

New normal



Dr Amita Chauhan
Chairperson

Dear Amitians,
Hope you all are enjoying vacation time by staying safe and healthy. As the world reels under the pressure of lockdowns, India

has emerged as a nation which has fought the challenges in the best possible way it can. Social distancing, regular sanitisation, cleanliness, hygienic practices, not spitting in open, caring for environment, respecting relationships, being dutiful citizens, etc., are now the 'new normals' that have become the new way of life. A lot of these aspects were always being discussed and deliberated upon on various global and local platforms. But nonetheless, for some reason or the other, these could never completely become a part of our lives. Not that people were not aware or never cared, but the strong will and determination to adopt these as lifestyle somewhere lacked a bit. In fact, a lot of these are centred around the culture and tradition of Indian lifestyle. Be it our greeting 'Namaste' or use of 'turmeric' and 'tulsi' the natural immunity boosters in our daily diet, the Indian way of life is – the new normal. Indeed, it is a matter of pride for us and also a huge responsibility for all of us to now make this new normal the cornerstone of creating a better, beautiful and happy nation and happy world. **GT**

Angels in disguise



**WORLD
TEENAGE
REPORTING
PROJECT
COVID-19**



A Bow Down To Our Young Warriors

Maansi Anand

AI S Vasundhara 1, XII

Life is certainly uncertain, a notion that COVID-19 has laid bare for all. While many doctors and front-line workers chose to risk their lives to save others, some innovative next-door-superheroes did not allow the global pandemic to conquer their will and chose to put their creativity to its best use and serve the community. In this series of 'Corona Warriors', brought to you by GT reporters for the last consecutive six editions, we read stories of innovation, where young innovators, with care, compassion and creativity went out of their way during the lockdown period to spread the message that no matter what

happens, we will overcome the pandemic. This stories have been brought to you as part of World Teenage Reporting Project (an initiative of The

them to you, here's its last, final segment before we bid adieu. When we delved deeper into the subject, we were surprised to read that stories of innovation were not only limited to urban areas where children had access to resources which can help them invent; they ran deep into villages and districts where young innovators took charge to solve the problems being faced local inhabitants. Let's take a look at all the wonderful stories of torch-bearers whose dreams were much bigger than their size! From India's rural topography, we found some children who could no longer let other villagers in their vicinity suffer from problems like intense heat and water shortage. To fix this issue, Arjun, Mahesh and Piyush from Bhatkheri village,

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.

Global Youth & News Media Prize that strengthens engagement between news media and young people across the world). And as we delineated

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Angels in disguise

MP, managed to dig a 30-feet deep well within three days, all with the help of resources available at home! 9-year-old Golu from Jaitpur, Mahoba, also went ahead to provide the luxury of cold air in the rather hot climate to the people of her village, by inventing a mini cooler using limited equipment.

We also came across some brilliant minds, part of Atal Tinkering Labs (ATL) in their schools or cities, making landmark innovations in limiting the COVID-19 outbreak. We delineated one such tale in our Corona Warrior series, that of Shivam Mukherjee, a student of AIS Pushp Vihar, who created a wearable sanitisation band. Another such innovations included the corona tracker mobile app, automated touch-free doorbell & sanitiser and a COVID-19 website.

And the list does not end here. A team of school-going RJs in Kerala, kept people entertained under lockdown from their respective homes, while others like Mihir Vardhan from Gurugram, created 'The Terminator', which can help destroy any virus which might travel on the packaging online orders, as well as 3D printed face shields and hand-stitched face masks to meet their unprecedented shortage - another story that we promulgated in our warrior series. Other such inventions including Bengal's Diganika Bose's 'Air Providing and Virus Destroying Mask', and a unique wristband created by Maharashtra's 14-year-old Harsh Chaudhari, which stops us from touching our faces, await patent approvals from the Indian Council of Medical Research.

By bringing their innovative minds to the forefront and perfectly pairing them with their desire to serve the country - these little corona warriors have curated the perfect recipe for creative utilisation of their time, as well as helping those in need. And while they are at it, let us all come together in our thoughts and be a little more responsible in how we deal with the crisis. Because, being distantly together is the only way we can actually distance it! **GT**



Positive engagement

Say Positive, Do Positive, Be Positive

Ananya Mahajan, AIS Vas 1, VIII C

The unfolding of global coronavirus is leading people to be confined to their homes; borders are being shut and economic instability in increasing so much so that the current status is severely disrupting the social and physical balance of an individual. But, even in the times of stress and anxiety, we can take proactive steps to uplift our morale for positive engagement during lockdown:

Yoga to the rescue

We are in a difficult time, one that challenges many of us to find inner balance. Prayer and meditation gives a spiritual foundation to our day. Yoga along with breathing and meditation is best suited for this quarantine period. It can be considered as an all-round exercise which will take care of our body, mind, and soul.

