



THE AISMV BULLETIN

-THE ENLIGHTENED MINDS-

AN AISMV INITIATIVE

BIOSCOPE
Interview with DM

Reel & Prints

- Book Review
- Movie Review

Creative Corner

Fun Platter

Eyes & lenses

Glimpses :

- Activities
- Achievers

PAUSE TO PONDER
“Life is a festival only to the wise”
-Ralph Waldo Emerson

Life itself is a grand festival, if we have the knack for celebrating every moment. Festivals infuse a spirit of exuberance and enthusiasm in our life. The month of October creates an auspicious ambience and buzzes with festive fervor and celebrations. But it is also a time to express gratitude for what we have and share our happiness with people not as fortunate as we are. Amidst the glow and glitter, do not forget about the other inhabitants of this planet and the mother nature.



Dr. Amita Chauhan
Chairperson

Chairperson’s Message

With great power comes great responsibility. The power that one commands because he or she has been elected for a particular position or achieved a particular designation, also comes along with a lot of responsibility. How they deliver their responsibility is what makes them an important person, worthy of commanding the respect of others. It is also important to understand that the designation and position they acquire in their life are also earned with the hard work. So the person must live up to the expectations of that position. Every role that we play has been entrusted with some responsibilities. The need is to discover that power and the responsibilities associated with it. Use your power and potential wisely for your own growth, and the development of the nation and the world.

Source: The Global Times

Principal’s Message



Dr. Priyanka Mehta
Principal

‘If You have the courage to begin, You have the courage to succeed.’

It takes courage to embark on a new journey and industrious efforts to accomplish the mission. AISMV has added many feathers to its cap in myriad fields of creativity and innovations. Under the progressive mentorship of our honourable Chairperson, Dr Mrs Amita Chauhan, the school is always reverberating with activities to help students unleash their creative prowess, innovative zeal, pursue social causes and lead from the front. In order to give a peek into this amazing world pulsating with enthusiasm and passion, Amity Mayur Vihar has come up with its first edition of school newsletter, titled ‘The AISMV Bulletin.’ This initiative could be translated into reality, because of our Chairperson’s sagacious guidance and unflinching faith in the potential of the Amitians. I hope you would enjoy reading the newsletter.

The Tree of Human Values

Values and ethics are the deep roots essential for nurturing the tree of life.

A child grows as a healthy individual if he is nurtured with human values



EDITORIAL TEAM

We seek the good wishes and support of our readers to continue this endeavour with ardent passion and zeal. Students can contribute their write-ups at : aismvnewsleter@gmail.com

Editorial & Design: Archana Upadhyay
Creative Team: - Pooja Thakur, Deepshikha Sethi, Vandana Seth
Graphic Editor: Aryaman Jain, XI G



RALLYING FOR A CAUSE

-Ms P. Rohini (Faculty)



Staff wear blue attire to support the cause



Beaming parents and children with posters.



Campaigning against immersion of idols.



Interviewing the District Magistrate of East Delhi



A Committee in session



Debating Council of session 2017-18



Best Out Of Waste

RALLY FOR RIVERS INDIA'S LIFELINES

Amity Mayur Vihar lent support to the nationwide campaign, 'Rally for Rivers' to raise awareness about the deteriorating condition of our precious rivers.

A team of students set off enthusiastically to launch a 'Tree Plantation Drive' near the banks of the Yamuna to sensitize people about the role of trees in preserving rivers. They raised awareness against idol immersion in the rivers which adds to the pollution of these lifelines. The students took part in a rally at the riverside where they distributed pamphlets urging the people to use idols made of eco-friendly materials.

A nukkad natak was performed in the neighborhood market place, which aimed at sensitizing people about the need to save the rivers from pollution. The young scientists collected water samples from Yamuna & Hindon Rivers which were tested for Mercury, Nitrate & Arsenic in the AISMV labs to check the levels of pollution of our water bodies.

