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SCIENCE SHORE

exploring the ocean of life
ONLINE QUARTERLY MAGAZINE

SCIENCE ARTICLES

SHORT STORIES & ARTICLES

POETRY

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**SCIENTIFIC
ARTICLES**



CURRENT NEWS - SCIENCE SERIES SERIES 9 - OLD<OLDER<OLDEST!!-- IN HINDSIGHT!

GITA BHARATH

(From Darkness to Light,
Science's spirit can shine bright
When it has foresight, hindsight,
Upsight, downsight and all-around-sight!)

So in this article, let us focus our hindsight on ancient, really ancient India!

Long, Long ago, maybe a hundred million years ago, great dinosaurs roamed across India. But long before that, four and a half billion years ago, our planet was a rocky landscape, covered with swirling carbon dioxide and other gases. Meteors and meteorites crashed down and great volcanoes spewed fire. Somehow the chemistry at work in this harsh environment produced molecules which could reproduce themselves. Thus life began on earth. First came the algae and simple plants. Till 2017, the oldest known plants were red algae fossils from the Canadian Arctic. These were 1.2 billion years old. But, surprisingly...

EARLIEST PLANT ON EARTH found in India!

A study published in the journal PLOS Biology has noted that fossils of a particular kind of plant have been unearthed in Chitrakoot, India, that researchers state are 1.6 billion years old. This would essentially make these fossils the earliest-known plants on this planet. (Science report from Reuters March 15, 2017.)

DICKINSONIA-The First Animal on Earth

Next, we come to animal life....

The first ever multicellular organism (animal) that existed after the earliest plants evolved, is the Dickinsonia.

As per the findings published in the Gondwana Research, an International Journal, one of the rarest fossils in the world may have been discovered in the fascinating Bhimbetka rock shelters, a UNESCO site about 40 km from Bhopal.

Researchers believe they have found the first ever fossil in India of a Dickinsonia –the Earth's 'oldest animal', dating back 570 million years – on the roof called the 'Auditorium Cave' at Bhimbetka. Two experts from Geological Survey of India (GSI) during sightseeing tour, spotted the leaf-like impression. Eleven feet above the ground, almost blending with the rock prehistoric rock art, they found imprints of the Dickinsonia, believed to be one of the key links between the early, simple organisms and the explosion of life in the Cambrian Period, about 541 million years ago.

When the single super-continent Gondwana split up into several smaller pieces in the mid-Jurassic, some 160 million years ago, most of its parts, like Antarctica, stayed in the southern hemisphere, but one started drifting towards the north. The plate eventually collided with Asia and became what we know today as the Indian subcontinent. In the process, ancient coasts, were crushed, folded up and the Himalayas were formed.

THE OLDEST WHALE FOSSIL- HIMALAYACETUS

Himalayacetus is an extinct genus of carnivorous aquatic mammal of the family Ambulocetidae. Himalayacetus lived in the ancient coastline of the ancient Tethys Ocean before the Indian Plate had collided with the Cimmerian coast.

Dinosaurs belonging to the Sauropod family were among the largest land animals that have ever lived and were widespread millions of years ago and the fossils of these animals have been found in Gujarat, Madhya Pradesh as well as Meghalaya.

DINOSAURS WHO ROAMED THE INDIAN PLAINS!

The first dinosaur bones in Asia were found in India by a British captain in one of the East India Companies' armies in 1828, in Jabalpur, thirteen years before the word "dinosaur" was coined. Ever since then many bones, nests, and eggs have been found across the country.

What kind of Dinosaurs roamed India?

- Rajasaurus – This giant (30 feet and 1 ton) dinosaur was the largest and the most prevalent in India.
- Kotasaurus – This was a herbivorous dinosaur found down South.
- Barapasarus - This long-legged dinosaur was as much as 60-feet long

India had its own spectacular array of Cretaceous dinosaurs. The best and richest source of dinosaur fossils from this period is the fossil-rich sedimentary layer along the Narmada river, known as the Lameta formation, named after a bathing Ghat that lies on the outskirts of Jabalpur, in Madhya Pradesh.

In 1981, geologists conducting a mineral survey in a cement quarry in Balasinor, Gujarat, in western India, stumbled upon thousands of fossilized dinosaur eggs. Paleontologists believe that at least seven species of dinosaur lived here – perhaps the most famous being the squat, two-legged, carnivorous *Rajasaurus narmadensis* .

PRE-HISTORIC INSECTS

More than 700 new species of ancient insects have been discovered in 50-million-year-old amber. The discoveries come from some 150kg of amber produced by an ancient rainforest in India. The amber, dubbed Cambay amber, was found in lignite mines in the Cambay Shale of the Indian state of Gujarat.

PREHISTORIC FISH

A 100 million-year-old fish in Kerala is named after a character of the Lord of the Rings Meet Aenigmachanna gollum, a dragon snakehead fish that lives in underground aquifers, and which first announced its surfacing in social media posts in 2018.

Aenigmachanna gollum belongs to an old family of fish, called dragon snakeheads, that retains its primitive characteristics after all these millennia. The Snakehead Gollum discovered in Kerala last year is not only unique for its delicate scale like fins but has also turned out to be a living fossil.

The fish which remains mainly underground was hidden from the knowledge of mankind which is why their behaviour and characteristics did not evolve much over these hundred million years. Their preserved lifestyle has given the scientists an opportunity to understand prehistoric marine life. It looks like a dragon, swims like an eel, and has remained hidden for a hundred million years.

OLDEST BIRD!!

GSI scientists find specimens of fossil bird in 170 million-year-old Kota limestone formation. The unique role in bird origin of the oldest known fossil bird the Archaeopteryx, believed to have existed 140 million years ago, is being challenged by Indian scientists. Once proved, India can take pride in having the oldest known bird fossil in the world.

SWIMMING DINOSAUR

The ichthyosaur skeleton is the first from the Jurassic era to be found in India. Call it what you wish: fish lizard, sea monster, ichthyosaur.

