


## 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 Amitians, 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. 

# Prithvi: The new caregiver

## To Shield The Healers Of Our Earth

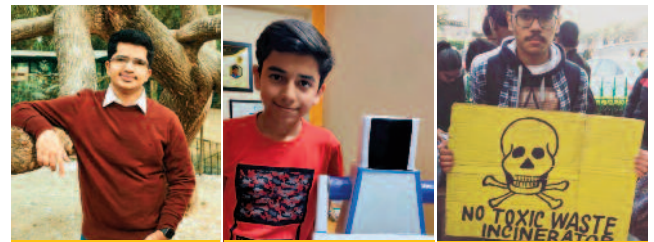
Aditi Banerji

AMS 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! 

## ★ 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.**



# Finding solutions

## Bringing Virtual Libraries On Your Desk

Dear Students,

Just when the global pandemic forced the schools to shut down, the entire education system went for a toss. Online classes were the only solution to keep all of you engaged in these times as well as update you with the regular school curriculum. On one hand, the subject teachers faced challenges to find new ways of interesting teaching. On the other hand, school librarians like me also faced a similar challenge: how can the best of library resources reach each one of you? Just because the libraries are shut, it doesn't mean students would stop reading. With this aim, we stepped up and developed resources for virtual library classes with the help of technology.

At Amity Global School, Gurugram, we came up with Continuous Learning Hubs for each grade. These Hubs allows each one of you to connect to library resources through Follett's Destiny Discover, which provides access to the resources, including eBooks, digital audiobooks and interactive books even for

teachers. We collated all those resources at one place where both educators and students like you can pick and choose whatever is required. It is an empowering experience for everyone involved: the students love to share, read and listen to stories during interactive classes on Microsoft Teams.

Well during these uncertain times, school librarians like me have learnt the art of collaboration, research, and use of technology. We have found innovative ways to work with teachers, coordinators and you all to keep both learning and engagement together during these unprecedented times. We are refreshing and building amazing digital libraries and remote learning spaces.

We have actively engaged ourselves in creating an advanced learning environment; for we believe that it is the need of the hour.

→Yours truly,

**Kamna Shahi**

AGS Gurugram, PYP Librarian 

# Dealing with **boredom**

## In The Middle Of A Pandemic



**E**ight-year-old Marcus had been bored and irritated ever since the lockdown started. He couldn't go to school anymore due to the pandemic and was stuck at home with his parents and his brother James. One lazy afternoon, in the middle of a nap, Marcus woke up with a start. "Oh my God! I have coronavirus," screamed Marcus. He looked around in a haze, rubbing his sleepy eyes. "Where are mum and dad?" he wondered to himself.

He made his way into the living room where their parents were seated, along with his brother, watching television.

"Have you cleaned your room yet?" quipped mother. "I told you to do it ages ago."

"Ugh mum, do I really have to do that? It's so boring" Marcus cried in protest.

"Well, then we just have to make it interesting" said his mother, reaching for the sound system. Suddenly, music filled the air.

"C'mon Marcus! James! Let's dance while we clean the house. It'll be so much fun! Grab the mop and the broom."

As he mopped away at the floor, dancing to the music, he felt happy. The lockdown was supposed to end soon too and school would begin.

But he was in for a surprise.

The lockdown had been extended for another three weeks, almost a month.

"WHY? One more month? I will die of boredom," screamed Marcus in anger.

"Your teacher called" said his mother. "She has an assignment for you. You have to prepare an activity on your hobbies and present it when your online classes begin from next week."

"Ugh, but I don't have any hobbies mom!" replied Marcus. Miserably, he turned on the television. A special series was on, featuring people helping others during the pandemic.

"Mom! I got an idea! Can you put a message in our community WhatsApp group that I will be putting boxes outside our community center and residents can donate groceries, clothes, sanitizers and masks. We will ask policemen to come, collect it from us every week and then

distribute these collected items to the needy."



distribute these collected items to the needy."

"That's a great idea Marcus!" exclaimed his mother.

Soon, people were donating items every day at the community center. Marcus's mother couldn't have been prouder of her son.

As the day of the class presentation arrived, Marcus felt nervous, seated in front of the computer. He explained his initiative to the teacher as well as the class, telling them how he collected masks, clothes and sanitizers and distributed it among the needy.

"Marcus, what a brilliant job!

I'm very proud of you," said his teacher.

Marcus gleamed with pride. He felt happy about helping so many other people. He was determined to keep up his efforts till the lockdown was in place.

