

# FIGHT CONTINUES



• KNOWLEDGE • TEACHERS • STUDENT • ALUMNI



## VIDYA VAANI

*Volume VII*

COVID-19 pandemic has hit us all. Truly, we have been in this together and have witnessed several ups & downs.

Despite that, VIDYA kept its pace and continued to work amidst these unprecedented tough & testing times. Check out our further articles to get a sneak peek into some of the stories of hope and how some of our members fought this fight against corona and emerged as real inspirations. After all, we have been in this together!

**Ms. Suchita Munda  
Alumnus Vidya School**

**When did it get confirmed that you are Covid positive? Were you taking proper precautions before?**

I got infected with Covid in the first wave. My mother used to go to work every day and eventually my mother noticed a few symptoms of covid such as loss of smell and taste. Due to the symptoms, we got suspicious and my mother decided to get tested. Later on, the same symptoms started to show in me as well. After one week we got to know that my mother was positive. So, the whole family went to get tested. Everyone was declared positive after the test results came out and we were asked to stay quarantined for the next 14 days at home.

**Many recent articles have said that the covid symptoms are different in the second wave. Is it true?**

Yes, definitely it's true that the symptoms in the second wave are different from the first wave because they are more severe and in fact, much worse right now. Initially, the symptoms were limited to losing the sense of smell and taste but now it seems to have worsened because people infected by Covid are unable to breathe and they find it difficult to move around. This is really very scary to witness!

## **Did anyone else get infected through you in your family?**

Well, my sister and my father did not show any symptoms of being Covid positive, although, they too were infected through my mother. Being in a single room throughout will definitely affect all the people living in it no matter how many precautions you take. So, unfortunately we all had tested positive together.

## **During such testing times, how did you manage yourself? How did your family cope with it?**

It was really depressing when we got to know that we have to stay inside for 14 days or maybe more. My parents were worried about losing their jobs. It was a difficult period of our life. Moreover, in the apartment where we live, people were superstitious and they were scared that we would spread this "disease" everywhere. Hence, they used to shut their doors and no one volunteered to help us. Eventually, my mother's owner helped us with money and groceries which was a sigh of relief amidst all our tension and turbulence.

We didn't even have an option to stay separately because there was no other accommodation space. Sooner, my father and mother also started to quarrel because of the growing frustration. My little sister, who loves to go out and play, didn't enjoy staying locked at home. I, on the other hand, was having a very difficult time because I was never used to having people around me all the time and now, I had no choice to escape. Moreover, I had my exams during this period which made me even more stressed. I was supposed to go somewhere else to give my exams due to a lot of disturbance in my neighbourhood and my home. Unfortunately, I had to give my exams in an unprepared and disturbing environment. Throughout these difficult times, I managed to keep myself optimistic. I spoke to my friends, binge-watched TV series to avoid whatever was going around. To cheer each other, we used to cook food together, play indoor games and play with our puppy we got a month back. He kept us happy & cheerful though this process of struggle.

## How many days did it take for you to recover?

It almost took a month for us to recover. We managed to stay at home throughout that tough period. Thankfully, my parents did not lose their jobs and everything eventually got back to normal.



Please share a few tips to manage Covid at home.

- It is important to measure the temperature of Covid affected patients regularly.
- You must be mentally strong to cope up with these hard times. One must not panic.
- Regular breathing exercise is important. Do not pressurize yourself to do it for a long duration.
- Drink plenty of water and stay hydrated.
- Eat fruits rich in Vitamin C and prefer homemade healthy food.
- Take proper rest and sleep on time.
- Do not isolate yourself completely, be in touch with your friends. It will help you connect with people and avoid loneliness.



# Getting aid in the times of pandemic



Pandemic has hit us all. Everybody around the globe requires access to medical facilities. Amid the ongoing COVID-19 pandemic, India has witnessed a massive surge of cases in the past few months. India is in need of resources and with the increased requirement for oxygen continuing unabated, several states are struggling to keep pace with the demand; the oxygen concentrator has emerged as sought-after equipment.

