

Back to roots



Dr Amita Chauhan
Chairperson

As the whole world still grapples with COVID19, immunity has become the buzzword. Medically defined as the natural ability

of our body to avert diseases and germs, immunity is more than just a shield or a defence mechanism. It's an exemplary blessing of the Almighty that keeps our mind and body going even when we are sleeping. As we sleep, our antibodies, the cells of immune system clean up all the germs and disease causing elements our body gathers. We must be grateful to God for empowering us with restless warrior cells which fight relentlessly, for us. The new normal which we should now adopt is to take utmost care of this magical blessing of the Almighty. India, in this sense is a true leader with its rich vedic ways of living. Scientific researches have proven that regular use of turmeric and tulsi has rendered Indians with a unique immunity. Drinking warm water, having tulsi tea, practicing yoga and pranayama, including spices and herbs like cardamom, ginger roots, coriander roots (yes, its roots are medicinal), mint, giloy (Tinospora) black pepper, cinnamon, etc provide essential oils and micronutrients that boost our immune system. It's time we adopt our vedic systems again and build our inner defence to fortify our outer world. 🇮🇳

A masking marvel

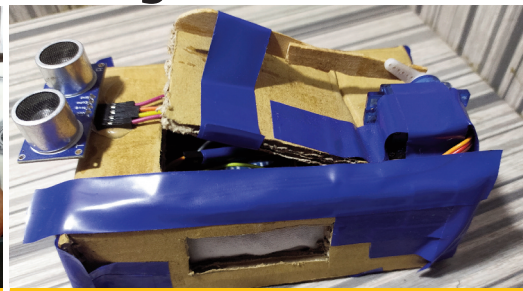
Caring For The Ones Neglected Till Now



Nadish Gulati



Dhruv Gupta



The prototype of smart mask

Sayantani Dubey, AIS Gur 46, XI I

As the world paved its way through the raging Coronavirus pandemic, fragments of hope seemed to be in short supply. People rushed for cover to keep themselves safe and 'masks' became the new oxygen. But who knew that 'mask', the new saviour of our life, brought challenges for a whole community of people who suffer from chronic respiratory diseases like asthma, bronchitis, chronic obstructive pulmonary disease, etc. Realising the struggles of having to wear a mask for a long time period for people suffering with such diseases, **Nadish Gulati** and **Dhruv Gupta**, two students of Class X A of Amity International School, Gurugram 46, came up with the concept of 'Smart Mask'.

An idea is born, a flame is lit

It all began on a hot, summer day of the ceaseless vacation that the lockdown had put them in. "Wearing regular masks for longer durations was uncomfortable for us, so we couldn't help

but ponder how arduous it must be for people with respiratory problems," said Nadish Gulati. Dhruv Gupta added, "Our elderly neighbours told us that wearing regular masks for a longer duration hindered their breathing and they felt conscious in removing it to even drink water when there were people nearby." And hence the duo thought of switching to a better alternative, by spending their time in the invention of the much required smart mask.

The design of novel mask

The helping hand, Smart mask was invented using Arduino Uno, an open source microcontroller board and ultrasonic sensor. The sensor plays a significant role in the mask as it identifies the distance between two people and whether they are at a safe distance of 2 metres or not. If the distance is fine, then the mask automatically opens with the help of servo motor attached at the top of the mask and shuts down again if the distance gets reduced. Hence, helping people with chronic respiratory diseases to breathe freely without worrying to get infected by the deadly virus.

Continued on page 2...



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.

...Continued from page 1

A masking marvel

Bitter toils and sweet victories

There is no victory fully acknowledged if it wasn't won over obstacles. Nadish and Dhruv, too, faced their set of challenges. "Design was our biggest challenge. We wanted the mask to be handy, but adding additional features to the mask increased its weightage and occupied a lot of space, so we had to figure out how to keep the features intact and reduce the weight. The planning process didn't make this struggle any easy as we couldn't physically meet to solve the issue due to the lockdown." But then again, there is no hurdle that cannot be overcome, and after researching, laying out designs through video calls and online meetings, the mask was created, proving, once again, that where there is a will, there is a way. And none of it could have been possible without the support of their parents or their school. "Our science teacher and our class teacher were both a constant source of inspiration for us and helped in solving any problem we faced in the process. Without their support, it wouldn't have been possible!" both expressed.

