Children’s Community Foundation is a not-for-profit organisation that is developing a platform to bring together children, parents, teachers, schools and childcare professionals under one umbrella.

It is supported by a team of internationally renowned professionals and parents with significant knowledge and expertise in the field of children and their families.

The Foundation will act as an independent voice on the national and international stage for child protection, child development, research, education and parenting support. CCF and its members will work together as a community towards a future where children have the best start in life and even better prospects for their future.

CCF will tenaciously pursue its mission without fear, favour or compromise and to continually ensure that the best interests, human rights and protection of the child are placed before all other considerations. We achieve our mission by combining the power of education, campaigning and developing innovative projects and services, to create change from top-down and bottom-up.

Together, we’ll share, learn and utilise our expertise to create better citizens for tomorrow.

Our portal (www.childrenscommunity.in) is packed with information, practical advice and loads of fun stuff! It is going to be a premier resource guide relevant to children, parents, schools, teachers and childcare professionals.

Teen Community, a magazine for teenagers under the aegis of Children’s Community Foundation trust, is an offshoot of Children’s Community Foundation trust.
Hello! With so much sincere happiness!

I welcome you to a brand new magazine called *Teen Community*. After more than half a year of exciting deliberations filled with countless brainstorming sessions, creative conversations and future plan discussions, it thrills me that we have something to show you.

The magazine will be packed with information, practical advice and loads of fun stuff! It will feature articles and stories relevant to young people today. I am immensely thankful to my team members who have helped shaped this innovative online publication in a time when world is busy tackling Covid-19.

The Novel Coronavirus has changed so much in our lives over the last few weeks! Schools are closed, we can't go out to work and we need to stay at home to make sure we keep everyone safe and well.

It takes a lot to take in and understand it in a short span of time. And when life changes suddenly, it is natural to feel uneasy. But there are ways of managing this uncertainty by establishing a daily routine and looking for an area you can control by tuning your emotions and remembering all the hurdles you have already faced and overcome.

These times have forced us to find new ways to stay connected, engaged and together. We now have all the time in the world to get creative and find new solutions to overcome this period, and also to change the world. Think of it as a pause in time for you to gather ideas and get ready to put them into action when we go back to the earlier normal. Doing that, we will definitely have a powerful restart.

Take time out for the things that matter to you. Be kind to yourself. Feel balanced, nurtured and loved, always. Even your vulnerabilities are precious. They are part of you. They are you! No-one likes it, yet everyone has to deal with it somehow. We will get rid of the virus. Of that I am sure. In the meantime, every one of you is doing a great job by staying at home and keeping safe. Hopefully, we can all come together soon and celebrate a freedom that perhaps we all took for granted. So please, for the time being, stay at home!

Until then, let us remain engaged digitally until the pandemic is contained, hopefully soon.

We hope that you enjoy every bit of our first edition, and it brings joy to your life.

If you are reading this, you can be a part of our next edition. It can be a picture, story, recipe, funny joke, a good or a silly idea, a poem, or maybe even a thank you note to someone. Give it a go, it would be great to hear from you! You could mail it to editor@teencommunity.in

With the very best wishes in these times!

*Shilpa Anand*

**SHILPA ANAND**
LETTER TO THE READER

Dear Reader,

I could spend most of my time with young people. Your optimism, joie de vivre, the hope that drives you, ignites me. And so, I’ve chosen to work as a children’s journalist and a children’s author for many, many years.

The dozens of books that I have written for young people, were not enough. There was a void. And then came a phone call asking me if I’d like to be a part of this dream-team. The yes came from my heart!

It’s great to be seeing the world from the eyes of a teenager once again, trying to plan articles that will interest you and trying to get you involved with the magazine.

We hope you enjoy reading the magazine. More than that, we hope to hear from you on how we can improve. And even more than that, we look forward to your paintings, poems and stories.

I can’t end without the Covid-19 mantra, can I? Stay indoors. Stay safe. Take care.

--- BENITA SEN

GENIUSES AT WORK

Founder & Editor-in-Chief
SHILPA ANAND

Executive Editor
BENITA SEN

Art Director
SMRITI KRISHNA

Director, International Development
TIM MCARDLE

Head of Technology
ASHISH BAJAJ

Chief Financial Officer
BHASKAR UPADHAYA

Finance Manager
AKASH GUPTA

Administrator
SWATI WALIA

BOARD OF ADVISORS

DR. MADHAV DEO SARASWAT
Principal, The Scindia School

 DANIELLE BROWN
MBE, Double Paralympic Champion Archer, UK

 DHANRAJ PILLAI
Padma Shri, Khel Ratna Awardee, Former Captain Indian Hockey Team

 KATHERINE WILSON
Deputy Headteacher, The Castle School, Bristol, UK

 PROF MARMAR MUKHOPADHYA
Director, ETMY, Former Director of National Institute of Educational Planning and Administration, Vice President ICDE

 APURVA JAKHADI
Member, UN Space Generation Advisory Council (SGAC), in support of UN PSA, Vienna

 DEBU MISHRA
Director, IMPL

 T. K SUNDARMURTHY
Former Mission Director, ISRO

This disclaimer is to inform readers that the views, thoughts, and opinions expressed in the text belong solely to the author, and not necessarily to the editorial team, organisation, or any member of the publication board or anyone else associated with the publication. Photographs and graphics are only representational.

Copyright for the entire contents of the magazine is held by Children’s Community Foundation and no article may, in part or whole, be published elsewhere without due permission and without giving relevant credit. Information in Teen Community magazine is from sources Teen Community believes are reliable. Neither Teen Community nor its authors and editors guarantee the accuracy of any information published herein. Neither Teen Community nor its authors and editors will be responsible for omissions, errors or claims for damages including exemplary damages arising out of use or inability to use or the accuracy of information published herein. The authors, publisher, editorial and design teams and Board are not responsible for any injury or accident resulting from use of materials herein.
Motivation is what gets you started. Habit is what keeps you going.

JIM RYUN
CONTEN

TEEN COMMUNITY. ISSUE 1. MAY 2020

01

COVER STORY
Life in Lockdown

SOCIAL EMOTIONAL LEARNING
10  Mind Your Mind
13  Be Body-Positive

FEATURE
15  Creating Your Own Happily After

BE SMART
18  Build Up Your Immunity

FOOD FOR THOUGHT
25  Breaking The Culinary Quaranteen

HEALTH
21  Why H2O Should Be Your Drink
23  Eyes Right

STAY FIT
26  Full Body Functional Workout

ENVIRONMENT
32  Spreading Like Wildfire
35  Be A Biodiversity Warrior This Year

KEEP MOVING
58  Dance, Dot, Dance, Dan!

SPACE SNIPPETS
30  What Are Saturn’s Rings Made Of?
31  How Many Stars Are In The Universe?
31  How Does A Scientist Weigh A Planet?

THEY DID IT
46  Nu’s Narrative

YOUNG WRITER’S CLUB
49  Looking Inward
50  Artificial Intelligence
51  How It Does Matter

TEEN COMMUNITY | MAY 2020
The beautiful thing about learning is that no one can take it away from you.

B.B. King
‘May you live in interesting times!’ went an ancient curse. True, and how! Some expert-backed and crowd-sourced survival tips for these strange times from MANIDIPA MANDAL.

It’s doubtless an odd time in our homes right now, on the news, and across social media platforms. This may be the longest you have not met any of your friends and extended family since you started playschool! Even your parents and grandparents have not lived through a crisis of this magnitude, affecting movement, work schedules, grocery availability, transportation challenges and most of all, anxiety and uncertainty. Very few who are now alive, anywhere in the world, can recall experiencing such a strange time first-hand. The interesting thing about the Covid-19 crisis: in a super-connected world, most of us, in spite of our current social isolation, are in fact very aware of being in this boat together. This means, the good thing is, we can help each other. Now, we know there’s no way out of this except through—and we’re going through it together.
WATCH THE CLOCK
When there’s nowhere to go and nobody to meet, it makes sense to just lapse into indefinite holiday mode, living in your pajamas, binge-watching Netflix in bed, turning your meals into massive snacking sessions right there under the covers.

We urge you, however, to try living with a routine (however relaxed). Your circadian rhythms are ideally guided by the sun, and disturbing them can actually cause your mood to bleed bluer for solidly biological (hormonal) reasons. So, get up at the same time each day as you would for school, be disciplined enough to make your bed, dress up and get on with your day. The commute time saved can become an extra reading hour or homework hour if your school is holding online classes.

CHANGE YOUR HATS
By all means, pencil in your Netflix hours in the day’s schedule, or your two hours of dance; but vary the activities and you will find you are far more productive on every front, even if you are doing fewer things overall each day.

LOOK TO YOUR LEISURE
The flip side of productivity is recharging your batteries. Avoid having the days and weeks blur together by scheduling a weekly ‘day off’ from the usual routine, and make your weekend special with more time allotted to hobbies. That’s a big yes for painting, gardening, music, or whatever floats your boat, and life skills including laundry, meal-prepping a week’s worth of healthy snacks and yes, drawing up next week’s POA!

Also, encourage both your parents and yourself to wind down after work hours, and spend some time with yourself. Ask to mark the start of the weekend with a movie/board-game night on Friday with pizza/pao bhaji/gol gappas cooked together, if they work a traditional week.

LIMBER UP YOUR LIFE SKILLS SOME MORE
Endear yourself to the family and arm yourself for futureadulting by asking what chores need doing and what skills you can learn (darn a sock? bake bread? alter a t-shirt into... what? Try something new!—we’ll exchange notes next month!). Figure out the laundry loading, drying and folding and set a shining example for the kid brother/sister/cousin by laying the table right. Offer to run errands or sanitise groceries and surfaces, maybe?

ASSIGN A HOBBY HOUR
If schoolwork has hitherto crowded out an enjoyable pastime, now’s the time to add a hobby hour to your routine (again, use that saved commute!) for a gratis, calorie-free, stress-busting treat. Unless your hobby is baking cupcakes; then, find a new one.

STAY CONNECTED, NOT DEER-CAUGHT-IN-THE-HEADLIGHTS
Limit how much time you spend on the news (it doesn’t take long to learn the essentials, especially with one of the news digest subscriptions like InShorts); instead, use some of your screen time to connect with friends and family. Set up a Hangouts date with classmates and ban talk of studies for that hour. Check in on each other. Exchange applause for stuff you got done.
Likewise, make a list of family members you typically avoid as too painful to chat with. Commit to texting or calling any one of them a week, or two people twice a week. Especially the older ones, the most vulnerable of your tribe.

Remember, when feeling overwhelmed, talk not just to friends and family but keep lines open to your favourite teachers too; they are some of the people who know you well.

SHELTER IN PLACE, JUST NOT ALL IN ONE PLACE
Remember what we said about the sun? Studying/reading/snoozing near a window is a distinct mood boost, because of the vitamin D it helps you make. But also, a change of scenery from different windows and balconies, even an inward vista from your desk versus the dining table, the floor or the sofa or the armchair will refresh your brain and help it work better. Especially if you are one of the unfortunate groups having to rehash your revisions ad infinitum for interrupted board exams.

Change it up, along with your posture and position throughout the day to match your circadian rhythms, and also change to someplace new for novelty every once in a while. Your grandpa’s chair in the living room. Your mother’s seat at the dining table. Your sibling’s usual sofa spot. Do them a good turn too, eh, by shifting them out of their rut? (It’s particularly good for older, more wrinkled brains!)

GIVE YOUR OWN BRAIN A BREAK; JUST BREATHE!
As you transition from place to place, also take active breaks. Be it a spot of skipping or star jumps, burpees or break dancing, refocus your eyes on the horizon and take 10 minutes to get active every hour, on the hour. This boosts blood flow to your brain as well as gone-to-sleep extremities, gets more oxygen in and around the bloodstream, releases some endorphins to boost your mood, and allows your brain a rest so it returns refreshed. (Google the Pomodoro Technique to figure out why this is particularly handy.)

And yeah, while you’re up, don’t forget to tack on a wee and water break. It’s summer. Seriously, stay hydrated.
Now isn’t the time to need an IV drip or antibiotics for an UTI, and Gatorade and its ilk are not a substitute for plain cool water.

STRETCH—INTO NEW TERRITORY
One of the easiest brain boosters ever? Try something new. The reason a baby or a toddler brain goes a mile a minute is because there is so much to learn and discover every single waking hour. Don’t let yours sink into ennui; learn a new language (we like Duolingo!) or another new skill with online classes!

MAKE WABI-SABI A REGULAR PLAYMATE
Take a moment to smell the... stale air? Open up the windows and let the light shine on forgotten cobwebs, the chipped teacups, the crack above your bed... and take a moment to appreciate the imperfections that show your family’s history in this home. Maybe that cup that you were planning to pitch out before the lockdown but forgot to, can become your new Wabi-Sabi pen stand, that fraying scarf your wall art. Caress the crimps on your favourite comic-book cover. As the lockdown shows us, the impermanent is precious.

OTOH, STAY WELL-GROOMED (OR HYGIENIC, AT LEAST)
Like, literally, set a timer on that phone to remind you to brush your teeth at least twice, run a comb through your hair/shave (YMMV). Freshen up your fashion statement too: Now is some of the best time to try a new hairstyle or trim (have you tried the side ponytail method for an asymmetrical bob?). After all, you have ample time to grow it out, should things go south.

SPEAKING OF, TAKE A TRIP AROUND TOWN
Use the Google Arts and Culture to check out the city monuments you have never made time for, just because they are in your backyard. Maybe you will grow to appreciate them enough for an actual tour when the lockdown lifts.

REMEMBER THESE TIMES
It might seem like a right pain in the wrong places, but you truly are living in unprecedented, hence interesting times. Make a time capsule of it! Collect newspaper clippings, sound bytes on a pen drive, the weekly grocery bill and a polaroid of the produce if you can, streetscapes, the cancelled plane tickets, photos of best friends and neighbours, and the folks at home, what’s blooming in the balcony garden, the stack of TBR on your bedside table, the most-played list...

Add a note to your future self about how life feels right now. And ask questions about things you would want the answers to; help future-you recall what your focus (foci?) in life were supposed to be.

KEEP THE FAITH
Find a positive point to journalise each day. Use Post-It affirmations on your mirror or the inside of your pencil box. Wear that shirt you’ve been saving, even the partywear that only comes out for shaadis.

