

From the crack of dawn, technology stirs us with its reliable alarms, and caresses us with the cooling breeze of our ACs as we drift off to sleep, weaving its wonders into our everyday lives. GT pays homage to this silent saviour that simplifies and enhances our existence with a brand new series, unwrapping A to Z of iconic tech pieces, one letter at a time. Here's presenting the Q in this series that changed human life as we know and live it.

Rubani Singh, AIS Saket, Alumna

**The tech:** QWERTY Keyboard  
**The inventor:** Christopher Sholes

#### How was it invented?

The QWERTY keyboard was invented to address early typewriters' mechanical limitations. Sholes filed the first typewriter patent in 1868, but it didn't use the QWERTY layout. Over a decade, he and his team modified the layout to prevent jamming, eventually patenting the QWERTY design on

# Quirky QWERTY

July 14, 1874. This layout separated commonly used letters to reduce the likelihood of adjacent keys being pressed quickly, thereby increasing typing speed and minimising jamming.

#### When did we get to know it first?

The first commercially successful typewriter, the Sholes and Glidden Type-Writer was introduced in 1874 with a 28-key QWERTY layout. Manufacturing rights were sold to E Remington and Son, who mass-produced it. The QWERTY layout gained popularity with the Remington No 2 in 1878, the first to feature a shift key for

upper-case and lower-case letters. By 1890, there were more than 100,000 QWERTY-based Remington manufactured typewriters across the country.

#### Why do we use it?

Using alternate hands while typing is a desirable trait in keyboard design. While one hand types a letter, the other prepares to type the next, making the process faster and more efficient. The QWERTY layout allows more words to be typed with the left hand than the right. Its key arrangement minimises hand movement, reduces the risk of repetitive strain, injuries, and promotes comfortable, ergonomic typing. As per the industry standard, QWERTY is supported by a wide range of applications, programs, and devices, ensuring a consistent and compatible user experience.

#### How has it helped our lives?

The QWERTY keyboard revolutionised written communication, aiding the rise of typewriters, computers, and modern keyboards. Familiarity with



**Fun fact:** 'TYPEWRITER' is the longest word that one can type using only the top row in a QWERTY keyboard!



its layout allows for efficient and comfortable typing. It is compatible with various devices, software, and operating systems, ensuring seamless integration. The layout promotes faster typing speeds and improved productivity. Widely available and affordable, QWERTY keyboards are accessible globally. They have impacted industries like journalism, administration, and content creation significantly. Despite other alternatives, QWERTY remains deeply ingrained in our culture, constantly shaping how we work and communicate. [GFI](#)

# Let's unplug and unwind

## Ride The Soothing Wave Of Digital Detox

Arushi Soni, AIS Noida, XII B

Scrolling through our phones has become a dominant part of our daily lives in our increasingly complex world. We understand how difficult it is to resist picking up your phone to watch just one reel, only to find yourself scrolling for hours that feel like mere minutes. It's a familiar struggle for many of us. But worry not, this brochure is your ultimate companion to guide you on a journey to reclaim your time, focus, and well-being through a mindful digital detox.

**Launch a new life with our 'At-Home Trial Plan':**

**Set clear boundaries:** Fix a specific time limit for your digital detox and enjoy a mindful experience of your surroundings. Adopt simple habits such as locking your phones for a few hours every day in the evening to spend quality time with yourself, your friends, or your family.

**Create tech-free zones:** Shun your phones at detox designated areas of your homes, like dining tables and bedrooms to achieve optimal quality of health and sleep. This can also be achieved by using a few apps like 'Zen mode' which lock up your phone for a purposeful amount of time.

**Disconnect notifications:** Temporarily disable push notifications or selectively enable them for important apps. This helps reduce the constant distractions that can disrupt your focus.

**Engage in offline activities:** Fill your time with activities that do not involve screens. Read a book, practice meditation, or spend time in nature. Find activities that bring you joy, allowing you to disconnect from the virtual world.

**Use alternative methods of communication:** Instead of relying solely on smart devices, consider meeting friends in person or scheduling phone calls.

Take the plunge, unplug, and experience some revitalising benefits by planning your next Detox Journey with us.

**Behold the results you can be sure of with our trial plan for digital detox:**

**Your body will thank you:** Constant screen time can lead to a sedentary lifestyle, contributing to various health issues such as obesity, eye strain, and poor posture. Taking regular breaks to engage in physical activities or hobbies that involve movement can improve overall physical health, boost energy levels and promote better sleep.

**Your emotions will thank you:** Social media often fosters feelings of comparison, inferiority, and anxiety by presenting a curated version of people's

lives. Taking a digital detox shifts our focus inward, encouraging self-reflection, self-compassion, and a sense of contentment. It also helps us reconnect with our emotions, build healthier relationships and reduce stress levels.

**Your mind will thank you:** Excessive digital stimulation distracts us from the present moment, making it difficult to fully experience our surroundings. A digital detox cultivates mindfulness, allowing us to engage our senses and appreciate the beauty around us. Whether enjoying a sunset or an ice-cream, unplugging helps us find joy in life's simple pleasures.

