

# SCIENCE SHORE

exploring the ocean of life

ONLINE QUARTERLY MAGAZINE

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SCIENCE ARTICLES

SHORT STORIES & ARTICLES

POETRY

HOBBY & ART

AUDIO & VIDEO

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# CONTENTS

## SCIENTIFIC ARTICLES

**CURRENT NEWS - SCIENCE SERIES  
SERIES 12 - FROM SPATIAL HEIGHTS TO EARTHLY LOWS 1**

-GITA BHARATH

**DANCE AND EXPERIENCE A GO-GETTER WAY OF LIFE 3**

-Dr. THIRUPURASUNDARI C J & Y T SAMEER

**WORKOUT PUNS/QUOTES 4**

-Dr. THIRUPURASUNDARI C J

# CONTENTS

## ART AND HOBBY

<b>DOODLE ART</b> TITLE : SMILES -ALEENA R. BRIGHT	5
<b>COLOURING</b> -JUAN LENJU	5
<b>PAINTING</b> -JULIAN LENJU	5
<b>ART</b> -Mrs. LATHA SANKARI. K	6
<b>ART</b> -Mrs. LATHA SANKARI. K	6
<b>SKETCHING</b> -PREETHI KANNAN	6
<b>CHARCOAL ON PAPER DRAWING</b> -RAJA MARTIN. B	7
<b>ART</b> -D. RUPPESHWARI	7
<b>CRAFT</b> -D. RUPPESHWARI	7
<b>ART</b> -SARANYA FRANCIS	8
<b>CROSSWORD PUZZLE A</b> -D.M. MUKUNDHAN and Dr. THIRUPURASUNDARI C J	9
<b>CROSSWORD PUZZLE B</b> -D. RUPPESHWARI and Dr. THIRUPURASUNDARI C J	10

# CONTENTS

## GENERAL ARTICLES, RESEARCH ARTICLES AND SHORT STORIES

<b>THE JOURNEY OF COCACOLA</b>	<b>11</b>
-Y.P. AKSHAR REDDY	
<b>LOKALEX ONLINE MENTORING PROGRAM</b>	<b>12</b>
-ANU AROON	
<b>RICHNESS OF FEELINGS AND FREEDOM IN DECISION-MAKING</b>	<b>14</b>
-GLADSON MATHEW	
<b>HUMMINGBIRDS AND SUNBIRDS</b>	<b>16</b>
-HEMA RAVI	
<b>EASY DECOUPAGE</b>	<b>18</b>
-Rtd. Prof. LATHAPREM SAKHYA	
<b>WATER CONSERVATION – NEED OF THE HOUR</b>	<b>20</b>
-T S MANOHAR	
<b>LOVE YOU AMMA</b>	<b>21</b>
-Dr. (MAJOR) NALINI JANARDHANAN	
<b>SUBCONSCIOUS OBSERVATION BELIEF SYSTEM (SOBS) - THE POWER OF THE SUBCONSCIOUS MIND (PART 8)</b>	<b>24</b>
-ORBINDU GANGA	
<b>PARALLEL UNIVERSES: ARE WE WHISPERING IN DARKNESS? (PART 4)</b>	<b>26</b>
-ORBINDU GANGA	

# CONTENTS

## POETRY

<b>WHISPERS OF HOME</b>	<b>27</b>
-BHAGYASHREE MISHRA	
<b>SUN, MOON, WATER, LAND</b>	<b>28</b>
-GITA BHARATH	
<b>HUMANISM, THE WAY OF LIFE DIVINE</b>	<b>29</b>
-HIMANSHU BHUSHAN JENA	
<b>LUNA AND THE LYRIST</b>	<b>30</b>
-JAYALAKSHMI KARINDALAM	
<b>SHADOW</b>	<b>31</b>
-JELLIE N. WYCKELSMA	
<b>SHADOWS OF THE PAST</b>	<b>32</b>
-JELLIE N. WYCKELSMA	
<b>RAILWAY STATION DOG</b>	<b>33</b>
-KAMAR SULTANA SHEIK	
<b>TEARLESS TREE</b>	<b>34</b>
-LEENA THAMPI	
<b>THE WORLD ISN'T AN EASY PLACE TO LIVE IN..</b>	<b>35</b>
-K MONIKA	
<b>THE ODE THAT SAYS IT ALL - A RENDITION FOR FATHER'S DAY</b>	<b>36</b>
-NEHA S CHAKRAVARTHI	

# CONTENTS

## POETRY

**DEVOTED SOUL** 37

-RAJANI MULA

**WHO'S IN CONTROL?** 38

-ROOPA SUBRAMANI

**CHANDRAYAAN!** 39

-SAIPRAKASH KUNTAMUKKALA

**TROUTS OF MEMORY** 40

-Dr. SANTHOSH BAKAYA

**SHORES OF SILENCE** 42

-B.S. SAROJA

**SURVIVAL** 43

-Mrs. SETALURI PADMAVATHI

**TURNING POINT** 44

-Mrs. SETALURI PADMAVATHI

**RAINBOW** 45

-VAISHNAVI SAMANTARAY

The background features a repeating pattern of thin, light blue wavy lines. On the right side, there are two large, thick, wavy bands: one in a muted purple color and one in a light blue color, both curving upwards and downwards.

# **SCIENTIFIC ARTICLES**

# CURRENT NEWS IN SCIENCE

## SERIES 12 - FROM SPATIAL HEIGHTS TO EARTHLY LOWS

### GITA BHARATH

Whew! So much has been happening in so many fields of science this quarter, that my head is a-spin! Let's start with the highest of spins and spiral down---

#### ADITYA L 1

Aditya (the Sun) is a spacecraft that ISRO has launched on September 2, 2023. It will circle the Earth for sixteen days, gaining greater and greater velocity, then traveling for 110 days to reach its destination. This is L-1, a Lagrange point. Aditya is a spacecraft ISRO has planned to position in the Lagrange-1 point. Here, the gravity of the Sun and the feebler gravity of the Earth balance out, so Aditya can stay here using minimum energy. Also, Aditya, in this halo orbit will have an uninterrupted view of the sun. Since Solar dynamics affect our entire solar system, it is worthwhile studying the photosphere (the deepest layer) chromosphere and corona. Solar flares, solar storms, and particles ejected by the sun will all be analysed by Aditya. Variations in the sun can change the orbits of satellites, shorten their lives, damage electronics, and cause power blackouts on Earth. We depend so much on satellites for communication, etc., that a better knowledge of solar activity becomes crucial.

#### CHANDRAYAAN--Literally the 'Moon Vehicle'

Chandrayaan 3 performed a soft landing near the South Pole of the moon. This made India the first country to touch down in this region, and the fourth country to make a soft landing on the moon. This South Pole cannot even be seen from the Earth, which is why the manoeuvres were so complicated. Also, this terrain is not flat, being sloped and rocky. Part of the reason for landing at the South pole is that the lunar poles are supposed to hold over 600 million tons of water ice.

ISRO's Chandrayaan-1 was the first to detect water on the moon's surface, carrying NASA's Moon Mapper as it orbited our satellite in 2008. Abundant Silicon, Iron, Manganese, Magnesium, Calcium, Aluminium and Titanium are the rich resources many countries are eager to exploit.

Shiv Shakti point is the name given to the landing site.

The six-wheeled rover Pragyan meaning 'wisdom', has so far found Sulphur and Oxygen with its laser spectroscope, after rolling out from the lander's belly. The other minerals were also detected, as expected. The lander Vikram (meaning brave and victorious) was named after pioneer scientist Vikram Sarabhai. Currently, Pragyan is searching for Hydrogen. If found, that could be a source of great energy providing power to future moon settlers. Pragyan will move over the surface using solar power for fourteen days, which is one day on the moon. After that, in the dark fortnight, it will be dormant. ISRO believes it will work again after the sun rises again.



Now, spinning down to land...

## LITHIUM

Why is Lithium in the news so much nowadays? As this metal is used in solar panels and batteries for Electric Vehicles, which all countries are going in for, apart from other electronic applications, Lithium is worth its weight in gold. India has recently found high-quality Lithium reserves in Jammu and Kashmir and Rajasthan, making it the fifth largest potential producer in the world.

