

Self-Reliance




Dr Amita Chauhan
Chairperson

Dear Amitians, as I listened to the speech of our Hon'ble PM Narendra Modi on 'Self-Reliance' or 'Atmanirbharta', I felt proud of the fact that my Amities

are very self-reliant because that's how we have been nurturing each one of you over the years. Our multitude programmes like YRoNS, AIMUN, Youth Power, Vasudha, etc., are designed in a manner to instil in each one of you sharing, caring and self-reliance at the core. These programmes aim to equip learners with key life skills such as time management, discipline, and self-management.

'Self-reliance' has been an essential part of the lifestyle in India since ancient times. Earlier students used to be sent to 'Gurukuls' where they learnt to cook, search for food, clean up, serve their gurus and classmates, etc. Such system imparted the value of community service and also made the learners more self-reliant as they undertook various decision making roles and responsibilities.

In these 70 days of staying at home, most of us have learnt and are learning to do many chores on our own which we earlier probably never did. From washing dishes to doing laundry, fixing the delicious evening snack to gardening, we have been trying our hands on everything. So, this summer vacation, let's continue doing them more because being self-reliant will not only make us value our life, but also, make us realise that we should be grateful for every small and big privilege that life accords us. 

Vent(it)lator robot

Breathing Life Into A Debilitated World

Dhriti Seth, AIS Gur 46, XII I

With 5.11 million people testing positive, the battle against COVID 19 has become more fierce than ever.

Today, scientists, epidemiologists, researchers, and doctors around the world are putting in the best possible efforts to battle this contagion.

With many innovations taking place everywhere, a young brother-duo, Vinayak and Kartik Tara, aged 8 and 12 years respectively, from Haryana's Ambala district, in India, too decided to do their bit. Their offering? A ground-breaking automated ventilator.

The making of a saviour

While India was battling the virus head-on, challenges were inevitable, and some of them rather conspicuous; one such being the shortage of ventilators. The use of less efficient manual ventilators only added to the difficulty, something their innovation could easily overcome. "Our model automates the process of hand pumping in a manual ventilator, minimizing human intervention, as is required today. When the ventilator is connected to a circuit, a balloon-like structure is compressed by a motor be-



Vinayak and Kartik with their prototype

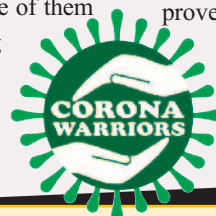
tween two wooden walls that act as artificial hands, set at a particular speed and time. All this is connected with a mobile app to accurately monitor the patient's health through it," elaborates Kartik.

"Though still a prototype, it has been tested and proven successful in helping the medical staff," added Vinayak.

The success story

Although the prototype is ready for the world, it was not without some challenges of its own. "Due to the lockdown, we were unable to go out and shop the required equipments. Thanks to our dad, And our robotics teachers who made sure we got everything we needed at the right time," says Vinayak. "Since

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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.



The prototype of 'Automated Ventilator'

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Vent(it)lator robot

we convert the manual ventilators into automatic ones, we didn't actually require much equipments. For the motor, we re-used the one used in a car's window, and used Arduino for controlling, keeping the design as eco-friendly and budget-friendly as possible; pricing it at around 1560 INR," further added Kartik. To make their product more accessible, the duo is currently seeking government assistance to begin bulk-manufacturing.

The thought of it

"We were horrified looking at the devastating effect of COVID-19 on the entire world. To proactively contain the spread of this contagion, we decided to help the government and health workers in this fight. The prevalent shortage of ventilators came as a threat then, crippling India in this process and so, we acted out on them first," says Kartik when quizzed about the inception of this innovation. The fact both of them have been pursuing a course in robotics for over 4 years now played a significant role in bringing this concept to reality. If the prototype gets a nod, it could play a significant role in improving India's current predicament. However, their quest to help their country does not just end here. The duo is currently working on two more robot prototypes, both aimed at helping health workers. While the robots are still in their nascent stages, the two boys have already reach an advanced stage of patriotism, one that begins with an honest desire to serve your country. 🇮🇳

**WORLD TEENAGE
REPORTING PROJECT**

COVID-19 - HOW TEENS ARE HELPING

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

Lockdown A reality check

Changing Parameters In Relationships



Currently, we all are living in an absolutely different kind of atmosphere. This lockdown stands witness to long and meaningful family confabs, which we can say, was absent in most households. Be it something as lame as a meme, to something as profound as life values; something as heartening as an old childhood picture to in an old album to something as apprehensive of how and when or if the world will ever function normally, these conversations have turned from something indifferent to impassioned. Adding to this are the long-forgotten games that used to be part of the family routine once.



