



# LIGHTWORKERS ACADEMY

Uniworld City, Chennai – 600127  
(A school by Uniworld Foundation Trust)  
(Affiliated to CBSE)

## NEWSLETTER MAY 2021

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# FROM THE PRINCIPAL'S DESK



**Dear LWA family,**

**Greetings and hope you are all safe and well.**

**The summer break was well utilised by the students and teachers alike , in completing their creative homework and preparation for the reopening of the session.**

**This newsletter brings some more interesting reading in the form of articles by the students. Relax and enjoy this edition and send in your valuable feedback and contribution.**

**- Ms. Santhi Swaminathan**



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# STUDENTS' ARTICLES

## **THE DETERIORATING QUALITY OF THE INDIAN EDUCATION SYSTEM –**

**Archiddha, Class X**

Is all hope truly lost? It is no secret that every passing day we all hear complaints about the education system of our country from the people we are close to. It may be your friend on how much excess and unnecessary homework you were assigned, or it may even be some parents who complain their wards don't perform well enough as his or her classmate next door. The fact that such experiences account for most of the conversations about the school life of the average Indian student with their parents is something we often joke about. However, what is not given as much attention as such day-to-day scenarios as mentioned earlier is the suicide rate of Indian students.

As fake as it might sound, according to the National Crime Records Bureau (NCRB), 1 Indian student commits suicide every single hour of the day. You readers have probably already guessed the reason for that. Yes, degrading mental health of students and illnesses like depression are indeed to blame. And why are the students depressed? The answer is right there. The narrow-minded Indian society and the Indian education system. Social status is highly prioritized over more meaningful things such as mental health of students and parents alike. It is mentally draining and most students waste precious amounts of energy, effort and time trying to prepare and "mug up" for exams without understanding the basic concept.

Now to answer the question of the title; No, in my opinion, all hope is not lost for the Indian education system and its victims; the students and their parents. Due to the pandemic, the Board exams for the students of class X 2021-21 were cancelled. Are they considered lucky? Probably yes, if you'd ask the current class X. But thinking on a broader scale, could this be taken as a sign of a new period in Indian history for students? Could this result in no more Boards for the upcoming students of class X? This result is ours to interpret and the future is ours to change. Jai Hind!

## **WHY ARE MOST PARENTS OVERPROTECTIVE AND STRICT – Jaini, Class X**

There are times when I worry a lot that my parents are overprotective and they don't give me enough freedom. But on the other hand, parents do everything to keep us protective.

There might be many reasons why parents are strict and overprotective. There are two main reasons why they don't give you enough freedom. The first reason is that they lack enough trust in you. When they don't trust you enough, they restrict your freedom. The second reason is that they just want to keep you safe at any cost.

The only way to gain our freedom back is to make them understand that we are grown enough and we can take good care of ourselves. When they don't trust you enough, the only solution is to go and talk to them and spend quality time with them. communication is very important to maintain any relationship.

When you start realising that they have started to let you free it is very important to maintain their trust. We should understand that their love for us is the reason for their overprotectiveness. When you start understanding your parents and they trust you enough, you will automatically start acquiring your freedom back.

**“Just like plants needs light and space to grow, a child needs love and freedom to unfold “**

# STUDENTS' ARTICLES

## THE SECOND WAVE - A WAVE THAT SHOOK INDIA AND DESTROYED ITS OVERCONFIDENCE – Vivian Osborne, Class X

It's the 5th April, India was recovering from the Covid 19. Vaccines were made and distributed, the number of cases decreased, the lockdown procedures were eased, People were having the faith that India is going back to normal, the despicable virus was dying in the country. Jumping to the present day the situation is different, Covid cases have peaked, Hospitals lacking simple but vital resources like oxygen, deaths of hundreds began and the virus has made a comeback. How can this be? The virus was dying earlier in the last few months, the cases were declining and vaccines were sent to strengthen the people. The reason for its resurgence is pretty simple: it's the carelessness and overconfidence of the government and its citizens.

**The Ignorance:** The basics of social distance are to maintain distance with others so that the virus can be contained. We all know of this rule and have been following this to weaken the virus. If these basic rules were broken what would happen ? chaos and the strengthening of the virus. With this in mind let's see what caused it all.