Just below the surface of the land....

The fossil of the world's oldest (a hundred and sixty-seven million years old) Diplodocoid dinosaur was found in the Thar desert, Rajasthan. It has been named 'Tharosaurus Indicus'. A Titanosaur nesting site with 256 dino eggs was also found. The rarest find, however, was an egg inside another, so far never seen in reptiles, leave alone dinosaurs. Only a few birds, under stress, lay eggs-within-eggs, or double-yolked eggs. India seems to have had also the largest dino ever known, the Bruhath-kayo-saurus. This fossil was found near Trichy, but unfortunately, disintegrated before being preserved by scientists. However, it has been carefully documented.

For our grand finale, let us dive deep into the Indian Ocean...

There is a “gravity hole” in the Indian Ocean — a spot where Earth's gravitational pull is weaker, its mass is lower than normal, and the sea level dips by over 328 feet (100 meters). The Indian Ocean Geoid Low (IOGL) as it is called is a vast area spanning approximately three million square kilometres. It baffled scientists due to its unusual sea level dip caused by gravitational forces near the Indian subcontinent. Investigating the Earth's internal structure, researchers discovered that the gravitational field of the planet is non-uniform due to variations in density and mass distribution.

This anomaly has puzzled geologists for a long time, but now researchers from the Indian Institute of Science in Bengaluru, India, have found what they believe is a credible explanation for its formation: plumes of magma coming from deep inside the planet, much like those that lead to the creation of volcanoes.

To come to this hypothesis, the team used supercomputers to simulate how the area could have formed, going as far back as 140 million years. The findings published recently in the journal Geophysical Research Letters, center around an ancient ocean called Tethys, that no longer exists, and the collision of India with the Asian continental plate.

Watch out for updates in all these areas in our next issue!

# DANCE AND EXPERIENCE A GO-GETTER WAY OF LIFE

**THIRUPURASUNDARI C J\* & YT SAMEER\*\***

Dance- a healing way of expression beyond words. A wiggle of the fingers, a jerk of the hip, or a wrist flip withers away the hostility within or the emotional blunting. The senses work like a miracle. Forget the body shaming, integrate with your body, and let the inner child hop and groove. Be it cognition or quality of life, dance acts as a therapy. Dance can centralize the physical, mental, emotional, and social aspects of a person. Just be creative, channel your thoughts, and experience the stress diffusing. This body and mind amalgamation assists you in confronting the challenges better. One can expect new solutions to bloom. Keeps you motivated!

Not mere nurturing of holistic individuality, dance can also enhance your physical well-being. To be fit as a fiddle (burning the calories), to keep your gray matter robust, or you need an impetus to solve the issues, be cheery and sway to the music. Shift your focus from problems to co-ordinating the torso, head, arms & legs. Let the analgesic hormones viz. endorphins, oxytocin, dopamine, and serotonin reach their pinnacle and you experience the glee! Shift the energy from ruminating over the situation and rock on the dance floor. Turn off the negative chatters' switch!

Rewiring the neural pathways, via learning new steps, exercises your brain and sparks the linkages. Ditch the cognitive decline and age-directed neurodegeneration. Think different!

The icebreakers, and mutual, healthy, true social network add a new dimension to our lives and expedite celebratory moments.

The dance takes in a plethora of avatars- a hobby, a sport, a fitness trend, a social blending, and a skill. Let the aesthetic coalescence leave memories to cherish!

**\*Author. Former Researcher at IIHR, Bengaluru, cjla26@gmail.com**

**\*\* My mentor. Founder –Anyone Can Dance (ACD), Choreographer, Dance Therapist & Nutrition Consultant International Association of Therapies, Coimbatore, ytsameer@gmail.com**

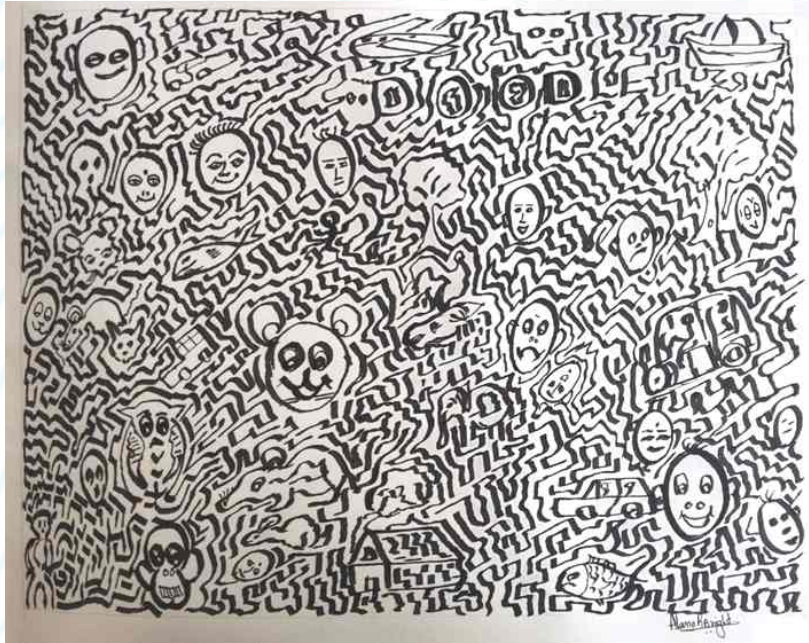
# WORKOUT PUNS/QUOTES

## THIRUPURASUNDARI C J

- ▶ If working out is a Therapy, you may not need any Remedy.
- ▶ Your squats may be absurd, embrace, flip it, cherish, your every twist and turn.
- ▶ Do It, show your Grit, enjoy every Bit, never Quit!
- ▶ Little bit of Strain, not to Complain, sweat 'n sweat, beat the Pain.
- ▶ Comfort Zone is a safe Zone, yet, to make Headway, need to Stay Away.
- ▶ Run, go, create an indomitable Will. Glow! You can 'n you Will.
- ▶ Amidst your Hustle Bustle daily chores, the love for your every muscle Power, shows your will Power.
- ▶ Difficulties in life are like squats, ups and downs, yet sustenance is power!
- ▶ Feed your mind with determination, diversions are culprits.
- ▶ Feeling Low? Burn your calories, Shoo away your worries, boost your hormones, beat the pain.

The background features a repeating pattern of thin, light blue wavy lines. On the right side, there are two large, thick, wavy bands: one in a muted purple color and one in a light blue color, both following the same wavy pattern as the background.

# **ART AND HOBBY**



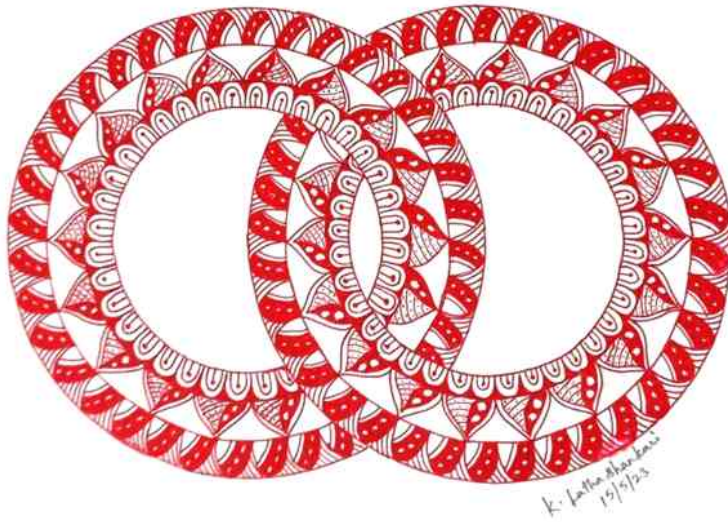
**DOODLE ART by ALEENA R. BRIGHT**  
**Title: Smiles**



