

## Corona warriors



**Dr Amita Chauhan  
Chairperson**

As you read this newsletter, I hope you do so, in good health, from the safety of your homes. These are indeed challenging times, as humanity stands face

front with challenges not witnessed in centuries. But no matter how great the challenge, survival has always been instinctive for the human race.

As the pandemic looms over us, our healthcare, sanitation, hospitality and IT professionals, soldiers, and essential services maintenance staff are putting up a strong fight, all in a bid to survive. While these corona warriors lead the battle from the front, our young students too are doing their bit on the sidelines. This GT Quarantine Special e-newsletter by students of AGS Gurugram, is testimony to their war against COVID-19, as they spread positivity through the medium of words.

While students in every branch of Amity are coming out with their own e-edition, there is one story that runs common in all. It is the story of corona warriors. These stories brought to you by our young GT reporters feature initiative of teens that have emerged as true corona warriors.

As you read this newsletter, I hope you are inspired to spread positivity, and be a corona warrior. **GT**

## No भय of corona

### As Sanitation Band Comes To Rescue

**Saanvi Vaish, AIS Pushp Vihar, XII C**

**C**OVID-19 is perhaps the greatest supervillain humanity has ever seen. As the virus set out on a rampage to destroy the world, there are superheroes who are putting their best foot forward to save the world. But while these superheroes fight the pandemic, they need all the help they can get, and to aid their burden, Shivam Mukherjee, a student of Class IX at Amity International School, Pushp Vihar, has invented a sanitisation band titled ABHAY.

"This pandemic has brought our world to a standstill and we don't know when this will end, which is why it was important for me to do my part in helping the world," says Shivam when asked about the motivation behind ABHAY.

"One day as I was watching the news, I saw the doctors wearing hazmat suits. It made me wonder how tough the situation must be for them. I wanted to do something to help them," shares the young changemaker.

This desire to help the medics is what lead to the birth of ABHAY. A Hindi word, translating to 'no fear', the band aims at supporting the medics to battle the disease without fear of contracting the same.

It is a simple band that can be worn around the wrist. Equipped with an inbuilt proximity sensor and UV light, it can sense when the wearer's hand is near an object and automatically disinfect the object for you via UV light and alcoholic spray. Extremely wearable, the band is computer-controlled and can be operated via an app. Further more, it is refillable – when the alcoholic spray is nearly empty, a reminder is sent to your mobile for a refill."

But every invention goes through its fair share of roadblocks, and so



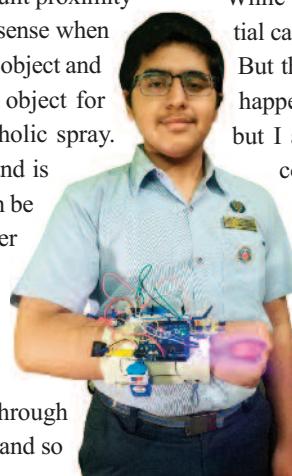
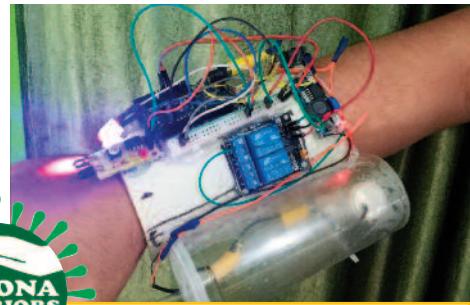
### CORONA WARRIOR

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.

did this sanitization band. "Due to the lockdown, it was very difficult for me to transform the idea into an actual product. Initially, acquiring the parts needed to make the band was a struggle but my school delivered all those to me at my doorstep from the school's ATL lab," he recalls, when asked about the challenges he faced. "I can't thank our school Chairperson, principal and my family enough for all the support they had to offer," he adds.

