

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 Amiti-

tians 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 like time management, discipline, self-management, etc.

'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, lets 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.

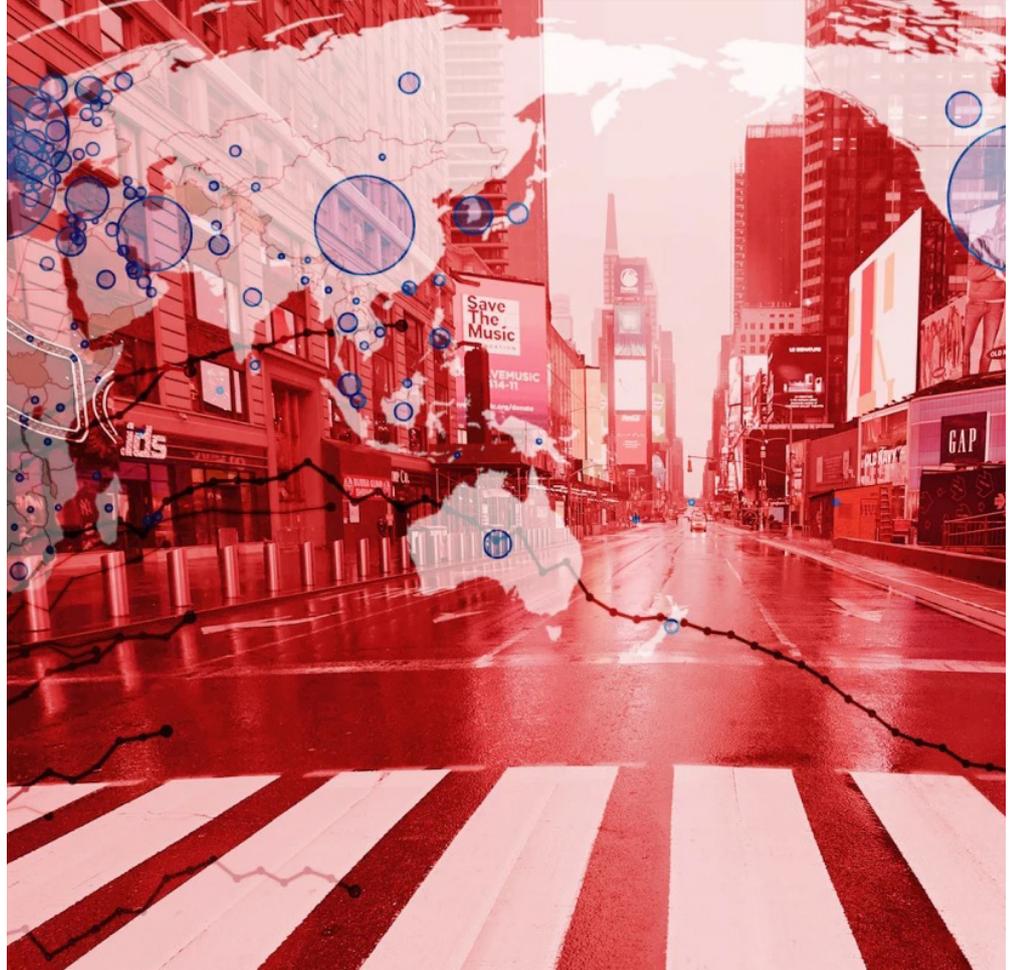
The thought of it

"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. [GII](#)

**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 pandemic.

Words verse



Cataclysm

Sanjali Sharma, AIS Noida, X L

The world is shut down for a while
Planet Earth has gone into an exile
The soil and the sun quickly slumber
Her oceans and flowers encumber

She is wide awake and irate
Her eyes incessantly precipitate
She's finally done with our deeds
Exhausted by ceaseless needs

COVID19 has spread expeditiously
Folks are breathing their last hastily
A major chunk has already perished
Hopelessly the doctors have hissed

Across oceans, people finally unite
To fight this disease, together in plight
"No vaccine found yet," reads the news
Left behind; they feel melancholy blues

The destitute are crying for the bread

Quarantined are the ones overfed
Privileged have sanitizers and masks
Governments are overrun with tasks

