

COVID-19 SPECIAL

NEWS & VIEWS

Mar
Apr
May
2020



Francis Castelino

Dear Students and Parents,

"Hope is the thing with feathers that perches in the soul - and sings the tunes without the words - and never stops at all."

- Emily Dickinson

This has been an extremely difficult period for us all. Taking care of elders, family members, kids and ourselves at home. We are deeply appreciative of the compassion and care that you have shown for everyone around you as well as the College staff.

The Coronavirus is having a disproportionate effect on the health of people without discriminating caste, creed or status. These have been challenging and stressful times for all of us, and through a combined community effort we've made progress in fighting COVID-19. We need to put the same combined efforts, research, strategy, dedication and action into the fight to bring our College, City & Nation out of this Pandemic.

It has never been in the history of Unity that the gates of the College have remained shut for students for this long. But I thank you all for your support in taking our students' education as a priority and helping them in these times with online studies.

Many who are locked at home, others who are working to help fight and prevent the virus, also need the reassurance and hope that *"We Shall Overcome This."*

Keep calm and stay home. Stay safe and you will save lives.

Myth-Busters THESE ARE THE FACTS.



...Hand dryers are NOT effective in killing the Coronavirus.



...There is NO evidence that regularly rinsing the nose with saline has protected people from infection with the Coronavirus.



...The Coronavirus CAN be transmitted in areas with hot and humid climates.



...Garlic is healthy but there is NO evidence from the current outbreak that eating garlic has protected people from the Coronavirus.



...The Coronavirus CANNOT be transmitted through mosquito bites.



...Thermal scanners CAN detect if people have a fever but CANNOT detect whether or not someone has the Coronavirus.



...Antibiotics DO NOT work against viruses, antibiotics only work against Bacteria.



...There is NO evidence that companion animals/pets such as dogs or cats can transmit the Coronavirus.



...Spraying alcohol or Chlorine all over your body WILL NOT kill viruses that have already entered your body.



...Taking a hot bath DOES NOT prevent the Coronavirus.



...Vaccines against Pneumonia, such as Pneumococcal Vaccine and Haemophilus Influenza type B (HIB) vaccine, DO NOT provide protection against the Coronavirus.

ONLINE CLASSES

At the backdrop of Corona Virus Pandemic and the near total closure of schools and colleges, Unity College started online classes in all the sections from the last week of March. Whatsapp groups of all the classes from Lower Nursery to Class XII were made with Class Teachers and Subject Teachers as Admins. They were joined by Ms. Kinaat Mansoor and Ms. Nisar Fatima as Admins respectively. In the Senior Section, under the guidance of the Vice-Principal Mr. C. S. Paul, the class teachers as well as subject teachers made separate groups for conducting these classes.

In Pre-Primary, the online sessions started on the 22nd of March with various challenging activities like Treasure Hunt, Express your love, Watching your Family Album, Hand washing as per WHO Guidelines, Making of a Creative Snack without Fire, Money Matters, Fun Day-Indoor Games, Role Reversal, Helping in Daily Chores, Likes & Dislikes, Parents sharing their Negative and Positive Habits, etc. were done by the students.

In the Primary Section, online programme kick started from the 27th of March, 2020 involving technology as a medium like WhatsApp and other e-learning tools and giving assignments. In Middle School, online assignments started from 25th March and classes on Zoom from 13th April. The teachers in the Secondary and Senior Secondary Section, started teaching using WhatsApp, Zoom and Google Meet. Self-audios and videos, YouTube videos and other e-teaching materials were commonly used in all the sections.

VIRTUAL EARTH DAY 2020 AT UNITY COLLEGE

Earth day is celebrated across the world to demonstrate support for environmental protection and to raise awareness about the importance of protecting our planet and taking action. April 22, 2020 marked the 50th anniversary of Earth Day. To celebrate the first digital Earth Day amid the recent COVID-19 Global Pandemic, Primary Section of Unity College inspired the students of Class V to restore the eco-balance by an afforestation drive with all seriousness and to make a difference.

THEME: "DO YOUR BIT!! PLANT AND NURTURE".

