



# THE AISMV BULLETIN

## THE ENLIGHTENED MINDS

AN AISMV INITIATIVE

### BIO SCOPE

- ⇒ *Junior Junction*
- ⇒ *Orientation Ceremony*
- ⇒ *Earth Day Celebrations*
- ⇒ *World Health Day*
- ⇒ *Middle Mosaic*
- ⇒ *Poetic Reflections*
- ⇒ *Senior Symphony*
- ⇒ *Picturesque Collection*
- ⇒ *Current Happenings*
- ⇒ *Movie Review*
- ⇒ *Master Chef*
- ⇒ *Achievements*
- ⇒ *Quiz*

⇒ *Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others."*

— Roy T. Bennett

**PAUSE TO PONDER**

### Message from the Principal's Desk

**"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." ~ St. Francis**

Dear Students

At the outset, I wish the outgoing batch of classes X and XII, 'All the Best' for the Board Examinations which are on currently! As the new session gets underway, it is good to see schools returning to normalcy, slowly and steadily. Indeed, students learn so much more at school and not just the rudiments of basic education. It is here that they build on core life skills such as critical thinking and inter-personal skills apart from imbibing sound values of working together as a team and a healthy competitive spirit. It is a wonderful sight indeed to hear the classrooms resound with the sound of children's bright and cheerful voices and see them stepping enthusiastically into the regular school routine once again.



Our esteemed Founder President Sir and Chairperson Ma'am have always endeavoured to offer the best of facilities to each child studying at Amity. Under their sagacious guidance, Amity was the pioneer and the first to adapt to the online mode of learning during the pandemic. Our innovative initiatives and activities such as virtual picnics, Yoga classes and online presentations and PTMs ensured that students remained productively engaged and closely connected with school even while learning from their own homes. Today, as the system shifts back to the offline mode of learning, we at Amity assure parents that we leave no stone unturned to make sure that students come back to a safe and secure environment when they come to school to attend classes and that safety of our students is paramount to everything else.

With the summer vacations being around the corner, I know students must be looking forward to rejuvenating their energies and spirits at home once again. My one advice to you is to utilise time meaningfully: learn a new skill, pick up a hobby, catch up on reading books, anything useful that will help create a better version of yourself. With the hope and confidence that you shall continue to shine and keep the Amity flag soaring high throughout this year, I wish you all the best for future endeavours!

