

CovidDreams

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an educator

They quarantined my body but they couldn't confine my mind's eye. Every night I soar into outer-space with the stars. Run rings around Jupiter and play catch with comrade Mars. Stern Saturn chided me while Venus winked. Neptune and Pluto watched from afar. I smiled back; they were gone in a blink. Mercury was temperamental and Uranus unpredictable.

I played hopscotch with the constellations; took a big leap on the Great Bear. Tried on Orion's belt, it didn't fit. The Comets exploded with mirth at my expanding lockdown girth. Then I rode around the galactic carousel of the Milky Way on mighty Pegasus.

► Purple lightning flashed across the peach palette of dawn. The dream had ended but the nightmare of dark dreary days had begun again...

An astronaut floated by; his white spacesuit reminded me of the PPEs in hospitals. Frightened, I plummeted through the Firmament into Earth's Oceans. Letting the Great Barrier Reef soothe my grief. The kaleidoscopic corals lit up my monochromatic life. Psychedelic fish darted out of their marine homes; no quarantine here.

I watched scores of Oliver Ridley turtles migrating on the ocean currents like the mélange



of migrant labourers trudging miles without rest. Unlike the turtles they didn't have the empty beaches of Puri to nest. There appeared a diver; his breath rasping in and out of his aqua lungs like the ventilators of dying Covid patients. I felt I was drowning, thrashed to the surface gasping for air. Only to remember even air was unsafe.

I headed for the Poles and swam beneath the ice caps; skated with penguins and polar bears; they had not yet met Mr. Covid and had no fears. I held on to a shark's fin and surfed on the waves. Whales followed me with their tiny eyes; their sonar songs soothed my senses. Surfacing and spouting air in a big whoosh like the patients who were able to breathe at last. Their tail fins landed with loud claps flat on the water as if applauding the doctors and patients on recovery.

I flew to the mighty Himalayas and perched myself atop Everest, enjoying the sights. I saw a long line of climbers waiting to summit. Their laboured breathing from oxygen cylinders jolted me

back to the scenes of overcrowded Covid tents in Italy. I grabbed a pair of skis, and zigzagged at breakneck speed till I reached the powder slopes; leaving a mist of snow in my wake. Then I plunged into a mountain stream. The crystal clear water gurgled over boulders. I lay back arms folded, feeling like a river fairy cascading with the current. I squealed in childish delight as the roller coaster rapids tossed me around.

The river tumbled into the salty sea. The warm sun vaporised the droplets and I drifted in pristine white clouds. They turned dark and heavy, drenching the Earth in torrential rain, which alas could not cleanse the virus.

I woke to a loud clap of thunder. Purple lightning flashed across the peach palette of dawn. The dream had ended but the nightmare of dark dreary days had begun again.



AMAZING

KNOWLEDGE BANK

Pluto

It is a dwarf planet in the Kuiper belt, a ring of bodies beyond the orbit of Neptune.



Pluto was discovered on February 18, 1930. Its status as a planet was questioned following the discovery of several objects of similar size in the Kuiper belt. Jupiter hasn't made a full orbit of the sun since that time because of its too slow orbit. In fact, it takes Pluto 248.09 years to make one orbit around the sun. This means that Pluto will make its first full orbit on March 23, 2178, since 1930.

Quiz time

GENERAL KNOWLEDGE

Q.1) Bijapur is known for its ____.

- A. Gol Gumbaz
B. Gateway
C. Gol Tekaddi
D. Gol Golu

Q.2) BC Roy Award is given in the field of ____.

- A. Medicine B. Art
C. Engineering
D. Science

Q.3) What did Benjamin Franklin invent?

- A. Dollar Bill
B. Bifocal spectacles
C. Tyre D. Motor Car

Q.4) Where is the seat of the International Court of Justice (ICJ)?

- A. The Hague
B. Rotterdam

- C. Amsterdam
D. Utrecht

Q.5) How many moons does the planet Jupiter have?

- A. 70 B. 22 C. 79 D. 30



Gol Gumbaz built in 1626 at Bijapur is the mausoleum of king Muhammad Adil Shah of the Adil Shah Dynasty.

