



THE AISMV BULLETIN

-an AISMV initiative

-Organic is the way to go-

Let's Root for Organic

'Youth Power' is a social initiative undertaken by all Amity schools under the aegis of our respected Chairperson ma'am, Dr. (Mrs.) Amita Chauhan. This year AISMV's Youth Power team has taken up 'Organic Living' as their topic.



The Team

Mentor: Ms. Vandana Seth
Students: Sarah Susan Varkey, Nandini Sukhija, Aakriti Dutta, Aryaman Singh

Our 5 Mantras



- BIOSCOPE**
- An Open Letter
 - Know Organic
 - Comic strip
 - Fun Platter
 - Yummilicious & Healthilicious Pasta
 - Spice & Coffee soap
 - Conversation With A 'Promoter of Organic Farming'
 - Insomnia
 - Budding Poets of Amity
 - Mysteriously organic
 - Creative Corner
 - Photo Booth
 - Tips for Organic Living
 - Amity Achievers
 - Activities Gallery



Proud Country Winners for Rally of Rivers 'sculpture, 'AVIRAL'. AISMV won 4 lakh rupees.

Follow Us



1. Organic Aahaar:

- Make your own meals
- Purchase Organic food
- Eat fresh.

2. Desi Bazaar: Buy local

- **Buying local** supports our local economy and it also reduces green house gasses by eliminating the need to transport our food from far-away places.

3. Green Parivahan: Getting around

Drive a fuel-efficient car. Take public transport. Look for alternative methods of transportation. Car pool, cycles Walk, walk and walk.

4. Safe Vatavaran: Build environment to promote healthy lifestyles, sustainability and adaptation to climate change.

- **Save energy.** The most effective way to cut down on your carbon emissions is to conserve energy in your home. Install energy-efficient light bulbs, turn lights off when they aren't in use.
- **Conserve water.** Every drop of tap water you use, consumes energy. We must turn the tap off while brushing teeth, switch to more efficient washers and dryers, and collect rainwater for use in our gardens.
- **Waste management** is our main environmental concern. As long as we reduce, recycle, and reuse, we are friends of the environment.

Incorporating Organic products into our homes, look for environmental friendly cleaning products. Choose hygiene and beauty products wisely.

5. Fit Tan Man

Learn about how your happiness and well-being are interconnected with other people and the natural environment. We can increase our happiness and it doesn't have to cost the Earth. This is called sustainable happiness. Try Yoga, meditation, home remedies and see the change.



Contact Us :
aismv_yp@jiojaivik.com



An Open Letter

By Pallavi Nigam, XII-E

Why bother with **organic living**? We have a pretty good thing going on here, right?
Wrong.

Dear Reader(s),

"Protecting the environment": We've been going over this agenda since we were 6 years old. Our 1st grade teachers would bust out the colourful, cheery EVS books and our young minds would enthusiastically read the big, fine print about earth.

And, now? (you have a feeling about what's coming next, don't you?)

Maybe the emotions linked to the pictures of us surrounded with nature, ended with the Instagram filters and hashtags. Maybe the amount of times we were taught about environment became so exhaustive for us, that we stopped believing in what it stood for, and due to that, we even stopped caring.

One of the listed sins humans commit in their lives at one point or another, is Greed. The mankind harnessed the resources given to it to great lengths; so much so that it bordered on exploitation. Who doesn't love that?

When the Green Revolution took place in the subcontinent, although there was an abundance of food, it wasn't sufficient for all. Thus, to provide for the huge population burst of enthusiastic Indians, (and to incur greater profits) farmers resorted to indiscriminate use of fertilisers and pesticides, thus preparing for years of environmental degradation and horrible ways of dying.

Think of that one clingy person that you can't get through to because they're thick-headed and can't pay attention to save their life- Fertiliser is this person. We're basically consuming a jolly-old layer of pesticides every time we eat an apple. And it really doesn't keep the doctors away. (Hehe. Get it? With the apples and doc- never mind.)

So, kids, this is how, after years of abuse of the environment, Organic Living has been deemed a lifesaver for humankind.

Why? well, first and foremost, it will prevent bowls of chemicals from entering your digestive system, so you can live longer.

Also, the energy needed for organic farming is about 30% less than the energy needed for high-input conventional farming. Organic farming produces 48-60% less carbon dioxide than conventional agriculture, and even helps the soil hold more water, thus requiring less irrigation.

Switching to the organic lifestyle is literally no stress; you've just got to pick up your smartphone (if it's not already in your hands), order organic-marked products, and eat them instead of the local store brought groceries.

Seriously, guys, nature is worth worshipping and the earth is worth saving- look closely and you'll find what even the greatest Van Gogh's and Monet's couldn't express.