Swallow it down, *this jagged little pill,* (as the song sort of goes) and keep the faith that good things will happen too, and more, and again.
Locked In Safe

You are living through a global pandemic. Record your thoughts and ideas. Some day, you may want to look back and share them with the world!

News of Covid-19 first popped up in December 2019. The lockdown began on ..............................................

• I was then in Class ................ I was ...........years .................months ................... days old that day.
• I weighed............kg.
• My height was..................feet ...............inches.
• This is what I looked like during May 2020.
• I had just read.................................................................
• My favourite song...........................................................
• My favourite singer......................................................
• Last film I saw in a theatre before the lockdown

• My holiday plans for the summer of 2020 were

MY FAVOURITES

Actor............................................................................

Sportsperson................................................................

Author...........................................................................

Photographer .............................................................

Cartoonist.....................................................................

Teacher........................................................................

Friend...........................................................................
HOW I KEEP BUSY

My day looks like.................................................................................................................................

One new skill I have picked up during lockdown..............
.................................................................................................................................

The strengths that have helped me with this change
most ........................................... and .................................................................

I need to work on my biggest weakness ...........................
.................................................................................................................................

The biggest problem my family has faced so far during
lockdown is.................................................................
.................................................................................................................................

SPECIAL DAYS
During lockdown, festivals and special days we
celebrated were:

..................................................................................................................................................

..................................................................................................................................................

..................................................................................................................................................

..................................................................................................................................................
I am grateful for.................................................................................................................................

To show my gratitude, I..............................................................................................................................

................................................................................................................................................................

When this ends, the first thing I want to do is...........................................................

................................................................................................................................................................

The most important lesson I learnt from the lockdown is.............................................................

................................................................................................................................................................

The most important lesson my grandmother learnt from the lockdown is..............................................

................................................................................................................................................................

The most important lesson my grandfather learnt from the lockdown is................................................

................................................................................................................................................................

The most important lesson my mother learnt from the lockdown is......................................................

................................................................................................................................................................

The most important lesson my father learnt from the lockdown is........................................................

................................................................................................................................................................

The most important lesson my sibling learnt from the lockdown is......................................................

................................................................................................................................................................
Lockdown Saga
by Deborshee Gogoi

LET'S RECLAIM OUR FOREFATHERS' LAND
Do you find your mind has a mind of its own? Does it tear around even when you ask it to focus on your studies? Try Mindfulness, suggests SARABSRI.
Mindfulness means paying attention to the present moment. In fact, it is even more than dragging your attention to what you are doing because Mindfulness asks you to do so in kindness, awareness, acceptance and curiosity.

We can practise Mindfulness anytime, anywhere. It doesn't require any special posture or time. It is not a part of any ideology or religious belief. Mindfulness is not new. We have always known and experienced Mindfulness in some form. Remember a time when you felt fully concentrated and present in some situation while reading a book or petting a dog or noticing trees or listening to a close friend sharing an experience? Such moments are mindful moments. Many times, these moments happen naturally without any effort.

The science behind Mindfulness tells us that we can learn to be more mindful by making this a part of our nature. And we cannot make anything our second nature without trying it regularly, right?

So, when we learn to pay attention, become more open, compassionate and curious, and when we allow our awareness to see, hear, feel and be with experience, we are mindful.

Mindfulness has immense benefits! We become more regulated in our emotions, improve our attention or concentration, learn to handle the stress of exams and everyday life with ease, become more aware of ourselves, pick up positive communication skills, understand our peer circle and others better, develop more flexibility in behaviour and in patterns of thought, feeling and action that make us react. In simple words, Mindfulness makes us resourceful, appreciative and attentive.

Since we can practice Mindfulness anytime, anywhere, it is an easy skill to learn. Like any other new skill, we become better at it with time and experience. Last year, the United Kingdom government decided to teach Mindfulness as part of curriculum in the schools. This is based on the idea that most mental health issues usually start at a young age. So, if we equip young people with positive tools like Mindfulness, they can enjoy a healthy life psychologically, socially and physically. Mindfulness can be learnt at any age but the sooner we start, the better hold we have on our quality of awareness and living.

Today, everyone seems to be multi-tasking. When we work while we try to focus on too many things at one time, there will be constant interruptions and the quality of awareness will not be the same as it would have been if you had worked single-mindedly and uninterrupted. Mindfulness is an antidote to multi-tasking. It invites us to recognise, regulate and think about how we want to focus our attention on work we do. So, we choose the work that needs to be done first, at that time. This saves us from the unwanted stress and anxiety that multi-tasking brings on our body and mind.
HERE ARE THREE QUICK MINDFULNESS-BASED EXERCISES YOU MAY TRY:

STOP:
The acronym STOP is a powerful exercise to try anytime, anywhere to slow down and invite more balance and ease to body and mind. S stands for Stop, T for Taking a Breath, O for Observation and P for Proceed. We can post the reminder to STOP on our desk, phone, laptop, or pin board. STOP is a great reminder to stop your mind from wandering and be anchored in the present.

MINDFUL EATING:
Often, when we get stressed or worried, we forget to notice what we are eating and how we are eating. Mindfulness helps us to appreciate the connection between our food and body. Bring your bowl of favourite food or even a glass of water and notice its colour, texture, smell and appearance. Take a slow bite and feel the flavour of the food fully. Reflect on the emotions this food activates and if you feel like eating it quickly, be aware of this sense of wanting. Invite yourself to eat your food in awareness and gratefulness. If you still end up eating quickly after a few slow bites, that is okay, too. Remember, you are learning and there is nothing right or wrong in the Mindfulness practice.

SELF-COMPASSION CHECK-IN:
Mindfulness is incomplete without compassion or kindness. Self-compassion helps us to tend to ourselves in kindness, balance and empathy. You can gently check in with yourself any time of the day or as many times as you want and ask: How am I doing? What can I do for myself? Notice any emotions that may come up as you ask yourself these questions. Take a few deep breaths and invite a sense of acceptance towards the emotions that come up. In the Mindfulness practice, we do not alter or suppress anything the body and mind present. We notice everything in awareness and compassion.
As we live through Covid-19, there is a lot of uncertainty and stress. Self-compassion check-in helps us to take care of ourselves and makes us more resilient or gives the ability to return to how we were after the storm has blown over. So, we can offer Mindful Self-Compassion affirmations to ourselves like:

- May I offer compassion to myself in this struggle.
- May I offer compassion to all beings on this planet.
- May I accept this moment as it is.
- May I be in this moment in courage, compassion and presence.
So, as you focus better, may you be closer friends with your mind!

Sarabsri is an affiliated Mindful Awareness Research Centre teacher of University of California, Los Angeles. You can check more about her at www.sarabsri.com
What do you see when you look in the mirror? Do you think that smile is crooked? Blemishes on your skin and oddly shaped eyebrows? Don’t be so harsh on yourself! Read on to realize that your goofy smile is your cuteness quotient and those eyebrows are so cool!

These are some familiar snippets of daily conversations for all of us who have been teased for being too dark or too fair, too tall or too short, or for having that crooked tooth. If you have been thinking that it’s perfectly normal for people to talk to you about your ‘imperfections,’ it is not how your growing-up years should be, although we are made to believe otherwise.

How can words that hurt, taunt, tease and humiliate be normal or acceptable? It is a basic human need to feel loved and respected. When the discussion revolves only around how you look like a geek next to your elegant sister or dashing cousin, you cannot be blamed for feeling like curling up into a ball and staying that way for eternity.

As if the real-life judges weren’t enough, there’s the additional pressure of social media.

Do your conversations with friends sound like this?

“You know what? I knew my wish had been granted when I saw this new app. I just erased out the acne, made my nose a bit sharper and added some tweaks. I look better now! My jawline is perfect and my eyes are just the right shape!”

Or perhaps something like: “What a baby you are! You asked Santa to make you thinner? Have you seen his size?”
NAVIGATE THOSE CHALLENGING YEARS LIKE A PRO!
When you are a tween or a teen, your body is undergoing a lot of changes. Puberty hits, hormones run amok, and you are vulnerable to comments from your friends, seniors, and peers from the opposite sex. Some people mature earlier, while someone else struggles to reach the conventional idea of beauty.

Don't aspire to be what others expect you to be. You are not like anyone, not your sibling, not your parent, not your friend. True freedom and joy lie in letting yourself be exactly as you are. Take the example of Lili Reinhart. The actress was body-shamed on Instagram for an ‘unflattering photo’ that showed her stomach, which was not the normal dashboard abs you find celebs sporting. She hit back, dispelling rumours about being pregnant.

“My body is something that I will NEVER apologise for. My body will constantly go through change. And so will yours. And that’s fine. So let’s not put so much time and effort into caring about a stranger’s figure,” she wrote on Instagram.

TALK ABOUT WHAT YOU FEEL
It is not the end of the world if you feel that you are not perfect, especially if you have friends or family who seem intimidatingly the opposite.

What is important is that you talk about how you feel when you feel it. For instance, if you are getting ready for a party and your mom makes a friendly suggestion that you “don’t wear the red shirt because it does not suit you”. Tell her politely that you do not appreciate such remarks. It is important to be assertive about not being okay with certain comments. Your mother loves you, she is sure to understand. Also, many a times, people make such remarks without knowing how catastrophic the effects can be on someone’s mind. It is important to make them understand that this is wrong.

Don’t bottle up your emotions. Talk to whoever understands you. More often than not, you will find that your confidante agrees with you, and in certain cases, has had similar experiences themselves.

DON’T JOIN THE GANG
It is easier to be part of the joke and laugh at yourself than have others’ comments hurt you. Right? Well, not quite.

It is important to build on your confidence. If you have a couple of chubby friends who say how tired they are of being ‘fat’, don’t add on to it by saying you hate your ‘fat butt’. Focus on how you can feel better about yourself -- fitter, healthier and happier.

Don’t go anorexic if you want to lose weight (losing weight again, should not always be about looking “great”). The important thing is to love being in your skin. Eat well. Work out. Meditate and be mindful. Wellness is a lifelong process.

BE INFLUENCED, BE WELL-INFORMED
It is good to be on popular social media platforms. But remember, it impacts your thinking about your body image, and not always in the correct way.

The barrage of pictures of teen stars or models create an image of ‘what should be’ -- an ideal look that can be awe-inspiring. But that is only half the story. If you must idolise them, read about what goes into creating that beautiful face or the hard work needed for that one perfect shot. And don’t forget, these pictures are extensively photo-shopped.

Social media is great and so are selfies, but not if it puts you under pressure to be someone you are not.

Be open to your own beauty and everyone will see it too!
CREATING YOUR OWN HAPPILY EVER AFTER

Which comes first, success or happiness? DANIELLE BROWN has an answer.

Many people will tell you, success matters more. Work hard, they say, and you will be successful. Once you are successful, you will be happy. After working hard towards your goal, you would hope that when you finally reached it, you would be happy.

Looking back at my career in sport, my whole life revolved around one thing – winning. Standing on the podium with a medal around my neck is something I will never forget.

And yet...

It was always a bit of a mad rush. The quick scramble to get your tracksuit on before you are taken out to the podium. Having drug testers lurking behind you, making sure you do not stray out of sight. Thinking about what to say to the media so you paint yourself, your sport and your country in the right light. I was happy, but there were so many other things to concentrate on and so many different emotions to contend with.

Winning made me happy, but
so did the journey. The quiet moments in training where everything flowed. The fun with my teammates. Getting the opportunity to travel around the world. Positive discussions with my coaches. Exciting media opportunities. The satisfaction of working hard on the perfect game plan and watching everything fall into place. This happiness ran much deeper, more frequently and lasted longer.

This does not mean that every part of the journey was enjoyable. I experienced my fair share of challenges. There were competitors who tried to put me off in an attempt to beat me. Performance dips after a technique change. Injuries. Media misquotes and a smothering pressure to deliver results, without exception.

Happiness does not just happen when we reach our goals. It is an important part of the journey. This does not mean that we have to be happy all of the time, either. There will be times when negative emotions surface. There will be boring parts, challenges, curve balls and disappointments, but working on our happiness levels allows us to bounce back from these much better. I also think that if we do not experience disappointment, frustration and sadness then we will not truly know what it is to be happy.

NOT QUITE THE CHICKEN OR EGG
So which comes first, success or happiness?

Happiness is not a by-product of success, but an important part of it. When we are happy we are more likely to perform better, and when we deliver better results, we are more likely to become more successful. It is a win-win. Something that many people do not realise is that happiness is something we can learn to get better at.

TODAY IS THE DAY
Happiness is not just something we feel when good stuff happens to us. Sure, it might come a little easier when everything falls into place, but we have much more of a say over it than we might think. It is also important to know that happiness does not just happen to some people and not to others. It cannot be bought, given or taken, and does not come neatly gift wrapped either. Happiness is an ability rather than a response. This means that we can stop waiting for the right place, or the right time to feel happy and start enjoying the present moment.

Sounds good? Sign me up!
GRAB HAPPINESS
Let us have a look at how you can create your own happily ever after. A great way to start this is to check in with yourself. How are you?

No really, how are you feeling?

Pause and think about it for a moment.

Examine these feelings, explore why you might be feeling that way, and whether there is anything you can do to either keep it the same or improve it. How we feel changes on a daily basis so check in with yourself a few times a day and give yourself a bit of time to reflect on how you feel. I like to write about these in my journal as part of my daily routine. Getting my thoughts down on paper helps me make sense of them, stops me from blowing things up bigger than they are, and enables me to see patterns. If I notice the same emotions or behaviours happening over a period of time then I can start figuring out what is causing them and do something about it. This also helps us to notice the smaller things that make us happy. The human brain is wired to focus on threats, anxieties and negatives – these are the things that we attach more significance to and are more likely to remember. Small wins, fleeting moments and everyday joys blend into the chaos and often get forgotten. By actively paying them attention it’s like casting a magnifying glass on them and throwing them into the spotlight. Checking in with yourself and reflecting on the good stuff in your life can really help – and please remember to write these down in your Awesome Archive.

Happiness is something we can find in our everyday lives, through the quiet moments and the crazy times. It does not mean that we will never feel sadness, or stressed out. It is about staying true to yourself, doing things that bring you joy, and not being brought to your knees by challenges.

