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Back to roots



**Dr Amita Chauhan
Chairperson**

As the whole world still grapples with COVID19, immunity has become the buzzword. Medically defined as the natural ability of our body to avert diseases and germs, immunity is more than just a shield or a defence mechanism. It's an exemplary blessing of the Almighty that keeps our mind and body going even when we are sleeping. As we sleep, our antibodies, the cells of immune system clean up all the germs and disease causing elements our body gathers. We must be grateful to God for empowering us with restless warrior cells which fight relentlessly, for us. The new normal which we should now adopt is to take utmost care of this magical blessing of the Almighty. India, in this sense is a true leader with its rich vedic ways of living. Scientific researches have proven that regular use of turmeric and tulsi has rendered Indians with a unique immunity. Drinking warm water, having tulsi tea, practicing yoga and pranayama, including spices and herbs like cardamom, ginger roots, coriander roots (yes, its roots are medicinal), mint, giloy (*Tinospora*) black pepper, cinnamon, etc provide essential oils and micronutrients that boost our immune system. It's time we adopt our vedic systems again and build our inner defence to fortify our outer world. **GT**

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A masking marvel

Caring For The Ones Neglected Till Now



Nadish Gulati

Dhruv Gupta

The prototype of smart mask

Sayantani Dubey, AIS Gur 46, XI I

As the world paved its way through the raging Coronavirus pandemic, fragments of hope seemed to be in short supply. People rushed for cover to keep themselves safe and 'masks' became the new oxygen. But who knew that 'mask', the new saviour of our life, brought challenges for a whole community of people who suffer from chronic respiratory diseases like asthma, bronchitis, chronic obstructive pulmonary disease, etc. Realising the struggles of having to wear

a mask for a long time period for people suffering with such diseases, **Nadish Gulati** and **Dhruv Gupta**, two students of Class X A of Amity International School, Gurugram 46, came up with the concept of 'Smart Mask'.

An idea is born, a flame is lit

It all began on a hot, summer day of the ceaseless vacation that the lockdown had put them in. "Wearing regular masks for longer durations was uncomfortable for us, so we couldn't help

but ponder how arduous it must be for people with respiratory problems," said Nadish Gulati. Dhruv Gupta added, "Our elderly neighbours told us that wearing regular masks for a longer duration hindered their breathing and they felt conscious in removing it to even drink water when there were people nearby." And hence the duo thought of switching to a better alternative, by spending their time in the invention of the much required smart mask.



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.

plays a significant role in the mask as it identifies the distance between two people and whether they are at a safe distance of 2 metres or not. If the distance is fine, then the mask automatically opens with the help of servo motor attached at the top of the mask and shuts down again if the distance gets reduced. Hence, helping people with chronic respiratory diseases to breathe freely without worrying to get infected by the deadly virus.

