

SCIENCE SHORE

exploring the ocean of life
ONLINE QUARTERLY MAGAZINE

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SCIENCE ARTICLES

SHORT STORIES & ARTICLES

POETRY

HOBBY & ART

AUDIO & VIDEO

ANNIVERSARY
EDITION

Celebrating

4
YEARS

of SCIENCE SHORE

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11.04.2024.

My sincere and heartfelt congratulations to Dr. G. Srikala, for her achievement in bringing forth the e-journal "SCIENCESHORE" that bring arts and science together. The journal encourages scientific facts in the beauty of artistical language. I hope that her dreams have come true, with her ever ending search for knowledge and her curious mind cannot end with this endeavour but will march forward bringing more laurels to her and the learned community will benefit from her. I went through some of the articles in the e-journal it promises both light reading and heavier subjects. Her endeavour is really appreciable and I hope she is successful in her futuristic dreams. She constantly updates her knowledge and motivates the readers and the student community as a whole. I congratulate her for successfully releasing the e-journal continuously for so many years and may GOD ALMIGHTY shower her with all success for her innovative and hard work and to give her the strength to face the various family crisis with grace and equanimity.

BEST OF LUCK !

[S.KARPAGAM]

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Dr. T.SELVANKUMAR, M.Sc., M.Phil., Ph.D.

11/04/2024

Professor & Head

Department of Biotechnology

Dear Dr. Srikala Ganapathy

Subject: Heartfelt Appreciation for *Science Shore* Magazine

I am writing to express my heartfelt appreciation for the outstanding work you and your team put into Science Shore Magazine. As a passionate enthusiast of science and its wonders, I wanted to take a moment to extend my gratitude for the exceptional content you consistently deliver.

Your magazine stands out as a beacon of knowledge and inspiration in the vast sea of media. The quality of your articles, the depth of your research, and the clarity of your presentation set you apart. Every issue of Science Shore is a treasure trove of fascinating insights, cutting-edge discoveries, and thought-provoking discussions. Whether delving into the mysteries of the cosmos or unravelling the complexities of exploring the frontiers of technology, your publication never fails to captivate and enlighten its readers.

I would also like to extend my appreciation for your tireless efforts to foster a sense of community among science enthusiasts. From featuring the work of groundbreaking researchers to highlighting the achievements of budding scientists, you provide a platform for voices from across the scientific spectrum to be heard and celebrated. In doing so, you help foster connections, encourage collaboration, and inspire the next generation of innovators and explorers.

In closing, I want to thank you again for your invaluable contributions to science communication. Science Shore is more than just a magazine; it is a beacon of knowledge, a catalyst for curiosity, and a testament to the boundless wonders of the universe. Please accept my sincerest gratitude for all that you do, and know that your efforts are deeply appreciated by readers like myself around the globe.



With warmest regards,


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To

Dr. K Srikala Ganapathi

Science shore

Chennai.

19.02.2024

Message

Every digital media becomes more important as a means of receiving, producing, sharing and broadcasting information. There is no doubt that digital publications have always been a great option that provides a whole new world for magazine design. It make me an immense pleasure to note that Dr. K Srikala Ganapathi bringing up the fourth annual edition of science shore, that go forth and do yourself proud.

I congratulate Dr. Srikala and other editorial members for the sincere efforts in bringing out the magazine. This is a platform for you to reflect young talents in a creative way

Once again all the very best for your endeavors.

Principal

Unnikrishnan S

Principal
O.E.M. Public School
Eraviperoor



Science Shore Advisory Board

Member's Note

I have always had a strong affinity, desire, passion and (add all the words you can), intense and equal, toward science as well as literature. Perhaps I am one of those mixed breed with a lot of confusion and do-not-know-what-to-choose types. But, I now know, I am not just one of those typical breeds but all science enthusiasts are art lovers too. Science Shore Magazine proves this point rather unabashedly and unwittingly. I say so because there is place for everyone – right from the innocent child to the child-like innocent adult. Science Shore gives them both equal space and credence in its encouraging, educative and evocative issues.

SS goes about its work without much ado and pomp, in the sense that the context and content itself speak to the reader about its worth. I have always admired the serious science talk named 'scientific/ research/ study' and also the naïve scribblings (white & black/ colorful). SS stands for both – life is a mixture of real and surreal – an amalgamation of both the scientific and creative bent of mind. Amid science and art comes the equally important intermediate – that's life in an eclectic manner – the puzzles, poems, stories, articles and an endless list of amusing and amazing content. In a nutshell, Science Shore Magazine is just that extraordinary periodical that embraces all sections with equal fervor and assiduousness.

I wholeheartedly thank all the contributors for their unwavering support of SS especially all the young minds for their passionate and colorful contributions that lend rainbow hues to SS – I urge you to keep climbing for the sky is the limit. Not to be left behind are the sagacious minds who share their experiences – thank you! I heartfully congratulate the entire team of SS for their endless pursuit to keep up with the times. My best wishes to Dr. Srikala Ganapathy and Sreepradha Venkatramanan!!!



A. ANNAPURNA SHARMA

HEARTWARMING REVIEWS

Our beloved contributors and readers who are professionals from varied fields share their admiration for Science Shore, anniversary wishes and their inspiring messages with us.

Dear Srikala and the Science Shore team,

As we approach the 4th anniversary of our remarkable Science e-Magazine, I wanted to send my wholehearted congratulations on building such a unique platform as this where Science meets life. It has been an honor to regularly contribute literary poems that explore the human dimension of life. Over the years, Science Shore has brought together a kaleidoscope of talents to shine together. While some contributors share scientific knowledge, visual arts, empirical research, culinary delights, and more, literary poems add a humanistic and philosophical perspective. This diversity of voices and styles is what makes Science Shore so enriching.

Srikala, your wisdom as captain of this magazine charts an inspired course issue after issue. With a discerning eye, you expertly navigate each edition to immerse readers in a rich union, interweaving science and life. Through your stellar editorial vision, Science Shore has become a vibrant vessel for knowledge and creativity. Thank you for your outstanding leadership in building a publication where empirical insights and artistic expression can converge to captivate minds and stir hearts. The enriching voyage you have pioneered continues to inspire everyone around you.

As Science Shore enters its next chapter, I look forward to continuing to explore the lyrical edges through my poetic verse. Here's to many more years of interweaving various shades of talents to provide intriguing insights into the world around us. Congratulations again on building such an amazing publication where all forms of creativity can meet.

With warm admiration,

Shree



BHAGYASHREE MISHRA

Congratulations, Science Shore on your anniversary issue...

Srikala's brain child is growing up brilliantly, nurtured well with proteins, vitamins, carbohydrates aka balanced diet..

With the right blend of aspirants and specialists, there is a recipe that suits all palates...

Continue to offer food for thought to the young and the young at heart....



HEMA RAVI

Learning is a continuous process that incessantly occurs on Earth. Sharing, enabling, and empowering knowledge is the celestial part of it. This vision comes true through the miraculous hands of Dr. Srikala Ganapathy and the team behind the prestigious Science Shore magazine. Here, through its pages, the magazine showcases the glorious amalgamation of literature, technology, science, and arts that contributes to the advancement of humanity.

I feel honored to participate in this knowledge hub. Science Shore has greatly enriched my writing career. As your kind reminder suggests, dear friend, each poem I write feels like a blissful dewdrop falling from a celestial flute. It is indeed a matter of elation to see the mighty rays of Science Shore's success glorifying the world over. And dear Srikala, your hard work, sincerity, and enthusiasm to develop scientific knowledge and creativity, as well as your efforts to uplift the less fortunate, are admirable and inspiring.

My heartfelt thanks go to Dr. Srikala Ganapathy and the editor team, and I offer my best wishes for further success through this auspicious anniversary edition of Science Shore.



JAYALAKSHMI KARINDALAM



April 2024. Science Shore 4th anniversary

It was in the year of 2020 that Dr K Srikala Ganapathy fulfilled her dream of founding Science Shore as an on-line magazine. Since its conception it has grown into an interesting and valuable resource for the open-minded Seniors and for a Younger Generation too. The variety of subjects have appealed to all, widening the knowledge of the readers. The presentation of the articles by the contributors has been of the highest standard, lifting this magazine far above other publications. Personally I feel honoured and blessed to have entries of mine included throughout these years

I suggest that all who have contributed during the past four years should pay tribute to and congratulate this remarkable Lady, Dr K Srikala Ganapathy, and all others in the Editorial Team who tirelessly assist her. May Science Shore continue to exist for many more years to come.