Danielle Brown MBE
● Double Paralympic Gold Medalist
● First disabled athlete to represent England in able-bodied
● Professional Speaker
We are in an extraordinary situation as we face a worldwide pandemic. **NAINI SETALVAD** helps you give your immune system a boost as you stay stuck at home, studying but living a sedentary life.
This virus is spreading like wildfire, which is why I need you to be vigilant, following social distancing and staying at home. I strongly believe that it is just as necessary to keep your immunity up.

Let me quickly explain to you what I mean by a strong immune system. When a virus or a germ comes in contact with your body, it is the white blood cells (WBCs) in the body that help prevent you from falling sick. They attack these germs. We can help WBCs by adding foods rich in antioxidants. These antioxidants help strengthen the immune system.

So, just as you would come out with flying colours when you prepare for a big examination with sustained, regular and concentrated study, your immune system strengthens over time if you keep providing it with not only antioxidant-rich foods but also proper hydration through the day from water. Add to that some exercise and enough sleep. Just as cheating during a test may not help in the long run, regular consumption of junk food, processed food, fried food and white sugar and food filled with white flour will weaken your immune system. That will make you susceptible to falling ill. I strongly endorse the statement, “Eat from the plant kingdom and not what is made in a plant.”

EVERY SIP COUNTS!
Please do not ignore the importance of drinking water! Make warm water your best friend and increase overall water intake through the day. Warm water allows mucous to flow freely even as it moistens your throat and flushes toxins out of the body. My pro tip is

WHIP IT UP!
Junk the junk with these fun, simple recipes a helpful adult can make at home:

PANCAKES WITH A TWIST:
SOAK YELLOW MOONG DAL FOR 12 HOURS, GRIND, ADD SPICES AND SALT TO TASTE. ADD CHOPPED ONIONS, TOMATOES AND CORIANDER LEAVES. MAKE PANCAKES ON A HOT PAN. SERVE WITH GREEN CHUTNEY.

VEGGIE BRUSCHETTA:
TOAST A SLICE OF BREAD. APPLY BUTTER. CHOP ONIONS, TOMATOES, CAPSICUM AND SEASON WITH GINGER, GARLIC AND GREEN CHILLIES AND SALT TO TASTE. TOP THE TOASTED BREAD WITH THESE.

POTATO TIKKI:
MASH BOILED POTATOES. CHOP ONIONS AND CARROTS, BEANS AND CORIANDER. ADD TO THE MASH. SEASON WITH SPICES AND SALT. SHALLOW FRY ON A PAN. SERVE HOT WITH GREEN CHUTNEY OR SALSA.
to gargle through the day with warm water and natural salts to keep the throat squeaky clean.

Most antioxidants come from the plant kingdom. So, a wide range of foods like vegetables, fruits and even your spice box are brimming with powerful friends! One of the most powerful antioxidants is vitamin C which strengthens the WBCs. Most of our summer fruits are rich in it. Be it raw mango, ripe mango or melon, they are all packed with vitamin C. Munch on them through the day! How can I not talk about lemon? This little ball of sunshine is your best natural source of vitamin C, so squeeze it over all your food like vegetables and dal (lentils) and even in your water!

VEGETABLE VARIETY
Add vegetables to all your meals, to the best of your ability. Eat a rainbow of vegetables, whole grains, pulses, nuts and seeds. These are your true warriors protecting you against viruses and infections. Even the tiny onion is rich in mighty antioxidants!

The statement, chotta packet, bada dhamaka --- which roughly translates as, small packet, big impact --- holds true for tiny leafy greens like coriander, curry leaf, holy basil or tulsi. They are packed with immunity-boosting antioxidants. So, the next time you see these tiny greens on your vegetable or in your dals, do eat them, and feel reassured knowing you are improving your immunity.

Spices are not only used for taste. Thousands of years of Ayurveda tells us that spices, added to food by cooking in any quality fat like cow’s milk ghee, coconut oil or vegetable oils, can help your body absorb their benefits. So, advise your family to make good use of spices in your kitchen as this masala box is a treasure chest of good health!

So while you are busy focusing on your studies and trying to make the best of this situation, eat clean and fresh food. It should leave you with better concentration, higher energy and a healthier you!
SHOULD BE YOUR DRINK

Who doesn't crave cold soda and warm, sugary drinks at times? But not only are these expensive compared to water, they can affect your health, says SARAH RODRIGUES.

The human body may seem substantial – a mass of bone, muscle and skin – but as we know, it is largely made up of water. Around 60 per cent of an adult human is water – that is more than half!

People excrete water every day mostly through sweat and urine and even through breathing! Because of this, it is important to keep replacing those fluids.

But why? What function does water serve in our bodies?

Water would not be present in our bodies if it were not needed for human health and well-being. Every single cell and organ of the body needs water to function properly. Ninety per cent of our blood is water and it is necessary for carrying oxygen around the body, so keeping your blood healthy and circulating well is vital.

Water is also needed to make our food work properly. If we eat without drinking water, the digestive system is affected. It cannot get the nutrients from the food that it needs, and it cannot expel waste efficiently, which leads to constipation and stomach aches.

According to a study published in the American Journal of Clinical Nutrition, drinking water also makes you smarter! Imagine your brain as a sponge. When it is shrivelled up and dried out, it is less able to take in the goodness of what you are learning at school. Keeping it well hydrated makes it far more receptive to knowledge – meaning that your memory and ability to think clearly are boosted.

This is why dehydration or the deficit of water in the body leads to fatigue. If you think about doing something that involves energy on an empty stomach, you would probably think that was foolish, wouldn't you? It may come as a surprise to many that water is just as
important as food not just for sports and performances, but also for everyday life. When you are not sufficiently hydrated, it means that you – your brain, your body, everything – have to work harder to keep functioning. This is tiring, in the same way that ordinary tasks are more tiring when you have not had enough sleep.

Although we may feel the effects of these processes, the processes themselves are happening on the inside - and it’s easy to ignore things that we can’t easily see. So what about the external effects of not drinking enough water? Water is fantastic for your skin. Think of a sponge: do you want your skin to look like a thirsty, parched one or a plump, moisturised one? The latter, of course. Although you can use loads of products on your face to help it look smoother and dewier, the best thing you can do for your skin is to nourish it from the inside with what you drink.

Water also plays a huge role in keeping skin clear and blemish-free. This is because it carries waste throughout the body, allowing it to get rid of toxins that can cause skin problems. Imagine the difference between a running stream and a pool of stagnant water. Water running frequently through your body enables your skin to be like the stream, rather than the pool.

“Drinking water hydrates the cells once it is absorbed into the bloodstream and is filtered by the kidneys,” explains dermatologist Margarita Lolis, MD. “So, at the cellular level, drinking water is great as it flushes the system and hydrates our bodies.”

But why isn’t it just enough to drink fluids like soft drinks, juices, coffee or tea? Why does it have to be water? These other drinks – soft drinks and juices in particular – are often full of sugar, and even the low-sugar varieties may contain lots of chemicals. Therefore, even though they are putting liquid into your body, they are also putting toxins into your body. Sugar, for example, can affect the quality of your skin, as well as cause weight gain and tooth decay. Coffee and tea contain caffeine, which causes dehydration – the complete opposite of what water does! It is fine to consume these beverages for a break, but they should not make up the bulk of your fluid intake.

So how much water is the right amount? Most people, including doctors in the United Kingdom, agree that you should aim for around two litres each day or about eight regular-sized glasses. This is a good baseline, but you may need more if you are physically active, or if the weather is very warm. It is also a good rule to drink before you feel thirsty, as well as when you are hungry and before you eat, since the brain often confuses thirst signals with hunger ones, leading to the unnecessary snacking.

So, reach for that glass of water!

“WATER WOULD NOT BE PRESENT IN OUR BODIES IF IT WERE NOT NEEDED FOR HUMAN HEALTH AND WELL-BEING.”
EYES RIGHT!

Yes, we’re all looking at the screen longer because of the lockdown. No, that is not what the good doctor prescribes for eye health. DR ANURADHA CHUGH has some sage advice to save your peepers from eye strain.

DOES READING OFF A SCREEN AFFECT THE EYES ANY MORE THAN READING A BOOK?
When you read from a paper, you see words in reflected light. Screen reading involves looking into a source of light. That causes more stress on the eyes. Glare from the screen also causes eye fatigue. When one reads on screen, the eye blink rate decreases, which can cause dry eyes. This doesn’t happen so much while reading paper books as you blink when you turn the pages. The blue light from the screen can affect the sleep cycle and cause insomnia. It is believed to decrease the production of melatonin or the sleep hormone.

THANKS TO THE COVID-19 LOCKDOWN, WE ARE ALL SPENDING MORE TIME READING ON-SCREEN. WHAT ARE THE PRECAUTIONS ONE NEEDS TO TAKE TO LOOK AFTER ONE’S EYES?

☞ The most important precaution for all ages is to take adequate breaks.
☞ The screen should not be held too close to the eyes. The ideal distance is 15 to 30 inches away from the eyes.
☞ Do not read in the dark. The backlight should not be too low. One should not read in the dark as that increases eye strain.
☞ Avoid reading on-screen close to bedtime.
Sit straight while reading. Screen time should be the bare minimum for children and they can be involved in other household activities, board games, paper books and paper activities.

The new e-readers have better technology and mimic paper books closely. They are better for children and teens who need to read on-line.

Adults have to be regular with breaks from the screen to prevent dry eyes. If they had already been suffering from dryness, they could use lubricant eye drops that may have been prescribed earlier.

The font size should be increased, if the reader needs to.

Place the screen in such a way that glare from the windows does not fall on the screen.

Some studies have shown that reading from a black background is less stressful, especially on the phone and smaller screens.

If you have been prescribed reading glasses, wear them to read!

Is there an optimal number of hours for reading beyond which the eyes are strained?
The 20-20-20 rule applies to all. Look 20 ft away for 20 seconds every 20 minutes. Treat yourself to a 15-minute break every two hours. Continuous screen time will cause eye fatigue which translates into headaches, itchy eyes, pain around the eyes, increased blinking, blurred vision and stress.

As we go through lockdown, is there a diet you would recommend for eye health?
A healthy, balanced diet is enough. Multicoloured fruits and vegetables are good for the eyes. Eating protein like dals, milk and eggs is good. Drink plenty of fluids.

Any eye exercises that you recommend?
The pen or pencil exercise is good for children and young adults. Hold a pen or pencil at arm’s length between the eyes in line with the nose. The tip should be at eye level. Get the pen slowly forward close to the eyes, maintaining eye level. When the pen gets closer, at a point, the tip will blur and no longer be in focus. Stop there, try and focus on the tip and end the exercise. This can be done over a minute, twice a day.

Adults can practise palming. Warm the palms by rubbing them together. Then cup the eyes with warm palms for a minute. Being active and regular with general workouts is also good for the eyes.

Have more questions?
Dr Anuradha Chugh may be contacted at anuradhachugh@yahoo.com
Breaking The Culinary Quaranteen

CHÈ PUDDING WITH FRUITS

Soft and chewy tapioca balls and fruit drenched in sweetened coconut milk make this vegan recipe unforgettable!

Serves 4-5 people

INGREDIENTS
- 400 ml coconut milk
- 2 tbsp tapioca balls (saboodana)
- 2/3 cup sugar
- 2-3 medium-sized bananas or mangoes
- 1 tbsp roasted nuts of your choice (almonds, walnuts, peanuts), chopped
- ½ cup grated coconut
- 1 tbsp sesame seeds, roasted
- Pinch of salt

METHOD
- In a pot, add the coconut milk and sugar. Slip in the tapioca balls. Add salt. Bring the mixture to a boil. As soon as it comes to a boil, take it off the heat, cover with a lid and set aside.
- Chop fruit and add to the pot. As soon as it comes to a boil, take it off the heat, cover with a lid and set aside.
- Leave in the refrigerator to cool. To serve, put the Chè in individual bowls and top with nuts, coconut and sesame seeds.

VIETNAMESE RAW PAPAYA/ MANGO SALAD

What’s the best food for summer? A salad!

Serves 3

INGREDIENTS
- FOR SOY SALAD DRESSING
  - 2/3 cup water
  - 2/3 cup sugar
  - 1/3 cup soy sauce
  - 1 tbs. white vinegar
  - 1 tsp minced red chilli
  - 1 tsp chilli oil or chilli sauce

- FOR SALAD
  - 1 medium raw papaya or raw mango, peeled, deseeded and cut into thin strips
  - ½ carrot, cut into thin strips
  - ½ cucumber cut into half-moons
  - ½ onion, sliced thin
  - 1 cup fresh basil leaves (if available)
  - 1 cup roasted peanuts
  - ½ cup chopped coriander and mint
  - 1 onion, tossed in corn starch and deep fried

- FOR PROTEIN
  - 250g chicken/prawn or fried tofu, cut into strips
  - ½ tbsp oil
  - Pinch of salt and pepper
  - Pinch of paprika

METHOD
- For the dressing, add all the ingredients together in a small bowl and mix until sugar dissolves.
- Marinate the chicken/prawn in oil, salt, pepper and paprika for 15 minutes. Cook till done.
- In a large bowl, add the raw papaya/raw mango and basil, then top with peanuts. Add as much or as little of the soy salad dressing as you like.
- Give it a quick toss and add the protein. Garnish with chopped herbs and fried onions. Gỏi đu đủ or gỏi xoài is ready to serve!

Courtesy: Vietnam-ease Càphê
Web: www.vietnamesecafe.com
IG: @vietnamesecafe
You’ve been running around from morning to night, from home to school to coaching class to the swimming pool. The lockdown need not mean a sedentary life. Work out smart with these tips from **GOVIND AEER**.

**SQUATS:** Keep your back straight. Squat down for the full range in a set of three squats. Aim up to 15 repetitions.

**DONKEY KICKS:** Get down on your hands and knees, as in the photograph on the right. Kick each leg up, alternating in a set of three kicks. Aim up to 15 repetitions.

**MOUNTAIN CLIMBERS:** Start with your body in plank position. Bring one leg forward. Take it back to starting position. Repeat with the other leg. This is one set. Try to reach 20 sets.
T-PLANK: Start with your body in plank position. Raise each arm as in the picture, alternating. A right-left repetition is one set. Aim at 15 such sets.

KNEE PUSH-UP: Go down on your knees folding the lower legs. Your arms should be stretched straight at the start of each set. Bend your arms at the elbows in a push-up. Three repeats make a set. Try up to 15 repetitions.

