


## Self-Reliance



**Dr Amita Chauhan**  
Chairperson

Dear Amitians, as I listened to the speech of our Hon'ble PM Narendra Modi on 'Self-Reliance' or 'Atmanirbharta', I felt proud of the fact that my Amitians are very self-reliant because that's how we have been nurturing each one of you over the years. Our multitude programmes like YRoNS, AIMUN, Youth Power, Vasudha, etc., are designed in a manner to instil in each one of you sharing, caring and self-reliance at the core. These programmes aim to equip learners with key life skills like time management, discipline, self-management, etc.

'Self-reliance' has been an essential part of the lifestyle in India since ancient times. Earlier students used to be sent to 'Gurukuls' where they learnt to cook, search for food, clean up, serve their gurus and classmates, etc. Such system imparted the value of community service and also made the learners more self-reliant as they undertook various decision making roles and responsibilities.

In these 70 days of staying at home, most of us have learnt and are learning to do many chores on our own which we earlier probably never did. From washing dishes to doing laundry, fixing the delicious evening snack to gardening, we have been trying our hands-on everything. So, this summer vacation, lets continue doing them more because being self-reliant will not only make us value our life, but also, make us realise that we should be grateful for every small and big privilege that life accords us. 

# Vent(it)lator robot

## Breathing Life Into A Debilitated World

**Dhriti Seth, AIS Gur 46, XII I**

With 5.11 million people testing positive, the battle against COVID 19 has become more fierce than ever. Today, scientists, epidemiologists, researchers, and doctors around the world are putting in the best possible efforts to battle this contagion. With many innovations taking place everywhere, a young brother-duo, Vinayak and Kartik Tara, aged 8 and 12 years respectively, from Haryana's Ambala district, in India, too decided to do their bit. Their offering? A ground-breaking automated ventilator.

### The making of a saviour

While India was battling the virus head-on, challenges were inevitable, and some of them rather conspicuous; one such being the shortage of ventilators. The use of less efficient manual ventilators only added to the difficulty, something their innovation could easily overcome. "Our model automates the process of hand pumping in a manual ventilator, minimizing human intervention, as is required today. When the ventilator is connected to a circuit, a balloon-like structure is compressed by a motor be-



**Vinayak and Kartik with their prototype**

tween two wooden walls that act as artificial hands, set at a particular speed and time. All this is connected with a mobile app to accurately monitor the patient's health through it," elaborates Kartik.

"Though still a prototype, it has been tested and proven successful in helping the medical staff," added Vinayak.

### The success story

Although the prototype is ready for the world, it was not without some challenges of its own. "Due to the lockdown, we were unable to go out and shop the required equipments. Thanks to our dad, And our robotics teachers who made sure we got everything we needed at the right time," says Vinayak. "Since

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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.



**The prototype of 'Automated Ventilator'**

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## Vent(it)lator robot

we convert the manual ventilators into automatic ones, we didn't actually require much equipments. For the motor, we re-used the one used in a car's window, and used Arduino for controlling, keeping the design as eco-friendly and budget-friendly as possible; pricing it at around 1560INR," further added Kartik. To make their product more accessible, the duo is currently seeking government assistance to begin bulk-manufacturing.

### The thought of it:

"We were horrified looking at the devastating effect of COVID-19 on the entire world. To proactively contain the spread of this contagion, we decided to help the government and health workers in this fight. The prevalent shortage of ventilators came as a threat then, crippling India in this process and so, we acted out on them first," says Kartik when quizzed about the inception of this innovation.

The fact both of them have been pursuing a course in robotics for over 4 years now played a significant role in bringing this concept to reality.

If the prototype gets a nod, it could play a significant role in improving India's current predicament. However, their quest to help their country does not just end here. The duo is currently working on two more robot prototypes, both aimed at helping health workers. While the robots are still in their nascent stages, the two boys have already reach an advanced stage of patriotism, one that begins with an honest desire to serve your country. 

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.

# When society unseals



## The New Look Post COVID-19

Resham Talwar, AIS Saket, XII C

As we all sit at home, enveloped by uncertainties and confronted with lockdown extensions, the only thing that gets us through is the hope of reverting back to our routines and going back to our normal life. But when the lockdown comes to an end, will life normalise in the blink of an eye, or would there now be a new normal for all of us? The pandemic that we're facing right now will change the way we know the world today. Some ways in which the world that we know will transform forever would include:

### Technology – our favourite saviour

In this war against COVID, technology is our armour. From education, employment to the economy, without technology, it would be unimaginable to be able to live life during the lockdown. Before the lockdown, we all appreciated how technology has influenced every sphere of our life, but today we have actually witnessed the impossibility of thriving without technology. However, would we continue to bank on technology all our lives now that we've been acquainted by the edge that it offers? Will technology wholly be able to replace human interaction?