**The Cost of ignorance:** The ignorance of the society has cost the lives of people. The virus has mutated and spread rapidly among the northern side of India, the spread obviously caused by the gatherings, rallies and festival celebrations. This Virus is different from the last one it weakens the respiratory system therefore for the human to survive oxygen has to be given. But the due to the gatherings the cases were rapidly increasing the hospitals were facing problems as they weren't able to give them the oxygen they need as they were depleted. And due to this 1000s die and are cremated to stop the virus to spread no more.

**What can we do?** Follow the protocols, Give the help you can to others, mainly stay at home and stay safe. The Terror of the Virus will end.

## THE PROS AND CONS OF AI – Dhanesh, Class X

Artificial Intelligence popularly known as AI could be thought of as a simulation of the human brain. AI systems possess traits of the human brain such as problem-solving, learning from mistakes, etc. AI has major applications in various important fields such as healthcare, financial investments and accounting, automobile industry, agriculture, navigation, geography, disaster management, etc. As all technological innovations, AI too has both pros and cons.

The pros are:

- Persistence in repetitive jobs and very low human error
- Available at all time and Reduces risks in difficult situations

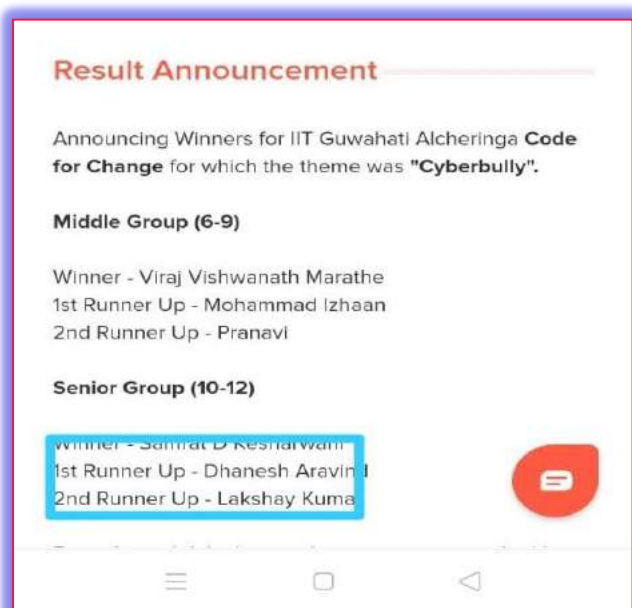
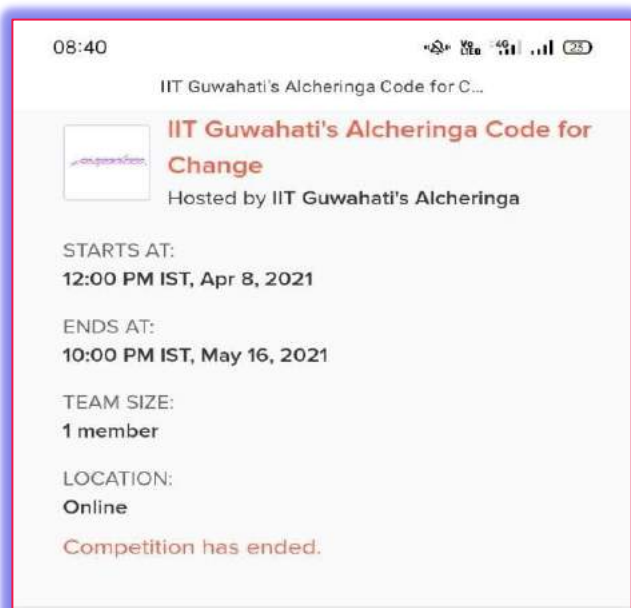
The Cons are:

- High cost of development and Lack of actual creativity
- Lack of emotions
- Killing of job employment

When proper ethics and rules are set to an AI system, the problem of the same falling in wrong hands could be prevented. In conclusion, even though AI has advantages as well as disadvantages, AI systems are extremely useful and will definitely help us to build a better world.

# ONLINE APP MAKING COMPETITION

**DHANESH ARAVIND – CLASS X**



Dhanesh Aravind of Class X participated in App making competition conducted by IIT Guwahati and secured second place in the competition.

