

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

AIS 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

Continued on page 2...

"The ignorance of people about the current scenario demanded me to create awareness. As I am too young to go out, I de-



...Continued from page 1

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." **G T**

The journey to a new world

Let's Tread Towards It Together In Peace

Illustration: Siddhi Gupta, AIS Gur 43, IV A



Prisha Nigam, AIS Gur 43, IX C

Coronavirus, having been declared a pandemic, has affected the world significantly since the last few months. For this very purpose the government was forced to take a decision to lock the whole nation down. Although, the idea of being confined in our houses for an indefinite period of time was scary, but it did become the harbinger of a few significant positive changes. Case in point:

A breath of fresh air for all: New Delhi was ranked the most polluted city by WHO in 2014. But ever since this lockdown was introduced, the air quality index enhanced to a level that was unparalleled in the past few years. A pollution free environment was what we had been longing for, and this lockdown was indeed a blessing in disguise. Let's hope that the skies remain blue and stars remain visible, given that humans don't intervene.

An ounce of liberty for the wild: This lockdown opened paths for several animals and birds to show up unexpectedly. The critically endangered, South Asian River Dolphins, also known as Ganges Dolphins, have been spotted back in the Ganga river after 30 years. Tens of thousands of flamingos have gathered in the city of Navi Mumbai. The birds normally migrate to the area every year, but residents have reported that this year they have seen a massive increase in their numbers.

A much awaited treat for the aquatic: Ganga, despite being amongst the holiest rivers in the world, was often grimaced as one of the most polluted water bodies in India (thanks to human indifference and ignorance). However, this lockdown has brought it back to life, making its water fit for consumption for the first time in so many decades. The river choked with industrial residues, now breathes life due to a significant halt in the mindless drainage of industrial waste into it.

A reality check for humans: This time, like no other time, has brought families together. Even if our idea of having a nice time was limited to weekend outings, long drives, or even movies. But it was time for us to give a

new definition to it. On the brighter side, we realised that this world is for other species to dwell as well, giving them equal space and equal recognition. So, have we learnt that every storm gives way

to a silver lining. We just need to look for it with open eyes and accept it. The important silver lining a storm like coronavirus gives is that we can try and save our planet, while there is still time. **GT**

What it takes to save lives

A Doctor's Take On Working In The Frontline To Save Lives

Eshaan Ramaul, AIS Gur 43, X A

The word superhero has been redefined in the wake of COVID-19. Superheroes are no longer the ones in long flowy capes but the ones in gloves, masks and full PPE gears; the doctors, nurses and health professionals. One such hero serving in the war against the virus is **Dr Ritesh Rathee, resident doctor at Jawaharlal Nehru Medical College, Ajmer**. With sweat, toil and risk of infection, he is pushing forward through it all to help his patients. Here's his account of life as a doctor working in the current scenario.

Rising to the challenges

COVID-19 brought with itself, the fear of uncertainty, a major challenge that doctors had to deal with. The reason being, young doctors like me had never seen or worked for a pandemic before. We had no experience in handling such a critical situation when the guidelines of treatment were constantly evolving as well as there was no clear picture as to how big the impact would be of the deadly pandemic.

Facing the fear

Like any other individual, the fear of getting infected was initially there but it did not last too long. With time, we started getting more clear information and guidelines on how to



Dr Ritesh Rathee, Resident Doctor



deal with the patients while keeping our safety in mind. It was not the first time, before COVID-19, we had been exposed to critical diseases such as Swine flu, Hepatitis –B reactive, tuberculosis and others, and we had found solutions to cope up with such diseases. The real psychological turmoil cropped up during the quarantine period when one had nothing to do except wait. It was a true learning experience.

Rules and measures

The main precaution we had to take was wearing the PPE kits. There is a specific method to wearing and taking off the PPE kits, called

donning and doffing respectively. The doctors are also given prophylactic treatment of hydroxychloroquine to combat infection. Apart from these measures, we live in hotel rooms. One has to be cautious not to bring back any infection from the hospital so, on returning, the first thing I would do was take a bath and wash my clothes including the footwear.

The cost of safety

Wearing PPE suits, affected our efficiency and speed. The suits restrain movement as it is worn in three layers. The suits also cause a lot of sweating. The sweat would accumulate even in the N95 mask, making it extremely difficult

to breathe ultimately. While wearing the PPE suits, we have to hold urine and not even drink water for almost six hours, causing dehydration along with the feeling of falling down. Since, PPE is expensive and for one time use only, we have to be careful.

Words of wisdom

We are fighting against an invisible enemy and we are fighting hard. The lockdown period won't last that long. It will be lifted sooner or later and we will have to resume normal lives. All we can do is take precau-

tions. Remember to wash your hands, always wearing masks and maintain social distancing. Along with these steps, it is important to have nutritious diet for strong immunity. We must not forget that the fight against the virus will go a long way. **GT**

Going online...

