.
- 5] Go to bed, say your prayers, don't forget to show good manners
- 6] Always keep discipline, show that you are listening.
- 7] To your friends, show understanding, always continue being outstanding.
- 8] Laugh out loud, celebrate, make sure you finish all the cake.
- 9] Joke about, there is no limit, run around, keep up the spirit.

BIG OR SMALL

Am I big or am I small?

I can't understand at all,

People change their views for all,

I am only eight after all.

Now and then considered too big to ride a toy

car

Sometimes too small to drive a real one on the

Laughed at while reading Peppa pig
but stared at angrily if glancing through movie

I just want to ask them all why can't they make
Up their minds after all?

RIYAARTH SARAOGI(CLASS 41)

RIYAARTH SARAOGI(CLASS 41)

A CHRISTMAS DREAM

The day finally arrived! Lily was excited as it was Christmas Eve.

She couldn't wait to go to sleep! She hurriedly finished dinner, kept her Christmas wish listunder the tree, brushed her teeth and ran to her bed, forcing herself to sleep. Her mother, Mary gave her a goodnight kiss and a mug of her special hot chocolate. Eventually, Lily dozed off.

Around midnight, she heard loud sounds of chewing and drinking. At first, she thought it was thief, but then, as she squinted her eyes, she saw Santa, standing right beside her bed. She couldn't believe her eyes and jumped out of her bed to see if it really was Santa! "Oh! Hey there! I didn't realise you are awake!" he said, while gulping down the milk. "I'm sorry, I didn't mean to wake you up. In order to make up for my mistake, I will grant you a wish! Askfor anything you want." Lily froze! "Anything?" she said doubtedly. "Yes!" chuckled Santa.

She pondered for a while and exclaimed, "I want to be Santa Claus! But..." Santa waited eagerly to hear Lily's wish. She continued, "I would be called Santanna and my reindeer, Rudy! I would wear colourful clothes for Christmas. I would style my shiny brown hair withcute hair clips and a hairband and would wear makeup every day." "Ho! Ho! Ho!" giggled Santa, "I assume you have more things to add?" "Oh yes! A lot more", said Lily.

"I wouldn't climb through chimneys, instead would teleport to distribute gifts with my friendRudy. I will use my magic wand to stop all disasters and accidents, help needy people by fulfilling their wishes and make this world a happy place. I would make clouds of cotton candy that shower sweets and chocolates", said Lily. Santa laughed, as his voice slowly fainted.

Lily heard her mother's voice, "Merry Christmas, honey!" She said while waking Lily up!

Lily told her mother about last night. "Oh dear! It was a dream", said Mary. Lily felt disappointed. Just then, she laid her eyes on a huge pile of presents under the Christmas tree. She squealed with joy, "Merry Christmas mom!" and started unwrapping the gifts.

Creativity -Middle School *

AM I GOOD ENOUGH?

I come back home, check the phone open insta, Facebook, and other platforms to see how many likes I got on my post.

Oh, no! am I not good enough? The number remains 24. I calm myself down and try to disperse the frown.

Alas! my mind keeps running back to the stuff online, wondering if the comment was a truth or a lie?

Oh God, this makes me feel the doubt, making me feel the need to cry my heart out.

For a while, I forgot these were strangers whom I was talking to.
I noticed that these were the people influencing me, a pose is what I am supposed to do, and a filter is what I need to use.

Forcing me to give it a thought, if I were good enough or not?

But now all I feel is just fake,
I believe it is the moment to ignore them and I begin the change.

Days passed by I didn't go online
Nor do I care about my profile.
Eventually, I came back to normal,
But my so-called online friends thought I was abnormal.

Definitely, it took time
but all I know is in the end,
I am all fine.
As relaxed and free as a seashore,
Shining bright and touching the heights like before.

I began a fresh phase of summer in my life, knowing it's enough to be enough just for myself.

