



FAIPS EXPRESSIONS

Apr – June 2020

Class:9-12 & IG



Creative Writing

DISCRIMINATION IS A DISORDER

Akshat Kumar – 11 D

We want everybody to live together,

And don't want to fight rather.

We need to be like dove,

Which symbolizes peace and love.

Since the creator is still there,

There should be no despair.

Everyone observes day and night,

But with no reason we fight.

We all are able to walk,

But some are restricted to talk.

Against this discrimination we have to fight,

So, we'll be able to get unite.

Some are doctors, some are teachers,

And all are our brothers and sisters.

Remove the discrimination border,

Because discrimination is a disorder.



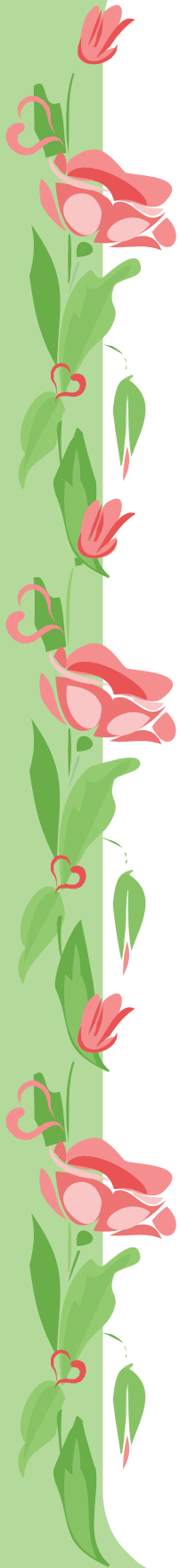
EVERY PICTURE TELLS A STORY

Kirtana Gopalakrishnan - 12E

It was a gloomy day. I sat on my chair, watching the raindrops hit the windowpane and trickling down just like my youth slowly slowly and then into nothingness leaving behind a mark as temporary as the next drop. As the wind rocked my chair, I opened my greatest treasure the only reminder I had of my past my photo album with its worn out edges and creased pages it still smelt like home.

The pages flipped open, almost magically and landed on what I would come to consider the happiest day of my life. As I traced my finger tips across my mother's face and laughed at my sister's pose, a lone tear rolled down my cheek and fell on the photograph. All of a sudden, the photograph started to glow and before I could fathom what was happening, I was pulled into an abyss of darkness, momentarily, and I woke up in the middle of a living room filled with balloons and party decorations. I looked around frantically, unable to process where I was until it struck me; it was my fifth birthday frolic sixty years ago.

This reminded me of one of those bed time stories mom would read to me, only better. I could see my dad in the corner distributing toffees to some of my friends. A heavenly smell pulled me to the kitchen where my mom was attempting to bake a cake. A sudden squeal made me run upstairs, something my weak legs hadn't done in a long time, I saw a little girl trying on a puffy pink dress. A dress she picked herself for her big day. At that



moment I realized, how I could see everyone yet I was invisible, probably non-existent to them.

The celebration was a modest yet a timeless one. The party games making more children cry than laugh, and the spilled sodas all wanting me to stay in that very moment. Alas I spoke too soon for when the clock struck twelve I could feel myself losing control and spiralling back to reality. In the twinkle of an eye, I was again back on my chair rocking and reminiscing the photos. At that moment I truly believed that every picture has its own story.



The Son of a Soldier

Suyash – 12 E

I feel a tickle in my cheek

I think I am doing a good job

Holding back my sob

But he asks me, “why do you cry?”

I say, “I don’t want you to go, I don’t want you to die”

Mother tells me to hold my head high

Seeing him off to war, how could I?

But I had to try

For I am the son of a soldier

Haunted at night by nightmares

Haunted at day by nightmares

Mother hugs me, she comforts me

But in her eyes I can see

Which are red from tears and sleepless nights

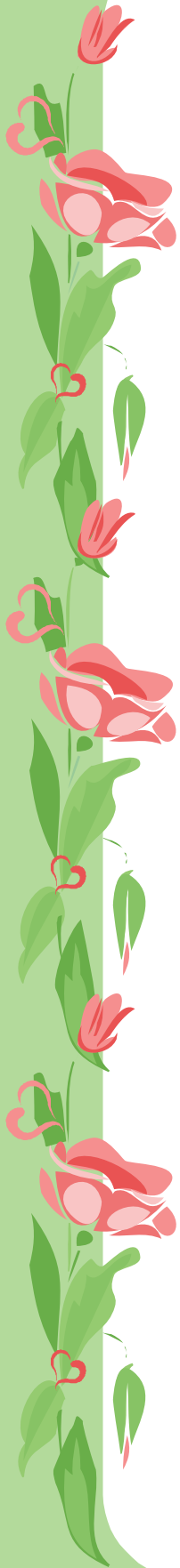
A battle which in her heart she fights

Always looking brave and smiling

For her sake, even I have been trying

But always failed

Even though I am the son of a soldier



They say, "you should have pride"

They say, "for the sake of this country and its people he
fights"

How do they not see, it is not for the country

It is for the rulers who divide and rule

People like father have fates so cruel

In movies and stories, how come aliens don't

Have any nations they serve, only their planets?

I dream of going to meet them

I dream of saying that I am from earth rather than any
one nation

I dream of my father seeing me off to a journey

Which is completed by light in years in millions.

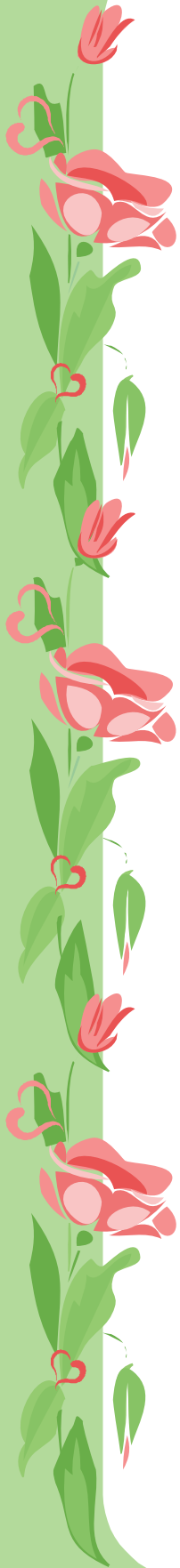
In the End

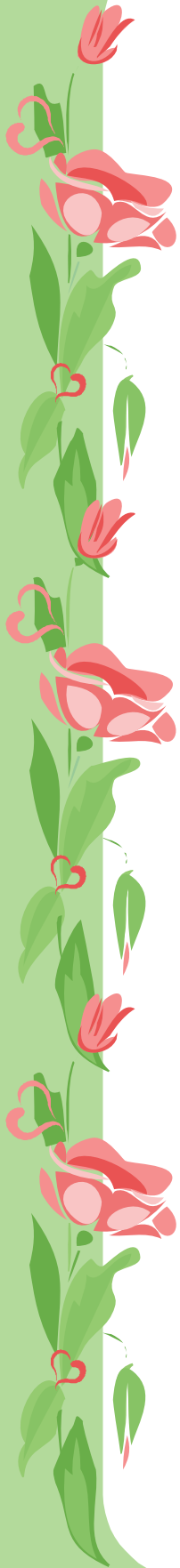
Ameena Afzal - 9J

The recent outbreak of COVID-19 has sent the entire world into a frenzy. The respiratory virus originated in Wuhan, China and spread to nearly every continent as case numbers continue to rise. Despite people taking all necessary precautions such as social distancing by staying in quarantine and putting almost the entire world in lockdown, it somehow still manages to spread rapidly, claiming hundreds of lives in the matter of just a few months. It has forced schools to shut down, employees to work remotely, important events to be postponed till further notice and people to remain inside their homes as an attempt to contain the dangerous spread of the disease.

At first it was hard to accept staying at home, going out occasionally only to purchase basic necessities. After all, we humans are social beings and cannot handle living without face-to-face interaction for such an extended period of time. Thankfully though, with the help of modern technology and social media we are able to stay in contact with our loved ones and get to know about the latest events that are happening worldwide. If there's one thing good thing that came out of this pandemic, it's that it shows how vulnerable we are as humans and the dangers and foolishness of being unprepared in dire times like this.

Slowly though, we are becoming accustomed to the solitary lifestyle these days and learning to adapt according to the circumstances. Since people are having a lot more time on their hands, they start to experiment



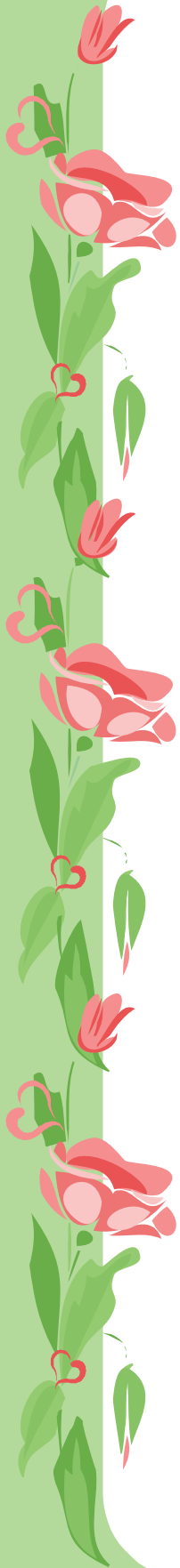


with new things they may have always wanted to try but put aside using the all too common excuse of “I don’t have any free time”. Often, they end up learning new skills and discovering other interests they never knew they had. Personally, I want to make the most out of my time and accomplish a few goals I had always wanted to achieve.

From the Australian bushfires to a global pandemic, 2020 has been a plethora of unfortunate events and we still don’t know if there’s more to come. People have been saying that 2020 could have been possibly the worst year of their lives. Even so, who is to blame? These mishaps do not just happen out of nowhere one day- we humans are the sole cause of all the catastrophes that have been taking place nowadays.

“The world will not be destroyed by those who do evil, but by those who watch them without doing anything.”- Albert Einstein.

Though it is painfully obvious, we sometimes refuse to admit that the world is going corrupt because of our selfish needs and even those who know about it, refuse to take any action against it. While we know well that it isn’t just sheer luck or misfortune that caused such distress, the recent events are only a part of a much greater suffering waiting to happen. At this rate, humanity is plunging into darkness, provided that we continue to carry on with our immoral ways. Things change within time, and so do people, but we can’t say whether it’s for better or worse, we can just hope for the best. Honestly, all of these warnings deeply worry me for the future of our generation.



We all may have heard of the phrase “Birds of a feather flock together.” This recent turn of events has prompted people to join hands with one another, (although not literally), showing how much impact our unity can make when dealing with a crisis. It has made people more aware of our surroundings and taught us lessons on how to deal with situations like this if it ever comes up in the future again.

If we all could co-operate as we did in the case of current virus then we could change the world at least a little, but that bit goes a long way. We do have the potential to change but we only use it in times when there is absolute emergency, while there could have been many ways to prevent this if we were cautious enough in the first place. I hope that all of these events would be the jolt that people need to finally understand where we are going wrong.

It may be difficult, but definitely not impossible. Otherwise in the end, we’ll regret the chances we never took and the decisions that took too long to be made.

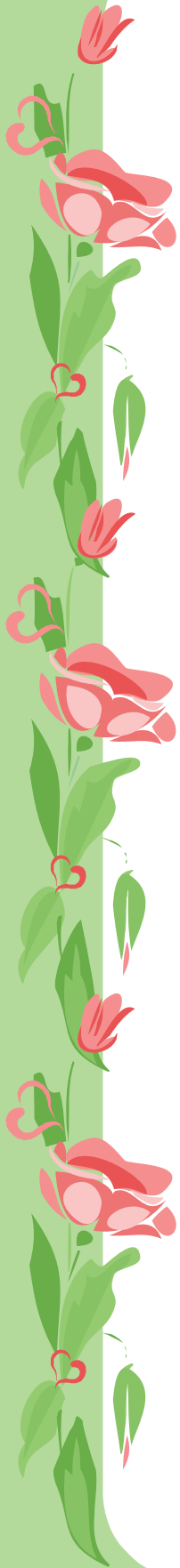
Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending - Carl Bard.



My Little Revelations from Quarantine.

Anshel Saldanha – 12 C

When news about the COVID-19 pandemic first surfaced in the month of December, we refused to pay attention to it. The pandemic, to us was just an infection that was upending lives but the only thing that didn't matter here was that it wasn't happening where we live. We did read the news, feel sorry for the infected and deceased and repeated that same cycle with every news article that we came across. It wasn't until late February, a time when Kuwait is gearing up with vigor to celebrate the National and Liberation day with much grandeur, people having flash mobs in malls, lots of traffic to see the marvelous lighting works at Ahmadi, things started taking a turn. The morning of February 24 brought all these preparations to a standstill, Kuwait reported its first Coronavirus case, a day before the 25 and 26 February celebrations. The once bustling roads of Kuwait were now deserted, the time when we awaited the most, was now just a notion limited to our heads. Within the next week, a 3-week lockdown was imposed on us. This was the first time in many years all 6 members of my family were together at one place, one time, no one hurrying to leave for the completion of some chore or other. We were truly together this time, my discussions with dad were not limited to the two of us anymore, my entire family would contribute to these discussions. Even though, there wasn't much for my 8-year-old brother to contribute, the feeling of all of us being together was enough to bring a smile on my face. The days following, were even more fun filled, I learnt to cook a variety of dishes from cuisines around the world.



This time of isolation also gave me a lot of time to focus on my faith, form opinions and question them. I would read a verse or an incident from the Holy Books and discuss them with my family, we do this every day, before dinner. My family also makes time for a movie every weekend, maybe the movie isn't so appealing at times and we feel like walking away but every one of us sits till the end of it, so as to not disappoint the person who had played the movie. Another interesting part of quarantine are the online classes provided to us, although initially we did face issues to make ourselves comfortable with the way things work, the situation is much better now, we have become accustomed to it, but this definitely does not compensate for the first hand classes at school, the fun conversations with friends, the practical periods, the break time, the ever energetic corridors, the teachers and above all the glory of being a school student for one last year. This year is all the more special to us because it is our last year in school, our batch was eagerly awaiting to celebrate Teacher's day and enjoy our farewell but they seem like unfulfilled dreams now. Overall, this quarantine has given me a different perspective of looking at life. It has taught me how to look for happiness even in the smallest of things. The isolation also helped me to connect with my friends who are away with whom I had lost contact with the passage of time. For me, this quarantine will be forever memorable, a journey of exploring, learning, appreciating, and being grateful for this life.



Why should we wear School Uniform?

V.Vidhyavathi – 9B

Today is sharing day! Mamma, tomorrow is children's day. Woohoo! I can wear colour dress. How often have we heard such exclamations?

We all love to wear colour dress, our favourite outfit. But uniforms are something more special. They instil discipline and equality in students.

Children from various cultures and different economic levels wear the same uniform and co-operate as equals.

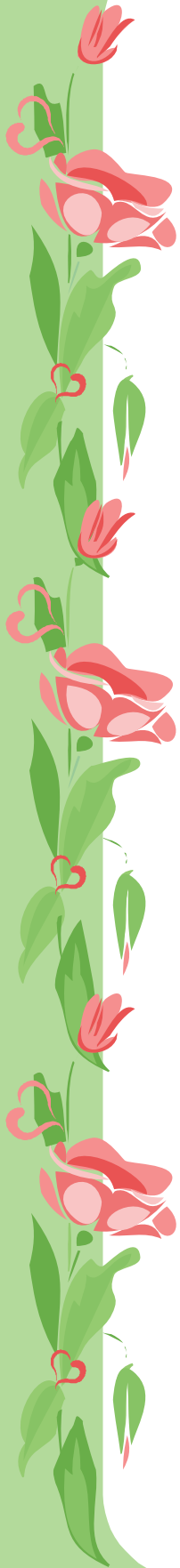
There is no competition about being dressed in the latest trends and it also avoids financial pressure on the parents.

It teaches us to dress ourselves smartly and take pride in our appearance.

It takes the hassle out of early morning routines.