Jellie N. Wyckelsma (Inverloch, Victoria, Australia) 18/02/2024



JELLIE N. WYCKELSMA

Dear madam,

Congratulations to Science Shore for its successful 4th anniversary celebrations.

It's a great pleasure to be a part of Science Shore. This magazine has given me a chance to explore my artistic skills and has given acknowledgement to many talented people to share their talents. This has inspired many people to explore and gain expertise in various fields related to science.

I am eagerly waiting for its collaboration and growth in the upcoming years.

Thanking you

K.Lathashankari



K. LATHASHANKARI

Happy Anniversary!

Congratulations to Science Shore, Dr. Srikala, and to the entire team of Science Shore on the 4th anniversary.

Running a magazine consistently is a huge responsibility. Kudos for all the efforts, passion, and time spent.

Congratulations to all the contributors, and enthusiastic readers.

Am elated to be part of Science Shore as a contributor, sharing space with scholarly souls. Science, Art, are oceans.

Learning each day is a fulfilling experience, from all the rivers of knowledge that reach the ocean from different parts of the world.

It's interesting to find a kaleidoscope of content, bridging Science, and art for children & adults alike through various forms - articles, stories, poetry, paintings, crafts, audio & video presentations/talks, and more, covering a wider range of topics that are enriching.

Looking forward to more beautiful journeys with Science Shore.

Gratitude.

_Madhumathi. H



MADHUMATHI. H



Dear Science Shore e-Magazine Team,

Congratulations on reaching your fourth-year anniversary milestone! As you look back on the journey that led you here, remember how your dedication to nurturing curiosity, creativity and exploration in the realms of science, poetry and arts has touched countless minds.

Science Shore shines as a beacon of inspiration and enlightenment. Your commitment to inclusivity, welcoming contributors from all walks of life, whether they're children or senior citizens, shows the richness and diversity of your content. Science Shore doesn't just educate; it also empowers individuals of all ages to pursue their passions and share their unique perspectives with the world.

As you mark this milestone, take a moment to appreciate the impact you've made on your readers, both young and old.

Here's to another year of discovery, enlightenment and limitless imagination! May Science Shore e-Magazine continue to inspire, educate and ignite wonder in the hearts of readers for many years to come.

Happy anniversary, Science Shore.

Warm regards,



DR. MURALI MALLIGA RAMAN, PhD

I was very much impressed when I came across the online quarterly science magazine "Science Shore, exploring the ocean of life". This is a unique concept useful for readers, both children and adults. This wonderful e magazine offers a variety of contents including science articles, stories, poems, puzzles, art& craft, articles on music, psychology and philosophy as well as multimedia (Audios and Videos of talks). The contributors include younger generation (school and college going students) and also esteemed seniors from different fields with rich experience and knowledge.

This April, SS is celebrating their 4th Anniversary. I would like to express my heartfelt gratitude to the Founding Editor Srikala Ganapathy, Managing Editor and Web designer Sreepadha Venkatramanan and their great team for adding me as a member of this fantastic family. I really feel blessed and glad being a humble contributor of this magazine. My best wishes for their beautiful journey of exploring life and giving inspiration, knowledge and motivation to the readers. Hearty Congratulations! Way to go!



DR MAJOR NALINI JANARDHANAN



Science Shore is one magazine I wish existed during my school days. Kudos to the vision of the founding editor, Dr. Srikala Ganapathy and to the numerous team members working to bring that vision to fruition. May Science Shore be a vision that would be shared by many more, for decades to come.

The breadth of the content is terrific. I have particularly enjoyed the science articles – touching on cutting edge science topics such as string theory, decoding human intelligence, and a lovely piece on the existence of Fibonacci patterns in everyday things around us like flowers. The artists and the poets are also of skill levels that I can only admire. Kudos also to initiatives such as summer projects and field walks.

Overall, I wish nothing but continued momentum and growth for this initiative, and I wish people of all ages – kids and kids at heart alike, to be on a constant journey of learning. I believe learning and getting inspired from everything and everyone around us is like rowing a boat upstream. When we stop rowing, we do not only stop progressing, but we move backwards. For us to stay blissful in life, let us keep rowing (learning with curiosity and humility from one and all).

Best wishes,

Shriram Venkatesan

Scientist working to understand how life works inside the cell



SHRIRAM VENKATESAN, PhD



Science Shore
A magazine for sure
A full meal
To an inquisitive mind

Filled with all ingredients of nourishment
it fulfils the requirements of all

The best editorial team
who have realized
Science and spirituality
are two faces of creation
publishing articles that caters to all

Srikala, my best friend knows creation is a science and it can be well
understood through spiritual approach

May God bless her and her entire team giving them strength to serve the
society to the best of their abilities.



B.S. SAROJA

Hi everyone, greetings to all of you. This is Padmavathi from Hyderabad, India. I take this great opportunity to speak a few words about our Science Shore.

Wow! It's the fourth anniversary of Science Shore! Happy anniversary, dear Science Shore, Dr. Srikala, and all the members of the team. My journey with Science Shore is very special to me because it's one of the best e-journals that we read and grab online. Change is the spice of life! This is precisely seen in Science Shore, when we read a variety of writings like stories, poetry and articles. The articles related to Science are so informative and interesting to the readers which we enjoy. I wholeheartedly congratulate Dr. Srikala for taking the initiative and interest to establish this great e-journal. She is the mastermind behind it. I also wish all the members of the team for their cooperation and commitment. That is the reason, we are gladly celebrating the fourth anniversary today. Dear, Kala, Wish you good health and a successful journey ahead!

Thank you for giving me an opportunity to speak about it.



SETALURI PADMAVATHI

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SCIENTIFIC ARTICLES



LOST IN THE MAZE OF MEMORIES: UNDERSTANDING ALZHEIMER'S

P C AISHWARYA GANGA



" I HAVE LOST MANY THINGS BUT I MISS MY MIND THE MOST "

Alzheimer's disease is a neurodegenerative brain disorder that usually starts slowly and progressively worsens with age. Alzheimer's disease is the most common form of dementia, that usually starts in the middle age or in old age which gradually leads to cognitive decline like memory loss, impaired thinking, disorientation and changes in personality and mood [1]. As cognitive deterioration progresses across the continuum of decline, patients experience a gradual loss in basic activities of daily living such as toileting, feeding, dressing, grooming, bathing, and ambulating. The primary self-care tasks required for independent functioning is significantly impacted by the disease [1].

The term Dementia does not mean a particular disease but a term for several diseases that lead to loss of cognitive functioning like thinking, remembering, reasoning, etc to such an extent that it interferes with the person's daily life and activities. Dementia varies from milder to severe stage where the person becomes completely dependent on another for their basic needs like feeding oneself etc [2]. As we start to age, we may notice some kind of forgetfulness, changes in attention span, problem solving, reasoning etc. In older people, it's a normal part of aging but dementia in Alzheimer's disease is not so because it is believed to derive from the accumulation of beta-amyloid plaques and neurofibrillary tangles, first in the brain areas of the entorhinal cortex and the hippocampus, which induces neuronal injury and, subsequently, neuronal death [2].

Amyloid beta peptides are produced through the proteolytic processing of a transmembrane protein, amyloid precursor protein (APP) by enzymes namely Beta and Gamma secretases. In Alzheimer's disease these fragments tend to accumulate/aggregate to form large insoluble plaque leading to neuronal death. In a healthy brain, the protein is broken down and eliminated. Neurofibrillary tangles are abnormal accumulations of a protein called tau that collect inside neurons. Abnormal chemical changes cause thread like structures in the brain which entangles inside neurons blocking the synaptic communication between neurons. The resulting decrease in cholinergic neurotransmission gives rise to loss of memory and cognition. It is mainly of an insidious onset and slow progressive decline with Short-term memory impairment in the early stage; deficit on 3-word or 5-word recall and mainly involves executive function impairment in later stages. Mild symptoms include wandering getting lost and repeating questions, moderate stage of dementia involves problems recognizing friends and family and mainly impulsive behavior [2]. Severe form of dementia in Alzheimer's disease involves the loss of ability to communicate.

