

NMS CONNECT

MONTHLY NEWSLETTER

From the Editor's Desk

BY PAKIN PONGPAIBOON

Amidst the troubles of the second wave of the pandemic and the strong possibility of a third wave, it is but easy to think that we are all in a tunnel obscured by the gloomy atmosphere of the prevailing situation.

It is, however, important to know that you are not alone in this and that we are all coping, surviving, and adapting to these circumstances together. After all, in situations that we cannot control, what matters most is our response. And the response is only stronger when we are united.

Covid-19 has reminded us of one of the most crucial values of humanity - 'Unity'. With the world continuing to spin online, new windows of opportunities have emerged for people to find connections and to seek help. Whether it is helping

others by sharing leads for Covid-19 resources online or influencers as well as the common man amplifying requests or even us students raising funds for buying medical supplies, every effort, big or small, has made a difference.

While we must show gratitude to healthcare and frontline workers for their countless sacrifices, what we must not do is simply stand and watch them take the burden entirely on their shoulders. We must also take responsibility and do our bit to lessen their load.

We cannot wait for new policies to be drafted or for industries to ramp up vaccine production because we all have a role to play in this. And this is what will be highlighted in this issue-the role of the people, our role as responsible individuals.



Networking Through the Second Wave



WRITTEN BY LAKSHITA NATHAWAT AND PRISHA PODDAR



Put your phone down!" a recurrent statement in most households. Our gadgets - mobiles, laptops - which have more often than not, been the subject of scorn and ridicule, have acquired a brand-new reputation! These are now the go-to devices for seeking and providing help. Because who would have thought there would be a day when social networking platforms - Facebook, Instagram, Twitter - would come to the rescue of citizens and help in saving lives.

With the second wave of the pandemic wreaking havoc in the country, the government fought tooth and nail to save the life of its citizens while also battling a shortage of oxygen, hospital beds, ICUs, ventilators and medicines. It is in these times that the tech-savvy youth stepped in and used the internet effectively to help those in urgent need.

Family members and friends of Covid patients tweeted requests for beds and medicines and they were given leads promptly. Absolute strangers helped in amplifying SOS requests for critical patients and shared and urged others to do their bit. Social media became a fortress of hope and strength for the people - it became an important tool of communication for the government, universities, NGOs and the common man to help disseminate information quickly.

Samaritans, including our own, class 12 NMS students Kavita Choudhary and Shaurya Jain, helped in mobilising resources through online initiatives. They raised Rs 60,000 for buying oxygen cylinders for the needy through their website 'Infhelp'.



(Representational Photo)

"Between March 1- April 21, 2021, more than 519,000 individual accounts actively engaged with SOS and emergency tweets..."



Social media officially became the first call and response for Indian citizens. Providing aid and support for Covid-19 patients became the sole objective for countless individuals and groups. This terrific response not only helped cement our roots of unity, but also unveiled the power of collective action.



A recent article in The Wire concluded, "Between March 1 and April 21, 2021, more than 519,000 individual accounts actively engaged with SOS and emergency tweets from other Indian users to help provide relevant information or medical aid."

Although, we have all grown up in houses where echoes of negation towards social media and phone usage have constantly reverberated, even social media sceptics, our parents, couldn't have anticipated the invaluable relief these platforms would end up providing. After all, it is the same, 'notorious' social media giants that have stimulated a wave of humanity that has helped tide the second deadly Covid-19 wave.

Planting Hopes: An Interview with Nisha Pathak

BY ARYAN LUNIYA AND DEV SAJNANI

Aryan Luniya and Dev Sajnani speak to NMS' Nisha Pathak about her award-winning initiative 'Planting Hopes' - its impact, success, and future plans.

Aryan & Dev: What is 'Planting Hopes' all about?

Nisha: Planting Hopes is a collection of various initiatives related to organic farming that are aimed at meeting the nutrition needs of the underprivileged children. Not only do I run a community garden where we grow green leafy vegetables and share with the needy. I also hold workshops with the underprivileged women and give them training on growing microgreens at home.

Aryan & Dev: What inspired you to start 'Planting Hopes'? How did you get the idea?

Nisha: Last year when the lockdown got imposed for the first time, I realised I wanted to do something productive and not just sit in front of the screen. I then started to do some gardening and started growing vegetables in my own garden. I soon realised that I could distribute them and help those who are not able to feed their families because of a loss of income due to the lockdown. Soon my neighbours started noticing my efforts and contributing and it turned into a community garden.



"Not only do I run a community garden...I also hold workshops with underprivileged women, training them on growing microgreens at home. "

Aryan & Dev: What are the main challenges you faced during this project and how did you overcome them to make this a success?