Last but not the least, it deters bullies. Now there is no chance of making fun of what someone is wearing as we all are dressed in the same manner.

“Uniform is the smart way to represent your school to the society. Wear it with dignity and pride.”



The journey of a letter

Priya Elizabeth Jogy – 12 F

The army camp was a grim place

The doctors scrambled about

Many praised the amazing grace

The new recruits were in doubt

The soldier hurried with the pen

He poured his heart out

He assigned me to carry

The news of his return

He carried me gently to the post office

I was close to his beating heart

He wondered if his words would suffice

He wondered if the paper could bear all his love

I was to journey with many of my kind

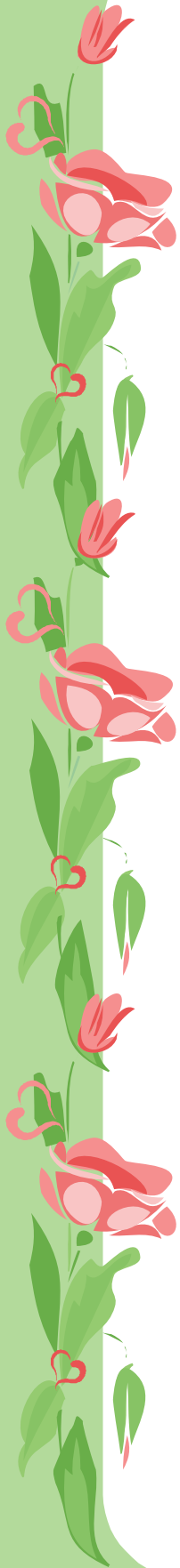
Bearing news for the expectant

News of deaths and births

News of disputes and agreements

Or sometimes even empty words

Each one had a story to tell



The postman at the doorstep
In anticipation, I waited
To exchange news from one beating heart to another
The news of his return

As the beloved read the words
and felt the love etched upon me
I soaked up her happy tears
My mission was complete

And now I live in the attic
And every time she reads me,
Shows me to her grand children
I know I am a treasured possession
More than just paper and ink

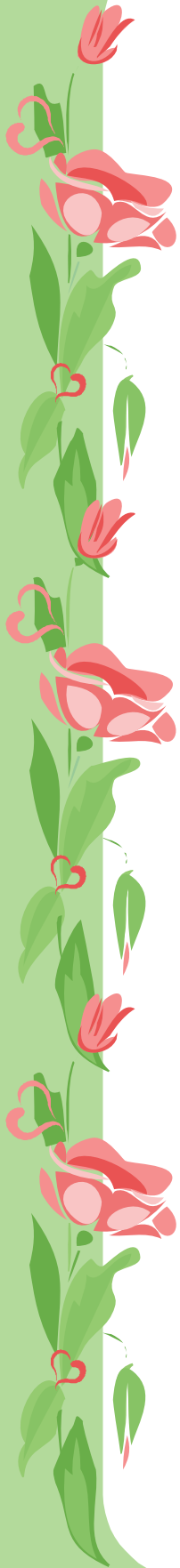


Coronavirus- A Major Problem

Himadri Tanaya Mohapatra – 10 E

Coronavirus or COVID-19 is a highly infectious disease which started in Wuhan city in China in December 2019. It has now become a worldwide pandemic. This infection is a bat to humans' infection which occurred because bat carcasses and guano were used as products in the traditional Chinese medicines and therefore spread in a large number of people there. From China, it spread to other countries through airlines people came and went through aeroplanes during this infection and tourism and export of goods from China to other countries took place. The WHO declared the virus as in January 2020 and in March it has been considered a pandemic.

This pandemic has caused global social and economic disruption. Since this virus is communicable people have been put in lockdown in their homes and social gatherings like parties and crowds have been restricted to maintain social distancing. Schools have been closed down and students are provided education through online classes and offices have been closed and people work through their computers from their homes. This is a typical respiratory disease whose symptoms are mild and even severe for some people the mild ones get well on their own they are fever, shortness of breath, body pain, headaches, shortness of breath, dry cough Sore throat, Loss of smell or taste, Stuffy nose, Nausea or vomiting etc. and a few severe or emergency problems are Trouble breathing, Constant pain or pressure in the chest. In these cases, the patient should be taken to the hospital without delay.

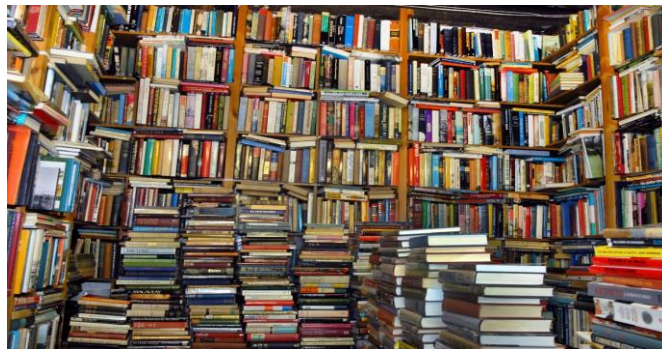


The symptoms usually show within a period of two to fourteen days of a person who has come in contact with the virus. This period the person is taken to quarantine and is regularly checked till a period of fifteen days and if no signs of the virus have come, they are sent back to their houses and if there are symptoms noticed then they are taken for coronavirus testing. A person who has contracted COVID-19 have recovered. Whereas if the person has some respiratory issues or has been consuming cigarettes or alcohol difficulty is seen in their recovery.

However, there are strategies for preventing or transmitting of the virus they include: Maintaining overall health and personal hygiene, washing hands with a handwash, avoid touching sensitive areas like eyes, nose ears and mouth, especially with unwashed hands, coughing or sneezing into a tissue and then directly throwing the tissue into the waste bin . people are also advised to wear masks and gloves and maintaining physical distance and are also told to stay away from animals or eating animal products like frozen meat etc. , These methods have helped in reducing the spread of the virus and has benefitted people.

Many governments have restricted unnecessary travel to and from countries and areas affected by the outbreak. Even the export of goods has also been restricted by a few governments. No vaccine or any medicine has been made to treat this epidemic. Scientists are putting their utmost efforts and are trying to find some medicine to cure this and doctors have taken the figure of angels who are risking their lives to save patients suffering from the corona .

Hope they find a medicine to help us from this issue and we can lead a normal life like before and may the ones who have died in protecting the coronavirus patients like the doctors or the even the patient's souls rest in peace.



Manasvi Kunde – 9A

Books are no less than a world for a person with true potential.

Here is a poem:-

Books are no less than a paradise

To a person who is truly wise

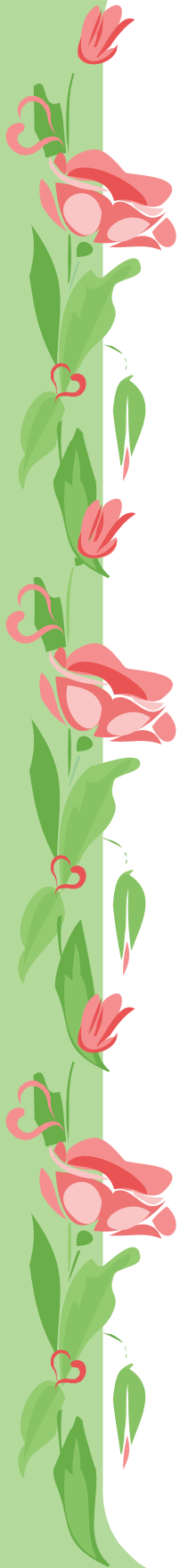
Books are no less than a paradise

To a person who is sure to rise

When a person opens a book

He has his brain re-shook

For every page he flips



With his very fingertips
He vaticinates what the world is likely to be
As it seems much to vary

What I find good about a book
Is that it is better than Facebook
Just come and have a look
Into these lovely books

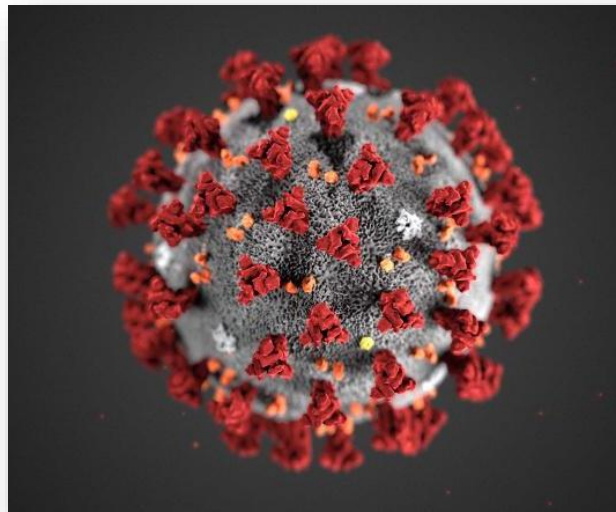
I opened a book and went deep within
For a second, my mother thought I was a mannequin
I met a wizard called Harry Potter
Also, Hagrid the gamekeeper

Some other day some other book
I had to look in my shelf of books
Miss Marple, my favorite detective, I met
Whom I can never forget
And, a couple o' others I met
While sleeping on a couchette

Just open a book and see
You can be anything you want to be
Just Read two or three and you'll surely agree
I hope you enjoy its captivity.

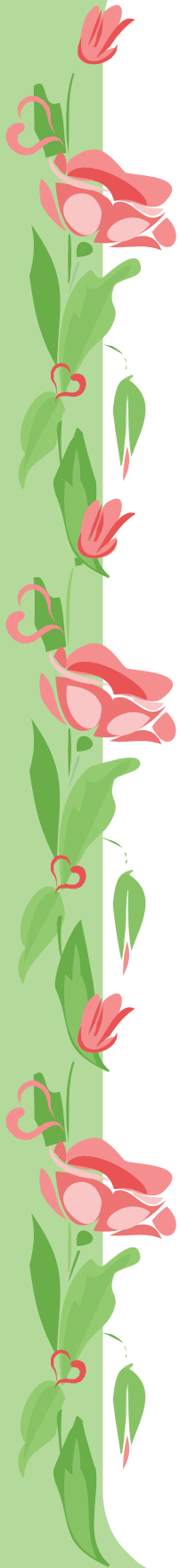
CORONAVIRUS

Ryan Sinha – 9 B



All you need to Know

The Coronavirus a new strain of the family of coronaviruses which includes Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) the virus originated sometime around February in Wuhan, China.

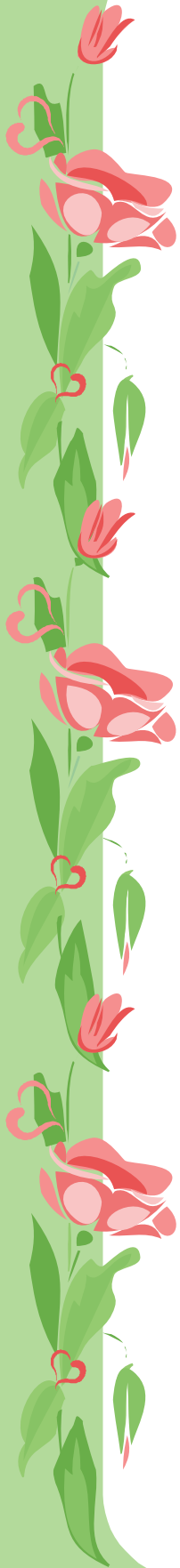


The spread of the coronavirus has forced governments around the world to impose a curfew (total or partial) or lockdown for the majority of the day.

One of the major effects of the lockdown was the shutting down of schools around the world which put around **18 million** children at home. It also included the shutting down of sports clubs, parks, malls and other public areas. This, however, does not include hospitals, local grocery shops, pharmacies, and corporative. The lockdown was immediately followed by a shopping spree which prompted the Ministry of Health and Home Affairs to assure the public that there was no need to panic and that there was enough food in the country to last several months.

Nowadays, instead of waking up early to prepare for schools or office; children and adults alike have the extra time to sleep. However many schools are switch to e-learning, as for physical activities one can exercise a lot since the lockdown has given us extra time. Physical activities such as yoga, jogging on the treadmill, karate etc. An alternative way to spend time is by reading books, listening to audiobooks, (You can select 'www.audible.com' which has many audiobooks for free which is a noble initiative taken by Amazon to help entertain the millions of kids who are stranded at home. It has a variety of books for children to teens and for adults.) Also, you can spend the time to learn more about your family, country or civilization's history.

I would recommend everyone to cooperate with the health authorities.

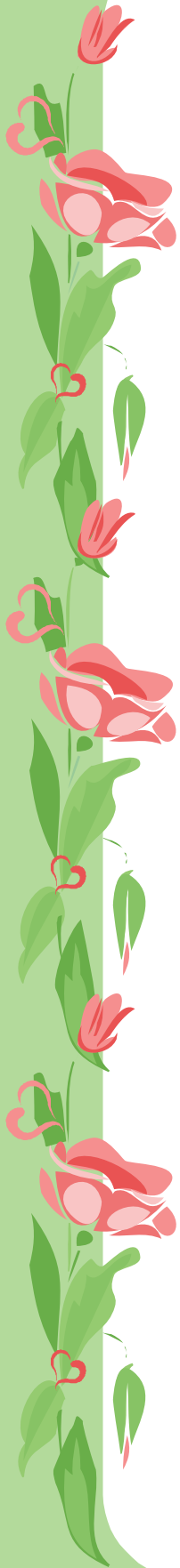


Moreover, I would like to caution my readers that some people are taking advantage of the crisis to spread panic and rumours, one should listen to official Government websites and renowned news channels. If you want to come forward to help, please donate to the Government Covid-19 relief fund or support the World Health Organization (WHO) for the same.

Since there is also a scarcity of masks civilians should, therefore, wear a face cloth or surgical mask and leave the respirators/ventilators for the medical staff and health care workers.

Ask for developing a cure health care and research facilities around the globe are working tirelessly to find such as a vaccine, blood transfusion etc. There is a bubble of hope when President Trump claimed that the hydroxychloroquine drug could be a possible treatment. It had previously been used a malaria treatment which is prominent in India its largest manufacturer. There is however no medical data to prove this medication works, also due to its large demand and shortage of supply it has made it difficult to get for people who had been previously using it. As a side note, please know that antibiotics will not be able to stop the virus is their work is to destroy a bacteria's cell membrane (covering) and thus, kill them. Viruses, however, do not have a cell wall and are therefore immune to antibiotics.

However, on the plus side has helped reduce pollution levels (the residents of Jalandhar can view the Dadras which is a part of the Himalayas that is 213 kilometres apart!), it also allows families to spend more time with each other, discover their interests and learn more about their history.



Symptoms for COVID-19 are fever, tiredness sneezing, dry cough, difficulty breathing (severe cases) etc. Preventive measures include washing hands with alcohol-based hand sanitizer or alcohol-based hand wash keeping a minimum 3-meter distance from anyone who sneezing or coughing.

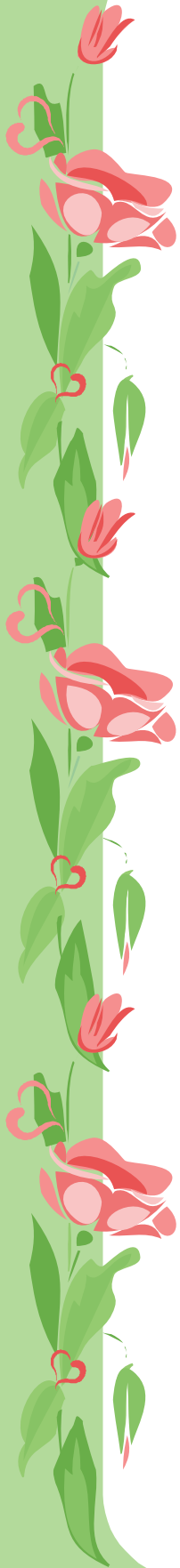
I would, therefore, request all readers to listen and cooperate with your government, avoid rumours, stay home and do not hesitate or be afraid to contact the authorities if you or somebody you know have the symptoms mentioned above. If you report yourself, you may have saved you and your loved one's life.