This used to be the time when parents, siblings and even grandparents would keep everything aside just to surround the table for a game of caroms. Again, make the most of this time to revive familial bonds. This is also the time, when an object probably sitting in your living room can be given some attention. You may think what is the use of a television when most

of us are equipped with smartphones and several OTT platforms in it? But will the tiny screen of a smartphone be able to entertain a whole family? The answer is simply no. Case in point, every single Indian family owning a TV tuned in together on Door-darshan to watch Ramayana the entirety of last month. The essence is that this is a time when our relationships, with our family and even friends to be general, are changing. It's best for us to keep pace with this change because if it overtakes us, it could affect our overall stature as a family.

Siddharth Kishore
AIS Gur 43, XI A

We are inherently social beings, and this deep drive for connection becomes beautifully and painfully apparent in times like these. Families have started to spend more quality time together by playing games like Ludo, Cards and many other board games. This has been helping the children to form a stronger bond with their parents and siblings otherwise it would have been impossible to do so, thanks to school, tuitions and everything else. But during the quarantine, children feel like spending more time with family as they have slowly discovered the joy in family bonding and after all, there's a limit to the amount of Netflix you can watch! Also there has also been a darker side to this, the financial problems occurring during



this time is leading to a lot of tension which is not good for maintaining relationships. However, things are still in our own hands and it ultimately comes upon us how maturely we deal with these situations and make the best out of them. Couples who are working

from home can create their own working zones in their houses so that they can concentrate properly on their work. Family members should start to practice gratitude and should even share responsibilities in the household work so that there is not too much pressure on

only one person. It's imperative for one to impart and share whatever's on their minds because ultimately that's what relationships are for, being there for each other in times of need.

Atharva Yadav
AIS Gur 43, XI C

The whole globe is racked with panic because of a virus dominating the world. Not only a few countries, but the entire world is in an unimaginable circumstance. The people infected with this deadly virus are trapped under the gigantic pandemic. Who knew that it would be so rapidly transmitted?

The most important change in parameters brought about by the pandemic is the change in economic conditions. The outbreak has made the global economy fall by 1% in 2020. It usually takes years for a vaccine to be developed. A recent statement of a WHO science expert has left all of us in panic.

According to him, a vaccine for COVID-19 might never be made, seeing the present scenario of the crisis. The countries



are being encouraged to continue strengthening their preparedness for health emergencies and other future issues. The only question arising in each and every citizen's mind is, "When will the pandemic end? Will it ever end or not?" The schools are in dire

straits as they are trying their best to not let the children's education suffer.

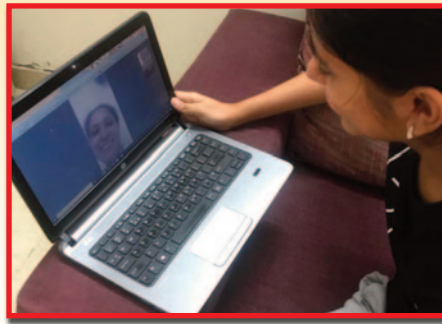
But the crux of the matter is not their education but their lives. All the nations are trying to dodge a bullet by introducing various healthcare programs and

taking preventive measures.

Covid-19 will indeed reshape the world. We don't yet know when the crisis will end. But we can be sure that by the time it does, the world will look very different.

Tannya Pasricha
AIS Gur 43, X D

It is often said, human beings are social animals. But, with COVID-19 coming in, social distancing is ruling over the world. It looks like the world has been brought to a standstill as the places once we saw full of people, talking and enjoying with each other are now shut down with eerie silence all around. Relationships have always been an integral part of our lives as we tend to socialise with others. Even in lockdown, we have not stopped socialising with others; the only change is that we have accepted the social distancing rule. Every hug or handshake and other physical acts of love have become 'the means of virus transmission' so



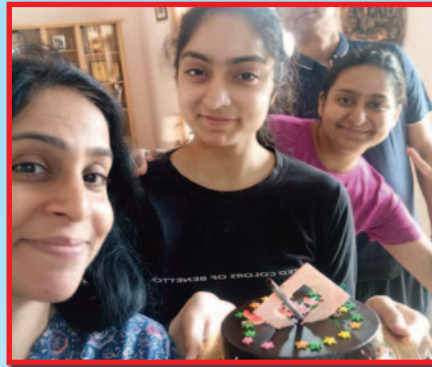
not visiting those we hold dear is the best we can do for them. Unlike before; now every call, even the good morning texts are eagerly awaited and just listening to some familiar voice brightens our day. In these fleeting mo-

ments of happiness, we find a way to escape the harsh reality. In a way, social distancing has strengthened our relationships as we are reaching out to others more than ever before. So, being apart has brought the world closer. It has provided us a fresher perspective to look at life, making us realise that what every true relationship needs is love, care and compassion. Even if we can't visit the dear ones and friends, we can still maintain a happy and fruitful relationship with them by staying within the four walls.