Economies, they are rapidly drowning
Patients crying when not frowning
Coughing their way through their lives
Astonished at how finances deep dive

Italy wails, screams in pain and agony
While the UN watches silently
As we live through a pandemic
And learn to ignore the polemic

So much is happening on this planet
Yet each day a new sun rises and does set
And asks us to end all crises raging on
And appreciate nature from dusk till dawn

An unexpected bonus is less pollution
As we wheel about in sheer confusion
But we can hope for things to get better
As this turns into fodder for chatter [GII](#)



For the environment

This Is A Wake Up Call From Mother Nature Herself!

Aarna Jain, AIS Noida, XI I

A global pandemic no one could've thought about is now amidst the hustle-bustle of the city life. Everything was going on quite well until the outbreak of the COVID-19 created a ruckus everywhere. This beautiful earth, which we have inherited from our ancestors, needs to be protected. Perhaps it's time for us to reflect back upon our actions and their impact on Mother Nature and to stop ignoring the routinely warnings of using the resources provided to us judiciously.

Right now, everyone is craving to get back to their normal lives. In this time of self isolation and quarantine, we should think if we really want to get back to our normal lives and be the same people we were before this pandemic or do we need to change something about ourselves? The need of the hour is to take up some habits and choose a lifestyle which is environment friendly in order to mend the damage that has been caused by us. To begin with, we

can start thinking about replacing some of the items that are used almost daily by us and take up some better options instead of them.

First and foremost, replacing plastic water bottles with copper or recyclable bottles seems full-proof option. It's very easy to carry one along with you every time you step out of your house and even if you forget to do this sometimes; you can go into a nearby restaurant and ask for a glass of water without hesitating. Moreover, eliminate plastic crockery in your homes and include glass or steel ones which is safer for you and for the environment. The cosmetic industry too, generates a lot of plastic waste. So, stop buying high end body washes and shower gels. These luxury body

washes come in a plastic packaging and once we finish the product, we discard these bottles and add up to the pile of waste generated. So

stop hoarding unnecessary products like dry shampoos, cotton pads to remove your makeup, sheet masks, nail paints in almost every shade because applying these chemicals onto your body isn't good anyway. There's no need to indulge in accessories like mobile covers, quirky pop sockets, purses, pouches, etc. because in the end it just adds up to our carbon footprint.

Maybe it's time for us to stop buying the things that we don't really need. Taking up these small steps can make a huge difference someday. Thus, in this way, we all can make a little bit of an effort from our end to not be wasteful! 

**Right now,
everyone is
craving to get
back to their
normal lives.**



Stay informed, stay safe!

Myths About COVID-19 That You Should Guard Yourself Against

Anwasha Samanta, AIS Noida, XII B

In the wake of the recent coronavirus pandemic, a lot of misinformation is being circulated online and in newspapers, issuing false preventive measures and advisories against COVID-19. While some of it is harmless, a huge part of it can be damaging in many ways. Here's a look at some of them blatant myths that are currently breeding in on our WhatsApp groups and social media feeds.

Myth #1: Pets like cats and dogs are capable of spreading the virus

While animals are vulnerable to the virus and might contract the virus from human beings, the possibilities of it happening the other way round are highly unlikely. Even though a Pomeranian in China contracted an infection, it did not show any symptoms of illness or disease. So cuddle away, you don't need to practice social distancing with your pets!

Myth #2: It's not safe to receive a package from China

Researches in the past have found out that this virus cannot and doesn't survive long on objects like letters and packages. As packages are often shipped over a considerable period of time under ambient conditions, the new virus is unlikely to spread due to shipping packages. So, the stationery kit you saw online but couldn't order as it was going to be shipped from China, go buy that already.

Myth #3: The virus will not be able to survive in the summer

While several users claim that having hot showers and staying out in the sun will kill the virus, there has been no evidence to support this argument. Most researchers say that the virus would need a way higher temperature than our average summer numbers for it to die. Looks like we're in for the long haul!