Coronavirus

What's in a name? A lot apparently:

'COVID-19'

- 'CO' stands for corona
- 'VI' for virus
- 'D' for disease
- '19' for 2019 - the year it was first identified



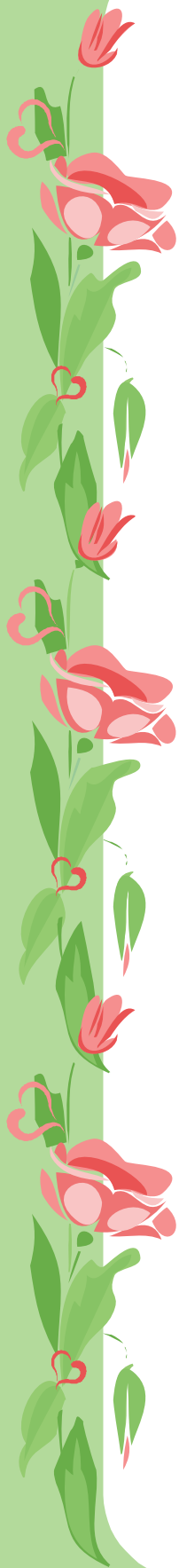
Our Voice

Ameesha Talukdar – 10 E

“This world is a man’s world
You will never have a place in here”
Says them who do not bother
About girls who don’t dare to fear

These girls
These beautiful little girls
Who want to
Be school girls
Are now face down
As they have entered the inequality town
Isn’t this unfair ?

Why are people not aware?
Of this phenomenon that needs attention
Serve those girls who have true ambitions
I want to hear a strong voice
Louder than those boys
Who support sports more than something
That requires respect more than anything



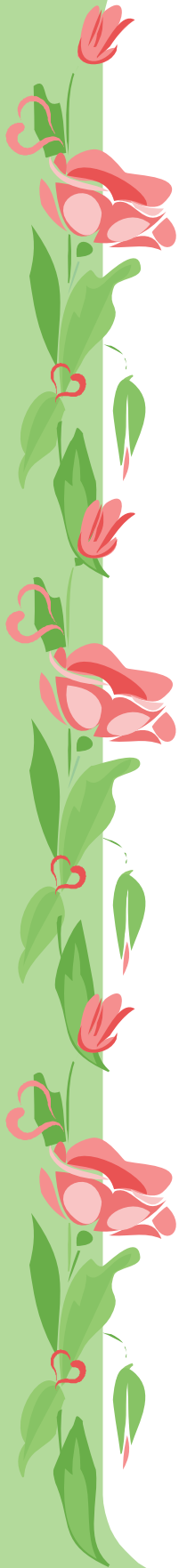
Why isn't there something for girls
That boys don't have
Give them a try, they will show you
What is actually the difference between them and you
This is the truth
This is respect
This is our world
This is our voice.



COVID-19: A Horrific Blessing

Dania Asghar – 9C

The Coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War Two. Slowly and steadily, humankind is adapting to living a life with this virus. There are many pros and cons to this situation. Let us observe some of them with scrutiny.



The lockdown, put in place to practice safety measures against the virus, has given us lots of free time to start doing something new or finish something incomplete.

It has helped us to reconnect with our family and rekindle our relationships with others. It has also helped many of us to discover our hidden talents and helped us to realize that we are not alone in this situation. But there are always two sides to a coin. This situation has proved that no matter how mighty the armies of any country are, it has been brought down to its knees by a small virus. Countries like the US, China, and Spain bear testimony to this fact. Coronavirus has affected millions of people who are now deemed helpless in this tragic situation. It has caused the poor to become even more poor, as they try their best to grapple with the situation of surviving daily and pay for their health care, which many cannot afford to do. It has also made our society realize that riches cannot protect you from a virus. It has crippled the economy of many countries and brought about uncertainty in so many young futures.

While we wait for a long-term solution to this crisis, the best we can do, is to stay calm and follow the precautions laid down by the government from time to time. This hard time too shall pass, for there is always light at the end of the tunnel.



Music

Keerthi – 11 A

Like a river flows
Along the rocks, pebbles and the stones
gurgling along the way
so is music.

Flowing, eternal ,everlasting

To a tired soul

Music provides relief ;

To an enthusiastic teenager

Foot tapping beats

To a couple in love

soft sentimental tunes

From reggae to ghazals, pop rock,

jazz and all razzmatazz

music is fun

Throbbing and pulsating

A living force

so dance away your blues

jive on the floor

And let the music be the cure



The Call of the Wind

Shreya Narayan Pillai – 10 H

Nandini was exhausted.

She had been attending nearly-along with her team-460 patients per day in Mahavir Central Clinic, Mumbai. Never even being able to contemplate when the next lunch break was, much less be able to think about when she could return to her apartment.

She internally (*and selfishly*, she thought) wished she could just walk out. But an-on call-for-ER-doctor-to-attend-COVID-19-patients lackadaisically trotting out of the intensive care unit of a hospital surrounded by police was just as possible as camels flying, like her old friend Madhu would say.

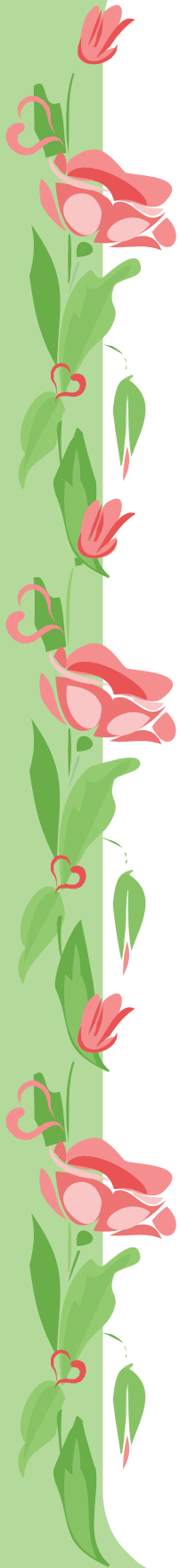
Bishnoi village, she reminisced. She wondered about her old childhood home, whether the villagers could still take the cows out to graze, how the old headman's wife was doing during quarantine without being able to visit the neighbours and complain about her lazy daughters.

Another figure involuntarily took shape in Nandini's mind. *Father...*

"Dr Singh?" A medical intern was at the door. "We have a new patient. Please report at ICU unit 7."

Nandini quickly pulled on her protective gear and hastened to the ICU unit.

"The fourth bed from the right, please", instructed the medical intern, assisting Nandini in setting up the apparatus to intubate the new patient.



Nandini froze when she caught sight of the new patient's face. It couldn't possibly be but....

"Father? " A strangled whisper escaped her lips.

He had aged terribly in 10 years, more so with the battle raging in his lungs. His wispy white hair spread over the pillow. She could tell immediately that the virus had begun its final onset. It was too late.

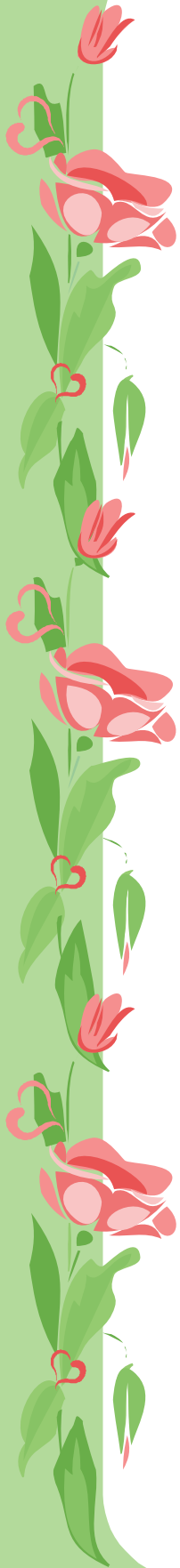
"We have a good match for you, Nandu," her father announced at dinnertime. "The boy is the landlord's nephew, and has several thousand in the bank, I heard."

"No...NO!" She exclaimed vehemently. "I'm just nineteen, Father! And I have not yet completed my medical studies! I have absolutely no intention of getting married now!"

"That's enough, Nandini," he stated firmly. "We've discussed this already.

It is not a woman's place to disagree with what her parents and community have planned for her future, which is, find a worthy suitor, settle down and be a good wife and mother. We have indulged you far too much. Medical studies, in fact studies of any kind, are not for women."

"I refuse to adhere to your so-called honour and family traditions!" she cried. "Who gave you the right to decide a woman's 'place' in society? A woman can live for herself and follow her dreams! There's more to my life than finding a husband and 'settling down'! I want my freedom!"



"Blasphemous!" her father ejaculated. "I never heard such a thing! You want freedom, is that it? I declare from today you are free! Do us all favour and never show us your shameful face again!"

The next day, she took the public bus from Bishnoi to Ajmer. She never went back.

She was jolted back to the present by the intern. "Dr Singh, someone wants to see you. He says its urgent."

She went back to her office to change into new protective gear before meeting the visitor.

He was a short plump man, who sprang up from his seat when he saw her. "Dr Nandini Singh?"

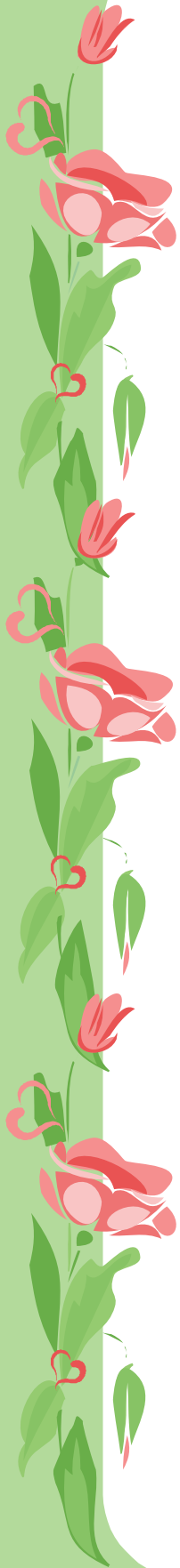
"Yes, that's me."

"I assume you've seen your father.....?"

She tensed. "I have. I think you are aware even remaining outside a hospital treating victims of the virus is highly dangerous."

"I have not come to see your father. I have come here to pass on a message from him. I'm a friend of his, Rajkumar Kishore.

Your father was furious with you for several years. However, in the light of the current situation, he saw and read stories of doctors risking their own lives to save others, and felt that educating a girl to become a doctor was not such a bad thing after all. He learnt to be proud of you, and wanted to reconcile with you. Which is why, he showed up in Mumbai a month ago and took up lodgings at my place. But....."



He stared straight ahead, to where the COVID wards were.

Nandini felt like the earth had fallen out from beneath her feet. Her father had wanted to make it up to her. Granted they had had different beliefs, and his perspective regarding women was undoubtedly, wrong, but he repented. And he was proud of her. He was also probably going to die. And she was not going to let that happen.

"Thank you so much, Mr Rajkumar."

"You are welcome."

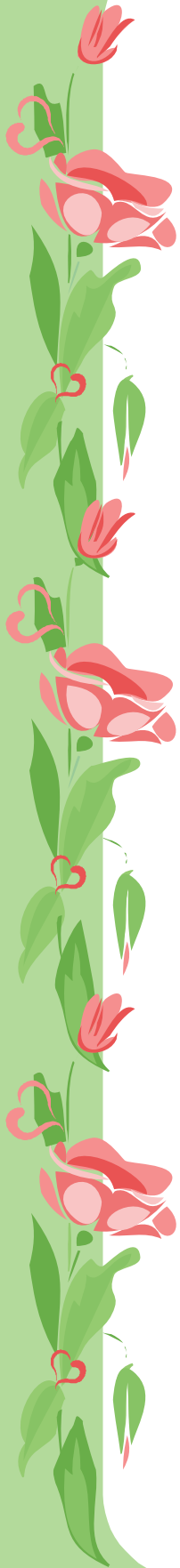
She walked back to the clinic. The wind blew gently and tickled the uncovered parts of her face. She thought about how the wind symbolized freedom and change. She was free yet not free. But, there was definitely change in her heart. And that of her father's.

Gratitude

Dwiti Ponda - 12E

All of us have times when we are low, sad or irritated with everything happening around us. In such times like the COVID-19 pandemic, when all of us are locked up at home, when our daily life and routine is disturbed, we often blame life itself for what has happened, and wonder why this happens to us.

I too have had such times. In the late summer of 2019 I had issues with my left ankle. I couldn't walk and I was asked to stop running or dancing for the next year.

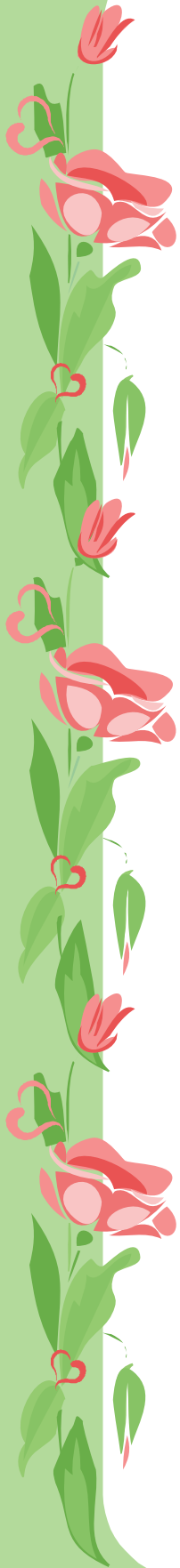


For someone always excited, and moving around, I was bummed and hurt. Few days after the fracture, as I lay on my bed, feeling frustrated with everything and everyone around me, I was scrolling through social media and I came across a public figure, Muniba Mazari, who has been my inspiration since. She is a woman I look up to; she motivates me to push the extra mile.

But well who is Muniba Mazari? She was born in Baloch, Pakistan in 1987. Before she could complete her studies she was married off at the age of 18. In 2008, her husband and her were involved in a bad car accident. While her husband survived with very few injuries, Muniba was badly hurt, with several bones broken and her entire lower body left paralyzed. Post-surgery, she was bed ridden for two years. Added to this was the pain of a failed marriage as her husband left her due to the disability.

When doctors were close to giving up, Muniba's determination and positivity even in the worst of times came into play - she strived to get better treatment, and took care of herself. After a long journey of physiotherapy, medicines, and treatments she has now recovered enough to be on a wheelchair.

12 years after the accident that changed her life, she is an independent working woman and the mother of an adopted son. She is also a motivational speaker and the national ambassador for UN Women in Pakistan. She has proved that will-power can be a deal breaker even in the most trying times.



She has proved to be an epitome of strength and determination inspiring girls all around the world to take charge of their lives.

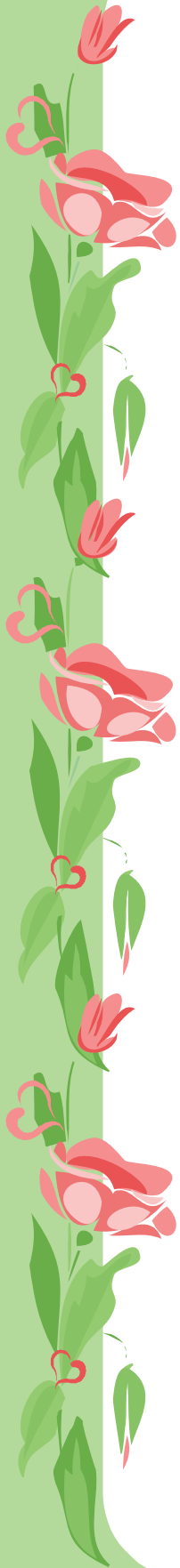
Muniba Mazari is my role model. A wonder woman.

After I learned about her, I felt all my problems were so trivial. I was inspired by her grit, and I was also thankful for everything that I had but overlooked because my problems obscured my vision of life.

Look around you. Count your blessing. Gratitude, being thankful for what you have, is very important for your mental health and strength. It is the most powerful catalyst for happiness. It makes us believe what we have is more than enough to be happy with. Of course, it is not easy to cope with isolation and staying at home for over three months, but I believe that we are not stuck at home; instead, we are safe at home.