Nisha: The covid pandemic was my biggest challenge, especially when I tried to interact with people when I was trying to hold workshops on nutrition and sustainability. Utilizing a virtual platform and holding workshops online, however, not only helped me overcome this problem but actually allowed me to spread the project to other communities, besides my own.

Aryan & Dev: Your initiative has been recognised internationally by the Changemakers project and recently received a funding of \$1150 or Rs 85,000. What are your future plans and how do you plan to grow?

Nisha: At the moment, I am working with my mentor to expand the reach of this project by teaching girls from various communities about sustainability, and social impact as a whole, to encourage them to start initiatives such as mine in their own community. I am teaching five girls from different areas of Jaipur so they can create similar projects in their own communities.



NMS Changemakers

The NMS community has always strived to create meaningful and positive change. This spirit of catalysing constructive change has not yielded to the pandemic: several NMSites have stepped up to the challenge and have taken up initiatives to help the local and broader community. In this section, we present to you some of these incredible initiatives:

Class 11 student Anushka Jain raised Rs 1,50,000 to financially assist children who lost their parents to Covid-19

Class 12 students Urvi Gaur, Shaurya Jain, Ishita Goyal and Ananya Solanki raised Rs 80,000 for Covid relief by organising a 3-day music concert 'A Ray of Hope'. The proceeds have gone to the Hemkunt foundation

Class 11 student Vishakha Arora raised Rs 16,000 online through her initiative COPS(CARE OF POLICE STAFF) to provide clean drinking water and masks to officials on duty

Class 11 students Sarthak Mehra and Divyansh Bagla started an initiative Ekta Sahara through which they raised funds and provided 1,000 masks to the needy

Class 12 students Kavita Choudhary and Shaurya Jain raised Rs 60,000 for buying oxygen cylinders for through their initiative 'Infhelp'

Class 10 students Parjanya Tiwari, Mannat Singh Takkar, Vardhan Jain, Atharva Khetan, Madhav Singh and Gaurang Agarwal have raised Rs 30,000 through their online initiative Concinnity. They aim to provide financial aid to newly established NGOs in Jaipur

Class 12 student Ananya Solanki started a petition to get teachers vaccinated on priority in March and received 1100+ signatures. She also got 300+ school staffers vaccinated by helping them with appointments.

WHAT'S MAKING NEWS?

NATIONAL NEWS

India records a significant dip in Covid-19 cases, logs less than 40,000 new cases for the first time in 102 days

Over 50% children in Mumbai have covid-19 antibodies, says Mumbai sero survey

India deploys 50,000 additional troops at the China border a year after violent clashes at the Line of Actual control or LAC

INTERNATIONAL NEWS

9 Indian-Americans among 11 US spelling Bee finalists this year

South Africa's former President Jacob Zuma has been sentenced to 15 months by the highest court in the country

SPORTS

Portugal, Germany and France crashed out of Euro 2020 while Denmark, Switzerland, England and Spain head to quarters

Wimbledon: Andy Murray overcomes Wimbledon wobble to defeat Nikoloz Basilashvili. Roger Federer survived a close call against Frenchman Adrian Mannarino, who was forced to retire owing to a knee injury

SCIENCE

Study finds Mars may have been habitable for millions of years

No hope for life in Venus clouds, but maybe on Jupiter, study suggests

Scientists develop tiny wireless pacemaker that dissolves in the body

Decoding India's Vaccine Hesitancy

BY ANANYA SOLANKI

A man in Nashik claims to get 'magnetic powers' after taking the second dose of the Covid-19 vaccine. When I came across this headline while reading an article on Google, I was amused at first. Being a biology student, I knew enough about the Covid vaccine to be certain that it wasn't giving anyone 'magnetic powers'. But as I continued to stare at it, I wondered if everyone who read the article was aware enough to know that these claims were false.

Despite the availability of three vaccines (Covishield, Covaxin and Sputnik V), only 4% of the country's population has been vaccinated yet and the average number of people vaccinated on a given day is 15,10,644, reports claim. The biggest obstacle standing in the way of a successful Indian vaccination drive is not the shortage of vaccines, or even the difficulty in getting a slot on the Cowin app; it is the fact that a lot of Indians do not wish to be vaccinated in the first place.

This vaccine hesitancy is especially prominent in rural India, where hearsay and myths about the vaccine have led people to believe that it is nothing but a facade. Fake messages forwarded on WhatsApp groups and orchestrated videos that go 'viral' on social media have only added fuel to this fire. The majority of the audience of such content isn't educated enough to see past these deceptions, which is why they end up giving in to the fear induced by misinformation.