After tens of millions of years, and then 1,500 hours of digging, palaeontologists in India have unearthed the strikingly intact skeleton of an ichthyosaur, a marine reptile more than five meters long that resembled modern dolphins and whales. Native to oceans, the ichthyosaurs dominated the seas alongside sharks and another group of marine reptiles around the time Pangaea - Earth's single supercontinent - was breaking apart. Indian palaeontologists came across the skeleton south of the village of Lodai, located in India's western Gujarat province, in 2016, National Geographic reported.

In 2013, Indian palaeontologist Dhananjay Mohabey and others from GSI, Wilson in their paper, not only confirmed the presence of a prehistoric snake, but also found that its jaws were opened wide as if to eat the baby dinosaur – one that had just hatched. The hatchling was beside a clutch of dinosaur eggs, which were still whole. The geologist studying the project deduced that the animals had probably been buried in a mudslide – an event that began quickly, without warning, locking away that predatory moment in time.

How fascinating then, is the Jurassic park of India, its magnificent past and the story of evolution inscribed in our stones and fossils!

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LESSER KNOWN MOTHER TINCTURES IN HOMOEOPATHY

P C AISHWARYA GANGA

ABSTRACT

Mother tinctures are the precedent drug substances from which all other potencies of the same medicine can be prepared. Each Homeopathic physician's style of prescribing differs from each other in using different medicines or potencies from low to high and tinctures concerning the disease manifestation of each case. Some homoeopaths prefer using tinctures in their practice whereas some ridicule them. The tincture, when selected with correct symptom similarity of a case, gives many fast results and helps to gain the confidence of patients. The use of tinctures along with the indicated medicine in terminal illness or advanced pathological conditions like cancer have been very efficacious.

KEYWORDS: Homoeopathy, mother tincture, Hahnemann, Boenninghausen, medicine, cancer, drug substance, emergency.

INTRODUCTION

The mother tincture is a drug, pharmaceutically prepared from drug substance of vegetable and animal kingdom, using strong alcohol as a vehicle (solvent) by the various processes.[1] It is the precursor of the corresponding potency of the drug and it is denoted as Q.[1] Mother tinctures are being used by most homoeopathic physicians but some hesitate to reveal it whereas some are against using tinctures as they contain the material particle in it. The historical development supports the use of mother tinctures by our pioneers in homoeopathy. Mother tinctures when used as an external application along with internal medicine especially in wound healing gives the best results in a short span of time. According to the posology, the lesser is the symptom similarity then lower the potency is used in a case similarly lower the susceptibility of a patient lower the potency is used. Many research studies has shown the efficacy of several mother tinctures in various disorders. When the mother tincture is selected based on symptom similarity(particulars)and administered in lower dose of about five to ten drops in aqua gives better result especially in acute or emergency or advanced pathological cases .

PREPARATION OF MOTHER TINCTURES

Mother tinctures are prepared by two methods[1]

Hahnemannian method (old method)-the process is mentioned in the aphorism from § 264 to § 271 in the sixth edition of Organon of Medicine .The process is explained in nine class depending upon the drug substance used like dried vegetable and animal substances, most juicy plants, medium juicy plants etc.[1] Three ways of preparation of medicine are explained namely mother tinctures (immersing the plant and animal drug substance in strong alcohol), mother substance (trituration) and mother solution.[1]

New modern methods- This method employs two techniques they are:

Maceration- the long time-consuming process in which the substances used are hard gummy mucilaginous and viscid mostly from plant and mineral kingdom.[1]

Percolation- comparatively short process in which the substances used are soft dry non-gummy non-mucilaginous mostly from dried plants and animal kingdom.[1]

HISTORICAL CONTEXT

Dr Samuel Hahnemann originated the use of mother tinctures by his experiment of Cinchona bark on himself which led to the Genesis of the homoeopathy system.[2] In the second volume of the material *Medica Pura*, our Master cites a case of washerwomen where our master gives a single drop of pure juice of Bryonia root and in the sixth edition has mentioned about *Verbascum* tincture and *spongia* tincture for goitre.[3,4] Our master mostly advocated the use of thirty potencies.

In the nineteenth century, the organotropic use of homoeopathic medicines is historically associated with the use of mother tinctures or low potencies. One of the pioneers of this approach in homoeopathy was J. Compton Burnett (1840–1901) that organic diseases could not be cured solely by high potencies and he prescribed low potencies and tinctures in many cases with apparent success.[5]

Cooper, Hughes, Schuessler and Burnett [5] all tended to use the lower potencies and the tinctures of the remedies. Dr Robert Thompson Cooper mostly used 3x and mother tinctures in his book *Cancer and Cancer symptoms*. [5] The dose was administered in powder form with a single drop of the tincture on to a dry tongue and on an empty stomach.

In France, Maury and others further developed the organotropic use of homoeopathic medicines in low potencies called 'Drainage Biotherapique' which involves facilitating the organs and immunological mechanisms to provoke and stimulate elimination of all that needs to be eliminated for instance drainage of the liver, the kidney, and the blood low potencies or tinctures of vegetable substances such as *Solidago*, *Equisetum* and *Taraxacum* are used.[6]

In 1908 the lesser writings of C F Von Boenninghauaen was published which mentions the management of some cases with *crataegus* tincture, opium tincture etc.[7]

CLINICAL ASPECTS BENEFITS

For immediate relief of symptoms.

It's used as a palliative medicine mainly in emergency conditions, advanced pathological conditions and as organopathic medicine.

For beginners in practice for getting results rapidly and gain the confidence of patients rapidly and impatient patients.

In difficult cases and case with few symptoms, one-sided diseases can be used as external applications locally.

DISADVANTAGES

Prolonged usage with frequent repetitions of heavy doses can lead to some side effects.

The cure is not possible , only palliation or temporary relief can be obtained.

Disease manifestation or symptoms may be suppressed with prolonged use of mother tinctures.

Some tinctures cannot be stored or stocked for long period. Skin sensitivity test can be done before applying tinctures locally to prevent allergic reactions.