A team of students met Shri Kulanand Joshi, District Magistrate, East Delhi District who appreciated the efforts made by AIS MV in promoting this noble cause. The students also prepared videos and presentations to raise awareness on social media about .The Art Department created 'Aviral - Behti Nadi', a sculpture signifying continuity of life through rivers. The beautiful sculpture depicts the various uses of rivers in our country dating back to the Indus Valley Civilisation and their rejuvenating effect on the ecosystem through an umbrella as the base signifying preservation and seven taps to showcase the seven major rivers of our country. Special assemblies were organized to sensitize the students towards the cause of protecting rivers. The students pledged their support for the cause and promised to carry the mission forward.

RENDEZVOUS (Interview)

INTERVIEW

AIMSV Students interact with District Magistrate East Delhi, Shri Kulanand Joshi

Shri Kulanand Joshi, the dynamic district magistrate of East Delhi is known for his innovative initiatives and meticulous efforts to make East Delhi a better place for the citizens. He takes keen interest in the issues concerning the zone and ensures timely action and effective resolution of the problems affecting the area. The Students of AISMV working diligently on "The Rally For River" mission interacted with him. Here are the excerpts of the interview:

Applauding the effort

I am really impressed with the commitment and efforts made by the students of AISMV to pro-

mote the "rally for River" campaign. The initiative taken up by the students and the heads of the institutions for mentoring and motivating students to contribute to this great cause deserve appreciation. They have set an example for others to emulate.

Ensuring Support

I am overwhelmed by the students enthusiasm and commitment towards this mission. I ensure that my office would extend all support to the school and guide them if they need any help. This noble cause can become a mass movement if all the stake holders work together with sincerity. We need to come out of the myopic vision and must think about the future before it gets too late.

Suggestions for the cause

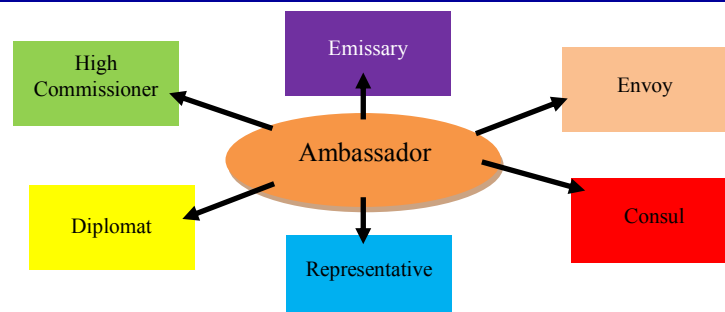
Students should adopt a stretch of Yamuna River close to their school and start a massive cleanliness drive. They should create awareness and about the need to clean the rivers and keep check on activities such as idol emersion, throwing waste into the rivers. They should also make efforts to plant trees along the banks of the River Yamuna.

Message for the Students.

Students are the future citizens of the world. They can be the change and bring a positive change in the society. They must espouse the issues affecting the society. We can't turn a blind eye to the harm that we have caused to the nature. If the students cultivate the will, galvanise efforts and garner support to promote environment related issues, they can change the world.

WORDWISE

-Arindam Nath, VIII-A



A word web to expand the vocabulary of the students.

It showcases the words similar in the meaning to the target word: - "AMBASSADOR".

MOVIE REVIEW

-Paluk Gupta, X-E

Arrival

Director – Denis Villeneuve

Arrival, is a brilliantly scripted sci-fi that you can't take your mind off long after the credits have rolled in. As popularly known, there are two terrifying possibilities, either we are alone in the universe or we are not; the plot makes use of the latter. If you are expecting a movie about a couple of brave souls armed with machine guns trying to bring down aliens with green egg-shaped heads shooting laser beams from their spaceships hovering over terrorized Americans, you are in for a pleasant surprise.