**Newsletter Incharge: Ms. Rohini Penna**

**Editing and Compiling: Ms. Akshita Singhal**

**Design & Concept: Ms. Akshita Singhal**

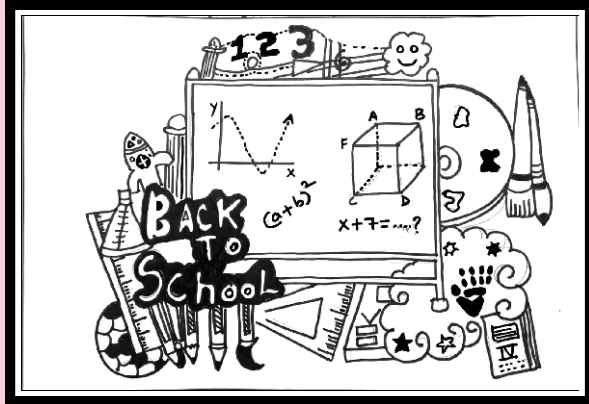
**Graphic Editor : Mr. Yogesh Dubey**



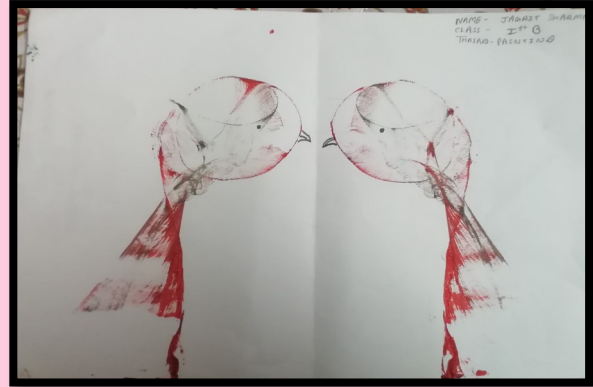
**EDITORIAL TEAM**



## BUDDING ARTISTS



SAMAMVI GUPTA 4-A



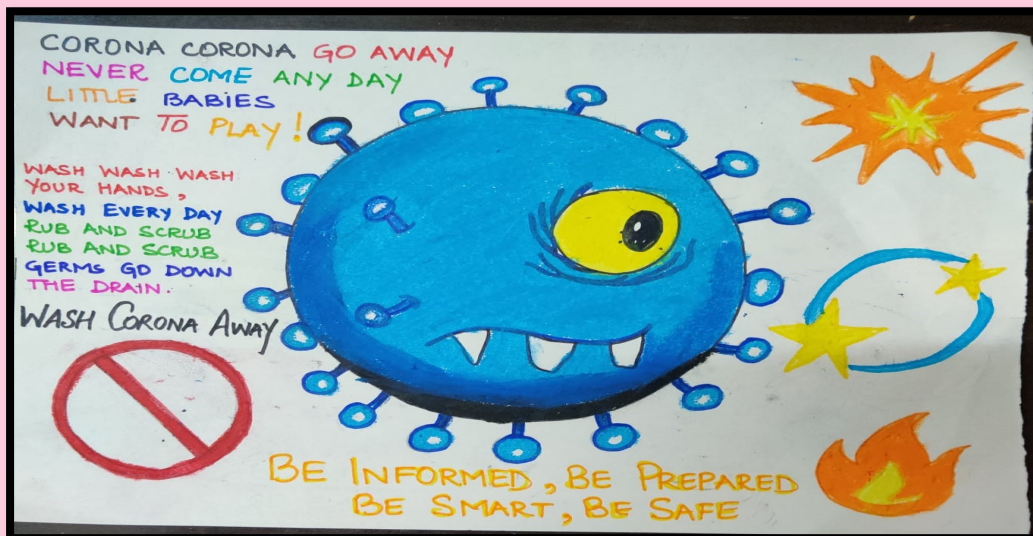
JAGRIT 1-B



VANSHIKA SHARMA 1-A



YOGANSHU 2-B



AHAAN RALLI 1-B



# ORIENTATION CEREMONY

Class I Orientation programme was organised in the hybrid mode on 24<sup>th</sup> March 2022 to welcome the parents to the Amity family which commenced with the welcoming of Respected Chairperson, Dr. (Mrs.) Amita Chauhan Ma'am, all the dignitaries, parents and students followed by lighting of the lamp amidst the virtual chanting of shlokas. The parents were apprised about the success mantra of Amity – 'BHAAG' followed by Ms. Jasleena Kohli (Coordinator, I-V) briefing about the Achievements, Activities, Assessment Pattern and introducing the teachers. It was a great pleasure to have our Respected Chairperson, Dr. (Mrs.) Amita Chauhan Ma'am join our Orientation programme online.

The Class Teachers (Ms. Meghna Chindalia, IA, and Ms. Osheen Varshney, IB) briefed about the important points, Almanac, ID cards, Houses, Uniforms (including the online portal for book set and uniforms), labelling of notebooks, Jolly Phonics app and Heritage. The introduction was further carried out by Dr. Shalini Jain (Medical In-charge) talking about the facilities available in AISMV and how children are made aware of keeping themselves safe during the pandemic through online interactive workshops.

The parents were apprised about the way of communication through Amitranet (online portal) wherein each aspect of Amitranet was introduced to the parents along with e-newsletter, e-Global Times and Transportation details.

The parents were made aware of the YL-Cambridge English course also. The programme concluded with Principal Madam's words of wisdom. She interacted with the children and asked their feelings on coming to school and meeting their teachers.

After the Orientation was over, the parents were escorted to the classrooms where the class teachers solved their queries individually and catered to their needs along with the feedback form link being shared with them. The parents gave positive feedback and were highly satisfied with the orientation.



## ***EARTH DAY CELEBRATIONS***

Earth Day is an annual event celebrated to raise public awareness about pollution, which is increasing with each passing day. Various activities were organised across the classes at Amity. Students of Class III participated in a slogan-making activity on 22 April, 22. Students prepared posters emphasising on growing more trees, saving water and banning plastic bags and wrote catchy slogans to spread the message of making the Earth greener and saving the Mother Earth from devastation.

Students enthusiastically participated in the activity and delivered speeches, recited poems and presented songs highlighting the importance of the day. The students were also shown an audio-visual on the importance of Earth Day.



### **MY INSPIRATION: MISSION MANGAL**

Satellite going from Earth to Mars to discover life on Mars is what movie Mission Mangal about where scientists work very hard in launching a rocket.

