# KEEKSLI AN ODE TO INNOCENCE

■ Volume 6 No.06 RNI No. HPBIL / 2015 / 70521

No.of Pages.- 8 Shimla, June, 2020 Price Rs. 15.00

# Online Teaching is Not the Panacea

The Covid-19 pandemic has hastened the adoption of ICT in teaching. For a long time experts and pseudo-experts had been debating the potential of replacing the teacher and the classroom with various distance-education modes. From the use of printed reading material and radio to the modern MOOCs and e-resources, the technophiles had smacked their lips at the prospect of successfully labeling the "incompetent" teachers as redundant. Thank you Pandemic, for exposing the greatest fallacy to have plagued education planning for the longest time.

Karnataka made headlines for banning online classes for primary school students. There's a raging debate all over the world for limiting screen time for students over concerns of physical and mental health, security issues due to prolonged exposure over the Internet, social isolation issues, etc. But most of all, the pandemic has forced a reality check of the real effectiveness of the means and methods. I find it falling short. Very short!

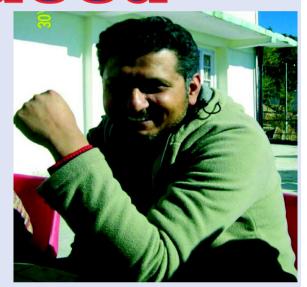
My personal experience with online teaching threw up some exciting and other grave experiences in engaging with a small class of 30 post graduates pursuing a professional degree programme.

Connectivity and access: Bandwidth and

connectivity was a major setback. Irrespective of the location of the student, a city in Himachal Pradesh, national capital Delhi or a mofussil village, every student found it hard to connect to the online meeting link, or kept dropping in and out of the meeting due to loss of signal. Bandwidth prevented most students from connecting with video or sharing a screen for presentation. The problem occurred irrespective of the type of connection fiber-optics high speed internet, 4G or 3G connectivity. At least one student in a remote village in Chamba could not attend even a single session for lack of mobile signal or fixed-line Internet connection.

Mobile devices fall short: Most of my students attended online sessions with their mobiles. The small screen is not only inapt but also makes it hard to follow on-screen presentations. Reading long texts on the mobile screen or typing out an assignment without a dedicated keyboard definitely calls for either a desktop, or laptop or a tab with a Bluetooth keyboard. Not many of my students can afford it.

How many gadgets?: With at least one work-fromhome parent and two kids in learn-at-home mode, how many screens, keyboards, headsets, webcams, computer tables and chairs would a family need to buy?



DR. VIKAS DOGRA, PROF., DEPT. OF JOURNALISM, HPU, SHIMLA

How many software and anti-virus licenses? How many rooms would each household need? And, power back-up? How much would they need to pay for all

Continued on page -4

## E-Learning: Avoid Eye Stress While Learning

Ritanjali Sharma, Associate Editor - With the shift of traditional teaching methods to electronic learning due to COVID-19, many students and parents have complained about the eyesight problems in other words called Computer Vision Syndrome, also referred to as Digital Eye Strain. It describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use.

We've all experienced tired, dry eyes, blurry vision, headaches or neck aches that is the result of continuous use electronics. This digital eye strain can affect everyone who uses not just computers but also TVs, smartphones, tablets, gaming systems, and many other such devices. The problem for virtual studies is that students may

spend more time using computers during study hours as compared to physically attending schools, so they're more likely to experience digital eye strain.

Today when students are depending on elearning, one cannot shift the onus on schools as children are not spending their entire time on the computer, they have time to read, do learning activities, take breaks, and get involved in extracurricular activities too. There are also a lot of ways you can help your child avoid digital eye strain in the long run.

### Create an Eye-Friendly Virtual Classroom

One should keep the room's lighting dimmer than the computer screen to reduce glare and make it easier for your eyes to see the screen. You can also turn down the brightness and turn up the contrast of the screen settings.

The distance between the screen and child's

Continued on page -4

### UNLOCKED - Historical Tales in Verse

A book for children and grownups that was released on 25 May in the form of an Ebook on the Blogchatter platform during an online Book Carnival. The poetry book penned by Sonia Dogra brings forth some rare historical stories from all over the World. In a flash of a moment you travel from Germany to Mongolia and from Africa to India. The blurb of the book gives a perfect sneak peek into what to expect. It reads as follows,

### "Is history your Waterloo? No more!

The anthem 'History is Boring' is now passé. They cheated you long enough with that, didn't they?

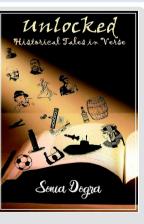
Here is a collection of historical tales about rebellious dancers and whiskeys; mysterious burials and missing keys; lost medals and quarantines and all you could only imagine to be.

Presenting twenty-five delectable stories from the past that you may never have heard of before.

What's more? They are sassy and classy; easy and breezy; terse and very much in verse!"

The book is available for free download all of May and June on the link given below: <a href="https://www.theblogchatter.com/download/unlocked-by-sonia-dogra/">https://www.theblogchatter.com/download/unlocked-by-sonia-dogra/</a>

You wouldn't want to miss this one, isn't it!



### **The Buried Lover**

The little bird had flown Away from the nest The mother bird knew That it was for his best.

We definitely felt sad But we knew the reality however That we can't save him From the wild for forever.

We can't give him food For his whole life He has to learn to save himself From the hunterÓs knife.

It was his first time To fly in the open alone He was afraid indeed As care was all he had known.

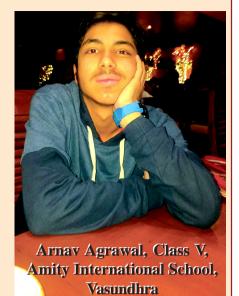
But now he will grow As he will be the prey And the predator won't think Before dragging him to his plate.

Now he will become strong When he'll fight for his food He has to learn to live A life which isn't smooth.

I think it's accurate When you say that "You grow when you're vulnerable But you refuse to sit back."

Before he had flown out His life was easy But now it had become tough Enough to make him dizzy.

He unlocked the potential That he never knew



This potential lies in everyone Even me and you.

My child I want to be there But I am sorry to say bye If i want you to grow I'll have to let you fly

I will be there To catch you if you fall But I will catch you only If you can't fly at all

You have to leave the nest And fly to face your fear You have to choose wisely Who'll be your enemy and who'll be your dear

You've only smiled Now you must learn to cry Learn how to stand up So that, you can again fly

### An Abyssmal Nightmare

Last night when I was sleeping, I had this weirdest dream, It was about a place like nothing, I had ever seen, All I could see were tall buildings, and bright and blinding lights But not a sign of Nature, not a single tree in sight. I was taken aback to see robots everywhere, On the street, in the stores and even in the air! Further on I wandered, and then soon I realised, That everything in this town was totally digitalized! Everything out there on technology was run, You press a button and presto, any job for you is done! Everything was so advanced, nothing was going slack, But still somehow I felt that there was something this place lacked. No children could be seen around, playing their little games, No people greeting each other, calling out their names. They were all simply too busy, to stop or talk or play, And just passed by each other, and hastened on their way. Not a trace of laughter on the face of any child, Everyone looked so rushed and tired, no one even smiled. Though that place was modern and obviously very smart, I think that it lacked something. It lacked a human heart.