The next exam that you have might seem challenging to you, but millions of children around the world have no access to education, and so the opportunity you have to write your exam is a privilege. Gratitude has helped me stay positive and motivated, and I'm sure it'll to your lives too.

The issues that we face today are daunting, but if we keep going forward with determination and strength, I assure you we will see the light at the end of this tunnel!



Street without a word

Neha Kurup – 12 E

Long stretches of silence

Filling the empty streets

Foliage waiting to rustle

While the crowds are holding up to hustle.

The world, hanging on a thread

Waiting to be held

A void taking too long to recover

Everything a little slower.

The nights are calm

All the same after dawn

Gazing through the lands

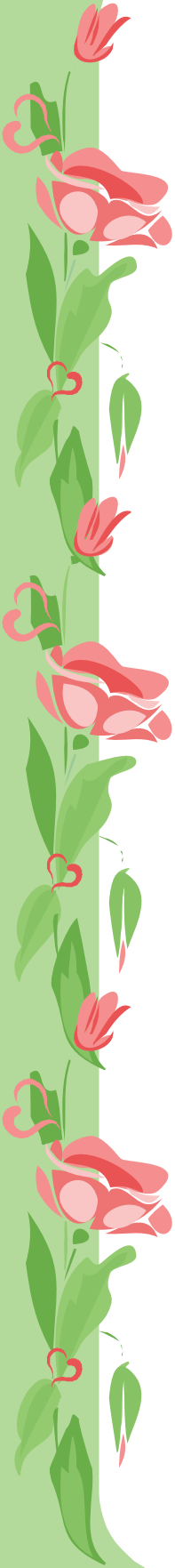
Emptiness follows the expanse.

Days like these

When the heart and soul

Are tired and worn out, will see

A ray of hope, so vivid



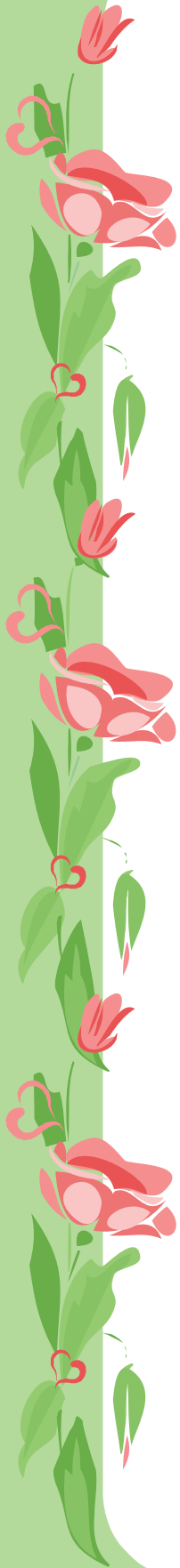
The streets will be serenaded
And the greets will be loud
Loud enough for the world
To know this has become a memory.

Covid-19: A blessing in disguise

Daran Velmurugan - 11 F

On thinking about the deadliest crisis humankind has ever faced, COVID-19 would take the top in that ladder. Ever since it began, it has not given us any hope of survival but has frightened and threatened the lives of many. But on looking at the other side of the fence, it's inevitable to admit that Covid-19 has indeed harvested some good grass. It might be quite questioning to comprehend Covid-19 as a boon after all the faculties and unemployment it had caused. But hardly do we realize, that only in a fight, we can spot the light.

For a moment, when we look back at the time when the lockdown began, most of us would have experienced a sudden change in our environment. Instead of a hasten start at 5 in the morning, we would have found ourselves in the bed till 9. Instead of gulping our food in the time we run downstairs, we would have found ourselves eating our breakfast slakenly. Instead of running to catch our bus, we run to get our laptop charger. The fact that we were not allowed to go outside itself was a drastic change in our lifestyle. For these aftermaths of the pandemic not only changed our lifestyle, but also our mindset. It taught us the



significance of family and friends. As we are forced to stay within a confined space, we tend to share our feelings more often with our loved ones. I learned how to fold clothes, make a crispy Dosa, and even learned the story of my grandparents. For in other words, this lockdown has helped to build stronger bonds within our family.

Covid-19 has also taught us the importance of cleanliness. It has made humans realize that the best cure for any disease is to prevent it by staying clean. Further, this pandemic had played a vital role in giving a break to all the polluting activities and helped to enhance the virtue of earth once again. Lastly, covid-19 has taught us the importance of doctors, policemen and other civil service workers who have put their life on stake, and also, enhances our need to support them.

Hence, I would like to conclude my article by stating that this pandemic might have cost us a huge sum of lives but it has reaped a fruit which dictates the true meaning of life and explains that after all, this pandemic was a blessing in disguise!



An Interview

Prisha Khare – 12 B

Interviewer: Prisha Khare

Interviewee: Ashutosh Khare

What does your job require you to do?

I am a safety engineer in the Kuwait oil company under HSE(Health safety environment) department. The job responsibilities include the implementation and compliance of KOC's HSE-related procedures.

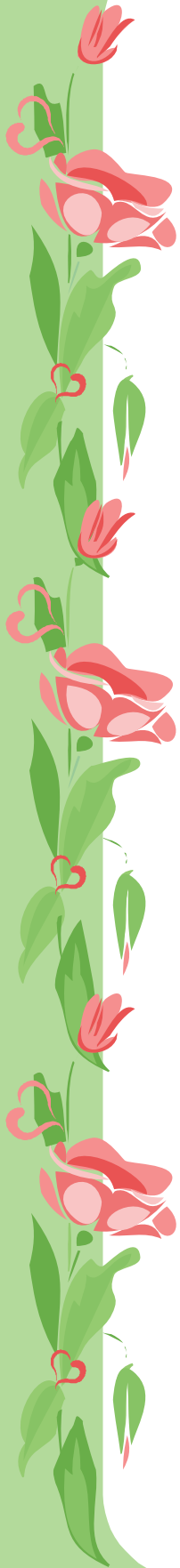
Has there been any significant changes due to the COVID pandemic in your line of work?

There have not been any significant changes, however, the emphasis on health and hygiene has increased.

What measures have been taken to prevent the spread of this virus in your workplace?

Various measures have been implemented by KOC. These include, but are not limited to:

- 1.Enforcement of personal protective equipment like gloves and face masks by all.
- 2.Monitoring of body temperature of all employees entering KOC.
3. Ensuring the availability of hand sanitizers, disinfectants, and liquid handwash at all designated areas.



4. Reporting of anybody observed with COVID-19 related symptoms/abnormalities.

5. Compulsory quarantine/isolation of any suspected COVID-19 cases and disinfecting their accommodation.

How do you feel about the risk during quarantine?

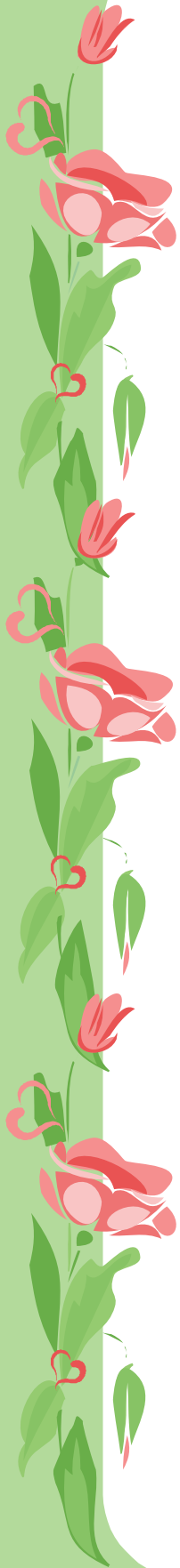
Although risks are present, being an HSE professional, I have to take adequate precautions to ensure the safety of myself and those around me against the coronavirus.

The Spectre

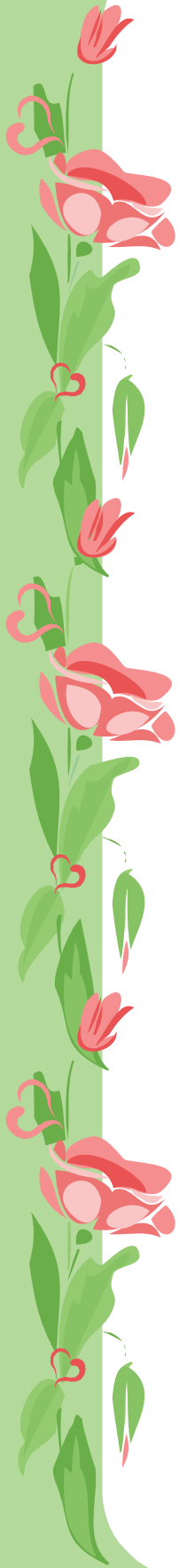
Sarothi Adhikary – 12 B

Mary could not believe that her wrongdoings brought her to the one place she was scared to go. She heard about this place in the news. It was said that paranormal activities occurred here. Yet she felt an irresistible urge to stand at the edge of the Golden Path Bridge. She felt her guilt washing over her. Mary was sorry for everything. She wanted to forget everything and the solution was in front of her. Without any hesitation, she closed her eyes and jumped.

Detective Marcus Jefferson knew his end was near. The number of cigarettes he smoked was enough to give any person lung cancer. But as he drove to New town Forests, Detroit he had a feeling that he was going to see something unusual. It was on the 16th of December. The captain had given the Golden Path Bridge case to Marcus.

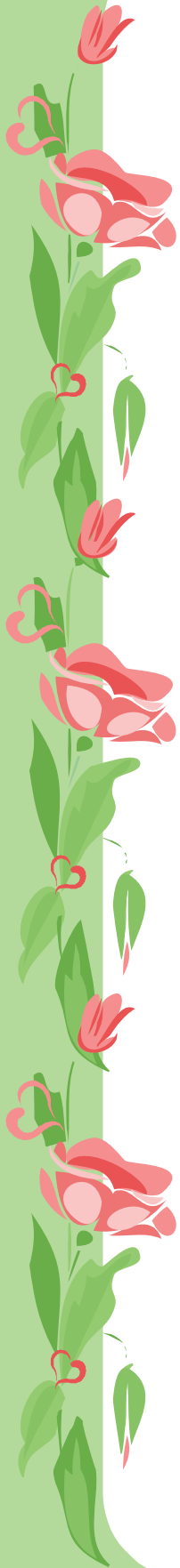


As much as Marcus knew, the bridge was also known as the suicide point of Detroit. The numbers of cases registered were over hundreds. However why this case was so unusual, Marcus had no idea why. As he neared the bridge he saw another man waiting there. He was tall and thin and had a cowboy hat over his head. "That's odd. No one knew about this case except the police and a gardener who reported the crime." thought Marcus. "Morning. My name is detective James Ross. I was assigned this case by the FBI. And you must be the detective Marcus." he said as he shook hands with detective Marcus. This was serious. The FBI never work with Detroit police, except on a few cases including some rich bloke or a known celebrity. "Great" replied Marcus and then continued "So what do we know of the victim?". Detective Ross bent down to examine the body, "The victim was one, Mary Zane. She worked as a lawyer at Richard law firm. She has no relatives or family members alive. Her friends say she had a long fight with her boss last night and after that, she just vanished. The next morning the gardener found her beneath the bridge. That's it." Marcus was a bit shocked. Not that he didn't know all these but he felt that this was a new low for the FBI. This seemed an open and shut case. Most people can't handle the jobs in the city and thus come here. This case was similar. Detective Ross looked at his face. "You think this is a suicide, don't you. Well come here and look at this." detective Ross pointed to a shrub nearby. Marcus went towards the shrub and felt his heartbeat rising. Between the grass was a pack of cigarettes It looked entirely new. He could see footprints of a man standing.



Someone was watching the entire scene last night. "what do you make of that?" asked detective Ross. Marcus picked up the pack and examined it . "It seems that the man was in a hurry. No one would want to leave anything as evidence. Also, there are initials on the pack. J.R if I am not wrong "replied Marcus. Detective Ross smiled," You are right. J.R stands for James Randolph. There is a Mansion with his name on it nearby. Do you think we should pay them a visit.," With that Detective Ross led the way and Marcus followed. As the two detectives made their way towards the mansion detective Marcus felt an eerie sensation. "Something was wrong." thought Marcus. "Why is detective Ross alone? Every FBI agent has been assigned a partner. So where is his? And why is the forensic team not on the scene? "

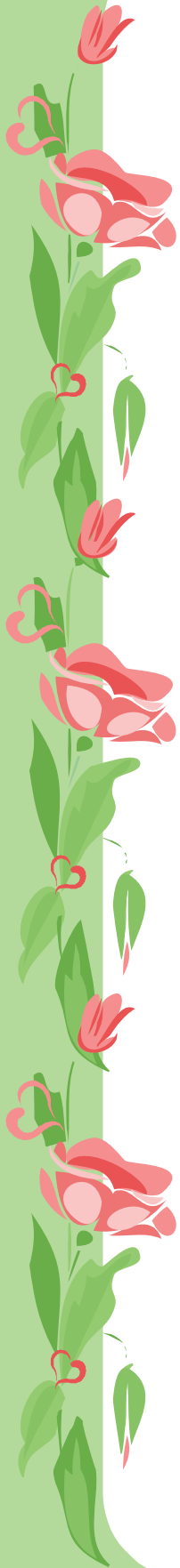
"Ok, you have some questions, "said Ross. "Yeah." replied Marcus and then questioned, "Where is your partner?". Detective Ross faces turn rigid. Marcus knew that he had touched a sensitive topic. " My partner was killed during a mission," said Ross as he stamped harder on the dead leaves. "We were told to go undercover to bust a drug cartel. But the mission went south. I lost my partner and the leader of the cartel vanished. " After a few moments of silence, Marcus faced an imposing mansion. Although it looked as if the mansion was a hundred years old, it was good looking in its way. Near the gate there was a post box with the initials J.R. They were at the right place. Detective Marcus knocked on the door. There was no answer. Marcus knocked again.



After what felt like a millennium an elderly man opened the door. He had gray hair and loose-fitting clothes. The man was wearing a golden rimmed spectacles. Marcus saw that the man started shivering with fear on seeing the police batch. "Sir is everything alright? You seem agitated." Instead of answering the question the man ran toward a room nearby and shut the door. Marcus ran after him and banged on the door. "Sir, please. I just have some questions regarding the suicide at the Golden Path Bridge. The man opened the door slightly. Marcus pushed the door and the man fell backward." "Why did you run?" asked Marcus. The man sat up straight and answered, "I thought you were here to arrest me. I had a deal with the FBI. They told me they couldn't touch me as long as I told them the names of my gang." Marcus felt as if his head was about to burst with the questions. What was happening?

"Ok, sir. First, tell me what gang?" The man looked at Marcus as if he had seen a ghost and continued "don't you know who I am? I used to run a drug cartel. I desperately needed money. But I didn't know that two undercover cops were in my gang. When I found out, I was scared. I thought they could catch me and so I shot and killed both of them." replied the man.

Marcus could not say a word. Two questions came in his mind. He already knew the answer to the question but still asked, "Sir what is your name and what were the names of the undercover cops?" The answer he got send a shiver down his spine. "My name is James Randolph and the two cops were Harvey Gordon and James Ross". This was too much information for detective Marcus to process.



He turned around but there was no one there. He ran out of the room, fear clenching his heart. "Detective Ross.....James Ross," he called out. Marcus didn't get an answer. Instead, he heard a shout from the room where Randolph was hiding. Marcus switched off the safety on his gun and went into the room. Randolph was drowning in his blood and in front of him, James Ross was holding a knife. "Stop right there!!" cried Marcus aiming the gun at Ross fully knowing that the gun would do him no good. James just smiled, "You are a good detective Marcus. My work here is done. I know you have a lot of questions. But I am sorry that I can't answer all of them. Just know that Mary Zane died five months ago. The pack of cigarettes was not real and that when you wake up everything will be back to normal." and with that, there was strong white light. Marcus shielded his eyes and then everything went black.