This movie is very inspiring and has motivated me to discover space.

But I want to go one step ahead by not only going to a new planet but getting my satellite back on Earth with more information and sending it to different planets as well.

Yes I want to be a scientist and want to explore each planet through my satellite.

I will name my satellite as AHAAN YAAN....

Would you like to join me in my journey??

Ahaan Ralli

I-B



# WORLD HEALTH DAY



World Health Day is a global health awareness day, celebrated every year on 7<sup>th</sup> April. This day is observed to mark the founding of WHO.

As a part of World Health Day celebrations at Amity, physical activities such as yoga and meditation were conducted for Grade 3 on March 7, 2022 with the message-“**No action today- No cure tomorrow**”.

The morning began with age-appropriate mindfulness meditation and yoga sessions for all the students of Grade 3.

The punch line for the activity was ‘Living the Present and Living in the Present’. Ms. Shikha Singh, yoga instructor at Amity, Mayur Vihar talked about how these exercises help increase awareness of one’s own thoughts and feelings to reduce anxiety and boost levels of concentration. Students were told strategies like controlling negative thoughts, engaging in hobbies, exercise, making lifestyle changes and seeking professional help when required.

During the session, Ms. Jasleena Kohli, Primary Coordinator actively interacted with the students about how to achieve the Sustainable Development Goal 3 i.e. regular and adequate physical activity is crucial to life-long physical and mental health. Physical activity promotes blood and oxygen flows, burns energy and helps enhance mental well-being – all essential to reducing the risk of noncommunicable diseases (NCDs).

At the end of the session, students were encouraged to include Yoga and meditation as a part of their onward journey towards a healthier, disease free and strong community.

Yoga is a powerful way for people of all ages and incomes, regardless of gender or ethnicity, to get the physical activity they require to reduce the risk of NCDs and enhance mental well-being.

Stop for a moment and ask what you can do for yourself to make health and wellness a reality for you.

**Health is the most important ingredient for happy life.**

**MIDDLE MOSAIC**  
**POETIC REFLECTIONS**  
*Joy of being back in school*

***Heading Back to School***

It had been so long, it had been years,  
Since meeting our friends and bunk-  
ing with fears.  
We did it all, of course it was fun,  
But now those memories slowly dis-  
appears.

The beautiful imprints of ink and  
paint,  
The one hand distance we never really  
maintained.  
Now the silence in the corridor leaves  
us in pain,  
The memories running through my  
veins.

From offline interactions to online  
distractions,  
From classrooms to Teams and Zoom,  
We transformed and so did our teach-  
ers,  
Learning never stopped, together we  
grew.

Life has given us yet another chance,  
To create memories at a glance  
To rejoice again together and dance.

Zaara Khan  
XII- B

***This life doesn't frighten me at all***

*These noises down the hall ,  
Who call a sense of belonging,  
Shadows down on the wall,  
This life doesn't frighten me at all,*

*Here we build and grow ourselves and  
each other,  
For we are the future say all who came  
before, Within these wall most of us for-  
get about the future sometimes,  
And live in the moments of mischief and  
laughter, This life doesn't frighten me at  
all.*

*Welcome to a new year of life,  
Bringing all of a step closer to realities  
of this world,  
Some happy some cruel,  
For all these years this home of ours  
protected and nurtured us,  
To be a better generation,  
This life doesn't frighten me at all.*

*Today I hurry off to school, To work and  
learn and play,  
Today I thank all those friends and  
teachers,  
So, this life doesn't frighten me at all.*

Gaurika Mathur  
XII-H



# SENIOR SYMPHONY

## *Little talks at school*

Children's laughter ringing voices  
Running off before the bell  
Classrooms filled with noise held  
A new day time for school  
Fidgeting noises fall  
Till teacher is out of the hall  
Lunchtime bell!  
It is time for fun!  
Kids hardly touch their spoons  
Teacher knows this is how it goes  
The thoughts and talks go crazy  
Once again silence falls whispers barely heard  
But they if can in short  
Euphoric conversations grow  
Home time! It's time to go  
As every day will end  
Little voices chirp goodbyes  
Till next day morning to talk again!