Dyuti Sood

AIS Gurugram 43, X B

We human beings, have claimed ourselves to be social creatures since our existence. Looking back on our psycho-social history, our ancestors, who were cavemen and forest-dwellers, lived in clans for fulfilment of basic needs such as attacking and defending themselves against wild animals and rival clans, procuring sufficient food, etc. Even in the contemporary world, we can identify with our forbearers, especially, in the conditions of lock-down; a survival situation where we must sustain our livelihood through bare-minimum resources and combat pernicious demon called corona-virus, together. Advent of this virus has reshaped our lifestyle from how we greet people to the way we spend our weekends. Even though our tech-savvy gen-



eration has acclimated to the new circumstance through digital classrooms, we certainly miss those times of sitting in our classrooms right beside our best friend. And how can we not miss those moments of relishing a flavoursome meal

at the school canteen! Being a high-school student, I can assure that online sessions may be convenient but they can never replace an actual school-setting. On a positive note, lockdown has enabled us to bond with people whom we share our roof with. In our fast paced life, this situation has given us an excuse to confide our special thoughts, dreams, ambitions and secrets with our near and dear ones. We must realise this pandemic is transient and would not last forever. The time that we have in our pockets, we must utilise it to the best of our endeavours in self-actualisation. Continue to maintain healthy relationship with yourself and your family. Stay at home, stay safe!

Anoushka Tyagi

AIS Gur 43, XII D

Pre-COVID, the quest for adding more to our life left no time for relationships and family. Our society was materialistic and the compensation of quality time with our loved ones was done with expensive gifts in relationships. The onslaught of COVID-19 stalled our lives and we were forced to go back to the basics. Going out, shopping, eating out, and the 'glamour of family time' have now become a thing of the past. Today, family

time and relationships are more about helping, sharing, caring and doing things for each other. Right from doing chores, dish-ing out delicacies, doing the clothes and appreciating each other has taught us the significance of real bonds. For it is these bonds of love that helps a person sustain in difficult times. Our homes have become our cocoons where we are nurtured, protected and loved perhaps like never before. We may hate



being quarantined but we forget that it has helped us to become a better person that in some way or the other. On one hand, some insensitive people are spitting

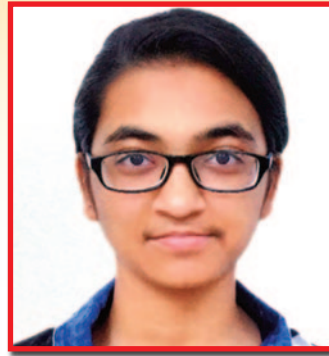
and beating the doctors who work day and night to save the corona patients. On the other hand, we can see people coming to the front and showcasing their humanitarian side by donating, distributing food and helping the needy in every way possible way they can. They have proved that there is no greater relationship in the world than being human.

Eshaan Ramaul

AIS Gurugram 43, X A

Ritz, a 20-year-old, studying at NYU, came back home before the Coronavirus scare turned into a pandemic. She figured it might turn into something bigger and scarier, so she decided to go back home. But with her parents always being busy running their well-reputed company, Soken Ltd., they never had time for her. In her entire childhood, all she had ever known were nannies. They were her best friends, her guardians,

and the ones who raised her; that is why she has always been independent since the very beginning. But as the lockdown was announced and they were put in quarantine, the family were finally left on their own. The first few days were awkward for everyone. Nobody knew what to do and how to communicate with each other, but they gradually started talking. It was almost as if they were making up for the lost time. Ritz and her mom were



cooking together, and she and her dad had even come up with their own secret handshake, something they never had before.

Embarrassing stories were told, and secrets were split. Confessions were made and mistakes were accepted. Their family had finally reunited, which stands as a proof to the fact that time does heal everything. Things took a turn for the better for Ritz and her family, so maybe it's time for you now. Go tell that secret. Who knows maybe they will have a few of theirs to share, too!

Ayushi Goel

AIS Gur 43, XII C

COVID-19 today has all of us in its hold. Some of us are in hospitals, isolated because they are suffering from the virus while others are inside their homes to keep the virus at bay. Several changes have occurred since the outbreak of this pandemic. The air has gotten fresher, the rivers are getting cleansed, lesser animals are being killed and people are experiencing peace and practicing hygiene. But the thing that has changed substantially is our re-



lation with those that surrounds us. We have come to value relationships like never before for, they are the most precious wealth one acquires but the busy

world made us forget that. Families have now understood the importance of spending quality time with each other; the work of a mother who does all the chores, keeping everything organised at all times, has now received its due appreciation; separation now has taught us what true friendship entails; students who never paid much attention in the class are now longing for that one "offline" lecture with their favourite teachers; but the most important

of all is the new relationship we engaged in with ourselves. We have found time to dig deeper and introspect, finding a way to connect with our inner selves. With a paradigm shift in what was orthodox, we are all together entering into a new world, a world where everyone is kind to each other and to the nature; a world which is very different from the world we used to know.