## PREPARATION FOR NEET & JEE

Students from class VIII – XII participated in the session conducted by Wisdom Academy which showed the paths for how to prepare for NEET and JEE Exams. Students were taken through the demo sessions for the subjects, Physics and Chemistry. The session was useful for students for planning and preparation for NEET and JEE exams





# STUDENTS' ARTICLES

## PRATEESH – CLASS V



ஞாயிறு ஞாயிற்றுக்கிழமையில் பிறக்க மறுக்கிறதா? நீர்நிலைகளை ஆவியாக்கி உயிர் காக்கும் மழையைத் தர வானம் மறுக்கிறதா? மண்ணைத் தேடி வந்த மழைநீரை கோடி உயிர்கள் பெறுவதை மண்ணுலகம் மறுக்கிறதா? மழை மூலம் உயிர் பெற்ற விதைகள் மரங்களாகி கனிகளைத் தர மரம் மறுக்கிறதா? தாவரங்கள் பறவைகளுக்கு உறைவிடம்தர மறுக்கிறதா? நீ மட்டும் ஏன் தர மறுக்கிறாய் உம் குலம் காத்த எந்தன் குலம் காக்க நீ மறந்தாயே! பரம்பரையாய் நீங்கள் சுவாசித்த பிராணவாயுவை தலைமுறைக்கு தர மறுக்கிறாயே! நீரால் சூழப்பட்ட உலகை நீரோட்டத்தோடு தர மறுக்கிறாயே! அன்னம் இன்றி ஆவியேது நிலமின்றி உணவேது விளைச்சலுக்கான நிலம் தர மறுக்கிறாயே! நிலையில்லா உலகில் நிலையற்ற செல்வம் அளிக்க விரும்பும் என் பாட்டன் பூட்டனாரே உந்தன் தலை காத்த இயற்கையைப் பேணி தாருங்கள் எமக்கு....

Learning a subject in an fun and creative way helps the children to understand the concept in an easy way. Using the different geometrical shapes like square, triangle, circle, etc., the children can come up with their wonderful drawings. Enjoy this summer by different fun way of learning. STAY HOME STAY SAFE LEARN HAPPILY

## SARVESH – CLASS II



## HASVESH – CLASS VIII



## DEV - CLASS : III



# STUDENTS' ARTICLES

## SAILING THROUGH THE PANDEMIC - M.Muhammad Shaariq Class VI A

For decades, scientists chased the source of a new Virus through biggest mountains and most isolated caverns. They finally found it here: in the bats of Shitou cave. This new virus was the Corona virus that caused an epidemic of severe acute respiratory syndrome, or SARS, in 2003.

**Know the facts about Corona:** Corona viruses are groups of viruses covered in little protein spikes that looks like a crown or corona in Latin. There are hundreds of known Corona viruses. Seven of them infect humans, and can cause diseases. The coronavirus SARS Cov causes SARS, MERS Cov causes MERS and SARS Cov-2 causes the disease COVID-19. Of the seven human Corona viruses, four cause cold, mild/highly contagious infections of the nose and throat. Two infect the lungs and cause much more severe illnesses. The seventh, which causes COVID-19, has features of each: it spreads easily, but can severely impact the lungs.

**Stranded in Pandemic:** When an infected person coughs, droplets containing the virus spray out. The virus can infect a new person when the droplets enter their nose or mouth. Corona Viruses transmit best in enclosed spaces like malls, restaurants, public transports, schools, offices etc, where people are close together. A single infected person can infect many healthy persons, whoever comes in contact with them and the infection exploded like chain reaction resulting in Pandemic

**Tools to fight Pandemic:** As soon as the chain of transmission is identified, World Health organisation recommended to wear masks to prevent the spread of COVID 19. Social distancing became norm with many countries going into series of lockdowns to break the chain and reduce infections. Personal hygiene like washing hands frequently for 20 seconds with soap, using sanitiser, disinfecting the surfaces, washing fruits and vegetables thoroughly are widely followed precautionary measures.

**Fight of the Frontline warriors:** Many doctors, nurses and health care workers lost their life, treating COVID 19 patients. They are the real heroes, who are fighting the invisible enemy – the virus every day with sheer dedication to help the humanity. The scientists all over the world, were engaged in creating vaccines against COVID and made a major breakthrough within a year. Persons older than 18 are getting vaccinated globally, as these vaccines are safe, effective and reduce the risk of severe illness.