Saksham  
VI- C

## **Oh Spring!**

Reveal yourself Oh Spring!  
Entice the birds to sing.  
Make the flowers cherish and bloom,  
From people's lives efface all the gloom.  
Dazzle us with the allure you bring.  
Extricate the harsh winter splinter,  
It is time to cast out the ashes of  
firewood burnt black as a cinder.  
Make the winter wounds heal,  
Offer them an affectionate feel.  
Don't allow the hearts to bitter.  
Teach them the beauty of serenity,  
Inscribe in them the value of affinity.  
Instil in them the emotion of love,  
Don't forget about the blessings you  
ought to shove.  
Guide them towards the path of  
humanity and humility.  
Oh Spring! Reveal yourself.

Mridhula. G. R  
X- A

## **A New Start**

School is starting once again  
It's time to see all my friends  
To share my fun-filled memories  
At the summer end

The first day there I'm nervous  
For everything is new  
My classmates and teachers  
And all my classes too

I hope to give my best  
To gain good grades you see  
For my parents and all my teachers  
I'll make something new.

Yash Dedha VIII- B

## **Joy of Getting Back To School**

Each day I'll do my best,  
And I won't do any less.  
My work will always please me,  
And I won't accept a mess.

I'll color very carefully,  
My writing will be neat.  
And I will not be happy,  
Till my papers are complete.

I'll always do my homework,  
And try my best in every test.  
I won't forget my promise,  
To do my very best!

