


3Rs of Quarantine



Dr Amita Chauhan
Chairperson

In Sanskrit, there is a notable verse, ‘Utsaho Balwaan Arya, Na Asti Utsaah Param Balam’ meaning there is no greater force in the world than our passion and our

spirit. In tough times like these, my heart goes out to every person in quarantine. Health issues, emotional and mental enigmas, are constant challenges that they are facing every day. However, it is these challenges that bring a scope for change in society when infused with the power of spirit and passion. So, I see ‘quarantine’ not as ‘isolation’ but a huge opportunity for human beings to do 3Rs: Rewind (revisit past), Relook (into thoughts and actions) and Reset (correct what went wrong).

Isolation has the opportunity to become a force of change for creating a happy world. And this holds true for all my Amityans, who are brave, perseverant and passionate. The creative expressions of these children during this period can inspire future generations to treat creativity as an imperative aspect of human existence rather than a mere extracurricular activity. Their experiences of overcoming challenges, evolved perspectives towards life, feelings of more care and compassion for life, shall go a long way in inspiring our youth to be more positive, sustainable, minimalist and compassionate to let every life on mother Earth thrive. 

Prithvi: The new caregiver

To Shield The Healers Of Our Earth

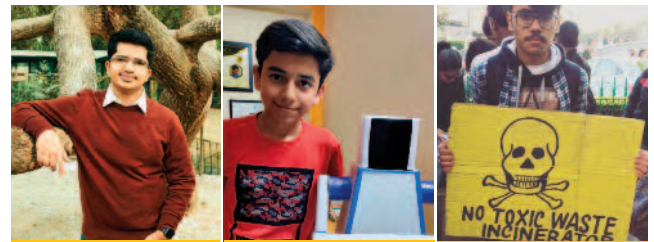
Aditi Banerji

AIS Noida, XII I

Drop by drop maketh the ocean – the aphorism weighs heavier in our existing status quo, where every life counts and every endeavour matters in warring against the baleful novel coronavirus. And to make matters worse the ones making every life count are the ones jeopardizing theirs. Determined to safeguard them vanguardians - doctors, nurses and policemen, from this contagion, Delhi students, Saurav Maheshkar, Class XII and Nishant Chandna, Class X from KIIT World School, and Aditya Dubey, class XII from Modern School, together invented the prototype robot ‘Prithvi’.

“Since, we are all into robotics, we couldn’t help but look for a technological solution to this problem. We couldn’t sit back and look at our caregivers suffer. As is the case with other arenas, social distancing was the solution in the healthcare sector too,” says Aditya on how Prithvi was conceptualised and then germinated, from an atom into a full grown robot.

And so the journey commenced. “With the entire nation in a lockdown, we collaborated through Twitter chat and WhatsApp, breaking up the project into tasks for efficient execu-



Aditya Dubey

Nishant Chandna

Saurav Maheshkar

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.



tion. I took care of the software, for instance and Nishant assembled and designed the body of the robot, while Aditya worked on the features of the robot,” shares Saurav. However, coordination was not the only obstruction in this tripartite venture. Limited avail-

ability of the required equipment was another challenge. Nishant elaborates, “While the structure of the prototype is cardboard based, the hardware is made of Arduino micro-controller as the internal inner circuit. For the transport system, we used simple motors ripped off from an existing project, reusing the devices and spare parts already available at our homes.”

Leaving no stone unturned, with efforts that ran through the day and spilled into the night, Prithvi was thus made ready for the world within two weeks. “The caregiver robot can be used to carry essentials like food and medicines to the patient, helping our medics to easily manoeuvre the robot to and fro the patients’ room or



Continued on page 2...

...Continued from page 1

Prithvi: The new caregiver

bed. It is equipped with a display screen and video calling facility that further allows the doctors and the patients to converse with each other. All this takes place through a specialised app, which is still under-development and would take a little more time to be completed. An additional thermal scanner arm can also be easily added to it, which will enable it to measure the temperature of the patients and communicate the same to the caregivers," added the trio. Everything, with a production cost of just 5000INR. Budget friendly, ain't it?

Prithvi, literally meaning 'Earth', is a symbol of hope, a promise for better times to this corona-sick world. Even though it is a prototype still, but if incorporated with a high grade software and other industrial improvements, can effectively solve the problem for those never off duty; how, is what is left to be seen. In the meantime, we salute the efforts, so keen! [G I](#)

★ WORLD TEENAGE REPORTING PROJECT

COVID-19

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.

