

Unlock thy MIND



Dr Amita Chauhan
Chairperson

Dear Amitians, I hope you all are safe and happy being engaged into creativity and innovations. Though the crisis looms, with our inner strength and

thoughtful actions, we have managed to be at a stage where our society, economy and industry can start functioning again with the new normal. This situation has endowed humanity with numerous lessons, with the most impactful one being 'mindful living with unlocked minds'. Yes, we now need to lead a new life but with much more awareness, care and compassion than ever before. Perhaps, it was the nature's message to human beings to wake up and improve.

A lot of it is attributed to the fact that while we read and heard about these things, we never really listened, cared or imbibed them. Because our minds were locked into our own zones. It's time to unlock the power of your mind and unleash the limitless possibility you as a human being are. Begin anew by imbibing the good values as a way of living. You all must have read in World Teenage Reporting Project how teens all over the world are innovating and striving to create a difference. Open up your inner self to the world outside and count upon your blessings. Unlock your inner being as the new better world knocks at your door. 🌍📖

A rhythmic remedy

Striking The Chord With Each One Of Us

Kuhu Saha

AIIS MV, XII G

The world today is stuck inside their homes fighting a war against an invisible enemy. On one hand, people are engaged in devising new weapons everyday while on the other hand, there are some who have introduced new possibilities of survival, by taking the first significant step towards it, ie, sensitising the people around them. And to spread awareness, one such corona warrior, Jayas Kumar, a fourth grader from Amity Global School Noida and a young singing prodigy resorted to the power of music to do his bit for the society.

Jayas was able to grasp the urgency of the corona crisis as much as any adult could do. He understood that social distancing was paramount in this time, but along with that the little champ also realised the need for massive sensitisation of the same.

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.



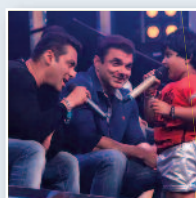
cided to pass my message to people musically at a time when everyone is tensed," shared young Jayas.

"He was just 2 and half years old, when we discovered the singer in Jayas. We decided to fuel his passion for singing," said Suruchi Rajeev, mother of Jayas. With the support of his family and Dr (Mrs) Amita Chauhan, Chairperson, Amity Group Of Schools & RBEF, who firmly believes in nurturing the talent of children, Jayas became a popular face on national singing reality platforms.

The little musician was well aware of several government initiatives such as Aarogya Setu, an app fundamental in tracking the spread of COVID-19.

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"The ignorance of people about the current scenario demanded me to create awareness. As I am too young to go out, I de-



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A rhythmic remedy

Therefore, he thought of imbibing the same in his inspiring musical composition. The result: Aarogya Setu Anthem, a song that swiftly communicated awareness on the pandemic. "This scenario ought to make everyone apprehensive. So, I thought that music must come to the rescue because it would also engage people more easily," he elaborated. Thus, believing that music is a therapy in itself, he emerged with an awe-inspiring anthem to cherish and remember. While making the song, Jayas had one aim in mind: the edification of as many people as possible. And in a country like India, where people speak many languages, it came naturally to his mind that it must speak to the locals. Hence, the anthem has been made in eight languages where Jayas sings in Hindi and Marathi and other equally talented singers lend their voices in diverse languages. For it was not just a song, but a message too!

Well, it's no surprise that every journey comes with its own set of challenges. At a time when the entire country is locked inside their homes, recording a song was almost next to impossible, "The biggest hurdle was finding a suitable place for recording because all the studios were closed. So, I thought of recording the anthem within the house, inside an almirah to get a good vocal," says Jayas. And the difficulties didn't end here, "It took approximately 10 to 12 days to transform my idea into a reality as the most challenging part was to set coordination of vocal scale with other singers," shares Jayas.

Overcoming all the odds, Jayas successfully composed the anthem and promoted it on various digital platforms with the help of his parents. When asked about his aspirations for the anthem, he says, "Till now, the anthem has received 13,000 views on YouTube and 11,390 views on Instagram followed by heartwarming responses on digital platforms. I am overwhelmed to see this and would love to record it in other languages, and make it a global anthem to reach out to a larger audience." 🇮🇳



Hits and misses

Yay Or Nay Of The Lockdown Edition

Divyanshi Shukla

AIS Gur 46, XI G

No doubt, the lockdown of 2020, is going to be one of the most memorable highlight of all our lives. However, there is a yin to every yang, so it's pretty obvious that there are some hits and misses to this little break of ours. Shall we?