Hansika Sharma VI- B

# PICTURESQUE COLLECTION



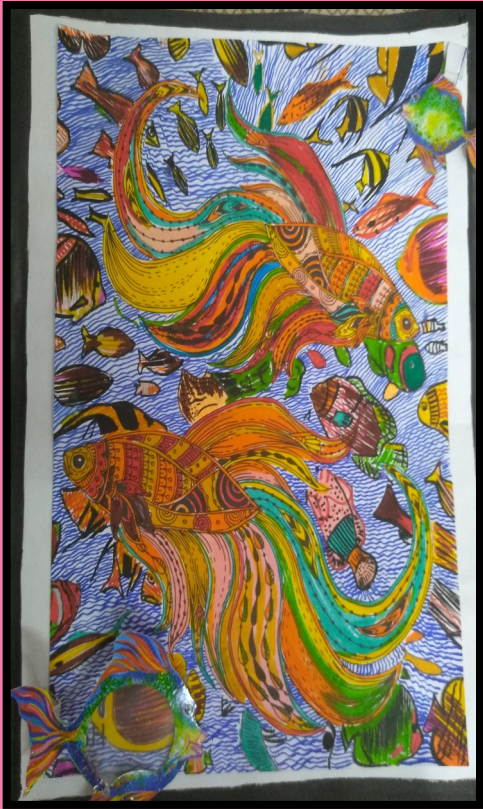
ANANYA SINGH RAI- 6B



MANSA VERMA 12 -I



MANSA VERMA 12 I



MYRA SIKKA 6C



SAANVI VARYANI 6B



# ***CURRENT HAPPENINGS! CITATION CEREMONY (2021-22)***

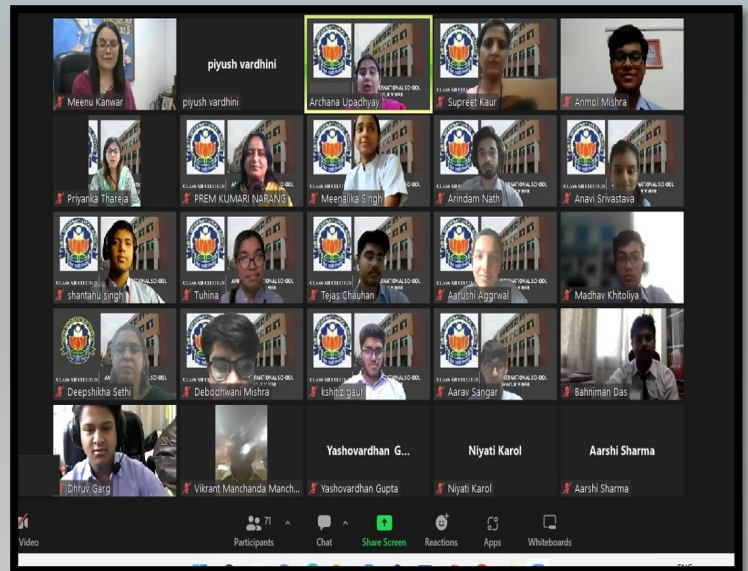
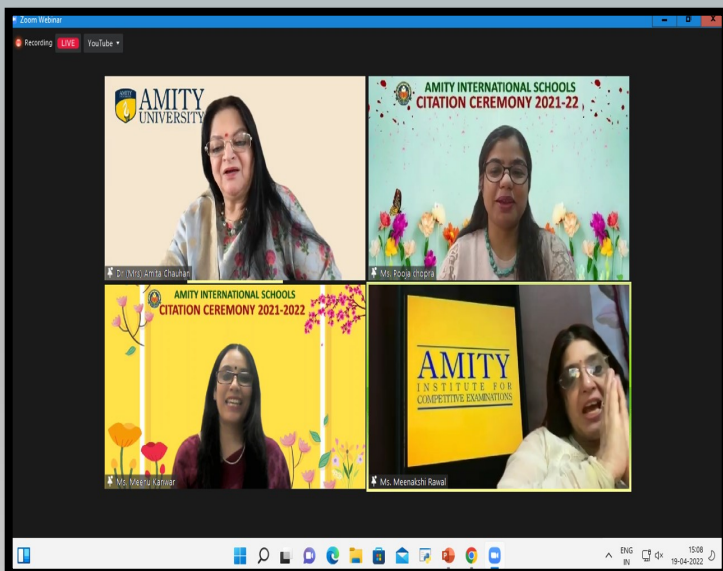
Amity International Schools organised the first ever virtual Citation Ceremony on 19 April 2022 to wish good luck and shower blessings on the outgoing students of class XII. The ceremony was graced by Respected Chairperson of Amity Schools, Dr Mrs Amita Chauhan, Esteemed Directors, Principals, parents, teachers and students of Amity Schools of 5 branches. The programme commenced on a spiritual note with 'the lighting of the lamp amidst the chanting of gayatri mantra to invoke the blessings of the almighty.

It was followed by melodious rendition of welcome song by the choir. Students from each branch of Amity expressed their gratitude to their mentors for nurturing them with so much affection and care. Parents also thanked, Chairperson ma'am for providing amiable ambience and plethora of opportunities to students.

In her motivational address to the students, Honourable Chairperson applauded them for their brilliant achievements during school days and urged them to carry the values taught at Amity. She instilled confidence in the students and wished them good luck for their future endeavours. It was followed by showers of blessings for each child appearing for board examination this year.

After the programme on common portal, schools moved to their respective venues. The Citation reading for Amity Mayur Vihar began with the inspiring words of Principal, Ms Meenu Kanwar Ma'am. She extolled the students for their meritorious performance in the school, motivated them to explore the opportunities that come their way and wished good luck to them.

It was followed by presentation of citations which highlighted the achievements, qualities and talents amidst loud applause. The students switched on their cameras when their citations were read out and class photographs were taken.