### Career – seeking stability


Research shows that several students are re-evaluating their career plans in light of this pandemic. Students who were once keen on going abroad for further are now looking into alternatives; students wanting unconventional pursuits are rethinking their paths and how their job would hold up in the face of a pandemic. And as various universities

are working on formulating prospective vaccines, the world is realising the importance of a good education system and how it decides the fate of our country.

### Lifestyle – productivity and fitness

We know we all had sedentary lifestyles, accompanied with aerated drinks, takeaway food and minimal exercise. The Corona Crisis has seen people get serious about their health. From regularly sanitising themselves and maintaining good oral hygiene, people have even started making attempts to boost their immunity for the long and short-term. What is yet to be seen is whether people keep these endeavours going after the crisis has been averted or do they revert back to square one and continue consuming junk food multiple times a week.

### Healthcare systems – improving & understanding

One thing which we hope stays for a lifetime is a strong healthcare system that we worked towards, one that must not only be developed preemptively when a pandemic strikes us, but also step by step through generations. Here's to hoping we continue striving for self-sufficiency in the fields of biotechnology, medical equipment and protective gears, pharmaceuticals and medicine development etc., as we have now realised more than ever before, that healthcare systems prepared over years were able to fight off COVID more strongly than those which were caught unprepared for dealing with emergencies. If this pandemic has taught us anything, it's that the odds are invariably more uncertain than they seem. 

# Four'sight into REALITY

## The Unorthodox Views Into The Humanitarian Crisis

**Sarthak Sahoo**  
AIS Saket, XI F

The fragility of a situation often describes the level of concern and intervention that is under need to be practiced by a government. The line, however, isn't as objective as it ought to be. With global death tolls reaching over 280,000, and another 4,000,000 yet to face the trial of their lives; the perverse political thought put behind the pandemic is of great alarm. It is of great interest from a purely philosophical point of view as to how they fit into the major schools of thought of human interpretation, given the paroxysm.

### The Optimistic Operator

The example to cite here is the United States. We saw a strict lockdown with high intensity, followed by easing restrictions over time. In some US states, the restrictions have significantly reduced over the past two weeks, partially due to the oil slump. The lockdown relief has benefitted as record low cases have been registered. In other states, anti lockdown protests have paved a way for community transmission of the virus. Secondly, some say it has to do with the population densities as

opposed to the policy, citing Germany as an example, where the cases accelerated after the lockdown was eased.

### The Smart Performer

With such a huge population, India has emerged as great warrior because it has been able to keep both the number of cases and the number of deaths very low as compared to other countries. The immediate decision to enforce a lockdown at the very initial stage acted as catalyst in generating awareness among its citizens and helped the country to become well equipped with necessary resources like hospitals, doctors, nurses, sanitisers and face masks. So, much so that the country even became the largest supplier of medicines across the globe.

### The Realistic Responder

An example of this category is the United Kingdom. The United Kingdom as a whole has had a series of changes in its effort to combat the crisis. The expected projections show the greater part of the economy opening by June 1 with the social bubble increasing overtime. This model is not robust by any means, This "wing it" ideology can prove particularly detrimental

as it is gambling lives on a political probability beyond the control of those putting up the gamble.

### The Idealistic Idol

Sweden is an example of this approach. If you live in one of these countries, you'll notice that there has been no national lockdown imposed by the government. There has since been an implied social contract of distancing between the government and the populace. The number of cases in Sweden is well below the global aggregate after its peak. However, we see that Sweden has good healthcare programs and their citizens enjoy a greater standard of living, allowing voluntary acceptance of guidelines. The macroeconomic effect too is by no means any better as stated by the European Commission and the national bank.

In conclusion, the optimist model bred confusion and chaos; the smart, preparedness; the realist, incoherence and the idealist, complacency. It would require a deeper level of analysis on a weight scale on the economy and healthcare, which in frank terms is pure utopia to obtain in a balanced form. [GT](#)



# Living on earth differently

## Striking A Balance Between Nature And Development

**Bhuvi Pandey, AIS Saket, X D**

Since times immemorial, we humans have been exploiting nature to be constantly progressive in our social and economic lives. The nature, overlooking our rapacity as childish immaturity has always ignored our sins. But overtime, we have proved ourselves unworthy of such magnanimity and now as nature strikes back, we are compelled to stay confined at our homes and witness the entire episode unfold right in front of our eyes. As we stand on the brink between the course of life and the threat of global annihilation, a rather disconcerting question haunts the minds of naturalists and environmentalists all around: Is it even possible to strike a balance between human's avidity for progress and this beguiling nature, which has been nurturing us for 4.5 billion years?