Hits: everything we'll miss

My bed is calling

Remember, a few months back, when you almost dozed off in a class, hoping if only, there would ever be a way of being able to attend lectures from the comforts of your bed? Now, with education being confined to a screen, being in our beds throughout the classes seems to be a miracle, everyone is thankful for.

Binge till we drop

Who would have ever thought that we would run out of what to watch and still have time to spare? Definitely one of our many wishes that have finally come to life. Now that all of us have all the time in the world to watch till we drop, or to read without a pause, this has to be one of the main reasons we will miss the lockdown once it's over.

I want to go

One thing that the lockdown has done is making everything we didn't appreciate earlier, exciting. Even a walk to the grocery store is something we're all deprived of and look forward to.

We've definitely grown to realise the value of these trivial things in life.

Misses: what all we'll not miss

Ditch the glitch

If I go down, I take you with me- feelings of our very own Wi-Fi. Oh the absolute inconvenience it causes when it goes out. We miss merely five minutes of the lecture and 20 assignments have already been given and we are practically and absolutely clueless for the rest of the 30 minutes.

Street food nostalgia

I remember, there was a time when...yes we are getting nostalgic about street food. Oh come on, let's all be real, we miss it way more than we miss our friends. While we are left mouth watering at thoughts of momos and gol-gappas, we'll definitely not miss the crippling agony of missing our lifelines. (just saying, not friends.)

Home alone

One thing most of us dearly miss, is being alone at home, all by ourselves, dancing around the house with no care, the music just fine, the peace, the serenity and the company of self. Ah, what sweet joy! With everyone being at home, struggling to have their own 'me time', peace seems impossible.

In short, a hit or a miss, either way, the lockdown has helped us grow in many ways and shall be missed dearly (or not). 🇮🇳

The vaccine race

Vaccine Is The Only Answer To Save The Human Race

Manasvi Dev Kashyap

AIS Gur 46, XI I

Corona tum kab jaaoge? Scientists globally are racking their brains searching for a speck of hope- a vaccine to put an end to the deadly Coronavirus. As the countries race towards being the superpower, creating the COVID-19 vaccine looks like a fool-proof way of becoming the world's favourite. Like in any race, there are hundreds of competitors here too, but only a handful of them have a chance of becoming the world's saviour. But before we begin let's understand the trials and patents required to create a vaccine: the general stages of the development cycle of a vaccine are- exploratory stage, pre-clinical stage, clinical development, regulatory review and approval, manufacturing and quality control. Around ten vaccines are in phase 3 clinical trials right now. To get the vaccine patented not only involves tremendous paperwork, but also dirty business games. And now, let's look at some contenders, queued to save the world- one dose at a time.

Moderna

US firm Moderna Inc. has finalised the



phase III study protocol, which will include approximately 30,000 participants and is expected to begin in the month of July. The vaccine has lent some assurance that it may not increase the risk of more severe disease and that one dose may provide protection against COVID-19. The company aims to be able to deliver approximately 500 million doses per year and possibly up to 1 billion doses per year, beginning in 2021. Geez, 2021 seems so far away.

Sinovac Biotech

Chinese firm Sinovac Biotech has signed an agreement with Brazil to conduct the final phase of the three-part human testing of its 'CoronaVac' vaccine in the month of July. Using a killed version of the coronavirus, Sinovac's vaccine is among five Chinese experimental shots that

have reached the crucial final stage of human testing before they can be approved for public use. Well, it's China vs USA again.

Patanjali's Coronil

Not long ago, there were rumours that Patanjali would make jeans, hawai chappal and whatnot. Now, Patanjali Ayurved has claimed that it has discovered a substantial cure for coronavirus with an 80% success rate. 'Coronil', made out of Ayurvedic elements could cure coronavirus positive patients within a few days with daily dosages. The news that COVID-19 could finally be 'defeated' made the world turn to Google to search more on Patanjali's claim. Even the USA took considerable interest in it, making 'Patanjali' one of the top searches in the States. Now that's vocal for local!

Be it Moderna vs Sinovac Biotech or 'Coronil', this is the first real breakthrough. Many other companies like AstraZeneca, BioNtech and Johnson & Johnson are trying their level best. We all solemnly hope that this topsyturvy world is back to normal by 2021 (at the most!). Amidst the chaos, our daily chants of 'Drink this herbal tea to boost your immunity' and 'Hot water is the cure for corona' are all we have. [GT](#)



Sanity in sanitisation

Because It's Obvious...Our Hygiene Is In Our Hands

Sanvi Batra

AIS Gur 46, VIII A

Coronavirus: a tiny virus with gigantic repercussions. Nowadays, it is the main subject in the entirety of all our conversations. All of us are attempting to spare ourselves from getting tainted by the lethal illness. All the researchers on the planet are working to make an immunisation, a vaccine. Specialists are trying to discover different approaches to treat it; however none of them have yet succeeded. We always say prevention is better than cure. There is only one way to protect ourselves as of now and that is by washing our hands.

