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The Doon School WEEKLY

"I sketch your world exactly as it goes." -Arthur Foot
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35 HOURS

An account of a road trip from Mumbai to Dehradun.

Page 3

A WHIRLWIND EXPERIENCE

A first-hand experience of the cyclone Amphan.

Page 4

कोरोना के पश्चात् दुनिया

महामारी के दीर्घ समय तक रहने वाले प्रभावों का विश्लेषण।

Page 5

First Impact

Dr. (Maj.) Amar Lanka *describes the successful efforts of the Kerala administration in handling COVID-19.*

Within two weeks of our school reopening this term, India had its first three cases of COVID-19, all from Kerala. By February 3, Kerala had issued the first phase of 'state calamity warning' and the state machinery had been set into motion long before the Indian government took notice of the calamity in the making.

Soon, a team of twenty four experts from various fields like epidemiology, community medicine, infectious diseases, paediatrics, drug control and food safety got together to draw a plan to deal with COVID-19. This team had the Health Minister Mrs. Shailaja, also known as Shailaja Teacher, at its helm. A science teacher in a high school before joining politics, she had successfully contained the deadly Nipah virus outbreak in 2018. It was made into a superhit medical thriller film called 'Virus' (viewing suitable for all). The WHO had called Kerala's handling of the Nipah outbreak a "success story".

By January 30, the date when 'patient zero' was confirmed, the team under Shailaja Teacher had begun setting up isolation wards in all medical colleges, general and district hospitals. Doctors and nursing staff were deployed across the state after training. The government also set up twelve testing labs to enable early identification of COVID-19

patients. While the rest of India, along with countries such as the UK and the US, wouldn't take stringent steps to limit movement for another two months, Shailaja Teacher had ordered Kerala's four international airports to start screening passengers in January itself. All those with symptoms were taken to a government facility, where they were tested and isolated; their samples were flown to the National Institute of Virology 700 miles away. Kerala promoted social distancing and the use of masks by the public from January 30 itself, the first state in the country to do so. Schools and colleges were closed on March 10.

So, how did this high school teacher do it? What is there for us to learn to be a true leader and not just a manager?

The key lies in the way Shailaja Teacher handled her responsibilities. She was watchful of what was happening in Wuhan, gather information and be smart enough to predict what was coming. At the same time, she constituted her professionally qualified team and empowered them to think and make coordinated decisions. Her team would analyse data and come up with solutions with a scientific temperament. Her team included public-health experts, doctors, data-entry operators, epidemiologists, and technical assistants. Medical students had



been roped in to handle distress calls to helplines.

Another vital element of Shailaja Teacher's method of action was to empower the people.

The state set up a 250,000-strong volunteer force in just two days on March 26 via an online portal. The volunteers' work included getting standby ambulance drivers, nurses, and paramedical staff to assist the 3,000-strong health workforce. Others were deployed to deliver food packets to the poor or keep surveillance on those under home quarantine. On the ground, the team looked at practical methods for efficient deployment of the medical teams. A three-tier system was put in place, which divided doctors and their teams into three groups, two active and one on standby. No group would work for more than one week and none would come back to work for two weeks after that. The health department provided personal protective equipment (PPE) to all caregivers and paramedical staff and issued guidelines for sample

(Continued on the next page)

35 Hours

Yuvan Kamdar *recounts his road-trip from Mumbai to Dehradun during the lockdown.*

On May 15, my parents and I decided to go to Dehradun from Mumbai by car after receiving permission from the authorities. I was very excited as we would get to experience all the cultural diversity of India, but my parents were slightly sceptical of the trip, as a lot of things could go wrong in the trip during these times. We also would have a great chance of catching COVID-19 if we did this trip. Nevertheless, we still decided to go as Dehradun is much safer than Mumbai at this point in time.

We left at 4:15 PM on Friday. The car was packed with food, pillows, blankets, and some of our belongings. We took all we would need to stay in the car for three days, as we didn't want to get out in cities that might be infected. As I started the journey, I was astonished to see the number of migrant workers going back to their villages. They were all cramped (almost 20 in one tempo!) in the 40° heat. The state of these people was extremely saddening. At around 8 o'clock we decided to stop for dinner, but we had to wait till we found a light source on that dark highway so that we could at least see our food. We finally waited near an old fruit seller who had a single light bulb over his hut and ate our cold *theplas*.