Vidya which has been working for the education of the underprivileged and has also initiated various community programs in the past to help and support various social causes has now received help to provide oxygen concentrators to the ones in need. Vidya has taken this great step with the help of the Women's India Association.

Frances Malhotra, the Charity coordinator for Women's India Association of the UK, one of Britain's oldest Asian Charities, said that they have followed the vision of their founder Mrs. Vijaya Laxmi Pandit, and hence came forward to help us in these testing times. Under this initiative, many underprivileged and unsupported families will be provided help which was not able to avail resources due to monetary issues or other problems.

**"We are in the same storm. Not in the same boat."**

This simple line effectively conveys the privilege that many of us hold. The COVID-19 lockdown life isn't exactly 'normal' but those who have the means to sustain themselves, have it relatively easy.

And WIA has shown a very warm gesture by providing our Vidya family this great help in these tough testing times.

# Getting my First Dose of Covid Vaccination

The second wave of Covid-19 has completely shaken India as the situation has deteriorated to a great extent. A new "double mutant variant of Covid-19" is affecting us severely which has made 2021 more dreadful. The panic in hospitals, health centers for beds, oxygen cylinders, concentrators and now even for vaccination has sprawled uncontrollably.



Initially, only those who were above the age of 45 were being vaccinated, but the sudden spike compelled the government to inoculate the entire eligible population, thus, from 1 May 2021 vaccination for those above the age of 18 commenced, across the country. The registrations for the same were unfurled from 28 April 2021.

Currently, the slots are booked a day or two in advance to get vaccinated. However, I must say, it is a tedious job and getting a slot is definitely a masterstroke. Since a lot of people are at home in lockdown and they want to be vaccinated, it's a complete hustle to get your slot in the very first attempt.

# Getting my First Dose of Covid Vaccination



At times, the system stops responding due to multiple concurrent requests and I too faced a lot of difficulty due to the same. We got to know from one health worker that vaccination will be starting from 4 May 2021 in our locality and we need to schedule it as per the availability of timings and medication in the center. Also, the system just opens at night for once and whenever it does, people would try to put every ounce of effort to get their slot booked.

After days of repeated efforts, I could successfully get myself registered for the vaccination along with my family members. I chose the 9 am - 11 am slot and when we actually went to the center, the next day, we had to wait for more than an hour due to the long queue.

While getting the jab, it does not hurt much, however, there are reactions to our immune system a couple of hours later that can last up to 48-72 hours. The staff at the vaccination center asked us to wait for 30 minutes to observe any major reactions. All those who are vaccinated are informed of the possible complications like fever, fatigue, swelling, vomiting, etc. It is advisable to consume only paracetamol in case of major complications and a strict 'no' to painkillers. Those who get inoculated should take complete rest, consume a lot of fluids and citrus fruits to keep their body and immune system in sync with each other in order to develop antibodies.

There have been numerous rumors with regard to vaccination, like, it can be fatal or people who are asthmatic, have undergone cardiological surgery, suffer from hypertension or any other disease should not take it.

# Getting my First Dose of Covid Vaccination

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You might develop some reactive symptoms post-vaccination as the dose is a little heavy for our body but it doesn't have any major side effects. It is highly recommended and suggestive to all those eligible for the inoculation to get themselves vaccinated as soon as possible in order to defeat the novel coronavirus. Vaccination is your sole shield in this battle as we are gradually running towards the third wave which might be more destructive.





# Strategies for staying motivated during the COVID-19 pandemic

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## 1. Set small daily Goals

Setting daily goals can help you to make your day as productive as possible, but be realistic with the goals you set. Setting smaller goals that can help you stay on track.

## 2. Stay motivated in your yoga practice.

Set a timeline every day which you can dedicate to your practice. Pin it onto your calendar. Roll out your mat in the morning as soon as you wake up. Yoga will help you to keep away from anxiety and stay fit.