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A masking marvel

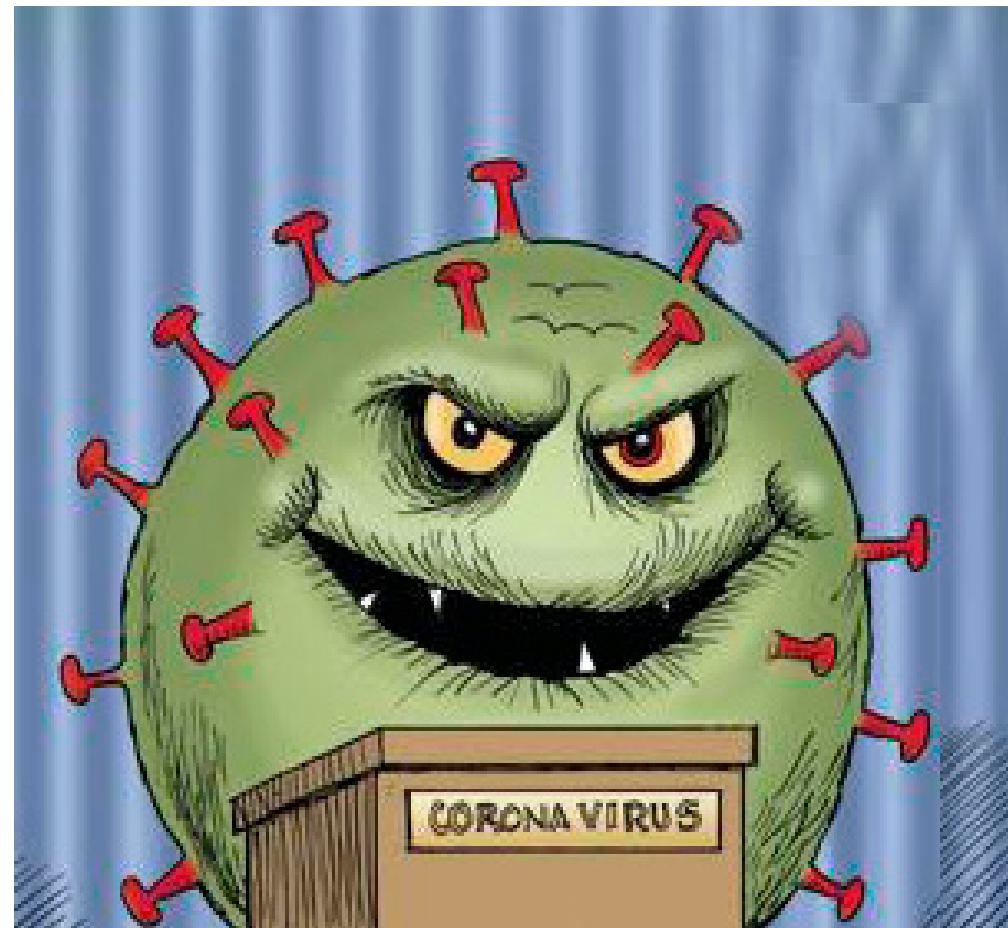
Bitter toils and sweet victories

There is no victory fully acknowledged if it wasn't won over obstacles. Nadish and Dhruv, too, faced their set of challenges. "Design was our biggest challenge. We wanted the mask to be handy, but adding additional features to the mask increased its weightage and occupied a lot of space, so we had to figure out how to keep the features intact and reduce the weight. The planning process didn't make this struggle any easy as we couldn't physically meet to solve the issue due to the lockdown." But then again, there is no hurdle that cannot be overcome, and after researching, laying out designs through video calls and online meetings, the mask was created, proving, once again, that where there is a will, there is a way. And none of it could have been possible without the support of their parents or their school. "Our science teacher and our class teacher were both a constant source of inspiration for us and helped in solving any problem we faced in the process. Without their support, it wouldn't have been possible!" both expressed.

Making of a masterpiece

The mask is environment-friendly and also reasonably priced, "One unit of the mask costs 550 INR to assemble. We are looking for lighter and smaller alternatives to the machinery as compared to ones which we are currently using. This will significantly reduce the weight, size and price of the machinery," explained Dhruv. After having tested the utility of the prototype of mask on grandparents and neighbours, the duo plans to make their invention commercially available in near future. While we continue to regard this pandemic as a diabolical tragedy, it is helpful to associate it with epiphanies like the one Dhruv and Nadish turned our attention to, both standing as an epitome of how one is never too small to bring about a big change.

Starting their journey with compassion, these young innovators, with their earnest hard work, crystal clear vision and touching hopefulness, aim to help the world. "We are all in this together, we will get through it and come out stronger," is what our corona warriors, Dhruv Gupta and Nadish Gulati firmly assured. **GTI**



Corona ki kahaani...

...Straight From His Mouth Verbatim!

Aashna Pahuja, AIS Gur 46, VIII G

Heello, my dear human kind. I am the corny COVID-19 who has become your number one enemy right now. I come from a long line of COVIDs and as you can see, I am the most popular one in my family. We were tired of the limelight always getting stolen from us, so we decided to take a world tour and, boy, this is fun! We've been making so many friends on our way and we have been gifting them with the luxuries of hospital rooms! I have been to China, India, USA, Italy and everywhere else you can think of! You name it and my passport has been stamped in that country.