The plot begins when 12 alien ships park across the globe at seemingly random locations. Louise Banks, a linguistics expert, gets summoned to make attempts to communicate with the aliens and is teamed up with theoretical physicist Ian Donnelly to investigate the intent behind their arrival. Both enter the alien ship once every 18 hours, when a doorway opens up. During these sessions, both come face to face with the aliens (albeit with a screen separating them) and try to interpret their language – or rather their form of expression. These sessions are recorded and later the best minds around the works put their heads into it trying to interpret their messages. Arrival is a deeply thoughtful, unique and exciting sci-fi which mixes realism with a sense of amazement. The plot's journey from a clever sci-fi which churns your mind, towards bringing out the vulnerability of human affection that moves your heart warrants it a watch.



Divine blessings at Havan



Mellifluous Musical Performance by Young Amitians



Students in USA for an Exchange Program



Little Anchors of Save Rivers Campaign



Skit on water cycle



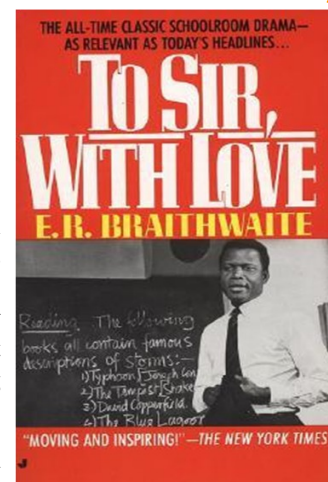
Dancing water droplets

REEL & PRINTS

- Divya Upadhyay, VII-A

BOOK : To Sir, With Love
AUTHOR : E. R. Braithwaite
TIME : POST WORLD WAR II
PUBLISHED IN : 1959
SETTING : East End of London

The book, "To Sir with Love" is a must read. It takes us through the life of the author who despite having excellent qualifications is denied job suited for his education because of his black colour. He thus takes the teaching job at Greenslade School, a secondary school in East End in London, as that's the best job he could get at that time. But the school's culture shocks the new teacher. Having worked in Royal Air Force, Braithwaite finds it hard to be surrounded by undisciplined, unmotivated and unclean students. He tries to teach them but becomes a victim of their pranks, unruly attitude and rude remarks. But the fighter in him refuses to hang up his boots. He decides to change his teaching style. So instead of teaching them book lessons, he starts giving them life lessons. He adopts a very unconventional approach to learning. The students, he tells them, would be treated as adults by him and in return they need to bestow the same kind of respect towards each other and their teachers. He is criticised by his colleagues for his methods. He gradually begins preparing them for life post-school. And that's when things begin to shape up for the author, and his students start responding positively to his efforts. The ups and downs in his life, his interactions with his class and their transformation from unruly teenagers to young responsible adults is what keeps a reader glued to the book till the end. In between, Braithwaite does talk about the racial discrimination meted out to him due to his colour.



SOMETIMES THE HEART SEES WHAT IS INVISIBLE TO THE EYE

-Kanika Jain, IX



Dussehra celebrations



Dussehra celebrations.



GT Team posing proudly with principals



Students involved in making the artwork.



The festival of Dance.



Independence Day and Janmashthami.

Heart is a precious gift bestowed upon us by God that has power to see and understand things beyond what our eyes are capable of. These words are an indication of the fact that sometimes our feelings, our emotions, our thoughts never let us go wrong as a person. Our instinct is something which is always there to guide us in the darkest of times.

Unfortunately, we dwell in a world where there is a rational explanation available for every minute problem. In the contemporary world, eyes are ‘input signals’ to brain, and as soon as we come across anything amiss, our analytical mind starts working round the clock on research and development (R&D).

I would urge all fellow human beings to remember that *Homo sapiens* are not ‘machines’ by nature. Along with a mind, they do possess a heart brimming with emotions. And that is something that forms the foundation of all the relationships, friendships, brotherhood amongst these social animals! Now I would like to present a situation as an example to further explain the importance of heart and its sentiments. Suppose, yesterday you had an altercation with your closest childhood friend. Later you realized that you were at fault (*seldom so*), felt guilty (*hardly*), apologized (*never*) to him/her and still both of you patched up. Now the question arises, how did you both become friends again? Was it because of some complicated logical equation which you solved in your mind? Or was it an application of complex mathematical permutation and combination?