Earth day was all the more special this year because it came in the middle of a pandemic wherein maximum values had been established to make man and nature co-exist peacefully with a dramatical improvement in quality of air, slashed greenhouse gases and reduced deforestation.

At a time of crisis when the nation was locked, Headmistress & the teachers of the Primary Section took this opportunity to start a great initiative in empowering the students to have a positive impact on the planet by showing them the importance of co-existence of nature and man.

ACTIVITIES: Activities were planned to create maximum awareness and impact. Students of Class V were given a task to grow and nurture small plants in a well-organized way with whatever resources they had at their places. Children used the social platform like WhatsApp to post pictures of their beautifully growing saplings. In spite of total lockdown, students figured a way to do something positive with full zeal and enthusiasm. Few students even started with soil-less farming also called as Hydroponic farming, who did not have access to soil at their homes. Students of other classes also drew pictures to celebrate Earth Day.

This activity, through personal involvement of the students helped them to become aware of the importance of trees and foster Environmental Management. This planting program was a learning opportunity for the children to restore the balance of the Ecosystem and create a memory for themselves and their families.

During times like these, it is imperative for the focus to be transferred towards plantation and build awareness that each one has the power to make a difference to this situation-*NOW AND FOR THE FUTURE*.

ONLINE CAREER COUNSELLING @ ICS

ICS (Institute of Career Studies) conducted an online career counseling program on 25th April, 2020 with an aim to reach learners and limit the disruption in education during lockdown. The session 'Being Future-Ready in a VUCA World' was conducted by Founder Director Dr. Amrita Dass and attended by around 1000 students along with their educators. Unity students and Counsellor Ms. Nisar Fatima too marked their presence and availed the benefits. Dr. Dass apprised the students of various courses and careers for almost all the streams like Science, Commerce and Humanities. In conclusion, she cleared the doubts and queries the students normally have.

QUIZ

- 1) Which virus is responsible for the pandemic this year?
SARS-CoV-2
- 2) Which organ is mostly affected by the virus?
Lungs
- 3) Which country was first to get infected by this virus?
China
- 4) When did WHO give it the name COVID-19?
February 11, 2020
- 5) When and where was the first COVID 19 patient found in India?
30th January in Kerala
- 6) When did PM Modi appeal for “Diya Jalao” campaign?
April 5 at 9 pm for nine minutes
- 7) On what date was the first lockdown imposed in India?
25th March, 2020
- 8) What does the 19 in Covid-19 stand for?
2019
- 9) How long can the virus survive on plastic and stainless steel surfaces, according to studies?
For 72 hours or more
- 10) Name a clinical trial in which blood is transfused from recovered COVID-19 patients to a coronavirus patient who is in critical condition?
Plasma Therapy

Yusuf Abbas 8-C & Abdul Ghani 8-A

OH CORONA

Corona, Corona, Corona,
Don't get frightened by Corona,
Have Patience against Corona,
Stand up against Corona,
Follow the instructions to prevent Corona,
Wash hands frequently to avoid Corona,
Stay home to be safe from Corona,
Avoid gatherings to keep away the Corona,
Don't hate the patient but CORONA,
Intake a dose of Humanity,
We will have to fight against Corona,
To save our Mother Earth
We will have to stand against Corona.

Amina Hasnain 8-A

EID

This Eid is not going to be so cheerful,
But we'll be contented that it's Eid.

I hope it won't be despairing,
As it is a gift on account of our faith and creed.

Think about the poor and the wretched,
They have nothing to say,

Aren't they fighting their battles??
In quarantine, in truck and on the dreadful highway??

But who cares for them?
I think nobody did and perhaps never will.

We are just not truly concerned for them.
And neither about, how many aspirations have they killed.

Of course this Eid is going to be a memory-indelible
Neither joyful nor exciting-it's going to be numb.

Of course many would call it ineffable.
But definitely to forget this, all of us would succumb.

But I think all we can do is leave everything to God,
As it is useless to denounce.

Some of us are happy and some of us are sad.
There's no need to announce.

At last would like to greet you all,
With all the prayers I have in my heart,

Let's be together even if we not really are,
And give strength to each other for it's a new journey to start.