Dementia is mainly classified into four subtypes namely dementia in Alzheimer's disease, vascular dementia, Lewy body dementia and fronto temporal dementia. Fronto temporal dementia, a rare form of dementia mostly seen in 60 years old is associated with abnormal amounts or forms of the tau (microtubule associated protein) and TDP-43(Transactive response DNA-binding protein) [3]. TAR DNA-binding protein is the main ubiquitinated peptide

in tau-negative frontotemporal lobar degeneration (FTLD) [3]. Lewy body dementia is a form of dementia caused by abnormal deposits of the protein alpha-synuclein, called Lewy bodies. Vascular dementia, a form of dementia caused by conditions that damage blood vessels in the brain or interrupt the flow of blood and oxygen to the brain [3].

The underlying cause of pathological changes in Alzheimer's disease is still unknown. Several hypotheses were proposed as a cause of Alzheimer's disease, however at present there are no accepted theory to explain the pathogenesis of Alzheimer's disease. The two main disease hypothesis include the cholinergic hypothesis and the amyloid hypothesis. In cholinergic hypothesis the degeneration of cholinergic neurons or presynaptic cholinergic deficits were reported to be related to the enzyme choline acetyltransferase (ChAT), which is responsible for the synthesis of acetylcholine (ACh) [4]. In the brain, ACh is involved in several physiological processes such as memory, attention, sensory information, learning, and other critical functions [4]. Amyloid hypothesis mainly involves the degradation of A β (Amyloid Beta peptide), is decreased by age or pathological conditions, which leads to the accumulation of A β (Amyloid beta) peptides which induces A β amyloid fibril formation, resulting in neurotoxicity and tau protein pathology induction, and consequently, leading to neuronal cell death and neurodegeneration [4]. The genetic variations, may increase or decrease a person's risk of developing the disease. Of the genetic variants associated with Alzheimer's so far, only three are known to cause the disease [5]. Although it happens rarely, when someone inherits an altered version of one of these genes — Amyloid precursor protein (APP), Presenilin-1 (PSEN-1), Presenilin-2 (PSEN-2), and apolipoprotein E (ApoE) — they will likely develop Alzheimer's before age 65 and sometimes much earlier [5].

Stages of Alzheimer's disease can be classified into mild, moderate and severe. The mild or early stage starts with as a trouble in the daily life of the patient with a loss of concentration and memory, disorientation of place and time, a change in the mood, and a development of depression [6]. Moderate stage, in which the disease spreads to cerebral cortex areas that results in an increased memory loss with trouble recognizing family and friends, a loss of impulse control, and difficulty in reading, writing, and speaking [6]. Severe or late-stage, which involves the spread of the disease to the entire cortex area with a severe accumulation of neuritic plaques and neurofibrillary tangles, resulting in

a progressive functional and cognitive impairment where the patients cannot recognize their family at all and may become bedridden with difficulties in swallowing and urination and eventually leading to the patient's death due to these complications [6].

There is presently no cure for Alzheimer's disease, the goal of treatment is to improve, stabilize, or slow the cognitive, functional, and behavioral decline [7]. Behavioral interventions range from patient-centered approaches to caregiver training to help manage cognitive and behavioral manifestations of the disease. Pharmacologic treatment of Alzheimer's disease requires early detection and diagnosis of symptoms, followed by prompt initiation of a well-tolerated and effective dose of a ChE (cholinesterase inhibitor) inhibitor drug [7].

My Clinical Experience with a Patient:

During my initial days of clinical practice, a young man knocked on my cabin door and said excuse me, Doctor, May I come in, along with his wife and an elderly person, his father.

After making them feel relaxed and comfortable I asked them what was bothering them and what made them come and meet me. The son replied with anguish, Doctor this is my father and he has been diagnosed with Alzheimer's disease, sometimes he even forgets my name and that's very painful for me to accept it as a son including my mother who is taking care of him.

As always after 53 minutes long conversation with the patient, I prescribed a homeopathy medicine based on the totality of symptoms and the rest and about 20 minutes to the couple regarding how to cope and manage it effectively and to come out of the depressive phase of life.

After one month, the same person knocked on the cabin door but with an energetic smile and said Doctor my father is responding well to your medicines and counselling as well he called my name Doctor but still difficult to do the daily routine but now I have hope that he will improve gradually.

This time I spoke to the patient and at last while the patient was leaving I asked the elderly person, Sir, do you remember my name, if so please say ...

The elderly person thought for a while and looked at the ambience. I made him feel comfortable and offered him a glass of water. The elderly person said you are a caring and kind doctor but sorry mam I forgot your name ...

That's what Alzheimer's looks like. I made them understand that it was absolutely fine and it takes time. Empathetic understanding from the physician's side and love, composure, and acceptance from the family work for your dear ones with Alzheimer's.

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CURRENT NEWS -SCIENCE SERIES

SERIES 14 - EXPLORING ENDLESS FRONTIERS OF SCIENCE – SPACE, TECHNOLOGY AND MEDICINE

GITA BHARATH

Who says scientists cannot laugh? Here's the latest funny tale from the ISS--

Tomatoes in space

While harvesting for the exposed Root On-Orbit Test System (XROOTS) experiment, a soil-less plant experiment on the International Space Station, Rubio, an astronaut, had lost two tomatoes.

Rubio said that when he lost those tomatoes, "a lot of people" accused him of "probably" eating them.

"I was pretty confident I had Velcro-d it where I was supposed to Velcro it," he said. Apparently they'd floated away to explore the space station as any of us would do!

Finally, after eight months, the tomatoes, in their plastic bag, were found floating in the ISS itself!

In other Space news, four eclipses are due in 2024, two lunar and two solar. Unfortunately, none of them will be visible in India... but... A rare visitor, the Devil Comet- (the Pons-Brooks) is already here, though visible to the naked eye only by April. People in the US are eagerly hoping to see it during the total solar eclipse on April 8th.

This comet has been exploding at regular intervals leading to the formation of so-called horns, apart from a long streaming tail, thus giving it the nickname "Devil Comet". This comet has exploded at least four times till now. It comes near the sun in a highly elliptical orbit once every seventy-one years.

Our own ISRO's Aditya is in the right place to observe the Sun at this time. Every eleven years, the Sun's magnetic poles are reversed. As the Sun rotates, its plasma and magnetic fields get twisted and stretched, creating more complex and unstable configurations. Eventually, the magnetic field becomes so tangled and distorted that it can no longer sustain itself, and it collapses. This triggers a reversal of the polarity of the magnetic field, which then starts to rebuild itself in the opposite direction.

Aditya, named after the Hindu sun deity, has travelled 932,000 miles (1.5m km) from Earth – still only 1% of the distance between Earth and the sun. It is now at a point where the gravitational forces of both celestial bodies cancel out, allowing it to remain in a stable halo orbit around the sun.

On-board is PAPA-- According to ISRO, PAPA (Plasma Analyser Package for Aditya L1) is an energy and mass analyser designed for in-situ measurements of solar wind electrons and ions in the low energy range.

The data collected by PAPA revealed the occurrence of Coronal Mass Ejection (CME) events, notably on December 15, 2023, and during February 10-11, 2024.

The reversal of the Sun's magnetic field is not a sudden or uniform event. It happens gradually and unevenly, starting from the poles and moving towards the equator. The process can take several months to complete, and it is often accompanied by a peak in solar activity, such as flares, coronal mass ejections, and solar storms. These are powerful eruptions of plasma and radiation that can affect satellites, power grids, communication systems, and even human health on Earth.

Talking of solar flares, how would you like a self-cleaning, self-cooling dress?

We think of clothes as inert, but in a world where technology is seamlessly integrated into every aspect of our lives, the textile industry is undergoing a transformative revolution. Smart textiles, also known as e-textiles or electronic textiles, represent a cutting-edge intersection of technology and fashion.

Unlike traditional fabrics, smart textiles can sense, react, and adapt to various environmental conditions. Smart fabrics open up a wide array of possibilities in various sectors, including fashion, (changing colours), healthcare (for patient monitoring), sports (for tracking performance), and even for military purposes.

For instance, a fabric might heat up or cool down based on temperature changes, or it might change color in response to light or other stimuli. This for the army could mean lightweight, comfortable camouflage uniforms even in the Himalayas.

From wearing smart clothes to an exoskeleton....

In other news, AIIMS, Delhi and DRDO are collaborating on a project to develop a special exoskeleton for soldiers who have been injured in service and have lost their ability to walk or became paralysed. This exoskeleton will enable the injured soldiers to walk again, using Artificial intelligence.

The Indian Institute of Technology Delhi has unveiled a groundbreaking human-computer interface hand-exoskeleton device named RoboExo SMART.