Reframe the situation

How we interpret our emotions is down to how they are framed. That key is the control part. Stressful situations are often beyond our control, and we create anxiety and worry when we try to control what we cannot. Focusing on what can be controlled, on the other hand, can decrease feelings of anxiety.

Finding happiness

It may be wise, to spend less time trying to become happy, and focus more on the trivial things that make us happy. A well-established area of psychology suggests that we can improve our mood by focusing on the small things like hobbies, board games, classic TV shows and abundance of family time.

Writing journal

No matter what, start writing. When we write, it helps to remind us of the small things that brought us happiness. It also provides us with an archive of everything that has made us happy in the past, which we can reflect on later. During this lockdown period maintaining a journal / writing a diary would be a productive use of time.

Rejecting rumors

Knowledge is power; the more you know about a certain issue, the less fearful you may feel. Make sure that you access the most reliable sources of information for self-protection. Do not spread or share any unconfirmed news or information further. Stick to the known advice- hand hygiene and keeping a physical distance from others.

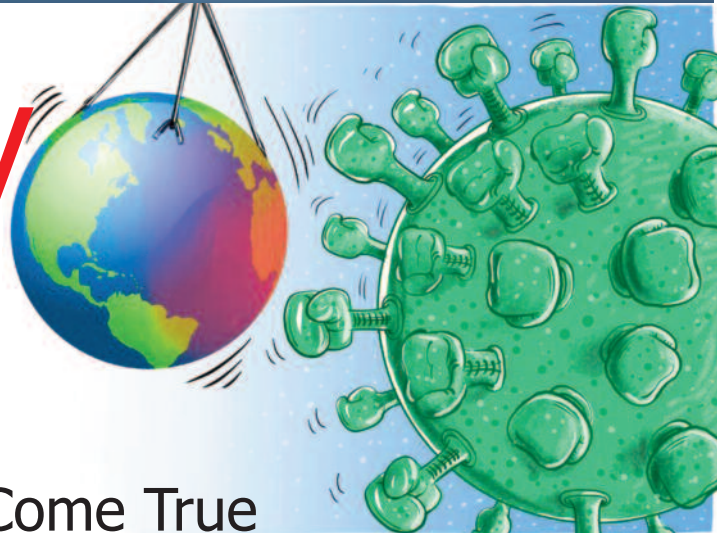
Upgrading skills

Upgrading one skill is one of the things to be done during this lockdown. There cannot be a better time to upgrade your skills as there are several online learning platforms and availability of diverse content catering from many different segments. Most importantly it is easier to put more dedicated time and attention to online learning, as we never got this much time in our faced paced life.

A note of gratitude

End your day, with a positive acknowledgment of something you carried out, learned or are grateful for. It will help dilute some of the negativity you have absorbed and reminds you that not everything that is happening right now is bad or depressing. **GT**

Far away in time



If A Fictional Story Would Come True

Krithik Sharma, AIS Vas 1, VII C

It all began in the 20th century when the highly contagious and deadly virus broke out. This virus was deemed to be under control but Robert Hayden begged to differ. He had been secretly building a time and space machine for the last 30 years. Robert knew what he had to do, save mankind before the virus wiped out everything from the face of earth. He headed off to planet Xylon for help. He was aware of such a planet existing years away from now.

5000 years later

"Wake up captain, wake up" Tron's personal assistant robot Robotix said. Tron woke up and checked the time. It was as early as three

in the morning. Before he could ask anything, Robotix explained "Captain, Professor Greenfur has called you in the control room, it's something important". Both of them headed to the control room to find Sheldon, Prof Greenfur, Ellie, Bessie assembled there already. Along with them was Robert, who had been constantly trying to contact them for any aid possible, preferably a vaccine for the virus.

They knew that humanity was harsh on the planet earth; that nothing could be done to salvage the kind of destruction that Robert's planet had undergone. Only a handful of the population survive, who were Tron's ancestors. "Are you here to do the same

to this planet?", asked Professor Greenfur. Tron was surprised to hear that there once existed a planet full of life. At the same time, he was disappointed in hearing what Professor said about the aftermath of reckless human actions. But it was all in the past now.


