



'Mother Express' an exhibition train has been set up at Sealdah, India to commemorate 100<sup>th</sup> birth anniversary of Mother Teresa.

## Conscious Living



Dr. Amita Chauhan  
Chairperson

'Waking up' - the word has a deeper meaning. It's not only about body, but mind and soul. For when we are awake with just body then we can see this beautiful world but when we are awake with mind and soul we are able to feel and soak the wonders of this world. It is then that we are conscious and that consciousness takes us to conscientiousness. Herein, comes the sense of belongingness towards universe that automatically generates a sense of responsibility in our minds about the society, the nation, the people and the world around us. It is then that we start thinking good for the world and the Karamveers amongst us actually act and do good to the world.

I feel quite happy to see that India too has woken up (Read page 1) to certain realities. As we have progressed, so have we become more conscious about how we live and act and conscientious about how our actions affect our nature, our nation and our world. As we celebrate the Earth day, I see increase in plantation drives and more number of people resorting to eco friendly practices in their daily lives. It gives me immense delight to share that Amitians are pioneering such environment friendly ways of living. At Amity with the initiatives like Hari-Asha, Maati and Jio Jaivik, we have been constantly striving to be the part of the nature which has nurtured us. I see Amitians practicing 3Rs (Reduce, Reuse, Recycle) in their daily lives. It is heartening to see a large number of youth taking every step they can to conserve Earth and environment. For them it has become the way of life. Finally, we all have woken up to the reality of cohabiting with nature. [GFI](#)

## Joy of Vacations



Vira Sharma  
Managing Editor

Summers have arrived and it's time for holiday homeworks, summer camps, travel, fun and frolic again. As the temperatures soar so does our excitement levels at getting two months off from regular study and play. With great nostalgia I remember the times when

summer holidays meant granny's village, mischiefs with cousins, stealing mangoes from orchards, running on dusty tracks, etc., with a carefree and cheerful spirit. Granny's village, mamaji's home and chachaji's house were akin to the summer camps full of learning with fun and delight. We flew kites, spun tops, played hide and seek and hop scotch all under the scorching heat of the sun and yet, never bothered about getting sick because we never did. We always remained cool. Back in those times travelling used to happen mostly during summers. Times have changed but the thrill and excitement of summer vacations remain the same. As vacations start I am sure some of you will travel and visit new places, some of you will join hobby classes, while some others would try their hands out at new ideas and innovations in their minds. Whatever you do, make sure that you do travel somewhere even if nearby, because the best education one can receive is by travelling. Travelling one gathers the honey. So as sun heats up, pep up your spirits. Take that paint brush and colour your expressions on a canvas. Put on that music beat and beat the heat. Make new friends. Use this time to collect moments and memories for the lifetime and share those with us. Pen down your travelogues. Write to us. Send us the posters and pictures of your summer vacations. Spread the joys of vacation. This summer, make memories and leave footprints. [GFI](#)

# Guardian angels of war

## Right to Live With Love And Peace Is All That They Need

Poorvi Kar  
AIS Gur 46, XII H

The calling is louder than ever, asking for humanity out of humans. For whom good seems to be lost forever and happiness is a thing of the past; for whom peace is a distant dream and not knowing which day will be their last; where hope seems to be unreal and the only end is death, came in the Guardian Angels of the age. Syria, Iraq, Palestine and more – where the children know the sky to be grey.

It is almost like descending from heaven to hell, to free those undeserving of the torture. The money can never be worth their own lives and yet they do it - for the compassion in their hearts and the flame of humanity blazing in their minds. Who are they? A journalist or a photographer willing to risk their lives to show the world, what they have turned a blind eye to; the eyes and ears of the world, often left forgotten amongst the crowd despite their sacrifices of safety and home - For the sake of humanity. A soldier knows it better than rest of the world. what it is like to leave one's family, their safety and entire settled life behind for unknown time.