KASHVI SHARMA (CLASS VIII D)

TEACHERS PET

The lure of being a good boy
makes him feel like a toy
the sensational feeling of pain
makes him throb and let the tears rain
being called the teachers pet
makes him sad and discontent
being called anonymously makes him incompetent

The small lad was depressed all the time but his loved ones came up with a new vibe they laughed with him they cried with him and now maybe he is a part of a the class tribe.

DARSH KASHYAP (CLASS VIII)

'MOUNTAIN OF VICTORY'



Climb the mountain of your dreams

Take a step forward and don't look back

Set an aim to achieve your goal

Don't put pressure on your soul by saying 'I can do it'

Because your soul already knows it

Choose the right mountain to climb

One step to set your destiny

Don't judge the mount by its height

It's you that wishes to fly high like a kite

Fall and tumble but stand right back

When you reach the top, don't forget to celebrate

It was you who it made there with your high ambitions

Capture the unforgettable moment and your victory celebrate!

SUHANI SINGH(CLASS IX-F)

Creativity -Senior School

NATURE'S HEALING TOUCH

The creator of earth, who made Nature vivid and divine

Its lap is always gentle and benign
Its aesthetic beauty is a gift of god
But man's reaction to it is bitterly odd

Its lush landscape leaves one spellbound
Flora and fauna found all around
Words to describe the sky are too many
And a sky full of stars is worth every penny

Happiness is found in nature's beauty and tranquility A walk in the lap of nature brings a lot of positivity Nature joyfully colours the spirit Its healing and majestic power has no limit

DITYA GOEL (XI SYNCHRO)

'THE LOVED ONES THAT LEAVE US'

The Loved ones we miss Look upon on us from yonder. They watch over us, They know, we remember.

Let us not think they are gone, For, they are with us always. They are the Joy in our smiles. Like tears of happiness in our eyes

Like the Perfumed breath of a Spring Day.
They weave their golden blessings into our lives;
For they are the fortitude in our steps,
And the glow of hope in our hearts.

When I look up, I imagine a golden winged form, With a Halo of kindness upon its brow. Such an angelic glow I see...

It blinds me to any other reality.

So take heart in the knowledge
That they see us all the time,
And every day, 'They breathe hope into our endeavors
And are 'NEVER FAR AWAY'.





LETTER 'S'

The letter 's' has so much depth to it, It can be added after every word and, it becomes the privilege of some And a want for many.

Having parents, edibles, funds, resources, books
Is an entitlement that not everyone gets
It is a luxury, not everyone understand
And it is the hard work behind it, not everyone does

Sympathy is not what they ask,
Old possessions is not what they need
A ray of hope, to turn their lives around
Is what we need to feed

Giving a helping hand is priceless
To those, who find even water pricey
Letting belongings go away for free, for us is lifeless
But that can bring smiles for many like me

I make you only understand the expenses for homes having nothing, yet, a family to fed, fund, educate, A house to buy, furnish, rent, A child to play, enjoy, excel All words without the letter 's'



KRITYONA SSAHU (XI-S2)

TEMPEST OF SORROW

Sorrow like a raging tempest
Drowns me whole, and darkness abounds
The waves recede, the night grows cold
Is there no relief, no saviour found?

Bound by chains, agony follows
Sinking deeper, I'm carved up hollow
How long can I last?
How long can I bear?
Am I lost to time as my heart fears?

Memories flash by, so do regrets
I look up and hope I can forget
Undefeated I must face life's maze
I don't think I am done
I hope anew through a tear-filled daze.