ANSWERS

1. (A) Gol Gumbaz 2. (D) Medicine 3. (B) Bifocal spectacles 4. (A) The Hague 5. (C) 79



ENGLISH QUIZ

In questions given below out of four alternatives, choose the one which can be substituted for the given word/sentence.

Q.1) Extreme old age when a man behaves like a fool.
A. Imbecility B. Senility
C. Dotage D. Old age

Q.2) That which cannot be corrected.
A. Unintelligible
B. Indelible C. Illegible
D. Incurrible

Q.3) The study of ancient societies.
A. Anthropology
B. Archaeology C. History
D. Ethnology

Q.4) A person of good understanding, knowledge and reasoning power.
A. Expert B. Intellectual
C. Snob D. Literate

Q.5) A person who insists on something.
A. Disciplinary
B. Instantaneous
C. Boaster D. Stickler

ANSWERS (D) (C) (B) (B) (C) (D) (Z) (B) (1)

INDIA SHINING

TURNING THE PAGES OF HISTORY TO DISCOVER TIMELESS LEGACIES

Fort Bassein, Maharashtra

Fort Bassein, also known as the Vasai Fort or Fort Baçaim, is a large fort in the town of Vasai, in the Palghar district of Maharashtra. It is said to



have been built by Yadavas of Devagiri in 1184. According to historian José Gerson da Cunha, during this time, Bassein and its surrounding areas appeared to have been ruled by the Chalukya dynasty of Karnataka. Fort Bassein is a monument of national importance and is protected by the Archaeological Survey of India (ASI).

COMMON GRAMMATICAL MISTAKES

1. GORILLA/GUERRILLA

THE RULES:

- "Gorilla" - it is the largest of the anthropoid apes.
- "Guerrilla" - means a member of a band of irregular soldiers that uses guerrilla warfare.

HOW NOT TO DO IT:

- It was the only **guerrilla** in that zoo.
- Their **gorilla** tactics took the enemy by surprise.

HOW TO DO IT PROPERLY:

- It was the only **gorilla** in that zoo.
- Their **guerrilla** tactics took the enemy by surprise.

Make the most of this new situation

With schools shut in most parts of the world due to the corona virus, there has been a lifestyle change for most students. After an eventful weekend, they found themselves locked at home with no school, unable to go out to malls and restaurants and not able to meet friends. At first it seemed like there was nothing to do. But on giving it some thought I came up with several things we could do during this period.



STUDENTSPEAK

Adya Verma, class VII, Vidyashilp Academy

Physical activity - We all have a certain routine that we follow at school and home with our sports and "fun" time scheduled. Now that we cannot go out without any risk, we can do some relaxing yoga sessions or learn a new dance form.

Explore new hobbies - Usually, summer is the time to reinvent ourselves and discover a few more

hobbies. Being homebound means we can do a few more of these. You can pick up scrapbooking, baking or even finding new music.

Read and write - Reading lets us immerse ourselves into a fierce battlefield of the past, a fiction wonderland or the awe-inspiring life of your role model. Writing on the other hand helps us express ourselves and make sure our voice and opinion is heard. So along with the writing for our classes, use this break to start writing and discover that hidden writer within you. I have

started with this short note.

Learn two facts every day - This is more like a goal is have set for myself. These facts can be related to anything - sports, history, society, architecture, the living biome, or other factors. This way you will not only be amazed but will also have a bunch of intriguing facts up your sleeve.

Get to know your family - By now everyone at home must have got into a routine of their own. Use this break to get to know a little about your roots and your family and folks. Spend some time together and have fun.

I hope this extended stay in period, thought classes may have started now, will give you the time to find something of your interest!

Stay Safe, Stay healthy!!!

SCHOOL IS COOL

Stressbusters for lockdown blues

Covid 19 lockdown has brought about a drastic change in human behaviour and lifestyle. The youth have especially been hit hard and find themselves in a pool of dilemma, confusion and stress. The pressure to perform well and prove themselves has taken a toll on them. The online classes only add to this stress, but then it is important to understand that this is a period of introspection and self-development. Children can beat the stress in different ways.

