

## Not so lonely



**Dr Amita Chauhan**  
Chairperson

Dear Amitians, I have been observing that many young minds have been experiencing 'loneliness' especially since lockdown began, rendering

young children the most vulnerable. And therefore, today, I feel the pressing need to address this issue with a lot of sensitivity.

So, what is the solution? Well, SEW it: Speak, Express, Write. Whenever you feel ousted or lonely, reach out to your teachers, family or elders and SEW the feeling with the stitches of love, care and warmth of beloved ones. Trust me, sometimes just one single step and one single phrase 'I need help', is all that it takes to convert the sea of loneliness into the ocean of love and togetherness. Don't put your mind to too much stress because it is the most precious treasure of your life.

At Amity, we assure you that your teachers, counsellors and mentors are always there for you and they care for you just like their own children. The fact that this year AIS Vas 1 undertook 'mental health' as their topic for Youth Power shows how sensitive and caring Amitians are towards addressing this issue. Remember, you are not lonely, because we are there to listen, understand and help you SEW it up with the bond of love and care.

## The humanitarian tale

**W**ith COVID-19 coming in, every person around the world is fighting a new battle with each passing day. And there are some who have made this battle a mission to aid the less fortunate around them by providing them face masks and food. Young heroes of this battle, **Sunay Bajaj, VIII A & Pushpak Bajaj, VI B, AIS Gurugram 46**, narrate us their humanitarian tale in their own words, proving that the solution lies in 'all for us, one for all'.



"As coronavirus was declared a pandemic and the need of social distancing was announced, everyone realised the importance of proper hygiene, sanitisation, and most importantly – face masks. We looked at them in a new light, too, and understood their importance as the major war gear needed to fight this



virus. With an aim to help our loved ones and ensure their safety, we aided our mother in procuring 4,000 cloth face masks, which were then sold to the residents of our society. But as we helped the ones around us, there was a thought if we were forgetting some-

### 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.

one who probably couldn't afford to buy a face mask, let

alone get hold of basic necessities like food. Don't they deserve a fighting chance in this war, we asked ourselves. And the answer came to us instantly – yes, they do. To do our part in the fight, we joined hands with NGOs like Rasoi On Wheels and Masks For India, where we arranged ration kits and face masks for the needy and distributed them in various areas

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## The humanitarian tale

of Gurugram, whilst wearing protective gears and following proper sanitisation steps. We have distributed masks to all strata of society – from police personnel to fruit vendors to homeless people, going as far as visiting our school and providing extra masks to security guards on duty. Seeing our school building reminded us of the values preached by our teachers and we felt proud to be practising the compassion and kindness that has been ingrained in us by Amity. Overall, we have managed to help 6,000 people till now, and the best reward we receive in return is always smiles and blessings, which motivates us to work harder.

Yet the need to do more was still burning bright within us, which is why, along with our neighbour and friend, Maanya Pagare, we founded the website [www.youthtransformers.com](http://www.youthtransformers.com), aimed at mobilising the youth for the community. As the realisation dawned on us that there were thousands of people in need whom we could not reach, we initiated a campaign titled 'Ask For Masks' on our website and invited students from all over Delhi-NCR to volunteer and distribute our masks to the ones in need around their homes. Starting from our own condominium, we donated around 400 masks for maids, drivers, and other essential workers. We even provided around 1000 masks and 1500+ sanitary pads to Lions Club, Gurugram, for further distribution, and hope to do much more.

We acknowledge that to make a real change we need not 3 but countless number of kids like us, driven with passion and determination. It's time that we all come together to do our bit and help humanity in overcoming this pandemic, because we can't really survive and thrive until it's all for one, and one for all. 

# My lockdown impressions

## This Pandemic Gave Us Lemons and Lessons

Raunaq Sagar Talwar, AIS Saket, V D

Dear Diary,

Some people say that they are tired of this lockdown and can't wait for the world to go back to normal. But my opinion is a bit different. I have felt wonderful during the lockdown as I get to do various activities during this off time. I spend quality time with my family as it is amazing to hear their stories and learn from them. Moreover, now that we have got a break from our hectic schedule, there is so much to catch up. For example, I have decided that I will improve my handwriting and try to send some articles in for The Global Times (*getting this one published is just one of my attempts, thank you in advance*). I also help my mother in doing dusting and like to massage my grandmother's feet as well. Besides, I have tried to improve my Hindi by reading story books, which by the way is a lot of fun. I really hope my teachers would notice that I have utilised this time in a positive manner!