MIHIKA MUKHERJEE (10J)



युगपुरुष फ़ाउंडर सर

शास्त्रों की आकाश-बेल से झड़ते ,शब्द-माल में गुंफित, सुरभित, सूक्ष्म विद्वता।

कालहीन, मूर्त-अमूर्त, तीन लोक, राग - द्वेष के अवगुंठन से परे अमरता |

गगन के सोपानों को सृजन शंख की नाद ध्वनि से , कंपित करती बढ़ रही सुदृढ़ता ।

एक कुटुंब, एक धरा ,एक विश्व के विनम्र भाव में पल्लवित पुष्पित नित्-नूतनता।

रजतमय इतिहास के पन्नों पर स्वर्ण-चिह्न को अंकित करती अनवरत तन्मयी सजगता ।

सूर्य दिगंतर से परे सामूहिक संकल्प शक्ति श्वासों को दे रही निरंतरता ।

हे पथ प्रदर्शक !हे अग्रदूत ! हे युगपुरुष ! धरती पर बिखरे कण-कण में प्रतिबिंबित है,परिलक्षित है आपके ही प्रभामंडल की पावन शाश्वतता , दैवीय और अलौकिक प्रभुता।

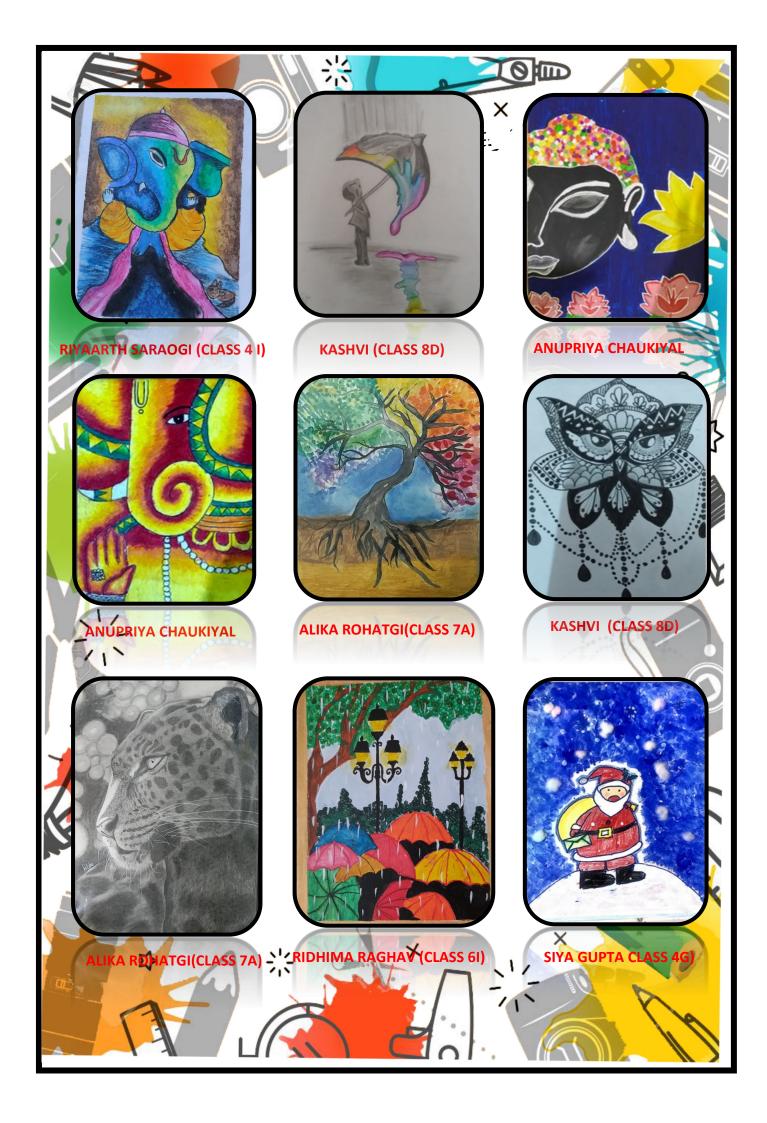
शालिनी शर्मा



विषय - बाल दिवस के अवसर पर--

बाल दिवस के इस अवसर पर, संकल्प करें कुछ करने का,
अच्छाई के हक में लड़ने का,जीवन में आगे बढ़ने का,
मृश्किल कैसी भी हो,हल करने को,हम असाधारण प्रयास करें।
जीवन के कैनवास पर, हम आशाओं के रंग भरें,
मानव हित में कुछ हटकर, कर जाने का संकल्प करें।
फूल, पौधे, तितली, बाग-बगीचों के संग, कुछ समय बिताने का संकल्प करें।
सूरज, धूप, चाँद-चाँदनी, आसमान की रंगत को कुछ कहते देंखें,
प्रकृति के गोद में पर्वत, नदी और पानी संग, झरनों को बहते देखें।
चंचल, जिज्ञासु स्वभाव, निश्छल भाव, इनकी पहचान भी है
सच्चा, पारदर्शी मन इनका,बच्चों में भगवान भी है.....
बाल दिवस की इस बेला में, आओ संकल्प लें सभी,
जिम्मेदार नागरिक बनने का,अच्छाई के हक में लड़ने का,
सच्चाई की राह पर चलने का, जीवन में आगे बढ़ने का......।

सोमा सिंह, हिंदी अध्यापिका,





JUNIOR SCHOOL SPORTS DAY

Amity-46 school dressed organized a spectacular Annual Sports Day for Grade 1 to 4 from November 21st-22nd,2022. Students in their house T-Shirts and smart track pants enthusiastically participants on the tracks, in Relay and Fun Races, Crossing the Hurdles, Hula Hoops, etc. which were first run class wise followed by the winners from each class participating in an Inter-Class Category. The day concluded with a final 50 m sprint by the finalists to select the three outstanding performers from each class in both boys and girls categories.

Principal, Mrs. Arti Chopra and Head Mistress, Ms. Sumity ma'am raised the moral of the participants by cheering for them and finally presenting the medals to the winners in all categories. Their encouraging words imbued confidence into all, to work harder to better their performance in the years to come.









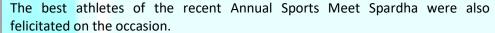