The device has undergone various stages of evaluation and is currently in its pivotal stage of national clinical validation.

This trailblazing device uniquely addresses size and cost concerns plaguing conventional robotic solutions. It is portable, lightweight, and cost-effective.

From artificial external wearables we move on to our innards--

And from the chemotherapy drug known as the Red Devil, for its colour and side reactions...we move to newer gene therapy...

The first patient of India's CAR-T cell therapy has been declared cancer free. This therapy genetically engineers cancer patient's T cells.

A patient has become the first to be cured using India's Car T cell therapy, which genetically reprograms a patient's immune system to fight cancer. The patient, Dr (Col) VK Gupta, a Delhi-based gastroenterologist, took this therapy by paying just Rs 42 lakh which would've otherwise cost him Rs 4 crore abroad.

From Cancer--the crab, we move to venomous Snakes....

And new injections of synthetic anti- toxins that could, in the future, save thousands from snake bites.

Scientists at the Indian Institute of Science (IISc) have developed a synthetic human antibody that can neutralise a potent neurotoxin produced by the Elapidae family of highly toxic snakes, which includes the cobra, king cobra, krait and black mamba. The team at IISc's Scripps Research Institute and the Evolutionary Venomics Lab (EVL) at the Centre for Ecological Sciences (CES), synthesised the new venom-neutralising antibody.

Because the antibody is fully human, they don't expect any off-target or allergic responses.

A universal antivenom in future would consist of a couple of such synthetic antibodies that would hopefully neutralise the venoms of most snakes in various parts of the world. A universal product, or at least a cocktail of antibodies that work Pan-India, could then be taken to human clinical trials.

An exciting piece of news about the first Indian astronauts given their space wings on February 27th!

Prime Minister Narendra Modi reviews the progress of the Gaganyaan Mission and bestows astronaut wings to the astronaut designates, Group Captain Prashanth Nair, Group Captain Ajit Krishnan, Group Captain Angad Pratap and Wing Commander Shubhanshu Shukla.

Speaking at the Vikram Sarabhai Space Centre (VSSC) in Thiruvananthapuram, PM Modi said, "They are not just four names or four human beings, they are the four powers that are going to take the aspirations of 140 crore Indians to space. An Indian is going to space, after 40 years. This time, the time is ours, the countdown is ours and the rocket is also ours."

From sending Indian astronauts into orbit for three days on the Gaganyaan mission to sending three oceanauts 6000 metres deep into the ocean on the Samudrayaan mission for four days, this year, we can look forward to the exciting days ahead.

ART AND HOBBY





DOODLE ART by ALEENA R. BRIGHT
Title: VEGANS



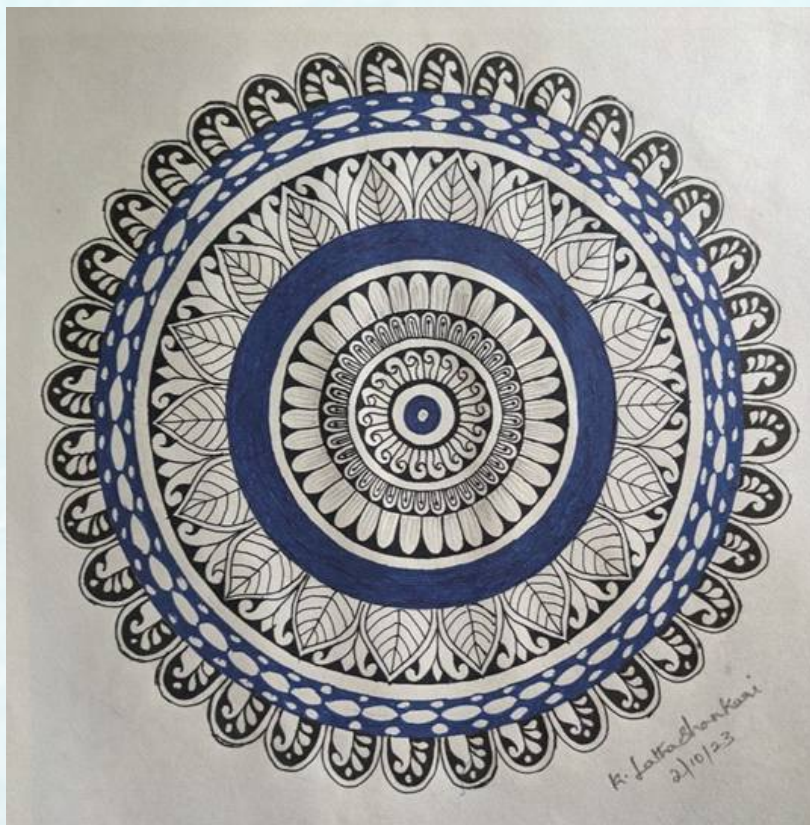
PENCIL ART: DOODLE by JUAN LENJU



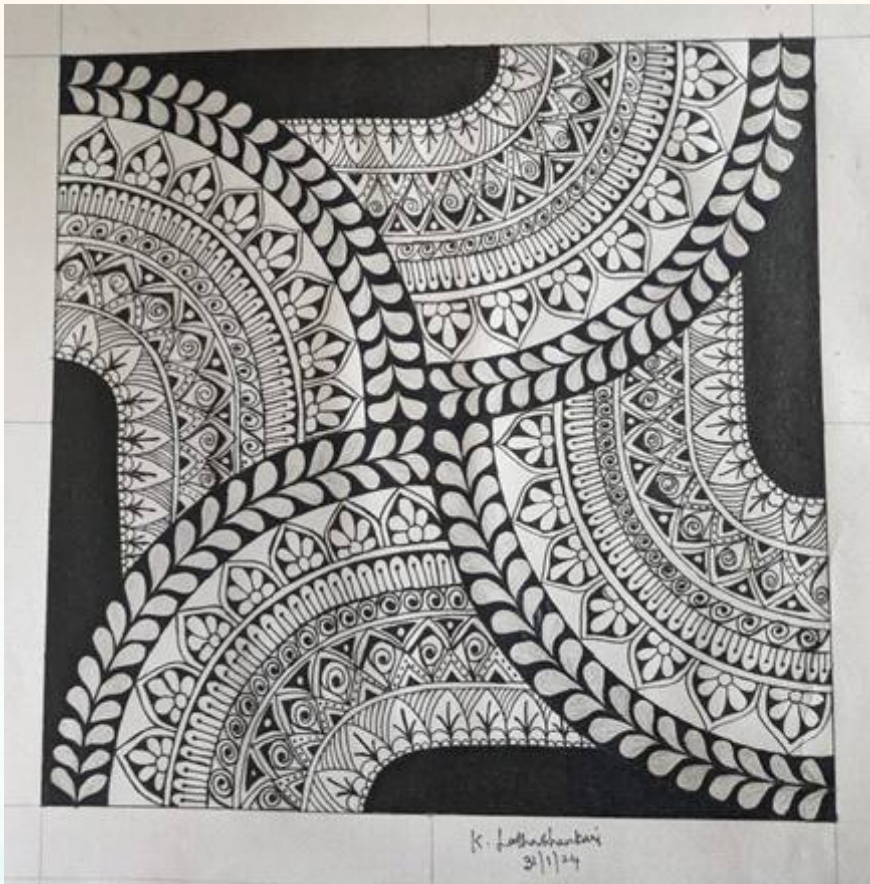
PAINTING by JULIAN LENJU
Gouache and water colour on paper.
Title: Hill and Vale



PAINTING by Rtd Prof LATHAPREM SAKHYA
Water colour
Title: Nature's love unconditional



ART 1 by Mrs. LATHA SHANKARI. K



ART 2 by Mrs. LATHA SHANKARI. K



PAINTING by PREETHI KANNAN

For many, painting is a form of therapy, a way to release stress and find peace in the present moment. It's a chance to disconnect from the world and let your imagination run wild. And let's not forget the satisfaction that comes with seeing the finished product – a tangible representation of your hard work and artistic vision. And what better way to showcase your masterpieces and love for painting than with the best, Science Shore Magazine.



CHARCOAL ON PAPER ART by RAJA MARTIN. B



PAINTING 1 by D. RUPPESHWARI



PAINTING 2 by D. RUPPESHWARI



DRAWING AND COLOURING by VAISHNAVI SAMANTARAY

IQ Booster Puzzle

Created by : Dr. Thirupurasundari CJ

-	-	s	-	-	c	-		m	-	k	-	s		-	h	-		h	-	-	r	-		g	r	-	-		-	-	-	d	-	r
1	4		3	6		3			1	3				8	3				3	1	8		2	7	9		5	7	6			3		

A.