For me to reach in time for classes on Monday, we had to reach Indore that day itself. Indore is around 600 km away from Mumbai, and we had to drive till 2:45 AM to reach there. Once we reached, my dad and I set up our mosquito net tent near the highway, but even then the persistent mega-size mosquitos managed to bite us. By 4 o'clock, we realized that no one was getting any sleep, so we decided to cover some more ground and started driving again. Gwalior was our next stop, and at more than 800 km away, it seemed impossible. By 6 am, both my dad and me were sleepy, so we went to sleep while my mom continued driving. Later, we switched again. By 1 o'clock, we were hungry for lunch, so we stopped near a temple and ate some sandwiches. It was extremely hot and dry with sudden clouds of dust that brushed against our faces. By 4 PM, we were three dusty people who hadn't had a bath for two days.

Since we couldn't sleep and kept driving, we reached Agra much before we expected. Now we were faced with a question: Should we push ourselves for that one day and reach by Saturday night or should we try to sleep and continue the next day? We decided to push ourselves and reached Dehradun by 2:30 at night – and that's how we reached Dehradun from Mumbai in two days over 35 hours.

Overall, I really enjoyed the journey. I have come to

a safer place, and also got to travel across India in the process. I enjoyed experiencing the different kinds of places people live in – all of which were so different from my house in Mumbai. A lot of these places were also where a lot of my friends live, and I enjoyed seeing the different kinds of environments, cultures and areas my friends lived in. I encourage people to visit these places in India after the lockdown gets over. Our country has a lot to offer, and I believe we should experience and learn more about the myriad cultures of India.



| Poetry |

Paper Boat

Udathveer Pasricha

Life is like a small paper boat let out into the ocean,
And is constantly in motion.

Your friends will be the mosquitos and the leaves
And you can wave to your acquaintances the trees.

The ocean will love you
like your parents do
And you will have many adventures to scream
Woo-Hoo!

There will be many obstacles in your way
But you have to carve the path as you go away.

When you reach your final destination,
I hope it is that to your satisfaction.

A Letter to 2020

Sai Arjun

Dear 2020,

My mother told me that I won't be stepping out of the house for the next month and a half. Also, I am not able to listen to songs by my used-to-be-favourite artist. Mum hasn't watched a movie and isn't allowing me to watch one as well, saying that two of her gods had passed away, and left me wondering how did her gods die? Every time I call my aunt in a certain far away land and ask her what she is doing, all she says is that a certain man has gone bonkers and is ruining every citizen's life there. She also says that more people, followers of that mad individual, have an extreme desire to catch "the Virus" and are crowding up on streets.

I also lost my second uncle to this beast called Covid that you have spun, and my mom and dad are just sad. I had no idea who to write to. It seems like you are my last option, so I thought, "Why not?"

Since you seem approachable, I have a couple questions regarding this year. Have you got more surprises up your sleeve? When is 'the Virus' going to leave us in peace? When is that bonkers man going to realise that he is playing with the lives of

people? When can I go out to play with my friends? My football seems to have lost all air in trying to keeping itself healthy! Lastly, when will you stop taking away my favourite celebrities and allow me to watch a movie? These are only a few of my bank of questions. I am obviously not the only one who is writing to you. I told my friends to do so as well! I wonder how these 366 days are going to pass, but looking at the bright side (like my mom always tells me to), there is surely one good thing that happened at my house: my sister stays in her room all day every day, for she has a lot of friends that somehow don't get tired of talking. So there is less screaming and complaining about how school should be *bleeped* and how I act so dumb and stupid sometimes. I can't go to the driveway and post this letter (because mom tells me that the mailman touches the post box every day), so I am going to leave it next to a bigger one when I go to the supermarket. I hope it wasn't much of a trouble reading this letter, and I didn't waste your time, but I would much appreciate it if you answered my queries, or at least made the world normal again.

A Whirlwind Experience

Aradhya Jain describes his experience of the cyclone Amphan that recently struck West Bengal.



It was on Monday when my mother told me about Cyclone Amphan (pronounced um-pun). It was a devastating cyclone that was to strike Kolkata this Wednesday, and strike it did, with all its might. The cyclone had an intensity fluctuating between four and five and being present while it struck was a truly horrifying, yet exciting experience for me.

The cyclone was so powerful that it exerted its influence even before it had achieved its landfall. A tree near the gate of my house was snapped into half even before the cyclone arrived. The wind made ghastly sounds that were truly terrifying. A lot of voltage fluctuation meant that there was heavy lightning in the skies. As time passed by, at seven

o'clock in the evening, the sky turned pitch black, and the whistling of the wind could be heard. The power stations were planning to shut down. Nothing could be heard besides the roaring of the sky, while it rained like cats and dogs. It felt as if the houses themselves would be flooded. My uncle had accidentally left the outer windows of his room open, and they nearly shattered under the force of the severe gale, which occurred when the full force of the cyclone was about to attack our city. When the cyclone finally hit our area, it was raining very heavily, and the wind was raging everywhere. The windows were banging open and close again and again. Six trees near my house were uprooted.