FOUNDER'S DAY CELEBRATION

A special assembly was organised on 11th November 2022 to commemorate the birthday of Dr. Ashok K. Chauhan, Founder President of the Amity Group.

The students expressed their sincerest birthday wishes to Founder Sir through a performance on 'The Magic of Love & Belief' and the entire hall resounded with applause for Founder Sir. Amitians expressed their heartfelt gratitude to Founder Sir for creating wonderful global opportunities for the students and Principal, Mrs. Arti Chopra reminded students about his success mantra-BHAAG, emphasising right Behaviour, right Attitude, having Aspiration and strong belief in God. She encouraged students to work hard and turn Founder Sir's dream into reality of making India a Global Knowledge super power by 2030.











WILD WISDOM GLOBAL CHALLENGE 2022

A global level quiz based on environmental conservation, this year the challenge saw participation from more than 80 countries and around 25000 plus students participated online, globally. The Zonal Level Round was held from 10th -19th October. With the blessings of Honourable Chairperson Ma'am and under the guidance of beloved Principal Ma'am, Chinmay Karwa and Siddhant Kaura of class 8 secured Rank-1 in North Zone. Chinmay Karwa also secured Global Rank-1 individually. These Zonal Champions further participated in the National Finale on 15th November, 2022.

Siddhant Kaura and Chinmay Karwa represented North Zone and scored second position at National level of Wild Wisdom Global Challenge 2022. Overall, it was great learning experience.





CLASS PRESENTATION GRADE -VII

A class Presentation was put up by the students of grade 7 of Amity International School, Sector 46, Gurgaon on 19 November 2022. The students put up a wonderful performance to show the journey of river Ganga right from its origin to its end. The entire presentation talked about the descent of river Ganga from heaven to earth, Ganga as a lifeline, pollution of the river and its aftermath. The entire stage came live with the colourful performance of the students. The presentation spread awareness about protecting the rivers and helped the students learn about Indian culture and tradition. School Principal Ms. Arti Chopra lauded the efforts of the students for putting up such a wonderful show. Parents were thrilled to see their children performing.