Ishani Ghosh, Class IX LCTH, Shimla

### हाशिए पर खड़ा आदमी

हाशिए पर खडा आदमी, धूप में झुलस जाता है मुक होकर, क्योंकि यह सूरज के खिलाफ विद्रोह करना नहीं जानता. यह हवा के खिलाफ. बगावत नहीं करना चाहता, क्योंकि इसे हवा का न तो रुख भांपना आता है, और न ही हवा के साथ-साथ चलना. हाशिए पर खड़ा आदमी, इतना भोला है कि, आज भी बरसने और गरजने वाले बादलों में. फर्क नहीं कर पाता और हर बार ठगा जाता है. यह इतना निहत्था है कि इससे, सभी हथियार छीन लिए गए हैं, ताकि यह कभी सत्ता के खिलाफ. विद्रोह न कर सके,

प्रलोभनों की प्रवंचना और यथार्थ की इबारत के बीच. खिंची महीन रेखा इसे. न तो पढ़नी आती है और न ही बांचनी, इसलिए हर बार इसके हिस्से, भूख लिख दी जाती है, हर चऋ्रव्यूह इसके आसपास ही रचा जाता है, और हर बार बड़े-बड़े बैनरों नारों के बीच. इसका ही बध हो जाता है. यह न आंकड़ों का गणित जानता है, न ही भाषणों की प्रवंचना. और हर बार इसी वजह से. नारों की बयार में बह जाता है, सिदयों से यही सब नियति रही है, हाशिये पर खडे आदमी की ।

अशोक दर्द

### माँ को नमन

नमन माँ के जज़्बे को जो मासूम धडकन बचाए रखना चाहती है उस नरिपशाची सोच से जो है आतुर सांसों को घोंट गटर में फैंकने को।

नमन माँ की ममता को जो शहादत पर बेटे की देती है सलामी रोक लेती है सैलाब आसओं कादेशहित में करती कुर्बान ममता की छाँव।

नमन माँ के फर्ज को जो इस कोरोना काल में रोज़ ओड़कर लिबास सफेद, खाकी, केसरिया जंग को हरदम तैयार माँ भारती को बचाने।

नमन माँ के हौसले को जो उठाती है झाडू, कभी बीनती कचरा प्रकृति का संगीत बचाने अंगारों भरी अंगीठी पर खींच लाती है बादल।



नमन माँ की उम्मीद को जो सहती है हर तिपश भींच लेती है मुद्री में, ट्रकडा रोटी का जुटाती है नई सुबह की किरण मगर रोंदे जाते हैं उसके सपने काले आसमान तले।

नमन हर माँ के जीवन संघर्ष को जो क्षितिज में लीन होने से पहले बो देती हैं बीज मुल्यों के गहरे भीतर ताकि बचा रहे अहसास बने हर बेटी सशक्त।

उमा ठाकुर, शिमला

सबसे प्यारे सुपर कूल मेरे रोज सुबह हम सैर पर जाते,

खेल खेल में होमवर्क कराते, छोटी सी खरोंच आने पर, वह डर बहुत हैं जाते, हर जा़्दि मेरी पूरी करके, ढेरों खिलोने है दिलाते, डांट में उनकी छुपा होता है प्यार, सही गलत में फर्क, करना भी है सिखाते. मुझे पढ़ता, बढ़ता देख, खुश वह बहुत हो जाते, उनके सारे सपने मुझ पर, आकर रूक जाते. बनो जीवन में अच्छा इंसान, यही सीख रोज़ सिखलाते, मेरे पापा सबसे प्यारे, सुपरमैन, सुपर कूल।

आयुष ठाकुर शिमला

### **Mistakes**

Just This morning I willingly broke a pencil And I also might have broken someones trust The only difference is that I broke the pencil willingly And trust I swear i did not.

And just yesterday I accidentally tore

the page of my favourite book

And I accidentally tore the threads of the friendship

That's worth more than you think.

Yeah, I indded am not sure how I manage to get Done with the most amazing things of my life

How I just cannot see people without my own

Second guessing

Yes, i just donÓt like it

I donÓt actually like that, I am just a little speck of Stardust in someone's life, when they actually

Mean the gala&y to me.

How Ironic that some things, some relations just break

Without a notice

Without a goodbye

And I donÓt even know my mistakes.

Tanishq Praksh

## **COVID-19: Is there something more behind** the large number of Asymptomatic Cases?

With a test accuracy rate of 99%, in Indian context with presumed prevalence of 1%, 50% of people who clinically test positive for COVID-19 are actually not infected.

The State of Punjab, in India has about 2000 reported cases with less than 100 patients exhibiting symptoms, with 32 reported deaths. Everyone agrees that testing for the viral infection is critical towards the early detection of cases as well as surveillance. The state health authorities have been proactive in tracking contacts of confirmed cases and testing them and hence the numbers of those who tested positive have increased significantly by mid-May.

Literature on COVID-19 suggests that the number of asymptomatic cases are generally high but could it be as high as 95%? In response to my last blog on testing "India - Who should be tested for COVID -19?" a medical professional raised a question about the reliability of testing that made me uncomfortable and prodded me to explore the subject.

### How reliable is the testing when it comes to finding positive cases?

It is a difficult question. I am informed that the testing outcomes depend upon what specimen is tested and at what stage of infection. According to the medical experts, in clinical settings, we get varying percentage of true positives by RT-PCR test, depending on if the test sample is oral, nasal, bronchial lavage etc. If you are tested positive, but actually you do not have the disease, this is called false positive.

If we assume a test accuracy rate of 99%, in Indian context with prevalence 1% (1 out of 100 people are infected), 50% of people who clinically test positive for COVID-19 are actually not infected. We can verify this by applying Bayes' theorem for probability analysis or simple arithmetic.

### I test positive, but am I infected?

Suppose 10,000 people are there in the population. As per the prevalence rate of 1%, 100 would have the disease and 9,900 would be disease free. However, due to the testing error of 1%, out of 9,900 uninfected persons, we will have 99 false positives whereas from actual 100 infected persons only 99 will test positives.