Myth #4: Coronavirus can spread through mosquito bites

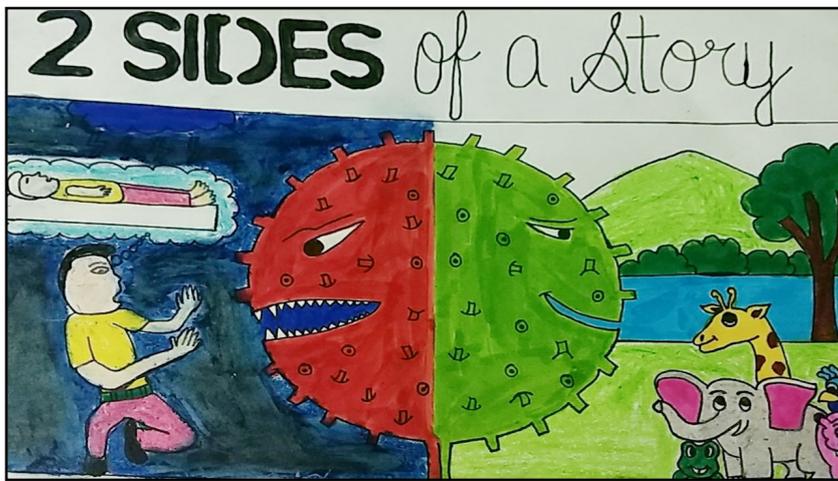
There's currently no evidence to support this claim. According to health agencies, the virus would require to replicate inside the mosquito for human transmission to be possible. So rest assured, while mosquitos are often a host for a variety of viruses, coronavirus is not one of them.

Myth #5: The virus only affects children and older people

People of all ages are susceptible to COVID-19. However, older people and others with some pre-existing medical complaints such as asthma, diabetes, and heart disease appear to be more defenseless against it and can be severely infected by the virus. So, all those who thought they are immune to it, you better start taking preventive steps in time to shield yourselves from the virus and contain its spread altogether. [G11](#)



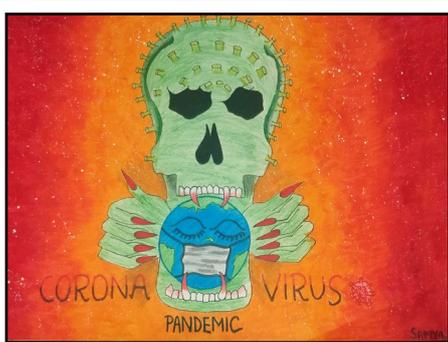
Artistic Expression



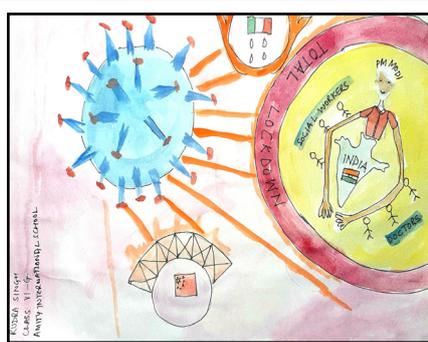
Samriddhi Gaur, AIS Noida, VIII D



Harshil Gupta, AIS Noida, VII C



Samya Jagg, AIS Noida, IX D



Rudra Singh, AIS Noida, VI G



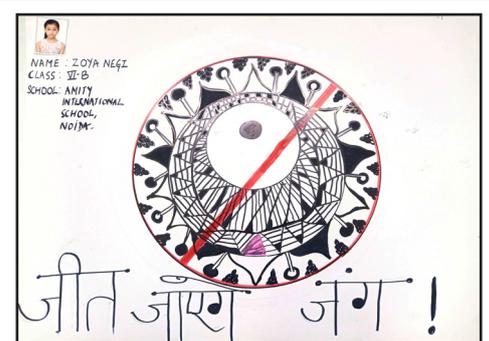
Gaur Tyagi, AIS Noida, VIII E



Saumya Baral, AIS Noida, VI D



Samya Jagg, AIS Noida, IX D



Zoya Negi, AIS Noida, VI B



Udisha Khare, AIS Noida, VIII F



Divisha Gupta, AIS Noida, VI C



Shashikh Shukla, AIS Noida, VI D