Detective Marcus gave his resignation the first thing after he woke up in his house. Not because he was afraid, but he felt that he couldn't trust the police after knowing what the FBI did to James Ross. Before leaving however he went to the FBI headquarters and asked the captain there if he knew anyone named James Ross and Harvey Gordon. Instead of answering, the captain gave Marcus a file titled 'classified'. Inside there was a picture of two agents and a small note: 'Detective James Ross and Harvey Gordon, undercover operatives, died on December 16, 2019.'



Covid-19: An Impact On Our Lives

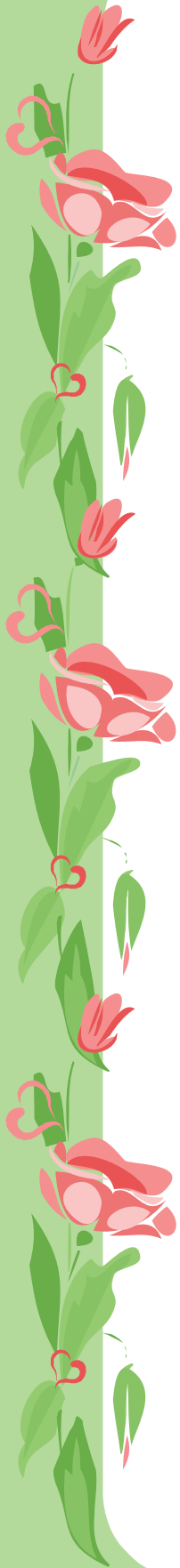
Zubaida Fathima 12 B

We are all very well aware of the whole Covid-19 crisis-reading articles and articles without end- being reminded of how adverse this pandemic is. But is it really all the bad? Or are we just looking at the looming darkness rather than the bright side of things?

Research shows that most of the people infected by the virus, recover and only 20% of people actually need medical attention. So clearly, there is more to this situation than being looked at. And along with its disastrous elements, it has done a bit of good for the world.

This global pandemic has finally made people realize the importance of personal hygiene. For once, people are taking something this essential seriously, but nonetheless better late than never.

Life has physically come to a halt and never would we have expected this. But this opens gates to tons of new possibilities. The quarantine that the virus has brought along has given us all enough and more time to pursue new hobbies and interests. We have ample time to reflect on ourselves and our surroundings and think about various issues. Not only this, we've been given a wonderful opportunity to spend time with our families- get to know each other better, bond with them and grow closer to them. Along with this, reduced mobility and police security and surveillance has increased to ensure that people stay at home leading to reduced crime rates. Just for instance, crimes rates have dropped



by 10% in Chicago and by 84% in Peru and this is a trend that is playing out globally. Adding to this, one of the major concerns of the world, that is, environmental pollution is reducing steadily. Decreased air and road traffic is one of the key contributors for this to happen.

We have to remember that Covid-19 is just another novel corona virus and as the WHO says 'The world may learn to live with it'. So seeing as this deadly disease is not going to disappear anytime soon and a successful vaccine is yet to come out, we might just look at it from a better perspective.

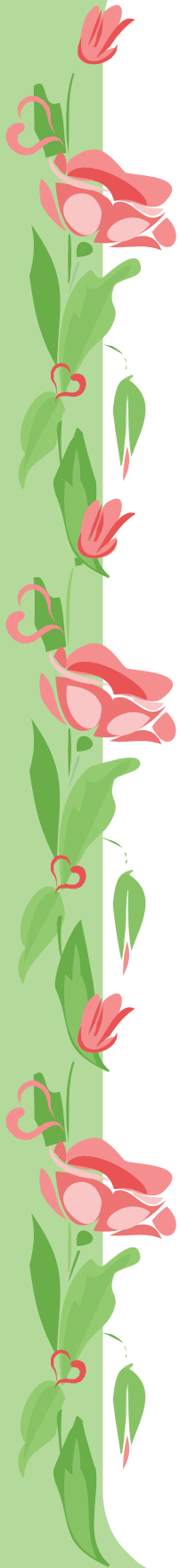
Depression-the silent killer

Kavya Kapoor - 11 I

Why is it so hard to believe that our loved ones could be suffering from depression? They seem to be perfectly happy or content. Some of them have success, money, fame, power everything so why?

We fail to understand that no amount of money or fame can bring you peace.

Myths , misunderstandings and stigma continue to be barriers towards awareness on depression and consequences of untreated depression can be life threatening . We often do not realize the seriousness of depression. Few amongst us mock people who try to open up forgetting how laborious opening up can get. Everyday a new individual struggles to even get out of his bed.

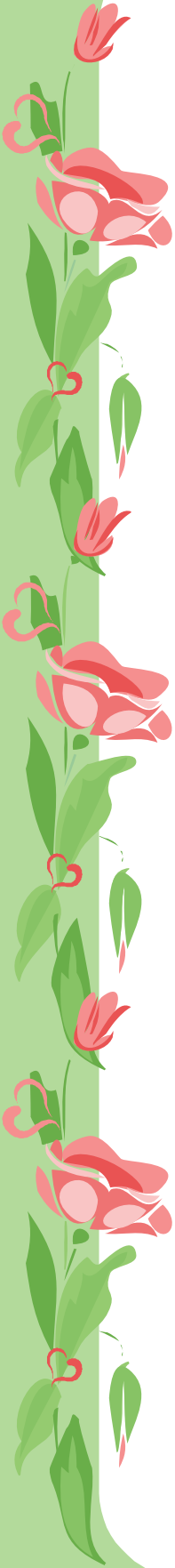


Human beings are well known for their suffering-in - silence trait. How has suffering in silence ever helped anybody? We forget that depression isn't about reel life. A person will be suffering in silence and nobody would ever know.

A person suffering from depression would cut off people and distance himself from the world. He'll feel like he is living in a "black hole". A depressed person needs to find a way and open up to the ones he trusts. Bottling up his feelings is going to make the situation worse. If talking to a psychologist can help, it should be done as soon as possible.

The least we can do for depressed people is hear them out. Listening is the greatest act of all times, communication with a suicidal person can help him reconsider his thoughts about suicide. We need to empathize and avoid saying "you will get over it" or "snap out of it". People shouldn't be treated in such a harsh way that they are driven into these thoughts. We need to be kinder to every individual around us. We need to remind them how loved and appreciated they are on a regular basis because we never know how rough their life is. We need to encourage them to go to psychologists instead of saying "society is going to ridicule and taunt you" or "they are going to call you a psychopath" or "He has everything probably he wants attention" . We need to learn how to judge less and help more.

Depression is real, complex and a serious condition. It is a global public health concern and we must make it our personal responsibility to fight against it.



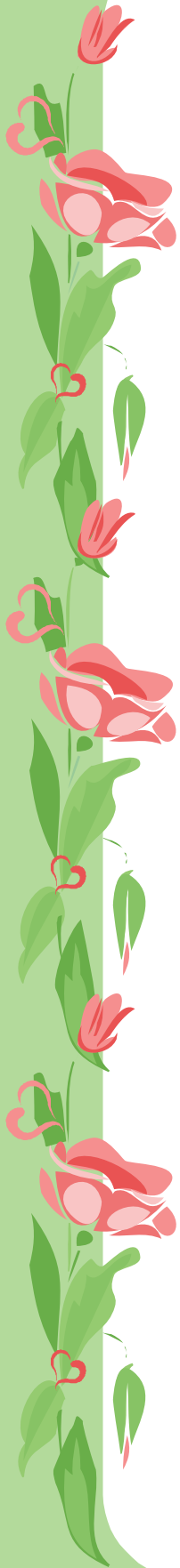
It is high time to educate ourselves about depression and support those suffering from it.

Social Distancing

Prisha Khare - 12B

A few months ago while the world was going about its business, something big was happening in Wuhan, Hubei province. What started as a virus outbreak in China has now become a global pandemic. The coronavirus pandemic has now spread across various countries, affecting millions of lives. This virus is spread by close contact via droplets that are produced while coughing, sneezing, or talking. Therefore one of the first precautionary measures to be taken against this virus was social distancing or quarantine. Life as we know it, has entirely changed. We can no longer meet our friends in school, go to malls or play outside. We are now living in complete and utter solitude, except our family members of course. During the start of quarantine, plans were made to have a healthy diet, exercise daily, learn a skill, and study meticulously.

However, this lasted only for a while, after which it was all about bingeing on food and Netflix series. Hours were spent on Instagram, Snapchat, and WhatsApp. And then ALAS! School decided to initiate online classes. The enjoyment period was over. With heavy hearts, we trained ourselves to wake up, drag ourselves to class, and study.



Though online classes were nowhere near the classroom experience, the teachers were trying their best. Now after a few months, most of us are able to wake up before the alarm and have some kind of routine. We have become accustomed to life in quarantine. Many of us have started cooking and cleaning, a sight our parents would have never thought they would see! The pandemic has had both positive and negative effects. In the end, the question that remains is, "Will life ever be the same again?".

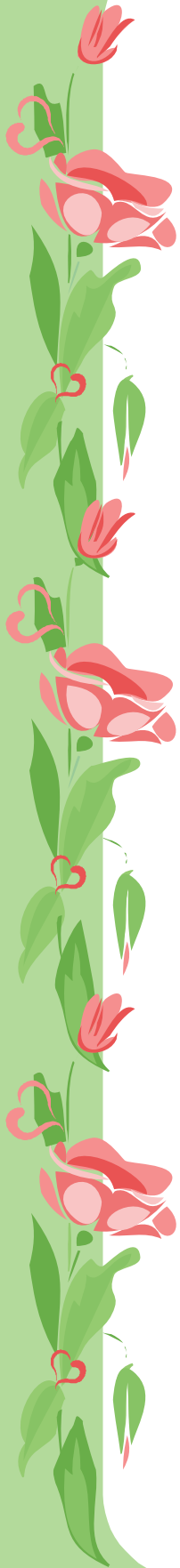
Julie's Documentary

Danah Danish 11 F

Julie was in her backyard setting up her video camera and planning out her documentary until a ball hit her. Her neighbor, Bella came running and apologized profusely. "What were you doing?" asked Bella. Julie answered that she was making a documentary for her school project about the neighborhood.

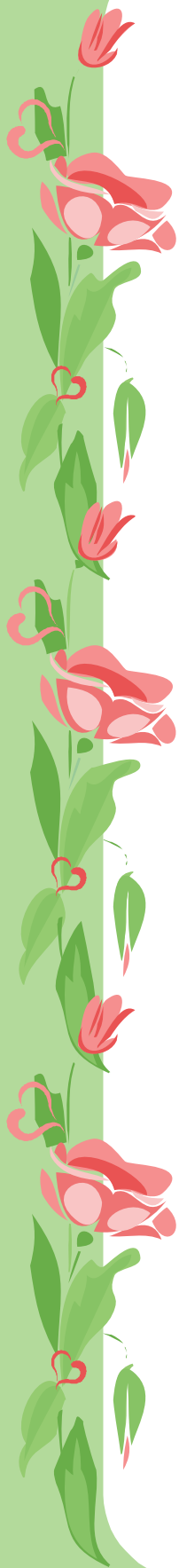
Bella was an adorable young girl about eight years old, and she proposed to help but Julie was being irascible and she rejected the idea, Bella was adamant and managed to convince Julie and together they began working on the project.

The next day Bella and Julie made their way to the neighborhood museum Julie planned to capture some artifacts and paintings for the movie.



Julie looked at a painting by René Magritte in which he drew a pipe and then beneath it wrote in cursive 'Ceci n'est pas une pipe' [this isn't a pipe]. "I just don't get this painting; this is a pipe." said Julie. "You see, this is a drawing of a pipe. Not the pipe itself. All representations of a thing are inherently abstract. It's very clever," replied Bella. Julie was astonished by Bella's deep thinking. They continued their work, Bella made remarks about how the terra-cotta toys kept in the glass shelves were intricate. This made Julie wonder how just clay could speak so much for history. She also noticed Bella's deep thinking and her charismatic personality. It was as if Bella could find good in everything.

Julie and Bella continued working. The next day they visited the park and filmed kids playing and asked them how they were doing. Bella also played for a while and Julie filmed that too. After a couple of hours, they packed up and went home. One day Bella didn't show up. Julie reached chez Bella but she wasn't home. Her brother said she was at the hospital. "Why?" asked Julie. She was told that Bella had leukemia and had a check-up. After finishing the filming Julie took Bella for star gazing. She asked if Bella was scared. "Not of dying actually. Its time I'm scared of, not having enough of it to figure out who I am supposed to be in this world before I have to leave it" she replied. Bella died 10 days later. She had left a deep-rooted message in Julie's heart that our TIME in this world is limited, and we must thrive to make it worthwhile. Julie concluded her documentary reminiscing about her experience with Bella which changed her life forever.



Covid 19. A blessing in disguise?

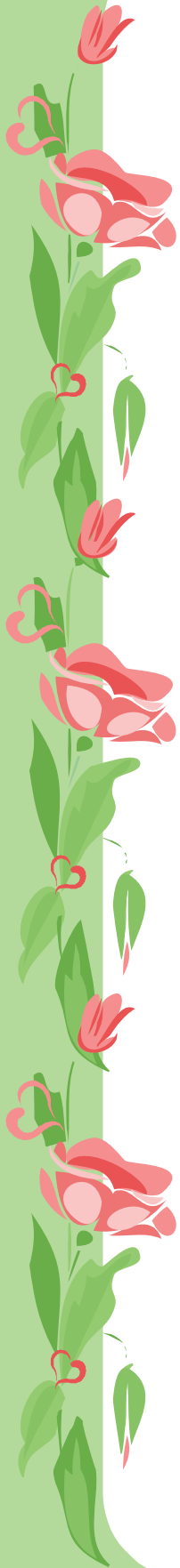
Usri Banerjee 12 G

Covid 19. A blessing in disguise, some say. Indeed, it has given some of us the opportunity to cultivate our interests and learn new things like learning to cook a new dish, picking up how to play some new instrument, read a new book, and many more. It has also taught us how to optimally use given resources and other basic life skills.

However, it is a shame that one would require a situation like that of Covid 19 to learn these skills. Sure, while they might be difficult ones to learn, these are lessons which need to be learnt without the presence of a factor like Covid 19.

On the other hand, if one looks at problems and difficulties that people have had to face, people who are not as lucky as the ones with a roof above their heads and a steady income, Covid 19, is in no way, a blessing.

Crores of daily wage workers have lost their only sources of income. People with psychological disorders like schizophrenia, clinical depression, anxiety, etc., have had their mental health's take a hit with this lockdown. A devastatingly large numbers of deaths occur on a daily basis due to Covid 19.



Those affected with diseases that are not Covid 19, are also suffering due to attention and resources being shifted from them. Health care systems and front-liners have an immense pressure on them.

To top it off, the world wide economy has gone for a toss due to the lockdown. This will have repercussions in the future. Currently, what is evident is that there is going to be a negative impact on jobs and salaries in the near future. People do not even know how much of an impact it will be. Even at present, there are plenty of people who have become unemployed due to the grave situation.

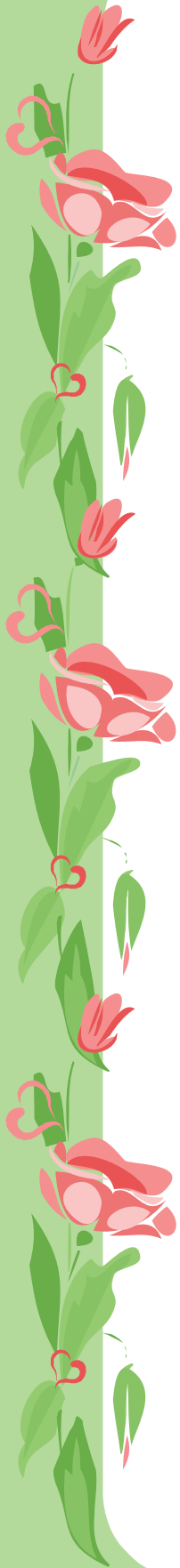
Hence, in conclusion, Covid 19 is not a blessing in any form and rather a curse which needs to be eradicated as soon as possible.