Now, many questions arise- With what to wash our hands? How does a soap work? How does a sanitiser help? Let get to the bottom of this!

Coronavirus has a defensive surface which is made of lipid bilayer. These lipids are pin formed particles whose heads are attracted to water and tails are spurned by it. They form shell like structures with tails inside. Their common response to water makes the lipids stick freely together—this is the hydrophobic effect. This external structure enables the atomic hardware of the infection to get through cell layers and hijack our cells. But, it has tons of feeble focuses where the correct atoms could pry it apart.

This is where the cleanser comes in. It com-

pletely obliterates infections like the coronavirus. With that layer of fat holding everything together, when it associates with it, bam! It pulls all the fats from it. It pulls apart and destroys these infections. And lastly the

majority of the germs. It contains 60% - 95% of alcohol. Additionally, while using it, ensuring we do so in the correct manner is also important. Discover the headings on the rear of the jug and follow the correct strategy. By and large, apply it to the palm of one hand. At that point, rub it all over two hands until it dries. This takes around 20 seconds. Be mindful so as not to clear it off before it dries. Doing that won't help us

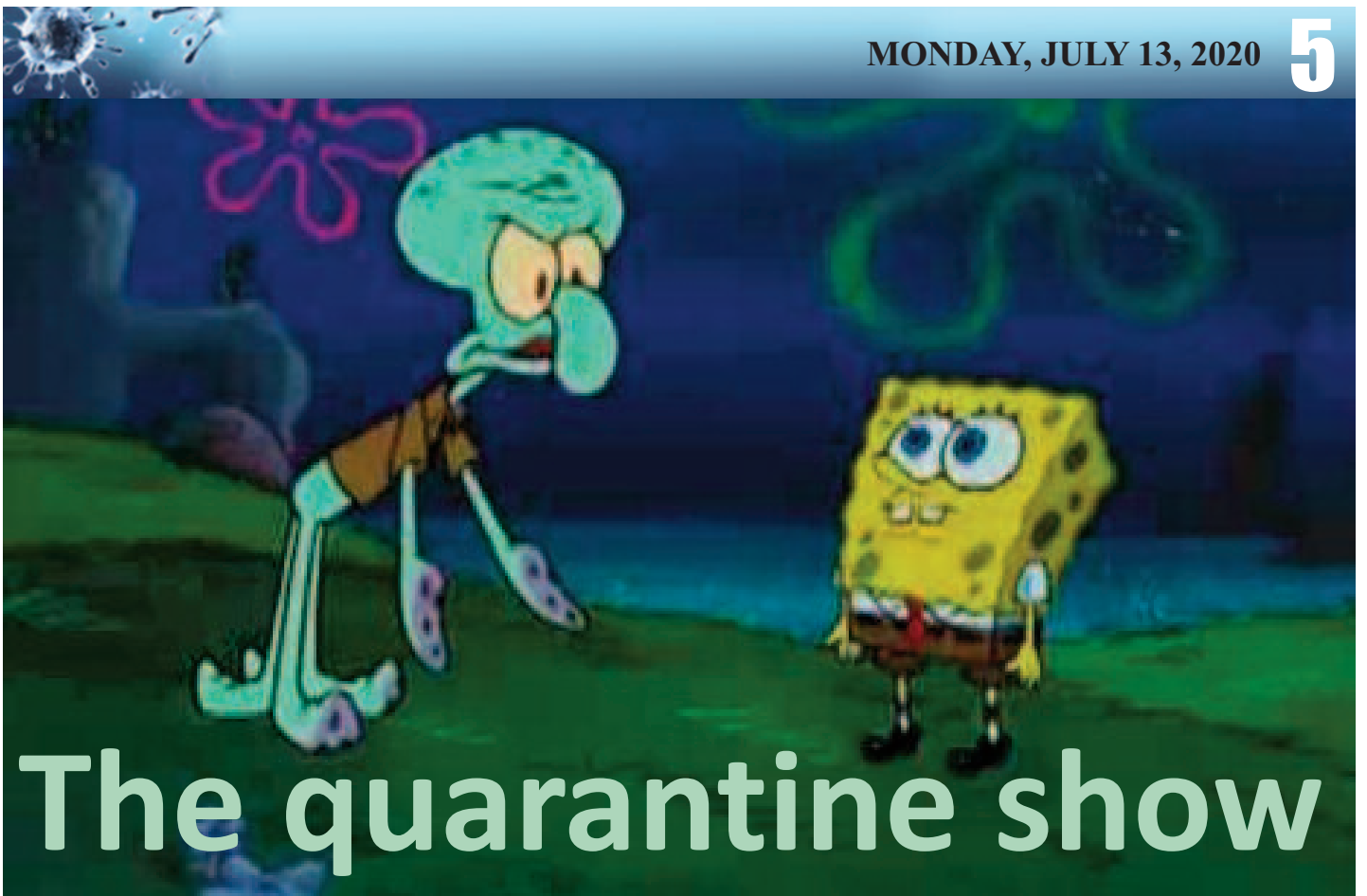
eliminate germs. There are many times when we should use the hand sanitiser, for example, when contacting a surface others have contacted. It's acceptable to wipe down the handle of a shopping basket before we use it. It's additionally insightful to utilise it after we've pushed a cart around the store, in the wake of filling our vehicle with fuel, after handling cash and after contacting lift catches or entryway handles. Continuously using it after each time we hack and wheeze, will be extremely useful.