...And Overcoming The Challenges That Come With It

Archita Dhiman, AIS Gur 43, X D

I woke up an hour late on Monday morning, and by the time I had thrown on a shirt, made a cup of coffee and logged onto Teams, my class had already been going on for about 15 minutes. It was a regular day for me, months after my school had switched to a virtual one. I quickly turned off my video; became distracted with the noise of sirens outside and so, muted my speaker, only to then realise that by the time you're done with all the nuisance, the right moment to join the conversation has already passed.

Over the course of my three-hour classes, I found myself texting on my computer, stepping away to make coffee again, running to the bathroom, and staring at the stuff presented by my teachers. I don't think my experience is unique; I imagined similar situations playing out in virtual offices and classrooms all across the world.

Well, don't you think this quick turn to platforms like Teams and Zoom is actually a step too fast for students? And particularly for students who are not so tech savvy. Isn't it difficult to attend a classroom mediated by a desktop or laptop screen and a microphone? What about the class getting disrupted due to technical glitches or some trouble with the Wi-Fi (remember poor connection). The challenges are many. Though there are many guides and videos available on YouTube fo-



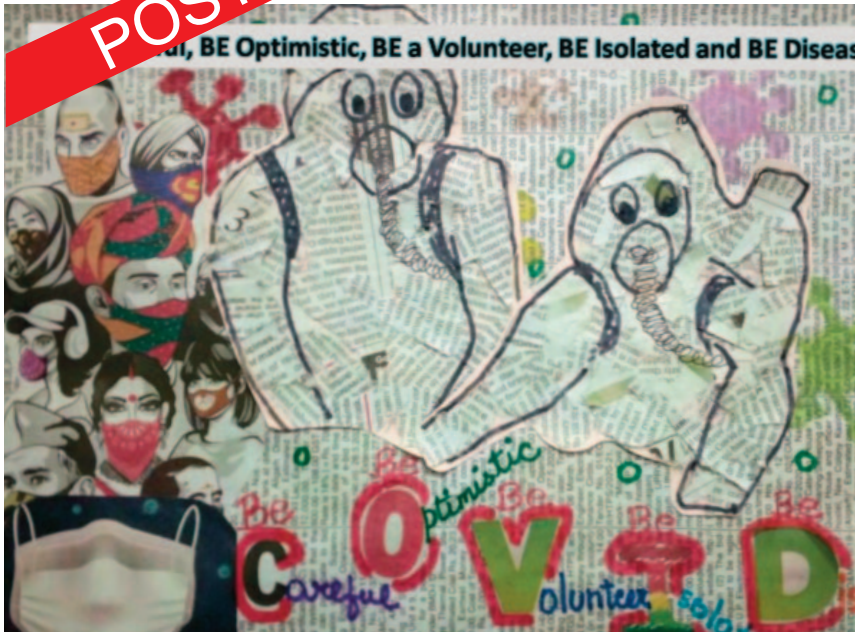
cusing on how to use such online platforms, can it be ever enough? Can it ever even come close to the real class engagement in schools? Well, I don't think so. But then, with the pandemic taking over the world, our lives have gone for a toss. And since, change is the only constant, all we can do is learn to appreciate and accept the change be it a virtual classroom for that matter.

The benefits of a virtual classroom are many in a country like India, where students can continue participating in classes without riding the bus for an hour; without being stuck in traffic. They can 'sit in' on a class while nursing a common cold or allergies that come with the season, which wouldn't have been possible otherwise. Even subjects like biology and eco-

nomics become an interesting read because of creative presentations and videos prepared by the teachers. However, it must be difficult for teachers to make back to back presentations only for us, all in an endeavour to make virtual classes an interesting one.

Well, this pandemic will surely continue presenting such challenges for all of us. All we can do right now is coping with it and hoping that these phases of trouble provide schools, teachers and students the opportunity to practice adaptability, patience and resilience. Making us more open to embrace the 'change' that life brings along at some point or the other. Hopefully, these experiences will serve as preparation for overcoming such challenges emerging in the future. **GT**

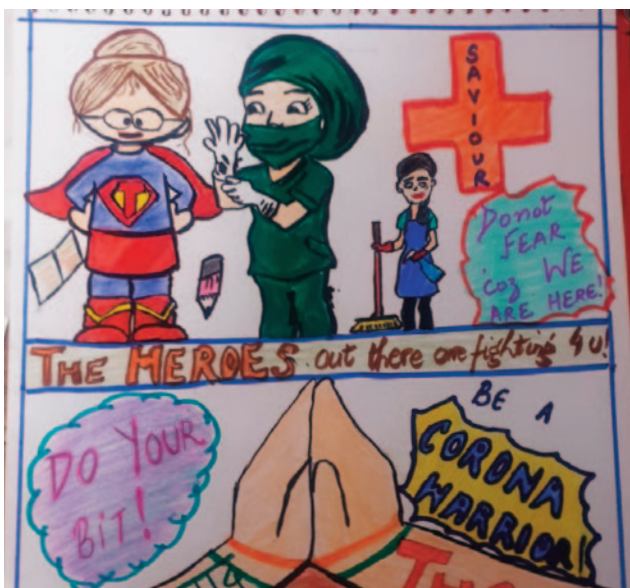
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