Now is the time to mingle more with family members and talk and recollect childhood memories which will help ease the stress. An old album of pictures can bring back the happy times and bitter sweet moments. Daily journaling can also help put pieces into place and have a positive perspective. Cooking or helping parents with simple household chores or learning a new skill like painting, photography or origami can further enhance the mood. If grandparents are at home, children can engage with them and listen to their adventurous and fun-filled anecdotes. They can sit with their parents or other family members and learn to play board games. These are few ways to make life simple and manageable without involving technology. Little things often found in the surroundings can help beat stress.

Finding out about ancient folk dances, folklore and folk songs from parents can help reflect on the simple lessons of life. One should always remember that our ancestors overcame stress and pressure through simple pleasures of life. So let us reiterate this everyday, "where there is a will, there is a way".

Savitha H, headmistress, Air Force School ASTE, AV Camp, Bengaluru

Juggling gadgets, keeping anxiety at bay the new challenge

The coronavirus outbreak is affecting people across India in different ways.

It was initially announced that the lockdown would be till March 31. Everyone made use of the time to get together with the family and spend quality time. But soon the novelty wore

out. For parents of school-going children across the country, the experience has been overwhelming and exhausting. Students who typically spent four to seven hours in a structured learning environment away from home, are now stuck indoors for

weeks. Parents are juggling distance learning with entertaining bored children and keeping the house clean.

With the lockdown being extended, the challenge was to streamline things. The crazy cacophony is intensifying with each passing day. Problems have cropped up among family members over the use of gadgets. Imagine this scenario: my son's online classes start at 9:00 am. My husband's office and my classes start almost at the same time. My son wants the laptop as he can't use the phone for his online classes because the screen is small and the content is not clearly visible. With all the data stored in the laptop, I can't share the laptop with him. Three of us trying to make do with one laptop is sure to trigger a tussle. With everyone's schedule beginning in the morning, there are stressful situations. It's no wonder there a hoard of memes have been made on the topic.

Buying new gadgets is difficult at the moment for most families, given that pay-cuts and job losses have become the order of the day.

COVID-19 has brought in drastic changes. The world won't be the same post COVID-19. Laptops and phones will definitely be the new essentials. Hence, self-discipline with regard to the use of gadgets will be necessary.

Overexposure to screens can turn children into gadget addicts and cause sleep deprivation among them due to multi-media addiction. Achieving the difficult life balance is the need of the hour. Each family member should make an effort to ensure that panic and anxiety are kept at the minimum.

Beulah, teacher, Air Force School, ASTE, Bengaluru



ACTIVITY

FUN-ZONE



Want to boost your general knowledge? Take this exciting test. Rest assured, it will really test you!



Q1: Which is a synonym of coruscate?

- A: Burn
B: Blind
C: Fade
D: Sparkle

Q2: Which is a synonym of delineate?

- A: Forgive
B: Outline
C: Delegate
D: Misinterpret

Q3: Which is a synonym of erroneous?

- A: Questionable
B: Cooperative
C: Ineffective
D: Incorrect

Q4: Which is a synonym of degradation?

- A: Privacy
B: Immorality
C: Permission
D: Firmness

Q5: Which is a synonym of esteem?

- A: Present
B: Location

GRAMMAR

Theme: Synonym

C: Knowledge

D: Admiration

Q6: Which is a synonym of exploit?

- A: Notice
B: Educate
C: Irritate
D: Abuse

Q7: Which is a synonym of chicanery?

- A: Feature
B: Dishonesty
C: Punishment

D: Attitude

Q8: Which is a synonym of coalesce?

- A: Imagine
B: Combine
C: Guarantee
D: Teach

Q9: Which is a synonym of circumspect?

- A: Ordinary
B: Cautious
C: Warm
D: Dressy

Q10: Which is a synonym of degenerate?

- A: Clumsy
B: Nosy
C: Corrupt
D: Familiar

ANSWERS: 1. D, 2. B, 3. D, 4. B, 5. D, 6. D, 7. B, 8. B, 9. B, 10. C