

The power of youth



Dr Amita Chauhan
Chairperson

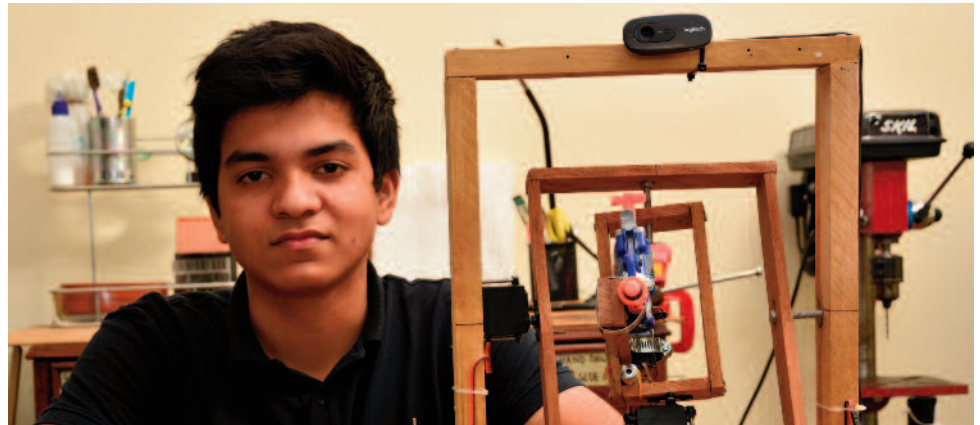
I am delighted to see that my Amityians have exquisitely used their time during lockdown and quarantine to create 'Quarantine Special' editions. This e-edition is truly a storehouse

of innovation, creation, compassion and care in the hearts of our young Amityians. With their ideas and fervour to bring forth positive happenings around us, they have kept all of us pragmatic and hopeful, keeping all the stress and tensions at bay.

Once again my young 'Corona Warriors With Pen & Passion' have truly shown what it means to be a journalist. It's a matter of great pride that the 'Corona Warrior' stories have been featured in World Teenage Reporter Project, which has stories of teenage reporters from other student-led or student-run newspapers from 21 countries like Vietnam, USA, London, Germany, South Africa, Tokyo, etc., on what their peers are doing to help during the COVID-19 pandemic. With this initiative of reporting inspirational stories of teenagers, by the teenagers across the globe, we shall create a unique journalistic primer which will shape the future of the world post-COVID-19. It will create a world that is more caring and sensitive towards the environment, a world full of love and compassion, a world full of respect for cultural diversities, a world happier and more positive. [G.T](#)

Heal the world...

...One Mask And One Step At A Time



Resham Talwar, AIS Saket, XII C

that face shields and masks were the way forward," shares Mihir.

In a pandemic where hope and humanity seem lost, Mihir Vardhan, a recent graduate from The Shri Ram School Aravali, Gurugram, (India) comes across as a ray of hope. Making 3D printed face shields and hand-stitched face masks in his room, Mihir aims to help hundreds of those in need. Let's trace his journey of embodying the youth's power this world needs.

Finding purpose for passion

Noticing his neighbourhood workers being exposed to solvents, which are a potential carrier of germs and viruses, he realised something had to be done. Looking for a possible solution, he turned to technology.

"Ever since I was a kid, I have been interested in 3D printing, robotics, hackathons, etc. My passion for technology has led me to believe that it has a solution to nearly everything, including coronavirus. A little technological probe and understanding of the given scenario, and I realised

Beginning of change

Thus, the winds of change started blowing from Mihir's very own home. "While I took to making 3D masks, my grandmother stitched cloth face masks for the needy. My parents

helped me deliver these masks to various hospitals across Gurugram, where they could be used by healthcare workers," he shares.

To extend the outreach of his initiatives, he has also collaborated with big hospital chains like Max and Fortis, several NGOs and companies

which aided him in producing the protective equipment and making sure they reach the ones in need. At present, Mihir is operating on a 'Pay what you can' policy, to ensure that he reaches more number of people.

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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.


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Heal the world...

Overcoming the odds

While making a difference is the need of the hour, it is a task that comes with its own set of challenges. And in Mihir's case there were plenty - making around 500 masks a week by working around 23 hours a day, constraints in transporting the masks to places far away from his abode, surging demand in the need for masks, paucity of time and the requirements of modifying the printer. Once again, he sought the aid of technology to tide over these hurdles. "I used my YouTube channel to spread awareness amongst people, to tell them that they, too, can help!" he comments. Other than reaching out for potential volunteers, he also sought out various companies and organisations through social media for his initiative.