Thankfully, since the lockdown was in place, no one was outside when it struck. I was horrified at the damage that the storm had caused. When the storm finally abated, the streets were completely waterlogged, with knee-deep water, but we took solace in the fact that we had made it through the cyclone. There were still after-effects, such as bursts of wind. I was really astonished that I got to experience such a violent cyclonic storm and survived it as well. Its memories shall be etched in my mind forever.

जीवन का उद्देश्य

कृष्णीत सिंह रात्रा

जीवन का उद्देश्य क्या है? यह प्रश्न आज कल के समय में बहुत प्रचलित है, शायद कोरोना के कारण ज़्यादा खाली समय होने की वजह से ही, परन्तु यह कहा जा सकता है कि यह हर व्यक्ति के मन में कहीं न कहीं मौजूद है।

मुझे इस प्रश्न का बोध अपने मित्र से टेलीफोन पर बात करते हुए हुआ जिसके बाद मैं मानव-जाति के अस्तित्व पर सवाल उठाने लगा। कई घंटों तक अनुसंधान करने पर ही वह समय आया जब मुझे मालूम हुआ कि हमारे इस धरती पर सीमित होने की वजह क्या है। सभी लेख पढ़ कर मैं यह बता सकता था कि जीवन एक बहुत ही रोमांचक खेल की तरह है जिसमें

किसी भी समय पर कुछ भी हो सकता है। देखा जाए तो खेल की तरह जीवन में भी कई योजनाओं की ज़रूरत पड़ती है। इसके साथ ही हम जैसे-जैसे ज़िंदगी में आगे बढ़ते हैं अर्थात् हमारी आयु बढ़ती है, हमारा अनुभव बढ़ता है तथा मनुष्य विकसित होता है तो हम कई अनुभवों के माध्यम से बुद्धि प्राप्त करते हैं। इस जीवन में बिलकुल विपक्षी खिलाड़ियों की तरह ऐसे लोग भी होते हैं जो हमारा सामना करके हमें हार-जीत का अंतर समझाते हैं, कठिनाइयों का सामना करना सिखाते हैं तथा हमारा आत्मबल भी बढ़ाते हैं। कई बार हम इस खेल में पराजित भी होते हैं लेकिन बारम्बार प्रयत्न और अधिकतम अभ्यास हमेशा जीवन को सही दिशा देते हैं। साथ ही इस खेल का एक बहुत ज़रूरी हिस्सा हमारी ज़िंदगी में हमारा साथ दे रहे लोग भी होते हैं जिनके बिना खेल का आगे बढ़ पाना नामुमकिन है।

जीतने के लिए यह भी जानना आवश्यक है कि यह खेल का पासा अंततः केवल हमारे हाथ में है तथा केवल हम ही इसका अंत तय कर सकते हैं। एक लाभदायक अंत के लिए हमें इस जीवन के खेल का आनंद उठाना होगा तथा निरंतर विकसित होते रहना होगा।

देखा जाए तो खेल की तरह
जीवन में भी कई योजनाओं की
ज़रूरत पड़ती है।

कोरोना के पश्चात् दुनिया

देवांक अग्रवाल

कोरोना हमारे दिल और दिमाग की गहराइयों में जाकर बैठ गया है। आने वाले दिन कठिन से कठिनातर दिखाई देते हैं। इस महामारी से छुटकारा पाने के लिए लोग अपनी जान की बाजी लगा बैठे हैं। हर आदमी के दिमाग में सवाल ही सवाल हैं — क्या होगा? क्या सब खत्म हो जाएगा? देश की अर्थव्यवस्था का क्या होगा? क्या दुनिया का रूप बदलने वाला है? क्या वापसी का कोई रास्ता है? जीवन वापस पटरी पर कैसे लाया जायेगा? कुछ ही महीनों में सवालों की पैदावार अभूतपूर्व गति से बढ़ गयी।

यह तय है कि परिवर्तन आने वाले हैं हो सकता है कि उनमें से कुछ अपनी जड़ें हमारी ज़िंदगी में स्थित कर लें। कोरोना के कारण आपूर्ति श्रृंखला, वैश्विक की बजाय स्थानीय होगी। कंपनियों को बाहर से आपूर्ति मंगवाना कुछ समय के लिए बंद करना पड़ेगा। कंपनियों के इस फैसले की वजह से स्थानीय प्रदायकों को फ़ायदा होगा।

अगर प्रदायक अपनी आपूर्ति उच्चतम लागत में भी बेचे तो भी कंपनी नहीं हिचकिचाएंगी और इनसे माल खरीदेंगी।