AWARENESS ON SUBSTANCE ABUSE

A session on 'Awareness on Substance Abuse' was organized by Amity International School, Sector 46 for senior secondary students on 22nd November, 2022. The resource person was Dr Natasha K. Kumar (M.sc, PhD) Consultant Neuropsychologist, Medanta. After the customary lighting of the lamp and felicitation by Principal Ma'am, Ms. Arti Chopra, Dr Natasha spoke to and sensitized the students about various kinds of addiction- vaping, smoking, gaming, social media, junk food and many more such substances. She discussed the causes of addiction and shared various studies on this subject. She explained how students can prevent themselves from falling prey to any kind of substance abuse. She explained how students can cope with their anxiety and stress and also be aware to look for any such signs in their friends or near and dear ones at home. She pressed on the need to come out and seek help and take necessary corrective measures to overcome the issue. In the end she took students' queries patiently. The session was very informative and enriching.







ETIQUETTE WORKSHOP - GRADE-IX

Amity International School, Sector 46 under the able guidance of the dynamic principal Ms. Arti Chopra organised an Etiquette workshop for students of grade 9 on 25th November 2022 to counsel students about the importance of body language, walking styles, public behavior and non-verbal communication. Resource persons from Amity Finishing School conducted certain activities which emphasized the importance of team building and effective ways of communication.







CLASS PRESENTATION - GRADE V

Amity International School, Sector 46, Gurugram organized the Grade 5 Class Presentation on 'The Great Rulers of India'. More than 325 students portrayed the inspiring stories of the various Indian Kings through the Multiple Intelligences of the students. The program began with the lighting of the lamp along with live music and Vandana. This was followed by melodious symphony of orchestra -Saaz and a scintillating performance of western vocal music-Rhythm.

The program showcased the lives of the kings like Prithviraj Chauhan, Akbar, Ahilyabai Holkar, Rani Laxmi Bai, Prince Siddharth, Chandragupta Maurya, Maharana Pratap, Maharaja Ranjeet Singh and Shivaji; who have been a source of inspiration and have showed the path of righteousness, valour, justice and integrity. The performances given by the students enthralled the audience and the parents were very appreciative of the theme chosen and the efforts put for a beautiful outcome.













ORIENTATION FOR CBSE BOARD -CLASS X

AlS 46 Gurgaon organized an orientation program for the parents and students of **Grade X** on **Tuesday, 22nd November, 2022** in MP Hall from 8 am to 9:45 am. The programme commenced with the lighting of the ceremonial lamp along with classical dance -Vandana by class X student. Principal, Ms. Arti Chopra, Principal welcomed the parents and apprised them about Amity's vision and mission and how it plays a transformational role in the life of its students.

She enunciated the preparation for the year ahead briefing them on individual counselling, the importance of practicals, mentors assigned, focus on NCERT exemplars as some important areas and the school's readiness towards board examination. She also apprised them about stream and subject wise syllabus division, deleted portion and new additions in the year 2022-23, and important tips to ace in various subjects. The coordinator of Classes IX-X, Ms. Vanshika Tuteja also shared the dates and importance of the upcoming preboard examinations along with the criteria for stream selection in class XI and emphasized the importance of the parent's role in guiding the students especially in preparing them for pre-board exams. The different department heads shared tips and tricks with parents and students how to ace in board exams. The class representatives of Senior Secondary streams, Ms. Seema Kaushik (Science), Ms. Priyanka Jain (Commerce), and Ms. Bhawna Sharma (Humanities) followed by the counselor, Ms. Shilpi Sharma acquainted them with the anxiety, stress and various other problems which are visible in students before the examination. The event a comprehensive and informative session for class X parents and students and culminated with the national anthem.







