

3Rs of Quarantine



Dr Amita Chauhan
Chairperson

In Sanskrit, there is a notable verse, ‘Utsaho Balwaan Arya, Na Asti Utsaah Param Balam’ meaning there is no greater force in the world than our passion and our spirit. In tough times like these, my heart goes out to every person in quarantine. Health issues, emotional and mental enigmas, are constant challenges that they are facing every day. However, it is these challenges that bring a scope for change in society when infused with the power of spirit and passion. So, I see ‘quarantine’ not as ‘isolation’ but a huge opportunity for human beings to do 3Rs: Rewind (revisit past), Relook (into thoughts and actions) and Reset (correct what went wrong). Isolation has the opportunity to become a force of change for creating a happy world. And this holds true for all my Amityans, who are brave, perseverant and passionate. The creative expressions of these children during this period can inspire future generations to treat creativity as an imperative aspect of human existence rather than a mere extracurricular activity. Their experiences of overcoming challenges, evolved perspectives towards life, feelings of more care and compassion for life, shall go a long way in inspiring our youth to be more positive, sustainable, minimalist and compassionate to let every life on mother Earth thrive. **GT**

Prithvi: The new caregiver

To Shield The Healers Of Our Earth

Aditi Banerji

AIS Noida, XII I

Drop by drop maketh the ocean – the aphorism weighs heavier in our existing status quo, where every life counts and every endeavour matters in warring against the baleful novel coronavirus. And to make matters worse the ones making every life count are the ones jeopardizing theirs. Determined to safeguard them vanguardians - doctors, nurses and policemen, from this contagion, Delhi students, Saurav Maheshkar, Class XII and Nishant Chandna, Class X from KIIT World School, and Aditya Dubey, class XII from Modern School, together invented the prototype robot ‘Prithvi’. “Since, we are all into robotics, we couldn’t help but look for a technological solution to this problem. We couldn’t sit back and look at our caregivers suffer. As is the case with other arenas, social distancing was the solution in the healthcare sector too,” says Aditya on how Prithvi was conceptualised and then germinated, from an atom into a full grown robot.

And so the journey commenced. “With the entire nation in a lockdown, we collaborated through Twitter chat and WhatsApp, breaking up the project into tasks for efficient execu-



Aditya Dubey



Nishant Chandna



Saurav Maheshkar

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.



tion. I took care of the software, for instance and Nishant assembled and designed the body of the robot, while Aditya worked on the features of the robot,” shares Saurav. However, coordination was not the only obstruction in this tripartite venture. Limited avail-

ability of the required equipment was another challenge. Nishant elaborates, “While the structure of the prototype is cardboard based, the hardware is made of Arduino micro-controller as the internal inner circuit. For the transport system, we used simple motors ripped off from an existing project, reusing the devices and spare parts already available at our homes.”

Leaving no stone unturned, with efforts that ran through the day and spilled into the night, Prithvi was thus made ready for the world within two weeks. “The caregiver robot can be used to carry essentials like food and medicines to the patient, helping our medics to easily manoeuvre the robot to and fro the patients’ room or

Continued on page 2...



Continued from page 1...

Prithvi: The new caregiver

bed. It is equipped with a display screen and video calling facility that further allows the doctors and the patients to converse with each other. All this takes place through a specialised app, which is still under-development and would take a little more time to be completed. An additional thermal scanner arm can also be easily added to it, which will enable it to measure the temperature of the patients and communicate the same to the caregivers," added the trio. Everything, with a production cost of just 5000INR. Budget friendly, ain't it?

Prithvi, literally meaning 'Earth', is a symbol of hope, a promise for better times to this corona-sick world. Even though it is a prototype still, but if incorporated with a high grade software and other industrial improvements, can effectively solve the problem for those never off duty; how, is what is left to be seen. In the meantime, we salute the efforts, so keen! [G T](#)

★ WORLD TEENAGE REPORTING PROJECT COVID-19

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.



Connecting people

When Hanging Out With Friends Online

Aarna Bhasin, AIS Saket, VI D

With no chance of meeting her friends in the upcoming time, Seeta made a conference call to her friends as they had a lot to catch up during the lockdown... **Geeta:** Honestly, I have heard the word 'coronavirus' more in the last two months than I've ever heard my own name. Surely, there are precautions we all should take but my parents have become Live Reporters. I find out about statistics from my parent, even before they are on the screens. It's as if the virus has become a new form of greeting, my days end and begin with updates.