-	g	i	l	-
1	2			3

Clue: Quick and Speed

B.

-	-	-	-	l	-
4	1	5	5		3

Clue: To confuse

C.

-	-	v	-	l
6	7		3	

Clue: A book/ Unique

D.

-	-	-	c	h
8	3	1		

Clue: To explain

E.

-	-	s	p
9	1		

Clue: A winged insect

Answer in
Page number - 51

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

NURTURING SUCCESS: BOOSTING GRADES THROUGH EMOTIONAL STRENGTH

GLADSON MATHEW

In the world of school smarts and brainpower, sometimes even the brightest B-Tech students hit a rough patch. Imagine a student who's usually a genius suddenly facing a dip in grades. It's puzzling, right? Well, turns out, it's not just about the books; it's about something deeper affecting their well-being.

So, they turn to counselling for help. What comes to light is surprising – it's not the brain that's lacking, but the heart. This super-smart student struggles with emotions and talking effectively. Now, that's the key to the solution, going beyond the usual school strategies.

"In the dance of life, emotional intelligence is the music that guides our steps." - Daniel Goleman

Emotional smarts, often overlooked in schools and in homes as well, are vital in understanding and tackling the student's issues in school and the child's need in family. The therapy team knows they need to bring in emotions, wake them up, and make them stronger. But it's not just about knowing what's wrong; it's about getting the student on board with the plan. It's about getting in terms with siblings and parents and members in family with the conducive ambience of responsiveness and playfulness of life with a positive and creative fairness.

In the Bhagavad Gita: "You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction." - Bhagavad Gita 2.47

For the therapy team, it all starts with building trust and understanding. They need the student to feel comfortable and confident. Understanding the emotional hurdles, the team breaks through the walls of poor communication, working together to make emotions stronger.

"The strength of emotions is not in their suppression but in their expression and understanding." - Unknown

The therapy game plan? Create a safe space for the student to share feelings. It's all about talking openly without judgment, so the student feels heard and valued. The team listens actively, responding with empathy, fostering an environment where emotions aren't a problem but a strength of opportunity and gratitude.

Speaks, Quran: "So remember Me; I will remember you. Be thankful to Me, and do not be ungrateful." - Quran 2:152

Realizing emotional strength can be developed, the therapist introduces exercises like mindfulness and self-reflection. There are drills to improve expressing and receiving emotions better. It's like a workout for the heart and mind.

As therapy rolls on, it's not just one-on-one talks. Group activities come into play, encouraging social bonds and emotional connections. This group setting breaks the loneliness that often comes with emotional struggles. It's a shared journey with peer support and family cooperation with profound and limitless routes of growth.

In the Bible: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." - Proverbs 3:5-6

"But it doesn't stop there. The therapy team teams up with the student's school mentors. They want to infuse emotional intelligence into the learning scene. The idea is to create a school vibe that values not just book smarts but also emotional well-being. It's about saying, 'Hey, your emotions matter as much as your grades.'"

"In the end, going from a grade dip to shining success means embracing a therapy approach that tackles emotional struggles and communication blocks. The magic happens when the student trusts the process, opening up to emotional growth. By building a supportive and understanding environment, the therapy team aims to equip the student with the skills to handle school challenges while growing emotionally. And in doing so, the solution isn't just for one student; it sets the stage for a smarter, emotionally intelligent way of doing school."

"True strength lies not in hiding our emotions, but in harnessing their power for growth and resilience." - Brene Brown

THAT'S AN AVADAVAT....

HEMA RAVI

Have you had encounters with a sparrow-sized bird with colorful red plumage?

This lensman did and began clicking away...

Red Avadavats (*Amandava amandava*) aka Red Munias aka Strawberry Finches are commonly found in grasslands of Tropical Asia and in open fields that abound in vegetation and water.

"Tropical zones are home to the most colorful species of birds." Conclusive statements by naturalists are still elusive, however, avid bird watchers will vouch for the fact that Tropical birds are rich in their colorful plumage.

Rightfully so! In the lush vegetation, there is 'need to stand out in the crowd,' where other colorful avians, insects and creatures thrive.

Generally, the colorful red plumage of male avadavats with rounded black tail is observed in the breeding season during the monsoons. Non-breeding males are duller with the 'red-rump.' Female birds have less of the 'white spotting' on the feathers.

High in the mountain ranges of India are seen green avadavats with rich and yellow olive-green plumage.

A matter of grave concern today is the reduction in the numbers of these winged creatures due to destruction of habitats -

Let us not usurp the lands of these hapless creatures
Let these song birds continue to sing with their 'pseep' calls....
Let us not shut ourselves to the music of Nature
Let us empathise, let them live...let them all live, as we wish to live...



Red Avadavat @ Karapakkam, Chennai
Photo Courtesy: N. Ravi

ACHIEVER

NALINI JANARDHANAN

"Dad, I am sorry. I may not be able to sing in the competition."- I was a timid and introverted girl who lacked self-confidence. But my father noticed my ability to sing melodiously touching the higher notes of music effortlessly. He believed in my talent and encouraged me to participate in the song competition at our school.

"Don't worry Nisha, you are a winner and I am sure you will win the competition!"

I remembered my father's words when my name was announced as a contestant in the competition and I stepped onto the stage. But when I glanced through the audience, unknown anxiety and fear engulfed my mind. Cold sweats were forming on my forehead and I felt weak on my knees. After singing the first two lines of the song, I stopped singing! Tears were flowing along my cheeks as I stepped down from the stage. I accepted defeat and came back home. My father consoled me "Nisha, you are a great singer. According to my opinion, you are the winner! Now don't worry about the competition. You know, failure is the stepping stone to success. Keep trying with confidence in your heart. You should focus on your goals and don't accept defeat. One day, you will conquer the world with your melodious voice!" I smiled with tearful eyes.

"A warm welcome to the well-known singer, Dr Nisha! You all know that she is an approved artist of All India Radio and Doordarshan. She has many albums of Ghazals & Bhajans to her credit. She has given numerous musical performances all over India. Now she will enthral the music lovers with her mesmerising voice..."

I took my seat on stage, and humbly greeted the audience and the accompanying musicians. With my eyes closed, I prayed to Almighty and paid obeisance to my Guru. Then I fondly remembered my dearest Dad...I missed him so much as he left for his heavenly abode leaving me all alone in this world.

“Tumko hum dil mein basa lenge Tum aao to sahi
Sari duniya se chupa lenge
Tum aao to sahi.....”

Marvellous lyrics...enchanted music...beautiful compositions of ghazals caressing the cords in your heart like a feather touch...taking you to a dreamland where there is only love, happiness and tranquillity.

When I finished my ghazal programme, the audience gave me a standing ovation. I was felicitated by great people and was showered with bouquets and words of congratulations. That was the happiest moment for me... Singing ghazals in the 'Jashn-E- Urdu' programme of Hyderabad was a dream come true for any ghazal singers. I was specially invited by the Government of A.P. to sing in the famous music programme.

A cool breeze touched my cheeks and I felt the blessings of my father. In the moonlit light, I could make out the silhouette of my loving father...!
“Nisha, I knew you were a winner, Can't you see that?” My father whispered in my ears.

“Yes Dad, I did it!! I am a winner! I am obliged to you. You have made me an achiever!”

I was talking to my father with excitement, but he just smiled and vanished. I knew that the soul of my loving father was always with me even after his death, inspiring me to achieve greater heights...As I wiped away my tears, my heart was overwhelmed with joy and confidence.

Yes, I am an achiever now! I am Dad's daughter!

SUBCONSCIOUS OBSERVATION BELIEF SYSTEM (SOBS) – AFFIRMATION AND REINFORCEMENT TO SOW THE SEED (PART 10)

ORBINDU GANGA

Creation possesses an intrinsic value that resonates greatly with the architect, from mere observation by the observant the true essence transcends only by the known. Gazing with an intent to understand the deeper essence the observant contemplates igniting myriad emotional nuances. When the inquisitiveness blooms, genuine appreciations for the creation seeps through deeply, mesmerizing with its exquisite beauty and intricacies. The genesis of a creation is a captivating wine for many research enthusiasts for exploration and analysis but the methodologies applied to comprehend the genesis with the available resource is still sparse to replicate the process experienced by the creator. The aesthetic allure of a creation may marvel and captivate the observer's eyes, but the true essence holds significance exclusively for the creators.

