

## Corona warriors



Dr Amita Chauhan  
Chairperson

I hope this newsletter reaches you in the happiness and comfort of your homes. As our nation enters second phase of lockdown, AIS Vasundhara 6 brings to you the second edition of their GT Quarantine Special. I am happy to see so much of sensitivity and fire in my students to do their own bit in their fight against this pandemic. While students from all branches are coming out with their own e-edition, from this issue onwards, we also bring to you, one real story, that runs common in all. It shall be the story of young corona warriors. These stories brought to you by GT reporters shall be featuring one initiative of any teen in and around us who has emerged as the true hero, inspiring others to beat COVID-19.

While students are doing their bit, let us also not forget the other superheroes i.e our Amity educators. Right from online classes to flipped classrooms blended learning models, from coordinating over emails to making themselves dispensable for students 24\*7, they have wholeheartedly engaged their minds, souls, sentiments and precious time for their students. I am immensely grateful to every Amitian who stands as a strong pillar that holds this institution strong and surging ahead in these tough times. **GT**

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# 'Shield'ing from the crisis

## Fighting Corona, One Mask At A Time



Kreetik Thakur

AIS Noida, XII D

The novel coronavirus brought about an abrupt chaos in our otherwise seemingly peaceful lives.

While we tried to keep ourselves safe by taking every precautionary measure possible, Satyam Mehta, a student of Class XI from AIS Noida, decided to step up and derive effectual safety measures not just for himself, but others around him. Thus, 'Faceshield' – 3D printed face mask, was born.

### Phase 1: The know-how

It was in the summer of 2018 that Satyam was introduced to the concept of 3D printing, when his father suggested him to pursue a course in the same. "When my father pitched it to us, we simply laughed it off. It was after attending a session that I found it highly exciting," recalled Satyam. It was through this very course that he crossed paths with his teacher Avikshit Saras, who was

### 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.



inspired to make a change. So when then the crisis came knocking, the decision to create masks using my knowledge of 3D printing was an easy one," says the young corona warrior. But what Satyam struggled with was making the face mask stand out in terms of comfort, breathability and reusability. After much deliberation, he and his teacher Avikshit, narrowed down to a minimalistic design featuring a transparent sheet of plastic that would cover a major part of the face. "Even though only one standardised size has been printed so far, it is a comfortable fit," says Satyam. Other than the comfort factor, the masks also rank in terms of usability, as they can be easily sanitised and reused.

instrumental in the production of the masks.

### Phase 2: The brainstorming

"Having been a part of Amity for so long, I have always been in-

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## 'Shield'ing from the crisis

### Phase 3: The production

Procuring the required materials for the mask production was a challenge, given the lockdown. The transparent sheets used for the masks were made of OPH plastics, keeping in mind that general plastic was harmful. He shared, "Printing one mask takes about 45 minutes but varies as per the capacity of the printer. The addition of the sheets adds another half an hour to the entire process. I wanted to create at least enough masks to be able to offer one to every helper in my sector. Thankfully, I was able to do so."

### Phase 4: The distribution

"My grandparents weren't in favour of me venturing out to distribute the masks amidst this lockdown. So, convincing them was a task," Satyam remarked. However, he has currently been able to distribute around 100 masks to the local watchmen and vendors. "Some vendors and shopkeepers even came upto me for getting the masks. It felt good to see them wearing it even after a few days had passed." 

Satyam also began his own fundraiser to support the daily wage workers, for which he ended up collecting over 36000 INR.

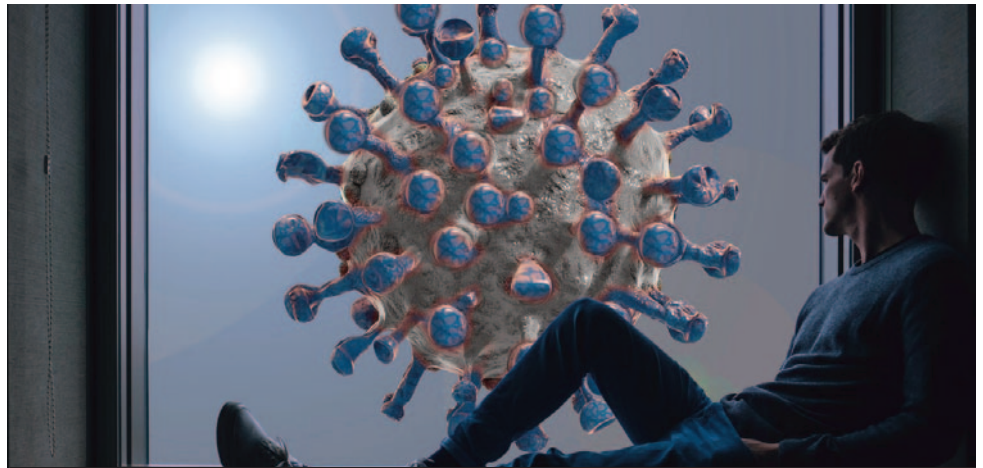
### Links:

<https://covid19india.squarespace.com/>

<https://milaap.org/fundraisers/support-satyam-mehta-1>



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.