In order to tackle this issue, it is important to break the unfamiliar concept of vaccination down into terms that anyone can understand: from a tea plantation worker in Assam to a silk saree weaver in Kanchipuram. For this information to be truly accessible, it should also be translated in multiple dialects and distributed via not just online sources, but also offline ones; because it is only when we come together as a nation and make a conscious effort to be responsible that we can defeat the Coronavirus.



(File photo)

ALL ABOUT VACCINES

Zyklus Cadila's covid vaccine 'ZyCov-D' for 12-18 year olds will be available soon, the Govt has told the Supreme Court

Bharat Biotech's Covaxin can effectively neutralize Alpha and Delta variants of Covid-19, says United States' National Institute of Health.

Johnson and Johnson's single shot vaccine likely to be available in hospitals in India this month. It has over 66.3% efficacy

The European Union (EU) has not recognised AstraZeneca's Covishield vaccine in its 'green pass' list for post-vaccination travel, reports claim

German chancellor Angela Merkel is the first world leader to receive a Covid vaccine cocktail shot. Angela Merkel's first dose was AstraZeneca vaccine which was followed by Moderna's vaccine

Scientists are developing a super vaccine to fight Covid variants. Human trials for the vaccine could take place next year.

Covid-19 Myths, Busted!

BY PARJANYA TIWARI

If the human race can spread myths and misinformation around the ending of the marvel movie Avengers: Endgame, they can surely do so for the seemingly never ending pandemic caused by COVID-19 .In december of 2019, the first case of the coronavirus was identified in Wuhan City, China and since then it has taken the entire world in its grip. City by city, country by country, the virus spread worldwide. Naturally, a tonne of false news started getting circulated leading people into a state of complete hopelessness.

This article aims to clarify common misconceptions thereby reducing the level of panic that is being faced by the general populace

- The earliest myth around covid-19 is the use of alcohol-based sanitisers. People were concerned about it having harmful effects on our bodies. The surprising truth is that almost all moisturisers have a percentage of alcohol content to prevent dryness and hence using alcohol-based sanitisers isn't harmful
- The life of the virus on any surface without a living host is limited to 72 hours, therefore with necessary precautions, the virus is unlikely to transmit via goods produced in countries where there is an ongoing transmission. You can only get infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands
- People seems to believe covid-19 can be transmitted through mosquito bites. But in reality this virus can spread only through direct contact with a patient's saliva, through sneezing or coughing. So yes, do not freak out when the mosquitoes do their job!
- Does swimming in pools during covid scare you? Well, I can assure you that the virus does not transmit through water while swimming, however, it can spread if you come in close contact with an infected person
- Speculations around post-vaccine side effects have been rampant to the extent where people refused to get vaccinated. They even jumped to the conclusion that vaccinations can cause serious illnesses. History of mankind is proof enough that vaccines have not only helped in increasing the average span of human life, but they have also helped in eradicating certain diseases, smallpox for example.



(File photo)

- "I don't wear masks because they deplete Oxygen levels or the government planted a chip in them" these statements are definitely a hoax. Wearing masks can be somewhat uncomfortable, but it does not mean that oxygen levels are reduced. Reports shared by Stanford University show that many face masks, N-95 for example, allow Oxygen and CO2 to flow.
- While some people believe that home remedies including garlic, sesame oil, sage and vitamin-c tablets, can cure the virus - this has proven to be false. They may improve immunity over time but can definitely not cure the virus alone. The best approach towards protection is to wash your hands frequently, use sanitisers and masks while in public places.
- Lastly, the one myth that has become the butt of many memes and jokes since march 2020, 'the outbreak began because people ate Bat soup'. Scientists are confident that the virus started in animals, but there is no evidence that suggests the involvement of Bat soup. A video that went viral on the same was not even in Wuhan (where the first case was identified) and is from 2016.

The Impact of Covid-19 on Small Businesses & SMEs

BY RENNY SHARMA

Covid-19 has jolted the country's economy. One of the biggest sectors to have been affected by the economic crisis are the Small Medium Enterprise or SME which provides the second largest employment after agriculture. Over three-fourths of small businesses in the country have shown an adverse impact during the Covid-19 pandemic.