Sincerely,

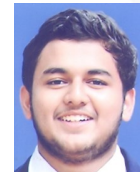
A fellow worrier





Isha Arora
XII B

Know Organic



Dwaipayan
XII B

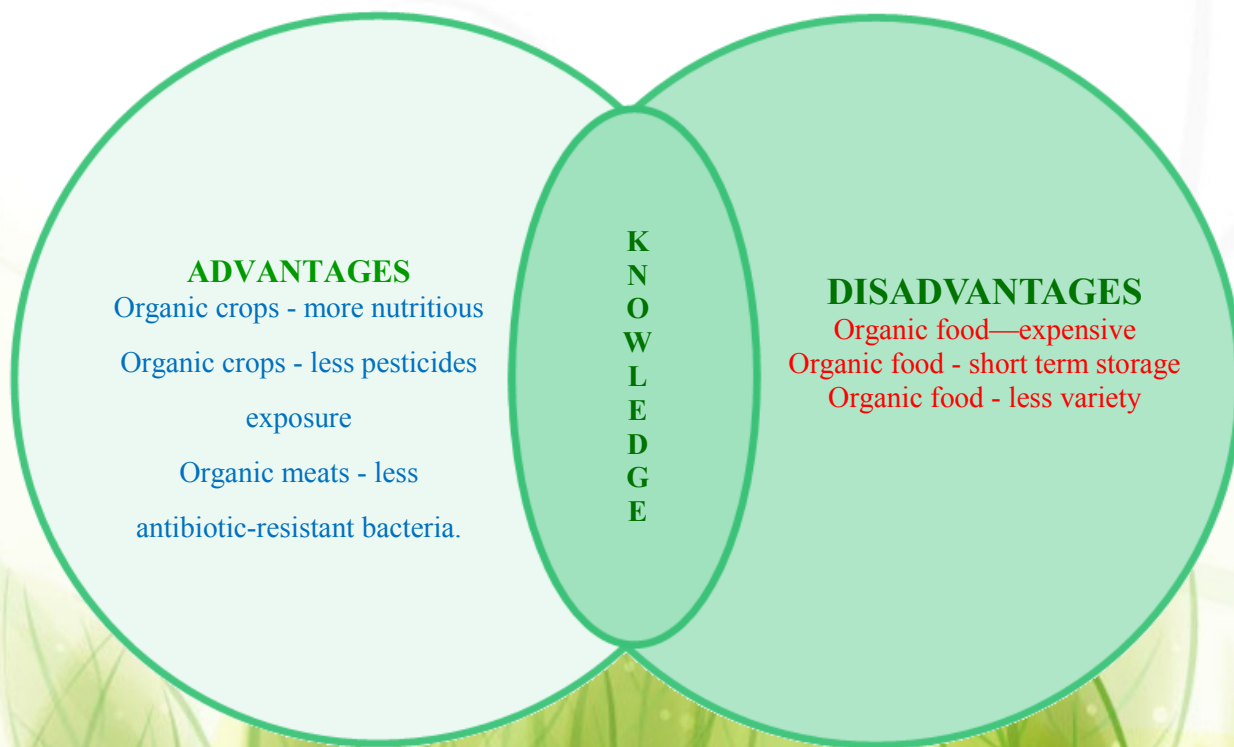


Adit Jain
XII B

Organic living is a healthy lifestyle for you and the environment. **As for foods, organic means foodstuff that did not go through fertilization and pesticides.** A decade ago, the organic foods market was a piddling little niche that served a small share of consumers. Today, it's one of the hottest trends in all of food, with the majority of major producers rapidly expanding their organic divisions.

Organic crops are grown without the use of synthetic pesticides, genetic engineering, petroleum- and sewer-sludge-based fertilizers, or irradiation.

Organic livestock are raised without the use of antibiotics, growth hormones, and animal byproducts,