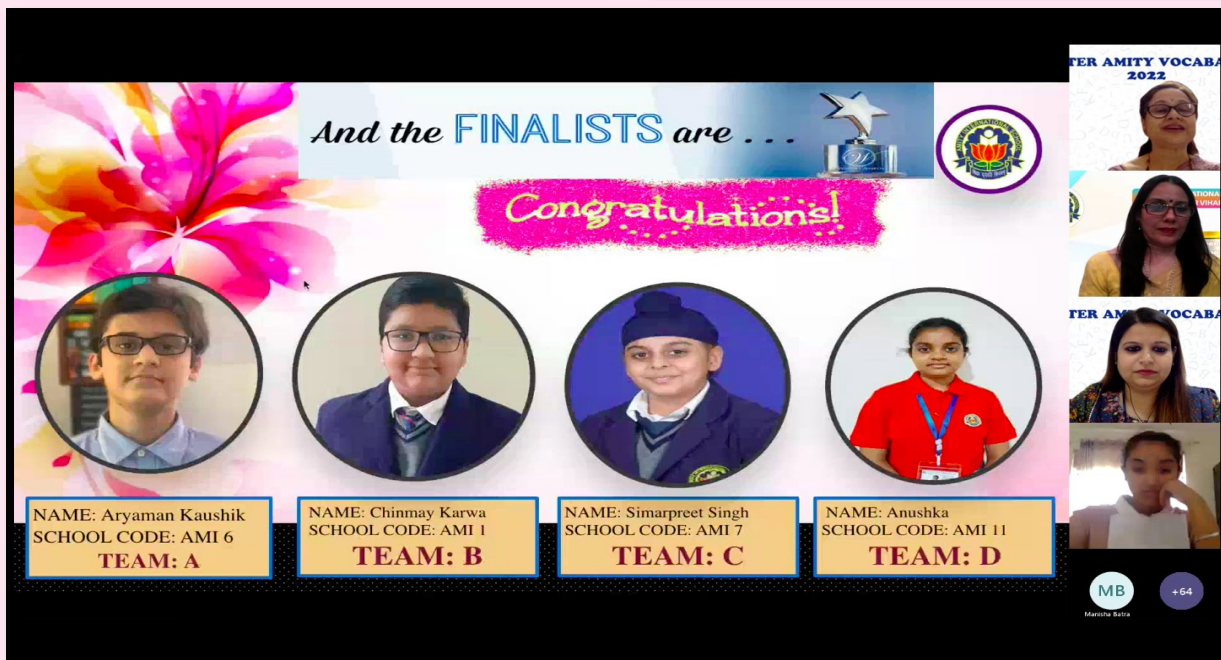
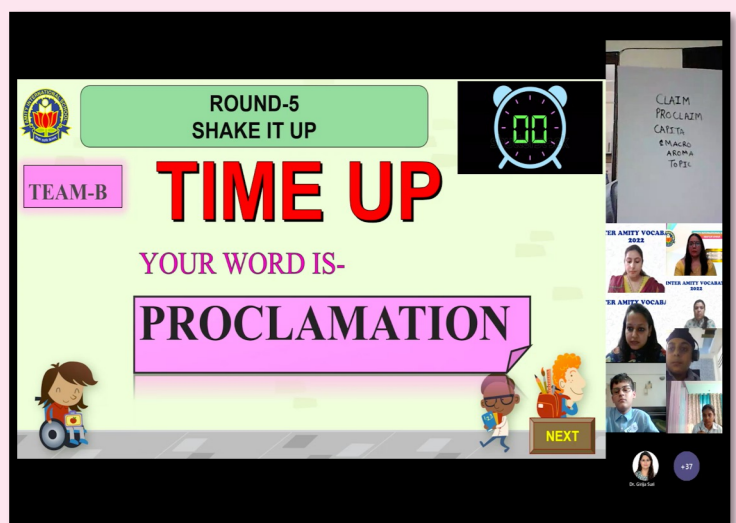
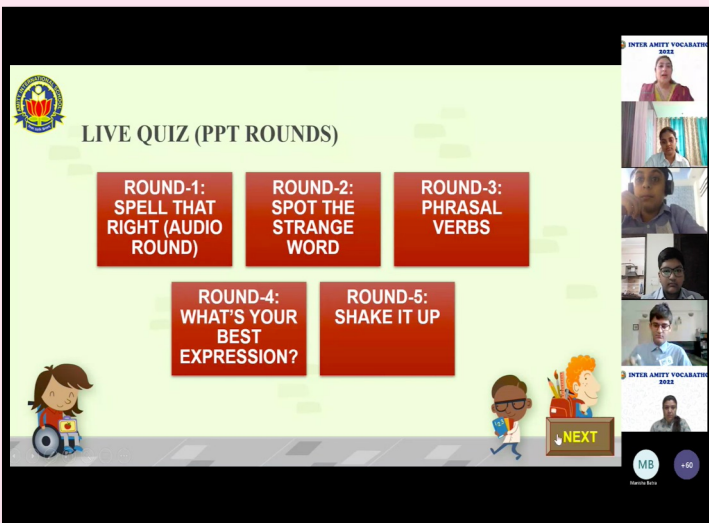
# Inter –Amity Vocabathon for Class –8

Amity International School, Mayur Vihar hosted the ‘Battle of Wits’ Vocabathon competition for class - 8 on 28th April 2022 on the virtual platform. Students of Class 8 across 16 Amity Schools participated in the quiz.

The competition started with the successful conduction of the Elimination round at 9a.m. in the morning on Ms Forms.

The Live Quiz took place on Ms Teams at 3:30PM onwards wherein four finalists who had qualified for the final round participated with full enthusiasm. The programme began with the lighting of the auspicious lamp and paying gratitude to our Founder President sir and Chairperson ma’am. This was followed by a welcome address by the Principal, Mrs Meenu Kanwar. Dr Gijrija Suri, assistant Professor of English at Amity University Haryana, graced the occasion as the Subject Expert. In her address she motivated and encouraged the participants to regularly enrich their vocabulary.

