

EXPRESSIONS

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Salute to unwavering corona warriors

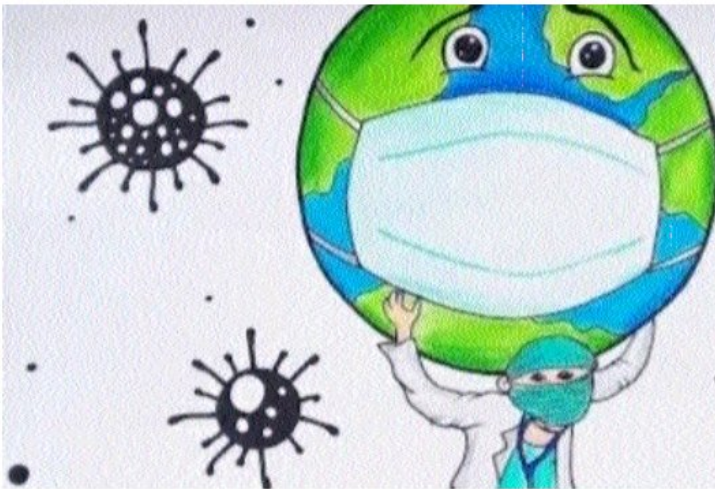
Avneet Kaur, XII A

Coronavirus, a burning issue these days, is spreading very speedily from person to person, crowds to community and countries to countries. It is a pandemic and can only be prevented by taking certain precautions including social distancing, sanitizing one's hands regularly and by maintaining hygiene. Due to little leniency, we have already lost many lives.

And to prevent more deaths, we need to follow the guidelines given by health officials and leaders of the country. Also, we need to be thankful and respectful to the angels of god in the white coats and khakhi colored

uniforms for saving our lives even putting their own lives in danger. We should pay gratitude to the doctors, paramedical staff, nurses, sanitation workers,

who are trying to cure affected people without any discrimination of religion, caste, creed or race. So, without any violence, we should cooperate with them



Naman Gill, VIII-A Putting in a nutshell,

police personnels, politicians and social workers to give them motivation. So that, they get encouraged to do their duty with full determination. We should be grateful to have such people

I only want to say -"Stay at home, Be safe and support the ones who are helping us to get cure."

and their guidelines. Most important is, we can't win over this disease named COVID-19 so easily. To make our world corona-free, we need to unite and determined.

Stay calm, peaceful Stay at home

Sneha, XII-A

In this time of crisis, almost every news channel and social media site have flooded our lives with information on Covid-19. While it is important to stay informed with what's happening in your surroundings, your country and the world, this overflow of information can produce anxiety and panic.

So, it is necessary to stay calm during this situation. The best solution to keep ourselves calm is meditation. You can make it a part of your morning routine because the start of your day is the best time to meditate.

Also, Yoga is a great way to work out the mind and the body. It makes our immune system strong as yoga works as immune-booster. It will support not only physically but will also make a difference in how you feel and approach the rest of your day.

There are also many more ways to keep your mind balanced during these challenging times:

Stay connected with other using social

media as well as contacting those we trust and feel positive with when we are struggling, reaching out to others.

Approach things more mindfully as mindful means staying non-judgementally aware of present moment.

Connect with nature means spending time in nature can have positive effects but due to lockdown you have to stay at home. So, from your balcony you can connect with nature for sometime.

So, friends these are few tips with the help of which you can feel calm and happy during lockdown. Keep in mind to follow lockdown and safety measures against covid-19.

Stay safe, stay home.