The answer is NO! You did not reunite due to any of the two reasons mentioned above. Rather it was because of the affectionate bond which you shared with him/her. The emotions, the sentiments, the love, care, the sweet memories that you shared together were the reason that brought you back together.

When we listen to our heart’s intuitions is the time when we finally evolve as an ethical person! That is the time when our inner voices are more powerful than our analytical skills.

All these moral values are present in our heart, not in our brain. No matter how much wealth we accumulate, how intelligent we are, but if we are not honest, generous, caring by heart, we would eventually end up living a monotonous and glum life, because people would run away from us if we have an immoral and ruthless personality. Happiness is something we would never achieve if we neglect our heart, because;

“Our heart has eyes which the brain knows nothing of.”

This famous quote by Charles Henry Parkhurst rightly says that the power that our heart possesses is ineffable, because our heart can notice things which are beyond the imagination of our brain.

To further explain this, especially to people who have the feeling that logic and brain are the ultimate basis in this world to be successful in world, I would quote an example of a famous personality - Princess Diana who is known for her heart of gold. She was the ‘people’s princess’, was kind towards the masses, and opened many charity organisations to help the poor and needy people. ‘Only do what your heart tells you’ is a famous saying by her which she exemplifies herself by her noble acts of kindness. Thus, even after twenty years of death she is immortal in the hearts of the people.

The true happiness is the euphoric feelings you get when your benevolence becomes someone’s reason to smile.

In a nutshell, I would just say, never neglect your feelings, follow the cause what you really believe in, use your mind and soul judiciously, give precedence to your heart while taking a decision, and thus conquer the heights of success!

To end, I would quote a profound saying by sir Nelson Mandela, “A good head and a good heart are a formidable combination”.

MY TEACHER

-Manveen Kaur Bedi, V-A

The Paper Boat

-Nandini Sukhija, XI-G



Winners of Subhashika



Children perform Radhe Krishna Dance



The children singing melodious songs on Independence Day.



Children panelling at Panel Discussion



Destressing session for teachers



Flag hoisting on Independence Day.

Saw my teacher in a market,
I couldn't believe my eyes.
Does she roam around like us?
And does she eat an ice?
She grabbed a shirt and turned around,
And then she looked at me,
She gave me a smile and said "Hi!"
I looked here and there to see,
If it was actually me
Oh! Hi! Miss Sharma,
I mumbled like a fool.
I guess I thought that teachers,
Spend all their time at school
She had come with her family.
I followed her like a SPY
She stopped to eat a 'Gol Gappa'
And I thought I would die
Gol Gappa and Miss Sharma,
That was too good to be true!!!
She does all the simple things,
as any normal person would do.
Before I could digest that,
She grabbed the hand of her child,
Scolded him for his mischief,
And gave him left and right.
Oh My God!!
She is a usual mother too,
Who scolds and stares at her children,
At every wrong they do.
But at the end I saw
What a lovely person she was,
Who held the hand of an old lady
Who was unable to walk.
Now I know, teachers can roam about
They can shop, they can laugh
And are normal no doubt.



A little sheet of paper I am,
Gentle fingers folding me,
Fold after fold, crease after crease,
Now delicate hands are holding me.
I am eyed with curiosity,
Displayed with pride,
Ready to battle the storms
And give fantasies a ride.
It's showering outside
And I am sent out to fight,
Sent to sail the seas,
To explore the wild.
And I swim through
An ocean of puddles,
Rocking up and down
Where the small wave muddles.
Gushing with the water,
Flowing down the gutters,
From the busy towns
To where the rain mutters.
I am sailing on and on
With childhood as the passenger,
Awaited by the receivers,
I am the memories' messenger.
Yet again, I move ahead
With many sights to come,
Spreading smiles way through
As I step forward to freedom!