Both soaps and sanitisers are equally valuable in this pandemic. At what time, what to utilise can be chosen by the accessibility. At whatever point we are out of our homes, we may utilise the sanitiser and at whatever point we are sheltered, use soaps. Regardless of what you prefer, only the combination of both will keep you safe and healthy. [G.T](#)



water washes the innocuous, extra shards of virus down the drain. In any case, you realise where this is going, it takes effort for this impact to occur. 20 seconds, to be explicit.

Sanitser also on the other hand, is also one of the ways by which we can kill the vast ma-



The quarantine show

Let's See How Fictional Characters Fare In This Lockdown

Tanish Jain, AIS Gur 46, XI B

Now that we have been in quarantine for the better part of this year, we are running out of things to keep ourselves busy. Sure, there's the school work and holiday homework but keeping busy when there's no going out and meeting friends or cousins is a hard task. At a time like this, one's mind wanders to odd places and one such thought is 'How would our favourite fictional characters handle the pandemic and the lockdown?' Well, read on and find out.

Rapunzel

The OG princess of isolation, Rapunzel would've handled the pandemic and the quarantine way better than all of the us. For starters, she has been locked away in a tower for eighteen years with only Mother Gothel for company. If you want to take inspiration from her quarantine routine, just watch the first few minutes of *Tangled*. But, during the pandemic, she should really be careful so she lets down her hair for.

Elsa and Anna

The theory about Rapunzel and the Frozen sisters being related is expressing itself in more ways than one. Not only do they look

similar but they also had a pretty similar childhood. They belonged to royal families and were locked up in their 'humble' abodes early on in their life. So, they too, would be living in the castle without a care, provided that the castle still has the painting room and the ballroom, since Anna and Olaf need somewhere to play. Elsa, being the dedicated queen, would probably be taking this time to think about her subjects and how she can make sure everybody stays safe.

Harry Potter

The quarantine life would have been much easier for the wizards; they can entertain themselves with their magical books, countless




spells and their ability to conjure up anything and everything. If Harry was stuck in quarantine, he would probably talk to his friends through the fireplace, relive old memories with Dumbledore's Pensieve and practice some magical martial arts with the Boggarts.

Spongebob Squarepants

Well, he lives in a pineapple under the sea, so we don't think the coronavirus can reach him. But anyway, Squidward would've told him about a bat that went on a rampage, killing everyone who threw plastic into Bikini Bottom. Staying in the house would have made him do things that Sandy would call 'crazy talk', like finally understanding what Gary wants to tell him, which has reached a new plane of existence.

Spiderman

Now that everybody knows the elusive Spiderman's secret identity, this quarantine couldn't have come in on a better time. Our friendly neighborhood Spidey would be swinging from hospital to hospital, delivering medicines and PPE in quick Spidey style. His mask, no longer needed to hide his identity, would be wonderful in keeping him safe from the virus but he would have to sanitise his suit every single day. 



The labour of corona

A Page In The Diary Of A Migrant Labourer

Sanvi Batra, AIS Gur 46, VIII A

Dear diary,

"I travelled all over the nation so as to acquire a living for my family. It was to accomplish humble work but people didn't treat me with respect and they didn't realise that I was a significant part of their lives. It was me who made their work simpler but it all went unacknowledged.