So out of 10,000 people 198(99+99) will test positive out of which 99 are false positive. The probability of false positive out of those tested positive, comes out to 99/198 (50%). Isn't it horrifying to note that 50% of people who clinically test positive for COVID-19 are actually not infected?

### You test negative, are you free of infection?

The inaccuracies of testing let some of the infected persons escape into the susceptible populations statistically known as false negatives. In the above cited scenario taken with testing accuracy as high as 99%, some infections will be missed out irrespective of their symptoms. This can have dire consequences in epidemic control.

### Implications of false positive cases

The more populations we test, higher number of false positive cases we get, whom we tend to treat as asymptomatic. Many of those infected may also remain asymptomatic but then these false positive people when put in COVID isolation wards along with the infected asymptomatic cases have higher chances of contracting the disease. Besides the social stigma and loss of livelihood, it is indeed traumatic for a person to be incarcerated without a proper trial.

Another repercussion would be that false positives after completing their isolation period of 14-17 days might become off guard believing themselves having developed immunity and put their own lives in danger. They might also believe that the disease is innocuous and may spread the same message to the society at large causing people to disregard the rules of social distancing and personal hygiene.

The obvious question in such a scenario is, who should be tested? Should we randomly conduct tests? Shouldn't we restrict testing only to vulnerable populations?

### Re-visiting the testing strategy

To reduce the false negatives, it seems obvious that we need to re-test the 198 people who tested positive

in a population of 10,000. In this pool 50% (99) of the people are infected and 99 are disease free. Since the error is 1%; out of 99 negative

Khushi Sharma, Class XI, Carmel Convent School, Chandigarh

cases we will have 1 false positive whereas from actual 99 positives only 98 will test positive. So out of 198 people tested, 99 will test positive, out of which only 1 will be false positives. So probability of false positives out of those tested positive =1/99 (1% approximately). Hence the total tests required for 10,000 people to have less than 1% false positives is 10198(10000+198). With 2% more tests we can bring down the probability of false positives to 1% from the earlier 50%.

It is pertinent to remember that the more we try to reduce the percentage of false positives, we miss out the true infections. In the above mentioned example, in every iteration, additional 1% of those infected become false negatives. However, in most of the medical diagnostic tests, the probability of false negatives is much higher than the false positives. So if we take the probability of false negatives to be 10%. In this sample size of 10,000 people, out of the 100 true infections, we only captured 81, missing out 19 infections over two rounds of testing. There is a trade-off between false positives and false negatives, and it depends on the purpose for which a test is used.

Therefore, those with positive results in the first round of testing and showing no symptoms should be segregated at their homes and not brought to common health care places.

### Concluding Thoughts

Ideally, we would like to have a test with zero false negative and zero false positive. Biology uses lot of mathematics and statistics to 'appear' to be as exact science like mathematics but then this is a life science. Life entails possibilities and uncertainties. We need to decide balancing risks and benefits in any given

## Virtual Classrooms - A New Normal in Education Wor

On 24 March 2020, when the lockdown was declared in India I told myself, "Relax this won't last long, may be 10 to 20 days at the most.'

But soon we all realised that we are dealing with a pandemic whose end date is yet to be determined and

we probably have to live with it for quite some time. Every aspect of our personal and social life is impacted, the schools being no exception. Our schools acted immediately and gird up for something that was not done before in India on such a large scale - study@home ... online teaching... virtual classrooms for students of all age

On 15 April, Amity International School started their first online class via Microsoft team software. Though my son who is in Grade 2 was very excited, I had my own doubts and fears of online teaching for his age group. The school is conducting two

classes every day for five days in a week. Each class is of 45 minutes duration under the category of Academic and Activity classes. Many schools in Delhi / NCR and elsewhere are conducting 5-6 hours class for Grade 2 students. But, for a parent like me whose kid barely spend 1 hour in front of T.V., these 90 minutes classes in front of computer is more than sufficient. Moreover, just like other students in India, my kid is more accustomed to

> classroom teaching. So, someone has to sit with him for these 90 minutes. Although his teachers seem comfortable with this Ed-Tech. their PPT's, interesting lesson plans engage the students, but sometimes for a teacher it becomes difficult to comprehend some concepts. My son misses out face to face interactions especially in his PEC and dance

I may sound like old-school, but I firmly believe that virtual classrooms can't replace classroom teaching. There are so many life skills like discipline, peer group interactions and a healthy competition spirit that can be learnt in the school only.

(The author hails from UP, and her credentials include M.Sc (Mathematics), B.Ed., CTET, TGT Mathematics)

### **The Mansion of Gods**

This mansion of Gods, Is where we stay This place of beauty We see it every day

It provides us life In a very different way We use its material Every single day



Many e&plore This mysterious land Consisting of Water, soil, and sand

This is the Wonderful realm of nature Consisting of Every field and pasture

> Vivaan Anand {D A V Public School, Airoli}

# Online Teaching is Not the Panacea

that data? I am not expert on this costing. But I'm sure it's a lot. I have students who find it hard to afford a feature phone and a monthly 2G recharge coupon.

Attention span: We were all kids once. I've seen my teachers would beg, beseech, shout and scream for attention in the classroom. I've done similar things including fixing my eyes on a student whose eyes seem glazed, or addressing a student directly who is looking out of the window, or abandoning a lecture midway to start a discussion when the whole class seemed too fatigued. Try that online with a student any age! The extremely dedicated IIM, IIT and similar highly motivated super-achievers should excuse me for saying this. You guys are different.

Peer-to-peer learning: Does anyone know a kid who mimicks the class teacher or a classmate? Or a kid who wants boiled veggies for tiffin because they look so yum in a buddy's lunch box? Or a university graduate who wants to be able to quote the same people that a professor quotes in those eloquent

talks? Or a teenager who grows up styling his/her mannerisms and clothes like a teacher in college who was so "awesome"? These are the most superficial examples, peer-to-peer learning has much deeper and wider dimensions. In an online class, the only interaction the co-learners have is some text messages they exchange on the sides.

Bonding, associations, camaraderie: I'm sure by now, it need not be explained why these are not possible. I think in a few years' time people will not be wasting time on "school friends" and "college friends" Facebook and WhatsApp groups, or money and time on school or college reunions (pun intended).

Having said all of the above, the utility of digital and e-resources can at best be as tools for supplementing the classrooms made of brick, mortar and the teacher. Wisdom lies in calibrating a balance. Career educationists with ground level experience of teaching students at various levels and in various socioeconomic and geographic settings are the only

ones who can moderate the flights of fancy of techenthusiasts. The specialist-on-everything-because-I-held-a-post-in-education-for-two-years bureaucrats or the-public-elected-me-so-I-know politicians or their handpicked he-is-apna-aadmi sycophants are not the ones who can be trusted with striking such a balance. They'll only find ways to justify and hasten the already-in-progress agenda to abdicate investment in strengthening public-sector education and health.