Call of compassion

Mihir fears that the pandemic today has become a bigger calamity than we ever could have envisioned, which is why every member of the society needs to do their part, because every effort counts. "Whether it is handing out masks to the underprivileged or using the power of social media to spread a message, there is something that each one of us can do. And a united effort is exactly what we need if we wish to emerge victorious against this pandemic," he says, signing off. Well, we couldn't agree more. 

**WORLD TEENAGE
REPORTING PROJECT**
COVID-19 - HOW TEENS ARE HELPING

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.

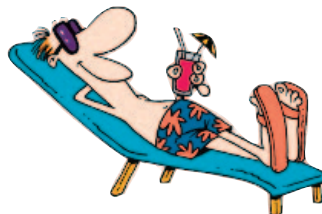


myth busters!

Let's Fight Corona By Dismissing Some Rumours

Bhanvi Nayer, AIS PV, X E

When something unfamiliar strikes the world, like the novel coronavirus, assumptions and speculations run amok among people. In the 21st century, this usually happens over social media platforms with Twitter 'scholars' and WhatsApp University 'professors' spreading false news like wildfire, causing widespread panic. During such a time, one must know what to believe and what not to. So, here's your COVID-19 guide to dispelling myths.



Myth: Exposing yourself to the sun or temperatures higher than 25°C prevents coronavirus.

Reality: Exposing yourself to the sun or to temperature higher than 25°C does not reduce the risk of contracting COVID-19. You can contract the virus no matter how sunny or hot the weather is. Countries with hot weather have also reported cases of COVID-19.

Myth: One cannot recover

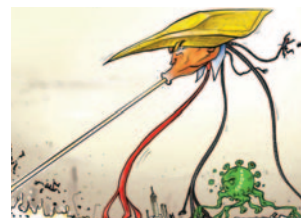
from coronavirus.

Reality: You can recover from coronavirus. Catching the virus does not mean you will have it for life. If you have cough, fever, and difficulty breathing, seek medical care. Most patients recover thanks to supportive health care.



Myth: Taking a hot bath can prevent coronavirus.

Reality: A hot bath cannot prevent COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. The best way to protect yourself against COVID-19 is by washing your hands frequently.



Myth: Novel coronavirus can be transmitted through mosquito bites.

Reality: Coronavirus cannot be transmitted through mosquito bites. It spreads primarily through droplets

generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.




Myth: Spraying alcohol or chlorine all over the body can kill the virus.

Reality: Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Myth: Coronavirus only affects elderly people.

Reality: People of all ages can be infected by COVID-19. But, older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more vulnerable to becoming severely ill with the virus.

Hence, before trusting information coming from Facebook posts and WhatsApp forwards, it is best to confirm it using official websites like the World Health Organization website, Indian Council of Medical Research website or the Aarogya Setu app. 

The untold tales

The Woeful Life Of An Extrovert During Lockdown



Yasmin Tandon, AIS PV, XI C

On other occasions, at this time of the day she would have been at brunch with friends, having a photo-shoot at the mall or getting ready for lunch with her family. If you ask her when was the last time she spent her Saturday at home, she would simply roll her eyes and brush off the question like it was never even asked. Oh, little was she aware that she was going to spend a whole lot of Saturdays (read every single day) stuck at home. The creaking doors often invited her to witness the outside world, but boy did she have a choice? This was life for the time being.

Monday (everyday) blues

As someone who is undeniably used to spending her days outside her home, she had now discovered, in just a matter of days

during the quarantine, that she was quite unserviceable when it came to chores. She was already so lethargic and lackadaisical that she was totally hopeless at home. One could say that her enthusiasm level was inversely proportional to the time she spent at home.

Social (distancing) butterfly

Every morning, sitting down for online classes, she found herself not only missing her friends and their antics. What made her nostalgic was also the scolding they were familiar to, owing to their classroom shenanigans. Oh! How she wished the pandemic was over. She would do anything to get out of the house and receive the apt scolding for passing a lunchbox in class.

The (empty) calendar

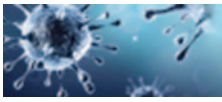
Every day of quarantine, she received a

new calendar reminder of a party or concert she was supposed to attend or a new movie she wanted to watch releasing, because who doesn't plan their outings a month in advance? Her own mobile seemed to be mocking her every time she pressed cancel on an event she already had her outfits planned for.