Warrior-Warisha Rahman 9-B

UNITY ATTENDS THE WEBINAR OF HON'BLE EDUCATION MINISTER, SHRI RAMESH POKHRIYAL 'NISHANK'

On 5th May, 2020, the students from the Humanities stream attended the webinar hosted by the Honourable Education Minister of India, Shri Ramesh Pokhriyal 'Nishank' via his Twitter Handle (@Dr R P Nishank) and Facebook page (@ cmnishank) and coordinated by Counsellor Ms. Nisar Fatima. Mr. Pokhriyal addressed the students' queries related to exams, the current academic year, and online applications. The students learned how to cope with their studies amid this chaos and make the best use of this time.

UNITY HEADMISTRESS AND COUNSELLOR FELICITATED

Unity Headmistress was felicitated and Certified in an online Course by Go Study Educational Services. At the end of the session a Case-Study had to be sent. The training was on “Transition from Teacher to the Student Counsellor”.

Counsellor Ms. Nisar Fatima was honoured with a Letter of Appreciation by the Founder Director Dr. Amrita Dass, Institute of Career Studies on the occasion of Career Counsellor's Day on 9th May, 2020 in recognition of her efficient organization and meticulous facilitation of the Career Counselling and Guidance programmes at Unity College, Lucknow.

ONLINE PROJECT BASED LEARNING

With closure of schools and colleges due to COVID-19 pandemic and rise of e-learning on digital platforms, Primary section of Unity College found it an ideal time to introduce students to indulge in working with constructive ways while having fun. One such e-learning that was introduced by the Headmistress and Primary teachers was a real-time online project-based learning.

Students of Class I to V were given COVID -19 prompts to make COVID-19 coverage more comprehensible through writing, speaking and expressing through drawing. Integrated Projects on multiple subjects like Math, Science and Art were a part of the activity.

Following projects were given to the students class-wise on 19th May 2020.

- I. Good habits that children imbibed during COVID-19 and the depiction of the effect of COVID on their College Campus.
- II. Making a house out of different Geometrical shape cuttings.
- III. Making and naming a mini-book of at least seven pages having information about CORONAVIRUS.

- IV. Making a working model of Expanded Form and Place Value (with whatever resources they had at their homes).
- V. Recording a 5 minutes audio in English and make a drawing on BEFORE AND AFTER-EFFECTS OF CORONAVIRUS ON THE WORLD.

This was an opportunity for the students to show their creativity along with fun. These little hands with imaginative minds came together in a creative burst of energy. In spite of a total lockdown, they figured a way to do something positive with full zeal and enthusiasm.

Children exhibited their talent by making very unique and creative working models in Mathematics, making informative mini-books on Coronavirus, recording voice notes and drawing beautiful and informative pictures on Before and After Effects of Coronavirus. They used the social platform of WhatsApp to post their projects the very next day.

Such project based learning not just improves their writing and speaking skills but also gives them an insight into how they are dealing with this current situation and also creates self-awareness. It very clearly shows how the students are learning to stay positive in times of uncertainty.



PARENTS FEEDBACK

1:24 PM

SESSIONS ON ZOOM FOR TEACHERS

In the month of May, all Section Heads and the Teachers attended various online sessions- Fitzroy & English (SAAR PUBLICATION), Child Psychology & Development by Ms. Asma Zaidi & Jolly Grammar, etc. In Senior Section, Jafariya Education Care organized a series of subject-wise sessions to meet the specific needs of different subject teachers. In addition, “Transition from Teacher to Student Counsellor” (Go Study Education Services) by Mr. Mir Muntazir Mehdi and Ms. Asma Zaidi and Teacher Training by Mr. Parvez Merchant were also attended by Unity teachers along with Primary and Secondary Section Heads.

CAREER COUNSELLING BY MR. RAZA

Eminent Educationist Mr. S. M Raza interacted online with the students of Unity College on 2nd May, 2020. A large number of students of both 2019 and 2020 batches attended the session and availed the career guidance and counselling opportunities. Mr. Raza talked about various career avenues and target colleges plus prospective job scenarios. In conclusion, he cleared all the doubts of the students and also gave a lot of new information which came out to be very useful for the students. As a follow up the students of Classes IX to XII are being sent pdf books of various authors for all subjects via Subject Heads: Humanities-Ms. Nisar Fatima, Science-Ms. Leena Shukla & Commerce-Mr. Kazim Imam. These pdfs are also stored in the College Library for future references by teachers and students.