The results of the Elimination Round were declared and the selected students participated in the Live Quiz. All the rounds were gruelling and left the audience thrilled. The results will be announced in the valedictory function.





## CLASS ASSEMBLY- 12 A

The students of XII A presented the first offline Class Assembly for the session 2022-23 on the theme 'Magic of New Beginnings' on Tuesday, 5 April 2022 in the auditorium. The Principal, Ms Meenu Kanwar, Coordinator(Primary), Ms Jasleena Kohli and Event Coordinator, Ms Sunita Chopra graced the assembly with their presence. The students presented

- ◆ Sanskrit Shlok
- ◆ Thought for the Day
- ◆ Word of the Day
- ◆ News
- ◆ Talk on the Theme
- ◆ Self-Composed Poem

The highlight of the Assembly was a group song "Shabaashyan" presented by Arush Aroh, Jahanvi Pant, Mouli Tiwari and Shilpi Adhikary.

In his address to the students, Senior Coordinator, Dr.S.K.Singhal, congratulated the students for their effort.



## CLASS ASSEMBLY- 6B

The students of VI- B presented Online Class Assembly for the session 2022-23 on the theme 'Save Soil' on Saturday, 30 April 2022. It was attended by the middle department and the students of Classes VI- VIII.

The Principal, Ms Meenu Kanwar, Coordinator (Middle Wing), Ms Anshu Bhatnagar and Event Coordinator, Ms Sunita Chopra graced the assembly with their presence. The assembly started with the chanting of Gayatri Mantra followed by the word and the thought of the day.

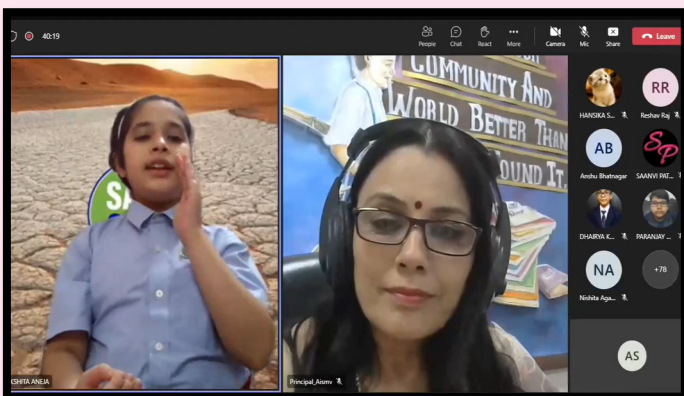
The News headlines for the day were given along with the weather forecast.

The Theme of the assembly 'Save Soil' was depicted with a beautiful poem titled, 'Rishta Maatika' which was appreciated by Principal ma'am.

It was followed by a skit on 'Conservation of Soil' spreading awareness about importance of soil. A quiz was conducted by Siddhatman Dhariyal which was enjoyed by the audience.

The assembly came to an end with some amazing facts on Soil.

The Principal addressed the students and congratulated the students for their efforts and motivated them to continue with the same zeal and enthusiasm.



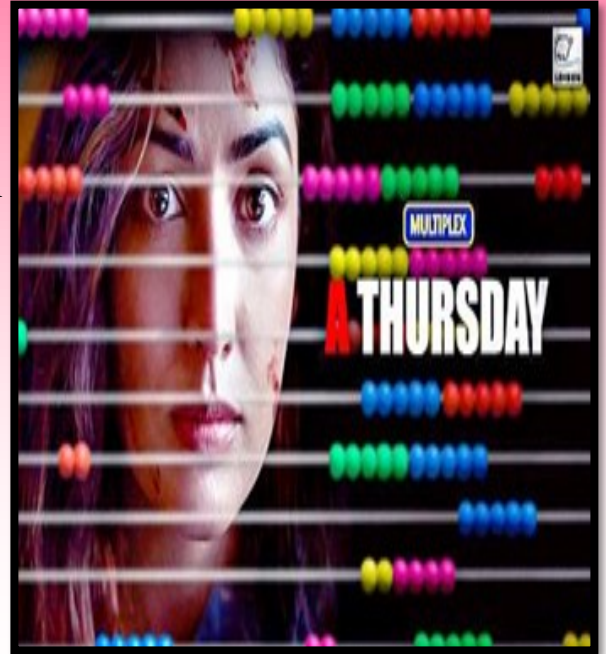
# MOVIE REVIEW

## A Thursday

A commendable thriller starring Yami Gautam Dhar as Naina Jaiswal, a playschool teacher who is assaulted at the age of 16, who faces depression due to the incident. She wanted to take revenge on the rapists, she made sixteen children hostage and puts forward her demands from the police. One of the them was to meet the Prime minister of the Country as she wanted justice and wished for capital punishment for the rapists.