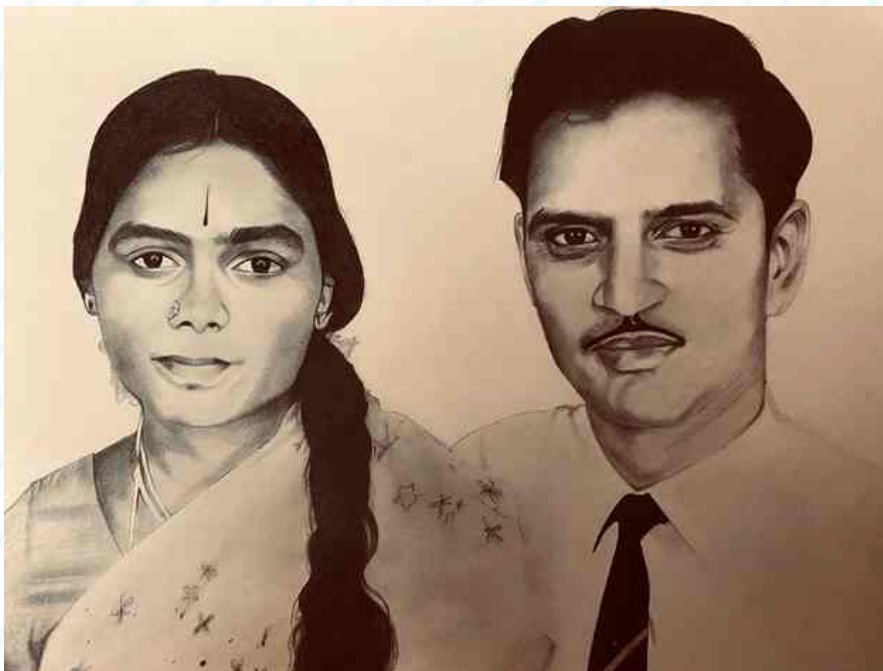
**COLOURING by JUAN LENJU**



**PAINTING by JULIAN LENJU**



**ART by Mrs. LATHA SHANKARI. K**



**SKETCHING by PREETHI KANNAN**

“Capturing the likeness” The greatest challenge of creating a portrait is working with older photographs, which are often not clear. One of the toughest assignment was sketching this portrait of my grandparents from a black and white passport photograph from the 70s. It was worn out; without any other reference; it was quite a challenge to recreate it on a paper.



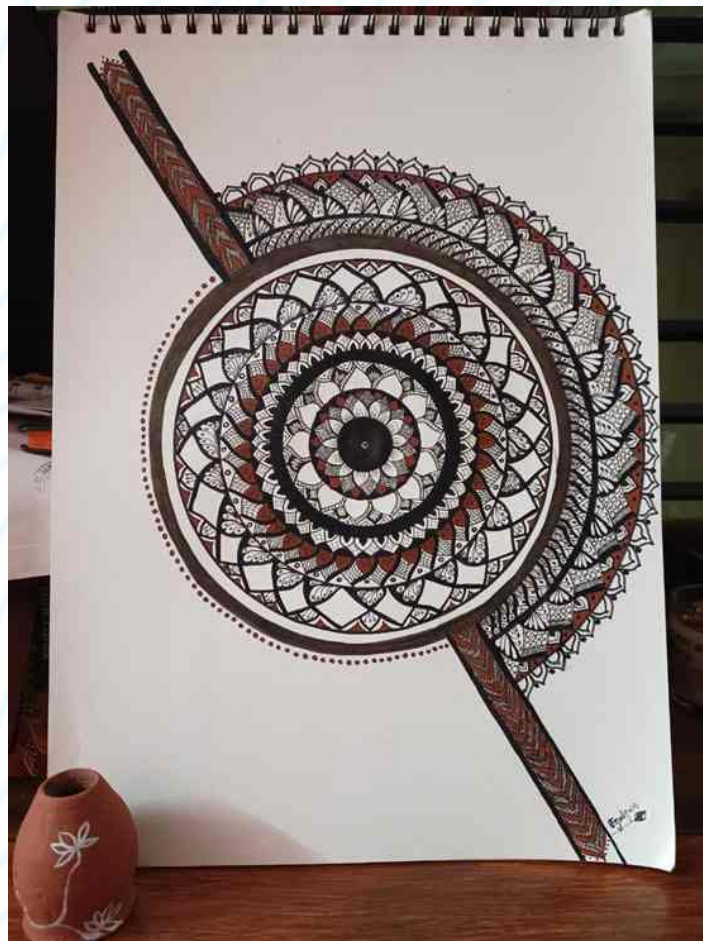
**CHARCOAL ON PAPER ART by RAJA MARTIN. B**



**ART by D. RUPPESHWARI**



**CRAFT by D. RUPPESHWARI**



**ART by SARANYA FRANCIS**

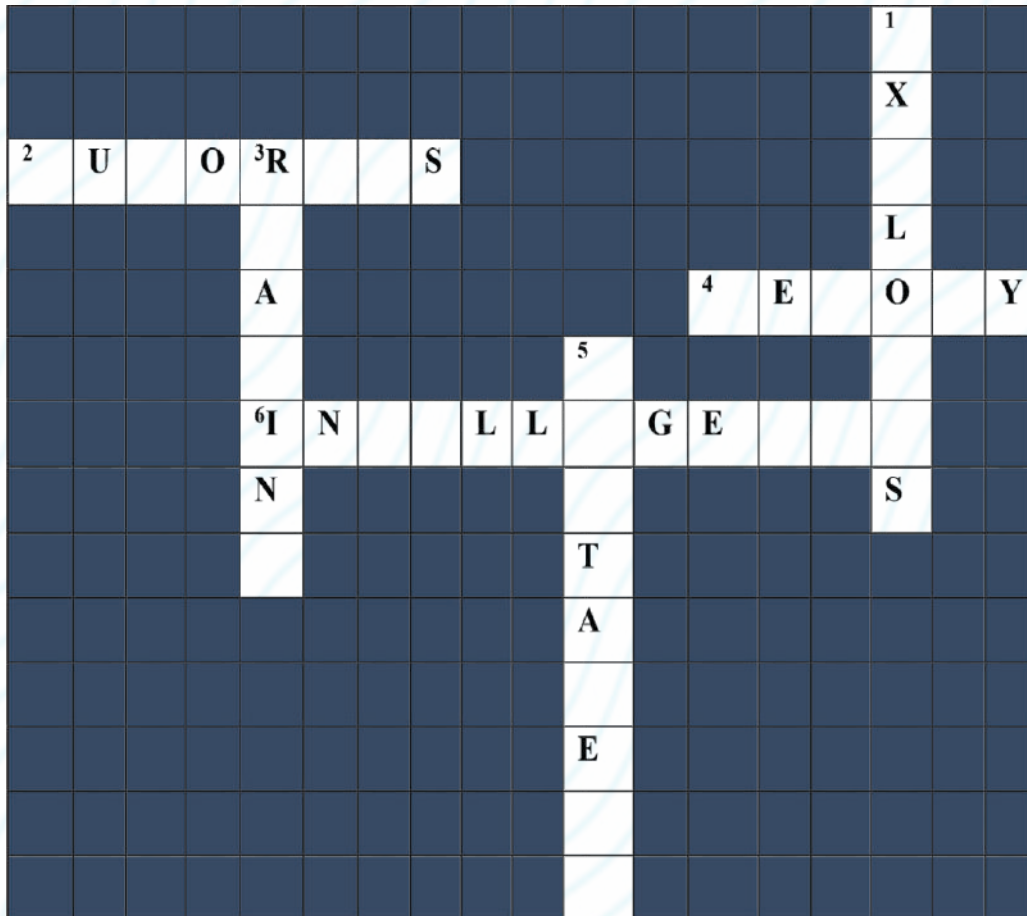


# Children's Section

## Puzzle Corner

### A. Crossword puzzle

Created by D.M. Mukundhan & Dr. Thirupurasundari C J  
(Hint-Smart child)