## 3. Learn a new recipe.

Try to cook a new recipe once a week and after cooking it, enjoy eating with your family. You can experiment with different types of food and beverages.

## 4. Reading a storybook.

Remember how our grandparents told us stories in our childhood. To relive a similar moment, you can read books. Reading helps in calming your mind. It also helps in improving vocabulary.

## 5. Create new things

Instead of sitting idle and getting bored, you can decorate your room or house by making new decorative things. You don't have to buy anything from outside instead, you can use waste materials at home. Watch YouTube for inspiration.

In these tough times, engage in a lot of activities at home that will help you to stay positive and motivated. It's all right if on some days you don't feel like doing anything just binge-watch series/movies and chill. Let's hope for the best. Stay calm and stay healthy.

**Name: Nisha  
Class 12-B**



# Sattvic Food- Towards purity of mind and body

Ever heard of sattvic food or sattvic diet? I bet that most of us have never heard this term in recent times. Let us discuss what sattvic food really is, its origin, and what we could do to make our diet a sattvic diet. further, we'll discuss the pros and cons of the Sattvic diet.

The sattvic diet is a medicinal system that originated in India around 5000 years ago. Have you ever noticed the change in your mood and how you feel after a particular meal? Most of us feel lethargic and sleepy after a heavy meal full of calories, fat and which increases our cholesterol level. But after a good diet full of green veggies and a perfect combo of protein, salt, minerals, vitamins, etc we feel a positive impact on our body as well as our mind.

According to Ayurveda, sattva is the pure quality of spiritual goodness, awareness, virtue, and joy. This type of food promotes purity and calmness to the body as well as to the mind. In particular, a sattvic diet is intended to promote calmness, clarity to the mind and body as well as to make oneself healthier. It is soothing, nurturing in nature, and is a pack of all the essentials needed by the body. One integral point is that it's totally vegetarian and has nothing included that is derived from animals that have been harmed in any way. Another impressive aspect of Sattvic food is that it doesn't contain any preservatives, artificial flavors, or colors.

A sattvic diet consists of things like fresh organic fruit and vegetables, dairy products, beans, dry fruits, pulses, whole grains, etc.

Not only the quality of food is important but the way that it has been cooked also plays a great role in affecting one's body and mind. Sattvic food is cooked with love and affection, it needs a pleasant and calm environment to be cooked in with positive energy. It is also easy to digest and it overall has great positive effects on the mind and the body. Everyone in their lifetime should consider having a sattvic diet for a week, a month, or a whole lifetime. In a time like this with all sorts of negativity and stress, this could be really helpful for one in any possible way.



## Student coping with the pandemic



Now that the building blocks of remote education have been put into place and classroom learning is underway, more and more teachers are turning their attention to the mental health of their students. Due to the Covid-19 pandemic, anxiety levels are rising among the youth. They feel isolated and confused. While social-emotional education has typically taken place in the bricks and mortar of schools, we must now adopt these curriculums for an online setting. There were loads of problems such as how to conduct online classes in which the teachers helped them. Another problem was the connectivity issue due to the poor network. Initially, the students were mentally disturbed for a few months but now they have compromised with the situation and adapted themselves to the online mode of education.

A parent when asked about these online classes gave an approachable answer: "The intense change we are all facing has heightened the levels of stress and anxiety for our children. Inducing well-being activities in online classrooms provides a peaceful space to study. Thus, the students can use adversity to build up their emotional toolkit. In this way, they are given a skill set that has the potential to endure beyond the pandemic and lessons that may stay with them for a long period of time." Research suggests that goals help to combat student boredom and anxiety while having hope builds self-worth and life satisfaction.

One of the students named Rajan of class 12 said that "It's been over a year and now he is comfortable enough with the online classes. He has also learnt new activities, adapted new hobbies and has a new schedule for himself. Saloni, on the other hand, misses her offline classes which she used to attend with her friends. According to her, online meetings with friends are not as effective as their physical meetings. However, she doesn't get demotivated as her family is very supportive.