## A mental health emergency

### Don't Let This Pandemic Get The Best Of You

Saanvi Wadhwa & Mann Bankoti


AIS Vas 6, XII F

For the past few weeks, majority of the world's population has been under lockdown. The threat of COVID-19 has instilled a world-wide fear; never in recent history has a microscopic entity shown such macroscopic consequences. With tens of thousands of people losing their lives, there's a universal anxiety that has gripped us all. With thousands plunged out of jobs, forced into isolation, the virus represents an invisible and ambiguous threat - we don't know who is infected, we don't have a cure, and we don't know how long it will last - sending nearly everyone down the rabbit hole of "what-if's" and "maybe's." A lot of studies link such isolation with anxiety and depression. Moreover, there is the anticipatory grief of your loved ones being infected, and a long-term financial strain that has crippled the middle class. The worst part is the open-endedness to the whole ordeal; more than anything, it is the uncertainty that eats us alive.

Pandemics know no boundaries; unlike wars, they aren't confined by geography. Adding to the lack of prognosis, researchers and trauma specialists report that the psychological impact of the novel-coronavirus will be unprecedented beyond comprehension, probably even greater

than WW2 and 9/11. Nearly all our institutions, national or international, will need serious rebuilding, but so will the structures within ourselves. We, as a community, need to embrace the fact that it's okay to feel afraid, to feel disoriented, exhausted or nervous; an evocation and time to process these complex emotions would be anything but unnatural.

The pandemic prompts us to start conversations about mental health in all our circles. The prioritisation of self-care has never been more important than it is today; coping with stress will make you, your loved ones, and in turn, your community stronger. Let these times be a reminder that taking time for yourself and doing exactly what you want is not something to feel guilty for, especially when we are in the middle of a global health crisis that affects every aspect of our lives.

It can be pointed out that Shakespeare wrote King Lear while in quarantine, and Newton too gave his laws of motion during such a period. However, to establish the notion that we ought to be productive during self-isolation is dangerous for our mental health. At the same time, taking on a project might be your way of coping—both reactions are perfectly understandable. Coping constructively is one thing, demanding productivity is another. What's important is that you remember to be kind to yourself and stay informed. 





# Our enemy, Corona!

How An Invisible Entity Managed To Make A Visible Change In Our World

**Achintya Mishra**

AIS Vas 6, VI C

Ever since coronavirus cases have been detected in my district, my lifestyle has completely changed. It has been more than a month now, and children like me are staying indoors. I miss all the outdoor games that I used to play with my friends in the society park followed by small friendly

discussions about school life. These days in quarantine have made me realise how I used to hate getting up early in the morning but now, there's no school. I have to attend all my classes online, I miss the personal interaction with my classmates and teachers badly. Weekends used to be so much fun. I miss my visit to shopping malls with my family and eating my favourite food in restaurants and

yummy desserts. But what can I do now, I guess nothing because the tiny virus has caught hold of our lives. All that the children of my age can do is remain confined within the four walls of the house and spend time with parents. Now, I talk and interact more with my father and mother. At times, I go out cycling alone as I need to keep myself isolated and protected from the crowd. Apart from my online studies, I try to read and

write about my favourite academic subjects and also do net surfing to get new knowledge and information about world geography. I pray to God that the pandemic crisis is contained quickly so that once again, children like me can go back to school, start attending classroom teaching, and play outdoor games with friends. And go to beautiful places during summer vacations which is not happening right now! [GT](#)

## Finding an old friend

### One Fine Quarantine Day

**Akaisha Mathur**

AIS Vas 6, VII D

Barbie dolls have been a girl's best friend for ages now. I too grew up playing with barbie dolls. During the lockdown, there was a cleaning spree in the house and as per my mom's instruction, all the drawers and closets had to be organised. Everyone was busy on the job. To my surprise, I found my treasure chest of Bar-



bie dolls hidden away in a corner of a cabinet. Mom had rounded

up all our old clothes for donation and kept them in a big pile.

Out of curiosity, I looked through the pile and found my old t-shirts and socks. Then a thought struck me- why not revamp my Barbies' dresses? At first, I started making their clothes by cutting and tying knots but it was difficult. Then, I learnt sewing from my grandmother and soon, mastered the art of putting the thread through the eye of the needle, tying knots and stitching. After learning how to stitch, my imagination went wild. I made around 50 dresses for my dolls and turned them into proper divas!



# The quarantine classification

## Because When In Crisis, Do This

**Yana Bedi, XI D & Ananya Sharma, XI E, AIS Vas 6**

If not anything else, this lockdown had offered us a long, unanticipated break from our usual lives. But does this break mean the same for all of us? That's what we'll find out in the course of this article. Introducing-

### The sleepyheads

This is the lot that is grateful to the almighty. These are the people, who in a quest to take a hiatus from the 'hard work' and 'toiling' they do at school, college or workplace, simply sleep all the stress out day and night. It looks like they are making up for whatever extra hours they lost while studying or doing homework when school was on. And thus, this is the only time they can cherish,

and nothing can encumber them on their way to a long peaceful slumber. And we all agree to the saying-why not make hay while the sun shines?.