#### Across

2. Pleasant /playful
4. Thought process works well
6. Handling things with ease

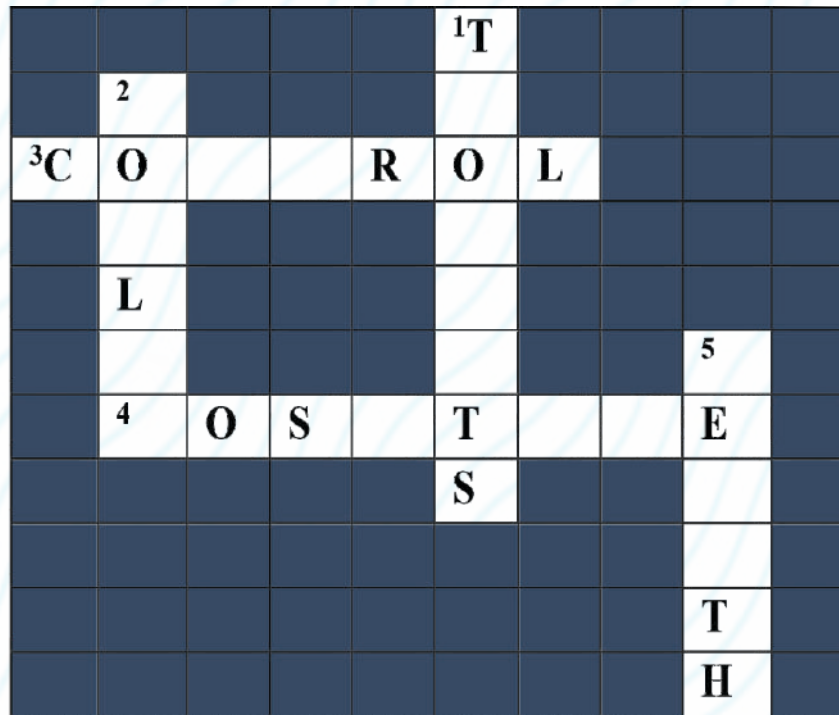
#### Down

1. Search related to the topic
3. A habit that makes you above the Ordinary!
5. Admit them gracefully

Answer in Page number - 25

## B. Crossword puzzle

Created by D. Ruppeshwari & Dr. Thirupurasundari C J  
(Hint-Physical and mental well-being)



### Across

3. Behavioural influence
4. Buoyant and cheerful

### Down

1. Suggestions or A process
2. Accomplish it through efforts
5. Rest, diet and exercise

Answer in Page number - 29

The background features a repeating pattern of thin, light blue wavy lines. On the right side, there are two prominent, thick, wavy bands: one in a muted purple color and one in a light blue color, both curving upwards and downwards.

**GENERAL ARTICLES,  
RESEARCH ARTICLES  
AND SHORT STORIES**

# THE JOURNEY OF COCACOLA

**Y.P. AKSHAR REDDY**

Title of the story : THE JOURNEY OF COCACOLA

Name of the writer : Y.P. Akshar Reddy

Class : 7th 'B'

Name of the school: TSRS &JC (G)

Yedapally

Bodhan

Telangana state

Name of the teacher : Mrs. P. Rajani

Alliterative story

The crazy country boy baked some crunchy creamy cookies. But he didn't have a chocolate castle to dip the crunchy creamy cookies in. He gave a cookie to my dog but the cat theft it! The cunning crane which saw the scene jumped over the cat and carried some cookies to the cocoa beans farm where the cream coloured juice fell in it. The crane flew away to the closed collapsed carnival and lastly to the king Cameroon's castle. But the cunning crane had a crash with a cream coloured pot with water. The careless crane dropped the cookie in the pot. The clean dressed cook served it to the king Cameroon the king caught the marvellous taste and named it cocacola.

Who knows! How could a cream coloured cool beverage be made by a class of a confusing cookies journey?

# **LOKALEX ONLINE MENTORING PROGRAM**

## **ANU AROON**

We, as part of our organization - Local Community Exchange Empowerment Trust - Lokalex, work with remote rural people, to build and empower them through available local resources. We follow Gandhian philosophy of gram Swaraj and promote rural empowerment with the help of technologies.

From our several visits to remote rural villages, and interactions with local communities, we had established online sessions for mentoring children, who are underprivileged grossly due to their remote location and lack of resources to build / accomplish to their optimum capacity. We had to slow down/ shut down during Covid lock down.

Currently, we are associated with Erode District Administration, and have launched a program called Punnagai under the able guidance of the District Collector. We provide online mentoring for children in remote rural/tribal villages in Anthiyur and Thalavadi Blocks.

We began this online mentoring program in April 2022, and in less than a month, the DC sir was impressed and has issued orders to scale it up to 5 more schools. We invited likeminded individuals to join us as mentors, and expanded the program to the additional schools. During the current academic year, we are committed to expand our program further to reach 15 more schools in the District.

The vision of our program is engage with children affectionately and build them as confident, capable and responsible citizens. We request our mentors to engage with the children, just as we would engage with our own. It is an unstructured free flowing program, where we want the children to take the lead and mentors to follow the interests of the children. This program does not focus on academic teaching, but we look forward sharing of life experiences, telling /building stories, singing along, encouraging arts & crafts, etc., all that the children enjoy.

During the interactions, the mentors may also teach academics, based on their personal interests and requirements. But the key focus is in engagement, encouraging them to have conversations, exposure to newer things, facilitate the children to probe and ask questions, etc.

Our program is aligned with school timings. We have 6 sessions a day of 40 minutes each. Interested volunteers, can choose to engage 3-5 days a week and spend about 40 min a day. It would be great if you can commit for 3-6 months, to engage with the kids to witness a solid change in the children.

# LOKALEX INVITES YOU TO ENGAGE AND MENTOR

## LOKALEX

We are a non-profit voluntary organization with a vision to help children grow into confident, capable, and responsible citizens.



## ENGAGE

We welcome you to experience the joy of affectionately engaging with the children by chatting with them, singing songs together, telling stories, ask riddles...



## MENTOR

Interact with them just as you would interact with your own children / grandchildren...



## CHILDREN



We engage with underprivileged children from remote rural and tribal villages, without access to roads, electricity, healthcare.

Through mentoring we are opening up a new world to them, that would help them to gain confidence to pursue their dreams



## TIME FRAME

40 min/day  
Mon to Fri  
2/3 sessions a week  
From July '23 to April '24



## ONLINE

You can connect from anywhere via zoom



Through your affectionate engagement, constant encouragement and consistent presence, you can witness the children bloom & grow into confident and responsible citizens



To know more, please write to us at [lokalex.mentoring@gmail.com](mailto:lokalex.mentoring@gmail.com)

# RICHNESS OF FEELINGS AND FREEDOM IN DECISION-MAKING

## GLADSON MATHEW

Feelings, originating even in the prenatal period, weave a rich embroidery in our lives. They are the vibrant hues that colour our decisions. Amidst choices, the canvas of freedom unfurls. The spectrum of emotions guides the hand of decision-making, infusing rationality with intuition. Richness of emotional feelings lies in embracing this intricate blend.

"Emotions are the foundation of human nature, emerging even before birth, and they remain an integral force throughout life, guiding the choices that ultimately define us," says Daniel Goleman is a renowned psychologist and science journalist.

The power to decide resonates with the freedom to be swayed by sentiment or driven by reason. Acknowledging feelings enhances the authenticity of choices, revealing the depth within. In this interplay, true liberation exists – the freedom to sculpt a life rich in experiences, shaped by the profound interconnection of feelings and decision.

Amidst this interplay of emotional foundation with psychological freedom, pregnant women's health emerges as a dire brushstroke. Their well-being not only nurtures life's genesis but also of decisive colours the choices that shape our future. Recognizing the intricate connection between feelings, freedom, and maternal health, we honour the profound role pregnant women play.

The Jewish community may play an active role in supporting pregnant women and their families. This support can extend to providing guidance on health and well-being during pregnancy, as well as offering assistance in preparing for the arrival of the baby. In safeguarding their well-being, we embrace a future painted with the vibrancy of healthy decisions and enriched emotions.

A counselling case recently emerged involving a third-year BTech student, Alex (a false name used to maintain confidentiality). Alex demonstrated exceptional academic performance until his second year. However, during the last semester of his second year, he faced a significant setback and failed all of his papers in his semester examination.

After looking at his situation, it was clear that when he was a baby, he went through tough and stressful times because of his family, whether they meant to or not. As a result, when he got teenager, he started feeling less happy. But with regular therapy,

he has gotten a lot better emotionally and has also gotten better at thinking things through.