MOTHER TINCTURES AND THEIR INDICATIONS

The mother tinctures which are lesser known and used but has produced phenomenal results in practice as suggested by some experienced senior homoeopaths are mentioned below-

Abroma radix - female disorders connected with the uterus, irregular menstrual disorders; leucorrhea.[8]

Anagallis arvensis - possess powers for softening the flesh and for destroying warts when applied externally.

Arachgelica angelica - used in heart diseases, varicose veins and ulcers; also indicated in secondary amenorrhea and polycystic ovarian disorders (PCOD).

Bacopa monnerri - helps to improve memory.

Boerrhavia diffusa - It's active principle is diuretic, has its action on kidney and also strengthens the heart and regulates blood pressure.

Cassia Sophera - used as a bronchodilator, as an anthelmintic and as an antiseptic for skin.
[8]

Cinnamomum verum- useful in uterine haemorrhages.

Cochlearia armouracia- locally used for dandruff, raises the vital force.

Fragaria vesca- Prevents formation of calculi, removes tartar from teeth and prevents attacks of gout.[8]

Fucus vesiculosus- Obesity; Goitre; Enlarged thyroid in fatty people.[8]

Garcinia cambogia - used for weight loss.

Glycyrrhiza glabra - used in chronic inflammatory conditions of air passages like bronchitis, inhibits the growth of prostate cancer.

Juglans Cineria - used in occipital headaches associated with liver disturbances; cholelithiasis.[9]

Juglans Regia - used for acne and comedones of face, axillary suppurations; occipital headache.[9,10]

Laurocerasus - Cough with the valvular disease; Gasping for breath; Dyspnoea; Asphyxia.

Leucas aspera- Intermittent fever, enlargement of spleen and liver, used in bites of venomous animals.

Methylum salicylicum - an artificial Gaultheria oil for rheumatism, especially when the salicylates cannot be used. Pruritus and epididymitis, locally.

Momordica Balsamina - Gripping colic, pain in the back and hypogastric with painful and excessive menses.

Piscidia erythrina- Insomnia after mental worry.

Populus candicans (Balm of Gilead) -Acute colds accompanied by a deep, hoarse voice or aphonia.Instantaneous voice producer.

Quillaya saponaria - most effective at the beginning of acute catarrh checks it's further development associated with a sore throat.

Rhus glabra - Aphthous ulcer; Disinfects bowels; Bad smelling stools and flatus.

Sarracenia purpurea - Aborts chickenpox; Preventive; Heals scars after chickenpox.

Scutellaria laterifolia - Nervous sedative where Nervous fear dominates dull frontal headache, migraine worse over the right eye, aching in eyeballs.

Spirulina - boosts immune system, aids in nutrition and can be used as homoeopathic multivitamin.

Sterculia acuminata - the power to endure prolonged physical exertion without taking food and without feeling fatigued, regulates the circulation, is a tonic and regulates cardiac rhythm; also used as an anti-depressant.[9,10]

Swertia chirata - used in liver disturbances, malaria, fever with constipation, loss of appetite.

Terminalia Arjuna - Diseases of the heart both organic and functional; angina pectoris, spermatorrhea[11,12]

Tribulus terrestris - Genitourinary complaints of male. Prostatitis, calculus affection sexual neurasthenia.[12]

Yohimbinum - Premature ejaculation and erectile dysfunction.

Zingiber officinale - Genito-urinary and respiratory complaints are marked. Useful in albuminuria.

CONCLUSION

Use of Mother tinctures in homoeopathy for external applications in wounds and terminal illness like cancer has proved its effectiveness in many cases. Mother tincture when used carefully and administered according to the symptom similarity and in emergency conditions within a short period of low doses does no harm to the patient. Mother tinctures act only as a palliative therefore for permanent alleviation of sufferings the potentised medicine selected based on the law of similars and individualisation can result in the cure of the disease.[13]

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



SHIKRAS IN OUR HABITATS

HEMA RAVI

Many of us who understand Hindi are familiar with the word 'shikari,' which means hunter. And the 'Shikra' bird is rightly called so as it used to be a favourite among 'falconers' in the Asian subcontinent as they could be trained with ease. 'Falconry,' a popular sport of the past involves hunting of wild animals in their natural habitats using a 'trained bird of prey.'

The shikra also known as 'goshawk' is a small bird of prey, with a long, barred tail and powerful wings; it has a light breast and underbelly, marked with thin reddish barring. While male shikras have deep-red eyes, (scary!) females have a slightly orange-yellow iris. They thrive in a range of habitats including farmlands, forests and urban areas. Often seen in pairs, they are spotted single at times. Shikras feed on rodents, squirrels, small birds, lizards, tiny snakes and insects at times.

Their flight consists of 'flaps' and 'glides' and their 'sharp two note calls' are imitated by the common hawk cuckoos and drongos. Shikras use sticks to build their nests, which are usually in wooded trees, tall or exotic. Interestingly, both males and females work together to 'construct' their nest.

The female usually lays about 3-4 eggs, incubates them in the early nesting period, and towards the end, say around the second or third week, the male assists, to ensure the eggs remain warm and safe. During incubation, the male has the responsible task of being the 'breadwinner' - he has to hunt for himself and for her; also find prey for the young ones.

Shikras are generally sighted in urban neighbourhoods that are woody and green, where other small birds largely thrive. As is the case of various avian and marine species, habitat degradation and pollution poses threats to these birds of prey. Right now, it is not of much concern, however, it remains our responsibility to let them flourish, not let them go to extinction.

Reference: Internet

Picture Courtesy:

N. Ravi.

Picture taken at
Gandhi Nagar,
Adyar, Chennai



PARADOX CONUNDRUM

T. S MANOHAR

The headline of an article screamed “Indians deficient in Vitamin D”, what a paradox?

The Indian subcontinent being in the tropics has abundant sunshine which in turn provides the body with Vitamin D. In Fact, it is called sunshine vitamin. Precisely why, deficiency of it amongst Indians is paradoxical.