Afterall, the lockdown wasn't as bad as he had thought. Apart from helping others in the community, Marcus spent time with his family, as his ever-busy dad was home all the time and so was his mom!

**Text: Ayaansh Puri, Purahan Maharana, Tanya Dwivedi, Yashvi Trivedi & Hosna Abdul Baqi, AGS Gurugram, IV**



# Dealing with lockdown

## How To Ease Your Claustrophobia

As we are confined in our own homes due to the Coronavirus pandemic, there are many amongst us who suffer from claustrophobia and anxiety, which makes the lockdown even more difficult for them. Often these situations are extremely daunting, thus knowing how to nurture yourself and distance yourself seems to be an essential knowledge we should all possess. If you are one of those people, **Shreya Madheswaran, Nisandi Dias & Vidushi Goswami, AGS Gurugram, X**, brings you some tips and distractions to help you out:



*smell*, and one thing you can *taste*.

**2 Practice yoga:** Keep down your nerves by practicing *Surya Namaskar* or even simple breathing exercises. You can try alternate nostril breathing exercise and ensure to retain more focus on exhaling than inhaling.

**3 Declutter your surroundings:** Practice a cleaning exercise every morning to make the space around you neat and tidy. Cleaning your space proves to be extremely helpful with decluttering your mind as well, and a neat surrounding is bound to be a better place to be than an untidy room.

**4 Appreciation:** This is the perfect time for all of us to take a step back from our busy schedules and appreciate the little and big things in life, like our friends and family.

**5 Follow a routine:** Maintaining a routine will help you from getting too overwhelmed. Try to make a routine for your days and incorporate small yet new things in it that you have always wanted to try.

**6 Self-care:** Take notice of your own needs and practice self-love. Appreciate yourself, be grateful for the tiny things you have, and realise that your worth and potential can be extremely beneficial. [G I](#)

**1 Ground yourself:** Try to bring yourself back to reality by naming five things you *see* around you, four things you can *feel*, three things you can *hear*, two things you can

## Be a poetry this quarantine

Yusra Raihan

AGS Gurugram, Grade 9

As we await a wonderful tomorrow  
Let's paint the sky with memories  
Floating in our minds, day and night  
Don't let the black hole engulf you in

Keep the blanket of darkness away  
Books may wrinkle, words may fade  
But your memories, pen them down  
We all feel like a jigsaw puzzle

A reality we've been dismissing  
Remember building sandcastles?  
Stealing shells from the shore  
Singing songs which you would adore



Exploring Wonka's chocolate factory  
Shopping with Potter at Diagon Alley  
And riding merry-go-rounds  
Sailing paper boats in the puddles

And then somewhere somehow  
We all got lost into new phases  
We were drastically tossed.  
But change is what we welcome

This quarantine change is huge  
But we can try to stay calm  
We can try to make it beautiful  
And yes, we can be poetry, too! [G I](#)

# Rotten Crops



## How The Farmers Are Suffering At The Hands Of Corona

**Garv Sawhney**

AGS Gurugram, X

The renowned investor, Warren Buffet once said, "if your job is your only source of income, you are one step away from poverty." While some may disagree with it, diligent farmers of India are facing the same problem. Ever since the coronavirus pandemic began, it shattered the world economy, making the poor even worse off.

### Just like a bad weather

The lockdown has impacted the supply of agricultural produce severely. It has hampered the movement of trucks carrying essential commodities to the vegetable markets. Several warehouse owners further complain regarding an unusual dearth of labourers. Unwilling to work

due to fear of being contracted by the virus, many labourers are staying home or leaving for their hometown, making their financial situation more worse than ever. As a result, ready to be harvested crops unabatedly stand in the fields.

### The devastating downfall

Extended lockdown periods have caused unrest amongst many, affecting their confidence in the economy altogether. The scarcity of farmers has only furthered this unrest. While, some parts with the availability of technology for harvesting, have been relatively less affected, since they often do not have to depend on farmers. The poor have been going door to door in every neighbourhood to beg for food supplies. Life has never been so different and pitiable for people in the past. Each and

everyone is looking up to the government to save them from their misery.

### A helping hand

The Central and State governments have been working relentlessly to alleviate the difficulties of helpless farmers by introducing several measures every day such as subsidies, crop insurance, free flow of agricultural credit and unemployment allowance to rural workers. The government is using every arrow in its quiver to ensure the health of farmers by continuously sensitising them about working in fields with covered faces while maintaining social distancing. Quite recently, the Finance Minister of India funded 2 lakh crore rupees for the farmers to recoup the agriculture produce in the market. Evaluating these, the government can suggestively

take other measures such as a zero-tax policy for farmers, along with increasing the national minimum wage. Since the use of technology has already been a solution to so many barriers amidst lockdown, further use of it could aid such issues quickly, by introducing donation systems on widely used platforms such as amazon pay, fundme websites, etc.