Thoughts are unexpected interloper, intruding at whim and without forewarning. Without any predestined time schedule, arriving spontaneously and depart at their own discretion. Cultivating a seed of imagination within a thought requires deliberate contemplation with meticulous forethought. The seed requires a design that has to be meticulously curated, delicately nurtured, and imbued with a purposeful intent. The integration of the chosen one demands exactitude, careful alignment and reliability to reach envisioned conclusion.

Crafting a seed requires profound deliberation with a meticulous precision of a surgeon for seamless integration into the form and belief system. The assimilation of the carved fragment needs to be thorough within the tangible and intangible realms. Achieving such a state necessitates deliberate contemplation to become ingrained within the framework of one's belief system. Facilitation of seed's acclimatization affirms of its sense of belonging. Such a thought requires a conscientious embedding with the subconscious belief system.

Affirmation assumes in establishing an internal ambiance imbued suffused with resonance and profound depth. The enduring cadence of this ambiance shall ingrain in its very fabric of one's belief system, a paramount to hold its presence with precision to be deeply rooted and flourish within the psyche of the existence. To augur well for its fortification of these beliefs into the being, reinforcement of the beliefs is imperative fostering a sense of being and connecting with one's existence.

Such reinforcement serves as a testament to the symbiotic relationship between the belief system and form, nurturing the seed of conviction to smile within sighing a relief for a harmonious integration of inner truths.

Affirmation and reinforcement of a seed, when sowed, may require an extended period for assimilation, both within the tangible and intangible realms. The belief system may not readily accept such a seed, as the considerate self also need its reception sans distortion. Such an intricate process requires a systematic orchestration of a nuanced process of Subconscious Observation Belief System (SOBS), wherein a meticulously crafted seed seamlessly interlaces into the form and thereby in the belief system, eliciting harmony to their dimensions of the corporeal and ethereal realms.

When a seed is sown, it must be meticulously designed to resonates with the attributes that align with the preferences of the individual. Such a seed should personify the tastes and preferences of the individual seamlessly and harmoniously. SOBS facilitate seamless integration of the custom-designed seed into the belief system. The seed is nurtured and acclimatized for affirmation and reinforcement until it becomes an inseparable part of the belief system.

PARALLEL UNIVERSES: AN OPENING TO ANOTHER DIMENSION (PART 6)

ORBINDU GANGA

Being in flow with existence sporadically prompts us to ponder the probability or possibility of another existence, a conundrum that shall disenchant. Such contemplation steers our minds away from the norm. Such a thought of the existence of another dimension always enthralled my mind and still is a captivating topic of discourse.

Is the question of whether we have accessed another dimension in real-time a commonly posed? Instead of floating theories, efforts have been made to authenticate the existence of another dimension scientifically. We are tantalizingly close, yet still far from demonstrating the existence of another dimension to the world. Theoretically, we have proposed not just the existence of one, but of multiple dimensions, prompting persistent inquiries into our ability to inhabit and substantiate their existence.

The aperture of the other dimension is not as far away as it might have assumed. Another dimension is very much in proximity to our reality, yet far away from us physically. Should we attempt to discern the existence in the already existing norm of finding it through our senses, we shall inevitably fall short. The existence of another dimension transcends the limitations of our senses can perceive, yet we can apprehend its existence if we surpass the constraints of our current reality.

The portal of another dimension permeates everywhere where we exist, yet the existence eludes our senses. To understand the existence of the existing dimension, one needs to find the open whirl. The infinitesimal whirl exists in our midst, yet discerning the propensity to its opening is cumbersome, requiring a keen sense of intuition and comprehension.

The darkness continues its wandering, to be veiled in the firmament, to let the night to unfurl in its splendour. Perhaps within darkness, there exist a predisposition to attract the existing, to be drawn into the whirl. However, it is not imperative for this inclination to hold absolute truth, as the presence of either light or darkness does not sway the opening of the whirl. We must comprehend that the aperture is in close proximity to us; it is solely a matter of how we perceive its existence.

FINED FOOLISHNESS (AN ALLITERATIVE STORY)

RAJANI MULA

In the land of lingering longing, there lived a lass whose lofty aspirations led her to love a lad of lofty stature. Ignored initially, she was incited by an inner impulse to inch closer, entwining herself in his essence. Eventually, acceptance arrived, adorned with accolades beyond her wildest imaginings. Praises poured like petals upon her path, propelling her to plunge into the pool of possibility, where dreams danced in the daylight.

Guided generously, she grasped the golden gleam of guidance, galloping towards grandeur with gusto. Yet, amidst the endless queue of admirers, she quietly quenched her thirst for his affection, quivering with quietude in his quintessence. Unbeknownst to her, the quest for his love quaked with questions left unanswered.

Alas, as she surrendered her soul to his, sinking in the sweet serenade of affection, she stumbled upon the stark truth: foolishness, though fond, is fated to suffer. Thus, in the end, she stood, solitary amidst the shattered shards of her own self, silently realizing the ruthless reality of love's labyrinth.

POETRY



A GIRL RAISED EQUAL

BHAGYASHREE MISHRA

In a world where expectations weigh heavy,
A girl child emerged, bright and steady.
Not lesser, not more, but equal she stood,
In a home where fairness was understood.

Raised with love, nurtured with care,
In her heart, no shadows of despair.
Beside boys, she roamed the fields,
In friendships, no barriers, no shields.

Together they learned, side by side,
In knowledge and wisdom, they'd confide.
"Chart your course," her parents would say,
No limits imposed, no skies gray.

So she grew, amidst laughter and tears,
Embracing challenges, conquering fears.
Yet life's disparities soon became clear,
Not every girl had the same atmosphere.

But she persevered, with strength untold,
Conquering barriers, her courage unrolled.
On the brink of womanhood, she stands tall,
As her journey diverges, she hears the call.

Knowing she's worthy, in myriad ways.
A daughter raised, with wings unfurled,
In pursuit of dreams, in a boundless world.
With freedom as her guiding light,
She'll soar beyond, in her rightful flight.

ADITYA- THE SUN

GITA BHARATH

Against the glow of creation's dawn
When space and time were newborn
On the spiral arm of our galaxy
A swirl of incandescent energy
Began to cool and coalesce
It became a cloud of dust and gas
And, under its own gravity, collapsed.
The amorphous cloud became a disk
With its fiery centre becoming a fission reactor-
In short, a G type star, our Sun.
The outskirts of the disk became the planetary
Spheres, set in their orbits by the sun's gravity.
Beyond the sun's reach of gravity
Beyond the Oort cloud and heliosphere,
Lies the plasma of interstellar space
Ions and atoms stripped bare.
Our puny rockets have struggled up
Out of the sun's gravitational hollow.
Though our bodies may never make it out
Maybe, someday, our minds can follow
Our creations out into space.

EVOLUTION

GITA BHARATH

Ermine and mink sport designer-wear,
Orang-utans are draped in orange hair-
Rhinos charge in their coats of mail,
The peacock struts his fabulous tail:

Hedgehogs have spines, porcupines are quilled;
Toucans and puffins are gorgeously billed;
Some animals are striped, some are spotted,
Feathery, leathery, all-assorted-

Only Man needs clothes – all zippered and pinned:
Because, poor thing, he's naked-skinned!

As man evolves, shouldn't his clothes, become smart,
To monitor his body, keep him cool or hot?
Artificial materials that monitor his heart rate
Built-in sensors to remind him to eat, exercise, meditate,
Cushion him so he can sleep on time, awake,
Prevent him from committing any error or mistake!

TIME IS ETERNITY

HIMANSHU BHUSHAN JENA

Time flows in flawless glow
Slow for those who wait and watch
Fast for those who act and fetch
Cloudy for those who defile nature
Divine for those who enjoy every sunless and sunny moment with rays of light within

Wise is he who values the pigment of time with spring and summer of its flight regardless of results
Present, Past or Future -
All treasure time's shoreless shore

Happiness or sorrow
Success or failure
Attachment or detachment
Conformity or deformity
Positivity or negativity
Peace or war
Love or hatred
All are in time's core to engulf or empower!

LOVE BIRDS

JAYALAKSHMI KARINDALAM



Heart still crave day and nights
Mellow in strings of lovable duet
Magnify my soul in thy celestial light
Aloft we soar and touch the galaxy bright.