While the band seems promising, its true potential can be realised only once it hits the market. But there seems to be a little time before that happens. "I'm currently in the testing stages, but I am sure the band will pass with flying colours. After the relaxation of the lockdown starting April 20th, I am planning to approach the officials and hopefully make ABHAY reach the ones in need."

In a world guided by fear, there are warriors like Shivam, who are not only the future leaders of tomorrow, but are also the shining hope of today. Here's to ABHAY scaring away all our fears! **GT**



# How to be ourselves again?

## When The Pandemic Strikes

**Armaan Soni**

AGS Gurugram, X

A month and half have come to pass. Extreme boredom looms large inside our homes and minds. Whether looking at guidelines by the government, witnessing essential service providers work tirelessly or simply binge-watching show that we otherwise wouldn't have given a chance, it is true that regardless of age, gender or occupation, none of us were prepared for a pandemic that would lead to us being confined within our homes. So, the question arises- how do we get by during this lockdown?

How can we entertain ourselves besides wearing down average-rated shows and movies, and scrolling through insignificant social media posts? How can we go back to being our productive, active selves again? Luckily, there is a way to cut through the never-ending boredom which will help you even after the lockdown is over.

To start off, in order to eradicate the potent factor of boredom – laziness – the clear cut, efficient and healthy way to do so is exercising! Working out is the best way to truly energize yourself. Even if you're simply doing some light stretching and spot jogging in the balcony,



slight fitness sessions will not only get the blood pumping but it will also open up your senses, which will make you more aware of your surroundings and time. On a side note, do try to also maintain a balanced diet alongside. The pandemic is no excuse to snack on junk food all the time.

Next, let's pay attention to the most important part of our body, the brain. On the similar principles of invigorating your body with energy, your mind too must participate in a 'mental fitness session'. It can be in the form of puzzles and riddles or simply anything that forces you to think outside the box. You can

even start doing sudoku. Consequently, after indulging yourself with complex problems, not only is your cognitive ability trained but your creativity is also honed.

Lastly, you can fill up your time with different hobbies and interests. Google random topics and learn about things or finally read the books you had bought ages ago. Write a diary entry or simply enjoy playing newly-invented games with your loving family members while responsibly waiting out this uncertain yet hopefully temporary pandemic. All in all, stay active, stay healthy, stay safe and stay home! 



# The epiphany

## A Talk On Quarantine

Kanav Sidana

AGS Gurugram, IX

**A**s PM Modi addressed the nation, Joseph sat irritably listening to each word and was anguished as the lockdown was extended to May 3, 2020. He shouts and calls his brother.

**Joseph:** Hey Henry, come here, look, our PM has extended the lockdown till May 3, 2020.

**Henry (relieved):** Oh wow! That's great!

**Joseph (taken aback):** What? Have you gone crazy? Staying at home all day long is so boring. I want to go for parties, movies, malls and even want to meet my friends.

**Henry:** You are not understanding my point. You should make the best use of this time and try to solve problems around you and by large reflect about yourself.

**Joseph:** What are you trying to say? Could you elaborate?

**Henry (hangs his head low):** Why does our grandma stay sad all the time? Why do we all have dinner in separate rooms? Why are there so many arguments in our family? Have you ever tried to find reasons

for these questions?

*(Joseph opens his eyes wide, almost as if he had an epiphany)*

**Henry:** No worries! It is never too late. We both can try our best to solve the problems and be like a happy family which is filled with laughter and love.

**Joseph:** I am with you brother. This is the best time to make it happen.

**Henry:** I am glad! I will take my leave now.

**Joseph:** Wait, you also mentioned inward reflection. How can I do that?

**Henry:** By that I meant give yourself some time and think what improvement you can make in yourself, plan accordingly and work for it every single day.