WINDMILL: Keep your arms stretched. Touch the alternate toe. A right and left repeat make one set. Aim at 20 sets.

TOE TOUCH CRUNCHES: Lying face upwards on the floor, keep your arms straight ahead. Try and touch your toes three times. That is one set. Aim at 15 sets.

PICTURE COURTESY: Anytime Fitness
WEBSITE: www.anytimefitness.co.in

DISCLAIMER: Exercise routines are only for those who are fit enough to do them. No exercise must be tried if you have any health issue. In case of any doubt, please consult a doctor before you exercise. Teen Community and Anytime Fitness are not responsible for any injury or setback as a result of any exercise.
Dear Readers,

At Prameya Art Foundation, we have been focusing on education in and through art. In the light of the COVID-19 epidemic, we are running a campaign through which they can express their thoughts on this disease and its consequences. We are asking children to respond to the epidemic through art. Why don’t you draw or paint and send us your work? We will share all the images we receive on our social media platforms.

We will be posting your artwork all through the lockdown and the summer so we welcome any thoughts you have through your artwork. Please share images to info@praf.in

Take care and stay safe!

Warm wishes
Shefali Somani for Prameya Art Foundation
2-Digit by 1-Digit Multiplication

See how simple and fast it is to multiply two digits with a single digit, says GAURAV TEKRIWAL.

LET’S TAKE OUR FIRST PROBLEM:

\[
34 \
\times 7
\]

Note that 34 is really 30 + 4

First, Multiply \(30 \times 7 = 210\)

Next Multiply \(4 \times 7 = 28\)

Then, add 210 and 28 to arrive at our answer, 238

NOW, LET US TRY THE SECOND METHOD

\[
\begin{align*}
\text{STEP 1:} & \quad \text{Start from the number in the tens column. Multiply } 5 \times 6 = 30. \text{ Now remember this number or note it.} \\
\text{STEP 2:} & \quad \text{Next multiply } 9 \times 6 = 54. \text{ Now remember this number or note it.} \\
\text{STEP 3:} & \quad \text{In this final step, imagine sitting the two results side by side. You get 3054.} \\
& \quad \text{Combine the two middle digits which is 0 from the number 30 and 5 from the number 54. Add } 0 + 5 \text{ mentally. You get 5.} \\
& \quad \text{Therefore, the answer is 354.}
\end{align*}
\]

To perfect your technique, we recommend practising more 2-Digit by 1-Digit multiplication problems. Try doing these problems mentally. Once you feel confident that you can solve these problems rapidly in your head, you are ready to move to the next level of mental calculation.

Watch this space for more such superb tips!

Gaurav Tekriwal is the Founder President of the Vedic Maths Forum India. Have maths-related queries? Email gtekriwal@vedicmathsindia.org
WHAT ARE SATURN’S RINGS MADE OF?

Even if you look through a small telescope, you can see the bright rings of Saturn. It is one of the most beautiful sights in the night sky.

The ringed planet is encircled by a large and complex ring system, which stretches out around 400 thousand kilometres from the planet. But the rings are very thin: barely tens of metres.

The delicate rings are thought to be made of billions of pieces of ice, rock and dust. Some are as small as a grain of sand, others are as big as a bus.

They are possibly from a comet or moon that broke up due to Saturn’s gravity. Over time, the debris spread out into the majestic rings we see today.

RELATIVE NEWCOMERS

Because the rings are so bright and shiny, it is now thought that the rings are relatively young, perhaps just 10 to 100 million years old. They may have even appeared after the dinosaurs disappeared, making them real newcomers in the solar system.

Italian astronomer Cassini noted the main gap in the rings in 1675. It is now called the Cassini Division.

A craft was named after him, and Cassini spent many years sending back incredible images of those icy and mysterious rings.
HOW MANY STARS ARE IN THE UNIVERSE?
Even if you could say one number per second, it would take about 11 days to count to a million.

And there are billions and billions of stars out there. This is probably why nobody has attempted to count each star individually.

Because of the enormous numbers involved, scientists estimate or make an informed guess about these numbers.

The easy way, you would think, would be to estimate the number of stars in a galaxy, then estimate how many galaxies there are. But the number of stars in a galaxy varies, and some galaxies are too faint or far away to spot.

Plus, the universe is expanding, and has been for the 13.8 billion years since the Big Bang.

TAKING A ROUGH GUESS
So let us take some educated guesses. There are about 100 million stars in an average galaxy. Some scientists suggest there are about two trillion galaxies in the part of the universe visible to us. Multiply those two numbers together and....well, there’s just no calculator big enough to display the incredibly large answer. But it is believed that there are more stars than all the grains of sand on all the beaches.

HOW DOES A SCIENTIST WEIGH A PLANET?
The easiest way for you to weigh yourself, for example, is to stand on the scales. The easiest way to weigh your cat would be for you to stand on the scales with your cat in your arms and then, do a little calculation on the difference in your weight with and without the cat.

It’s a little more difficult with a planet. You can hardly ask Jupiter to jump into your arms.

What scientists can do is calculate how hard the planet pulls on other objects. This is called gravitational pull.

Visiting spacecraft, moons, planets, and even stars can be affected by the gravity of a planet. The heavier the planet, the stronger the gravity.

One way of calculating gravitational pull is to observe a planet’s moons. How long do they take to orbit, and how far away are they? The closer the moon, the stronger the planet tugs.

Earth is really heavy. It weighs approximately 5,970,000,000,000,000,000,000 kilograms. Thankfully, we can shorten that to 5.97 x 10^24.

Vicky Duncafe
Space Specialist Ltd
Nature is very forgiving. However, nature too, has limitations. The recent Australian bushfires forced everyone to sit up and take notice. Was it nature’s fault or was it nature’s reaction to what we did? We know the answer, yet we choose to ignore the facts even though we face the consequences.

By the end of 2019, Australia survived albeit with lots of bruises and blemishes life-consuming bushfires that burned swathes of forest patches, destroyed hundreds of homes, and killed millions of animals and hundreds of humans. Ironically, as we rounded up this issue, we learnt that May 3 is Wild Koala Day.

Come January 2020 and a fresh calamity set in on the same lands. Freak hailstorms and monstrous dust clouds battered the east coast of Australia. While our hearts go out to those afflicted by the wildfires and the giant hailstorms, the natural calamities that hit the continent and the climate crisis are indeed a rude jolt for us all. Time and again, we have been warned by scientists, by environmentalists and by nature itself and yet we find it all unprecedented and sudden. But this was not sudden. An impending disaster was in the offing with little hints brewing through the years.

**WARNING SIGNS**

The red flags for the Australian bushfires were all there! New South Wales reported less than five inches of rain every year since 2017 – which was hitherto unheard of – and as a result, the Australian forests had been drying up continuously. And
the drying up was not only on the surface. The soil was parched and cracked. Without fodder, even cattle were struggling to survive.

We can debate forever on the bushfires that raged or an impending calamity that probably is just a breath away, but scientists have pointed out without the slightest doubt that global warming is a major contributor to climate change and hence, to massive tragedies like these. It is not that there have not been wildfires in forests in the past. Wildfires have always existed, but the difference is that the fire hazard is no longer easy to contain. Its increasingly fierce intensity is being attributed to adversely changing climate.

**DONE AND DUSTED?**

Are the Australian bushfires of 2019 the only ones we need to fret about?

Well, no! While understanding why the fires came up in the first place is important, it is more critical to know how to prevent them or at least reduce their regularity and severity. Too much heat and too dry a climate is a great combination to start and sustain a wildfire. Just like the wildfires of gossips, a real wildfire does not take long to spread uncontrolled.

A study noted that global warming at this rate caused pyrocumulonimbus (pyroCb) storms to form in Australia. Pyrocumulonimbus refers to fire-breathing clouds that are formed by a deadly combination of smoke and heat from fire.

Australia recorded the hottest year in 2019, which was also its driest spell with less than 40 per cent of its average rainfall. This fatal combination of heat, dryness, wind speed and temperature visibly upped the risk of bushfires, and the inevitable happened.

With temperatures soaring, the earth is getting warmer. Greenhouse gases trap the hot gases, making it difficult for surface heat to escape. Records of melting glaciers and ice caps at the poles are evidence of this warming. Rainfall now quickly overlaps between summer, winter and monsoon with no warning decreasing groundwater are also results of a climate crisis.

We must bear responsibility for the disasters we cause. Uncontrolled greenhouse gas emissions and our callous attitude towards maintaining environmental balance have all but added up to the dangerous weather conditions.

What we need to focus on is making our earth more sustainable and ecologically balanced. While natural disasters may not be within our control, humankind has not been too kind to nature! Natural disasters like wildfires could push several species towards becoming endangered or extinct. Many animals
and bird species that our grandparents would have seen and even fed, are now available to us only in picture books.

**It is important to understand the causes and take remedial measures, even though they may seem small and insignificant at first.**

**DO YOUR BIT FOR THE PLANET!**

It is obvious to feel pangs of helplessness and be overwhelmed when things seem so out of control and at a level much larger than us. It is okay to feel numb and scared for the future, be worried for those trapped in the tragedy and feel strange to be safe yourself. But all is not lost, and we are not in a situation that is irreversible. However, it is important to understand the causes and take remedial measures, even though they may seem small and insignificant at first.

- What matters is picking yourself up, being part of programmes to gain and spread awareness, and commit to actively creating a sustainable ecosystem.

- Do your bit in your immediate environment. This includes personal decisions to buy and use eco-friendly products as well as decisions to conserve the environment and reduce your carbon footprints as a family.

- You can then go a step ahead and encourage your community (school, residential complex, clubs, or other places of influence) to do their bit as well!

- Read up on how you can tweak your lifestyle a little to become a more responsible citizen of this planet.

Just like it takes a spark to start a bushfire, it takes a spark of positivity to bring about a change and reverse the impact of human-induced changes in the climate that threaten us with such disastrous calamities. Think about it — today!
As vehicles stay off the roads and factories shut down their smoking stacks, skies are bluer, the air is clearer, and pollution levels down from China to Italy, Germany, UK, and indeed, India. Our national watchdogs report 60-70% falls in urban air pollution alone. Not only does this mean easier breathing and lower death and disability rates worldwide, the peace and quiet are bringing wildlife back into spaces they had been forced to vacate.

Noida, a bustling modern city on the outskirts of Delhi, saw nilgai trotting through the deserted mall district. Coimbatore saw deer coming to rest in the streets by the herd. A Small Indian Civet was spotted at a traffic junction in Kozhikode. Olive Ridley turtles surged back to the shores of Odisha. A leopard approached the air force base near Patna in Bihar. With verges allowed to grow wild in many urban and semi-urban contexts, birds in the hedges and butterflies amidst traffic roundabouts seemed to have multiplied.

It should serve as a lesson to us all, that given the tiniest break, plants and animals can reclaim their space in the Anthropocene. Apt, for the UN Super Year for Nature and Biodiversity. What can you do to help? We asked the director of the Corbett Foundation (Mumbai), Kedar Gore, an award-winning and super-active naturalist and conservationist. Here are Gore’s ideas for taking biodiversity forward, even if you remain housebound.

1. Get to know your neighbours
‘Window safaris’ can be exciting, even if the summer trip got cancelled. Maintain a logbook of mammals, birds, insects, spiders and other creatures you can see from your balconies or windows. In urban areas, you should see squirrels during the day and bats in the night. There are several field guides for easy identification of species; you can even download some from the Internet. Note what the critters eat, which trees they frequent, flowers they sip nectar from, which plants butterflies lay eggs on and other details. Record bird calls on your smartphone.

2. Invite new visitors
Yes, you can’t call humans home, but you can make space for animals and birds in your balcony, terrace or backyard. Plant local foliage and the local fauna will catch up. Grow more of the plants they gravitate to—like the marigold, beloved of butterflies yet eschewed by many urban gardeners as too common. When selecting
vegetables, if you have a say in the family grocery list or menu planning, opt for local produce. Again, the humble ash gourd or ivy gourd flower is more likely to support local insect populations (and reptiles and mammals) than broccoli patches.

3 Keep your distance
Do not try to leave food for wild species, unlike for street dogs and alley cats (who are commensal species for humans and require our help with food and water for survival). You would only be making them dependent and disarm their caution of humans, putting them at an eventual disadvantage. They need to retain their wild instincts to hunt and forage and to stay safe from predators, rather than becoming ‘tame’. Our food can also be dangerously unhealthy for many species. Even water bowls can be a source of infection for many wild species, a catch-22 for those of us who leave some out for stray dogs and cattle. If wild birds and animals find a suitable natural nesting site in or near your home, do your best to leave them alone. Your presence is one of the surest ways to deter them.

4 Make introductions
Create the profiles of the species you observe and share them with your friends and family members instead of jokes, TikTok videos and memes! They’re great conversation starters and you will be recruiting others to your cause without the dreaded preaching.

5 Play the sensitive hero
While some of the reports on urban sightings may be fake or exaggerated, if you do indeed come across an animal, do not approach close to get that viral video; maintain a respectful distance. If the creature seems to be in distress, call the local forest guard, police or fire brigade personnel for help. Keeping local NGO helpline numbers handy might help.

6 Ask for intel
Join online forums such as eBird (ebird.org), an excellent platform for posting your observations regularly, learning from veterans and clarifying doubts. Or join (or start!) a Facebook group of local nature lovers to exchange notes with, such as #BirdinTheTimeOfCorona (www.facebook.com/groups/566663827539746)—that’s getting to know two sorts of neighbours at once. Start a YouTube channel to share 2- to 5-minute videos, if you are old enough.

7 Craft dossiers
You can scrapbook what you collect before you Facebook it! If the local rules allow access to green areas, you can collect fallen leaves, flowers and seeds. Press and make herbarium sheets of the blooms, and add notes on animal species that like them for partners; plant, preserve or see if you can disseminate (later) any extras of the seeds. You can use your newfound knowledge in projects like clay modeling, upcycling projects and paper quilling too. (Need inspiration? Check out Delhiite Niharika Rajput’s paper sculptures of birds, under the Paper Chirrups brand, at www.niharikarajput.com)

Disseminate your dossiers online to build awareness; maybe offer them as a school display when you get back to school.