# Student coping with the pandemic

Himanshi, a class 7 student, is really happy as she doesn't need to wake up early in the morning to attend classes. She finds it convenient to attend classes from her home. The only problem she faced was having a single device at home. Due to one smartphone, it was difficult to manage her clashing classes along with her siblings. Consequently, she hardly could attend all of the classes. The good news is that now she can attend classes without worrying about her sibling because Vidya has provided a smartphone so she doesn't miss her classes anymore.

Finally, Jyoti of class 7 has everything she needs for the online classes but she believes the online mode of education is not the right way to gain knowledge. She has found self-study more effective than the online classes during this pandemic.



# Hope, the only Hope!

Hope is the beacon to lighten up one's dark nights into sunny days. Just like when a person says 'my life doesn't have any meaning' but still somewhere inside him, he is searching for a little spark of hope to change that statement.

For now, in this world wide pandemic, there are tons of people searching for a hope to service a day more, a hope to be a little more happy, a hope to find a way to feel a little warm in the winter. If there are people who are searching for hope then there are also people who are giving them that hope. Let's talk about those wonderful heroes who are constantly trying to do so.

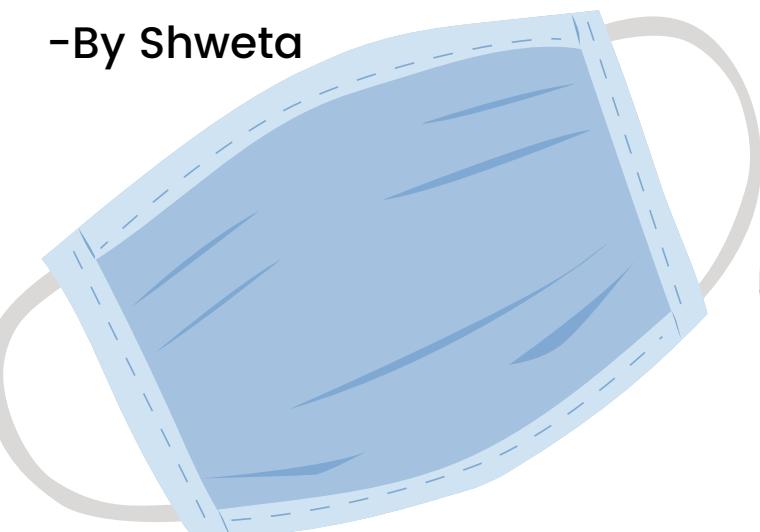
Covid-19 frontline warriors are constantly spreading hope all around the world, by not only donating food and clothes to people who are really in need of them but also telling the world that kindness is still there. We can cut our **WANT** to fulfill someone's **NEED**. We can contribute in many ways to make someone happy.

