

3Rs of Quarantine



Dr Amita Chauhan
Chairperson

In Sanskrit, there is a notable verse, ‘Utsaho Balwaan Arya, Na Asti Utsaah Param Balam’ meaning there is no greater force in the world than our passion and our

spirit. In tough times like these, my heart goes out to every person in quarantine. Health issues, emotional and mental enigmas, are constant challenges that they are facing every day. However, it is these challenges that bring a scope for change in society when infused with the power of spirit and passion. So, I see ‘quarantine’ not as ‘isolation’ but a huge opportunity for human beings to do 3Rs: Rewind (revisit past), Relook (into thoughts and actions) and Reset (correct what went wrong).

Isolation has the opportunity to become a force of change for creating a happy world. And this holds true for all my Amityans, who are brave, perseverant and passionate. The creative expressions of these children during this period can inspire future generations to treat creativity as an imperative aspect of human existence rather than a mere extracurricular activity. Their experiences of overcoming challenges, evolved perspectives towards life, feelings of more care and compassion for life, shall go a long way in inspiring our youth to be more positive, sustainable, minimalist and compassionate to let every life on mother Earth thrive. **GT**

Prithvi: The new caregiver

To Shield The Healers Of Our Earth

Aditi Banerji

AISS Noida, XII I

Drop by drop maketh the ocean – the aphorism weighs heavier in our existing status quo, where every life counts and every endeavour matters in warring against the baleful novel coronavirus. And to make matters worse the ones making every life count are the ones jeopardizing theirs. Determined to safeguard them vanguardians - doctors, nurses and policemen, from this contagion, Delhi students, Saurav Maheshkar, Class XII and Nishant Chandna, Class X from KIIT World School, and Aditya Dubey, class XII from Modern School, together invented the prototype robot ‘Prithvi’.

“Since, we are all into robotics, we couldn’t help but look for a technological solution to this problem. We couldn’t sit back and look at our caregivers suffer. As is the case with other arenas, social distancing was the solution in the healthcare sector too,” says Aditya on how Prithvi was conceptualised and then germinated, from an atom into a full grown robot.

And so the journey commenced. “With the entire nation in a lockdown, we collaborated through Twitter chat and WhatsApp, breaking up the project into tasks for efficient execu-



Aditya Dubey



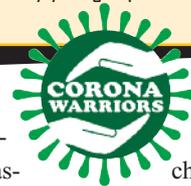
Nishant Chandna



Saurav Maheshkar

CORONA WARRIORS

Pandemics know no boundaries, and neither do warriors who battle them. This special series, running across Quarantine editions of all Amity schools, is an ode to those fighters. Highlighting stories of young change makers from within and outside Amity, this special series has been curated by young reporters across various Amity branches.



tion. I took care of the software, for instance and Nishant assembled and designed the body of the robot, while Aditya worked on the features of the robot,” shares Saurav. However, coordination was not the only obstruction in this tripartite venture. Limited avail-

ability of the required equipment was another challenge. Nishant elaborates, “While the structure of the prototype is cardboard based, the hardware is made of Arduino micro-controller as the internal inner circuit. For the transport system, we used simple motors ripped off from an existing project, reusing the devices and spare parts already available at our homes.”

Leaving no stone unturned, with efforts that ran through the day and spilled into the night, Prithvi was thus made ready for the world within two weeks. “The caregiver robot can be used to carry essentials like food and medicines to the patient, helping our medics to easily manoeuvre the robot to and fro the patients’ room or



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Prithvi: The new caregiver

bed. It is equipped with a display screen and video calling facility that further allows the doctors and the patients to converse with each other. All this takes place through a specialised app, which is still under-development and would take a little more time to be completed. An additional thermal scanner arm can also be easily added to it, which will enable it to measure the temperature of the patients and communicate the same to the caregivers,” added the trio. Everything, with a production cost of just 5000INR. Budget friendly, ain't it?

Prithvi, literally meaning 'Earth', is a symbol of hope, a promise for better times to this corona-sick world. Even though it is a prototype still, but if incorporated with a high grade software and other industrial improvements, can effectively solve the problem for those never off duty; how, is what is left to be seen. In the meantime, we salute the efforts, so keen! [G U](#)

**★ WORLD
TEENAGE
REPORTING
PROJECT
COVID-19**

The World Teenage Reporting Project, COVID 19 is a global collaboration of teenage reporters in newsrooms around the world who produce stories about what their peers are doing to help during the Coronavirus pandemic.