**Waves of Pandemic:** In India, the first wave of Pandemic started in early 2020, and peaked off in September 2020. Six months later, we are in wave 2 expecting to reach the peak by end of May. The second wave is more dangerous, than the first wave, infecting many with severe symptoms like breathlessness, requiring hospitalisation. The health care facilities are maxed out with shortage of oxygen supplies and vital medicines. The prediction of wave 3 which would cause more infection in kids is more alarming!

**Stay Home! Stay Safe:** The advancement in science and technology, helped us study the virus in detail and create vaccines and formulate medical treatments. We all know the fact 'Prevention is better than cure' and we have been fighting the virus relentlessly over a year. When going out for essential things, follow double masking (combination of Surgical masks/cloth masks/N95) to reduce the probability of getting infected. Take immunity building diet and supplements. If infected, please self-isolate at home, take healthy diet, Monitor the Oxygen saturation level periodically and contact the doctors, in case of any complications. The most important step to recovery is staying positive and courageous.

**Conclusion:** The world has seen many pandemics and wars. Human beings are more resilient, and we resumed back every single time. Together, by following safety protocols, we can break the chain and end the pandemic. Make informed decision on vaccination. Always remember, in this pandemic, no one is safe until everyone is safe!! So, Stay Home!! Stay safe!!



# STUDENTS' ARTICLES

## PROJECT HMM: HEAL MANKIND AND MOTHER NATURE - J Smitha

**Class - VI**

On this happy Earth, unexpectedly, all of a sudden, the COVID 19 outbreak had turned every individual's life completely upside down. Despite such an evil outbreak, the people of the world managed to fight against COVID 19 successfully. But the struggle is not yet over. We, the people of this beautiful Earth, have the duty of guarding ourselves and help our Mother Earth recover soon. This is surely possible if we follow few simple steps together.

**WEAR MASK:** Always wear mask where ever you go, never mind how far the distance is. Use a double layered mask or N95 mask for the highest levels of protection by preventing respiratory droplets from traveling into the air. Do not reuse the same masks again

**MAINTAIN SOCIAL DISTANCE:** Maintain a social distance of at least six feet to avoid direct contact and transmission of the virus. Avoid gathering in public place unwantedly.

**SANITIZE REGULARLY:** Use alcohol-based sanitizers frequently whenever necessary. Also try wearing gloves for further protection. After gathering back from crowded places, try sanitizing your house.

**DO NOT TRUST MYTHS:** There are many random myths that spread everywhere on the internet about COVID 19 like hydroxychloroquine prevents illness or death from COVID-19. Do not blindly believe all the myths before cross checking in some of the trust worthy sources like <https://www.who.int/> etc.

**GET VACCINATED IF YOU ARE ELIGIBLE:** There is a common misconception among our population that vaccines injected for COVID 19 are harmful. But real studies show that people satisfying all the necessary conditions to get injected are really healthy. Confirm with your doctor whether you are fit enough to get vaccinated. Also do not underestimate the toxicity of the pandemic. Do wear masks, sanitize regularly and maintain social distance.

**EAT HEALTHY:** Try sticking to a healthy food style which boosts the level of immunity.

**EXERCISE REGULARLY:** Exercising and practicing Yoga and meditation will not only keeps you healthy and virus resistant but will also help you stay out of boredom and depression in this unexpected situation. Let us all take part individually with full hearts to outbreak this pandemic and let us all make

**Project HMM MANPOSSIBLE.**

## UNITY IN DIVERSITY - ADVITHA **Class - VI**

We Indians are known for "Unity in Diversity". Our history has proved our unity in several occasions like freedom fighting and during natural disasters such as Chennai Floods, Gujarat Earthquake, Kerala Floods. As we have proved our unity in several challenging times, this is the moment for us to prove our discipline with unity. We are guided enough with "do's and don'ts" of this Covid pandemic, let us simply follow it. Come on, let us unite to demonstrate our self-discipline, this time. Even though it is redundant, I would like to emphasize basic protective measurements to stay away from the global enemy CORONA:

- Wear face masks
- Social distancing
- Sanetize regularly
- Inhale streams and Goggle salt water regularly
- Get vaccinated

Yes, Let us reserve a place in history for **unity with discipline**.