There is no doubt that farmers play a crucial role in any economy, being the ones to spend days and nights, producing commodities to feed a population of about 7.8 billion people. For so much they do, they really deserve to be appreciated and helped as much as the doctors and nurses during such trying times. Till then, let's hope that this struggle of the common and those above ends soon. [G I](#)

# The new heart of my home

## Deep Inside The Vast Oceans, A Dream Came True

**Tarini Dayal**

AGS Gurugram, VII

Dear Ocean,

It is after eons that I have been able to talk to the stars in peace and laugh with the moon without any noise from the parties hosted on the land. I have also noticed an extra touch of glow on them, which, I am absolutely sure about, never resided before. Oh! It was as if I had been swallowed into the depths of relief, no boats blocking my path and no hooks trying to make me fidget away from being captured.

It is, however, truly abstruse to sense no contact of any of the giant creatures lurking miles away, taking a smoke from their rather dark and rustic pipes, while watching the sun say its goodbyes and gracefully fall asleep behind the snowcapped mountains. The wood crackles with great alacrity and the wind shouts to the sea to wake up from the years of silence it went through. It felt that just yesterday I would try to escape away from the clutches of the loud noise bursting through the sea waves. Yet tonight, I have



been able to speak to the shimmering stars in the sky, without the thought of squirming just peeking out of the water.

It is with a hope that I would not be captured by the ruthless men with long fish hooks and the wriggly meal with a scent that would always attract me and almost make me a prey to their hunt.

I have been taught that they carry an arcane inside them, that persuades them to make a different choice very often. I am thinking that they have made a

vow to never enter the seas again, which rather pleases me. I now have a chance to fulfill my wishes with freedom, things I was forbidden to do all my life,

or so I thought. Although the rapid disappearance of the humans has left me awestruck with the amount of silence that falls every day, I know that it is a great opportunity to bond with my family and friends without a glance at the busy schedules I would have.

For this night, I just adore the newfound colours of blues and purples splashed across the sky, adding a spark to my friends, the stars, and putting me and my family to a sleep to look forward to. I hope this is not just dream that will vanish as soon as I wake up tomorrow morning. Is it just a dream? I wish it comes true.

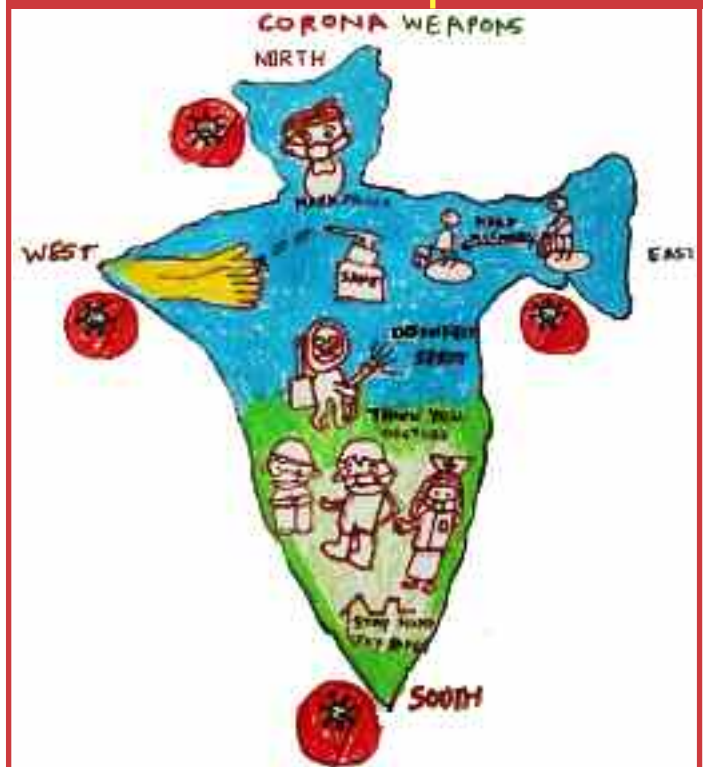
Truly yours,

Nemo<sup>GT</sup>

### POSTER

**Daivik Goel**

AGS Gurugram, I



### WARLI ART

**Ojas Vij**

AGS Gurugram, IV



*In this art piece, Ojas has presented his daily routine during lockdown.*