A Girl and her Battle

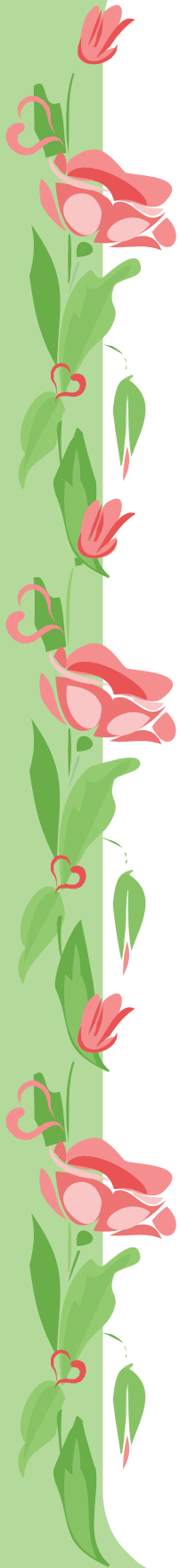
Arathi Sasidharan – 11 D

The markets at Rajpat Nagar were crowded with people as there was sale for all the available items. There was a magic show too, which took place only once in a blue moon. All were waiting for the show to begin, including Rashi. Everybody in the village knew Rashi , for she was a girl who would even give her life for helping somebody. The people of Rajpat Nagar respected her father , Khanna Saab , a revolutionary who died fighting for the freedom of our country. It was true , Rashi was just like her father. Ever since her father left for heaven, she has been living with her mother, Kalpana and her elder brother, Rahul. She was a simple but a very courageous girl, who was ready for everything. She went to school with her brother regularly and she loved it . Learning new things every now and then , it was a place of happiness for her. Her family was a moderate family , with just enough earnings for the household to run. Her mother was a cook , and she used to leave the house at six'o clock early in the morning and come back only at six in the evening. They also had two cows, Nandini and Gowri, who used to graze at the grasses near the Rajpatra river. Now , there happened to be an incident in which our heroine , Rashi happens to be the savior of the day.....



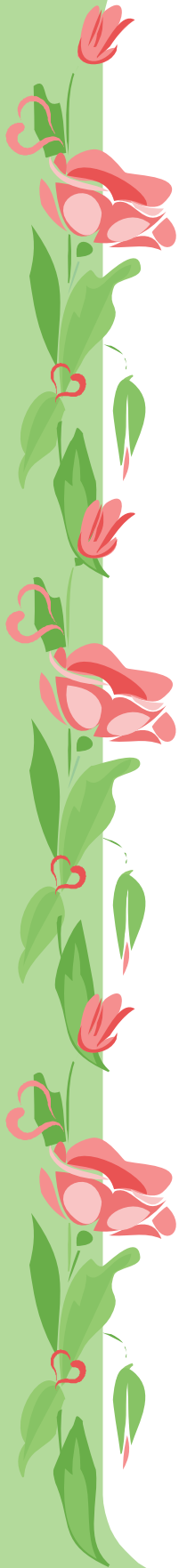
The electricity of the village was not stable and Rashi found it very difficult for studying or finishing her homework when the current used to go on and off. And Rashi was not alone, almost all the children of the village were constantly troubled due to the same. The father of Rashi's friend Aashka, was a very high official working for the police. He complained to the municipality about it, but no action was taken regarding it. Rashi was very sad at the plight of such a situation and one such day, she made up her mind to show the municipality that even though a small girl cannot change the mind of such people, a community of people can surely charge against for their rights. One day, when Rashi and her friends were returning from the school, she saw a lady with her child in her arms. She was begging for food. Rashi was so moved at the plight of seeing that poor lady, she gave the lady a ten Rupee note. Rashi could see the eyes of a person, glimmering with tears, it was the poor lady's. She blessed Rashi, took her child and walked away. Just then another thought rose in Rashi's mind....

She thought, "Why not educate such poor people? Together, we all could make a club... The Daylight club! In the club, all the people can give suggestions in improving our electricity issue and with the best ones, we could move on to make something brilliant!", and that day itself, she told her friends the idea of forming a club. Her friends liked the idea almost immediately and some of Rashi's friends who were rich, told her that they would sponsor for all the expenses.



Her family members supported her from the bottom of their hearts . Rashi's excitement knew no bounds ! And now , she was ready to show the people that no matter what caste or creed you belong from , if we join hands , we could make history !. Now what she needed most were people , people who could not afford such leisure and people who could not read or write. Well , you can imagine , the search for such people began that day itself . Within a few days , Rashi and her friends managed to find ten poor people. She told them her idea in the native language and they liked the idea too. They agreed to come to nearby open ground every Friday , Saturday and Sunday at sharp five pm in the evening . The class would be for three hours and by eight pm , they could go to their respective houses. The teachers were to be Rashi and her friends.. So thereafter , Rashi worked hard for the betterment of her club and within four months , her hardwork bore fruit . Not only did she find more people and educate them , she also came up with an idea . Can you remember how many people were there when Rashi started the Daylight Club ? Yes , there were only ten people , but now , there were fifty two people , all well educated !

Rashi thought , "The lamps that we use when electricity goes off has been very resourceful , so why not pay back all the help it has given?" , "We could make the Bio-Gas Lamp , which runs on bio gas and works efficiently !" , and thus with the help of the villagers and of course her dear oil lamp, Rashi made the Bio-Gas lamp , for which she received the Young Contributor Award !



Well , all of you reading this right now , can guess that the village of Rajpat Nagar always remained bright and shiny , all thanks to a little girl and her battle .

COVID-19 and the Pandemics of the Past

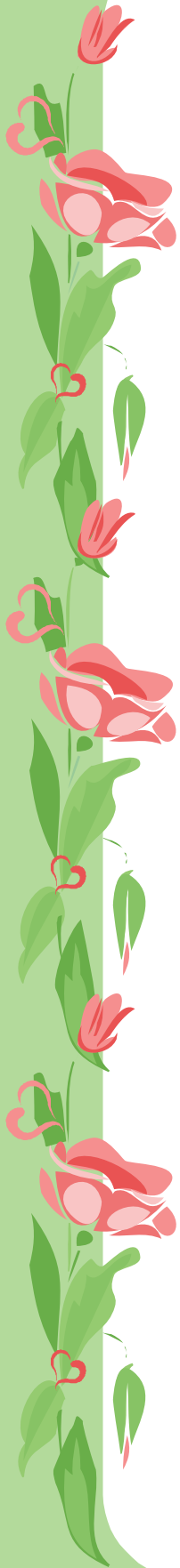
Rohita Mahesh – 12 E

We know how the COVID-19 pandemic began—bats near Wuhan, China, passed a peculiar strain of coronavirus called SARS-CoV-2 to pangolins in a seafood market in Huanan and it eventually infected a human. From then on, the virus spread like wildfire.

What we don't know is how this pandemic will end, but a closer look at pandemics of the past may offer some hints about the future. Humanity has survived several large epidemics in the past, from the Black Death of Europe during the Middle Ages to the Spanish flu around the time of the First World War.

COVID-19 marks the return of an old and unfortunately familiar enemy. In the history of the world, nothing has killed more human beings than disease-causing microbes like bacteria, protozoans and most importantly, viruses.

But while what we are experiencing now is devastating, to say the least, history shows us that a pandemic is nothing unusual. In fact, it is easy to forget that HIV is a pandemic that has been around ever since 1981.



Historians have been trying for millennia to make sense of epidemics, and we can learn much from studying their conclusions. Studying the ways these epidemics stopped ravaging society offer guidance and possible solutions to a world looking for ways to restore health and some sense of normalcy in light of the novel coronavirus.

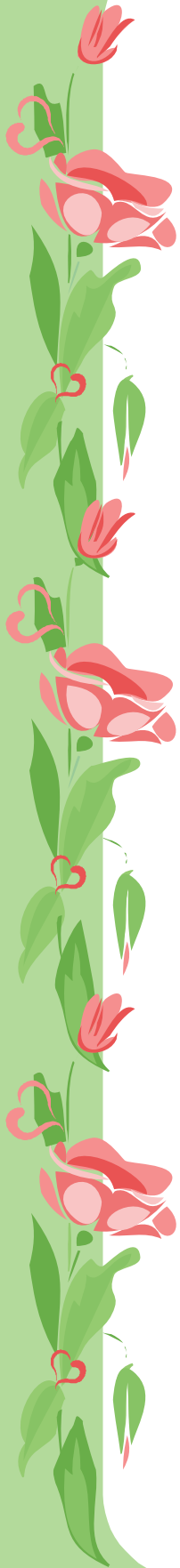
Comparing COVID-19 to influenza pandemics of the past seems like a good place to start as the symptoms of COVID-19 are similar to that of common influenza. However, the death rate of COVID-19 is much higher than the relatively negligible 0.1% in case of influenza. COVID-19 is also much more contagious than influenza due to asymptomatic carriers.

The swine flu pandemic of 2009 shares similarities with COVID-19 as it was caused by (H1N1)pdm09, a virulent strain of influenza viruses. Like SARS-CoV-2, the virus was significantly different from those known at the time, meaning that most people did not have any natural immunity.

The only exceptions to this were senior citizens who had an innate immunity to the virus. Because of this immunity, 80% of the fatalities occurred in people younger than 65.

On the other hand, the novel coronavirus infects all age groups, with older adults being the most at risk of developing severe illness. So far, no groups of people with an immunity to COVID-19 have been identified.

Another difference between the two viruses lies in their mortality rates—the overall mortality rate of swine flu was around 0.02%, several times less than that of



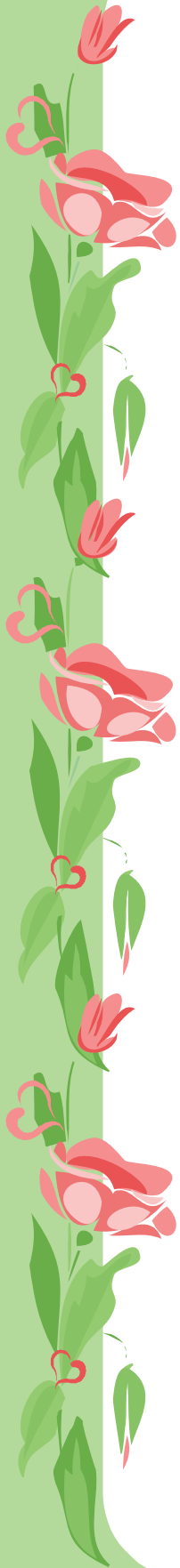
COVID-19. In addition, the swine flu was also less contagious and infected far fewer people.

An important factor that ended the swine flu outbreak was that scientists were able to develop a vaccine for it in just six months, which helped to control the dreaded second wave of cases. As a result, it became a widely circulating seasonal flu, from which many people are now protected either by flu shots or by antibodies from a previous infection.

Another outbreak similar to COVID-19 is the Severe Acute Respiratory Syndrome (SARS) of 2003, which is now eradicated. Surveillance, the isolation of those who contracted it, and strict quarantine measures halted the progress of SARS. The novel coronavirus is considered deadlier and more contagious than SARS-CoV, the causative agent of SARS which was also a coronavirus.

Thanks to aggressive tactics such as surveillance, isolating the sick and quarantining their contacts, severe outbreaks were limited to only a few regions such as Hong Kong and Toronto. These containment strategies worked so well there were only 8,098 SARS cases globally and 774 deaths. There has not been a single case of SARS since 2004.

The Spanish flu of 1918 was the deadliest pandemic recorded in history with 500 million infections, which was about 1 in every 3 people of the global population at the time, and somewhere between 20 and 50 million deaths. The virus, like SARS-CoV-2, had animal origins, passing first from birds to humans. Another similarity between the two viruses is their transmission via respiratory droplets.



As in the case of COVID-19, older adults were most at risk of developing severe symptoms. However, unlike COVID-19, the Spanish flu also affected children under the age of 5 and adults aged 20–40. In fact, a 25-year-old was more likely to die from the Spanish flu than a 74-year-old was, the exact opposite of the norm of COVID-19.

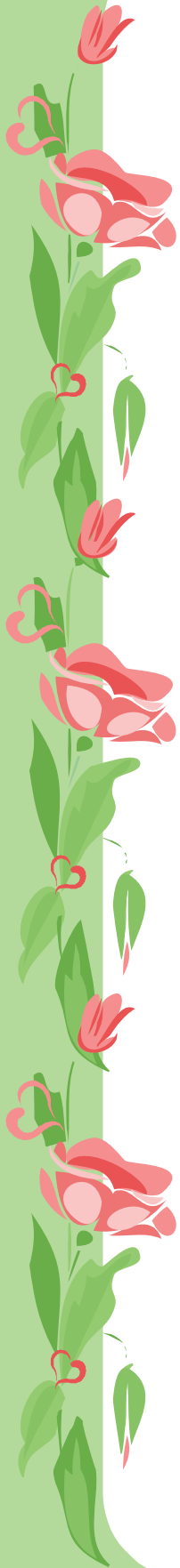
Both the viruses have comparable mortality rates and are highly contagious. The pandemic came in two waves, with the second being more deadly than the first. Unlike the swine flu outbreak, there was no vaccine available to temper the second wave.

To curb the spread of the Spanish flu, people were ordered to wear masks and schools, movie theatres and businesses were closed, like the measures taken currently in the times of COVID-19.

The importance of these physical distancing measures was demonstrated by 2 American cities, Philadelphia and St. Louis.

In Philadelphia, officials downplayed the significance of the first cases in the city. Mass gatherings continued and schools remained open. In contrast, within 2 days of its first reported cases, St. Louis quickly implemented social distancing measures. The result was an uncontrolled epidemic in Philadelphia while St. Louis suffered only a smattering of infections.

The pandemic lasted for two long years. With no medicines, vaccines and the delay in implementation of control measures, there was little that could be done.



Over time, infections conferred immunity on those who recovered and eventually, the pandemic gradually came to an end with seasonal bouts of less severe infections. In the meantime, the people just had to learn how to live with it.

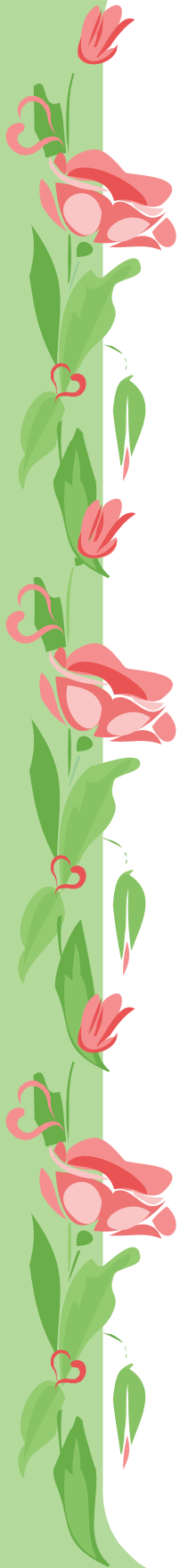
A pandemic that left an unforgettable impact on the world was the Black Death. Caused by the bacteria *Yersinia pestis* spread by the fleas carried by rodents, the bubonic plague claimed the lives of half the population of Europe. Like COVID-19, the plague was transmitted via respiratory droplets.

Isolation measures of people staying in their homes and going out only when absolutely necessary were used for the first time—the same strategy that is currently being used during the COVID-19 pandemic. Due to such measures, the word ‘quarantine’ came into existence during this time. Originating from the Italian word ‘quaranta’ meaning ‘forty’, it referred to the period of forty days that all ships were required to be isolated before passengers and crew could go ashore.

People also started to hold fragrant handkerchiefs against their mouths when in public, reducing the risk of infection and transmission—this measure is similar to the use of masks in the current times.

Various conclusions can be inferred from the study of the strategies used during the pandemics of the past and their effectiveness.

From the study of the SARS pandemic, we learn that surveillance is important—we need to know who is affected and who has been affected.



Vaccination can also help greatly during the trying times of a pandemic and even prevent the dreaded second wave of infections, as proven during the swine flu outbreak.