ऑनलाइन व्यापार के कारण ऐसे लोगों को जो नगदी में लेन-देन पसंद करते हैं, बहुत तकलीफ़ हो रही है। इस वक्त कोई भी बाज़ार जाने का जोखिम नहीं उठाना चाहता। सभी को घर बैठे दैनिक उपयोग का सामान चाहिए। यह स्थिति बदलने वाली नहीं है। डिजिटल मुद्रा का प्रसार होना तय है।

अर्थशास्त्रियों के मुताबिक निवेशक विदेश में अधिक निवेश नहीं करेंगे। विदेश यात्राओं पर पाबंदी के कारण विदेश में

निवेश करके लोग कोई जोखिम नहीं उठाना चाहेंगे इसलिए वे अपने देश में ही निवेश करेंगे। बहुत से लोग अब ऑनलाइन ही काम करेंगे। जो लोग दूरस्थ जगहों में रहते हैं उनके लिए घर से ही काम करना बहुत फ़ायदेमंद साबित होगा।

कोरोना के कारण स्वास्थ्य देखभाल पर ज़्यादा ध्यान दिया जायेगा। अब देशों का स्वास्थ्य-बजट उनके रक्षा-बजट की अपेक्षा अधिक उदारता के साथ बनेगा। स्वास्थ्य के क्षेत्र में निवेश की मात्रा बढ़ेगी। बीमा कंपनियों के लिए अच्छे दिन आने वाले हैं।

अंत में, विश्वास का जो नुकसान हुआ है उसका आकलन कोई नहीं कर सकता। इस विश्वास को वापस आने में और कितना समय लगेगा? कितने समय के बाद लोग अपने परिवार के साथ कहीं छुट्टियों पर जाएंगे? कितना समय लगेगा जब देश अपने दरवाज़े पर्यटकों के लिए खोल देंगे? इन सवालों के जवाब अभी बहुत दूर हैं।



Problem of the Week

The third Monday of January is the holiday commemorating the birthday of Martin Luther King, Jr. The first time Martin Luther King Jr. Day was celebrated was in 1986. Try to solve these problems without using a calendar!

1. How many times has Martin Luther King Jr. Day been celebrated?
2. How many times since 1986 has Martin Luther King Jr. Day actually been celebrated on his birthday, January 15th?
3. What is the probability Martin Luther King Jr.'s actual birth date falls on the third Monday in January?
4. Does a decade exist in which Martin Luther King Jr. Day will not be celebrated at least once on his birthday, January 15th? On which days could Martin Luther King Jr. Day be celebrated throughout this decade?

Source: Mathcounts

What Have You Been Reading During the Lockdown?

The Forest of Enchantments

Author: Chitra Banerjee Divakaruni

This book revolves around the *Ramayana*, but unlike the typical one, which is narrated from the perspective of Rama and through him, a male driven society, it is narrated by Sita. So, unlike the rest of the versions, it includes what her feelings and thoughts may have been while the various events occurred in the epic. Thus, this book offers an escape from the polarisation that other versions of the *Ramayana* offer, taking Rama purely as a dutiful husband and king, and helps understand the role of perspectives in narration, which is extremely relevant to the current time.

- Aditya Saraff

What Have You Been Watching During the Lockdown?

House M.D. (Age Rating: 16+) (TV Show)

Cast: Hugh Laurie, Jesse Spencer, Lisa Edelstein, Robert Sean Leonard

Gregory House is a misanthropic medical genius who treats the most peculiar of illnesses in the most unconventional and outrageous of ways. *House M.D.* traverses the stormy waters of all kinds of emotions and states: misery, love, pain, happiness, trust, and isolation. Incredibly funny, poignant, and ingenious, this show draws in people regardless of their interest in medicine with explorations of universal themes and the spectacular performances by the actors, especially Hugh Laurie as House. You will never see a hospital or a doctor in the same way after you watch *House M.D.*!

- Varen Talwar

“

If we wait until we're ready, we'll be waiting for the rest of our lives.

—
Lemony Snicket

Around the World in 80 Words

The US Senate passed a bill that removes Chinese companies from American Stock Exchanges. Indian Health Minister Harsh Vardhan replaced Dr. Hiroki Nakatani of Japan as the Chairman of the WHO. Global count for COVID-19 crossed five million, while the Indian tally crossed the one lakh mark. Domestic flights will commence from May 25. Football teams returned to training post-precautionary quarantine. South African Cricket Director, Graeme Smith recommended BCCI head, Sourav Ganguly for the post of International Cricket Council Chief.

The views expressed in articles printed are their authors' own and do not necessarily reflect those of the Weekly or its editorial policy.

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