**Joseph:** Thanks for your time brother! Now I know what all to do during the quarantine period.

*The brothers made sure to make the best out of their family time, worked on their faults and became a happy family once again. Grandmother's stories became the highlight of the evening and home-made meals became a five-star delicacy for the family! GT*



## This too shall pass

### Let's Hope To Beat COVID-19

Riya Kharyal

AGS Gurugram, IX

**S**ocial distancing and isolation is slowly crushing the world down with its strength. Trapped, feeling suffocated and restless, people are suffering from panic, anxiety and even dejection as many are not accustomed to such difficult times. However, several individuals have turned this brick over and are combating the situation by finding creative and virtual ways to make their lives productive, while spreading this positive mind-set to others.



In Italy, where deaths due to Corona have been only rising with each passing day, the situation is unmistakably more horrendous than thought. But with all hopes not lost yet, individuals are trying to come through the grim situation and are creating an aura of delight and positivity amongst them. One of them being individuals singing melodies from their balconies as others join. In fact, not just in Italy, many countries are showing solidarity when it comes to fighting the pandemic. Well, this is only demonstrative of the fact that anything can be achieved, when it is truly wanted. While the whole world is in a

lockdown owing to Corona pandemic, it seems people are trying to enjoy their time off work and stress. Some are learning to play instruments, while others are cooking, writing or exercising. Yes, people are finally engaging in activities which they once buried in the hustle of day to day life. Christian Tucci, a patron server and worker of an exercise studio says, "I'm a writer, and I wanted to kill a day or two of quarantine by exercising my writing muscles. I thought short poems like haikus or limericks would be fun for others to receive." Indeed, it has been intense and distressing for the world as a whole, but rather than complaining or causing problems or giving up, individuals have peaked in their capabilities. And how can we forget the effort put in by medical staff, police and sanitation workers. It is because of these warriors that people like you and me are safe at home. It appears everything is not lost yet as the situation has brought the whole world together. After all, this contagion helped us find a better approach for driving forward during these troublesome times. So, it won't be wrong to say that this too shall pass! GT

**Words Verse**

# Our warriors

**Shubhangi Lakanpal**  
AGS Gurugram, IX

Don't be afraid, crisis will fade  
Teaching us the importance  
Of sweepers, drivers and maids  
Let's start respecting and valuing  
People who we kept neglecting

There's plenty work they've done  
And cater us out under the Sun  
Police force, doctors and nurses  
All of them are taking care of us  
But all we do is make a fuss

It's high time we quit whining  
And acknowledge the fact  
They are the ones who are dying