The word paradoxical set me thinking. The lexican describes a paradox as “a situation or statement seems impossible or is difficult to understand because it contains two opposite facts or characteristics”. My school PT master would yell out paradoxical instructions on the go from time to time.

“All of you go together separately”. “Nobody is nowhere” etc.

At college, the word paradox took a different connotation in my economics subject. The law of demand propounded by economists says “when the price increases, the demand decreases and vice versa”. In other words, people tend to buy more of the product when price goes down and less of it when the price goes up. But during World War II the prices of essential goods were increasing but the people were buying more of it anticipating further increase defying economic theory. This was called ‘Giffen’s paradox’.

Extrapolating this word, I found my grandmother was a medical miracle or so it seemed. Sprightly at 80, she was full of vim and vigour and lived life fullest. But suddenly her health hit a nadir and was bed ridden refusing food and water. Our family doctor (for over forty years) examined her and said, “I think it is the beginning of the end (paradox). Her vitals are fluctuating and it is not very encouraging. You may choose to inform your relatives if you want”. He injected a sedative for a peaceful rest. Lo behold! She was up and about within four hours demanding her cup of porridge. The same doctor was puzzled. “It’s a medical miracle, never seen in my practice. The sedative has worked paradoxically. Don’t worry Amma, you will outlive me”. Outlive, she did, and even paid her last respects to the doctor a few years down the line!

Of late, the predictions of the weathermen have become paradoxical. When they caution heavy rains in the offing, the schools are closed only to find the sun coming out in all its glory. Subsequently, they have become more cautious, lest it becomes a joke.

To continue on this, the Rotary club had organized a mega musical program as a fundraiser for a cause. They intended it to be in an open ground to accommodate more people. Just a few days before the event they met the Met officer to check on the probability of rains on the program day. The Met officer after checking the charts and wind patterns said, “No rains, All clear. You can go ahead”. The day before the event they thought fit to extend the invitation to the Met official. “So far so good Sir, hope the rain doesn’t play spoilsport. Your prediction has boosted the gate. Please attend with your family”.

The Met official said “I will, if it doesn't rain!”.

BETHANY HAMILTON – THE UNSTOPPABLE RIDER OF THE WAVES

G K MAYA

It was a sunny morning in October 2003 in Tunnels Beach ,Hawaii. The two teenaged girls, Bethany Hamilton and Alana Blanchard were taking a break from their surfing practice. Both girls were best friends and excellent surfers. Bethany 's father was a waiter in the town café but he spent all his spare time surfing. His three children, Bethany and her two elder brothers, were surfers. At the age of 12, Bethany had won the National Surfing Championship. Tom Hamilton was looking forward to the day when his little Beth would lift the World Champion's trophy . The day was not far, all who knew her, agreed.

Seeing her , a 13 year old lass with a smiling face , her long blonde hair held back in a pony tail, it was difficult to believe she was a professional athlete. The two schoolgirls were laughing and chatting , having a fun time in the waters . Tired after two hours of surfing , the girls were resting. They were lying belly down on their surfing boards not far from the beach. Alana's father and brothers were out there on the waters surfing while the girls had stopped for a tete - e - tete.

Pillowing her head with one arm, Bethany was playfully enjoying the feel of the blue ocean with her dangling left hand. She was keenly listening to the story Alana was telling, when she felt a sudden sharp pain below her left shoulder. With a piercing shriek she looked down, just in time to see a huge tiger shark gliding off with her bleeding left hand in its mouth, leaving a trail of blood in the blue waters. She closed her eyes.

Alana's family rushed her to the town hospital. Her father hastily made a tourniquet and wrapped it around the stump of her arm but it could not stop the heavy bleeding. Bethany's parents were already there at the hospital as a knee surgery was scheduled for her dad the same day. By the time she was taken inside, she had lost 60% of her blood.

Luckily, Bethany survived and was soon discharged from the hospital. The trauma was terrible and it seemed there was nothing left of her professional life. Surfing itself was fraught with risk and no one could imagine her out there in the ocean as a one armed surfer.

But Bethany was not ready to surrender to her fate. While at hospital, undergoing surgery, she had made up her mind. The shark could take off with her left hand but her right hand was still hers. She wanted to see what she could do with that one right hand. One month after the accident, she returned to her board to start her practice.

To start with, she altered the size of her surfing board so that it was longer and thicker, with a handle, so that she could easily paddle. Soon she was comfortable surfing with her new board and in one month she could enroll for a competition. She started using the standard surfing board as before and In the year 2005 she won the National Surfing title.

After her comeback, she became a celebrity and inspirational role model, appearing on several television shows. In 2004 she won the ESPY Award for the Best Comeback Athlete. In 2004 she published her first book – “ Soul Surfer “ which tells the story of her trauma and how she survived. Later, a documentary by the same name was released titled “ Heart of a Soul Surfer. ‘

In 2011 a feature film named Soul Surfer “ was released based on her bestselling book. “Dolphin Tale 2 ‘was her second movie.

In 2013 she married Adam Dirke, a Christian minister.

In 2014 the film “Body and Soul” was released.

In 2018 she authored two books – Be Unstoppable and Unstoppable Me

She continues to live her life in dual roles as a professional surfer and motivational speaker.

Bethany Hamilton’s life can be spelt out in three words - Trauma, Triumph , Joy.

Her trauma was unbearable. Her surfing board was her life. Her dream was to become a Surfing Star. Any other girl in her place would have been just happy to be alive, after the terrible incident that left her body scarred. But Bethany Hamilton was not ready to forget her dream. She had no intention to live her life fearing the water and forgetting her board. The blue waters and surfing board tempted her, enchanted her, dared her to try again. She returned to the blue seas just three weeks after she lost her arm. She loved the waves knowing well that underneath them, killer sharks were in prowl. The big ugly scars could only mar her body. Her mind was untainted, healthy, positive. She wouldn’t allow anything to affect her will power.

No wonder she won the title of The Best Comeback Athlete. She had transformed her Setback into a Comeback. Today she is an American legend, with 2.02 million fans in face book, 2.1 million enthusiasts in Instagram and 1.3 million followers in Twitter.