Making of a masterpiece

The mask is environment-friendly and also reasonably priced, "One unit of the mask costs 550 INR to assemble. We are looking for lighter and smaller alternatives to the machinery as compared to ones which we are currently using. This will significantly reduce the weight, size and price of the machinery," explained Dhruv. After having tested the utility of the prototype of mask on grandparents and neighbours, the duo plans to make their invention commercially available in near future. While we continue to regard this pandemic as a diabolical tragedy, it is helpful to associate it with epiphanies like the one Dhruv and Nadish turned our attention to, both standing as an epitome of how one is never too small to bring about a big change.

Starting their journey with compassion, these young innovators, with their earnest hard work, crystal clear vision and touching hopefulness, aim to help the world. "We are all in this together, we will get through it and come out stronger," is what our corona warriors, Dhruv Gupta and Nadish Gulati firmly assured. 🇮🇳

The nine lives

So, Which One Do You Choose?

Resham Talwar, XII C, Sapriya Sharma, XII F & Vibhu Khare, XII C, AIS Saket

The pandemic that we are faced with is a constant reminder that we are fighting a battle. Tasked with saving oneself from this danger, the most powerful tool man has is that of continuously adapting and evolving, putting us in the same bag as our furry friends, the felines, who narrowly escape death with their superhuman abilities of climbing, running, and hiding, making it look like they have nine shots at life. A man's nine lives during this lockdown come as he evolves in the following ways.

When situations shifted...

A universal stride to survive has brought about greater understanding between us. Shifting our comfort zones, we are finally respecting our surroundings.

I- Food and Frolic: As life metamorphosed from fast food to freshly prepared home-cooked meals, we all moved towards an improved diet. The fitness freak inside all of us has awakened and is pushing our lazy, lethargic selves to give up on more food. To have grown from those temptations and to understand the need to remain healthy, is what rebirth truly looks like.

We- Technology and Transformation: Many questions- Classes, grocery shopping, catching up, entertainment; one answer. Digital methods are helping us become the best versions of ourselves. If you can operate that laptop you own, you've acquired a priceless skill that I hope stays with you in your new life.

Us- Universe and Unity: From the clean Ganges water to the levels of pollution reducing globally, the stride to survive is universal. This pandemic has helped us in adapting to the changes taking place all over the world. And none of this would've been possible without us universally adopting an understanding of this matter- and so, dear



friends, you're a vital part of the change too!

When attitude ameliorated...

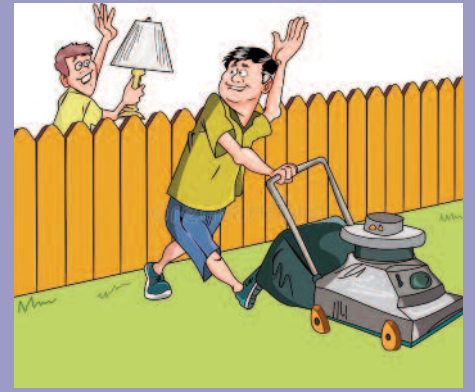
As all of us deal with sudden events in our lives in different ways, it is notable that there are fragments of all of us which have learned the powerful lessons of building resilience and character in the face of the problem.

I- Gratitude and Growth: We have all learned to be grateful to our resources and our technological know-how for survival, our families and teachers for support, healthcare and policy workers for saving lives, and the Global Times for this platform. As we introspect, we realize that learning to be truly thankful- of people, and circumstances- is the rebirth of a man's mind and personality.

We- Satisfaction and Smiles: With his acceptance of reality and contentment with the present, it looks like the evolved man has paved his path towards happiness. A happy and content life in such times, as we can all agree, is not any less than a life-saving miracle.

Us- Freedom and Fairness: It took us generations of colonization to respect the virtue of freedom, however, it took just one microorganism to truly understand the value of freedom in our lives. The freedom of

...Continued on page 3



...Continued from page 2

breathing in pure air and the freedom of normalcy- the essentials of life, but at the cost of life itself? No. Thus, the evolved man is saving himself now by curtailing his freedom and is delving in the other facets of life.

When relations meet revelations...

As we proceed to continue our busy lives, within the four walls of our homes, we notice things we overlooked before.

I- Living and Loving: Now that we've all been forced away from our just so very metropolitan fast and moving lifestyles, the comforts of our homes, is where we reside. It's as if we never thought about the hands that cook and pray for us. Maybe now, when we begin to walk towards the abnormal normalcy of life, we'll think of thanking the faces that never once complained.

We- Within and Without: With the fresh air running past our face at the edge of our balconies, we notice the scary silence that falls upon the streets. The absence of the routinely smile-and-

wave at the neighbor; the absence of the watchman's voice yelling at the dogs. How is it that the same silence that we longed for, now haunts us. Maybe now, when we walk towards the grocery store, we'll smile-and-wave out of pure joy and not self-developed obligations.