Parents had to understand the true extent of his emotional struggles, which unfortunately affected his academic grades. Thankfully, this setback led to a positive outcome: he started getting therapy to work on his emotions, which will also benefit his future self. It is important for everyone to realize that a person's inner happiness and peace matter, regardless of their achievements.

"True freedom is not the absence of constraints, but the ability to make choices that reflect one's own values and desires." - Eleanor Roosevelt. We know that Eleanor Roosevelt, a prominent American figure, served as the longest First Lady from 1933 to 1945, advocating civil, human, and women's rights, and influencing social and political matters significantly.

Thinking about what real freedom in making choices means, I remember a case from a counselling session. There was a newly married couple named Meenu and Krishnan (not their real names) who had been married for less than two years.

They are both very innocent and simple, but they can't seem to live together peacefully. Meenu says she didn't choose to get married - it was because of her family's pressure. Krishnan wants a simple married life with no big expectations, just a peaceful and humble life together. But they are struggling in their real married life.

I told them they can talk openly with me confidentially so they can learn to make smart decisions for a happy and healthy life. I made it clear that I won't make decisions for them or give direct advice. Instead, I will create a friendly ambience with supportive environment where they can make their own choices without pressure from others, only following their own feelings and thoughts.

Mignon McLaughlin, an American writer (1913–1983), famed for perceptive insights on life, love, and human emotions, gained recognition through her quotes and book "The Complete Neurotic's Notebook."

It is worth notable on a successful married life that she says, "A successful marriage requires falling in love many times, always with the same person."



# HUMMINGBIRDS AND SUNBIRDS

## HEMA RAVI

Bird watching is an interesting pastime for people of all ages.

Watching the winged creatures in their natural habitats offer a range of delightful experiences: their colorful plumage, calls, and songs in their environs, their sizes, food and nesting habits among others.

Two fascinating winged creatures are the Hummingbirds and Sunbirds.

Hummingbirds - native to North and South America and Canada are called so, because of the 'hum' made while beating or fluttering their wings. Gifted with long and narrow beaks, they feed on nectar from long-hidden flowers. Ruby-throated hummingbirds have distinct bright feathers, their throat is significantly noticeable.

People love the presence of these tiny birds in their gardens and place 'feeders' to attract them. As per facts from the internet: Hummingbirds have over 900 feathers- the fewest number of feathers of any bird species; such lightweight facilitates easy flight.

Their keen eyesight helps them to locate bright flowers whose nectar they feed upon five to eight times an hour. Besides, they devour tiny insects and sip tree sap or juice from broken fruits.

Sunbirds are tiny birds akin to hummingbirds, native to Africa, Asia, China, New Guinea, and Australia. The variety is abundant in the tropical and equatorial zones.

Sun birds are brightly colored; male birds have iridescent feathers with long tail feathers.

Both the sunbirds and hummingbirds hover in a similar manner when feeding on nectar from flowers. While hummingbirds hover upon flowers, sunbirds perch to feed on nectar. Their beak shape and flapping of wings also differs.

Some facts from <https://bondwithyourbird.com/>

Type of Difference	Hummingbird	Sunbird
Family to which they belong	Trochilidae	Nectariniidae
Region they are found	Americas	Africa, Asia, Australia
How they sip nectar	While hovering	While being on a perch
Bill Structure	Long and Narrow beak	Downward Curved beak
Males vs Females Sizes	Females are larger than Males	Males are larger than Females
Sound while flapping the wings	Hum sound	Different sounds such as fluttering, buzz, etc.
Shape of nests	Cup-shaped	Hanging purse



**Sunbirds, Karapakkam, Chennai, Tamil Nadu, India**



**Hummingbird, Bellevue, Washington, USA**

**Photos Courtesy: N. Ravi**

# EASY DECOUPAGE

## LATHAPREM SAKHYA

It all seems like yesterday.

The hectic week had come to an end.

My little one was waiting all decked up for the Friday evening out.

“Where to?”, I asked.

Without hesitation she replied. “To Linnu's house.”

She was her best friend. She was staying on the other side of the road.

That's all I knew about them.

As it was quite nearby we walked.

Sure enough crossing the road and entering the lane, we saw Jenny's friend Linnu swinging on her gate.

Her mother too was anxiously waiting for us.

I surmised the little ones had plotted together this meeting. So they disappeared giggling to play.

I sat talking to Linnu' s mother. It was then I noticed all those beautifully done pots in the corners of the drawing room and she said they were all her work.

That's how I was introduced to Decoupage.

When I listened to her it sounded totally easy. I am sharing it here.

You must have an ideal terracotta pot, even a bottle will do. If it is a bottle, you escape the tedious task explained below.

Take the pot and smoothen it down with sandpaper.

Then wash it cleanly with water to remove the grime. Allow it to dry. After that, apply a primer.

Then smoothen it again with sandpaper.

Then give it a coat of any colour you like with fevicryl colours.

Next we must choose an apt picture from our collection of old cards, especially Christmas cards.

Soak it in water and gently remove the fine film of the picture from the card. This is the most arduous part and if you are not very cautious it could destroy the picture forever. Once the picture is separated you can start making a mixture using ceramic powder, Chinese clay and fevicol.

It should have the consistency of dough for chapati.

Look at the picture and carefully place small balls of the mix where the picture is to be projected and slowly paste them on the pot. Then allow it to dry.

Next, take the fevicryl colours and fill up the gaps with appropriate colours wherever the white mix is ready. Again allow it to dry for a day or two and then wrap it up with a fine coat of clear varnish.

Let it dry. Your pot is ready to be launched to the outside world.

If you are using a bottle you need to clean the surface of the bottle, apply any fevicryl colour of your choice and allow it to dry. Then paste your picture as explained above.

Your picturesque bottle is now ready to see light.

**Decoupage Work by LathaPrem Sakhya**



# WATER CONSERVATION – NEED OF THE HOUR

**T S MANOHAR**

“Water, water everywhere but not a drop to drink” is an old line of inspired poetry which is fast turning into a probability. Will the world turn into a place like that? Indeed, a soul searching question of far reaching magnitude.

What seemed a probability has become a possibility in Cape Town located at the tip of South Africa. The city bereft of all fresh water resources and the Day zero is not far off. This virtually justifies the title “if we don't care, the streams may go bare”; we have to necessarily stand and stare in despair! The rhyme may be catchy but the situation is grave indeed.

“Save that drop of oil, else you may have to walk your way back” was a striking advertisement by Indian Oil trying to create awareness to conserve natural resources. That applies to water too.

The earth may be covered two thirds by water but all of it is salty. To get one litre of potable water we have to desalinate four litres with energy consumption. No welfare government can look aside at this alarming situation. Cape Town may be first city but may not be the last, feel the worried water managers across the globe.

This is precisely why, the ancient civilisations like the Indus valley civilisation, Egyptian civilisation and Mesopotamian civilisation sprung along the rivers and river valleys. Mother Nature is indeed bountiful and beneficent. It is the greed of the human kind which has extracted and exploited water resources to its ever increasing need.

Urbanisation has encroached on water bodies and forests indiscriminately. So much so, we have houses built on places which were once ponds, lakes and river beds. These water bodies acted as sponges to hold surplus rainwater which percolated into the soil and prevented floods. Thanks to these water bodies water was naturally harvested.

United Nations has sounded warning through several conventions on water conservation and trans boundary sharing of water. The rights of the riparian states are reiterated through these charters and treaties. The world water day is celebrated on March 22 every year to raise awareness.

The conscious and collective action should start now. 'Be the change' is the campaign mantra. Just the like humming bird which carried water to douse a forest fire all efforts begin small. The butterfly effect of this collective initiative will bear fruit, over time. After all, we only know too well that “Little drops of water and little grains of sand make the mighty ocean and the beautiful land”.

It is time for action lest the streams go bare. Let's join hands to take the future back into the past when water was water, just pure and clear.

# LOVE YOU AMMA

## NALINI JANARDHANAN

“Amma, please don't cry...You are already ill. Just don't worry. I will come back soon.” She opened her eyes to see that she is in a tent. Moonlight is coming through the cloth window of the tent. The night is silent. Her heart went out to her mother.