A letter from our fighters

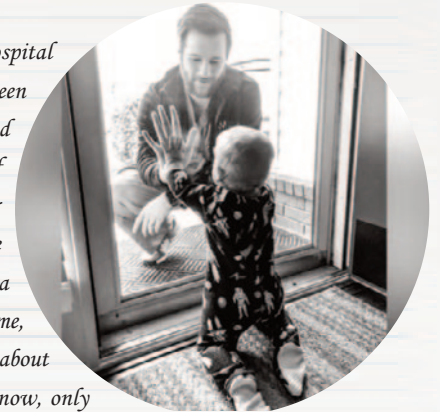
The Ones Fighting Against Corona 24x7

Prisha Khandelwal, AIS Vas 6, XII F

Dear citizen,

Hey there! I am writing this from the hospital where I work. I, along with my team has been endlessly testing and treating people admitted here for COVID- We are here to take care of all your medical needs. We are putting our lives at risk every day but it's all part of the job. I have been living in self-isolation for a month and a half now. My family is at home, worrying about my well-being, while I worry about theirs. I haven't seen my children in ages now, only through video calls. They are too young to understand how a miniscule virus can be so destructive. My family tells me to come home soon but I choose to put the nation and its people first. We are staying at work for you; please stay at home for us.

-A doctor, working 24x7



Dear citizen,

First things first, we want your co-operation, not your hostility. Let us do our duty. This is a full-blown pandemic, not something to take lightly. COVID-19 is a virus without a vaccine and we are doing our best to fight it with whatever we have. But we need your support. You are supporting us when you stay at home, when you wash your hands and when you maintain social distancing. You do your part and then we will get the courage to perform our part better. Together, we can all fight this deadly virus and be able to continue our normal lives again. We are in this together and we can do this, we will get through.

-A nurse, in a ray of hope



Dear citizen,

Jai Hind! I am a servant of this nation and I, along with all the force of this country, have been busy 24/7 doing our national duty. We are here spending days and nights trying to ensure that lockdown protocol and social distancing is followed. We know it is difficult to stay trapped within four walls for so many days but that's the procedure we need to follow right now. What is disheartening to see is policemen being attacked for doing their job. You must understand that it is our duty to keep you safe and you must let us do it. The virus does not discriminate and even some of our officers have tested positive and died because of this. "Bahar nahi jaana hai, ghar pe pair jamana hai, corona ko harana hai." -

-A policeman, on duty

Quarantine Snack

Being quarantined at home, do you miss eating fancy food at a restaurant? If yes, how about bringing the restaurant in the safety of your home? How about cooking a little something for yourself and your family, with ingredients so common to every household? Quite an idea, right? Here's how to go about it.

Bullet Shots

Hardik Singh, AIS Vas 6, VIII E

Ingredients

For the shots

- Carrot (grated)1 cup
- Cabbage (grated)1 cup
- Green pea (mashed)½ cup
- Green chilli (chopped)1
- White flour1 cup
- Cumin seeds1tsp
- Red chilli powder½ tsp
- Salto taste
- Black pepper (crushed)6-8
- Green coriander (optional)
- Oil for fryings needed

For the dip

- Tomatoes medium size2
- Ginger garlic pasteto taste
- Cumin seeds1 tsp
- Coriander seeds1tbsp
- Red chillies4-5
- Vegetable oil2tbsp
- Saltto taste

Method

Spicy dip

- Wash tomatoes and roast them on a perforated steel grill.
- Flip the tomatoes frequently to make sure they get roasted from every side.
- Keep aside so, they cool down.
- Now peel-off the skin of these tomatoes and cut them into pieces or mash.
- Take a frying pan and in it, put vegetable oil and heat it.
- Add cumin seeds, coriander seeds and dry red chillies to it.
- When they turn a little brown, add ginger-garlic paste.
- Cook it for a minute and add the meshed tomatoes to it.
- Blend and cook the mixture well.
- Now, place this mixture in a mixing jar to grind.
- If required, add some water in it to make it consistent while grinding.
- Your red hot spicy dip is ready.



Bullet shots

- In a pan, roast the white flour slightly.
- Now, put it in a bowl and add some grated carrot and cabbage, cumin seeds, red chili powder, fine chopped green chili, black pepper and a pinch of salt; mix it all well.
- Add some water to this mix and prepare a tight dough.
- Make little laddoo shaped shots from this dough. •
- Now, take a frying pan, add oil and heat it on a medium flame.
- Put the shots in oil one by one and deep fry them till they turn golden brown.
- Strain the excess oil and serve them on a plate with the spicy dip.