Altering equilibrium

When Idea Of Normalcy Is Taken For Granted

Sanya Kalra, AIS PV, XII C

Normalcy is essentially the state of being usual. In this dynamic world, all of us have carefully chosen a routine, the familiarity of which gives us a sense of comfort and happiness. However, the world, as of now, is far away from our quotidian lives. The recent disruption in our everyday lives is the COVID-19 pandemic- a critical health crisis and the greatest challenge humanity has faced after World War 2. While it continues to take lives of a hundred thousand people, it has also taken a toll on the ordinary lives of those not infected by the disease. In this case, it would be safe to say that normalcy is under-appreciated and more often than not, taken for granted. It is only such unfortunate escapades that make us reminisce the beauty of normalcy. This is when it strikes us how we linger to normalcy. 'Let Her Go' by Passenger sounds a lot more relatable now, doesn't it?

A typically unpleasant morning would be waking up to realize that you're out of coffee. What if you were told that your clothes aren't ironed and your laptop's charger is nowhere to be seen either? Even the thought of a morning like this frustrates us. Oh, how we loathe the uncustomary. It's strange how

we miss things we never thought we would once they're gone. A usual Monday morning could go wrong in ways we can't imagine, who would've thought our entire lives would morph into one endless catastrophic Monday? Say what you will about adventures, a rollercoaster without a belt is never a good idea and neither is life without waking up cranky every morning, eyes refusing to let in light, brushing your teeth while you crave for a calamity only to skip school but wind up in school anyway because your prayers remain unanswered- the world didn't end. It does stir up strong emotions for your lousy, past self, doesn't it? Remember when we weren't told to wash our hands by the World Health Organization, when we had Snapchat filters on our faces instead of medical masks, when we could watch Netflix instead of online lectures on our laptops and when going outside didn't seem like a war-zone? We really should have cherished our ordinary lives.

The fondness of our rather monotonous lives is undeniable. We can now only hope to get back to our normal lives, away from the agony of unusual. Only if we would appreciate the equilibrium of our lives a little more now, knowing that it's fragile and needs to be handled with care. [G U](#)



WRITE, CLICK, PAINT!

Presenting To You The Editorial Team And Their Lockdown Blues

Nalin Jayaswal & Raghav Gupta
AIS PV, XI C

Social media has left no doubt that the quarantine has hit everyone very hard. With the sudden explosion in the amount of Instagram stories about cooking, yoga and video gaming, it has become quite easy to differentiate between different types of people during lockdown; there are the gamers, the Netflix bingers and the hibernators. We have painstakingly conducted an online survey on how editorial members are spending their lockdown.

The photographers: With nothing to click pictures of except the latest Money Heist season, the enigmatic photographers of The Global Times are digging deep to express their creativity. They are the sole reason why Instagram's hue has turned to orange due to all the posts about clear sunsets. Our photographers have been single-handedly responsible for creating the new genre of 'indoor photography'. Making their home their new wildlife, they have

gone to extreme lengths to capture their ceiling fans, lamps and empty study tables.

Statement- "Shh! You are scaring candle flame"

The artists: These are the true shining jewels of the lockdown, with unlimited time at hand, they have created masterpiece after masterpiece. They have dusted every canvas in the store and drenched all the old stiff brushes. However, the lack of sunlight has brought out their inner demons on the canvas. This has been clear in the dark themes of their art- from sadistic modern art to portraits of a dystopian world.

Statement- "I am the next Vincent Van Gogh, and this is my tragedy"

The writers: The writers of GT have found their inner sloths, their lockdown started with a warm blanket, a laptop and a coffee and is probably going to end with them in the same position. However, our prized writers are currently running out of BuzzFeed quizzes to take and Emily Dickinson poetry to read. Thus, they all have resorted to follow the mantra of "Netflix

and chill" in order to clear their writer's block.

Statement- "So we beat on boats against the current, borne ceaselessly into the past- The Great Gatsby"

The graphic designers: Blissfully unaware of the outside world falling into chaos, these true computer wizards have made their gaming chair their permanent housing. With no compulsion to go to school and other social gatherings, our talented graphic designers can now work at double the speed to create virtual Mona Lisas in record time

Statement- "Who needs Ludo King when you can play Counterstrike all day?"

The editor in chief: The captain of our ship is also blissfully unaware of the lockdown, however not because she is in a virtual battle royal but because she is under immense pressure of meeting deadlines and managing her lazy rogue staff members

Statement- "You better finish this article on time". 