Us- Storms and Survival: The confounding screens may not bring us together, but they reduce the distance of worlds apart. The distances that took away the bonds we swore not to outgrow, now slowly come back to life. It brings hope as we laugh together, in the face of this tragedy, that come what may, we can survive any pandemic, as long as we remember to love.


So, which of your nine lives have you used this pandemic season? 



Illustration: Sanya Bhoji, AIS Saket, XII F



COVID-19 conundrums

But Do You Notice The Bright Side of It?

Manavendra, X B & Aditya Khuntia, X C
AIS Saket

Ever since the Coronavirus pandemic occurred, the world has plunged into hysteria and confusion. Students were originally thrilled at a lengthy vacation, but soon that thrill turned into frustration. Very ironic, because most of us (including me) disliked going to school early in the morning and wished for a reprieve, which came in the form of the lockdown.

Even after the school announced online classes, it didn't seem to bother us initially, but boy, were we in for a surprise! School would start at 9 in the morning and end at 1 pm, with a doubt session as well. I smiled ear to ear on hearing this. School would be a breeze, no doubt. Instead, I found online classes as my new found nemesis.

All day we are compelled to stare at a screen and finish tons of assignments, quizzes and tests. Only if we ever knew that one day we'd be dreading at the sight of gadgets! From waking up every single morning with those groggy eyes to sitting down in front of the laptops, half eyes closes, to our teachers

struggling ever second to grab each student's attention to the lecture, the struggle is real, friends! Not to forget the incessant amount of interruptions that occur at home and while using WiFi.

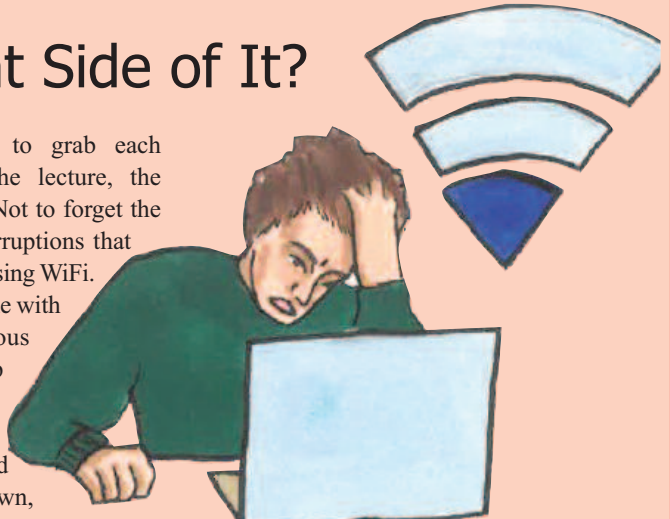
Worst of all, excessive time with gadgets has taken a serious toll on our eyes. Sleep cycle is all over the place. If we had any thought our sleep would get better after the lockdown, we were never been so mistaken.

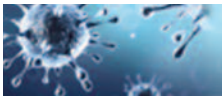
Also, the online classes are susceptible to poor bandwidth and sometimes not working, due to the slow network. This is a nightmare, because even if we miss one class, it sets us back a long way.

Now that's our predicament. But the teachers go an extra mile to make us comfortable and with the lectures. Those comprehensive presentations, quizzes, flowcharts, etc. It would be highly thankful if we don't give them a shout out for their commendable efforts! Handling online classes must have been an even more tense

and irritating experience for them, especially those who are not so accustomed to gadgets and the internet. Kudos to the teaching faculty! Very graciously our alma mater has given us holidays, sympathising with the condition of our eyes and body.

So, now when we will enter our school premises (if we ever do) in a COVID free world, we will do so with a certain gratefulness for what we took for granted—our library, our playground and most importantly our friends and teachers. Because every day is a new learning for each one of us and so is this pandemic. **GT**





Cooped up during COVID-19

How To Cope With The Struggles Of Being Home

Hridyanshu, AIS Saket, X B

Across the world, families are cooped up inside their houses together — with parents managing both their kids and their education, and their own professional commitments. This account below is of one such family highlighting the struggles of being home.

Low Simmer: When there is little activity in the pot

A new morning begins with grandma's good morning message in the 'Family WhatsApp' group at 6:30am sharp. More than the alarm, the notification is more effective in waking up a person. The 'five minutes more' protest may not be fulfilled during this lockdown because children have online classes.

With online classes, the children have lost their evergreen excuse of leaving their homework at home. Sigh!