Substituting telemedicine for real doctors and tele-learning for real teachers, supported by designed-to-prove-what-needs-to-be-proven studies, is mere hara-kiri. No doubt, the technology is evolving at a very fast pace. A combination of artificial intelligence systems, cybernetics and robotics along with advanced ICTs and wearable technologies, may make the dream of making the teacher and the classroom redundant very soon. When it does, we won't need to talk about it. Till it does, let us concentrate honestly on the teacher and the taught.

## E-Learning: Avoid Eye Stress While Learning

eyes while sitting should be between 20 to 30 inches away and the screen should be adjusted in a way that there is no tilt, and the top is just below eye level. Even the resolution of the computer screen should be set at a high.

Download an app that adjusts the color settings if your student ever does any schoolwork or web browsing during the evening. The blue light wavelengths emitted by digital screens stimulate melatonin production, which can keep you up if you use the computer too close to bedtime. For laptops and desktop computers, f.lux software will automatically adjust the color settings to reduce the blue wavelengths. It also has a mobile app for Apple devices, while Android has similar apps such as Twilight and Lux Lite.

Rules of Digital Eye Safety

The next step is to help children form good eye safety habits. Create an eye-friendly schedule. Break up the time spent on the computer during the school day by fitting in activities such as reading, exercising, or eating lunch.

Set time limits for recreational use of digital devices. This can help minimize digital distractions during the day and prevent digital eye strain during the evenings and weekends.

Follow the 20-20-20 rule. Every 20 minutes, look away from the screen



for 20 seconds at something 20 feet away. If you have trouble remembering to take a break, try an app such as ProtectYourVision or Workrave that will remind you with automatic alerts

One should zoom in when the text is too small. On the web, you can do this by adjusting the settings of your web browser or by using the browser's shortcut keys.

Cleaning of the computer screen at least once a week will keep it clear by eliminating dust that again will not stress one's eyes.

Sit in an ergonomic position at the computer. This means feet are flat on the floor, lower back is supported, shoulders are relaxed, and arms are at a right angle so forearms rest on the keyboard in a straight, level line. Always take a break if needed. Regardless of the day's schedule, fit in a break if using the computer starts to feel uncomfortable.

Parents should make sure that the child avoids digital devices before bed. Install an app to fix this problem on computers or mobile devices; otherwise, put the devices away within an hour or two of going to sleep.

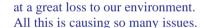
Parents cannot control school times on screen but they can for sure control extra time that their child spends of staring at screens and help their child maintain healthy eyesight for sure.

Dear Narendra Modi ji,

#### Greetings

I am Ranvir Bhatia from B.D.International School, Cuffe Parade, Mumbai. I am in Grade 3.

In my School, I have been learning about the environment, how important it is for us, and how we are continuously doing things to damage it. I have read how we are taking away the land from forests ( deforestation) to build roads, we are cutting down so many trees for using their wood, we are building more and more factories and buildings





- 2) The birds have no place to build their nests. That is why they are building nests in buildings.
- 3) The seasons are irregular. There are days of very heavy rainfall followed by extremely hot days. In the months when it is supposed to rain, it is absolutely dry.
- 4) Due to cutting down of trees, there is less Oxygen and people are facing breathing problems.
- 5) There is less land for growing crops.

A few days ago, dolphins were seen from my house, so close to the coast. It was an amazing sight to see them playing in the water. I have pictures showing elephants are coming onto the roads in Kerala, peacocks are coming into cities, foxes are at the city limits.

Due to the lockdown, the animals suddenly got a feeling of freedom. They have time to reclaim their lives and move around the forests freely without any care and fear.

On my own, I take my friends for tree-planting drives.

I tell my friends who want to become architects, not to cut down trees when they want to build buildings, and try to use eco friendly materials.

I request your help to protect forests and trees, plant three times the number of trees that we cut, and explain to people to respect animal life.

Thank You for reading my letter.

I would like you to write a letter back to me.

Warm Regards Ranvir Bhatia



## COVID 19: Can Surgical Masks Or Respirators Prevent Corona Virus?

The world is suffering from the deadly infection of Coronavirus. The World Health Organization (WHO) has declared the infection as 'pandemic'. The early symptoms of this deadly infection are high fever, shortness of breath, tiredness and dry cough. So, the entire world is under lockdown to break the chain of COVID-19 with certain precautionary steps is to be ensured. The contemporary ways to sanitize oneself is the 20 seconds formulae of hand wash or using disinfectant containing at least 60% alcohol, avoid touching surfaces and handshakes and no unnecessary contacts. The use of mask and covering face using napkin or elbow while coughing and disposing the napkin would be an added advantage.

We all know that sanitizer containing good quality alcohol can kill most of the germs, bacteria and viruses including fatal coronavirus. In a research, it was found that the coronavirus can survive for three days (72 hours approx.) on surfaces like steel or plastic.

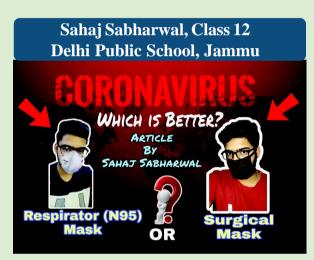
Now, the question arises whether any face masks or covering mouth with any cloth helps to prevent Coronavirus from invading our body?

Firstly, I want to let you know that no mask can provide 100% safety from coronavirus. There are different types of masks available in market and most common of them are surgical masks and respirators. They act as a barrier to prevent the foreign body from entering our body, but the main difference between them is that surgical masks are used only to prevent dust particles or large particle droplets that enter through our nose or mouth while respirators can prevent vapours, airborne microorganisms, fumes or particulate matter that enter through nose or mouth. But as we know that the virus can enter our body through eyes so the person wearing a spectacles or goggles can help prevent Covid 19 to enter body to some extent. As spectacles or goggles are left open from its sides so virus can reach our eyes easily. Hence, the best advice is to stay at home and take precautionary steps while stepping out of home. The frontline workers including police, media persons, essential service and sweepers wear face shield along with N95 masks to safeguard

Surgical masks are mostly used by people who are not into any essential services as these are not designed to protect the wearer from breathing in airborne bacteria or viruses. Coronavirus is smaller than the PM 2.5 cut-

off but bigger than some regular dust particles and gases. These masks can be used by a person with weak immune system or suffering from chronic health diseases. Persons dealing with severe respiratory or breathing issues are more prone to get infected from coronavirus, hence it is advisable for the infected person to use face mask as well in order to protect others from getting infected. The use of masks is also recommended to healthy person from getting infected. Surgical masks are of three types: two-layered surgical mask, three-layered surgical mask and six-layered surgical masks.