8 Explore further afield
Organisations such as the BNHS, WWF, the Sanctuary Nature Foundation are organising online and virtual lectures on various topics of biodiversity and conservation. Take advantage of the immense experience these experts can share. Online interaction with them might be possible as well.

9 Fine-tune your entertainment channels
Use your allotted screen time on documentaries and series on NatGeo, Animal Planet, Discovery etc.

10 Consolidate your learning
Read up about biodiversity online—its role in ecosystems, how it helps humans as well as sustains life in the natural world. It doesn’t matter what your stream of study or future ambitions are; there are always clever ways to tie your interests together creatively—a statistics project, a fundraising endeavour, an exploration of historical accounts of or literary references to a species. This could be a long list!
There was a companionable silence as the members of Anya’s family sat around the breakfast table, absorbed in their own activities. Father was buried in *The Economic Xpress*, and Mother was flipping through the pages of their morning English daily. Anya and her brother Vikram were engrossed in scrolling through their mobile phones. Suddenly, Mother spoke up. “Who won the US Open Men’s Singles Championship this year?” she asked. “Was it a) Roger Federer b) Novak Djokovic or c)...” “Rafael Nadal,” Vikram called out the answer to the question before his mother could finish reading out the options provided. “Oh, good,” she said. “And can you answer this next question too? Who won the Nobel Prize for Literature in 2019?” “Peter Handke,” Anya replied quickly. Mother ticked off Peter Handke’s name, and went on to read the next question in the newspaper. “Oh, I know the answer to this question myself,” she murmured happily. “So, now, there’s only the last question remaining to throw open to the house.” After Anya’s father had answered the question, he asked casually, “What is all this for, anyway?” “It’s for a contest,” Mother replied smugly. “All you have to do is answer four questions and write a slogan. I’ve already thought of a really catchy, prize-winning slogan. And guess what? The first prize is a trip for two to an exotic location of your choice anywhere in the world.” “I’m coming with you,” announced Anya firmly. “Where are we going?” “I thought Machu Picchu would be exciting,” Mother said, her eyes glazing as she put the newspaper down on the table. “Machu what? Never heard of it,” Father said testily, giving Mother a withering stare. “It’s an ancient civilisation built high up in the Andes by the ancient Incas,” mother explained. “Ancient civilisation? Will there be good hotels and stuff like that there?” Anya asked anxiously. “Not a chance,” Vikram added with a hoot of laughter. “You’ll have to sleep outside under the stars like the ancient Incas did! And you can’t bathe three times a day either, so by the end of the holiday, your face will be crowded with zits and mosquito bites!”
Anya blanched at this dreadful thought. “And of course,” Vikram went on, warming up to his subject. “There are no cellphone towers on the Inca trail. You’ll be cut off from all your WhatsApp pals and won’t be able to pose in different outfits to your heart’s content and send them snapshots.”

“OK,” Mother cut in hurriedly. “Maybe Machu Picchu is not such a good idea after all. Let’s go to Egypt instead.” “Egypt?” Father’s voice rose again, full of scorn. “What’s there to see in Egypt except a heap of old monuments and camel dung in the desert? I can think of a dozen other places that are more interesting than Egypt,” he finished. “Let me hear them,” Mother said crossly. “Dubai, Singapore, Hong Kong...” Father began. “Eek!” shrieked Anya giving her father a look of pity. “No one goes to those places except the nouveau riche who have no ideas of what to do with their money, and absolutely no style! Let’s go to a spa,” she suggested with a dreamy smile. “I can have an exotic massage. I’ve heard that there is one high up in the Himalayas. Or shall we go to Milan? I can window-shop to my heart’s content.” “The trouble with all of you is that you have no original ideas at all,” said Vikram patronisingly. “I think the very best place for a holiday destination is Montreux in Switzerland. It has a wonderful monument built in memory of Freddie Mercury. His music is unforgettable! Mercury rocks!” He hummed loudly and strummed an imaginary guitar enthusiastically. Then, at the end of his impromptu performance, he flung open both his arms with gusto. One of them hit the teapot, and it tipped over, slowly and elegantly. As it came to rest on the table, its lid flew off, and all the coffee in it gushed out. A river of coffee streamed across the dining table drenching everything in sight.

As the rivulets of coffee began to drip off the table onto the floor, Mother dived for a dishcloth. Chairs were hurriedly scraped back from the table. Father stood up. “I’d better leave. I have an early morning meeting,” he mumbled as he dashed to the door. “Yeah, we have work to do, so we’d better leave too,” Anya mumbled rolling her eyes as she and Vikram quickly withdrew from the dining table. With a long sigh, Mother began to mop up the mess on the table. She looked at the sodden newspaper regretfully for a moment before bundling it up and thrusting it into the trash can. “Never mind,” she said softly to herself. “I will think of an even better slogan the next time. I guess this one probably wouldn’t have won, anyway.”

Santhini Govindan
Covid has changed our lives the way nothing has as far back as we can remember. There’s good news and there’s bad news on the fashion front, in the times of online schooling. Teen Community looks at both.

The good news: You can attend classes out of uniform. Hooray for no stifling neck ties and colonial collars in the sweltering Indian summer!

The bad news: You’re home all day but cannot slob around in your pajamas because you do have to be in school-from-home. What may add to your fashion challenge is that you cannot avail the services of your friendly neighbourhood presswallah, so you’re pretty much on your own with the maintenance of your own wardrobe. Worst case? Nothing happening with the wardrobe update plan, since clothes are not considered essential services. So, we need to make do with what we have.

Best news for last, though: We have curated summer styling tips just for you from Sayon Mitra, fashion designer and faculty at a leading Indian university.

**DAILY GEAR, OR DRESS FOR THE SCHOOL OF SUCCESS**

Top tip: Take the trouble to shower and dress up as early as you can, every morning. Even if you don’t have school sessions online or friends to hangout with, the freshness will reset your brain for productivity and positivity. Experts believe that sticking to a routine and keeping good hygiene habits help keep you cheerful and attentive.

💧 Live in your jeans — that’s fine, and these are the purani jeans that will go into your critical time capsule from your survivor days.

💧 You can’t go wrong with white cotton or linen on top of your blue or black jeans. It’s timeless and trend-proof. Bonus: If you detest ironing or don’t even own the contraption, linen gives you a free pass with the crushed look. Heavier cottons hang smoother, anyway.

💧 Alternatively, try the denim on denim look.

💧 If you like to use makeup at home, dial it down for school sessions at least; the basic rules of neat appearance and minimal makeup should continue to apply even though you are not in uniform — at the very most, a thin line of eyeliner and neutral lips, long hair in a ponytail or at least gathered over one shoulder. Avoid that free-for-all wave fest, please!

💧 Keep to cotton clothing as much as you can just now; your current closet will need to last longer than usual despite more wears, and cotton holds up well to repeated washing and drying, and to sweat (in case the cooler or A/C did not get serviced before lockdown or your parents...
may be curtailing use of now to wrangle the electricity bills down to the usual levels from when you are at school/college and they, at work).

It can be depressing and anxiety-provoking to lose your routine and a clear vision of the future. It looks likely that the world will change more than a tad in the year ahead. The lack of sunlight from sheltering at home might also add to a low mood, besides the health risks of low vitamin D. So make sure to study by the window with sleeves rolled up and maybe in shorts for a little sun.

Choose peppy colours — pretty embroidered chikankari, cheery cottons in bright pink, lime green, mustard yellow and orange will help you stay upbeat.

Accessorise at home. Call it self-care or a hobby — hey, have you considered embellishing old gear with embroidery or block prints or tie-dye if they are fading? If DIY is not your thing, a chunky necklace or chandelier earrings will help you feel pulled together and positive. Guys, try a statement ring, a funky pendant or a graphic tee, if jewellery isn’t quite your thing.

LEAVING HOME IN LOCKDOWN

Now, hopefully this isn’t a frequent occurrence, but you may have to step out to get groceries, medicines and other essential supplies once in a while.

Wear the longest sleeve, hem and pant lengths you can manage. Yes, sounds counterintuitive in summer, but look at the Bedouins and Banjaras. Longer lengths protect you from the sun and hot loo winds, absorb sweat and also keep that pesky Coronavirus from touching your skin.

Lighter cotton trousers are better than jeans for outings, as they will dry faster after you get home and put them through the recommended wash.

If possible, layer a singlet or camisole underneath so you can whip off the top layer at the door (keep a laundry bin out there). Then head straight to the nearest shower.

This is the time when it’s best not to accessorise on your way out; leave the rings, earrings, necklace, watch, fitness tracker at home, and if possible, the smartphone too (that’s one of the hardest things to disinfect).

Last but not least, do NOT forget your mask. Worst case, wrap your face with the dupatta or a scarf and maintain social distancing. If you have cotton, rubber or other lightweight gloves, now’s the time to don those too (keep them on while you unload as you sterilise the groceries as best as you can). Wash the scarf as soon as you get back.

THE ELEPHANT (OR IS IT A GIRAFFE) IN THE ROOM?

Your teenage growth spurts may leave you with tightening shirts and shortening pants. Here’s how to roll with it:

Cuff your jeans and show off your ankle — it’s cool, literally and figuratively. Call it the capri lookbook.

Heard of hand-me-downs? Your grandmother must have worn her older sibling’s dress. You may want to look at the wardrobe of someone at home. But before you help yourself, do remember to take permission!

Pull out your long-sleeve shirts and tees (yes, yes, bear with me here) and push them up to the elbow.

Shirts and kurtas getting too tight to button up but still possible to slip on? Layer them over a sleeveless top or vest, and partner them with bermudas or capris for coolt.

T-shirt too snug? Layer a cotton dupatta or scarf over your shoulders to camouflage the s-t-r-e-t-c-h.

And we’ve kept the best for last: Another option for worn-out pants, especially denims, is to cut them off into ripped shorts.
For those of us with toppling stacks of physical books, now is the time to catch up. But what comes after? Even if you are one of the lucky few who has managed to cross every t-for-title in hardcover or paperback off your TBR and moved on to mowing through your Kindle wishlist, there may well come a time when you run out of pocket money to buy, buy, buy. Here is a bunch of e-libraries that either do not hide behind a paywall or do not fleece your purse. Think of them as the bookworm’s answer to Netflix and Spotify.

SCRIBD
For just under US $9, you get unlimited books and audiobooks from a stupendously varied and global collection, including new releases, plus quite a few magazines and podcasts. There is everything from self-help and reference, to YA novels, cookbooks and a cool bunch of graphic novels. Titles rotate at a gentle pace, but it is hard to find ‘nothing to read’ in any given month; Scribd also allows downloads as long as you remain a member. Hint to the wise: You may try not to ignore the Documents section. Better still, your subscription covers additional services such as Mubi, Curiosity Stream, Peak Pro and ConTV + Comics (these perks do change from time to time). If you have a younger sibling, niece or nephew at home, you can let them have access to Farfaria’s read-to-be storybooks for ages 1 to 9 years as well! The iOS app tends to be a tad spottier than the Android/web versions.

KEEP READING!

Covid-19 may well change the way the world reads, for good. Books do not qualify as essential services. Not even textbooks, to our collective relief, I am sure. But where could readers replenish their stock? Bookworms, despair not. Ask MANIDIPA MANDAL.
though; also works on the Kindle Fire and Nook. Free trial? 30 days.

**KINDLE UNLIMITED**
First off, we will warn you that the choices are comparatively limited, as several of the biggest global publishers are not on this ‘free for all’ list. The flip side is that Kindle and Amazon (there is also Prime, which includes a different reading subscription option, with considerable overlap of lists with Kindle Unlimited) have made some inroads into Indian languages other than English, so you do get a selection of local titles as well as translations into vernacular languages. So how is it Unlimited, exactly? You get to borrow like from a traditional library, 10 titles at a time. The catch is, unlike with Scribd, you do not get to borrow more titles without returning some. So you can see the full list in your region, but you can actually access only 10 books at a time. And yes, you need an Amazon account.

**THE INTERNET ARCHIVE**
This non-profit undertaking includes free books, music, movies, and more at archive.org. Books out of copyright restriction (ie, published before 1923) are available to download permanently. More modern titles can be borrowed through their openlibrary.org site, which also has a separate K-12 collection curated by grade and reading levels. It is MASSIVE, so not the easiest to navigate, but you are not running out of options anytime soon in this reading room. This is possibly the one option that is also friendly to print disabilities.

**STORYWEAVER**
Yes, this online library skews to the younger readers, their highest reading level being a lumped-together Grade 6+ (boo!); but hear me out here. You know, this is a great time to practise that second/third/foreign/other language, yes? Consider this your practice pool with plenty of really thought-provoking, fun, egalitarian and extremely sensitive and inclusive titles that will not get your dander up with condescension and stereotypes. You can find international titles translated on here too, and upload your own art and stories to share. You can also download and even print out books, all the content being open under Creative Commons licensing.

**PROJECT GUTENBERG**
This is your last library standing for all the classics (oh yes, free to download), its only downside being how mahoosive it is and thus challenging to navigate. There are books from literally all over the world, making this a startlingly diverse space, including the Gita and Confucian Analects even. It is not the most stunning interface, no, but persist and you will be digging up gems enough to shame the Seven Dwarves. And if you are of a mind to pay it forward, consider volunteering to read for LibriVox, the sister site for audio rather than print titles. Also works with Kindle.

**THE WORLD PUBLIC LIBRARY**
It is not free, but at less than $10 a year, for millions of books in over 300 languages, we say it compares very favourably to many competitors with slicker interfaces. Lots of manga here, besides other graphic novels like Indrajal, and sci-fi by the spaceshipful. Look for the Kid 25’s (and ignore that nomenclature) label up top too for an age-wise filter. There is academic as well as graphic novel collections too, and audiobooks. Oh, and readers with a disability or other special needs can get free memberships.

**BOOKWORM**
We think these subscriptions are well worth your allowance through the lockdown and the years ahead. Just in case you are done with these, our next issue will have even more free reading (and listening) material to keep your TBR stocked for --- pretty much --- life!
FOREVER YOURS, TINTIN

Nothing new to read? Re-live the magic of all-time faves, says SWATI ROY.

I was introduced to Tintin at a time when reading comics was not considered reading. And, just like in the comic book, I too had my Tintin-esque adventures.