Bethany Hamilton’s life is really a Tale of Transcending Tragedy, worth emulation by people across all ages.

BLESSED CHRISTMAS

NALINI JANARDHANAN

“Mom, today evening Santa Claus Grandpa will come, isn't it? Today is Christmas Eve. And I am sure, He will bring a good gift for me”-When Mini, a college student told this, her mother Lakshmi laughed.

“What are you saying, dear? Santa Claus coming here and bringing a gift for you? Are you crazy?”-Mini's smile disappeared and her eyes became tearful. Seeing that, Lakshmi also felt sad and guilty of making fun of her daughter.

“Don't you remember Mom? When I was a kid, I used to get gifts from Santa every year during our Christmas party in the Officer's Mess. But you and Dad used to hand over your gifts the previous day, to the uncle who comes dressed up as Santa Claus. I realized this fact only when I was grown up. Once Dad came in disguise as Santa with a white beard and wearing a red coat, red pants, red cap and carrying a bag of gifts! As a small kid, I thought it was Santa only! Even if Dad had told me that it is him dressed up as Santa, I would not have believed it. I had a strong faith that every year Santa Grandpa would come with gifts for me. Now, Dad is abroad. So I can't even request him to come as Santa just for fun”-Lakshmi nodded and smiled.

“No problems Mom. Santa Claus is only a belief, isn't it? Since I had been staying in the hostel for the last few years and happened to come home on Christmas Eve, I just wished to see Santa. As a very small child, I used to look at the sky and imagine that Santa Grandpa would come with balloons, sweets and gifts for me. He would keep his hands over my head blessing me, giving me gifts and vanish! His affectionate smile and loving glance would remain in my heart forever ...My loving Santa Grandpa...I am a grown-up teenager now. But still, the small kid in me wishes that Santa would come for me...just once...for me”-Mini wiped her tears. Lakshmi sighed and went to the kitchen to prepare the meals. In the afternoon, when Mini went out to meet her friends, Lakshmi did a shopping. She bought some cute gifts and chocolates. After coming home, she put them in a box. When Mini slept, Lakshmi wrapped the gift box in golden paper and kept it near her bed. She smiled seeing her daughter sleeping peacefully. ‘May Santa bless my darling girl’- she thought and went to sleep.

In the morning when Lakshmi went to wake her up, Mini came running, hugged her mother and exclaimed, “See Mom, Santa's gift box for me! What a pleasant surprise! Didn't I tell you ?It is Santa's gift.”

‘To dear Mini...Merry Christmas! With love from Santa Grandpa.’-Reading those lines on the box Mini looked at her mother with a naughty smile.

“Oh, so this is done by you, Mom? No problems. Thank you so much. My dear Mom, I won't forget your loving gift and this Christmas Day.”

“Darling child, isn't it a mother's responsibility to keep up the faith in her daughter's mind?”-Mini hugged her mother and tears of joy flowed down her cheeks.

“Come, let us have breakfast.” When they were about to leave the bedroom, they were surprised to notice another gift box on the table.

Mini opened the gift box covered with gold paper and tied with a silver-colored ribbon. It was a beautiful violin!!She took out the small violin decorated with stars and pearls. There were tears in her eyes when she held the gift close to her heart.

Both the mother and daughter were surprised. Who kept this gift here? Is it really Santa Claus? Was it Santa who wiped Mini’s tears and softly touched her forehead with affection, when she was sleeping?? Was it Santa who kept the most favorite gift for a singer like Mini and vanished silently?

Both of them were speechless when they looked at the gift with awe. It was an incredible surprise and blessing for them. Was it Santa who comes to the minds of believers, spreading smiles and joy? Is Santa a belief or a truth? They wondered and prayed with heartfelt gratitude.



Solution to Crossword Puzzle on site - www.scienceshore.com

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SUBCONSCIOUS OBSERVATION BELIEF SYSTEM (SOBS) – CONSCIOUSLY SUBCONSCIOUS (PART 5)

ORBINDU GANGA

Pristine is finely divine in the way we absorb its vivacious aroma. It whirls with the observation that is realised consciously but it is never deep to run through the Magnus opus of its soul. We tend to believe that we are consciously aware but only a few can take the honours. The belief system of the few can replicate what they believe in being consciously aware. When we say consciously aware it is never on the periphery but the belief system that is consciously aware. The lacuna created has been much wider than we believe in the real sense.

The very few who are consciously aware tend to understand the realm of subconscious awareness. But to be aware subconsciously and to be in the state of being in the subconscious needs the highest level of observation. Such as a state of being subconsciously flowered has a fragrance without smelling the taste of fragrance. The thoughts are never hindering the progression of the state of observation where the flow is continuous, the awareness is beyond the realm of flow.

Subconsciously immersed are rarely aware of the conscious state of mind. A subconsciously conscious mind is consciously in the realm of subconsciousness. To be in such a state one ought to have control of the self-subconsciousness of being in a conscious state of being. It is humanly a rarity to be in such a state beyond subconsciousness where the awareness of consciousness and subconsciousness are fully aware of their individuality.

Subconscious Observation Belief System (SOBS) is primed to be aware of the consciousness and subconsciousness separately within the belief system. Making the belief system aware of each entity and its exclusiveness to create a new persona in the realm of understanding that had never been seen or heard before. Such a state of being is hard to imagine but when the belief system is realised, it is aware of its existence in such a state, the belief itself is beyond the realm of understanding.

PARALLEL UNIVERSES: AN EXPLORATION (PART 1)

ORBINDU GANGA

Having a form and existing to breathe is never a choice but a journey unfolded with many mysteries having unsolved riddles. Existing in a given form we try to believe the form to be real. The illusion created transcribes the verisimilitudinous of existing. The importance of the periphery is smiling with many quandaries forming the prism, having not much of a shade but leaving traces of unseen dimensions.