Although, through the tour, we have seen all kinds of people who have found peace and solace in our company, but these doctors are the only kind who are redundant and keep trying to break our bonds. I mean, they have killed so many of us that we have begun to take it a bit personally now. Well at least we know that the animal kind love us, because we have finally

given them a chance to roam around freely on their land without the fear induced by you selfish humans.

Then again, of course, the ecosystem that was being exploited by all of you is grateful to us as we exploit her exploiters - oops! Did I just let out our little secret? Well if you're going to know the truth, better know all of it. Yes, at the farewell of 2019, 2020 did approach us. After all, it had to keep up the expectations everyone had been keeping from it for the past decade. Now now, don't start blaming anyone else. We all knew that with the way your greed takes over your needs, something this deadly was only one call away. So here I am, to teach you how to live your lives and let others live theirs. It's time you humans stop being greedy and hogging everything; it's time to realise the importance of Mother Earth and the animals who are supposed to be your brothers, not your servants. I hope you understand and if you don't you already know, 2020 has enough on its game plan so, *bach ke rehna re baba, bach ke rehna re*. **GTI**



A read-worthy quarantine

Let This Be The Chance To Invoke The Bookworm In You

Aanya Bhargav & Dhriti Seth

AIS Gur 46, XII I

While quarantine is extremely boring, we do have quite a few sources to keep us entertained – Netflix, video games, YouTube, sleep... But there's one source a lot of us seem to forget about – Books! There are so many books based on or in times of pandemic. Here are a few plague books to consider, after reading a few you might feel grateful that coronavirus isn't as bad as all the other plagues and pandemics that have been written about.

1. 'Pale Horse, Pale Rider' (1939) by Katherine Ann Porter is a short novel set during the influenza pandemic of 1918, which killed five times as many Americans as did World War I. Its main character, Miranda, is a young reporter who falls in love with a soldier. The book's fever-dream style captures the experience of the disease. Pray the coronavirus experience doesn't take a turn like that one, because then we're all doomed.

2. 'The Andromeda Strain' (1969) by Michael Crichton is a bestselling techno-thriller that begins when a military satellite crashes to earth and releases an extraterrestrial organism

that kills almost everyone in a nearby small town. Then things get bad. Really, really bad.

3. 'Love in the Time of Cholera' (1985) by Gabriel García Márquez is the great Colombian author's enchanting tale of a 50-year courtship, in which lovesickness is as debilitating and stubborn as the rampant disease of that time.

4. 'The MaddAddam' Trilogy by Margaret Atwood is a masterpiece of speculative fiction. Set in a near future in which genetic engineering causes a plague that almost destroys humanity. It somehow managed to make you laugh, give you goosebumps and make you teary-eyed, all at once!

5. 'The Road' (2006) by Cormac McCarthy is a bleak, beautifully written, Pulitzer Prize-winning novel set after an unspecified extinction event has wiped out most of humanity. An unnamed man and boy travel on foot toward a southern sea, fending off cannibals and despair. That sounds fun, right?

6. 'Nemesis' (2010) by Philip Roth is the author's 31st and last novel, a sorrowful story set in 1944, as the United States is in the grip of the polio epidemic that killed and disabled thousands of children.

7. 'Station Eleven' (2014) by Emily St. John

Mandel is a bestselling novel about a group of actors and musicians traveling through the Great Lakes region in future years after a mysterious pandemic called the Georgian flu has killed almost everyone. It's not as sad as you think, trust me.

8. 'The Old Drift' (2019) by Namwali Serpell is a debut novel set in Zambia, spanning a century but focusing in part on the disaster wrought in that country by the HIV/AIDS epidemic.