According to a recent survey, over 82% of small businesses have experienced a negative impact, and 70% believe it will take them nearly a year to recover demand levels prior to COVID-19. The three topmost challenges that might delay small businesses to upgrade their businesses are market access, improving the overall productivity, and having access to more finance. Survey reports have shown that disruptions caused by the Covid-19 pandemic have impacted SMEs earnings by 20-50%, the micro and small enterprises faced the maximum difficulties, mainly due to liquidity issues. This also resulted in unemployment, hardships for several workers as many enterprises



(Representational Photo)

laid off their employees because of the inability to pay salaries. Some enterprises innovated their ways by shifting from non-essential supplies towards the supplies which were in demand during the epidemic period; like hand sanitizers, PPE kits, reusable masks, etc., and were able to survive in tough times. Many SMEs and small business owners are also optimistic about recovery and riding over the COVID-19 situation. The Atmanirbhar Bharat Scheme launched by the government has also played a major role in boosting the recovery progress of SMEs. These steps are essential as the rate of recovery of India's economy will be determined by the strength of the recovery of small businesses.

The New Covid-19 Lexicon

BY AAIRA GOSWAMI

It has been almost a year and a half since Covid-19 was declared a pandemic. It has brought countless changes to our lives and also altered our daily conversations. New terms could be heard all over news channel, and in daily discussions. While most of them are serious in nature, there yet others there are that have cropped up to just to add humor to conversations.

'**Covidiot**' for instance is being used for someone who just cannot seem to follow public health advice

The next time you join a family ceremony or a festival, or even a birthday party, via Zoom or Skype, you could use the term '**Covideo party**'

If a person joins a meeting they were not invited to, they are called a '**Zoom-bomber**' because they were '**Zoom-bombing**'

A '**Blursday**' is when you just cannot remember what day it is.

Besides, when you work with a team, and cannot come up with a team name, you could call yourselves the "**Quaran-team**", a name used for teams created during the lockdown

The Covid-19 Lexicon is rapidly growing, and it is best that we are aware about the same. So, stay updated and stay safe!



NMS Charcha

ALL THAT TRANSPIRED IN THE NMS COMMUNITY AND MORE

Spirity

NMS students Ishita Goyal, Nisha Pathak, Urvi Gaur, and Lakshita Nathawat successfully ran a 40-day online gratitude programme 'Spirity'. As the name suggests, 'Spirity's goal was to uplift spirits and spread positivity by inculcating a feeling of gratitude in its participants through various activities on a daily basis. The programme, for students of class 9 to class 12, took place from May 10 to June 18.

Coexisting with Covid-19, a talk by Ria Golecha

On June 3, NMS alumna Ria Golecha collaborated with the Bioscience club and gave a talk on co-existing with covid-19, the importance of vaccinations and a history of pandemics.

NMS Virtual Club Fair

Weeks of hard work by the NMS club heads and the school community culminated into the NMS virtual club fair, which took place from June 4- June 7. Over 950 students, from class 9 - class 12, attended the event that showcased in detail the 22 clubs that students have an opportunity to join and pursue their interests. The virtual fair gave students a platform to connect with like-minded individuals, learn about the clubs, and have fun all at the same time

A Ray of Hope

NMS students Ananya Solanki, Shaurya Jain Ishita Goyal and Urvi Gaur organised an online music concert 'A ray of Hope' to raise funds for Covid relief. The event took place from June 11- June 13 and saw the participation of over 80 students from class 5 to class 12.

Yoga workshop

A 15-day online yoga workshop was held from June 6 to June 21. The workshop was held for students, their parents and the NMS staff members.

UPCOMING EVENTS

THE CARBONET CAMPAIGN

Dev Sajani and Prisha Poddar will be running a 30-day campaign from July 6 on Carbon literacy on Instagram. They will be posting short informational videos on carbon literacy so you can cultivate eco-friendly everyday habits. An increase in our dependency on electronic devices due to the lockdown has led to a rise in CO2 levels. The campaign is an attempt to raise awareness about the same and will give you a platform where you can calculate your digital carbon footprint and take steps to reduce it.

THE NMS LITERATURE FESTIVAL

NMS's first ever student-led literature festival will take place on July 23 and July 24. The event will spread awareness about the history and importance of literature and will encourage budding writers of the school community. The event will also focus on other unconventional fields of Arts and will host panel discussions with children's authors and authors from within school community. Students from other schools will also be invited.

NMS Musings



(Representational Image)

I Want to be Myself

BY SUHANI SINGH

In this frenzied world of mine,
 The ghastly clouds of fear;
 The prodigious towers of hope;
 And the intimidating rays of expectations,
 Enforce you to be nobody.
 Every breath in this always accelerating wind,
 Every step in this fallacious world ,
 Has made me cognize the reality;
 That such a world is nothing but a speculation.
 Thus , my friends, instead of being a feral
 animal
 Always following others,
 Be yourself , be who you want to be.
 Be it albino, black , slender or plump;
 Like I said just take a jump.
 And there you emancipate,
 Above the ghastly clouds;deep into yourself.
 Just let go of all encumbrances, all pressures,
 and all expectations.
 Uncover the true version of yourself,
 Not a second version of who someone else
 wants you to be.
 Feel free to fly, to listen to your soul,
 Which was clamouring for years for you to hear.
 And as you look into your heart,
 And as you find yourself,
 You are the master of your own destiny.
 Just be yourself!