Seeta: You should be glad that uncle and aunty are taking care of you. My parents are complete workaholics. They're working from home and do not like it when I try to play with them when they're on a call. I mean, instead of wanting to spend more time with me, they tell me that I am making their work difficult for them. They expect me to be completely silent when they're talking to themselves in front of an open laptop, imagine!

Meeta: Girls, don't even start me on this. My parents are the big time experimentalists. They always want me to try something new and want me to engage in activities like cooking or art. But I can tell you that their experiments are not going to work on me. I mean, it's not my fault that I'd much rather watch TV than learn a new language. What even?

Reeta: Luckily mine are the cool cats. They let me watch my favourite movies and make all these new dishes for me. I think this was the detox we required as a family. I can't even remember when the last time we had such a chill vibe at home was.

Seeta: That is so good to hear, Reeta. I guess we are all dealing with this lockdown in our own way. Our parents are doing their best. After all, who

"I mean, instead of wanting to spend more time with me, they tell me that I am making their work difficult for them. They expect me to be completely silent when they're talking to themselves in front of an open laptop, imagine!"



would have thought such a situation would arrive.

Geeta: Yeah, right. But can we talk of something else please? Something positive? Corona has eaten my brains out. ...and the conversation continued for don't know how long. [G T](#)

Keen observations

Because It Is Quarantine And We've Got A Lot Of Time

Sapriya Sharma, XII F & Resham Talwar, XII C, AIS Saket

Staying indoors, in the confines of our houses have given us a brilliant opportunity to analyse and observe the people around us more intently than ever. Taking this opportunity, Sapriya and Resham, with their detective caps and dark shades on, are here to give us a rundown of their latest observations (strictly from the balcony) of the human race.

Species: The professional procrastinators

Features: There is no void like purposelessness, and there is nothing more fun than deferring piles of work without deadlines. Their only transformation is that their "I'll do it tomorrow" attitude has now become their "I'll do it 3 weeks later" attitude. Lying in the middle of an untidy bed, usually with their phone in hand, their day is not complete without binging on junk food and watching Netflix all day long.

Species: The over-optimistic

Features: Being an optimist is perhaps the best thing you could do this season, but what may surprise you about them is their ability to find a bright side to literally anything—from how people dying is leading to herd immunity, to how Coronavirus is cleansing the environment—these people may inspire

a few more around them, while also being met with horrified gazes. This species may be found talking about a range of topics, an inspiration to everyone at the dining table.

Species: The WhatsApp doctorates

Features: Today's generation is so enamored by the so-called prestigious institutions; they don't realize that the finest minds already reside in the heart of 'WhatsApp University: Where Ignorance Meets Bliss'. The highly intelligent faculty can prepare you for everything in life, from sociology to molecular biology. Did we mention that lighting up 130 candles together can increase the temperature by 9 degrees, as per NASA Scientist Thomas Shelby? This will inevitably lead to complete destruction of the virus. Thank them later.

Species: The overcautious officers

Features: Are you re-sanitizing everything after every half hour? And, what do you mean you're not keeping up with the live-count of the number of cases? Honestly,

how are you even living like this? These are some of the questions the overcautious officers will ply you with. For them, it's Coronavirus all day, every day. They are the sole reason behind the sudden boom in the disinfectants industry. In retrospect, maybe it's good to stick with them because if there's a solution to the pandemic, they'll know it first.

Species: The overachievers

Features: While you are busy processing the fact that you're a part of a global pandemic, there are people who have already acquired the solid potential of being the finalists in India's Got Talent. These people have managed to not only get their lives together but have also gotten three months ahead. Your friend that was just a marketing consultant back in January is now a culinary artist, food connoisseur, part-time singer, fitness freak and of course, an influencer on IGTV.