The projection of the existing world is fixed with the conditioned form being shifted from generation. The act of knowing the real world beyond what is projected is cumbersome since the vision is blurred beyond the perception of understanding. The illusion of the existing is being seen as a real perception with the belief of what is seen to be cajoled as the real. The illusion is deceptive enough to make the ordinary believe since the belief system is already punctured with the conditioned frame.

Exploring the already existing shall create more fallacy with the conditioned making the exploration deviate from the journey. To be able to explore without touching the existing requires more of a paradigm shift from the loci. Creation within the existing is the focus point without knowing the existence of existing. It shall happen with the energy is driven to the loci of the spec where it evinces the grammar of another dimension.

A pandora's box shall open when we create an opening for another parallel universe within our world. The openings are available, and the conundrum still surfaces to find the signs to know the gap and create the opening to unveil the greatest surprises the world has ever known by creating a passage to another parallel universe.

The lights are shining bright to unmask the signs, and the novelty is to open the lashes to smile at the lustre visible in front of the human. The formless is a sliver away to unlock the existence of our copies before our eyes. The mantle is drawn, thin and translucent for our journey to bring our existence to light. The fragrance of the dust is expected to be the same, it's the space in another dimension to explore when we walk to experience it.

MIGHT OF MUSIC....

K V PRASAD VADLAMANI

Sound is an universal language and you can find it everywhere in nature . It's the first language of all beings and connects everything in the universe be it humans, animals , birds or plants.

Nature is always musical, it provides the soothing chirping of birds, breezy sound of trees , pitter patter rain drops , gushing water and many more. Most of us remember the sweet lullaby and songs of our parents and others. These phonetic collection of sounds, comforted , put us to sleep, stopped our cries, and were our first steps of learning.

It's almost impossible to find someone who doesn't like and feel a strong connection to music. Even if you can't carry a tune or play an instrument, you can probably reel off a list of songs that evoke happy memories and raise your spirits.

Surgeons have long played their favourite music to relieve stress in the operating room, and extending music to patients has been linked to improved surgical outcomes. Music therapy is a burgeoning field. music can evoke emotional responses to relax or stimulate people or help them heal. Neuroscientists in the UK have specified which tunes give you the most bang for your musical buck. In fact, listening to one song -- "Weightless" -- resulted in a striking 65 percent reduction in participants' overall anxiety, and a 35 percent reduction in their usual physiological resting rates, which's very remarkable.

Marconi Union, the band which made the song did so in collaboration with sound therapists. Its carefully arranged harmonies, rhythms, and bass lines help slow a listener's heart rate, reduce blood pressure and lower levels of the stress hormone cortisol. They advised listeners not to listen to this number while driving especially when they're alone.

Researchers from Harvard and Stanford found that health issues from job stress alone cause more deaths than diabetes, Alzheimer's, or influenza. Stress increases the risk of heart disease, obesity, depression, gastrointestinal problems, asthma, and more.

If we want to protect our mind and body from stress we've to give them rest. Music is an easy way to take pressure off of all the pings, clicks, apps, buzzes, texts, emails, appointments, meetings, and deadlines that spike stress levels and make us feel drained and anxious.

In ancient India the power of music was very well known. They believed that several classical ragas of our music have therapeutic benefits for humans. Plants and animals too respond to it, they grew well and the yield was higher.

They found that Hamsanandi- evokes stable state of mind and prevents acidity.

Raga Bageshri – arouses stability, and calmness. This raga was also used in treatment of diabetes and hypertension.

Raga Darbari (Darbari Kanada) – was considered very effective in easing tension. It's a late night raga composed by Tansen for Akbar to relieve his tension after hectic schedule.

Raga Chakravakam - supposed to bring down blood pressure.

Raga Malhar – Useful in the treatment of asthma and sunstroke.

Raga Todi– Provides relief from cold and headache.

Studies have shown that music produces several positive effects on a human's body and brain. Apart from that Music instruction appears to accelerate brain development in young children, particularly in the areas of the brain responsible for processing sound, language development, speech perception and reading skills. Music activates both the left and right brain at the same time, and the activation of both hemispheres can maximize learning and improve memory.

It's common to see music being used in the dairy industry to improve the milk productivity along with the well being of the animals. It's found to improve the quality of the milk produced. Renowned musician Balamurali Krishna used to conduct several workshops to highlight this point.

Our sages extolled the virtues of music in this ancient verse ..

Shishurvethi pashurvethi
Vethi ganarasam phanihi
Kovethi kavitha thatwam
Shivo janathi va navaa

A DISABLED DANCER - SANTOSH

SETALURI PADMAVATHI

"I was abandoned when I was three years old by my father as I was diagnosed with polio in my both feet. My mother died and he married for the second time. I feel this situation made him send me out of the house. But my disability didn't stop me from learning dance as my teacher didn't treat me as a disabled, but as a talented dancer." Santosh said.

I was shocked and sympathetic to see him for the first time while he was occupying his seat as a judge in the 'Solo Dance Competition. He looked very confident, brave, and committed which impressed the audience and participants in the hall. All the participants were a bit nervous and tensed up to perform on the stage. Their colourful attire and makeup made me stare at them constantly for a minute.

The programme began and all the dancers performed excellently.

Santosh, who's 28 years old, is an energetic dancer though he is disabled physically. He was brought up by his grandparents and admitted in a missionary school later on. He was extremely happy to study in the school and get notified by a great dance teacher. The dance teacher, Mr. Subramaniam identified his talent and encouraged him to learn to dance regularly. As a student, he used to complain to his teacher about his physical ailment and pain in his feet, but the teacher always told him to ignore his disability and made him continue his dance lessons. That's how he developed his confidence and learned various types of dances. Besides, he performed in various competitions and important occasions. He was praised and applauded by the audience everywhere.

"I didn't stop my education. I secured a very good percentage in graduation with psychology. I'm currently pursuing M.A. in Psychology and teaching students who're physically and mentally abnormal in a school which is located in my village." Santosh said. His words impressed everyone in the auditorium.