Ashmika Jain

AIS Gur 43, XII A

This pandemic has shown the whole humankind a new way of life wherein materialistic pursuits have been given a backseat as good family values, bondings and forging meaningful relations have come to the forefront. Now the human race has understood the real meaning of life as this deadly virus proves to be a menace, endangering the entire humanity on this globe. People from quite a long time have been driven by the sole desire to earn huge amounts of

money through hard toils or late working hours and meeting official deadlines, which eventually resulted into a bad lifestyle and many health issues such as obesity, depression, anxiety, and other mental disorders, making living a detrimental experience. Now, amidst this coronavirus rife, domestic arena has been given the paramount stature; the organic way of life with yoga, meditation, self indulging religious practices, etc. is seen on the rise, resulting in a positive impact on our living



in the form of mental peace, physical fitness and soundness of mind, just about the ingredients of a healthy human being. Today's changing parameters are influencing people and leading

them towards a disciplined lifestyle where social distancing, better hygiene habits, time management, veganism etc. are the norms. Caring for others, whether your neighbors or the poor people in your vicinity and outside has become a common sight. Nations are now working hand in hand. Such familial and international bonds will surely sail us through this bleak phase of the human era, towards a better tomorrow.

Praneeta Tanwar

AIS Gur 43, XI D

As the lockdown progresses, we can see the people around us and our relationships with them change. Our relationship dynamic with our parents, friends and our extended family has changed drastically. This change is both positive and negative. We have started calling and catching up with our friends, extended family and even the people we had lost contact with. This brings a sense of togetherness among people, a feeling that we



are all in this together. However, the lockdown has also taken a negative turn; since we're

all at home all the time we do not really have a place to let out all of our emotions. The feelings of sadness, anger, irritability, anxiety, and confusion have intensified because we are confined to our home. No one was prepared for this.

There are many ways to deal with social isolation but the main way is by being aware of one's own feelings and emotions. When we spend time with ourselves, we are able to learn about ourselves

through our environment.

The most effective way to deal with social isolation is through taking about it. As, the pandemic progresses, people become more and more isolated. They start to have problems in their relationships and friendships. Therefore, the best way to deal with social isolation is by having a good amount of interaction and communication.

Kylie Singh

AIS Gur 43, XI S

Complainers will complain about COVID, haters will hate COVID, but the smart ones will see the bright side. And there are many bright sides to this pandemic; one of them being a significant increase in the feeling of togetherness and love among family members. Our daily life until now has always been really busy and required us to give our time and attention to the work at hand. Meaning that by the end of the day, we just wanted to retire



to our bed, leaving us no time to talk to or connect with not only our loved ones, but also with our

own selves. But the tables have turned with the spread of COVID-19. Living together in such close proximity has made us notice even the littlest habits of our family members. We finally are having a proper conversation with our loved ones and even engage in activities with them, whether it is just cooking or cleaning. Our relationship with our own self has changed, too. With less exhaustion comes more creativity. An individual thinks

best when the mind is still, and since the entire world has come to a standstill, we finally can introspect. We are finding new ways of doing things and showing keen interest in knowing our own self. We now have the time to look within ourselves and reflect upon our hopes and desires, which has naturally made our relationship with ourself stronger and better.

Sanskriti Dev

AIS Gurugram 43, XII B

Who knew that the onset of 2020 would bring the world in a trap of a deadly disease popularly known as the COVID-19? This 'Global Health Epidemic' has shown how a small virus can be a much bigger threat to the human race as compared to the weapons. Currently, almost every country has been so hard hit with the virus that the governments had to shut all the activities which were being carried out. The lockdown is not



only affecting countries' economic and financial growth but is profoundly affecting the social relations. We, as humans, are so busy in our lives that we hardly

have any time to stop. But now, everything has come to a pause. Some are affected deeply while others have got time to dig deeper into their lives. With this lockdown in place, people have got a chance to ponder about the life and future. This pandemic has even brought people closer to each other so much so that the feeling of brotherhood, being socially active and most importantly, being able to spend time with family has certainly come

on the top of the priority list. This phase has also led changes in the relations between the countries. While US and China are still fighting for power; countries like India have lent a helping hand to each other in order to eliminate the evil. It is only reflective of the fact that no matter how many boundaries we create, in the end, all countries belong to the same planet.

Ananta Walli

AIS Gur 43, XII A

All the articles published in this e-newsletter are a compilation of the best entries submitted for an intra school competition on the theme 'Relationships- Change in Parameters During COVID-19'