You see, this lockdown has really helped me to know myself and my family, which I think is an achievement. I think I have grown during this lockdown in a sense that I have done some extracurricular activities, for example I learnt some basics of cooking from my mother. It was fun to lend a hand in the kitchen and not only learn and help my mother, but also eat the food with so much satisfaction, knowing that I have also helped in its preparation.

I know that some people want to go out, and I am also one of them but there is a reason we can't go out and I understand that. As a citizen it is our responsibility to follow the guidelines laid down by our PM Narendra Modi. Following social distancing and the least that we should get back to taught me a lot. washing our hands with soap for 20 seconds is could do. Though I wish that everything person; I have spent more time with myself, exploring my interests and hobbies, and I have understood what a family sticking together feels like. So, in short, learn to look at the positive side and life would be good! 



# Trouble in virtual paradise

## Because Too Much Of Anything Becomes a Problem

Resham Talwar

AIS Saket, XII C

Our entire lives shifted to virtual landscape ever since the lockdown started. Names like Microsoft Teams, Zoom, Google Hangouts, etc., are resonating amongst all of us like never before. Initially, it was a dream-come-true for all of us: being able to get up just a few minutes before a meeting and sit in front of our computer screens, often in pyjamas with our videos off. However, it was just a matter of time before the narratives changed.

### My head is spinning and my eyes are tearing up.

Video conferencing applications have given a huge sigh of relief to those people who get anxious in social situations; however, these applications come with their own set of problems. As everything shifts online, there are physical as well as mental repercussions of having interactions only online, and of exposing ourselves to the computer screens for such long stretches of time. The problems caused by sitting in the same posture for a prolonged time, excess screen exposure to our eyes which can cause strain and radiation exposure also being a major factor behind brain activity slowing, the problems caused by our dependency just on

virtual interactions have led to the coining of the term 'Virtual Fatigue' - a phenomenon which we may be in denial of but we surely do experience.

### Walls have ears. I've been looking at one and talking all day.

We all learn and communicate differently, but in such times when video conferencing is the only way to do most of our activities, there isn't much room for us to learn the way we have been used to learning. In the absence of non-verbal cues, from body movements to eye contact, it is impossible to get your message sent across clearly or even ensure that the message has been received by the other person.

### Am I audible? Is my voice clear? Can you hear me?

Whenever I sit in front of the laptop to attend a video call, the level of tension that I have for factors outside of the call itself surpasses all heights. Will my internet connection work along smoothly? Will my mic be functional? What if the audio quality is bad? What if I have to turn on my camera and show the clutter that I didn't bother to clean in my room? Will the "do not disturb" sign outside my room actually prevent intrusions? Let's just say that I pray to all the lords and supernatural forces that I have



never believed in before I type in the meeting ID.

### I don't know how to interact anymore!

The best part of social interaction is not just the exchange of information, but the very casual greetings your neighbour gives you on the staircase, the way students interact with each other before the teacher steps into the class, or the canteen visits during the lunch break. All that is not possible with these online platforms, which are a platform being utilised for work and play- but all that remains in between is still omitted from our lives to a large extent, and it does feel incomplete without it. What would I not give to be able to 'catch up' with my friends before class! 📺



# Our solidarity...

## ...Is What Gives Us The Strength And Hope To Survive

Yajika Dagar, AIS Saket, X D

Malcolm X once said that when 'I' is replaced with 'we', even illness becomes wellness. Even though the evil manifestation of human ingenuity has made millions suffer resentfully in several wars, we do have a soft side. The power of morality certainly can suppress the malevolent, and an example of it is how humanity is dealing with the Coronavirus pandemic. It has brought us together, not to party or to celebrate, but to fight difficulties; it has made us realise that there is nothing more important than solidarity. By staying at home, we are not only saving ourselves from this jeopardy, but also performing our duty towards our family, society, nation and the entire human race. Stepping out in this situation without precaution makes us no less than the deadly virus. Even your smallest mistake can make millions suffer. Solidarity – a word that has turned us all into a fighter against this distress, against this

peril. But what does solidarity mean to people and what should it really mean? Is it just cursing those who made mistakes or helping the needy in this time of misery? While many of us civilians might think that we have no role to play in this battle against COVID-19 besides staying home, we must realize that nothing is more precious than a helping hand. When everyone is at home, quarantined, no help from our housemaids, our mothers are incessantly doing household chores

and baking us delicious dishes and still maintaining a beautiful smile on their face. Goes without saying, it is our duty to help her. Our elders, who played with us when we were young, are maybe sitting in the balcony, eagerly waiting to meet their elderly chaps. Take out those fun board games from the attic and play with them!