This film carries a very strong message for all the citizens that we should respect the women whether it is a 7-month-old infant or a 70-year-old woman. Domestic violence and child abuse is reported every 15 minutes in our country. Our law should be strong enough that no one even thinks about molesting or assaulting anybody.

**Akshita Rathore VII– A**



## Encanto



Encanto is a computer-animated musical fantasy comedy, following a multigenerational Colombian family, the Madrigals, living in the magical realm of Encanto. All descendants of the family are gifted by the magic, except Mirabel, who was not bestowed a gift. A refreshing break from the classic perfectionism of Disney movies, we follow a misfit maneuvering the colorful dynamics of her imperfect family. Critically acclaimed for its music and animation, as well as its emotional depth and respect to culture, Disney Animation Studio went beyond its comfort zone and overdid itself for the characters achieve a degree of complexity unseen before. Along with the magical realism, Disney steps away from the clear cut princesses and villains, breaking stereotypes and black and white narratives, departing from their regular formula and dives into family dynamics and bonding, making it relatable to everyone.

A light hearted adventurous comedy, a musical masterpiece and a beautiful animation with an underlying message.

**Sushant Subramanian XII– A**



# MASTER CHEF

## Summertime Mango Strawberry Smoothy

### Ingredients

- 2 scoops vanilla Ice-cream
- 2 tsp strawberry syrup
- Yoghurt (of your choice, preferably Strawberry Yoghurt)
- 1 glass cold Almond milk
- 2 small cups of milk
- ½ thinly chopped mango
- 2 tsp powdered sugar

For garnishing 1-2 cherries/almonds

### Procedure

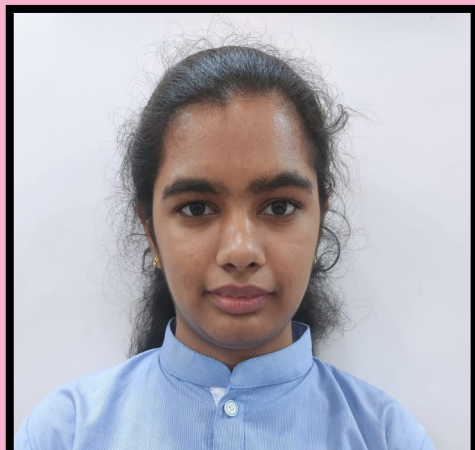
In a mixer, add ½ thinly chopped mango.  
To the mango, add almond milk.  
Then add Strawberry Yoghurt.  
Also add 2-3 tsp vanilla Ice-cream.  
To the Ice-cream add 2 tsp strawberry syrup.  
Then grind the ingredients thoroughly.

Once done, add cherry and resins and your Summertime Mango Strawberry Smoothy is ready.  
*Akshita Rathore 7-A*



# ***A MOMENT OF PRIDE!***

Amity University, organised the Amity Youth Fest 2022 from 24th-26th March. Two students of Amity International School, Mayur Vihar, participated in the second edition of Indradhanush- Hindi Story telling competition, organised by SRIJAN- The Hindi literary club of Amity University, with an aim to encourage the unique skill of storytelling, and provided a platform to all participants to express their thoughts. The competition was held on 25th March 2022, where the participants had to narrate a self composed story on any moral value of their choice. Sanchi Gupta (XD) won the FIRST Prize in the competition along with a cash prize of ₹2000 and Chavi Gautam (XC) was the Second Runner Up and was awarded a cash prize of ₹500.



Name: Sanchi Gupta  
Class: X-D  
Position: 1st Prize



**CHAVI GAUTAM XC**  
**SECOND RUNNER UP**

## **QUIZ TIME**

- Q1. When is World Health Day celebrated?
- Q2. Name the master chef who has given the recipe in this edition of the newsletter.
- Q3. Which class participated in slogan writing competition?
- Q4. Name the child whose poem is titled, 'Little talks at school'.
- Q5. Which class presented the theme ' Save Soil' in the assembly?

Mail your entries at [asinghal1@aismv.amity.edu](mailto:asinghal1@aismv.amity.edu)