

Vocations in Vacations



Dr. Amita Chauhan
Chairperson

Dear Amityans, I am glad to see the way you all took the challenge of changing times and headed on the way towards learning and growth continuously, unfazed, unstoppable. Time flies and once again, it's time for summer vacations.

Well, it's rational on your part if you say that you have been home since more than 60 days already. But then you all have been experiencing and imbibing learning through online classes that have kept you on your toes. So it will be a nice break from the school flipped online.

Times have changed and so this summer break, be ready for experiencing the world in a different way. Use this time as an opportunity to impact lives around you in a more positive and constructive way. Many of you normally used to go out during vacations. This year that may not happen, but you can bring the world to your home with technology in your hands. Try your hands out at various vocations which otherwise you may find boring like crochet, handling tools, fixing gadgets, fabric painting, cooking, gardening, making best out of waste, etc. And continue to write for your GT Quarantine Special e-edition. Stay connected, stay blessed, stay at home and stay safe. [GT](#)

buying groceries to satisfying our need for education, all is being achieved through the digital route. In fact, it is the digital way that has been mapping the route to safety. Steps in 'AarogyaSetu', an app launched by the Government of India to track COVID-19. The app notifies users if they cross paths with someone who has tested positive for the virus and guides the user on the necessary steps for self-isolation. Sounds pretty simple – one click, one download and you are on your way to safety. But it isn't that simple when you are trying to penetrate through a population of 1.3 billion, a

M'app'ing safe routes

Battling COVID-19, With One Download



Harshaa Kawatra



Isha Agarwal



Charvi Mendiratta

Nalin Jayaswal, XI C & Suhani Malik, XII B

AIS Pushp Vihar

As COVID-19 continues to corner humanity, humans have found solace in the corner of the World Wide Web. Today, we are more reliant on technology than we have ever been. From



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.

major chunk of which is still adapting to technology. Yes, that's India for you.

And then there is another part of India that is hell bent on making impossible to I am possible. A group of three students (Charvi Mendiratta, Harshaa Kawatra & Isha Agarwal) from Amity International School, PushpVihar, set out to change things.

Persuading others around them to download the app and even helping them with the same, they were on their way to fight the pandemic. "We approached our neighbours, the security guards, relatives, to download the app. Also, we en-

gaged in personal conversation through calls and texts, explaining people the significance of the app. Sometimes, for senior citizens or support staff like the society guards, we had to download the app on their phones and teach them how to use it," shares Isha Agarwal, one of the team members. But reaching those in the immediate vicinity isn't enough, when the entire world struggles

Continued on page 2...



...Continued from page 1

M'app'ing safe routes

to fight the pandemic. The battle had to be taken further, "We used platforms like Instagram and Facebook to reach out to people. We also developed a volunteer system, asking our friends to spread awareness about the app in their immediate circles," Isha continued.

The journey had begun, but came with its share of roadblocks. "One of the major challenges we encountered was working with the 50-60 year olds. Since they are not very technology savvy, teaching them how to use the app was a challenge. But since they are also the most vulnerable, this section could not be ignored either," says Charvi Mendiratta, another member from the same group.

While there was the tech challenged group on one hand, there was tech savvy on the other, bringing its own share of challenges. Harshaa, a team member, adds, "The youngsters and middle aged who were aware about the app, had their own apprehensions. Since the app requires you to switch on your Bluetooth and location settings at all times, there was a lot of scepticism about one's privacy."

So how did the team steer clear of the scepticism? "We tried to point out how hard it is to overcome the current situation. So, if it is about choosing between privacy and safety, the latter should be an obvious pick. Bluetooth and location settings only helps to determine the person's location, and helps the app to notify an individual about the active COVID-19 cases in his/her area. So, it's better to have corona in the phone on the palm than on the palm itself," she says. At present, the team has helped over a 1000 people download the app and is still counting. But as a wise man once said, the journey of a thousand miles begins with a single step, in this case a single download. [GT](#)

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.



Pic: Vidushi Bhardwaj, AIS Saket, XII E

Being healthy!

Take One Tablespoon Of Fitness

Nandita Bansal, AIS Saket, XI E

While sipping a hot cup of coffee, Tweedledum thought of talking to his childhood friend, Tweedledee, over a call as he couldn't meet him for good two months because of lockdown. And what the two friends share is interesting enough to follow...

Tweedledum: Well, at least this lockdown is keeping us all safe and healthy.

