

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 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

AI S 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, i.e. 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, therefore, he

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A rhythmic remedy

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." 



Be kind to yourself

And All You Need To Do Is Just Breathe

Sunayana Ray, AIS Saket, XI F

They say time flies when you're having fun, but despite being tired of each day of not having the slightest bit of fun, sixty days of lockdown have gone by fast. You've probably heard enough motivational bloggers and #grind Instagram posts saying 'there's no limit to what you can achieve from home', but as much as we want to hear that and believe it, this is not true – there is a limit. You might have all the time in the world to your disposal during the pandemic, but that does not mean that you need to be hounding yourself for making each and every second count.

Have your parents told you to get off your bed and do something worthwhile with all of your newfound spare time? If yes, amazing – that makes two of us. Now, I am here to remind you that even if you haven't been doing the chores regularly around the house or if you haven't found time to listen to your friend's Spotify playlist, or if you haven't been working on your goals like the social media influencers told you to – it is ok. And I mean it, it doesn't matter whether you have managed to do something productive during these past few weeks, because let's be honest, the couch potato living inside us makes all the real decisions. But yes, in all seriousness, it is alright if you have been slacking off from doing anything during this lockdown. At some point during these past

couple of weeks, we all have pushed down on the breaks.

The quarantine, as unfortunate as it is, started conveniently enough right after exam season. So, it is no surprise that most of us needed a mental break from all the stress and academic-related anxiety. If you're still recovering from the pressure of exams, do not be hard on yourself. Take your time. And here's to my show-bingers, meticulous-workers and schedule-oriented kiddos who have begun running out of ideas to keep themselves busy or entertained during the lockdown – being productive 24/7 is not always healthy. Take your foot off the pedal and relax. I can sympathise with those who are ruining their sleep schedule to finish all 16 seasons of Grey's Anatomy or those of you who are trying to have back-to-back movie marathons. But for the love of all that's holy, get some rest in that caffeine-dependent system of yours.


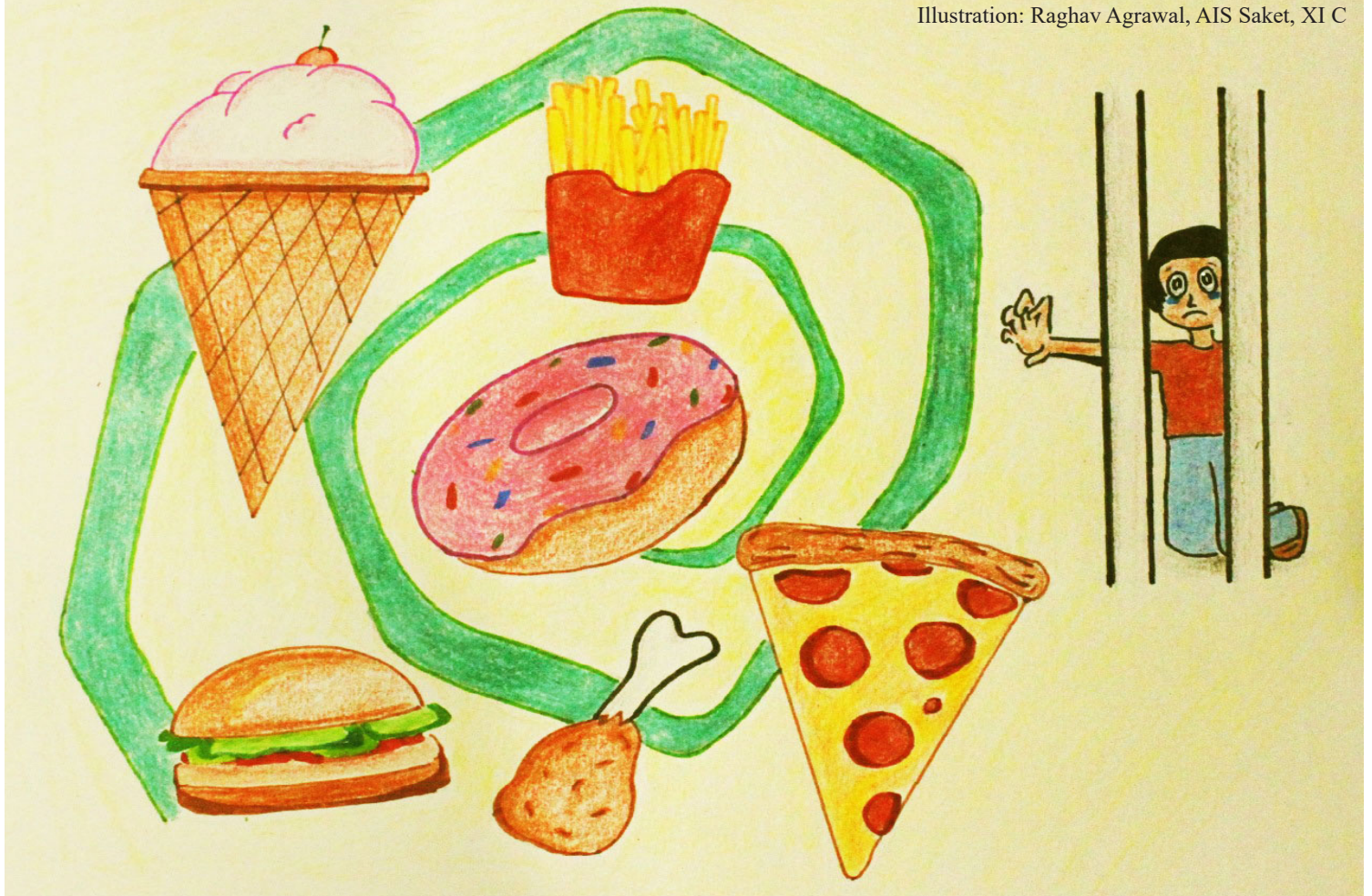
A lockdown like this has massive demands on the body and the mind. Being isolated from your friends and the outside world can take a huge toll on you, no matter how big of an introvert you might be. So keeping in mind that you're spending a lot of time with yourself for a while now, do whatever makes you happy at your own pace, and in your own time. And above everything else, be kind to yourself mentally and physically. As a wise GT editor once said (totally not me), "the first step to anything is love and acceptance" 