The protection also depends on the number of layer, more number of layers contribute more protection. A three-layered mask is better than two-layered masks,



the cost of three-layered mask is also higher than two-layered mask. While the six-layered masks are best till now as it can protect us from some of the viruses but cannot protect from SARS CoV-2 to enter the body. This type of mask is loose-fitting and virus can easily enter through the opening sides. And one more drawback is that it is doesn't have any particular side from which a person may wear it. So as a human it is common to make a mistake and use the inside out while reusing, keep it someplace safe after using, as it can spread the risk of virus at that particular place, without the users knowledge. Also, the outer layer of the mask consists of virus and accidental touching can lead to the novel coronavirus.

As mostly surgical masks tend to be disposable, it gets wet due to water vapours generated during

respiration, that means they need to be replaced with a new mask or washable six-layered mask, washing it with 60°C hot water with a disinfectant to kill the germs can help in reusing them.

Respirators are used by health professionals as they are in contact with infected person quite often. They are at a higher risk of getting contaminated by infected person, hence they use it along with face shield to be more secure from the coronavirus. N95 mask is most common respirator consisting of filters that can prevent 95%, i.e., 0.3 micron airborne particles. It is a type of mechanical filter respirator and is better than any type of surgical mask. Respirator is tight fitting and have no opening, it protects in a better way. It protects us from most of the viruses which enter from mouth or nose openings but still protects against SARS CoV-2 to small extent. When someone around us coughs or sneezes then the germs or droplets exhaled can stick on a person's clothes or long hair especially in women, so the hair must be covered with a cloth while going out and changing clothes after coming back to home is recommended. For men too keeping a long bushy beard and facial hair are also prone to coronavirus so best way is to avoid going out or to keep short or no beard on face or clean it after every outside tour. It contains valve which releases unfiltered air when the wearer breathes out, hence the spread cannot be stopped just by using a respirator. So along with respirator, using a sanitizer is must, to clean our hands from time to time. A respirator cannot be reused and after a particular time period of usage it becomes difficult for us to breathe through it and it indicates the time to replace or dispose after use. Most of the doctors and nurses who are treating corona patients use surgical masks, face shield, Personal Protective Equipments (PPE) kits and respirator to get best protection. No doubt, for full day wearing causes skin irritation and problems especially in the summer season, discomfort due to sweat on the human body, but still to save life and to contribute the nation, the Corona Warriors are doing their best work to keep us safe during this crucial period.

Therefore, for the common people, the best way is isolation and social distancing. Mask is better than no mask. A common man must keep physical distance from everyone and use sanitizers to kill the microorganisms on hands and wrist. In fact if we apply some sanitizer over the mask before using then the germs which stick will be killed at the moment and the mask will be more risk free. And if a person is having any symptoms of COVID-19, then he must contact the health care team or can go to a hospital for a check up. As prevention is better than cure, all things must be kept in mind to fight this virus. If tested positive than he can get cured. Either the person has good immunity or should intake healthy foods for boosting immune system, for example, citrus fruits, broccoli, garlic, ginger, spinach, curd and almonds are best immunity boosters, drinking plenty of normal water everyday also help in keeping our body fit. Immunity system helps in recovery.

If we, common people maintain social distancing and use just any cloth mask or scarf or just simple three-layered or six-layered, it is enough with respect to follow all precautionary measures then there will be no problem as such balefully. That is why Stay Home, Stay Safe, Stay Healthy & Stay Fit and the world will soon defeat this Coronavirus!

### माया पिलक स्कूल सुन्नी-मशोबरा का परिणाम 100 फीसदी

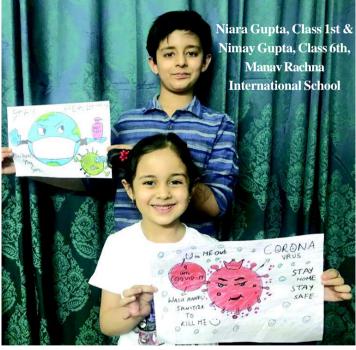
कीक्ली, जून, शिमला – माया पब्लिक वरिष्ठ माध्यमिक पाठशाला सुन्नी और मशोबरा का परीक्षा परिणाम इस वर्ष भी शत प्रतिशत रहा। स्कूल के सभी छात्रों ने बेहतरीन प्रदर्शन किया। स्कूल की छात्रा मुस्कान ने 700 में से 654 अंक लेकर प्रथम स्थान हासिल किया। वहीं प्रियंका ने 591 अंक लेकर दूसरा स्थान हासिल किया। 583 अंक लेकर दीपिका तीसरे स्थान पर रही। स्कूल में पहले स्थान पर रही छात्रा मुस्कान आगे चलकर डाक्टर बन कर देश सेवा करना चाहती है। स्कूल के प्रधानाचार्य डा. हरीश शर्मा ने सभी विद्यार्थियों व अभिभावकों को बधाई दी और अध्यापकों के कठिन परीश्रम की सराहना करते हुए उन्हें बधाई व आशीर्वाद दिया। इसके अलावा माया पिल्लिक उच्च विद्यालय मशोबरा का परीक्षा पिरणाम भी बहुत अच्छा रहा। स्कूल के सभी विद्यार्थी अच्छे अंकों से पास हुए हैं। स्कूल के छात्र दिव्यांशु ने 700 में से 637 अंक लेकर प्रथम स्थान हासिल किया, प्रियांशु ने 592 अंक लेकर दूसरा स्थान और पीयूष 591 अंक लेकर तीसरे स्थान पर रहे। स्कूल में पहले स्थान पर रहे छात्र दिव्यांशु का कहना है कि वह भी डाक्टर बन कर देश की सेवा करना चाहते है।

### बाल शिक्षा निकेतन के सभी छात्र फर्स्ट डिविजन से हुए पास

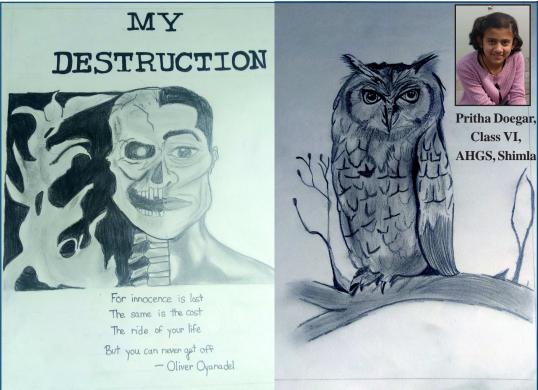
बाल शिक्षा निकेतन हाई स्कूल चक्कर का दसवीं कक्षा का परिणाम अञ्चल रहा। जिसमें सभी छात्र प्रथम श्रेणी में उर्तीण हुए है। अभिषेक शर्मा ने 700 में से 658 अंक लेकर प्रथम स्थान, कुनाल ठाकुर ने 649 अंक लेकर दूसरा, अमित कुमार ने 638 अंक लेकर तीसरा, स्नेहा कौशल ने 622 अंक लेकर चौथा तथा गौरव राणा ने 619 अंक लेकर पांचवा स्थान प्राप्त किया है। स्कूल प्रबंधन ने सभी छात्रों, अभिभावकों तथा अध्यापकों को इस अवसर बधाई है।