Bessie and Sheldon understood the urgency of Robert's situation. They tried to convince Professor Greenfur to provide assistance to Robert and his clan. They had the medicine, it was that advanced by then. A cure to every problem was found. However, it couldn't be handed over to a stranger so easily.

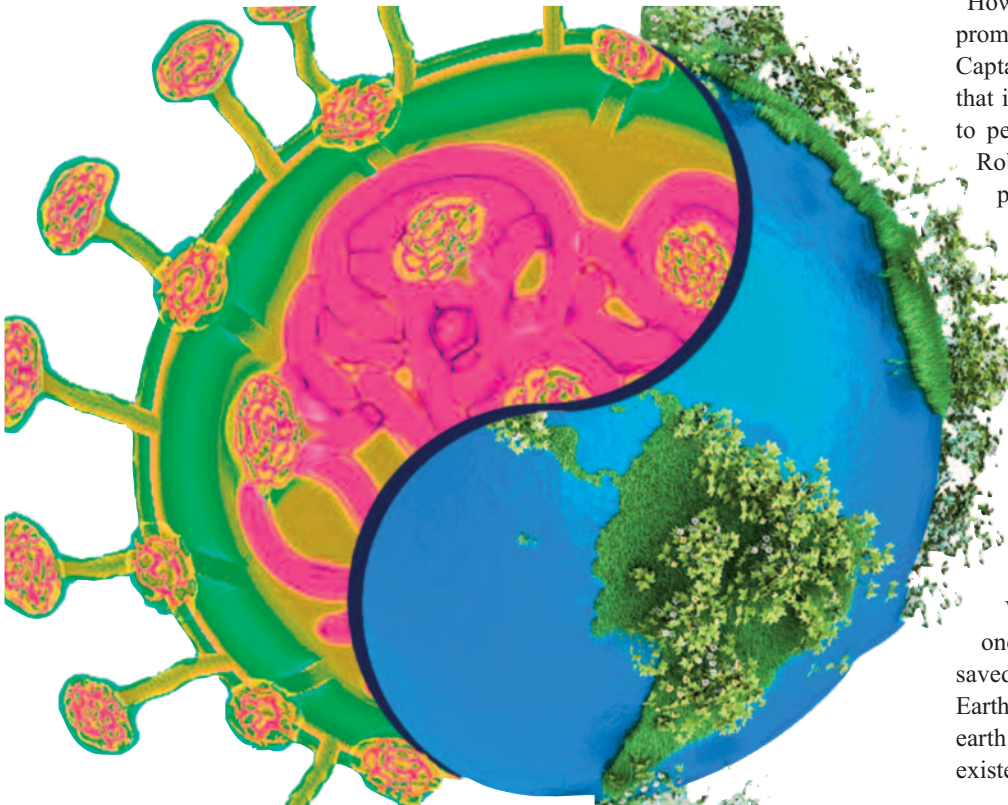
Robert was alarmed at knowing that humans were about to go extinct owing to this deadly virus. Thus, he devised a symbiotic strategy for the Xylonians and pitched it to them. "How about you give us the vaccine and we promise to turn your rocky planet green?"

Captain Tron reverted, "How can you think that is possible? We aren't enough creatures to perform a miracle on our own planet."

Robert said that, once the vaccines are provided to humans and if they manage to survive, then they will certainly pay back by not only bringing their planet to life, but also Xylon.

Professor Greenfur and Captain Tron appeared like they were interested in the plan. After a few minutes of deliberation, Tron summoned Sheldon to bring the vaccine prototype and hand it over to Robert. Thereafter, a deal was made and Robert was sent back in his Star Ship 1.

Vaccines were created on the basis of the one given by the Xylonians and lives were saved. Humans did it; greenery was spread. Earth was brought back to life and Xylon, that earth was to become 50 centuries later, only existed in Robert's memory. 



Isolation in space

Let's Learn A Thing Or Two

Pranik Rai, AIS Vas 1, XII B

Space, the infinite beyond, is the most foreign place for people on earth, and fantasy for almost everyone. Right now, people are stuck indoors, salivating at the thought of leaving their house. Space exploration is not a thing of most people's concern, but it is still the most interesting thing mankind has done so far.