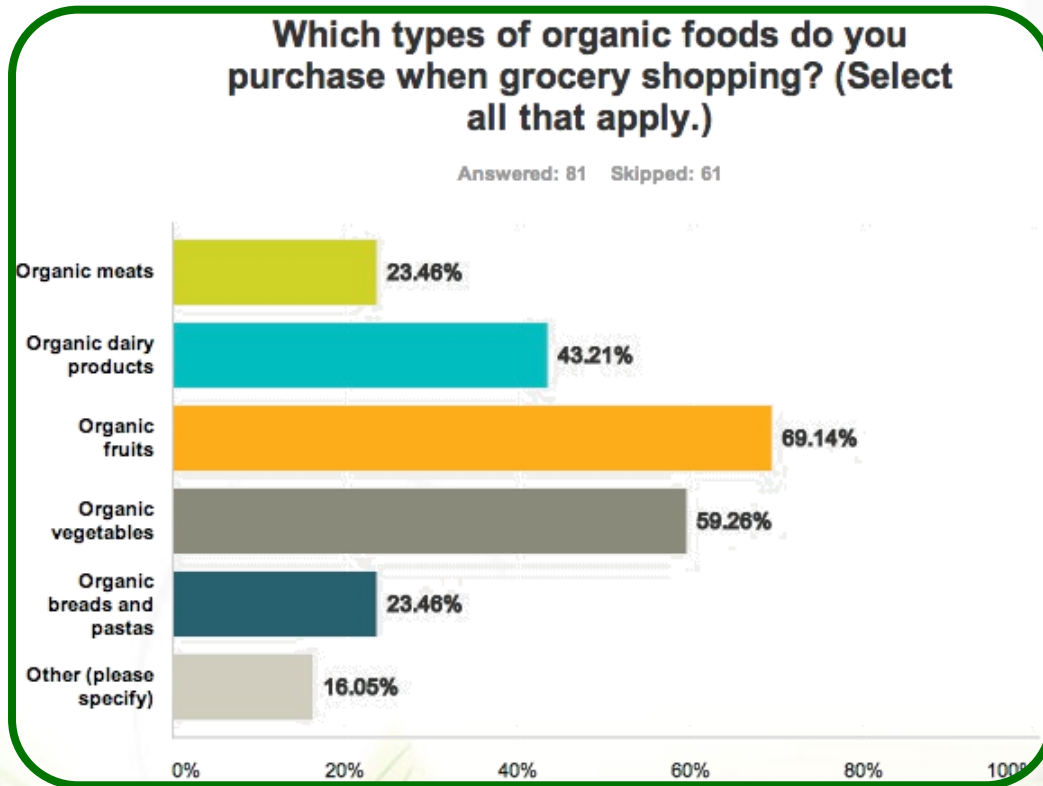
and must have access to the outdoors and be given organic feed.

Read and Act...

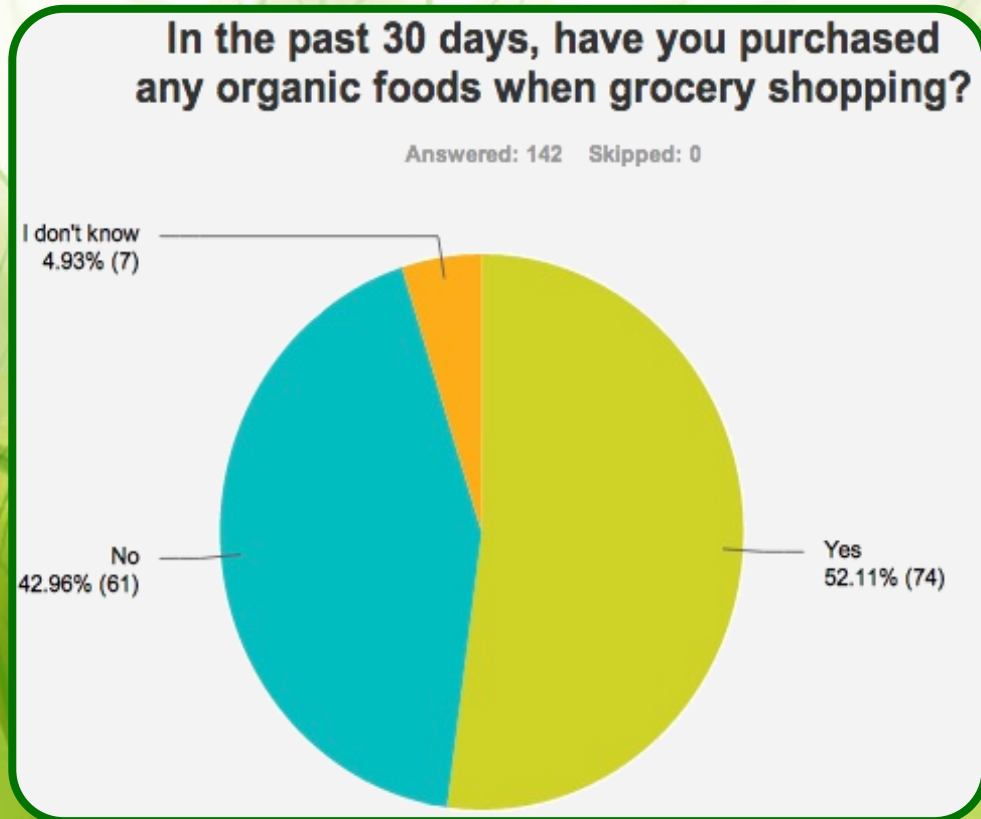
Eating organic foods may not be the secret to good health, but the benefits of organic foods are real and, in some cases, fairly significant.