But first things first. We could not afford to buy this imported comic book. So, owning one was out of question. Borrow, it was, for us. The person I borrowed them from would leave slips of paper on various pages reminding me that this was a prized possession and that I should exercise extreme care while reading. I was told to make sure that the notes also went back when I returned the book. I diligently did as asked since approval for the next book depended on that. However, what my lender did not know was that having the book in my hands was not enough.

It had to be read in a clandestine manner (remember, comics were not ‘reading’). My encounters with Tintin thus had to be away from the stern eyes of the powers-that-be --- under the quilt, on the terrace or hidden between covers of a convenient atlas. The Tintin comics were unwieldy, not easy to hide and read. The smaller three-in-ones came much later.

You can imagine, if we could not afford a Tintin book, how on earth could we afford to travel around the world? So, we were hooked to the book to see the world through the eyes of this intrepid journalist who travelled the world following up on stories, battling gangsters, saving countries with exotic names from despots and tackling natural calamities all at the same time, sometimes.

From real places like Tibet and South America to fictional ones like Borduria and Syldavia, we travelled wherever Tintin and Snowy, his white fox terrier, went. Destination Moon must have been a fictional trip when it was created because Neil Armstrong set foot on the moon much after the book was published. From spotting the Yeti to seeing the Sphinx, these adventures were all one could ask for.

The Crab with the Golden Claws saw the entry of the colourful Captain Haddock. With this madcap friend of Tintin’s we were introduced to alliterations. Ten thousand thundering typhoons, billions of blue blistering barnacles, bashi-bazouks and several other exclamations were Haddock’s pet phrases repeated by us when words failed us. These heavy words expressed Haddock’s frustration and anger aptly without meaning anything. In all this, Snowy and Tintin’s calm added an indescribable comic element.

What attracted us about Tintin, in hindsight, must have been the simple yet exact depiction of locations, events and characters through Hergé’s art. That each story of Tintin would get etched in one’s memory, one realised much later. Some bordered on political messages. A subtle mention here, a certain similarity there. But then, what is fiction if it does not borrow from truth?

Though Tintin’s family or age are never mentioned nor shown, the cast is so well etched out, they almost seem like family. You say Bianca, and the shrill Jewel Song pops up with Irma in the background. You think of Thomson and Thompson and you think, but they were warned, so why did they still walk into foolish adventures? Throw in Cutts the butcher, the irritatingly smug insurance agent Jolyon Wagg, Nestor, the impeccable butler and you have the Tintin stories playing out in front of your eyes again and again and again. No matter how old you are.

Swati Roy is Festival Director of Bookaroo, India’s oldest children’s literature festival and co-founder, Eureka, India’s first exclusive children’s bookstore.

Curious about books? Email swati@bookaroo.in

BOOK REVIEW

TEEN COMMUNITY | MAY 2020
Vartak Nagar is a Hindi film whose theatrical release was halted by the sudden lockdown across the country. It was first screened at the 24th Kolkata International Film Festival in 2018. The film, which marks the directorial debut of FTII alumnus Atul Taishete is about the time of the historic textile strike in Mumbai in 1982 which cost 2,50,000 textile workers their livelihoods. Vartak Nagar is a place in Mumbai, a neighbourhood built around a textile mill, a local school, a church and the Ganpati Pooja immersion that causes a constant rift between two political factions pitted against each other.

So where do children feature in this serious film? The entire fight during the Ganpati immersion, the impact of the textile strike on the lives of the workers are presented through the perspective of four growing boys, Gajya, Satya, Raju and Savio, the last boy stepping in much later to join the other three get together every day on the banks of a tank. They compare themselves to four crows who perch themselves on the branches of a tree. Their growing up is presented through the disturbances happening in their respective families which suddenly find themselves in great financial and social distress.

The film looks back at the strike and its impact on the people who lived in Vartak Nagar. This looking back is through the eyes of these boys who come back to the neighbourhood after 30 years after they have become adults and gone their separate ways.

The most striking element is the brilliant acting by the four boys. Stripped of any preconceived screen image or starry airs, the boys are so natural that we begin to love them as if they are real. The director has tried to sustain an amazing resemblance between the teenage boys and their adult personas when we see them at the end of the film, dancing together. The music is good. So is the sound design. The editing needed to be a bit seamless as the narrative moves through different locales, situations and times.

The film closes on the four adult men joining hands to dance on the streets of Vartak Nagar and on this note, this delightful film ends with the voice-over repeating the social significance of dance as reflective of the class of the person who dances that came across in the beginning of the film.

Reviewed by Dr Shoma A. Chatterji, film scholar, author, winner of two National Awards for Best Writing on Cinema
After a long, overworked month of August came September and along with it came the chance for me to hit the road. The same, old drive on NH 58 across the chaotic Ghaziabad traffic onto the newly-constructed highway took me from Uttar Pradesh to Devbhumi, Uttarakhand. A pit-stop at Cheetal Grand, the motel, was mandatory, as it would be for anyone travelling from Delhi to Uttarakhand.

The landscape of Uttarakhand in the Pauri region is amazing at every bend. The music of the rustling pine leaves soothes you. I headed to a cosy homestay. I was not expecting much more than a warm, comfortable bed and some delicious pahadi food. What I got instead was tranquillity that touched my soul. Yes, there were pine trees all around me but who would not have bargained for a 180-degree panoramic view of the Himalayas? We stood atop this single house on the hill and around us was nature in all its glory and abundance. A waterfall nearby was a perfect spot to walk to and even when we were away from this little waterbody that had been blessed by the rains to grow from a stream in the nook of the mountain to a gushing body of water, the sound of water was soothing to the soul.

A trip of a lifetime.
ANUSHA MISRA is 22, studies in the prestigious Lady Shri Ram College and plans to edit a magazine on disability. So, what's special about her story?

Like every child, I drew from as early as I could. But I started drawing with a purpose when I was seven years old. I loved drawing portraits of myself and my family. They weren't professional, but they kept me happy. Then, health issues kept me from painting. I had a stroke in 2007. I resumed painting a year after I returned from hospital where I'd lain in a coma for two months. I was 10 years old, and was aware of my condition, the extent to which a 10-year-old should be. When I attempted to draw portraits, I was confused as to whether I should draw my portrait sitting or standing, as I could not stand.

My creativity was exercised vigorously during my stay in the ICU. Mum took my index finger, dipped it in paint and made a small dot. After many small dots, I could see a recognizable face. She said this was a clown's face. I thought, we did it even though my finger slipped many times and it hurt to sit. I couldn't understand what was going on. I didn't know why my fingers weren't working or why the lady who came to visit me broke into tears. I wondered why I made people cry. Mum drew the clown's hat with red felt pens and drew polka dots on his hat. When my mom left for the night, I would suddenly feel sad. I had so many questions! Why did everyone in the ICU only wear green and blue? Why were all the curtains green and why were the nurses chattering so much? After Mum left, I would stay awake all night staring at the ceiling. I couldn't move. I couldn't do anything and I couldn't talk, so I just lay there without uttering a word even when I was hungry. I felt trapped in my own body.

Occasionally, a nurse would come chattering happily. That annoyed me. I didn't know what there was to be happy about. There was a doctor who had night duty on some days. He used to play peekaboo with me and would sit next to me and talk to me, not expecting any reply. That was a talent because it was like talking to a wall. I'd like to ask him some day why he would talk to me. I certainly would not do that for anyone! On days when he

ILLUSTRATION: ANUSHA MISRA
was off duty, I would stare at the ceiling and listen to the radio Mum left on for me. I remember vaguely that they would play midnight songs about something called love. I would listen intently, trying to gauge every word the radio jockey said. He talked so fast. I had so many questions.

“Why do adults talk so fast and walk so fast? Why does time stop in the ICU but people never do?” I would ask myself.

The doctors whooshed in, whooshed out, the nurses did their job, the ceiling stayed the same. The static on the radio gave me solace whenever the questions overwhelmed me. It would become so quiet during the interim period between the nurses’ shifts. The day nurses would come to say goodbye to me. I was glad to see that they had changed from their drab uniforms to their going-home clothes. Their faces gleamed. I had become friends with a few of them and even though I couldn’t talk, I would express my appreciation through my eyes and facial cues. The first time I smiled after I recovered from the coma was when I watched Saif Ali Khan in Tara Rum Pum, my favourite movie ever. Saif was my favourite actor. Everyone was so excited when I smiled. It wasn’t a normal smile, it was a grin.

Mum got excited, my dad got excited, Dr Ray got excited (he was a pretty serious person, so this was rare). Mum would often make me wear my school clothes to make me feel reassured. I heaved a sigh of relief because I could change from the hospital gown that smelled of disinfectant.

To be honest, I didn’t think about school much. The ICU was this magical place where time had stopped. I neither thought about the past nor the future. My present consisted of doctors, nurses, my parents, the visitors. I don’t remember feeling any emotion. I simply just existed and the environment responded to me the way it should. I remember my mother talking to me about emotional memories. I guess she was making sure I hadn’t lost my memory. I hadn’t. I just chose not to attend to it at that point. She often read stories to me from children’s books. There was one story about a donkey who was highly under-appreciated till he performed a heroic act that won him the whole town’s attention.

HOME AGAIN!

They discharged me on a sunny day when the weather was pleasant and the skies were clear. I was glad to be on my way back home. Mum made it seem like a celebration, a homecoming. I heard the traffic sounds and the familiar call of political rallies. Mum often told me that surviving the stroke was the beginning of my second childhood. It was as though I was born again. I came home from the hospital, unable to do anything. I couldn’t move my hands and legs, or talk or ask for water when I was thirsty.

One day, when I was alone in my room, I tried to paint. All I could paint were large nonsensical circles. Since I couldn’t eat on my own, I needed a Ryles tube through my nose. It was a hindrance. My family seemed so mean. Whenever they ordered biryani from my favourite restaurant, they would eat it right in front of me while I cried and wallowed in self-pity. When I asked Mum why she and Papa and my elder brother Aman would do that, she said, it was to encourage me to eat on my own. I got so frustrated that I pulled out my Ryles tube and handed it to my speechless mother. I vowed to myself that I would start eating the way everyone does and not have liquids pushed down my stomach through a tube attached to my nose. I started eating soft food like mashed potatoes, mashed apple and mashed banana.

COMING TO TERMS

At 22, I had my first conversation with my mother about her narrative regarding my disability. She said that her initial reaction was of shock. “Why would this happen to my daughter? Why me?” That lasted about an hour as she picked herself up and dried her tears while she filled in the
hospital paperwork. She told me that she always knew in her heart of hearts that I will be okay again. Not normal, not abnormal, just okay. You know those phases of life when you don't have the privilege of processing trauma due to the circumstances? Yes, this was one of them for my mother. She had to be strong for me because my life was on the very edge of collapsing. I don't know how she managed not to smack the faces of relatives who told her that I fell ill because of a sin I must have committed in my previous life.

Today, I told mumma to watch *The Sky Is Pink* because she'd relate to it being the caregiver of a disabled child. It's a movie about chronically ill Aisha, who doesn't let her illness hinder her creativity.

We have the luxury to think back on our past traumas. The pain of the past doesn't invalidate the pain of the present. The only difference is that I need to deal with problems in everyday life now instead of a hospital bed where time stood still and everything was colour-coded in blue and green: blue tiles, green curtains, my blue hospital gown, blue bed sheets. It got monotonous after an entire two months. Even the woodpecker outside my window got tired of pecking the bark of a tree and left. The only constant was my mother who often broke the monotonous blue and green colour code of the ICU ward by wearing colourful kurtis --- red, yellow, pink, burgundy.

So, what can you learn from my journey?

First, never underestimate anybody's journey or anybody's ability to change the world, no matter how weak or incapable they might seem. This is a lesson for me too because I never believed in myself, I never believed that I could go from being bedridden to studying in one of India's best institutions. I was lucky that my parents believed in me because my life changed drastically for the better when I moved to Delhi to study in college. I live to tell my tale!

Second, disability is not always related to physical abnormalities. Some people have invisible disabilities like chronic illness, chronic pain, mental illness. It is our job to honour all disabilities and validate their existence.

Third, and of utmost importance, is the need to treat everyone with kindness. We need to be considerate because we don't know what people go through. The boy sitting next to you at recess could be having the worst day of his life and you wouldn't even know it!

As for people with disabilities, we should treat them like we treat everyone. Our attitude towards them should not change because they have a disability. They might require help in some way, and one should extend a helping hand that is not too helpful nor it is too little. This can only be mastered with time. People with disabilities just need your genuine kindness and your patience.

Lastly, alter your terms. I want to emphasise the importance of the “D” word in your jargon: D for Disability. This particular word has given me immense power over the years. When I was 10 years old, I was utterly scared to say, “Disability.” I was scared and hostile to the people who would stare at me on the road just because I walked with a crutch. They looked at me as though I was an alien and I was their entertainment.

When I grew up into adulthood, I realised the significance of the word disability. Not only does it represent my journey, it also represents my entire community of people with disabilities. So, remember to use the term, person with a disability, and not specially abled or differently abled. We are not abled, we are disabled and we are proud of our separate identity! Disability is a celebration.

*The views and opinions expressed in the article are solely the author’s. They do not necessarily reflect the views of Teen Community*
Today, a raging fear is developing in every corner of the world. Coronavirus or Covid-19 has turned the world upside down. From people being sealed in their respective houses to increasing deaths every minute, this virus has put the world into a tizzy. Even religious places have been sealed. This disease has influenced every nation's economy.

But, as they say, the silver lining gets new meaning today. There is something unexpectedly good that has been generated by this pandemic. It has led teenagers to discover their hidden talents as they are stuck in their homes. From helping their parents in household chores to trying their hands at art, music, sculpture, cooking and so much more, they are discovering new ways to spend their time. Even the biggest of Bollywood stars are in the same situation. Many of them are cooking for themselves and doing their household work. Due to boredom, teens are using technology and making the best use of time.

Boredom has let teens help their nation’s government. For example, New York state seeks tech talent for its Covid-19 technology S.W.A.T. team. Through this app, children can make the best use of time and thus probably unleash their unexplored aptitude. Due to the lockdown all over the globe, children are spending their time with their parents, thus understanding better, basic moral values and lifestyles.

However, the loss of lives and the problems caused by this virus are a major tragedy. So, we can only hope that the world is safe and healthy and in peace again as soon as possible.