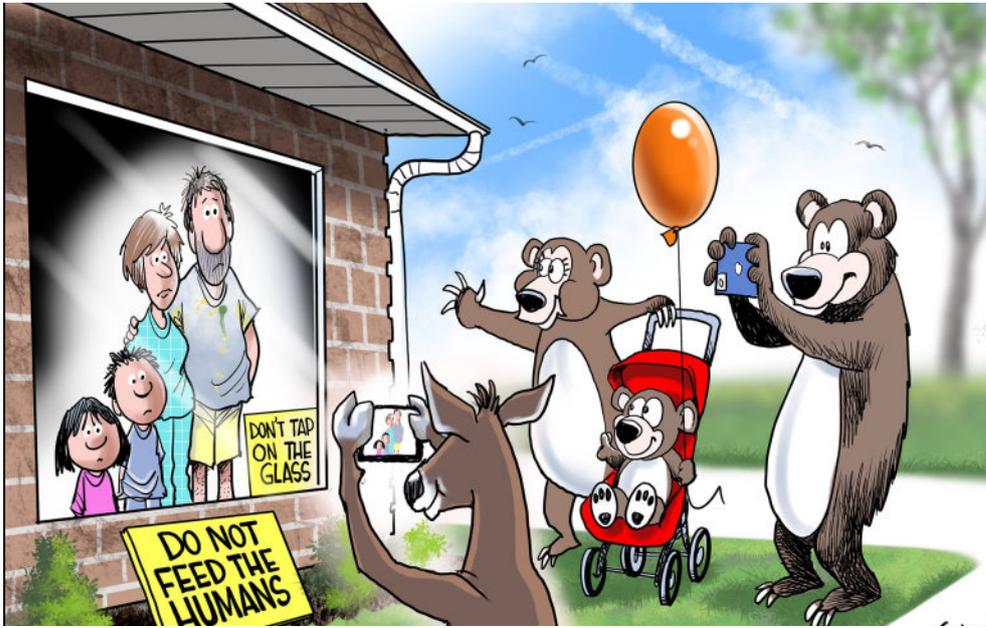
These are few examples of the different species that have surfaced during this pandemic. Which one are you? 🇮🇳

This species may be found talking about a range of topics, an inspiration to everyone at the dining table.



A THIN LINE

It Is About Time That We Know The Difference



Aditya Khuntia, X C & Madhav Sharma,
X D, AIS Saket

With the spread of COVID 19 the government and media have been giving instructions and precautions to the people. But are you sure that you completely understand what they wish to convey? Let us discuss some words which you surely have heard repeatedly over the past month but may not be so clear as to what they actually mean.

Corona virus and COVID19

While coronavirus is an umbrella term, COVID-19 is simply a component of it. Coronavirus is authentically a family of virus which already subsists within the world and is known to cause diseases in humans. The whole family of coronaviruses is named Coronaviridae and a few of them additionally cause minor diseases, like mundane cold. But as far as the Novel Corona Virus is concerned, the word Novel means new and before the name COVID 19 was given, the disease was referred to as Novel Corona Virus as it was something the world had not encountered yet.

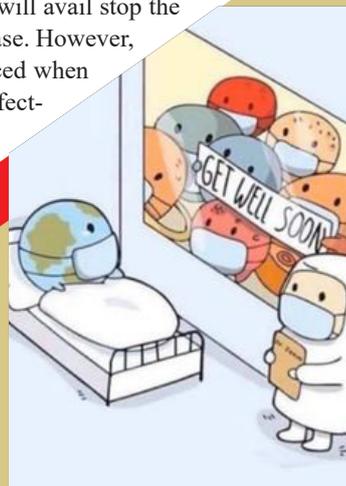
Epidemic or pandemic

An epidemic is one “affecting many persons concurrently, and spreading from person to person during a locality where the disease isn’t perpetually prevalent.” The WHO further designates epidemic, “as occurring at the calibre of a neighbourhood or community.” While a pandemic is an epidemic that covers an astronomically immense area that is, it’s, “prevalent throughout a whole country, continent, or the entire world.” The WHO more concretely defines an epidemic as “an ecumenical/global spread of an incipient disease.”

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Quarantine or isolation

People are put in quarantine once they aren’t currently sick, but are or may be exposed to a disease. This will avail stop the spread of the disease. However, isolation is practiced when an individual is infected with a disease, and is dissev-



ered from people that are in healthiness in order to break the chain for the spreading of the disease.