Tweedledee: Safe? Yeah, of course. Healthy? I am not so sure about that. Although this lockdown is necessary, we should have been using this time to better ourselves and keep our bodies fit. But instead, our lifestyle has become lazy, and that worries me. While our doctors have been burning the candle from two ends, I think it's time for us to finally step up, too.

Tweedledum: Yeah, you are right. We have become lazy, and this lack of sleep and messed up sleeping schedule is also wreaking havoc on our bodies and our immune system. **Tweedledee:** True, and did you know that such a schedule also leads to weight gain and increased risk for chronic health conditions? Which is why, recently, I have started bathing with cold water.

Tweedledum: Really? Why so?

Tweedledee: Because cold showers are said to increase your white blood cell count, elevate endorphins, improve circulation, and

even reduce stress.

Tweedledum: Wow! I had no idea. Also, it is not secret that stress reduction is directly linked to improved immunity.

Tweedledee: And besides that, even though these are difficult times, I try my best to keep myself positive and engage in things that bring me joy, because laughter, positive emotions, and happy thoughts all act as a great immunity booster.

Tweedledum: I heard that yoga, meditation, and exercising can also be a life saver, literally and figurately.

Tweedledee: Pilates, dancing, running etc., the list is endless. We have so much information and videos online for inspiration and guidance, so what's stopping us?

Tweedledum: Well...food, really. We binge-eat so much unhealthy things.

Tweedledee: That's true, but it is only us who can stop us. We need to be careful of our diet and include items that are good for us in our meals. For example, to improve immunity, we should eat citrus-based fruits like oranges, and some say that bell peppers are also a great source of vitamin C.

Tweedledum: Wow, thank you for so much great advice, man. I will be sure to include all these tips in my routine to make sure that I don't become lazy and unhealthy in these lockdown days. [GT](#)

Simplicity is sophistication

COVID-19 Rings A Bell For Healthy Surroundings

Madhav Sharma
AIS Saket, X D

As we battle against this pandemic and its unprecedented consequences, the life of the common man has been scarred with monotony. The zestful urban environment has been replaced by the gloom and doom of lockdown. Amongst fear, agony and boredom there is one great benefit that people have overlooked. Life has gotten simpler and healthier for us. It is during difficult times that humanity realises the weight of its existence, the implications of its actions and the affect it has on the Earth. The Yamuna Ghats show this contrast vividly. Usually there would be thousands of villagers at a time bathing their cattle and washing their utensils in the

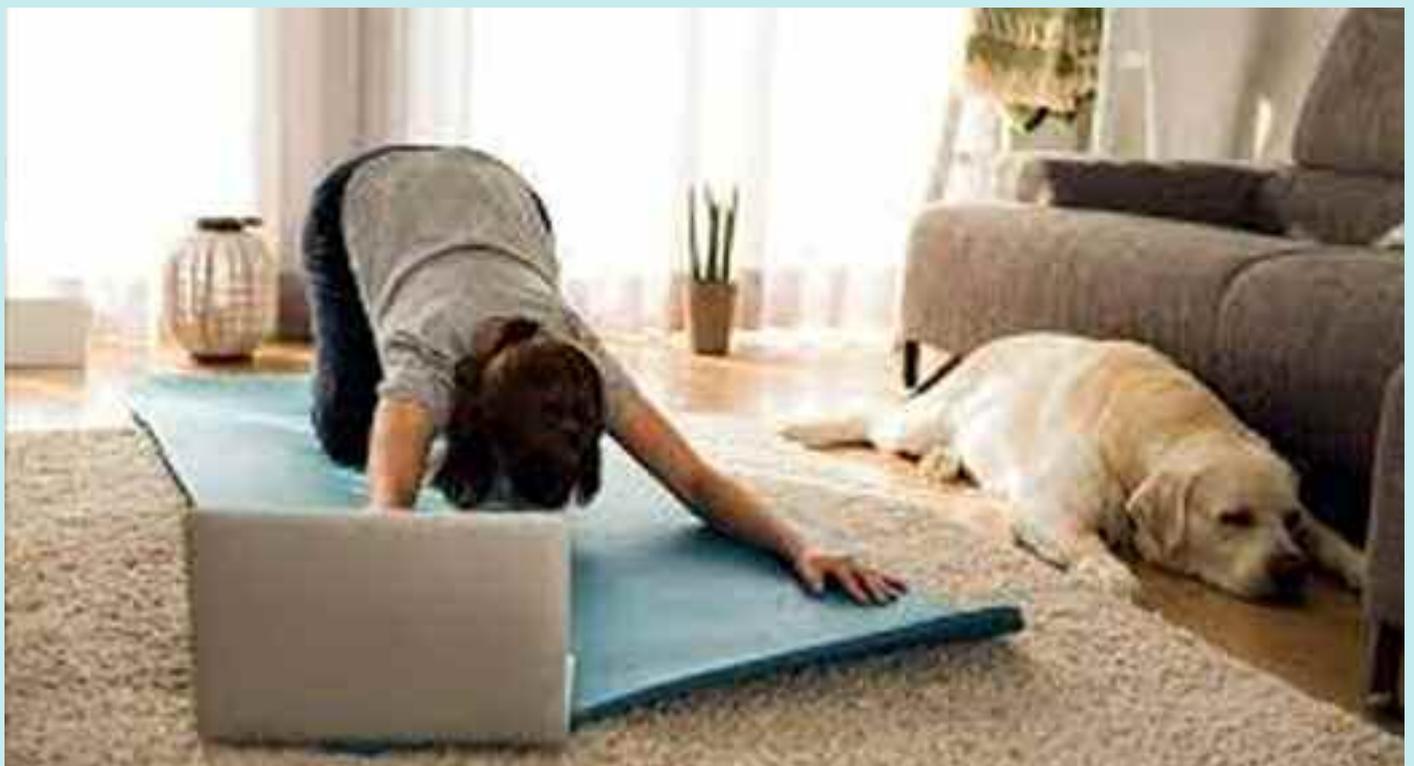
river. The chemicals from the nearby leather industries contaminate the river and gave it an extremely foul odour. However, now the river seems to be returning to its former sacred and pure form. Reports, pictures and videos have emerged showing a drastic change in the colour of the water. As much as we hate being confined to the walls of our house, Mother Nature has used this time to show us what we have done to our planet.