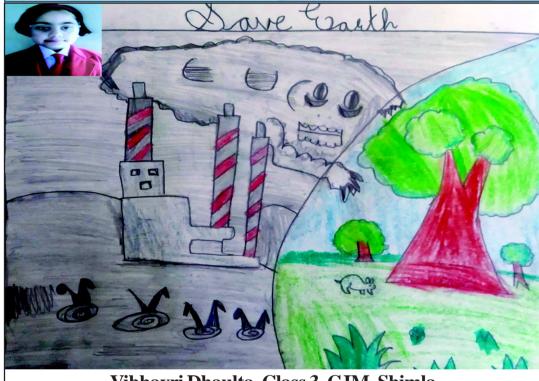












Vibhavri Dhaulta, Class 3, CJM, Shimla

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post independence generation should not fall into the error of taking our freedom for granted.

The maintenance and strengthening of freedom is a task even more onerous than its attainment.

Is any nation the youth necessarily forms the vanguard indeed in most spheres of activity, and it is essential that at this crucial junction its power must be mobilized further to strengthen our integrity and our capacity to resist aggression. What is required is an immense bust of idolism and energy among the youth, who must be deeply committed to the task of safeguarding this nation of ours founded on the twin

deals of secularism and democracy. In particular our young men and women studying in schools, colleges and universities have a special responsibility. The constituent and events reserve reservoir of strength which, if properly channelized

prinshika yadav poz/02/2019

can prove to be a source of great power to the nation. Indeed it is the young Indians who will soon be called upon to provide leadership in all walks of national life and they must train themselves to fulfil their future responsibilities with distinction. Finally, there is a spiritual dimension, which is the main faculty that distinguishes human beings from the myriad other forms of life that exist on this planet. It is the golden thread of unity which runs through all religions and from which they all ultimately drive power and substance.

## **Autobiography of a Stray Dog**

I am a stray dog. I am two years old. I stay beside a huge banyan tree which is near a beautiful residential complex called Hiland Park where the buildings are very tall. I sometimes sneak into the complex in search of food. I have a black coat with white and brown patches and the children of the complex affectionately call me Patchy. I have ears that are upright. Stray dogs lead a tough life.

Sometimes I have to go to bed hungry. I don't bite. Dogs don't bite unless and until humans tease us, scare us or hit us. We have to survive under extreme weather conditions like hot summers to cold winters. I dread the monsoons when I am always wet and am left with a running nose. I am very afraid of cars. My brother was run over by a speeding car. How I wish humans would drive carefully. My mother was poisoned. I miss and remember her a lot.

Some people are very mean. They throw stones at me and at times kick and shoo me away.



Eeshan Chaudhuri, Class VI, La Martiniere, Kolkata

However, there are kind people too. They feed me with tasty tit bits and also give me an occasional bath. One day I sneaked into Hiland Park complex with two friends of mine Brownie and

Susie. The children of Hiland Park are very fond of me especially a nine-year-old boy named Eeshan.

He has put a beautiful red collar around my neck. His mother has vaccinated me and my friends. Oh, how I wish that the boy adopts me! I promise to lick him, guard him and love him as any other pet dog. We have been very lucky to have not been shooed away from the complex. At last we have found a shelter in the car parking basement of the complex. Every morning I see Eeshan off to school. He pets me and I wait for him patiently to return from school in the afternoon. He always saves some tiffin for me. My friends and I bless the humans who have taken care of us and feed us every day. We wish that humanity returns and all stray dogs like me get a proper shelter and adequate

### Introduction of Online Teacher Training by CBSE – Centre of Excellence (CoE)

Accordingly CBSE conceptualized Technology enabled Teachers training on pilot basis from 3rd week of April, 2020 and conducted 500+ free-online training sessions by

15 CBSE-COEs. More than 35,000 Teachers and Principals from various parts of the country and a b r o a d participated in these programs, as stated by Dr. Bishwajit Saha Director (Skill Edu. &Training).

Considering the overwhelming responses from the both participant faculty members and resource persons, Board has decided to launch structured Online Teacher Training programs to achieve following three fold objectives:

- 1. Enable teachers to teach better and lead improved learning outcomes.
- Continuously instill new knowledge and skills as per the demand so as to keep

them at par with what is expected.

3. Help teachers revise and refresh the knowledge that has already been provided to them in their regular training and make it more crisp and practical.

Around 1200

online sessions are planned by the CoEs for the month of May. Therefore, Schools are requested to encourage their teachers to participate in the ongoing online training programmes being conducted by COEs and contact concerned CoE.

## दुटू स्कूल 12वीं का परीक्षा परिणाम शत प्रतिशत

कॉमर्स स्ट्रीम में शालु ने 90 प्रतिशत अंक लेकर विद्यालय किया में टॉप

कीक्ली, जून, शिमला: रावमापा टुटू का 12वीं का परीक्षा परिणाम शत प्रतिशत रहा। हिमाचल बोर्ड द्वारा मार्च 2020 में आयोजित बोर्ड परीक्षाओं में विद्यालय के विज्ञान, वाणिज्य और कला तीनो संकायों के सभी विद्यार्थी अच्छे अंकों से उत्तीर्ण होने पर प्रधानाचार्य किवता वर्मा ने सभी विद्यार्थियों, अध्यापकों व अभिभावकों को बधाई दी है। उन्होंने बताया कि टुटू स्कूल के बच्चे और अध्यापक पढ़ाई के साथ-साथ अन्य गतिविधियों में भी वर्ष भर सिक्रय रूप से भाग लेते हैं तािक बच्चों के सर्वांगीण विकास हो सके यह उनके किठन परिश्रम का ही परिणाम है कि जिसमें अधिकतर बच्चे प्रथम श्रेणी में उतीर्ण हुए हैं। कॉमर्स में शालु ने 90 प्रतिशत अंक, सांईस की वनीता ने 87 प्रतिशत, और आर्टस में साहिल ने 85 प्रतिशत अंक लेकर अपने–अपने संकाय में टॉप किया।