ONLINE ASSESSMENTS & PTM

Unit Test 1 was conducted online using WhatsApp and Zoom App in all the sections of the College in the month of May.

PTM of Classes VI to VIII was held on 21st May, Classes I to V on 27th May and Pre-Primary on 28th May on all class WhatsApp groups. Parents responded through written and voice messages.

CORONA VIRUS

We know that the world is suffering from Corona Virus. But what is Corona?

Corona is a disease which is caused by SARS virus which was first discovered in the Chinese city, Wuhan in December 2019. Symptoms for this virus are coughing, fever, shortness of breathing, fatigue, muscle pain and headache. Various countries are working on the vaccination to fight against this virus.

Measures to prevent this virus are: wash your hands with soap at least for 20 seconds, wear a mask while going outside the house, cover your mouth with a tissue or with your elbow while sneezing or coughing, avoid getting in contact with any infected person, maintain at least 6 feet distance, and increase your immune system by eating healthy food. Don't touch your face or eyes and make this as a habit to stay healthy and fit to prevent this disease.



MASK MAKING ACTIVITY AT UNITY COLLEGE

With the deadly Coronavirus spreading its tentacles around the world and taking lives, it has become a universal fear. In order to prevent the transmission of novel Coronavirus, Unity College Classes LN to VIII urged the students of to make homemade safety face masks using the leftover materials at home.



The crucial purpose for this activity was to educate students and make them informed citizens about the deadly virus and how they can protect themselves from hazards.



During this period of lockdown when most of the people from various sectors have lost their jobs and do not have access to facemasks, this was a unique initiative in a humanitarian gesture undertaken by the College Heads whereby those masks were to be donated to the needy.



These little hands with imaginative minds came together in a creative burst of energy. With full zeal and enthusiasm they figured a way to do something positive and make a difference.



It was recommended to use leftover cotton breathe-through fabrics at their places as these cloth coverings help to reduce transmissions by acting as an additional defense against spreading the virus. The students with the help of their parents showed their creativity by making safe three-layered cotton cloth masks. Each student had to make 05 masks and were asked to post pictures of

the masks on WhatsApp.

Parents were directed to drop the masks at the College drop boxes placed outside at different time slots to ensure safety and thereby maintaining social distancing.



These masks would later be distributed among the needy. The sole aim of the College Management was to serve the public in this Pandemic. We should rise above all issues and differences to help each other in this testing time for humanity and embark on '*giving or donating*'.



NOVEL CORONA

The year 2020 in the 21st century,
Has unleashed on Earth death n injury,

The year heralded a virus,
Novel Corona or SARS CoV 2

It has assumed monstrous forms,
For which WHO has given some norms,

Doctors, nurses and the police
are trying hard to cope,
To bring us cheer and hope.

Governments have imposed lockdown,
Malls, schools and offices have shut down.

O God, we wish, we pray,
That we are able to wipe Corona away.

Abida Naqvi 8-A

Award winning students make the institution proud. One such moment was when Rabab Fatima, student of Class XII-A was honored with a certificate for successfully completing a COVID -19 Awareness Quiz organized by IQAC, St. Joseph's College, Irinjalakuda (Kerala) in association with the department of Biotechnology and Zoology during April-May 2020.

College Principal Mr. Francis Castelino boosted the morale of the student and motivated other students to keep participating in such events.



COVID -19

All of a sudden, the pandemic COVID-19 has made the entire world come to a standstill. Not even in the scariest of our nightmares, we could have imagined ourselves in a holed up situation like this. It has turned our lives upside down. I wonder how just a few months back, life seemed to be so fast, busy, beautiful, exciting but not as threatening as it is today. None of us had ever imagined that someday we'll be steeped in a situation like this where a virus will spread like wildfire, take away so many lives, force the countries to lockdown, shut schools, offices and public places and put our lives on hold.