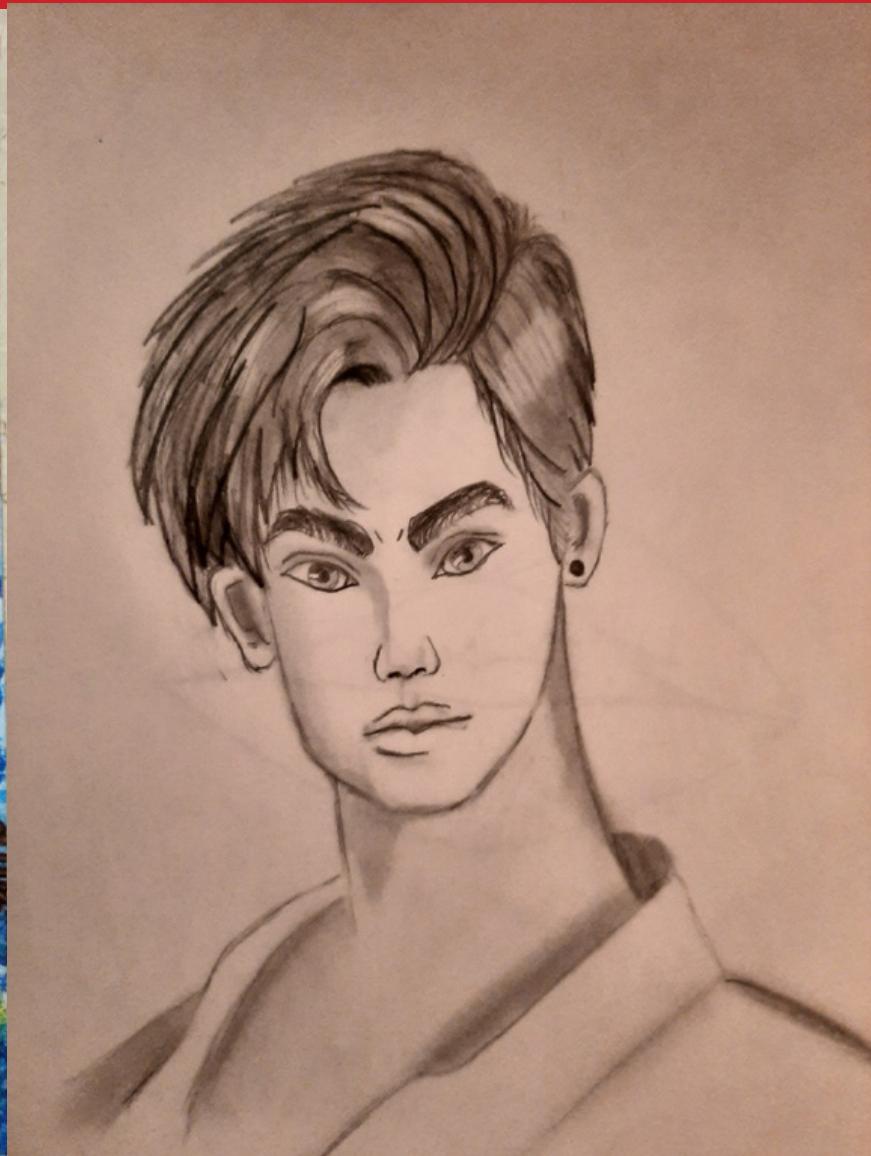
This pandemic is not only affecting you or me alone. It's affecting the whole world at many levels. So let's salute those good Samaritans and we, ourselves for invoking a little hope in people around us.

Take care of yourself and your family and those around you. Be the ray of hope!

**STAY SAFE**

-By Shweta





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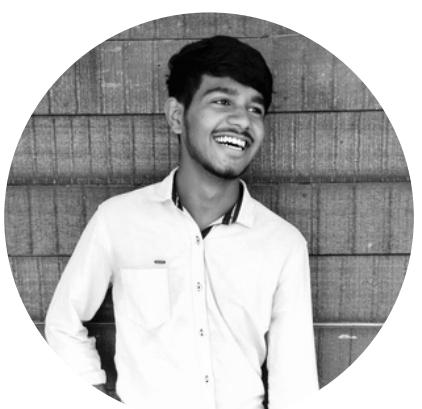
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Vidya Vaani is the alumni-led initiative, which aims to connect Vidya School to the outer world. We put forth this e-newsletter with a desire to allow you a sneak peek into the day to day affairs of the school, thereby also, creating a space for the students to exhibit their talents in terms of artistic or poetic expression.



We welcome you to our seventh edition of the series and hope to keep you engaged. Venga! Board the train to VIDYA Land and let Vidya Vaani echo unsung vignettes of inspiration into your ears.



We would like to hear from you! Share your suggestions/feedback and views with us on [vidyavaaniconnect@gmail.com](mailto:vidyavaaniconnect@gmail.com). Our inbox anticipates your mail.

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