9. 'The Maze Runner' Trilogy by James Dashner is a set of YA Science Fiction novels set in the Dystopian World, which is run rampant with a virus called The Flare – which was actually meant to be a biochemical weapon of war. It affects all except a small group people called The Immunes, who are mostly – wait for it – teenagers. A company by the name of WICKED (subtle) takes it upon itself to round up the Immunes, erase their memories and put them through physically and mentally traumatic 'experiments' to find a cure. Of course, this is just the tip of the iceberg. There is still a full sea of pages for you to venture yet. As long as you don't forget to bring your favourite drink and trusty reading spot on the voyage, you're good to go! ☀️

Lockdowns and countdowns

A Positive/Not So Positive Saga Of A Never Ending Vacation



Sayantani Dubey
AIS Gur 46, XI I

Corona came, Corona stayed and now, Corona just doesn't seem to want to go away. No matter how exasperated we may be, let's all admit to it- a global pandemic too, has its perks. Masked (pun intended) behind these perks are a set of side effects.

Perk 1: Garlic bread and pizza one day, exquisite Mughlai cuisine the other. With your parents brushing up on their good ol' culinary skills, your home might start to look like a TLC cooking programme.

Side effects may include: This can either go one of two ways- post quarantine, you only get to eat dal chawal for fifty years till you die, or your parents open the next breakout restaurant chain.

Perk 2: Having too much time, just enough to invest in a new hobby, learning Spanish (for motivation: Money Heist) and re-watching all

MCU movies in the chronological order. No strict routines and time is just another physical quantity. Ah, the bliss.

Side effects may include: Not being able to adjust to the strict and mundane routine, post quarantine. You will be up to date with all pop-culture happenings but sadly, your assignments will be untouched. You will have mastered all multifarious household chores though, thus finally making you the *aadarsh putra* or *putri*.

Perk 3: School is at home, on your bed, accompanied a plethora of breaks. With half of the class spent in "ma'am, you're not audible", studying does seem like a distant concept. Nevertheless, classroom banter evolved into chat-box repartee, still refreshing, right?

Side effects may include: Deep inside, underneath layers of comfort and contentment, a part of you misses going to school. Chalk fights, games period, sharing food make you nostalgic. You miss your teacher being almost too audible and your friends being vis-

ible. Yes, the universe has won, *aur maango* 6-month vacation twice a year.

Perk 4: Even though the economy is crashing, Monopoly sessions are dynamic as ever. Spending time with your family has never been easier and there's nothing you can do about it. Every night is movie night and game night, and karaoke night (stressing on 'and' here).

Side effects may include: Movie night? More like 'deciding-which-movie-to-watch-while-cursing-at-each-other's-existence' night. You say you love your sibling, but can only take their intrusive nature so much. The camaraderie WILL soon turn into hostile looks.

The argument is impassioned here. Are we willing to cling to these perks for some more time? Or are we fed up of quarantine, considering the silver lining isn't all silver? Well, it's not like we have a choice.

Maybe it's time we change the saying to 'All play and no work makes Jack a dull boy'? Or is Jack finally living his ideal life?

The war of vectors

Waged With Full Power Against The Mighty Novel Virus

Vanalika Maini, AIS Gur 46, XI A

Ah, what a wonderful day it is! The birds are chirping, the sun is shining and—"You take that back!" The Anopheles mosquito yelled. The Aedes mosquito scoffed. "Or what? You'll infect me? Ha! I'd like to see you try!" The Aedes mosquito stuck out her minuscule tongue at the former, making her scowl.

The commotion piqued the interest of a passing rat, who looked at them with curiosity. "Greetings, friends! What are you two squabbling about?"

"Oh, it's nothing, I'm just educating this fool who thinks that Malaria is a deadlier disease than Dengue!" the Aedes mosquito said. The Anopheles mosquito let out a noise of protest. "Don't you know that Malaria affects around 300 million people annually?" she gloated. "But isn't the death rate somewhere around 1%?" the Aedes mosquito pointed out. "Hey! It's the craft that matters," the other muttered.

"Well, Dengue infects 400 million people yearly," the Aedes mosquito declared. "And if it goes untreated, the death rate hikes up from 4% to 20%!"

"Those numbers are quite awful, my friend, but everyone knows that us rats are the true kings of spreading diseases! Just look at any of the bubonic plagues- the Great Plague of London

wiped out almost 100,000 people in 18 months. The Black Death killed almost 200 million!" the rat said.