ORIENTATION FOR CBSE BOARD -CLASS XII

AIS 46 Gurgaon organized an orientation program for CBSE Board for the parents and students in **Grade XII** on **Monday**, 21st **November**, 2022 in MP Hall from 8 am to 9:45 am

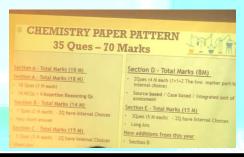
The programme commenced with the lighting of the ceremonial lamp along with musical perfomance by the students and classical dance presentation in form of Vandana by a class XII Synchro student. Principal Ms. Arti Chopra, welcomed the parents and apprised them about Amity's vision and mission and then briefed everyone on individual counseling, importance of practicals, Mcqs, mentors assigned to provide guidance, focus on NCERT exemplars as some important areas and the school's readiness towards board examination.

Ma'am also apprised stream and subject wise syllabus division, deleted portion and new additions in the year 2022-23, and the most significant; tips to ace the Boards in various subjects. Academic coordinator of Senior Secondary block, Ms. Sushila Panwar then familiarized the parents with important dates including Preboard 1, 2 and 3, Preboard practical dates, tentative dates for board practical, mock papers and Citation date.

The briefing of marks distribution in Practical subject was done by the class representatives of respective streams, Ms. Seema Kaushik (Science), Ms. Priyanka Jain (Commerce), and Ms. Bhawna Sharma (Humanities) followed by the counselor, Ms. Shilpi Sharma acquainted them with the anxiety, stress and various other problems which are visible in students before the examination.







ROBOTRONICS -2022

Amity International School Sec-46 Gurgaon hosted the Inter School Robo-Tech Championship ROBOTRONICS 2022. The event commenced with the Lamp Lighting and welcome of the esteemed Judges for Robotronics: Shreesh Tripathi, Abhineet Shrivastav, Daksh Shah, Aishani Dwivedi, Anirudh Bansal, Naman Narula and Mr Sunit who assessed the skills and talent of the 500+ participants. 30+ Teams from schools all over Gurgaon and NCR; who participated enthusiastically in the construction of their robots. Competitions like Creative, Crossword, Surprise, Encryptid, Gaming and many more, were conducted in the IT category.

At the closing ceremony the judges were welcomed and felicitated by Principal Mrs. Arti Chopra and culminated with the prize distribution The overall trophy was bagged by DPS Dwarka and The overall runners-up for the event are Amity International School, Mayur Vihar.



















WORKSHOP ON HEALTHY LIFESTYLE

Amity International School Sector 46 organised a workshop on 'Healthy Lifestyle' for students of Class 7 on 25th November 2022 in the M.P Hall. Dr Neha Jain, a practicing diabetologist at Apollo Clinic threw light on reasons behind lifestyle diseases such as obesity and diabetes and the ill- effects of a sedentary lifestyle. She spoke about some healthy practices such as proper sleep cycle, eating nutritious meals, avoiding stress, exercising and so on. Students were also told about correct posture and preventing substance abuse. She mentioned the importance of 'Ayushmaan Bharat' drive of government of India and its role in promotion of child health.







MOVIE EXCURSION GRADES IX AND XI

As part of a recreational trip Amity 46 Gurgaon took 353 students of class IX to Airia Mall and 250 students of class XI to **Cinepolis Cinema for** a special screening of the popular movie 'Black Adam' on 24th November, 2022 at 10:30am

Black Adam, a very enjoyable and enthralling movie; is the story of Teth Adam, who becomes the hero in an enslaved ancient nation, ruled by an oppressive king Anh-Kot, as wizards endow him with superpowers. However, when he uses his power for revenge, he's imprisoned for 5,000 years. In the same modern-day country, taken over by the paramilitary group Intergang; a freedom fighter accidentally reads an incantation, wakens Adam, and implores him to free Kahndaq. However, his idea of justice is born out of rage so the Justice Society- Hawkman, Dr Fate, Atom Smasher and Cyclone are out to stop him and restore international peace.