Illustration: Raghav Agrawal, AIS Saket, XI C



A moody foodie

The Effects Of Lockdown On An Extensive Food-Lover

Endri Agrawal, AIS Saket, IX C

The wise men always tell you to pick your poison, but this lockdown is a gentle reminder that your poison won't always save you from the brutal realities of life. After all, if your poison is good food, the withdrawal from it in this quarantine must be one of the toughest situations your foodie soul has to go through. Because all it does is dream of sizzling Mexican, saucy Italian, and spicy Chinese cuisine, graced with the extra tint of rosemary or served with the extra garnish of a tomato flower.


Burger, pizza, sushi, momos, pasta, chocolate cake, donuts, smoothies...In a lockdown, a foodie can never crave them enough. For a man who lives on food, literally and metaphorically, the thought of existing without these amazing dishes for months at a stretch is absolutely unbearable. No amount of fresh fruits or vegeta-

bles could substitute the feeling of emptiness present in both the heart and the stomach of a foodie. Ever since the lockdown started, both boredom and workload have increased, and we, foodies, find ourselves going through our entire stash of goodies. But with every parent and guardian insisting on eating healthy foods to build our immunity, sweets, chips, and other junk are an absolute no no in the house, so what are foodies supposed to do? Eat carrots to calm our cravings? Huh!

As if this wasn't bad enough, the internet loves to throw pop-up ads of mouth-watering dishes in our faces. Images of pancakes, burgers, and ice creams flood our brain and it takes a tremendous amount of self-control to restrain ourselves from running to the kitchen and stuffing our mouth with something.

But being a foodie doesn't only mean eating. It involves cooking, too. Ever since the Corona-virus decided to show up, everybody has been

avoiding takeout. Which has forced everyone to become their own chefs, and make their favourite dishes at home, like momos, pizza, and cakes. But anyone who has ever tried to cook knows that the process of cooking requires nothing less than your sweat, blood, and even tears when the dish doesn't come out the way you wanted it to.

But life as a foodie isn't an entirely bad thing; it might as well be the best thing that can ever happen to you. You might have lots of temptations, but this would also spark a lifelong interest in food. It'll help you appreciate the different flavours of life and be fascinated by the diverse options that exist. And even though this lockdown has been tough on us foodies, don't forget that we will get out of this one day and go back to eating at our favourite restaurants. Until then, we abide by the rules and wait patiently with our folks, knives, spoons, and chopsticks ready! 

Understanding Aarogya Setu

Giving A Thumbs Up to Our Virtual Shield Against Coronavirus

**Nandita Bansal, XI E &
Prisha Dubey, IX A, AIS Saket**

The coronavirus epidemic has the world in shambles, scrambling to take charge of an outbreak that has claimed hundreds and thousands of lives. People are panic stricken, as they try to stay at home and keep abreast of the situation.

Let's meet Geeta, another person struck by panic. Every morning, she scrolls through news articles and messages at superhuman speed, with every passing minute yielding more creases on her forehead. Suddenly an icon pops up.