Inside the houses, people have taken to their creativity and imagination to keep themselves occupied. The youth who usually spent all their time partying

and engaging in unhealthy practices, have now joined online fitness classes to entertain themselves. This pandemic has also restricted the amount of junk food we used to consume and made us realise that even homemade food can be delicious. The internet is flooded with simple recipes which will hopefully help us take our minds off fast food even after the COVID-19 pandemic. People have also realised how much harm a simple unsanitary action like touching a dirty door handle can cause. Sanitizers, antiseptics and tissues can now be found in the pockets of everyone's trousers.

Most importantly, this time has

proven to us that a simple lifestyle, complemented with compassion towards natural conservation is the need of the hour. No development is possible in the absence of healthy surroundings. All the glitz and glamour of the world, with people becoming habitual of luxuries and joys at the cost of the environment, is pale when contrasted with the havoc that is being wrecked globally at the moment. The borders that define the territories of land between countries are all but manmade boundaries, so any action taken anywhere in the world has its consequences which are far more widespread than human imagination can comprehend and COVID has proven that. What is yet to be seen, however, is whether we human beings are able to take this lesson and develop sustainably. [G I](#)



Prisha Dubey
AIS Saket, IX A

To whomsoever it may concern,...

Today I woke up and, as usual, started going through my phone to check for any important updates regarding the COVID 19. This has become a schedule now, as in these difficult circumstances, media is the only thing connecting us with the rest of the world. Upon opening WhatsApp, the inordinately high number of messages confused me. Puzzled, I opened my friends' group to see lots of forwarded coronavirus messages. Aha! Of course, I should have guessed. This daily bombardment of absurd messages was something I was still trying to get used to. Annoyed, I was just about to delete them, but decided to go through them once. Numerous cures for Coronavirus were touted, starting from inhalation

No fake NEWS

It's Time To Check Facts

of steam to more disgusting ones like drinking of cow urine to drinking of soup prepared from the beak of pigeons. I snorted to myself, how naive can people even be? And these were from kids from affluent families. This made me think that people must actually be believing them or else, why would they forward them? Maybe it is not their fault. This unreal situation causes such a state of panic in their minds that they seem to lose all sense. The confidence that the rumourmongers show while suggesting these absurd remedies, is probably what makes one believe it. And just a quick reverse image search made me realise that the pictures they

sent with the messages were mostly old pictures and completely unrelated to our situation. Ah, two new WhatsApp message! I wonder what that is now. 'Consuming alcohol kills coronavirus.' it said in bold. It may not kill coronavirus but it sure will kill you, I said to myself. I began wondering how many innocent people actually believed that, even though they know what alcohol does. I was on the verge of typing an aggressive response, but then decided against it. What was the use? Tomorrow there would be hordes of more such messages. And even if I did say something, there would still be so many people believing in this

all over the world.