Simmer: When the fun is about to start!

Over with online classes and a break from working from home, it's time to find the solution to "aaj khaane mein kya khaaye?" This question has always been of great importance and debate. From mom's simple homemade food to dad's authentic Indian food to the kid's western pizza and burger, the debate goes on and on.

But, what about the time when the father-son duo of father takes over the kitchen? Either a



#CookingDisaster or #FoodGoals!

Rapid Simmer: The fun picks up a pace


Over with lunch, dad gets ready for his Zoom meeting in the evening and expects others to maintain silence. But, it's lockdown time and boredom has boggled everyone's mind. Mom has pledged to continue her online Zumba classes and the kids have pledged to become the best in FIFA. Things are heating up rapidly and dad's patience has reached its limit. With his boss on call, dad is carefully navigating through the living room, trying to find the best spot.

Water is boiled: Fun has reached its peak!

Dad has found his perfect spot but it's time for mom to watch her daily soap, a perfect way to relax after Zumba. Resigning to his fate, dad

finally settles in the bedroom to continue with the meeting. After a stressful meeting with his boss, dad seeks to unwind but where? Every spot is spoken for. Dad finally stretches out on the bed and takes a well-deserved nap till he has to help with dinner.

Time to turn off the heat: The fun finally cools down

For dinner, mom and dad cook up a delicious storm, ending with homemade mango ice cream made by grandma. Post dinner begins the nightly ritual of dad turning on the news and criticizing the public for not following the government guidelines. Flipping through the channels, he stops to listen to the news anchor criticize China. Well, not a day has gone by without the nightly discussion on our neighbour China. 



CAMERA CAPERS

Raabia Ali Abidi, AIS Saket, VII B



Spending quarantine

As Effortlessly And Happily As We Can

Leela Ajeet, AIS Saket, X C

Yes, we are in a lockdown and it is perfectly understandable if you have reached a stage where you are lying on your bed and you want to do something productive, or you're simply unable to, because you simply do not want to. Well, well, you're not alone. But here is a list curated exclusively for you, so that at the other end of the quarantine, you can say that you were not your idle self (you can tell yourself that!)

For the masterchef in you

Ingredients may be limited in the kitchen, so is your will to get up and drag yourself to the same arena. But that's exactly what watching Masterchef – limited ingredients rounds – has prepared us for. Also, when else are you going to get the opportunity to justify watching TV?

For the environmentalist in you

Look around. You are missing something. I have recently been assigned the mammoth task of watering our balcony – meaning jungle – of plants. Trust me I didn't like it at first, I just did it by routine. However now you may catch me having a long philosophical conversation with a Ficus. They have feelings, too, you know!

For the bibliophile in you

Don't you just love being able to shoot the names of prize winning books you have read when your friend is going on about some designer shoes. This is the perfect time to stock up on ammunition by reading all the books on the 'Goodreads' list.

It happens to be that it took me 4 lockdowns to list the 3 vital things to do during a lockdown. So all I can suggest now is that do



these and any of the other goals you have and make them into a routine. You probably will hate your routine and will want to throw a few punches here and there. But at least you will go to bed satisfied that you have done something and perhaps, as my Ficus says, you may just end up enjoying it.

My mom says this plant is not a Ficus. I would like to still call her that as she, the Ficus, doesn't mind. [Gf](#)

POEMS

This time, even more realistic

You start to think of what scared you
Not realising you were calling to it
The memories caused a sharp pain
Almost like being hit by a bullet

A nightmare, ghastly and unkind
Climbs up the ear and into the mind
It paints a picture of death and defeat
A nightmare that makes you skip a beat

But I have always heard
Face your fears, don't run from it
For I know I'll be stronger when
I know I can stand my ground [Gf](#)

The greatest healer

Diya Arora, AIS Saket, VIII B

He created each one of us
Moulding us bit by bit
He allowed life to flourish
And kept this world sunlit



He created this beautiful nature
He gave us the chance to exist
And how do we pay him back?
By fighting this crisis and persist

It might seem unfair, unjust
This situation is certainly of unrest
But we have reached till here
So take it our stride, we must

Let's open our eyes and heart
To the ones that need us
And to the ones voiceless
Remember, kindness comes first

Time is the greatest healer
And we will come through
Let's hope for the best
And await a beginning new [Gf](#)



A nightmare like no other

Diya Arora, AIS Saket, VII B

You wake up with a start
Dreading your sub consciousness
Wish you could reverse what happened
Wish you could lie there motionless

But the fear tramples you
Causing you to think about it
And reliving it is even worse