Every country in the world is showing solidarity by staying at home. Every doctor, health worker, sanitation worker, political leader and service worker is showing their solidarity. Even in India, we all stand together in solidarity as one team to fight with our unity, teamwork, harmony, and cohesion. All the inhabitants of Incredible India stand as one today. We stand together with the world to fight the COVID-19.

Martin Luther King said that we must accept finite disappointment, but we must never lose infinite hope. Every day we wake up to a thought and a hope that this time will eventually pass and a new sun will rise to end this peril. [GT](#)



# I want a detox!

## Tips And Tricks To Utilise Your Time Judiciously

**Niharika Roy, AIS Saket, X D**

Let's face it that you all have thought of this- I have wasted majority of my time during the lockdown. Sorry to disappoint you, but the truth is that mere thinking about it won't transform your thoughts into actions. Why don't we make the best use of this quarantine and make it a 'quality time'? So, for those of you angels who've done anything but cribbed about this, its high time you get your act together as I bring to you a short list of fun activities in which you can easily indulge:

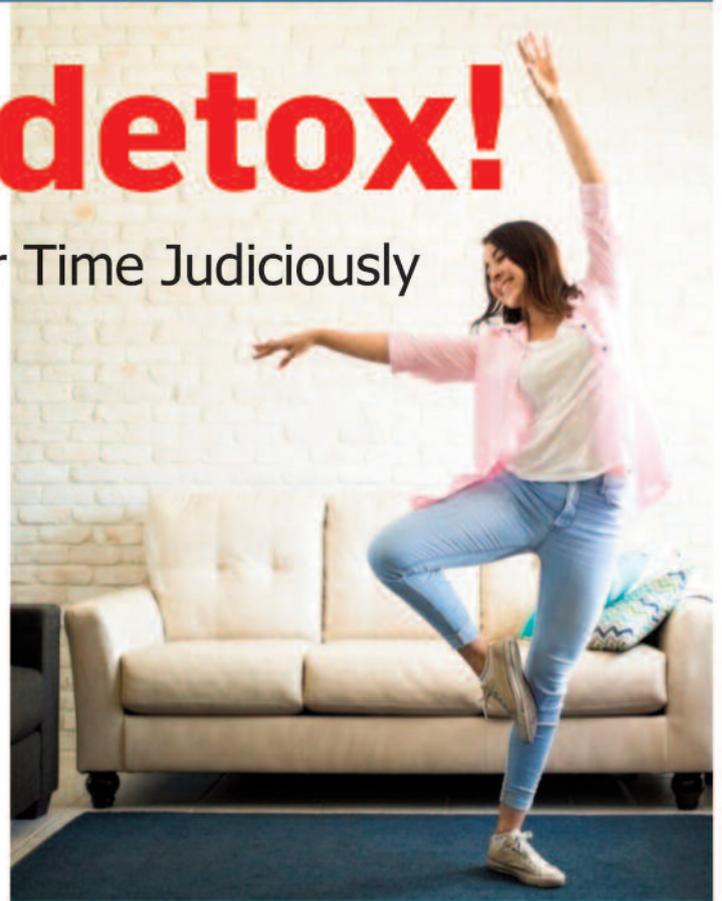
**Write in a journal.** There is no denying the fact that we are locked down, so are our thoughts. So, don't let them get wasted but capture them instead. It might seem a bit ostentatious at first, but it'll help you in the long run.  
**Develop a skill.** Yes, as clichéd as

it may sound, but finally doing what you have wanted to learn for the longest time is absolute fun. Guitar, painting, singing, writing, learning a new language – just go ahead and do it because this 'relatively free' time won't return.

**Listen to podcasts.** I know this is very specific, but you have tried listening to music and watching shows a million times already. Try this new activity and your perspective would change, a lot.

**Go outside, while staying inside.** This one's a little tricky! Five national parks have teamed up with Google arts and culture to bring you 'The Hidden Worlds of National Parks' so you can enjoy the beauty of the nature while sitting safely on your couch. Interesting no?

**Deduct the guilt in you.** I'm aware that low productivity guilt has already taken over. But you



know what, it is completely okay to sit idly, looking at the blank walls or just lazing around for a few days, as long as you are mentally happy with the situation.  
**Take care of your mental health.** Being alone with your

thoughts at such a vulnerable time is the last thing you want, but don't give up. Practice some yoga, meditate and lastly share your thoughts. Communicate. Practice all this and you're on your way!<sup>GT</sup>

# HAIL TO CORONA WARRIORS

Poster: Lakshita Agrawal, AIS Saket, VIII D