Till date, only 566 people have been to space from 41 different countries, meaning that at one time, there aren't many people in space. And astronauts are mostly alone with their small mission control crews with the only other contact being via satellite to operators on earth, living a greatly exaggerated version of our isolation on earth.

We too are locked home with a select few family members and the only other contact being through the usage of devices connected to the internet. Granted, we aren't in zero gravity or on an extremely important mission worth

billions, but the lockdown is costing billions to governments and companies worldwide since work is halted, except for essential services.

Much like us right now, astronauts don't have much to do apart from their assigned jobs. But unlike us, they don't have ovens and dough lying around to bake bread whenever they're bored and they're definitely not making Dalgona coffee up there. Astronauts are selected after very strict tests, after which they are trained even harder to be the best possible specimen of mankind, mentally and physically. This is so that they can remain calm and stable in the toughest of times space brings for them, and that their body doesn't breakdown or fall ill.

In their training process, astronauts have to go through isolation training for weeks or even months at times where they have to live in camps with their teams. These camps are placed in deserts far from any form of civilization or vegetation, much like on the moon and Mars. Past studies have shown that



weak-minded individuals can go insane in such environments and even have murderous or suicidal thoughts during isolation. Such individuals even show a drastic fall in development, both mental and physical.

Maybe as a self-preservation exercise, we too, can learn from the astronauts. We might be stuck at home, but we still have the option of stepping out of our homes if we feel queasy (even though we shouldn't) whereas they spend six months at a time in space, a dark, vast unknown. It's barely been three months and we're all losing our minds at the prospect of being unable to step out for even a longer time. We may not be at our peak form, but maybe we can pretend to be astronauts living in space. [G T](#)





Life in difficult times

When You Evolve And Learn To Go With The Flow

Subhodeep Panja, AIS Vas 1, IX C

We all are in a lockdown since March 25 in an attempt to decrease the spread of the novel Coronavirus. It was a new experience for everyone and most of us tried to abide by the rules laid down by the Government of India.

Currently, lockdown 4.0 is going on and the restrictions are being lifted gradually.

The first lockdown was very strict as almost every single service ranging from public transports to big malls to educational institutes were closed. People were not allowed to go out except for emergencies. Most of the people followed the lockdown

rules and stayed home. Celebrities too advised people to stay home to stop the chain of the deadly virus.

There are many advantages of this lockdown and perhaps the best thing that could happen during this pandemic was that we could rekindle the bond with our family members and relatives which was somewhat snuffed out due to people's hectic life. Earlier we couldn't even find time to ask our family and friends about their well-being but now, things have changed for better. The lockdown has also compelled our parents to manage their office work from home as we continue to learn through online classes organized by the schools, which could not be even thought of in the regular time.

Just as a coin has two sides, there are disadvantages of this lockdown as well and these difficulties are especially felt by the daily wage workers and migrant labourers because they can't find work during this time and they usually survive on the money they earn in a single day. For older people, who are not keeping well due to their old age and have an existing illness find it difficult to stay fit and healthy. But as they say, good or bad times will not stay forever, we need to keep positive and pray to God for everyone's well-being. This time shall also pass soon, till then, stay safe. [GT](#)



POEMS

Locked at home

Kanishka Sharma, AIS Vas 1, VI D

You are locked at home
And have nothing to do
So, use this time wisely
As you're stuck with you

Play your part in the fight
And help us all save lives

You need to stay at home
And don't you socialise!

But shed a big heavy tear
For those working day night
They are the ones who will
Make the pandemic disappear

We all have our part to play
We should all stay at home
And practice our hobbies
For the many days to come. **G T**

Painting: Aaradhya varshney, AIS Vas1 KG A



Take the pledge

Avika Srivastava
AIS Vas 1, III CPainting: Rishabh Tiwari
AIS Vas 1 VII C

We were supposed to be cool
Spending time in the pool
But then a virus emerged
Making everything absurd

Even then, let's not fight
It's time to distantly unite
Let's obey this lockdown
So, corona shuts down

Let's learn to live with it
To overcome it a lot faster
Let's show all how to treat it
Let's show how to defeat it

Let's be at home to stay safe
For, it relies on how we behave
Come now, let's take the pledge
That we won't let it outstretch **G T**

Hero

Aaradhya Sharma
AIS Vas 1, II C

Heroes come in many forms
And don't always wear cape
A smile, a word or an action
Is sometimes all it truly takes

They help us without thinking
They put themselves at risk
They could be your life saver
Or a care giver for your fix