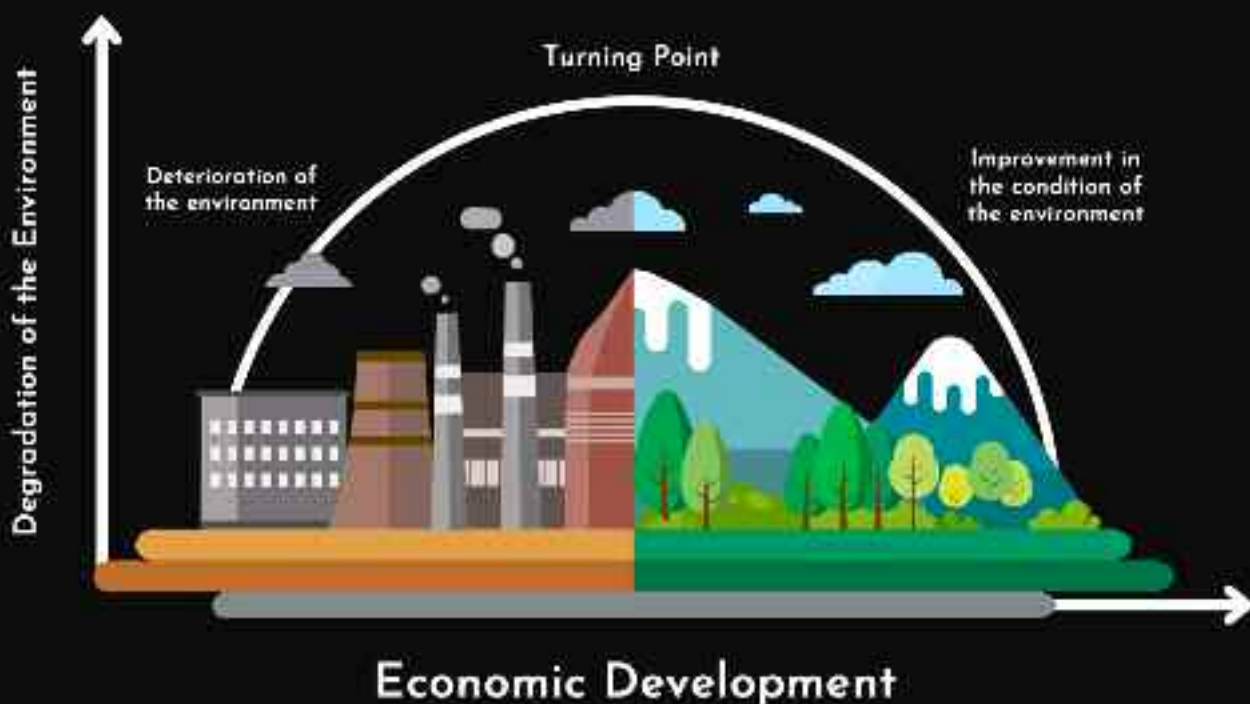
It is disturbing that the most intellectual creature to ever walk the planet is the one who is so adamantly destroying that earth which has been his home for so long. A few years ago, a team of scientists in a documentary series speculated what might

become of earth if humans suddenly disappeared, demonstrating humankind's enormous impact on the environment and how without us, the ecological communities would thrive. The damage to biodiversity became coherent when a summary of UN-backed report by the intergovernmental science policy program on biodiversity and ecosystem services revealed that 1 million animal and plant species are currently threatened with extinction from human activities. The report also asserts that with the current rate of development, negative impacts to nature are predicted to continue to 2050 and beyond. On the positive note, the report indicated that nature fares the best when people are most connected to it- those living within it- are supported as the primary stewards. In simpler words, when people benefit from biodiversity, they protect it.

In 1950s, economist Simon Kuznets gave a hypothesis called the Kuznets' curve graph suggesting that economic development initially leads to deterioration of the environment, but after a specific level of economic growth, a society begins to improve its relation with the environment and

levels of degradation reduce. For instance, UK was hugely polluted after the industrial revolution but has been able to reinvigorate itself. River Thames, which was declared 'biologically dead' has revived. So, does this mean that today we are at that juncture from where an upturn towards the sustainability of the two will materialize? It does seem conceivable. However, at the least, it would require a targeted policy and attitudes to make sure that economic growth is compatible with an improving environment. On the whole, conservation and development can go hand in hand only if a 'system wide reorganization' is aimed for. A reorganization across technological, economic and social realms that enables us to live under the canopy of the innate beauty of nature, the beauty we have been trying to recreate for so long. Today, we stand on the verge of facing a dangerous reality, a reality that could hurt, but nevertheless will have to be witnessing it if we don't mend our ways. And that should begin with each one of us. Or as Director General of UNESCO, Audrey Azoulay says, "We must live on earth differently." [G I](#)

Graphic: Somil Varshney, AIS Saket, XI





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