However, on the flip side it has given us a chance to look at things differently. Being an over thinker and a believer in viewing things and situations with different perspectives in life, this entire COVID-19 lockdown situation has brought on me a beautiful realization. That we need to appreciate the beauty of everything in life before actually losing them. Too often we did not take a moment to stop for a while from our 'so busy' schedule and just appreciate what we had with us at the moment. It was like we human beings were running a restless race to achieve something or the other in life.

It's always good to aim high and aspire for great things in life but I feel somewhere we get so lost in this process that we forget to appreciate nature and other gifts of God and stay contented with what we have. We all have our own grouses for not having this or that in life but we forget that we have a great deal to be thankful for. How often do we thank God for what he has given to us that many only dream of? How often do we thank Him for the presence of our family and friends with us? How often do we truly value just, simply sitting or standing close to each other without being fearful? And above all how often did we thank God for living a safer and less chaotic life in the past?

Now it's time to remember the last class we attended, that last selfie we took standing close with our friends, the last time we strolled around in the market, the last time we were not fearful of everything we touched or everyone we met.

This pandemic has taught us a beautiful lesson that what matters the most in life are these little moments that we forget to appreciate at times. Ultimately, life is not only about what we have with us but also about who we have with us! I now strongly feel that living in the present moment is way more beautiful than living in regrets.

Zaufishan Fatima XII-A

TMT (TAUHEEDUL MUSLIMEEN TRUST)

He who has health and education, can change the world for the better. And a better world for all, including the marginalized section of the society is the vision, with which TMT was conceived and founded in 1984. Working relentlessly for the last 30 years across the impoverished strata of society, the primary vision has been to make sure that every child has access to quality education and healthcare. TMT dreams of an India where equal opportunities and growth abound, and it strives to work harder and better each day to make this dream a reality.



During this period of the Pandemic TMT left no stone unturned to work towards a safer and healthier India.

COVID-19 FOOD AID RATION DISTRIBUTION BY TMT

A humble initiative was taken up by TMT to distribute 3900 Big packets of dry rations (Flour, Rice, Sugar, Pulses like Chana Dal, Masoor Dal & Arhar Dal, Besan, Gram, Spices like Turmeric, Chillie Powder & Coriander Powder, Salt, Tea, Refined Oil and



Dates) to the poor and deserving households dwelling in different localities of Lucknow and other cities of UP. These packets containing raw food items were good to feed a family of 5 to 6 people for more than a month.



Medium sized packets containing raw food items (Flour, Rice, Pulses like Masoor Dal, & Arhar Dal, Spices like Turmeric, Coriander & Chillie Powder, Salt, Sugar and Refined Oil),

good to feed a family of 5 to 6 people for 20 days were distributed to around 3200 families of mostly daily wage earners affected by the Lockdown in the old city area of Lucknow and few other cities of Uttar Pradesh.



1200 food packets containing raw food items (Flour, Rice, Chana Dal, Refined Oil, Salt and Sugar) were distributed in different cities of Uttar Pradesh excluding Lucknow. They were good to serve an individual for ten days.

350 Small packets containing raw food items (Flour, Rice, Chana Dal, Refined Oil, Salt and Sugar), good to feed 2 to 3 people for 3 days were distributed to 3 categories of people:

- (1) The families of Cancer patients mostly in KGMU Lucknow.
- (2) Families in the slum areas around Ashiyana & Alambagh.
- (3) Families of slum dwellers in other parts of Lucknow.

COVID-19: READY-TO-EAT FOOD PACKETS DISTRIBUTION BY TMT

TMT also launched a food distribution drive to supply food packets to around 1200 Migrant Labourers passing through Lucknow. They were served Ready-to-eat packets on almost all the main highways of Lucknow. TMT supplied hygienically - prepared food packets containing eatables like Roasted Whole Gram, Biscuits, Butter Milk, Jaggery, Bread/Bun and Banana to last for a day for one person.



#ONE WORLD #THIS TOO SHALL PASS #INDIA FIGHTS COVID19

They say 'Life is what happens when you are busy making other plans'

Never has it been truer than today's times. After all I was just getting settled into my new job, and this time as a mom of hyper active twins. Tickets to the annual summer vacation trip to Mumbai were booked... and the kids were excited to see the sea!