# STUDENTS' ARTICLES

## LIFE LESSONS FROM THE PANDEMIC - J Haniska **Class - VII**

All of a sudden, unfortunately, unexpectedly, back in 2019, the COVID-19 pandemic has turned our lives upside down and changed our lifestyle from the basic offline to a new online mode. Every part of the world has been affected, and lives of many families have been impacted. Our life has been abnormally disturbed leading to unemployment, loss of many profitable industries and have got many people into depression. Despite that, perhaps there are some life lessons to take away from this pandemic.

**1) This world is interconnected:** We often separate the people of world on the basis of their country but within a few months of the virus first being identified firstly in China, the virus spread to nearly every country, and a global pandemic was declared. Despite the differences and distance between places, we are battling the same virus and having the same struggles. This lets us understand that, we are interconnected inside a small piece of universe.

**2) Humans are adaptive, and life is more flexible than we think:** The pandemic has been a time of extraordinary change, and we have had to rapidly change and adapt to the unfortunate situation. Many individuals have lost jobs and have been forced to find creative ways to pay the bills. Many others began working from home. Schools turned online with virtual learning. Many physicians started offering telemedicine. This pandemic has been in complete agreement with just how resilient we are as humans and our ability to be flexible and creative in the face of uncertainty.

**3) There is goodness and humanity, even in the darkness:** At the start of the pandemic, there was a shortage of personal protective equipment (PPE) among hospitals and health care facilities, and many health care workers were reusing the same disposable mask for days or weeks at a time. Immediately, community members gathered together to procure masks, 3D print face shields, and hand sew masks and scrub caps for health care workers. Restaurants were donating food to hospital workers and first responders. These acts of kindness and appreciation from the community have helped keep me and many of my fellow health care workers going, working day after day during this pandemic.

**4) Life is precious. Be grateful for what we have:** This pandemic has made all of us re-evaluate our life and assess our priorities and served as a reminder of how precious life is and to appreciate the small things in life.

**5) Cleanliness is a must habit:** We people have the tendency to follow few healthier habits only if we learn the impact of not following it in the shortest time period. Despite pollution, we have never used face masks or sanitizers, even when we know that pollution is a slow poison. But just by knowing that masks and sanitizers can reduce the effect of spreading of COVID 19, almost all the people started owning masks and sanitizers as a necessary stuff. This human mentality must get changed. Cleanliness always matters.

# STUDENTS' ARTICLES

## HEALING MOTHER NATURE – Sahana Class - VIII

The deadly COVID-19 also known as the coronavirus is as strong as the tremendous storm afflicting people's lives universally because the virus does not respect borders. Many citizens have lost their loved ones and their livelihood. The wishes and the hopes of the folks were like the salt in the water. Imppecunious children are losing their education whereas the rich bantlings are attending online classes. The frontline workers are risking their lives to save others. It all materialize only because of the anthropogenic activities like polluting the earth, as a repercussion mother nature is galled and thus is teaching a lesson to us, but never forget that nothing is impossible in this world. Here are some ways through which we can heal the mother nature's wound:

1. Prevent Deforestation.
2. Practice Afforestation, by doing this we get our air purified which is directly related to the curtailment of germs in the air.
3. Step forward for cleanups in the society.
4. Do not use chemical fertilizers to make a sapling flourish.
5. Educate. When you further enlighten yourselves, you can help others understand the importance of mother nature.
6. Conserve water
7. Don't practice hunting of birds and animals
8. Don't pollute the water bodies

It takes time to heal mother nature because the effect is not so small. Until then act in accordance with the government, be healthy and don't panic as everything is in our hands. Last but not the least because COVID-19 is our storm we must wait for the rainbow to occur!

## COVID-19 - V.Riya Class VI A

Covid-19, or corona virus disease, is a fatal disease that originated in 2019. It has been killing millions and millions of people since then. Billions got affected and millions died. It has been a very tiring and unlucky situation for all of us. The world has never faced such a deadly calamity for a long time now. Almost all of us have been stuck in our homes for most of the time. There has been many lockdowns and we had to stop going out to theatres, parks, zoos and etc. We the children had to attend classes online and have lost the fun of going to school and spending time with friends.