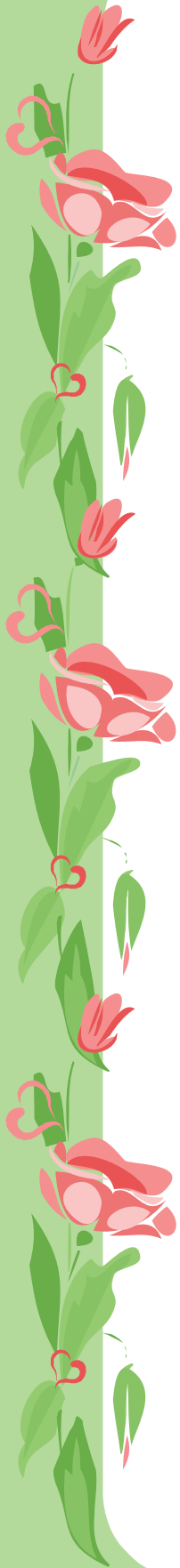
Sometimes, we simply have to wait for the pandemic to die out on its own and learn to live with it like people did during the times of the Spanish flu.

A common tactic that has worked in all the pandemics is quarantining the sick, teaching us a valuable lesson about the effectiveness of quickly implementing social distancing measures.

The COVID-19 can be brought to an end by a combination of all these tactics, with the social distancing and precautionary measures put in place buying time to develop a vaccine to eradicate the novel coronavirus for good.

It may be of little consolation, but it might be comforting to know that we are not the first humans to have experienced a pandemic—and we will not be the last.

How the COVID-19 pandemic will end is still a mystery, but it is important to remember that it will end—it is just a matter of how soon. Armed with modern science and medicine, we have the tools at our disposal to make the novel coronavirus nothing but a memory of the past.



A Poem

Devanjali 9 F

As subtle as it may seem,
united we stand simple,
the roots of us yet so ordinary,
our disposition then is given to fiddle.

Toddlers growing to an extent,
as to be making choices of their own,
but reaching the extent, or going to so,
yet toddler-self not outgrown.

Joy, knowledge and reality to face,
all that there is in conclusion,
why oneself is to complicate,
as left to tons of exploration.

Every line spoken, each action done,
wait for as tons to exploit,
souls of charisma prepared to shine,
simple it is, nurture it right.

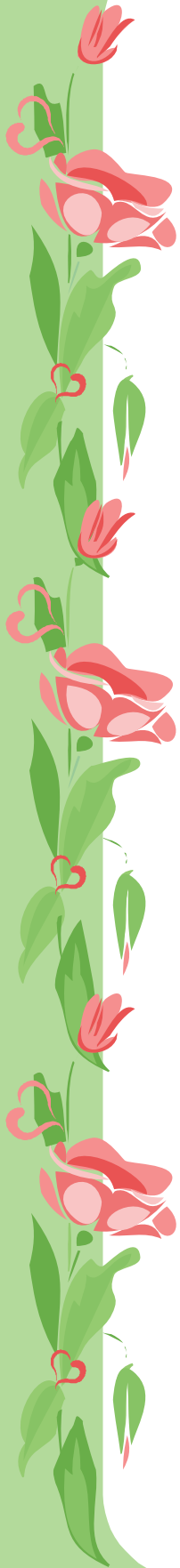


COVID-19 and its impact on environment

Sardul Raj Ahmed - 11G

The God gifted nature is the purest form of habitat for living creatures. All environmental conditions are naturally adopted and meeting the requirements for living creatures to live and show the existence with satisfying basic conditions of livelihood in nature. With the rapid growing population of all living beings (organisms, plants & animals), huge stress generates to the existing global environment making the habitat the worst threatened for future.

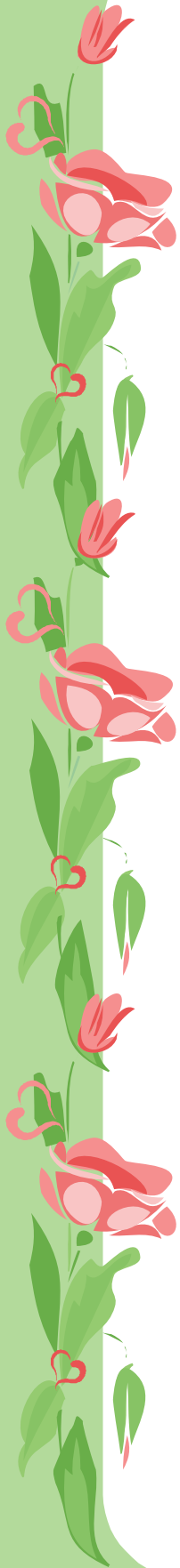
With everyone stuck at home, as Covid19 creates havoc in the world in terms of economics, trains and flights are being cancelled to reduce travel. Life, as we know it, has changed within days and beyond recognition. Coronavirus has taken the lives of people across the globe. The governments of all over the world are taking whatever precautions they can take to prevent the spread. However, if we look closely, the pandemic also has some positive effects on the environment. When India imposed a nationwide lockdown with the aim to stop the imminent spread of the pandemic situation caused by COVID-19, India's 1.4 billion people were secluding themselves which provided a temporary remedy to health issue like suffocating due to pollution levels. All factories, markets, shops and places of worship are closed, most public transport suspended and construction work halted and citizens had to stay home to practice social distancing during this largest lockdown.



Pollution has drastically reduced and the Earth has become a safer place to breathe air as compared to the 2nd decade of the 21st century.

Now coming to the negative effects. This pandemic is currently the biggest target of mankind and the world is finding various techniques to overcome this issue. People are asked to stay indoors and everything has become online. This has made life quite easy but this is one of the major reasons why people die at an early age. Lack of physical exercise can lead to several health problems in the late years of our lives. Secluding yourself in the house can lead to mental issues as well. Covid-19 is known to stay in the air for at least 3 hours before falling and sticking onto a new surface. Hence wearing a mask is very necessary. We are deprived of our regular activities and we have to adjust to a new temporary schedule where we stay at home and do all activities which results in making us a weak and lazy people. This is definitely the dark phases of 2020 for the humankind.

No matter how toxic air we are living in and no matter how difficult the situation is, there is always a solution to every problem. We have to adapt ourselves to this toxic atmosphere and create a space for this pathogen in our body so that it doesn't affect us. We must make our immunity strong enough to resist this virus. Doing exercises, taking precautions and hoping for the best is all we can do at such a dreaded moment.



The Dark Veil

Astha Joshi - 10 B

Darkness is a bond with black

It just isn't the right track

Though it seems very easy

You might end up deadly

Go and feel the pain

But don't end up in vain

You'll know when to say no

But you wouldn't so

Evil will come and tempt

But you shall know how to prevent

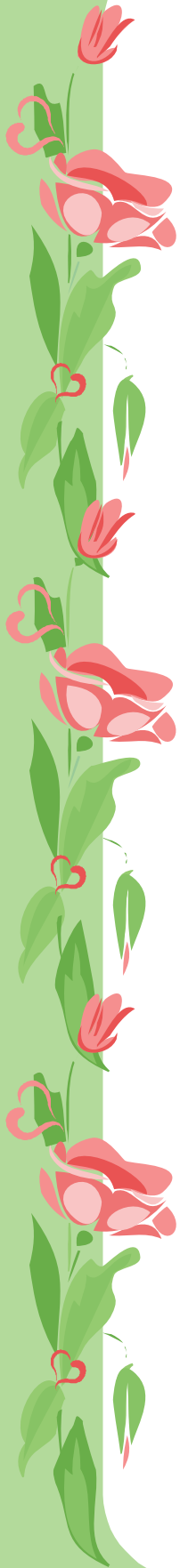
Because only you can holdback

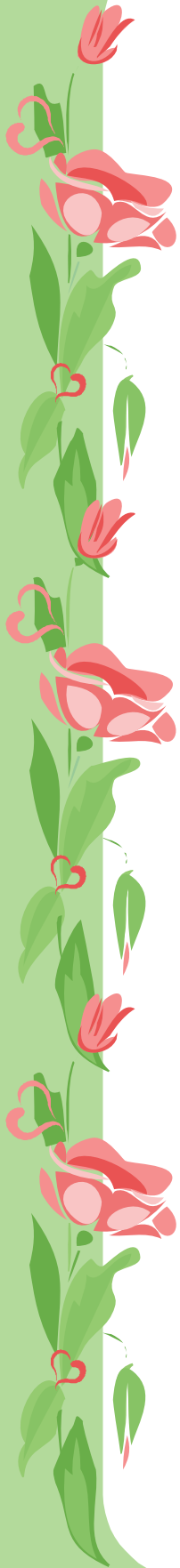
No one else will fightback

RIDDLES

Nisreen Ali – 9 C

1. The more it dries ,the wetter it becomes .what is it?
- 2.What always murmurs but never talks .Always runs but never walks .Has a bed but never sleeps .has a mouth but never speaks. What is it?
- 3.What is the next number in the following series :
100, 365, 24, 60?
4. I don't have eyes, ears, nose or a tongue, but I can see, smell, hear and taste everything. What am i ?
- 5.What is black when you buy it, red when you see it, and gray when you throw it away.
6. I no longer have eyes, but once I did see. Once I had thoughts, but now I am white and empty. What am I?
7. I am a protector, I sit on a bridge. One person can see through me, while others wonder what I hide. What am I?
8. I am often running yet I have no legs. you need me but I don't need you. What am I?
9. I fly without things. And I never come back. What am I?





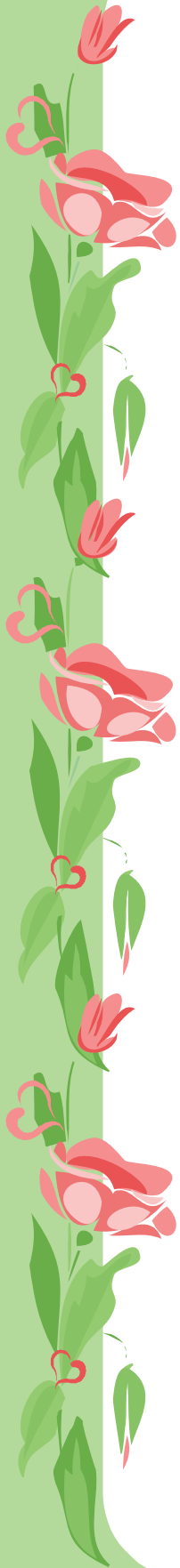
Riddles answers

- 1.A towel
- 2.The river
3. 60, they are 100 years in a century, 365 days in a year, 24 hours in a day, 60 minutes in an hour and 60 seconds in a minute.
4. A brain
- 5.Charcoal
- 6.a skull
7. sunglasses
8. water
- 9.time

MY (ideal) MOTHER

KEERTHI.K - 11-A

When I entered this new place
She was the one whom I saw first
Who gave me warm asylum close to her breast
with loving touch and cheerful face.



She'd been my first teacher
Teaching me right and wrong
She'd become my moral preacher
making me grow tall and strong

She became a light of wisdom in the darkness
Where I was groping and longing for excellence
Paving for me golden way to success
She's moulded me into a symbol of competence

I try to fight my emotions with all my might
Crying and bearing all the pain.
And it's only to her whom I express my plight
Who consoles my tensed eyes which weep in vain

She'd been a pillar of strength when all
my dreams turned out to be nightmares
She's the one who taught me to stand bold
When I had to face the strange tremors of the world

She always brings out the best in me
Being my source of information.



She's everywhere I go

She'd been the reason for my existence

To her only shall I bow

To the one above all—

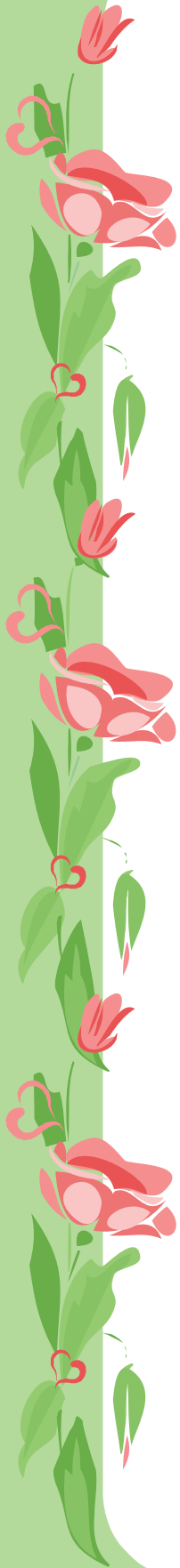
MY IDEAL MOTHER...

Covid-19

Animesh Vaibhav Tirkey - 11G

The Covid-19 also known as the coronavirus is far more than a health crisis as it is affecting societies and economies at their core and has undoubtedly caused a great deal of havoc and mess. This disease has killed numerous young, old, innocent men and women. Whilst this disease is at its peak many countries have decided to put its population into lockdown, to minimize contacts from the outside world which has seen the closure of many public spaces such as the malls, parks etc. Small businesses continue to be one of the most affected due to the closure.

Many economies such as France, Spain, Italy etc. have fallen into recession. Countries struggle to find a vaccine, unemployment, shortage of food supply are only some of the issues that this pandemic has brought. Hospitals are overwhelmed with patients and bustling with people seeking to get their loved ones admitted to the hospital.

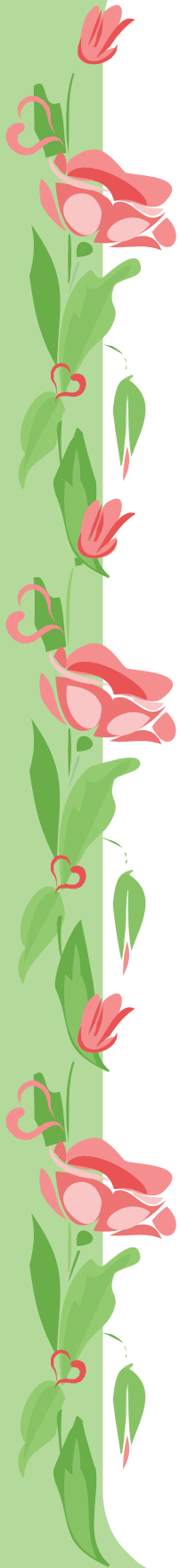


Doctors and nurses working as frontline personals are putting their lives at stake, in an endeavor to save people's lives. They continue pushing their enervated and fatigued body to help the patients. They are nothing short of superheroes.

What makes this disease so deadly is that one cannot show symptoms of it until it hits the 14 day mark. Until then one may not know if he/she carries the virus. Symptoms such as fever, dry cough, tiredness, sore throat indicate that may be they carrying the virus. Many government backed organizations have been testing people daily to track and trace the virus. They have also set up telephone numbers to report suspected cases.

Countries such as South Korea has been really successful in containing this virus. They have used the method of Test, track and trace which has been really efficient as well as effective. In this method people are first tested , if they are tested positive then the official interrogate them about their recent contacts and then track down those people who were in contact with the infected person. Countries like India, Britain and Sweden sought after the practice of herd immunity which has been largely unsuccessful and remain one of the worst affected countries.

The disease seems to spreading like wild fire and doesn't intend to stop. So keeping all this in mind we must take precautionary measures and practice social-distancing to prevent spread of this deadly virus. We must follow the government protocols and only leave your residence when needed.



The COVID-19 pandemic is not just a health crisis but a humanitarian one. The human race have encountered such pandemics before too like the Spanish flu(1918), Ebola virus(2015) etc. They managed to overcome such pandemics before too, only due to a sense of unity and solidarity. We all strived to achieve one common goal, is to find a solution. This success only came because we cooperated with one another and held each other's backs during the time of need.

Better People

Bhavika Bhandari - 11A

All over the world, people losing hope,
the stress is a burden & they can't really cope

First the amazon fire,
showed us the nature we should admire

Then the Word War Three,
when bombs were bout to be set free

We lost one too many loved ones,
from mothers & daughters to fathers & sons
Stayed silent when our brothers got discriminated,
then cried out loud as their bodies were cremated

Hope our humanity isn't lost too far,
I wish we become better people than we are.