The following graph illustrates the finding of research to gauge the popularity of organic products amongst public:



To discover the popularity of organic products amongst NCR People conducted a survey and the findings of our survey are shown below:



Comic Strip
on
Raging debate
of
'Genetic Modification'



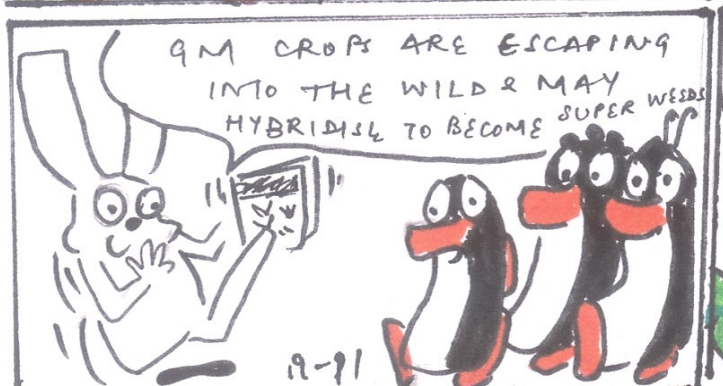
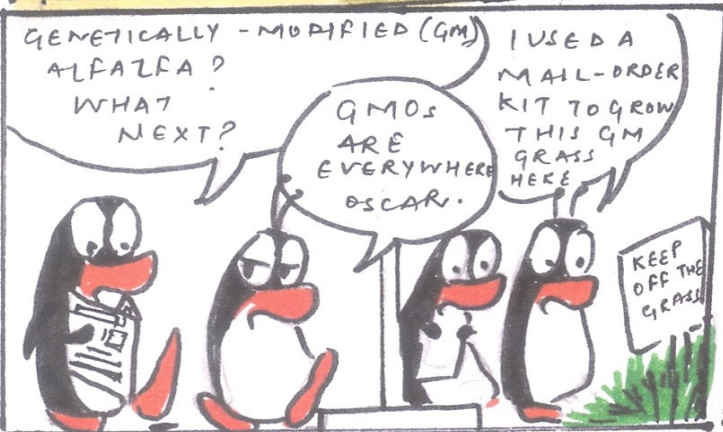
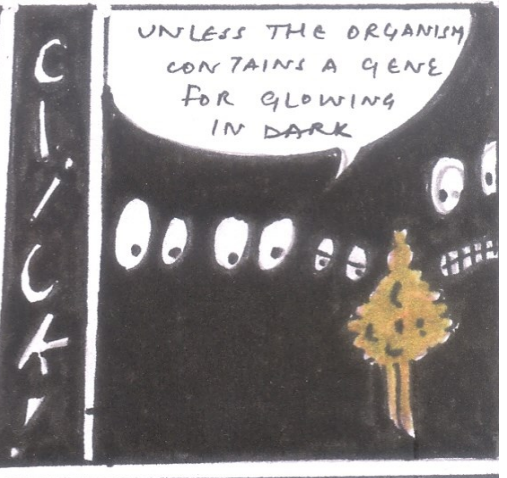
Vedant
XII B

Riya
XII B

OGM ~ Oh Genetic Modification



TRULY ORGANIC!
WELL ALMOST...



Comic Strip
ON
Raging debate
of
'Genetic Modification'



Comic Strip on Raging debate of 'Genetic Modification'



Fun Platter

By Aadithya Aravindh, XI-G



- Q1:** You walk across a bridge and you see a boat full of people yet there isn't a single person on board. How is that possible?
- Q2:** What can run but can't walk?
- Q3:** A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?
- Q4:** How many months have 28 days?
- Q5:** Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

- Answers:
1. Everyone on the boat is married.
 2. A drop of Water.
 3. His Horse's name is Friday.
 4. All of them.
 5. They were a Grandmother, Mother and Daughter.

Yummilicious and Healthilicious Pasta



Tongue Twister Competition



Tongue Twister Competition



17 unsustainable goals assembly by VI C and D



17 unsustainable goals assembly by VI C and D



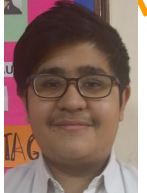
UN Sustainable Development Goals- Presentation Class IX

Ingredients:

- 2 cup pasta (farfalle)
- 1 chopped onion
- 5-6 cloves of garlic diced
- 7 olives sliced
- 5 baby corn diagonally cut
- 1 Carrot sliced
- 1 pack mushrooms sliced
- 2 green chillies sliced (length)

- 2-3 tbs cream/mayonnaise
- 4 cubes of butter
- 3 tbs olive oil
- 1tbs Chilli flakes
- 1tbs Oregano
- Salt (accordingly)
- 1/2 tbs Black pepper
- 5 tbs pasta/pizza sauce
- Basil/ cilantro (garnish)

Adhyan Parashar
XII B



Recipe:

1. In a pan add oil and butter
2. After the butter melts add onion and garlic
3. Wait till golden then add other veggies and let them sauté
4. Add the sauce, cream, chilli flakes, oregano, salt and black pepper
5. After 2 min add boiled pasta and toss the pan
6. Cook for 2-3 min
7. Transfer the pasta to the plate and garnish.....