Major Padmini realized that it was only a dream. She was on duty at Longewala near the Rajasthan border. Outside the tent there was only sand shining in the moonlight and stretching for a long distance. It is a desert area with very few trees around.

Being a medical officer in Army Medical Corps, she was sent on temporary duty to Longewala. Her commanding officer and other officers were staying in nearby tents. Jawans were put up in tents far away. Padmini never felt lonely or unhappy staying in a tent in a desert away from her family, as she was a true officer at heart. She believed in serving her motherland till her last breath. But she was worried about her mother who is bedridden at home. Her brother and sister-in-law are there to take care of her but Padmini wanted to be with her mother.

After having breakfast along with other officers, Padmini came back to her tent. She thought of writing a letter to her mother.

“Dear Amma,

I can visualize your countenance when you read my letter. Your beautiful face brightening up with a lovely smile...Amma, I haven't forgotten you. I am really concerned about your health. I couldn't make any phone calls to you as we are staying along the border area. Here only Army phones are working (landline phones) and I couldn't get through your number probably due to signal network problems.

Amma, I always wanted to tell you frankly so many things. But most of the time I used to hesitate in opening up my mind. Now it is time for a heart-to-heart chat for the mother and daughter, OK?

You are the most important person in my life. Our relationship started in your womb when I was staying there connected to you through the umbilical cord, safe and away from the dangers of world. I could feel your love which wrapped me like a soft embrace. After my birth, when I opened my eyes it was your face which I saw first. How can I forget your lovely smile and tearful eyes...I knew that they were tears of joy. You had many health problems in pregnancy and suffered severe labor pains just to

bring me to this world. My first food was your breast milk which was so sweet like your love. When you held me close to your heart, I could feel your heartbeats and I fell asleep peacefully. I felt protected in your lap which I am missing even now. Remember how I used to come running to you when I am depressed or discouraged to cry my heart out and your lap was my solace?

The first word uttered by me was 'Mom'. When I started taking my first steps in life, you held my hand and taught me how to walk. And that was the beginning of my journey. You helped me sail through many difficult times of life from childhood till now. You did even small little things to make me smile. Amma, you walked that extra mile to see happiness on my face. When I started my LKG in school, you accompanied me on the first day. I cried when you left me. But you waited there outside the school till the time I came out, just to give me the reassurance that you are always there for me. Your goodnight kiss and affectionate embrace helped me sleep peacefully to wake up to a new morning. You played with me like a kid, memorizing Nursery rhymes with me. As years passed by, I made friends and enjoyed learning new things in school. After Dad's death you were both my Dad and Mom. You always encouraged me to participate in various competitions. You congratulated and made me feel proud when I brought home prizes and trophies. Gradually winning became a habit of addiction for me. I became the best all-rounder student in school and colleges. I am an achiever today only because of you. Whenever I fell ill, you were always there reading books for me or telling stories till I sleep. Your melodious lullaby is ringing in my ears even now. I really miss you Amma...

You know that daughters have a special bond with their mothers. You are my first friend, best friend and forever friend. As a teenager, I shared my problems with you. I remember telling you about my crushes, heartbreaks and about the boy who loved me. As a true friend you always heard me with patience and gave me the best advice. You guided me when I was on crossroads.

I am a strong woman now because a strong woman like you raised me. But whenever I feel dejected or worried about you in the evenings, I go out of the tent and pray in front of a small idol of Goddess Durga installed here by our Jawans. I could see your affectionate eyes when I look into the eyes of 'Devi Maa.' The ancient saying 'Mathru Devo Bhava' (worship your mother as God) is true in my life. For me, you are the incarnation of the divine mother. Amma, please don't leave me alone.

Amma.... your loving eyes told me that I could look into them whenever I feel depressed or anxious. Your ears told me that there would always be someone to listen to me, be it happy moments or sad moments. You understood even the things I never said. You could read my mind as an open book. Your lips told me that there would always be someone to smile at me even when the whole world neglected me or discouraged me.

You taught me to get up and move on in life whenever I fall down on my knees feeling defeated. I learnt that failure is the stepping stone to success. Your hands told me that there would always be support for me during my struggles or periods of trial. I kept holding your hands to cross all the paths safely and came out as a winner. You gave me life. You gave me confidence, love and courage. You are the most inspiring woman in my life.

My life was never a bed of roses. The road I travelled has not been easy. There were stones and thorns on my path. I struggled a lot to reach this proud position of an Army Medical Officer. This was possible only because you were walking with me. You helped me grow and reach greater heights. As the saying goes, 'Mothers hold their children's hand for a short while but their hearts forever'.

Amma, you mean the world to me. You are my world! Please take care of your health. I will come home soon.

Love you Amma....

-Yours loving daughter Padmini"

Major Padmini wiped her tears and closed her letter.

"Good Morning Madam"- A jawan came and saluted her.

"Ranveer, please take this letter and give it to the Havildar Clerk for sending it to my home." She returned the salute and told him.

"OK Madam, CO Saheb is calling you." He replied.

Major Padmini nodded and walked out of the tent to meet her Commanding Officer. She knew that her mother would be happy to receive her letter. She closed her eyes and prayed "Dear God, please help my mother to get well soon. You know that she is my lifeline. I wanted to meet her soon."



# **SUBCONSCIOUS OBSERVATION BELIEF SYSTEM (SOBS) - THE POWER OF THE SUBCONSCIOUS MIND (PART 8)**

## **ORBINDU GANGA**

The notion of being trapped within one's own self rarely surfaces. The idea of living an abysmal life becomes ingrained in the belief system that defines one's essence. This notion gets passed down through generations, becoming woven into the very fabric of existence. When imposed upon young minds, it diminishes their capacity for profound thinking. The mind is an ocean that requires self-exploration to plunge into a realm of experiences where the wondrous journey of life can be fully embraced. This realization demands acknowledging the existence of such thoughts within oneself.

The strength inherent in the human mind has often been underestimated in various forms. The most commonly recognized aspect of this is consciousness. However, such awareness might transcend the current bounds of understanding for many. The subconscious mind can be likened to a dormant dragon; once awakened, it brings about transformations beyond comprehension. Regrettably, many individuals never attempt to venture into the inner workings that resemble the mitochondria of a cell. The inherent potential possessed by the subconscious mind to elevate an individual's comprehension to boundless heights is immense.

Through the process of self-discovery, one can delve into the depths of the subconscious state of mind. Exploring oneself has the potential to activate the energy within the subconscious, inducing a state of flow. This state of being can assimilate numerous subtle aspects that infuse potent vigor, rejuvenating the individual's essence. Self-exploration in this context is a solitary journey, devoid of external instructors, reliant solely on self-realization. The individual's path determines the expedition, wherein the association with personal realization dictates the infusion of energy from the subconscious.

To fully unlock one's latent potential, especially when self-discovery appears stymied, the Subconscious Observation Belief System (SOBS) can offer the tools to comprehend the significance of self and grasp the true essence of the captive subconscious energy. The underlying patterns of this communication can usher transformative change within. These patterns, whether tangible or intangible, can be modified and translated into visual and non-visual cues that prompt action. The confining barriers can be eradicated or elevated to emotional attributes that flow unobstructed. The current of emotional facets possesses the power to reshape belief systems, ultimately effecting comprehensive change, evolving from a potent being to a subconsciously conscious entity.



# PARALLEL UNIVERSES: ARE WE WHISPERING IN DARKNESS? (PART 4)

## ORBINDU GANGA

Science and philosophy beautifully synchronize to provoke contemplation regarding parallel universes. Attempting to uncover the traces of another dimension has never been an easy task, involving speculative philosophy and theoretical physics, which leave us in a state of wonder and curiosity. While many may debate its actual existence, a small number do believe in its potential existence. The concept of revealing it with scientific evidence is pending, but the unexplored nature of the idea has gained popularity among the masses.

Years of dedicated study, aimed at exploring the possibilities of another dimension, have propelled the multiverse theory to immense popularity, captivating the masses with its potential for acceptance. Numerous theories have been proposed by physicists. Among them, the one that stands out for its significant contribution is Hugh Everett's interpretation, which involves different quantum events, each with distinct possible outcomes. This concept, often likened to a tree with diverging branches, is known as the "Many-Worlds Interpretation."