### खलग स्कूल की मेहक ने झटका पहला स्थान 12वीं का परीक्षा परिणाम 95 प्रतिशत रहा

राजकीय वरिष्ठ माध्यमिक पाठशाला खलग का हिमाचल बोर्ड का 12वीं परीक्षा परिणाम 95 प्रतिशत रहा। आर्टस की छात्रा मैहक गंग ने 500 में से 465 अंक (93 प्रतिशत) प्राप्त करके प्रथम स्थान, अकांक्षा ने 436 अंक लेकर दूसरा और 430 अंक प्राप्त करके राची, साहिल और उदय तीनों ने तीसरा स्थान प्राप्त किया। प्रधानाचार्य डा. दिनेश ठाकुर ने बताया िक विद्यालय के बेहतरीन शैक्षणिक माहौल, बच्चों की कड़ी मेहनत, अध्यापकों के सफ्ल प्रयास व अभिभावकों के सहयोग की बदौलत ही विद्यालय का परीक्षा परिणाम सराहनीय रहा है और अधिकतर बच्चे अच्छे अंक लेकर प्रथम श्रेणी में उतीर्ण हुए हैं। लिए विद्यार्थी, अध्यापक और अभिभावक बधाई के पात्र हैं। उन्होंने बताया कि स्कूल की हैड गर्ल मैहक र्गग ने दो वर्ष पहले इसी स्कूल में 10वीं कक्षा में भी प्रथम स्थान प्राप्त किया था आज फिर से विद्यालय के साथ–साथ अपने माता पिता का नाम रौशन किया है। पनटी गांव के किसान परिवार से सम्बंध रखने वाले मैहक के पिता रमेश गर्ग व माता सुमन को अपनी बेटी पर नाज है। उन्होंने बताया कि वह बड़े होकर जज बनना चाहती है।

## Clean Energy Can Support India's Economic Recovery post-Covid-19

Keekli (PIB) 30 Jun, Delhi - NITI Aayog and Rocky Mountain Institute (RMI) today released Towards a Clean Energy Economy: Post-Covid-19 Opportunities for India's Energy and Mobility Sectors report, which advocates for stimulus and recovery efforts that work towards building a clean, resilient, and least-cost energy future for India. These efforts include electric vehicle, energy storage, and renewable energy programs.

The report identifies how Covid-19 is beginning to influence the clean energy transition in India, specifically for the transport and power sectors, and recommends principles and strategic opportunities for the country's leaders to drive economic recovery and maintain momentum towards a clean energy economy. Covid-19 has presented significant demand- and supply-side challenges for India's transport and power sectors, from liquidity constraints and supply shortages to shifts in consumer demand and preferences.

Rajiv Kumar, Vice Chairman, NITI Aayog said he is confident that India's economy will recover following the containment of the Covid-19 pandemic. "India's strong democratic institutions promote policy stability. Ongoing economic reforms, if executed well, should keep the country's growth rate ahead of peers," he said. "Clean energy will be a major driver of India's economic recovery and international competitiveness," added Amitabh Kant, CEO, NITI Aayog. "We must look at how to leverage our domestic innovation ecosystem to bring value to the country and industry in this new

normal. We have recommended specific actions by which India can revive two of our economic powerhouses—the transport and power sectors—and emerge stronger." The report lays out four principles as a framework for policymakers and other key decision-makers considering programmes to support India's clean energy future: 1) invest in least-cost-energy solutions, 2) support resilient and secure energy systems, 3) prioritize efficiency and competitiveness, and 4) promote social and environmental equity.

"India needs to identify strategic opportunities for economic recovery in the short, medium, and long terms that can translate challenges posed by the pandemic into clean energy transition opportunities" said Anil Srivastava, Principal Consultant and Mission Director, NITI Aayog.

Opportunities in the transport sector include making public transport safe, enhancing and expanding non-motorized transport infrastructure, reducing vehicle kilometres travelled through workfrom-home where possible, and making India an automotive export hub. In the power sector, opportunities include improving the electricity distribution business and its operations, enabling renewables and distributed energy resources, and promoting energy resilience and local manufacturing of renewable energy and energy storage technologies. "The principles and opportunities in the report can provide guidance to India's public and private sector leaders on how to evaluate and prioritize stimulus and recovery options that continue to invest in a long-term clean energy future for India," said Akshima Ghate, Director, RMI India.

## दृष्टिबाधित दो बेटियों ने लहराया कामयाबी का परचम

कीकली ब्यूरो, जुन, शिमला -- शहर के प्रतिष्ठित पोर्टमोर स्कूल की दो दृष्टिबाधित छात्राओं - शालिनी और रजनी नेगी ने बहुत अच्छे नम्बरों से जमा दो की परीक्षा पास की। शालिनी ने 84.80 प्रतिशत और रजनी ने 82.60 प्रतिशत अंक प्राप्त किए। दोनों कम्प्यूटर से पढाई करने में सक्षम हैं। एक एचएएस ऑफिसर तो दूसरी म्यूजिक टीचर बनना चाहती है। उमंग फाउंडेशन उनके सपनों को साकार करने के लिए उन्हें छात्रवृत्ति देगा।

उमंग फाउंडेशन के अध्यक्ष प्रो. अजय श्रीवास्तव ने बताया कि चम्बा की पंचायत चैला के गांव बेहीलोला की रहने वाली शालिनी को फाउंडेशन द्वारा दिए गए लैपटॉप से पढाई में मदद मिली। उसने सुन्दर नगर स्थित सीआरसी से एक महीने का कम्प्यूटर कोर्स भी किया है। उसका सपना हिमाचल प्रशासनिक सेवा में जाना है।

उधर कुमारसेन की रहने वाली रजनी नेगी म्यूजिक टीचर बनना चाहती है। वह कंप्यूटर में दक्ष है और उसने भी सीआरसी सुंदर नगर से कंप्यूटर का कोर्स किया है।





उन्होंने सुंदरनगर स्थित दृष्टिबाधित छात्राओं के विशेष विद्यालय से दसवीं की परीक्षा भी प्रथम श्रेणी में उत्तीर्ण की थी।

उमंग फाउंडेशन से जुड़ी दोनों दृष्टिबाधित बेटियां अब आरकेएमवी कॉलेज से बीए करना चाहती हैं। श्रीवास्तव ने बताया कि फाउंडेशन उन्हें उच्च शिक्षा हेत् छात्रवृत्ति देगा ताकि वे अपने सपने परे कर सकें।