Spice and Coffee Soap

By Ankita & Shirin



Doesn't the name allure you? It sounds so ravishing right – you will love making such homemade soap, it is simple to make one

INGREDIENTS:-

- glycerin soap bar (1)
- coconut oil(1 tsp)
- olive oil(1 tsp)
- almond milk(2 tsp)
- coffee(1 tsp)
- sugar(2-3 tsp)
- ginger juice (1 tsp)
- clove crushed (1 tsp)
- cinnamon crushed (1 tsp)
- essential oil (lemon grass/orange etc)
- food coloring(optional)



PROCEDURE:-

- 1) Cut the glycerin soap bar into thin slices and double boil it in a bowl until it melts.
- 2) In the mean time take another bowl and mix the oils and other ingredients to make a paste. If it becomes thick you can add almond milk/coconut oil to get a running consistency.
- 3) In the melted soap, now pour the other ingredients and mix well. You can then add few drops of essential oil and food color if desired.
- 4) Mix everything well and pour the mix into the container and set it aside until it cools down and becomes hard.
- 5) After 4-5 hours check if it has become hard then you can cut them into desired shapes and use them.

Being a consumer of organic vegetables and fruits, and after realizing the tremendous benefit and taste they brought back to the platter, wished to spread the thoughts of an organic farmer: Manisha Batra

In Conversation With A 'Promoter of Organic Farming', Ms. Jyoti Awasthi



HOW AND WHY DID YOU THINK OF 'ORGANIC FARMING'?

We all have been talking about the poison that we are taking every day through food and air. Although this worries all, not many can do much about it since we can't grow our food just like that. However the need to do something about it so that my kids could eat healthy pushed me to get into doing such farming. When this whole idea of taking a land piece on lease and doing our own farming came to us it very quickly got expanded into doing farming at a larger level so that we could also feed others who preferred healthy food. That's how I am into this field today.

WHY AND WHEN DID YOU GET INTO 'ORGANIC FARMING'?

I started the farming project in the summers of 2016 and its been more than a year now.

WHAT ARE THE CHALLENGES OF 'ORGANIC FARMING'?

Challenges are many. To begin with, unless you own a cow, it is very difficult to get cow dung and Gau Mutra which are two essential inputs for such a farming. Then keeping pests like insects and flies away from the fields is another big challenge. Although there are natural means of pest management, if one loses the sight and delays the control measure even by a day, pest overtakes the crop and once the infestation is severe then there is no control. In organic farming the key is Prevention. Yield also goes down in initial period. So your neighbor's fields would be producing far more than yours and that is where one must keep patience and faith on the principals of organic farming. Once successfully practiced for at least a year, one can see dramatic increase in the yield.

HOW POPULAR ARE 'ORGANIC PRODUCTS' AMONGST THE MASSES?

People do feel the need to eat healthy and safe food, however there is always a question of trust which demotivates them from trying organically grown products. Most often the belief is that even if it is certified, one does not know how trustworthy the certification process is. So the queries begin from doubting the intention and honesty of the grower or seller.

Also, unfortunately, some brands and Outlets have kept the prices very high because of which people get this general feeling that if the product is Organic, it will be very expensive.

There is also the factor of prioritizing our needs. We often spend enormous amounts on fast food, expensive clothing and other luxury, but when it comes to buying vegetables and groceries, we often get swayed by discounts and bargaining prices.

Those who have prioritized their spending on good food, find no reason not to eat Organic.

WHY DO YOU FEEL IT'S IMPORTANT TO SWITCH OVER TO 'ORGANIC FARMING'?

For the very simple reason that – "What we eat is What we become". If we continue eating poison laden chemically grown food, we will be plagued with several diseases that do not have any cure. Life style diseases and Cancer etc. are far more dangerous than communicable diseases. Latter have a preventive and curative treatment. Former has none. All our modern-day ailments, lack of vitamins, incidence of arthritis, muscular pain, weakness, allergies, tumor, cancer incidences are related with high calorie, preservative laden, artificially flavored food which is grown on Urea and Pesticide.

Its very important to understand what we are eating and consciously decide to choose food grown in traditional or organic methods.

WHAT IS THE FUTURE OF 'ORGANIC FARMING' IN INDIA?

There has been a wave to go towards organic farming. It's a matter of demand and supply. The more we demand for it the plenty it will be in supply, till the time it becomes a new normal for all of us. There are lot of young entrepreneurs who are taking to farming, discovering their roots, going back to their villages and restarting farming in traditional way. In southern states of India like Andhra Pradesh, Telangana, Karnataka and Kerala, this is growing in leaps and bounds.

This is gradually picking up in northern India as well. Once this becomes a trend, more and more people will certainly join and we will have good food available throughout.

continued.....

IN WHAT WAY GOVERNMENT SUPPORTS 'ORGANIC FARMING'?

Central Government has introduced a special mission on promoting organic farming through its programmer – 'Pradhan Mantri Paaramparik Kheti Yojna'. Its department – National Centre of Organic Farming in Ghaziabad and its regional offices are also promoting organic farming through farmer networks and providing zero cost certification process for farmers across India. This certification programmer is called Participatory Guarantee System (PGS) which is a three-year long process and then it requires annual renewal of certification.

WITH FARMERS ALL OVER INDIA COMMITTING SUICIDES, THE FUTURE OF FARMING AS A PROFESSION IS BLEAK. IN THIS SCENARIO, HOW DO YOU AIM TO PROMOTE 'ORGANIC FARMING'?