"Well, I never!" a voice interjected. "How dare you take credit for the plagues?" a tiny flea jumped out from the rat's fur. The rat groaned. "Of course, I'm taking credit. It was the rats who were carrying the bacteria that caused the plague. You fleas and mosquitos are only here to steal all the glory!"

"Well, diseases transmitted by mosquitos kill 1 million people every year! Don't you remember the Zika virus?" the Aedes mosquito jeered. "Yeah! Your disease-spreading days are over!" the Anopheles mosquito added.

"Oh, are we talking about diseases?" A pig and a cow walked up. The flea turned to them in annoyance. "Off with you two! We don't need you here."

"Hey, don't be like that! The swine flu is pretty serious!" the pig defended.

"Not as serious as Ebola!" a bat said as he fluttered down from the sky. "Where are all of you even coming from?" the Aedes mosquito exclaimed.

The arguments proceeded and insults were thrown around.

"That's it, I'm going to say it. Swine flu is a joke!" the rat yelled. "Say that to my face!" the pig roared in response.

"Moo" the cow said, halting everyone's bicker-

ing. Everyone focused their eyes on her.

"Hey! Who invited the cow?" the flea said. "Yeah, cowpox wasn't even that bad. And it got completely overtaken by smallpox." Everyone began to laugh. "Moo!" the cow said again, this time in an offended tone.

"Have you all heard about this new virus being spread?" the bat proclaimed, once the laughter died down. "It's called COVID-19."

"COVID-19? Never heard of it! It's probably just seasonal, it'll be gone before you know it," the pig said dismissively.

"That's what I thought at first, too. But after asking around I found out that it has already affected over 38 million people in less than six months; over 2 million people have died!" the bat explained. Everyone gasped.

"We can't let this newbie virus upstage us!" the Aedes mosquito said. Everyone muttered words of agreement.

"How can we stop it?" the Anopheles mosquito asked.

"Maybe we can try and force all the humans to stay inside," the flea suggested. "If people stay inside, then there will be no transmission, right?"

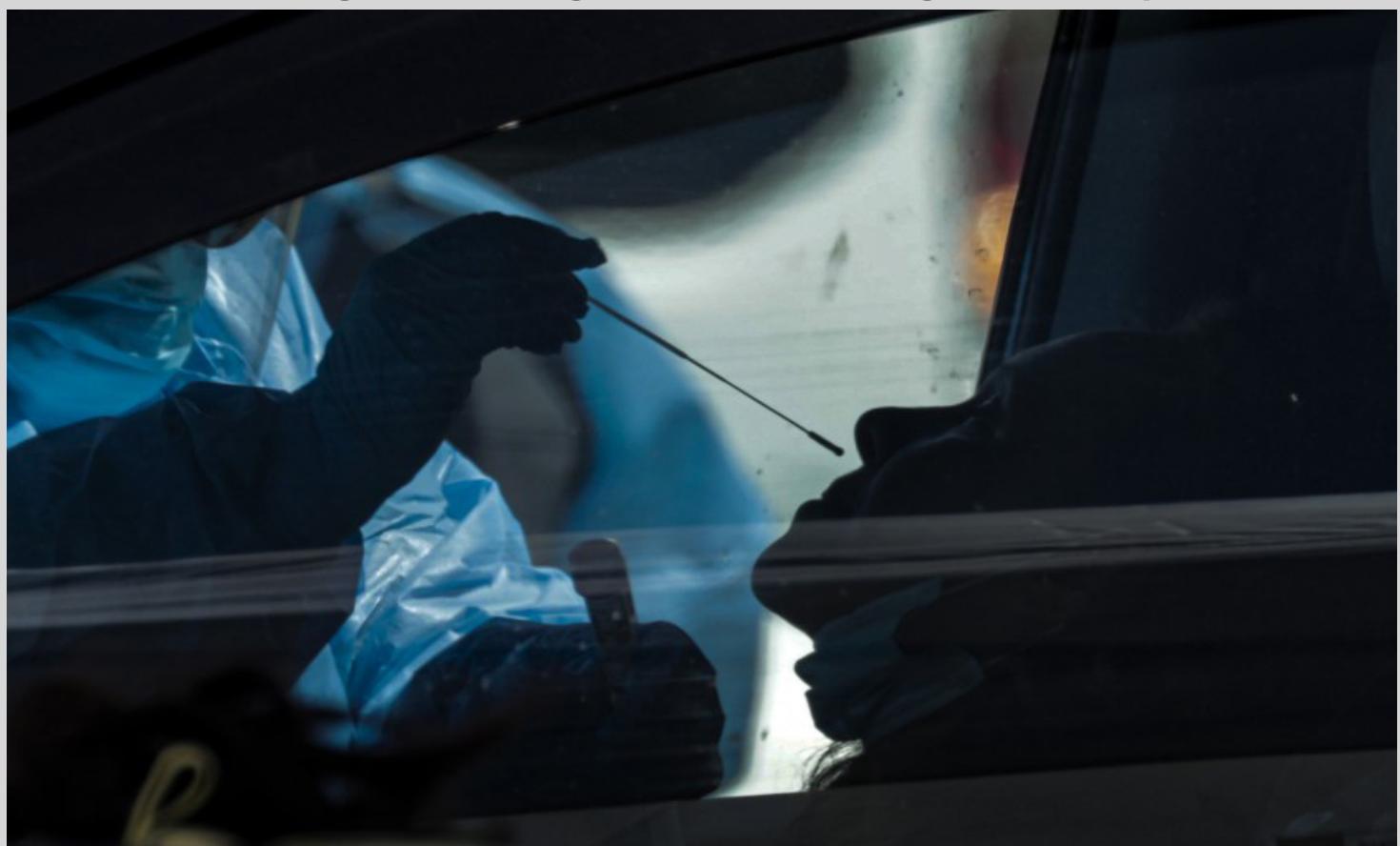
"Good idea. Okay, everyone, gather up all the animals - the birds, the roaches, the fish, all of them! No rookie virus will outshine us!" the pig declared. All of the animals let out a cheer.