He acted in a film and performed in wonderful dance programmes, in India and many foreign countries. The best thing in his life story is he didn't give up his education which changed his life. Thus, he could earn well and fulfill the needs of his family members. He is sincere, hardworking and very determined at his work. He advised all the participants to continue their dance practice and perform well in their studies. He inspired them. He believes "Education is a weapon which can be used to change the world."

In the end, he performed an extraordinary dance with a good facial expression which amazed all. Thereafter, he thanked the head of the institution for giving him an opportunity to be the judge and expressed that his dream came true to be a judge. His humble voice and way of talking certainly impressed me. After the programme, I wished him and asked him to be strong mentally. I felt he was quite happy to hear me.

I strongly feel, though many people are physically well and healthy, most of them do not try to bring out their innate talents. Being talented is really good but showcasing one's

talent in front of the public is better. Nobody knows when a golden opportunity knocks on his / her door.

(It's written based on my true experience.)

SO, ARE WE READY TO FLY?

SHINY VIKAS

"Who is liable?" I don't ask anymore.

My imagination is refreshed. vibrant and multicolored.

The majority or the tiny group, who seem to be in the deepest darkness and highest illuminance?

Which absolutely makes something powerful enough to hold onto

Or feel liberated to see beyond?

Do you want to shut the door on the truth

Or do you want to enter inside despite the darkness and unsettling noises?

Do we surrender to our destiny?

We say it loudly: we are destined!

In order to set your mind free, Live fully!

Meditate and feel the life source embracing your very existence.

It's a beautiful journey to self-discovery and the diverse experiences helps to bind us together.

Let's neither fear the failures nor set any rules for the crowd.

The world has the right to express itself.

The awareness created to bring growth and value.

Today, meditate longer, as you will see the fears and poor judgments leaving your heart and soul.

So, are we ready to fly?



POETRY



THE LAST PAGE

ALOK KUMAR RAY

Among the moments
That you have deserted
Like changing of clothes
On the bed of relationship
I have dressed up one
Alas! Vanished away
Many days of awaiting.

To subdue feelings of love
Many darken initiatives
Are on the threshold here.

To arrive at solutions unknown
Very hard questionnaires
Are to be attempted here.

Like a bundle of thread
The time that moves on
At par with snail's race
Becoming mismatch, wraps up with uncertainties.

Indifferent windows
Are peeing in
From inside blacken chambers
Awaiting for someone's arrival
With ill at ease.

Who can utter with confidence
Whether someone has returned or not?

To succeed someone's awaiting
From Dwapara Yuga to Kali Yuga
Only dates are flying
From the dull pages of the calendar.

That which passes away
That's not time only
All go in a stereotype fashion
When and for whom
There is a clarion call
When one's turn comes.



I am going, my walking
Is like foot fall of a cat

Oh! Windows
After overcoming the hurdles
On the way of awaiting
You please go away, fly atop
Just like a balloon.

Because all know that
Only hard questionnaires are served here
To arrive at solutions unknown.

Translated by Dr.Alok Kumar Ray from the original Odia poem " Shesha Prustha" written by Smt. Paramita Shadangi.



JURASSIC PARK IN INDIA

GITA BHARATH

The Narmada river bed still continues to yield
Millions of-years-old-fossils that intrigue field
Palaeontologists,
They've found unique fossils of a dinosaur, eggs and nest,
Named it Rajasaurus Narmedensis , for its crowned crest.
The four-storey-high Titanosaurus also lived here
Though he was just a gentle herbivore.
The Indosuchus was a predator with six inch long teeth
And Laevisuchus, a giant crocodile who lay in wait beneath
The river.
Fossils of extinct sharks and corals and more
Are found all along the Narmada's shore.
More interesting and relatable to homo sapiens, that's us
Is the million and half old fossil of the Narmada Man, homo erectus!!
Did his cousins live in the Bhimbhetka complex
Creating splendid cave paintings to amaze and perplex
Us today?
Also found were fossil bones that were distinct
As those of Ramapithecus and Sivapithecus,
Great apes, now extinct.
What other marvels await us under the Narmada sand
The record of prehistoric tales of our ancient land?

FERVID STRINGS

JAYALAKSHMI

Lyrics, reminiscence of my story subliminal
spark and fade in time's innate pamphlets
a thirst to birth again and again
attuned to creators magic finger tips.

Melodies, ripples of my love unfathomable
alleviating lullabies for earth's pining hearth
pathetically resonate in fervid strings
illumine cosmic rim as dreams unfulfilled.

Rhymes ecstasies of my vibes unbridled
Restoring soul signatures unaware
Forge ravening strains for creation's flare
Eternalize candid sequences unforgettable.

Rhythms my aesthetic beauty undefined
sanguine dream stride, an elusive moon
Elegantly rule imagery infinite
transmute as illumining truth unblemished.



DREAMS

JELLIE N.WYCKELSMA

From the horizon of my life
My dreams wink at me
Challenging me to
Take up the courage and determination
To follow them
Till the end of time

I battle with clouds of doubts
Fight the thunder storms that roll in
Wanting to throw me off course
I must ignore the lightning
Trying to blind me
The thunder to deafen my ears

I must keep track of my dreams
Urging me to come to them
Could I eventually find the life
Dreams are made off?

GIFT OF NATURE

JELLIE N.WYCKELSMA

Young fresh green leaves

On tiny plants, or tall trees

The white flowering a daisy in the field

A tall sunflower like a sunny shield

Pups and kittens playing with a ball

Jumping and running around in the hall

Lambs in the meadow, young and carefree

Flowers welcoming every buzzing bee

Babies smiling at everyone's face

Blissfully unaware of the carer's race

Piglets enjoying fun in the muddiest puddles

From suds, children blowing colourful bubbles

Mountains that try to touch the sky

While rivers and creeks flow calmly by

Oceans waves; some gentle, some rough

Playful birds flying high above

Every scene is nature's gift

Always giving our spirit a much needed lift.