Farmers are committing suicide at an alarmingly large scale and the country must stand up and question the government and the society seeking the reasons behind this. One very serious reason is large scale monocropping for cash crops and the other is industrial farming which is heavily dependent upon hybrid seeds, chemical treatment of soil, heavy irrigation and usage of very expensive pesticides for pest control. Farmers put everything at stake and when there is failure of monsoon or low support price by the state and exploitation by middlemen in this business, farmers lose everything that they have. The fear of not being able to repay the loans pushes them to commit suicide.

Of late several groups of young committed individuals have initiated farming with suicide infested belt of Vidarbha region in Maharashtra where they are promoting multicropping and switching back to traditional means of farming which is also known these days as Zero Budget Natural/ Spiritual Farming. This is being promoted by Padm Shri Dr. Subhash Palekar who has taken this as a mission to promote zero budget farming among farmer groups. Undoubtedly this is working in favor of farmers. On one hand, they are not putting all their stakes in one crop, on the other their soil is becoming more productive and demand of water reducing with every crop. They can earn better and spend hardly any money on farming.

Last but very important – When we get lured by dirt cheap prices for vegetables offered by several stores, we must think about the farmer who is growing this food for us. If the store sells us One and a half kilo of Potato in just Rs9/-, just imagine what it must have paid to the farmer who has slogged for about 4 months growing the same? As a society we must come forward and ask such questions to ourselves and the rest of the world. We, as a society must think about it and find ways how we can pay the farmers their dues.

Interviewed by : Ms Manisha Batra & Pallavi Nigam XII E

INSOMNIA

Aditi Sinha XII G
Head Girl



Every night, as stars blazed in night skies
I was just another spectator, pacified
For a while now, I haven't been me
But I can't really pin point what's incomplete
There's this feeling that's eating me within
It chokes me sometimes, feels like I'm sinkin'
And like the deluge of the glowing dots above
There's infinity in the hours of rebuff
It's like trying to fill a bucket right up to the top
While it's leaking out more than you ever could stop
Whenever I feel like I'm reaching an answer
My brain gets hit by an emotional cancer.

There's a blackhole, an internal emptiness
Maybe that's what's devouring my happiness
I've been staying up until the skies fill with sunlight
Because the silence grows so loud- it becomes hard to fight
I wandered amidst the negativity
Until negativity became me
But I lie, I carry on and smile
Because that's the person I want to be
Happy, joyful and carefree
For the longest time I blamed my environment, media,
and peers
And it took me years

To see
That it's not you
It's me.

It makes no sense seeking approval
From a world seeking bliss in denial
For I can't start to heal until I start from within
The solution always lay buried underneath my skin
It isn't external, don't you see?
To have euphoria you can't depend on your phone
screen
You can't fill voids with lies
And can't bury sorrow with temporary highs
So you resort to late night cries
And then question why
Sigh.

Now for the first time in a long time
I'll let myself breathe
For a minute here, I'll try being me.

At last she could close her eyes
As the demons within began to die
Though it had been excruciatingly long
She finally woke up to a birdsong



AIMUN Closing Ceremony



Students At AIMUN 2017



Celebrating Mother's Day for classes III to V



Students performing in class 8 presentation



Drug sensitization workshop

LIBRARY GHOST

It surrounds me when I am alone,
It sometimes shakes up my bone.
Does it really matters if I have a
different fashion,
Loneliness is what I sometimes think is my
passion.



Vrinda
Sethi VIII A

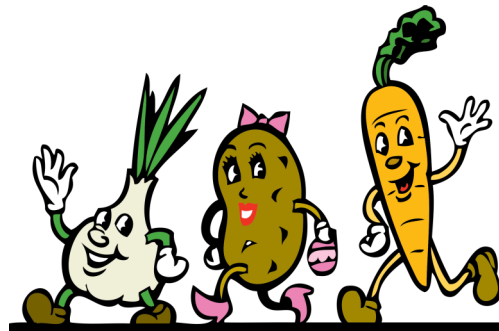
No friends, well-wisher or a person who
cares
Or no one with whom my
things can I share.
But sarcastically yes I have
many friends,
As the catchy phrase is
"BOOKS ARE YOUR BEST FRIENDS"



All characters of the story are going in my
mind.
Cruel, tragic, romantic or kind.
But forgetting him would be unfair
As he is the one who showed me
the reading way as a dare.

Library Ghost is his name,
Who has guided me to look on reading
And to fight with this
cruel world of lame

All I know now is that people judging me
strange, won't know about me and my best
friend
As its all my fiction
Which do not exists in human range.