Fake it off!

Here's How To Identify Fake News During A Pandemic

Shyla Basu, AIS PV, XI B

“The virus can spread through mosquito bites!”, “Only the elderly and children are affected”. During these distressing times, we’ve all heard the same rumours over and over - be it through WhatsApp, Instagram, Facebook or Twitter. Anxiety over the pandemic has made us all vulnerable and perhaps more gullible, resulting in fake news spreading like wildfire. But, how do we know what or what not to believe during this ‘viral’ crisis?

Myth busters: The World Health Organization has added a “myth busters” section to its website, refuting an array of myths in response to the public advice page. This provides a legitimate source to help people distinguish between truth and lies.

Think before you share: You come across an interesting article on social media



but you’re not entirely sure if it’s legitimate. Nevertheless, your friends and their friends should know it too, right? Absolutely not! Do not share information from unreliable sources under any circumstances. Always check the validity of a message before pressing send.

The fear factor: “Fear is one of the biggest drivers that allows misinformation to thrive,” says Claire Wardle of First Draft, an organiza-

tion that helps journalists tackle online misinformation. Websites, apps and even people tend to use our emotional vulnerability to spread information, even if it’s false. Beware of this!

Human bias: While sharing a particular piece of news you think is important for your friends and family to know about, stop and check- are you sharing it because you are absolutely sure it’s true or because you agree with it? Studies show that we tend to share and forward information that validates our existing beliefs.

Everything new brings several conspiracy theories with itself and it is natural to be interested in these, after all, this is a period of uncertainty. But, by overindulging ourselves and spreading information without any verification, we are harming not only ourselves but a large portion of the society. Resisting this temptation will reduce the public’s fear and anxiety because while this is a scary situation, it is not as scary as rumors make it out to be. [GFI](#)

TO THE GOOD OLD DAYS

A Life Lived, Loved And Now Longed For

Bhanvi Nayer, AIS PV, X E

*Oblivious to day or date
No idea what time it is*

Dear diary,

Today was just another day that I have been spending right from the day this cursed lockdown started. It was all good; a rosy beginning to what we thought will be a joyous vacation. But it has in reality, turned into a never-ending house arrest. Boredom has hit me hard, more than anything ever did. It’s been so long since I have met my friends and other people. After the online classes in the morning, I called up my friends and had a brief chat with them. During the initial days of lockdown, we even resorted to playing online games and spent our

times watching movies. But they say, too much of anything kills your interest at one point. So did all my ways of passing time. Right from baking to creating art, it all became redundant at one point. I had never thought I will miss being around with people so much. All day all I do is wander from room to room in the house and finally end up in the silence of the balcony. I remember how it used to be prior to this lockdown, or even this pandemic began. People freely walking around, kids playing, adults chatting-all of these simple intricacies of life that I never thought would turn into a dream. Yes, a reality converted into a dream for no one knows how long. But now that we cannot do anything about it, we can only wait for everything to become as it was before, if not better. I certainly have learnt the value that



even the simple things hold, things that most conveniently fail to notice or pay heed to. This is probably a lesson that we all have learnt, or so I hope. I also hope that we retain these lessons in our minds for the time to come. With so many hopes, here I take off to prepare myself for another monotonous day. Goodnight diary

With love,

A girl awaiting the good old days



Innovations in isolation

Know How Some People Are Spending Their 'Quarantime'

Suhani Malik, XII B, & Nalin Jayaswal
XI C, AIS PV

When most of us are suffering from IMMS (I Miss Momos Syndrome) and trying hard (and failing) to not binge-watch Netflix, some people are reaching out to their inner superheroes. During this quarantine period, they have become real-life Avengers, coming up with small devices to help make this time a bit easier for us.

Talent Taiwan ka: Necessity is the mother of innovation and this has been proved by elementary school children in Taiwan who used lego blocks to build an automatic hand sanitiser dispenser. It has ultrasonic sensors to sense a pair of hands and dispense the sanitiser from a regular spray-bottle. This not only prevents the transfer of germs via the plastic sanitiser bottle when used by many, but also shows the world that something so helpful can be built with something as ordinary as a toy. Guess who's ordering lego blocks for "innovation purposes"?

Dil se Delhi-wale, aur dimag se bhi: Three high school students in our capital city have



created a prototype of a robot ('Prithvi') to deliver food and medicine to patients in hospitals. It also connects doctors to patients via a smart tablet app. This device could help minimise the spread of the disease to healthcare workers who are at maximum risk. It cost less than INR 5000 to build this prototype, and has received brilliant responses from all over the country.