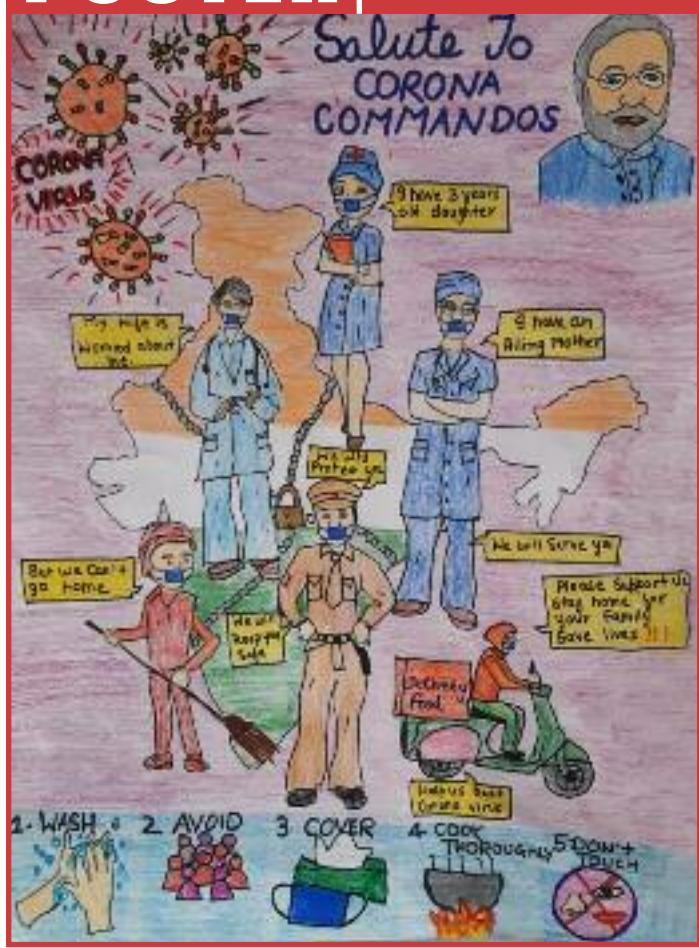


All we have to do is stay inside  
And take Corona for a ride

Let us salute the people  
Who have made sure we're safe  
Who fight Corona- the evil  
They are truly our motivation  
And warriors of the nation **GT**

## POSTER

**Jiya**  
AGS Gurugram, III



# Oh, Coronavirus!

**Poem**

**Tanya Dwivedi**  
AGS Gurugram, IV

Oh, Coronavirus!  
Microscopic and spineless  
Time for you to stop being sly?  
You are venomous in nature

Taking away innocent lives  
Oh Corona! because of you  
We cannot go even outside  
All we can manage to do

Is to listen to few latest news  
And seek others multiple views  
While there are many who  
Don't care about the flu

And help you to spread!  
I hope the world soon turns  
Into a better place for us  
Ending the fuss created by you! **GT**



## Yummy pancakes

**Aashi Sharma, AGS Gurugram, III**

**Ingredients**

All-purpose flour .....	2 cups
Granulated sugar .....	2 tbsp
Baking soda .....	2 tsp
Baking powder .....	2 tsp
Salt.....	1/2 tsp
Buttermilk .....	2 cups
Eggs.....	2
Vanilla essence .....	1 tsp

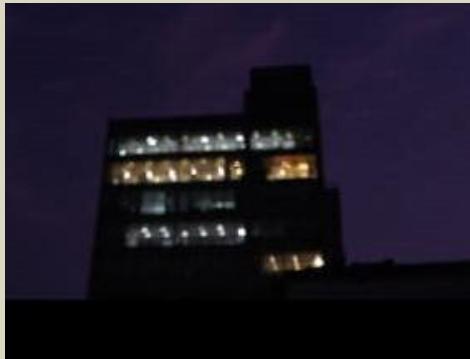
**Method**

- Mix the dry ingredients together in a large bowl.
- Gently whisk in the buttermilk, eggs and vanilla extract.
- After mixing, let the pancake batter rest for 10 minutes.
- Heat a large skillet over medium-high heat.
- Spray with non-stick cooking spray or brush with butter or oil.
- Ladle 1/3-1/2 cup batter onto the skillet for each pancake.
- Flip the pancakes over when small bubbles appear on the surface.
- Continue cooking on the opposite side until golden brown.
- Serve with butter and syrup.

(The above recipe was made by our little chef during the quarantine period.)

## CAMERA CAPERS

*Kasak Jain, AGS Gur, IX captures the sky palette during lockdown*



## CORONA WARRIORS @ AMITY



Shubhangi, AGS Gurugram,I, packs food at home for the needy during quarantine period.

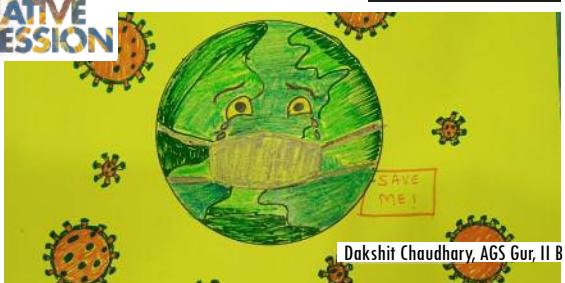
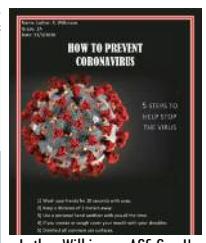


Illustration & Text: Kavya Kadurugamuwa, AGS Gur, IX

### Story Board