And then came this pandemic which at one point seemed like distant news & was suddenly knocking at our doorstep.

Lockdown announced, nation in panic, house staff packed off and then the prospect of working from home and working for home staring me in the face.

And to top it all what I dreaded the most was that I had to break the news to the kids of a holiday cancelled.

Would they be unreasonable? Would I be able to manage? What if I couldn't handle so much?

And from there onwards it has been moments of one bittersweet learning one after the other.

- Kids are far more mature and sensitive than we give them credit for. The cancelled holiday led to almost a daily face time with their cousins in Mumbai.

- With limited access to structured studies my son surprised me with his creative story telling skills. And in fact he was the one who egged me on to make my first batch of chocolate doughnuts with active participation from him.

- My daughter has aced her elocution and role play and is looking forward to being back at school.

- My husband has been such a pillar of support and not a day has passed wherein the work load has not been shared by him.

- Despite my online classes and assignments, hubby's work from home schedule, we are still able to spend more quality time together and are there to support each other.

- I have started paying so much more attention to my health & fitness levels, something that was never a priority earlier.

But above all what I have learnt that the kids imbibed at a very early age is to value things that money can't buy that we take for granted.

- The freedom to exist, never has freedom felt more valued than now. The children have learnt to value it for themselves as well as all living beings including

animals.

- The time we share with our loved ones, how each hug, each moment is a gift that can be taken away from us, so let us cherish each day and have gratitude for it.

- The privilege that some of us have of being able to sit at home without having to worry where our next meal is coming from. And it becomes our duty to extend this privilege to people who may have less, but that doesn't mean that their lives mean any less. The need to share and care is the most powerful lesson that the kids have learnt and I hope that they carry it with them forever.

- This connected world brings with it, both opportunities and threats. Our lives are intertwined and being selfish is not sustainable to Mother Earth.

- Most importantly we are one as a species, and we must arise above petty differences and be united as humans and Indians, to leave behind a world for our children that they will thank us for.

As they say every dark cloud has a silver lining. Well, Covid 19 has surely taught us some valuable lessons.

I know that there is a long and slow limp back to normalcy. In fact we may not even know what would be the new normal after the Covid19 pandemic. But what I do know is that the human spirit endures and rises. And this time too it shall succeed. And hopefully in a world that's better, wiser and more beautiful.

Ms. Ismat Saiyadah
English & Science Teacher
Primary Section

LESSONS FROM LOCKDOWN

Life has to be tasted, not simply wasted,
Let's not dope, rather move ahead with hope .
Let's shake away fear, and find reasons to cheer,
The words I and me, must be replaced by us and we.

Parents and siblings are our own, let's mind our tone,
Blessed with heart and mind, we must learn to be kind.
There are lots and many, who don't have resources any,
Let's do something for them, whether pound or penny.

Nature had resources replete, which we did deplete,
We went too far, in the race for money and power.
Divisions of color and race, made us fall from grace,
We may fly to Mars or Moon, but we must meet our
Creator soon.

Ms. Sabiha Salman
English Teacher
Secondary Section

STRUGGLES FACED BY A TEACHER DURING CORONAVIRUS PANDEMIC

Amidst this COVID 19, life continues to go on. Studies cannot be ignored. Although the quarantine hit hard on our academia, the teachers remained at the helm of affairs. There are several questions which arise in my mind whose answers I am curious to know. So, here I am with all the questions answered by our Biology Teacher at Unity College, Ms. Fizza Mehdi. So let's get started.

Que: How was it working from home, especially in case of teaching Science? How did you help your students in grasping the concepts that needed visualisation or diagrammatic explanation?

Ans: Classroom teaching is far better than online teaching. Science is a demonstrative subject which needs proper interaction and discussion which is possible only in classrooms. Although I tried to use the best of teaching methodologies but still I am not 100% sure about the learning outcomes. I did this by sharing videos or through live teaching on Zoom, Google Meet or Duo”.

Que: What problems did you face during this lockdown?