SURAJYA

- Joyal Pasricha, IX B

*A Surajya for me means,
Where all the places are clean
Where a government is not in a state of delirium,
Which thinks of now and the next millennium.*

*Where people are not corrupt,
And where the minister's temper doesn't erupt
Where the government takes charge of the vexations,
And lives up to the people's expectations.*

*Where there is no road rage,
And where women's safety is encouraged
Where government is always in action,
And is not waiting for people's reaction.*

*Where the denizens are given the utmost importance,
And their views are given accordance
Where there is no duel,
Between folks who are cantankerous and convivial.*

*Where people sing the song of unificance,
Which does not have a scope of dissonance
Where the ruler has all the desirable qualities,
And has the power to remove all inequalities.*

ANGER MANAGEMENT

-Aryaman Jain, XI-G

If there is something that can cause the worst damage to your life, it's nothing but your anger. It is self-destructive, eclipses all your qualities and causes regret, frustration, weakness and damages your reputation beyond repair.

What is ANGER? It is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion. This brochure is meant to help you understand and control anger.

According to Jerry Deffenbacher, a psychologist, some people really are more "aggressive" than others are; they get angry quite easily and more intensely than the average person does. There are also those who don't show their anger in loud spectacular ways but are chronically irritable and grumpy. Easily angered people don't always curse and throw things; sometimes they withdraw socially, sulk, or get physically ill. Exposure to violent behaviour, movies, computer games, family feuds, failure, comparison, work pressure, solitude also cause anger.

People who are easily angered generally have a low tolerance for frustration, meaning simply that they feel that they should not have to be subjected to frustration, inconvenience, or annoyance. They can't take things in stride, and they're particularly infuriated if the situation seems somehow unjust: for example, being corrected for a minor mistake.

How can you control your Anger?

1. Simple techniques such as deep breathing and relaxing imagery, can help calm down angry feelings. There are books and courses that can teach you relaxation techniques, and once you learn the techniques, you can call upon them in any situation.
2. Some simple steps can be tried are:
3. Breathe deeply.
4. Slowly repeat a calm word or phrase such as "relax, Om, All is Well or take it easy." Repeat it to yourself while breathing deeply.
5. Use imagery; visualize a relaxing experience, from either your memory or your imagination.
6. Also, use techniques to interrupt your anger, listen, empathize, be assertive with others, and learn to relax, as well as laugh at yourself.
7. Finally, don't let anger get in the way of the joys in life, and learn to forgive people who make you angry.

MY WISH FOR MY COUNTRY!!!

- Abhinav Katoch, VI- B

My country India has a long history of being invaded by various rulers from abroad and within India. This has resulted in multi-cultural community in our Country over the years. We all wish to have a cosmopolitan culture where people from different communities live and share their happiness and sadness with each other.

However, there is another aspect of it. Some fanatic people are creating terror and misunderstanding among the communities to disharmonise the environment and undermine our country in front of others by involving in terrorist attacks on innocent people and killing them. Such incidents are happening frequently in the State of Jharkhand, Chhattisgarh, Jammu and Kashmir and Manipur. Such activities are not only creating a rift among the people but also forcing government to use huge resources and money to combat such activities. Had there been no such incidents, a huge amount of money could have been utilised in developing and improving the infrastructure of basic amenities such as education, health, water and sanitation etc.

My biggest wish for my country is that our country is acknowledged as the most harmonious and peaceful country in the world which is possible if the people residing in India understand that we all are a part of a big family and any sort of disturbance in the home will have a ripple effect on other essential areas of development such as schools, hospitals, roads etc.

CAPTION CONTEST

A picture is worth a thousand words. Think of a creative caption and mail at aismvnewsletter@gmail.com.

Pictures of winners will be published in the next edition.



Picture Courtesy - Vinayak Seth, VI-D

CREATIVE CORNER

-Tanisha Pruthi, XI-G



FUN PLATTER

Fiddle with Riddles

Q: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower— everything was pink! What color were the stairs?