Aryan Agrawal
Class 10
The Scindia School, Gwalior
Artificial Intelligence (AI) refers to the simulation of human intelligence in machines that are programmed to think like humans and mimic their actions. From Siri to self-driving cars, AI is progressing rapidly. While science fiction often portrays AI as robots with human-like characteristics, AI can encompass anything from Google's search algorithms to autonomous weapons.

**WHAT IS WEAK AI?**
Weak AI is an approach to artificial intelligence research and development with the consideration that AI is and will always be a simulation of human cognitive function, and that computers can only appear to think but are not actually conscious. It is a form of artificial intelligence with rules, and cannot exceed certain limits. That's Siri and Alexa.

**APPLICATIONS OF AI:**
There are a vast number of emerging applications for narrow AI. The list includes interpreting video feeds from drones carrying out visual inspections, responding to simple customer service queries, coordinating with other intelligent systems to carry out tasks like booking a hotel at a suitable time and location, helping radiologists spot potential tumours in X-rays, flagging inappropriate content online, detecting wear and tear in elevators from data gathered by IoT devices are just some of them.

**WHAT IS STRONG AI?**
Strong AI is more philosophy than an actual approach to creating AI. It is a different perception of AI that equates AI with humans. It implements intelligence has advanced. This new project from Google allows users to make realtime calls using their respective phones in the background while performing another task. It is a form of technology that does not require human involvement and can be used to perform necessary tasks such as making a restaurant reservation or even book an appointment for a haircut.

**APPLICATIONS OF STRONG AI:**
It is a flexible form of intelligence capable of learning how to carry out different tasks, from cutting hair to building spreadsheets, or to reason about a wide variety of topics based on its accumulated experience.

**GOOGLE DUPLEX:**
Google Duplex, an AI-based voice service is a clear example of how far artificial intelligence has advanced. This new project from Google allows users to make realtime calls using their respective phones in the background while performing another task. It is a form of technology that does not require human involvement and can be used to perform necessary tasks such as making a restaurant reservation or even book an appointment for a haircut.

**FUTURE OF AI:**
In recent years, AI has rocketed in attention. It is the future of the world as it beautifully brings out the capabilities of a human mind, something which is unknown in any other form of technology. Several scientists believe that artificial intelligence is an alternative to humans. There is no doubt that they are hundred per cent correct as it will give rise to robots which will be able to think and react to situations, an ability only known to humans right now. On the other hand, AI is a companion to human beings as it permits humans to perform their numerous responsibilities more efficiently and at an overwhelming pace.

*Divij Jain*
*Class 11*
*Modern School, Delhi*
The workings of a teenager’s mind can be unpredictable, given their confusion on where they stand in society. Similar is the situation they land in when they fall in love. In a relationship, it is not always necessary that both the individuals are actually in love. There can be ambitions that one of the partners can be pursuing, such as money-based needs. And the confrontation of this fact can be devastating. This brings up the need for elders in the family to discuss relationships with the teenager. Parents, for example, should talk with their teenaged children about what to avoid in a partner and what to look for. When both the partners are in love, there seems to be a state of oblivion they float in when they are together. They ignore society and go to extents just to keep each other happy. Now sometimes, this can break the limits that society has. And once the limits are broken, it can cause problems for not only the teenagers but their parents as well. So, this is where parents should take precautions. They must have conversations with their child to make sure that s/he does not deviate from the path s/he is expected to walk on. The teenager needs to be reminded to take care of personal health, social responsibilities and education before anything or anyone else.

It is important for the family to shape children into responsible citizens by teaching them how to behave in society and especially how to be respectful with others around. And last but not least, they must let their child know that if it all ends, a broken heart is not the end of the world and the truth is that one must move on as life and time never stop for anyone. So, every teen needs to be taught to move ahead rather than be stuck with those memories!

**Suyash Bansal**
**Class 11**
**The Scindia school, Gwalior**
By profession, Akshay Shetty and I run Once Upon A Time, an event management company. By passion, I am a foster parent to dogs and cats in distress. I have been fostering dogs and cats for a really long time, but this time, the fostering has been special because I came across a case where a puppy was thrown out of a running car.

Did you ask, why? Because of misinformation on animals spreading the novel Coronavirus. These abandoned animals, whom I call babies, need special attention which almost no shelter can provide. Used to living in a home, they get traumatised to suddenly find themselves homeless, without their human family that they so trusted and loved, and in the middle of many other dogs they do not know. They are often exposed to animals that are unwell. So I get in touch with NGOs and I tell them I am willing to foster babies who need special attention. They have been kind enough to trust me.

ALL ARE WELCOME
I generally foster all kinds of cats and dogs, but sometimes, you have to take a call. Recently, I had to foster a Great Dane. They are huge dogs and difficult to control, but because it had been abandoned suddenly in the midst of the lockdown, the NGO and I had no option but for me to give it a try. All three babies that came in during the Covid-19 lockdown took time to get used to their new surroundings. Once they got to know that I am there to protect them, they slowly started to come up and sit next to me. Next, they began snuggling. Yet, they started following me around the house from the first day. They have been angels. Sometimes, when I was upset, Zorro, the cocker spaniel that went to his forever home recently, would come up and look at my face as if he was trying to cheer me up. Zorro was my clingy baby. I’m happy to report that luckily for me, the very big baby was also kind enough to accept me.

RULES OF THE GAME
The first rule of fostering is,
never force yourself on the foster dog. Let the dog come to you. As soon as the dog enters your house, give it water and food and let it take its own time to get used to the place. If you force your wishes on the animal and pet it, it may sometimes get aggressive. That is not because the dog is aggressive, but that it is scared, unsure, still hurting from the way its beloved family abandoned it, and thus having trust issues.

Every dog needs a different preparation before it comes to your house but the main things to keep in mind are:
1. Earmark a comfortable place for the dog to poop and pee
2. Place a bowl of water and another for food where the dog can easily access them and don’t change the place since that may confuse the dog
3. Avoid leaving sharp objects around the house, till the time the dog gets used to the place
4. It is always a bonus to have some toys ready. More often than not, the dog enters your home only with the collar and leash.

TA-TA TIME
The NGO that sends me the dog to foster, keeps in touch about the progress the dog is making. Once the NGO and I believe that the baby can go to its forever home, we announce on social media. Sometimes, the NGO delves into its database of possible homes. Almost every animal welfare NGO that I know of, maintains one. During their stay with me, the person from the NGO takes an update every day. Sometimes, she also video calls to check on my wards.

When you foster a dog, you always know it is not going to be with you forever. So, always make sure you are strong enough to let it go.

The most important thing for me is to remember that dogs get attached to people really soon. So, when I send them to their forever home, I believe I give them a closure and tell them that, I will always love them and that their new parents are going to take care of them. Although I cried when Zorro left, I believe it is as fair a goodbye as I can give them.

Inspired? Does your family want to foster an abandoned dog or a cat? Check with your local animal welfare NGOs. Look up their social media pages. However, you need to remember that fostering a life is a huge responsibility. For the duration of the stay, it is the same as adopting a pet. If the NGO does not have the facility, you will have to take the animal to the veterinarian, if it is unwell. The NGO will ask several questions that you need to answer as accurately as you can before they hand over the dog. This will help them assess if your family is ready to foster and if you are ready, which dog or cat will suit your set-up.
Virology: The Most Viable Career Option Post Covid-19?

Virology may be the next most sought-after subject, says IPSHITA MITRA.

In the wake of the current novel Coronavirus outbreak, the medical fraternity in India has been working relentlessly. It was a proud moment when India got its own first verified Coronavirus testing kit called Patho Detect, thanks to virologist Minal Dakhave Bhosle, research and development chief at Mylab Discovery Solutions, Pune. This low-cost kit not only brought down testing time and availability of results from days to a few hours, it reduced the pressure of buying expensive kits from other countries.

The Covid-19 pandemic has compelled us to turn to virologists. Yet, virology has been a neglected area. Recently, in an interview, Susan Weiss of the University of Pennsylvania, who has been a virologist for about 40 years, shared how in the early days, only a handful scientists were interested in virus research. The number of such experts grew, though by a margin, after the SARS epidemic. “Until then, people looked at us as a backward field with not a lot of importance to human health,” she is believed to have said.

A BRIEF HISTORY
Virology, as a discipline, has evolved in conception and practice from the 19th century. In the Preamble to its Guidelines for Competency-Based Postgraduate Training...
Programme in Virology, the Medical Council of India describes how the subject has, “evolved from the initial definition of a virus as contigium vivum fluidum in the 19th century, to the concept of the virome in the 21st century.” The field is a rapidly evolving branch of medicine with immense relevance to medicine.

WHAT IS VIROLOGY AND WHO IS A VIROLOGIST?
Virology is a branch of microbiology. “A virologist is a microbiologist but all microbiologists are not virologists. A microbiologist deals with all microbes (infectious, non-infectious, environmental, industrial etc.), whereas a virologist is specifically devoted to working only on the smallest, invisible tiny biomolecules named viruses,” explains Dr. Yashpal S. Malik, Secretary General, Indian Virological Society (IVS), and currently, ICAR National Fellow and Principal Scientist, Indian Council of Agricultural Research–Indian Veterinary Research Institute, Uttar Pradesh.

Before the novel Coronavirus SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2), the outbreak of other prominent pathogenic viruses like MERS, Zika, SARS, Nipah and Ebola among others, generated awareness of virology as a promising field of study through regular research in new and emerging viruses. This was needed to develop treatment methodologies. However, in India, according to experts, due to paucity of infrastructure, subject experts, and trained professionals, facilities and services for viral diagnosis are at still at a developing state in colleges. Only a handful of tertiary care hospitals have the required apparatus for a clinical virology laboratory. To focus on building capacity for viral diagnosis and research, the Indian Council of Medical Research set up a multi-tier network of virology laboratories in India. Additionally, a specialised programme in virology was introduced.

Vishwa Mohan Katoch, former head of the Indian Council of Medical Research (ICMR), to whom all Indian microbiologists feel indebted, worked towards building a robust network of regional viral research and diagnostic laboratories. In 2012, Katoch presented a proposal for 10 labs. Today, the number has risen to 120 and still counting.

VIROLOGY IN ACADEMICS
About the future of this subject, Dr. Malik says, “This is the right time to include a more detailed curriculum in school. There is a growing concern over food-borne, water-borne, environmental, and viral diseases which transmit from animals (zoonotic). In this pandemic, we must adopt preventive measures including personal hygiene and personal immunity. Teaching and educating children at an early stage will create more awareness and make them ready to fight emerging infections in a better way.”

Dr. Sujay Paul, Research Professor (Molecular Biology and Biotechnology), Departamento Regional de Bioingenieria Tecnologico de Monterrey, Mexico agrees, “I think school students should know in detail about highly pathogenic viruses. Specifically, the host-virus interaction, the genetic structures of those viruses, how to develop vaccines against those viruses, and what kind of protective measures we should take in the future.” Dr. Malik presents
CAN A VIROLOGIST PREDICT PANDEMIC OUTBREAKS?
Dr. Malik answers, “Yes, a virologist is capable of predicting pandemic outbreaks. Virologists work on viral disease forecasting, confirming emergence of newer viral strains replacing older ones due to mutations. Evolutionary analysis of pathogens targeting their genome sequences, phylodynamics evaluation of viruses using bioinformatics software, time-scale analysis, selection pressure analysis and recombination analysis are some of the tools a virologist takes into account in order to know the emergence of a viral mutant to predict a pandemic.”

But there is one major hiccup. Dr. Paul says, “Insufficient biological research fund is a serious issue not only in India but across the world. Recently, a Spanish biological researcher said in an interview, ‘You give the footballer 1 million euros a month and a biological researcher 1,800 euros per month, and you are now looking for a Coronavirus treatment. Go to Cristiano Ronaldo or Messi and they will get you a cure.’ This is actually the sad reality of today’s world.” Dr. Malik, however, believes, the situation is not that bleak for clinical microbiologists and virologists. “We have high-standard, internationally acclaimed laboratories in virology.” He holds infrastructure as well the human resource we have is of international standard. “Several high-impact factor publications and patents show the strength of these laboratories,” he argues.

VIROLOGY: A MISUNDERSTOOD SUBJECT?
Is there a misconception that promising medical students shy away from pursuing a career in virology? “Not at all, I know several brilliant medical students pursuing their career in virology,” asserts Dr. Paul.
<table>
<thead>
<tr>
<th>Indian Universities That Offer an MSC in Virology</th>
<th>World Universities That Offer Virology (Graduate Level)</th>
<th>Job Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute of Virology (designated as a WHO H5 reference laboratory for SE Asia region)</td>
<td>Harvard University, USA</td>
<td>Research associate, laboratory manager, quality control officer; research assistants or technical assistants in laboratories, microbiologists (UG level); principal investigator in a research institute, a teaching position in a college or university, scientist in the R&amp;D centres (PhD level); public and private sectors: hospitals, diagnostic centres, pharmaceutical companies, research organisations, government agencies, food industries, agriculture, etc.</td>
</tr>
<tr>
<td>Savitribai Phule Pune University (in collaboration with National Institute of Virology [NIV], Pune), Maharashtra</td>
<td>Imperial College London, UK</td>
<td></td>
</tr>
<tr>
<td>Sri Venkateswara University, Andhra Pradesh</td>
<td>University of Toronto, Canada</td>
<td></td>
</tr>
<tr>
<td>Amity University, Uttar Pradesh</td>
<td>University of Pennsylvania, USA</td>
<td></td>
</tr>
<tr>
<td>Manipal University, Karnataka</td>
<td>University of Glasgow, UK</td>
<td></td>
</tr>
<tr>
<td></td>
<td>University of Melbourne, Australia</td>
<td></td>
</tr>
<tr>
<td></td>
<td>University of Cambridge, UK</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Prominent Indian Virologists</th>
<th>Achievements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gagandeep Kang</td>
<td>First Indian woman to be elected as Fellow of the Royal Society, London; leading researcher in viral infections in children</td>
</tr>
<tr>
<td>T. Jacob John</td>
<td>Former Head of the Indian Council for Medical Research's Centre for Advanced Research in Virology</td>
</tr>
<tr>
<td>Kameshwar Sahai Bhargava [1918-2010]</td>
<td>Veteran plant virologist, served at the University of Allahabad, Banaras Hindu University; Professor of Botany and Vice Principal at DSB Govt. College, Nainital</td>
</tr>
<tr>
<td>Polly Roy</td>
<td>Professor of Virology at the London School of Hygiene &amp; Tropical Medicine since 2001; pioneering research work that opened up better understanding of ribonucleic acid viruses, especially the complex Bluetongue virus; recipient of Officer of the Order of the British Empire for service in virus research</td>
</tr>
</tbody>
</table>
“We have no limitations except those we place upon ourselves.”