From Volkswagen to ventilator: A team of volunteers from Ireland's IT Sligo have developed ventilators from easily available parts of a

car and other electronic gadgets or computers. Lack of ventilators has been a major roadblock in proper treatment of the virus and has resulted in multiple fatalities. The team's target is to make 5 ventilators a day which could be the difference between life and death for many. Teenage girls from Afghanistan have undertaken a similar project and so has Elon Musk's Tesla Inc. That's as big as it gets, right?

All's well in Wales: Wyn Griffiths saw his wife face problems when visiting the hospital; she had to touch the door-handles which could potentially be contaminated. To ease her troubles, he invented a hands-free door pull to open doors without touching them, and closing the doors for the virus hoping to spread. Similar efforts have been made all over the UK. His design now has multiple variations, and hospitals in the UK have taken to using these. Not only has this man been a good husband, but an ideal citizen too.

Inspired yet? Take the inspiration and look for ways to help people globally. Even if you end up with nothing, you'll still have a bit more knowledge, and yes, a huge feeling of satisfaction, to not miss. [G.U](#)

A productive discussion

This Lockdown, Let's Try To Recall The Real Meaning Of Productivity

Tanya Talwar, XII G & Shayori Dey
XI G, AIS PV

How to make the most of this quarantine productively? This is a question that all of us have been thinking about since the day this nationwide lockdown was declared. Productivity is the term that has been rounds on internet and even in our very own homes. Be it making a cup of dalgona coffee, or trying the new social media challenge. But then arises the real question- what is productivity? Is it the in-folding of attention, of maintenance and care for ourselves that can make us more human, or is it driven by capitalism, competition, and consumption, which leaves us feeling empty and purposeless.

Productivity can mean a variety of things for different people. For some, it means doing something new every day and for others it can mean following a routine, which is equally important to keep you sane. Calming down and taking rest helps you restore energy, without which you really cannot function. It's not always important that we've to do something productive in terms of achieving something. We can simply work in our own capacity, doing something to heal ourselves. Sometimes that just requires rest and relaxation. Working towards a lofty goal whose inherent value has little or nothing to do with the problem at hand is like flailing. Chasing productivity as a goal makes you feel more resentful about doing your part, less able to see the bigger picture, and more anxious about taking a break — all things



that are necessary right now to our collective health and personal sanity. This is the perfect time to work on our mental health and prioritize it, which is not possible when you're in a running and demanding schedule.

It might come to you as a surprise that the Anxiety and Depression Association for America states that according to some studies, "regular exercise or business works as well as anti-anxiety medication" for certain people. Mental exercise happens unconsciously and taking breaks is often a conscious activity. This creates a paradox within the biological needs of the body.

The value of your life is not dependent on the things that you produce. It's also okay if you feel overwhelmed by the stresses of the current

crisis. Now more than ever, focus on your health and your relationships with the people you love. Creativity and openness require boredom and nothingness.

And we do not need to find things to do; some of it is what your body demands, like exercise. Taking just 20 minutes every day to exercise can strengthen your body; clear your head, and boost your immune system. Plus, exercise releases mood-enhancing hormones into the body, hence setting the stage for you to think productively for the remaining day.

In the end, it is important to remember that productivity is not all about accomplishing great things. It is about keeping your mind happy with simple things. [GII](#)

The lions and the monster

Tejvir Singh Suri, AIS Saket, XII D

The day is dark and full of terrors
A monster rumbles into the jungle
He is a fearsome sight to behold,
Animals flee before him, young and old
These petty creatures, he pays no mind
For his target is the lions' pride

The day is dark and full of terrors
The lions wreak havoc in the jungle
Too powerful to care, yet too lazy to dare
To fight this monster fair and square

The lions barricade their cities and towns
Hoping to keep on their heads the crown

The monster sneaks through the cracked walls
While the oblivious lions feast and brawl
The monster inches closer and closer
While the lions were caught unawares
The monster tears his way through the lions
The smart ones hide their pride, the others expire

The night is bright and full of joy
The monster has won the Siege of Troy
Trees come to life; animals come home



The jungles turn green once more
Creatures on the street dance and sing
The kind monster is now the earth's king

The night is bright and full of joys
The lions seek to hatch an evil ploy
Some might be humbled, others are vengeful
They plot and crib instead of being grateful
For the monster is kinder than they will ever be
Under the lions, no one could live peacefully