Oreo Mug Cake

Sia Batra, AIS Vas 6, VIII A

- Chocolate syrup4 tbsp
- Baking powder½ teaspoon

Ingredients

- Microwave safe mug1
- Oreo biscuits9
- Milk½ cup
- Butterfor greasing

Method

- Take Oreo biscuits and crush them into a powdery form using a blender or a rolling pin.

- In a bowl, add milk, baking powder, two tablespoon of chocolate syrup and the crushed Oreos. Mix them well. Make sure there are no lumps in the batter.
- Take a microwave safe mug and grease the insides using butter. Transfer the batter into the mug and place it in the

- microwave for 2 minutes.
- Decorate your cake with 2 tablespoons of chocolate syrup, and voila, your quarantine snack is ready!





Thou shall speak!

When Mother Earth Herself Narrates The Plight Of A Pandemic

Gauri Singh, AIS Vas 6, XII C

For a 4.5 billion year old lady, even though the stories of her birth are a blur, still she would have a brimming pot of tales to unfold before the world. For a very long time, there have been only a very few instances where I have felt so calm and light. I have become so used to these continuous disturbances on my surface that now the-once-in-a-century quietness develops a sense of fear inside me: are my children doing fine?

As far as my memory goes, it all started with the catastrophic Bubonic plague spread in the cities of Europe in the 14th century. Back then, humans were in-

nocent and caring, completely unaware about the existence of deadly viruses; they lived in peace and harmony. Then one day, all of a sudden, in 1348, everything went still in the cities of Milan, Venice and Ragusa: the ships no longer sailed in my oceans with the same ferocity; they stood at one place for 40 days, the sailors and staff isolated to prevent the spread of the plague.

Why only 40 days; why not more? Because then, the human race believed and did not dare to challenge. My Christian children believed 40 days to be of great significance: it rained for 40 days and 40 nights when God flooded me and their savior, Jesus fasted

for 40 days in the wilderness. The word 'quarantine' has been derived from the Italian word 'quarantino' which was used to describe this 40 day isolation period in Italy.

Followed by the drilling on my surface, I remember the Ragusians constructing their first plague hospital, the lazaretto, on the Mljet Island as they entered into the 17th century, fighting the plague, for providing medical services and quarantine facilities. For as many times the different countries of the world have been struck by an epidemic, humans have often switched to social distancing; shutting down their works and taking refuge in their homes thereby reducing their ac-

tivities on my surface.

Now, almost 700 years later from the first quarantine, in the 21st century, even when science has made great advancements, my children have to lock themselves in their homes and my surface has become still yet again. However, I know the quietness will break; just like a larva breaks its cocoon and comes out as a butterfly; similarly, humans will emerge out to be stronger than before once the yellow jacks have been flagged down. I see the light at the end of the dark tunnel and I hope they see it too; humans have never been among those who could be defeated easily: they fall but then they rise twice as high. **GT**

Storyboard



THE WORLD IS SAD
SAVE OUR PLANET

Yes I was sad. Look at what the humans did to me!!

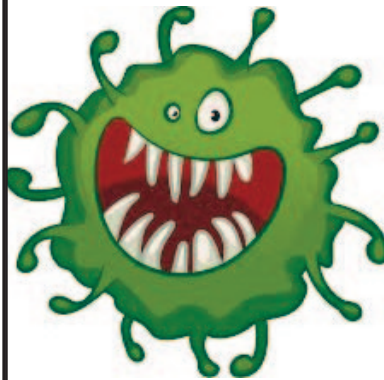


SAVE THE EARTH

I was in the clutches of the humans... And they were killing me... slowly but surely.



But then came coron-avirus, my saviour!



Human beings are social animals. And the only way to combat the virus is social distancing. They for sure, don't understand the importance of social distancing!



I feel so refreshed now! Thank you COVID19!



You saved me from pollution and global warming... Now I feel alive, young and charming!!



What a dream! Now, I know how to combat COVID-19 as well keep mother earth healthy



We will take care of you Earth! We LOVE you!!



This lockdown has taught us that our needs are very less and that we should control our greed. We should only use limited resources. 'No wastage, no showing off', is the motto everyone should follow.