### कनिका, गवर्नमेंट सीनियर सेकंडरी स्कूल, प्रागली

किसी के भी जीवन में एक मां पहली सर्वश्रेष्ठ और सबसे अच्छी व महत्वपर्ण होती है क्योंकि कोई भीए उसके जैसा सच्चा और वास्तविक नहीं हो सकता। वो एकमात्र ऐसी है जो हमारे अच्छे और बुरे समय में साथ रहती है। अपने जीवन में दूसरों से ज्यादा वो हमेषा हमारा ध्यान रखती हैं और प्यार करती है। जितना कि हम काबिल नहीं होते हैं। अपने जीवन में वो हमें पहली प्राथमिकता देती है और हमारे बुरे समय में उम्मीद की झलक देती है। जिस दिन हम पैदा होते हैं वो माँ ही होती हैं जो सच में बहुत ख़ुश हो जाती है। वो हमारे हर सुख दुख का कारण बनती है और कोषिष करती है कि हम हमेषा खुष रहें। माँ और बच्चों के बीच में रहें यह एक खास बन्धन होता है जो कभी खत्म नहीं हो सकता है।

कोई मां कभी भी अपने प्यार और

परवरिष को अपने बच्चे के लिए कम नहीं करती और हमेषा अपने हर बच्चे को बराबर प्यार करती हैं। लेकिन उनके बुढापें में हम सभी बच्चे मिलकर भी उसे थोड़ा सा प्यार नहीं दे पाते हैं। इसके बावजुद वो हमें कभी गलत नहीं समझती और हमेषा एक छोटे बच्चे की तरह माफ कर देती है। वो हमेषा हर बात को समझती और हम उसे बेवकुफनहीं बना सकते हैं। मां को धन्यवाद देने और आदर के लिए हर साल पांच मई को मातृ दिवस के रूप में मनाया जाता है। हमारे जीवन में मां के रूप में कोई भी नहीं हो सकता है। हम भी हमेषा पुरे जीवन भर अपनी मां का ख्याल रखते है ।

''खुदा का दूसरा रूप है माँ, ममता की गहरी झील है माँ।

वो हर किसी जन्नत से कम नहीं, जिस घर में खुदा की तरह पूजी जाती है माँ।

### पोर्टमोर स्कूल की छात्रा श्रद्धा चौहान ने बोर्ड की परीक्षा में छटका दसवां स्थान

कीक्ली, जून, शिमला - हिमाचल प्रदेश का बारहवीं कक्षा का बोर्ड का परिणाम गुरूवार को घोषित किया गया। इस परीक्षा परिणाम में अधिकतर लडिकयों ने ही बाजी मारी है। टॉप टेंन में आकर छात्राओं ने अपने माता पिता, स्कूल और प्रदेश का नाम रोशन किया है। पोर्टमोर स्कूल की छात्रा ने टॉप टेंन रैंक में आ कर अपने माता पिता व स्कूल का नाम रोशन किया। पोर्टमोर स्कूल की छात्रा श्रद्धा चौहान ने बाहरी की बोर्ड की परीक्षा में 95.6 प्रतिशत अंक ला कर दसवां स्थान हासिल



किया है। अपनी इस कामयाबी का श्रेय श्रद्धा अपने माता-पिता व अध्यापकों को देती है। श्रद्धा शुरू से ही टॉप टेंन में आना चाहती थी ऐसे में पूरे साल भर प्रोपर तरीके से पढ़ाई कर रही थी। इसके लिए वह रह विषय को टाइम देती थी। श्रद्धा के मामा पिता भी बेटी की इस कामयाबी से बेहद खुश है। पिता प्रताप सिंह और माता कौशल्या चौहान का कहना है कि उनकी बेटी पढाई में काफी अच्छी है। अपनी पढ़ाई को पूरा टाइम देती थी। मन लगा कर पढ़ाई करती थी। उसी का परिणाम है कि वह आज टॉप टेंन में आई है। वहीं श्रद्धा का कहना है कि वह आगे चल कर आईएस ऑफिसर बनना चाहती है। ऐसे में अब वह इसी में अपनी पढ़ाई पूरी करेगी और अपने सपने को पूरा करेगी।

### हिमाचल प्रदेश स्कूल शिक्षा बोर्ड द्वारा 12वीं के घोषित नतीजों में क्रिसेंट पब्लिक स्कूल के छात्र







### लक्कड़ बाजार का रिजल्ट रहा 98 प्रतिशत गरिमा 92 फीसदी के साथ रही अव्वल

कीक्ली, जून, शिमला - हिमाचल प्रदेश स्कूल राजकीय वरिष्ठ कन्या विद्यालय लक्कर बाजार शिमला शिमला का प्लस टू का रिजल्ट शानदार रहा। विद्यालय की 90 में से 88 छात्राएं उत्तीर्ण रही और विद्यालय का परिणाम प्रतिशत 98 प्रतिशत रहा। वाणिज्य संकाय की छात्रा गरिमा ने 458 अंक लेकर विद्यालय में प्रथम स्थान प्राप्त किया । कला संकाय की दीपाकशा 455 अंक लेकर दूसरा स्थान प्राप्त किया । वहीं कला संकाय की वंशिका



451 अंक लेकर तृतीय स्थान पर रहीं। विद्यालय की 4 छात्राओं ने 90प्रतिशत से अधिक अंक लिए विद्यालय की सभी उत्तीर्ण छात्राएं प्रथम श्रेणी में उत्तीर्ण हुई। प्रधानाचार्य भूपेंद्र सिंह ने बताया की दो विषयों को छोडकर सभी विषयों में रिजल्ट शत प्रतिशत रहा। उन्होंने सभी अध्यापकों और विद्यार्थियों को इस सफलता के लिए बधाई दी।

### मैरिट में टॉप फाइव रही

शिमला के फागली स्कूल की छात्रा ने बोर्ड की परीक्षा में टॉप फाइव में आ कर प्रदेश का नाम रोशन किया है। उन्होंने बाहरवी कक्षा में बोर्ड की परीक्षा में 483 अंक लेकर प्रदेश का नाम रोशन किया है। उन्हें बोर्ड में 96.6 प्रतिशत अंक लिया है। उन्होंने बताया कि वह साल भर मन लगा कर पढ़ाई करती थी। हर रोज पढ़ाई के लिए छ: सात घंटें देती थी। उन्होंने बताया कि उनका सपना है कि वह बडे हो कर एक अध्यापक बने। इसके बाद वह जरूरत मदों को शिक्षा देंगी। अपनी इस कामयाबी का श्रेय वह अपने माता पिता और अध्यापकों को देती है। जिन्होंने हमेशा उन्हें सही राह दिखाई है।



Publisher, Printer & Owner Vandana Bhagra. Published from Basement, Bhagtam Sadan, Below Civil Dispensary, Jakhoo, Shimla - 171001 (H.P.) and printed at The Indian Express Pvt. Ltd. Plot No. C5, Sec. 6, Panchkula, Haryana 134109. Editor: Vandana Bhagra; Associate Editor: Ritanjali Hastir; Project Coordinator: Rajesh Sharma; Editorial: 9218621796; Advertising: 8091021796; contact@keekli.in; keekli.500@gmail.com