As research becomes more concentrated on sub-atomic particles and their behavior, they have become a subject of great interest. The enigma of unraveling particles in a quantum state has not only piqued curiosity but has also led to the exploration of more possibilities than answers. While the interpretation of particle behavior continues to spark curiosity, has it not yet reached the threshold of exploring other possibilities?

Theoretical physics is actively engaged in seeking the potential of parallel universes through intensive study, while speculative philosophy offers its own way of interpreting the theory's possibilities. Many still argue about the plausibility of such existence without scientific proof, as these possibilities are challenging to perceive within human limitations. To truly grasp these concepts, one must venture into uncharted territories.

In the quest to confirm these possibilities, scientists have immersed themselves in analyzing patterns in cosmic waves and conducting experiments involving high-energy particle collisions. Through these studies, scientists have held onto the hope of providing a scientific explanation supported by concrete evidence. However, these experiments have largely been elusive in yielding definitive outcomes. The exploration is ongoing, with researchers working diligently to identify potential outcomes supported by substantiated evidence.

The concept of parallel universes has been more imaginative than substantive, particularly when examined through an impartial scientific lens. Nevertheless, the curious minds engaged in this exploration are determined to unravel the mystery. The reality of parallel universes remains a question that demands more answers than theories can provide. This enigma presents numerous unanswered questions. Perhaps it's time to reevaluate the current thought processes and consider new possibilities, while continuing the exploration simultaneously.

The background features a repeating pattern of thin, light blue wavy lines. On the right side, there are two large, thick, wavy bands: a light purple one and a light blue one, both curving upwards and downwards.

# **POETRY**

# WHISPERS OF HOME

**BHAGYASHREE MISHRA**

Beneath distant constellations in an unknown sky,  
My heart revisits a realm where memories serenely lie,  
A picturesque haven, where my soul danced in glee,  
My precious abode, where my heart found its key.

Hills and rivers, painted with art divine,  
Hold memories precious, tenderly entwined,  
Sunsets and sunrises, painted with hues so fine,  
A masterpiece unfolds, eternal and divine.

Fragrance of blooms on the caressing breeze,  
Rustling leaves, swaying boughs of tall coconut trees,  
Within the wind's gentle touch and its tender grace,  
I sense a fragment of my mother's ambrosial embrace.

Oh, the nights spent beneath your starry dome,  
Stars fluttering like fireflies, guiding me home,  
Leading my thoughts to the nurturing nest,  
Where eternal love and warmth find their rest.

The voices of my parents, akin to heavenly chimes,  
Reverberate within, transcending all times,  
Across vast miles and oceans that divide,  
In my soul's sanctuary, forever you shall reside.

Here I stand, as distance weaves its thread,  
Yearning for familiar faces and smiles unsaid,  
In this space between, love emerges as a song,  
For my cherished homeland, where I truly belong.

# SUN, MOON, WATER, LAND

**GITA BHARATH**

The sun swings her little planets around  
Like a child with her playthings  
Her hula hoops or balloons  
Or her yo-yos on strings.  
The moon dances in the sky  
Pushing and pulling at the sea,  
Dwarfing human endeavour  
And our technology,

But,

It is up into space that we must go  
To expand the frontiers of that which we know,  
Deploying a space-telescope, the James Webb, our eye  
At the L2 point, where, in the sky,  
The gravity of the earth and sun cancel out.  
Shields protect it from the sun's fierce blaze  
It collects, deciphers, star light from spaceways.  
The Morse code sent by the blinking stars are old  
Those stars may even now be dead and cold,  
But their messages seem sharp and clear-  
Are they semaphoring bliss or fear?

Seventy percent of the earth is water,  
And, influenced by the moon's gravity,  
The ocean tides rise and fall  
Seventy percent of my body is water  
Does humanity also heed this call  
Alternating peace and war...  
And tsunamis, too?  
What else explains the fossil finds  
Layers and layers of once-great civilisations ....  
And some vestiges of greatness in our minds  
I stretch the tendrils of my mind  
Into the far reaches of space  
But my senses are foreshortened  
By the limits imposed on my race,  
And I crash land into mediocrity..

# HUMANISM, THE WAY OF LIFE DIVINE

HIMANSHU BHUSHAN JENA

Sooner or latter

We all will die; our pride and prejudice, ebb and flow, dust and glow..  
all turn into ashes only leaving behind our humane traces

No matter marks us immaterial

No information makes us immortal

It's the cult of humanism that ventures beyond the cycle of birth and death

It's the aroma of humanity that drives us towards equanimity in our spirit and action

It's the light of divinity

that sustains life behind, beyond and other than the material world

Humanism adds opulence to life divine, never quits us isolated in the universe of  
harmony!

## Solution to Crossword B

					<sup>1</sup> T				
	<sup>2</sup> G				H				
<sup>3</sup> C	O	N	T	R	O	L			
	A				U				
	L				G				
					H			<sup>5</sup> H	
	<sup>4</sup> P	O	S	I	T	I	V	E	
					S			A	
								L	
								T	
								H	

# LUNA AND THE LYRIST

JAYALAKSHMI KARINDALAM

Lovelorn Luna, a poet at heart.  
Itching tremblingly her glowing art.  
Repress dormant passion awhile  
Yet, radiant the charisma that beguile.  
Fervor of fantasy rules the blue realm  
Amorous the lyrics drizzle along stardom.  
Magic, her aura that magnetize substances.  
Douse in melodies the drowsy universe.  
Stride in grace, maiden stars in diamond studs  
Shy away raptly from wooer clouds  
Luna! You the divine muse stir the hearts  
Virtuous your love for this thirsty lyrist.  
Sell me silver dreams through these dreary dark leaves.  
Allow me to drink from your reflection in placid river that relieve.



# SHADOW

JELLIE N. WYCKELSMA

Wherever there is light  
A shadow will follow  
Faithfully behind it  
Inseparable

Sunny and dark days  
Follow each other  
With long, or short shadows  
There is no escape from shadows  
All part of life

After our darkest hour  
Light will return  
Making the shadow  
A mere shadow of itself

# SHADOWS OF THE PAST

JELLIE N. WYCKELSMA

Wherever she goes,  
Her shadow quietly follows  
It knows about all her woes

Not only at night time  
Even when the sun is ablaze  
And a smile's on her face

There are also the dark shadows  
From her past, times long ago  
When war raged even in flower-filled meadows

Bombs made craters where once houses stood  
Memories looming forever in her mind  
Rulers were cruel, far removed from being kind

As the years progressed fast  
She desperately tries to forget  
All that gave her those threatening shadows of her past ...

# RAILWAY STATION DOG

KAMAR SULTANA SHEIK

Ordinary puppy  
Mongrel  
Flappy ears,  
Gangly limbs  
Like a too-thin child  
Who has lost  
All his baby fat;  
Not a care in the world  
It seems.  
Flopping down  
On the doormat  
Of the station-master's room.  
Turning 'guard-dog',  
In his adopted master's absence.  
This animal innocence  
May God bless it  
Many a lesson precious  
I have learned;  
That trusts so completely  
The hand that gives a kind pat  
And feeds a morsel;  
Rain or shine this creature  
With bright eyes  
Doe-like, speaks  
An unuttered message:  
"I trust and love  
The creator does too"  
Maybe that is why  
Dog can be re-spelled  
As God.

# TEARLESS TREE

LEENA THAMPI

Every sacrifice that's planted deep  
Didn't bear fruits nutritive  
like an axe  
that maketh  
a tree bleed  
You split me into two  
An angel and a devil

Bark crumbles down  
Hollow spaces fight  
Blood turns white  
No tears on the soil  
All that remains are  
A Warrior's dreams.

We keep expecting  
A savior in our lives  
Who wouldn't leave us  
Weaponless in a battle field  
lift us up and keep those promises you made in the womb serene.

# THE WORLD ISN'T AN EASY PLACE TO LIVE IN..

**K. MONIKA**

It is a highly competitive race  
Where we have so many things to face...  
In the world where everything turned out be money  
Succeeding as a single person even turned out be funny.  
Fake smile and pretended attitude had become a new trend  
And in this chaotic world it is hard to even find a true friend.  
Donation for education  
Had become a new sensation.  
The problem is not where you lack  
It is you don't have lakh and lakh  
Negativity all around  
And vindictiveness surrounded around and around  
Went away all the hospitality  
And welcoming and wishing people had become a mere formality.