I had to give my blood, sweat and tears into my work, yet I was scantily paid. Without a permanent place to stay, I didn't even get enough food to eat. It was hard for me to live in such conditions. But be that as it may, I needed to address this, since my family does not have much collateral. It feels like the whole world is against us.

As if all of this wasn't enough, God tossed another obstacle onto us. The virus has drastically affected all migrant labourers. I don't get why, no matter what circumstances we are under, we just have to endure them. Most of the times, we workers are abused beyond our limits. Also, since we are the breadwinners, responsible for feeding multiple mouths, everything becomes even more troublesome.

I was in Mumbai when the government had announced the curfew. I was stuck there for over a month with anything to do. It was the most awful period of my life. I was starving. I didn't get nourishment for four consecutive days. At last, there was a woman who gave us food at the haven where I use to go through my days and evenings, appealing to God for everything to return to ordinary. I felt as though I might never see my family ever again.

But, at last, administration affirmed the movement of transports and I could finally see a ray of hope, leading back to my town, Kheri.

Yet, it wasn't as easy as it sounded. The central administration was attempting to do the best for us. However, we needed to hold up in long lines, in the heat where most of the people without masks, to get our registrations done. The circumstances of my home at Kheri were additionally miserable. My children did not have food. On top of that, my significant other's cultivation work had been in extraordinary misfortune. It was a losing battle for me.

But now, as the administration is working towards opening India, I hope that we will be able to work towards improving our working conditions. I do not know what the future holds for me, my family or this nation. I do not know whether I would be able to find a job that feeds us anytime soon. But I have faith and that is all I can have right now."

-Helpless but hopeful labourer



Birthday feat. quarantine

Here's How Your Special Day Looks Like In Lockdown

Saumya Mahajan
AIS Gur 46, XI F

Sick of being cooped up in your house, battling with boredom? Well, imagine having your birthday during the lockdown. For most of us, our birthdays denote something special, something to look forward to. For the unlucky ones who have their birthdays during the lockdown, it's a different affair altogether. Here's how a birthday looks like in a middle of a pandemic, sans friends, sans parties.

The Sympathisers: Friends and Family

"Oh, your birthday is during the lockdown?" is how it begins. We all crib sometimes right? Cribbing is met with words from your parents such as "Oh, don't worry; we'll make sure this is the best birthday you've had, just trust us". But, even though your parents are trying their best, the memories of your last birthday are bound to resurface, the one filled with friends, relatives, an abundance of food and so much cake.

The Saviour: Zoom

Zoom has truly come to the rescue of all those having their birthdays in quarantine. It is the ray of light amid the darkness of isolation, a messiah rising from the dirt. At least you get to communicate with your friends and they get to witness the cake cutting and sing happy birthday for you. It isn't exactly the most fun to be talking to a bunch of heads on a screen but it's the best you've got right now.



The Dilemma: Shopping

If birthday shopping is a tradition you cherish, the pandemic has put a damper on your plans. But now, since going outside to shop is a big no-no, you have to make do with what you have- online shopping. Online shopping is really a silver lining to this dark cloud but it can be quite stressful too. You can't just buy anything off of the internet now, can you? It might take you hours of scrolling, scrounging and careful deliberations to find that perfect outfit.

The Realisation: Hey, It's Not That Bad

Once you get over the initial complaining and frustration, you realise that it's not as bad as

you think it is. It won't be the best, but you still have family and friends (through a screen) trying their best to make it good, so that's something, right? Besides, less people means more cake for you to devour.

These are extraordinary circumstances to be living in. A viral pandemic in 2020 is something no one could have foreseen but, you have lost only a birthday; there are many who have lost so much more due to this pandemic. For all of you out there who have their birthdays in quarantine, try to be positive and focus on having a good time, rather than wishing about what could have been. **GT**

POEM



Let's fight this virus!

Sanvi Batra
AIS Gur 46, VIII A

Coronavirus is the worst disease
Hide, if your lives you please
It is a disease that kills lives
And spreads negative vibes
A virus with big repercussions
Main topic of all discussions

It was found and fear unfurled
As this virus infects the world.

If you've to go out, think twice
Wear a mask, I would advise
Come back home and sanitise
Sneeze and cough into a tissue
Take steps to tackle the issue
Don't go to crowded places
Don't be one of the many cases
Wash your hands with some soap
We'll fight the virus, that's the hope **GT**