From Globalization to Aatmanirbharta:

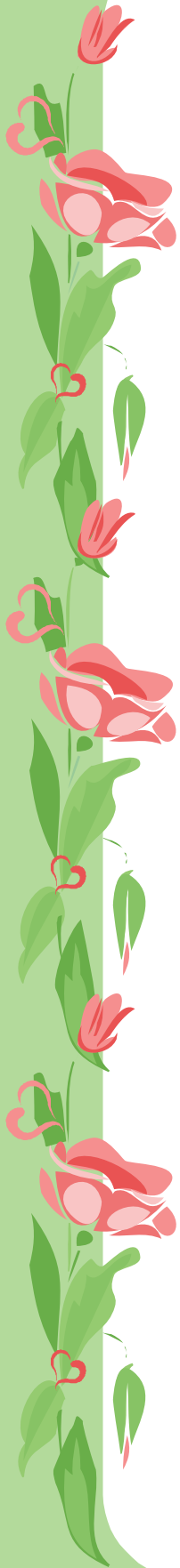
The Wrath of Coronavirus

Kavin Balamurali – 10 B

The term globalization is used to describe how trade and technology has made the globe a small village. This term has a broad meaning. Therefore, for its better understanding it is divided into economic, political and cultural globalization. Economic globalization is the most significant.

International trade is the lifeline of a country's economy. This comes under economic globalization. For example, the automobile parts for American Ford cars are imported from India. This is due to the cheap cost of labour and technology in India. Farmers get access to sell their produce in international markets.

The difference between the money earned in exports and the money spent in imports is called as trade balance. A country which exports more than what it imports has a favorable trade balance. China is the best example for such a trade balance. We find Chinese products all over the world. China's trade balance is a whopping 350.95 billion US dollars which is the highest in the world. A good trade balance makes a country economically strong.



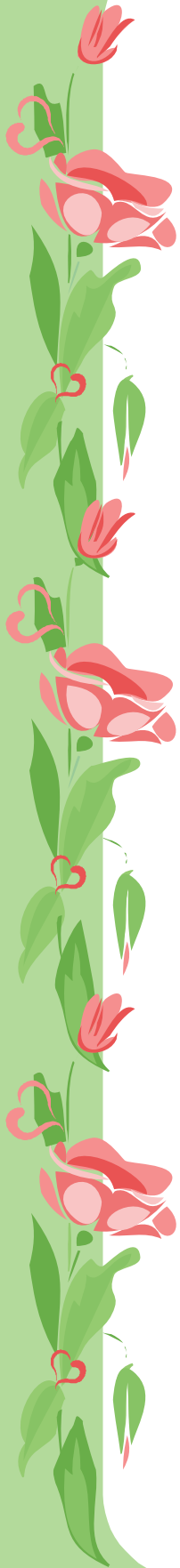
Today we are in a situation where every country is deprived of this lifeline. Corona virus has disrupted the global economy. People all over the world are losing their jobs. As always, the poor people are the most affected. Why is it always that the poor are the most affected? Why not the rich?

Its sole reason is the sector in which they work. They work in the unorganized sector where there is minimum job security, poor working conditions and low pay. Their employment is dependent on stable global economy and trade.

Recently, the Prime Minister of India has asked the people to build an Aatmanirbhar economy. Such an economy is a self-reliant economy and it would be in the state of not requiring any external aid, trade or support. It would generate local employment and give job security to the country's population. Economists from all over the world say that such an economy is impossible to build.

As this is the best option to revive the global economy, every country is striving to achieve this. Countries like India which have a large population and abundant natural resources can build an Aatmanirbhar economy whereas smaller countries may find it difficult to do so.

The world has seen several pandemics, wars and other crisis. It has always evolved and managed to come back stronger. We hope for the same this time. Stay home, stay safe and enhance your skills to face the future.



Memories

Raima Chowdhury – 10 C

I stood by the sea,
Waiting for it to embrace me.
Make me forget all those memories,
That took away my sleep.

The sea crashes against my feet,
Slowing pulling me in.
Yet my memories refuse to leave,
As they don't want to fade into the deep.

The sun yawns as it rises,
From its deep, deep slumber.
It shines its radiant rays,
Across the wide waters right upon me.

I stood still,
And then turned to leave.
For the sea,
Was no place for a soul like me.



Copper-an Antimicrobial Metal?

Akhilesh Venkiteswaran – 10 C

Copper is the third most used metals in the world. It is a conductive, malleable metal usually used in wirings. The initial use of copper dates back from 5600 BCE in the Middle East. The medical application of copper was discovered in the modern world in 1852 by a French physician Victor Burq. During the 1830's Paris had fallen victim to several cholera outbreaks in 1832, 1849 and 1852. But in every case people who worked in the copper smelting factories exhibited far lower infections and death rates than the general population. Dr Burq did some further investigations. He also discovered that people working with copper like goldsmiths, jewelers and boilermakers, etc. had fewer infection rate. In the cholera outbreak of 1865 in Paris the death rate in the general population was 3.7 out of every 1000 people. But for the copper workers the death rate was far less with only 0.45 out of every 1000 people. This is because the workers were covered with copper particles which prevented them from the infection. So, in 1867, he presented his findings to the French academics of science and medicine saying "Copper or its alloys, brass and bronze, applied literally and consciously on the skin in the cholera outbreak is an effective means of prevention which should not be neglected.

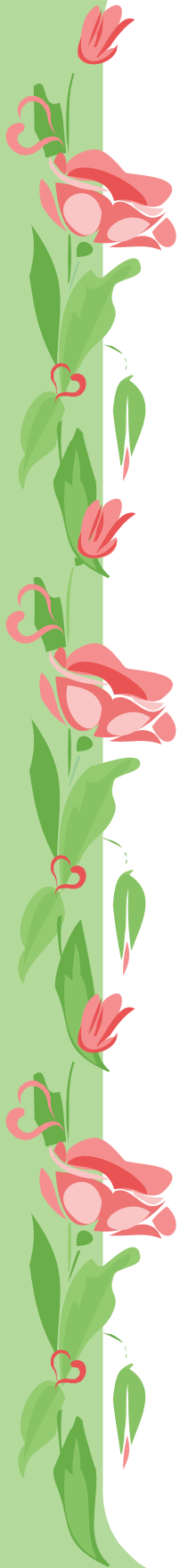
A fascinating fact is that in the Smith Papyrus, one of the oldest written records available, recorded people using copper to disinfect chest wounds and drinking water between 2600 and 2200 BCE.

Warriors from ancient Egypt and Babylon had the same exact idea of using copper shavings from their weapons to disinfect wounds in the battlefield.



This humble metal can save millions!

Now modern science is telling us why we use it as an antimicrobial metal. Copper's antimicrobial properties come from its ionic disposition. When a foreign organism like bacteria lands on the copper or its alloy's surface, the bacterium recognizes the copper ions as an essential nutrient and thus begins to absorb them. However as more copper ions enter the cell, the ionic dose becomes lethal. These levels of copper ions prove dangerous to the bacterium as the influx of ions destabilizes the cell's microcurrent and effectively short-circuits the bacterial membrane. This destroys the integrity of the membrane and allows more copper ions to flow in to the cell and seriously affecting the cell's ability to metabolize and ultimately killing them by destroying its DNA and RNA. Viruses and Bacteria can stay in other surfaces for several days but in Copper it just takes 4-6 hours or in minutes to get terminated. Uses of Copper metals in public spaces can prevent the spread of infection by 70%.



But because of the lure of other metals and plastics we are neglecting this humble metal which can save millions. On top of it Copper is a cheap metal, meaning it is easily affordable. There is about 800 million tons of copper and if we go in the current rate of production it would last for more than 55 years. Fantasilandia is the first theme park of USA to install copper in the most-touched surfaces reducing infections, especially among children.

But why aren't hospitals using it?

The answer to this question is the misinformation of the uses of copper. Even though it loses its color due to corrosion but it will not lose its antimicrobial qualities. Moreover, when doctors think about anti-microbial metal, they mostly think about silver as the most practical choice. But this is not the case. Not only silver is more expensive but also has its antimicrobial qualities only when it is wet. Copper doesn't require any additional treatment.

So, the government and the hospitals must get over the aesthetic minds of metal discrimination and change their minds to fight any type of infections.



The Ocean Expresses

Astha Joshi - 10 B

Calm as hits the shore

The sound is more pleasant than anything more

Silence resides in every stroke

But all it did was broke

When it turned into a violent raging roar

Destroying everything at sight

And it doesn't bare, doesn't care and doesn't spare

"Why do you bring destruction?" I asked

"Because nobody cares!" it replied

"So I shall tear, wear and scare all off!" said the ocean



Pandemics- Comparison and Explanation.

Akhilesh Venkiteswaran. – 10 C

Pandemics have evolved ever since the beginning of the civilization. Most notably in the past and in the present animals have been the host of the diseases due to lack of sanitation facilities and many other factors. The animals acted as vectors in spreading diseases to human beings which then cause havoc and destruction. Let's now look at some of the worst pandemics in the history of Man-kind.

1) Plague of Justinian (541 CE).

This pandemic was the first ever known bubonic plague, a disease that usually infects small mammals like rats, fleas etc. In most cases, the rat fleas bite rats and act as a vector by spreading the disease to humans and infecting them. Once it reaches the lungs it is highly contagious among human. It evolved in Central Asia and spread to the Byzantine empire through land and sea routes. Its capital Constantinople was greatly affected. The disease had claimed about 100 million lives.

2) The Black Death (1347-1351 CE).

The Black Death is considered the worst pandemic in human history. It was the second bubonic plague which again originated from Central Asia and spread across the continent. It had reached Caffa in Russia from where the disease then spread. It reached the inland European areas and spread in the slum areas. The disease is said to claim over 200 million lives worldwide and 25% of Europe's population had been wiped out.

It then took Two hundred years for Europe to recover from its pre-pandemic demography. The black death is an **endemic** meaning, it would resurface during the subsequent years. Preventive measures had been taken especially in Venice, Italy where ships had to wait for 40 days. The word quarantine was derived from the word 'quaranta'



Bacteria that causes Plague called as Yersinia pestis.



The ships seen in this photo are the ones which had been made to stay in the sea for 40 days in Venice, Italy during 1403

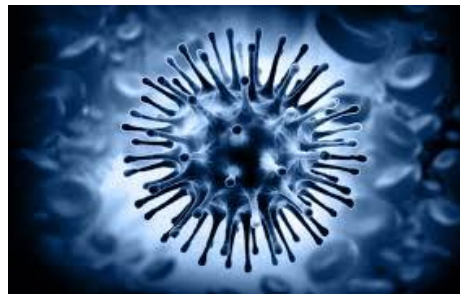
3) Smallpox.

Smallpox was a disease caused by a virus, originated in Asia about 10,000 years ago. Its major outbreaks were in Africa, Japan, India, South America, Europe at the time of exploration and colonization. There were estimated deaths of 150-200 million until 1980, when it was eradicated. The native populace of South America was worst affected and their population reduced drastically from 50 million to 1 million.

4) Influenza (1918-1919).

The influenza is a disease caused by virus which is difficult to control because of the mutation ability. It ravaged all over the world soon after World War 1. It is said to have infected over 500 million and resulted in 50 million deaths worldwide.

The influenza virus (H1N1)



HIV-AIDS (1957-Present day).

The AIDS disease, which affects 2 million people per year, is believed to have originated in Democratic Republic Congo. It is a sexually, blood-blood transmitted, disease that then soon spread in North America in 1964.

It was then discovered in 1983 in Paris. The Virus came to be known to weaken the immune system and facilitate the invasion of the other diseases. It has caused almost 30-45 million deaths in 30 years and was declared as a pandemic in 2005. Currently 40 million are infected with HIV-AIDS.

The HIV virus

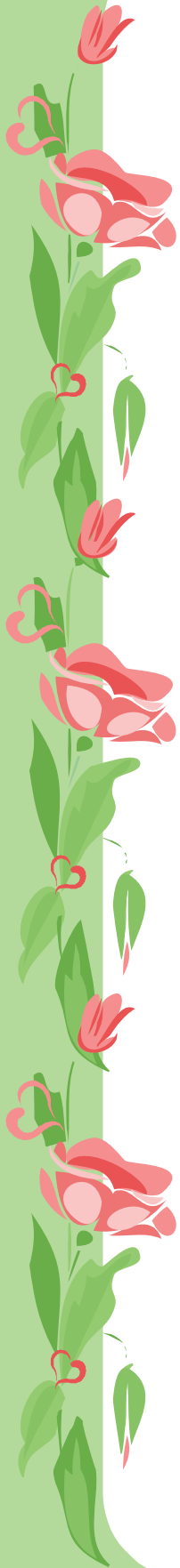


The COVID-19 virus is now threatening the humanity worldwide. The past pandemics provides a prologue for any future pandemics. Humanity is able to defend itself against missiles but not against microbes. It is our duty to abide the government rules and stay safe.

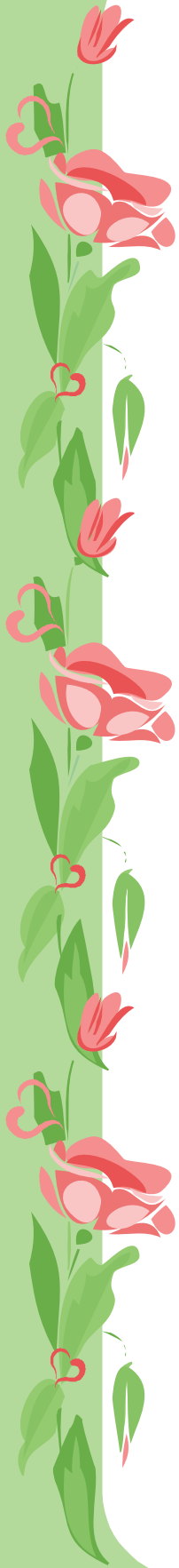
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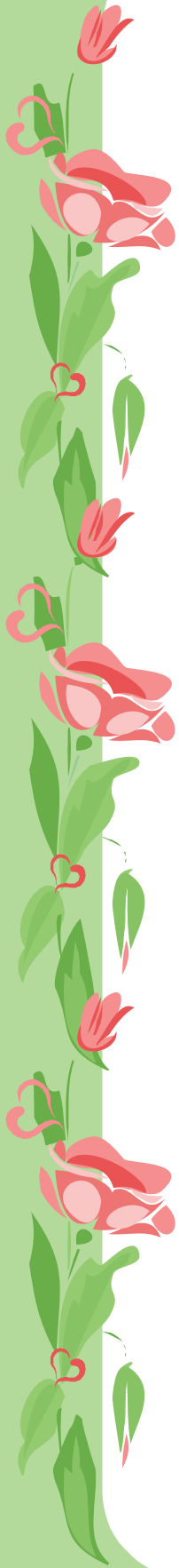
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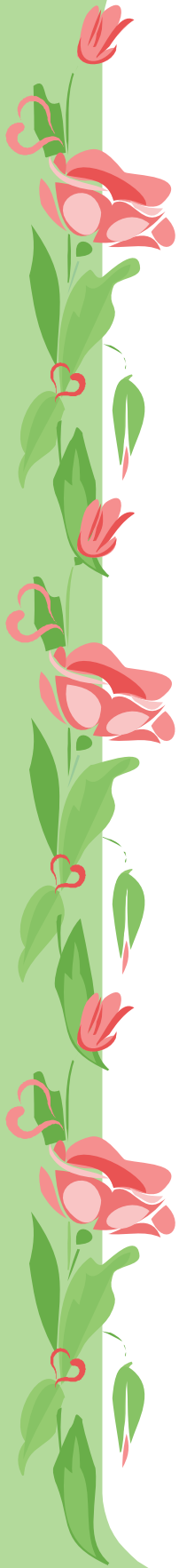
~ By Arnav Bhat – 11 B ~



~ By Ishika Rohtagi – 11 G ~



~ By Jay Bhogwala – 11 A ~



~ By Swathi Sreejith – 10 J ~





~ By Prasmeta P. Behera – 10 A ~



Thank You