Geeta: Wait, now what is this? Is my phone being hacked!?

Aarogya Setu: Calm down, I'm Aarogya Setu, and I'm a friend not an enemy.

Geeta: It talks. Geeta snap out of it, you're dreaming!

Aarogya Setu: Yes, I talk and I'm here to help you. I'm an application developed by the National Informatics Centre under the Ministry of Electronics and Information Technology, Government of India to help spread awareness about COVID-19.

Geeta: How can a mere application help us? This is way bigger a problem than one that can be solved by our phones.

Aarogya Setu: Will you allow me to explain? Using a phone's GPS and Bluetooth generated social graph, I can tell you if there's a Covid 19 infected citizen near you. Even the Honourable Prime Minister of India has advised everyone to download me on their devices.

Geeta: But...no application can do that!

Aarogya Setu: Not just that, but I also provide updated data regarding the number of cases in your country. I keep a record of information that the users enter and scrutinize this data to inform you of your infection risk chances.

Geeta: I am not naive enough to be tricked into giving my private information. How can I be assured of the safety of my data?

Aarogya Setu: Relax! A user's information is stored in a secure, encrypted and anonymized manner and any action is undertaken



only through your consent. Moreover, your location is also made private and is fetched at the time of registration or self-assessment.

Geeta: *sigh* What online classes do I have to log into now to learn how to operate this? It's going to be a hassle I assume.

Aarogya Setu: It's quite simple actually. First, install me. Second, switch on Bluetooth and GPS. Third, set location sharing to always.

Geeta: But how will I know that everyone near me has filled that information? Besides, how will one download change the whole na-

tion?

Aarogya Setu: ...Said one billion people! If everyone downloads this app, it can significantly reduce the numbers of cases and lower the risk of more people getting infected.

Geeta: This feels like a remarkable technology that will go a long way in the fight against the virus. I will surely download the app and ensure people around me do so too.

Aarogya Setu: I'm here for the safety of all! Humankind has managed to jump over all hurdles along its path. Through this small effort, everyone can be the hero of their stories, not the victims. 🇮🇳

Hang in there

A Heartfelt Letter To The Outgoing Batch Of 2020

Madhav Sharma & Bhuvni Pandey

AIS Saket, X D

Dear outgoing batch of 2020,

Another year gone, that too, in a blur. The ending of this year marks a new phase in the lives of many, just as the last year had or coming year will. But for you, this end has originated in a rather mystifying way, in bizarre and extraordinary state of affairs. Nonetheless, that doesn't make this moment any less momentous, does it? I personally always believed that the "Class of 2020" has a certain ring to it, but never did I think it'd all end this way. The conclusion of the cherished school life opens up a door of opportunity and brings forth another, unexplored chapter of life.

Today we are truly honoured to call you a distinguished alumnus of the school we study in. We are proud of your various achievements over the years, your various accomplishments in almost all curricular and extra-curricular activities. Your contributions towards establishing our school as a world leader will never be forgotten.

Over the years you have become an inseparable component of this red-bricked building, being the source of life and happiness in it for longer than the rest of us. And now as you move a step ahead in the ladder of life, making space for new students to fill up that expanse, we wish to tell you that your voice and deeds will rever-



berate forever in the corridors, playgrounds and classrooms of this school.

No matter how ambiguous the future looks today, years from now, you will look back upon these uncertain times and reminisce of how not only did you survive the pandemic, but also stepped onto the bizarre ways in this erratic world, frenzied by the fear of a virus.

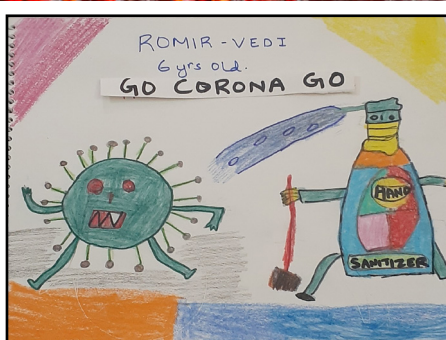
It is unfortunate that you embark upon the journey of life surrounded by the uncertainty of this

pandemic. However we have faith in you and hope this only makes you stronger and more motivated towards achieving your goal. As in the words of poet Robert Frost, "The woods are lovely, dark and deep. But I have promises to keep and miles to go before I sleep and miles to go before I sleep."

Wishing you all the best in the new challenges ahead of you.

Happy future! 

Artistic Expression



Romir Vedi, AIS Saket, I C



Manya Bhatia, AIS Saket, X C



Twisha Pandey, AIS Saket, IV C