"Moo!" went the cow. **GT**



Cryptic Corona

Understanding The Origin Of The Plague Bit By Bit



Tanish Jain, AIS Gur 46, XI B

Now that we all are stuck safe in our house during the lockdown, we have started thinking about things we normally don't take into consideration. One such thought is why do we have such fatal diseases and how do they appear just out of nowhere. Think about it; Cholera, Typhoid, Measles and now this COVID-19, they just popped out and then spread like wildfire throughout the lands. We are no scientists, but it surely makes us wonder that how can a microorganism lead to a global catastrophe as big as this wherein millions are dying.

To begin with, historically, all of these 'plagues' come from Eurasia. Why? For that we need to understand how plagues work. So, if somebody in a community is infected with a communicable disease, it would surely spread to surrounding people through transmission ways like cough or sneeze rather than a physical contact which allows quicker

spread. But what happens after that? Is there a U turn possible? Well, once everyone is infected, there is nowhere for it to go. It is a fire which burns through its own fuel. You must be living under a rock to think that Corona would be eradicated in some while.

Now, back to how these bacteria spread, in historic Europe, the cities were coming up rather rapidly. Though they were deeply connected yet they had extremely poor sanitisation facilities. The sewage system was not in place, rural migrant flocked to the city in search of an income, children were born here, it was overpopulated, etcetera etcetera.

All in all, it was a sanctuary for diseases. It was a perfect furnace for the fire to flourish which could never get extinguished.

As far as the corona virus is concerned, we all know that it came from a bat. And the truth to

be told, the fact is that these pathogens were made to live in animals for a long time, especially the domesticated ones. Whooping Cough, Flu and Swine Flu come from pigs. The cow, alone is responsible for measles, tuberculosis and small pox, which leads us to a conclusion that the pathogens which make these animals mildly sick makes us fatally sick. Now this does not mean that we start social distancing with animals, but the opposite. After all, look how we have domesticated dogs, our most loyal friend; our clothing and milk factories through sheep and cows. You see, this allows for more agriculture, leading

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to a need of more of these animals, which further leads to more people living in clusters, which would continue this cycle. You see where we are going, CityVille population? You and hundreds like you, bring your animals along, but plagues not welcome!