### The insomniacs

Contrary to the first category, these are the ones who survive the whole day without sleep, because carpe diem. They wish to seize every moment they have and make it a point to make every second of the day count. Apparently, they have a quarantine bucket list, and sleep is definitely not one of those, not even a nap. Obviously, what if the world ends if for once they slept? So, making the most out of the situation, they stick to the screens, read books, play video games amidst a lot many accomplishments. Well, are those dark circles that we spot?

### The 'pro'ductive

This section consists of the population that is in an unsolicited contest since day one of the lockdown. Trying to be number 1 on the 'lockdown achievement scale', these people are in a bid to try out everything that they can get their hands on. Right from being Ramsay, to Picasso to Beethoven to even Michael Jackson, they are trying to do it all and attain it all. Tough competition to all-rounders out there. Mind it, these people are most likely the ones who are preparing a diary so that years down the line, they can tell their grandkids victorious tales of how they survived an apocalypse.

### The socialite

So, instead of going from the kitchen and back to the bed, where do these social butterflies go? An-

swers- Netflix, Instagram, WhatsApp, and the various other destinations of the virtual world. From getting all decked up for a new Tiktok video, to hours of zoom calls, these are the only options this poor lot is left with. Whatever happened to the weekend travel plans and party freaks. Don't worry, we're in this together. Resembles Big Brother much?

### The introverts

Ah, the blissful creatures who were prepared for this lockdown, pretty much since the day they were born. This is the golden period for them, as they do not have to say no to any plan, because it already stands cancelled. They don't have to interact with other people and these are most likely the ones with their 'blue ticks' off. Bring it on, they say!







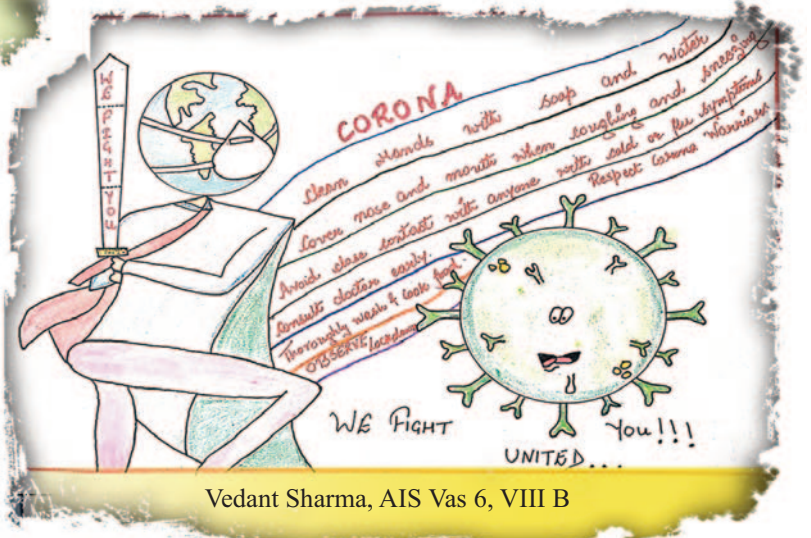
Adite Sharma, AIS Vas 6, VIII C



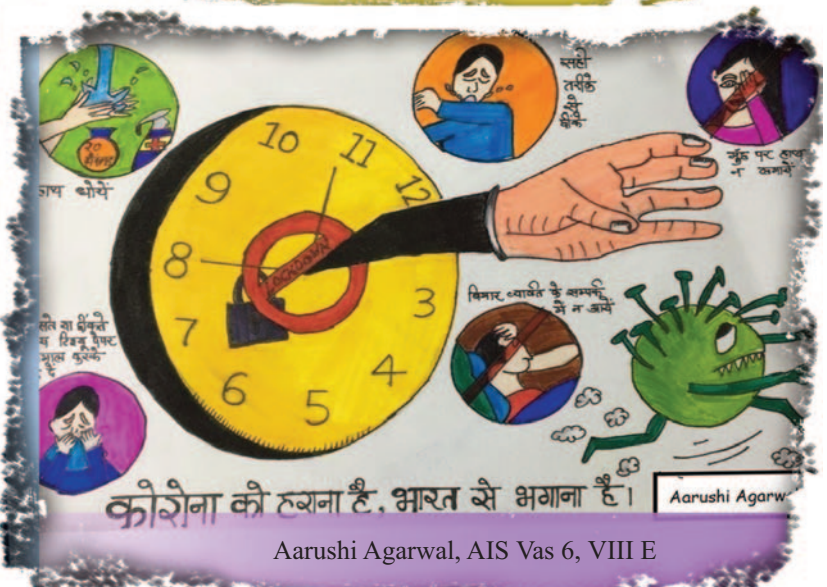
Aditya Dutta, AIS Vas 6, IX A



Arshia Vishnoi, AIS Vas 6, IV C



Vedant Sharma, AIS Vas 6, VIII B



Aarushi Agarwal, AIS Vas 6, VIII E