# THE ODE THAT SAYS IT ALL - A RENDITION FOR FATHER'S DAY

**NEHA S CHAKRAVARTHI**

I'd go back years to be a kindergartener  
That likes to ride piggyback on you to places;  
To be the young girl who giggles  
Having her hair wave to the wind  
Going along the city on a pillion with you.  
Could I be that curious pre-teen again?  
How I'd love for us to discuss music and movies! -  
Way interesting than any school lesson.  
And I grew older, looking like you.  
Our thoughts were much of a muchness.  
Finding my refuge in our long talks,  
I knew, in you, there is wisdom  
As clear as the day - unnoticed  
Which goes amidst your blithe guise.  
Today, in small steps, I set off  
To see what it is like to live,  
With things that you taught me  
(Things precious than what  
I might find in gold mines).  
I can't walk the path you walked  
Incredibly like you did.  
Relentless, tough you are,  
That took you to heights great and far.  
For you, Dad, I hold respect galore,  
I have you, so why'd I ask for more?

# DEVOTED SOUL

## RAJANI MULA

Learns like a lad, longing luxurious knowledge  
Neither he prepares for IAS nor IPS badge  
But keeps on digging the well of knowledge  
His knowledge may not turn him prosperous  
He is aware of the very fact, grievous!  
But burns midnight oil, aiming students' perfection  
He learnt not to care carelessness of carefree creatures  
He bent down before the barbaric blows of belittlement  
His only vision is to spread values and wisdom in endearment  
He may not be your Google  
But he's an essential part of your life to view life through the mirror of wisdom  
His meagre income may not fulfil his needs  
But he doesn't compromise in feeding you with information, turning you greedy!  
Your greed for knowledge is the feed of satisfaction he lives on  
Respecting this soul is your duty  
Caring such souls is an act of piety  
Let's not be misers in mesmerizing these souls with our dedicated efforts  
Let's be wiser in valuing these souls whose dearth is irreparable loss to the society!  
Let's be grateful to their great and untiring efforts!

# WHO'S IN CONTROL?

ROOPA SUBRAMANI

Who's in control, me or another?

this question been plaguing my mind lately, need I even bother?

for when I do, giving in to the trickery of the mind, I only suffer,

but not giving it a thought, my mind becomes light as a feather,

and in asking this question of my Heart, it feels like I've been taken hostage by it's power,

only to show me that, Love knows no motive, but only desires my highest good like a true lover, Therefore, I surrender to 'What Is',

in that moment the very question of, 'who's in control?', is exhausted leaving no distinction of 'that' and 'this',

and I stand as 'I AM', like the One steeped in a state of 'divine paralysis'.





# CHANDRAYAAN!

## SAIPRAKASH KUNTAMUKKALA

As the countdown began  
From ten to one  
Memories kept gushing  
The earlier efforts  
Coming like waves a bit of nostalgia

The never say die attitude  
Occupying my psyche  
With a bated breath I wait  
Successful launch  
Millions of folded hands in prayers  
A perfect occasion for thanks giving  
As the sky turned orange  
Witnessing the flames

Forty days of nail biting wait  
Sling shot phenomenon  
Physics and Maths put to test  
The world witnessing  
Oriental wisdom  
A precision landing  
Cheers and hugs  
The darkest south pole conquered  
Leaving behind un erasable foot prints  
The tri colour deeply planted  
Benefiting mankind  
CHANDRAYAAN 3  
Greeted with pomp and grandeur  
I join the voices  
Proclaiming loud  
We shall overcome  
We shall overcome  
We shall overcome one day  
WE DID IT

# TROUTS OF MEMORY

SANTHOSH BAKAYA

Those pine cones of memory, the snowflakes too  
and that wobbly bench, near the stream  
where those young lovers had their rendezvous.

*Was that meandering stream just a dream?*

Memories poke,  
choking me,  
stroking me with bursts of nostalgia.  
What little champs, we were;  
mimicking the shepherd  
and calling out to the rambling sheep,  
cupping our tiny hands around our little mouths.  
*“Enough... Time to be back...yes you little one.  
You are a naughty one.”*

The naughty calf ran away from us; the bloke!  
We laughed our heads off,  
chasing it with staccato bursts of juvenile mirth.  
I am talking of the time when we loved the earth,  
pouring our affection on every leaf, every bark,  
and the dew- drenched petals.

Once we even rescued a bird from vicious nettles,  
nurturing it with loving care- the bird and earth both.  
[Greta Thunberg came later, when we had stopped loving the earth,  
and had turned into haters.]

Hopping, skipping and running over slippery boulders.  
A bemused, bearded sun- scorched shepherd, watched,  
two arms around a calf on his shoulders.  
Soon these moments assumed sepia tints.  
Forgotten snapshots.  
I am in knots recalling the pine tree embracing the moon.  
Such a graceful snapshot! Such a loving gesture.

The trouts, playful one moment and then deep fried,  
morphing into a succulent dish  
on that improvised stove, near that boisterous stream.  
The poor fish!

Was that love's celebration, or just a painful contradiction?  
Killing the poor trouts for a party by the stream?  
My petite body was assailed with doubts.  
That night I cried for those trouts,  
so full of life one moment and lifeless the next? The poor trouts!

Let me banish all those nagging doubts- forget the fire- the stove-  
and just remember them as frisky, frolicsome trouts.

# SHORES OF SILENCE

**B.S. SAROJA**

Silence has a melody  
Certainly not a parody

It has a divine beauty  
A pristine gem truly

Winnow the thoughts  
Feel the bliss you sought

Blue sky has elements of lullaby  
Staid sea's voice is its sighs

Smiles are the words of a flower  
Its touch a lovely shower

Have you heard the moans of leaves  
when they are kissed by the breeze

Voiceless signs of love  
Knows only the doves

Silence speaks in volumes  
In its presence mind blooms

Breathless songs of nature  
Heard in mute rapture

# **SURVIVAL**

## **SETALURI PADMAVATHI**

How long do you shed tears?  
Days turned to months, and months to years  
You never left any stone unturned  
These humans often become inhumane  
They know you not or hear you not

Pains are like passing clouds  
They slowly move one by one soon  
Strenuous deeds made you matured  
Experiences turned you strong  
How long do you shed tears, dear?

Education is your mighty weapon  
Your choice is only transformation  
Trust your calibre and talents  
You can eliminate the dark paths  
How long do you shed tears?

Unused skills teach you ability  
Unimaginable game makes you an actor  
Do you know one thing?  
Tough roles are always given to the best actors  
How long do you shed tears?

# TURNING POINT

## SETALURI PADMAVATHI

You're a dream boy ever  
Who walks in a dreamland,  
not on the real land  
Like a focused ferocious tiger  
You looked for the opportunities  
No stone unturned in your path,  
No time wasted in the discovery  
Like a determined student  
You strived hard to find a way  
The way that is challenging  
And the way that is puzzled  
Paved the red carpet for you  
You're a dream boy,  
Who ambitiously goes ahead!

You may find cruel people around  
And the rugged pebbled path  
Every road isn't filled with roses,  
But you can always find a lucky gate  
When you travelled two confusing roads  
You knew not which one to choose  
I know, you're as good as a wiser  
You shot the best arrow  
At the right choice of yours  
Diversity in place and cultures  
Different attitudes bring differences  
O dear, enjoy the differences in entity,  
For which change is the spice of life,  
So, be the change you wish to see!

# RAINBOW

**VAISHNAVI SAMANTARAY**

Whenever I get a glimpse of the rainbow,  
How I feel for it never to vanish,  
The first is violet,  
Indigo is next,  
Blue Green and Yellow  
Makes the world glow,  
The sixth is orange and the last comes red,  
All colours seven making a road to heaven.  
When I was younger I believed,  
At the end there would be a golden pot,  
Though as I grew older I figured  
it was not,  
The rainbow still fascinates me,  
As I feel God might have painted  
It on the canvas of the sky,  
I wish I could see it every day,  
But alas!! There is no way.

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