Social or physical distancing

Social distancing measures often entail cancelling sizably huge congregations (such as conferences, schools, and sporting events), restricting mass transit and movement, and dealing from home. Physical distancing is a more pellucid alternative to social distancing. It underscores the paramount need for keeping physical distance between people to prevent the spread of the corona virus.

Test negative or positive

A test result that shows the substance or condition the test is supposed to find is not present at all or is present, but in normal amounts is a TEST NEGATIVE. In genetics, a negative test result usually means that a person does not have a mutation (change) in the gene, chromosome, or protein that is being tested. So this is the one time when you don’t want to be positive.

Thus, a number of these words sound very similar yet their meanings are far away from similar. [G T](#)

Life's way

Nitya Jain, AIS Saket, VII A

For the past decade or so
Health levels have been low
Corona made the world scary
All the deaths made me teary
At first we took it little light
Now it’s hitting with its might
After all health can’t be bought
In schools it can’t be taught
It isn’t a practice but life’s way
It is to be followed every day
Perhaps lockdown is best for us
Let’s follow it without any fuss
So, enjoy your in-house fest
Don’t have an outgoing in zest

Words Verse

The ups and downs

Saniya Sethi, AIS Saket, XII C

Everything on Earth was polluted
From our minds to what we breathe
A monster was here with anger seethed
Devouring humans, leaving them to perish

It made them weep and plead for death.
They were panting, searching for breath
Running amok, first here and there
Inflicted with pain they can hardly bear

It magnified, spread across the planet
Eating millions, this hungry creature
“Go away”, cried humans in panic
Hiding themselves within walls and attics

This mammoth had on us pried
Some of us cried, some of us tried
We committed to stop and pray
For ourselves and the ones astray

But with not a single human in sight
Emerged a beautiful blue sky
The rivers were now replete with life
The trees breathed, nature was alive. 

Graphic: Somil Varshney, outgoing Class X



An artist’s perception behind closed doors

Bhuvi Pandey, X D & Tanishi Adhikari, XII C, AIS Saket

I can see a clear blue sky and
Snow-capped mountains
Two lines starting narrow whilst
Broadening towards the horizon
I see birds in a sky carefully filled with
Unending blues and whites
Birds in a simple V-shaped flock
A confined human’s beautiful sight

The prohibited world outside
Confounds us and seems enticing
The impression of a bright painting
Inside an artless child’s mind
Celebrates the pious and holy nature
In its own beautiful kind
It’s always the trees and the birds
That one draws instinctively

Mind of an artist, always vigilant
Searches for art over and over
Through the bolted balcony and porch
My instincts only spirit further



Illustration: Prabhnoor Singh Sandhu, VI C, AIS Saket

Now, the water flowing out the taps
Seems a river gliding about its best
The curtains that hang in my room
Allure me in a way on their own

The art of finding oneself in mundane
Midst the glaring gritting epidemy
Is a newfound talent, however disdain
Helps me find hope and faith
The calamity is crushing; it forces me
To look within my deeper self
And this quarantine, how deeply I may hate
The artist within myself, I delve. 

A beautiful place

Diya Arora, AIS Saket, VIII B

I close my pair of eyes
And I find myself there
It’s a beautiful place
With almost no despair
There was a wooden hut

With welcoming arms
Spreading long vines
It had mysterious charm

There were raccoons
Wandering here and there
Running when I come close
Back into their little lairs

But it wasn’t as majestic
For it was taking me away
From the real world
It led me a little astray

They say no to dreams
But it was like a trance
It could’ve left me insane
Not giving me a chance

Our COVID heroes

Akshaj Bhalla, AIS Saket, IX C

Risking their lives, believing in God
Protect them all, oh dear God!
Busy saving thousands of lives
They ensure humanity thrives!

While we get some ‘family time’
Their stitch in time saves nine
Some flout norms of social distance
Others cry out their intolerance!

Mocking their indispensable job

Pelting stones around in a mob
Do they deserve this treatment
Serving in the zones of containment?

In times of this deadly virus
We ought not to create fuss
Standing together as a nation
We will battle this contagion!

Support is least we can provide
Let us all by the rules abide
Let’s understand the heroes’ worth
For a safe and secure planet Earth! 