They look after our children
Keep our country functioning
They help all adjust and fit in
Without them, we'd be nothing

A hero comes in many forms
That much is very very true
Which is why I say it today
My hero is every one of you! **G T**

A wish and a prayer

Aditi Kashyap, AIS Vas 1, IV D

I wish I could go to school
And meet my teachers in person
To learn new things from them
At my knowledge junction

Science, SST, English, math
Hindi, sports, all a kind
Computers, art, dance and music
For a healthy body, soul and mind

Learning online is a lot of fun
But I am still at home all alone
It's not the same as fun with friends
In my school of brick and stone

But everyone stays inside

As there is a fear in the air
A little virus we cannot see
Is bigger than all warfare

Wash your hands, wear a mask
A namaste is better than handshake
Social distancing will protect us all
And make this world a better place

The moment will come soon
When I can go out and play
Run in park with all my friends
And stay out night and day

Wake up before the light of sun
Catch that school bus every morning
Going back to my dance class
And skate around every evening



Let us hope to welcome peace
A thought to make us happy
As God and science are together
To take care of humanity

My dear God, hear my words
And accept my prayer today
Give all a relief from fear
And take corona far far away **G T**

PAINTINGS

Aahan Kashyap, AIS Vas 1, IV C



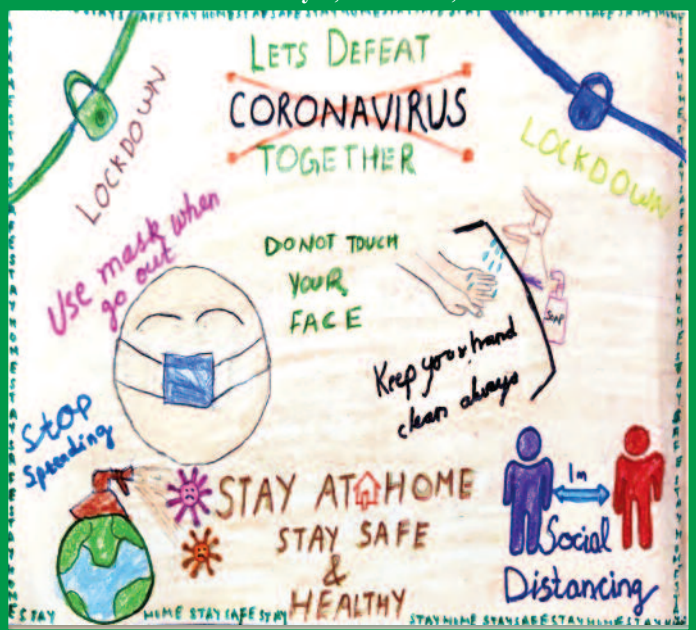
Akansh varshney, AIS VAS 1, V B



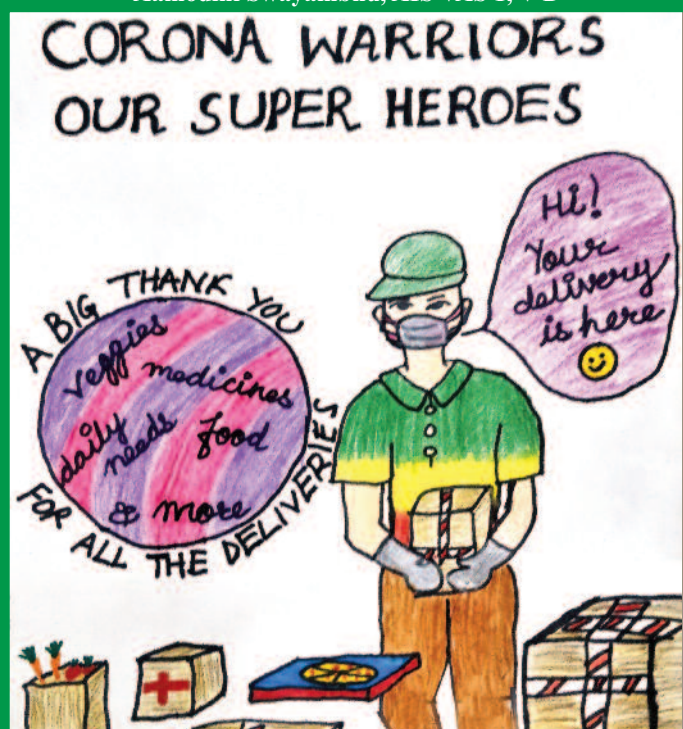
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