ACTUALITY

Her amplifying daze
Ultimately terminated
As she perceived the unfamiliar-
Irreverent gazes , inaudible gasps.
The anomalous and subtle truth,
Was the unfolded
Shaken out from her trance,
Aphorism seeped her delicate frame.
Bundled with her harsh actuality,
Her vision became vague.
Profanities and curses,
Irreverence and impiety ...
Surrounding her, suffocating
Exhaling smoke, daunting flare
A victim of unnecessary
Contempt, judgment and glares
She held her head high, though
Anon, her war began to defunct herself.
As her battle devastated herself,
She perished in her own glory.
only vanished for them to chant , lament-
a great soul lost , a beautiful girl gone.
She was destroyed within.
The impertinent remarks,
Murdered her efficacy.
For what, she pleaded.
For whom, she wailed.
That night, the angle soon left wandering.
In the skies, admits her own reverie.



-Deepika, XII-B



Deepika

A soldier of the soil



Divya VII A

The smell of the wet soil caressed by the
rains remind him of his green fields.
Where he toiled hard
,hoping for better yields.
Intimidated by weather,
and neck deep in loan.
He hoped against hope without a
groan.
But the floods last year shattered
his spirit.
Destiny had issued a cold and cruel
writ.
I shuddered when many ended their
life's stories.
Will father too succumb to his never ending worries?
But he collected the pieces of hope from everywhere.
And took us to a weird city of weird strangers.
Our hungry eyes made him work as a porter.
At least we could eat though we were without shelter.
One day I felt , she looked very different.
Sold her earring n sat with a tea canister.
He carried the burden on his head for a shelter over
our head.
And she sold tea to feed us some more bread.
Fate too can be hapless, I did not know.
The will and work of the two gave it a big blow.
My father I proudly say ,is the soldier of the soil.
Who changed his destiny with his sweat and toil.
There is a light at the end of every tunnel.
Which, despite odds makes you emerge as a winner.



Mysteriously Organic



Portrayal of a scene from Shiv Puran



Learning by Doing Class 2



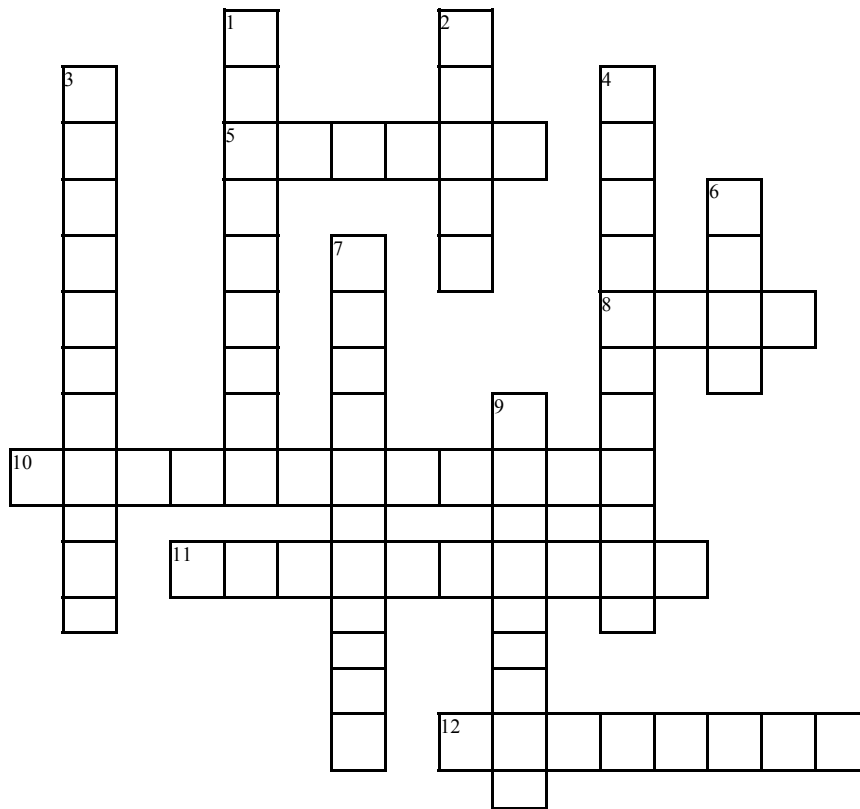
Chhau Dance—Spic Macay



Chhau Dance—Spic Macay



Drug sensitization workshop

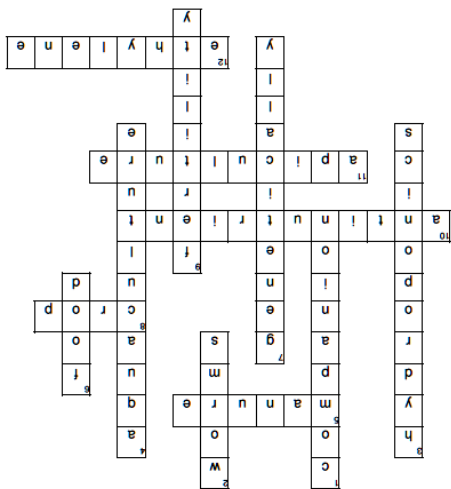


Across

5. Organic fertilizer
8. rotation Growing a series of different types of crops in the same area
10. synthetic compounds that interfere with the absorption of nutrients
11. technical term for beekeeping
12. chemical used for artificial ripening of fruits