A (guilty) pleasure

But at the end of the day (she'll deny it if you ask her), this extrovert of a girl has another secret virtue. She has finally discovered a latent borderline introvert in her, who loves being at home. She loves catching up on her favourite shows, and even reading the books that she had planned to long time ago but never got the time to tend to. By the way, she rejoices the fact that she has an excuse to cancel on her extrovert friend (who little did she know...felt the exact same way). **GT**





The racial toll of a **virus**

A Discrimination Borne And Sustained By Apathy And Mindlessness

Teesta Chakraborty

AIS PV, IX A

The COVID-19 pandemic has transformed into a viral attack, changing the idea of normalcy and the fundamentals of lifestyle, social engagements and interactions in just a couple of months. While it has forced us to look at issues like ecology and climate – topics which are generally brushed under the carpet by the fat cats - it has also brought us face to face with one of the oldest elephants in the room- discrimination and racism.

COVID 19's point of origin being a wet market in Wuhan, Hubei, China –has led to most people blaming the Chinese pub-

lic for its transmission. Since December 2019, there has been a rise in acts and displays of prejudice, violence and discrimination against Chinese citizens or people who even 'look' Chinese. Various countries have reported cases of abuse on social media and public gatherings against people of southeast- Asian descent or appearance.

In India, the people from the Northeastern states bear the brunt of this discrimination the most. Several cases and posts reported in the social media are glaring examples of how insensitive and insulting prejudices can color the human mind beyond reason. A case in point was a post by a lady from the north-east wherein a child ran away

from her thinking that she was Chinese and hence, dangerous. Irony of ironies, this lady was a nurse and was spending 14 – 20 hours a day trying to save COVID patients.

The glaring contrast in perception is shocking. The Chinese earned the respect of the world in their meteoric rise to the position of a formidable world power by their single-minded focus on development. Technology – from e-commerce to nuclear technology – had been their mainstay. However, their Achilles heel - non transparency and secrecy - is probably one of the biggest reasons for causing this pandemic.

It has led people to develop ha-

tred for the Chinese and conspiracy theories are only fuelling that fire. This has subjected the citizens of china to insults, emotional abuse and prejudice – a completely misguided discrimination by generalization.

As much as we have made up our minds to blame the entire country for causing this crisis, one thing is to be understood – such discrimination doesn't spare the innocent. The general Chinese public is innocent. Even they have faced what we are facing now. In fact, by extending the discrimination to 'Chinese looking' people, we are inflicting pain on our own people. Incase you have any doubts on what the hysteria of hatred can achieve, ask the Fuhrer! **GT**

Crisis upon crisis

Here's Doing Our Bit To Minimise Food Wastage During Lockdown

Shraddha Pandey

AIS PV, XII A

The Covid-19 outbreak has caused serious disruption to society and created hindrance to the prosaic lives of many. With the government placing a complete lockdown on the country, one of the main instructions issued was to limit trips outside your home to a bare minimum- which unfortunately includes grocery shopping, which has also prompted the masses to practice stock buying or panic buying. This practice however adds to the already existent challenge that we have been dealing with since decades- food wastage, which is one of the leading causes of climate change.

Can you avoid it?

Since the start of this pandemic, we have grown used to images of supermarkets shelves stripped bare of their contents- rendering many in need unable to purchase the supplies they require. Understand, buying in bulk only saves money if you are able to use all of the food before it spoils. Therefore, food waste can be curbed right at the grocery store, when you decide to drop only the items that you really need in the basket. Not only does this help in mitigating food waste, but also enables other to purchase the essentials instead of having to hop from one store to other in panic.

Can you preserve it?

Now what if you've already

bought more than you required?

This is where you need to think about effective strategies as to how you can utilise the bought item to the maximum given that it is not easily perishable. Freezing food is said to be the most effective strategy to reduce food waste. The fridge is the best place to store your fruits and vegetables, and research shows that storing food in your freezers has the potential to make it last three days longer.

Can you innovate it?

The lockdown has awakened our inner chefs, since we have been restraining ourselves from ordering from outside. And when we cook, we can't really measure the exact amount needed for lunch or dinner, resulting in left

overs. And most of us tend to ignore this leftover for days, which then goes to the dustbin straightaway. Hence, this is also one way to showcase your creativity. How can you bring the previous night's rajma -chawal to use? Either consume it, or simply convert it into a pulao. Spice it up differently, maybe add a few different elements, and you'll find yourself with a perfectly new dish to eat.

Food wastage is a problem bigger than our eyes can see. The food that we simply throw in the dustbin eventually rots in landfills, adding to its size and toxicity. It is a problem that is magnifying due to our indifference. Enough food for thought? Let's get started and do our bit. [G I](#)