Unfortunately, the attack of this virus is getting very strong again. It seems this pandemic will never get over. We all must try our best to content its spread. So, we must venture out only if it is absolutely necessary, wear a proper mask and a pair of gloves whenever necessary, sanitize our hands frequently and maintain social distance.

It is important to be careful about our physical and mental health during this tough time. For our physical well-being, we must eat a lot of fruits and vegetables, exercise regularly and get sufficient sleep. For our mental well-being (which is known to also affect our physical fitness), we must just take all precautionary measures and avoid simply getting scared of the infection and other negative emotions.

I think we the humanity must fight this menace as a family. We must educate each other and help out each other whenever and wherever necessary. This seems to be the only and also ethical way to get rid of the virus. Let us all unite and save ourselves and all the children of Mother Nature.



# STUDENTS' ARTICLES

## CORONA VIRUS - Aharshi Bera Class: VI B

**What is virus?** Viruses are tiny germs that are smaller than anything we can see with our naked eye or even with a standard microscope. The virus cannot do anything on his or her own. They have to enter another living cell - called a host cell – where they can grow and make more of themselves. Many of the diseases in human being, for example, common flu, chickenpox and smallpox, polio, hepatitis etc. are caused by virus infection.

**What is the SARS-COV-2 or Corona Virus?** Presently a new kind of virus is spreading all over the world causing a pandemic. It is named SARS-COV-2 or commonly called Corona virus. It belongs to a group of virus called corona virus. In Latin, "Corona" means "crown". The virus has something called "spike proteins" that surrounds the virus like a crown (see the figure below). Hence it is named Corona virus.

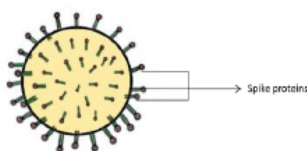


Figure of Corona virus showing spike proteins

**Where did the virus come from?** The Corona virus was first reported in December 2019 from the city of Wuhan in China where many people showed symptoms of Pneumonia and flu. But this flu was highly dangerous and deadlier than common flu. Initially, scientists observed that the virus originated from the live animal markets and spread rapidly to other public places with a lot

of crowding. Within a month, the virus spread in many parts of China and then to the whole world.

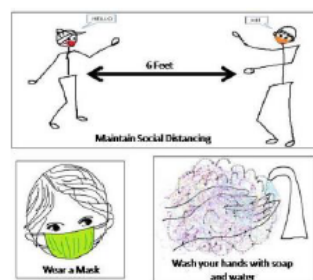
**How does the Corona Virus affect us?** The SARS-COV-2 virus causes a disease known as Covid-19. It makes people sick by badly affecting the cells in their lungs. If too many viruses are gathered in the lungs, it causes difficulty in breathing. They may also have sore throat, develop cough and/or run a high fever. The other symptoms of COVID-19 include tiredness and body pain, headache, a loss of taste or smell. Often diarrhea or conjunctivitis is also seen in Covid-19 patients. The disease becomes serious in elderly people as they might often have other health related problems like diabetes, high blood pressure, or heart diseases.

**How does this virus spread?** The virus spread through the droplets produced when an infected person coughs, sneezes or talks. Droplets carrying the virus can directly fall on the nose, mouth or other facial parts of another healthy person. The droplets can also land on surfaces like chair, table, doorknobs, etc., from where they can infect others.

**How can we protect ourselves from Corona Virus?** We can protect ourselves from the virus by stopping those virus-filled droplets from reaching us. This can be done by —

- Wearing a mask while going outside and making sure that our nose and mouth remain covered.
- While outside we should maintain social distance of 6 feet. We should keep a minimum distance of 6 feet because that is the maximum range the droplet can travel.
- Keeping our hand clean by washing it frequently with soap and water. We have to keep in mind that we have to wash it for 20 seconds and wash between the fingers and under the nails.
- We should also use sanitizer frequently.
- Staying indoors and only going outdoors when really needed to.

**Conclusion:** We have to be very careful about this virus because we do not have any medicine against it yet. Scientists are working very hard to create a medicine for it. As we all know that prevention is better than cure, we have to follow all the safety guidelines to protect us as well as others from this disease.



Safety measures to be followed during Covid-19 pandemic



*believe.  
achieve.  
succeed.*



*Thank You*