Down

1. planting of different crops in proximity for pest control is called _____ planting
2. farmers best friends
3. Growing plants without soil
4. farming of fish, crustaceans, molluscs, aquatic plants
6. additive substances added to food to preserve flavor
7. modified crops are plants used in agriculture, the DNA of which has been modified using genetic engineering methods
9. ability of a soil to sustain agricultural plant growth



Designed by :



Akshita Khare



Niharika XII B



Dhruv XII B

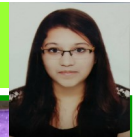
ANSWERS:



Aviral Arora
XI-A

Creative Corner

Khushi Agarwal
XI-A



Archisha
Arora

Photo Booth



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 :

aismvnewsletter@gmail.com

Editorial & Design: Manisha Batra & Archana Upadhyay

Creative Team: - Deepshikha Sethi

Students - Aryaman Jain, Aadithya Aravindh , Garvit Kansal & Chirag Bhutani





Instead of using those chemical laden dryer sheets, try putting a little vinegar in your rinse cycle and then hanging your clothes out to dry. Your clothes will be soft and have a nice fresh smell as well, something those dryer sheets simply can't match. There is nothing more natural than using nature itself. Choosing this route to going more organic will also help to reduce your utility bills, which is good for the environment and your pocket book.



Make one meal a week without using any processed foods what-so-ever. Try choosing an organic fruit or vegetable for the meal.



When going a short distance, try walking or riding a bike instead of driving that car. It will give you a chance to get healthy exercise, save gas money and reduce those emission fumes which is good for the environment.



Try towel drying instead of blow drying your hair. The benefits of this should be obvious, as it will help keep your hair healthier and once again help to reduce those utility bills.



Consider buying used clothes and books. While these things may not be organic in the truest sense, used clothing has been washed a number of times which will have removed some of the chemicals from the material (some chemicals will always be there). If you can't afford organic clothing, then finding some way to reduce the chemicals that lie next to your skin is a healthier organic option. While purchasing or even trading books will help save some of our natural resources.



Either purchase or make your own skin care or cleaning products from natural and organic ingredients. Check the website for some great homemade skin care and cleaning products. There are also organic recipes scattered across the internet.

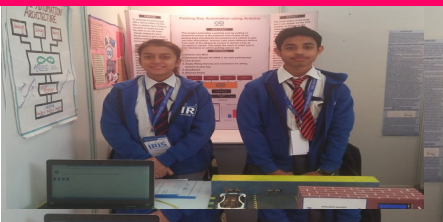


Plant a few indoor herbs. Not only will this give you healthy organic herbs that you can cook with, but herbs can act as organic air fresheners and insecticides.

AMITY ACHIEVERS



Sameeksha Ramesh X E won the special mention prize in Poetry in Motion at AIS Saket



Vrinda sethi and Arindam Nath of class 8 were the finalists of the IRIS National Science



APCYS- 2017 Nepal
Won silver medal



63rd SGFI Nationals Mallika Kulshrestha- Silver and Ananya Agarwal -Bronze Kulshrestha- Silver and Ananya Agarwal Bronze



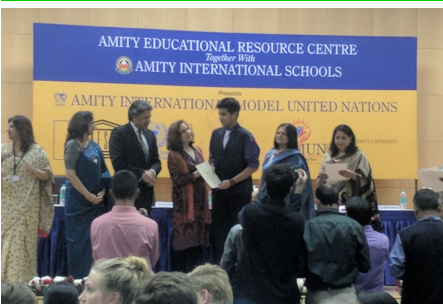
Vrinda Sethi and Arindam Nath won the Gold medal in Vasudha Science Exhibition held at Ais vasundhara 6



Raghav Garg of Class XI H got 1st position in On the spot Quiz Competition



Priyansh Tiwari USG Photography being felicitated at AIMUN



Sagar Munshi awarded Special Mention prize at AIMUN



School team has qualified to participate for Asian Level (ARSSDC - 2018)



School Team bagged 2nd position in GIIS Inter School Chess Championship



Manav Prem VII A won Silver Medal in Vasudha Science Exhibition



Rishik & Ansh secured 1st position in programming at ALPHABIT



Jivitesh Jain & Arkopal Nady came second in surprise event at Cambridge Noida



Sampreet Barali XI A won 1st Prize in Flash Presentation in Ahlcon International School



Ansh and Karan Gupta XII came 2nd in programming (Technolympics) at Cambridge Noida

ACTIVITIES GALLERY

Page credits: Ms Shweta Malik



Learning by Doing
Class II



Class 8 presentation



Rock Show



Founder's day Celebrations



Vaani Kalash Class IV



Book Bazaar I to V



Folk Dance



Mathamity class IX



Mother's Day



Spic Macay presentation



Shlok Vachan Competition



Class -IX presentation on UN