Ramandeep Kaur, VIII A

Weekly Quiz

1. What is the full form of CoV?
(a)coronavirus
(b)novel coronavirus
(c)SARS
(d)none of the above
2. Which is a disease?
(a)COVID-19
(b)SARS-COV-2
(c)coronavirus
(d)both b and c
3. The disease that can be transmitted to human form animals is
(a)zoonotic
(b)hypnotic
(c)stenotic
(d)all of the above
4. How long should you wash hands to kill coronavirus?
(a)at least 60 seconds
(b)at least 10 seconds
(c)at least 20 seconds
(d)no need to wash your hands as long as you're using hand sanitizer
5. Who's at highest risk of developing severe covid-19?
(a)children
(b)pregnant women
(c)people over 60 years
(d)all of the above

Answer Key:

1(b), 2(a), 3(a), 4(c), 5(c)

Compiled by
Sneha, XII-A

Think about it

"The only way to do great work is to love what you do. If you haven't found it yet, keep looking.

Don't settle"

Steve Jobs

Word of the Week

Resilient (adjective): able to withstand or recover quickly from difficult conditions

Synonyms: strong, tough

Antonyms: vulnerable, sensitive

Usage: Maya faced many failures in life, but she always found a way to be resilient.

Painting brush



Chetna, XII B

Aradhana, XII B

Today the whole world is suffering from corona virus and number of fatalities are increasing day by day. The government officials and corona warriors including doctors, nurses, paramedical staff, sanitation workers are doing their duty sincerely by saving multitudes at the risk of their lives. So, it is our foremost duty as the responsible youth of this country that we should help them by doing our bit. Here are some essential points which we have to remember and follow in this hard times. These can save us from this death causing virus.

" Stay at home as much as possible.

" Wash or sanitize your hands often especially after using toilet with any hand-

wash and alcohol based sanitizer.

" Avoid touching your hand, mouth and nose.

" Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

" Maintain a safe distance from anyone who is coughing or sneezing

" Take nutritious diet to increase your immunity.

" Include herbs like neem, turmeric, ginger, garlic, honey, lemon in your diet.

" Avoid shaking hand with anyone.

" Cover your face with mask whenever venturing out.

" If you have a fever, a



Ekjot Singh, VIII A

cough, and difficulty in breathing, seek medical help. Following these instructions can help a lot in curbing the spread of this deadly virus.

Covid-19: Glossary of words

Sakshi, XII A

As we are fighting this deadly war against Covid-19 by sincerely following all the safety measures, we come across number of words which we read, heard in news related to this virus. Here is a glossary of those frequently used words

Covid-19(noun): a mild to severe respiratory illness that is caused by a coronavirus, is transmitted chiefly by contact with infectious material (such as respiratory droplets) and is characterized especially by fever, cough and shortness of breath.

Contagious(adjective): a disease transmissible by direct or indirect contact with an infected person

Epidemic(adjective)- a rapid spread of specific disease to a large number of people in a given population in a specific area within a short period of time, usually two weeks or less.

Lockdown(noun)- an emergency measure in which people are temporarily prevented from entering or leaving a restricted area or building during a threat of danger

Pandemic(adjective)- an outbreak of a specific disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population.

Quarantine(noun)- a restriction upon the activities or communication of persons or the transport of goods which is intended to prevent the spread of disease.

Social distancing(noun): the practice of maintaining a greater than usual physical distance from other people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection

Sanitize(verb)- To make something free from dirt, infection, disease by cleaning or disinfecting it

With inputs from <https://Merriam-Webster.com/dictionary>

Creative Corner

Key of the lock

Look ! What is happening around?

There is no one on the roads, no one in the ground.

It seems humans going to become a tale, because diseases spread without checking male or female.

Humans are locked in, animals roaming out??, Some things are happening good, some things not. No! doubt.

It's so long, we didn't hear bird's chirping, Now, we hear it every early morning. No vehicle on the road, peace? everywhere, Level of pollution decreased and sky appears clear.

Lockdown in the countries have adorned the nature, And also have increased the bond in the homes of the creature.

All this is happening just because of a virus, And Lockdown has been done because it spreads so furious. There is no other way to win over this COVID-19, But for it we have to do proper quarantine.

~Avneet Kaur, XII A



Neha Sinha, IX B