**Dance, Dot, Dance, Dan!**

Don’t let the Covid-19-induced lockdown literally lock you in! Move those muscles, twiddle those toes to beat, says **ANUSHRUTI BANSAL**.

**WHAT IS DANCE AND WHAT IS NOT DANCE? THIS MAY SEEM OBVIOUS, BUT LET’S TRY TO ESTABLISH THAT.**

Dance is a form of expression. It is also a path to happiness. It is a way to release your stress and be who you are. Dance does not only mean, moving your body. It is a way to feel the music, unshackle your body from whatever holds it back, and go with the flow. Dance is not only about learning steps and repeating them, it is about rhythm, beats, and moving to the essence of the song. I believe everyone has their own style of dance, and that defines one’s personality.

**WHY DANCE?**

Dance is a combination of expression and body movement. People dance for fitness. Today, even the best gyms offer regular group dance classes. Dance is also a stress-buster. Studies have shown that when you dance, there is an increase in the endorphins that your body releases. Endo-what? Well, endorphins are chemicals naturally found in your body and in most animals. They are released when you get hurt because they help you fight pain. They are also released when you laugh or when you work out or dance. They are a group of chemicals that you may say are among the happiness hormones. And then, you can simply dance because time is hanging heavy on your hands now and you need some ‘time-pass’ activity.

**WHAT TO DANCE?**

I dance because I love to dance and with this it gives me a mixture of all the advantages that dance brings. My major reason to dance is to give time to myself, understand myself and release all the stress, if I have any. To start with, I believe free style is what one should be doing as it does not have any restriction and you can let your body loose and do whatever you want.

**WHAT IF YOU HAVE TWO LEFT FEET?**

If I had two left feet and I was locked in during the lockdown as we are, I would still dance and create different types of steps that I can do. Anyone and everyone can dance. Dance is not restricted to any specific person or type. It is just the movement of body, and the feel of the music. As they say, anybody can dance. As Beverly Weurding, founder of the Wheelchair Dancers Organization says, “We have no limitations except those we place upon ourselves.”

**HOW DO YOU LEARN?**

To learn dance or to even understand the basics during the lockdown, you may follow tutorials online, watch dance shows like, **Anyone Can Dance**, **So You Think You Can Dance?** and **Dance India Dance**. I would recommend you follow the online tutorials more than shows, especially since some steps in reality shows can be dangerous.

To keep children active during lockdown, I run online dance classes for two-three batches of different age groups.

---

“Anushruti Bansal calls herself a dancer by passion. To learn more about her dance, check @anushruti_dansation on Instagram”
WHAT DO YOU NEED TO GET THROUGH A FEW MINUTES OF THE DAY?
A DOZEN JOKES, OF COURSE!

Q And why would anyone throw a clock out of the window?
A To see time fly!

Q Why can't a pony sing?
A Come on, a pony is just a little hoarse!

Q Why did the lobster not want to share her things?
A Because she was a little shellfish, of course!

Q And why do you think a dog chases his own tail?
A To make both ends meet, of course!

Q Why did the cat like to play video games?
A Because it knew it had nine lives!

Q Why was 6 scared of 7?
A Because 7 ate 9.

Q The alligator stole his friend's prey. “You're a real crook-o-dile!” said the friend.

Q How do you make a strawberry drop?
A Just let it fall!

Q Is there a tree you can hold in your hand?
A Yes, a palm tree!

Q What did May say to 30 April?
A May I come in tomorrow?

Q Can a tiger jump higher than a skyscraper?
A Yes! A skyscraper can't jump!

Q Which is the saddest book on your desk?
A The math book. It is full of problems!

They say, nothing rhymes with orange.
I say, no, it doesn't.

Have a favourite joke? Do share it with us! Write to editor@teencommunity.in
Guess what we read in the last month? We cannot vouch for veracity, though.

COVID TOES
Dry cough. Fever. Loss of smell. These were some of the first symptoms of Covid-19 we heard of. In April 2020, there was news that doctors had found some people who tested positive for Covid-19 with purple or red, swollen toes. Frostbite? Not really. They were down with Covid-19. Covid toes, as they are being called, are helping doctors detect and treat patients faster since most of the patients do not show other symptoms of Covid-19. Italian doctors noticed that about one in five patients of Covid-19 show a sudden skin problem.

SPARE THE FROG
Meet SynFrog, a frog that is about to change the world for frogs. SynFrog literally gets its name from who it is: a synthetic frog. It is an ultra-realistic frog that has been developed and launched by SynDaver and People for the Ethical Treatment of Animals (PETA). SynFrog is meant to educate students so it has organs like any real frog would. Studying the SynFrog, students need not miss Dissection classes during Covid-19 and – happier news – no frog perhaps needs to be dissected ever again for educational purposes. That could mean a longer life, we hear, for over three million frogs killed for Science classes. Now, that’s something to croak about!

FEED THEM KINDNESS
Turkey’s Interior Ministry has asked that the country’s stray animals be fed and protected even while feeders maintain social distancing and protection norms. Going further than just
passing an order, the ministry requested and guided the local administrations on how they could leave food and water at previously chosen locations like gardens, parks and animal shelters so that homeless animals do not starve while people stay at home during Covid-19. This act of kindness is not new to Turkey where the municipalities vaccinate homeless animals and feed them through the year.

**WHOOSH!**

52768 (1998 OR2), an asteroid at least 1.5 kilometers wide, flew by Earth on 20 April 2020. It is nearly half as big as Mt Everest! The asteroid has been observed regularly since it was spotted in 1998. It passed about 3.9 million miles from Earth, or about 16 times the distance between the moon and us. Some observers believe it looks as if it is wearing a medical face mask, much as the scientists observing it were!

**BUSY BUNNY**

Easter Sunday 2020 was a quiet day in New Zealand and in almost every country since people maintained social distancing to stay safe from Covid-19. Jacinda Kate Laurell Ardern, the prime minister of New Zealand, had some heartening news for children. This year, the country is treating the Easter Bunny and Tooth Fairy as essential workers. However, before any child got too thrilled or dejected, she reminded them that because of the circumstances, the Easter Bunny may get too busy to visit every house.

**COVID-STYLE INITIATIVES**

Unusual times = unusual decisions. As the world fights Covid-19, companies are stepping in to make what their country and the world needs most now.

You may know The Corbett Foundation as a charitable trust, dedicated to saving wildlife with the help of local communities. Well, the medical team in Kanha has stitched masks for government staff and Covid-19 health workers in the region. The Sub Divisional Magistrate, Bihar has donated cloth to make the masks.

Ferrari, known till now for the luxury sports cars it manufactures, decided to change gears to help the world fight Covid-19. With active inputs from other firms, it is producing respirator valves and fittings for protective masks with thermoplastic components using additive manufacturing technology. The equipment is meant for health workers who are treating coronavirus patients. These are being made in the same department where car prototypes used to be made by the Italian manufacturer.

The British luxury clothing brand Burberry started using its global supply chain network to deliver 100,000 surgical masks to the country’s National Health Service. They also turned their trench coat factory in Castleford, Yorkshire, into a facility making non-surgical gowns and masks for patients. Brooks Brothers company’s factories in New York, North Carolina and Massachusetts moved from making ties, shirts and suits to gowns and masks. This, they said, was a token of their gratitude for the medical personnel fighting Covid-19 with limited supplies.
WHAT’S IN A NAME?
I must confess, it takes me a while to remember names of people I just met. I went to a new school today and made friends with Tina, Roy, Manoj and Kiran. But I cannot recall their surnames. I know they are Rao, Sinha, Raman and Deep. Now, whose is which? All I can recall is:
1. Neither Manoj nor Kiran has the surname Raman or Rao.
2. Kiran sits next to the person whose second name is Deep.
3. Roy’s surname begins with R.
4. Tina’s last name could be Sinha, Raman or Deep.
Oh dear! I need your help!

MAY I?
The month of May was trying to tell April why it feels so important. “For one, so many words start with may!” it said. When April asked which words, May only gave some clues. Can you find the words?

- This *may*-word may be your favourite sandwich spread!
- Important official

CRACK THE CODE!
Ronnie and Rini found an old note in a box in the attic. They were sure it was a code. They were just as sure that it would lead them to treasure. Can you crack the code to help them find the treasure?

21. 12. 12. 15. 22. 23.
2. 12. 6!
13. 12.
7. 9. 22. 26. 8. 6. 9. 22

HEALTH ALL JUMBLED UP!
Here are some words to do with health. They got jumbled, by mistake. Can you find out what they are?

T S N E I G O I N D
H R O I E A D R A
C D A H E A H E
T A U R C R F E

ANSWERS

WHAT’S IN A NAME? Tina Raman, Roy Rao, Manoj Deep, Kiran Sinha
MAY I? mayonnaise, mayor, mayflower, maypole, mayday
CRACK THE CODE! Fooled you! No treasure.
HEALTH ALL JUMBLED UP!
Indigestion
Diarrhoea
Headache
Fracture

Like creating puzzles? Send us original puzzles you have made! Email them to editor@teencommunity.in
1 The ICC is expected to debate on whether or not bowlers can use saliva on the cricket ball.
   a) What does the ICC stand for?
   b) Why do cricketers use saliva on the ball?
   c) Why do you believe the ICC is worried about saliva on the ball?

2 On 22 April 2020, an Indian badminton player has been named ambassador for BWF's 'i am badminton' campaign.
   a) What is the full form of BWF?
   b) Name the player.
   c) What does the campaign promote?

3 On 1 April 2020, Tony Lewis died. He was one of the brains behind the Duckworth-Lewis Method. He was 78 years old.
   a) Which sport is the Duckworth-Lewis Method used in?
   b) Who is Duckworth?
   c) When is the Duckworth-Lewis Method used?

4 When Wimbledon 2020 was cancelled due to the Covid-19 global pandemic, one tennis player is believed to have said she was “shocked.” Another is believed to have said he was “devastated.”
   a) Name the players.
   b) When was Wimbledon scheduled to start?
   c) What is the full name of the tournament?

5 Many of us are looking forward to major sports fixtures when the world opens out after the Covid-19 pandemic restrictions are lifted. FIFA has proposed that up to five substitutes be allowed.
   a) What does FIFA stand for?
   b) Will the alteration change the game forever?
   c) Why did the idea come up, anyway?

ANSWERS
1  a) International Cricket Council  
   b) To give the ball a reverse swing  
   c) Because saliva can pass on germs from one player to another

2  a) Badminton World Federation  
   b) PV Sindhu  
   c) “Clean and honest play”

3  a) Cricket  
   b) Frank Carter Duckworth MBE is an English statistician  
   c) When weather or other conditions disrupt play in a limited overs cricket game

4  a) Serena Williams, Roger Federer  
   b) 29 June 2020  
   c) The Championships, Wimbledon

5  a) Federation Internationale de Football Association  
   b) No. The addition is expected to be temporary  
   c) Due to Covid-19, matches were suspended and players could not practise for months. So, a crowded match calendar and the fear of injury on resumption are behind this suggestion
One word I learnt when Covid-19 attacked...

Covid-19 itself is a new word in the world’s vocabulary. It has brought with it words and terms we had not known. What’s your new word?

SOCIAL DISTANCING:
These two words have been spoken so often since the outbreak of Covid-19. Social distancing means to keep a safe space from people outside your home to prevent the spread of the virus. Leaving a 2-metre gap between others is very important to keep yourself safe and stop other people getting sick.

---Danielle Brown, British competitive archer. Two times Gold winner in Paralympic Games

SELF-ISOLATION:
The world post Covid-19, shall not remain the same. It has and will change not just the dictionary but also our attitude and life-style. Most of us were familiar with the word isolation, however, self-isolation/quarantine is an addition to our vocabulary. It is one of the most significant preventive pillars of avoiding the spread of contagion. It can be defined as an act of taking the ownership of breaking the chain of the virus by a carrier; which is done by refraining oneself from any contact with other healthy individuals and remaining within limited boundaries, till fit.

Covid-19 is not here forever, however what will stay are the lessons that we have an opportunity to absorb at this moment. “Self-isolation” which has become the buzzword, is as much the need of the soul, as it is of the body. We must use this time to ponder upon the word much deeper and not allow either the “virus” of vices or the “carrier” of them to impact us. This can be achieved by strengthening the walls of our value system which shall protect us, while we go about our business of the worldly matters.

---Dr. Madhav Deo Saraswat, Principal, The Scindia School

HYDROXYCHLOROQUINE: anti-malarial drug
---Christopher Singh Biology Teacher, Wynberg Allen School

SARI- Severe acute respiratory illness
---Pant, Physics Teacher, Wynberg Allen School

LOCKDOWN... though we had heard it before but not so commonly used
---Sapna Bhargava, Physics Teacher, Modern School

COVIDIOT: Means a person who does not follow rules of lockdown
---Anish Rout, Class 12, Science, Modern School

PPE: Not really a word but a string of three words. Personal Protective Equipment. It’s become a frontrunner in our fight against the Novel Coronavirus. PPE includes garments that keep health care workers and others from getting infected. The kit has mask, gloves and gown. Depending on the disease, it can include goggles, face shield, head cover and washable boots.
---Benita Sen, author and journalist

INFODEMIE is an outpour of unattested data about an ongoing crisis, which might actually be more troublesome then the crisis itself; directly impacting the mental health of an individual. The spread of baseless rumours like taking an anti-malarial drug as a preventive measure for Coronavirus without a doctor’s prescription can lead to problematic effects.

While Coronavirus is on a world tour causing a pandemic let’s make sure that the virus of fake news does not cause an infodemic
---Tanishi Jhalani, Class 12, Suncity School

CONTAINMENT
---Divij Jain, Class 12, Modern School
turn challenges into changes and stress into success
So, in the midst of a global pandemic, we stuck to our dream of coming out with a magazine for teenagers. There were highs and there were lows that could only happen during a situation like the one the world is in now. Yet, optimism and hard work prevailed. Share your thoughts with us on what you liked about the magazine and what more we could get for you.

Email: editor@teencommunity.in