CLASS X & XI - OVERNIGHT EXCURSION TO SARISKA

Amity International School, Sector 46, Gurugram participated in the Rocksport Residential Program organized at Rocksport Sariska. From 24th -25th November, 2022, 170 km from Delhi, 116 students from class X accompanied by six teachers and from 25th November to 26th November, 2022, 40 students from class XI accompanied by 3 teachers; travelled by bus stopping at McDonald's for breakfast and reached Sariska in the afternoon. There they where they were allotted tents and divided into groups for adventure activities. At 5pm, evening tea with snacks were served followed by some camp games, dancing, singing around a bonfire and dinner followed by star gazing before sleeping. The next day began with the students gearing up for a 12 km Naldeshwar trek. After an hour and a half's climb, they reached the Naldeshwar temple and after offering their prayers, climbed back down. The students then had breakfast followed by activities like rock climbing. They departed after lunch to return to Gurugram.













ANNUAL TRAINING CAMP MANESAR 2022-23

121 boys and 84 girls of Class IX from Amity International School, Gurgaon 46 attended the annual ATC Camp held at Manesar, from 13-18 November, 2022 were accompanied by Coach Jorawor Singh, ACC faculty Satpal Singh and Sports officer - Mr. T. P. Sharma. The students reached Manesar camp at 10:30 a.m. and separate tents for boys and girls were allotted. Then the students were divided into 5 platoons- 2 for girls and 3 for boys. The platoons practiced the march past parade under their platoon commanders and also learned about firefighting, pitching tents, shooting, field craft like map reading andother stamina building exercises like obstacle training, battle drill, night trekking, parasailing, river crossing, zorbing etc. They also visited the Herbal garden and played games like football, volleyball etc

The final March Past Parade took place on 18th November and Retd Col. A.K. Pandey graced the occasion and the oath taking ceremony as the Chief Guest along with more than 200 parents. This was followed by a spectacular dog show by the dogs trained in the dog academy.







CLASS XI & XII EXCURSION- RANGMANCH FARMS

Amity 46 arranged an excursion for class 11 students on Tuesday, 29 November 2022 and class XII on 2nd December 2022; to Rangmanch Farms, Gurgaon. The students boarded the bus at 9 a.m. and reached the picnic spot at 10.30 a.m. It was an educational as well as fun trip wherein the students got to see and explore various herbs, shrubs, and medicinal plants to improve their knowledge and make memories forever.

Getting away from the everyday atmosphere of the classroom and participating in adventure sport, thrilling rides and fun activities ensured that the adrenaline level was at an all-time high. The hospitality extended with delectable delicacies that were smothered in love and tradition. The students enjoyed a lot and had a wonderful day.







ANUBHAV - DENTAL HYGIENE WORKSHOP

A dental workshop was organised in the school for children of grade I and II on 22 November, 2022. **Dr.Shalini Kapoor**, a renowned dentist shared very valuable insights related to oral hygiene with the students and demonstrated the correct brushing technique with the help of a tooth model and gave them advice on the kind of foods they should eat or avoid. She encouraged the students to replace toothbrushes every three to four months, or sooner, if the bristles seemed frayed and to visit the dentist once in six months for professional cleaning and an oral examination.







GRANDIR AVEC GRATITUDE-GROWING WITH GRATITUDE

To celebrate the broad meaning of gratitude in a variety of ways and to develop a sound consciousness of the incredible contribution of the Mother earth, Our Gurus, Family, Farmers, Our soldiers, Sport persons and above all God, the children of grade 1 and 2 of Amity International School, Sector-46, Gurgaon celebrated the presentation, **GRANDIR AVEC GRATITUDE** (Growing With Gratitude), on Friday, 25th November 2022.

The students showed the boundless favours of goodness with enthusiastic dance performances brilliantly articulating their gratitude and it was a gratifying experience.

Parents were requested to write 'thank you notes' that were later put up on the GRATITUDE TREE. The idea to have a GRATITUDE JAR and a GRATITUDE JOURNAL to acknowledge the happy and positive moments in a day, was also highlighted during the celebration.



















PLEASE VISIT THE FOLLOWING LINKS

School Website: amity.edu/ais/gurgaon46

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

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

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

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