Silver streams are fervid longings
Glare with moon's blue tint rivulets
Where we often float and tune
Love's unheard somnolent notes.



Moments yearn for your soothing nearness
They are magic touch, glow my elegance
Before you, Words stuck in depth of the Pacific.
Silent they hum love's millennium epics.



Your shielding trust scintillate my skylines
Light yet stern they carry our dreams pristine
There we waltz through moonling's amorous avenues
Leaving the stars' gaze, pouring envy's sparkling.

WHY ME?

JELLIE N. WYCKELSMA

Why ...Why ... Me ... Me ...
My desperate cry of despair echoes
In the hills of my mind
Breaking my heart
Tearing my soul apart
My body trembles violently
Tears stream shamelessly

Why ... Me ...
What did I do wrong
Was it really me ...
Perhaps I was manipulated to act that way
The truth's a million miles away

Why ... Me ...
If it was me, who was at fault
I will repent and mend my ways
Till the end of my dying days

THE GUEST SPEAKER

JELLIE N. WYCKELSMA

The audience waits with abated breath
For the entrance of the guest speaker
Where is he? It's getting late
Well past the scheduled time
Had he forgotten to be here
No, here he is, formerly dressed in a suit and tie
Muted conversation dies
Fixed on the rostrum are the audience's eyes

He scans his audience
With a wide smile
Yet with a roving eye
This guest speaker, in suit and tie

He is well known and people claim
Him to be an expert in his field
Will he merely entertain,
Or, will there be information we will gain?

THE CONNECTION

KAMAR SULTANA SHEIK

Every night the two shoe-maker elves
Worked in the dim yellow halo
Of the lone candle in its stand,
With smiles that perpetually lit
Their ruddy countenance;

The sweet rosy-cheeked, dark-haired boy-child
In his richly embroidered navy-blue velvet waistcoat
Read the verses from the Holy Book
While his petite sister watched him through her gauzy veil
Falling over her lovely face in profile;
Through which her thick dark eyelashes alone could be seen.

Christ, cast His soft merciful gaze on all who passed by Him,
While never putting down
The lamb in his lap for a moment;
Or allowing the children assembled around him
To get distracted.

Every night too, the open wooden boat sailed under the tree boughs
Creating its habitual ripple
On the waters of the 'green' lake;
Making the reflections of the pink-and-orange flowers
Strewn on the water, to smudge

Every Night, when I lay awake,
With dazzling, effervescent thoughts
That come only in early childhood ---
After the tired adults had gone to bed
I conversed with each of these entities
In the calendars of our roomy Hall ...
The boatman, the elf-shoemakers
The blonde children in the bright green lawn;
For I felt strongly, a 'connection' with each one of them;
They in two-dimension, motionless – waiting for me;
I, in three, able to visit them with emotions
That are reserved for fellow-beings of strict confidence;

As year succeeded year
The calendars became 'number'ish,
And then, were removed completely..
Yet, on some intuitive nights, I recall in vivid detail,
The first time I felt that 'connection'.

A HUMAN

LATHA PREM SAKHYA

A woman without guiles
Innocent and naive, often too naive
Without any airs of self importance
One among all human beings
Never bothered about credentials
Is it wrong to be so?
Is there a rule?

Even the sun the giver of light
Throughout day comes down
To be with the denizens of the world
His arms embracing one and all
Before he retires for the night
A routine he keeps up without fail.

Yes, to be a human stripped of affectation,
Just cut off the jutting portions
Making you inhuman.
And shape it like you carve
An uncouth piece of wood
With no harmful edges.

Lo, you evolve
Surprisingly into a human
With no airs and narcissistic passion
But full of love
To embrace the universe
Unconditionally...

WISHING TO GET BACK TO THOSE DAYS

MONIKA. K

The days where smile came from the inner heart
The days where we've just known tension and worries just in terms of words
The days where loneliness means just sleeping and playing alone..
The days where happiness is felt from the heart
The days where broken is meant only for toys..
The days where everything seemed fine
The days where love was in the air.
The days where my inner child spoke high
Wishing to get back...

LOCOMOTIVES: THE MASTER OF FOOLPROOF ESCAPADES

NEHA S CHAKRAVARTHI

I holler as if to start a riot, taking away every quiet there is -
Hauling almost twice a dozen bright carriages with a loud wail,
Dreaming about swooshing by in all wind, rain and hail,
I'm always welcome with a look of awe,
For I'm competition to every being handsome.
I'm an army of one, my fellow bogies, the second in command -
Together we uncheck responsibilities one by one in our course of action.
It takes a village to put me on the rails, secure me with couplings.
Unto I'm taken to the shed to rest before my next escapade,
I pull with me tiny folks, taking them places to write their life.
There is no town impossible for me to set my wheels on,
Each odyssey unfolds the mirth I rub off on commuters who ride with me.
Storytellers are what I made of those on board me,
I'm also why stories from left, right and centre are spoken of.

FLY!

OJASWI SINGH

I want to fly,
Fly in the paradise of books,
Fly into the meadows of fantasy,
A place where everything seems euphoric,
That is where I want to fly.

I want to fly,
Fly to the land where nobody is tongue - tied,
People speak their heart out and,
Nobody is stained,
This is where I want to fly.

I want to fly,
Fly into the lake of wisdom,
Fly into the world of scribbling where people scribble what they resonate,
This is where I want to fly.

I want to fly,
Fly away from the loopholes of chaos,
Fly away from the follies of mankind,
Fly away from the insecurities imposed,
This is where I want to fly.

But I wonder will anybody let me fly?
Fly from the demons inside,
Will anybody understand the demons inside?
Then I'll fly and fly and will never be seen.
Now tell me will you let me fly?

AWAKE, ARISE, ARRIVE.... REALIZE

ROOPA SUBRAMANI

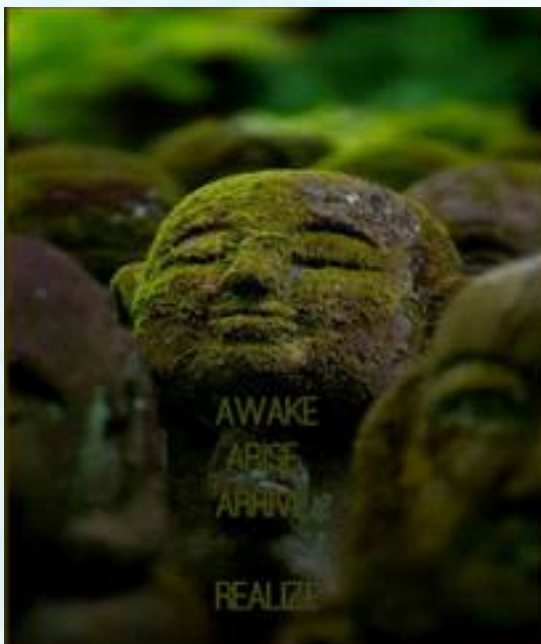
Awake from this dream so potent,
Arise, lest be fooled by the mind as being blissfully content,
Realize that wakefulness is unconsciously conscious intent

Awake for one's chosen time is not afar,
Arise, lest wasteth away the very moment of this precious hour,
Realize that we owe this existence to reclaim our true inherent power

Awake to see all things clearly as they truly are,
Arise, lest this vision be clouded by the mind's dualistic flair,
Realize that the HEART eye is only one, not two, here, there, everywhere

Awake to stay put at the center of being,
Arise, to step into the Truth of All-Knowing,
Realize**I AM** as everything, yet No-thing

Therefore,
Awake in silence,
Arrive at the **I AM** sense,
to realize it as the TRUE ESSENCE



SCIENCE SHORE

SAIPRAKASH KUNTAMUKKALA

As the expanse of water
Connects the landmass
May your efforts
Like a beacon of light reach far and wide
To the darkest corners where no scientific reasoning has ever reached
Catching the young minds
Encouraging them to ask questions
Why, Where, When and How?
Providing them with answers they cannot refuse
Spreading scientific temper is enshrined not only in our constitution
Your magazine too has taken up this task with unrelenting zeal and pride
Calling authors from far and wide
Providing them with a platform
On which they can perform
Sowing the seeds of reason
With every word and verse
A world being built on strong shoulders and enlightened minds
The present and future of this beautiful world is safe in the strong hands of
such soldiers
Who strive for the welfare of the world on scientific basis
My sincere applause for your efforts
'Science shore' may your tribe increase

PICK A SIDE

SARANYA FRANCIS

Cat on the wall, balancing high,
Neither here nor there, they sigh.
Left or right, they can't abide,
Somewhere in between, they hide.