Ans: A major problem all teachers faced was lack of proper interaction and conversation with students which is the most important aspect of the teaching-learning process.

Que: How beneficial has this lockdown been for you and your students?

Ans: Being a teacher I have become more tech-savvy and have learned new ways of teaching online. Students, especially the seniors, in my opinion are taking full advantage of this lockdown period. They are studying and are engaged in many competitions and online courses to groom themselves.

Que: Do you believe the Coronavirus Pandemic may become a cause of depression? What is your advice to students?

Ans: Corona pandemic crisis has been a curse for humanity, especially for the daily wage. It is a serious matter of concern when we are talking about the middle and lower classes of our country. It will not be wrong to consider it as a reason of depression in many people. My advice, especially to students is: Take care of yourself, eat healthy, follow proper routine, exercise regularly and be optimistic. It is natural to feel stressed but take care of your emotional health, share your concerns and how you are feeling with a friend or family members. The best thing is to talk to your family and friends.

[INTERVIEWER: Syed Ali Jibran Rizvi, Class 12-B]

PREVENTION AGAINST COVID-19:

- > Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- > Maintain a safe distance from anyone who is coughing or sneezing.
- > Don't touch your eyes, nose or mouth.
- > Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- > Stay home if you feel unwell.
- > If you have a fever, cough and difficulty in breathing, seek medical attention.
- > Follow the directions of your local health authority.
- > Avoid unneeded visits to medical facilities thereby protecting yourself and others.

Yusra Husain 4-B

BEFORE & AFTER COVID-19

BEFORE	AFTER
Guests were considered God.	Guests not allowed.
Used Public Transport.	Use your Own Vehicle.
Socializing was good.	Don't be Social.
Travelling was good.	Stay at home to be safe.
Time is money!	Health is wealth

Midhat Fatima 5-A

FITNESS DURING COVID-19

Students are dealing with a lot right now—schools are closed, routines are turned upside down, and news headlines are dominated by COVID-19. Like everyone, students are under extra and unfamiliar stress. Exercise is always important, and yoga can be a great tool to manage anxiety, improve focus, and stay grounded during this uncertain time. Best of all, it's easy to practice, no matter where students are spending their time or what their prior exposure to yoga looks like.



- Warning---**Yoga is a wonderful activity for children, but parents need to make sure that children are supervised and guided during any yoga session to prevent injuries.

FROM THE KITCHEN BOOST YOUR IMMUNITY AGAINST CORONAVIRUS

We are what we eat, as we get our immunity from what we consume. Our diet and lifestyle make a lot of difference to the immunity levels if not determine them.

And one great way to boost our immunity could be to incorporate more healthy food in one's diet. What if we tell you that your kitchen condiments can come to your rescue? Here's our quick fix to boost your immunity against coronavirus.

HEALTHY LADDOO RECIPE

Ghee - 3 tbsp
Jaggery (Gudd) - 1/4 cup
Turmeric (Haldi) - 1/2 tbsp
Dry Ginger powder (Sonth) - 1/2 tbsp
Cinnamon powder (Dal Chini) - 1/2 tsp

- Heat the Ghee, add Jaggery and mix well.
- Continue heating on low flame till both are properly combined and form a golden syrup. Combine Ginger powder, Turmeric powder and Cinnamon in a bowl.
- Add the ghee mixture to the dry ingredients.
- Now moisten your palm with a little water, take a small portion of the mixture and shape into round balls.
- Store them in an air-tight container.

KAADHA FOR HEALTHY LUNGS

Consuming a glass of this Kaadha everyday breaks down mucous in the lungs, reduces cough and boosts your immunity.

RECIPE (serves 6-7)

Fresh Tulsi leaves or dried 1 tbsp.
Peppercorns (Kali Mirch) - 5
Cloves (Long) - 8
Crushed Garlic (Lahson) - 1/2 tsp.
Mashed Ginger (Adrak) - 2 inch piece
Fennel seeds (Saunf) – 2 tbsp.
Fenugreek seeds (Methi) – 2 tbsp.

- Boil the above ingredients with 7 glasses of water in a pan, for 5 minutes.
- Simmer and sip warm.

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