This, my dear reader, shows how misinformation controls us now. Anything that looks legitimate is considered true even if it crosses the borders of actual human sense. Maybe someday efforts will be made to stop these fake news items, as it is actually very dangerous for the society.

Fake news, especially in these situations causes unnecessary panic and, as almost everyone is relying on media right now, everything should be verified before spreading. As for now, the least we can do is check for organisations and people mentioned, and confirm all messages before sending to anyone else. I just finished dinner and now am listening to my *dadi* on facetime telling me that the world will end tomorrow. So you can imagine that my ruminations are not echoed by many.

Sincerely,

A teenager on the brink of losing her sanity. [GT](#)



POEM



My feathered friend

Yashika Das, AIS Saket, VIII D

Almost two years ago
A bird sat on my window
She had bright blue feathers
And a nest in the tall willow

The next year too
The little bird came to visit
She looked a little worn
Her feathers seemed less vivid

But as this new year passed
She didn't come to me
Do you know why?
Because the air was poisoned

There's so much pollution
In the soil, water and air
Which the small birds
Are not able to bear

Now with the virus all around
And humans all gone away
In my window I heard a sound
The little bird had come to play

Waging battles within
The Plight Of A Migrant Worker

Keshav Gupta, AIS Saket, XII C

Thursday, April 30, 2020, 10:00 pm
New Delhi

Time is inexorable, I was told, yet I feel a hitch. Today was another ceaseless day of waging a desperate battle for survival against the congenital destitute.

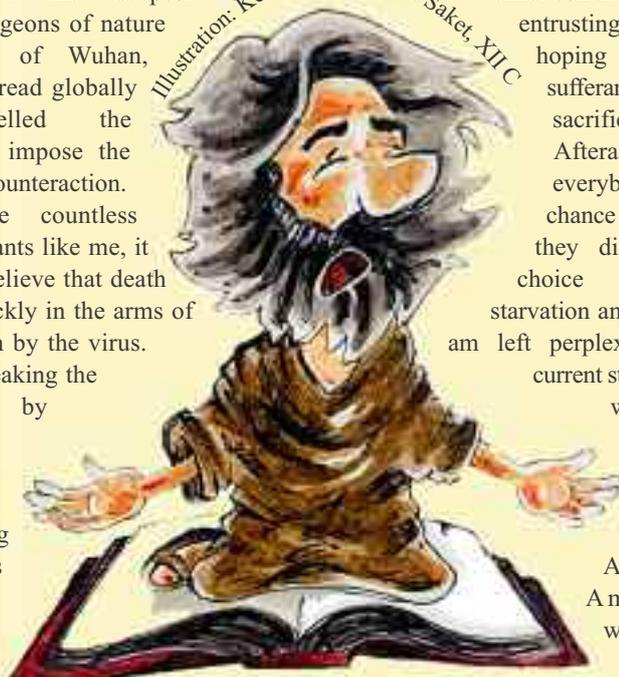
With absolutely zero means to earn a living and nothing to fall back on, this city had appeared as a spectrum of hope but since, has become an inescapable curse. This thing they talk about, which perhaps crawled from the deepest concealed dungeons of nature in the city of Wuhan, extended its dread globally and compelled the executives to impose the lockdown as counteraction. But for the countless invisible migrants like me, it is natural to believe that death will come quickly in the arms of starvation than by the virus. Fearless of breaking the law, but not by choice, I hope to return to my loved ones, accepting the precarious future as payment.

Millions of us, away from the eyes of the rest, are left stranded amidst this hideous ride; vagrant, starved poor, but most of all, far away from our families.

Despite of draconian situations like these, we fight from the infinite problems and place urgency of the situation above our conditions. Just like the sun rises and sets in different directions, I wait for a different fate. The result of confounding technology in a box can reduce the distance between my loved ones and I, but it cannot bring us together.

I have decided to remain in the exact condition as I am in, entrusting or rather hoping that my sufferance be a menial sacrifice for others. Afterall, not everybody gets the chance to choose how they die; I have a choice between starvation and contagion. I am left perplexed with my current state and locked within my own self in this eternal week's lockdown. A cursed hand A meagre migrant worker

Illustration: Keshav Gupta, AIS Saket, XII C



CAMERA CAPERS



Anwesha Satpathy, AIS Saket, X D



Harsheya Roda, AIS Saket, IX B



Prisha Dubey, AIS Saket, IX A