Long or short, they hesitate,
True or false, they oscillate.
For heaven's sake, make a choice,
Silence now becomes their voice.

Sitting on fences, they stall,
Avoiding commitment's call.
But time moves on, it won't abide,
Pick a side, or be denied.

Decide now, before it's late,
Take a stand, don't hesitate.
In life's battles, you must ride,
Pick a side, let truth be your guide.



LONG DRIVE

B.S. SAROJA

Life is a long drive
in the woods which are dark and deep
But I am not the driver
It's auto driven
I have no control over the steering
When the car stops
I curiously look around
I wonder about its depth
My eyes are my torch
They cover the panorama and
Imagine what may be beyond
Sometimes I feel tired and close my eyes
Great jerk wakes me up
from slumber
Paths are not always smooth
Yet I don't lose hopes
I know it's a long journey
Very much more than
What I have imagined
I enjoy the beauty around
It keeps my mind sound

PEACE WITH NATURE

SETALURI PADMAVATHI

I hear the melodious sound of the earth
The delicious sunrise is always, worth
The thick forests, rivers, and valleys play a role
Nature brings me harmony and heals my soul!

I put my senses in order on the spongy grass
The perennial rivers and flowery plants, I pass
The brownish earth feels my tender feet
The whistling wind kisses my hair with a tweet!

I feel the exhilarating snow in the winter's dawn
I adore the pearls-like snowfall that brings on
The foggy mornings soothe my tired body
The lap of nature is the best medicine for everybody!

I do not inherit the land from my ancestors
I borrow it from my children who are investors
Destruction, pollution, and deforestation, if I cease
I truly obtain patience, discipline, love, and peace!

THE STORY OF RUBY

SETALURI PADMAVATHI

Mind full of dreams and Heart full of feelings
With love-filled eyes, she stared at him first
Her heart cheered, joyfully for a moment
Her mind listened to his sound of silence!

"Is he the one whom I love, or wants me"? asked the soul
"He looks handsome, loving, and kind", quoted the heart
The heart and mind argued for a long time
Ruby was in two minds, "whether to accept him or not"!

Days turned to months and months to years
Both loved, enjoyed, and analyzed in unison
Compatibility felt, and purpose debated well
They wedded with a promise of continuity!

The mother-in-law loved only money, not her
She grabbed it forcefully as much as she could
The daughter-in-law offered money and heart
Ruby was harassed, injured, and looked down!

She shed tears and shelled out all her money
But she's uncared, unnoticed, and misused
Ah! Ruby wept when money played its role,
Meaningless hopes and wishes went in vain!

Her husband couldn't balance wife and mom
She talked, discussed, and convinced for good
He's as silent as a stone and an irresponsible man
Ruby wilfully ended her marital life thereafter!

Her heart was broken as a delicate piece of glass
Supporting parents hugged her with a sigh
Education ever became her strong weapon
She knew her job was the main solace in life!

ILLUMINED NIGHT!

SHALINI NANDKEOLYAR

Nights of ebony, and scattered pearls
unfailingly the moon appears resplendent!
Darkness dissolves.

Who illumines the entire creation
bathing every atom magically
with a soft pervading glow?

The icicles on the branches
glow in a warm golden hue
lighting up the starry skies
in the cold winter's night

Who spreads that radiance silently?

An earthen lamp ignites
in the dark courtyard of the mind
Shadows of anger, greed, hatred
begin to dissipate slowly.

Who lights the lamp quietly, unseen?

Miracles abound all around
Awaken to their brilliance
Bathe in their cascading fountain
of pristine purity, innocent smiles.
Listen to their eloquent silence.
For they are none other than you.

FAITH

SHALINI NANDKEOLYAR

No matter how many times
eyes overflow
all embankment, and
the mist veils the glimmer
of the soul's effulgence,
No matter how many
Countless storms rage
silently tearing all
asunder and
life ebbs and flows,
waxes and wanes,
like the wanton moon...
But You keep me
afloat in the hallowed
circle of Your luminous Grace-
For You Art my Light House
of hope, my illumined path,
my eternal destination!

SPROUTS OF JOY

SHALINI SAMUEL

Kneeling in warm soil, the sun on my back
I carefully dig small holes to start my day!
Of nurturing nature in this small urban nest
That I can call my own little den or an anthill

Dropping tiny seeds, I open the caring earth's heart
Imagining the sprouts they will soon become
New plant friends that I will see blossom and bloom
Their gradual growth, I am waiting to see them soon

The first tender shoots poking up from the earth
I welcome them with a cool fresh bath
Ensuring proper sun, air, water; all they need
To strengthen, my gentle hand pours more love

As they mature, buds transform into flowers
Bursts of color, fragrant bouquets dancing for me
Then fruits and veggies grow abundant too
To later grace my table and fill my tummy

My garden gives lessons for eyes to see
The miracles that come from the care given freely
The patience of the seeds to become saplings in time
Resilience even when progress seems nil.

In my little patch of green, life's lessons dwell
Of nurturing relationships to grow strong and well
Like my dear plants, people too need empathy
So I carry gardening insights beyond that boundary

Cultivating gardens filled with human souls
Starts small and builds steadily to feel whole
Providing care, nourishment, and room to breathe
This understanding makes sure I am never alone!

TRAVERSING IN DREAMS

SUDIPTA MISHRA

Welling emotions cannot hold my breath
I wish I could grasp the moments of yore
With so many dreams, I cajole the bygone memories,
But "Dreams take flight, a symphony of longing till love finds its way"

After so many fake trials I again fall in love with you
I know it's a mirage where no more I could rescue
But it's the web of unknown desires
For slipping into the slithery land of hunger

Longing to find solace in your warm embrace
I decode the rules of the same theories again
Dreams don't sync with real memories
Still, the silly eyes desire to dive into the empire of fantasies

With the echoes of whispering night birdies
Let the heart meet with its final destiny
May the love find its way
Two souls converge in the dark alley

WINGS OF IMAGINATION

VAISHNAVI SAMANTARAY

What if everything I imagine was real?

Enchanted forests, dragons, magical carpets or being transformed into a frog!!

Thinking of me in space.

Jumping from planet to planet, or on an adventure to find a mighty beast!

Imagining I have magical powers like shrinking to the size of a pin or be big enough to reach the sky and have huge wings to fly from galaxies to different dimensions.

Imagination is vast than the universe, you can be anything you want in your imagination.

ETERNAL TRUTH

VARSHA SARAN

On the bed of sand
I was sleeping for ages
Feeling hot in day
And cold during moonlight
But who cares!
I am busy....
With an endless dream

A convoy of memories
A caravan of moments
Were going step by step
Whose bridle was in hands
Of Time

I was busy to watch every
single gesture of eternal life spans
Of every journey of mine
Suddenly some foot steps
Are trying to break my interesting game
Of my dreamy dream

Oh, it was you!
But I was not waiting for you
Nor I am interested in you
But on this sandy slippery sand bed of life
How much tragical dreams!
In a tropical jungle where we were apart and struggling to fulfil our desires
How much romantic happy dreams!
in an oasis....
Where you and me with our world of family
Can pass time with each other

But I know this fact
That one day your forced entry is fixed
It is an eternal Truth....

Without my permission....
Without my control.....
O Death, I am ready to walk with you
Holding your hands tightly
Where I am now immortal
Without any fears of life
Without any complex ups and down
Of our destiny
Without any false dreams of Time.
I totally surrender myself to kiss you
O' darling death.

Solution to IQ Booster Puzzle

Absence makes the heart grow fonder

A	b	s	e	n	c	e	m	a	k	e	s	t	h	e	h	e	a	r	t	g	r	o	w	f	o	n	d	e	r
1	4		3	6	3		1		3		8	3		3	1	8		2	7	8		5	7	6		3			

A. Agile

A	g	i	l	e
1	2			3

Clue: Quick and Speed

B. Baffle

B	a	f	f	l	e
4	1	5	5		3

Clue: To confuse

C. Novel

N	o	v	e	l
6	7		3	

Clue: A book / Unique

D. Teach

T	e	a	c	h
8	3	1		

Clue: To explain

E. Wasp

W	a	s	p
9	1		

Clue : A winged insect

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