Hands mend broken bones and bonds mend broken hearts. The destruction takes away helping hands and leaves behind diseases and scars. The Red Crescent, Mercy Corps, The White Helmets are just a few of the many organizations working to provide relief to the real victims of war - Innocent civilians. From rescue operations and medical aid to resettlement, especially of orphaned children, these humanitarian organizations tend to the deep-

est wounds inflicted on the people, and not just the physical ones. Despite being trained not to develop an emotional attachment with the patients, the doctors working here cannot help but sympathize and admire the strength of the people - infants and senior citizens alike. If the former is on glucose drip, the latter is on a cardiac monitor. In their lives held by blood covered fear and blaring helplessness, victims of war are standing against deeds they

never did, paying for sins they never committed. They are losing children and parents, brothers and friends. But most of all, their right to live being sentenced to an uncertain death. They needed their knights in shining armour to which came these un-hailed heroes of the hour. And it's way past time they're recognised and supported. They're here to help humanity and will lose their cause the moment we lose what's left of humanity. [GFI](#)

# Big dreams of success

## Ones Who Dream Of Stars Shine Brighter Than The Galaxies

Arushi Gupta, AIS Noida, XII

Dreamy eyed, and courageous Sweta Singh, Co-founder and group ED, Med Achievers & Genome Analyst and CEO, H R Biocare is an exemplary, woman entrepreneur who rose against multiple challenges to become a winner. Bestowed with Amity Young Entrepreneur Award during International Conference on Entrepreneurship and Leadership 2018 held at AUUP, she shares about her work and life.

### Dreams and reality

When I started my journey I faced many challenges on my way to becoming an entrepreneur. I had to juggle between my work and taking care of my children. There were times when I felt unmotivated, and there were times when I faced so many hardships that quitting seemed like the only option. But I kept going on because I knew that if I have to follow. I knew what I wanted. That's what gave me courage and strength.

### Being a leader

Leadership is not about just giving orders and having people follow them. As a good leader, you must listen to your team members. I firmly believe that a good leader is not just someone who takes good care of his or her team but a good leader is someone who respects his or her elders, too. Respect for others is a quality that all great leaders possess and on my sojourn I try to foster these qualities in me.

### Remaining on top

Getting successful might be a piece of cake, but remaining successful is not. The road to success is not easy. For me, success is all about working hard, overcoming obstacles and fulfilling your dreams. All of this while keeping a perfect balance between your personal and professional life. Your family is as important as your dreams. Pursuit of success should not be at the cost of family and friends.

### My friend Krishna

Since my childhood, I have been fas-



Sweta Singh with GT reporter Arushi Gupta

Pic: Deepak Sharma, GT Network

inated by Lord Krishna. I love his persona. His cleverness and quick wit, charms me no end. For me the time when 'Mahabharata' took place is the most interesting time. If possible, I would really love to time travel to that period in history and have a very candid interaction with Lord Krishna about life, dreams, work, family, success, achievements and much more.

### Perseverance is key

Dreaming is easy, but following your dreams is not. If you do everything you can to achieve your goals in life, there will be nothing that can stop you from making it big. You will face hardships, but the key is never to give up. There is no dream that you cannot turn into reality provided you give it your all with full sincerity. [GFI](#)

# Anger kills every joy

Aayush Sharma, AIS Vas 1, VI

Once upon a time there lived a sparrow on a tree. Everyday he used to fly away to peck grains and at the sun set he would return to his perch. One evening it started raining very heavily and he couldn't return. Next morning, when the sparrow returned to his tree he was astonished

to find a rabbit occupying his home. He lost his temper and screamed at the rabbit, "It's my home. Quit this place at once." "Trees, rivers and lakes don't belong to anyone. You go away", replied the rabbit. This made the sparrow angry and he pecked at rabbit's ear. To that rabbit also slapped sparrow and a scuffle ensued. A wicked cat saw all this and put on the robe of a priest and

walked towards where rabbit and sparrow were fighting. Seeing a priest cat they both started telling their own side of story. The cunning cat, slowly started patting their heads and suddenly pounced upon them and ate them both. The tree was big enough for both rabbit and sparrow to live together, but anger took better of them. Anger veils the wisdom. So stay calm.



Little pearls of wisdom