How Art Inspires Poetry

BY PARJANYA TIWARI

Poetry is in itself an art, and has inspired artworks as well. But what most people often overlook is how art, as paintings and sketches, can inspire poetry. A painting can convey a thousand words without having to display any words at all. The beauty of it lies in the intricate details and the symbolism. Whether it be the usage of the colour blue to symbolise sadness , or the imagery of a serene flower field to induce serotonin and have a calming effect on the mind, paintings always encompass a greater meaning than what one can make out.

Poets come across and examine the details in certain artworks and later on pen down their thoughts in the form of a poem. Whilst researching I found a list of beautifully crafted poems that were influenced by paintings. Two of which were paintings by renowned artists who have a highly sophisticated brand in regards to their social acclaim.

The painting “the old guitarist” by Picasso was the inspiration behind Wallace Stevens’s poem “The Man with the Blue guitar”. This poem primarily focuses on creating alternate and new realities for the life of the man in Picasso's painting. Upon reading the poem we notice that it switches perspectives from the third person’s perspective to the first person’s perspective, which suggests that the poem is in fact a dialogue between the guitarist and his audience.

The second poem that I found was inspired by Van Gogh’s infamous painting “The Starry Night” ,written by Anne Sexton with the same name. Her poem perfectly captures the essence of the painting and she begins by describing the contrast between the turbulent sky and the serenity of the town below which seems calm. She mentions a longing for the void of death,for the act of not only dying but also disappearing. The dark tree at the edge of the painting is described as “black-haired” and it “slips up like a drowned woman into the hot sky.” It appeared as though it was her desire to die in the same way. Her poem conveys the same feelings of alienation, insecurities and loneliness as the painting by Van Gogh. All these ideas reinforce my initial statement and lead us to believe that there’s much more to paintings than simple visuals that meet the eye.

Worth a Watch!

BY RHEA SAXENA

The second year of the pandemic has been harder than the first in a lot of ways but what has kept us going amongst other things are Over The Top (OTT) platforms. They have sustained us by providing content worth consuming. Here are my recommendations of some of the really well written and produced films and shows for you to watch, in case you haven't yet.



Minari is about a small South Korean immigrant family that moves to Arkansas farms in search of its "American dream". The story's slow buildup, intricate detailing and spirited background score will melt your heart. The show-stealer,

however is David, played by Alan S. Kim, a seven year old acting prodigy, who quite literally, is the soul of the film. You can stream Minari on Amazon prime video.



Enola Holmes revolves around Sherlock Holmes' teen sister who sets off to find her missing mother. The story takes several startling turns, and is a clear Millie Bobby Brown show with a lot in store

for the viewers. Watch out for those scenes where Enola outwits her popular brother, after all there is a new Holmes in town. You can stream Enola Holmes on Netflix.



Raj and DK's - **The Family Man** follows the life of Srikanth Tiwari, a middle-class man secretly working as an intelligence officer for the

Threat Analysis and Surveillance Cell (TASC), a fictitious branch of the National Intelligence Agency(NIA). Its second season gives the audience a glimpse of his "family-life" as it collides with his professional life. What makes the series so flawless and a must watch is what Anupama Chopra describes beautifully as a miracle where "even in the heart of darkness, there is a running thread of humor". You can stream The Family Man on Amazon prime video.



Viola Davis and Chadwick Boseman starrer **Ma Rainey's Black Bottom** is based on the life of a blues singer during a recording session in the 1920s. The film is a celebration of three real life black artists and legends, and brings to light struggles of the black community. The entire casts' heartbreaking performances will make you weep, laugh, love and empathize all at the same time. The film will always remain particularly special, as Chadwick Boseman's final performance. You can stream Ma Rainey's Black Bottom on Netflix.



Aspirants is a 5-episode series about 3 aspirants and friends Abhilash, SK and Guri. The narrative alternates between the past and the present with the past capturing the struggle and drama surrounding the preparation of UPSC CSE hopefuls in Delhi's Old Rajinder Nagar, and the present focusing on the consequences. What makes this show beautiful is how grounded and real all the characters seem and their ability to connect with not just students but with all generations. You can stream aspirants on YouTube and The Viral Fever.

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