A: *There weren't any stairs, it was a one storey house.*

Q: What has hands but can not clap?

A: *A clock.*

Q: A house has 4 walls. All of the walls are facing south, and a bear is circling the house. What color is the bear?

A: *The house is on the north pole, so the bear is white.*

Q: You draw a line. Without touching it, how do you make the line longer?

A: *You draw a shorter line next to it, and it becomes the longer line.*

-Garvit Kansal, XI-A

Tongue Twisters

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

If Pickford's packers packed a packet of crisps would the packet of crisps that Pickford's packers packed survive for two and a half years?

-Saumik Shashwat, X-A



Children exhibiting their creations.



Hues and hands.



Unleashing creativity



Nimble feet and beautiful expressions.



Kids' Day Out



We care for the environment.

EYES AND LENSES

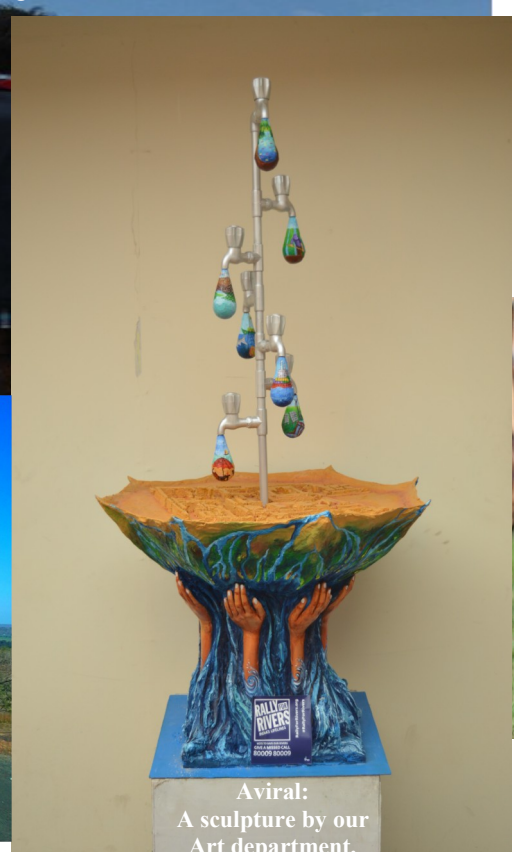


Sumit, I-A

Varun Tyagi, XII-A



Chavi, III-A



Aviral:
A sculpture by our Art department.

AMITY ACHIEVERS



Appreciation prize in Jashne Azadi Patriotic Dance Competition .



Overall Trophy in Ecombat 17 held at Ahlcon International School



Appreciation prize in Jashne Azadi Patriotic Play Competition .



Second Position in Senior Zonal Basketball held at Mother's Global School



Second Prize in Zonal Basketball held at Mother's Global School.



Appreciation prize in Jashne Azadi Patriotic Singing Competition .



2nd position in DOE Of NCT Sports And Culture Activities Zone - II



1nd Prize in Vasudha national level science Fair



SECOND place in zonal Table Tennis Competition



Junior Skaters bagged many medals in Inter School Skating Championship



Western Music Students won Overall Trophy in Heritage School Gurugram



Aryan Bidani topped "Fit in Deutsch 2"



3rd Position in Inter Amity Jr Girls Football



1st Prize in Programming in Vishwa Bharti public School



2nd position in Cloudburst at Birla Vidya Niketan

ACTIVITIES GALLERY



Inter house Folk Song Competition



National Sports Day



Hindi Diwas, Sulekh Competition



Teacher's Day Assembly



Inter Amity Subhashika



Style And Enact Class I—III



Staff wears blue attire to support Rally For Rivers.



Street Play to Spread Awareness



Interact Club Installation Ceremony



Footballers march at National Stadium



Independence Day Celebration at AISMV



Special Assembly Peace Hiroshima and Nagasaki Day



Assembly on Nelson Mandela Day



Rang Bahar Competition



Poster making competition for parents