MOUNTAIN DWELLER

LATHA PREM SAKHYA

In a festive mood
Enjoying the misty cold
Loitering on the ground
Watching the activities multitude,
My roving eyes on you, rested,

I guessed you were hugging a rag doll.
Only when you came closer
I saw, tucked in your arms a snowy fur,
Just pink eyes and white fur.

A mountain dweller? My mind raced.
You extended the rabbit to me.
The language barrier fell in smithereens.
Next what ? "Bees rupaiya" in Hindi.
I connected, for holding the rabbit
I had to give him twenty rupees.
I agreed. He was not begging.
He was earning his livelihood
In his own strange way.

I looked closely at him
A decrepit, old man
His eyes were sad.
I smiled at him and extended my hands
Witnessing the horror of my sibling
And the amused grin of my partner.
I returned the grin and he clicked.
"Ugh" , my sibling said as I extended
The raggy rabbit, all bones and fur.
"You hold it and I shall stand with you"
She murmured, "I don't like to touch them,"
The second picture was taken.
As I paid him he fumbled in his pockets
To give me the balance. Keep it, I gestured.
As I joyfully turned to the next vendor.



INFLUENCE OF SOCIAL MEDIA IN OUR LIVES

K MONIKA

Social media, the wide platform of connectivity
In which we share both positivity negativity.
Facebook, introduces you to a stranger
And at times puts us in danger.
YouTube gives great source of information
And at times lead to great addiction.
A small click
Makes oneself to enact in a flick
At the same time make one to be a dipstick.
Instagram makes oneself to get fame through reel
And the other one to just sit and feel.
Social media connects people worldwide
And also lead to several suicide .
It makes us to see people from places to places
And it is also the root cause for many crime cases.



IF ONLY FORGETTING WAS EASY

NEHA S CHAKRAVARTHI

Sunken into unmeasured depths,
Soul lifeless as a stabbed wreck,
The fickle thudding of my heart
Like endless lashes,
Weakening and tiring me entirely.
Mind, an unruly mess,
Glowers at the impertinent worries,
And lies in the feral hands of throbbing ruckus.
Wetting pages of my diary with fresh tears,
Broken from inside into fragments.

In an honest word,
Forgiving is not in my blood.
Let me see myself forgiving
In a parallel Universe.
Because preferably, I can't forget.
Oh, I wish,
If only forgetting was easy.



HOPE AND FAITH

ROOPA SUBRAMANI

Hope, a viable dream yet to be realized,
Faith, an invisible realm where miracles reside
Hope, a bird singing softly at the break of dawn,
Faith, a sacred word resounding clearly from every heart's never-ending morn
Hope, a new beginning with every thought-full desire,
Faith, a well intentioned yearning in Grace-full surrender
Hope, a distance that remains to be travelled through uncharted territory,
Faith, a self revealed road map leading straight into the Heart's innermost sanctuary
Hope, a yardstick to be measured by the extent of life's potentiality,
Faith, the basic precursor required to express the Heart's impartiality
Hope, a sure desire in the mind that propels man towards his never-ending expectations,
Faith, a true fire in the Heart that impels man towards his Truth-seeking inclinations, at
long last,
Hope is a mirage, without, that man aspires to drink from,
but Faith is an overflowing, within, that patiently awaits for man to partake and then
some.....!



TAKE SCIENCE TO THE SHORES !

SAI PRAKASH KUNTAMUKKALA

You may ask me how is it possible !

These present day Science is cooked on the Bunsen burners ,guarded by tripods, some colourful

and colourless liquids made into perfect measured mixtures

Even plants and animals are shown well mounted on glass slides dipped in formalin

Physical Science experiments performed on stationary apparatus

Least interaction between the teacher and the taught

Printed manuals crying loud in black and white

Lifeless specimens revealing their skeletal remains

Science is observation, Science is exploration, Science is an expedition

Walk on to the shores with students, collect a few specimens

Explore the infinite possibilities

Ask them to look deep into the heart of oceans

Motivate them to look beyond the blue skies

This is how you unlock the secrets of the vast cosmos.



AN AIR OF MELANCHOLY

SETALURI PADMAVATHI

The tidal song abruptly stopped at once
The river flew silently from one end to the other
Trees stood as quiet as the lane of mountains
The gloomy minds got muddled for a second
An air of melancholy surrounded the town!

The peasants glared at the parched land
That was not cultivated for ages together
The misty sky signified the wintry season
And the chilly breeze passed through nerves
An air of melancholy surrounded the town

The residents witnessed the magical day
The plants grew and the flowers blossomed
The peaceful town looked clean and green
An air of melancholy surrounded the town
But the change changed the mob's souls!



MY BIRTHDAY-A BOUQUET OF CHEERINESS

THIRUPURASUNDARI CJ (DAZZLE)

A special day,
Just for me?
No, for my family too.

A relishing day,
My face with glee,
Eyes shine.

A shimmy shimmy day,
Celebrated in a grand way,
Eyes searching for gifts.

Mummy, mummy, I call,
She turns with a,
Yummy, yummy cake,
Biggest slice of happiness.

I say, massive joy mama,
She says it's a never-ending bliss,
I embrace her quick,
Immense pleasure flicks.



FEEDBACK POEM FOR SCIENCE SHORE POSTER COMPETITION EVENT

THIRUPURASUNDARI CJ (DAZZLE)

In a nutshell,
A forum,
Decked with scientific aspects,
Be it Science & discoveries, Science & health, innovation & technology, or
Science& arts,
Our shore overflowing with pearls,
Catering to science lovers,
What more can we ask for?
With mesmerizing voice and efforts of our future CS engineer anchor,
Positive approaches by our founder,
Her adoring patience,
Responsibilities coped by our collaborator,
Our dazzling speakers, web designer, editors, advisors, leads, and judges,
Enhancing & radiating positive vibrancy,
Enterprising partners to promote,
I doubt if anyone of us were missing,
If this event would have been successful?
Let us share knowledge,
Let us spread science,
Let us create a ripple effect,
Thanking every pearl figured out from our shore,
Its therapeutic, dear participants,
Gratitude!



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